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## Lake Placid Loppet



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## Lake Placid Nordic Festival and XC Junior National Championships

By Mim Frantz

If you haven't dusted off and waxed up your Nordic ski gear for the year, now is the time to get out there and enjoy. After a disappointing snowfall last year, Mt. Van Hoevenberg - the Olympic Cross Country venue in Lake Placid is making a triumphant comeback, and has been running since November and now with optimal conditions, all 50 kilometers of their trail system is groomed and ready to enjoy. It is a world-class venue with beginner to advanced terrain. This season, the venue will be showcased in two upcoming large-scale events.

The first of these events is the **Lake Placid Nordic Festival** on Friday-Sunday, February 24-26. The festival features cross country ski racing for the young and old with both shorter and longer courses for the recreational skier to the elite racer. The Loppet is a 33-year-old tradition that in the last three seasons has evolved into a comprehensive Lake Placid Nordic Festival.

Mt. Van Hoevenberg Nordic Program Manager, Kris Cheney Seymour remarked, "The festival is focusing on the future growth of the Lake Placid Loppet. With the introduction of our Citizens Ski Challenges, there is an event for all participants. We are focusing on creating a family-friendly event that provides an opportunity for nearly every age and ability." He added, "Not only do we want to grow the event, but the sport of cross country skiing as a whole, it really can be for everyone."

The marquee event of the weekend and the historical headliner is the Lake Placid Loppet on Saturday, February 25 with 50K and 25K classic and freestyle races. The word 'Loppet' is of Norwegian origin and refers to a long distance ski race. The Lake Placid Loppet originated in 1982, soon after the 1980 Winter

Olympic Games, as a way to showcase the Olympic cross country trail system and to share with the world the treasures and beauty of Nordic skiing in the Adirondack woodlands.

However, the Loppet is no walk in the park. The course is 50K (31 miles) long - longer than a marathon - covering challenging terrain where skiers are usually either climbing or descending. In fact, the course has a vertical ascent of 3,300 feet. That is just over 100 feet shy of the vertical of Whiteface Mountain. The Loppet race offers a categories in both classic skiing and freestyle (skate) skiing and the field is always large and widely varied.

There will be elite ski racers watching the clock, their competitors and their heart-rate monitors. There will also be large contingency of racers who aren't there to race at all, but instead are out for the love of the sport, the outdoors, and want to test their fitness level in this touted winter challenge. Race times to complete the course typically range from two-and-a-half hours to over six hours, and temperatures have ranged from the high 30s to -20 degrees for this February adventure. There is no doubt that Nordic athletes are some of the heartiest and healthiest athletes in the world. As a testament, there are always some well-documented, Loppet-esque, finisher photos of men with crystallized ice beards and eyebrows, and exuberantly glowing faces.

Dr. Francis Trudeau, a Saranac Lake native and founding president of the Trudeau Institute, was one of the original race organizers. He was an accomplished athlete himself and is famous for saying, "exercise is the best medicine." Today in his memory, the Founder's Trophy is awarded to the oldest finisher.

Brian Delaney, owner of High Peaks Cyclery, has raced the 50K Loppet almost every year since 1984. "I always look forward



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## ALPINE SKIING &amp; RIDING

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GORE MOUNTAIN

## By Gail Setlock

Today's ski gear has made it easier to ski a variety of conditions and terrain. The rockered technology makes a ski more versatile in a variety of snow conditions for all levels of skiers. And to make your skiing more fun, you should be more versatile in your tactical approach, technique and style.

Your gear – skis, boots, poles – are your connection with the snow. So my first tip is to have your gear in good repair and the proper fit for you.

**Keep Your Skis Tuned** – Edges can dull quickly, even if you are skiing on packed powder. Keep your skis tuned so they will perform consistently each time you ski. Your local ski shop can tune them for you, as well as the shop at your mountain. Or, if you choose to tune them yourself, there are great hand tools available – be sure to have someone show you how to use the tools correctly if you choose to tune your own skis.

**Get Your Boots Fitted Properly** – Properly fitted boots are the most important part of all your gear as they are your connection to your skis. A good fitting boot allows your movements to transfer directly to the ski. For example when you tip your feet in a properly fitted boot, your result will be better edging skills. Your local shop can adjust your foot bed, cuff, and/or your boot sole to achieve

better alignment. And wear only one pair of wool ski socks. Wearing two pairs of socks can cause bunching and pressure points in your boots, making your fit uncomfortable.

### Check the Length of Your Ski Poles

– The swing and touch of your poles is critical to promote good timing and rhythm of your turns. Poles that are too short may cause you to bend too much; poles that are too long may cause you to stand too tall. A guide to a good pole size: when standing indoors hold your pole by the grip, keeping the pole vertical with the point of the pole on the floor. Your forearm should be parallel to the floor, or slightly lower than parallel.

**Now That Your Gear is in Good Shape, Let's Hit the Slopes!** – Skiing is fun and exciting for all levels of skiers. You don't have to ski the steep black diamond trails to have some challenge and excitement.

**Take a New Tactical Approach** – Making good tactical decisions can make any trail more challenging and fun. The mountain is your playground, so explore it in a variety of playful ways. Quite often people ski the same type turn regardless of the trail pitch or snow conditions.

For example, some people prefer to ski longer turns, while others like short turns. Some folks ski on the edge of the trail, while others go back and forth across the trail from

treeline to treeline. Next time you go skiing try something different. Ski turns of a different size and shape than you usually do. Or shake it up a bit by skiing three long turns, three short turns, three long and three short, while maintaining a rhythm and flow – don't stall or traverse in between the size changes. This allows you to be more versatile and playful on the trails.

Another tactical challenge is to add more shape to your turn. Often, people don't finish their turns, thus picking up speed with each turn. Add more shape – ski a more rounded turn – making sure to finish your turn to help control your speed. This can be especially helpful on steeper terrain.

Another fun tactic is skiing in synchronization with another skier. Synchronized skiing is not only fun, but makes you ski to another person's rhythm and turn shape. There are many different patterns you can do with two or more people. One of the easiest synchro styles is to have one person ski in front of you. You will mirror them by turning the same direction at the same time. Key in on their pole swing – as soon as they swing that left pole, you do the same, and make the same left turn size and shape they are in the same direction. And get ready for the next turn by watching and making your right pole swing and touch when they do, then making your right-hand turn mirroring them. Keep watch-

ing their pole swing as that is an easy indicator of when they are going to make the next turn.

Another fun synchro style is skiing side-by-side, with both of you turning the same direction at the same time. You may need to adjust your turn shape, making either shallow or more rounded turns in order to maintain the same speed as your partner, while maintaining the same cadence and rhythm – and turning in the same direction at the same time. One of the great outcomes of synchro skiing is that you turn on demand – turn to the other person's rhythm and timing – and you may turn in places on the hill that you normally might avoid.

Making different tactical choices in your skiing is not only fun, but will take your skiing skills to the next level. It allows you to challenge yourself without pushing yourself into the "yikes zone" of fear.

**Take a Ski Lesson** – Lessons are fun, and you can work on a variety of things that will help you enjoy your ski day. An instructor can help you with technique, or maybe show you some of the tactile options mentioned above. Skiing with an instructor will not only give you a good visual image to copy, but will allow you to talk with them about what your personal goals are and how to achieve them. Many instructors are certified with the Professional Ski Instructors of America (PSIA), which means they have studied, practiced, and challenged themselves to achieve a professional level of certification.

And make time to practice what you've learned. It's fun to challenge yourself. You'll find that you will get out of your skiing what you put into it! Having good equipment that fits you well, along with changing some tactics in your skiing will take you to the next level.

Check with your favorite mountain to learn more about lessons, programs, and clinics that fit your needs. In addition to the typical one- or two-hour lessons that mountains provide, many offer multi-week programs – as well as weekend clinics that focus on your goals. 🌲

*Gail Setlock (gail@goremountain.com) is the Director of the Gore Mountain Snow Sports School. A 35-year member of PSIA, Gail is level 3 certified and is an alpine examiner for PSIA. In the off-season, she is an avid mountain biker and says the two sports complement each other with rhythm, timing and making tactical decisions.*



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**2017 WSSF World Snowshoe Championship**

SARANAC LAKE – The World Snowshoe Federation World Snowshoe Championship will be held Saturday, February 25 in Saranac Lake. Previously hosted in Austria, Canada, Italy, Japan and Sweden, this will be its first time taking place on United States snow!

The main event is the 10K Snowshoe Championship, launching Iditarod-style down the village streets, and then tackling the challenging terrain of Dewey Mountain with 1,250 feet of climbing. This will be followed by the combined 5K runs with 600 feet of climbing. Starting together are the Junior 5K Championship, Citizens' Race, and a fun Shoe-Be-Do hilly walk through the woods. Refreshment stations will be placed approximately every 2K, including at the heated Dewey Mountain Lodge for spectators at the halfway point. Some diehards are doubling their fun by registering for both events! Dion Snowshoes and several other vendors will provide ample loaners for all.

Expect a full format of Olympic-style pomp and circumstance beginning with Friday's kickoff Athlete's Parade, Opening Ceremonies at the Town Hall, and an Under the Lights Ski & Snowshoe Jam at Dewey Mountain. Saturday features vendors and a Winter Heat Salsa Fiesta at the Town Hall. An evening banquet and Awards Ceremony will be held at North Country Community College, where you will have the opportunity to chat with athletes from across the U.S. and the world. Cap the evening with fireworks over Lake Flower.

With no qualifiers required and plenty of event options, everyone is encouraged to take advantage of this once-in-a-lifetime opportunity! Go to: [saranalake.com/world-snowshoe-championships](http://saranalake.com/world-snowshoe-championships). –Laura Clark

**Mohawk Hudson Marathon/Half Registration & New Expo Venue**

ALBANY – The Mohawk Hudson River Marathon and Hannaford Half Marathon will be on Sunday, October 8, and registration will open on Wednesday, March 8 at 7am. The marathon is a Boston qualifier and is a point-to-point course that is primarily flat and fast, with a net elevation loss of 370 feet. Approximately two-thirds of the marathon course is on paved bike path, and one-third on city streets. The marathon starts in Schenectady's Central Park and finishes at Corning Preserve.

The Hannaford Half Marathon uses the second half of the marathon course. The half marathon, which runs from the Colonie Town Park in Colonie to the Corning Preserve in Albany, sells out within hours.

The brand new Albany Capital Center will be the venue for this year's race expo and packet pickup. The expanded expo will be on Saturday, October 7 from 10am to 5pm in Downtown Albany. In conjunction with the Mohawk Hudson Marathon/Half Expo, Adirondack Sports will also host the Adirondack Sports Expo with additional sports, health, fitness and travel vendors to complement the race exhibitors. For more info, visit [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

**Moose River Plains Mountain Biking Plan Comments Sought**

RAY BROOK – The Adirondack Park Agency is accepting public comments on Adirondack Park State Land Master Plan conformance for new development proposed in an amendment to the Moose River Plains Wild Forest Unit Management Plan.

Plans being reviewed include expanding universal access for persons with disabilities, adding motor vehicle parking facilities, and increasing biking opportunities. DEC seeks

to construct singletrack trails, and make bicycling connections to trails at Eighth Lake Campground, Great Camp Sagamore and nearby communities.

The Moose River Plains Wild Forest is located in the towns of Webb and Ohio in Herkimer County and the towns of Arietta, Inlet, Long Lake, Lake Pleasant and Morehouse in Hamilton County. A UMP for the area was completed in January 2011. The proposed amendment would address previous actions from the 2011 UMP; incorporate proposals by the IMBA as part of a comprehensive mountain bike trail plan; provide more recreational opportunities for persons with disabilities; and address parking issues along NY Route 28. Mountain bike objectives include expanding singletrack riding in the Moose River Plains, Eighth Lake Campground and Great Camp Sagamore area. The APA will accept public comment until February 17. For more info, go to [apa.ny.gov](http://apa.ny.gov).

**Empire State Trail by 2020**

ALBANY – A proposal to complete the Hudson River Valley Greenway and Erie Canalway trails by 2020 to create the Empire State Trail, the largest state multiuse trail in the nation, was announced by Governor Andrew Cuomo on January 20. To achieve this, the state will develop 350 miles of new trail in three phases to create a 750-mile pathway for hiking and biking along scenic vistas and through charm-

ing, historic communities. The Empire State Trail will span much of the state, from the New York Harbor to the Adirondack Mountains to the Canadian border – and from the shores of Lake Erie along the historic Erie Canal to the heart of the Capital Region.

New York's existing Hudson River Valley Greenway and the Erie Canalway are two renowned multiuse trailways in the U.S., but both trails remain unfinished with a number of gaps across the state. Currently, the Hudson River Valley Greenway is 50% complete and crosses the Appalachian Trail, spanning 260 miles between the Manhattan Battery and Lake George. The Erie Canalway is 80% complete and runs 360 miles along the Erie Canal, connecting Buffalo to Albany. The Governor's commitment to complete this trail coincides with the bicentennial of the Erie Canal, as construction of the engineering marvel began in 1817.

Each year, approximately 1.5 million people use the Erie Canalway Trail. The Buffalo-Pendleton segment is the most heavily used part of the Canalway Trail with approximately 350,000 annual users. With this proposal, remaining gaps will be completed to connect the two trails to establish the New York's Empire State Trail to attract more hikers, bikers and cross country skiers, plus provide access to destinations, heritage areas and historic sites. Learn more at [governor.ny.gov](http://governor.ny.gov).



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**FROM THE PUBLISHERS Winter Wonderland**



It's February, winter is back and the snowy and ice season just got more exciting! Snow for downhill skiing, cross country skiing, snowshoeing and cold temps for ice skating, winter carnivals and festivals are all plentiful in your backyard, the mountains and beyond.

Plan a day or multiday adventure, sign up for a winter race or event, and stock-up on winter gear and clothing. The days are getting longer so use the articles and events in these pages to motivate you to get out and play – during the day or under the lights and stars!

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### February-April 2017\*

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

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

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- 11-12 Master the Mountain Alpine Ski or Snowboard Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- 12 Mini-Shredders Jibfest.** Gore, North Creek. 251-2411. goremountain.com
- 17 12th Fire on the Mountain w/Audio Stars.** 7pm-12am. Fireworks, torchlight parade, more. West, Queensbury. 636-3699. westmnt.net.
- 20 USASA Boarder/Skierncross.** Gore Ski Bowl, North Creek. 251-2411. goremountain.com.
- 11 Willard Fun Cup Race Series.** Fun, timed races for 14-under. Willard, Easton. 692-7337. willardmountain.com.
- 25-26 Alpine Ski & Snowboard Clinic: For Women Only.** Gore, North Creek. 251-2411. goremountain.com.

**MARCH**

- 3 1st Whiteface Ski Mountaineering Classic.** 7am. Benefits NYSEF & Keene Valley Ski Club. Whiteface, Wilmington. Mountaineer: 576-2281. mountaineer.com.
- 4 Ski for MS Gore.** Gore, North Creek. 970-926-1279. mscando.org/gore.
- 4 Pico Ski Mountaineering Race.** Skin up, ski down, repeat. 8am. Pico, Killington, VT. Jack Cary: 802-540-5225. endurancesociety.org.
- 4 Thunderbolt Ski Race.** Backcountry ski/snowboard race. 2.5M ascent/1M descent. Thunderbolt Ski Run, Adams, MA. thunderboltskirunners.org.
- 4-5 15th Adirondack Backcountry Skifest.** Guided ski, clinics, demos. Mountaineer, Keene Valley. Mountaineer: 576-2281. mountaineer.com.
- 4-5 Glades & Glory Ski & Snowboard Clinics.** Gore, North Creek. 251-2411. goremountain.com.
- 11 Adirondacker's Log Jam Ski Ride.** 12pm. Gore, North Creek. 251-2411. goremountain.com.
- 12 March Give Back Sunday.** Whiteface, Wilmington. whiteface.com.
- 17 Irish Spirit Race.** Gore, North Creek. 251-2411. goremountain.com.
- 18 NE Rando (Skimo) Race: The Beast.** 10am. Berkshire East, Charlemont, MA. nerandorace.blogspot.com.
- 25 Slush Cup & Cardboard Derby.** 12pm: Derby. 1pm: Slush Cup. Music, food. West, Queensbury. 636-3699. westmnt.net.
- 26 Maple Day.** Maple face, music, ticket specials. Gore, North Creek. 251-2411. goremountain.com.

**APRIL**

- 1 April Fool's Pond Skim.** Gore, North Creek. 251-2411. goremountain.com.

### BICYCLING & MOUNTAIN BIKING

**ONGOING**

- Tue Fat Bike Ride.** 6pm. Depends on trail conditions. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.
- FEBRUARY**
- 11 3rd Saratoga Fat Bike Rally.** 9am-6pm. Group rides, fun race, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- 18 Salsa Cycles & CK Cycles Winter Fatbike Demo.** 10am. North Bethlehem Town Park, Bethlehem. ckcycles.com.
- 19 Snowball Express Century & Half Century.** 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 19 Salsa Cycles & High Peaks Bike Demo.** 10am-2pm. High Peaks Cyclery, Lake Placid. 523-3764. highpeaksccclery.com.

**MARCH**

- 4 Winona Forest IditaFAT Bike Race.** 7-22M. 8am. Winona SE, Lacona. iditafat.com.
- 11 2nd Maple Moonshine Fat Bike Criterium.** 6:30pm. Maple Ski Ridge, Rotterdam. 381-4700. bikereg.com.
- 11 Big & Fat Tire Bike Race.** 10am. West Mountain, Queensbury. 636-3699. westmnt.net.
- 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**

- 8 Trooper David Brinkerhoff Memorial Race Series.** 12M loops. 11am. Coxsackie-Athens HS, Coxsackie. Tom: 506-6905. cbrc.cc.
- 9 NICA MTB Race.** Blue Mountain Park, Peekskill. newyorkmtb.org.
- 8 Trooper David Brinkerhoff Memorial Race Series.** 12M loops. 11am. Coxsackie-Athens HS, Coxsackie. Tom: 506-6905. cbrc.cc.
- 22 Tour of the Battenkill Spring Preview Ride.** 68M. 10am. Washington Co Fairgrounds, Greenwich. 413-331-3478. tourofthebattenkill.com.
- 22 2nd Finger Lakes Gravel Challenge.** 22-33M. 10am. Harriet Holister Spencer SP, Springwater. 585-869-1836. teamtowpathroadracing.com.
- 23 NICA MTB Race.** Lippman Timber Ridge XC, Lippman Park, Wawarsing. newyorkmtb.org.
- 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.
- 29 Ossian Giant Gravel Grinder.** 32M. 10am. Swain Resort, Swain. bikereg.com.

