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THINK SNOW!

By Jeff Farbaniec

If you're a skier, fall's a busy time of year. You get your skis tuned, pick up your season pass or frequent skier card, gather your helmet and goggles, fleece layers and gloves, and most important of all, clear your calendar for the ski days that lay ahead. It's a busy time of year for the ski areas too, as they finish up improvements and get ready to fire the snowmaking guns and spin the lifts. Here's a quick look at what's new for this winter around the region.

West Mountain is on a roll. After coming under new ownership four years ago, there's been a steady stream of upgrades. One of the most exciting announcements for this winter is the refurbishment of The Cure, the steep double-black diamond trail that you've surely noticed if you've ever ridden the West Express triple chair – or its predecessor, the summit double. The trail's been there for longer than I've been skiing at West (30+ years), but it's rarely open due to its steep pitch and lack of snowmaking. Now, thanks to widening, grading, lights and – most importantly – the installation of snowmaking pipes and guns, The Cure promises to become one of West's signature trails.

There's a major lodge announcement for West as well. The Northwest Lodge is being renovated and refurbished for this winter. Like The Cure, the Northwest Lodge had been out of service for years, but will open this year with new bathrooms, seating and snack and beverage service. Lift tickets will be sold out of the Northwest Lodge, and there's already plenty of parking, so skiers will be able to base themselves out of Northwest for the entire day – and avoid the crowds back at the main base.

At **Gore Mountain**, crews are working hard to finish up several lodge renovation projects. The biggest of these projects is a jaw-dropping top-to-bottom renovation of the Saddle Lodge.

Other than a few architectural elements that were preserved from the original Saddle Lodge, it's a complete rebuild. There are new bathrooms, a new kitchen and an entirely new second floor that more than doubles the lodge's seating capacity to 250.

At Gore's summit, a new Straightbrook Lodge utilizing the 1967 "old red gondola" terminal building will be available to skiers this winter. The lodge retains the original structure and gondola machinery and will include restrooms with composting toilets, vending machines, and tables and benches. Say goodbye to those long detours from the summit to the Saddle Lodge and back just to use the restrooms!

Last on the list of the lodge renovation projects at Gore is an addition to the Northwoods lodge. The addition will provide more space for the Mountain Adventure learning programs and the equipment rental shop.

Gore's been upgrading and improving their snowmaking plant year after year, and this year is no exception. More than 100 new guns have been added to the arsenal, along with pumping efficiency upgrades. And building on the success of last year's cross country ski terrain expansion at the North Creek Ski Bowl, additional improvements are underway for this year including trail widening and grading.

At **Whiteface**, lodge improvements are front and center as well. In the main lodge, the Cloudspin Bar and Grill is being remodeled inside and out, the main stairwell has been renovated and enlarged to facilitate improved traffic flow, new restrooms have been added and a new elevator has been installed.

Bear Den Lodge is getting an addition that will nearly double its size. Bear Den has its own parking, chairlift and trails, and

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THE REINDEER RUN AND JR. REINDEER RUN IN QUEENSBURY GET RUNNERS INTO THE HOLIDAY SPIRIT. BRIAN TEAGUE/FATEAGUE FOTOS

Creative Winter Running

By Laura Clark

After the feathers have settled from the November turkey trots, many runners stash their sneakers until spring. Colder temperatures, lack of daylight, and holiday obligations all threaten good intentions. This year, why not turn your leftovers into planned-overs? A between-season respite is just what the coach ordered to refresh your mind/body outlook. Enjoy your holiday celebrations guilt-free, but just be prepared to resume action afterwards.

For me, the looming obstacles are lack of daylight and hunting season. Research before you don your trail shoes. While the Saratoga Spa State Park is totally safe, the DEC manages some of the trails at Wilton Wildlife Preserve & Park, so make sure you know which ones. The Saratoga (Battlefield) National Historical Park's woods are hunter-free, but not the adjacent land. Speeding bullets do not respect property lines, so besides wearing orange, make sure you are in a buffer zone.

To beat the darkness, I head for the Saratoga Spa State Park before work. The commute buys me daylight running time and preplanning mostly ensures that I arrive at work with a sufficient change of clothes. In really nasty weather, a group of coworkers and I head for the stairs. A half-hour of dedicated stair climbing provides a serious "bang for your buck," and the competition relieves the monotony. You may even learn something. Last year my friend and I discovered that a steady pace guaranteed us more flights per minute than an early rush followed by untold suffering. This will also help you train for the Cystic Fibrosis Stair Climb at Albany's Corning Tower on February 24, 2018.

Many local running groups like the Saratoga Stryders host weeknight runs on local streets, but while there is safety in numbers, there is also danger that the magical thinking inherent in pack mentality can make you complacent. Run single file, allowing cars plenty of space to get out of your way, should they skid on an icy patch. Opt for the Christmas tree effect and see how many reflective items you can decorate yourself with. Even in winter-gray daytime, it doesn't hurt to run with a headlamp, whose motion will alert distracted drivers to your presence.

To do this, take full advantage of your local running store. James O'Connor of Fleet Feet Sports in Albany (and Malta), comments that, "Various apparel pieces and shoes are now integrating chameleon reflectivity that lights up the night when light hits the apparel or shoes." He recommends Amphipod's reflective vest, more of a harness really, without the annoying flapping sides of the netted variety, integrated with front and back flashing LEDs. Top off your ensemble with Night Runner 270 LED shoe lights. Imagine a single file line of running buddies all outfitted with flashing footwear. Pretty difficult for a driver to ignore!

Jamie Mastroianni, co-owner of iRun Local in Saratoga Springs, suggests the Craft 2.0 hood jacket, boasting 360-degree visibility. For decorations, select from the store's wide range of flashing accessories.

We all know overdressing causes sweating, which produces chills and misery. But what to do when you are waiting at a starting line in frigid weather? For my snowshoe races, I swear by hand warmers. These little furnaces trick your mind into believing it is not really that cold. Plus, they can be stashed once you feel comfortable.

For extreme temperatures, warm base layers such as Heat Holders microfleece thermal are a good option for warmth and breathability. Layering is highly recommended for cold weather outdoor running. As you warm up, you can take off a top layer to fling off or tie around your waist.

For icy roads and trails, I prefer ice spikes. Screw these into a dedicated pair of sneakers and you will avoid the clunkiness of slip-on traction devices. They are more in tune with your natural gait and you will avoid that "walking on stilts" feeling.

Despite any number of creative fixes there will come a point when motivation sags. The best cure is to lighten the darkness with some short-term winter goals, leading up to your spring target events.

Make a weekend of it and sample the ultra experience at the sixth annual **Fleet Feet 24 Hour Fight Against Hunger** on Friday-Saturday, November 17-18 from 3pm to 3pm. Participants run a safe one-mile loop outside Fleet Feet Sports in Albany, and will be awarded a raffle ticket for appar-

el, shoes, race entries and accessories upon completion of each loop. Organizers emphasize that "this event is for all people, groups, and families interested in helping a valuable community resource, the Regional Food Bank of Northeastern New York." Uniquely, this is a choose-your-own adventure event where you can choose to put in an hour or two, run/walk all 24 hours as an individual or relay team, or run/shower/sleep and then return the next day. New this year, the celebration is bookended by a Friday Night Happy Hour from 4-6pm and a Saturday breakfast from 7-9am. (fleetfeetalbany.com)

Bring on the Christmas spirit with Adirondack Runners' **4-Mile Reindeer Run & 1-Mile Jr. Reindeer Run** at SUNY Adirondack in Queensbury on Sunday, December 3. Note that the start times have changed with Reindeer Jr kids' fun run at 9:10am and the main event at 9:30am, so that adult runners will be able to cheer on the younger reindeers. According to race director Lance Decker, "The course is not really hilly. The first two miles are mostly flat and then the last two just have gradual uphill grades." This is your opportunity to update your holiday wardrobe as festive reindeer long sleeved T-shirts are available to the first 150 runners. (active.com)

If holiday plans have so far derailed your good intentions, jumpstart your New Year's resolutions at the 20th anniversary **First Night Saratoga 5K**, launching from the Skidmore College campus in Saratoga Springs at 5:30pm on Sunday, December 31. Definitely worthy of a momentum-setting effort, this moderately challenging course follows a gentle campus uphill with a tour of festive neighborhood homes, ending with a final push up North Broadway and back onto campus. Limited to 1,500 runners, this race will sell out, so register early! And remember to order your First Night Saratoga entertainment buttons at the same time to receive a



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\$5 discount. New this year is the opportunity to link your efforts with Leukemia & Lymphoma's Team in Training to fundraise for blood cancer patients. (saratoga-arts.org)

Overachievers can double their resolution credits at the Hudson-Mohawk Road Runners Club's **Hangover Half Marathon & Bill Hogan 3.5-Miler** circling the University at Albany and state government office buildings on New Year's Day. Commencing at high noon, ostensibly to take advantage of the warmest part of the day, the sleep-in start effectively eliminates late-night party excuses. The roads are largely flat, punctuated by the occasional gradual hills. Like other races in the winter series, registration is day-of only and free for HMRC members. (hmrc.com)

And finally, do extend your winter creativity to snowshoe running. You will get a low-impact, high-intensity workout in the whiter, brighter woods - away from the stress of treadmills and icy roads. You will return in the spring in top shape and ready to tackle new challenges. See the Calendar of Events and read the upcoming December issue for more information. For more details, visit dionwmacsnowshoe.com. Many venues remain the same, with some new surprises.

And remember, winter is not a chore, but an opportunity! 🌲

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


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And while you're on the slopes, be sure to explore Lookout Mountain's **PORCUPINE LODGE**, a cozy retreat hidden amidst the evergreens. Warm up and stretch your legs before cruising down the scenic 2.1-mile Wilmington Trail.

SWIMMING

REMEMBERING

Terry Laughlin

By Ann Svenson



After living with metastatic prostate cancer for two years (about which he blogged widely), Terry Laughlin passed away at 66 years old on October 20, of complications related to his condition. He displayed his characteristic optimism, wit, and passion for life – and swimming – until the very end. Our family is in mourning, but we fully recognize that he was also a legend in the swimming world and admired by countless people whose lives he touched in meaningful ways. We appreciate the well-wishes of many friends, fellow coaches and students, and there will be a public memorial on Saturday, Nov. 18 in New Paltz. –Terry's wife, Alice, and daughters, Fiona, Carrie and Betsy.

The Total Immersion motto, "Swimming that Changes Your Life" says it all. That becomes clear as one reads the hundreds of tributes and comments on Facebook. Terry Laughlin inspired thousands of swimmers, many of whom he never met. He helped young and old, novice to former Olympian, able-bodied to disabled. He shared and stoked a lifelong passion for swimming. His teaching methods opened up a whole new world to runners and cyclists who wanted to become triathletes. Swimming is not an intuitive endurance sport, but he simplified the teaching and developed a revolutionary program – Total Immersion Swimming – to bring the sport he loved to so many. Terry worked with US Navy Seals to increase the efficiency of the sidestroke by 30%.

Terry created the "Focal Point Practice" that trained the brain as well as the body. Traditional swim practices were about how much and how fast. Terry added ease and concentration to the program, teaching us to think about every stroke. "Speed happens" he said. He talked to and met with experts in many fields and applied what he learned to teaching swimming. "Kaizen," Japanese for "continual improvement" was an important theme in Total Immersion.

In 2006, this practice paid off personally for Terry, when he broke two US Masters Swimming open water national records in the one-mile and two-mile cable swims (the only open water events for which records are held as they're swum around a precise quarter-mile cable course) at the Betsy Owens Memorial Race in Mirror Lake, Lake Placid – his favorite swim. As a result of these swims, Terry achieved Long Distance All-American status and was named to the 2006 USMS Long Distance All Star team.

In August 2018, the two-mile cable swim will now be the Terry Laughlin Two-Mile Race, and the one-mile will now be the Betsy Owens One-Mile Race. They were friends and she would be proud to share the bill with him. Terry's last swim event was the Lake George Open Water Swim in Hague on August 26, which he really enjoyed alongside his daughter, Carrie.

Terry contributed quarterly swimming columns and photos to Adirondack Sports & Fitness magazine from 2001 to 2010, which were widely read and shared. He always signed his missives "Happy Laps," and it's his greatest contribution to the swimming world. 🌲

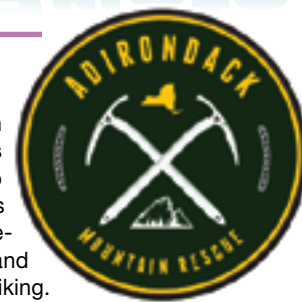
Ann Svenson (annb48@earthlink.net) of Saratoga Springs is a longtime friend of Terry and former director of the Betsy Owens Memorial Lake Swims. She has been a USMS Long Distance All Star and a national record holder. Ann teaches swimming at the Saratoga Regional YMCA and was one of the first Total Immersion coaches.

Adirondack Mountain Rescue Launches High Peaks Awareness Program

CLIFTON PARK – Adirondack Mountain Rescue will hold a free winter hiking preparedness presentation on *Thursday, November 30 from 6:30-8:30pm at the Clifton Park-Halfmoon Library* in Clifton Park. With more people enjoying the outdoors, the call of the mountains has been heard by many and the number of active hikers in the Adirondacks is at unprecedented levels. However, with the increased risk of the outdoors comes increased responsibility to keep safe.

"The number of hikers in the Adirondacks is at an all-time high. We're starting to see search and rescue operations being performed at an unprecedented frequency. The best way for those who enjoy the wilderness to stay safe is to be as educated as possible before getting into a potentially life-threatening situation," says John Reyes, technical rescue director at Adirondack Mountain Rescue.

The High Peaks Awareness Program aims to educate hikers on ways to prepare, gear up, and stay safe while hiking. One aspect of this educational presentation is to address specific problem areas in the High Peaks region, and how to approach their challenges. These presentations are great for both new and seasoned hikers. Admission is free. To learn more, go to adirondackmountainrescue.org.



Contact John Bulmer, president/public information officer, at Adirondack Mountain Rescue, Inc.: (866) 470-6691 or jbulmer@adirondackmountainrescue.org. 🌲

USATri60 Introduced at Three Capital District Ys

ALBANY – USA Triathlon has partnered with YMCAs around the country with the USATri60 program. Athletes are introduced to the sport of triathlon in a one-hour, non-threatening setting: 10-minute pool swim, 30-minute spin and 20-minute run. The Capital District YMCAs have three events this fall and winter, starting at the Greenbush Y in East Greenbush on Sunday, November 12; Southern Saratoga Y in Clifton Park on Sunday, February 11, and the Guilderland Y on Sunday, March 4.

Participants will receive a goodie-bag that includes TYR swim goggles, swim cap, finisher T-shirt, and a finisher medal. Whether you want to try triathlon or an experienced triathlete who wants to enter for a fun off-season workout, you'll have a great time and a great workout! For more info, go to cdymca.org. 🌲

Empire State Winter Games

LAKE PLACID – The 2018 Empire State Winter Games will be on February 1-4. In its 38th year, the games will bring together athletes from across New York State and beyond to compete in over 30 winter sports events. The 2017 games included more than 2,100 athletes of all ages, including master divisions, and this year's games are expected to exceed that number.

Sport venues are located in Lake Placid, Wilmington, Saranac Lake, Tupper Lake, Malone and Paul Smiths. Venues include Lake Placid Olympic Center Herb Brooks Arena, Lake Placid Olympic Jumping and Sliding complexes, Lake Placid Village Municipal Parking Lot, Whiteface Mountain, Paul Smith's College, Paul Smith's College VIC, Saranac Lake Civic Center Ice Rink, Dewey Mountain Recreation Area, Tupper Lake Memorial Civic Center, Olympic Cross Country and Biathlon Center, Titus Mountain and Mount Pisgah.

The Empire State Winter Games is a community-driven event, courtesy of a partnership between the Regional Office of Sustainable Tourism (ROOST); the towns of North Elba, Wilmington, Tupper Lake, Harrietstown, Malone and Brighton; the villages of Lake Placid, Tupper Lake, Paul Smiths, Malone, Wilmington, and Saranac Lake; the counties of Essex and Franklin; Olympic Regional Development Authority, and NYS Senator Betty Little. For more info, visit empirestatewintergames.com. 🌲

Fleet Feet Sports Introduces 3D Scanning to Its Customers

ALBANY – Fleet Feet Sports, the local retail leader in building and supporting a thriving running community, announces the introduction of a new 3D scanning technology to its in-store experience. "Fit id" creates a 3D scan of an individual's feet and provides specific measurements including foot width, length, and arch height. The scan takes five seconds to complete and appears on an in-store tablet, allowing the fit specialist to review, discuss observations, and find solutions together with the customer.

"Fit id brings our staff knowledge to life and allows our customers the chance to see what the fit specialists see when they're assessing the foot," says Charles Woodruff, owner of Fleet Feet Sports Albany and Malta. "Together with the expert advice of our highly-trained staff and the premium products our stores carry, fit id helps create a powerful in-store experience for customers that they can't get anywhere else."

Fleet Feet Sports offers fit id complimentary as part of the customer experience. It appears on a tablet for review, plus the customer may opt to receive the 3D scan via email. Customers can get rescanned on future visits so Fleet Feet Sports staff can discuss any changes in measurements. The technology also includes a children's scanning feature. In addition to its in-store presence, Fleet Feet Sports may incorporate fit id into out-of-store events, such as races, expos and workplace events. For more info, visit the store or fleetfeetalbany.com. 🌲

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FROM THE PUBLISHERS Inspired and Thankful

As a sports and fitness magazine, we enjoy and pay particularly close attention to athletes and their sports, near and far. So many of these stories are filled with life's challenges, and we are amazed and inspired by these "superheroes."

Shalane Flanagan's recent win at the NYC Marathon comes to mind, along with Pat Glover, a local runner, friend and neighbor who was a top competitor at many Stockade-athons and Turkey Trots. One is an elite professional runner, the other a fixture in our running community and elite masters runner who's overcoming the loss of his leg due to a sudden illness – with hopes to run again.

As you lace up your shoes, let's all be thankful for what we have. Both runners have inspired us to be the best we can be. *Happy Thanksgiving!*

Darryl and Mona

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Calendar of Events
 November 2017 - January 2018*

NOVEMBER 2017							DECEMBER 2017							JANUARY 2018						
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						1	2	1	2	3	4	5	6	
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30			24 ³¹	25	26	27	28	29	30	28	29	30	31			

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SNOWBOARDING ONGOING

Tue Youth Ski Races: 1/2-3/6/18. 5:30pm. Dewey Mountain, Saranac Lake. deweymountain.com.
Thu Super Seniors. 10am. West Mountain, Queensbury. westmnt.net.

