

## Fall Payoff Rides



THE HARRY ELKES RIDE STARTS IN BRANT LAKE AND WINDS THROUGH THE BEAUTIFUL NORTH WARREN COUNTY AREA.  
DAVE KRAUS/  
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## Fitness, Foliage and Fabulous Events

By Dave Kraus

**A**h, fall! The weather cools, you're in shape from an entire summer of cycling, and the expanding palette of fall color turns every ride into a new explosion of stunning scenery.

Fortunately the Capital Region and North Country offer a host of organized fall riding events, starting with the weekend of September 15-17, when there are no less than four different events with a selection of routes and terrain to suit every cyclist.

But first you may need some inspiration to ride, or just want to learn the latest about the growing bike movement across New York State. For that, you can attend the **New York State Bike Summit** kicking off the weekend on Friday, September 15 at the Hearst Media Center in the Times Union Building in Colonie. Adirondack Sports is helping sponsor this event, presented by the New York State Bicycling Coalition, to bring together many organizations and constituencies leading the growing bike movement across New York State with the goal of making New York the most bicycle friendly state in the country.

The daylong schedule of workshops and social opportunities will cover the entire cycling spectrum, from funding and improving cycling infrastructure to cycling safety, rider education, bike-based tourism, bike share programs and much more. Speakers will include representatives from government, the cycling industry, and advocacy organizations that are working to expand cycling opportunities across New York State - and all are welcome to attend. For full information, go to [newyorkbicyclingcoalition2017.sched.com](http://newyorkbicyclingcoalition2017.sched.com).

Moving to the riding events, the **Adirondack 540**, starting on Friday, Sept. 15, is arguably one of the most challenging cycling events in the country. The race headquarters is the Alpine Country Inn & Suites in Wilmington. The route winds around

a 136-mile loop that travels through the High Peaks, eastern Adirondacks, and along Lake Champlain.

Route options range from the one-lap 136-mile "Bronze Blast," two-lap 272-mile "Silver Sojourn," three-lap 408-mile "Golden Gallop," to the mind boggling 540-mile four lap marathon that is the centerpiece of the Adirondack Ultra Cup series. The ride is open to individuals and teams. If you have what it takes to conquer this ultra cycling challenge, get learn more at [adkultcycling.com](http://adkultcycling.com).

On Saturday, September 16, the annual **Bike MS: Hudson River Ramble**, will start at Thacher State Park, near Albany, with available distances of 10, 30, 62 and 100 miles. The two shorter rides stay up on the Helderberg plateau, but the routes of 62 and 100 miles descend and then climb back up to the park, offering a bigger challenge for cyclists.

The fully-supported event is a fundraiser to support Multiple Sclerosis research and services for victims of this debilitating disease. For details, go to [bikems.org](http://bikems.org) and search for Hudson River Ramble.

Meanwhile, Sunday, September 17 will be the tenth anniversary of the **1-Eye Classic Rides and Picnic**. This relaxed pace, wonderful event starts at the town beach/park in Schroon Lake, commemorating local stonemason Lance Gregson, who lost an eye in a chainsaw accident, but didn't let that stop him from cycling all over the area. The event offers routes from the "Cyclist's Dream" of 45-56 miles; "Lance's Loop" of 26 miles around Schroon Lake; "Scenic Route" of 10-15 miles; and the "Easy Does It" ride of 3-8 miles.

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**TRAIL RUNNING & WALKING**

# A Kaleidoscope of Fall Trail Races

By Laura Clark

Remember playing with a kaleidoscope when you were a kid? The shifting display of colors and patterns teased countless hours of wonderment. You had control of the turning mechanism, but still there was no way to predict the outcome. This autumn's offering of trail races is like that glimpse into a magical world where brilliant leaves and twisty trail generate both focus and wonderment.

First on the docket is the second annual **"Course/Curse the Wall" 5K & 9K Trail Run** held on Sunday, September 17 at Lapland Lake Nordic Ski Center in Northville. As with all XC ski routes, you can expect rolling hills and flats, interspersed with some moderately steep inclines. One particular slope, affectionately nicknamed "The Wall," occurs just 1K before the finish, so save some energy to surmount it! There is a round-about option for the vertically challenged, but in the tradition of obstacle races, it requires added distance. This year a shorter 1K sampler version has been added as a noncompetitive, less extreme experience. Competition is intense for hand-painted Trophy Rock turtles and ladybugs and past winners are required to carry their pet rock with them. Registration includes T-shirt, BBQ and live music. (runreg.com)

For a kaleidoscope of shifting trails be sure to check out the seventh annual **Moreau Lake 15K & 5K Trail Run** also on Sunday, September 17 at Moreau Lake State Park. Billed as "Toughest 15K trail run in New York," this year's edition includes a shorter 5K. While the route is well-marked, if you are not paying attention it is easy to gain few bonus miles. I have learned it is best to download a color map for speedy consultation. Also, don't step on the red newts – there is an ongoing contest to see whoever can spot the most! See the July issue for more details. (greenleafacing.com)

The following week on Sunday, September 24, treat your tired legs to the **Muddy Sneaker 5K Trail Run**, at Indian Meadows Park in Glenville. According to race director Allison Reinhardt of the Glenville YMCA, the course is a nice mix, weighing in on the flattish side. "There is a gorgeous section that takes runners by a little brook, beautiful woods and through open fields that will make you remember your high school cross country running days." This is a quintessential family event, welcoming to walkers and runners alike, ending with a bounce house for the real kids, and a free sundae courtesy of Stewart's Shops for all young at heart. (zippyreg.com)

Gore Mountain's **Leaf Cruncher 5K Trail Run/Walk** on Saturday, September 30, long a staple in the trail running community, is known for its eclectic mix of award categories and generous fall-themed raffle prizes including lift tickets, mums, school supplies, Barkeater Chocolates and outdoor gear. "Everyone's a winner" certainly does apply as runners can choose to barrel through the rolling, cross-country trail or take their time treasure-hunting for Halloween goodies redeemable for extra prizes. As such, this makes for a great family outing! Afterwards, your race bib will earn you a free ride aboard the Northwoods Gondola where you will be treated to an impressive array of fall colors from a totally different angle. (goremountain.com)

Envious of folks who have maintained a longtime streak in a particular event? Well, the first annual **Amy's Adventure: 8K Trail Race for the Lake** on Saturday, October 14 is your opportunity for a streak of your own. The race showcases Amy's Park, a stunning mix of ponds, marshes and forests in the uplands of Bolton Landing, with proceeds benefitting Lake George Land Conservancy. According to race director Michele DeRossi you can expect five miles of rugged trail, expertly designed by land steward Alex Novick and Under Armour "running ambassador" Regina Baker. Top three in each age group receive handmade wooden medals from Adirondack Etching. Register early as the first 50 will receive a free Under Armour race shirt, with the option to purchase additional shirts onsite. Afterwards, join the party at Bolton Landing Brewing Company. (lglc.org)



ALONG THE GEYSER CREEK TRAIL AT THE FALL BACK 5K.

(TOP) COVETED TROPHY ROCKS AWARDED AT LAPLAND LAKE'S "COURSE/CURSE THE WALL" 5K & 9K TRAIL RUN.

GORE MOUNTAIN'S LEAF CRUNCHER 5K.

Get into the Halloween spirit on Sunday, October 22 at the **Wandering Witch 5K and 10K Trail Races** held at Christ the King Conference Center in Greenwich. Rolling trails are fairly wide and are intersected by an open jaunt around the barnyard where sheep dogs herd their charges. As the race benefits the Greenwich School running programs, you can expect to see tweens and teens showing off their stuff. The atmosphere is casual and enjoyment of the fall countryside is key. At the finish, homemade soups and treats await. Register early as festive witch T-shirts are limited to the first 50 entries. (active.com)

Another first-time streak opportunity is the first annual **Brookhaven Oktoberfest 5K Trail Race** on Saturday, October 28 at the Brookhaven Golf Course in Porter Corners (ten miles north of Saratoga Springs). In winter, Brookhaven is appreciated by a growing cadre of dedicated cross-country skiers for its reliable snow and groomed trails, when the rest of Saratoga County may be depressingly brown. All proceeds will go to expand and improve Nordic skiing at Brookhaven, which currently offers free classic ski trails. They are looking to bring high school and citizen ski races in the upcoming year and upgrade their grooming equipment. According to race director Chris Yarsevich, "The course is a mix of cart paths through the golf course, double track trails in the woods, and a fast finish on a paved road. There are two decent hills, but the trails are not too rooty or technical, producing a good beginner's trail race." Afterwards, there's a kids 1K fun run and the town of Greenfield's Oktoberfest party with food and family entertainment. (skireg.com)

For me, the quintessential autumn experience is the 13th annual **Hairy Gorilla Half Marathon and Squirrelly Six Trail Races** on Sunday, October 29 at Thacher State Park near Albany. Begin on the stunning Indian Ladder Trail where runners frequently forget they are racing and cannot resist the urge to pause and take selfies. In fact, a glance at the website reveals that the two most frequently used words are "beautiful" and "food" – a combo that appeals to every runner's basic instincts. There are costumed characters offering treats along the way, a full buffet afterwards and yummy frosted age group cookies. And, of course plenty of bananas and nuts. Beware the chain saw guy ready to jump out at you when you least expect it. If you have pre-registered, be on the lookout for your own tombstone! With over half the participants dressing up, this event has been recognized by Runners' World as the "Best cos-

tume trail race in America" and also recently ranked one of the "Top 50 theme races" in the country. Adirondack Sports readers can save \$5 with code "ADKSP917" until Sept. 30. (hairygorillahalf.com)

The **Saratoga Cross Country Classic 5K Race** is also on Sunday, October 29, at the Saratoga Spa State Park. It will veer slightly from the iconic route due to Peerless Pool upgrades, but it will be on similar quality XC running trails. Craig Evans has taken over directorship duties from Pat Glover, who rescued the event when sponsorship was lost after 2011. Watching the Kids' 2K and 3K Developmental Runs is an inspirational experience, where literally hundreds of new recruits take to the trails. Monetary prizes are awarded to the top two USATF Adirondack clubs with most members finishing and the top three youth clubs. The Saratoga XC Classic is the final event in the inaugural USATF-Adirondack Trail Running Series. But as Craig states, "The one message I would like to get across is for people who have never run this race to not be intimidated by the fact that is XC/trail racing." The trails are mostly wide with a minimum of technical difficulty as compared to other events in the series. (saratogaxclassic.com)

Your final local opportunity to experience fall colors is fittingly, at the Saratoga Stryders' **"Fall Back" 5-Mile Trail Race** on Sunday, November 5, the morning after the clocks revert to winter time, giving all racers the added bonus of an extra hour's sleep. A far cry from the mild XC nature of the Classic, this race showcases mostly singletrack, but non-technical trails through forests, near wetlands, and areas of the park you may never have seen before, with a tour around the Geyser Island Spouter, and a dash up the quad-busting staircase behind SPAC. There is a pleasant grassland/path break roughly halfway through for you to catch your breath and regroup for the final push – just be prepared to duck as it circles around the new Disc Golf course. (saratogastryders.org)

Soon glittery, rainbow fairy snowflakes will fall and your autumn familiarity with these trails will ease the transition to snowshoeing and Nordic skiing through an icy kaleidoscope of winter colors! ❄️

Laura Clark is (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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AROUND THE REGION

# News Briefs

## First annual Garnet Hill Grit Mountain Bike Race

NORTH RIVER – The Garnet Hill Grit Mountain Bike Race will take place on the beautiful Garnet Hill trails on Saturday, September 23. Starting at the ski shop and finishing on the front lawn of the Garnet Hill log house, with great views of Thirteenth Lake, two races of six miles and 12 miles will begin simultaneously at 10am. After-race activities include a hearty meal, beverages, race T-shirt and great awards for sport and expert categories along with three age groups. Race timing and organizing will be led by Underdog Race Timing. For more info, visit garnet-hill.com. 🌲

## Climb to the Castle Roller Ski Race

WILMINGTON – Climb to the top of the Whiteface on Sunday, Sept. 24 on roller skis for beautiful, panoramic views of the Adirondacks, Vermont and Canada. The five-mile, free-style-technique hill climb with an average 8% grade up the Whiteface Mountain Veterans Memorial Highway is the perfect opportunity to train for the Nordic season and one of only a few roller ski races in the area. Women will start out at 8am and the men will follow 10 minutes later. The course will be closed to the public during the race. Awards will follow at 10am at the Whiteface Castle. For more info, visit nysef.org or to register go to skireg.com. 🌲

## Flashlight 5K is Back, Now in Cole's Woods

GLENS FALLS – Bring a flashlight, headlamp or lights of any kind and run the trails in Cole's Woods in Glens Falls at the Flashlight 5K Run/Walk on Saturday, Sept. 30 at 7:30pm. The fun run is organized by Adirondack Race

Management – the Lake George Triathlon Festival folks. Each participant will receive a glow stick necklace and bracelet and if registered by Sept. 10, a T-shirt with glow-in-the-dark ink is guaranteed. Age group awards and best costume prizes will be given out. A portion of the proceeds will benefit the YMCA Strong Kids Campaign and Friends of Cole's Woods. To register, go to adkracemgmt.com or itsyourrace.com. 🌲

## Fall Duathlons: Glens Falls and Mohawk Towpath Byway

GLENS FALLS & CLIFTON PARK – The Glens Falls Lions Club will host its sixth duathlon (5K run, 30K bike, 5K run) on Sunday, Oct. 8 at SUNY Adirondack in Glens Falls. This race route starts and finishes at the college, while winding through parts of Warren and Washington counties. The funds raised from this race enable the Lions Club to continue providing sight and hearing assistance and preservation. Last year's duathlon had about 150 racers and volunteers who participated in the event. Awards are given to the first three finishers in each five-year age group, male and female. Awards are also given to the top three teams and corporate teams. The King Lions award was given to the fastest male and female finisher. For more info, check out glensfallsions.org.

The following weekend, on Sunday, Oct. 15, the Mohawk Towpath Byway Duathlon attracts top regional multi-sport athletes, as well as recreational runners and bikers for the 2M run, 17M bike and 2M run. The start, exchange area, and finish are all at Riverview Orchards and the courses are through rural fall foliage lined landscapes along the Mohawk Towpath Scenic Byway. New this year is a knit cap with a full color embroidered byway logo for the first 100 registered participants. All

racers and volunteers receive a Giffy's BBQ chicken dinner post-race. Two person teams are welcome. Awards will be given for overall male and female first place, and top three male and female in 10-year-age groups, and for first place male, female and mixed teams. New this year is are Scholastic and Grandmaster classes. Participants age 16 and under and age 70 or older may elect to do a 2M run, shorter 10M bike, and 2M run. Go to mohawktowpath.org for more info. 🌲

## Turkey Trot Running Programs with Fleet Feet Sports

ALBANY & MALTA – Fleet Feet Sports will launch its popular fall 5K and 10K training programs in September, which are open to participants of any fitness level and with little or no running experience. Sponsored by adidas, the programs combine twice-weekly coached group sessions supplemented by individual daily training activities. The goal race for all 5K program participants is a November Turkey Trot run of their choosing.

