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Nordic Skiing

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Discover the Best Groomed Trails

By Skip Holmes

Winter has arrived in upstate New York and how are you cyclists and triathletes going to maintain a level of cardiovascular fitness? Sure you can go to some spin classes or swim in a pool or go for a run on those snow covered roads. How about another superb way to not only maintain fitness, but actually increase it! Nordic skiing may be just the activity you have been looking for. Competitive Nordic skiers are known as the fittest people on earth. Arms, legs and core are all essential, and when combined with proper technique, Nordic skiing can generate some incredible speed and performance gains.

It can also be a great break from the monotony of indoor training and it also offers enormous cardiovascular and muscular benefits, as well as increased coordination, and the chance to fire up some different muscle fibers. Getting ready for a winter of Nordic skiing does require some sport-specific conditioning. You can find some useful conditioning examples at xcskiacademy.com/training.

This region offers many locations for Nordic skiing with terrain that ranges from flat to rolling, as well as some challenging climbs and fast descents. There are ski centers that provide expertly groomed trails, a base lodge to get warm food and beverages, while spending quality post-ski time with friends and family. Many of these ski centers also have a set of snowshoe trails to explore. They all have a ski shop for sales and rentals, and many offer lessons for those who are new to these winter activities.

Lapland Lake Nordic Vacation Center in Northville offers 38K of trackset and skating lanes with a total of 50K of groomed trails on rolling terrain, and when Woods Lake freezes over - as it did on January 2nd - there is even more track to ski on. Longtime customers, Kathy and Paul Zahray, purchased Lapland Lake two years ago and they're maintaining the high standards for which the resort has become known. There is a large lodge, a woodstove to warm you up, along with a snack bar and restaurant for refueling during and after a day of skiing. They have a number of housekeeping cottages (tupa) for rent as well. Sales and rentals are available, along with a friendly staff to help you, and lessons are available.

The Benson trailhead of the famed 133-mile marked and mapped *Northville-Placid Trail* is just minutes from their door and offers an amazing wilderness experience for backcountry ski and snowshoe enthusiasts. Lapland Lake also offers many special events including Ladies Days where the instructors are women and you get a full day on the trails. Go to laplandlake.com.

Garnet Hill Lodge and Cross Country Ski Center in North River is located up on a mountain above 13th Lake. An Adirondack gem since 1936, the new owners, Jim Rucker and his wife, who purchased the resort two years ago, have been long time visitors to the lodge. Garnet Hill is a premier year-round destination. It has a lodge with overnight accommodations, a great restaurant, and 55K of groomed trails that traverse the

See **NORDIC SKIING 16** ▶

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Making the Most of Your Ski Season

By Jeff Farbaniec

We've had a fantastic start to the ski season. Cold weather arrived in early November, allowing many ski areas to open ahead of schedule, and Mother Nature's been generous with snowfall. Trail counts have risen steadily, with many areas now at or near 100% open. The best part of the ski season is at our doorstep, so if you haven't gotten out yet, now's the time. Here are some tips to help you make the most of your ski season.

Unless you've been living under a rock, it's been hard to miss the media hype surrounding the unusually cold weather we had in December and early January. Who would have thought that terms like Polar Vortex and Bomb Cyclone would become part of our everyday vocabulary? So let's start off with some cold weather skiing tips.

- **Rule #1 is no exposed skin** - That means face mask, goggles and neck warmer. A frostbitten nose is no fun.
- **Rule #2 is to get out of the wind and cold whenever possible** - Take frequent lodge breaks, and ride the gondola, tram or bubble lift whenever possible. Ski the glades rather than exposed, windy trails.
- **Rule #3 is to layer up** - A wicking base layer, bulky insulating layers of fleece or down, and a windproof outer layer should all be part of your wardrobe. I've been known to double-up on the fleece on exceptionally cold days. Chemical hand and toe warmers and heated boots are a matter of personal choice. If they work for you, by all means use them. Bring along an extra set or two for skiers in your party who may be less well prepared.

Most important of all, know when to quit. If it's just too cold for you to enjoy skiing, stay home. The lifts will spin another day.

There are a ton of events and deals coming up. One of the best is I Ski NY's Discover NY Skiing Day on Thursday, January 18. Skiers and riders can enjoy ski areas across New York with heavily discounted lift tickets including Gore and Whiteface (\$24), West, Willard, Titus and Oak (\$12) and many others. Buy Discover NY Ski Day tickets online at iskiny.com. Learn to ski or ride packages are also available beginning at \$25. If January 18

doesn't work for you, consider buying "I Ski NY Anytime" discounted tickets. More than two dozen deals are available from \$24 to \$62.

Other great deals include:

- West Mountain's Monday and Tuesday Night Lift Ticket Special, with \$20 4-hour lift tickets available all season long, non-holiday after 3pm (westmtn.net).
- Night skiing at Willard Mountain Tuesday through Friday all season long, non-holiday for \$25 (willardmountain.com).
- "Take Your Kids to Gore Week." Kids ages 19 and under ski or ride free with a full paying parent all week, Saturday-Friday, January 20-26 (goremountain.com).
- Whiteface "Give Back Sundays." Skiers and riders receive 50% off their lift ticket. Whiteface partners with a different community non-profit each month during the winter season (whiteface.com).
- "Why Not Wednesdays" with \$48 lift tickets to Gore or Whiteface when you bring any unopened Coca-Cola product on non-holiday Wednesdays throughout the ski season.

A highlight of every winter is the World Cup Freestyle event, which returns to the Olympic Jumping Complex in Lake Placid Friday and Saturday, January 19 and 20, with two nights of aerials competition under the lights. Visit whiteface.com for event information and to purchase tickets.

Skiers and riders who'd like to partake in a little friendly competition themselves should put these races on their calendar:

- Monday Night Racing at West Mountain - Every Monday night all season long beginning January 8 (westmtn.net).
- Gore Mountain's Restaurant Race - Race down Gore's recreational course for your favorite restaurant on Monday, January 29 (goremountain.com).
- Gore Mountain Olympic Challenge - Race for your favorite country or family's origin, Saturday, February 24 (goremountain.com).
- Race a leprechaun in Gore Mountain's Irish Spirit Race on Saint Patrick's Day, Saturday, March 17 (goremountain.com).
- The Willard Cup is a fun race series for kids, with five races beginning Saturday, January 13 (willardmountain.com).



SKIING TRAILS AND ENJOYING VIEWS FROM THE SUMMIT OF GORE. ORDA



ENJOYING THE MAPLE SKI RIDGE VIEW BY SNOWBOARD ON DEC 29. MSR

- For Nordic skiers, there's the Ski Bowl Citizens Race series on five consecutive Tuesdays nights, January 16 through February 13 at the Gore Ski Bowl (goremountain.com).
- The highlight of the Nordic racing season is the Lake Placid Loppet on Saturday, March 17. There are 25K and 50K classic and freestyle technique events, as well as shorter Citizen's Challenge races. Details are at mtvanhoevenberg.com.
- Last, who doesn't love a torchlight parade? Mark your calendars for Gore's Torchlight Parade & Fireworks Spectacular on Sunday, January 14 (goremountain.com).

as well as West Mountain's "Fire on the Mountain," on Friday, February 16 from 7pm to midnight (westmtn.net).

And when it's finally time to put away your skis, mark your calendar for the 13th annual Adirondack Sports Summer Expo at the Saratoga Springs City Center on March 17 & 18. With 150 exhibitors expected, this will be an event you won't want to miss! 📌

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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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.

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AROUND THE REGION **News Briefs**

USATF Adirondack 2018 Grand Prix Series

ALBANY - USATF announced the slate of races for the 2018 Grand Prix Series, presented by Fleet Feet Sports. The Adirondack Association members selected the races to serve as the 2018 series.

Any USATF Adirondack member who completes at least five of the events will receive a GP series apparel piece. The mission of USATF is to promote the sport of running across all abilities and ages. By recognizing all who complete the series, including runners, joggers and walkers, the local association is advancing the USATF national philosophy of running as the "Sport for everyone... Sport for life."

USATF Adirondack is continuing its partnership with Fleet Feet Sports, with stores in Albany and Malta. This partnership allows expansion of the Grand Prix participant recognition to all members, in addition to offering generous prize purses for division winners. "We are pleased to support the USATF Adirondack Grand Prix Series. The series offers a variety of distances over an eight-month period and will provide a great experience for runners of every age and ability. We're grateful for the opportunity to support this important community series," said Charles and Arlene Woodruff, owners of Fleet Feet Sports Albany and Malta.

The running community is invited to join the Grand Prix Kick-Off event on Sunday, February 4 from 12 to 4:00pm at Fleet Feet Sports in Albany. All of the races participating in the series will be at the event. Giveaways and discounts will be available for those who register at the kick-off. If unable to attend, you can register for the races on the individual race websites. For more information on USATF Adirondack and the series, visit adirondack.usatf.org.

-Renee Tolan of Clifton Park is VP for Long Distance Running with USATF Adirondack Association

2018 USATF Adirondack Grand Prix		
Presented by Fleet Feet Sports Albany Malta		
Runnin' of the Green	4 Mi	Mar. 17
Delmar Dash	5 Mi	April 15
Shmaltz Brewing Company Chosen Run 5K	5K	May 5
Freihofer's Run for Women	5K	June 2
The Route 50 Mile	1 Mi	June 7
Firecracker 4	4 Mi	July 4
ADK Marathon Festival	Half	Sept. 23
Ghostly Gallop	5K	Oct. 21

Expanded 2018 Empire State Winter Games

LAKE PLACID - The Empire State Winter Games has announced expansion plans that will make the 2018 Games, February 1-4, the largest annual multi-sport destination festival in the Northeast. The 38th Games are projected to draw a record-breaking 2,500 athletes, a significant increase from the 858 participants in 2011. The Games will also play host to more than 5,000 friends, family members and spectators.

For 2018, expansions include an inaugural torch relay from Manhattan to Lake Placid, and a significant new central village that will host athlete and spectator sports, family activities, an athlete lounge, food, and live music and media coverage.

The growth of the Games are made possible through the commitment of I Love New York, Olympic Regional Development Authority, and Regional Office of Sustainable Tourism, and Community Bank, N.A. The games exist due to efforts of nine towns and villages throughout the Adirondacks that host, including: Brighton, Harrietstown, Lake Placid, Malone, North Elba, Paul Smith's, Saranac Lake, Tupper Lake and Wilmington.

New and improved features include: inaugural Empire State Torch Relay; new athletic events such as ski and snowboard rail jam with \$8,000 in prize money; spectator events such as speed tubing; private athlete lounge; enhanced opening ceremony featuring live music, singing, and parade of athletes; new central village in the heart of Lake Placid with daily activities and music performances (Brooklyn Children's Theatre and Nik and the Nice Guys); award ceremonies; Taste of the Games food festival; fat bike competition; and fireworks.

Camp Santanoni Winter Weekends

NEWCOMB - Join Adirondack Architectural Heritage for a cross country ski or snowshoe during Camp Santanoni's annual Winter Weekends. On January 13-15, February 17-19 and March 10-11, you'll be able to go into the Gate Lodge and Main Lodge of the Camp, view displays about the Great Camp, and take short interpretive tours with Adirondack Architectural Heritage staff. The 10-mile round-trip on gently rolling terrain will take you past the Santanoni Farm, and through the NYS Forest Preserve on a wide, old road (no vehicle access).

The Artist's Studio, a stone building near the Main Lodge on the shores of Newcomb Lake, will be open as a warming hut from 10am to 3pm each day. Enjoy free coffee, tea or hot chocolate by the woodstove - bring a cup if you can, but AARCH will have plenty available. Hosted by Adirondack Architectural Heritage, NYS Dept. of Environmental Conservation, and the Town of Newcomb.

If you visit on Saturday, January 13, go to Newcomb's Winter Fest. The event includes skiing, snowshoes, ice skating, fat biking, snowmobiling, ice fishing, dancing, and bonfire. For more information, go to facebook.com. Note: Winter conditions can change quickly in the backcountry, so be prepared with extra warm clothing and adequate supplies for your trip.

CORRECTION

In the "Dashing Through the Snow!" snowshoe running cover article by Laura Clark in the December 2017 issue, we mistakenly mentioned Aaron Knobloch of Niskayuna as a winner of 2005 Snowshoe Nationals. While Aaron Knobloch has done some snowshoe races, he graciously pointed out that the correct champion is Aaron Robertson of Rouses Point. By coincidence, the two Aarons are friends - congrats Aaron Robertson on your outstanding victory!

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FROM THE PUBLISHERS

Cheers to a Happy, Healthy and Safe 2018!

Wow, it's going to be a nice, snow-filled, cold winter ahead! The bitter cold is behind us for now so let's get out and enjoy this beautiful season. Winter is not that long - we're already getting ready for the Summer Expo this March 17-18 in Saratoga Springs!


As you're reading through the pages of this issue, we challenge you to try something new for yourself - a new sport, a new race or distance, a healthier diet, join a new club or one new thing to add some spice to your life!

The Running column by Laura Clark, lists suggested titles to introduce the "new" into your routine. We also have plenty of ideas on what to do on snow! Nordic skiing, downhill skiing, snowshoe hiking, even our Athlete Profile features ski jumper Nina Lussi of Lake Placid. Be sure to read our Living on Earth "Let's Make Some Snow" column, by Skip Holmes, which encourages you to consider a new training plan to use less energy and produce more!

We're committed to help you get the new year off to a healthy start! Our Calendar of Events is packed with races, events and outings for competitive athletes, recreational and novice folks, and active families of all ages. Register for a race or attend a Winter Festival - there's something for everyone!

Thanks for reading us and supporting our advertisers. Happy New Year!

Darryl and Mona



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Publisher/Editor/Founder: Darryl Caron
Publisher/Editor: Mona Caron
Art Director: Karen Chapman
Contributing Writers: Laura Clark, Jeff Farbaniec, Mim Frantz, Skip Holmes, Bill Ingersoll
Contributing Photographers: Bill Ingersoll
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Calendar of Events
 January - March 2018*

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

*Events beyond this range are advertisers in this issue.

