

Short and Sweet Races



2016 FAM 5K "FUND" RUNNERS NEAR THE FIRST MILE ON THE SUNY COBLESKILL CAMPUS. THE 2017 RUN/WALK IS ON SEPTEMBER 23. JOE MULONE PHOTOGRAPHY

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Top Finishers in 30 Events

AdkSports.com
Facebook.com/AdirondackSports

By Laura Clark

For runners, fall means big-time marathons with Adirondack, Hudson Mohawk, New York City and Philadelphia issuing their siren calls. But what if work, vacations and hot weather derail your plans? Or what if you are simply unwilling to commit to lengthy training schedules? Then sample some of the following September 5Ks. You can dislodge your summer doldrums, reap the rewards of the crisp air, and aim for an energized 5K experience!

Labor Day celebrates American workers and what better way than to honor our four-legged partners as well? On Saturday, September 2, pay tribute to track horses at the **Run for the Horses 5K Run/Walk**, which benefits Saratoga-based non-profits that rescue and provide second chances for retired racehorses. You can meet and greet retired race horses who, being athletes themselves, may take a personal interest in your race. Walkers and canine companions are welcome as well, and there is a Kid's Half-Mile Fun Run prior to the main event.

The USATF certified course is based from Saratoga Spa State Park's Orenda Pavilion - following the same route as Kelly's Angels Mother-Lovin' Day 5K - over flat and rolling park paths and roads - a pleasant break from the usual Warming Hut or Columbia Pavilion-based 5Ks! **Hot Tip:** For speedsters wishing to challenge the horses, note that the route is twisty in places, necessitating a corner-to-corner strategy. (runforthehorses5k.com)

Also on September 2, is the classic **SEFCU Labor Day 5K Race/Walk** at University at Albany's SEFCU Arena - note new day and location! The 5K course is being firmed up shortly, but will be a modification of the basically flat three-mile course utilized at the HMRRRC Winter Series races. As Josh Merlis of Albany

Running Exchange reflects, "There's something exciting about running on a course that I typically venture on when the ground is covered in snow and every inch of my body is covered in clothing." **Hot Tip:** Fitness fanatics, save energy for the SEFCU Team Strength & Conditioning Team Challenge (eventbrite.com), from 7am-4pm at the NCAA track & field. (hmrrc.com)

No matter what your running group, the **Malta 5K** on Saturday, September 9 fits the bill. It is part of the USATF Adirondack Grand Prix Series, Fleet Feet Championship Race, and Saratoga Stryders Grand Prix, so test yourself against top level competitors aiming for grand prix points as well as cash prizes. New this year, there is a "friendly business challenge" team competition among employees of major sponsors with top teams winning a donation to their favorite charity. Rock Your Fitness of Malta has been the perennial top three team for the past few years.

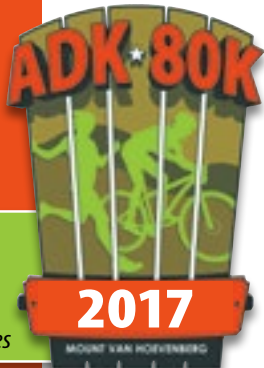
The fast course begins at HVCC's Tec Smart, winds through the Luther Forest Campus, past the Malta ballfields and onto a one-mile tour of Global Foundries. In a moving 9/11 tribute, all participants finish under a giant American flag hoisted by the Round Lake Fire Department. Proceeds benefit local first responders and VETHELP for homeless veterans. **Hot Tip:** HVCC TEC Smart is offering morning tours. (malta5k.com)

Also on September 9, consider the **Camp Challenge 5K Trail Run/Walk** (or 30-mile Bike Ride) with 100% of profits sending children coping with a serious illness to attend Double H Ranch free of charge. This is your chance to help a child who might otherwise not have the opportunity to experience the outdoor freedom we sometimes take for granted.

See **RUNNING & WALKING 21** ▶

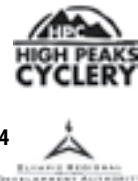
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FROM HILL TO HOLLOW AT THE
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The Cycling Season Payoff!

By Dave Kraus

If you are an avid cyclist, you know that August into September is the payoff for your cycling season. After three or more months of riding, your legs are strong, your cardio fitness is peaking, and the late summer weather makes it tempting to head out for a major ride every weekend. Fortunately, the Catskills and Capital Region northward have a full schedule of cycling events to let you set up a ride schedule to envy.

First on the list... On Sunday, August 6, is the 15th annual **Christine Nicole Perry Memorial Bike Ride**, starting at The Hub in Brant Lake. The event raises funds for a variety of North Country charities and celebrates the lives of Christine Perry, who was killed at age 18 in an automobile crash in 2003, and her father, Mark, who died unexpectedly in 2014. The scenic rides offers two different routes of approximately 15 and 40 miles, and registration includes lunch at The Hub after the ride and other extras. Preregistration is appreciated at bikereg.com.

Sunday, August 20, offers two distinctly different events for area cyclists. The first is the second annual **Rensselaerville Ride: From Hill to Hollow**, at the Carey Institute for Global Good in Rensselaerville. With four different, fully supported routes through the hills and hollows of the Helderbergs in Albany County, this event has something for everybody! Rides include the Rensselaerville (10 miles), Berne (24 miles), Westerlo (44 miles), and Potter Hollow (64 miles) challenge that dips into northern Greene County. Registration includes a T-shirt, and family-friendly post-ride festival with live music from the Lustre Kings, BBQ lunch from Carriage House Restaurant, craft beer and cider from Helderberg Brewery, and swimming in Lake Myosotis. Check-out bikereg.com for more information and registration.

Farther north also on August 20, the **Lake George Bike/Boat Ride** starts in the morning from Lake George Steamboat. Carry a change of clothes or stash a bag on the Mohican tour boat, then pedal north 40 miles to the dock in Ticonderoga, where the Mohican will pick you and your bike up, and take you on the 2.5-hour cruise back south. A later 1pm boat departure gives you more time to enjoy the bike ride north! With a snack bar, beer and wine, and the incomparable scenery of Lake George, it's a great workout (especially Tongue Mountain), then unwind on the Queen of American Lakes. To celebrate Lake George Steamboat's 200th anniversary, ask about special discount pricing. Visit lakegeorgesteamboat.com for details and to buy tickets.

Give yourself a week to recover, then head north to Saranac Lake where the 17th annual **Pat Stratton Memorial Century Ride** will treat you to more beautiful Adirondack scenery on Saturday, August 26. The event winds through the region on wide-shouldered highways and quiet back roads, sticking to valleys and easier grades to give the mountain views without the mountain climbs. Proceeds from this event benefit the



2016 PAT STRATTON MEMORIAL BIKE THROUGH THE
ADIRONDACKS. KIWANIS CLUB OF SARANAC LAKE



A RIDE START AT
THE 2016 MHCC
SARATOGA
CENTURY
WEEKEND.
BOB COHEN



CYCLISTS START THE 2016 CAMP CHALLENGE RIDE
30-MILER IN LAKE LUZERNE. DOUBLE H RANCH

Saranac Lake Kiwanis, and the fully supported routes of 25, 50 and 100 miles take you past a host of Adirondack villages and lakes including Gabriels, Paul Smiths, Meham Lake, St. Regis Falls and Lake Clear. Registration is free for active duty military and law enforcement members. All rides start and end at Mt. Pisgah Ski Lodge in Saranac Lake, where riders will enjoy BBQ, music, sports shirt, prizes and homemade pies after the finish. To register, go to active.com.

On Sunday, September 3, the **Catskill Mountain Cycling Challenge** heads out of the Catskill Recreation Center in Arkville, with routes that will show you the scenic beauty of the western Catskills. The Cycling Challenge brings you six road routes - five of them new - from 29 to 99 miles, plus a challenging 53-mile gravel grinder (5,986-foot gain) to test your fitness. The road rides offer varying degrees of difficulty so you will have a suitable route available no matter what your fitness level. Entry fees will help increase affordable recreational programming for all ages at the Catskill Recreation Center, a non-profit "go-to place" for fitness. You will find rest stops along the routes, commemorative T-shirt, free lunch and use of all CRC facilities on your return to Arkville. Learn more and register at bikereg.com.

The weekend after Labor Day is always chock full of great cycling events from which to choose, and this year is no different. On Saturday, September 9, the **Camp Challenge Bike Ride** (and 5K Trail Run/Walk) returns to the Double H Ranch in Lake Luzerne. You can ride through the southern Adirondack woods on the 30-mile road ride route, or choose the 5K trail run/walk, and 100% of your proceeds will go toward sending a child living with a serious illness to the Double H Ranch, free of charge. After you finish the ride or run, don't forget to stay for the food and live entertainment. For more information, registration, and to set up your personal fundraising page, go to doublehanch.org.

On September 9-10, the 47th annual **MHCC Saratoga Century Weekend**, with new routes of 25, 50, 62 and 100 miles, starts and finishes at Saratoga Spa State Park in

Saratoga Springs. This is the Mohawk Hudson Cycling Club's largest event and all are welcome as it attracts hundreds of riders from across the region every year. It's a great chance to meet new friends and get to know the quiet backroads of Saratoga County on fully supported rides that follow well-researched routes. One registration fee lets you ride both days, so if you've ever wanted to ride two fully supported centuries in one weekend, this is your chance... The century rides start at 8am, and an included catered lunch and craft beer awaits finishing riders! Get more info and register at bikereg.com.

Also on Sunday, September 10, the **Tour de Daggett Lake** will again be hosted by Daggett Lake Campsites near Warrensburg, with scenic rides of 20 and 65 miles through the southern Adirondack countryside west of Lake George. The 20-mile ride is supported by a rest stop, and 65-mile riders stop at the Adirondack General Store in the hamlet of Adirondack, on the eastern shore of Schroon Lake. Proceeds from the ride support Rosie's Love, a local charity for children with cancer. Riders get a T-shirt and you can find details at daggettlake.net.

The fourth big cycling event of the weekend is the Cystic Fibrosis Foundation's **Cycle for Life** at Saratoga Polo Association in Saratoga Springs on Sunday, September 10. Cycle for Life offers routes of 17, 32 or 62 miles at your own pace. There's also breakfast before the ride, a post-ride party, and plenty of sag and mechanical support along the roads. For particulars and to register, visit fightcf.cff.org.

No matter which weekend you want to get out and enjoy riding as summer heads toward fall in upstate New York, there are many excellent organized events. Don't worry, the cycling season's not over - we'll be previewing more fantastic rides in the September issue! 🍷

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, writer, and a veteran of many bike/boat rides and century weekends. Visit his website at krausgrafik.com.

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Sunday, Sept. 17 at 8am
Moreau Lake State Park
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- Low-key event with limited swag
- Overall awards for top 3 M&F runners
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The beach offers bathrooms, showers, changing areas, picnic tables, BBQ.



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- Reflections Band Aug 9
- Gregson Brothers Aug 16
- Snook Brothers Aug 23
- Lightning Rods Aug 30

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AROUND THE REGION **News Briefs**

NYS Bike Summit in Albany on September 15

ALBANY – The New York Bicycling Coalition will host the inaugural New York State Bike Summit at the Hearst Media Center (Times Union building) in Colonie on Friday, Sept. 15. The inaugural Bike Summit is an effort to bring together all entities who play a role in making New York a more bike and walk friendly state. Government officials, advocacy leaders, bicycle clubs, educators, engineers and planners are welcome to attend to present, network and strategize to transform the state into a leader in safe, active transportation.

“In putting together the wide ranging content for this event – workshops, plenaries and roundtable discussions – it is clear there is tremendous pent-up interest in the summit, which is long overdue,” says NYBC executive director, Paul Winkler. “We are eager to draw from the experience and recommendation all of summit attendees as we craft a strategy for creating opportunities for more, and much safer, bicycling in New York.”

Individuals who work in the bicycle industry, nonprofits, government, law enforcement, or those who bike and walk for fun, transportation or sport are welcome to attend. Topics will include bike share, advocacy, bike equity, Vision Zero, education and safety, public health, ecotourism and green transportation, data and technology, trails, mountain biking, electric bikes, mass transit, bridges and funding. Registration and the schedule of events can be found at newyorkbicyclingcoalition2017.sched.com.

“Running the Long Path” New Release by Kenneth Posner

ALBANY – Inspired by Walt Whitman’s poem *Song of the Open Road*, the Long Path’s creators first conceived it as an unmarked trail to connect New York City to the Adirondacks. Today, the 350-mile hiking trail stretches from the 175th Street Subway to Thacher State Park near Voorheesville. Ultrarunner Kenneth Posner completed the trek in record-setting time in 2013. His recently-released book, *Running the Long Path: A 350-mile Journey of Discovery in New York’s Hudson Valley*, is the story of his incredible endurance feat and a celebration of the historical significance of the Hudson Valley. Published by SUNY Press, go to: sunypress.edu.

