

Little Tupper Lake and Rock Pond

ROCK POND OUTLET AT THE
START OF THE CARRY TO
ROCK POND. RICH MACHA

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AdkSports.com
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By Rich Macha

If you like sandy beaches, clear water, observing wildlife, colorful sunrises and sunsets, and peaceful motorless places then you should love Little Tupper Lake. Located in the west-central Adirondacks, Little Tupper and nearby Round Lake and Rock Pond are great destinations for the day paddler as well as the overnigher.

Little Tupper is six miles long and at 2,300 acres, it is the 14th biggest lake in the Adirondack Park. Behind Lows Lake, it is the second biggest lake that is essentially motor-free. Its 20 miles of shoreline offer much to explore. There are 24 designated primitive paddle-in campsites available on a first-come, first-served basis.

The put-in is south of Sabattis Road in the town of Long Lake. You might be surprised to see so many buildings here – once the headquarters of Whitney Industries, these buildings are now utilized as a ranger station and summer housing for AmeriCorps interns. Next to the parking area are restrooms and a spot to fill up with drinking water – fairly deluxe amenities compared to what is generally expected in the Adirondacks. You do need to carry boats and gear about 100 yards to get to the sandy beach next to a boathouse.

There are two private estates nearby. Camp Francis is west of the put-in. The other, Camp on the Point, is seen to the east, along the south shore. As you paddle west you travel away from civilization and into the wilderness, the William C. Whitney Wilderness to be exact.

From the put-in, you have to paddle around a point and through some grassy shallows. Little Tupper is not very deep and moderate winds, especially winds from the west and southwest, can produce waves of over a foot. The point can block the wind and I've watched folks head out from shore on a relatively calm surface, and despite paddling hard, come to a standstill once they rounded

the point and faced the headwind – check the wind forecast before heading out. Early morning is usually the calmest time to paddle.

Paddling along the north shore, you soon pass Camp Francis and campsite #1 is reached on state land about one-mile from the put-in. After rounding the point and heading north you pass campsite #2 and find the mouth of the outlet of Otter Pond. You can make it up this twisty stream about a mile and reach the Burn Road foot trail (aka Lilypad Pond Trail) before having to turn around and head back to the lake.

Back to Little Tupper we head past an island and campsite #3. Campsite #6 is high up in the pines on the next rocky point. After passing site #7 there is a good-sized bay and sandy beaches become more prevalent – day-trippers may want to stop somewhere past site #9 for a swim or a picnic lunch. Site #12 is the last campsite along the north shore; it is over four miles from the put-in. To the west is a low wetland through which the outlet of Charley Pond winds before reaching the lake. Paddle upstream and you will soon reach the Burn Road Trail bridge, which blocks the way – not the easiest place to get out, but if you portage around it you can continue paddling further upstream for less than a mile before reaching private land. A walk along the Burn Road Trail will show you how a not-so-old logging road is growing in after a span of 20 years. Keep an eye out for snapping turtles while paddling back to the lake.

South of Charley Pond Stream is an unnumbered campsite called Camp Bliss. This was originally the site of a four-bedroom cottage used by the Whitney family, and a guest cottage was 150 feet to the north. I visited right after the state bought the land in 1998, but soon after my visit the buildings were removed. It is now a somewhat buggy open area, but from the beach it does have a great view up the lake, so it is worth a stop.

See **PADDLING 19** ▶

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4

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● **RUNNING & WALKING**

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PAT HENDRICK PHOTOGRAPHY



2016 **SILKS & SATINS 5K** IN SARATOGA SPRINGS.
SARAH DZIKOWICZ

Toga and Dacks Summer Races!

By Mona Caron

Saratoga Springs will be the place to be this June and July for road races. And, the Adirondacks will be the focus for a variety of distance events to suit a wide variety of runners.

The first annual “Dragon the Dads” Father’s Day 5K, Kid’s Mile, and “Dragon Dash” for the littlest racers will be held at Saratoga Spa State Park on Saturday, June 17. The 5K run/walk will include shirts for the first 125 runners to register, reusable tote goody bags, gift cards as prizes for the top male/female overall and in each age category. Additionally, local restaurant gift cards will be awarded to randomly drawn bib numbers at each mile marker!

The event kicks off at 9am and benefits the Greenfield Elementary School Home School Association, a nonprofit group of parents which provides cultural and educational enrichment. Checkout: finishright.com.

Celebrate the nation’s birthday and earn your backyard barbeque by running four miles on the Fourth of July. The 11th annual **Firecracker 4** will be on Tuesday, July 4. Join 4,000 runners starting on Broadway in front of the Saratoga Springs City Center, and winding through the historic streets and neighborhoods, the course heads back to the finish line behind the City Center. This holiday race is one of the most motivational and fun events! Peppered throughout are rock bands, a fife and drum corps, plus friendly neighbors with music piped out on large speakers, plus refreshing water sprinklers and water stops. The festive nature of the race makes it Christmas in July with costumed, patriotic runners and spectators all dressed up in red, white and blue!

The finish area is a big party. After you enjoy some post-race refreshments, take a walk around to see vendors offering free samples, participate in Esperanto’s dough-boy eating contest, and visit with friends. Once again, the race will have the Run Your Colors competition where the group or organization with the most registered runners win a \$1,000 prize to be donated to a charity of their choice. For three years in a row, Rock Your Fitness of Malta has won, so join in the challenge. Visit: firecracker4.com.

On Sunday, July 9, Saratoga Spa State Park will host the **Saratoga Springs “Strong to Serve” Half Marathon and 5K Run**. Held entirely within the state park, you’ll wind your way on mostly paved paths and roads for 13.1 miles or 5K, with start/finish at the Peerless Pool. The half marathon also includes a popular two-person relay with legs of 6.6 and 6.5 miles. The ability to choose between the half, relay and 5K enables runners of all levels and abilities to participate. The post-race party and awards presentation

has lots of food choices, music, kids’ activities – and the nearby pool! Race director Michael Amarillo presents the awards in a creative way with trivia and cool prizes.

Twenty percent of all proceeds support Strong to Serve for their coverage of six water stops and course marshaling duties. They’re a local non-profit organization that provides medicine, milk and grains for disabled orphans in Nicaragua. Learn more: saratogaspringshm.com.

For an almost trackside tour of the city’s beautiful neighborhoods, run the 21st annual **Silks & Satins 5K** on Saturday, July 22. It’s the Jeff Clark Memorial Race and benefits Special Olympics New York. In addition, Silks & Satins supports the Saratoga Race Course backstretch workers with a donation box for collecting gently used shirts. Flat and fast, the 5K starts and finishes at Fasig-Tipton Pavilion on East Avenue.

With an early start at 8am, followed by the awards ceremony at 9am, you can enjoy the rest of your day at the Saratoga Race Course – which just opened for the season. There’s team competition for male/female/coed, so sign-up five of your family, friends and running partners. Go to: silksandsatins5k.com.

With the summer mileage buildup, you’ll be prepared to run longer in August, so you can plan a day or weekend trip to one of these three lakeside races. They’re also great tune-up races for fall marathons.

Run on the beautiful shores of Lake George at the ninth annual **Camp Chingachgook Challenge Half Marathon & 10K** on Saturday, August 12. The half marathon starts at the Lake George Elementary School and runs north on the east side of the lake for the finish at YMCA Camp Chingachgook. Free shuttle buses bring you and your family and friends back to your car after the race. The 10K, based at the camp, and runs out-and-back along the east side of the lake. Rolling hills, beautiful scenery make this a must-do event.

After you finish, enjoy a delicious barbeque and buffet courtesy of YMCA Camp Chingachgook. As a previous participant I would agree with the designation as the “Best post-race meal ever; hotdogs, chicken, baked beans, coleslaw, pasta salad, watermelon.” Post-race, all guests will be able to swim in the lake and have access to Chingachgook’s facilities, including changing rooms and showers. Visit: lakegeorge-halfmarathon.com.

On Sunday, August 20, the **Tour de Force Half Marathon, 10K and 5K**, will start with an out-and-back course at Mooney Bay Marina in Plattsburgh. The scenic, flat run along Lake Champlain will have mile markers along the



2016 **TOUR DE FORCE CHARITY RACES** IN PLATTSBURGH.
PAT HENDRICK PHOTOGRAPHY

entire course for all three distances. This is a well-supported race with course marshals at every turning point and refreshment stops along the way. The half marathon includes a handcycle/pushrim category. There’s also a one-mile fun run/walk.

The Tour De Force Charity was started in 2002 by two NYC detectives to raise money for the victims of the September 2001 terrorist attacks. It started as an annual bike ride from NYC to Boston or vice versa to raise money for police officer’s families who are killed in the line of duty. The running races were added to increase awareness and fundraising. The 2017 Tour De Force Run will be dedicated to NYPD officers Liu and Ramos and NYS Trooper Shawn Snow. Checkout: adirondackcoastevents.com.

Finally, for a truly one-of-a-kind distance, sign up for the **18.12 Challenge & Half Marathon** on Sunday, August 27. Known as America’s “second war for independence,”

the War of 1812 was an American victory over British forces in America and Canada. The war began over Native American conflicts in the Northwest Territory, with the British encouraging these conflicts. Since two of the battles were fought at Sackets Harbor, this race commemorates the War of 1812, the military presence and history of the region.

The 18.12 and 13.1-mile road races start at Immaculate Central High School in Watertown and end on the historic 1812 Battlefield in Sackets Harbor – overlooking spectacular Lake Ontario. Both routes are fairly flat with some rolling hills. With a net elevation loss and a lot of support, this is terrific goal race or a great long run to prepare for a fall marathon. Go to: 1812challenge.com.

There’s a distance for every runner and great summer venues for a race weekend getaway. Sign up for one or all! 🌲



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WHERE THE HEART OF THE PARK BEATS



SummerFest 🍷 Bands on the Beach 🎧 TR Weekend
Events 🍷 discovernewcomb.com ❤️ newcombnny.com

News Briefs

Bike Fix Stations at Saratoga Battlefield, Albany Libraries and More

STILLWATER – The Friends of Saratoga Battlefield were recently awarded funds from the Town of Stillwater and their Global Foundries-Town of Stillwater Foundation grant program. The park and the Friends group worked together to submit the grant request for bike fix-it stations to be located in the park. With the awarded grant, the Friends purchased and installed two fix-it stations and the park has installed them at the visitor center parking lot and at tour stop 7. These stations will provide support to the growing number of cyclists visiting the park. Stillwater, Global Foundries, NPS and the Friends secured these funds. For more info, visit: nps.gov/sara.

In Albany, three branches of the Albany Public Library have bike fix stations ready for use. Free for the public, the repair stations are located at the Arbor Hill/West Hill, Bach and Delaware branches. Funding for the stations came from the Capital District Transportation Committee's Capital Coexist program. For details, go to: albanypubliclibraryfoundation.org.

The Fix-It includes all the tools necessary to perform basic bike repairs and maintenance, from changing a flat to adjusting brakes and derailleurs. The tools and air pump are securely attached to the stand with stainless steel cables and tamper-proof fasteners. Hanging the bike from the hanger arms allows the pedals and wheels to spin freely while making adjustments. Additional library locations in Voorheesville, Bethlehem also have new bike stations with more being planned at other area locations. 🌲



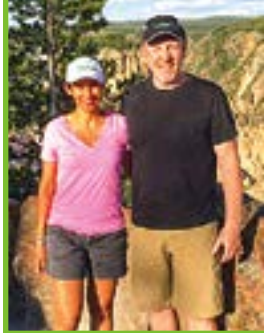
Saratoga Battlefield 100-Mile Recreation Challenge

STILLWATER – Friends from the Saratoga Greenbelt Trail and Saratoga National Historical Park have organized a fun challenge for this spring, summer and fall. Saratoga National Historical Park is inviting visitors and community members to participate in a 100-mile recreation challenge this summer. From May 1 to October 31, to encourage people to bike, walk, hike, or run 100 miles within the battlefield. People can sign up by emailing: sara_info@nps.gov.

Anyone can take part in the challenge, from beginners to advanced hikers and cyclists. Pets are also welcome. To complete the challenge, each participating pet must hike 100 miles in the park with their human companion, following park pet policies. Youth can participate in this challenge too, but every participant must hike or bike the 100 miles under their own power. Miles in a backpack carrier or stroller don't count. Once registered, the park will provide a mileage log to record your participation. Each participant who completes 100 miles will

FROM THE PUBLISHERS

Summertime!



