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Do Something Different

Visit These Cycling Exhibitors at the Summer Expo

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AdkSports.com
Facebook.com/AdirondackSports

By Dave Kraus

As this long winter slowly marches toward spring, are you already thinking about the cycling season ahead? Of course you are, planning rides to come on sunny days along roads or trails lined with spring flowers still sleeping beneath the snow today.

But are those rides on the same old roads and trails? On the same old bike? With the same people? Why not do something different this this season? Stretch your envelope. Mix it up. Shake off the routine!

Here are some ways to do just that in your 2018 cycling plans. You will be able to get more information about all of these options from their representatives at the Adirondack Sports Summer Expo at the Saratoga Springs City Center on Saturday-Sunday, March 17-18. Admission is free!

Ride for a cause - Two different events this season offer unique opportunities to support vital, important causes. First on Sunday, June 10, the **Capital Region Tour de Cure** will help raise funds to fight diabetes for the millions of Americans who already have the disease, and the new victims who are diagnosed at the rate of one every 21 seconds. This year the ADA is changing pace with a new ride start at the Saratoga County Fairgrounds in Ballston Spa, new ride routes, and a new 5K Run/Walk event. There will be catering by Mazzone Hospitality, a beer garden hosted by New Belgium Brewing (think Fat Tire Ale), and live entertainment by Body & Soul, an eight-piece band that will energize your celebration. (diabetes.org/capitalregion)

Later in the season on Friday, September 21, the 11th annual **Ride for Missing Children – Albany** will cover 100 miles around the Capital Region, visiting area elementary schools to honor the memory of all missing children; raise public awareness of the plight of missing and exploited children; and raise funds to support the missing children poster distribution process and mission of the National Center for Missing and Exploited



KARL MILLER OF VELOFIX ALBANY.

Children - New York. Riders will tour as a group, escorted by the State Police and local law enforcement, after their start at the Guilderland YMCA. (rideformissingchildrengcd.com)

Experience a new event - From the first event in Rensselaerville, in 2014, the Farm to Fork Fondo series of innovative, non-competitive rides from Wrenegade Sports has

See **BICYCLING 12** ▶

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● **RUNNING & WALKING**

Spring Building Blocks



By Laura Clark

How lucky that we runners get a second shot at our January New Year's resolutions! Come March and the advent of spring running, we are afforded another opportunity to reinvent ourselves. Whether you spent the winter relaxing on the couch, hamstering on the treadmill or playing in the snow, the urgent roar of the March lion is impossible to resist. This month's road races offer a mix of distances, perfect for those coaxing lazy muscles into shape or for winter sports enthusiasts eager to build on an established base.

The only caveat is to venture forth cautiously even if your muscles are primed by winter activities. Snow-softened muscles are no match for hard pavement and a ski stride is different from a running stride. Just because you are in shape from winter activities does not necessarily mean you can hit the ground at your fall pace. The lamb's gambol will return if you begin judiciously.

Many races on the docket, like the 38th annual **Doc Lopez Run for Health Half Marathon, 5K & One-Mile Walk** in Elizabethtown on Saturday, March 24, recognize this spring range of readiness by offering a mix of distances. Just one of the multitude of races founded by Doc Lopez, a 1980 Winter Olympic Games torch bearer, the event launches from Keene Valley Lodge with bus transportation from the headquarters at Elizabethtown-Lewis Central School. The majority of the course travels NY Routes 73 and 9N, so you can expect some hills, including the infamous Spruce Hill climb.

The 5K and one-miler begin in front of the school with less challenging terrain. Whatever distance you select, inspire your efforts with the Doc's favorite saying, "There is no such word as can't." (doclopezrun.com)

On the same day, March 24, those desiring to assess their 5K fitness can head out to the Schenectady Firefighters' 9th annual **Run 4 Your Life 5K Run/**

Walk and Kids' Fun Run, which traces the familiar Cardiac Classic 5K course in Schenectady's Central Park. It is a family-friendly event, with strollers and well-behaved dogs invited to start at the back of the pack. According to Captain William Rockenstrye, "Dogs are part of most families and they should be included." As far as he knows, there will be no firehouse dogs competing, but that could change! There is a heated trophy competition among local fire departments and the SFD Fire Safety House is available for children to explore. Afterwards, there's a free Kids' Fun Run and runners can partake in the free ChowderFest with competition, so vote for your favorite. Expect five-alarm offerings submitted by local fire stations and restaurants.

Michael Della Rocco, a retired Schenectady Fire Chief, has been instrumental in this race since its inception. For the past several years, the focus has shifted to increasing public awareness of the high rates of cancer among firefighters due to toxic exposure. According to Mike, "The Schenectady Firefighters Cancer Association now sponsors the race, with proceeds used for treatment expenses not covered by insurance and transportation for affected firefighters and family members to care outside the immediate area." The former chief has successfully availed himself of these services and is now cancer-free. Learn more about the race, the SFCA, and register in person at the Adirondack Sports Summer Expo where the firefighters will be exhibiting. (neverfightalone.org)

The 39th annual **April Fool's 10K Race & 5K Run/Walk** in historic Salem is on Saturday, March 31 targets money-wise spenders with the opportunity to participate in both races for one amazingly low preregistered \$12 fee. Distance aficionados can enjoy a catered long run,

RUN 4 YOUR LIFE 5K AT SCHENECTADY'S CENTRAL PARK IN MARCH 2016.
ERICA MILLER/DAILY GAZETTE



START OF THE BLUE NEEDS YOU! 8K IN SARATOGA SPRINGS IN APRIL 2017.
BRUCE MCDONOUGH

while parents can run the 10K, and then join their children for the 5K. With the 9am 10K start time, and corresponding 10:30am 5K start, there's a nice a gap between events, which will test the focus of even the most diehard doublers! The scenic 10K has some hills, while the 5K boasts a dirt road section.

The Kids' One-Mile Race takes children 14 and under on a safe tour of the Salem school grounds. Falling as it does this year before Easter and Passover, you can bank some calories for holiday treats and feasts. This is especially vital if you are competitive as overall winners receive a gift basket of local products and age group winners - up to age 80-plus - receive a plate of homemade cookies. Proceeds benefit the Rotary student exchange program and Class of 2021. (aprilfoolsrace.com)

The fourth annual **Blue Needs You! 8K Run** on Saturday, April 14 in Saratoga Springs is fast becoming a local tradition with blue-clad runners coming out in force to support Shelters of Saratoga's Code Blue protocol that provides emergency shelter to homeless individuals during periods of heavy snow or severe cold. While there are plenty of 5Ks and 10Ks, the 8K (five miles) is a unique distance, a step up from the ubiquitous 5K and not as intimidating as the 10K.

Mirroring the stressful life of the homeless, Code Blue is not an easy course, with some hills sandwiched in between the flatter Spring Run Trail. Participants are encouraged to form

teams, with the largest getting special recognition. New this year is a free pint of Michelob ULTRA at the awards ceremony and after-party at Jacob & Anthony's American Grille. Visit the Shelters of Saratoga booth at the Adirondack Sports Summer Expo to register and learn more about the 8K and their mission. (codeblueneedsyou.org)

Famously known as the "pie run," the sixth annual **Bacon Hill Bonanza** on Saturday, April 21 near Schuylerville, boasts a concurrently run 5K Race/Walk & 10K Race, as well as a Kids' One-Mile Fun Run with families receiving a \$5 discount. While the 5K is relatively flat, the 10K does include some challenging hills, most notably on the out-and-back along Peck Lane. The website posts extensive maps and course descriptions, but the organizers urge you not to utilize Peck Lane during training as it is a private working farm road. During the race, however, it is the most exciting segment, with a grandstand of cows delivering encouraging moos.

First overalls win \$100 and age groups, extending through age 80-plus, receive home baked goodies. But all are winners at this event, with homemade farm treats for all

to eat! Proceeds are earmarked for the Schuylerville Sharing & Caring program to benefit needy children. (baconhillbonanza.com)

The ninth annual **Plattsburgh Half Marathon, Relay, 10K & 5K** on Sunday, May 6 in beautiful Plattsburgh, overlooking Lake Champlain and Vermont's Green Mountains. The half marathon course takes athletes on an out-and-back tour of the City of Plattsburgh, by way of the Lake Champlain bike path and the SUNY Plattsburgh campus over a flat and fast course - perfect for setting that springtime PR! Plenty of aid stations dot the course. The race cap is set at 1,000 so register early.

The two-person half marathon relay lets each teammate split the distance evenly with each running 6.55 miles. Your race bib will get you admitted into the after-party at the City Recreation Center with food, music, awards and a silent auction. The event is a fundraiser for Team Fox for Parkinson's Research, founded by Michael J. Fox to battle Parkinson's disease. (plattsburghhalfmarathon.com)

Whatever your current state of fitness, there is a springtime race with your name on it! 🍌

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



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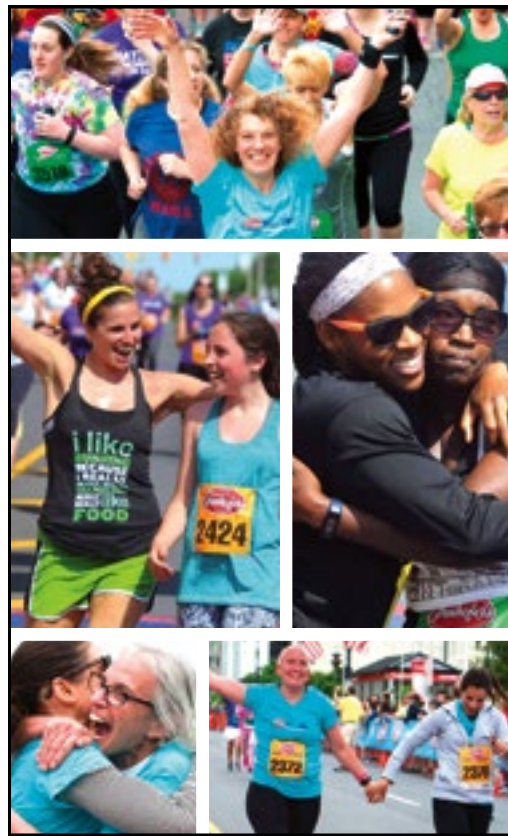
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Freihofer's Run for Women Training Challenge

ALBANY – The eighth annual Freihofer's Run for Women Training Challenge kicks off on Monday, March 19. Participants can sign up for the 10-week program when they register online for the Freihofer's Run 5K. The Training Challenge costs \$55 and includes a Training Challenge T-shirt; seminars and clinics relating to strength training, nutrition, injury prevention, running form and core strength; and offers from program partners, including a free three-month CDYMCA membership, class discounts and more.

"The Freihofer's Training Challenge is designed to prepare you to run your best at the Freihofer's Run for Women 5K," said Freihofer's Run for Women co-director Kristen Hislop. "We offer a beginner program for those who are new to running. Our intermediate program is a great option for those who completed last year's challenge or want more interval workouts. Our advanced program is for those athletes ready for focused speed and distance workouts."

Training Challenge registrants select one of the following Training Challenge sites/sessions as their home base: Mondays: The Corning Preserve, Albany at 6:30am; The Crossings of Colonie, Loudonville at either 1pm or 6pm; or Core in Glens Falls at 6pm. Wednesdays: Capital District Y branches in Duanesburg, Delanson; Glenville; Greene County, West Coxsackie; Southern Saratoga, Clifton Park; Troy; Founders HIIT & Strength Club, Delmar; Power House Athletics, Colonie; Brick House Fitness, Voorheesville at 6pm. Thursdays: iRun LOCAL, Saratoga Springs at 9am.

"Everyone completes a second workout during the week with us or on their own," added Kristen. The third weekly workout session will be held in a group format on Saturdays at 8:30am at Colonie Town Park. Each Saturday session will conclude with seminars and clinics on strength training, nutrition, injury prevention, running form and core strength. Intermediate and advanced groups will also be asked to incorporate a fourth weekly workout on their own schedule.

Registration closes April 1. To register for the Training Challenge or virtual program, visit freihoferstrainingchallenge.com or [facebook.com/freihoferstrainingchallenge](https://www.facebook.com/freihoferstrainingchallenge). 🌲

Short Track Age Group Nationals on March 23-25

SARATOGA SPRINGS – The US Speedskating Short Track Age Group National Championships will be held at the Saratoga Springs Ice Rink on Friday-Sunday, March 23-25. There will be two US Olympian skaters fresh from South Korea attending on Saturday 3-5:30pm and Sunday all day. On Saturday, there will be an "Olympians: Vision to Execution" presentation, a tutorial on equipment, and Olympian autograph session on Saturday afternoon and Sunday.

This is the nation's largest speed skating competition. On Saturday evening, the Skate extravaganza includes the exciting 500-meter National finals where you can see future Olympians compete. Food trucks will be at the rink all day on Saturday for the "Ice-Cut" Food Truck Festival. For more info, go to saratogawinterclub.com or call 518-587-9438. 🌲

Mountainman Has a New Dedicated Shoe Store

SARATOGA SPRINGS – Mountainman Outdoor Supply Company, located at 490 Broadway in Saratoga Springs, has expanded its continually growing store, featuring a new dedicated footwear department. Adding to their selection of popular brands of outdoor gear and clothing like Patagonia, The North Face, Keen, Prana, Marmot, Osprey and many others, they now have a new showroom.

From light hiking, trekking, water sports, fitness, casual lifestyle and sandals they'll have whatever your feet need to stay protected and comfortable. Their most popular brands such as Keen, Merrell, Olukai, Dansko, Birkenstock, Blundstone, Smartwool, Salomon, La Sportiva, Sanuk and Darn Tough will be expanded with many new brands through the season.

Knowledgeable staff can offer expert service to provide you with the right shoe, sandal or boot at an affordable price. Seasonal styles, everyday casual and technical footwear, whether you are hiking the Adirondacks or shopping in downtown Saratoga Springs, Mountainman Outdoors has the footwear to meet your needs. Visit the new store, call 518-584-3500 or go to mountainmanoutdoors.com. 🌲

45th annual Tenandeh White Water Derby

STILLWATER – The Tenandeh White Water Derby is celebrating its 45th running on Sunday, March 25 starting at Coons Crossing Road, Tenandeh Creek just outside of Mechanicville. Participants can kayak, canoe or pole 4.5 miles on the fast moving waters to the Hudson River to downtown Mechanicville. The narrow, winding creek is also called the Anthony Kill and flows from Round Lake to the Hudson River. The course includes three Class II rapids and finishes with a Class II-III segment.

The Tenandeh will also be a part of the NECRA race series this year. There is no age minimum or limit for the race, however all paddlers must wear USCG approved over the shoulder life jackets and helmets. Emergency rescue workers will be on hand throughout the derby. There are only two white water races of this kind in the state so register early. For more info, contact John Casey at 518-810-7579 or go to tenandeh.org. 🌲

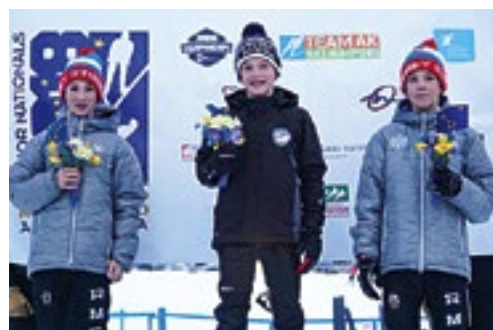
Revolution of Consciousness in Albany on May 6

ALBANY – The Revolution of Consciousness (RevCon) is expanding to Albany on Sunday, May 6 at the Desmond Hotel. A healthy living, healthy planet expo founded in Boston by Natural Awakenings Boston magazine publisher Maisie Raftery, RevCon is a day filled with expansion and lasting connection between vendors and attendees.

The event features local exhibitors and presenters from the seven dimensions of wellness including physical, social, emotional, intellectual, spiritual, financial and environmental. Highlights include a screening of *Secret Ingredients*, a powerful new film by Jeffrey Smith and Amy Hart, which shares remarkable stories of people that regain their

health after removing these 'secret ingredients' from their diet. The film will be followed by a panel discussion with Amy Hart and Kathleen DiChiara, a featured participant in the documentary.

Additional opportunities include varied bodywork offerings, space for quiet contemplation, energy work and sound healing, a labyrinth for walking meditation, movement classes, workshops and presentations from local experts, local food truck and vendors within the healthy living realm. Tickets are \$16. Use code RevConADK18 for \$5 off registration until March 31. For tickets and info, visit revconevents.com. 🌲



Tate Frantz Crowned Junior National Ski Jumping Champion

ANCHORAGE, AK – Lake Placid resident, 12-year-old, Tate Frantz qualified for the US Ski Jumping Junior Nationals that took place Feb 22-28 in Anchorage, Alaska. Tate competes for New York Ski Education Foundation training at the Olympic Ski Jumps in Lake Placid and has been jumping for five years. Three NYSEF athletes including Bryce Kloc, 12, of Clifton Park and Matt

White, 16, of Lake Placid also qualified and participated at the Junior National Championships.

After a great first jump distance on the 65-meter hill, Tate put down a distance of 64.5. His second jump however, he caught a beautiful headwind and put down a hill record distance of 70.5. With a very close point spread in the top six, Tate was able to come away with the National Ski Jumping title in the Under-16 category. This was the first National title for a local NYSEF ski jumper since 2006 and Tate will have three more years in this division at the National level. Bryce Kloc finished 7th in U16 and Matt White finished in 4th in U20.

NYSEF athletes were joined with other competitors from New Hampshire and Vermont to make up the Eastern division. The Eastern division is under the direction of NYSEF head coach and former NYSEF jumper, Colin Delaney. This was a red banner winter for the Eastern team. They earned the gold in U16 Jumping with Tate Frantz, U16 Nordic Combined with Evan Nichols, U20 Nordic Combined with Henry Johnstone, and for the first time since 2006, team East won the overall team event over the Central and Rocky Mountain divisions. Tate, Evan, Henry and Matt made up this championship team. Another team event, the two-person team Nordic combined, Tate and Evan earned silver in jumping and Nordic skiing skate relay for U16s. Learn more at nysef.org. 🌲

READER LETTERS

Great cover article, "Three Favorites in Rural Albany County" (February 2018), by Rich Macha about three of your favorite wilder, ungroomed destinations for the cross country skier and snowshoer. I did want to mention two things though about Wolf Creek Falls Preserve.

You write that since there's not a bridge here, people could use the rail corridor to get across the creek. However, people are not allowed to trespass on the rail corridor. The railroad only runs about one train a week, so the risk is minimal, but they are really strict about it. We've actually had to undergo railroad safety training after a group was observed trespassing. Just wanted to point that out so you and your readers are aware.

We don't have a bridge over the Wolf Creek because these streams just rage at times, but most of the year they hardly even flow and are easily forded. The changing climate has really made us pause before installing bridges. Though it is inconvenient for visitors, we try to avoid structures. Thanks again.

Mark King, Executive Director
Mohawk Hudson Land Conservancy



DAVE KRAUS

FROM THE PUBLISHERS

Enjoy this March issue
and we'll see you at the
Summer Expo!