**MAY**

- 6 Women's Woodstock Cycling Grand Prix Race.** 8am. Community Center, Woodstock. womenswoodstockcycling.com.
- 20 13th Tour of the Battenkill.** 75M. 10:45am. Greenwich. 413-331-3478. tourofthebattenkill.com.
- 21 13th Team Billy Bike Ride & Walk for Research.** 8:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 21 Farmer's Daughter Gravel Grinder.** 9am. Fairgrounds, Chatham. farmersdaughtergravelgrinder.com.

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**Saturday, March 11 - 6:30pm**

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- Ice Castle Beer Garden • Costumes encouraged

**Register: BikeReg.com • (518) 381-4700**

**CROSS COUNTRY SKIING, BIATHLON & ORIENTEERING ONGOING**

- Tue** Graymont Tuesday Night XC Ski Races. 5:30pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- Thu** Soup-er Seniors XC Ski & Snowshoe Day. Thru 3/23 non-holiday. Discounted fee & free soup. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Fri** Friday Night XC Ski Jam: 1/6, 1/20, 2/17. 7pm. Lighted trails, music, food. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- Sun** Garnet Hill/UHTA Backcountry Ski Tours. 9am. 1/8-3/26. Siamese Ponds Wilderness. Garnet Hill, North River. Reserve: 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.

**FEBRUARY**

- 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. Reserve: 863-4974. laplandlake.com.
- 11** Winona Forest Tourathon XC Ski Race. 12.5K/25K/50K classic on 12.5K loop. 8am. CCC Camp, Winona SE, Mannsville. winonaforest.com.
- 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, 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, 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, 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. xcjunior nationals2017.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 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, 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. Trapp Family Lodge, Stowe, VT. stowenordic.org.
- 11-12** Saratoga Biathlon Championships. Sat: Sprint. Sun: Relays. Saratoga Biathlon, Hadley. saratogabiathlon.com.
- 12** Moonlight XC Ski & Snowshoe & Poker Run! 6pm w/finger foods. Garnet Hill, North River. 251-2150. garnet-hill.com.

- 18** Pineridge XC Ski Orienteering. 10am. Pineridge, Petersburg. nyssranordic.org.
- 18-19** DEC Camp Santanoni Winter Weekend Open House. 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.

**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: 2/27-4/8 & 4/24-6/3. 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.

**HIKING, ROCK/ICE CLIMBING & SKILLS ONGOING**

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

**FEBRUARY**

- 11** Moonlight Snowshoe & Fondue. 6pm. Garnet Hill, North River. 251-2150. garnet-hill.com.
- 14** Romantic Animals Hike. 1-3pm. Moreau Lake SP, Gansevoort. 793-0511. nysparks.com.
- 15** Mud Pond Hike. 9am-12pm. Moreau Lake SP, Gansevoort. 793-0511. nysparks.com.
- 17** Lake Bonita Hike. 10am-12pm. Moreau Lake SP, Gansevoort. 793-0511. nysparks.com.
- 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. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 20** Tabletop Hike. 9.8M. 8am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 22** Snow Day! 10am. Nature Center, Thacher SP, Voorheesville. 872-0800. parks.ny.gov.
- 25** Lake Placid Winter Community Hike: Heaven Hill Trailhead. 1-2M walk. 2pm. 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. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 11** Tabletop Hike. 9.8M. 8am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 12** Moonlight Snowshoe & XC Ski & Poker Run! 6pm w/finger foods. Garnet Hill, 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.
- 25** Winter Community Hike: Heaven Hill Trailhead. 1-2M walk. 2pm. Lake Placid. ADK: 523-3441. adk.org.

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 Brendon Davis: (518) 788-4601  
[info@r4yl.org](mailto:info@r4yl.org)

**ICE & SPEED SKATING**  
**FEBRUARY**

18-19 Charles Jewtraw All-Around 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**  
**FEBRUARY**

18 SnowFatShu Snowshoe & Fatbike Duathlon. 10-20K bike & 5K run. 10am. CCC Camp, Winona SF, Mannsville. winonaforest.com.  
 26 **USATri 60 Indoor Triathlon.** 7am. 10min swim, 30min bike, 20min run. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org/programs.

**MARCH**

5 Adirondack District SCY Swim Meet. Southern Saratoga YMCA, Clifton Park. Kathy Meany: 334-6663. adms.org.  
 18-19 **12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.  
 19 **USATri 60 Indoor Triathlon.** 7am. 10min swim, 30min bike, 20min run. Guilderland YMCA, Guilderland. 456-3634. cdymca.org/programs.  
 19 Brooklyn Spring Duathlons & 10K Run. Duathlon, International & Sprint. Brooklyn. 347-276-7523. citytri.com.

**APRIL**

1 West Point Duathlon. 1.2M run, 15.5M bike, 5K run. Camp Buckner, West Point, Cornwall. active.com.  
 2 March Madness Duathlon. 2.2M run, 12M bike, 2.2M run. Central Park, New York. nyc.org.  
 23 MightyMan Triathlon. 400m swim, 6M bike, 2M run. Eisenhower Park, East Meadow. eventpowerli.com.  
 29 Rochester River Challenge Duathlon & Paddle Tri. 5K run, 20M bike, 3M kayak. Du: 5K run, 20M bike, 5K run. Genesee Waterways Center, Rochester. flowercitychallenge.com.  
 30 **Delmar Duathlon.** 2M run, 10M bike, 2M run. Elm Avenue Town Park, Bethlehem. delmardu.com.

**MAY**

6 Central Park Spring Relay Triathlon. 2.2M run, 12M bike, 0.75M row. 7:30am. Central Park, New York. 845-247-0271. nyc.org.  
 6 **23rd Anyone Can Tri Triathlon & Kids' Triathlon.** 8am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org/programs.  
 28 **13th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. saratogalionsduathlon.com.

**JUNE**

17 **Great Sacandaga Triathlon, Youth Tri & Kids' Splash & Dash.** 750m swim, 20K bike, 5K run. Sacandaga BCC, Broadalbin. sacandagatriclub.com.

**JULY**

23 **Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. cdymca.org.

**OTHER EVENTS**  
**FEBRUARY**

11-12 **Raquette Lake Winter Carnival.** Kids' activities, fry-pan toss, tug-of-war. Raquette Lake. 624-3077. mylonglake.com.  
 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**

Tue **ADK Winter Kayak Pool Sessions.** Thru 3/14. 7:30-9pm. Cohoes Community Center, Cohoes. Reserve: rpscale@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.  
 30-4/2 **The Great Upstate Boat Show.** Adirondack Sports Complex, Queensbury. thegreatupstateboatshow.com.

**MAY**

6-7 **60th Hudson River Whitewater Derby.** North River to North Creek to Riparius. 251-2005. whitewaterderby.com.  
 6-7 **56th Canton Canoe Weekend.** Sat: Modern Rushton, Pro/Am Marathon. Sun: C2 Pro/Am Maraton & Relays. Grasse River, Taylor Park, Canton. slvpaddlers.org.  
 13 **'Round the Mountain Canoe and Kayak Race.** 10.5M. 11am. Saranac Lake. macscanoe.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.

**FEBRUARY**

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.  
 12 Frostbite 5K. 11am. Firehouse, Rouses Point. adirondackcoastevents.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, Guilderland. 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 Adk Championship & All-Comers Track & Field Meet. Utica College, Utica. 273-5552. usatfadir.wordpress.com.  
 25 Endurance Society Snowshoe Festival. 10K, 30K, 60K & 5K Sled Run. 8am. Blueberry Hill Inn, Goshen, VT. 802-540-5225. endurancesociety.org.

**CAPITAL DISTRICT YMCA**  
**PINE BUSH TRIATHLON**  
 Sunday, July 23 • 8AM  
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**Saturday, February 25, 2017 Corning Tower, Albany**  
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Team Relay - 9:30 AM  
Individuals - 10:30 AM  
Check-in one hour to race time

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\$150 Fundraising Minimum

Register/Info: [fightcf.cff.org/albanyclimb](http://fightcf.cff.org/albanyclimb)  
518.453.3583 • [srichards@cff.org](mailto:srichards@cff.org)

Cystic Fibrosis Foundation

**MARCH**

- 5 **Thunderfest Snowshoe Race.** 3.5M. Dion WMAC Series. Thunderbolt Trail, Mt Greylock, Adams, MA. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 5 **Challenge the Mountain 5K & 10K Snowshoe Race.** 1pm. Dewey, Saranac Lake. 891-2697. [deweymountain.com](http://deweymountain.com).
- 11 Running of the Green. 4M. 10am. Schalmont HS, Rotterdam. [hmrrc.com](http://hmrrc.com).
- 12 **Northeast Snowshoe Championship 10K.** Dion WMAC Series. Prospect Mtn., Bennington, VT. [dionwmacsnowshoe.com](http://dionwmacsnowshoe.com).
- 12 Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. Lagrange Town Hall, Lagrangeville. [mhrrc.com](http://mhrrc.com).
- 12 Will's Lucky Charm 5K Run/Walk. Cook Park, Colonie. Rebecca Vogel: 542-5066. [zippyreg.com](http://zippyreg.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](http://doclopezrun.com).
- 18 6th Sap Run 5K. 10am. Knox Town Hall, Altamont. 872-1390. [saprunc5k.com](http://saprunc5k.com).
- 18 Collar City Kilt Fest 5K. 1pm. Downtown Troy. [kiltrace.com](http://kiltrace.com).
- 18-19 **12th Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. [adksports.com](http://adksports.com).
- 20 **Freihofer's 5K Training Challenge for Women.** Various Locations. [freihoferstrun.com](http://freihoferstrun.com).
- 25 **8th Schenectady Firefighter's Run 4 Your Life 5K.** 9:30am. Kids' Fun Run: 10:30am. Central Park, Schenectady. 788-4601. [neverfightalone.org](http://neverfightalone.org).
- 25 7th Ice Breaker Challenge 5K. 9am. Corning Preserve Boathouse, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).
- 25 Wurtsboro Mountain 30K Road Run & Relay. 9am. Solo or 3-6 person teams. Emma Chase School, Wurtsboro. [sullivanstriders.org](http://sullivanstriders.org).
- 25 NYRR Central Park Spring Classic 10K. 9am. Central Park, New York. [nyrr.com](http://nyrr.com).
- 26 Shamrock Shuffle 5M Road Race. 11am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. [adirondackrunners.org](http://adirondackrunners.org).
- 26 Syracuse Half Marathon. 7:45am. OnCenter, Syracuse. [syracusehalf.com](http://syracusehalf.com).

**APRIL**

- 1 **38th April Fool's Day Run.** 1M: 10am. 10K: 10:05am. 5K: 11am. Salem HS, Salem. 854-9262. [aprilfoolsrace.com](http://aprilfoolsrace.com).
- 1 Fort to Fort Races. 10K, 5K & Kids Run. 95 Dart Circle, Rome. [romanrunners.com](http://romanrunners.com).
- 1 3rd Maple Run for Relay 5K. 8am. Marathon. Sarah Samson: 607-765-6133.
- 1 Ardison/Farney Memorial 5K, 10K, 1M & Fun Run. 10am. Croghan Mennonite Church, Croghan. 315-523-0526. [northernrunner.org](http://northernrunner.org).
- 2 Delmar Dash 5M. 9am. Bethlehem MS, Delmar. David Tromp: 265-2530. [hmrrc.com](http://hmrrc.com).
- 8 **5th Bacon Hill Bonanza 5K/10K Road Race.** 10am. Bacon Hill Reformed Church, Schuylerville. [baconhillbonanza.com](http://baconhillbonanza.com).
- 8 **Countryman Challenge 5K Obstacle Race.** West Mountain, Queensbury. 636-3699. [westmnt.net](http://westmnt.net).
- 8 15th Dodge the Deer 5K & Mile Fun Run. 10am. Schodack Island SP, Schodack Landing. [dodgethedeer.com](http://dodgethedeer.com).
- 9 36th Skunk Cabbage Classic 10K & Half Marathon. 10am. Barton Hall, Cornell University, Ithaca. [fingerlakesrunners.org](http://fingerlakesrunners.org).
- 15 **Blue Needs You 8K.** 8:30am. High Rock Park, Saratoga Springs. Rosemary Riedhammer: 581-1097. [codeblueneedsyou.org](http://codeblueneedsyou.org).
- 15 **23rd Rabbit Ramble 4M Run & 2M Walk.** 9am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350.
- 15 Mindful Mile & Fight Hunger 5K. 9am: 5K. 9:30: 1M. University at Albany, Albany. [ualbanydining.com](http://ualbanydining.com).
- 15 Rotary 5K Corporate Challenge. 10am. SUNY Adirondack, Queensbury. [glensfallsrotary.com](http://glensfallsrotary.com).
- 22 **18th Bill Robinson Masters 10K.** 9am. Guilderland HS, Guilderland. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).
- 22 The Maple Run: Half Marathon & 5K. 8:30am. Taylor Park Road, Canton. [themaplerun.com](http://themaplerun.com).

- 22 39th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center. [gmaa.net](http://gmaa.net).
- 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](http://lakegeorgehm.com).
- 23 Kiwanis Kingston Classic 10K & 2M. 1pm. Gallo Park, Kingston. [kiwaniskingstonclassic.com](http://kiwaniskingstonclassic.com).
- 29 **1st Sasha's Run Along the Hudson 5K Run/Walk.** 10am. Kids' Run: 9:30am. Talmadge Park, Mechanicville. [runsignup.com](http://runsignup.com).
- 29 14th St. John's/St. Ann's Spring Runoff 5K/10K. 9am. Corning Preserve, Albany. 925-1260. [springrunoff.org](http://springrunoff.org).
- 29 1st Arlington Education Foundation 5K Run/Walk. 5K: 9am. Arlington HS, Lagrangeville. [mhrrc.org](http://mhrrc.org).
- 29 **Prospect Mountain Uphill Road Race.** 9am. Prospect Mountain, Lake George. [adirondackrunners.org](http://adirondackrunners.org).
- 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](http://seansrun.com).
- 30 Swinging for the Fences 5K Run/Walk. 9:30am. Eastern Ave, Ballston Spa. 432-8914. [bearcats5k.com](http://bearcats5k.com).
- 30 Rick Raspante Memorial 5K Walk/Run for Kidneys. 9am. SUNY Adirondack, Queensbury. [healthykidneys.org](http://healthykidneys.org).
- 30 SHAPE Women's Half Marathon. 13.1M. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).

**MAY**

- 6 **5th Mastodon Challenge 15K & 5K Run/Walk.** 9am. 5K: 9:15am. Kids' Run: 8am. Craner Park, Cohoes. [mastodonchallenge.com](http://mastodonchallenge.com).
- 6 **Chosen Run 5K.** 10am. Schmaltz Brewing, Clifton Park. [shmaltz5k.com](http://shmaltz5k.com).
- 6 Rock The Ridge 50 Mile Challenge. 6am. Mohonk Preserve, New Paltz. [rocktheridge50.org](http://rocktheridge50.org).
- 7 **Literacy Run 5K, Story Walk, 1.5M Guided Walk & Youth 1M.** 9am. Schodack Island SP, Schodack Landing. [lvorc.org](http://lvorc.org).
- 7 Middlebury Maple Run: Sweetest Half, Relay & 3M Fun Run. Middlebury, VT. Sue Hoxie: 802-388-7951. [middleburymaplerun.com](http://middleburymaplerun.com).
- 13 **2nd Summer Smith Addiction Awareness 5K Memorial Run.** 9:30am. Guilderland HS, Guilderland. Kristen Hoin: 275-6027. [runsignup.com](http://runsignup.com).
- 13 Home Away From Home 5K/Half Marathon/Marathon. 9am. Brittonkill Central School, Troy. Lillian Porteus: 495-5506. [active.com](http://active.com).
- 14 Mother's Day 5K bRUNch. 9:30am. Central Park, Schenectady. [hmrrc.com](http://hmrrc.com).
- 18 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. [cdphpwpc.com](http://cdphpwpc.com).
- 20 **8th Jog for Jugs Half Marathon & 5K.** 9am. Duanesburg Town Park, Duanesburg. 209-4190. [powerhouseathleticsny.com](http://powerhouseathleticsny.com).

**JUNE**

- 11 **Walkway Over the Hudson Marathon, Half Marathon & 5K.** 7am. Marist College, Poughkeepsie. [walkwaymarathon.org](http://walkwaymarathon.org).
- 17 **3rd Good Karma 5K Run/Walk.** 9:30am. 9am: Yoga Warmup. Indian food, henna, music. Crossings, Colonie. 877-6634. [adksports.com](http://adksports.com).

**JULY**

- 4 **11th "Firecracker 4" 4M Race.** 9am. Vendors, music. Saratoga City Center, Saratoga Springs. [firecracker4.com](http://firecracker4.com).

**AUGUST**

- 11-12 **3rd Peak to Brew Relay.** 220M. Whiteface Summit, Wilmington to Saranac Brewing, Utica. [p2brelay.com](http://p2brelay.com).

**OCTOBER**

- 8 **Mohawk Hudson River Marathon & Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. 13.1M: Town Park, Colonie to Corning Preserve, Albany. Registration Opens: 3/8. [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com).

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38th Annual Salem  
**APRIL FOOL'S RACE**  
Saturday, April 1

Run in scenic and historic Salem, NY  
Start/finish: Salem High School

10:00am 1-mile children's race (14 & under)  
10:05am 10K race & 11:00am 5K race/walk

Application: [AprilFoolsRace.com](http://AprilFoolsRace.com)

Registration: Dan Sheldon  
4361 State Route 22  
Salem, NY 12865  
(518) 854-9262  
[drswfh@yahoo.com](mailto:drswfh@yahoo.com)

All entrants receive April Fool's T-shirt!

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Register & More Info: [baconhillbonanza.com](http://baconhillbonanza.com)  
Proceeds benefit steeple repairs & Hudson Crossing Park

37th Annual  
**Half-Marathon, 5K and 1-Mile Walk**  
Saturday, March 18 • Elizabethtown, NY

**13.1M:** 9am – Keene Valley to Elizabethtown via NY Rt. 73 & 9N  
\*Bus leaves Elizabethtown at 8:30am for Keene Valley

**1M:** 10am & **5K:** 10:30am – Elizabethtown

Each participant receives a finisher's medal and a gift!