The programs kick off with in-store instructional clinics, to be held at the Albany store on Tuesday, Sept. 12 at 7pm and at the Malta store on Thursday, Sept. 14 at 7pm. Training begins in Albany (5K distance) on Monday, Sept. 18 at 5:45pm at the Ciccotti Recreation Center in Colonie. Workouts will be Mondays and Thursdays at 5:45 pm. In Saratoga County, the first workout (5K and 10K) is Thursday, Sept. 21 at 5:45pm in the Saratoga Spa State Park. Regular group runs will be held on Thursdays at 5:45pm and Sunday mornings at 8am until Thanksgiving. Registration is open online and at Albany and Malta stores. Program fee includes special adidas discounts, coached training, daily running plans, and exclusive in-store clinics. For more info, go to fleetfeet-albany.com or call 518-400-1213 (Malta) or 518-459-3338 (Albany). 🌲

## Tour of the Battenkill Acquired

CAMBRIDGE – The Tour of the Battenkill has been acquired by Rugged Races LLC, a Mark Cuban supported company that produces 55 events across North America, with big plans to make this classic event even better. This 2018 event has been moved to April 28. The ride through Washington County is grueling, beautiful, and can be muddy. The views of the Green Mountains, covered bridges, and pastoral farmland make it a scenic race, while the 5,000 feet of elevation change and 19 miles of dirt roads make it the most challenging. The course is fine as is, but there will be improvements made to the rider experience, both on course and off. Registration will come with an all-inclusive after party with food and beer, a quality T-shirt, custom cycling socks, and a Specialized water bottle.

Two rides will be offered, a 75-mile Gran Fondo and a 42-mile Medio Fondo. Both events will feature a mass start with neutral roll out and a rolling road closure for the first seven miles. Full neutral/SAG support, police officers and course marshals at every major turn and intersection will continue. The festival area in the Washington County Fairgrounds will be energized. For more info, visit ruggedmaniac.com. 🌲

## Hague Endurance Festival Replaces Hague Triathlon

HAGUE – The Hague triathlon will be back on, since it was canceled by HITS for 2017. Wilson Endurance Sports, LLC is re-creating it as the Hague Endurance Festival for June 23-24, 2018. Husband and wife team and long-time triathlon coach and race director, Mark Wilson and Tonia Wilson-Hall, will be organizing the event. On Saturday, there will be sprint and Olympic distance triathlons, sprint and Olympic aquabikes, followed by a kids' triathlon and old-timers race. Sunday will offer a duathlon (2M run, 10M bike, 2M run). Individuals and relay teams are welcome both days. The family-friendly weekend will include food and live music. For more info, go to coachmarkwilson.com. 🌲



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**FROM THE PUBLISHERS** *It's September*



**B**ack to school, shorter days, new routines, and an end to the relaxed days of summer. It sounds depressing but there's a lot to look forward to! Fall brings PR races, cool rides, fall festivals, costumes and... less humidity. Plus, an opportunity to discover activities specific to the season, like cyclocross, fall themed races and roller skiing.

In our world, the new season also bring powerful weather. Some say now is not the time to be talking about climate change. Now is definitely the time to heed the warning that science models and evidence have predicted for years. In the southeast, warmer ocean water has helped create more dangerous hurricanes that are hitting the Caribbean, Texas and Florida. Out west, there are wildfires from the extreme drought and record breaking temperatures from Phoenix to San Francisco to Montana. Of course, recovery and rebuilding need to take immediate priority, but we can't ignore the effects of manmade changes to our planet. Every other issue tackles a different topic on our environment and what we can do in our own backyard. Please read "Are You Thirsty Now?" by Skip Holmes for an informative piece on the quality of our water.

This issue also brings you fun destinations by foot or boat, info on expertly organized races, outings and events, and a committed athlete, Karen Bertasso who's working hard towards her Olympic dream.

*Darryl and Mona*

Thanks for reading us - enjoy the issue!

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**September 30, 2017**



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**ROC THE RIDE**  
Genesee Valley Park | Rochester | SEPTEMBER 9, 2017

**HUDSON RIVER RAMBLE**  
Thacher Park | Albany | SEPTEMBER 16, 2017

IT'S MORE than a ride

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Don't just ride, Bike MS

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**Calendar of Events**  
September–November 2017\*

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

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

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**Dr. Christopher Bath**  
**Dr. Michael Missenis**  
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**ALPINE & CROSS COUNTRY SKIING**

**SEPTEMBER**

24 NYSEF Whiteface Climb to the Castle Rollerski Race. 5M. 8am. Whiteface Mt Vets Memorial Highway, Wilmington. [nysef.org](http://nysef.org).

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

**NOVEMBER**

25-26 Women's Alpine Skiing World Cup. Killington Resort, Killington, VT. [killington.com](http://killington.com).

**BICYCLING: ROAD (PAVED)**

**ONGOING**

**Daily MHCC Club Rides.** 300 rides/year. Albany-Saratoga Region. [mohawkhudsoncyclingclub.org](http://mohawkhudsoncyclingclub.org).

**SEPTEMBER**

9 **Bike MS: ROC the Ride.** Genesee Valley Park, Rochester. [bikems.org](http://bikems.org).  
9 Kelly Brush Ride. 100M/50M/20M. Middlebury College, Middlebury, VT. [kellybrushfoundation.org](http://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](http://mohawkhudsoncyclingclub.org).  
10 **Tour de Daggett Lake.** 65M: 8am; 20M: 9am. Daggett Lake Water Ski Club & Water Ski School, Warrensburg. [daggettlake.net](http://daggettlake.net).  
10 **Cycle for Life.** 62M/32M/17M. Saratoga Polo, Greenfield Center. Kate Quinn: 518-453-3583. [fightcf.cff.org](http://fightcf.cff.org).  
10 NYC Century. 100M/75M/55M/35M/15M. New York. 212-629-8080. [transalt.org](http://transalt.org).  
14-17 **JDRF Ride to Cure Diabetes.** Multiple routes: 32-100M. Saratoga Springs. 477-2873. [jdrf.org](http://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](http://newyorkbicyclingcoalition2017.sched.com).  
15-17 **ADK 540 Race/Ride.** 136M/272M/408M/540M. 8AM. Alpine Inn, Wilmington. John Ceceri: 518-583-3708. [adkultracycling.com](http://adkultracycling.com).  
16 **Bike MS: Hudson River Ramble.** Thacher State Park, Voorheesville. [bikems.org](http://bikems.org).  
16 Brown's Brewing Covered Bridge Tour. 50M: 10am. 30M: 10:30am. 20M: 11am. Wallonsac Tap Room, Hoosick. 413-314-3478. [bikereg.com](http://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](http://schroonlakecycling.com).

- 17 Tour de Vine Bike Ride. 20M. 10:30am. Easton. [bikereg.com](http://bikereg.com).  
23 **4th Harry Elkes Ride.** 50M/32M: 9:30am. 16M/15M: 10:30am. The Hub, Brant Lake. 518-796-2397. [bikewarrenco.org](http://bikewarrenco.org).  
24 **7th Columbia County Rotary Ride.** 54M gravel grinder (road bikes fine): 8:30am. 38M road ride: 10am. 10M fun ride: 11am. Support by Steiner's Ski & Bike. Benefits CYCLE Kids program at Ichabod Crane ES & more. Niverville Fire Dept, Niverville. [bikereg.com](http://bikereg.com).  
24 **Farm to Fork Fondo: Berkshires.** 9am. Farm fresh feast from your bicycle. Hancock Shaker Village, Pittsfield, MA. 518-662-0211. [farmtoforkfondo.com](http://farmtoforkfondo.com).  
24 Tour de Salem Flame Fighters. 10-63M. 8am. Salem. 518-321-9430. [tourdesalemflamefighters.com](http://tourdesalemflamefighters.com).  
30 **Drops To Hops.** 43M/25M bike races/rides. Beer, food. Brewery Ommegang, Cooperstown. 607-547-2800. [clarksportscenter.com](http://clarksportscenter.com).  
30 Bill Denman Memorial River Ride. 50M. 9am. Payne Park, Bainbridge. 607-222-9345. [rotaryriverrides.weebly.com](http://rotaryriverrides.weebly.com).

**OCTOBER**

28-29 **Haunted Hundred Overnight Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. [adkultracycling.com](http://adkultracycling.com).

**NOVEMBER**

11 **Rivers & Lakes Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. [adkultracycling.com](http://adkultracycling.com).

**BICYCLING: OFF-ROAD**

**ONGOING**

Sa-Su **High Peaks Mountain Bike Center.** Open weekends through Oct. 9. Mt. Van Ho, Lake Placid. 518-523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).  
Sat **Dirt Camps.** Thru 10/7: 10am-4pm. Learn skills to really ride your bike. Includes Giant full suspension bike. Mt. Van Ho, Lake Placid. 518-523-3764. [highpeakscyclery.com](http://highpeakscyclery.com).

**SEPTEMBER**

8 Adirondack Trail MTB Race. 550M self-supported ultra. Northville. [bikepacking.com](http://bikepacking.com).  
10 **Kirkland Cyclocross Race.** Kirkland Town Park, Clinton. [nycross.com](http://nycross.com).  
10 Riedlbauer's Round Top Rally MTB Race. Round Top. [rtmba.com](http://rtmba.com).  
16 Swandrome CX. Swan Cycles, Freeville. [flying.org](http://flying.org).  
17 **Poor Man's Downhill Shuttles.** 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. [bikewilmingtonny.com](http://bikewilmingtonny.com).  
23 **Garnet Hill Grit Mountain Bike Race.** Sport: 6M. Expert: 12M. 10am. Great prizes, views, food, beer, live music. Garnet Hill Lodge, North River. [garnet-hill.com](http://garnet-hill.com) or [bikereg.com](http://bikereg.com).  
24 Eastern States Cup Enduro Finals. MTB finals. Killington, Killington, VT. [killington.com](http://killington.com).  
24 Webster Cyclocross. Webster Park, Rochester. [fullmoonvista.com](http://fullmoonvista.com).

**OCTOBER**

1 Best Cyclist in the Universe Race. 5K enduro, 30K road race, 15K MTB. Solo/teams. Windham Resort, Windham. [bikereg.com](http://bikereg.com).  
1 Cross Out Child Abuse Cyclocross Race. Scriba Park, Oswego. [rideoswegocounty.bike](http://rideoswegocounty.bike).  
7-8 **Uncle Sam Cyclocross GP Race.** Prospect Park, Troy. [nycross.com](http://nycross.com).  
8 Ellicottville Fall Festival MTB Race. 5-15M. 10am. Holiday Valley Resort, Ellicottville. [heartrateup.com](http://heartrateup.com).  
8 Parma Cross Race. Parma. 585-546-4030. [fullmoonvista.com](http://fullmoonvista.com).  
14 CircumBurke Challenge MTB. Sherburne Lodge, East Burke, VT. [circumburke.org](http://circumburke.org).  
14 Finger Lakes Cyclocross Race. 9am. Everest Park, Auburn. [bikereg.com](http://bikereg.com).  
21 Erie 80K MTB Race. 25M/50M. 10am. Pike/Front Streets, Port Jervis. [discoverportjervis.com](http://discoverportjervis.com).  
21 Ossian Giant Gravel Grinder Fall Preview Ride. 17M/35M. 1pm. Swain. [ridelcc.com](http://ridelcc.com).  
21-22 Syracuse GP Power Cross Races. 9am. Long Branch Park, Liverpool. [bikereg.com](http://bikereg.com).

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**"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](http://SchroonLakeCycling.com) or [Facebook.com/SchroonLakeCycling](http://Facebook.com/SchroonLakeCycling)  
518-321-6203 • Rain or shine

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

## 4th annual Harry Elkes Ride

**Saturday, September 23 - The Hub, Brant Lake**

Ride with us to celebrate the legacy of Harry Elkes, 1900s world-class bike racer and Glens Falls native

Choose from three routes, meet other cyclists, ride along scenic lakes and roads in fall color season

**9:30am:** 50- & 32-mile Schroon, Loon and Brant lake rides  
**10am:** 15-mile Brant Lake family ride  
Only \$20 including ride T-shirt • Enjoy lunch/drinks at *The Hub* for a nominal cost and watch Harry Elkes video on his life and challenges

Register: [BikeReg.com](http://BikeReg.com) Day of ride: starts 8:30am  
Warren County Safe and Quality Cycling Organization ([BikeWarrenCo.org](http://BikeWarrenCo.org))

- 28 Saratoga Spa Cyclocross Race. 9am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. [bikereg.com](http://bikereg.com).
- 29 **Wicked Creepy Cyclocross Race.** Willow Park, Bennington, VT. [nycross.com](http://nycross.com).
- 29 Halloween Cyclocross Race. YMCA Camp Arrowhead, Pittsford. 585-381-3080. [parkavebike.com](http://parkavebike.com).

**NOVEMBER**

- 19 **Bethlehem Cup Cyclocross.** Elm Ave Park, Bethlehem. [nycross.com](http://nycross.com).
- 25 Placid Planet Cyclocross. Wadhams. Kevin Bouchard-Hall: [krboucha@gmail.com](mailto:krboucha@gmail.com). [teampacidplanet.org](http://teampacidplanet.org).

**HEALTH & FITNESS**

**ONGOING**

- Mo-Sa Rock Your Fitness: Total Body Training.** Six-week session: 9/11-10/21. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 518-522-9765. [rockyourfitnessny.com](http://rockyourfitnessny.com).
- Daily True North Yoga.** True North Yoga, Schroon Lake. 518-810-7871. Schedule: [truenorthyogaonline.com](http://truenorthyogaonline.com).

**OCTOBER**

- 6-8 Adirondack Wellness Project Fall Retreat. Yoga, hiking, kayaking, healthy meals. Lapland Lake Vacation Center, Northville. [lynn@yogalynn.com](mailto:lynn@yogalynn.com).

**HIKING, ROCK CLIMBING & WILDERNESS SKILLS**

**SEPTEMBER**

- 11 **Seward Mountain Hike.** 14M. 7:30am. Coreys. ADK: 518-523-3441. [adk.org](http://adk.org).
- 15-17 **Seward Range Backpacking Trip.** 27M. 7:30am. Coreys. ADK: 518-523-3441. [adk.org](http://adk.org).
- 16 Farm-to-Fest Hike. 9am. Essex County Fairgrounds, Westport. [champlainraetrails.com](http://champlainraetrails.com).
- 21-24 **Thru-Hiking 101: Long-distance, lightweight backpacking.** Northville-Placid Trail. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 23 Orienteering Meet. 10am-12pm. Saratoga Spa SP, Saratoga Springs. [emp.us/orienteering.org](http://emp.us/orienteering.org).
- 25 **Mount Marshall Hike.** 17M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 28 **Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. [adk.org](http://adk.org).
- 29-10/1 **Allen Mountain Backpacking Trip.** 19M. 12pm. Exit 29. ADK: 518-523-3441. [adk.org](http://adk.org).
- 30-10/1 **Map & Compass Bushwhack Skills Workshop.** Heart Lake, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).