Thanks for 18 years of support,

Darryl and Mona



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Calendar of Events
 March–May 2018*

MARCH 2018							APRIL 2018							MAY 2018						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5		
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25	26	27	28	29	30	31	29	30						27	28	29	30	31		

*Events beyond this range are advertisers in this issue.

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MARCH

17 **Magical Leprechaun Race.** Dual slalom w/a Leprechaun. 10am. Gore, North Creek. 518-251-2411. goremountain.com.
 17 NE Rando Race: "The Sun" @ Bromley. Bromley, Peru, VT. nerandorace.blogspot.com.
 18 2nd Ski Mountaineering Classic. 7am. Whiteface Mountain, Wilmington. The Mountaineer: 518-576-2281. mountaineer.com.
 24 USASA Slopestyle Event. Titus, Malone. usasa.org.
 24 **Maple Day.** Live music, ticket specials & maple fare. Gore, North Creek. 518-251-2411. goremountain.com.

APRIL

1 **Sunrise Easter Service & Brunch.** Gore, North Creek. 518-251-2411. goremountain.com.

BICYCLING: ROAD & OFF-ROAD
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 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. adkulttracycling.com.
 25 Berkshire Brevet Spring 200K. 7am. Westfield, MA. 413-562-5237. berkshirebrevets.com.
 25 Vermont Overland Maple Adventure Ride. 24M. 10am. West Windsor, VT. vermontoverland.com.

APRIL

1 HRRT April 1st Ride. 16M/32M/50M. 12pm. Shop Rite Plaza, Niskayuna. hrrtonline.com.
 7 Trooper David Brinkerhoff Memorial Race #1. 11am. Coxsackie. 518-506-6905. cbrc.cc.
 7 Massochistah (aka Dirty Hurty) Gravel Grinder. 50M. 9am. Ashfield, MA. bikereg.com.
 8 GVCC Strade Verde Race. 33/49M. Chili MS, Chili. gvccracing.com.
 8 NY Interscholastic MTB Race #1: Long Island Sandy XC. newyorkmtb.org.
 14 Trooper David Brinkerhoff Memorial Race #2. 11am. Coxsackie. 518-506-6905. cbrc.cc.
 14 Ossian Giant Gravel Grinder Race/Ride w/Jeremy Powers. Swain Resort, Swain. ridellc.com.
 20-21 Copake Bicycle Auction & Swap Meet. Copake. copakeauction.com.
 21 Rasputitsa Spring Classic Gravel Grinder. 40M. East Burke, VT. rasputitsagravel.com.
 22 NY Interscholastic MTB Race #2: Timber Ridge XC. Lippman Park, Wawarsing. newyorkmtb.org.

28 **Sean's Ride.** Sat: 50M Half Fondo, 20M Mini Fondo & 10M Intro Fondo. Also, Sun: Sean's Run 5K & Meghan's Mile. Chatham HS, Chatham. seansrun.com.
 28 14th Tour of the Battenkill Road Race. 75M Gran Fondo: 9am. 40M Medio Fondo: 8am. Washington Co Fairgrounds, Greenwich. tourofthebattenkill.com.
 28 3rd Cross Mountain Crusher. 55M gravel/road ride. 8:30am. Margaretville. catskillrecreationcenter.org.
 28 Check Your Legs Road Race. New Lisbon. centralnycycling.com.
 28 Prattsburgh Gravel Classic. 17M/35M/55M. 11am. Prattsburgh CS, Prattsburgh. 716-307-5753. ridelcc.com.
 29 Saratoga 300K Brevet Road Ride. 4am. Schuylerville. John Ceceri: 518-583-3708. adkulttracycling.com.

MAY

5 10th Cazenovia Hillbender Cycling Festival. 9am. 38M race or 19M ride. Chittenango Falls SP, Cazenovia. cazenoviahillbender.com.
 5-6 Women's Woodstock Cycling Grand Prix. Fri: time trial. Sat: road race. Woodstock. womenswoodstockcycling.com.
 6 39th Hollenbeck's Spring Classic Road Race. 10am. Virgil. bikereg.com.
 6 NY Interscholastic MTB Race #3: Hill Climber XC. Walnut Mountain, Liberty. newyorkmtb.org.
 12 Finger Lakes Gravel Challenge. 55M/33M/22M. 11am. Harriet Holister Spencer Park, Springwater. teamtowpathroadracing.com.
 12 Adirondack Ultra Fondo. 270M. 4am. Schuylerville. John Ceceri: 518-583-3708. adkulttracycling.com.
 12 Wawarsing Spring Klassic. MTB. 10am. Lippman Park, Wawarsing. 845-626-7230. renegadesmtb.com.
 13 25th Bristol Mountain Road Race in Memory of Mike Coyle. 47M. 10am. Canandaigua. 585-414-7425. bristolmountainroadrace.com.
 19 Berkshire Brevet BashBish 300K. 6am. Westfield, MA. berkshirebrevets.com.
 20 **Team Billy Ride & Walk for Research.** 10M/25M/50M Bike: 8:30am. 3M Walk: 9:30am. High Rock Park, Saratoga Springs. teambilly.org.
 20 **Farmer's Daughter Gravel Grinder.** 100K. 9am. Crellin Park, Chatham. farmersdaughtergravelgrinder.com.

JUNE

1 **Whiteface Uphill Bike Race.** 11M. 5:30pm. Veteran's Memorial Highway, Wilmington. bikewilmingtonny.com.
 3 **Tour de Freedom.** 50M/17M/7M. 989 US 9, Queensbury. Chris Collins: 347-221-9895. bikereg.com/37662.
 10 **ADA Tour de Cure Ride.** 10/30/50/62/100M bike rides. Also, Tour de Cure 5K run/walk. Party w/catered lunch, beer garden by New Belgium Brewing, live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.
 10 **Farm to Fork Fondo: Hudson Valley.** Ride, food, tastings, music. Warwick Valley Winery, Warwick. farmforkfondo.com.

CROSS COUNTRY SKIING & NORDIC SPORTS
ONGOING

Mo-Tu Nordic Skiing Nights. 4-7pm. Maple Ski Ridge, Rotterdam. 518-381-4700. mapleskiridge.com.
Tue Soup-er Seniors Ski & Snowshoe Day. Non-holiday, 1/11-3/22. Age 65+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
Sun Guided Backcountry Ski Tour. Garnet Hill Lodge, North River. garnet-hill.com.

MARCH

9-11 New England Nordic Ski Association U16 Championships. Fri: 12-5pm. Sat: 9:30am-3pm. Sun: 10-11am. Gore Ski Bowl Park, 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.



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 OF 2018 BIKES IN STOCK**
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 area's top rated bike shop
 FREE SPRING LAYAWAY ON ALL BIKES

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**THE FARMER'S DAUGHTER
 GRAVEL GRINDER**
 Sunday, May 20th at 9:00am
 Crellin Park, Chatham

A 100K non-competitive ride
 on scenic dirt roads and trails
 of Columbia County

Fully supported with great aid stations
 Food, drink and live music at the finish

Limited to 400 cyclists

Details and Registration:
FarmersDaughterGravelGrinder.com

Giant • Felt • Bianchi • Look • Cervelo • Co-Motion • Elliptigo



**ROAD – MOUNTAIN
 TRIATHLON – TANDEM
 BMX – KIDS – E BIKES**

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- Day 6 Bicycles
- Yakima racks & accessories

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Join the BTC. You'll love it! We do!
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REGISTER TODAY AT...
bethlehemtriclub.com
then select "Register Online"

9th **HUDSON CROSSING TRIATHLON**



Sunday, June 10
500yd Swim, 12M Bike, 5K Run
Limited to 300 - Register Early!
www.hudsoncrossingtri.com

WELCOME ALL
2018 MEMBERSHIP NOW OPEN!



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 5 - August 28
Details: www.cdtriclub.org

18TH ANNUAL **CRYSTAL LAKE TRIATHLON**

Swim 0.5mi in calm water
Bike 18mi out & back (Newly paved!)
Run 3mi lake loop
USA Triathlon sanctioned event

Aquabike is Back!

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 18, 8am
Limited to 300 racers
Register early for best price
Register by 7/15 for awesome swag!
Register & Info: cdtriclub.org

- 17 **Lake Placid Loppet & Nordic Festival.** 50K & 25K classic: 9am. 50K & 25K freestyle: 10:30am. 12.5K, 6.25K & 3K citizens challenge races: 1pm. Mt. Van Hoevenberg, Lake Placid. 518-302-5312. mtvanhoevenberg.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: 3/5-4/21 & 4/23-6/2. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.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.

MAY

6 **RevCon: A Revolution of Consciousness Lifestyle Event.** 9am-5pm. Tickets promo code: RevConADK18. The Desmond Hotel, Albany. Tarah Warner: 401-589-1321. revconevents.com.

HIKING, CLIMBING, SNOWSHOEING, SKILLS

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 **ADK Phelps Mtn Guided Hike.** 8.8M. 8am. Adirondak Loj, Lake Placid. Register: 518-523-3441 or adk.org.

24 **ADK Lake Placid Community Hike.** 1-2M. 2pm. Heaven Hill Trails, Lake Placid. Register: 518-523-3441 or adk.org.

24 **ADK Outdoor Leadership 101.** 9am. Adirondak Loj, Lake Placid. Register: 518-523-3441 or adk.org.

3/31-4/1 **ADK Wilderness First Aid.** Adirondak Loj, Lake Placid. Register: 518-523-3441 or adk.org.

APRIL

7-8 **ADK Wilderness First Aid.** Adirondak Loj, Lake Placid. Register: 518-523-3441 or adk.org.

MAY

10-13 **ADK Thru-Hiking 101.** Northville-Placid Trail, Lake Placid to Long Lake. Register: 518-523-3441 or adk.org.

12 Taconic Hiking Club End to End Challenge. 5:30am. 29M endurance hike. Pittsfield SE, Pittsfield, MA. taconichikingclub.org.

19-20 **Map & Compass Bushwhack.** 9am. Adirondack Loj, Lake Placid. Adk Mountain Club: 518-523-3441. adk.org.

ICE SKATING & SPEEDSKATING

MARCH

23-25 **2018 US Speedskating Short Track Age Group Nationals & America Cup race #3.** Fri: 8am-5:30pm. Sat: 11am-7:30pm (500m final @ 6pm), meet US Olympians & food truck fest. Sun: 9am-2:30pm. Saratoga Ice Rink, Saratoga Springs. 518-587-943. saratogawinterclub.com.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

ONGOING

Su, Mo, We Beginner Tri Training. 10-week session: 2/25-5/5. Coaches Kristen Hislop & Stefano Fontana. Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 518-371-2139. cdymca.org.

Tue CDTC Crystal Lake Training: 6/5-8/28. 6pm. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.

Thu BTC Warner Lake Training: 5/24-9/6. 6pm. Swim, bike, run. Warner Lake, Berne. bethlehemtriclub.com.

Sat NY Duathlon Series: 4/21 & 5/5: Mt. Tremper. 4/28 & 5/12: Randolph. 914-466-9214. coachmarkwilson.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.

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

24 Berkshire Highlands Pentathlon. 10am. Run, ride, paddle, obstacle run, summit hike, ski/board descent. Berkshire East, Charlemont, MA. berkshirehighlandsevents.com.

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

APRIL

7 **KBR Triathlon.** 1M kayak, 13M bike, 2M run. 9am. Park Ave, Cassadaga. 914-466-9214. coachmarkwilson.com.

7 West Point NECTC Duathlon. Camp Buckner, West Point. active.com.

21 Rochester River Challenge Duathlon & Paddle Triathlon. 7am. Genesee Waterways Center, Rochester. flowercitychallenge.com.

29 **7th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Park, Delmar. townofbethlehem.org.

29 Open Walter & Triathlon Swim Prep Clinic: How to Prepare in the Pool. 3:30-5pm. Saratoga Regional YMCA, Saratoga Springs. Info: annb48@earthlink.net. Preregister: 518-583-9622 or srymca.org.

MAY

6 **24th Anyone Can Tri Triathlon.** 350yd pool swim, 11M bike, 5K run. 7:30am. Kids Can Tri Too: 11am. Southern Saratoga YMCA, Clifton Park. 518-371-2139. cdymca.org.

12 Pedal-Paddle-Run. 7M bike, 2M paddle, 5K run. Teams, individuals. 8am. Aqueduct Park, Niskayuna. 518-388-4603. schenectadycounty.com.

12 Spring Dual Against CF. 2M run, 12M bike, 2M run. New Paltz Church, New Paltz. springdualagainstcf.com.

19 The Rat Snake Triathlon & 18K Trail Run. 8am. Gilbert Lake SP, Laurens. theratsnake.com.

19 Catskill Spring Rush Triathlon. 2.25M run, 10M bike, 1.25M paddle. Catskill HS, Catskill. active.com.

20 Lake Welch Triathlon & Duathlon. .25M swim, 11.5M bike, 5K run. Du: 2M run, 11.5M bike, 5K run. Harriman SP, Stony Point. nytri.org.

20 American Zofingen Duathlon, Chris Gleason Memorial Duathlon & Long Course. 8am. Stone Ridge. 914-466-9214. coachmarkwilson.com.

27 **14th Saratoga Lions Duathlon & 5K Run/Walk.** 5K run, 30K bike, 5K run. 8am: Du. 8:20am: 5K. Saratoga Casino & Raceway, Saratoga Springs. saratogalionsduathlon.com.

JUNE

10 **9th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. Hudson Crossing Park, Schyulerville. hudsoncrossingtri.com.

16 **Great Sacandaga Challenge Sprint Triathlon, Youth Tri & Kids Splash & Dash.** Broadalbin. greatsacandagachallenge.com.

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

30 **Stissing Triathlon.** 9am. 2M swim, 16M bike, 3.3M run & kids' triathlon. Stissing Lake, Pine Plains. coachmarkwilson.com.

AUGUST

18 **18th Crystal Lake Triathlon & Aquabike.** .5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

SEPTEMBER

1-2 **Lake George Triathlon Festival.** Sat: Olympic. Sun: Half Iron & Aquabike. Battlefield Park, Lake George. adkracemgmt.com.

OTHER EVENTS

MARCH

23-25 **Scouting Weekend.** Badge work, activities. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.

7TH ANNUAL **DELMAR DUATHLON**



Run 2M - Cycle 10M - Run 2M
Sunday, April 29 - 8am
Elm Avenue Park • Delmar, NY
Fee: \$55 • Two-Person Team: \$70
Limited to 300 & Age 18 or older
TownofBethlehem.org/307/Special-Events
A Co-Sponsored Event:



SOUTHERN SARATOGA YMCA
24TH ANNUAL ANYONE CAN TRI
In Memory Of Chris Gleason

Sunday, May 6

- 8AM Anyone Can Tri Outdoor Triathlon
- 11AM Kids Can Tri Too! Kids Triathlon



Our Platinum Partner



REGISTER TODAY!
www.ZIPPYREG.com



14th Annual **SARATOGA LIONS DUATHLON & 5K RUN/WALK**

Du-It for Sight and Hearing
Sunday, May 27 at 8am
Saratoga Casino and Raceway, Saratoga Springs
5K Run, 30K Bike, 5K Run - Individuals & Teams

Micro-mesh T-shirts to first 300 registrants

Race information and online registration:
SaratogaLionsDuathlon.com
Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club

SACANDAGA TRICLUB PRESENTS

EXCITING FAMILY EVENT!

THE GREAT SACANDAGA CHALLENGE TRIATHLON
JUNE 16TH BROADALBIN, NY
KIDS & ADULT TRIATHLONS

READY. SET. GO!

Kids Splash & Dash	Youth Triathlon	Adult Sprint Triathlon
• Free Registration	• Minimum age: 7yrs	• Individual & Team
• No minimum age	• 100 yd swim	• 750m swim
• Fun short swim	• 3.1 mi bike	• 20K bike
• Fun short run	• 1 mi run	• 5K run

FOR MORE INFORMATION OR TO REGISTER, VISIT:
greatsacandagachallenge.com

SACANDAGA TRICLUB

39th Annual Salem
APRIL FOOL'S RACE
Saturday, March 31
 Run in scenic and historic Salem, NY
 Start/finish: Salem High School
10K race: 9am • 5K race/walk: 10:30am
 1M children's race (14 & under): 10am
 Application: AprilFoolsRace.com
 Registration: Dan Sheldon
 4361 State Route 22
 Salem, NY 12865
 (518) 854-9262
 drswhf@yahoo.com
 Class of 2021
 All entrants receive April Fool's T-shirt!

6th Annual **Bacon Hill Bonanza**
5K Race/Walk & 10K Race
 Saturday, April 21, 10am
 Bacon Hill Reformed Church
 560 Rte 32, Schuylerville
 Homemade Pies to Age Group Winners!
 First 300 receive short-sleeve performance shirt
 Chip timing • USATF sanctioned
 Kids' 1M Fun Run: 9:30am
 Register & More Info: baconhillbonanza.com
 Proceeds to Schuylerville Sharing & Caring Program

BLUE NEEDS YOU!
8K RUN EVENT
 Early bird \$30 until 4/1/18
 online registration ends 4/11/18
WWW.CODEBLUENEEDSYOU.ORG
 proceeds benefit:
 Code Blue Saratoga
 Emergency Homeless Shelter

38TH ANNUAL HMRC
BILL ROBINSON
Masters 10K
 For runners 40 years and older
Saturday, April 28 • 9am
 Guilderland High School
 Meadowdale Rd, Guilderland Ctr
Register @ hmrc.com
 \$17 HMRC, \$22 non-members, \$25 race day
 Top 3 in 5-year age groups to 80+ • HMRC GP race
 Commemorative gift to first 75 registered
 Post-race refreshments • Certified course
 Jim Tierney: 869-5597 or runnerjmt@aol.com

8th ANNUAL
SMSA
Kerry Blue 5K Hustle
Saturday, May 19 @ 9am
 SMSA School, Church St, Glens Falls
 \$25 in advance, \$30 race day
 Kids' Half-Mile Dash @ 10am - Free!
Register at active.com
 Donations appreciated for St. Mary's Food Pantry

2018 Sean's Run weekend PRESENTED BY: **DIETZ & WATSON**
SUNDAY, APRIL 29
CHATHAM, NEW YORK
Voted the Best Community Event-Spring in Columbia County 3 years running!
 Come join our 5k, Meghan's Mile, or the return of the Firefighter's 5k Challenge. Long sleeve T-shirts to first 1200 entrants, music, USATF-Certified Course, and awards. Also returning this year: Expanded food court, and Berkshire Bateria Brazilian Drummers.
REGISTER TODAY! SEANSRUN.COM
 for online and mail-in forms, directions, and additional information.

MAY
4-6 Mother Daughter Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
11-13 Scouting Weekend. Badge work, activities. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
18-20 Women's Getaway Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
25-28 Memorial Day Weekend. Theme: Willy Wonka. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.org.
PADDLING: KAYAK, CANOE, SUP & ROW ONGOING

Wed SLVP Duathlon Series: 5/16, 6/20, 7/18, 8/15. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Teams, solo. Little River Boat Launch, Canton. slvpaddlers.org.
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.
25 45th Tenandeho Whitewater Derby. 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 518-810-7579 or canoejr57@gmail.com. tenandeho.org.