We hope you're doing well and enjoying life to the fullest. We've put together an issue packed with insightful articles, awesome ads, destinations, events, races and results. Our athlete profile, Ivan Vamos, 79, is a lifelong athlete and outdoors advocate, who believes that being active with family and friends is vital to staying healthy. He and his wife, Rita, continue to get outside every day for walks and swims – "If you stop being active together, then you won't be able to do it." We're celebrating 17 years – thank you all for your support! *Life is awesome, see you out there!* Darryl and Mona

receive an award. And the first 100 people to finish the challenge will receive a T-shirt. For details and maps, go to: nps.gov/sara. 🌲

Tri-City Valley Cats 5K June 17 at HVCC

TROY – HMRR's Tri-City Valley Cats Father's Day Home Run 5K will be held Saturday, June 17 at 9am at Bruno Stadium, Hudson Valley Community College in Troy. Active.com closes on June 14. There is no day of race registration however, there will be last chance registration on Friday, June 16 from 5-7pm at the stadium. T-shirts are available for the first 275 registered. Each runner also receives four free tickets to any Valley Cats regular season game (excluding July 4) for each runner. Awards go to top three males and females in five-year age groups; top three father/daughter and father/son teams.

The Food Pantries will be collecting donations so bring a canned good or non-perishable food item. A 1/4-mile kids' race will take place on the field at 10am. For more info, call John Haley at 456-3682 or visit hmrrc.com. 🌲

Warren County Cycling Challenge

QUEENSBURY – The Cycling Challenge encourages cyclists of all abilities – beginners through advanced – to enjoy the roads and trails of Warren County experience and ride at their own pace. To qualify, cyclists must complete a minimum of eight of any rides listed in any combination of all road, all mountain bike or a mix of road and mountain bike rides. All ages may apply, but youth should be accompanied and supervised by adults on all rides.

Start date is July 1 and there's no time limit for completion. It's free to participate. Dates must be entered on the list of rides, and initialed by an adult who witnessed the ride if a child is under age 18. The qualification sheet must have the qualifying rider's legal signature and be dated. Completed qualification sheet should be mailed to: Lloyd Mott, 96 Country Club Rd, Queensbury, NY 12804 or bring it to the Warren County Municipal Center, Tourism Office in Lake George. A finisher's certificate and window decal will be mailed to you. For more info on the challenge, route choices and the qualification sheet, visit: bikewarrenco.org. 🌲

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MARATHON
HALF MARATHON

PACKET PICK-UP

Saturday, October 7 ■ 10am-5pm

ALBANY CAPITAL CENTER

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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

TRICITY INDIA ASSOCIATION

THIRD ANNUAL

Good Karma 5K Run/Walk

Saturday, June 17 • 9am

South Pavilion, The Crossings, Colonie

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 Awards to top three M/F overall & age groups

Info, Entry Form & Registration: TRICIAN.YORG

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 Ram Lalukota & Purti Patel
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15TH ANNUAL



Christine Nicole Perry
Memorial Bike Ride

Sunday, August 6
THE HUB
27 Market St, Brant Lake
9am - 40 miles along Schroon River and Loon, Friends, Brant lakes
10am - 15 miles along Schroon River and Brant Lake
Rain or shine • Post-ride lunch included
Preregistration Appreciated:
BikeReg.com
Day of registration: begins at 8am
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Capital Region Road Race
Saturday, July 15 • 10:30am
Ravena-Coeymans-Selkirk High School, Ravena (10 miles south of Albany)
Rolling 20-mile loop with steep climbs
All men, women & junior categories
Equal cash prizes for men & women
Register: BikeReg.com
Race map & guide: cbrcc
Beth Ruiz: 518-334-6058; bmler17@nycap.rr.com

Calendar of Events
June - August 2017*

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

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED)
ONGOING

- Daily MHCC Club Rides.** 300 rides/year. Albany-Saratoga Region. mohawkudsoncyclingclub.com.
- Daily King of the Mountain Rides: 6/1-8/31.** Self-directed: Lake Desolation Rd, Prospect Mtn Rd, Spier Falls Rd. Saratoga Tri Club. bikereg.com/stc-kom.
- Thu GGB Adventure Ride.** A/B/C group, no-drop. 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.

JUNE

- 16-18 8th Saranac Lake Tandem Rally.** Great rides/food & fun. Saranac Lake. Rich & Lindy: 354-3102. gtgtandems.com.
- 17 4th Hudson Headwaters Ride for the Well of It.** 15M/30M/50M w/lunch. The Hub, Brant Lake. 494-4822. bikereg.com/hhwn.
- 17 Adirondack 540 Fondo.** 136M. 7am. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 23-25 Syracuse Race Weekend. Fri: Otisco Hill Climb. Sat: Lafayette Criterium. Sun: Tully Road Race. onondagacyclingclub.org.
- 24-25 Ride for Mental Health. 25M/50M/100M. Hasbrouke Park, New Paltz. ericsside.com.
- 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. Sue Hoxie: 802-388-7951. vermontgranfondo.com.
- 1-9 French Canada Tandem Tour.** Saint Bernard de Lacolle, QC. Rich & Lindy: 354-3102. gtgtandems.com.
- 8 Oswego County Race Series & Seneca Circuit Race. 13-42M. Manor Drive, Oswego. rideoswegocounty.bike/tour-de-loop.html

AUGUST

- 4-6 Montreal Double Double.** 400M. Two doubles w/rest day in Montreal. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 5 10th Tour of the Catskills. 23M/54M/80M. Tannersville. tourofthecatskills.com.
- 5 Tour de Loop. 30M/50M. 9am. Rudy's Lakeside Drive-in, Oswego. bikereg.com.
- 6 15 Christine Nicole Perry Memorial Bike Ride & Lunch.** 40M: 9am; 15M: 10am. The Hub, Brant Lake. 644-3020. chrissysfund.com.
- 20 Four Lakes Tour to Benefit Tour de Force.** 30M/70M. 9am. Lunch included. The Hub, Brant Lake. Rachel Harvey: 496-0874. tourdeforce.ny.com.
- 20 Rensselaerville Ride: From Hill to Hollow.** 10M/24M/44M/64M. Music, BBQ, swimming. Carey Institute for Global Good, Rensselaerville. 797-5100. bikereg.com/rensselaervillride.
- 26 17th Pat Stratton Memorial Century Ride.** 100M/50M/25M & Kids' Ride. 8am. Picnic, music, poker ride w/prizes. 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. doublehranch.org.
- 10 Tour de Daggett Lake.** 65M: 8am; 20M: 9am. Daggett Lake Water Ski Club & Water Ski School, Warrensburg. daggettlake.net.
- 15-17 ADK 540 Race/Ride.** 136-544M. 8AM. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.

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

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

Register at www.doublehranch.org

Camp Challenge Ride Sponsored by:
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Sunday, Sept. 10
Scenic Rides
 65 miles - 8am
 20 miles - 9am

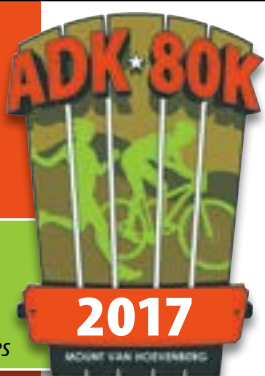
Daggett Lake Water Ski Club & Water Ski School
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 Daggett Lake Campsites: 518-623-2198
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August 26 & 27

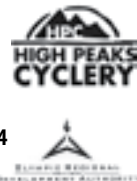


2017

Saturday
 - Trail Running Race & Relay
Sunday
 - Mountain Bike Races

Running - 80K and 40K trail races, and 80K relay with 2 or 4 runners per team. The 20K loop is ideal for first-time ultra runners.
Biking - 80K and 40K solo MTB races with cyclocross and fat bike divisions, and 80K relay with 2 or 4 bikers per team.

Info/Register:
ADK80K.com
 Register early to save!
 Lake Placid • (518) 523-3764
 adk80krace@gmail.com



24 Farm to Fork Fondo: Berkshires. 9am. A farm fresh feast from the seat of your favorite bicycle. Hancock Shaker Village, Pittsfield, MA. 662-0211. farmtoforkfondo.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.

Sun Poor Man's Downhill Shuttles: 6/25, 7/9, 8/6, 8/20, 9/3, 9/17. 1-4pm. Up A Creek Restaurant, Wilmington. bikewilmingtonny.com.

JUNE

17 Grafton Rocks Mountain Bike Festival. 9am-4pm. Grafton Lakes SP, Grafton. saratogamt.org.

18 Round Top Mountain Bike Enduro MTB Race. 12pm. Riedlbauer's Resort, Round Top. rtmba.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 Gravel Grinder Vermont Dirt Ride. 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 - 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.

12-13 Windham Race the World (66/Pro XCT). Windham MTB Park, Windham. windhammountain.com.

19 Over the Top 10K Mountain Bike Duathlon & 5K Trail Run. Solo/2-person teams. West Mtn, Queensbury. 636-3699. westmtn.net.

20 Bellayre Mountain All Terrain Challenge Mountain Bike Race. Bellayre Mountain, Highland. nysmtbseries.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: 6/12-7/22. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.

Daily True North Yoga. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.

HIKING, ROCK CLIMBING & WILDERNESS SKILLS
ONGOING

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

JUNE

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.

24 Become Skilled w/Map & Compass. Becoming an Outdoors Woman Series. Kelly Stang: 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

2 Esther Mtn Hike. 6.6M. 8:30am. Ausable River Two Fly Shop, Wilmington. ADK: 523-3441. adk.org.

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. Kelly Stang: 402-8862. dec.ny.gov/education.

21-23 Trailless Backpacking: Dix Range. 19M. 523-3441. adk.org.

24 Table Top Mtn Hike. 10M. 8:30am. Adirondak Loj Great Room, Lake Placid. ADK: 523-3441. adk.org.

30 Women's Day Hike: Macintyre Range. 10.8M. 523-3441. adk.org.

31 Esther Mtn Hike. 6.6M. 8:30am. Ausable River Two Fly Shop, Wilmington. ADK: 523-3441. adk.org.

AUGUST

7 Dix & Hough Hike. 13.7M. ADK: 523-3441. adk.org.

14 Street & Nye Hike. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

SEPTEMBER

3 Mt Marshall Hike. 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

28 Seymour Mtn Hike. 14.4M. 7:30am. Coreys. ADK: 523-3441. adk.org.

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
 Benefits Under the Woods Foundation and Camp Under the Woods for kids on the autism spectrum



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Saturday, August 26, 8am
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 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/27
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Register: Active.com
 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
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17TH ANNUAL
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Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event

Aquabike is Back! 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

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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 Hudson Valley Summer Tri Series. Sprint races: 7/12, 8/9, 9/6. 5:45pm. Wilson SP, Mount Tremper. hvtc.net.

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.

JUNE

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.

17 SteelMan Triathlons: Sprint, Olympic, Aqua, Duathlon. 8am. Darien Lakes SP, Darien Center. eclipsemultisport.com.

17 Tri-Oswego Triathlon. Olympic, Sprint, Duathlon. 8am. Wrights Landing, Oswego. tri-oswego.com.

18 Ironman 70.3 Syracuse. 1.2M swim, 56M bike, 13.1M run. Jamesville Beach Park, Syracuse. ironman.com.

18 11th Glens Falls YMCA Kids' Triathlon. Ages 6-14. 8am. YMCA, Glens Falls. glensfallsymca.org.

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

1 Tri in the Buff. Intermediate, Sprint, Duathlon, Aqua, Kids. Evangola State Park, Irving. score-this.com.

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. 7am. Williams Lake, Kingston. Sarah Hanaburgh: 845-247-7275. hitsendurance.com.

8 Basin Harbor Sprint Triathlon. 500yd swim, 12.2M bike, 5K run. Basin Harbor Resort & Boat Club, Vergennes, VT. active.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. Refreshments, awards, raffles. Piseco Lake. 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. Lasker Pool, Central Park, New York. nytc.org.

AUGUST

5 Maple City Triathlon. 750m Swim, 20K bike, 5K Run. 8am. Ogdensburg. runsignup.com.

5 Basin Harbor Aqua Race & Duathlon. Basin Harbor Resort & Boat Club, Vergennes, VT. active.com.

6 Iron Girl Syracuse Women's Triathlon. 600m swim, 18.6M bike, 5K run. Du: 18.6M bike, 5K run. Oneida Shores Park, Brewerton. irongirl.com.

6 Cayuga Lake Triathlon: Sprint, Intermediate, Youth. 8am. Taughannock Falls SP, Trumansburg. cayugalaketriathlon.org.

6 Staten Island Tri/Duathlon. Tri: 0.25M swim. Du: 1M run, 12M bike, 3M run. 8am. Midland Beach, Staten Island. nytri.org.

6 Monster Classic 10K & 5K. 8:45am Broadway & Frasier Ave, Monticello. 845-239-2107. sullivanstriders.org.

12 Ken Hummel Memorial Duathlon, 5K & Kids' 1 Mile. 9am. Stuyvesant. stuyvesantny.us

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.

26 Rochester Triathlon. Intermediate, Aqua, Sprint. 7:30am. Durand Eastman Park, Rochester. rochestertriathletes.com.

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 Runaground Triathlon. 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.