Avalanche Lake Trail Closed 8/15-25

LAKE GEORGE – The trail around Avalanche Lake will be closed from August 15 to 25. There will be no through access. During this time the NYS Department of Environmental Conservation and the Student Conservation Association Adirondack Corps will be working on the Hitch-Up Matildas, and hikers will not be able to pass through Avalanche Lake. Access through Avalanche Pass to the head of the lake and from Lake Colden to the outlet will be possible. Signage will be posted at Avalanche Camps and Lake Colden, as well as Upper Works, Adirondack Loj and South Meadows.

Please plan ahead for trips during this time period. Also note that the trail from Feldspar to Lake Arnold has some flooded portions of the trail that are worsened with rain.

–Seth Jones, ADK’s education programs coordinator.

Gore Improvements for 2017-18

NORTH CREEK – At the top of Adirondack Express II, the Saddle Lodge will be completely updated for a new mid-mountain experience. The size of the space is more than doubling, providing plenty of room to enjoy the fresh features of a completely updated lodge. Between runs, skiers will have a choice of a full-service or food court style meal, and dine in front of a spectacular showcase of the Adirondack High Peaks.

Gore is also undergoing a complete renovation of the original 1967 gondola unloading station with an all-new area for warming up, restrooms and socializing. The Northwoods Lodge is getting an addition too – look for a rental and repair shop and the children’s Mountain Adventure Center. Go to: goremountain.com.

New Golf FORE Diabetes Tournament

CLIFTON PARK – The Kivort Steel Diabetes Revolution has expanded its dedication in supporting the American Diabetes Association with the Capital District Golf “FORE” Diabetes Tournament on Wednesday, Sept. 13 at Van Patten Golf Club in Clifton Park. Presently, diabetes is the single greatest chronic disease threat to global health. As the global authority on diabetes, the ADA supports advocacy, education, and research that will hopefully, one day, result in a cure for this terrible disease. In the interim, the ADA has made monumental steps in improving the quality of life of those afflicted with diabetes.

Show your support by becoming a sponsor or player. Several sponsorship levels include player teams and individuals, and non-player opportunities. Special contests include longest drive, closest to the pin, and “fun fun fun” putting. Visit: golfforediabetes.com.

Whiteface Summer 2017 Projects

WILMINGTON – Whiteface is getting a facelift this summer. The Main Base Lodge stairway and installation of an elevator will improve accessibility and traffic flow. Additional bathrooms will be installed in the Base Lodge on the second level across from J.LOHR. Also, a remodel of the interior and exterior of the Cloudspin Bar and Grill. The Bear Den Lodge will undergo an expansion of the learn-to-ski facility, much of which will be completed by the 2017-18 ski season. The expansion includes the addition of a lounge adjacent to the current Black Bear Café with a bird’s eye view of the slopes, where parents can relax and watch their budding powder hounds learn to ski and ride.

Snowmaking and grooming upgrades include a new snowcat for this upcoming season. New upgrades to the main pump house, which will be the foundation for significant snowmaking upgrades at the mountain. Up at the Summit, Whiteface will continue the Castle and roundhouse work for summer Memorial Highway visitors, and the elevator will also be replaced at the end of this summer to be ready for the following spring in 2018.

The crew is working hard this summer to restore Porcupine Lodge at the top of Lookout Mountain, which will serve as a warming hut for skiers and riders this upcoming winter. Check it out: whiteface.com.

Gore and Whiteface: Lowest Season Pass Prices through August 11

LAKE PLACID – Get your season pass to Gore, Whiteface and Belleayre before August 11 for the best pricing. Most passes now include SKI3 access to all three mountains. The pass includes a built-in bonus ticket for sharing with a friend or family member and more passholder perks and discounts. Financing options are available for season pass purchases. M.A.X. Pass add-on for full season passes and passes can be preloaded with money or linked to your credit card for easy on-mountain purchasing. Visit: goremountain.com or whiteface.com.

FROM THE PUBLISHERS



It Takes A Team

The sports we cover are individual in nature, however it takes a team to accomplish our competitive, health or fitness goals. Whether you join a club, hire a coach, training group, or have a support system of family and friends, it creates synergy – the creation of a whole that is greater than the simple sum of its parts.

Next time you consider signing up for an event or race, remember that it takes a team to organize it, from the director to the organizers to the volunteers. Show your support for the event, race, organization

and cause! Check out the Calendar of Events listings for things to do in upstate New York this summer and fall. Whether it’s running races, bike rides, hiking treks, multisport events or paddling trips, there’s a lot of offerings.

Teamwork and synergy are the key components in the sweaty, dirty sports we enjoy pursuing. Check out our athlete profile, Zach Boivin, whose story captures the theme perfectly. This month’s Non-Medicated Life column on “lifestyle medicine” shows that diet, exercise and behavior can improve the health of our population and help hold down the cost of health care – an approach whose time has come.

Enjoy the 200th issue of Adirondack Sports magazine! As always, please support our advertisers and let them know where you saw their ad. From our team to yours, thanks for reading us!

Darryl, Mona and Karen

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ADIRONDACK SPORTS EXPO

MOHAWK HUDSON RIVER MARATHON & HALF MARATHON PACKET PICK-UP

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



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

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



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

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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!”

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Race directed by Hudson Mohawk Road Runners Club

CATSKILL MOUNTAIN CYCLING CHALLENGE

Sunday Sept. 3
Catskill Recreation Center
Arkville, NY

Enjoy the beautiful Western Catskills
Six routes (29 - 100 miles)
53 - Mile Gravel Grinder (5986' Gain)

Free lunch, t-shirt, and use of all CRC facilities
Proceeds to increase recreational programming for all ages

Register: bikereg.com/catskill-mountain-cycling-challenge
Info: catskillrecreationcenter.org/catskill-mountain-cycling-challenge

ATTENTION BICYCLISTS!

Lake George Bike/Boat Ride
Sunday, August 20

Early AM: Bike 40M Lake George to Ticonderoga
1:00PM: Ride Mohican Boat to Lake George

Reservations: (518) 668-5777
www.LakeGeorgeSteamboat.com

Rain date: 8/27

Join in the 17th annual
Pat Stratton Memorial Century Ride

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

100mi, 50mi, 25mi & kids' ride
Rides for all ages & abilities • Rain date: 8/27
T-shirt, picnic, music, poker ride w/prizes!

Register: **Active.com**
Info: Bob Scheefer (518) 891-5873
adkbuild@roadrunner.com
Benefits Kiwanis Club of Saranac Lake youth programs

Saratoga Century Weekend

SATURDAY-SUNDAY
SEPTEMBER 9-10

CARLSBAD PAVILION
Saratoga Spa State Park, Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am, Family Ride all day
- SAG, marked routes, rest stops, cue sheets
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Mohawk Hudson Cycling Club
HELMETS REQUIRED

Info/Register: BikeReg.com or MohawkHudsonCyclingClub.org
\$40 member, \$50 non-member - All welcome!
Registration is good for both days! Volunteer and ride for free!

Calendar of Events
August-October 2017*

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

*Events beyond this range are advertisers in this issue.

ALPINE & CROSS COUNTRY SKIING

AUGUST

- 1-31 Ski Clearance Sale.** High Adventure Ski & Bike, Latham. 518-785-0501. highadventuresbp.com.
- 17-20 Ski & Snowboard Preseason Sale.** The Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinersportshop.com.

OCTOBER

- 7 Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup.** 10am-5pm. 100 exhibitors, 6,000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 518-877-8788. adksports.com.

BICYCLING: ROAD (PAVED)

ONGOING

- Daily MHCC Club Rides.** 300 rides/year. Albany-Saratoga Region. mohawkhudsoncyclingclub.org.
- 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.
- M, W, S/S Group Road Rides. Mon: Beginner/Intro to Group Road Riding: 20M. Wed: Intermediate: 25-40M. Sat or Sun: 25-50M. April-Oct. Saratoga Springs. 518-584-8707. saratogacyclingclub.com.
- Tue Adk Spokes Time Trials: 6/6-8/21. 10M. 6:30pm. West River Rd, Fort Edward. 793-5676. insideedgeskiandbike.com.
- Wed Wacky Wed Group Ride.** 35M. 5:30am. Chango ES, Malta. 518-482-3902. mohawkhudsoncyclingclub.org.
- 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.

AUGUST

- 4-6 Montreal Double Double.** 400M. Two doubles w/rest day in Montreal. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
- 5 10th Tour of the Catskills. 23M/54M/80M. Tannersville. tourofthecatsskills.com.
- 5 Tour de Loop. 30M/50M. 9am. Rudy's Lakeside Drive-in, Oswego. bikereg.com.
- 6 Christine Nicole Perry Memorial Bike Ride & Lunch.** 40M: 9am; 15M: 10am. The Hub, Brant Lake. 518-644-3020. chrisssystemfund.com.

- 6 West-Woodward Memorial Time Trial & NYS TT Champs. 9am-1pm. 18M/10M. Fire Station, Upper Jay. 518-637-6590.
- 12 HooRWA's Hoosic River Ride. 100M/75M/50M/30M. Hoosic School, Hoosick. 413-458-2742. bikereg.com.
- 12 Harpoon Point to Point. Road: 100M/50M/25M. MTB: 20M at Ascutney. Harpoon Brewery, Windsor, VT. harpoonpointtopoint.com.
- 19-25 Cycle Adirondacks. Schroon Lake, Keene Valley, Saranac Lake. 315-525-9554. cycleadirondacks.com.
- 19 D2R2 - Deerfield Dirt Road Randonnee. Rides for the land: 180K, 160K, 115K, 100K, Mystery Rides, 40M, 12M. Deerfield, MA. franklinlandtrust.org.
- 20 Lake George Bike/Boat Ride.** Bike 40M to Ticonderoga. 1pm: Ride Mohican Boat to Lake George. 518-668-5777. Rain date: 8/27. lakegeorgesteamboat.com.
- 20 Rensselaerville Ride: From Hill to Hollow.** 10M/24M/44M/64M. Music, BBQ, swimming. Carey Institute for Global Good, Rensselaerville. 518-797-5100. bikereg.com/rensselaerville.
- 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: 518-891-5873. 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. 518-662-0211. farmtoforkfondo.com.

SEPTEMBER

- 1-4 Green Mountain Stage Races. 65-226M. ITT, Circuit, Road Race, Crit. Waitsfield, VT. gmsr.info.
- 3 Catskill Mountain Cycling Challenge.** 29M-99M. Road & gravel grinder. Catskill Recreation Center, Arkville. 845-586-6250. catskillrecreationcenter.org.
- 9 Camp Challenge 30M Bike Ride.** Also: 5K Trail Run/Walk. Double H Ranch, Lake Luzerne. doublehbranch.org.
- 9 Bike MS: ROC the Ride.** Genesee Valley Park, Rochester. bikems.org.
- 9 12th Kelly Brush Ride. 100M: 7:30am; 50M: 8:30am; 20M: 9:30am. Middlebury College, Middlebury, VT. kellybrushfoundation.org.
- 9-10 MHCC Century Ride Weekend.** 100M: 8am; 62M: 9am; 50M: 10am; 25M: 11am. Family Ride: all day. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 10 Tour de Daggett Lake.** 65M: 8am; 20M: 9am. Daggett Lake Water Ski Club & Water Ski School, Warrensburg. daggettlake.net.
- 10 Cycle for Life.** 62M/32M/17M. Saratoga Polo, Greenfield Center. Kate Quinn: 518-453-3583. fightcf.cff.org.
- 10 NYC Century. 100M/75M/55M/35M/15M. New York. 212-629-8080. transalt.org.
- 14-17 JDRF Ride to Cure Diabetes.** Multiple routes: 32-100M. Saratoga Springs. 477-2873. jdrf.org.
- 15 NYS Bike Summit.** 8am-7:30pm. Topics: Bike share, safety, ecotourism, trails, mass transit, more. Hearst Media Center, Times Union, Colonie. newyorkbicyclingcoalition2017.sched.com.
- 15-17 ADK 540 Race/Ride.** 136M/272M/408M/540M. 8AM. Alpine Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.
- 16 Bike MS: Hudson River Ramble.** Thacher State Park, Voorheesville. bikems.org.
- 16 Brown's Brewing Covered Bridge Tour. 50M: 10am. 30M: 10:30am. 20M: 11am. Wallomsac Tap Room, Hoosick. 413-314-3478. bikereg.com.
- 17 10th Lance Gregson 1-Eye Classic Ride & Picnic.** 45M+: 8:30am. 26M: 9:30am. 10-15M: 10:30am. 3M: 11am. Town Park, Schroon Lake. 321-6203. schroonlakecycling.com.
- 17 Tour de Vine. 20M. 10:30am. Easton. bikereg.com.
- 23 4th Harry Elkes Ride.** 50M/32M: 9:30am. 16M/15M: 10:30am. The Hub, Brant Lake. 518-796-2397. bikewarrenco.org.