APRIL
 21 Upper Susquehanna Pedarers & Paddlers Spring Race. 12M/18M. 11am. Tre 205 Bridge, Oneonta. 607-988-7898.
 21 Middleburgh Slougher Canoe/Kayak Regatta. 5M. Fultonham Park & Ride, Middleburgh. 11am. 518-231-6870.
 22 Little River Ramble. 2M/6M. 1pm. Boat Launch, Little River, Canton. slvpaddlers.org.
 28 Wappingers Creek Water Derby. 8M. 8am. Pleasant Valley Rec Center, Pleasant Valley to Greenvale Park, Poughkeepsie. aquaticexplorers.org.
28-29 Saratoga Paddlefest & Outdoor Expo. Mountainman Outdoors on Fish Creek & Broadway, Saratoga Springs. 518-584-3500. mountainmanoutdoors.com.

MAY
 4-6 56th Canton Canoe Weekend. Taylor Park, Grasse River, Canton. slvpaddlers.org.
5-6 61st Hudson River Whitewater Derby. Sat, 11am: Giant Slalom, Sprint & Not-So-Whitewater Races. Sun, 11am: Downriver Race. North Creek. whitewaterderby.com.
12 Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay, Lower Saranac Lake. Brian McDonnell: 518-891-2744.
18-20 Adirondack Paddlefest & Outdoor Expo. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
 19 Ed Wessels Canoe Regatta. 32M. 10am. Otego Boat Launch, Otego to Keith Clark Park, Sidney. 607-433-0333.
 25-28 General Clinton Canoe Regatta. 5-70M. Cooperstown to Bainbridge. 607-237-6008. canoelegatta.org.

RUNNING, WALKING & SNOWSHOE RUNNING
MARCH
10-11 US Snowshoe National Championships. Sat: 10K adults & 5K juniors. Sun: Relays, half & full marathon. Dion WMAC Snowshoe Series. Prospect Nordic Ski Center, Woodford, VT. dionwmacsnowshoe.com.
11 15th Celebrate Life Half Marathon & Lucia Rein Two-Person Relay. 10am. Rock Hill. celebratelifehalfmarathon.com.
17 Fleet Feet Sports Run. 3M. 10am. FFDP T-shirt, hot chocolate, raffles & foot analysis. Meet at Fleet Feet booth, Adk Sports Summer Expo, Saratoga Springs City Center. 518-400-1213. fleetfeetalbany.com.
 17 Runnin' of the Green. 4M. 9am. USATF Adk Grand Prix. Schalmont HS, Rotterdam. hmrc.com.

17 The Irish Sweater Run 5K. 12pm. City Hall, Albany. 518-495-1115. irish-us.org.
 17 3rd Shamrock Shuffle 5K. 11am. Valcour Brewing, Plattsburgh. runsignup.com.
 17 7th Sap Run 5K. 10am. Town Hall, Knox. saprun5k.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.
18 iRun LOCAL Fun Run & Walk. 2-3M run & 1M walk. Post-run brunch. 11am. Meet at iRun LOCAL booth, Adk Sports Summer Expo, Saratoga Springs City Center. Jamie Mastroianni: 518-886-8537. irunlocal.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. Brendon Davis: 518-788-4601. neverfightalone.org.
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 and 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 race: 9am. 5K race/walk: 10:30am. 1M kids' race: 10am. Salem HS, Salem. Dan Sheldon: 518-854-9262. 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.
 28 10th Grace Race 5K Race/Walk. Music, BBQ. 490 Ecker Hollow Rd., Schoharie 518-301-5621. runsignup.com.

APRIL
 7 16th Dodge the Deer 5K. 10am. 9:15am: 200m & 1M Kids' Runs. Schodack Island SP, Schodack. albanyrunningexchange.org.
 7 The Maple Run Half Marathon. 8:30am. Taylor Park, Canton. northernrunner.org.
 8 Skunk Cabbage 10K/Half Marathon. Barton Hall, Cornell University, Ithaca. fingerlakesrunners.org.
14 4th "Blue Needs You" 8K Run! 8:30am. Benefits Code Blue Saratoga. High Rock Park, Saratoga Springs. codeblueneedsyou.org.
 14 Mindful Mile & Fight Hunger 5K. 9am. University at Albany, Albany. ualbanydining.com.
 14 Slippery Slope 5K Run/Walk Series. 10am. Lake Placid HS, Lake Placid. active.com.
 14 Spring Patriot Run 5K. 9:30am. Dobisky Center, Ogdensburg. Allan Mooney: 315-393-7904. northernrunner.org.
 14 Rock & Snow Bridge to Bridge 5M. 9am. Spring Farm Trailhead, High Falls. 845-255-1311. shawangunkrunners.com.
 15 Delmar Dash. 5M. 9am. USATF Adk Grand Prix. Bethlehem MS, Delmar. hmrc.com.
 15 15th SHAPE Women's Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
21 6th Bacon Hill Bonanza 5K Race/Walk & 10K Race. 10am. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.
 21 Home Away From Home 5K, Half Marathon & Marathon. 9am. Brittonkill School, Brunswick. 518-495-5506. active.com.
 21 Glens Falls Rotary 5K & Corporate Challenge. 10am. SUNY Adirondack, Queensbury. active.com.
 21 Flower City Half Marathon & Wegmans Family 5K. 7:30am. Rochester. flowercitychallenge.com.
 21 40th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall, Essex Center, VT. gmaa.net.
 21 2nd Deers Head Mile. 1M. Elizabethtown School, Elizabethtown. runsignup.com.
 21 Main Street Mile Kickoff. 1M. 11am. Castleton-on-Hudson. 518-732-1652. castletonmainstreet.org.
22 2nd Sasha's Superhero 5K Run/Walk. 10am. Benefits Ronald McDonald House. Talmadge Park, Mechanicville. sashasrun.com.
 22 36th Kiwanis Kingston Classic. 10K: 1pm. 2.1M: 1:30pm. Gallo Park, Kingston. kiwaniskingstonclassic.com.

38th Annual
Half-Marathon, 5K and 1-Mile Walk
Saturday, March 24 • Elizabethtown, NY
13.1M: 9am - Keene Valley to Elizabethtown via NY Rt. 73 & 9N
 *Bus leaves Elizabethtown at 8:30am for Keene Valley
1M: 10am & **5K:** 10:30am - Elizabethtown
 Each participant receives a finisher's medal and a gift!
For More Info:
DocLopezRun.com
 Benefits UVM Health Network - Elizabethtown Community Hospital

3rd annual
Summer Smith 5K
Addiction Awareness Memorial Run/Walk
 Run the race... Stop the Stigma!
Saturday, May 12 at 9:45am • Guilderland High School, 8 School Rd
 Memory Ceremony at 8:50am • Certified course • Walkers welcome
 Chicken Barbecue Fundraiser at 11am: Tickets available at RunSignUp.com
 T-shirts to first 250 registered • Kids' 1/4M Fun Run: 9:30am • Bounce house
 Register now: SummerSmith5k.com
 Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)



29th Annual Prospect Mountain ROAD RACE
Saturday, May 12 • 9:00am Start
 Lake George Forum, 2200 Route 9, Lake George

Run 5.67 miles, 1,601 feet up Prospect Mountain – Just one hill!

Adirondack Runners \$22
 Non-Member \$25 • Race Day \$27
 Short sleeve shirt guaranteed to first 125 registered
 Register: active.com
 Race Day: LG Forum 7-8:30am

More Info: www.adirondackrunners.org or cifonedesigns@aol.com
 Benefits Michelle Lafontaine SUNY Adirondack Nursing Scholarship Fund & Under the Woods Foundation



5K Run/Walk
Sunday, April 22 - 10am
 Talmadge Park, Mechanicville

Kids' Fun Run at 9:30am

Calling all Superheroes!
 Bring your superhero attitude or wear superhero-inspired attire!

Albany Ronald McDonald House fundraiser to support families of ill children and honor parents of kids lost too soon
 Entry & Info: Sashasrun.com

1ST ANNUAL
Adirondack 15K Race to the Lakes
Saturday, June 30 - 8am
 SUNY Adirondack, Queensbury to Warren Co. Bike Path to finish at Battlefield Park, Lake George!

Limited to 300 runners • Active.com

Technical, gender-specific shirts to all by 5/1. Buses back to SUNY Adk starting at 10am.
 Benefits LGA's Floating Classroom

- 22 Fox Trot 5K & 10K. Betar Trails, South Glens Falls. adirondackrunners.org.
- 22 Save Our Switchbacks. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
- 28 **38th HMRRRC Bill Robinson Masters 10K**. 9am. Age 40-plus. Guilderland HS, Guilderland Center. Jim Tierney: 518-869-5597. hmrrc.com.
- 28 **29th Prospect Mountain Road Race**. 5.67M (1,601 feet). 9am. Lake George Forum, Lake George. adirondackrunners.org.
- 28 Spring Runoff 5K & 10K. Hudson River Way, Albany. 518-257-3087. areep.com.
- 28 Joseph Manupella Memorial 5K Run. 9:30am. Lansingburgh Boys & Girls Club, Troy. lbgcfundraisers.org.
- 28 Miles of Hope Breast Cancer Foundation 5K. 10:30am. 1M Kids' Run: 10am. LaGrangeville. 845-452-2049. milessofhope.org.
- 29 **Sean's Run**. Sun: 5K, Meghan's Mile & Firefighter's 5K Challenge. Also, Sat, 2/28: 50/20/10M Gran Fondo rides. Chatham HS, Chatham. seansrun.com.
- 29 **10th Cherry Blossom 5K Race & 1.5M Walk for ALS**. Run: 10:15am. Walk: 11:30am. Congregation Gates of Heaven, Niskayuna. Post-Race Party: 2-6pm. Wolff's Biergarten, Schenectady. 5kraceforals.com.
- 28 Together We Shall 5K. 9am. Galway Bus Garage, Galway. Nichole Evans: 518-727-4615. ainsleysangels.org.
- 28 Star of the North 10K, Half Marathon & Marathon. 10K/13.1M/26.2M. 9am. Civic Center, Malone. 315-212-2464. mtessier96.wixsite.com/starofthenorthtraces.
- 29 Storybook Stampede. 9am. 10M race & 2M fun run/walk. Belleville HS, Adams. zippyreg.com.

MAY

- 5 **2nd Shmaltz Brewing Chosen Run 5K**. 10am. USATF Adk Grand Prix. Shmaltz Brewing, Clifton Park. Carl Ewald: 484-716-8331. shmaltz5k.com.
- 5 **11th Joan Nicole Prince 5K Run & 1M Walk**. 9am. Central Park, Schenectady. 518-878-7745. active.com.
- 5 Run 4 the Hills for First Responders. 4M. Sharon Springs. 518-928-6998. herofundamerica.org.
- 6 **Literacy 5K Run/Walk**. 10am. Plus: Youth Mile, Guided Nature Walk & Story Walk. Schodack Island SP, Schodack Landing. 518-244-4650. lvorc.org.
- 6 **9th Plattsburgh Half Marathon, 2-Person Relay, 10K & new 5K**. 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.
- 6 Greater Binghamton Bridge Run Half Marathon & 5K. 7:30am. NYSEG Stadium, Binghamton. binghamtonbridgerun.org.
- 6 Middlebury Maple Run. Half-marathon, relay & 3M fun run. Middlebury Regional EMS, Middlebury, VT. 802-349-4696. middleburymaplerun.com.
- 6 Steve Zemianek Bennington Road Race 3.8M/10K. 10am. Bennington, VT. bkvr.net.
- 7 City of Cohoes Run Day. 10am. Cohoes. ci.cohoes.ny.us.
- 10 Loudonville PTA Lion Dash Family Fun Run .5M/1M. 6pm. Loudonville ES, Loudonville.
- 12 **3rd Summer Smith 5K Addition Awareness Run/Walk**. Kids 1/4M Fun Run: 9:30am & 5K: 9:45am. Guilderland HS, Guilderland Center. Kristin Hoin: 518-275-6027. summersmith5k.com.
- 12 **12th CCRC 5K Run/Walk & BBQ**. 3pm. 1K Kids' Run: 4:15pm. CCRC, Clifton Park. Pat Glover: 518-852-5578. ccrc-cpny.org.
- 12 Schoharie 5K Run/Walk. 5pm. Schoharie Co. Office, Schoharie. 518-295-7166.
- 12 Towpath Trail Run. 5:30pm. St. Johnsville. John Geesler: 518-568-7509.
- 12 Allyson Whitney Run for Love 5K. 10am. Kauneonga Lake. 845-796-8046. allysonwhitney.org.
- 12 Rhinebeck Hudson Valley Full & Half Marathon. 26.2M/13.1M. 8am. Dutchess County Fairgrounds, Rhinebeck. active.com.
- 12 Heather A. Freeman Run to the Sun 5K, 10K, Half Marathon. 8am. Davidson Nissan, Watertown. heatherfreemanfoundation.com.
- 13 Mother's Day 5K bRUNch 9:30am. Central Park, Schenectady. hmrrc.com.
- 13 Mother-Lovin' 5K. 9:15am. Saratoga Spa SP, Saratoga Springs. kellysangelsinc.org.

- 17 CDPHP Workforce Team Challenge 3.5M. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 19 **Jog for Jugs 5K & Half Marathon**. 9am. Colonie Town Park, Latham. 518-209-4190. powerhouseathleticsny.com.
- 19 **8th SMSA Kerry Blue 5K Hustle**. 9am. Kid's Dash: 10am. SMSA School, Glens Falls. Renee Cartier: 518-955-2022. active.com.
- 19 Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 518-583-9767.
- 19 Scotties Stampede: Ballston Spa 5K for Education. 9am. Ballston Spa School District, Ballston Spa. scottiesstampede.org.
- 19 MHRRC Women's Run 10K/5Km. 8am. Van Wyck Trailhead, Wappingers Falls. mhrrc.com.
- 19 Champlain Bridge 5K. 10am. Historic Site, Crown Point. lachute.us.
- 20 **Team Billy Ride & Walk for Research**. 3M Walk: 9:30am. 10M/25M/50M Bike: 8:30am. High Rock Park, Saratoga Springs. teambilly.org.
- 20 Run/Walk for Anderson Center for Autism 5K. 10am. The Crossings, Colonie. andersoncenterforautism.org.
- 20 Erie Canal Half Marathon. 13.1M: 8am. 5K: 8:10am. Adirondack Bank Center, Utica. uticaroadrunners.org.
- 26 **Glens Falls Urban Assault**. 3.5M Obstacle Run. 20 obstacles/teams. 5:15pm. Glen Street, Glens Falls. adkracemgmt.com.
- 27 **14th Saratoga Lions 5K Run/Walk & Duathlon**. 8am: Du. 8:20am: 5K. Saratoga Casino & Raceway, Saratoga Springs. saratogalionsduathlon.com.
- 27 Woodstock Memorial Weekend 5K/15K. 8am. Woodstock. 845-249-0152. onteorarunners.org.

JUNE

- 2 **40th Freihofer's Run for Women 5K**. 9am. Junior 3K Run (age 7-14): 11am. Kids' Run: 11am. freihoferstrun.com.
- 2 **Charlton Heritage 5K Run/Walk**. 10am. 1M Fun Run: 11am. Red School House, Charlton. charlton5k.org.
- 10 **1st ADA Tour de Cure 5K Run/Walk**. Also, 10/30/50/62/100M bike rides. Party w/ catered lunch, beer garden, live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.
- 16 **4th Good Karma 5K Run/Walk**. 9:30am. 9am: Yoga Warmup. Post-race: Indian food, henna tattoos. Crossings Park, Colonie. Mona Caron: 518-429-9068. facebook.com/goodkarmarun.
- 17 **Finest 5K Memorial Run**. 8:30am. Lake George. adkracemgmt.com.
- 30 **1st Adirondack 15K Race to the Lakes**. 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. adirondackrunners.org.

JULY

- 4 **12th "Firecracker 4" 4M Race**. 9am. Live music & more. Run Your Colors teams for charity. Saratoga City Center, Saratoga Springs. firecracker4.com.

AUGUST

- 10-11 **Peak to Brew Relay**. Teams of 6-12 runners, 1-2 support vans, 220M over 42 legs. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.

SEPTEMBER

- 15 **ADK 5K at Adirondack Brewery**. Lake George. Carl Ewald: 484-716-8331. adk5k.com.

OCTOBER

- 7 **Mohawk Hudson River Marathon & Hannaford Half Marathon**. 8am. Sat, 10/6: Adk Sports & Marathon Expo, Albany Capital Center. Schenectady to Albany & Colonie to Albany. mohawkhudsonmarathon.com.
- 21 **Heady Trotter 4-Miler**. The Alchemist Brewery, Stowe VT. iraceforbeer.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.

Saturday, March 24 @ 9:30 am
Central Park, Schenectady
 Schenectady Firefighters' 9th Annual



5K Run/Walk
Kids' Fun Run 10:30am (free)
FREE Chowderfest with Competition!
 To benefit Schenectady Firefighters Cancer Foundation

\$20 by 2/28, \$25 by 3/21, \$30 race day
 T-shirt for first 1,000 registrants
Register Online: ZippyReg.com
 More Info & Entry Form: NeverFightAlone.org
info@r4yl.org



70th Annual CHERRY BLOSSOM 5K RACE & 1.5M WALK FOR ALS
Sunday, April 29 • Niskayuna
 Congregation Gates of Heaven, 852 Ashmore Ave
 5K Race: 10:15am • 1.5M Walk for Hope: 11:30am
 Chip Timing by AREEP • Teams welcome
 T-shirts to all registered by 4/12
 Register: 5Kraceforals.com
 Benefits St. Peter's Regional ALS Center
 Presented by Price Chopper | Market 32

Join us at **Wolff's Biergarten** Post-Race (2-6pm) for **Happy Hour Party!**
 165 Erie Blvd, Schenectady
 \$2 off drafts for all participants
 Walk-ins can join happy hour with \$10 ALS donation

Literacy 5K Run/Walk
Sunday, May 6 • 10am
Schodack Island State Park
 1 Schodack Island Way, Schodack Landing
Register: ZippyReg.com
 \$30 registration; \$35 race day
Guided Nature Walk - 8:15 am;
Story Walk - 9:00 am • Youth Mile - 9:30 am
 Run today. Tutor tomorrow.
 Literacy Volunteers of Rensselaer County
(518) 274-8526 • Ivorc.org



Great Location, Events and Activities!

