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# ADIRONDACK SPORTS

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## Snowshoe Racing Season!



START OF THE 2015 SARATOGA WINTERFEST 5K SNOWSHOE RACE AT SARATOGA SPA STATE PARK. BRIAN TEAGUE

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## Something Old, Something New

By Laura Clark

Yes, Virginia, snow does exist. One thing at least is certain: this winter is bound to be better than last year. And the Dion Western Mass Athletic Club Snowshoe Series is ready with an exciting lineup of old and new events.

Unlike April to November running, the snowshoe running timeframe is brief and intense. Snow is fickle, so folks cram in as many races as they can. Consequently, you tend to often see the same faces. You become friends, form carpools, and gauge your performance by where you stand in the lineup. This is helpful where difficulty is measured in amount of snow and climb rather than course length.

As an extra incentive, the series title sponsor, Dion Snowshoes, will award the top male and female series contenders with a pair of racing snowshoes. The final race will also host a raffle, with each race entry earning one raffle ticket for snowshoes and assorted gear. Additionally, Bob and Denise Dion attend many series races to provide rentals and help customize your snowshoes. Dion snowshoes are available at Fleet Feet Sports in Albany and Malta, Fallen Arch in Lake Placid, and Kinetic Running in Plattsburgh. If you need the rental option, make sure to email the race director to reserve a pair.

The new kid on the block, the **Gore Mountain 5K Snowshoe Race** is the kick-off event on Saturday, December 17 at 2pm, coinciding with the North Creek Nordic Ski Festival. It promises to be a win-win affair, with snowmaking aiding any reluctance on the part of Mother Nature. The course consists of two laps on Gore's 2.5K FIS certified course at the North Creek Ski Bowl, adjacent to the Gore downhill skiing complex, with wide trails and medium-sized shorter hills. Historically, the Ski Bowl formed the culmination of the 1930s trails, one of the country's

first ski areas. There's also a recreational 2.5K untimed run/walk for fun. Registration for both events includes a XC ski ticket. The Upper Hudson Trails Alliance has developed the adjacent trails as well, so there are plenty of options for year-round exploration. Visit: [skireg.com](http://skireg.com).

The other new series event is the **Natural Bridge Snowshoe** on Saturday, February 11. Last year, Adirondack and Capital-Saratoga area runners flocked to Pottersville to enjoy some of the only decent snow to be found. As with many snowshoe events, stated distances are suggestions only, and this three- to four-mile jaunt on mixed terrain singletrack will be firmed up according to prevailing conditions. If you have yet to explore Natural Stone Bridge and Caves Park, this will be an excellent intro to their 15 miles of snowshoe trails with views of the cave entrance, ledges, sinkholes, frozen waterfalls and mountains. Go to: [stonebridgeandcaves.com](http://stonebridgeandcaves.com).

The **Western Mass Snowshoe Scramble** at Mt. Tom State Reservation in Holyoke, Mass. on Sunday, January 22 would have been last year's new event, but it was defeated by the weather - this year it will have another go. Distance will be 5K or 10K or both, with local students encouraged to participate with a \$5 fee for 18-under. Check out: [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).

In the almost-new category is Albany Running Exchange's **Brave the Blizzard 5K & 5.5-Mile Snowshoe Races** in Guilderland's Tawasentha Park on Sunday, February 19. In an ongoing quest for snow, BTB mascot Frosty the Snowman, roams local venues to establish temporary residency in a different park every few years. Last year's latest attempt at Tawasentha was held on patches of snow surrounded by a sea of mud - but this year will be white! Whichever distance you select, be prepared for a challenging, fun route that will take an effort-level that will leave

See **SNOWSHOE RACING** 16 ▶

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**EVENTS**

**Saturday, December 17**  
Intro to Alpine Touring & Telemark Skiing  
9am - 4pm  
Free Gear & Lessons  
Call ahead to reserve for space and fitting

**OPEN HOUSE & SALE**  
4pm - 6pm  
Free refreshments provided by Lake Placid Pub & Brew

**Sunday, December 18**  
Demo Day ~ 9am - 4pm  
Whiteface

**Saturday, January 7**  
Winterfest Weekend  
Ski- MO Race~ Noon Start  
5k & 10k Races  
Open House  
Call for details

**GORE MOUNTAIN Presents... Nordic Fest!**

North Creek Ski Bowl Nordic Fest 2016!  
Ski Bowl Park, Rt. 28, North Creek, NY

Supported By Upper Hudson Trails Alliance, HURT Nordic  
The Town of Johnsbury and The North Creek Business Alliance

**Friday, Dec. 16**  
5-8PM SNOW CROSS!  
Non-Competitive Citizen Cross Country Ski Event. **Ski for North Creek Dollars!** 1.25km Loop - All ages, all abilities, all ski types: ski skate, classic ski, backcountry ski or snowshoe. Adult Entry (donation to UHTA - Upper Hudson Trails Alliance) \$20 - get NC\$ for each lap completed! Kids - FREE! Ski for prize drawings! Register Day of at The Ski Bowl.

**Saturday, Dec. 17**  
9AM NYSSRA Classic 5km  
2 Laps of 2.5km. All ages, classes. Register online \$25/racer SkiReg.com  
11AM Johnsbury Invitational 5km  
2 Laps of 2.5km. Section 2 High School Race - Open to all teams  
2PM Gore Mtn 5K Snowshoe Race  
2 Laps of 2.5km. Register SkiReg.com

**Sunday Dec. 18**  
9AM - 2PM  
NYSSRA Sprint Race  
1.5km. All ages, classes. Elimination heats begin at 9AM. All age, classes. Register online \$25/racer SkiReg.com

**Saturday, Dec. 17**  
3:30-5:30 PM  
Join Us! *Apré' Ski Party*  
Copperfield Inn  
Main St. North Creek, NY.  
Upper Hudson Trails Alliance  
Presentation and Meeting. Happy Hour 3:30-5PM - Music, Cash Bar free hors d'oeuvres. UHTA Presentation 5:00PM. Silent Auction, raffle for great prizes!

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Dec. 16, 17, 18

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## CROSS COUNTRY SKIING

# It's a Skinny Ski Thing!

By Skip Holmes

We have been enjoying all the beautiful fall colors for weeks now. Then, BAM, we wake up one morning to find the landscape has been covered white with SNOW! Life begins anew. It immediately sharpens the senses and we try to remember where we put the ice scraper.

Then our thoughts move towards winter activity that we continue to enjoy here in upstate New York. At signs of the first snow I head to the basement and check my Nordic (cross country) ski boots and skis. Are my boots good for another winter? Do my skis need a new coat of wax?

Nordic skiing is my favorite winter sport, and as the cycling season winds down I would rather be out gliding along on a pair of skinny skis, than riding that trainer in the basement. The pleasure of being outdoors on a pair of skis in the backcountry, or on a prepared ski track at one of the many Nordic ski centers in New York is unbeatable. The sound of the skis on fresh snow is music to my ears. If you are already smiling then you know the experience I am referring to. If you have not yet tried Nordic skiing, then you are in for an enjoyable winter day.

Nordic skiing has two distinct styles, classic and skate (freestyle). Classic style skiing has been around for many years and is the way many people were introduced to the sport. Skate style skiing is newer and has gained a great deal of popularity. The equipment is different and the skating technique allows you to go faster, but it does require more effort. Classic skiing is done on a set of parallel tracks, while skate skiing uses a wide groomed lane. There are many Nordic ski centers that offer groomed surfaces for both types of skiing.

Backcountry skiing may require you to break trail at one of many locations such as hiking trails, state parks, and even the local woods can be used. The equipment usually requires a pair of wider skis and they may have metal edges for more control. The ski boots are stiffer and offer more support. Poles have a larger basket for deeper snow conditions. Backcountry skiing can really provide a winter solitude experience.

Getting ready for a winter of Nordic skiing does require some sport-specific conditioning. You can find some useful conditioning examples at [xcskiacademy.com/training](http://xcskiacademy.com/training). I also use a pair of rollerskis to get an early start to the season and rollerski in my neighborhood where there is little vehicle traffic. I use my bike helmet since crashing into the pavement is not a pleasant experience.

This region offers many locations to Nordic ski. There are ski centers that provide expertly groomed trails, a base lodge to get warm food and beverages, while spending quality post-ski time with friends and family. Many of these ski centers also have a set of snowshoe trails to explore. They all have

a ski shop for sales and rentals, and many offer lessons for those who are new to these winter activities.

**Lapland Lake Nordic Vacation Center** in Northville offers 38K of trackset and skating lanes with a total of 50K of groomed trails on rolling terrain, and when the lake freezes over there is even more track to ski on. Longtime customers, Kathy and Paul Zahray, purchased Lapland Lake last year and they're maintaining the high standards for which the resort has become known. There is a large lodge, a woodstove to warm you up, along with a snack bar and restaurant for refueling during and after a day of skiing. They have a number of housekeeping cottages (tupas) for rent as well. Ski shop sales, rentals and lessons are available, along with a friendly staff to help you.

The Benson Trailhead of the famed 133-mile marked and mapped **Northville-Lake Placid Trail** is just minutes from their door and offers an amazing wilderness experience for backcountry ski and snowshoe enthusiasts. Lapland Lake also offers many special events including Ladies Days where the instructors and attendees are women and you get a full day on the trails. Go to [laplandlake.com](http://laplandlake.com).

**Garnet Hill Lodge and Cross Country Ski Center** in North River is located up on a mountain near 13th Lake. An Adirondack gem since 1936, the new owners, Jim Rucker and his wife, who purchased the resort this fall, have been long time visitors to the lodge. Garnet Hill is a premier year-round destination. It has a lodge with overnight accommodations, a great restaurant, and 55K of groomed trails that traverse the entire area.

Wilderness skiing and snowshoeing are available, along with ski sales, rentals and lessons. They have a 'ski down, ride back' shuttle service that will return you to the lodge in case you want to enjoy the downhill terrain without the uphill climb on the way back. When 13th Lake freezes solid you can ski this 2.5-mile lake and enjoy the flats. See [garnet-hill.com](http://garnet-hill.com).

**Pineridge Cross Country Ski Area** in East Poestenkill (near Troy), is located on the Rensselaer plateau, and they often get snow when there is none in the Albany area. Developed and owned by Walter Kersch, the ski area prepares for its 33rd season. They have 50K of ski trails including 35K groomed and trackset, with 20K of the trails with skate lanes, 4K of the trails are lit for night skiing and snowshoe trails. Pineridge has a family-friendly lodge with ski rentals, a woodstove to get warm by, and night skiing by reservation. Visit [pineridgexc.com](http://pineridgexc.com).

**Mt. Van Hoevenberg**, at the Olympic Sports Complex, has 50K expertly groomed trail system ranging from flat loops to some of the most challenging terrain around, including trails for snowshoeing. They have purchased the SnowFactory that's capable of making high-quality snow at above-freezing



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temperatures, so they're less reliant on natural snow and it allows for longer seasons.

Josie's Cabin, a ski-to destination with delicious food, hot drinks served during weekends, holidays and special events will be open as well. Exciting stuff: Discover Cross-Country, Discover Biathlon, MVH Views guided snowshoe hikes, Nordic terrain park and more. The lodge offers rentals, lessons, Adirondack-themed bar area, and Green Goddess Natural Foods.

**Cascade Cross-Country Ski Center**, near Lake Placid, was opened by Art Jubin just before the 1980 Olympics. Here you will find 20K of groomed trails that interconnect with the Mt. Van Hoevenberg trails, and you can purchase a trail pass that admits you to both areas - and 50K of the Jackrabbit Trail. Cascade's Nordic shop offers a wide selection of skis and snowshoes for sale and rent, lessons, restaurant/bar and bunkhouse lodging. Their Full Moon Parties with bonfires are on Saturdays, January 14 and February 11, and they have Friday Night Farm Dinners. Visit [cascadeski.com](http://cascadeski.com).

**Osceola Tug Hill Cross Country Ski Center** in Camden is 40 miles northwest of Utica. This is the famous Tug Hill plateau area, where owner Hugh Quinn and his crew manage snowfall totals in excess of 200 inches each winter. Osceola offers 40K of groomed trails for skating and classic skiing. Their ski shop has a large inventory of skis for sale, "rentaflexibility" ski rentals, and a trailside camp available for rent. Go to [uxcski.com](http://uxcski.com).

**Dewey Mountain Recreation Center**, one-mile from Saranac Lake, is owned by the town of Harrietstown and managed by Adirondack Lakes and Trails Outfitters. They offer 13K of ski trails and 4K of snowshoeing. The lower trails are groomed for skate/classic skiing, and the upper mountain trails are ungroomed for a backcountry experience. Thanks to the generosity of many, they have improved trails, purchased good grooming equipment, and built a new base lodge. Dewey is where local Olympians Bill Demong, Tim Burke and Annelies Cook got their start. They offer Tuesday night races, Friday night ski jams, and a youth ski league. See [deweymountain.com](http://deweymountain.com).

As you read last month, the **Gore Mountain Nordic Center** at the North Creek Ski Bowl now has XC skiing and snowshoeing. The 4.25K network features 3.2K with snowmaking and lights, so join them day or night. See [goremountain.com](http://goremountain.com).

**Maple Ski Ridge** is located on Mariaville Road in Rotterdam, just outside of Schenectady. This family downhill ski and tubing area is now offering Nordic (skate skiing) on Monday evenings from 4 to 7 pm under the lights. Tickets will be \$5 for each

evening. See [mapleskiridge.com](http://mapleskiridge.com).

**Western Turnpike Golf Course** is located at 2350 Western Avenue (Route 20) in Guilderland, offering 200 acres of classic tracks and skate lanes on a large figure eight loop with rolling terrain. During the winter they offer cross country skiing and ice skating to make those long months a little shorter. Operated by the town of Guilderland and there is no charge to ski there. See [westernturnpike.com](http://westernturnpike.com).

**Paul Smith's College Visitor Interpretive Center** located on NY Route 73 in Paul Smiths, 12 miles north of Saranac Lake. During the winter months, the Paul Smith's VIC becomes a cross country ski center with 25 miles of trails for classic skiing, skate skiing and snowshoeing. Many of the VIC's smoother trails do not need a great deal of snow to be skiable. Moreover, Paul Smiths often gets more snow than other places in the Adirondacks, which means the VIC's Nordic trails are frequently skiable at times when snowfall is limited. Some trails are designated for skijoring (dog-drawn skiing). Skijorers are welcome at the VIC on Sunday and Wednesday mornings. [adirondackvic.org](http://adirondackvic.org)

If you already have been involved in Nordic skiing you might want to consider ramping up your activity level and enter one of the many races that are being scheduled for this winter. Many of the Nordic ski centers host one or more of these welcoming events, which are a great way to motivate you to set some training goals for this ski season.

**New York Ski Racing Association - Nordic** is a family-friendly organization that supports the development of Nordic skiing, welcoming all ages and novice to expert abilities. They offer a season-long schedule of cross country ski races (classic and skate), biathlon, ski orienteering, Bill Koch youth ski league, and Empire State Winter Games in Lake Placid on February. 2-5. For more information, visit [nyssranordic.org](http://nyssranordic.org).

Gore Mountain presents the **North Creek Nordic Fest** at the North Creek Ski Bowl on December 16-18, co-hosted by HURT Nordic and the Upper Hudson Trails Alliance. Friday will feature Snow Cross non-competitive citizen XC races under the lights; Saturday will have the NYSSRA 5K Classic for all ages/classes and Johnsbury Invitational high school races; and Sunday will have a NYSSRA 1.5K Sprint Race for all ages/classes. Come join in the racing! Visit [skireg.com](http://skireg.com).


The **HURT Mega Relay XC Ski Race** will be at Garnet Hill Lodge on January 14, with three to eight racers for a six-hour race on a 5K loop. Want to be on my team? It sounds like a fun challenge! Go to [nyssranordic.org](http://nyssranordic.org).

The **Winona Forest Tourathon** will be held on February 11 with 12.5, 25 and 50K classic distances. Think Tug Hill snow conditions! See [winonaforest.com](http://winonaforest.com).

The **Lake Placid Nordic Festival** takes place at Mt. Van Hoevenberg on February 24-26, featuring the Lake Placid Loppet 50K/25K and Citizens Challenge Races (3K, 6K and 12K) on Saturday. The Loppet is a qualifier for the American Birkebeiner and part of the NENSA Marathon Series. Check out [mtvanhoevenberg.com](http://mtvanhoevenberg.com).

Finally, the **USSA Cross Country Junior Championships** will be held March 4-11 at Mt. Van Hoevenberg in Lake Placid. It will feature the best aspiring American junior Nordic ski racers under the age of 20. Visit [xcjuniornationals2017.com](http://xcjuniornationals2017.com). Think snow! 🌲

*Skip Holmes (serottaskip@gmail.com) of Delmar teaches building systems and sustainable design at RPI. He is past president of Mohawk-Hudson Cycling Club, and member of Capital Bicycle Racing Club. He can be found road and mountain biking, kayaking, hiking or XC skiing.*



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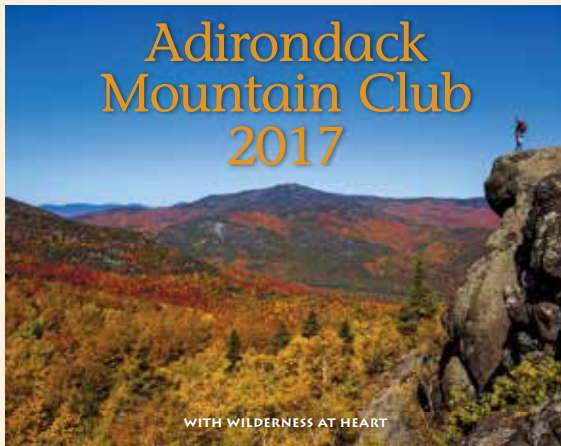


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## Increasing Popularity of Ski Mountaineering

LAKE PLACID – Ski mountaineering is a skiing discipline that involves climbing mountains either on skis or carrying them, depending on the steepness of the ascent, and then descending on skis. There are two major categories of equipment used, free-heel Telemark skis or skis based on Alpine skis, where the heel is free for ascents, but fixed during descent.

Competitive ski mountaineering is typically a timed racing event that follows an established trail through challenging winter alpine terrain while passing through a series of checkpoints. Racers climb and descend under their own power using backcountry skiing equipment and techniques. Ski mountaineering variously combines ski touring, Telemark, backcountry skiing, and mountaineering. For the future, the Union Internationale des Associations d'Alpinisme is planning to make ski mountaineering by itself part of the 2018 Olympic Games. It's also known as skimo, skimo racing or randoneer or rando racing.

The Adirondacks will host two skimo events this winter. The High Peaks Cyclery & ADK Winterfest Ski Mountaineering "Skimo" Race on January 7. A 5K "Try It" Race and 10K race of two laps will have two classes, with climbing skins and without skins. Metal edge skis are mandatory along with helmets for the descents. Prizes for the top 10 males and females, plus raffles. The races start at Adirondack Loj (Heart Lake) in Lake Placid. For more info, go to [highpeakscyclery.com](http://highpeakscyclery.com).

On March 12, the Whiteface Ski Mountaineering Classic will take place at Whiteface Mountain in Wilmington. The benefit event includes a 4,000 feet of climbing and multiple boot pack sections. For more info, visit [mountaineer.com](http://mountaineer.com).

## New Pocket-Size Guides to New State Lands

SARANAC LAKE – A new handy guide has been published by *Adirondack Explorer* editor Phil Brown. The latest offering, *12 Adventures on New*

*State Lands: Exploring the Finch, Pruyn Tracts*, introduces the timber company property recently purchased by New York State. The book covers a range of recreational opportunities including hiking, cross-country skiing, mountain biking and rock climbing in areas such as Boreas Ponds, Essex Chain Lakes, OK Slip Falls and the Hudson River. There's also a bonus section on the Sugarloaf and Ragged Mountains. The guidebook joins others in the series: *12 Short Hikes Near Lake Placid*, *12 Short Hikes Near Old Forge*, and *12 Short Hikes Near Keene Valley*.

Public attention to the surge of hikers attracted to the High Peaks Region and the need to prevent overuse of the most popular trails has facilitated the need to highlight less frequented but equally delightful places as well as introduce shorter, less challenging adventures for all ages and abilities. For more info or to order, go to [adirondackexplorer.org](http://adirondackexplorer.org) or call 888-888-4970.

## HMRRC Pioneer Member Ed Thomas Honored

ALBANY – Ed Thomas, an early member of Hudson-Mohawk Road Runners Club and distinguished University at Albany math professor died on November 1 in a rock climbing accident in the Shawangunk Mountains. Ed began his running career at the urging of his colleague, Don Wilken, who recruited Ed to run in a challenge race pitting the UAlbany Math Department against the UCLA Math Department. Albany defeated its West Coast rivals and thus was the beginning of over 30 years of Ed's significant commitment to the sport of running and record of service to HMRRC. The club's annual Winter Series held at UAlbany is being renamed the "Ed Thomas Winter Series." A memorial service for Ed will be on December 10 at 2pm in Lecture Center Room 18 in the mathematics department at University at Albany. See [hmrrc.com](http://hmrrc.com).

## ADIRONDACK SPORTS WINTER EXPO PRIZE WINNERS

Thank you to the exhibitors, attendees and volunteers for contributing to our Winter Expo on November 19-20 at Saratoga Springs City Center! It was a unique gathering of businesses and organizations representing winter sports, health, fitness and travel, and attendees who enjoy the outdoors. We appreciate your support! Thanks to the businesses and organizations who donated prizes – here are the winners!

- HEALTHY LIVING/FITNESS – 9 Miles East:** One Week Dinner-To-Go Cooler, \$60 Value: Cori Houry, Galway; **Arbonne:** Gift Certificate, \$50 Value: Len Prazych, Clifton Park. **Arbonne:** Gift Certificate & Salt Scrub, \$84 Value: Joyce Zucker, Delmar. **Real Time Pain Relief:** Real Time Pain Cream, \$30 Value: Mary Ann Moran, Chestertown.
- Regional Food Bank of NENY:** One CSA Vegetable Share for the Season, \$260 Value: Ilana Smith, Saratoga Springs. **Rollga:** Two Foam Rollers, \$70 Value: Katie Hart, Saratoga Springs & JeanMarie Gebhard, Saratoga Springs.
- SKIING/BOARDING/TUBING – 47North Adventures:** Austrian Ski Trip Discount, \$200 Value: Chris Burton, Glenville. **Town of Saranac Lake:** 4 Tubing Passes to Mount Pisgah, \$50 Value: Tom Hennessy, Saratoga Springs. **West Mountain:** Two lift tickets, \$100 Value: Jeff Farbaniec, Saratoga Springs.