RENSSELAERVILLE RIDE: From hill to hollow
Sunday, August 20, 2017

Four Fully Supported Rides
10mi - 24mi - 44mi - 64mi

Post Ride Festival with Music, BBQ & Beer hosted by Carey Institute for Global Good and Helderberg Brewery Rensselaerville, NY

Register at bikereg.com/rensselaerville

"Better than a sharp stick in the eye!" - Lance Gregson

10th Annual 1-Eye Classic

Cycling Rides & Picnic
Sunday, Sept. 17
Town Park/Beach, Schroon Lake

Easy Does It (3 miles): 11am
Scenic Route (10-15 miles): 10:30am
Lance's Loop (26 miles around lake): 9:30am
Cyclist's Dream (45+ miles): 8:30am

Info at SchroonLakeCycling.com or Facebook.com/SchroonLakeCycling
518-321-6203 • Rain or shine

Music, raffles, potluck picnic, giveaways & more!!!

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.doublehbranch.org

Camp Challenge Ride Sponsored by:
Neil and Jane Golub
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Vince and Patty Riggi
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The Yulman Family

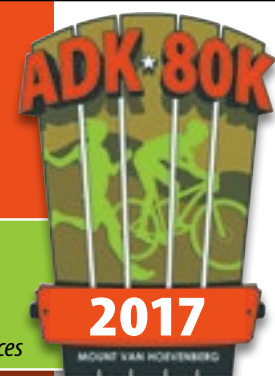


Sunday, Sept. 10
Scenic Rides
 65 miles - 8am
 20 miles - 9am

Daggett Lake Water Ski Club & Water Ski School
WWW.DAGGETTLAKE.NET
 Daggett Lake Campsites: 518-623-2198
 660 Glen Athol Rd, Warrensburg

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HIGH PEAKS CYCLERY
ADK 80K RACE WEEKEND
August 26 & 27



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

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.

High Peaks Cyclery
 HIGHLAND REGIONAL DEVELOPMENT AUTHORITY

- 24 **Farm to Fork Fondo: Berkshires.** 9am. A farm fresh feast from the seat of your favorite bicycle. Hancock Shaker Village, Pittsfield, MA. 518-662-0211. farmtoforkfondo.com.
- 24 **Columbia County Rotary Ride.** Multiple distances. 7:30am. Fire House, Niverville. ktvrotary.org.
- 30 **Drops To Hops Bike Race/Ride.** 43M/25M. Beer, food. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.

OCTOBER

- 28-29 **Haunted Hundred Overnight Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. adirondackultracycling.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. 518-223-0148. greyghostbicycles.com.
- Th-Su West Mtn MTB.** Hours vary. West Mtn, Queensbury. westmtn.net.
- Sun Poor Man's Downhill Shuttles: 8/6, 8/20, 9/3, 9/17.** 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. bikewilmingtonny.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.
- 11-13 **VT3. MTB Stage Race.** Craftsbury Common, VT. 802-586-7767. thevt3.com.
- 12-13 **Windham Race the World: 66/Pro XCT MTB Races.** Windham MTB Park, Windham. windhammountain.com.
- 19 **Over the Top 10K Mountain Bike Duathlon & 5K Trail Run.** Solo/2-person teams. West Mountain, Queensbury. 518-636-3699. westmtn.net.
- 20 **Bellayre Mountain All-Terrain Challenge MTB Race.** Bellayre Mountain, Highland. nysmtbseries.com.
- 20 **2017 Suicide Six MTB Race.** 10am. Harriet Hollister Spencer Recreation Area, Springwater. 585-657-7777 x223. thehardcore24.com/S6.html.
- 26 **Peak 6-Hour MTB Challenge.** Green Mountain Trails, Pittsfield, VT. peak.com.
- 26-27 **ADK 80K Mountain Bike & Trail Running Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. HPC MTB Center at Mt. Van Hoevenberg, Lake Placid. 518-523-3764. adk80k.com.

SEPTEMBER

- 1-3 **Wilmington-Whiteface Bike Fest.** Group rides, music. Wilmington. wilmingtonmtbfestival.com.
- 8 **Adirondack Trail MTB Race.** 550M MTB Ultra. Northville. bikepacking.com.
- 10 **Kirkland Cyclocross Race.** Kirkland Town Park, Clinton. nycross.com.
- 10 **Riedlbauer's Round Top Rally MTB Race.** Round Top. rtmba.com.
- 10 **Rocky Point 50M.** 9am. Rocky Point Preserve, Rocky Point. 631-944-1733. bikereg.com.
- 23 **Garnet Hill Grit Mountain Bike Race.** 6M. 10am. Garnet Hill Lodge, North River. underdogtiming.com.

OCTOBER

- 1 **Best Cyclist in the Universe Race.** 5K enduro, 30K road race, 15K MTB. Solo/teams. Windham Mountain, Windham. bikereg.com.
- 1 **Cross Out Child Abuse Race.** Scriba Park, Oswego. rideoswegocounty.bike.
- 7-8 **Uncle Sam Cyclocross GP Race.** Prospect Park, Troy. nycross.com.
- 8 **Ellicottville Fall Festival Mountain Bike Race.** 5-15M. 10am. Holiday Valley Resort, Ellicottville. heartrateup.com.
- 14 **CircumBurke Challenge MTB.** Sherburne Lodge, East Burke, VT. circumburke.org.
- 21 **Erie 80K MTB.** 25M/50M. 10am. Pike/Front Streets, Port Jervis. discoverportjervis.com.
- 29 **Wicked Creepy Cyclocross Race.** Willow Park, Bennington, VT. nycross.com.

NOVEMBER

- 19 **Bethlehem Cup Cyclocross.** Elm Ave Park, Bethlehem. nycross.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** Four-week session, 6am only: 7/31-8/26. Six-week session: 9/11-10/21. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 518-522-9765. rockyourfitnessny.com.
- Daily True North Yoga.** True North Yoga, Schroon Lake. 518-810-7871. Schedule: truenorthyogaonline.com.

SEPTEMBER

- 2 **SEFCU Team Strength & Conditioning Challenge.** 7am-4pm. University at Albany. eventbrite.com.

OCTOBER

- 6-8 **Adirondack Wellness Project Fall Retreat.** Yoga, hiking, kayaking, healthy meals. Lapland Lake Vacation Center, Northville. lynn@yogalynn.com.

HIKING, ROCK CLIMBING & WILDERNESS SKILLS

ONGOING

- Daily Summer Adventure Trips, Sleep-Away Camp & Day Camp.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

AUGUST

- 7 **Dix & Hough Hike.** 13.7M. ADK: 518-523-3441. adk.org.
- 14 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

SEPTEMBER

- 3 **Mt Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 4 **Donaldson & Emmons Hike.** 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- 11 **Seward Mountain Hike.** 14M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 15-17 **Seward Range Backpacking Trip.** 27M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.



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 Genesee Valley Park | Rochester | SEPTEMBER 9, 2017
HUDSON RIVER RAMBLE
 Thacher Park | Albany | SEPTEMBER 16, 2017

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SIXTH ANNUAL DUATHLON
5K RUN • 30K BIKE • 5K RUN
Sunday, October 8 • 9am
SUNY Adirondack, Queensbury

- Chip timed • Participant only raffles
- Free micro-mesh t-shirt to first 100 entrants
- One, two and three person teams
- Corporate teams of three welcome

Register at www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu
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GLENS FALLS LIONS CLUB



17TH ANNUAL CRYSTAL LAKE TRIATHLON

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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DUANESBURG TRIATHLON
 Saturday, August 26 • 9AM
 Duanesburg YMCA



REGISTER TODAY!
www.ACTIVE.com

OUR PLATINUM PARTNER



ASF.7.17

- 21-24 Thru-Hiking 101: Long-Distance, Lightweight Backpacking.** Northville-Placid Trail. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 25 Mt Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 28 Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 29-10/1 Allen Mountain Backpacking Trip.** 19M. 12pm. Exit 29. ADK: 518-523-3441. adk.org.
- 30-10/1 Map & Compass Bushwhack Skills Workshop.** Heart Lake, Lake Placid. ADK: 518-523-3441. adk.org.

OCTOBER

- 6 Dix & Hough Hike.** 13.7M. ADK: 518-523-3441. adk.org.
- 7 Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 8 Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 9 Donaldson & Emmons Hike.** 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- 28 Outdoor Leadership 101.** 9am-4:30pm. Adirondak Loj Dining Room, Lake Placid. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON/DUATHLON & SWIMMING

ONGOING

- Mon 33rd High Peaks Cyclery Mini-Tri Series: 6/19-8/14.** 400yd swim, 12M bike, 3M run. 6:30pm. Mirror Lake Beach, Lake Placid. HPC: 518-523-3764. highpeakscyclery.com.
- Tue CDT 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: 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.

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 Betsy Owens Memorial Swim.** 1M/2M cable swims. Mirror Lake, Lake Placid. 518-727-1586. greenleafacing.com.
- 12 Ken Hummel Memorial Duathlon, 5K & Kids' 1M. 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.

- 16 SLVP Paddling Duathlon. 6:30pm. Little River Boat Launch, Canton. St. Lawrence Valley Paddlers: slvpaddlers.org.
- 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.
- 20 West Point Triathlon. 0.5M swim, 12M bike, 5K run. Camp Buckner, West Point. usma.edu.
- 20 Peasantman Steel Distance Triathlons. Full, half, intermediate, aquabike. Indian Pines Park, Penn Yan. peasantman.com.
- 26 Duanesburg Sprint Triathlon.** 9am. Duanesburg, YMCA, Duanesburg. 895-9500. active.com.
- 26 Rochester Triathlon. Intermediate, Aqua, Sprint. 7:30am. Durand Eastman Park, Rochester. rochestertriathletes.com.
- 26 Lake George Open Water Swim.** 2.5K: 7:45am; 5K: 9am; 10K: 7:55am. Town Beach, Hague. lakegeorgeswim.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.
- 9 5th Greene County Y Tri.** 350yd swim, 11.5M bike, 5K run. 8am. Teams welcome. Sleepy Hollow Lake, Athens. runsignup.com.
- 10 Ironman Lake Placid 70.3. 1.2M swim, 56M bike, 13.1M run. Lake Placid. ironman.com.
- 10 Incredoubleman Triathlons. Half, Olympic, Aqua. Westcott Beach SP, Sackets Harbor. incredoubleman.com.
- 10 Survival of the Shawangunks (SOS) Triathlon. Minnewaska SP, New Paltz. sostriathlon.com.
- 17 41st Josh Billings Runaround Triathlon.** 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 23 Scott Woodward Memorial Duathlon. 2.5M run, 12M bike, 2.5M run. 9am. Lapham Mills Park, Peru. adirondackcoastevents.com.

OCTOBER

- 8 6th Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 9am. 1/2/3-person teams welcome. SUNY Adirondack, Glens Falls. glensfallsions.org.
- 15 15th Mohawk Towpath Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Rexford. mohawktowpath.org.
- 22 Central Park Duathlon. 2M run, 12M bike, 2M run. Boathouse, Central Park, New York. nytc.org.

OTHER EVENTS

Wed & Sun Summer Jumping Series: August. 1-2pm. Olympic Jumping Complex, Lake Placid. 518-302-5326. whiteface.com.

AUGUST

- 8 33rd Authors' Night. 7-9pm. Hoss' Country Store, Long Lake. mylonglake.com.

SEPTEMBER

- 1-4 Family Camp Weekend.** Arcade Theme. YMCA Camp Chingachgook, Kattskill Bay. camp.cdyymca.org.
- 9 Wilmington Festival of the Colors.** Wilmington. whiteface.com.
- 13 Golf "FORE" Diabetes Tournament.** Van Patten Golf Club, Clifton Park. golfforediabetes.com.
- 23 Lake Placid Brew Fest.** Olympic Center, Lake Placid. whiteface.com.

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Betsy Owens Memorial LAKE SWIM

Saturday, August 12, 9:30am
 Mirror Lake in Lake Placid

2-Mile: 9:30am • 1-Mile: 11:15am • Open to all swimmers 18 & older
 Register by 8/7 (no race day): GreenLeafRacing.com



LAKE GEORGE OPEN-WATER SWIM

2.5K, 5K & 10K Swims with Wetsuit and Non-Wetsuit Divisions
Saturday, August 26

Hague Public Beach
 9060 Lake Shore Drive
 2.5K 7:45am, 10K 7:55am, 5K 9:30am
Registration is Open!
LakeGeorgeSwim.com
 Shirts, awards, chip timing, post-race food/drink
 More information: Chris Bowcutt at greenleafacing@gmail.com or (518) 677-2768
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 -Sandy Mitchel



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15th Annual
MOHAWK TOWPATH BYWAY DUATHLON
 Riverview Orchards
 660 Riverview Rd, Rexford
 2M run, 17M bike, 2M run
Sunday, October 15 • 8:30am
 Open to individuals & 2-person teams
 Register: mohawktowpath.org
 USAT sanctioned • Embroidered crew hat to first 100
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bibtherapeuticmassage.com

23-24 8th Adirondack Moose Festival. Trail hikes, rafting, contests, vendors. Indian Lake. 518-648-5636. indian-lake.com.
30-10/1 Oktoberfest. Food, beer, music. Whiteface, Wilmington. whiteface.com.