12TH ANNUAL
CCRC 5K Run/Walk/BBQ and 1K Kids' Run
Saturday, May 12 • 3pm
 Christ Community Reformed Church, 1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles in the community

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run - 4:00pm
- BBQ chicken dinner - 4:15pm
- Huge prize drawing for all participants
- T-shirt to first 125 entrants
- Convenient afternoon start

Form: www.ccrc-cpny.org • Pat Glover: 518-852-5578 • pjglove@aol.com



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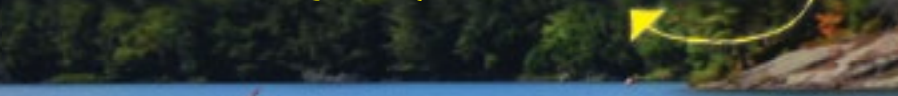
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Saratoga County Fairgrounds, Ballston Spa
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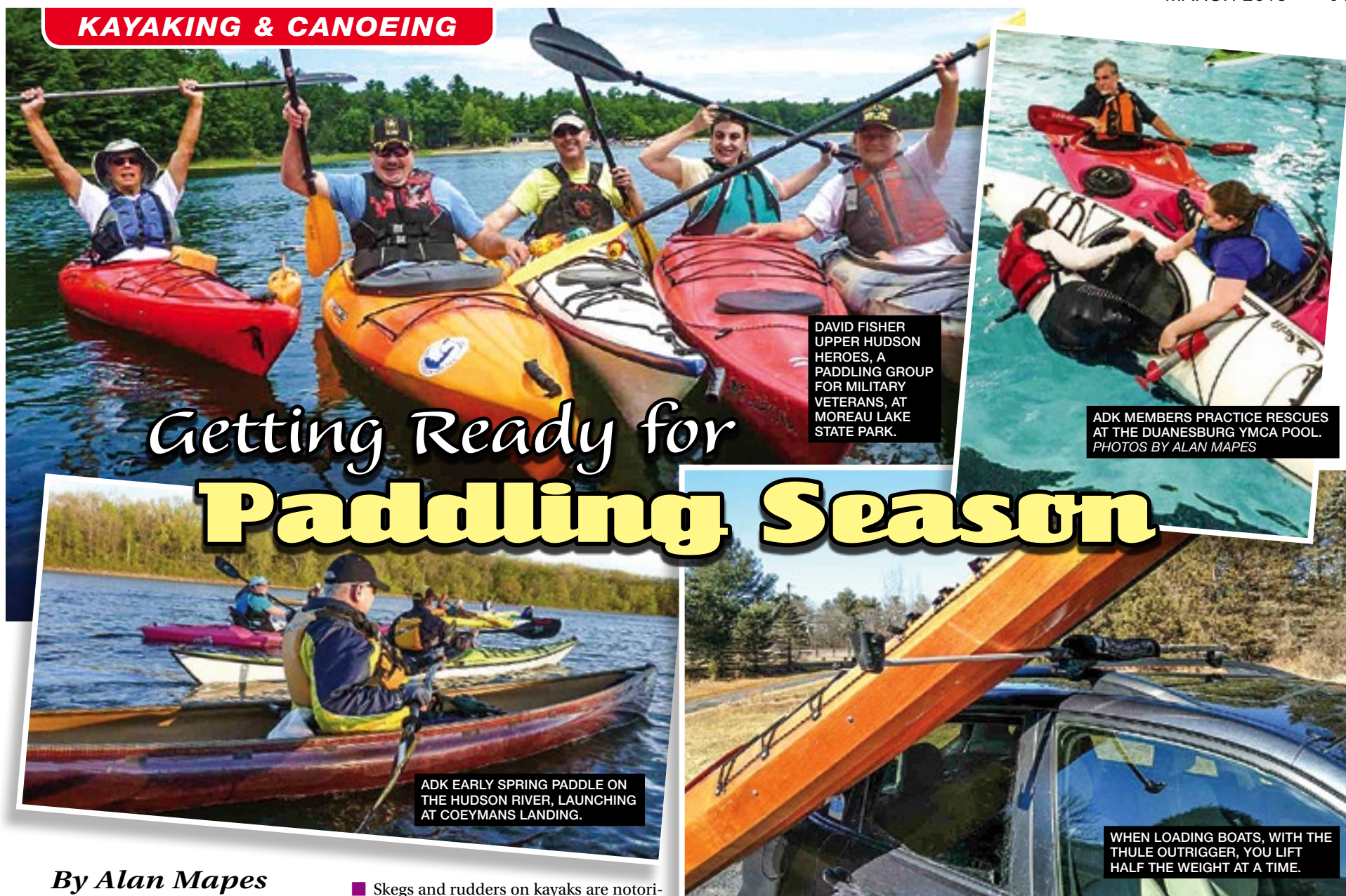
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KAYAKING & CANOEING



Getting Ready for Paddling Season

DAVID FISHER UPPER HUDSON HEROES, A PADDLING GROUP FOR MILITARY VETERANS, AT MOREAU LAKE STATE PARK.

ADK MEMBERS PRACTICE RESCUES AT THE DUANESBURG YMCA POOL. PHOTOS BY ALAN MAPES

ADK EARLY SPRING PADDLE ON THE HUDSON RIVER, LAUNCHING AT COEYMANS LANDING.

WHEN LOADING BOATS, WITH THE THULE OUTRIGGER, YOU LIFT HALF THE WEIGHT AT A TIME.

By Alan Mapes

The paddling season will soon be upon us – hurray! Ice is still melting and the water temperatures are still dangerously cold, but the hints of spring are in the air. It's enough to make me take a walk out to the back shed and look over the kayaks. Here are some ideas, thoughts, and tips for your future paddle trips.

Look Over the Gear – I like to pull all my paddling gear together and make sure it's in good shape. Things have a way of going bad over time without my noticing. Last spring I had a cold surprise when I failed to check over my paddling mukluks, the calf-high boots that allow me to launch a kayak in chilly weather while keeping my feet dry. These trusty old boots turned out to be not so trusty, both of them leaking cold water in at a fast clip. I discovered the problem at an inopportune moment, while conducting kayaking lessons at Mountainman's Paddlefest in Saratoga Springs.

Here are a few of the items I check – in addition to filling my boots with water to see if they leak:

- Rubber hatch covers will be checked for cracks (Valley brand covers are used on several other brands of kayaks and are especially prone to deterioration). You can stave off the expensive need for replacement covers by giving them a liberal treatment of 303 Aerospace Protectant. It protects from UV rays, but also lets the covers slip on and off the hatch rims so much better.
- Paddle ferules (the joint between the halves of the two-part paddle) can get sand and other crud in them, keeping the lock function from working. I rinse them out with a hose and check for proper locking. Many paddles use simple metal spring clips, which can rust or get weak. These are easily replaced with new ones from your local paddle shop or ordered online.

- Skags and rudders on kayaks are notorious for breaking, sticking and otherwise making your life miserable. Check the cables and attachments, making sure that everything works when you really need it.

- Footpegs often get sticky and hard to adjust. I love the Werner (formerly Yakima) foot pegs in my kayaks, but the aluminum rail can corrode or just get packed with sand – then the peg may not budge. A good flush with a hose may be the fix and a quick spray with WD-40 may help. Plastic pegs are known to break – I check them for cracks.

- Neoprene spray skirts and fabric clothing items will get a good washing in the bath tub. I should have done this in the fall, but better late than never. Items made with waterproof breathable fabrics like Gore-tex especially need a good washing. They can lose their waterproofness when they get dirty.

- Speaking of washing, the smelliest of all paddle gear are the neoprene items like wetsuits and paddle shoes. A ripe pair of watershoes can make a skunk run away, holding its nose. It's worth the money to get a special product meant for soaking the smell out of neoprene, like "Sink the Stink Wetsuit Cleaner." These products really work.

Review the Safety Kit – The small dry bag of safety supplies that I have along on every paddle will get dumped out on the workbench and everything checked over. If there is any hint that the bag is losing its waterproofness, it will be replaced. I find a heavy-duty bag is best for this purpose, since it gets shuffled around in and out of boats all season long.

The first aid kit will have the meds updated and bandage supplies refilled. The headlamp and flashlight will get new batteries. Energy bars will be replaced with fresh ones. The Leatherman tool will be checked for corrosion and the duct tape will be inspected to make sure it's still sticky.

Find Some New Places to Paddle – Nothing gets me inspired to paddle like investigating some new waters. We are blessed with a wide variety of paddling spots here in eastern New York. Try investigating some new launches at paddling.com. On the home page, click on "Go Paddle" then "Paddling Locations Map." There you can explore dozens of launching places in our region. I did not find every one of my favorites marked on their map, but most of them were there. The site invites users to add information, comments and photos, even to list new sites. I will do this for a couple of my missing favorites. To use this resource on your phone, download their "Go Paddling" app. It conveniently links you to Google Maps for driving directions to the launch sites.

Here are a few of my top picks for paddling in the Capital Region:

- Albany County – Thompson's Lake, Lawson's Lake and Hudson River at Henry Hudson Park
- Saratoga County – Vischer Ferry Nature Preserve at Clute's Dry Dock and Saratoga Lake at Waterfront Park or Brown's Beach
- Rensselaer County – Grafton Lakes State Park at Long Pond and Dunham Reservoir
- Greene County – Hudson River at Four Mile Point Road

Loading Boats – I am at the age when my kayaks seem to get heavier with each passing year. I tend to paddle the lightest weight boat, but it's still a little over 40 pounds. How do you load a kayak on top of the car with the least strain and the most safety for your body? The cheapest solution is to carry a heavy blanket to cover the back of your vehicle. Place the bow of the boat up on the back of the vehicle and lift the stern, sliding the craft up on the roof. Take care, though, the boat can slide sideways and off the car.

The makers of roof racks have a number of solutions for you. With the Thule brand racks that I use, costs range from \$100 to \$650. I have the Thule Outrigger, a bar that slides in and out of one of the existing rack bars. It lets me lift one end of a kayak and place it on the Outrigger bar, then lift the other end and work the boat over into place. This way, I'm lifting just half the total weight on the boat at a time. Yakima sells a similar item, called a Boatloader Assist Bar.

Cold Water Safety – It will be tempting to take an early spring paddle on the first 75-degree day after the ice goes out. Please remember that the water temperature will likely be in the 30s or 40s – cold enough to kill quickly by cold shock and subsequent drowning. Here is a safety guideline: Under 60 degrees, wear a wetsuit; under 50 degrees, wear a dry suit. Safer yet, be patient and let the waters warm up. And always, always, wear the life jacket! People rarely run into serious trouble when they wear one. Wearing your floatation is required by law in this state from November 1 to May 1 in pleasure vessels under 21 feet in length, and is required all year for youngsters under the age of 12.

Practice in a Pool – Open paddling time is available at the Duaneburg YMCA on Thursday evenings from 7:30-9pm through mid-April. The cost is \$15 for non-members and it's free for YMCA members. Make sure you have a scrupulously clean boat. There is no formal instruction given, but there is almost always an instructor or two on hand to help you with safely skills.

Enjoy the new paddling season, and be safe out there! 📌

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

MARCH 17 & 18
Saturday 10-5 • Sunday 10-4

ADIRONDACK SPORTS

SARATOGA SPRINGS
CITY CENTER

SUMMER EXPO

EXHIBITORS BY CATEGORY

RUN BIKE TRI

Adirondack Marathon Distance Festival
Adirondack Race Mgmt/Lake George Triathlon Fest
Adirondack Sports
American Diabetes Assn/Tour de Cure Bike New York
Blue Needs You! 8K Run
Capital District Triathlon Club
Cycle Adirondacks
Farm To Fork Fondo
Firecracker 4 Road Race
Fleet Feet Sports
Freedom Machines NY Bike Ride
Freihofer's Run for Women
Good Karma 5K Run/Walk
Great American Brewery Runs
Green Leaf Racing
Grey Ghost Bicycles
The Hub Cafe & Bike Shop
iRun LOCAL Running Store
JDRF Bike Ride
Kivort Steel Cycling Team
Malta 5K Run/Walk
Mohawk-Hudson Cycling Club
New York Bicycling Coalition
Peak to Brew Relay
Reebok Ragnar Adirondacks
Revolution Rail Co.

Ride for Missing Children
Roundabout Runners Club
Saratoga Greenbelt Trail
Saratoga Mountain Bike Association
Saratoga Stryders
Saratoga Triathlon Club
Sasha's Superhero Run 5K
Schenectady Firefighters' Run 4 Your Life 5K
Tuff eNuff 5K Mud Run
Upper Hudson Trails Alliance
USATF Adirondack Association
Velofix & Elby E-Bikes
Warren County Safe & Quality Bicycling Org
Willow Running Races
Yosher Bike Rack Trunk Guard

HIKE PADDLE CLIMB

Adirondack Kayak Warehouse
Adirondack Mountain Club
Adirondack Mountain Club, Albany Chapter
Aretewear
Battenkill Conservancy
Damien's Rock Wall
Hornbeck Boats
Lake George Land Conservancy
Mohawk Towpath Scenic Byway
Moreau Lake State Park, Friends of
Mountainman Outdoor Supply Company
New York Marathon Canoe Racing
New York State Outdoor Guides Assn
New York State Parks/Marine

Saratoga Rowing Association
Schroon Lake Marina & Paddle Shop
St. Lawrence Valley Paddlers
St. Regis Canoe Outfitters
WildPlay Element Park at Thacher State Park
YMCA Camp Chingachgook

HEALTHY LIVING

9 Miles East Farm
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Adirondack Kettle Korn & Lemonade
Arbonne International
Back in Balance Therapeutic
Bath Fitter
Beef Jerky Outlet - Lake George
BEMER Independent Distributor
Dak Bar
DisCap: Capital Region Disc Golf
Fitzzy's Fork in the Road Gourmet Food Truck
Green Mountain Energy
Hudson Solar
LeafFilter North of NY
Lyme Action Network
NY Comptroller's Office/Unclaimed Funds
Northeast Foot Care
Orangetheory Fitness
Out of Control Ski Club
Pampered Chef/Eating Healthy with Gayatri
Power House Athletics & Nut Butters
Proactive Chiropractic
Regional Food Bank of Northeastern NY

Regional Therapy Center/Saratoga Hospital
Renewal by Anderson/Huff n Puff
Rollga Foam Roller
Saratoga Lake Sailing Club
Saratoga Photobooth
Saratoga Regional YMCA
T-Pin! Muscle Therapy
VENT Fitness
WEXT 97.7/WMHT
Young Living Essential Oils

TRAVEL

Erie Canalway National Heritage Corridor
Freedom Boat Club Lake George
Friends of the IBA
Fulton Montgomery Regional Chamber
Garnet Hill Lodge
Gore Mountain Region Chamber
Indian Lake Chamber of Commerce
Inlet, Town of
Mirror Lake Inn
Newcomb, Town of
North Warren Chamber
Oswego County Tourism
Saranac Lake Area Chamber
Saratoga & Schroon Lake Escape Campgrounds
Saratoga National Historical Park
Schroon Lake Chamber
Wilton Wildlife Preserve & Park

BICYCLING cont from 1

expanded to eight events in locations ranging from the Maine coast to the Shenandoah Valley in Virginia. Ride options vary from 10 to 100 miles for this series, which is designed to highlight and support local farmers and food products, while giving riders challenging, rewarding rides through great scenery. Each route includes aid stations where participants can sample chef-prepared items made from local ingredients. It's a different, exciting way to experience a cycling event. (farmforkfondo.com)

Pedal something different - The Revolution Rail Company offers two-hour, leisurely paced guided tours based in North Creek that let you experience the beauty of the Adirondacks using pedal powered rail cars. The open-air cars can seat up to four people and are equipped with special carriers for toddlers and safety harnesses for older children. Tours are offered from May 12 to October 28, and cover a six-mile circuit on a wilderness railroad that has never before been seen passenger traffic, with scenery including the Hudson River gorge and a river crossing on a spectacular trestle bridge. (revrail.com)

Ride in a new place - If you're looking for someplace new to ride, just head north from the Capital Region, where the Warren County Safe and Quality Bicycling Organization coordinates events and materials that help cyclists fully enjoy the area's scenery and cycling facilities. The county offers something for cyclists of every level, from the casual Warren County Bikeway between Glens Falls and Lake George to rural routes that offer an irresistible mix of flats, climbs, pavement, dirt and trails, scenic vistas and memorable experiences. This



RIDE FOR MISSING CHILDREN LEAVING A SCHOOL AFTER CHILD SAFETY AND ABDUCTION PREVENTION MESSAGE. GABRIELE MORIELLO

advocacy group's mission is to encourage and improve cycling of all kinds in Warren County and you can visit their website to find ride, event and advocacy information. (bikewarrenco.org)

Ride from a new place - While you're up in Warren County, take Exit 25, then head east on NY Route 8 a few miles to The Hub in Brant Lake, where the owners have renovated the old Horicon Town Hall into a seasonal base for road and mountain biking, paddling, and hiking in this region that offers great scenery, and quiet roads just a short drive from the Capital Region. The Hub offers convenient parking, easy access to area roads, post ride food, local craft beers and wines, a bike repair facility, and local expertise on the best places to ride, whether road, dirt or gravel. Owner Drew Cappabianco has also purchased the mountain behind the business where there's already a one-mile nature trail completed, and six miles of mountain bike trails under construction. If you're a multisport enthusiast, there's also access to a dock to launch your kayak, canoe or SUP on Brant Lake. (thehubadk.com)

Get it fixed your way - Don't have the time to haul your bike or skis to the local

shop for servicing? Or just don't want to miss that upcoming ride or ski event while waiting for repairs? Then Velofix Albany can come to you for the service you need right out of their dedicated repair van. They will meet you at your home, office, special event, or just about anywhere in between to keep your bike or skis in top-notch condition. Just schedule your appointment online or by phone with owner Karl Miller, then you can chat with the mechanic as he does the job, or use the time to do other important tasks. There are a variety of tune-up options to get ready for the 2018 cycling season, and the service is available seven days a week from 7am until 9pm. (velofix.com/locations/albany)

Solve an old problem in a new way - If you've got a trunk mounted bike rack, you've probably noticed the rack's cross bar can make some ugly gouges or dents in the paint on your car's trunk lid. Bernie and Debra DeGiule of Rensselaer have come up with an innovative solution with their Yosher™ Bike Rack Trunk Guard. Just clip it onto the cross bar and it offers heavy duty, long-lasting protection for your car's paint. (facebook.com/bikeracktrunkguard)

RAILBIKING WITH REVOLUTION RAIL IN NORTH CREEK TO EXPLORE THE HUDSON RIVER AND ADIRONDACKS.



Buy something new - Grey Ghost Bicycles of Glens Falls will be featuring their custom fitting services, expert repairs and new 2018 models, including the reengineered GIANT Anthem Advanced Pro29er that's light, smooth, and feasts on challenging XC terrain. They'll also be representing their upcoming Adirondack Race Management events, including the Lake George Triathlon Festival on Sept. 1-2, Glens Falls Urban Assault on May 26, and new Finest 5K Memorial Run on June 17, which is part of Law Enforcement Officers Weekend in Lake George. (greyghostbicycles.com or adkacemgmt.com)

All of these businesses and organizations will be on hand at the Adirondack Sports Summer Expo to talk to attendees about their events, services and products. Visit the show on Saturday, March 17 from 10am-5pm and Sunday, March 18 from 10am-4pm at the Saratoga Springs City Center. 🌲

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer, and writer who is looking forward to another spectacular season of riding in upstate New York. Visit him at krausgrafik.com.

