

FREE!
JANUARY
2017

ADIRONDACK SPORTS

COVERING
UPSTATE NY
SINCE 2000



Mid-Winter Events and Deals

A BRIGHT BLUEBIRD DAY
AT GORE MOUNTAIN.
GORE

CONTENTS

- 1** **Alpine Skiing & Riding**
Mid-Winter Events & Deals
- 3** **Cross Country Skiing**
Get Started with XC Skiing
- 5** **News Briefs**
- 5** **From the Publisher & Editor**
- 6-9** **CALENDAR OF EVENTS**
January to April Events
- 11** **Snowshoe Hiking**
Vly Creek Falls & Southerland Mountain
- 13** **Athlete Profile**
Try Stuff with Jen Harvey & Don Massonne
- 15** **Running & Walking**
Be Your Own Hero This Winter
- 17** **Running & Walking**
Passing on the Joy of Running
- 18-23** **RACE RESULTS**
Top Finishers in 25+ Events

AdkSports.com
Facebook.com/AdirondackSports

By Darryl Caron

Winter made its first appearance for many of us in the Northeast last month, and for those who love the exhilarating feel of fresh mountain air, snowy slopes, and the thrill of the hill, that was a reminder to get your ski gear out of the basement – if you haven’t already – and hit the slopes!

January and February are busy months for the ski resorts, starting with Martin Luther King Jr. weekend – to offering many special events and deals – then President’s Week and much more.

EVENTS

January 14-15, *MLK Holiday Camp at Gore Mountain in North Creek* – The two-day camp is a great way for your children, ages four-12, to spend their holiday vacation on the slopes and meeting new friends. Kids enjoy two consecutive days of skiing/riding fun with the same coaches. It’s open to all abilities and includes lift ticket, lunch and supervision.

On January 15, don’t miss the *Torchlight Parade and Fireworks Spectacular* illuminating the base area starting at dusk. On January 16 and February 20, there’s *USASA Boarder/Skier Cross* with the 11th annual Adirondack Series at the North Creek Ski Bowl. goremountain.com.

January 8, February 5 and March 12, *Give Back Sundays at Whiteface in Wilmington* – Each month the resort is partnering with community non-profit organizations, where skiers and riders can receive 50% off their lift ticket for their donation. 1/8, Bring a grocery bag of non-perishable food items (totaling \$10 or more) for Interfaith Food Shelf; 2/5, Show your registration for the MS Ski-A-Thon fundraiser; 3/12, Bring a grocery bag of pet food and/or toys or 10lb. bag of dry pet food for their local animal shelter.

On January 13-14, *Freestyle World Cup* returns to Lake Placid

with the moguls competition at Whiteface and the aerials finals under the lights at the Olympic Jumping Complex. whiteface.com.

January 9 through March 13, *Monday Night Racing at West Mountain in Queensbury* – Back by popular demand, these are fun, non-competitive race events that skiers, snowboarders and telemarkers of all ages can participate in. No experience is necessary, the race starts at 7pm, and prizes for categories such as “Best Crash” and “Slowest Run” will be awarded.

On February 17, the 12th annual *Fire on the Mountain with Audio Starts* is at West. Enjoy a night of explosive fun from 7pm-midnight with live music by the Audio Stars, neon light competition, fireworks, torchlight parade, and food/drink specials. westmtn.net.

January 14 and 28 and February 11 and 23, *Willard Fun Cup Race Series* at Willard Mountain in Easton – This series of fun, timed races is for all skiers under 14 years old. Multiple age divisions make this an ideal introduction to racing with two timed runs and prizes for all involved. willardmountain.com.

Tuesdays through Sundays, *Ski and Snowboard Lessons* at Maple Ski Ridge in Rotterdam – Weekend lessons for ages four to 94, adult lessons on Wednesdays at 12pm, new midday home school lessons on Wednesdays at 1:30pm, after school lessons Tuesday-Friday, and ladies only class on Thursdays at 7pm. On Mondays from 4-7pm, cross country (skate) skiing is offered under the lights for only \$5. skimapleridge.com.

February 10-12, *Winter Carnival* at McCauley Mountain in Old Forge – Competitions, ski races and fireworks with most events on Saturday. Activities include ski/snowboard jumping, crowning of the winter carnival king/queen, cardboard sled races, dancing and dinner. mccauleyny.com.

See **ALPINE SKIING** 16 ►

NeviTREK
HANDMADE SNOWSHOES
Made in USA

Snowshoes for hiking, running & walking
Order at nevitrek.com or call 518-831-1707

Dr. Brad Elliott
CHIROPRACTOR
Cost Effective Care for the Entire Family

Thank You for 25-plus Years!

677 Plank Rd, Clifton Park
(518) 383-4889

St. Regis Canoe Outfitters

- Guided Trips – Day and Overnight
- Outfitting – By the Piece or Package
- Camping & Backpacking Rentals
- Retail Paddlesports Shop
- New & Used Canoes, Kayaks & Gear
- Adk Paddler's Map – South

73 Dorsey Street • Saranac Lake
518-891-1838
www.canoeoutfitters.com

Adirondack Splendor & Finnish Hospitality

LAPLAND LAKE
Nordic Vacation Center

Ranked BEST XC Resort for Families & BEST in the Mid-Atlantic Region
– Best XC Ski Resort Poll

Adult Learn-to-Ski Packages Only \$57

SINCE 1978
139 LAPLAND LAKE ROAD
NORTHVILLE, NY
518-863-4974
vacation@laplandlake.com
www.laplandlake.com

12k of Wilderness Snowshoe Trails

Just MINUTES from Anywhere in the Capital Region!

Maple Ski Ridge

MONDAYS ARE NORDIC NIGHTS!
4PM - 7PM

2-HOUR SESSIONS TUBING IS BACK!
FRI • SAT • SUN

2725 Mariaville Rd, Rotterdam • (518) 381-4700 • MapleSkiRidge.com

Need to update your gear?

ROSSIGNOL
MADSHUS
FISCHER

the Mountain Goat
Outdoor Clothing & Gear
Manchester, Vermont

4886 Main Street
802-362-5159

Open Daily @ 10am
mountaingoat.com

GARNET HILL LODGE AND NORDIC CENTER

Where adventure awaits

Since 1936 Garnet Hill Lodge has been creating lasting memories for outdoor winter enthusiasts; be it on our 55k of groomed trails, or the many miles of backcountry wilderness adjacent to our facility. We are a family-friendly ski center with the highest quality rentals, retail and repair. Our famous ski down-ride back shuttle bus will bring you back to the lodge after an afternoon trek, and there you can settle in to enjoy world-class dining by a cozy fire.

GARNET HILL LODGE
Since 1936

39 Garnet Hill Road North River, NY

garnet-hill.com • 518-251-2150 (Ski Shop) • 518-251-2444 (Lodge)

GORE MOUNTAIN UPCOMING EVENTS

FOR WOMEN ONLY
Alpine Skiing & Snowboarding Clinics
Saturday-Sunday, January 21-22
With our best certified female instructors!

TAKE YOUR KIDS TO GORE WEEK
Saturday-Friday, January 21-27
All children ages 19 and under ski or ride FREE with full-paying parent!

FAT BIKE RACE
Sunday, January 22 | 10am
At the Ski Bowl

North Creek, NY | (518) 251-2411
GOREMOUNTAIN.COM/EVENTS

CROSS COUNTRY SKIING

Get Started with Cross Country Skiing



◀ HAPPY SKIERS ON NEW YEAR'S DAY WITH GROOMED POWDER CONDITIONS AT LAPLAND LAKE NORDIC VACATION CENTER IN BENSON. PAUL ZAHRAY



▲ JOHN PASSACANTANDO OF NORTH RIVER BACKCOUNTRY SKIING BOTHERATION LOOP NEAR GARNET HILL LODGE, SIAMESE PONDS WILDERNESS. DICK CARLSON

By Richard Carlson

Cross country skiing is set to become your new winter season passion! Hey, skiing is skiing, the curly end goes to the front and you slide around on snow. Cross country skiing is sport and fresh air fitness, and it's a connection with the natural world in winter. If you're a competent alpine skier you can easily make the switch. All the turning and stopping techniques of going downhill on skis readily translates into XC. Even beginner alpine skiers fare better with cross country ski technique than never-ever skiers.

First off, cross country skiing is a lot of different types of skiing. There's skiing on groomed trails at a ski center – light touring or classic skiing and skate skiing fit in here. Get off the groomed trails and it's backcountry skiing, lots of choices here: heavier systems bindings, light metal edge skis, lighter telemark-style boots, bindings and skis.

So here's why you need to ditch those alpine skiing power boards for your next day on the snow:

⇒ **No Crowds** – Sure there can be some crowded XC ski trails but it's never like the alpine ski venues with their mega football-field-sized parking lots, lines for tickets, food or lifts. Even a crowded parking lot at a cross country ski center doesn't translate into busy ski trails. Typically, 80% of the skiers ski 20% of the trails. Spread out and you'll have miles of skiing to yourself. But, to really distance yourself from the crowds, get into the backcountry. There are so many choices in the Adirondacks, Catskills and surrounding areas that you'll be torn between destinations on a good ski day.

⇒ **Top Fitness Activity** – Cross country ski racers are the fittest athletes in the world! It's a full body exercise using legs, arms, shoulders and stomach muscles.

Exercise physiologists have measured elite cross country ski racers with a VO₂ max (a standard measure of oxygen utilization) at 96, elite cyclists might be high 80s, Olympic swimmers a mere 70. It's no wonder that gym machines like elliptical trainers and ski machines mimic the actions of cross country skiing. The large Scandinavian ski races regularly have finishers in the 80-plus age groups skiing up to 55 miles!

⇒ **Relatively Inexpensive** – Sure you need to purchase different equipment and even multiple sets for light touring and backcountry skiing, but it's still cheaper than an alpine skiing set-up. Groomed cross country ski trails may set you back \$10-\$20 for a day of skiing, with season passes around \$100-\$150.

⇒ **The Adventure** – Not only is there a seemingly endless supply of Adirondack and Catskill backcountry trails and ski routes, but advances in electronic navigation have made some bushwhack skiing routes very attractive. With smart phones and tablets, map applications and satellite imagery (check out the hardwoods vs. the thicker pine forests), skiers can traverse frozen ponds and swamps in winter that would be impossible in the warm months.

⇒ **Social and Family Friendly** – Shared ski adventures with friends and family is the best winter fun! The entire family can cross country ski – even toddlers can be pulled in pulk sleds (usually available to rent at ski area). Many ski centers will have organized clubs or activities for children and seniors with weekly ski or snowshoe events.

⇒ **Getting Started** – The best place to begin cross country skiing is at a groomed cross country ski center. They will have a warming lodge, rental equipment, ski lessons, food service, and even overnight lodging. Many

areas also sell XC ski equipment, so you can try different types of gear right on the snow, and decide on what's best for the skiing you plan on doing. Lessons are invaluable in making a switch, and ski centers will usually have a discounted first-timer package with rental, trail fee and a lesson. Ski centers are often the best sources for information on nearby backcountry ski routes, snow and trail conditions. For a directory of New York groomed ski centers, visit: crosscountry-skiing.com.

⇒ **Weather Ski and Snow Reports** – With this the era of climate change snow and ski conditions can change rapidly. Start with snocountry.com and also the I LOVE NY Snow Phone: 800-CALL-NYS (800-2255-697, option 3). For the absolute latest ski reports, call the ski center directly. Facebook has become a great resource for ski reports, just "Like" your favorite ski center for updated posts right in your newsfeed. Weather reports and forecasts are almost everywhere online; try Weather Underground for location-specific, hourly forecasts – great info for ski waxing.

⇒ **Backcountry Skiing** – Aside from equipment, ski technique, route finding and map reading, being prepared with a well-equipped day pack is life-saving. Always carry a headlight, extra clothes, matches, the map for the area you're in, extra socks, ski and binding repair tools, food and water (you may have to keep it insulated from freezing). Someone in your group should have a first aid kit. Cell phones can help in an emergency; keep them warm to preserve battery life. A good number to add to your phone is the NYS DEC Ranger Dispatch in Ray Brook: 518-891-0235. Any higher angle tours (steep slopes) can be avalanche prone and skiers have died – yes, even in the Adirondacks. Don't stumble onto an unfamiliar slope or trail unprepared or above your ability and knowledge.

⇒ **Clothing** – You probably already have some ski clothing, but ditch the heavy jackets and insulated pants. Lighter weight synthetic clothing is best – non-cotton long underwear, fleece and windproof shells, and shell pants are good choices. Don't forget a hat, lightweight gloves and sunglasses.

⇒ **Snowshoeing** – This is a great way to get out in winter, and enjoy the benefits of trails and fitness, without any of the technique and equipment requirements of cross country skiing. XC ski centers are the best place to get started snowshoeing with rentals, helpful hints and snowshoe trails.

⇒ **Resources** – Listing of groomed cross country ski centers, snow conditions and ski reports: crosscountry-skiing.com.

For the best backcountry knowledge, equipment rentals and local maps, visit Garnet Hill Lodge in North River, Lapland Lake in Benson, and Cascade in Lake Placid ski areas – plus, High Peaks Cyclery in Lake Placid.


Want to find a great backcountry ski adventure? Check out these classic books for trail descriptions and maps: *Ski and Snowshoe Trails in the Adirondacks (ADK)* by Tony Goodwin, and of course, the *Discover the Adirondacks* (Wild River Press) book series for year-round use by Bill Ingersoll. Bill has also authored *Snowshoe Routes: Adirondacks & Catskills* (Mountaineers). Visit your local bookstore or adk.org, hiketheadironacks.com or mountaineersbooks.com.

Strap on your skis or snowshoes and discover the Empire State's winter playground! ❄️

Richard Carlson (diccarlson@frontiernet.net) of North River is president of Cross Country Ski Areas of New York and Upper Hudson Trails Alliance.

the Y **YOU BELONG AT THE Y** **JOIN US!**

10 convenient locations! 700 FREE classes every week!
SAVE \$100! Bring this coupon to any Capital District YMCA, join by February 15th and we'll waive the joiner's fee.
 Save an additional 20% when you join!
 Ask about our 20/20 Y Buddy program.
CAPITAL DISTRICT YMCA • 518.869.3500 • CDYMCA.org



ADK.1.17

LOCALLY OWNED AND OPERATED FOR OVER 20 YEARS!

PLAY IT AGAIN SPORTS

January Sale!

New Skis, Snowboards, Coats, Sweatshirts, Snowshoes, X-C Gear, Electric and Smith Goggles, XC Skis, Snowshoes and Ski Boots – and Much More...

Drastically Reduced Prices on all 2017 Gear
 Alpine Skis • Snowboards • Boots • Bindings • Poles
 Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants

Expert Ski & Board Tech Services
 Buy, Sell, Trade New & Used Gear™

952 Troy-Schenectady Road, Latham
 Peter Harris Plaza, 1.6 miles west of I-87
 (518) 785-6587 • Mon-Sat: 10am-9pm & Sunday: 11am-5pm
PlayItAgainSportsLatham.com

Inline and Hockey Skates in Stock!

BURTON • SALOMON • MARKER • ARMADA • ELECTRIC • DEMON • BERN • FLOW • VOLKL • ATOMIC • FULL TILT • ROME • UVEK • LINE • ALPINA • ANON • RED • FISCHER • GIRO • UA • SMITH • ELAN • TRESPASS • DALBELLO • SCOTT • TRANSPACK • K2

SHALE HILL ADVENTURE 

5th Annual POLAR BEAR CHALLENGE 

8 HOUR WINTER OBSTACLE RACE

Racing • Fun • Food
10K • 70+ Obstacles Per Lap
 How Many Laps Can You Complete?
 How Much Bacon Can You Eat?

FEBRUARY 4, 2017
AWARDS FOR TOP 3 FINISHERS IN EACH DIVISION

4 DIVISIONS TO CHOOSE FROM:
 • PRO ELITE with CASH PRIZES
 • YOUTH 13-17
 • OPEN ADULT 18-49
 • MASTERS 50+

Save 10%
 Discount code: SHALEHILL10

OCR
 • WORLD • CHAMPIONSHIPS QUALIFIER

www.ShaleHillAdventure.com
 Benson, VT • 802-537-3561

3 hrs from Boston • 2 hrs from Albany • 4 hrs from NYC • 4 hrs from Montreal

Like Us On facebook
 Shale Hill

MAKE THE CLIMB TO WEST MOUNTAIN



SKIING • SNOWBOARDING • TUBING
 Great Prices On Season Passes
 6-week Lesson Programs
 Holiday Camps
 Programs For Seniors
 A New State-Of-The-Art Pro Shop

Family Fun Since '61

WEST MOUNTAIN 
 SKI AREA

(518) 636-3699 | westmtn.net







ONE STOP SKI SHOP

SKI & SNOWBOARD PRODUCTS & ACCESSORIES
 SKI & SNOWBOARD RENTALS
 AWARD WINNING TUNING

VOTED #1 TUNING SHOP IN THE US!
 BY SKIING BUSINESS MAGAZINE

 **SPORTSPAGESKI.COM** | (518) 792-1304
 138 QUAKER ROAD, QUEENSBURY NY, 12804
 HOURS: Mon-Fri: 9:30am – 8pm | Sat: 9:30am – 5:30pm | Sun: 12pm – 5:30pm

AROUND THE REGION **News Briefs**

DEC to Hold Three Weekends of Santanoni Winter Open Houses

NEWCOMB – The NYS DEC is offering a unique opportunity to see the inside of the historic Great Camp buildings at Camp Santanoni over three weekends during the winter months. The open house events will take place during the Martin Luther King holiday weekend, January 14-16; President's Day holiday weekend, February 18-20; and the weekend of March 18-19. Cross-country skiers and snowshoers will have access to the historic camp properties located in the town of Newcomb to view interpretative displays, including new panels installed in 2014.

Winter Weekend attendees can ski or snowshoe the 9.8-mile round trip from Camp Santanoni's Gate Lodge Complex and pass the Farm Complex to the remote lakeside Main Lodge Complex. The trip provides moderate physical activity and a great opportunity to enjoy the outdoors. The Adirondack Interpretive Center will provide free snowshoes at the Gate Lodge for any visitors needing them.

"The public is invited to enjoy winter outdoor recreation with their family and friends while immersed in the beautiful wilderness setting and the rich cultural heritage of the Adirondacks during any of the three weekends," Commissioner Basil Seggos said. "These open house events are part of our efforts to work with local communities to increase tourism and economic activity by showcasing this wondrous part of New York."

The three Winter Weekend events are hosted by DEC, Adirondack Architectural Heritage, the town of Newcomb, and SUNY College of Environmental Science and Forestry's Adirondack Interpretive Center. Amenities

can be found in the nearby community of Newcomb, where the WinterFest in the Heart of the Park is being celebrated on January 14, coinciding with the first Santanoni Winter Weekend.

Visitors can also traverse the half-mile trail from Camp Santanoni to the nearby Adirondack Interpretive Center and ski or snowshoe their 3.6-mile trail system. The center's buildings will be open 10am-4pm on all three days of the Winter Weekends in January and February, and on the Saturday and Sunday of the March Winter Weekend. For more info, contact AARCH at (518) 834-9328 or visit aarch.org. 🌲

Mountainfest on January 13-15

KEENE VALLEY – The 21st annual Mountainfest is a celebration of ice climbing and mountaineering featuring guest athletes who entertain with tales of climbing adventures, instructional clinics taught by visiting athletes and local guides, demo gear and apparel, and of course an opportunity to mingle with the climbing community for an exciting weekend of winter climbing and fun.

Mountainfest 2017 hosted by The Mountaineer in Keene Valley includes an excellent lineup of speakers including Patagonia athlete Kelly Cordes, Rab athlete Scott Bennett, and Black Diamond athlete Kevin Mahoney. Clinics range from "new to ice climbing" to stepping up your game with steep ice and mixed climbing clinics. There will be opportunities to join clinics on alpine climbing, snowshoe adventures, avalanche awareness and slide climbing. Attendance at the evening slideshows offer chances to win with raffle prizes and free swag giveaways. For more info, visit mountaineer.com. 🌲

Lake Placid Speed Skating Season Underway

LAKE PLACID – The Lake Placid Speed Skating Club is enjoying an exciting season on the Olympic Oval in Lake Placid. There are five LPSSC meets scheduled on the 400-meter oval, best known for Eric Heiden's five gold medal-winning races in the 1980 Olympics. The racing season began with the Lake Placid Ice Marathon on December 16-18, which included 10K, 21K and 42K races. The first metric meet is the Jack Shea Sprints on January 7-8, named for Lake Placid Olympic Champion Jack Shea, who was the first American to win two gold medals at one Winter Olympics, the 1932 in Lake Placid. The Irving Jaffee Single Distance Championships takes place on January 21-22. The race is named for Irving Jaffee, who also won two gold medals at the 1932 Olympic Games.

On February 18-19, the LPSSC will host the Charles Jewtraw All-Around Championships. Charles was a Lake Placid native who won the first gold medal in the 500-meter race at the first Winter Olympics in 1924. The season closes with the Lake Placid Marathon Finale on March 3-5. The speed skating club is excited to be part of a program administered by the Skating Club of Lake Placid. The SCLP will be administering a Learn to Speed Skate program to start this winter. The club is also proud to welcome 2009 World Single Distance Champion and 2010 Olympic Silver Medalist Trevor Marsicano as their new club coach. Trevor lives in Ballston Spa and trained in Lake Placid; he has been a member of the club since 2009. For more info, visit lakeplacid-speed.com. – *Christie Sausa* 🌲

Polar Bear Challenge 8-Hour Winter Obstacle Race

BENSON, VT – Shale Hill Adventure is hosting its fifth annual Polar Bear Challenge 8-Hour

Obstacle Race on Saturday, February 4. The 10K course with more than 70 obstacles per lap and challenges, trail running, hills, mud, ice and snow. The winner is the person who can complete the most laps on the course in eight hours. Participants can enter in one of four categories: pro elite with cash prizes, youth (ages 13-17), open adult (18-49) and masters (50+).


One of the highlights of this race venue is the indoor heated Party Barn offering an all-day hot buffet, and the long-sleeve Polar Bear 8 T-shirt, and a custom finisher medal included in everyone's entry. Save 10% with SHALEHILL10 code or 15% Military discount with MILITARY15. The Polar Bear Challenge is an Obstacle Course Race World Championship Qualifier. Benson is just over the Vermont border, near Ticonderoga and Whitehall. For more info, call (802) 537-3561 or visit shalehilladventure.com. 🌲

CF Stair Climb on February 25

ALBANY – Register for the 29th annual CF Climb in the tallest building in Albany, the Corning Tower, on Saturday, February 25. Climb 42 floors, 809 steps as either an individual, first responder, or as part of a four-person relay team. Whether climbing to improve your time or to simply cross the finish line, this event is a great way to spend the day with coworkers, friends or family while "Adding Tomorrows" for people with Cystic Fibrosis.

Participant categories include individuals; relay teams of four people who each climb one-quarter of the way up tagging off in a relay fashion; first responder climber (individual wearing full gear); and first responder relay team of four responders who each climb one-quarter of the way in relay fashion. To sign up, the minimum pledge requirement of \$150 is due on or before event day. For more info, contact Samantha Culihan at srichards@cff.org or visit fightcf.cff.org/albanyclimb. 🌲

FROM THE PUBLISHERS Happy (Healthy) New Year!



2017 is the year to be happy and healthy! Prioritize your health and well-being by putting your body first this year. To help you achieve your goals, we publish this magazine and produce our expos, bringing you locally-produced, quality sports, fitness and health coverage.

Be more active, challenge yourself, try a new activity, get enough sleep – and find events in our expanded Calendar. Our athletes profiled this month are the perfect inspiration to "try stuff" and see how far you can go with new endeavors.

Enjoy the issue, please support our advertisers, and tell them where you saw their ad. *Thanks for reading us!*

DISCOVER INLET...