OCTOBER

7-8 Harvest Fest. 10am-4pm. Food, music, gondola rides, trampoline, disc golf. Gore Mtn, North Creek. 518-251-2411. goremountain.com.
7-8 Flaming Leaves Festival & US Ski Jump Champs. 10am-4pm. Food, music, games, vendors. Olympic Jumping Complex, Lake Placid. whiteface.com.

PADDLING: KAYAK, CANOE, SUP & ROW ONGOING

Wed Canoe Time Trials: 5/3-9/20. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern NY Paddlers. Alec Davis: 321-6820. swcweb.org.
Thu SUP PaddleFit Class. 8:30-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
Sun SUP Yoga. 8-9:30am. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.

AUGUST

6 12th Lake Champlain Dragon Festival. Release the Dragons. 8am-5pm. Waterfront Park, Burlington, VT. 802-999-5478. ridethedragon.org.
 16 SLVP Paddling Duathlon. 6:30pm. Little River Boat Launch, Canton. St. Lawrence Valley Paddlers: slvpaddlers.org.
 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. 607-765-9237. nymcra.org.
 26-27 Thistle Lumberjack Regatta. Sat: 12pm. Sun: 10am. Big Tupper Lake. 518-359-3328. tupperlake.com.

SEPTEMBER

2 Remington II. 6M. 10am. Rensselaer Falls, Oswegatchie River to Heuvelton. slvpaddlers.org.
 8-10 Adirondack Canoe Classic: The 90-Miler. 8am. Old Forge to Saranac Lake. Brian McDonnell: 518-891-2744. macscanoe.com.
 9 Kayaking4Meso on the Hudson. 8M. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. kayaking4meso.org.
 12 13th Hudson Crossing Cardboard Boat Race in memory of Alexander "Sam" Aldrich. Fort Hardy Park Beach, Hudson Crossing Park. hudsoncrossingpark.org.
 16 21st Rochester River Challenge. 300m sprint races. Genesee Waterways Center, Rochester. 292-6107. adaptivecanoeing.org.
17 Women's Kayaking Day. YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.
 23 Long Lake Long Boat Regatta. 10M. 11am. Town Beach, Long Lake. 518-891-2744. macscanoe.com.
 24 St Regis Canoe Classic. 5M/7M/11M. 10am. Paul Smith's College, Paul Smiths. 315-720-5446. paulsmiths.edu.

OCTOBER

1 Seneca Monster Regatta. 13M. 11am. Seneca Lake/Canal, Seneca Lake SP, Geneva. 347-464-8338. senecamonster.com.
14 Women's Sailing Day. YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.

RUNNING, TRAIL RUNNING & WALKING ONGOING

Daily Obstacle Course Training. All Welcome. Open: May-Nov. Sunny Hill Resort, Greenville. 518-634-7642. sunnyhill.com.
We/Sa Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 518-459-3338. fleetfeetalbany.com.
Thu ARE Summer Trail Run Series: 6/1-8/31. 6pm. Various locations. albanyrunningexchange.org.

AUGUST

1 Colonie Summer Track. 6pm. Colonie HS, Colonie. Frank Myers: 518-869-9333. 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: 518-251-0107. active.com.
5 39th Dynamic Duo Pursuit Race. 3M per person. 8:30am. Colonie Town Park, Colonie. Frank Myers: 518-869-9333. hmrrc.com.
5 Fox Creek 5K Run/Walk. 9am. Berne Town Park, Berne. 518-225-4925. active.com.
 5 Bald Eagle Half Marathon & 10K. 8am. Ridgeback Sports, Callicoon. 617-459-6099.
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: 518-548-4521. speculatorchamber.com.
 6 38th Monster Classic 10K & Monster 5K. 8:45am. Broadway & Frasier Ave, Monticello. 845-239-2107. raceroster.com.
 6 12th SOS 5K. 11am. 1892 Schoolhouse, Star Lake. 315-848-5326. adirondackexhibitcenter.org.
7 Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
11-12 3rd Peak to Brew Relay. 220M. Six & 12 runner teams. The ultimate relay experience. Summit of Whiteface, 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.
 12 Cerveza Shuffle. 5K/10K. 9am. Family Run/Walk: 10:30am. Warming Hut, Saratoga Spa SP, Saratoga Springs. gfmfmf.org.
 13 Blue Mountain Sizzler 5K. 8:30am. Blue Mountain Lake. 518-352-7364. bluemtsizzler.com.
 13 Run For Roses 5K, Walk & Fun Run. 9am. Grafton Lakes SP, Grafton. 518-279-1386. runsignup.com.
 13 25th Catskill Mountain 100K Road Race & Relay. 5:30am. Phoenicia. todjen.wixsite.com.
14 5th Monday Night Mile. 5:30pm. Saratoga Casino Hotel & Raceway, Saratoga Springs. 518-796-8878. saratogahistory.org.
14 Tawasentha XC 5K. 6:30pm. Tawasentha Park, Gunderland. hmrrc.com.
19 15th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. brooksidemuseum.org.

CAPITAL DISTRICT YMCA GREENE COUNTY TRIATHLON
 Saturday, September 9 • 8AM
 Greene County YMCA



REGISTER TODAY!
<https://runsignup.com/Race/NY/Athens/GreeneCountyYTri>
OUR PLATINUM PARTNER

 ASF.8.17

41ST ANNUAL 2017 JOSH BILLINGS SUNABOUND TRIATHLON



Sunday, September 17
THROUGH 5 TOWNS IN THE BEAUTIFUL BERKSHIRES
Bike • Canoe/Kayak/SUP • Run Team & Iron Categories
New! We've partnered with crowdrise - the best way to raise money for social causes
active.com • triereg.com
joshbillings.com

ROCK Your Fitness
RockYourFitnessNY.com
 Becky Weyrauch, certified personal trainer
TBT = total body training
★ 1st class is FREE ★
Your Success Is Our Goal

\$25 OFF for all new clients
 promo code: #FitFam
Motivation for ALL Fitness Levels
 Battling Ropes, TRX, Slam Balls and More!
Join a Session at Any Time!
4-WK SESSION: JUL 31-AUG 25
 M-F 6:00am
6-WK SESSION: SEP 11-OCT 21
 M/W/F 5:15am or 6:30am • Tu/Th 9:30am • Sat 7:30am
 Saratoga-Wilton Soccer Club (formerly Charboneau)
 2381 Route 9, Malta
522-9765
 REGISTER: RockYourFitnessNY.com

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.
OUR PLATINUM PARTNER

 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!

VERMONT Sun
HALF MARATHON **plus 5k & 10k**
Sunday, September 24 • 10am
 90% shaded course • 35% dirt roads • aid every 1.5 miles
 custom awards to top 5 overall and top 3 in each age group
 FREE professional photos • awesome raffle giveaways
 free food and post race refreshments, and much more!
REGISTER: vermontsun.com



5th Annual
Saratoga Casino and Raceway
Monday August 14
A one-mile footrace on the harness track
 Heats begin 5:30pm & end 6:45pm
 Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • \$20 entry by 8/8
 New: Free Kids' 1/4-mile Fun Run!
Register: finishright.com
 facebook.com/themondaynightmile
 Benefits Saratoga Springs History Museum



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



SEFCU
 29TH ANNUAL LABOR DAY 5K
New day! Saturday, Sept. 2
 Directed by **HMRRC**
5K Race/Walk • 9:00am
New location! SEFCU Arena University at Albany
NEW SEFCU Fitness Challenge!
 Details to come
 \$15 HMRRC or SEFCU members by 8/29, 6pm
 \$20 for all others by 8/29, 6pm • \$25 day of race
 SEFCU 5k T-shirts to all
 Medals to top 3 M/F age group finishers
 Trophies to top 3 M/F and SEFCU members
 Kids' 1-Mile Run: 10am (\$1 day of race)
Register online (no fee):
HMRRC.com

"Course the Wall" Trail Run
Lapland Lake
 Nordic Vacation Center, Northville
Sunday Sept. 17
5K and 9K Trail Run on our trail system
Fun 1K Trail Run/Walk for kids and adults.
Post-Race Bar-B-Q • Live Music by Durey Creek Bluegrass Band & The Doghouse Carpenters
9K-10:45am • 5K-11am • 1K-11:05am
Trophy rocks awarded • Past winners must bring and carry their trophy rocks!
 Info: LaplandLake.com • 518-863-4974
Registration (closes 9/15):
RunReg.com

- 19 Over the Top 5K Trail Run & 10K MTB Race. Teams, BBQ, beer tastings. West Mountain, Queensbury. westmntn.net.
- 19 Sarcoma Strong 5K. 9am. University at Albany, Albany. Courtney Hill: 518-262-2875. sarcomastrong.com.
- 19 20th Olga Memorial Footrace. 10K/5K Run & 5K Walk. 9:30am. Berkeley Green, Saranac Lake. Aleacia Landon: 518-891-5846. saranaclakeyouth@gmail.com.
- 19 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. landisarboretum.org.
- 19 Twisted Branch 100K Trail Run. 5am. Ontario County Park, Naples. twistedbranchtrail.com.
- 19 Willow Bay 5K Run & Fitness Walk for Women. 9am. 315-638-9662. syracusechargers.org.
- 19-20 New Balance XC Weekend.** 20% off all New Balance. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- 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.
- 20 Erin Shanley Memorial 5K & 1M Walk. 9am. Lion's Club Pavilion, Pine Plains. 845-214-7801.
- 21 Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
- 21 Tawasentha XC 5K. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- 26 20th Altamont 5K Run & Walk.** 9am. Altamont Mile: **10:15am. Live music festival: 10am-6pm.** Bozenkill Park, Altamont. Altamont5k.org.
- 26 Fishy Frolic: Mackerel Mile Walk, Fishy 5K & Trout 10K. 9:30am. Corning Preserve, Albany. 518-705-7592. zippyreg.com.
- 26 DeerFly 5K/10K Trail Run/Walk & Extreme Duo (5K&10K). 10K: 9am. 5K: 10:30am. Winona Forest Recreation Area, Mannsville. winonaforest.com.
- 26 Run for Jon. 2.5M. 1M Walk & Fun Run. Forrence Orchards, Peru. runforjon.com.
- 26 Best Dam Run/Walk. 13.1M. 9am. Great River Hydro, Whitingham, VT. eventbrite.com.
- 26 March on for Brain Injury 5K & Family Walk. 8am. Walkway Over the Hudson, Poughkeepsie. 518-459-7911. bianys.org
- 26-27 Nike XC Weekend.** 20% off all Nike. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- 27 ADK 80K Trail Running & Mountain Bike Races.** 20K loop. Sat: Trail Run & Relay. Sun: MTB Race. Mt Van Hoevenberg, Lake Placid. 518-523-3764. adk80k.com.
- 27 6th 1812 Challenge & Half Marathon.** 18.12M & 13.1M road races. Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.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. 9am. Moreau Recreation Park, South Glens Falls. runsignup.com.
- 27 25th Scholarship Trail Race. 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.