EXPO HAPPENINGS

Come to the Summer Expo to see what's new and exciting for the spring and summer season! Experience the interactivity, learn about new events and races, check out new destinations for an active weekend or getaway, and start thinking about your summer!

Great Deals - Get great deals on all your outdoor gear, apparel and footwear needs, save money on races, events, and get a preview of the latest products and services.

The Kids Won't Be Bored! - We have lots of activities to get the kids excited about the show and getting outdoors. YMCA Camp Chingachgook is bringing gaga ball, the Wilton Wildlife Preserve has hands-on activities, and Damien's Rock Wall will have their 25-foot rock wall set up for kids and adults to climb. You'll get a panorama of the entire show!

Gaga Ball with Camp Chingachgook - Gaga is a fast paced, high energy sport played in an octagonal pit. The more players the better! Dubbed a kinder gentler version of dodge ball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the knees. Players need to keep moving to avoid getting hit by the ball. Fun, easy and addictive, everyone gets a serious workout!

Try Rowing - Everyone will have fun and break a sweat at the Saratoga Rowing Association booth. They're bringing two rowing ergometers for attendees to try. If you can row 500 meters you'll earn a free t-shirt and candy. Challenge your family and friends for bragging rights!

Run, Raffle Entries and Foot Analysis with Fleet Feet Sports - On Saturday, do a 3-mile run from Fleet Feet's booth, around the Skidmore College campus, and enjoy hot chocolate afterwards. All runners receive Fleet Feet Distance Project T-shirt (while supplies last) and raffle for entry into any of the USATF GP Series events and entry into the Malta 5K. Plus, all runners entered into special raffle for entry into 2018 New York City Marathon! For all attendees, there will be expert foot analysis in the booth all weekend (10 min. sessions).

Food Court - Fitzzy's Fork in the Road will be on hand all weekend with healthy food options including vegetarian and gluten free choices.

Try Disc Golf - DisCap (Capital Region Disc Golf Club) will let you try disc golf at their booth. They're bringing discs and a basket for attendees to try this fun, all-ages sport that can be played year-round at parks and courses all over the Capital Region.

Run or Walk and Brunch with iRun LOCAL

- On Sunday, join a 2-3 mile run or 1 mile walk from iRun Local's booth at 11am. Organized with the Saratoga Stryders, participants can run, jog or walk with experienced runners and walkers in downtown Saratoga while leaving their belongings in a secure location at the show. A complimentary brunch for all runners and walkers will follow in the City Center lobby. On-Running is a sponsor of the event. For more info, contact Jamie at 949-275-8887 or jamie@irunlocal.com.

Join a Club - Have you been thinking about joining a running, biking, triathlon, paddling or hiking club, but just lacked the information to get started? Talk to members some of our area's many organizations, get your questions answered, and get involved!

Register for a Race or Event - Take this opportunity to get familiar with area races and make a choice or two for the upcoming season. You'll meet the event directors and you can register right at the booth.

\$10,000 in Prizes - Attend the show and receive a free raffle ticket for a chance to win \$10,000 in prizes. You only enter for prizes you are interested in winning. There are nearly 80 different prizes to choose from, including weekend lodging packages, race entries, health services, gift certificates and merchandise. Winners will be chosen after the show closes starting on Monday, March 19. Must be 18 years old or older to enter! You'll have additional chances for raffle tickets when you donate to the Regional Food Bank. For every non-perishable item and/or \$5 donation, you'll receive extra tickets.

Donate - Food and monetary donations to the Regional Food Bank will earn you more raffle tickets. For every can or box or \$5 donation, you'll receive an additional raffle ticket. Representatives from the Food Bank will be on hand to accept your donations of non-perishable food items and cash. Let's work together to fight hunger!

Sample 518 Foggy Goggles IPA from Shmaltz Brewing - Visit the Great American Brewery Runs booth to sample the local craft brew and learn more about the Chosen Run 5K at Shmaltz Brewery, ADK5K at Adirondack Brewery, and Heady Trotter 4-Miler at Alchemist Brewery.



EXPO PRIZES

9 Miles East - Meal Mixer for one week delivery, \$60 value

Acupuncture Nirvana - Two acupuncture treatments, \$90 value

Adirondack Sports - Three-year subscription, shirt, hat & car magnet, \$70

Aretewear - T-shirt and hat, \$40 value

Arbonne International - Gift Certificate, \$50 value

Back in Balance Therapeutic Massage - 30min. massage & 30min. Normatec Pulse Recovery Session, \$75 value

Beef Jerky Outlet, Lake George - Gift Certificate, \$25 value

Blue Needs You! 8K Run - One race entry, \$30 value

Capital District Triathlon Club - One race entry to Crystal Lake Triathlon, \$65 value

Chosen Run 5K/Shmaltz - Two race entries, \$90 value

Discover the Adirondacks/Wild River Press - Four books from Discover series, \$70 value

Elk Lake Lodge - One-night stay for two in Main Lodge, \$444 value

Farm to Fork Fondo - One entry to Hudson event, \$150 value

Fleet Feet Sports - Two Gift Certificates, \$100 value

Firecracker 4 - One race entry, \$25 value

Freihofer's Run for Women 5K - Race entry & swag, \$50 value and two race entries for team, \$100 value

Friends of the IBA - Four Winter Raptor Fest VIP Passes, \$100 value

Garnet Hill - One 2018-19 Season Ski Pass, \$200 value

Good Karma 5K Run/Walk - Two race entries, \$50 value

Great American Brewery Runs - One race entry to any race, \$45 value

Hornbeck Boats - Life jacket and water bottle, \$140 value

Hudson Crossing Triathlon - One race entry, \$65 value

iRun LOCAL - CamelBak H2O bottle, \$30 value

Jog for Jugs Half Marathon - One race entry, \$45 value

Jog for Jugs 5K - One race entry, \$30 value

Lake George Land Conservancy - Set of four etched pint glasses, \$50 value

Malta 5K - Pair of race entries into Malta 5K, \$50 value

Mohawk Hudson Cycling Club - One-year individual membership and Century Ride registration, \$55 value

Mohawk Hudson River Marathon & Half Marathon - Two race entries, \$150 value

Mohawk Towpath Scenic Byway Coalition - One entry into Mohawk Towpath Byway Duathlon, \$56 value

Moreau Lake 15K Trail Race - One race entry, \$25 value

Mountainman Outdoors Supply Co. - Gift card, \$50 value

New York Bicycling Coalition - One 3 Foot Safe Passing Cycling Jersey, \$50 value

NYS Parks: Marine - "Wear It!" Gift bag with shirt, hat, emergency light, whistle, \$50 value

North Warren Chamber - Four passes to Natural Stone Bridge & Caves, \$50 value

Oktoberfest 5K - One race entry, \$30 value

Peak to Brew Relay - 50% off Team Entry Certificate, \$800 value

Powerhouse Athletics - Gift basket of nut butters, \$50 value

Regional Food Bank - CSA Vegetable Share, \$260 value

Revolution Rail Co - One Quad Railbike Ride, \$140 value

Rollga - One foam roller, \$30 value

Run for the Roses 5K - One race entry, \$25 value

Saratoga Rowing Association - Two Learn to Row Adult/Child gift certificate, \$500 value

Sasha's Superhero 5K Run/Walk - One race entry & Hoodie, \$50 value

Schroon Lake Chamber - Schroon Lake Merchandise, \$50 value

Silks & Satins 5K - One race entry, \$25 value

T-Pin Muscle Therapy - One Vector Roller, \$60 value

TUFF eNUFF Challenge - Two race entries, 40 value

USA Track & Field Adirondack - Umbrella, \$50 value

Velofix Albany - Hat, Water Bottle, Towel, Buff, Jogwire Cable & Housing Set, \$70 value

WildPlay Element Park - Two passes for Thacher State Park Classic Course, \$80 value

YMCA Camp Chingachgook - Crazy Creek sports chair, \$35

Yosher Bike Rack Trunk Guard - Thule 910XT Passage Two-Bike Carrier, \$150 value

And more! *Must be 18 to enter

ADIRONDACK SPORTS SUMMER EXPO

List of Exhibitors

9 Miles East Farm – We're a farm-based nutrition program providing real food to busy athletes. We offer Go Boxes and subscriptions for sports nutrition meal service for endurance athletes who want to enhance their performance by fueling with whole, natural food. Train hard. We'll feed you. *Schuylerville • 518-514-8106 • 9milesfarm.com*

Acupuncture Nirvana – Find out how acupuncture can help improve your performance and provide pain relief for injuries from sports events and outdoor activities. *Glens Falls • 518-409-6993 • acunirvana.com*

Adirondack Kayak Warehouse – We have the best selection of kayaks, canoes, paddle boards, & SUPs in Amsterdam! Choose us as your water sport supplier. *Amsterdam • 518-843-3232 • adkkayakwarehouse.com*

Adirondack Kettle Korn & Fresh-Squeezed Lemonade – Now entering our 18th year in business, we were the first Kettle Korn in upstate NY. We do 90-100 shows per year mostly between the Capital Region and the Adirondacks. We've added sporting events and fundraising shows where we give back a percentage our sales to the event. *Schenectady • 518-869-4885 • facebook.com/adkkettlekorn*

Adirondack Marathon Distance Festival – Probably the most beautiful 26 miles 385 yards you'll ever run! Choose your race: on Sunday, 9/23/17 marathon, half-marathon or the 2 & 4 person marathon relay, which are all run around crystal clear Schroon Lake. And on Saturday, 9/22 in Chestertown, a 5K & 10K, and for young kids, a 1K fun run in Schroon Lake. *Schroon Lake • 518-532-7400 • adirondackmarathon.org*

Adirondack Mountain Club – We're an environmental non-profit offering a variety of outdoor recreation opportunities year-round. Discover, play in and protect natural places with ADK. Join ADK or check out our guide books, maps and merchandise. All proceeds support protecting the wild lands and water in NYS. *Lake George • 518-668-4447 • adk.org*

Adirondack Mountain Club, Albany Chapter – We'll be sharing our hiking, paddling (flat and white water), biking, trail work and social outings. These trips cover the Adirondacks, Catskills and Capital Region for all levels of people. We also take action on conservation. *Albany • adk-albany.org*

Adirondack Race Management – Come talk with us about the Lake George Triathlon Festival on Sept. 1-2, which includes the Lake George Tri, Big George Tri and Aquabike! If you're not a triathlete, get more info on the Glens Falls Urban Assault on May 26, and new Finest 5K Memorial Run in Lake George. *Glens Falls • adkracemgmt.com*

Adirondack Sports – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes for races, events, products and services. We will be selling Adirondack Sports performance running shirts, cotton T-shirts, running hats and car magnets. *Clifton Park • 518-877-8788 • adksports.com*

American Diabetes Association/Tour de Cure – We'll be sharing information with the community about our Capital Region Tour de Cure, our new venue at Saratoga County Fairgrounds in Ballston Spa, new 5K Run/Walk, and the catalyst in supporting our mission to cure diabetes. We will also be available to share information on our programs and wellness initiatives to support those in our community and individuals living with diabetes. *Albany • 518-218-1755 • diabetes.org/capitalregion*

Arbonne International – Arbonne offers vegan products that include everything from skin and hair care to protein shakes and energy drinks. Everything is made from botanicals to offer a pure and safe product that gives benefits to skin and health. *Clifton Park • 518-321-4591 • sheila.myarbonne.com*

Aretewear – Upstate NY outdoor clothing brand featuring t-shirts, sweatshirts and hats. *Oswego • 315-532-7596 • aretewear.com*

Back in Balance Therapeutic Massage – Train harder. Recover faster. Normatec Pulse treatments help you perform at your peak, muscles are refreshed and rejuvenated, and swelling and soreness are reduced. BIBTM will be offering demos of Normatec Pulse Recovery. Learn about our brand new Normatec Recovery Room. *Halfmoon • 518-371-6332 • bibtherapeuticmassage.com*

Bath Fitter – A local one day installation bathroom remodeling company. Premium quality acrylic tubs and walls are custom made to ensure a perfect watertight fit and are installed right over your existing tub and wall in as little as one day. Backed by a lifetime warranty. *Albany • 800-892-2847 • bathfitter.com*

Battenkill Conservancy – Visit our booth for organizational info, river access maps, events, tourism events and bug table. We'll have a macroinvertebrate display of water creatures. *Cambridge • 518-677-2545 • battenkillconservancy.org*

Beef Jerky Outlet - Lake George – Sampling classic favorites like teriyaki and prime rib as well as exciting new flavors like cherry maple and honey BBQ. Come try before you buy! *Lake George • 518-409-4980 • lakegeorgejerky.com*

Bike New York – We're a not-for-profit organization that promotes cycling as a practical, sustainable, and healthy means of transportation and recreation. We offer free bike education programs throughout the city, including the Bike Expo on May 4-5, and Five Boro Bike Tour on May 6. *New York City • 212-870-2080 • bike.nyc*

BEMER Independent Distributor – A revolutionary, holistic European medical device proven by science to increase blood flow by 30%! Pro and Olympic athletes are using BEMER for increased oxygen, nutrients, and waste removal to maximize their performance with energy, endurance and recovery. Try a free session to learn more. *Greenfield Center • 518-944-1556 • marycae.bemergroup.com*

Blue Needs You! 8K Run – Register for Saratoga's only 8K race on April 14, which supports Code Blue Saratoga emergency homeless shelter on April 14. *Saratoga Springs • 518-581-1097 • codeblueneedsyou.org*

Capital District Triathlon Club – Come "TRI" with us! We provide training opportunities at Crystal Lake, Averill Park on Tuesday evenings from June through August. We are a USA Triathlon sanctioned club and have been going strong since 1993. Our members range from beginners to Ironman World Champions. Our club race is Crystal Lake Triathlon on August 18. *Albany • 518-698-3751 • cdtriclub.org*

Cycle Adirondacks – Stop by to learn more about our Ultimate Cycling Vacation from August 18-24, Ride for the River, and Weekender Ride. *Saranac Lake • cycleadirondacks.com*

Dak Bar – We handcraft whole food energy bars that taste like real food because they're made with real food - just like you would find it in nature. We use whole, nutrient-dense ingredients so that they can release their full potential to nourish and energize with a balanced energy burn. *Essex • 518-925-7535 • darbar.com*

Damien's Rock Wall – We'll have our 25-foot rock wall set up for kids and adults to climb at the Expo. We rent our mobile wall for parties and events. *Scotia • 518-428-6020 • rocksolidfun.com*

DisCap (Capital Region Disc Golf Club) – We'll be promoting the sport of disc golf, an all-ages sport that can be played all year and with minimal cost. Most courses are free to play and the only equipment needed is a \$10-\$15 disc. It's a great easy way to spend time outdoors! *Schenectady • 518-836-9557 • discap.net*

Erie Canalway National Heritage Corridor – Recreational opportunities abound throughout the 524-mile Corridor. In partnership with many organizations, we work to preserve and share our extraordinary heritage, promote the Corridor as a world-class tourism destination, and foster vibrant communities connected by the waterway. Stop by to learn what adventures are awaiting you. *Waterford • 518-237-7000 • eriecanalway.org*

Farm to Fork Fondo – There's no better way to experience gorgeous landscapes, diverse local agriculture and farm to fork freshness than from the seat of your favorite bicycle! Burlington, VT • 518-662-0211 • farmforkfondo.com

Firecracker 4 Road Race – Stop by the Firecracker booth to learn about the 12th annual Firecracker Road Race. Held on the beautiful streets of Saratoga Springs, come run with your friends, family, veterans and public service personnel. A festive 4-mile race with over 20 musical venues, costumed characters and cheers of friendly neighbors along the race route. *Saratoga Springs • 518-587-1571 • firecracker4.com*



Fitz's Fork in the Road Gourmet Food Truck – Come get forked at Fitz's, where we'll be serving lunch and other delicious items. *Ballston Spa • facebook.com*

Fleet Feet Sports – A family-owned running shop with two convenient locations. Check out new Spring 2018 running footwear, apparel and recovery items, learn about our training programs, talk to medical professionals and join us for a Fun run on Saturday 3/17 at 10am - all at the Expo. *Albany • 518-459-3338 • Malta • 518-400-1213 • fleetfeetalbany.com*

Freedom Boat Club Lake George – Hassle-free boating on Lake George. We own the boats, you own the experience. Enjoy the boating lifestyle while we do all the work. Access over 150 locations around the world. *Saratoga Springs • 845-642-0201 • freedomboatclub.com*

Freedom Machines NY – Promotes the physical and mental well-being of recovering addicts by providing refurbished bicycles donated by business and community members. Visit our booth to receive a discount on our June 3 Tour de Freedom - 50, 17 and 7 mile bicycle ride fundraiser in Queensbury. *Glens Falls • 347-221-9895 • bikereg.com/37662*

Freihofer's Run for Women – The Freihofer's Run for Women 5K, the premier running event in the Capital Region is in its 40th year. This world-renowned event on June 2 in Albany is an experience you won't want to miss! Come visit the booth for some cookies and fun giveaways, and sign up for the Run, Junior 3K and Kids' Run. *Albany • freihoferstrun.com*

Friends of the IBA – FIBA's accessible Alfred Solomon Grassland Bird Viewing Area and the nearby DEC Wildlife Management Area give the public a safe place to view wintering hawks and owls. Guided walks and tours let you encounter the birds in their natural habitat! *Fort Edward • 518-796-6003 • ibafriends.org*

Fulton County Tourism – We'll have information about hiking, paddling, cycling and visitor attractions in Fulton County. We'll also have Adirondack cycling event information. *Glensville • 518-725-0641 • 44lakes.com*

Garnet Hill Lodge & Adventure Center – Come see for yourself one of the most beautiful nature resorts in the Adirondacks. Learn about all we have to offer - health and wellness retreat packages, lodging, summer activities, Nordic skiing, hiking, biking and dining. *North Creek • 518-251-2444 • garnet-hill.com*

Good Karma 5K – Learn more about our fourth Good Karma 5K on June 16 with 300 runners and walkers at The Crossings in Colonie. Our unique 5K features a yoga warm-up, delicious Indian food, henna tattoos and Bollywood music. Proceeds support AIM for Seva, a charitable organization that helps educate rural India's less fortunate children. The project has built over 100 free student homes and is serving over 30,000 children all over India. *Colonie • 518-429-9068 • facebook.com/goodkarmarun*

Gore Region Chamber of Commerce – Learn more about what the Gore Region and Upper Hudson Trails Alliance has to offer including upcoming events and our member businesses. *North Creek • 518-251-2612 • gorechamber.com*

Great American Brewery Runs – If you love craft beer, you must register for the second annual Chosen Run 5K on May 5 at Shmaltz Brewery in Clifton Park. We will also have registration for the ADK 5K at Adirondack Brewery in Lake George on September 15, and the Heady Trotter 4-Miler at The Alchemist Brewery. At the Expo, Shmaltz will be pouring beer samples of 518 Foggy Goggles IPA. *484-716-8331 • greatamericanbreweryruns.com*

