

Creating "Little Rippers" and Lifelong Cyclists



▶ PATRICK FRANK, TYLER ZIERER AND ALEX ZIERER OF NISKAYUNA HIGH SCHOOL. THE TRIO PODIUMED IN EVERY 2018 RACE AND FINISHED SECOND, THIRD AND FOURTH IN THE STATE. NICA NY

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Middle/High School Cycling

By Bob Frank

It is often said these days that kids (and adults for that matter) are lonelier, less interested in adventure and outdoor activities, unhealthier, and overall unhappier than previous generations. Whether this is true or not, or a partial result of us being barraged with a constant flow of negative and/or misinformation, I am not sure. But last June as I visited Chenango Valley State Park, I witnessed quite the opposite.

I saw hundreds of kids and families interacting and having fun in a festival type of atmosphere at a beautiful 1,100-acre park located in the Southern Tier. The park includes wetlands, lakes, a river, and most impressively forested areas containing all sorts of wildlife. These woods also contain some of the best mountain bike trails in the region, with tight twisty turns, berms and elevation changes that make you feel like you are on an amusement park ride - without the risk of being at the mercy of a drunken carry.

Simply put, people had come here to ride bikes in the woods, but it was much more than that for sure. The event was the State Championship of the New York League of the National Interscholastic Cycling Association. It was the final race of the season and everyone was having an amazing time in a gorgeous outdoor setting.

NICA was formed in California in 2009. It acts as a youth development organization that promotes mountain bike racing for grades 6-12. From its inception they have promoted equality, inclusivity, strong mind, strong body and strong character as their five core values. They have also given middle and high school kids an opportunity to participate in an activity that offers life lessons and personal growth, outside of the "mainstream" sports, affiliated with their state high school athletic associations.

Another major goal is to create lifelong cyclists. Today NICA has almost 800 participating teams and leagues in 22 states. Nearly 30,000 student athletes and more than 10,000 coaches have reflected these core values through their participation in league races, leaders' summits, and student athlete advocacy programs. While racing is not required, it is encouraged, and is a major part of the overall experience of the league. Most NICA leagues have a 4- or 5- race schedule, held in the spring or fall depending on the regional climate. In New York the races are held in the spring.

The NICA New York League was founded in 2012 by executive director Jason Cairo, with the first race taking place in the spring of 2013. Like the other leagues, the NY league promotes the five core values, and gets its direction from the national organization. In addition, the leagues promote health and fitness in teens and their families, gets kids outside, promotes trail-building efforts and environmental awareness. They also welcome and support diversity in ability, ethnicity, gender, fitness and skill levels. In 2018 there were participants who didn't race, some that raced in a few events, and several that podiumed at every race, and then competed in the USA Cycling's Mountain Bike National Championships in West Virginia. In 2018, the NY League had 400-plus student athletes who participated on 30 teams. Independent riders can also participate in races as well.

Teams generally fall into three categories. *Official School Club* teams are comprised of full-time students representing a single school district. These teams have official school approval and operate like a club and use the school name and mascot. *Composite* teams are comprised of full-time students from multiple school districts, they also have some of the most colorful


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- Low-key event with limited swag
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- Registration includes Park entry and an optional post race BBQ
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Registration, maps and playlists: GreenLeafacing.com
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Clifton Commons, Clifton Park
 Prizes • Music • Carnival
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In Honor of Ali Bawla

Register by September 7th for a Dri-fit T-shirt

- 11:00 am: Nick's Dash
- 11:15 am: Luke's Mile
- 11:45 am: Zumba Warm-up
- 12:00 pm: 2 Mile Walk
- 1:00 pm: 5K Run

Form a team, have more fun!

Day of race registration begins at 10:00 am

For more info & register go to fighttobehealed.org

NFTBH is a 501(c)3 organization supporting local pediatric cancer patients



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MUDDY SNEAKER 5K TRAIL RUN
 Sun., Sept. 23 • 9am Race Start
 Indian Meadows Park



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TRICK-OR-TREK 5K RUN/WALK
 Sat., October 27 • 9 — 11AM
 Oakwood Cemetery, Troy



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BETTER TOGETHER — The Capital District YMCA is a leading Capital Region charity.

OKTOBERFEST 5K *Albany, New York*

BE A PART OF THE 4TH ANNUAL OKTOBERFEST ALBANY 5K

Held as part of the Wolff's Biergarten North Albany Oktoberfest celebration

Saturday, Sept 29 • 10:20am
 895 Broadway (and Ferry St) Albany, NY

\$30 through 8/31, \$35 through 9/22, \$40 thru race day

<p>Your Entry Fee Includes:</p> <ul style="list-style-type: none"> • Race Entry • Commemorative 5K Beer Stein & a Free Beer • Refreshments & Polka Band • Chip timing • Free access to North Albany Oktoberfest, 11am-7pm (\$20 value) 	<p>Awards: Individuals</p> <ul style="list-style-type: none"> • Overall: Top 3 male & female: \$150, \$100, \$50 cash • Age Group: Top 3 male & female - 5-year age groups to 80+ <p>Teams (3 min to score)</p> <ul style="list-style-type: none"> • Top 3 male & female: \$300, \$200, \$100 • Team Awards for Civic, and College groups- Grab your friends and form a team!
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SIGN UP OR VOLUNTEER AT OKTOBERFESTALBANY5K.COM
 Volunteers all receive a T-shirt, refreshments, and free entry into Oktoberfest (\$20 value)

Portion of Proceeds to benefit:



It's Back!

The **Flashlight 5k**

A 5k Night Run or Walk in Cole's Woods

Saturday, Sept. 29th
 7:30pm Start

Run the trails behind the Glens Falls YMCA!
 600 Glen Street, Glens Falls

Bring a flashlight, headlamp, or lights of any kind!

Each entrant will get a glow stick necklace & bracelet

Glow-in-the-dark ink T-shirts to all that sign up by Sept. 14th!

Age Group Awards! Best Costume Prizes!

Register online: \$35
 Kids 18 & under: \$25

ItsYourRace.com

After 9/20 & Race Day: \$40 (Kids: \$30)

A portion of the proceeds to benefit the YMCA Strong Kids Campaign and Friends of Cole's Woods

Bring the Family! Run or Walk the 5K!

AdkRaceMgmt.com

Welcome to September! Fall running means less humidity, crisper air and layers and maybe even gloves. It's also time to pick out your running costume! Choose from harvest and Halloween themed races along with races that benefit our upstate community.

HARVEST AND HALLOWEEN

First up is the fourth annual **Oktoberfest Albany 5K** on Saturday, September 29 at Broadway and Ferry streets in Albany. Run the race and spend the day at Oktoberfest with your family and friends. Race entry gives you free access to the festival, a commemorative 5K beer stein, a free beer to 21 and over, food and music. A portion of proceeds benefit Ronald McDonald House Charities of the Capital Region and Special Olympics NY. New this year: if you run the new sister event in Saratoga Springs this October you can save money off the Saratoga event and receive a special award. (oktoberfestalbany5k.com)

The inaugural **Oktoberfest Saratoga 5K** is on Saturday, October 13, starting at the Horseshoe Inn Bar & Grill and running through the neighborhoods between the harness and flat tracks. Runners also receive free entry into the Horseshoe/Druthers Oktoberfest celebrations with music, food, a beer stein and a free beer. A portion of proceeds benefit Center for Disability Services and Epilepsy Foundation of Northeastern NY. (greenleafacing.com)

The following weekend has two races, both on Saturday, October 6: **Apple Run 5K Run/Walk and Falling Leaves 5K & Fun Run**. The Apple Run is in its 24th year, has a nice community feel, and benefits local causes. The race meets at O'Rourke Middle School in Burnt Hills and is enthusiastically organized and supported by the Burnt Hills Ballston Lake Rotary and volunteers. A free Kids' Mile Fun Run takes place after the 5K. In 2016, the rotary donated the local chapter of Ainsley Angels, resulting in two new racing chariots. (zippyreg.com)

The 12th annual **Falling Leaves 5K** starts in William Kelley Park and features a scenic course in the historic neighborhoods of Ballston Spa. With great drawings, all registered runners are eligible to win gift certificates to local businesses such as local restaurants, coffee shops, Fleet Feet Sports and more. A free Kids' Half-File Fun Run starts after the 5K. The race benefits Vet House and Guardian House for Homeless Veterans. (ballstonspaumchurch.org)

On October 13, the **Great Pumpkin Challenge 5K & 10K Run/Walk** in Saratoga Springs is a popular community event with more than 1,500 participants. Afterwards, enjoy refreshments at the Columbia Pavilion in Saratoga Spa State Park. Long-sleeve moisture wicking shirts and free raffle tickets to all that register for either distance by October 1. Following the races, the youngsters can enjoy the Kids' Fun Run and pumpkin painting. Proceeds benefit Saratoga Bridges Foundation. (saratogabridges.org)

Race organizers at the **Hairy Gorilla Half Marathon and Squirrelly Six Mile** are in on the Halloween spirit. The trail races are on Sunday, October 21 at Thacher State Park near Voorheesville. Run through the race graveyard while a costumed course marshal with a chainsaw chases you around! The half marathon course is challenging with a few hills but otherwise mostly flat terrain. The first six miles are shared with the Squirrelly Six. Post-race is just as fun with baked goods as prizes for best costume, best gorilla impersonation, and "most bananas carried." A cookout and extensive buffet follows as well. Save \$5 with the code ADKSP18 through 9/30 or ADKOCT18 in October. (hairygorillahalf.com)

If you crave more graveyards to run through, head to Troy on Saturday, October 27 for the **Trick-or-Trek 5K Run**. Celebrate Halloween and run through the historic Oakwood Cemetery! You'll trek alongside gravestones, gargoyles, and ghouls as



2017 HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE. PAT HENDRICK PHOTOGRAPHY

Candy, Costumes and Causes

Glorious Fall Races

By Mona Caron



2017 NICK'S RUN TO BE HEALED. ROBBIN MANUEL PHOTOGRAPHY



2017 AMY'S ADVENTURE: RACE FOR THE LAKE. BRENDAN MURNANE PHOTOGRAPHY

you make your way through the cemetery. Runners, beware, you might just encounter a few tricks along the way. This Capital Region YMCA event is for ages 14 and over. (zippyreg.com)

The inaugural **Brookhaven Oktoberfest 5K Trail Run** in Porter Corners (near Saratoga) was well-received. This year's race is on October 27, featuring scenic trails, paths, and roads winding around Brookhaven Golf Course. The start/finish area has been moved to the clubhouse, so it's even easier to join Greenfield's Oktoberfest party. Food, drink, and family-friendly entertainment will run from 11am-2pm. Register by Oct. 1 for a custom pint glass. All proceeds go to develop, expand and improve cross country skiing - and racing - at Brookhaven, where the town offers free, groomed classic ski trails! (skireg.com)

COMMUNITY BENEFIT RACES

If you're looking for runs that don't involve beer or costumes, here are some well-organized races within a variety of settings that support very worthwhile causes. And, you can choose from trail, park, suburban or urban settings.