- 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: 518-472-4807. malta5k.com.
- 9 Glens Falls Hospital 5K. 8am. Great Escape, Queensbury. 518-792-3500.
- 9 Old Forge Marathon, Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. 315-663-5538. willowhwc.com.
- 9 Sky Run Vertical 5K/10K. 9am. Mad River Glen, Waitsfield, VT. 802-540-5225. endurancesociety.org.
- 10 16th Teal Ribbon 5K Run & Walk.** 5K: 9:10am. 1M Walk: 9am. Lake House, Washington Park, Albany. caringtogetherny.org.
- 10 BiteBack Against Lyme 5K Run & 1.5M Walk. 11am. Crossings Park, Colonie. 518-470-0497. globallymealliance.org.
- 10 10th Anne's Quest 5K. 8am. Warming Hut, Saratoga Spa SP, Saratoga Springs. annesquest.org.
- 10 15th Ty Yandon Memorial 5K Run/Walk. 8am. Health Center, Newcomb. 518-582-2991.
- 10 10th Barry Hopkins Run at Olana 6K. 9:30am. Olana State Historic Site. 818-731-7697. olana.org.
- 10 Tugboat Chug 5K & Kids' Run. 10am. Village/Peebles Island SP, Waterford. albanyrunningexchange.org.
- 10 New Balance Fifth Avenue Mile. 1M. 8am. Fifth Ave, New York. nyrr.org.
- 15 Glow Back To School 5K. 7pm. Stillwater Area Comm Center, Stillwater. stillwaterareacommunitycenter.org.
- 15-17 Rochester Marathon, Half, Relay & 5K. Maplewood Park, Rochester. rochestermarathon.com.
- 16 Upper Union Street Scholarship 5K.** 8:30am. Refreshments, DJ. Woodland Avenue, Central Park, Schenectady. upperunionstreet.com.
- 16 ADK 5K.** 10am. Beer, music, lawn games: 10am-2pm. Adirondack Pub & Brewery, Lake George. greatamericanbreweryruns.com.
- 16 Great Cow Harbor 10K Race.** 8:30am. 2K Run/Walk: 8:45am. Laurel Ave School, Northport. cowharborrace.com.
- 16 3rd Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. 315-439-4938. thebackpackrun.com.
- 16 14th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. gmaa.net.
- 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.
- 17 Moreau Lake 15K & 5K Trail Races.** 9am. Moreau Lake SP, Gansevoort. greenleafacing.com.
- 17 Dunkin' Run 5K, 10K & 15K.** 8:20am. AJCC, Albany. Tom Wachunas: 518-438-6651. albanyjcc.org.
- 17 HMRRC Anniversary Races: 2.95M/5.9M.** 9am. UAlbany, Albany. hmrrc.com.
- 17 Course the Wall Trail Runs.** 9K: 10:45am. 5K: 11am. 1K Fun Trail Run: 11:05am. BBQ, music. Lapland Lake Nordic Center, Northville. 518-863-4974. runreg.com.
- 17 Stephen Siller Tunnel to Towers Stair Climb. 8am. Corning Tower, Albany. tunnel2towers.org.
- 17 Garden Share Fight Hunger 5K. 1pm. Remington Trail, Canton. gardenshare.org.
- 22-23 Ragnar Relay Adirondacks. 200M. Saratoga Springs to Lake Placid. 877-837-3529. runragnar.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/Packet Pickup (10am-5pm) in Schroon Lake.** 518-532-7675. adirondackmarathon.org.

SEPTEMBER

- 2 29th SEFCU Foundation Labor Day 5K.** 9am. New Fitness Challenge. SEFCU Arena, University at Albany, Albany. hmrrc.com.
- 2 8th Run for the Horses 5K.** 8:30am. Kids' Fun Run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.
- 2 CM5K Walk/Run. 9:30am. Waterfront Park, Northville. 518-883-8904. runsignup.com.
- 2-3 Saucony XC Weekend.** 20% off all Saucony. Fleet Feet Sports Albany: 518-459-3338. Malta: 518-400-1213. fleetfeetalbany.com.
- 3 49th Archie Post 5-Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Kids' 1/4M: 9am. Russ Cooke: 802-846-5635. gmaa.net.

11TH ANNUAL
Falling Leaves 5K & Fun Run
Saturday, October 7 at 10am
 William Kelley Park on Ralph St, Ballston Spa
All 5K participants can win a gift certificate from local businesses
Scenic course within historic village of Ballston Spa!
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win.
 Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run
 \$25 by 10/4 or \$30 race day • Long-sleeve Sport-Tek T-shirt to first 200
Kids' 0.5M Fun Run (10 & under): 11am – Free
 Stan Lockwood: (518) 885-6886 or fallingleaves5k@albany.twcbc.com
 Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans

UPPER Union Street SCHOLARSHIP 5K
Saturday, Sept. 16, 8:30am
 Parking lot on Woodland Ave, Schenectady (Between Union Street and Eastern Parkway)
 USATF certified course in tree-lined neighborhood with Central Park loop
 Packet Pickup/Registration: 7-8am
 Info & Register: www.UpperUnionStreet.com
 Gregg Kelly: greggk@nefj.com

15TH ANNUAL
Saratoga County Historical Society
JAIL HOUSE ROCK 5K
@ Brookside Museum

Sat, Aug 19
8:30am • Ballston Spa
Fast, fun to the jailhouse & back • USATF Certified

Chip timing • Walkers welcome
T-shirts guaranteed with 8/1 registration

Register: itsyourrace.com
\$25 by 8/17 or \$30 after Under 18 & over 80 free*
*for a limited time
Jen Ferriss: ferrissj@gmail.com
Benefits The Saratoga County Historical Society

Caring Together 16th Annual
Teal Ribbon 5K Run & 1-Mile Walk
Fighting Ovarian Cancer
One Step at a Time

Sunday, Sept. 10 • 9am
Washington Park, Albany

T-shirts to all registered online by 8/31
Chip timing for all runners
Individuals: \$17 by 8/31, \$25 after
Team Members: \$15 by 8/31, \$25 after
Children: \$5 ages 10-under

Register & Donate:
CaringTogetherNY.org

23rd Annual Burnt Hills-Ballston Lake Rotary
5K Run and Walk
Saturday, Oct. 7 • 9am
O'Rourke Middle School, Burnt Hills

Kids Mile Fun Run • 9:45am
USATF Certified Course • Chip Timing
Shirts for the first 300 participants
\$25 by 9/27 (\$30 after) • Kids Mile Fun Run: \$10

More info: bhblrotary.org or Paul Lewandowski (518) 399-2225

Register: ZippyReg.com

- 23 kLaVoy Donate Life 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 23 Hero Walk & 5K Run for Autism. 9am. Central Park, Schenectady. albanyautism.org.
- 23 Walk to End Alzheimer's. 10am. Siena College, Loudonville. 800-272-3900. Alzheimer's Association. alz.org.
- 23 Color Me Remington 5K Walk/Run. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. fredericremington.org.
- 24 **Adirondack Marathon Distance Festival: Marathon (9am), Half Marathon (10am), Two- & Four-Person Relays (9am).** Schroon Lake. 518-532-7675. 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 **14th Crossings 5K Challenge Run/Walk & Kids' Runs.** 10am. Ciccotti Family Rec Center, Albany. Colonie Youth Center: 518-438-9596. colonieyouthcenter.org.
- 24 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Salisbury, VT. 802-388-6888. vermontsun.com.
- 24 **42nd Falling Leaves 5K & 14K.** 9am. Radisson Hotel, Utica. uticaroadrunners.org.
- 24 **36th Watervliet Arsenal City 5K Run & USATF-Adk Masters Champs.** 10am. 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. zippyreg.com.
- 24 **Muddy Sneakers 5K Trail Run.** 9am. Indian Meadows Park, Glenville. Allison Reinhardt: 518-371-2139. cdymca.org.
- 24 Albany Booster Club Falcon 5K. 9:30am. Washington Park, Albany. zippyreg.com.
- 24 Maddie's Mark 5K, Walk & Kids' Run. 9am. Central Park, Schenectady. 518-527-7904. maddiesmark.org.
- 24 Pfalz Point Trail Challenge. 10M. 9am. Springfarm Trailhead, Mohonk Preserve, New Paltz. mohonkpreserve.org.
- 24 Towpath 6K Run. 9:15am. Walk: 9am. Community Center, Accord. runsignup.com.
- 30 **Oktoberfest 5K Run.** 10:30am. Wolff's Biergarten, Albany. Patrick Lynskey: 518-677-2768. greenleafacing.com.
- 30 **Leaf Cruncher 5K Trail Run.** 10am. Gondola rides for all, on-course treasure hunt, awesome prizes. Gore Mountain, North Creek. goremountain.com.
- 30 Race for Hope 5K. 10am. New Scotland Road, Slingerlands. 518-439-4326. capitalregionspecialsurgery.com.
- 30 Island Eagle Run 4M. 8:30am. Schodack Island SP, Castleton-on-Hudson. 518-732-2940.

OCTOBER

- 1 **Beat Beethoven! 5K Run/Walk to 5th Symphony.** 9:20am. Central Park, Schenectady. 518-372-2500. schenectadysymphony.org.
- 1 **Voorheesville 7.1M.** 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- 1 North Country Out of the Darkness Walk. Walk to fight suicide. Olympic Speedskating Oval, Lake Placid. 518-962-2077. afsp.org/northcountry.
- 1 Rensselaer Runs United 5K. 10am. Rensselaer Tech Park, North Greenbush. 518-276-4305.
- 1 Syracuse Festival of Races. Men's 5K, Women's 5K, 3K Fitness Run, Walk. 8:50am. East Colvin St/Coyne Stadium, Syracuse. Dave Oja: 315-446-6285. festivalofraces.com.
- 7 **23rd Burnt Hills Rotary Apple Run 5K Run.** 9am. 1M Kids' Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. bhblrotary.org.
- 7 **11th Falling Leaves 5K & Kids Fun Run.** 10am. Kelley Park, Ballston Spa. 518-885-6886. ballstonspaumchurch.org.

- 7 **Komen Race for the Cure.** 5K Run/Walk & 2K Family Walk: 9:30am. Kids Dash: 8:45am. Empire State Plaza, Albany. 518-250-5379. komenneny.org.
- 7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup.** 10am-5pm. 100 exhibitors, 6,000 attendees. Summer & winter sports, health, fitness, destinations, events. Albany Capital Center, Albany. 518-877-8788. 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.
- 8 Trek For Hope 5K Run/Walk. 9:30am. Village Park, Granville. 1M Kids' Run: 9am. 518-321-9640. thehayneshouseofhope.org.
- 8 **9th Race Away Stigma 5K Race & Fun Walk.** 10am. Hudson Valley Comm College Student Pavilion, Troy. Larry Ellis: 518-629-7175. hvcc.edu.
- 8 Cure for IBD 5K, Fun Run & Walk for Crohn's & Colitis. Burlington, VT. cureforibd.net.
- 14 **17th Great Pumpkin Challenge 5K, 10K, & 1M Fun Run.** 9:30am. Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.
- 14 **4th St. Catherine's Running SCCared Family 5K.** 9:30am. The Crossings, Colonie. 518-453-6756. st-cath.org.
- 14 **Monster Scramble 5K/10K.** 9am. Costumes, prizes. Liberty Ridge Farm, Schaghticoke. 518-464-0112. nationalmssociety.org.
- 14 Lake George Land Conservancy Trail Race. 5M. Amy's Park, Bolton Landing. lgcl.com.
- 15 Fall Foliage Half Marathon & 5K. 10:20am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 21 18th Great Sacandaga 10K Race. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877.
- 21 7th Oktoberfest Half Marathon, 10K, 5K & 40K Bike. Peru. adirondackcoastevents.com.
- 22 Wandering Witch Trail Races. 5K/10K. 9:30am. Christ The King Conf Center, Greenwich. bkvr.net.
- 22 17th Ghostly Gallop 5K. 11:30am. Hudson HS, Hudson. ghostlygallop.info.
- 22 Marine Corp Marathon. 26.2M. Washington DC. marinemarathon.com.
- 28 Goblin Gallop 5K & Halloween Hop. 9:30am. Abraham Wing School, Glens Falls. adirondackrunners.org.
- 28 **Brookhaven Oktoberfest 5K Trail Run.** 10am. Kids' 1K Run: 11am. Brookhaven Golf Course, Porter Corners. 518-893-7605. skireg.com.
- 29 **Hairy Gorilla Half Marathon & Squirrelly Six Miler.** 9:30am. Thacher State Park, Voorheesville. albanyrunningexchange.org.
- 29 **Saratoga Cross Country Classic.** 5K: 10am. 2K/3K Development Runs: 9am. Saratoga Spa SP, Saratoga Springs. saratogaxcclassic.com.

NOVEMBER

- 12 **MVP Health Care Stockade-athon 15K Road Race.** 8:30am. New: Stockade Cup Relay for business/org teams w/three 5K legs. Kids' 0.5M Run: 10:30am. Schenectady YMCA, Schenectady. stockadeathon.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.

Sunday, Sept 24

5K RUN/WALK

The Crossings 5k Challenge & Kids Runs

Ciccotti Center
30 Aviation Road, Colonie

MUSIC • FOOD • AWARDS • FUN!

5K Challenge Run/Walk - 10am
Dri-fit long-sleeve shirt to all registered by 9/1 Flat, fast course through Crossings Park
Chip timing by AREEP • Walkers welcome
Kids 1/4M Fun Run* (free) - 10:45am
Must be registered - For ages 13-under
Kids 1M Competitive Run* (\$10) - 10:45am
Chip-timed for 13-under with shirt and awards
*All registered kids runners get a medal and are entered to win a Ciccotti pool party for 20!
Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
Early Registration Ends 9/20!
TO BENEFIT COLONIE YOUTH CENTER, INC.

Saturday, October 14, 2017
Saratoga Spa State Park
Columbia Pavilion

5K & 10K Walk/Run 9:30a.m.
Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/1!