ALPINE, BACKCOUNTRY & TELEMAR SKIING
JANUARY

13-14 **MLK Holiday Camp for Kids.** Gore, North Creek. 518-251-2411. goremountain.com.
 15 **Night Skiing on Playmate.** Après ski party, skiing. McCauley, Old Forge. mccauleyny.com.
 6 **Rail Jam.** USASA Event. Titus, Malone. usasa.org.
 14 **Rail Jam.** USASA Event. West, Queensbury. usasa.org.
 15 **Skiercross/Boardercross.** USASA Race. 12:30pm. Gore, North Creek. usasa.org.
 20 **NE Rando SkiMo Race.** Berkshire East, MA. nerandorace.blogspot.com.
 20-21 **Alpine Skiing/Riding Clinics for Women.** Gore, North Creek. 518-251-2411. goremountain.com.
 20-26 **Take Your Kids to Gore Week.** Ages 19-under. Gore, North Creek. 518-251-2411. goremountain.com.
 25-27 **Telemark World Cup.** Classic, sprint, parallel races. Sugarbush, Warren, VT. sugarbush.com.
 26 **Tubapalooza Tubing Party!** Music. 6-9pm. Willard, Greenwich. 518-692-7337. willardmountain.com.
 27-28 **Skiercross/Boardercross & Slopestyle.** USASA Race. Whiteface, Wilmington. usasa.org.
 27-28 **Master the Mountain: Alpine Skiing/Riding Clinics.** Gore, North Creek. 518-251-2411. goremountain.com.
 27-28 **Intro to Telemark Skiing Clinic.** Gore, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

1-4 38th Empire State Winter Games. Alpine skiing, snowboarding, adaptive, cross, rail jam, moguls. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
 2 **Chicks on Sticks Ski Bus Trip.** Lift ticket, bus, dinner. Bromley, Peru, VT. Alpine Sport Shop: 518-584-6290. alpinesportshop.com.
 10-11 **Master the Mountain Ski & Snowboard Clinics.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
 11 **Mini-Shredders Jibfest.** Ages 10& Under. Gore, North Creek. 518-251-2411. goremountain.com.
 18 **Rail Jam.** USASA Event. West, Queensbury. usasa.org.
 19 **Skiercross/Boardercross.** USASA Race. Gore, North Creek. usasa.org.
 20-22 **Presidents Week Holiday Camp.** Gore, North Creek. 518-251-2411. goremountain.com.
 24 **NE Rando SkiMo Race.** Mt. Greylock, MA. nerandoserie.blogspot.com.
 24 **Olympic Challenge.** Gore, North Creek. 518-251-2411. goremountain.com.
 24 **Kunjamuck Giant Slalom Race.** 9:30am. Oak, Speculator. 518-548-3606. oakmountainski.com.
 24-25 **33rd Kare Andersen Telemark Festival.** Clinics. Sun: Classic race. Bromley, Peru, VT. bromley.com.

MARCH

3-4 **Glades & Glory Skiing & Boarding Clinics.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
 3-4 **Trees & Steeps Telemark Clinic.** 8:30am. Gore, North Creek. 518-251-2411. goremountain.com.
 3-4 **Skiercross/Boardercross & Slopestyle.** USASA Event. Whiteface, Wilmington. usasa.org.
 17 **Irish Spirit Race: Race a Leprechaun.** 10am. Gore, North Creek. 518-251-2411. goremountain.com.
 24 **Slopestyle.** USASA Event. Titus, Malone. usasa.org.
 24-25 **Alpine Skiing/Riding Clinics for Women.** Gore, North Creek. 518-251-2411. goremountain.com.

BICYCLING: ROAD & OFF-ROAD
JANUARY

18 **Lady's Night Out.** 6-8pm. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.
 21 **Snow Fest Fat Bike Races.** 10K/15K/20K. Plus, Break N Skiff 5K Snowshoe Race & 3K Hike. 10am. Break N Skiff Orchards, LaFayette. 315-558-3727. instridesports.com.
 27 **NICA NY Fundraiser.** 6-9pm. Bites, brews & bidding fundraiser for medals & trophies. Artisanal Brew Works, Saratoga Springs. newyorkmtb.org.

FEBRUARY

1-4 38th Empire State Winter Games. Winter biking. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
 10 **4th Saratoga Fat Bike Rally.** Guided rides, races, challenges, rentals, food, drink. Warming Hut, Saratoga Spa SP, Saratoga Springs. bikereg.com.
 17 **1st Farmer's Fatty Fat Bike Rally.** 10am. Rides, demos, food, drink. Indian Ladder Farms, Altamont. 518-495-6058. bikereg.com.
 18 **Snowball Express & Snowflake Local Road Ride.** 100M/52M. 8am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
 24 **Cazenovia Fat Bike Race.** 11am. Empire Farm Brewery, Cazenovia. 315-446-6816. syracusebicycle.com.
 28 **1st BonkWerx Fat Bike Race.** 10am. Chittenango. bikereg.com.

MARCH

3 **Winona IdidaFAT Bike Race.** 7.5M, 15.5M, 31M. 8am. Sun: "SnoFatShu" Duathlon. CCC Camp, Winona Forest, Mannsville. 315-315-430-3889. 315-430-3889. ididafat.com.
 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.
 18 **3rd Snowball's Chance Fat Bike Race.** 20M race. 12M ride. 10am. Port Jervis. 520-548-9727. starcrawf.com.
 25 **Saratoga 200K Brevet Road Ride.** 7am. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.
 31 **Vermont Overland Maple Adventure Ride.** 25M. 10am. West Windsor, VT. vermontoverland.com.

CROSS COUNTRY SKIING & NORDIC SPORTS
ONGOING

Mo-Tu Nordic Skiing Nights. 4-7pm. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.
Tue Gore Citizen's XC Ski (Classic) & Snowshoe Races: 1/16-2/13. Participation-based awards. Come any or all weeks. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.
Tue Youth XC Ski Races: 1/2-3/6/18. 5:30pm. Dewey, Saranac Lake. deweymountain.com.
Sun Guided Backcountry Ski Tour. Garnet Hill Lodge, North River. garnet-hill.com.

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JANUARY

- 13 **Shenendehowa Classic XC Ski Race.** 10K classic: 11am. Saratoga Biathlon, Hadley. Eric Hamilton: 518-371-7548. nyssranordic.org.
- 13 10th Catamount Ladies Nordic Ski Expo. Demos, clinics. Rikert Nordic Center, Ripton, VT. catamounttrail.org.
- 13-14 Rikert Eastern Cup Weekend #2. 8:30am. Rikert, Ripton, VT. rikertnordic.com.
- 13-15 Camp Santanoni Winter Weekend Open House. 10M XC ski or snowshoe. Camp Santanoni, Newcomb. 518-834-9328. aarch.org.
- 14 GHN-ADK Vauhti 10K XC Skiathlon Race. 5K classic, followed by 5K skate: 10am. Saratoga Biathlon, Hadley. 10Kskireg.com.
- 20 **HURT Mega-Relay XC Ski Race.** 10am. Six-hour relay w/3-8 skiers: 10am. Fun day of skiing. Garnet Hill Lodge, North River. 585-944-1610. hurtnordicskiing.com.
- 20-21 Harry Eldridge NYSEF JNQ XC Ski Race. 5K & 10K. Sat: classic. Sun: skate. Mt. Van Hoevenberg, Lake Placid. 518-637-9590. skireg.com.
- 21 **Lapland Sprints XC Ski Race.** 1.5K: 10am. Lapland Lake, Northville. 518-723-0337. skireg.com.
- 21 Polar Bear & Syracuse Biathlon Modified Pursuit Race. 7.5K & 10K: 10am. McCauley, Old Forge. 315-369-3624. polarbearbiathlon.com.
- 25 **Family Moonlight Ski.** 7pm. Whipple Bridge, Vischer Ferry Preserve, Rexford. cliftonpark.org.
- 26 **Friday Night Ski Jam.** 7-9pm. Free skiing on lighted trails, plus food & music. Dewey, Saranac Lake. 518-891-7450. deweymountain.com.
- 27 **Garnet Hill Pursuit XC Ski Race.** 4.5K classic/4.5K skate. 9:30am. Free Try-It 3K Citizens Race: 10:30am. BKYSL 2.5K RACE: 11am. Garnet Hill Lodge, North River. GHL: 518-251-2150. hurtnordicskiing.com.
- 27 Guided XC Ski. Trek to summits of Cat & Thomas mountains w/ Lake George Land Conservancy. Register: 518-644-9673. lglc.org.
- 27 37th Craftsbury Marathon & U.S. Ski and Snowboard SuperTour Festival. 48K, 33K, 16K. Craftsbury Outdoor Center, Craftsbury, VT. craftsbury.com.

FEBRUARY

- 1-4 38th Empire State Winter Games. Biathlon, XC skiing, adaptive, Nordic combined, orienteering. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
- 3 **Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 4 **Adirondack Youth Paintball Biathlon.** 9am. Dewey, Saranac Lake. deweymountain.com.
- 9 **Friday Night Ski Jam.** 7-9pm. Free skiing on lighted trails, plus food & music. Dewey, Saranac Lake. 518-891-7450. deweymountain.com.
- 9-11 Canadian Ski Marathon. 100M. Mont Tremblant to LaChute, Quebec. skimarathon.ca.
- 10 **Lapland Ladies Love to Ski Clinic w/Lunch.** 9:30am-2:30pm. Beginner & intermediate: classic technique. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 10 Winona Forest Tourathon Classic XC Ski Race. 12.5K & 25K: 8:30am. 50K: 8am. CCC Camp, Mannsville. 315-767-6668. winonaforest.com.
- 11 Barkeater Chocolates HURT-athon XC Ski Race. 5K & 15K freestyle. 9am. Cole's Woods, Glens Falls. 585-944-1610. hurtnordicskiing.com.
- 17 Glenville Hills Classic XC Ski Race. 6K & 10K: 10am. Glenville Hills Nordic, Scotia. 518-723-0337. skireg.com.
- 17-19 Camp Santanoni Winter Weekend Open House. 10M XC ski or snowshoe. Camp Santanoni, Newcomb. 518-834-9328. aarch.org.
- 18 **Ski Patrol Benefit BBQ.** 12-2pm. Burgers, raffles. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 23 **Friday Night Ski Jam.** 7-9pm. Free skiing on lighted trails, plus food & music. Dewey, Saranac Lake. 518-891-7450. deweymountain.com.
- 24-25 NYSSRA XC Ski & Biathlon Championships. Sat, 10am: Biathlon Sprint. Sat, 1pm: XC 21K freestyle. Sun, 10am: Biathlon 3x6K relay. Sun, 1pm: XC 3x5K freestyle relay. Saratoga Biathlon, Hadley. 518-696-5495. skireg.com.

MARCH

- 3 **Full Moon Ski Party.** 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 9-11 NENSA U16 XC Ski Champs. Gore Ski Bowl, North Creek. 207-688-6505. nensa.net.
- 10-11 Camp Santanoni Winter Weekend Open House. 10M XC ski or snowshoe. Camp Santanoni, Newcomb. 518-834-9328. aarch.org.
- 11 Bread Loaf Citizen's Race. 10:30am: Classic, 11am: Skate. Rikert, Ripton, VT. rikertnordic.com.
- 17 **Lake Placid Loppet & Nordic Festival.** 50K & 25K classic: 9am. 50K & 25K freestyle: 10:30am. 6.25K, 12.5K & 3K races: 1pm. Mt. Van Hoevenberg, Lake Placid. 518-302-5312. whiteface.com.
- 17 NordiX XC Ski Race. 1.5K: 10am. Maple Ski Ridge, Rotterdam. 518-723-0337. skireg.com.

HEALTH & FITNESS ONGOING

- Mo-Sa Rock Your Fitness: Total Body Training.** Six-week sessions: 1/22-3/3, 3/5-4/21. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.
- Daily True North Yoga. True North Yoga, Schroon Lake & Keene Valley. 518-810-7871. truorthyogaonline.com.

MARCH

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

HIKING, CLIMBING, SNOWSHOEING, SKILLS JANUARY

- 12-15 **Ice Climbing, Mountaineering & Snowshoeing Programs.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- 12-15 22nd Adirondack International Mountaineering Festival. Ice climbing, mountaineering, snowshoeing & avalanche awareness w/guests, clinics, demos, raffles. Mountaineer, Keene Valley & Adk Rock/River, Keene. 518-576-2281. mountaineer.com.
- 13 **Esther Mtn Guided Hike.** 9.5M. 8am. Adirondack Chocolates, Wilmington. ADK: 518-523-3480. adk.org.
- 13-15 **Winter Teen Adventure Trip.** Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 14 **Table Top Guided Hike.** 10M. 8am. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 19-21 **ADK Tug Hill Winter Outing.** 315-298-7424. adk.org.
- 20-21 **Winter Survival 101.** Heart Lake, Lake Placid. ADK: 518-523-3480. adk.org.
- 21 **Komen Snowshoe for the Cure.** 3K race, 3K/5K walk & kids' dash. 9am. Use code ADK18 for \$5 off. Sun Bowl, Stratton Mountain, VT. 802-362-2733. komennewengland.org.
- 25-31 **Winter Mountaineering School.** Hiking, meals. ADK: 518-523-3441. winterschool.org.
- 26-28 Smuggs Ice Bash. Demos, clinics, presentations, party, prizes. The Barn, Smugglers' Notch, Jeffersonville, VT. smuggsicebash.com.
- 27 **Snowshoe by the Light of the Moon Guided Tour.** 5:30-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.

FEBRUARY

- 11 **Esther Mtn Guided Hike.** 9.5M. 8am. Adirondack Chocolates, Wilmington. ADK: 518-523-3480. adk.org.
- 17 **Street & Nye Guided Hike.** 9M. 8am. ADK: 518-523-3480. adk.org.
- 18 **Table Top Mtn Guided Hike.** 10M. 8am. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
- 24 **Snowshoe by the Light of the Moon Guided Tour.** 5:30-9pm. Chili, cornbread, campfire w/snack & drink. Age 18+. Headlamp recommended. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.

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MARCH

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

18 Phelps Mtn Guided Hike. 8.8M. ADK: 518-523-3480. adk.org.

ICE SKATING & SPEEDSKATING ONGOING

Tu/Th Saratoga Winter Club Learn-To-Skate: Feb 1, 7, 8, 13, 15. 6-7pm. Free. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

JANUARY

20-21 Jack Shea Sprints Speedskating Meet. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

27-28 Irving Jaffee Single Distance Champs. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

30 Memphremagog Skate Marathon. 1K/5K/21K/42K. Newport, VT. kingdomgames.co.

FEBRUARY

1-4 38th Empire State Winter Games. Speedskating. Lake Placid Region. 518-523-2445. empirestatewintergames.com.

10-11 Charles Jewtraw Allround Champs. 8am. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

23-25 Lake Placid Ice Marathon Finale. 10K/21K/42K. Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MARCH

22-25 Short Track Age Group Nationals & America Cup #3 Races. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

MULTISPORT: TRIATHLON & SWIMMING

JANUARY

20 CDTC Fireside Chat w/Triathlete Amy Farrell. 6-9:30pm. Albany Pump Station, Albany. RSVP by 1/17 via text 518-857-3602 or erika.beardsley0711@gmail.com.

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

20 4th West Point NECTC Indoor Time Trial. Cullum Hall, West Point. usma.edu.

MARCH

4 "ShoFatShu" Winter Duathlon. 5K snowshoe run, 12K fat bike, 5K snowshoe run. 9am. Solo/teams. Sat: IdidaFAT Bike Race. CCC Camp, Mannsville. 315-430-3889. winonaforest.com.

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

18 Brooklyn Spring Duathlon: Classic & Sprint. 10am. Prospect Park, Brooklyn. citytri.com.

25 March Madness Duathlon. 2.2M run, 12M bike, 2.2M run. 8am. Central Park Boathouse, New York. nytri.org.

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

JANUARY

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

13 Long Lake Winter Carnival. 12-4pm. 6:30pm: fireworks. Broomball, cardboard box derby, snowball golf, ice skating, human foosball, ice carvings. Mt. Sabattis Geiger Arena, Long Lake. mylonglake.com.