Amy's Adventure: Race for the Lake and the **Flashlight 5K Night Run & Walk** are both on Saturday, September 29. The Lake George Land Conservancy's second annual Amy's Adventure is a 4.5-mile trail race at Amy's Park Preserve in Bolton Landing. The course includes some narrow sections, inclines and bridge crossings, and is slightly different from last year's with the entire race within the park. The preserve is beautiful with lake and mountain views and foliage! Afterwards, stay for cool prizes and raffles

and attend the after party at Bolton Landing Brewing. The race benefits LGLC who's been protecting the land that protects the lake since 1988. (lglc.org)

Run again at 7:30pm at the **Flashlight 5K Night Run & Walk** - on the trails of Cole's Woods, located behind the YMCA in Glens Falls. Bring a flashlight, headlamp or lights of any kind. Each entrant will get a glow stick necklace and bracelet. Register by Sept. 14 for a T-shirt with glow-in-the-dark ink! The Flashlight 5K is produced by the Lake George Tri Fest organizers, and is always a hit with families of all ages. A portion of the proceeds will benefit the YMCA's Strong Kids Campaign and the Friends of Cole's Woods. (adkracemgmt.com)

The next day on Sunday, September 30, two communities will be out in full force for these favorite, family-friendly races. In the morning, participants can enter the 15th annual **Crossings 5K Challenge Run/Walk & Kids' Runs** at the Ciccotti Center in Colonie. Fly through the flat, fast paths of the Crossings Park, then fun activities will follow at the center. A Kids' One-Mile Competitive Run and Quarter-Mile Fun Run follows. Proceeds benefit Colonie Youth Center's scholarship program to make school-age childcare programs available and affordable for all families. (coloniayouthcenter.org)

Next, head over to Clifton Commons for the ninth annual **Nick's Run to be Healed 5K**. The Two-Mile Walk starts at noon and the 5K Run at 1pm. The 5K is flat and fast, taking you through tree-lined Clifton Park neighborhoods. Young children (ages 7-10) can enter Luke's Mile and the youngest can do Nick's Dash, both scheduled before the walk. Zumba warm-up, face painting, food, music, a carnival and a bounce house make it a fun, festive event!

Named for and in memory of Nick Cammarata, the mission of Nick's Fight to be Healed Foundation is to support pediatric cancer patients and serve the young adult cancer community. This year's race honors 7-year-old Ali Bawla, who was diagnosed with B-cell acute lymphoblastic leukemia last year. Race organizers want everyone affected by cancer to come together and make a difference in children's lives so that families with children battling cancer can get through this tough time knowing they are not alone. In 2017, Nick's Fight granted over \$100,000 to The Melodies Center at Albany Medical Center. (fighttobehealed.org)

October is not just for Halloween; it's also Breast Cancer Awareness Month. The 24th annual **Komen Race for the Cure 5K Run** is at the Empire State Plaza in downtown Albany on Saturday, October 6. The event kicks off with the Kids for the Cure Dash and warm-up before the 9:45am start of the 5K. A 2K Family Walk starts immediately after the 5K and ensures that even non-runners can support the cause. A "More than Pink" ceremony honors survivors, those in treatment, and with metastatic breast cancer. The events gather at the Empire State Plaza. If you're not in town or can't make it but want to help, register to Sleep In for the Cure - this is also great way to support the cause.

Up to 75% of Komen's net income from the race stays right here in our community to fund vital breast cancer health education, screening and treatment programs. The remaining 25% goes to their national research and training grants program. Use the code ADKMAG2018 for \$5 off registration by 9/28. (komenupstateny.org)

Enjoy the candy, costumes, beer, and foliage while supporting the great causes of our area. And have a great race too! 🍂

Lake George Land Conservancy's 2nd Annual

AMY'S ADVENTURE

Race for the Lake

September 29

4.5 mile trail run @
Amy's Park in Bolton Landing



Hand-timing and results by Underdog Race Timing
Early-bird registration: \$25; Day-of Registration: \$30

Register: lglc.org/events-and-programs/amys-race

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News Briefs

Wilson Endurance Sports Purchases Two ATC Endurance Triathlons

RANDOLPH – Two popular upstate events have been purchased from ATC Endurance: the Delta Lake Triathlon and Cooperstown Triathlon. Michael Brych and his ATC team decided to retire after 10 years of producing top notch, quality events, and Mark and Tonia Wilson of Wilson Endurance Sports are now the new owners of these races.

Delta Lake, just completing its ninth successful season, held in Delta Lake State Park near Rome, will continue as it has in the past. The Wilsons will be featuring a sprint and Olympic triathlon and aquabike races, along with the Delta Double, allowing participants to compete in both triathlons on the same day. This race is scheduled for Saturday, July 20, 2019. The Cooperstown Triathlon, held in beautiful Glimmerglass State Park near Cooperstown is scheduled for June 1, 2019. This race includes a sprint and aquabike. New for both events will be the addition of a kids' triathlon, featuring distances for ages 11 and under and 12-17.

Race director and coach, Mark Wilson adds, "We're really thrilled and honored to take the reins from Mike on these two wonderful races. The venues are just beautiful and the bike courses are designed perfectly. It will be an honor to continue welcoming athletes and carrying on the traditions they love – and make some new ones as well." Registration is already open and more information can be found at coachmarkwilson.com.

Mohawk Hudson River Marathon Open for Registration until 9/28

ALBANY – The Mohawk Hudson River Marathon on Sunday, October 7 remains open until September 28. While the half marathon has been sold out for months, the marathon has not yet reached capacity. The marathon takes runners from Central Park in Schenectady through city streets before settling onto the bike path along the Mohawk River. The race continues alongside the Hudson River to the Corning Preserve in Albany for a total of 18 miles on the bike paths. Described in *Runner's World* magazine as "Simple, understated and stunning, it's an event with all the amenities of a major marathon with none of the hassles." Register now before the race closes; there is no race day registration. For info and registration, go to mohawkhudsonmarathon.com.

Dunk Your Kicks Shoe Recycling at Mohawk Marathon/Half Expo

ALBANY – Remember to bring those gently used running shoes and "dunk your kicks" at the Adirondack Sports Expo & Mohawk Hudson River Marathon and Half Marathon Packet Pickup on Saturday, October 6, from 10am-5pm at the Albany Capital Center. The show features 50 running, health, fitness and travel exhibitors, and 5,000 attendees are expected. For four years, Dunk Your Kicks has been collecting sneakers for the Max Cure Foundation which they turn into cash for childhood cancer. Support this sneaker drive and help them to surpass their previous record of 600 pairs of shoes. For more information, visit dunkyourkicks.org or maxcure.org.

Kinderhook Tri-Village Rotary Club Presents \$20,000 for CYCLE Kids

KINDERHOOK – The Kinderhook Tri-Village Rotary Club presented the Ichabod Crane Central School District with a check for \$20,000 at the July 10 Board of Education meeting. This donation was possible after years of fundraising by the members of the club and school district community members. This money will be used to start a CYCLE Kids program at the Ichabod Crane Elementary School.

CYCLE Kids promotes healthy lifestyle choices by introducing young students to the joys of bicycling, as well as educating them on bike safety and nutrition. CYCLE Kids will kick off in September with staff training and a "bike build" event to introduce the 4th-grade students to the program. It will expand to 5th-grade students in the 2019-20 school year. The Ichabod Crane School District is grateful for this gift and opportunity to start the CYCLE Kids program. The members of the Kinderhook Tri-Village Rotary Club and community members made this possible. Learn more at ichabodcrane.org.

New Book for Seniors and Mobility Challenged to Get Outdoors

ALBANY – Allen Ballard's new book, "Keep on Moving! An Old Fellow's Journey into the World of Rollators, Mobile Scooters, Recumbent Trikes, Adult Trikes and Electric Bikes," was just published by Christopher Matthews Press. It has a very simple message: Get up, get out, and keep on rolling down life's highway, even though you can no longer mount a traditional bike! The author is retired University at Albany professor, Allen Ballard, who shows how a rollator, for example, can extend one's capacity to take long, invigorating daily walks. And how adult tricycles and recumbent bikes can get seniors back on wheels and restore the joys of childhood days in the sunshine.



"Keep on Moving" comes with the strong endorsement of Dr. Michael Wolff, the distinguished Capital Region geriatrician. He writes, "This is an entertaining and informative book, which reflects the author's striving to maintain independent mobility. It has provided some useful information to me, as a practicing geriatrician, and to share with my patients." *The Book House in Stuyvesant Plaza will host a book signing with Allen Ballard on Saturday, Sept. 15 from 3-5pm.* Learn more at christophermatthewspub.com/keep-on-moving.

Mohawk Towpath Byway Duathlon

CLIFTON PARK – On Sunday, October 14, the 16th annual Mohawk Towpath Byway Duathlon will host some of the area's top multisport athletes, as well as recreational runners and cyclists for the two-mile run, 17-mile bike and two-mile run. The start, exchange area, and finish are all at Riverview Orchards in Rexford, and the courses are through rural fall foliage lined landscapes along the Mohawk Towpath Scenic Byway. All participants and volunteers receive a Giffy's BBQ chicken lunch post-race, and the first 100 registrants will receive a knit cap with a full color embroidered Byway logo.

Two-person teams are welcome. Awards will be given for overall male and female first place, and top three male and female in ten-year-age groups, and for first place male, female and mixed teams. Scholastic and Grandmaster categories will be back this year with separate waves. Participants age 16 and under and age 70 or older may elect to do a 2M run, 10M bike, and 2M run – a cool option to make it more doable! For more info and to register, go to mohawktowpath.org/duathlon.

Roller Ski to Garnet Hill Lodge

NORTH RIVER – Are you ready to roll into the 2018-19 ski season with improved technique and excellent fitness? In North River, try roller skiing the newly paved 13th Lake Road from the bridge over the brook, up to Garnet Hill Lodge. This run is 1.33 miles long, all the while climbing over 300 feet of elevation. Here's how North River resident and Garnet Hill skier, Bob Ingram, facilitates the workout: "I drive my car up to lodge, drop off my bicycle with cycling shoes, drive down to a starting point, leave the car, and roller ski up to Garnet Hill Lodge, then ride bicycle back down to car." You could repeat this process to get in awesome training climbs, one after another. To view the mapped route: mapmyride.com/routes/view/2168185915. Here's challenge from Bob, "My best time so far is 15 minutes 20 seconds. Who will drop under a 15 minute run?" Contact him at bobingram@me.com.



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SUNDAY SEPT 23

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Hosted by Salem Volunteer Fire Dept.

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- 25 Miles: 8:30am
- 16 Miles: 9am
- 10 Miles: 9am

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Calendar of Events

September–November 2018*

SEPTEMBER 2018							OCTOBER 2018							NOVEMBER 2018							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6							1	2	3
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16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23 ³⁰	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30		

*Events beyond this range are advertisers in this issue.