****IMPORTANT****
Course maps & info. available online
Race Limited to 2,000 Registrants
NO DAY OF Registration

5K & 10K Fees: \$25 (by 10/1);
\$28 (by 10/11 at 10a.m.); \$30 (before 6p.m. on 10/13)
Kids Fun Run Fee: \$5 (12 & under)

Register Online:
www.saratogabridges.org
More information: 518.587.0723

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36th Annual Watervliet
Arsenal City Run
2017 **Sunday Sept 24**

5K Road Race: 10am
USATF-Adk Masters 5K Championship
Register: ZippyReg.com

\$15 until 9/21 or \$25 race day
Male/female dri-fit shirts to all preregistered
Free 1-Mile Fun Run/Walk (all ages): 9:30am
Family Festivities: 10am-1pm
Food, drinks, live music, activities for all
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UR
Falling Leaves ROAD RACE
Sunday, Sept. 24 • 9am
Radisson Hotel, Utica

NYS RRCA 5K Champs, Walk & Wheelchair,
Scenic 14K & Kids' 1K/0.5K Fun Run (8:15am)
Register early for CNY Racing 1/4-zip long-sleeve tech shirt

Info/Register: UticaRoadrunners.org
or **RunSignUp.com**

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TO BENEFIT ST. CATHERINE'S CENTER FOR CHILDREN

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The Crossings of Colonie
\$25 Adults/\$20 Students (13-20)/\$30 Race Day
Free t-shirts to first 300 paying runners!
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Paddling the Oswegatchie River

By Rich Macha

The East or Main Branch of the Oswegatchie River is regarded by many seasoned trippers as one of the Northeast's premier wilderness paddling destinations. Before the Oswegatchie flows into Cranberry Lake at Wanakena, it winds its way seemingly aimlessly for 20 miles through the Five Ponds Wilderness Area. While paddlers can get a taste of the river on a day trip, it is best explored over three or more days, especially if you plan to add-in some hiking along the way.

From NY Route 3 west of Cranberry Lake hamlet, it is a 3.2-mile drive on dirt Sunny Lake and Inlet roads to Inlet, which nowadays is just a grassy clearing where once a hotel stood. This Inlet is not to be confused with the Town of Inlet which is further south near Old Forge. From this hotel, guides would take their customers upriver to fish for trout, which were more plentiful then than they are now. In the early 1900s, there was much logging in the area and a railroad ran for a few miles upriver - the route of the old railroad is now a hiking trail. For some background of those times, read *Man of the Woods* by Herbert F. Keith, a colorful memoir of a young lad's trip up the river with guide Wilfred Morrison.

If you arrive at Inlet late in the day, you can camp at the edge of the clearing, and get an early start the next morning. If you have an hour or two to paddle you can get to some very nice campsites on the river. In the 12 miles from Inlet to High Falls there are over 30 campsites including four lean-tos; some of the campsites are more desirable than others.

Above Inlet, the river is fairly wide for a while, meandering through boreal marsh and alder swamp, but slowly narrows as you get further upstream where the coniferous forest closes in. You can expect to have to go over some beaver dams, push or wade up some short class I rapids, and perhaps get past a log jam or two. Your experience can vary at different water levels.

Bee Bee Rapid is the first of the "rapids." To avoid the rocks I find it best to stay to the right. Soon after, the paddler encounters the first beaver dam which is often breached and can be paddled in either direction. Early on, the river's turns are gentle, but after making a left at Sam's Curve the bends are sharper and more frequent. Straight of the Woods is the only really straight section before Griffin Rapids.

High Rock and campsite #41 are reached at 3.6 miles. There is a nice view from atop the rock, 25 feet above the river. After another 1.5 miles you reach Griffin Rapids. There may be a shallow rock or two but no real rapids. A lean-to (campsite #38) sits high up on the right bank.

If I have time and the lean-to is unoccupied, I like to stop and read the log book, hoping for some interesting tales written by previous adventurers. The Cage Lake Springhole Lean-To (aka Buck Brook Lean-To) is reached at 6.7 miles. It is a lovely piney site. It is worth seeing how far up the brook you can paddle.

Continuing upriver, alders close in for a while before the shores become high and dry again. Tall white pines push upwards above mixed woods. You might have to paddle a bit harder to get up Ross Rapids, while watching out for rocks. The old logging railroad (now a hiking trail), came close to the left shore - guides used to pick up their mail here.

Wolf Pond Outlet is another feeder stream that can be paddled up a ways. Round Hill Rapids are reached at about the 10-mile mark. Consider yourself lucky, or good, if you can paddle up the swift current. You have the option to line-up (make sure you always have a few feet of rope tied to the bow of your canoe or kayak), carry past campsite #23, or pole up. The Oswegatchie lends itself well to the art of poling. I always forget to bring a pole and find that pushing off on rocks with a paddle is not very good for the paddle. Make sure you bring along a spare paddle. I've seen unfortunate folks go by with makeshift ones!

The trail to Five Ponds crosses the river via a footbridge at the top of Round Hill Rapids. I like to camp in this area so that I can take a hike to the ponds and beyond. It is a two-mile hike to the lean-to at Big Shallow Pond. The first mile experienced a lot of blowdown during the windstorm of 1995 - I did hike it shortly after the storm before the trail was cleared. Clambering over and under downed trees, and trying to keep track of the trail, was quite challenging. An esker blocked the wind over the second mile of trail and there was very little blowdown. I once saw a bear when I explored an unmarked path that leads to Wolf Creek - it quickly ran across the creek and disappeared in the woods once it detected me.

Campsite #22 is unusually flat as it once was the site of Walter Moore's (lumber)

PHOTOS BY RICH MACHA

Camp. A spring can be found nearby. High Falls is two more miles upriver. Crooked Rapids may have to be lined up and there are likely some beaver dams to lift over en route. Moss Rock is seen on the right as it rises over 10 feet above a bend in the river.

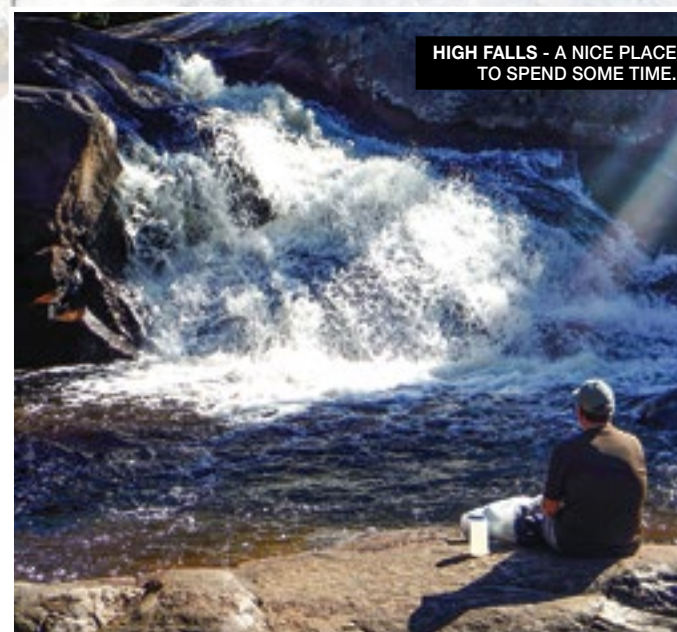
High Falls drops just 15 feet, but does so in a fairly spectacular fashion over a large rocky area. You will want to linger here awhile. Folks who are continuing upriver will carry 350 yards on the left. The lean-to on this side of the river is very popular, as it can also be reached by hikers, as well as paddlers. The lean-to on the other side of the river is most easily reached by boat and thus sees less use. The river and falls cannot be seen from either lean-to.

Intrepid paddlers who continue past High Falls will encounter many beaver dams and some blockages. Camp Johnny (#11) is a desirable campsite, despite some artifacts that lie about the vicinity. Deer Camp gets some use, but other designated campsites are growing in due to lack of use. The Headwaters Carry is reached at about five miles above High Falls, at a spot named amusingly Beaverdam - this is the three-mile carry between the Oswegatchie and Lows Lake via Big Deer Pond. On a couple of occasions, I've gone about two miles above Beaverdam to where it is unclear where the river is, and into an area where beaver dams

PADDLING DOWN CROOKED RAPIDS.



BEAVER DAMS ARE OFTEN RUNNABLE WHEN HEADING DOWNSTREAM.



HIGH FALLS - A NICE PLACE TO SPEND SOME TIME.

create ponds above them. You do get the feeling that you're in the middle of nowhere!

In high water, I have done the trip downstream from High Falls to Inlet in less than four hours, but most times I take my time to make some stops and detours along the way. The Five Ponds Wilderness is about as remote an area as you will find in New York State. One negative is that on many days the peacefulness is disturbed by an hour or two of the sound of military training flights overhead. The positives, however, far outweigh the negatives and the Oswegatchie will continue to offer its delights to the wilderness paddler. 🍌

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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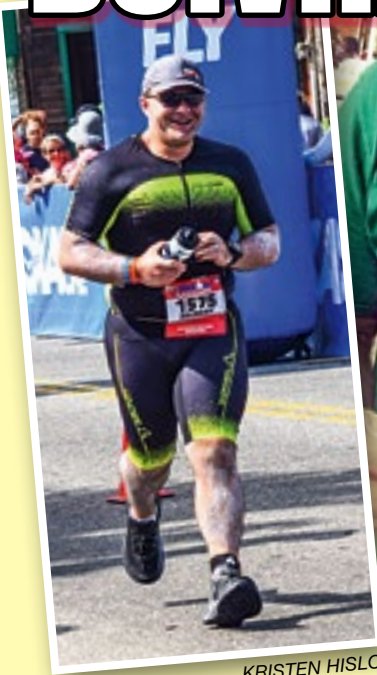
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ATHLETE PROFILE

Zachary Boivin



KRISTEN HISLOP

By Kristen Hislop

A 2.4-mile swim, 112-mile bike and a 26.2-mile run. Ironman says “anything is possible,” but how many people really believe that 140.6 miles in one day can be done? On Sunday, July 23, I asked just that question of spectators and volunteers on the Ironman Lake Placid course. The majority said, ‘I couldn’t do it.’ Gigi Hatch of Boonton, NJ has been volunteering for the past four years in run special needs. Arriving at 4:30am she gets the run bags from nervous athletes and then sticks around cheering until the midnight hour. Even after watching her sister, Nanette Hatch of Waterford, cross the finish line twice, it still is a reach in her mind.

So what gets people to say, I can and I will? For Zach Boivin it was watching a good friend compete an Ironman for the fifth time in 2015. The cheering squad was at mile 100 of the bike, and Zach noticed the majority of athletes were smiling. Pondering how someone could smile after a 2.4-mile swim and 100 miles on the bike, they headed to watch the marathon. “I didn’t go into the day with any thoughts of my life being changed, or having an awakening, or anything of that nature,” Zach said. “I went into that day as a 330+ pound guy, there to cheer on some amazing people who decided to take this thing on.”

After watching their friends on the run course, they headed into the Olympic Speed Skating Oval to see the finish. Very often it is life changing and in this case it certainly was a huge turning point. “I’d never experienced something so electrifying. It’s an entire bouquet of emotions. Laughs, smiles, tears. You watch some athletes collapse after crossing the line, while others decide to cartwheel across it. You hear race announcer, Mike Reilly, calling everyone in. That’s what changed me. The ring of ‘YOU ARE AN IRONMAN!’ I knew I needed to experience that at some point in my life. I needed to see if I could push my body to that distance without breaking down. I wanted to transform myself from the overweight, out of shape guy I was, into an Ironman. Looking at my wife standing by my side, and my then three-year-old daughter who was riding on my shoulders, I already had all the inspiration I needed.”



KRISTEN HISLOP

Armed with the daunting goal and garnering the support of his wife, Jennifer, and daughter, Jacquelyn, he signed up for Ironman Syracuse 70.3 in 2016. As happens to many athletes who get the bug, that first event is a raw shock. A triathlon is so much more than just swim, bike and run. At about halfway on the Syracuse run, Zach started questioning his ability to finish. He voiced his concern to his wife and Jennifer’s response was “then you better start running faster.” That was all he needed to get across the line.

Those thoughts of the finish line were still in his mind when he signed up for the 2017 Ironman Lake Placid. Through nutrition and activity changes, he had already lost over 100 pounds, and had hired a coach to help guide him through his journey. Then he saw an email about the Beachbody Performance nutritional supplements “Make Me an Ironman” contest. Race entry, coaching, a Roka wetsuit, a Quintana Roo tri bike, Hoka One One run shoes and more, would go to six regional winners who would each race a local Ironman event. Zach reflects, “The questions they asked seemed tailor-made for my experience at Lake Placid and my goals going forward. I also knew that my story of weight loss and determination has been told a million times, so I told it with as much passion and emotion as I could.” It worked as Zach was chosen as one of the six winners out of 2,000 entries.