- HIKING/CLIMBING – Bill Ingersoll/Wild River Press:** Set of 4 Guidebooks from the "Discover the Adirondacks" Series, \$100 Value: Steve Young, Niskayuna. **The Crux Champlain Valley Climbing Center:** Two Day Passes and Rentals, \$40 Value: Gary Pavlick, Ballston Spa. **Cystic Fibrosis Foundation:** Entry to Stair Climb & Long-Sleeve T-Shirt, \$50 Value: Bert Dodge, Stillwater.
- NORDIC SKIING – Garnet Hill Lodge:** Two Adult Day Passes, \$50 Value: Art Prostick, Saratoga Springs. **Lapland Lake Nordic Vacation Center:** Ski-Like-a-Finn Learn to XC Ski Package for Two with full-day facility use, equipment rental & hour beginner group lesson, \$150 Value: Judy Lucas, Slingerlands. **Rikert Nordic Center:** Travel Mug, Ball Cap & Accessories, \$50 Value: Bill Smollin, Clifton Park. **Shenendehowa Nordic Club:** Wine Basket, \$30 Value: Alison Brownell, Schuylerville
- SNOWSHOEING – NeviTrek Snowshoes:** One Pair of Snowshoes, \$150 Value: Brian Hassett, Clifton Park. **Saratoga Stryders:** Free Entry to Saratoga Winterfest 5K Snowshoe Race, \$25 Value: Don Yeaton, Hudson Falls. **Saratoga Stryders:** Free Entry to Camp Saratoga 8K Snowshoe Race, \$25 Value: Mark Regan, Queensbury.
- RECREATION – Adirondack Sports:** Adirondack Sports Apparel & Three-Year Subscription, \$75 Value: Dave Sawicz, Clifton Park. **Muddy Trail Jerky Company:** Gift Basket with Jerky & Food, \$50 Value: Kyle Osborn, Clifton Park. **Wilderness, Water & Woods Trading Co:** Nalgene Bottle & Space Blanket, \$25 Value: Julie Oberg, Niskayuna.

## Craft Beer for Cures Brewed for Leukemia & Lymphoma Society

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include American Pale Ale, Nut Brown Ale, Porter, and Black Lager. Six packs of one style or any combination can be had for a minimum \$25 donation to The Leukemia & Lymphoma Society. Donations are tax deductible and can be made online at <http://tiny.cc/4KTPerfect> or by check to LLS. For more info, contact Judy Lynch at [judylynch16@gmail.com](mailto:judylynch16@gmail.com) or (518) 669-7255.



## WINTER. ON DEMAND.

The Olympic Regional Development Authority continues to invest in the future with the purchase of the SNOWFACTORY for Mt. Van Hoevenberg's cross-country trails. Capable of creating high-quality snow at above-freezing temperatures, this machine means we are less reliant on Mother Nature and allows for longer seasons. Plus, it is portable which explains why the staff at Whiteface haven't stopped drooling since its arrival.

**SKI THE FACE** [whitefacelakeplacid.com](http://whitefacelakeplacid.com)

**OLYMPIC REGIONAL DEVELOPMENT AUTHORITY**

**MT. VAN HOEVENBERG** [MtVanHoevenberg.com](http://MtVanHoevenberg.com)

FROM THE PUBLISHER & EDITOR



## Happy Winter & Holidays!

Winter is coming! We're feeling optimistic that we'll have a terrific season of snow and cold temperatures ahead. The snow is fleeting so enjoy it while you can. These pages are filled with great information and ideas on races, trips, clubs and adventures for you to enjoy the snow and the terrain of our region.

During this festive season of giving, please remember to support our advertisers and exhibitors when shopping. They help us bring this magazine and expos to you. Also, please remember those less fortunate with donations to organizations that help our fellow citizens. Thanks for reading us – see you outside!

*Darryl and Mona*

## ADIRONDACK SPORTS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC  
15 Coventry Drive, Clifton Park, NY 12065  
(518) 877-8788 • Fax (518) 877-0619  
[AdkSports.com](http://AdkSports.com) • [info@AdkSports.com](mailto:info@AdkSports.com)

ISSUE #192

### AdkSports.com

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**Calendar of Events**  
 December 2016 - March 2017\*

DECEMBER 2016							JANUARY 2017							FEBRUARY 2017						
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	2	3	4	5	6	7				1	2	3	4
4	5	6	7	8	9	10	8	9	10	11	12	13	14	5	6	7	8	9	10	11
11	12	13	14	15	16	17	15	16	17	18	19	20	21	12	13	14	15	16	17	18
18	19	20	21	22	23	24	22	23	24	25	26	27	28	19	20	21	22	23	24	25
25	26	27	28	29	30	31	29	30	31					26	27	28				

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

**ALPINE SKIING & SKI MOUNTAINEERING**  
**DECEMBER**

- 11** Never Summer & Sims Snowboard Demo Day. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11** Santa Ski Free Day. 8:30am. Ski free w/Santa costume. Whiteface Mountain, Wilmington. whiteface.com.
- 17-18** Alpine Touring & Telemark Demo Weekend - Intro to Alpine Ski Touring on Sat, 9am-4pm at Whiteface. Open House/holiday sale, snacks and beer on Sat, 4-6pm at High Peaks Cyclery. Alpine Touring & Telemark Demo Day on Sun, 9am-4pm at Whiteface. 523-3764. highpeakscyclery.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. 251-2411. goremountain.com.

**JANUARY**

- 7** HPC & ADK Winterfest: Ski Mountaineering Race. 10K Race (2 laps) & 5K Try-It Race: 12pm. Free ski/boot demos: 9:30am. Adirondack Loj, Lake Placid. 523-3764. highpeakscyclery.com.
- 15** Torchlight Parade & Fireworks. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 16** USASA Skier/BoarderX Race. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 20-23** FIS Super G Race. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21** NE Rando (Skimo) Race: The Beast. 10am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.
- 21-22** Women's Ski Clinic. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21-27** Take Your Kids to Gore Week. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 28-29** Master the Mountain Ski/Intro to Telemark Clinics. Gore Mountain, North Creek. 251-2411. goremountain.com.

**FEBRUARY**

- 4** Elks Tubing Party. 5-9pm. Willard Mountain, Greenwich. willardmountain.com.

- 4-5** Glades & Glory Skiing & Snowboarding Clinics. 8:30am-3:30pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11-12** Master the Mountain Alpine Skiing or Snowboarding Clinics. 8:30am-3:30pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 12** Mini-Shredders Jibfest. Gore Mountain, North Creek. 251-2411. goremountain.com
- 20** USASA Boarder/Skierncross. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 25-26** Alpine Skiing & Snowboarding Clinic: For Women Only. Gore Mountain, North Creek. 251-2411. goremountain.com.

**MARCH**

- 4** Pico Ski Mountaineering Race. Skin up, ski down, repeat. 8am. Pico Mountain, Killington, VT. Jack Cary: 802-540-5225. endurancesociety.org.
- 4-5** Glades & Glory Skiing and Snowboarding Clinics. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 11** Adirondacker's Log Jam - Skiers/Snowboarders. 12pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 12** Whiteface Ski Mountaineering Classic. 7am. 4000ft of climbing, multiple boot pack sections. Whiteface, Wilmington. The Mountaineer: 576-2281. mountaineer.com.
- 18** NE Rando (Skimo) Race: The Beast. 10am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.

**BICYCLING, MOUNTAIN BIKING & CYCLOCROSS**  
**DECEMBER**

- 11** Last Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 14** Fat Bike Roundup. Rikert Nordic Center, Ripton, VT. 802-443-2744. rikertnordic.com.
- 18** Xmas Madness MTB Race. 3-5M. 12pm. Central Park, Schenectady. hrrtonline.com.

**JANUARY**

- 8** First Century. 100M. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

**FEBRUARY**

- 11** 3rd Saratoga Fat Bike Rally. 9am-6pm. Group rides, fun race, demos, clinics, food. Saratoga Spa S.P., Saratoga Springs. saratogafatbikerally.com.
- 19** Snowball Express. 101M/52M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

**MARCH**

- 4** Winona Forest IditaFAT Bike Race. 7-22M. 8am. Winona State Forest, Lacona. iditafat.com.
- 18-19** 12th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- 26** Saratoga Brevet. 200K. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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**CROSS COUNTRY (NORDIC) SKIING  
 ONGOING**

- Tue Graymont Tues Night Races.** Dewey Mtn Recreation Center, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- Thu Family Moonlight XC Ski:** 1/5, 2/9, 3/9. 7pm. Vischer Ferry Preserve or Garnsey Park, Clifton Park. 371-6667. [parksrec.cliftonpark.org](http://parksrec.cliftonpark.org).
- Fri Dewey Ski Jam.** Dewey Mtn Recreation Center, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).

**DECEMBER**

- 10 Learn to Cross-Country Ski Day.** Ski Bowl, North Creek. Gore Mountain: 251-2411. [goremountain.com](http://goremountain.com).
- 10-11 Lapland Lake Open House.** 9am-4:30pm. Wax clinic, prizes. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 16-18 Nordic Fest!** Fri: 5-8pm, Snow Cross. 1.25M loops. Sat: 9am, NYSSRA Classic 5K. 11am, Johnsbury Invitational 5K Section 2 HS Race. 2pm, 5K Snowshoe Race. 3:30pm, Après-Ski Party, Copperfield Inn, North Creek. Sun: 9am, NYSSRA Sprint Race 1.5K. Gore/North Creek Ski Bowl, North Creek. [goremountain.com](http://goremountain.com).
- 17 Osceola Famous Pie Race.** 2K for Bill Koch youth. Osceola Tug Hill XC Ski Center, Osceola. [nyssranordic.org](http://nyssranordic.org).
- 17-18 NENSA Eastern Cup Opener Weekend.** Craftsbury, VT. [craftsbury.com](http://craftsbury.com).
- 18 Ski Orienteering.** 1pm. Lapland Lake Nordic Center, Northville. Empire Orienteering Club. Eric Hamilton: 371-7548. [nyssranordic.org](http://nyssranordic.org).

**JANUARY**

- 7-8 Gore Mountain JNQ Races.** 5K. Sat: Classic, Sun: Skate. Gore/North Creek Ski Bowl, North Creek. [goremountain.com](http://goremountain.com).
- 14 HURT Mega-Relay.** 10am. 3-8 ski teams. Garnet Hill, North River. [hurt nordicskiing.com](http://hurt nordicskiing.com).
- 21 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. Designed for women, taught by women. First-timer to intermediate. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 28 Craftsbury Ski Marathon.** 25K/50K Classic. Craftsbury Outdoor Center, Craftsbury Center, VT. 802-586-7767. [craftsbury.com](http://craftsbury.com).
- 28 Shenendehowa Classic XC Ski Race.** 11am. Saratoga Biathlon Club, Hadley. Classic 5K: U16, 10K: U18/Open/Masters. Shen Nordic Club: 371-7548. [skireg.com](http://skireg.com).
- 28 Pineridge Ski Orienteering.** 10am. Pineridge Ski Center, Petersburg. [attackpoint.org](http://attackpoint.org).
- 28-29 Eastern Cup Weekend #3.** Rikert Nordic Center, Middlebury, VT. 802-443-2744. [rikertnordic.com](http://rikertnordic.com).

**FEBRUARY**

- 3-5 Empire State Games.** Lake Placid. [empirestatewintergames.org](http://empirestatewintergames.org).

- 4 Nordic Rendezvous & Back to the Barn Tour.** Ski, fat bike, snowshoe. Ripton, VT. 802-443-2744. [rikertnordic.com](http://rikertnordic.com).
- 11 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. Designed for women, taught by women. First-timer to intermediate. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 11 Moonlight Snowshoe Tour.** 6:30-8:30pm. Includes snowshoe rentals & guided tour to lakeside campfire. Lapland Lake Nordic Center, Northville. Reservations: 863-4974. [laplandlake.com](http://laplandlake.com).
- 11 Winona Forest Tourathon.** 12.5K/25K/50K. Winona State Forest, Mannsville. [winonaforest.com](http://winonaforest.com).
- 12 HURTathon XC Ski Races.** 5-15K. 9am. Gore Mountain Ski Bowl, North Creek. [hurt nordicskiing.com](http://hurt nordicskiing.com).
- 25 Lake Placid Loppet.** 25K/50K classic & skate. Plus, Citizen Challenge Races: 3K, 6K, 12K. Mt. Van Hoevenburg, Lake Placid. [whiteface.com](http://whiteface.com).
- 25-26 Mid Atlantic Bill Koch Ski League Festival.** McCauley Mtn, Old Forge. [nyssranordic.org](http://nyssranordic.org).

**MARCH**

- 4-11 USSA Cross Country Ski Junior National Championships.** Mt. Van Hoevenberg, Lake Placid. [whiteface.com](http://whiteface.com).
- 4 Lapland Ladies Love to Ski: Skate.** 9:30am-2:30pm. Designed for women, taught by women. First-timer to intermediate. Lapland Lake Nordic Center, Northville. 863-4974. [laplandlake.com](http://laplandlake.com).
- 11 Moonlight Snowshoe Tour.** 6:30-8:30pm. Includes snowshoe rentals & guided tour to lakeside campfire. Lapland Lake Nordic Center, Northville. Reservations: 863-4974. [laplandlake.com](http://laplandlake.com).

**HEALTH & FITNESS**

**ONGOING**

- Mo-Sa Rock Your Fitness.** 6wk Sessions: 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).
- M/W/F Fit Flow Yoga.** Begins 11/28. 8-9am. Garnet Hill Lodge, North River. 251-2444. [garnet-hill.com](http://garnet-hill.com).
- Tu/Th Bodie Synergy w/Ivy Mulligan.** Begins 12/1. 8am. Garnet Hill Lodge, North River. 251-2444. [garnet-hill.com](http://garnet-hill.com).

**MARCH**

- 18-19 12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).

**HIKING, ROCK CLIMBING & SKILLS**

**ONGOING**

- Sat Outdoor Leadership School.** Begins 12/3. 12:30-1:30pm. Garnet Hill Lodge, North River. 251-2444. [garnet-hill.com](http://garnet-hill.com).

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18th annual

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**Sunday, February 5 at 11am**

Saratoga Spa State Park Saratoga Springs



14th annual

**Camp Saratoga 8K**

**Saturday, February 18 at 10:30am**

Wilton Wildlife Preserve & Park, Wilton

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Run starts at 5pm from 365Fit  
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**ZippyReg.com**  
 Phil Carducci (518) 861-6350  
 holidayclassic@nycap.rr.com



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DECEMBER	
<p><b>10-11 Wilderness First Aid.</b> Heart Lake Center, Lake Placid. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p> <p><b>13 Moonlight Snowshoe to Elizabeth Point w/wine, cheese &amp; drinks.</b> Garnet Hill Lodge, North River. 251-2444. <a href="http://garnet-hill.com">garnet-hill.com</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>MULTISPORT: TRIATHLON &amp; SWIMMING</b></p> <p style="text-align: center; background-color: #f2f2f2;"><b>DECEMBER</b></p> <p>11 New Paltz Masters Swim Meet. SUNY, New Paltz. <a href="http://adms.org">adms.org</a>.</p>
JANUARY	
<p><b>14 Esther Mountain Hike.</b> 6.6M. 8am. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>JANUARY</b></p> <p>7-8 HITS Triathlon: Naples. Sat: Half, Full. Sun: Olympic, Sprint, Open. Naples, FL. 845-247-7275. <a href="http://hitsendurance.com">hitsendurance.com</a>.</p> <p>21 Happy New Year Masters Swim Meet. Mohonasen HS, Schenectady. Bill Mottola: 356-8240. <a href="http://mohonasen.org">mohonasen.org</a>.</p>
FEBRUARY	
<p>19 Street &amp; Nye Mountain Hike. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p> <p>20 Tabletop Hike. 9.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>MARCH</b></p> <p>5 8th Guilderland YMCA Indoor Triathlon. 7am. 15 min each: pool swim, indoor bike and run. YMCA, Guilderland. Ben Luke: 456-3634. <a href="http://cdymca.org">cdymca.org</a>.</p> <p><b>18-19 12th Adirondack Sports Summer Expo.</b> Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. <a href="http://adksports.com">adksports.com</a>.</p> <p>19 Brooklyn Spring Duathlons &amp; 10K Run. Duathlon, International &amp; Sprint. Peristyle/The Grecian Shelter, Brooklyn. 347-276-7523. <a href="http://citytri.com">citytri.com</a>.</p>
MARCH	
<p><b>4 Esther Mtn Hike: Women's Day Hike.</b> 6.6M. 8am. Adirondack Chocolates, Wilmington. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p> <p><b>5 Phelps Hike.</b> 8.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p> <p><b>11 Tabletop Hike.</b> 9.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. <a href="http://adk.org">adk.org</a>.</p> <p><b>18-19 12th Adirondack Sports Summer Expo.</b> Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. <a href="http://adksports.com">adksports.com</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>OTHER EVENTS</b></p> <p style="text-align: center; background-color: #f2f2f2;"><b>JANUARY</b></p> <p>14 Heart of the Park Winterfest. 10am-8pm. Snowmobile rides, ice fishing, fat biking, dog-sledding, DH/XC skiing, snowshoeing, ice skating, family activities. Newcomb. <a href="http://discovernewcomb.com">discovernewcomb.com</a>.</p>
ICE & SPEED SKATING	
DECEMBER	
<p>10 Adirondack All Around Speed Skating Championship. Olympic Oval, Lake Placid. Tom Miller: 304-3039. <a href="mailto:adirondackssc@gmail.com">adirondackssc@gmail.com</a>.</p> <p>16-18 Lake Placid Ice Marathon. Olympic Speed Skating Oval, Lake Placid. <a href="http://lakeplacidspeedskating.wildapricot.org">lakeplacidspeedskating.wildapricot.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>DECEMBER</b></p> <p>3-12 Saranac Lake Winter Festival. Snowshoe races, broomball, scavenger hunt, skiing, more. Saranac Lake. <a href="http://saranaclakewintercarnival.com">saranaclakewintercarnival.com</a>.</p> <p>4 19th Saratoga Chowderfest. 11am-4pm. Saratoga Springs. <a href="http://discoversaratoga.org">discoversaratoga.org</a>.</p> <p>10-12 Saratoga Frozen Springs Classic Pond Hockey Tournament. Saratoga Spa SP, Saratoga Springs. <a href="http://saratogafrozenspringsclassic.com">saratogafrozenspringsclassic.com</a>.</p>
JANUARY	
<p>7-8 Jack Shea Sprints. 8am. Olympic Speed Skating Oval, Lake Placid. <a href="http://lakeplacidspeedskating.wildapricot.org">lakeplacidspeedskating.wildapricot.org</a>.</p> <p>21-22 Irving Jaffee Single Distance Championships. 8am. Olympic Speed Skating Oval, Lake Placid. <a href="http://lakeplacidspeedskating.wildapricot.org">lakeplacidspeedskating.wildapricot.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>JANUARY</b></p> <p>14 Heart of the Park Winterfest. 10am-8pm. Snowmobile rides, ice fishing, fat biking, dog-sledding, DH/XC skiing, snowshoeing, ice skating, family activities. Newcomb. <a href="http://discovernewcomb.com">discovernewcomb.com</a>.</p>
FEBRUARY	
<p>18-19 Charles Jewtraw Allround Championships. 8am. Olympic Speed Skating Oval, Lake Placid. <a href="http://lakeplacidspeedskating.wildapricot.org">lakeplacidspeedskating.wildapricot.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>FEBRUARY</b></p> <p>3-12 Saranac Lake Winter Festival. Snowshoe races, broomball, scavenger hunt, skiing, more. Saranac Lake. <a href="http://saranaclakewintercarnival.com">saranaclakewintercarnival.com</a>.</p> <p>4 19th Saratoga Chowderfest. 11am-4pm. Saratoga Springs. <a href="http://discoversaratoga.org">discoversaratoga.org</a>.</p> <p>10-12 Saratoga Frozen Springs Classic Pond Hockey Tournament. Saratoga Spa SP, Saratoga Springs. <a href="http://saratogafrozenspringsclassic.com">saratogafrozenspringsclassic.com</a>.</p>
MARCH	
<p>3-5 Lake Placid Ice Marathon Finale. 10K/21K/42K. Olympic Speed Skating Oval, Lake Placid. <a href="http://lakeplacidspeedskating.wildapricot.org">lakeplacidspeedskating.wildapricot.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>MARCH</b></p> <p>5 8th Guilderland YMCA Indoor Triathlon. 7am. 15 min each: pool swim, indoor bike and run. YMCA, Guilderland. Ben Luke: 456-3634. <a href="http://cdymca.org">cdymca.org</a>.</p> <p><b>18-19 12th Adirondack Sports Summer Expo.</b> Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. <a href="http://adksports.com">adksports.com</a>.</p>
RUNNING, WALKING & SNOWSHOE RACING	
ONGOING	
<p><b>We/Sa Fleet Feet Running Club.</b> Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany &amp; Malta. 459-3338. <a href="http://fleetfeetalbany.com">fleetfeetalbany.com</a>.</p> <p>Wed Saratoga Brewery Runs: 11/2-3/29. 3-7M. 6:15pm. Old Saratoga Brewing Co, Saratoga Springs. <a href="http://saratogastryders.org">saratogastryders.org</a>.</p>	<p style="text-align: center; background-color: #f2f2f2;"><b>DECEMBER</b></p> <p>10 20th Albany Last Run 5K. 5pm. Empire State Plaza, Albany. 434-2032. <a href="http://albanyevents.org">albanyevents.org</a>.</p> <p>10 Jingle Bell Run 5K. Lake Placid. Richard Preston: 897-2685. <a href="http://adirondackhealth.com">adirondackhealth.com</a>.</p> <p>11 Jingle Jog 7K. Run: 10am. Walk: 9:30am. Elks Lodge, Middletown. <a href="http://orangerunnersclub.org">orangerunnersclub.org</a>.</p>

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**Saturday, January 14 1:00 pm**  
 4.4 or 2.2 miles • Snow or Shine!  
 Hagaman Fire House,  
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 (just north of Amsterdam)

Register online: [zippyreg.com](http://zippyreg.com)  
 Info/Entry Form: [www.fmrrc.org](http://www.fmrrc.org)  
 Day of race registration: 11am to 12:30pm  
 Special race souvenirs to first 150 registered  
 Questions? Rick Vertucci 857-9025

Portion of entry fee to James Dern Memorial Scholarship Fund.

**41st Annual Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk**

Start the New Year right with a long run!