**OCTOBER**

- 6 **Dix & Hough Hike.** 13.7M. ADK: 518-523-3441. [adk.org](http://adk.org).
- 7 **Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. [adk.org](http://adk.org).
- 7 Orienteering Meet. 10am-12pm. Switzkill Farm, Berne. [emp.us/orienteering.org](http://emp.us/orienteering.org).
- 8 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).
- 9 **Donaldson & Emmons Hike.** 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. [adk.org](http://adk.org).
- 22 Orienteering Meet. 11am-1pm. Thacher SP, Voorheesville. [emp.us/orienteering.org](http://emp.us/orienteering.org).
- 28 **Outdoor Leadership 101.** 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. [adk.org](http://adk.org).

**MULTISPORT: TRIATHLON/DUATHLON & SWIMMING**

**SEPTEMBER**

- 9 **5th Greene County Y Tri.** 350yd swim, 11.5M bike, 5K run. 8am. Teams welcome. Sleepy Hollow Lake, Athens. [runsignup.com](http://runsignup.com).
- 10 Ironman Lake Placid 70.3. 1.2M swim, 56M bike, 13.1M run. Lake Placid. [ironman.com](http://ironman.com).
- 10 Incredoubleman Triathlons. Half, Olympic, Aquabike. Sackets Harbor. [incredoubleman.com](http://incredoubleman.com).
- 10 Survival of the Shawangunks (SOS) Triathlon. Minnewaska SP, New Paltz. [sostriathlon.com](http://sostriathlon.com).
- 16 Toughteen Super Sprint Triathlon. 200yd swim, 6M bike, 2M run. Lake Welch, Harriman SP, Stony Point. [toughmantri.com](http://toughmantri.com).
- 17 **41st Josh Billings RunAground Triathlon.** 27M bike, 5M paddle, 6M run. Teams/solo. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. [joshbillings.com](http://joshbillings.com).
- 23 Scott Woodward Memorial Duathlon. 2.5M run, 12M bike, 2.5M run. 9am. Lapham Mills Park, Peru. [adirondackcoastevents.com](http://adirondackcoastevents.com).
- 23-24 Westchester Triathlons: Olympic & super sprints. Town Park, Rye. [westchestertriathlon.org](http://westchestertriathlon.org).
- 23-24 Finger Lakes Open Water Swim Festival. 10.5M/2M/1M/0.5M. Seneca Lake. [fingerlakesopenwaterswimming.com](http://fingerlakesopenwaterswimming.com)

**OCTOBER**

- 8 **6th Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 9am. Solo/teams. SUNY Adirondack, Glens Falls. [glensfallsions.org](http://glensfallsions.org).
- 15 **15th Mohawk Towpath Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Solo/teams. Riverview Orchards, Rexford. [mohawktowpath.org](http://mohawktowpath.org).
- 22 Central Park Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. [nytc.org](http://nytc.org).

**OTHER EVENTS**

**SEPTEMBER**

- 9 **Wilmington Festival of the Colors.** Wilmington. [whiteface.com](http://whiteface.com).
- 13 **Golf "FORE" Diabetes Tournament.** Van Patten Golf Club, Clifton Park. [golfforediabetes.com](http://golfforediabetes.com).
- 15-17 **Women's Weekend: British Invasion.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdmca.org](http://camp.cdmca.org).
- 16 NatureFest. 10am-4pm. Moreau Lake SP, Gansevoort. Crafts, pumpkin painting, wagon rides. 518-793-0511. [friendsofmoreaulake.org](http://friendsofmoreaulake.org).
- 22 **Vermont Light the Night.** 5:30pm. Church Street, Burlington, VT. 802-233-0014. [lightthenight.org/yny](http://lightthenight.org/yny).
- 23 **Lake Placid Brew Fest.** Olympic Center, Lake Placid. [whiteface.com](http://whiteface.com).
- 23-24 **8th Adirondack Moose Festival.** Trail hikes, rafting, contests, vendors. Indian Lake. 518-648-5636. [indian-lake.com](http://indian-lake.com).
- 26 North Country Great Outdoors Show. West Mtn, Queensbury. 518-615-1012. [froggy1003.com](http://froggy1003.com).
- 30-10/1 **Oktoberfest.** Food, beer, music. Whiteface, Wilmington. [whiteface.com](http://whiteface.com).

**OCTOBER**

- 6-7 Fall Festival. West Mountain, Queensbury. Kailey Wolin: 518-636-3699. [westmtn.net](http://westmtn.net).
- 7-8 **Harvest Fest.** 10am-4pm. Food, music, gondola rides, trampoline, disc golf. Gore, North Creek. 518-251-2411. [goremountain.com](http://goremountain.com).
- 7-8 **Flaming Leaves Festival & US Ski Jump Champs.** 10am-4pm. Food, music, games, vendors. Olympic Jumping Complex, Lake Placid. [whiteface.com](http://whiteface.com).
- 14 **Albany Light the Night.** 5:30pm. Siena College, Loudonville. 518-438-3583. [lightthenight.org/yny](http://lightthenight.org/yny).
- 21 **Upper Hudson Valley Light the Night.** 5:30pm. Walkway Over the Hudson, Poughkeepsie. 518-438-3583. [lightthenight.org/yny](http://lightthenight.org/yny).
- 28 **Fall Festival.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdmca.org](http://camp.cdmca.org).
- 4-5 **Fall Work Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdmca.org](http://camp.cdmca.org).

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**NYCROSS**

## 2017 Race Series

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](http://NYCROSS.com)  
Register: [BikeReg.com](http://BikeReg.com)

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

**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](http://www.RunSignUp.com/Race/NY/Queensbury/GlensFallsDu)  
[www.glensfallsions.org](http://www.glensfallsions.org) • Like us on Facebook



**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](http://www.UpperUnionStreet.com)  
 Gregg Kelly: greggk@nefj.com



**11th ANNUAL Falling Leaves 5K & Fun Run**  
**Saturday, October 7 at 10am**  
 William Kelley Park on Ralph St, Ballston Spa

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](http://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](mailto:fallingleaves5k@albany.twcbc.com)  
 Benefits Veterans & Community Housing Coalition – Vet House & Guardian House for Homeless Veterans



**"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](http://LaplandLake.com) • 518-863-4974  
 Registration (closes 9/15):  
**RunReg.com**



**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.

**PADDLING: KAYAK, CANOE & SUP**  
**SEPTEMBER**

8-10 Adirondack Canoe Classic: The 90-Miler. 8am. Old Forge to Saranac Lake. Brian McDonnell: 518-891-2744. [macscanoe.com](http://macscanoe.com).  
 9 Kayaking 4 Meso on the Hudson. 8M. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. [kayaking4meso.org](http://kayaking4meso.org).  
 12 13th Hudson Crossing Cardboard Boat Race. In memory of Alexander "Sam" Aldrich. Fort Hardy Park Beach, Hudson Crossing Park. [hudsoncrossingpark.org](http://hudsoncrossingpark.org).  
 17 **Women's Kayaking Day.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).  
 23 Long Lake Long Boat Regatta. 10M. 11am. Town Beach, Long Lake. 518-891-2744. [macscanoe.com](http://macscanoe.com).  
 24 St Regis Canoe Classic. 5M/7M/11M. 10am. Paul Smith's College, Paul Smiths. 315-720-5446. [paulsmiths.edu](http://paulsmiths.edu).

**OCTOBER**

1 Seneca Monster Regatta. 13M. 11am. Seneca Lake/Canal, Seneca Lake SP, Geneva. 347-464-8338. [senecamonster.com](http://senecamonster.com).  
 14 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. [camp.cdymca.org](http://camp.cdymca.org).

**RUNNING, TRAIL RUNNING & WALKING**  
**ONGOING**

**We/Sa Fleet Feet Running Club.** Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).

**SEPTEMBER**

9 **8th Malta 5K Run/Walk.** 8:30am. HVCC Tec-Smart Complex, Malta. Paul Loomis: 518-472-4807. [malta5k.com](http://malta5k.com).  
 9 Glens Falls Hospital 5K. 8am. Great Escape, Queensbury. 518-792-3500.  
 9 Insane Inflatable 5K Run. Ellms Family Farm, Ballston Spa. 518-884-8168. [insaneinflatable5k.com](http://insaneinflatable5k.com).  
 9 4th Cops & Joggers 5K. 10am. Riverlink Park, Amsterdam. [copsandjoggers5k.racedirector.com](http://copsandjoggers5k.racedirector.com).  
 9 Old Forge Marathon, Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. 315-663-5538. [willowhwc.com](http://willowhwc.com).  
 9 Maple Leaf Half Marathon & Kotler 5K. 8am. Manchester Center, VT. 802-864-9393. [manchestervtmapleleaf.com](http://manchestervtmapleleaf.com).  
 10 **16th Teal Ribbon 5K Run & Walk.** 5K: 9:10am. 1M Walk: 9am. Lake House, Washington Park, Albany. [caringtogetherny.org](http://caringtogetherny.org).  
 10 BiteBack Against Lyme 5K Run & 1.5M Walk. 11am. Crossings Park, Colonie. 518-470-0497. [globallymealliance.org](http://globallymealliance.org).  
 10 Tugboat Chug 5K & Kids' Run. 10am. Lock 2/Peebles Island SP, Waterford. 518-935-7720.  
 10 Red Apple 5K Orchard Run. 9am. Kids Run: 10am. Samascott Orchard, Kinderhook. 518-758-9321. [valatielibrary.net](http://valatielibrary.net).  
 10 10th Anne's Quest 5K. 8am. Saratoga Spa SP, Saratoga Springs. [annesquest.org](http://annesquest.org).  
 10 15th Ty Yandon Memorial 5K Run/Walk. 8am. Health Center, Newcomb. 518-582-2991.  
 10 10th Barry Hopkins 6K Run at Olana. 9:30am. Olana SHS, Hudson. 818-731-7697. [olana.org](http://olana.org).  
 10 New Balance Fifth Avenue Mile. 8am. Fifth Ave, New York. [nyrr.org](http://nyrr.org).  
 12 **Fall Fleet Feet Distance Project Kick-Off.** 7pm. Fleet Feet Sports, Albany. 518-459-3338. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
 14 **Fall Fleet Feet Distance Project Kick-Off.** 7pm. Fleet Feet Sports, Malta. 518-400-1213. [fleetfeetalbany.com](http://fleetfeetalbany.com).  
 15 Glow Back To School 5K. 7pm. Community Center, Stillwater. 518-664-2515. [stillwaterareacomunitycenter.org](http://stillwaterareacomunitycenter.org).  
 15-17 Rochester Marathon, Half, Relay & 5K. Maplewood Park, Rochester. [rochestermarathon.com](http://rochestermarathon.com).  
 16 **Upper Union Street Scholarship 5K.** 8:30am. Refreshments, DJ. Woodland Ave, Central Park, Schenectady. [upperunionstreet.com](http://upperunionstreet.com).  
 16 **ADK 5K Run.** 10am. Beer, music, lawn games: 10am-2pm. Adirondack Pub & Brewery, Lake George. [greatamericanbreweryruns.com](http://greatamericanbreweryruns.com).

16 **Great Cow Harbor 10K Race.** 8:30am. 2K Run/Walk: 8:45am. Laurel Ave School, Northport. [cowharborrace.com](http://cowharborrace.com).  
 16 3rd Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. 315-439-4938. [thebackpackrun.com](http://thebackpackrun.com).  
 16 14th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. [gmaa.net](http://gmaa.net).  
 17 **Dunkin' Run 5K, 10K & 15K.** 8:20am. AJCC, Albany. Tom Wachunas: 518-438-6651. [albanyjcc.org](http://albanyjcc.org).  
 17 **Saratoga Palio Half Marathon & 5K Run/Walk.** 13.1M: 7:45am. 5K: 8am. Melanie Merola O'Donnell Memorial Race. Hampton Inn & Saratoga City Center, Saratoga Springs. [themelaniefoundation.com](http://themelaniefoundation.com).  
 17 **Moreau Lake 15K & 5K Trail Races.** 9am. Moreau Lake SP, Gansevoort. [greenleafacing.com](http://greenleafacing.com).  
 17 **"Course (or Curse) 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](http://runreg.com).  
 17 **HMRRC Anniversary Races: 2.95M/5.9M.** 9am. UAlbany, Albany. [hmrrc.com](http://hmrrc.com).  
 17 Stephen Siller Tunnel to Towers Stair Climb. 8am. Corning Tower, Albany. [tunnel2towers.org](http://tunnel2towers.org).  
 17 Garden Share Fight Hunger 5K. 1pm. Remington Trail, Canton. [gardenshare.org](http://gardenshare.org).  
 18 **Troy Turkey Trot Training Challenge: 9/18-11/18.** 5K/10K training. Mon: 6pm, Prospect Park, Troy. Sat: 8am, Knickerbacker Park, Troy. [ttrtrainingchallenge.com](http://ttrtrainingchallenge.com).  
 22-23 Ragnar Relay Adirondacks. 200M. Saratoga Springs to Lake Placid. 877-837-3529. [runragnar.com](http://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](http://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](http://adirondackmarathon.org).  
 23 kLaVoy Donate Life 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. [zippyreg.com](http://zippyreg.com).  
 23 Hero Walk & 5K Run for Autism. 9am. Central Park, Schenectady. [albanyautism.org](http://albanyautism.org).  
 23 Walk to End Alzheimer's. 10am. Siena College, Loudonville. 800-272-3900. Alzheimer's Association. [alz.org](http://alz.org).  
 23 Pumpkin Patch Mud Run. 5K. Pick-A-Pumpkin Patch, Esperence. [pumpkinpatchmudrun.com](http://pumpkinpatchmudrun.com).  
 23 Color Me Remington 5K Walk/Run. 10am. Dobisky Visitors Center, Ogdensburg. 315-355-1363. [fredericremington.org](http://fredericremington.org).  
 24 **Adirondack Marathon Distance Festival: Marathon (9am), Half Marathon (10am), Two- & Four-Person Relays (9am).** Schroon Lake. 518-532-7675. [adirondackmarathon.org](http://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](http://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](http://colonieyouthcenter.org).  
 24 **36th Watervliet Arsenal City 5K Run & USATF-Adk Masters Champs.** 10am. 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. [zippyreg.com](http://zippyreg.com).  
 24 **Muddy Sneakers 5K Trail Run.** 9am. Indian Meadows Park, Glenville. Allison Reinhardt: 518-371-2139. [cdymca.org](http://cdymca.org).  
 24 **42nd Falling Leaves 5K & 14K.** 9am. Radisson Hotel, Utica. [uticaroadrunners.org](http://uticaroadrunners.org).  
 24 **Vermont Sun Half Marathon, 10K & 5K.** 10am. Branbury SP, Salisbury, VT. 802-388-6888. [vermontsun.com](http://vermontsun.com).  
 24 Albany Booster Club Falcon 5K. 9:30am. Washington Park, Albany. [zippyreg.com](http://zippyreg.com).  
 24 Maddie's Mark 5K, Walk & Kids' Run. 9am. Central Park, Schenectady. 518-527-7904. [maddiesmark.org](http://maddiesmark.org).  
 24 Pfalz Point Trail Challenge. 10M. 9am. Springfarm Trailhead, Mohonk Preserve, New Paltz. [mohonkpreserve.org](http://mohonkpreserve.org).



