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OCTOBER
2017

Mohawk Hudson Marathon & Half



▲ TYLER ANDREWS
WINS THE 2016 MARATHON AND
BREAKS THE COURSE RECORD.
CHARLES BISHOP



◀ RUNNERS IN THE
MARATHON APPROACH
THE HALFWAY MARK IN
COLONIE NEAR THE
TWIN BRIDGES.
BILL MEEHAN

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Déjà Vu Nail Biter!

By Christine Bishop

Other than the delightful smell of autumn in the air, intense excitement can be felt in anticipation of this year's Mohawk Hudson River Marathon and Hannaford Half Marathon on Sunday, October 8. It would seem that last year's thrilling day would be hard to top, but this year's may surpass it. In 2016, the marathon record of 2:20:59 set in 1984 by Dale Keenan of Selkirk was broken by the top three finishers. This year the half marathon promises to be the eye of the hurricane with old records potentially being broken and new ones emerging. The excitement continues!

Last year, Tyler Andrews, 26, of Arlington, Va., had a sizzling marathon finish of 2:15:52 followed by former Niskayuna High School star, Louis Serafini, who also smashed Dale's record by over three minutes. Again, these two racing phenoms will face each other in a duel in the **Hannaford Half Marathon**. In addition, there are other talented local entrants adding octane to the contest.

Tyler Andrews is coming to this race with incredible credentials. He is in the Guinness World Records for his half marathon time on a treadmill of 1:03:38. On the treadmill, he displayed an uncanny skill that characterizes his style of being able to run significantly faster miles at the end of a long distance than at the beginning. His body instinctively ramps it up. This year he finished second at the 50K World Championships in Doha, Qatar, in 2:56:04; he was the top American in the very compet-

itive 2017 Lake Biwa Marathon in Japan; and he won the 2017 Vermont City Marathon in 2:19:41, beating his 2014 winning time of 2:20:27. He is running this half in preparation for the US Marathon Championships, which are being held at the California International Marathon in Sacramento in December.

Tyler intends to run in a patient manner, trust in his training, and know that it's not going to feel great all the time, even if he's having a good race. "You never know what's going to happen, but I am hoping we get another fast day." Tyler is aware that in order to have a top performance, diet is crucial. He tries to fuel his body with "real" food, while avoiding processed goodies with "polysyllabic" ingredients, although he admits he occasionally indulges in ice cream or cookies. When not running, Tyler works at the company he cofounded, Strive Trips, which offers service-oriented summer programs in Peru and Kenya for high school athletes who want to train while learning about a new culture.

Louis Serafini, 25, now lives in Boston where he has the dream job of working as a product manager at the Heartbreak Hill Running Company, which is literally on the 20-mile mark of the Boston Marathon course. His running credentials are awesome, demonstrating amazing abilities at all distances. While at Niskayuna High School, he ran a 4:13:61 in 1,600 meters, and his 3K time never went above 8:57. At Boston College, he did 14:39 in 5,000 meters on a track as well as an 8K time of 24:30. After running events at Boston College, the team was treated with omelets starting Lou on a lifetime love of eggs as a diet staple. At college they would joke that they would have eggs after a long run and beer after a long day.

See **MARATHON & HALF 14** ▶



Northville-Placid Trail

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

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

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Photo by Neil Sergott

Runner Perks

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Prizes

- Cash prizes for local male and female open and masters runners, male and female open and masters teams, and age-graded runners.
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- Expedited awards ceremony.

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Friday, November 10 (last chance), 4-7 pm
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Saturday, November 11, 10 am-4 pm
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● HIKING

OK Slip Falls

By Dave Kraus

THE HUDSON FLOWING
IN THE GORGE AT THE
BASE OF THE TRAIL.



PHOTOS BY DAVE KRAUS



VIEW OF THE FALLS FROM THE OVERLOOK.

If you're looking for an autumn foliage season adventure that will show you two of the most outstanding scenic spots in the Adirondacks, it's hard to go wrong seeking out OK Slip Falls and the Hudson River Gorge. Both are part of the Hudson Gorge Wilderness area, composed mostly of land the state purchased from the Nature Conservancy in 2013 after they had bought it from Finch, Pruyne & Co. in 2007.

The gorge itself will be familiar to anyone who has taken a rafting trip down the Hudson River in the area. But OK Slip Falls and its spectacular drop of over 100 feet was off limits to the public for over a century, visible only from the summit of Kettle Mountain on the north side of the river, and that vantage point could only be reached by a long bushwhack.

But in July of 2014 the DEC opened a new trail to an overlook that gives a stunning view of OK Slip Falls as it plunges into the gorge. The falls is named for the phrase that loggers used to yell to warn that logs were about to come over the dam and slide down the slip to the Hudson to move down stream... "OK, Slip!"

Your expedition could hardly begin with less excitement. The small, nondescript parking area on NY Route 28 is marked only with a brown DEC sign. It's just shy of ten miles west of the Route 28/28N intersection in North Creek, and 7.5 miles east of the Route 30/28 junction in Indian Lake.

To reach the trail, walk 0.2-mile west on Route 28 and cross the road to the trail marked by another brown sign, where you can register and start into the woods. This trail marked with red DEC discs may start out muddy, but wooden boardwalks traverse the worst spots. After a half-mile you will turn right onto the similarly marked blue trail that will take you the remaining 2.5 miles to the falls overlook.

These woods are deep, and marked with a spectacular palette during the few weeks of peak fall color. Red maple, beech, birches, aspens, white pine, and eastern hemlock all fill the forest, and the underbrush adds its own fall display. The trail rolls gently up and down as it passes a marshy pond drained by a small stream. Farther along, a fallen tree is almost completely covered with giant tan mushrooms that make it resemble a buffet of roasted potato chips.

After 1.4 miles on this blue trail, you will come to a dirt road that leads to the Northern Frontier boy's camp on private land near OK Slip Pond, which is also private. Turn left on the road and go several hundred feet to another sign that will direct you to the right and back into the woods on an old forest road. After a half-mile or so it again narrows into a trail.

Eventually you will come to another intersection, and you will start to hear the roaring of the falls across the deep ravine, still hidden behind the trees. Stay to the right, descend for a bit, and you will reach the several ledges and breaks in the forest cover that will finally show you what you've come to see. As you arrive, keep in mind that you are on the edge of a cliff, and keep a sharp lookout if you have brought small children or pets with you!

The falls across the gorge from you are a stunning sight, framed with the reds and golds of autumn, contrasted with the dark green of the pines. The cascade drops over 100 feet in a single giant shower of spray onto a base made of giant



"POTATO CHIP" MUSHROOMS.



STARTING OUT ON THE TRAIL
JUST PAST THE REGISTER BOX.



VIEW FROM THE BASE OF THE FALLS.

MORE PHOTOS
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boulders. Many are six to eight feet tall, but look tiny compared to the towering cliff above them. The falls face east, so if photography is your goal, start your hike early in the morning so the falls will be lit by the morning sun.

The trail continues down into the ravine below the falls, but it becomes *extremely* steep and hazardous. In the summer of 2015 this trail bore a "closed" sign, and while this had disappeared by October of 2016, make no mistake - *this is a dangerous climb down and back up, and should not be attempted with children and/or without proper equipment.*

Turn back the way you came, and at the intersection you passed earlier, turn right to make the 0.8-mile side trip down into the gorge to the banks of the Hudson. The trail descends and crosses a wooden footbridge, where you can look downstream, and see the rushing waters flowing over the brink of the falls. If you want to venture closer, keep in mind again that this is a sheer cliff dropping 100 feet onto jagged rocks below. *Use extreme care!*

Continue down the descending trail and you will reach

the shallow, sandy beach of the banks of the Hudson River, as it plunges down the gorge. Here, too, the brilliant colors of fall frame the river in a mantle of gold. You may meet a rafting group pulled up on the beach for lunch. But if you are lucky, you will have the place to yourself, and be able to savor the solitude, listen to the flowing rapids, and contemplate the rounded boulders that create them. How many thousands, or even millions, of years has it taken for the river to wear them into the sleek, oval shapes you're seeing now?

This is where your adventure ends, aside from whatever new sights you may see as you return to the parking lot. So turn and climb back up from the river and return the way you came. As you cross the footbridge again above the falls, think again of how many millennia it has taken for this stream to create the gorge that you have had the opportunity to gaze into. 🌲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at krausgrafik.com.



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AROUND THE REGION

News Briefs

Alpine Sport Shop to Host First Showing of Warren Miller's New Movie

SARATOGA SPRINGS – Alpine Sport Shop in Saratoga Springs, will host the first showing of Warren Miller's newest ski and snowboard movie "Line of Descent" in the Northeast! Volkswagen presents Warren Miller's "Line of Descent" will be shown on Friday, October 27 at 7pm at Maple Avenue Middle School's Trombley Auditorium in Saratoga Springs. Ticket price is \$12 if purchased prior to the event or \$15 at the door. Tickets are available now at Alpine Sport Shop, 399 Clinton Street, Saratoga Springs. All proceeds will benefit Saratoga Springs High School Nordic Team and Double H Ranch Adaptive Winter Program. Those attending will have a chance to win great gifts from ski and snowboard suppliers, receive lift ticket vouchers to Gore Mountain Ski Resort and more. For more information, contact Alpine Sport Shop at 518-584-6290 or alpinesportshop.com. 🌲



Curt Schreiner Inducted into US Biathlon Association Hall of Fame

LAKE PLACID – Saratoga Biathlon Club member Curt Schreiner was inducted to the USBA Hall of Fame at the United States Biathlon Association's annual awards and recognition dinner in Lake Placid on September 23. A seven-time national champion and three-time Olympic team member, Curt was recognized for his long career of accomplishments and contributions to biathlon.

Watching the biathlon at the 1980 Winter Olympic Games sparked Curt's interest which led his family creating a biathlon range and trails on their property adjacent to the Great Sacandaga Lake. It was there where Curt first developed his skills that led to early success at the Empire State Winter Games and selection for the World Junior Biathlon Championships.

After joining the National Guard, Curt was selected for the 1988 Winter Olympic team in his first year as a senior athlete and was a member of the 1992 and 1994 Olympic teams as well. Maximizing the technical elements of the sport, he was perfect on the range in his first Junior World Biathlon Championship hitting all 10 of his targets. At the 1992 Olympic Games in Albertville he shot clean in the sprint race and only missed three targets of the total 40 for the individual, sprint and relay races. One of Curt's best performances came at the 2000 CISM Games where he was one of only two competitors to hit all 20 targets in the individual race, earning him a podium finish, sixth place. His wife Deborah Nordyke was the only other competitor who was without penalty in the women's individual race.

After his final race at the 2003 National Guard Championships, Curt was deployed to Iraq and completed his career in the military as a Major. He continues to play an important leadership role in the New York biathlon program; hosting races, coaching high school and managing the club's biathlon site. Curt's induction will be recognized with a bronze plaque at the USBA office and a short biography on teamusa.org/us-biathlon. 🌲



USBA TEAM'S LOWELL BAILEY, CURT SCHREINER, DEB NORDYKE.



CDPHP Cycle! Hits Membership Goal at Mid-Season

ALBANY – The Capital District Transportation Authority and CDPHP announced that during the first two months of operation, since July 27, CDPHP Cycle! has been used by 2,028 members for 7,615 trips in Albany, Schenectady, Troy and Saratoga Springs. The goal for all of 2017 was to enroll 2,000 members, and that mark was reached with two months remaining in the season.

Trips in Albany are primarily being used to commute, while in Saratoga Springs, users are renting the bikes mainly for recreational purposes. Earlier this month, as college students returned to campus, ridership saw an additional spike. Of the 7,615 rides, a total of 793,292 calories were burned and there was a carbon reduction of 17,488.49 pounds. Ridership numbers for each of the communities are as follows: Albany 5,274; Saratoga Springs 1,121; Schenectady 456; and Troy 764.

Nine of the top 10 busiest hubs were in Albany, with Hudson River Bikeway – Corning Preserve leading the way. The Saratoga Spa State Park was the top hub in Saratoga Springs; Proctors Theatre (Jay and State Streets) in Schenectady; and the corner of Hill Street and Liberty Street, adjacent to Prospect Park, was the top hub in the Collar City. The average length of trip was 33 minutes and average distance was 2.8 miles. The longest distance traveled was 24 miles.

The CDPHP Cycle! season will end on November 30 and resume on April 1, 2018, with 160 additional bikes in circulation and more bike stations. Riders may purchase a membership or load a pay-as-you-go account by registering online or downloading the CDPHP Cycle! mobile app. You pay for what you cycle, which comes out to just eight cents per minute with an hourly pass. For more info, visit cdphpcycle.com. 🌲

BICYCLING

NYS Bike Summit a Success

By Dave Kraus

On September 15, cycling advocates from all over New York State enjoyed a long-awaited opportunity to gather in person in Albany to discuss cycling related issues and forge stronger relationships in support of their common goals at the first NYS Bike Summit, sponsored by the New York Bicycling Coalition.

Over 200 cycling supporters met and shared a day packed with workshops, panel discussions, and social events related to cycling advocacy and access around the state. Attendees included advocates, planners, engineers, tourism agencies, community bike shops and numerous bicycle clubs and government, including city, town, county, regional and state officials.

"We've been planning this event for well over a year, and we're thrilled by the success of this first New York Bike Summit," said Paul Winkeller, Executive Director of NYBC. "We had representation from every corner of the state, and only a few years ago it would have been unheard of to have state agencies at a bike summit. At this event we had six – notably the Dept. of Motor Vehicles and Dept. of Transportation. It's a very encouraging sign of the tremendous interest in partnering with advocates for more and safer bicycling for all New Yorkers."

Paul added that cyclists of all kinds in NYS will be the ultimate beneficiaries of the successful summit that will help ensure more effective efforts to improve cycling infrastructure, safety, and equal access around the state.

The summit offered a wide variety of sessions on topics including bike sharing pro-

grams and cycling mass transit, equal access, the use of cycling in public health, cycling safety, and building a stronger advocacy movement. There was also a special session on the future of the state's trail system, especially the 750-mile Empire State Trail announced by Governor Cuomo in January.

A special session at the summit also honored three community bike shops as recipients of bicycling development grants from the Vamos Fund: Albany Bike Rescue, Gobike Buffalo, and Recycle Ithaca's Bikes. The grant is named for Ivan Vamos (*Athlete Profile, June 2017*), founder and board member emeritus for NYBC, who found freedom through bicycling after fleeing persecution in World War II. Community bike shops are grassroots efforts to enable disadvantaged New Yorkers to obtain a bicycle and learn to maintain it through low- and no-fee workshops and facilities.

Paul said the next step for the organization will be to expand on the success of the event and build for the future. "We are looking at survey responses from our attendees and putting together a plan to continue the momentum we've established with this first summit. We will be publishing our key findings and next steps in the coming weeks." 🌲

Want to get involved? The New York Bicycling Coalition provides a voice for all bicyclists throughout the state, whether you ride on- or off-road, or use a bicycle for daily transportation, recreation, fitness or racing. Visit nybc.net or contact them at nybc@nybc.net.



IVAN VAMOS

FROM THE PUBLISHERS October Outside



Take advantage of this great fall weather to get outside and enjoy our beautiful backyard. We've put together a nice mix of articles, columns, events and results to help motivate you to be active and healthy. Whether it's running, hiking, biking, paddling, walking or eating well, just do it.

If you're in the Capital Region on Saturday, October 7, join us from 10am-5pm at our expanded **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Packet Pick-Up**. The expo is free and open to the public with 70 exhibits – and a great opportunity to see the brand new Albany Capital Center! Thanks for reading us and we'll see you out there!

Darryl and Mona

ADIRONDACK SPORTS EXPO

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October-December 2017*

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

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SNOWBOARDING

OCTOBER

- 7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/ Half Marathon Packet Pickup.** 10am-5pm. 70 exhibitors. Summer & winter sports, health, fitness, travel. Albany Capital Center, Albany. 518-877-8788. adksports.com.
- 27 **Warren Miller's "Line of Descent" Ski & Snowboard Movie.** 7pm. Great prizes. Benefits Saratoga HS Nordic Team & Double H Ranch adaptive winter program. Maple Ave Middle School, Saratoga Springs. Tix: Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.

NOVEMBER

- Ongoing **Line of Descent: 2017 Warren Miller Movie.** 11/9-10: Palace Theater, Albany; 11/16: Stanley Theatre, Utica; 11/18: Lake Placid Center For the Arts, Lake Placid; 11/21: Landmark Theatre, Syracuse. skinet.com.
- 25-26 **Women's Alpine Skiing World Cup.** Killington Resort, Killington, VT. killington.com.
- 25-26 **Snow Sports Instructor Training Course.** PSIA/AASI. Gore Mountain, North Creek. Gail Setlock: 518-251-2411 x1043. goremountain.com.

DECEMBER

- 17 **Winter Wild @ Magic Mountain.** 2.5M ascent & descent. 7am. Londonderry, VT. 603-998-7917. winterwild.com.
- 27-29 **Christmas Holiday Camp.** 8:30am-3:30pm. Mountain Adventure. Gore Mountain, North Creek. 518-251-2411. goremountain.com.

BICYCLING: ROAD (PAVED)

OCTOBER

- 7 **8th Women Breast Cancer Awareness Ride.** 11.6M or 25M. 10am. Pedals & Petals, Inlet. active.com.
- 28-29 **Haunted Hundred Overnight Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. adirondackultracycling.com.

NOVEMBER

- 11 **Rivers & Lakes Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. adirondackultracycling.com.

DECEMBER

- 3 **Last Century.** 100M. Schuylerville. John Ceceri: 518-583-3708. adirondackultracycling.com.

BICYCLING: OFF-ROAD & CYCLOCROSS

ONGOING

- Sa-Su **High Peaks Mountain Bike Center.** Open weekends through Oct. 9. Mt. Van Ho, Lake Placid. 518-523-3764. 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.

OCTOBER

- 1 **Best Cyclist in the Universe Race.** 5K enduro, 30K road race, 15K MTB. Solo/teams. Windham Mountain, Windham. bikereg.com.
- 1 **Cross Out Child Abuse Race.** Scriba Park, Oswego. rideoswegocounty.bike/
- 7 **Colombus Weekend Ride.** 43M Paved or gravel options. 11am. The Hub. Brant Lake. 518-494-4822. thehubadk.com.
- 7-8 **Uncle Sam Cyclocross GP Race.** Prospect Park, Troy. nycross.com.
- 8 **Ellicottville Fall Festival Mountain Bike Race.** 5-15M. 10am. Holiday Valley Resort, Ellicottville. heartrateup.com.
- 8 **Parma Cross.** Parma. 585-546-4030. fullmoonvista.com.
- 14 **CircumBurke Challenge MTB.** Sherburne Lodge, East Burke, VT. circumburke.org.
- 14 **Finger Lakes CX.** 9am. Everest Park, Auburn. bikereg.com.
- 21 **Erie 80K MTB.** 25M/50M. 10am. Pike/Front Streets, Port Jervis. discoverportjervis.com.
- 21 **Ossian Giant Gravel Grinder Fall Preview Ride.** 17M/35M. 1pm. Swain. ridelcc.com.
- 21-22 **Syracuse Grand Prix Power Cross.** 9am. Long Branch Park, Liverpool. bikereg.com.
- 28 **Hub Halloween Party.** 7pm. The Hub, Brant Lake. 518-494-4822. thehubadk.com.
- 28 **Saratoga Spa CX.** 9am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. bikereg.com.
- 29 **Wicked Creepy Cyclocross Race.** Willow Park, Bennington, VT. nycross.com.
- 29 **Halloween CX.** YMCA Camp Arrowhead, Pittsford. Park Ave Bike: 585-381-3080. parkavebike.com.

NOVEMBER

- 5 **NYC Velo Fall Adventure Series: Brett's Revenge.** 70M. 9am. Woodstock. 212-253-7771. nycvelo.com.



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15th Annual

MOHAWK TOWPATH BYWAY DUATHLON

Riverview Orchards
660 Riverview Rd, Rexford

2M run, 17M bike, 2M run
Sunday, October 15 • 8:30am
Open to individuals & 2-person teams

Register: mohawktowpath.org
USAT sanctioned • Embroidered crew hat to first 100
Giffy's Bar-B-Q included
Benefits Mohawk Towpath Scenic Byway

- 18 Something Wicked Six Hours of Cathedral Pines. 9am. Cathedral Pines Park, Middle Island. 631-566-5045. somethingwickedevents.com.
- 19 **Bethlehem Cup Cyclocross.** Elm Avenue Town Park, Bethlehem. nycross.com.
- 25 Placid Planet Cyclocross. Wadhams. Kevin Bouchard-Hall: krboucha@gmail.com. teampacidplanet.org.

CROSS COUNTRY SKIING & NORDIC SPORTS

OCTOBER

- 7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/ Half Marathon Packet Pickup.** 10am-5pm. 70 exhibitors. Summer & winter sports, health, fitness, travel. Albany Capital Center, Albany. 518-877-8788. adksports.com.

NOVEMBER

- 12 NYS Rollerski Championships. 5K/10K. 10:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. skireg.com/nys-rollerski-champs.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** Six-week sessions: 9/11-10/21, 10/23-12/2 & 12/4-1/20/18. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 518-522-9765. rockyourfitnessny.com.
- Daily True North Yoga.** True North Yoga, Schroon Lake. 518-810-7871. Schedule: truenorthyogaonline.com.