BICYCLING: ROAD (PAVED)

SEPTEMBER

15 Book Signing: "Keep on Moving" w/Allen Ballard. 3-5pm. Book House, Albany. christophermatthewspub.com.
15 BART Center NO LIMITS Benefit Ride. 60/30M. Hunter Park, Manchester, VT. bartadaptive.com.
21 **11th Albany Ride for Missing Children.** 7am. 100M police-led ride. Guilderland YMCA, Guilderland. 518-847-6279. albanyrideformissingchildren.com.
22 **5th Harry Elkes Ride.** 50M & 32M: 9:30am. 15M family ride: 10am. Schroon & Brant Lake w/food/drink. The Hub, Brant Lake. 518-792-7988. bikereg.com.
22 Let's Move Bike Ride & Fun Run. 15M bike. 8:30am. Hawthorne Valley School, Ghent. hawthornevalley.org.
22 Roe Jan Ramble Bike Tour. 10/18/25/35/50M. Copake Memorial Park, Copake. roejanramble.org.
23 **5th Tour de Salem Flame Fighters Bike Rides.** 62M: 8am. 25M: 8:30am. 16M: 9am. 10M: 9am. Salem FD Carnival Grounds, Salem. 518-321-9430. tourdesalemflamefighters.com.
25 Community Bike-Around. 10M ride. 9am. Peebles Island SP, Cohoes. ptny.org.
27 CycleNation: Ride the Revolution. 5:30pm. Stationary bike relay. Revolution Hall, Troy. 518-626-8768. cyclenation.org.
27-29 **NYS Bike Summit.** Road, MTB & e-bike. Thu: NYSERDA training, bike & beer evening & welcome event w/Adventure Cycling. Fri: Summit w/panels, roundtables, workshops & lunch. Sat: National Bike Your Park Day w/guided road/MTB rides w/local bike clubs, NYBC sponsored LCI refresher course. Gideon Putnam Hotel, Saratoga Springs. nybc.net/action/bike-summit.
28 Syracuse Ride for Missing Children. 8am. 100M police-led ride. CNY Family Sports Center, Baldwinsville. therideformissingchildren.com.
29 **Drops to Hops.** 43M race, 23M citizens' fun race/ride & great beer. Brewery Ommegang, Cooperstown. clarksportscenter.com.
29 Hungry Lion Bike Tour. 5/35/50/75M & 25M gravel grinder. Whitingham, VT. hungrylionbiketour.com.
29-30 Cycle Adirondacks Harvester. Two-day agricultural & history bike tour in Fulton County, Mohawk Valley & southern Adks. 315-525-9554. cycleadironacks.com.
30 **Farm to Fork Fondo: Berkshires.** 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.
30 Elevate Cycles/Shmaltz Brewery Fall Brew Ride. 11am. Shmaltz Brewery, Clifton Park. facebook.com.
30 Fall Foliage Ferry Folly. 68M. 8am. Shoreham, VT to Common Roots Brewery, South Glens Falls. bikereg.com.
30 Bike the Barns Bicycle Tour. 13/25/45/75M w/farm stops. Asgaard Farm & Dairy, Au Sable Forks. ANCA: adirondack.org.
30 Climb the Gunks for MS Gran Fondo. 51/36/28M. Bloomingburg. climbthegunksformsggranfondo.org.
30 Ride for Childhood Cancer Awareness. 46M. Strive 4 Strength Gym, Syracuse. runsignup.com.
30 Just Bike: Justice for Kids! 20/11/5M family ride & 2.5M walk. Village School, North Bennington, VT. bccac.org.

OCTOBER

7 Great River Ride Century. 100/80/62/35 & more. Westfield, MA. newhorizonbikes.com.
7 Allen Clark Hill Climb. 6.2M up east side of Appalachian Gap. Buels Gore, VT. achillclimb.org.
14 **Farm to Fork Fondo: Garden State.** 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.
14 Tinney's Hill Climb Challenge Race/Ride. 11am. 5M up Lake Desolation Rd. Tinney's Tavern, Middle Grove. facebook.com.
20 Octoberfest 40K Bike & Half Marathon, 10K & 5K Runs. Music, food, beer. Peru FD, Peru. runoctoberfest.com.
27-28 **Haunted Hundred Overnight Century.** 49/65/104M. 6pm. Schuylerville. 518-583-3708. adkultracycling.com.

NOVEMBER

11 **Rivers & Lakes Century.** 104/81M. 8am. Schuylerville. 518-583-3708. adkultracycling.com.
17 **1st "Gravel Gobbler" Gravel Grinder & Road Rides.** S&S Farm Brewery, Nassau. Chet Lassel: 518-708-3762. mohawkhudsoncyclingclub.org.

BICYCLING: OFF-ROAD (UNPAVED)

SEPTEMBER

14 The Adirondack Trail Ride. 550M bikepacking adventure. Northville. theadironacktrailride.com.
15-16 Tour the Towpath. 36M/18M off-road on Erie Canal. Dewitt to Rome. bikereg.com.
15-16 NICA Leaders Bike Summit. Windham Mountain Bike Park, Windham. newyorkmtb.org.
16 **"Poor Man's Downhill" MTB Shuttles.** 1-4pm. Leepoff Cycles, Wilmington. bikewilmingtonny.com.
16 Battle of Plattsburgh XC MTB Race. 6/12/18M & kids' race. 10am. Ausable Chasm, Keeseville. bikereg.com.
16 Swandrome Cross. Swan Cycles, Freeville. flicycling.com.
20 Kids' MTB Clinic. 3:45-4:45pm. 6-12th graders. All welcome. Beg/Int.-level. Iroquois MS, Niskayuna. arizzi5@yahoo.com. facebook.com/groups/1685809914837954
22 **MTB Skills Development Camp.** 9am. Gore Mountain, North Creek. 518-251-2411. goremountain.com.
22 Tryon Challenge MTB Race. Technical course. Tryon Park, Rochester. tryonchallenge.com.
23 **2nd Garnet Hill Grit XC MTB Race.** 12M expert & 6M sport. Food, prizes & music. Garnet Hill Outdoor Center, North River. 518-251-2444. garnet-hill.com/events.
23 Kirkland Cyclocross Race. NYCROSS Series #1. Kirkland Town Park, Clinton. nycross.com.
23 Bearsclat 50M/25M MTB Race. Wawayanda SP, Hewitt, NJ. blackbearcycling.com.
26 Kids' MTB Clinic. 3:45-4:45pm. 6-12th graders. All welcome. Beg/Int.-level. Van Antwerp MS, Niskayuna. arizzi5@yahoo.com. Facebook.com: "Niskayuna & Mohawk MTB Teams."
28-29 Double Point & Fun in the Sun BMX Races. DP: 6:30pm. FS: 10am. Tri-City BMX, Schenectady. usabmx.com.
30 Cross Out Child Abuse Cyclocross Race. Scriba Park, Oswego. bikereg.com.

OCTOBER

6 Braintree 357 "Gravel Enduro." 18/35/50M. Randolph, VT. braintree357.com.
6-7 Uncle Sam Cyclocross Grand Prix. NYCROSS Series #2. Prospect Park, Troy. nycross.com.
7 The Dirty Apple. 30/40/50/60M. 8:30am. Lewisboro Town Park, South Salem. dirtyappleride.wordpress.com.
13 Finger Lakes Cyclocross Race. Everest Park, Auburn. tiogavelo.com.
13 Fall Foliage Gravel Grinder. 35/60M. Canterbury Farm Nordic Center, Becket, MA. berkshirecycling.org.
14 Dave Panella Memorial Cyclocross Race. Lions Park, Greene. bikereg.com.
14 Erie 80 MTB Race & Festival. 12/25/50M. Watershed Trails, Port Jervis. bikereg.com.



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Harry Elkes Ride
Saturday, September 22 – The Hub, Brant Lake



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

9:30am: 50- & 32-mile Schroon, Loon and Brant Lake rides
10am: 15-mile Brant Lake family ride
Only \$20 with ride T-shirt • Enjoy lunch/drinks at The Hub for a nominal cost • Watch video on Harry Elkes' life and challenges
Register: BikeReg.com
Or day of ride: 8:30-10am
Warren Co. Safe/Quality Bicycling Organization (BikeWarrenCo.org)

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Sunday, October 14 • 8:30am
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USAT sanctioned
Giffy's Bar-B-Q included
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- 21 HTC Wildcat Enduro Lite. 9M. 12pm. Tannersville MTB Park, Tannersville. bikereg.com.
- 21 Wadhams Cross. Wadhams. Kevin Bouchard-Hall: 518-312-6001. wadhamsx.com.
- 21-22 Salt City Cyclocross Spectacular. Long Branch Park, Liverpool. onondagacyclingclub.org.
- 28 Wicked Creepy Cyclocross. NYCROSS Series #3. Willow Park, Bennington, VT. nycross.com.
- 28 Halloween Cross: NYC Cyclocross Championships. YMCA Camp Arrowhead, Pittsford. parkavebike.com.

NOVEMBER

- 3 CiderCross Race. Beak & Skiff Orchard, Lafayette. cidercross.com.
- 4 Bethlehem Cyclocross. NYCROSS Series #4. Elm Avenue Park, Delmar. nycross.com.
- 10-11 Northampton International Cyclocross. Look Park, Northampton, MA. nohocx.com.
- 16-18 UCI Rockland County Supercross Cup Weekend. Rockland Community College, Suffern. bikereg.com.
- 17 1st "Gravel Gobbler" Gravel Grinder & Road Rides. S&S Farm Brewery, Nassau. Chet Lassel: 518-708-3762. mohawkudsoncyclingclub.org.

CROSS COUNTRY (NORDIC) SKIING

SEPTEMBER

- 15-16 Adirondack Rollerski Race Weekend. Sat: Doubleday 3K prologue & 1.5K sprint at Olympic Ski Jumps, Lake Placid. Sun: Climb to the Castle 5M at Whiteface Hwy, Wilmington. 518-946-7001. nysef.org.

OCTOBER

- 13 NENSA Fall Rollerski Classic. 5K/10K. Camp Ethan Allen, Jericho, VT. nensa.net.

**HEALTH & FITNESS
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Daily Rock Your Fitness: Total Body Training. Six-week sessions: 9/10-10/20, 10/22-12/1 & 12/3-1/12. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

HIKING, CLIMBING & WILDERNESS SKILLS

SEPTEMBER

- 14-16 Dix & Hough Guided Hike. 13.7M. 7:30am. I-87, Exit 29, North Hudson. ADK: 518-523-3441. adk.org.
- 15 Fest to Fest Hike. 5M. 10am. Essex Co Fairgrounds, Westport. 518-962-2287. champlainareatrails.com.
- 16 Orienteering Meet. 1pm. Pleasant Valley Farms, Berne. empo.us.orienteeing.org.
- 24 Donald & Emmons Guided Hike. 14.6M. ADK: 518-523-3441. adk.org.

OCTOBER

- 6 Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two-Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.
- 7 Table Top Guided Hike. 9.8M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 8 Street & Nye Guided Hike. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 13 Rensselaer Plat-O Traverse. Pineridge XC Ski, Poestenkill to Grafton Lakes SP, Grafton. empo.us.orienteeing.org.
- 20 Guided Day Hikes: East Branch Sacandaga River or Hour Pond. 8am-5pm. Garnet Hill Outdoor Center, North River. 518-251-2444. garnet-hill.com.
- 20 Outdoor Leadership 101. 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.
- 20 Orange Crush Bouldering Competition. Youth/Open: 12pm. Citizens: 4pm. Finals: 6:30pm. The Edge, Halfmoon. 518-982-5545. theedgehalfmoon.com.

- 21 Map & Compass Fundamentals. 9am-4:30pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

SEPTEMBER

- 15 "Tyathlon" Sprint Triathlon. 0.25M swim, 10.1M bike, 5K run. 7am. Mahopac. 845-200-7486. superty.org.
- 16 42nd Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 6M run. 9:30am. Great Barrington, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 16 Toughman Triathlon & Aquabike. 1.2M swim, 56M bike, 13.1M run. Stony Point. toughmantri.com.
- 22 Zoot Westchester Triathlon. Super sprint, Olympic, kids. Town Park, Rye. westchestertriathlon.org.
- 23 NYC Sprint Duathlon. 2M run, 12M bike, 2M run. Central Park boathouse, New York. nytri.org.

