

COVERING  
UPSTATE NY  
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# ADIRONDACK SPORTS

FREE!  
MARCH  
2017



12TH ANNUAL  
**ADIRONDACK  
SPORTS**  
**SUMMER  
EXPO**

**MARCH 18 & 19**  
Saratoga Springs City Center • 522 Broadway



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**AdkSports.com**  
Facebook.com/AdirondackSports

If you have the winter blues, the summer sports and recreation season is just around the corner at the 12th annual **Adirondack Sports Summer Expo!** It's happening on Saturday-Sunday, March 18-19 at the Saratoga Springs City Center.

Come to the Capital, Saratoga and Adirondack region's run, bike, triathlon, paddle, hike, healthy living and travel show - the sweaty, dirty sports you love all under one roof! It features 150 exhibits, great sales on summer/winter gear, clothing, footwear, and paddling and scuba demos in the 20x32-foot pool. Plus, clinics and fun family activities, including a 25-foot rock wall!

The show will have \$10,000 in prizes and giveaways. Door prizes to regional running races, triathlons, hiking packages, weekend lodging getaways, ski tuning, bike service, health, fitness, scuba training, meal packages, and more will be given away. And we have 25 new exhibitors at the Expo.

The timing of the Summer Expo is perfect for athletes, weekend warriors, enthusiasts and newbies to pick up gear, information and motivation to plan the next outings and adventures. It's the place to kick-start a fitness program or take your health to the next level. Event reps from the Firecracker 4, Saratoga Tour de Cure, Lake George Triathlon Festival, Adirondack Marathon, Peak to Brew Relay, Saratoga Springs Half Marathon, Great American Brewery Runs, and more will be on hand with info and registration specials.

The Expo also has awesome sales with a mix of retailers, organizations, health and fitness professionals and green living vendors presenting and offering their products and services. This includes Mountainman Outdoors, Steiner's Ski & Bike, Fleet Feet Sports, LiveSore, 9 Miles East Farm, Arbonne, iRun Local, and many more!

Most major outdoor sports and recreation clubs in the area will be represented, including the Adirondack Mountain Club, Capital District Triathlon Club, Out of Control Ski Club, Appalachian Mountain Club, Saratoga Stryders, Saratoga Triathlon Club, Saratoga Lake Sailing Club and more.

Many summer travel destinations will be present to share information and deals on visiting, activities, lodging, events and getaways - Elk Lake Lodge, Killington Resort, Walkway Over the Hudson, and Wild Center to name a few. Plus, ideas for summer camps for kids and adults, including camps Chingachgook and Gorham.

On-water demos will take place all weekend in the pool, with kayaking, canoeing, and scuba with Seguin's Scuba. Demos and clinics, led by ADK and regional paddling experts: capsizing recovery, rescue and rolling, pack canoeing - and the popular "Try Paddling" sessions for kids!

A variety of demos and clinics will be led by contributing writers, certified trainers, accomplished athletes and health professionals. Demos include running, foam rolling, canoe paddling, injury prevention - and get your own personal exercise recommendation from multiple Olympic and World Champion biathlete medalist Andrea Henkel Burke!

Take advantage of a 2-3 mile group run or one-mile walk organized by iRun Local will start at 11am on Sunday from their expo booth and finish at the show, followed by refreshments by On-Running in the lobby.

Damien's Rock Wall will challenge kids and adults on the 25-foot wall, and many exhibitors - including "putting on the green" with Capital Region Disc Golf - will have demos and activities all weekend. The Regional Food Bank of Northeastern NY will be on hand to collect donations over the weekend. Attendees who donate food or money to the Regional Food Bank will receive extra raffle tickets, which will increase their chances of winning Expo prizes!

The Summer Expo takes place on Saturday, March 18 from 10am-5pm and Sunday, March 19 from 10am-4pm in the Saratoga Springs City Center at 522 Broadway. Admission is \$5 for the weekend, and ages 18-under are free. See you there!

See **SUMMER EXPO GUIDE 14** ▶

*Danny and Mona*



# Awesome Events... And a Great Time!

## Signup Today! [AdkRaceMgmt.com](http://AdkRaceMgmt.com)



**3.5 Mile Obstacle Race**  
Saturday, May 20th  
5:15pm Start

Online registration ends **May 17th at midnight**

Race day registration is available. Teams are welcome!

Sign up by **May 5th** to be guaranteed a T-shirt!

Presented by **DAVIDSON BROS.**




Flattest and Fastest Mile North of the Hudson

USATF Adirondack Grand Prix Series Race


Let Us Never Forget

**GLENS FALLS MEMORIAL MILE**

To Benefit Veterans Organizations

**How Fast Are YOU?**

**Monday, May 29th**  
9:55am Race Start Before the Parade!



# Lake George TRIATHLON Festival

**Olympic Race** Saturday September 2nd

**Half Iron Race** Sunday September 3rd

**Half Iron AquaBike Race** Sunday September 3rd

**Registration Open!**

**KING GEORGE:** Olympic Race and Half Iron Race  
**PRINCE GEORGE:** Olympic Race & Half Iron AquaBike Race  
AquaBike = Swim/Bike (Half Only)

"Wow! Just Wow! Every year - simply Amazing!"  
"Oh my word, the camaraderie is fabulous and the organization is incredible!"  
"I'm coming back and I'm bringing all my friends!"  
- Recent Competitors






[AdkRaceMgmt.com](http://AdkRaceMgmt.com)



## RUNNING &amp; WALKING

# Make Every Race an Adventure!



By Laura Clark

Life is too short and there are now so many races to choose from that there is no need to select an event that fails to inspire. By opting for races that challenge your skill set, appeal to your values, take you to unexplored areas or involve the whole family, you not only ensure a satisfying experience but also guarantee that sticking to your training plan will be a no-brainer.

For some suggestions, consider the following unique April and May events. You will be certain to discover one or two that will spark your sense of ongoing adventure!

Looking for that special Roadrunner logoed April Fool's shirt to wear? Then head over to the 38th annual **April Fool's Race** in Salem, which this year conveniently falls on the actual day, April 1st! True fools can tackle both the 10K (9am) and the 5K (10:30am) for the same low \$12 preregistration fee, a bargain by any standards. While the total distance of slightly over nine miles isn't extremely long, the half-hour or more wait between events requires clever planning. And as race director Dan Sheldon quips, "The beautiful course is the same and the hills are still there."

Both routes are no joke, with the 5K loop even boasting some dirt road. In the spirit of the day, some parents opt to race the 10K and then try to keep up with their kids in the 5K. The Children's Mile begins on the new school track and enjoys a safe tour of the school grounds. Yummy, practical awards include local products and plates of cookies. ([aprilfoolsrace.com](http://aprilfoolsrace.com))

Another 5K/10K combo is the fifth annual **Bacon Hill Bonanza 5K Race/Walk & 10K Race** on April 8 at Bacon Hill, just north of Schuylerville. Both events begin at the same time, eliminating the pressure to overcommit. With Bacon Hill Church's steeple repair a done deal after only four years, proceeds now support their Organ Fund as well as Schuylerville Park. Their big news is that the 10K was voted part of USA Track & Field Adirondack's Grand Prix Series, so expect a high level of competition over a farm country course with some hills, where cows outnumber spectators.

And, who is a better baker than a farmer's wife? While winners receive homemade pies and cookies, no one will walk away disappointed as the refreshment table is laden with all sorts of home-baked goodies. Family participation is encouraged with a \$5 dis-

count for additional members. ([baconhillbonanza.com](http://baconhillbonanza.com))

Help fill someone else's Easter basket this year and wear blue at the third annual **Blue Needs You 8K** on April 15 in Saratoga Springs. Proceeds benefit operational costs of Code Blue Saratoga, which thanks to the generosity of Ed and Lisa Mitzen of Fingerpaint Marketing, will soon break ground for a permanent homeless shelter. This route, beginning and ending at High Rock Park, is designed to be a challenging, competitive course with the hilly first section giving way to the flatter Spring Rock Trail.

Not only is the event staffed heavily with shelter volunteers, but several former guests are in the mix, including Don who states, "I was homeless and I used Code Blue to stay out of the cold as I saw some of my friends die." Don has now quit drinking and has turned his life around. Additionally, co-race director Dennis Fillmore has a standing offer to assist shelter guests with one-on-one training. With recognition for the team with the most runners registered, Ainsley's Angels will be out in full force - look for our pink pushers and "chariot" riders! ([codeblueneedsyou.org](http://codeblueneedsyou.org))

Are you 40 and over and desirous of testing yourself on a level playing field? Then the 37th annual **Bill Robinson Masters 10K Championship** on April 22 is the perfect choice with awards through age 80 and over. Launching from Guilderland High School, it is an out-and-back along a scenic course. As a bonus, that format will help you keep track of your competitors as you can spot them coming and going without an embarrassing backwards glance to reveal your concern.

But more importantly, the race honors Bill Robinson, a top local runner who 25 years ago was hit by a car on his daily noon-time run. He is now confined to a wheelchair. It could have been any one of us. ([hmrrc.com](http://hmrrc.com))

Get in a race and superb Adirondack scenic views at the 28th annual **Prospect Mountain Road Race** on April 29 in Lake George. While the 5.67-mile, 1,601-foot climb may seem intimidating, there is no need to be hesitant, as co-race director Christine Cifone-Clohohey points out, "You don't have run fast, just lock into a slow pace." With no flatlander minutes per mile expectations, you can enjoy a pressure-free



■ BLUE NEEDS YOU 8K IN SARATOGA SPRINGS.  
BRUCE MCDONOUGH PHOTOGRAPHY



(TOP) FINISHER CHRISTINE CIFONE-CLOHOSEY CHEERS ON JILL PEDERSON, RACE DIRECTORS, AT THE 2016 PROSPECT MOUNTAIN ROAD RACE.  
BRIAN TEAGUE/FATEAGUE PHOTOGRAPHY

▲ FINISHERS CELEBRATING AT THE MASTODON CHALLENGE 15K IN COHOES.  
NEIL SERGOTT

ride up. A fast hiking pace is perfectly acceptable and sometimes even overtakes a slow jog! On the other hand, the average participant age has gotten older over Prospect's 28 years, leaving plenty of room for competitive youngsters to stake out a top ten record!

Lately, many more runners have also opted to get in a long run by reversing their path and taking a downhill cooldown. On the way up, be aware that the first mile is relatively easy, with the third running a close second. The toughest, naturally occurs at the peak, but by then you are truly "almost there." ([adirondackrunners.org](http://adirondackrunners.org))

Are you heartier than a mastodon? Choose Cohoes and find out at the sixth annual **Mastodon Challenge 15K & 5K** on May 6. Not simply a caveman-strong name, there really was a mastodon skeleton - now located at the NYS Museum - discovered at the Harmony Mills textile site (now luxury apartments), which you will pass en route. Even more exciting than the mastodon perhaps is the fact that the feature event is a 15K, which along with Code Blue's 8K, remains an endangered distance - and this year's Mastodon 15K is also a USATF Adirondack Grand Prix race!

On your occasionally hilly journey you will also sample the relatively flat Erie Canal Towpath, Mohawk Bike Trail and Cohoes' beautiful pocket parks, encouraged by plentiful water stops and entertainment. New this year will be cash awards for the top three males and females in both the 15K and 5K and free entry into next year's event. ([mastodonchallenge.com](http://mastodonchallenge.com))

Finally, the **Literacy 5K Run/Walk** on May 7 offers the opportunity for your first family outing of the season, one appealing to both runners and non-runners alike! With a new location at Schodack Island State Park in Schodack Landing - on the scenic Hudson River. The 5K Trail Run/Walk utilizes the park's wide, fairly level dirt trails past Schodack Creek where some might be lucky enough to spot an eagle. The Youth Mile will travel on the stone dust trails around the main park area.

The Castleton Library will be hosting a Story Walk, where families can stroll to various stations to enjoy a continuous story. Park personnel also will offer a Guided Nature Walk along the 1.5-mile bike path where all ages will learn to identify various trees, bugs and birds. Entrance to the park is included in all fees paid online, so families are encouraged to bring a picnic, hike, bike, kayak, or play a game of horseshoes or volleyball. Have fun while supporting the Literacy Volunteers of Rensselaer in their efforts with adults, out-of-school teens, and English language learners. ([lvorc.org](http://lvorc.org))

So join your friends and start off the spring season with the adventure of trying something different! 🌲

Laura Clark ([snowshoegal133@gmail.com](mailto:snowshoegal133@gmail.com)) of Saratoga Springs is an avid trail runner, ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.



**TUESDAY, JULY 4 • 9am**  
**Saratoga Springs, NY**



**EXPO SPECIAL** *Save \$5*  
**\$25 Registration**

**4-Mile Race • Bib-tag timed**  
 \$7000 in prizes • 400 medals  
**Saratoga Springs City Center**  
 Vendors & band at start/finish • Entertainment along course • USATF Adk Grand Prix event

**RUN YOUR COLORS!**  
 Teams with most runners win for charity: First place \$1000, Second place \$500, Third place \$250

**\$30 by 7/2 or \$35 7/3 & 7/4**  
**www.Firecracker4.com**

**TAKE THE RIDE OF YOUR LIFE**

**Tour de Cure** American Diabetes Association



Tour de Cure is thousands of people across the U.S. riding to stop diabetes. Supported by contributions from thousands more, Tour de Cure participants ride for the nearly 30 million people living with diabetes, and the 86 million more Americans currently at risk. Join them for the ride of your life.

**Saratoga Springs Tour de Cure**  
**Sunday, June 4th**

**New Tour Location!**  
**Saratoga Spa State Park**

**New for 2017!**

- New scenic 100 mile route
- Outdoor festival lunch tent and food
- Body & Soul live at tour
- Streamlined check-in
- WaterMonster hydration stations at rest stops

Choose from 10, 28, 50, 62.5 or 100 mile routes.

**Register to ride at [diabetes.org/saratoga](http://diabetes.org/saratoga) or 518-218-1755 ext 3606**




**60<sup>th</sup> HUDSON RIVER White Water Derby**  
 NORTH CREEK • NORTH RIVER • RIPARIUS

**Saturday, May 6 • 11am**  
**Giant Slalom & Sprint Races**

*Give downriver racing a try!*  
**Not-So-Whitewater River Race**  
 Immediately following Giant Slalom  
 2.5M of moving water for beginner to intermediate canoers and kayakers • Only \$10

Awards Celebration at 4 pm at Tannery Pond Community Center in North Creek

**Sunday, May 7 • 11am**  
**Downriver Race • North Creek to Riparius**  
 Awards Celebration after race at Riverside Station Park

**www.whitewaterderby.com**



**Freihofer's 39<sup>th</sup> run for women**  
SINCE 1913 BAKERY

**THIS IS YOUR YEAR** to run the Freihofer's 5K

Join more than 4,000 recreational runners, Olympians and world champions at the 39th Freihofer's Run for Women on Saturday, June 3!

Our prestigious event, which starts and ends on Washington Avenue in the shadows of Albany City Hall, features:

**EASY ENTRY POINTS TO THE RACE SITE | AMPLE PARKING | NEW 9 A.M. START | A WIDE, COLOR-CODED START | A SCENIC WASHINGTON PARK COURSE | SPECTATOR VIEWING OPTIONS AT THE START AND FINISH LINES | POST-RACE ACTIVITIES FOR THE WHOLE FAMILY**

Get ready for race day by registering for our 7th annual Training Challenge beginning March 20. The popular 10-week program features:

**NOVICE, INTERMEDIATE AND ADVANCED GROUPS | CONVENIENT MORNING/EVENING MEETING TIMES | FREE THREE-MONTH GYM MEMBERSHIPS TO VENT FITNESS AND/OR THE SOUTHERN SARATOGA YMCA**

*So don't delay!*  
 Sign up now for the 5K/Training Challenge at [freihoferstrun.com](http://freihoferstrun.com).


**Sign ups for Training Challenge accepted thru April 2**



**CAPITAL DISTRICT YMCA**  
**SPRING HAS SPRUNG**  
**Distance Festival**

**SUNDAY, MAY 7**  
**Southern Saratoga YMCA**

- 7:30AM – 23<sup>rd</sup> Annual Anyone Can Tri Outdoor Triathlon In Memory Of Chris Gleason
- 9AM – Spring has Sprung 5K/10 mile/13.1 mile Run
- 10AM – 1 Mile Kids Fun Run
- 11:30AM – Kids Triathlon



**REGISTER TODAY!**  
**www.CDYMCA.org**

**MOHAWK HUDSON RIVER MARATHON & HANNAFORD HALF MARATHON**

**OCTOBER 8, 2017**  
**GET RUNNING**

**REGISTRATION OPENED MARCH 8**  
 Visit [mohawkhudsonmarathon.com](http://mohawkhudsonmarathon.com) for registration and race details, sponsorship opportunities, and volunteer information.

Directed by: **HMRRC**

Half Marathon presented by: **Hannaford.**

Race Expo presented by: **ADIRONDACK SPORTS**

Apparel sponsor: **GREENLAYER**



**NYS Parks Unveils New Family Sharing Empire Pass Card**

ALBANY – The Office of Parks, Recreation and Historic Preservation announced the new State Parks Empire Pass Card is now available for purchase. The new Empire Pass Card, accepted at state parks and recreation areas across New York, is a wallet-sized plastic card that can be shared among family members including parents, grandparents, caregivers and more. The card is presented upon vehicle entry and includes QR code and embedded chip technology to allow for easier park access at select facilities.

“We are responding with this new and more user-friendly product to strengthen the connection between people and their parks,” said State Parks Commissioner Rose Harvey. “With the new Empire Pass card, gone are the days of needing multiple decals on multiple cars for families who enjoy the outdoors. The new Empire Pass card will allow parents to take any vehicle to the park, the family babysitter to keep the kids active over the summer, or grandparents to accompany the kids to a weekend nature program – all with one pass.”

The new card is offered for \$80. This price saves multiple-vehicle families a minimum of \$50 annually. The original Empire Pass decal, formerly known as the Empire Passport, will still be offered as a decal for \$65 and must be affixed to a vehicle as it is not shareable.

Both the Empire Pass card and Empire Pass decal programs provide unlimited day-use vehicle entry to state parks, Department of Environmental Conservation forest preserves, boat launch sites, arboretums and park preserves. A Lifetime Empire Pass is



also available with no expiration date with an icon placed on one’s driver’s license at a cost of \$750.

All passes except the Lifetime Empire Pass can be purchased online at nysparks.com, by mail, at (518) 474-0458, or in person at a state park or regional office. The Lifetime Empire Pass can be purchased online only. New York’s seniors age 62 and older allows for free entry into state parks weekdays (Monday through Friday, excluding holidays) simply by showing their driver’s license or state-issued non-driver ID. Members of the state militia or any branch of the NYS National Guard or military reserves who is currently serving on active duty in support of the war on terrorism is eligible for the Patriot Plan benefit which provides one free Empire Pass for use by his or her immediate family. For more information, visit nysparks.com.

**Registration for the New Chosen Run 5K Now Open**

CLIFTON PARK – Registration for the inaugural Chosen Run 5K on Saturday, May 6 is now open. The new run starts and finishes at Shmaltz Brewing Company in Clifton Park. After the race, there is live music from 10am-2pm, with food trucks all day. The race is designed to celebrate the first Shmaltz beer

to be released in cans, Slingshot American craft lager.

The Great American Brewery Runs are known for having great swag. Since Shmaltz is celebrating the release of Slingshot, every Chosen Run 5K finisher earns a souvenir flared pilsner glass to commemorate their achievement. The pilsner glass is the perfect vessel for your Slingshot. Every runner will receive an exclusive metal coaster with bottle opener built in. This coaster was custom designed and manufactured exclusively for the race!