OCTOBER

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

HIKING, CLIMBING & SNOWSHOEING

OCTOBER

- 6 **Dix & Hough Hike.** 13.7M. ADK: 518-523-3441. adk.org.
- 7 **Seymour Mountain Hike.** 14.4M. 7:30am. Coreys. ADK: 518-523-3441. adk.org.
- 7 Return2Sender Climbing Movie. 7pm. Keene Arts Center, Keene. 518-576-2281 mountaineer.com.
- 7 Orienteering Meet. 10am-12pm. Switzkill Farm, Berne. empo.us/orienteering.org.
- 8 **Street & Nye Hike.** 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 9 **Donaldson & Emmons Hike.** 14.6M. 7:30 am. Coreys. ADK: 518-523-3441. adk.org.
- 15 QLC Cider and Donut Hike. Leon M. Steves Big Bay Preserve, Queensbury. 518-792-3061. qlcny.org.
- 22 Orienteering Meet. 11am-1pm. Thacher SP, Voorheesville. empo.us/orienteering.org.
- 28 **Outdoor Leadership 101.** 9am-4:30pm. Adirondak Loj Dining Room, Lake Placid. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON & SWIMMING

OCTOBER

- 8 **6th Glens Falls Lions Club Duathlon.** 5K run, 30K bike, 5K run. 9am. 1/2/3-person teams welcome. SUNY Adirondack, Glens Falls. glensfallslions.org.
- 15 **15th Mohawk Towpath Duathlon.** 2M run, 17M bike, 2M run. 8:30am. Riverview Orchards, Rexford. mohawktowpath.org.
- 22 Central Park Duathlon. 2M run, 12M bike, 2M run. Boathouse, Central Park, New York. nytc.org.
- 14 11th Tully Triathlon. 5M paddle, 4.5M run, 7.5M bike. Tully Lake Campground, Royalston, MA. active.com.
- 15 Swim for the Ages Meet. 3pm. Glens Falls HS, Glens Falls. Steve Atkins: 518-477-0043. adms.org.
- 29 45th Leatherstocking Masters Meet. 10am. Hartwick College, Oneonta. Steve Atkins: 518-477-0043. adms.org.

OTHER EVENTS

OCTOBER

- 6-7 **Fall Festival.** Hayrides, chairlift rides, music. West Mtn, Queensbury. Kailey Wolin: 518-636-3699. westmnt.net.
- 7-8 **Harvest Fest.** 10am-4pm. Food, music, gondola rides, trampoline, disc golf. Gore Mtn, North Creek. 518-251-2411. goremountain.com.
- 7-8 **Flaming Leaves Festival & US Ski Jump Champs.** 10am-4pm. Food, music, games, vendors. Olympic Jumping Complex, Lake Placid. whiteface.com.
- 14 **50+ Living Expo.** 12-4pm. Vendors, seminars, entertainment, wine/food tasting, raffles. Saratoga Springs City Center, Saratoga Springs. 50plusliving.com.
- 14 Albany Light the Night. 5:30pm. Siena College, Loudonville. 518-438-3583. lightthenight.org/uny.
- 21 Upper Hudson Valley Light the Night. 5:30pm. Walkway Over the Hudson, Poughkeepsie. 518-438-3583. lightthenight.org/uny.
- 28 **Fall Festival.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.

NOVEMBER

- 4-5 **Fall Work Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- 18 Lake George Polar Plunge. Shepard's Park Beach, Lake George. 518-388-0790. polarplungeNY.org/lakegeorge.
- 23 **Thanksgiving Feast.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.

PADDLING: KAYAK, CANOE, SUP & ROW

OCTOBER

- 8 Mohawk Fall Classic Regatta. Collins Park, Scotia. Janette Schue: 518-926-0375. bhrow.com/regatta.
- 13-15 **Moose River Whitewater Festival.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 14 **Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.

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Prospect Park, Troy

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Wicked Creepy Cyclocross
Willow Park, Bennington, VT

NOV 19
Bethlehem Cup Cyclocross
Elm Avenue Park, Bethlehem

Info: NYCROSS.com
Register: BikeReg.com

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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 10/11

****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)

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More information: 518.587.0723

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NOVEMBER 23
Central Park, Schenectady

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3 GREAT EVENTS
2M Wellness Walk8:00am (day of event registration until 7:45 am)
5K Road Race-Runners Only.....9:00am (pre-register only, no day of registration)
1M Duck Pond Fun Run-FREE..10:00am (day of event registration until 9:45 am)

Register @ www.ellismedicine.org/cardiac-classic
Online registration closes: Tuesday, November 21 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.

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TRAIL RACE
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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

Lake George Land Conservancy 1st 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 1st 50 registrants

Register online: lgc.org/events-and-programs/amys-race

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ONGOING

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Daily Nark Run Coaching & Strength Training. Starting 10/4. Mat Nark: 518-470-8659. narkmovementsstrategies.com.

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

OCTOBER

2 **The Runner's Brain presentation by Dr. Jeff Brown.** 7pm. Fleet Feet Sports, Albany. 518-459-3338. fleetfeetalbany.com.

7 **11th Falling Leaves 5K & Kids Fun Run.** 10am. Kelley Park, Ballston Spa. 518-885-6886. 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. bhblrotary.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.

7 GFD Fit for Duty 5K Run/Walk. 9:30am. Fire Department, Greenwich. active.com.

7 Zombie Run 5K. 10am. Great Escape, Queensbury. active.com.

7 Vintage Runs Half Marathon & 5K. 13.1M: 10am. 5K: 11:30am. Bethel Woods, Woodstock. 845-866-1345. vintageruns.com.

7 **Adirondack Sports Expo & Mohawk Hudson River Marathon/Half Marathon Packet Pickup.** 10am-5pm. 70 exhibitors. Summer & winter sports, health, fitness, travel. Albany Capital Center, Albany. 518-877-8788. adksports.com.

8 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. 26.2M: Central Park, Schenectady to Corning Preserve, Albany. Boston qualifier. 13.1M: Town Park, Colonie to Corning Preserve, Albany. mohawkhudsonmarathon.com.

8 **9th Race Away Stigma 5K Race & Fun Walk.** 10am. Hudson Valley Community College Student Pavilion, Troy. Larry Ellis: 518-629-7175. hvcc.edu.

8 Trek For Hope 5K Run/Walk. 9:30am. Village Park, Granville. 1M Kids' Run: 9am. 518-321-9640. thehayneshouseofhope.org.

8 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.

8 Staten Island Half Marathon. 13.1M. 8am. Staten Island, New York. nyrr.org.

8 Cure for IBD 5K, Fun Run & Walk for Crohn's & Colitis. Burlington, VT. cureforibd.net.

14 **17th Great Pumpkin Challenge 5K, 10K, & 1M Fun Run.** 9:30am. Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.

14 **Monster Scramble 5K/10K.** 7:30am. 1M Family Run: 9am. Costumes, prizes. Liberty Ridge Farm, Schaghticoke. 518-464-0112. nationalmssociety.org.

14 **Amy's Adventure 8K Race for the Lake.** Amy's Park, Bolton Landing. Lake George Land Conservancy: lgc.com.

14 **Project Zero Mizuno Wave Rider 21 Launch.** Benefits Breast Cancer Research Foundation. 10am-6pm. Fleet Feet Albany & Malta. fleetfeetalbany.com.

14 4th St Catherine's Running SCCared Family 5K. 9:30am. The Crossings, Colonie. 518-453-6756. st-cath.org.

14 Color Run/Walk. 9am. SUNY Adirondack, Queensbury. sunyacc.edu.

15 Fall Foliage Half Marathon & 5K. 10:20am. Dutchess County Fairgrounds, Rhinebeck. fallfoliagehalf.com.

15 rUndead Treasure Hunt/Geocache. 2pm. Saratoga Spa SP, Saratoga Springs. events.nyso.org.

15 4th Veeder Tree Farm "Chopping Down Cancer" 5K Run/Walk. 10am. Bonfire, smores, music, Xmas tree discounts. Benefits Leukemia & Lymphoma Society. 1235 High Hill Rd, Earlton. Mike Veeder: 518-857-3948. active.com.

21 18th Great Sacandaga 10K Race. 10:30am. Sport Island Pub, Northville. Ann Kenyon: 775-1877.

21 United Way Octoberfest 5K Run/Walk. 9am. Riverlink Park, Amsterdam. finishright.com.

21 7th Oktoberfest Half Marathon, 10K, 5K & 40K Bike. Peru. adirondackcoastevents.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.

22 17th Ghostly Gallop 5K Run/Walk & 1M Walk. 11:30am. Hudson HS, Hudson. ghostlygallop.info.

22 Hot Iron Trail Half Marathon & 5K. 10am. 5K: 10:30am. Tymore Park, Union Vales. hotironhalf.com.

22 42nd Marine Corps Marathon. 26.2M & 10K. Arlington, VA/ Washington DC. marinemarathon.com.

28 **Brookhaven Oktoberfest 5K Trail Run.** 10am. Kids' 1K Run: 11am. Brookhaven Golf Course, Porter Corners. 518-893-7605. skireg.com.

28 **Trick or Trek 5K Run.** 9am. Ages 14+. Oakwood Cemetery, Troy. cdymca.org.

28 Goblin Gallop 5K & Halloween Hop. 9:30am. Abraham Wing School, Glens Falls. adirondackrunners.org.

28 Little Falls Walk 2K & Run 10K for Kidneys. 10am. Western Park, Little Falls. healthykidneys.org.

28 Gory Daze 5K. Dothan Brook School, White River Junction, VT. adirondackcoastevents.com.

28 6th Mike Archer Memorial 5K Run/Walk. 10am. Memorial Park, Beacon. mikearcher5k.eventbrite.com.

29 **Hairy Gorilla Half Marathon & Squirrely Six Miler.** 9:30am. Save \$5 w/code: ADKZIPPY. Thacher State Park, Voorheesville. albanyrunningexchange.org.

29 **Saratoga Cross Country Classic.** 5K: 10am. 2K/3K Development Runs: 9am. Saratoga Spa State Park, Saratoga Springs. Craig Evans: 518-232-6554. saratogaxclassic.com.

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

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

Upcoming ARE Event Productions Events

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Girls on the Run 5K

Saturday, Nov. 18
10:00am

Corning Preserve Boat Launch, Albany
Register: GOTRCR.org

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Adults: \$25 thru 10/31 | \$30 after
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Teams of 4+ \$2 off per runner

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

Register Online! ZippyReg.com
saratogaxcclassic.com

NOVEMBER

- 4 **6th Revolutionary Run for Veterans 5K.** 10am. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
- 4 **Strides Against Sarcoma.** 3.5M Trail Race. 10am. Rush Pond Trail to Queensbury School, Queensbury. 518-656-3127. itsyourrace.com.
- 4 Dash to the Finish Line 5K & USATF 5K Championships. 8:30am. Central Park, New York City. nyrr.org.
- 5 **11th Fall Back 5 Trail Race.** 5M. 10am. Admin Building, Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
- 5 New York City Marathon. 26.2M. Staten Island to Central Park, New York. nyrr.org.
- 5 The Burn Run. 5K: 9am. 10K: 10am. Fire Department Station #2, East Syracuse. runsignup.com.
- 10 **10th Shenendehowa Veteran's Day Dash 5K Run/Walk.** 10am. Kids' Fun Run: 9am. Shen HS Track, Clifton Park. shenrunners.com.
- 11 12th Valatie Veterans 5K. 10am. Glynn Square, Valatie. bsa2114.legrego.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.
- 12 Syracuse Half Marathon. 13.1M. 7:45am. County Building, Syracuse. syracusehalf.com.
- 15 47th Green Mountain Marathon & Half Marathon. 26.2M/13.1M. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 17-18 **5th Fleet Feet Sports 24-Hour Fight Against Hunger.** Benefits Regional Food Bank of Northeastern New York. Fleet Feet Sports, Albany. fleetfeetalbany.com.
- 18 **Girls on the Run 5K.** 10am. Corning Preserve Boat Launch, Albany. gotrcr.org.
- 18 Operation Santa Run 5K/10K. 10am. Hudson Falls MS, Hudson Falls. adironackrunners.org.
- 18 Hobble Gobble Prediction Run/Walk. 4M/8M. 11:15am. Bingo Hall, West Potsdam. 315-265-5791. northernrunner.org.
- 18 NYC 60K Ultramarathon. 8am. Central Park, New York. nyrr.org.
- 19 **Turkey Raffle Run (1 Hour Run).** 10am. Tawasentha Park, Guilderland. hmrrc.com.
- 23 **70th Troy Turkey Trot.** 10K: 8am. Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. troyturkeytrot.com.
- 23 **16th Christopher Dailey Turkey Trot.** 5K Run/Walk. 8:30am. Hilton, Saratoga Springs. 518-581-1328. christopherdaileyfoundation.com.
- 23 **36th Cardiac Classic 5K.** 9am. 2M Wellness Walk: 8am. Duck Pond 1M Fun Run: 10am. Central Park, Schenectady. 518-243-4600. cardiacclassic.org.
- 23 **8th Our Towne Turkey Trot.** 5K. Bethlehem MS, Delmar. John Guastella: 598-3434. 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.

- 23 **22nd Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. bkvr.net.
- 23 53rd Cohoes Turkey Trot. 9am. City Hall, Cohoes. 233-2121. ci.cohoes.ny.us.
- 23 7th James Hinchliffe 5K Run/Walk for ALS. 5K: 8:30am. Civic Center, Glens Falls. jphals5k.com.
- 23 Turkey Trot. 25K/5M/Kids 1M/2M run. Arlington HS, Poughkeepsie. mhrrc.com.
- 23 Turkey Day Run. 10am. Watertown Family YMCA, Watertown. watertownymca.org.
- 23 Thanks4giving Run 5K Run/Walk. 9am. Shuttleworth Park, Amsterdam. amsterdamrunforcharity@gmail.com.
- 23 WMAC Turkey Trot 5K. 9:30am. PNA Hall, Adams, MA. 413-344-3968. runwmac.com.
- 23 Turkey Trot. 25K/5M/Kids' 1M/2M run. Arlington HS, Poughkeepsie. mhrrc.com.
- 23 Peru Turkey Trot. 5K/10K: 9:15am. 1M: 8:45am. Peru Elementary, Peru. perulionsclubnewyork.org.
- 23 41st Turkey Trot 5K. 11am. Kids Run: 10:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 23 Heuvelton Gobbler Gallop. 5K. 9:45am. Fire Department, Heuvelton. northernrunner.org.
- 25 Ugly Sweater 5K. 12pm. Onondaga Lake Park, Liverpool. willowhwc.com.
- 26 Rogers Rangers Ramble Run. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 28 1st Hills Are Alive 5K XC. 1pm. Trapp Family Lodge, Stowe, VT. gmaa.net.

DECEMBER

- 2 Miles for Meals 5K. YMCA, Rome. romanrunners.com.
- 2 Knights of Columbus Holiday Run. 5M & 1M Kids Run. Knights of Columbus Hall, Wappinger Falls. mhrrc.org.
- 3 Doug Bowden Winter Series #1: 3M/15K. 10am. UAlbany, Albany. hmrrc.com.
- 3 Jingle Jog 7K. 10am: runners. 9:30am walkers. Middletown Elks Lodge, Middletown. sullivanstriders.org.
- 9 21st Albany Last Run 5K. 5pm. Empire State Plaza Concourse, Albany. 518-434-2032. albanyevents.org.
- 16 **Gore Mountain 5K Snowshoe Race.** 2pm. Gore Ski Bowl, North Creek. goremountain.com.
- 17 **Capital Hills Golf Course 5K Snowshoe Race.** Capital Hills Golf Course, Albany. capitalregionnordicalliance.org.
- 31 **New Year's Eve Resolution Run.** 5K Rail Trail Run. 5pm. 6:30pm: Fireworks. 365Fit, Delmar. 365fit.info
- 31 **20th First Night Saratoga 5K.** 5:30pm. Williamson Sports Center, Skidmore College, Saratoga Springs. 518-584-4132. saratoga-arts.org.

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

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

6TH ANNUAL

Saratoga County Revolutionary Run for Veterans 5K

Saturday, Nov. 4 • 10am
Fort Hardy Park, Schuylerville

5K Run/Walk on the Historic Champlain Canal and Towpath

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All proceeds benefit Saratoga County Veterans Trust and Agency Fund

Strides Against Sarcoma
3.5-Mile Trail Race for Runners/Walkers
Saturday, November 4 at 10:00am

Point to Point race from Rush Pond Trail to Queensbury School

Registration/Package Pickup: Queensbury Elementary School
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Please come out and run/walk in memory of Caroline Savitz

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16TH ANNUAL TURKEY TROT

5K Run/Walk

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Wednesday, November 22
4pm - 8pm OR
Thursday, November 23
6:30am - 8am

Last chance to register in person
Wednesday, November 22
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KAYAKING & CANOEING



By Rich Macha

PHOTOS BY RICH MACHA

The 740-acre Round Lake and surrounding lands was purchased by New York from The Nature Conservancy in 2005, and in 2006 designated the area as the 11,430 acre Round Lake Wilderness Area. This motor-less area is located between Long Lake and Tupper Lake.

The Nature Conservancy had purchased the tract from International Paper. Previous to that it was owned and logged over by Whitney Industries. International Paper did not do much logging but instead leased portions for hunting camps, several of which were located on the shores of Round Lake. Therefore, the forest is a bit more mature here than around Little Tupper Lake to the south, which Whitney logged heavily. After the state's purchase, the hunting camps were removed and some of those sites were made into designated campsites.

The inlet of Round Lake is the outlet of Little Tupper Lake. This offers the potential for long paddles over the two lakes and many folks make a camping trip of it. See the June 2017 issue of *Adirondack Sports* (adksports.com/2017) for an article and more information on Little Tupper Lake.

Round Lake in itself is a lovely destination for a day trip or an easy weekend camping trip. To find the put-in, drive about three miles west of NY Route 30 on Sabattis Road (County Route 10) - the parking area is on the right just past a three-way intersection. The kiosk and waterway access site is just beyond.

The 0.9-mile paddle to the lake through a fairly wide channel is as delightful as can be. Water lilies are everywhere and there is much pickerelweed too. The shores have some boggy vegetation and tamaracks are the dominant tree, but swamp maples show off their presence in September, when their leaves turn a fiery red. The lake is not round at all. It's actually triangular in shape.

Once at the lake you will notice two islands to your left. The south shore has several coves with piney points and boggy shores to explore. Two campsites, #10 and #11, can be found on dry upland areas. A shallow, mucky inlet enters through a wetland area at the lake's southwest corner. This may not seem too appetizing to you until one mentions that moose have been seen here. Looking to the northeast you can see

Mount Morris (Big Tupper) and the top of Coney Mountain.

The west shore has three more campsites. Look for families of common mergansers cruising along the shadows of the rocky shoreline. Near the north end of the lake are bedrock islands, which may tempt you to make a landing, but watch out for shallow rocks.

The outlet at the north end has dams on twin channels left over from logging days when logs were sent down to mills in Tupper Lake. On the east side of the lake, next to campsite #5, is an inviting sand beach - a great spot for a swim as well as the start of an interesting hike. An old woods road passes behind the beach - take a left on it and walk north to the dam area. The old road soon narrows to just a path and an old sluice gate is seen.

Soon after, there is a faint side-path that leads in 100 feet to a five-foot waterfall. The main unmarked path continues for 1.5 miles until it reaches an old logging road. The path has excellent views of the many rocky cascades and flumes of Round Lake Stream, and is used as a carry trail by folks going between Round Lake and the Bog River. You might feel you're deep in the wilderness, since there are no trail markers or signs along the obvious path. For a short but scenic hike, walk about a mile, then head back to the lake.

For a longer hike, walk 1.5 miles on the unmarked path, take a left on the old logging road and soon cross Round Lake Stream on a decent bridge. Continue on the old road for about two miles, bearing right and going uphill at first. Cross a not-so-good bridge over the Bog River, and follow the shoreline downstream to Pa's Falls (aka Winding Falls), where the river drops 30 feet between vertical rock walls. The falls can also be quite spectacular in winter, when rime ice clings to nearby trees. The round-trip from the lake is about eight miles.

Back at the lake, the piney east shore features several coves to explore. South of campsite #4, a rock peninsula juts well out from shore - this can be a pleasant spot for a scenic break. Further south, campsite #3 has a splendid sand beach good for a refreshing swim - I've seen moose tracks in the sand here. An old woods road links this site with



HEADING OUT BEFORE THE STORM.

RED MAPLES FLANK THE CHANNEL BETWEEN LITTLE TUPPER LAKE AND ROUND LAKE.

A ROCKY PENINSULA ON THE EAST SHORE.

THE BEACH AT CAMPSITE #3.

MORE PHOTOS
ONLINE AT
ADKSPORTS.COM

campsite #2. The woods road connects with a logging road, where you can hike - or in the winter ski - 1.8 miles to a gate on Circle Road (CR 10A) near Hedgehog Pond. The gate is 0.6 miles from the three-way junction at Sabattis Road.

Paddling the channel back to the put-in, you see the fire tower on Buck Mountain (private) to the southeast. A paddle from the access, around the perimeter of the lake and back, is about eight miles - if you want more, there is always Little Tupper Lake. A camping trip, though, will offer more time to savor the sounds of loons and owls calling through the night.

Another old woods road that may be of interest to hikers and skiers is west of the lake and starts at a gate on Sabattis Road. This hilly trail leads 2.8 miles to campsite #7 near the north end of the lake. Along the way, you don't see the lake most of the time unless you make a short detour east.

A general map of the Round Lake Wilderness Area with campsite locations can be found at NYSDEC (dec.ny.gov), but you may want to seek out better maps for travel on the old roads.

Before or after your trip, if you have an extra couple of hours to spare, drive a few miles north on Route 30 and take a 1.1-mile hike up Coney Mountain. The trail gains over 500 feet in elevation and rewards the hiker with views in all directions. Parts of Round Lake, Little Tupper Lake and Tupper Lake can be seen. The High Peaks are to the east, Mount Morris to the north, and to the west the ridges above the Bog River stand out. 🌲

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



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ATHLETE PROFILE



SERVING IN VIETNAM, 1967.