Entry – **13.1** \$40 by 2/29, \$50 by 3/18, \$60 on 3/19  
**5K** \$25 by 2/29 (family \$80), \$30 by 3/18, \$35 on 3/19  
**1M** \$15 by 2/29 (family \$60), \$20 by 3/18, \$25 on 3/19

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## CROSS COUNTRY SKIING &amp; SNOWSHOEING



◀ SKIING ABOVE CADMAN CREEK IN HOMESTEAD COUNTY FOREST.

PHOTOS BY RICH MACHA



▲ LEAN-TO LUNCH STOP AT LAKE ANN IN MOREAU LAKE STATE PARK.



◀ ATOP THE ESKER ON THE BLUE TRAIL AT THE HENNING PRESERVE.

## Open Spaces in Saratoga County

### Interesting and Scenic Ski Destinations

By Rich Macha

Saratoga County is sometimes referred to as “The Gateway to the Adirondacks.” In fact, the county’s northwest sector is actually in the Adirondack Park and includes its highest point, Hadley Mountain. Population-wise, Saratoga is one of the fastest growing counties in the nation and now numbers close to a quarter million residents. Thanks to organizations like Saratoga PLAN (Preserving Land And Nature), a private non-profit conservation organization, there has been a strong movement to preserve open spaces within the county to counter the suburban sprawl.

For cross country skiers and snowshoers, the natural areas and forests of Saratoga County have provided for places that fall somewhere between the groomed trails at the touring centers and the wild backcountry trails of the Adirondacks. For decades now, folks have been skiing places like the Wilton Wildlife Preserve & Park, Saratoga National Historical Park, Saratoga Spa State Park, and the Vischer Ferry Nature and Historic Preserve – whether you desire to ski an hour or several hours these open spaces provide for some interesting and often scenic destinations.

Some very attractive natural areas that might be of interest to skiers and snowshoers have been opened up in more recent times, a sampling of which follows.

Hennig Preserve and Homestead County Forest – Opened by Saratoga PLAN in 2011, the Hennig Preserve offers close to ten miles of trails over its 606 acres. The preserve is located in the town of Providence, about 15 miles west of Saratoga Springs. There is usually a small area of roadside parking plowed out on Centerline Road a half-mile east of Glenwild Road.

Trail maps can be found at most junctions so it is hard to get lost – you can also see a map and get more information at [saratogaplan.org](http://saratogaplan.org). The area is at elevations of over

1,300 feet, so you are likely to find more snow here than in the lower-lying urban areas – I found 15 inches here in December when Albany had no snow at all.

The trails north of Centerline Road offer novice (yellow and red trails) to intermediate (white and blue trails) skiing. The Upper Yellow Trail passes a cellar hole and well and slowly rises to the high point of the preserve at over 1,600 feet elevation. The Red Loop Trail leads to Round Pond which lies amidst a large open meadow. The Lower White Trail also overlooks a beaver meadow and the Upper White Trail climbs atop an esker – a ridge made of debris left behind by a sub-glacial stream thousands of years ago. Note that the white trail markers might be hard to spot when wind-driven snow is plastered to the sides of trees.

Good intermediate skiing can be found south of Centerline Road. The Green Trail drops down to Joby Creek. The Lower Yellow Trail connects to the Lower Blue Esker Trail which goes along the top of a steep-sided esker and through beautiful woods – by taking this loop clockwise you will be climbing the steepest and most-difficult-to-ski section of this trail rather than bombing down it.

As an added bonus, the adjacent 476 acre Homestead County Forest is found to the south and east of the Hennig Preserve. The 2.5-mile Lower Yellow Trail continues through this forest and loops back into the preserve, crossing Centerline Road a mile east of the main parking area. The Lower Yellow Trail has some lovely views of Cadman Creek and passes by some old mill sites along the way although they might be hidden when there is a lot of snow. Expect some short steep hills on this very scenic trail.

Lake Bonita and Lake Ann – Moreau Lake State Park is well-known to area residents. Easier skiing can be found in the main area of the park around its namesake lake. I have skied the ridge trails high up on the Palmertown Range but I would only recommend those trails to expert skiers.

A new area has been added to the southwest part of the park that includes Lake Bonita and Lake Ann. To get to the new trailhead take Exit 16 off the Adirondack Northway and drive west on Ballard Road; keep going straight on CR 101 (Corinth and Wilton Mountain roads); and look for the parking area on your right after driving four miles from the Northway. A trail map can be found at [friendsofmoreaulake.org](http://friendsofmoreaulake.org).

The trailhead is at about 1,000 feet elevation. The Lake Bonita Access Trail (white markers) drops 150 feet in 0.2 miles; halfway down there is a sharp right turn as the trail switches back from going west to east. If you make it down without too much difficulty then you have the skills to continue to Lake Ann. When I skied here in January there was too little snow on the 1.7-mile green trail that loops around Lake Bonita, so I just skied across the well-frozen surface of the lake. The ice should be sufficiently thick if you see ice fishermen or their footprints on the lake. Lake Bonita has several boggy islands – the tops of pitcher plants and sheep laurel can be seen above the snow. At the east end of the lake is a pump-house, a picnic table, and a bench with a view. The Lake Ann Trail (lavender markers) starts behind here.

The Lake Ann Trail was designed for mountain biking but also serves well as a ski trail. The trail starts by climbing away from Lake Bonita and soon reaches a spot where rocks have been piled at the edge of the trail to stabilize it – I took my skis off and walked this short section. The trail then continues winding through lovely hemlock woods with little under-story and passes some interesting rock ledges. About half way to Lake Ann the trail crosses a power line. The trail eventually joins an old woods road before reaching Lake Ann and its lopsided lean-to – a nice spot for lunch. It’s 1.2 miles from Lake Bonita, and at an elevation of 1,050 feet, Lake Ann is just a small pond with swampy shores in a fairly remote and peaceful location. With a ski of the perimeter of Lake Bonita on the way back I traveled a total of five miles.



▲ LAKE ANN AT MOREAU LAKE STATE PARK.

Anchor Diamond Park at Hawkwood – Anchor Diamond Park is a new 246-acre natural area in the town of Ballston on Middleline Road, a short distance from NY Route 50, north of the hamlet of Burnt Hills – the large parking area is hard to miss. Good easy skiing can be had here on 4.5 miles of relatively flat trails. A trail map is at the entrance kiosk – I took a picture of the map for reference while I was out on the trails.

The wide Hawkwood Trail (white markers) goes along what used to be the main driveway into the Hawkwood Estate – the foundation of the mansion that burned down several decades ago can be seen to the right. Other trails loop off this main thoroughfare. The Hemlock Trail (yellow markers) takes you through hemlock and pine woods past an old fireplace and chimney.

In conclusion, we are fortunate to have a variety of quiet places close to urban areas that are open to passive recreation for those times that we don’t have the time or will to drive to the Adirondack High Peaks for some self-powered travel over snowy trails. Let’s hope for a snowy second half of winter! 🌲

*Rich Macha is an avid backcountry skier and paddler who enjoys exploring the wild places of New York State. Rich has spent many years in the outdoors business and has led many trips for the Adirondack Mountain Club’s Albany Chapter.*




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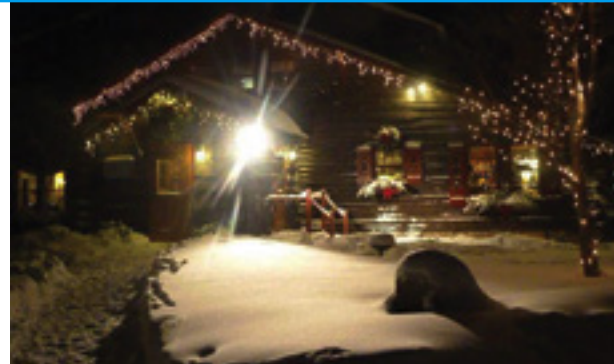






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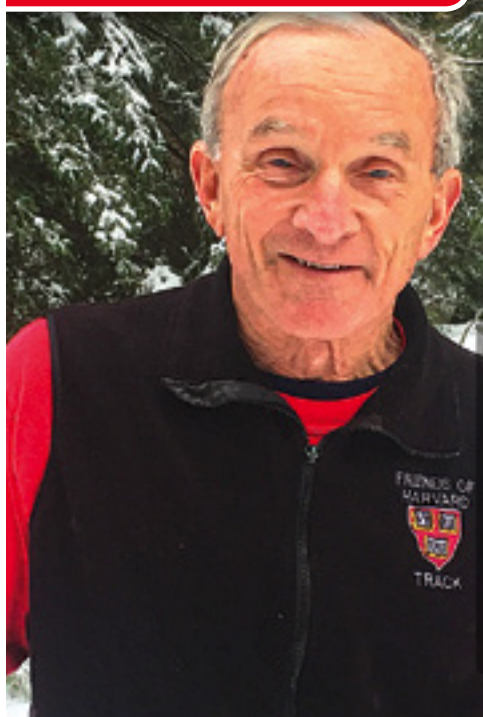


## ATHLETE PROFILE

# Bill Parks

## TAKES LIFE SPORT TO NORWAY

**AGE:** 73  
**FAMILY:** Wife, Barbara; Daughters, Emily and Liza; and two young grandchildren  
**RESIDENCE:** Glens Falls  
**OCCUPATION:** Retired Teacher  
**PRIMARY SPORT:** Cross Country Skiing  
**SECONDARY SPORTS:** Hiking, Golf



NORWEGIAN BIRKEBEINER TRAINING AT LAPLAND LAKE IN NORTHVILLE.

PHOTOS BY DARRYL CARON

By Alex Kochon

Anyone familiar with the Cole's Woods, aka Crandall Park, trails in Queensbury probably knows "The Wall." Bill Parks certainly does; he's groomed it thousands of times.

Almost three decades ago, back in late '80s, former Queensbury Nordic ski coach Bob Underwood stumbled on a surprise at the bottom of The Wall. The Glens Falls ski team had built a jump for someone daring enough to ski down the biggest hill in the 35-acre park. That someone was Bill Parks.

A history teacher and multisport coach at Glens Falls High School, coaching cross country skiing, cross country running, and track and field for about 35 years apiece, Bill wasn't a daredevil by trade. He just loved skiing. With his athletes and Bob Underwood watching, Bill flew down The Wall, hit the jump, and soared over Halfway Brook on the other side. "The kids wouldn't do it but he did," Bob recalled.

Bill, now 73 and retired from teaching and head coaching, hasn't stopped his quest for adventure, especially as it pertains to skiing. On March 18, he plans to race in the Norwegian Birkebeinerrennet - the mother of all cross country ski marathons - from Rena to Lillehammer, Norway.

The 54-kilometer (roughly 33-mile) race, also known as the Norwegian Birkebeiner, has roots dating back to 1206 during the Norwegian Civil War. Birkebeiner skiers carried the 18-month-old son of Norway's King Sverresson and Inga to safety from Lillehammer to Trondheim. Prince Haakon would later become king. Since 1932, the Birkebeiners' journey has been reenacted annually as 17,000 racers make the point-to-point trek on skinny skis, each wearing a backpack weighing 3.5 kilograms, or 7.7 pounds - symbolic of the weight of the baby. According to the race rules, the pack must contain extra gloves, a hat, wind/water-resistant pants and a jacket, food, tools and a "hose kit."

Bill bought an eight-pound bag of thistle bird seed to stuff into his pack to train with. He also spent the summer and fall training with a weight vest. "I was doing almost all of my rollerskiing with this eight-pound weight vest on and was pleased to find it didn't seem to bother me much," he said during an interview in his Glens Falls home in January. "Of course, the pack could be a little bit more annoying."

The pack is necessary for safety reasons. While Bill will hardly be skiing alone out there and there will be aid stations along the way, he explained that the course is remote. "There are only two or three places that a road crosses the trail, so you're out in the boonies for a lot of it, without anybody being able to get to you in a hurry," he said. "Part of the adventure is worrying about, what is the weather going to be like?"

In the race's 84-year history, the Norwegian Birkebeiner was called off twice, in the middle of the race in 2007 (due to high winds) and 15 minutes before the start in 2014. Parks was in Norway with his brother three years ago during that second cancellation. "On TV they were showing pictures up on top and the wind was howling and the snow was blowing," he recalled. "They said the trail groomer was going through and 10 minutes later you couldn't see where it had been."

The trip was his second to Norway. He also traveled there in 2012 with a friend and fellow citizen's racer, Darwin Roosa of Altamont, the former president of the New York State Ski Racing Association (NYSSRA) Nordic.

Two years later, during a mountaintop ski north of the Birkebeiner trail with his brother, it dawned on Bill: "It might be entertaining to ski over the mountain there sometime," he said. "I'm getting to a stage where I figured, well, better sooner than later."

So three years later, Bill will return to Norway with Darwin, and be among the masses at the Norwegian Birkie. He'll start first in the 65-plus age group, 15 minutes ahead of the elite women, and 20 minutes before the elite men. "Whoever the cool skiers are will go thundering past, so that will be fun to watch," Bill said.

If all goes well, he hopes to finish in 4-1/2 to five hours and in the middle of his age group, but he was careful not to put too much pressure on himself. Bill said he hadn't been able to train as much as he would've liked with the lack of snow locally this winter. "It's partly just the adventure of being in this giant thing," he said. "It's a little bit like the person who wants to run in the Boston Marathon and doesn't care about anything specifically. It's a little more than that, but not much."

Bill is using his participation as a fundraiser for The Friends of Cole's Woods. The former president and current board member of the volunteer-based organization, he's groomed the trails there for more than 50 years. "I'm just hoping that some people will be reminded that there's an organization that's keeping the trails maintained," he said of the park, which is owned by the city

of Glens Falls. "And that if they use the park or appreciate the fact that it's there, that they might think, 'OK, I should join this organization or at least contribute to it.'"

He plans to donate \$10 for every kilometer he completes of the 54K Birkebeiner. "They can do any amount they'd like," Bill said of anyone interested in donating. "Something per kilometer or per mile, if they want to be economical, or if they have some small or vast amount they wanted to contribute."

Planned upgrades to the trail system include the underground wiring of lights, which have illuminated Cole's Woods since 1971. In fact, the park is home to North America's first lighted cross country ski trails, and it hosted about a decade of international races starting in the '70s. "Bill was hugely influential in the community, and what he brought to cross country skiing, both recreationally and competitively is phenomenal," said Jeff Jacobs, son of the late Tom Jacobs, a 1952 Olympic Nordic-combined and cross country skier who owned Inside Edge Ski and Bike and Reliable Racing Supply in Queensbury - and founded The Friends of Cole's Woods. "He was certainly as instrumental as developing the sport in Glens Falls as my dad was," Jeff, who now lives in Boise, Idaho, continued. "Between the two of them, they made it happen."

According to Bill, Jeff Jacobs introduced him to cross country skiing. Bill was born in Canastota, and lived outside Syracuse until about age seven, then moved to East Greenbush, where he attended Albany Academy. Back then, Bill mostly ice skated and alpine skied. Sometimes he'd mess around with cable bindings to allow his square-toed ski boots to lift up in the heel. "I kind of was busy inventing cross country skiing, and I used to go and prowl around the woods," Bill said.

Albany Academy didn't have a ski team, but he stood out in track and soccer. Bill attended Harvard University, where he ran for the first-year-and-a-half and studied anthropology. After graduating, he obtained his master's degree in teaching from Colgate University and married his wife, Barbara, who grew up in Glens Falls. Bill landed his first full-time teaching job in 1967 at Glens Falls High School, where he mostly taught 11th grade American history. He retired from teaching in 1999.

During his early years in Glens Falls, Bill went to the Crandall Library and picked up "The Cross-Country Ski Book" by John Caldwell. It described a "Paleolithic" meth-

od, as Bill called it, of making alpine skis into cross country skis by using a bandsaw to cut the sides off. He promptly went home to do so.

Around that time, while getting paid \$2 an hour to supervise kids on Crandall Park's ice rink, Bill noticed a young man cross country skiing along the snowbanks. "He looked school-aged and I said, 'Anybody here know who that is?' and somebody said, 'Oh, that's Jeff Jacobs, his father owns the ski shop,'" Bill said. "The next afternoon when Jeff emerged from his last class, I clamped onto him and said, 'How would you like to show me some things about cross country skiing?'"

Jeff gave him a pair of his dad's old skis and two went backcountry skiing at Avalanche Pass in Keene. "That was kind of my first lesson in it all," Bill said. The discovery went both ways; Jeff credited Parks with introducing him to backcountry skiing.

Bill coached at Glens Falls until 2015, and even in his retirement, he remains an assistant ski team coach. When he's not training or coaching, Bill grooms the Cole's Woods trails on a Polaris Ranger UTV with tracks - a far cry from the "squinting one eye into the snow" snowmobile grooming days. "This thing has a cable, heater, windshield wipers," Bill said. "I joke that I wear a suit and tie when I groom trails now."

"He's been the constant person who's kept the park going all these years," Bob said, who coached at Queensbury for 30 years and succeeded Bill as Section 2 high school ski coordinator. "Bill's had a huge impact on the number of kids he's coached and state champions. He's kind of been the anchor of skiing in this area."

On March 18, Parks will ski his first international race and first marathon in more than 30 years - since competing in the Vermont Ski Marathon twice. "I'm interested to see what the downhill are like at the end," Bill said of the Norwegian race. If they're anything like The Wall, he should be fine!

To donate or purchase a \$25 membership to The Friends of Cole's Woods, visit the membership page on [coleswoods.weebly.com](http://coleswoods.weebly.com). 📌

Alex Kochon ([alekochon@gmail.com](mailto:alekochon@gmail.com)) of *Cleverdale* is the managing editor at *FasterSkier.com* and to most people's surprise, not a guy. When she's not writing or editing, she's chasing her one-year-old, and in her spare time adventuring in the Adirondacks.




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RUNNING & WALKING

# Get Set for Spring Races!

By Mona Caron



2016 PLATTSBURGH HALF MARATHON. © PAT HENDRICK PHOTOGRAPHY



TAKING ON THE CORNING TOWER STAIRS AT THE 2016 CF CLIMB. DONNA SULLIVAN



Consider registering for a challenging race unique to you. Maybe something uncommon that would require you to start or ramp up your running now? A stair climb, an early season half marathon or a 5K?