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OTHER EVENTS
JUNE

- 17 Over the Edge: Rappel for a Cause. Queensbury Hotel, Glens Falls. 518-793-3136. otecwe.com/glensfalls.
- 24-25 3rd Adirondack Wine & Food Festival. 80+ vendors. Lake George. 518-668-9463 x15. adirondackwineandfoodfestival.com.
- 24 USA Luge Slider Search. Tryouts for US Luge Team (Ages 9-13). Fehr Ave, Central Park, Schenectady. Fred Zimny: 523-2071. teamusa.org/usa-luge/

JULY

- 4 **Ping Pong Ball Drop.** Age 12-under. Collect three balls for prizes. Inlet. 315-357-5501. pingpongballdrop.com.
- 8-9 Tupper Lake Woodsmen's Days. Lumberjacking festival w/demos, games, contests. Municipal Park, Tupper Lake. tupperlake.com.

PADDLING: KAYAK, CANOE, SUP & ROW
ONGOING

- Wed Paddling Duathlons: 6/21, 7/19, 8/16. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.

JUNE

- 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.
- 24 **Patty's Demo Day.** 10am-4pm. Patty's Water Sports, Lake George. 656-9353. pattyswatersports.com.
- 25 Black River Canoe/Kayak Race. 23M. 9am. DEC Boat Launch, Glenfield. 315-489-0368. nymcra.org.
- 27 Evening Paddle: Hudson River/Coeymans. 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 Junction. 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.

AUGUST

- 19-20 Wells Bridge Canoe & Kayak Races. 8M/10M/13M. Wells Bridge. 607-783-2880.
- 26 Nineveh Nine Canoe & Kayak Race. 9M/3M. 10am. Enchanted Gardens, Nineveh.

RUNNING, TRAIL RUNNING & WALKING
ONGOING

- Daily Obstacle Course Training.** All Welcome. Open: May-Nov. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- Mon Camp Saratoga 5K Trail Series:** 6/26, 7/10, 7/24, 8/7, 8/21. 6:30pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- Tue Tuesday Night Summer Track Program:** 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1. 6pm. Colonie HS, Colonie. 869-9333. hmrrc.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 Evening Workouts. 6pm. Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
- Thu Summer Trail Run Series: 6/1-8/31. 6pm. Various Locations. albanyrunningexchange.org.
- Sat Recreational Run/Walk. 8:30am. Saratoga Spa SP, Saratoga Springs. saratogastryders.org.

JUNE

- 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: 429-9068. 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. 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.
- 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 Strides 4 Stride 5K & 2K Walk. 10am. Jennings Landing, Corning Preserve, Albany. 598-1279. stride.org.

CAPITAL DISTRICT YMCA

**PINE BUSH
 TRIATHLON**

Sunday, July 23 • 8AM
 Guilderland YMCA



Photo Credit: Daniel Roberts - Times Union

REGISTER TODAY!
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18TH ANNUAL SKYHIGH adventures

XTRERRA 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



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*



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

Register: Active.com
Application: AdirondackRunners.org
 Info: Tracy Watson (518) 251-0107

Proceeds benefit Johnsburg Dollars for Scholars



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

- 17-18 Manitou's Revenge. 54M mountain trail run. Windham. 732-690-3118. manitousrevengeultra.com.
- 18 Mule Haul 8K Race. 9am. Firehouse, Fort Hunter. 866-1319. fmrrc.org.
- 18 Mount Greylock Trail Races: Half Marathon & 5K. Greylock Glen, Adams, MA. Ed Saharczewski: 413-344-3968. runwmac.com.
- 18 7th Equinox Trail Races. 5K/10K. 9:30am. North Pasture Lane, Charlotte, VT. 802-363-2384. gmaa.net.
- 18 New Paltz Challenge Half Marathon, 5K & Kid's Race. 7:30am. Gilded Otter Brewery, New Paltz. active.com.
- 24 Louisville Turtle Mud Run. 5K w/15+ obstacles. 9am. Louisville Arena, Chase Mills. 315-705-7935. northernrunner.org.
- 24-25 Gear Up for Summer Training. Nike Pegasus 24 Launch Party.** Giveaways, demos, music. Sun, 10am: Run w/Nike for HS/College athletes. Fleet Feet, Albany. fleetfeetalbany.com.
- 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. Kennedy Park, Pleasant Valley Wildlife Sanctuary, Lenox, MA. Patty Spector: 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.
- 8 NYRR 1 for You, 1 for Youth 4M Run. 8am. Central Park, New York. nyrr.org.
- 8 Racing to Save Lives 10K/5K. 10am. Tymor Park,
- 8 Dirty Girl Mud Run. Wave starts. Killington Resort, Killington, VT. godirtygirl.com.
- 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.
- 9 Paul Luther Memorial 5K Run. 7:30am. Talmadge Park, Mechanicville. runsignup.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.
- 13 Tour De Potsdam 5K Run/Walk. 6:30pm. Community Bank, Potsdam. 315-386-1102. tourdepotsdam.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.
- 16 Helderberg 5K - Domestic Violence Awareness Run/Walk. 9am. Voorheesville HS, Voorheesville. zippyreg.com.
- 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 23rd Indian Ladder Trail Run.** 15K/3.5M Trail Races. 9am. 10:30am: 1M Kids' Run. Hailes Cave Picnic Area, Thacher SP, Voorheesville. hmrrc.com.
- 24 Camp Saratoga 5K Trail Run.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. saratogastryders.org.
- 29 Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.
- 29 3rd RPW Ram Run/Walk 5K. 9am. Rensselaer HS, Rensselaer. zippyreg.com.
- 29 Color Me Blue 5K Walk/Run for Autism. 8:30am. Tri-Twon Comm Center, Brasher Falls. 315-842-1835. thepuzzlepiecFOUNDATION.org.
- 29 38th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond. gmaa.net.
- 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.

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 Building, Plattsburgh. runsignup.com.
- 1 4th of July Summer Sizzler 5K. 8am. Boat Launch, Rouses Point. adirondackcoastevents.com.
- 1 Firecracker 5K/10K. 8am. Boat Launch, Cranberry Lake. 315-405-5473. northernrunner.org.
- 1 Finger Lakes Fifties Trail Races: 50M, 50K, 25K. 6:30am. Finger Lakes National Forest, Hector. fingerlakesrunners.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 Battle of the Boquet 5K Trail Run & 2.5K Kayak Race.** 8am. Boquet River, Willboro. adirondackcoastevents.com.
- 8 ParkFest 5K Run/Walk. 9am. Gavin Park, Wilton. 365-9256. wiltonparkfest.com.
- 8 Turtle Trot Walk Run. 3.4M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.

AUGUST

- 1 Colonie Summer Track. 6pm. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- 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.

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY Hudson-Mohawk Road Runners Club
49TH SEASON

June 13, 20, 27
July 11, 18, 25 (Ribbon Night)
August 1

"Dynamic Duo" Road Pursuit Race
Saturday, August 5 • 8:30am
 3M per person • Colonie Town Park

FREE OF CHARGE
 6pm • Colonie High School
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- 1-Mile Race Walk ■ 400-Meter Dash
- Hurdles ■ 800-Meter Run
- 1-Mile Run ■ 200-Meter Dash
- 50-Meter Dash ■ Two-Mile Run (Kids)
- 100-Meter Dash ■ Relays
- Field Events

Program Info: Frank Myers 869-9333 or flyingbb45@aol.com

18.12 **6TH ANNUAL** **Sunday, August 27**
Challenge & HALF MARATHON
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 Sackets 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
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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



Fox Creek 5K RUN/WALK
Saturday, August 5 • 9am
 Berne Town Park, Berne
 –Race #1 of Hilltown Triple Crown 5K Series–
 T-shirts for first 150 entered, raffles, live music
Awards: top 3 M/F, 5-year M/F age groups
 \$18 pre-race (\$15 70+) or \$25 race day
Register online: Active.com
 More info: 225-4925 or foxcreek5k@gmail.com



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





- 5 **39th Dynamic Duo Pursuit Race.** 3M per person. 8:30am. Colonie Town Park, Colonie. Frank Myers: 869-9333. hmrrc.com.
- 5 Fox Creek 5K Run/Walk. 9am. Berne Town Park, Berne. 225-4925. 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.
- 6 39th Lane 10K Lake Run. 9am. Lake Pleasant. Donna Benkovich: 548-4521. speculatorchamber.com.
- 7 **Camp Saratoga 5K Trail Race.** 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 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.
- 12 **9th Camp Chingachgook Challenge Half Marathon & 10K.** 13.1M: 8am at Lake George ES, Lake George. 10K: 9am at YMCA Camp Chingachgook. Post-race BBQ. Kattskill Bay. lakegeorgehalfmarathon.com.
- 12 Ken Hummel Memorial 5K, Duathlon & Kids' 1M. 9am. Stuyvesant.
- 12 Kiwanis Clove 10M, 5K & 1M Runs. 8am. Castleton On Hudson Christopher Chartrand: 732-2940.
- 13 Blue Mountain Sizzler 5K. 8:30am. Blue Mountain Lake. 352-7364. bluementsizzler.com.
- 13 Run For Roses 5K, Walk & Fun Run. 9am. Grafton Lakes SP, Grafton. 279-1386. runsignup.com.
- 14 Tawasentha Cross County 5K. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 14 5th Monday Night Mile. 5:30pm. Saratoga Casino Hotel, Saratoga Springs. 796-8878. saratogahistory.org.
- 19 **15th Jailhouse Rock 5K.** 8:30am. Brookside Museum, Ballston Spa. brooksidemuseum.org.
- 19 **Over the Top 5K Trail Run & 10K MTB Race.** Teams, BBQ, beer tastings. West Mountain, Queensbury. westmtn.net.
- 19 Sarcoma Strong 5K. 9am. University at Albany, Albany. Courtney Hill: 262-2875. sarcomastrong.com.
- 19 Twisted Branch 100K Trail Run. 5am. Ontario County Park, Naples. twistedbranchtrail.com.
- 19 20th Olga Memorial Footrace. 10K/5K Run & 5K Walk. Run, 5K Run, 5K Walk. 9:30am. Berkeley Green, Saranac Lake. Aleacia Landon: 891-5846.
- 19 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. landisarboretum.org.
- 20 **Tour de Force Charity Run: Half Marathon, 10K, 5K & 1M Walk.** 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.
- 20 33rd Tony Luciano 5K Road Race. 9am. Community Pool, Hudson Falls. active.com.
- 21 **Camp Saratoga 5K Trail Race.** 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 21 Tawasentha Cross County 5K. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 26 Fishy Frolic: Mackerel Mile Walk, Fishy 5K, Trout 10K. 9:30am. 705-7592. Albany. albany.hdsa.org.

- 27 **6th 18.12 Challenge & Half Marathon.** 18.12M & 13.1M road races. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com.
- 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 Run for Home 5K. 8:45am. Kids' race: 8am. Van Wyck Trailhead, Wappinger Falls. mhrrc.com.
- 27 Moreau "Give Back Playground" Color Run Fundraiser. 9am. Moreau Rec Park, South Glens Falls. runsignup.com.
- 27 25th Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.

SEPTEMBER

- 4 **SEFCU Foundation Labor Day 5K.** 9am. SEFCU HQ, Albany. hmrrc.com
- 9 **Camp Challenge 5K Trail Run/Walk or 30M Bike Ride.** Double H Ranch, Lake Luzerne. doublehbranch.org.
- 9 **8th Malta 5K.** 8:30am. HVCC Tec-Smart Complex, Malta. Paul Loomis: 472-4807. malta5k.com.
- 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 **24th FAM 5K "Fund" Run/Walk for Charity.** 10am. Kids' Run: 11am. Brooks BBQ, music. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.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 **Nick's Run to Be Healed: 5K Run, Nick's Dash & Nick's Mile, 2M walk, Zumba warm-up, Carnival, prizes, music.** Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.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. ■

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

Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

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Colonie High School Track
 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center
Race #1: COLONIE MILE
 Tuesday, June 27 at 6:00pm • Free entry
Race #2: TWO-PERSON RELAY
 Thursday, July 6 at 6:15pm
 Free HMRRC members, \$5 non-members
 Each person estimates their mile pace, then is paired with another based on fastest/ slowest times, and partners alternate running miles until team runs six miles.
Race #3: HOUR RUN
 Thursday, July 13 at 6:15pm
 Free HMRRC members, \$5 non-members
 Participants run on track for one hour
Race #4: PENTATHLON
 Thursday, July 20 at 6:15pm
 Free HMRRC members, \$5 non-members
 Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m
 For more info, Ken Skinner:
 (518) 489-5311 • kennyskin@earthlink.net
Hudson-Mohawk Road Runners Club
hmrrc.com

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



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9TH ANNUAL
Camp Chingachgook Challenge Half-Marathon & 10K Race on Lake George
Saturday, August 12
Half: 8am start at Lake George – Fast course along scenic east shore of Lake George to the camp
10K: 9am start at Camp Chingachgook – Out and back course with start and finish at the camp
 After race cookout lunch at the camp's beautiful waterfront (bring suit/towel) Also, runners/guests have access to use the lakeside bathhouse.
Register, application or more info: www.LakeGeorgeHalfMarathon.com
 Half: \$30 by 7/11 or \$40 after • 10K: \$25 by 7/11 or \$35 after • T-shirts to runners registered by 7/12 • Proceeds help send kids to camp!
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July 30, 2017
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Register TODAY!