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.
11 Ski Swap Fundraiser. 4-8pm. West Mountain, Queensbury. westmnt.net.
11-12 Used Ski/Board Gear & Apparel Sale. 10am-4pm. Willard Mountain, Easton. 518-692-7337. willardmountain.com.
12 Ski Tuning Clinic. 7pm. Davis Auditorium, Skidmore College, Saratoga Springs. Alpine Sport Shop: 518-584-6290. alpinesportshop.com.
16-26 Ski Sale. Alpine Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com.
18 2nd Flannels & Handles Hoedown Fundraiser. 7-11pm. Benefits West Mountain School. West Mountain, Queensbury. westmnt.net.
18-19 Used Ski/Board Gear & Apparel Sale. 10am-4pm. Willard Mountain, Easton. 518-692-7337. willardmountain.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

10 Santas Ski Free & Toy/Coat Drive. 8:30am. Whiteface Mountain, Wilmington. whiteface.com.
16 Intro to Alpine Touring & Telemark Skiing at Whiteface. 9am-4pm. Gear, lessons. Open House: 4-6pm. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.
17 HPC Demo Day at Whiteface. 9am-4pm. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.
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.

JANUARY

2 Ski Lesson Programs Start. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.

13-14 MLK Holiday Camp for Kids. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
15 Night Skiing on Playmate. Apres ski party, skiing. McCauley Mountain, Old Forge. mccauleyny.com.
20-21 Alpine Skiing or Snowboarding Clinics for Women. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
20-26 Take Your Kids to Gore Week. Ages 19 & Under. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
27-28 Master the Mountain: Alpine Skiing or Snowboarding Clinics. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
27-28 Intro to Telemark Skiing Clinic. Gore Mountain, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

2 Chicks on Sticks Ski Bus Trip. Lift ticket, bus, dinner. Bromley Mountain, Peru, VT. Alpine Sport Shop: 518-584-6290. alpinesportshop.com.

BICYCLING: ROAD & OFF-ROAD

NOVEMBER

11 Rivers & Lakes Century Ride. 100M. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
11 2nd Grafton Cheese Grater Gravel Ride. 45M/30M. 9am. Grafton Trails & Outdoor Center, Grafton, VT. 802-843-2400. graftoninnvermont.com.
18 Something Wicked Six Hours of Cathedral Pines. 9am. Cathedral Pines Park, Middle Island. 631-566-5045. somethingwickedevents.com.
19 Bethlehem Cup Cyclocross Race. Elm Avenue Town Park, Bethlehem. nycross.com.
25 Placid Planet Cyclocross. Wadhams. Kevin Bouchard-Hall: krboucha@gmail.com. teamplacidplanet.org.

DECEMBER

3 Last Century Ride. 100M. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
8 Customer Appreciation Party. 6pm. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

JANUARY

7 First Century Ride. 100M. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
18 Lady's Night Out. 6-8pm. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

MARCH

17-18 Adirondack Sports Summer Expo. Sat: 10am-5pm; Sun: 11am-4pm. 150 exhibitors, activities, prizes. Free admission. Saratoga City Center, Saratoga Springs. Adk Sports: 518-877-8788. adksports.com.

CROSS COUNTRY SKIING & NORDIC SPORTS

ONGOING

Tue Gore Citizen's Series Snowshoe & XC Race: 1/9-2/6. Gore Mountain, North Creek. goremountain.com.

NOVEMBER

12 NYS Rollerski Championships. 5K/10K. 10:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. skireg.com/nys-rollerski-champs.
18 XC Ski & Snowshoe Swap. 9-11:30am. Dewey Mountain, Saranac. 518-891-2697. deweymountain.com.

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Clearance Sale on 2017 Bikes!

- 18 Bill Koch Leader's Summit. 9am. Cascade Ski Center, Lake Placid. skireg.com.
- 24-12/3 **39th Thanksgiving 10-Day Ski & Snowshoe Sale.** Cascade Cross Country Ski Center, Lake Placid. 518-523-1111. cascadeski.com.

DECEMBER

- 2 Winter Wildlands Alliance Backcountry Ski Film & Numinous Film w/Kye Peterson. 6pm. Human-powered experience w/ Dynafit & Patagonia: short films on Alaska, British Columbia, avalanche education, youth ski culture & climate change. Free. BYOB. Keene Arts Center, Keene. The Mountaineer: 518-576-2281. mountaineer.com.
- 8 **Snowcross.** 1.25K loops. 5-8pm. Gore, Ski Bowl Park, North Creek. visitnorthcreek.com.
- 9 **NYSSRA Community Race 10K Classic.** 2.5K laps. 9am. Gore, Ski Bowl Park, North Creek. skireg.com/northcreek.
- 9-10 **Lapland Lake Nordic Center Open House.** 9am-4:30pm. Sale, prizes, food/beverages. Lapland Lake Center, Northville. 518-863-4974. laplandlake.com.
- 10 **NYSSRA Sprint 1.5K Race.** 9am. Gore, Ski Bowl Park, North Creek. skireg.com/northcreek.
- 28 **Family Moonlight Ski.** 7pm. Whipple Bridge, Vischer Ferry Preserve, Rexford. cliftonpark.org.
- 31 Old Forge Sprint Biathlon. Old Forge. biathlon.nyssranordic.org.

JANUARY

- 6 **Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 518-863-4974. laplandlake.com.
- 6-7 **Gore-HURT JNQ.** Sat: classic: 9am. Sun: skate: 9am. Gore Mountain, North Creek. goremountain.com.
- 20 **HURT Mega Relay.** Garnet Hill, North Creek. nyssranordic.org.
- 25 **Family Moonlight Ski.** 7pm. Whipple Bridge, Vischer Ferry Preserve, Rexford. cliftonpark.org.
- 27 37th Craftsbury Marathon & U.S. Ski and Snowboard SuperTour Festival. 48K, 33K, 16K. Craftsbury Outdoor Center, Craftsbury, VT. craftsbury.com.

FEBRUARY

- 10 **Lapland Ladies Love to Ski Clinic.** 9:30am-2:30pm. Lapland Lake Nordic Center, Northville. 518-863-4974. laplandlake.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** Six-week sessions: 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 & Keene Valley. 518-810-7871. Schedule: truenorthyogaonline.com.

NOVEMBER

- 28 1st Lift Away the Stigma: Circuit Training Marathon. 4-8pm. Help lift the stigma surrounding mental illness. Real [Fit] Life, Albany. 518-894-0948. realfitlife.net.

DECEMBER

- 2 **Holiday Open House.** 11am-4pm. Demos, prizes, sale. Back in Balance Therapeutic Massage, Halfmoon. 518-371-6332. bibtherapeuticmassage.com.

HIKING, CLIMBING, SNOWSHOEING, SKILLS

NOVEMBER

- 18 Orienteering Championship. 10am-12pm. Peebles Island SP, Cohoes. empo.us.orienteeing.org.
- 30 Winter Hiking Preparedness Presentation by Adirondack Mountain Rescue. 6:30-8:30pm. Clifton Park-Halfmoon Library, Clifton Park. adirondackmountainrescue.com.

DECEMBER

- 3 Survival Skills Workshop. 9am. Adirondack Folk School: 518-696-2400. adirondackfolkschool.org.
- 9-10, 16-17 **Wilderness First Aid w/Wilderness Medical Associates.** 8am-5pm. Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

JANUARY

- 6 **The Winter 46.** 9am-4:30pm. Adirondack Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- 7 **Map & Compass Fundamentals.** Adk Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- 13 **Esther Mtn Guided Hike.** 9.5M. 8am. Meet: Adirondack Chocolates, Wilmington. Adirondack Mountain Club: 518-523-3480. adk.org.
- 14 **Table Top Guided Hike.** 10M. 8am. Adk Loj, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- 19-21 **ADK Tug Hill Winter Outing.** Adirondack Mountain Club: Ron Fillhart: 315-298-7424. adk.org.
- 20-21 **Winter Survival 101.** Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.
- 25-31 **ADK Winter Mountaineering School.** Hiking, meals. Adirondack Mountain Club: 518-523-3441. winterschool.org.
- 27 **Snowshoe by the Light of the Moon Guided Tour.** 5:30-9pm. Rentals avail. Lapland Lake Nordic Center, Northville. 518-863-4974. laplandlake.com.

MARCH

- 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm; Sun: 11am-4pm. 150 exhibitors, activities, prizes. *Free admission.* Saratoga City Center, Saratoga Springs. Adk Sports: 518-877-8788. adksports.com.

ICE SKATING & SPEEDSKATING

ONGOING

- Tu/Th Saratoga Winter Club Learn-To-Skate:** Nov 7, 9, 14, 16, 28, 30 & Feb 16, 8, 13, 15, 27. 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

MULTISPORT: TRIATHLON & SWIMMING

ONGOING

- Sun Swim Clinics:** 11/5, 26, 12/3, 10. 8-9:30am. Niskayuna HS, Niskayuna. hislopcoaching.com.

JANUARY

- 20 Happy New Year Masters Swim Meet. 1:30pm. Mohonosen HS, Rotterdam. 518-356-8240. adms.org.

MARCH

- 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm; Sun: 11am-4pm. 150 exhibitors, activities, prizes. *Free admission.* Saratoga City Center, Saratoga Springs. Adk Sports: 518-877-8788. adksports.com.

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Tue & Thu, Nov. 14, 16, 28, 30 or Feb. 1, 6, 8, 13, 15, 27
On/off-ice basic training by coaches/skaters: technique, safety & equipment
All ages & abilities welcome – Some equipment available to borrow
Short Track – Long Track – Marathon Skating

For info or to register: (518) 587-9438 or 951-0702
SaratogaWinterClub.com or Facebook.com/SaratogaWinterClub
Saratoga Springs Ice Rink on Weibel Avenue
SWC hosting Short Track Age Group Nationals @ American Cup 3 (the largest nationally attended meet) on March 22-25

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www.inletny.com

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
Fisher Elementary School • Arlington, VT

Beautiful course & friendly competition
Turkeyware to first 300 entered
1K Kids Fun Run • 9:30am

Register: ItsYourRace.com
More Info & Entry Form: BKVR.net
Ruth Jones: (802) 681-3554

Thursday, November 23
Thanksgiving Day
The Saratoga Hilton
Saratoga Springs

the christopher dailey foundation **16TH ANNUAL TURKEY TROT**

5K Run/Walk

PACKET PICK UP
The Saratoga Hilton
Wednesday, November 22
4pm - 8pm OR
Thursday, November 23
6:30am - 8am

Last chance to register in person
Wednesday, November 22
4pm - 8pm at The Saratoga Hilton
NO DAY OF REGISTRATION
Online Registration closes at
Noon on Tuesday, November 21

REGISTER:
zippyreg.com/?event=981
or christopherdaileyfoundation.com

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JUNE

23-24 **Hague Endurance Festival: Olympic, sprint, kids, duathlon, aquabike.** 8am. Hague Beach, Hague. coachmarkwilson.com.

30 **Stissing Triathlon.** Sprint & kids. 9am. Stissing Lake, Pine Plains. coachmarkwilson.com.

OTHER EVENTS

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.

24-26 **Christmas of Main Street.** Caroling, candy-cane hunt. Old Forge & Inlet. 315-369-6983. adkchristmasonmain.com.

24-26 **Skate America.** Olympic Center, Lake Placid. whiteface.com.

DECEMBER

15-16 **Viessmann World Cup Luge.** Olympic Sports Complex, Lake Placid. 518-523-8820. whiteface.com.

JANUARY

13 **Horse Drawn Sleigh Rides.** 1-5pm. Lapland Lake Nordic Center, Northville. Register: 518-863-4974. laplandlake.com.

13 **Winter Carnival & Fireworks.** 12-4pm. 6:30pm: fireworks. Broomball, sled races, ice skating, food. Mt Sabattis Geiger Arena, Long Lake. mylonglake.com.

FEBRUARY

3 **Adirondack Landscape Photography Workshop w/Brendan Wiltse.** 9am-5pm. Adk Loj, Lake Placid. Adirondack Mountain Club: 518-523-3441. adk.org.

9-11 **Winter Carnival.** McCauley Mountain, Old Forge. mccauleyny.com.

24 **Winter Carnival.** Cardboard sled race: 1pm. Prizes, food, fireworks. Fern Park & Arrowhead Park, Inlet. adirondackexperience.com.

PADDLING: KAYAK, CANOE, SUP & ROW

NOVEMBER

1-12/15 **Boat Sale.** See ad for details. Placid Boatworks, Lake Placid. 518-524-2949. placidboats.com.

RUNNING, WALKING & SNOWSHOE RACING

ONGOING

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

Tue Citizen's Series Snowshoe & XC Race: 1/9-2/6. Gore Mountain, North Creek. goremountain.com.

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

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.

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.** 3pm-3pm. 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. adirondackrunners.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 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, 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. 9am. Walk: 9:05am. Thanksgiving Eve: 7pm Fireworks. 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. stgeorgeschoolcp.org.

23 **22nd Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher ES, Arlington, VT. Ruth Jones: 802-681-3554. bkvr.net or itsyourrace.com.

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 **Blue Mountain Turkey Trot 5K.** 9am. Morse School, Saugerties. 845-246-0008. onteorunners.org.

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 ES, Peru. perulionsclubnewyork.org.

23 **Lowville Turkey Trot 5K.** 9am. Lowville Academy, Lowville. 315-486-0088. cycletherapyrepair.com.

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Girls on the Run

Saturday, Nov. 18
10:00am
Corning Preserve Boat Launch, Albany
Register: GOTRCR.org

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Under 16: \$15 | \$20
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Turkey Trot 2017
Thanksgiving Day
5K Fun Run/Walk
Bethlehem Middle School | 332 Kenwood Ave. Delmar
Benefits the Bethlehem Food Pantry
REGISTER AT:
OurTowneBethlehem.com

The Adirondack Runners present...
4-Mile Reindeer Run & Jr. Reindeer Run
Sunday, December 3rd
SUNY Adirondack, Queensbury

4-Mile Road Race at 9:30am
1M Children's Fun Run 9:10am
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- 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 Run Off That Turkey Trot 5K Run & 2M Walk. 9am. New location: Voorheesville HS, Voorheesville. zippyreg.com.
- 25 Ugly Sweater 5K. 12pm. Onondaga Lake Park, Liverpool. willowhwc.com.
- 25 7th Phoenicia Turkey Trot. 2.4M. 10am. Parish Hall, Phoenicia. 518-688-7064. onteorarunners.org.
- 25 North Country Honor Flight Santa Sprint 5K. 9am. Montgomery Street, Rouses Point. adirondackcoastevents.com.
- 26 Rogers Rangers Ramble Run. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.
- 28 1st Hills Are Alive 5K Cross Country Run. 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. University at Albany, Albany. hmrrc.com.
- 3 Jingle Jog 7K. 10am: runners. 9:30am walkers. Middletown Elks Lodge, Middletown. sullivanstriders.org.
- 3 34th Reindeer Ramble 5K. 1pm. YMCA, Kingston. ymcaulster.org.
- 9 Jingle Bell 5K Snowshoe Race. 1pm. Paul Smiths College VIC, Paul Smiths. paulsmiths.edu.
- 9 21st Albany Last Run 5K. 5pm. Empire State Plaza Concourse, Albany. 518-434-2032. albanyevents.org.
- 9 Jingle Bell Run/Walk. 2.5M. 8:30am. Public Beach, Lake Placid. 518-523-2445. holidayvillagestroll.com.
- 16 **Gore Mountain 5K Snowshoe Race.** 2pm. Dion Snowshoe Series. Gore Ski Bowl, North Creek. goremountain.com.
- 17 **Capital Hills Golf Course 5K Snowshoe Race.** Dion Snowshoe Series. Capital Hills Golf Course, Albany. capitalregionnordicalliance.org.
- 31 **20th First Night Saratoga 5K Run/Walk.** 5:30pm. Williamson Sports Center, Skidmore College, Saratoga Springs. 518-584-4132. saratoga-arts.org.
- 31 NYRR Midnight Run. 4M. 11:59pm. Central Park, New York. nyrr.org.
- 31 New Year's Eve 5K. 2pm. Pavilion State Office Building, Montpelier, VT. cvrunners.org.

JANUARY

- 1 **HMRRC Winter Series #2: Hangover Half & Bill Hogan 3.5M.** 12pm. University at Albany, Albany. hmrrc.com.
- 1 Resolution Run. 5K & 2.5M Walk. 11am. Heritage Museum, Ticonderoga. lachute.us.
- 6 Frozen Assets 5K Snowshoe Race. Harriet Hollister Spencer State Rec Area. 10am. winonaforest.com.
- 7 **"Get Rec'd" Winter Magic Snowshoe Race.** 3.5M. 10:30am. Dion Snowshoe Series. Lowell Lake SP, Londonderry, VT. Mike Owens: 845-978-9705. dionwmacsnowshoe.com.
- 13 32nd Winter Wimp Foot Race. 4.4M/2.2M. 1pm. Hagaman. Bill Platt: 518-866-1319. fmrrc.com.
- 14 **WSSF North American Snowshoe Championship.** Presented by Cock-A-Doodle-Shoe Snowshoe Race. Saranac Lake. cockadoodleshoe.com.
- 14 **HMRRC Winter Series #3: 3M/10K/25K.** 10am. University at Albany, Albany. hmrrc.com.
- 15 Winterfest Snowshoe 8K Race. 10am. Mendon Ponds Park, Honeoye Falls. roadsarepoison.com.

- 20 **Hoot Toot & Whistle 5K Snowshoe Race.** Dion Snowshoe Series. Readsboro, VT. dionwmacsnowshoe.com.
- 21 Fred Lebow Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 23 Oak Snowshoe Race. 5K/10K. Oak Mountain, Speculator. oakmountainski.com.
- 27 **Western Mass Snowshoe Scramble.** 5K or 10K. 10am. Dion Snowshoe Series. Tom State Reservation, Holyoke. dionwmacsnowshoe.com.
- 28 **HMRRC Winter Series #4: 3M/15K/30K.** 10am. University at Albany, Albany. hmrrc.com.
- 28 Stone Wall Empire State Snowshoe Championship. 8am. Winona Forest, Lacona. winonaforest.com.