One requirement was to use an “Ironman U” certified coach, which is how we got connected in late January. As soon as I talked to Zach I knew this would be a fun journey. He was focused, determined, ready to learn and eager to work. The big goal was IMLP, but we put in some races to get ready including the Cooperstown Triathlon in early June. With additional training and a

AGE: 31
FAMILY: Wife, Jennifer; Daughter, Jacquelyn (5)
RESIDENCE: Castleton-on-Hudson
OCCUPATION: Air Traffic Controller, Albany International Airport
SPORT: Triathlon



KRISTEN HISLOP



KRISTEN HISLOP

little more knowledge under his shrinking belt, Zach was now thinking about competing, versus just finishing. We analyzed prior year Cooperstown results, and set the goal of winning the Clydesdale division, as long as he didn’t lose more weight!

Zach remembers, “The fears dissipated at the race start. After some panic in the swim I was far behind where I wanted to be, and so cold. I knew my only chance of warming up on the bike was to ride as fast as I could over the 19 miles. I made up a lot of time, riding much faster than I thought I could. At mile two of the run, I could finally feel my feet again and the sun came out just in time to cross the finish line. I felt great after the race! It’s so rewarding to see months and months of training pay off!” And he won the Clydesdale division.

After Cooperstown the training ramped up and Zach embraced every long swim, ride and run. He credits communication with his wife Jennifer as a key to successful training. They would plan out the week to create a workable plan. Some training was done together to help prepare Jennifer for the Iron Girl Syracuse triathlon in August. Zach’s daughter loves watching Daddy race and train. She came along for the filming of a news piece on WNYT-TV in Albany, and loved being on camera cheering for her Dad.

Heading into the Lake Placid weekend, Zach was calm and focused. The fact that he is an air traffic controller helps in his ability to manage stress. The day before leaving he said to me, “I’ve come so far. It’s time to trust my training and perform as well as I can – it’s time to become an Ironman.”

It is tough to stay calm and in the moment when you arrive in Lake Placid. The nervous energy level is off the charts. I found Zach headed into bike check-in on Saturday at

2:45 – it closed at 3pm. The Beachbody public relations rep, Laura Beechy, wanted to meet him in the transition area for photos. While waiting for her, we talked through the flow of race day, along with a few other athletes who were racking their bikes. Laura took some shots of Zach racking his bike and did short interviews with each of us. Then she asked to take pictures of Zach’s gear. She unloaded all of his packed run and bike bags! Most athletes would have lost it right there, but not Zach. He went with the flow and was even game enough for a fun photo pose. We packed up his gear again and he headed to a pre-race dinner with family and friends.

On Sunday morning he was in transition at 4:30am and ready to go. We got a quick photo with Mike Reilly, the voice of Ironman, and he headed over to the swim. He’ll never say it was an easy day. He had a stuck zipper, so had to change kits, then his back seized up on the bike into the run, had blisters on his feet, and a nasty sunburn.

But he is ready to do it again. As a coach, my goal is to have athletes cross the finish line with a smile, feel good the next day, and want to race again. So those who think they can’t do an Ironman, should chat with Zach as he says with a smile that won’t leave his face, “I genuinely had a blast racing. I turned into a whole different person. I was hyping up other athletes and the crowd.”

Zach continued, “Right before I turned into the oval, I looked at a group of spectators and yelled at them, ‘I’M ABOUT TO BECOME AN IRONMAN!’ I had no idea who I was for those 15+ hours, but it was so much fun. I felt in control the whole race. I never had a doubt of finishing.” 🌲

Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a certified multisport coach who wants everyone to ‘Do, Believe and Achieve.’

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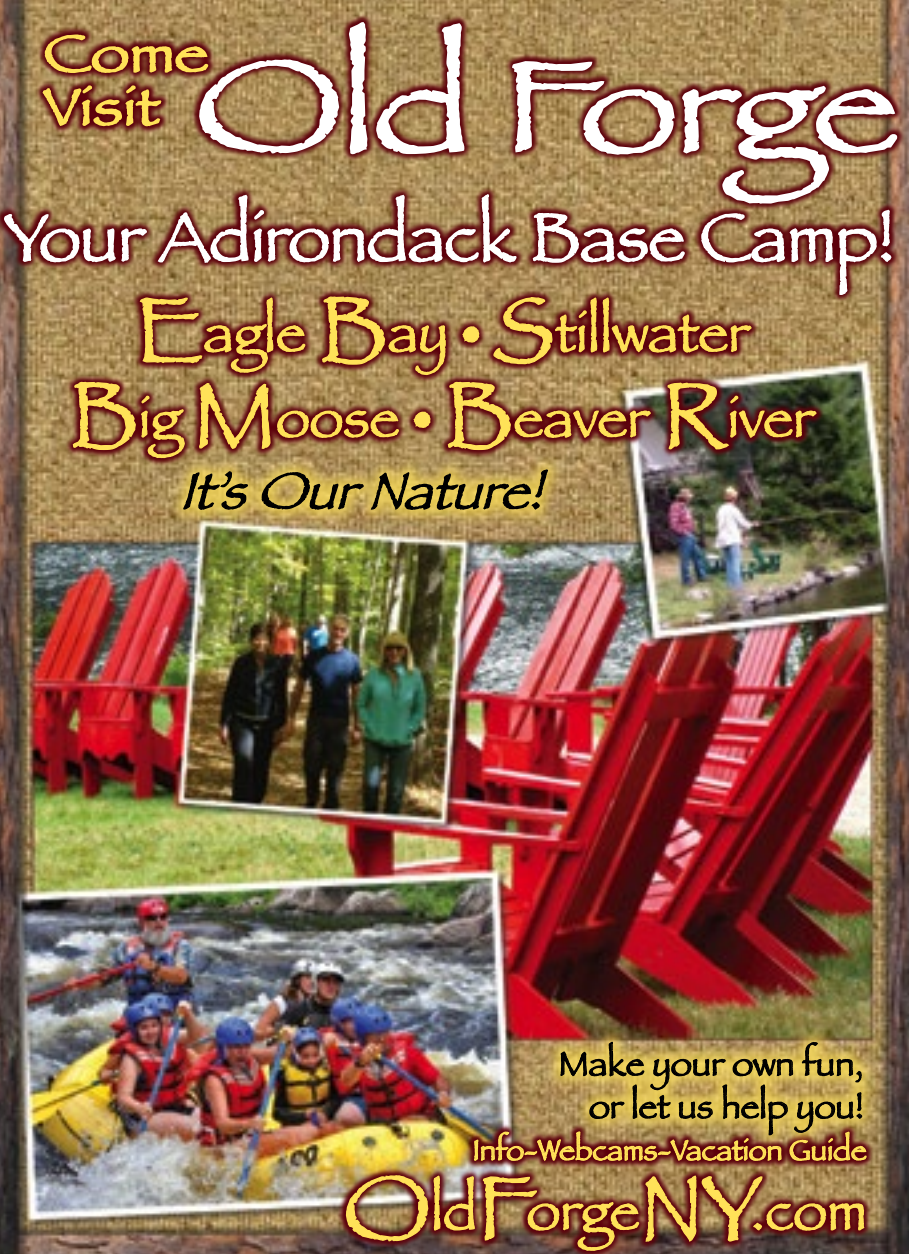


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Taking some time at home with a High Peaks guidebook, map, a cup of coffee, and your ambitions can go a long way.

By Mike “Kaz” Kazmierczak & Nick Gulli

At *The Mountaineer*, we’ve been assisting people with planning their trips into the High Peaks of the Adirondacks and beyond since 1975. In that time, the team has developed a good understanding of the best practices of spending time in the wilderness. Below are 10 hiking tips, right from the front counter and staff to make your next trip into the Adirondack Mountains a more enjoyable one.

1 ■ Trip Planning – This is an easy skill to learn and one that makes the trip, once in the field, more stress free. We are always willing to share advice and suggestions, but taking some time at home with a High Peaks guidebook, map, a cup of coffee, and your ambitions can go a long way. We generally try to make it clear that the trails here are steep and rugged. This will slow your average hiking pace down, and combined with the amount of elevation gain and loss, can make for a longer than expected jaunt. A two miles-per-hour pace has proved to be common, knowing that you will most likely go a little faster in some places, but far slower in others. The trails here are old and steep, so err on the side of caution when it comes to time and trip planning. Take that two mph pace, divide that into your total trip mileage, and then add an hour. Three or more people? Add more “extra time,” up to two hours.

There are many maps and books that can help you with this planning, including the “Discover the Adirondacks” series by Bill Ingersoll, and “Adirondack Trails” series by Adirondack Mountain Club. As a starting point, the “Adirondack Great Walks & Day Hikes Guide” is an informative and intuitive brochure (visitadirondacks.com).

2 ■ Using the Facilities

– Well, there really aren’t that many facilities around in the High Peaks and on Wild Forest land in the Adirondacks, so you need to be comfortable with doing your business outside. You’ll need some toilet paper (that will need to be packed out) and a trowel to dig a make-shift privy 80 steps away from trail or water source. As with your entire impact while here in the Adirondacks, please practice a “Leave No Trace” seven principles mantra by leaving an area, after you have visited it, in the same shape as it was when you arrived (lnt.org). Many of the more popular trailheads, such as Cascade and Giant mountains, have porta-potties – PLEASE use them...

3 ■ Bear Canisters – This is REQUIRED in the Eastern High Peaks region and has been for a long time. All your food, waste, toothpaste, toothbrushes, deodorant, etc. goes in there and gets stored on the ground 100 feet away from your cook site and tent. Do not hang your food or toiletries, the bears will get into them. This protocol is working as bears have begun to realize they can’t get into these canisters. Please make sure you own one of these or rent one for your trip.

4 ■ Weather – Check. Re-check. Check again. Weather in the mountains can be very-localized, meaning in one valley to the next it can be quite different, and storms can move in quickly. Weather can be exacerbated by the high terrain, peaks and valleys, with strong winds, and dramatic changes in temperature. Just because it is sunny and 65 degrees in town, doesn’t mean it will necessarily be that way up higher. Plan ahead. Be prepared. You don’t have to be a meteorol-

ogist, just know what the potential is for changing weather during your outing. Make sure to stay off summits and high points if thunder and lightning is present or expected!

5 ■ Phones – Don’t rely on your phone. Cell coverage is spotty even in towns throughout the Adirondacks, so do not rely on your phone as your primary source for navigation or as a guaranteed call-out for help or rescue. Take responsibility for yourself and your group, and again, plan your trip ahead! Carry a good map, have a compass, and know the basics of how it works, as well as have your trip plan written-down so there is no question as to what the goals are for the day. It’s not a bad idea for everyone in your group to have a map!

6 ■ Food – For an adult, your body can only really consume about up to 200 calories per hour when you are moving based on your physiology, weight, etc. The idea of grazing is better than stopping at lunchtime to eat a huge meal and then continuing your hike. Many packs have convenient nutrition storage pockets on hip belts for just that purpose. Little bits of nutrition for the duration of your hike and your body will more easily assimilate the calories. Good Old Raisins and Peanuts (“GORP”) is still a favorite for salty sweet grazing.

7 ■ Hydration – Same thing. Sip water, don’t guzzle down your Nalgene bottle in four stops. Your body needs to easily absorb calories and hydration, so take sips throughout the hike. Also, there is such a thing as too much water, and once you’ve started your hike you are always depleting your calorie and hydration reserves. The idea is

to slow that process and maintain a slower depletion of these vital resources. Electrolyte replacement can be key as well and everyone is different in how deep in debt they can go here, but there are numerous nutritional solutions for this. Electrolyte tablets from Hammer Nutrition and electrolyte additives from Nuun or Hammer Nutrition can be a lifesaver on hot and humid days.

8 ■ Clothing – There are lots of great options out there to keep you comfortable. Make sure you take the time to understand your own personal “climate.” Meaning, do you run warm, cold, sweaty, etc. Don’t just buy what the gear reviewer said was amazing. This can help, but know yourself and be honest about your abilities when talking to a shop professional, as they have the experience to help get you into what you need, not just what’s in stock.

9 ■ Footwear – Take the time to get this right. When budgeting your gear allowance for hiking, climbing or skiing, do not skimp on your footwear. This can make or break your trip, so plan to sit-down with a good shoe or boot fitter, and find exactly what works best for your needs – and your feet!

10 ■ Smile – You’re doing this to relax and have fun, so smile. Take a few in-trek precautions and your time spent exploring the wilderness and mountains can be hugely rewarding. Always make smart decisions.

That’s it... Well, there are always more things you can learn, but these are some of the key points to enjoy your next trip! 🌲

Mike Kazmierczak, Nick Gulli and the team at The Mountaineer in Keene Valley, purveyors of outdoor, fly fishing and mountaineering equipment. For questions or comments, contact them at mountaineer@mountaineer.com.