Terence Smith



2017 FIRECRACKER 4.



2017 SARATOGA PALIO HALF MARATHON.



TERRY WITH HIS FOUR GRANDCHILDREN.



TERRY AND DESPINA.

AGE: 70
FAMILY: Wife, Despina; three sons, John, Luke and Bryant; three daughters, Melissa, Lynn and Fotini; four grandchildren
RESIDENCE: Galway
OCCUPATION: Retired teamster driver from ABF Freight Systems (Local 294)
PRIMARY SPORT: Running
SECONDARY SPORTS: Swimming, cross-training, spin classes, yoga, cycling

By Deb Czech

While most runners agree that marathons represent a worthy culmination of training, perseverance and gutsiness, some marathons also mark significant personal milestones. So it is with his October marathon that Terry Smith intends to conquer. "Running in the Marine Corps Marathon in Washington, DC, will be the celebration of my 50-year ordeal. I'm looking forward to a happy ending and a respectable finishing time," he says with a grin.

But the 70-year old runner from Galway, known as "Chief" to his Fleet Feet Sports training group, has quite a tale to tell about the last five decades. His cheerful smile and friendly nature, shared with both longtime running friends and new acquaintances he meets at running events, mask some dark times earlier in his life.

Terry, who was drafted into the U.S. Army in 1967, served in Vietnam as a combat infantry soldier with the 1st Air Cavalry Division. "I never expected to come home. Sixty percent of my outfit was wounded or killed. Just the way it was. We lived in the jungle in deplorable conditions for one year," Terry wrote in his runner profile for this year's Marine Corps Marathon.

"Well, I survived and came back to the world with a fondness for weed and resentment for authority. I never said a word about Vietnam for 20-some years. Thought I was doing the world a favor. But, my addictions and behavior escalated until I found myself in rehab, divorced, with medical problems, loss of family, net worth and my dignity."

Terry lived in Broadalbin for 15 years before moving to Galway in 1993. He first started running in his mid-50s after his physician recommended it to him. "It took me two years to be able to run two miles," he notes, chuckling.

Terry's family members have been huge supporters of his pursuit of running right from the beginning. "My first race was in Omaha, Nebraska in 2008, where one of my sons lived. He knew I'd started running and he signed me up for a race during my visit out there. I came in third in my age group, and the second time I ran that race, I finished first in my age group."

He's made tremendous advancements since those early days, recently completing The Saratoga Palio: Melanie Merola O'Donnell Memorial Half Marathon in 2:00:02, which earned him a second-place finish for runners age 70-74.

Terry raves about the team at the Saratoga Regional YMCA and their contributions to his success. "After several injuries over the years, I've learned to cross-train. I have YMCA instructors to thank for all the classes and support. I've met so many nice people there. This whole area is where so much of the caring and healing in my life have happened."

Asked about any advice he can offer to new runners who are entering the sport, he notes, "I've learned to listen to my body. Work with what you've got." He rotates among three pairs of running shoes.

In 2012, Terry retired from his work as a teamster driver. After Hurricane Sandy shut down his first New York City Marathon attempt in November of that year (the race was cancelled), Terry returned to conquer the course in 2013 in 4:40:19. "I grew up in Mount Kisco, and still have many ties there, so running the course in New York was very special. Looking back at it now, I think com-

pleting that race was also like the ticker-tape parade we never had, coming back from Vietnam."

Terry notes that running has helped strengthen relationships with his children and has become part of his routine when he travels. "The first half marathon I did in Flushing Meadows Park in Queens, all three of my sons came to run the race with me." He ran the Atlanta Peachtree Half Marathon with his eldest son, John, and daughter-in-law, Faith, who live in Georgia. He competed in the Baltimore Marathon a few years ago, as well as in a half marathon and 10K with his son Luke. The runner-friendly climate of San Diego and Terry's youngest son, Bryant, beckoned for a half marathon there as well. In addition, one of his daughters, Lynn Hughes of Perth, NY, has run several half marathons with him. The two also often run together in the Fulmont Roadrunners' Mule Haul 8K.

"I like to go to big destinations for marathons. I enjoy all the festivities, and I become a local through the connections I make to other runners. I find yoga and fitness places and feel like I'm part of the area," Terry explains.

In 2016, Terry ran in the Dublin Marathon. "I chose Dublin because of my Irish heritage. All four of my grandparents are from Ireland and I thought it was time I go there. The people were so warm and friendly and lots of fun."

When asked about his success in running, Terry is quick to note all those who have contributed to his endeavors. "This story really shouldn't be about me. It's about

all the people who have helped me along the way: my doctor, my priest, my counselors, my sponsor, the team at Saratoga YMCA, all the coaches and runners I know through various training groups and running clubs, wellness practitioners, and so many friends I've made."

Terry receives an enormous amount of support at home from his wife, Despina, aka Debbie. "She is my nutritionist, IT guru, PR manager and travel agent. She even designed a logo for me," Terry points out. Running, it seems, has become a family affair, with involvement spreading throughout the entire Smith clan.

Though he loves the travel and event hoopla at marathons, it's the training that Terry says is his favorite part of the process. "I get up at dawn and run six miles every morning. The rest of my day doesn't start until that run is done."

Terry's current running coach is Mark Mindel of Ballston Lake, who coaches his Fleet Feet Sports half and full marathon training group. "Mark watches out for me. He'll tell me to go a little easier with my training if I'm trying to do too much. He knows how important this Marine Corps Marathon is to me."

Mark notes Terry's dedication and important role in the training group: "Terry is one of the hardest workers on our team. We have over 35 runners training for various

half and full marathons this fall and Terry, shall we say, is the most senior in age of all of them. Yet he is always there, and usually the first to arrive and last to leave. He will always help me with the setup and breakdown of the water table, putting my bike away, and returning the signage to my car, telling me, 'Move over, old man!' though, truth be told, he's even got me by a few years. His work ethic is second to none. And the 20- and 30-somethings look up to him in awe, because he trains as hard as all of them, and his story is a true inspiration!"

Looking back at his running progress, which began with his work to pull his life together and leave unhealthy habits behind, Terry reflected in his Marine Corps Marathon profile, "Recovery was not easy for me to grasp. I did not get it. Trust, communication, and sharing were foreign to me. Along the way, I was encouraged to start running. After my initial resistance, I began to put in the time and effort it required. It changed my life. Fitness - mentally, physically and spiritually - is now my main goal in life."

To those just starting to improve their fitness and well-being, Terry offers these words of encouragement, "You have to be open to accepting help and seeing the answers that are in front of you." 🌲

Deb Czech (deborah@milesaheadusa.com) is the owner of Miles Ahead Communications in Saratoga Springs, where she writes about everything from road races to precast concrete to craft cocktails. In her free time, Deb runs, skis, volunteers, and explores plant-based cooking.

MARATHON & HALF cont from 1



◀ LOU SERAFINI FINISHING SECOND AT LAST YEAR'S MOHAWK HUDSON RIVER MARATHON. CHARLES BISHOP



▲ START OF THE 2016 MOHAWK HUDSON RIVER MARATHON AT CENTRAL PARK IN SCHENECTADY. BILL MEEHAN

Lou's other records are also impressive. He recently won the Friday Night Lights 10K in 29:25, Harpoon 5-Miler in 23:30, and New Bedford Half Marathon in 1:06:20. He set PRs on the track this year of 3K in 8:02, 5K in 13:54, and 10K in 28:59. In 2015, he ran the Mohawk Hudson River Half Marathon beating the previous course record with a lightning time of 1:05:48. His love of the area brings him back again this year: "I try to do as many races in the Capital Region as I can."

Another phenomenal runner from Niskayuna is Anthony Giuliano, 37, who has been on a roll this year. Among other races, he won the SEFCU 5K in 15:50, HMRR Hour Run, and Valley Cats 5K. His personal bests are 2016 Mohawk Hudson River Half in 1:12:11, 2016 Stockade-athon 15K in 50:59, 2013 Silks & Satins 5K in 15:42, and 2008 Memorial Mile in 4:30. When not working as a NYS Dept. of Health medical specialist, he coaches other runners, and follows a tight exercise regime.

Don't ignore Aaron Lozier, 29, of Albany, who won the 2017 Silks & Satins 5K in 15:41:03. In September, he ran the Saratoga Palio Half Marathon, finishing third in 1:13:20, and Malta 5K in 15:20. Aaron was a much honored runner at Columbia High School in East Greenbush with personal best of 48 seconds in the 400, 1:52 in the 800, and 4:17 in the 1,600. At University of Albany, he was 2009 IC4A qualified and holds the indoor mile college record of 4:05:16. In addition to being a manager at Key Bank, he is the father of a baby girl whose initiation to running has been in her stroller.

▼ KIPLANGET TISIA FINISHING THIRD AT LAST YEAR'S MOHAWK HUDSON RIVER MARATHON. CHARLES BISHOP



Last year at the half marathon, former Burnt Hills-Ballston Lake High School standout, Samantha Roecker, 24, shattered the course record by over nine minutes, completing the event in 1:18:09. Sam won't be back this year, but Diana Tobon-Knobloch of Niskayuna is ready to challenge her record. She has been on the comeback trail in 2017 after giving birth to twins in October 2016. Diana is a prior top finisher with a fourth place in the 2014 Mohawk Hudson River Half in a personal best time of 1:27:28. Diana's times have been steadily progressing this year and she recently ran 19:45 at the Malta 5K, close to her to PR of 19:34.

This year's half marathon is where the adrenaline is flowing. Will Tyler Andrews be able to set the course record, thus being in the rare position of having set both the marathon and half records? Will Lou Serafini surpass his own record in the half and be tied for winning the half the most times? Tyler Andrews has this to say about the race, "The record that stands in the half marathon was set by Louis Serafini who is a fantastically talented runner - he's run much faster than I have at shorter distances - so it won't be an easy record to break. Whatever happens, it'll be a great race." To find out, watch it in person or track runners at mohawkudson-marathon.com.

Interestingly, in the **Mohawk Hudson River Marathon**, there is a chance that the long standing record of 34 years that was demolished in 2016 could be erased again by Kiplanget Tisia, 27, who was last year's third place finisher to break the original record. Tisia was born in Kenya's Rift Valley and now resides in Rochester. He has won two consecutive Buffalo Marathons, three straight Flower City Half Marathons, and top honors at numerous Rochester area road races. Other local men to watch: Andrew Dionne, 28, of Syracuse finished second at the 2015 Mohawk Hudson River Marathon in 2:29:19; and Richard Messineo, 28, of Albany is a Mohawk Hudson Marathon speedster with a PR of 2:37:00.

On the local women's side: Dana Ostrander Bush, 39, a Shenendehowa High School star and past Stockade-athon 15K champion came in third last year in 3:00:36; and Karen Dolge, 47, of Valatie did the 2016 Wineglass Marathon in a strong 3:07:33.

The Course - The marathon starts at Central Park in Schenectady, and wends its way to Jennings Landing at the Corning Preserve in Albany. The Half Marathon starts midway at Colonie Town Park, with the same finish. Both races begin at 8am. *Runners' World* has listed the course as one of the "Top Ten Fastest Marathons" and says, "An impressive 30% of Mohawk Hudson's field typically qualifies for Boston. Runners enjoy its consistent weather, 370-foot net elevation loss (which could save you 1:53, according to ARRS), and unique "trail" cred. Much of the course follows a paved bike path that parallels the Mohawk and Hudson rivers' gradual descent, meaning minimal tangents to navigate, and fewer banked roads to curse."

Mile Markers - BlueShield of Northeastern New York, has mile marker signs spreading 24 miles to promote healthy activities, with the last two miles covered by the Albany Running Exchange and Team Utopia running clubs. When the Team Utopia sign looms at mile 26, runners breathe a sigh of relief, "Utopia in 385 yards!" 🌲



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70th TROY TURKEY TROT 2017
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Whatever your speed, the Troy Turkey Trot - the nation's 12th oldest road race - is a great way to jumpstart your Thanksgiving tradition.

Registration is now open for our 5K, 10K, Grade School Mile and Turkey Walk and features:

- The area's only 10K. 8 a.m. start!
- A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume"
- More than 240 age group and family team awards
- Colored start sections for the 5K to ensure a safe start and flow of runners
- Tech shirts ■ Chip Timing ■ ChronoTrackLive
- Finishers' items for all participants ■ Facebook, Twitter and text results live



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

● RUNNING & WALKING

2016 SHENENDEHOWA
VETERANS DAY DASH 5K.
KRISTEN HISLOP



2016 TROY TURKEY TROT.
RUSSELL MELTON



2016 SARATOGA COUNTY
REVOLUTIONARY RUN
FOR VETERANS 5K.

Build Your Own Turkey Sandwich

By Laura Clark

While the running community tends to equate the month of November with turkey trots, there are a multitude of other races on board that will prepare you to ace your favorite holiday race. And with Thanksgiving weighing in as the heftiest racing date in the country, there is good reason to prepare. But as everyone knows, there is a lot more to a sandwich than the meat. Build the first layer of your masterpiece around the Veterans Day holiday. Whether you choose to visit a military cemetery, attend a ceremony topped by your own personal reflective jaunt, or join an organized race, do honor those who made your participation possible.

We start off with the sixth annual **Revolutionary Run for Veterans 5K** on November 4, directed by the Firecracker 4 founders, Peter Goutos and Bob Vanderminden. This race through history begins at Schuylerville's Fort Hardy Park and traces a mostly flat route along the Champlain Canal tow path to Hudson Crossing Park. The course pinpoints the 1777 location where General Burgoyne lashed together a floating "Bridge of Boats" to engage in the Battles of Saratoga, the turning point of the Revolution. All proceeds are donated to the Saratoga County Veterans Trust and Agency Fund. As Peter Goutos so aptly expresses it, "We run the path that leads us to freedom, but moreover honor all who fought and died in the cause of this nation." (finishright.com)

On Friday morning, November 10, attend the 10th annual **Shenendehowa Veterans Day Dash 5K** on a flat course circling the school campus. You can anticipate a traffic-free experience with roads monitored by school security, a welcome perk for younger runners who will be out there supporting the Shen Track Booster Club and Clifton Park Track Club. Time your arrival for the ceremony to honor our veterans that will take place between the 9am kids' run and the 5K, and be sure and purchase a flag to line the course, with proceeds from sales donated to STRIDE Adaptive Sports. Veterans race for free. (shenrunners.com)

On the calendar date itself, Saturday, November 11, sign up for **Strides Against Sarcoma 3.5-Mile Trail Race** on Queensbury's Rush Pond Trails. Expect a fairly easy ride on a trail friendly to all skill levels. While the event isn't specifically targeted towards veterans, Agent Orange exposure has been documented as causing sarcoma, so any support you can give will be benefitting them as well. The race is expertly managed by Heidi and Bob Underwood, accomplished athletes themselves. (underdogracetiming.com)

For the bottom bread layer, don't miss the opportunity to sample the hearty **MVP Health Care Stockade-athon 15K** in Schenectady on Sunday, November 12. Reference our September issue for more details or visit stockadeathon.com.

Or test your legs out on the classic 5K turkey trot distance at **Girls on the Run 5K** on Saturday, November 18. Based from the Corning Preserve's Boat Launch, the course is a flat out and back north, following the Hudson River. The out and back is especially motivational for the girls as they can cheer for their teammates both coming and going. There are plenty of Superhero Sweepers to make sure all cross the finish line safely and successfully. This is less of a competitive event as an encouraging, feel-good experience - perfect for kids and first-timers. Under 16-year-olds receive a \$5 discount. (gotrcr.org)

And now, drumstick roll please... The meat of the sandwich! Turkeys have apparently hired the right public relations person as you don't have to travel far to locate a nearby trot, leaving more time for the main family and friends dinner event, not to mention the array of tempting sides. On Thanksgiving Day, November 23, choose from a variety on the table.

If guilt-free eating is your main motivation, consider the 70th running of the **Troy Turkey Trot**, with their 5K, 10K, Grade School Mile and Turkey Walk - one of the few Thanksgiving events to feature a 10K. The popular 5K ensures a safe start with color-coded starting area. Troy turkeys know their stuff and can justifiably puff out their iridescent feathers as they boast about hosting the 11th largest trot in the nation and as well as the 12th oldest race in the country. This year, race director Patrick Lynskey is justifiably proud of the more-evenly distributed awards format, which includes age-graded monetary prizes. A costume contest for 5K participants with prizes awarded for "Best Thanksgiving Day Costume" and "Best Non-Thanksgiving Costume" awaits you. There are also more than 240 age-group and family team awards. (troyturkeytrot.com)

Hunting for an extra helping 5K with more bang for the buck? Choose Saratoga's 16th annual **Christopher Dailey 5K Turkey Trot**, which tackles the gentle hills around Skidmore College, finishing with a dessert downhill back onto Broadway. Turkeys travel in mixed-aged flocks with youngsters in tow, and this is one of the few races with fair age group divisions for that set, beginning with 11 and under, 12-14, and then the usual 15-19. Give a shout out to the Ainsley's Angels pink and black team, who will be tackling the course pushing wheeled chariots with disabled riders. As usual, proceeds will fund a wide variety of healthy kid programs such as Camp Abilities and the Saratoga Farmers Market Kid POP Club. (zippyreg.com)

The 36th annual **Cardiac Classic 5K** utilizes the roads in and surrounding Schenectady's beautiful Central Park. All are welcome at the 5K, which attracts adequately trained tur-

keys - and they can run up to 12 miles per hour - and casual runners and joggers. There's also a Two-Mile Wellness Walk and free One-Mile Duck Pond Fun Run for relaxed participation. The Classic proceeds benefit Ellis Medicine's Wright Heart Center for cardiac care in the community. The 5K will have you back in the kitchen in no time. (cardiacclassic.org)

Want to put some calories in the bank but not eager to have your race time documented for internet eternity? Then select the **OurTowne Turkey Trot 5K** at the Bethlehem Middle School in Delmar, where "The only time that will matter this day is the good time that you will have... while helping the Bethlehem Food Pantry." Festivities get underway Thanksgiving Eve with fireworks guaranteed to roost turkeys from their perches. If you have left decision-making to the last minute, this race is a good bet as they accept procrastination registrations that evening. (ourtownebethlehem.com)

Prefer to hang out with a smaller flock? Then head over to **St. George's Turkey Trot 5K** in Clifton Park. There is no fancy preening required and postured strutting is kept to a minimum. The flat course near the Shenendehowa campus is stroller friendly, perfect for small family flocks. Festivities are led by the renowned St. George's Turkey mascot, who is happy to brush wings with all the fledglings! (finishright.com)

Country turkeys typically weigh in at the Batten Kill Valley Runners' 22nd annual **Running of the Turkeys**, a 5K run/walk and kids' 1K fun run, preferring the typical Arlington, Vermont hills and rural setting. While the first 300 to register receive a surprise "turkeyware" souvenir, there are still places at the table for day-of-registration guests. In the spirit of the holiday, overall winners receive turkeys, while second and third places receive pies. Generous runners who bring baked goods to share will be entered in a raffle for BKVR apparel. Those turkeys who prefer a 5K walk rather than a trot have their own event, a rare occurrence, with prizes for the top five males and females. (itsyourrace.com)

After your trot, feel free to end your season on a comfy over-stuffed couch, rooting for your favorite Turkey Bowl football team! 🦃

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

ADIRONDACK SPORTS EXPO

MOHAWK HUDSON RIVER MARATHON & HALF MARATHON PACKET PICK-UP



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

On Sunday, October 8, the 8th annual Mohawk Hudson River Marathon and Hannaford Half Marathon will bring 3,000 runners from upstate New York, neighboring states, Canada and abroad to the Capital Region.

Runner's World magazine, has highlighted the race and says, "The Mohawk Hudson provides all the amenities of a major marathon and none of the hassles."

One of the race amenities is the expanded Expo and Packet Pick-Up on Saturday, October 7 from 10am-5pm at the brand new Albany Capital Center! The expo is free admission and open to the public. The show has doubled in size to allow for more vendors and options for runners, attendees, family and friends to get great deals, learn, sample from a variety of running, summer and winter sports (alpine and cross country skiing and snowshoeing), health/fitness and travel exhibitors. Exhibitor categories include running, health, fitness, nutrition, travel, alpine and cross country skiing, snowshoeing, green living and more.

GreenLayer Sports will be at the show selling official race merchandise, such as shirts, jackets and race branded items. National Running Center will be on hand with running clothes, shoes, and last min-

ute purchases like gels, bars and more. IllumiNITE will be selling their reflective clothing and accessories for runners, cyclists and triathletes.

Bring your lightly worn running shoes to the expo. Drop off bins will be available as you enter the show floor. Donations go to Dunk Your Kicks, a fundraising program of The Max Cure Foundation, who collects gently used shoes and resells them as affordable footwear in developing nations to raise money for families battling pediatric cancer. Over 200 million pair of shoes are thrown away in US landfills every year. A majority of these shoes have life left in them. This campaign is facilitated by Rethink Nation, a recycler who sells those shoes to exporters, which distributes them in emerging countries as part of the Affordable Clothing Market. MCF receives up to \$1 per pair based on the quality of the shoes collected.

We will also collect non-perishable food items near the show entrance to benefit Food Pantries for the Capital District. Please bring cans or boxes to help the hungry in our region. This is a coalition of 60 food pantries in Albany, Rensselaer, Saratoga and Schenectady counties, providing funds, delivery, coordination, education and training to member food pantries. See you there!

2017 Exhibitors

FREE admission!
All welcome!