On Saturday, February 25, don't take the elevator! Sign up for the 29th annual **Cystic Fibrosis Stair Climb** in the tallest building in Albany, the Corning Tower. Climbers go up 42 floors or 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 family, friends or coworkers – and “Adding Tomorrows” for people with Cystic Fibrosis. Fundraising helps fund research for treatments and a cure, provide people with the disease the opportunity to lead full, productive lives, and ensure access to high-quality, specialized care.

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 the day. For more info, go to [cff.org/albanyclimb](http://cff.org/albanyclimb).

On Saturday, March 18, the 37th annual **Doc Lopez Run for Health: Half Marathon, 5K and 1M Walk**. The half marathon starts in Keene Valley at the Keene Valley Lodge and runs on NY Route 73 to Elizabethtown. Bus transportation is provided at Elizabethtown-Lewis Central School in Elizabethtown to the start area. The half marathon starts with a flat section of nearly two-and-a-half miles – ideal for warming up. The next section is a gradual uphill for nearly three miles fol-

lowed by a gradual downhill of almost seven miles to the finish. You'll have to train for this as you would for any half, but what a rewarding second half of the course! If you like bling, finishers receive a medal.

The 5K follows at 10:30am with and starts and finishes at the school. The course is flat with a few short inclines. A one-mile walk is also at the school so there's something for everyone. There will be a post-race celebration with food and beverages, including chili in the school gymnasium for all runners and volunteers. Food is available for family and friends with a voluntary cash donation. The race benefits the University of Vermont Health Network Elizabethtown Community Hospital. Visit [doclopezrun.com](http://doclopezrun.com).

Join the Schenectady Firefighters on Saturday, March 25 at the eighth annual **Run 4 Your Life 5K** in Schenectady's Central Park. The Schenectady Firefighters Cancer Foundation has taken the reigns for this race and new race director Brendon Davis is looking forward to continuing the tradition set by long-time director and founder Brian Demarest.

The Run 4 Your Life loop course with a mix of flats and hills on roads through Central Park and a short section on city streets. This year, they have discontinued the chili festival in favor of focusing on the event and raising funds. Sign up as an individual or on a team. For more info, go to [neverfightalone.org](http://neverfightalone.org).

Nearly a month later, the third annual **Lake George “Strong To Serve” Half Marathon & 5K Run/Walk** takes place on Sunday, April 23 in Lake George. Runners and walkers can enjoy the beauty and peace of the lake before the summer crowds converge into the village. Fort William Henry Resort serves as race start and finish. Half marathoners will run north along the west side of scenic Lake George on NY Route 9N to Diamond Point, before heading back to the village of Lake George.



All runners are treated to technical shirts for half marathoners, cotton T-shirts for the 5K; finisher medals for half marathoners, pint glasses to overall and age-group winners, and post-race refreshments. Twenty percent of all entry fees go directly to support Strong to Serve, whose mission is to empower and motivate individuals to engage in athletic activities as a means to raise funds for orphan children in the developing world. Volunteers from Strong to Serve man waters stops and provide course marshals on race day.

The Lake George Half Marathon is presented by 3C Race Productions – the same team behind the New England Half Marathon Tour featuring the popular Saratoga Springs “Strong To Serve” Half Marathon & 5K Run/Walk, Wolf Hollow Half Marathon (N.H.), Fall River Half Marathon (Mass.) and many more. Visit [lakegeorgehm.com](http://lakegeorgehm.com).

Further up into North Country is the eighth annual **Plattsburgh Half Marathon, Half Marathon Relay & 10K** on Sunday, May 7. The course begins at the City Recreation Center

▲▲ LAKE GEORGE HALF MARATHON & 5K RACE MEDAL AND STRONG TO SERVE VOLUNTEERS. 3C RACE PRODUCTIONS

▲ START OF THE 2016 DOC LOPEZ RUN FOR HOPE HALF MARATHON IN KEENE VALLEY. DOC LOPEZ RUN

at US Oval, and runs along Lake Champlain and around Plattsburgh. You can register for the half on your own or on a two-person team with each runner completing 6.55 miles or the slightly shorter 10K option.

Your race bib will get you admittance into the after-party with food, music, awards, massage, and a silent auction at the recreation center immediately following the race. A \$5 after-party entry fee will be charged for non-runners for the auction and food and drinks. All proceeds go to a good cause to support Team Fox for Parkinson's Research. Go to [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com).

The running calendar will start to fill up, so register now for these great early spring events. Strong summer running starts with winter training! 🌲



## TRIATHLON &amp; SWIMMING

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MIKE BIELKIEWICZ

# Splash! Triathletes Heading to Area Pools in Growing Numbers Off-Season



**By Christine McKnight**

**S**wimming: it's the most technical part of triathlon and usually the most challenging to master. But a relaxed, smart swim can lay the groundwork for a strong bike and run. That's why the area's triathletes, from newbies to savvy veterans, are heading to pools in growing numbers for off-season swim clinics and training.

"Winter is really the best time to focus on technique," said Steve Vnuk of Delmar, president of the Bethlehem Triathlon Club, who has been participating in triathlon-specific sessions with Excel Aquatics at the College of Saint Rose pool for the last three years. For the 61-year-old Vnuk, who admits he was "never a swimmer" before he took up triathlon in 2012, it's paid off with steadily improving swim times in his races, including five Ironman events and 10 half-Ironmans. The swim he's proudest of is a 41:53 effort in rough water at last year's 70.3 World Championships in Queensland, Australia.

Another triathlete, Chris McNally of Ballston Spa, said he feels the sessions helped him be more efficient during his race at Ironman Lake Placid last year. "Technique is the key in swimming. As an older triathlete, I know I'm not going to get significantly faster in the water, but I can swim smarter," Chris said. He swam 1:22 at IMLP and came out of the water with plenty of energy for the remainder of the race, which he completed in 14:12.

Kevin Kearney, director of Excel Aquatics, said demand has been strong for his program's two triathlon-specific classes, a Sunday morning session focused on technique and a Thursday evening "Get Fast" session, both one hour in length. "I think there is more interest in off-season swim training, even though triathlon registrations have been declining a bit in recent years," he said. Not only is winter the perfect time to focus on technical aspects of the swim, but getting feedback from a coach in a calmer pool setting makes for crisper communication and increased likelihood for improvement, he said.

Two other coaches of triathlon-specific winter swim programs, Ann Svenson of the Saratoga Regional YMCA and Kristen Hislop of Hislop Coaching, also report growing participation. "There's more interest, and that's a good thing," Kristen said. "There is definitely more recognition and willingness" to hit the pool off-season.

With a coach for every lane, and no more than four swimmers per lane, Excel Aquatics provides individual, specific and immediate feedback. Joining Kevin on deck is an experienced team of instructors who all come from competitive swim or nationally recognized coaching backgrounds, including College of Saint Rose aquatics director and head coach Keith Murray, an Ironman triathlete himself; Dave Washburn, Kiersten Beckford, Gabrianna Beckford and Thomas Kearney.

The most rewarding part for the coaches, Kevin said, is how self-motivated triathletes are. "They come from all kinds of backgrounds, from newbies who have never been in open water and want to get the basics down, to more seasoned triathletes who want to be more competitive. Collegiate coaching has changed so much, and we're able to take what we've learned as collegiate swimmers and coaches, and translate that to triathlon-specific instruction." Kevin himself swam competitively for 13 years, including Shaker High School in Latham from 2003-07, and Division I Binghamton University from 2007-2011, when he reached the America East championship finals 11 times as a backstroke and freestyle specialist.

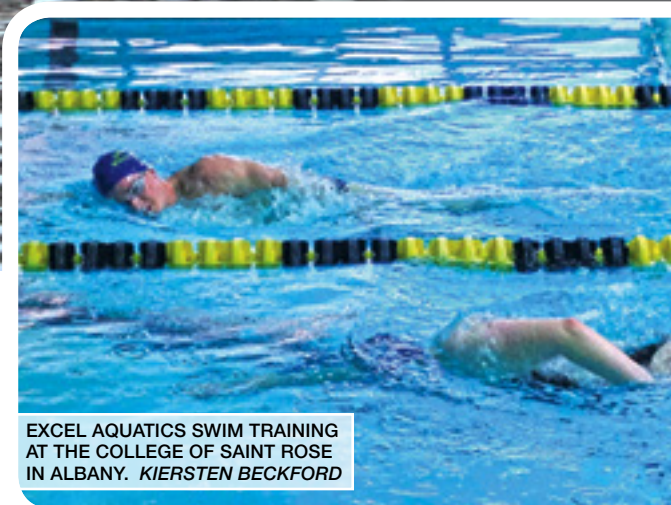
No one would agree more about how challenging swimming is than Total Immersion coach Ann Svenson, who has clinics scheduled for Sundays on March 26, April 23, and May 21, 3:30-5pm, at the Saratoga Regional YMCA in Saratoga Springs. She gears her program to first-time triathletes, especially those doing the Hudson Crossing Triathlon on Sunday, June 11, or the Betsy Owens Memorial Open Water Swims in August at Mirror Lake, Lake Placid. Ann said more individuals than ever are coming to her clinics, not only triathletes, but anyone who

wants to be more comfortable swimming in the water. "Swimming is such a complicated sport, there's so much to learn, and the pool is an excellent place to start," she said. Ann has been swimming for 35 years and holds multiple U.S. Masters Swimming long distance age group records. Her sessions focus on stroke technique, how to swim straight and sight, what to do if you panic in the water, race start strategies, drafting and equipment.

Coach Kristen Hislop began triathlon-specific swim clinics last fall at the Niskayuna High School pool in response to demand. Her program, which features six 90-minute sessions, includes a combination of drills, skill work and sets on Sunday mornings, 8:30-10am, as well as video analysis. "Without question, there is a lot more interest now, because triathletes better understand how swimming can set you up for an overall good triathlon finish and head-off a lot of frustration," she said. "It's not about being the fastest swimmer, it's about being efficient so when you get out of the water, you feel fantastic on the bike."

Kristen, who is certified through both Ironman University and USA Triathlon, is joined on deck by two other experienced coaches, Kristen and Brianna Phillips. Her program is open to all, and the spring session concludes March 5.

For beginner swimmers, the adult lessons offered at Capital District YMCA, Saratoga Regional YMCA and Glens Falls Family YMCA pools are great places to start. Most of these local Y's, the Albany JCC and Colonie Ciccotti Center offer swim lessons for members and non-members. For intermediates over 18 years old, masters swimming (adms.org) provides structured workouts led by certified coaches. Area colleges and school districts with pools offer reasonably priced sessions and a variety of swim times.



EXCEL AQUATICS SWIM TRAINING AT THE COLLEGE OF SAINT ROSE IN ALBANY. KIERSTEN BECKFORD

**All of this off-season swim training is helping area triathletes lay the groundwork for these early-season triathlons:**

- **Capital District YMCA USATri 60 Indoor Triathlon** – Sunday, February 26 at Southern Saratoga YMCA in Clifton Park with 10-minute pool swim, 30-minute stationary bike, 20 treadmill run (cdymca.org).
- **Capital District YMCA USATri 60 Indoor Triathlon** – Sunday, March 19 at Guilderland YMCA in Guilderland with 10-minute pool swim, 30-minute stationary bike, 20 treadmill run (cdymca.org).
- **Anyone Can Tri Triathlon** – Sunday, May 7 at Southern Saratoga YMCA in Clifton Park with 350-yard pool swim, 11-mile bike, 5K run (active.com).
- **Cooperstown Triathlon** – Saturday, June 3 at Glimmerglass State Park in Cooperstown with 800-meter open water swim, 18-mile bike, 3-mile run (atcendurance.com).
- **Hudson Crossing Triathlon** – Sunday, June 11 at Hudson Crossing Park in Schuylerville with 500-yard open water swim, 12-mile bike, 5K run (hudsoncrossingtri.com)
- **Great Sacandaga Challenge Triathlon** – Saturday, June 17 in Broadalbin with 750-meter open water swim, 20K bike, 5K run (sacandagatriclub.com)
- **Tupper Lake Tinman** – Saturday, June 24 at Municipal Park in Tupper Lake with half-Ironman, Olympic and Sprint: 0.5-mile swim, 12.6-mile bike, 3.1-mile run (tupperlaketinman.com).
- **Pine Bush Triathlon** – Sunday, July 23 from Rensselaer Lake, Albany to Guilderland YMCA, Guilderland with 325-yard swim, 11.5-mile bike, 3.25-mile run (active.com). 🌲

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



NON-MEDICATED LIFE



# Benefits of Dietary Fiber



By Paul E. Lemanski, MD, MS, FACP

**Editor's Note:** This is the 75th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 74 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication.

This is especially true for dietary fiber, which can lower blood cholesterol, lower blood sugar and decrease the risk for diabetes; in addition, fiber may help in weight control and constipation, and reduce the risk for heart disease, diverticulitis of the colon, and possibly cancer of the breast.

Dietary fiber is a type of non-digestible carbohydrate found in vegetables, legumes, fruits and whole grains that can be categorized as either soluble or insoluble. Soluble fiber, which dissolves in water, is found predominately in grains (e.g., oatmeal), legumes (e.g., beans and lentils) and fruit (e.g., apples). Insoluble fiber, does not dissolve in water, is found predominately in legumes, whole grains, in vegetables (e.g., broccoli, carrots, cucumbers and tomatoes) and in fruit (e.g., prunes and dates).

In its most basic conception, maximizing soluble and insoluble fiber simply requires eating a predominately plant-based diet. However, depending on the specific condition to be benefited, certain foods provide additional advantage. By addressing each of the conditions to be benefited, it is possible to illustrate such advantage, and provide specific examples of the most effective food choices.

Elevated blood cholesterol may be improved by fiber. In a meta-analysis of 67 studies evaluating the effect of soluble fiber on cholesterol, every gram of soluble fiber consumed could reduce LDL or bad cholesterol by 2.2 mg/dl. Therefore, three grams of soluble fiber derived from oat, psyllium husk, or pectin (found in whole pears, apples, plums and oranges) could reduce LDL by about 7 mg/dl.

Elevated blood sugar may also be improved by fiber. Soluble fiber (for sources, please see above) appears to slow the absorption of glucose from the gut. While this may be beneficial for those with diabetes by offering another means of blood sugar control, it may also be important in decreasing the risk for developing diabetes. Diets low in fiber that allow a sudden rise in blood sugar have been shown to double the risk for the development of type 2 diabetes.

Conversely, higher fiber intake has been associated with a lower risk for the development of metabolic syndrome, a precursor condition to diabetes. Metabolic syndrome is defined as any three of five traits with an underlying shared metabolic mechanism. These traits are increased abdominal girth, elevated blood pressure, elevated blood glucose, elevated blood triglycerides, and low HDL "good" cholesterol. It may be that soluble fiber may exert its effects not only on blood glucose but also on other four traits by enhancing one's sense of fullness after a meal thereby contributing to lower body weight.

The combined effect of fiber on decreasing cholesterol, blood glucose, and the risk for metabolic syndrome may also account for the effects of fiber on the lower risk of heart disease. A study of 43,000 health professionals found that for every 10 gram/day increase in total fiber, the risk for fatal or non-fatal heart attack decreased by 19%, and for every 10 gram/day increase in whole grain cereal fiber risk decreased by 29%. A meta-analysis of 10 prospective cohort studies found that every 10 gram/day increase in total dietary fiber was associated with a 14% reduction in risk for coronary death; every 10 gram/day increase in cereal, fruit or vegetable fiber was associated with a 10-16% reduction.

Seven servings of assorted vegetables and two servings of fruit (e.g., apples, pears, or berries) per day as well as daily a daily serving of non-sweetened whole grain cereal can help achieve adequate fiber intake.

Constipation may be significantly improved by dietary fiber. In this instance insoluble fiber adds non-absorbable bulk to stools making them softer, and easier to pass. The greater bulk, however, also results in lower bowel wall pressure during the sequential peristaltic contractions required to move stool toward the rectum and evacuation. This lower wall pressure means there is reduced tendency for small pockets to develop in the bowel wall. Such pockets are commonly seen in Western societies that consume inadequate daily fiber intake. Moreover, these pockets can become infected leading to a serious, potentially life threatening infection in the bowel wall called diverticulitis.

In a study of 40,000 health professionals the consumption of insoluble fiber was associated with a 40% reduction in diverticular disease. Examples of sources for insol-

uble fiber include whole grains, wheat bran, legumes, green beans, cauliflower, celery, zucchini, grapes and tomatoes. (It is prudent for those with known diverticular disease or a history of diverticulitis to avoid seeds and nuts, pending a discussion with your primary care physician or gastroenterologist.)

The risk for breast cancer may also be reduced by fiber. Although studies of fiber intake in older individuals does not seem to show a benefit, in a study of 90,000 pre-menopausal women, the intake of soluble fiber, insoluble fiber, and total fiber during adolescence and early adulthood decreased breast cancer risk an average of 25%. During early adulthood every 10 gram/day increase in fiber was associated with a 13% reduction in breast cancer risk, and during adolescence every 10 gram/day increase was associated with a 14% reduction in risk. Fiber may decrease breast cancer risk by decreasing plasma levels of estrogen by increasing fecal estrogen excretion.

In summary, dietary soluble and insoluble fiber when consumed in adequate amount - total 25-50 grams/day - has multiple health benefits. The benefits include reduction in cholesterol and blood glucose, as well as decreased predisposition to diabetes and better blood glucose control in those with diabetes. Fiber may provide a feeling of fullness after a meal and aid in weight control.

Such benefits may help explain the observed reduction in heart disease in those consuming adequate fiber as compared to those who do not. Fiber may significantly improve constipation and reduce the risk for diverticulitis. Finally, adequate fiber intake in adolescent and young adult women may significantly reduce the risk for breast cancer. For all these reasons, fiber as part of a predominately plant-based eating pattern, should serve as very important component of a successful non-medicated life. 🌱

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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.

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**XC SKIING cont. from 1**

to the Loppet because it gives me a goal for the season," Brian commented. "I prefer the 50K race because it is more time out skiing, which is what I like, just skiing in the zone – it makes time stand still," he described.

Brian's wife, Karen, also a Loppet racer and accomplished skier jokes about her husband sharing his passion for the sport, "He is saving the world one Nordic skier at a time."