OCTOBER

- 6 Hudson Valley Duathlon Series #3. Mt. Tremper. 914-466-9214. coachmarkwilson.com.
- 6 Rochester Autumn Classic Duathlon. 2M run, 10M bike, 2M run. Mendon Ponds Park, Mendon. runsignup.com.
- 13 Southern Tier Duathlon Series #3. Randolph. 914-466-9214. coachmarkwilson.com.
- 14 Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 2M run. 8:30am. Solo/teams. New scholastic & grandmaster waves: 2M run, 17M bike, 2M run. Riverview Orchards, Rexford. mohawktowpath.org.
- 20 Kayak, Bike, Run Triathlon. Cassadaga Beach, Cassadaga. 914-466-9214. coachmarkwilson.com.
- 21 Central Park Sprint Duathlon. 2.2M run, 12M bike, 2.2M run. Central Park, New York. nytri.org.

OTHER EVENTS

SEPTEMBER

- 14-16 Women's Adventure Weekend. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. lakegeorgecamp.com.
- 15 NatureFest. 10am-3pm. Moreau Lake SP, Gansevoort. 518-793-0511. friendsofmoreaulake.org.
- 15-16 Inlet Fall Festival. Sat: 10am-5pm. Sun: 10am-4pm. Vendors, live music, jugglers, food/beer. Fern Park, Inlet. 315-357-5501. inletny.com.
- 17 Golf FORE Diabetes Tournament. 1pm. Schuyler Meadows CC, Albany. Howard Katz: 518-369-3727. secure.perfectgolfevent.com.
- 22-23 Great Adirondack Moose Festival. Indian Lake. 800-328-5253. indian-lake.com.
- 22-23 Whiteface Oktoberfest. Sat: 11-7pm. Sun: 11am-5pm. Live German music, traditional food/beer, fireworks (Sat), family fun, craft vendors, gondola rides, beer games. Whiteface, Wilmington. whiteface.com.
- 30 Frozen Assets Women's Hockey. Players/goalie wanted. Rec/D-levels. HVCC, Troy. troyfrozenassets.teamcowboy.com.

OCTOBER


- 6-7 Gore Harvest Fest. 10am-4pm. Mtn biking, hiking, live music, gondola rides, artisan vendors, kids' activities, climbing & bungee, mini/disc golf, fall food/drink. Gore, North Creek. 518-251-2411. goremountain.com.
- 6-7 Flaming Leaves Festival. 9am-4pm. US Cup ski jumping competition & Nordic combined race. Live music, paint/sip, demos, craft vendors, kids' activities, Adk food/drink. Olympic Jumping Complex, Lake Placid. whiteface.com.
- 14 Willard Fall Fest. 11am-4pm. Chairlift rides, activities, food/drink. Willard, Greenwich. 518-692-7337. willardmountain.com.

PADDLING: KAYAK, CANOE, SUP & ROW

SEPTEMBER

- 15 Paddle for the Cure. 2M on Moose River. Mountainman Outdoors, Old Forge. mountainmanoutdoors.com.

Saturday, Sept. 29



23 mile is a citizens' fun race/ride

Drops to Hops

23 mile and 43 mile races, starting and ending at Brewery Ommegang. Must be 21 to drink.
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44TH ANNUAL

Falling Leaves ROAD RACE
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5K Run/Walk/Wheelchair & Scenic 14K Run - 9am
 Register early for CNY Racing 1/4-zip long-sleeve tech shirt
 Info/Register: UticaRoadrunners.org
 or RunSignUp.com

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 Saratoga Spa State Park
 Columbia Pavilion
5K & 10K Walk/Run 9:30a.m.
 Kid's Fun Run following races
Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that register for the 5 & 10K by 10/11!

****IMPORTANT****
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 NO DAY OF Registration

5K & 10K Fees: \$25 (by 10/11);
 \$28 (by 10/10 at 10a.m.); \$30 (before 6p.m. on 10/12)
Kids Fun Run Fee: \$5 (12 & under)

Register Online:
www.saratogabridges.org
 More information: 518.587.0723

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Sunday, October 28th



USATF Adirondack Presents
Saratoga Cross Country Classic
 Saratoga Spa State Park
 Saratoga Springs, NY
5k Cross Country Race - 10am
 Open to ALL runners & walkers!
 No USATF membership required
 Novice/road runners welcome
 Gentle course; not a technical trail run
 USATF Adirondack 5k XC Championship
Kids' 2k and 3k Developmental Cross Country Runs - 9am
Register Online! ZippyReg.com
saratogaxcclassic.com

OCTOBER

15 St Lawrence Valley Paddlers Duathlon. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River, Canton. slvpaddlers.org.

21-23 Adirondack Canoe & Kayak Rendezvous. Clearance sale, demos, reps. Sat: Swift Demo Day, Old Forge. Mountainman Outdoors, Saratoga Springs & Old Forge. 518-584-0600 & 315-369-6672. mountainmanoutdoors.com.

22 Long Lake Long Boat Regatta. 10M. 11am. Long Lake. 518-891-2744. macscanoecanoe.com.

23 St Regis Canoe Classic. 5/9/11M. 11am. Paul Smith's College, Paul Smiths. paulsmithsbobcats.com.

30 Seneca Monster. 13M. 11am. Waterloo. senecamonster.com.

RUNNING, TRAIL RUNNING & WALKING

SEPTEMBER

12 Nine Pin Cider Run w/FFRC. 6pm. Nine Pin Cider Works, Albany. 518-459-3338. fleetfeetalbany.com.

14-15 Shawangunk Ridge Trail Run/Hike. 70M/50M/30M/13.1M. Rosendale. longpathtraces.com.

15 ADK 5K Run/Walk. 10am. Music/beer fest: 10am-2pm. Adirondack Pub & Brewery, Lake George. 484-716-8331. adk5k.com.

15 41st Great Cow Harbor 10K Run. 8:30am. RRCA 10K championship. Northport. cowharborrace.com.

15 Free to Run Trail Races. 50M/26.2M/13.1M. Pittsfield SF, Pittsfield, MA. freetoruntrailraces.com.

15 Old Forge Drill School 5K Run/Walk. 10:30am. Hildebrand Recreation Center, Old Forge. itsyourrace.com.

15 Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. 315-439-4938. thebackpackrun.com.

15-16 Spartan Races. 30/12/3M w/obstacles & water/sand/steep. Killington, Killington, VT. spartan.com.

16 The Saratoga Palio: Melanie Merola O'Donnell Memorial Race. Half marathon: 7:45am. 5K: 8am. Kids' fun run: 9:15am. Druthers after party: 10am. Saratoga Springs. themelaniefoundation.com.

16 40th Dutchess Co Classic. Half marathon, 5K & kids' run. 8:30am. Lagrange MS, Lagrange. Keith Axelrod: 914-456-0708. dclassic.com.

16 Dunkin' Run. 15K 8:20am. 10K 8:30am. 5K run/walk: 8:30am. 0.5M munchkin run: 10am. Jewish Community Center, Albany. albanyjcc.org.

16 8th Moreau Lake 15K & 5K Trail Races. 8am. Moreau Lake SP, Gansevoort. greenleafacing.com.

16 Gore Leaf Cruncher 5K Trail Race/Walk. 10am. Gore Mountain, North Creek. 518-251-2411. goremountain.com.

16 HMRRC Anniversary Races. 2.95M & 5.9M. 9am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.

16 Tunnel to Tower Stair Climb. 9am. Corning Tower, Empire State Plaza, Albany. crowdrise.com/t2ttowerclimbalbany.

16 Ithaca 5K & 10K Road Race. 9am. Ithaca City HS, Ithaca. fingerlakesrunners.org.

22 25th FAM 5K "Fund" Run/Walk. 10am. Entertainment, Brooks BBQ chicken, drinks. 0.5M kids' fun run: 9:15am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 518-823-1257. fam5k.com.

22 Helpers Fund 5K Run/Walk & 10K Run. 9:30am. Adirondack Marathon Distance Festival. (Kids' Fun Run: 2pm, Schroon Lake.) Town Hall, Chestertown. adirondackmarathon.org.

22 St Jude Walk/Run to End Childhood Cancer. 9:15am. Mohawk Harbor, Schenectady. fundraising.stjude.org.

22 kLaVoy Donate Life 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. zippyreg.com.

22 Let's Move Fun Run & Bike Ride. 15M bike. 8:30am. Hawthorne Valley School, Ghent. hawthornevalley.org.

23 37th Arsenal City 5K Run. 10am. 1M fun run/walk: 9:30am. Save \$5: call Chris at 518-270-3815 & mention this ad. City Hall, Watervliet. arsenal5k.com.

23 Adirondack Marathon, Half Marathon and 2 & 4-Person Relays. Full/Relay: 9am. Half: 10am. (Sat, 10am-5pm: Expo at Schroon Lake CS.) Main St, Schroon Lake. adirondackmarathon.org.

23 Vermont Sun Half Marathon, 10K & 5K. 10am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.

OCTOBER

6 12th Falling Leaves 5K Run/Walk & Fun Run. 10am. Kids' 0.5M fun run: 11am. William Kelley Park, Ballston Spa. ballstonspaumchurch.org.

6 24th BH-BL Rotary Apple Run. 5K run/walk: 9am. Kids' 1M fun run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 518-399-2225. zippyreg.com.

6 24th Komen Race for the Cure. 5K run & 2M family walk: 9:45am. Kids' dash: 8:30am. Honoring Survivors ceremony: 9:30am. Save \$5 w/code: ADKMAG2018 (thru 9/29). Empire State Plaza, Albany. info-komen.org.

6 Fort Hunter Smokin' 5K. 9am. Fort Hunter FD, Guilderland. forthunterfd.org.

6 Fit for Duty 5K Run/Walk & Kids' Fun Run. 9am. Greenwich Firehouse, Greenwich. active.com.

24th Annual Burnt Hills-Ballston Lake Rotary



THE 2018 APPLE RUN

5K Run and Walk
Saturday, Oct. 6 • 9am
 O'Rourke Middle School, Burnt Hills

Kids Mile Fun Run • 9:45am
 USATF Certified Course • Chip Timing
 Shirts for the first 300 participants
 \$25 by 9/22 (\$30 after) • Kids Mile Fun Run: \$10

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

Upcoming ARE Event Productions Events



Hairy Gorilla Half Marathon and Squirrely Six Mile

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

Register NOW!