13-14 Newcomb Winterfest. XC ski, snowshoe, ice skate, dog sled rides, fat bike demos. Newcomb. newcombny.com.

20 A Purple Tie Affair. Food, drink, live music, dancing, raffle, prizes. Proceeds benefit Leukemia & Lymphoma Society and Nick's Fight To Be Healed. National Museum of Dance, Saratoga Springs. purpletieaffair.org.

28 Banff Mountain Film Fest. 7pm. Lake Placid Center for the Arts, Lake Placid. 518-523-2512. chestnutmtproductions.com.

FEBRUARY

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

9-11 McCauley Mountain Winter Carnival. Ice skating, torchlight skiing, parade, fireworks. Old Forge. mccauleyny.com.

17 Family Day: Winter Wonderland. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

17 Krazy Downhill Derby. 10am. Teams & solo compete on homemade contraptions for fastest, most creative & funniest sleds. Dynamite Hill, Chestertown. 518-494-2722. northwarren.com.

17-18 Family Day: Fishing Derby. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

18 Raquette Lake Winter Carnival. 12-4pm. 6:30pm: fireworks. Broomball, sled races, ice skating, frying pan toss, tug of war, kids' activities. Mt. Sabattis Geiger Arena, Long Lake. 518-624-3077. mylonglake.com.

17-19 Adirondack Whiteout Weekend. Curling, snowshoe hikes, snow croquet, kids' activities. Star Lake, Cranberry Lake & Wanakena. adkwow.webs.com.

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

20-22 Winter Camp for Teens. Ages 8-14. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

24 Frozen Fire & Lights. 10am: Cardboard sled race (1pm), ice skating, XC skiing at Fern Park. 5pm: Bonfire, food & fireworks at Arrowhead Park. Inlet. 315-357-5501. inletny.com.

24 Family Day: Winter Wonderland. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

PADDLING: KAYAK, CANOE, SUP & ROW

MARCH

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

RUNNING, WALKING & SNOWSHOE RUNNING

ONGOING

Tue Gore Citizen's XC Ski (Classic) & Snowshoe Races: 1/16-2/13. Participation-based awards. Come any or all weeks. Gore Ski Bowl, North Creek. 518-251-2411. goremountain.com.

JANUARY

13 32nd Winter Wimp Foot Race. 4.4M or 2.2M. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. zippyreg.com.

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- 14 **2018 WSSF North American 10K Snowshoe Championship (Cock-A-Doodle-Shoe) & Junior 5K Snowshoe Championship (Nicolas Pendl).** 10K: 12pm. 5K: 10:30am. Kid's Snowshoe Scramble 0.5M: 10am. Dion WMAC Snowshoe Series. New Land Trust, Town of Saranac. Jeremy Drowne: 518-324-4786. cockadoodleshoe.com.
- 14 **HMRRC Winter Series #2: 42nd Hangover Half Marathon & Bill Hogan 3.5M Run/Walk.** 10am. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 14 Winterfest 8K Snowshoe Race. 10am. Mendon Ponds Park, Honeoye Falls. roadsarepoison.com.
- 20 **Hoot Toot & Whistle 5K Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Readsboro, VT. dionwmacsnowshoe.com.
- 21 **Oak Runner 5K & 10K Snowshoe Races.** 10am. Oak Mountain, Speculator. 518-548-3606. oakmountainski.com.
- 21 Break N Skiff 5K Snowshoe Race, 3K Hike & Snow Fest 10K/15K/20K Fat Bike Races. Run/hike: 10am. Bike: 12pm. Break N Skiff Orchards, LaFayette. instridesports.com.
- 21 **Komen Snowshoe for the Cure.** 3K race, 3K/5K walk & kids' dash. 9am. Use code ADK18 for \$5 off. Sun Bowl, Stratton Mountain, VT. 802-362-2733. kومنnewengland.org.
- 21 Fred Lebow Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 27 **Western Mass Snowshoe Scramble Race.** 5K or 10K. 10am. Dion WMAC Snowshoe Series. Mt. Tom SRA, Holyoke. dionwmacsnowshoe.com.
- 28 HMRRC Winter Series #4: 3M/15K/30K. 10am. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 28 Stone Wall 5K Run/Walk & Empire State Championship 10K Snowshoe Race. 5K: 10:30am. 10K: 10am. CCC Camp, Mannsville. winonaforest.com.

FEBRUARY

- 1 **Fleet Feet Distance Project: Kickoff.** 7pm. Good Form running clinic, demos. 518-400-1213. Fleet Feet Sports, Malta. fleetfeetalbany.com.
- 1-4 38th Empire State Winter Games. Snowshoe racing. Lake Placid Region. 518-523-2445. empirestatewintergames.com.
- 3 **6th Polar Bear Challenge: 8-Hour Winter Obstacle Race.** 10K w/70 obstacles/lap. 7:30am. Shale Hill Adventure Farm, Benson, VT. 802-537-3561. shalehilladventure.com.
- 3 Polar Cap 4-Mile Run. 10am. Lake George. Craig Bramley: 518-761-3377. adirondackrunners.org.
- 3 Saranac Lake Winter Carnival 4M Fun Run. 10am. Ice Palace, Saranac Lake. 518-304-5041. saranaclakewintercarnival.com.
- 3 Cast a Shadow 6-Hour Snowshoe Race. Solo/teams: 1pm. 4M snowshoe race: 10:30am. Black Creek Park, North Chili. roadsarepoison.com.
- 3 Super Frosty Loomis 10K & 5K Snowshoe Races. 10am. Hammond Hill SF, Dryden. fingerlakesrunners.org.
- 4 **19th Saratoga Winterfest 5K Snowshoe Race/Walk.** 11am. Dion WMAC Snowshoe Series. Saratoga Spa SP, Saratoga Springs. active.com.
- 4 **USATF Adirondack 2018 Grand Prix Kick-Off.** 12-4pm. Race registration, giveaways, discounts. Fleet Feet Sports, Albany. FFS: 518-459-3338. adirondack.usatf.org.
- 4 Selkirk Shores 5K Snowshoe Race. 11am. Selkirk Shores SP, Pulaski. shelly.wilmott@parks.ny.gov.
- 4 Gridiron 4M & Longest Football Throw. 4M. 9am. Central Park, New York. nyrr.org.
- 4 Super Couch Potato 5K. 11am. Onondaga Lake Park, Liverpool. syracusetrackclub.org.
- 7 **Saranac Lake Winter Carnival Snowshoe Races.** 6-8:30pm. Dewey, Saranac Lake. 518-891-7450. deweymountain.com.
- 10 **15th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Snowshoe Series. Wilton Wildlife Preserve & Park, Wilton. active.com.
- 11 **Capital Hills 5K Snowshoe Race.** Dion WMAC Snowshoe Series. Capital Hills Golf Course, Albany. capitalregionnordicalliance.org.

- 17 **Stone Bridge Caveman 6K & Caveman Extreme Snowshoe Races.** 10:30am. Dion WMAC Snowshoe Series. Natural Stone Bridge/Caves, Pottersville. 518-494-2283. stonebridgeandcaves.com.
- 17 Nordicfest 10K Snowshoe Race. 10am. Cumming Nature Center, Naples. roadsarepoison.com.
- 18 HMRRC Winter Series #5: 20M: 9am; 4.5M/10M: 10am. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 18 45th HMRRC Winter Marathon. 26.2M. 9am. Weather Date: 2/25. Phys Ed Building, UAlbany, Albany. hmrrc.com.
- 24 **30th CF Stair Climb.** Race up 42 floors. First responders (solo/relay): 8:30am. Team relay: 9:30am. Individual: 10:30am. Corning Tower, Albany. 518-453-3583. fightcf.cff.org/albanyclimb.
- 24 **Adirondack Snowshoe Fest.** Sat: Guided snowshoe tour, 10am; Shoe-Be-Doo 5K family fun run/walk, 1pm; 10K snowshoe race, 2pm. Dewey Mountain, Saranac Lake. adksnowshoefest.com.
- 24 **Brave the Blizzard 5K & 5.5M Snowshoe Races.** 10am. Dion WMAC Snowshoe Series. Tawasentha Park, Guilderland. areep.com.
- 25 **Adirondack Snowshoe Fest.** Sun: 5K snowshoe race, 10:30am; 15K snowshoe race, 10:30am; Guided snowshoe tour, 11am. Paul Smith's College VIC, Paul Smiths. adksnowshoefest.com.
- 25 **Woodford Whiteout 10K Snowshoe Race.** Dion WMAC Snowshoe Series. Prospect Mountain, Woodford, VT. dionwmacsnowshoe.com.

MARCH

- 3 **Garnet Hill 10K Snowshoe Race.** Dion WMAC Snowshoe Series. Garnet Hill Lodge, North River. runreg.com.
- 10-11 **US Snowshoe National Championships.** Sat: 10K Adults & 5K Juniors. Sun: Relays, Half & Full Marathon. Dion WMAC Snowshoe Series. Prospect Mountain, Woodford, VT. dionwmacsnowshoe.com.
- 11 **15th Celebrate Life Half Marathon & Lucia Rein Two-Person Relay.** 10am. Rock Hill. celebratelifehalfmarathon.com.
- 11 Ed Erichson 5M/10M. 9am. LaGrange Town Hall, LaGrangeville. mhrrc.org.
- 17-18 **Adirondack Sports Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. 150 exhibitors, clinics, activities, prizes. Free. Saratoga City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 17 Runnin' of the Green. 4M. 9am. USATF Adk Grand Prix. Schalmont HS, Rotterdam. hmrrc.com.
- 18 NYC Half Marathon. 13.1M. 7:30am. Prospect Park, New York. nyrr.org.
- 24 **9th Run 4 Your Life 5K Run/Walk & Chowderfest.** 9:30am. Kids' Fun Run: 10:30am. Central Park, Schenectady. zippyreg.com.
- 24 **38th Doc Lopez Run for Health.** 13.1M: 9am. Keene to Elizabethtown. 5K/1M: 10am. Elizabethtown. doclopezrun.com.
- 25 32nd Shamrock Shuffle 5M Run/Walk. 11am. Kids' 1M fun run: 10am. Glens Falls HS, Glens Falls. adirondackrunners.org.
- 25 Mudders & Grunters 8K. FDR Park, Lot 1, Yorktown Heights. runner.org.
- 25 39th Kaynor's 10K Sap Run. 11am. Westford School, Westford, VT. 802-324-0919. gmaa.net.
- 31 **39th Salem April Fool's Race.** 10K: 9am. 5K: 10:30am. 1M kids' race: 10am. Salem CS, Salem. aprilfoolsrace.com.
- 31 24th Rabbit Ramble 4M Run & 2M Walk. 9am. Guilderland HS, Guilderland Center. zippyreg.com.
- 31 Ice Breaker Challenge 5K. 9am. Corning Preserve, Albany. albanyrowingcenter.org.

MAY

- 6 **9th Plattsburgh Half Marathon, Relay, 10K & new 5K!** 8am. Benefits Michael J. Fox Foundation for Parkinson's Research. City Recreation Center, US Oval, Plattsburgh. plattsburghhalfmarathon.com. ■

Bold listing = Advertiser in current issue of Adirondack Sports & Fitness. Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

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● ATHLETE PROFILE

Nina Lussi



AGE: 23
FAMILY: Mom, Martina; Dad, Art; Sister, Danielle (25); Brother, Miles (20)
SPORT: Ski Jumping and Nordic Combined
HOMETOWN: Lake Placid
TRAINING LOCATION: Ljubljana, Slovenia
EDUCATION: Junior at University of Utah
FUN FACT: Currently living in Ljubljana, Slovenia, where she enjoys cooking exotic dishes with her two roommates, Tine and Pino

By Mim Frantz

▶ FLAMING LEAVES FESTIVAL IN LAKE PLACID.



▶ FLYING AT 2017 FLAMING LEAVES FESTIVAL.



▶ LUSSI FAMILY IN ADIRONDACK HIGH PEAKS.



Women's ski jumping made its debut as an Olympic sport in 2014. In 2016, women's Nordic combined was established on the FIS-level with world championships starting in 2021, and Olympic Winter Games in 2022.

Nina Lussi is the 2017 US National Champion in ski jumping and Nordic combined, but with the 2018 Winter Olympics in PyeongChang, South Korea, on February 9-25, she has been largely focusing her training and energy on solo ski jumping.

At eight years old, Nina took her first jump on the K18 meter (starter hill) at the Olympic Jumping Complex in Lake Placid. Coming from a skiing family, she has been on skis almost longer than she has been able to walk. It wasn't really her idea to start jumping. All three siblings were a part of the NYSEF ski-racing program, and had fun ripping down Whiteface on the weekend training programs. Her brother, Miles, at five years old, liked to ski fast, go off jumps, ski in the trees, and be a menace on the mountain. Ski jumping was supposed to be an outlet for his energy. But Nina couldn't let her younger brother be better than her at something, so she insisted on tagging along. Ever since that first jump, she's been hooked!

After one year of flying, her sister Danielle decided that she too needed to find out what all the fun was about, so all three of them were jumping. Nina will never forget the day that she jumped the K48 meter - the next size jump at the training facility, at nine years old. She remembers marching in the opening ceremonies of the Empire State Winter Games, not ready to be second best. She worked hard, watched videos - VHS, not YouTube - of the best European jumpers, came face to face with some of her idols when they came to Lake Placid for a Continental Cup competition, and was inspired by Lindsey Van, her coach. Lindsey became the first-ever women's ski jumping World Champion in 2009, but more important to Nina, became a friend and mentor.

At the age of 10, Nina took her first jump off of the K90 - the taller Olympic-sized jump tower you see in Lake Placid. This was the moment that she knew she was a "real" ski jumper. As usual, it was just her and the boys. To say she wasn't scared would be a lie, but these butterflies are a part of ski jumping she has embraced. The sport attracts thrill seekers. "Despite the crashes and time on the sidelines, it's definitely worth it. The ability to fight gravity, even if it's just for a few seconds, and truly fly... that's what all of this is about."

Nina says that every day on the hill is

unique, and it still gets her heart rate up. She had her international debut at 14 in 2009 - at the Junior World Championships in Strebske Pleso, Slovakia. She is a three-time National Champion in small hill, large hill and Nordic combined. Her best world ranking was 25th at the PyeongChang World Cup in February 2017. She placed first overall at the Continental Cup in 2014. Her personal best flight to date is 135 meters - 433 feet! She has jumped all over the world and aims to be a role model for young, ambitious ski jumpers.

There are many highs and a few lows in ski jumping. In January 2016, she was on the plane back from Japan with no World Cup points and no good jumps. She had been staying positive and telling herself the next day would be better, but at this point she just couldn't stand it anymore. She went to talk with her coach on the plane and started crying. As an American ski jumper, they basically support themselves financially, and when she couldn't perform to the level she hoped for, it started weighing on her. The US coach at the time, Vasja Bajc, looked her in the eyes and said, "Nina you are a great athlete, but maybe ski jumping isn't the right sport for you." This, of course, made it worse because ski jumping is her chosen sport and path. She has invested a lot into it and regrets nothing.