Nancie Battaglia of Lake Placid commented, "I've done the Kort Loppet classic quite a few times, frequently as a last minute entry. If the snow and ski conditions are prime I'm game to "just do it." It's a fun event with a variety of ski talent: serious racers and poke-alongs like me. Friendly faces keep us going with cheers in the stadium and at well-manned feeding stations on the trails. It's a challenging and healthy way to spend a winter's morning. Fifteen miles, done! ORDA is to be commended for keeping this tradition alive."

To add to the festive atmosphere and camaraderie of athletes, the entry fee also includes a Friday night cocktail party and Saturday meal, both at the Lake Placid Conference Center, a finisher's gift pint glass with beer or soda, and post-race food. There are also aid stations every 5K along the course to keep the body nourished and morale high.

If the 50K (31 miles) race sounds too challenging for an initial goal, there is also the shorter – and more popular – Kort Loppet 25K (15.5 miles), which is one of the two laps of the 50K. This course offers all of the same festival benefits with half the time on the trails!

The newest Nordic Festival offering is the Citizens Challenge Races, also on Saturday, February 25. These 3K, 6.25K and 12.5K races are designed for those skiers who are new to racing or experienced skiers who want to focus on a time challenge or just having fun, more than a long-distance endurance. These are mass start races on a relatively flat course, and classic or freestyle technique is welcome. This is perfect for friends, couples families of all ages who are looking for a healthy experience. For details and registration, visit [whiteface.com](http://whiteface.com).

Soon after the conclusion of the Nordic Festival, Mt. Van Hoevenberg will be abuzz again with another large-scale, world-class event: the **2017 USSA Cross Country Junior National Championships** from Friday-Saturday, March 3-11. Racers ranging from U20 (under 20), U18 and U16 have faced a season of races to qualify for this elite event, where only the best in the country will gather to compete. It is a rare treat for the region to host this event, as it is awarded to Nordic venues throughout the country – with most recent annual events in Truckee, Calif., Jackson, Wyo., and next year in Park City, Utah.

Spectators will be treated to a glimpse of the future of Team USA as the best athletes under 20 race for glory. The ski racers will face 3.3K, 5K, 10K and 15K courses. Schedule highlights include: Sunday Opening Ceremonies (Olympic Jumping Complex); Monday interval start freestyle (10K/5K); Wednesday sprints (1.5K/1.3K); Friday classic mass start (15K/10K/5K); and Saturday skate relay.

The NYSEF (NY Ski Education Foundation) cross country training program that trains daily at Mt. Van Ho, is thrilled to have 15 athletes qualified for the Mid-Atlantic Division – and there are another 15 athletes from around the state. In order to qualify, these skiers have been racing all season to keep their statistics high and race points low – the lower the points the better the placements.



▲ NORTH COUNTRY SCHOOL AT THE 2015 LAKE PLACID LOPPET, A CITIZENS ENDURANCE NORDIC SKI RACE. © NANCIE BATTAGLIA



NYSEF Nordic head coach, Margaret Maher remarked, "It is really exciting to host at our home venue. This event only makes a stop in Lake Placid every 10-15 years. The local team has a mix of athletes who have been to Junior Nationals three times – to rookies who will be participating at their first national championships." She continued, "They've been working hard, training year-round with this goal in sight, and motivated to achieve strong results – and have fun."

▲ 2015 NORDIC FEST. WHITEFACE LAKE PLACID

Henry McGrew of Lake Placid is a U18 racer looking to make his mark this year. He has competed in two previous junior national championships. He remarked, "In the past we had to travel far for this competition that's the pinnacle of our season, so I'm excited to compete at home with the support of friends and family on a course we know so well." For more info, go to [xcjuniornationals2017.com](http://xcjuniornationals2017.com).

Whether you come to Lake Placid to race on the Olympic trails, cheer for a friend or just enjoy an Adirondack ski retreat to the waffle cabin, hopefully the Nordic events and venue will inspire you to take up a sport that Dr. Trudeau described as "true medicine." 🌲

*Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three sons.*



▲ 2014 LAKE PLACID LOPPET. WHITEFACE LAKE PLACID



# RACE RESULTS

## 15TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN November 24, 2016 • Saratoga Hilton, Saratoga Springs

MALE OVERALL		
1	Jack Vite	20 Clifton Park 16:49
2	Brian Halligan	21 Wilton 17:10
3	Kevin Gideon	18 Ballston Spa 17:17
FEMALE OVERALL		
1	Stefanie Fresenius	24 Ballston Spa 19:55
2	Bailey Kowalczyk	21 Rexford 20:13
3	Samatha Godfrey	21 Fort Edward 20:37
MALE AGE GROUP: 1 - 14		
1	Ryan Bush	12 Saratoga Springs 18:02
2	Christian Mercado	14 Albany 19:14
3	Casey Navin	14 Saratoga Springs 19:53
FEMALE AGE GROUP: 1 - 14		
1	Amalia Culppepper-We	14 Saratoga Springs 22:00
2	Emily Bush	10 Saratoga Springs 22:11
3	Lili Cook	13 Ballston Spa 22:32
MALE AGE GROUP: 15 - 19		
1	Justin Klotz	18 Ballston Spa 17:21
2	Michael Young	18 Gansevoort 17:46
3	Kyle Tiersch	19 Saratoga Springs 18:10
FEMALE AGE GROUP: 15 - 19		
1	Carley Vetter	16 Greenfield Center 21:03
2	Ciara Knott	15 Saratoga Springs 21:03
3	Samantha Vetter	16 Greenfield Center 21:03
MALE AGE GROUP: 20 - 24		
1	Sean McKinney	21 Seattle, WA 17:56
2	Ryan Burch	22 Greenwich 18:02
3	Jonah Williams	22 Saratoga Springs 18:36
FEMALE AGE GROUP: 20 - 24		
1	Brynn Cairns	20 Rutland, VT 21:27
2	Kathryn Hughes	23 Saratoga Springs 22:35
3	Kira Wolf	22 Saratoga Springs 22:35
MALE AGE GROUP: 25 - 29		
1	Dylan Thayer	25 Potomac, MD 18:01
2	Ethan Myers	25 Colorado Springs, CO 18:29
3	Sean Pezzulo	25 Philadelphia, PA 19:06
FEMALE AGE GROUP: 25 - 29		
1	Johannah Ludington	28 Portland, OR 21:11
2	Nichole Griffin-All	28 Schaghticoke 21:28
3	Ashley Campbell	28 Washington, DC 21:35
MALE AGE GROUP: 30 - 34		
1	Jesse Caprotti	31 Malta 19:44
2	Chris Wemple	31 Rock City Falls 20:39
3	Ethan Allen	30 Schaghticoke 21:43
FEMALE AGE GROUP: 30 - 34		
1	Abigail Carnevale	30 Saratoga Springs 21:34
2	Kelly Kolnick	32 Ballston Spa 22:08
3	Stephanie Marotta	31 Saratoga Springs 24:06
MALE AGE GROUP: 35 - 39		
1	Rick Bush	39 Saratoga Springs 18:03
2	Shaun Evans	38 Middle Grove 19:41
3	Chris Yorseevich	38 Greenfield Center 19:50
FEMALE AGE GROUP: 35 - 39		
1	Lisa Lafferty	38 Shelton, CT 21:22
2	Dana Bush	38 Saratoga Springs 22:11
3	Mary Kate Coseo	36 Wilton 24:28
MALE AGE GROUP: 40 - 44		
1	Seth Capello	41 Gansevoort 19:36
2	Craig Evans	42 Arverne 21:20
3	Todd Pidgeon	43 South Glens Falls 21:40
FEMALE AGE GROUP: 40 - 44		
1	Heather Hieronymi	43 Saratoga Springs 22:32
2	Virginia Lerner	44 Malta 22:48
3	Melissa Murphy	41 Saratoga Springs 23:07

## 5TH ANNUAL ST. GEORGE'S TURKEY TROT 5K FAMILY RUN November 24, 2016 • St. George's School & Episcopal Church, Clifton Park

FEMALE OVERALL		
1	Lindsay Cheu	21 Glenmont 19:59
2	Shanley Alber	44 Clifton Park 20:43
3	Jordan Casey	19 Ballston Lake 20:55
MALE OVERALL		
1	Nick Matson	19 Clifton Park 17:21
2	Maxwell Hoffman	15 Clifton Park 18:00
3	Anthony Stalter	21 Waterford 18:02
FEMALE AGE GROUP: 1 - 12		
1	Amanda Curtis	12 Ballston Lake 25:00
2	Emily Tranotti	7 Mechanicville 25:45
3	Makenna Szary	12 Clifton Park 26:58
MALE AGE GROUP: 1 - 12		
1	Ian Oehlschlaeger	10 Clifton Park 22:28
2	Patrick Scott	12 Utica 22:36
3	Ryan Bruzdziński	15 Clifton Park 24:18
FEMALE AGE GROUP: 13 - 15		
1	Ashley Zachgo	15 Rexford 26:47
2	Katie Greene	15 Clifton Park 26:51
3	Kinley Sue Zink	14 Clifton Park 28:16
MALE AGE GROUP: 13 - 15		
1	Bryan Spence	14 Clifton Park 18:52
2	Aedan Mangan	13 Monroe 20:37
3	Christopher Pfaltz	14 Charles Town, WV 21:40
FEMALE AGE GROUP: 16 - 19		
1	Meghan Greene	17 Clifton Park 22:12
2	Mary Grace Rizzo	19 Clifton Park 22:49
3	Rachael Picchi	19 Clifton Park 25:22
MALE AGE GROUP: 16 - 19		
1	Timothy Curcio	19 Hamamton, NJ 20:12
2	Christian Solby	16 Johnstown 21:52
3	Donald Steves	16 Saratoga Springs 23:40
FEMALE AGE GROUP: 20 - 24		
1	Kaitlin Rizzo	21 Clifton Park 21:43
2	Sarah Osaheni	21 Clifton Park 26:06
3	Julie Tokarowski	20 Holden, MA 28:40
MALE AGE GROUP: 20 - 24		
1	John Tokarowski	23 Boston, MA 21:51
2	Dillon Bowman	22 Schenectady 35:58
FEMALE AGE GROUP: 25 - 29		
1	Amanda Grzymala	26 Clifton Park 29:46
2	Nicole Young	29 Clifton Park 31:09
MALE AGE GROUP: 25 - 29		
1	Allen Osaheni	25 Clifton Park 26:41
2	Matthew Rosenman	25 Clifton Park 27:05
3	Christopher Rosenma	29 Clifton Park 29:55
FEMALE AGE GROUP: 30 - 34		
1	Kristen Tranotti	34 Mechanicville 25:45
2	Sarah Richburg	31 Niskayuna 25:58
3	Elizabeth Moore	33 Rexford 27:25
MALE AGE GROUP: 30 - 34		
1	Jesse Young	30 Clifton Park 22:48
2	Kevin Grassi	32 Gansevoort 23:39
3	John Richburg	32 Niskayuna 24:33

MALE AGE GROUP: 35 - 39		
1	Kimberly Blanchet	35 Cazenovia 23:18
2	Theresa Loomis	38 Waterford 23:23
3	Jamie Obst	36 Clifton Park 23:49
MALE AGE GROUP: 35 - 39		
1	Jeffrey O'Shea	35 Clifton Park 20:18
2	Matt Oehlschlaeger	38 Clifton Park 24:08
3	David Tranotti	35 Mechanicville 25:45
FEMALE AGE GROUP: 40 - 44		
1	Barbara Seidel	40 Pearl River 26:18
2	Kathleen Dolan	42 Mechanicville 27:15
3	Erin Boggan	40 Cambridge 29:34
MALE AGE GROUP: 40 - 44		
1	David Czarniecki	40 Clifton Park 20:01
2	Theo Standaert	43 Clifton Park 25:03
3	Robert Desnoyers	42 Mechanicville 25:28
FEMALE AGE GROUP: 45 - 49		
1	Eileen Carson	47 Clifton Park 26:13
2	Marla Sheffer	49 Clifton Park 27:29
3	Kristen Santos	49 Clifton Park 27:29
MALE AGE GROUP: 45 - 49		
1	Bill Hoffman	49 Clifton Park 20:42
2	John Hendricks	47 Rexford 20:51
3	Edward Carroll	45 Clifton Park 20:57
FEMALE AGE GROUP: 50 - 54		
1	Fran Matson	50 Clifton Park 25:05
2	Jennifer Casey	51 Ballston Lake 26:25
3	Annette Romano	52 Clifton Park 25:32
MALE AGE GROUP: 50 - 54		
1	Keith Decker	54 Clifton Park 23:41
2	John Spence	52 Clifton Park 24:43
3	Ed Dollar	54 Clifton Park 25:31
FEMALE AGE GROUP: 55 - 59		
1	Maureen Spence	56 Clifton Park 26:41
2	Donna Thompson	57 Clifton Park 28:09
3	Leslie Cheu	55 Glenmont 29:47
MALE AGE GROUP: 55 - 59		
1	Albert Picchi	55 Clifton Park 25:43
2	David Edwards	58 Clifton Park 27:59
3	Chris Borkowski	56 Schenectady 37:42
FEMALE AGE GROUP: 60 - 64		
1	Phylis Tranotti	61 Metuchen, NJ 25:45
2	Diana Graziano	64 Ballston Lake 32:41
3	Mary Fairley	64 Ballston Spa 46:19
MALE AGE GROUP: 60 - 64		
1	Philip Tranotti	61 Metuchen, NJ 25:46
FEMALE AGE GROUP: 65 - 69		
1	Ed Swanson	67 Ballston Lake 32:41
2	Paul McCarmack	66 Duxbury, MA 44:45
3	Frank Dipasquale	65 Rexford 54:57
MALE AGE GROUP: 75 - 79		
1	David Blanchet	70 Clifton Park 48:17
FEMALE AGE GROUP: 85 - 89		
1	Tim Enright	81 Clifton Park 52:29

Courtesy of St. George's School & Episcopal Church

## 21ST ANNUAL RUNNING OF THE TURKEYS 5K RUN November 24, 2016 • Fisher Elementary School, Arlington, VT

FEMALE OVERALL		
1	Jess Benedict	30 Shaftsbury, VT 20:36
2	Lincoln Benedict	29 Shaftsbury, VT 20:37
3	Sarah Umphlett	14 Shaftsbury, VT 21:21
MALE OVERALL		
1	Jeremy Spiezo	19 Greenwich 17:06
2	Will Fisher	19 Manchester Center, VT 17:35
3	Richie Spitsberg	31 Manchester, VT 18:07
FEMALE AGE GROUP: 1 - 14		
1	Lara Foley	12 Shaftsbury, VT 21:21
2	Leah Mowry	14 Peru, VT 26:51
3	Adeline Umphlett	12 Egg Harbor Township, NJ 30:33
MALE AGE GROUP: 1 - 14		
1	Sam Umphlett	11 Shaftsbury, VT 22:06
2	Cedric LeMaire	10 Williamstown, MA 23:34
3	Sean Foley	14 Shaftsbury, VT 24:22
FEMALE AGE GROUP: 15 - 19		
1	Ann Fisher	17 Manchester Center, VT 23:53
2	Lara Virsik	15 Sunderland, VT 25:22
3	Emmalene Gabriel	17 North Bennington, VT 30:33
MALE AGE GROUP: 15 - 19		
1	Asa Burrows-Crane	15 Bennington, VT 19:53
2	Jacob Perrotta	17 Manchester, VT 22:21
3	Isaiah Rhodes	15 Bennington, VT 24:15
FEMALE AGE GROUP: 20 - 24		
1	Katharine Lynch	20 Cambridge 22:09
2	Cady Kuzmich	23 Greenwich 24:00
3	Charlotte Smith	22 Arlington, VT 26:39
MALE AGE GROUP: 20 - 24		
1	Evan Cedrone	21 Manchester, CT 18:45
2	Devon Hoar	22 Shaftsbury, VT 19:43
3	Brendan Murray	22 New York 28:49
FEMALE AGE GROUP: 25 - 29		
1	Kelsey Hoar	25 Shaftsbury, VT 24:18
2	Anya Eckhardt	25 North Bennington, VT 25:52
3	Ida Pero	27 Burlington, VT 26:02
MALE AGE GROUP: 25 - 29		
1	Blair Williams	27 Hanover, PA 20:07
2	Lucas Roods	26 Greenwich 22:19
3	Pat Cruden	27 North Bennington, VT 22:22
FEMALE AGE GROUP: 30 - 34		
1	Megan Harrington	32 Cambridge 22:22
2	Natasha Hollman	34 Hackettstown, VT 27:07
3	Rachel Burr	30 30:48
MALE AGE GROUP: 30 - 34		
1	Carson Thurber	32 Bennington, VT 19:49
2	Zac Jezek	32 East Haddam, CT 24:33
3	Aidan Charbonneau	30 Shaftsbury, VT 24:35
FEMALE AGE GROUP: 35 - 39		
1	Margery Hajek	36 Downingtown, PA 21:59
2	Tracy Bushée	37 Bennington, VT 23:32
3	Nicole Lebert	37 Bennington, VT 29:44
MALE AGE GROUP: 35 - 39		
1	Tucker Thiele	35 Bondville, VT 19:15
2	Thomas Hajek	38 Downingtown, PA 23:25
3	Adam Blanchard	36 Melrose, MA 23:33

FEMALE AGE GROUP: 40 - 44		
1	Katie Smith	40 Auburndale, MA 26:48
2	Deb LeMaire	43 Williamstown, MA 26:51
3	Autumn Bucchieri	42 Shaftsbury, VT 26:53
MALE AGE GROUP: 40 - 44		
1	John Umphlett	42 Shaftsbury, VT 19:27
2	Geoff Melton	43 Brookline, MA 24:28
3	Richard Hofbauer	44 Manchester, VT 25:34
FEMALE AGE GROUP: 45 - 49		
1	Kathy Zemianek	47 North Bennington, VT 24:43
2	Cindy Mowry	47 Peru, VT 28:47
3	Mary Bacon	46 Arlington, VT 30:33
MALE AGE GROUP: 45 - 49		
1	Terence Shea	47 Arlington, VT 23:54
2	Stephen Murphy	48 Manchester Center, VT 25:39
3	Dean Hagerty	49 Wolcott, CT 30:08
FEMALE AGE GROUP: 50 - 54		
1	Julie Hoar	51 Shaftsbury, VT 24:22
2	Bosmat Cohen	50 Wolcott, CT 24:53
3	Leslie Addison	54 North Bennington, VT 26:52
MALE AGE GROUP: 50 - 54		
1	Philip Spiezo Jr.	52 Greenwich 19:52
2	Joseph Santos	50 Oceanside 23:16
3	Brian O'Grady	52 Cambridge 24:00
FEMALE AGE GROUP: 55 - 59		
1	Deidre O'Farly Smith	57 Arlington, VT 25:56
2	Jeanne Silkworth	57 Arlington, VT 26:52
3	Gail McGurn	55 Bennington, VT 27:43
MALE AGE GROUP: 55 - 59		
1	Brian Sherras	59 West Rupert, VT 23:29
2	Jeffrey Podolec	55 Cambridge 24:00
3	Ward Kane	55 Bondville, VT 25:27
FEMALE AGE GROUP: 60 - 64		
1	Loni Friedman	63 Menie 29:55
2	Susan Robbins	60 North Bennington, VT 36:03
3	Beth Stacy	62 Hoosick Falls 40:03
MALE AGE GROUP: 60 - 64		
1	Scott Jezek	64 East Haddam, CT 24:38
2	Tom Docilum	61 Shaftsbury, VT 25:38
3	Jim Stacy	61 Hoosick Falls 27:00
FEMALE AGE GROUP: 65 - 69		
1	Shea Jezek	65 East Haddam, CT 41:07
MALE AGE GROUP: 65 - 69		
1	Ben Benedict	65 Shaftsbury, VT 24:25
2	Tom Craigs	68 Manchester Center, VT 25:35
3	Craig Roods	67 Greenwich 28:55
MALE AGE GROUP: 70 - 74		
1	Frank Klose	73 Castleton 29:30
2	Ward Hinkle	70 Orchard Park, VT 30:24
3	Larry Lee	73 Manchester Center, VT 31:43
FEMALE AGE GROUP: 75 - 79		
1	Pat Zemianek	75 Bennington, VT 31:15

Courtesy of Batten Kill Valley Runners

## 9TH ANNUAL RUN OFF THAT TURKEY TROT 5K November 26, 2016 • Altamont Elementary School, Altamont

MALE OVERALL		
1	Lukus Becker	19 Berne 18:40
2	Paul Gaffuri	36 Somerville, MA 19:05
3	Ben Sears	32 Albany 19:38
FEMALE OVERALL		
1	Christine Myers	18 Altamont 20:32
2	Erin Murphy	36 Albany 22:27
3	Melissa Grandjean	37 Glenville 22:46
FEMALE AGE GROUP: 1 - 12		
1	Zoey Lounsbury	12 Westerlo 25:33
2	Devon Oakden	9 Broadalbin 47:46
MALE AGE GROUP: 13 - 16		
1	Ryan Bungay	13 Westerlo 23:21
2	Logan Ploss	13 East Greenbush 23:29
3	Brandon Bungay	13 Westerlo 25:01
FEMALE AGE GROUP: 13 - 16		
1	Michelle Puzulis	13 East Berne 24:50
2	Emma Carusone	14 Galway 48:45
MALE AGE GROUP: 17 - 19		
1	David Hulbert	19 Gunderland 22:59
2	David Huse	18 Slingerlands 32:47
FEMALE AGE GROUP: 17 - 19		
1	Emilee Stevens	19 Altamont 23:57
2	Anne Hageman	17 Notre Dame, IN 33:07
MALE AGE GROUP: 20 - 24		
1	Joshua Shafer	20 Gunderland 22:39
2	Colton White	20 Altamont 23:00
FEMALE AGE GROUP: 20 - 24		
1	Katherine Quinn	20 Niskayuna 24:29
2	Morgan Olson	20 Schenectady 27:00
3	Pam Eistertz	24 Albany 29:37
MALE AGE GROUP: 25 - 29		
1	Christopher Leavitt	28 Schenectady 21:09
2	Ed Yoo	26 Columbus, OH 23:45
3	Intak Yoo	26 Latham 31:11
FEMALE AGE GROUP: 25 - 29		
1	Jen Kaye	27 Brighton, MA 25:18
2	Vicky Tiberia	26 Ballston Lake 25:50
3	Elizabeth Barber	26 Schenectady 29:45
MALE AGE GROUP: 30 - 34		
1	Keith Johnson	32 Castleton 23:49
2	Jesse Rapp	30 East Berne 24:26
3	Robert Sanchez	33 Niskayuna 27:13
FEMALE AGE GROUP: 30 - 34		
1	Sara Lanese	30 Ballston Lake 23:34
2	Joan Anderson	32 Glenmont 25:35
3	Tracey Clark	30 Clifton Park 27:32
MALE AGE GROUP: 35 - 39		
1	Joseph Altobello	39 Green Island 20:36
2	Charlie Bilello	37 Manhasset 21:46
3	Alan Ng	37 Albany 23:37
FEMALE AGE GROUP: 35 - 39		
1	Jen Carew	39 Davie, FL 22:53
2	Maria Oakden	35 Broadalbin 26:04
3	AnnMarie Hess	37 Gunderland 27:26
MALE AGE GROUP: 40 - 44		
1	Dillon Kircher	41 Albany 20:48
2	David Bentley	42 Troy 20:52
3	Jeremy Weintraub	44 Greenwich, CT 20:59

FEMALE AGE GROUP: 40 - 44		
1	Deirdre Salerno	43 Amsterdam 24:44
2	Kacey Sornberger	41 Albany 25:29
3	Kelley Gilbert	44 Altamont 26:50
MALE AGE GROUP: 45 - 49		
1	Joseph	



**ADIRONDACK RUNNERS 4-MILE REINDEER RUN *continued***

<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 45 - 49</b>				
1 Griffin Day	15	Ballston Lake	26:28	1 Judith Dore	46	Saratoga Springs	31:11
2 Cooper Collins	15	Queensbury	33:18	2 Lynn Pratt	48	Glens Falls	31:33
3 Tanner Whalen	18	Moriah	33:55	3 Karen Linendoll	45	Hudson Falls	33:36
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>				
1 Kayla Albano	18	Queensbury	37:13	1 Timothy Bardin	54	Queensbury	25:20
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>				
1 Lauriane Gaudette	20	Poughquag	34:55	2 Sam Mercado	53	Albany	27:11
2 Andrea Lees	23	Saratoga Springs	36:11	3 Richard Loud	51	Ballston Spa	29:06
3 Kira Albano	20	Queensbury	37:13	<b>FEMALE AGE GROUP: 50 - 54</b>			
<b>MALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 55 - 59</b>				
1 Josh Lyons	25	Glens Falls	32:59	1 Patty Moore	50	Queensbury	31:06
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Regina Baker	26	Diamond Point	30:09	1 Nick Lamando	58	Queensbury	26:43
2 Elizabeth Moran	26	Niskayuna	30:39	2 Jamie Casline	57	Ballston Lake	27:07
3 Cherie Germain	29	Glens Falls	33:20	3 Brian Teague	58	Glens Falls	28:28
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Chris Comisky	34	Queensbury	30:47	1 Janice Phoenix	55	Schenectady	31:39
2 Adam Catlin	34	Cambridge	35:36	<b>MALE AGE GROUP: 65 - 69</b>			
3 Frank DellaRatta	30	South Glens Falls	39:40	1 John Webber	61	Ballston Spa	31:33
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 70 - 74</b>				
1 Brigid Dake	30	Greenfield Center	29:50	2 Mark Schachner	61	Lake George	32:49
2 Ashley Gershen	34	Queensbury	33:54	3 Bryan Corwin	60	Ticonderoga	34:34
3 Cynthia White	34	Queensbury	35:45	<b>FEMALE AGE GROUP: 65 - 69</b>			
<b>MALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 75 - 79</b>				
1 Eric Bott	35	Warrensburg	26:14	1 Judy Beers	63	Lake George	35:50
2 Mack Sloan	39		34:22	2 Marilyn Ryba	60	Queensbury	40:25
3 Daniel Biggs	35	Watervliet	35:12	<b>MALE AGE GROUP: 80 - 84</b>			
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 85 - 89</b>				
1 Jamie Landon	37	Ballston Spa	33:38	1 Mark Sager	66	Glens Falls	30:03
2 Heather Bala	36	Hudson Falls	33:48	2 Joseph Zarzynski	66	Wilton	38:06
3 Jane Hicks	35	Glens Falls	33:54	3 Donald Yeaton	65	Hudson Falls	38:23
<b>MALE AGE GROUP: 40 - 44</b>			<b>FEMALE AGE GROUP: 85 - 89</b>				
1 Greg Ethier	43	Cohoes	24:49	1 Jill Pederson	66	Lake George	36:42
2 Joe Genter	42	Wilton	27:46	2 Cathy Biss	69	Queensbury	49:59
3 Jerry Blackbird	41	Glens Falls	31:50	<b>MALE AGE GROUP: 90 - 94</b>			
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 95 - 99</b>				
1 Melissa Kwasniewski	40	Fort Edward	32:17	1 Jim Cunningham	72	Ticonderoga	36:02
2 Cindy Lauzon	40	Boonville	36:59	2 David Forbes	70	Argyle	37:00
3 Amy Potter	40	Gansevoort	38:08	3 Norm Facklam	73	Queensbury	44:38
<b>MALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 95 - 99</b>				
1 Gary Harper	47	Fort Edward	25:59	1 Candi Schermerhorn	70	Diamond Point	42:23
2 Carmelo Piazza	47	Gloversville	29:13	1 Jim Moore	77	Niskayuna	40:10
3 Donal O'Flannagain	46	Saratoga Springs	30:57	2 William Liipfert	76	Queensbury	58:25

*Courtesy of the Adirondack Runners*

**19TH ANNUAL FIRST NIGHT SARATOGA 5K RUN *continued***

<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 45 - 49</b>					
1 Sean O'Connor	19	Stamford	15:46	1 Connie Smith	49	Ballston Lake	23:47	
2 Geoff Howles	15	Saratoga Springs	16:12	2 Carol Abbattisti	47	Queensbury	24:22	
3 Shea Weilbaker	16	Saratoga Springs	16:20	3 Kristin Olmstead	45	Hudson Falls	26:24	
<b>FEMALE AGE GROUP: 15 - 19</b>			<b>MALE AGE GROUP: 50 - 54</b>					
1 Hunter Von Ahn	16	Saratoga Springs	19:15	1 John Sestito	53	Johnsonville	20:18	
2 Samantha Vetter	16	Greenfield Center	19:33	2 David Smith	51	Saratoga Springs	20:58	
3 Megan Morin	15	Greenfield Center	19:41	3 Joe Place	53	Saratoga Springs	21:03	
<b>MALE AGE GROUP: 20 - 24</b>			<b>FEMALE AGE GROUP: 50 - 54</b>					
1 Ross Wightman	21	Chatham	16:18	1 Lisa Nieradka	51	Clifton Park	22:08	
2 Travis Briggs	21	Saratoga Springs	16:27	2 Lauren Rhatigan	53	Ship Bottom, NJ	22:32	
3 Jonah Williams	22	Saratoga Springs	18:56	3 Christine Reeves	50	Queensbury	25:50	
<b>FEMALE AGE GROUP: 20 - 24</b>			<b>MALE AGE GROUP: 55 - 59</b>					
1 Brittany Winslow	23	Malta	19:15	1 Myron Ferguson	59	Middle Grove	22:16	
2 Kayla Mason	24	Waterford	24:26	2 Tom Brinkmann	58	Ulster Park	23:52	
3 Katelyn McEneaney	22	Pittsburgh, PA	25:47	3 Mark Murphy	56	Saratoga Springs	24:10	
<b>MALE AGE GROUP: 25 - 29</b>			<b>FEMALE AGE GROUP: 55 - 59</b>					
1 Pat Carroll	25	Glenville	16:30	1 Alison Muse	55	Saratoga Springs	25:40	
2 Kenneth Hammond	26	New York	18:00	2 Linda Ferguson	55	Middle Grove	25:59	
3 Alexander Benway	26	Saratoga Springs	18:15	3 Marcy Dreimiller	57	South Glens Falls	26:20	
<b>FEMALE AGE GROUP: 25 - 29</b>			<b>MALE AGE GROUP: 60 - 64</b>					
1 Chloe Williams	25	Saratoga Springs	23:17	1 John Matthews	60	Canton, CT	20:03	
2 Rebecca Chapman	28	Schenectady	23:49	2 Paul Salerni	60	Little Neck	21:01	
3 Nichole Baldwin	27	Greenfield Center	24:40	3 George Baranuskas	63	Scotia	23:05	
<b>MALE AGE GROUP: 30 - 34</b>			<b>FEMALE AGE GROUP: 60 - 64</b>					
1 Shaun Donegan	31	Malta	16:36	1 Susan Lesar	63	Mechanicville	31:01	
2 Louie DiNuzzo	34	Saratoga Springs	17:22	2 Berta Lowenstein	63	Argyle	34:59	
3 Alexander Grout	30	Chappaqua	20:17	3 Marie Arrao	60	Clifton Park	35:13	
<b>FEMALE AGE GROUP: 30 - 34</b>			<b>MALE AGE GROUP: 65 - 69</b>					
1 Morgan Hendricks	30	Goshen	22:53	1 Mark Sager	66	Glens Falls	23:58	
2 Sarah Gardner	31	Clifton Park	22:59	2 Joseph Aliberti	66	Voorheesville	25:18	
3 Angela Mohanty	30	Albany	24:36	3 Severin Carlson	65	Ballston Spa	26:24	
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 65 - 69</b>					
1 Colin Crowley	39	Ballston Spa	19:50	1 Jill Pederson	69	Lake George	30:54	
2 Matthew Cosco	37	Wilton	20:29	2 Claire Henderson	68	Saratoga Springs	31:54	
3 Gabe Anderson	39	Saratoga Springs	20:55	3 Kathy Frederick	67	Clifton Park	33:35	
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 - 74</b>					
1 Heather Senecal	35	Albany	23:28	1 Dave Glass	70	Glenville	22:09	
2 Danielle West-Chuhta	38	Portland, ME	23:40	2 Patrick Glover	70	Clifton Park	24:50	
3 Jamie Lesniak	39	Dover, NH	24:28	3 Jim Callahan	72	Saratoga Springs	29:39	
<b>MALE AGE GROUP: 40 - 44</b>			<b>FEMALE AGE GROUP: 70 - 74</b>					
1 Greg Ethier	43	Clifton Park	19:51	1 Margaret Mangano	70	Saratoga Springs	39:46	
2 Seth Capello	41	Gansevoort	20:34	2 Nancy Johnston	70	Ballston Lake	41:10	
3 William Henke	42	Saratoga Springs	20:49	3 Susan Fasset	72	Ballston Spa	42:59	
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 75 - 79</b>					
1 Michelle Lavigne	41	Albany	20:46	1 Jim Moore	77	Niskayuna	32:43	
2 Laura Cure	44	Albany	24:17	2 Robert Cheney	75	Cambridge	36:11	
3 Jessica Nash	41	Troy	24:54	3 John Pelton	77	West Rupert, VT	40:34	
<b>MALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 75 - 79</b>					
1 Gary Harper	48	Fort Edward	20:22	1 Gerri Moore	79	Niskayuna	53:57	
2 Rick Zachgo	46	Rexford	21:04	<b>MALE AGE GROUP: 80 - 84</b>				
3 Carmelo Piazza	47	Gloversville	22:48	1 Christopher Rush	80	Schenectady	31:53	
			<b>FEMALE AGE GROUP: 80 - 84</b>					
			1 Priscilla Mueller			80	Stillwater	46:12

*Courtesy of Saratoga Arts*

**1ST ANNUAL GORE MOUNTAIN NORTH CREEK SKI BOWL NORDIC FEST  
December 16-18, 2016 • Gore Mountain Ski Bowl, North Creek**

<b>JUNIORS - 5K</b>				<b>FEMALE AGE GROUP: 18 - 29</b>						
<b>MALE OVERALL</b>				3 Hahnah Saroff				22	Castleton Univ. Nordic	37:11
1 Seamus Tomb	16	Johnsburg HS	13:18	<b>MALE AGE GROUP: 45 - 49</b>						
2 Alex Fragameni	15	HURT Nordic	14:01	1 Chris Rose	46	Peru Nordic	27:44			
3 William Davis	18	Johnsburg HS	14:31	2 Jeffrey Lintz	47	Saratoga Biathlon	35:33			
<b>FEMALE OVERALL</b>				<b>MALE AGE GROUP: 50 - 54</b>						
1 Sheridan Millington	14	Johnsburg HS	19:45	1 Mark Decker	51		27:46			
<b>MALE AGE GROUP: 13 - 14</b>				<b>MALE AGE GROUP: 55 - 59</b>						
1 Clayton Schmale	14	Johnsburg HS	22:01	1 Stanley Hatch	55	Peru Nordic	28:06			
<b>MALE AGE GROUP: 15 - 16</b>				<b>FEMALE AGE GROUP: 55 - 59</b>						
1 Casey Tomb	16	Johnsburg HS	15:21	1 Julie West	56	HURT Nordic	39:40			
2 Brendan Tom	16	Johnsburg HS	15:44	2 Jennifer Woltjen	59	Cayuga Nordic	50:17			
4 Manon Stevens	15	Johnsburg HS	27:42	<b>FEMALE AGE GROUP: 60 - 64</b>						
<b>MALE AGE GROUP: 17 - 18</b>				1 Ann Michalek				63	1:09:30	
1 Harry Helinski	18	Johnsburg HS	15:30	<b>MALE AGE GROUP: 60 - 64</b>						
<b>MASTERS - 10K</b>				1 David Burt				64	Peru Nordic	36:23
<b>MALE OVERALL</b>				2 Marcus Harazin				60	42:40	
1 Paul Allison	30	Peru Nordic	22:47	<b>MALE AGE GROUP: 65 - 69</b>						
2 Douglas Diehl	57		27:14	1 Lawrence Lepak	67	Cayuga Nordic	56:13			
3 David Paarlberg-Kvam	34	HURT Nordic	27:18	<b>MALE AGE GROUP: 70 - 74</b>						
<b>FEMALE OVERALL</b>				1 Chris Beattie				70	Peru Nordic	32:45
1 Gabriella Frittelli	50	Saratoga Biathlon	33:48	<b>MALE AGE GROUP: 75 - 79</b>						
2 Megan Greene	58	Castleton Univ. Nordic	30:32	1 Alec Davis	76	HURT Nordic	42:24			
3 Emily Cromie	18	Castleton Univ. Nordic	33:15	<i>Courtesy of Gore Mountain, Upper Hudson Trails Alliance &amp; HURT Nordic Skiing</i>						
<b>MALE AGE GROUP: 18 - 29</b>										
1 David Harvey	18	Castleton Nordic	28:16							
2 Evan Hill	20	Castleton Nordic	31:31							

**1ST ANNUAL GORE MOUNTAIN 5K SNOWSHOE RACE  
December 17, 2016 • Gore Mountain Ski Bowl, North Creek**

<b>MALE OVERALL</b>				<b>MALE AGE GROUP: 40 - 49</b>						
1 Tim Van Orden/40-49	Bennington, VT	15:12		1 Matthew Miczek				Saratoga Springs	25:52	
2 Trevor Dzikowicz/1-19	Amsterdam	17:31		<b>FEMALE AGE GROUP: 50 - 59</b>						
3 Lance Decker/40-49	South Glens Falls	21:50		1 Maureen Roberts		Saratoga Springs	25:28			
<b>FEMALE OVERALL</b>				2 Jen Kuzmich				Greenwich	27:05	
1 Jamie Woosley/30-39	Oneida	18:25		<b>MALE AGE GROUP: 50 - 59</b>						
2 Jessica Nordan/40-49	Guilderland	20:02		1 Jeff Clark		Glenmont	23:59			
3 Lauren Woodcock/20-29	Saratoga Springs	20:16		2 Jamie Howard		Albany	33:12			
<b>MALE AGE GROUP: 30 - 39</b>				3 Darryl Caron				Clifton Park	34:54	
1 Thomas Ford	Mechanicville	23:25		<b>FEMALE AGE GROUP: 60 - 69</b>						
<b>FEMALE AGE GROUP: 40 - 49</b>				1 Karen Provencher				Glens Falls	23:43	
1 Sarah Dzikowicz	Amsterdam	23:37		2 Laura Clark				Saratoga Springs	30:30	
2 Jen Ferriss	Saratoga Springs	24:14		<i>Courtesy of Gore Mountain, Upper Hudson Trails Alliance &amp; Adirondack Sports</i>						
3 Mona Caron	Clifton Park	28:34								

**20TH ANNUAL HOLIDAY CLASSIC 5K RUN  
December 17, 2016 • Columbia-Greene Community College, Hudson**

<b>MALE OVERALL</b>				<b>MALE AGE GROUP: 40 - 44</b>						
1 Shane McManus	17	Concord, NC	19:33	1 Clint Proper				40	Hudson	23:25
2 Adam Beach	17	Red Hook	19:42	2 Mark McManus				40	Concord, NC	40:38
3 Ken Pierce	48	Hudson	21:21	<b>FEMALE AGE GROUP: 40 - 44</b>						
<b>FEMALE OVERALL</b>				1 Jennifer Daly				40	Claverack	30:43
1 Tara Murray	43	Delmar	26:58	2 Dawn Kipp				40	Angram	40:37
2 Kathleen Proper	35	Hudson	28:22	<b>MALE AGE GROUP: 45 - 49</b>						
3 Jessica Beach	48	Red Hook	28:58	1 Thomas Ranieri	48	Tivoli	26:17			
<b>MALE AGE GROUP: 13 - 16</b>				2 Andrew Tanzillo				48	Hudson	29:06
1 Jacob Anspach	16	Tivoli	23:34	<b>MALE AGE GROUP: 50 - 54</b>						
2 Brian Murray	15	Delmar	25:15	1 Tom Denham	50	Delmar	26:57			
<b>MALE AGE GROUP: 20 - 24</b>				<b>MALE AGE GROUP: 60 - 64</b>						
1 Andrew Dreste	24	Cairo	24:37	1 Martin Patrick	62	East Greenbush	24:47			
<b>FEMALE AGE GROUP: 30 - 34</b>				<b>FEMALE AGE GROUP: 60 - 64</b>						
1 Nicole Quinby	32	Orlando, FL	29:54	1 Marie Kaye	61	Altamont	30:11			
2 Maggie Reinhard	31	Slingerlands	31:21	<b>MALE AGE GROUP: 70 - 74</b>						
3 Rachel Richter	33	Glenmont	31:51	1 Bob Ricketson	71	Coxsackie	40:03			



# RACE RESULTS

## 41ST ANNUAL HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN cont.

<b>FEMALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 55 - 59</b>				
1 Colleen McGarry	39	Slingerlands	28:29	1 Nancy Taormina	57	Albany	31:01
2 Melissa Grandjean	38	Glenville	29:32	2 Karen Gertenberger	59	Colonie	31:10
3 Abi Schoonover	38	Colonie	30:52	3 Joan Brown	58	Niskayuna	34:09
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 60 - 64</b>				
1 Shawn DeCenzo	43	Glenville	25:31	1 Mark Nunez	60	Ballston Lake	26:57
2 Gabe McGarry	40	Slingerlands	26:39	2 Martin Patrick	62	East Greenbush	29:31
3 Chris Nowak	41	Watervliet	27:55	3 Vince Kirby	60	Mechanicville	29:33
<b>FEMALE AGE GROUP: 40 - 44</b>			<b>FEMALE AGE GROUP: 60 - 64</b>				
1 Callee Carpenter	43	Albany	31:53	1 Carolyn George	63	Albany	31:26
2 Candice Panichi	42	Glenmont	31:54	2 Darlene Cardillo	63	Delmar	34:03
3 Jennie Heidbredu	43	Watervliet	32:10	3 Donna Lustenhoover	63	Altamont	36:11
<b>MALE AGE GROUP: 45 - 49</b>			<b>MALE AGE GROUP: 65 - 69</b>				
1 Tim Thomas	49	Granville	28:03	1 Paul Bennett	65	Latham	27:54
2 Gene Terwilliger	49	Glenville	31:04	2 Jim Fiore	69	Latham	32:33
3 Michael Cebula	49	Mechanicville	32:03	3 Paul Forbes	66	Colonie	35:20
<b>FEMALE AGE GROUP: 45 - 49</b>			<b>FEMALE AGE GROUP: 65 - 69</b>				
1 Julie Burke	48	North Greenbush	30:11	1 Judy Lynch	67	Castleton	40:23
2 Trish Rollo	45	Albany	31:11	2 Carol Gerrish	66	Glenmont	51:50
3 Nicol Cunningham	46	Delmar	35:04	3 Theresa Portell	65	Albany	54:18
<b>MALE AGE GROUP: 50 - 54</b>			<b>MALE AGE GROUP: 70 - 74</b>				
1 Blaine Freadman	53	Pittsfield, MA	25:45	1 Jim Whelan	70	Slingerlands	42:08
2 Tim Hartman Sr.	54	Niskayuna	26:01	<b>FEMALE AGE GROUP: 70 - 74</b>			
3 Steve Roberts	51	Dalton, MA	26:27	1 Ginny Mosher-Sweeney	70	Delanson	54:20
<b>FEMALE AGE GROUP: 50 - 54</b>			<b>FEMALE AGE GROUP: 75 - 79</b>				
1 Deb Petrids	53	Voorheesville	33:41	2 Alice Mensching	72	Voorheesville	56:20
2 Anne Hurley	53	Delmar	33:58	<b>MALE AGE GROUP: 75 - 79</b>			
3 Sue Motler	54	Rensselaer	35:55	1 Ken Skinner	76	Albany	41:03
<b>MALE AGE GROUP: 55 - 59</b>			<b>FEMALE AGE GROUP: 75 - 79</b>				
1 Rick Munson	59	Prattsville	26:00	1 Eiko Bogue	79	Schaghticoke	79:00
2 Christopher Murphy	59	Scotia	28:10	<b>MALE AGE GROUP: 80 - 84</b>			
3 Jack Connor	57	Hudson	28:11	1 Wade Stockman	82	Rensselaer	39:32
				2 Joe Kelly	83	Menands	49:49
				<b>FEMALE AGE GROUP: 80 - 84</b>			
				1 Anny Stockman	84	Rensselaer	48:48

Courtesy of Hudson-Mohawk Road Runners Club

## HILLTOP ORCHARD 5K SNOWSHOE RACE

January 1, 2017 • Hilltop Orchard, Richmond, MA

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 60 - 69</b>		
1 Tim Van Orden	48	23:52	1 Ben Kimball	45	32:54	1 Allen Bates	68	32:58
2 Nicholas Curelop	28	27:20	2 Tony Schwartz	47	36:02	2 Bruce Shenker	64	39:46
3 Ulandt Kim	48	30:39	3 Matthew Miczek	44	40:20	3 Jeffrey Tingle	61	47:21
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Jamie Woolsey	33	30:55	1 Cynthia Schwartz	47	38:30	1 Karen Provencher	62	36:05
2 Laure Raffensperger	39	33:05	2 Jen Garrett	43	39:31	2 Cynthia Tingle	62	38:51
3 Heather Rizzi	37	35:53	3 Sarah Dzikowicz	46	39:35	3 Kathleen Furlani	68	44:13
<b>MALE AGE GROUP: 1 - 19</b>			<b>MALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 70 - 79</b>		
1 Trevor Dzikowicz	13	37:01	1 Nicolangelo Scibili	54	34:21	1 Marty Glendon	70	49:09
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 50 - 59</b>			<b>FEMALE AGE GROUP: 70 - 79</b>		
1 Anna Boughtwood	23	1:02:22	2 Tom Tift	59	35:44	1 Shirley Iselin	73	64:17
<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 50 - 59</b>			<b>FEMALE AGE GROUP: 70 - 79</b>		
1 Andrew Rizzi	35	33:28	1 Theresa Apple	55	39:33	<i>Courtesy of Capital Region Nordic Alliance</i>		
2 Joel Pekosz	39	34:11	2 Pauline Kim	50	40:48			
3 James Kavanagh	36	37:35	3 Jen Kuzmich	58	43:23			

## GORE MASTERS/OPEN & JNQ XC SKI RACES

January 7-8, 2017 • Gore Mountain Ski Bowl, North Creek

<b>MASTERS/OPEN - 5K CLASSIC</b>			<b>MASTER MEN: 35 - 39</b>		
<b>MALE OVERALL</b>			1 David Paarberg-Kvam	Manchester, VT/HURT Nordic	22:31
1 Matt Tornien/40-44	Adirondack Vauhti	16:30	2 Chris Yarsevich	Greenfield/HURT Nordic	22:47
2 Chris Yarsevich/35-39	Greenfield Center/HURT Nordic	17:09	<b>MASTER MEN: 40 - 44</b>		
3 David Paarberg-Kvam/30-34	Manchester, VT/HURT Nordic	17:24	1 Todd Drake	Latham/HURT Nordic	38:12
<b>FEMALE OVERALL</b>			<b>MASTER MEN: 45 - 49</b>		
1 Megan Coughlin/18-29	Camden	28:28	1 Chris Rose	Peru/Peru Nordic	22:28
2 Sherry Dixon/65-69	Mayfield/HURT Nordic	33:11	2 Kevin Walter	Pittsford/RXCSE	29:31
<b>MALE AGE GROUP: 18 - 29</b>			3 Jeffrey Lintz	Middletown/Shawangunk	30:16
1 Troy Platt	Camden	21:31	<b>MASTER MEN: 50 - 54</b>		
2 Kaleb Kielsch	Framingham, MA	23:32	1 Sean Halligan	Wilton/Saratoga Biathlon	23:24
<b>MALE AGE GROUP: 30 - 34</b>			2 Kurt Gustafsson	Brooklyn/Axis/Shawangunk	26:47
1 Eric Seyse	Scotia/Glenville Nordic	18:23	<b>MASTER MEN: 55 - 59</b>		
<b>MALE AGE GROUP: 40 - 44</b>			1 Stanley Hatch	Cadyville/Peru Nordic	24:17
1 Mark Ruoff	Gardiner/Shawangunk Nordic	17:55	2 Matt Pearsol	Potsdam/Clarkson	31:18
2 Todd Drake	Latham/HURT Nordic	25:20	3 Jim Allott	Potsdam/Clarkson	36:04
<b>MALE AGE GROUP: 45 - 49</b>			<b>MASTER MEN: 60 - 64</b>		
1 Jeffrey Lintz	Middletown/Shawangunk Nordic	21:38	1 Ed Luban	Syracuse/HURT Nordic	26:13
2 Kevin Walter	Pittsford/RXCSE	21:39	2 Mark Paprocki	Irondequoit/RXCSE	26:40
<b>MALE AGE GROUP: 50 - 54</b>			3 Mark Chmielewicz	Clinton/Adirondack Vauhti	28:36
1 Mark Decker	Conesus/Rochester Nordic	18:18	<b>MASTER MEN: 65 - 69</b>		
2 Steven French	Johnstown/Glenville-Adk Vauhti	24:50	1 Darwin Roosa	Altamont/Saratoga Biathlon	29:49
3 Matthew Brower	Johnstown/Glenville-Adk Vauhti	24:50	<b>MASTER MEN: 70 - 74</b>		
<b>MALE AGE GROUP: 55 - 59</b>			1 Eric Hamilton	Clifton Park/HURT Nordic	41:41
1 Douglas Diehl	Bolton Landing	18:08	<b>MASTER MEN: 75 - 79</b>		
2 Peter Minde	Dover, NJ/Peru Nordic	23:46	1 Alec Davis	Ballston Lake/HURT Nordic	40:36
<b>MALE AGE GROUP: 60 - 64</b>			<b>JUNIOR NATIONALS QUALIFIER - 5K SKATE</b>		
1 Mark Paprocki	Irondequoit/RXCSE	21:12	<b>UNDER-16 JUNIOR BOYS</b>		
2 Mark Chmielewicz	Clinton/Adk Vauhti	21:48	1 James Flanigan	Lake Placid/NYSEF	14:04
3 David Burt	Queensbury/Peru Nordic	23:45	2 Jesse Izzo	Lake Placid/NYSEF	14:35
<b>MALE AGE GROUP: 70 - 74</b>			3 Kai Frantz	Lake Placid/NYSEF	14:37
1 Matt Tornien	Adirondack Vauhti	27:04	<b>UNDER-16 JUNIOR GIRLS</b>		
2 Eric Hamilton	Clifton Park/HURT Nordic	31:15	1 Anna Schriefer	Pittsford/Rochester Nordic	16:52
3 Richard Dixon	Mayfield/HURT Nordic	31:35	2 Marli Damp	Lake Placid/NYSEF	17:21
<b>JUNIOR NATIONALS QUALIFIER - 5K CLASSIC</b>			3 Sylvie Linck	Saranac Lake/NYSEF	18:16
<b>UNDER-16 JUNIOR BOYS</b>			<b>UNDER-18 JUNIOR BOYS</b>		
1 Kai Franz	Lake Placid	15:40	1 Nino Manzella	Queensbury/HURT Nordic	13:14
2 James Flanigan	Lake Placid	15:42	2 Brian Beyerbach	Queensbury/HURT Nordic	13:18
3 Jessie Izzo	Lake Placid	16:32	3 Beckett Ledger	Lake Placid/NYSEF	13:32
<b>UNDER-16 JUNIOR GIRLS</b>			<b>UNDER-18 JUNIOR GIRLS</b>		
1 Anna Schriefer	Rochester Nordic	19:40	1 Jackie Garso	Lake Clear/St. Lawrence U	15:11
2 Marli Damp	Lake Placid	19:57	2 Gabrielle Wangler	Honeoye Falls/Rochester Nordic	16:33
3 Ava Anderson	Johnsburg	21:49	3 Emily Greene	Old Forge/Polars Bears	16:45
<b>UNDER-18 JUNIOR BOYS</b>			<b>UNDER-20 OLDER JUNIOR GIRLS</b>		
1 Brian Beyerbach	Queensbury	14:57	1 Lucy Hochschartner	Lake Placid/St. Lawrence U	14:38
2 Nino Manzella	Queensbury	15:05	2 Gabriella Armstrong	Lake Placid/NYSEF	15:23
3 Ethan Wood	Saranac Lake	15:20	3 Sarah Duclos	Clifton Park/Clarkson Nordic	16:16
<b>UNDER-18 JUNIOR GIRLS</b>			<b>UNDER-20 OLDER JUNIOR BOYS</b>		
1 Jackie Garso	St. Lawrence University	18:06	1 Matthew Young	Canton/St. Lawrence U	13:08
2 Bridget Wangler	Rochester Nordic	19:12	2 Aaron Huneck	HURT Nordic	14:12
3 Gabrielle Wangler	Rochester Nordic	19:12	3 David Harvey	Lima/Castleton Nordic	14:42
<b>UNDER-20 OLDER JUNIOR BOYS</b>			3 Tony Mathie	Edinboro/Wilderness Wild	14:42
1 Matthew Young	Canton	15:29	<b>BILL KOCH YOUTH SKI LEAGUE - 2.5K SKATE</b>		
2 Devin Perry	Honeoye Falls	16:41	<b>UNDER-10 JUNIOR BOYS</b>		
3 Tony Mathie	Edinboro, PA	17:07	1 Trey Frantz	Lake Placid/NYSEF	1:01
<b>UNDER-20 OLDER JUNIOR GIRLS</b>			2 James Buetow	Lake Placid/NYSEF	2:41
1 Lucy Hochschartner	St. Lawrence University	16:39	<b>UNDER-10 JUNIOR GIRLS</b>		
2 Gabby Armstrong	Lake Placid	18:12	1 Schuyler Uzdavinis	Old Forge/Polars Bear	3:10
3 Eliza Blood	Queensbury	18:21	2 Kerissa Dunn	Old Forge/Polars Bear	5:21
<b>MASTERS/OPEN - 10K SKATE</b>			<b>UNDER-12 JUNIOR BOYS</b>		
<b>WOMEN UNDER 23</b>			1 Tate Frantz	Lake Placid/NYSEF	3:53
1 Megan Greene	Old Forge/Castleton Nordic	25:45	<b>UNDER-12 JUNIOR GIRLS</b>		
2 Emily Cromie	Gloversville/GHN/Adk Vauhti	29:23	1 Jennifer Rundell	Old Forge/Polars Bear	4:44
3 Hannah Saroff	Queensbury/Castleton Nordic	33:12	2 Alivia Hopsicker	Old Forge/Polars Bear	4:47
<b>MEN UNDER 23</b>			3 Rachael Kelley	Thendara/Polars Bear	4:53
1 Brian Halligan	Gansevoort/HURT Nordic	20:04	4 Francesca Fragomeni	Saratoga Springs/Saratoga	4:59
2 Devin Perry	Honeoye Falls/Honeoye Falls	21:16	<b>UNDER-14 JUNIOR BOYS</b>		
3 Ethan Katz	Glens Fall/Clarkson U	25:15	1 Max Flanigan	Lake Placid/NYSEF	8:15
<b>MASTER MEN: 30 - 34</b>			2 Dawson Dunn	Old Forge/Polars Bear	9:17
1 Paul Allison	Peru Nordic	19:06	<i>Courtesy of HURT Nordic</i>		
2 Michael Gaughan	Philadelphia, PA/Philly Nordic	22:34			
3 Eric Seyse	Scotia/Glenville Hills	23:26			

## 1ST ANNUAL GET REC'D 3.4-MILE SNOWSHOE RACE

January 8, 2017 • Stratton Recreation Area, South Londonderry, VT

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 40 - 49</b>			<b>MALE AGE GROUP: 60 - 69</b>		
1 Tim Van Orden	48	26:14	1 Jen Ferriss	45	44:22	1 Allan Bates	68	35:49
2 Brian Northan	41	30:45	<b>MALE AGE GROUP: 50 - 59</b>			2 Bob Dion	61	43:09
3 Erik Wight	57	31:47	1 Jan Rancoon	56	40:51	3 Robert Woodworth	67	46:32
<b>FEMALE OVERALL</b>			2 Tony Schwarz	55	40:59	<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Jamie Woolsey	33	32:43	3 Dave Wilbur	57	46:44	1 Kathleen Furlani	68	46:18
2 Jessica Northan	41	38:47	4 Jamie Howard	51	58:45	2 Laura Clark	69	51:22
3 Nancy Johnston	61	39:02	<b>FEMALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 70 - 79</b>		
<b>MALE AGE GROUP: 30 - 39</b>			1 Maureen Roberts	58	46:19	1 Marty Glendon	70	53:36
1 Jeffrey Andritz	35	33:56	2 Jen Kuzmich	57	48:45	<i>Courtesy of Dian WMAC Snowshoe Series</i>		
			3 Denise Dion	58	50:29			

## 31ST ANNUAL WINTER WIMP FOOT RACE

January 14, 2017 • Hagaman Fire House, Hagaman

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 60 - 69</b>				
1 Jim Sweeney	35	Albany	25:54	1 Mary Collins Finn	67	Menands	40:50
2 Ian Thane	24	Amsterdam	26:47	2 Marie Kaye	62	Altamont	43:26
3 Ambrose Schaffer	34	Canajoharie	26:48	<b>MALE AGE GROUP: 70 - 79</b>			
<b>FEMALE OVERALL</b>			1 Richard Theissen	73	Round Lake	49:30	
1 Emily Kowalczyk	26	Vestal	30:12	2 Ray Lee	74	Halfmoon	63:47
2 Hannah Ielfield	13	Glenfield	30:19	<b>2.2 MILES</b>			
3 Marisha Gennett	35	Amsterdam	33:25	<b>MALE OVERALL</b>			
<b>MALE AGE GROUP: 10 - 19</b>			<b>MALE OVERALL</b>				
1 Brandon Miraz	17	Johnstown	26:54	1 Tim Hartman Sr.	54	Niskayuna	15:00
2 Kasey Neff	18	Fultonville	36:37	2 Evan Davis	14	Newport	15:40
3 Kyle Polidore	19	Johnstown	36:47	3 William Hayes	35	Amsterdam	16:10
<b>FEMALE AGE GROUP: 10 - 19</b>			<b>FEMALE OVERALL</b>				
1 Aylene Newman	17	Johnstown	36:46	1 Hali Ielfield	17	Glenfield	14:40
<b>MALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 1 - 19</b>				
1 Austin Becker	22	Broadalbin	28:08	1 Dean Poeth Jr.	16	Glenville	16:18
2 Jaime Hoag	27	Greenwich	38:49	2 Keelan Bennett	16	Amsterdam	21:32
3 Joseph Ballard	27	Davenport	49:59	3 Cash Dalmata	7	Gloversville	25:20
<b>FEMALE AGE GROUP: 20 - 29</b>			<b>FEMALE AGE GROUP: 1 - 19</b>				
1 Pam Eistertz	24	Albany	39:31	1 Hannah Ielfield	13	Glenfield	19:43
2 Megan Eschler	24	Gloversville	1:03:09	2 Anna Poeth	9	Glenville	33:49
<b>MALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 20 - 29</b>				
1 Joel Patrie	32	Scotia	27:05	1 Bonnie Van Patten	25	Gloversville	18:59
2 Steven Shrader	34	Amsterdam	31:45	<b>MALE AGE GROUP: 30 - 39</b>			
3 Drew Meka	38	Canajoharie	32:32	1 Jason Sweet	39	Gloversville	20:16
<b>FEMALE AGE GROUP: 30 - 39</b>			<b>FEMALE AGE GROUP: 30 - 39</b>				
1 Leah Schaffer	32	Canajoharie	35:58	1 Nicole Guere			



# RACE RESULTS

## SHENENDEHOWA CLASSIC CROSS COUNTRY SKI RACE *continued*

<b>MALE AGE GROUP: 30 - 34</b>			<b>BKYSL (UNDER-14) - 5K CLASSIC</b>		
1 Greg Stevens	HURT Nordic	36:34	<b>MALE OVERALL</b>	1 Lionell Wiedmann	Shen Nordic 20:32
2 Karl Zukauskas		78:15	2 Kieran Salls	Shen Nordic	30:03
<b>MALE AGE GROUP: 55 - 59</b>			<b>FEMALE OVERALL</b>		
1 Douglas Diehl	Adk Vauhti	33:09	1 Olivia Serrano		14:41
2 Brian Wieghaus	Saratoga Biathlon	40:09	2 Claire Serrano		18:09
<b>MALE AGE GROUP: 60 - 64</b>			3 Iris Wiedmann Shen Nordic 18:28		
1 Mark Chmielewicz	Adk Vauhti	38:58	<b>FEMALE LOLLIPOP</b>		
2 David Burt	Peru Nordic	41:01	1 Zara Seyse	Glenville Hills	42:22
3 John Rueckheim	Cayuga Nordic	41:48	<b>TRY-IT CITIZEN'S - 5K CLASSIC</b>		
<b>MALE AGE GROUP: 70 - 74</b>			1 Rob Benson, Darryl Caron, John Salls, Kieran Salls		
1 Richard Dixon	HURT Nordic	58:53	<i>Courtesy of Shenendehowa Nordic Club</i>		
2 Eric Hamilton	HURT Nordic	61:36			
<b>MALE AGE GROUP: 75 - 79</b>					
1 Alec Davis	HURT Nordic	49:00			

## SARATOGA MINI-MARATHON CROSS COUNTRY SKI RACE January 29, 2017 • Sacandaga Biathlon Club, Hadley

<b>MINI MARATHON - 25K SKATE</b>			<b>MICRO-MARATHON - 15K SKATE</b>		
<b>MALE OVERALL</b>			<b>MALE OVERALL</b>		
1 Brian Halligan/18-29	HURT Nordic	1:02:10	1 Alex Fragomeni/15-16	HURT Nordic	43:25
2 Jan Wellford/35-39	Peru Nordic	1:07:07	2 Brian Wieghaus/55-59	Saratoga Biathlon	47:26
3 Matthew Tornaiainen/40-44	Glenville/Adk Vauhti	1:09:41	3 Darwin Roosa/65-69	Saratoga Biathlon	52:06
4 Chris Rose/45-49	Peru Nordic	1:11:02	<i>Courtesy of Saratoga Biathlon Club</i>		
5 David Paariberg-Kvam/35-39	HURT Nordic	1:11:19			
6 Eric Seyse/30-34	Glenville/Adk Vauhti	1:11:20			
7 Stanley Hatch/55-59	Peru Nordic	1:14:15			
8 Martin Donnelly-Heg/40-44	Peru Nordic	1:17:37			
9 Patrick Jansen/50-54	Saratoga Biathlon	1:17:52			
10 Steven French/50-54	Rochester Nordic	1:19:30			
11 Mark Chmielewicz/60-64	Glenville/Adk Vauhti	1:23:19			
12 Jim Kobak/45-49	Peru Nordic	1:26:04			

## GORE MOUNTAIN RESTAURANT RACE January 30, 2017 • Gore Mountain, North Creek

<b>TEAM AVERAGE (TOP 3 TIMES)</b>					
1 BARVINO	NORTH CREEK	16.03	Patrick Murray	North River	20.36
Matt Byrne	Boulder, CO	15.43	Marc Zuckerman	Bolton	20.52
Lily Gaecher	North Creek	16.01	5 JIMBO'S CLUB	BRANT LAKE	20.35
Pete Burns	North River	16.64	Caroline Pitts	Wilton	20.16
2 BASIL & WICKS	NORTH CREEK	16.25	Kelly Siegersma	Brant Lake	20.35
Greg Meader	Lake George	15.74	Callie Himoff	Brant Lake	20.53
Robert Yandon	Newcomb	16.50	6 STICK'S & STONES	SCHROON LAKE	17.46
David Coleman	Chestertown	16.50	John Collins	Lake George	16.73
3 BECKS TAVERN	NORTH CREEK	16.84	Colin Davidson	Glens Falls	17.49
Chad Haneman	Olmstedville	16.81	Rocky Paul	Paradox	18.15
Jeff Rivet	Saratoga Springs	16.81	7 TANNERY PUB	NORTH CREEK	21.39
Cork Nester	North Creek	16.89	Tom Melita	Fort Edward	15.50
4 GARNET HILL LODGE	NORTH RIVER	19.96	Lori Benton	North Creek	22.09
Frank Walsh	North Creek	18.99	Jerry Starr	Saratoga Springs	26.50

## HOOT TOOT & WHISTLE 5K SNOWSHOE RACE February 4, 2017 • Catamount Trail, Readsboro, VT

<b>MALE OVERALL</b>			<b>MALE AGE GROUP: 40 - 49</b>			<b>FEMALE AGE GROUP: 60 - 69</b>		
1 Tim VanOrden	48	22:34	1 Ben Kimball	45	30:32	1 Kathleen Furlani	68	42:33
2 Joe Carter	27	23:22	2 Christopher Bailey	41	34:48	2 Susan Rogers	62	54:18
3 Brian Northan	41	26:48	<b>FEMALE AGE GROUP: 40 - 49</b>			3 MaryLou White	61	55:28
<b>FEMALE OVERALL</b>			<b>MALE AGE GROUP: 50 - 59</b>			<b>MALE AGE GROUP: 70 - 79</b>		
1 Jamie Woolsey	33	28:07	1 Erik Wight	57	26:55	1 Steve Mitchell	75	44:49
2 Jessica Northan	41	31:28	2 Thomas Olendorf	51	28:57	2 Marty Glendon	70	45:55
3 Nancy Johnston	61	35:34	3 Ted Cowles	58	30:25	3 Walter Kolodzinski	74	10:25
<b>MALE AGE GROUP: 10 - 19</b>			<b>FEMALE AGE GROUP: 50 - 59</b>			<b>FEMALE AGE GROUP: 70 - 79</b>		
1 Matt Bailey	14	63:49	1 Mimi Englander	55	39:59	1 Shirly Iselin	73	59:17
<b>FEMALE AGE GROUP: 10 - 19</b>			<b>MALE AGE GROUP: 60 - 69</b>			<b>MALE AGE GROUP: 80 - 89</b>		
1 Abigail Bailey	11	64:46	1 Allan Bates	68	31:33	1 Jeles Seltzer	81	61:17
<b>FEMALE AGE GROUP: 30 - 39</b>								
1 Michele Boudreau	30	63:34	2 Scott Bradley	62	36:45			
			3 Douglas Rogers	61	42:47			

## SARATOGA WINTERFEST 5K ALMOST-SNOWSHOE (TRAIL) RACE February 5, 2017 • Saratoga Spa State Park, Saratoga Springs

<b>MALE OVERALL</b>			<b>FEMALE AGE GROUP: 45 - 49</b>					
1 Shaun Donegan	31	Malta 17:01	1 Jennifer Ferriss	45	Saratoga Springs 28:42			
2 Tim Van Orden	48	Bennington, VT 17:02	2 Dawn Slater	46	Greenwich 30:09			
3 Jeffrey Andritz	35	Altamont 20:52	3 Katey Muselbeck	45	Fonda 1:00:38			
<b>FEMALE OVERALL</b>			<b>FEMALE AGE GROUP: 50 - 54</b>					
1 Peggy McKeown	59	Moreau 25:24	1 Kathleen Ryan	52	Clifton Park 31:35			
2 Karen Provencher	62	Glens Falls 26:22	2 Hilary Claggett	52	Saratoga Springs 42:45			
3 Megan Boyak	32	Clifton Park 27:44	<b>MALE AGE GROUP: 55 - 59</b>					
<b>MALE AGE GROUP: 1 - 14</b>			<b>MALE AGE GROUP: 55 - 59</b>					
1 Jackson Katusha	13	Saratoga Springs 24:56	1 Jeff Clark	59	Glenmont 27:25			
2 Mason Collins	14	Saratoga Springs 26:04	2 Donald Proulx	55	Saratoga Springs 28:29			
3 Derek Zwickle	14	Gansevoort 26:05	3 Dave Wilber	57	East Greenbush 29:20			
<b>FEMALE AGE GROUP: 1 - 14</b>			<b>FEMALE AGE GROUP: 55 - 59</b>					
1 Solitaire Niles	11	Shaftsbury, VT 39:30	1 Maureen Roberts	59	Saratoga Springs 28:43			
2 Kiera Muselbeck	9	Fonda 60:13	2 Jennifer Kuzmich	58	Greenwich 30:07			
<b>MALE AGE GROUP: 15 - 19</b>			<b>FEMALE AGE GROUP: 60 - 64</b>					
1 London Niles	19	Shaftsbury, VT 24:50	1 Frank Lombardo	61	Saratoga Springs 26:35			
<b>MALE AGE GROUP: 35 - 39</b>			<b>FEMALE AGE GROUP: 65 - 69</b>					
1 Jean-Baptiste Laloe	35	Saratoga Springs 21:48	2 Vincent Kirby	60	Mechanicville 26:44			
<b>FEMALE AGE GROUP: 35 - 39</b>			<b>MALE AGE GROUP: 70 - 75</b>					
1 Madeleine Bonneville	35	Newton, MA 30:57	1 Charles Brockett	71	Dolgeville 35:34			
<b>MALE AGE GROUP: 40 - 44</b>			<b>MALE AGE GROUP: 75 - 79</b>					
1 Joshua Katzman	41	Clifton Park 22:15	2 Ray Lee Jr.	74	Halfmoon 47:36			
2 Neil Tyrrell	41	Saratoga Springs 25:49						
3 Jim Schertzer	41	Ballston Lake 26:03						
<b>MALE AGE GROUP: 45 - 49</b>								
1 Brian Murphy	47	Port Washington 31:47						
2 Richard Muselbeck	49	Fonda 43:15						

## 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.

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## RUNNING

# JOIN THE USATF ADIRONDACK GRAND PRIX

## Changes Offer Something for Every Runner

By Renee Tolan

This year the USATF Adirondack Association Grand Prix is undergoing some major changes. In its 10th year, the series has historically been comprised of 12 races at distances ranging from the mile to the marathon. The series has consistently brought top area athletes to participating races. This year, for the first time, the Grand Prix will be recognizing all runners who complete the series.

The 2017 series will consist of seven races stretching from April to September and ranging in distance from one-mile to the half marathon.

<b>Bacon Hill Bonanza</b>	<b>10k</b>	<b>April 8th</b>
<b>Mastodon Challenge</b>	<b>15k</b>	<b>May 6th</b>
<b>Memorial Mile</b>	<b>Mile</b>	<b>May 29th</b>
<b>Kinderhook Bank OK5K</b>	<b>5k</b>	<b>June 10th</b>
<b>Firecracker 4</b>	<b>4 Mile</b>	<b>July 4th</b>
<b>Malta 5k</b>	<b>5k</b>	<b>Sept. 9th</b>
<b>ADK Marathon Festival</b>	<b>Half</b>	<b>Sept. 24th</b>

Any USATF Adirondack member who completes five of the seven events will receive a Grand Prix series finisher T-shirt. The mission of USATF is to promote the sport of running across all abilities and ages. By adding recognition to those who complete the series, the local association is advancing USATF National's philosophy of running as the "Sport for Everyone... Sport for Life."

An exciting addition to the 2017 series is a partnership with Fleet Feet Sports Albany/Malta. This partnership has allowed USATF Adirondack to expand the Grand Prix participant recognition to all association members (runners, joggers and walkers), in addition to offering a generous prize purse for division winners.

Another change to the 2017 series was to give USATF Adirondack members an opportunity to play a role in creating their Grand Prix. The Long Distance Running Committee restructured how the series events were selected, by conducting an open bid process for all USATF Adirondack sanctioned races. From all of the bids received, the LDR Committee developed three possible slates for the 2017 series. The three slates were presented to the membership and, for the first time, they were given an opportunity to provide feedback by voting on their preferred slate. Moving forward, a similar process will be followed and the committee anticipates the slate of Grand Prix races will change from year to year.

USATF Adirondack and Fleet Feet Sports Albany will be holding a Grand Prix Kick-Off event on Sunday, March 5 from 12-4pm. All of the races included in the 2017 Grand Prix will be present along with other USATF sanctioned events. Giveaways and discounts will be available for those who register at Fleet Feet Sports Albany on March 5, so take on the challenge of completing the series! If you can't make it on March 5, visit the USATF Adirondack booth at the Adirondack Sports Summer Expo at the Saratoga Springs City Center on Saturday-Sunday, March 18-19. For more info, visit [adirondack.usatf.org](http://adirondack.usatf.org).

Renee Tolan ([ldr@adirondack.usatf.org](mailto:ldr@adirondack.usatf.org)) of Clifton Park is VP for Long Distance Running with USA Track & Field Adirondack Association.

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iRun Local  
Jog for Jugs Half Marathon & 5K  
Komen NE NY Race for the Cure  
Lake George Half Marathon & 5K  
Peak to Brew Relay  
Plattsburgh Half Marathon, Relay, 10K  
Run 4 Your Life 5K  
Saratoga Springs Half Marathon & 5K  
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USA Track & Field Adirondack  
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