Sunday, October 21
 Thacher State Park - HairyGorillaHalf.com

SAVE \$5 WITH CODE ADKSP18 VALID THROUGH 9/30

Race Timing, Logistics, and Entertainment www.AREEP.com

10TH ANNUAL Race Away Stigma 5K Race & Fun Walk
 Help "Race Away" the stigma that surrounds mental illness
 Hudson Valley Community College
Sunday, Sept. 23 • 10am
 HVCC Student Pavilion, Troy
 \$17 HMRRRC, \$25 non-members, free HVCC students, \$30 day of race
T-shirt while they last, awards, raffles
 Larry Ellis 518-629-7175, l.ellis@hvcc.edu
 Register: hvcc.edu/cct/race

Fall Back 5
 TRAIL RACE
Sunday, Nov. 4 • 10am
 SARATOGA SPA STATE PARK, SARATOGA SPRINGS
 Five miles on varied paths
 Capped at 200 runners • Racing cap to first 150 registered
 Age-group & Trail Blazer awards, raffle prizes
Register: ZippyReg.com
 Save! \$25 online to 11/1 at 10am
 \$30 at iRun LOCAL on Sat, 11/3, 12-2pm
 Race day: Admin building, 8:30am
 Saratoga Stryders.org iRun LOCAL FRIENDS OF ADIRONDACK STATE PARK

37th Annual Watervliet
Arsenal City Run 2018
Sunday Sept 23
5K Road Race • 10am
Info/Register: Arsenal5k.com
 Call Chris at 518-270-3815 and mention this ad for \$5 off registration fee • T-shirts to all preregistered
 Free 1-Mile Fun Run/Walk (all ages): 9:30am
 Family Festivities: 10am-1pm
 Food, drinks, live music, activities for all
 Benefits Watervliet Adopt-a-Family program

11TH ANNUAL Shenendehowa Veterans Day Dash 5K RUN/WALK
Monday, Nov 12 • 10am
 Shen High School Track, Clifton Park
 Flat/fast course • T-shirts to first 350 runners
 Open to all runners & walkers • USATF sanctioned
 Veterans run free • Kids' Fun Run: 9am
 Prizes to top M/F, top M/F vets & age groups
Register & Entry Form: ShenRunners.com
 Partial proceeds to STRIDE Adaptive Sports & Shen Track Booster Club

- 6 Slate Valley Brew Run. 10K: 8:30am. 5K: 10am. 1M Kids Run. Veterans Park, Granville. thehayneshouseofhope.org.
- 6 Lake Placid Classic Half Marathon & 10K. Olympic Speed Skating Oval, Lake Placid. lakeplacidclassic.com.
- 6 Pond Sprint Run/Hike. 12.5M. Pok-O-McCready Conference Center, Long Pond, Willsboro. pondsprint.weebly.com.
- 6 Vintage Half Marathon, 5K & Wine Festival. 10am. Bethel. vintageruns.com.
- 6 Run For Your Knives 5K. 9am. Culinary Institute, Hyde Park. 845-905-4279. cialumninetwork.com.
- 6 Clark 6-Hour Classic Ultra. Clark Reservation, Jamesville. saltcitytrailrunning.com.
- 7 Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. Sat, 10/6, 10am-5pm: Adk Sports Expo & MHR Marathon/Half Packet Pickup, Albany Capital Center. Full: Schenectady to Albany. Half: Colonie to Albany. mohawkhudsonmarathon.com.
- 7 Burgoyne's Bridge 5K Family Fun Run/Walk. 10am. Hudson Crossing Park, Schuylerville. hudsoncrossingpark.org.
- 13 Great Pumpkin Challenge. 5K Run/Walk & 10K Run: 9:30am. 1M Kids' Fun Run: 10:45am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 518-587-0723. saratogabridges.org.
- 13 1st Oktoberfest Saratoga 5K. 10am. Horseshoe Inn & Druthers Brewing Oktoberfest celebration. Horseshoe Inn Bar & Grill, Saratoga Springs. greenleafacing.com.
- 13 Run/Walk for Domestic Violence Awareness. 5K. 9:30am. Jennings Landing, Albany. zippyreg.com.
- 13 St Catherine's Running SCCared Family 5K. 10:30am. Crossings Park, Colonie. st-cath.org.
- 13 Jean Forti Run for Education 5K & Kids' Fun Run. 9am. East Berne. zippyreg.com.
- 13 Livingston Manor Half & 5K. 13.1M: 10:30am, Mongaup Pond Campsites. 5K: 10:45am, Catskill Brewery. runsignup.com.
- 13 Shelburne Farms 5K. 9am. Shelburne, VT. racevermont.com.
- 13 Water Gap 50K Trail Run. Milford, PA. salomonnytrailseries.com.
- 14 Rensselaer Runs United 5K & Kids' Fun Run. 10am. RPI Tech Park, North Greenbush. 518-276-4305. unitedwaygr.org.
- 14 Fall Foliage Half Marathon & 5K. 10am. Dutchess Co Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- 14 Greene Mountain Marathon & Half. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- 19-21 WTF 100 Ultra Trail Run. Four 25M loops: 70% off-trail & mostly unmarked. 12 peaks/loop, 9000ft gain/loop. 12hr/loop cutoff (48hr race). Limited to 40; Barkley a plus. West Kill Brewery, West Kill. Apply: gunksfatass@gmail.com.
- 20 Running Down Strokes 5K. 10am. Survivor Stroll: 10:15am. Crossings Park, Colonie. stepsforstroke.com.
- 20 Race for Cerebral Palsy 5K. 9am. Elks Lodge #81, Queensbury. active.com.
- 20 Octoberfest Half Marathon, 10K/5K Runs & 40K Bike. Music, food, beer. Peru FD, Peru. runoctoberfest.com.
- 21 Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Runs. 9:30am. Gorilla chase kids' run (800m): 9am. Save \$5 w/code ADKSP18 (thru 9/30) or ADKOCT18 (thru 10/19). Thacher SP, Voorheesville. hairygorillahalf.com.
- 21 Heady Trotter 4M Run. 10am. Music/beer fest: 10am-2pm. Alchemist Brewery, Stowe VT. iraceforbeer.com.
- 21 Town of New Scotland 7.1-Miler. 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- 21 Ghostly Gallop 5K Run/Walk. 11:30am. Hudson HS, Hudson. ghostlygallop.info.
- 27 CDYMCA Trick-Or-Trek 5K Run/Walk. 9-11am. Historic Oakwood Cemetery, Troy. zippyreg.com.
- 27 2nd Brookhaven Oktoberfest 5K Trail Run. 10am. Kids' 1K fun run: 11am. Brookhaven Golf Course, Porter Corners. skireg.com.
- 27 Harvest Hustle 5K Run/Family Walk. 10:30am. Colonie Town Park, Colonie. nightoutforyou.org.
- 27 Dan Provost Memorial 1.5M Walk for Awareness & Recovery. 11am. Skidmore College, Saratoga Springs. zippyreg.com.
- 27 UlsterCorps Zombie Escape 5K. 10am. Williams Lake, Rosendale. 845-481-0331. ulstercorps.org.
- 27 Tina's 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- 27 Scarecrow Scuttle 5K & Family Fun Run/Walk. 10am. Old McDonald's Farm, Sackets Harbor. lightboxreg.com.
- 27 Rylie J's Boo & Brew 5K. 3pm. Geneva. ryliejsbooandbrew5k.com.

- 28 Saratoga Cross Country Classic 5K Run/Walk. Gentle course, novice/roadies welcome. Kids' 2K & 3K XC runs: 9am. Saratoga Spa SP, Saratoga Springs. saratogaxcclassic.com.
- 31 "Spoocoony" Halloween Run. 6pm. Fleet Feet Albany & Malta. 518-459-3338. fleetfeetalbany.com.

NOVEMBER

- 3 7th Saratoga Revolutionary Run for Veterans 5K. 10am. Plus, kids' nature run. Fort Hardy Park, Schuylerville. 518-884-4115. finishright.com.
- 3 Black Rock Trail Races. Ten summits 25K & White Oak 12K. Cornwall. blackrockraces.com.
- 3 Mendon Trail Run. 50/30/20/10K. Mendon Ponds Park, Rochester. roc.us.orienteeing.org/mtr.
- 3 BART Howl-Weenie & Half-Weenie. 26.2M, 13.1M, 8hrs, 5K. Greylock Glen, Adams, MA. ultrasignup.com.
- 3 Stone Cat Trail Races. 50M/26.2M. Willowdale SE, Ipswich, MA. ultrasignup.com.
- 4 12th "Fall Back 5" 5M Trail Race. 10am. Admin bldg., Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- 4 Mike Nolan 5K Run/Walk & Family Fun Run. 9:30am. South Glens Falls HS, South Glens Falls. active.com.
- 4 Fall Back into the Trails 10K & 15K. Redwing Rec Area, Lagrangeville. ultrasignup.com.
- 4 Fall 5K/10K & Half. Shelburne Fieldhouse, Shelburne, VT. racevermont.com.
- 11 MVP Health Care Stockade-athon 15K. 8:30am. MVP Stockade Cup Relay (5K legs): business, vets/active & casual teams. Kids' 0.5M run: 10:45am. Veterans Park, Schenectady. stockadeathon.com.
- 12 11th Shenendehowa Veterans Day Dash 5K Run/Walk. 10am. Kids' fun run: 9am. Shen HS Track, Clifton Park. shenrunners.com.
- 17 Girls on the Run 5K. 10am. Corning Preserve boat launch, Albany. gotrcr.org.
- 17 Castle to the River Run. 50K, 13.1M, 5K, 1M. Garrison. salomonnytrailseries.com.
- 17 Hobble Gobble Prediction Run/Walk. 11:15am. West Potsdam Bingo Hall, Potsdam. northernrunner.org.
- 18 Turkey Raffle Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.
- 18 After the Leaves Have Fallen Half Marathon. 11am. Mohonk Preserve, Marbletown. shawangunkrunners.com.
- 22 71st Troy Turkey Trot. 10K: 8am. Grade school mile: 9:30am. Turkey walk 1M: 9:35am. 5K: 10am. Troy Atrium, Troy. troyturkeytrot.com.
- 22 17th Christopher Dailey Turkey Trot. 5K run/walk: 8:30am. Saratoga Hilton, Saratoga Springs. 518-581-1328. zippyreg.com.
- 22 37th Cardiac Classic 5K. 9am. 2M wellness walk: 8am. Duck Pond 1M fun run: 10am. Central Park, Schenectady. cardiacclassic.org.
- 22 6th St George's Turkey Trot. 5K family run/walk: 8am. Kids' fun run: 9:05am. St. George's School & Church, Clifton Park. stgeorgesschoolcp.com.
- 22 9th Our Towne Turkey Trot 5K. Bethlehem MS, Delmar. 518-598-3434. ourtownebethlehem.com.
- 22 23rd BKVR Running of the Turkeys. 5K run/walk & kids' fun run: 9am. Fisher ES, Arlington, VT. bkvr.net.
- 22 Cohoes Turkey Trot 3.5M Run/Walk. 9am. City Hall, Cohoes. 518-233-2121. zippyreg.com.
- 22 James Hinchliffe 5K Run/Walk for ALS. 8:30am. GF Civic Center, Glens Falls. jphals5k.com.
- 22 Adirondack Health Turkey Trot 5K. 8:30am. Olympic Speed Skating Oval, Lake Placid. 518-897-2271. adirondackhealth.org.
- 24 Run Off That Turkey Trot 5K & 2M Walk. 9am. Voorheesville HS, Voorheesville. Phil Carducci: 518-861-6350. zippyreg.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.