FEBRUARY

- 3 Polar Cap 4-Mile Run. 10am. Lake George. Craig Bramley: 518-761-3377.
- 3 Polar Bear 8-Hour Obstacle Challenge. 7:30am. Shale Hill Adventure Farm, Benson, VT. shalehilladventure.com.
- 4 **Saratoga Winterfest 5K Snowshoe Run/Walk.** 11am. Dion Snowshoe Series. Saratoga Spa SP, Saratoga Springs. saratogastryders.org.
- 4 Super Frosty Loomis Snowshoe. 5K/10K. 10am. Hammond Hill SF, Dryden. fingerlakesrunners.org.
- 10 **Camp Saratoga 8K Snowshoe Run.** 10:30am. Dion Snowshoe Series. Wilton Wildlife Preserve & Park, Wilton. saratogastryders.org.
- 11 **Capital Hills Golf Course 5K Snowshoe Race.** Dion Snowshoe Series. Capital Hills Golf Course, Albany. capitalregionnordicalliance.org.
- 17 **Stone Bridge Caveman 5K & 10K or 15K Extreme Caveman Snowshoe Race.** 10:30am. Dion Snowshoe Series. Stone Bridge & Caves, Pottersville. stonebridgeandcaves.com.
- 18 **HMRRC Winter Series #5: 20M: 9am; 4.5M/10M: 10am.** University at Albany, Albany. hmrrc.com.
- 18 **HMRRC Winter Marathon.** 26.2M. 9am. University at Albany, Albany. hmrrc.com.
- 24 **29th CFF Stair Climb.** 809 steps. 8am. Corning Tower, Albany. 518-453-3583. cff.org.
- 24 **Brave the Blizzard Snowshoe Race.** 5K & 5.5M. Dion Snowshoe Series. Tawasentha Park, Guilderland. areep.com.
- 25 **Woodford Whiteout 10K Snowshoe Race.** Dion Snowshoe Series. Prospect Mountain XC Ski Center, Woodford. dionwmacsnowshoe.com.

MARCH

- 3 **Garnet Hill Snowshoe 10K Race.** Dion Snowshoe Series. Garnet Hill Lodge, North River. runreg.com.
- 9-11 **National Snowshoe Championship.** Dion Snowshoe Series. Prospect Mountain XC Ski Center, Woodford. dionwmacsnowshoe.com.
- 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm; Sun: 11am-4pm. 150 exhibitors, activities, prizes. Free admission. Saratoga City Center, Saratoga Springs. Adk Sports: 518-877-8788. adksports.com. ■

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● SPEEDSKATING



ALBERT ZHONG OF SWC LEADS THE PACK TO WIN FIRST OVERALL IN NORTHEAST SHORT TRACK SERIES #1 ON NOV. 4. GARDEN STATE SPEEDSKATING

Saratoga Winter Club

Local club has rich, glorious history

By Darryl Caron

Speedskating is the fastest human powered sport on the planet, where elite skaters can reach speeds over 30 miles per hour!

You can't talk speedskating in the United States without including the Saratoga Winter Club. It began as the Saratoga Toboggan Club in 1888 with a slide (similar to Mirror Lake) that shot sleds out onto Saratoga Lake. Skiing and ice skating were added, along with the coronation of a winter snow queen, then the name was changed to Saratoga Winter Club in the 1930s. The major annual event was the Eastern States Outdoor Speedskating Championships on a 400-meter oval at East Side Recreation Park, which attracted national champions.

In addition to "long track," speedskating moved indoors in 1988 with new "short track" events on 110-meter ovals. SWC skaters excel in both disciplines with 1990s team members Moira D'Andrea, Kristen Talbot, David Tamborino, Erin Porter and Amy Peterson Peck (co-Athlete Profile, March 2002). The winning tradition continued as Trevor Marsicano (Athlete Profile, February 2010) won a silver medal at the 2010 Olympic Games in Vancouver. 2018 SWC Olympic hopefuls are training out west for the Olympic Trails, which will take place in January 2018, just prior to the Olympics in PyeongChang, South Korea. These include Trevor Marsicano, Petra Acker (Athlete Profile, January 2011), Rebecca Simmons, Jennifer Kirsch and Christian Gawek.

Many young SWC aspiring skaters attend weekly training sessions hoping to add their names to an outstanding list of athletes. Assisting and coaching these skaters to enjoy the sport and fulfill their goals are Olympic-level enthusiastic coaches that bring skills, enthusiasm and hard work. Paul Marchese has been involved as a competitor, international coach and premier skate builder (84 Olympic medals so far on his skates); Amy Peterson Peck is a five-time Olympian with three medals and was the flag bearer at the 2002 Olympic Winter Games; and Pat Maxwell is a champion skater and short track coach that has helped many skaters achieve racing success.

At the Saratoga Winter Club, the speedskating season usually runs from September through March/April, and you can join them as a guest at any time. As a speedskater, you can choose among different paths or mix or combine them: Short Track, Long Track or Marathon Skating (on 400-meter oval tracks or natural lakes and rivers on tracks of varying size).

Some skaters choose recreational skating and do not race. They practice, get

coaching, work on their technique, workout to get in shape, stay fit or cross-train for other sports. Other skaters like the thrill of racing and compete at a level in line with their ability. Competitions are available for novices on up through world level throughout the US during the season in all three forms of speedskating.

In addition, competitions are organized into different formats. "Pack style" is the most common with a group of skaters going to the start line all at once and racing each other for a finish position. "Time trials" or "metric style" competitions are also held where skaters compete only against the clock and themselves. Skaters are grouped by age class and/or ability to provide a fair and rewarding experience for all participants.

If you'd like to try their **Learn to Skate** training sessions, there's no experience necessary so stop by and try it out at no cost. Visit saratogawinterclub.com to check out their calendar for beginning and novice skaters on Tuesday or Thursday from 6-7pm. These free sessions, held at the Saratoga Springs Ice Rink on Weibel Avenue, are ideal for the beginning and novice skater. There is a six-session series on Nov. 7, 9, 14, 16, 28 and 30, and again on Feb. 1, 6, 8, 13, 15 and 27 (dates subject to change). Basics of technique, safety and equipment will be covered with on/off ice training by top coaches and veteran skaters. All ages are welcome and some skates, helmets, neck, shin and need guards are available to borrow. For more info or to register, contact SWC at (518) 587-9438 or swcspeedskating@gmail.com.

Learn to Skate organizer, Maxine Lautenberg, recently sent this note to new skaters: "One of the first times my son came off the ice he wistfully said, 'It fee-ills sooo good!'" He had just turned seven. He is now 19 and although he stopped skating competitively after middle school, he continued in high school to use speedskating as a cross training sport for track, downhill skiing and football. My daughter is 16 and no longer races, but has also determined that speedskating is "way harder than soccer," and appreciates the health benefits. Whether or not you choose to continue after the first few weeks, Saratoga Winter Club hopes you have moments where it 'fee-ills sooo good!'

Saratoga Winter Club will host the Short Track Age Group Nationals and American Cup 3, the largest nationally attended meet, on March 22-25 at Weibel Avenue Ice Rink in Saratoga Springs.

Speedskating is more than high speed, fast lanes and tight turns, it's a lifetime of good health and fun! ❄️

● CROSS COUNTRY SKIING



2016 GREENFIELD PROGRAM, LED BY CHRIS YARSEVICH, MOVES TO BROOKHAVEN THIS YEAR. RACHAEL YARSEVICH

Youth Nordic Skiing

Expanding Throughout Region

By Chris Yarsevich

The Hudson United Racing Team (HURT Nordic) is pleased to announce the expansion of their youth learn to ski program. This program is modeled after the national Bill Koch Youth Ski League (BKYSL) program and encourages children in kindergarten through seventh grades to get out, enjoy winter, and learn to cross country ski.

The new program is building off the Shenendehowa Nordic Club's Bill Koch Youth Ski League, which has been running for decades at Shenendehowa Central School campus in Clifton Park. HURT Nordic is now running a weekly program at Brookhaven Golf Course in Greenfield Center, and Crandall Park/Cole's Woods in Glens Falls/Queensbury this winter.

With all of these programs up and running there are now three unique locations, spread across the Capital Region, that offer free or low cost learn to ski programs to area children. The Shenendehowa program runs right after school starting in early November, once per week - with or without snow. The Greenfield and Queensbury programs are later in the evenings. Once per weeknight sessions normally last just under an hour and run from December through March, depending on the snow.

Children do not need any experience cross country skiing to join a club. Skiing will be taught through the use of games, technique drills, and play on skis. A low key, non-competitive environment is stressed. It is not uncommon for total beginners to ski alongside well-seasoned veterans, with everyone having a great time.

For the more serious or competitive skiers interested in racing, HURT Nordic (hurt-nordicskiing.com) is one of the biggest racing teams in the state, and these programs have started the racing careers of many area skiers. Racing is available throughout the state most winter weekends, with several races featuring special Bill Koch age group divisions. These events are great ways to introduce younger skiers to racing in a fun and supportive environment.

A limited amount of rental or loaner gear is available at each of these programs on a first-come, first-serve basis. Basic cross country skis ("fish scales") are just fine for the program and can be often found at garage sales, ski swaps or friend's basements.



2017 SHENENDEHOWA PROGRAM KICKED-OFF ON NOV. 7 WITH THIRD, SIXTH AND EIGHTH GRADERS. CARRIE BUETOW

Local ski shops, including Play It Again Sports in Latham, Alpine Sport Shop in Saratoga Springs, Sports Page in Queensbury, Inside Edge in Glens Falls, and High Peaks Cyclery in Lake Placid, offer a wide selection of skis, boots, poles, clothing and accessories - and knowledgeable staff to steer you in the right direction.

Parents are always welcome to join the weekly sessions and cross country ski along with their children or just watch the fun.

The weather has turned colder and our thoughts have turned to winter activities, so keep these programs in mind for any active, fun loving children you know. Sign-ups will begin in November, but new skiers are always welcome to join us at any time during the season. Even if you just want to attend one or two sessions to try it out, we encourage you to stop by and try!

HURT Nordic held a successful fundraiser, the first annual Oktoberfest 5K Trail Run, to help expand skiing at Brookhaven Golf Course on October 28th, which attracted 80 runners and walkers. Keep a lookout for excellent groomed classic ski trails and a citizen ski race at Brookhaven this winter.

New member families are welcome to join the youth ski leagues. For more information and to get started right away, contact Eric Hamilton (ejh.bkh@juno.com) for the Shenendehowa program (shenendehowanordic.wordpress.com). Chris Yarsevich (carsev@gmail.com) for the Greenfield location, and Bob Underwood (underwood@aol.com) for the Queensbury program.

THINK SNOW! ❄️

Chris Yarsevich is a founding member of the Hudson United Racing Team. You can find him racing almost every winter weekend with the team and when the snow is gone he enjoys running, cycling and hiking.



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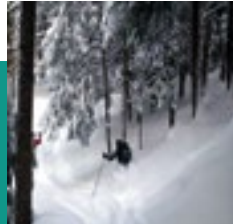


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● **ATHLETE PROFILE**

Shane Kramer

AGE: 40
LIVES: Lake Placid
FAMILY: Wife, Keegan, and two dogs, Harkin and Simcoe
OCCUPATION: Lab Manager, Mountain Orthotic and Prosthetic Services and Bike Mechanic, Placid Planet Bicycles
PRIMARY SPORTS: Road, Mountain and Fat Biking
SECONDARY SPORTS: Cross Country Skiing and Snowboarding

On the starting line in Northville the morning of September 8, he eyed the other 12 competitors for the first time and was surprised at the wide mix of ages and body types. After the start, they stayed together until the first road crossing, when the race began in earnest.

"I let them go. I didn't even try. It's a really long race and there was no reason to hang on right now. Once we got to dirt road I pretty much caught everybody, and Mike (race organizer Mike Intrabartola) and I rode together till the Sacandaga River crossing, where we got to the first trail section."

Shane headed into the weekend ride on his Trek Superfly hardtail single-speed, loaded with bivy sack, and a food supply that would be supplemented - he hoped - with fresh supplies from stores in the small towns along the route.

The bike performed perfectly, but the course offered its share of surprises. Friday night around 1am, trying to get in a few more miles beyond Inlet (mile 155) before getting some sleep, he saw something ahead. Switching on his second headlight revealed a huge bull moose walking down the middle of the road.

"It just wouldn't get out of the road, and it started snorting at me, so I decided that was a pretty good time to turn around and find someplace to get some sleep."

The next morning he woke up to see fresh tire tracks passing his camping spot, and soon he caught up with Mike again. They spoke briefly, but then Shane pulled ahead. It was the last time he saw anyone else before cruising into the Northville finish on Monday night in the darkness.

The last 100 miles of the course were tough, with multiple sections that required hiking, and carrying his bike. He had been wearing wet bike shoes since Friday afternoon and his feet had swollen up, so with every footstep, the cleats pounded into his feet.

"That last day was the hardest I've ever had on a bike. I was severely uncomfortable," he remembers. "Pulling into town, I was so happy to be done with it!"

Keegan was waiting with homemade chicken soup, and a local resident who had been following the race via a GPS app was there with a congratulatory beer, but that was it. No finish line, podium presentation or cheering crowds. But Shane considers the experience and achievement to be his prize. "I just had a really amazing time seeing the backcountry roads and trails of the Adirondacks that I would never have seen otherwise. Coming up behind a moose in the middle of the night is something not everybody gets to do. Just being in the woods and fields of the Adirondacks and getting to ride my bike all day - I do enjoy it."

In August 2018, Shane is hoping to be on the start line of Trans North Georgia, a 350-mile mountain bike adventure with 56,000 feet of climbing that snakes through the southern Appalachian mountains from South Carolina to Alabama. Enjoy the challenge! 🌲

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer, and writer who has no plans whatsoever to participate in TATR. Visit his website at krausgrafik.com.



HIRED TO TAKE JOHN KERRY ON A PRIVATE RIDE AROUND PAUL SMITHS.

MILE 392-ISH, TWO DAYS AND FOUR HOURS INTO THE ADIRONDACK TRAIL RIDE. KEITH MCKEEVER

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DURING THE 2017 ARROWHEAD 135. BURGESS EBERHARDT

By Dave Kraus

"You gotta like a challenge,"

says Shane Kramer, and that statement defines his fitness activities. It also explains his participation in The Adirondack Trail Ride (TATR), which started on September 8. Apparently he's pretty good at meeting challenges, because he won this year's race, completing the 585-mile course in a record time for the three-year-old event.

The website (theadirondacktrailride.com) for the race that circles the Adirondack Park calls the route, "a loop through a beautiful and diverse eastern wilderness on trail, pavement and dirt road." But when Shane shows you photos from his ride this past September, it's obvious that calling some sections "trails" is optimistic, at best.

The snapshots show handlebar-high grass mixing with underbrush-choked breaks in the forests that scarcely have room to squeeze a bike through. On the more open trail sections, large rocks litter the path ahead, and rain during the race turned some sections into muddy quagmires. Challenge, indeed.

But Shane conquered it all in three days, 12 hours, and 53 minutes in the rain, mud and darkness, on a single-speed 29'er mountain bike with standard width 2.35-inch tires.

Shane's love for cycling began when he moved north after high school from his hometown of Cuddebackville, near the New York-New Jersey-Pennsylvania border junction. When he arrived at Paul Smith's College, he brought with him a brand new Kestrel hardtail mountain bike, purchased with his graduation gift money.

He found kindred spirits with fellow mountain bikers in the area and he's been riding every since. But after graduation in 1997 he left upstate New York and hop-

scoted around the country, living in Oregon, Colorado, Utah and Connecticut, and racing mountain bikes seriously in cross-country style events that usually lasted from one to two hours. But eventually he moved back to the Adirondacks.

"I just really like it up here," he says. "I definitely like being outside and it's very easy to do that up here." It's also very easy to find a challenge in the Adirondacks, and in 1999 he found a big one when he witnessed the first Ironman triathlon taking place in Lake Placid.

"I watched that and was just amazed. So I signed up for the next year, having never run or swam at all, just to see if I could do it." He met the challenge, and finished the event in 2000 with a time of just under 11 hours, 30 minutes. After focusing his training, he did even better the next year, finishing in 10 hours, 35 minutes.

These days he chooses his events carefully after getting burned out on mountain bike racing. He picks only two or three races to do

each year, and races only single-speed "so I don't take myself too seriously."

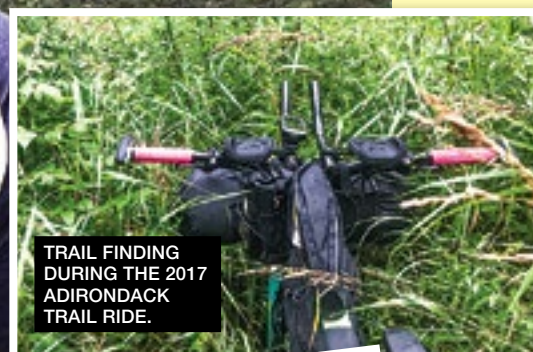
His training schedule reflects that, with 15 to 20 hours of riding per week, loosely divided between shorter road intervals and trail rides on weekdays, mixed in with longer endurance rides on weekends. His dog, Simcoe, will often run alongside on the shorter trail rides.

His wife, Keegan, is also a mountain biker, and they have a lot of fun riding together, says Shane. "She understands that pushing myself is part of me - these challenges that I present myself with." Their complimentary work schedules mean he can dedicate time to solo training on weekdays, but for the longer, "more epic" weekend rides, he describes her as "very forgiving."

Shane's road to The Adirondack Trail Ride victory started in March of this year, when a friend mentioned the race to him. He checked out the website, then sent in a letter of intent to participate. The organizer asks participants to make donation to a charity in lieu of an entry fee, so he chose North Country Public Radio, and started training.

He knew he had the fitness base and proper equipment after completing the Arrowhead 135 ultra (bike or run or ski) race in International Falls, Minn., in February, where temperatures can fall to 40 degrees below and competitors are required to carry the emergency gear and food to handle those conditions. So he knew he could compete and at least survive TATR even if he didn't win.

After building up to being able to do two 130-mile days in a row, he felt he was ready, but was not setting high expectations. "I never thought I was going to win. That was certainly a surprise to me. But with 22 years of biking, I feel as long as I'm going the right pace, I can ride all day."



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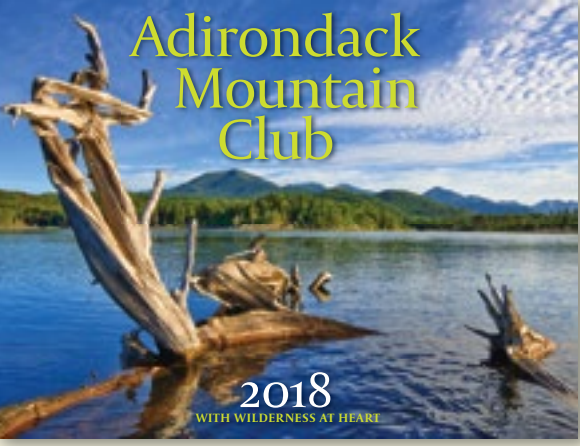
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● HIKING & BACKPACKING

Hiking Long Lake and Bushwhacking Blueberry Mountain

By Bill Ingersoll

I recently paid a visit to one of the prettiest mountains in northern Hamilton County. It's probably not one that you've heard about, because it has no trail. But the summit of this small gem features an extensive amount of open rock with photogenic views south along Long Lake. Getting there involves a scenic hike along the shores of Long Lake, with several enticing camping options.