- FREE CROSS-COUNTRY SKI & SNOWSHOE TRAILS
- FREE ICE SKATING RINK WITH WARMING HUT
- FREE SLEDDING HILL
- GROOMED SNOWMOBILE TRAILS
- COZY ACCOMMODATIONS
- GREAT FOOD
- FUN FOR THE WHOLE FAMILY

And all the Beauty That Surrounds Us

For maps & more:
INLET AREA INFORMATION OFFICE
1-866-GO-INLET
www.inletny.com

ADIRONDACK SPORTS magazine

INCLUDES SUNDAY TIMES UNION
Home Delivery or eEdition!*

- 1 yr (12 issues) \$17.95
- 2 yrs (24 issues) \$32.95 – **save 10%**
- 3 yrs (36 issues) \$44.95 – **save 20%**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____
I picked up my current issue at _____
Comments _____

Mail check to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065
Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)
*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week.

the Alpine sport shop
Since 1941

Saratoga's Ski Shop!

- Skis & Skiwear
- Snowboards
- Fall Clothing
- Winter Gear
- Expert Service

399 Clinton Street • Saratoga Springs
518.584.6290 • alpinesportshop.com

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 • info@AdkSports.com

ISSUE #193

AdkSports.com
[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

Publisher/Editor/Founder: Darryl Caron
Publisher/Editor: Mona Caron
Art Director: Karen Chapman
Contributing Writers: Richard Carlson, Laura Clark, Bill Ingersoll, Dave Kraus, Shelly Binsfeld
Contributing Photographers: Shelly Binsfeld, Richard Carlson, Bill Ingersoll, Ed Murphy, Paul Zahray, Kayla Dzikowicz
Circulation: Alan Blond, Sheela Kulkarni, Sudhir Kulkarni, Dan Olden, Lindsay Waters

Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2016 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.

ROCK Your Fitness

RockYourFitnessNY.com

Becky Weyrauch, certified personal trainer

TBT = total body training
★ 1st class is FREE ★
Your Success Is Our Goal

Motivation for ALL Fitness Levels

Join a Session at Any Time!

As a personal trainer, I will teach you how to use battling ropes, TRX, slam balls and more!

6-WEEK SESSIONS:
JAN 2 - FEB 11 • FEB 27 - APR 8
 M/W/F 5:15am or 6:30am
 Tu/Th 9:30am & Sat 7:30am

Saratoga-Wilton Soccer Club (formerly Charboneau)
2381 Route 9, Malta
522-9765
 REGISTER: RockYourFitnessNY.com

OSCEOLA TUG HILL Cross-Country Ski Center

Most Snow East of the Rockies!

40 km trails groomed daily for skating & classic skiing

- * Trailside Camp for Rent *
- * "Rentaflexibility" ski rentals *
- * Ski Shop: \$180,000 inventory *
- * 36 Hole Disc Golf for Summer *

Camden (40 mi NW of Utica)
(315) 599-7377 • uxcski.com
 uxcski@gmail.com • Open 7 Days • 10am-5pm

PlacidPlanet BICYCLES ALL 2016 BIKES ON SALE!

★ Fat Bikes In Stock ★

Specialized • S-Works • Santa Cruz
 Cervelo • Cannondale • Trek • Felt
 Incredible Selection • Fabulous Service!

2242 Saranac Ave • Lake Placid
(518) 523-4128
PlacidPlanet.com

LONG LAKE RAQUETTE LAKE

in the Heart of the Adirondacks

VISIT US THIS WINTER!

- Skiing
- Snowshoeing
- Sledding
- Snowmobiling
- Skating & More!

for more information
518-624-3077
www.mylonglake.com

Gear-To-Go Tandems

NEW YORK'S LARGEST TANDEM BICYCLE SHOP

Expertise, free instruction, tips & test rides

1 Dahinda Rd, Saranac Lake
518-891-1869 • gtgtandems.com

Join Now!

Adirondack ADK Mountain Club

hiking
 climbing
 paddling
 biking
 fitness
 backpacking
 camping
 outdoor adventure
 the Adirondacks the Catskills

www.ADK.org

Calendar of Events

January-April 2017*

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

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SKI MOUNTAINEERING ONGOING

Mon Monday Night Racing. 7pm. 1/9-3/13. Fun races for all. West Mountain, Queensbury. 636-3699. westmtn.net.

Wed Learn to Fly Wednesdays: 1/11, 18 & 25. 3-5pm. Ages 6+. Ski Jumping Complex, Lake Placid. Colin Delaney: 524-2115. nysef.org.

Sat Willard Fun Cup Race Series. 1/14, 1/28, 2/11, 2/23 (Thu). Fun, timed races for 14-under. Willard, Easton. 692-7337. willardmountain.com.

JANUARY

13-14 Freestyle World Cup. Fri: Whiteface, Wilmington. Sat: Olympic Jumping Complex, Lake Placid. whiteface.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.

10 Winter Carnival. Ski races, fun competitions, fireworks. McCauley Mountain, Old Forge. mccauleyny.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.

17 12th Fire on the Mountain w/Audio Stars. 7pm-12am. Fireworks, torchlight parade. West, Queensbury. 636-3699. westmtn.net.

20 USASA Boarder/Skiercross. Gore Mountain 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. endurancecommunity.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.

17 Irish Spirit Race. Gore Mountain, North Creek. 251-2411. goremountain.com.

18 NE Rando (Skimo) Race: The Beast. 10am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.

26 Maple Day. Maple face, music, ticket specials. Gore Mountain, North Creek. 251-2411. goremountain.com.

BICYCLING, MOUNTAIN BIKING & CYCLOCROSS ONGOING

Tue Fat Bike Ride. 6pm. Depends on trail conditions. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.

Tu/W/Th Spin Class. 6pm. Tomhannock Bicycles, Johnsonville. 663-0084. tomhannockbicycles.com.

Thu Movie Night Spin. 6pm. Casual indoor spin. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.

Sat Morning Pain Cave. 8am. High intensity indoor spin. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.

Sa/Su Spin Class. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Johnsonville. 663-0084. tomhannockbicycles.com.

JANUARY

28 Wallum Twilight Fatbike Race. 5-10M. 7pm. Douglas SE, Douglas, MA. 774-272-1767. bikereg.com.

FEBRUARY

4 4th Capital District Bicycle Gala. 7pm. Edison Club, Rexford. Heather Rizzi: 847-2419. hrrtonline.com.

11 3rd Saratoga Fat Bike Rally. 9am-6pm. Group rides, fun race, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.

11 3rd West Point 10K Indoor Time Trial. 8am. Cullum Hall, West Point, New York. John Davis: 845-938-2344. usma.edu/triathlon.

19 Snowball Express Century & Half Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

MARCH

4 Winona Forest IditaFAT Bike Race. 7-22M. 8am. Winona SE, Lacona. iditafat.com.

11 SnowBall's Chance Fat Bike Race. 12M/20M. 10am. Port Jervis. 520-548-9727. bikereg.com.

18-19 12th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

26 Saratoga 200K Brevet. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

26 Vermont Overland Maple Adventure Gravel Road Ride. 27M. 10am. Suicide Six Ski Area, Pomfret, VT. 802-291-2419. vermontoverland.com.

APRIL

29 Sean's Bike Ride. 50M County Tour: 7:30am. 20M Fun Ride: 10am. 10M Casual Ride: 10:30am. Part of Sean's Run Weekend. Chatham HS, Chatham. Mark French: 392-5483. seansrun.com.

All of Your Favorite Brands! Plus, Great Prices & Expert Service GET READY TO SKI!

Helmets • Gloves • Boot Heaters • Parkas • Pants
 Skis • Boots • Bindings & More for Men, Women and Children

Specializing in All Boot Fitting & Custom Footbeds
 Full Service Ski Tuning and Mounting
 Alpine Touring & Backcountry Department

HIGH ADVENTURE SKI & BIKE

Rt. 7, Latham
 2 Miles West of Northway Exit 6
785-0501
 www.HighAdventureSBP.com

STORE HOURS:
 Monday - Friday: 10-7
 Saturday: 10-5
 Sunday: 12-5

Job Opportunity! Advertising Sales Representative

Adirondack Sports & Fitness is looking for a qualified, self-motivated, enthusiastic salesperson that shares the active lifestyle we represent. If you value working and playing hard, and have excellent communication skills, you may be the right fit.

Responsibilities include: generating and managing local and regional accounts, selling print/online advertising, selling expo booths, attending local events, keeping a sales database, and coordinating all advertising artwork. Excellent income potential.

ADIRONDACK SPORTS

Send cover letter and resume to:
 Darryl Caron at darryl@adksports.com
 or 15 Coventry Drive, Clifton Park, NY 12065

xc ski ny

- area information
- ski & weather reports
- links & more!

crosscountryski.com

PINERIDGE
CROSS-COUNTRY SKI AREA
"the largest in the Capital Region"

- 50km trails including 35km groomed
- Night skiing by reservation
- Season rentals for children
- Snowshoe rental, trails & organized hikes
- Complete ski rentals & sales

life looks good from here
Rensselaer County www.rensco.com

1509 Plank Rd • East Poestenkill
518-283-3652 • pineridgexc.com

Tomhannock BICYCLES

- Giant • Felt
- Bianchi • Look
- Cervelo • Co-Motion

Clearance Sale on 2016 Bikes!

The only Bianchi dealer in the Capital Region

Find your bike in the 2016 lineup!
Road • Mountain • Triathlon • Tandem • BMX • Kids

Bike & triathlon clothing, Louis Garneau, Gizmo Yakima racks & accessories

3149 Route 7, Pittstown • 10 minutes east of Troy
(518) 663-0083 • TomhannockBicycles.com
M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Sun 11-3

EXPERT TUNE-UPS & BEST SERVICE PRICES IN THE AREA!

XC SKIING, BIATHLON & ORIENTEERING ONGOING

- Tue Graymont Tuesday Night XC Ski Races.** 5:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- Thu Soup-er Seniors XC Ski & Snowshoe Day.** 1/9-3/23 non-holiday. Discounted fee & free soup. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Thu Outdoors & Active for Adults Snowshoe & XC Ski w/Marijke Ormel: 1/12, 1/19, 1/26, 2/2.** 3pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- Thu Family Moonlight XC Ski:** 2/9, 3/9. 7pm. Vischer Ferry Preserve or Garnsey Park, Clifton Park. 371-6667. parksrec.cliftonpark.org.
- Fri Friday Night XC Ski Jam: 1/6, 1/20, 2/17.** 7pm. Lighted trails, music, food. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- Sun Garnet Hill/UHTA Backcountry Ski Tours.** 9am. 1/8-3/26. Siamese Ponds Wilderness. Garnet Hill Ski Shop, North River. Reserve/info: 251-2150. garnet-hill.com & upperhudsontrails.org.
- Sun XC Ski to Free Pancakes at the Sugar House.** 11am-2pm. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.

JANUARY

- 12 Moonlight XC Ski.** 6pm. Old Faithful loop w/food-wine. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 14 HURT Mega-Relay XC Ski Race.** 10am. Six-hour team relay w/3-8 skiers on 5K loop. Garnet Hill Lodge, North River. Dave Paarlberg-Kvam: 585-944-1610. hurtnordicskiing.com.
- 14-15 Rochester XC Ski Kids Festival.** Bristol Mountain, Canandaigua. nyssranordic.org.
- 14-16 DEC Camp Santanoni Winter Weekend Open House.** 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 15 Polar Bear Freestyle JNQ & Open/Masters XC Ski Races.** 5K: U16/18/women & 10K: open/masters men. 11am. McCauley Mountain, Old Forge. 315-369-3240. nyssranordic.org.
- 21 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. For women, by women. First-timer to intermediate. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 21-22 NYSEF JNQ & Open/Masters XC Ski Races.** Sat: skate. Sun: classic. 5K & 10K. Mt Van Hoevenberg, Lake Placid. NYSEF: 946-7001. nysef.org.
- 28 Shenendehowa Classic JNQ & Open/Masters XC Ski Race.** 5K: U16. 10K: U18/open/masters. 11am. Wilkinson Cup Series #2. Saratoga Biathlon Club, Hadley. Eric Hamilton: 371-7548. skireg.com.
- 28 Charles Lamendola Classic XC Ski Race.** 10K: men/masters women. 5K: open, U16, U18 women. 10:30am. Trenton Fish/Game Club, Holland Patent. nyssranordic.org.
- 28 36th Craftsbury Ski Marathon.** 50/33/16.5K Classic. Craftsbury Outdoor Center, Craftsbury Center, VT. 802-586-7767. craftsbury.com.
- 28 Pineridge Ski Orienteering.** 10am. Pineridge XC Ski Center, East Poestenkill. attackpoint.org.
- 28-29 Eastern Cup Weekend #3 XC Ski Races.** Sat: 1.3K/1.5K classic sprint. Sun: 10K/15K skate. Rikert Nordic Center, Middlebury, VT. 802-443-2744. rikertnordic.com.
- 29 Great Sacandaga Mini-Marathon Freestyle XC Ski Race.** 15K for U16/U18. 15K or 30K for open/masters. Wilkinson Cup Series #3. Sacandaga Biathlon Center, Hadley. Curt Schreiner: 696-5495. skireg.com.

FEBRUARY

- 3-5 Empire State Winter Games & NYSSRA Nordic "Tour-NADO" XC Ski Races.** Fri, 7pm: 2.5K skate time trial at Dewey, Saranac Lake. Sat, 1pm: 20K classic (16+) & 5K classic (12-15) at MVH, Lake Placid. Sat, 4pm: 200m skate sprint finals at MVH, Lake Placid. Sun, 1pm: 7.5K skate (16+) & 5K skate (12-15) at MVH, Lake Placid. empirestatewintergames.com.
- 4 XC Ski, Grill & Chill.** 11am-3pm. Live music, food & BYOB. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.

- 4 Nordic Rendezvous.** 2-4:30pm: Back to the Barn Tour w/XC ski, fat bike or snowshoe. 4:30-5:30pm: Luminaries, hot cider, bonfire. 5:30-7pm: Buffet dinner. 7-8:30pm: Barn dance w/live music. Rikert Nordic Center, Ripton, VT. 802-443-2744. rikertnordic.com.
- 5 12th Mountain Top Paintball Biathlon.** Mountain Top Inn, Chittenden, VT. 802-483-6089. mountaintopinn.com.
- 10-12 Canadian Ski Marathon Nordic Ski Tour.** 12K-160K. Lachute to Gatineau, QC. csm-mcs.com.
- 11 Lapland Ladies Love to Ski: Classic.** 9:30am-2:30pm. For women, by women. First-timer to intermediate. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 11 Moonlight Snowshoe Tour.** 6:30-8:30pm. Includes snowshoe rentals & guided tour to lakeside campfire. Lapland Lake, Northville. Reservations: 863-4974. laplandlake.com.
- 11 Winona Forest Tourathon XC Ski Race.** 12.5K/25K/50K classic on 12.5K loop. 8am. CCC Camp, Winona SF, Mannsville. winonaforest.com.
- 11 Bolton-to-Trapps Backcountry Tour Series #1.** Catamount trail. Trapp Family Lodge, Stowe, VT. stowenordic.org.
- 12 HURT-athon Classic XC Ski Race.** 15K open/masters & 5K U16/U18. 9am. Gore Ski Bowl, North Creek. Dave Paarlberg-Kvam: 585-944-1610. hurtnordicskiing.com.
- 12 Saranac Lake Winter Carnival XC Ski Races.** 9am. Dewey Mountain, Saranac Lake. Dewey: 891-2697. saranaclakewintercarnival.com.
- 18 Glenville Hills Classic XC Ski Race.** 9.5K men, 6K women. 10am. 2977 Ridge Rd, Scotia. skireg.com.
- 18-20 DEC Camp Santanoni Winter Weekend Open House.** 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 19 Adirondack Youth Paintball Fun Biathlon.** 10am. Ages 8-13. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 25 Lake Placid Nordic Festival.** Lake Placid Loppet 50K & 25K Citizen Races: Classic (9am) & Freestyle (10am). Citizen Challenge Races 12.5K, 6.25K & 3K Races (1pm). Mt Van Hoevenberg, Lake Placid. whiteface.com.
- 25-26 Mid-Atlantic Bill Koch Ski League Festival.** McCauley, Old Forge. nyssranordic.org.
- 26 Peru Nordic Cookie Clash XC Ski Race.** Wilkinson Race Series #4. Dewey Mountain, Saranac Lake. nyssranordic.org.

MARCH

- 3-11 2017 USSA XC Junior National Championships.** Best American U20 XC ski racers. Mt Van Hoevenberg, Lake Placid. MVH: 523-4115. xcjuniornationals2017.com.
- 4 Lapland Ladies Love to Ski: Skate.** 9:30am. For women, by women. First-timer to intermediate. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 4 Dewey Mountain Family Day.** 10am: Adk Paintball Biathlon; 10am-2pm: Icicle Obstacle Course & Kids' Snowshoe Scavenger Hunt; 12:30pm: Tandem Ski Challenge; 1:30pm: 13th Boxershort Triathlon Relay (ski, snowshoe, sled). Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 4-5 Trapp Marathon.** Sat: 50/25K classic. Sun: 50/25K skate. Trapp Family Lodge, Stowe, VT. 802-253-8511. trappfamily.com.
- 11 Moonlight Snowshoe Tour.** 6:30-8:30pm. Includes snowshoe rentals & guided tour to lakeside campfire. Lapland Lake, Northville. Reservations: 863-4974. laplandlake.com.
- 11 Backcountry Catamount Trail Stowe Traverse #2.** Catamount trail. Trapp Family Lodge, Stowe, VT. stowenordic.org.
- 12 Moonlight XC Ski & Snowshoe & Poker Run!** 6pm w/finger foods. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 12 42nd Bretton Woods Nordic Marathon.** 42K/21K. 9:30am. Omni Mt Washington Resort, Bretton Woods, NH. NE Ski Museum: 603-823-7177. skimuseum.org.
- 18-19 DEC Camp Santanoni Winter Weekend Open House.** 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.

SPA CITY
SERVING CYCLING DAILY

NO MATTER WHERE THERE IS, WE CAN GET YOU THERE ON A BIKE

NEW FAT BIKES IN STOCK!

2017 Salsa Mukluks in Stock
Fat Bike Rentals

79 Beekman Street • Saratoga Springs
518.587.0071
spacitybicycleworks.com

Service and a smile. No stinky attitude.

Berkshire OUTFITTERS
OUTDOOR SPECIALISTS
Since 1972

NORDIC SKIING & RACING CENTER

Backcountry and Alpine Touring Gear
Snowshoes Too!

Featuring:
Rossignol
Fischer
Atomic
Salomon

Super Selection Super Service

(413) 743-5900 • BerkshireOutfitters.com
169 Grove St (Route 8) • Adams, MA
Only One Hour from Albany/Troy

Please Support Our Advertisers

and Tell Them Where You Saw Their Ad!

ADIRONDACK SPORTS

Rick's BIKE SHOP

Mountain, Road, Hybrid, Kids, BMX
TREK • SPECIALIZED EASTERN • STOLEN
Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
ricksbikeshop.com • 518-793-8986

ADIRONDACK Gear! Look Good While You Sweat!

• Gender-specific tech or cotton shirts \$10
• Black or white running hats \$10
• Car magnets \$2

• Also, 1, 2 or 3-year magazine subscriptions

Order at **AdkSports.com**

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
Team Relay - 9:30 AM
Individuals - 10:30 AM
Check-in one hour to race time
 \$150 Fundraising Minimum

\$5 off registration fee with discount code **ADKSPORTSEXPO**

Register/Info: fightcf.cff.org/albanyclimb
 518.453.3583 • srichards@cff.org

Race Up 42 Floors Individually or Relay Team

Ron Houser, C. Ped.

ABC Board Certified Pedorthist

**Evaluation • Casting
Manufacturing**

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

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

802-362-5159 • mgoat@comcast.net

WELCOME ALL

2017 MEMBERSHIP NOW OPEN!

Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 6-August 29
Details: www.cdtriclub.org

Used by more SNOWSHOE RUNNERS than ALL other brands combined!

Made in Vermont and available at:
Fleet Feet Sports (Albany & Malta)
Crossroads Outdoors (Chester town)
The Fallen Arch (Lake Placid)
Kinetic Running (Plattsburgh)
Paul Smith's College VIC & more!

2017 Dion Snowshoe Series
DionSnowshoes.com
 Celebrating 16 years!

SAVE THE DATE! **\$10,000 IN PRIZES**

ADIRONDACK SPORTS SUMMER EXPO

MARCH 18 & 19
 Saturday 10-5 • Sunday 10-4
SARATOGA SPRINGS CITY CENTER
 522 Broadway (next to Saratoga Hilton)

UPSTATE NEW YORK'S SPORTS, HEALTH, FITNESS & TRAVEL SHOW!

**Running • Hiking • Biking • Paddling
Triathlon • Health • Fitness • Travel**

**150 Exhibitors • Sales • Demos
Seminars/Clinics • Family Activities**
 \$5 (18-under free)

AdkSports.com
(518) 877-8788 • Info@AdkSports.com

HEALTH & FITNESS ONGOING

- M/W/F FitFlow Yoga.** Thru 3/10. 8:30am. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- Tu/Th Body Synergy Fitness Class.** Thru 3/9. 8am. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- Mo-Sa Rock Your Fitness: Total Body Training.** 6wk Sessions: 1/2-2/11 & 2/27-4/8. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Daily True North Yoga.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.

MARCH

18-19 12th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, ROCK/ICE CLIMBING & SKILLS ONGOING

- Thu Soup-er Seniors Snowshoe & XC Ski Day.** 1/9-3/23 non-holiday. Discounted fee & free soup. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Sat Outdoor Leadership School: Survival Courses.** 12/3-3/11. 12:30pm w/Rick Morse & friends. Garnet Hill Lodge, North River. 251-2444. Schedule: garnet-hill.com.

JANUARY

- 13 Adirondack International Mountaineering Festival. Ice climbing, clinics, demos, gear. The Mountaineer, Keene Valley & Adk Rock/River, Keene. Dustin Ulrich: 576-2281. mountaineer.com.
- 14 **Esther Mountain Hike.** 6.6M. 8am. ADK: 523-3441. adk.org.
- 14-16 DEC Camp Santanoni Winter Weekend Open House. 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 15 **Geological/History Snowshoe Tour to Hooper Mine.** 10am w/Judy Brown. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 28 **Women's Snowshoeing Day.** 9am-4pm. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

FEBRUARY

- 11 **Moonlight Snowshoe & Fondue.** 6pm. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 11 Walk on Water to Dome Island. 1M+ snowshoe walk or ski. 10am & 2pm. Lake George Land Conservancy: 644-9673. lglc.org.
- 17-26 Predator Week. Guided snowshoe treks. Wild Center, Tupper Lake. 359-7800. wildcenter.org.
- 18-20 DEC Camp Santanoni Winter Weekend Open House. 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 19 **Street & Nye Mountain Hike.** 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- 20 **Tabletop Hike.** 9.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

MARCH

- 4 **Esther Mtn Hike: Women's Day Hike.** 6.6M. 8am. Adirondack Chocolates, Wilmington. ADK: 523-3441. adk.org.
- 5 **Phelps Hike.** 8.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- 11 **Tabletop Hike.** 9.8M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- 12 **Moonlight Snowshoe & XC Ski & Poker Run!** 6pm w/finger foods. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.

18-19 12th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

- 18-19 DEC Camp Santanoni Winter Weekend Open House. 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.

ICE & SPEED SKATING JANUARY

- 21-22 Irving Jaffee Single Distance Championships. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

FEBRUARY

- 18-19 Charles Jewtraw Allround Championships. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MARCH

- 3-5 Lake Placid Ice Marathon Finale. 10K/21K/42K. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING JANUARY

- 21 Happy New Year Masters Swim Meet. Mohonasen HS, Schenectady. Bill Mottola: 356-8240. mohonasen.org.

FEBRUARY

- 18 SnowFatShu Snowshoe & Fatbike Duathlon. 10-20K bike & 5K run. 10am. CCC Camp, Winona SF, Mannsville. winonaforest.com.

MARCH

- 5 Adirondack District SCY Swim Meet. Southern Saratoga YMCA, Clifton Park. Kathy Meany: 334-6663. adms.org.
- 5 8th Guilderland YMCA Indoor Triathlon. 7am. 15 min each: pool swim, indoor bike and run. YMCA, Guilderland. Ben Luke: 456-3634. cdymca.org.
- 18-19 **12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 19 Brooklyn Spring Duathlons & 10K Run. Duathlon, International & Sprint. Peristyle/The Grecian Shelter, Brooklyn. 347-276-7523. citytri.com.