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**29th Annual CF Climb**  
 To benefit the Cystic Fibrosis Foundation of Northeastern New York

**Saturday, February 25, 2017 Corning Tower, Albany**  
 Check-in Begins at: 7:30 AM

First Responders: Individual & Relay - 8:30 AM  
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 Individuals - 10:30 AM  
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\$150 Fundraising Minimum

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- 17 **20th Holiday Classic 5K Run/Walk.** 10am. Columbia-Greene CC, Hudson. Phil Carducci: 861-6350. [zippyreg.com](http://zippyreg.com).
- 17 **Gore Mountain 5K Snowshoe Race.** 2pm. Plus, 2.5K fun run/walk. Apres-Ski Party: 3:30pm, Copperfield Inn. Dion WMAC Series. North Creek Ski Bowl, North Creek. 251-2411. [skireg.com](http://skireg.com).
- 18 **Hilltop Orchard 5K Snowshoe Race.** 1pm. No snow date: 1/2. Dion WMAC Series. Richmond, MA. [capitalregionnordicalliance.com](http://capitalregionnordicalliance.com).
- 18 Joe Benny 'Memorial Run.' Albany to Thacher Park, Voorheesville. [albanyrunningexchange.org](http://albanyrunningexchange.org).
- 19 Frostbite 5K Run/Walk. Mayfield HS, Mayfield. Ryan Bornt. [mayfieldcsd.org](http://mayfieldcsd.org).
- 31 **19th First Night Saratoga 5K.** 5:30pm. Skidmore College Athletic Complex, Saratoga Springs. [saratoga-arts.org](http://saratoga-arts.org).
- 31 **1st New Year's Resolution Run.** 5K Rail Trail Fun Run & Fireworks. 5:30pm. 365 Fit, Delmar. [365fit.com](http://365fit.com).
- 31 New Year's Eve 5K. 2pm. Pavilion State Office Building, Montpelier, VT. [cvrunners.org](http://cvrunners.org).
- 31 NYRR Midnight Run. 4M. 11:59pm. Central Park, New York. [nyrr.org](http://nyrr.org).

**JANUARY**

- 1 **Ed Thomas Winter Series #2: 41st Hangover Half & Bill Hogan 3.5M.** 12pm. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Heritage Museum, Ticonderoga. [lachute.us](http://lachute.us).
- 1 Big A's 5K Run/Walk. 10am. Glens Falls HS, Glens Falls. [adirondackrunners.org](http://adirondackrunners.org).
- 7 Recover From The Holidays Run. 50K. Norrie Point SP, Staatsburgh. [mhrrc.org](http://mhrrc.org).
- 14 **31st Winter Wimp Foot Races.** 2.2M/4.4M. 1pm. Hagaman. Rick Vertucci: 857-9025. [fmrrc.com](http://fmrrc.com).
- 14 Deers Head MLK Mile. 1M. Elizabethtown. Rob DeMuro: 593-0848. [thedeersheadinn.com](http://thedeersheadinn.com).
- 15 **Ed Thomas Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
- 15 **Cock-A-Doodle-Shoe Snowshoe 10K, Nicolas Pendl 5K & Kids' 1/2M Snowshoe Scramble.** 10am. New Land Trust, Saranac. Jeremy Drowne: 376-1809. [cockadoodleshoe.com](http://cockadoodleshoe.com).
- 21 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Dion Race Series. Readsboro, VT. [dionsnowshoes.com](http://dionsnowshoes.com).
- 22 **Western Mass Snowshoe Scramble.** 5K or 10K or both. 10am. Dion WMAC Series. Mt. Tom S.R., Holyoke, MA. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 22 NYRR Fred Lebow Half Marathon. 13.1M. Central Park, New York. [nyrr.org](http://nyrr.org).
- 28 Stone Wall 5K & 10K Snowshoe Race. CCC Camp, Mannsville. [winonaforest.com](http://winonaforest.com).
- 29 **Curly's Record Run Snowshoe Race.** 4M. Pittsfield S.F., MA. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 29 **Ed Thomas Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).

- FEBRUARY**
- 4 Saranac Lake Winter Carnival Ice Palace Fun Run. 4M. 10am. Ice Palace, Saranac Lake. Dave Staszak: 304-5041. [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com).
  - 4 Polar Cap 4M Road Race. 10am. Sacred Heart Parish Hall, Lake George. [adirondackrunners.org](http://adirondackrunners.org).
  - 5 **Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion WMAC Series. Saratoga Spa S.P., Saratoga Springs. Laura Clark: 581-1278. [active.com](http://active.com).
  - 8 Snowshoe Races. 6pm. Dewey Mountain, Saranac Lake. 891-2697. [saranaclakewintercarnival.com](http://saranaclakewintercarnival.com).
  - 11 **Natural Stone Bridge Snowshoe Race.** 3-4M. 10:30am. Dion WMAC Series. Natural Stone Bridge & Caves, Pottersville. [stonebridgeandcaves.com](http://stonebridgeandcaves.com).
  - 12 **Ed Thomas Winter Series #5: 4.5M, 10M, 20M (9am).** 10am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
  - 12 **44th HMRRC Winter Marathon.** 26.2M. 9am. University at Albany, Albany. [hmrrc.com](http://hmrrc.com).
  - 18 **Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. [active.com](http://active.com).
  - 19 **Brave the Blizzard 5.5M & 5K Snowshoe Races.** 10am. Plus, pancake breakfast. Dion WMAC Series. Tawasentha Park, Guilderland. [areep.com](http://areep.com).
  - 25 **29th CF Stair Climb.** First Responders Solo/Relay: 8:30am. Team Relay: 9:30am. Individual: 10:30am. Corning Tower, Albany. 453-3583. [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb).
  - 25 **WSSF World Snowshoe Championships.** 11am: 10K Championship Race. 1pm: 5K Citizen & Junior Races. Saranac Lake. [saranaclake.com](http://saranaclake.com).
  - 25 Endurance Society Snowshoe Festival. 10K, 30K, 60K & 5K Sled Run. 8am. Blueberry Hill Inn Ski Center, Goshen, VT. 802-540-5225. [endurancesociety.org](http://endurancesociety.org).

**MARCH**

- 5 **Thunderfest Snowshoe Race.** 3.5M. Dion WMAC Series. Thunderbolt Trail, Mt. Greylock, Adams, MA. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 11 Running of the Green. 4M. 10am. Schalmont HS, Rotterdam. [hmrrc.com](http://hmrrc.com).
- 12 **Northeast Snowshoe Championship 10K.** Dion WMAC Series. Prospect Mtn., Bennington, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 12 Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. Lagrange Town Hall, Lagrangeville. [mhrrc.com](http://mhrrc.com).
- 18-19 **12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 25 **Firefighter's Run 4 Your Life 5K.** 9:30am. Plus, Chowderfest. Central Park, Schenectady. [schenectadyfirefighters.com](http://schenectadyfirefighters.com).
- 25 Wurtsboro Mountain 30K Road Run & Relay. 9am. Solo or 3-6 person teams. Emma Chase School, Wurtsboro. [sullivanstriders.org](http://sullivanstriders.org).

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

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## Many Offerings at the Ski Centers

By Darryl Caron

It looks like the temperatures and snow – natural and manmade – is falling just in time for a wonderful Northeast winter!

At **Gore Mountain** in North Creek, you can explore New York's biggest ski area with 14 lifts, 109 trails, 2,537-foot vertical drop, and 440 skiable acres. Terrain is 10% beginner, 50% intermediate and 40% expert, 21 glades, and 97% snowmaking coverage. They have a fun lineup of events, promotions and other happenings, including "Why Not Wednesdays" for \$48 lift ticket on non-holidays when you bring any unopened Coca-Cola product. Gore has Christmas, MLK and President's holiday camps for kids. Many ski/ride clinics for women, Telemark skiing, master the mountain and glades. And a variety of races: snowshoeing, NYSEF, boarder/skier cross, restaurant race, mini-shredders jibfest, log jam, and new Irish spirit race.

There are a variety of mountain services including day care, ski demos, massage in the lodge and recreational racing. The Snow Sports School has coaching and lessons for skiers and snowboarders of all ages and ability levels, with daily lessons for kids ages four-12, first-timers ages 13-plus, private and group lessons, six-week and season-long mountain adventure programs for kids – and separate programs for ages 13-15, and adaptive lessons. You can save money with their Snow Sampler four-packs, frequent skier cards, eTickets, season passes, lift/lodging packages and gift cards.

For a great ski experience, rediscover **Whiteface** in Wilmington, the number two ranked ski resort in the Eastern U.S. (SKI magazine). Whiteface is home to the greatest vertical drop east of the Rockies, with 86 trails stretching over 22 miles, and encompassing three peaks. The lower mountain is a safe learning environment for beginners, mid-mountain has lots of options for the family, and of course, spectacular and varied expert terrain – including The Slides. Then, add the excitement of the Olympic venues in Lake Placid, and you've got a fun, vibrant ski day or vacation.

Upcoming events include Santas Ski Free Day on December 11 (must arrive by 10am), World Cup Freestyle moguls competition on Jan 13, and World Cup Freestyle aerials at the Olympic Jumping Complex on January 14. Lessons and programs include just for kids, group and private lessons, Snowboomer Social Ski Club for 50-plus alpine skiers – and

Nordic skiers at Mt. Van Hoevenberg, NY Ski Education Foundation athlete training, and Without Limits adaptive ski program for all ages and skiing/riding abilities.

In Queensbury, **West Mountain** is conveniently located three miles off exit 18, they offer skiing, tubing, lessons, alpine and freestyle and ride teams, and awesome terrain parks. With views of the Hudson River and Adirondacks, West has been a perfect setting for family winter outings for over 50 years. As of 2013, West's new management has been dedicated to investments and upgrades that have been well received. There are 30 trails with 125 acres ranging from gentle learning slopes to challenging terrain. Their snowmaking and grooming crew covers 80% of terrain in snowmaking. The opening day bash is on December 16 with 8pm fireworks, ticket specials, live music and bonfire. The new West Mountain Sports rental and tuning pro shop is now open for tuning.

They have six-week lesson programs, holiday camps, and Super Seniors and Friday Ladies programs. The West Mountain Racing team offers academy-like training at reasonable rates with full, midweek and core day training membership. The Intro to Racing six-week program starts January 10 for all mountain skiers, ages six to 14, with no previous race experience required – and a Winter Break four-day camp meets on President's Week. WMR's new Snowboard and Freeski program, headed by former Killington Mountain School coach Matt Lynn, has full and midweek programs for ages 7 and older. Visit westmtn.net.

Just east of Saratoga County, **Willard Mountain** in Easton is New York's coolest little ski area. They have 100% snowmaking, night skiing and riding, a full-service ski shop, terrain park, and tubing park. Their ski school offers lesson programs for groups or individuals of all ages. Limited availability still remains for their Little Colonel ski program for age four to seven. Their six-week programs are a great way to learn to ski or snowboard with lift, lesson and rental packages at a huge discount – perfect for beginners.

Not sure what to get your loved ones for the holidays, buy a gift certificate. Willard also offers holiday week ski or snowboard lessons – and holiday race camps for ages seven to 17 – on December 26-30 and February 20-24. The Willard Race Team is great for training and it's affordable, competing in the Southern Vermont VARA in five age divisions, for ages under ten to 16 and

FANTASTIC DAY ON FOXLAIR, DECEMBER 2.  
GORE MOUNTAIN



WEST MOUNTAIN RACING TEAM MEMBERS. WEST

older. Willard's Freestyle Team teaches skiers fun maneuvers in moguls and aerials in a safe environment. Snowmaking has begun and the staff is eager to get the season going. Visit willardmountain.com.

Just minutes from anywhere in the Capital Region, **Maple Ski Ridge** in Rotterdam has been celebrating family fun since 1963. It's time to sign up for child or adult lesson programs that start January 2. They have weekend, after school, December vacation, walk-in group, private, women only and other affordable ski and snowboard packages available.

Have your child spend the winter vacation with Maple Ski Ridge, their Winter Break Camp runs from December 26-30. Your kids will spend much of the days outside playing and exploring their winter wonderland. They offer gift certificates and a Value Pass for \$89.99, which includes one free day pass, 20% off all 2016-17 future passes, and may also be used for tubing. They are now scheduling tubing parties for this winter. You can save 10% on lesson programs by using the "ASF16" coupon code. They're on track for opening day on December 11. Visit maple-skiridge.com.

WHITEFACE ON DECEMBER 8 WITH 20" OF SNOW THIS WEEK. ORDA

In the central Adirondacks, **McCauley Mountain** in Old Forge, is big mountain fun, with small mountain attitude. McCauley's 21 slopes, four lifts, and 633-foot vertical drop contains long cruisers, steep bumps and glades, and double black diamond challenges. Skiers moving out of the beginner ranks get a big bonus, as they offer accommodating trails from the summit. Annual snowfall is 280 inches, plus snowmaking and grooming, ensures good conditions for 100 days of skiing annually.

Opening day is December 10 and special events include: Night Skiing on Playmate, Old Forge Winter Carnival, alpine and Nordic races, and much more. Their snowsports school has private and semi-private lessons and rentals. The McCauley Adventure programs develop great skiers for ages 4-6, 5-7 and 6-12 years old, with lesson dates from December 31 through March 4. Visit mccauleyny.com.

Don't forget about the *I SKI NY Free for Kids* program for students in third and fourth grade. Kids can ski or ride at New York ski areas for free. A \$26 processing fee and restrictions apply. For details, participating ski areas, snow conditions and more, visit iski.com. 🌲



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**VACATION RENTAL - Log house** two blocks from Main St in Lake Placid, near river. Nov 15-Apr 15. Sleeps six in large room with loft. Newly renovated. Plowing included. Utilities extra. Contact Brian@HighPeaksCyclery.com.

**BRAND NEW SHORT-TERM SUITES - Station St, Lake Placid.** (1) 900+ sf, 2 BR/4-person. (1) 1100+ sf, 2 BR/6-person. Walk to great restaurants. On park just off Ironman course. millpondpartners@roadrunner.com. (518) 524-2949.

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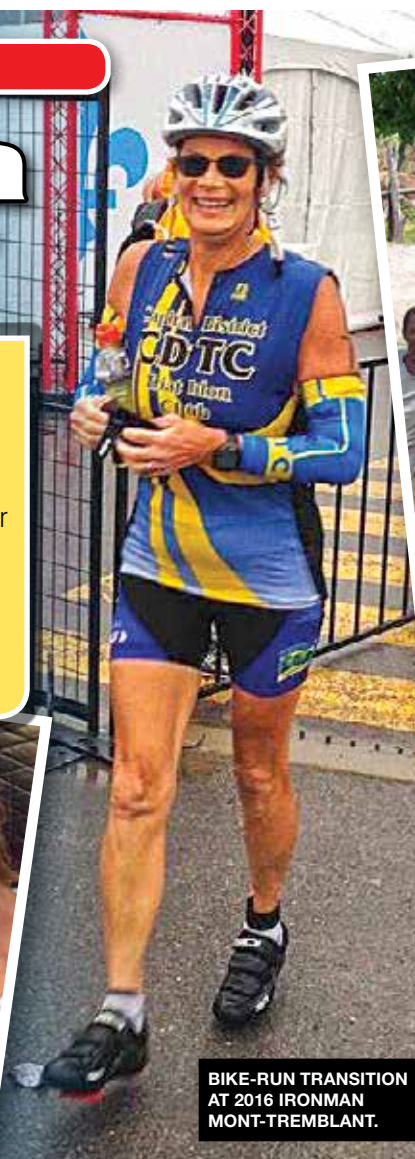
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## ATHLETE PROFILE

Virginia  
Touhey**HOMETOWN:** Clifton Park**FAMILY:** Spouse, Kathy Simmonds;  
Son, Charlie, age 23**AGE:** 60**SPORTS:** Triathlon, Cycling, Open Water  
Swimming, Sailing**OCCUPATION:** NYS Licensed Massage  
Therapist, A Peaceful Place  
Massage and Wellness,  
Clifton ParkWITH HER DAD,  
CARL TOUHEY.BIKE-RUN TRANSITION  
AT 2016 IRONMAN  
MONT-TREMBLANT.GRINDING  
GRAIN FOR  
TO LOVE  
A CHILD IN  
ZIMBABWE.▶ WITH MOM,  
LILA TOUHEY.

VIRGINIA AND HER SON CHARLIE.

VIRGINIA WITH  
HER SPOUSE  
KATHY.

## By Kristen Hislop

One step at a time. One drop at a time.

Most endurance athletes don't grow up as competitive athletes. It is usually the desire to conquer a fear or surmount a challenge that puts them on the path. Once on that route they often find it hard to diverge. Virginia Touhey is no different. As a kid, Virginia loved to ski, sail and swim. Like most kids of her generation she ran errands on her bike and was out playing with siblings and friends until dusk. Her love of the outdoors and an athletic challenge was honed at the Colorado Rocky Mountain School in Carbondale, Colo. The school has always had a focus on sports and outdoor trips as a way to develop character and learn skills such as resilience, perseverance, collaboration, self-confidence and humility. Graduates leave with a deep appreciation for the outdoors and an understanding of the importance of giving back to their community.

After being away from home for high school she headed back to her Northeast roots for college. She still gets back to Colorado a couple of times a year as she serves on the board of the school. She knew she had had a privileged upbringing, but it was in her 30s when she decided she was done with as she says "playing." As often happens when you open your mind to new challenges and opportunities it seems things appear in front of you. It was then Virginia became aware of community organizations focused on helping those with physical, mental, emotional, financial and other needs. The more Virginia reached out the more she saw a need. Over the years, she has supported many different organizations via volunteering, serving on the board, and even racing or riding to raise funds.

One of her first forays into the challenge yourself and raise money for a great cause was a cycling event. In 1987 she signed up to cycle 3,400 miles across the United States to raise money for the American Lung

Association. She joined already accomplished cyclist and publisher of this magazine, Darryl Caron, along with two other local riders on this journey. Virginia jumped in with both feet despite not having a clue about what it would really entail.

The ability to conquer her doubts about her own abilities fueled a new passion. For quite a few years Virginia rode her bike, swam in Lake Champlain, and worked to stay in shape. But there was more brewing, more that could be done in her community, and more that she could accomplish athletically. The Lung Association ride also started her love for bike touring, which were subsequently followed up with trips through Central New York, Canada, New England, Holland, Italy and Ireland with family and friends.

Fast forward to 2008 when two passionate women signed on as coaches for the Leukemia & Lymphoma Society's Team in Training triathlon program. Yours truly and Beth Gryzboski encouraged Virginia to fundraise and travel to Washington, DC for the Nation's Triathlon. As we sat at the pre-event dinner we coaches were bursting with pride when Virginia's name was announced as a top fundraiser! She had won a bike for her efforts. Virginia's mother, Lila, trekked around DC the following morning to watch her daughter tackle this crazy adventure. She hit the course with the same passion and determination. Now she was, "Hooked no more to being a gym rat for no reason. I had competitions to train for!"

Virginia continued competing in triathlons. She adds, "In 2011 I became so confident that I was ready to tackle the Ironman Lake Placid. That year coach Kristen taught me the difference between working out and 'training.' Boy, I never knew my body could do all those strengthening bizarre things with a TRX. I learned to focus and believe in myself. I was so well-trained that I race-walked the marathon and crossed the finish line in flying colors. I was happy and

healthy and beat my anticipated time." In keeping with her tradition of fundraising while competing she decided to set the bar high and raise \$15,000 for the "To Love a Child" organization.

Virginia was introduced To Love a Child by Cindy Schmehl, the executive director, selling African handicrafts at A Peaceful Place open house. Cindy's goal was to send money to a small rural village in Zimbabwe. Virginia says, "I thought to myself, she can't make a difference in that village. That's just a drop in the bucket." Today, To Love a Child is feeding a preschool, training men and women in skills they can use, providing school supplies, teacher wages, and micro loans for women to start business that provide for themselves, their family and many others that live with them. After a trip to Zimbabwe, Virginia realized "A drop in the bucket creates an ocean of energy."

Both Virginia and her spouse, Kathy, are involved with TLC efforts in the region. In September, TLC received a grant for the construction of a women and children's center in Zimbabwe. The project allows women to sell, knit and embroider, providing income as well as mentoring teenage girls. Virginia was honored by To Love a Child in November 2016 for her work on the board and her tireless fundraising efforts.

After getting married to Kathy Simmonds early in 2012, Virginia headed to Zimbabwe to see firsthand the work of TLC. She returned more motivated to enact change in our community and abroad. Continuing

to work with TLC, she jumped back into the Team in Training family, fundraising for a century ride in Lake Tahoe, Calif. in 2013.

After saying she would never go the Ironman distance again - as she says, "The mind tends to forget" - always looking for the next challenge, Virginia decided to do the 2016 Ironman Mont-Tremblant. Once again Kathy and her mom cheered for her along the journey and on a long race day. "This time my goal was to learn to run! I had race walked all my past triathlons. I was determined to improve my time by running. This year I learned another lesson, 'Drink before you are thirsty.' By the time I got to the run that I was so looking forward to, I had no energy, no electrolytes, so I fell short of my goal. So now I have another goal! I am going to improve my half-Ironman time at Ironman 70.3 Lake Placid in 2017." TLC and Ironman have become intertwined. Both of Virginia's Ironman journeys have benefited the charity near and dear to her heart.

Virginia encourages everyone to share their time and expertise, or when shopping via [amazon.com](http://amazon.com), select "To Love a Child" to help build schools and buy bikes for villages in Haiti and Zimbabwe. Each step of Virginia's Ironman races made a difference. As she knows, "One drop at a time we make changes." ▲

*Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a certified multisport coach who wants everyone to 'Do, Believe and Achieve.'*

# CROSS COUNTRY SKIING Get Your Kids XC Skiing This Winter!



GREENFIELD'S BEST AT THE SKI JUMPS IN LAKE PLACID. CHRIS YARSEVICH

**By Chris Yarsevich**

**W**ith soccer over and baseball season not until springtime, your high energy kids need something to do this winter. Why don't you get them outside, enjoying winter, and learning a new lifelong sport? Cross country skiing, also known as Nordic skiing, is a great sport where kids can quickly master the basics and then take years of practice to perfect. It is also an activity that the whole family can enjoy together, a rare thing in most sporting families.

There are many ski centers in the Adirondacks where lessons and rentals can be had, but what about something more local to the Capital, Saratoga and Glens Falls region, and on a more regular basis? In an effort to help grow the sport and expose more people to the joys of XC skiing, the Hudson United Racing Team will be running two different weekly learn to ski programs for children four to 12 years old this winter.