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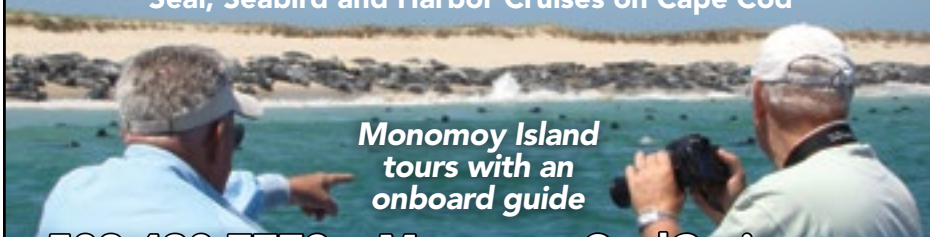


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NON-MEDICATED LIFE

The Role of Lifestyle Medicine in Reducing Healthcare Cost

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 78th 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 77 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the treatment of chronic medical conditions such as hypertension, high cholesterol, diabetes and heart disease. As a medical intervention, lifestyle may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. It seems self-evident that decreasing reliance on medications needed to treat chronic conditions has the potential to reduce healthcare costs.

What is becoming increasingly apparent is the power of lifestyle, not only to treat existing medical conditions, but also to prevent their development. In this way, lifestyle as a medical intervention may be an effective strategy to prevent the development of conditions, such as coronary heart disease, that typically require high cost procedures in their management. In a time in our history when the cost of healthcare has become central to the delivery of that care, a review of the role of lifestyle as medical intervention, and the conditions that can be prevented and treated in an increasingly cost effective manner is in order.

I will use the term "lifestyle medicine" to indicate lifestyle as medical intervention

including the use of diet, exercise, and certain behaviors to prevent and treat medical conditions that result in human disease. Lifestyle medicine as a concept had its foundation in the work of Michael McGinnis and others, who identified and quantified the major non-genetic factors that contributed to death in the United States during the 1980s. They suggested that disease was not a root cause of death in the United States, but rather a consequence of chronic conditions contributed to by behavioral factors. Indeed, three of those factors: tobacco use, dietary pattern and physical activity, accounted for 80% of chronic diseases.

Later, in an epidemiological study, Daniel Ford and others showed that individuals who ate well, exercised, avoided tobacco and controlled body weight had an 80% lower probability of developing chronic disease than those who did not.

Lifestyle medicine clinical trials further supported the epidemiological studies. In his seminal 1991 Lifestyle Heart Trial, Dean Ornish, MD, showed for the first time that lifestyle alone through diet, exercise and relaxation techniques could slow, stop and on average reduce cholesterol plaques in arteries of individuals with coronary heart disease. In 2001, the Lyon Diet Heart Study showed that a high omega-3 Mediterranean diet could reduce cardiac death and non-fatal heart attack by 70%. Up to this time, the accepted approach in the treatment of coronary artery disease was bypass surgery, coronary stents, or powerful cholesterol lowering drugs. With the current cost of surgery and stents amounting to \$28 billion per year using lower cost lifestyle medicine to prevent and treat heart disease would seem cost effective.

In 2006, the Diabetes Prevention Study proved that in overweight/obese pre-diabetic individuals a lifestyle medicine intervention resulting in the loss of just 5-7% of bodyweight could decrease conversion from pre-diabetes to diabetes by 57%. This has profound implications on the cost of care. Currently there are about 25 million Americans with diabetes and about 65 million with pre-diabetes. Those with pre-diabetes are converting to diabetes at the rate of 11% per year. Without intervention, within 9-10 years, 90 million Americans will suffer from diabetes - less the ones who die.

Moreover, at least 68% of those over 65 with diabetes will die from heart disease and a majority will be treated with the high cost procedures described above to improve their quality of life. Preventing diabetes with lower cost lifestyle medicine would again seem cost effective.

In addition to preventing and treating heart disease and diabetes, lifestyle medicine may be used to effectively treat elevated blood pressure, elevated cholesterol, gastroesophageal reflux, sleep apnea and obesity, all without medication or high cost procedures. For example:

- **Systolic blood pressure** (e.g., for a blood pressure of 140/90 the 140 is the systolic pressure) may be lowered 4.5 mmHg with 10 pounds of weight loss, 4 mmHg by reducing sodium to 2 grams per day, 10 mmHg on the DASH diet, 4-9 mmHg with regular aerobic exercise, 5 mmHg by reducing alcohol intake, and 10 mmHg with programmed isometric hand exercises, with reductions additive.

- **LDL (bad) cholesterol** may be decreased 11-15% on a low saturated fat diet (generally less than 15 grams of saturated fat per day) and up to 20-30% on a vegan diet.

- Reducing caffeine, alcohol and chocolate, along with modest weight loss may

resolve *reflux symptoms* and allow discontinuation of powerful, expensive reflux medications

- Moderate weight loss, reductions in alcohol, and changes in sleep position may resolve *sleep apnea*.

- Avoiding processed foods, slowing the eating process, decreasing the caloric density of foods consumed, and eating a predominately plant-based diet - while getting daily exercise - can reduce and maintain a *healthy bodyweight*.

- Finally, the lifestyle intervention of *smoking cessation and tobacco use prevention* will dramatically reduce the rate of heart attack, stroke, emphysema, head and neck cancer, lung cancer, cervical cancer and bladder cancer.

In summary, lifestyle medicine defined as the use of diet, exercise and behavior to prevent and treat medical conditions that result in disease, can be shown to be a cost effective intervention, compared to the cost of medication and high tech procedures.

Moreover, lifestyle medicine may duplicate the benefits of medication without the side effects. Lifestyle medicine holds the promise of holding down the cost of health care while improving the health of our population. It is an approach whose time has come. 🌱

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● RUNNING & WALKING continued from 1

The race site is at the Double H Camp at Lake Luzerne in the southern Adirondacks, so race director TJ Roode warns you to expect a few hills in the 5K, which concludes on the camp's ski hill. There's a fundraising requirement for the Camp Challenge Ride but not for the trail run. **Hot Tip:** Pretend you are back at summer camp because afterwards all guests are invited to participate in a fun "Float for Hope" on Lake Vanare where an attempt will be made to set a Guinness record for the most attached floats! (doublehranch.org)

Head on out to Schenectady on Saturday, September 16 for the **Upper Union Street Scholarship 5K Run** to raise funds for scholarships for Notre Dame-Bishop Gibbons, Schenectady and Niskayuna high school students. The USATF sanctioned race begins behind the Trustco Bank branch on Union Street, then runs along tree-line residential streets to a loop course through scenic Central Park. Stick around for refreshments, a DJ and post-race fun. **Hot Tip:** If you have kids, they can expend some of their energy on the new playground, and cool down watching the ducks swim on the pond. (upperunionstreet.com)

The following day, you can run in another nice community at the 38th annual **Dunkin' Run**, hosted by the Sidney Albert Albany JCC. On Sunday, September 17, you can choose between a 5K, 10K or 15K through the tree-lined streets and sidewalks of the lovely Whitehall neighborhood of Albany, starting and finishing at the JCC. The Munchkin Run kids' half-miler takes place soon after the main events.

The Dunkin' Run attracts nearly 1,000 runners and is a vital fundraiser for the JCC and benefits its programs for seniors, kids, camps and more. Starting July 19, the JCC is holding free training runs on Wednesdays at 6:15pm, starting at their pavilion - all welcome. **Hot Tip:** Plenty of bagels, coffee and donuts after the race! (albanyjcc.org)

Looking for a county fair and strong community atmosphere without spending big bucks? Then enter the **FAM 5K "Fund" Run/Walk** on Saturday, September 23. Launching from the Cobleskill Fairgrounds, located 30 minutes southwest of Schenectady, just off I-88. There is plenty of post-race food, drinks, massages, community booths, and kids' activities to keep you entertained. Race director Frank Privitera proudly asserts that "As far as we know, we are the only race in the country that awards mutual fund shares to the top female and male overall finishers, as well as the top finishers in age categories - all the way through 80-plus!"

FAM also stands for families, with a pre-registered family discount, and a free kids' race (for ages six and under) to include a child-sized T-shirt. The course winds up and down McArthur Avenue, where you can cheer on those ahead and behind you, and then takes a rolling route around the SUNY Cobleskill campus. There is a strong contingent of walkers, which also make this a family-friendly excursion, providing excellent support for the Catholic Charities of Delaware, Otsego and Schoharie counties who are this year's beneficiaries of race proceeds. **Hot Tip:** Stick around for the generous raffle prizes and the heavenly Brooks BBQ chicken picnic! (fam5k.com)



RUNNING IN THE WHITEHALL NEIGHBORHOOD AT ALBANY'S 2016 DUNKIN' RUN. PETER VANBORTEL

If you want a nice town park setting, sign up for the **Crossings 5K Challenge Run/Walk** on Sunday, September 24 at the Ciccotti Center in Colonie. The 5K is a flat, fast course through the 130-acre Crossings Park, with chip timing by AREEP - and walkers are welcome. Kids ages 13 and under get to choose between the one-mile chip-timed competitive run or free quarter-mile fun run. All registered kids receive a medal and are entered to win a Ciccotti pool party for 20 guests! The race benefits the Colonie Youth Center. **Hot Tip:** Post-race celebration includes music, food and awards, so don't leave early. (colonieryouthcenter.org)

Also on Sunday, September 24, come to Clifton Commons for the **Nick's 5K Run to be Healed** in Clifton Park. There's also a Family Carnival, a special day for everyone affected by cancer to join together and make a difference in a child's life. In 2016, Nick's Fight to be Healed Foundation granted over \$100,000 to The Melodies Center at the Bernard & Millie Duker Children's Hospital at Albany Medical Center, and to local families struggling to heal their children. This year's run/walk and festival honors five-year old Lucas Santoro who was diagnosed with leukemia when he was two years old.

There is something for everyone with Nick's Dash (ages six and under), Luke's Mile (ages seven to 10), Zumba Warm-Up, Two-Mile Walk, and 5K Run/Walk. The Zumba warm-up is quite a sight with the entire community participating in a fun dance routine. Massages and even a chiropractor will await you at the finish line. Dogs and strollers are permitted for the two-mile walk but not for the 5K run. **Hot Tip:** You get to sleep in as the festivities start at 10am and the finale 5K race kicks off at 1pm. (fighttobehealed.org)

Short and sweet may be the game-changing approach you are looking for this season. And with less of a time commitment, you can target several of these races unhampered by a lengthy recovery period. 🌲

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

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12th Annual! Don't miss New York's most fun cross series!

Sept 10 – Kirkland Cyclocross
Kirkland Town Park, Clinton

Oct 7-8 – Uncle Sam Cyclocross GP
Prospect Park, Troy

Oct 29 – Wicked Creepy Cyclocross
Willow Park, Bennington, VT

Nov 19 – Bethlehem Cup Cyclocross
Elm Avenue Park, Bethlehem

Info: NYCROSS.com
Register: BikeReg.com



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Sprint into SUMMER!

Gear Up for XC 20% off Spikes
beginning August 14
See Weekend Specials at fleetfeetalbany.com

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MVP Health Care® Stockade-athon 15K
The Oldest 15K Road Race in the USA

Schenectady, NY

November 12, 2017	Win	\$7,500 in cash prizes for local runners; age-group awards	Free	Long-sleeve tech shirt (first 1,500 registrants)
8:30 am Start Time	New	Stockade Cup Relay for businesses	Kids	One-half mile run

Runner Perks

- Long-sleeve tech shirt with race logo. (Limited to first 1,500 registrants. Sizes not guaranteed. More variety available at Early Packet Pickup)
- B-tag chip timing. Net times with 5K and 10K splits.
- Hot and cold post-race refreshments at YMCA.

Prizes

- Cash prizes for local male and female open and masters runners, male and female open and masters teams, and age-graded runners.
- Five-year age-group prizes for males and females.
- Expedited awards ceremony.

New for 2017: The Stockade Cup

- Business-based teams.
- Three 5K legs.
- Male and female team awards.
- Individual times for relay leg runners.
- For more details, visit stockadeathon.com/stockadecup.

Online Registration
Thru Tuesday, November 7
stockadeathon.com

Walk-up Registration
Friday, November 10 (last chance), 4-7 pm
Schenectady YMCA

Early Packet Pickup
Saturday, November 11, 10 am-4 pm
Fleet Feet Sports (Wolf Road, Albany)

Race Day Packet Pickup
Sunday, November 12 • Schenectady YMCA




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2017

FRIDAY **SEPTEMBER 15** 8:00am - 7:30pm
Hearst Media Center 645 Albany Shaker Road **Loudonville** NY

Join us in transforming New York into the leading state for bicycling!

17 UNIQUE SESSIONS! HIGHLIGHTS INCLUDE:

bike share, Vision Zero, education & safety, tourism, trails, mountain biking and more!

ALL ARE WELCOME!

Bike industry professionals, nonprofits, clubs, government law enforcement, advocates, and everyone who bikes for fun, health, transportation or sport!

TICKETS, FULL SCHEDULE, SPEAKERS:
<https://newyorkbicyclingcoalition2017.sched.com>

Presented by:

