

May is Bike Month!



SINGLE FILE RIDERS ALONG THE HUDSON RIVER, NEAR WARRENSBURG, DURING THE CENTURION LAKE GEORGE 50-MILE PREVIEW RIDE. DAVE KRAUS

CONTENTS

- 1** **Bicycling**
Safe, Smart Cycling
- 3** **Running & Walking**
June 5K Warmups with a Grand Finale
- 5** **News Briefs & From the Pubs**
- 6-11** **CALENDAR OF EVENTS**
May to July Events
- 13** **Kayaking & Canoeing**
Paddler's Checklist for Spring
- 15** **Athlete Profile**
Multisport Life with Julia and John Slyer
- 17** **Hiking & Camping**
New (Old) Way to Allen Mountain
- 19** **Planet Earth – New Column!**
Take a Deep Breath! Be Informed, Take Action for a Livable Future
- 21** **Running & Triathlon**
Ebb and Flow of Training
- 24-27** **RACE RESULTS**
Top Finishers in 20 Events
- 27** **Health – Facts on Ticks, and Symptoms and Treatment for Lyme Disease**

AdkSports.com
Facebook.com/AdirondackSports

Safe, Smart Cycling

By Dave Kraus

Every avid cyclist has their own stories of times when today's ride almost turned into their last ride. The story might involve a distracted or hostile motorist, a component breaking at just the wrong time, or an unwise decision to ride in the rain or the dark without the right equipment.

Every time a cyclist goes out on the road or the trail they are assuming inherent risks that are so integral to the sport that without them, cycling loses the appeal that drew them to it in the first place. The beautiful passing scenery on a sunny spring day. The wind in your face. The self-satisfied feeling that you are your own engine, free to go wherever your desire takes you.

Fortunately, cyclists today have more options than ever before for staying safe, and more advocates than ever before who are willing to do the lobbying and negotiating, which will put laws in place to protect them – and promote enforcement of those laws.

As Executive Director of the **New York Bicycling Coalition** and a longtime cyclist himself, Paul Winkeller is intimately familiar with the risks of riding, and the work done behind the scenes to keep cyclists safe on the road.

Sixteen years ago, Paul was the first executive director of the Albany-based organization based, that speaks on behalf of New York cyclists and other vulnerable road and trail users. After leaving for a few years, he returned in 2011, and the last two years have seen the organization's budget and staff expand with



TOUR DE CURE RIDERS - ALISON EDWARDS, RANDI ZIER, KEVIN DOTSON, DAVE KRAUS, AND NATHALIE LENEHAN. DAVE KRAUS

support from federal government grants and New York's own Governor's Traffic Safety Committee.

NYBC supports cycling safety initiatives that are much needed in New York, which has been named in a national survey as the worst state in the nation for bicycle and pedestrian crashes.

One of the organization's strongest efforts is to navigate the halls of state government to get a law passed defining a three-foot distance for motorists passing bicycles on the road.

The first such law was passed in Wisconsin in 1973, and today 27 states have enacted statutes that require a driver to pass a bicy-

See **BICYCLING 23** ▶



New & Used Summer Gear is Here!

- Baseball/Softball
- Soccer
- Watersports
- Golf
- Lax
- Inlines
- Disc Golf
- Longboards
- Skateboards
- Yard Games

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



Camp Chingachgook on Lake George

REGISTER NOW
 For an Unforgettable Summer 2017!
 Registration Now Open

- Adventure Trips
- Sleep-Away Camp
- Day Camp

www.LakeGeorgeCamp.org
 518.656.9462



The Melanie Foundation presents
THE SARATOGA PALIO



Melanie Merola O'Donnell Memorial Race
 Half Marathon & 5K Run/Walk
SUNDAY, SEPTEMBER 17, 2017

www.themelaniefoundation.com



HEALTH & FITNESS EXPO!
 Thu, 6/1 (4-8) & Fri, 6/2 (12-7)
Sage College Armory



Freihofer's 39th run for women

WOMEN RUN ALBANY!

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:

NEW 9 A.M. START | EASY ENTRY POINTS TO THE RACE SITE | AMPLE PARKING | 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

Kids run Albany too!

Promote an active lifestyle for the whole family by signing your kids up for the Freihofer's Kids' Run (ages 3-11) or Junior 3K Run (ages 7-14)! The events include t-shirts and delicious chocolate chip cookies!

So don't delay! Sign up today at freihoferstrun.com.



TUESDAY, JULY 4 • 9am
Saratoga Springs, NY

11th Annual



4-Mile Race • Bib-tag timed
Saratoga Springs City Center

Vendors & band at start/finish
 Entertainment along course

\$7000 in cash prizes
400 medals/prizes

Awards: Top 10 M/F Overall, Top 3 M/F 5-yr,
 Top 3 M/F Military and Fire/Police/EMS
 USATF Adk Championship Grand Prix event

■ **RUN YOUR COLORS!** ■
 Teams with most runners win for charity:
 1st place \$1000, 2nd place \$500, 3rd place \$250

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



Why will you Walk or RUN?

JOIN OUR FIGHT AGAINST THE No.1 KILLER, HEART DISEASE!
 Capital Region

HEART WALK & 5k Fun Run

Saturday, June 3rd 2017- University at Albany | 8:30AM

Sign up at:
capitalregionheartwalk.org



● RUNNING & WALKING



June 5K Warmups with a Grand Finale



By Laura Clark

Traditionally considered an ideal beginners event, a well-constructed 5K can be so much more. Its precise mile markers form the basis for a serious speed or tempo workout, not to mention the opportunity to practice strategies useful in your target event. On the less serious side, it offers a shake-down run with family and friends, and a reminder that not every race needs to be taken so seriously. This month we have a multitude of low-key options that can be approached as is or combined in a training plan peaking with the Adirondack Distance Run 10-miler.

A springtime apple run? Enter the 20th annual **Charlton Heritage 5K Run/Walk** on Saturday, June 3, and savor your finisher's slice of apple pie! You will have earned it after you have paid your dues on the town's scenic rolling hills and backcountry roads. According to race director Bill Herkenham, the 5K started as a fun family event to complement Founder's Day Weekend, and has since grown to a field of 500 athletes. It is all about the athletes, with an extra donation going to the school booster club for each track participant, and a special place for all Ainsley's Angels riders and pushers - enabling those who can't run to experience the thrill of the wind in their face. (charlton5k.org)

What is it about kids and mud? What better way to get the kids out of the house than at the **Tuff eNuff 5K Obstacle Challenge** also on June 3. There is a Kids' 1M Fun Run for the younger set and three 5K waves for teens and adults. The best thing about this race is that it is totally affordable, a consideration for families who cannot swing the hefty entry fees of most obstacle courses. Launching from the BOCES Campus in Saratoga Springs, the course is configured differently each year, constructed by students sitting proudly atop their heavy equipment. Wear trashable sneakers or do as the kids like to do and go natural. Team costumes are encouraged, just make sure you snap-before-and-after photos! Let technology speak for itself by visiting preventioncouncil.org to screen the mud-encrusted videos. (finishright.com)

If mud lacks appeal, test your prowess at the eighth annual **Rail Trail to the Footbridge 5K Race/Walk & 1K Kids' Fun Run** in Granville, benefitting local children's organizations, also on June 3. Travel the scenic, relatively flat Delaware and Hudson Rail Trail whose route played a key role in Granville's slate industry. Explore woods, farmer's fields and village streets, and end with a triumphant finish over the 140-foot pedestrian footbridge that crosses the Mettewee River. Then learn about the topography you have just traversed at the Slate Valley Museum, with free admission to all

runners. Race director Kerri Thomas warns that since "there are a few rocks in places, strollers, though allowed, may find it difficult because of the gravel." On display is the pride the locals take in their race with maple syrup and hand-etched slate trivets for winners. (railtrailtothefootbridge5k.com)

Celebrate an early Flag Day on June 10 with a light-hearted romp through history at the **Kinderhook Bank OK-5K**. Our eighth president, Martin Van Buren, or Old Kinderhook as he was nicknamed, adopted the village as his home turf and it is believed the "OK" originated as a tagline for his 1840 reelection campaign. Visit the website for a course video and a preview of other historical figures you might encounter en route like Ichabod Crane and the Headless Horseman. There is a 1-Mile Kids' Run as well as a library-sponsored 50 & 100-yard dash Reading Ramble for kids under six where every participant is rewarded with a book to kick off their summer reading adventures. The awards table is a collection of unique pottery created by the Ichabod Crane High School Art Club for runners to choose their prize. Finally, the 5K has been selected as a 2017 USATF Adirondack Grand Prix event. (ok5krace.com)

Honor the memory of Liza Warner and Nikki Hart, victims of domestic violence at the **Run for Help 5K Run/Walk** at the Goff Middle School in East Greenbush on Sunday, June 11. Expect about 300 athletes to join you on the mostly flat countryside trek. Additionally, there will be a Youth Mile and a 50-yard dash. And now both parents can run as there will be secure babysitting available, a feature not often found. Proceeds benefit the Unity House Domestic Violence Program and the Nikki Hart Children's Memorial Fund. (zippyreg.com)

For a family-friendly event head over to The Crossings of Colonie and its USATF certified course for the third annual **Good Karma 5K Run/Walk** on Saturday, June 17. Not only are you and your kids safe on the park's flat traffic-free paths, but you will be enjoying a mini-excursion to India, with a yoga warmup and post-race Indian street food, henna tattoos, music and folk dances. This unique cultural experience has proven so popular that in its second year the race doubled in size and is hoping to top 400 participants. New this year is a free Half-Mile Kids' Fun Run. Hosted by the Tri-City India Association, and co-race directed by Adirondack Sports' Mona Kulkarni Caron, proceeds benefit AIM for Seva which builds student homes close to public schools in rural India. (triciany.org)

Weave through the rich historical heritage of Greenwich at the **Whipple City 5K & 10K** on June 17. Originally dubbed Whipple City after its founder, Job Whipple, the



● YOGA WARMUP BEFORE THE 2016 GOOD KARMA 5K.
ADITYA KANAKASABAPATHY

● MUDDY RUNNERS AT THE 2016 TUFF ENUFF 5K OBSTACLE CHALLENGE.
NEIL SERGOTT

● AN OK 5K AWARD WINNER CHOOSES HER POTTERY PRIZE.
CHRIS BILLINGHAM

● RUNNERS START THE ADIRONDACK DISTANCE RUN 10 MILER IN LAKE GEORGE.
BRIAN TEAGUE/
FATEAGUE FOTOS



Washington County town became a prominent stop on the Underground Railroad, one of the final stops before crossing the Canadian border. A musket round sends you on an out-and-back route with a few hills to keep you honest. Afterwards, enjoy musical entertainment, food and brews, horse-drawn wagon rides, re-enactors from major wars and various kids' activities. Proceeds benefit the Greenwich Scholarship Fund. (greenwichchamber.org)

On Sunday, June 25 join **Move & Groove 5K** at the National Museum of Dance in Saratoga Springs, and support their children's programming. New this year are cash prizes for top three male and female overall - an added bonus to encourage a competitive field. Adding to the fun will be a \$50 prize for the best male and female dance outfits. Or, register as a virtual runner and complete your 3.1 miles at a time/place convenient to you. Race director Jessica Munson is excited about the course with its different approach to the usual Saratoga Spa State Park warming hut 5K route. Runners will cruise the flat asphalt trail behind the museum, and make the out-and-back turnaround at the Saratoga Auto Museum - a nice way to greet your friends

coming and going. While the museum will be closed race day for a private affair, participants will receive a free entry so they can tour the exhibits at a later date. (zippyreg.com)

Get your speed down at these 5Ks and you will be ready to pour it on at the 41st annual **Adirondack Distance Run 10-miler** on June 25. Experience one of the few local opportunities at this endangered distance as you cruise ten miles of rolling hills along the scenic route from the village of Lake George to Bolton Landing. No more groaning if you are at the upper end of your age group as there is an award for EVERY individual age, from the youngest to the oldest entrant. This Adirondack Runners event is also the USATF Adirondack 10-Mile Championship. Round up non-running friends to bring a picnic lunch to the finish, and you can all get a head start on the July beach season at Veterans Memorial Park in Bolton Landing! (adironackrunners.org) 🌲

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.





GARNET HILL LODGE
Since 1936

Log House Restaurant and Pub
Year-round breakfast, lunch, dinner

Comfortable Adirondack Lodging
Cozy traditional and balcony rooms

Raft & Stay Packages
Your most convenient resort for Whitewater Rafting on the Hudson River!

Come for the food and stay for the view!

13th Lake Rd • North River, NY
518-251-2444 • garnet-hill.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.

Register to ride at diabetes.org/saratoga or 518-218-1755 ext 3606

Saratoga Springs Tour de Cure
Sunday, June 4th

New Tour Location!
Saratoga Spa State Park

New for 2017!

- Post Ride Festival Including Lunch by Mazzone Hospitality
- Ommegang Beer Garden
- Live Music by Body & Soul
- Environmentally Friendly Hydration Stations at Rest Stops
- Kids Zone by B95.5

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

STOP DIABETES

kinetic running



Shoes Apparel Accessories

- NIKE
- PUMA
- SAUCY FEET
- ALTRA
- NEWTON

518-324-IRUN
89 Bridge Street • Plattsburgh
kineticrunning.net

Awesome Events... And a Great Time!
Signup Today! 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 PROS

New Obstacles! Over 20 Obstacles!

Flattest and Fastest Mile North of the Hudson

USATF Adirondack Grand Prix Series Race

Let Us Never Forget

GLENS FALLS MEMORIAL MILE

In Honor of Veterans' Contributions

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

How Fast Are YOU?

Lake George TRIATHLON Festival

Registration Open!

- Olympic Race** Saturday September 2nd
- Half Iron Race** Sunday September 3rd
- Half Iron AquaBike Race** Sunday September 3rd

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

Berkshire OUTFITTERS
OUTDOOR SPECIALISTS
Since 1972

ON WATER

- Kayak
- Canoe
- Fly Fishing
- Paddleboard

ON LAND

- Bike
- Hike
- Camp
- Roller Ski

ON SNOW

- Cross Country Ski
- Alpine Touring
- Snowshoe

ON YOU

- Gear
- Clothing
- Footwear

Rentals Available!

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

News Briefs

Freihofer's Run for Women and Kids' Runs on June 3

ALBANY – The 39th annual Freihofer's Run for Women will take place on Saturday, June 3, for the third year at Albany City Hall, near the NYS Capitol, in the heart of downtown Albany. The new venue features improved access, better parking, a more spacious start, and a gradual downhill finish surrounded by beautiful urban parks. The course still loops around scenic Washington Park. This year features a new 9am 5K start time and a new venue for the Health & Fitness Expo. The expo vendors, packet pickup, last chance registration, and bread/cookie pickup will be nearby at The Armory at Sage College on 130 New Scotland Avenue on Thursday, June 1 from 4-8pm and Friday, June 2 from 12-7pm.

The weekend race schedule also includes the Freihofer's Junior 3K Run. The 1.86-mile road race is designed to promote an active, healthy lifestyle for youth girls and boys ages 8-14. It begins on Washington Avenue at 11am, also on June 3. The Junior 3K is professionally timed, taking place on a closed course that's monitored by Albany Police and course marshals along the route, to ensure participant safety. A family member is allowed to participate and run along with his or her youth runner. All registered youth runners will receive a box of Freihofer's cookies and a T-shirt. The fee for each youth runner is \$15. Adult chaperone runners are free. All children must be registered and wearing their official race number in order to participate.

The 30th annual Freihofer's Kids' Run will be held starting at 11am on Washington Avenue using the same start/finish as the other events. The mini road races, ranging in distance from 50 meters to one-mile, are open to children from three to 11 years in age. The mile, for ages 9-11 starts at 11am, with other age groups and distances following. The races are free, however registration is required. No strollers are permitted.

Finally, to round out the weekend, the USATF Race Walk 5K Championship will be held on Sunday, June 4 at the Corning Preserve/Jennings Landing in Albany. The open race starts at 8am, elite race walkers at 9am, and high school division at 9:30am. USATF Adirondack will host the national showcase, which will feature some of America's best race walkers. For details and registration for all events, go to freihoferstrun.com. 🌲

Black Fly Challenge Gravel Grinder on June 10

INLET – The Black Fly Challenge is a 40-mile one-way Adirondack gravel grinder that attracts a thousand elite racers and recreational riders on mountain and cyclocross bikes. It also attracts some serious adventurers riding tandems, unicycles, and even three- and four-seat bikes. Over half the race course travels through the rugged, scenic Moose River Wild Forest between Indian Lake and Inlet, with some pavement and singletrack at either end.

This year's Black Fly Challenge on Saturday, June 10 will start in Indian Lake and travel to Inlet's Fern Park. Packet pickup and last-chance registration will be on June 9 from 9am-9pm at Pedals & Petals in Inlet. For participants, the shuttle leaves Inlet's Arrowhead Park for Indian Lake at 8am with a 10:30am race start time. The Finish Line Party and racer's lunch (included) begins at 12pm in Fern Park with awards at 3pm. The awards purse is up to \$14K. A return shuttle for Indian Lake leaves at 4pm. Racers must sign up for shuttles in advance.

The race features six water stations along the route. Racers will experience plenty of elevation changes, so carrying water, energy supplies, tools and tubes are recommended. There are no mechanical support crews on the course, but there is a sweeper crew with a truck and trailer that follows the race to support racers with mechanical failures. For more info and registration, go to blackflychallenge.com. 🌲

Tupper Lake Tinman Triathlon on June 24

TUPPER LAKE – Celebrating its 35th anniversary, the Tupper Lake Tinman is one of the longest running triathlons in the U.S. On Saturday, June 24, triathletes can "Race the Adirondacks" in one of five events: Tinman (half-iron), aquabike, team relay, Olympic and sprint. The Tinman is an ideal tune-up for Ironman Lake Placid (July 23), or are great races in themselves for experienced or beginner athletes. All entry fees include T-shirt, carbo-dinner voucher, post-race BBQ, two draft beer pints (athletes 21+) and more.

Packet pickup will be available on Friday, June 23 from 1-8pm at the Wild Center, and Saturday, June 24 from 6-7:30am at the Tupper Lake Municipal Park race headquarters. The sprint starts at 8am; Olympic at 8:10am; and the first wave of the Tinman begins at 8:20am, every five minutes. For details and registration, visit tupperlaketinman.com. 🌲

Adirondack Canoe Symposium: Improve Paddling on July 13-17

PAUL SMITHS – Join the Adirondack Canoe Symposium for canoe instruction, good companionship, and beautiful scenery at Paul Smith's College. The ACS offers comprehensive instruction in a quiet water venue for people wishing to improve paddling and precision boat control skills. The event will take place on Thursday-Monday, July 13-17. Courses are offered in all skill levels, both solo and tandem, for beginning canoeist through those who have been paddling all their lives. Often called "obedience training for your canoe," the curriculum is based on freestyle concepts, using the natural physics of boat, body and blade to paddle efficiently, precisely and effortlessly. Classes are taught by ACA certified instructors who will assess skills and work with attendees' pace and comfort level. A canoe, paddle, PFD and kneeling pad is required – and the desire to learn something new!

This year, the ACS is taking place concurrently with the Wooden Canoe Heritage Association Assembly. Planned evening activities include canoe "chalk talks," meeting canoe builders, "Boats on the Beach" – the ever-popular Interpretive Freestyle Exhibition, and a candlelight paddle. Lodging includes air conditioned rooms in the Paul Smith's College dorms and hookups for folks coming with RVs. Although it's recommended staying on campus, cabins, campgrounds, motels and hotels are available nearby. The ACS is considered one of the finest, most relaxed canoe gatherings of the season. The

atmosphere is non-competitive and geared strictly towards immersion in the joys of canoeing. For non-paddling folks, recreational opportunities in the area include hiking, biking, historic tours, restaurants and shopping. For details and registration, go to freestylecanoeing.com. 🌲

Lake George 12ster Hiking Challenge

LAKE GEORGE – Similar to the well-known Adirondack 46er, the Lake George 12ster challenges hikers to summit 12 peaks in the eastern Adirondacks. Hikers who complete this challenge and register to be a Lake George 12ster are officially recognized for their achievement with a patch.

The 12ster was founded by hiker and endurance trail runner Matthew Haley of Queensbury, who in the summer of 2016; while searching for trail running sites in Lake George, Matthew discovered some of the area's hidden gems. The 12ster mission is to promote and advocate for the southeastern Adirondacks through crafting an experience that's memorable and meaningful to achieve.

To complete the challenge, peaks can be climbed in any order, but some variations of the challenge include ultras and winter ultras. The 12 peaks include Black, Buck, Cat, Thomas, Erebus and Sleeping Beauty mountains, plus peaks from the Tongue Range: Brown, Huckleberry, Five Mile, French Point, Fifth and First Peak. For more info, visit lake-george12ster.com. 🌲

FROM THE PUBLISHERS

Planet Earth



We're debuting a new column called *Planet Earth*. As outdoor sports, fitness and health enthusiasts, we're seeing our quality of life affected by changes to our environment. To quote Bill McKibben, founder of 350.org and professor at Middlebury College, "The planet doesn't have time for this." The new column will offer up facts, but more importantly it will focus on viable solutions with mutual respect. The majority of Americans agree on solutions, so we'll cover actionable items to make a difference. Kicking off this month is Skip Holmes, engineer, sustainable design instructor at RPI and outdoor enthusiast, with "Take a Deep Breath! Be informed, take action for a livable future." We'd love to hear your feedback, ideas for future columns and suggested writers.

Enjoy the May issue, and please support our advertisers that bring this magazine to you – for 17 years! *Thanks,*

Darryl and Mona

ADIRONDACK SPORTS EXPO & **MOHAWK HUDSON RIVER MARATHON HALF MARATHON PACKET PICK-UP**

Saturday, October 7 ■ 10am-5pm
ALBANY CAPITAL CENTER
55 Eagle Street, Albany

Our sixth annual *Mohawk Hudson River Marathon Expo* held in 2016 was a success! More than 50 companies and organizations connected with 4,000 runners and outdoor enthusiasts.

The show has grown to become the **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup** with 100 exhibitors and 6,000 attendees expected (free admission).

We've moved to the brand new **Albany Capital Center** with an expanded floor plan including summer and winter sports, health and fitness, and destinations and events.

We are now accepting applications for exhibitors. **Please note that booth prices are increasing on June 30, so save money by booking your space right away!**

Join us to make sales, launch new products, build brand awareness, and grow your clientele.

Our sixth annual *Mohawk Hudson River Marathon Expo* held in 2016 was a success! More than 50 companies and organizations connected with 4,000 runners and outdoor enthusiasts.

The show has grown to become the **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup** with 100 exhibitors and 6,000 attendees expected (free admission).

We've moved to the brand new **Albany Capital Center** with an expanded floor plan including summer and winter sports, health and fitness, and destinations and events.

We are now accepting applications for exhibitors. **Please note that booth prices are increasing on June 30, so save money by booking your space right away!**

Join us to make sales, launch new products, build brand awareness, and grow your clientele.

Please visit AdkSports.com/adk-sports-expo to read the media kit and complete the contract. Learn how we are earning the title of "Albany's Ultimate Sports and Fitness Event!"

Contact Darryl or Mona Caron today to secure your space before the price increases.

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

Race directed by Hudson Mohawk Road Runners Club

WALKWAY MARATHON
IN PARTNERSHIP WITH DUTCHESS COUNTY GOVERNMENT
JUNE 10 & 11, 2017

Races

ThinkDIFFERENTLY Dash: \$10
 College to College 5K: \$25
 Half Marathon: \$60
 Full Marathon: \$70

*Prices Increase April 1, 2017

Finisher Medals for all races!!

WALKWAY OVER THE HUDSON

Contact

Race Information:
events@walkway.org

Sponsorship:
eriedman@walkway.org
845-454-9649

WalkwayMarathon.org

ADIRONDACK SPORTS

Locally Owned & Independent

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

ISSUE #197

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

Publisher/Editor/Founder: Darryl Caron
Publisher/Editor: Mona Caron
Art Director: Karen Chapman
Contributing Writers: Shelly Binsfeld, Laura Clark, Christina Fisk, Skip Holmes, Bill Ingersoll, Dave Kraus, Alan Mapes, Christine McKnight, Cece Sinnott-Lynch
Contributing Photographers: Chris Billingham, Bill Ingersoll, Aditya Kanakasabapathy, Dave Kraus, Alan Mapes, Beignyreh Person, Neil Sergott, Brian Teague
Circulation: Alan Blond, Sheela Kulkarni, Sudhir Kulkarni, Dan Olden, Abigail Radliff

Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2017 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.

Publisher/Editor/Founder: Darryl Caron
Publisher/Editor: Mona Caron
Art Director: Karen Chapman
Contributing Writers: Shelly Binsfeld, Laura Clark, Christina Fisk, Skip Holmes, Bill Ingersoll, Dave Kraus, Alan Mapes, Christine McKnight, Cece Sinnott-Lynch
Contributing Photographers: Chris Billingham, Bill Ingersoll, Aditya Kanakasabapathy, Dave Kraus, Alan Mapes, Beignyreh Person, Neil Sergott, Brian Teague
Circulation: Alan Blond, Sheela Kulkarni, Sudhir Kulkarni, Dan Olden, Abigail Radliff

Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2017 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.

**SATURDAY
MAY 20, 2017
10:00AM**
Ride Starts at The Hub
27 Market St.
Brant Lake, NY



**55 or 75 MILE
CULINARY
BIKE TOUR**
3 Beautiful Lakes
5 Adk Communities
Samples at 13 Eateries
2 Ice Cream Stands
and a Brewery

RIDE TO EAT | EAT TO RIDE

FOR MORE INFORMATION AND TO PURCHASE TICKETS GO TO WWW.BIKEREG.COM/F2F
Presented by The Hub, The Tri-Lakes Business Alliance, and the North Warren Chamber of Commerce



**Rick's
BIKE
SHOP**

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

Join in the 17th annual
**Pat Stratton
Memorial
Century Ride**



Best Ride in the Adirondacks!
Saturday, August 26, 8am
Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride
Rides for all ages & abilities • Rain date: 8/27
T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
Info: Bob Scheefer (518) 891-5873
adkbuild@roadrunner.com
Benefits Kiwanis Club of Saranac Lake youth programs



**PEDAL TO PLATE
RIDE
May 20**

27 MARKET ST.
BRANT LAKE, NY

**BICYCLE REPAIR
CAFE
CRAFT BEER ON TAP
WINE LIST
ICE CREAM**

**518 494 4822
theHubAdk.com**

Calendar of Events May-July 2017*

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

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED) ONGOING

- Daily MHCC Club Rides.** 300 rides/year. Albany-Saratoga Region. mohawkhudsoncyclingclub.com.
- Wed Placid Planet Time Trial Series: May.** 8M. 6:30pm. River Road, Lake Placid. Placid Planet Bicycles: 523-4128. placidplanet.com.
- Thu GGB Adventure Ride.** A/B/C groups. 6pm. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Sat GGB Morning Ride.** 30M high intensity. 8am. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Sa-Su Saratoga Springs Tour de Cure Training Rides.** 5/13: 20M, 10am, Ballston Spa or 10M, 10am, Niskayuna. 5/14: 10M, 10am, Delmar. 5/20: 10M, 9am or 1pm, Ballston Spa. 5/21: 10-15M, 9am, Delmar. 218-1755 x3606. diabetes.org.

MAY

- 13 "Women on Wheels" w/Wheelsmith Ellen Gruber Garvey. 2pm. How guilded age women found freedom through cycling, fought against people who tried to stop them & why it matters today. Historical Society, Schenectady. 374-0263. schenectadyhistorical.org.
- 13 7th Bike Fest: Troy Bike Rescue Fundraising Party. 3-10pm. Bike rodeo, dinner, raffle, cake auction, music. Troy. troybikerescue.org.
- 14 **Bike the Bridge Day: A celebration for cyclists of all ages.** 1-4pm. Bike the trails; new bike repair station; try fat bikes w/Spa City Bicycleworks; "Garden" bike parade (2pm); bike scavenger hunt. Hudson Crossing Park, Schuylerville. 350-7275. hudsoncrossingpark.org.
- 16 Bike to Work w/Mayor Sheehan. 8am. Pine Hills Library to City Hall, Albany. 458-2161. cdctmpo.org.
- 17 13th Ride of Silence. 12M. 6pm: Corning Preserve Boat Launch, Albany. 6:30pm: West Capitol Park, Albany. rideofsilence.org.
- 19 "Three-Foot Capital Cruise" Ride. 12pm. West Capitol Park, Albany. ABC & MHCC. mohawkhudsoncyclingclub.org.
- 19 Bike to Work Day Workplace Challenge. CDTC: 458-2161. Register: capitalmoves.org.
- 20 **2nd Pedal to Plate Culinary Bike Tour.** 55M/75M. 10am. Three lakes, five communities, 13 eateries, two ice cream stands, brewery. The Hub, Brant Lake. 494-4822. bikereg.com.
- 20 **Charity Indoor Cycling Ride.** 9-11am. Support Jen Hathaway's (Back in Balance) Pan Mass Challenge ride in memory of her dad. Members/non-members welcome. All proceeds to Dana Farber Cancer Research. VENT Fitness, Clifton Park. Register: 348-1500. Pmc.org/JH0475.
- 20 13th Tour of the Battenkill. 75M/26M. 10:45am. Washington Co Fairgrounds, Greenwich. 413-331-3478. tourofthebattenkill.com.
- 21 **13th Team Billy: Bike Ride & Walk for Research.** 50M/25M/10M: 8:30am. Walk: 9:30am. Farmer's Market, High Rock Park, Saratoga Springs. teambilly.org.

- 21 Bike Summit. 9am-5pm. Bike tunes, safety checks & 5M ranger guided tour. Saratoga NHP, Stillwater. 670-2985. nps.gov/sara.
- 21 GVCC Classic Road Race. 10am. Bloomfield School, Bloomfield. gvccracing.com.
- 27-29 Killington Stage Race. Killington, VT. killingtonstagerace.com.
- 28 Bristol Mountain Road Race. 41M. 9:30am. Canandaigua. 585-414-7425. bristolmountainroadrace.com.

JUNE

- 3 **Adirondack Ultra Fondo.** 270M. 4am. Solo/teams. Schuylerville. John Cececi: 583-3708. adkultracycling.com.
- 4 **Tour de Cure.** 100M: 7am. 62M: 7:30am. 50M: 8am. 28M: 9am. 10M: 10am. Outdoor festival w/lunch, Ommegang beer garden, live music, kids zone. Peerless Pool, Saratoga Spa SP, Saratoga Springs. 218-1755 x3606. diabetes.org/saratoga.
- 4 **16th Whiteface Uphill Bike Race.** 11M, 3,500ft up. 8am. Whiteface Mountain Ski Center, Wilmington. whitefacrace.com.
- 4 Ride Into History. 14M casual tour w/historian John Sherer along Mohawk Towpath Byway. Grooms Tavern, Clifton Park. 371-6667. cliftonparkopenspaces.org.
- 9-11 37th Great Finger Lakes Bicycle Tour. Watkins Glen. 607-323-3236. greatfingerlakesbiketour.com.
- 10 2nd Answer to Cancer 25M/50M/100M Bike Rides & 5K Run. West Point. a2c.org.
- 11 **Farm to Fork Fondo: Hudson Valley.** 9am. A farm fresh feast from the seat of your favorite bicycle. Pennings Farm, Warwick. 662-0211. farmtoforkfondo.com.
- 16-18 **8th Saranac Lake Tandem Rally.** Great rides/food & fun. Saranac Lake. Rich & Lindy: 354-3102. gtgtandems.com.
- 17 **Adirondack 540 Fondo.** 136M. 7am. Alpine Inn, Wilmington. John Cececi: 583-3708. adkultracycling.com.
- 23-25 Syracuse Race Weekend. Fri: Otisco Hill Climb. Sat: Lafayette Criterium. Sun: Tully RR. onondagacyclingclub.org.
- 25 **2nd Donut 100 Bike Ride.** 100M. 7:30am. Challenging w/dirt & climbing. Donuts in Cambridge & Manchester, VT. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- 25 **Farm to Fork Fondo: Finger Lakes.** 9am. A farm fresh feast from the seat of your favorite bicycle. Atwater Estate Vineyards, Burdett. 662-0211. farmtoforkfondo.com.
- 25 12th Tour De Kingston-Ulster. 5M/15M/25M/50M. Forsyth Park, Kingston. tourdekingston.com.

JULY

- 1 Vermont Gran Fondo. 108M/78M/67M/39M. Woodchuck Cider House, Middlebury, VT. 802-388-7951. vermontgranfondo.com.
- 1-9 **French Canada Tandem Tour.** Saint Bernard de Lacolle, QC. Rich & Lindy: 354-3102. gtgtandems.com.
- 8-9 **Saratoga 12/24 Hour Race.** 8am. 40M course. Van Raalte Mill Bldg, Saratoga Springs. John Cececi: 583-3708. adkultracycling.com.
- 9-16 19th Cycle the Erie Canal Bike Tour. 400M. Erie Canalway Trail, Buffalo to Albany. 434-1583. ptny.org.
- 15 NY Capital Region Road Race. 43M/63M/83M. Ravenna-Coeymans-Selkirk HS, Ravenna. 334-6058. cbrcc.com.
- 16 **Farm to Fork Fondo: Vermont.** 9am. A farm fresh feast from the seat of your favorite bicycle. Riverside Farm, Pittsfield, VT. 662-0211. farmtoforkfondo.com.
- 16 Ride for the River. 63M/30M/5M. 8am. Benefits Ausable River Assn. Hungry Trout Resort, Wilmington. 637-6859. ausableriver.org.
- 22 The Rock Crit. 9:30am. Mount Morris. ridelcc.com.
- 22-30 **Finger Lakes Tandem Tour.** Watkins Glen. Rich & Lindy: 354-3102. gtgtandems.com.
- 23-29 17th Great Big FANY Ride. 500M across NY. Niagara Falls to Saratoga Springs. 461-7646. fanyride.com.

22ND ANNUAL **CAPPED AT 1,000 RACERS!**



**BLACK FLY
CHALLENGE**

ADIRONDACK GRAVEL GRINDER
Presented by Pedals & Petals

**Saturday, June 10
Indian Lake to Inlet**

40 miles through the
Moose River Recreation Area
The Adirondacks' Greatest Race
Over \$14,000 in cash & prizes
Categories: MTB • CX • Juniors
Tandem • Fatbike Challenge

**Registration & Information:
BlackFlyChallenge.com**

Pedals & Petals: 315-357-3281
Produced by Adirondack Mountain Bike Association

Time for a Bike Tune-Up!

Cannondale • Fuji • IBIS • Scott
Demo Bikes Available

Mountain, Hybrid & Road Bikes
Expert Service, Parts, Accessories



785-0501
HighAdventureSBP.com

Rt. 7, Latham
2 Miles West of
Northway Exit 6

Challenge Yourself
Change the life of a child

30-MILE BIKE RIDE OR 5K TRAIL RUN

All proceeds to benefit the Double H Ranch



**Camp
Challenge**

Sponsored by: Neil and Jane Golub, Victor and Yvette Hershaft, Dan and Jan Lewis, Vince and Patty Riggi, Ron and Michele Riggi, The Yulman Family

Saturday, September 9
at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehbranch.org



Mohawk-Hudson Cycling Club
 join or renew online:
MohawkHudsonCyclingClub.org
 all levels of ability welcome
 more than 300 rides per year

Gear-To-Go Tandems
NEW YORK'S LARGEST TANDEM BICYCLE SHOP
 Expertise, free instruction, tips & test rides



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



Advanced Training & Experience
Make All the Difference



Back in Balance
 THERAPEUTIC MASSAGE

- Sports Massage
- Kinesio Taping
- Injury Recovery
- Myofascial Release
- Swedish Massage
- Pregnancy Massage

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

- 29 **Farm to Fork Fondo: Pennsylvania Dutch.** 9am. A farm fresh feast from the seat of your favorite bicycle. The County Barn, Lancaster, PA. 662-0211. farmtoforkfondo.com.
- 30 **12th Ididaride Adirondack Bicycle Tour.** 75M: 8:30am. 20M & Shuttle: 12pm. Gore Ski Bowl Park Pavilion, North Creek. adk.org.

AUGUST

- 4-6 **Montreal Double Double.** 400M. Two doubles w/rest day in Montreal. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 26 **17th Pat Stratton Memorial Century Ride.** 100M/50M/25M & Kids' Ride. 8am. Mount Pisgah Lodge, Saranac Lake. Bob Sheefer: 891-5873. active.com.
- 27 **Farm to Fork Fondo: Maine.** 9am. A farm fresh feast from the seat of your favorite bicycle. Wolfe's Neck Farm, Freeport, ME. 662-0211. farmtoforkfondo.com.

SEPTEMBER

- 9 **Camp Challenge 30M Bike Ride.** Also: 5K Trail Run/Walk. Double H Ranch, Lake Luzerne. doublehbranch.org.
- 15-17 **ADK 540 Race/Ride.** 136-544M. 8AM. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.