HURT Nordic is one of the biggest clubs in the state, and has athletes from age 14 to 80 participating in ski racing all over the country, and internationally as well. Primarily formed as a racing team, HURT has expanded over the years to now include

children's lessons, family ski events, and full year ski training groups. HURT also runs a weeklong junior development ski camp for teens and has a weekly summer training program for high school skiers. See [hurtnordicskiing.com](http://hurtnordicskiing.com).

The weekly programs are modeled after the national Bill Koch Ski League. If you are unfamiliar with Bill Koch clubs, visit [nensa.net/youth](http://nensa.net/youth) and [easternmassnordic.org](http://easternmassnordic.org). Basically they are grassroots clubs that try to get kids outside to learn XC skiing fundamentals and have fun on skis. The weekly sessions are centered on the basics of learning to

ski, having fun, spending time outside, and getting some exercise. A basic day is divided into a few separate sections, a group warm up, some type of skiing skill development with individual instruction, and then a fun game or free skiing.

The one hour sessions are held on Monday nights and run December through February or March, depending on the snow. Snow is not needed, especially in the early season, as lots of fun can still be had doing dryland drills, adventuring in the woods and playing games. This year there are two locations, Greenfield Center and Queensbury. The sessions are free, but parents need to sign their kids up with NYS Ski Racing Association-Nordic: [nyssranordic.org/membership](http://nyssranordic.org/membership). Joining NYSSRA is free for the first year for children under 18 and only \$10 a year after that. NYSSRA Nordic is the statewide governing body of XC skiing and offers lots of information and benefits for skiers of all ages.

For more info contact Chris Yarsevich ([cyarsev@gmail.com](mailto:cyarsev@gmail.com)) for Greenfield (Saratoga Springs area) sessions or Bob Underwood ([underwoodu@aol.com](mailto:underwoodu@aol.com)) for the Queensbury (Glens Falls area) sessions.

For family fun on snow in southern Saratoga County (Clifton Park area), the Shenendehowa Nordic Club also has a Bill Koch Youth Ski League for ages four to 14, which meets at 3:45pm on Tuesdays from November to March on the Shenendehowa Central Schools campus. For details, contact Eric Hamilton at [ejh.bkh@juno.com](mailto:ejh.bkh@juno.com).

So get your kids outside doing something new this winter. If your children enjoy the sport, there are racing, touring, and backcountry trip opportunities throughout the winter. This region is home to almost limitless options when it comes to skiing choices within a few hours drive. Additionally, quite a few local high schools have varsity, junior varsity and modified ski teams that practice and compete throughout the region. In fact, many top high school skiers started their love for skiing in a local Bill Koch Ski League. We hope to see you out on the trails, think snow! 📌

*Chris Yarsevich of Greenfield Center is a founding member of the Hudson United Racing Team. You can find him racing almost every winter weekend with the team and when the snow is gone he enjoys running, cycling and hiking.*



AUTHOR, CHRIS YARSEVICH LEADS THE PACK IN GREENFIELD.



SHENENDEHOWA NORDIC'S BKYSL FIRST DAY OUT ON NOVEMBER 2. ERIC HAMILTON

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## CROSS COUNTRY SKIING



SLIDES ON SANTANONI PEAK CAN BE SEEN FROM THE LAKE TRAIL IN THE MACINTYRE WEST TRACT.



SKIING ALONGSIDE THE OPALESCENT RIVER IN THE MACINTYRE EAST TRACT.

# This Winter's Adirondack To-Do List

**W**ith some good snow before Thanksgiving, the 2016-17 ski season has started out somewhat better than last season and I'm hoping this winter brings us more snow and less rain than we experienced a year ago. Although I have some favorite routes in the New York Forest Preserve that I continue to revisit on skis, I do like to explore new places, and see what they have to offer both from a skiing standpoint as well as from a scenic perspective.

With the state's completion of the purchase of the former Finch, Pruyn & Company lands we do have some interesting new routes and destinations to investigate. This year's purchases have yet to be classified by the Adirondack Park Agency and public comments and suggestions are being accepted through December 30 of this year (see below). Most of the lands will end up classified as either Wilderness or Wild Forest - the former allows no motorized or mechanized travel, while the latter classification could allow for snowmobile use in winter if the Department of Environmental Conservation decides that is appropriate. DEC will put together a Unit Management Plan, then seek comments from the public before finalizing the plan. Since that might not happen for another year or two, DEC usually will have an Interim Access Plan, which will determine how we can access these lands. The two tracts that will be of most interest to skiers are the Boreas Ponds and MacIntyre West.

**□ BOREAS PONDS** - This fall, the APA has been conducting hearings and has been accepting comments as to how this large area will be classified - some folks are looking for easier access to the scenic ponds while others desire more wilderness with more difficult access. For winter users, the classification/UMP process will determine if snowmobiles will be allowed on Gulf Brook Road, the 6.8-mile dirt/gravel road that leads to the dam at the ponds' outlet, where the view of the High Peaks is absolutely stunning. I have hiked to and canoed the ponds twice but have yet to visit them in winter.

For this winter, skiers and snowshoers will have to park off Blue Ridge Road at the beginning of Gulf Brook Road, so the round-trip mileage will be in the 14-mile range - good for novice skiers who are in good shape. The trip will be more about the destination than the journey - for the first 5.8 miles there is not much scenic variety - you might notice a leased camp or two along the way. The terrain is similar to the road into Camp Santanoni with some gentle changes in elevation and, like Camp Santanoni, the road should be skiable with as little as five inches of snow. Net elevation gain to the ponds is about 300 feet, but with some ups and downs cumulative elevation gain will be closer to 700 feet.



## To-Do List

By Rich Macha

ALL PHOTOS BY RICH MACHA

At the 5.8-mile mark the road crosses over a dam that creates LaBier Flow, an impoundment of the Boreas River - there are some nice mountain views here. You then climb away from the dam then bear right at a junction and pass a hunting camp that purportedly is the oldest standing building in the town of North Hudson. Bearing right at another junction you soon arrive at the Boreas Ponds dam. While the view from the dam is quite good, the view from the ponds is better; so if the ice looks safe (the ice near the dam is likely to be thin) I would ski out onto First Pond for superlative views that range from the North River Mountains to the west, Boreas Mountain to the east, and Allen, Marcy, Gothics, Dix and other High Peaks in between.

Note that the leased camps in this tract will be removed in 2018 and, until that time, camp lessees will be allowed to use snowmobiles to access their camps; however, the general public will not be allowed in on snowmobiles.

**□ MACINTYRE WEST** - The MacIntyre West Tract is located in the town of Newcomb and abuts the High Peaks Wilderness Area. The APA is proposing a Wilderness classification for this tract, adding it to the High Peaks Wilderness Area. Last winter the Tahawus area south of the High Peaks had some of the best snow cover in the Adirondacks and I was able to ski the MacIntyre West tract twice on over a foot of snow. Like the Boreas Ponds area, there are a number of leased camps in here that will be removed in 2018, so some light snowmobile use may be noted.

Start from a large parking area at the Bradley Pond trailhead that hikers use to begin a climb up the Santanoni Range - this is on the west side of County Route 25 (Upper Works Road). A gated dirt road, the Upper Road, goes west then southwest for over four miles into the heart of the tract. Hikers heading for the Santanoni Range make a right off the road at the 1.8-mile mark; skiers can keep going straight on the road (no trail markers last winter), going over a bridge, and passing by another gate. Last winter I found a map in a box on the right that really helped in exploring the area - the trail names I use here are taken from this map.

Bear left at an intersection as the road climbs moderately, gaining 600 feet in about three miles; ignore any right turns. At about the four-mile mark, a left turn leads past some camps and the route then becomes more trail-like than road-like. Lake Andrew is reached 0.7 miles from the junction and

makes for a good lunch or rest spot; Mount Andrew rises up to the northeast. From the lake, the Sucker Brook Trail continues in a south-southwest direction, and connects with other trails. Skiing back to the Upper Road junction there is a great view of the slides on Santanoni Peak. It's a fast, mostly downhill run back to the trailhead that reminds me somewhat of the ski down the Lake Road on the return from Lower Ausable Lake in St. Huberts.

Instead of turning left at the Upper Road's four-mile junction you can go straight for a bit then turn right; you will soon come to a dead-end clearing with a view of the twin slides on Santanoni Peak. Further, on the Upper Road you will see a fork left - this is the Bowl Trail that climbs fairly steeply then drops and connects to more trails in the south end of the tract.

Instead of turning left on the Bowl Trail you can continue bearing right to the Doodle Bug Trail, which crosses the "Troll Bridge" and soon drops to the southwest - truly adventurous skiers can find a route to Newcomb Lake, just make sure you are prepared for a long day if you try it! For now, at least, don't expect any signs or markers to ease the route-finding - the Lake, Bowl and Doodle Bug trails are a step or two more challenging than the Upper Road, and require solid intermediate backcountry ski touring skills - even in the best of snow conditions.

**□ MACINTYRE EAST** - The MacIntyre East Tract is on the east side of County Route 25. A dirt/gravel road, the Opalescent Road, heads east then northeast through the tract. Unfortunately, the road passes through some private land at the 1.75-mile mark, and that is as far as the general public can currently travel. However, if you would like to get a good look at the Opalescent River there is a flat easy-to-ski trail that follows the river for about a mile.

Access the dirt Opalescent Road at a large sign for the Opalescent Hunting Club. The road immediately passes over a gated bridge that crosses over the Hudson River. Ski 0.3 miles along the road then look for an unmarked trail on the left. This trail soon reaches the shore of the scenic Opalescent River and can be followed upstream to a railroad bridge - from the bridge there are nice views of river and mountains in both directions. The trail does continue but is hillier and soon arrives at private land back on the dirt road.



OK SLIP FALLS LATE LAST WINTER.

**□ OK SLIP FALLS** - OK Slip Falls has already become a popular hiking destination. In winter, any new snowfall should soon be broken out by snowshoers and skiers. The trailhead is on the north side of NY Route 28 halfway between North Creek and Indian Lake.

The route to the falls starts out on the trail to Ross, Whortleberry and Big Bad Luck ponds and follows that trail for a half-mile. A right turn on a new blue-marked trail leads you through pleasant woods and the occasional meadow - the undulating terrain is best for intermediate skiers. After two miles the trail reaches a dirt road - take a left on this road then soon a right along a wide trail for over half-a-mile. As you approach the top of the falls the trail gets fairly steep - consider taking your skis off and walking the rest of the way.

In winter, the top of the falls will be an impressive combination of ice and rushing water. You will not be able to see a lot of the falls' 250-foot drop to the Hudson River. The full drop can be seen from Kettle Mountain on the other side of the Hudson River - a very rewarding trail-less ski trip in itself.

Just a reminder here that whenever you are heading out into the wilds for more than an hour that you should bring with you some extra clothing and food as well as a headlamp. Other items to have along are a whistle, map, compass, hand-warmers, a first-aid kit, a multi-tool with knife and screwdrivers, fire-making items and a scraper. Let's hope for a snowy winter!

The APA will accept written comment on the 2016-17 Classification Package through December 30, 2016. Please address all written comments on this matter to: Kathleen Regan, Deputy Director of Planning, Adirondack Park Agency, PO Box 99, Ray Brook, NY 12977. Or by email to: classificationcomments@apa.ny.gov. 📍

*Rich Macha (adkpaddle@yahoo.com) is an avid wilderness cross country skier and paddler. He has spent 20 years in the XC ski and paddlesport business and has led many ski trips for the Albany Chapter of the Adirondack Mountain Club.*

**SNOWSHOE RACING** *cont. from 1*

you feeling you ran longer! Like my Saratoga Winterfest and Camp Saratoga races, this is a die-hard event, held for half-point series standings in sneakers and spikes if there is no snow. Visit: areep.com.

Another almost-new is **Thunderfest** on Sunday, March 5 at Mt. Greylock State Reservation in Adams, Mass. Thunderfest will travel the traditional 3.5 mile "short" course around the base of Mt. Greylock, but consider spending the weekend to view the thrilling downhill ski races on the famed Thunderbolt Trail. This is the original training ground of the 10th Mountain Division, whose surviving members went on to found the US ski industry. For historical insights: thunderboltskirun.com. Go to: dionwmacsnowshoe.com.

And now for the core events that form the backbone of the series. **Hilltop Orchard 5K**, just over the New York border in Richmond Mass., is prized as much for their around the orchard and through the woods route, as its post-race fireplace and sweet and hard cider samples. It is scheduled for 1pm on Sunday, December 18, with a backup date of January 2, should winter delay - both with day-of registration. Either way, bring some money to purchase Christmas gifts or replenish after your New Year's celebrations. Check out: capitalregionnordicalliance.org.

At Bob Dion's own **Hoot Toot & Whistle 5K** on Saturday, January 21 in Readsboro, Vt., you trace the path of the historic Hoot Toot & Whistle Railway. While there are no major climbs, the relentless series of rollers, too short to justify a walking break, will test your stamina. Every year runners take pride in checking out the restoration progress on the Readsboro Town Hall, partially funded by entry fees. Visit: dionsnowshoes.com.

The four-mile **Curly's Record Run** in the Pittsfield State Forest in Pittsfield, Mass., on Sunday, January 29. Now under a new race director, Peter Bazanchuck, Curly's commemorates the record-breaking downhill ski run of Curly Voll, a Pittsfield local, on Shadow Trail in 1944. Think mountain climbing and be prepared for some serious hiking and fun flying. Go to: dionwmacsnowshoe.com.

Mainstays, **Saratoga Winterfest 5K** on Sunday, February 5 in the Saratoga Spa State Park and **Camp Saratoga 8K** on Sunday, February 18 in Wilton Wildlife Preserve & Park are famous for their huge potlucks where everyone quickly becomes family. Designed to showcase their respective park venues, proceeds support local trail development. Winterfest, on the classic cross country running course, is a good walker's route for beginners, with one steep climb to keep you honest. Camp Saratoga features singletrack wooded paths and cross country ski trails with and a more up-and-down perspective. For preregistered only, age 65-plus free, 12-under free, and \$25 for both races. Check out: active.com.

Concluding the series on Sunday, March 12 is the **Northeast Snowshoe Championship 10K** at Prospect Mountain, near Bennington, Vt. - site of the 2014 National Snowshoe Championships. Race director Tim Van Orden has staked out multiple routes up and down this challenging mountain and through its twisty, wooded singletrack. Be ready for a thrilling, breathtaking experience on an expertly marked route. Visit: dionwmacsnowshoe.com.

Finally, the **2017 WSSF World Snowshoe Championships 10K & 5K** will take place on Saturday, February 25 in Saranac Lake - vis-



2015 CAMP SARATOGA 8K SNOWSHOE RACE AT WILTON WILDLIFE PRESERVE & PARK. BRIAN TEAGUE

iting the US for the first-time. Previously held in Europe, Japan and Canada, this World Snowshoe Federation event is once-in-a-lifetime opportunity, whether you plan on the 10K Open Championship Race at 11am, or 5K Junior Championship Race and 5K Citizen Fun Run/Walk at 1pm - races are open to all! As in Alaska's Iditarod, stock-piled snow will line the exciting start/finish on Main Street, in front of Hotel Saranac. In the 10K, enjoy the flat while you can, then you get to ascend and descend the Dewey Mountain Recreation Center trails. Even now, the route is lightly marked in green, anytime you wish to take a dry run.

Post-race, there is a 5pm banquet, award ceremony and entertainment, where you can chat with US and international athletes. On Friday, there will be an athlete's parade, opening ceremonies, and "under the lights" event at Dewey Mountain. On Sunday, there will be extras at Baker Mountain and Paul Smith's Visitor Interpretive Center. Go to:

saranaclake.com/world-snowshoe-championships.

Closely related, but not an official series member is Jeremy Drowne's **Cock-A-Doodle-Shoe 10K, Nicolas Pendl 5K, and Kid's 1/2-Mile Snowshoe Scramble** on Sunday, January 15 at New Land Trust in Saranac - located 20 miles west of Plattsburgh. The Drowne family owns the Kinetic Running store in downtown Plattsburgh and is a Dion Snowshoes retailer. As such, the raffle prizes are outstanding, including snowshoes, winter gear, lots of technical socks, with pretty much everyone a lucky winner! The beautiful

NLT course is a perfect mix of fields, wide wooded trails and hilly singletrack. Even in frigid weather, you will warm up quickly. Proceeds benefit preservation, recreation and education at Saranac's New Land Trust. Go to: cockadoodleshoe.com.

Learn more on Facebook at Dion WMAC Snowshoe Series or dionwmacsnowshoe.com. As weather conditions change, be sure to visit these sites prior to your anticipated race. Also, there is a weekly email list update - if you wish to be added, email Theresa Apple at pacuterry@aol.com. Free up your winter weekends and enjoy the great outdoors! 📌

*Laura Clark (snowshoegal133@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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## BICYCLING

# Winter Cycling

## Stay in Shape and Get Ready for Next Season



By Dave Kraus

It's a beautiful, sunny afternoon as you pedal down the deserted country road, past fields of flowers with the warm breeze brushing against your bare legs. You have a tailwind, and you think of riding all afternoon just because it's all so perfect.

Then the alarm goes off. You hit the snooze button, climb out of bed, and squint groggily through the blinds at the street outside. It is pitch dark at 7am, the trees are bare, the thermometer reads 31 degrees . . . and it's snowing. Sigh.

As Christmas approaches, there may be three months of winter ahead, but there's still plenty that the avid cyclist can do to get ready for next season and stay in shape over the winter.

When most riders hear "off-season tune-up" they probably think of their bike. But winter is a great time to also get a professional bike fit, says Kenny Boettger, manager at Placid Planet Bicycles in Lake Placid. ([placidplanet.com](http://placidplanet.com)) "It's a great time to do it because your body can get used to it while you're riding your trainer. You can adapt your muscles."

Kenny adds that any kind of continuing joint or muscle pain – not just fatigue – is a good sign that you need a fitting. "If you're feeling pain, something is wrong." Placid Planet has three certified fitters on staff, and a one- to two-hour fitting costs \$150. Many dealers in the upstate area also offer detailed fitting services.

Winter is also the perfect time to get a head start on a bike tune-up, according to Steve Fairchild, the manager of Grey Ghost Bicycles in Glens Falls. ([greyghostbicycles.com](http://greyghostbicycles.com)) "Bring your bike in now because we're at our slowest time, so we can get it done, Steve says. "If you bring your bike in the first warm week of April and think you're going to get it back in two days, then you're mistaken."

Grey Ghost will do a total strip down tune-up for \$199 plus parts, totally disassembling the bike and then reassembling, replacing anything that's needed.

Grey Ghost and most other shops also have varying degrees of tune-up services at a variety of price points.

Tim Bonnier, owner of Tomhannock Bicycles on Route 7 in Johnsonville, east of Troy, ([tomhannockbicycles.com](http://tomhannockbicycles.com)) agrees that a tune-up is vital, but adds that proper bike storage is also a must. Whether in your basement or garage, cover your bike to protect it from condensation. "It's amazing how much condensation can attach to different parts," Tim said, who added that garage storage in particular can be a rust producer, with salt and snow covered cars constantly providing fresh moisture.

Kenny also adds that it's important to transport your bike to the store for a tune-up inside your car. Bring it home on an outside rack and it can get covered with salty water and dirt, undoing everything you just paid for.

For riders who want to get outdoors and are looking for something new, a fat bike can be just the ticket. The bikes with plus-sized, low-pressure tires mated to a mountain bike frame allow riding on soft unstable terrain, such as snow, sand, bogs and mud. The most important thing is dressing right so you're comfortable.

At Spa City Bicycleworks in Saratoga Springs ([spacitybicycleworks.com](http://spacitybicycleworks.com)), owner Tone Ferradino states, "We like fat biking mostly because it's off-road and in the woods, which is nicer than being on the road – you get your bike wet but not all grimy." Plus, "Long, slow rides help keep your fitness base and that's a lot more fun than riding indoors for three hours."

Rick Chiasson, owner of Rick's Bike Shop in Glens Falls ([ricksbikeshop.com](http://ricksbikeshop.com)) says that his store has been selling an increasing number of fat bikes to riders who would not normally venture out in the winter. "It extends your season – and some people buy them for their go-to bike. They're very comfortable, they have crazy amounts of traction, and they're very stable."

At High Peaks Cyclery in Lake Placid ([highpeakscyclery.com](http://highpeakscyclery.com)), owners Brian and Karen Delaney offer fat bike rentals and demos, and they'll guide you to area trails to ride. "Our headlamp night tours have been very popular and we're offering new fat bike tours," says Brian.

Tim's store also sells and rents fat bikes, and he agrees that "it's a great opportunity to get out there and brave the winter temps. You can get onto the ice, purchase studded tires, and get into the snow and mud. It will allow you to ride in many more scenarios than your normal mountain bike."

If you're looking for a way to safely stay in shape indoors over the winter – or for a gift for the avid rider in your life – a stationary trainer offers a way to ride your regular bike without going outside. Most attach to the rear wheel and use the existing tire resting on a roller to add resistance. Types include wind, magnetic and fluid, and the new generation of computer-based devices can add an additional level of challenge.

"It's a good, safe activity, and you don't have to struggle as hard to get in shape in the spring," says Rick, who also recommends buying a trainer-specific rear tire with special rubber that won't shred under the heat and pressure that a trainer roller can produce. Kenny at Placid Planet agrees that a basic fluid trainer, which generates the least noise, can be a big help in staying in shape over the winter.

Speaking of gifts for cyclists, all six stores consulted for this story have gift certificates in any denomination that will let cyclists choose their own gift, and each manager had their own idea for just the right gift. "Everybody needs a new pair of gloves because they get gross," said Steve at Grey Ghost. He also recommended a new helmet every five years. "It's your head – it's an expensive thing to replace!"

Kenny suggested that "people tend to skimp when they buy their own bike

◀ FAT BIKING IS GREAT EXERCISE AND FUN ON THE SNOW!  
RICK'S BIKE SHOP



LANSING BROTHERS HOLIDAY SPINNING AT TOMHANNOCK BICYCLES.

shorts and they will be really grateful for new ones." Rick suggested that consumables like tires, tubes, degreaser, and chain lube are always appreciated, and Tim observed that every cyclist needs – but usually doesn't want to buy – a good chain cleaning tool.

Finally, for the novice outdoor winter cyclist, all six pros agreed that layering, lights, and common sense are the winter rider's best weapons for getting a good workout without paying the price.

Rick pointed out that dressing with a wicking and insulating layer underneath and windproof material over it is vitally important, beyond protecting your extremities. "Keep your trunk warm or else you won't be able to keep your hands and feet warm."

Tone adds, "The most important thing is dressing properly for winter rides; if you're comfortable you can ride any bike." Spa City offers fat bike rentals and you can demo anything on the floor.