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



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

Register: [ZippyReg.com](http://ZippyReg.com) More info: [bhblrotary.org](http://bhblrotary.org) or Paul Lewandowski (518) 399-2225



1ST ANNUAL  
Brookhaven  
**Oktoberfest 5K Trail Run**  
Saturday, October 28 – 10am  
Brookhaven Golf Course, 333 Alpine Meadows Rd  
Porter Corners (10M north of Saratoga Springs)  
Kids' 1K Fun Run: 11am • Oktoberfest Party to follow!  
Custom logo pint glass to all preregistered by 10/1  
**REGISTER: [SkiReg.com](http://SkiReg.com)**

36th Annual  
Watervliet  
**Arsenal City Run**  
2017  
Sunday  
Sept 24  
**5K Road Race: 10am**  
USATF-Adk Masters 5K Championship  
Register: [ZippyReg.com](http://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  
Benefits Watervliet Adopt-a-Family program

CAPITAL DISTRICT YMCA  
**MUDDY SNEAKER  
5K TRAIL RUN**  
Sun., Sept. 24 • 9AM Race Start  
Indian Meadows Park



the **Y** **REGISTER TODAY!**  
[ZIPPYREG.com](http://ZIPPYREG.com)

OUR PLATINUM PARTNER



ASF.9.17

- 24 Towpath 6K Run. 9:15am. Walk: 9am. Community Center, Accord. [runsignup.com](http://runsignup.com).
- 24 Vermont 50. 50M run, 50K run, 50M relay, 50M bike. Mount Ascutney Resort, West Windsor, VT. [vermont50.com](http://vermont50.com).
- 27 **Pat Glover Beer Mile Benefit.** 6-8:30pm. Shmaltz Brewing, Clifton Park. [fleetfeetalbany.com](http://fleetfeetalbany.com).
- 30 **Oktoberfest 5K Run & Celebration.** 10:15am. Wolff's Biergarten, Albany. Patrick Lynskey: 518-677-2768. [oktoberfestalbany5k.com](http://oktoberfestalbany5k.com).
- 30 **Gore Leaf Cruncher 5K Trail Run.** 10am. Awesome prizes, gondola rides for all participants, on-course treasure hunt. Gore Mountain, North Creek. [goremountain.com](http://goremountain.com).
- 30 **Flashlight 5K Run/Walk.** 7:30pm. 5K night run - bring flashlight, headlamp or lights. Receive glow stick necklace/bracelet. Best costume prizes. Cole's Woods, Glens Falls. [adkracegmt.com](http://adkracegmt.com).
- 30 Race for Hope 5K. 10am. New Scotland Road, Slingerlands. 518-439-4326. [capitalregionspecialsurgery.com](http://capitalregionspecialsurgery.com).
- 30 Island Eagle Run 4M. 8:30am. Schodack Island SP, Castleton-on-Hudson. 518-732-2940. [racethread.com](http://racethread.com).

**OCTOBER**

- 1 **Voorheesville 7.1M.** 10am. New Scotland Town Park, Voorheesville. [hmrrc.com](http://hmrrc.com).
- 1 Beat Beethoven! 5K Run/Walk to 5th Symphony. Central Park, Schenectady. 518-372-2500. [schenectadysymphony.org](http://schenectadysymphony.org).
- 1 North Country Out of the Darkness Walk. Walk to fight suicide. Speed Skating Oval, Lake Placid. 518-962-2077. [afsp.org/northcountry](http://afsp.org/northcountry).
- 1 Rensselaer Runs United 5K. 10am. Rensselaer Tech Park, North Greenbush. 518-276-4305. [rpi5k.org](http://rpi5k.org).
- 1 Phoenix Feeder Four Mile Run/Walk. 10am. Fire Station, Hudson Falls. [adironackrunners.org](http://adironackrunners.org).
- 1 Syracuse Festival of Races. Men's 5K, Women's 5K, 3K Fitness Run/Walk. 8:50am. East Colvin St/Coyne Stadium, Syracuse. 315-446-6285. [festivalofraces.com](http://festivalofraces.com).
- 1 Color Me Rad 5K Run. 9am. Saratoga Spa SP, Saratoga Springs. [colormerad.com](http://colormerad.com).
- 1 Leaf Peepers Half Marathon & 5K. 11am. Waterbury, VT. [leafpeepershalfmarathon.org](http://leafpeepershalfmarathon.org).
- 7 **11th Falling Leaves 5K & Kids Fun Run.** 10am. Kelley Park, Ballston Spa. 518-885-6886. [ballstonspaumchurch.org](http://ballstonspaumchurch.org).
- 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. [hbhrotary.org](http://hbhrotary.org).
- 7 **Komen Race for the Cure.** 5K Run/Walk & 2K Family Walk: 9:30am. Kids Dash: 8:45am. Save \$5 w/code: ADKMAG2017. Empire State Plaza, Albany. 518-250-5379. [komeupstateny.org](http://komeupstateny.org).
- 7 GFD Fit for Duty 5K Run/Walk. 9:30am. Fire Dept, Greenwich. [active.com](http://active.com).
- 7 Vintage Runs Half Marathon & 5K. 13.1M: 10am. 5K: 11:30am. Bethel Woods, Woodstock. 845-866-1345. [vintageruns.com](http://vintageruns.com).
- 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](http://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](http://mohawkhudsonmarathon.com).
- 8 **9th Race Away Stigma 5K Race & Fun Walk.** 10am. Hudson Valley Community College Student Pavilion, Troy. Larry Ellis: 518-629-7175. [hvcc.edu](http://hvcc.edu). Blessed Sacrament School 5K Walk/Run. 2pm. The Crossings, Colonie. Mimi Baseel: 518-438-5854.
- 8 Burgoyne's Bridge 5K. 11am. Hudson Crossing Park, Stillwater. [runsignup.com](http://runsignup.com).
- 8 Trek for Hope 5K Run/Walk. 9:30am. Village Park, Granville. 1M Kids' Run: 9am. 518-321-9640. [thehayneshouseofhope.org](http://thehayneshouseofhope.org).
- 8 Staten Island Half Marathon. 13.1M. 8am. Staten Island, New York. [nyrr.org](http://nyrr.org).
- 14 **17th Great Pumpkin Challenge 5K, 10K, & 1M Fun Run.** 9:30am. Saratoga Spa SP, Saratoga Springs. 518-587-0723. [saratogabridges.org](http://saratogabridges.org).
- 14 **1st Amy's Adventure: 8K Race for the Lake.** 5M trail run. Amy's Park, Bolton Landing. Lake George Land Conservancy: [lglc.org](http://lglc.org).

- 14 **Monster Scramble 5K/10K.** 7:30am. 1M Family Run: 9am. Costumes, prizes. Liberty Ridge Farm, Schaghticoke. 518-464-0112. [nationalmssociety.org](http://nationalmssociety.org).
- 14 4th St Catherine's Running SCCCare Family 5K. 9:30am. The Crossings, Colonie. 518-453-6756. [st-cath.org](http://st-cath.org).
- 14 Color Run/Walk. 9am. SUNY Adirondack, Queensbury. [sunyacc.edu](http://sunyacc.edu).
- 15 Fall Foliage Half Marathon & 5K. 10:20am. Fairgrounds, Rhinebeck. [fallfoliagehalf.com](http://fallfoliagehalf.com).
- 15 Run/Dead Treasure Hunt/Geocache. 2pm. Saratoga Spa SP, Saratoga Springs. [events.nyso.org](http://events.nyso.org).
- 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. [adironackcoastevents.com](http://adironackcoastevents.com).
- 22 **Wandering Witch Trail Races.** 5K run/walk & 10K run. 9:30am. Christ the King Conference Center, Greenwich. Jen Kuzmich: 518-692-2801. [active.com](http://active.com).
- 22 17th Ghostly Gallop 5K Run/Walk & 1M Walk. 11:30am. Hudson HS, Hudson. [ghostlygallop.info](http://ghostlygallop.info).
- 28 **1st Brookhaven Oktoberfest 5K Trail Run.** 10am. Kids' 1K Run: 11am. Brookhaven Golf Course, Porter Corners. Chris Yarsevich: 518-893-7605. [skireg.com](http://skireg.com).
- 28 Goblin Gallop 5K & Halloween Hop. 9:30am. Abraham Wing School, Glens Falls. [adironackrunners.org](http://adironackrunners.org).
- 28 Little Falls 10K Run & 2K Walk for Kidneys. 10am. Western Park, Little Falls. [healthykidneys.org](http://healthykidneys.org).
- 29 **Hairy Gorilla Half Marathon & Squirrely Six Miler.** 9:30am. Save \$5 w/code: ADKSP917. Thacher SP, Voorheesville. [hairygorillahalf.com](http://hairygorillahalf.com).
- 29 **Saratoga Cross Country Classic.** 5K: 10am. 2K/3K Development Runs: 9am. Saratoga Spa SP, Saratoga Springs. Craig Evans: 518-232-6554. [saratogaxclassic.com](http://saratogaxclassic.com).

**NOVEMBER**

- 5 **11th Fall Back 5 Trail Race.** 5M. 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. [saratogastryders.org](http://saratogastryders.org).
- 5 New York City Marathon. 26.2M. Staten Island to Central Park, New York. [nyrr.org](http://nyrr.org).
- 10 **10th Shenendehowa Veteran's Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 9am. Shen HS Track, Clifton Park. [shenrunners.com](http://shenrunners.com).
- 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](http://stockadeathon.com).
- 12 Syracuse Half Marathon. 13.1M. 7:45am. County Building, Syracuse. [syracusehalf.com](http://syracusehalf.com).
- 15 47th Green Mountain Marathon & Half Marathon. 26.2M/13.1M. 8:30am. Folsom School, South Hero, VT. [gmaa.net](http://gmaa.net).
- 18 Operation Santa Run 5K/10K. 10am. Hudson Falls MS, Hudson Falls. [adironackrunners.org](http://adironackrunners.org).
- 18 NYC 60K Ultramarathon. 8am. Central Park, New York. [nyrr.org](http://nyrr.org).
- 19 **Turkey Raffle Run.** 1hr. 10am. Tawasentha Park, Guilderland. [hmrrc.com](http://hmrrc.com).
- 23 **70th Troy Turkey Trot.** 10K: 8am. Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. [troyturkeytrot.com](http://troyturkeytrot.com).
- 23 **16th Christopher Dailey Turkey Trot.** 5K Run/Walk. 8:30am. Hilton, Saratoga Springs. 581-1328. [christopherdaileyfoundation.com](http://christopherdaileyfoundation.com).
- 23 **15th Cardiac Classic 5K.** 9am. 2M Wellness Walk: 8am. Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. [ellismedicine.org](http://ellismedicine.org).
- 23 **8th Our Towne Turkey Trot.** 5K. Bethlehem MS, Delmar. John Guastella: 598-3434. [ourtownebethlehem.com](http://ourtownebethlehem.com).
- 23 **6th St. George's Turkey Trot.** 5K Family Run/Walk. 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. [stgeorgesschoolcp.org](http://stgeorgesschoolcp.org).
- 23 **22nd Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. [bkvr.net](http://bkvr.net).

**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](http://AdkSports.com). We reserve the right to publish/edit as appropriate.*

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](http://www.saratogabridges.org)  
More information: 518.587.0723

To benefit



Ericting lives by creating opportunities and partnerships



**Sunday, October 29th**



USATF Adirondack Presents  
**Saratoga Cross Country Classic**

Saratoga Spa State Park  
Saratoga Springs, NY

**5k Cross Country Race – 10am**  
Open to ALL runners & walkers!  
USATF Adirondack Trail GP Race  
USATF Adirondack 5k XC Championship

**Kids' 2k and 3k Developmental Cross Country Runs – 9am**

**USATF Adirondack 5k Race Walk Championship – 8am**

Walk info: (518) 577-1333 or [walk2agoal@gmail.com](mailto:walk2agoal@gmail.com)

**Register Online! ZippyReg.com**  
[saratogaxclassic.com](http://saratogaxclassic.com)

Upcoming ARE Event Productions Events

**Hairy Gorilla Half Marathon and Squirrely Six Mile**

"Best Costume Trail Race in America"  
(Runner's World "The Trail" magazine, April 2012)

**Register NOW!**

**Sunday, October 29**

Thacher State Park– [HairyGorillaHalf.com](http://HairyGorillaHalf.com)

SAVE \$5 WITH CODE **ADKSP917** VALID THROUGH 9/30

Race Timing, Logistics, and Entertainment [www.AREEP.com](http://www.AREEP.com)

43RD ANNUAL



**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](http://UticaRoadrunners.org)  
or [RunSignUp.com](http://RunSignUp.com)



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Lake George Land Conservancy 1<sup>st</sup> Annual  
**AMY'S ADVENTURE**  
**8k Race for the Lake**  
**October 14, 2017**

5 mile (8k) trail run through Amy's Park in Bolton Landing  
 Free Under Armour shirts to 1<sup>st</sup> 50 registrants

Register online: [lglc.org/events-and-programs/amys-race](http://lglc.org/events-and-programs/amys-race)

Top Race Sponsors: Under Armour Adirondack Etching Lake George 12ster



**SPECIALIZING IN ADIRONDACK ADVENTURE**  
**CANOEES - KAYAKS - SUP - PADDLES - PFDs - AND MORE!!**

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 ● KAYAKING & CANOEING

# Raquette and Seventh Lakes

## Paddling and Camping

By Alan Mapes

For a paddler, the Adirondack Park is a giant candy store – sometimes you don't know what to try first. If you are deciding what to try next, one area I recommend highly is the central/western region between Blue Mountain Lake, Inlet and Old Forge.

This area includes the Fulton Chain of Lakes, Raquette Lake and the Eckford Chain, plus numerous small lakes, ponds and slow wandering streams. This summer and last, we took two trips to the area, concentrating on Raquette Lake and Seventh Lake. We car camped at New York State Campgrounds located right on each lake and took day-paddle trips.

Raquette Lake is one of the largest in the park, with 99 miles of shore line – the total boosted by its many arms, bays and islands. You could spend a week or more exploring every creek, bay and shoreline on Raquette – we had three days to sample its treasures.