75-mile loop or 20-mile option w/ shuttle • \$75 ADK member / \$85 non-member
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◀ FARM TO FORK FONDO
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PHOTOGRAPHY

▲ FARM TO FORK FONDO – MAINE, 2016.
BARRY KOBLENZ/BASE TWELVE

▼ START OF 2014 IDIDARIDE! ADIRONDACK
BIKE TOUR.
AND IDIDARIDE! APRÈS-RIDE WITH DAVIDSON
BROTHERS. ADK

By Darryl Caron

The Farm to Fork Fondo is “a farm fresh feast from the seat of your favorite bicycle.” It’s an organized ride where you get to choose the distance best for you and stop for chef-prepared bites at farms along the way.

The mission of the third annual series is to highlight and support the symbiotic relationship between cyclists, farmers and beautiful landscapes. Riders can immerse themselves in iconic farmlands and meet the farm families working hard to produce healthy, fresh foods you’ll enjoy. Foodie cyclists should get ready for a day filled with culinary delights made from ingredients sourced from the beautiful farms along the routes.

Farm to Fork Fondo, a production of Wrenegade Sports, expects 3,600 participants for the series from 40 states and several countries. Their festive and welcoming events are mass-start, fully-supported rides, not races including distance options from 10 to 100 miles for all abilities, gourmet aid stations hosted by local farms, live music and family activities. Outside magazine has named the series, one of “2017 Best Trips.”

The founder of Wrenegade Sports is Tyler Wren, who relocated from Rensselaerville in Albany County, to Burlington, Vt. a couple of years ago. When Tyler retired from his 13 years of professional cycling in 2014 he wanted to do something meaningful that would allow him to share some of the best parts of the amazing sports of cycling in a way that could have a positive social impact, while still being just plain fun. He’s ridden his bike thousands of miles all over the world and has learned to cherish the days when he finds himself rolling along on beautiful, quiet country roads.

In 2016, Wrenegade donated \$15,000 to local organizations in the host communities via their volunteer competitions. At each event, volunteers are assigned to teams that each represent a different area farm or charitable organization. Teams compete by making sure every cyclist has an awesome day. At the end of the day, riders vote for their favorite team and determine the donation sizes. The proceeds are from sponsors, participant donations, and all raffle ticket sales.

The 2017 Farm to Fork Fondo series schedule includes: *Hudson Valley* on June 11 from Pennings Farm in Warwick; *Finger Lakes* on June 25 from Atwater Estate Vineyards in Burdett; *Vermont* on July 16 from Riverside Farm in Pittsfield; *Pennsylvania Dutch* on July 29 from The Country Barn in Lancaster; *Maine* on August



27 from Wolfe’s Neck Farm in Freeport; and *Berkshires* on September 24 from Hancock Shaker Village in Pittsfield.

All participants receive a mass-start led by friendly professional cyclists, deluxe aid stations at working farms with small bites from the farm, post-ride barbecue and finisher brew, Farm to Fork Fondo shirt, raffle tickets for prizes including new Bianchi bikes, marked and supported rides, finisher’s prize, and GPS timed segments. Riders can also RSVP for the Stages Segment Challenge to compete for the Polka Chicken Jersey and the chance to win a Stages Cycling power meter. For details and registration, visit farmtoforkfondo.com.

With the arrival of summer, **Adirondack Ultra Cycling** offers several rides and races to challenge cyclists. On June 17, the *Adirondack 540 Gran Fondo* takes place in Wilmington. This is the unofficial preview of the *Adirondack 540 Race*, which will be held on September 15-17, and uses the same 136-mile course. Rolling hills, steady climbs, thrilling descents and breathtaking views are a staple of this course, which travels along Lake Champlain and through the High Peaks.

For riders curious about endurance cycling, a popular event and best for ultra

beginners is the *Saratoga 12/24 Race* on July 8-9, held in Saratoga Springs. The event is held on a 40-mile loop that travels northeast through Wilton and Gansevoort to the Hudson River, before heading back to Saratoga. Riders may race for 24 or 12 hours or do a 120-mile three lap challenge. There are also day and night 40-mile fun rides.

The course is fully marked, patrolled by race officials, and includes checkpoint/rest stop at the start/finish and halfway point. The event attracts intermediate and seasoned riders and is one of the top road endurance races in the country. For more info and to enter, go to: adkulttracycling.com.

The Capital Bicycle Racing Club’s 16th annual **Capital Region Road Race** is on July 15 at Ravena-Coeymans-Selkirk High School in the village of Ravena – 10 miles south of Albany. The race, directed by Beth Ruiz, is on a rolling 20-mile course with several short and steep climbs, with distances of 43, 63 and 83 miles depending on the category.

There are races by category for men, women, masters, citizens and juniors, with equal cash prizes for men and women. Juniors may race by category for only \$10. CBRC members support Special Olympics New York at several of their events, so consider a \$5 or larger donation to that program. See cbrc.cc for details and register at bikereg.com.

The Adirondack Mountain Club presents their 12th annual **ididaride! Adirondack Bike Tour** on July 30 at the Ski Bowl Park at Gore Mountain in North Creek. Riders can choose

from a 75-mile loop with 8:30am departure or a 20-mile ride (shuttle to Indian Lake and bike to North Creek) starting at noon.

The ride has wide shoulders for much of the route. You’ll ride through some of the most beautiful scenery, cutting right through the central Adirondack Mountains, most of which is public NYS Forest Preserve land. The tour cycles through the towns and hamlets of Bakers Mills, Wells, Speculator, Sabael, Indian Lake, North River, and back to North Creek. The ride will take you alongside Mason, Lewey and Indian lakes.

A long descent begins in the hamlet of Indian Lake and meets the Hudson River in the hamlet of North River with a relatively easy ride into North Creek. The 75-mile loop, primarily along Route 30 and Route 28, is challenging with long ascents and an elevation gain of 3,460 feet – you are riding in the mountains!

There are four rest stops with snacks, water and porta-potties, and a few cafes and mini-marts in Speculator and Indian Lake. A SAG wagon and mobile mechanical support are provided. Riders receive a map, ididaride! T-shirt, and fun post-ride party with food and drinks! All proceeds benefit ADK conservation, advocacy and recreation programs. For more info and to register, check out adk.org/play.

Practice safe, smart cycling by knowing the rules of the road and follow them. See you out there! 🚴



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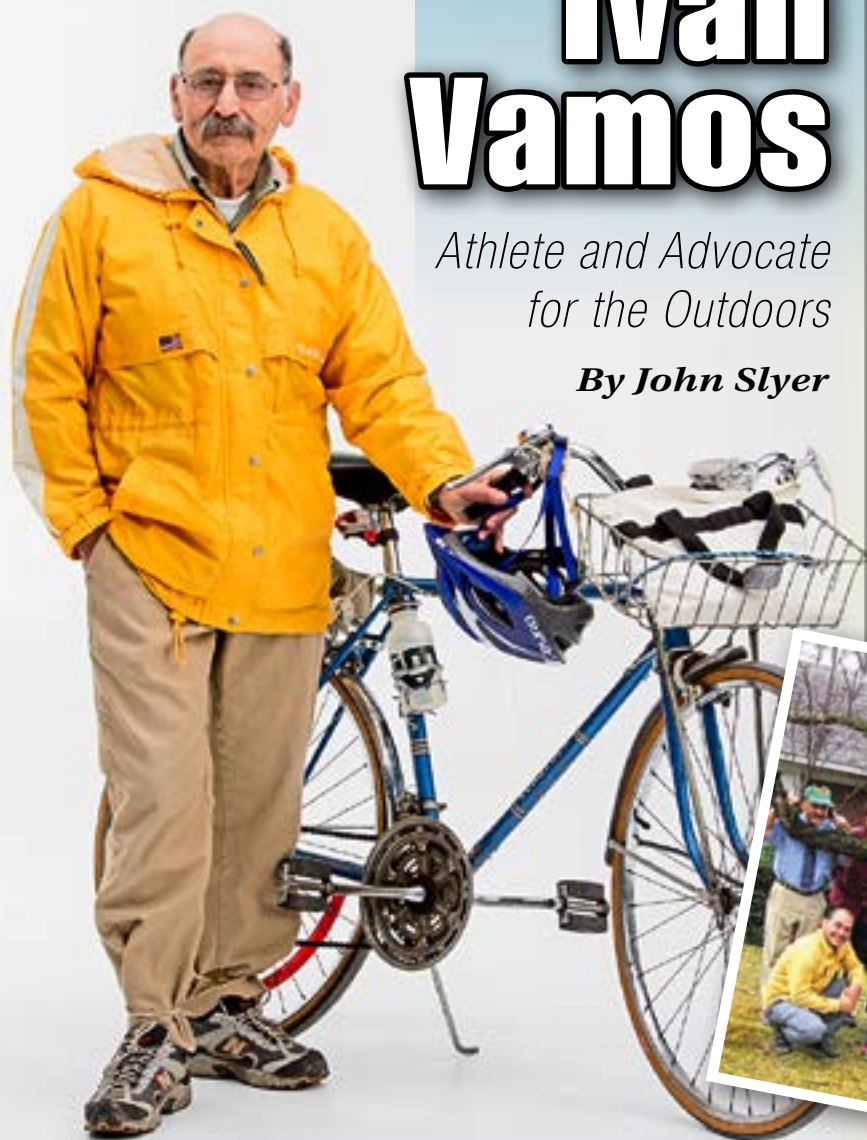
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ATHLETE PROFILE

Ivan Vamos

*Athlete and Advocate
for the Outdoors*

By John Slyer



AGE: 79

FAMILY: *Wife:* Rita; *Children:* David, Igor and Tara; *Grandchildren:* Ruby, Afton, Dana, Zola and Silver

RESIDENCE: Loudonville

PRIMARY SPORTS: Swimming, Walking, Cycling

SECONDARY SPORTS: Hiking, Canoeing, Kayaking, Sailboarding, Sailing, River and Lake Ice Skating, Alpine and Nordic Skiing

VOLUNTEER WORK AND OCCUPATIONS: NYS Trails Council, NYS Highway Safety Plan, Capital District Transportation Committee's Bicycle and Pedestrian Advisory, New York Bicycling Coalition Board Member Emeritus, retired US Navy Engineer, professional Geologist and Geophysicist, retired NYS Parks Deputy Commissioner for Planning and Development and retired consultant, lifetime member of National Ski Patrol, NY/NJ Trail Conference, Appalachian Trail Conservancy



Ivan Vamos was born in Budapest, Hungary in 1938 and draws his inspiration for life from his mother, who saved them both from the Holocaust. "Every day I do my best to live life well and never give up," Ivan says. As a five-year-old boy, Ivan recalls hiking and swimming in rivers and lakes as part of life, and was always comfortable in the water. Ivan's bicycle was his prized possession, giving him freedom and fun! Unfortunately, during World War II the Nazis took away bicycles and closed parks and pools to Jews and Roma (Gypsies). "We had no choice but to go into the hills of Budapest to swim and hike," recalls Ivan.

While hiding during the war, Ivan and his mother often walked looking for berries, edible greens and mushrooms. During Nazi occupation, they "camped out" (hid) indoors in burned-out buildings. "Between the ages of five and seven I had very little activity because we were hiding. I was lucky to be able to find refuge on a Hungarian farm with other children when I was nine, where I was able to do some outdoor activities. We swam in a completely wild part of the Tisza River," he remembers. His appreciation for the outdoors and for being able to have access to open spaces was forged in those years of hiding.

After arriving in the US in late fall 1947, Ivan reacquired a bicycle and began riding on the streets of Brooklyn. He was introduced to the great outdoors again when he was awarded a campership by the First Street Settlement House Camp at Harriman State Park. The camp program got him out of the Bowery of New York City and gave him a real appreciation for the outdoors. "It was tough living but I loved it. We hiked challenging distances, camped out, canoed, and swam in lakes and streams. We were served US surplus food and I even learned a bit about boxing. I generally avoided ball sports but I was one of the best swimmers. I was even

invited to represent the best of the campers at public promotional events."

Today Ivan walks, swims, and stretches every day with his wife of 53 years, Rita, originally from the Netherlands. "We swim in the lake all summer and go to the Ciccotti Recreation Center pool all year," he says. Ivan still commutes to local meetings on his bicycle, even after being hit by a car in Albany 16 years ago. Ivan and Rita raised three active children, exposing them to swimming, watersports, hiking, and being outdoors together. Now they enjoy their grandchildren and share their love for an active lifestyle with them.

Ivan offers this advice, "If you stop being active you won't be able to get out and enjoy the outdoors; you've got to keep moving. Every season has something great to do here in the Northeast. It's important to do things as family, and to get kids involved, so they are exposed and learn to like the outdoors. The most exciting things about sport are the days when the snow is just right under your skis; snorkeling through a school of fish; going through a set of rapids in a kayak or canoe; when the ice is smooth and clear and you can see the fish and turtles swimming below your ice skates. Once in a while, you feel superb when doing a sport!"

With all of this adventure, Ivan is also an advocate for safety and preparedness in his activities. He always has self-rescue equipment while on lake and river ice. He is a "lifetime" member of the National Ski Patrol with 35 years of active patrolling at Brodie and Gore mountains. Ivan also speaks to groups about bicycle safety showing off the helmet that saved his life.

A favorite summer sport is open water swimming at their family camp on Babcock Lake in Rensselaer County, where they swim laps of the length of the lake. Ivan and Rita are the founders and organizers of the annual "Babcock Lake Swim for the Saucer" open

regularly get up to 50 people of all ages and abilities, it's now an annual Babcock Lake community event," says Ivan.

When asked what his biggest sports accomplishment, Ivan cites getting the Appalachian Trail rerouted into the Hudson Highlands. "It took a great deal of persuasion to get funds, the many government agencies and land owners all on board, and deal with liability and access, but now it is open to the public and an asset to everyone!"

Ivan's passion for the outdoors has been expressed in his career, as well as his community contributions advocating for creating and improving public access. He has been credited for creating numerous bike and pedestrian trails, including the first plans and implementation for the 500 miles of NYS Canal Recreationway, 300 miles of rail trails, and helping initiate the Hudson River Greenway Water Trail. Ivan has also been instrumental in establishing pedestrian walkways and bicycle lanes on bridges and roadways across the state, and served as the Chair of New York Rivers United, advocating for improved river access. While serving as the NYS Parks, Recreation and Historic Preservation's Deputy Commissioner for Planning and Development, Ivan was responsible for land and resources management, construction, land acquisition, and environmental programs for more than two decades until his retirement in 1993. He helped develop over 200 miles of rail trails. Helping create facilities and spaces that are protected for visitors and public access has been very rewarding for Ivan.

A bike commuter since 1965, Ivan worked more than 30 years for NYS Dept. of Transportation, Dept. of Environmental Conservation, and State Parks, Recreation and Historic Preservation. Ivan continues to serve through representing vulnerable bicyclists and pedestrians by supporting the New York Bicycling Coalition. Ivan

specifically works for inclusion of bike and pedestrian elements on major bridge replacement projects, by representing on-road bicycling on the NYS's Trails Council, and by helping with specific public policy issues.

The Vamos Fund for Bicycling Development Grant has been established with a mission to help provide bicycling opportunities to serve immigrants and other disadvantaged residents in the state with the same cycling opportunity that Ivan enjoyed in Brooklyn upon his arrival in 1947, but never got to have as a young boy in Hungary. Making bikes accessible to those in need allows them to affordably commute and experience the freedom, mobility, and fun of cycling. One of Ivan's objectives is to teach bicycle safety to children and women who have not been allowed to ride in their home country.

The Vamos Fund grants, partially funded by reparations Ivan received from Germany as a Holocaust survivor, will support bike recovery programs, and provide bikes, helmets, and training to those in need. On September 15, 2017, the Vamos Fund for Bicycling Development celebration will be held at the inaugural New York Bike Summit at the Hearst Media Center in Colonie.

Ivan's motto is to "Do useful things for self and others" and it reflects the values that he shows through his advocacy for the use of public spaces for recreation, greater health and activity for everyone. Ivan believes that everyone should get outside and try activities in every season. He recommends that if you are not sure how to get started in an activity, join one of the many clubs and organizations that lead trips for beginners in hiking, cycling, paddling, skiing, camping and other outings.

Now at age 79, Ivan wants to keep going outside, and believes that enjoying being active with family and friends is vital to staying healthy. He and Rita continue to get outside every day for walks and swims. "Doing things as a couple and with friends is important. If you stop being active together, then you won't be able to do it." Ivan and his family lead true multisport lives that bring them the reward of healthy living. 🌲

John Slyer (skyhighadventures@verizon.net) of Averill Park is a USAT certified coach for new triathletes right up through Ironman finishers, ski patrol instructor and alpine ski coach. He is a 12-time Ironman Lake Placid finisher, marathon runner, and all-around endurance athlete.

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You Can Do It Summer Races!



START OF THE SKYHIGH XTERRA OFF-ROAD TRIATHLON AT GRAFTON LAKES STATE PARK. COURTESY OF BIKEMAN.

By Darryl Caron

You may have recently finished the Delmar or Saratoga Lions duathlons, or the Anyone Can Tri, Cooperstown or Hudson Crossing triathlons – all awesome events, whether it's your first go or you're a multiple-times finisher. Now it's time to do some great early- and mid-summer events in our region!

If you're lucky, you're already registered for the exciting up-and-comer, the third annual **Great Sacandaga Challenge Triathlon** on June 17 in Broadalbin. Directed by the Sacandaga TriClub, it's an exciting family event with kids and adult triathlons. Yes, kids listed first, but that doesn't mean this club – including experienced Ironman racers – is overlooking their wonderful Adult Sprint Triathlon! Open to individuals and teams, it's a 750-meter swim, 20K bike and 5K run. The Youth Triathlon for ages 7 and up has a 100-yard swim, 3.1-mile bike and one-mile run. The free entry Kids Splash & Dash has no minimum age and a fun short swim and run. For more info, visit: greatsacandagachallenge.com.

Just over the border, the **Vermont Sun Triathlon Series** has five great triathlons and this is their 32nd year! Steve Hare and family direct the races, along with race directors Ruth Bullock and Chaz Lyons – that's 163 events with 32,000 participants! The *Vermont Sun Triathlon* is on June 24, July 16 and August 13 with sprint distances of

600-yard swim, 14-mile bike and 3.1-mile run. Nestled against the Green Mountains is Branbury State Park on Lake Dunmore. The lake region is a most spectacular and pristine place to swim, bike and run. Novice and advanced athletes marvel at the beauty of their courses, including a good number from eastern New York – such as yours truly, Christine McKnight and Carl Regenauer.

The organizers provide professional digital photos free to all racers, done by our very own, Pat Hendrick Photography of Paul Smiths. Two- or three-person relay teams are allowed. Branbury State Park is included in your entry fee, with a nominal charge for adults/kids, so bring the family and enjoy the lake, beach and mountain setting.

The *Lake Dunmore Triathlon* is on June 24 and August 13, with Olympic distances of 0.9-mile swim, 28-mile bike and 6.2-mile run. Again, two- or three-person relay teams are allowed; this is where I got my start before I was a swimmer – actually, back then the third leg was paddling! Same perks apply. For race details, course maps, elevations, results and registration, go to: vermontsun.com.

This is the 35th anniversary of the **Tupper Lake Tinman**, is on June 24, so come see why it's one of the longest running races in the United States! Having gone back to its local directorship, the Tupper Lake community is fully behind this quality event, which starts and fin-

ishes at the Tupper Lake Municipal Park – so come up and *Race the Adirondacks!*

The classic Tinman and Team Relay, is made up of a 1.2-mile swim, 56-mile bike, 13.1-mile run. The Aquabike is a 1.2-mile swim and 56-mile bike. The Olympic race is a 0.9-mile swim, 26-mile bike and 6.2-mile run. The Sprint is a 0.5-mile swim, 13-mile bike and 3.1-mile run. There's something for everyone! For Garmin-friendly course maps, race info, history, results and registration, visit: tupperlaketinman.com.

The 18th annual **XTERRA SKYHIGH Off-Road Triathlon** is on July 15 at Grafton Lakes State Park, just east of Troy. With a 1K lake swim, 20K mountain bike and 6K trail run, it's a fun challenging event in a beautiful state park – an ideal spot for your family to enjoy a cookout, the beach, lake and trails!

Later that morning, the ever-popular **SKYHIGH Kids' Triathlon** takes place at the same location with a 100-meter waist-deep swim, 5K relatively-gentle mountain bike, and 1K out-and-back trail run. All races start and finish on the beach.

To get your kids ready for this adventure and fall sports, check out the *SKYHIGH Youth Multi-Sport Adventure Camps*, which take place over five weeks from July 3 to August 4 in Averill Park. The races and camps are directed by John and Kathy Slyer. To learn more and register, go to: skyhighadventures.com.

The Capital District YMCA presents the **Pine Bush Triathlon** on July 23.

This flat, fast and safe point-to-point race is ideal for both newbies and experienced athletes. It's a 325-yard swim, 14-mile bike and 3.25-mile run, starting at Rensselaer Lake in the Albany Pine Bush Preserve, and finishing at the Guilderland YMCA.

Perks include free post-race massage and gender-specific dri-fit weave T-shirt. The race is open to individuals and teams, so give it a try! Registration closes on July 18 and there's no day of race, so register today, by visiting active.com.

Please also consider the 32nd **Piseco Lake Triathlon** on July 15 at Piseco Airport in the southern Adirondacks, near Speculator. It's a fabulous, low key 0.5-mile swim, 11.5-mile bike and three-mile run, open to solo and three-person teams. Register at: speculatorchamber.com.

The **Delta Lake Triathlon**, part of the ATC Endurance Series, is held at Delta Lake State Park, near Rome on July 15. The sprint is a 750-meter swim, 12-mile bike and 2.9-mile run, and the intermediate is a 1,500-meter swim, 24-mile bike and 5.8-mile run. Learn more and register at: atcendurance.com.

Your next challenge – next month, we'll preview the Capital District Triathlon Club's Crystal Lake Triathlon on August 19 in Averill Park, and Adirondack Race Management's Lake George Triathlon Festival on September 2-3.

Push yourself, enjoy these super events and have a great time! 🌲



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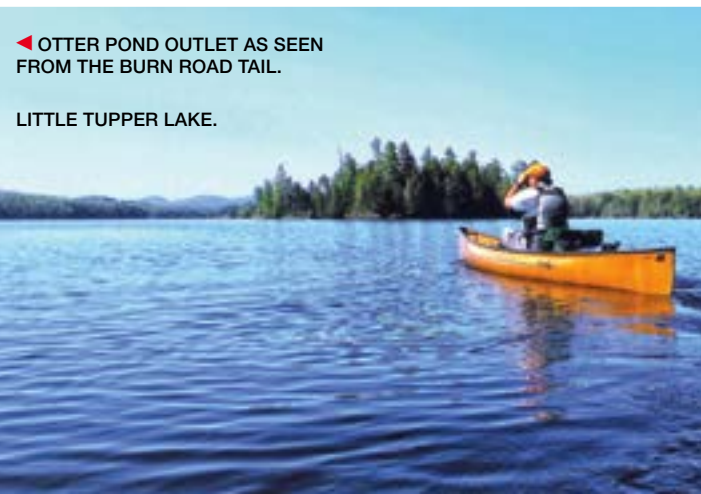
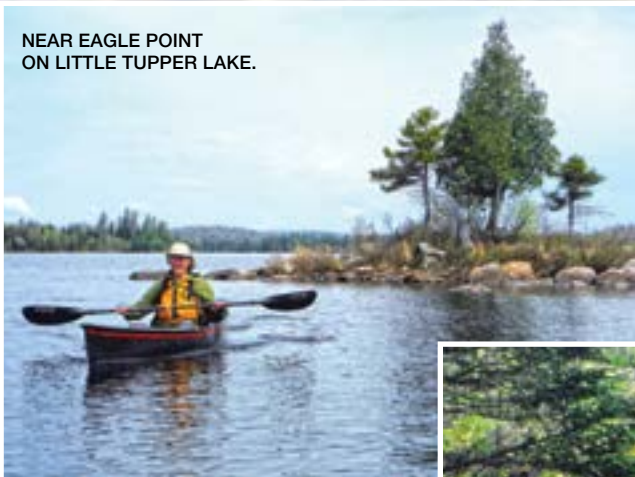
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● PADDLING (from page 1)



LITTLE TUPPER LAKE.

NEAR EAGLE POINT ON LITTLE TUPPER LAKE.



◀ OTTER POND OUTLET AS SEEN FROM THE BURN ROAD TAIL.

LITTLE TUPPER LAKE.