Instead of this conversation pushing her towards retirement, it inspired her. She told him that she wants to continue working and do whatever it takes. He shrugged and said, "Ok, I'll see what I can do." From there, with his help she decided to join a Slovenian ski club and go back to the basics, to immerse in the sport in a whole new culture and environment. She has been with their coach, Simon Podrebersek, ever since.

The bright light on her radar for this season is the 2018 Olympic Winter Games, but there is much to do before she earns a spot under the American flag. There is a qualifying period that extends to mid-January, as well as Olympic Trials in Park City, Utah, in late December.

Looking towards the future, she wants to keep competing as long as her body will allow. She hopes to compete in the next World Championships in Austria in 2019, and has her eye on a World Cup podium. When she leaves the sport, she wants it to be better for everyone in the future. She wants to continue blazing a path for American ski jumpers and prove that, despite its US obscurity, it can be a viable sport.

Nina says, "She loves the air-time. No question about it - the bigger the hill, the longer the jumps, and wider my smile." There is really

something so special to be said for slowing down time and being suspended, supporting yourself in the air." Going against physics is some pretty powerful stuff. If there is anything that she has learned through her years as a ski jumper, "If I say I can fly, I will do my very best to stay off the ground for as long as I possibly can."

Balancing education and sport is a work in progress. Nina mentioned, "For every sacrifice I gain on one end, and I lose on the other." She faced a big life decision at the age of 16. She had spent months away from school in the winter, traveling for jumping competition, and although she tried her hardest to keep up with work while on the road, she had a lot to catch up on in the spring. There was one day in 10th grade at Lake Placid High School, when she snapped and burst into tears during a chemistry quiz. She was fighting to retain her spot at the top of her high school class, but this was too much.

Her teacher's reaction to the meltdown was one that shaped her life. He pulled my chin up, and said that she better embrace the life she's chosen, "Ski jumping is your passion, and at the end of the day, it doesn't matter which college you get in to, you will do great wherever you go, and they will be lucky to have you."

Her next step, at 16, she took on the challenge of going to a specialized ski academy in Austria, where classes were taught solely in German. After three more years of high school she moved to Park City to further her ski jumping career. In 2014, she enrolled at the University of Utah, where she is now a junior. She has been able to take semesters on campus in the summer and online courses throughout the year.

The largest sacrifice that comes along with being a professional athlete is having a traditional social life. Her high school friend group was filed down quickly, but the friends she made and kept, have stuck with her. She never went to her prom, graduation ceremony, and didn't join a sorority or clubs at college. She struggled with finding the right partner who could keep up with her lifestyle, and it wasn't until this year that she was in a real relationship that lasted longer than a month and a half. Life on the road is thrilling, but it can also be lonely.

But, she has been lucky enough to travel extensively, to see the world through the lens of the World Cup ski jumping circuit. She has had the honor of representing our country in international competition, and is just coming off of her first-ever women's World Cup competition on Dec. 9 in Norway.

This past October, Nina became the first women's US Nordic Combined National Champion. Nina shares, "This was a huge day for me, as it pushed me outside of my comfort zone. I have been mainly focusing on ski jumping for some years now, and was excited about the growth of women's Nordic combined internationally. My teammate, Tara Geraghty-Moats is definitely our leader on that front. When she was suddenly injured and sidelined this fall, I knew it was up to me to pick up the reigns."

She has seen women's ski jumping develop over the last 15 years, and now women's Nordic combined is beginning the same grassroots process. As for Nina, she's focused on solo ski jumping, but not ruling out a Nordic Combined career in the future.

Update: On Sunday, December 31st, Nina was live on television competing in the US Olympic Trials in Salt Lake City. Her first jump was a great one, putting her in medal contention and right on track to her goal of qualifying for the upcoming Winter Olympic Games. Her second jump was also a great flight but the Telemark landing resulted in an injury and fall, an ACL tear that will need surgical repair. She was taken away from the hill on a stretcher waving to the crowd.

She is deeply disappointed but comforts herself in knowing, despite the injury that her training has paid off, "I now know my best was good enough and that means a lot. I will be back." She is trying to stay positive and work through this process of recovery and all of the feeling associated with this setback. Her two teammates and close friends, Sarah Hendrickson and Tara Geraghty-Moats are both freshly back from major injuries, a part of the ups and downs of ski jumping. Nina added, "I am certainly heartbroken and would have been so proud to represent the United States in Pyeongchang. For now I will use my focus and drive to recover, and once recovered will take that same energy to the sport of ski jumping." 🌲

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three sons.

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Snowshoeing Snowy Mountain

By Bill Ingersoll

Snowy Mountain is one of the Adirondacks' most distinctive peaks. Its profile is easily identified from other summits across the Adirondack Park many miles away, and at 3,899 feet it is itself the highest mountain south of Newcomb. Natural rock openings provide vistas in nearly every direction, and the fire tower completes the view with a 360-degree panorama. It is a "high peak" in stature, if not in statistical fact. Therefore, as a snowshoe route it rates as a difficult climb.

The Snowy Mountain Range extends from Pillsbury Mountain at its southern end to Porter Mountain at its northern end. It also includes Page, Blue Ridge, Cellar, Lewey and Squaw mountains, for a total linear distance of over 14 miles. The NYS Forest Preserve lands in this area were acquired in 1897 from the lumbermen who later formed International Paper; the sale of lands to the state may have been a means to raise money to build the dam on Indian Lake.

Verplanck Colvin, the 25-year-old surveyor commissioned to produce the first detailed geographic study of the Adirondack region, made the Snowy Range one of his first stops in 1872. He and his crew arrived at Lewey Lake on August 1st, and in his report he wrote that Snowy had a splendid view of "a lofty mountain, which I had long regarded with interest. The best maps hitherto published show either level ground or slight hills where it really arises to the clouds."

Verplanck continued: "It is known to the guides and hunters as Bald Face, or Snowy Mountain (the snow remaining on it late in the spring), and has also several other titles." He threw his endorsement behind the name Snowy Mountain.

The party spent the night of August 3rd camping just below the summit, and on the following day they cleared the summit to open up the view, and facilitate their triangulation work. Using a barometer, they determined the altitude to be 3,859 feet—only 40 feet shy of the modern measurement, but clearly the highest mountain in the southern Adirondacks.

One of the first people to appreciate these mountains as a continuous range – and as a rival to the High Peaks in stature – was Kim Hart, who wrote about his explorations of the area in several articles for the Adirondack Mountain Club magazine in the 1940s. To draw a comparison between the two mountain groups, he suggested naming these southern mountains the Little Great Range, after the more popular Great Range west of the Ausable Lakes. In 1999, Barbara McMartin revived the Little Great Range idea in her proposal for a continuous hiking trail spanning all of the peaks in the range, which she published in Adirondack Life magazine (September/October issue).

Today, Snowy Mountain is a very popular hiking destination, with a trailhead full of cars every weekend throughout the year. It is a steep and challenging hike, but also a rewarding experience.

GETTING THERE

The Snowy Mountain trailhead is located on NY Route 30, 17 miles north of Speculator, and seven miles south of the hamlet of Indian Lake. On a clear day, there are good views of the mountain from either direction along the highway.

THE TRAIL

The trail begins with a minor hilly section and through-the-trees views of Squaw Mountain across the Beaver Brook valley. The route is well maintained and pleasant, even if it does seem like you're taking the long way to Snowy Mountain. At 1.2 miles you make the first rock-hop crossing of Beaver Brook, a significant stream where the presence of a natural "ice bridge" will be a distinct advantage in the winter.

The trail takes to the hills after this first crossing, one of which offers a brief through-the-trees glimpse of the summit ahead of you. You encounter another stream in a pleasant little meadow at 1.5 miles – this is the only stream on the trail with a bridge – and then return to

Snowy Mountain is a steep and challenging hike, but also a rewarding experience.

SNOWY MOUNTAIN
VIEW OF INDIAN LAKE.
BILL INGERSOLL

the side of Beaver Brook, where several more crossings are in order. Take advantage of this section to "loosen up" before the big climb that begins just ahead!

The fourth crossing of Beaver Brook marks the abrupt transition from the easy walking to the difficult climb. The trail approaches this crossing as level as a city street, and starts uphill immediately on the other side. There will be few level places for the next 1.2 miles to the top of the mountain. Stands of spruce, fir, and birch trees quickly begin to fill in the forest, with some narrow places where the spruce grow tight to the trail.

There is a brief, level traverse, and then the trail climbs even more steeply than before. Good snow can make this second half of the climb an exciting but friendly ascent; icy conditions could make it treacherous. Since you won't know the actual conditions until you get there, you may want to have crampons on hand – the trail is worn to bedrock beneath the snow. It widens considerably on the final approach to the summit, offering views of the High Peaks before you even get to the first open ledge on the summit, 3.7 miles from the trailhead.

The summit views peer into the Siamese Ponds Wilderness across Indian Lake, as well as the heart of the

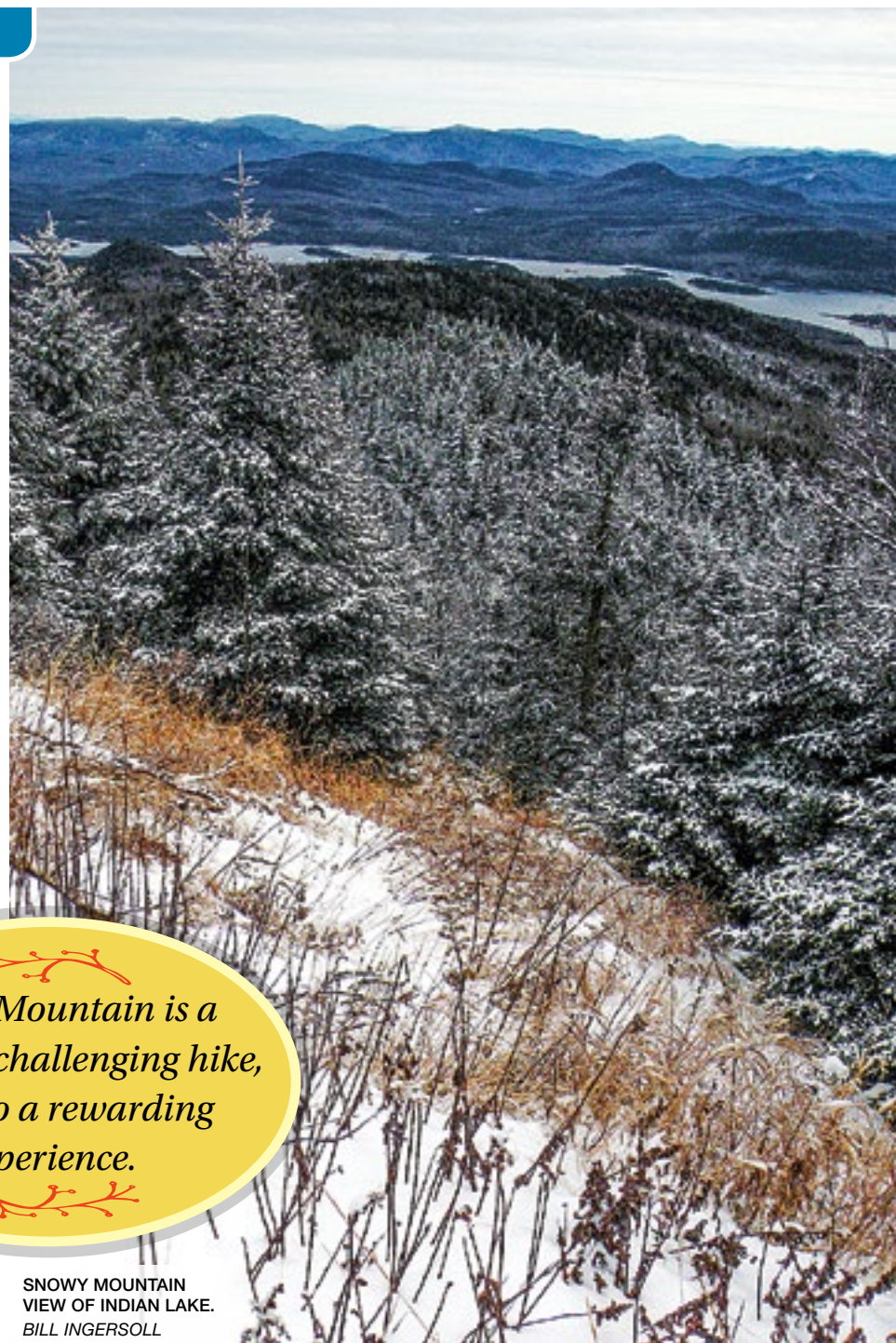
west central plateau to the west. The ledge at the top of the trail is perhaps the most photogenic view on the mountain, but it is not the only one. The marked trail continues into the woods for another tenth of a mile to the fire tower, which you can climb, though you may not want to since the fencing up the stairs is damaged.

From the middle landings of the tower, the view is all-inclusive. Again, the High Peaks will likely draw your attention on the northeastern horizon, but equally impressive are mountains closer in – Panther, Buell, Buck, Little Moose and Manbury, Blue Ridge (more affectionately known as "Cloud Cap") and Lewey.

A herd path loops around the back side of the summit to another ledge with views across the Cedar River basin.

Allow three and a half hours for the ascent, but only two and a half for the descent. It is possible to glissade down much of the distance from the summit to Beaver Brook. 🌲

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 West Central Adirondacks.





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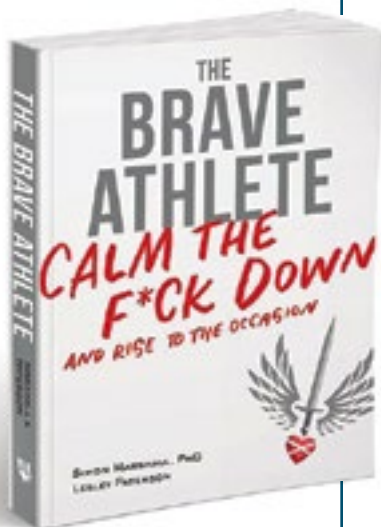
READING RESOLUTIONS

By Laura Clark

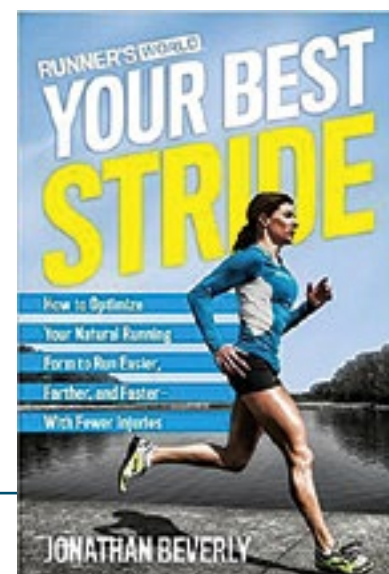
If you have already failed miserably at keeping your New Year's resolutions, try a different approach. While you are lazing by the fire contemplating race calendars, why not go beyond scheduling and give some forethought as to how you can improve your 2018 running experience. Note that I didn't mention PRs. For

gratifying results don't always come with a stopwatch attached. Perhaps you might experiment with fueling strategies, risk new challenges, or explore your inner mindset. Visit your public library or local bookstore, check out these recent offerings and then return to the fireplace, but this time with purpose.