OTHER EVENTS JANUARY

- 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. discovernewcomb.com.
- 21 A Purple Tie Affair: To benefit Leukemia & Lymphoma Society. 7pm-12pm. National Museum of Dance, Saratoga Springs. purpletieaffair.org.

FEBRUARY

- 3-12 Saranac Lake Winter Carnival. Snowshoe races, broomball, scavenger hunt, skiing, more. Saranac Lake. Schedule: saranaclakewintercarnival.com.
- 4 19th Saratoga Chowderfest. 11am-4pm. Saratoga Springs. discoversaratoga.org.
- 4 Northern Challenge Fishing Derby. 7am. Tupper Lake Rod & Gun Club, Tupper Lake. 359-9715. tupperlake.com.
- 4-26 Lake George Winter Carnival. Fireworks, contests. 240-0809. lakegeorgewintercarnival.com.
- 10-12 Saratoga Frozen Springs Classic Pond Hockey Tournament. Saratoga Spa SP, Saratoga Springs. saratogafrozenspringsclassic.com.

Gear up for Your Next Challenge!

518.452.1500
screendesignsinc.com

- SCREEN PRINTING
- EMBROIDERY
- PROMO ITEMS
- SIGNS & BANNERS
- AWARDS & INCENTIVES

ScreenDesignsInc [screendesignsinc](https://www.instagram.com/screendesignsinc)

ITR

Integrated Technology Resources

We Can Fix Your Computer Problems!
 Old Computers Need Replacing?
 Computer Servers Need Updating?

- Virus and Spyware Removal
- Data Backup and Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at 518.796.6951 or Mike@ITRNY.com
 SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

Brave the Blizzard
5K & 5.5M
Snowshoe Races

Sunday, February 19 • 10:00 AM
 Tawasentha Park • Guelderland, NY
FREE Pancake Breakfast

5K: \$15 before 2/13; \$20 after
 5.5M: \$20 before 2/13; \$25 after
 \$5 Snowshoe Rentals (limited availability)

www.AREEP.com

PAT HENDRICK
PHOTOGRAPHY

Top-quality photo coverage
 of your event
 via conventional shopping cart,
 or boost your fund-raising
 and attract more athletes with
 free sponsored branded photos

Visit us at pathendrickphotography.com
 Email: phendrick7602127@roadrunner.com
 518-327-3342

TRY SNOWSHOEING

18th annual **Saratoga Winterfest 5K**
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

Register Online: Active.com \$15 preregistered or \$20 day of race
 Pre-registered only: Free for age 65-over & 12-under • Free lunch for all
 Pre-register only: \$25 for both races • Runners & hikers welcome!
 Loaners (\$5): *Dion Snowshoes* (call/email to reserve) • *Dion Snowshoe Series*

More info: Laura Clark • laura@saratogastryders.org or 518-581-1278

- 11-12 **Raquette Lake Winter Carnival.** Kids' activities, fry-pan toss, tug-of-war. Raquette Lake. 624-3077. mylonglake.com.
- 17-19 **30th Flurry: Festival of Traditional Dancing & Music.** Saratoga Hilton & City Center, Saratoga Springs. flurryfestival.org.
- 17-20 **Adirondack Winter Fun.** Ice skating, snowshoeing, XC skiing, sledding, obstacle course, broomball. Silver Bay YMCA, Silver Bay. 543-8833. silverbay.org.
- 18 **Krazy Downhill Derby.** 9am. Dynamite Hill Rec Center, Chestertown. 494-2722. northwarren.com.
- 25 **Frozen Fire & Lights Fest.** Sledding, ice skating at Fern Park. 5pm: Bonfire, food, fireworks. Arrowhead Park, Inlet. 315-357-5501. inletny.com.

PADDLING: KAYAKING, CANOEING & ROWING

ONGOING

- 1/10-3/14 **ADK Winter Kayak Pool Sessions.** 7:30-9pm. Cohoes Community Center, Cohoes. Reserve: rpascale@spendwood.com. adk-schenectady.org.

MARCH

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

RUNNING, WALKING & SNOWSHOE RACING

ONGOING

- We/Sa **Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.

JANUARY

- 14 **31st Winter Wimp Foot Races.** 2.2M/4.4M. 1pm. Hagaman, Rick Vertucci: 857-9025. fmrrc.com.
- 14 **Deers Head MLK Mile.** 1M. Elizabethtown. Rob DeMuro: 593-0848. thedeersheadinn.com.
- 15 **Ed Thomas Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. 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.
- 20 **USATF Adirondack All-Comers Developmental Track & Field Meet.** 6pm. Memorial FH, Union College, Schenectady. 273-5552. usatfadir.wordpress.com.
- 21 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Dion Race Series. Readsboro, VT. dionsnowshoes.com.
- 22 **Western Mass Snowshoe Scramble.** 5K or 10K or both. 10am. Dion WMAC Series. Mt. Tom S.R., Holyoke, MA. dionwmacsnowshoe.com.
- 22 **NYRR Fred Lebow Half Marathon.** 13.1M. Central Park, New York. nyrr.org.
- 28 **Stone Wall 5K & 10K Snowshoe Races.** CCC Camp, Mannsville. winonaforest.com.
- 28 **Colton Winterfest 10M Road Race.** 9am. Colton-Pierrepont School, Colton. Dan & Renee Dominie: 315-379-9290.
- 29 **Curly's Record Run Snowshoe Race.** 4M. Pittsfield SF, MA. dionwmacsnowshoe.com.
- 29 **Ed Thomas Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. hmrrc.com.

FEBRUARY

- 4 **Saranac Lake Winter Carnival Ice Palace Fun Run.** 4M. 10am. Ice Palace, Saranac Lake. Dave Staszak: 304-5041. saranaclakewintercarnival.com.
- 4 **Polar Cap 4M Road Race.** 10am. Sacred Heart Parish Hall, Lake George. 636-6789. adirondackrunners.org.
- 4 **8-Hour Winter Obstacle Race.** 10K & 70+ obstacles/lap. Benson, VT. Shale Hill Adventure: 802-537-3561. shalehilladventure.com.

- 5 **Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. active.com.
- 8 **Saranac Lake Winter Carnival Snowshoe Races.** 6pm. Dewey Mountain, Saranac Lake. Dewey: 891-2697. saranaclakewintercarnival.com.
- 11 **Natural Stone Bridge Snowshoe Race.** 3-4M. 10:30am. Dion WMAC Series. Natural Stone Bridge & Caves, Pottersville. stonebridgeandcaves.com.
- 12 **Ed Thomas Winter Series #5: 4.5M, 10M, 20M (9am).** 10am. University at Albany, Albany. hmrrc.com.
- 12 **44th HMRRC Winter Marathon.** 26.2M. 9am. University at Albany, Albany. hmrrc.com.
- 18 **Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. active.com.
- 19 **Brave the Blizzard 5.5M & 5K Snowshoe Races.** 10am. Plus, pancake breakfast. Dion WMAC Series. Tawasentha Park, Guelderland. 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. fightcff.cff.org/albanyclimb.
- 25 **WSSF World Snowshoe Championships.** 11am: 10K Championship Race. 1pm: 5K Citizen & Junior Races. Saranac Lake. saranaclake.com.
- 25 **USATF Adirondack Championship & All-Comers Track & Field Meet.** Sports/Rec Dome, Utica College, Utica. 273-5552. usatfadir.wordpress.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.

MARCH

- 5 **Thunderfest Snowshoe Race.** 3.5M. Dion WMAC Series. Thunderbolt Trail, Mt Greylock, Adams, MA. dionwmacsnowshoe.com.
- 5 **Challenge the Mountain 5K & 10K Snowshoe Race.** 1pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 11 **Running of the Green.** 4M. 10am. Schalmont HS, Rotterdam. hmrrc.com.
- 12 **Northeast Snowshoe Championship 10K.** Dion WMAC Series. Prospect Mtn., Bennington, VT. dionwmacsnowshoe.com.
- 12 **Ed Erichson Memorial Races.** 5M: 9am. 10M: 9:15am. Lagrange Town Hall, Lagrangeville. mhrrc.com.
- 18 **37th Doc Lopez Run for Health: Half Marathon, 5K & 1M Walk.** 13.1M, 9am: Keene Valley to Elizabethtown. 1M, 10am & 5K, 10:30am: Elizabethtown. Elizabethtown Community Hospital, Elizabethtown. 962-4898. doclopezrun.com.
- 18 **6th Sap Run 5K.** 10am. Knox Town Hall, Altamont. 872-1390. saprun5k.com.
- 18-19 **12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 25 **8th Schenectady Firefighter's Run 4 Your Life 5K.** 9:30am. Kids' Fun Run: 10:30am. Central Park, Schenectady. neverfightalone.org.
- 25 **Wurtsboro Mountain 30K Road Run & Relay.** 9am. Solo or 3-6 person teams. Emma Chase School, Wurtsboro. sullivanstriders.org.
- 25 **NYRR Central Park Spring Classic 10K.** 9am. Central Park, New York. nyrr.com.
- 26 **Syracuse Half Marathon.** 7:45am. OnCenter, Syracuse. syracusehalf.com.

APRIL

- 23 **3rd Lake George "Strong To Serve" Half Marathon & 5K Run/Walk.** 13.1M: 9am. 5K: 9:15am. Fort William Henry Resort, Lake George. Michael Amarello: 603-429-8879. lakegeorgehm.com.
- 29-30 **16th Sean's Run Weekend.** Sat: Sean's (Bike) Ride (50/20/10M), Run for Special Needs Kids, Zumbathon. Sun: 5K Run & Walk, Meghan's Mile Youth Race, Battle of the Belts. Chatham HS, Chatham. Mark French: 392-5483. seansrun.com.

Saturday, March 25 @ 9:30 am
Central Park, Schenectady
Schenectady Firefighters' 8th Annual

RUN 4 YOUR LIFE

5K Run/Walk
Kids' Fun Run 10:30am (free)
To benefit Schenectady Firefighters Cancer Foundation

\$20 by 3/1, \$25 by 3/20, \$28 race day
 T-shirt for first 1,000 registrants
Register Online: ZippyReg.com

More Info & Entry Form:
NeverFightAlone.org
 Brendon Davis: (518) 788-4601
info@r4yl.org

Like us on Facebook

[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

Stay up to date on events & news!
 Share feedback, comments, events and photos
 Invite friends to like our page!

ADIRONDACK SPORTS THANKS FOR YOUR SUPPORT!

DAMIEN'S ROCK WALL

Mobile Rock Climbing Wall
 Bring exciting, safe climbing experiences to your events

(518) 428-6020
RockSolidFun.com
 Damien Cetnar • Scotia, NY

Advanced Training & Experience
Make All the Difference

Back in Balance
 THERAPEUTIC MASSAGE

- Sports Massage
- Hot Stone Therapy
- Injury Recovery
- Myofascial Release
- Swedish Massage
- Pregnancy Massage

518-371-6332
 Open 7 Days • 1427 Route 9 • Halfmoon
bibtherapeuticmassage.com

STAY UP TO DATE WITH ADIRONDACK SPORTS

Enjoy everything you love about the magazine
 • anytime •
on any device

ADIRONDACK SPORTS
adksports.com

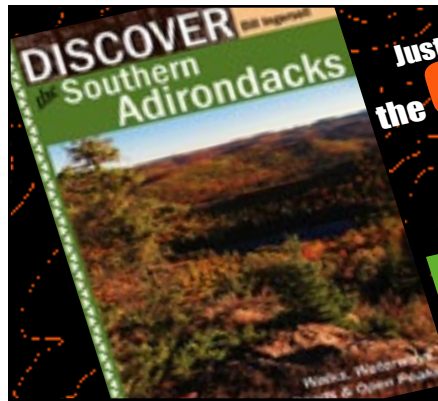
- ▶ CURRENT ISSUE & ARTICLES
- ▶ CALENDAR
- ▶ SUBMIT EVENTS
- ▶ NEWS BRIEFS
- ▶ PAST ISSUES
- ▶ EXPO
- ▶ ASF GEAR
- ▶ SUBSCRIBE



The Finest Paddling Boats on the Water



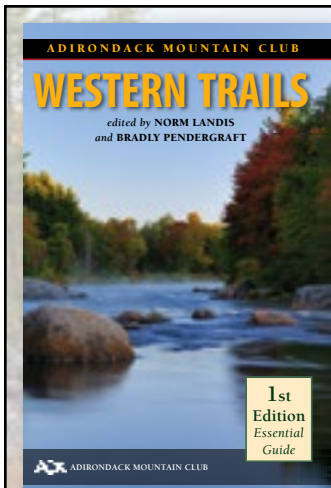
263 Station St, Lake Placid • 518-524-2949 • placidboats.com



Just like having the **Owner's Manual** to the **Adirondack Park!**

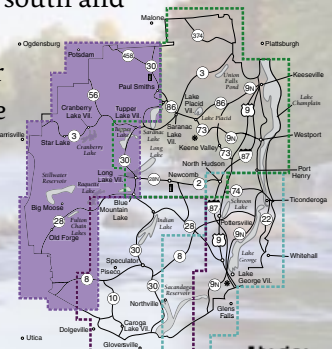
Get Out. Seek Out. **FIND OUT.**

www.HikeTheAdirondacks.com



Get Out and Explore

Western Trails describes hiking opportunities defined by the Adirondack Park boundary to the north, west, and south and by the villages of Paul Smiths, Tupper Lake, and Long Lake to the east—arguably some of the wildest lands in the eastern United States.



Member discounts apply
www.adk.org | 800-395-8080

WINTER WON'T LAST FOREVER

Your No-Octane Resource for
Kayaks • Canoes • SUPs • Rentals • Lessons • Demos



Boathouse and Paddle Shop:
5 Boathouse Lane Bolton Landing, NY

518-644-9366
lakegeorgekayak.com

Saratoga Springs Best Selection of Outdoor Clothing and Footwear

Featuring Your Favorite Brands of Clothing, Footwear and Outdoor Gear!




Mountainman Outdoor Supply Company

www.MountainmanOutdoors.com


490 Broadway, Saratoga Springs • (518) 584-3500

Come Visit **Old Forge**

Your Adirondack Base Camp!

Eagle Bay • Stillwater
Big Moose • Beaver River

It's Our Nature!



Make your own fun, or let us help you!

Info-Webcams-Vacation Guide

OldForgeNY.com

SNOWSHOE HIKING

Vly Creek Falls and Southerland Mountain

▲ SOUTHERLAND VIEW OF WALLACE MOUNTAIN.
▼ SOUTHERLAND VIEW WITH HIKERS.

BILL INGERSOLL

By Bill Ingersoll

While there are many miles of trail in New York, it is also important to forego all trails every once in a while and simply plot your own course through the woods. The southern Adirondacks provide abundant opportunities for the wilderness explorer to penetrate into nooks and crannies where few people ever go. Winter is an especially good time for this kind of travel, when snow blankets the underbrush and ice solidifies the running streams.

Here is a trailless route that offers several highlights: a secluded stream valley, a waterfall, an open wetland, and a small mountain with an open view as a destination. While there are easier ways to get the Southerland Mountain, this route from the north via Vly Creek Falls is one of my favorite Adirondack treks, and it makes for a more substantial day in the woods.

GETTING THERE

From NY Route 30 in Wells, turn west onto Algonquin Drive beside the dam on Lake Algonquin. Then turn left onto West River Road at 0.7-mile, and continue southwest to Blackbridge at 2.4 miles. Turn left to cross the bridge over the West Branch Sacandaga River, and immediately bear left again on Hernandez Road. Follow this road to its end, which is a wide turn-around area.

VLY CREEK FALLS

From the end of plowing on Hernandez Road, two narrow tracks branch ahead into the woods; they form a 0.5-mile loop through the scrubby woods that now cover one of the farm sites.

To find Vly Creek Falls, follow the track to the right, which leads southeast along the foot of Devorse Mountain. At 0.2-mile you reach another fork located near an old sand pit, where you should bear right off the loop trail. This fork follows a lesser woods road past a "Wilderness Area" sign for 400 feet to the side of Vly Creek. If you step across the creek you may find the continuing footpath,

which is not very distinct; lots of deer dwell in this valley, and the manmade trail may have to compete with their herd paths for your attention.

Now on the east side of the creek, follow the path upstream. The route rises gradually as the valley narrows between the mountains, so that soon you are high above the stream. You pass a rock ledge on the right shortly before reaching the top of the waterfall, only 20 minutes, and 0.7-mile from your car. To see it, however, you have to leave the path and scramble down the steep slope to the base of this pretty, 20-foot drop.

What makes this cascade distinctive is its orientation; rather than spilling over the headwall of the gully, it comes down one of the side walls. The flow of water in this stream is not that large, so the cascade may appear completely frozen in the winter.

SOUTHERLAND MOUNTAIN

The route to Vly Creek Falls described above can also be the starting point for a longer bushwhack to Southerland Mountain. The open woods are a joy to navigate, and the route is suitable for summer hiking and winter snowshoeing alike.

Hike to the falls as outlined above, and then continue upstream along Vly Creek's east bank, passing a four-foot cascade within a few minutes. The faint path that guided you to the main waterfall does seem to continue alongside the creek, although you may swear – perhaps correctly – that it is only a deer trail. The valley opens up considerably above the falls, and it is forested with rich hemlock stands. Ultimately you reach the large vly that gives the creek its name, 0.7-mile south of the waterfall. Here, the weathered remains of dozens of white pines stand guard around the meadow, which permits views of the surrounding mountains and ridges. From this vantage, Southerland appears to be a series of steep-sided, spruce-covered peaks to the southeast.

The best views on Southerland Mountain are found on the southernmost of its three



summits, and the best approach is to circle around the east side of the vly, keeping between Vly Creek and the mountain's western slopes. This course will bring you into the "crotch" between the main bulk of the mountain and its slender northwest-pointing arm. Look for the small stream that drains the notch between Southerland's middle and southern summits; this is the best "guide-rail" to follow southeast up the rocky slopes. Once in the notch, continue climbing southerly up the hemlock-crowned southern summit, and look for the wide-open ledges that front its southern face, approximately two miles from the waterfall.

The rocks are richly carpeted with mosses and lichens that are too delicate to be stepped on, so move about on the bare patches to enjoy the views. The Groff Creek valley is clearly defined before you, and with the aid of a map you can easily identify Groff Mountain, Cathead with its fire tower, Wallace Mountain and Three Ponds Mountain at the head of Devorse Creek, and King Vly Mountain. A corner of Great Sacandaga Lake is also visible.

By backing away from the cliffs through the woods, and down a short grade back in

the direction of Vly Creek, you may find a smaller ledge that extends the view to the west and northwest. Beginning with Wallace and Three Ponds, you can trace most of the Devorse Creek valley through the heart of the wilderness. Vly Mountain is visible just north of west, and Finch Mountain is the small, rounded mountain at the foot of the much larger ranges across the West Branch valley.

There may well be other views elsewhere on the middle summit, and if you have allowed yourself plenty of time, you will be able to vary your return route by following the ridgeline north before descending toward Vly Creek. Another option is to head in the opposite direction, descending toward King Vly and exploring what is essentially a small pond if the dam is intact. The bottom line is that this is a very fun area to visit for people who like to wander. 🌲

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

ACUPUNCTURE
Nirvana
 Holistic
 Medicine
 for Pain




Schedule your appointment:
AcuNirvana.com
 kat@acunirvana.com • (518) 409-6993
 21 Cooper St., Ste. 104, Glens Falls

Participating providers: Empire Blue Cross Blue Shield
 Blue Cross Blue Shield of NENY, Aetna, Cigna,
 MVP, United Healthcare, CDPHP

THE FALLEN ARCH

The **ONLY**
 Full Service
 Running Store
 in the Adirondacks

Personalized service
 you can't buy online

ALTRA • BROOKS
 HOKA ONE ONE
 MIZUNO • NEWTON

2538 Main Street • Lake Placid
518-523-5310 • thefallenarch.com

New York's Coolest Little Ski Area!

EASTON, NY
Willard MOUNTAIN
 SKI • RIDE • SLIDE

Outstanding Ski School
 100% Snowmaking
 Night Skiing & Riding
 Full Service Retail Shop
 Cafeteria & Lounge
 Tubing Park

Terrific Lesson Programs for
 Groups or Individuals of All Ages!

Our 1 Hour Guarantee
 assures satisfaction!

518-692-7337
WWW.WILLARDMOUNTAIN.COM

12TH ANNUAL
ADIRONDACK SPORTS
SUMMER EXPO

RUNNING • HIKING • BIKING • PADDLING
 TRIATHLON • HEALTH • FITNESS • TRAVEL

MARCH 18 & 19
 Saturday 10-5 • Sunday 10-4 • \$5 (18-under free)
 Saratoga Springs City Center • 522 Broadway

150 EXHIBITORS **\$10,000 IN PRIZES**

**UPSTATE NEW YORK'S SPORTS,
 HEALTH, FITNESS & TRAVEL SHOW!**

Pool & Floor Demos • Seminars & Clinics • Family Activities
 Sales on Gear, Clothing, Footwear & Much More!

AdkSports.com • (518) 877-8788 • Info@AdkSports.com

Dewey Mountain Recreation Center
 Town of Harrietstown ~ Saranac Lake NY

LOCATED JUST OUTSIDE THE VILLAGE OF SARANAC LAKE, DEWEY OFFERS SKIERS
 GROOMED TRAILS FOR BOTH SKATE AND CLASSIC SKIING, UNGROOMED TRAILS TO THE
 SUMMIT FOR SKIERS AND SNOWSHOERS, AND FOUR NIGHTS OF LIGHTED SKIING.





Graymont Tuesday Night Races ~ World Snowshoe Championships
 Saranac Lake Winter Carnival Ski & Snowshoe Races and more!

For more information on Dewey visit www.deweymountain.com or 518-891-2697

ADIRONDACK LAKES AND TRAILS OUTFITTERS
 Dewey Mountain is managed by
 Adirondack Lakes & Trails Outfitters
www.adirondackoutfitters.com

Follow us on
 Facebook & Twitter!

HPC HIGH PEAKS CYCLERY
 Sales • Service • Rentals

**FAT BIKES,
 SKINNY SKIS &
 BACKCOUNTRY GEAR**

Nordic Specialists
 Telemark NTN • Alpine Touring
 Backcountry • Tour • Racing

ROSSIGNOL FISCHER SALOMON

DYNAFIT AIR FIT G3

Black Diamond

liberty VOILE dps

SCARPA black crows patagonia

FAT BIKE
SURLY Salvo
YETI



**Rentals • Tours
 Lessons**

PROFESSIONAL NORDIC SERVICES

- Precision Digital Flex Testing
- Custom Boot Fitting
- Wintersteiger Stone Grinding
- Hotbox Specialists
- Ski Fleet Management
- Demo Center: Swix, Rossignol, Fischer, Solomon

**DEMO or RENT the
 very best in Nordic
 Skate • Classic • Metal Edge**

518-523-3764 • 2733 MAIN STREET, LAKE PLACID
 CHECK OUT OUR WEBSITE FOR DETAILS AND MORE INFORMATION
WWW.HIGHPEAKSCYCLERY.COM



LAKE PLACID LOPPET
 A CROSS COUNTRY SKI MARATHON

LAKE PLACID NORDIC FESTIVAL

LAKE PLACID 12.5K
 A CROSS COUNTRY SKI CHALLENGE

FEBRUARY 24-26, 2017

Skiers have always found trails fit for the Olympian inside them
 at the Olympic Cross Country ski trails at Mt. Van Hoevenberg.
 No matter what your ability, the Lake Placid Nordic Festival
 includes races for all and plenty of Adirondack ambiance.

Saturday, February 25 features the historic
 Lake Placid Loppet, 50K and 25K Citizen
 classic and freestyle races.
REGISTER TODAY!