"Traffic doesn't expect to see you out there, so we strongly recommend bright LED lights both front and back," Tim said. "Don't ever ride with any precipitation on the roadway if you have a regular road bike. You also always have to be aware of the additional sand in the intersections, and the salt, and be aware of melting runoff from any snow along the shoulders. Any of those can wreak havoc."

Steve agreed that drivers can be surprised by riders in bad conditions, and that it's important to be alert to avoid ice and other hazards, and use the proper equipment such as studded tires to keep a safety margin. "I don't care if you have the widest tires in the works – if you hit glare ice they don't work." ❄️

*Dave Kraus ([dbkraus@earthlink.net](mailto:dbkraus@earthlink.net)) of Schenectady is a longtime area cyclist, photographer and writer who desperately wants a fat bike, just in case you are wondering what to get him for Christmas. Visit his website at [krausgrafik.com](http://krausgrafik.com).*

## NON-MEDICATED LIFE



# Benefits of Physical Activity for Healthy Aging

By Paul E. Lemanski, MD, MS, FACP



**Editor's Note:** This is the 74th 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 73 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. With respect to healthy aging, however, a healthy lifestyle consisting of a predominantly plant based diet and daily physical activity including muscle strength exercises, aerobic exercise, as well as flexibility and balance training may yield benefits beyond what can be achieved with medication alone.

Medical science has helped contribute to longer life expectancies. As a consequence our population is aging and the proportion of those over 60 is increasing more rapidly than in other age groups. From the perspective of our seniors, a longer life may be desirable but only if the additional years have quality. Thus, an important goal of those over 60 should be aging that preserves the quality of life. Healthy aging involves preserving physical and cognitive functioning, maintaining independence, and continuing to meaningfully contribute to society. Such a goal may also moderate healthcare costs by decreasing hospitalizations, surgical procedures, and chronic custodial and nursing home care.

To be sure, appropriate medications contribute to healthy aging. For example, cholesterol lowering medications and blood pressure medications can significantly reduce the risk of heart attacks, congestive heart failure, aneurysms and strokes. Blood pressure lowering medications can also help avert blindness, kidney failure and dialysis.

Increasingly, however, unhealthy lifestyle choices including lack of physical activity are contributing to medical conditions that medication may not address or may not fully address.

For example, there is evidence that increased aerobic activity can reduce the risk of cardiovascular disease, stroke, hypertension, diabetes, obesity, osteoporosis, colon and breast cancer, depression, and possibly cognitive decline and dementia. Indeed, the marked increase in diabetes over the last 20 years is attributed to the increase in obesity contributed in large part by a lack of physical activity.

For those at risk of diabetes with increased body weight and blood sugar, aerobic exercise, a healthy diet, and a weight loss of only five to 7.5% of body weight has been shown to decrease risk for diabetes by 57%. Moreover, it is never too late to garner the benefits of aerobic activity. Even previously sedentary individuals who begin exercise as late as age 85 demonstrate benefit and survival advantage over individuals who remain sedentary.

Examples of moderate intensity aerobic exercise include brisk walking, swimming and dancing. Examples of vigorous intensity aerobic exercise include running, cycling and rowing. After clearance by your primary care physician, aerobic exercise appropriate to your level of fitness should be increased over several months to 30 minutes five days

a week of moderate intensity activity - or 20 minutes three days a week of vigorous intensity activity. A single 30-minute session may be broken down to three 10-minute sessions, and one 20-minute session may be broken down to two 10-minute sessions without significant loss of benefit.

Intensity of effort should be individually adjusted during aerobic activity so that an individual may carry on a conversation using normal length sentences. If the intensity is such that only several words can be spoken at a time then the intensity of exercise should be reduced. Finally, it must be emphasized that any increase in exercise even when not meeting the above recommendations will yield benefits.

Activities that improve muscle strength such as resistance or weight training may reduce the risk of falls and consequent fall related injuries. Such injuries include hip and other bone fractures, and head/brain trauma that can compromise independence, and lead to chronic custodial and nursing home care. There is also some evidence that increasing strength training may improve functionality and the ability to perform activities of daily living.

After clearance from your primary care physician and preferably with the oversight of a physical therapist or personal trainer experienced with seniors, muscle strengthening should be attempted two to three days per week. Absent strength training, there is a progressive loss of muscle mass and strength, beginning in mid-life and progressing with increasing age. The goal for seniors should be to prevent further loss and to strengthen sufficiently to perform activities of daily living, such as getting up out of an armless chair or off of a toilet.

Leg strength is critical to preventing

falls as a trip or stumble requires enough strength for the rapid repositioning of one's leg so as to maintain balance. Typically strength training should involve three sets of eight to 15 repetitions of a specific muscle targeted exercise, with each set separated by three to five minutes of rest. The amount of weight used should be very light at first, and supervised for proper form, and the degree of weight increase over time is essential to avoid serious injury.

Finally, flexibility and balance training are essential to healthy aging. Flexibility training improves the ability to perform activities of daily living, such as bending over to put on ones shoes or trimming toenails. Flexibility training also helps prevent joint injuries and muscle tears especially during a fall or a stumble. Yoga, specifically taught for seniors, is an excellent way to improve flexibility.

Balance training improves stability and helps prevent falls and fall related injuries. Balance training can be accomplished with the help of a physical therapist. Home exercises including standing on one foot (while holding a hand near a chair) and heel to toe walking (with proper precautions) practiced daily will over time improve balance in most seniors. Practicing the martial art tai-chi under supervision has also been shown to improve balance, leg strength, and reduce the risk of falls.

In summary, healthy aging requires not just appropriate medications, but also physical activity that includes aerobic exercise, muscle strength exercises, as well as flexibility and balance training. Such physical activity may help preserve physical and cognitive functioning, prevent medical conditions that can degrade quality of life, and compromise independence. It may also allow seniors to avoid the proverbial bottle of pills as they age, remain engaged, and encourage their continued contribution to society. 🌱

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

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# RACE RESULTS

## 11TH ANNUAL SARATOGA PALIO: MELANIE MEROLA O'DONNELL MEMORIAL RACE September 18, 2016 • City Center to Congress Park, Saratoga Springs

HALF MARATHON - 13.1 MILES			5K RUN		
<b>MALE OVERALL</b>					
1	Shawn Donegan	30	Malta	1:14:46	
2	Aaron Lozier	28	Albany	1:17:17	
3	Larry Smart	47	Tampa, FL	1:19:21	
<b>FEMALE OVERALL</b>					
1	Mollie Turner	36	Averill Park	1:25:25	
2	Erin Lopez	35	Saratoga Springs	1:26:18	
3	Dana Bush	37	Saratoga Springs	1:27:05	
<b>FEMALE AGE GROUP: 1 - 14</b>					
1	Rebecca Landry	13	Glenville	2:28:59	
<b>MALE AGE GROUP: 15 - 19</b>					
1	Clayton Orzel	16	Saratoga Springs	1:25:59	
2	Holden Maynard	17	Schenectady	1:35:26	
3	Kevin Sheremeta	15	Rotterdam	1:36:43	
<b>FEMALE AGE GROUP: 15 - 19</b>					
1	Sophie Hrebensch	17	Saratoga Springs	1:56:29	
2	Sara Housley	19	Maplewood, NJ	2:09:48	
3	Emily Brunette	19	Fayetteville	2:15:47	
<b>MALE AGE GROUP: 20 - 24</b>					
1	Eric Young	24	Latham	1:22:37	
2	Gianni Spensieri	22	Ballston Spa	1:33:56	
3	Cortland Tisch	20	Greenville	1:35:34	
<b>FEMALE AGE GROUP: 20 - 24</b>					
1	Stefanie Fresenius	24	Ballston Spa	1:32:27	
2	Michelle Eckler	23	Troy	1:36:30	
3	Olivia Allen	23	Troy	1:37:42	
<b>MALE AGE GROUP: 25 - 29</b>					
1	Terrance Gallogly	29	Saratoga Springs	1:19:53	
2	Benjamin Heller	27	Albany	1:22:47	
3	Adam Costello	27	Saratoga Springs	1:23:48	
<b>FEMALE AGE GROUP: 25 - 29</b>					
1	Michelle Davis	27	Watervliet	1:34:17	
2	Allison Connor	26	Albany	1:35:38	
3	Michelle Pratt	27	Albany	1:37:03	
<b>MALE AGE GROUP: 30 - 34</b>					
1	Brian Woods	31	Saratoga Springs	1:19:43	
2	Tyler Raymond	32	New York	1:21:12	
3	Daniel George	30	Long Beach Township, NJ	1:24:56	
<b>FEMALE AGE GROUP: 30 - 34</b>					
1	Jessica Bashaw	33	Cambridge	1:27:15	
2	Janne Rand	31	Lake Placid	1:34:41	
3	Meghan Loudon	30	Clifton Park	1:36:00	
<b>MALE AGE GROUP: 35 - 39</b>					
1	Shawn & Shamus Evans	38	Middle Grove	1:22:14	
2	Daniel Brady	39	Cohoes	1:28:34	
3	Dallas Devries	39	Cohoes	1:28:53	
<b>FEMALE AGE GROUP: 35 - 39</b>					
1	Julia Tuczynski	35	Wilton	1:42:52	
2	Monika Ammerlaan	38	Rexford	1:44:04	
3	Elizabeth Lis	38	Gansevoort	1:47:33	
<b>MALE AGE GROUP: 40 - 44</b>					
1	Paul Pendleton	43	New York	1:24:24	
2	Mat Nark	43	Bennington, VT	1:27:16	
3	Michael Dinicola	41	Albany	1:27:28	
<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Deanne Webster	40	Albany	1:33:22	
2	Sally Bratten	41	Niskayuna	1:50:50	
3	Jaime Farone	40	Saratoga Springs	1:51:13	
<b>MALE AGE GROUP: 45 - 49</b>					
1	Gary Harper	47	Moreau	1:30:29	
2	Rick Zachgo	46	Rexford	1:32:27	
3	William Drapeau	49	Glenville	1:32:51	
<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Christie Papa	45	Latham	1:43:47	
2	Bonnie Galvin	49	Ballston Spa	1:47:25	
3	Ann McAvoy	49	Loudonville	1:49:01	
<b>MALE AGE GROUP: 50 - 54</b>					
1	Joe Regan	53	Marlborough, MA	1:26:51	
2	Craig Dubois	53	Sprakers	1:27:55	
3	Russell Lauer	54	Troy	1:28:30	
<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Alyssa Risko	50	Schenectady	1:40:53	
2	Deborah Czech	52	Saratoga Springs	1:51:31	
3	Lisa Pleban	52	Gansevoort	1:53:58	
<b>MALE AGE GROUP: 55 - 59</b>					
1	Ken Schwartz	58	Saratoga Springs	1:35:35	
2	Patrick Culligan	56	Round Lake	1:37:10	
3	Scott Ferguson	57	Latham	1:43:30	
<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Kathleen Beeman	55	Niskayuna	1:52:33	
2	Liz Rhein	59	Warwick	1:59:20	
3	Marcia Cooper	55	Burnt Hills	1:59:27	
<b>MALE AGE GROUP: 60 - 64</b>					
1	Steve Vnuk	60	Delmar	1:36:45	
2	George Baranauskas	62	Scotia	1:41:22	
3	John Van De Moortel	62	Geneva	1:41:49	
<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Cheryl Olsen	63	Niskayuna	2:05:17	
2	Terry Cornick	62	Queensbury	2:06:45	
3	Deb Ward	61	Schenectady	2:10:09	
<b>MALE AGE GROUP: 65 - 69</b>					
1	Gerald Hanrahan	65	Beaver Bank, NS	1:46:32	
2	Ted Langenbahn	67	Schoharie	1:51:33	
3	Matthew Meyers	65	Ramsey, NJ	1:52:10	
<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Judy Phelps	65	Myrtle Beach, SC	1:56:01	
2	Katherine Ambrosio	66	Delmar	2:21:04	
3	Cathy Lanese	66	Troy	2:26:34	
<b>MALE AGE GROUP: 70 - 74</b>					
1	Bill Harden	74	Buffalo	2:04:24	
2	Jim Callahan	71	Saratoga Springs	2:17:35	
<b>MALE AGE GROUP: 75 - 79</b>					
1	Ralph Santos	75	Mechanicville	2:18:38	
2	Jim Moore	76	Niskayuna	2:18:55	

Courtesy of The Melanie Foundation

## 40TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON continued

3	Team Smutty	3:14:07	2	Spin Splash Sprint	2:32:52
	Nancy Sowalsky, Doreen Donovan/Carol Nixon, Laura Najimy			Santiago Helman, Stephen Kurczyk/Steve Fagin, Philip Warner	
<b>MASTERS 50 &amp; OVER CANOE</b>					
1	Maine-Iacs	2:33:43	3	Keystones	2:42:50
	Jeff Fisher, John Mathieu/John Casale, Ricardo Chalmers			Elias Bennett, Jason Webster/George Berne, Dereck Powell	
<b>MALE 39 &amp; UNDER KAYAK</b>					
1	MapShoLee	2:45:21			
	David Trager, Jim Barrese, Dan Cabiles				
<b>MALE 40 &amp; OVER KAYAK</b>					
1	Brother in Laws	2:37:20			
	David Devine, Brad Williams, William Kittler				
<b>ALL FEMALE KAYAK</b>					
1	Vermont Vixens	3:01:01			
	Oonagh McHugh-Dillon, Andrea Vogl, Kate Kimball				
<b>MIXED 39 &amp; UNDER CANOE</b>					
1	Potluck	2:33:08			
	Matt Giardina, Pam Fitzgerald/Brian Fitzgerald, Nick Curelop				
<b>MIXED 40 &amp; OVER CANOE</b>					
1	Bikes + Life	2:47:18			
	John Piscitelli, Jerry Madore/Eric Jones, Laura Stephen				
<b>TWO-PERSON MALE CANOE</b>					
1	Wood Chuckers - Jamie Lynch, Doug Howard	2:48:37			
2	Pencil Choose Its - Chris Uthgenannt, Jeff Rominger	2:58:10			
3	The Burkeshire with a Trout	3:05:09			
	Bruce Armentrout, Bruce Armentrout/Joseph Burke, Joseph Burke				
<b>TWO-PERSON FEMALE CANOE</b>					
1	We Had Fun - Sandy Superchi, Kristine Dorsey	3:18:09			
2	Wheres Tenley - Katherine Myers, Stephanie Boyd	3:47:17			
3	Busted Stuff - Julie Marcoulier, Linda Pitney	4:23:36			
<b>TWO-PERSON MIXED CANOE</b>					
1	The Love Machine - Deter Love, Susan Love	3:30:24			
2	Perfect Honeymoon - Heather Boyko	3:45:09			
3	LL Team - Lucas Mancari, Lindsey Hunt	3:46:42			
<b>RECREATIONAL CANOE</b>					
1	No Screw Ups This Time	2:57:28			
	Anthony Bradford, John Keenan/Tony DeMartino, James Davis				
2	Spare the Paddle, Spoil the Child	3:03:26			
	Stephen Alsford, Andreas Schmid/Jim Harwood, Mark Elliot				
3	The Rhythm of Champions	3:09:44			
	Paul Azubalis, Gus Madore/Chaley Brackett, Alfonso Champion				
<b>IRONMAN 40 &amp; OVER CANOE</b>					
1	Iron Stern: Matthew Palmer	2:45:53			
2	Krazy Kyle Knooes Kinda Krooked: Kyle Breier	2:56:09			
3	David Lee	3:21:14			
<b>IRONPERSON 40 &amp; OVER CANOE</b>					
1	Tom Fraser	3:15:20			
<b>IRONPERSON 50 &amp; OVER CANOE</b>					
1	Jack Highlander: Jack Morse	2:52:25			
2	No Flat Tires This Year: David Wilson	3:06:00			
3	Braffett: Miles Braffett	4:18:03			
<b>IRONWOMAN CANOE</b>					
1	Kearnage: Emma Kearney	3:27:28			
2	Iron Woman, Hear Me Roar: Jenny Giltitz	4:45:08			
<b>VETERANS 70 &amp; OVER</b>					
1	Jayne's Guys	3:28:40			
	Kurt Holter, Dave Klausmeyer/Jock Burbank, Jayne Zinke				
2	NALAW	3:29:34			
	Fred Thompson, Terry Coyne, Greg Tooker				
3	Old Guys Rule	3:43:09			
	Neil Barrocas, Alex Davis/Roger Henry, Michael Rosenbaum				
<b>20 &amp; UNDER CANOE</b>					
1	SABBYACK	3:48:06			
	Sam Schroeder, Abigail Wade, Jackson Smith				
2	Three Lost Cousins	4:02:00			
	Xavier Powell, Liam Feeley, Zabion Powell				
3	Marshaway	4:09:31			
	Jaclyn Hathaway, Miles Marshall, Miles Marshall				
<b>FAMILY CANOE</b>					
1	Here Comes the Jassens	2:49:34			
	Alex Combes, Matt Jassen/Kerry Jassen, Erik Jassen				
2	Sawyers and Porters	2:52:04			
	Phillip Porter, Charles Sawyer/Jonathan Sawyer, Lizbie Sawyer				
3	Robbins Shred Fest	2:53:20			
	Jay Robbins, Chris Robbins/Shawn Robbins, Todd Robbins				
<b>CORPORATE/ORGANIZATION CANOE</b>					
1	Team Pfizer	2:42:54			
	Zane Wenzel, Dennis Girard/Robert Smith, Donald Tyszkiewicz				
2	377 Builders	2:43:14			
	Brian Ketchen, Jason Cross, Evan Hardcastle				
3	Rotary Club of Pittsfield	3:04:06			
	Don Kuczarski, John O'Brien/John Murphy, David Hall				
<b>THREE FEMALE &amp; ONE MALE CANOE</b>					
1	3 C's and a B	3:10:55			
	Chris Galib, Bob Rapant/Carinna Peritore, Chris Arace				
2	Canyon Ranch & Outdoor Sports	3:23:12			
	Dan Brinton, Jeanne Snackenburg/Ginny Akabane, Monica Saunders				
3	2 Fast 2 Furious	3:54:01			
	Amy Murray, James Siket/Sarah Siket, Kim Ketchen				
<b>IRONMAN 60 &amp; OVER CANOE</b>					
1	Tim's Dream: John Snell	3:37:26			
2	Artie Morenz	3:49:00			
3	Ed Lausier	3:59:22			
<b>IRONMAN 60 &amp; OVER CANOE</b>					
1	Carol Morenz	3:59:49			
2	Bud's Girl: Pam Cooper-Vince	4:29:04			
<b>ALL BERKSHIRE KAYAK</b>					
1	PB and J and I Pas	2:41:49			
	Jason Candee, Paul Monachina, Brian Gibbon				
2	Flying Pigs 2	2:46:08			
	Joe Coleman, Zbigniew Aszyjczyk, Michael Spitzer				
3	The Greylock Wildlanders	2:47:01			
	Brian Spagneletti, Jason Harrington, Ryan Smith				
<b>DOUBLE KAYAK (OVER 16')</b>					
1	Allen Heights Veterinary	2:17:21			
	Josh Lipka, Tom Keefe/Ben Pigot, Steve Monsulick				

Courtesy of Josh Billings RunAground

## KIRKLAND CYCLOCROSS - NYCROSS RACE SERIES

September 18, 2016 • Kirkland Town Park, Clinton					
<b>MEN ELITE CAT 1/2/3</b>			<b>MEN ELITE CAT 4/5</b>		
1	Dan Staffo	Velo Racing Solutions/ Verge Sport	1	John Van Slyke	Unattached
2	Patrick Carey	Pointway Performance Coaching	2	John Cullinan	Bicycle Depot
3	Roger Young	NYCROSS/Craft	3	Scott Stewart	Syracuse Bicycle Racing
4	Matthew Kurz	NYCROSS/Craft	4	Tyler Brown	Unattached
5	Julian Georg	Unattached	5	Ian Vernooy	Unattached
<b>MEN JUNIOR UNDER 19</b>					
<b>MEN ELITE CAT 3/4</b>			<b>MEN ELITE CAT 5</b>		
1	Kurt Mason	Unattached	1	Aaron Vlasak	Team SOS
2	Niles Gagnon	Grey Ghost Bicycles	2	Ben Rabin	Unattached
3	Cameron Lewis	Unattached	3	Chris Battles	Unattached
4	Jeff Krywaczuk	Capital Bicycle Racing Club	4	Matt Ruddy	Team SOS
5	Scott Birdsey	NYCROSS/Craft	5	Mark Walling	Capital Bicycle Racing Club
<b>MEN JUNIOR 9-14</b>					
1	Trevor Dzikowicz	HRRT	2	Eric Behrman	Pointway Panthers/ Syracuse Bike
			3	Jacob Gilson	HRRT
			4	Barrett Howard	Unattached
			5	Ethan Debrucque	Unattached
<b>MEN MASTER 35+ (CAT 1-4)</b>					
1	Scott Hock	No. 22 CX Team			
2	Finbarr Scannell	Team SOS			
3	Andrew Rizzi	HRRT			

continued

## 40TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

September 18, 2016 • Airport, Great Barrington, MA to Tanglewood, Lenox, MA

27M BIKE, 5M PADDLE, 6M RUN		
<b>ALL BERKSHIRE CANOE</b>		
1	Josh Itch	2

# RACE RESULTS

## KIRKLAND CYCLOCROSS - NYCROSS RACE SERIES *continued*

MEN MASTER 45+ (CAT 1-4)		MEN SINGLE SPEED OPEN		WOMEN ELITE CAT 4	
1 Jim Nicholson	Unattached	1 Dan Harper	Team Overlook	1 Victoria Harris	Mission in Motion/Wm Lane Cycling
2 David Faso	Bike Loft East	2 Niles Gagnon	Grey Ghost Bicycles	2 Megan Schmidt	Team Marty's
3 William Sprengnether	Unattached	3 Brad Young	No. 22 CX Team	3 Jennifer Bell	TBS Racing
4 Bret Young	NO. 22 CX TEAM	4 Thierry Blanchet	North American Velo	4 Kimberly Kedenburg	Unattached
5 James Stafford	Bicycle Depot	5 James Davall	Unattached	5 Trish Dugan	Syracuse Bike
MEN MASTER 55+ (CAT 1-4)		WOMEN ELITE CAT 1/2/3/4		WOMEN JUNIOR 9-14	
1 Brad Young	NO. 22 CX Team	1 Katina Walker	Park Ave Bike Shop	1 Gweneith Iles	Unattached
2 Greg Brett	GVCC/Pittsford Painting Cycling	2 Elizabeth Lukowski	Unattached	2 Addison Rizzi	HRRT
3 Rich Karaz	Unattached	3 Ruth Sherman	Unattached	3 Cristina Pratico	Bike Loft East
4 Kevin Williams	North American Velo	4 Marybeth Romagnoli	Unattached	4 Kirsten Iles	Unattached
5 Brian Sanders	GS MVBC	5 Natalie Koch	Unattached	5 Natalie Dheen	Unattached
				WOMEN JUNIOR Under 19	
				1 Kayla Dzikowicz	HRRT