- 9 Miles East Farm - www.9mileseast.com
- Adirondack Sports & Fitness - www.adksports.com
- AdvoCare/Danielle & Mike Giulian - www.advocare.com
- Albany Running Exchange/AREEP - www.albanyrunningexchange.org
- Andrea Henkel Burke: Personal Training - www.andrea-burke.com
- Arbonne International - www.arbonne.com
- Bath Fitter - www.bathfitter.com
- BEMER Independent Distributor - www.marycae.bemergroup.com
- Bondi Band - www.bondiband.com
- Cabot Creamery Cooperative - www.cabotchese.coop
- Clark Sports Center - www.clarksportscenter.com
- Cystic Fibrosis Foundation - www.neny.cff.org
- Dunk Your Kicks - www.dunkyourkicks.org
- Freihofers Run for Women - www.freihofersrun.com
- Food Pantries For The Capital District - www.thefoodpantries.org
- Fulton Co Tourism/Fulton Montgomery Chamber - www.bikethruhistory.com
- Gore Mountain Region Chamber - www.gorechamber.com
- Green Mountain Energy - www.greenmountainenergy.com
- GreenLayer Sports - www.greenlayersports.com
- Hannaford Supermarket - www.hannaford.com
- Homeless and Travelers Aid Society - www.hatas.org
- Hudson Mohawk Road Runners Club - www.hmrrc.com
- Hudson Solar - www.hudsonsolar.com
- I Love Kickboxing - www.ilovekickboxingcliftonparkny.com
- Illuminite/BackAtcha Apparel - www.illuminite.com
- Kinkaid Family Chiropractic - www.kinkaidfamilychiropractic.com
- Lapland Lake Cross Country Ski Center - www.laplandlake.com
- Lasik Vision Institute - www.lasikvisioninstitute.com
- Metroland Ski Club - www.metrolandskiclub.com
- Mohawk Hudson Marathon Pace Team - www.mohawkhudsonmarathon.com
- Mohawk Towpath Scenic Byway Coalition - www.mohawktowpath.com
- National Running Center - www.nationalrunningcenter.com
- NeViTREK Snowshoes - www.nevitrek.com
- New York Capital District Ski Council - www.nycdsc.org
- Orangetheory Fitness - www.orangetheoryfitness.com
- Out of Control Ski Club - www.ocskiclub.org
- Patriot Hills of NY & PA - www.patriohills.org
- Peak to Brew Relay - www.p2brelay.com
- Powerhouse Athletics/Power Surge Nut Butters - www.powerhouseathleticsny.com
- Rikert Nordic Center - www.rikernordic.com
- Rock Your Fitness - www.rockyourfitnessny.com
- Running Wild Coaching - www.runningwildllc.com
- RUseeN Reflective Apparel - www.ruseen.com
- Shen Track Club/Vets Day Dash 5K - www.shenrunners.com
- Tour De Cure/ADA & Kivort Cycling - www.diabetes.org/saratoga
- Troy Turkey Trot 5K & 10K - www.troyturkeytrot.com
- Young Living Essential Oils - www.myyll.com/teresaalger

6th Annual St. George's Turkey Trot
5K Family Run/Walk
 Tony Lauria Memorial

Enter by 11/15 for T-shirt

Thursday, Nov. 23 • 8am
 St. George's School & Episcopal Church
 912 Rte 146, Clifton Park

Register: FinishRight.com
 ENTRY FORM: stgeorgeschoolcp.org
 • Kids' Fun Run - 9am

Benefits St. George's School

Batten Kill Valley Runners
 22nd annual

Running of the Turkeys

5K Run/Walk & Kids Fun Run
Thursday, Nov 23 • 9am
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Beautiful course & friendly competition
 Turkeyware to first 300 entered • 1K Kids Fun Run • 9:30am
 Long-sleeved shirt (\$10) if ordered by 11/4

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 More Info & Entry Form: BKVR.net
 Anita Gabalski: (518) 677-8333

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NON-MEDICATED LIFE



Mediterranean Diet REVISITED

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 79th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 78 installments of the *Non-Medicated Life*, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow in some individuals actual discontinuation of medication.

One example of such an informed diet is the eating pattern practiced in Mediterranean countries. This way of eating has been shown in both population-based studies and clinical trials to reduce all-cause mortality, cardiovascular death, non-fatal heart attack, and the development of certain cancers. Moreover, this way of eating is particularly attractive from a health perspective because it is sustainable: it offers a variety of flavors, textures, and aromas satisfying to most individuals over years. What constitutes a Mediterranean eating pattern and how one may start to implement it is discussed below.

The basis of the Mediterranean pattern of eating and cuisine was determined not by design, but by happenstance: by the climate, and in turn, the flora and the fauna of the countries which surround the Mediterranean Sea. This is a region rich in

grain, vegetables, fruits, legumes, and fish and, of course, olive trees. Cattle needed for red meat, while available, are not as easily supported perhaps because of a relative dearth of large expanses of grazing pasture.

The dietary composition of Mediterranean cuisine developed from what were the available food sources. Humans require proteins, carbohydrates and fats to survive. The Mediterranean pattern of eating, which is predominantly plant based, supplies protein from grains, legumes and vegetables, as well as fish and meat when available.

Carbohydrates from grains in Mediterranean cuisine are relatively unrefined. Such carbohydrates keep some of the germ or plant fat, and its presence helps slow the absorption of starch into the blood as glucose. The rate of absorption and rise of blood glucose is referred to as glycemic index. Although carbohydrates make a large part of the Mediterranean diet, the blunting of the rise in blood glucose – or lowering of glycemic index – helps prevent metabolic derangement such as the development of diabetes. Additionally, the soluble fibers in legumes will lower the glycemic index of a meal, as does the use of olive oil when consumed with grains and starchy vegetables. Lastly, the consumption of fruit in its whole form provides soluble fiber and membranes to further slow absorption and lower glycemic index.

The main fat in Mediterranean cuisine is olive oil. Olive oil is an omega-9 oil which contains only a small amount of saturated fat and in moderation has no known detrimental effects in the body. The low level of saturated fat may help reduce the amount of LDL or bad cholesterol, especially when olive oil takes the place of the saturated fats

in meats. Olive oil also contains natural antioxidants that may also decrease oxidation of LDL cholesterol. Such oxidation of LDL sets up an inflammatory reaction in existing cholesterol plaques, which increases the risk of plaque rupture, the primary mechanism of heart attacks and strokes.

Finally, Mediterranean cuisine also incorporates an increased amount of omega-3 fats. Omega-3 fat may be plant-based, such as short chain alpha-linolenic fats found in certain leaf vegetables like purslane, or it may be long chain EPA or DHA fats found in fish. Omega-3 fats are anti-inflammatory in the body and also may help to both stabilize cholesterol plaque and decrease heart arrhythmias.

Although the composition of the Mediterranean diet described above is important to its health benefit, equally important is how such foods are consumed. Mediterranean cuisine emphasizes social interaction with the sharing of food. Social interaction slows the eating process. Satiety in humans requires a communication between stomach and brain, and it is known that it takes about 20 minutes for the stomach to tell the brain that food has been consumed. Therefore, the slower the eating, the fewer calories are consumed before that communication takes place. Equally important, Mediterranean cuisine relies on a lower caloric density of food to help achieve satiety. By eating foods like leafy vegetables that have volume but few calories, stretch receptors in the stomach wall are activated early, with satiety achieved with fewer calories consumed. Early satiety is most important because it helps control body weight without hunger. Reductions in body weight reduce blood pressure and blood sugar and improve heart health.

If you understand these essential aspects of a Mediterranean diet, conscious implementation of this way of eating becomes easier. For most Americans the first priority is to reduce frequency of red meat consumption to once a week and to reduce the portion to no more than about four to six ounces. Searching for recipes that substitute fish for red meat is one way to start.

Without learning any new cooking skills, the incorporation of legumes and vegetables can be increased by consuming a large salad for lunch and one with dinner as well. Arugula, kale, purslane, spinach, mixed

greens, tomatoes, cucumbers, onions, red and green peppers, pimentos, chick peas, and a salad dressing using balsamic vinegar and olive oil can be simple, easy and satisfying. Additionally, the low calories of a salad for its volume will help to achieve satiety and control body weight.

Soups are a mainstay of Mediterranean cuisine, are easy to prepare, and have relatively low calories for the volume consumed. Moreover, they allow for a variety of vegetables and legumes to be more easily incorporated into ones diet and when a large amount is prepared they freeze well for future use. Start with a minestrone to get into Mediterranean soups. Gazpacho is also great in warmer weather.

While pasta and bread are certainly part of Mediterranean cuisine, reducing the amount consumed may be helped by eating a large salad beforehand and substituting whole wheat pasta and whole wheat bread for those made with white flour. Dipping bread in olive oil instead of using butter is much healthier as long as moderation is exercised. Mediterranean alternatives to wheat pasta that can be explored include couscous, bulgar, faro and risotto.

Searching for recipes for entrees should emphasize increasing vegetables and legumes and minimizing the portion size of red meat, chicken, and fish. This will be both less expensive and healthier.

In summary, a Mediterranean diet reduces the risk of heart disease, diabetes, and certain cancers. Implementation of a Mediterranean diet is helped by understanding the principles described above and beginning with a reduction in the frequency and amount of red meat consumed, and emphasizing vegetables and legumes. Mediterranean salads and soups are an easy way to begin and will help achieve satiety at lower total calories consumed. By naturally improving health a Mediterranean diet may help us to lead a more non-medicated life. 🌱

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




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RACE RESULTS

17TH ANNUAL WAKELY DAM ULTRA MARATHON TRAIL RACE 55K (34.1M) Self-Supported on Northville-Placid Trail July 29, 2017 • Wakely Dam, Indian Lake to Piseco Airport, Piseco

MALE OVERALL			
1	Chris Chapman	Nepean, ON	34 5:33:36
2	Timothy Ela	Clifton Park	27 5:36:20
3	Matt Tornaianni	Fultonville	41 5:37:50
FEMALE OVERALL			
1	Melissa Wern	Glens Falls	31 7:01:34
2	Melissa Kwasniewski	Fort Edward	40 7:47:14
3	Sarah Morehouse	New Hartford	22 8:59:13
MALE AGE GROUP: 20 - 29			
1	Josh Beck	Glens Falls	27 7:01:34
2	Ned Hinge	Utica	28 7:59:57
FEMALE AGE GROUP: 20 - 29			
1	Ashley Arnold	Killington, VT	29 9:10:22
MALE AGE GROUP: 30 - 39			
1	Jesse Wolfgang	Boonton, NJ	35 5:52:55
2	Ryan Christian	Amherstview, ON	31 5:53:57
3	Kyle Denbak	Ottawa, ON	35 5:56:32
4	Tony Carino	Phoenixville, PA	32 6:24:59
5	James Pergolizzi	Pittsford	35 6:29:23
6	Mark Whalen	New Hampton	33 6:29:44
7	Jason Doell	Carmel	39 6:58:46
8	Tom Portuese	Queensbury	35 7:42:41
9	Mike Rocque	Saratoga Springs	32 7:57:47
10	Mike Triller	Ballston Spa	36 7:57:47
11	Jeff Baran	Killington, VT	30 9:10:22
12	Vanglus Chakalis	South Glens Falls	34 9:13:57
13	Joseph Digirilamo	Odenton, MD	33 9:41:33
14	Adam Lampman	Gloversville	33 9:41:33
15	Shawn Martin	Lake Luzerne	38 9:51:48
FEMALE AGE GROUP: 30 - 39			
1	Annie Wafer	Deansboro	34 10:28:04
MALE AGE GROUP: 40 - 49			
1	Rob Richard	Little Falls	41 5:47:27
2	Carlos Vicens	Mississauga, ON	43 5:50:10
3	Brett Sherwood	Morris	42 5:53:00
4	Courtenay Guertin	Queensbury	42 5:54:47
5	Paul Cirillo	Mohawk	41 6:10:49
MALE AGE GROUP: 50 - 59			
1	Bill Hoffman	Clifton Park	50 6:39:00
2	Ted Cowles	West Granby, CT	58 6:45:52
3	Hugh Davis	Saratoga Springs	57 7:07:07
4	Marcelo Arruda	Flat Rock, IN	53 8:05:34
5	Kurt Lozier	Loudonville	58 8:35:20
6	Dennis Stadelman	Cicero	55 8:39:01
7	Chris Washburn	Newark	55 9:13:00
8	Mark Whittemore	Schenectady	53 9:20:06
MALE AGE GROUP: 60 - 69			
1	Bill Crowe	Rochester	67 9:43:00
2	Bill Hall	Rock Hill, SC	66 9:55:31
3	Patrick Cummings	Farmingville	62 10:07:46
FEMALE AGE GROUP: 60 - 69			
1	Elaine Morris	East Greenbush	64 11:27:11
MALE AGE GROUP: 70 - 79			
1	Charlie Thayer	Ringoes, NJ	73 11:27:48

Courtesy of Wakely Dam Ultra

41ST ANNUAL ESCARPMENT 30K TRAIL RACE

July 30, 2017 • Escarpment Trailhead, Windham to North Lake S.P., Haines Falls

MALE OVERALL			
1	Matt Lipsey	27 Harrisburg, PA	2:56:19
2	Ben Nephew	42 Westborough, MA	2:57:06
3	Jacob Loverich	40 State College, PA	3:03:49
4	Shaun Donegan	31 Malta	3:04:55
5	Jayson Kolb	30 Weehawken, NJ	3:09:31
FEMALE OVERALL			
1	Michelle Pratt	28 Albany	3:38:56
2	Katie O'Regan	32 Lititz, PA	3:41:29
3	Natalie Thompson	30 Pittsford	3:46:02
4	Pihvi Muschitello	26 New York	3:46:54
5	Maddy Harris	24 Albany	4:07:00
MALE AGE GROUP: 20 - 24			
1	Caleb Harris	24 Albany	3:17:38
2	Jonathan Wilmot	24 New Hartford	3:59:16
3	Daniel Sciafani	24 Effort, PA	4:37:53
FEMALE AGE GROUP: 20 - 24			
1	Joanna Marczyk	24 Stratford, CT	4:51:42
MALE AGE GROUP: 25 - 29			
1	Ian Shultis	25 Poughkeepsie	3:16:46
2	Devang Patel	28 North Bergen, NJ	3:20:05
3	Vasil Kariolis	28 Boston, MA	3:28:09
4	Kevin Wippel	28 Pine Bush	4:03:58
5	Jordan Peters	28 West Rutland, VT	4:12:57
6	Matthew Elam	25 Allston, MA	4:22:35
7	Steven Waldman	29 Sea Cliff	4:37:04
8	Stephen Discenza	28 Manhattan	4:45:57
9	Arthur Gross	27 Franklin, NC	4:50:45
10	Patryk Kolomyjski	27 Wallington, NJ	5:28:16
FEMALE AGE GROUP: 25 - 29			
1	Ellie Pell	25 Syracuse	4:09:20
MALE AGE GROUP: 30 - 34			
1	Benjamin Nilstestuen	34 Brooklyn	3:10:46
2	Philip Maynard	33 Montrose, PA	3:16:24
3	Ed Cullen	30 Rumford, RI	3:30:40
4	Bobby Asher	32 Bronx	3:34:25
5	Timothy Moore	33 Binghamton	3:35:09
6	Michael Welden	34 Rochester	3:38:48
7	Sean Reisman	32 Philadelphia, PA	3:46:32
8	Christopher Chromczak	32 Delmar	3:51:54
9	Paul Kentor	33 Flushing	3:54:41
10	Nels Leader	34 Woodstock	3:55:22
FEMALE AGE GROUP: 30 - 34			
1	Kali Bird	31 New Paltz	4:17:19
2	Vanessa Holzmann	32 Sacramento, CA	4:21:12
3	Mikala Shremshock	34 Harpers Ferry, WV	4:22:51
4	Iлона Duda	30 Brooklyn	4:33:56
5	Celia Patel	31 Ringwood, NJ	4:42:41
6	Kelly Virkler	33 Altamont	4:55:41
7	Sharon Knorr	33 New Castle, NH	5:18:05
8	Emily Chromczak	30 Delmar	5:24:40
MALE AGE GROUP: 35 - 39			
1	Aaron Stredny	36 Shavertown, PA	3:14:38
2	Dave Vona	35 Valatie	3:17:44
3	Jim Sweeney	36 Albany	3:19:27
4	Jed Sheckler	38 Ithaca	3:22:36
5	Michael Dinsmore	35 Huntingdon, PA	3:23:25
6	Josh Merlis	35 Albany	3:29:23
7	Shamus Nugent	35 Pocono Lake, PA	3:41:57
8	Shawn Bubany	39 Delhi	3:53:09
9	Giuseppe Cavallo	38 New Hope, PA	3:55:19
10	Joshua Jamison	39 York, PA	3:55:36
FEMALE AGE GROUP: 35 - 39			
1	Miriam Weiskind	37 Brooklyn	4:35:39
2	Rene Hoover	36 Akron	4:44:34
3	Kiki Hjeltnes	39 New Paltz	4:47:36
4	Maria Campos	38 New York	5:10:17
5	Melissa Woods	35 New Rochelle	5:15:37
6	Rosibel Landau	36 Rosendale	5:15:49
7	Martha Nelson	36 Washington, DC	5:33:55
8	Maggie Pichura	38 Ossining	5:33:55
9	Heather Metz	37 White Plains	6:23:11
10	Michelle Cyrir	39 Cambridge, MA	6:24:48
MALE AGE GROUP: 40 - 44			
1	Jake Stookey	41 Clifton Park	3:14:28
2	Mike Studdy	41 New Paltz	3:22:22
3	Sean Mannion	42 Carmel	3:27:34
4	Hyun Chang Chung	44 Scarsdale	3:49:48
5	Gerry Sullivan	42 White Plains	3:53:54
6	Michael Baker	43 Ballston Spa	3:54:27
MALE AGE GROUP: 45 - 49			
7	Tomasz Przepiora	43 Old Bridge, NJ	3:59:02
8	Christopher Post	44 Rhinebeck	4:01:47
9	Joe Del Conte	43 New York	4:02:22
10	Ranieri Bro Barbieri	40 Florence, ITA	4:04:56
FEMALE AGE GROUP: 40 - 44			
1	Jodi Zielinski	42 Montclair, NJ	4:33:47
2	Laura Gelman	42 Montclair, NJ	4:56:50
3	Lauren Monge	42 Somerville, NJ	4:57:20
4	Joanna Kravczuk-Mrowka	42 Brooklyn	5:03:16
5	Kate Shumeyko	40 Pompton Plains, NJ	5:11:40
6	Jennifer Broom	44 Branford, CT	5:17:38
7	Zsuzsanna Carlson	44 Morristown, NJ	5:20:07
8	Janna Chernetz	41 Scotch Plains, NJ	5:38:08
9	Danielle Feligno	41 Rochester	5:42:15
10	Mirela Postelnicu	41 Middletown, CT	6:03:09
MALE AGE GROUP: 45 - 49			
1	Alan Young	49 Suffern	3:23:18
2	Tony Kharitonov	48 Millburn, NJ	3:50:43
3	Dennis VanVlack	45 Duaneburg	3:52:59
4	Jonathan Wagar	45 Chester, NJ	3:58:10
5	Marcin Mrowka	47 Brooklyn	4:01:47
6	Michael Baione	48 New York	4:08:13
7	Jason Braun	48 Garrison	4:08:56
8	Wojciech Cieszkowski	48 Pearl River	4:13:12
9	Paul White	46 Waldwick, NJ	4:14:24
10	David Hollenbaugh	48 Summit, NJ	4:16:28
FEMALE AGE GROUP: 45 - 49			
1	Elaine Allen	49 Hamden, CT	4:49:22
2	Jennifer Ragone	46 Ashburn, VA	5:10:13
3	Mira Lami	49 Farmington, CT	5:20:11
4	Karen Bronstein	48 Englewood, NJ	5:28:41
5	Gillian Struthers	48 West Hartford, CT	5:33:35
6	Christine Reynolds	47 Newfield	5:33:58
7	Jennifer Ferriss	45 Saratoga Springs	5:49:47
MALE AGE GROUP: 50 - 54			
1	Jim Harron	53 Brookfield, CT	3:41:45
2	Mike Halstead	51 Stone Ridge	3:51:07
3	Thomas Dehaan	54 Kingston	3:55:03
4	Tony Fletcher	53 Mount Tremper	3:55:04
5	John Montgomery	51 Hackettstown, NJ	3:55:35
6	Jan Peter Brajer	51 Mahopac	4:03:56
7	Joe Gorbger	53 Princeton Junction, NJ	4:15:01
8	Stephen Sundown	50 Upper Montclair, NJ	4:15:56
9	Corey Bronstein	54 Englewood, NJ	4:16:28
10	Bob Meyer	52 Oakland, NJ	4:19:15
FEMALE AGE GROUP: 50 - 54			
1	Michele Harmon	51 Gaithersburg, MD	5:17:45
2	Karen Prado	50 Wethersfield, CT	5:23:11
3	Lizz Endrich	54 Cortlandt Manor	5:53:53
MALE AGE GROUP: 55 - 59			
1	Richard Fargo	58 Chatham, NH	3:38:03
2	Rocco Dellaserra	56 Cranford, NJ	4:17:58
3	Edward Gravelle	58 Ballston Lake	4:22:46
4	John Geesler	58 St. Johnsville	4:25:28
5	Thomas Buckley	57 Avon, CT	4:31:09
6	Glenn Trimboli	55 Bloomfield, NJ	4:40:25
7	Tom Brakel	55 Glen Ridge, NJ	4:53:31
8	James Sonneborn	57 Gladstone, NJ	4:56:17
9	Gene Gugliotta	58 North Plainfield, NJ	5:09:24
10	Chris Walzer	55 Vienna, AUS	5:17:35
FEMALE AGE GROUP: 55 - 59			
1	Michele Hammond	58 Chester, CT	5:36:01
2	Jean Kerr	58 Delmar	7:07:18
MALE AGE GROUP: 60 - 64			
1	Joe Mokszycki	61 South Salem	4:31:59
2	Bruce Shenker	64 Canaan	5:28:54
3	John Paul Ouellette	63 Stors, CT	5:35:29
4	Robert Scott	63 Woodbury, CT	5:41:18
5	Steve Sansola	62 Rhinebeck	5:43:04
6	Peter Gstalder	63 Montoursville, PA	6:17:50
FEMALE AGE GROUP: 60 - 64			
1	Barbara Sorrell	60 Delmar	7:07:18
MALE AGE GROUP: 65 - 69			
1	Michael Ranck	66 Deer Lake, PA	4:33:56
2	Bart Carrig	65 Little Falls	5:42:50
3	Jeffrey Klemm	66 McLean, VA	5:46:00
4	James Miner	68 Dryden	6:00:38
MALE AGE GROUP: 70 - 74			
1	Fred Pilon	71 Lee, MA	5:59:03