MT. VAN HOEVENBERG
www.MtVanHoevenberg.com

ATHLETE PROFILE

Jennifer Harvey & Don Massonne



KINGDOM TRAILS IN EAST BURKE, VT. ED MURPHY

AGE: Don, 60 and Jen, 56
RELATIONSHIP: Together for ten years, married for six.
CAREER: Don – Engineer at Knolls Atomic Power Laboratory, and Jen – Project Manager at NYSERDA (retiring this month)
RESIDENCE: Niskayuna
SPORTS: Jen – Primary: Mountain biking, cyclocross, cross country skiing, standup paddling and surf skiing. Secondary: Road biking, running, snowshoeing. Don – Primary: Mountain biking, gravel road cycling, cross country skiing and paddling. Secondary: Road biking, snowshoeing, hiking, and “Anything else Jen’s doing except swimming – I’m a sinker!”



AT HEART LAKE IN THE ADIRONDACKS.



JOSIE'S CABIN AT MOUNT VAN HOEVENBERG

By Dave Kraus

According to one Capital Region couple, the secret to a successful fitness marriage is simple. “Try stuff,” says Jennifer Harvey of Niskayuna, about herself and husband Don Massonne. So that’s what they do, and it has resulted in a year-round menu of outdoor fitness that ranges from mountain biking and paddling in the summer to snowshoeing, cross country skiing, and fat biking in the winter months.

The Capital Region couple have been together now for ten years, and have supported each other’s fitness efforts ever since they met on a sunny October day in 2006 across the street from the Saratoga Mountain Bike Association trails, north of Saratoga Springs.

Don had just finished a solo ride and was waiting for a friend when he noticed Jen in her convertible, with her Jamis Dakar mountain bike on the trunk rack, complete with tires he was considering buying. Don had always wanted a Dakar, but could never afford it, so he wandered over to look things over and they started talking. “Not only could Jen speak tires,” he remembers, but “the conversation went to suspension design and she understood the difference between single pivot and four bar – then it went to mountain bike movies – it was amazing!”

Somehow, he managed to get her to accept an invitation for a ride at Spier Falls in Moreau, and when his buddy showed up Don told him, “John, I just met my dream girl!”

“He seemed like a nice guy and I was interested in riding Spier Falls,” says Jen, looking across the table at her husband with a wry smile. Two months later they were dating, and within a year had bought a house together.

As their relationship developed, so did their fitness pursuits. He got her interested in downhill mountain biking, and she got him onto the groomed (classic) cross country ski trails, and away from his off-piste skiing. Then they were passed on the trail by some skate skiers, so they took lessons to learn that technique.

Both agree that one of the secrets to their success is in the way they encourage and inspire each other. “We tend to feed off each other. When we both zero in on a sport, we say ‘let’s see where we can take this,’” says Jen.

Each originally started out in mountain biking, and getting off-road is still one of their favorite pursuits together.

Don caught the bug 15 years ago while sitting in a job-related training class at a local hotel. “The guy next to me saw how bored I was and handed me his Mountain Bike Action magazine,” Don remembers, and within a month he had a Specialized bike, and he and the new friend from class were out in the hotel parking lot during lunch, practicing jumps with a makeshift ramp. Soon he tried his first group ride in the Albany Pine Bush – and got in over his head. “I thought I was gonna DIE!” he says, but soon he was on his second group ride on the SMBA trails. “I came out beat and bloody, but I did the entire ride, dammit!”

Jen got interested in mountain biking on her own, two years before meeting Don. She heard people rode their bikes in the woods, and “it sounded really cool, so I tried it.” She rode solo until she learned about a group from the Out of Control Ski Club that also rode in the Pine Bush. “I realized people rode stuff that I had no idea people rode, and that opened my eyes to all the possibilities.”

Over the years they have included, road, trail, downhill, cyclocross, and fat biking in their fitness schedule.

Standup paddleboarding was next on the “try stuff” agenda, and the pair now have added that activity to their warm weather routine. That was followed by the fat bikes, and their latest addition is “surfski” paddling after Jen saw a competitor using one of the long, slim racing kayaks at a local triathlon. Don soon had to up his own game with one of the boats as well, after realizing “I had no choice. A standup paddleboard is so much slower.”

In 2012 they added cyclocross bikes to their stable when Don got a chance to test ride a cross bike at Plaine’s Bike Shop in Schenectady. She offered to buy him a bike even though “I thought it was stupid.”

Don headed out on his test ride, warned to bring the new bike back in the same condition he got it. When Jen watched him immediately start jumping it over obstacles, she sighed and said to herself, “Well, I guess I’m buying this.”

When she saw how much fun he was having, she bought one too, and today they race every fall. They went to Cyclocross nationals last year in Asheville, N.C., where Jen finished sixth nationally in her age group. The pair are closely matched, and finished within two seconds of each other in their respective Nationals races, with Don eking out the win. “But only because I tripped over a barrier!” Jen adds.

Now they have an established routine no matter what the season. Summer means five to six days a week of riding a combination of road and mountain bikes, with lots of volume at low intensity and longer week-end rides. Jen will ride on her lunch hour or

commute to work. When Don gets home, he will see what she did that day and decide whether to ride outdoors, do a basement trainer session, or maybe just – gasp! – take the day off.

In the fall they switch to cyclocross, doing eight to ten races, and when winter comes, skiing becomes the number one priority depending on snow conditions. The cross country skis come out two to three times a week, or they may ride their fat bikes. Jen has also been doing gym work to increase her core strength for paddling and cross country skiing, and has been training with local coach Andy Ruiz to increase her cycling speed.

The pair agree that trying new things together is the key, while encouraging and inspiring each other despite their differences. “We’ve both tried things that we didn’t necessarily think we’d like,” says Jen. “I thought I wouldn’t like cyclocross racing or downhill mountain biking, but I loved them.”

Don says that he never would have tried standup paddling or surfski if they weren’t doing it together, and their styles complement each other. “I’m the non-planner. I feel my way through whatever it is, no matter if the bike is broken or there’s no trail map. Everything is part of the puzzle that you piece together. Jen, on the other hand, likes a plan, and a backup plan – and a map!”

The key, he adds, is to always try to help each other improve. “The better you are at it, the more fun it is.” 🍷

Dave Kraus of Schenectady is a longtime Capital Region writer, photographer and cyclist. Contact him at dbkraus@earthlink.net.



Camp Chingachgook on Lake George

Join us this summer on the Adirondack 46er Trip; 5 weeks, 46 High Peaks and memories that will last a lifetime!

- Adventure Trips
- Sleep-Away Camp
- Day Camp

REGISTER TODAY!

www.LakeGeorgeCamp.org
518.656.9462




CENTER FOR PREVENTIVE MEDICINE

- Paul Lemanski, MD, FACP
- Laurie Burton-Grego, MS, RD, CDE
- Alan Betit, NP
- Angela Stritt, L.Ac., Dipl.Ac

CapitalCare Medical Group • Center For Preventive Medicine
501 New Karner Road, Albany • 518-640-3260

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- diabetes prevention
- weight management
- heart healthy diets
- natural methods to reduce heart disease risk

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CapCare.com



Fat Bike Demos Available

Previous Year Bikes On Sale

More than just a bike shop
A true cycling community

GREY GHOST BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ facebook.com/greyghostbicycles

Do you suffer from Foot Pain?
Ask about your non-surgical options.

CALL TODAY
842.2200

DR. DAVID LAMBARSKI, NORTHEAST FOOT CARE
BOARD CERTIFIED PODIATRIST & FOOT SURGEON
1770 ROUTE 9, CLIFTON PARK
www.northeastfootcare.com



3RD ANNUAL Lake George Half Marathon & 5K
Sunday, April 23



To Benefit Strong To Serve

13.1 mile rolling out-and-back course along the west shore of scenic Lake George

5K run/walk for family and friends

Technical shirts & finisher medals for all participants
Chip timing with Race Receipts™
Six water stops, post-race refreshments, make-your-own goodie bag
20% of entry fees to Strong To Serve

www.lakegeorgehm.com

Best Selection of Running Shoes and More

Runners Don't Hibernate!
Winter Clearance Begins **JANUARY 14**
Great deals on footwear & apparel

More Than Just Running Shoes

- Custom shoe and sports bra fitting
- Warm and weather resistant apparel
- Hats, gloves, and reflective gear
- Hydration and nutrition
- Injury prevention and recovery tools
- GPS watches and heart rate monitors



& More!

FLEET FEET Sports

155 Wolf Road
Albany, NY 12205
518-459-3338

37 Kendall Way
Malta, NY 12020
518-400-1213

www.fleetfeetalbany.com



RUNNING & WALKING

Be Your Own HERO This Winter

By Laura Clark



BROOKS SEATTLE SHELL JACKET.



CAMELBAK WITH INSULATED TUBE.



AMPHIPOD XINGLET FLASH VEST.



TIM VAN ORDEN WITH DION SNOWSHOES WINNING HILLTOP HOLLOW 5K RACE, JANUARY 2. KAYLA DZIKOWICZ

There are some folks, like me, who live for winter; others have to be convinced. The ubiquitous quote, “There is no such thing as bad weather, just bad clothes,” is the tipping point. If you are outfitted appropriately, less than ideal weather is a minor annoyance, and not a game changer.

The trick is to select the correct gear to brave the winter with confidence. Ever wonder why there are so many variations on a common theme? For the same reason there are a bewildering plethora of running shoes; no one model suits all. Before Christmas I eagerly anticipate the mail order catalogs and enjoy pouring over all the exciting gear, guaranteed to make me run more comfortably, and perhaps even faster. I try not to look at the prices. While a three digit figure is not unreasonable for equipment that will make a bitter cold snow adventure doable, I want to make sure the item is the right fit, and be able to debate pros and cons with a knowledgeable expert right there in the heat of the moment.

That is when the soon-to-become hackneyed phrase “Buy Local” assumes significance. We are fortunate that we have a variety of running stores here in the Capital Region and Adirondacks.

Road runners among you should check out **iRun Local** (irunlocal.com) in Saratoga Springs. Owners Jamie and Anthony Mastroianni urge the Christmas tree approach to winter darkness with traditional reflective vests supplemented by LEDs, especially lights that blink on and off, to get the attention of distracted drivers. Tops in this category would be the Amphipod Xinglet Flash LED vest with front and back lights. Black diamond headlamps are another mandatory item. And consider expanding this tactic to those non-dusk hours when snow and fog also limit visibility. To ensure against slipping on nearly invisible black ice, Jamie recommends slip-on Kahtoola Nano Spikes for added traction.

“If you’d prefer not to sport a ski mask on your friendly neighborhood run, we understand,” Jamie quips. “The more hip and effective accessory is a balaclava... acting as a hat, scarf and face shield all in one.” My problem areas are hands and feet, and for these appendages Jamie suggests Under Armour gloves lined with ColdGear infrared heating material, and the Swiftwick latest MAXUS sock with maximum cushioning.

If you prefer to heighten your winter adventures, Barbara Gillen of **Fleet Feet Sports** (fleetfeetalbany.com) with Albany and Malta branches, recommends

Dion Snowshoes – handcrafted in North Bennington, Vt. – customized with your choice of interchangeable cleats and bindings. Now is the time to ditch those faithful sweatpants that get you tough guy points but little else. To remain toasty warm despite snow kick-up, try Mizumo Breath Thermo apparel which features synthetic active wear that reacts to moisture when you perspire to generate warmth, as well as merino wool offerings from Adidas and Icebreaker – and any Scandinavian brand, such as Craft and women’s specific Kari Traa. For your pre-ski or snowshoe warmups, Barbara suggests Saucony Peregrine Ice, a trail shoe with a unique slip resistant outsole. Or, secure the Saucony Razor with attached gaiter to your Dion Snowshoes for a dry foot experience.

I am still somewhat old school and cling to my no frills trail shoes incased in mountain bike booties. For Planet Bike neoprene shoe covers, see Tone Ferradino at **Spa City Bicycleworks** (spacitybicycleworks.com) in Saratoga Springs, or another advertising bike shop in your area. Bring your shoes to Spa City and Tone will ensure the proper fit for a fraction of what you would pay online.

When temperatures hit the single digits, hydration may be the farthest thing from your mind, but for expeditions over an hour, it is not a good idea to rely on snow cones. For that matter, I can’t tell you how many times I have headed out for an hour’s exploration only to find that haphazard directional choices led me far astray. Not that I was actually lost... just temporarily spatially disoriented.

One of the coldest snowshoe races I have completed is Jeremy Drowne’s *Cock-A-Doodle-Shoe* in Saranac, coming up January 15. Since Jeremy, Shannon and Matt Drowne own **Kinetic Running** (kineticrunning.net) in Plattsburgh, I figured they would be experts in keeping your hydration system from turning into a solid block of ice – short of resorting to the St. Bernard brandy-in-the-keg approach. Sure enough, Jeremy suggested insulated pouches for hydration bladders, as well as purchasing a neoprene sleeve for the hose. Check out their CamelBak insulated drink tubes for winter.

If you are making do with a non-insulated variety of anti-freeze, Jeremy advises prefilling with hot water, blowing your warm breath into the nozzle before you drink, and tucking the hose into your clothing. I have had success with the Mazama Sidestream waist pack, featuring a retractable hose system. For added insulation, the entire pack fits comfortably underneath your jacket.

Finally, with the *2017 World Snowshoe Championships 10K & 5K* on February 15 in Saranac Lake, Gail Joseph and Bob Tysen of **the Fallen Arch** (thefallenarch.com) in Lake Placid anticipate lots of last-minute gear emergencies. More than that, as longtime snow and endurance sports enthusiasts, they are willing to share many tricks of the trade. For example, to combat “snow butt” – a chilling condition resulting from kicked-up snow – they suggest Brooks Seattle Shell jacket, which runs a little longer than most. Or, for a low-tech solution, simply wear a pair of shorts over your tights or don a tight-fitting triathlon short underneath.

For keeping feet dry, they suggest Brooks models with Gore-Tex bonded to the inside of the shoe, or the La Sportiva Cross Over GTX with an attached gaiter. If you favor flasks for hydration and nutrition, go with the new soft flasks as they have less tendency to freeze. And finally, Bob reminds cell phone users to stash their phones under their clothes to prevent battery drain.

After this primer, you should be all set for your heroic wintertime adventures. And what better reward than some downtime before a roaring fireplace, with a hot drink, and a good book. For something more interesting than yet another “run your best marathon” handbook, continue the hero theme with actual Greek heroes. Following up on Rick Riordan’s middle grade *Percy Jackson* Series, are two stellar picks: Christopher McDougall, author of the blockbuster, *Born to Run*, presents his latest, *Natural Born Heroes*, and ultrarunner Dean Karnazes offers his *The Road to Sparta*.

In *Natural Born Heroes*, Chris McDougall explores an obscure but pivotal slice of history, how a band of ordinary citizens became Greek Resistance fighters to delay Hitler’s Stalingrad campaign by kidnapping a German general, and evading thousands of German troops. Chris leaves



the research library on an odyssey to discover what makes a hero. His journey takes him foraging for weeds with a ballerina in Brooklyn, scrambling over rooftops with a London parkour group, and clambering across Crete cave-by-cave to recreate the heroes’ path.

In a long-overdue attempt to rediscover his roots, Dean Karnazes’ *The Road to Sparta* tackles the 153-mile Spartathlon, tracing Pheidippides’ 36-hour journey to enlist Spartan aid in the impending Persian attack against Athens. Disappointingly, Dean discovers that – unlike the Cretian resistance route – due to modern highways, Pheidippides’ path can never be truly reconstructed. Nevertheless, during his journey, Dean gets inside the mind of this ancient ultrarunner, whose victory rescued Athens, thus safeguarding the development of Western civilization – and leaving us with the 26.2-mile marathon!

So this winter, fortified with the right gear and some inspirational reading, get out there and become your own hero! 📖

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.

ALPINE SKIING cont. from 1



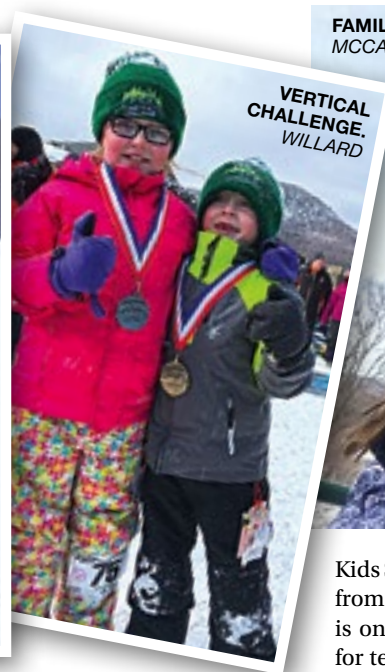
JUST SEND IT. WHITEFACE



HAPPY PROGRAMMER. WEST



TUBING FUN. MAPLE



VERTICAL CHALLENGE. WILLARD



FAMILY TIME. MCCAULEY

DEALS

Whiteface and Gore Mountain – Why Not Wednesdays, present any Coca-Cola product – unopened or completely empty – at the ticket window and get a lift ticket for only \$48. Offer valid on non-holiday Wednesdays.

ORDA also offers frequent skier cards at Whiteface, Gore and Belleayre – \$99 Empire Card for adults 20-plus, \$69 Student Card for ages 13-19 or full-time college students, and \$49 Snowball Card for ages seven-12. With these cards your first day is free, then tickets are 50% off Monday-Friday non-holiday, 25% off weekends and holidays, and every sixth visit is free at any of the three resorts. Bring a friend on any non-holiday Tuesday or Thursday and they save 50% on their ticket.

West Mountain – The Monday and Tuesday night lift ticket special is \$20 for a four-hour lift ticket at 4pm. Check their website for happy hour and meal and drink specials.

The Learn To Turn program is new this season with lesson, lift ticket and rental for \$85 ages four-12 and \$90 for 13 and up. The package is for skiers/riders and lesson times are Monday-Friday at 4pm or 5:45pm, and Saturdays and Sundays at 10am, 12pm or

2pm. Back by popular demand, the Learn To Ski/Ride Three program for all ages offers three lessons, lift tickets and rentals for \$150, with advance purchase required. West Mountain Racing offers academy-like ski training and racing at reasonable rates, plus snowboard and freeski programs.

Willard Mountain – With the Six-Pack deal you get six lift tickets, four group lessons, and the option to use them any way you want – mix, match, share, any day, no blackouts!

Adult Night on non-holiday Tuesdays is tailored to adults and adult groups. Have fun with discounted lessons/rentals and food/drink specials, test your skills in our Tuesday Night Races – and lift passes are only \$20. Two for \$40 non-holiday Thursdays are from 4-9pm, just bring a friend to get your two for one deal – plus rentals are only \$12 more.

Willard offers many affordable ski lesson programs, their popular Little Colonel ski school, STAR and All Mountain programs, plus freestyle and race teams.

Maple Ski Ridge – Committed to bringing families together close to home, Maple Ski Ridge offers affordable rates for lift tickets, rentals and season passes.

Weeknight rates are \$26 and weekends/holidays are four hours for \$35 or all day for \$38 – juniors 12-under save \$2. Maple Ski Ridge offers a variety of lesson programs for adults and children, plus winter vacation week programs and camps.

McCauley Mountain – “Small mountain price, big mountain attitude in the heart of the Adirondacks, and no long lines – just mountain time” is McCauley’s motto.

The Crazy Friday Special is only \$12, excluding February 24. The Ski with Your

Kids Special on Mondays through Thursdays from 2-4:15pm, excluding holiday weeks, is only \$5. They also offer group discounts for ten or more if you call ahead. McCauley also offers a Reciprocal Pass Program on non-holiday Wednesdays; see website for details. They also offer a number of lesson and rental programs.

January is National Safety Month so with ski season in full swing, here’s a friendly reminder of your responsibility code: always ski in control; people ahead of you have the right of way; stop in a safe place for you and others, don’t obstruct a trail and make sure you’re visible from above; whenever starting downhill or merging into a trail always look uphill and yield to others; use devices to help prevent runaway equipment; observe all posted signs, warnings and keep off closed trails; and know how to use the lifts safely.

For more fun with family and friends of all ages, the tubing parks at Maple Ski Ridge, Willard Mountain and West Mountain are open for the season.

Think snow, get outside and enjoy winter! ❄️

SCHUYLERVILLE Physical Therapy
 Jeff Fear, MPT and Zoe Devito, MSPT
 Specializing in Orthopedic and Sports Rehabilitation
 43 Spring St/Route 29, Schuylerville
 8 miles east of Saratoga Springs (just east of Saratoga Apple)
 (518) 507-6414 or schuylervillept@gmail.com
 www.schuylervillept.com

yoga and wellness in the adirondacks
True North Yoga
 Hatha, Flow, Gentle and Chair Yoga Classes
 Workshops, intensives and private sessions
 1073 Route 9 (Main St)
 Schroon Lake
 (518) 810-7871
 Class schedule: TrueNorthYogaOnline.com

For the warmth of an Irish Christmas visit **Celtic Treasures**
 Imported Jewelry, Woolens, Crystal, China & More!
 456 Broadway, Saratoga Springs
 CelticTreasures.com
 800.583.9452
 Extended Holiday Hours

SHULMAN HOWARD & MCPHERSON LLP
 ATTORNEYS AT LAW
 Real Estate • Wills & Trusts • Estates
 Bankruptcy • Land Use & Zoning
 Corporations • Traffic Court & DWI
 17 Old Route 66 • Averill Park, NY
 518-674-3766 • 518-674-3805 • fax 518-674-3964
 More than 80 years of experience

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
 OLYMPIC REGIONAL DEVELOPMENT AUTHORITY
 MT. VAN HOEVENBERG MtVanHoevenberg.com

CLASSIFIEDS

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.

VERMONT STRONG – Train hard, bring your family! Lodging ideal for camps and coaches. Reasonable, clean, close. \$90/night. Sleeps 7. Go to www.vrbo.com/573787. Call Brad Elliott 518-371-3698.

How to Run an Ad
 Run your ad in next month’s issue!
 50¢ per word, min 30 words.
 Call, email or mail text w/payment (check/credit) by the 25th.

RUNNING & WALKING



Passing on the Joy of Running

By Shelly Binsfeld



THREE OF FOUR BINSFELD KIDS: MATTHEW AT 2012 CCRC FUN RUN, SAM PLAYING FRISBEE, AND SELAH IN AN OBSTACLE COURSE. *SHELLY BINSFELD*

weeks of walks, try a walk-run routine. A walk-run routine for you, not for your child: be the example. Start with five minutes of your usual inquisitive walking, and then tell him or her that it is your time to start running. Only run for 30 seconds, and then walk for one minute. Return back to your child during the walk breaks and continue your conversation. Your child will get curious about what you are doing and want to join in. The key is not to suggest or expect for him or her to join you but to accept his or her choice. Add in, "You are welcome to join my walk-run routine. I like to spend time with you."

When your child is done running, be done - Don't push your child into pain or boredom. Children are not mentally strong enough to endure long bouts of exercise. Let them be kids, playful, joyful, inquisitive kids.

Here are two activities to integrate running into your family's life:

TREE TO TREE - In a group of two or more, find a field, forest or playground. Select a starting location - tree or another landmark - and gather as a group. The first runner runs to a different tree of his or her choice and calls out, "Go," and the group races to that tree. Once everyone is joined back up at the new location, a different runner sets off to find the next tree. This continues until everyone has been a tree selector and usually lasts several rounds. It is important that the tree selector has the freedom to select any tree he or she wants, even if it is only ten feet away. Most will shoot for the farthest tree trying to outdo the others. What is great about this game is that the race to the tree varies depending on who is racing and the distance that is run. Variety promotes enjoyment.

RELAYS - Kids love relays, especially if there is some type of baton to pass off between teammates. You only need two people to do a relay, so loosen up and count yourself as one. Create a course that goes over, under or around obstacles. Keep mixing it up between rounds of races. 🌲

Shelly Binsfeld (runcoachshelly@gmail.com) of Clifton Park is a competitive runner, wife, and mother of four children. Her running joy is to guide others through their training as a USATF coach and Pilates instructor.

Set aside your usual view of children's running and foster a theory of freedom. Children intuitively train their bodies through the phases of early growth. From rolling to walking to running from you, they challenge their bodies to develop stronger muscles and greater stamina. The child who falls asleep half way through his or her dinner has eaten just enough to let the need for sleep take over. This is intuitive and natural. They know when to rest and when to play.