The biggest trend this year has been the emphasis on mindset. And no wonder, as baby boomers realize they need to stretch beyond the physical to maintain their edge. In business, Dr. Brene Brown preaches the gospel with her Brave Leaders course. The running equivalent is *The Brave Athlete: Calm the F*ck Down and Rise to the Occasion*, by sports psychologist Dr. Simon Marshall and elite triathlete Lesley Paterson. Taking Dr. Timothy Noakes "central governor theory" (your brain paces the muscles to keep them from exhaustion) one step further, the duo divide the brain into three competing sections: the primitive "Chimp," the logical "Professor" and the "Computer." Our task is not to Peter Pan the issue by thinking happy thoughts, but to recognize when your chimp is overriding your professor. The process is a workout in itself, demanding reading, writing, thinking, competing and re-reading. Luckily, the authors' irreverent style makes re-reading a pleasure. ■



Sometimes, though, no amount of mental effort can forestall an injury. That is where John Vonhof's *Fixing Your Feet: Prevention and Treatments for Athletes* proves indispensable. Now into the sixth edition, its staying power says it all. Often new editions are nothing more than marketing, but this offering is completely revamped, so much so that I sprung for the update. You will learn not only basic techniques to keep your feet happy, but how these vary depending on the season, your age, and your chosen events. Blisters begone! ■



Tired of reacting to an injury? Then study *Running Times* editor Jonathan Beverly's *Your Best Stride: How to Optimize Your Natural Running Form to Run Easier, Farther, and Faster - With Fewer Injuries* to learn how to overcome the effects of our sedentary lifestyle. What?! You're a runner and not a couch potato? Think again. All that time spent hunched over a computer or a steering wheel take their toll. The answer is not in footstrike, minimalism or Hokas, but in teaching your body to "unpretzel." Exercises are well-described and illustrated in a manner that even someone like me with a right/left handicap can understand. Best of all, they are broken down into progressive steps that once mastered, can be further expanded upon. This is the first book of its type that has made me feel hopeful rather than intimidated. ■

The concept of flow, originally outlined in Mihaly Csikszentmihalyi's landmark book of the same name has been updated just for us in his recent, *Running Flow: Mental Immersion Techniques for Better Running*. We have all experienced flow, even if we had no idea what it is called. It is that magical moment when you blend into your race, into your environment, and your feet flow smoothly and effortlessly. Picture Joan Benoit Samuelson entering the Olympic Stadium or the Miracle on Ice team. Wouldn't you like this experience all the time - or at least when it counts most? Instead of relegating this freeing feeling to happenstance, read Dr. Mike's book and learn how to stack the odds in your favor. ■

If cutoffs are your nemesis, read Kenneth Posner's *Running the Long Path: A Journey of Discovery in New York's Hudson Valley*. Aiming for an fastest known time (FNT), Posner sets out from NYC, ends up in Thatcher Park and along the way discovers a 350-mile trail through New York history: Walt Whitman State Historic Site, Harriman State Park, the Shawangunks, Rip Van Winkle and the Catskills, Schoharie Valley and Vroman's Nose. Fit it into a normal vacation time span or tackle in sections as your weekends dictate. As Kenneth urges in his December 2017 *Adirondack Sports* article, visit nynjtc.org/region/long-path for extensive notes and interactive maps - and join the Facebook "Friends of the Long Path" discussion group. Act now, for already there is a preliminary route extending the path through the High Peaks, so the trail will only grow longer! ■



Just like the ultra is now the new marathon, the 200-miler is now the new 100-miler. The ante keeps getting higher. Even if, like me, you figure you cannot stay awake long enough for extreme events, a 50K will at least keep you in the running. Read Coach Jason Koop's *Training Essentials for Ultrarunning: How to Train Smarter, Race Faster, and Maximize Your Ultramarathon Performance*, and embrace his philosophy that "Ultramarathons are not simply long marathons," and that you can't expect to succeed with a smile simply by running more. Jason will demonstrate how to own your event by setting subsidiary goals, like not sitting at rest stops. He urges a confidence-building race day ADAPT strategy: Accept, Diagnose, Analyze, Plan and Take Action to deal with inevitable obstacles along the way, such as a thunderstorm or a missed trail marker. ■

Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success, by Brad Stulberg and Steve Magness, combines the best of both worlds by eliminating *Brave's* painstaking approach and taking some of the guesswork out of Dr. Mike's *Flow*. The authors examine sports, business and artistic top performers, determine what it is that they are doing differently from the rest of us, and provide sustainable solutions. You will learn to alternate between rest and intense periods of focus - no multitasking allowed - and to minimize your daily routine, thus saving your brain power for the really important decisions. Picture Steve Jobs in his black turtlenecks - he doesn't waste brainpower dithering over what to wear. Finally, you will be encouraged to select your core values by developing key routines that will prime your body to reach its fullest potential. ■



Not all ultrarunners are people. Meet the dog Gobi of *Finding Gobi: A Little Dog with a Very Big Heart*, by Dion Leonard. Gobi shows up in the middle of the 155-mile Gobi Desert Stage Race, singles Dion out of the pack, and completes 80 miles by his side. At first, Dion comes across as self-centered and detached, making you wonder why Gobi chose him. But I feel that is the point: animals sense who needs their help and rush in to fill the void. The cloak-and dagger stuff happens after the race, when Leonard battles governments and dog-nappers determined to thwart the reunion of the now-famous Gobi and his person. A life-changing ultra that persists way beyond the actual event. ■

And finally, it is time to eat something other than leftover holiday fare. Sample Shalane Flanagan's *Run Fast. Eat Slow: Nourishing Recipes for Athletes*. After all, this 2017 New York City Marathon winner should know something about refueling. Offerings are clearly labeled gluten-free, vegetarian, dairy-free and vegan, and all use fresh ingredients. This food is so delicious and easy to prepare that my race buddies and I passed a pleasant half hour's drive to the Gore Mountain Snowshoe Race describing our favorites. As an added bonus, not only are pre-race and post-race options offered, but food as medicine takes the forefront with recipes for digestive distress, inflammation, bone health and more. Bon appétit! ■



Happy Reading! 📖

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

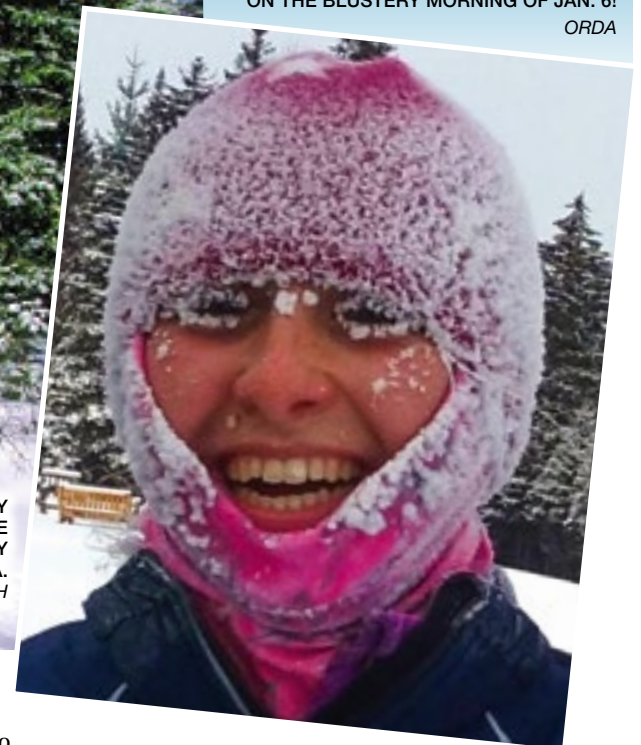
NORDIC SKIING cont from 1



◀ BEAUTIFUL DAY AT PINERIDGE CROSS COUNTRY SKI AREA. WALTER KERSCH

▼ FROM OUT OF MT. VAN HO'S FROSTY TUNDRA, CALLED PORTER MOUNTAIN, CAME THIS HAPPY SKIER, ELIZABETH IZZO, ON THE BLUSTERY MORNING OF JAN. 6!

ORDA



entire area. Wilderness skiing and snowshoeing are available, along with ski sales, rentals and lessons. They have a 'ski down, ride back' shuttle service that will return you to the lodge in case you want to enjoy the downhill terrain without the uphill climb on the way back. When 13th Lake freezes solid you can ski this 2.5-mile lake and enjoy the flats. See garnet-hill.com.

Pineridge Cross Country Ski Area at 1463 Plank Road, East Poestenkill, is located on the Rensselaer plateau, and they often get snow when there is none in the Albany area. Developed and owned by Walter Kersch, the ski area is open for its 34th season. They have 50km of ski trails including 35K groomed and trackset, with 20km of the trails with skate lanes. Pineridge has a family-friendly lodge with ski rentals and a woodstove to get warm. Visit pineridgexc.com.

Mt. Van Hoevenberg, at the Olympic Sports Complex, on NY Route 73, has a 50K expertly groomed trail system ranging from flat loops to some of the most challenging terrain around, including trails for snowshoeing. They have installed snowmaking equipment to insure sufficient snow on key trails in the system. Josie's Cabin, a ski-to destination with delicious food, hot drinks served during weekends, holidays and special events is open as well. Exciting stuff: Discover Cross-Country, Discover Biathlon, MVH Views guided snowshoe hikes, Nordic terrain park and more. The lodge offers rentals, lessons, Adirondack-themed bar area, and Green Goddess Natural Foods. They have a number of nationally recognized Nordic events and host the Lake Placid Loppet, a 50K and 25K event. Check out whiteface.com.

Gore Mountain Nordic Center located at Ski Bowl Park on NY Route 28 in North Creek. When snowmaking, lights, grooming, and a pocket of well-designed trails unite, you get a one-of-a-kind Nordic facility. All levels of cross-country skiers can customize their outing with lighted tracks for evening fitness, varying inclines, and natural wooded routes. Use of Nordic terrain is included with all Gore Mountain alpine lift tickets and season passes. Rentals are available and lessons are offered on Saturday and Sunday at the Ski Bowl Lodge. The Ski Bowl food truck offers breakfast, lunch and dinner. Visit goremountain.com.

Cascade Cross-Country Ski Center, on NY Route 73, near Lake Placid, was opened by Art Jubin just before the 1980 Olympics. Here you will find 20K of groomed trails that interconnect with the Mt. Van Hoevenberg

trails, and you can purchase a trail pass that admits you to both areas – and 50K of the Jackrabbit Ski Trail. Cascade's Nordic shop offers a wide selection of skis and snowshoes for sale and rent, lessons, restaurant/bar and bunkhouse lodging. Their Full Moon Parties with bonfires are on Saturdays, February 3 and March 3. Visit cascadeski.com.

Osceola Tug Hill Cross-Country Ski Center in Camden is 40 miles northwest of Utica. This is the famous Tug Hill plateau area, where owner Hugh Quinn and his crew manage snowfall totals in excess of 200 inches each winter. Osceola offers 40K of groomed trails for skating and classic skiing. Their ski shop has a large inventory of skis for sale, "rentaflexibility" ski rentals, and a trailside camp available for rent. Go to uxcski.com.

Dewey Mountain Recreation Center, one-mile from Saranac Lake on NY Route 3, is owned by the Town of Harrietstown and managed by Adirondack Lakes and Trails Outfitters. They offer 13K of ski trails and 4K of snowshoeing. The lower trails are groomed for skate/classic skiing, and the upper mountain trails are ungroomed for a backcountry experience. Thanks to the generosity of many, they have improved trails, good grooming equipment, and a new base lodge. Dewey is where local Olympians Bill Demong, Tim Burke and Annelies Cook got their start. They offer Tuesday night races, Friday night ski jams, and a youth ski league. On Wednesdays dogs are permitted on the ski trails. See deweymountain.com.

Maple Ridge Ski Area located in Rotterdam, just outside Schenectady. This downhill ski, boarding and tubing area is offering Nordic skate skiing for the second year on Monday and Tuesday evenings from 4 to 7 pm under the lights – and on their trails supported by snowmaking. See mapleskiridge.com.

Western Turnpike Golf Course, located in Guilderland on 200 acres, offers both classic tracks and skate lanes on a large figure-eight loop on rolling terrain. They offer cross country skiing and ice skating to make those long winter months a little shorter. Operated by the town of Guilderland and there is no charge to ski there.

Brookhaven Golf Course in Porter Corners has 15K of cross country ski trails, 5K of snowshoe trails, and a restaurant on weekends. Located in the town of Greenfield's Brookhaven Park, the basin is just east of the Kayaderosseras Range, a 900-foot elevation snowy microclimate, that's just ten miles northwest of Saratoga Springs. The trails have been groomed by park neighbor, Steve

Schriber, for almost 25 years. The parking is at Brookhaven Clubhouse. For details, go to steveschriber.com/xcski.

Cole's Woods in Glens Falls and Queensbury has offered groomed ski and snowshoe trails since the 1970s. This is the home of North America's first lighted cross country ski trails, which are lit until 10pm. The trails are maintained by Friends of Cole's Woods, and are located adjacent to Crandall Park, behind Inside Edge Ski/Bike and the Glens Falls YMCA. Learn more at coleswoods.weebly.com.

Paul Smith's College Visitor Interpretive Center is located in Paul Smiths, just north of Saranac Lake. During the winter months, the Paul Smiths VIC becomes a cross country ski center with 15K of track set trails for classic and skate skiing and 40K of groomed trails for classic skiers. Many of the VIC's smoother trails do not need a great deal of snow to be skiable. Moreover, Paul Smiths often gets more snow than other places in the Adirondacks, which means the VIC's Nordic trails are frequently skiable when snowfall is limited. Trails are open daily from dawn to dusk. They have snowshoe rentals, and skis with boots from 5.5 W to 12.5 M. See paulsmiths.edu/vic.

McCauley Mountain, just outside of Old Forge, is primarily a downhill ski center, but they do offer good cross country ski trails. With their 1,600 foot base elevation they're almost guaranteed to have snow. Go to mccauley.com.

The **Town of Inlet** is the spot if you're looking for a destination with abundant snowfall, lots of trails and beautiful scenery. The town of Inlet offers 40K of free groomed cross country ski trails at Fern Park, as well as Inlet Golf Course and Limekiln Lake Campground. Inlet also has many kilometers of ungroomed trails for skiing or snowshoeing. The area receives over 150 inches of snow in a winter. Visit inletny.com.