Courtesy of Dick Vincent's Insanity Adventure

3RD ANNUAL PEAK TO BREW RELAY

August 11-12, 2017 • Whiteface Mountain, Wilmington to Saranac Brewery, Utica

FULL RELAY - 227 MILES			
1	K2J Canadians	29:32:00	11 New York Run for the Fallen 34:12:00
2	Barkeater Boys & Girls	31:27:00	12 Got the Runs 34:20:00
3	Running Away to Marga-relay-ville	31:29:00	13 Fleet Feet Syracuse 34:21:00
4	Going the Distance	32:15:00	14 Team NYCM 34:50:00
5	Albany Crossfit	32:40:00	15 Lucky Toad 35:24:00
6	Jenny 2	32:53:00	16 Runs on-on Beer 35:33:00
7	Dirt Path Savages	33:36:00	17 Team RWB 35:45:00
8	Sleeve Monsters	33:45:00	18 Tiger Tough 35:54:00
9	Speediatrics	33:55:00	19 Chafaty First 36:11:00
10	Fierce Tradewinds	34:00:00	20 Buttr's Sweat and Beer 36:17:00
			21 Warriors of Change 36:22:00
			22 ADKted to Beer Runs 36:24:00
			23 You're My Boy Brew! 36:24:00
			24 12 Pack Crew to Saranac Brew 36:37:00
			25 We're Going SARONG Way! 37:25:00
			26 Wild Roadrunners 37:32:00
			27 Ruck Funning 37:45:00
			28 Scary Leg Runners 38:00:00
ULTRA TEAM - 6 RUNNERS			
1	Redemption	28:27:00	
2	Team Stupid	34:10:00	
3	Team Chub Rub	34:23:00	
4	Don't Harsh Our Mellow	35:37:00	

Courtesy of Bark Eater Events

39TH ANNUAL LANE 10K LAKE RUN

August 6, 2017 • Lake Pleasant to Speculator

MALE OVERALL			
1	Alex Ehrenthal	16 Concord, MA	38:50
2	Brady Sanfilippo	19 Oriskany	39:01
3	Karsten Holmquist	22 Atlanta, GA	44:25
FEMALE OVERALL			
1	Rainy Farrell	49 Millington, NJ	49:56
2	Brie Romines	41 Los Angeles, CA	50:01
3	Christine Parnell	41 Caledonia	51:31
MALE AGE GROUP: 15 - 19			
1	Brent Ackerman	16 Poughkeepsie	1:03:35
MALE AGE GROUP: 20 - 29			
1	Ryan Laymon	26 Ilion	49:40
2	Ben Hamm Conard	24 Roxbury, MA	54:14
3	Seth Brown	23 Tuxedo Park	55:49
FEMALE AGE GROUP: 20 - 29			
1	Erika VanAernam	27 Saratoga Springs	54:10
2	Taylor Armstrong	23 Roxbury, MA	1:06:09
3	Jacqueline Isabella	26 Sandy Hook, CT	1:08:59
MALE AGE GROUP: 30 - 39			
1	Jamie Waller Jr.	32 Clifton Park	1:08:12
FEMALE AGE GROUP: 30 - 39			
1	Jessica Mitchell	35 Monroe	52:45
2	Kara Przydatek	39 Little Falls	58:29
3	Jes VanValkenburgh	35 Fort Plain	1:09:32
MALE AGE GROUP: 40 - 49			
1	Paul Cirillo	41 Mohawk	46:14
2	Andy Bates	42 Los Angeles, CA	47:29
3	Jeff Bayard	43 Speculator	52:15
FEMALE AGE GROUP: 40 - 49			
1	Rebecca Conley	43 Northville	52:34
2	Carrie Doyle	44 Hillsborough, NC	57:54
3	Michele Lake	46 Johnstown	59:20
MALE AGE GROUP: 50 - 59			
1	Patrick Huther	59 New Hartford	47:51
2	Doug Landon	54 Amsterdam	49:11
3	Kenny Cook	56 Ridgewood, NJ	50:36
FEMALE AGE GROUP: 50 - 59			
1	Jacque Schiffer	52 Olivebridge	52:17
2	Teresa Creedon	51 Little Falls	57:42
3	Lisa Seigle	50 Cold Brook	1:14:09
MALE AGE GROUP: 60 - 69			
1	Jamie Waller Sr.	60 Lake Pleasant	1:06:36
FEMALE AGE GROUP: 60 - 69			
1	Joan Donohue	60 Columbia, SC	1:01:36
2	Kris Thorne	67 Clifton Park	1:07:47
3	Fran Wolfe	60 Boise, ID	1:12:40
MALE AGE GROUP: 70 - 79			
1	Patrick Bivona	76 Clifton, NJ	1:10:56

Courtesy of Adirondacks Speculator Region Chamber of Commerce

9TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K

August 12, 2017 • Camp Chingachgook on Lake George, Kattskill Bay

HALF MARATHON - 13.1M			

9TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K continued

MALE AGE GROUP: 40 - 44			
1 Douglas Rubinson	41	Cambridge, MA	49:10
2 Gianesh Nagavathnam	42	Edison	56:50
3 Manikandan Ramani	41	Clifton Park	1:08:36
FEMALE AGE GROUP: 40 - 44			
1 Peggy Beattie	44	Rensselaer	1:00:16
2 Vae Cahampagne	43	Fairfield, CT	1:10:02
MALE AGE GROUP: 45 - 49			
1 Oscar Letona	49	Yonkers	53:40
2 David Leonard	48	Clifton Park	56:51
3 John Jurenko	45	Brooklyn	58:25
FEMALE AGE GROUP: 45 - 49			
1 Kathleen Tersigni	46	Burnt Hills	1:06:11
2 Johanna Dekalb	46	Granville	1:13:56
3 Christina Harkavy	47	Cohoes	1:15:55

VERMONT SUN (SPRINT) & LAKE DUNMORE (OLYMPIC) TRIATHLONS
August 13, 2017 • Branbury State Park on Lake Dunmore, Brandon, VT

SPRINT - 600YD SWIM, 14M BIKE, 3.1M RUN			
MALE OVERALL			
1 Greg Grosicki	29	Charlestown, MA	58:33
2 Richard Fineman	26	Cambridge, MA	1:03:49
3 Peter Dodds	48	Burlington, VT	1:04:30
4 Shawn Berry	36	Saint Albans, VT	1:04:35
5 Carl Regenauer	52	Saratoga Springs	1:06:10
FEMALE OVERALL			
1 Julia Schofield	35	Charlotte, VT	1:11:50
2 Dot Martin	57	Montpelier, VT	1:14:57
3 Shannon Sweeney	21	Wayne, PA	1:16:35
4 Alice McCormick	33	Jeffersonville, VT	1:18:11
5 Julie Viau	38	Colchester, VT	1:18:40
MALE AGE GROUP: 10 - 14			
1 Seph Niquette	14	Williston, VT	1:18:40
2 Daniel Cochran	11	Grand Isle, VT	1:50:00
FEMALE AGE GROUP: 10 - 14			
1 Grace Burhans	14	Bennington, VT	1:42:32
2 Celeste Moyer	14	Essex Junction, VT	1:47:20
3 Perrin Marion	13	Manchester Center, VT	1:57:18
MALE AGE GROUP: 15 - 19			
1 Sam Hodges	17	Cornwall, VT	1:12:57
2 Dylan Landry	19	Conway, MA	1:18:39
FEMALE AGE GROUP: 15 - 19			
1 Emma Larrabee	19	Brookline, MA	1:22:50
2 Aryn Lannuzzi	17	Manchester Center, VT	1:40:25
3 Paige Marion	16	Manchester Center, VT	1:45:14
MALE AGE GROUP: 20 - 24			
1 Connor McCormick	23	Dover, MA	1:14:17
2 Ian Dechow	24	Maple City, MI	1:30:46
3 Colin McGuire	22	Bennington, VT	1:46:54
FEMALE AGE GROUP: 20 - 24			
1 Alex Cunningham	21	Pittsford	1:31:15
2 Kaitlin Huber	20	Bridport, VT	1:32:52
3 Stephanie Andrews	21	Pittsford	1:33:52
MALE AGE GROUP: 25 - 29			
1 Jordan Greenberg	29	New York	1:15:55
2 Mathieu Dessureault	28	Montreal, QC	1:16:44
3 Taylor Sisson	28	Underhill, VT	1:18:57
FEMALE AGE GROUP: 25 - 29			
1 Sarah Bandoren	26	Herrndon, VA	1:26:53
2 Elyse Hamel	28	Montreal, QC	1:28:43
3 Laurel Chen	27	Burlington, VT	1:29:08
MALE AGE GROUP: 30 - 34			
1 Jacob Hannah	33	Bristol, VT	1:11:07
2 Eugene Korsunsky	31	Hinesburg, VT	1:13:59
3 Jacob Roskelley	34	Falmouth, ME	1:19:58
FEMALE AGE GROUP: 30 - 34			
1 Aisling O'Toole	33	New York	1:29:54
2 Sarah Cranston	31	Brooklyn	1:29:54
3 Erica Clark	31	Sloatsburg	1:30:50
MALE AGE GROUP: 35 - 39			
1 Martin Wesolowski	36	Freeport, ME	1:17:48
2 Franklin Paulino	35	Burlington, VT	1:17:49
3 Rene Just	36	Northampton, MA	1:22:39
FEMALE AGE GROUP: 35 - 39			
1 Annie Rosier	38	Bristol, VT	1:25:24
2 Lynne Ruozzi	37	Norwood, MA	1:31:39
3 Stephanie Lusk	37	Burlington, VT	1:32:40
MALE AGE GROUP: 40 - 44			
1 Scott Moylan	44	Williston, VT	1:09:00
2 Antoine Brechu	40	Stowe, VT	1:12:09
3 David Crelling	42	Somerville, MA	1:13:18
FEMALE AGE GROUP: 40 - 44			
1 Cristine Maloney	44	Randolph, VT	1:28:03
2 Karen Rotach	41	Williston, VT	1:29:02
3 Kirsty Rock	44	West Wardsboro, VT	1:33:58
MALE AGE GROUP: 45 - 49			
1 Ryan Phillips	48	South Burlington, VT	1:14:30
2 Jonathan Schofield	47	Columbia, MD	1:19:35
3 Dave Kogut	49	Charlotte, VT	1:23:55
FEMALE AGE GROUP: 45 - 49			
1 Andrea Brinton	45	Rogers, AR	1:26:11
2 Sandra Chicoine	45	Brandon, VT	1:27:39
3 Jen Morgo	48	Holtsville	1:27:59
MALE AGE GROUP: 50 - 54			
1 Joe Place	54	Saratoga Springs	1:13:11
2 David Benz	52	Burlington, VT	1:30:39
3 William Reitz	50	Ferrisburgh, VT	1:30:58
FEMALE AGE GROUP: 50 - 54			
1 Pat Consolatti	54	Rutland, VT	1:24:50
2 Heidi Higgins-Cutler	51	Waterbury, VT	1:27:56
3 Caroline Hofess	53	Springfield	1:34:47
MALE AGE GROUP: 55 - 59			
1 William Rondini	57	South Glastonbury, CT	1:25:05
2 James McCabe	55	Mount Laurel, NJ	1:27:30
3 Bradley Sanborn	59	San Diego, CA	1:29:21
FEMALE AGE GROUP: 55 - 59			
1 Karen Newman	56		1:18:54
2 Joanne Godek	59	Jericho, VT	1:32:21
3 Stephanie Boyd	57	Williamstown, MA	1:34:05
MALE AGE GROUP: 60 - 64			
1 Jeffrey Shumann	61	Salisbury, VT	1:13:00
2 Sean Sweeney	60	Wayne, PA	1:18:10
3 Yves Ducharme	62	Montreal, QC	1:36:30
FEMALE AGE GROUP: 60 - 64			
1 Pamela Sills	61	Cambridge, VT	1:30:19
2 Lynne Caulfield	63	Charlotte, VT	1:34:06
3 Andrea Halnon	64	Bristol, VT	1:49:49

6TH ANNUAL OLD FORGE TRIATHLON
August 13, 2017 • Lakeview Avenue, Old Forge

1000M SWIM, 22-MILE BIKE, 4-MILE RUN			
MALE OVERALL			
1 Ryan Tober/20-24	1:41:06		
2 Jesse O'Donnell/30-34	1:42:48		
3 Jeff Dugan/30-34	1:47:16		
FEMALE OVERALL			
1 Kelly Morgan/35-39	1:53:12		
2 Gabrielle Czernik/25-29	1:55:35		
3 Rachel Waller/30-34	1:59:43		

Courtesy of Vermont Sun Run & Triathlon Series

Courtesy of Camp Chingachgook Challenge & Capital District YMCA

Courtesy of Vermont Sun Run & Triathlon Series

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RACE RESULTS

33ND ANNUAL HIGH PEAKS CYCLERY MINI-TRI SERIES *continued*

AGE GROUPS					
1 Brooke Pappalardo/F15-17	Flemington, NJ	1:41:01	1 Sarah Sullivan/F18-29	Tucson, AZ	1:07:13
1 Ayden Fleming/M15-17	Randolph, NJ	1:53:07	1 Michael Dutzcak/M18-29	Cerete, ILL	1:06:53
1 Adam Nasta/M18-29	Hershey, PA	1:09:27	1 Mel Frazer/F30-39	Lake Placid	1:12:18
1 Paulette Dalton/M30-39	Toronto, ON	1:08:21	1 Chris Richard/M30-39	Keeseville	1:01:32
1 Sara Cook/F40-49	Lake Placid	1:23:18	1 Sara Cook/F40-49	Lake Placid	1:21:35
1 Jay Fogarty/M40-49	Holderness, NH	1:09:58	1 Clayton Provost/M40-49	Lake Placid	1:04:19
1 April Montgomery/F50-59	Cambridge	1:30:07	1 April Montgomery/F50-59	Cambridge	1:31:29
1 Timothy Hesseline/M50-59	Saranac Lake	1:17:25	1 David Balestrini/M50-59	Lake Placid	1:05:07
1 Cathy Ventura-Merkel/F60-69	Brant Lake	1:22:59	1 Cathy Ventura-Merkel/F60-69	Brant Lake	1:20:00
1 Jim Stacy/M60-69	Hoosick Falls	1:31:07	1 Michael Bryant/M60-69	Wilmington	1:16:34
TEAMS					
1 Edward Ing/Billy Chan		1:11:27	1 Edward Burdick/Andrew Rochat/Kate Burdick		1:17:56
RACE #7 - AUGUST 14					
MALE OVERALL					
1 Colin Delaney/18-29	Lake Placid	57:04	1 Tate Frantz		18:03
2 Bryce Hartman/18-29	Saranac Lake	59:49	2 Cameron Murphy		21:55
3 Randy Kelley/40-49	Lake Placid	59:58	3 Nick Wagner		23:15
FEMALE OVERALL					
1 Elizabeth Izzo/18-29	Lake Placid	1:02:54	1 Ella Morris		27:01
2 Rosanne Van Dorn/40-49	Lake Placid	1:05:32	1 Emmett Fox		6:50
3 Brooke Kelley/18-29		1:06:06	2 Duncan Van Dorn		6:59
3 Charlie Fox		7:09	3 Liam Morris		7:17
AGE GROUPS					
1 Elijah Barker/M1-12	Perkasie, PA	1:21:04	1 Abigail Van Dorn		7:00
1 Peter Murphy/M13-14	Menands	1:33:24			
1 Ryan Greguski/M15-17	Tupper Lake	1:08:51			