The name of this mountain is Blueberry, and while I was there well after the berry-picking season, I would not be surprised if it lived up to its name in late summer. It might not have always been so obscure, because it abuts Kempshall Mountain, a former fire tower summit, but it has probably never been well known. Bushwhacks have a way of dimming the popularity of even the most beautiful mountain vistas. That is for the best; if you make the effort to seek out Blueberry Mountain, the probability is high that you will have it to yourself.

I do have one note for photographers, though: try to get here in the morning. The thrust of this view is southwestward, meaning you will be facing into the sun after the noon hour. I recommend carrying an overnight pack and partaking in one of the excellent backcountry camping options in and around Kelly Point. That way you can start directly up the mountain after breakfast.

Getting There

From the intersection of NY Routes 28N and 30 in Long Lake, follow Route 28N east up the hill and out of town. At 1.5 miles you reach the junction with Tarbell Hill Road. Turn left and follow Tarbell Hill Road for 0.7-mile to the trailhead, marked by a small sign on the right.

The Trail

This outing begins with a hike of 4.3 miles along the Northville-Placid Trail, or NPT for short. Beginning on the east side of the road, the trail descends a bit but then rolls through the woods to a stream crossing at 0.6-mile, and then a larger wetland crossing at one-mile. Problems with maintaining a bridge through this wetland prompted the creation of a detour in recent years. The NPT now veers left, heading downstream to a rock-hop stream crossing.

The crossing brings you to the Catlin Bay Lean-To. Since it is just 1.1 miles from the road, there is almost always activity here. For tent campers, there are alternate sites nearer the water where the old lean-to used to stand.

This is your first sighting of Long Lake, which you will remain close to for several miles. A side trail leads left to the Hidden Cove Lean-To at 1.7 miles, and at 3.9 miles you reach the Kelly Point Lean-Tos. These shelters stand side by side and are immensely popular. If hikers haven't claimed them, then boaters certainly will be there, especially in the summer.

At 4.3 miles, you reach what used to be a four-way trail junction, still evident despite the absence of signs. The way right once led to Kempshall Mountain. Left leads to a pair of attractive designated tent sites (one on each side of the stream) with their own shared sand beach.

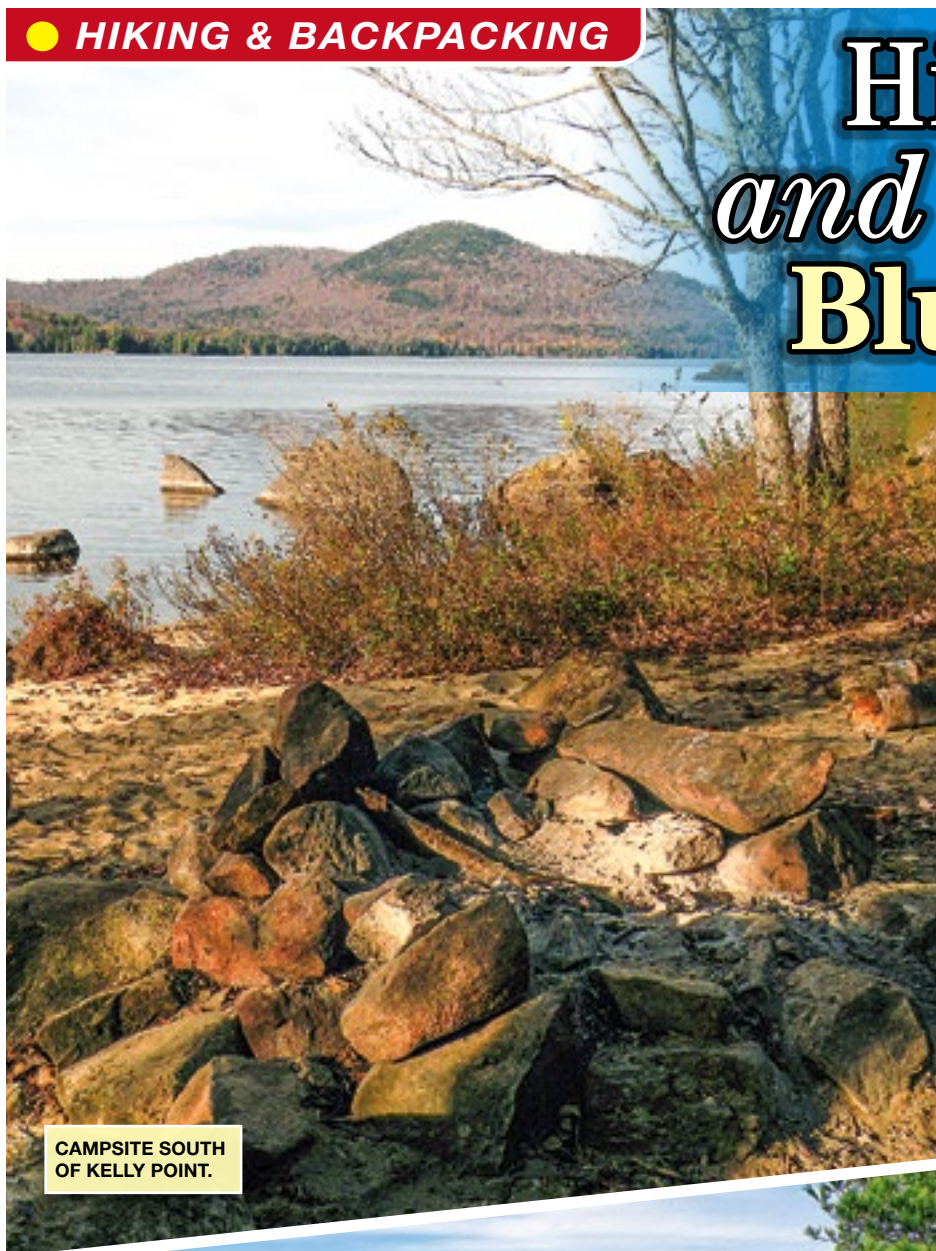
Although the fire tower on Kempshall Mountain was removed decades ago – and with it, the motivation to climb that wooded summit – the abandoned trail is in remarkably good shape. It makes an obvious approach route to Blueberry. This trail leads southeast away from the lake, following the south bank of a small, unnamed stream. You may even see a few of the old metal trail markers that were in vogue half a century ago.

Stay on the trail for about 0.8-mile, to the point where it crosses the stream you have been paralleling at roughly 2,100 feet in elevation. Here the old trail begins to curve northeastward on its ascent of Kempshall Mountain, ceasing to be useful as a way to reach Blueberry.

Instead, strike off through the woods on a southwesterly heading. The woods are blissfully open, a joy for bushwhacking. In short order, it should be obvious from simple terrain observation that you are on the mountain. Rather than climbing directly up the shortest route to the summit, adjust your course so that you are angling up the mountain's northern slopes. This is because the open hardwoods on this part of the mountain are so much more pleasant than the thick conifers elsewhere.

If your navigation is spot-on, you will approach the 2,612-foot true summit from the north. There are patches of open rock here, but the one you want is located a short distance to the southwest. It begins as a narrow lane of rock and lichen, but as you follow it downslope it widens into an impressive apron of open rock, several acres in size. The southern half of Long Lake and its mountainous environs are the centerpiece of this vista. Blue Mountain, which you might expect to be included, remains concealed by the long Fishing Brook Range. 🌲

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



CAMPSITE SOUTH OF KELLY POINT.



THE SUMMIT OF BLUEBERRY MOUNTAIN PROVIDES INCREDIBLE VIEWS OF LONG LAKE.



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● **ALPINE SKIING** cont from 1

previously was home to Whiteface's children's ski programs. The lodge addition will now allow Whiteface to consolidate all of its learning programs in one location.

High up on Lookout Mountain, Whiteface's newest terrain pod, skiers will be able to enjoy a new warming hut. Porcupine Lodge was originally constructed in 1949 for the old Marble Mountain ski area. After sitting dormant for decades, crews renovated the lodge over the past two summers. There are no plans to offer food service, but skiers can use the lodge to warm up, rest and enjoy their own snacks or lunch.

Like Gore, Whiteface invests in snow-making improvements every year. This year's behind-the-scenes upgrades in the electrical system infrastructure, pumping capacity and air and water distribution systems may not be immediately visible to skiers and riders, but you're sure to feel the difference in the snow beneath your skis.

And don't forget about the Adirondacks' mid-sized ski areas. **McCauley Mountain**, in Old Forge, offers skiing and riding on 21 trails and 600+ feet of vertical. Located in the snowbelt region of the western Adirondacks, McCauley frequently racks up the highest annual snowfall of all Adirondack ski centers. Up north **Titus Mountain**, located in Malone, boasts more than 30 trails and 1,200 vertical feet. Down south, **Oak Mountain**, in Speculator, has a new magic carpet lift and snowmaking upgrades for this winter. Oak has 14 trails and a vertical drop of 650 feet.

In the Capital-Saratoga Region, **Willard Mountain** and **Maple Ski Ridge** offer some of the best instructional programs in the region. Willard's six-week Little Colonel program for kids 4 to 6 years old, and Maple Ridge's seven-week Arctic Circle and Mountainside programs are extremely popular. Programs fill quickly at both ski areas, so be sure to call soon to enroll for this winter.

Down in the Catskills, the big news for this winter at **Belleayre** is the debut their gondola. Dubbed "Catskill Thunder," the new gondola is expected to come online mid-December. **Hunter Mountain** stirred up some excitement earlier this fall with their announcement of plans for an entirely new trail pod. While the new trails won't be completed until the 2018-19 season, they will increase Hunter's total skiable acreage by 25 to 30



► GORE SKIERS ENJOYING THE VIEW FROM FOXLAIR IN FEBRUARY 2017. GORE MOUNTAIN

► WILLARD'S LITTLE COLONEL SKI PROGRAM IS POPULAR AND FILLS UP QUICKLY. WILLARD MOUNTAIN

percent. The new terrain is expected to be a mix of mostly intermediate and advanced trails. Rounding out the announcements in the Catskills are a new PistenBully groomer and snowmaking upgrades at **Windham Mountain**, and snowmaking and electrical infrastructure improvements at **Plattekill Mountain**.

As the temperature drops, the snow is flying with whitened peaks and snowmaking is underway. With ski season set to begin, the only thing left to do is **THINK SNOW!!** ❄️

Jeff Farbaniec of Saratoga Springs is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.



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LIVING ON
EARTH

In late August hundreds of thousands of people, many having driven enormous distances, gathered to watch a solar eclipse whose arrival, literally to the minute, had been predicted decades before by the scientific community.

Yet, only a few weeks later, the nation found itself reeling under a horrendous series of disasters from record breaking fires in the American West to devastating tropical storms like Harvey, Irma and Maria. That same scientific community that had been so trusted to precisely predict an eclipse was often ignored, as many scientists warned that such events were not climatic anomalies, but harbingers of an increasingly destabilized global climate system – indeed sober warnings of our collective future!

To be sure, there are many reasons why humans have trouble appreciating the existential threat of climate change. We are products of evolutionary biology, which give us a markedly better ability to notice a hungry lion monitoring us in our peripheral vision, than to draw patterns from what can sometimes appear to be random events.

Indeed, the simple fact is that climate crisis tends to look like the extreme weather events humanity has regularly endured. But it is also just as true that homo sapiens are among those animals most able to experience a deep sense of time and change, and especially able to recognize patterns and assimilate the enormous amounts of evidence already available to recognize the threat. Indeed, the science of global warming is now in its third century of investigation, an investigation that began in the mid-19th century as scientists of that era tried to understand how the sun's heat was distributed – even during periods when significant portions of the earth were turned away from the sun. And thus, grew an understanding of the role of greenhouse gases in retaining solar heat.

Ironically, though even as last summer's crowds were confident enough in science to significantly disrupt their lives to see the eclipse, in the face of even more dramatic evidence; this fall's barrage of horrendous fires and storms, millions still deny the reality of the climate crisis, a phenomenon that can only be explained by reference to the misinformation campaign, especially documented in books and films such as the *"Merchants of Doubt: How a Handful of Scientists Obscured the Truth on Issues from Tobacco Smoke to Global Warming."*

Although a considerable percentage of climate denial seems at times linked to a dislike of Al Gore, the man whose popular vote victory over George Bush in 2000 tainted the second Bush presidency's first administration, the bulk of climate denial anger has been very deliberately manufactured for financial and ideological reasons.

At base, there are two quite understandable sources for the largely manufactured denial industry. First, simple financial interest. Just as a generation ago the tobacco industry spent enormous sums to confuse people regarding the relationship between smoking and lung cancer, in recent decades the fossil fuel industry has expended massive amounts of money to fund similar cam-

Climate Change

and the Art of Denial

By Steven Leibo



paigns to deny the negative impacts of their industry's carbon pollution on the stability of the global climatic system.

But that money would not have been nearly as effective if it had not complemented one of the most ideologically charged questions of modern history. The defining question, "What *should* the relationship be between government and the economy?" A basic question that in itself, on a macro level, separated Communism's command economy from America's enthusiasm for capitalism. While the same core question is at the heart of the struggle between America's more *laissez-faire* Republicans and the today's Democratic Party, that remains a product of FDR's depression era interventionist policies.

Therein lies the problem. Given that only governments have the taxation and regulatory powers to make energy changes quickly, recognition of the threat of climate change brings with it almost by definition, a greater role for the government in a nation's economy – in this case its energy economy. And when that ideological problem is augmented by financial resources available from the richest industry on the planet, the fossil fuel industry, it has proven a formidable force to undermine progress and inspire impressive levels of anger among those susceptible to misinformation campaigns.

Thus, emerged over the last generation, a professionally managed denial industry that has used methods ranging from phony but professional looking think tank reports, to extremist media personalities from Rush Limbaugh to Glen Beck, to argue that humanity does not need to replace fossil fuels with safer sources of energy.

Finding spokespersons to confuse the issue was not enough for the denial industry. They also used their influence and deep

pockets to attempt to control those climate scientists like James Hansen, who as the then director of NASA's Goddard Institute for Space Studies, was a government employee, and thus vulnerable to such pressure. Additionally, they went after somewhat more protected tenured academics like Michael Mann by harassing them with expensive legal challenges to their scholarship and access to research funding.

During the administration of George W. Bush, that approach was complemented by an unprecedented access to the inner sanctums of administration, which allowed the actual modification of government reports.

The level of rhetoric became especially incendiary during 2015, when the denial community found themselves facing a leader significantly more difficult to demonize than Al Gore or even President Obama. Barack Obama, of course, facing a Congress dominated by climate change deniers, had taken it upon himself to use the power of the executive branch to push the nation toward cleaner safer energy sources.

But neither Gore nor Obama represented the sort of moral authority that the denial community found challenging them, when the increasingly popular Catholic Pope Francis took up the mantle of serving as champion of humanity's environmental responsibilities with his papal encyclical of September 2015, an effort that aroused a level of conservative anger against a Pope few had ever seen.

Ironically, the Pope's encyclical was especially problematic for the denial community, because not only did it urge humanity to address the dangers of climate change, but also focused on those who would put materialism and profits above the needs of people. In short, Pope Francis hit most of the hot button issues of the climate deni-

al community and their reaction was not all that unpredictable, especially coming as it was during the opening rounds of the American presidential campaign.

As of course is well known, after an extraordinary effort begun in the early 1990s that culminated in the Paris Climate Accords of 2015, the international community produced an agreement among the vast majority of the world's nations to dramatically reduce their greenhouse gas emissions. True, while the actual goals set were relatively modest, the international agreement was expected to send a message to the world's economic decision makers that would reverberate around the capitalist global economy; that the age of fossil fuels was winding down and the era of safer greener, energies had debuted. Indeed, that was largely the dominant global message until the American elections of 2016.

Enormous amounts have already been written about the significance of America's 2016 election, on everything from racial and gender relations to immigration, but the potential impact on humanity's efforts to confront the climate crisis is easily the longest-term result.

Most importantly, while over his career Donald Trump has at times appeared somewhat ambivalent on the existential threat of dramatic climate change, once elected he not only committed his administration to a renaissance of climate busting, coal-based energy production, but a full-throated effort to use the executive branch to undermine not only the science, but those employees of the executive branch who carry out research and green energy policies. Indeed, much of the Trump administration's fossil fuel playbook has been borrowed directly from the playbook pioneered generations ago by the tobacco industry in its efforts to preserve its corporate profits.

So, what does that mean for our future, regional to global? There never was, of course, a chance to genuinely avoid the traumas of climate crisis. Humanity simply waited too long to phase out climate busting fossil fuels. But the impact of Washington's new policies, however mitigated at levels from local to planetary, will still be significant.

For Americans the impact will probably be twofold. On one, we will most likely see the withdrawal of the federal government's support of green energy technologies, which might have become the foundation of 21st century American global manufacturing profits and jobs. Secondly, and perhaps equally significant, will be a weakened ability, without the support of Washington, DC, to implement the many adaptation technologies – from more storm-resistant buildings to community cooling stations we will need to weather the storms of upcoming decades. In short, the burden has become even more obviously placed on the individual to plan their own and their family's future in an even more climate-challenged environment. 🌱

Steven A Leibo (steven@jzleibo.com) is a professor of World Civilization at the Sage Colleges, commentator for WAMC/Northeast Public Radio, and author of works of historical fiction including "Beyond the Heavenly Kingdom" about the Chinese Exclusion Act of 1882.