Southeast of Camp Bliss is the mouth of Rock Pond Outlet - 1.5 miles of fairly wide, gently-winding stream with boggy shores. Depending on the season look for flowering leatherleaf, sheep laurel and pickerelweed. Pond lilies add more color in summer and swamp maples turn bright red in late summer. There are two campsites on Rock Pond Outlet, #23 is on the right and a bit further #24 is on the left. The outlet of Bum Pond enters from the west; I've only gone up it about a quarter-mile but you can go further. Look for cranberries here late in the season.

Continuing south on Rock Pond Outlet, there is usually a good-sized beaver dam that will require you to get out and pull over. Soon after, you reach some rocky rapids and the 100-yard carry to Rock Pond starts on your left. I always admire the huge white pine that grows a short distance up the carry. You can get back in the water at a dilapidated bridge. The channel soon widens and you are in 282-acre Rock Pond, a wonderfully remote body of water. The resident osprey often guard the entrance to the pond, so they may sound a bit perturbed at your presence, calling 'tewp-tewp' until you are well past their nest.

Rock Pond has a total of six campsites. Heading south on the pond, you soon pass the rocky point of site #25. South of #26 is a nice rock island good for lunch and/or a swim. The carry trail to Hardigan Pond starts nearby. Number 28 is on an island in the middle of the pond. An inlet that enters the east end of the pond is navigable to private land, still owned by the Whitney family - in here, I once spied a doe and fawn hiding in the tall grasses.

Back to Little Tupper Lake and turning northeast we soon pass Short Island, the biggest island on the lake, with two campsites. Then comes a small rocky island upon which at least one romantic marriage proposal has been made - and accepted. There are more islands to the northeast, two have campsites; one has a rock landing, the other a small sand beach. Loons seem to like this area. You can watch them but please resist the temptation to get a closer look.

Site #22 is on an island close to the south shore. There is a narrow passage between the island and the mainland; just paddle slowly and watch out for shallow rocks as you pass through. I've been entertained near here by three otters poking their heads up out of the water and snorting at me.

Eagle Point is another unnumbered campsite with a nice sandy beach. It is the easternmost of all the campsites making it fairly easy to reach from the put-in. Camp on the Point is quite visible from here.



ROCK POND OUTLET.



STOPPING FOR A BREAK ON A ROCKY ISLAND ON LITTLE TUPPER LAKE.

It is over a mile to private land and Camp on the Point. A bit on the ostentatious side of things, the building sticks out like a sore thumb because of its light beige color and lack of screen of trees at water's edge. If I had my way, all buildings in the Adirondacks would be green and brown to blend in with the surroundings.

Bog Stream enters the far eastern end of the lake. I am told that this is navigable for at least three miles upstream, but it is all in private land. Look for the fire tower on Buck Mountain to the southeast.

Turning west along the north shore you soon see the start of the mile-long channel to 740 acre Round Lake, another wonderful destination that is worth its own trip. This channel passes under the Sabattis Road bridge. From here it is only about a mile past some sandy beaches back to the put-in.

In addition to the wildlife mentioned, you are likely to see and hear beaver, white-throated sparrows, kingfishers, common mergansers, bald eagles and gulls. I once witnessed a gull chase an osprey over the water but it backed off when two more osprey flew in to help out. Black bears, moose (I've seen one on the drive in), and bitterns are around too but not often seen.

Camping in the William C. Whitney Wilderness - Contact the local Forest Ranger



ROCK POND SUNSET.
ALL PHOTOS BY RICH MACHA

for a permit prior to your arrival if you plan to stay at the same campsite for over three nights. Overnight group sizes of eight people or less using no more than three tents are allowed at all tent sites. Most campsites have a fire ring and pit privy.

Fishing - Little Tupper Lake and Rock Pond are the home waters of a unique "heritage" strain of brook trout known as the Little Tupper strain. Largemouth bass are now in these waters and have had a negative impact on the brook trout population. Only artificial lures may be used and all brook trout caught must be immediately returned to the water alive.

Maps - The Adirondack Paddler's Map: North and Adirondack Paddler's Map: Whitney Wilderness (available early this summer) show campsites, trails and state land - available at St. Regis Canoe Outfitters (canoeoutfitters.com) or your local outfitter or bookstore. You can also find more info and a map of the William C. Whitney Wilderness on the NYS DEC website (dec.ny.gov). 🌲

A lover of wild places, Rich Macha (adkpaddle@yahoo.com) of Schenectady has led many trips for the Adirondack Mountain Club and has spent 20 years in the paddlesport business.



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Hudson-Mohawk Road Runners Club
 23rd Annual

Indian Ladder Trail Run



Sunday, July 23
 15K and 3.5 Mile Trail Races & 1 Mile Kids' Run

John Boyd Thacher State Park
 15 miles SW of Albany near Voorheesville
 Haile's Cave Picnic Area - Enter at Park Office, park in Pool lot

9am: 15K and 3.5 mile
10:30am: 1 mile kids' run (free)
 Note: 15K and 3.5M run simultaneously

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- First 250 registrants receive ILTR T-shirt • Pre-Registration (by July 4): \$20 HMRRC or \$25 non-member. July 5 to Day of Race: \$25 all. Fee includes state park entry and post-race refreshments

Course: Marked course with water/aid stations • 15K - Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
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Questions: Mark Vermilyea at alwaysbusy47@gmail.com

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● TRAIL RUNNING & DUATHLON



A Potpourri of Trail Races

Plus, Obstacles and Paddle or Bike Duathlons

By Laura Clark

Ever take a whack at a birthday piñata not sure just what would fall on top of your head – hard candy, confetti, Star Wars figurines...? Well, this summer's trail selection is rather like that. Race directors are getting inventive and the usual lineups just don't apply. Trail events have expanded from single-track to obstacle to mountain to water and all manner of combos. So strike out and choose your own uniquely designed adventure!

Retro – Looking for a retro race featuring popsicle stick timing and 1960s pricing? Then join the Saratoga Stryders every other Monday evening at the **Camp Saratoga 5K Trail Race Series** on June 26, July 10, July 24, August 7 and August 21 at Wilton Wildlife Preserve & Park. A mere \$5 will get you a challenging trail featuring a wooded hills and singletrack, dollar store raffle prizes, watermelon and ice pops. Those who complete all five races have their shot at ironman, ironwoman, age-graded or continual improvement awards. Families with the most runners including grandparents, cousins and aunts, get Ben & Jerry's ice cream cone coupons. As race director, I am proud of the growing contingent of kids who participate along with their adults.

We try to include a bit of fun for everyone, featuring convenient carryout service by 9 Miles East Farm, and on July 10 hosts iRun Local and Salomon provide loaner shoes to test run. Giving back to the community, on the first three dates you can donate gently used T-shirts and sneakers to the Backstretch Worker's Free Store. A portion of race proceeds are donated to the Wilton Wildlife Preserve & Park. (saratogastryders.org)

Traditional – As far as trail events go, you can't get more established than Hudson Mohawk Road Runners Club's 23rd annual **Indian Ladder 15K and 3.5-Mile Trail Races and One-Mile Kids' Run** at Thacher Park, near Voorheesville. The race is Sunday, July 23 under new race director, Mark Vermilyea, who intends to keep things pretty much the same. Both the 15K and the 3.5-Miler launch simultaneously. Take time to scuff your feet along the initial thyme field and breathe deeply. And remember to enjoy the stunning overlook views, or at least return there for your cooldown, if you are too intimidated by the narrow trail to risk the upward glance.

While the 3.5-miler is the flatter option, the 15K features plenty of steep hills, which

can get muddy if it's a wet week. In fact, Mark boasts that the T-shirt will be sunshine yellow in anticipation of a bright day as opposed to the downpour we slogged through last year! Afterwards, enjoy trading war stories while savoring refreshing Stewart's ice cream. (hmrrc.com)

Obstacles – Obstacle races are no longer the new kid on the block and have developed a loyal following of folks who seek to spice up their runs and challenge all body parts.

In yet another example of a ski area reinventing itself during the "off-season," Schenectady's Maple Ski Ridge presents the sixth annual **Run the Ridge 5K Mud Run** with fun, challenging obstacles on Saturday, July 15. It promises a wave start, plenty of muddy, hilly trails, and at least 25 natural and manmade obstacles. This is not a ho-hum event, since each year tasks are redesigned and reconfigured to continually challenge previous participants. Like Grover in his classic Sesame Street "Over, Under, Around and Through" skit, athletes will exhaust themselves jumping over tires, ducking under ropes, and dashing through fire.

Fittingly, all will be awarded a souvenir dog tag and the first 100 registrants also score a T-shirt, draw string bag, and Fandana head/neckwear. Race director Karen Doyle is especially proud of the affordable 2K Family Fun Run. To keep young kids entertained, there will be a bounce house for non-muddied small fry and a few small features to make them feel in the loop. Fittingly, proceeds benefit Special Olympics New York, a group who confront challenges as a normal part of their day. (runtheridge.net)

Muddy up your vacation with a stay at Sunny Hill Resort in Greenville, in the scenic northern Catskills. While residency is not required, it would make for an enhanced Sunday, July 30 race day weekend at the 5.5-mile and 5K family **Viking Obstacle Race**. This is an Obstacle Course Racing World Championship qualifier and as such you will be inspired by elite athletes competing on the same route you will be tackling. Except that after three tries at rope climbing, log balancing, moat hopping, regular folks face a 25 burpee penalty to continue, while elites must "do or die."

There is also a team option where members are permitted to help one another. And new this year is a Viking Double category, where athletes tackle two laps, and must complete all obstacles. Definitely intense, but you can purchase a day pass for dress

rehearsal on this permanent course or plan a practice weekend as a Sunny Hill guest. And, since the course doesn't change, participate during multiple years and record your progress. Use discount code ASF17 for 10% off registration. (sunnyhill.com)

Duos – Taking a cue from road duathlons, the following four events venture out of the box by combining trails and either mountain biking or kayaking.

Leading the quartet is the **Battle of the Boquet 5K Trail Run/Walk and 2.5 Kayak Race** on Saturday, July 8 in Willsboro. The event commemorates the War of 1812 battle where the Americans, determined to protect their town – and perhaps more importantly, their distillery – marched along the Boquet River to confront the British flotilla as it paddled upstream.

You can run only or do the run/paddle duathlon. Runners will trace the path of these patriots, and those opting for a full round will jump into their kayaks, transforming into British invaders as they head back into town. This is a rare combo where you get to reenact both sides of the invasion utilizing two entirely different skill sets. The horse trails alongside the river are extremely flat and race director Justin Drinkwine has rental kayaks available on a first-come, first-served basis. (adironackcoastevents.com)

Contemplating a budget-friendly weekend staycation? Then put the inaugural **Churney Gurney 5-Mile Trail Run** on Saturday, August 5 and the fourth annual **Churney Gurney Mountain Bike Races** on Sunday, August 6 on your schedule. Based from Queensbury's Gurney Lane Recreation Area (near exit 19), with its rolling trails, Saturday features a brand new 5-mile trail running race, which was added to make it a two-day festival. Sunday's races for all categories are part of the NYS Mountain Bike Series, plus there are fun kids' races.

Both days feature mountain bike demos, with Saturday also offering family games and contests, and scheduled group rides. This weekend serves as the main fundraiser for Camp Under the Woods, founded by local athletes Heidi and Bob Underwood, to provide a true outdoor experience for children on the autism spectrum. (churneygurney.com)

On Saturday, August 19 head to West Mountain's **"Over the Top" 10K Mountain Bike and 5K Trail Run Duathlon**, commencing on trails at the "plateau" top of the mountain. Race director Regina Baker has



● ADK 80K TRAIL RUN IN LAKE PLACID. HIGH PEAKS CYCLERY ● INDIAN LADDER TRAIL RUN AT THACHER STATE PARK. HMRRRC ● RUN THE RIDGE AT MAPLE SKI RIDGE. MAPLE SKI RIDGE ● VIKING OBSTACLE COURSE RACE AT SUNNY HILL RESORT IN 2016. SIMPLYPHOTOGRAPHY.NJ.COM

designed a course that "twists and turns through double and singletrack trails of varying difficulty, and rewards racers with expansive views of the Hudson Valley and southern Adirondacks.

Not adept at both sports? Then find a friend and compete as a team. Post-race, enjoy included BBQ lunch and craft beer tastings from Lake George Beer Hub, while you hold your breath to see if you have won a prize, which include season passes, mid-week passes, gift cards and tubing tickets. (westmtn.net)

Ultra fans head to **ADK 80K Trail Run Race and Relay** on Saturday, August 26 and **Mountain Bike Race and Relay** on Sunday, August 27 at Mount Van Hoevenberg in Lake Placid. It's "incredibly laid back," according to ultrarunner Jen Ferriss. "The course is hard and solitary experience." Solo runners choose between 80K or 50K on a 20K figure-eight formatted loop, which takes you through the race village twice per lap – making it ideal for first-time ultra runners! Or, you can join a two- or four-person relay team.