Setting up camp at Golden Beach State Campground, our group of 12 came from far-flung areas of New York, New Jersey and Virginia. Most of us knew each other through involvement with either the Adirondack Mountain Club or the Atlantic Kayak Tours company. Three people were new to the group – a new girlfriend, a new boyfriend, and the third just a paddling friend.

Golden Beach seems to be one of the older state campgrounds, with many of the sites a bit small and some not so level. The location, though, is right on the lake, with a broad sandy beach for launching kayaks and canoes.

As a large lake, Raquette can be challenging, with frequent afternoon winds out of the west or south west. We were paddling kayaks that ranged from 14 to 18 feet long, and most of us were experienced with wind and waves. Our first day's paddle was to South Inlet, accessed just across South Bay from the campground. The Inlet is a beautiful stream, with slow current and a wide, twisting form. The shores are mostly bog – a floating mat of sphagnum moss with other bog-adapted plants growing on the mat. I love this community of plants that include insect-eating pitcher plants and sundews. Black spruce and tamarack trees with their

wispy branches form a mood-setting backdrop to the bog mat; towering white pines line the edge of the sky.

Our first challenge cropped up right away. The day was breezy, with the west wind sweeping across the open lake, starting soon after dawn. As we launched from the sandy beach where our kayaks were staged, we learned that the new girlfriend was paddling a kayak for the very first time! She was a trooper and did well, except for the waves and wind on the initial crossing of the bay. The fellow who brought her wound up rafting up their two boats and I towed them across the bay. As a kayak guide, I always have the tow line handy.

Once in the shelter of the inlet, we were fine. The inlet runs for about two miles before coming to a beautiful small falls. The broad rocks at the falls made a great lunch stop and turn-around spot. We agreed to split the group as we came back out of the inlet, some returning to camp, and the rest of us paddling to the western shore of the lake and hamlet of Raquette Lake. Ice cream was our objective, but a stop at this tiny village also offers a taste of history. The railroad from Utica used to end here, providing access for wealthy and not so wealthy camp owners on the lake. Many of the camps still have no road access – boat and snowmobile only. Several small steam boats were docked at the village, and we later saw others on the water – a group of steam enthusiasts meet on the lake for a week each summer.

Days two and three involved explorations of other parts of the southern half of the lake. We paddled past many beautiful historic camps, including one considered the original Adirondack "Great Camp," Camp Pine Knot that was built by William West Durant in the late 1800s. Railroad magnate Collis P. Huntington later owned the camp, and his family gave it to SUNY Cortland. It is used for many of the college outdoor recreation and biology classes.

Our visits to the historic St. Williams Church and to Beaver Brook were spectacular. Our last night on the lake was a dinner cruise on the vessel W.W. Durant. Sailing out of the hamlet of Raquette Lake, this tour is

not to be missed. They do general tours of the lake, lunch cruises, and dinner cruises (great food). Any of these trips will give you a great peek at the history of the lake, its people and places.

### Seventh Lake


This year, we met friends Carol and Pete at the Eighth Lake State Campground for two days of paddling. Pete is fairly new to kayaking, and had along his new (to him) Romany kayak, which I found for him this spring. Carol's Romany has been with her for many years – these are 16' British-made fiberglass boats from Sea Kayaking UK. Char had her wooden Pygmy Arctic Tern 14' that I built over 10 years ago and I brought my old Dagger Meridian.

Eighth Lake has bigger, more level sites than Golden Beach, and it spans the land between Seventh and Eighth lakes. There are launching sites on both lakes from right inside the campground. We chose the Seventh Lake end of the facility and our campsites within walking distance of the launch.


Our first day's paddle got off to a leisurely (late) start, and we found the perfect spot for lunch after only a bit more than one mile. A sandy spit on an island in the lake offered a nice landing and a picnic table, so we decided on an early stop. Afterward, we had a nice time exploring the shoreline in a clockwise direction. The western end of the lake has a number of nice camps and a sea plane base. We had almost no motor boat traffic, but kept an eye out for landing and takeoff runs from the float planes.

The north shore of the three-mile-long lake has two state lean-to camping sites. We stopped at one for a stretch break – the other one had canoe campers in residence. As we progressed back to the eastern end and near the campground, I paddled near shore and looked down into the tannin-filled brown waters, looking for an old memory.

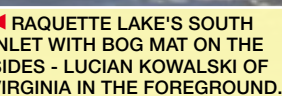
My one other experience with Seventh Lake was in the 1980s, a canoe outing with my wife and my parents. I have a picture in my head of big sunken logs, crisscrossed like match sticks in the shallow waters. Judging from the huge old stumps in the water along the shores, the water level must have been




ROY WOOD OF SAUGERTIES CHECKS OUT THE STEAM LAUNCHES DOCKED AT RAQUETTE LAKE VILLAGE.



PADDLING THROUGH SOME ISLANDS ON RAQUETTE LAKE.



◀ RAQUETTE LAKE'S SOUTH INLET WITH BOG MAT ON THE SIDES - LUCIAN KOWALSKI OF VIRGINIA IN THE FOREGROUND.



LANDING AT RAQUETTE LAKE VILLAGE WITH STEAM LAUNCHES AND THE W. W. DURANT CRUISE BOAT IN THE BACKGROUND. ▶

PHOTOS BY ALAN MAPES

raised in the distant past, flooding the timber along the shores. I found a spot with logs underwater, not quite matching my old memory, but mental pictures tend to grow over the years, eh?

In any case, the stumps and upturned roots along the shores made wonderful log sculptures and great photographic subjects. I got so involved with the camera that I got turned around in my directions. Carol pointed out that we were approaching our sandy beach lunch spot, going the wrong way! My wrong turn added about a half-mile to the trip, and we came out at about 7.5 miles for the day.

Seven miles can be a long or a short paddle, depending on your physical condition. Two people in our group were still recovering from some serious medical issues, and for them it was on the long side. Day two, we decided to go back on Seventh for a shorter paddle, exploring the very eastern end that we missed the day before. Though it was a short four-mile paddle, we found lots to photograph. Several floating logs had virtual gardens growing on them – bog plants like we saw along the inlet to Raquette Lake, but in a miniature community. At the east end of the lake, a small creek leads to Eighth Lake, flowing under a foot bridge on the trail to Bug Lake.

The waters of Raquette and Seventh lakes are only part of the Adirondacks' rich paddling story, but they have a lot going for them. The state campgrounds on each of these lakes make perfect places to base your future explorations. We hope to return next year and spend some time on Eighth Lake. 🌲

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

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## ● HIKING &amp; BACKPACKING



# Crane Mountain

## High Peak of the Southern Adirondacks

By Bill Ingersoll

Although its summit elevation of 3,254 feet falls well short of the Adirondacks' highest peaks, few mountains present a profile as stunning as Crane Mountain. It rises over 1,900 feet above the nearby hamlet of Thurman, with steep, rocky slopes on its southeastern and southwestern faces. Except for Huckleberry Mountain, which huddles nearby like a child following close behind its mother, this peak stands apart from all of its closest neighbors. The combination of exposure, ruggedness, and natural beauty distinguishes Crane and earns it the reputation of being "the high peak of the southern Adirondacks."

The mountain was named Crain's Mountain in 1772 in honor of the surveyor Moses Crain, although according to lore its aboriginal name was Moos-pot-ten-wa-cho, or "thunder's nest." For well over a century it was presumed to be the highest peak in Warren County, until Verplanck Colvin determined that Gore Mountain was several hundred feet higher in 1877.

In 1911 the Conservation Commission – an early forerunner to today's Department of Environmental Conservation – placed an observation station on the summit of Crane, with a telephone line that connected it to the central office in North Creek. Rather than a tower, the station consisted of two camps: one at the pond where the observer stayed at night, and one on the summit. The materials for these camps, as well as the insulated copper wire used for the four-mile-long telephone line, were carried up the mountain on the backs of men. A few years later, in 1919, a 35-foot steel tower was erected on the summit.

The fire tower is gone, but Crane Mountain is easily one of the most enjoyable peaks in the entire Adirondack Park. Its trails scale some of the steepest slopes on the mountain, which rise imposingly above you as you drive toward them but this steepness has always been a part of the Crane experience. The terrain is rugged, but the miles are short, and so all of the best features remain within reach for many people.

### Getting There

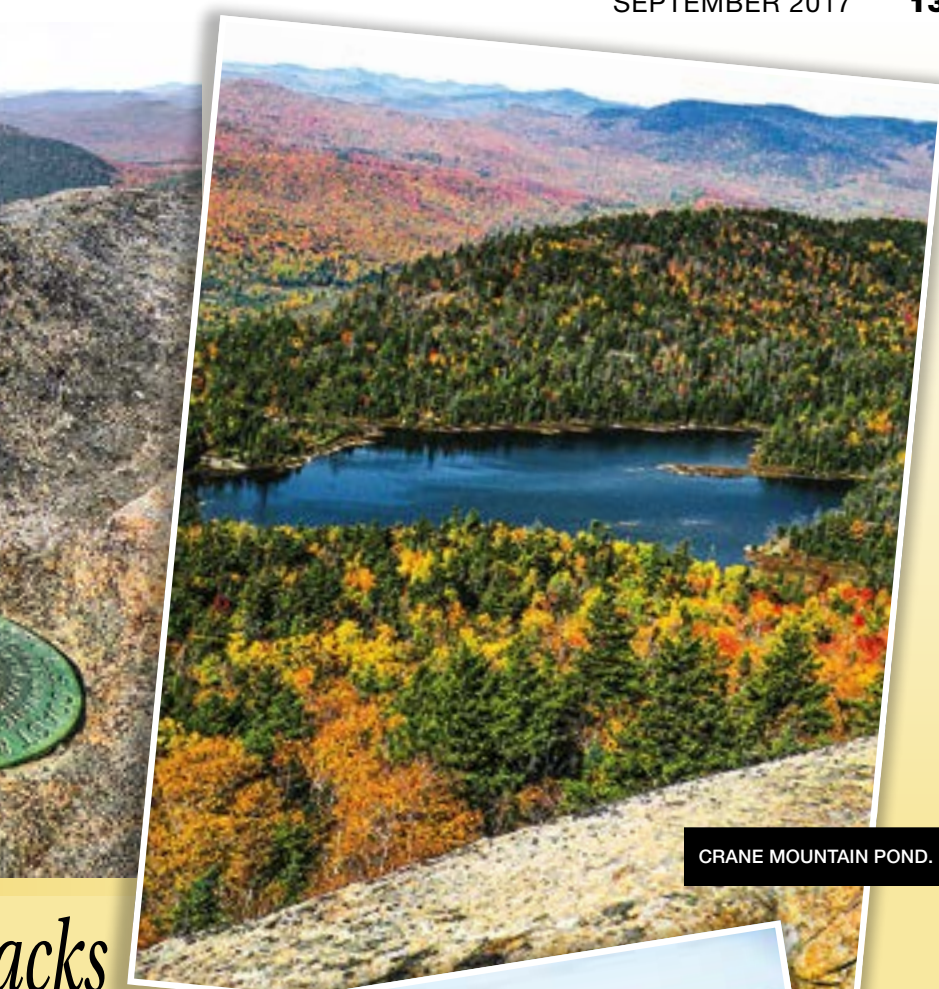
The state trailhead for Crane is located at the end of Ski Hi Road near the south end of the mountain. Follow NY Route 8 to Johnsbury, and then turn south onto South Johnsbury Road. At the tiny hamlet of Thurman, turn right onto Garnet Lake Road. Ski Hi Road (pronounced "Sky High") turns right at 1.3 miles and climbs 760 feet to an elevation of 2080 feet above sea level. The parking area is located at the very end of the road.

### The Trail

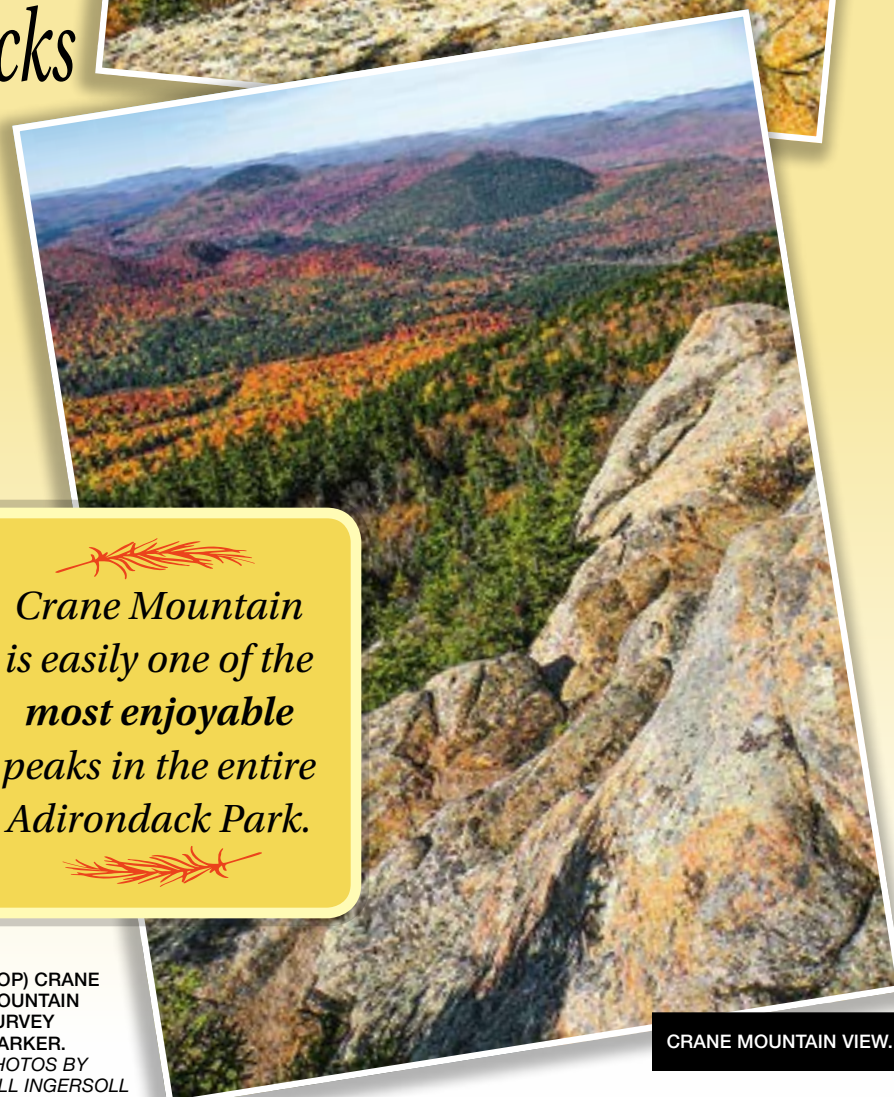
The most direct route to the summit of Crane Mountain from the Ski Hi Road trailhead is almost all uphill. Called the Ranger's Trail during the days when the fire tower was manned, it is a steep route that requires the use of two ladders on its upper slopes. Level interludes are few, but they are welcome when they occur. When seen from afar, it seems impossible that there could be a hiking trail on such a precipitous, rock-scarred slope. Nevertheless, the Ranger's Trail uncannily finds a feasible route to the summit through a wooded corridor, and it is hiked by many people every year.