Rikert Nordic Center located in Ripton, Vt. offers 55K of classic and skate skiing as well as snowshoe and fat biking trails. One of the trails goes past Robert Frost's summer cabin, think of the poem – *Stopping by Woods on a Snowy Evening*. They have a ski loop developed with 5K of snowmaking for those early or late season days when you just have to get those skis on some white frozen surfaces. They also have doggy passes so you can bring your well-behaved dog on the ski trails with you on weekdays from 8:30 to 9:30am and 2:30 to 4:30pm. During weekends dogs are welcome from 2:30 to 4:30pm. Visit rikertnordic.com.

Prospect Mountain Ski Area located in Woodford, Vt. offers 30K of groomed classic and skate ski trails. They have a trail leading to the top of the mountain that descends the old downhill ski trail if you really want a thrill. The base lodge has a fireplace, woodstove and a restaurant with hearty meals for all appetites. They offer ski rentals. The base elevation of Prospect is 2,250 feet, the highest base elevation of any alpine or cross-country ski area in the state. The high elevation is an important factor in providing consistently good ski conditions at Prospect. During the fall, winter, or spring months, it often snows at Prospect Mountain when it is raining just down the road in Bennington. Visit prospectmountain.com.

If you already have been involved in Nordic skiing you might want to consider ramping up your activity level and enter one of the many events that are being scheduled for this winter. Many of the Nordic ski centers host one or more of these events, which are a great way to motivate you to set some training goals for this ski season.

New York Ski Racing Association – Nordic is a family-friendly organization that supports the development of Nordic skiing, welcoming all ages and novice to expert abilities. They offer a season-long schedule of cross country ski races (classic and skate), biathlon, ski orienteering, Bill Koch Youth Ski League, and Empire State Winter Games races on February 2-4. For more information, visit nyssranordic.org.

The annual **Lake Placid Loppet** is March 17 with hundreds of skiers from the US and Canada. It consists of a 50K Loppet and 25K Kort Loppet in both freestyle and classic technique on the challenging Van Ho trails. For details and registration, visit whiteface.com.

There will be a Nordic event at Garnet Hill Lodge on January 20. It is the **HURT Mega Relay XC Ski Race** with three to eight racers for a six-hour race on a 5K loop. Want to be on my team? It sounds like a fun challenge! For more info, visit skireg.com.

The **Winona Forest Tourathon** will be held on February 10 with 12.5K, 25K and 50K classic distances. Think Tug Hill snow conditions! See winonaforest.com. 🌲

Skip Holmes (serottaskip@gmail.com) of **Delmar teaches sustainable design at RPI**. He is a member of **Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club**. He can be found road and mountain biking, kayaking, hiking or Nordic skiing.



LIVING ON EARTH

Winter officially started on December 21 and many of us have been anticipating the season by doing the annual 'snow dance' to encourage mother nature to bring significant snowfalls in for our winter sports activities. In recent years the snow has started later and ended sooner. Just ask the Nordic skiers about the number of times they have skied. Downhill skiers on the other hand have had the benefit of artificial snowmaking to provide them with adequate cover on the mountains.

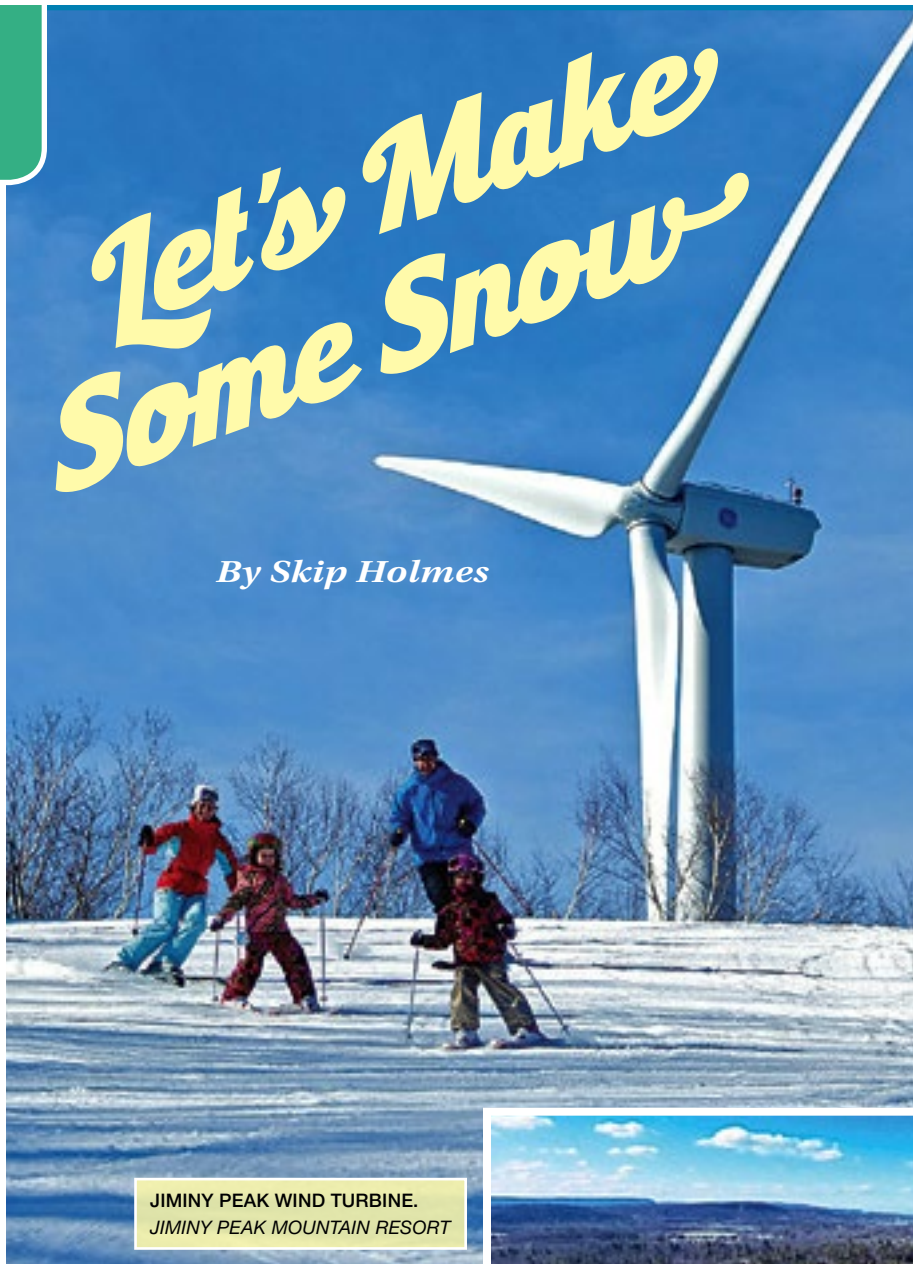
However, this artificial snow does come with a cost. Those lift tickets are paying for more than the employees and equipment. Snowmaking requires significant quantities of compressed air and water. The compressed air is provided by very large air compressors and water pumps that push water up the mountain.

The Whiteface ski area uses over 15 million kilowatt hours of electricity to run their operation at a cost of over one million dollars annually. To put that in perspective, the average US residential utility customer uses 10,766 kilowatt hours a year. Whiteface uses the equivalent electricity of 1,400 houses a year. They have recently committed to using 100% renewable energy for their facility and are installing a 2.6 megawatt solar farm. Gore Mountain also uses large quantities of electricity for snowmaking and has recently installed a 5.3 megawatt photovoltaic system to produce the energy required to manufacture snow.

This is all part of the New York State plan to drastically reduce our reliance on non-renewable electric energy sources. Initiatives like this are helping to reduce the carbon impact in the Adirondacks. Both of these ski areas are working towards minimizing their ecological impact with sustainable initiatives.

Another source of renewable energy is wind power. You may have seen the wind generator near the Jiminy Peak Mountain Resort. In 2007 they installed a 1.5 megawatt wind turbine at a cost of \$4 million. Seven years later the wind generator has paid for itself! They recently installed a 2.3 megawatt solar system to produce additional electricity for the ski area and buildings. They now are running on 100% renewable energy. When they produce more energy than they need the surplus is exported to the electric grid for others to use. The air compressors that supply air for the snow guns produce large amounts of waste heat that normally would discharge to the atmosphere. At Jiminy Peak they capture the waste heat and use it to heat 36,000 square feet of their buildings. That is equivalent to heating 15 homes all winter. This ski area has become a model of how to reduce energy use and provide power from renewable solar and wind energy sources. They have produced a video called "Forever Green" that is shown to school groups. You can read more about this amazing success story at renewableenergyworld.com.

So how do we continue to grow the installation of renewable power to reduce the emissions from fossil fuel use? Have you considered installing a solar system at your home? Could you install it on your roof or even in your yard? If you live in an apartment, there is yet another way. There



Let's Make Some Snow

By Skip Holmes

JIMINY PEAK WIND TURBINE.
JIMINY PEAK MOUNTAIN RESORT

are now community solar system projects being developed all over New York State. These systems allow you to participate in a joint effort to buy into a project and agree to receive the power at a reduced rate. For additional information go to the NYSEDA website (nyserda.gov) and search for Community Power.

Many local governments have installed solar power systems as part of their commitments to the New York State climate action plan. In the town of Bethlehem, where I live, they have installed a 3.75 megawatt solar system on a parcel of land that was no longer being utilized. They utilized a contract where they provide the land and get a reduction in their electricity cost with no upfront cost to the town. If your community has not yet developed a solar system, ask them when they are going to.

The recent hurricanes that caused considerable damage to the electric grid in Puerto Rico have resulted in many people not having power for months. Many buildings have been running on portable generators using gasoline or diesel fuel. Recently Tesla, the manufacturer of electric vehicles and also of solar power panels and battery storage systems, stepped in and delivered solar panels and battery systems to alleviate the power shortage. These innovative integrated renewable energy systems will be a game changer for many of us as we move towards a future where we reduce or eliminate our reliance on fossil fuels and continue to slow down the impacts that climate change will have on future generations.

As of 2016, there was a total of 1,066 megawatts of solar electric systems installed in New York State. In just the year 2016 there was 280 megawatts of power installed. There are now over 175,000 homes in the state that

(kWh). Nice workout, but the energy you produced in that hour is woefully insufficient to even run the toaster!

A typical home is upstate New York might use between 700 to 1,000 kilowatt hours in a month. If you assume 900 kWh in a month, then each day you would need 30 kWh, and you have to ride the trainer 24 hours a day to produce 1.25 kWh or 1,250 watts/hour. I do not know anyone who can do that!

So how else can you get that electricity to run your house? Most homes are connected to the utility company and pay a monthly charge to run everything in the house. Have you ever actually looked at your electric bill to see how much electricity you use? You may know how much you paid but it is not likely that you could tell someone how many kilowatt hours you used. You might be able to share how many gallons of fuel you used in your vehicle and how much the last fill up cost. Why the difference in information? You had to pay for the fuel at the pump and it was in your face, so to speak. With electricity use the bill comes a month later and we have no feedback to the actual use.

With all the talk about energy use, environmental concerns and climate change, perhaps we should be considering how we use electricity and how we produce it. First, we should consider how we can use less electricity and make adjustments in our usage. Then, we should look at alternatives to producing electric power from fossil fuel



TOWN OF BETHLEHEM SOLAR PHOTOVOLTAIC SYSTEM.
NEXTERA ENERGY RESOURCES

have solar panels installed. The state is now number ten for installed capacity in the US. Yet as large as these statistics seem, this represents less than three percent of all electric energy produced in NYS.

So where does your energy come from? Now that the days have become shorter and the outside temperature is colder many of us have moved our sports training indoors. Are you now running on a treadmill or putting your bike on the trainer or headed to the gym to take a spin class? Regardless of how and where we are training, we are producing watts and measuring it. For example, you are riding your bike on the trainer and measuring your power output in watts. If your average output was 200 watts for an hour then you produced 0.2 kilowatt hours

sources. There is a worldwide effort to develop additional solar photovoltaic and wind energy systems. Here in the US, and more specifically New York, there are increasing amounts of these renewable energy systems being installed. So you may be a small time producer of energy and a big time user. Let's consider a new training plan to use less energy and produce more! 🌱

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

RACE RESULTS

3RD ANNUAL GIRLS ON THE RUN 5K

November 18, 2017 • Corning Preserve, Albany

MALE OVERALL				
1	Andrew Banas	29	Albany	25:48
2	Jim Krogh	48	Scotia	26:38
3	Zachary Perdek	24	Clifton Park	26:57
FEMALE OVERALL				
1	Delaney Krogh	14	Scotia	22:16
2	Rachel Toolan	41		22:56
3	Allison Bradley	42	Albany	23:10
MALE AGE GROUP: 1 - 14				
1	Nathaniel Wheeler	11		34:21
2	Joshua Kirtley	12	Albany	34:29
FEMALE AGE GROUP: 1 - 14				
1	Amelia Kuhn	11	Delmar	24:06
2	Logan Kuhn	9	Delmar	26:05
3	Ariel Bahn	9	Albany	28:59
4	Jacob Kirtley	11	Albany	29:39
5	Sunny McNally	5	Valley Falls	31:20
FEMALE AGE GROUP: 15 - 19				
1	Toma Vardhami	19	Altamont	39:10
2	Elizabeth Dybas	19	Latham	47:19
3	Laurel Hay	17	Castleton	55:50
MALE AGE GROUP: 20 - 29				
1	Kyle Pero	29	Albany	27:30
2	Patrick Orecki	26	Albany	28:16
3	Alex Evanciew	29	Troy	28:24
4	Thomas Jennings	26	Brooklyn	31:24
5	Neil Frei	26	Watervliet	39:06
FEMALE AGE GROUP: 20 - 29				
1	Ayla Ferrone	26	Albany	25:39
2	Pam Eistertz	25	Castleton-on-Hudson	27:15
3	Lindsey Kus	24	Saratoga Springs	27:17
4	Jillian Seigel	21	Amherst, MA	27:32
5	Taylor Russell	22	Chatham	27:42
MALE AGE GROUP: 30 - 39				
1	Quan Liddell	36		31:23
2	Brendan Swider	30	Glenville	32:53
3	Scott Phelps	38	Scotia	35:00
4	Robert Fisher	33	Scotia	35:36
5	Todd Stevens	36	Colonie	36:08
FEMALE AGE GROUP: 30 - 39				
1	Kimberly Peckowitz	31	Waterford	24:21
2	Kristen Kuhn	38	Delmar	26:06
3	Jessica Davos	37	Albany	27:09
4	Stephanie Finn	30	Brookline, MA	31:12
5	Anna Niccoli	38	Albany	31:22
MALE AGE GROUP: 40 - 49				
1	Hyungjong Bahn	40	Albany	28:57
2	Mohammed Zaki	46	Troy	34:46
3	Jeffrey Holmes-Hunter	48	Albany	41:46
4	Anthony Chadoesock	44		1:08:14
FEMALE AGE GROUP: 40 - 49				
1	Judith Wines	40	Albany	24:40
2	Tina Greene	44	Scotia	26:24
3	Jaime Muscato	41	Scotia	30:16
4	Lara Kaye	48	Averill Park	31:06
5	Jennifer Connors	46	Selkirk	31:32
MALE AGE GROUP: 50 - 59				
1	Steven Borbee	55	Albany	28:42
FEMALE AGE GROUP: 50 - 59				
1	Anita Deciani-Brown	52	Green Island	32:20
2	Barbara Diamond	52	Schenectady	36:26
3	Cathy Sheehan	57		36:30
4	Kathleen Mannix	53	Delmar	36:52
5	Jane Borbee	52	Albany	37:08
MALE AGE GROUP: 60 - 69				
1	Joseph Liotta	68	Green Island	32:21
2	Jim Sheehan	65		36:30
FEMALE AGE GROUP: 60 - 69				
1	Linda Erickson	63	Albany	46:02
2	Betty MacLeod	61	East Longmeadow, MA	46:15
3	Carolyn Jontentz	68	Voorheesville	52:32
FEMALE AGE GROUP: 70 - 79				
1	Ellen Cole	76	Albany	51:44