BICYCLING: OFF-ROAD

ONGOING

- Tue **GGB MTB Ride.** Odd Tue: 6pm from shop. Even Tue: 6:30pm Gurney Lane. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

MAY

- 18 **HRRT May Flowers MTB Race.** 6pm. Central Park, Schenectady. hrrtonline.com.
- 19-21 **3rd Adirondack Pedalfest.** Mountainman Outdoors, Old Forge. mountainmanoutdoors.com.
- 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 **Singlespeed-A-Palooza MTB Race.** 28M. 9am. Stewart SF, Montgomery. darkhorsecycles.com.

JUNE

- 3 **Wilmington Whiteface 100K MTB Race.** Leadville Qualifier. Whiteface Mtn, Wilmington. wilmingtonwhitefacemt看b.com.
- 4 **NICA MTB NY Championship.** Thacher SP, Voorheesville. newyorkmtb.org.
- 10 **22nd Black Fly Challenge: Adirondack Gravel Grinder.** 40M. 10:30am. Byron Park, Indian Lake to Fern Park, Inlet. 315-357-3281. blackflychallenge.com.
- 11 **Southern Tier Enduro MTB Race.** 10am. Jones Park, Vestal. 570-396-4423. bikereg.com.

JULY

- 9 **Six Hours of Power.** 10am. Holiday Valley Ski Resort, Ellicottville. 716-574-0888. heartrateup.com.
- 9 **Point Peter Pounder.** 2-4 laps. 1pm. Port Jervis. 520-548-9727. bikereg.com.
- 15-16 **Eastern Grind: XC Pro, Marathon, Kenda Cup East.** Williston, VT. 802-377-1584. easterngrind.com.
- 16 **MTB Skills Clinic w/Grey Ghost Bicycles.** 2pm. Beg/int. clinics & group rides. All welcome. Gurney Lane Rec Park, Queensbury. 223-0148. greyghostbicycles.com.
- 16 **Vermont Dirt Ride Gravel Grinder.** 40M. 8am. Killington, VT. endurancesociety.org.
- 22-23 **Hardcore 24.** 24 hours. 12pm. Ontario County Park, Naples. 585-381-3080. thehardcore24.com.

- 28 **Williams Lake Classic.** 2-5 laps. 9:30am. Williams Lake, Rosendale. 845-658-7832. trtbicycles.com.

AUGUST

- 5-6 **4th Churney Gurney Mountain Bike & Trail Run Races.** Sat, 9am: 5M Trail Running Race. 12-4pm: MTB demos, group rides & family contests. Sun, 9am: MTB Races. 9am-3pm: MTB demo rides. 1pm: Kids' MTB Races. Gurney Lane Rec Park, Queensbury. churneygurney.com.
- 26-27 **ADK 80K Mountain Bike & Trail Running Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. Mt Van Hoevenberg, Lake Placid. 523-3764. adk80k.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa **Rock Your Fitness: Total Body Training.** 6wk Sessions: 4/24-6/3. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Daily **True North Yoga.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.

MAY

- 19-21 **Regional CrossFit Games.** 9am-6pm. Times Union Center, Albany. games.crossfit.com.
- 22 **Film Screening: "The Little Things: A Family's Battle with Lyme disease."** 7:30pm. Reception: 6pm. Wood Theater, Glens Falls. Box office: 480-4878. lymeactionnetwork.org.

JUNE

- 4 **Grand Opening Celebration!** 12-4pm. New location: 451 Glens St. Acupuncture Nirvana, Glens Falls. 409-6993. acunirvana.com.

HIKING, ROCK CLIMBING & WILDERNESS SKILLS

ONGOING

- Daily **Summer Adventure Trips, Sleep-Away Camp & Day Camp.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

MAY

- 13 **Champlain Area Trails Grand Hike.** 11M. 11am. Wadhams to Essex. 962-2287. champlainareatrails.com.
- 19-21 **Women's Weekend on Lake George.** Theme: "Greek Goddesses." YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 26-29 **Family Camp: Memorial Day Weekend.** Theme: Monopoly. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

JUNE

- 3 **National Trails Day w/Adirondack Mountain Club.** Ten different trail projects partnered w/Forty Sixers, Barkeater Trails Alliance, DEC Region 5. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 3 **National Trails Day Hike.** 9am. Beaver Lake w/Gary Lee. MRPC Gate, Limekiln Rd, Inlet. inletny.com.
- 16-18 **Beginner Backpacking.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.
- 23-35 **Beginner Backpacking.** Heart Lake Center, Lake Placid. ADK: 523-3441. adk.org.
- 23-25 **Trailless Peak Backpacking: Seward Range Hike.** 27M. ADK: 523-3441. adk.org.



SPA CITY
 BALLSTON SPA NEW YORK
 BICYCLEWORKS

SERVING CYCLING DAILY

Check out our **New Location in Ballston Spa** at 20 Prospect Street
 Under the Clock Tower in the Chocolate Factory

NEW SERVICE:
 Offering **FREE Pick-up and Delivery** for all Repairs and Home Delivery of New Bikes!

518.587.0071
spacitybicycleworks.com
 Service and a smile. No stinky attitude.

4TH ANNUAL

CHURNEY GURNEY
Trail Run & Mountain Bike Race
 Saturday-Sunday, August 5-6
 Gurney Lane Recreation Park
 118 Gurney Ln (Exit 20), Queensbury

SAT, 9AM - 5M Trail Running Race
 12-4pm: MTB demos & rides - Family contests

SUN, 9AM Mountain Bike Races
 NYS MTB Race Series - Cat 1/2/3, open/pro, fat, single speed
 9am-3pm: MTB demo rides
 1pm: Kids races

Now a **Two-Day Festival!**

More Info & Register:
ChurneyGurney.com
 Updates: [Facebook.com/Churney-Gurney](https://www.facebook.com/Churney-Gurney)
 Benefits Under the Woods Foundation and Camp Under the Woods for kids on the autism spectrum

SARATOGA
1 2 / 2 4
JULY 8TH-9TH, 2017
 SARATOGA SPRINGS, NY
THE NORTHEAST'S LEADING 24-HOUR ROAD RACE
WWW.ADKULTRACYCLING.COM



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

Thank you for 25-plus years!

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

DISCOVER INLET

And all the Beauty That Surrounds Us

For maps & more:
 Inlet Area Information Office
1-866-GO-INLET
www.inletny.com

DAVE SCRANTON/ADKPICTURES.COM



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

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

32ND ANNUAL
Piseco Lake Triathlon
 Saturday, July 15 • 9am
 Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run
 Individuals or 3 Person Teams
 Professional timing & register online!
www.speculatorchamber.com
 Entry fee: \$50
 Adirondacks Speculator Region Chamber of Commerce
 More info: (518) 548-4521



BTC
 BETHLEHEM TRI CLUB

Hello Triathletes!
It's Going to be an Awesome 2017!
Join the BTC. You'll love it! We do!
(And it's the best value in town!)
 REGISTER TODAY AT...
bethlehemtriclub.com
 then select "Register Online"

Proactive Chiropractic, PLLC
Dr. Christopher Bath
Dr. Michael Missenis
Dr. Cheyne Ashline



Certified in:
 • Active Release Technique
 • Titleist Performance Institute
 • Kinesiotaping Association International
 • RockTape
 • SFMA (Selective Functional Movement Assessment)
 • Sport Science and Human Performance



1539 Crescent Road, Clifton Park, NY 12065
 518.373.9999 • ProactiveChiropracticPLLC.com



TIN MAN
 NEW YORK

Race the Adirondacks
Saturday, June 24



35th Anniversary!
One of the longest running triathlons in the US
Tinman • Aquabike
Team Relay • Olympic • Sprint
TupperLakeTinman.com

- 24 Become Skilled w/Map & Compass. Becoming an Outdoors Woman Series. 402-8862. dec.ny.gov/education/68.html
 26 **Dix & Hough Hike.** 13.7M. ADK: 523-3441. adk.org.
 30 **Mt Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- JULY**
- 3 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
 5 **Lake George Land Conservancy Hike-A-Thon.** Hiking & paddling. Lake George. Register: lakegeorgehikeathon.org.
 15 The Complete Hiker: Fun & Safety in the Wildlands. Becoming an Outdoors Woman Series. 402-8862. dec.ny.gov/education.
 21-23 **Trailless Backpacking: Dix Range.** 19M. 523-3441. adk.org.
 30 **Women's Day Hike: Macintyre Range.** 10.8M. 523-3441. adk.org.

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING
ONGOING

Mon 33rd High Peaks Mini-Tri Series: 6/19-8/14. 400yd swim, 12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
Tue CDTC Summer Training Sessions on Crystal Lake Triathlon course. 6/6-8/29. 6pm. Crystal Cove, Averill Park. cdtriclub.org.
Wed Paddling Duathlons: 5/17, 6/21, 7/19, 8/16. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
Thu STC Open Water Swims. 6/1-8/31. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
Thu BTC Summer Training Sessions. 5/25-9/7. 6pm. Warners Lake, East Berne. bethlehemtriclub.com.

MAY

- 13 Pedal-Paddle-Run Triathlon. 8am. Niskayuna. schenectadycounty.com.
 20 HarryMan Triathlon: Half & Olympic. 9am. Harriman SP, Stony Point. genesisadventures.com.
 20 Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens. theratsnake.com.
 20 Catskill Spring Rush Sprint Triathlon. 2.25M run, 10M bike, paddle. Catskill HS, Catskill. tantracking.com.
 21 American Zofingen Ultra Duathlon. 5M run, 29M bike, 5M run. Spring Farm Trailhead, Stone Ridge. active.com.
 28 **13th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Teams welcome. Saratoga Casino & Raceway, Saratoga Springs. saratogalionsduathlon.com.

- JUNE**
- 3 **7th Cooperstown Sprint Triathlon.** 800m swim, 18M bike, 3M run. 8am. Glimmerglass SP, Cooperstown. atcendurance.com.
 3 30th Pawling Triathlon. 0.33M swim, 12M bike, 3M run. 9am. Lakeside Park, Pawling. nytri.org.
 10 Green Lakes Sprint Tri & Aquabike. 0.5M swim, 12M bike, 3.1M run. 8am. Green Lakes SP, Fayetteville. ymcaraceweekend.com.
 11 **8th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Hudson Crossing Park, Schuylerville. Matt McMorris: 350-7275. hudsoncrossingtri.com.
 11 Keuka Lake Triathlon. Olympic, sprint, aquabike. Keuka Lake College, Penn Yan. keukalaketri.com.
 17 **Great Sacandaga Challenge Triathlon.** 8am. Adult sprint: 750m swim, 20K bike, 5K run. Youth tri: 100yd swim, 3.1M bike, 1M run. Kids' Splash & Dash: fun short swim & run. SBCC, Broadalbin. greatsacandagachallenge.com.
 18 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. Jamesville Beach Park, Syracuse. ironman.com.
 20 Norwood Beach Duathlon. 6:30pm. Norwood Beach, Norwood. 315-262-6774.

- 24 **35th Tupper Lake Tinman.** 8am. Tinman & Relay: 1.2M swim, 56M bike, 13.1M run. Aquabike: 1.2M swim, 56M bike. Olympic: 0.9M swim, 26M bike, 6.2M run. Sprint: 0.5M swim, 13M bike, 3.1M run. TL Municipal Park, Tupper Lake. 359-3328. tupperlaketinman.com.
 24 **Vermont Sun Triathlon.** 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
 24 **Lake Dunmore Triathlon.** 1600yd swim, 28M bike, 6.2M run. 8am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

- JULY**
- 3-8/4 **13th SKYHIGH Youth Multisport Adventure Camp.** Five weeks. Averill Park. John & Kathy Slyer: 674-0369. skyhighadventures.com.
 8 HITS Hudson Valley Triathlon. Sprint, Olympic, Half, Full. Williams Lake, Kingston. 845-247-7275. hitsendurance.com.
 15 **18th XTERRA SKYHIGH Off-Road Triathlon.** 1K swim, 20K MTB, 6K trail run. 7am. Grafton Lakes SP, Grafton. 674-0369. skyhighadventures.com.
 15 **18th SKYHIGH Kids' Off-Road Triathlon.** 100m swim, 5K MTB, 1K trail run. 11am. Grafton Lakes SP, Grafton. 674-0369. skyhighadventures.com.
 15 **32nd Piseco Lake Triathlon.** 0.5M swim, 11.5M bike, 3M run. 9am. Teams welcome. 548-4521. speculatorchamber.com.
 15 **Delta Lake Triathlon.** Sprint/Intermediate. 7:30am. Delta Lake SP, Rome. atcendurance.com.
 15-16 Musselman Triathlons, Relay & Kids' Tri. 1.2M swim, 56M, 13.1M run. 7am. Lakefront Park, Geneva. musselmantri.com.
 16 **Vermont Sun Triathlon.** 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
 16 New York City Triathlon. 1.5K swim, 24.9M bike, 10K run. 6am. Riverside Park, New York. 212-691-2200. nyctri.com.
 23 **Pine Bush Triathlon.** 325yd swim, 11.5M bike, 3.25M run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. active.com.
 23 19th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 6:30am. Olympic Speedskating Oval, Lake Placid. ironman.com.
 30 30th Central Park Triathlon. 0.25M pool swim, 12M bike, 3M run. 8am. Central Park, New York. nytc.org.

- AUGUST**
- 13 **Old Forge Triathlon.** Intermediate: 1000m swim, 22M bike, 4M run. 7:50am. Lakeview Ave, Old Forge. atcendurance.com.
 13 **Vermont Sun Triathlon.** 600yd swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
 13 **Lake Dunmore Triathlon.** 1600yd swim, 28M bike, 6.2M run. 8am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
 19 **17th Crystal Lake Triathlon.** 8am. 0.5M swim, 18M bike, 3M run. Aquabike: 0.5M swim, 18M bike. Crystal Cove, Averill Park. cdtriclub.org.

- SEPTEMBER**
- 2-3 **12th Lake George Triathlon Festival.** Sat, 7am: Olympic (0.9M swim, 24.8M bike, 6.2M run). Sun, 6:45am: Half Iron (1.2M swim, 56M bike, 13.1M run) & Aquabike (1.2M swim, 56M bike). King George: Olympic/Half Iron. Prince George: Olympic/Aquabike. Battlefield Park, Lake George. adkracemgmt.com.
 17 **41st Josh Billings Triathlon.** 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.

OTHER EVENTS
JUNE

3 **Women's Day Adventure: Sailing.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

18TH ANNUAL
SKYHIGHadventures
OFF-ROAD TRIATHLON
Saturday, July 15, 7am
Grafton Lakes State Park
 Swim 1K, Bike 20K, Run 6K
SKYHIGH Kids Triathlon
 11am • Swim 100m, Bike 5K, Run 1K




SKYHIGH YOUTH MULTI-SPORT ADVENTURE CAMPS
 Five Weeks - July 3 to August 4 • Averill Park
Register: SKYHIGHadventures.com
 John & Kathy Slyer: (518) 674-0369 • info@skyhighadventures.com

Red Door Cottage
 Sleeps Eight

Lake Placid Vacation Rental
 On Ironman course - come train this summer!
 Comfortable village home near attractions
 Listed on   and VRBO #870834
 (518) 524-5482 or adkreddoor@gmail.com
 Book Now! AdkRedDoor.com



WELCOME ALL
2017 MEMBERSHIP NOW OPEN!



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

17TH ANNUAL CRYSTAL LAKE TRIATHLON
 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

The Second Annual SCOTTIES STAMPEDE
Saturday, May 20

Ballston Spa 5K for Education

Ballston Spa Middle School
 On-site Registration 8:00 AM
 Race Starts 9:00 AM

Pre-register: scottiesstampepe.org
Pre-registration price:
Adults \$20 | Students \$10

First 500 receive a free moisture-wicking shirt | Bib-tag timed race

SACANDAGA TRICLUB PRESENTS
THE GREAT SACANDAGA CHALLENGE TRIATHLON
JUNE 17TH
 BROADALBIN, NY
KIDS & ADULT TRIATHLONS

EXCITING FAMILY EVENT!

READY. SET. GO!

Kids Splash & Dash
 • Free Registration
 • No minimum age
 • Fun short swim
 • Fun short run

Youth Triathlon
 • Minimum age: 7yrs
 • 100 yd swim
 • 3.1 mi bike
 • 1 mi run

Adult Sprint Triathlon
 • Individual & Team
 • 750m swim
 • 20K bike
 • 5K run

FOR MORE INFORMATION OR TO REGISTER, VISIT: greatsacandagachallenge.com
SACANDAGA TRICLUB

17 Over the Edge: Rappel for a Cause. Queensbury Hotel, Glens Falls. 518-793-3136. otecwe.com/glensfalls.

JULY

4 **Ping Pong Ball Drop.** Age 12-under. Collect three balls for prizes. Inlet. 315-357-5501. pingpongballdrop.com.

PADDLING: KAYAK, CANOE, SUP & ROW
MAY

- 13 **'Round the Mountain Canoe and Kayak Race.** 10.5M. 11am. Saranac Lake. macscanoe.com.
- 13-14 **Canoe, Kayak & SUP Demo Days.** Riverfront Park, Saranac Lake. Adirondack Lakes & Trails: 800-491-0414. adirondackoutfitters.com.
- 14 **Women's Day Adventure: Kayaking.** 9am. YMCA Camp Chingachgook, Catskill Bay. 656-9462. lakegeorgecamp.org.
- 17 **Run-Paddle-Run Duathlon.** 1.25M run, 1.25M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 19-21 **New York Paddlefest & Outdoor Expo.** On-water canoe, kayak, SUP, outdoor gear & clothing. Kayak fishing tournament. Mountainman Outdoors on Moose River, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 20 Ed Wessels Canoe Regatta. 32M. 10am. Boat Launch, Otego. 607-433-0333. nymcra.org.
- 23 Evening Paddle: Round Lake. 6pm. Round Lake. Alison Saville: 899-4031. adk-albany.org.
- 26-29 55th General Clinton Canoe Regatta. 70M. Brookwood Point, Otsego Lake, Bainbridge. canoeregatta.org.