From the DEC parking area at the end of Ski Hi Road, the foot trail leads almost due north to the foot of the mountain – and within moments you are starting to climb. White pines and red oaks distinguish the lower woods, and occasionally there are window-like views across the valley by which you can gauge your progress. The trail is very rocky, a fact that frustrates snowshoers when the snow cover is lean. Despite the cliff-like appearance of the slopes from afar, the trail stays in the woods for most of the ascent; the first patch of open rock that you encounter is followed a moment later by a trail junction in the coniferous woods at 0.5-mile, 780 vertical feet above the trailhead. The trail to the left is the Crossover Trail to Crane Mountain Pond.

Bearing right, northeast, the trail leads through balsamic woods to a steep ledge that you must scramble up or around, and then to a small ladder that is only a little more than 500 feet beyond the junction. The ladder leans against an angled ledge, above which the trail pauses in the ferocity of its ascent as it heads a little south of east below the main summit; you have brief views of the



CRANE MOUNTAIN POND.



CRANE MOUNTAIN VIEW.

*Crane Mountain is easily one of the most enjoyable peaks in the entire Adirondack Park.*

(TOP) CRANE MOUNTAIN SURVEY MARKER. PHOTOS BY BILL INGERSOLL

imposing cliffs to your left. You turn more northerly again and reach the foot of a second ladder at 0.9-mile. This one is about 25 feet tall and leans against a craggy rock wall; from its top you must take a step to the left to return to solid ground. In winter, when snow obscures the footholds, this can seem like a leap of faith. There are few good handholds. This is no place for young children, dogs, or anyone with vertigo.

However, once you safely exit the ladder you are less than 300 feet from the summit. Nearly all of the remaining distance involves rock ledges, until finally you step onto the bald spot where the fire tower stood, one mile from the trailhead and 1,170 vertical feet above it. The view is phenomenal! The centerpiece is Garnet Lake at the foot of Mount

Blue (with tiny Lizard Pond lurking just beyond), but your field of vision ranges from a distant Hadley Mountain to the south, to Kettle Mountain to the west, with too many other mountains in between to count – they extend all the way to Hamilton County. Trees block views to the north and east.

The footprint of the fire tower, which was removed in 1987, is clearly visible on the summit rock, and a well-used path leads down behind the knob about 75 feet to the site of the observer's cabin, located in a small clearing. A herd path leads eastward from this spot to an off-trail ledge that extends the main view more to the southeast. 🌲

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



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ATHLETE PROFILE

# Karen Bertasso

## Running Down a Dream



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2017 RUNNIN' OF THE GREEN.



**AGE:** 33  
**FAMILY:** Parents, Pete & Kathy; sister, Nicole; brothers, Brian and Kevin; dog, Mia; new cat, Ferra  
**RESIDENCE:** Albany  
**OCCUPATION:** Physician Assistant in Orthopedic Surgery, St. Peter's Hospital, Albany  
**PRIMARY SPORT:** Running  
**SECONDARY SPORT:** Kayaking, Swimming... anything in the water!

### By Christine Bishop

"If you can dream it, you can do it," said Walt Disney, but it's not as easy as it sounds. In reality it takes commitment, hard work and sacrifice, and if anyone knows that, it is Karen Bertasso, a magical runner with a big dream: to race in the United States Olympic Marathon Trials. The possibility for this arose at the NU Hartford Marathon on October 11, 2014, when she came in third in a PR of 2:45:45, just 45 seconds short of the necessary Olympic time.

The next year she focused on qualifying. So in 2015 she began to train seriously for the London Marathon, which is an incredible spectacle. It is the largest fundraising event on the planet and is almost at the \$1 billion mark. Many charities and runners compete to get into the Guinness Book of World Records giving the race a carnival atmosphere with thousands of runners in zany costumes. That year a woman set the world record for the fastest marathon in high heels. Karen was placed with the sub-elites and shared running space with Paula Radcliffe who in 2002 at the Chicago Marathon set the women's world record with a sizzling time of 2:17:18 that has yet to be bested.

Seeing the Ethiopians and Kenyans warm up further energized her. Her sister, Nicole, lives in London so it became a family affair with her mother and father flying in. She saw them all wave at her several times as her sister is a pro at navigating the crowded streets of London. The excitement of the event carried her too fast down the roads as she clocked several below 6-minute miles. It had rained the night before and there were puddles everywhere, which helped to contribute to a dynamite blister on her foot. Still, Karen finished as the first American and 37th overall in a World Major Marathon event in a time of 2:48.

After London, Karen decided she would go back to Hartford that October 2015 to achieve her Olympic Trials Qualifier. She felt she was in the best shape of her life that summer and ran personal bests in the 5K and half mara-

thon in August. However, a knee injury prevented her from running Hartford. She came back in December after a condensed training block to finish short at California International Marathon and then again six weeks later in Houston, running 2:46 in both marathons.

She realized she needed a break so she went on a cruise with the Albany Running Exchange club members. After returning, she slowly got back into her running routine and decided that 2016 was about recovery since there was no reason to run high mileage. When 2017 rolled around she started to get ready again as the 2020 Olympic Trials window would open on September 1.

Karen came to running through soccer and played competitively through high school at Scotia-Glenville. She grew up in Scotia and also attended Union College where she continued to play soccer, but also joined the indoor and outdoor track teams. In graduate school at Boston University School of Medicine she met runners who did marathons and half marathons. When she started running with them, she increased her distance substantially. Her first marathon was the Breast Cancer Marathon in Jacksonville, Fla., in 2008, in honor of her aunt who had died of the disease. Her only goals in her first marathon were to finish and fundraise. She achieved both in three hours and 57 minutes!

Shortly after, she joined the Albany Running Exchange and attended numerous events where she made many new running friends. Several months later she joined the Hudson-Mohawk Road Runners Club. She eventually qualified for the Boston Marathon during her second marathon in 2008 and ran 3:27. From there she progressed to a 3:19, 3:13, 3:12, 3:08, 3:07, 2:59, 2:50, and eventually to a 2:45 marathon. She co-captains the women's

section of the Willow Street Athletic Club, and has shared many happy times with them, racing and socializing. She sees women in all age categories who are great role models, while balancing jobs, family life and running. Certain members like Emily Bryans of Delanson are great resources who help to advise her. Also, there is always someone to run with from both the men's and women's teams.

Karen's favorite distances are the half-marathon and marathon. As she noted, "You can't do that many marathons in a short time, unlike the half where you can recover quickly." Karen has also done ultras. She did the JFK 50 Miler in 2009 and enjoyed it even though she couldn't walk down stairs for a week. She feels she will delve into ultras again when marathons are no longer her focus.

Other highlights include three-time winner of Adirondack Distance Run in Lake George, two-time champion at Bridge of Flowers 10K in Shelburne Falls, Mass., and two-time champion at Troy Turkey Trot 10K. Her PRs include 5K in 17:29, 5M in 28:58, 10K in 36:18, half in 1:17:45, and marathon in 2:45:45.

Karen works as a physician assistant in orthopedics at St. Peter's Hospital. She spends most days in the operating room, which can be pretty exhausting. Most days she runs before and after work; once she has her daily latte she is good to go. Her coworkers understand her prerace ritual of trying to avoid standing in the operating room the day before a big race, and do other work in the hospital to try to rest her legs as much as possible.

When she's not running, Karen enjoys spending time on the lake where her parents live, either kayaking, boating or swimming with her family and her dog. Spare time activities include dining out and exploring all ice cream and brunch options in the area with her friends.

Recently Karen began to coach. She has several clients who run the gamut from beginners to Boston Marathon qualifier hopefuls. She felt a need because she has witnessed others get counterproductive, if not damaging, advice coupled with inaccurate information. Her running experience, medical background and emphasis on healthy cardiovascular and physiological workouts are critical to her role. Her training programs are called "Kickasso with Bertasso."

Memorable races for her this year were the CDPHP Workforce Team Challenge in Albany and the Mastodon Challenge 15K in Cohoes. On May 18, the Workforce Team Challenge race began with temperatures above 90 degrees, later to be followed by gusting winds, lightning then torrential rain. The extreme weather threw out all her expectations for the race taking away any ideas of PRs. She thought that she would just have to suffer along with everyone else and run for the fun of it. Well, lo and behold, she did her best time ever for the race and won the women's title for the second time. She was shocked. She had been in Arizona the month before and thought that maybe that helped her.

As for the Mastodon Challenge 15K on May 6, which is infamous for its wicked and numerous hills, she went into it with the attitude that this is so crazy, just run with no pressure, and enjoy. Again, she loved running up and down those mountain like hills and most amazingly set the women's course record.

To achieve her Olympic dream, she is setting up her running program to ensure that she does not get involved in a crazy tight schedule of races to qualify again. The window opens on September 1, and on September 24, she will run the Berlin Marathon that's well known for its fast times and usually pleasant autumn weather.

In August, she went to Colorado to train in high altitudes for strength. Karen previously lived in Colorado and loves running in the Fort Collins area, which is a maze of bike paths that connect one breathtaking park to another, sometimes going underneath roads so that people exercising never have to go on a main road. Animals also use these paths and one day she saw a bobcat. Every day she ran miles with friends and sometimes doubles. One day she did a workout in Breckenridge, a town in the Rocky Mountains at an elevation of 9,600 feet. The training seems to have paid off since when she returned she did the 18.12 Challenge - an 18.12-mile race on August 23 in Watertown that ends on the historic 1812 Battlefield in Sackets Harbor - in a course record time of 1:53.

We end, wishing her fulfillment in her dream and citing a relevant quote by Langston Hughes, "Hold fast to dreams, for if dreams die, life is a broken-wing bird that cannot fly." Berlin, here she comes! 🌲

*Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.*

**9TH ANNUAL Race Away Stigma 5K Race & Fun Walk**  
 Help "Race Away" the stigma that surrounds mental illness  
 Hudson Valley Community College  
**Sunday, Oct. 8 • 10am**  
 HVCC Student Pavilion, Troy  
 \$17 HMRRC, \$25 non-members, free HVCC students, \$30 day of race  
 T-shirt while they last, awards, raffles  
 Larry Ellis 518-629-7175, l.ellis@hvcc.edu  
 Register: [hvcc.edu/cct/race](http://hvcc.edu/cct/race)

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**(518) 383-4889**

**Fall Back 5K**  
 TRAIL RACE  
**Sunday, November 5 • 10am**  
 SARATOGA SPA STATE PARK, SARATOGA SPRINGS  
 Five miles on varied paths  
 Capped at 200 runners • Racing cap to first 140 registered  
 Age-group & Trail Blazer awards, raffle prizes  
**Register: ZippyReg.com**  
 Save! \$25 online thru 11/2  
 \$30 at iRun LOCAL on Sat, 11/4, 12-3pm  
 Race day: Admin building, 8:30am  
 Saratoga Stryders.org iRun LOCAL

**10TH ANNUAL Shenendehowa Veterans Day Dash 5K RUN/WALK**  
**Friday, Nov 10 • 10am**  
 Shen High School Track, Clifton Park  
 Flat/fast course • T-shirts to first 350 runners  
 Open to all runners & walkers • USATF sanctioned  
 Veterans run free • Kids' Fun Run: 9am  
 Prizes to top M/F, top M/F vets & age groups  
**Register & Entry Form: ShenRunners.com**  
 Partial proceeds to STRIDE Adaptive Sports, Shen Track Booster Club & Clifton Park Track Club

**NICK'S RUN 5K**  
 TO BE HEALED  
 WWW.FIGHTTOBEHEALED.ORG  
**SUNDAY, SEPTEMBER 24, 2017**  
 Clifton Commons, Clifton Park Register by September 8th for a Dri-fit T-shirt  
 Prizes Music Carnival Bouncy Bounce  
 11:00am: Nick's Dash Form a team, have more fun!  
 11:15am: Luke's Mile  
 11:45am: Zumba Warm-up  
 12:00pm: 2 Mile Walk  
 1:00pm: 5k Run  
 In Honor of Lucas Santoro  
**For more info & register go to [fighttobehealed.org](http://fighttobehealed.org)** Day of race registration begins at 10:00 am  
 NFTBH is a 501(c) 3 organization supporting local pediatric cancer patients

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[www.northeastfootcare.com](http://www.northeastfootcare.com)

**OKTOBERFEST 5K**  
 BE A PART OF THE 3RD ANNUAL **OKTOBERFEST 5K**  
 Held as part of the Wolff's Biergarten North Albany Oktoberfest celebration  
**Saturday, Sept 30 • 10:15am**  
 895 Broadway (and Ferry St) Albany, NY  
 \$30 through 8/31, \$35 through 9/24, \$40 thru race day  
**Your Entry Fee Includes:**  
 • Race Entry  
 • Commemorative 5K Beer Stein & a Free Beer  
 • Refreshments & Polka Band  
 • Chip timing  
 • Free access to North Albany Oktoberfest, 11am-7pm (\$20 value)  
**Awards: Individuals**  
 • Overall: Top 3 male & female: \$150, \$100, \$50 cash  
 • Age Group: Top 3 male & female - 5-year age groups to 80+  
**Teams (3 min to score)**  
 • Top 3 male & female: \$300, \$200, \$100  
 Team Awards for Civic, and College groups- Grab your friends and form a team!  
**SIGN UP OR VOLUNTEER AT [OKTOBERFESTALBANY5K.COM](http://OKTOBERFESTALBANY5K.COM)**  
 Volunteers all receive a T-shirt, refreshments, and free entry into Oktoberfest (\$20 value)  
 Portion of Proceeds to benefit: Center for Disability Services, EPILEPSY FOUNDATION, RONALD MCDONALD HOUSE CHARITIES OF THE CAPITAL REGION, INC., Albany and Saratoga County, NY  
 Sponsored in part by: CAPITAL REGION Honda Dealers

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**Saturday, October 7**  
**Empire State Plaza - Albany, NY**  
**Join us in the fight to end breast cancer**  
 Register or volunteer at [komenupstateny.org](http://komenupstateny.org)  
 For information, call **518.261.1705**  
 Use the code **ADKMAG2017** for \$5.00 off your race registration\*  
 \*Adult and survivor only thru 9/29/17  
 Local Honorary Chair: Benita Zahn, WNYT Channel 13  
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● **RUNNING & WALKING**

# Peak Foliage, Peak Performance!

*By Mona Caron*

**A**s summer starts to wane, we have foliage and race performances at their peak! Autumn always delivers colorful leaves, crisp apples, pumpkins, fun festivals, and some great racing opportunities to take advantage of your summer running fitness.