*Courtesy of NYCROSS Race Series*

## 23RD ANNUAL FAM 5K "FUND" RUN September 24, 2016 • Cobleskill Fairgrounds, Cobleskill

MALE OVERALL		MALE AGE GROUP: 45 - 49	
1 Josh Edmonds	28 Cooperstown	15:52	1 Richard Miller
2 Anthony Giuliano	37 Niskayuna	16:19	2 Jon Kosich
3 Nick Webster	27 Albany	16:39	3 Charles Dufresne
FEMALE OVERALL		FEMALE AGE GROUP: 45 - 49	
1 Karen Bertasso	32 Albany	18:22	1 Tamara Healy
2 Courtney Labarge	37 Cobleskill	21:47	2 Teresa Nare
3 Stacey Frazier	46 Unadilla	22:34	3 Martha Clough
MALE AGE GROUP: 1 - 14		MALE AGE GROUP: 50 - 54	
1 Jaden Miller	13 Cobleskill	20:44	1 Mark Stephenson
2 Nicholas Beevers	13 Cobleskill	21:00	2 John Sestito
3 Finn Kosich	11 Rensselaerville	21:12	3 Gary Longhi
FEMALE AGE GROUP: 1 - 14		FEMALE AGE GROUP: 50 - 54	
1 Haeley Spohn	11 Cobleskill	26:15	1 Ann Hay
2 Alexandria Tsamis	14 Richmondville	27:31	2 Cathy Dewitt
3 Sam Martin	14 Howes Cave	27:54	3 Sandy Graham
MALE AGE GROUP: 15 - 19		MALE AGE GROUP: 55 - 59	
1 Matthew Sweetser	16 Cobleskill	23:03	1 Steven Philbrick
2 Eric Strasser	15 Cobleskill	23:20	2 Steven Palmer
3 Dean Poeth Jr.	15 Glenville	23:20	3 Carl Urry
FEMALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 55 - 59	
1 Reilly Flood	18 Richmondville	23:20	1 Fran Pilato
2 Abigail Lushkevich	18 Warnerville	30:11	2 Pamela Wollaber
3 Jennifer Weingarten	18 Warnerville	32:30	3 Lynn Butler
MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 60 - 64	
1 Bram Peterson	21 Schenectady	18:02	1 David Roy
2 Jacob Blackwood	21 Schoharie	29:22	2 Kenneth Schaaf
3 Keith Preston	24 Rensselaer	30:57	3 Michael Settle
FEMALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 60 - 64	
1 Sara Tillapaugh	23 Warnerville	26:56	1 Carol Eaton
2 Michaela Lane	22 Cobleskill	28:23	2 Ellen Langenbahn
3 Alysha Hoffman	24 Warnerville	35:09	3 Marie Kaye
MALE AGE GROUP: 25 - 29		MALE AGE GROUP: 65 - 69	
1 Michael Hamilton	29 Oneonta	17:58	1 Paul Bennett
2 Seth Engel	29 Troy	23:17	2 Ted Langenbahn
3 David Keefe	29 Sprakers	24:07	3 James Warren
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 70 - 74	
1 Kelsey Radliff	25 Cobleskill	25:11	1 Frank Klose
2 Jillian Smith	27 Cobleskill	26:52	2 John Traverse
3 Meaghan Mulligan	27 Albany	29:39	3 Nicholas Ketz
MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 70 - 74	
1 Jason Nadeau	30 Burlington, VT	25:53	1 Betty Nozer
2 RJ Proctor	33 East Worcester	27:08	2 Margaret Filla
3 Ross Schueuer	30 Delanson	28:09	3 Joan Shopinsky
FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 75 - 79	
1 Teddi Wilcox	31 Scotia	24:05	1 Richard Shopinsky
2 Leah Schaffer	32 Canajoharie	25:19	2 Armand Langevin
3 Michelle Mara	33 Cobleskill	25:31	3 Hank Reed
MALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 75 - 79	
1 Scott Handy	39 Richmondville	20:42	1 Eileen Gundlach
2 Peter Vonschilgen	35 Petersburg	21:46	2 Betty Langevin
3 Matthew Mann	36 Howes Cave	23:18	3 Kelly Robbins
FEMALE AGE GROUP: 35 - 39		MALE AGE GROUP: 80 - 89	
1 Tracy Yurkewecz	37 Fultonville	24:19	1 Richard Gundlach
2 Sara Gaunt	39 Andover, MA	24:55	2 Alan Fairbrother
3 Emily Warburton	35 Medusa	26:31	
MALE AGE GROUP: 40 - 44			
1 Chris Palmer	42 Middleburgh	20:38	
2 William Hahn	44 Esperance	22:27	
3 Jason Gaunt	41 Andover, MA	23:14	
FEMALE AGE GROUP: 40 - 44			
1 Jennifer Eaton	41 Grafton, MA	26:43	
2 Lisa Rowe	43 Rotterdam	27:43	
3 Aimee Yorke	43 Summit	28:04	

*Courtesy of Fenimore Asset Management*

## ADIRONDACK MARATHON DISTANCE FESTIVAL

18th Annual Helpers Fund 5K & 10K Road Races • September 24, 2016 • Town Hall, Chestertown

5K RUN		MALE AGE GROUP: 30 - 39	
1 Brandon Olden	15 Chestertown	18:10	1 Joseph Becker
2 Jean Leblanc	44 Brossard, QC	19:29	2 Justin Thomas
3 Eric Bolt	34 Warrensburg	20:19	3 Mike Hagmann
FEMALE OVERALL		FEMALE AGE GROUP: 30 - 39	
1 Makayla Laguerre	12 Chestertown	22:28	1 Lindsay Becker
2 Alex Kochon	29 Gansevoort	24:06	2 Michelle Hagmann
3 Maria Harlow	29 Waltham, MA	24:55	3 Sarah Castonguay
MALE AGE GROUP: 1 - 9		MALE AGE GROUP: 40 - 49	
1 Antoine Lasnier	8 St. Jean, QC	24:57	1 Philippe Lasnier
2 Robbie Hill	9 Brant Lake	28:40	2 Gregory Smith
3 Raphaelle Latour	9 St. Jean, QC	31:15	3 Doug Woodbury
FEMALE AGE GROUP: 1 - 9		FEMALE AGE GROUP: 40 - 49	
1 Rebecca Weinman	9 Poughquag	38:20	1 Kim Eiser
2 Laci Bruno	9 Chestertown	42:09	2 Elizabeth Kadius
3 Kelly Robbins	40 Chestertown	27:14	3 Kelly Robbins
MALE AGE GROUP: 10 - 13		FEMALE AGE GROUP: 50 - 59	
1 Elijah Yarosh	13 Pottersville	24:47	1 Sherry Carlson
2 Wesley Bolton	12 Chestertown	26:27	2 Leslie Addison
3 Brody Olden	10 Chestertown	27:01	3 Pam Burns
FEMALE AGE GROUP: 10 - 13		MALE AGE GROUP: 50 - 59	
1 Megan Bruno	12 Chestertown	30:49	1 Paul Stevens
2 Mathilde Latour	13 St. Jean, QC	32:08	2 David Averill
3 Brooke Halstead	10 Cincinnati	40:54	3 Stuart Cartwright
MALE AGE GROUP: 14 - 19		MALE AGE GROUP: 60 - 64	
1 Joshua Cappella	15 Chestertown	22:24	1 Daniel Langlois
2 Jean-Christophe Lasnier	14 St. Jean, QC	23:07	2 Ronald Beckley
3 Pierre-Oliver Durosher	14 St. Jean, QC	24:55	3 Sandra Rappleyea
FEMALE AGE GROUP: 14 - 19		FEMALE AGE GROUP: 60 - 64	
1 Paige Campbell	16 Chestertown	29:32	1 Evelyn Breeman
2 Chelsea Yarosh	16 Chestertown	29:32	2 Sandra Rappleyea
3 Elizabeth Lasnier	17 St. Jean, QC	32:31	3 Sandra Rappleyea
MALE AGE GROUP: 20 - 29		MALE AGE GROUP: 65 - 69	
1 Mark Becker	28 East Greenbush	25:51	1 Daniel Laflamme
2 Ethan Frasier	20 Pottersville	27:24	2 Bob Howe
3 Thomas Beckley	29 White Plains	54:06	3 Arnold Jensen
FEMALE AGE GROUP: 20 - 29		FEMALE AGE GROUP: 65 - 69	
1 Jenna Fitzpatrick	20 Tucson, AZ	32:17	1 Jeanine Daken
2 Brittany Beckley	27 White Plains	54:32	2 Kathy Birmingham
3 Veronica Beckley	22 Valhalla	56:27	3 Bobbi Storey Reeves

*continued*

## ADIRONDACK MARATHON DISTANCE FESTIVAL *continued*

MALE AGE GROUP: 70 - 74		MALE AGE GROUP: 30 - 39	
1 Kenneth Dolecki	70 Oakland, NJ	26:34	1 Adam Jaunich
2 Robert Gosson	70 Willsboro	35:00	2 Brian Kile
3 George Dutcher	74 Castleton	39:10	3 Joshua Mailloux
FEMALE AGE GROUP: 70 - 74		FEMALE AGE GROUP: 30 - 39	
1 Nadine Magee	70 Pottersville	43:44	1 Theresa Militano
2 Gloria Luczynski	73 Argyle	51:45	2 Brittany Mangione
3 Tiffany Kemak	30 Willet	52:22	3 Tiffany Kemak
MALE AGE GROUP: 75 - 79		FEMALE AGE GROUP: 40 - 49	
1 Gary McDermott	76 Henderson	32:51	1 Maria Interlandi
2 Peter Oberdorf	78 Adirondacks	1:01:47	2 Tracy Watson
3 Amy Allen	47 Arlington, VA	58:19	3 Amy Allen
FEMALE AGE GROUP: 75 - 79		MALE AGE GROUP: 40 - 49	
1 Alice Johnson	77 Plattsburgh	49:41	1 Howard Bancroft
2 Susan Calkin	75 Schroon Lake	57:36	2 John Mattox
3 Jozina Marshall	78 Webster	58:26	3 Todd Bilow
10K RUN		FEMALE AGE GROUP: 50 - 59	
1 Paul Matson	50 Argyle	42:47	1 Susan Keely
2 Ted Dominy	46 Parishville	46:17	2 Sharon Battershall
3 John Heslin	34 Paramus, NJ	47:14	3 Shelley Dixon-Williams
FEMALE OVERALL		MALE AGE GROUP: 50 - 59	
1 Sarah Meakem	33 Morris Plains, NJ	43:09	1 James Sullivan
2 Kerri Thomas	40 Middle Granville	43:49	2 Karen Costello
3 Meghan O'Brien	42 Chestertown	45:32	3 Jill Mehan
FEMALE AGE GROUP: 14 - 19		FEMALE AGE GROUP: 60 - 64	
1 Alyvia Stott	14 Richville	1:13:31	1 John McGuigan
2 Jeffrey Half	61 Clifton Park	53:31	2 Jeffrey Half
3 Mark Schachner	61 Lake George	53:48	3 Mark Schachner
MALE AGE GROUP: 20 - 29		MALE AGE GROUP: 65 - 69	
1 Timothy Columbus	28 Schenectady	51:16	1 Jim Goodspeed
1 Kyle Wegner	23 Wilton	51:29	2 Robert Thomas
2 Blake Mosher	25 Syracuse	53:05	3 Dan Curtin
FEMALE AGE GROUP: 20 - 29		MALE AGE GROUP: 70 - 74	
1 Chenice Mosher	24 Syracuse	50:18	1 Eduardo Munoz
2 Mary McAfee	27 Lakeville, CT	51:29	2 Eduardo Munoz
3 Jessica Watson	27 Guilderland	53:02	3 Eduardo Munoz

*Courtesy of The Helpers Fund*

## ADIRONDACK MARATHON DISTANCE FESTIVAL

20th Annual Marathon, Half Marathon, Two- & Four-Person Relays  
September 25, 2016 • Schroon Lake Central School, Schroon Lake

MARATHON: 26.2 MILES		FEMALE AGE GROUP: 55 - 59	
1 Matt Cheney	23 Princeton, NJ	2:32:08	1 Sandy Adams
2 Jay List	39 Amherst	2:39:57	2 Marsha Kouba
3 Stanley Larkin	57 St.-Basile-Le-Grand, QC	2:55:31	3 Ellie Bouffard
FEMALE OVERALL		MALE AGE GROUP: 60 - 64	
1 Heather Morgan	33 New York	3:14:46	1 Steven Benway
2 Mary Grace Spalton	40 Lewknor, OX	3:15:13	2 John Monroe
3 Katy Schlichtman	31 North Hudson	3:29:01	3 Walt Quinell
MALE AGE GROUP: 15 - 19		MALE AGE GROUP: 65 - 69	
1 Joshua Usiskin	19 Mendham, NJ	3:28:54	1 Barry Fitz-James
MALE AGE GROUP: 20 - 24		MALE AGE GROUP: 70 - 74	
1 Gunther Wong	24 Evans Mills	3:47:00	1 Michael Lafontaine
2 Kevin Nikolaidis	21 Burlington, VT	4:16:32	2 Michael Lafontaine
FEMALE AGE GROUP: 20 - 24		MARATHON RELAY	
1 Samantha Crisafulli	23 Clifton Park	3:43:33	1 Damn Good Looking: Jan Wellford, Jeff Dengate
2 Allison Hill	21 Hyde Park	5:20:27	2 Slate Valley Runners: John Ehntholt, Timothy Thomas
3 Emily MacIntosh	23 Kinderhook	5:39:27	3 T-Rex: Derek Payne, Christopher Renadette
MALE AGE GROUP: 25 - 29		TWO-PERSON MALE TEAMS	
1 Dan Lago	29 San Jose, CA	3:23:14	1 Energizer Bunnies: Jessy Montrose, Crystal Perno
2 Seth Torrice	28 Cicero	3:30:34	2 Fireflies: Maryellen Torrisi, Brittini Abriel
3 Brian Strebel	28 Malta	3:42:30	3 Soeurs Gazelles: Agnes Labrecque Lang, Adele Labrecque Lang
4 Steven Scheffert	26 Savage, MN	3:52:23	4 Adele Labrecque Lang
5 Matthew Coughlin	25 Evans Mills	4:05:18	5 Adele Labrecque Lang
FEMALE AGE GROUP: 25 - 29		TWO-PERSON MIXED TEAMS	
1 Laura Adams	28 Charlestown, MA	3:29:06	1 Team Larry: Nick Webster, Karen Bertasso
2 Karl Sudfeld	28 Malta	3:40:11	2 Les Artisses: Pier-Olivier Cauchon, Claudelle Houde Labr
3 Francesca Delucia	28 New York	3:44:38	3 Crystal Is Endurance Running: Larry Felton, Shailaja Rao
4 Olivia Boyd	26 Watertown	3:45:39	4 Adele Labrecque Lang
5 Rebecca Miller	26 Binghamton	4:22:47	5 Adele Labrecque Lang
MALE AGE GROUP: 30 - 34		FOUR-PERSON MALE TEAMS	
1 Nicholas Fahy	33 New York	3:25:29	1 Team Better Than Everyone Else: Paul Hill, Robert Brown, Benjamin Davis, Jason Peters
2 Christopher Patterson	31 Rochester	3:29:56	2 The A Team: Andrew Carpenter, Stephen Yaw, Mark Fisher, Bryan McCormack
3 Kirill Zarifulin	31 Penza	3:33:07	3 Schroon Slackers: Brian Constantinou, Les Sheeley, Luke Beadnell, Mike Flaherty
4 Dominic Zeccola	34 Yonkers	3:39:31	4 Schroon Slackers: Brian Constantinou, Les Sheeley, Luke Beadnell, Mike Flaherty
5 Paul Denunzio	34 Ironia, NJ	3:44:31	5 Schroon Slackers: Brian Constantinou, Les Sheeley, Luke Beadnell, Mike Flaherty
FEMALE AGE GROUP: 30 - 34		FOUR-PERSON FEMALE TEAMS	
1 Heather Bailey	34 Otego	3:29:42	1 Saratoga Stryders Speedy Ladies: Pamela Delsinger, Ginny Larner, Lauren Herbs, Mary Fenton
2 Karen Marshall	34 Manlius	3:50:39	2 Just Schroon Around: Macksi Warner, Sandra Randall, Kim Symons, Leanne Bair
3 Karolina Fucikova	33 Storrs, CT	4:13:52	3 Mollets De Fer: Linda Rousseau, Camille Rousseau, Rosie Houde-Labrecque, Laurence Belanger-Lafaille
4 Lillian Porteus	30 Troy	4:28:58	4 Linda Rousseau, Camille Rousseau, Rosie Houde-Labrecque, Laurence Belanger-Lafaille
5 Elizabeth Silenzi	32 Dundas, ON	4:29:22	5 Linda Rousseau, Camille Rousseau, Rosie Houde-Labrecque, Laurence Belanger-Lafaille
MALE AGE GROUP: 35 - 39		FOUR-PERSON MIXED TEAMS	
1 Eric Benoit	39 Granby, QC	3:14:41	1 Sharon XX: Tyler Silverman, Rachel Rosenfeld, William Rosenfeld, Emily Rosenfeld
2 Alex Woodbury	39 Hopkinton, MA	3:37:55	2 H3RC: Katie Howard, Kirk Sisson, Matty Beecher, Maggie Healy
3 Nick Parks	39 Bronxville	3:39:18	3 Team McCall: Caroline McCall, Alan McCall, Emily Taylor, Michael McCall
4 Nathan Martinez	38 Washington, DC	3:43:21	4 Caroline McCall, Alan McCall, Emily Taylor, Michael McCall
5 Mike Eavers	39 White Plains	3:53:13	5 Caroline McCall, Alan McCall, Emily Taylor, Michael McCall
FEMALE AGE GROUP: 35 to 39		HALF MARATHON: 13.1 MILES	
1 Donna Gentile	39 Long Beach	3:50:17	1 Shaun Donegan
2 Anastasia Gibson	35 Cherry Hill, NJ	4:08:19	2 Timothy Murphy
3 Misty Whetung	38 Jackson, NJ	4:15:43	3 Keith Weiss
MALE AGE GROUP: 40 - 44		FEMALE OVERALL	
1 Matthew Torniainen	41 Fultonville	3:06:54	1 Christine Coughlin
2 Michael Campbell	42 Chateaugay	3:28:00	2 Anna Dunsforth
3 Robert Bourassa III	43 Boylston, MA	3:39:00	3 Maddie Leopold
4 Bill Dodds	42 Schenectady	3:46:30	1 Matthew Dunker
5 Otto Lam	42 Wayne, NJ	3:59:07	2 Denali Garnica
FEMALE AGE GROUP: 40 - 44		MALE AGE GROUP: 15 - 19	
1 Heather Hudak	43 Needham, MA	3:33:05	1 Benjamin Wisser
2 Audrey Calvino	40 Castleton On Hudson	4:43:58	2 Liam Fallon
3 Debbie Stout	40 Schroon Lake	4:50:31	3 Daniel Bubar
4 Justyna Babcock	43 Bloomingdale	4:56:40	4 Zachary Roberts
5 Sonya Campbell	43 Chateaugay	4:58:04	5 Micka Stout
MALE AGE GROUP: 45 - 49		FEMALE AGE GROUP: 20 - 24	
1 Paul Nelson	46 Albany	3:29:41	1 Chris Souffleris
2 Wayne Pacconi	48 Summit, NJ	3:29:52	2 Timothy Allan
3 David Walker	48 Salt Point	3:54:30	3 Zachary Thibodaux
4 Gerald Tabios	47 Elmhurst	3:54:34	4 George Gerboth