As a mother of four children, I witness this phenomenon every day. Whether it is a sprint along the sidewalk or a pause at the bench, my children continue to train their bodies. Coaching education has supported my theory of freedom with the knowledge that running strength originates with speed development during the growing years. When children are given the freedom to sprint and rest, they hone their velocity which later becomes critical in running success.

The theory of freedom promotes healthy running experiences and abilities.

Here are the strategies that have presented themselves through my course of mothering and coaching:

Let your child run throughout the day - When there are safe sidewalks, trails or fields, let your child surge ahead of you: exploring the environment and how the body moves.

Don't force children to run at an even pace for long periods of time - I am jealous of children's intuition of when to start and stop running. While in the mode of running, they will slow to a walk as the body signals a need for rest. Once the pain has gone and the thrill of movement and discovery calls, they will dash off. There are times in our adult training that this technique is advantageous. Let children benefit from interval training and encourage them to listen to their bodies.

They will follow you - If you enjoy running, your children will want to enjoy it, too, if you encourage their curiosities. Let them bike alongside of you and talk to them about their interests, growing your relationship. Before they are tired, stop by your house or car, and encourage them to leave their bike for a super short run with you. I mean a really short run. Whet their appetite. Go back to your house before they are worn out. It is all about enjoying the movement of running.

Perseverance is a developed mature characteristic that comes with experience - Often parents will point out that their chil-

dren don't know how to pace themselves (i.e. slowing down so they can go for a long distance). It is important to remember that they are children; they have not yet developed the characteristics of patience and perseverance. When they mature, so will their running. Their sprinting is not wrong. It is good speed development, which is best built during childhood.

Patience as a parent will pay off in the long run - My oldest son did not run his first 5K race until he was 11 years old. After signing him up for the usual kid race, he asked why I had not signed him up for the 5K. "My friends have run a 5K. I can do it, too," Sam proclaimed. After years of my patience, Sam chose the challenge of racing 3.1 miles. He ran the race by himself and was proud of his own accomplishment. At 14, he continues to enjoy runs throughout the week and has a healthy relationship with running. Most importantly, he can use running to maintain his physical and mental health into his adult years. Let your child choose their challenges.

"You can't make me!" - If you have a child that won't run and he or she just looks at you and shouts, "No, I don't like it!" then just start with walking. Build up your child's fitness with inquisitive walks. After a few

kinetic running

Shoes
Apparel
Assessories

Mention this ad and receive a free gift!

518-324-IRUN
89 Bridge Street, Plattsburgh, New York
www.kineticrunning.net

8th Annual

PLATTSBURGH
HALF MARATHON / 10K / RELAY

SUNDAY, MAY 7 • 8AM
CITY RECREATION CENTER • 52 US OVAL, PLATTSBURGH

PlattsburghHalfMarathon.com

Registration is Open to the First 1000 Entrants

Half Marathon, Two-Person Half Marathon Relay and 10K Run

- All Runners Receive T-Shirts and Finisher Medals
- Scenic Course - USATF Certified - Chip Timing
- Post-Race Party - Free Post-Race Massage

2016 Winners:
Jeremy Drowne (1:14:25) and Erin Lopez (1:23:13)

TEAMFOX
FOR PARKINSON'S RESEARCH

Proceeds to benefit **Team Fox for Parkinson's Research**

Presented by Skechers & Kinetic Running
Sponsored by Mold-Rite Plastics, Delta Marketing International, Warren Tire Service Center and City of Plattsburgh Recreation Dept

RACE RESULTS

UNCLE SAM GRAND PRIX CYCLOCROSS – NYCROSS RACE SERIES

October 8-9, 2016 • Prospect Park, Troy

DAY 1			
MEN CAT 3/4			
1 Niles Gagnon	Grey Ghost Bicycles	43:52	
2 Matthew Kurz	NYCROSS/Craft	44:22	
3 Roger Young	NYCROSS/Craft	44:22	
4 Brett Baumann	Burnside Forge	44:26	
5 Johannes Stromski	KMS Cycling	44:34	
6 Kurt Mason		45:43	
7 Cameron Lewis	Grey Ghost Bicycles	45:49	
8 Jeff Krywanczyk	Capital Bicycle Racing Club	46:08	
9 Joe Ceglie	Paniagua Cycling	46:15	
10 Joshua Arvidson	TRT Bicycles	46:35	
MEN CAT 4/5			
1 Andrew Meunier	Providence Velo	38:21	
2 Scott Birdsey	NYCROSS/Craft	38:52	
3 Jonathan Albano	Capital Bicycle Racing Club	39:28	
4 Tim Russell	Thoroughbred Tri Coaching	39:38	
5 John Cullinan	Bicycle Depot	39:56	
6 Peter Fobare	HRRT	40:14	
7 Hanjiro Kawai	BCA Linen	40:26	
8 Riley Joinnides	East End/Kreb Cycle	40:43	
9 Ted Teyber	CRCA/Wafels & Dinges	40:40	
10 Adam Kaniper	Team Marty's	41:20	
WOMEN CAT 4/CITIZEN			
1 Victoria Dubois		27:51	
2 Megan Schmidt		30:27	
3 Kathy Timpane		31:45	
4 Lara Fisher		34:18	
5 Pat Rosier		35:06	
MEN CAT 5/CITIZEN			
1 Kyle Konopnicki			
2 Mark Walling	Capital Bicycle Racing Club		
3 Michael Crowley	NYCROSS/Craft		
4 David Mendonca			
5 Jack Bailey	KMS Cycling		
6 Jason Hiltson	HRRT		
7 Travis Mattison	HRRT		
8 Devin Sullivan			
9 Joe Allen	Bicycle Depot		
10 Aaron Girard	R-Cubed		
MEN ELITE 1/2/3			
1 Tyler Clark	KMS Cycling	56:57	
2 Trent Blackburn	JAM/NCC	56:57	
3 Alec Donahue	JAM/NCC	57:29	
4 Chris Niesen	NCC/JAM	57:29	
5 Vivien Rindisbacher	KMS Cycling	57:38	
6 Dan Staffo	Velo Racing/Verge Sport	57:54	
7 Sam Dries	No. 22 CX Team	58:03	
8 Ryan Larocque	NEXT BMB	58:21	
9 Julian Georg	Syracuse University	59:53	
10 Gregg Griffo	Park Ave Bike Shop	1:00:28	
WOMEN ELITE 1/2/3/4			
1 Turner Ramsay	KMS Cycling	40:05	
2 Roni Vetter	State 9 Racing/Vittoria	40:05	
3 Jenny Ives	Verge	40:45	
4 Bryna Blanchard	North Atlantic Velo	40:50	
5 Katina Walker	Park Ave Bike Shop	41:19	
6 Paige Williams	Ladies First	41:30	
7 Sophie Russenberger		41:41	
8 Elizabeth Lukowski	Woo Girl!	42:35	
9 Barb Blakley	CRCA/Kruis CX	43:05	
10 Natalie Koch	Team Novo Nordisk	43:52	
JUNIOR BOYS 9-14			
1 Trevor Dzikowicz	HRRT	20:01	
2 Paul Perry	HRRT	20:54	
3 Zachary Shostack	Bike Loft East	21:18	
4 Landon Kinal	HRRT	29:33	
5 Jesse Miele	S.T.		
6 Jacob Gilson	HRRT	29:47	
7 Ethan Gilson	HRRT	30:35	
8 Thomas Byrne	BYRNE International	35:14	
9 Liam Ingleston	1 lap		
JUNIOR GIRLS 9-14			
1 Addison Rizzi	HRRT	29:50	
2 Emily Bologna	HRRT	1 lap	
3 Natalie Dessis Dineen	HRRT	1 lap	
JUNIOR GIRLS U19			
1 Turner Ramsay	KMS Cycling	25:57	
2 Madeline Smith	KMS Cycling	28:15	
3 Aliza Tobias	KMS Cycling	29:05	
4 Victoria Servetas	NYCROSS/Craft	31:08	
5 Kayla Dzikowicz	HRRT	35:14	
JUNIOR MEN U19			
1 Tyler Clark	KMS Cycling	43:32	
2 Vivien Rindisbacher	KMS Cycling	47:20	
3 Leo Kirkpatrick Baird	KMS Cycling	47:49	
4 Ian Vernoooy		47:49	
5 Tyler Zierer	HRRT	47:55	
6 Tommy Servetas	NYCROSS/Craft	48:33	
7 Jacob Tarbay	NYCROSS/Craft	49:34	
8 Connor Singh	NYCROSS/Craft	51:36	
9 Alexander Zierer	HRRT	51:36	
10 Patrick Frank	HRRT	51:54	
MEN MASTERS 35+			
1 Dan Harper	Team Overlook	44:39	
2 Scott Hock	No. 22 CX Team	44:56	
3 Matt Delisa	Cyclocrossworld Grassroots	46:36	
4 Jonathan Favata	TRT Bicycles	47:50	
5 Andrew Rizzi	HRRT	48:04	
6 Robert Shostack	Bike Loft East	50:57	
MASTERS 45+			
1 Joe Johnston		44:47	
2 Bret Young	No. 22 CX Team	44:47	
3 Mark Fisher	KUHL	44:56	
4 Joshua Arvidson	TRT Bicycles	45:25	
5 David Yacobelli	CNYC/NYCM Insurance	45:45	
6 Jurgen Beneke	Gates Carbon Drive/DaHanger	45:53	
7 Scott Hannan	Empire Brewing/Syracuse Bicycle	46:01	
8 Michael Ward	BCA/Linen	46:31	
9 James Stafford	Bicycle Depot New Palz	47:17	
10 Michael Tucker	BCA/Linen	47:48	
MEN MASTERS 55+			
1 Brad Young	No. 22 CX Team	46:31	
2 Thomas Emrich		48:18	
3 Robert Tremaine	Iron Bridge/Tarmac Cycling	48:41	
4 Thomas Butler	CCC/Keltic Const./Zane's Cycles	49:17	
5 Gene Primomo	CBRC	49:52	
6 Alan Lesage	1K2GO Sports Racing	49:56	
7 Greg Brett	GVCC/Pittsford Painting Cycling	50:19	
8 Harry Edmund Bolick	Kissena Cycling Club	50:40	
9 James Walker	Team Placid Planet	50:40	
10 Matt Moore	CCC/Keltic Const./Zane's Cycles	50:57	
SINGLE SPEED & FAT BIKE			
1 Niles Gagnon	Grey Ghost Bicycles	37:50	
2 Brett Baumann	Burnside Forge	37:56	
3 Brad Young	No. 22 CX Team	38:07	
4 Bret Young	No. 22 CX Team	38:07	
5 James Davall	A Dogs Day Out	38:07	
6 Jurgen Beneke	Gates Carbon Drive/DaHanger	39:43	
7 Thierry Blanchet	North American Velo	40:16	
DAY 2			
MEN CAT 3/4			
1 Niles Gagnon	Grey Ghost Bicycles	39:58	
2 Kurt Mason		39:58	
3 Cameron Lewis	Grey Ghost Bicycles	40:03	
4 Alec Rudd		40:22	
5 Jeff Krywanczyk	Capital Bicycle Racing Club	41:16	
6 Peter Fobare	HRRT	41:30	
7 Tim Russell	Thoroughbred Triathlon Coaching	41:30	
8 Sean Gramling		42:14	
9 Jared Stritsman	Tomhannock Bicycles	42:14	
10 Brian Keller	Pawling Cycling + Sport	42:30	
MEN CAT 4/5			
1 Jonathan Albano	Capital Bicycle Racing Club	33:30	
2 David Huck	Race CF	33:38	
3 Joe Ceglie	Paniagua Cycling	33:43	
4 Kevin Stewart	Central Wheel/GHCC	34:19	
5 Tim Russell	Thoroughbred Tri Coaching		
6 John Cullinan	Bicycle Depot	34:31	
7 Ian Vernoooy		34:34	
8 Hanjiro Kawai	BCA Linen	34:57	
9 Riley Joinnides	East End/Kreb Cycle	35:24	
10 Sean Gordon	Verrazano Team Racing	35:24	
WOMEN CAT 4/CITIZEN			
1 Victoria Dubois	Mission in Motion/Lane Cycling	32:17	
2 Megan Schmidt	Team Marty's	32:45	
3 Marta Kirsis		32:57	
4 Kellie Tyler	Team Overlook	33:58	
5 Mary Grehl	Team Overlook	34:28	
6 Lara Fisher	KUHL	36:11	
7 Patty Cherret	NCC	36:23	
MEN CAT 5/CITIZEN			
1 Adam Kaniper	Team Marty's	26:36	
2 Kyle Konopnicki		26:52	
3 Huneck Austin		27:00	
4 Aaron Girard	R-Cubed	27:10	
5 Brian McCarthy	HRRT	27:31	
6 Mark Walling	Capital Bicycle Racing Club	27:42	
7 Travis Mattison	HRRT	27:57	
8 Matthew Albert		28:27	
9 Michael Crowley	NYCROSS/Craft	28:38	
10 Lance Law	FinKraft Cycling Team	28:50	
JUNIOR BOYS 9-14			
1 Trevor Dzikowicz	HRRT		
2 Zachary Shostack	HRRT		
3 Paul Perry	Bike Loft East		
4 Jacob Gilson	HRRT		
5 George Isbester	HRRT		
6 Finn Payne			
7 Jesse Miele	NYCROSS/Craft		
JUNIOR GIRLS 9-14			
1 Addison Rizzi			
2 Emily Bologna			
3 Natalie Dessis Dineen			
JUNIOR GIRLS UNDER 19			
1 Victoria Servetas	NYCROSS/Craft	33:16	
2 Maggie Payne	NYCROSS/Craft	33:41	
3 Caroline Crowell	HRRT	34:07	
4 Kayla Dzikowicz	HRRT	38:01	
JUNIOR MEN U19			
1 Connor Singh	NYCROSS/Craft	42:37	
2 Tommy Servetas	NYCROSS/Craft	42:37	
3 Tyler Zierer	HRRT	42:39	
4 Luke Tanner	NYCROSS	42:53	
5 Alexander Zierer	HRRT	46:36	
6 Brendan Kelly	NYCROSS	-1 lap	
7 Paul Perry	HRRT	-1 lap	
8 Jacob Gilson	HRRT	-1 lap	
9 Trevor Dzikowicz	HRRT	-1 lap	
MEN MASTERS 35+			
1 Jamie Belchak	Squadra Flying Tigers/Jamis	39:24	
2 Scott Hock	No. 22 CX Team	40:19	
3 Jonathan Favata	TRT Bicycles	41:52	
4 Andrew Rizzi	HRRT	44:25	
5 Robert Shostack	Bike Loft East	44:38	
6 Loren Graham	CNYC/NYCM Insurance	45:27	
7 Eric Schilling	NYCROSS/Craft	-1 lap	
MEN MASTERS 45+			
1 David Connery	NEXT/BMB	39:24	
2 Mark Fisher	KUHL	40:28	
3 Bret Young	No. 22 CX Team	40:37	
4 Geoffroy House	Northampton Cycling Club	41:04	
5 Michael Tucker	BCA Linen	42:49	
6 Brian Keller	Pawling Cycling + Sport	43:10	
7 Cory Smith	Sportif Coaching Group	43:19	
8 Thierry Blanchet	North American Velo	43:34	
9 Tim Eck	Team Elevate Cycles	43:47	
10 Corey Dubois	CNYC/NYCM Insurance	43:47	
MEN MASTERS 55+			
1 Brad Young	No. 22 CX Team	40:44	
2 Alan Lesage	1K2GO Sports Racing	44:54	
3 Matt Moore	CCC/Keltic Const./Zane's Cycles	45:27	
4 Ken Coleman	BCA/Linen	45:51	
5 Harry Edmund Bolick	Kissena Cycling Club	46:19	
6 Craig Goetzmann		46:44	
7 Donald Massonne	HRRT	47:39	
8 Arthur Goedeke		-1 lap	
9 Donald Snoop	Hang on Snoopy Racing Team	-2 laps	
MEN 1/2/3			
1 Andrew Borden	Savadra Flying Tigers	53:05	
2 Matthew Kurz	NYCROSS/Craft	53:58	
3 Gregg Griffo	Park Ave Bike Shop	S.T.	
4 Sam Dries	No. 22 CX Team	54:05	
5 Roger Young	NYCROSS/Craft	56:38	
6 Charley Kachigian		1:00:54	
7 Tommy Servetas	NYCROSS/Craft	-1 lap	
8 James Davall	A Dogs Day Out	-1 lap	
SINGLE SPEED & FAT BIKE			
1 Dan Harper	Team Overlook	39:35	
2 Jamie Belchak	Squadra Flying Tigers/Jamis	39:41	
3 Niles Gagnon	Grey Ghost Bicycles	39:44	
4 Jurgen Beneke	Gates Carbon Drive/DaHanger	40:28	
5 Scott Birdsey	NYCROSS/Craft	40:39	
6 Bret Young	No. 22 CX Team	41:25	
7 James Davall	A Dogs Day Out	41:43	
8 Brad Young	No. 22 CX Team	42:40	
9 Kevin Ballou	Bikeman.com	43:07	
10 Thierry Blanchet	North American Velo	43:10	
WOMEN 1/2/3/4 & U19			
1 Jenny Ives	Verge America	43:54	
2 Sophie Russenberger		44:57	
3 Katina Walker	Park Ave Bike Shop	45:15	
4 Shylah Weber	NYCROSS/Craft	47:09	
5 Kimberly Milton	R-Cubed	47:19	
6 Stacy Beneke	DaHanger	52:33	
7 Victoria Servetas	NYCROSS/Craft	-1 lap	

Courtesy of NYCROSS Race Series

8TH ANNUAL RACE AWAY STIGMA 5K RACE

October 9, 2016 • Hudson Valley Community College, Troy

MALE OVERALL			
1 Sam Morrett	21 Cohoes	19:02	
2 David Flansburg	18 Cohoes	19:02	
3 George Burke	50 Troy	20:03	
FEMALE OVERALL			
1 Shannen Kerin	17 Colonie	19:46	
2 Abigail Moxon	10 Nassau	23:04	
3 Madeline Moxon	12 Nassau	23:49	
MALE AGE GROUP: 1 - 14			
1 Logan Ploss	13 East Greenbush	21:08	
2 Evan Schmidt	13 Schenectady	53:08	
FEMALE AGE GROUP: 1 - 14			
1 Emily Moxon	9 Nassau	28:27	
2 Noelle Maloney	14 Rensselaer	31:21	
MALE AGE GROUP: 15 - 19			
1 Ryan Doyle	15 East Greenbush	20:10	
2 Brandon Knapp	19 Stillwater	20:26	
3 Justin Peabody	19 Ballston Lake	20:30	
FEMALE AGE GROUP: 15 - 19			
1 Julia Marino	18 East Greenbush	24:13	
2 Rachel Dempsey	15 Nassau	26:35	
3 Maya Ellis	15 Troy	28:13	
MALE AGE GROUP: 20 - 24			
1 Jay Grala	20 Troy	21:01	
2 Jarred Austin	20 Sand Lake	21:03	
3 Frederick Freeman	24 Albany	22:59	
FEMALE AGE GROUP: 20 - 24			
1 Kelly Ogden	24 Watervliet	31:22	
2 Taylor Guerin	24 Watervliet	31:22	
3 Casey Gregory	24 Ghent	36:19	
MALE AGE GROUP: 25 - 29			
1 Johan Spoon	26 Rochester	24:01	
2 Colin Lee	27 Troy	29:21	
3 Andrew Edwards	28 Troy	44:57	
FEMALE AGE GROUP: 25 - 29			
1 Crystal Baker	26 Troy	33:46	
2 Jessica Demars	29 Wynantskill	33:58	
3 Arianna Feliciano	26 Troy	37:26	
MALE AGE GROUP: 30 - 34			
1 Greg Duncan	32 Troy	25:45	
2 James Waller	31 Clifton Park	26:24	
3 Tim Bazyk	33 Wynantskill	33:58	
FEMALE AGE GROUP: 30 - 34			

16TH ANNUAL GREAT PUMPKIN CHALLENGE continued

MALE AGE GROUP: 65 - 69			MALE AGE GROUP: 35 - 39				
1 Joseph Aliberti	66	Voorheesville	23:05	1 Jonathan Peck	38	Glenville	38:53
2 Jim Fiore	69	Latham	26:01	2 Colin Crowley	39	Ballston Spa	40:14
3 Raymond Sergott	67	Ballston Lake	28:57	3 Brian Carucci	37	Rexford	43:16
FEMALE AGE GROUP: 65 - 69			FEMALE AGE GROUP: 35 - 39				
1 Patricia Gicewicz	67	Latham	33:02	1 Dana Wiwczar	35	Malta	46:25
2 Janet Aliberti	65	Voorheesville	35:54	2 Tracy Sherman	39	Saratoga Springs	46:29
3 Laura Clark	69	Saratoga Springs	43:05	3 Melissa Kwasniewski	39	Fort Edward	48:26
MALE AGE GROUP: 70 - 74			MALE AGE GROUP: 40 - 44				
1 Thomas Adams	72	Schenectady	25:28	1 Neil Sergott	44	Clifton Park	40:49
2 Frederick Lieber	70	Fort Plain	36:14	2 William Henke	42	Saratoga Springs	41:16
3 Daniel Rickmyre	70	Schenectady	36:41	3 Joshua Katzman	40	Clifton Park	42:02
FEMALE AGE GROUP: 70 - 74			FEMALE AGE GROUP: 40 - 44				
1 Lenore Reber	72	Saratoga Springs	34:35	1 Virginia Lerner	44	Malta	46:17
2 Nancy Johnston	70	Ballston Lake	37:00	2 Jaime Farone	40	Saratoga Springs	47:06
3 Susan Fasset	71	Ballston Spa	41:15	3 CC Larner	41	Winooski, VT	49:21
MALE AGE GROUP: 80 - 85			MALE AGE GROUP: 45 - 49				
1 Joseph Kelly	83	Menands	40:13	1 Carmelo Piazza	47	Gloversville	45:57
10K RUN			MALE AGE GROUP: 45 - 49				
MALE OVERALL			FEMALE AGE GROUP: 45 - 49				
1 Michael Nickerson	27	Clifton Park	34:43	1 Connie Smith	48	Ballston Lake	45:58
2 Anthony Erno	19	Glenville	35:54	2 Joanna Tremper	47	East Chatham	46:34
3 Joseph Sullivan	37	Schenectady	36:21	3 Bonnie Galvin	49	Ballston Spa	46:51
FEMALE OVERALL			MALE AGE GROUP: 50 - 54				
1 Stefanie Fresenius	24	Ballston Spa	40:32	1 Carl Regenauer	51	Saratoga Springs	38:37
2 Meghan Loudon	30	Clifton Park	41:26	2 Philip Spiezio	52	Greenwich	39:17
3 Lauren Woodcock	27	Saratoga Springs	42:24	3 John Sestito	53	Johnsonville	40:42
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 50 - 54				
1 Ryan Abatto	13	Clifton Park	46:43	1 Susan Thompson	50	Queensbury	43:38
2 James Calderon	12	Glenmont	47:40	2 Mary Fenton	51	Ballston Spa	46:29
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 55 - 59				
1 Justin Peabody	19	Ballston Lake	42:44	1 Ron Seyb	56	Ballston Spa	44:41
2 Patrick Kestner	16	Jefferson	54:28	2 Chris Hunsinger	56	Lake George	47:46
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 55 - 59				
1 Amelia Breslin	18	Gansevoort	53:05	1 Margaret McKeown	58	Moreau	47:03
2 Sophie Hrebenach	17	Saratoga Springs	54:46	2 Kathleen Beernan	55	Niskayuna	49:14
3 Kelsey Shoff	19	Troy	1:00:41	3 Eileen Battle	59	Saratoga Springs	56:25
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 60 - 64				
1 Dylan Hrebenach	23	Saratoga Springs	45:45	1 George Baranaukas	63	Scotia	46:24
2 Sam Pellino	22	Queensbury	55:38	2 Michael Wright	62	Albany	51:00
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 60 - 64				
1 Julianne Deguardi	21	Ballston Spa	43:49	1 Sharon Desrochers	61	Ballston Lake	51:58
2 Fiona Recchia	24	Ballston Spa	46:18	2 Carolyn George	62	Albany	52:37
3 Taylor Slone	24	Gansevoort	49:24	3 Mary Jo Benny	61	Scotia	52:51
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 65 - 69				
1 Jared Berggren	27	Ballston Spa	41:30	1 James Larkin	68	Clifton Park	49:45
2 Kyle Sullivan	29	Arlington, VA	42:32	2 Joe Yavonditte	67	Schenectady	53:54
3 Dan Stevens	25	Ballston Lake	43:42	3 Paul Forbes	66	Colonie	55:02
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 65 - 69				
1 Caitlin Joyce	26	Niskayuna	46:18	1 Anne Tyrrell	66	Albany	58:41
2 Jane Manfred	28	New York	48:13	2 Cathy Lanesej	66	Troy	1:03:16
3 Melissa Gordon	27	Clifton Park	49:10	3 Suzanne Nealon	66	Miami, FL	1:08:02
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 70 - 74				
1 Robert Ordish	31	Glenmont	39:17	1 Howard Jones	73	Clifton Park	52:06
2 Jonathan Loudon	32	Clifton Park	41:03	2 Joseph Scaringe	70	Latham	55:08
3 Matthew Iglar	34	Saratoga Springs	41:14	3 Jim Callahan	71	Saratoga Springs	57:43
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 75 - 79				
1 Laura Sullivan	32	Porter Corners	46:27	1 Ralph Santos	75	Mechanicville	1:02:29
2 Mary O'Hearn	30	Saratoga Springs	47:02	<i>Courtesy of Saratoga Bridges</i>			
3 Megan Harrington	32	Cambridge	48:13				

14TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON

October 16, 2016 • Riverview Orchards, Rexford/Clifton Park

2-MILE RUN, 17-MILE BIKE, 2-MILE RUN			FEMALE AGE GROUP: 45 - 49				
MALE OVERALL			FEMALE AGE GROUP: 45 - 49				
1 Brendan Rillahan	43	South Glens Falls	1:09:27	1 Sarah Vogel	46	Slingerlands	1:28:27
2 Michael Cooley	36	Delmar	1:10:22	2 Theresa Votano	47	Carmel	1:32:40
3 John Noonan	57	Ballston Spa	1:11:20	3 Christine Gradoia	48	Ballston Lake	1:42:56
FEMALE OVERALL			MALE AGE GROUP: 50 - 54				
1 Beth Ruiz	43	Delmar	1:13:09	1 Tomo Miyama	51	Valatie	1:15:29
2 Beth Stalker	57	Burnt Hills	1:20:11	2 Michael Stalker	53	Burnt Hills	1:16:50
3 Kerri Thomas	40	Middle Granville	1:21:42	3 Robert Vara	52	Carmel	1:21:29
FEMALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 50 - 54				
1 Julia Van Ness	15	Latham	2:13:23	1 Tammy Halpern	50	Clifton Park	1:31:27
2 Kasandra Kelly	13	Mechanicville	2:32:08	2 Kerry Miller	52	Catskill	1:39:45
MALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59				
1 Brandon Garcia	21	Palenville	1:34:35	1 Allison Pouliot	53	Bristol, VT	1:47:51
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 55 - 59				
1 Mark Walling	29	Schenectady	1:19:43	1 Michael Kerin	58	Bethany, CT	1:17:23
2 Nick Buonanno	28	Clifton Park	2:09:23	2 Rick Lage	55	Manotick, ON	1:18:06
MALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59				
1 Sean Smith	33	Latham	1:13:05	1 Amy Perillo	56	Guilderland	1:44:24
2 Matthew Buonanno	33	Malta	1:32:24	2 Constance Smith	56	Cohoes	1:45:06
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59				
1 Billie Jo Smith	33	Latham	1:33:03	3 Carmen Garrett	55	Manotick, ON	1:50:01
2 Deirdre Gilfeather	33	New York	1:47:50	MALE AGE GROUP: 60 - 64			
3 Leah Royer	33	Ballston Lake	1:59:27	1 Benny Armon	62	Scotia	1:30:47
MALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 60 - 64				
1 Matthew Tebo	38	Clifton Park	1:26:30	2 George Baranaukas	63	Scotia	1:31:50
2 Gregory Szulis	39	Newark	1:28:00	3 Dave Heyward	62	Wynantskill	2:15:14
3 Alan Ng	37	Albany	1:33:55	MALE AGE GROUP: 60 - 64			
FEMALE AGE GROUP: 35 - 39			MALE AGE GROUP: 65 - 69				
1 Jessica Hanna	37	Niskayuna	1:34:53	1 Susan Kreplin	60	Auburn	1:22:21
2 Nicole Stauber	37	Little Falls	1:35:13	2 Virginia Touhey	60	Clifton Park	1:46:12
3 Olga Cross	38	Niskayuna	1:39:10	3 Maryanne McNamara	63	Gansevoort	1:49:44
MALE AGE GROUP: 40 - 44			MALE AGE GROUP: 65 - 69				
1 Brian Watts	42	Clifton Park	1:15:28	1 Robert Enright	66	Mansfield Center, CT	1:19:55
2 Matt Zappen	40	Albany	1:22:55	2 Glenn Schaeff	66	Glens Falls	1:56:31
3 Chris Cuman	41	Niskayuna	1:26:23	FEMALE AGE GROUP: 70 - 74			
FEMALE AGE GROUP: 40 - 44			MALE AGE GROUP: 70 - 74				
1 Jill Koziol	43	Buskirk	1:29:08	1 Cecilia Eustace	70	Amawalk	2:33:04
2 Dawn Griffin	42	Watervliet	2:00:27	MALE AGE GROUP: 70 - 74			
MALE AGE GROUP: 45 - 49			TEAMS - MALE				
1 William Hamel	45	Clifton Park	1:14:34	1 Kevin McCue & Dan McCue/Catskill			1:16:55
2 Lance Decker	46	South Glens Falls	1:23:28	TEAMS - MIXED			
3 Tim Thomas	49	Middle Grove	1:25:15	1 Thomas Dansereau & Rose Hewig	Valatie		1:17:50
			TEAMS - FEMALE				
			1 Tracy Perry & Carla Ward Clifton Park				1:33:14
							<i>Courtesy of Mohawk Towpath Scenic Byway</i>

1ST ANNUAL LYME AWAY 5K RUN • October 23, 2016 • Luther Forest Athletic Fields, Malta

MALE OVERALL			MALE AGE GROUP: 11 - 14			FEMALE AGE GROUP: 20 - 29		
1 Nicholas Mauro/15-19	19:46		1 Dreyln Diaz	21:20		1 Liz Tamburello	25:15	
2 Colin O'Sullivan/15-19	20:00		2 Andrew Wade	21:22		2 Nicole Heck	31:09	
3 Gaven Planavsky/11-14	20:12		3 Nick Beacher	25:04		3 Danielle Jourdan	33:39	
FEMALE OVERALL			MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 30 - 39		
1 Olivia Skylstad/11-14	21:31		1 Shea McNamara	23:34		1 Mark Flusche	21:01	
2 Brooke Morrissey/20-29	22:45		2 Meredith Milman	24:59		2 Daniel Miller	23:27	
3 Lili Cook/11-14	22:45		3 Morgan Leggieri	28:31		FEMALE AGE GROUP: 30 - 39		
MALE AGE GROUP: 10 & UNDER			MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 40 - 49		
1 Miles Flusche	26:17		1 Lukas Gibson	20:37		1 Marisha Gennett	25:24	
2 Koen Schwartz	27:31		2 Travis Mauro	24:42		2 Lisa Perrone	28:26	
3 Matthew Meerdink	28:31		3 Justin Meerdink	28:31		3 Grace Paster	33:46	
FEMALE AGE GROUP: 10 & UNDER			MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 40 - 49		
1 Megan Loomis	30:38		1 Katelyn Lunman	28:39		1 Scott McNamara	21:33	
2 Bridget Candon	36:13		MALE AGE GROUP: 20 - 29			2 Tony Kasowski	22:28	
3 Malia Flusche	37:10		1 Eric Cawley	34:04		3 George Darienzo	24:27	

continued

1ST ANNUAL LYME AWAY 5K RUN continued

FEMALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 50 - 59			FEMALE AGE GROUP: 60 & OVER		
1 Christine Beacher	26:27		1 JoAnn Distler	29:00		1 Susan Milstein	34:27	
2 Denise McNamara	26:39		2 Susan Penman	33:21				
3 Eleonora Morrell	29:19		3 Lisa Lewis	35:43				
MALE AGE GROUP: 50 - 59			MALE AGE GROUP: 60 & OVER					
1 Sam Mercado	21:35		1 Paul Willey	22:16		2 Sharyn Marchione	51:06	
2 Dan Michaud	21:47		2 Mark Nunez	22:37		<i>Courtesy of Spa City Running Club</i>		
3 Raymond Brown	22:39		3 Dennis Fillmore	24:35				

TROY YMCA MONSTER MADNESS DASH 5K RUN

October 29, 2016 • Troy Family YMCA, Troy

MALE OVERALL			MALE AGE GROUP: 35 - 39				
1 Spencer Daley	14	Troy	19:55	1 Daniel Belcher	36	Delmar	50:17
2 Kyle Buono	32	Glens Falls	20:23	FEMALE AGE GROUP: 40 - 44			
3 Bill Hoffman	49	Clifton Park	20:49	1 Desiree Dukes	41	Troy	36:15
FEMALE OVERALL			FEMALE AGE GROUP: 45 - 49				
1 Karen Skiba	45	Troy	25:53	2 Kathleen Briggs	42	Cobleskill	38:25
2 Lottie Dunbar	41	Troy	26:25	FEMALE AGE GROUP: 45 - 49			
3 Gabrielle Skiba	14	Troy	26:30	1 Kathleen Tersogni	46	Burnt Hills	31:05
FEMALE AGE GROUP: 10 - 14			FEMALE AGE GROUP: 45 - 49				
1 Julia Skiba	12	Troy	26:30	2 Kimberly Russo	49	Schenectady	41:18
2 Julia Hanlon	13	Averill Park	26:43	MALE AGE GROUP: 40 - 44			
3 Abby Sacks	13	Albany	31:58	1 Martin Dunbar	40	Troy	24:28
FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 45 - 49				
1 Kinsley Rowan	19	Troy	29:06	1 Edward Salazar	46	Schenectady	29:09
2 Samantha Krumbhaar	19	Glen Burnie, MD	29:06	2 Bryan Cherry	46	Schenectady	33:18
3 LaKissa Martin	19	Troy	30:05	3 Dan Hanlon	46	Averill Park	39:50
MALE AGE GROUP: 10 - 14			FEMALE AGE GROUP: 50 - 54				
1 Tucker Cherry	11	Niskayuna	33:14	1 Monica Brown	50	Albany	30:05
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 50 - 54				
1 Jacqueline Sortor	21	Troy	29:06	2 Joanne Moran	54	St. Johnsville	30:39
2 Hannah Smith	20	Clifton Park	31:26	FEMALE AGE GROUP: 55 - 59			
3 Julianna O'Neill	20	Hawthorne, NJ	37:42	1 Amy Smith	55	Clifton Park	41:48
FEMALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54				
1 Jenna Melewski	26	Troy	33:34	1 Norris Pearson	50	Troy	21:44
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 50 - 54				
1 Emily Obuya	34	Troy	29:01	2 Scott Moro	52	Clifton Park	22:31
2 Cassandra Ortiz	33	Latham	33:				

RACE RESULTS

12TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELY SIX MILE TRAIL RACES

October 30, 2016 • Thacher State Park, Voorheesville

HAIRY GORILLA - 13.1 MILES

MALE OVERALL			
1	Jake Stookey	40	Clifton Park 1:24:53
2	Dennis Vanvack	44	Duanesburg 1:30:00
3	Shane Ehters	25	Middletown 1:31:58

FEMALE OVERALL			
1	Michelle Pratt	27	Albany 1:41:02
2	Alison Mignonis	30	Newton, MA 1:45:03
3	Gabriela Olivera	42	Kingston 1:46:07

MALE AGE GROUP: 1 - 14			
1	Nick Janowski	14	Castleton 2:00:20

MALE AGE GROUP: 15 - 19			
1	Alex Gogie	16	Schenectady 1:54:34

MALE AGE GROUP: 20 - 24			
1	Cortland Tisch	20	Greenville 1:37:38
2	Jesse Futia	21	Schenectady 2:00:44
3	Ryan Filler	24	Albany 2:12:19
4	Joshua Crafton	22	West Point 2:19:29
5	Jake Coulter	24	Liverpool 2:34:19

FEMALE AGE GROUP: 20 - 24			
1	Karen Obertubbesing	22	South Burlington, VT 1:56:52
2	Lindsey Woller	20	Delmar 2:03:46
3	Emily Christie	23	Troy 2:14:59
4	Theresa Konecni	21	West Point 2:19:28
5	Kristen Carton	24	Liverpool 2:34:20

MALE AGE GROUP: 25 - 29			
1	Eric Dornbush	29	Altamont 1:32:39
2	Timothy Ela	27	Clifton Park 1:32:43
3	Alan Finder	28	Albany 1:32:59
4	Devin Oller	29	Cambridge, MA 1:34:30
5	Jeffrey Slaven	28	Albany 1:38:01

FEMALE AGE GROUP: 25 - 29			
1	Michelle Davis	28	Watervliet 1:48:57
2	Elizabeth Wilson	25	Latham 1:55:10
3	Dorothea Letner	26	Albany 1:59:23
4	Hilary Mislan	29	Worcester, MA 2:02:27
5	Katherine Crabtree	28	Cambridge, MA 2:03:50

MALE AGE GROUP: 30 - 34			
1	Trey Kingston	31	Albany 1:34:41
2	David Harwood	30	Troy 1:34:47
3	Ambrose Schaffer	34	Canajoharie 1:35:36
4	Tom Kaczmarek	32	Albany 1:38:26
5	Carson Thurber	32	Bennington, VT 1:40:17

FEMALE AGE GROUP: 30 - 34			
1	Kelly Kolnick	32	Ballston Spa 1:52:12
2	Kristen Trimarchi	33	Altamont 1:53:03
3	Krista Thomas	31	Guilderland 1:57:38
4	Liz Ricci	31	Niskayuna 1:58:40
5	Judy Cheeterbush	33	Ballston Spa 1:59:18

MALE AGE GROUP: 35 - 39			
1	Kyle Breier	37	Owentz, WI 1:41:59
2	Dallas Devries	39	Troy 1:42:21
3	Rick Gloop	35	Mohawk 1:42:32
4	Celestino Williams	37	Albany 1:49:10
5	Michael Oliver	36	Voorheesville 2:02:54

FEMALE AGE GROUP: 35 - 39			
1	Laura Campbell	36	Albany 1:47:28
2	Vanessa Chiera	35	Watervliet 1:56:14
3	Rachael Peters	35	Greig 1:59:04
4	Krista Harwick	36	Mohawk 2:01:03
5	Sara Brenner	36	Slingerlands 2:08:43

MALE AGE GROUP: 40 - 44			
1	Luis Trias	43	New York 1:40:06
2	Depre Jerome	44	Grenoble, 1:41:06
3	Matt Zappen	40	Albany 1:43:53
4	Sonny Gerardi	42	Florence, MA 1:44:12
5	William Dods	42	Schenectady 1:44:33

FEMALE AGE GROUP: 40 - 44			
1	Jessica Nash	41	Troy 2:02:08
2	Rachel Toolan	40	Rensselaer 2:06:44
3	Alice Reed	41	Wolcott 2:12:49
4	Anna Cabral Drew	41	Dobbs Ferry 2:19:20
5	Sarah Parrish	41	Baldwinsville 2:28:38

MALE AGE GROUP: 45 - 49			
1	Craig Tynan	46	Schenectady 1:35:21
2	Bill Hoffman	49	Clifton Park 1:42:44
3	Chad Phillips	48	South Burlington, VT 1:47:45
4	Steve Seabury	48	Old Chatham 1:48:13
5	Kevin Valois	45	Schenectady 2:04:03

FEMALE AGE GROUP: 45 - 49			
1	Cheryl Steiner	48	Castorland 1:59:04
2	Michelle Richardson	46	Stuyvesant Falls 2:14:48
3	Jenny Carpenter	45	Rhinebeck 2:19:50
4	Dianna Langdon	49	Altamont 2:23:44
5	Tracy Butters	48	Walworth 2:28:50

MALE AGE GROUP: 50 - 54			
1	John Graf	51	Ballston Lake 1:34:48
2	Brian Coyne	54	Albany 1:46:15
3	Paul Guilmette	53	Niskayuna 1:51:03
4	Chuck Heaphy	53	Brooklyn 1:54:33
5	Patrick Dicerbo	50	Latham 2:03:40

FEMALE AGE GROUP: 50 - 54			
1	Sue Thompson	50	Queensbury 1:46:34
2	April Barnes	54	Canton 2:03:03
3	Christine Varley	52	Albany 2:05:52
4	Alena Bicknell	50	Potsdam 2:17:35
5	Silvia Meder Lilly	50	Albany 2:34:48

MALE AGE GROUP: 55 - 59			
1	Hugh Davis	56	Saratoga Springs, MD 1:47:49
2	David Williams	59	Schroon Lake 1:56:48
3	Jeff Clark	58	Glenmont 2:00:55
4	Dave Cole	59	Schenectady 2:08:53
5	Ralph Battle	55	Schenectady 2:18:01

FEMALE AGE GROUP: 55 - 59			
1	Heather Williams	56	Schroon Lake 2:08:00
2	Joanne Shurter	56	Middletown 2:18:42
3	Amy Hart	55	Saratoga Springs 2:30:06

MALE AGE GROUP: 60 - 64			
1	George Shurter	62	Middletown 1:54:08
2	Vincent Kirby	60	Mechanicville 2:10:55

FEMALE AGE GROUP: 60 - 64			
1	Karen Provencher	61	Glens Falls 2:00:12

MALE AGE GROUP: 65 - 69

1	Seamus Hodgkinson	67	Delmar 2:09:28
2	Joe Yavonditte	67	Schenectady 2:19:19
3	Leo Dipiero	66	Cherry Plain 2:28:05

FEMALE AGE GROUP: 65 - 69

1	Laura Clark	69	Saratoga Springs 2:59:25
---	-------------	----	--------------------------

MALE AGE GROUP: 75 - 79

1	Vic Laport	76	Clarksburg, MA 2:31:55
---	------------	----	------------------------

SQUIRRELY - 6 MILES

MALE OVERALL			
1	Matt Mignonis	36	Newton, MA 39:03
2	Gerard Colling	35	Schodack 42:15
3	Jonathan Guthan	39	Scotia 46:30

FEMALE OVERALL			
1	Susy Garcia Romero	34	Rensselaer 49:47
2	Emily Zipprich	28	Manlius 50:10
3	Sara Madden	39	Albany 50:16

MALE AGE GROUP: 1 - 14

1	Tyler Greene	12	Scotia 52:38
---	--------------	----	--------------

FEMALE AGE GROUP: 1 - 14

1	McKenna Childs	10	Ware, MA 59:45
2	Aubrey Childs	8	Ware, MA 1:03:25

MALE AGE GROUP: 15 - 19

1	Kyle Graham	18	Altamont 1:13:09
---	-------------	----	------------------

MALE AGE GROUP: 20 - 24

1	Michael Jankowiak	21	Albany 47:50
2	Christopher Soufler	22	Albany 51:20
3	Aaren Tanner	23	Mechanicville 1:00:34

FEMALE AGE GROUP: 20 - 24

1	Heather Lavallee	22	Denville, NJ 55:45
2	Sally Holt	24	Albany 55:45
3	Michele Reina	22	Albany 57:14

MALE AGE GROUP: 25 - 29

1	Joe Sgarlata	29	Niskayuna 47:23
2	Yao Wei Lu	28	Albany 49:18
3	Mark Zipprich	29	Manlius 51:26

FEMALE AGE GROUP: 25 - 29

1	Kaileigh Moore	26	Lake Placid 58:13
2	Jude Horan	27	Albany 59:51
3	Emma Garrison	25	Cooperstown 1:02:14

MALE AGE GROUP: 30 - 34

1	Kyle Kriegbaum	32	Troy 47:12
2	Thomas Bennett	31	Altamont 56:49
3	Tim Stratton	32	Hoosick Falls 57:38

FEMALE AGE GROUP: 30 - 34

1	Joan Andreson	32	Glenmont 59:19
2	Jennifer Betsworth	30	Troy 1:00:05
3	Megan Wilson	33	Watervliet 1:00:19

MALE AGE GROUP: 35 - 39

1	Paul Gasper	35	Schenectady 48:24
2	Stephen Behrens	35	Loudonville 50:52
3	Scott Coley	38	Albany 52:16

FEMALE AGE GROUP: 35 - 39

1	Laurie Carter	36	Averill Park 57:59
2	Jen Ketchell	36	Au Sable Forks 58:12
3	Michele Patsos	39	Albany, PA 58:51

MALE AGE GROUP: 40 - 44

1	Brian Hogan	43	Rensselaer 49:38
2	Chris Nowak	41	Watervliet 53:51
3	Kevin Flynn	41	Albany 56:56

FEMALE AGE GROUP: 40 - 44

1	Tina Greene	43	Scotia 52:39
2	Tinker Nicholasen	43	Delmar 56:52
3	Jennifer Ferriss	44	Saratoga Springs 57:37

MALE AGE GROUP: 45 - 49

1	Martin Gordinier	46	Delmar 47:32
2	Matthew Landy	49	Glenmont 56:34
3	Anders Tomson	49	Slingerlands 58:40

FEMALE AGE GROUP: 45 - 49

1	Kim Seabury	49	Old Chatham 50:32
2	Teresa Wagner	45	Troy 59:59
3	Michelle Bacares	48	Niskayuna 1:04:16

MALE AGE GROUP: 50 - 54

1	Jay Quinn	51	Voorheesville 55:19
2	Daniel Flanagan	50	Wilton 55:30
3	Toby Walters	53	Albany 56:01

FEMALE AGE GROUP: 50 - 54

1	Dawn Harrington	50	Averill Park 1:02:41
2	Anne Hurley	53	Delmar 1:02:54
3	Hilary Claggett	52	Saratoga Springs 1:03:48

MALE AGE GROUP: 55 - 59

1	Dan Nugent	58	Delmar 50:24
2	Mark Howe	55	East Greenbush 1:00:18
3	Peter Fish	57	Castleton 1:00:50

FEMALE AGE GROUP: 55 - 59

1	Elizabeth Briggs	55	N. Syracuse 55:15
2	Jean Kerr	57	Delmar 1:07:39
3	Kathleen Goldberg	57	Schenectady 1:07:43

MALE AGE GROUP: 60 - 64

1	Paul Gasper	63	North Prairie, WI 59:43
2	Dave Heyward	62	Wynantskill 1:11:56
3	David Przybylo	60	Schenectady 1:19:28

FEMALE AGE GROUP: 60 - 64

1	Theresa Richey	62	Eaton 1:07:52
2	Kristen Hartnett	61	Syracuse 1:08:56
3	Nancy Botting	63	Johnson City 1:13:34

MALE AGE GROUP: 65 - 69

1	Ronald Boutin	66	Albany 1:05:27
2	Peter Thomas	69	Delmar 1:09:42

FALL BACK 5 TRAIL RACE – 5 MILES continued

FEMALE AGE GROUP: 35 - 39				MALE AGE GROUP: 55 - 59					
1	Kelly Holzworth	37	Greenfield Center	40:22	1	Hugh Davis	56	Saratoga Springs	34:54
2	Erin Crowe	39	Saratoga Springs	41:21	2	Jonathan Stillman	59	Ballston Spa	37:52
3	Nicolette Domkowski	36	Amsterdam	42:00	3	John Deguardi	56	Ballston Spa	40:07
MALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 55 - 59					
1	Scott Starr	40	Saratoga Springs	37:45	1	Gwen Williams	58	Scotia	42:43
2	Shane Bleyenburgh	40	Queensbury	39:27	2	Sandy Adams	57	Shushan	44:28
3	John McManus	44	Menands	39:41	3	Eileen Battle	59	Saratoga Springs	50:04
FEMALE AGE GROUP: 40 - 44				MALE AGE GROUP: 60 - 64					
1	Jaime Farone	40	Saratoga Springs	40:20	1	Armon Benny	62	Scotia	42:15
2	Maggie Healy	40	Ballston Spa	45:43	2	John Webber	61	Ballston Spa	43:29
3	Trish Capello	41	Gansevoort	49:33	3	Bryan Corvin	60	Ticonderoga	48:32
MALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 60 - 64					
1	Neil Sergott	45	Clifton Park	35:22	1	Karen Provencher	61	Glens Falls	42:32
2	Zack Vogel	45	Saratoga Springs	35:44	2	Mary Jo Benny	61	Scotia	48:12
3	Carmelo Piozza	47	Gloversville	38:01	3	Maryanne McNamara	63	Gansevoort	48:26
FEMALE AGE GROUP: 45 - 49				MALE AGE GROUP: 65 - 69					
1	Nicole Popplewell	45	Gansevoort	48:48	1	Jeff Anderson	68	Troy	54:19
2	Beth Dennett	46	Saratoga Springs	48:54	2	Jan Roth	67	Saratoga Springs	1:02:32
3	Mona Caron	47	Clifton Park	49:44	3	Reg Johnson	67	Warsaw, IN	1:06:15
MALE AGE GROUP: 50 - 54				FEMALE AGE GROUP: 65 - 69					
1	Timo Bardini	54	Queensbury	36:09	1	Laura Clark	69	Saratoga Springs	54:00
2	Tim Hartman	54	Niskayuna	37:58	MALE AGE GROUP: 70 - 74				
3	Chris Goodness	53	Ballston Spa	38:15	1	Joseph Favat	72	Saratoga Springs	50:37
FEMALE AGE GROUP: 50 - 54				MALE AGE GROUP: 70 - 74					
1	Marcia Paterson	51	Lake George	42:43	2	Raymond Lee Jr.	74	Halfmoon	1:14:07
2	Hilary Claggett	52	Saratoga Springs	46:48	FEMALE AGE GROUP: 70 - 74				
3	Mary Price	51	Ballston Spa	47:12	1	Susan Fasset	71	Ballston Spa	1:14:42