Green Leaf Racing – At GLR Registration Central, we'll have discounted entries to some of NYS's best active lifestyle events including the Hudson Crossing Triathlon, Firecracker 4, Silks & Satins 5K, Run for the Roses 5K, Moreau Lake Trail Races and Oktoberfest 5K. Register with us and save \$\$! *Malta • 518-290-0457 • greenleafracing.com*

Green Mountain Energy – For 20 years, Green Mountain Energy has offered 100% pollution free electricity generated from renewable sources. The positive impact on the environment is tremendous. All made in the USA, including New York State. *Mount Kisco • 845-489-0839 • greenmountainenergy.com*

Grey Ghost Bicycles – More than just a bike shop. We are a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional bike fit. *Glens Falls • 518-223-0148 • greyghostbicycles.com*



Hornbeck Boats – Ultralight custom pack canoes designed and built in the Adirondacks. Our Lost Pond Boats are ideal for a wide range of paddling, whether pond-hopping in the Adirondack wilderness, river-tripping in the wilds of Maine, cruising the Boundary Waters of the Midwest or exploring the swamps of the South. *Olmstedville • 518-251-2764 • hornbeckboats.com*

The Hub – We're a cafe/restaurant, lounge, bar, and bike repair shop focused on serving Lake George, Brant Lake, Loon Lake, Friends Lake and Schroon Lake. *Brant Lake • 518-494-4822 • thehubadk.com*

Hudson Solar – Designs and installs residential, commercial and agricultural solar arrays. Community solar is another great new option available to anyone with an electric bill. *Albany • 866-452-7652 • hudsonsolar.com*

Indian Lake Chamber of Commerce – The Whitewater Capital of New York State, Indian Lake is your best destination to get fit outdoors. Hiking, kayaking, swimming, bicycling, whitewater rafting: we have it all! *Indian Lake • 518-648-5112 • indian-lake.com*

Town of Inlet – Discover Inlet! A four-season vacation destination with many recreational opportunities. Enjoy hiking, biking, skiing, skating, paddling, boating, swimming and much more in our little Adirondack town. *Inlet • 315-357-5501 • inletny.com*

iRun LOCAL – We are the area's premier running and walking specialty store featuring the latest running shoes, apparel, and accessories. We will have ON-running demo shoes in our booth during the expo, and we're hosting a Fun Run & Walk at the Expo on Sunday, 3/18 at 11am with refreshments to follow, presented by On-running. *Saratoga Springs • 518-885-8537 • irunlocal.com*

JDRF – Join our upcoming Ride to Cure Diabetes featuring some of the most scenic roads in the Northeast just as the fall foliage begins to turn! It will be held in Saratoga Springs from September 13-16. Learn more about how we help people live longer and stay healthier. *Latham • 518-477-2873 • jdrf.org*

Kivort Steel Diabetes Revolution Cycling Team – We're raising money to help find a cure for diabetes by supporting the America Diabetes Association, and you are welcome to join us. *Clifton Park • 518-369-3727 • kivortsteel.com*

Lake George Land Conservancy – Stop by our booth for info about our parks and preserves around Lake George with 35+ miles of trails. Pick up trail maps, kids' outdoor activity sheets, plus info about the 2018 Hike-A-Thon, Amy's Adventure Race for the Lake, and the Round the Lake Challenge! *Bolton Landing • 518-644-9673 • lgcl.org*

LeafFilter™ Gutter Protection – No more climbing ladders to clean gutters with LeafFilter a comprehensive gutter protection system that is guaranteed to keep your gutters clog free. LeafFilter is Gutter Protection Perfection™! *Hudson, OH • 800-726-7703 x1279 • leaffilter.com*

Lyme Action Network – A not-for-profit organization working to advance information and understanding about Lyme disease and other tick-borne diseases, offers scientifically-validated info about prevention, diagnosis and treatment of these diseases. Buzz Away Extreme®, a proven-effective all-natural tick and insect repellent, and the Tick Twister®, the safest and easiest way to remove ticks, will be sold. *Kattskill Bay • 518-527-7780 • lymeactionnetwork.org*

Malta 5K Run/Walk – The Malta 5K Run/Walk is in its ninth year, sponsored by Global Foundries, and raised \$35K for local vet and EMS responders in 2017. *Malta • 518-290-7202 • malta5k.com*

Mirror Lake Inn Resort & Spa – "Lake Placid's Finest" – the Inn is Lake Placid's only AAA Four Diamond "Exceptional" lakefront resort. Featuring three great restaurants and a full service spa and salon. *Lake Placid • 518-523-2544 • mirrorlakeinn.com*

Mohawk-Hudson Cycling Club – MHCC is the Capital District's leading recreational on-road cycling club. We offer an extensive calendar of organized group rides for cyclists at all levels from novice through enthusiast. Whether you are new to road riding or a veteran with thousands of miles in the saddle, come ride with us. *Slingerlands • 518-322-1858 • mohawkhudsoncyclingclub.org*



Mohawk Towpath Scenic Byway Coalition – The Mohawk Towpath Byway is the drive from Waterford and Cohoes to Schenectady along the historic waterway west. Traveling the byway one learns of the Erie Canal and our communities, and the role they played in the westward expansion of the country and the Industrial Revolution. *Clifton Park* • 518-371-7548 • mohawktowpath.org

Friends of Moreau Lake State Park – Learn about the park, activities offered, and membership. Our mission is to partner with NYS Parks to enrich the experience of every visitor through education, events and stewardship. We are 100% volunteer driven. *Gansevoort* • 518-793-0511 • friendsofmoreaulake.org

Mountainman Outdoor Supply Company – New York's largest canoe, kayak and paddleboard retailer has stores in Saratoga Springs, on Saratoga Lake and in Old Forge. Visit our booth and look for great deals on all your paddling and outdoor gear and apparel needs and get a preview of our upcoming Saratoga Paddlefest. *Saratoga Springs* • 518-584-3500 • mountainmanoutdoors.com

New York Bicycling Coalition – We're a 28-year old statewide non-profit organization advocating for pro bike, pro walk and active transportation policies, programs and infrastructure. We will provide safety education, technical assistance, legislative advocacy, consulting and bike-based tourism services. *Albany* • 518-330-6301 • nybc.net

New York Marathon Canoe Racing Association – Promoting the sport of marathon canoe and kayak racing and the 2018 United States Canoe Association Nationals, held in Syracuse on August 9-12. *Esperance* • 315-875-6497 • nymcra.org

New York State Office of the State Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. *Albany* • 518-473-5050 • osc.state.ny.us

New York State Outdoor Guides Association – Member licensed guides will be available to present information about their areas of expertise, our association and guiding in general. Demonstration of outdoor skills and fly tying. *315-868-7054* • nysoga.org

NYS Parks: Marine – Learn about paddling safety and the Wear It! Life jacket campaign. Giveaways include Safe 'n Sight Paddle reflective stickers. *Albany* • 518-408-1028 • wearitnewyork.com

Town of Newcomb – Visit us to learn about destinations in our community for water sports, equestrian excursions, hiking, trail biking, Camp Santaroni, area Fire Towers, Lake Harris, State campground, and a guide for ALL local businesses. *Newcomb* • 518-582-3211 • discovernewcomb.com

North Warren Chamber – Drop by our booth and learn about North Warren hiking and biking trails, fishing, camping, boating - canoe/kayak/SUP, yoga classes, kids activities, annual outdoor events, Dynamite Hill Recreation Area, Chester Challenge nature walks and hiking trails, and horseback riding. *Chestertown* • 518-494-2722 • northwarren.com

Northeast Foot Care – With proper diagnosis and treatment, most foot and ankle problems can be treated successfully. We will listen to your symptoms and provide you with an individualized treatment plan to return you to those activities you enjoy the most! *Amsterdam & Clifton Park* • 518-842-2200 • northeastfootcare.com

Orangetheory Fitness – We offer heart rate based interval training with a one hour full body workout, focusing on endurance, strength, and/or power. Classes are led by a coach who helps everyone achieve 12 or more minutes in the orange and red zone at 84% or higher of their max heart rate. *Clifton Park, Niskayuna & Albany* • 518-265-2149 • orangetheoryfitness.com

Oswego County Tourism – Your year-round recreation destination – whether you enjoy hiking, biking, camping, paddling, or world-class fishing – our outdoors is outstanding. And when the snowflakes start flying, make Oswego County your destination for cross-country skiing, snowshoeing and snowmobiling. *Oswego* • 315-349-8322 • visitoswegocounty.com

Out of Control Ski Club – Our club promotes snow sports including downhill skiing and snowboarding, Nordic skiing and racing. Off-season sports and social activities are regularly scheduled. The OC Ski Club has something for everyone. *Albany* • 518-372-7487 • ocskiclub.org



Pampered Chef: Eating Healthy with Gayatri – “The kitchen is the heart of the home, bringing families and friends together.” Pampered Chef is known for its high quality products, including our famous Rockcok Collection, stoneware, to kitchen gadgets and tools, cookware (including Stainless Steel Nonstick) with lifetime guarantee. We help create memorable mealtimes and healthy meals for your lifestyle. *Rexford* • 513-348-5171 • pamperedchef.biz/eatinghealthy

Peak to Brew Relay – The ULTIMATE team running relay through the Adirondack Park starting at Whiteface Mountain and finishing at Saranac Brewery. Round up 6-12 runners for a 220+ mile adventure of a lifetime through some of the most beautiful areas in the Northeast. *Baldwinsville* • 315-525-7371 • p2brelay.com

Power House Athletics & Jog for Jugs Half Marathon/5K – Power House Athletics is an athletic training facility for athletes of sports. We will have facility specials, Jog for Jugs Half Marathon & 5K specials as well as our high protein nut butters and whey protein powder. *Albany* • 518-229-5611 • powerhouseathleticsny.com

Proactive Chiropractic – Quality patient care is our primary goal. We will work as members of your healthcare team to ensure you are receiving the individualized care you deserve. Meet our new doctor and get a sampling of our services. *Clifton Park* • 518-373-9999 • proactivechiropracticpllc.com

Ragnar Adirondacks – Our ambassadors will discuss the Reebok Ragnar Adirondacks, happening on Sept. 21-22, a 200-ish mile adventure from Saratoga Springs to Lake Placid during peak foliage season. runragnar.com

Regional Food Bank – We will be accepting monetary and food donations to feed the hungry in our 23-county service area. For each dollar we receive, we can distribute \$10 worth of food. *Latham* • 518-786-3691 x296 • regionalfoodbank.net

Regional Therapy Center – Saratoga Hospital's Regional Therapy Center offers comprehensive outpatient physical, occupational, speech and aquatic therapy, as well as several other specialty therapy and rehabilitation services. *Saratoga Springs* • 518-583-8459 • saratogahospital.org

Renewal by Andersen/Huff 'N Puff – Get home improvement ideas from Renewal by Andersen replacement windows and doors, and Huff 'N Puff seamless gutters, gutter helmet and helmet heat. *Schenectady* • 518-356-3026 • huffnpuffinc.com • RBAeasternNY.com

Revolution Rail Co. – Railbiking with is a fun excursion activity that allows riders to ride the railroad tracks under their own power and explore a section of the Adirondack forest canopy along the banks of the Hudson River that has never seen passenger traffic. *North Creek* • 518-251-2345 • revrail.com

Ride for Missing Children – Our ride is the biggest annual fundraiser for the National Center of Missing & Exploited Children-NY/Mohawk Valley. Our mission is “to make our children safer...one child at a time.” *Utica* • 315-732-7233 • theride-formissingchildren.com

Roundabout Runners Club – RRC is the managing entity of the 9th annual Malta 5K. We host group runs on Wednesday nights and most Sunday mornings. We offer indoor youth track practices at the Saratoga Regional YMCA partnering with our sister running group, Spa City Running Club and with local running stores. *Malta* • 518-290-7202 • roundaboutrunnersclub.com

Saranac Lake Area Chamber of Commerce – Visit our booth to enter a raffle for a Full Experience of Saranac Lake. Learn all there is to know about our area! *Saranac Lake* • 518-891-1990 • slareachamber.org

Saratoga & Schroon Lake Escape Campground & RV Resort – Our resorts offer cabin rentals, campsites, RV hook-up sites and swimming pools, mini golf, tennis courts and activities. saratogaescape.com.

Saratoga Greenbelt Trail – The trail is a visionary 24-mile network of trails that upon completion will form a continuous loop with interconnected feeder streets and trails throughout the city of Saratoga Springs. *Saratoga Springs* • saratogagreenbelttrail.org

Saratoga Lake Sailing Club – A non-profit sailing club located on the shores of beautiful Saratoga Lake. We offer lessons throughout the season to children and adults who want to improve their sailing skills. *Saratoga Springs* • 518-928-6187 • sailsaratoga.org



Saratoga Mountain Bike Association – We love to ride and we make sure we all always have somewhere to ride in the Saratoga area, and we try and expand the places where we can ride. We build and maintain our trails as well as developing good relations with the non-riding communities of our area. *Saratoga Springs* • saratogamtb.org

Saratoga National Historical Park – Community members can connect with their national park through a variety of recreational activities including hiking, cycling, running and walking. *Stillwater* • 518-670-2985 • nps.gov/sara

Saratoga Photobooth Company – We provide high quality, retro-modern photobooth rentals for events in eastern upstate New York. It's the biggest hit at weddings, parties, school & corporate events! *Saratoga Springs* • 518-584-6473 • saratogaphotobooth.com

Saratoga Regional YMCA – Visit our booth for info on membership, summer camp and summer workshop programs, group fitness, and everything else the Saratoga Regional YMCA has to offer! Also, don't forget to ask us WHY! *Saratoga Springs* • 518-583-9622 • srymca.org

Saratoga Rowing Association – Visit us to learn about our rowing programs and summer camps for youth and adults. Give rowing a try with our two rowing machines. *Saratoga Springs* • 518-587-6697 • saratogarowing.com

Saratoga Stryders – Saratoga Stryders is a club for walkers and runners. We meet Saturdays at the Warming Hut for a group run and Wednesdays for coached workouts April – October. For a complete schedule visit our website. *Saratoga Springs* • 518-581-1278 • saratogastryders.org

Saratoga Triathlon Club – Our club promotes triathlon in the region through clinics, group workouts, social activities, and open water swims at Moreau Lake State Park. Stop by and speak with our supportive members who can answer questions and encourage new triathletes. *Saratoga Springs* • 518-932-4157 • saratogatriathlon.com

Sasha's Superhero 5K Run/Walk – Calling on all Superheroes! Join us for the second annual Sasha's Superhero Run on April 22 in Mechanicville. This 5K run/walk and the kids fun run is a fundraiser for the Ronald McDonald House in Albany. The race honors parents of kids, who like Sasha passed too soon, as it takes superhero strength for parents to go on without their children. *Mechanicville* • 518-728-7707 • sashasrun.com

Schenectady Firefighters' Run for Your Life 5K – Promoting and seeking participants for the 9th annual run/walk on behalf of the Schenectady Firefighters Cancer Foundation. The run will take place on March 24 in Schenectady's Central Park followed by Chowderfest for participants. *Schenectady* • neverfightalone.org

Schroon Lake Chamber of Commerce – The Schroon Lake Regional Visitor's Center & Chamber of Commerce is proud to promote and share the history, culture and outdoor activities that are available in Schroon Lake. Learn about camping, fishing, hiking, boating, swimming, and dining opportunities. *Schroon Lake* • 518-532-7675 • schroonlakechamber.org

Schroon Lake Marina – Nestled in the heart of the Adirondack Park, the marina services boat enthusiasts, cottagers, and vacationers from all over the Capital Region. Kayak, paddleboard and boat rentals. *Schroon Lake* • 518-532-7884 • schroonlakemarina.com

St. Lawrence Valley Paddlers – Learn about marathon canoe racing and the Canton Canoe Weekend, an international pro race with over \$5000 in prize money. Support the club and get a discount on race entry. *Canton* • 315-323-0946 • slvpaddlers.org

St. Regis Canoe Outfitters – Welcome to our 35th season helping people enjoy the Adirondack Waterways. We can help with any part of your trip from planning to its successful completion. Visit our booth for Adirondack Canoeing maps and guidebooks for sale along with our paddling trips. *Saranac Lake* • 518-891-1838 • canoeoutfitters.com

T-PIN! Muscle Therapy – Upgrade your fitness mobility and recovery with the famous functionality of our T-Pin! VECTOR roller. Our American-made rollers are unmatched for their ergonomic versatility, durability and portability. *Wolfeboro, NH* • 866-683-1873 • tpinmuscletherapy.com



TUFF eNUFF Challenge/The Prevention Council – The 7th annual event to benefit the Prevention Council, is a fun, muddy course and a family-friendly event. Crawl, wade and hurdle to the finish line! Saturday, June 2 at the BOCES Campus. *Saratoga Springs* • 518-581-1230 • preventioncouncil.org

Upper Hudson Trails Alliance – We're a non-profit corporation aimed at planning, maintaining, and advocating for trails and trails infrastructure development for non-motorized, human powered recreation around Johnsburg and the Upper Hudson Region of the Adirondacks. upperhudsontrails.org

USATF Adirondack – We promote the development of the sport of athletics, which includes the disciplines of track & field, distance running and race walking. We also coordinate the scheduling of competitions, communicate policy to athletes, sanction events, provide for participation of amateur athletes in amateur athletic competition, support women, disabled, and masters in athletics, certify officials, and to encourage open competition. *Clifton Park* • 518-233-4979 • adirondack.usatf.org

Velofix Albany – Save time, ride more with Velofix! Bicycle parts and service for road, mountain, commuter, tri, e-bikes, and more, from our fully equipped mobile bike shop. We come to you! Bicycle sales though Velofix Direct. Elby e-bikes Demo Days. *Queensbury* • 518-859-9568 • velofix.com/locations/albany

VENT Fitness & Rollga – Learn about VENT fitness solutions and exercise demos including Rollga foam roller. *Saratoga Springs, Clifton Park, Latham, Guilderland* • 518-278-4610 • ventfitness.com

Warren County Safe & Quality Bicycle Organization – Visit our booth to learn about Warren County road and mountain bike routes with handouts and maps. We'll plenty of safe & quality bicycling information for individuals & families, whatever your skill levels. *Queensbury* • 518-796-2397 • bikewarrenco.org

WEXT Exit 97.7 FM – An old-style progressive station with a modern day aesthetic. We play great classics regular radio has forgotten, new emerging artists and Local 518 music – every hour – everyday. We're a non-commercial, listener-supported, roots and rock station from WMHT. *Troy* • 518-880-3512 • exit977.org

WildPlay Element Park at Thatcher State Park – Little platforms way, way above your head. Dozens of ziplines whizzing everywhere. A gravity-powered jump that makes your palms sweat. More suspended ladders, bridges, nets, and obstacle games than you can count. We call it WildPlay. *Voorheesville* • 800-668-7771 • wildplay.com

Willow Running Races – Our race events support the community's health by providing an opportunity for fun and engaging cardiovascular exercise and a social opportunity for community members, families, and students to come together. *Baldwinsville* • 315-663-5538 • willowhwc.com

Wilton Wildlife Preserve & Park – With over 20 miles of hiking trails and year-round educational programs, the Preserve & Park is a local gem that has been serving the community for 20 years. Whether you are a nature lover, outdoors enthusiast, or lifelong learner, the park is a place to enjoy. We'll have info and maps, plus hands-on activities for children. *Wilton* • 518-450-0321 • wiltonpreserve.org

YMCA Camp Chingachgook – A premier summer camp and outdoor education center on the east shore of Lake George. We offer a variety of programs including summer camp, adventure trips, school groups, weekend family and women's programming, and Girl Scout and Boy Scout weekends. *Kattskill Bay* • 518-656-9462 • lakegeorgecamp.org

Yosher™ Bike Rack Trunk Guard – Learn about our soon to be released bike rack trunk guard to protect your trunk when using trunk mounted bike racks. *Rensselaer* • 518-365-5907 • facebook.com/bikeracktrunkguard

Young Living Essential Oils, Saratoga – Essential oils have enhanced lives for thousands of years, offering a variety of benefits including emotional, physical, and spiritual wellness that can be truly life-changing. *Middle Grove* • 518-527-4387 • MyYL.com/TeresaAlger



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 **ATHLETE PROFILE**


PAUL MARCHESE: 56
JENNIFER LEE KIRCH: 38
RESIDENCE: Coxsackie
OCCUPATION: Makers of custom speed skates at Marchese Racing
PRIMARY SPORTS: Long and short track speed skating, inline skating, cycling

Paul Marchese & Jennifer Lee Kirch

By Skip Holmes

The 2018 Olympics have recently ended and many of you watched your favorite sports on television or your computer screen. So did you see the figure skating, the various alpine events, the Saranac Laker who took silver in the luge, or the American women's hockey team victory? Perhaps you watched the Nordic skiing like I did and saw the great effort and win from the American women in the team relay. Or did you watch the short and long track speed skating events, which are considered by some to be an obscure sport.