**ADIRONDACK MARATHON DISTANCE FESTIVAL *continued***

<b>MALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Dave Mawer	25	Chestertown	1:27:07	1	Joe McDonald	51	Niskayuna	1:39:32
2	John Burke	25	Glenmont	1:31:00	2	Scott Moreau	54	Westford, VT	1:44:06
3	Craig Weiss	25	Addison, TX	1:33:36	3	Luis De Arriba Hervas	50	New York City	1:48:26
4	Daniel Ruhlman	29	Albany	1:38:28	4	Jerry Healey	54	Webster	1:54:26
5	Isaac Denton	28	Delevan	1:45:26	5	Bill Toal	53	Amherst, VA	1:56:58
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Allison Connor	26	Albany	1:34:39	1	Patty Moore	50	Queensbury	1:44:28
2	Lauren Woodcock	27	Saratoga Springs	1:38:32	2	Christen Snyder	52	Harrisburg, PA	1:45:42
3	Kelsey Ryan	25	Niskayuna	1:39:12	3	Sonya Mulder	53	Greenwich	1:59:18
4	Elizabeth Jach	29	Iowa City, IA	1:43:25	4	Kerry Miller	52	Catskill	1:59:54
5	Cassandra Conety	28	Shushan	1:43:53	5	Holly Donnan	54	Mayfield	2:03:30
<b>MALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Kevin Rowe	33	Sand Lake	1:35:53	1	Gregory Calnan	55	Stittsville, ON	1:32:30
2	Christopher Mannato	30	Schenectady	1:37:54	2	Christopher Kunkel	59	Oradell, NJ	1:41:59
3	Ryan Milton	33	Saratoga Springs	1:39:29	3	Paul Ryan	57	Niskayuna	1:43:07
4	Richard Praetorius	33	Saugerties	1:43:34	4	Dave Brown	58	Annandale, NJ	1:54:39
5	Thomas Harm	31	Tuxedo Park	1:48:15	5	Donald Proulx	55	Saratoga Springs	1:56:03
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Leslie Whitton	32	Richville	1:38:43	1	Sue Wright	57	Harrisburg, PA	1:45:42
2	Andrea Ridings List	32	Amherst	1:41:32	2	Alison Muse	55	Saratoga Springs	1:45:57
3	Leslie Adams	34	Jamaica Plain, MA	1:44:45	3	Debbie Brathwaite	57	Hawthorne, NJ	1:47:18
4	Tara Trout Acevedo	33	Columbia, MD	1:47:16	4	Donna Horton	56	Cambridge	1:55:38
5	Kaitlyn Rowe	30	Sand Lake	1:50:17	5	Gwen Williams	57	Scotia	1:55:51
<b>MALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Nate Sweet	36	Oswego	1:33:49	1	Rick Paulsen	60	Albuquerque, NM	1:53:29
2	Stephen Kopach	35	Melrose, MA	1:39:53	2	Curt Woodcock	63	Johnstown	1:58:23
3	David Corson	39	Porter Corners	1:42:34	3	Bruce Stevens	60	Latham	1:58:37
4	Kevin Plouff	38	Waterford	1:46:20	4	Richard Lockwood	61	Manlius	1:58:58
5	Akif Zaman	36	Clifton, NJ	1:46:46	5	Jonathan Goodman	61	New York City	1:59:21
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Nicole Kuhl	38	Lowville	1:43:20	1	Cheryl Healy	60	Fairhaven, MA	2:02:52
2	Lindsey Martin	35	Jamaica Plain, MA	1:44:46	2	Jo Ann Everett	63	Toms River, NJ	2:04:56
3	Carrie Lipton	39	New York	1:47:45	3	Robin Miner	63	Indianapolis, IN	2:08:26
4	Erica Fruiterman	37	Philadelphia, PA	1:51:15	4	Sandra Melton	60	Port St. Lucie, FL	2:08:41
5	Jessie Morgan	36	Willsboro	1:52:35	5	Janet Dunker	61	Barryville	2:13:52
<b>MALE AGE GROUP: 40 - 44</b>				<b>MALE AGE GROUP: 65 - 69</b>					
1	John Kirby	41	Burlington, NJ	1:36:49	1	Tim Kirby	69	Rushville, OH	1:52:00
2	Gregory Smith	41	Bear, DE	1:38:13	2	Stephen Page	66	Binghamton	2:08:24
3	Tom O'Keefe	43	Brookline, MA	1:39:40	3	Richard Smith	69	Vineland, NJ	2:08:32
4	Jonathan Dunn	40	Enfield, CT	1:41:25	4	Joseph Smith	69	Sherrill	2:21:22
5	Todd Williams	43	Altamont	1:43:59	5	Martin Rowley	68	Latham	2:24:00
<b>FEMALE AGE GROUP: 40 - 44</b>				<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Brooke Zoller	43	Charlottesville, VA	1:45:02	1	Claire Henderson	67	Saratoga Springs	2:05:46
2	Karen Maciarriello	40	Moreau	1:46:26	2	Jean Smith	69	Vineland, NJ	2:09:32
3	Denise Robinson	42	Chester Springs, PA	1:48:49	3	Theresa Rodrigues	69	Delmar	2:23:57
4	Corinne Gehegan	42	Edgewater, NJ	1:50:50	4	Pat Hamilton	65	Pottersville	3:13:40
5	Heather Kosnick	42	Ballston Spa	1:51:23	5	Kathy Briggs	68	Pittsford	3:29:43
<b>MALE AGE GROUP: 45 - 49</b>				<b>MALE AGE GROUP: 70 - 74</b>					
1	Peter Heimgartner	47	Bronxville	1:23:16	1	Kenneth Dolecki	70	Oakland, NJ	2:05:10
2	John Genevich	47	Saratoga Springs	1:28:15	2	Frank Short	70	St. Albans, VT	2:13:42
3	Michael Manning	49	Kensington, MD	1:38:29	3	Joe Charnetski	71	North Wales, PA	2:34:10
4	Nick Laplaca	47	Queensbury	1:41:16	4	James Delehanty	70	Penryn, CA	3:29:42
5	Anthony Kenney	48	Pottersville	1:44:27	<b>MALE AGE GROUP: 75 - 79</b>				
<b>FEMALE AGE GROUP: 45 - 49</b>				1	John Birmingham	76	Lake Orion, MI	2:18:02	
1	Shondel Boyden	46	Colton	1:35:45	<i>Courtesy of Adirondack Marathon Distance Festival</i>				
2	Shinobu Kusakabe	45	Kensington, MD	1:36:15					
3	Bonnie Galvin	49	Ballston Spa	1:45:49					
4	Lisa Licata Lavake	47	Skillman, NJ	1:48:06					
5	Andrea Ryan	46	Bristol, VT	1:55:24					

**NICK'S RUN TO BE HEALED 5K**

September 25, 2016 • Clifton Commons, Clifton Park

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 35 - 39</b>					
1	Nick Whaley	36	Clifton Park	18:13	1	Theresa Loomis	38	Waterford	22:47
2	Greg Ethier	43	Clifton Park	18:50	2	Liz Fox	37	Clifton Park	26:25
3	Mike Rosa	40	Clifton Park	19:04	3	Megan Gifford	37	Clifton Park	27:05
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 40 - 44</b>					
1	Taylor Volkman	22	Gansevoort	21:41	1	Christopher Conway	40	Ballston Lake	21:53
2	Heather McKenna	44	Clifton Park	21:49	2	Stephen Cupp	42	Mechanicville	23:28
3	Alyssia Marsal	21	Clifton Park	22:23	3	Keith Beck	41	Clifton Park	23:30
<b>MALE AGE GROUP: 1 - 14</b>				<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Jack Conway	10	Ballston Lake	21:05	1	Amy Zounes	42	Clifton Park	23:33
2	Sean Hendricks	13	Rexford	21:18	2	Catherine Gilbert	44	Schenectady	23:46
3	Jake Mahoney	11	Clifton Park	22:21	3	Angie Silipigno	41	Rexford	24:48
<b>FEMALE AGE GROUP: 1 - 14</b>				<b>MALE AGE GROUP: 45 - 49</b>					
1	Ashley Gleason	12	Clifton Park	26:46	1	Denis Cote	46	Cohoes	25:47
2	Amanda Curtis	11	Ballston Lake	26:50	2	Lee Horton	47	Clifton Park	24:02
3	Julia Hendricks	11	Rexford	29:23	3	Craig Shaw	49	Cohoes	27:17
<b>MALE AGE GROUP: 15 - 19</b>				<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Tyler Morrissey	19	Clifton Park	19:09	1	Michelle Lagonia	49	Austerlitz	23:54
2	Cole Haldane	15	Clifton Park	21:25	2	Susan Blond	49	East Greenbush	25:12
3	Nicholas Cardone	15	Clifton Park	22:11	3	Sheila Morrissey	48	Clifton Park	28:26
<b>FEMALE AGE GROUP: 15 - 19</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Maya McDonald	16	Clifton Park	26:27	1	Kevin Morrissey	54	Clifton Park	22:42
2	Gabrielle Bloise	17	Clifton Park	29:02	2	Alan Blond	54	East Greenbush	25:12
3	Lauren Hollmer	15	Clifton Park	31:42	3	Frederick Bahr	51	Clifton Park	29:09
<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Felix Abongo	21	Saratoga Springs	21:26	1	Tracy Bayley	51	Clifton Park	24:41
2	Taylor Volkman	22	Gansevoort	21:41	2	Nancy Casellini	54	Clifton Park	25:30
3	Connor Williams	21	Clifton Park	25:09	3	Annette Romano	52	Clifton Park	25:48
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Lauren Koshgarian	22	Cohoes	32:26	1	Bob Wilson	58	Ballston Lake	24:21
2	Kailyn Sisco	21	Saratoga Springs	34:57	2	Richard Gallego	58	Clifton Park	30:33
3	Kelsey Hulihan	21	Rexford	37:53	3	Eric Hornberger	55	Clifton Park	31:16
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Eric Koch	28	Clifton Park	19:18	1	Patricia Repko	58	Solon, OH	28:03
2	Sean Parnett	25	Albany	20:52	2	Melanie Ciampolillo	55	Troy	28:35
3	Andrew Krupski	26	Ballston Spa	22:39	3	Joanne Barry	57	Rexford	30:23
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Molly Wellman	27	Cohoes	24:34	1	David Repko	63	Solon, OH	26:40
2	Kara Hogan	28	Mechanicville	27:30	2	Scott McDonald	62	Clifton Park	29:57
3	Kathryn Bissett	25	Clifton Park	27:58	3	Rit Tepper	62	Clifton Park	35:03
<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Rich Craven	30	Clifton Park	27:35	1	Susan Milstein	60	Menands	34:16
2	Benjamin Greenstone	33	Clifton Park	30:02	<b>MALE AGE GROUP: 65 - 69</b>				
3	Jaishankar Thommandram	30	Clifton Park	31:39	1	Bruce Hosley	69	Nassau	31:51
<b>FEMALE AGE GROUP: 30 - 34</b>				2	Bill Rogers	69	Clifton Park	32:21	
1	Sara Lanese	30	Ballston Lake	23:04	<b>FEMALE AGE GROUP: 65 - 69</b>				
2	Corie Noel	34	Castleton	23:26	1	Cathy Lanese	66	Troy	29:18
3	Nicole DiVeglia	30	Clifton Park	25:00	<b>MALE AGE GROUP: 70 - 74</b>				
<b>MALE AGE GROUP: 35 - 39</b>				1	John Longacker	70	Clifton Park	25:13	
1	Jeffrey O'Shea	35	Clifton Park	20:14	<i>Courtesy of Nick's Fight to be Healed Foundation</i>				
2	Chris Fox	39	Clifton Park	24:07					
3	Brent Cooley	38	Clifton Park	25:43					

**13TH ANNUAL THE CROSSINGS 5K CHALLENGE**

September 25, 2016 • Ciccotti Center, Colonie

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 1 - 14</b>					
1	Kyle Brayton	25	New York	16:52	1	Loren Cuomo	12	Schenectady	21:29
2	Stefano Fontano	28	Troy	17:18	2	Brynn Topolski	12	Charlton	26:29
3	John Noonan	57	Ballston Spa	17:25	3	Brooke Dufour	11	Loudonville	28:36
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 15 - 19</b>					
1	Meg Versteegen	37	Schenectady	18:14	1	Anthony Rivage	18	Watervliet	19:10
2	Melissa Maguire	43	Loudonville	20:27	2	Ryon Puppallad	18	Berne	20:11
3	Traci Cornwell	28	Albany	20:57	3	Duncan Satterlee	17	Albany	20:25
<b>MALE AGE GROUP: 1 - 14</b>				<b>FEMALE AGE GROUP: 15 - 19</b>					
1	Ahmed Bawla	14	Albany	20:08	1	Asma Bawla	15	Albany	25:13
2	Johnny Weidman	12	Colonie	22:28	2	Jasannah Bink	18	Petersburg	27:59
3	Austin Kellerman	11	Loudonville	24:11	3	Hailey St. Gelais	17	Watervliet	29:40

**13TH ANNUAL THE CROSSINGS 5K CHALLENGE *continued***

<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Andrew Fishlinger	23	Albany	18:47	1	Felicia Dickinson	48	Wynantskill	23:23
2	Lavaughn Garland	22	Albany	20:18	2	Julie Norkov	49	Loudonville	25:06
3	Joseph Molinaro	22	Loudonville	21:32	3	Shelley Carr	46	Albany	25:54
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Angelica Decianni	22	Green Island	22:34	1	David Comorski	52	Colonie	19:42
2	Alexandra Scoville	24	Colonie	23:35	2	Ken Smith	51	Rexford	22:49
3	Deanna Kremzier	23	Scotia	28:29	3	John Brunner	50	Albany	24:42
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Joe Sgarlata	29	Niskayuna	19:31	1	Jeanne Teale	51	Loudonville	23:27
2	Anthony Pasqualino	26	Rensselaer	20:42	2	Maureen Brock	52	Latham	25:19
3	William Gibbons	25	Scotia	22:30	3	Lori Peek	54	Schenectady	27:31
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Katelyn Mennella	26	Halfmoon	22:50	1	Geoff Moore	59	Loudonville	21:12
2	Elizabeth Burke	27	Fishkill	22:53	2	Claudio Mastroianni	56	Schenectady	23:53
3	Lisa Thayer	27	Halfmoon	28:34	3	Michael Nelson	58	Schenectady	25:22
<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Greg Duncan	32	Troy	25:01	1	Janice Phoenix	55	Schenectady	22:47
2	James Waller	31	Clifton Park	25:04	2	Helene Meckler	59	Delmar	31:45
3	Matt Ormelano	34	Latham	26:58	3	Shelley Mesick	58	Albany	38:32
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Ryan Belak	32	Albany	22:34	1	Chester Tumidajewicz	62	Amsterdam	24:05
2	Alexandria Havens	31	Troy	23:49	2	Brian Hassett	62	Rexford Park	25:13

# RACE RESULTS

## 42ND ANNUAL FALLING LEAVES ROAD RACE *continued*

<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 1 - 17</b>					
1	Nick Grimmer	33	22:39	New Hartford	1	Rachel Sullivan	17	1:11:33	Niskayuna
2	Chris Vella	32	23:43	Yorkville	<b>MALE AGE GROUP: 18 - 24</b>				
3	Jason Capron	33	24:08	Sherrill	1	James Fleming	24	55:47	Baldwinsville
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 18 - 24</b>					
1	Justina Lowe	31	24:03	Ilion	2	Jace Lapuma	20	1:03:16	Little Falls
2	Ashley Schmidt	32	25:21	Rome	3	Nicholas Higgins	19	1:15:13	Ilion
3	Fallon Russo	30	25:59	Utica	<b>FEMALE AGE GROUP: 18 - 24</b>				
<b>MALE AGE GROUP: 35 - 39</b>				<b>FEMALE AGE GROUP: 18 - 24</b>					
1	Patrick Taylor	35	20:44	New Hartford	1	Hannah Groshner	22	1:04:19	New Hartford
2	Jordan Sweet	35	21:31	Utica	2	Vasiliki Feggulis	24	1:07:20	Rome
3	Russell Williams	36	21:52	Holland Patent	3	Samantha Bennett	22	1:08:38	New York Mills
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 25 - 29</b>					
1	Amy Bertella	35	23:37	Oneida	1	Andy Lawrence	28	58:42	Utica
2	Aileen Viel	35	24:26	Utica	2	Justin Gray	28	59:38	Utica
3	Donna Senko	39	25:36	West Winfield	3	Matthew Gallimo	26	1:00:09	Whitesboro
<b>MALE AGE GROUP: 40 - 44</b>				<b>FEMALE AGE GROUP: 25 - 29</b>					
1	Christian Weigandt	41	22:58	Oriskany	1	Erin Decosse	27	1:03:20	New Hartford
2	James Davis, III	41	23:14	New Hartford	2	Kelly Murray	28	1:06:04	Utica
3	Nate Getman	40	23:22	Marcy	3	Kelley Burt	29	1:09:50	Chittenango
<b>FEMALE AGE GROUP: 40 - 44</b>				<b>MALE AGE GROUP: 30 - 34</b>					
1	Heather Devitt	42	22:32	Herkimer	1	Michael Polidori	31	52:57	Ilion
2	Amy Rizzuto	41	24:29	New Hartford	2	Matthew Muttillio	31	1:01:47	Rome
3	Karen Davis	41	25:34	Yorkville	3	James Metzler	34	1:03:29	Utica
<b>MALE AGE GROUP: 45 - 49</b>				<b>FEMALE AGE GROUP: 30 - 34</b>					
1	Eric Kasper	49	20:54	Clark Mills	1	Amanda Nesbitt	32	1:05:17	Lancaster, PA
2	Michael Flack	47	21:07	Sauquoit	2	Anne-Marie Edmunds	31	1:07:02	New Hartford
3	Mike Bassett	46	22:28	Marcy	3	Emma Spinosa	34	1:09:59	Cooperstown
<b>FEMALE AGE GROUP: 45 - 49</b>				<b>MALE AGE GROUP: 35 - 39</b>					
1	Amy Markowicz	46	26:53	Clinton	1	Jerry Tylutki	36	52:16	Sauquoit
2	Nancy Monohan	47	28:14	Ilion	2	David Roth	37	53:23	New Hartford
3	Michelle Nichols	45	29:05	Little Falls	3	Thomas Joslin	37	56:59	Yorkville
<b>MALE AGE GROUP: 50 - 54</b>				<b>FEMALE AGE GROUP: 35 - 39</b>					
1	James Mlasgar	53	20:54	Hamilton	1	Karen Randall	38	1:02:14	Utica
2	Craig Ferretti	50	22:56	Rome	2	Jamie Weber	37	1:04:03	Utica
3	David Smith	53	24:12	Stittville	3	Krista Harwick	36	1:04:44	Mohawk
<b>FEMALE AGE GROUP: 50 - 54</b>				<b>MALE AGE GROUP: 40 - 44</b>					
1	Ann Coe	54	25:16	Norwich	1	Rob Richard	40	58:42	Little Falls
2	Edith O'Rourke	50	26:27	Boonville	2	Christopher Sohn	43	59:01	Troy
3	Gina Szczygiel	53	26:30	Utica	3	Philip Trzcinski	41	1:02:26	Utica
<b>MALE AGE GROUP: 55 - 59</b>				<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Gary Radford	59	18:57	Cicero	1	Dorothy Collison	43	1:02:20	Norwich
2	Leroy Hodge	56	21:42	Madison	2	Shelly Connors	43	1:07:18	Auburn
3	Gary Burak	58	22:11	New Hartford	3	Molly Haberbush	43	1:08:43	Clinton
<b>FEMALE AGE GROUP: 55 - 59</b>				<b>MALE AGE GROUP: 45 - 49</b>					
1	Heidi Manzano	56	22:16	New Hartford	1	Paul Humphrey	49	56:01	Utica
2	Denise Cavanaugh	59	25:51	Whitesboro	2	John Draper	47	58:46	Remsen
3	Debra Whiting	58	26:27	Oneida	3	Andrew Rock	48	59:14	Cooperstown
<b>MALE AGE GROUP: 60 - 64</b>				<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Thomas Crowley	63	20:58	Boonville	1	Kara Rusch	49	1:03:31	Hamilton
2	James Newlove	60	21:18	Utica	2	Joann Andryshak	46	1:07:13	Florida
3	Pat Piscitelli	61	25:53	Baldwinsville	3	Ronda Davis	49	1:07:43	Newport
<b>FEMALE AGE GROUP: 60 - 64</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Virginia Truax	62	25:25	Clayville	1	Ian Helfant	53	59:26	Hamilton
2	Lenore Valuckas	63	27:31	Sauquoit	2	John Raymond	53	1:00:50	Cooperstown
3	Mary Lou Kallies	61	31:08	Utica	3	Marc Rusch	52	1:01:39	Watertown
<b>MALE AGE GROUP: 65 - 69</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Philip Mulry	65	25:03	Hamilton	1	Renee Daley	54	1:17:56	West Winfield
2	Victor Powers	65	28:32	Spencer	2	Carolyn McDonald	52	1:23:45	Kirkville
3	Richard Hahn	68	29:58	Sherrill	3	Laura George	54	1:25:20	Little Falls
<b>FEMALE AGE GROUP: 65 - 69</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Patricia Femia	65	27:46	New Hartford	1	Mark Daley	55	58:52	West Winfield
2	Candace Doyle	65	31:23	Waterville	2	Bruce Palmer	58	1:00:24	Utica
3	Colleen Brooks	65	33:22	Whitesboro	3	John Geesler	57	1:00:37	Saint Johnsville
<b>MALE AGE GROUP: 70 - 74</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	J. J. Favat	72	28:35	Saratoga Springs	1	Bettina Lindsey	55	1:06:36	Utica
2	George Searles	71	33:36	Clinton	2	Elizabeth Miller	56	1:10:07	Utica
<b>FEMALE AGE GROUP: 70 - 74</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Margaret Jevens	71	33:26	Rome	1	John Delaney	62	1:03:29	Rome
<b>MALE AGE GROUP: 75 - 79</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Frank Whittemore	76	35:12	Clinton	2	Gary Lashure	62	1:09:45	Barneveld
2	Krishna Vadlamudi	78	41:55	New Hartford	3	Daniel Defrees	61	1:12:51	Chittenango
<b>14K RACE</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
<b>MALE OVERALL RESULTS</b>				<b>MALE AGE GROUP: 65 - 69</b>					
1	Drew Nesbitt	31	47:58	Lancaster, PA	1	William Abel	66	1:10:53	New Hartford
2	Richard Messineo	28	48:17	Nassau	2	John Murphy	65	1:17:09	Utica
3	Justin Weiler	37	50:59	Whitesboro	3	Tom Bick	65	1:20:21	Frankfort
<b>FEMALE OVERALL RESULTS</b>				<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Rochelle Ferro	29	1:00:39	New Hartford	1	Martha DeGrazia	65	1:12:52	Slingerlands
2	Lauren Dunn	28	1:01:06	New Hartford	2	Jean Miller	67	1:21:54	Nicholville
3	Christine McGlynn	42	1:01:34	Whitesboro	3	Janice Gruenewald	65	1:24:30	Oriskany
<b>MALE AGE GROUP: 1 - 17</b>				<b>MALE AGE GROUP: 70 - 99</b>					
1	Joshua Seeberger	16	51:43	Salisbury Center	1	David Linder	74	1:18:38	West Edmeston
2	Jake Baisley	17	54:10	Salisbury Center	2	Peter Ruben	76	1:26:07	Holland Patent
3	Abdelkerim Zakaria	16	55:16	Utica	3	Rich D'Accurzio	77	1:43:10	Utica

*Courtesy of Utica Roadrunners*

## 22ND ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN *continued*

<b>MALE AGE GROUP: 55 - 59</b>				<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Vladimir Iljin	58	Albany	19:14	1	Anne Tyrrell	66	Albany	29:17
2	Rick Vara	58	Loudonville	22:58	2	Carole Bieber	65	Slingerlands	31:06
3	Louis Recchia	57	Latham	23:29	3	Jacqueline Tremont	65	Averill Park	38:01
<b>FEMALE AGE GROUP: 55 - 59</b>				<b>MALE AGE GROUP: 70 - 74</b>					
1	Marsha DeLong	59	Albany	27:50	1	Scott Patterson	70	Niskayuna	31:01
2	Mary Carrigan-Peek	59	Schenectady	27:51	2	Brian Walton	71	Schenectady	32:11
3	Judy Narvaez	56	Rensselaer	27:42	3	Robert Jansing	70	Castleton	32:38
<b>MALE AGE GROUP: 60 - 64</b>				<b>FEMALE AGE GROUP: 70 - 74</b>					
1	Mark Abrahamson	64	Ballston Lake	24:50	1	Katherine Briar-Lauson	71	Averill Park	38:44
2	Chester Tumidajewicz	62	Amsterdam	28:05	<b>MALE AGE GROUP: 75 - 79</b>				
3	Paul Boucher	64	Merritt Island, FL	28:20	1	Robert Knouse	76	Voorheesville	36:31
<b>FEMALE AGE GROUP: 60 - 64</b>				<b>FEMALE AGE GROUP: 75 - 79</b>					
1	Lisa Barley	61	Loudonville	25:38	1	Barbara Kezbekus	78	Neptune, NJ	58:06
2	Benita Zahn	62	Menands	31:08	<b>MALE AGE GROUP: 80 - 84</b>				
3	Susan Klim	61	Altamont	32:28	1	Jim Owens	81	Latham	41:48
<b>MALE AGE GROUP: 65 - 69</b>				<b>FEMALE AGE GROUP: 80 - 84</b>					
1	Seamus Hodgkinson	67	Delmar	24:21	1	Mary Nagle	81	Boynton Beach, FL	49:21
2	Don Yeaton	65	Hudson Falls	28:38	<b>MALE AGE GROUP: 85 - 89</b>				
3	Joseph Liotta	67	Green Island	28:50	1	Ken Orner	86	Albany	45:15