Sunday, Sept 30
 15th Annual
The Crossings 5K Challenge & KIDS Runs
5K RUN/WALK
 Ciccotti Center
 30 Aviation Road, Colonie
MUSIC • FOOD • AWARDS • FUN!
5K Challenge Run/Walk - 9:30am
 Dri-fit long-sleeve shirt to all registered by 9/3
 Flat, fast course through Crossings Park
 Chip timing by AREEP • Walkers welcome
Kids 1/4M Fun Run* (free) - 10:15am
 Must be registered - For ages 13-under
Kids 1M Competitive Run* (\$10) - 10:15am
 Chip-timed for 13-under with shirt and awards
 *All registered kids runners get a medal
Register online: ZippyReg.com
Info & Entry Form: ColonieYouthCenter.org
 Early Registration Ends 9/26!
 TO BENEFIT COLONIE YOUTH CENTER, INC.

7TH ANNUAL Saratoga County Revolutionary Run for Veterans 5K
Saturday, Nov. 3 • 10am
Fort Hardy Park, Schuylerville
 5K Run/Walk on the Historic Champlain Canal and Towpath
 Flat & fast course!
 Run/walk for vets - a great cause!
 T-shirt to all registered
 Free Kids' Fun Nature Run
 Hamburgers, hotdogs & drinks
Register: FinishRight.com
 More info: (518) 884-4115
 veterans@saratogacountyNY.gov
 All proceeds benefit Saratoga County Veterans Trust and Agency Fund

2ND ANNUAL Brookhaven Oktoberfest 5K Trail Run
Saturday, October 27 - 10am
 Brookhaven Golf Course, 333 Alpine Meadows Rd
 Porter Corners (10M north of Saratoga Springs)
 Kids' 1K Fun Run: 11am • Oktoberfest Party to follow!
 Custom logo T-shirt to all preregistered by 10/1
REGISTER: SkiReg.com
 All Proceeds Go Towards Expanding Nordic Skiing at Brookhaven's Trail System

12TH ANNUAL Falling Leaves 5K & Fun Run
Saturday, October 6 at 10am
 William Kelley Park on Ralph St, Ballston Spa
 Scenic course within historic village of Ballston Spa!
Great Drawings - All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, Fleet Feet Sports, etc. Must be present to win.
Info & Register: ballstonspaumchurch.org/falling-leaves-5k-run
 \$25 by 10/3 or \$30 race day • Long-sleeve moisture wicking T-shirt to first 200
Kids' 0.5M Fun Run (10 & under): 11am - Free
 Stan Lockwood: (518) 885-6886 or fallingleaves5k@albany.twcbc.com
 Benefits Veterans & Community Housing Coalition - Vet House & Guardian House for Homeless Veterans



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● PADDLING ●

First-Time Canoeing Exploring Archer Vly

By Alan Mapes



JEFF MAPES AND NORA GET READY FOR HER FIRST CANOE TRIP. ALAN MAPES



NORA MAKES WAVES FROM THE FRONT SEAT. ALAN MAPES



A GOOD-FITTING LIFE JACKET AND TASTY SNACKS ARE ESSENTIALS. ALAN MAPES



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THREE GENERATIONS.

Introductions can be important. For a child (in this case a grandchild), a successful introduction to paddling can make all the difference. Recently, my son Jeff and I introduced his four-year-old daughter, Nora, to canoeing. I very much wanted the trip to be a success, hoping that she would want to go again. There were a couple of unsure moments, but the trip came off better than I could have hoped.

We chose a small lake that is just a 25-minute ride northwest from Nora's home in Saratoga Springs, Archer Vly. Located in the town of Greenfield, the vly is on conservation easement lands that are open for public use. It has a parking area and a hand launch for small boats. The lake is about a half-mile long and perhaps a couple of football fields wide.

I love exploring new waters, but the real reason for this trip was not to be short-changed. As her "Papa" I wanted to give Nora a canoe trip so much fun that she would want more. She has done a few very short kayak outings with me, but nothing as ambitious as the trip to Archer Vly.

Packing was important - we tried to think of all the things needed to make the trip a good one if you are four years old: food, including snacks, sandwiches, and some very juicy peaches; plenty of drinking water; hand-net to catch things; fishing gear; comfortable seat for the center of the canoe (ostensibly for Nora, but later used by Papa); and a short, lightweight canoe paddle for Nora.

Arriving at the parking lot, we had a very opportune meeting with a nice lady and her dog, also from Saratoga Springs, and she invited us to stop by her family's campsite on the vly. There are four designated campsites, and theirs was one of two that can be reached by foot trail. The other two must be reached by boat.

Our grand exploration started with Dad in the back seat, where the all-important steering of the craft takes place. Papa took the front seat and Nora settled into a cushy center seat on the floor in the middle. We brought a sleeping pad/camp chair and added my canoe kneeling pad underneath to make it very comfy - as I found out when I was displaced from my front seat a little way into the trip.

It was my first time in Jeff's old canoe, which turned out to be made for speed, not for steadiness. This Old Towne Canadienne

model was one of my "rescue" projects. It had been owned by a friend, and one winter a sheet of ice slid off a roof, right onto the overturned canoe. Jeff bought the damaged boat for a song. I patched up the holes in the fiberglass hull and installed new cane seats, essentially bringing it back from the dead. With two big guys and an active four year-old - almost five, she will tell you, the boat was a little tender, but we did OK.

Nora had no trouble figuring out the paddling stroke, but she found it much more fun to reverse paddle, to "make waves" she said. We were not trying to make distance, and were glad to have her make all the waves she wanted. A lunch stop was made early on at an empty campsite. Nora welcomed the chance to run around, and was impressed with a visit to the "thunderbox," hidden among the ferns - this is the new thing in wildland restrooms.

Getting back on the water, a small but assertive someone claimed the front seat, and our boat proved much more stable with Papa sitting low in the middle, providing ballast. Nora was happy making waves from the front seat, where she sat higher and could see better. The trip progressed with sightings of belted kingfisher, great blue heron, dragon flies, damsel flies and huge rafts of whirligig beetles, zig-zagging on the surface. Closed gentians were the predominant wild-

flower, growing in great numbers along the shoreline. We paid a visit to a beaver lodge on the far end of the lake and rigged up our fishing rods.

No fish paid any attention to our offerings, but fishing can be satisfying activity even without any catching. Giving up on the fish, we came across the campsite of the Saratoga family. We paddled along for a while with their canoe, which was just starting out with two young kids paddling, Dad and the dog in the middle. The family turned out to have a girl about Nora's age and a brother a few years older. After landing to check out their campsite, the four of them (dog included) had a rollicking good time running around the woods. Arrangements were made for a playdate sometime in the near future.

Back on the water, we knew the trip was a hit with Nora. She asked that we paddle around the lake again!

If you go, Archer Vly is part of the 6,147-acre Sacandaga Block Conservation Easement Lands, bought by The Nature Conservancy as part of a huge purchase from Finch, Pryun & Co. These lands are now owned by a forest products company and continue to produce forest products, but

public access rights were sold to New York State. Lake Desolation Road Tract, the section we visited, borders the Adirondack Park "blue line" and Lake Desolation State Forest. For details on this and other public access lands and paddling spots, go to the NYSDEC website at dec.ny.gov.

Quoting the website, "Full, non-motorized public recreational rights are available on the Lake Desolation Tract. A hand launch, two trails, and four primitive tent sites have been developed on Archer Vly. The hand launch and parking area are located on Plank Road off Lake Desolation Road. Canoes, kayaks, SUPs, and boats with electric motors may use the launch. The trails are open to hikers, mountain bikers, horseback riders, cross-country skiers and snowshoers." 🌲

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.

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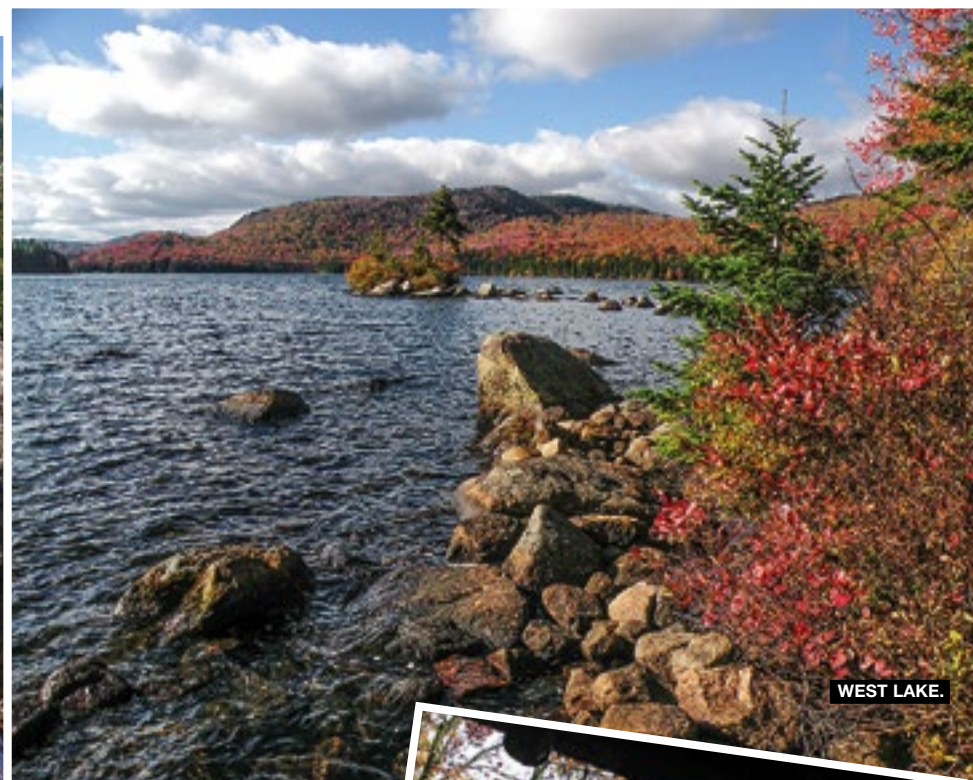
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HIKING & BACKPACKING


WEST LAKE.

FALL BACKPACKING Brooktrout and West Canada Lakes

By Bill Ingersoll

BROOKTROUT LAKE.

A trailhead located deep within the Moose River Plains provides access to the heart of the West Canada Lake Wilderness Area, one of the largest and wildest regions of the Adirondacks. This is a sanctuary of remote high-elevation lakes, with an interconnected trail network ideal for backpacking. The loons that patrol the lakes are talented singers, and fall is the last time to listen to them before they migrate to the coast for the season.

Because of its connections with the central trail network in the West Canadas, and because it is the most direct route to West Lake, the Brooktrout Lake trailhead enjoys a moderate level of popularity – despite its out-of-the-way location. Side trails branch off from the trail to places like Deep Lake and Falls Pond, and the main trail extends beyond Brooktrout Lake to connect with the Northville-Placid Trail at West Lake. These destinations are within the reach of day hikers, but most visitors come with overnight packs. There are lean-tos at Brooktrout and West lakes.

GETTING THERE

The Brooktrout Lake trailhead is located on Indian Lake Road in the Moose River Plains, a popular recreation area with long gravel roads, and numerous roadside campsites. The road system is open through the summer and fall, but after Columbus Day four-wheel-drive is required; this is not the type of place you'd want to get stuck in after an early snowfall!

There are two entrances to the Plains: the Limekiln entrance south of NY Route 28 in Inlet, and Wakely Dam on Cedar River Road, west of Indian Lake. The trailhead is 18.5 miles from Wakely Dam and 13 miles from Limekiln, on the road that heads south from the plains toward Indian Lake. There is parking for a number of cars, with several roadside campsites nearby.