RACE RESULTS

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MALE OVERALL

1	Brian Lovett/40-44	Allentown, PA	2:05:11
2	Michael Cooley/35-39	Delmar	2:08:57
3	Mathew McClellan/30-34	Saegertown, PA	2:10:57

FEMALE OVERALL

1	Madeline Nagy/50-54	Hatfield, MA	2:22:08
2	Michelle Rosowsky/50-54	South Burlington, VT	2:26:21
3	Kristen Legendre/30-34	Uxbridge, MA	2:31:29

MALE AGE GROUP: 15-19

1	Hyrum Balog	Saratoga Springs	2:31:38
2	Kevin Bouyera	Queensbury	2:32:05
3	Nathaniel Marron	Saratoga Springs	2:38:31
4	Benjamin Drzymala	Altamont	2:38:32
5	Kevin Cronin	Greenfield Center	2:38:32
6	Colin Leonard	Slingerlands	3:16:49

FEMALE AGE GROUP: 15-19

1	Lauren Beneat	Chester	3:27:20
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MALE AGE GROUP: 20-24

1	Donald Guest	Saranac Lake	2:17:27
2	Greg Romanov	Charlton	2:36:36
3	Tom Brockway	Schenectady	3:01:01
4	Vincent Dimassa	New Haven, CT	3:16:02
5	Joshua Lanzona	Saratoga Springs	3:17:04
6	Connor Emmert	Monroe	3:19:50
7	Alex Desy	Repentigny, QC	3:36:38
8	Pierre-Alexandre Chassé	Lac Supérieur, QC	3:36:38

FEMALE AGE GROUP: 20-24

1	Maddie Leopold	Pawling	2:32:03
2	Alexandria Fons	Muskego, WI	2:38:53
3	Gabrielle Leblanc	Leominster, MA	2:42:45
4	Molly Mason	Glens Falls	2:57:51
5	Taylor Schumann	West Hartford, CT	2:57:56
6	Katie Huber	Bridport, VT	3:06:31
7	Kaitlyn Hansen	South Glens Falls	3:12:33
8	Allison Robson	Fairport	3:13:49
9	Janelle Welch	New York	3:16:16
10	Cortney Lanzona	Saratoga Springs	3:21:30

MALE AGE GROUP: 25-29

1	Matthew Hayto	New York	2:17:35
2	Sami Rifai	Chestnut Hill, MA	2:19:53
3	Ryan Keller	Selkirk	2:23:38
4	Ross Zuckerman	Boston, MA	2:25:31
5	Matt Mason	Glens Falls	2:28:03
6	Sean Parnett	Clifton Park	2:29:11
7	Charles Walck	North Syracuse	2:30:30
8	Bobby Sousa	Ballston Lake	2:32:24
9	John Kenny	Union Beach, NJ	2:40:22
10	Peter Liota	Staten Island	2:44:44

FEMALE AGE GROUP: 25-29

1	Samantha Weinberg	New York	2:41:18
2	Kendra Kline	Saratoga Springs	2:42:38
3	Kimberly Tracey	Ossining	2:45:57
4	Maureen McCaffrey	Boston, MA	2:46:19
5	Michelle Lobotsky	Poughkeepsie	2:48:38
6	Stacey Kindelan	Saratoga Springs	2:49:27
7	Carly Samach	Schuylerville	2:51:31
8	Mariola Moeyert	Albany	2:52:00
9	Dina Grimaldi	Higganum, CT	2:52:21
10	Molly Mahoney	Somerville, MA	2:56:59

MALE AGE GROUP: 30-34

1	Mark Lloyd	New York	2:23:42
2	Rob Lindquist	Pompton Plains, NJ	2:28:03
3	Tim Miller	Oneonta	2:30:45
4	Timothy Bower	Philadelphia, PA	2:32:20
5	Conor Hayden	Cambridge, MA	2:35:28
6	Patrick Skelley	Brooklyn	2:37:37
7	Nicholas Varga	Kingston	2:37:43
8	Joshua Halse	Watervliet	2:44:53
9	Philip Guerrant	Schenectady	2:45:52
10	Michael Menter	Brooklyn	2:55:36

FEMALE AGE GROUP: 30-34

1	Laura Miller	Oneonta	2:40:15
2	Megan Abraham	Saratoga Springs	2:44:24
3	Regina Pleckaitis	Newport, RI	2:52:15
4	Rene Klementowski	Schenectady	2:56:43
5	Audrey Carie	Astoria	2:57:38
6	Jill Archambault	Malta	2:58:40
7	Kelly Rogers	Saratoga	3:02:07
8	Karen Banner	Princeton, NJ	3:03:36
9	Katharine Neer	Baldwinsville	3:06:37
10	Sarah Fuda	Sussex, NJ	3:07:41

MALE AGE GROUP: 35-39

1	Hank Tripp	Glenmont	2:27:09
2	Oswaldo Rodriguez	Mechanicville	2:31:14
3	Jimmy Pinto	Linden, NJ	2:31:53
4	James Caparosa	Brookfield, CT	2:32:41
5	Brian Skorney	New York	2:32:44
6	Steven Shrader	Amsterdam	2:32:53
7	Hasan Iqbal	New York	2:33:25
8	Chris Burke	Brooklyn	2:35:44
9	Doug Jones	Miller Place	2:38:16
10	James Christian	Albany	2:39:07

FEMALE AGE GROUP: 35-39

1	Ann Moskal	Ballston Spa	2:32:11
2	Diana Tobon-Knobloch	Niskayuna	2:37:57
3	Julie Heaphy	Norwalk, CT	2:37:58
4	Evan Kujawski	Albany	2:40:49
5	Shana Solomon	New York	2:48:13
6	Elizabeth Burke	Brooklyn	2:48:55
7	Erica Welchman	Stamford, CT	2:50:35
8	Leigh Parker	Glenmont	2:53:58
9	Gretchen O'Dea	Ontario	3:02:13
10	Amy Haley	Saratoga Springs	3:08:11

MALE AGE GROUP: 40-44

1	Matthew Crave	Schenectady	2:12:56
2	Daniel Conroy	Stamford, CT	2:18:05
3	Rob Van Der Kar	Averill Park	2:22:19
4	Christopher Frasca	New York	2:32:29
5	Brian Rancourt	Delmar	2:33:02
6	Thomas Shea	Brooklyn	2:37:36
7	Chris Cuegan	Niskayuna	2:40:03
8	Daniel Fleischer	New York	2:42:04
9	Yves Briantais	Brooklyn	2:44:41
10	Jonathan Desantis	Cross River	2:45:13

FEMALE AGE GROUP: 40-44

1	Tara Rawluk	Stirling, ON	2:36:56
2	Laura Harrington	Mystic, CT	2:38:18
3	Michelle Query	Cornwall	2:43:02
4	Mandy Lovett	Allentown, PA	2:43:32
5	Jessica Nash	Troy	2:47:02
6	Lindsay Harvey	Stillwater	3:01:03
7	Karen Rotach	Williston, VT	3:02:50
8	Lesley Allison	Lancaster, MA	3:02:53
9	Maura Ludlow	Diamond Point	3:09:33
10	Sandi Klein	Brookline, MA	3:10:07

MALE AGE GROUP: 45-49

1	Scott Coughlin	Stamford, CT	2:16:58
2	Adam Osekoski	Hinesburg, VT	2:19:05
3	Kenneth Allen	West Point	2:27:46
4	Clayton Provost	Plattsburgh	2:28:48
5	Brian Tromblee	Baldwinsville	2:31:22
6	Ricky Snyder	Pen Argyl, PA	2:33:16
7	Daniel Davies	Queensbury	2:38:29
8	Tom Hansen	South Glens Falls	2:39:50
9	Igor Krasnoperov	Mohegan Lake	2:42:00
10	Jason Carmel	Mamaroneck	2:43:59

FEMALE AGE GROUP: 45-49

1	Jane Howe	Kingston, ON	2:32:29
2	Sarah Vogel	Slingerlands	2:47:38
3	Michelle Richardson	Stuyvesant Falls	2:51:52
4	Jamie Masson	Loudonville	2:53:52
5	Julie Cuneo	Saratoga Springs	2:58:23
6	Deirdre Chadwick	Brooklyn	2:58:36
7	Kristin Harris	Hancock, NH	3:05:10
8	Kelly Collins	Queensbury	3:06:07
9	Laura Callen	Pawlet, VT	3:08:37
10	Christine Walley	Gansevoort	3:11:43

MALE AGE GROUP: 50-54

1	William Schumann	West Hartford, CT	2:12:26
2	Carl Regenauer	Saratoga Springs	2:13:35
3	Dougin Walker	Princeton, NJ	2:14:10
4	Peter Algert	Palisades	2:18:44
5	James Hourihan	Wyckoff, NJ	2:21:52
6	Guy Painchaud	St. Bruno, QC	2:22:45
7	Jeff Dodge	Plattsburgh	2:28:43
8	Steve O'Donnell	Washington, DC	2:29:03
9	Tad Norton	Canandaigua	2:30:07
10	Paul Martin	Exeter, NH	2:33:08

FEMALE AGE GROUP: 50-54

1	Elizabeth Bianchi	West Chesterfield, NH	2:43:54
2	Kimberly Meyers	Otis, MA	2:45:37
3	Judy Guzzo	Niskayuna	2:46:30
4	Jill Kravalovac	Tampa, FL	2:47:33
5	Elizabeth O'Connor	Wayne, NJ	2:48:20
6	Tanya Carr-Waldron	Brewster	2:57:59
7	Elizabeth Henson	Chatham, NJ	3:07:45
8	Denise Sorby	Albany	3:14:10
9	Diana Phillips	Rochester	3:15:22
10	Laura Dirado	Gansevoort	3:16:45

MALE AGE GROUP: 55-59

1	Johan Bosman	Niskayuna	2:24:05
2	Robert Primeau	Newport, VT	2:30:38
3	Michael Stalker	Burnt Hills	2:34:56
4	Brian Morin	Harwinton, CT	2:36:06
5	Hal Coghlin	Brooktondale	2:38:17
6	Peter Maloy	Loudonville	2:41:17
7	Rick Spann	Cranbury, NJ	2:41:19
8	Francisco Ramirez	Otis, MA	2:42:37
9	Kenneth Puglisi	Wyckoff, NJ	2:44:53
10	Dean Westcott	Queensbury	2:47:15

FEMALE AGE GROUP: 55-59

1	Beth Stalker	Burnt Hills	2:32:09
2	Anne Battaglia	Loudonville	3:03:58
3	Sonia Champoux	Blainville, QC	3:03:59
4	Melanie Zandvoort	Pittsford	3:10:56
5	Margaret Trench	Charlton	3:14:19
6	Belinda Mulpeter	Red Hook	3:15:03
7	Andrea Rowe	Glenville	3:17:06
8	Donna Loeb	Geneva	3:20:16
9	Patricia Johnston	Ballston Lake	3:29:24
10	Carol Henry	Malta	3:35:12

MALE AGE GROUP: 60-64

1	Thomas McGee	Ottawa, ON	2:15:06
2	Bill Beyerbach	Rochester	2:44:20
3	Kevin Gearty	Fairview, PA	2:53:12
4	Mark Weinberg	Boca Raton, FL	2:54:30
5	Lawrence Sanders	Rensselaer	3:01:59
6	Gary Bond	Highland Lakes, NJ	3:04:06
7	Mark Schachner	Lake George	3:18:24
8	Paul James	Cambridge, MA	3:19:47
9	Lawrence Balick	Brooklyn	3:20:39
10	Michael Mroz	Albany	3:28:15

FEMALE AGE GROUP: 60-64

1	Kim Zaiser	Mars, PA	2:54:19
2	Jeryl Simpson	Mechanicville	2:56:15
3	Janice Cragnolin	Unadilla	3:45:30
4	Joy Cary	Huntington, VT	4:03:57

MALE AGE GROUP: 65-69

1	Roy Kline	Queensbury	2:42:32
2	Eric Walker	New York	3:04:20
3	Albert Jagoda	Amsterdam	3:08:53
4	Jim Grimaldi	Higganum, CT	3:30:26
5	John Hall	Lake George	3:33:55
6	Kenneth Collette	Lake George	3:42:29
7	Steven Fazio	Woodland Park, NJ	4:20:34

FEMALE AGE GROUP: 65-69

1	Margaret Wallace	Queensbury	3:42:42
2	Diane Wagner	Bolton Landing	4:42:56

MALE AGE GROUP: 70-74

1	David Dibelius	Lake George	3:04:25
2	Jim Adams	Altona	3:19:49

MALE AGE GROUP: 75-79

1	Leonard Kershaw	Bolton Landing	3:54:59
2	Raymond Lee Jr.	Halfmoon	4:24:15

CLYDESDALE: 39 & UNDER

1	Michael Zisler	Anandale, VA	2:39:33
2	Andrew Gillis	Brookline, MA	2:47:01
3	J.T. Wilde	Hicksville	3:26:37

CLYDESDALE: 40 & OVER

1	Avi Smith-Rapaport	West Hartford, CT	2:41:21
2	Hamish Kerr	Schenectady	2:44:01
3	Ron Walker	Lincoln, RI	3:19:45
4	Christian Lauzier	Clifton Park	3:26:05

ATHENA: 40 & OVER

1	Nicole Burke	Westbrook, CT	3:27:48
2	Laura Briscoe	Saratoga Springs	3:33:16
3	Kerry Clark	Anchorage, AK	4:09:34
4	Kimberly Van Orman	Ballston Spa	4:35:47

TWO-PERSON RELAY: COED

1	Beast Mode	South Amboy, NJ	2:39:20
2	Midwest Cheese Lovers		2:58:11
3	CD Express		3:01:57

TWO-PERSON RELAY: MALE

1	Kurkjian-Ferguson	Ballston Lake	2:41:24
2	Bike So Hard	New York	2:49:04

THREE-PERSON RELAY: MALE

1	Team GPI		2:17:17
2	The Maslatons		2:23:51

THREE-PERSON RELAY: COED

1	Jampel	Newton, MA	2:26:09
2	Team Ronan 3P		2:26:11
3	Team Union		2:27:59

THREE-PERSON RELAY: FEMALE AGE GROUP:

1	Grad Girls	Milwaukee, WI	2:37:46
2	Tiara Triplets		3:25:55
3	Happy Happy	Scarborough, ME	3:28:36

NORTHEAST COLLEGIATE TRIATHLON CONFERENCE

MALE OVERALL

1	Spencer Ralston/20-24	Hebron, CT	1:54:52
2	Jacob Slife/20-24	West Point	1:55:07
3	Nicholas Chatelet/20-24	West Point	2:08:56

FEMALE OVERALL

1	Teresa Grotton/20-24	West Point	2:16:49
2	Ellen Witkowski/25-29	Brookline, MA	2:25:52
3	Natalie Tukan/25-29	Boston, MA	2:26:25

BIG GEORGE - 1.2M SWIM, 56M BIKE, 13.1M RUN

Canceled Due to Severe Weather
Courtesy of Adirondack Race Management

3RD ANNUAL THE ADIRONDACK TRAIL RIDE Solo, Self-Supported Bikepacking Adventure September 8, 2017 • Northville-Placid Trail Arch, Northville

550 MILES & 47,900' VERTICAL

MALE OVERALL

1	Shane Kramer		3:12:53
2	Miky Intra bartola		4:03:24
3	Chris Yates		5:07:00

FEMALE OVERALL

4	Jeff Mullen		5:08:30
5	Mike Feldman		7:06:39
1	Michelle DuLieu		8:00:54
2	Jody Dixon		11:06:02

Courtesy of The Adirondack Trail Ride

1ST ANNUAL IRONMAN 70.3 LAKE PLACID September 10, 2017 • Olympic Speed Skating Oval, Lake Placid

1.2-MILE SWIM, 56-MILE BIKE, 13.1-MILE RUN

MALE OVERALL

1	Jake Saunders	28	Cranston, RI	04:36:50
2	Jonathan Bottoms	43	Buffalo	04:38:35
3				

1ST ANNUAL IRONMAN 70.3 LAKE PLACID continued

Table with 5 columns: Rank, Name, Age Group, City, Time. Includes Male Overall (1-55), Female Age Group (45-49), Male Age Group (50-54), Female Age Group (55-59), Male Age Group (60-64), Female Age Group (65-69), Male Age Group (70-74), Female Age Group (75-79), Physically Challenged, Relay Teams, and Male Age Group (80-84).

Courtesy of World Triathlon Corporation

1ST ANNUAL ADIRONDACK PUB & BREWERY ADK 5K

September 16, 2017 • Adirondack Pub & Brewery, Lake George

Table with 5 columns: Rank, Name, Age Group, City, Time. Includes Male Overall (1-3), Female Overall (1-3), Female Age Group (1-14), Male Age Group (15-19), Male Age Group (20-24), Female Age Group (20-24), Male Age Group (25-29), Female Age Group (30-34), Male Age Group (35-39), Female Age Group (40-44), Male Age Group (45-49), Female Age Group (50-54), Male Age Group (55-59), Female Age Group (60-64), Male Age Group (65-69), Female Age Group (70-74), Male Age Group (75-79), Female Age Group (80-84).

Courtesy of Great American Brewery Runs

40TH ANNUAL GREAT COW HARBOR 10K RUN

September 16, 2017 • Laurel Avenue School, Northport

Table with 5 columns: Rank, Name, Age Group, City, Time. Includes Male Overall (1-30), Female Overall (1-35), Male Masters (1-35), Female Masters (1-46), Male Senior Grand Masters (1-62), Female Senior Grand Masters (1-62).

Courtesy of Great Cow Harbor Race

THE SARATOGA PALIO: MELANIE MEROLA O'DONNELL MEMORIAL RACE

September 17, 2017 • Saratoga Springs City Center, Saratoga Springs

Table with 5 columns: Rank, Name, Age Group, City, Time. Includes Half Marathon (13.1 Miles), Male Overall (1-24), Female Overall (1-37), Male Age Group (1-14), Female Age Group (1-14), Male Age Group (15-19), Female Age Group (15-19), Male Age Group (20-24), Female Age Group (20-24), Male Age Group (25-29), Female Age Group (25-29), Male Age Group (30-34), Female Age Group (30-34), Male Age Group (35-39), Female Age Group (35-39), Male Age Group (40-44), Female Age Group (40-44), Male Age Group (45-49), Female Age Group (45-49), Male Age Group (50-54), Female Age Group (50-54), Male Age Group (55-59), Female Age Group (55-59), Male Age Group (60-64), Female Age Group (60-64), Male Age Group (65-69), Female Age Group (65-69), Male Age Group (70-74), Female Age Group (70-74), Male Age Group (75-79), Female Age Group (75-79), Male Age Group (80-84), Female Age Group (80-84).