For two local residents speed skating is clearly not an obscure sport. Paul Marchese and Jennifer Lee Kirch are both speed skaters who have advanced as far as the Olympic speed skating trials in their respective athletic careers. They also make many of the skates that you see speed skaters wearing. On March 23-25 you can see short track speed skaters who will be using Marchese skates at the US Short Track Nationals at the Saratoga Springs Ice Rink.

Paul grew up in New York City and his father was a speed skater and an artist. When he was 15, he saw his first short track race and was hooked. His father gave him a pair of leather speed skates to use and Paul started short track racing. He then began experimenting with making his own speed skates while still in high school. In addition, he started cycling and quickly entered cycling races as well. After high school, Paul entered Syracuse University to study architecture.

While in Syracuse he continued his speed skate training and racing. In his third year he took a leave of absence to commit full time to short track racing. He gave himself a semester to decide if short track racing was what he wanted more than a career in architecture. He quickly made the US Nationals team and competed all over the US and internationally as well. In 1988 he raced in the first Olympic short track finals and finished seventh. During the next several years he and a teammate worked odd jobs to support themselves while continuing to train and race. In 1990 he won the US Nationals. He also entered additional

Olympic trials short track races in 1992 and 1994. Unfortunately, he did not make the Olympic team, but having been ranked high enough to compete in the Olympic trials was a major accomplishment.

Paul continued racing in the National and International Masters Championships thru 2004 and accumulated over 15 National championships and was World Champion in 2001. After the efforts to qualify for the Olympic team, Paul started coaching for both the Albany Speed Skating Club and the Saratoga Winter Club. He has also coached internationally and has been seen rink side at a number of previous Olympic Games. He was also a speed skating coach for the US team in 2002 and 2006, and a coach for China's team in 2010 and 2014.

Paul's venture into the making of speed skates started around 1988 for a number of US clients. The skates used at the time were leather with the runners riveted to the bottom of the shoe. Paul decided that he could improve the design. His architect design training was helpful and he made a new shoe from fiberglass that had a detachable runner that provided a better fit and allowed a skater to have more control and speed. Even his teammates decided that they wanted a pair of skates like he was using. That became the beginning of a very successful business for him, working out of his basement at home in Coxsackie. At last count there were over 130 Olympic speed skating medalists who have won on Marchese skates! Over 1,000 World medals have been won on Marchese skates as well.

His cohort in the skate business and in life, Jennifer Lee Kirch, also has an illustrious speed skating career. She grew up on Long Island and was involved with inline skating starting at the age of 13. By the time she was 15 she had switched to speed skating on the ice as a short track competitor. She no longer envisioned inline skating as providing a path to serious athletic competition. By the

time she was 20, she was in the top 20 in the American Cup short track races. Given her accomplishments, she was invited to attend the Olympic short track training camp at the Olympic Training Center in Lake Placid.

In her first season, Jen advanced to the top 10 in the country. She qualified for the short track competition at the World Cup during the 1998-99 season. By then she was ninth overall at the US Nationals with a promising future. In January 1999, Jen qualified for the University Games in Czechoslovakia. Several days prior to leaving on the overseas flight, Jen crashed at a race and severed a tendon in her leg. After receiving a significant number of stitches she had to cancel her trip. This particular trip was really important to her since her grandfather was from Czechoslovakia and she wanted to compete in his homeland. Her recovery program involved many hours on a bike trainer.

After her recovery from the injury, the short track speed skating program was shut down in Lake Placid, and Jen moved to the Olympic Training Center in Colorado Springs, Colo. During her time in Colorado, she started riding a bike with others in the community as a way to get outside more frequently. She then participated in the short track Olympic Trials in Marquette, Mich. and placed 12th overall, which did not allow her to participate in the Olympics that season.

At that point in her life she made a decision to withdraw from Olympic competition and started coaching others in speed skating. In 1996 she met Paul while coaching and decided that she would get a pair of his speed skating boots. In 2011 Jen started to help Paul make skate boots in his shop and began to race in the long track venues of 1,000 meters and longer distances. In January 2018, Jen went to Salt Lake City as a long track speed skater, and raced in the Olympic trials. She thoroughly enjoyed the opportunity to participate even though she did not make the team.



After her trip to Salt Lake, Jen and Paul went to Italy this past January where Jen competed in the 27th annual Masters International Allround Games, and she took first place in the 500, 1000, 1500 and 3000 meter events. A remarkable series of successes for such a talented speed skater!

So now you have a picture of two very accomplished speed skaters. Well, have you ever ridden a bike with them? I can tell you that when the two of them are riding their custom carbon fiber tandem there are very few cyclists who can stay with them. I know as I have tried. Even with their competitive spirit, they are the nicest people you could ever meet on a tandem. Even when riding up a long hill it is always more smiles per mile for them! They will ride their tandem from Coxsackie to the start of a ride in Delmar, which is a 15-mile hilly warm up, then ride 40 or so miles with a group, and then ride back home. The only complaint I ever heard from them was that they were hungry, no surprise there!

If you are out riding in Albany or Greene counties this cycling season, and encounter a smiling couple on a tandem bike say hello, and forget about trying to pass them. Just jump on their wheel and enjoy the ride! 🌲

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.

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Tri a Club



By Kristen Hislop

Brick, aero, clipless, bonk, DNF, lace locks, RPM, MOP, OWS, fartlek. Is this Greek to you? One reason people join one or more of the local triathlon clubs is to better understand the jargon and learn about training. Greg Hewlett of Adirondack Tri Club says it well, “Every club member was a ‘never, ever’ once before.” The passion for the sport exists in every club with members who are just itching to share their experiences, trials and tribulations, and of course, successes.

Should you join and if you do what can you expect? Heather Hopke of Clifton Park, joined the Capital District Triathlon Club for the group open water swims in Averill Park, with a challenging bike ride to follow. CDTC offers a *brick* (stringing two disciplines together) opportunity each Tuesday from June through August. The swims start in Crystal Lake at 6pm and then athletes either ride or ride/run the club’s triathlon course. It is great practice for the Crystal Lake Triathlon, which will be held on August 16.

Out on the bike course you might hear the words *aero* and *clipless*. *Aero* is short for aerodynamic. The goal in triathlon is to be an efficient as you can going through the air and water. Aero bars on your bike allow you to get into a more aerodynamic position. Are they necessary? Absolutely not, but as you get more into the sport you might find yourself eyeing those aero bars. *Clipless* refers to the pedals and cleats on cycling shoes. Just to make it a bit more confusing, you clip into clipless pedals! Any of the tri clubs will have experienced cyclists around to help answer questions on pedals, helmets, wheels and more!

Rebecca Evansky, president of Adirondack Triathlon Club in Glens Falls, says their women’s cycling series, “Brings together veterans and newbies to ride and have fun. Along the way they learn how to change a tire, road safety skills and more.” ATC offer events and activities throughout the year. Rebecca, an experienced triathlete says, “I feel like I am always learning something new from my fellow club members.”

When should I use *lace locks* and what does it mean to *bonk*? New triathletes learn these terms when they attend Sacandaga Tri Club’s “Tri 101” clinic. Many of the clubs offer clinics to help debug tri training. Rob Whitaker, one of the founders, notes that Sacandaga Tri Club is “A family-oriented tri club focused on fun and growing the sport.” The proof is in the pudding as their Great Sacandaga Challenge triathlon is held on Father’s Day (this year June 16), which brought 100 youth and 250 adult triathletes to the start line in 2017. It is sure to grow again this year so get registered now.

Triathlon clubs are a great way to get over the fear of *OWS* or open water swimming. When Saratoga Tri Club sent out a survey to create a new *kit* (outfit) design, members used the words; fun, friendly, inclusive, supporting and swim to describe the club. So if you are scared of your first *OWS*, take the lead from Sharon Maltbie of Nassau. Sharon said her nerves got the best of her and she watched the flow her first day. After seeing the non-competitive and fun nature, she was in the water the following week. She also notes, “When you see someone wearing the same kit you instantly have someone on your side whether you have met before or not.”

At most races in the area you’ll see the club kits on people. The Bethlehem Triathlon Club kits are black and easy to find on the course. When you join BTC you have access to the off-season yoga, strength and cycling sessions. At the winter spinning sessions you’ll learn about *RPM* or revolutions per minute from cycling coach, Andy Ruiz, of Delmar as he preps everyone for the outdoor riding season.

The clubs offer nutrition clinics so that you don’t *bonk* on the course, otherwise known as running out of energy. At social events you’ll likely hear someone refers to themselves as *MOP* or *BOP*. They aren’t cleaning or dancing, but giving you an idea where they finish in a race – middle of the pack or back of the pack!

There were a couple of LUNA Chix teams in the area (mountain bike and triathlon) for over a decade. The goal was to get women active. When the teams retired, we had

to keep that welcoming atmosphere for women alive resulting in Upstate Warriors. The group has runners, beginner triathletes, and those who like to go long. Cilicia Bigler of Saratoga Springs, appreciates the support adding, “I’m much more motivated to push myself around you guys!” They all go a little harder at the early morning track workouts where you’ll likely hear *fartleks* (Swedish for speed play) and other running terms.

As Darlene Kusaywa of Clifton Park says, “It’s finding those like-minded people that make the sport even more fun.” Whether you are looking for people to share your passion, you want to learn the jargon, you need a push in your workouts or you just want to have fun, joining and getting active in a triathlon club or two is a great resource!

Capital District Tri Club (cdtriclub.org) – Members: 200. Membership: \$60, Open water swims pre-paid \$100. Race: Crystal Lake Triathlon. Activities: Tuesday night swim/bike/run, clinics and social events.

Saratoga Triathlon Club (saratogatriclub.com) – Members: 173. Membership: \$25, \$40 for swim season (state park entry \$65 per season or \$8 per day) and \$5 per swim. Race: Hudson Crossing Triathlon. Activities: Tuesday ride/run at Saratoga Battlefield, Thursday swim at Moreau Lake State Park, hill challenges, clinics and social events.

Bethlehem Triathlon Club (bethlehemtriclub.com) – Members: 120. Membership: \$95 includes weekly swim at Warner Lake, and off-season training. Activities: Swim, bike and

runs on Thursdays during the season. Yoga, strength and indoor cycling in the off-season.

Adirondack Triathlon Club (facebook.com/adirondacktriathlon) – Members: 110. Membership: \$30. Race: Beginner tri series, off-road duathlon series and two club destination races. Activities: Open water swims in Lake George, group runs, weekly group ride, along with hikes and XC skiing in the winter.

Sacandaga Triathlon Club (sacandagatriclub.com) – Members: 30. Membership: \$25. Race: Great Sacandaga Challenge. Activities: clinics on Tri 101, bike maintenance, swim and nutrition.

Upstate Warriors (hislopcoaching@gmail.com) – Members: 77 women. Membership: Free. Activities: group rides, track workouts, Facebook page and social events.

Clifton Park Triathlon Club (sgoodwill@nycap.rr.com) – Members: 25 youth. Membership: Free. Activities: two coaches introduce and mentor youth athletes to train and compete in the sport of triathlon. 🌱

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

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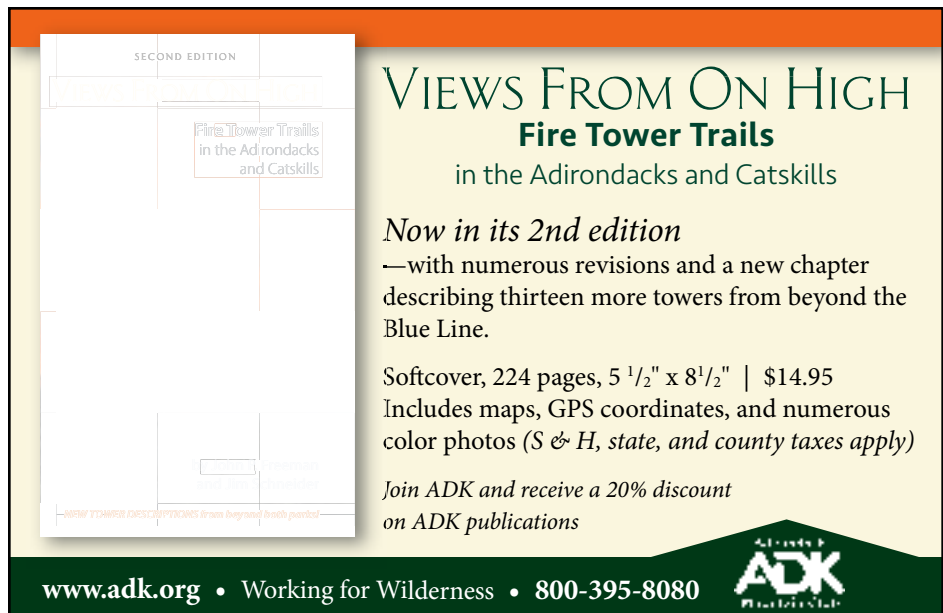


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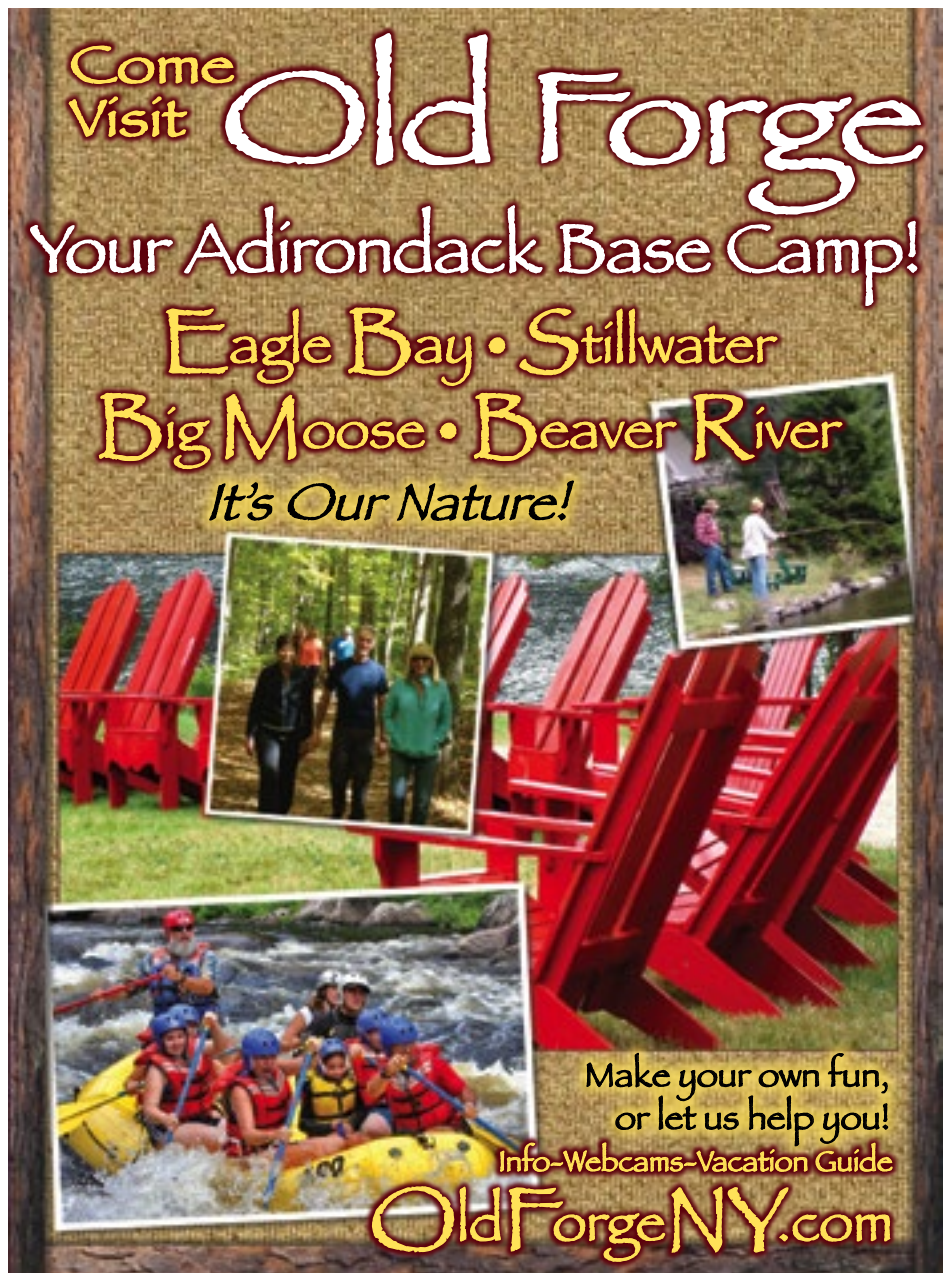
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Image courtesy of Chuck Helfer

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HIKING & BACKPACKING



By Bill Ingersoll

AN UPDATE

Despite its central location within the Adirondack Park, the Blue Ridge Wilderness is often overlooked by hikers and backpackers. Even the team of park planners who proposed the first wilderness areas in 1962 overlooked it at first; it was not added to the list until ten years later. But this low-key nature is perhaps one of the Blue Ridge Wilderness Area's best assets, for solitude is usually a very good possibility.