Courtesy of Girls on the Run Capital Region

70TH ANNUAL TROY TURKEY TROT continued

MALE AGE GROUP: 35 - 39				
1	Dave Vona	35	Valatie	35:24
2	Chuck Terry	35	Albany	37:20
3	Joseph Sullivan	38	Schenectady	37:24
FEMALE AGE GROUP: 35 - 39				
1	Diana Tobon-Knobloch	36	Schenectady	41:23
2	Jennifer Richardson	37	Albany	43:16
3	Danielle Maslowsky	38	Ballston Lake	43:50
MALE AGE GROUP: 40 - 44				
1	Robert Irwin	44	Guilfordland	35:44
2	Michael DiNicola	42	Albany	36:56
3	Brian Northan	42	Guilfordland	38:18
FEMALE AGE GROUP: 40 - 44				
1	Jessica Nash	42	Troy	45:26
2	Erin Gregory	41	Clifton Park	45:27
3	Kate Thies	41	Albany	46:21
MALE AGE GROUP: 45 - 49				
1	Rick Zachgo	47	Rexford	38:32
2	Tony Merola	47	Waterford	39:22
3	Todd McAuley	49	Colonie	39:24
FEMALE AGE GROUP: 45 - 49				
1	Virginia Lerner	45	Malta	45:14
2	Connie Smith	49	Ballston Lake	45:21
3	Jill Rembetski	48	Averill Park	45:51
MALE AGE GROUP: 50 - 54				
1	Thomas Kracker	53	Delmar	38:10
2	Matt Gallagher	53	Burlington, VT	38:39
3	Kevin Creagan	52	Albany	39:07
FEMALE AGE GROUP: 50 - 54				
1	Anne Benson	52	Clifton Park	43:24
2	Alison Heaphy	51	Nassau	44:24
3	Janeen Lopez	51	Delmar	46:22
MALE AGE GROUP: 55 - 59				
1	John Noonan	58	Ballston Spa	38:51
2	Christopher Buckley	56	Burnt Hills	41:04
3	Charles Stewart	57	Clifton Park	41:07
FEMALE AGE GROUP: 55 - 59				
1	Margaret McKeown	59	Moreau	45:49
2	Lauren Herbs	55	Rexford	51:41
3	Julia Agnew	56	Troy	53:01
MALE AGE GROUP: 60 - 64				
1	James Forbes	63	Valley Falls	43:11
2	Frank Lanzillo Jr.	62	Troy	47:38
3	Jeff Gilkes	61	Troy	50:00
FEMALE AGE GROUP: 60 - 64				
1	Cathy Howe	60	Hopkinton, MA	48:41
2	Carolyn George	63	Albany	52:04
3	Deb Goedeke	64	Delmar	53:30
MALE AGE GROUP: 65 - 69				
1	Tom McGuire	66	Slingerlands	46:25
2	Frank Spain	66	Brooklyn	47:34
3	Paul Lundgren	65	Averill Park	52:13
FEMALE AGE GROUP: 65 - 69				
1	Martha DeGrazia	66	Slingerlands	51:19
2	Susan Harris	69	Albany	1:06:47
3	Kathleen Jordan	66	Trumansburg	1:11:04
MALE AGE GROUP: 70 - 74				
1	Dave Glass	71	Glenville	44:00
2	Vincent Aloyo	70	Blue Bell, PA	49:26
3	Peter Newkirk	71	Albany	55:16
FEMALE AGE GROUP: 70 - 74				
1	Ginny Pezzula	72	Colonie	55:03
MALE AGE GROUP: 75 - 79				
1	Michael Roche	75	Rensselaer	1:05:46
2	Joe Silva	76	Albany	1:08:01

5K ROAD RACE

MALE OVERALL				
1	Jonathan Aziz	26	Boulder, CO	14:57
2	Gabriel Collison	21	Albany	15:25
3	Justin Van Epps	21	Clifton Park	16:25
FEMALE OVERALL				
1	Caitlin Ableseth	24	Voorheesville	17:31
2	Mollie Turner	37	Averill Park	17:41
3	Claire Collison	27	Albany	18:02
MALE AGE GROUP: 1 - 14				
1	Evan Miles	12	Latham	19:20
2	Jacob Salvi	14	Clifton Park	19:53
3	Colin Brunelle	12	Castleton-on-Hudson	19:56
FEMALE AGE GROUP: 1 - 14				
1	Kaleigh Higgins	12	Watervliet	20:09
2	Madelyn Miles	13	Latham	20:23
3	Erin Dougherty	14	East Greenbush	21:08
MALE AGE GROUP: 15 - 19				
1	Alex Hislop	16	Clifton Park	16:50
2	Jared Capuano	19	Altamont	17:10
3	Lucas Cully	19	Delmar	17:25
FEMALE AGE GROUP: 15 - 19				
1	Kathryn Tenney	16	Albany	18:30
2	Shannon Fitzpatrick	19	Albany	18:54
3	Carolyn Bunnell	16	Melrose	20:05
MALE AGE GROUP: 20 - 24				
1	Matthias Gaige	23	Chenango Forks	17:00
2	Dan Westman	20	Fultonville	17:02
3	Christopher Herbs	24	Rexford	17:16
FEMALE AGE GROUP: 20 - 24				
1	Courtney Breiner	20	Troy	18:05
2	Kerry Caher	23	Clifton Park	18:16
3	Laura Libruk	22	Watervliet	18:22
MALE AGE GROUP: 25 - 29				
1	Geraint Davies	27	Philadelphia, PA	16:26
2	Matthew Pierce	25	Rochester	16:55
3	Conor Cashin	25	Albany	17:29
FEMALE AGE GROUP: 25 - 29				
1	Maggi Szpak	23	Greenfield Center	19:58
2	Leigh Ann Labate	23	Saratoga Springs	20:13
3	Jane Crager	20	Saratoga Springs	20:19
MALE AGE GROUP: 25 - 29				
1	Sean Pezzulo	26	Philadelphia, PA	16:47
2	Dylan Thayer	26	Potomac, MD	17:06
3	Robert McCombs	27	New York	18:02
FEMALE AGE GROUP: 25 - 29				
1	Whitney Sulfas	27	New York	20:36
2	Lauren Woodcock	28	Saratoga Springs	21:58
3	Katie Dawsey	29	Waltham, MA	22:00
MALE AGE GROUP: 30 - 34				
1	Shaun Donegan	32	Malta	16:45
2	Chase Baker	31	Saratoga Springs	19:06
3	Daniel Dick	30	Clifton Park	19:40
FEMALE AGE GROUP: 30 - 34				
1	Kathryn Baker	31	Saratoga Springs	21:17
2	Sarah Gardner	32	Clifton Park	22:08
3	Brigid Dake	31	Greenfield Center	22:43
MALE AGE GROUP: 35 - 39				
1	Jake Clements	38	State College, PA	19:10
2	Matthew Coese	38	Wilton	19:20
3	Chris Yarsevich	39	Greenfield Center	19:28
FEMALE AGE GROUP: 35 - 39				
1	Rose Beckett	35	Saratoga Springs	20:58
2	Kim Cronin	37	Saratoga Springs	22:17
3	Rebecca Pedinotti	38	Saratoga Springs	22:39

Courtesy of Troy Turkey Trot

12TH ANNUAL BETHLEHEM CUP CYCLOCROSS RACE - NYCROSS SERIES

November 19, 2017 Elm Avenue Park, Delmar

MEN: CATEGORY 1/2/3				
1	Dan Vaillancourt	Gorham Bike & Ski		57:02
2	Sam Dries	No. 22 CX Team		57:39
3	Julian Georg	Syracuse University		58:50
4	Niles Gagnon	Grey Ghost Bicycles		59:07
5	Patrick Carey	Pointway Performance Coaching	1:02:19	
6	Darrell Rikert	Saratoga Biathlon		-1
WOMEN: CATEGORY 1/2/3/4				
1	Sophie Russenberger	DaHÄNGER		40:59
2	Bryna Blanchard	BMB Racing		41:06
3	Kimberly Milton	R-Cubed		42:02
4	Jennifer Dean	North Atlantic Velo		45:20
5	Jennifer Harvey	HRRT		45:44
MEN: CATEGORY 3/4				
1	Connor Singh	NYCROSS/Craft		43:41
2	James Honda	Expo Wheelmen		43:51
3	Tommy Servetas	NYCROSS/Craft		44:02
4	Trevor Rehm			44:34
5	Ryan Conley	NYCROSS/Craft		44:40
6	Richard Tortorici III	R-Cubed		44:40
7	Jeff Krywanczyk	Capital Bicycle Racing Club		45:19
8	William Sprengnether	HRRT		45:36
9	Patrick Frank	HRRT/Niskayuna High School		46:23
10	Riley Joannides	East End		48:03
MEN: CATEGORY 4/5				
1	Aaron Girard	NYCROSS/Craft		32:14
2	Neal Bachmann	University of Massachusetts Bike Club		32:31
3	Ryan Walker			32:40
4	Conrad Dorn	Rensselaer Polytechnic Institute		32:57
5	Nathan Porter			33:29
6	Nicholas Groll	R-Cubed		33:33
7	Alex Bogda			33:38
8	Tarrence Lasher	Team Brewery Ommegang		33:45
9	Mark Walling	NYCROSS/Craft		34:19
10	Loren Graham	CNYC/NYCM Insurance		34:25
WOMEN: CATEGORY 4/5				
1	Maggie Payne	NYCROSS/Craft		30:48
2	Kathy Trimpane	Berkshire Cycling Assn/Linen		33:04
3	Mary Grehl			33:34
4	Kellie Tyler	Team Overlook		33:41
5	Alison Desieno	R-Cubed		35:53
6	Pat Rosier	Berkshire Cycling Assn/Linen		36:30
MEN: CATEGORY 5				
1	Peter Gryga	Grey Ghost Bicycles		26:10
2	Garth Depuy			26:18
3	Robert Underwood	Grey Ghost Bicycles		26:35
4	Duncan Wardle	Hilltop Bicycles		26:46
5	Griffith Eddy			26:47
6	Karst Kingsley	Capital Bicycle Racing Club		27:00
7	Michael Ullberg			27:26
8	Jeffrey Andritz	Capital Bicycle Racing Club		27:54
9	Scott Lawrence	Team Placid Planet		28:37
10	Mark Wisehandler			29:51
MEN: JUNIOR 9 - 12				
1	Charles Lobosco III	R-Cubed		26:19
2	Jesse Miele	HRRT		29:55
3	Ethan Gilson	HRRT		31:15
WOMEN: JUNIOR 9 - 14				
1	Maya Healey	HRRT		25:25
MEN: JUNIOR 13 - 14				
1	Zachary Shostack	Bike Loft East		27:28
2	Finn Payne	NYCROSS/Craft		31:04
3	Jacob Gilson	HRRT		34:07
4	Markham Daly	Rennco Riders		-1
MEN: UNDER-19				
1	Tyler Zierer	HRRT		47:52
2	Tyler Zierer	HRRT		48:07
3	Samuel Lasher			-1
4	Brendan Kelly	NYCROSS/R-Cubed		-1
5	Paul Perry			-1
MEN: MASTERS 35-PLUS				
1	John Cullinan	Bicycle Depot/New Paltz		49:13
2	Peter Dinolfo	North Atlantic Velo		49:48
3				

16TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K RUN *continued*

MALE AGE GROUP: 40 - 44			
1 Rick Bush	40	Saratoga Springs	18:50
2 Michael Bracken	43	Saratoga Springs	20:28
3 Gabe Anderson	40	Saratoga Springs	20:32
FEMALE AGE GROUP: 40 - 44			
1 Linda Dooley	43	Saratoga Springs	22:35
2 Amy Rodak	44	Ballston Spa	23:16
3 Hollis Nirsberger	40	Saratoga Springs	24:08
MALE AGE GROUP: 45 - 49			
1 Kristofer Johnson	45	Saratoga Springs	18:42
2 James Reidy	49	Boonton Township, NJ	21:19
3 Dan Munn	49	Saratoga Springs	21:45
FEMALE AGE GROUP: 45 - 49			
1 Lisa Eriksson	49	Richmond, VT	24:42
2 Jill Gobel	47	Ballston Spa	25:21
3 Michelle Brodt	46	Queensbury	25:33
MALE AGE GROUP: 50 - 54			
1 Sam Mercado	54	Albany	20:33
2 Rik Woldring	50	Saratoga Springs	21:03
3 William May	50	Malta	21:57
FEMALE AGE GROUP: 50 - 54			
1 Tammy Congelli	50	Tully	24:03
2 Paddy Kelley	51	Saratoga Springs	25:21
3 Laura Picardi	52	Saratoga Springs	25:38
MALE AGE GROUP: 55 - 59			
1 Will Moran	57	Niskayuna	21:17
2 Eric Feder	55	Saratoga Springs	21:33
3 Joe Lynch	56	Saratoga Springs	23:15
FEMALE AGE GROUP: 55 - 59			
1 Deborah Nordyke	55	Hadley	24:00
2 Laura Knapp	55	Lexington, SC	24:36
3 Lisa Ray	55	Fairport	25:16
MALE AGE GROUP: 60 - 64			
1 Dominick Audi	63	Ballston Spa	22:02
2 Mike Carfino	60	Malta	23:47
3 Mark Regan	61	Saratoga Springs	23:48
FEMALE AGE GROUP: 60 - 64			
1 Mickey Piscitelli	61	Baldwinsville	28:17
2 Elayne Livote	60	Saratoga Springs	29:08
3 Nancy Johanson	60	Schuylerville	29:34
MALE AGE GROUP: 65 - 69			
1 Ross Barber	67	Middle Grove	25:22
2 John Bledsoe	66	Clarkston, MI	25:32
3 Dennis Fillmore	65	Ballston Spa	27:04
FEMALE AGE GROUP: 65 - 69			
1 Claire Henderson	68	Saratoga Springs	28:05
2 Joyce Bouyeva	66	Saratoga Springs	35:24
3 Susan Davis	68	Gansevoort	36:14
MALE AGE GROUP: 70 - 74			
1 Jim Callahan	72	Saratoga Springs	30:00
2 Richard Lockwood	74	Greenfield Center	30:48
3 Paul Heller	71	Plattsburgh	32:40
FEMALE AGE GROUP: 70 - 74			
1 Margaret Mangano	71	Saratoga Springs	39:00
2 Alice Martin	73	Saratoga Springs	45:48
3 Beverly Palazini	74	Saratoga Springs	49:03
MALE AGE GROUP: 75 - 79			
1 Stephen Mitchell	76	Malta	34:31
2 Neil Hallett	75	Saratoga Springs	56:03
3 Charles Basso	75	Wilton	57:12
FEMALE AGE GROUP: 75 - 79			
1 Patricia Fitchett	77	Lake Luzerne	58:25
2 Grace Rivituso	75	Lake Ronkonkoma	1:00:43
3 Flo Rogers	76	Arverne	1:05:02
MALE AGE GROUP: 80 - 84			
1 John Sowa	83	Glenville	33:56
2 Richard Murphy	83	Saratoga Springs	37:10
3 Paul Koelbel	84	Greenfield	45:55
FEMALE AGE GROUP: 80 - 84			
1 Clara Scotti	83	Ballston Spa	1:02:51
2 Carol Crager-Murphy	80	Saratoga Springs	1:09:30
FEMALE AGE GROUP: 85 - 89			
1 Cheryl Karlin	85	Highland Mills	51:24