RACE RESULTS

THE SARATOGA PALIO: MELANIE MEROLA O'DONNELL MEMORIAL RACE *continued*

5K RUN/WALK

MALE OVERALL			
1	Thijs Kolet	36	Saratoga Springs 16:32
2	Volker Burkowski	45	Gansevoort 17:26
3	Thomas O'Grady	32	Slingerlands 18:31
FEMALE OVERALL			
1	Mesha Brewer	38	Saratoga Springs 18:39
2	Kathryn Baker	30	Saratoga Springs 19:45
3	Sarah Umphlett	15	Shaftsbury, VT 20:11
MALE AGE GROUP: 1 - 14			
1	Logan Doll	12	Ballston Lake 22:59
2	Jack Gutch	10	Saratoga Springs 24:08
3	Nathaniel More	9	Ballston Spa 26:33
FEMALE AGE GROUP: 1 - 14			
1	Emily Bush	10	Saratoga Springs 21:22
2	Norah Dempsey	14	Saratoga Springs 21:34
3	Catherine Mongan	13	Gansevoort 23:54
MALE AGE GROUP: 15 - 19			
1	Duncan Tallman	16	Rotterdam 19:38
2	Evan Toman	15	Saratoga Springs 20:56
3	Ian Maynard	16	Latham 22:52
FEMALE AGE GROUP: 15 - 19			
1	Annamarie Piccirillo	15	Scotia 22:09
2	Sylvie Waters	15	Middle Grove 24:33
MALE AGE GROUP: 20 - 24			
1	Adam Moodie	22	Wolfe Island, ON 18:34
2	Alex Dejohn	24	Latham 23:14
FEMALE AGE GROUP: 20 - 24			
1	Sintija Grisule	24	Saratoga Springs 21:38
2	Danielle Eckler	24	Troy 24:02
3	Kate Bunster	24	Saratoga Springs 28:25
MALE AGE GROUP: 25 - 29			
1	Cody Netzbund	29	Troy 19:26
2	Joshua Jacobs	26	Moreau 21:56
3	Brian Martin	29	Saratoga Springs 24:50
FEMALE AGE GROUP: 25 - 29			
1	Amanda Pilla	28	Watervliet 24:26
2	Justina McNamara	27	Saratoga Springs 24:47
3	Julie Campbell	29	Clifton Park 24:50
MALE AGE GROUP: 30 - 34			
1	Chase Baker	31	Saratoga Springs 18:37
2	Kevin Timoney	30	Malta 20:19
3	Mark Mossman	34	Rensselaer 20:40
FEMALE AGE GROUP: 30 - 34			
1	Megan Turnbull	32	Saratoga Springs 24:12
2	Kristin O'Connor	32	Malta 25:52
3	Katie Zuber	32	Bronx 26:37
MALE AGE GROUP: 35 - 39			
1	John Scranton	35	Greenfield Center 22:50
2	Pete Turner	35	Averill Park 23:22
3	Dan VanVranken	36	Porter Corners 23:27
FEMALE AGE GROUP: 35 - 39			
1	Katie Nemer	35	Saratoga Springs 21:38
2	Lee Briggs	39	Ballston Spa 24:18
3	Howard Katie	39	Ballston Spa 24:24
MALE AGE GROUP: 40 - 44			
1	John Umphlett	43	Shaftsbury, VT 18:51
2	Michael Koscielniak	42	Ballston Lake 23:39
3	Matthew Gutch	42	Saratoga Springs 24:07

FEMALE AGE GROUP: 40 - 44

1	Jaime Farone	41	Saratoga Springs 21:43
2	Melanie Giuliano	43	Niskayuna 24:05
3	Zoe DeVito	43	Gansevoort 24:50
MALE AGE GROUP: 45 - 49			
1	Jeff Delaney	46	Saratoga Springs 24:43
2	Chad Peterson	46	Latham 24:45
3	Andy McMaster	46	Ballston Spa 25:21
FEMALE AGE GROUP: 45 - 49			
1	Connie Smith	49	Ballston Lake 21:47
2	Jill Filuta	45	West Sand Lake 25:33
3	Christine Fox	46	Greenfield Center 27:03
MALE AGE GROUP: 50 - 54			
1	Thomas Marcellus	52	Ballston Spa 19:57
2	Samuel Mercado Jr.	54	Albany 20:00
3	Tom Denham	51	Delmar 21:57
FEMALE AGE GROUP: 50 - 54			
1	Laura Picardi	52	Saratoga Springs 23:50
2	Jacqui Evola	51	Ballston Spa 26:51
3	Kristen Santos	50	Clifton Park 26:53
MALE AGE GROUP: 55 - 59			
1	Ron Seyb	57	Ballston Spa 21:38
2	Mark Murphy	56	Saratoga Springs 22:38
3	Rick Chrisler	55	Endicott 25:14
FEMALE AGE GROUP: 55 - 59			
1	Claudia Pfaff	59	Colchester, VT 27:46
2	Ellen Gordon	57	Troy 28:20
3	Gina Scavone	59	Saratoga Springs 29:26
MALE AGE GROUP: 60 - 64			
1	Frank Lombardo	61	Saratoga Springs 21:53
2	Matisyahu Kelleher	63	Saratoga Springs 22:58
3	William Martin	61	Gansevoort 25:01
FEMALE AGE GROUP: 60 - 64			
1	Carolyn Bur George	63	Albany 26:17
2	Hollys Kozlowski	62	Valley Falls 27:40
3	Linda Evans	60	Ravena 27:52
MALE AGE GROUP: 65 - 69			
1	Joe Aliberti	67	Voorheesville 23:25
2	Joseph Miranda	69	Ballston Spa 28:02
3	William Tafel	68	Greenfield Center 38:27
FEMALE AGE GROUP: 65 - 69			
1	Alice Carpenter	67	Delmar 35:43
2	Janet Aliberti	66	Voorheesville 36:03
3	Linda Plante	69	Middle Grove 36:36
MALE AGE GROUP: 70 - 74			
1	Jim Callahan	72	Saratoga Springs 27:17
2	Joseph Scaringe	71	Latham 27:33
3	Harvey Goldstein	71	Yrarcuse 55:07
FEMALE AGE GROUP: 70 - 74			
1	Nancy Johnston	71	Ballston Lake 38:39
2	Marcia Green	72	Greenfield Center 49:42
MALE AGE GROUP: 75 - 79			
1	Jerry Ferris	77	Middle Grove 1:02:51
FEMALE AGE GROUP: 75 - 79			
1	Gerry Ferris	75	Middle Grove 54:05
MALE AGE GROUP: 80 - 84			
1	Kay Morrissey	81	Glens Falls 50:19

Courtesy of The Melanie Foundation

7TH ANNUAL MOREAU LAKE 15K & 5K TRAIL RUNS

September 17, 2017 • Moreau Lake State Park, Gansevoort

15K TRAIL RUN

MALE OVERALL			
1	Dennis Van Vlack	45	Delanson 1:42:06
2	Brian Northan	42	Guilderland 1:42:27
3	George Berg	49	West Sand Lake 1:47:13
FEMALE OVERALL			
1	Hilary Greene	47	Williamstown, MA 1:58:05
2	Beth Pietrangolo	28	Queensbury 2:06:00
3	Heidi Underwood	47	Kattskill Bay 2:07:41
MALE AGE GROUP: 1 - 19			
1	Carter Lemaire	15	Williamstown, MA 2:03:02
MALE AGE GROUP: 20 - 29			
1	Zephyr Cady	28	Burnt Hills 2:00:14
MALE AGE GROUP: 30 - 39			
1	David Cittadino	31	Ilion 1:54:18
2	Andrew Luskin	39	Saratoga Springs 1:58:38
3	Ryan Nix	38	Guilderland 2:00:44
4	Conor Shea	33	Ballston Spa 2:03:08
5	John Evansky	39	Hudson Falls 2:32:49
6	Jack Gibbs	37	Hudson Falls 2:39:32
FEMALE AGE GROUP: 30 - 39			
1	Rebecca Evansky	38	Hudson Falls 2:32:48
2	Casey Dwyer	37	North Creek 3:06:39
MALE AGE GROUP: 40 - 49			
1	Steve Seabury	49	Old Chatham 1:52:06
2	Brian Dillenbeck	46	Alplaus 1:57:17
3	Carmelo Piazzu	47	Gloversville 2:07:44
4	Lance Decker	47	South Glens Falls 2:10:40
5	Mike Tehan	43	Latham 2:15:24
6	Jeremy Lemaire	45	Williamstown, MA 2:22:53
7	Thomas Taylor	47	Ballston Lake 2:23:15
8	Jason Rivers	40	Glens Falls 2:28:43
9	Mike Seaman	43	South Glens Falls 2:38:15
FEMALE AGE GROUP: 40 - 49			
1	Jessica Northan	41	Guilderland 2:11:13
2	Tracy Podnorski	42	Fort Edward 2:38:13
3	Karen Tracey	48	East Greenbush 3:26:18
4	Kellie Decker	43	Saratoga Springs 3:28:34
MALE AGE GROUP: 50 - 59			
1	Patrick Jansen	54	Schenectady 1:48:11
2	Jim Amell	58	Gansevoort 2:03:32

3	Paul Pruikisma	50	Argyle 2:16:51
4	Daniel Flanagan	51	Saratoga Springs 2:18:18
5	Jeff Clark	59	Glenmont 2:20:16
6	Tyronne Culpepper	54	Saratoga Springs 2:53:20
7	John Parisella	59	Ballston Spa 3:35:29
FEMALE AGE GROUP: 50 - 59			
1	Gabriella Frittell	51	Gansevoort 2:16:38
2	Kim Seabury	50	Old Chatham 2:26:29
3	Silvia Lilly	50	Albany 3:24:54
MALE AGE GROUP: 60 - 69			
1	Stewart Dutfeld	62	Delmar 2:15:51
2	Mark Sager	67	Glens Falls 2:33:10
MALE AGE GROUP: 70 - 79			
1	Kent Holder	78	Fox Island, WA 3:23:00
2	Greg Taylor	71	Delmar 4:05:30
FEMALE AGE GROUP: 70 - 79			
1	Laura Clark	70	Saratoga Springs 3:26:14

5K TRAIL RUN

MALE OVERALL			
1	Declan Rogers	11	Williamstown, MA 42:53
2	James Casil	28	South Glens Falls 53:37
3	Michael Kendall	27	Albany 56:09
FEMALE OVERALL			
1	Alex Kochan	30	Glens Falls 45:28
2	Jennifer Kapinos	25	Mechanicville 48:03
3	Jamie Sheppard	51	Charlton 49:30
FEMALE AGE GROUP: 20 - 29			
1	Lauren Fisher	27	Schenectady 59:09
2	Samantha Bruno	27	Queensbury 1:09:46
FEMALE AGE GROUP: 30 - 39			
1	Jennifer Favicchio	39	Coxsackie 51:02
2	Jennifer Schermerhorn	35	Nassau 1:03:25
MALE AGE GROUP: 40 - 49			
1	Larry Jenkins	43	Hudson Falls 57:39
FEMALE AGE GROUP: 40 - 49			
1	Toni Carroll	42	Coxsackie 51:02
2	Grainne Coogan	47	Saratoga Springs 1:04:04
3	Melanie Howard	44	Hudson Falls 1:48:56
MALE AGE GROUP: 50 - 59			
1	Gary Hobbs	57	Glens Falls 1:04:04

Courtesy of Green Leaf Racing

THE DUNKIN' RUN: 5K, 10K & 15K

September 17, 2017 • Sidney Albert Albany JCC, Albany

5K RUN

MALE OVERALL			
1	Leo Rosenblum	16	Delmar 18:29
2	Bryan Sussler	34	Albany 19:10
3	Collin Jones	19	Troy 19:16
FEMALE OVERALL			
1	Meghan Mortensen	32	Glenville 19:45
2	Lindsey Bradt	34	Albany 20:35
3	Melissa Maguire	44	Loudonville 23:08
MALE AGE GROUP: 1 - 14			
1	Aidan McNay	14	Glenmont 20:09
2	Graham Richard	12	Albany 20:39
3	Neal Chittur	11	Albany 21:41
4	Prince Dayeganiya	13	Albany 22:13
5	Nicholas Vanvranken	14	Rensselaer 22:22
FEMALE AGE GROUP: 1 - 14			
1	Liv Nevo	13	Albany 27:22
2	Alexa Davos	8	Albany 28:01
3	Lia Nevo	9	Albany 28:29

4	Juliana Bang	8	Slingerlands 29:22
5	Kathryn Kowalczyk	14	Amsterdam 31:50
MALE AGE GROUP: 15 - 19			
1	Griffin Day	16	Ballston Lake 22:16
2	Niall Rodgers	17	Troy 22:23
3	Connor Alaxanian	17	Troy 25:25
4	Bryant Barriostos	16	Hudson 25:33
5	Gregory Sanchez	15	Delmar 27:23
FEMALE AGE GROUP: 15 - 19			
1	Paulina Vojnik	17	Palenville 25:34
2	Mary Dollard	19	Voorheesville 26:01
3	Reilly Flood	19	Richmondville 26:03
4	Lauren Schermerhorn	17	Slingerlands 28:34
5	Paige Alaxanian	17	Troy 29:32
MALE AGE GROUP: 20 - 29			
1	David Streitman	24	Rensselaer 21:22
2	Anthony Pasqualino	27	Rensselaer 21:29
3	Warren Pearson	23	Brooklyn 22:52
4	Jeremiah Nare	28	Fort Plain 25:57
5	Kevin Marvin	24	Rensselaer 26:12

continued

THE DUNKIN' RUN: 5K, 10K & 15K *continued*

FEMALE AGE GROUP: 20 - 29

1	Sophia Schermerhorn	20	Slingerlands 29:32
2	Kelsey Phifer	26	Albany 29:39
3	Noelle Gilchrist	25	East Greenbush 30:29
4	Genevieve Diller	26	Albany 30:50
5	Erin Quinn	22	South Burlington, VT 32:38
MALE AGE GROUP: 30 - 39			
1	Kevin O'Connell	37	Castleton 21:34
2	Tyler Kenning	38	Schenectady 22:04
3	Jack Irwin	36	Troy 22:33
4	Philip Keays	30	Albany 23:17
5	Alan Ng	38	Albany 23:49

FEMALE AGE GROUP: 30 - 39

1	Katie Gifford	36	Gloversville 25:32
2	Kerry Mulligan	33	Astoria 25:47
3	Courtney Slade	33	Delmar 25:58
4	Dawn Tian	30	Schenectady 26:17
5	Anna McLoon	35	Albany 26:41
MALE AGE GROUP: 40 - 49			
1	Brian Kearns	46	Fultonville 23:00
2	Milo Gifford	40	Gloversville 23:17
3	Andre Patnode	46	Ballston Lake 24:08
4	David Whitbeck	46	Scotia 26:28
5	Lars Sorensen	45	Albany 26:41

FEMALE AGE GROUP: 40 - 49

1	Erin Rieth	40	Rensselaer 26:42
2	Lisa Nixon	45	Albany 28:00
3	Stephanie Winkelhake	45	Averill Park 28:34
4	Kate Donwaldt	46	Albany 29:12
5	Natasha Bang	42	Slingerlands 29:22
MALE AGE GROUP: 50 - 59			
1	Steve Roberts	52	Dalton, MA 21:03
2	Blaine Freedman	53	Pittsfield, MA 21:32
3	Lane Rodgers	50	Troy 22:40
4	Daniel Cropsey	54	Schenectady 22:55
5	David Morrow	53	Albany 24:17

FEMALE AGE GROUP: 50 - 59

1	Kim Eisler	50	Ballston Spa 27:46
2	Kathleen Rogan	52	Kingston 27:58
3	Sandra Alaxanian	53	Troy 29:44
4	Judy Narvaez	57	Albany 30:02
5	Sandy Graham	53	Cherry Valley 30:09
MALE AGE GROUP: 60 - 69			
1	Martin Touhey	64	Albany 27:21
2	Brian Hasset	63	Clifton Park 28:05
3	Kevin Harrigan	61	Schenectady 29:04
4	Kenneth Lapenta	68	Niskayuna 29:58
5	Daniel Diamond	62	Delmar 32:17

FEMALE AGE GROUP: 60 - 69

1	Tanah Corelli	61	Latham 30:13
2	Susan Milstein	61	Menands 30:17
3	Cecelia Broomhead	60	Latham 30:25
4	Theresa Portelli	65	Albany 42:50
5	Debbie Miller	64	Leesburg, FL 54:39
MALE AGE GROUP: 70 - 79			
1	Donald Smith	74	Albany 24:48
FEMALE AGE GROUP: 70 - 79			
1	Catherine Roberts	78	Pittsfield, MA 34:40
MALE AGE GROUP: 80 - 89			
1			

41ST ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON continued

Table with 3 columns: Rank, Name, Time. Includes categories like TWO-PERSON MALE: CANOE, TWO-PERSON MIXED: CANOE, RECREATIONAL: CANOE, IRONMAN: CANOE, IRONPERSON 50 & OVER: CANOE, IRONWOMAN: CANOE, VETERANS 70 & OVER: CANOE, 20 & UNDER: CANOE, FAMILY: CANOE, CORPORATE/ORGANIZATION: CANOE, THREE FEMALE & ONE MALE: CANOE, IRONMAN 60 & OVER: CANOE, IRONWOMAN 60 & OVER: CANOE, ALL BERKSHIRE: KAYAK, DOUBLE KAYAK (OVER 16'), MALE 39 & UNDER: KAYAK, MALE 40 & OVER: KAYAK, MALE 40 & OVER: KAYAK, MALE 40 & OVER: KAYAK, ALL FEMALE: KAYAK.

24TH ANNUAL FAM 5K "FUND" RUN continued

Table with 3 columns: Rank, Name, Time. Includes categories like MALE AGE GROUP: 40 - 44, FEMALE AGE GROUP: 40 - 44, MALE AGE GROUP: 45 - 49, FEMALE AGE GROUP: 45 - 49, MALE AGE GROUP: 50 - 54, FEMALE AGE GROUP: 50 - 54, MALE AGE GROUP: 55 - 59, FEMALE AGE GROUP: 55 - 59, MALE AGE GROUP: 60 - 64, FEMALE AGE GROUP: 60 - 64.

ADIRONDACK MARATHON DISTANCE FESTIVAL

19th Annual Helpers Fund 5K & 10K Road Races September 23, 2017 • Town Hall, Chestertown

Table with 3 columns: Rank, Name, Time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 13, FEMALE AGE GROUP: 1 - 13, MALE AGE GROUP: 14 - 19, FEMALE AGE GROUP: 14 - 19, MALE AGE GROUP: 20 - 29, FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 30 - 39, FEMALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 - 79, FEMALE AGE GROUP: 70 - 79.

24TH ANNUAL FAM 5K "FUND" RUN September 23, 2017 • Cobleskill Fairgrounds, Cobleskill

Table with 3 columns: Rank, Name, Time. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 1 - 14, FEMALE AGE GROUP: 1 - 14, MALE AGE GROUP: 15 - 19, FEMALE AGE GROUP: 15 - 19, MALE AGE GROUP: 20 - 24, FEMALE AGE GROUP: 20 - 24.

1ST ANNUAL GARNET HILL GRIT MOUNTAIN BIKE RACE September 23, 2017 • Garnet Hill Lodge, North River

Table with 3 columns: Rank, Name, Time. Includes categories like MALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69, MALE AGE GROUP: 70 - 79, MALE AGE GROUP: 80 - 89, MALE AGE GROUP: 90 - 99, FEMALE AGE GROUP: 40 - 49, FEMALE AGE GROUP: 50 - 59, FEMALE AGE GROUP: 60 - 69, FEMALE AGE GROUP: 70 - 79, FEMALE AGE GROUP: 80 - 89, FEMALE AGE GROUP: 90 - 99.