Courtesy of High Peaks Cyclery

17TH ANNUAL CRYSTAL LAKE TRIATHLON August 19, 2017 • Crystal Cove, Averill Park

TRIATHLON - 0.5M SWIM, 15M BIKE, 3M RUN						
MALE OVERALL						
1 Robert Ordish	32 Albany	1:17:39	1 Steven Nicol	44 Schenectady	1:25:13	
2 Carl Regenauer	52 Saratoga Springs	1:17:45	2 Rob Van Der Kar	42 Averill Park	1:26:12	
3 Jeffrey Andritz	36 Altamont	1:18:28	3 Daniel Murphy	43 Delmar	1:26:41	
4 John Noonan	58 Ballston Spa	1:19:57	4 Chris Thompson	44 Delmar	1:29:01	
5 Stefano Fontana	29 Round Lake	1:20:40	5 Joshua Katzman	41 Clifton Park	1:29:09	
FEMALE OVERALL						
1 Beth Ruiz	44 Delmar	1:23:33	6 Mark Eisenhandler	43 New Paltz	1:29:45	
2 Michelle Rosowsky	50 South Burlington, VT	1:25:14	7 Mike Rosa	41 Clifton Park	1:30:34	
3 Erin Gregory	41 Clifton Park	1:29:13	8 John Coleman	44 Saratoga Springs	1:30:57	
4 Suzanne Ryan	33 Niskayuna	1:30:21	9 Sean Stahlman	41 Averill Park	1:39:01	
5 Holly Labarre	50 West Suffield, CT	1:33:56	10 Nicholas Verdile	42 Ballston Spa	1:40:35	
FEMALE AGE GROUP: 1 - 14						
1 Claire Holt	13 New Paltz	1:41:58	11 Jonathan Golden	44 Slingerlands	1:40:46	
2 Isabella Woytowich	12 Saratoga Springs	1:58:19	12 Larry Salvagni	44 Feura Bush	1:48:07	
3 Molly Hill	13 Alexandria, VA	2:31:07	13 Dean Rowe	44 Ghent	1:48:27	
4 Sarah Woytowich	11 Saratoga Springs	2:35:04	14 Kenneth Lorenz	40 Hoosick Falls	1:51:19	
MALE AGE GROUP: 15 - 19						
1 Colin Leonard	17 Slingerlands	1:28:40	15 William Belden	41 Ballston Lake	1:51:23	
2 Hyrum Balog	16 Saratoga Springs	1:30:06	16 Damian Meehan	44 Cohoes	1:51:25	
3 Avery Ball	19 East Greenbush	1:35:14	17 Robert Philip	40 Glenville	1:56:57	
4 Keston Holohan	15 Averill Park	1:42:25	18 Vincent Nagenast	42 Malta	2:01:54	
5 Kevin Ostrander	19 Mechanicville	1:49:11	FEMALE AGE GROUP: 40 - 44			
FEMALE AGE GROUP: 15 - 19						
1 Anna Hill	15 Alexandria, VA	2:02:59	1 Jessica Nash	42 Troy	1:38:54	
MALE AGE GROUP: 20 - 24						
1 Ryan Fagan	22 Carmel, IN	1:37:38	2 Heather Frank	43 Stillwater	1:40:14	
FEMALE AGE GROUP: 20 - 24						
1 Hannah Wistort	22 Niskayuna	1:51:40	3 Theresa Felton	42 Wilton	1:43:50	
MALE AGE GROUP: 25 - 29						
1 Sean Parnett	27 Albany	1:28:38	4 Estelle Burns	42 Troy	1:44:59	
2 Gavin Cumming	25 Corinth	1:37:35	5 Alicia Beeman	40 Albany	1:50:24	
3 Liam Hill	28 Glenville	1:44:20	6 Sarah Every	43 Spencertown	1:56:23	
4 Caleb Gleason	27 Watervliet	2:01:11	7 Wendi Kerls	44 Saratoga Springs	1:56:25	
5 Jesse Stead	28 Rensselaer	2:23:30	8 Wendy Colonno	41 Glenmont	1:58:22	
FEMALE AGE GROUP: 25 - 29						
1 Caitlin Joyce	27 Niskayuna	1:36:39	9 Thea Dalfino	40 Rensselaer	2:03:17	
2 Kendra Kline	27 Saratoga Springs	1:38:26	10 Megan Miller	40 Rensselaer	2:04:13	
3 Kelsey Mulvaney	27 Yonkers	1:38:53	11 Angel Jewell	41 Averill Park	2:04:18	
4 Carly Samach	26 Schuylerville	1:40:11	12 Rana Meehan	44 Cohoes	2:08:00	
5 Mariola Moeyaert	29 Albany	1:42:35	13 Joanne Hammond	42 Burnt Hills	2:09:07	
6 Taylor Slone	26 Saratoga Springs	1:42:51	14 Claire Sherwood	42 Averill Park	2:13:39	
7 Meaghan Leary	26 Albany	1:44:47	15 Angie Francis	41 Averill Park	2:24:39	
8 Rachel Medina	29 South Windsor, CT	2:29:46	MALE AGE GROUP: 45 - 49			
MALE AGE GROUP: 30 - 34						
1 TJ Ruane	30 Saratoga Springs	1:22:45	1 Bill Shashaty	48 Stone Ridge	1:23:28	
2 Sean Smith	34 Latham	1:25:06	2 Martin Gordinier	47 Delmar	1:25:47	
3 Charlie Dolnik	32 Albany	1:33:49	3 Travis Moore	45 Ballston Lake	1:28:56	
4 Jon Knickerbocker	30 Albany	1:38:43	4 Mike Pickering	48 Ballston Spa	1:29:20	
5 Michael Shanley	34 Albany	1:40:33	5 Neil Sergott	46 Clifton Park	1:31:41	
6 Christopher Zeitler	31 Greenville	1:42:33	6 Kenneth Mandato	48 Albany	1:37:14	
7 Benjamin Hunter	33 Troy	1:44:13	7 Mark Lefebvre	48 Queensbury	1:44:08	
8 Vincent Fuschino	33 Mechanicville	1:44:29	8 Eric Zalesky	49 Malta	1:45:29	
9 Greg Vallecorsa	32 Latham	1:53:47	9 Alex Chlopecki II	46 Glenville	1:45:58	
10 James Grosek	34 Cohoes	1:58:03	10 John Lawrence	48 Clifton Park	1:46:11	
11 Nick Whitney	31 Delmar	2:27:20	11 Andy McMaster	46 Ballston Spa	1:46:29	
12 Garrett Blair	31 South Hadley, MA	2:27:21	12 Michael Conway	47 East Nassau	1:48:00	
FEMALE AGE GROUP: 30 - 34						
1 Rebekah Widrick	33 Saratoga Springs	1:38:19	13 David Morales	45 Glenville	1:48:19	
2 Ilana Prusock	33 New York	1:44:00	14 Walter Boldish	48 Ballston Lake	1:48:55	
3 Billie Jo Smith	34 Latham	1:44:11	15 Richard Herbert	48 Germantown	1:50:34	
4 Katherine Guilfoyle	32 Mechanicville	1:46:11	16 Michael Tobin	46 Rensselaer	1:52:51	
5 Kelly Rogers	31 Ballston Spa	1:47:48	17 Mike Ostrander	49 Clifton Park	1:53:02	
6 Katharine Neer	31 Saratoga Springs	1:50:14	18 Kevin Dean	45 Clifton Park	1:53:34	
7 Jackie Scovello	34 Schenectady	1:53:25	19 Josiah Klebaner	48 Red Rock	1:55:56	
8 Mary Shierly	31 Castleton	1:55:50	20 Michael Woytowich	45 Saratoga Springs	1:58:03	
9 Kate Loeffler	30 Clifton Park	2:04:58	21 David Van Pelt	49 Ballston Lake	2:12:16	
10 Lauren Dougherty	32 Latham	2:10:28	FEMALE AGE GROUP: 45 - 49			
11 Colleen Dolnik	31 Schenectady	2:21:52	1 Kelli Schuhl	45 Charlton	1:34:56	
MALE AGE GROUP: 35 - 39						
1 Christopher Carter	39 Averill Park	1:29:54	2 Sarah Vogel	48 Slingerlands	1:37:16	
2 Bradley Fischer	38 Saratoga Springs	1:30:09	3 Michelle Richardson	47 Stuyvesant Falls	1:40:00	
3 Max Corbett	37 Altamont	1:30:21	4 Justine Dadds	47 Pittsfield, MA	1:43:45	
4 Kevin Grossman	38 Delmar	1:35:48	5 Christl Mueller	47 Averill Park	1:50:03	
5 Christopher Tocin	35 Albany	1:35:56	6 Rachel Harvey	45 Saratoga Springs	1:51:59	
6 Jeffrey Mullen	35 Ballston Lake	1:36:09	7 Alicia Gillen	47 Altamont	1:55:15	
7 Lucas Ruglis	35 Saratoga Springs	1:47:32	8 Dee Fisher-Golden	47 Slingerlands	2:00:42	
8 David Ricks	39 Clifton Park	1:57:42	9 Mindy Fairchild	46 Averill Park	2:02:05	
9 Michael Berger	36 Loudonville	1:58:37	10 Jeannine Kaskoun	47 Troy	2:04:48	
FEMALE AGE GROUP: 35 - 39						
1 Evan Kujavski	39 Albany	1:34:18	11 Amy Valentine	45 Old Chatham	2:05:40	
2 Jennifer Dean	39 Rensselaer	1:34:59	12 Allison Van Pelt	47 Ballston Lake	2:12:50	
3 Leigh Parker	36 Glenmont	1:35:00	13 Dayna Maniccia	49 Albany	2:18:50	
4 Erin Svare	37 Delmar	1:39:26	14 Candace Hill	47 Alexandria, VA	2:34:10	
5 Susy Garcia Romero	35 Rensselaer	1:42:52	MALE AGE GROUP: 50 - 54			
6 Jennifer Bergeron	37 Delmar	1:44:09	1 Tomo Miyama	52 Valatie	1:25:28	
7 Kristen Lennon-McMahan	36 Clifton Park	1:49:16	2 Denis Labarre	52 West Suffield, CT	1:28:22	
8 Karly Decker	37 Selkirk	1:49:48	3 Tim Fitzenz	54 Ballston Spa	1:34:23	
9 Amy Haley	36 Saratoga Springs	1:51:46	4 Dan Shyne	50 Selkirk	1:35:01	
10 Jessica Minbiolo	39 Croseyville	1:58:39	5 John Slyer	52 Averill Park	1:35:41	
11 Erin Dolen	36 Delmar	2:00:18	6 Gary Sancilio	53 Delmar	1:36:34	
12 Maria Oeser	35 Ballston Lake	2:02:27	7 Kenneth Lane	52 Castleton	1:37:50	
13 Erin Freeh	37 Troy	2:06:14	8 Chris McNally	52 Ballston Spa	1:37:50	
14 Renee Greer	37 Albany	2:15:12	9 Tom Denham	51 Delmar	1:38:17	
15 Tuanh Turnbull	37 Albany	2:29:46	10 Matthew Landy	51 Glenmont	1:39:37	
			11 Timothy Landis	53 Clifton Park	1:39:42	
			12 Don Welsh	53 Albany	1:40:39	
			13 Gary Grace	52 Delmar	1:43:29	
			14 Eric Sanborn	54 Rexford	1:44:45	
			15 Mike Reickert	54 Slingerlands	1:49:26	
			16 Mike Langevin	53 Albany	1:49:36	
			17 Timothy McElrath	52 Menands	1:50:02	
			18 Terry Briscoe	50 Saratoga Springs	1:50:25	
			19 Ed Hack	52 Green Island	2:52:06	
FEMALE AGE GROUP: 50 - 54						
1 Roberta Vogt	53 Rexford	1:40:10				
2 Martha Gohlke	50 Voorheesville	1:44:36				
3 Dianna Langdon	50 Altamont	1:47:49				
4 Melinda Fry	52 Saratoga Springs	1:50:22				
5 Suzanne Holt	51 New Paltz	1:52:10				

continued

17TH ANNUAL CRYSTAL LAKE TRIATHLON *continued*

6 Emma Griffen	53 Malta	1:55:06	1 James Sweeney	67 Plainview	1:41:55
7 Darlene Kusaywa	54 Clifton Park	1:55:24	2 David Olsen	65 Niskayuna	1:49:13
8 Kelly Gillen	50 Altamont	1:57:18	3 Jamesm Sheehan	65 Cohoes	2:07:13
9 Laura Lewis	53 Clifton Park	2:02:08	4 Ira Baumgarten	66 Averill Park	2:08:49
10 Rebecca Phillips	50 Schenectady	2:13:11	FEMALE AGE GROUP: 65 - 69		
11 Angelique Papadopoulou	53 Cohoes	2:17:04	1 Kathryn Frieden	66 Manchester, NH	2:23:12
12 Jacqueline Sheffer	52 Ballston Spa	3:08:19	MALE AGE GROUP: 70 - 74		
MALE AGE GROUP: 55 - 59			1 Douglas Kabat	71 Niskayuna	2:01:58
1 Roger Liberman	58 New York	1:53:52	MALE AGE GROUP: 75 - 79		
2 Stephen Maher	56 Slingerlands	1:55:58	1 Ray Lee	75 Halfmoon	2:16:38
3 John Perry	55 Johnsonville	2:03:20	AQUABIKE - 0.5M SWIM, 15M BIKE		
4 Mark Gleason	57 Watervliet	2:51:17	MALE OVERALL		
FEMALE AGE GROUP: 55 - 59			1 Jay Shलगren	64 Te Awamutu, NZL	1:00:25
1 Jess Shलगren	55 Te Awamutu, NZL	1:42:29	2 Chris Kurkjian	58 Ballston Lake	1:19:34
2 Michelle Sweeney	59 Plainview	1:45:33	3 Tim Melita	60 Slingerlands	1:28:14
3 Lisa Joyce	56 Ballston Spa	1:49:36	4 Glen Busby	71 Niskayuna	1:36:13
4 Jean Culver	58 Williamstown, MA	1:56:01	FEMALE OVERALL		
5 Joanne Paska	58 Fort Edward	2:04:32	1 Molly Geuss	31 Rhinebeck	1:05:52
6 Mayumi Tsutsui	59 Rensselaer	2:23:30	2 Jodi Plante	43 Saratoga Springs	1:08:15
MALE AGE GROUP: 60 - 64			3 Dianna Brooks	61 Pittsfield, MA	1:18:30
1 Michael Boskin	60 Albany	1:47:05	4 Amy Vanderploeg	53 Niskayuna	1:22:41
2 Kurt Olander	60 Tappan	1:58:53	5 Elvira Brankov	53 Albany	1:24:40
3 Roger Frieden	64 Manchester, NH	2:06:58			
FEMALE AGE GROUP: 60 - 64					
1 Kathleen Pfeiffer	63 Queensbury	2:42:48			

Courtesy of Capital District Triathlon Club

15TH ANNUAL JAILHOUSE ROCK 5K RACE August 19, 2017 • Brookside Museum, Ballston Spa

FEMALE OVERALL			15 Greenfield Center	16:54	1 Shannon Hansen	43 Ballston Spa	22:43	
1 Kelsey Chmiel	15 Greenfield Center	16:54	36 Saratoga Springs	18:14	2 CC Larner	41 Winooski, VT	22:47	
2 Erin Lopez	36 Saratoga Springs	18:14	27 Albany	18:35	3 Jamie Farone	40 Saratoga Springs	23:09	
3 Allison Konderwisch	27 Albany	18:35	MALE OVERALL					
MALE OVERALL			1 Ugis Jocis	23 Gansevoort	15:31	1 Mathew Nark	43 Clifton Park	19:47
1 Ugis Jocis	23 Gansevoort	15:31	2 Bob Irwin	44 Guiderland	17:12	2 Zach Hill	42 Saratoga Springs	20:23
2 Bob Irwin	44 Guiderland	17:12	3 Tim Dwyer	16 Ballston Spa	17:19	3 Joe Genter	42 Saratoga Springs	21:01
3 Tim Dwyer	16 Ballston Spa	17:19	FEMALE AGE GROUP: 1 - 10					
FEMALE AGE GROUP: 1 - 10			1 Emily Bush	10 Saratoga Springs	20:51	1 Virginia Larner	45 Malta	21:55
1 Emily Bush	10 Saratoga Springs	20:51	2 Nora Li	4 New York	24:55	2 Hannah Barny	45 Ballston Spa	22:13
2 Nora Li	4 New York	24:55	3 Myah Snay	10 Cohoes	33:46	3 Trudy Boulia		

7TH ANNUAL LAKE GEORGE OPEN WATER SWIM continued

FEMALE AGE GROUP: 18 - 24		FEMALE AGE GROUP: 55 - 59		FEMALE AGE GROUP: 40 - 44	
1 Alison Canjura/NY	1:24:31	1 Gail Holland/MA	1:36:40	1 Gwenan Evans/NY	51:40
2 Kelly Mulvehill/NY	1:38:45	2 Margaret Muse/MA	2:05:33	2 Heather Hopke/NY	53:55
3 Andrea McLure/NY	1:45:09	3 Bridget Sisk/NY	2:05:54	3 Jennifer Jones/NY	54:42
MALE AGE GROUP: 25 - 29		MALE AGE GROUP: 60 - 64		MALE AGE GROUP: 45 - 49	
1 John Thomas/NY	1:29:52	1 Steve Meyer/NY	1:24:38	1 Allon Yaron/NY	1:16:59
2 Casey Burns/NY	1:30:05	2 Frank Brennan/VT	1:54:57	FEMALE AGE GROUP: 45 - 49	
3 Ryan Stanton/NY	1:48:19	MALE AGE GROUP: 65 - 69		1 Kathleen Crowell/NY	47:34
FEMALE AGE GROUP: 25 - 29		1 Stephen Paushter/NY	1:44:52	2 Janie Morency/QC	55:36
1 Prislila Modrov/NJ	1:19:32	2 William Ondrako/NY	2:05:16	3 Jennifer McCuin/VT	58:29
2 Ada Rubin/NY	1:26:35	FEMALE AGE GROUP: 65 - 69		MALE AGE GROUP: 50 - 54	
3 Alex Zatylny/QC	1:28:50	1 Dorothy Tourtual/NY	1:44:52	1 Mister Basquali/NY	52:44
MALE AGE GROUP: 30 - 34		5K WETSUIT		2 Omar Wohabe/NY	55:33
1 Matthew Neuber/NY	1:22:43	MALE OVERALL		3 Mark Burns/VT	58:50
2 Benjamin Hyland/NY	1:40:47	1 Drew Henry/18-24/NY	1:21:36	FEMALE AGE GROUP: 50 - 54	
3 Jose Pasillao/NY	1:49:50	2 Randy Kelley/45-49/NY	1:24:26	1 Mary FitzGerald/MA	44:17
FEMALE AGE GROUP: 30 - 34		3 Marc Gershel/45-49/NY	1:25:40	2 Julie West/NY	57:56
1 Anne Osborn-Gustavson/DE	1:29:42	FEMALE OVERALL		3 Martha Heneghan/NY	58:34
2 Shaina Dinsdale/NY	1:32:02	1 Brooke Kelly/18-24/NY	1:15:48	MALE AGE GROUP: 55 - 59	
3 Lisa Palmieri/NY	1:38:40	2 Kristen Koines/40-44/VA	1:39:08	1 Robert Lewis/NY	48:19
MALE AGE GROUP: 35 - 39		3 Christie Miller/45-49/DE	1:41:59	2 Charles Jacques/NJ	1:08:45
1 Michael Capuzzi/NY	1:51:09	2.5K NON-WETSUIT		FEMALE AGE GROUP: 55 - 59	
2 Nathan Burstein/NY	1:57:26	MALE OVERALL		1 Liz Morrish/UK	54:03
3 JB Bouchard/NY	2:08:39	1 Brent Wasser/35-39/NY	40:58	2 Robin Perry/CT	55:03
FEMALE AGE GROUP: 35 - 39		2 Sean Parnett/25-29/NY	41:41	3 Sharon Snyder/NY	59:01
1 Anastasia Graf/NY	1:22:39	3 Mike Delaney/60-64/VT	42:04	MALE AGE GROUP: 60 - 64	
2 Emma Hansen/NY	1:27:23	FEMALE OVERALL		1 Curtis Hurff/NJ	50:07
3 Michelle Toner/MA	1:34:31	1 Whitney Tracy/30-34/NY	43:58	2 Tom Malcolm/NY	54:22
MALE AGE GROUP: 40 - 44		2 Mary FitzGerald/50-54/MA	44:17	3 Daniel Rosemarin/NY	59:12
1 Blake Hargis/NY	1:42:13	3 Caitlin Joyce/25-30/NY	44:38	FEMALE AGE GROUP: 60 - 64	
FEMALE AGE GROUP: 40 - 44		MALE AGE GROUP: 25 - 29		1 Petie Connolly/CT	48:57
1 Christy Donley/MD	1:25:25	2 Andrew Radcliffe/NJ	44:36	2 Kathy Meany/NY	57:07
2 Keele Kozak/VT	1:40:26	FEMALE AGE GROUP: 25 - 29		3 Jean Wheeler/NY	57:37
3 Anne Doucet/MA	1:56:33	1 India Davis/NY	59:30	MALE AGE GROUP: 65 - 69	
MALE AGE GROUP: 45 - 49		2 Cady Glaubinger/NY	1:02:31	1 Mark Bourgeois/NY	50:29
1 Jonah Meyer/NY	1:28:43	FEMALE AGE GROUP: 25 - 29		2 Bob Kolonowski/NY	51:25
2 Scott Burton/NY	1:42:49	1 Kerry Lynskey/NY	1:19:54	3 Peter Brady/NY	55:04
3 Timothy Murphy/TX	1:45:01	2 Jillian Greenawalt/NY	1:24:49	FEMALE AGE GROUP: 65 - 69	
FEMALE AGE GROUP: 45 - 49		MALE AGE GROUP: 30 - 34		1 Sue Tendy/NY	59:28
1 Elke Hofmann/NY	1:28:15	1 Tommy DeLuca/NY	44:45	2 Barb Quinby/PA	1:23:41
2 Diane Benke/CT	1:43:17	2 Kosz Marcin/NY	58:41	MALE AGE GROUP: 70 - 74	
3 Bernadette O'Connor/NY	1:48:03	3 Luc Villandre/QC	59:20	1 Tocher Mitchell/VT	55:25
MALE AGE GROUP: 50 - 54		FEMALE AGE GROUP: 35 - 39		2 Donald Mahler/NH	1:17:21
1 Sebastian Mol/NY	1:26:12	1 Jennifer Snyder/NY	47:07	2.5K WETSUIT	
2 Keith Wiley/PA	1:27:27	2 Alison Tapper/ON	47:22	MALE OVERALL	
3 Matthew Alper/NY	1:32:40	3 Erin Larrabee/NY	48:24	1 Patrick Kilgallen/60-64/NY	41:25
FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 40 - 44		2 Michael Baxter/60-64/NY	45:56
1 Mary Pasquale/MA	1:33:48	1 David Schaller/NJ	47:32	3 Stuart Lewis/55-59/NY	48:38
2 Janet Harris/NY	1:34:30	2 Stephen Csiza/NY	48:11	FEMALE OVERALL	
3 Tamara Van Ryn/NY	1:38:38	3 Yong Ih Kim/NY	49:26	1 Alison Snyder/18-24/NY	49:42
MALE AGE GROUP: 55 - 59		FEMALE AGE GROUP: 40 - 44		2 Traci Wagner/30-34/NY	56:19
1 Jeffrey Stuart/CT	1:23:01	1 David Schaller/NJ	47:32	3 Adrienne Cooper/35-39/NY	1:00:12
2 Douglas Bosley/MA	1:23:50	2 Stephen Csiza/NY	48:11	<i>Courtesy of Green Leaf Racing</i>	
3 James Harding/NY	1:35:32	3 Yong Ih Kim/NY	49:26		

9TH ANNUAL DUANESBURG YMCA TRIATHLON

August 26, 2017 • Duanesburg YMCA, Duanesburg

325YD SWIM, 10M BIKE, 5K RUN		MALE OVERALL		MALE AGE GROUP: 45 - 49	
1 Luke Tanner	27 Schenectady	52:09	1 Patrick Sommo	49 Gunderland	55:25
2 Stefano Fontana	19 Round Lake	52:46	2 Daniel Pollay	47 Delanson	1:13:55
3 Donald Guest	22 Saranac Lake	52:47	FEMALE AGE GROUP: 45 - 49		
FEMALE OVERALL		MALE AGE GROUP: 50 - 54		1 Alicia Gillen	47 Altamont
1 Alexandra Dixon	17 Delanson	1:08:30	2 Jeffrey Burdo	54 Saratoga Springs	58:24
2 Deanne Webster	41 Albany	1:09:20	3 Andrew Schmidt	51 Delanson	1:10:06
3 Beth Blaha	36 Gloversville	1:10:03	4 Chet Pratt	53 Schenectady	1:14:33
MALE AGE GROUP: 1 - 14		5 Kevin Gardner	51 Green Island	57 New Paltz	1:17:17
1 Jacob Gilson	12 Niskayuna	1:12:13	6 Bernadine Williams	50 Williamstown, MA	1:20:20
2 Micah Suh	12 Latham	1:12:15	7 Tom Denham	51 Delmar	1:27:01
FEMALE AGE GROUP: 1 - 14		8 Glenn Warner	52 Warnersberg	52 Warnersberg	1:36:35
1 Amaya Digiovanni	14 Delanson	1:10:58	FEMALE AGE GROUP: 50 - 54		
2 Leigh Ann Gilson	10 Niskayuna	1:15:16	1 Katherine Myers	54 Williamstown, MA	1:11:17
3 Abigail Sellnow	12 Schenectady	1:30:49	2 Jennifer Honen	53 Slingerlands	1:15:40
4 Marianna Santabarbar	13 Rotterdam	1:42:56	3 Kelly Gillen	50 Altamont	1:16:47
MALE AGE GROUP: 15 - 19		4 Roxanne Gillen	54 Schenectady	54 Schenectady	1:17:54
1 Tristan Dixon	19 Delanson	1:05:58	5 Kristina Sison	52 Astoria	1:18:30
2 Patrick Sweeney	16 Schoharie	1:09:44	6 Elizabeth Williams	54 Selkirk	1:23:22
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 55 - 59		1 Pat Goodell	57 Plattsburgh
1 Eleanor Felton	17 Esperance	1:10:58	2 Tim Christensen	56 East Greenbush	1:08:16
FEMALE AGE GROUP: 20 - 24		3 John Bishop	58 Saratoga Springs	58 Saratoga Springs	1:17:33
1 Brandi Labounty	23 Fairfield, VT	1:25:40	4 Susan Kamler	58 Delanson	1:19:45
MALE AGE GROUP: 25 - 29		5 James Chicoine	57 Rensselaer	57 Rensselaer	1:22:29
1 Chris Goodell	28 Niskayuna	1:08:15	6 Joseph Degiule	55 Delanson	1:25:14
2 Brennan Buell	27 Gansevoort	1:11:31	MALE AGE GROUP: 60 - 64		
3 Bill Stuart	28 Framingham, MA	1:25:39	1 Jeffrey Peil	62 Schenectady	1:05:27
FEMALE AGE GROUP: 25 - 29		2 John Mountrier	63 Altamont	2 John Mountrier	1:12:00
1 Abby Vanderveen	27 Delanson	1:11:16	FEMALE AGE GROUP: 60 - 64		
2 Emily Stuart	26 Framingham, MA	1:23:03	1 Patricia Roeser	62 Schenectady	1:25:39
3 Natasha Degiule	28 Troy	1:28:12	MALE AGE GROUP: 65 - 69		
4 Caitlin Lenio	26 Albany	1:29:47	1 David Bocko	65 Watervliet	1:29:41
MALE AGE GROUP: 30 - 34		KIDS' RACE - 75YD SWIM, 2.5M BIKE, 1M RUN		MALE OVERALL	
1 Jon Knickerbocker	30 Albany	1:01:26	1 Jay Felio	10 Delmar	20:30
2 Liam Redmond	30 Clifton Park	1:04:22	2 Corbet Hallberg	10 Delanson	20:49
3 Daniel Debonis	32 Wynantskill	1:15:48	3 Benjamin Westlake	9 Dalton	22:09
4 Matthew Mason	30 Albany	1:19:52	4 Conner Westlake	11 Dalton	22:14
5 Joshua Degiule	31 Delanson	1:28:19	FEMALE OVERALL		
FEMALE AGE GROUP: 30 - 34		1 Morgan Rogers	12 Schenectady	12 Schenectady	28:08
1 Monica Merlis	31 Brooklyn	1:13:22	<i>Courtesy of Capital District YMCA</i>		
MALE AGE GROUP: 35 - 39					
1 John Cornwall	35 Duanesburg	1:06:20			
2 Chris Forero	38 New York	1:18:51			
3 Michael Berger	35 Albany	1:21:49			
FEMALE AGE GROUP: 35 - 39					
1 Gwen Hill	38 Delanson	1:10:36			
MALE AGE GROUP: 40 - 44					
1 Eric Simonds	40 Latham	1:08:10			
2 Dave Gilson	42 Niskayuna	1:08:52			