The Chosen Run benefits the Helping Hands School in Clifton Park. Helping Hands School is a nonprofit preschool program for children from age two through five that supports children of all abilities. Any runner who donates \$20 or more will be rewarded with a free official race growler. In

addition, runners who bring a team of ten or more, will earn the free growler for their whole team.

Runners can register at shmaltz5k.com. Adirondack Sports magazine runners will receive \$5 off with coupon code ADKVIP if registered by March 19.



**NYS DEC Conducts Annual Spring Seedling Sale**

SARATOGA SPRINGS – The Department of Environmental Conservation operates the State Tree Nursery in Saratoga Springs, which produces tree and shrub seedlings for conservation plantings on public and private lands. Native New York seed-sources are used when available. Their 2017 seedling sale started on January 3 and continues until mid-May. All species are available in units of 25 for \$20 or 100 for \$45. Varieties include species of wildlife, conifer and hardwood. To order, call (518) 587-1120 or email nysnursery@dec.ny.gov. For more info, go to: dec.ny.gov.

**FROM THE PUBLISHERS**

*Happy Winterspring!*



We hope to see you at our Summer Expo on March 18-19 at the Saratoga Springs City Center! It’s wonderful to share the weekend with thousands of sports and healthy living enthusiasts, who celebrate life by living it to the fullest, all under one roof!

Please enjoy this first issue of spring – now the question is will March be more like winter or spring? If history is any guide, it will be a mix of both to sometimes frustrate us! We’ve packed the magazine with ideas, destinations, outings and races to get you motivated and outside!

Thanks as always for reading us and supporting our regional advertisers and exhibitors – and mentioning where you saw their ad or booth! We’ll see you out there,

*Darryl and Mona*

**ADIRONDACK SPORTS**

Locally Owned & Independent

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Facebook.com/AdirondackSports

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**44TH ANNUAL**

**Tenandeho**  
WHITE WATER DERBY

**Sunday, April 2 • 12pm**  
Coons Crossing Rd, Tenandeho Creek  
Stillwater to Mechanicville

Registration: 9-11am, Main St, Mechanicville  
John Casey: 810-7579 canoejr@msn.com  
Jim Ernst: 584-2061 jernst12@nycap.rr.com

**More info: Tenandeho.org**

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 Queensbury  
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**THE FARMER'S DAUGHTER  
 GRAVEL GRINDER**

**Sunday, May 21st at 9:00am**  
 New location! Crellin Park, Chatham

A 100K non-competitive ride  
 on scenic dirt roads and trails  
 of Columbia County

Fully supported with great aid stations  
 Food, drink and live music at the finish

**Details and Registration:  
 FarmersDaughterGravelGrinder.com**

**Gear-To-Go Tandems**

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

**8th HUDSON  
 CROSSING  
 TRIATHLON**



**Sunday, June 11**  
 500yd Swim, 12M Bike, 5K Run  
 Limited to 300 - Register Early!  
**www.hudsoncrossingtri.com**

**Sean's Ride**  
 Presented by The Lofgren Agency Inc. **2017**

**SATURDAY, APRIL 29  
 CHATHAM, NEW YORK**

The region's premier spring  
 ride offering your choice of  
 50-, 20-, and 10-mile scenic  
 routes on the beautiful roads  
 and by-ways of bucolic  
 Columbia County.

Awesome t-shirts and  
 souvenir bike badges to the  
 first 250 entrants. Refresh-  
 ments and SAG support on  
 clearly marked routes, and  
 fun rest stops for all.

**REGISTER TODAY!  
 VISIT SEANSRUN.COM**

for online and mail-in forms,  
 course maps, directions,  
 and additional information.

**Calendar of Events  
 March-May 2017\***

MARCH 2017							APRIL 2017							MAY 2017								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
				1	2	3	4						1			1	2	3	4	5	6	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13		
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20		
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27		
26	27	28	29	30	31	23 <sup>30</sup>	24	25	26	27	28	29	28	29	30	31						

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

**ALPINE SKIING & SKI MOUNTAINEERING**

**MARCH**

- 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. westmtn.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**

**Daily MHCC Club Rides.** 300 rides/year. Capital-Saratoga Region. mohawkHUDSONcyclingclub.com.

**MARCH**

- 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**

- 2 Early Spring Cycle Fest.** 16-62M. 9:30am. Shop Rite Plaza, Niskayuna. hrrtonline.com.
- 7 Basic Bike Care.** 6pm. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- 8 Trooper David Brinkerhoff Memorial Race Series.** 12M loops. 11am. Coxsackie-Athens HS, Coxsackie. Tom: 506-6905. cbrcc.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. cbrcc.cc.
- 15 Easter MTB Race.** 11am. Central Park, Schenectady. 847-2419. hrrtonline.com.
- 22 Tour of the Battenkill: Spring Preview Ride.** 68M. 10am. Washington County 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.
- 22 Rasputitsa Spring Classic Gravel Road Race.** 40M. 9am. East Burke, VT. 802-673-5494. rasputitsagravel.com.
- 23 Monson Road Race.** 56-80M. Monson HS, Monson, MA. 413-267-5259. bikereg.com.
- 23 NICA MTB Race.** Lippman Timber Ridge XC, Lippman Park, Wawarsing. newyorkmtb.org.
- 29 Sean's Ride.** 50M County Tour: 7:30am. 20M Fun Ride: 10am. 10M Casual Ride: 10:30am. Sean's Run Weekend. Chatham Fairgrounds, Chatham. Mark French: 392-5483. seansrun.com.
- 29 Ossian Giant Gravel Grinder.** 32M. 10am. Swain Resort, Swain. bikereg.com.

**MAY**

- 6 Tri-City BMX Open House.** Free Practice: 10am-2pm. All welcome! Tri-City BMX, Schenectady. Jon Tanzman: 248-8752. tri-citybmx.org.
- 6 Women's Woodstock Cycling Grand Prix Race.** 8am. Community Center, Woodstock. womenswoodstockcycling.com.
- 7 Hollenbeck's Spring Classic Road Race.** 22-66M. 10am. Hollenbeck's Cider Mill, Virgil. rfcycling.org.
- 7 The Chain Stretcher #1 MTB Race.** 9am. Blue Mountain Reservation, Peekskill. wmba.org.
- 13 Prattsburgh Gravel Classic.** 17M & 35M. 9am. Prattsburgh. ridelcc.com.
- 13 Wawarsing Spring Klassic.** 10M. 10am. Lippman Park, Wawarsing. renegadesmtb.com.
- 20 2nd Fork to Fork: Ride to Eat, Eat to Ride.** 55M. 10am. The Hub, Brant Lake. bikereg.com/f2f.
- 20 13th Tour of the Battenkill.** 75M/26M. 10:45am. Greenwich. 413-331-3478. tourofthebattenkill.com.
- 21 13th Team Billy: Ride & Walk for Research.** 50M/25M/10M: 8:30am. Walk: 9:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 21 3rd Farmer's Daughter Gravel Grinder.** 100K non-competitive ride on scenic dirt roads & trails of Columbia County. 9am. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.
- 21 NICA MTB Race.** Walnut Mountain XC, Walnut Mountain, Liberty. newyorkmtb.org.
- 21 2017 Singlespeed-A-Palooza MTB.** 28M. 9am. Stewart SF, Montgomery. darkhorsecycles.com.

**JUNE**

- 3 Leadville Race Series: Wilmington Whiteface 100K/50K MTB Race & Qualifier.** Whiteface, Wilmington. wilmingtonwhitefacemtb.com.
- 4 ADA Tour de Cure.** 100M: 7am. 62M: 7:30am. 50M: 8am. 28M: 9am. 10M: 10am. Outdoor festival lunch, live music. New location: Saratoga Spa SP, Saratoga Springs. Laura Greenaway: 218-1755 x3606. diabetes.org/saratoga.
- 4 17th Whiteface Uphill Bike Race.** 11M, 3,500ft up. 8am. Whiteface Mountain Ski Center, Wilmington. bikewilmingtonny.com.
- 10 22nd Black Fly Challenge: Adirondack Gravel Grinder.** 40M. 10:30am. Indian Lake to Inlet. blackflychallenge.com.

**CROSS COUNTRY SKIING, BIATHLON & ORIENTEERING**

**MARCH**

- 11 Moonlight Snowshoe Tour.** 6:30-8:30pm. Lapland Lake, Northville. Reservations: 863-4974. laplandlake.com.
- 11-12 NYS Biathlon Championships.** Sat: Sprint. Sun: Relays. Osceola Tug Hill, Camden. nyssranordic.org.
- 12 Moonlight XC Ski & Snowshoe & Poker Run.** 6pm w/finger foods. Garnet Hill, North River. 251-2150. garnet-hill.com.
- 18-19 DEC Camp Santanoni Winter Weekend Open House.** 9.8M roundtrip XC ski or snowshoe. Camp Santanoni, Newcomb. 834-9328. aarch.org.

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 Saturday: 10-5  
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**MHCC**



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 Swim 0.5mi in calm water  
 Bike 18mi out & back  
 Run 3mi lake loop  
 USA Triathlon sanctioned event

**Crystal Cove**  
 38 Old Rte 66, Averill Park  
**Saturday, August 19, 8am**  
 Limited to 300 racers • NEW SWAG!  
 Register early for best price  
 Register & Info: [cdtriclub.org](http://cdtriclub.org)

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[bethlehemtriclub.com](http://bethlehemtriclub.com)  
 then select "Register Online"

**13th Annual SARATOGA LIONS DUATHLON**  
**Du-It for Sight and Hearing**  
**Sunday, May 28 at 8am**  
 Saratoga Casino and Raceway, Saratoga Springs  
 5K Run, 30K Bike, 5K Run - Individuals & Teams  
 Race information and online registration:  
[SaratogaLionsDuathlon.com](http://SaratogaLionsDuathlon.com)

Micro-mesh T-shirts to first 300 registrants

Premier Sponsor: **SARATOGA CASINO AND RACEWAY**

Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club

**HEALTH & FITNESS**

**ONGOING**

**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](http://rockyourfitnessny.com).

**Daily True North Yoga.** True North Yoga, Schroon Lake. 810-7871. Schedule: [truenorthyogaonline.com](http://truenorthyogaonline.com).

**MARCH**

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

**APRIL**

9 The HIITs, Hills & Hops Classic. Boot camp, run/walk, yoga & brunch. 8:30am. Bailey's, Saratoga Springs. 583-6060.

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

**MARCH**

12 **Snowshoe/Microspike Hooper Mine Hike.** 12-2pm. Garnet Hill, North River, 251-2150. [garnet-hill.com](http://garnet-hill.com).

12 **Moonlight Snowshoe & XC Ski & Poker Run!** 6pm w/finger foods. Garnet Hill, North River. 251-2150. [garnet-hill.com](http://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](http://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](http://aarch.org).

25 **Winter Community Hike: Heaven Hill Trailhead.** 1-2M walk. 2pm. Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

**APRIL**

1 **Backcountry Cooking 101.** Heart Lake Center, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

8-9 **Wilderness First Aid.** Heart Lake Center, Lake Placid. ADK: 523-3441. [adk.org](http://adk.org).

**JULY**

5 **Lake George Land Conservancy Hike-A-Thon.** Free, registration opened 3/1. Sites around Lake George. [lakegeorgehikeathon.org](http://lakegeorgehikeathon.org).

**MULTISPORT: TRIATHLON/DUATHLON & SWIMMING**

**ONGOING**

**Tue CDTC Summer Training Sessions on Crystal Lake Triathlon course.** 6/6-8/29. 6pm. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).

**Thu STC Open Water Swims.** 6/1-8/31. 6pm. Moreau Lake SP, Gansevoort. [saratogatriclub.com](http://saratogatriclub.com).

**Thu BTC Summer Training Sessions.** 5/25-9/7. 6pm. Warner Lake, East Berne. [bethlehemtriclub.org](http://bethlehemtriclub.org).

**MARCH**

15 Seminar: So You Want to be an Ironman w/Kevin Crossman. 7pm. Glasby Room, Saratoga Library, Saratoga Springs. [saratogatriclub.org](http://saratogatriclub.org).

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).

19 **USATri 60 Indoor Triathlon.** 7am. 10min swim, 30min bike, 20min run. Guilderland YMCA, Guilderland. 456-3634. [cdymca.org/programs](http://cdymca.org/programs).

19 Brooklyn Spring Duathlons & 10K Run. Duathlon, International & Sprint. Peristyle/The Grecian Shelter, Brooklyn. 347-276-7523. [citytri.com](http://citytri.com).

**APRIL**

1 West Point Duathlon. 1.2M run, 15.5M bike, 5K run. Camp Buckner, West Point, Cornwall.

2 March Madness Duathlon. 2.2M run, 12M bike, 2.2M run. Central Park, New York. [nytc.org](http://nytc.org).

23 MightyMan Triathlon. 400m swim, 6M bike, 2M run. Eisenhower Park, East Meadow.

29 Rochester River Challenge Duathlon & Paddle Tri. Genesee Waterways Center, Rochester. [flowercitychallenge.com](http://flowercitychallenge.com).

30 **6th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Avenue Town Park, Bethlehem. [delmardu.com](http://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. [nytc.org](http://nytc.org).

7 **3rd Spring Has Sprung Distance Festival.** 23rd Anyone Can Tri Triathlon: 7:30am. 350yd pool swim, 11M bike, 5K run. Kids' Triathlon: 11:30am. Plus, Spring Has Sprung 5K Run/Walk, 10M Run & 13.1M Run: 9am. 1M Kids' Fun Run: 10am. Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 371-2139. [cdymca.org](http://cdymca.org).

13 Pedal-Paddle-Run. 8am. Niskayuna. [schenectadycounty.com](http://schenectadycounty.com).

20 HarryMan Triathlon: Half & Olympic. 9am. Harriman SP, Stony Point. [genesisadventures.com](http://genesisadventures.com).

20 Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens. [theratsnake.com](http://theratsnake.com).

21 American Zofingen Ultra Duathlon. 5M run, 29M bike, 5M run. Spring Farm Trailhead, Stone Ridge. [active.com](http://active.com).

28 **13th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. [saratogalionsduathlon.com](http://saratogalionsduathlon.com).

**JUNE**

3 **7th Cooperstown Sprint Triathlon.** 800m swim, 18M bike, 3M run. 8am. Glimmerglass SP, Cooperstown. [atcendurance.com](http://atcendurance.com).

11 **8th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. [hudsoncrossingtri.com](http://hudsoncrossingtri.com).

17 **Great Sacandaga Challenge Triathlon.** Adult sprint: 750m swim, 20K bike, 5K run. 8am. Youth tri: 100yd swim, 3.1M bike, 1M run. Plus, Kids' Splash & Dash. SBCC, Broadalbin. [greatsacandagachallenge.com](http://greatsacandagachallenge.com).

**JULY**

15 **Delta Lake Triathlon.** Sprint/Intermediate. 7:30am. Lake Delta SP, Rome. [atcendurance.com](http://atcendurance.com).

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

**AUGUST**

13 **Old Forge Triathlon.** Intermediate: 1000m swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. [atcendurance.com](http://atcendurance.com).

19 **17th Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. Aquabike: 0.5M swim, 18M bike. 8am. Crystal Cove, Averill Park. [cdtriclub.org](http://cdtriclub.org).

**SEPTEMBER**

2-3 **Lake George Triathlon Festival.** Sat: Olympic Race. Sun: Half Iron Race & Half Iron Aquabike Race. Lake George. [adkracegmt.com](http://adkracegmt.com).

**CAPITAL DISTRICT YMCA**  
**PINE BUSH TRIATHLON**  
 Sunday, July 23 • 8AM  
 Guilderland YMCA



Photo Credit: Daniel Roberts - Times Union

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Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 6-August 29  
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**EXCITING FAMILY EVENT!**  
**THE GREAT SACANDAGA CHALLENGE TRIATHLON**  
**JUNE 17<sup>TH</sup>**  
 BROADALBIN, NY **KIDS & ADULT TRIATHLONS**



**READY. SET. GO!**

<b>Kids Splash &amp; Dash</b> • Free Registration • No minimum age • Fun short swim • Fun short run	<b>Youth Triathlon</b> • Minimum age: 7yrs • 100 yd swim • 3.1 mi bike • 1 mi run	<b>Adult Sprint Triathlon</b> • Individual & Team • 750m swim • 20K bike • 5K run
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FOR MORE INFORMATION OR TO REGISTER, VISIT:  
[greatsacandagachallenge.com](http://greatsacandagachallenge.com)  
**SACANDAGA TRICLUB**





**28th Annual Prospect Mountain ROAD RACE**

**Saturday, April 29 • 9:00am Start**  
Lake George Forum, 2200 Route 9, Lake George

Run 5.67 miles, 1,601 feet up Prospect Mountain – Just one hill!

Adirondack Runners \$22  
Non-Member \$25 • Race Day \$27  
Short sleeve shirt guaranteed to first 125 registered  
Register: [www.active.com](http://www.active.com)  
Race Day: LG Forum 7-8:30am

More Info: [www.adirondackrunners.org](http://www.adirondackrunners.org) or [cifonedesigns@aol.com](mailto:cifonedesigns@aol.com)  
Benefits Michelle Lafontaine ACC Scholarship Fund & Under the Woods Foundation

# Literacy 5K Run/Walk

**Sunday, May 7 • 10am**

**Schodack Island State Park**  
1 Schodack Island Way, Schodack Landing

**Register: ZippyReg.com**  
\$30 registration; \$35 race day  
Guided Nature Walk- 8:15 am;  
Story Walk - 9:00 am • Youth Mile - 9:30 am  
Run today. Tutor tomorrow.

Literacy Volunteers of Rensselaer County  
**(518) 274-8526 • lvorc.org**



**New Location! New Events! New Activities!**

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

Run in scenic and historic Salem, NY  
Start/finish: Salem High School  
New start times! 9am: 10K • 10:30am: 5K  
10am: 1-mile children's race (14 & under)

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

The Mind's Eye logo

All entrants receive April Fool's T-shirt!

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Email: [phendrick7602127@roadrunner.com](mailto:phendrick7602127@roadrunner.com)  
518-327-3342

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

# RUN 4 YOUR LIFE

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

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

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

**PADDLING: KAYAKING, CANOEING & ROWING**

**MARCH**

- 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).
- 31-4/21 **21st Great Upstate Boat Show.** One-stop shopping: 20 Upstate dealers & 25 boating lifestyle vendors. Fri: 11am-8pm. Sat: 10am-7pm. Sun: 10am-5pm. Adirondack Sports Complex, Queensbury. 791-0070. [greatupstateboatshow.com](http://greatupstateboatshow.com).

**APRIL**

- 2 **44th Tenandeho White Water Derby.** 12pm. Coons Crossing Rd, Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579. [tenandeho.org](http://tenandeho.org).
- 23 **Little River Ramble.** Canoe/kayak races. Little River, St. Lawrence University, Canton. [slvpaddlers.org](http://slvpaddlers.org).

**MAY**

- 6-7 **New York Paddlefest & Outdoor Expo.** Mountainman Outdoors on Fish Creek, Saratoga Springs. 584-0600. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).
- 6-7 **60th Hudson River Whitewater Derby.** Sat, 11am: Giant Slalom, Sprint & Not-So-Whitewater Races. Sun, 11am: Downriver Race. North Creek, North River & Riparius. [whitewaterderby.com](http://whitewaterderby.com).
- 6-7 **56th Canton Canoe Weekend.** Sat: Modern Rushton, Pro/Am Marathon. Sun: C2 Pro/Am Marathon & Relays. Grasse River, Taylor Park, Canton. [slvpaddlers.org](http://slvpaddlers.org).
- 13 **'Round the Mountain Canoe and Kayak Race.** 10.5M. 11am. Saranac Lake. [macscanoe.com](http://macscanoe.com).
- 13-14 **Paddlesports Demo Days.** Adirondack Lakes & Trails Outfitters. Riverside Park on Lake Flower, Saranac Lake. [adirondackoutfitters.com](http://adirondackoutfitters.com).
- 19-21 **New York Paddlefest & Outdoor Expo.** Mountainman Outdoors on Moose River, Old Forge. 315-369-6672. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

**RUNNING, WALKING & TRAIL RUNNING**

**ONGOING**

- We/Sa **Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- Wed Adirondack Runners Trail Run Series: 5/2-5/30. 6pm. YMCA, Coles Woods, Glens Falls. [adirondackrunners.org](http://adirondackrunners.org).
- Wed Catskill Mtn Spring Series: 5/10, 5/24, 6/7. Locations vary. 678-3293. [onteorarunners.org](http://onteorarunners.org).

**MARCH**

- 11 Runnin' 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 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. 962-4898. [doclopezrun.com](http://doclopezrun.com).
- 18 6th Sap Run 5K. 10am. Knox Town Hall, Altamont. 872-1390. [saprun5k.com](http://saprun5k.com).
- 18 ARE Group Frun Day. All day, locations vary. [albanyrunningexchange.org](http://albanyrunningexchange.org).
- 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).
- 19 **iRun Local Fun Run & Walk.** 11am. Free 2-3M run & 1M walk (must attend expo to participate). Refreshments to follow by On-Running. iRun Local booth at Adk Sports Expo, Saratoga City Center, Saratoga Springs. 886-8537. [irunlocal.com](http://irunlocal.com).

- 20 **7th Freihofer's Run for Women 5K: Training Challenge.** Novice, intermediate & advanced groups. Signups accepted thru 4/2. Various locations/times. [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 Races.** New times - 10K: 9am, 1M Kids' Race: 10am, 5K: 10:30am. Salem HS, Salem. Dan Sheldon: 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).
- 2 Dirty Sneaker 5K. 11am. Hurley Mountain Inn, Hurley. [onteorarunners.org](http://onteorarunners.org).
- 8 **5th Bacon Hill Bonanza 5K Race/Walk & 10K Race.** 10am. Kids' 1M Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. [baconhillbonanza.com](http://baconhillbonanza.com).
- 8 **New Country of Saratoga 5K Obstacle Race.** 5K All Mountain: 10am. Beginner Course (free kids race): 9:30am. West Mountain, Queensbury. 636-3699. [active.com](http://active.com).
- 8 15th Dodge the Deer 5K & Mile Fun Run. 10am. Schodack Island SP, Schodack Landing. [dodgethedeer.com](http://dodgethedeer.com).
- 8 Rock and Snow Bridge 2 Bridge 5 Mile Run. 9am. Mohonk Preserve, High Falls. [shawangunkrunners.com](http://shawangunkrunners.com).
- 9 36th Skunk Cabbage Classic 10K & Half Marathon. 10am. Barton Hall, Cornell University, Ithaca. [fingerlakesrunners.org](http://fingerlakesrunners.org).
- 15 **3rd Blue Needs You 8K Run.** 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 HMRRRC Bill Robinson Masters 10K Championship.** 9am. For runners 40 years & older. Guilderland HS, Guilderland. Jim Tierney: 869-5597. [hmrrc.com](http://hmrrc.com).
- 22 14th Miles of Hope Family Breast Cancer Foundation 5K Walk/Run. 10am. Tymor Park, LaGrangeville. [milessofhope.org](http://milessofhope.org).
- 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, VT. [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 **28th Prospect Mountain Road Race.** 5.67M, 1,601ft up. 9am. Lake George Forum, Lake George. [adirondackrunners.org](http://adirondackrunners.org).
- 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 Adirondack Fox Trot. 5K & 10K: 9am. Kids' Fun Run: 8:30am. Betar Byway, South Glens Falls. Megan Pliscosky: 321-5639. [michaeljfox.org](http://michaeljfox.org).
- 29 Together We Shall 5K: Ainsley's Angels Race Series. 9am. Galway. [ainsleysangels.org](http://ainsleysangels.org).



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**Addiction Awareness Run**  
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**Saturday, May 13 at 9:30am** • Guilderland High School, 8 School Rd

Memory Ceremony at 8:50am • Certified course • Walkers welcome  
Chicken Barbecue Fundraiser at 11am: Tickets available at [RunSignUp.com](http://RunSignUp.com)  
T-shirts to first 250 registered • Kids' Fun Run to follow • Bounce house

Register now: **RunSignUp.com**  
Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)



**37TH ANNUAL HMRC**  
**BILL ROBINSON**  
**Masters 10K Championship**  
 For runners 40 years and older  
**Saturday, April 22 • 9am**  
 Guilderland High School  
 Meadowdale Rd, Guilderland Ctr  
**Register @ hmrrc.com**  
 \$17 HMRC, \$22 non-members, \$25 race day  
 Top 3 in 5-year age groups to 80+ • HMRC GP race  
 Commemorative gift to first 75 registered  
 Post-race refreshments • Certified course  
 Jim Tierney: 869-5597 or runnerjmt@aol.com

9th Annual  
**CHERRY BLOSSOM 5K RACE & 1.5M WALK FOR ALS**  
**Sunday, April 30 – Niskayuna**  
 Congregation Gates of Heaven, 852 Ashmore Ave  
 5K Race: 10:15am • 1.5M Walk for Hope: 11:30am  
 Chip Timing by AREEP • Teams welcome  
 T-shirts to all registered by 4/12  
 Stay for the 25th Annual Cherry Blossom Festival  
 Register: [5Kraceforals.com](http://5Kraceforals.com)  
 Benefits St. Peter's Regional ALS Center

**BLUE NEEDS YOU!**  
 Saturday, April 15 \* Saratoga Springs  
**8K RUN EVENT**  
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[WWW.CODEBLUENEEDSYOU.ORG](http://WWW.CODEBLUENEEDSYOU.ORG)  
 proceeds benefit:  
 Code Blue Saratoga  
 Emergency Homeless Shelter

- 29 14th St. John's/St. Ann's Spring Runoff 5K/10K. 9am. Corning Preserve, Albany. Brian Dollard: 925-1260. springrunoff.org.
- 29 1st Arlington Education Foundation 5K Run/Walk. 5K: 9am. Arlington HS, Lagrangeville. mhrrc.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.
- 30 9th Cherry Blossom 5K Race.** 10:15am. Plus, 1.5M Walk for ALS: 11:30am. Part of Cherry Blossom Festival. Congregation Gates of Heaven, Niskayuna. 5kcraceforals.com.
- 30 Swinging for the Fences 5K Run/Walk. 9:30am. Eastern Ave, Ballston Spa. 432-8914. bearcats5k.com.
- 30 Rick Raspante Memorial 5K Walk/Run for Kidneys. 10am. SUNY Adirondack, Queensbury. 533-7880. healthykidneys.org.
- 30 SHAPE Women's Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 30 21st Mutt Strutt 3M Race. Dogs & owners. Little River SP, Waterbury, VT. cvrunners.org.

- 14 Wally Waddle 5K & Kids' 1M. 5K: 9:30am. Vassar Farms, Poughkeepsie. mhrrc.com.
- 18 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwctc.com.
- 20 7th Kerry Blue Hustle 5K Run/Walk.** 9am. Free Kids' Half-Mile Dash: 10am. SMSA School, Glens Falls. active.com.
- 20 Glens Falls Urban Assault 3.5M Obstacle Race.** 5:15pm. 20 obstacles! Teams welcome. Glen Street, Glens Falls. adkracegmt.com.
- 20 Champlain Bridge 5K. Crown Point State Historic Site, Crown Point. Nancy Ockrin: 597-3754. lachute.us.
- 20 Ryan's Run. 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. curemiop.org.
- 20 Town of Hoosick Wood Memorial 5K and 1M Fun Run. 9am. Main Street Gazebo, Hoosick Falls. Rosemarie Smith: 686-4504.
- 20 Scotties Stampede: The Ballston Spa 5K for Education. 9am. Ballston Spa School District, Ballston Spa. Madeleine Petraglia: 884-7195. bscsd.org.
- 20 Women's Run 5K & 10K. 8am. Dutchess Rail Trail, Van Wyck Trailhead, Poughkeepsie. mhrrc.com.
- 21 13th Team Billy: Ride & Walk for Research.** 50M/25M/10M: 8:30am. Walk: 9:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 21 SPAC Rock n Run Half Marathon, 10K & 5K. Saratoga Performing Arts Center, Saratoga Springs. spac.org.
- 21 6th Shires of Vermont Marathon. 26.2M. 8am. Bennington to Manchester, VT. 802-440-2962. bkvr.net.
- 21 Run to the Hills. 5K/10K. 10am. Sawkill Fire House, Sawkill. onteorunners.org.
- 21 Nassau Rural Run. 10am. Nassau Transfer Station, East Nassau. 766-9417.
- 21 Erie Canal Half Marathon, Half Relay & 5K. 8am. Genessee Street, Utica. uticaroadrunners.org.
- 27 2nd Running Down Strokes 5K. 9am. Stroke Survivor Stroll: 9:30am. The Crossings, Colonie. runningdownstrokes5k.com.
- 27 Infinitus Rugged Trail Races. 8K, 26.2M, 88K, 100M, 250M, 888K. Blueberry Hill Inn and Ski Center, Goshen, VT. Jack Cary: 802-540-5225. endurancecommunity.org.
- 29 Glens Falls Memorial Mile.** 1M flat/fast. 9:55am - before the parade! Bullpen Tavern, Glens Falls. adkracegmt.com.

**MAY**

- 6 5th Mastodon Challenge 15K & 5K Run/Walk.** 15K: 9am. 5K: 9:15am. Kids' Run: 8am. Craner Park, Cohoes. mastodonchallenge.com.
- 6 1st Chosen Run 5K.** 10am. Live music/beer fest w/food trucks: 10am-2pm. Adk Sports: \$5 off with ADKVIP code by 3/19. Schmaltz Brewing, Clifton Park. schmaltz5k.com.
- 6 11th CCRC 5K Run/Walk.** 3pm. 1K Kids' Run: 4:15pm. BBQ included: 4:30pm. Christ Community Reformed Church, Clifton Park. Pat Glover: 852-5578. ccrc-cpny.org.
- 6 Joan Nicole Prince Home 5K & Mile Run.** 10am. Central Park, Schenectady. Patti Nicoletta: 878-7745. joannicoleprincehome.org.
- 6 JDRE One Walk. 3M. 11am. Jennings Landing, Albany. 477-2873. jdrf.org.
- 6 Rock The Ridge 50 Mile Challenge. 6am. Mohonk Preserve, New Paltz. rocktheridge50.org.
- 6 3rd Demon Dash 5K Run/Walk. 9:30am. Hermon-DeKalb Central School, DeKalb Junction. Kelly Fountain: 315-347-3711. hdcsk12.org.
- 7 3rd Spring Has Sprung Distance Festival.** Spring Has Sprung 5K Run/Walk, 10M Run & 13.1M Run: 9am. 1M Kids' Fun Run: 10am. Plus, Anyone Can Tri Triathlon (7:30am) & Kids' Triathlon (11:30am). Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 371-2139. cdyymca.org.
- 7 Literacy Run 5K Run/Walk.** 10am. Plus, 1.5M Guided Nature Walk, Story Walk & Youth Mile. New location: Schodack Island SP, Schodack Landing. 274-8526. lvorc.org.
- 7 Plattsburgh Half Marathon, Relay & 10K.** 8am. Oval, City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
- 7 Middlebury Maple Run: Sweetest Half, Relay & 3M Fun Run. MREMS, Middlebury, VT. Sue Hoxie: 802-388-7951. middleburymaplerun.com.
- 7 39th Bennington Road Race. 3.8M & 10K: 10am. Kid's Run: 9:30am. Park-McCullough House, North Bennington, VT. 802-447-9732. runreg.com/zembenn
- 7 27th Champlain Classic. 5K, 10K, 1M Kids' Run. 9am. Shelburne Town Hall, Shelburne, VT. champlainclassic.com.
- 11 Loudonville PTA Lion Dash Family Fun Run .5M & 1M. 5:55pm. Loudonville. northcolonie.org.
- 13 2nd Summer Smith 5K Addiction Awareness Run.** 9:30am. Walkers welcome. Plus, kids' fun run. Chicken BBQ: 11AM. Guilderland HS, Guilderland. Kristen Hoin: 275-6027. runsignup.com.
- 13 Home Away From Home 5K/Half Marathon/Marathon. 9am. Brittonkill Central School, Troy. Lillian Porteus: 495-5506. active.com.
- 13 2nd Women's Right to Run 19K & 5K. Seneca Falls. 315-568-1163. righttorun19k.org.
- 13 29th Towpath Trail Run. 5:30pm. St. Johnsville. John Geesler: 568-7509.
- 13 Heather A. Freeman Run to the Sun 5K, 10K, Half Marathon. 8am. Watertown. heatherfreemanfoundation.com.
- 13 Racing to Save Lives 5K & 10M. 8:30am. Kids' 1M: 8am. Long Dock Park, Beacon. mhrrc.com.
- 13 Johnson Jog. 9am. Johnson Hall State Historic Site, Johnstown. 762-4459. fmrrc.org.
- 14 Mother's Day 5K bRunCh. 9:30am. Central Park, Schenectady. hmrrc.com.

**JUNE**

- 3 39th Freihofer's Run for Women 5K.** 9am. Plus, expo, kids' races, community walk. City Hall, Albany. 407-5640. freihofer'srun.com.
- 10 Walkway Marathon.** Sat, 10am on Main St: Think Differently Dash 1M Run/Walk - Celebrating individuals with special abilities. Sun, 7am at Marist College: Walkway Marathon, Half Marathon & College to College 5K. Poughkeepsie. walkwaymarathon.org.
- 11 13th Lake Placid Marathon & Half Marathon.** 26.2M/13.1M. 8am. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 17 3rd Good Karma 5K Run/Walk.** 9:30am. 9am: Yoga Warmup. Indian food, henna, music. The Crossings, Colonie. Mona Caron: 877-6634.

**JULY**

- 4 11th Firecracker 4.** 9am. 4M road race. Vendors, music, more. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
- 15 Run the Ridge 5K Mud Run with Fun, Challenging Obstacles.** 8:45am: Heats Start. 11:30am: Family Fun Run. Maple Ski Ridge, Schenectady. runtheridge.net.

**AUGUST**

- 11-12 3rd Peak to Brew Relay.** 220M. Whiteface Summit, Wilmington to Saranac Brewing, Utica. 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. ■

5th Annual **Bacon Hill Bonanza**  
**5K Race/Walk & 10K Race**  
**Saturday, April 8, 10am**  
 Bacon Hill Reformed Church  
 560 Rte 32, Schuylerville  
 Homemade Pies to Age Group Winners!  
 First 300 receive long-sleeve performance shirt  
 Chip timing • 9:30am: Kids' 1M Fun Run  
**10K NOW A USATF ADK GRAND PRIX RACE!**  
 Register & More Info: [baconhillbonanza.com](http://baconhillbonanza.com)  
 Proceeds to church organ fund & Schuyler Park

7TH ANNUAL **SMSA Kerry Blue 5K Hustle**  
**Saturday, May 20 @ 9am**  
 SMSA School, Church St, Glens Falls  
 \$25 in advance, \$30 race day  
 Kids' Half-Mile Dash @ 10am - Free!  
**Register at active.com**  
 Donations appreciated for St. Mary's Food Pantry

**TUESDAY, JULY 4 • 9am**  
**Saratoga Springs, NY**  
  
**4-Mile Race • Bib-tag timed**  
**Saratoga Springs City Center**  
 Vendors & band at start/finish  
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11TH ANNUAL  
**CCRC 5K Run/Walk/BBQ**  
**and 1K Kids' Run**  
**Saturday, May 6 • 3pm**  
 Christ Community Reformed Church, 1010 Route 146, Clifton Park  
 CCRC hosted solely to promote well-being and healthy lifestyles in the community  
 • USATF Sanctioned 5K Race • Huge prize drawing for all participants  
 • Family Team Competition • T-shirt to first 125 entrants  
 • 1K Kids' Run - 4:15pm • Convenient afternoon start  
 • BBQ chicken dinner - 4:30pm  
 Form: [www.crc-cpny.org](http://www.crc-cpny.org) • Pat Glover: 518-852-5578 • [pjglove@aol.com](mailto:pjglove@aol.com)

**RUN THE RIDGE** 5K Mud Run with Fun, Challenging Obstacles!  
**Saturday, July 15** Maple Ski Ridge  
 2725 Mariaville Rd, Schenectady  
 Heats start at 8:45 • Family fun run at 11:30  
  
**RunTheRidge.net • RunReg.com/rtr17**  
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## BICYCLING

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AT THE 2015 TOUR DE CURE.

PHOTOS BY DAVE KRAUS

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RIDERS ON JEFFERSON HILL  
ROAD AT THE 2016 FARMER'S  
DAUGHTER GRAVEL GRINDER.KICKING UP DUST ON  
MEETING HOUSE ROAD  
AT THE 2016 TOUR OF  
THE BATTENKILL.

## By Dave Kraus

It seems that every year spring brings more different organized cycling events for riders who want to get an early start on building their fitness for the season ahead. This year is no different, as rides are popping up on the calendar like sprouting tulips in the local park.

The largest event will be on Sunday, June 4, when the annual **American Diabetes Association Tour de Cure** rolls out at a new venue in Saratoga Springs. This season the event is moving to the Saratoga Spa State Park's Polaris Pavilion, near the Peerless Pool. The new location will offer several advantages for the growing event, said ADA Albany chapter director Nicole DeCelle.

"We wanted to create a sense of celebration, success, and excitement around the start and finish line that lends itself to a more festival like atmosphere," Nicole said. "More importantly, we want to celebrate our riders and Red Riders (bikers with type 1 or 2 diabetes) as they cross the finish line and this change will help us do that."

The Saratoga ride offers distances of 10, 28, 50, 62.5, and 100 miles, and has grown into one of the largest Tour de Cure events in the country, said tour director Laura Greenaway. She added that once again this year, lunch for riders after they cross the finish line will be provided by Mazzone Hospitality - this year in a picnic area near the finish line, with a pavilion roof and tents available in case of rain. New Country Lexus of Latham is a new sponsor, and will provide vehicles and equipment.

This event is always highly organized with multiple rest stops, on the road sag

and mechanical support, and scenic well-planned routes. Highlights for 2017 include a new 100-mile route, outdoor festival lunch tent and food, Body & Soul live, even more streamlined check-in, and WaterMonster hydration stations at rest stops. For details and registration, visit [diabetes.org/Saratoga](http://diabetes.org/Saratoga). For more information, contact Laura at (518) 218-1755 x3606 or [lgreenaway@diabetes.org](mailto:lgreenaway@diabetes.org).

The first big ride of the spring season will be **Sean's Ride**, based out of the Chatham Fairgrounds, on Saturday, April 29. It is part of the Sean's Run weekend of events dedicated to increasing awareness about the problems of underage drinking and impaired driving.