Courtesy of Saratoga Stryders

9TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K RUN continued

FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 55 - 59					
1	Dana Wiewicz	35	Malta	22:27	1	Maureen Fitzgerald	59	Clifton Park	23:30
2	Marisha Gennett	35	Amsterdam	22:33	2	Gwen Williams	58	Scotia	23:38
3	Julie Sawyer	35	Waterford	25:49	3	Joyce Poulin	56	Amsterdam	27:04
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 60 - 64					
1	Greg Ethier	43	Clifton Park	19:10	1	Rob Picotte	63	Malta	21:29
2	Kevin Reedy	41	Albany	21:24	2	James Louison	62	Amsterdam	23:33
3	Brent Brunell	44	Clifton Park	21:29	3	Reigh Walling	64	Clifton Park	27:04
FEMALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 60 - 64					
1	Heather Brunell	42	Clifton Park	24:02	1	Darlene Cardillo	63	Delmar	27:51
2	Rebecca Weyramch	44	Ballston Lake	26:40	2	Hollys Kozlowski	61	Valley Falls	27:56
3	Shelly Price	42	Clifton Park	30:49	3	Benita Zahn	62	Albany	32:26
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 65 - 69					
1	John Hendricks	47	Rexford	20:00	1	Gary Scott	67	Hoosick Falls	27:27
2	Russell Thielke	47	Clifton Park	20:45	2	John Vavasour	67	Albany	42:32
3	William Hoffman	49	Clifton Park	20:49	3	Richard Daley	66	Ballston Lake	49:51
FEMALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 65 - 69					
1	Marcie Alexander	45	Ballston Lake	26:06	1	Alice Carpenter	66	Delmar	34:41
2	Jessica Mahoney	45	Clifton Park	26:09	2	Kathleen Zegarelli	68	Ballston Lake	49:46
3	Kim Eisler	49	Ballston Spa	26:11	MALE AGE GROUP: 70 - 74				
MALE AGE GROUP: 50 - 54				MALE AGE GROUP: 70 - 74					
1	Sam Mercado	53	Albany	20:05	1	Richard Theissen	72	Round Lake	32:47
2	Harry Hartman	50	Mechanicville	20:54	FEMALE AGE GROUP: 70 - 74				
3	Michael Martin	53	Clifton Park	23:22	1	Nancy Johnston	70	Ballston Lake	35:47
FEMALE AGE GROUP: 50 - 54				MALE AGE GROUP: 75 - 79					
1	Kristen Hislop	52	Clifton Park	22:29	1	Vic Laport	76	Clarksburg, MA	29:22
2	Karen Hickey	50	Waterford	22:52	MALE AGE GROUP: 80 - 84				
3	Christine Hollmer	51	Clifton Park	25:48	1	Richard Schumacher	83	Hoosick Falls	39:47
MALE AGE GROUP: 55 - 59				MALE AGE GROUP: 85 - 89					
1	Paul Stevens	56	Saratoga Springs	22:00	1	Bernard Mansbach	85	Clifton Park	46:02
2	Jack Rightmyer	58	Burnt Hills	25:15	<i>Courtesy of Shen Track Booster Club & Clifton Park Track Club</i>				
3	John Murphy	56	Niskayuna	26:17					

11TH ANNUAL BETHLEHEM CUP CYCLOCROSS – NYCROSS SERIES

November 6, 2016 Elm Avenue Park, Delmar

MEN: CATEGORY 3/4				MEN: MASTERS 55-PLUS			
1	Niles Gagnon	Grey Ghost Bicycles	42:05	1	Brad Young	No. 22 CX Team	43:25
2	Kurt Mason		42:05	2	Gene Primomo	Capital Bicycle Racing Club	46:12
3	Andrew Meunier	Providence Velo	42:37	3	Ken Coleman	BCA/Linen	47:31
4	Brian White	R-Cubed	42:58	4	James Walker	Team Placid Planet	-1
5	Jeff Krywanczyk	Capital Bicycle Racing Club	43:42	5	Arthur Goedeke	Capital Bicycle Racing Club	-1
6	Tim Russell	Thoroughbred Triathlon Coaching	44:23	6	Donald Snoop	Hang on Snoopy Racing Team	-1
7	Peter Fobare	HRRT	44:31	MEN: OPEN CATEGORY 1/2/3			
8	Richard Tortorici III	R-Cubed	45:07	1	Matthew Kurz	NYCROSS/Craft	1:00:45
9	Jared Stritsman	Tomhannock Bicycles	46:07	2	Evan Murphy	Hudson CX	1:01:28
10	David Warburton	North American Velo	49:28	3	Kevin Bouchard-Hall	Farm to Fork Fondo	1:01:31
MEN: CATEGORY 4/5				4	Roger Young	NYCROSS/Craft	1:03:02
1	John Cullinan	Bicycle Depot	36:41	5	Charley Kachigian		1:05:00
2	Ian Vernooy		36:50	6	Andrew Nicholas	RPI Cycling	1:06:00
3	Jonathan Albano	Capital Bicycle Racing Club	37:13	7	Jeff Krywanczyk	Capital Bicycle Racing Club	-1
4	Jacob Tarbay	NYCROSS/Craft	37:30	8	James Davall	A Dogs Day Out	-1
5	Caleb Batchelder		37:30	MEN: SINGLESPEED CATEGORY 1/2/3/4			
6	Riley Joannides	East End/Kreb Cycle	38:19	1	Dan Harper	Team Overlook	41:19
7	James Walker	Team Placid Planet	38:22	2	Niles Gagnon	Grey Ghost Bicycles	41:21
8	Travis Mattison	HRRT	38:22	3	Jurgen Beneke	Gater Carbon Drive	41:56
9	Conrad Dorn	RPI Cycling	38:54	4	Bret Young	No. 22 CX Team	42:02
10	Mark Walling	Capital Bicycle Racing Club	39:00	5	Sam Dries	No. 22 CX Team	42:42
MEN: CATEGORY 5				6	James Davall	A Dogs Day Out	43:44
1	Kyle Konopnicki		30:20	7	Brad Young	No. 22 CX Team	43:52
2	Mark Walling	Capital Bicycle Racing Club	30:34	8	William Sprengnether	HRRT	44:41
3	Aaron Girard	R-Cubed	30:34	9	Jonathan Favata	TRT Bicycles	45:38
4	John Bonetsky	R-Cubed	30:42	10	Thierry Blanchet	North American Velo	45:43
5	Marcus Debergh	Capital Bicycle Racing Club	31:15	WOMEN: CATEGORY 4			
6	Lance Law	Finkraft Cycling Team	31:46	1	Victoria Dubois	Mission in Motion	36:07
7	Nicholas Groll	R-Cubed	32:03	2	Nicole Kingsley		36:07
8	Brian McCarthy	HRRT	32:14	3	Katherine Rusch	RPI Cycling	38:17
9	Jeff Rivet		32:49	4	Kellie Tyler	Team Overlook	38:25
10	Q Jones	Team Brewery Ommegang	32:57	5	Marta Kirsis		38:57
MEN: JUNIORS 15 - 18 CATEGORY 3/4				6	Kathy Timpane	BCA/Linen	40:14
1	Alexander Zierer	HRRT	42:40	7	Mary Grehl		-1
2	Tommy Servetas	NYCROSS/Craft	43:04	8	Alison Desieno	R-Cubed	-1
3	Connor Singh	NYCROSS/Craft	43:42	9	Stephanie Bartzick		-1
4	Tyler Zierer	HRRT	44:31	10	Cheryl Tracy		-1
5	Luke Tanner	NYCROSS	46:46	WOMEN: JUNIOR 15 - 18 CATEGORY 3/4			
6	Noah Payne	NYCROSS/Craft	49:22	1	Victoria Servetas	NYCROSS/Craft	-1
7	Trevor Dzikowicz	HRRT	49:53	2	Maggie Payne	NYCROSS/Craft	-1
8	Patrick Frank	HRRT	50:00	3	Kayla Dzikowicz	HRRT	-1
9	Brendan Kelly	NYCROSS/Craft	-1	WOMEN: JUNIOR 9 - 14 CATEGORY 3/4			
10	Nicholas Dunham	HRRT	-1	1	Addison Rizzi	HRRT	27:11
MEN: JUNIOR 9 - 14 CATEGORY 3/4				2	Emily Bologna	HRRT	34:20
1	Trevor Dzikowicz	HRRT	18:08	3	Natalie Dessis-Dinneen		35:54
2	Paul Perry		18:39	WOMEN: OPEN CATEGORY 1/2/3			
3	Samuel Lasher		19:30	1	Jenny Ives	Verge America	46:05
4	Jacob Gilson	HRRT	21:00	2	Shylah Weber	NYCROSS/Craft	46:24
5	Finn Payne	NYCROSS/Craft	22:50	3	Lindsey Bauer	TRT Bicycles	46:31
6	Charles Lobosco III	R-Cubed	24:00	4	Kimberly Milton	R-Cubed	47:31
7	Jesse Miele		25:26	5	Alli Mrugal	RPI Cycling	48:09
8	Landon Kinal	HRRT	29:05	6	Jennifer Dean	North American Velo	49:49
9	Liam Ingleston	HRRT	29:16	7	Jennifer Harvey	HRRT	50:47
MEN: MASTERS 35-PLUS				8	Stacy Beneke	Dahanger	-1
1	Dan Harper	Team Overlook	41:18	9	Elizabeth Bouchard-Hall	Woo Girl!	-1
2	Jonathan Favata	TRT Bicycles	43:50	10	Victoria Servetas	NYCROSS/Craft	-1
3	Jonathan Albano	Capital Bicycle Racing Club	44:18	<i>Courtesy of NYCROSS Race Series</i>			
4	Andrew Rizzi	HRRT	44:32				
5	Yohsuke Takakura	Dr. Naylor/Treadwell Training	45:48				
6	Michael Crowley	NYCROSS/Craft	47:22				
7	Ryan Walker		48:50				
MEN: MASTERS 45-PLUS							
1	Bret Young	No. 22 CX Team	41:29				
2	William Sprengnether	HRRT	42:28				
3	Michael Tucker	BCA/Linen	44:18				

2ND ANNUAL STRIDES AGAINST SARCOMA 3.5 MILE TRAIL RACE

November 12, 2016 • Rush Pond Trail to Queensbury School, Queensbury

FEMALE OVERALL				MALE AGE GROUP: 40 - 49			
1	Brittany Winslow	Malta	23:39	1	William Henke	Saratoga Springs	24:18
2	Kye Ameden	Fairlee, VT	25:27	2	Jesse Howarth	Queensbury	28:58
3	Isabelle Dickens	South Glens Falls	25:53	3	Francis Cocozza	Queensbury	31:53
MALE OVERALL				4	Bob Carpenter	Queensbury	34:10
1	Alex Benway	Saratoga Springs	21:40	5	Ben Syden	Albany	38:11
2	Timo Bardi	Queensbury	23:27	FEMALE AGE GROUP: 50 - 59			
3	Nick Spozzo	Queensbury	23:35	1	Susan Keely	Glens Falls	27:16
FEMALE AGE GROUP: 1 - 19				2	Marcia Paterson	Lake George	29:40
1	Emma Spozzo	Queensbury	33:50	3	Marcy Dreimiller	South Glens Falls	30:46
2	Keenan Fronhofer	Salem	36:02	4	Susan Coyner	Glens Falls	31:14
3	Rhiannon Erwin	Queensbury	36:59	5	Mary Price	Ballston Spa	33:43
4	Erin Higgins	Glens Falls	42:25	MALE AGE GROUP: 50 - 59			
5	Shelby Fronhofer	Fort Edward	48:54	1	Matthew Karkoski	Ticonderoga	24:06
MALE AGE GROUP: 1 - 19				2	Mike Sylvia	Queensbury	24:15
1	Carson Bruening	Queensbury	28:13	3	Nick Lamando	Queensbury	24:56
2	Joe Cocozza	Queensbury	28:22	4	Gerry Florio	Glens Falls	26:49
3	Evan Weihing	Queensbury	34:15	5	Bruce Brown	Weedsport	28:04
4	Braxtyn Baker	Middle Granville	57:24	FEMALE AGE GROUP: 60 - 69			
5	Brent Azeart	North Creek	1:00:33	1	Karen Provencher	Glens Falls	30:05
FEMALE AGE GROUP: 20 - 29				2	Denise Paddock	Lake George	32:55
1	Alyssa Dausunp	Saratoga Springs	28:01	3	Jill Pederson	Lake George	35:05
2	Alex Kochon	Cleverdale	29:33	4	Theresa Hughes	Ballston Spa	45:09
3	Katie Flatley	Bethlehem, PA	33:48	5	Janet Olden	Queensbury	45:23
4	Juliete Gaudier-Jabaut	Lake George	34:35	MALE AGE GROUP: 60 - 69			
5	Monika LaPlante	Saratoga Springs	34:36	1	Paul Salerno	Fresh Meadows	25:38
MALE AGE GROUP: 20 - 29				2	George Rhein	Warwick	26:39
1	Kevin Long	Queensbury	23:59	3	Mark Sager	Glens Falls	28:44
2	Connor Plattley	Kearny, NJ	27:22	4	Rick Mazzeo	Skaneateles	28:59
3	Joe Hubert	Queensbury	27:41	5	Jim Goodspeed	Queensbury	29:15
4	Dylan Lincoln	Plattsburgh	28:52	FEMALE AGE GROUP: 70 - 79			
5	James Ross	Lake George	32:11	1	Kit Huggard	Queensbury	41:24
FEMALE AGE GROUP: 30 - 39				2	Janet Brady	Queensbury	1:06:52
1	Bridget Crossman	Fort Edward	28:33	3	Barbara Webster	South Glens Falls	1:11:59
2	Ariel Dickson	Schuylerville	28:34	4	Julie Perkins	Queensbury	1:16:15
3	Rebecca Evansky	Hudson Falls	30:37	MALE AGE GROUP: 70 - 79			
4	Chris Natalie	Arlington, VT	31:25	1	Jim Cunningham	Ticonderoga	34:26
5	Sarah Fisk	Albany	38:11	2	Harold McAfee	Queensbury	1:13:54
MALE AGE GROUP: 30 - 39				3	John Webster	South Glens Falls	1

RACE RESULTS

41ST ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE *continued*

4	Ambrose Schaffer	34	Canajoharie	59:26	2	Lori Kingsley	50	Wysox, PA	1:02:12
5	Jeffrey Hayes	33	Niskayuna	1:01:19	3	Susan Thompson	50	Queensbury	1:04:13
6	Matthew Gaschel	31	Saratoga Springs	1:04:47	4	Patty Moore	50	Queensbury	1:07:50
7	Joseph Murphy	32	Clifton Park	1:04:49	5	Alyssa Risko	51	Schenectady	1:08:40
8	Brian Lusignan	32	Delmar	1:05:02	6	Mary Buck	53	Mechanicville	1:10:18
9	Matthew Muttillio	31	Rome	1:06:02	7	Christine Varley	52	Albany	1:11:34
10	Jonathan Louden	32	Clifton Park	1:06:50	8	Mary Fenton	51	Ballston Spa	1:12:30
FEMALE AGE GROUP: 30 - 34									
1	Karen Bertasso	32	Albany	57:44	10	Teresa Warner Maiuri	51	Ghent	1:14:45
2	Alexandra Mindel	31	Arlington, MA	1:00:18	MALE AGE GROUP: 55 - 59				
3	Lisa Chase	30	Albany	1:03:03	1	Thomas Dalton	58	Schenectady	57:42
4	Jessy Montrose	30	Ballston Lake	1:03:09	2	Derrick Staley	58	Ballston Lake	58:23
5	Elizabeth Chauhan	32	Albany	1:05:01	3	John Noonan	57	Ballston Spa	59:54
6	Meghan Mortensen	31	Glenville	1:06:03	4	William Venner	57	Granville	1:01:00
7	Molly Casey	32	Albany	1:06:11	5	Robert Liebers	58	Lakewood	1:01:27
8	Meghan Louden	30	Clifton Park	1:07:04	6	Scott Ferguson	57	Latham	1:05:25
9	Stacy Crawford	32	Troy	1:08:35	7	John Parisella	58	Schenectady	1:05:58
10	Kelly Kolnick	32	Ballston Spa	1:08:58	8	Germain Boivin	56	Montreal, QC	1:06:25
MALE AGE GROUP: 35 - 39									
1	Anthony Giuliano	37	Niskayuna	50:59	9	Jamie Casline	57	Ballston Lake	1:06:32
2	John Gleeson	37	Rexford	55:31	10	Michael Murtagh	56	Scotia	1:07:07
3	Michael Cooley	37	Delmar	55:40	FEMALE AGE GROUP: 55 - 59				
4	Tucker Chrapowitzky	38	Slingerlands	56:08	1	Beth Stalker	57	Burnt Hills	1:04:29
5	Joseph Sullivan	37	Schenectady	58:45	2	Colleen Brackett	55	Albany	1:08:16
6	Thomas Joslin	37	Yorkville	1:00:33	3	Stephanie Landy	56	Malta	1:09:26
7	Brian White	38	Altamont	1:00:33	4	Inge Aiken	55	East Greenbush	1:12:13
8	Dallas Devries	39	Cohoes	1:00:58	5	Chantale Mercier	56	Montreal, QC	1:15:05
9	Paul Flyter	38	Loudonville	1:01:00	6	Janice Phoenix	55	Schenectady	1:15:51
10	Christopher Scoville	37	Rensselaer	1:01:24	7	Kathleen Beerman	55	Niskayuna	1:17:50
FEMALE AGE GROUP: 35 - 39									
1	Shelly Binsfeld	37	Clifton Park	1:05:54	8	Linda Ferguson	55	Middle Grove	1:19:24
2	Jessica Chapman	39	Bennington, VT	1:09:36	9	Jenny Lee	56	Selkirk	1:19:32
3	Laura Zima	36	Albany	1:09:50	10	Marcia Cooper	56	Burnt Hills	1:20:04
4	Kara Defeo	36	Rensselaer	1:09:55	MALE AGE GROUP: 60 - 64				
5	Vanessa Chiera	36	Watervliet	1:09:58	1	Kevin Dollard	61	Hopewell Junction	1:01:18
6	Krista Harwick	37	Mohawk	1:10:01	2	Richard Kelly	60	Schenectady	1:08:19
7	Helen Reed	36	Gloversville	1:10:49	3	Dan Hartnett	60	Wakefield, RI	1:09:07
8	Erin Murphy	36	Albany	1:10:54	4	Stephen Jones	62	Averill Park	1:11:07
9	Heather Senecal	35	Albany	1:11:01	5	George Baranuskas	63	Scotia	1:11:19
10	Coraline Falco	39	Syracuse	1:11:27	6	Ray Framarin	61	Valatie	1:13:56
MALE AGE GROUP: 40 - 44									
1	Jake Stookey	40	Clifton Park	51:53	7	Tom Lansing	64	Scotia	1:13:59
2	James O'Connor	42	Troy	53:29	8	Frank Lanzillo Jr.	61	Troy	1:14:43
3	Ray Webster	41	Altamont	55:14	9	Peter Malinowski	62	Beverly, MA	1:15:07
4	Robert Irwin	43	Guilfordland	55:49	10	Steven Palmer	60	Bainbridge	1:16:10
5	Daniel Cavallari	41	Endicott	56:50	FEMALE AGE GROUP: 60 - 64				
6	Kristofer Johnson	44	Saratoga Springs	57:04	1	Karen Provencher	61	Glens Falls	1:15:25
7	Mathew Nark	43	Albany	57:24	2	Karen Dott	60	Colonie	1:16:25
8	Dennis Vanlack	44	Duanesburg	57:30	3	Elizabeth Herkenham	60	Charlton	1:19:58
9	Randall Cannell	44	Broadalbin	58:09	4	Joan Celentano	63	Schenectady	1:25:15
10	Michael Dinicola	41	Albany	59:49	5	Cheryl Olsen	64	Schenectady	1:27:52
FEMALE AGE GROUP: 40 - 44									
1	Renee Tolan	42	Clifton Park	58:13	6	Carolyn George	62	Albany	1:28:28
2	Erin Corcoran	42	Schenectady	59:12	7	Adele Pace	63	Clifton Park	1:31:09
3	Michelle Lavigne	41	Albany	1:04:27	8	Mickey Piscitelli	60	Baldwinsville	1:31:22
4	Deanne Webster	40	Albany	1:05:29	9	Donna Choiniere	63	Colonie	1:31:53
5	Tina Greene	43	Scotia	1:06:01	10	Darlene Cardillo	63	Delmar	1:33:00
6	Shanley Alber	44	Clifton Park	1:06:05	MALE AGE GROUP: 65 - 69				
7	Erin Gregory	40	Clifton Park	1:07:34	1	Tim Haley	67	Tivoli	1:02:45
8	Jessica Northan	41	Guilfordland	1:10:57	2	Lenny Collins	67	Valatie	1:08:41
9	Jaime Farone	40	Saratoga Springs	1:11:50	3	Mike Fazioli	65	Wynantskill	1:09:24
10	Virginia Lerner	44	Malta	1:11:54	4	Brian Nagle	65	Woodstock	1:09:40
MALE AGE GROUP: 45 - 49									
1	Mark Andrews	46	Rochester	50:20	5	Peter Gerardi	65	Glenville	1:12:15
2	Tim Van Orden	48	Bennington, VT	52:08	6	Tom McGuire	65	Slingerlands	1:12:34
3	Joseph Ekuom	46	Ossining	53:20	7	James Larkin	69	Clifton Park	1:16:20
4	Volker Burkowski	45	Gansevoort	55:55	8	Randall Craig	65	Glenmont	1:18:36
5	Bill Hamel	45	Clifton Park	57:04	9	Mark Sager	66	Glens Falls	1:19:09
6	Andy Reed	45	Niskayuna	58:58	10	Joe Yavonditte	67	Schenectady	1:20:11
7	Brian Gibbons	46	Dalton, MA	59:55	FEMALE AGE GROUP: 65 - 69				
8	Craig Tynan	46	Schenectady	1:00:12	1	Martha DeGrazia	65	Slingerlands	1:16:08
9	Paul Humphrey	49	Deerfield	1:00:19	2	Katherine Ambrosio	66	Delmar	1:35:42
10	Ken Tarullo	48	Delmar	1:01:00	3	Cathy Lanese	66	Troy	1:42:48
FEMALE AGE GROUP: 45 - 49									
1	Karen Dolge	46	Valatie	1:05:09	4	Katherine Frederick	66	Clifton Park	1:43:11
2	Ann Glackin	45	Ballston Lake	1:14:24	5	Kristine Thorne	66	Clifton Park	1:44:48
3	Jill Rembetski	47	Averill Park	1:15:38	6	Patricia Darmetko	67	Cohoes	1:47:35
4	Sarah Dzikowicz	46	Amsterdam	1:15:39	7	Deborah Shakotko	65	Hudson	1:55:42
5	Ruth Sadinsky	49	Albany	1:16:23	MALE AGE GROUP: 70 - 74				
6	Jodi Selzer	49	Rensselaer	1:17:10	1	Dave Glass	70	Glenville	1:06:51
7	Sherry Amarel	49	Rensselaer	1:17:29	2	Patrick Glover	70	Clifton Park	1:13:20
8	Ronda Davis	49	Newport	1:17:32	3	Howard Jones	73	Clifton Park	1:19:11
9	Laura Flöge	45	West Sand Lake	1:17:42	4	Eduardo Munoz	74	Olmstedville	1:22:34
10	Shiobean Lemme	49	Pittsfield, MA	1:18:15	5	Thomas Kollar	70	Schenectady	1:33:37
MALE AGE GROUP: 50 - 54									
1	Kent Lemme	50	Pittsfield, MA	53:36	6	Peter Newkirk	70	Albany	1:39:11
2	John Stadlander	51	Clifton Park	55:06	7	Edward Salvo Jr.	71	Scotia	2:07:10
3	Ryan Mitchell	50	Troy	56:51	8	John Souza	70	Poughkeepsie	2:07:20
4	Mike Spitzer	53	Sheffield, MA	57:39	9	Raymond Lee Jr.	74	Halfmoon	2:14:24
5	Mark Stephenson	52	Esperance	58:17	FEMALE AGE GROUP: 70 - 74				
6	Thomas Kracker	52	Delmar	1:00:09	1	Katharine Briar-Lawson	71	Averill Park	2:02:46
7	Craig Dubois	53	Sprakers	1:00:20	MALE AGE GROUP: 75 - 79				
8	Ed Menis	52	Schenectady	1:01:46	1	Roger Robinson	77	New Paltz	1:12:40
9	Craig Evans	51	Malta	1:02:01	2	Jim Moore	77	Niskayuna	1:40:44
10	John Sestito	53	Johnsonville	1:02:47	3	Joseph Richardson	77	Slingerlands	1:41:42
FEMALE AGE GROUP: 50 - 54									
1	Susan Hay	53	Portland, OR	1:00:28	FEMALE AGE GROUP: 75 - 79				
<i>Courtesy of Hudson-Mohawk Road Runners Club</i>									