ADK 80K RACE WEEKEND

August 26-27, 2017 • High Peaks MTB Center at Mt. Van Hoevenberg, Lake Placid

50M - TRAIL RUN		MALE OVERALL		MALE AGE GROUP: 20 - 29	
1 Jared Lynch-Gilbert	33 Petersham, MA	6:54:13	1 Eugene Klitenik	32 Cambridge, MA	5:01:18
2 Jonathan Mulholland	42 Plattsburgh	8:54:06	2 Dean Deloe	53 Stamford, CT	5:07:53
3 Geno Donnelly	30 Yonkers	9:12:22	3 Patrick Zelko	28 Buffalo	5:38:45
FEMALE OVERALL		MALE AGE GROUP: 30 - 39		FEMALE AGE GROUP: 20 - 29	
1 Luana Pesco Koplowitz	62 Plainville	11:38:40	1 Alexander Terry	25 Watervliet	5:40:15
MALE AGE GROUP: 20 - 29		2 Alan Carter	27 Lakewood, CO	27 Lakewood, CO	5:58:33
1 James Lynch	29 Brewster	9:12:28	3 Timothy Shively	29 Sacketts Harbor	6:02:47
2 Maxime Lavallée	29 Lasalle, QC	9:43:58	FEMALE AGE GROUP: 30 - 39		
3 Jean-Christophe de Muszka	23 Vercheres, QC	9:44:01	1 Amanda Carter	30 Lakewood, CO	7:49:22
MALE AGE GROUP: 30 - 39		2 Heather Rizzi	38 Schenectady	38 Schenectady	8:26:57
1 Daniel Termine	39 Pittsford	9:39:21	3 Samantha Stytzer	39 Keene	8:34:16
2 Iain Nelson	38 Jamesville	11:44:55	FEMALE AGE GROUP: 40 - 49		
MALE AGE GROUP: 40 - 49		1 Jen Kazmirczak	43 Keene Valley	43 Keene Valley	8:34:16
1 Jacob Hadden	42 Lake Placid	9:36:43	2 Maryann Piamonte	49 Woodstock	8:50:03
2 Michael Skutt	42 Lake Placid	9:36:44	MALE AGE GROUP: 40 - 49		
50K - TRAIL RUN		1 Kyle Smith	40 New Russia	40 New Russia	6:15:03
FEMALE OVERALL		2 Frank Killian	45 West Seneca	45 West Seneca	6:50:23
1 Sarah Keyes	32 Lake Placid	4:24:17	3 Casey Callahan	41 Brookline, NH	7:08:39
2 Jenn Donohue	38 Saranac	5:15:23	4 Ben Frantz	46 Lake Placid	8:34:16
3 Savannah Woods	26 Westport	6:24:01			continued

ADK 80K RACE WEEKEND continued

FEMALE AGE GROUP: 50 - 59		FOUR-PERSON TEAM: FEMALE		
1 Teresa Cheetham-Palen	50 Keene	8:34:16	1 Full Send: Kaleigh Moore/Ann Flower-Stitt/Julie Falletta/Jen Ketchell	
2 Heather Ward	51 Lee, MA	8:45:07	5:56:56	
MALE AGE GROUP: 50 - 59		FOUR-PERSON TEAM: MALE		
1 Christopher Alex	52 Grafton, MA	5:58:43	1 Balls & Boardshorts: James Falletta/Joel Neshett/Brian Stitt/Chris Mulford	
1 Douglas Girling	Run: 3:46:44	Bike: 2:38:06	4:57:36	
80K - MOUNTAIN BIKE		FOUR-PERSON TEAM: MIXED		
SOLO: MALE		1 High Peaks Cyclery: Matt Delaney/Emily Delaney/Steve Firkser/June Firkser	6:17:12	
1 Patrick Carey	Pointview Performance Coaching	4:29:18	40K - MOUNTAIN BIKE	
2 Joel Nankman	Bicycling Magazine	4:33:47	SOLO: FEMALE	
3 Jason Remington	Dick Sonne's Bicycles	4:46:08	1 Jennifer Harvey	HRRT
4 Bob Gramling	Team Overlook Bicycles	5:18:25	2 Carrie Callahan	3:31:20
5 Eric Caravella		5:27:03	SOLO: FEMALE CYCLOCROSS	
6 Stephen Listzwan	Team P548M2	5:42:20	1 Alexis Rohde	Team BBC
7 Bill Tyler		5:47:10		3:36:02
8 Dominic Ambrosi		5:52:27	SOLO: FEMALE FAT BIKE	
9 Dan Casey		6:37:05	1 Annette Fentress	3:48:58
10 Dan Simonds	HRRT	6:37:05	SOLO: MALE	
SOLO: FEMALE		SOLO: MALE		
1 Jessica Nankman	Saucon Valley Bikes	5:05:10	1 Andy Laird	2:15:12
2 Melissa Nash Mertz	Race 4 Rescues	5:19:37	2 Devin Wey	2:41:39
3 Jocelyn Linscott	Race 4 Rescues	5:32:20	3 David Basile	2:53:14
4 LiLynn Graves	Cayuga Ski & Cyclery	5:35:59	4 Randy Kieffer	2:53:14
5 Wei-Fang Lin	Dick Sonne's Bicycles	5:39:20	5 Yaroslav Filipov	Ukraine
6 Margaret Thompson	Team Hammer Nutrition	6:28:43	6 John Ormsby	CO2.earth
TWO-PERSON TEAM: MALE		SOLO: MALE CYCLOCROSS		
1 Distinct Dwellings: Dave Smith/Nick Selini	5:02:18	1 Don Massonne	HRRT	
2 HRRT: David Dessis-Dineen/Hector Dessis	6:58:21		2:46:01	
		SOLO: MALE FAT BIKE		
		1 Andrew Gracey	Growler Performance Bikes	
			2:25:21	
			<i>Courtesy of High Peaks Cyclery</i>	

4TH ANNUAL THACHER PARK TRAIL RUNNING FESTIVAL

August 27, 2017 • John Boyd Thacher State Park, Voorheesville

50K		MALE AGE GROUP: 40 - 49	
MALE OVERALL		1 Paul Reynolds	42 Westbrookville
1 Richard Messineo	29 Nassau	3:54:46	1:41:46
2 Thomas Williams	34 Albany	4:13:06	1:52:13
3 Dennis Vanlack	45 Duaneburg	4:14:21	1:54:44
FEMALE OVERALL		4 Kevin Reedy	42 Colonie
1 Lauren Carnahan	34 Latham	4:57:04	2:03:04
2 Lynn Hall	49 Schenectady	5:27:14	2:05:35
3 Catherine Ziemendorf	25 Glensville	5:28:39	2:15:03
MALE AGE GROUP: 20 - 29		6 Mark Smith	49 Poughkeepsie
1 Kolby Ziemendorf	25 Schenectady	5:13:06	2:15:03
2 Donald Byfield			

RACE RESULTS

4TH ANNUAL THACHER PARK TRAIL RUNNING FESTIVAL *continued*

MALE AGE GROUP: 60 - 69			
1	Fred Kitzrow	61	Delmar 47:52
2	Mike Moak	60	Guiderland Center 49:30
3	Joe Yavonditte	68	Schenectady 1:06:33
4	Peter Thomas	69	Delmar 1:09:53
5	Dave Heyward	63	Wynantskill 1:14:41
FEMALE AGE GROUP: 60 - 69			
1	Anne Tyrrell	67	Albany 1:16:03
2	Anne Laroche	65	Schenectady 1:33:00
MALE AGE GROUP: 70 - 79			
1	Ray Lee	75	Halfmoon 1:45:20
5K			
MALE OVERALL			
1	Tim Hartman Sr.	55	Niskayuna 22:30
2	Chad Ploss	44	East Greenbush 24:24
3	Saleem Naina	42	Slingerlands 26:27
FEMALE OVERALL			
1	Danielle Eckler	24	Troy 25:35
2	Patricia Gundlach	45	Scotia 27:15
3	Karen Cutler	36	Castleton 28:01
MALE AGE GROUP: 1 - 14			
1	Luke Calnan	13	Rensselaer 29:04
FEMALE AGE GROUP: 1 - 14			
1	Keeley Herrick	14	Schenectady 31:27
2	Hannah Herrick	12	Schenectady 31:27
3	Jane Fanning	10	East Berne 34:35
4	Samantha Fanning	9	East Berne 44:14
MALE AGE GROUP: 15 - 19			
1	Nate Laplante	15	Troy 28:51
FEMALE AGE GROUP: 15 - 19			
1	Emily Laplante	18	Troy 30:50
FEMALE AGE GROUP: 20 - 29			
1	Lindsey Klinge	29	Troy 28:12

Courtesy of ARE Event Productions

6TH ANNUAL 18.12 CHALLENGE & HALF MARATHON August 27, 2017 • Watertown to 1812 Battlefield, Sackets Harbor

18.12 MILE ROAD RACE			
MALE OVERALL			
1	Bryan Morseman	31	Bath 1:36:44
2	Andrew Dionne	29	Syracuse 1:41:55
3	Jordan Laughlin	28	Watertown 1:47:20
FEMALE OVERALL			
1	Karen Bertasso	33	Albany 1:53:00
2	Lindsey McCormick	23	Gouverneur 2:17:41
3	Danielle Clark	36	West Monroe 2:18:38
MALE AGE GROUP: 1 - 18			
1	Eric Ward	16	Delevan 2:26:32
2	Ryan Sauer	16	Glenfield 2:32:07
FEMALE AGE GROUP: 1 - 18			
1	Abby Flint	12	Adams Center 2:56:16
2	Kayla Ruttan	18	Philadelphia 3:19:58
FEMALE AGE GROUP: 19 - 24			
1	Ashlee Johnson	24	Watertown 2:23:40
2	Moriah Cohen	24	Bennington, VT 2:26:33
3	Anna Platz	22	Lowville 2:29:46
MALE AGE GROUP: 19 - 24			
1	David Tomaich	21	Watertown 2:31:28
2	Gabriel Fedorko	20	Adams 2:56:44
3	Patrick Doherty	23	Evans Mills 3:12:11
FEMALE AGE GROUP: 25 - 29			
1	Rachael Conley	27	Watertown 2:23:57
2	Lauren Smith	27	Massena 2:34:30
3	Jennifer Laughlin	29	Watertown 2:37:31
MALE AGE GROUP: 25 - 29			
1	Jason Weiner	26	Sackets Harbor 1:53:53
2	Ryan Albano	28	Brampton, ON 2:01:49
3	Aaron Zakarison	28	Sackets Harbor 2:04:41
FEMALE AGE GROUP: 30 - 34			
1	Jennifer Cary	33	Chittenango 2:25:57
2	Danielle Lasell	34	Pulaski 2:27:11
3	Alyssa Gibbs	33	Adams Center 2:30:22
MALE AGE GROUP: 30 - 34			
1	Cory Burns	34	Watertown 1:54:55
2	Young Lee	33	Lafayette, IN 1:56:35
3	Scott Hornung	33	Bainbridge 1:57:53
FEMALE AGE GROUP: 35 - 39			
1	Elizabeth Nagraj	38	Syracuse 2:19:37
2	Coraline Falco	39	Syracuse 2:23:36
3	Jamie Weber	38	Utica 2:27:04
MALE AGE GROUP: 35 - 39			
1	Shawn Spriggs	38	Potsdam 1:56:23
2	Chris Eiriksson	37	Oswego 1:59:54
3	Jason Sperry	38	Mannsville 2:03:37
MALE AGE GROUP: 40 - 44			
1	Grant Allen	44	Syracuse 2:05:48
2	Michael Behnkendorf	41	Carthage 2:08:28
3	Chad Tyson	41	Watertown 2:11:11
FEMALE AGE GROUP: 40 - 44			
1	Laura Wence	40	Watertown 2:33:01
2	Veronica Johnson	44	Watertown 2:43:41
3	Pamela Geil	44	West Henrietta 2:47:05
FEMALE AGE GROUP: 45 - 49			
1	Marcy Withington	47	Old Lyme, CT 2:19:20
2	Stacy Keppeler	46	Camillus 2:29:55
3	Grace Andres	47	Endicott 2:41:48
MALE AGE GROUP: 45 - 49			
1	Scott Strife	46	Carthage 2:16:54
2	Robert Henderson	45	Syracuse 2:20:47
3	Robert Molinari	49	Ogdensburg 2:32:10
FEMALE AGE GROUP: 50 - 54			
1	Mech Teresa	51	Mexico 2:38:12
2	Laura Hash	53	Rome 2:44:15
3	Deborah Deming	51	Syracuse 2:51:47
MALE AGE GROUP: 50 - 54			
1	James Brady	50	Carthage 1:50:48
2	Dan Mahle	50	Camillus 2:23:25
3	Jimmy Leung	51	Brooklyn 2:33:30
MALE AGE GROUP: 55 - 59			
1	Andrew Kampnich	56	Watertown 2:05:48
2	Bob Kane	55	Rome 2:09:48
3	Steven Challis	58	Liverpool 2:23:23
FEMALE AGE GROUP: 55 - 59			
1	Mary White	58	Syracuse 2:21:23
2	Linda Owens	59	Liverpool 2:48:34
3	Betsy Binkowski	57	Syracuse 2:56:11
MALE AGE GROUP: 60 - 64			
1	Tom Parsons	64	Weedport 2:36:42
2	Daniel Campbell	64	Camillus 2:58:43
3	Steven Baker	60	Oswego 3:07:01
FEMALE AGE GROUP: 65 - 69			
1	Merry Foyt	65	Omaha, NE 4:09:55
2	Judith Carroll	66	Central Square 4:11:31
MALE AGE GROUP: 65 - 69			
1	Gordon Morris	66	Birmingham, AL 3:16:42
2	Tom Carr	67	Hillsborough, NC 3:17:58
3	TJ Trujillo	67	Carthage 3:49:05
HALF MARATHON - 13.1 MILE ROAD RACE			
MALE OVERALL			
1	Zakaria Adam	21	Utica 1:07:42
2	Travis Kuhl	42	Lowville 1:17:22
3	Brock Davis	49	Brockville, ON 1:22:48

Courtesy of 18.12 Challenge

29TH ANNUAL SEFCU LABOR DAY 5K September 2, 2017 • SEFCU Arena, University at Albany, Albany

MALE OVERALL			
1	Anthony Giuliano	38	Niskayuna 15:50
2	Shawn Donegan	31	Malta 16:06
3	Daniel Jordy	33	Glenville 16:13
FEMALE OVERALL			
1	Jessy Montrose	31	Ballston Lake 19:03
2	Crystal Pernu	36	Clifton Park 19:52
3	Amanda Susser	35	Albany 19:55
MALE AGE GROUP: 11 - 17			
1	Peter Murphy	14	Menands 23:15
2	Tanner Litts	11	Schenectady 26:30
3	Jared Rolon	15	Schenectady 31:05
FEMALE AGE GROUP: 11 - 17			
1	Emily Chorbajian	13	23:18
2	Jessica Quinn	14	Schenectady 23:52
3	Gabby Groves	16	Gilboa 26:25
MALE AGE GROUP: 18 - 21			
1	Rachel Swyer	20	Slingerlands 27:09
MALE AGE GROUP: 22 - 29			
1	Benjamin Heller	28	Troy 17:47
2	Anthony Pasqualino	27	Rensselaer 20:58
FEMALE AGE GROUP: 22 - 29			
1	Michelle Davis	28	Watervliet 20:28
2	Karlie Mangette	25	Guiderland 22:31
3	Pamila Suraick	29	Covick 23:28
MALE AGE GROUP: 30 - 34			
1	Thomas Dansereau	30	Troy 18:26
2	Bryan Susser	34	Albany 19:10
3	Da'meishie Wilson	33	Schenectady 21:20
FEMALE AGE GROUP: 30 - 34			
1	Michelle McElroy	34	Albany 23:30
2	Colleen Cammarano	33	New York 23:30
3	Melissa Carroll	31	Albany 26:15
MALE AGE GROUP: 35 - 39			
1	Chuck Terry	35	Albany 16:15
2	Adam Hoffman	35	Albany 25:06
FEMALE AGE GROUP: 35 - 39			
1	Joy McManaman	38	Schenectady 22:43
2	Melissa Grandjean	38	Granville 23:14
3	Bridget Vanztohen	39	Albany 25:06
MALE AGE GROUP: 40 - 44			
1	Jake Stookey	41	Clifton Park 16:16
2	Robert Irwin	44	Guiderland 16:57
3	Kenneth Newman	43	Cohoes 18:18
FEMALE AGE GROUP: 40 - 44			
1	Charity McManaman	40	Colonie 21:22
2	Giana Iannuzzi	42	Albany 23:47
3	Tracy Breslin	42	Schenectady 27:29
MALE AGE GROUP: 45 - 49			
1	Gil Chorbajian	47	Rotterdam 20:03
2	Karl Hingby	48	Schenectady 25:03
3	Kevin Murphy	46	Menands 25:54

FEMALE AGE GROUP: 45 - 49			
1	Regina McGarvey	47	Castleton 21:38
2	Connie Smith	49	Ballston Lake 22:15
3	Trish Rollo	46	Albany 25:46
MALE AGE GROUP: 50 - 54			
1	Mark Stephenson	53	Esperance 18:05
2	John Sestito	54	Johnsonville 19:09
3	Todd Mesick	50	Cohoes 19:27
FEMALE AGE GROUP: 50 - 54			
1	Sue Thompson	50	Queensbury 21:00
2	Mary Buck	53	Mechanicville 22:39
3	Ruth Sadinsky	50	Albany 23:39
MALE AGE GROUP: 55 - 59			
1	Frank Woods	56	Rensselaer 24:32
2	Mark Swyer	56	Slingerlands 26:08
FEMALE AGE GROUP: 55 - 59			
1	Donna Charlebois	59	East Berne 29:31
2	Barbara Bradley	59	Slingerlands 35:00
3	Renee Vickery	55	Glenmont 35:25
MALE AGE GROUP: 60 - 64			
1	David Roy	62	Schoharie 19:20
2	Rick Munson	60	Prattsville 20:28
3	George Baranaukas	63	Schenectady 21:27
FEMALE AGE GROUP: 60 - 64			
1	Sharon Desrochers	62	Ballston Lake 24:55
2	Hollys Kozlowski	62	Valley Falls 27:23
3	Denise Greene	61	Latham 29:21
MALE AGE GROUP: 65 - 69			
1	Tom McGuire	65	Slingerlands 22:04
2	James Larkin	69	Clifton Park 22:47
3	James Corridan	65	Guiderland 25:23
FEMALE AGE GROUP: 65 - 69			
1	Martha DeGrazia	66	Slingerlands 25:06
2	Erika Oesterle	66	Stamford 25:18
3	Katherine Ambrosio	67	Delmar 28:34
MALE AGE GROUP: 70 - 74			
1	Pete Newkirk	70	Albany 29:48
2	Charlie Matlock	72	Averill Park 46:18
MALE AGE GROUP: 75 - 79			
1	Ed Bown	75	Broadalbin 27:32
2	James McGuinness	78	Watervliet 32:28
3	Joe Silva	75	Albany 33:22
MALE AGE GROUP: 80 - 84			
1	Christopher Rush	81	Schenectady 30:58
2	Wade Stockman	82	Rensselaer 32:19
FEMALE AGE GROUP: 80 - 84			
1	Eiko Bogue	80	Schaghticoke 42:34
MALE AGE GROUP: 85 - 89			
1	Kenneth Orner	87	Delray Beach, FL 43:49
FEMALE AGE GROUP: 85 - 89			
1	Anny Stockman	85	Rensselaer 40:20