On Saturday, September 30, at the third annual **Oktoberfest 5K** at Wolff's Biergarten in Albany, sign up early and you'll receive a commemorative beer stein and a free beer for those 21 and over, refreshments, and free admission to the North Albany Oktoberfest (11am-7pm, \$20 value). The course is a flat, out and back on North Pearl and Broadway. It's a fun atmosphere so gather your family and friends! A portion of proceeds will go to Ronald McDonald House of the Capital Region, Center for Disability Services and Epilepsy Foundation of Northeastern New York. ([oktoberfestalbany5k.com](http://oktoberfestalbany5k.com))



APPLE RUN 5K IN BURNT HILLS, 2016. PETER BARBER



OKTOBERFEST 5K IN ALBANY, 2016.



2016 RACE FOR THE CURE IN ALBANY, 2016. BRENDAN KENNEDY

On Saturday, October 7, you'll have your choice of good causes, apples and gift certificates. In downtown Albany, the 23rd annual **Susan G. Komen Race for the Cure 5K Run** is at the Empire State Plaza. Starting and finishing at the NYS Museum, the course takes runners to beautiful Washington Park and back. Join local honorary chair, Benita Zahn of WNYT NewsChannel 13, who encourages you to sign up today to support breast cancer research, and screening and treatment of breast cancer in upstate New York and nationally. If you can't run, participate by registering for the Two-Mile Family Walk, Kids for the Cure Dash, or Sleep in for the Cure. To save \$5 off registration, use code "ADKMAG2017" through Sept. 29. ([kومنupstateny.org](http://kومنupstateny.org))

Also on October 7, the 11th annual **Falling Leaves 5K Run & Fun Run** at William Kelley Park in Ballston Spa is for runners and walkers alike. Enjoy the scenic course through historic and charming village of Ballston Spa. Afterwards, there are great drawings where 5Kers can win gift certificates to Fleet Feet Sports, local restaurants and local businesses. The first 200 to register will receive a long sleeve technical shirt. The run benefits good, local causes including the Veterans & Community Housing Coalition, Vet House, and Guardian House for Homeless Veterans. ([ballstonspaumchurch.org](http://ballstonspaumchurch.org))

Also on October 7, the 23rd annual **Burnt Hills-Ballston Lake Rotary Apple Run 5K** is a long-time staple of the fall road racing calendar. The run is a great community event enjoyed by all levels of runners and walkers. It's a fast and flat certified 5K loop starting and finishing at O'Rourke Middle School in Burnt

Hills. Goodie bags and shirts are guaranteed to the first 300 registrants. There is also a Kids' Mile Fun Run directly after the race to let kids aged 4-8 participate and win prizes too. The run benefits programs of the Burnt Hills-Ballston Lake Rotary. ([zippyreg.com](http://zippyreg.com))

On Sunday, October 8, the ninth annual **Race Away Stigma 5K Race & Fun Walk** at Hudson Valley Community College in Troy will help "race away" the stigma that surrounds mental illness. Mental health issues affect more than one in every five Americans every year. The college years are the most common ages for mental health concerns to arise with depression and anxiety being increasingly common among students. HVCC's Project Aware and the Equinox Insight Program recognize that the stigma associated with mental health can prevent students from seeking the help they need. The 5K race and fun walk starts and finishes at the HVCC Student Pavilion, runners will run through the adjacent tree-lined housing neighborhood, and finish back on campus. It's a fast, flat course that's perfect for runners and walkers of all abilities. There will be overall and age group awards and great raffles, so register early for a T-shirt while they last. ([hvcc.edu/cct/race](http://hvcc.edu/cct/race))

The following weekend, pumpkins will make their debut at the 17th annual **Great Pumpkin Challenge 5K & 10K Run/Walk** on Saturday, October 14 at the Columbia



GREAT PUMPKIN CHALLENGE IN SARATOGA SPRINGS, 2013. JESS LYONS



FALLING LEAVES 5K IN BALLSTON SPA, 2016. BALLSTON JOURNAL

Pavilion in Saratoga Spa State Park, Saratoga Springs. The 5K and 10K races start simultaneously at the Columbia Pavilion, featuring relatively flat, fast and paved courses – with a few gentle hills on the 10K. The Great Pumpkin Challenge is limited to 2,000 registrants and there's no day of race entry, so sign up soon. Register by October 1 to receive a long-sleeve, moisture-wicking shirt, and free raffle tickets for prizes. The Kids' Fun Run follows the races, along with a pumpkin decorating contest, costume contest, and goodie bags for the kids. Enjoy the community feel and homemade treats after the race. Proceeds benefit Saratoga Bridges who provides quality professional services to people with developmental and intellectual disabilities and their families. ([saratogabridges.org](http://saratogabridges.org))

Finally, there's the **Monster Scramble 5K Run/Walk, 10K Run and 1-Mile Trick or Treat Walk**, also on October 14. It's a Halloween-themed, chip-timed run through spooky Liberty Ridge Farm in Schaghticoke. It's sure to make your heart and feet race. If running isn't your speed, you can stroll along the one-mile trick or treat walk route, collecting Halloween goodies along the way. All participants are encouraged to dress up because prizes are awarded for best adult, child and group costumes. The first 750 runners to preregister receive a free Monster Scramble commemorative T-shirt and finishing medal. Proceeds benefit the National MS Society Upstate New York Chapter. ([nationalmssociety.org](http://nationalmssociety.org))

Fall may be the best time of year for racing and training, so enjoy the cooler weather to crush your PR or try a new race. Make the most of it! 🍂

**BICYCLING continued from 1**

ride potluck picnic. In fact, you don't even have to ride. Just bring some food and enjoy the picnic! For updates, go to [schroonlakecycling.com](http://schroonlakecycling.com) or [facebook.com/schroonlakecycling](https://www.facebook.com/schroonlakecycling).

On Thursday-Sunday, September 14-17, the Juvenile Diabetes Research Foundation sponsors the **JDRF Ride to Cure Diabetes** that is based at the Saratoga Springs City Center and offers multiple distance options on a mostly flat to rolling routes from 25, 60 and 100 miles.

Type 1 "Juvenile" Diabetes was once thought to be only a childhood disease, hence the name. But now it's known that the disease can strike victims of any age, and this ride raises funds to specifically target research to cure the disease. The event offers full on the road support for riders and a variety of activities through the entire weekend. For more information, go to [jdrf.org](http://jdrf.org).

On Saturday, September 23, the fourth annual **Harry Elkes Ride** will start at The Hub in Brant Lake and wind through the beautiful North Warren County area scenery just as the foliage is beginning to turn. The ride offers options of 15, 32 and 50 miles, with lunch and drinks available at nominal cost at The Hub after the ride.

This event, presented by the Warren County Safe and Quality Bicycling Organization, is named for nationally known bike racer Harry Elkes, who lived in Glens Falls and is buried there. In a cycling career that last from 1897 until his death in a racing crash in 1903, Harry set a variety of cycling records, including many motor-paced track events that were popular in that era. For details, go to [bikewarrenco.org](http://bikewarrenco.org) or [bikereg.com](http://bikereg.com).

The next day, Sunday, September 24, Hancock Shaker Village in Pittsfield, Mass,



2015 COLUMBIA COUNTY ROTARY RIDE. DAVE KRAUS



2014 BIKE MS TOUR. DAVE KRAUS

will host the first **Farm to Fork Fondo: Berkshires**, that offers routes of 10, 31, 59 and 98 miles through the scenic countryside of eastern New York and Western Massachusetts. This series of Farm to Fork Fondo events, originated by former cycling pro Tyler Wren, combines breathtaking scenery in a variety of northeast locations with supporting the farm to table movement that involves farms and other producers in the local area of each ride.

The ride format also means each rest stop offers a different selection of local culinary expertise, which make for an exciting cycling experience that includes more than the ride itself. There's also a post-ride barbecue and on the road mechanical and sag support. For more info, check out [farmtoforkfondo.com](http://farmtoforkfondo.com).

Also on Sunday, September 24, the seventh annual **Columbia County Rotary Ride**, which has moved to the Niverville Fire Department in Niverville. The fully-supported event has a 10-mile fun ride for everyone, 38-mile road ride around the historic Kinderhook area, and 54-mile gravel grinder

ride (road bikes fine) on dirt/paved roads in scenic Columbia County.

The Kinderhook Tri-Village Rotary Club and Steiner's Ski & Bike, invite you and your family to join them in a fun event that raises funds to benefit the CYCLE Kids program at Ichabod Crane Elementary School. CYCLE Kids promotes healthy lifestyle choices by introducing them to the joys of cycling, and educating them on safety and nutrition – empowering them with active lifelong habits. For details, go to [bikereg.com](http://bikereg.com).

Finally, there's the **Drops to Hops Race** on Saturday, September 30, organized by the Clark Sports Center in Cooperstown and starting at Brewery Ommegang, five miles south of town. This race/ride through the beautiful rolling scenery around Cooperstown, offers a 43-mile "A" ride for experienced men and women, and the 23-mile "B" ride Citizen's Fun ride.

If you've never raced before, but think you might be interested, choose the "B" ride. If you decide racing is not quite your cup of tea, remember that it's just a ride so enjoy

2015 1-EYE CLASSIC RIDE IN SCHROON LAKE.



it! Brewery Ommegang will host a party at the finish line for cyclists and their families. Learn more at [clarksportscenter.com](http://clarksportscenter.com) or [itsyourrace.com](http://itsyourrace.com). 🍷

*Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime cyclist, photographer, and writer, who has no desire whatsoever to ride 540 miles – but wishes good luck to those who do! Visit his website at [KrausGrafik.com](http://KrausGrafik.com).*

# Placid Planet BICYCLES



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Saturday September 23 – 10am

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Sport/beginner class – One lap, 6 miles.  
Expert/experienced Class – Two laps, 12 miles.

**Great Prizes!** First place – Family season ski pass;  
Second place – Dinner for two and one night stay at Garnet Hill Lodge;  
Third place – Dinner for two at Garnet Hill Lodge.  
All prize winners receive a Garnet Hill coffee mug.

All races start at the ski shop and finish at the log house with a beautiful view of Thirteenth Lake!

**Register Today at [BikeReg.com](http://BikeReg.com)** (closes 9/20)

\$25 entry fee gets you riding great trails, a hearty meal, beer, live music and race T-shirt!

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# Jump Into

# Cyclocross!

By Scott Birdsey



UNCLE SAM GRAND PRIX, PART OF THE NYCROSS SERIES, TAKES PLACE OCTOBER 7-8 IN TROY'S PROSPECT PARK. MARY ZAWACKI

► 2016 NBX IN WARWICK, RI, FINAL STOP IN THIS YEAR'S VITTORIA NECXS. DON MASSONE



PLACID PLANET CROSS IN WADHAMS HAPPENS RIGHT IN THE ADIRONDACK PARK ON NOVEMBER 25. SHAUN ONDAK



◀ WICKED CREEPY CROSS IN BENNINGTON, VT., FEATURES A SIGNATURE COSTUME LAP AS A BRIEF RESPITE FROM THE REAL RACE ACTION. DON MASSONE

► EMBRACING THE ELEMENTS AT THE 2016 KMC CROSS FEST IN THOMPSON, CONN. JENNIFER HARVEY



**#crossiscoming** - As I write this in late August, about every other image in my Instagram feed is currently labeled as such. That strange and beautiful thing called cyclocross is upon us.

'Cross is labeled a niche sport, and understandably so. The average American, no matter how athletically-inclined, is unlikely to have a reference point. We're working on it. For a convert like myself, there's no shortage of imagery I can share: bright lycra skinsuits dulled by splatterings of mud, the snaking geometry of course tape through a park, the mad ravings of course announcers calling the action, all saturated in that romantically crisp bliss of Northeast autumn air. And the adrenaline of the race. Oh man, the adrenaline.

Let's all get on the same page: 'cross happens in a park, where a course has been constructed out of staked race tape, creating a three-mile loop about the width of a lane of road. Grass, dirt, sand, ruts, off-camber, hair-pin turns, and if it rains there's mud. Later there's snow. I won't soon forget the experience of racing a bike in lycra in 25-degree weather at CX Nationals in Hartford, Conn., last year. It all happens with your heart pumping at an unreasonable speed, and a crowd of spectators urging you to go faster, and catch the wheel ahead of you. It's weird, it's fun, it's communal and it's addictive. The whole race day is a big party, where you can relax and enjoy food and beverages with friends after your race. You need to see it for yourself - good thing there's YouTube! I highly recommend looking up the 2017 Elite Women's World Championship in Bieles, Luxembourg.

You know what's awesome? In upstate New York, we're in a hotbed of American cross, and 2017 is going to be bigger than ever, with races of every size happening almost every weekend. Get on bikereg.com and see for yourself! If you're new to the sport and wanting to dip a toe in, most local cycling clubs will have a connection to a local practice or clinic going on.

Grassroots races are the lifeblood of cyclocross, and happen all over our region. Expect most of the fields to peak at about 20 to 30 racers, but expect no shortness of quality or passion in the experience. In the Capital Region and surrounding area, we run the NYCROSS Race Series that's in its 12th year. The series stretches over the course of the fall: *Kirkland Cyclocross* on September 9 in Clinton (near Utica); *Uncle Sam Cyclocross GP* on October 7-8 in Troy; *Wicked Creepy Cross* on October 29 in Bennington, Vt.; and *Bethlehem Cup* on November 19 in Delmar. For details, visit nycross.com.

With the western New York scene on one side and the masses of New England racers on the other, the NYCROSS races tend to get a nice mash-up of different regional crowds. Each of our courses are like a fine wine, having been aged and perfected over the years, and we couldn't be prouder of them!

But those central and western New Yorkers are doing big things too, and you'll find no shortage of races from Syracuse to Buffalo. In fact, Rochester is the site of the very first American UCI race on September 9-10 at Genesee Valley Park, and will feature several of the biggest domestic names at the pro level. There's nothing like watching the pros race on the very same course that you raced on earlier in the day. Go to rochester-cyclocross.com.

Cider Cross, which is held outside Syracuse on an apple orchard - what's more bucolic than that! - will host New York's annual Cyclocross Championship on November 5 at the Beak & Skiff Apple Orchard, where the coveted NYS Champion jerseys will be awarded for various racing categories by the New York Bicycle Racing Association (nysbra.com). Check out cidercross.com.

Which brings us to New England. I personally will be driving over the Berkshires several times this season to get my legs ripped off by the unbridled talent that comprises New England bike racing culture. Arguably the cradle of American CX, Massachusetts and Connecticut have some major events happening this year that are helping to take the American movement to even greater heights.

First up is the KMC Cross Fest on the September 28 to October 1 weekend at the Thompson Speedway in Thompson, Conn. It's a four-day festival that features Gran Fondo New England, races for everyone, and big vendor presence, KMC is now one of four races selected to be part of a brand new US Cyclocross Cup supported by USA Cycling. This series offers major cash and prestige, so expect pro races for men and women at KMC to be lit! Remember - this isn't a road race - because it's on a closed course, spectating a cross race is honestly almost as exhilarating as racing yourself. It hurts a whole lot less, but don't expect to have much of a speaking voice leftover if it's a tight race. See kmc-crossfest.com.