JUNE

- 3 Tupper Lake 8M Canoe/Kayak Race. 8M. 11am. Simon Pond & Raquette River, Tupper Lake. 354-8377. nymcra.org.
- 10 Wild Goose Chase Canoe/Kayak/SUP Race. 9M. 11am. Housatonic River, Lenox, MA. Patty Spector: 413-637-2597. neckra.org.
- 10-11 **Madrid Canoe Regatta.** Sat: Amateur Marathon, 9M, C1 Pro, Madrid Mile. Sun: Recreation Race, 3M/6M, C2 Pro. slvpaddlers.org.
- 14 Evening Paddle: Corning Preserve. 6pm. Boat Launch, Corning Preserve. Celia Murray: 225-9902. adk-albany.org.
- 17 **6th Adirondack SUP Festival.** Fri: On-water demos (3-5:30pm) & Kids SUP (4-5pm). Sat: 6M race (9:45am) & 3M race (10:15am), On-water demos (11am-4pm), Intro to SUP clinic (12:30pm), Afternoon races (2:30pm). Sun: Guided SUP Tour on Lower Saranac Lake (9-11am). Lake Colby, Saranac Lake. Adirondack Lakes & Trails: 800-491-0414. adirondacksupfestival.com.
- 22 Donald Patenaude Memorial Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady. 257-3703. nymcra.org.
- 25 Black River Canoe/Kayak Race. 23M. 9am. DEC Boat Launch, Glenfield. 315-489-0368. nymcra.org.
- 27 Evening Paddle: Hudson River. 6:30pm. Boat Launch, Coeymans Landing. Alan Mapes: 817-1512. adk-albany.org.

JULY

- 5 **Lake George Land Conservancy Hike-A-Thon.** Paddling & Hiking. Lake George. Register: lakegeorgehikeathon.org.
- 8 **Battle of the Boquet 5K Trail Run & 2.5K Kayak Race.** 8am. Boquet River, Willsboro. adirondackcoastevents.com.
- 13-16 **Adirondack Canoe Symposium.** Canoe instruction to improve paddling & precision solo/tandem boat control skills for all levels. Paul Smith's College, Paul Smiths. Robyn Lowenthal: 201-287-1970. freestylecanoeing.com.
- 15 **Poker Paddle: Adirondack Challenge Weekend.** 12-4pm. Town Beach, Indian Lake. Indian Lake Chamber: 648-5112. indian-lake.com.
- 15 Electric City Regatta. 12M/3M/1M Fun Race. 10am. Erie Canal Lock 9, Rotterdam Jct. 421-2947. eleccityrace.org.

- 16 Barge Chaser Canoe/Kayak Race. 10M/3M. 11am. Kiwanis Park, Rotterdam. 393-9201. nymcra.org.
- 30 **"You Gotta" Regatta.** 10am. 6M/2M/1M. Whittaker Park Boat Launch, Waddington. 315-388-4510. slvpaddlers.org.
- 30 BluMouLA-BuFuRa Canoe/Kay Race. 14M/7M/1.5M. 10:30am. Blue Mountain Lake. 978-562-2805. bmlbuoyrace.com.

RUNNING, TRAIL RUNNING & WALKING
ONGOING

- Daily Obstacle Course Training.** All Welcome. Open: May-Nov. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.
- Tue Colonie Summer Track Series: 6/20-8/1.** Colonie HS, Colonie. hmrrc.com.
- Wed Adirondack Runners Trail Run Series: 5/2-5/30. 6pm. YMCA, Coles Woods, Glens Falls. adirondackrunners.org.

MAY

- 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 Marathon, Half Marathon & 5K. 9am. Brittonkill Central School, Troy. 495-5506. active.com.
- 13 Johnson Jog 5K Run/Walk. 9am. Johnson Hall SHS, Johnstown. 762-4459. zippyreg.com.
- 13 29th Towpath Trail Run. 5:30pm. St Johnsville. John Geesler: 568-7509. fmrrc.org.
- 13 5th Strides for James 5K/10K. 9am. 1M Kid's Fun Run/Walk. Miner Institute, Chazy. stridesforjames.org.
- 13 West Point 5K/10K. 8:30am. Kids' Fun Run: 8:45am. USMA, West Point. 845-938-4690. active.com.
- 13 2nd Women's Right to Run 19K & 5K. Seneca Falls. 315-568-1163. righttorun19k.org.
- 13 Heather Freeman Run to the Sun Half Marathon & 10K/5K. 8am. Watertown. heatherfreemanfoundation.com.
- 14 Mother's Day 5K BRUNCH & Kids' Fun Run. 9:30am. Central Park, Schenectady. hmrrc.com.
- 18 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 20 **2nd Scotties Stampede: Ballston Spa 5K for Education.** 9am. Ballston Spa MS, Ballston Spa. Madeleine Petraglia: 884-7195. bscsd.org.
- 20 **7th Kerry Blue Hustle 5K Run/Walk.** 9am. Kids' half-mile dash: 10am. SMSA School, Glens Falls. active.com.
- 20 **Glens Falls Urban Assault 3.5M Obstacle Race.** 5:15pm. 20+ obstacles, some new! Teams welcome. Wood Theater, Glens Falls. adkracemgmt.com.
- 20 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. curemiop.org.
- 20 32nd Wood Memorial 5K Run/Walk. 9am. Kids' 1M Run: 10am. Wood's Park, Hoosick Falls. 686-4504. villageofhoosickfalls.com.
- 20 Color Me Smart Run 5K. 10am. 1M Kids Run: 9:30am. St Jude the Apostle School, Wynantskill. 283-0333. colormesmartrun.com.
- 20 Spring Sprint to a Cure 5K Walk/Run. 9:45am. Hudson Crossing Park, Schuylerville. 527-6478. hemophilawalk.donordrive.com.
- 20 Champlain Bridge 5K. Crown Point State Historic Site, Crown Point. 597-3754. lchute.us.
- 20 Run for Wine 5K. 12pm. Vesco Ridge Vineyards, West Chazy. Nancy Vesco: 846-8544. runsignup.com.
- 20 Women's Run 5K & 10K. 8am. Dutchess Rail Trail, Van Wyck Trailhead, Poughkeepsie. mhrrc.com.
- 20 **Great Strides Walk.** Crossings Park, Colonie & Crandall Park, Glens Falls. 453-3583. cf.org/neny.

8th Annual



5K Trail Race/Fun Walk & 1K Kids' Fun Run
Saturday, June 3 • 9am
 Slate Valley Museum, Granville
 Mixed scenic trail and road race • Unique local prizes
 Supervised kids activities during 5K at museum
Register by 5/15 to save!
railtrailtothefootbridge5k.com

20TH ANNIVERSARY!
Charlton Heritage 5K Run/Walk
Saturday, June 3 10 am



Historic Village of Charlton, Saratoga Co. Old School House, Maple Ave/Charlton Rd
 Rolling hills with 3/4-mile downhill finish
 USATF certified - Chip timing by ARE
 \$25 by 5/22 or \$30 after - Tech shirts to first 500
Kids' 1-Mile Fun Run (\$10), 11am
 Fun runners receive T-shirt & medal
Register: ZippyReg.com
Entry Form/Info: charlton5k.org
 Bill Herkenham: (518) 384-0065

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



Photo Credit: Daniel Roberts - Times Union

the **Y** **REGISTER TODAY!**
www.ACTIVE.com

OUR PLATINUM PARTNER



ADIRONDACK CANOE SYMPOSIUM
 July 13 - 16, 2017
 Paul Smith's College
 Paul Smith's, NY



Visit www.freestylecanoeing.com or
 Robyn at Catboat3@gmail.com or
 Lynn at Saddleback84@hotmail.com

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

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

Obstacle Course Challenge
STUFF NUFF
 To Benefit The Prevention Council

Saturday, June 3
 Kids Run (1 Mile) @ 8:30 a.m.
 Teens/Adults (5K) @ 9:15 a.m.
Mud and Fun Guaranteed!

BOCES Campus
 Henning Road
 Saratoga Springs



The PREVENTION COUNCIL
 Helping youth navigate life's challenges

Register at: finishright.com

TRICITY INDIA ASSOCIATION
THIRD ANNUAL
Good Karma 5K Run/Walk
Saturday, June 17 • 9am
South Pavilion, The Crossings, Colonie



5K USATF certified course • Flat, fast & entirely within the park
T-shirts to first 300 registrants • 9am: yoga warm-up • 9:30am: 5K • 11am: Free Half Mile Kids' Fun Run
Post-race food/drink • Indian street-food • henna tattoos • music & Indian folk dances
Awards to top three M/F overall & age groups

Info, Entry Form & Registration: TRICIANY.ORG
\$25 by 6/16 or \$30 day of race • Mona Caron: 518-877-6634 or Janaki Ramkumar: 518-269-6053
Ram Lalukota & Purti Patel
Proceeds go to AIM for Seva (aimforseva.org) - Making education accessible to children in rural/tribal India by housing children near public schools to increase literacy and decrease dropouts.

Join the family & friends of Liza & Nikki
The Run for Help
5K Run/Walk Against Domestic Violence
To benefit Unity House
Sunday, June 11 • 10am
Goff Middle School, East Greenbush
T-shirts to first 300 • Kids' Run: 9:30am
\$30 by 6/6 or \$35 race day

Register:
ZippyReg.com?event=897
Info: **RememberingLiza.org**
or **UnityHouseNY.org**
In memory of Liza Ellen Warner & Nikki L. Hart

DRAGON THE DADS 5K
Greenfield, NY
Saturday, June 17 • 9am
Warming Hut, Saratoga Spa State Park

10am: Kids Mile w/shirt & Dragon Dash w/medal
First 125 registered receive a custom T-shirt
Reusable tote "goody" bags • USATF Sanctioned
Stewart's gift cards to top M/F in age groups
iRun LOCAL gift cards to top M/F overall
Restaurant gift card drawings at mile markers
Register: **FinishRight.com**
Proceeds benefit Greenfield Elementary School HSA

Run with your Dad.
Run because you're a Dad.
Run to honor a Dad.
Run in memory of your Dad.

GREENE COUNTY YMCA
Spring into Summer 5K
SATURDAY, JUNE 10
Where: Coxsackie-Athens High School
Time: 7:30am • Registration
8:30am • 5K Run/Walk
Cost: \$20 Pre-registration (Closes 6/1)
\$25 Day of Registration

the **YMCA** Greene County YMCA
518.731.7529
tocarroll@CDYMCA.org

OUR PLATINUM PARTNER
BlueShield of Northeastern New York



REGISTER TODAY!
www.CDYMCA.org

- 20 Randy's 5K Run & Murphy's Mile. 5K: 9:30am. 1M: 9am. Lake George ES, Lake George. randysrun.siplay.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 **Mountain Valley Hospice 5K: Triple Crown Series.** 9am. Fulton-Montgomery CC, Johnstown. 770-7584. 5ktriplecrown.racewire.com.
- 21 **Great Strides Walk.** Grafton Lake SP, Grafton & Penfield Park, Plattsburgh. 453-3583. cff.org/neny.
- 21 SPAC Rock n Run Half Marathon, 10K & 5K. Saratoga Performing Arts Center, Saratoga Springs. spac.org.
- 21 12th Spartan Sprint 5K & 1M Family Fun Run. Queensbury ES, Queensbury. 761-8216. recreation.queensbury.net.
- 21 6th Shires of Vermont Marathon. 26.2M. 8am. Bennington to Manchester, VT. 802-440-2962. bkvr.net.
- 21 5K Blast of Color Run. 11am. Kids' 1M Color Fun Run: 10am. CVPH Wellness & Fitness Center, Plattsburgh. runsignup.com.
- 21 Run to the Hills. 5K/10K. 10am. Sawkill Fire House, Sawkill. onteorunners.org.
- 21 Nassau 5K Rural Run. 10am. Nassau Transfer Station, East Nassau. 766-9417. townofnassau.org.
- 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. Crossings, Colonie. runningdownstrokes5k.com.
- 27 Tyner Trail Run. 5K. 8:30am. Coles Woods, Glens Falls. active.com.
- 27 Patch Sprint Trail Race/Trek. 8am. 12.8M: climb all four Pok-O-Patch mountains. Camp Pok-O-Moonshine, Willsboro. patchsprint.com.
- 27 Super Hero Family Fun Run. 9:30am. Costumes welcome. Banker Orchards, Plattsburgh. nami-cv.org.
- 27 Infinitus Rugged Trail Races. 8K/26.2M/88K/100M/250M/888K. Blueberry Hill Inn/Ski Center, Goshen, VT. endurancecommunity.org.
- 29 **Glens Falls Memorial Mile.** Flat/fast mile. 9:55am - before the parade! USATF Adk GP Race. Bullpen Tavern, Glens Falls. adkracemgmt.com.
- 3 40th Joseph McDonald/Bill Crusie Races. 5K: 8am. 10K: 8:45am. Mesier Park, Wappingers Falls. mhrrc.com.
- 3 Piece by Piece 5K. 8:45am. Remington Recreation Trail, Canton. Travis DiPalma: 315-267-6456. runsignup.com.
- 4 **USATF 2017 5K Race Walk Championships.** Open: 8am. Elite: 9am. High School 3K: 9:30am. Corning Preserve, Albany. Don Lawrence: 577-1333. usatf.org.
- 4 10th Cantina Kids Fun Run 1/4 Mile & 1M Run. 9am. Congress Park, Saratoga Springs. saratogahospital.org.
- 4 Keene Valley Library 5K Fun Run/Walk. 8am. Breakfast, prizes. Keene Valley Library, Keene. keenevalleylibrary.com.
- 4 NYRR Retro Run. 5M. 9am. Central Park, New York. nyrr.com.
- 7 **Global Running Day w/Fleet Feet Sports.** Run: 6pm. Legislative Office Bldg, Albany. Fleet Feet Sports. 459-3338. fleetfeetalbany.com.
- 8 8th Route 50 Mile. 1M. 6:50pm. Gil's Garage, Burnt Hills. 399-4624 chsnys.org.
- 10 **Walkway Marathon.** Sat, 10am on Main St: Think Differently Dash 1M Run/Walk: celebrating individuals w/special abilities. Sun, 7am at Marist College: Walkway Marathon, Half Marathon & College to College 5K. Poughkeepsie. 845-454-9649. walkwaymarathon.org.
- 10 **19th Kinderhook Bank OK-5K.** 9am. Walkers welcome. OK-1 Mile Run (age 4-12): 8:15am. Reading Ramble Dash 50yd/100yd (age 1-5): 8:40am. Village Square, Kinderhook. ok5krace.org.
- 10 **Spring Into Summer 5K Run/Walk.** 8:30am. Coxsackie-Athens HS, Coxsackie. Greene Co YMCA: 731-7529. cdyymca.org.
- 10 **Lexington 5K: Triple Crown Series.** 9am. Lexington, Johnstown. 770-7584. 5ktriplecrown.racewire.com.
- 10 **13th Great Adirondack Trail Run.** 3.5M Baxter Mtn Fun Run: 10am. 11.5M Trail Run (full): 9am. Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 10 22nd Lions Ramble. 5:30pm. Fort Plain. John Geesler: 568-7509. fmrrc.org.
- 10 Race The Lake Marathon & Half. Glimmerglass SP, Cooperstown. 607-547-2800.
- 10 4th 5K FWD for Recovery. 9:15am. Kids' Fun Run Obstacle Course: 10:15am. City Beach, Plattsburgh. 570-7784. runsignup.com.
- 10 2nd Answer to Cancer 5K Run & 25M/50M/100M Bike Rides. West Point. a2c.org. racethelake.itsyourrace.com.
- 10 NYRR Mini 10K for Women. 8am. Central Park, New York. nyrr.org.
- 10 GTA Flag Day 10K & 5K Run/Walk. 10am. Kids 1M Run. Gouverneur CS, Gouverneur. gcsk12.org.
- 11 **Run for Help 5K Run/Walk Against Domestic Violence.** 10am. Kids' 1M Fun Run & 50yd Dash: 9:30am. Goff Middle School, East Greenbush. zippyreg.com.
- 11 **13th Lake Placid Marathon & Half Marathon.** 8am. Sat, 2pm: Kids' Fun Run. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 11 Distinguished Service 8M Race. 9am. UAlbany, Albany. hmrrc.com.
- 11 Albany Walk & Run 5K/10K for Kidneys. 9am. UAlbany, Albany. healthykidneys.org.
- 11 1st RFRF 5K Color Run. 8am. Fire Department, Rensselaer Falls. 315-528-3793.
- 11 Betar Byway 5K/Moreau Mile. 9am: 5K. 10am: 1M. 9am. Betar Byway, South Glens Falls. adirondackrunners.org.
- 12 Kermit Cadrette 5M/5K Run & 2M Walk. 9am. Henry Smith Post, Rome. romanrunners.com.
- 17 **3rd Good Karma 5K Run/Walk.** 9:30am. Yoga Warmup: 9am. Kids' Half-Mile Fun Run: 11am. Indian street food, henna tattoos, Indian music & folk dances. South Pavilion, Crossings, Colonie. Mona Caron: 877-6634. triciany.org.
- 17 **Whipple City 5K Run/Walk & 10K Run.** 8:30am. Kids' 1K Fun Run: 9:30am. Part of Whipple City Festival. Greenwich MS, Greenwich. 692-7979. finishright.com.
- 17 **Dragon the Dads 5K.** 9am. Kids' Mile Fun Run: 10am. Great prize drawings. Warming Hut, Saratoga Spa SP, Saratoga Springs. 893-7402. finishright.com.
- 17 **Valley Cats Father's Day Home Run 5K.** 9am. Kids' Run: 10am. Father/son-daughter teams. Four free Valley Cats tickets to each runner. Stadium, HVCC, Troy. John Haley: 456-3682. hmrrc.com.

JUNE

- 2 Run for Christi 5K & 3K Fun Run/Walk. 6:15pm. Helderberg Hudson Rail Trail, Slingerlands. 859-6533. finishright.com.
- 2 Relay For Life & Louisville 5K Color Run/Walk. 6pm. Community Center, Louisville. 315-250-4591. relayforlife.org.
- 3 **39th Freihofer's Run for Women 5K.** 9am. Junior 3K Run (age 7-14): 11am. Kids' Run, 50m-400m (ages 3-11): 11am. Health/Fitness Expo at Armory, Sage College: Thu 4-8pm & Fri 12-7pm. 407-5640. freihofer'srun.com.
- 3 **20th Charlton Heritage 5K Run/Walk.** 10am. Kids' 1M Fun Run: 11am. Old School House, Charlton. Bill Herkenham: 384-0065. charlton5k.org.
- 3 **6th Tuff eNuff 5K Obstacle Course Challenge.** 9:15am. Kids' 1M Run (12-under): 8:30am. BOCES Campus, Saratoga Springs. 581-1230. finishright.com.
- 3 **8th Rail Trail to the Footbridge 5K Race/Fun Walk.** 9am. Kids' 1K Fun Run. Slate Valley Museum, Granville. 424-7683. railtrailtothefootbridge5k.com.
- 3 **Capital Region 5K Fun Run & Heart Walk.** 5K: 10am. 3M/1M Walks: 10:05am. UAlbany, Albany. American Heart Assn. capitalregionheartwalk.org.
- 3 Dragon's Pride Run 5K. 9:30am. Kids' Run: 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 516-650-3536. zippyreg.com.
- 3 Morrisonville Color Fun Run/Walk. 10am. Clinton Co Fairgrounds, Morrisonville. morrisonvillemscr.eventbrite.com.
- 3 22nd Delhi Covered Bridge 10K & 5K Run/Walk. 9am. Page Avenue, Delhi. 607-353-2234. runsignup.com.
- 3 A New Leash on Life 5K Run/Walk. 8:30am. Dogs welcome. Central Park, Schenectady. 526-9865. countyspca.org.

21ST ANNUAL
Silks & Satins 5K
SARATOGA SPRINGS, NY
JEFF CLARK MEMORIAL RACE



Saturday, July 22 • 8am Start

Register at silksandsatins5k.com
\$25 by 7/21 or \$30 race day

Fasig-Tipton Pavilion
415 East Avenue

- Join 1,500+ runners & walkers
- B-tag timed
- USATF certified 5K course

Benefits:

- Shirts to first 1,500 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru East Side neighborhoods

Special Olympics

Presented by **FLEET FEET Sports** 11th Annual

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

Benefits the Special Olympics

19th Annual
Kinderhook Bank
OK 5K
Saturday, June 10 • 9:00am
Village Square, Kinderhook

USATF Adk Grand Prix Event! • Walkers welcome
\$18 by 5/31 (\$15 students); \$25 all after 5/31

OK 1 Run (Kid's One-Miler)
Sponsored by Kinderhook Runners Club
Ages 4-12 • \$2 • 8:15am

Register & Info: OK5Krace.org
kinderhookok5krace@gmail.com

WHIPPLE CITY 5K • 10K
Saturday, June 17
8:30am
Greenwich Middle School
Gray Ave, Greenwich, NY

Beautiful village & countryside course!

5K \$25 by 5/28, \$30 after • 10K \$35 by 5/28, \$40 after
Dri-fit shirts to first 200 registered
Free Kids' 1K Fun Run: approx. 9:30am
Stay for Whipple City Festival (free) with food, Adk Brewery, live music, family activities, exhibits

Register online: FinishRight.com
Entry form/info: GreenwichChamber.org

More info: 518-692-7979
Benefits Chamber Scholarship at Greenwich CSD

13th Annual
The Great Adirondack Trail Run
JUNE 10
 Keene Valley, NY
 11.5 mile 3200 ft. vertical mountain run
 3.5 mile Baxter Mountain fun run
 • Music • Prizes • Raffles
 • Food & Good Cheer

patagonia
SALOMON www.mountaineer.com
 REGISTRATION LIMITED • Preregistration Strongly Suggested
 1866 NYS Rte. 73 • Keene Valley, NY • 518-576-2281
 Environmental Benefit Event for Ausable & Boquet River Associations

ValleyCats HOME RUN 5K
FATHER'S DAY
Saturday, June 17 - 9:00am
Joe Bruno Stadium at HVCC, Troy
 T-shirts for the first 275 registered
4 free tickets to each runner for any ValleyCats regular season game (excluding July 4th)
 Top 3 M/F in 5-year age groups (age 5 & up)
 Top 3 Father/Daughter & Father/Son Teams
Register: Active.com
 Application: HMRRC.com - No race day registration
 John Haley - 456-3682 or J.Haley36@yahoo.com

41st Annual
Adirondack Distance Run
Lake George Village to Bolton Landing
Sunday, June 25 at 7:30am
 • Course: 10 miles of rolling hills along scenic Lake George
 • Awards: 1st 3 M/F overall and 1st M/F for every age entered
 • Long-sleeve T-shirts for first 400 entrants (register by 5/31 to guarantee size)
 • USATF Adirondack Association 10-Mile Championship
Info & Application: AdirondackRunners.org
Registration: 41stadkdistanacerun.itsyourrace.com (closes 6/22 midnight)
 Late Registration: June 24, 5-7pm at Lake George Fire Dept, 179 Ottawa St • No race day or telephone registration • Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

- 17 **Wilmington Whiteface Whiskey Run 10K.** 9:30am. Whiskey tastings, local distillers. Pourman's Tap House, Wilmington. Karen Peters: 524-1023. adkwhiskeyrun.com.
- 17 SeanStrong 5K. 9am: 5K. 8:30am: Kids' Mile. 8:15am: Kids' Sprint. Goff MS, East Greenbush. zippyreg.com.
- 17 Run for the Ages. 5K. 9am. Tackett Chiropractic Center, Queensbury. tackettchiropractic.com.
- 17 Horseshoe 5K Walk/Run. 11am. Fire House, Ghent. 610-1558. emilyeckstrom.org.
- 17 Rensselaerville Ramble Trail Run & Walk. 9am. Rensselaerville. 797-9431. huyckpreserve.org.
- 17-18 Manitou's Revenge. 54M mountain trail run. Windham. 732-690-3118. manitousrevengeultra.com.
- 18 Mule Haul 8K Race. 9am. Fort Hunter. 866-1319. fmrrc.org.
- 18 Mount Greylock Trail Races: Half Marathon & 5K. Greylock Glen, Adams, MA. 413-344-3968. runwmac.com.
- 18 7th Equinox Trail Races. 5K/10K. 9:30am. North Pasture Lane, Charlotte, VT. 802-363-2384. gmaa.net.
- 24 Louisville Turtle Mud Run. 5K w/15+ obstacles. 9am. Louisville Arena, Chase Mills. 315-705-7935. northernrunner.org.
- 24-25 Tough Mudder New England. 12M + 20 obstacles. Mount Snow, West Dover, VT. toughmudder.com.
- 25 **41st Adirondack Distance Run.** 10M. 7:30am. LG Firehouse, Lake George to Veterans Memorial Park, Bolton Landing. adirondackrunners.org.
- 25 **4th Move and Groove 5K.** 9am. Run, dance, fun. Prizes for best dance costumes. Kids' Fun Run: 8:45am. National Museum of Dance, Saratoga Springs. zippyreg.com.
- 25 1st Wild Thing 5K/10K Trail Race. 9am. Pleasant Valley Wildlife Sanctuary, Lenox, MA. 413-344-7919. massaudubon.org.
- 26 **Camp Saratoga 5K Trail Run #1.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- 27 **HMRRC Summer Track Series #1: Colonie Mile.** 6:15pm. Colonie HS, Colonie. hmrrc.com.

JULY

- 1 1st Saranac Lake 5K Run/Walk. 8:30am. 1M Run/Walk: 9:45am. Riverside Park, Saranac Lake. runsignup.com.
- 1 1st Terry Schmaltz Memorial 5K Run. 9am. Kids' Run Run: 10:30am. Old Stone Barracks, Plattsburgh. runsignup.com.
- 1 4th of July Summer Sizzler 5K. 8am. Boat Launch, Rouses Point. runsignup.com.
- 1 Firecracker 5K/10K. 8am. Boat Launch, Cranberry Lake. 315-405-5473. northernrunner.org.
- 4 **11th "Firecracker 4" 4M Race.** 9am. Firecracker Sparkler 1M Kids' Run: 11am. Band at start/finish, music along course & vendors. Run Your Colors: teams w/most runners win money for charity. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
- 4 31th Montcalm Mile. 1M. 1:45pm. Ticonderoga. 569-0947. lachute.us.
- 4 Four on the Fourth. 4M. 9am. Kids 1M Run. Thompson Memorial Park, Manchester, VT. bkvr.net.
- 6 **HMRRC Summer Track Series #2: Two-Person Relay.** 6:15pm. Colonie HS, Colonie. hmrrc.com.
- 8 ParkFest 5K Run/Walk. 9am. Gavin Park, Wilton. 365-9256. wiltonparkfest.com.
- 8 **Battle of the Boquet 5K Trail Run & 2.5K Kayak Race.** 8am. Boquet River, Willsboro. adirondackcoastevents.com.
- 8 NYRR 1 for You, 1 for Youth 4M Run. 8am. Central Park, New York. nyrr.org.
- 8-9 Whiteface Sky Races. Sat, 10am: VK Race (3200ft in 2.4M). Sat, 11am: Kids Sky Climber. Sun, 8am: Sky Race (7500ft in 15.5M). Whiteface, Wilmington. rednewtracing.com.
- 9 **Saratoga Springs "Strong To Serve" Half Marathon, Two-Person Relay & 5K Run/Walk.** 13.1M: 7:30am. 5K: 8am. Peerless Pool, Saratoga Spa SP, Saratoga Springs. saratogaspringshm.com.
- 9 40th Boilermaker Road Race. 15K: 8am. 5K: 7:15am. 3M Walk: 10:30am. Utica. 315-797-5838. boilermaker.com.

- 10 **Camp Saratoga 5K Trail Run.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- 13 **HMRRC Summer Track Series #3: Hour Run.** 6:15pm. Colonie HS, Colonie. hmrrc.com.
- 15 **Run the Ridge 5K Mud Run.** Fun, challenging obstacles. Heats Start: 8:45am. Family Fun Run: 11:30am. Benefits Special Olympics. Maple Ski Ridge, Schenectady. runtheridge.net.
- 20 **HMRRC Summer Track Series #4: Pentathlon.** 6:15pm. Colonie HS, Colonie. hmrrc.com.
- 22 **21st Silks & Satins 5K.** 8am. Jeff Clark Memorial Race. Teams welcome. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
- 23 **Indian Ladder Trail Run.** 15KK/3.5M. 9am. Hailes Cave Rd, Thacher SP, Voorheesville. hmrrc.com.
- 24 **Camp Saratoga 5K Trail Run.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- 30 **Viking Obstacle Race.** 5.5M, 35+ obstacles. Lunch, beer, after party. Discount code for 10% off: ASF17. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 30 **Hudson Headwaters Care for Kids 5K Run & Fitness Walk.** 9am. Chestertown to Brant Lake. hhhn.org.

AUGUST

- 5 **15th Race the Train.** 8am: train to start. 9am: Race the train 8.4M back! Kids Fun Run: post-race. Train Depot, North Creek. Tracy Watson: 251-0107. active.com.
- 5-6 **4th Churney Gurney Trail Run & Mountain Bike Races.** Sat, 9am: 5M Trail Running Race - new! 12-4pm: MTB demos, group rides & family contests. Sun, 9am: MTB Races. 9am-3pm: MTB demo rides. 1pm: Kids' MTB Races. Gurney Lane Rec Park, Queensbury. churneygurney.com.
- 11-12 **3rd Peak to Brew Relay.** 220M. Six & 12 runner teams. The ultimate relay experience! Summit of Whiteface Mountain, Wilmington to Saranac Brewing, Utica. p2brelay.com.
- 26-27 **ADK 80K Trail Running & Mountain Bike Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. Mt Van Hoevenberg, Lake Placid. 523-3764. adk80k.com.
- 27 **6th 18.12 Challenge & Half Marathon.** 18.12M & 13.1M road races. Watertown to 1812 Battlefield, Sacketts Harbor. 1812challenge.com.

SEPTEMBER

- 9 **Camp Challenge 5K Trail Run/Walk or 30M Bike Ride.** Double H Ranch, Lake Luzerne. doublehbranch.org.
- 17 **Saratoga Palio Half Marathon & 5K Run/Walk.** 13.1M: 7:45am. 5K: 8am. Melanie Merola O'Donnell Memorial Race. Hampton Inn & Saratoga City Center, Saratoga Springs. themelaniefoundation.com.
- 23 **Adirondack Marathon Distance Festival: Helpers Fund 5K & 10K (9:30am) in Chestertown & Kids' 1K Fun Run (2pm) & Expo/Package Pickup (10am-5pm) in Schroon Lake.** 532-7675. adirondackmarathon.org.
- 24 **Adirondack Marathon Distance Festival: Marathon (9am), Half Marathon (10am), Two- & Four-Person Relays (9am).** Schroon Lake. 532-7675. adirondackmarathon.org.
- 24 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.

OCTOBER

- 7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/ Half Marathon Package Pickup.** 10am-5pm. 100 exhibitors, 6000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 877-8788. adksports.com.
- 8 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. Boston qualifier. 13.1M: Town Park, Colonie to Corning Preserve, Albany. mohawkhudsonmarathon.com.

Run the Roads of Prohibition!
Sign-up 5 Friends for \$25 Off Registration

SATURDAY JUNE 17
 9:30AM • POURMAN'S TAP HOUSE, WILMINGTON
 10K RACE • WHISKEY TASTINGS
 LOCAL DISTILLERS • FOOD
 BARREL MAKING • FUN!
 A benefit for the Wilmington Historical Society
 Presented by Haselton Lumber Co. and The Little Supermarket
 To register and find out more information, go to www.ADKWhiskeyRun.com

SUNNY HILL RESORT
Viking Obstacle Race
Sunday, July 30
 Greenville (30 min south of Albany)
35+ OBSTACLES
5.5 MILES
 \$1,000 prize money to top three male/female elite racers
Registration includes:
 Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital downloads, after-party
NO spectator or parking fees.
 Train on the course before the race or anytime!
Info & Register: SunnyHill.com
518.634.7642
 Discount Code: ASF17 for 10% off registration

NATIONAL MUSEUM OF DANCE
move and groove 5K
SUNDAY • JUNE 25TH • 9AM
 FOR ONLINE REGISTRATION LINK VISIT DANCEMUSEUM.ORG

Race the Train
 15th Annual
SATURDAY, AUGUST 5
 NORTH CREEK DEPOT, MAIN ST, NORTH CREEK
 8am: Free 8.4 mile train ride for first 200 registered!
 9am: Runners "race the train" back! Spectators can also ride the train (fee) T-shirts to first 200 preregistered Post race fun run, raffle & food
 Proceeds benefit Johnsburg Dollars for Scholars
Register: Active.com
Application: AdirondackRunners.org
 Info: Tracy Watson (518) 251-0107

18.12 Challenge & HALF MARATHON
 6TH ANNUAL
Sunday, August 27
18.12 Mile and 13.1 Mile Road Races
 A one-of-a-kind event!
 Starting in Watertown, NY and ending on historic 1812 Battlefield in Sacketts Harbor, NY - overlooking spectacular Lake Ontario
 Dri-fit shirts and medals for finishers and \$1812 in cash awards
Info & Registration: 1812challenge.com and RunSignUp.com • Limited to 1000 runners
 Sponsored by Car-Freshner Corporation and Watertown Daily Times

Grand Opening Celebration **Sunday June 4 12-4pm**

acupuncture
NIRVANA

Holistic Medicine for Pain

Schedule your appointment:
AcuNirvana.com
kat@acunirvana.com • (518) 409-6993
Opening May 9th at 451 Glen St. • Glens Falls, NY
Participating providers: Empire Blue Cross Blue Shield Blue Cross Blue Shield of NENY, Aetna, Cigna, MVP, United Healthcare, CDPHP


BATTENKILL
Custom river trips that refresh



Rental canoes, kayaks, tubes, and rafts
Shuttles for those who own their own craft
Rentals, Retail, Vacation Getaway

518 677-3311
1414 State Route 313
Cambridge, NY 12816
battenkillvalleyoutdoors.com

Monomoy Island Excursions
Seal, Seabird and Harbor Cruises on Cape Cod



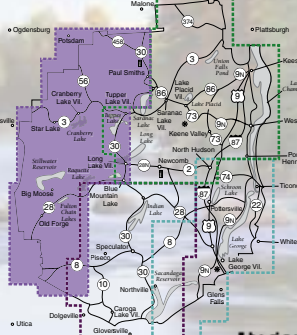
Monomoy Island tours with an onboard guide

508-430-7772 • MonomoySealCruise.com
702 Route 28 • Harwichport (opposite Brax Landing) • Reservations Recommended!

ADIRONDACK MOUNTAIN CLUB
WESTERN TRAILS
edited by NORM LANDIS and BRADLY PENDERGRAFT

Get Out and Explore

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



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

All Stocked Up For Spring!





LAKE GEORGE KAYAK CO.

Come and "LIKE" us ... in person!


- Stand-Up Paddleboards, Kayaks & Canoes
- Since 1997 - Every Day is Demo Day
- Carefully Selected Inventory - All in Stock
- Experienced & Knowledgeable Staff
- Sales • Demos • Rentals • Lessons

www.lakegeorgekayak.com • (518) 644-9366 • Bolton Landing, NY

Mountainman Outdoor Supply Company presents
Adirondack Paddlefest and Outdoor Expo 2017!
America's Largest On-Water Canoe, Kayak, SUP, Outdoor Gear & Clothing Sale!
OLD FORGE, NEW YORK • MAY 19, 20 & 21





More than 1,000 Canoes, Kayaks & SUPs on sale!



Save on Outdoor Clothing, Camping Gear & Bikes!

Don's SUBARU



Mountainman Outdoor Supply Company
www.MountainmanOutdoors.com
Rt. 28, Old Forge, New York • (315) 369-6672

Cold Water Kills!
NYS Navigation Law:
Must wear your life jacket from November 1-May 1.

Smart paddlers wear their life jackets if the water is less than 60°F



We Wear Ours! ... Do You? Wear Your Life Jacket!

Scan for a free online Paddle Safety Course

WearItNewYork.com
NEW YORK STATE OF OPPORTUNITY | Parks, Recreation and Historic Preservation
nysparks.com



KAYAKING & CANOEING



Paddler's Checklist for Spring

By Alan Mapes

It's finally here - paddling season! The winter seemed especially long, since I did not get to paddle down south this year. Five months or more have sped by since I was last out in the kayak, and it's time to get ready. Here are some thoughts, tips, and observations on preparing for the paddle season.

Collect Your Gear

If you are like me, entropy takes over during the off-season. Items in my kayaking kit seem to creep away from each other like the expanding universe. Now is the time to pull it all together, check the condition of everything, and wash up the items that need it - pretty much everything.

Check Over the Boat

After a winter in the shed, or worse yet stored outdoors, the kayak or canoe needs a good spray down with the hose on the lawn. I give it a good spray inside the hatches, dump that water out, and get the last bit with a sponge. Sand and other gunk collects with the last bit of water and the sponge helps me get it out. Spiders and other invaders come out as well. Pay attention to adjustable foot pegs. They often get sand in the sliders and can stick if not cleaned out occasionally. My foot pegs have a metal track, and the aluminum builds up corrosion after a few years. I may have to lube them with a little WD-40 to get them working well.

If water does not remove the stains on the kayak, you can use cleaners. For glass boats, I occasionally work them over with polishing compound. The more abrasive rubbing compound can be used if you really need it. Skegs and rudders are a common source of trouble. Check the operation of these parts if you have them and get the cables replaced if needed.

I've preached it before, but 303 Aerospace Protectant is wonderful stuff for your kayak. It's a UV protector liquid and it's advertised as "SPF 40 for your stuff." Spray it on your plastic or fiberglass boat and wipe it around with a cloth. It shields the material from the sun and seems to rejuvenate the colors. If you have flexible hatch covers, the sun can deteriorate them over time, making them crack and fall apart. A new set of three hatch covers for my sea kayak runs nearly \$200, so I am sure to give them the treatment several times a season. Here is the added secret - a coat of 303 makes the covers go off and on much easier! The stuff also adds life to latex gaskets on paddle clothing and it's good for plastic paddle blades.

Finally, I will make sure the sticker inside my kayak is still readable, replacing it if needed. This sticker has my name and contact information. If my empty boat is found floating somewhere, the authorities will know who to call to see if the paddler is okay. These stickers are available free from the US Coast Guard and from NYS Parks, Recreation and Historic Preservation. While I'm at it, I will write down the serial number of the boat and will keep it somewhere safe, so I have it in case someone walks off with my kayak.

Life Jacket

I will go through all the pockets, checking the gear that I always keep in the vest. Chances are that I may find an old granola bar wrapper from last fall. Be careful about keeping snacks in your life jacket, as rodents may chew the pockets open to get at the goodies! A good washing in the tub with laundry soap will give the life jacket a longer life. I will make sure the whistle that's tied to my life jacket still works - a "signaling device" is a Coast Guard requirement. A small compass lives in another pocket. I'll check to see that it still points north.

Paddles

Most of us have two-piece paddles that have a locking ferrule in the middle. Ferrules can be trouble if they get a bit of sand in them, jamming the locking piece. I wash out the openings with a hose to remove any gunk. The edges of my paddle blades sometimes take a beating from rocks, logs and sandy lake bottoms. If the edges are getting chipped and sharp, a bit of sand paper action will smooth them out.

Other Gear

Check for leaks in those things that should not leak! My dry bags will get checked by sealing them up and compressing them, listening and feeling for leaks. If you want to be really sure, hold the bag under water and look for bubbles. I did just that with my paddle float the other night during our practice night at the Duanesburg YMCA pool. A stream of bubbles came from a small cut in the float. I will try sealing it up with Aquaseal - if that does not work, a new float will be my next purchase.

Safety Bag and First Aid Kit

I always paddle with a small dry bag containing safety items, including a first aid kit, flash light, poly shirt, duct tape, snack food, etc. Remember that items in the first aid kit need renewing periodically. Meds go out of date, band aids dry out and things get used up, so I will check and replenish those

SAFETY BAG CONTENTS. ▲

▶ 303 AEROSPACE PROTECTANT MAKES HATCH COVERS LAST LONGER AND WORK BETTER.

PHOTOS BY ALAN MAPES



◀ CAM BUCKLES ON BOAT STRAPS CAN SLIP. A SIMPLE KNOT INSURES THE STRAP WILL NOT LOOSEN.

things. Granola bars from last year will be replaced. New sunscreen will be added.

Car Top Straps and Carriers

Car-topping boats is serious business. They don't fly loose very often, but if it happens the consequences can be dire. Check over your straps and ropes, replacing any that are suspect - it's cheap insurance. I carefully pull on the straps to test the cam fasteners. I had one set of straps with bad cam locks - they would not stay tight, with the straps slipping through the cams. Those straps got pitched in the trash, tout de suite! Even when the cam fasteners seem to be working well, I don't trust them. I always add a simple jam knot after tightening the straps with the cam.

Your rack system is the other important link in keeping a boat on the car. I happen to use Thule brand racks, but there are several other good brands available, including Yakima, and many people just use the cross bars that came on the vehicle. Check over your equipment and make sure it's installed well. A friend had his Thule racks fly off the car last year, along with the two fiberglass sea kayaks attached! It was very lucky that the only damage was to the boats.

Connect With Other Paddlers

Unless you are a confirmed hermit, you will want to connect with other paddlers and take part in the community of water fanatics in your area. In the Capital Region, the Adirondack Mountain Club's Albany Chapter started their Tuesday evening paddle trips the last week in April. Outings will run every week until late October (adk-albany.org). Other ADK chapters have paddle outings as well. The Capital District Kayakers Meetup group hosts outings throughout the year, including winter paddle trips in Florida (meetup.com/capital-district-kayakers).

Finally, won't you please make plans to take a friend, a colleague or a kid out paddling this year? Let's all make an effort to share the fun, the excitement, and that indescribable feeling of being on the water in a hand-powered boat! 🌊

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

MOHAWK HUDSON RIVER MARATHON & HANNAFORD HALF MARATHON

OCTOBER 8, 2017 GET RUNNING

Visit mohawkhudsonmarathon.com for registration and race details, sponsorship opportunities, and volunteer information.

Charity Bib Entry Still Available for the Half

Directed by: Half Marathon presented by: **Hannaford.** Race Expo presented by: **ADIRONDACK SPORTS** Apparel sponsor:

Serving Breakfast and Lunch Daily

- Open 7 Days a week 7:30am-6pm
- Home Baked Pies
- Unique Gifts

336 Schaubert Road Ballston Lake
399.8359
LakesideFarmsCiderMill.com **OPEN FOR THE SEASON!**

DARE to be ULTIMATE

Register for the **ULTIMATE** Relay Experience TODAY

11-12 AUG

WHITEFACE MT • SARANAC BREWERY

P2Brelay.com

Join us for Outdoor Group Rides Select Previous Year Bikes on Sale

More than just a bike shop
A true cycling community

GREY GHOST BICYCLES

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

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

Lake Placid Cycling & Training Season is Here!

DISCOVER ADIRONDACK ADVENTURE CYCLING

Intro to Advanced Tours & Camps
Half Day, Full Day and Multi-Day Trips
All Season - All Terrain
Fat Bikes • Road • Mountain • Gravel

Salsa SURLY
GIANT YETI
SCOTT FOUNDRY

BASE CAMP LODGING
3 houses sleep up to 30, yoga studio, 3 decks, washers, off-street parking, storage, etc.

TRAINING CAMP HQ
Rentals • Lessons • Instruction Service • Shuttles

Lake Placid's Original Multisport Store Since 1983
2733 Main St, Lake Placid (518) 523-3764
Mon-Sat 9-6, Sun 10-5
HighPeaksCyclery.com

Car & Trailer Hitch Rack Headquarters!

YAKIMA THULE
..kua.. SARIS
HOLLYWOOD

Car top boxes • Receiver hitches
Roof rack systems
Spare Tire • Rear of car
Bike, boat, ski, equipment, gear
New! Yakima SkyRise Rooftop Tent

ADK 80K Race Weekend August 26-27

Saturday:
Trail Running Race & Relay
20K loop is ideal for first-time ultra runners!

Sunday:
Mountain Bike Race
Mt. Van Hoevenberg
Register: Adk80K.com

HPC HIGH PEAKS CYCLERY

Your Summer Fitness Goal... You can do it!

THE VERMONT Sun TRIATHLON

SPRINT DISTANCE EVENTS JUNE 24, JULY 16, AUGUST 13

SWIM 600 YARDS BIKE 14 MILES RUN 3.1 MILES





LAKE DUNMORE TRIATHLON

1600 yd. swim, 28 mi. bike, 6.2 mi. run...
June 24 & August 13

VERMONT SUN HALF MARATHON

10k, 5k run... September 24

INDEPENDENT **VERMONT Sun** **National Bank of Middlebury**
CARRARA **FROG HOLLOW**
RUN & TRIATHLON SERIES

Registration open to individuals & teams • 802-388-6888 • vermontsun.com

Julia & John Slyer

**Father-Daughter
Head to Kona for
Once-in-a-Lifetime
Experience**



JOHN AND JULIA,
2014 IRONMAN LAKE PLACID.

AGES: Julia, 20; John, 52
OCCUPATIONS: Julia: Junior at University at Buffalo, majoring in pre-med; John: Science educator and triathlon coach
RESIDENCE: Averill Park
FAMILY: Kathy, wife/mom; daughters/sisters Caroline, 18, a rising sophomore at Boston University and Ruby, 13, middle schooler.
PRIMARY SPORTS: Triathlon
SECONDARY SPORTS: Julia: ski racing, lacrosse; John: snowboarding, alpine skiing and coaching, hiking



JULIA AT 2014 IRONMAN LAKE PLACID FINISH.



CHARLIE & GINA SLYER/
A SLYER IMAGE



CAROLINE AT TOUGH RUCK,
APRIL 15, IN CONCORD, MASS.



RUBY SKIING SLALOM
AT SKI BUTTERNUT,
JANUARY 8.
BEIGNYREIH PERSON

By Christine McKnight

Julia Slyer was all of three years old when she announced she wanted to do an Ironman. The year was 1999, and she was in Lake Placid, watching her father, John, complete the inaugural Ironman Lake Placid on what was to become one of the most iconic courses in the Ironman realm. John and his wife, Kathy, didn't take Julia too seriously at the time, but she pursued her goal with a startling determination, and crossed the finish line in Lake Placid for the first time in 2014 in a time of 13:07. It was one month after she had reached the required participant minimum age of 18.

In all, the father-daughter duo has completed Ironman Lake Placid together three times, in 2014, 2015 and 2016. And they're returning together again this year. In 2015, Julia unexpectedly won her age group in 11:53, edging out a competitor by two minutes with a strong end-of-race surge.

With the victory, Julia claimed her first berth in the Ironman World Championship in Kona, where she raced to a fourth-place podium spot. She was 19 at the time and the youngest female qualifier at the race that year.

"Getting there so early was kind of crazy," Julia admitted. At Kona, she learned "not to be limited by my goals. About halfway through the bike, I felt great. I said, you know, I'm just going to go for it," Julia recalled. She finished in 11:17:44, with a 1:12:59 swim, 6:12:58 bike (18 mph average), and a 3:44 marathon (8:32 pace).

This year, Julia will be heading back to Kona for a second time, having qualified at Ironman Maryland last October. But what will make it the experience of a lifetime is that her father will be competing with her under

the Legacy Program, which rewards athletes who have completed at least 12 Ironman races, but have never qualified for Kona.

"I am so excited that Dad's going to be joining me," said Julia, now completing her junior year at the University at Buffalo. "It's going to be really awesome. So far, he's beaten me in every race, but I really, really want to beat him. This is the first race where I have the advantage of experience, having already done Kona, so there's a chance. My goal is to have my greatest race ever and to beat him by exactly 15 minutes, so we can cross the finish line together."

John, who has completed a total of 13 Lake Placid Ironmans, missed qualifying by three spots last year. It was Julia who encouraged him to apply for the Legacy berth. "She's probably going to rock me at Kona," he laughed. "But I don't really think of us as competing against each other. We do our best and have fun. There's a lot of banter."

Cheering both of them on will be wife and mother, Kathy, the self-described family sherpa-in-chief, office manager, and preparer of healthy meals and treats. This will be the first trip to Kona for Kathy, who is a family and consumer science teacher in the Averill Park school district. In one memorably busy stretch last fall, she accompanied Julia to Ironman Maryland one weekend, and John to Ironman Louisville the following weekend. Her watch told her she walked 17 miles on each of those days.

"I cheer, I fill in the gaps so they can get in the training, I'm the administrator and the behind-the-scenes person," she said. She is also a dedicated athlete herself, and a half-marathon devotee. On May 21, at Kathy's urging, Julia, John, Kathy and middle daughter Caroline will all race a half-marathon

in Mystic, Conn. "I signed up for the race and then I asked them to join me," Kathy said. "I needed the motivation."

Eighteen-year-old Caroline, a student enrolled in ROTC at Boston University, recently completed the Tough Ruck Marathon in Concord, Mass., the Saturday before the Boston Marathon. She did it carrying a rucksack that weighed 46 pounds. The race, which is affiliated with the marathon, honors fallen service members, policemen and EMTs. Daughter Ruby, is an eighth grader, a young triathlete herself, and also active in soccer, ski racing and lacrosse.

Originally trained by her father, Julia is now coached by Andy Ruiz of Ruiz Racing, who designs workouts around her school schedule. She swims with UB's club swimming program, but otherwise trains on her own while at UB. When she is home for school breaks and during the summer, she and her father train together, swimming in local lakes and riding and running the roads around hilly Averill Park.

"Her consistency with training week-in and week-out is impressive," said Andy. "Her ability to execute the workouts correctly, and her laser focus on the big picture have been real assets. Her ability to recover between workouts is phenomenal!"

Julia's training schedule six weeks before Ironman Maryland, October 2016 - Monday: two-mile zone 2 run; Tuesday: four-hour bike, mostly endurance; Wednesday: 10-mile zone 2 run, 3500 yard open water swim; Thursday: three hour bike, low end endurance; Friday: six-mile zone 2 run; Saturday: 90-minute bike with tempo intervals, six-mile zone 2 run; Sunday: 20-mile zone 2 run. Total rest: once every 10 days.

For Julia, who is thinking about a career as a doctor, school and training are her two top priorities right now. "Obviously, school is a little bit higher." After that come socializing and chilling, and she appears to thrive on it all. "If I have free time, I just get bored. At this point in my life, I don't know any other way. I've been training for Ironmans throughout my entire college career." Her GPA: 3.87. She plans to take a gap year after graduating from college.

As a tune-up for Kona in October, John and Julia both plan to compete again at Ironman Lake Placid. Along with everything else on their agendas, John and Kathy, both USA Triathlon-certified coaches, run SkyHigh Adventures, which offers weekly multisport camps for kids during the summer. SkyHigh Adventures also stages a popular, long-running, XTERRA (off-road) triathlon and companion Kids' Tri at Grafton Lakes State Park in July. A former skydiver, John founded SkyHigh Adventures in 1996 as a skydiving videography business.

Julia's long-term triathlon goals are to keep getting back to Kona and to get better and better. "Thoughts on going pro someday? It could be a possibility. Obviously, I'm not there yet, but I hope to keep improving."

John sees triathlon in his life for the foreseeable future as well. "I find triathlon very satisfying," he said. "It's almost like meditation. But you have to put your family first and make the training work around your family schedule. There are years when I've done Lake Placid somewhat undertrained, but that's okay." 🌲

Christine McKnight (trichris@nycap.rr.com) is an Ironman triathlete who lives in Gansevoort.

Join Now!



ADK Mountain Club

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

www.ADK.org

Reach 50,000
sports, fitness & healthy living enthusiasts
each month...

Advertise effectively with US!

JUNE AD DEADLINE 5/31



Contact Darryl:
(518) 877-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com

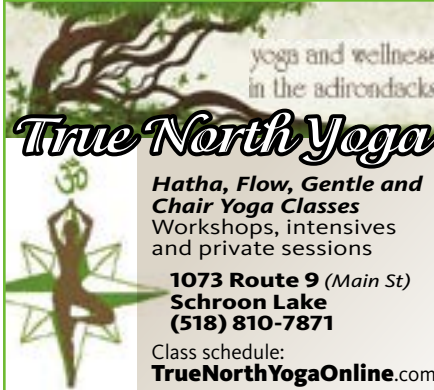
yoga and wellness
in the Adirondacks

True North Yoga

Hatha, Flow, Gentle and Chair Yoga Classes
Workshops, intensives and private sessions

1073 Route 9 (Main St)
Schroon Lake
(518) 810-7871

Class schedule:
TrueNorthYogaOnline.com




St. Regis Canoe Outfitters

Helping people fall in love with wild places since 1984...

- Lightweight Canoe & Kayaks Rentals
- Quality Camping Gear Rentals
- Shuttles, Maps, Guidebooks
- Guided Trips & Instruction

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



STAND UP PADDLE BOARDS
Sales, Rentals, Classes and Lessons Available

It's Always Summer at Patty's!

BOTE, DOYLE AND NAISH BOARDS

O'Brien Tubes, Skis and More

PattysWaterSports.com • 518-656-9353



DISCOVER Southwestern Adirondacks

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

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

www.HikeTheAdirondacks.com



Oufitting Adventurers For 30 Years!






the Mountain Goat
Outdoor Clothing & Gear
Manchester, Vermont

4886 Main Street ~ 802-362-5159 ~ mountaingoat.com ~ Open Daily @ 10am

Come Visit **Old Forge**
Your Adirondack Base Camp!

Eagle Bay • Stillwater
Big Moose • Beaver River

It's Our Nature!

Make your own fun, or let us help you!
Info-Webcams-Vacation Guide
OldForgeNY.com

Indian Lake, NY
including Blue Mountain Lake and Sabeal

Whitewater Rafting Capital of New York!

Spring "High Water" Rafting Discount Packages for

- Rafting
- Dining
- Lodging
- Shopping

in Indian Lake
- call for details -

package discounts good from April 20 through May 22, 2017

Upcoming events:

- Black Fly Challenge - June 10
- Adirondack Challenge - July 15
- Poker Paddle - July 15

Town of Indian Lake
Patricia Mahoney, Activities Director
(518) 648-5828
indianlakeea@frontiernet.net

For more details please see our web site:
www.indian-lake.com

Town of Indian Lake Chamber of Commerce
PO Box 724, Indian Lake, NY 12842
Phone: 1-800-328-LAKE (5253)
Email: indianlakechamber@frontiernet.net



The New-(Old) Way to Allen Mountain

VIEW OF ALLEN FROM THE ROAD.



ALONGSIDE OF BEAVER POND WITH GREAT VIEW OF ALLEN.

PHOTOS BY BILL INGERSOLL



THE OPALESCENT RIVER.



By Bill Ingersoll

Allen Mountain is regarded as one of the remotest of the High Peaks. It stands somewhat apart from the other peaks and traditionally has required a minimum 18-mile round-trip hike. It is perhaps also regarded as one of the least favorite peaks, due to the unfavorable ratio of long miles to limited views; Allen bears a wooded summit that offers only narrow glimpses of the surrounding landscape.

Nevertheless, it is counted among the 46 High Peaks, and as such it will remain an inexorable attraction. Even if Allen is rarely considered scenic, it is always an adventure. Whether you enjoy the experience or not depends in large part on your attitude.

Until recently, the best route to Allen was an unmarked trail that followed a somewhat circuitous route designed to avoid private property. The one-way distance to the summit from Upper Works is 9.1 miles. You can get all the way up and back in a single day, but it might seem like less of a slog if you bring camping gear and camp near Skylight Brook. But that private land is now public property, and there is no longer a need to skirt its edge.

New York State has acquired the land at the foot of Allen Mountain, formerly owned by the Finch Pruyn logging company, for the Forest Preserve. Known as the MacIntyre East Tract, it encompasses a long section of the Opalescent and Hudson rivers. But more germane to this article, it also includes an alternate route to Allen that is slightly shorter and noticeably easier. The primary difficulty is navigating the network of logging roads without the aid of signs or markers.

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 Road 25, to a fork at 6.3 miles. Turn left and continue to the East River Trailhead on the right at 9.2 miles.

THE TRAIL

This “new” route to Allen Mountain differs from the one familiar to most hikers, but it is not radically different; the beginning and end are the same. Nor is it necessarily new. This route has existed for many years, but has only recently been opened to the public.

The first 3.8 miles of the hike remain unchanged. From the East River Trailhead near Upper Works, follow the marked trail across the suspension bridge over the Hudson River. Signs list such destinations as Mount Adams, Flowed Lands and Marcy, but a large portion of hikers use this trail to get to Allen. It begins as a soft-surfaced foot trail, but as it skirts around Lake Jimmy, the foot of Mount Adams, and Lake Sally, the route hops on and off abandoned roads with surfaces of coarse gravel. The key turns are marked with brown signs.

At 2.7 miles the trail approaches the bank of the Opalescent River, which in the summer is a placid, stony creek. This portion of the trail is once again a gravel road, more often traveled by foot than by vehicle. A gate marks your entry into the MacIntyre East Tract, and everything beyond this point is now state land.

The alternate route begins at about 3.8 miles, where the marked trail leads to a crossing over the Opalescent. About 300 feet before you reach this point, a narrow side road leads down to a fording site on

the river, very close to the mouth of Dudley Brook. Formerly, signs at this junction discouraged the public from turning onto this route, but any such signs that may remain can now be legally ignored.

In the summer, fording the Opalescent can be a welcome interlude on a hot day. The water may be knee deep or more, but feels good on sweaty feet. When you reach the east bank, take a few minutes to check out the scenic clearing about 200 feet north, at the confluence with Dudley Brook. There is an attractive view up the river toward Calamity Mountain.

To continue on your way to Allen, follow the continuing logging road southeast. In just 0.5-mile you intercept the main haul road through the property; turn left, northeast. A mere 0.2-mile later, you reach a small hunting camp on the edge of a large clearing, with yet another logging road veering right along the edge of a long gravel pit. This is the route to Allen.

Once you pass the gravel pit, most of the remaining route is an attractive hike, and will become only more so as nature reclaims the surface, and converts it into a trail rather than a road. It traverses the foot of the North River Mountains more or less parallel to Dudley Brook, passing a couple small clearings that also once held small hunting camps.

It remains a road for about 1.3 miles, at which points it narrows into an ATV trail. (Hunting clubs can use ATVs on this property until their leases expire in September 2018.) At several points you can even see Allen Mountain above you through gaps in the forest canopy. The trail now turns

northeast to follow the valley of Skylight Brook. One highlight comes 2.7 miles from the Opalescent, or 6.5 miles overall, where you reach a small beaver pond to the right. If you are willing to step off the trail for a closer look, the waters of this pond serve as a reflecting pool for Allen’s wooded summit.

This beaver pond marks the point where the ATV trail becomes a true foot trail. The way is a bit fainter, but it follows a predictable course up alongside Skylight Brook for another 0.5-mile to intercept the main hiking trail, the one that bypasses MacIntyre East.

From this point forward, the two routes are identical: continue along Skylight Brook for another 0.5-mile, at which point you reach Allen Brook, and turn to follow it all the way to the summit. Portions of the climb are on bare rock, notorious for the red algal growth that can make the footing slippery. There are no clear views from the summit, but there are notable glimpses of White Lily Pond and Boreas Ponds to the south, and Panther Gorge to the northeast.

This route is 8.6 miles long, only 0.5-mile shorter than the bypass route familiar to most people. But the road through the Dudley Brook valley is more level and allows you to set a brisker pace, with the potential for far more camping options in the future. 🌲

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



The Finest Paddling Boats on the Water

PLACID BOATWORKS

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

HIKE • PADDLE • EXPLORE • VOLUNTEER

JULY 5TH 2017

LAKE GEORGE LAND CONSERVANCY

HIKE-A-THON

More info and online registration: 

LakeGeorgeHikeAThon.org

ADIRONDACK SUP FESTIVAL

SATURDAY, JUNE 17
SARANAC LAKE, NY

RACES - INSTRUCTION - DEMOS - SALES

NRS  

WWW.ADIRONDACKSUPFESTIVAL.COM 

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

CALL TODAY 842.2200

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

Adirondack Marathon Distance Festival

Best of competitor Half Marathon

Last Race 2017 USATF Adirondack Grand Prix Race Series

Around Crystal Clear Schroon Lake...

Marathon • Half • 2 & 4 Person Relays
September 24, 2017
Schroon Lake, New York

5K & 10K Races
September 23, 2017
Chestertown, New York

Kids Fun Run
September 23, 2017
Schroon Lake, New York

Visit Our Website adirondackmarathon.org

Probably the most beautiful 26 miles, 385 yards you will ever run!

LAKEGEORGEAREA
IN NEW YORK'S ADIRONDACKS
VisitLakeGeorge.com

ADK ADIRONDACK MOUNTAIN CLUB presents

ididaride!
12th Annual—Adirondack Bike Tour

July 30, 2017

Registration Now Open
Register online at: <https://www.adk.org/play/>
(800) 395-8080, ext. 42

Early Bird Registration Deadline
May 31st, 2017
\$15 Discount!

75-mile loop or 20-mile option w/ shuttle • \$75 ADK member / \$85 non-member
Beautiful Adirondack Scenery • Van support • Après-Ride Party
All proceeds support ADK's conservation, recreation and advocacy programs.

THANKS TO OUR PREMIER SPONSORS



Take a Deep Breath!



PICKERELWEED IN THE ESSEX CHAIN LAKES AREA NEAR NEWCOMB. DAVE KRAUS

Be Informed, Take Action for a Livable Future

By Skip Holmes

How do we view the future of our outdoor environment that so many of us participate in and often take for granted?

We live in upstate New York with many beautiful lakes to paddle on and swim in. We hike in the Catskill and Adirondack mountains in all seasons. We downhill and cross-country ski on the mountains or in many of our nearby state and local parks. We run and ride our bikes on the many quiet and scenic backroads that offer an opportunity to get away from the hustle of urban and suburban life.

We engage in these activities and more without giving serious consideration to the water or air quality, the microclimates that exist in the fragile mountain peaks, the amount of snow cover, natural or manufactured, the ability to access the park systems, and the amount of traffic we might encounter on those roadways.

For many years, in fact for most of my life, the natural environment has been in a state of improvement. Since the 1970s, federal, state and local governments have worked to improve air and water quality as well as develop new parks and open spaces for us to enjoy an amazing natural experience. The progress had been slow and steady but moving forward due to a common voice that these outdoor spaces and environments were important for the common good.

Recently at the federal level there has been a dramatic change of focus in regard to air and water quality, a turning away from the global consensus that our climate is changing, and that our special places of natural beauty are less important. In New York State as well as several other states including California there has been a resistance to this suggestion that we should turn away from what many in our society truly care about.

Much of what we do as outdoor enthusiasts requires that we inhale significant quantities of air in order to perform at above average levels of aerobic fitness. For those of us who have had to bicycle behind a diesel truck it becomes readily apparent that we are inhaling significant quantities of pollutants. Many runners also suffer from the high volume of automobile exhaust on some busy roadways. If we recall what it used to be like many years ago when vehicle pollution controls were minimal, it was significantly worse. The improvement in vehicle

mileage standards has also significantly reduced the level of roadway pollutants that we have to breathe. We have greatly reduced the emissions from the auto and truck sector, yet there is now a federal initiative to delay the latest fuel economy standards that were approved by Congress. If you look forward to a future of more drivers, more vehicles, more trucks delivering all the goods and services we consume, how will the level of air quality change? Certainly becoming less healthy would be a reasonable assumption.

What should we do? Well, for many of us who enjoy inhaling significant quantities of clean air we might already be mindful of about how far we drive, we might car pool to an event; we may drive a more fuel efficient vehicle, or even an electric vehicle. But is that sufficient to mitigate what happens on the national scale? If in the long-term air quality emissions are allowed to increase we will certainly see a decline in air quality. There are also the repercussions from poor air quality such as the significant increase in asthma cases nationwide. The percentage of the US population with asthma in 1980 was 3.1 percent. In 2010 it has risen to 8.4 percent of the population according The Center for Disease Control. The data for 2015 shows 18.4 million people had asthma. The number of children and women who are experiencing asthma attacks is also on the rise according to CDC data.

The transportation sector is not the only source of air pollutants however. Today we use an ever increasing number of electronic devices that require electricity. Think about the laptops, GPS units, televisions, air conditioning, air purifiers, treadmills, that we all use. So where does this electricity come from? Well it's magic, it just comes out of an outlet in the wall! Not really, but some of you may have solar panels on your roof providing a renewable source of electricity. The rest of us are plugged into an electric grid that connects us to generating stations that are hundreds of miles away. In New York State we have a variety of electric generating sources including, photovoltaic, hydroelectric, wind and nuclear. We also burn fossil fuels such as natural gas, coal and fuel oil to generate electricity. These fossil fuel systems are only



STATES ARE EXPLICITLY BANNING 'ROLLING COAL' NUISANCE EXHAUST.



PEOPLE'S CLIMATE MARCH IN GLENS FALLS ON APRIL 29. DARRYL CARON

about 35 percent efficient. So for every kilowatt of energy we use it requires approximately three kilowatts of equivalent energy to be consumed. Not very efficient you say! Unless you can insure that you are exclusively using only renewable energy sources you are indirectly contributing to the outdoor air quality problems that we breathe. We need to rethink what we use, when we use it, and if we really need it.

A regression of air quality standards should have us outdoor enthusiasts considering the other impacts that are forthcoming. For those who live in the great Northeast and enjoy the selection of winter sports available to us, consider what the potential changing climate may bring. The changes to snowfall amounts and snowfall cover have already impacted the downhill ski resorts. They now have to make more snow to provide trail cover. Snowmaking requires significant use of electricity to run the water pumps and air compressors. Whiteface Mountain uses 15 million kilowatt hours of electricity to make snow each winter. They have recently committed to using 100% renewable energy for their facility and are also installing a 2.6 megawatt solar farm. This is all part of the NYS plan to drastically reduce our reliance on non renewable electric energy sources. Initiatives like this are helping to reduce the carbon impact in the Adirondacks.

Just down the road at the Mount Van Hoevenberg cross-country ski center they have been challenged with a lack of snow for the past several years. This has led to rescheduling or cancelling the well known Lake Placid Loppet race more often. Traditionally Nordic skiing has relied on natural snow. They now have a snowmaking machine to provide artificial snow for their skiers. It is great for us skiers, but it comes at a cost for all the electric energy required to make snow.

These changes to the climate in upstate New York are expected to continue. There are climate projections that now suggest that the climate in upstate New York by 2050 could be similar to that of North Carolina. Now all you summer-only recreation folks may cheer, but there are many other implications for such a change to our climate here.

If this comes as a surprise to you, then I suggest you become more informed as to what is occurring not only here, but all over this planet. On April 29, there were many People's Climate Marches and demonstrations all over the planet to emphasize the concerns in regard to the changing climatic conditions. Become more informed, talk to others, understand the real facts, the science is documented, and there are actions large and small that we all must take to ensure a more livable future.

There are numerous organizations that provide factual information - US Environmental Protection Agency (epa.gov), Intergovernmental Panel on Climate Change (ipcc.ch), NYS Department of Environmental Conservation (dec.ny.gov), Environmental Defense Fund (edf.org), Sierra Club (sierraclub.org) and others. Some of the federal climate information has recently been deleted from the EPA website, so you may have to search recently established archives to obtain this information.

Become informed and make your opinions known to those who represent us at all levels of government. 🌲

Skip (Oliver) Holmes of Delmar is a professional engineer, a Leadership in Energy and Environment Design (LEED) professional, and teaches Sustainable Design courses at the RPI School of Architecture. He is an outdoor enthusiast who also is a cyclist, Nordic skier, paddler, and hiker. You can reach him at serottaskip@gmail.com.

Battle of the Boquet
 ☆ Downtown Celebration ☆
**5K Trail Run and
 2.5K Kayak Race on Boquet River**

**Saturday
 July 8, 8am**
 Historic
 Downtown
 Willsboro



Register:
AdirondackCoastEvents.com
 Day of Registration: Willsboro Bandstand

Challenge Yourself
 Change the Life of a Child

Saturday, September 9

Camp Challenge 5K TRAIL RUN/WALK
 or 30-MILE BIKE RIDE
 at the Double H Ranch
 in Lake Luzerne, NY



Register at
www.doublehbranch.org
 Presented by Adirondack Partners
 All proceeds to benefit the Double H Ranch

Ron Houser, C. Ped.

ABC Board Certified Pedorthist

**Evaluation • Casting
 Manufacturing**

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

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

802-362-5159 • mgoat@comcast.net

◆ Wakeboarding ◆ Waterskiing
 ◆ Kneeboarding ◆ Tubing
 ◆ Beginner to
 Advanced Lessons
 ◆ Two boats for more
 water time!

**Inverted
 Wakeboard &
 Waterski School**
 @ Loon Lake
 Marina

518-744-9826
 call or text for appointment
invertedschool.com



**ROCK
 Your Fitness**

RockYourFitnessNY.com

Becky Weyrauch, certified personal trainer

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

\$25 OFF for all new clients
 promo code: #FitFam

Motivation for ALL Fitness Levels
 Battling Ropes, TRX,
 Slam Balls and More!

**Join a Session
 at Any Time!**

6-WEEK SESSIONS:
APR 24-JUN 3 • JUN 12-JUL 22
 M/W/F 5:15am or 6:30am
 Tu/Th 9:30am & Sat 7:30am

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

8th

**HUDSON
 CROSSING
 TRIATHLON**



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

**CapitalCare
 Medical Group**

**CENTER FOR
 PREVENTIVE MEDICINE**

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

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

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CapCare.com

Optimally Reduce
 Cardiovascular Risk
 with Cutting Edge
 Complementary Medicine

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

**Spring Season
 Is Here!**

New Footwear &
 Apparel styles for
 spring!

**Everything for
 training & racing!**

**We've Got It All
 For The Season**

- Custom shoe & sports bra fitting
- Track & field spikes
- Hydration & nutrition
- Injury prevention & recovery tools
- GPS watches & heart rate monitors

**Global
 Running Day
 IS JUNE 7TH**
 Join us 6pm @ Legislative
 Office Building, Albany
 Details on our website,
 Facebook and
 in stores



**BEST SELECTION
 Of Running Shoes
 And More!**

**FLEET FEET
 Sports**

Fleet Feet Albany
 155 Wolf Road | 518-459-3338

Fleet Feet Malta
 Rte 9 Shops of Malta Plaza | 518-400-1213

www.fleetfeetalbany.com

**Saratoga Springs
 Half Marathon
 & 5K**

**Sunday,
 July 9**

Benefits:
**STRONG
 to SERVE**

Prerace Packet Pickup:
**iRun
 LOCAL**

Register Now!

www.saratogaspringshm.com

Flat, fast course in Saratoga Spa State Park
 Run 13.1 miles or two-person relay (6.7M & 6.4M)
 5K run/walk for family and friends

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





By Shelly Binsfeld

There are two secrets to training: one is consistency and the other is balance. Consider balance beyond training and recovery. Look at balance with a multidimensional view. Use the wisdom of the big picture and your long-term goals – at the same time as paying attention to the details. This is where honesty, creativity, and patience will mix to create stunning running art.

Listen to your body. “Honesty is the fastest way to prevent a mistake from turning into a failure,” says entrepreneur James Altucher.

For a runner, honesty and listening to your body come hand in hand. If you are aware of how your body handles the stress of running and life, then you can be honest with yourself about the best course of action. When you are two miles into your warm up and still have heavy legs try the first portion of the planned workout. Make a valiant effort to get up to pace and see if your body will respond well. If it continues to struggle, back off and finish with a short cool down. Decide if your body needs a day of complete rest or just another easy run before you attempt the speed workout again. Wisely listen to your body’s cues.

Be creative with your training plans. Mix up your routine and color outside the lines. Turn your seven day week into 10 days when you have to plan around travel and days you can’t run. Open up the options by reducing the barriers. Start your marathon training a month early to give you more flexibility in completing all the long runs before the big

day. Switch up your long run to the middle of the week when your weekends are jam packed with events. Strictly following training plans formulated for the average runner, will not allow for the ebb and flow of life, training and your individuality.

Be patient. Rest when you are sick and extra tired. Your first action should be to identify how your body is handling the stress. Is it thriving or being crushed? Take that information and make the needed decisions that will with stop you from falling backwards and start you progressing forward. Perhaps this is a call to the doctor or a talk with a mentor. A few days or one week off from running may be all your body needs to overcome and get back to your strong self.

Be aware of your health and care for it. A little rest can go a long way. When I can’t run, I organize closets and drawers or read a book. My mind is active and I feel accomplished while giving my body the rest it needs. Your body does not lose any fitness in one week of rest. There are days for running and days for resting. Use a patient mind set to keep you balanced.

Successful training incorporates honesty about how you feel; creativity to adjust your schedule; and patience to recognize the need for rest. As your training matures, you will become more in tune with your energy level, and how to adapt your training to an abnormally busy schedule. You will have the confidence to stop or postpone a workout when your body is telling you its tired.

Answer These Questions

Can you repeat the workout two days later? Speed and tempo workouts should be run at a level and duration that limits

Ebb and Flow of Training



◀ THE AUTHOR AT THE 2011 STOCKADE-ATHON 15K IN SCHENECTADY. SHELLY BINSFELD

▲ CLIFTON PARK PACERS SPRING TRAINING RUN AT THE SOUTHERN SARATOGA YMCA. CECE SINNOTT-LYNCH

the stress on your body to the level of available adaptation. After one recovery day you should be able to repeat the workout at the same level as previously. This is staying controlled and aware.

Did you dig deep in your race and need to wait for the recovery and the adaption to occur? The common rule is one day of recovery for each race mile that you covered. Be patient and let all that hard work you did turn into a stronger body. Fill your days with short easy runs, walks and cross training.

Do you have stress outside of running? Yes, stress is stress on the body, no matter what form it comes in. Mental and emotional stress need to be calculated in when determining your level of training. Don’t expect your body to handle several stresses piled on top of each other. Decide which one you need to reduce.

What If Scenarios

Scenario One – *You have a mild cold and your body has felt tired for the past three days while running.* However, you planned to run a track workout with friends that evening. Let it go. One or two days off to allow your immune system to attack the sickness could be all your need. The same immune system that keeps germs from putting you on the sick bed is the same immune system that repairs your body from the easy run or fast workout. It is good to run outdoors and get fresh air when you are battling a cold. However, the advantages and disadvantages need to be weighed. It may be better for you to rest.

Scenario Two – *You are invited to join friends for an Adirondack hike on the day of your long run.* Go for it. Go have fun with

your friends. Hiking is great for runner’s strength training. Throw in a few minutes or miles of running on your way up or down the mountain. Your long run will be there next week. Capture the view at the top of the mountain this weekend.