THE TRAIL

The first two-thirds of the trail to the pond are along a logging road that is so gradual and open that you sail along it. It starts beside flows created by a large beaver dam on Falls Pond Outlet in a young hardwood forest. Fresh beaver work and a washed-out section of road form a minor obstacle at 0.5-mile, and then the trail heads gently uphill on the east side of a big valley. The old roadbed is very rocky, and you

need to watch your footing, lest you twist an ankle. Vegetation is encroaching from the sides to turn this old road into a narrow foot trail.

A steeper climb brings the trail back near Falls Pond Outlet. There is a bridge over one small tributary, and at 1.4 miles you reach the trail to Falls Pond – almost hidden to the right. Falls is the largest and prettiest of the three peripheral ponds reached from the Brooktrout Lake trail. Little rock islands dot its northern bay, and there is a campsite on its spruce-covered northeastern shore. The side trail is 0.3-mile long and takes about 10 to 15 minutes to explore, one-way.

After a slight rise, the main trail to Brooktrout leads southeast. You then come to the bridge over Wolf Creek; note the small but handsome rock gorge downstream. The way so far has been so easy that you can reach the creek in 45 minutes without a pack, making the distance seem shorter than the given 1.9 miles.

The trail continues southerly, up a hillside on exposed bedrock like a paved sidewalk; a section that can be very slippery when the surface is wet. It swings to the southwest, cutting straight through a wet meadow. At 2.3 miles, the trail reaches a drying beaver meadow, which has since become filled with bog wool and bottle gentian. The trail circumvents the meadow by leading around its left side.

The trail continues southwest, leaving the meadow. There is a short, steep downhill where the road is muddy and strewn with rocks, then a second descent leading to a second beaver meadow. Again, the trail keeps to the left of the pond.

At about 3.1 miles, you leave the old paper company lands and enter a forest that has scarcely been touched by loggers. Tall spruce line the trail, and you round a spruce-covered knoll to make a moderate descent to reach the outlet of the Twin Lakes. Use the rocks to cross this pretty stream.

You are no longer on a visible roadway, but the narrow trail is still marred with muddy areas; even in dry times the trail will be wet. The trail turns southerly and at 3.8 miles reaches a height-of-land. At 4.2 miles you descend to the edge of the hill and can start to see the lake through the trees. The narrow pathway winds down and easterly, below huge erratics, circling high above the three-quarter-mile-long lake, before finally descending to the flats beside the lean-to at 4.7 miles.

CAMPING AT WEST LAKE.
PHOTOS BY BILL INGERSOLL

The lean-to faces not the lake, but a boulder that is almost as large as the lean-to. A short path leads west to the shore, where chains of rocks allow you to walk along the shore, and view the protecting ring of steep hills that circle all but a small portion of the southeastern shore.

I often see multiple groups camped in and around the lean-to at the same time. It's not that Brooktrout is over-used, but that this is the only established campsite on the lake, and demand often exceeds the supply of available camping space.

But Brooktrout is just one of the large lakes in this wilderness. After passing the lean-to, the trail leads easterly through the woods for another 0.7-mile to the shallow west end of West Lake, where you will find a tent site. The trail continues along the north shore of the lake for another 1.9 miles to a junction with the Northville-Placid Trail, but it is set so far back from the water that you will not have a good view, until you reach the first of the lean-tos at the east end of the lake.

One interesting way to explore the West Canada Lakes is by canoe, but of course carrying a canoe such a long distance is no small matter. You may get lucky and find an aluminum canoe waiting for you at the Brooktrout Lake lean-to. I have no idea where it came from, but it was a welcome surprise the last time I visited the area.

Fall is one of the best times of the year to visit the West Canadas – the woods contain a large number of red maples, which put on a brilliant show every September. Enjoy! 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadironclacks.com). For more information on this region, consult Discover the West Central Adirondacks.

Bill Hoffman

Where is he now?

By Thomas O'Grady

AGE: 51

FAMILY: Wife, Naomi, and sons, Max (17) and Liam (14)

RESIDENCE: Clifton Park

OCCUPATION: CTO of Kitware in Clifton Park

PRIMARY SPORT: Trail and Mountain Ultra Marathon Running

SECONDARY SPORTS: Yoga and Hiking



YELLOWSTONE FAMILY RUN UP WASHBURN.



2018 LEADVILLE TRAIL 100 RUN.



START OF BOSTON MARATHON 2017.

Two years ago Adirondack Sports had the privilege of highlighting Bill Hoffman's unconventional path to the sport of running. In this first article (adksports.com/2016-09-athlete-profile) Bill discusses that he lived an active lifestyle as a youth in Florida, spending much of his time surfing or skateboarding. Bill's first experience with running came during a summer physical education course when boogie boarding was cancelled, due to liability, and turned into a running program. Participation in the running program led to acute Achilles tendonitis and a visit to the doctor where Bill was advised that he had flat feet and should not pursue running. Bill, like many individuals, went about his life building a career and family following the advice without a second thought.

Had things turned out differently Bill's story would have still been significant. In the 20-year interim Bill earned a graduate degree, left a job in industry at GE, and became a founder and CTO of the company Kitware. The previous article discusses how Bill was inspired by the book "Born to Run" by Christopher McDougall and "Barefoot" Ted McDonald - a barefoot running advocate who founded the company LUNA Sandals. Bill's transformation took him from

a moderately out-of-shape armchair adventurer to a barefoot mountain and trail adventurer. Bill's adventures saw him completing marathons and ultramarathons over rugged terrain and at punishing elevations. In order to fuel this new lifestyle, Bill changed his diet and began completing training runs in the mountains of Lake George and the Adirondacks - often prior to a day's work. Bill's life changing experience had a positive impact on the rest of the family as his wife and children began eating healthier and exercising more.

I met Bill while planning a winter hike in the Adirondacks just before New Year's Day 2018 with a group of running friends. The plan was to hike two high peaks, Giant Mountain and Rocky Peak Ridge, although everyone was keeping a close watch on the weather. A phenomenon known as "bombogenesis" was producing a particularly punishing cold stretch and our plans were up in the air. Despite better judgement, our group of five met at the trailhead to Giant Mountain at 7am on Dec. 28 with the temperature reading -20 degrees. After very brief introductions we began to move along the trail. Bill quickly moved to the front of the group and I kept pace right behind. What stood out to me was that Bill's sharp contrast to the rest

of the group. Bill seemed underdressed for how cold it was and he appeared to be wearing wool socks, sandals, and microspikes on his feet.

As the hike progressed our group split into two smaller groups with Bill and me out front moving faster and separating from the rest of the group. Our conversation would cover a variety of topics but running and hiking were two that would consume much of the time. Because I was wearing a full neoprene facemask and had goggles with me, it seemed easier to ask Bill (who was simply wearing a hat) questions, and try to decipher what he was saying. Naturally the first thing I questioned Bill about was his choice of footwear. This barely seemed to faze him

as he began telling me about the doctor who diagnosed him with flat feet, the decision to run again, and to try running barefoot or with sandals. We had a long discussion about the pros and cons of running barefoot or with sandals. Bill also discussed the fact that building up his ability to run barefoot over time had vastly strengthened the muscles in his feet to the point where it now seemed like he no longer had flat feet.

During the hike Bill mentioned doing many of the same races I had run over the years, including the Boston Marathon, Utica Boilermaker and Stockade-athon. Then there were the ones that I had heard of but not yet done, including Wakely Dam Ultra and JFK 50. Finally there was his tale of running the Machu Picchu Marathon (covered in the last article) and Manitou's Revenge 54-mile ultramarathon in the Catskills - a combination of Escarpment and Devil's Path, and attempt to get into the Leadville Trail 100 (mile) Run. Bill was clearly a serious runner and hiker, and given his decision to travel very lightly was moving at a pace that was difficult for me to keep. By this point in the hike we had summited Giant and had stopped at the junction between Giant and Rocky Peak Ridge to wait for the rest of our group. My suspicion that dressing so lightly could be a liability was confirmed when Bill requested we keep moving to stay warm.

Although that was the extent of his complaint I was secretly coming up with a game plan that would allow us to get him off the mountain without freezing to death should something happen?! (Bill did have a down jacket in his pack if needed.) Luckily the rest of the hike was completed without any difficulty and we were able to leave with some great pictures.

Shortly after our hike I was able to go on a winter training run with Bill at Moreau Lake State Park. The 15K loop that we took was one that he does frequently in all seasons. The terrain and elevation profile of this area make it a great place to run in preparation for longer trail races. On this occasion there was fresh snow and the sneakers I chose were a bit narrow for the microspikes I was wearing to help grip on the snow and ice. As I had to keep adjusting my footwear I was surprised to see that the LUNA Sandals Bill was wearing were wider than an average shoe and caused no such problems. During this run Bill discussed his spring and summer racing schedule. The goal was to run the Leadville Trail 100 Run if he got into the lottery. In addition to many training runs at Moreau Lake, Lake George and the Adirondacks, Bill would prepare to race by running the 7 Sisters Trail Race, Manitou's Revenge, and Wakely Dam Ultra. Shortly after this training run Bill found out that he got into the Leadville Trail 100 Run.

Fast forward to May and I had just completed the New Jersey Marathon. This was the first marathon I had completed in over two years after returning from an injury. In the preceding months, I had the opportunity to join Bill on another couple runs at Moreau Lake, and we had attempted to plan a run in the Adirondacks without luck. At this point Bill invited me to join on a training run in Lake George that would cover approximately 30 miles of trails and would take us to the summits of Buck Mountain, Sleeping Beauty, Black Mountain and Erebus Mountain. I decided to join and it was during this run that I began to question Bill more on his plans regarding Leadville. I decided during this run that Bill had a good game plan, and based on his training and racing plans, had a good chance of completing Leadville. Based on this I decided to ask Bill whether he had considered pacers. We began talking about the logistics of the trip and I officially joined what would become "Team Sandal" as one of Bill's pacers.

As I flew from Albany to Denver on Wednesday, August 15 I began to contemplate how the next several days including the race would unfold. After landing in Denver, Bill's wife, Naomi, and I met another team member and pacer Matt Turek, and we loaded our rental car and set out to Aspen



■ WHITEFACE -70 WIND CHILL, DEC. 2017.

to meet up with Bill. He had arrived about a week earlier to help with the acclimation process. Our elevation gradually increased to 10,000 feet as we got closer to Leadville and I began to wonder if the altitude would affect me while pacing Bill. After a restless night's sleep in Aspen and a very easy run around the trails on a local ski slope, I was sure that the altitude would have an impact on me, but I was hoping the pace would be such that I would not be hindered in pacing Bill.

A confluence of events leading up to the race morning served as subtle affirmations that things would work out. Bill's attempt at Leadville would come eight years after his transformation into a barefoot ultramarathon runner. During the packet pickup and athlete informational meetings we learned that parts of the movie "Born to Run" were being filmed and would continue to be filmed during the race. Finally, Bill met with and ran with one of his longtime inspirations - Barefoot Ted. The day before the race, Barefoot Ted came up to Bill and anointed him an honorary member of "Amigo Grande," and bestowed a LUNA necklace on Bill. It seemed like everything was coming together well and we had a little extra luck on our side.