On Sunday, mountain bike, cyclocross and fat bike riders have their own categories, with either a 40K and 80K solo or two- to four-person team options. Best of all, there are no time cutoffs for the 50K run or relays, or the 40K bike or relays, other than the overall finish – perfect for someone like me who is perennially haunted by looming midway cutoffs or for folks out to have an enjoyable day in the woods. (adk80k.com)

These events are proof that boring is out and challenging is in. See you out there! 🏔️

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

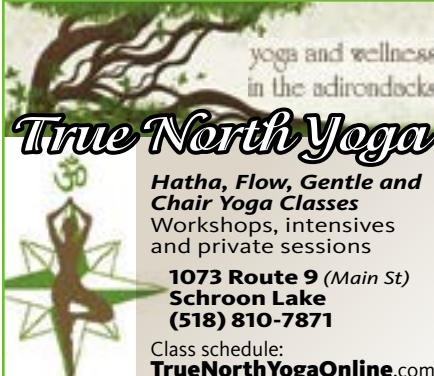
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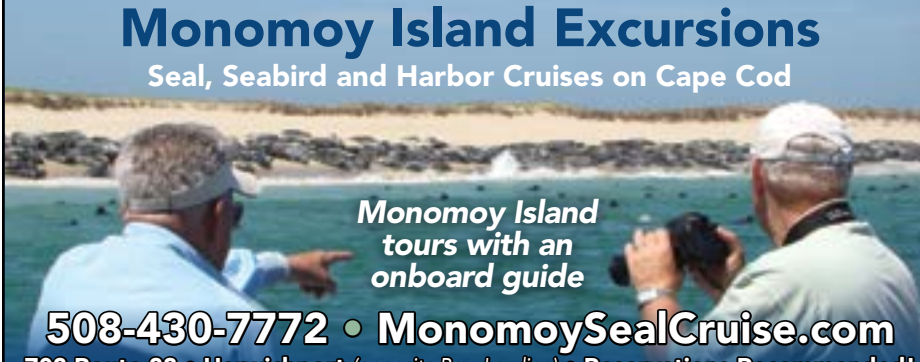
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NON-MEDICATED LIFE

Reducing Skin Cancer Risk

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 77th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



Medicines are a mainstay of American life and the healthcare system

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

In the first 76 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. With certain conditions, however, lifestyle change may dramatically improve outcome when used in conjunction with medication. One such condition is skin cancer.

Skin cancer may be divided into melanoma and non-melanoma cancer. Non-melanoma skin cancers include squamous cell cancer and basal cell cancer. These cancers generally grow by direct extension and thus may be cured by surgery, although advanced squamous cell cancers may metastasize and become life threatening.

Melanoma skin cancers are by far the most dangerous. Melanoma skin cancer may appear as a dark brown to black mole with irregular border and/or variegated color. A newly appearing mole raises concern. Additionally concerning is a mole that is increasing in size or changing. Lesions over five millimeters in diameter are particularly worrisome. Such skin cancers if not caught early in their development - and at generally smaller size - may metastasize and lead to death.

Of great concern the incidence of melanoma in the general population has increased dramatically in the last 30 years. In large part this appears to be a result of increased exposure to ultraviolet (UV) light. More specifically melanomas are caused by UVB or the part of the UV spectrum causing

sunburn, and to a lesser extent by UVA or the part of the spectrum that penetrates to deeper skin layers. The increased exposure is in turn contributed to by the perception that being tanned improves one's attractiveness and is a sign of health.

The evidence implicating UV light includes: UVB exposure can induce melanoma in human skin grafted onto mice; psoriasis patients treated with the drug psoralen and UVA showed evidence of a significant increase in melanoma; users of indoor tanning beds (UVA) experience a 20 percent increase in melanoma with a 40 percent increase risk for those reporting first use before age 35; Australia's national campaign to reduce sun exposure has been associated with reduced melanoma incidence of five percent per year in men and women aged 15-24.

The reduction in UVA and UVB exposure is most critical for those at highest risk. Those who are fair skinned have higher rates of melanoma. Indeed, the incidence of melanoma is 20 times greater in white skinned individuals than those who are black skinned. Moreover, a history of five or more blistering sunburns in childhood and/or adolescence more than doubles the risk for melanoma. Likewise, those individuals with more numerous benign moles also are at increased risk.

Lifestyle strategies for reducing UV exposure include the avoidance of mid-day sun (between 10am and 2pm), the use of sun protective clothing including a hat, and the appropriate use of sunscreens. Clothing should have tightly woven fabric that is darker in color (e.g. denim), but when you are uncertain it may be best to rely on commercially available clothing with designated ultraviolet protection factor (UPF) built into the fabric (sunprecautions.com). Additionally, hats should have a six-inch brim to give full face and neck protection.

Sunscreens are not a substitute for the lifestyle choices of appropriate clothing and sun avoidance. Nevertheless, there is evidence from randomized trials that sunscreens can prevent the development of premalignant skin lesions, squamous cell

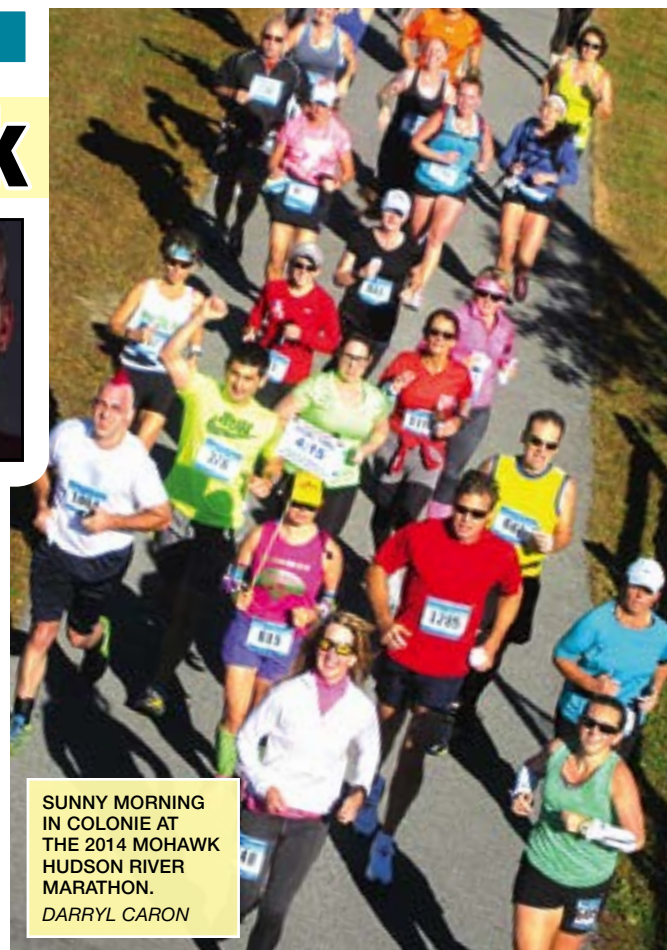
skin cancer and melanoma. A randomized trial of broad-spectrum sunscreens over ten years in Australia showed a 50 percent reduction in melanomas and a 40 percent reduction in squamous cell skin cancer.

Broad-spectrum sunscreens should reduce both UVB and UVA through a combination of UV absorption and physical blocking. Generally, a minimum SPF of 15 is needed, but the higher the SPF the better especially for those at higher risk. Sunscreen should be applied about 30 minutes before sun exposure.

To provide effective protection sunscreens must be applied in the proper amounts to all sun exposed skin and then reapplied periodically. For example, a typical adult at the beach would require a bit more than one ounce or nine teaspoons of sunscreen applied as follows: one teaspoon applied to the face and neck, one teaspoon to the front of torso and one teaspoon to the back, one teaspoon to each arm, and two teaspoons to each leg.

Reapplication every two hours is required and if excessive sweating and/or water sports are anticipated, then reapplication is required periodically during and after activity. Generally, water resistant sunscreens will maintain SPF for only 40 minutes of water sports, after which reapplication is required.

Those individuals who value the appearance of a tan should alternatively consider the use of self-tanning agents. These products can produce a very cosmetically acceptable tan at low risk when applied to the skin by applicator or hand. Spray tans may also be safe provided there is no inhalation of aerosolized tanning droplets. It is important to note that self-tanners do not protect against sunburn or UV damage to



SUNNY MORNING IN COLONIE AT THE 2014 MOHAWK HUDSON RIVER MARATHON. DARRYL CARON

skin. The same precautions should be taken after self-tanners as you would use to protect normal skin from UV.

In summary, skin cancer risk may be maximally minimized by a combination of lifestyle choices and proper application of topical medication. Lifestyle choices should be adjusted to individual skin cancer risk and include midday sun avoidance, the use of clothing with an appropriately designated UPF, and the use of an adequately protective hat. Sunscreens should have broad spectrum UVA/UVB protection, should be water resistant, should have an SPF of at least 15 and preferably 30, and should be applied 30 minutes before sun exposure in an appropriate amount and reapplied periodically.

The combination of prudent lifestyle choices and topical medicinal protection will allow the enjoyment of the great outdoors while minimizing the risk of a potentially life threatening cancer. 🌿

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

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Amy's Park

Beautiful Ponds, Marshes and Forests

By Sarah Hoffman

Tucked in the uplands of Bolton, on the west side of Lake George, Amy's Park is a hidden gem for hikers and paddlers of all ages and abilities. Located down a secluded dirt road, Amy's Park is a beautiful 500-acre property of ponds, marshes and forests purchased by the Lake George Land Conservancy in 2012.

Since then, the LGLC has created a network of more than 5.5 miles of trails, including two canoe, kayak or SUP put-ins. The trails vary from a 0.5-mile easy path to the central active beaver pond, to a more challenging climb to scenic viewpoint overlooking the pond, Walnut Ridge and Lake George. The lowland trails connect to each other, creating a five-mile loop around the entire pond and extended wetlands.

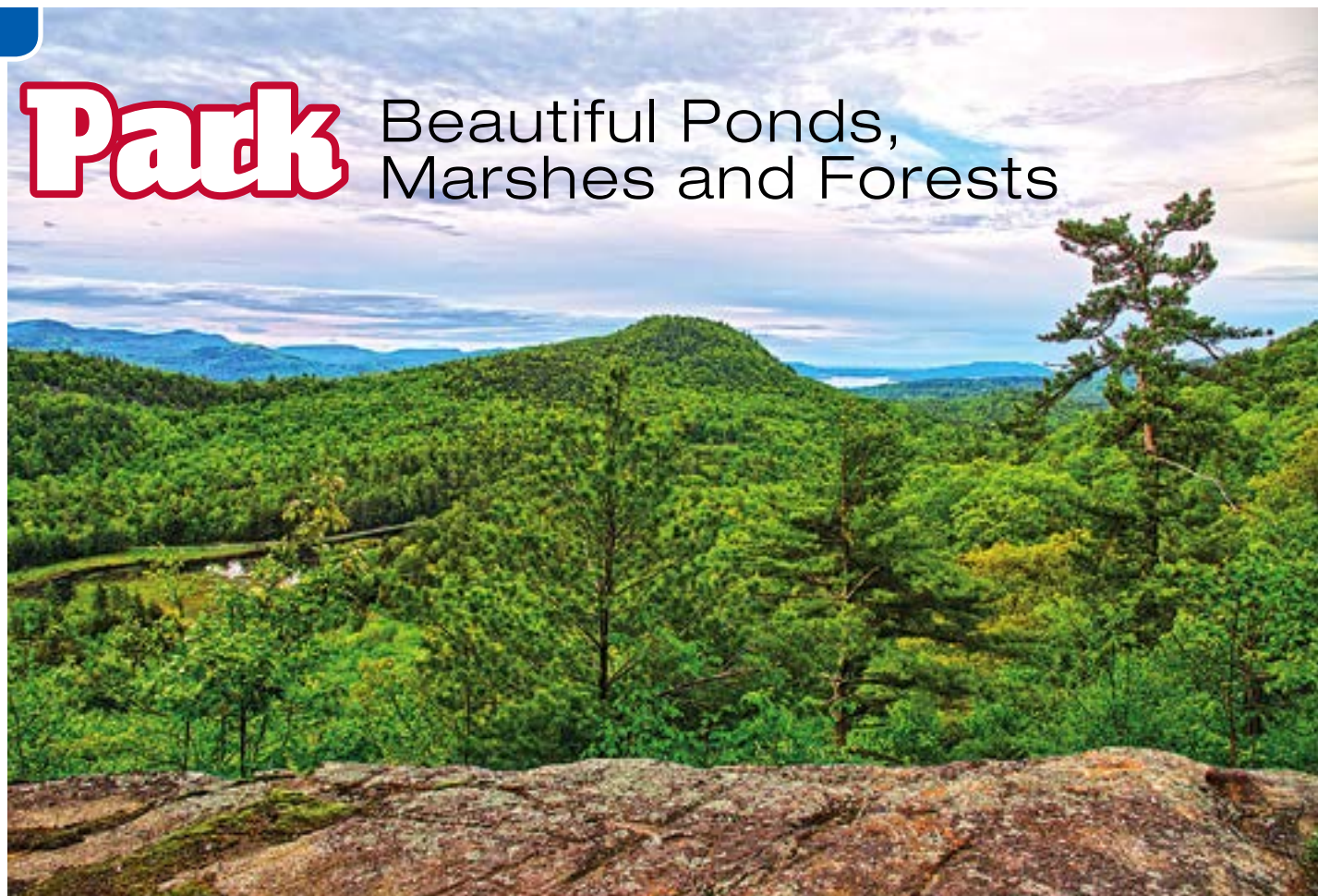
Hikers can see evidence of the resident beavers along much of the trails; chewed stumps and beaver slides can be seen throughout the property. The beavers have been so busy in recent years that their work resulted in several trail reroutes and posed a real threat to nearby roadways. Last fall the LGLC installed a system called the "Flexible Pond Leveler," which allows a "permanent leak" through the seven-foot dam that the beavers cannot stop, thereby preventing further flooding.