RACE RESULTS

1ST ANNUAL GARNET HILL GRIT MOUNTAIN BIKE RACE *continued*

MALE AGE GROUP: 50 - 59

1 Ritch Anthony	53 Schenectady	45:03
2 John David	55 Ballston Lake	47:56
3 Karl Coplan	59 West Nyack	48:11
4 Sean Stewart	58 Glenmont	1:00:12

MALE AGE GROUP: 60 - 69

1 Richard Carlson	66 North River	54:02
2 Jim Rucker	60	57:20

UNICYCLE - 6 MILES

OVERALL MALE

1 Robert Detweiler	40 Albany	1:10:21
2 Bill Ottaway	54 Albany	1:30:29
3 Anthony Carrano	32 Hudson	1:51:34

OVERALL FEMALE

1 Anna Wiedmann	17 Clifton Park	1:11:48
2 Elizabeth Detweiler	39 Albany	1:41:09

Courtesy of Garnet Hill Lodge

ADIRONDACK MARATHON DISTANCE FESTIVAL

21st Annual Half Marathon, Two- & Four-Person Marathon Relays
September 24, 2017 • Schroon Lake Central School, Schroon Lake

HALF MARATHON: 13.1 MILES

MALE OVERALL

1 Eric MacKnight	28 Ballston Spa	1:10:16
2 Jacob Andrews	24 New Woodstock	1:10:46
3 Shaun Donegan	31 Malta	1:16:09

FEMALE OVERALL

1 Heather Morgan	34 New York	1:32:57
2 Melanie Staley	36 Cambridge, CA	1:40:19
3 Ashley Wheeler	26 Schenectady	1:42:45

MALE AGE GROUP: 15 - 19

1 Nathaniel Austin	16 Stephentown	2:01:13
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FEMALE AGE GROUP: 15 - 19

1 Noelle Saxe	18 Albany	1:50:16
2 Madison Delmedico	18 Frankfort	2:05:29
3 Emily Maisonneuve	17 Schroon Lake	2:09:19
4 Kerry Ward	17 Waldorf, MD	2:18:36
5 Ran Zhuang	19 Venetia, PA	2:21:36

MALE AGE GROUP: 20 - 24

1 Trevor Tuplin	23 Weymouth, MA	1:36:13
2 Tyler Reed	22 Bath, ME	1:37:44
3 Collin Hayes	24 Presque Isle, MI	1:38:56
4 Cade Ingleson	24 Evans Mills	1:43:24
5 Sean Ward	24 Washington, DC	1:47:16

FEMALE AGE GROUP: 20 - 24

1 Shelby Iapoco	23 Schenectady	1:43:32
2 Jacqueline Scanlon	20 Poughkeepsie	1:49:45
3 Aimee Beaudette	24 Canton	1:49:59
4 Bethany Zakrzewski	24 Buffalo	1:52:37
5 Anna Krah	21 Schroon Lake	1:58:20

MALE AGE GROUP: 25 - 29

1 Ian Shultis	25 Poughkeepsie	1:22:46
2 Michael Schram	26 Tupper Lake	1:23:19
3 Alan FINDER	29 Albany	1:27:03
4 David Pecka	27 Clay	1:28:56
5 John McCloskey	29 Clifton Park	1:43:19

FEMALE AGE GROUP: 25 - 29

1 Kimberly Allen	25 Middletown	1:46:30
2 Myriam Lefebvre	29 Montreal, QC	1:47:19
3 Hillary Larose	28 Williston, VT	1:53:20
4 Megan Little	26 Scituate, MA	1:55:41
5 Taylor Jo Isenberg	29 Brooklyn	1:57:17

MALE AGE GROUP: 30 - 34

1 Pat Cullen	31 Albany	1:24:55
2 Joel Patrie	33 Scotia	1:26:04
3 Robert Ordish	32 Albany	1:26:41
4 Joseph Murphy	33 Clifton Park	1:35:32
5 Robert Speer	33 Cambridge, MA	1:38:32

FEMALE AGE GROUP: 30 - 34

1 Katherine Guilfoyle	31 Mechanicville	1:45:48
2 Kara Plunkett	32 Cambridge, MA	1:52:36
3 Katie Rocque	32 Saratoga Springs	1:55:42
4 Shaine Kaschak	30 Croseyville	1:59:10
5 Maria Harlow	30 Waltham, MA	2:06:02

MALE AGE GROUP: 35 - 39

1 John Uff	36 Peterborough	1:26:00
2 Mathieu Morin	35 Quebec	1:34:21
3 Brad Forth	38 Vail, CO	1:35:00
4 John Dinonno	37 Wappingers Falls	1:42:14
5 Akif Zaman	37 Clifton, NJ	1:50:16

FEMALE AGE GROUP: 35 - 39

1 Leigh Parker	36 Glenmont	1:45:15
2 Sara Winslow	39 Louisville, KY	1:47:47
3 Angela Hodgeman	39 Rocky Hill, NJ	1:57:24
4 Kathryn Hetman	39 Haverstraw	1:57:45
5 Juliette Lord	36 Montreal, QC	1:58:43

MALE AGE GROUP: 40 - 44

1 Paul Archambault	41 Troy	1:20:39
2 Eric Benoit	40 Granby, QC	1:33:25
3 Michael Decaprio	42 Queensbury	1:34:30
4 Jonathan Dunn	41 Enfield, CT	1:39:24
5 Michael Sadowski	44 Gansevoort	1:44:15

FEMALE AGE GROUP: 40 - 44

1 Colleen Birner	41 Colchester, VT	1:43:37
2 Renee Tolan	42 Clifton Park	1:43:58
3 Karen Maciariello	41 Moreau	1:48:38
4 Tara Murray	44 Delmar	1:55:21
5 Heidi Igneri	42 Scarborough, ME	1:55:25

MALE AGE GROUP: 45 - 49

1 Volker Burkowski	46 Gansevoort	1:21:42
2 Randall Cannell	45 Broadalbin	1:29:17
3 Christopher Bunyan	47 Saunderstown, RI	1:30:27
4 Wayne Pacconi	49 Summit, NJ	1:30:57
5 John Genevich	48 Saratoga Springs	1:31:23

FEMALE AGE GROUP: 45 - 49

1 Natasha Phelan	47 Fairhaven, MA	1:46:46
2 Kim Scott	48 Malta	1:47:50
3 Lisa Licata Lavake	48 Skillman, NJ	1:51:02

4 Nerissa Aschoff	47 South Orange, NJ	1:54:39
5 Stephanie Vincent	47 South Dartmouth, MA	2:00:22

MALE AGE GROUP: 50 - 54

1 Kevin Creagan	52 Albany	1:29:27
2 John Pusateri	50 Castleton	1:31:27
3 Mark Stephenson	53 Esperance	1:32:29
4 John Sestito	54 Johnsonville	1:32:51
5 Brian Borden	54 Altamont	1:33:53

FEMALE AGE GROUP: 50 - 54

1 Karen Caddell	54 East Freetown, MA	1:51:31
2 Kathryn Lang	50 Glenmont	1:52:05
3 Michelle Pelton	50 Lake Elmore, VT	1:54:00
4 Amanda Dunn	52 Charlotte, NC	2:06:42
5 Allison Lasso	54 Sheffield, MA	2:07:18

MALE AGE GROUP: 55 - 59

1 Michael Corrin	58 Brentwood, TN	1:37:55
2 Stephen Hobbs	57 Birdsboro, PA	1:50:15
3 Tom Petrie	59 Mechanicville	1:51:39
4 Joseph Hooker	58 Glens Falls	1:52:05
5 Larry Peacock	56 Mount Juliet, TN	1:52:09

FEMALE AGE GROUP: 55 - 59

1 Felicia Dailleboust	56 Kahnawake, QC	1:52:10
2 Alison Muse	56 Saratoga Springs	1:55:22
3 Carol Housaman	57 Woodbridge, VA	1:56:21
4 In Suk Bullock	55 Lorton, VA	1:57:53
5 Judy Caswell	58 Belmont, NC	1:59:25

MALE AGE GROUP: 60 - 64

1 Dennis Sullivan	62 Ballston Lake	2:02:06
2 Steve Meunier	63 Essex, VT	2:02:30
3 Curt Woodcock	64 Johnstown	2:03:25
4 James Scott	60 Vergennes, VT	2:19:31
5 John Carbone	64 Schenectady	2:28:32

FEMALE AGE GROUP: 60 - 64

1 Carlie Krolick	62 Charlotte, VT	1:52:17
2 Cheryl Healy	61 Fairhaven, MA	2:10:19
3 Lisa McKnight	60 Fairfax Station, VA	2:10:39
4 Nancy Cobb-Zoll	60 Lake George	2:21:22
5 Becky Thayer	60 Watervliet	2:28:05

MALE AGE GROUP: 65 - 69

1 Barry Fitz-James	66 Lake Placid	2:17:45
2 Harry Ingleson II	68 Petoskey, MI	2:23:50
3 Don Wood	66 Northville	2:35:41
4 Stephen Page	67 Binghamton	2:35:54
5 Bruce Gladstone	69 Westfield, NJ	2:44:07

FEMALE AGE GROUP: 65 - 69

1 Suzanne Nealon	67 Miami, FL	2:39:17
2 Georgiana Gladstone	68 Westfield, NJ	2:44:07
3 Karen Clark	66 Middletown	3:11:24
4 Carol Whitney	69 Brant Lake	3:14:21
5 Deany Wood	67 Potsdam	3:41:09

MALE AGE GROUP: 70 - 74

1 Laurent Bouchard	71 Lévis, QC	1:54:49
2 Eduardo Munoz	74 Olmstedville	2:33:58
3 Tom Smith	70 Keene Valley	2:37:42

FEMALE AGE GROUP: 70 - 74

1 Ginny Pezuela	71 Albany	2:09:42
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MALE AGE GROUP: 75 - 79

1 Robert Schneider	75 Dedham, MA	2:23:10
2 Ray Lee	75 Halfmoon	3:06:57

MARATHON RELAY

TWO-PERSON MALE TEAMS

1 John Kirby/Tim Kirby	3:48:35
2 Jeff Coyner/Joshua Beck	4:04:52
3 Matthew Hageny/Mary Hageny	5:27:58

TWO-PERSON FEMALE TEAMS

1 Melissa Wern/Susan Coyner	4:01:05
2 Dana Ribauda/Pat Schiller	4:42:46

TWO-PERSON MIXED TEAMS

1 Richard Moorfoot/Sarah Moorfoot	3:40:14
2 Vladimir Sirotkin/Mira Krendel	4:06:50
3 Anne Seepersaud/Steve Page	4:47:26

FOUR-PERSON MALE TEAMS

1 Luke Peterson/Isaac Peterson/Dwight Peterson/Joshua Jones	4:37:11
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FOUR-PERSON FEMALE TEAMS

1 Lynsee Siniski/Ashley Willson/Ashli Fragomeni/Katie Caddell	3:31:29
2 Diana Uhly/Laura Uhly/Rebecca Kerr/Katrina Uhly	3:40:38
3 Sonya Houston/Ann Coe/Linda Slate/Leigh Hannan	3:42:00

FOUR-PERSON MIXED TEAMS

1 Alan McCall/Michael McCall/Caroline McCall/Emily Taylor	3:38:50
2 Brad Goldstein/Tik Root/Bill Rosenfeld/Rachel Rosenfeld	3:50:07
3 Elizabeth Kasius/Doug Woodbury/Susan Garth/Alex Woodbury	3:55:10

ADIRONDACK MARATHON: 26.2 MILES

Canceled Due to Weather

Courtesy of Adirondack Marathon Distance Festival

NICK'S RUN TO BE HEALED 5K *continued*

3 Kaitlyn Koch	28 Halfmoon	33:41
4 Erin Benson	26 Ballston Lake	34:03
5 Heather Lepine	27 Greenfield Center	34:22

MALE AGE GROUP: 30 - 39

1 Nick Tambone	36 Clifton Park	21:36
2 Matt Fryer	37 Clifton Park	22:02
3 James Monlea	35 Schenectady	23:03
4 John Ciano	30 Clifton Park	23:48
5 Brent Cooley	39 Clifton Park	25:45

FEMALE AGE GROUP: 30 - 39

1 Amy Hartman	36	23:58
2 Rebekah Mancuso	39 Scotia	26:07
3 Ariane Field	33 Watervliet	26:34
4 Courtney Hill	33 Clifton Park	28:10
5 Kaitlin Degnan	32 Clifton Park	30:56

MALE AGE GROUP: 40 - 49

1 Greg Ethier	44 Cohoes	19:15
2 Rick Zachgo	47 Rexford	19:38
3 John Hendricks	48 Rexford	
20:31		
4 Steve Gibbs	45 Clifton Park	22:46
5 Keith Buff	41 Clifton Park	23:23

FEMALE AGE GROUP: 40 - 49

1 Claudia Greco	44 Clifton Park	26:13
2 Kim Buff	41 Clifton Park	27:01
3 Bridgette Mattison	49 Watervliet	27:26

4 Sheila Morrissey	49 Clifton Park	27:36
5 Erin Ceccucci	44 Clifton Park	31:00

MALE AGE GROUP: 50 - 59

1 Christopher Coons	52 Johnsonville	22:38
2 Bill Hoffman	50 Clifton Park	23:18
3 Peter Thalheimer	50 Ballston Lake	24:51
4 Juan Ravelo	54 Clifton Park	25:38

FEMALE AGE GROUP: 50 - 59

1 Annette Romano	53 Clifton Park	24:35
2 Cristi Shuhart	52 Ballston Spa	26:07
3 Rachel Moore	55 Schenectady	26:47
4 Nancy Casellini	55	27:09
5 Joanne Berry	58 Rexford	31:41

MALE AGE GROUP: 60 - 69

1 Richard Bennett	65 Clifton Park	30:29
2 Al Smith	63 Clifton Park	36:37
3 Chris Gibbs	66 Latham	37:52
4 Jim Hyland	60 Scotia	38:53

FEMALE AGE GROUP: 60 - 69

1 Judy Lynch	68 Castleton	31:02
2 Susan Milstein	61 Menands	32:16
3 Diane Anderson	66 Mechanicville	33:52

MALE AGE GROUP: 70 - 79

1 Bruce Hosley	70	34:57
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Courtesy of Nick's Fight to Be Healed Foundation

14TH ANNUAL CROSSINGS 5K CHALLENGE

September 24, 2017 • Ciccotti Family Recreation Center, Colonie

FEMALE OVERALL

1 Meg Versteegen	38 Schenectady	19:05
2 Amanda Schermerhorn	26 Latham	20:52
3 Katie Ehmman	24 Saratoga Springs	21:04

MALE OVERALL

1 Sam Mercado	54 Albany	19:56
2 Hank Tripp	39 Glenmont	20:34
3 Jay Geiger	45 Latham	21:21

FEMALE AGE GROUP: 1 - 14

1 Madelyn Bevins	9 Cohoes	32:48
2 Alexia O'Keefe	13 Schenectady	35:17
3 Mia Hasan	7 Niskayuna	36:18

36TH ANNUAL WATERLIET ARSENAL CITY RUN 5K ROAD RACE *continued*

MALE AGE GROUP: 50 - 54	1 Ryan Mitchell 51 Wynantskill 17:46	2 James Chartrand 53 Watervliet 25:56	3 Scott Alaxanian 53 Troy 26:48
FEMALE AGE GROUP: 50 - 54	1 Ann Byer 51 Stillwater 27:20	2 Jean Lange 51 Schenectady 30:11	3 Karen Buresh 53 Cohoes 32:20
MALE AGE GROUP: 55 - 59	1 Bill Douglas 56 Rensselaer 22:49	2 Bill Fahr 59 Watervliet 24:18	3 Philip Clemente 58 Schaghticoke 24:49
FEMALE AGE GROUP: 55 - 59	1 Nancy Stevens 57 Latham 26:20	2 Annemarie Gleason 57 East Greenbush 30:28	3 Paula Platt 59 Latham 35:42
MALE AGE GROUP: 60 - 64	1 Fred Kitzrow 61 Delmar 20:52	2 Joe Natalie 61 Rotterdam 23:06	3 Leigh McNeil 60 Waterford 25:26
FEMALE AGE GROUP: 60 - 64	1 Hollys Kozlowski 62 Valley Falls 28:25	2 Debra Pelletier 60 Troy 30:31	3 Tanah Corelli 61 Latham 30:43

MALE AGE GROUP: 65 - 69	1 Bob Giambalvo 68 Delhi 20:49	2 Juergen Reher 67 Wynantskill 21:55	3 Jack Wilson 67 Voorheesville 26:29
FEMALE AGE GROUP: 65 - 69	1 Cathy Lanese 67 Troy 33:22	2 Alice Carpenter 67 Delmar 36:09	3 Debbie Rickes 66 Latham 46:46
MALE AGE GROUP: 70 - 74	1 Charlie Matlock 72 Averill Park 46:23	2 Paul Lamar 72 Albany 46:59	
FEMALE AGE GROUP: 70 - 74	1 Nancy Johnston 71 Ballston Lake 42:51		
MALE AGE GROUP: 75 - 79	1 James McGuinness 78 Watervliet 32:25	2 Dominic Rappazzo 76 Albany 33:05	3 Kenneth Skinner 77 Albany 37:04
FEMALE AGE GROUP: 80 - 84	1 Eiko Bogue 80 Schaghticoke 43:19		