SARATOGA SPA CYCLOCROSS - NYCROSS SERIES

November 13, 2016 • Saratoga Spa State Park, Saratoga Springs

MALE AGE GROUP: 13 - 14				MALE AGE GROUP: 9 - 12				
1	Trevor Dzikowicz	HRRT		1	Jacob Gilson	HRRT		
2	Paul Perry			2	Finn Payne	NYCROSS/Craft		
3	George Isberster	R-Cubed		3	Charles Lobosco III	R-Cubed		
4	Almon Swears	Capital Bicycle Racing Club		4	Jesse Miele			
MALE: CATEGORY 3/4				FEMALE AGE GROUP: 9 - 12				
1	Cameron Lewis	Grey Ghost Bicycles		1	Addison Rizzi	HRRT		
2	Niles Gagnon	Grey Ghost Bicycles		2	Maya Healey	HRRT		
3	Andrew Meunier	Providence Velo		3	Trinity Taylor	R-Cubed		
4	Kurt Mason			4	Ruby Spregnether	HRRT		
5	Tim Russell	Thoroughbred Triathlon Coaching		5	Emily Bologna	HRRT		
6	Joe Ceglie	Paniagua Cycling		6	Natalie Dessis-Dinnen	HRRT		
7	James Honda	Expo Wheelmen		FEMALE: CATEGORY 4				
8	Jared Stritsman	Tomhannock Bicycles		1	Victoria Dubois	Mission in Motion		
9	Peter Fobare	HRRT		2	Tess Timmes	B2C2/Harvard Cycling		
10	Richard Tortorici III	R-Cubed		3	Katherine Rusch	RPI Cycling		
MALE: CATEGORY 4/5				FEMALE AGE GROUP: 80 - 84				
1	Ian Vernooy			1	Anny Stockman	84	Rensselaer	2:07:30
2	Kyle Konopnicki			<i>Courtesy of Hudson-Mohawk Road Runners Club</i>				
3	Kevin Stewart	Central Wheel/GHCC						
4	Mark Walling	Capital Bicycle Racing Club						
5	Travis Mattison	HRRT						
6	Jacob Tarbay	NYCROSS/Craft						
7	Kevin Delaney	Sofa King Slow						
8	Ryan Walker							
9	Loren Graham	CNYC/NYCM Insurance						
10	David Warburton	North American Velo						

continued

SARATOGA SPA CYCLOCROSS - NYCROSS SERIES *continued*

MALE: CATEGORY 5				MALE: MASTERS 45+			
1	Aaron Girard	R-Cubed		5	Andrew Rizzi	HRRT	
2	Lance Law	Finkraft Cycling Team		6	Yohsuke Takakura	Dr. Naylor/Treadwell Training	
3	Jeffrey Rivet			7	Christopher Yates	Elevate Cycles	
4	Nicholas Seleni	Team Placid Planet		8	Keith Watkins	CNYC/NYCM Insurance	
5	Brian McCarthy			9	Loren Graham	CNYC/NYCM Insurance	
6	Nicholas Groll	R-Cubed		MALE: MASTERS 55+			
7	Q Jones	Team Brewery Ommegang		1	William Sprengnether	HRRT	
8	David Warburton	North American Velo		2	James Wilsey	1K2GO Sports Racing	
9	Eric Feder			3	Corey Dubois	CNYC/NYCM Insurance	
10	Simon Pedrotty			4	Daniel Sevetas	HRRT	
MALE: ELITE				MALE: MASTERS 55+			
1	Jamie Belchak	Squadra Flying Tigers		1	James Walker	Team Placid Planet	
2	Julian Georg	Syracuse University Cycling		2	Gene Primomo	Capital Bicycle Racing Club	
3	Kip Roberts	Onion River Sports		3	Alan Lesage	1K2GO Sports Racing	
4	Sam Dries	No. 22 CX Team		4	Tim Leonard	NYCROSS/Craft	
5	Tim Russell	Thoroughbred Triathlon Coaching		5	Craig Walton	BCA/Linen	
6	James Davall	A Dogs Day Out		6	Eric Feder		
7	Alan Lesage	1K2GO Sports Racing		7	Michael Schmidt	Ridgefield Cycle Sport Club	
8	Rich Rutishauser	GS MVBC		8	Donald Snoopy	Hang on Snoopy Racing Team	
9	Darrell Rikert	Saratoga Biathlon		MALE: SINGLE SPEED			
FEMALE: ELITE				MALE: MASTERS 55+			
1	Bryna Blanchard	North American Velo		1	Niles Gagnon	Grey Ghost Bicycles	
2	Jenny Ives	Verge America		2	Derek Treadwell	Dr. Naylor/Treadwell Training	
3	Kimberly Milton	R-Cubed		3	Jurgen Beneke	Gates	
4	Michelle Milton	R-Cubed		4	Kip Roberts	Onion River Sports	
5	Madeleine Smith	Killington Mountain School		5	James Davall	A Dogs Day Out	
6	Jennifer Dean	North American Velo		6	Roger Young	NYCROSS/Craft	
7	Jennifer Harvey	HRRT		7	Jonathan Favata	TRT Bicycles	
8	Natalie Koch	Team Novo Nordisk		8	John Cullinan	Bicycle Depot	
9	Victoria Dubois	Mission in Motion		9	Kevin Ballou	Bikeman.com	
10	Anna Laloe	North American Velo		10	Brendan Engelmann		
MALE: FAT BIKE CROSS				MALE AGE GROUP: UNDER-19			
1	Kip Roberts	Onion River Sports		1	Alexander Zierer	HRRT	
2	Kevin Ballou	Bikeman.com		2	Tommy Servetas	NYCROSS/Craft	
3	Aaron Girard	R-Cubed		3	Connor Singh	NYCROSS/Craft	
4	Nicholas Seleni	Team Placid Planet		4	Luke Tanner	NYCROSS/Craft	
5	Brian McCarthy			5	Tyler Zierer	HRRT	
6	Charles Lobosco	R-Cubed		6	Patrick Frank	HRRT	
7	Rich Shade			7	Noah Payne	NYCROSS/Craft	
8	David Smith	Team Placid Planet		8	Nicholas Dunham	HRRT	
9	Christopher Yates	Elevate Cycles		9	Adam Weitz	HRRT	
10	Jud Speer	Team Brewery Ommegang		FEMALE AGE GROUP: UNDER-19			
FEMALE: FAT BIKE CROSS				MALE: MASTERS 35+			
1	Michelle Milton	R-Cubed		1	Derek Treadwell	Dr. Naylor/Treadwell Training	
2	Kimberly Milton	R-Cubed		2	Jonathan Favata	TRT Bicycles	

69TH ANNUAL TROY TURKEY TROT
November 24, 2016 • Troy Atrium, Troy

5K ROAD RACE

MALE OVERALL

1	Jonathan Aziz	25	Boulder, CO	15:02
2	Conor Cashin	24	Albany	15:16
3	Justin Van Epps	20	Clifton Park	15:45

FEMALE OVERALL

1	Courtney Breiner	19	Troy	17:37
2	Caitlin Abelseth	23	Voorheesville	17:39
3	Mollie Turner	36	Averill Park	17:49

MALE AGE GROUP: 1 - 14

1	Jared Deno	13	Clifton Park	20:14
2	Rocco Di Carlo	12	Troy	20:40
3	Matthew Calicchia	13	Loudonville	21:27

FEMALE AGE GROUP: 1 - 14

1	Olivia Morganti	14	Syracuse	20:12
2	Sophia Bisognano	14	Albany	21:05
3	Maya Humbert	14	Northfield	21:33

MALE AGE GROUP: 15 - 19

1	Jacob Johnson	19	Albany	15:52
2	Jeremy Carter	18	Troy	16:10
3	Branden McAuley	17	Colonie	16:38

FEMALE AGE GROUP: 15 - 19

1	Kathryn Tenney	15	Albany	18:32
2	Amanda Chambers	17	Schenectady	18:49
3	Carolyn Burnell	15	Melrose	19:54

MALE AGE GROUP: 20 - 24

1	Niall Coughlin	20	Castleton	16:46
2	Matthew Cuomo	21	Carlisle, MA	17:10
3	Patrick Burke	24	Seaford	17:14

FEMALE AGE GROUP: 20 - 24

1	Kerry Caher	22	Clifton Park	17:56
2	Catherine Maloy	21	Albany	18:04
3	Sara Buckley	22	Slingerlands	18:55

MALE AGE GROUP: 25 - 29

1	Aaron Lozier	28	Albany	15:59
2	Tim Russell	27	Bennington, VT	17:22
3	Michael Daugherty	25	Rexford	17:23

FEMALE AGE GROUP: 25 - 29

1	Kate Clough	25	Voorheesville	21:56
2	Alexa Veeder	25	Earlton	21:58
3	Lindsey Swedick	27	New York	22:21

MALE AGE GROUP: 30 - 34

1	Louie DiNuzzo	34	Saratoga Springs	15:59
2	Jeff Ares	32	New York	16:17
3	Jesse Belden	33	Barrington, RI	17:50

FEMALE AGE GROUP: 30 - 34

1	Alexandra Mindel	31	Arlington, MA	18:47
2	Trish Horan	31	Binghamton	20:33
3	Stacy Crawford	32	Troy	21:30

MALE AGE GROUP: 35 - 39

1	Shaun Horan	35	Binghamton	17:07
2	Matthew Crave	39	Schenectady	18:30
3	John Paige III	36	Troy	19:01

FEMALE AGE GROUP: 35 - 39

1	Lauren Cummings	37	San Mateo, CA	19:14
2	Beth Ann Coulton	37	Brooklyn	21:18
3	Alana Bonner	36	Pincourt, QC	21:31

MALE AGE GROUP: 40 - 44

1	Shawn McGrath	42	Ridgefield, CT	19:29
2	Daniel Phelan	44	Albany	19:36
3	Christopher Sohn	43	Troy	20:05

FEMALE AGE GROUP: 40 - 44

1	Nora McGrath	42	Ridgefield, CT	19:37
2	Michelle Lavigne	41	Albany	20:21
3	Miriam Beyer	40	Brooklyn	21:11

MALE AGE GROUP: 45 - 49

1	Doug Hough	48	Latham	19:14
2	Chris Gooley	49	Hopkinton, MA	19:43
3	John Furgele	48	Glenmont	19:52

FEMALE AGE GROUP: 45 - 49

1	Nell Ball	49	Glenmont	22:10
2	Alicia Marchese	46	Clifton Park	22:28
3	Maryann Reilly-Johnson	48	Albany	22:29

MALE AGE GROUP: 50 - 54

1	Jack Arnold	53	Latham	18:57
2	John Sestito	53	Johnsonville	19:55
3	Mark Calicchia	52	Loudonville	20:48

FEMALE AGE GROUP: 50 - 54

1	Theresa Fiori	50	Slingerlands	18:54
2	Kristen Hislop	52	Clifton Park	21:40
3	Kimberly Scaringe	52	Cohoes	23:06

MALE AGE GROUP: 55 - 59

1	Mike Veeder Sr.	55	Earlton	20:09
2	Kevin Cuomo	55	Carlisle, MA	20:55
3	Christopher Murphy	59	Schenectady	21:35

FEMALE AGE GROUP: 55 - 59

1	Susan Matthews	57	Troy	26:04
2	Mary Phoenix	57	Clifton Park	26:31
3	Ann Dillon	58	Troy	26:40

MALE AGE GROUP: 60 - 64

1	Rob Picotte	63	Ballston Spa	21:26
2	Kevin Rose	64	Latham	21:42
3	Bill Farry	63	Pittsfield, MA	23:32

FEMALE AGE GROUP: 60 - 64

1	Suzy Coffey	60	Alexandria, VA	23:36
2	Carolyn George	62	Albany	26:27
3	Maureen Kirsch	60	East Greenbush	26:39

MALE AGE GROUP: 65 - 69

1	Michael Fazioli	65	Wynantskill	21:13
2	Ed Regan	65	Averill Park	26:05
3	James Fiore	69	Latham	26:22

FEMALE AGE GROUP: 65 - 69

1	Mary Collins-Finn	67	Albany	28:53
2	Cheryl Kirkendall	65	Latham	32:08
3	Betty Bellino	67	East Greenbush	32:10

MALE AGE GROUP: 70 - 74

1	Frank Myers	71	Albany	26:40
2	Scott Patterson	70	Niskayuna	31:57
3	David Cross	70	Clifton Park	32:39

FEMALE AGE GROUP: 70 - 74

1	Nancy Johnston	70	Ballston Lake	36:33
2	Joanne Skerritt	70	Troy	37:17
3	Claire Gregoire	74	Waterford	42:51

MALE AGE GROUP: 75 - 79

1	Frank Lewandusky Sr.	79	Waterford	33:41
2	Robert Knouse	77	Voorheesville	38:43

FEMALE AGE GROUP: 75 - 79

1	Clara Hunt	79	Rensselaer	49:50
2	Cindy Obidinski	77	Rensselaer	1:03:25

MALE AGE GROUP: 80 - 84

1	Richard Schumacher	83	Hoosick Falls	41:29
2	James Owens	81	Latham	43:50
3	Pellegrino Deciani	80		47:34

MALE AGE GROUP: 85 - 89

1	Bill Ryder	87	Albany	42:11
2	Robert Gallagher	85		57:07

10K ROAD RACE

MALE OVERALL

1	Ricardo Estremera	30	Tallahassee, FL	31:00
2	Jacob Andrews	23	Troy	31:17
3	Scott Mindel	30	Arlington, MA	31:23

FEMALE OVERALL

1	Karen Bertasso	32	Albany	36:28
2	Brittany Winslow	23	Ballston Spa	36:59
3	Hannah Brooker	25	Albany	38:01

MALE AGE GROUP: 1 - 14

1	Spencer Daley	14	Troy	39:28
2	Collin Douglas	14	Petersburg	43:03
3	Angelo Orciuoli	14	New York	45:21

FEMALE AGE GROUP: 1 - 14

1	Keeley Frazier	13	Watervliet	50:58
2	Eden Nestler	14	Cohoes	1:02:54
3	Catie Finn	13	Schenectady	1:09:38

MALE AGE GROUP: 15 - 19

1	James Faraci	17	Troy	35:38
2	Jacob Jampel	17	West Newton, MA	35:39
3	Anthony Erno	19	Glenville	36:23

FEMALE AGE GROUP: 15 - 19

1	Rebecca Miceli	19	Slingerlands	42:27
2	Shannen Kerin	18	Colonie	43:06
3	Samantha Pellegrini	16	Albany	44:20

MALE AGE GROUP: 20 - 24

1	Nick Marcantonio	23	Glens Falls	31:28
2	Dylan Lowry	24	Buffalo	32:35
3	Colin Charpentier	23	Evans Mills	34:10

FEMALE AGE GROUP: 20 - 24

1	Madeline Groen	20	Slingerlands	40:08
2	Sarah Popovitch	23	Saratoga Springs	41:18
3	Leigh Ann Labate	22	New York	43:38

MALE AGE GROUP: 25 - 29

1	Matt Brooker	26	Albany	32:02
2	Sean Nestor	26	Evans Mills	32:53
3	Alex Benway	26	Saratoga Springs	33:50

FEMALE AGE GROUP: 25 - 29

1	Francesca Delucia	28	Troy	38:28
2	Nicole Soblosky	29	Albany	39:38
3	Katlin Mock	26	Albany	41:30

MALE AGE GROUP: 30 - 34

1	Dave Vona	34	Valatie	35:58
2	Tim Connelly	33	Medford, MA	37:30
3	Ambrose Schaffer	34	Palatine Bridge	38:00

FEMALE AGE GROUP: 30 - 34

1	Lisa Chase	30	Albany	39:41
2	Meghan Mortensen	31	Glenville	41:50
3	Meghan Louden	30	Clifton Park	41:58

MALE AGE GROUP: 35 - 39

1	Joseph Sullivan	37	Schenectady	37:43
2	Matthew Barshied	35	New York	37:58
3	Dallas Devries	39	Cohoes	38:29

FEMALE AGE GROUP: 35 - 39

1	Shelly Binsfield	37	Clifton Park	42:31
2	Kari Deer	37	Slingerlands	42:39
3	Laura Zima	36	Albany	43:59

MALE AGE GROUP: 40 - 44

1	Jake Stookey	40	Clifton Park	35:21
2	Paul Archambault	40	Troy	35:45
3	Ray Webster	41	Altamont	35:56

FEMALE AGE GROUP: 40 - 44

1	Erin Corcoran	42	Schenectady	38:17
2	Tina Greene	43	Schenectady	42:36
3	Erin Gregory	40	Clifton Park	43:04

MALE AGE GROUP: 45 - 49

1	Volker Burkowski	45	Gansevoort	35:44
2	Bill Hamel	45	Clifton Park	36:54
3	John Pusateri	49	Castleton-on-Hudson	39:52

FEMALE AGE GROUP: 45 - 49

1	Emily Bryans	49	Delanson	46:05
2	Laura Clark	46	Nassau	46:34
3	Jill Rembetski	47	Averill Park	48:15

MALE AGE GROUP: 50 - 54

1	John Stadlander	51	Clifton Park	36:03
2	Ryan Mitchell	50	Troy	36:54
3	Mark Stephenson	52	Esperance	38:27

FEMALE AGE GROUP: 50 - 54

1	Susan Thompson	50	Queensbury	42:11
2	Anne Benson	51	Clifton Park	42:31
3	Karen Galpin	54	Cohoes	44:40

MALE AGE GROUP: 55 - 59

1	Thomas Dalton	58	Schenectady	37:46
2	Chris Buckley	55	Burnt Hills	41:35
3	Peter Vellis	57	Troy	42:24

FEMALE AGE GROUP: 55 - 59

1	Beth Stalker	57	Burnt Hills	41:38
2	Colleen Brackett	55	Albany	44:06
3	Margaret McKeown	58	Moreau	47:10

MALE AGE GROUP: 60 - 64

1	Kevin Dollard	61	Hopewell Junction	39:43
2	James Forbes	62	Valley Falls	43:50
3	Steven Schonwetter	62	Clifton Park	44:04

FEMALE AGE GROUP: 60 - 64

1	Cathy Sliwinski	61	Albany	51:50
2	Deb Ward	61	Schenectady	55:54
3	Colleen Walsh	60	Troy	56:48

MALE AGE GROUP: 65 - 69

1	Kevin Donohue	65	Troy	45:22
2	Tom McGuire	65	Slingerlands	45:52
3	James Larkin	69	Clifton Park	47:59

FEMALE AGE GROUP: 65 - 69

1	Martha DeGrazia	65	Slingerlands	50:05
2	Cathy Lanese	66	Troy	1:02:56
3	Patricia Darmetko	67	Cohoes	1:06:43

MALE AGE GROUP: 70 - 74

1	Dave Glass	70	Glenville	42:55
2	Patrick Glover	70	Clifton Park	47:29
3	Peter Newkirk	70	Albany	54:46

FEMALE AGE GROUP: 70 - 74

1	Linda Keeley	71	Waterford	1:38:52
---	--------------	----	-----------	---------

MALE AGE GROUP: 75 - 79

1	Joe Silva	75	Albany	1:15:50
---	-----------	----	--------	---------

FEMALE AGE GROUP: 75 - 79

1	Eiko Bogue	79	Schaghticoke	1:24:05
---	------------	----	--------------	---------

GRADE SCHOOL MILE

MALE OVERALL

1	Aidan Wallen	Wynantskill	6:03
2	Ricky Duffy IV	Clifton Park	6:09
3	Evan O'Connor	Sand Lake	6:42
4	Nolan Parker	Evans	6:45
5	Brooks McMahon	West Hartford	6:50
6	Nicholas Demarco	Albany	6:54
7	Brian Manny	Troy	6:57
8	Kieran Salls	Manassas	7:01
9	Owen Wallen	Wynantskill	7:01
10	Logan Stein	Clifton Park	7:02

FEMALE OVERALL

1	Lily Czub	Schaghticoke	6:35
2	Kamryn Dougherty	East	

Businesses, Organizations, Destinations & Events...

**Get Face to Face
with 8,000 Sports, Fitness
& Travel Enthusiasts!**

Upstate New York's Largest Consumer Show

HURRY!
BOOTHS 50%
SOLD OUT!

**12TH
ANNUAL**

**ADIRONDACK
SPORTS**

**SUMMER
EXPO**

MARCH 18 & 19

Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
522 Broadway, Saratoga Springs

**Get on Board for Upstate
New York's Leading Sports,
Fitness & Travel Show!**

- Promote/sell your products/ services at the start of the season when attendees are ready to make decisions, and plan events and trips
- Stay ahead of your competition! Our exhibitors discovered great success at the 2016 expo

Maximize Your Exposure

- Showcase your products/ services to an active audience
- Advertise in our attendee guide to extend your exposure
- Reach 50,000 enthusiasts through our magazine, social media and email marketing channels
- Sponsorship opportunities are available

The Expo will Sell Out in Advance – Register Now!

Contact us at: 518-877-8788 or Info@AdkSports.com

More info, media kit and contract: AdkSports.com/expos