The trail system does include several bridges and elevated boardwalks over wet areas, but overall the property is great for kids, and those with limited hiking skills or abilities. Much of the trail system is also good for snowshoeing and cross-country skiing.

A 0.5-mile trail connects Amy's Park to the nearby Godwin Preserve, another property owned by the LGLC. The Godwin Preserve has about 1.5 miles of trail that passes several large vernal pools as it climbs to a scenic overlook. NYS DEC's Pole Hill Pond Forest Preserve borders Godwin, and offers its own hiking trails that lead to Pole Hill Pond and Walnut Ridge.

The protection of Amy's Park by the LGLC was an early step in an ongoing effort to protect the most sensitive areas of the Indian Brook and Northwest Bay watersheds, and therefore Lake George. Amy's Park includes the headwaters for Indian Brook, a major tributary of Lake George, and contains important wildlife habitat within its large forest and wetland complexes.

As some of the most productive habitats on the planet, wetlands often support



▲ THE VIEW FROM AMY'S PARK RED TRAIL INCLUDES THE PARK'S BEAVER POND, POLE HILL, AND LAKE GEORGE IN THE DISTANCE. CARL HEILMAN, II/WILD VISIONS, INC.

▼ AMY'S PARK OFFERS TWO SPOTS TO LAUNCH A CANOE OR KAYAK INTO ITS BEAVER POND (SOME PORTAGE REQUIRED). CARL HEILMAN, II/WILD VISIONS, INC.

high concentrations of animals – including mammals, birds, fish and invertebrates – and serve as nurseries for many of these species. They are also incredibly important elements to a healthy lake ecosystem. Wetlands provide a natural filtration system, slowing stormwater and runoff, and absorbing potentially damaging pollutants before the water reaches the main stream or larger waterbody.

To help promote the protection of special areas like Amy's Park, and the recreation resources that result from land protection, LGLC is teaming up with Underdog Race Timing to hold its first annual **LGLC Trail Run** on Saturday, October 14 at Amy's Park. The run will be about five miles long. All registration costs and sponsorship funds raised for the event will go to benefit Lake George Land Conservancy's work and mission to protect the land that protects the lake. Registration is expected to open this summer; more details can be found at lgc.org/events-and-programs.

How to Get There – From I-87, take exit 24 for Bolton Landing/Riverbank Road. Follow Riverbank Road (County Route 11) east for four miles. Turn left onto Church Hill Road. After 0.4 miles, turn left onto North Bolton Road (Route 41), and continue for one-mile. Veer right onto Padanarum Road, and continue for another 1.9 miles to a "Y" where



Trout Falls Road breaks off to the left, and Padanarum continues to the right. Stay on Padanarum Road for another 1.2 miles to the parking lot on the left.

You can find a downloadable Amy's Park brochure and more info at lgc.org/preserves/amys-park. 📌

Sarah Hoffman (shoffman@lgc.org) is communications and outreach manager for Lake George Land Conservancy, based in Bolton Landing. When she's not writing or talking about the great trails around Lake George, Sarah enjoys hiking them herself along with her husband and two sons.



Northville-Placid Trail

ADK's essential guide describes this 138-mile trail, which winds through hamlets, villages, and some of the wildest and most remote parts of the Adirondack Park.

The book includes logistics and planning info, sample itineraries, and the companionable advice only veteran hikers can supply. It breaks the trail into ten manageable sections, with maps and photos, and details the long-awaited reroute of its southern approach.

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RACE RESULTS

6TH ANNUAL MASTODON CHALLENGE 15K RACE & 5K RUN continued

Table with 3 columns: Rank, Name, and Time/Location. Sections include: FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59.

10TH ANNUAL JOAN NICOLE PRINCE HOME 5K RUN continued

Table with 3 columns: Rank, Name, and Time/Location. Sections include: MALE AGE GROUP: 1 - 13, FEMALE AGE GROUP: 1 - 13, MALE AGE GROUP: 14 - 19, FEMALE AGE GROUP: 14 - 19, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69.

1ST ANNUAL SHMALTZ BREWING "CHOSEN RUN" 5K

May 6, 2017 • Shmaltz Brewing Company, Clifton Park

Table with 3 columns: Rank, Name, and Time/Location. Sections include: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44.

60TH ANNUAL HUDSON RIVER WHITE WATER DERBY

May 6-7, 2017 • North Creek, North River & Riparius

Table with 3 columns: Rank, Name, and Time/Location. Sections include: "NOT-SO-WILD" WHITEWATER RACE, KAYAK 1-PERSON: MALE, KAYAK 1-PERSON: FEMALE, OPEN CANOE 1-PERSON: MALE, OPEN CANOE 2-PERSON: MALE, OPEN CANOE 2-PERSON: FEMALE, OPEN CANOE 2-PERSON: MIXED, OPEN CANOE 2-PERSON: FAMILY, NOVICE SLALOM, KAYAK 1-PERSON: MALE, OPEN CANOE 1-PERSON: MALE, OPEN CANOE 2-PERSON: MIXED, OPEN CANOE 2-PERSON: FAMILY, CLOSED CANOE 2-PERSON: FEMALE, GIANT SLALOM, KAYAK 1-PERSON: MALE, DOWNRIVER RACE, OPEN CANOE 2-PERSON (REC): FAMILY.

11TH ANNUAL CCRC 5K RUN

May 6, 2017 • Christ Community Reformed Church, Clifton Park

Table with 3 columns: Rank, Name, and Time/Location. Sections include: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 9, FEMALE AGE GROUP: 1 - 9, MALE AGE GROUP: 10 - 14, FEMALE AGE GROUP: 10 - 14, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 35 - 39.

56TH ANNUAL CANTON CANOE WEEKEND & RUSHTON MEMORIAL RACES

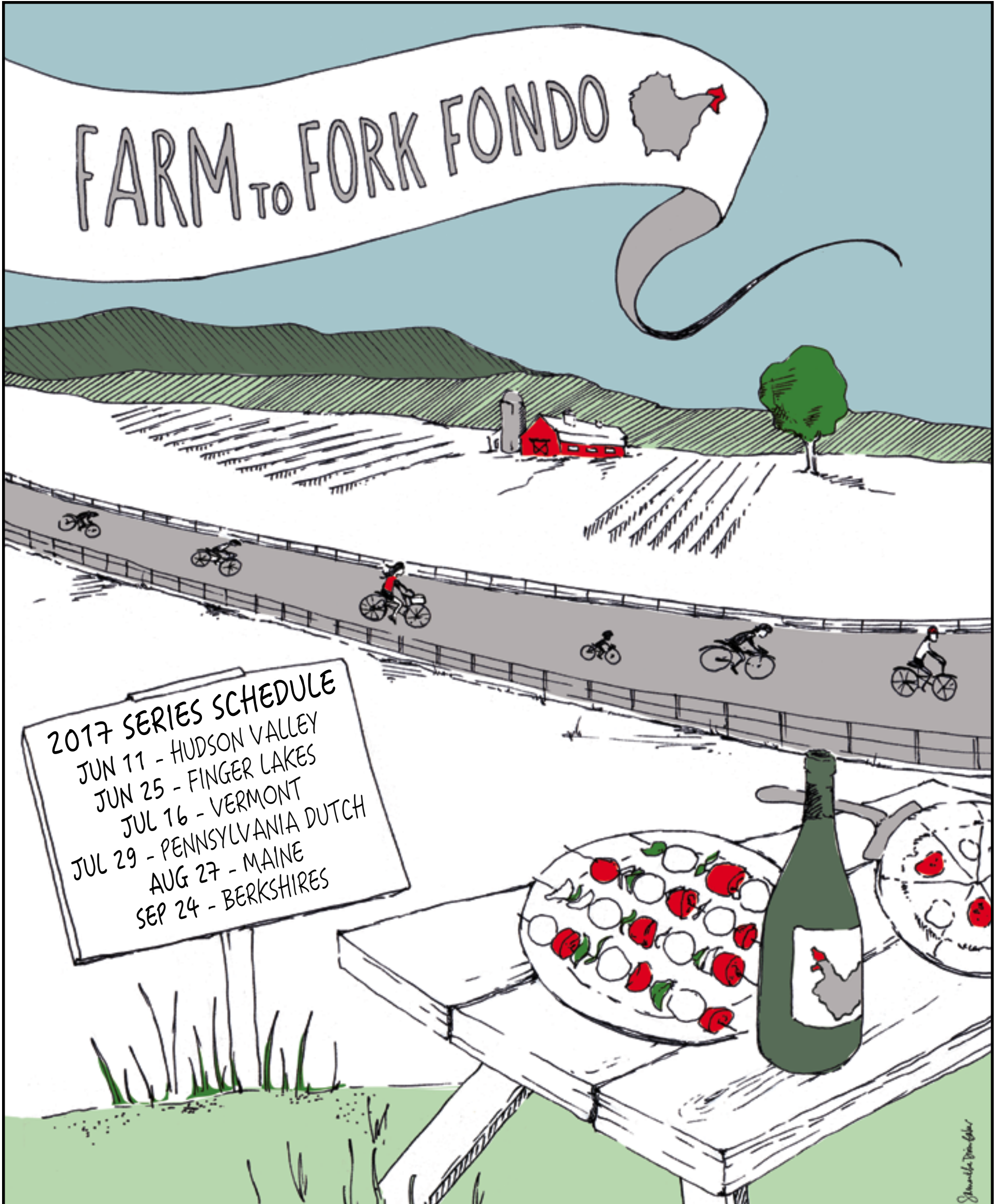
May 6-7, 2017 • Grasse River, Canton

Table with 3 columns: Rank, Name, and Time/Location. Sections include: PRO & MARATHON, C-1 PRO MEN - 14 Miles, C-1 PRO MEN: OVER 60 - 14 Miles, C-1 PRO WOMEN - 14 Miles, C-1 STOCK MEN: OVER 50 - 12 Miles, C-1 WOMEN: OVER 50 - 12 Miles, C-1 MEN: OVER 50 - 12 Miles, C-1 MEN: OVER 70 - 12 Miles, UNLIMITED KAYAK MEN - 12 Miles, TOURING KAYAK MEN - 12 Miles, TOURING KAYAK WOMEN - 12 Miles, C-2 PRO MEN - 14 Miles, C-2 PRO WOMEN - 14 Miles, C-2 WOMEN: UNDER 50 - 12 Miles, C-2 MEN: OVER 50 - 12 Miles, C-2 MEN: UNDER 50 - 12 Miles, C-2 MIXED: UNDER 50 - 12 Miles, C-2 STOCK MIXED: UNDER 50 - 12 Miles, C-2 SPECIAL KAYAK MEN - 6 Miles, RUSHTON RECREATIONAL RACES, C4 COLLEGE - 8 Miles, TANDEM CANOE MEN - 5 Miles, TANDEM CANOE WOMEN - 5 Miles, TANDEM CANOE MIXED - 5 Miles, TANDEM CANOE FAMILY - 5 Miles, SOLO CANOE MEN - 5 Miles, SOLO CANOE MEN (Double Bladed Paddle) - 5 Miles, RUSHTON RELAY & COLLEGE RELAY CHALLENGE, MIXED - 2 Miles, C-1 Poultry In Motion - 15:49, C-2 Nature Up North - 15:02, C-3 Little Grasse - 16:10, FAMILY - 2 Miles, COLLEGE CO-ED CHALLENGE - 2 Miles, C-2 MEN: UNDER 50 - 12 Miles.

10TH ANNUAL JOAN NICOLE PRINCE HOME 5K RUN

May 6, 2017 • Central Park, Schenectady

Table with 3 columns: Rank, Name, and Time/Location. Sections include: MALE OVERALL, FEMALE OVERALL.



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