Scenario Three – *Your running group goes two different directions: half to the track for 400s and the other half to the neighborhood for an easy chat-filled run.* Go for the challenge. I once stood at the corner and had to pick which group to go with: the faster runners that were going to challenge me on the track or the friends I dearly loved passing the miles with. In those two seconds I battled within my mind but the track workout won. Through being challenged and pushed out of my comfort zone, I was able to forge a new road for myself as a runner. Don’t give up challenges.

The Last Word on Balance

Most of all don’t hold onto your former self. If you keep looking back to the past, and how you used to train and perform, then you won’t be able to move forward. Be who you are today. Forge a new path for yourself. 🌱

“Our goal should never be to return to the athletes that we once were. It should be to chart a new course. To build a new identity. To define our own terms.” –Amelia Boone

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

**SHULMAN
HOWARD
& MCPHERSON
LLP
ATTORNEYS AT LAW**

Real Estate • Wills & Trusts • Estates
Bankruptcy • Land Use & Zoning
Corporations • Traffic Court & DWI

17 Old Route 66 • Averill Park, NY
518-674-3766 • 518-674-3805 • fax 518-674-3964

More than 80 years of experience

**THE
Boat House**

Sales, Rentals & Repairs

CANOES • KAYAKS
ROOF RACKS • ACCESSORIES

Old Town • Wenonah • Perception • Hurricane

*On the Mohawk River
Try our Boats on the Water!*

2855 Aqueduct Rd (at Balltown Rd), Schenectady
393-5711 • BoatHouseCanoesKayaks.com

GIANT • FELT • BIANCHI • LOOK • CERVELO • CO-MOTION • ELLIPTIGO



**Tomhannock
BICYCLES**
Sales & Service

**ROAD – MOUNTAIN – TRIATHLON
TANDEM – BMX – KIDS – E BIKES**

- Bike & triathlon clothing, Louis Garneau
- Day 6 Bicycles
- Yakima racks & accessories

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

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

**DAMIEN'S
ROCK WALL**

**Mobile Rock
Climbing Wall**

Bring exciting, safe
climbing experiences
to your events

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

**LONG LAKE
RAQUETTE LAKE**
in the Heart of the Adirondacks



Visit us this
Summer - towns
built for family
fun, great
activities and
events for all.

- Guided Hiking
Trips
- Outdoor Rec.
- Paddling
- Fishing

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

Celtic Treasures
Update New York's Premier Irish & Celtic Shop
Family Owned and Operated Since 1992

456 Broadway
Saratoga Springs, NY
518-583-9452

Cèade Mile Fáilte!
One hundred thousand welcomes from our clan to yours.

Whether you're Irish or just wish you were, visit
us for the finest Celtic gifts, Music, Books,
Food, Jewelry, Flasks, Mullingar Pewter, Belleek
China, Custom Bodhrans, Tin Whistles, Guinness
Collectibles, Galway Crystal, Tea and more.



**Visit our Irish and Celtic Web store on-line at www.celtictreasures.com
WE SHIP ANYWHERE IN THE US AND CANADA**

**ITR Integrated
Technology
Resources**

We Can Fix Your Computer Problems!
Old Computers Need Replacing?
Computer Servers Need Updating?
Virus/Spyware Removal • Data Backup/Recovery
Your Business or Home IT Department at Affordable Prices!

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

**Whiteface
Uphill Bike Race**



**11 Miles of hardcore
uphill pedaling punishment
to the ultimate Finish Line!**



Sunday June 4th

BikeReg.com

BikeWilmingtonNY.com

**Placid Planet
BICYCLES**



santa cruz | bronson cc

**SANTA CRUZ | SPECIALIZED | CERVELO
TREK | CANNONDALE | FELT | JULIANA**

2242 SARANAC AVENUE | LAKE PLACID NY | 518.523.4128
WWW.PLACIDPLANET.COM 

BICYCLING from Page 1

cle with a margin of at least three feet. Several other states have enacted different versions of the law, but the three-foot standard is the most prevalent. "It made absolutely no sense that New York, which is a progressive state, does not have a safe passing law that protects cyclists," Paul said.

So NYBC began its campaign in 2011, but the resulting law fell short of establishing a standard, instead requiring that drivers only pass at a "safe distance." Paul continued, "All we could get in 2011 because of the strange way that Albany government works, was to get a plain vanilla passing law - no standard."

Trying again this past year, the organization got halfway to its goal, as the State Senate passed a three-foot bill. But the bill fell short in the Assembly, and Paul and fellow advocates are firm in their resolve to keep trying. They know that given the way New York government works, it may take years to pass the law that seems to be just common sense to any cyclist who has ventured out on state roads.

Critics claim that such laws are impossible to enforce, because the only definitive proof that a driver has come within three-feet is if they actually hit the cyclist. But Paul disagrees, and says that it's important to establish a standard that enforcement can be based on. He is hopeful and says support is increasing in the Assembly, with Capital Region member Phil Steck in particular campaigning on their behalf.

"I think we were closer this past year - because we feel like we have stronger support legislatively. If it gets out of committee and onto the floor it will pass."

The Albany Bicycle Coalition and Mohawk-Hudson Cycling Club will be sponsoring a "Three-Foot Capital Cruise" on Friday, May 19 at 12pm, leaving from West Capital Park in Albany, to help bring attention to continuing efforts to enact legislation that establishes a legal 3-foot passing margin for motorists when passing bicycles. For more information, contact Howie Diamond of MHCC at hdwsus@gmail.com.

NYBC's success in applying for grant funding has also enabled hiring of staff to do the tedious but necessary work of reaching out to and working with law enforcement across the state. It takes time and effort to educate officers of what the laws are and the best ways to enforce them. "It's important we do this because the law enforcement community in New York State is not all that familiar with specific vehicular and traffic laws that protect bicyclists. They don't spend a lot of time on it at the police academies - we know that from seeing the curriculum. It's not much, so we are going to help them rewrite that curriculum," Paul continued. The organization has also just finished shooting several training videos that will be shared with police agencies around the state to add to educational efforts.

Other NYBC initiatives include the same kind of grass roots work to get laws passed that will legalize E-bikes in the state, and other initiatives that may seem obscure, but that can make a difference. One is the "20 Question" campaign, to get a bike related safety question on the state DMV driver's test. There has never before been a requirement for such a question, and Paul says it would force all license applicants to study cycling related traffic laws to prepare for the test.

Another is the drive to pass legislation sponsored by Albany Assemblywoman

Patricia Fahy that would mandate an end to using the word "accident" in traffic reporting, which implies no one is at fault. "It seems like a minor thing but it's a real hot button issue," Paul says. "When a car runs over a cyclist, it's usually not an accident - someone's at fault. Sometimes it's the cyclist not in the right place, but more often it's the motorist."

Paul says he has never been more hopeful that some real help to ensure cyclist's safety is finally within reach. "We're really tired of being hurt and maimed and disrespected, but the climate has really changed. I feel like our time is really now - I'm really optimistic. I wouldn't be doing this if I wasn't optimistic." Learn more at nybc.net.

Another organization that works to protect regional cyclists is the **Mohawk Hudson Cycling Club**. The club, led by David Liebschutz, has over 630 members spread across the seven-county Capital Region and will celebrate its 50th anniversary in 2019.

MHCC has a strong focus on safety, including strictly mandating helmet use on club rides, encouraging volunteer ride leaders to get first aid training, and fostering what David calls a "supportive ride culture," where ride leaders actively help participants with mechanical and first aid issues if needed. There is also a strong emphasis on observing the rules of the road on group rides, where large groups of cyclists can lead to frustrated drivers - and bad public relations.

The club also purchases ride insurance through the League of American Bicyclists to make sure that if the unforeseen happens and a rider is injured, they will have some support even if they don't have their own insurance.

The club also has an annual ride leader summit in the spring for training and updating best practices for the season ahead. David also oversaw a survey of club members last fall that identified the trend of aging club membership that make safety even more important.

Former club president and *Adirondack Sports* contributor, Skip Holmes, also keeps an active interest in supporting the safety culture that he helped to create during his 20 years of leading rides, and five years as club president.

Skip helped start the club's first aid training program after a deer unexpectedly ran across the road - and straight through his group ride. It was every ride leader's nightmare, with three riders down with serious injuries, and plenty of "road rash" to go around. "What I saw that evening was that no one knew what to do," he remembers. "I had to essentially do triage on the injured riders and then get others to each injured rider. As a Vietnam vet, I had first aid training and unfortunately had to use it back then. That led to the decision to get others trained."

MHCC also is fortunate to have no less than five League Certified Instructors, certified by the League of American Bicyclists, and specially trained in bike fit, maintenance, bike handling, vehicular cycling, and rules of the road. The volunteers are available to lead classes in schools and for other interested groups for both children and adults. To set up a class by an LCI, contact the club at mohawkhudsoncyclingclub.org.

Safety - In addition to supporting organizations that work for cyclists, what factors can an individual control to keep safe when out on the road or trail?

According to Garrick Dardani, co-owner of Steiner's Ski & Bike in Glenmont, Valatie and Hudson, a properly fitted helmet is the single most important piece of physical safe-



RIDERS ON ROUTE 8 ON THE SOUTH SHORE OF BRANT LAKE PRACTICE SAFE SINGLE FILE RIDING ON THIS BUSY ROADWAY. DAVE KRAUS



BRIGHT, VISIBLE CLOTHING IS AN IMPORTANT SAFETY ITEM, ESPECIALLY WHEN RIDING IN BAD WEATHER. THESE RIDERS WERE RIDING IN THE TOUR DE CURE. DAVE KRAUS

ty equipment a rider can use. "From no helmet to the hairnet to the micro shell helmet - the evolution of helmets has been the biggest conversation in safety," Garrick says, who has been involved in his family's cycling business for 30 years. He adds that it's not enough to just buy the helmet and wear it. "Treat your helmet with respect - if you throw it into the back of the car and are constantly dropping it, then you're degrading it."

He also suggests a variety of other equipment that cyclists can use to increase their visibility and safety. Front and rear lights can be a big factor in being visible to drivers, even in daylight, and newer lights have more focused beams to increase daylight visibility. At a recent shop owner's workshop sponsored by Trek, Garrick says he watched a demonstration of daylight flashing lights that were visible from up to two miles away - long before you could even see the cyclist using it.

Garrick also suggests cyclists choose their clothing carefully, and shop specifically for items that have reflective patches in addition to the popular new neon colors. Reflective tape is also a valuable and inexpensive way to be seen, and pieces applied to shoes, crankarms, or other moving parts

will create an animated display that is difficult for drivers to miss - at dusk or after nightfall.

Keeping your bike in good repair and regularly inspecting equipment before each ride can also be a lifesaver, according to Garrick, "Constantly inspect your tires, especially sidewall damage, which could make a sudden blowout situation." He also suggests what he calls the "shake, rattle and roll test," which he applies to every bike that comes into the store for service. "I give it a two-inch drop and see if anything rattles. If something sounds loose, it could be the quick release, headset, or other things that can add to instability while riding."

But after following all of these tips for equipment and maintenance, Garrick says the most important safety tip of all is to "know the rules of the road and follow them. That only costs your time to learn them." 🚲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime Capital Region cyclist, photographer and journalist. Visit his website at krausgrafik.com. Dave's helmet saved his life in 2010; to read about this crash go to adksports.com/2017-05-bicycling.

Facts on Ticks, and Symptoms and Treatment for Lyme Disease

By Christina Fisk

Spring has arrived, complete with excellent advice on ways to prevent tick-borne diseases, particularly Lyme disease.

Lyme disease infects nearly 400,000 people in the U.S. each year, and we anticipate a bumper crop of ticks for 2017.

A tick needs to be fully attached to your skin to transmit disease. Ticks anaesthetize your skin as they bite, and can remain attached, undetected, for hours or even days.

Remove It Immediately - Tick removal tools such as the O'Tom Tick Twister, tick spoons, and fine-tipped tweezers are designed for this purpose...

Keep the Tick for Testing - Place it in a zip-lock bag and send to one of these laboratories for testing.

University of Massachusetts Tick-Report Lab; fee-based but offer quick results and test for coinfections (tickreport.com); Bay Area Lyme Tick Testing; free but takes several weeks for results...

YOU'VE BEEN BITTEN - NOW WHAT?

There are two treatment protocols for the treatment of tick bites. You can download the most current treatment guidelines, based on up-to-date and unbiased research...

Lyme disease: the clinical management of known tick bites, erythema migrans rashes and persistent disease.

Bring these guidelines with you when you see your doctor. You have the right to tell your doctor that you would like to be treated according to these updated guidelines.

SYMPTOMS AND TREATMENT

Symptoms of infection are variable and unpredictable. The most common include joint pain, flu-like symptoms, fatigue, migrating pains or distress, headaches, sometimes a bulls-eye rash or diffuse, and many others.

If you exhibit symptoms, request treatment. Do not wait for a positive blood test. The most common diagnostic tests measure antibodies, but it takes weeks for the body to develop sufficient antibodies to register a positive response...

The ELISA and the Western blot, the most common diagnostic tests for Lyme disease are inaccurate about 50% of the time, particularly when done by local labs. If you have a negative blood test, you still may have Lyme disease.

It is highly INADVISABLE to take a prophylactic dose of two pills. This recommendation is based upon one very small and very flawed study that did not follow the patients beyond a few weeks.



Lyme Disease Film Screening on May 22

GLENS FALLS - The locally-based Lyme Action Network invites the public to attend a screening of "The Little Things," written by TV star Jeremy Davidson and directed by film/TV star Mary Stuart Masterson.

ment of less than 20 days.

For more information, go to the Lyme Action Network's website at lymeactionnetwork.org, and review the "Learn the Facts" flyer.

Christina Fisk (ctfisk@gmail.com) is the president of the Lyme Action Network. The Lyme Action Network is a not-for-profit organization dedicated to advancements in research, education, and advocacy on behalf of the victims of tick-borne diseases.

LAKE GEORGE "STRONG TO SERVE" HALF MARATHON & 5K continued

Results table for Lake George 'Strong to Serve' Half Marathon & 5K, listing male and female age groups and their corresponding times.

CLASSIFIEDS

HELP WANTED - Maui North Ski, Bike & Board Co. seeks an experienced bike mechanic to join our team in Plattsburgh.

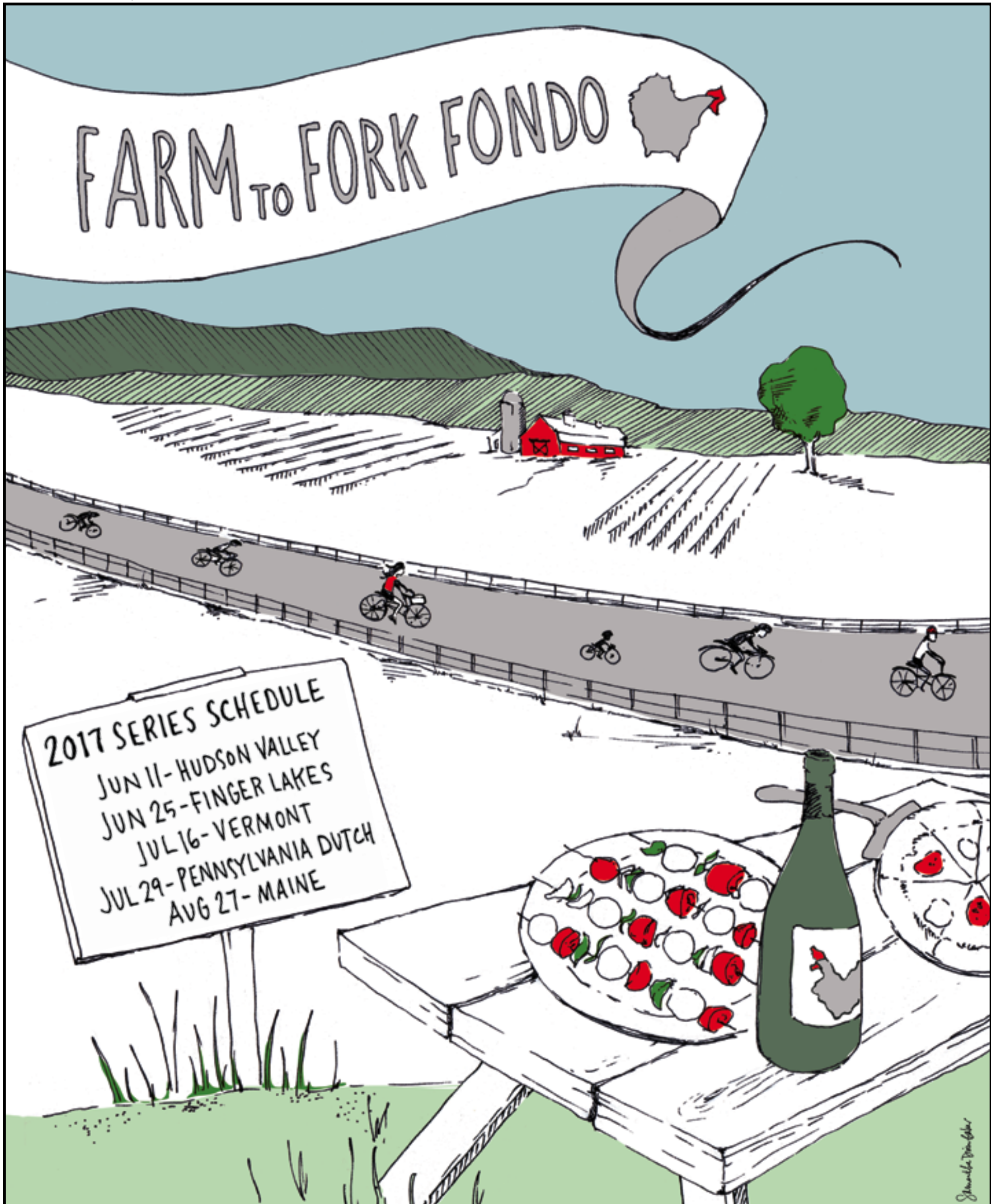
VERMONT STRONG - Train hard, bring your family! Lodging ideal for camps and coaches.

BRAND NEW SHORT-TERM SUITES - Station St, Lake Placid. (1) 900+ sf, 2 BR/4-person. (1) 1100+ sf, 2 BR/6-person.

VACATION RENTAL - Log house two blocks from Main St in Lake Placid, near river.

ADIRONDACK Gear! Look Good While You Sweat! Sports apparel including shirts and hats. Order at AdkSports.com

ADIRONDACK Sports magazine subscription form with pricing for 1, 2, and 3 years.



a farm fresh feast from the seat of your favorite bicycle

farmtoforkfondo.com

COLAVITA

Bianchi

MAPLE HILL
CREAMERY

EPT