Courtesy of City of Watervliet

43RD ANNUAL FALLING LEAVES ROAD RACE *continued*

MALE AGE GROUP: 35 - 39	1 Nathan Donaleski 36 Rome 53:59	2 Thomas Joslin 38 Yorkville 54:44	3 David Roth 38 New Hartford 55:13
FEMALE AGE GROUP: 35 - 39	1 Jessica Charles 35 Oriskany 1:01:13	2 Krista Harwick 37 Mohawk 1:08:52	3 Sarah Matula 35 Juneau, AK 1:10:09
MALE AGE GROUP: 40 - 44	1 Aaron Carey 42 Rome 52:37	2 Jeff Mills 40 Syracuse 1:01:48	3 Philip Trzcinski 42 Utica 1:03:30
FEMALE AGE GROUP: 40 - 44	1 Christine McGlynn 43 Whitesboro 1:08:53	2 Erin Ludwig 40 Herkimer 1:09:11	3 Molly Haberbusch 44 Clinton 1:11:10
MALE AGE GROUP: 45 - 49	1 Joel Sommers 45 Hamilton 52:01	2 John Draper 48 Remsen 1:00:43	3 Andrew Rock 49 Cooperstown 1:02:14
FEMALE AGE GROUP: 45 - 49	1 Gloria Smith 45 Oneonta 1:09:30	2 Julie Landcastle 48 Rome 1:15:26	3 Debra Ruggio 48 New Hartford 1:18:54
MALE AGE GROUP: 50 - 54	1 Paul Humphrey 50 Utica 58:16	2 Eric Sims 54 Oriskany 1:07:04	3 Edward Krutz 51 Rome 1:09:07
FEMALE AGE GROUP: 50 - 54	1 Kara Rusch 50 Hamilton 1:06:09	2 Ronda Davis 50 Newport 1:13:05	3 Karen Amanna 53 New Hartford 1:14:53
MALE AGE GROUP: 55 - 59	1 Bob Kane 55 Rome 1:02:01	2 Daniel Stedman 59 New Hartford 1:03:28	3 Rob Hudynia 55 Fort Plain 1:04:31
FEMALE AGE GROUP: 55 - 59	1 Elizabeth Miller 57 Utica 1:17:51	2 Susan Tucker 57 Iilon 1:24:07	3 Nancy Rayne 58 Clinton 1:24:18
MALE AGE GROUP: 60 - 64	1 John Delaney 63 Rome 1:06:08	2 John Sigmund 62 Waterville 1:08:46	3 Woody Woodworth 63 Chittenango 1:11:24
FEMALE AGE GROUP: 60 - 64	1 Susan Luley 64 Sauquoit 1:14:38	2 Sharon Stedman 62 New Hartford 1:21:25	3 Victoria Pedersen 61 Sherrill 1:26:05
MALE AGE GROUP: 65 - 69	1 John Murphy 66 Utica 1:10:21	2 John Boyle 68 New Providence, NJ 1:10:38	3 Timothy Leonard 65 New Hartford 1:15:06
FEMALE AGE GROUP: 65 - 69	1 Janice Grunenwald 66 Oriskany 1:28:58	2 Julie Buehner 65 Munsville 1:59:28	
MALE AGE GROUP: 75 - 79	1 David Linder 75 West Edmeston 1:26:00		

Courtesy of Utica Roadrunners

GLENVILLE YMCA MUDDY SNEAKER 5K TRAIL RUN

September 24, 2017 • Indian Meadows Park, Glenville

MALE OVERALL	1 Owen Hooper 33 Glenville 19:58	2 Patrick Jansen 54 Scotia 21:18	3 Tim Harman Sr. 55 Niskayuna 22:13
FEMALE OVERALL	1 Marta Dauphinee 39 Ballston Lake 23:54	2 Nikki Startk 11 25:20	3 Madeline Pelagalli 21 Ballston Lake 25:42
MALE AGE GROUP: 1 - 19	1 Jack Taylor 14 Ballston Lake 26:06	2 Andrew Hannel 15 Schenectady 31:01	3 Ari Edgar 7 Scotia 32:27
FEMALE AGE GROUP: 1 - 19	1 Allison Beattie 14 Rensselaer 30:32	2 Sydney Beattie 16 Rensselaer 30:34	
MALE AGE GROUP: 20 - 29	1 Nick Bedore 22 Ballston Lake 25:41	2 Josh Binfield 23 Springfield, MA 32:33	3 Dan Seymour 32 Burnt Hills 34:02
FEMALE AGE GROUP: 20 - 29	1 Kelly Seymour 31 Burnt Hills 26:15	2 Paige Hughes 23 Schenectady 32:31	3 Monica Capogna 34 Scotia 37:43
MALE AGE GROUP: 30 - 39	1 Amy Boss 36 Broadalbin 33:51	2 Melissa Savage 35 Scotia 36:17	
MALE AGE GROUP: 40 - 49	1 John Yagielski 48 Scotia 23:42	2 Thomas Taylor 47 Ballston Lake 25:55	3 Craig Petrekis 49 Glenville 26:06
FEMALE AGE GROUP: 40 - 49	1 Jeannie Oats 40 Scotia 26:19	2 Jennifer Masula 40 East Nassau 28:42	3 Michelle Bacares 49 Niskayuna 30:22
MALE AGE GROUP: 50 - 59	1 Robert Beattie 50 Rensselaer 23:00	2 Michael Murtagh 57 Glenville 23:18	3 Robert Stovelton 50 Canajoharie 33:41
FEMALE AGE GROUP: 50 - 59	1 Dianna Langdon 50 Altamont 26:29	2 Beth Gregory 53 Glenville 29:17	3 Barbara Corrigan 50 Canajoharie 29:32

Courtesy of the Capital District YMCA

VERMONT SUN HALF MARATHON, 10K & 5K

September 24, 2017 • Branbury State Park on Lake Dunmore, Brandon, VT

HALF MARATHON - 13.1M			
MALE OVERALL	1 Philip Lynch Saranac 1:25:36	2 Connor McCormick Dover, MA 1:28:47	3 Jonathan Cormier East Thetford, VT 1:32:15
FEMALE OVERALL	1 Grace Kennedy Williston, VT 1:45:56	2 Caitlin Hollister Waterbury, VT 1:47:48	3 Denise Hengels Warrenville, IL 1:50:47
MALE AGE GROUP: 1 - 19	1 Rose Quirino New London, CT 2:03:32		
MALE AGE GROUP: 20 - 29	1 Francois Perreault Montreal, QC 2:04:03	2 Connor Lund Vail, CO 2:06:13	3 Anthony Vickers Brighton, MA 2:09:06
FEMALE AGE GROUP: 20 - 29	1 Emily Leonard Ramsey, NJ 1:56:21	2 Hailey Chalhoub Somerville, MA 1:56:32	3 Molly Dolan New London, CT 1:57:23
MALE AGE GROUP: 30 - 39	1 Jesse Loomis Fair Haven, VT 1:45:46	2 Norman Lam Brookline, MA 2:03:18	
FEMALE AGE GROUP: 30 - 39	1 Sharon Li Burlington, VT 1:59:12	2 Stephanie Rousseau Montreal, QC 2:05:01	3 Donna Lynch Saranac 2:12:57
MALE AGE GROUP: 40 - 49	1 Gavin Noble Middlebury, VT 1:49:53	2 Mark Wright Westfield, NJ 1:50:25	3 David Rockwell Orwell, VT 1:53:12
FEMALE AGE GROUP: 40 - 49	1 Christine Weinberger Burlington, VT 2:01:07	2 Christine Maloney Randolph, VT 2:10:26	3 Annaleise Baumer Winooski, VT 2:22:50
MALE AGE GROUP: 50 - 59	1 Suzanne Redden Rutland, VT 1:54:00	2 Kimerer Lamothe Granville, VT 1:56:17	3 Leslie Chadwell Stockbridge, VT 2:45:31
MALE AGE GROUP: 60 - 69	1 Chris Leonard Ramsey, NJ 1:57:53	2 Cris Schenk Gardena, CA 2:14:45	
MALE AGE GROUP: 70 - 79	1 Vic Barthelmy Spotsylvania, VA 1:50:50	2 Russ Cooke Williston, VT 1:57:02	3 Fredrick Marx Gaithersburg, MD 2:06:09
FEMALE AGE GROUP: 60 - 69	1 Joanne Brown White River Junction, VT 2:44:23		
10K RUN			
MALE OVERALL	1 Aaron Borkowski Rutland, VT 56:38	2 Jason Grant Middlebury, VT 57:29	3 Christopher Hayden Lincoln, RI 57:49

Courtesy of Vermont Sun Run & Triathlon Series

43RD ANNUAL FALLING LEAVES ROAD RACE

September 24, 2017 • Radisson Hotel, Utica

5K RACE			
MALE OVERALL	1 Jonathan Pinney 28 Rochester 17:06	2 Marius Murabito 18 Marcy 19:08	3 Matthew Downs 35 Utica 19:13
FEMALE OVERALL	1 Rachel Cackett 26 Rochester 19:17	2 Amber Piersma 13 Cassville 19:34	3 Amy Roberson 34 Sauquoit 20:20
WHEELCHAIR OVERALL	1 Hermin Garic 27 Utica 13:29		
MALE AGE GROUP: 1 - 12	1 Charles Howe 11 Holland Patent 19:55	2 Samuel Butcher 12 Clinton 20:51	3 Derek Defazio 12 New Hartford 22:42
FEMALE AGE GROUP: 1 - 12	1 Julia Racha 12 Holland Patent 23:09	2 Zoe Kelly 12 Barneveld 26:06	3 Abigail Draper 12 Remsen 26:47
MALE AGE GROUP: 13 - 17	1 Nicholas Despins 16 New York Mills 19:17	2 Logan Misiaszek 14 Waterville 21:22	3 Deondre Linder 16 Utica 23:15
FEMALE AGE GROUP: 13 - 17	1 Caitlin Grace 17 Little Falls 25:32	2 Jenna Bugbee 14 Hubbardsville 26:05	3 Charlotte Grace 13 Little Falls 26:50
MALE AGE GROUP: 18 - 24	1 Paul Brockett 24 Clinton 19:59	2 Kyler Ford 19 Herkimer 20:17	3 Ryan Oakes 19 Hamilton 21:35
FEMALE AGE GROUP: 18 - 24	1 Amanda Perri 23 Troy 21:36	2 Alys Hoffman 22 Holland Patent 23:06	3 Hermina Garic 20 Utica 23:16
MALE AGE GROUP: 25 - 29	1 Matthew Zawisza 27 Rome 20:45	2 Dave Krawczyk 27 Marcellus 21:15	3 Thomas Brockett 28 Sauquoit 22:23
FEMALE AGE GROUP: 25 - 29	1 Stephanie Bergstrom 27 New York Mills 22:19	2 Abbie Suttiff 26 Herkimer 24:54	3 Alison Stanulevich 27 Utica 25:31
MALE AGE GROUP: 30 - 34	1 Josh Belisle 34 New Hartford 19:45	2 Matthew Krawczyk 31 Syracuse 21:47	3 Chris Vella 33 Yorkville 23:00
FEMALE AGE GROUP: 30 - 34	1 Tracey Piccola 31 Utica 24:16	2 Amanda Roublick 34 New Hartford 24:40	3 Christine Philion 30 Utica 25:25
MALE AGE GROUP: 35 - 39	1 Jordan Sweet 36 Utica 22:37	2 Jim Rafta 39 Wampsville 23:16	3 John Vella 36 New Hartford 24:56
FEMALE AGE GROUP: 35 - 39	1 Karen Randall 39 Utica 21:08	2 Colleen George 35 Utica 22:52	3 Aileen Viel 36 Utica 25:07
MALE AGE GROUP: 40 - 44	1 Mahesh Padmanabhan 42 Utica 22:19	2 Rob Halpin 42 Jamaica Plain, MA 22:43	3 Darryl Fedor 41 Whitesboro 22:54
FEMALE AGE GROUP: 40 - 44	1 Heather Devitt 43 Herkimer 23:04	2 Lydia Berez 42 Barneveld 25:18	3 Colleen Bunce 44 Mohawk 25:32
MALE AGE GROUP: 45 - 49	1 Jim Davis 46 West Winfield 21:45	2 Michael Flack 48 Sauquoit 21:47	3 Chard Schoff 47 Iilon 23:42
FEMALE AGE GROUP: 45 - 49	1 Amy Hurta 47 Hamilton 23:53	2 Brenda Riesel 46 Herkimer 26:41	3 Jennifer Dunlap 48 Utica 27:09
MALE AGE GROUP: 50 - 54	1 Eric Kasper 50 Clark Mills 20:26	2 Timothy Hoffman 50 Holland Patent 22:00	3 Joseph Langlois 54 New Hartford 22:52
MALE AGE GROUP: 55 - 59	1 Dorri Derollo 53 Frankfort 26:06	2 Gina Sczygiel 54 Utica 27:00	3 Susan Muller 53 Whitesboro 27:10
MALE AGE GROUP: 55 - 59	1 Mike Palmer 55 Whitesboro 22:55	2 Gary Burak 59 New Hartford 23:07	3 Harry Bascom 56 Utica 24:48
FEMALE AGE GROUP: 55 - 59	1 Susan Gustafson 55 Whitesboro 25:09	2 Debra Whiting 59 Oneida 26:18	3 Ann Lewicki 59 Hartwick 26:36
MALE AGE GROUP: 60 - 64	1 James Newlove 61 Utica 22:12	2 Daniel Defreaz 62 Chittenango 24:46	3 Pat Piscitelli 62 Baldwinsville 26:21
FEMALE AGE GROUP: 60 - 64	1 Denise Cavanaugh 60 Whitesboro 27:16	2 Lenore Valuckas 64 Sauquoit 28:12	3 Jan Kelley 60 Waterville 28:27
MALE AGE GROUP: 65 - 69	1 Ray Smith 67 Old Forge 23:14	2 James Earle 65 Brockville, ON 23:35	3 Chub Bailly 67 Clinton 23:51
FEMALE AGE GROUP: 65 - 69	1 Patricia Femia 66 New Hartford 28:28	2 Grace Vento-Zogby 66 New Hartford 31:34	3 Marcia McCarthy 66 Rome 33:46
MALE AGE GROUP: 70 - 74	1 Gerard Capraro 73 Utica 30:33	2 Robert Faass 74 New Hartford 33:52	3 Jerry Smith 70 Liverpool 33:58
FEMALE AGE GROUP: 70 - 74	1 Margaret Jevens 72 Rome 36:21	2 Toni Covey 71 Washington Mill 44:21	
MALE AGE GROUP: 75 - 79	1 Krishna Vadiamudi 79 New Hartford 43:41		
MALE AGE GROUP: 80 - 84	1 Paul Ohlbaum 83 New Hartford 51:03		
14K RACE			
MALE OVERALL	1 Matt Lacey 33 Clinton 50:12	2 Richard Northrup 35 Ballston Lake 51:11	3 Corey Zlatniski 23 Mattituck 51:24
FEMALE OVERALL	1 Catherine Beck 31 Clinton 56:19	2 Rebecca Metzler 35 Hamilton 57:15	3 Katie Mutter 27 Marcellus 58:08
MALE AGE GROUP: 1 - 17	1 Abdelkarim Zakaria 17 Utica 56:51	2 Gavin Prysputniwicz 16 Clinton 1:09:21	3 Joseph Kaminski 16 Holland Patent 1:14:54
FEMALE AGE GROUP: 1 - 17	1 Brynn Hewitt 14 Clinton 1:25:03	2 Abigail Reed 12 Munsville 1:57:47	
MALE AGE GROUP: 18 - 24	1 Stephen Paddock 22 Meriden, CT 51:50	2 Jake Baisley 18 Salisbury Center 56:08	3 Andrew Salie 18 Utica 1:13:40
FEMALE AGE GROUP: 18 - 24	1 Mary Gigliotti 24 Somerville, MA 1:09:39	2 Alexandra Coffey 24 Sleepy Hollow 1:12:26	3 Hannah Groshner 23 New Hartford 1:13:38
MALE AGE GROUP: 25 - 29	1 Geoff Hale 28 Rome 52:24	2 David Lewis 25 Utica 58:03	3 Philip Richied 25 Clinton 1:00:34
FEMALE AGE GROUP: 25 - 29	1 Laurie Hennessy 28 Marcy 1:02:05	2 Lauren Dunn 29 New Hartford 1:04:10	3 Elizabeth Pfendler 29 Remsen 1:11:03
MALE AGE GROUP: 30 - 34	1 Michael Polidori 32 Iilon 53:21	2 Matthew Muttillio 32 Rome 59:45	3 Robert Gigliotti 34 Utica 1:00:07
FEMALE AGE GROUP: 30 - 34	1 Rochelle Ferro 30 New Hartford 1:01:24	2 Katie Sellers 33 Liverpool 1:06:12	3 Melanie Perrin 30 Manlius 1:07:15

continued

GORE MOUNTAIN LEAF CRUNCHER 5K TRAIL RUN

September 30, 2017 • Gore Mountain, North Creek

MALE OVERALL	1 Gabe Smith 15 Johnsburg 22:01	2 Fred Kitzrow 61 Delmar 23:01	3 Geof Hewton 50 Chatham, MA 23:07	4 Matt Beauer 43 Ballston Lake 28:56	5 Joe Polito 43 Wilton, CT 34:19	6 Jim Morris 48 North Creek 38:20
FEMALE OVERALL	1 Anna Shultz 22 Queensbury 30:13	2 Christine Polito 43 Wilton, CT 30:14	3 Diane Selin 53 Niskayuna 30:51	1 Millie Smith 43 Ballston Lake 34:58	2 Jennifer Fifield 41 Newcomb 41:41	3 Megan Morris 43 Wevertown 47:29
MALE AGE GROUP: 1 - 19	1 Wolfgang Neal 15 Johnsburg 26:52	2 Gage Morris 12 Wevertown 44:47		4 Carol Anderson 44 Olmstedville 51:08		
MALE AGE GROUP: 20 - 29	1 Dave Bellman 23 Kinnelon, NJ 29:48	2 Michael Baird 20 Troy 33:57	3 Kyle Katchum 27 Loudonville 34:35	1 William McGivney 55 Diamond Point 26:56	2 John Seigle 50 Cold Brook 27:35	3 Philip Schultz 53 Queensbury 30:17
FEMALE AGE GROUP: 20 - 29	1 Katie Lewis 28 North Creek 30:34	2 Jillian Berg 20 Troy 33:57	3 Ellen Birmingham 27 Chatham, MA 53:30	4 Martin Meltzer 57 Denville, NJ 33:05	5 Paul Riley 51 Groton, MA 51:07	
MALE AGE GROUP: 30 - 39	1 Arthur Perryman 38 Wevertown 27:36	2 Matthew Cubell 39 Ballston Spa 37:43		1 Lisa Seigle 50 Cold Brook 35:49	2 Willa Brees 50 Groton, MA 51:00	
FEMALE AGE GROUP: 30 - 39	1 Rebecca Pless 37 Olmstedville 33:34	2 Meghan Haskins 36 North Creek 33:35	3 Jennifer Cubell 35 Ballston Spa 37:42	1 Mark Sager 67 Glens Falls 28:00	2 Ray Smith 67 Newcomb 28:17	3 Christopher Kunkel 60 Oradell 30:02
MALE AGE GROUP: 40 - 49	1 Chris Coque 47 North Creek 26:27	2 Joseph Morris 40 Wevertown 27:34		4 George Oswald 66 Old Forge 44:36	5 William Wasilauski 64 Queensbury 46:57	
FEMALE AGE GROUP: 40 - 49	1 Marion Oswald 60 Old Forge 39:10	2 Maureen McLeod 64 Delmar 39:31	3 Melodee Insley 61 Elmwood Park, NJ 49:10	MALE AGE GROUP: 50 - 59	1 Eduardo Munoz 74 Olmstedville 34:01	

Courtesy of Gore Mountain

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