The real gran-daddy of them all is Adam Myerson's Vittoria Northeast Cyclocross Series, a four-event series that takes athletes to Gloucester, Mass. on October 14-15; Northampton, Mass. on November 11-12; Suffern, NY on November 18-19; and Warwick, RI on December 2-3. The series has been one of the standard-bearers stateside for years. Learn more at necyclocross.com. With major sponsors onboard, these races will feel like scaled-up versions of their grassroots brethren - the same communal passion, but more of everything - race fields swell to over 100 in a field, courses are more varied, and everyone brings their best legs. Visit necyclocross.com.

Cyclocross is unparalleled in localism and inclusiveness, qualities that are indispensable in this brave new world of fake news and fidget spinners! It's happening near you in a public park, where you can watch the race unfold all around you. Bring your dogs, bring your kids, and bring some cash for a tasty post-race treat from the local food truck.

There are hopeful amateurs that treat each race with the seriousness of a moon launch (guilty), and there are characters donning costumes to heckle friends so bring on the LOLs. And hey, riding around on grass means slower speeds than races of the road variety, which means that it's for all ages, and all levels of sanity. Crashing out in a race hurts substantially less on grass at 10 mph than on pavement at 25 mph - ask me how I know! 🌲

*Scott Birdsey (scottbirdsey@gmail.com) is an Albany bike racer and web designer. He holds 2017 NYS Champion titles in gravel and criterium racing, and is the race director for the 2017 Uncle Sam Grand Prix, part of the NYCROSS Series. Visit his website at scottbirdsey.com.*

**● RUNNING**



2017 MVP HEALTH CARE STOCKADE-ATHON 15K. PHOTOS BY BILL MEEHAN

# Stockade-athon 15K

## New Prize Structure and Team Relay

By Ray Newkirk

The 42nd running of the MVP Health Care Stockade-athon 15K takes place on Sunday, November 12 at 8:30am in Schenectady. This year's race will have some positive changes in store. It's still a Hudson-Mohawk Road Runners Club event. It will run through the beautiful Stockade Historic District in Schenectady. The age-group awards will still be unique, locally-made pottery. Food and drinks will be ample. The entry fees are the same. And the sponsors - MVP Health Care, Fleet Feet Sports, and the Schenectady Y - are still on board.

But some things have changed. The new race directors are myself, Ed Neiles, Brian and Jessica Northan and Jon Rocco.

While prize money is still available - \$7,500 in total, with \$5,250 going to male and female open, masters, and age-graded runners and \$2,250 to male and female open and masters teams - the winners will need to be "local" to cash in. According to co-race director, Brian Northan, "local" is broadly defined. To be eligible for cash prizes, runners will need to live in specified New York counties (Albany, Schenectady, Rensselaer, Fulton, Greene, Columbia, Schoharie, Montgomery, Saratoga, Warren, or Washington) or in Berkshire County, Mass., or Bennington County, Vt. HMRRRC members are eligible regardless of residence, but will have to have been members before June 1.

"We want to support our local runners with this change," noted Brian. "We have some very competitive local athletes in all age groups. Keeping prize money local recognizes these athletes' year-round contributions to the local running scene. And, of course, we want to highlight the benefits of being an HMRRRC member." Five-year age-group awards are not restricted by geography.

A second change is the introduction of a team relay, the MVP Stockade Cup. Teams must be composed of full-time employees of business organizations, including not-for-profits. Each team will consist of three members, each of whom runs a 5K leg. Cups will be awarded to both male and female teams, with no co-ed teams. Relay runners will get individual times for their legs, and there is a prize structure for the fastest relay runners.

"The relay is something we're experimenting with and I think it's a great idea," Brian added. In 2017, we're limiting participation to 100 teams, with no more than six teams coming from any one employer. We want to make sure we have the logistics worked out. Buses will be transporting runners to and from the 5K and 10K points in the race, so it's a bit tricky. If runners and their employers like it, and everything works as planned, we may expand the relay in 2018."

Providing shirts to runners isn't new. But the Stockade-athon hopes that its commemorative shirt, available to the first 1,500 registrants, will stand out. A five-color design will make 2017's gender-specific long-sleeve tech shirt distinctive, something runners will want to wear. Relay participants will also get a five-color shirt, but with a different design and in a different color.

The Children's One-Half Mile Run is 11am at City Hall, presented by MVP Health Care and Schenectady YMCA. This is a non-competitive run for ages 12 and younger. Kids run entry is free but all participants must be registered prior to race day.

Registration is open for individuals, team relay and children's run at stockadeathon.com. Register early to save money. 🌲

Ray Newkirk (rnewkirk5144@gmail.com) is president of Hudson-Mohawk Road Runners Club in Albany.

**MVP Health Care<sup>®</sup>**  
**Stockade-athon 15K**  
The Oldest 15K Road Race in the USA

**Schenectady, NY**

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

**Online Registration**  
Thru Tuesday, November 7  
[stockadeathon.com](http://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

**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](http://stockadeathon.com/stockadecup).

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& HANNAFORD HALF MARATHON

OCTOBER 8, 2017  
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for registration and race details, sponsorship  
opportunities, and volunteer information.

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LIVING ON EARTH



# Are You Thirsty Now?



▲ NO SWIMMING IN ST. ALBANS BAY, VT., ON LAKE CHAMPLAIN. LAKE CHAMPLAIN INTERNATIONAL  
▲ PLASTIC IN RIVERS IS A MAJOR SOURCE OF OCEAN POLLUTION. THE OCEAN CLEANUP

By Skip Holmes

Over 71% of the Earth's surface is covered by water and the oceans hold about 97% of all the Earth's water. So it would seem there should be plenty of clean, healthy water for us all. Sadly that is a false assumption.

Much of this water is undrinkable as it is sea water. The remainder is in lakes, reservoirs, rivers, streams or underground. So where does the water you drink come from? Frequently we turn on the tap at the sink and take it for granted. Or do you purchase bottled water or some version of 'enhanced' water?

If you live where there is a municipal water supply system, then your tap water is supposed to meet specified water quality standards. Sometimes the standards are being met, yet there are contaminants present that we do not test for. A recent example was in Hoosick Falls, where a contaminant was discovered that was a potential carcinogen. Only through the work of a concerned citizen did this become known, the public alerted, and corrective action taken.

Municipal systems obtain water from reservoirs, rivers, and from underground wells. The problem in Hoosick Falls was from a system utilizing wells. Contaminants can travel a considerable distance from a pollution source and find their way into underground wells.

There are underground springs that emerge from rock formations and they are used as a source of drinking water. Those of us who have been hiking or paddling in the Adirondacks and the Catskills used to consider taking water from a running stream. However, given the potential for contaminated water, it is no longer an acceptable approach. Does the term 'beaver fever' mean anything to you?! Several years ago there was a group of cyclists out on a long ride to Mount Graylock and they ran out of water. They knew of a spring where they had obtained water in the past so stopped to fill up their water bottles. About a week later they stopped showing up for group rides.

Many of them contracted giardia and were quite ill for a week. Trusting an unknown source of water is no longer a smart decision. Many of these springs have become contaminated by animal waste and other pollutants.

Okay, you might be getting the idea that we should give some thought to where our water comes from. Many of you might now be thinking, "Bottled water is for me." Well perhaps not! Where does the bottled water come from? Did you ever read the label on the plastic bottle? Turns out that some bottled water comes from municipal water supply systems. The bottled water industry will use municipal water, filter it, sanitize it with ultraviolet light and bottle it. Some even add trace minerals back in after they have filtered it to provide some taste and then charge as much as a bottle of soda for it.

The NYS Department of Health is responsible for the standards of water we drink. They also have a set of definitions for types of bottled water. There is distilled water, spring water, mineral water, etc. Mineral water is available from several springs in Saratoga Springs.

What about the plastic bottles that hold all this water? Over 50 billion bottles of water are consumed in the US each year. We athletes do get thirsty! We should consider what happens to all those plastic bottles. National statistics say that only 20% of these bottles get recycled. Do the math; 40 billion bottles a year end up in a landfill or worse, the lakes, rivers and the oceans. These bottles only represent a small percentage of the contaminants that end up in our water ecosystem.

Many of us like to participate in winter sports and we frequently travel to locations after a fresh snowfall. Consider that the roads that we travel on have been salted and sanded to allow us to travel at highway speeds. In 1941, about 5,000 tons of road salt was used in the US. We now use 10 to 20 million tons of road salt each year depending on weather conditions. Lake Champlain has seen a 30% increase in salinity over the past 10 years. Runoff from the roads into the Lake Champlain watershed is largely responsible for this increase.



CANOEING ON HENDERSON LAKE IN NEWCOMB. SKIP HOLMES

Many lakes in the Adirondacks are under duress from all the development built on their shoreline. The lakes are receiving increasing amounts of phosphorus from lawn fertilizer. The waste disposal systems are contributing bacteria to the water ecosystem. Remember the closing of the Million Dollar Beach at Lake George this summer or in previous years as well? Coliform bacteria from human waste disposal systems are the culprit. There are 100 bodies of water in New York that cannot be used or enjoyed according to a NYS DEC report. Do you recall the NYC Triathlon that was supposed to have contestants swimming in the Hudson River? There was significant discussion about that amongst contestants. As clean as the Hudson River is now compared to the 1960s, I would not consider swimming in it. Would you?

Well how about you kayakers and canoe paddlers? You might not swim or drink the water you paddle on, but there is another concern. We tend to visit numerous bodies of water for our paddling experiences. How many of you are checking your kayak or canoe for aquatic invasive species? You may have noticed the motor boat inspection and wash stations at many boat launch sites. There are now about 40 of them in New York. These stations perform inspections and wash boats as necessary to insure that

the aquatic invasive species do not get transferred to other bodies of water. Those of us with kayaks, canoes and even SUPs should be checking the surfaces of our watercraft to insure we are not transporting these species into other bodies of water. You should wash them at home after a paddling trip to comply with the rules.

This is only the tip of the iceberg or glacier when it comes to the issues for the water on our planet. And there are fewer glaciers today given the current warming of our Earth. Take time to consider your footprint and as many of us ADK'ers say, leave no trace, or at least a smaller footprint.

If we want the Adirondacks to continue to provide us with the outdoor experiences and connection to nature we will need to advocate for environmental protection laws and insist that our local, state and federal representatives address climate change. 🌱

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

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more than 300 rides per year





RACE RESULTS

VERMONT SUN TRIATHLON continued

Table with columns for race category (e.g., MALE AGE GROUP: 25 - 29), name, location, and time. Includes sub-sections like MALE OVERALL and FEMALE OVERALL.

HMRRC SUMMER TRACK SERIES

June 27 - July 20, 2017 • Colonie High School, Colonie

Table of race results for HMRRC Summer Track Series, including RACE #1: COLONIE MILE - JUNE 28, RACE #2: TWO-PERSON RELAY - JULY 6, RACE #3: HOUR RUN - JULY 13, and RACE #4: PENTATHLON - JULY 21.

21ST ANNUAL SILKS & SATINS 5K RUN continued

Table with columns for race category (e.g., MALE AGE GROUP: 40 - 44), name, location, and time. Includes sub-sections like MALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, MALE AGE GROUP: 85 - 89, and FEMALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 85 - 89.

19TH ANNUAL IRONMAN LAKE PLACID

July 23, 2017 • Olympic Skating Oval, Lake Placid

Table of race results for 19th Annual Ironman Lake Placid, including 2.4-MILE SWIM, 112-MILE BIKE, 26.2-MILE RUN, MALE (PRO) OVERALL & UPSTATE (PRO) FINISHERS, FEMALE (AGE GROUP) OVERALL, MALE (PHYSICALLY CHALLENGED) OVERALL, AGE GROUP WINNERS & UPSTATE FINISHERS, MALE AGE GROUP: 18 - 24, MALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, MALE AGE GROUP: 85 - 89, FEMALE AGE GROUP: 18 - 24, FEMALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 85 - 89.

21ST ANNUAL SILKS & SATINS 5K RUN - Jeff Clark Memorial Race -

July 22, 2017 • Fasig-Tipton Pavilion, Saratoga Springs

Table of race results for Jeff Clark Memorial Race, including MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 20 - 24, MALE AGE GROUP: 25 - 29, MALE AGE GROUP: 30 - 34, MALE AGE GROUP: 35 - 39, MALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, MALE AGE GROUP: 65 - 69, MALE AGE GROUP: 70 - 74, MALE AGE GROUP: 75 - 79, MALE AGE GROUP: 80 - 84, MALE AGE GROUP: 85 - 89, FEMALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 25 - 29, FEMALE AGE GROUP: 30 - 34, FEMALE AGE GROUP: 35 - 39, FEMALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 65 - 69, FEMALE AGE GROUP: 70 - 74, FEMALE AGE GROUP: 75 - 79, FEMALE AGE GROUP: 80 - 84, FEMALE AGE GROUP: 85 - 89.









**7<sup>TH</sup> ANNUAL**

# Columbia County Rotary Ride



**SUNDAY, SEPTEMBER 24**

## BIKERS – COME AND JOIN US!

**Niverville Fire Dept, 888 Main St, Niverville**

The Kinderhook Tri-Village Rotary Club invites you and your family to join us in a FUNdraising event that will benefit the CYCLE Kids program at Ihabod Crane Elementary School in addition to other domestic and international Rotary Foundation charities.

CYCLE Kids promotes healthy lifestyle choices by introducing children to the joys of bicycling, as well as educating them on bike safety and nutrition. CYCLE Kids empowers young people by developing positive, safe, and active lifelong habits.

- **10-mile Fun Ride** at 11am for everyone
- **38-mile Road Ride** at 10am around historic Kinderhook area
- **54-mile Gravel Grinder Ride\*** at 8:30am on dirt/paved roads (road bikes fine) in scenic Columbia County

Register online at [BikeReg.com](http://BikeReg.com) TAKE ACTION: [KTVRotary.org](http://KTVRotary.org)

\*Supported with SAG vehicles, two rest stops, cue sheet and well-marked route.




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**Whiteface Freeride & Downhill Park**  
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**Bark Eater Trails Alliance**  
– Flume, Lussi, Craig Wood, Hardy, Dewey & Pisgah

Info and maps available at High Peaks Cyclery





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## BIKE SUMMIT 2017

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


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Presented by:

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

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

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

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

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

**We are now accepting applications for exhibitors.**  
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Please visit [AdkSports.com/adk-sports-expo](http://AdkSports.com/adk-sports-expo) to read the media kit and complete the contract. Learn how we are earning the title of "Albany's Ultimate Sports and Fitness Event!"

**Contact Darryl or Mona Caron today to secure your space.**

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Race directed by Hudson Mohawk Road Runners Club