Other events will include a Zumbathon and several different running and non-sports events. Ride distances include a 10-mile casual, 20-mile fun ride, and 50-mile county tour. The first 250 registrants will receive a commemorative T-shirt, and the ride features staffed rest stops and a finish line party. For more information and registration, go to [seansrun.com](http://seansrun.com).

The weekend of May 20-21 is chock full of events for any level rider. The **Tour of the Battenkill** will once again start at the Washington County Fairgrounds in Greenwich, offering both competitive events on a 75-mile course, and the open Gran Fondo with 75- and 26-mile rides.

Over the years this race has grown into one of the largest in the country, with riders testing themselves against each other and the dirt roads and steep hills of Washington County. For details about the Battenkill, go to [tourofthebattenkill.com](http://tourofthebattenkill.com).

Also on May 20, the second annual **Fork to Fork** "ride to eat, eat to ride" event will

be based out of The Hub in Brant Lake. This 55-mile culinary bike tour of the scenic, tri-lakes communities in Northern Warren County will feature a variety of eateries, two ice cream stands, and a local brewery. This year there will also be an optional loop to North Creek that will add 20 miles to the ride and even more food stops.

According to Hub owner and ride event organizer Drew Cappabianca, the ride concludes back at The Hub, where brews from the local Paradox Brewery will be featured. The event is presented by The Hub, North Warren Chamber of Commerce, and the Tri-Lakes Business Alliance. For further information and registration, go to [bikereg.com/f2f](http://bikereg.com/f2f).

On Sunday, May 21, another relatively new event rolls out of Chatham, as the **Farmer's Daughter Gravel Grinder** enters its third year. This 65-mile, mostly unpaved ride winds through the hills and hollows near Chatham and offers over 6,000 feet of climbing, plus the opportunity to ride some sections on private land that are open only for this event. It's named after Chatham Brewing's "Farmer's Daughter" Rye IPA, which is brewed locally. This year the ride start/finish moves to Crellin Park, just north of the village, which will get riders out into the countryside even faster.

This year's ride is once again capped at 400 riders, and riders who register before April 1 save \$10 off the entry fee. The course will offer two fully stocked aid stations, and several water-only stops, and the event benefits the Columbia Land Conservancy. For complete ride details and a registration, visit [farmersdaughtergravelgrinder.com](http://farmersdaughtergravelgrinder.com).

Also on Sunday, May 21, is the 13th

annual **Team Billy Grey Ride & Walk for Research** to raise funds for brain tumor research, honoring Billy Grey, who died at 12-years-old in 2001 from glioblastoma multiforme (GBM), a highly aggressive form of brain tumor.

The event offers 10-, 25-, and 50-mile routes, including a loop through the Saratoga National Historical Park (aka Battlefield) for the 50-mile route, and a three-mile walk through the Saratoga Springs historic district. All the events begin at the city's Farmer's Market on High Rock Avenue, with the rides rolling out at 8:30am. Since it began, this annual local ride has raised over \$2.3 million for brain tumor research. Get all the details at [teambilly.org](http://teambilly.org).

On Sunday, June 4, riders looking for a challenge can do the 17th annual **Whiteface Uphill Bike Race**, which climbs 11 miles and 3,500 feet up the Whiteface Mountain Veterans Memorial Highway. With an 8% average grade the race will challenge even the fittest cyclist!

There are race prizes, but the biggest reward of all may be the spectacular 360-degree view of the High Peaks, Lake Champlain and surrounding area from the summit. It's part of the Adirondack Bike Race Weekend, also featuring the Wilmington Whiteface "Leadville Race Series" 100K/50K Mountain Bike Race & Qualifier on June 3, as well as a variety of family oriented events. Get full information at [bikewilmingtonny.com](http://bikewilmingtonny.com). 🌲

*Dave Kraus ([dbkraus@earthlink.net](mailto:dbkraus@earthlink.net)) of Schenectady is a longtime area cyclist, photographer and writer. Visit [KrausGrafik.com](http://KrausGrafik.com).*



13TH ANNUAL



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

**Whiteface  
Uphill Bike Race**



11 Miles of hardcore  
uphill pedaling punishment  
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**Sunday June 4th**  
**BikeWilmingtonNY.com**

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WHEN YOU BUY YOUR 17-18 PASS TODAY!**



## ATHLETE PROFILE

OLYMPIC  
BIATHLETESTim Burke &  
Andrea Henkel Burke

**AGE:** Tim, 35, and Andrea, 39  
**RESIDENCE:** Lake Placid  
**PROFESSION:** Professional Athletes and Business Owner  
**PRIMARY SPORT:** Biathlon

By Amy Cheney-Seymour

Tim grew up in the small town of Paul Smiths, which is located just outside of the Olympic village of Lake Placid. With abundant winter snow and an active family, Tim started skiing and competing from a very young age. As a youth and junior skier, Tim was part of NYSEF Nordic, and teammates with Haley Johnson Stewart, Billy Demong, Annalies Cook and Lowell Bailey. Urged by coach Kris Cheney-Seymour to try biathlon at the age of 13, Tim is now a veteran of the US Biathlon Team.

Along the way, Tim has become a three-time winter Olympian, competing in the 2006, 2010 and 2014 games. At the 2013 World Championships he won the silver medal in the 20K individual competition, the second American man ever to win a World Championship medal. Tim has also competed on the World Cup tour for the past ten years and during this time has accumulated multiple podium finishes and numerous top 10s. During the 2009-10 season he notched up three podium finishes in December to attain the number one world ranking for a portion of the season. In doing so, Tim became the first American to wear the yellow bib, marking him as the top ranked biathlete in the world.

Married since 2014, Tim currently lives in Lake Placid with his wife, Andrea Henkel Burke, a now retired German superstar biathlete in her own right, with multiple world championship and Olympic gold medals. I recently had a moment to interview Tim in the midst the recent biathlon euphoria with Lowell Bailey's gold and silver medal finishes at World Championships and World Cup.

When asked how his teammates would describe him, Tim says, "I think they would describe me as someone who's passionate and driven to succeed in sport, but who also enjoys a good laugh. At least that's how I hope they would describe me!"

Tim's family played a huge role in my supporting him in biathlon and they still do today. From trying to keep up with his older brother and sister, to his parents driving him to practice every day, Tim feels his family was an instrumental to his success in sport.

Since biathlon is definitely not a mainstream sport in the US, Tim adds, "Everyone thought I was a bit crazy with the amount of time I committed to biathlon. I traveled a

lot in high school for different competitions and this was always challenging with school work." He was committed to full-time training for biathlon starting at age 16. This was challenging because he missed out on participating in other sports, which he was also passionate about.

Many athletes identify superior results as a highlight of their career. When asked about his breakthrough moment in his training or racing that had nothing to do with results; he says in 2012 he had compartment syndrome surgery on both of his legs. This took him out of his normal training routine for almost three months. At that time he decided to use the extra time from missing physical training to work more on the mental side of sport. In the end, he feels he benefited a lot from this, perhaps even more than if he had been able to maintain his normal training routine.

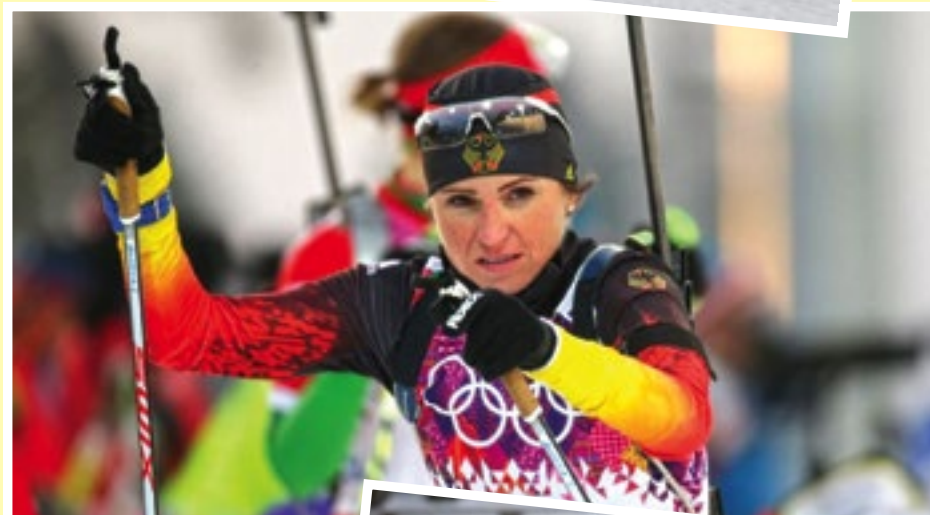
As an accomplished biathlete Tim is a celebrity in Europe and Scandinavia. There's a massive transition from signing autographs in Italy to the relative anonymity of living and training in the US. For Tim and Andrea, it's one of the craziest parts about being a biathlete in America. "We really live in two different worlds. I never started biathlon with the hope of becoming popular, so I am always happy to come home and enjoy the quiet!"

Always looking ahead, Tim will be approaching his fourth Olympic games next year in Pyeongchang, South Korea. Over the long haul, his training, recovery, and nutrition has changed over the course of his long career. He's always searching for new ideas but he also knows what has worked well in the past. He tries to learn from all of the mistakes he's made, and from the things he's done well to create a plan that works best for him.

Tim gives the following advice to aspiring biathletes. "Biathlon is challenging sport and you have to learn to live with the ups and downs. From one race to the next, from one season to another, you can literally go from the top of the world to the middle of the pack. I always tell aspiring biathletes to continue pushing forward, regardless of the results."

For the future of the sport here in the US, Tim would like to see US Biathlon Association take steps in the future to offer more support to the local clubs. But this is also a big challenge for the USBA because they have very limited funds. At some point the local clubs also need to step up to create programs. In the end, Tim thinks it comes down to cooperation between the USBA

US BIATHLON/NORDICFOCUS

2014 SOCHI OLYMPICS.  
KAY NIETFELD

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and the clubs. Everyone needs to be working towards the same goals and helping each other get there.

As a junior skier Tim was a part of a very important core group of skiers, who have gained much recognition on the world stage. Many attribute their collective success at the time to the chemistry of this group, and Tim wholeheartedly agrees. "Growing up in this area, I had many opportunities to be involved with different sports and programs. Despite these choices, I always preferred ski

practice because of the great group we had at the time. Not only did we have lots of fun but we also pushed each other to be better athletes. It's a combination that is hard to come by." 🍷

Amy Cheney-Seymour ([amycheneyseymour@gmail.com](mailto:amycheneyseymour@gmail.com)) of Vermontville is a writer and blogger, wife and mom of two teens. She enjoys skiing, running, and caring for her horses.



**MARCH 18 & 19**  
Saturday 10-5 • Sunday 10-4

# ADIRONDACK SPORTS

SARATOGA SPRINGS CITY CENTER

# SUMMER EXPO

## EXHIBITORS BY CATEGORY

### RUNNING & WALKING

Adirondack Marathon Distance Festival  
Adirondack Pub & Brewery 5K  
Ainsley's Angels  
Firecracker 4 Road Race  
Fleet Feet Sports  
Freihofer's Run for Women  
Glens Falls Memorial Mile  
Glens Falls Urban Assault Obstacle Run  
Good Karma 5K Run/Walk  
Great American Brewery Runs  
Green Leaf Racing  
iRun Local  
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  
Saratoga Stryders  
Sean's Run Weekend  
Shmaltz Brewing Chosen Run 5K  
Tour de Force Charity Run  
Tuff eNuff Obstacle Course Challenge  
USA Track & Field Adirondack  
Walkway Marathon, Half Marathon, 5K  
Whiteface Sky Races  
Wilmington Whiteface Whiskey Run 10K

### BICYCLING & MOUNTAIN BIKING

American Diabetes/Tour de Cure  
ADA Tour de Cure/Kivort Steel Team  
Barkeater Trails Alliance  
Black Fly Challenge  
Cycle for Life/Cystic Fibrosis Foundation  
Double H Ranch/Camp Challenge Bike  
Farm To Fork Fondo  
Grey Ghost Bicycles  
Hub Cafe, Bar & Bike Shop  
Ididaride! Adirondack Bike Tour/ADK  
JDRF Ride to Cure Diabetes

Leadville/Wilmington Whiteface MTB Race

Sean's Ride Bike Tour  
Spa City Bicycleworks  
Steiner's Ski & Bike  
Tri-City BMX  
Warren County Safe & Quality Bicycle Organization  
Whiteface Uphill Bike Race

### TRIATHLON & SWIMMING

Capital District Triathlon Club  
Concord Pools & Spas  
Great Sacandaga Challenge Triathlon  
Hudson Crossing Triathlon  
Lake George Triathlon Festival  
Mohawk Towpath Byway Duathlon  
Montreal Esprit Triathlon  
Saratoga Triathlon Club

### KAYAK, CANOE, SUP & BOATS

Battenkill Valley Outdoors  
David Fisher Upper Hudson Heroes  
Mountainman Outdoor Supply Co  
New York Marathon Canoe Racing Assn  
New York State Parks/Marine Services  
Placid Boatworks  
Saratoga Lake Sailing Club  
Saratoga Rowing Association  
Schroon Lake Marina  
St. Lawrence Valley Paddlers

### HIKING, CLIMBING & CAMPING

Adirondack Mountain Club  
Appalachian Mountain Club  
Adirondack Wilderness Associates  
Cloudsplitter Outfitters  
Damien's Rock Climbing Wall  
Discover the Adirondacks Guidebooks  
Hike-A-Thon/LGLC  
Lake George Land Conservancy  
New York State Outdoor Guides Assn

### HEALTHY LIVING

9 Miles East Farm  
Andrea Henkel Burke Personal Training  
Apex Solar Power  
Arbonne International  
Battenkill Conservancy  
Capital District YMCA  
Capital Region Disc Golf Course  
Green Mountain Energy  
LiveSore Fitness Apparel  
NYS Comptroller/Unclaimed Funds  
Out of Control Ski Club  
Pelican Cases/RP Luce  
Power House Athletics  
Power Surge Nut Butters  
Proactive Chiropractic  
Real Media Solutions  
Regional Food Bank of NE NY  
Regional Therapy Center/Saratoga Care  
Renewal by Anderson/Huff N Puff  
Rollga Foam Roller  
Saratoga Regional YMCA  
Saratoga Tackle & Archery  
Seguin's Scuba Center  
Shmaltz Brewery  
Snappy Sam's Photoworks  
Southern Adirondack Audubon Society  
Sports Physical Therapy of NY  
US Sherpa  
Vital Eats  
WEST/EXIT 97.7 & WMHT

### TRAVEL DESTINATIONS

Duchess Tourism  
Elk Lake Lodge  
Feeder Canal Alliance  
Fulton Montgomery Regional Chamber  
Garnet Hill Lodge  
Gore Mountain  
Gore Region Chamber  
Hoot Owl Lodge  
Hudson Crossing Park  
Indian Lake Chamber  
Inlet, Town of  
Killington Resort  
Mohawk Towpath Scenic Byway  
Moreau Lake State Park, Friends of  
Newcomb Chamber  
North Warren Chamber  
Olympic Regional Development Authority  
Oswego County Tourism  
Pico Mountain  
Schroon Lake Chamber  
Upper Hudson Trails Alliance  
Walkway Over the Hudson  
West Mountain  
Whiteface Mountain  
Whiteface Visitors Bureau  
Wild Center, The  
Wilton Wildlife Preserve & Park  
YMCA Camp Chingachgook  
YMCA Camp Gorham





## EXPO HAPPENINGS

**B**e at the Summer Expo to experience it! We have a lot of interactivity at the Summer Expo and the best way to get active and fit is to see, try and learn for yourself.

### Go Shopping

Two of the largest exhibitors at the show, Mountainman Outdoor Supply Company and Steiner's Ski & Bike will be bringing gear, clothing, footwear and accessories to the expo. It's a great way to stock up for every season.

Visit the Mountainman space for great deals on all your paddling, outdoor gear and apparel needs and get a preview of the upcoming Paddlefests in Saratoga Springs and Old Forge. They are New York's largest canoe, kayak and paddleboard retailer with stores in Saratoga Springs and on Fish Creek/Saratoga Lake.

Check out the Steiner's Ski & Bike store where they'll have big discounts for summer and winter gear. The sale includes 40% off Specialized bikes, 40% off non-skiwear, Patagonia and casual socks. Plus, 50% off ski products, skis, boots, bags, poles, helmets, parkas, and accessories like goggles, u-wear, hats, gloves, and ski socks.

### Try Rowing

You'll break a sweat at the Saratoga Rowing Association booth. They'll have two rowing ergometers for attendees to try. If you can row 500 meters you'll earn a free T-shirt and candy. Challenge your family and friends for bragging rights!

### Run or Walk

Join a 2-3 mile run or one-mile walk from iRun Local's booth on Sunday at 11am. Organized with the Saratoga Stryders, participants can run, jog or walk with experienced runners and walkers in downtown Saratoga, while leaving their belongings in a secure location at the show.

A complimentary brunch for all participants will follow in the City Center lobby. On-Running is a sponsoring a light brunch. For more info, contact Jamie at (949) 275-8887 or jamie@irunlocal.com.

### Go Rock Climbing

Damien's Rock Wall will have their 25-foot rock wall set up for kids and adults to climb. Check out the birds-eye view of the entire show. You can challenge your kids to a race up the wall!

### Try Disc Golf

DisCap (Capital Region Disc Golf Club) will give you the opportunity to try disc golf at their booth. They're bringing discs and a basket for attendees to try this fun, all-ages sport that can be played year-round.

### \$10,000 in Prizes

Attend the show and receive a free raffle ticket for a chance to win \$10,000 in prizes. There are nearly 80 different prizes to choose from, including a scuba package, race entries, weekend getaways, gift certificates, merchandise and much more. Winners will be chosen after the show closes starting on Monday, March 20 - but you need to be present to enter!

### Donate

Food and monetary donations to the Regional Food Bank of Northeastern New York will earn you more raffle tickets. Representatives from the food bank will be on hand to accept your donations of non-perishable food items and cash. Let's work together to fight hunger!

### Test Your Fitness

Do you have a personal fitness goal? Some aim for a specific time in an Ironman or marathon, others want to be able to finish those races and someone else trains to lose 20 pounds. To reach this or other goals, it is important to train efficiently. But how can you choose the best path to your goal if you don't know where to begin?

Optimal training starts with understanding your current level of fitness. There's more motivation when you know your goal and can estimate when you are able to reach it. A great way to start a journey like this is trying an Aeroscan test.

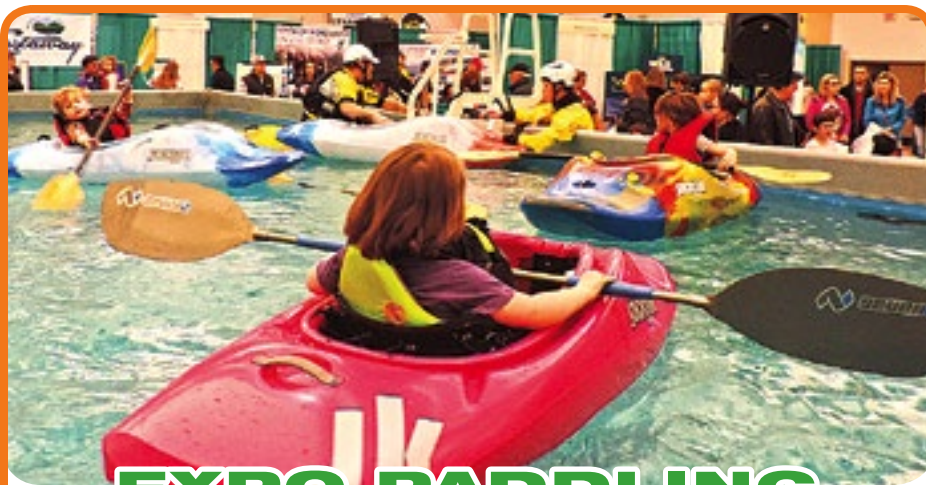
Biathlete and Olympic medalist Andrea Henkel Burke, a personal trainer based in Lake Placid, will be providing the Aeroscan test analysis at her booth. Test your energy metabolism by analyzing respiratory gas concentrations while at rest and during exertion. Individual training and exercising ranges can then be easily and comfortably determined from this.

By measuring oxygen intake and carbon dioxide output, the Aeroscan test determines, how the body burns fat, and carbohydrates to provide energy. The test takes just ten minutes and is also ideally suited to use with older and out-of-condition users.

### Booth Seminars

Joe Moore with Placid Boatworks of Lake Placid will be conducting a pack boat camping seminar in his booth, so stop by, introduce yourself, and learn from him.

There will be many other ongoing booth clinics from our regional experts, outdoor enthusiasts and licensed guides, so enjoy the Summer Expo!



## EXPO PADDLING POOL DEMOS & CLINICS

### SATURDAY, MARCH 18

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** John Ozard, Mike Cavanaugh, Blanche Town, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 SCUBA 101: Learn how to become a certified scuba diver, gear assembly and skills.** Gary and Jen Seguin, Seguin's Scuba Center.
- 12:00-12:30 Improve Your Paddle Strokes: Top Tips for Recreational and Racing Canoeists.** Phil Milspaugh, NYMCRA President and Pro Paddler.
- 12:30-1:00 Whitewater Kayaking 101 & Playboating Fun.** Jason LaSelva, Sacandaga Outdoor Center.
- 1:00-2:30 Kid's Kayaking "Try-It" Session.** Bring your kids for this fun on-water experience, led by experienced paddlers.
- 2:30-3:00 Maneuvering Your Canoe or Kayak: What is edging and why is it important?** John Ozard, Mike Cavanaugh, Blanche Town, Adirondack Mountain Club – Albany Chapter.
- 3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** John Ozard, Mike Cavanaugh, Blanche Town, Adirondack Mountain Club – Albany Chapter.

### SUNDAY, MARCH 19

- 11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling.** John Ozard, Steve Burke, Don Orr, Blanche Town, Adirondack Mountain Club – Albany Chapter.
- 11:30-12:00 SCUBA 101: Learn how to become a certified scuba diver, gear assembly and skills.** Gary and Jen, Seguin's Scuba Center.
- 12:00-12:30 Improve Your Paddle Strokes: Top Tips for Recreational and Racing Canoeists.** Phil Milspaugh, NYMCRA President and Pro Paddler.
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## EXPO PRIZES

**3C Race Productions** – 2 Entries into Saratoga Springs HM, 2 Entries into Lake George HM, \$240 value

**Adirondack Marathon Distance Festival** – 2 entries into any race, \$190 value

**Adirondack Mountain Club** – Free membership and book, \$60 value

**Adirondack Sports** – Three-year subscription, shirt, hat & car magnet, \$70 value

**Ainsley's Angels of America** – T-shirt, winter hat, water bottle & children's book, \$60 value

**Andrea Henkel Burke** – aeroscan® endurance test, \$150 value

**Arbonne International** – \$50 Gift Certificate

**Battenkill Conservancy** – Pre-publication copy of "Untold Stories of the Battenkill", \$25 value

**Capital District Tri Club** – CDTC visor & triathlon mat, \$50 value

**Capital District YMCA/Southern Saratoga** – One entry to Anyone Can Tri Triathlon and one entry to Spring Has Sprung 10-Miler \$100

**Capital Region Disc Golf Club (DisCap)** – Beginner's set of disc golf discs, \$30value

**Chosen Run 5K/Schmaltz** – Two race entries, \$90 value

**Cystic Fibrosis Foundation** – one Cycle for Life entry and t-shirt, \$55 value

**Discover the Adirondacks/Wild River Press** – 4 books from the Discover series, \$70 value

**Elk Lake Lodge** – 1-night stay for two in the Main Lodge, \$444 value

**Farm to Fork Fondo** – One entry to Hudson event, \$150 value

**Feeder Canal/Southern Adirondack Audubon** – Audubon/Feeder Canal raffle bag, \$100 value

**Fleet Feet Sports** – \$50 Gift certificate

**Freihofers Run For Women** – Pair of race entries, \$60 value

**Garnet Hill** – One Season Ski Pass, \$200 value

**Good Karma 5K** – Two race entries, \$50 value

**Great American Brewery Runs** – one race entry, \$45 value

**Hudson Crossing Park** – Cardboard Boat Race Entry (up to 5 sailors), \$35 value

**Hudson Crossing Triathlon** – \$65 race entry

**iRun Local** – CamelBak H2O bottle, \$30 value

**Susan G Komen Race for the Cure** – Two race registrations, \$80 value

**Lake George Land Conservancy** – "Hike Lake George" ChicoBag & Hike-a-Thon Nalgene bottle, \$25 value

**Malta 5K** – Pair of race entries into Malta 5K, \$50 value

**Mohawk Hudson River Marathon/Half Marathon** – Two race entries, \$150 value

**Mohawk Towpath Scenic Byway Coalition** – One entry into Mohawk Towpath Byway Duathlon, \$56 value

**Mountainman Outdoors** – \$50 Gift card

**NYS Parks** – "Wear It!" t-shirt and hat, \$25 value

**Oktoberfest** – Pair of entries OktoberFest, \$60 value

**Peak to Brew Relay** – 50% off Team Entry Certificate, \$800 value

**Rollga** – Three foam rollers, \$25 value each

**Regional Food Bank** – CSA Vegetable Share, \$260 value

**Saratoga Rowing Association** – Learn to Row Child gift certificate, \$250 value

**Saratoga Tackle & Archery** – Bow string & cable set-up and tune-up, \$129 value

**Schroon Lake Chamber** – Schroon Lake Weekend Getaway, \$300 value

**Sean's Run Weekend** – 2 Race Entries, \$50 value

**Seguin's Scuba Center** – Open water class \$475

**Southern Adirondack Audubon Society** – Audubon canvas bag of goodies, \$100 value

**Tour de Force Charity Run** – Pair of Half Marathon entries & Pair of 10K entries, \$180 value

**Tri City BMX** – New rider package, membership & coaching, \$200 value

**TUFF eNUFF Challenge** – T-shirt, water bottle & entry into 2017 race, \$35 value

**USATF Adirondack** – Membership, \$30 value

**West Mountain** – Ski tuning package & shirt \$100

**The Wild Center** – Four admission tickets, \$66 value

**YMCA Camp Chingachgook** – Crazy Creek sports chair, \$35 value

**AND MORE!**



# ADIRONDACK SPORTS SUMMER EXPO

## List of Exhibitors

**3C Race Productions/Strong to Serve** – We're presenting the Lake George Half Marathon & 5K and the Saratoga Springs Half Marathon, Relay & 5K – both benefit Strong to Serve. 603-429-8879 • [nehalfmarathon.com](http://nehalfmarathon.com)

**9 Miles East Farm** – We're a farm-based nutrition program providing real food to busy athletes. We offer Go Boxes and subscriptions for sports nutrition meal service for endurance athletes who want to enhance their performance by fueling with whole, natural food. Train hard. We'll feed you. Schuylerville • 518-514-8106 • [9mileseast.com](http://9mileseast.com)

**Adirondack Marathon Distance Festival** – Probably the most beautiful 26 miles 385 yards you'll ever run! Choose your race: on Sunday, 9/24/17 marathon, half-marathon or the 2 & 4 person marathon relay, which are all run around crystal clear Schroon Lake. And on Saturday, 9/23/17 in Chestertown, a 5K & 10K, and for young kids, a 1K fun run in Schroon Lake. *Schroon Lake* • 518-532-7675 • [adirondackmarathon.org](http://adirondackmarathon.org)

**Adirondack Mountain Club** – We're an environmental non-profit offering a variety of outdoor recreation opportunities year-round. Discover, play in and protect natural places with ADK. Join ADK or check out our guide books, maps and merchandise. All proceeds support protecting the wild lands and water in NYS. *Lake George* • 518-668-4447 • [adk.org](http://adk.org)

**Adirondack Race Management** – Come talk to us about the Lake George Triathlon Festival! Not a triathlete, to get more information on the Glens Falls Urban Assault and Memorial Mile. *Lake George & Glens Falls* • [adkracemgmt.com](http://adkracemgmt.com)

**Adirondack Wilderness Advocates** – We are dedicated to promoting the knowledge, enjoyment, expansion and protection of the Adirondack Park's wild-est places. *Barneveld* • [adirondackwilderness.org](http://adirondackwilderness.org)

**Adirondack Sports** – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes for races, events, products and services. We will be selling Adirondack Sports performance running shirts, cotton T-shirts, running hats and car magnets. *Clifton Park* • 518-877-8788 • [adksports.com](http://adksports.com)

**Adirondack Wilderness Advocates** – Dedicated to promoting the knowledge, enjoyment, expansion, and protection of the Adirondack Park's wildest places. *Barneveld* • 315-272-5699 • [adirondackwilderness.org](http://adirondackwilderness.org)

**Ainsley's Angels of America** – Share the mission of Ainsley's Angels - to promote the inclusion of individuals with special needs in endurance events of 5K and longer. We are a running group with a twist. *Albany* • 518-421-4909 • [ainsleysangels.org](http://ainsleysangels.org)

**American Diabetes Association** – We'll be sharing information with the community about our Saratoga Springs Tour de Cure, the largest fundraising event in the Capital Region, and the catalyst in supporting our mission to cure diabetes. We will also be available to share information on our programs and wellness initiatives to support those in our community and individuals living with diabetes. *Albany* • 518-218-1755 • [diabetes.org/saratoga](http://diabetes.org/saratoga)

**Andrea Henkel Burke Personal Training** – Be fit - stay healthy! Get your own personal exercise recommendation by multiple Olympic gold medalist. Andrea will check your individual fat and carb burn for better endurance and a healthier lifestyle. *Lake Placid* • 518-637-6349 • [andrea-burke.com](http://andrea-burke.com)

**Apex Solar Power** – Apex has emerged as a leader in the solar industry in upstate New York, serving customers from the Canadian border to Orange County to Syracuse. *Queensbury* • 518-309-2786 • [apexsolarpower.com](http://apexsolarpower.com)

**Appalachian Mountain Club** – Hike, bike ski, paddle and climb with the Appalachian Mountain Club. The club organizes thousands of free outings a year, offers everything from full-service lodges to backcountry tentsites in NY & New England's most beautiful places, and invests in and advocates for conservation across the northeast. Learn all about us! *Boston* • 617-523-0655 • [outdoors.org](http://outdoors.org)

**Arbonne International** – Arbonne offers vegan products that include everything from skin and hair care to protein shakes and energy drinks. Everything is made from botanicals to offer a pure and safe product that gives benefits to skin and health. *Clifton Park* • 518-321-4591 • [sheila.myarbonne.com](http://sheila.myarbonne.com)

**Bath Fitter** – We are a local one day bathroom remodeling company backed by a lifetime warranty. *Albany* • 518-605-9166 • [bathfitter.com](http://bathfitter.com)

**Battenkill Conservancy** – Visit our booth for organizational info, river access maps, events, tourism events and bug table. We'll have a macroinvertebrate display of water creatures. *Cambridge* • 518-677-2545 • [battenkillconservancy.org](http://battenkillconservancy.org)

**Battenkill Valley Outdoors** – Learn more about our river guided trips, kayaks for 2017 and merchandise. *Cambridge* • 518-677-3311 • [battenkillvalleyoutdoors.com](http://battenkillvalleyoutdoors.com)

**Capital District Triathlon Club** – Come "TRI" with us! We provide training opportunities at Crystal Lake, Averill Park on Tuesday evenings from June through August. We are a USA Triathlon sanctioned club and have been going strong since 1993. Our members range from beginners to Ironman World Champions. *Albany* • [cdtriclub.org](http://cdtriclub.org)

**Concord Pools & Spas** – Learn about our Michael Phelps Signature Swim Spas. *Latham* • 518-783-8976 • [concordpools.com](http://concordpools.com)

**Cystic Fibrosis Foundation** – We offer several endurance events as fundraising opportunities for the Cystic Fibrosis Foundation. We will be highlighting our Stair Climb event, our Great Strides Walk program and our CF Cycle for Life event. *Albany* • 518-453-3583 • [neny.cff.org](http://neny.cff.org)

**Damien's Rock Wall** – We'll have our 25-foot rock wall set up for kids and adults to climb at the Expo. We rent our mobile wall for parties and events. *Scotia* • 518-428-6020 • [rocksolidfun.com](http://rocksolidfun.com)

**DisCap (Capital Region Disc Golf Club)** – We'll be promoting the sport of disc golf - an all ages sport that can be played all year and with minimal cost. Most courses are free to play and the only equipment needed is a \$10-\$15 disc. It's a great easy way to spend time outdoors! *Capital Region* • 518-836-9557 • [discap.net](http://discap.net)

**Double H Ranch** – Visit our booth for information on our Double H Ranch Camp Challenge Bike Ride and Camp Challenge 5K Trail Run and new this year the Hope for Float - all on September 9. *Lake Luzerne* • 518-696-5921 • [doublehbranch.org](http://doublehbranch.org)

**Dutchess Tourism** – Begin your Hudson River Valley getaway here in Dutchess County! Covering 800 square miles, there's an abundance of natural scenic beauty, outdoor recreation, historic landmarks, restaurants, festivals and more. *Poughkeepsie* • 845-463-4000 • [dutchestourism.com](http://dutchestourism.com)

**Elk Lake Lodge** – Elk Lake Lodge is the centerpiece of a 12,000-acre private preserve. This is a world that is unchanged in hundreds of years - a timeless place that offers a unique wilderness experience. *North Hudson* • 518-532-7616 • [elklakelodge.com](http://elklakelodge.com)

**Farm to Fork Fondo** – There's no better way to experience gorgeous landscapes, diverse local agriculture and farm to fork freshness than from the seat of your favorite bicycle! 518-662-0211 • [farmforkfondo.com](http://farmforkfondo.com)

**Feeder Canal Alliance** – Partnering to promote recreation and birding along the Feeder Canal Towpath Trail and in the Southern Adirondacks. The Feeder Canal is a 'hotspot' for birding enthusiasts, and our Audubon chapter conducts bird walks and educational programs along the trail. The FCA is caretaker of the trail and its locks. *Glens Falls* • 518-792-5363 • [feederchannel.org](http://feederchannel.org)

**Firecracker 4 Road Race** – Stop by the Firecracker booth to learn about the 11th annual Firecracker Road Race. Held on the beautiful streets of Saratoga Springs, come run with your friends, family, veterans and public service personnel. A festive 4-mile race with over 20 musical venues, costumed characters and cheers of friendly neighbors along the race route. *Saratoga Springs* • 518-744-5646 • [fc4.us](http://fc4.us)



**Fleet Feet Sports** – A locally owned running shop with two convenient locations. Check out new Spring 2017 running footwear and apparel at the Expo. Stock up! Past-season gear on clearance. *Albany* • 518-459-3338 • *Malta* • 518-400-1213 • [fleetfeetalbany.com](http://fleetfeetalbany.com)

**Freihofer's Run for Women** – The Freihofer's Run for Women, the premier running event in the Capital Region is in its 38th year. Come celebrate with us at this world-renowned event on June 4 in Albany. *Albany* • [freihoferstrun.com](http://freihoferstrun.com)

**Fulton Montgomery Regional Chamber of Commerce** – We'll have tourism information for Fulton and Montgomery counties including hiking trail and rail trail maps and information about the Mohawk Valley Gateway overlook pedestrian bridge. *Gloversville* • 518-725-0641 • [44lakes.com](http://44lakes.com)

**Garnet Hill Lodge & Adventure Center** – Come see for yourself one of the most beautiful nature resorts in the Adirondacks. Learn about all we have to offer - health and wellness retreat packages, lodging, summer activities, nordic skiing, hiking, biking and dining. *North River* • 518-251-2444 • [garnet-hill.com](http://garnet-hill.com)

**Good Karma 5K** – Learn more about our 3rd Good Karma 5K Run/Walk on June 17 at the Crossings in Colonie. Our unique 5K features a yoga warm-up, delicious Indian food, henna tattoos and an Indian dance performance. This Tri-City India Association event, will support AIM for Seva, a charitable organization that helps educate rural India's less fortunate children. The project has built over 100 free student homes and is serving over 30,000 children all over India. *Colonie* • 518-877-6634 • [triciany.org](http://triciany.org)

**Gore Mountain** – Gore has 109 trails, boasts 2,537 vertical feet, and is home to the most skiable acreage in New York with 15 lifts including our eight-passenger Northwoods Gondola and two high-speed quads. We offer a variety of mountain services for convenience, safety and enjoyment. Gore turns the off-season on with scenic gondola rides, adventure activities, festivals, and more in the summer and fall. *North Creek* • 518-251-2411 • [goremountain.com](http://goremountain.com)

**Gore Region Chamber of Commerce** – Learn more about what the Gore Region has to offer including upcoming events and our member businesses. *North Creek* • 518-251-2612 • [gorechamber.com](http://gorechamber.com)

**Great American Brewery Runs** – We are excited to be hosting 5K races at the Shmaltz Brewery in Clifton Park on May 6, 2017 and the Adirondack Pub & Brewery on September 16, 2017. *Clifton Park* • [greatamericanbreweryruns.com](http://greatamericanbreweryruns.com)

**Green Leaf Racing** – We provide professional race management and timing services for events, including multisport, road races, open water swims and our own Hudson Crossing Triathlon. We also offer online registration, consulting and marketing services designed to help you grow your event. 518-290-0457 • [greenleafracing.com](http://greenleafracing.com)

**Green Mountain Energy** – Offering 100% pollution free electricity generated by renewable wind and sun resources. On average, each household can prevent over 13,000 pounds of carbon and other pollutants from being released into the environment annually. Made in the USA! *Mount Kisco* • 845-489-0839 • [greenmountainenergy.com](http://greenmountainenergy.com)

**Grey Ghost Bicycles** – More than just a bike shop. We are a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional bike fit. *Glens Falls* • 518-223-0148 • [greyghostbicycles.com](http://greyghostbicycles.com)

**Hudson Crossing Park** – Learn more about the public park on the Hudson River and Champlain Canal Lock 5, home of the Hudson Crossing Triathlon. Explore trails, a play garden, a labyrinth, interpretive stations, and a floating dock. Sponsored by Saratoga Tackle & Archery, a locally owned fishing and archery supply business. *Schuylerville* • 518-350-7275 • [hudsoncrossingpark.org](http://hudsoncrossingpark.org)



**Indian Lake Chamber of Commerce** – Indian Lake is your best destination to get fit outdoors. Hiking, kayaking, swimming, bicycling, whitewater rafting: we have it all! *Indian Lake* • 518-648-5112 • [indian-lake.com](http://indian-lake.com)

**Town of Inlet** – Discover Inlet! A four-season vacation destination with many recreational opportunities. Enjoy hiking, biking, skiing, skating, paddling, boating, swimming and much more in our little Adirondack town. *Inlet* • 315-357-5501 • [inletny.com](http://inletny.com)

**iRun Local** – We are the area's premier running and walking specialty store featuring the latest running shoes, apparel, and accessories. You'll find us on Congress Street. *Saratoga Springs* • 518-885-8537 • [irunlocal.com](http://irunlocal.com)

**JDRF** – We have led the search for a cure for Type 1 Diabetes since our founding in 1970. Learn more about how we help people live longer and stay healthier. *Latham* • 518-477-2873 • [jdrf.org](http://jdrf.org)

**Killington Resort** – Known as the largest ski and snowboard resort in Eastern North America, in the summer Killington Resort boasts the most expansive downhill mountain biking terrain in the east, the Snowshed Adventure Center with a mountain coaster, zip line, ropes course and much, much more. *Killington, VT* • 800-621-MTNS (6867) • [killington.com](http://killington.com)

**Komen NENY Race for the Cure** – Find out about the Race for the Cure in October in Albany; learn about breast health and breast cancer, purchase pink ribbon merchandise to support the cause. *Albany* • 518-250-5379 • [komenneny.org](http://komenneny.org)

**Lake George Land Conservancy** – LGLC manages more than 35 miles of hiking trails throughout the Lake George region and hosts guided hikes and other events, including the annual Lake George Hike-A-Thon. Stop by for trail maps and information about events, volunteer opportunities and land conservation efforts, and get a free Hike-A-Thon t-shirt! (while supplies last) *Bolton Landing* • 518-644-9673 • [lglc.org](http://lglc.org)

**Live Sore Fitness Apparel** – Our slogan "Embrace the Pain" is for anyone who trains, works out, who struggles, who pushes, and who is dedicated can relate to this. It is after all what helps you train through the pain to get the results you seek. If you're active, we want to be your brand. 518-369-3535 • [livesore.net](http://livesore.net)

**Mohawk Towpath Scenic Byway Coalition** – The Mohawk Towpath Byway is the drive from Waterford and Cohoes to Schenectady along the historic waterway west. Traveling the byway one learns of the Erie Canal and our communities, and the role they played in the westward expansion of the country and the Industrial Revolution. *Clifton Park* • 518-371-7548 • [mohawktowpath.org](http://mohawktowpath.org)

**Montreal Esprit Triathlon** – With over 3,500 participants expected this year, our course allows us to hold a variety of races over the weekend, including the Demi-Esprit, Olympic, Sprint and Duathlon. For the first time this year, we'll have a youth race, U13-U15, as well as a Grand Prix Series, and Friends & Family wave starts. September 9-10, 2017. *Montreal, Quebec* • [esprittriathlon.com](http://esprittriathlon.com)

**Friends of Moreau Lake State Park** – Learn about the park, and activities offered. Our mission is to partner with NYS Parks to enrich the experience of every visitor through education, events and stewardship. We are 100% volunteer driven. *Gansevoort* • 518-928-1238 • [friendsofmoreaulake.org](http://friendsofmoreaulake.org)

**Mountainman Outdoor Supply Company** – New York's largest canoe, kayak and paddleboard retailer has stores in Saratoga Springs and on Saratoga Lake. Visit our booth and look for great deals on all your paddling and outdoor gear and apparel needs and get a preview of our upcoming Saratoga Paddlefest. Visit our stores at 490 Broadway and 251 Stafford Bridge Road on Fish Creek/Saratoga Lake. *Saratoga Springs* • 518-584-3500 • [mountainmanoutdoors.com](http://mountainmanoutdoors.com)





**New York State Office of the State Comptroller for Unclaimed Funds** – We'll offer free name searches and assistance with unclaimed funds database. *Albany • 518-473-5050 • osc.state.ny.us*

**New York State Outdoor Guides Association** – Member licensed NYS guides will present information about services offered by members in a variety of outdoor activities, how to become a guide, benefits of membership in NYSOGA and the profession of guiding in general. *315-868-7054 • nysoga.org*

**NYS Parks** – Learn about paddling safety and the Wear It! Life jacket campaign. Give-aways include Safe 'n Sight Paddle reflective stickers. *Albany • 518-408-1028 • wearitnewyork.com*

**Newcomb Chamber of Commerce** – Newcomb is in "The Heart of the Adirondacks!" Her residents show their love for this rich wilderness and are proud to share its beauty, fresh air and outdoor activities. We welcome you and hope you enjoy your stay. *Newcomb • 518-582-3211 • discovernewcomb.com*

**North Warren Chamber** – We will be promoting the recreational, culinary and event opportunities in northern Warren County, including paddling, hiking, cycling, skiing, fishing, hunting, boating and restaurants and lodging. *Chestertown • 518-494-2722 • northwarren.com*

**Oswego County Tourism** – Your year-round recreation destination - whether you enjoy hiking, biking, camping, paddling, or world-class fishing - our outdoors is outstanding. And when the snowflakes start flying, make Oswego County your destination for cross-country skiing, snowshoeing and snowmobiling. *Oswego • 315-349-8322 • visitoswegocounty.com*

**Out of Control Ski Club** – Our club promotes snow sports including downhill skiing and snowboarding, Nordic skiing and racing. Off season sports and social activities are regularly scheduled. The OC Ski Club has something for everyone. *Albany • 518-372-7487 • ocsclub.org*

**Peak to Brew Relay** – The Peak to Brew Relay is the Northeast's longest, most scenic overnight van-supported relay race. In the third annual event, teams of 6-12, runners will embark on a 220+ mile journey from the top of Whiteface Mountain Veterans Memorial Highway, through the heart of the Adirondacks and finish at the historic Saranac Brewery for a post-race celebration. August 11-12. *Baldwinsville • 315-525-7371 • p2brelay.com*

**Pelican Products/R.P. Luce** – We will be exhibiting and selling with expo specials on Pelican cases, headlamps and coolers – ideal for many outdoor uses! We are the authorized dealer of Pelican products, the global leader in the design and manufacture of advanced lighting systems and cases. *Northport • 631-754-5064 • rpluce.com*

**Placid Boatworks** – We manufacture lightweight carbon/Kevlar canoes right in Lake Placid. Using a unique method of vacuum infusion, we obtain the ultimate balance of strength and light weight. These boats are the epitome of paddling efficiency. *Lake Placid • 518-524-2949 • placidboats.com*

**Power House Athletics** – Power House Athletics is an athletic training facility for athletes of sports. We will have facility specials as well as our high protein nut butters and whey protein powder. *Albany • 518-229-5611 • powerhouseathleticsny.com*

**Proactive Chiropractic** – Quality patient care is our primary goal. We will work as members of your healthcare team to ensure you are receiving the individualized care you deserve. Meet the doctors and get a sampling of our services. *Clifton Park • 518-373-9999 • proactivechiropracticpllc.com*

**Real Media Solutions** – Stop by our booth to enter to win a gift card shopping spree and receive exclusive offers on local newspaper subscriptions. *888-502-5521 • realmediasolutions.com*

**Regional Food Bank of NENY** – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food. *Latham • 518-786-3691 x296 • regionalfoodbank.net*



**Regional Therapy Center** – Saratoga Hospital's Regional Therapy Center offers comprehensive outpatient physical, occupational, speech and aquatic therapy, as well as several other specialty therapy and rehabilitation services. *Saratoga Springs • 518-583-8459 • saratogahospital.org*

**Renewal by Andersen/Huff 'N Puff** – Get home improvement ideas from Renewal by Andersen replacement windows and doors, and Huff 'N Puff gutters, gutter helmet and helmet heat. *Schenectady • 518-356-3026 • huffnpuffinc.com • RBAeasternNY.com*

**Rollga** – Demo this premium contoured foam roller - the most effective & comfortable foam roller you'll ever use - guaranteed! *Wilton • 630-809-7099 • rollga.com/tiffany*

**Saratoga Lake Sailing Club** – Stop by our booth to check out our small sailboat and videos and learn more about the sailing club and our sailing school. We offer lessons throughout the season to children and adults. *Saratoga Springs • 518-744-3897 • sailsaratoga.org*

**Saratoga Regional YMCA** – Visit our booth for info on membership, summer camp, group fitness, and everything else the Saratoga Regional YMCA has to offer! Also, don't forget to ask us WHY! *Saratoga Springs • 518-583-9622 • srymca.org*

**Saratoga Rowing Association** – We will be promoting rowing programs and camps for youth and adults. We'll have two rowing machines for you to try. *Saratoga Springs • 518-587-6697 • saratogarowing.com*

**Saratoga Stryders** – Saratoga Stryders is a club for walkers and runners. We meet Saturdays at the Warming Hut at Saratoga Spa State Park year-round for group runs and Wednesdays for coached workouts from April through October. For a complete schedule visit our website. *Saratoga Springs • 518-581-1278 • saratogastryders.org*

**Saratoga Tackle and Archery** – Offering expert advice on fishing local bodies of water, especially Saratoga Lake, and providing a dynamic selection of fishing equipment and lures, along with live bait. We also carry a wide range of bows from Diamond, Elite Archery, BowTech and Parker, and offer set-up, repair or service on any bow. *Schuylerville • 518-584-3952 • saratogatackle.com*

**Saratoga Triathlon Club** – Our club promotes triathlon in the region through clinics, group workouts, social activities, and open water swims at Moreau Lake State Park. *Saratoga Springs • 518-932-4157 • saratogatriathlon.com*

**Schenectady Firefighters Run For Your Life 5K** – Promoting and seeking participants for the 8th annual run/walk on behalf of the Schenectady Firefighters Cancer Foundation. The run will take place on March 25 in Schenectady's Central Park. *Schenectady • 518-788-4601 • neverfightalone.org*

**Schroon Lake Chamber of Commerce** – The Schroon Lake Regional Visitor's Center & Chamber of Commerce is proud to promote and share the history, culture and outdoor activities that are available in Schroon Lake. *Schroon Lake • 518-532-7675 • schroonlakechamber.org*

**Schroon Lake Marina** – Nestled in the heart of the Adirondack Park, the marina services boat enthusiasts, cottagers, and vacationers from all over the Capital Region. *Schroon Lake • 518-532-7884 • schroonlakemarina.com*

**Sean's Run Weekend** – The region's premier early spring bicycling and running event on April 29-30 in beautiful Columbia County. *Chatham • 518-392-5483 • seansrun.com*

**Sequin's Scuba Center** – We specialize in all things SCUBA; courses and certification, scuba gear and equipment rentals, dive trips and charters, service, repair and air fills. Watch our SCUBA demo in the Expo pool! *Albany • 518-456-8146 • sequinsscubacenter.com*



**Shmaltz Brewing Company** – Founded as "a Jewish celebration craft beer" HE'BREW Beer has incorporated quality, community, and shtick since 1996. We will be pouring beer samples at the Great American Brewery Runs booth all weekend. *Clifton Park • 518-406-5430 • shmaltzbrewing.com*

**Snappy Sam's Photoworks** – We provide high quality, retro-modern photobooth rentals for events in NY, VT & MA. It's the biggest hit at weddings, parties, school & corporate events! (Formerly Saratoga Photobooth Company) *Saratoga Springs • 518-584-6473 • snappysams.com*

**Southern Adirondack Audubon Society** – Partnering to promote recreation and birding along the Feeder Canal Towpath Trail and in the Southern Adirondacks. The Feeder Canal is a 'hotspot' for birding enthusiasts, and our Audubon chapter conducts bird walks and educational programs along the trail. The FCA is caretaker of the trail and its locks. *Queensbury • southernadironackaudubon.org*

**Spa City Bicycleworks** – Visit us in our new location under the Clocktower in the Old Chocolate Factory in Ballston Spa! We now offer free pick up and delivery for all repairs and home delivery of new bikes. See our website or our Facebook pages for more information. *20 Prospect St., Ballston Spa • 518-587-0071 • spacitybicycleworks.com*

**Sports Physical Therapy of NY** – Come discuss with our Physical Therapists ways to improve function, prevent injury and stay healthy in order to live your active lifestyle. *Saratoga Springs & Malta • 518-583-7537 • sptny.com*

**St. Lawrence Valley Paddlers / New York Marathon Canoe Racing Association** – Learn about marathon canoe racing and the Canton Canoe Weekend. Support the club and get a discount on race entry. *Canton • 315-323-2673 • slupaddlers.org • nymcra.org*

**Steiner's Ski & Bike** – Visit our "store" at the Summer Expo where we'll have big discounts for summer and winter gear. The sale includes 40% off Specialized bikes, 40% off non-skiwear, Patagonia and casual socks. Plus, 50% off ski products, skis, boots, bags, poles, helmets, goggles, parkas, u-wear, hats, gloves, ski socks. *Glenmont, Valatie, Hudson • 518-427-2406 • steinersskibike.com*

**Tour De Force Charity Races** – Our 3rd annual Charity Run Half Marathon, 10K, 5K and One Mile Walk raises money for families of law enforcement officers killed in the line of duty on August 20 at the Point Au Roche State Park in Plattsburgh. *518-563-3825 • adirondackcoastevents.com*

**Tri-City BMX** – Visit our booth for information on membership, racing and our upcoming open house on May 6th. We will have a bike and gear display. BMX is the only sport you can play with your kids! *Schenectady • 518-368-0603 • tri-citybmx.org*

**TUFF eNUFF Challenge** – A fun, muddy 5K course and family-friendly event. Crawl, wade and hurdle to the finish line! Saturday, June 10 at the BOCES Campus. *Saratoga Springs • 518-581-1230 • preventioncouncil.org*

**Upper Hudson Trails Alliance** – We're a non profit corporation aimed at planning, maintaining, and advocating for trails and trails infrastructure development for non-motorized, human powered recreation around Johnsbury and the Upper Hudson Region of the Adirondacks. North Creek *• upperhudsontrails.org*

**US Sherpa** – Handcrafted accessories that are natural, fair trade and sustainable, suited for people who enjoy an active lifestyle. Wool headwear/handwear, wool and cotton scarves/shawls/bags, singing bowls, prayer flags, journals and jewelry/mala beads. *Essex Junction, VT • 802-318-6953 • ussherpa.com*



**USATF Adirondack** – Visit our booth to learn more about long distance racing, cross country, track & field, trail racing and race walking for all ages. We'll be promoting training and competitive events in the Adirondack region. *Troy • 518-273-5552 • adirondack.usatf.org*

**Vital Eats** – Behold Bold! Vital Eats small batches sauces and condiments, utilizing only plant based ingredients to rid your plate of bland. Spiked with super foods, with super flavor, you get what your soul wants, and your body needs. Dairy free Cheezy sauce and dip, Vampyr Blood hot sauce, and King Ketchups will thrill around the camp fire, or in your gourmet meal. Experience your local, banish bland brand, Vital Eats! *Saratoga Springs • 518-281-9461 • vitaleats.com*

**Walkway Over the Hudson** – We will be presenting the 3rd annual Walkway Marathon, Half Marathon & MHRRC College to College 5K set for June 11 and the Think Differently Dash on June 10 in Poughkeepsie—and learn about the Walkway Over the Hudson. *Poughkeepsie • 845-454-9649 • walkway.org*

**Warren County Safe & Quality Bicycle Organization** – Visit our booth to learn about Warren County bike routes with handouts and maps. We'll have guides and safety information available too. *Queensbury • 518-480-4859 • bikewarrenco.org*

**City of Watervliet/David Fisher Upper Hudson Heroes** – We're promoting our Hudson Shores Park, historical sites, summer programs, and kayaking for disabled vets. *Watervliet • 337-9115 • watervliet.com*

**West Mountain** – Visit our booth for upcoming events including the New Country of Saratoga 5K Challenge, outdoor gear swap, Over the Top mountain bike race, lesson programs and season passes for 2017-18. *Queensbury • 518-636-3699 • westmtn.net*

**WEXT - Exit 97.7 FM** – An old-style progressive station with a modern day esthetic. We play great classics regular radio has forgotten, new emerging artists and Local 518 music – every hour – everyday. We're a non-commercial, listener-supported, roots and rock station from WMHT. *Troy • 518-880-3512 • exit977.org*

**Whiteface Visitors Bureau** – Wilmington, the home of Whiteface Mountain, is also the home of the best races of the year! Stop by our booth to hear about the 16th annual Whiteface Uphill Bike Race, 7th annual Wilmington Whiteface 100K, Whiteface Sky Races and the 1st Wilmington Whiteface Whiskey Run 10K. *Wilmington • 518-946-2255 • whitefaceregion.com*

**The Wild Center** – The Wild Center, featuring Wild Walk—an elevated trail across the treetops—is an all-day attraction, including 81-acres of outdoors, a 54,000-square-foot museum with movies and live animals, guided canoe paddles, and hands-on everything. Wild Walk will be opening for its third season in May. *Tupper Lake • 518-359-7800 • wildcenter.org*

**YMCA Camp Chingachgook** – A premier summer camp and outdoor education center on the east shore of Lake George. We offer a variety of programs including summer camp, adventure trips, school groups, weekend family and women's programming, and Girl Scout and Boy Scout weekends. *Kattskill Bay • 518-656-9462 • lakegeorgecamp.org*

**YMCA Camp Gorham** – We are an Adirondack adventure camp near Old Forge. We offer overnight camping for children 7-16. Family and adult programs in the fall, and year round facility rentals for small and large groups. *Eagle Bay • 315-357-6401 • campgorham.org*





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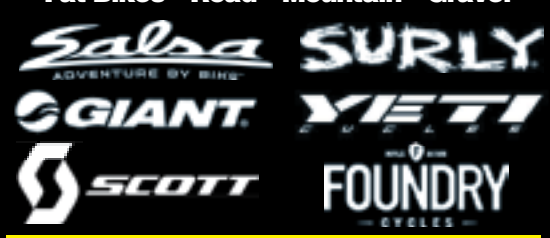



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# Canton Canoe Weekend

## A Tradition in J. H. Rushton's Honor

By Blanche Town

**O**n May 6 and 7, Canton Canoe Weekend will celebrate its 56th anniversary. This annual weekend paddling event draws as many as 300 paddlers to the Village of Canton, tucked in the St. Lawrence Valley, between the St. Lawrence Seaway and the foothills of the Adirondacks.

Canton was home to John Henry Rushton and his famous boatworks, founded in 1875 along the banks of the Grasse River. In his honor, this historic event began in 1962, and was originally known as the "Rushton Memorial Canoe Race." The first race drew only ten contestants, and was sponsored by the Grasse River Historical Society, and the Canton Junior Chamber of Commerce. Although the number of participants was small, it attracted approximately 1,000 onlookers. The following year, the number of participants more than doubled.

Over the next decade, the race continued to grow in popularity as the Canton Fish and Game Club took the reins, making it an annual event. At the same time, a 70-mile race - the General Clinton Canoe Regatta - held on the Susquehanna River in southeastern New York was also gaining popularity.

The Rushton Memorial Canoe Race took its place alongside other races and the sport known as marathon canoe racing gained a foothold in New York. The event became known for its prestigious pro race under race director Chuck Bolesh, all the while maintaining popularity with amateur and recreational paddlers. Today amateur and recreational races remain an integral part of the weekend lineup.

The Canton Canoe Weekend pro and amateur races are official events in the sport of marathon canoe racing. Recognized races vary in length from three to 120 miles, or even longer as is the case for the Yukon River Quest in Canada, which boasts 500 and 1,000 mile races on the Yukon River!

New York State races average two hours and conform to uniform rules set by New York Marathon Canoe Racing Association (NYMCRA). Racers are categorized by gender, age, pro, recreational or amateur status and the type of boat they paddle. Categories include C1 - solo canoe, C2 - tandem canoe, C4 - four-person canoe, and Voyager Canoe, carrying seven or more paddlers.

Kayaks are similarly divided into K1 and K2 categories. Classes are further distinguished by style of boat, such as stock, amateur, pro, limited and unlimited.

Canton is centered in the heart of three great paddling destinations, with access to

the Grasse, Raquette and Oswegatchie rivers only minutes away. Given its boatbuilding history and location, it makes sense that it holds a prominent place in the world of canoe racing.

In addition to being the home of the World Championship Pro Race, featuring a purse of over \$5,000, Canton Canoe Weekend hosts amateur and recreational races over the two-day event. The various categories include canoe and kayak, a relay race, and antique and voyager canoe races. It attracts amateur and recreational paddlers of ALL skill levels from the local community, New York State and the Northeast, and pro paddlers from across the U.S. and Canada. Participants paddle distances ranging from three to 14 miles on the scenic Grasse and Little rivers.

The Grasse and Little rivers flow through the rural countryside, skirting the edge of Canton. The forested floodplains and grassy river banks provide a pleasant backdrop for onlookers and racers alike. The start and finish line and race headquarters are located in Taylor Park, which offers amenities such as camping, a playground for children, food, vendors and music - meeting all of the basic needs of racers and spectators.

While many racers take this event quite seriously - there are strict boat specifications and official rules to be followed - there is plenty of fun for those interested in recreational racing and casual paddles. Any non-motorized boat, canoe, kayak or SUP is welcome, and paddlers of all abilities are invited to join in!

Marathon canoe racing is a great fitness sport, providing an opportunity to engage in aerobic activity, enjoy nature and reduce stress. If you paddle, bring your favorite watercraft and join us in a recreational race. If you aren't a paddler, come out and watch the fun and competition and cheer on the paddlers.

For more information about John Henry Rushton, I recommend reading *Rushton and His Times in American Canoeing*, by Atwood Manley.

For more information about the Canton Canoe Weekend and other local races visit St. Lawrence Valley Paddlers at [slvpaddlers.org](http://slvpaddlers.org) or New York Marathon Canoe Racing Association at [nymcra.org](http://nymcra.org). See you on the water! 📍

*Blanche Town (betown@gmail.com) of Canton is an amateur marathon canoe racer, secretary of St. Lawrence Valley Paddlers, and a member of the New York Marathon Canoe Racing Association. She serves on the board for Canton Canoe Weekend.*



THE AUTHOR, BLANCHE TOWN, AND RACING PARTNER CHAS BILLINGSLEY.



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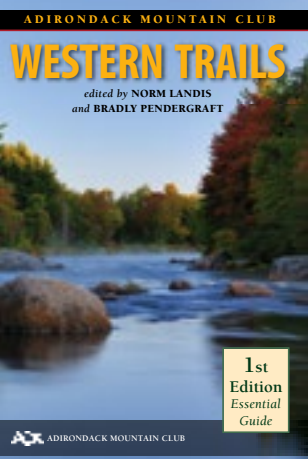
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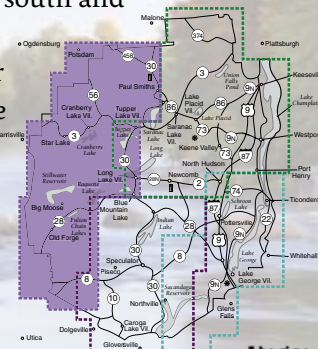
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## HIKING, SNOWSHOEING &amp; XC SKIING

# Lake Andrew

*A High-Elevation Pond Embraced by Mountains*

By Bill Ingersoll

The MacIntyre West Tract is one of the celebrated new Finch Pruyn land purchases, opened to the public for the first time when it was added to the Adirondack Forest Preserve in late 2014. It lies at the foot of the Santanoni Range and features many outstanding views of those mountains. At its heart is Lake Andrew, a high-elevation pond embraced by mountains.

MacIntyre West is currently in an interim management period, with dozens of hunting leases scattered all across the property. There is public access to every part of the property except for small zones around each of the cabins. The hunting clubs maintain an extensive network of trails, many of them used (for the moment) by snowmobiles.

Someday, state trails may allow the average hiker or skier to traverse the property all the way to Newcomb Lake, but without signs and markers that route will remain a challenge to find. I have also used MacIntyre West to reach the foot of the Twin Slides on Santanoni Peak.

Until then, Lake Andrew makes the most obvious destination for anyone eager to explore this new addition to the wilderness. This route poses a few navigational challenges, but it lies at the right distance for an enjoyable day hike, at any time of the year.

## GETTING THERE

From Northway Exit 29, drive west on Blue Ridge Road (also called Boreas Road) for 17 miles to the right turn for Tahawus. Follow this road, County Route 25, to a fork at 6.3 miles. Turn left and continue to the Bradley Pond-Santanoni parking area on the left at 8.2 miles.

## THE TRAIL

The beginning of this route should be familiar to anyone who has hiked the Santanoni Range. From the Bradley Pond Trailhead, follow the main trail westward along an obvious road. This part is very well used and easy to follow. At 1.1 miles it dips through an open wetland where you might be able to steal a glimpse of distant Wallface Mountain to the northeast, and at 1.7 miles you reach a junction. Here, signs point right toward the Santanoni Lean-to and Duck Hole; and because this is also the main route up the range, nearly all foot traffic makes this turn.

But to reach Lake Andrew, you will need to keep heading west along the road. Just minutes past the junction you reach a bridge over a large stream – let's call it the "South Branch Santanoni Brook" for descriptive purposes. A sign here discourages the public from proceeding past this point, but that sign

is now obsolete. Cross the bridge and come to a gate at 2.1 miles. This is the beginning of the MacIntyre West Tract.

At 2.2 miles a side road bears right, uphill. Keep left on the main road, which follows the South Branch quite closely. You pass the first of the small hunting camps, followed by a small meadow on the brook. A long climb leads away from the brook to a high shelf of land populated by numerous camps, each one surrounded by its own exclusive use zone through 2018.

In the midst of the secluded village is an alder swale, which you cross at 3.4 miles. Maps show that this is an area studded with small wetlands and beaver ponds, and further exploration reveals several artificial clearings occupied by private camps. I like to call this section the "Santanoni Meadows," for nearly all of these openings reveal their own intimate views of nearby Santanoni Peak. At this point you are practically at the mountain's foot.

Just past the alder swale, turn left (south) onto another prominent road. This one swings southeast through the "Santanoni Meadows" and past the last of the cabins. The hardened road ends 0.4-mile from the junction, or 3.8 miles from the start.

This is the point where your route becomes a trail, although the transition will likely be confusing for some people. Do not continue straight from the end of the road, but look for a route that bears slightly right into the woods. It crosses a small bridge and passes yet another open meadow. The trail climbs into a notch at the foot of Mount Andrew, then jogs southwest toward high ground. Contouring along the foot of an unnamed summit, it leads in short order to the north end of Lake Andrew, which appears through the trees to your left. If you stick with the trail for a moment longer, it will bring you to a side trail at 4.4 miles that leads right down to the shoreline at a point where boats may be stored.

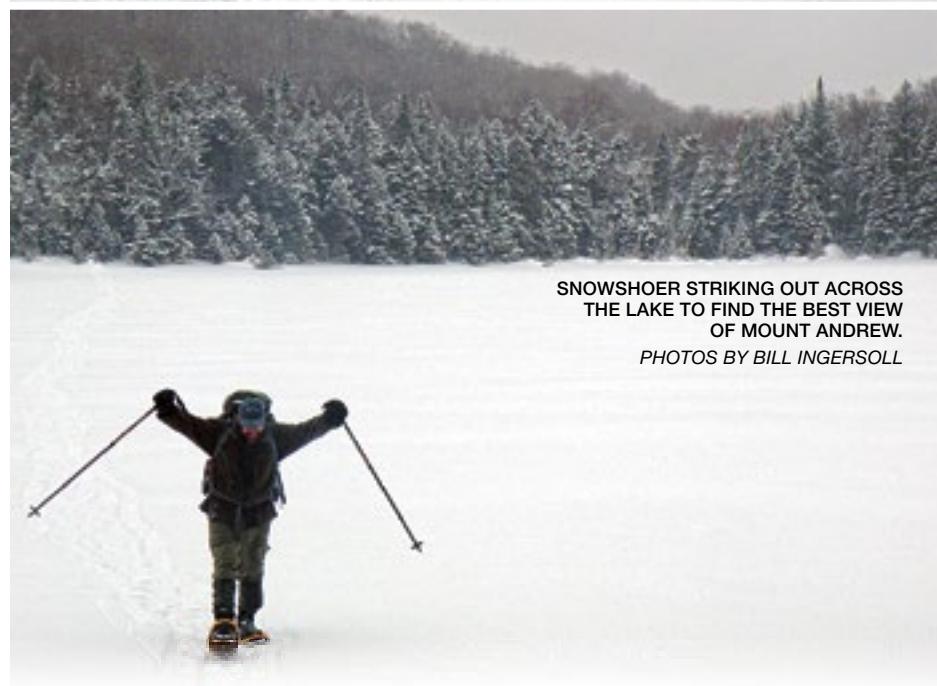
From this spot you can see most of the small lake, with Mount Andrew rising above it. This is not Lake Andrew's best side, however. That distinction is reserved for a spot on the southern end, marked by the ruins of an old log cabin. From that spot you can look north to Santanoni Peak with its striking slides. In the winter it's an easy matter to strike out across the ice directly to the cabin site; you can probably see the cabin from the trail.

At other times of the year, you can follow an established trail network around the southern end of the lake to the cabin site, about 0.7-mile away.

LOOKING NORTH TO SANTANONI PEAK FROM SOUTHERN END OF LAKE ANDREW



MUCH OF THE TRAIL IS ACTUALLY AN OLD ROAD.



SNOWSHOER STRIKING OUT ACROSS THE LAKE TO FIND THE BEST VIEW OF MOUNT ANDREW.

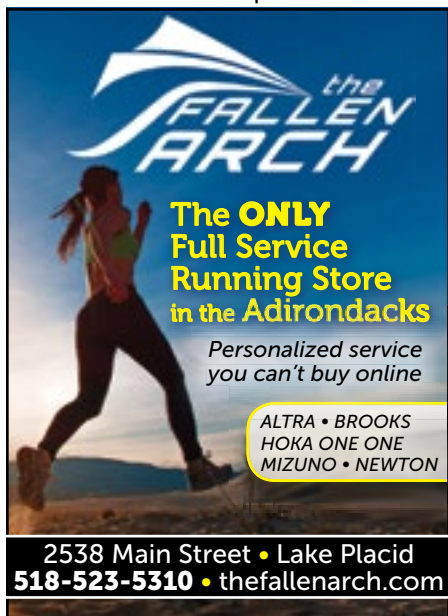
PHOTOS BY BILL INGERSOLL

Most of this route is ideal for cross-country skiing, although you may encounter snowmobiles while the hunting leases remain. One shortcoming, however, is the final 0.6-mile through the notch to the north end of the lake. This section of the trail features a damp surface that seems to resist the accumulation of snow, resulting in deep "chasms" in the middle of the way. Even on snowshoes

you must make your way along the edge of the trail in many cases. This trait mars what would otherwise be an excellent route. 🏔️

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





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## TRIATHLON

# Early Season Duathlons and Sprint Triathlons Challenge Newbies and Veterans Alike

By Christine McKnight

Ask Shylah Weber why she returns year after year to the Delmar Duathlon and she'll tell you it's mostly sentimental. Alan Finder says he likes the race because of the camaraderie and its "fast and fun" character.

You're likely to see both of these past winners among the 200 athletes expected this year at the **Delmar Duathlon** (delmar-du.com), which is set for Sunday, April 30, and has grown steadily in popularity since it was launched six years ago as a collaboration of the Bethlehem Town Park and Bethlehem YMCA.

"The Delmar Duathlon was the first multisport race I ever competed in, back in its first year. It's kind of sentimental to me because it's where I started," Shylah recalled. "That first year I got directed the wrong way on the bike course and added on about a mile, which really threw me off. Every year, I go back to see how much I've improved from the prior year. It's a good baseline at the beginning of the season to gauge your fitness." Her winning time last year for the course, which features a two-mile run, ten-mile bike, and two-mile run was 54:44.

Shylah added that, because it's close to her home in Troy, it's nice to see friends for the first local multisport race of the year. "The volunteers are great and you can tell the race director really loves to put the event on, so it's a very encouraging environment for new athletes."

Alan, an Albany resident, agreed, adding, "It's fast and fun, and it's certainly family-friendly. And because it's so local, it attracts such a wide range of abilities, which is nice. You have people racing on everything from \$8,000 triathlon racing bikes to Huffy bikes. I like that."

The Delmar Du is the first in a series of multisport events in the region, which are guaranteed to challenge competitors' fitness and speed, all in a more relaxed "just for fun" kind of atmosphere.

Following the Delmar race is the 23rd annual **Anyone Can Tri Triathlon** (cdymca.org), set for Sunday, May 7, at the Southern Saratoga YMCA in Clifton Park. It is the oldest triathlon in the area, and features a 350-yard pool swim, an 11-mile bike, and a 5K neighborhood run. The popular Kids' Triathlon is also scheduled with two different distances depending on the child's age.

The Anyone Can Tri is part of the *Spring Has Sprung Distance Festival*, which also includes a 5K run/walk, 10-mile run, 13.1-mile half marathon run, and a Kids' One-Mile Fun Run.

One of the most popular early-season races is the 13th annual **Saratoga Lions Duathlon** (saratogalionsduathlon.com), which is Sunday, May 28, and will be staged once again from the Saratoga Casino and Raceway. Registrations typically run around 300 for this major event, which is USAT sanctioned and features a 5K two-loop run, followed by an 18-mile three-loop bike course, and then another 5K run. The duathlon is open to individuals and teams.

The Saratoga Lions always use the race to place a special emphasis on honoring the nation's military, both active duty and veterans, with registration fees for active military and wounded warriors cut in half. Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club.

Highlighting the June calendar are three sprint triathlons featuring venues unmatched for their natural beauty – the **Cooperstown Triathlon** (atendurance.com) on Saturday, June 3 at Glimmerglass State Park on Otsego Lake, the **Hudson Crossing Triathlon** (hudsoncrossingtri.com) on Sunday, June 11 on the Champlain Canalway north of Schuylerville, and the **Great Sacandaga Challenge Triathlon** (greatsacandagachallenge.com) on Saturday, June 17 on Great Sacandaga Lake in Broadalbin.

Registrations for the *Cooperstown Triathlon*, which was moved one week later three years ago, are running ahead of last year. This is in thanks not only to the later date and warmer water, but also because of the race's well-deserved reputation as a top-notch triathlon.

Race director Michael Brych said he expects to welcome more than 150 athletes to his event, which is just a few miles north of Cooperstown and features an 800-meter swim, 18-mile bike, and three-mile run within the park.

*Hudson Crossing Triathlon* race director Chris Bowcutt has history to offer at his unique venue, which is the location where British General John Burgoyne marched several thousand soldiers across the Hudson River in 1777, after lashing together flat-bottomed wooden craft to form a "Bridge of Boats" for his troops. The race features a 500-meter swim, 12-mile bike through the Northumberland countryside, and a five-mile run – highlighted by a section along the historic Champlain Canal towpath.

Chris said that, after a dip in registrations last year, he expects to once again approach a sell-out, with more than 300 athletes. Triathletes who visit the race website will see that he is working closely with the non-profit Hudson Crossing Park to raise money for the park. "Our goal is to motivate athletes to donate or fundraise on behalf of the park, and to put it more in the forefront of the race, because it's such a special venue," said Chris. "During registration athletes can become fund raisers and create their own website to encourage friends and family to give. It's a beautiful venue, great group of volunteers, and a great partnership."

The *Great Sacandaga Challenge Triathlon*, now in its third year, offers an adult sprint triathlon (750-meter swim, 20K bike and 5K run) and a shorter youth triathlon (100-yard swim, 5K bike and one-mile run) at the Sacandaga Bible Conference Center. There's also a free Kids' Splash & Dash with a fun short swim and run, and no minimum age.

"Our goal is to introduce new people – young and old – to the sport of triathlon while providing veteran triathletes with a quality local race on the Great Sacandaga Lake," said race director Travis Mitchell. "We have a very strong focus on family and youth participants, and we really try to welcome first-timers." One-hundred percent of the race's proceeds go to local organizations, with funds the first two years going to local youth groups. Proceeds this year are earmarked for boat and snowmobile patrols by the Fulton County Sheriff's Office. 🇺🇸

*Christine McKnight (trichris@nycap.rr.com) is a triathlete who lives in Wilton. She has completed more than 100 triathlons over 20 years.*



▲ DANIEL HALBIG OF BALLSTON LAKE AT THE 2016 GREAT SACANDAGA CHALLENGE TRIATHLON. SARAH DZIKOWICZ

▲ BIKERS ON THEIR WAY OUT AT THE 2016 SARATOGA LIONS DUATHLON. GAIL STEIN/BRENDAN O'DONNELL

▲ LAURA HOTCHKISS OF SARATOGA SPRINGS AT THE 2016 HUDSON CROSSING TRIATHLON. MIKE BIELKIEWICZ





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■ MALE CHAMPION, JOSEPH GRAY (RED) OF COLORADO SPRINGS, COLO., AT THE START. ■ FEMALE CHAMPION, RAGNA DEBATS OF THE NETHERLANDS, CROSSES THE LINE. ■ MARY DUPREY OF PLATTSBURGH FINISHING AMONGST THE CROWD OF SPECTATORS. ■ JUST SOME OF THE DEWEY MOUNTAIN SNOW SHOVEL VOLUNTEERS. PHOTOS COURTESY OF SARANAC LAKE ADK

*We are the world  
We are the children  
We are the ones who make  
a brighter day  
So let's start giving*  
- Michael Jackson

**By Laura Clark**

Like many international events, the 2017 World Snowshoe Federation Championships in Saranac Lake, adopted a theme song, one meant to inspire athletes and volunteers alike. But instead of the typical Rocky lookalikes, the chosen song, Michael Jackson's *We Are the World*, focuses on the heady sense of community which should be the ultimate goal of such experiences.

While other past and future venues may boast major cities or giant ski areas, the Village of Saranac Lake was the perfect showcase for what is best about small town America. The Athletes' Parade through a mom and pop Main Street would not have rivaled the Rose Bowl Parade, but it was an honest snapshot of a typical American town, one the foreign participants will always remember. Opening ceremonies in Harrietstown Town Hall featured not name-brand performers, but elementary and high school singers and musicians displaying the talent and poise that would be a credit any professional ensemble.

The warmest feel-good moment was the welcome for the two Indian athletes, Abid Khan and Tanveer Hussain, who were denied visas despite their paperwork being in order. For you or me, it would have been an easy fix to travel to New York City to rectify any passport problems, but for them it involved yet another lengthy train journey, days off from work, and thousands of dollars they did not have. Thanks to a go-fund-me plea, a letter writing campaign to local represen-

tatives, and the generosity of Saranac Lakers who opened their homes to the athletes, a nationally embarrassing situation was smoothed over, restoring our faith in our ability to work through a difficult governmental situation.

It was a win-win outcome for everyone.

Because of the melting snow, the 10K Championship course at Dewey Mountain Recreation Center was shortened to 8K with the revised route two repeat 4K loops. Even as late as an hour before the race, families from five-year-olds on up were diligently sledding snow onto the course. Throughout the weekend, it seemed as if the entire town was volunteering. In fact, one finish line staffer, having completed her duties, drove runners back to town in her van, with no qualms about melting snow or sticky mud trashing the interior.

According to organizing committee member, Rich Shapiro, "This was truly a community event with literally hundreds of people pulling together to make it happen. There was the cadre of volunteers who did the parade, the opening ceremonies, the course marshalling, the banquet, etc. But, due to the vagaries of Mother Nature, we also had dozens of people out on Friday morning shoveling snow onto the Dewey course and cutting trenches in the ice to allow water to drain down the mountain without further destroying the course."

Rich continued, "The village work crews trucked in over 100 dump truck loads of snow from Saranac Lake and the neighboring communities. On Saturday morning more than 50 people showed up to shovel whatever snow they could find in the woods onto the course. Some of them stayed out during the race to do 'repairs' as needed. This was a fine example of how Saranac Lake can pull together as one and do great things!"

The venue at worlds was so much more

than our typical draw-a-line in the snow local events. We were no longer just runners, but athletes. We were interviewed. We were here with 296 other snowshoers, some of whom were national and world-class athletes with

resumes and sponsors. As the female contingent well knows, visiting the bathroom multiple times before the race is more than just a necessary experience, but a social occasion. I discussed clothing options with Brandy Erholtz of Evergreen, Colo., eighth place overall and second masters female, and we both advised another future age-group winner on whether or not she should ingest an entire caffeine gel or go for half. They were just ordinary folks, until I learned at the awards ceremony that they definitely were not!

The excitement at the start was palatable and many were whipping out phones to capture the moment. Fellow snowshoer Peter Canzone of Saratoga Springs was no exception and handed his phone to a petite, dark-haired girl to take our picture. I felt like yanking the phone out of Peter's hand as she was obviously focusing on her upcoming junior championship. She stared at us blankly and then grabbed the camera. I thought it was just to get rid of us quickly, but I later learned she was one of the Italian winners and didn't understand our language. Here we were in an international event, assuming that everyone knew English! Obviously, we need to get out more.

While the snow/ice combo held up pretty well for the first loop, my initial enjoyment hopped from ice mogul to ice mogul at the top of the loop turned serious by the second time around, as I gave up and plodded through mud puddles worthy of any spring-time trail race. Some folks took advantage of the warm weather to strip down to shorts and tank top and finished looking more like

a Tough Mudder participant. I learned that spring-melt mud was indeed colder than regular mud, and was glad I had stuck with tights and long sleeves.


The celebratory banquet was a wonderful validation of all our hard work and showcased the contributions of athletes and volunteers alike. Many athletes wearing Dion Snowshoes won awards, and since our bright orange Dion vests and jackets were covered in mud, we all took turns playing musical chairs with Bob and Denise Dion's extra jackets – sometimes just making the exchange before it was time for the next person to climb the podium. A nice twist on the typical relay race!

Naturally, by the time the party wound down, we emerged to thickly falling wet snow and a slip 'n slide parade of cars skittering up the hill. While ill-timed and misplaced, I was grateful that the athletes from all across the country, and all over the world could awaken the next morning to a typical Adirondack winter wonderland. Hopefully, they will be back!

As for me, I was thrilled at having finally turned age 70 ahead of the strong 60 year-old crowd, and being eligible for a new golden category. I am still enjoying my brief moment of fame, with Facebook posts, even one by our Saratoga library directors, congratulations from fellow runners and library patrons. From fellow librarian and best friend Jen Ferriss, "If it was not for Laura, I would have never even been at the race. She is an inspiration for all ages." Embarrassingly flattering, but I'll take it. This was a once in a lifetime opportunity that I am so grateful to have had. Next year in Spain! 🇪🇸

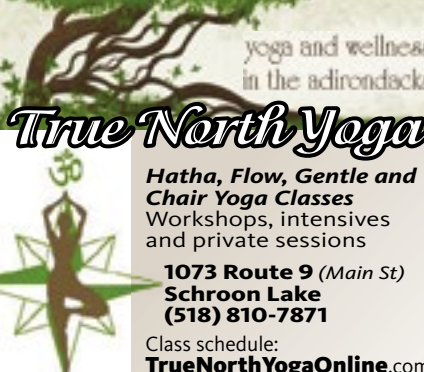
*Laura Clark (snowshoegal133@gmail.com) of Saratoga Springs is an avid trail runner, ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.*





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# RACE RESULTS

## STONE BRIDGE CAVEMAN 6K SNOWSHOE RACE

February 11, 2017 • Natural Stone Bridge & Caves, Pottersville

MALE OVERALL			MALE AGE GROUP: 40 - 44			FEMALE AGE GROUP: 55 - 59						
1	Tim Van Orden	48	30:28	1	Brian Northan	41	35:36	1	Jen Kuzmich	58	57:08	
2	Kevin Emblidge	33	33:55	2	Matt Westerlund	44	36:13	2	Denise Dion	58	1:01:34	
3	Joseph Stilyr	21	34:23	3	Joshua Katzman	41	42:32	3	Crete Decker	55	1:19:04	
FEMALE OVERALL			MALE AGE GROUP: 45 - 49			MALE AGE GROUP: 60 - 64						
1	Jamie Woolsey	33	39:59	1	Lance Decker	46	43:15	1	Bob Dion	61	48:32	
2	Jessica Northan	41	43:04	2	Matthew Miczek	45	51:20	2	Dennis Fillmore	64	54:22	
3	Karen Provencher	62	47:06	FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 65 - 69					
			1	Dawn Leone	47	53:34	1	Katie Fuller	48	Schenectady	10:15.0	
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54			MALE AGE GROUP: 70 - 74						
1	Isaac Leach	18	40:12	1	Rob Matte	50	48:05	1	William Layton	53	East Greenbush	7:35.1
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59			FEMALE AGE GROUP: 50 - 54						
1	Christine Natalie	31	55:48	1	Bob Bolton	55	35:11	1	Larry Phillips	56	Red Hook	14:21.3
2	Shaun Griffith	37	37:05	2	Doug Hazelden	57	40:32	MALE AGE GROUP: 60 - 64				
3	Jeff Andritz	35	38:30	3	Jeff Clark	58	47:51	1	Rick Babson	63	Saratoga Springs	8:27.5
3	Marcin Kosz	37	42:58	<i>Courtesy of Dion WMAC Snowshoe Series</i>								
FEMALE AGE GROUP: 35 - 39												
1	Cheryl Cook	37	1:05:11									
2	Erin Fioretti	38	1:09:42									

## 14TH ANNUAL CAMP SARATOGA 8K SNOWSHOE RACE

February 18, 2017 • Wilton Wildlife Preserve & Park, Gansevoort

MALE OVERALL			MALE AGE GROUP: 50 - 54			FEMALE AGE GROUP: 50 - 54								
1	Matthew Medeiros	31	Saranac	32:50	1	Andrew Frank	51	Saratoga Springs	59:37	1	Bekkie Wright	54	Saranac Lake	1:00:31
2	Shaun Donegan	31	Malta	33:19	2	Darryl Caron	54	Clifton Park	1:18:25	2	Hilary Claggett	52	Saratoga Springs	1:18:35
3	Tim Van Orden	48	Bennington, VT	33:21	3	Jamie Howard	51	Albany	1:23:02	3	Terri Cozzaglio	54	East Greenbush	1:42:24
FEMALE OVERALL			MALE AGE GROUP: 55 - 59			MALE AGE GROUP: 60 - 64								
1	Megan Boyak	32	Clifton Park	52:40	1	Andrea Peterson	57	Saratoga Springs	1:02:13	1	Vincent Kirby	60	Mechanicville	56:36
2	Peggy McKeown	59	Moreau	53:48	2	Jen Kuzmich	58	Greenwich	1:02:48	2	Peter Canzone	63	Saratoga Springs	59:36
3	Karen Provencher	62	Glens Falls	54:38	3	Denise Dion	58	Readsboro, VT	1:07:14	3	Joseph Poliquin	64	Saranac Lake	1:01:49
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69			MALE AGE GROUP: 70 - 74								
1	David Benjamin	30	Niskayuna	1:15:07	1	Laura Clark	69	Saratoga Springs	1:12:01	1	Ray Lee	74	Halfmoon	1:44:11
FEMALE AGE GROUP: 30 - 34			MALE AGE GROUP: 70 - 74			MALE AGE GROUP: 80 - 84								
1	Chris Natalie	31	Arlington, VT	57:22	1	Ray Lee	74	Halfmoon	1:44:11	1	Jules Seltzer	81	Pittsfield, MA	1:58:06
2	Rebecca Benjamin	30	Niskayuna	1:15:06	2	David Epstein	74	New York	2:05:48	<i>Courtesy of Saratoga Stryders &amp; Dion WMAC Snowshoe Series</i>				
MALE AGE GROUP: 35 - 39														
1	Jean-Baptiste Laloe	35	Saratoga Springs	41:15										
2	Martin O'Toole	36	Saratoga Springs	55:59										
FEMALE AGE GROUP: 35 - 39														
1	Erin Fioretti	39	Gloversville	1:17:55										
MALE AGE GROUP: 40 - 44														
1	Joshua Katzman	41	Clifton Park	44:43										
2	James Schertzer	41	Ballston Spa	50:52										
3	Neil Tyrrell	41	Saratoga Springs	51:34										
FEMALE AGE GROUP: 40 - 44														
1	Paige Hopeck	42	Glens Falls	1:05:01										
2	Carrie Seaman	42	Gansevoort	1:46:29										
MALE AGE GROUP: 45 - 49														
1	Daniel French	45	Malta	45:09										
2	Zach Vogel	45	Saratoga Springs	46:08										
3	Lance Decker	46	South Glens Falls	47:42										
FEMALE AGE GROUP: 45 - 49														
1	Jennifer Ferriss	45	Saratoga Springs	57:30										
2	Mona Caron	47	Clifton Park	1:15:01										
3	Kathleen Tersigni	46	Burnt Hills	1:23:53										

## BRAVE THE BLIZZARD 5K & 5.5-MILE SNOWSHOE RACES

February 19, 2017 • Tawasentha Park, Guilderland

5K SNOWSHOE RUN				5.5-MILE SNOWSHOE RUN									
MALE OVERALL				MALE OVERALL									
1	Shaun Donegan	31	Malta	26:24	1	Tim Van Orden	48	Bennington, VT	46:51				
2	Connor Devine	23	Amherst	30:41	2	Joshua Katzman	41	Clifton Park	1:02:20				
3	Dillon Kircher	41	Albany	32:06	3	Lance Decker	46	South Glens Falls	1:02:48				
FEMALE OVERALL				FEMALE OVERALL									
1	Megan Boyak	32	Clifton Park	38:11	1	Jamie Woolsey	33	Oneida	1:01:58				
2	Martha Gohlke	49	Voorheesville	43:04	2	Sara Brenner	37	Slingerlands	1:05:52				
3	Pat Rosier	58	Pittsfield, MA	45:16	3	Karen Provencher	62	Glens Falls	1:06:49				
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 45 - 49									
1	Zachary Davi	22	Hudson	52:14	1	James Kavanagh	36	Troy	1:14:40				
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 50 - 54									
1	Jenny Wei	27	Albany	55:23	1	Paul Guilmette	53	Niskayuna	1:04:54				
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 55 - 59									
1	Michael Mastroianni	31	Schenectady	55:23	1	Tom Mack	52	Wynantskill	1:12:45				
MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 60 - 64									
1	Paul Gasper	35	Schenectady	34:07	1	Jamie Howard	51	Albany	1:36:21				
2	Fred Brooks	37	Voorheesville	34:15	MALE AGE GROUP: 65 - 69								
3	Rich Sentz	38	Rensselaer	39:33	1	Tom Tift	59	New Lebanon	1:06:25				
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 70 - 74									
1	Jonathan Guthan	40	Scotia	33:01	1	Jeff Clark	59	Glenmont	1:07:39				
MALE AGE GROUP: 45 - 49				FEMALE AGE GROUP: 55 - 59									
1	Douglas Southwick	49	Rensselaer	34:12	1	Jen Kuzmich	58	Greenwich	1:21:01				
2	Jason Butler	46	Tribes Hill	47:09	2	Denise Dion	58	Readsboro, VT	1:26:10				
FEMALE AGE GROUP: 45 - 49				MALE AGE GROUP: 65 - 69									
1	Kim Sierzega	48	Schenectady	53:28	1	Stewart Dutfeld	62	Delmar	1:05:15				
2	Kathleen Tersigni	46	Burnt Hills	55:31	MALE AGE GROUP: 70 - 74								
MALE AGE GROUP: 50 - 54				1	Allan Bates	68	Pittsfield, MA	1:02:58					
1	Kim McCarroll	54	Climax	51:46	FEMALE AGE GROUP: 65 - 69								
2	Barbara Davi	53	Hudson	52:19	1	Laura Clark	69	Saratoga Springs	1:34:51				
3	Terri Cozzaglio	54	East Greenbush	1:12:20	MALE AGE GROUP: 70 - 74								
MALE AGE GROUP: 55 - 59				1	Ray Lee	74	Halfmoon	1:48:37					
1	Jan Rancatti	56	Readsboro, VT	38:03	<i>Courtesy of ARE Event Productions</i>								
2	Dave Wilber	57	East Greenbush	38:36									
3	John Thompson	56	Plainville, CT	47:30									
FEMALE AGE GROUP: 55 - 59													
1	Laurie McCarroll	55	Castleton	51:51									
MALE AGE GROUP: 60 - 64													
1	Bob Dion	61	Readsboro, VT	35:26									
2	Dave Heyward	63	Wynantskill	47:13									
FEMALE AGE GROUP: 60 - 64													
1	Elaine Morris	63	East Greenbush	49:08									
2	Vicki Quagliaroli	63	Stafford Springs, CT	55:33									

## 29TH ANNUAL CYSTIC FIBROSIS STAIR CLIMB

February 25, 2017 • Corning Tower, Empire State Plaza, Albany

42 FLOORS - INDIVIDUAL				42 FLOORS - FIREFIGHTER'S CHALLENGE					
MALE OVERALL				MALE OVERALL					
1	David Tromp	42	Glenmont	4:41.1	1	Joshua Gregg	44	Castleton	9:58.3
2	Stephen Marsalese	51	Rye Brook	5:22.8	2	Michael Badger	43	Albany	12:22.4
3	Hal Coghill	56	Brooktondale	6:29.2	3	Sean Foley	40	Latham	18:26.7
FEMALE OVERALL				MALE AGE GROUP: 15 - 19					
1	Elyse Smith	31	Queensbury	7:03.1	1	Jack Backman-Grotto	16	Nassau	13:48
2	Kristin Olmstead	46	Hudson Falls	7:58.3	2	Patrick Ethier	18	Watervliet	21:03
3	Brenda Marchewka	47	Brooktondale	8:03.7	3	William Urbanowicz	16	Cohoes	22:36
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 20 - 24					
1	Braydon Drollette	14	Morrisonville	12:08.5	1	Owen Macfarian	20	Cohoes	14:06
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 25 - 29					
1	Morgan Hall	10	Plattsburgh	9:53.8	1	Jarred Collins	28	Troy	13:15
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 30 - 34					
1	Liam Fuller	15	Schenectady	7:09.4	1	Kyle Murphey	30	Plattsburgh	16:26
2	William Urbanowicz	16	Cohoes	22:35.9	MALE AGE GROUP: 35 - 39				
MALE AGE GROUP: 20 - 24				1	Peter Ryan	39	Troy	15:09	
1	Sebastian Barie	24	Plattsburgh	30:20.8	MALE AGE GROUP: 40 - 44				
				1	George Genthner	41	Troy	10:52	
				MALE AGE GROUP: 50 - 54					
				1	Daniel Saxe	54	Glenmont	12:28	
				42 FLOORS - RELAY TEAMS					
				MALE TEAMS					
				1	DOCCS			3:34	
				2	Pi Kappa Phi #1			4:03	
				3	Pi Kappa Phi #2			4:12	
				COED TEAMS					
				1	Fitness Artist			5:00	
				2	Bard's Best			5:18	
				3	Julie's Juggernaut			5:49	
				FEMALE TEAMS					
				1	CF Blows			6:14	
				2	Homestead Funding T1			9:22	
				3	Homestead Funding T3			9:36	
				<i>Courtesy of Cystic Fibrosis Foundation</i>					

## 29TH ANNUAL CYSTIC FIBROSIS STAIR CLIMB continued

42 FLOORS - INDIVIDUAL				42 FLOORS - FIREFIGHTER'S CHALLENGE					
MALE OVERALL				MALE OVERALL					
1	David Tromp	42	Glenmont	4:41.1	1	Joshua Gregg	44	Castleton	9:58.3
2	Stephen Marsalese	51	Rye Brook	5:22.8	2	Michael Badger	43	Albany	12:22.4
3	Hal Coghill	56	Brooktondale	6:29.2	3	Sean Foley	40	Latham	18:26.7
FEMALE OVERALL				MALE AGE GROUP: 15 - 19					
1	Elyse Smith	31	Queensbury	7:03.1	1	Jack Backman-Grotto	16	Nassau	13:48
2	Kristin Olmstead	46	Hudson Falls	7:58.3	2	Patrick Ethier	18	Watervliet	21:03
3	Brenda Marchewka	47	Brooktondale	8:03.7	3	William Urbanowicz	16	Cohoes	22:36
MALE AGE GROUP: 1 - 14				MALE AGE GROUP: 20 - 24					
1	Braydon Drollette	14	Morrisonville	12:08.5	1	Owen Macfarian	20	Cohoes	14:06
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 25 - 29					
1	Morgan Hall	10	Plattsburgh	9:53.8	1	Jarred Collins	28	Troy	13:15
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 30 - 34					
1	Liam Fuller	15	Schenectady	7:09.4	1	Kyle Murphey	30	Plattsburgh	16:26
2	William Urbanowicz	16	Cohoes	22:35.9	MALE AGE GROUP: 35 - 39				
MALE AGE GROUP: 20 - 24				1	Peter Ryan	39	Troy	15:09	
1	Sebastian Barie	24	Plattsburgh	30:20.8	MALE AGE GROUP: 40 - 44				
				1	George Genthner	41	Troy	10:52	
				MALE AGE GROUP: 50 - 54					
				1	Daniel Saxe	54	Glenmont	12:28	
				42 FLOORS - RELAY TEAMS					
				MALE TEAMS					
				1	DOCCS			3:34	
				2	Pi Kappa Phi #1			4:03	
				3	Pi Kappa Phi #2			4:12	
				COED TEAMS					
				1	Fitness Artist			5:00	
				2	Bard's Best			5:18	
				3	Julie's Juggernaut			5:49	
				FEMALE TEAMS					
				1	CF Blows			6:14	
				2	Homestead Funding T1			9:22	
				3	Homestead Funding T3			9:36	
				<i>Courtesy of Cystic Fibrosis Foundation</i>					

## 2017 WSSF WORLD SNOWSHOE CHAMPIONSHIPS

February 25, 2017 • Dewey Mountain Recreation Center, Saranac Lake

8K CHAMPIONSHIP (SHORTENED FROM 10K)				4K JUNIOR CHAMPIONSHIP (SHORTENED FROM 5K)					
MALE OVERALL				MALE OVERALL					
1	Joseph Gray	33	Colorado Springs, CO	28:22	1	Jonah Thompson	18	Albuquerque, NM	19:09
2	Nacho Hernandez-Angulo	24	SPAIN	29:33	2	Justin Burdo	17	Morrisonville	19:29
3	Josiah Midaugh	39	Vail, CO	29:41	3	Andrew LePage	17	Morrisonville	19:36
FEMALE OVERALL				FEMALE OVERALL					
1	Ragna Debats	38	Netherlands	3					





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