*Courtesy of Susan G. Komen Northeastern New York*

## 2ND ANNUAL OKTOBERFEST 5K October 1, 2016 • Wolff's Biergarten, Albany

<b>MALE OVERALL</b>				<b>FEMALE AGE GROUP: 40 - 44</b>					
1	Matt Brooker	26	Albany	15:02	1	Erin Corcoran	44	Schenectady	18:30
2	Eric Macknight	27	Ballston Lake	15:27	2	Renee Tolan	41	Clifton Park	18:37
3	Alex Benway	26	Saratoga Springs	15:31	3	Stephanie Monteau	43		22:24
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 45 - 49</b>					
1	Hannah Davidson	26	Saratoga Springs	17:18	1	Martin Gordinier	46	Delmar	20:46
2	Mollie Turner	36	Averill Park	17:35	2	Jim Harding	47		22:33
3	Hannah Brooker	25	Albany	18:09	3	David Stutsrim	47	Delmar	25:20
<b>MALE AGE GROUP: 1 - 19</b>				<b>FEMALE AGE GROUP: 45 - 49</b>					
1	Anthony Erno	19	Glenville	17:32	1	Emily Bryans	49	Delanson	18:51
2	Nathaniel Desany	13	East Greenbush	25:44	2	Victoria Esposito	46	Albany	26:39
3	Samuel Desany	10	East Greenbush	37:43	3	Linda Dedominicis	48	Menands	26:43
<b>FEMALE AGE GROUP: 1 - 19</b>				<b>MALE AGE GROUP: 50 - 54</b>					
1	Alexandra Muia	16	Altamont	31:01	1	Thomas Crocker	52		18:37
<b>MALE AGE GROUP: 20 - 24</b>				<b>FEMALE AGE GROUP: 50 - 54</b>					
1	Dylan Lowry	24	Buffalo	15:48	2	Glenn Hamlin-Berninger	53	Kinderhook	21:58
2	Brendan Connor	23		17:26	3	Mike McHale	53	Clifton Park	24:05
3	Matthew Humphrey	22		17:55	<b>FEMALE AGE GROUP: 50 - 54</b>				
<b>FEMALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 55 - 59</b>					
1	Christine Coughlin	23	Latham	18:56	1	Kimberly Goodwin	53	Clifton Park	25:41
2	Amanda Ryan	24	Troy	21:10	2	Donna Topolski	51	Clifton Park	29:19
3	Kimberly McBride	24	Troy	22:05	3	Ingrid Stettner	52	Albany	29:33
<b>MALE AGE GROUP: 25 - 29</b>				<b>FEMALE AGE GROUP: 55 - 59</b>					
1	Aaron Lozier	28	Albany	15:52	1	John Parisella	58	Schenectady	20:28
2	Patrick Carroll	25	Saratoga Springs	16:12	2	James Langmead	58	Delmar	22:45
3	Nick Webster	27	Albany	16:38	3	Jeff Clark	58	Glenmont	23:22
<b>FEMALE AGE GROUP: 25 - 29</b>				<b>MALE AGE GROUP: 60 - 64</b>					
1	Nicole Soblosky	29	Albany	18:56	1	Nancy Briskie	59	Schenectady	22:11
2	Allison Connor	26	Albany	19:24	2	Debbie Tierney	56	Troy	28:39
3	Mary Page	27	Dorset, VT	21:38	3	Diane Boyd	55	Watervliet	29:20
<b>MALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 60 - 64</b>					
1	Shaun Donegan	30	Ballston Spa	15:58	1	Tom Horn	61	Albany	24:19
2	Louis Dinuzzo	34	Saratoga Springs	16:06	2	Jeff Taft	61	Schenectady	25:14
3	Kent Little	30		16:38	3	John Fitzgerald	60	Lisbon	26:10
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 65 - 69</b>					
1	Lisa Chase	30	Albany	19:35	1	Susan Milstein	60	Albany	31:49
2	Erin Wrightson	30	Albany	20:10	2	Marie Kaye	61	Altamont	32:20
3	Molly Casey	32		20:27	3	Ellen Benoit	60	Jersey City	34:02
<b>MALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 65 - 69</b>					
1	Peter Flynn	39		17:47	1	Tom Benoit	68	Schenectady	30:28
2	Adam Van Slyke	38		20:36	2	John Vavasour	67		38:00
3	Josh Heimroth	38	Albany	21:08	<b>FEMALE AGE GROUP: 65 - 69</b>				
<b>FEMALE AGE GROUP: 35 - 39</b>				<b>MALE AGE GROUP: 70 - 74</b>					
1	Jennifer Bennice	37	Ballston Lake	21:11	1	Nancy Done	65		35:16
2	Sara Madden	39		21:33	<b>MALE AGE GROUP: 75 - 79</b>				
3	Laura Campbell	36	Albany	21:49	1	Donald Gallagher	73	Albany	36:46
<b>MALE AGE GROUP: 40 - 44</b>				<b>MALE AGE GROUP: 75 - 79</b>					
1	Clay Lodovice	41	Slingerlands	18:39	2	Richard Brewer	74	Cohoes	37:20
2	Steven Nicoll	42							

**GORE MOUNTAIN LEAF CRUNCHER 5K TRAIL RUN**  
**October 1, 2016 • Gore Mountain, North Creek**

**MALE OVERALL**

1	Ryan Sokol/13-19	Southbury, CT	22:17
2	Fred Kitrow/60-69	Delmar	23:14
3	Chris Coyne/40-49	North Creek	26:12

**FEMALE OVERALL**

1	Abbie Macbeth/20-29	Schenectady	23:22
2	Erin Macbeth/20-29	Schenectady	23:57
3	Lauren Woodcock/20-29	Saratoga Springs	24:08

**MALE AGE GROUP: 1 - 12**

1	Sam Bartlett	East Brunswick, NJ	37:18
2	Henry Gaus	Rumson, NJ	38:40
3	Lucus Gaus	Rumson, NJ	38:50

**FEMALE AGE GROUP: 1 - 12**

1	Ellie Bartlett	East Brunswick, NJ	35:54
2	Lauralei Gaus	Rumson, NJ	40:44
3	Grace Pless	Olmstedville	48:58

**MALE AGE GROUP: 13 - 19**

1	Dustin Griffen	Olmstedville	38:22
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**MALE AGE GROUP: 20 - 29**

1	Jasper Goldmar	Lloyd Harbor	34:47
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**FEMALE AGE GROUP: 20 - 29**

1	Dana Walsh	Hoboken, NJ	34:45
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**MALE AGE GROUP: 30 - 39**

1	Derek Basile	Queensbury	28:51
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**FEMALE AGE GROUP: 30 - 39**

1	Rachel Morgan	Saratoga Springs	27:12
2	Kim Donegan	Malta	28:32
3	Sarah Piper	Fort Edward	30:20

**MALE AGE GROUP: 40 - 49**

1	Stephen Casavant	South Glens Falls	28:59
2	Matt Sokol	Southbury, CT	33:18
3	Wesley Gaus	Rumson, NJ	40:45

**FEMALE AGE GROUP: 40 - 49**

1	Alison Sokol	Southbury CT	37:07
2	Christina Bartlett	East Brunswick, NJ	50:16
3	Ann Gaus	Rumson, NJ	1:03:33

**MALE AGE GROUP: 50 - 59**

1	William McGivney	Diamond Point	27:19
2	Peter Deering	Chestertown	36:59
3	Stephen Molinsek	Delmar	38:24

**FEMALE AGE GROUP: 50 - 59**

1	Linda Sherman	Westport	31:43
2	Lisa Deering	Chestertown	33:44
3	Christine Molinsek	Delmar	35:24

**MALE AGE GROUP: 60 - 69**

1	Wayne LaVinn	Syracuse	34:29
2	William Wasilowski	Queensbury	49:50

**FEMALE AGE GROUP: 60 - 69**

1	Sheila Weed	Syracuse	1:01:31
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**MALE AGE GROUP: 70 - 79**

1	Eduardo Munoz	Olmstedville	34:03
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*Courtesy of Gore Mountain*

**10TH ANNUAL FALLING LEAVES 5K RUN**  
**October 8, 2016 • William Kelley Park, Ballston Spa**

**MALE OVERALL**

1	Cody White	26	Fort Wayne, IN	16:03
2	Peter Hansen	15	Ballston Spa	17:34
3	Liam O'Connell	15	Ballston Spa	17:44

**FEMALE OVERALL**

1	Shea McNamara	13	Ballston Spa	20:52
2	Brooke Morrissey	26	Ballston Spa	21:39
3	Kim Donegan	35	Malta	22:15

**MALE AGE GROUP: 1 - 14**

1	Zachary Soden	14	Waterford	19:16
2	Andrew Wade	12	Malta	19:43
3	Ian Hansen	13	Ballston Spa	19:49

**FEMALE AGE GROUP: 1 - 14**

1	Isabella D'Ambro	13	Waterford	23:53
2	Madalyn Wilson	11	Ballston Spa	24:24
3	Morgan Leggieri	13	Ballston Spa	25:29

**MALE AGE GROUP: 15 - 19**

1	Griffin Leggieri	15	Ballston Spa	20:36
2	John Agosti	16	Rexford	21:29
3	AJ Schmidt	16	Ballston Spa	29:04

**FEMALE AGE GROUP: 15 - 19**

1	Julia Blake	17	Ballston Spa	25:01
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**MALE AGE GROUP: 20 - 24**

1	Clifford Stevens	20	Ballston Spa	20:32
2	Spencer Blass	20	Gaitersburg, MD	30:59

**FEMALE AGE GROUP: 20 - 24**

1	Amber Stevens	21	Ballston Spa	27:06
2	Tanya West	24	Ballston Spa	28:27
3	Alaina Greco	24	Ballston Spa	38:21

**MALE AGE GROUP: 25 - 29**

1	Brett Sullivan	28	Ballston Spa	18:33
2	Jake VanRiper	25	Ballston Spa	20:16
3	Scott Carpenter	25	Clifton Park	22:25

**FEMALE AGE GROUP: 25 - 29**

1	Ashley Kerker	29	Ballston Spa	26:13
2	Kristin Carminati	28	Ballston Spa	27:07
3	Miriam Frost	25	Ballston Spa	27:58

**MALE AGE GROUP: 30 - 34**

1	John Polson	32	Rock City Falls	24:56
2	Bjorn Malmfeldt	34	Ballston Spa	29:24
3	AJ Hunter	30	Ballston Spa	29:25

**FEMALE AGE GROUP: 30 - 34**

1	Kelly Seymour	30	Burnt Hills	23:49
2	Rebekah Widrick	32	Saratoga Springs	23:55
3	Courtney Walton	34	Saratoga Springs	27:17

**MALE AGE GROUP: 35 - 39**

1	Rob Szmaz	38	Ballston Spa	23:46
2	Mike urant	38	Malta	30:04

**FEMALE AGE GROUP: 35 - 39**

1	Marisha Gennett	35	Amsterdam	23:00
2	Angela Bauer	37	Ballston Spa	24:28
3	Maryann Ashworth	38	Ballston Spa	25:33

**MALE AGE GROUP: 40 - 44**

1	Kenneth Plowman	42	Cohoes	18:24
2	David Haight	43	Malta	21:09
3	Jim Reed	44	Schenectady	23:00

**FEMALE AGE GROUP: 40 - 44**

1	Shannon Hansen	43	Ballston Spa	22:23
2	Heather Davis	43	Ballston Spa	28:06
3	Darcy Wodzinski	43	Ballston Spa	31:07

**MALE AGE GROUP: 45 - 49**

1	George Stopyak	45	Halfmoon	19:46
2	Scott McNamara	48	Ballston Spa	20:21
3	Brian Kearns	45	Fultonville	22:00

**FEMALE AGE GROUP: 45 - 49**

1	Julianne Claydon	46	Saratoga Springs	23:17
2	Tamara Healy	48	Johnstown	25:02
3	Kim Eisler	49	Ballston Spa	25:14

**MALE AGE GROUP: 50 - 54**

1	Sam Mercado	53	Wilton	19:45
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**FEMALE AGE GROUP: 50 - 54**

1	Jacqui Kotula	50	Ballston Spa	26:17
2	Nancy Turnbull	52	Gloversville	32:11
3	Jennifer Ligon	50	Gloversville	32:16

**MALE AGE GROUP: 55 - 59**

1	Leigh McNeil	59	Waterford	24:51
2	Benjamin Ferris	55	Chesapeake, VA	35:05

**FEMALE AGE GROUP: 55 - 59**

1	Sheri Steele	58	Ballston Spa	28:47
2	Lynn Rogers	58	Ballston Spa	29:21
3	Denise Kimball Ferris	56	Chesapeake, VA	42:02

**MALE AGE GROUP: 60 - 64**

1	John Webber	61	Ballston Spa	24:14
2	Joseph D'Agostino	63	Saratoga Springs	26:29
3	Edwin Rogers	63	Ballston Spa	26:32

**FEMALE AGE GROUP: 60 - 64**

1	Carol Gerbing	64	Ballston Lake	29:51
2	Mary Drake	60	Schuylerville	44:42

**MALE AGE GROUP: 65 - 69**

1	Janet Balderston	68	Little Falls	28:38
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**MALE AGE GROUP: 70 - 74**

1	Richard Theissen	72	Round Lake	31:37
2	Edward Lamby	74	Scotia	32:01

**FEMALE AGE GROUP: 70 - 74**

1	Susan Fasset	71	Ballston Spa	39:53
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*Courtesy of Ballston Spa United Methodist Church*

**34TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 15TH ANNUAL HANNAFORD MOHAWK HUDSON RIVER HALF MARATHON**  
**October 9, 2016 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany**

**MARATHON - 26.2 MILES**

**MALE OVERALL**

1	Tyler Andrews	26	Arlington, VA	2:15:52
2	Louis Serafini	25	Brighton, MA	2:17:25
3	Kiplangat Tisia	27	Rochester	2:17:34

**FEMALE OVERALL**

1	Roberta Groner	38	Randolph, NJ	2:37:54
2	Sarah Hickie	30	Greenville, DE	2:53:55
3	Dana Bush	38	Saratoga Springs	3:00:36

**MALE AGE GROUP: 15 - 19**

1	Christian Canham	19	Ballston Spa	2:55:31
2	Ethan Rambacher	19	Littleton, MA	3:36:11
3	Bailey Moore	17	Mechanicville	3:44:57
4	Patrick Hill	19	Colonie	3:53:27
5	Calix Fattmann	16	Bentonville, AR	4:39:56
6	Matthew Kyle	19	Clinton Corners	4:49:38
7	Dilip Sridhar	18	Fishkill	5:26:38

**MALE AGE GROUP: 20 - 24**

1	Sam Peckham	22	Aqua Dulce, CA	2:34:12
2	Chris Millman	22	E Greenwiche, RI	2:48:03
3	Conor Murphy	22	Greenlawn	2:51:23
4	Jay Berube	23	Troy	2:52:09
5	Matt Farragher	22	North Chatham	2:52:23
6	Harry Collins	24	Averill Park	3:00:49
7	Bram Peterson	21	Schenectady	3:01:48
8	Paul Crowe	24	New York	3:03:01
9	Liam Davis	23	Willsboro	3:15:09
10	Connor Pingel	20	Pataskala, OH	3:18:20

**FEMALE AGE GROUP: 20 - 24**

1	Irene Somerville	23	Wynantskill	3:10:15
2	Christina Tirmoldi	24	Bayonne, NJ	3:15:24
3	Kailyn Bentley	22	Ripley	3:30:08
4	Kayla Blomback	24	Orchard Park	3:30:13
5	Michelyn Little	22	Voorheesville	3:43:21
6	Olivia Allen	23	Troy	3:48:29
7	Moirra Hilt	24	Albany	3:48:54
8	Emily Brucks	21	Troy	3:48:58
9	Christine Latona	22	Granby, CT	3:51:28
10	Jamie Zwirn	24	Gansevoort	3:57:41

**MALE AGE GROUP: 25 - 29**

1	Tewodros Zewdu	26	New York	2:24:32
2	Matt Brooker	26	Albany	2:26:23
3	Richard Messineo	28	Nassau	2:37:28
4	Geoffrey Hale	27	Whitesboro	2:48:22
5	Sean Davis	26	Lake Placid	2:58:13
6	Michael Graham	25	Clifton Park	3:03:28
7	Carlo Castillo	27	Austin, TX	3:07:48
8	Tim Craig	28	New York	3:17:34
9	Ping Wong	29	Ballston Lake	3:17:42
10	Derek Matuszewski	28	Flanders	3:21:55

**FEMALE AGE GROUP: 25 - 29**

1	Hannah Brooker	25	Albany	3:06:05
2	Lauren Dorschied	27	Acushnet, MA	3:15:11
3	Kristin Grab	27	Westminster, CO	3:21:53
4	Julia Martens	25	Charleston, SC	3:25:30
5	Michelle Davis	28	Watervliet	3:26:43
6	Katelyn Rhymestine	27	Herkimer	3:29:47
7	Rachel Trotter	26	Wyckoff, NJ	3:30:07
8	Elizabeth Wright	27	Montclair, NJ	3:31:49
9	Brianna Thompson	26	Albany	3:33:52
10	Andrea Scott	25	Troy	3:34:37

**MALE AGE GROUP: 30 - 34**

1	Brian McNamara	33	Cambridge, MA	2:26:50
2	Ryan Palmison	32	Methuen, MA	2:43:11
3	Eric Pelloquin	34	Medford, MA	2:50:54
4	Chris Tingue	30	Mount Vernon	2:52:58
5	Nate Lull	31	Gilbertsville	2:58:21
6	Daniel George	32	Albany	2:58:22
7	Christopher Richard	32	Sudbury, MA	2:58:44
8	Trey Kingston	31	Albany	3:00:01
9	Kevin Stockslager	31	Tampa, FL	3:00:32
10	Allan Co	34	Salt Point	3:01:19

**FEMALE AGE GROUP: 30 - 34**

1	Katherine Poor	30	Brooklyn	3:11:31
2	Michelle Tsang	30	Providence, RI	3:11:50
3	Elizabeth Chauhan	32	Albany	3:17:59
4	Janne Rand	31	Lake Placid	3:19:17
5	Melissa Wern	30	Argyle	3:25:45
6	Lauren Carnahan	33	Latham	3:26:24
7	Christine Hebert	34	Quebec, QC	3:29:50
8	Melissa Norcross	34	Mansfield, MA	3:31:53
9	Kenleigh Nicoletta	34	Portland, ME	3:33:25
10	Juliana Duque	33	Antioquia, CO	3:33:44

**MALE AGE GROUP: 35 - 39**

1	Philip Kiesling	35	Cranston, RI	2:41:17
2	Robert Norcross	35	Mansfield, MA	2:41:57
3	Jeremy Drown	38	West Chazy	2:45:17
4	Corey Wilson	36	Nepean, ON	2:51:07
5	Jason Finlaw	38	Plattsburgh	2:56:56
6	Jocelyn Perreault	36	Montreal, QC	2:57:03
7	Phillipe Jacques	39	Montreal, QC	2:57:45
8	Vincent Duval	38	Outremont, QC	2:58:49
9	William Callahan	39	Whitesboro	2:58:51
10	Kevin London	35	Lake George	3:00:42

**FEMALE AGE GROUP: 35 - 39**

1	Lucie Gonthier	38	Quebec City, QC	3:02:49
2	Elena Makovskaya	36	Hackensack, NJ	3:03:08
3	Claire Doule	38	Montreal, QC	3:06:27
4	Molly Gerster	38	Norwalk, CT	3:11:34
5	Maxine McInulty	38	Summit, NJ	3:12:29

**MOHAWK HUDSON RIVER MARATHON & HALF continued**

6	Stephanie Gordon	38	Ottawa, ON	3:13:40
7	Aya Leitz	39	Jersey City, NJ	3:15:54
8	Patricia Carreiro	38	North Dartmouth, MA	3:16:44
9	Meg Versteegen	37	Schenectady	3:19:48
10	Nicole Weidensaul	39	Locust Grove, VA	3:27:20

**MALE AGE GROUP: 40 - 44**

1	Aaron Knobloch	40	Niskayuna	2:48:08
2	Mihai Sava	42	Longueuil, QC	2:52:40
3	Scott Avidon	44	Fair Lawn, NJ	2:52:44
4	Seth Kean	42	Brooklyn	2:54:39
5	Scott Layton	40	Rockport, ME	2:54:50
6	Pierre Nicole	40	Chambly, QC	2:55:04
7	Joshua Goldschmidt	42	Passaic, NJ	2:55:28
8	Frederic Meunier	43	Montreal, QC	2:58:29
9	Matthew Adams	42	Hopewell Junction	3:01:56
10	David Caron	43	Levis, QC	3:02:52

**FEMALE AGE GROUP: 40 - 44**

1	Deanne Webster	40	Albany	3:16:23
2	Lynn Vasconcelos	41	Fairhaven, MA	3:17:39
3	Lyne Girard	42	Lincolne, QC	3:25:01
4	Barbara Dudycz	40	Lincoln Park, NJ	3:29:38
5	Lindi Beaudreault	43	New Canaan, CT	3:29:43
6	Wayne Johnson	43	North Attleboro, MA	3:30:36
7	Kelly Salinas	41	Liverpool	3:31:44
8	Anne-Marie Monette	40	Candiac, QC	3:33:18
9	Tami Grady	43	Pittsfield, MA	3:37:51
10	Jenna Crovo	40	North Attleboro, MA	3:38:38

**MALE AGE GROUP: 45 - 49**

1	Terry Davidson	45	Randolph, NJ	2:43:47
2	Michael Blois	45	Ottawa, ON	2:46:51
3	Phillippe Belanger	49	Montreal, QC	3:00:19
4	Andy Reed	45	Niskayuna	3:00:48
5	Mario Goupil	46	La Prairie, QC	3:05:54
6	Hugo Vadillo	48	Wood-Ridge, NJ	3:06:57



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