Courtesy of the Christopher Dailey Foundation

36TH ANNUAL CARDIAC CLASSIC 5K ROAD RACE

November 23, 2017 • Central Park, Schenectady

MALE OVERALL			
1 Louis Serafini	26	Brighton, MA	14:35
2 Matt Lange	22	Schenectady	14:46
3 Otis Ubricco	24	Lancaster, PA	14:54
FEMALE OVERALL			
1 Samantha Roecker	26	Charlton	16:59
2 Rachael Brown	24	Rochester	19:18
3 Erin Corcoran	43	Schenectady	19:22
MALE AGE GROUP: 1 - 14			
1 Tyler Greene	13	Schenectady	19:20
2 Jack Gemmett	14	Schenectady	19:24
3 Jack Schiavo	14	Schenectady	19:56
FEMALE AGE GROUP: 1 - 14			
1 Sophia Boler	13	Schenectady	21:27
2 Erin Boler	12	Schenectady	21:30
3 Skyler Smith	13	Schenectady	22:35
MALE AGE GROUP: 15 - 19			
1 Aidan Canavan	18	Schenectady	16:35
2 Holden Maynard	18	Schenectady	17:30
3 Brendon VanVlack	18	Duanesburg	17:31
FEMALE AGE GROUP: 15 - 19			
1 Kerry Flower	17	Schenectady	19:42
2 Emily Crouse	19	Clifton Park	20:20
3 Lexi Sciortino	18	Schenectady	20:44
MALE AGE GROUP: 20 - 24			
1 Evans Kibet	21	Albany	15:42
2 Andrew Canavan	20	Schenectady	16:31
3 Mark Eagles	24	Ellicott City, MD	17:09
FEMALE AGE GROUP: 20 - 24			
1 Felicia Sciortino	22	Schenectady	20:44
2 Danielle Skufca	20	Niskayuna	21:07
3 Megan Wagner	21	Schenectady	21:58
MALE AGE GROUP: 25 - 29			
1 Peter Rowell	28	Albany	17:37
2 Timothy Ryan	29	Schenectady	18:36
3 Michael Ryan	29	Schenectady	18:48
FEMALE AGE GROUP: 25 - 29			
1 Megan James	28	Ballston Lake	19:29
2 Heidi Stears	25	Amsterdam	19:47
3 Emily Taft	27	Albany	20:42
MALE AGE GROUP: 30 - 34			
1 Joel Patrie	33	Scotia	18:17
2 Paul Tabcek	30	Schenectady	18:42
3 Dennis Seaman	30	Schenectady	19:26
FEMALE AGE GROUP: 30 - 34			
1 Erin Rightmyer	33	Delmar	20:55
2 Samantha McBee	32	Saratoga Springs	21:39
3 Caitlin Janniello	31	Potomac, MD	21:56
MALE AGE GROUP: 35 - 39			
1 Michael Cooley	38	Delmar	17:30
2 Chris Mancuso	36	Schenectady	18:15
3 Craig Macherone	36	Duanesburg	19:53
FEMALE AGE GROUP: 35 - 39			
1 Beth Pugliano	37	Denver, CO	20:20
2 Christina Ardito	38	Niskayuna	21:40
3 Jennifer Bennice	38	Rexford	21:52
MALE AGE GROUP: 40 - 44			
1 Jeff Dengate	40	Jersey City, NJ	17:28
2 Jonathan Guthan	40	Scotia	19:19
3 Daniel Smitas	40	Schenectady	20:00
FEMALE AGE GROUP: 40 - 44			
1 Nicola MacNeil	44	Rotterdam Junction	23:22
2 Ann Summer	41	Schenectady	23:40
3 Pam Mandosager	41	Schenectady	23:47
MALE AGE GROUP: 45 - 49			
1 John Furgele	49	Glenmont	20:48
2 Adam Zawilinski	45	Schenectady	21:54
3 John Yagielski	48	Schenectady	22:28
FEMALE AGE GROUP: 45 - 49			
1 Stacia Smith	47	Schenectady	24:07
2 Jennifer Carrigan	46	Leesburg, VA	25:22
3 Shauna Fuerst	47	Mansfield, MA	26:19
MALE AGE GROUP: 50 - 54			
1 Paul Young	52	North Andover, MA	19:24
2 Ed Menis	53	Schenectady	19:47
3 Kevin Curley	50	Glenville	19:51
FEMALE AGE GROUP: 50 - 54			
1 Carolyne Litynski	52	Burnt Hills	25:28
2 Donna Segatto	51	Schenectady	25:29
3 Mary Lockshin	52	Lexington, MA	25:31
MALE AGE GROUP: 55 - 59			
1 Johan Bosman	57	Schenectady	20:30
2 Chuck Racey	55	Voorheesville	20:40
3 Michael Murtagh	57	Schenectady	21:04
FEMALE AGE GROUP: 55 - 59			
1 Tracy Grant	57	Ballston Lake	22:27
2 Bridgett Frary	57	Niskayuna	23:44
3 Gwen Williams	59	Schenectady	24:17
MALE AGE GROUP: 60 - 64			
1 George Baranaukas	64	Scotia	21:30
2 Richard Kelly	61	Schenectady	21:51
3 Peter Butryn	60	Schenectady	22:25
FEMALE AGE GROUP: 60 - 64			
1 Lorraine Huether	61	Melville	25:07
2 Melanie Moller	60	Schenectady	26:09
3 Mary Jo Benny	62	Scotia	26:58
MALE AGE GROUP: 65 - 69			
1 David Rowell	65	Albany	24:33
2 John Foley	67	Schenectady	27:01
3 Michael Holley	66	Ballston Lake	27:46
FEMALE AGE GROUP: 65 - 69			
1 Stephanie Holley	65	Ballston Lake	34:54
2 Peg Foley	67	Schenectady	36:48
3 Theresa Portelli	65	Albany	45:07
MALE AGE GROUP: 70 - 74			
1 Robert Cooley	70	Scotia	29:02
2 Thomas Boltzer	70	Greenfield Center	30:50
3 John Greenthal	70	Niskayuna	32:25
FEMALE AGE GROUP: 75 - 79			
1 Jim Moore	78	Schenectady	31:19
MALE AGE GROUP: 80 - 84			
1 Christopher Rush	81	Schenectady	30:44
2 John Moroney	80	Latham	33:10
3 Richard Homenick	81	Schenectady	34:41

Courtesy of Ellis Medicine

6TH ANNUAL ST. GEORGE'S TURKEY TROT 5K FAMILY RUN

November 23, 2017 • St. George's School & Episcopal Church, Clifton Park

FEMALE OVERALL			
1 Danika Simonson	25	Irwin, PA	18:53
2 Christine Trotta	29	Ballston Lake	20:11
3 Shanley Alber	45	Clifton Park	20:35
MALE OVERALL			
1 Maxwell Hoffman	16	Clifton Park	17:55
2 Scott Downey	30	Penfield	18:10
3 Ela Timothy	28	Clifton Park	18:32
FEMALE AGE GROUP: 1 - 12			
1 Kara Sinnott	12	Clifton Park	23:14
2 Kenzie Aiello	12	Clifton Park	27:35
3 Makenna Metler	12	Mechanicville	27:35
MALE AGE GROUP: 1 - 12			
1 Ian Oehlschlaeger	11	Clifton Park	21:31
2 Matthew Gleason	12	Clifton Park	24:14
3 Trevor Goodwill	10	Ballston Lake	24:53
FEMALE AGE GROUP: 13 - 15			
1 Georgia Greene	13	Clifton Park	23:32
2 Michelle Carney	15	Clifton Park	23:34
3 Sarah Alexopoulos	14	Clifton Park	27:01
MALE AGE GROUP: 13 - 15			
1 Josh Mitchell	15	Clifton Park	21:07
2 Zackary Lassetter	15	Halfmoon	21:18
3 Jeff Maddalone	13	Clifton Park	21:37
FEMALE AGE GROUP: 16 - 19			
1 Lindsay Lassetter	17	Halfmoon	21:35
2 Eve Schoen	18	Clifton Park	23:32
3 Anna Hendricks	16	Rexford	24:14
MALE AGE GROUP: 16 - 19			
1 Daniel Curcio	18	Hammonton, NJ	20:54
2 Colby Aiello	17	Clifton Park	23:07
3 Kyle McAvaddy	16	Hillsborough, NJ	30:57
FEMALE AGE GROUP: 20 - 24			
1 Kaitlin Rizzo	22	Clifton Park	21:34
2 Mary Grace Rizzo	20	Clifton Park	22:05
3 Sarah Osaheni	22	Clifton Park	24:54
MALE AGE GROUP: 20 - 24			
1 Josh Moeckel	20	Ballston Lake	19:22
2 Timothy Curcio	20	Hammonton, NJ	20:30
3 Joe Osaheni	20	Clifton Park	24:51
FEMALE AGE GROUP: 25 - 29			
1 Courtney Osaheni	25	Clifton Park	22:32
2 Courtney Crowell	28	Newport, NH	25:07
3 Amelia Rome	29	Clifton Park	25:47
MALE AGE GROUP: 25 - 29			
1 Geoff Heath	25	New Castle, DE	18:39
2 Alex Atchley	29	Schenectady	23:48
3 Ryan Leach	29	Clifton Park	24:40
FEMALE AGE GROUP: 30 - 34			
1 Jack Gibbs	37	Hudson Falls	30:26
2 Arthur Perryman	38	Wevertown	31:47
3 Chris Comisky	35	Queensbury	31:50
FEMALE AGE GROUP: 35 - 39			
1 Dana Wiwczar	36	Malta	29:16
2 Jamie Landon	38	Ballston Spa	33:09
3 Laura Cornwall	39	Pawlet	33:18
MALE AGE GROUP: 40 - 44			
1 Patrick Russell	41	Queensbury	30:36

continued

6TH ANNUAL ST. GEORGE'S TURKEY TROT 5K FAMILY RUN *continued*

FEMALE AGE GROUP: 35 - 39			
1 Kelsi Clark	37	Rexford	24:52
2 Erica Pisano	38	Ballston Lake	25:07
3 Katie Jones	35	Clifton Park	27:03
MALE AGE GROUP: 35 - 39			
1 Fred Brooks	38	Clifton Park	20:26
2 Matt Oehlschlaeger	39	Clifton Park	21:51
3 Ryan Kennedy	38	Wanaque, NJ	21:59
FEMALE AGE GROUP: 40 - 44			
1 Cheryl Marinucci	40	Clifton Park	24:08
2 Hope O'Brien	43	Ballston Lake	25:34
3 Sheila Snyder	44	Clifton Park	26:29
MALE AGE GROUP: 40 - 44			
1 David Czarnnecki	41	Clifton Park	20:29
2 Brian Watts	43	Clifton Park	21:08
3 Ryan Jones	41	Dedham, MA	22:16
FEMALE AGE GROUP: 45 - 49			
1 Debbie Moeckel	49	Ballston Lake	26:24
2 Eileen Carson	48	Clifton Park	26:57
3 Christine Fess	46	Clifton Park	27:28
MALE AGE GROUP: 45 - 49			
1 Edward Carroll	46	Clifton Park	19:52
2 John Hendricks	48	Rexford	20:12
3 Christopher Fess	46	Clifton Park	22:26
FEMALE AGE GROUP: 50 - 54			
1 Lisa Nieradke	52	Clifton Park	21:25
2 Annette Romano	53	Clifton Park	24:10
3 Christine Hollmer	52	Clifton Park	24:53
MALE AGE GROUP: 50 - 54			
1 David Troischt	50	Mechanicville	20:04
2 Bill Hoffman	50	Clifton Park	20:22
3 William Drapeau	50	Glenville	20:31
FEMALE AGE GROUP: 55 - 59			
1 Karen Keis	55	Clifton Park	28:33
2 Helen Grzymala	57	Clifton Park	32:38
3 Jennifer Sutliff	56		

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Upcoming Events

Backcountry Ski Shuttle - Ride up - Ski Down! Weekends 12:30p - see info/schedule on VisitNorthCreek.org

Intro - Guided Backcountry Ski Tour
Every Sunday, Garnet Hill XC-Ski

Garnet Hill XC-Ski Races, Pursuit & Free Try-it Race, Bill Koch Kids Race
Jan. 27, 2018, Garnet Hill XC-Ski

Ski Bowl Nordic Citizens Series Snowshoe and XC-Ski Race
Tuesday, Jan. 9th: Runs for 5 consecutive Tues, ending Feb 6

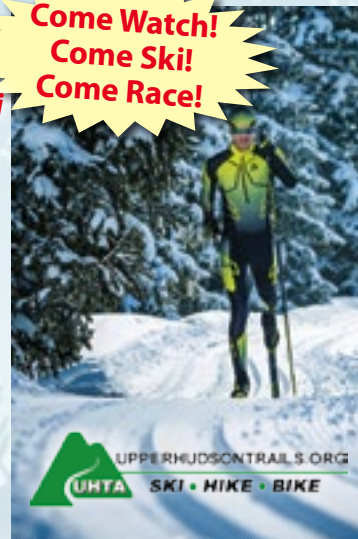
Garnet Hill Snowshoe Race 10K
March 3, 2018

NENSA U16 Eastern Championships
Gore Mt. Nordic March 9-11

Town of
Johnsburg, NY



**Come Watch!
Come Ski!
Come Race!**



More Events, Info and Registration Links:

- www.visitnorthcreek.org
- www.upperhudsontrails.org
- www.goremountain.com
- www.hurtnordicsskiing.com
- www.garnet-hill.com
- www.underdogtiming.com

Businesses, Organizations, Destinations & Events...

13TH ANNUAL ADIRONDACK SPORTS SUMMER EXPO

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