Courtesy of Hudson-Mohawk Road Runners Club

8TH ANNUAL RUN FOR THE HORSES 5K September 2, 2017 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL			
1	Jonathan Peck	39	Glenville 18:20
2	Nathan Laing	22	Watervliet 18:48
3	Harry Haworth	13	Saratoga Springs 18:55
FEMALE OVERALL			
1	Jessica Bashaw	34	Cambridge 19:15
2	Tracey Delaney	52	Queensbury 21:14
3	Jamie Lesniak	40	Dover, NH 22:02
MALE AGE GROUP: 1 - 14			
1	Andrew Eisler	13	Ballston Spa 22:12
2	Brandon Gardner	12	Oneonta 23:01
3	Matthew MacNer	10	Plattsburgh 23:17
4	Gavin Suprenant	11	Fort Edward 23:42
5	Theodore Haworth	9	Saratoga Springs 27:04
FEMALE AGE GROUP: 1 - 14			
1	Eve Haworth	11	Saratoga Springs 25:14
2	Megan Loomis	9	Malta 28:34
3	Sage Frank	13	Argyle 34:15
4	Abigail Caron	13	Saratoga Springs 34:43
5	Mia Ferguson	8	Ballston Spa 36:11
MALE AGE GROUP: 15 - 19			
1	Jordan Ratelle	16	Chazy 25:52
FEMALE AGE GROUP: 15 - 19			
1	Orion Goodemote	15	Middle Grove 23:47
2	Sophie MacNer	16	Plattsburgh 25:52
3	Vincenzia Fasulo	15	Lake George 33:52
MALE AGE GROUP: 20 - 29			
1	James Ross	28	Broadalbin 24:47
2	Dominic Labetti	23	West Islip 26:02
3	Andrew Hammack	28	Brooklyn 26:27
4	Barry Morales	29	Albany 29:25
5	Matt Heffner	27	Ballston Spa 30:12
FEMALE AGE GROUP: 20 - 29			
1	Nicole Bonacci	28	Cranford, NJ 23:03
2	Ritchie Assini	23	Schenectady 25:33
3	Laura Bolan	28	Genevoort 25:33
4	Kristen Ellis	27	Bechtelsville, PA 27:25
5	Lindsay MacHeska	23	Pine Brook, NJ 28:13
MALE AGE GROUP: 30 - 39			
1	Paul Tabeeek	30	Schenectady 19:11
2	Josh Akins	32	Hermon 19:13
3	Brent Pollak	38	Gansevoort 20:31
4	Mike McGuire	35	Fort Edward 21:23
5	Michael Lucci	38	Brooklyn 21:52
FEMALE AGE GROUP: 30 - 39			
1			

35TH ANNUAL ADIRONDACK CANOE CLASSIC – THE 90-MILER *continued*

SOLO REC MENS MASTERS			
1 Joe Moore	Lake Placid	14:14:48	
2 Dennis Barrett	South Padre Island, TX	16:40:53	
3 Thomas Evans	Idyllwild, CA	16:54:12	
SOLO REC MENS VETERANS			
1 Steve Fleming	Mendham, NJ	16:10:30	
2 Richard Swank	Eden	17:45:13	
3 John Durland	Rochester	20:19:30	
SOLO REC WOMEN			
1 Allison Doty	Saranac Lake	17:51:28	
2 Anna Mowat	Hamilton College	19:32:18	
3 Mollie Schilling	Bath	21:41:54	
ONE-PERSON CANOE STOCK MENS OPEN			
1 Alex Hunkins	Thendara	18:36:23	
2 Eric Socash	Old Forge	18:41:04	
ONE-PERSON CANOE STOCK MENS MASTERS			
1 Doug Roode	Lake Placid	16:42:09	
2 Bill Jemison	Potsdam	18:06:34	
ONE-PERSON CANOE STOCK MENS VETERANS			
1 Steve Doxzon	Lake Placid	17:47:44	
ONE-PERSON CANOE STOCK WOMEN			
1 Amy Scrivener	Richmond, VT	19:03:28	
ONE-PERSON CANOE AMATEUR MEN			
1 Dan Donovan	Rochester	16:14:28	
TOURING KAYAK MENS			
1 Eric Young	Moers Forks	14:07:09	
2 Loring Porter	Lake Placid	16:06:13	
3 Nicholas Garty	Syracuse	16:34:32	
TOURING KAYAK MENS VETERANS			
1 Charlie Cowan	Lake Placid	14:04:32	
2 John Marona	Granby, CT	15:20:23	
3 Michael Dunn	Rochester	17:20:05	
FOUR-PERSON CANOE STOCK MEN			
1 Larry Harrison/Bob Wisse/Jeff Shultis/Josh Schlafer	Oneonta/Otego/Amiston, CT	12:11:02	
2 Kevin Berl/Bruce Codington/Richard Butts/Mark Kopta	Macedon/Sidney/Rochester/Clymer	13:09:35	
3 Jon Vermilyea/Ed Wagner/Jim Genkos/Alex Giambartolomei	Syracuse/Auburn/Skanateles	13:25:54	
FOUR-PERSON CANOE MIXED			
1 Bruce Braman/Fred Goodnough/Brian Watson/Joanna Faloon	Greene/Theresa/Watertown	13:29:00	
2 Phil Mills/Spaugh/Emma Mills/Spaugh/Ben Hanson/Amanda Castignetti/Farmington/Niskayuna		13:51:50	
3 Teresa Stout/Steve Burton/Annie Socci/Patrick Maloney	Corsica, PA/Ridgeway, PA/Saegertown, PA	13:56:05	
FOUR-PERSON CANOE STOCK WOMEN			
1 Grace McDonnell/Celia Evans/Tiffany Kivlen/Megan McCone	Paul Smiths/Onchiota/Lake Placid	15:12:25	
2 Beth Donnelly/Jen Perry/Heidi Kretzer/Christina Hayden	Saranac Lake/Gabriels	15:54:37	
FOUR-PERSON CANOE OPEN			
1 Stephen Miller/Andy Hall/Michael Fairchild/David Hunter	Groton, MA/Arlington, MA/Brattleboro, VT/Lake Placid	11:52:47	
2 Paul Olney/JoAnn Olney/Michael Fries/Mark Olney	Westerville	12:17:41	
3 David Thomas/Gene Newman/Jon Santor/Kirsten Santor	Watertown/Canton/Rochester, VT	12:48:27	
TWO-PERSON CANOE AMATEUR WOMEN			
1 Kelly Rhodes/Pamela Boteller	Silver Spring, MD/Alexandria, VA	13:49:05	
2 Cheryl Zook/Rebecca Pinkus	Washington, DC/Arlington, VA	14:59:25	
TWO-PERSON CANOE AMATEUR MIXED			
1 Del Cummings/Vicki Cummings	Meriden, CT	13:37:26	
2 Luke Rhodes/Kate Mooney	Columbia, MD/Arlington, VA	14:46:30	
3 Aaron Krehbiel/Esmeralda Jimenez	Buffalo	17:36:59	
TWO-PERSON CANOE STOCK MENS OPEN			
1 Will Whiting/Erik Whiting	Fultonville/Ledyard, CT	14:38:34	
2 Chris Burnham/Nick Gowens	Lake Clear/Lake Placid	14:41:06	
3 Howie Dower/Kevin Dower	Monroe Township, NJ/Somerset, NJ	14:56:45	
TWO-PERSON STOCK MENS MASTERS			
1 Michael Primmer/John Peterson	Oneonta/Franklin	14:43:41	
2 Paul Chipman/Michael Chipman	Auburn/Syracuse	15:07:18	
3 Bill Anderson/Dennis Lougee	Camillus/Pittsboro, NC	19:57:43	
TWO-PERSON CANOE STOCK MENS VETERANS			
1 Chas Billingsley/Jim Minnie	Lake Clear/Saranac Lake	15:50:26	
2 Rodger Dempster/Glen Vandewinckel	Saranac Lake/Webster	16:37:55	
3 David Drum/Stuart Schweizer	Hammondsport/Pine City	18:34:28	
TWO-PERSON CANOE STOCK MEN SUPER VETERANS			
1 Ken Gerg/Laverne Young	Emporium, PA/Niceville, FL	16:44:00	
TWO-PERSON CANOE STOCK MIXED OPEN			
1 Emma Duffany/Jon Ignatowski	Hermon	15:48:48	
2 David Kucia/Ashley Evans	Canton, CT/Marietta	16:17:54	
3 Audrey Emerson/David Bain	Paul Smith's College	17:24:27	
TWO-PERSON CANOE STOCK MIXED MASTERS			
1 Debbie Brax/Ken Streb	Bay Village, OH/Rochester	14:22:15	
2 Frank Gallagher/Linda Gallagher	Wilson	16:33:26	
3 Russ Ford/Karrie Thomas	Enosburg, VT/Waitsfield, VT	16:41:28	
TWO-PERSON CANOE STOCK MIXED SUPER VETERANS			
1 Jack LaMarre/Nanci LaMarre	Bakersville, NC	20:51:25	
TWO-PERSON CANOE STOCK WOMEN			
1 Cary Hall/Donna Walsh	Lake Placid/Saranac Lake	16:16:30	
2 Megan Cook/Teresa Troy	Nashua, NH/Saranac Lake	19:12:05	
UNLIMITED KAYAK MEN			
1 Scott Stenberg	Moravia	16:07:48	
1 Peggy Braman	Unadilla	18:00:23	
TWO-PERSON KAYAK MEN			
1 Matt Skeels/Jim Mallory	Potsdam	11:44:02	
2 Roger Gocking/Royal McDonnell	Saranac Lake/Paul Smiths	13:05:32	
TWO-PERSON KAYAK MIXED			
1 Scott Visser/Eileen Visser	Potsdam	13:43:42	

Courtesy of Adirondack Watershed Alliance

5TH ANNUAL GREENE COUNTY YMCA TRIATHLON *continued*

3 Caitlin Lenio	26	1:36:11		4 Alexandra Siy	57	1:36:05
4 Danielle Wirhowski	27	1:39:46		5 Ann Burdick	56	1:37:59
5 Stacie Call	27	1:50:50		MALE AGE GROUP: 50 - 59		
MALE AGE GROUP: 20 - 29				1 Joe Place	54	1:01:48
1 Marco Gaudani	29	1:16:24		2 Mike Veeder	56	1:05:28
FEMALE AGE GROUP: 30 - 39				3 Tom Denham	51	1:09:07
1 Kellie Tyler	39	1:12:03		4 Timothy Leonard	51	1:17:33
2 Anna Harrod	31	1:15:46		5 Leo Burke	58	1:19:01
3 Beth Harvey	38	1:17:09		MALE AGE GROUP: 60 - 69		
4 Julie Weitzman	31	1:30:35		1 David Beckwith	60	1:09:04
5 Emmanuelle Bellott	34	1:38:10		2 James Sheehan	65	1:24:39
MALE AGE GROUP: 30 - 39				TEAMS		
1 Jonathan Knickerbocker	30	1:03:42		1 No Assembly Required		1:07:32
2 Ricardo Rhyman	39	1:09:47		2 Team FZF We Run		1:17:22
3 Brad Sprechter	36	1:10:38		3 Come on Tri-Lee		1:19:38
4 Christopher Zeitle	31	1:11:06		<i>Courtesy of Capital District YMCA</i>		
5 Vincent Laurencon	35	1:18:37				
FEMALE AGE GROUP: 40 - 49						
1 Deanne Webster	41	1:18:32				
2 Sarah Every	43	1:21:38				
3 Alicia Beeman	40	1:22:00				
4 Sandy Malloy	48	1:22:33				
5 Kelly Leonard	47	1:37:11				
MALE AGE GROUP: 40 - 49						
1 Scott Brindley	42	1:02:20				
2 Mike Rosa	41	1:02:54				
3 Kevin Burns	46	1:05:53				
4 Doug Wickman	47	1:07:13				
5 Eric Simonds	40	1:09:06				
FEMALE AGE GROUP: 50 - 59						
1 Kerry Miller	53	1:14:48				
2 Dianna Langdon	50	1:15:43				
3 Lynne McLeer	55	1:33:49				

**16TH ANNUAL TEAL RIBBON 5K RUN
September 10, 2017 • Washington Park, Albany**

MALE OVERALL				FEMALE AGE GROUP: 30 - 39			
1 Liam Danaher	16	East Greenbush	17:00	1 Marisha Gennett	36	Amsterdam	22:22
2 Matthew Flint	27	Queensbury	17:06	2 Lauren Smith	32	Rensselaer	23:03
3 Rick Zachgo	47	Rexford	18:35	3 Jennifer Grant	36	Voorheesville	23:16
FEMALE OVERALL				4 Sage Messia	35	Troy	23:18
1 Kelly Powell	29	Clifton Park	20:05	5 Alyssa Kelly	32		24:03
2 Beth Stalker	58	Burnt Hills	20:13	MALE AGE GROUP: 40 - 49			
3 Trista Griffith	35	Washington DC	21:09	1 David Tromp	42	Glenmont	19:21
MALE AGE GROUP: 1 - 14				2 Brett Fajen	46	Nassau	20:09
1 Nicholas VanVranken	14	Rensselaer	21:49	3 Matt Lindemann	48	East Greenbush	21:00
2 Stephen Fajen	14	Nassau	22:46	4 Joel Shapiro	41	Schenectady	21:22
3 Joseph Vitali	13	East Greenbush	23:02	5 Gintaras Urmilevici	44	East Greenbush	22:44
4 Jake O'Dell	14	Castleton	23:22	FEMALE AGE GROUP: 40 - 49			
5 Ethan Lenney	14	East Greenbush	23:22	1 Rachel Toolan	41	Rensselaer	22:18
FEMALE AGE GROUP: 1 - 14				2 Sheila Couch	46	Castleton-on-Hudson	23:18
1 Abigail Moxon	11	Nassau	21:30	3 Joanne Burns	43	Queensbury	23:48
2 Emma Tobin	13	Rensselaer	22:49	4 Giselle Hicks	40	Washington, DC	25:24
3 Arabella Dujack	11	Troy	23:17	5 Eileen Lee	46	Troy	25:45
4 Deme Burns	14	Queensbury	23:43	MALE AGE GROUP: 50 - 59			
5 Kaylee Peter	14	Nassau	24:04	1 Michael Stalker	54	Burnt Hills	18:35
MALE AGE GROUP: 15 - 19				2 George Burke	51	Troy	20:14
1 Benjamin Shah	17	Slingerlands	19:46	3 Eric Feder	55	Saratoga Springs	21:14
2 Michael Mysliwicz	17	Cohoes	19:54	4 Mike Bennett	50	Castleton	22:20
3 Jared Kehma	16	Rensselaer	20:04	5 Robert Mysliwicz	54	Cohoes	22:29
4 Cameron Plowinske	17	Rensselaer	21:15	FEMALE AGE GROUP: 50 - 59			
5 Ryan Doyle	16	East Greenbush	21:22	1 Cheryl Tracy	52	Saratoga Springs	25:13
FEMALE AGE GROUP: 15 - 19				2 Carrie Hogan	51	Troy	25:14
1 Renee Russo	17	Schenectady	22:39	3 Valerie Kline	55	Amsterdam	26:07
2 Jourdyn Nicholson	17	Schenectady	23:23	4 Cheryl Tracy	52	Saratoga Springs	25:13
3 Hannah White	18	Castleton-on-Hudson	23:38	5 Carrie Hogan	51	Troy	25:14
4 Madeline Durant	15	Schenectady	23:48	MALE AGE GROUP: 60 - 69			
5 Caitlin Robinson	15	Rensselaer	25:22	1 James Costello	62	Valatie	24:16
MALE AGE GROUP: 20 - 29				2 Michael Wright	63	Albany	25:28
1 Matthew Curtin	24	East Greenbush	21:31	3 Gary Wood	66	Loudonville	27:21
2 Kyle Mahar	29	Amsterdam	22:23	4 John Connolly	60	Troy	27:59
3 Barry Kinlan	29	Albany	22:42	5 Chuck Mohlmann	60	Schenectady	28:00
4 Mark Peluso	29	Rensselaer	23:40	FEMALE AGE GROUP: 60 - 69			
5 Josh Lansing	20	East Greenbush	25:42	1 Carolyn George	63	Albany	26:11
FEMALE AGE GROUP: 20 - 29				2 Jean Schweigert	68	West Sand Lake	26:26
1 Jessica Balthazar	22	Bayside	22:49	3 Maureen Kirsch	61	East Greenbush	26:32
2 Holly Walker	24	Branford, CT	25:02	4 Shohreh Karimipour	61	Albany	29:25
3 Erin Ferraro	25	Schenectady	25:08	5 Tanah Corelli	60	Latham	29:53
4 Shea Foley	20	Slingerlands	25:39	MALE AGE GROUP: 70 - 79			
5 Giuliana Cianfarani	28	Schenectady	25:58	1 John Longacker	71	Clifton Park	26:55
MALE AGE GROUP: 30 - 39				2 Vic Laport	77	Clarksburg, MA	31:16
1 Charles Griffith	37	Washington, DC	19:42	3 Anthony Huggins	78	Gansevoort	31:49
2 Michael Ruger	36	East Greenbush	20:16	4 Kenneth Tracy	73	Greenwich	32:36
3 Stephen Siebrecht	38	Delmar	21:23	5 John DiNuzzo	74	Latham	34:03
4 Keegan Sabel	33	Schenectady	21:28	MALE AGE GROUP: 80 - 89			
5 Matthew Smith	31	Schenectady	22:15	1 Ken Orner	87	Delray Beach, FL	41:55

Courtesy of Caring Together

8TH ANNUAL MALTA 5K RUN

September 9, 2017 • HVCC TEC-SMART Campus, Malta

MALE OVERALL					MALE AGE GROUP: 45 - 49			
1 Matt Brooker	26	Albany	14:53	1 Volker Burkowski	45	Gansevoort	17:16	
2 Eric Macknight	28	Ballston Spa	14:59	2 Andrew Reed	46	Niskayuna	17:46	
3 Alex Benway	27	Queensbury	15:19	3 Randall Cannell	45	Broadalbin	18:38	
FEMALE OVERALL					FEMALE AGE GROUP: 45 - 49			
1 Mollie Turner	37	Averill Park	17:14	1 Shanley Alber	45	Clifton Park	21:01	
2 Karen Bertasso	33	Albany	17:24	2 Virginia Lerner	45	Malta	21:09	
3 Erin Lopez	36	Saratoga Springs	17:51	3 Connie Smith	49	Ballston Lake	21:34	
MALE AGE GROUP: 1 - 14					MALE AGE GROUP: 50 - 54			
1 Harry Rubinstein	12	Saratoga Springs	22:00	1 John Stadlander	51	Clifton Park	17:21	
2 Brennan Kelly	12	Selkirk	22:22	2 Ryan Mitchell	51	Wynantskill	17:23	
3 Jasper Travis	10	East Greenbush	22:26	3 Mark Stephenson	53	Esperance	18:15	
FEMALE AGE GROUP: 1 - 14					FEMALE AGE GROUP: 50 - 54			
1 Kelly Dubois	13	Malta	24:42	1 Lori Kingsley	51	Wysox, PA	18:50	
2 Amanda Curtis	12	Ballston Lake	24:58	2 Anne Benson	52	Clifton Park	20:39	
3 Amber Travis	8	East Greenbush	24:59	3 Mary Fenton	52	Ballston Spa	21:33	
MALE AGE GROUP: 15 - 19					MALE AGE GROUP: 55 - 59			
1 Levi Vadnais	16	Ballston Spa	18:52	1 Thomas Dalton	59	Schenectady	18:35	
2 Ian Davis	17	Ballston Spa	20:20	2 Jamie Casline	58	Ballston Lake	21:01	
3 Seth Prock	15	Malta	23:36	3 Bill Douglas	56	Rensselaer	21:40	
FEMALE AGE GROUP: 15 - 19					FEMALE AGE GROUP: 55 - 59			
1 Anneke Ypma	16	Ballston Spa	28:51	1 Margaret McKeown	59	Moreau	21:29	
2 Vincenzia Fasulo	15	Lake George	31:59	2 Maureen Fitzgerald	59	Clifton Park		

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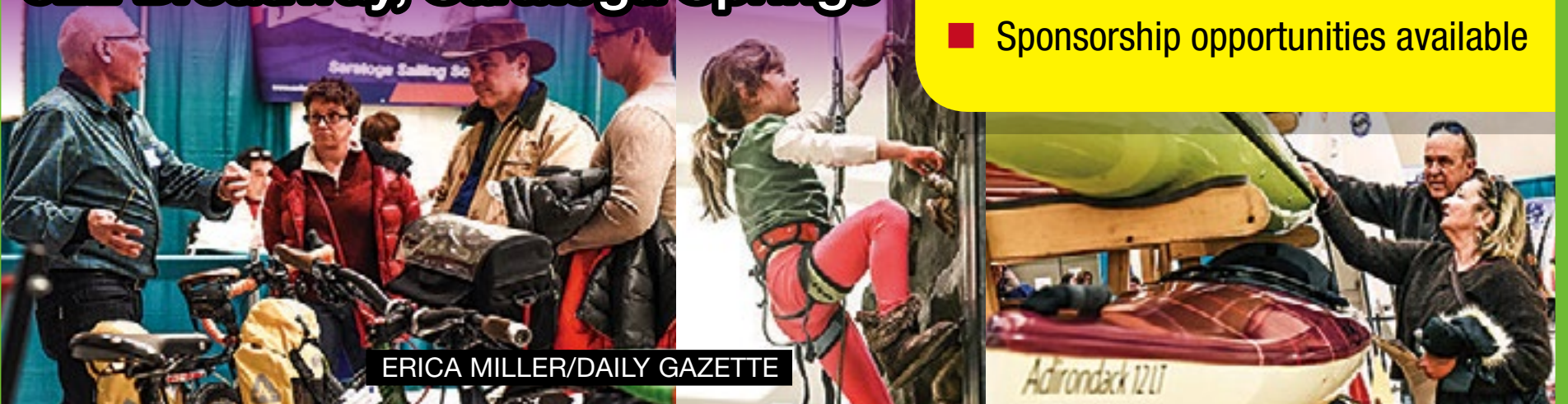
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