The western half of the wilderness falls predominantly in Township 6 of the Totten and Crossfield Purchase. William West Durant acquired the township in 1888 and sold most of it to the state a few years later. It had never been logged. The tract contained many thousands of acres of broad valleys forested with dark, boreal stands of balsam fir and red spruce, with enormous white pines that were often double the size of their neighbors.

This remained one of the largest stands of virgin timber in the Adirondacks until 1950, when a November hurricane devastated the North Country and leveled many of these noble stands. In a controversial decision, the state attorney general authorized the Conservation Department to conduct salvage operations on the Forest Preserve to remove the fallen timber, citing the fire hazard it posed to the remaining forests and surrounding communities. This action created a network of logging roads in an area that had once been roadless.

You can sample this curious history by following the route to secluded Slim Pond, which follows parts of those old logging roads. Slim is a small trout pond, and like many of the ponds in the Blue Ridge Wilderness, it comes with a view of Blue Ridge. Bear Pond, which lies to the southeast, is just a short bushwhack away.

This is not the first time I've written about this trail. In fact, my most recent write-up ran in the November 2016 edition of *Adirondack Sports* magazine. I described the trail as a "linear puzzle to be solved by the application of some backwoods logic," because a plan by DEC to convert this traditional footpath into a marked hiking trail had not yet been realized. In its original state, the path could be hard to follow at times.

That same month, after the magazine went to press, I indulged myself with a return visit to Slim Pond - only to find trail markers and the beginning of some new bog bridging! Apparently I was not quite as knowledgeable about this place as I had thought.

So here is the updated version of that article, accurate as of my latest visit in 2017. The trail is now marked, although there is no trailhead sign, and not all of the bog bridging is complete. Construction is occurring in phases over several summers, but the trail is well enough along now that it is quite easy to follow.

GETTING THERE

The trailhead is a small parking turnout on NY Route 28 that is 8.3 miles west of Blue Mountain Lake, or just one-mile east of the Golden Beach Campground entrance. Look for the start of the path near the southwest end of the parking area; there are no signs or markers visible from the highway.

THE TRAIL

For the moment, the beginning of the trail is inconspicuous; there is just a pathway leading into the woods. It is not until you reach the trailhead register about 200 feet from the highway that you realize you're in the right place, and from this point forward the way is adequately marked with blue disks.

The route is narrow at first until it intersects the first of the old roads. It curves

southeast and east through the flats surrounding Death Brook. At 0.6-mile, just 15 minutes from the start, the path bears right to cross the brook on a new bridge constructed of lumber. (The predecessor of this bridge was a quaint structure assembled from logs found on site. The new bridge inspires more confidence in its durability.)

You are now in a deeply shaded conifer forest, one of many that enrich the Blue Ridge Wilderness, but as the path swings to the south you quickly leave the conifer forest behind. The old road has many wet sections here where water simply cannot drain away, and this has been a challenge for the trail crews. In some places the trail has been rerouted, and in others the wet areas are now spanned by log walkways. Brightly colored flagging indicates where future bridging may be installed. A few sections of the old roadway are so hopelessly wet that the new trail now follows beside it, slightly elevated on the side of a small hill.

A long but gentle ascent begins as the trail climbs generally southeast to a height-of-land, and then turns to end at the northwest corner of Slim Pond at 2.1 miles. The

hike takes only about an hour. There is a small opening on the shoreline where the trail ends, from which you can see down the length of the little pond to distant Blue Ridge.

You will often find a rowboat stored near the end of the trail, and depending on the season of your visit this may be the preferred mode for getting around. Otherwise you can bushwhack around Slim Pond; just keep to the open woods north of the small pond, and avoid the conifers near the shoreline. There is a good campsite hidden near the southeast corner of Slim. From the campsite you may find a second footpath leading southeast and downhill to Bear Pond, which seems to sit in an isolated amphitheater where a number of tall white pines still survive. 🌲

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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January 14, 2018 • University at Albany, Albany

HANGOVER HALF (EST. 13.5 MILES)

MALE OVERALL
1 Thomas O'Grady 32 Slingerlands 1:22:03
2 Dan Jordy 34 Glenville 1:23:03
3 Tim Russell 28 Ballston Spa 1:23:25

FEMALE OVERALL
1 Karen Bertasso 33 Albany 1:29:13
2 Michelle Davis 29 Watervliet 1:39:44
3 Melissa Hine 28 South Hadley, MA 1:43:01

MALE AGE GROUP: 1 - 14
1 Gary L'ov 14 Albany 2:32:30

MALE AGE GROUP: 15 - 19
1 Brendan VanVlack 18 Duaneburg 1:28:04

FEMALE AGE GROUP: 15 - 19
1 Catherine Tomson 17 Slingerlands 1:55:28

MALE AGE GROUP: 20 - 24
1 Brendan Connor 24 Hudson 1:36:03
2 Justin Peabody 21 Ballston Lake 1:42:17

MALE AGE GROUP: 25 - 29
1 Ben Heller 29 Troy 1:30:43
2 Peter Conboy 28 Albany 1:32:54

FEMALE AGE GROUP: 25 - 29
1 Erin Hutton 27 Troy 1:44:43
2 Amanda Pilla 29 Watervliet 2:09:25
3 Lauren Maxwell 28 Schenectady 2:09:26

MALE AGE GROUP: 30 - 34
1 Thomas Dansereau 30 Troy 1:32:58
2 Thomas Ford 31 Mechanicville 1:39:27
3 Owen Hooper 33 Glenville 1:41:35

FEMALE AGE GROUP: 30 - 34
1 Meg Mullins 32 Poughkeepsie 1:58:30
2 Rachael Austin 33 Delmar 2:08:40
3 Rachael Morrissey 33 Selkirk 2:08:40

MALE AGE GROUP: 35 - 39
1 Josh Merlis 36 Albany 1:23:50
2 Jim Sweeney 36 Albany 1:26:51
3 Joe Sullivan 38 Schenectady 1:32:49

FEMALE AGE GROUP: 35 - 39
1 Erin Murphy 37 Albany 1:43:39
2 Diana Knobloch 36 Niskayuna 1:44:35
3 Melissa Grandjean 39 Glenville 1:53:05

MALE AGE GROUP: 40 - 44
1 Paul Archambault 41 Troy 1:30:33
2 Dallas DeVries 40 Cohoes 1:40:00
3 Aaron Knobloch 41 Niskayuna 1:44:33

FEMALE AGE GROUP: 40 - 44
1 Michelle Lavigne 42 Albany 1:53:35
2 Kate Thies 41 Albany 1:55:15
3 Allison Bradley 42 Albany 2:00:17

MALE AGE GROUP: 45 - 49
1 Volker Burkowski 46 Schuylerville 1:27:22
2 Andy Red 46 Niskayuna 1:30:00
3 Dennis VanVlack 45 Duaneburg 1:30:50

FEMALE AGE GROUP: 45 - 49
1 Joanna Tremper 48 East Chatham 1:53:47
2 Dawb Slater 47 Greenwich 2:17:33
3 Linda DeDominicis 49 Menands 2:17:55

MALE AGE GROUP: 50 - 54
1 Kevin Creagan 52 Albany 1:33:30
2 Mark Stephenson 53 Esperance 1:37:07
3 Andrew Sponable 54 Latham 1:41:50

FEMALE AGE GROUP: 50 - 54
1 Alyssa Risko 52 Schenectady 1:56:00
2 Connie Smith 50 Ballston Lake 2:00:17
3 Chris Varley 53 Albany 2:00:17

MALE AGE GROUP: 55 - 59
1 Brian Coyne 55 Albany 1:42:30
2 John Kinnicutt 55 Menands 1:53:23
3 Chris Sanford 55 Altamont 1:58:45

FEMALE AGE GROUP: 55 - 59
1 Lauren Herbs 55 Rexford 2:11:59

MALE AGE GROUP: 60 - 64
1 David Roy 62 Schoharie 1:43:32
2 Richard Clark 63 Feeding Hills, MA 1:47:39
3 John Parisella 60 Ballston Lake 1:49:30

FEMALE AGE GROUP: 60 - 64
1 Peggy McKeown 60 Moreau 1:47:07
2 Karen Dott 61 Colonie 2:04:42
3 Kim Law 60 East Greenbush 2:09:05

MALE AGE GROUP: 65 - 69
1 Michael Thumann 68 Chatham 1:58:56

MALE AGE GROUP: 70 - 74
1 James Larkin 70 Clifton Park 2:01:39

BILL HOGAN 3.5-MILE RUN

MALE OVERALL
1 Chuck Terry 35 Albany 22:18
2 Greg Ethier 44 Clifton Park 23:13
3 Eric Young 26 Latham 23:43

FEMALE OVERALL
1 Meghan Loudon 31 Clifton Park 28:00
2 Evan Kujawski 39 Albany 32:07
3 Molly Casey 33 Albany 32:10

MALE AGE GROUP: 1 - 14
1 Kara Cushman 13 Hoosick Falls 34:05

MALE AGE GROUP: 15 - 19
1 Sean Gibbons 19 Clifton Park 36:18
2 Cory Mangine 15 Earlville 41:31

MALE AGE GROUP: 25 - 29
1 Adam Burn 28 Guilderland 30:07

FEMALE AGE GROUP: 25 - 29
1 Bridget Schults 29 Albany 32:26
2 Tiffany Wysocki 28 Albany 33:59
3 Stephanie Wilkinson 29 Albany 33:56

MALE AGE GROUP: 30 - 34
1 Carl Brewer 34 Albany 27:55
2 Tom Tiberio 32 Scotia 28:00
3 Jonathan Loudon 33 Clifton Park 28:00

FEMALE AGE GROUP: 30 - 34
1 Melissa Tiberio 31 Scotia 33:45
2 Sara Salony 33 Albany 33:47
3 Kelli Timbrook 30 Cohoes 35:15

MALE AGE GROUP: 35 - 39
1 Jeff Mahoney 35 Slingerlands 25:43
2 Jeremy McNamara 38 Albany 27:23
3 Joe Benny 39 Albany 29:57

FEMALE AGE GROUP: 35 - 39
1 Amy Weissman 35 Albany 32:27
2 Karen Cutler 36 Castleton 34:48
3 Rosalinda Guerra 36 Chatham 38:30

MALE AGE GROUP: 40 - 44
1 Gregory Bentley 40 Loudonville 28:26
2 Larry Salvagno 44 Feura Bush 33:18
3 Brian Murray 40 Slingerlands 33:45

FEMALE AGE GROUP: 40 - 44
1 Karen Taft 40 Niskayuna 35:55
2 Nicole Niles 40 Albany 37:00

MALE AGE GROUP: 45 - 49
1 Craig Todd 45 Burnt Hills 29:23
2 Chad Newell 46 Slansville 32:55
3 John Nitinger 47 Selkirk 33:25

FEMALE AGE GROUP: 45 - 49
1 Amy Drag 47 Waterford 32:24
2 Cheng-Hua Lee 47 Albany 33:16
3 Deborah Orsini 49 Guilderland 35:36

MALE AGE GROUP: 50 - 54
1 Gary Longhi 53 Voorheesville 26:08
2 Steve Hanagan 50 Ballston Lake 27:40
3 Scott Moro 53 Clifton Park 33:25

FEMALE AGE GROUP: 50 - 54
1 Marion Waldman 53 Albany 33:15
2 Christine Chung 50 Glenmont 34:08
3 Colleen Breiner 52 Troy 34:59

MALE AGE GROUP: 55 - 59
1 Carl Urey 57 Cobleskill 28:19
2 Jack Connor 58 Hudson 29:18
3 John Murphy 57 Niskayuna 32:40

FEMALE AGE GROUP: 55 - 59
1 Paula Boughtwood 56 Rensselaer 36:55
2 Pamela Yunginger 55 Clifton Park 37:04
3 Sue Motler 55 Rensselaer 40:20

MALE AGE GROUP: 60 - 64
1 Stephen Jones 63 Averill Park 26:36
2 Mark Nunez 61 Ballston Lake 27:36
3 Andy Campbell 60 Albany 28:02

FEMALE AGE GROUP: 60 - 64
1 Carolyn George 64 Albany 33:21
2 Karen Gerstenberger 60 Colonie 34:45
3 Darlene Cardillo 64 Delmar 35:45

MALE AGE GROUP: 65 - 69
1 Ron Boutin 67 Albany 35:13
2 Edwin Litts 68 Schenectady 40:00

FEMALE AGE GROUP: 65 - 69
1 Sue Nealson 67 Glens Falls 40:15

MALE AGE GROUP: 70 - 74
1 Ed Salvo 72 Scotia 51:20

FEMALE AGE GROUP: 70 - 74
1 Susan Wong 70 Glenmont 46:12
2 Christine McKnight 70 Gansevoort 47:46

Courtesy of Hudson-Mohawk Road Runners Club

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January 14, 2018 • Saratoga Biathlon Center, Hadley

MALE OVERALL
1 Erik Schreiner/16-17 Saratoga Biathlon 32:47
2 Eric Seyse/30-34 GHN/ADK Vauhti 33:00
3 Matthew Tornainen/40-44 GHN/ADK Vauhti 33:18

FEMALE OVERALL
1 Katrin Schreiner/14-15 Saratoga Biathlon 40:39
2 Emily Cromie/18-19 GHN/ADK Vauhti 45:15
3 Brook Maliszewski/16-17 Saratoga HS 1:14:23

MALE AGE GROUP: 14-15
1 Adam Jansen Saratoga Biathlon 50:01
2 Ethan Maliszewski Saratoga HS 1:04:42

MALE AGE GROUP: 16-17
1 Tyler Koziol HURT Nordic 1:48:38

MALE AGE GROUP: 30-39
1 Greg Stevens HURT Nordic 35:56
2 Chris Yarsevich HURT Nordic 34:34
3 Matti Tornainen GHN/ADK Vauhti 52:22

MALE AGE GROUP: 40-49
1 Chris Rose Peru Nordic 35:05

MALE AGE GROUP: 50-54
1 Jim Miller GHN/ADK Vauhti 40:31
2 Patrick Jansen Saratoga Biathlon 43:37

MALE AGE GROUP: 55-59
1 Stanley Hatch Peru Nordic 38:53
2 Mitch Collingsworth Cayuga Nordic 42:47
3 Tim Huneck HURT Nordic 42:56
4 Matthew Brower GHN/ADK Vauhti 54:27

MALE AGE GROUP: 60-69
1 Mark Chmielewicz GHN/ADK Vauhti 43:52
2 Darwin Roosa Saratoga Biathlon 45:05
3 David Burt Peru Nordic 47:47

MALE AGE GROUP: 70-79
1 Eric Hamilton HURT Nordic 1:03:58

CITIZENS RACE

FEMALE OVERALL
1 Carrie Buetow Shenendehowa Nordic 33:20

BILL KOCH YOUTH SKI LEAGUE

MALE OVERALL
1 James Buetow Shenendehowa Nordic 33:20
1 Will Buetow Shenendehowa Nordic 33:20

Courtesy of Glenville Hills Nordic & ADK Vauhti

HOOT TOOT & WHISTLE 5K SNOWSHOE RACE • January 20, 2018 • Catamount Trail, Readsboro, VT

MALE OVERALL
1 Josh Ferenc/36 2 Tim Van Orden/49 3 Greg Hammett/40

FEMALE OVERALL
1 Suzy West/54 2 Jessica Northan/42 3 Karen Provencher/63

MALE AGE GROUP: 10 - 19
1 Isaac Leach 2 James Neary

MALE AGE GROUP: 20 - 29
1 Matt Frye 2 Cody Sears

MALE AGE GROUP: 30 - 39
1 Stanislaw Trufanov 2 Michele Boudreau 3 Laure Van Den Broeck

MALE AGE GROUP: 40 - 49
1 Brian Northan 2 Ben Kimball 3 Rory Dexter

FEMALE AGE GROUP: 40 - 49
1 Jennifer Garrett 2 Jen Hammett 3 Jennifer Ferriss

FEMALE AGE GROUP: 50 - 59
1 Don Kjelleren 2 Thomas Olendorf 3 Ted Cowles

FEMALE AGE GROUP: 60 - 69
1 Nancy Johnston 2 Nancy Furlan 3 Susan Rogers

FEMALE AGE GROUP: 70 - 79
1 Mary Scheerer 2 Denise Dion 3 Pat Rosier

FEMALE AGE GROUP: 80 - 89
1 Jules Seltzer

Courtesy of Lake Placid Speedskating

JACK SHEA SPRINT SPEED SKATING CHAMPIONSHIP

January 20-21, 2018 • Sheffield Speed Skating Oval, Lake Placid

Table with columns for TOTAL POINTS FOR SATURDAY, JUNIOR D MALE, JUNIOR A FEMALE, JUNIOR B FEMALE, JUNIOR C FEMALE, JUNIOR E WOMEN, MALE AGE GROUP: 30 - 39, MALE AGE GROUP: 40 - 49, MALE AGE GROUP: 50 - 59, MALE AGE GROUP: 60 - 69. Lists skaters and their scores.

HURT MEGA-RELAY SIX-HOUR NORDIC SKI RACE

January 21, 2018 • Garnet Hill Lodge, North River

Table with columns for MALE TEAMS, MIXED TEAMS, FEMALE TEAMS. Lists teams and members.

LAPLAND LAKE SPRINT XC SKI RACE • January 21, 2018 • Lapland Lake Nordic Vacation Center

Table with columns for 2.4K RACE, BILL KOCH YOUTH SKI LEAGUE - 1.2K. Lists skaters and their times.

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GIVE BICYCLES 3 FEET. Support 3 feet as the safe passing distance when overtaking bicycles on the road. Learn more and get involved: nybc.net/action/campaigns. Help ensure we all get to our destinations safely! NEW YORK BICYCLING COALITION

Awesome Events... And a Great Time!

Signup Today! AdkRaceMgmt.com

3.5 Mile Obstacle Race
Saturday, May 26th
5pm Start

Sign up by **May 11th** to be guaranteed a T-shirt!

Online registration ends **May 23rd at midnight**
Race day registration is available. Teams are welcome!

New Obstacles!
Over 20 Obstacles!

FINEST 5K MEMORIAL RUN
Lake George
June 17th
8:30am Race Start

Part of Law Enforcement Officers Weekend in Lake George, this run/walk is to honor those who have served. A portion of the proceeds benefits this not for profit event.

Online registration ends **June 13th**

Sign up by **June 1st** to be guaranteed a T-shirt!

Lake George TRIATHLON Festival

Registration Open! Online registration ends - August 28th

Lake George Tri
Olympic Race
Saturday, Sept. 1st

Big George Tri
Half Iron Race
Sunday, Sept. 2nd

AquaBike
Half Iron Race
Sunday, Sept. 2nd

Sign up by **August 13th** to be guaranteed a t-shirt!

KING GEORGE: Olympic Race and Half Iron Race
PRINCE GEORGE: Olympic Race & Half Iron AquaBike Race
AquaBike = Swim/Bike (Half Only)

"Wow! Just Wow! Every year - simply Amazing!"
"Oh my word, the camaraderie is fabulous and the organization is incredible!"
"I'm coming back and I'm bringing all my friends!"
- Recent Competitors

AdkRaceMgmt.com

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