The 36th edition of the "Race Across the Sky" went off on August 18 at 4am. There was a noticeable excitement in the air as 713 runners, including Bill, set out on their journey in the midst of the Colorado Rockies. Our crew of Naomi, myself, Matt, Doug (Bill's cousin) and Dan (our third pacer and LT100 alum) regrouped, and ate a quick breakfast before heading out to the first outbound crew station at 25 miles. The race course follows 50 miles of forest trails and some mountain roads from Leadville out to Winfield Campsite before turning around and heading back. Therefore each checkpoint a runner is seen at is designated as outbound for the first 50 miles and inbound for the second 50 miles. Pacers are allowed after the 50-mile point for route finding, keeping the runner on pace and eating/drinking, and making sure the runner leaves aid stations with adequate clothing/supplies.

At 25 miles runners were just coming off a stretch known as Powerline. This portion of the course climbs to the second highest point on the course at 11,400 feet, before descending along a trail that has power lines hanging overhead. Upon entering the aid station area, Bill found us with little trouble and seemed to be in good spirits, stating that he "had a blast running down Powerline." After a quick break for refreshments, we got Bill off to start the next segment of the race with little fanfare. From here the next 12 miles would take Bill over rolling hills and some rugged sections before reaching our second aid station at 37 miles in an area known as Twin Lakes.



■ "AMIGO GRANDE" WITH BAREFOOT TED IN LEADVILLE.



■ WITH NAOMI BEFORE LT100 4AM START.

As with the previous aid station, Bill arrived on the approximate time schedule we had planned, and was still in good spirits. This was an important point in the race as we prepared Bill to tackle what is considered the toughest stretch of the course.

After leaving Twin Lakes, the course follows the Continental Divide trail on a sustained 3,000-foot climb through Hope Pass, between Hope and Quail mountains. The climb reaches the course's maximum elevation at 12,500 feet, before descending 3,000 feet below to the race's midway point, in the ghost town of Winfield.

After arriving in Winfield I began to ready myself for the task at hand. My goal was to help Bill make it from Winfield, up and over Hope Pass for a second time, back to Twin Lakes to pick up our second pacer. Before traveling to the race my neighbor had said his brother had tried to run Leadville a few years ago. My neighbor's brother must have stated somewhere around Twin Lakes that he wanted to stop running and the pacer allowed him to drop out. A running joke was that all three of the pacers Bill would have would need to do a better job than "that guy." With this in mind I considered what condition Bill would be in upon his arrival.

Time continued to pass and we kept waiting. A gradual tension grew as one of the crew and I discussed what may be happening. We agreed Bill must have slowed down and would probably not be in great shape when I began running with him. We tried to have this conversation out of ear shot of Bill's wife, Naomi, in order to not scare her any more than necessary. Right before 5pm on Saturday, Bill arrived in Winfield

after running for 12 hours 58 minutes. Unfortunately, when I saw Bill the team's suspicions were confirmed as the trip through Hope Pass had taken a considerable toll on him mentally and physically. Upon greeting Bill I did my best to take in as much information as I could to access the situation. Bill stated that he had "No brakes, I can't go up, I can't go flat, I have first gear and neutral. I can run fast downhill. That's it." Besides being in considerable discomfort, Bill confirmed that he did not feel well.

At this point he was in 400th place out of the 713 runners, and based on his arrival at Winfield had a chance of finishing the race, but projections indicated that runners completing the first half slower than 13 hours had a considerably more difficult time making the required 30-hour time limit. With this in mind and morale among Bill and the team at its lowest, I hit him with the news: he looked bad, things were not looking great, but I was going to do everything in my power during the next segment to get him on track - and towards earning the big silver and gold belt buckle. The big belt buckle was reserved for those finishers under 25 hours and would require an unheard of negative split over the second half of the race. Bill looked at me like I was crazy and said, "Yea right, I have no idea how you are going to do that. I just told you I can't run up or flat. But I'll try whatever you say."

We set out on our journey back through Hope Pass and I began to test Bill's systems. First I tested how much or little he could actually jog. We did some stints of running and walking that seemed to go well. Bill seemed pretty capable of pushing for half-mile segments, so my goal became to get as much running during a half-mile as possible, and then to allow walking and running during the second segment. This worked very well, and we actually ran a considerable amount in the first three miles, before reaching the climbing portion. Bill had taken in soup and other nourishment in Winfield, and the combination of nutrition and company seemed to spark some pep in him. As we began our ascent back over the toughest section of the course, I applauded Bill's effort and urged him to get near other runners before the trail narrowed.

This proved to be critical as we latched on to a woman and her pacer who had also just begun to climb. Both were using hiking poles and were moving at a quick walk, slow jog pace. I urged Bill to follow me, as they were

moving at the perfect pace, and we should work with them. After following them for about a half-mile we struck up a conversation and learned that this was her second attempt at Leadville. The previous year she had been unable to finish. Although the pair was moving at a good pace the woman seemed uncertain whether she would be successful this year. I assured her that if she continued moving at the pace we were going she would be successful. I joked that I had performed a "Lazarus miracle" on Bill and brought him back from the dead back in Winfield. Not only would he finish but we were going to get as close as possible to 25 hours!

Due to the kind words and insane statement I made, the woman's pacer turned and offered her hiking poles for Bill to use. Immediately Bill petitioned against using the poles because he hadn't practiced with them but I insisted, reasoning the poles would distribute his weight in a way that would help his legs considerably on the climb. This stroke of luck turned out to be critical to a successful ascent up Hope Pass and the four of us worked together for the next several miles. After reaching the high point of the course I began to realize the significance of our undertaking. As I turned to take in the beauty of the mountains, I felt a pang of dizziness and lightheadedness.

Realizing that the altitude and exertion could be enough to cause me to pass out if I was not careful I quickly steadied myself, focused on looking forward, and asked Bill how things were going. I requested the hiking poles from Bill and returned them to their owner. After thanking the duo immensely and wishing them the best of luck, I turned to Bill and said "OK you said you had no breaks and could run downhill fast. You did well up the climb, but it still slowed us down, and we have to make up time to finish in 25 hours. So let's see how fast you can go." From there we made the first descent quickly to a mini aid station where I urged Bill to take in more soup and liquids.

After a quick break we began the full descent of Hope Pass and the return to Twin Lakes (inward 61 miles). By this point the nutrition seemed to be hitting Bill's system and his spirits had also lifted dramatically as we picked up the pace. It actually seemed as though Bill were enjoying himself for the first time in miles. I noted that we had passed a considerable number of people to this point and wanted to see how many more we could catch. It also occurred to me that we were making great time and it was possible we would arrive at the next aid station prior to the rest of the crew. Because we didn't have cell phone service I had no way of alerting them. The best case scenario would be that they would be waiting for us and our surprise early arrival would be just what Bill needed to get him through the next segment.

The alternative scenario would be that we arrived early and I would then have to make a decision. The first choice would be continuing on alone with Bill and hoping that they would figure out what happened in time to meet us both at the next aid station. The second choice was I would send Bill on his way alone and wait for the crew to arrive. Neither seemed appealing as there were considerable risks involved in both. Luckily, the crew was just setting up when we arrived, much to their surprise!

With things not completely setup and not all of the crew members prepared for Bill's arrival, I gave a quick rundown about what had transpired over the previous 12.5 miles. It was close to 9pm and almost completely dark as we walked Bill over to replenish himself with food and more soup. As we were putting the finishing touches on Bill's night pack and headlamp, the second

(continued on page 20)

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BICYCLING continued from page 1

names, such as Punks of the Gunks, Galena Growlers, and Long Island Hurricanes to name a few. There can also be *Independent* teams, which are also comprised of full-time students representing a single school but are not a school club, so they can create their own names and mascot.

With respect to coaching, training and schedules, the teams are required to abide by the NICA standards. Coaches must be trained and receive different levels of certifications. Formal practices cannot exceed three days per week and must be during the race season only. Again, a primary objective is to not burn kids out and to ensure they become life-long cyclists. However, this should not be construed that the races are easy and the kids do not work hard. Many of the top athletes follow strict training routines and are putting in ten-plus hours of training per week. The middle school courses are intermediate and the high school courses are expert level as well. The teams follow similar training routines and schedules.

There is typically a NICA NY Leaders' Summit held in the fall for new and existing coaches and teams to provide leadership, direction and coaching certification. A major emphasis is put on development of bike handling skills, risk management and safety. This year's summit is on Sept. 15-16 at Windham Mountain Lodge and Bike Park in Windham. In the fall and early winter, information sessions are held for students and parents of existing team members and for new potential participants that may be interested in joining a team.

Preseason training with indoor spin sessions typically starts in December or January. When the weather breaks, practices then go outside. The primary greater Capital Region training locations include: Gurney Lane Park in Queensbury, North Bethlehem Park near Albany, Luther Forest in Malta, and Central Park in Schenectady. There are also countless other riding venues that the teams and individuals travel to in order to prepare for the official April to June race season.

Competition - Students in grades 6-12 and ages 12-19 can participate. Boys and girls participate separately. At the high school level there are eight boys and girls categories that compete individually: freshmen, sophomore, junior varsity and varsity. Teams also compete against each other using a scoring system. The middle school students compete on a shorter course and are scored individually. The competition is an April to June based training and racing season, corresponding to the school year calendar. There are five races per season in five different locations. The races are always on Sundays so student athletes can pre-ride the courses on Saturday or Sunday morning.

A big upside of the league is their professional-style venues and races. Quality race promotion, timing, course preparation and risk management guarantee every participating students are given a fun and fast environment. These standards result in a very high caliber race atmosphere and experience for the kids. This undoubtedly is one of the reasons for the rapid league expansion in the US. Every year two or three more states are awarded charters, with the newest being in West Virginia, Maryland and Oregon. NICA has seen year-over-year participation increases of nearly 40%.

This past season's races were located throughout the state: *Long Island Sandy XC* at Cathedral Pines in Middle Island (cancelled due to weather); *Timber Ridge XC* at Lippman Park in Wawarsing; *Hill Climber XC* at Walnut Mountain in Liberty; *Adirondack XC* at Gurney Lane in Queensbury; and *NYS Championship Race* at Chenango Valley State Park in Chenango Forks.

Local Teams - In the Capital Region there are currently four teams: *Niskayuna*

Junior/High School with athletes primarily from Niskayuna; *Mohawk Cycling Team* with athletes from the Capital Region (Niskayuna and Mohawk teams were previously HRRT); *R-Cubed Composite* is comprised of Capital Region athletes; and *Grey Ghost Bicycles Team* (previously Glens Falls team) with athletes from Queensbury and Glens Falls. Each team has a broad mix of student athletes with varying fitness and skill levels, but what they all share is a high level of enthusiasm for mountain biking, and a love for being part of the team and community.

While racing is not required in the league, it is a major part of the action and is encouraged. In fact, the local teams are loaded with depth and talent. This year at the varsity level, the local teams had five out of the top 10 varsity athletes in the state, including the overall male champion. In addition, there were multiple individual champions and top five place winners in several of the other divisions and categories as well. In parallel, the teams did very well overall as well - Niskayuna won the league championship, R-Cubed finished third, Mohawk was sixth, and Grey Ghost in their inaugural season finished a respectable 13th. For sure our local teams are loaded with little rippers, and while they compete hard against one another, many of the kids are very close friends - and are all part of the broader cycling community.

In 2017 there were nearly eight million kids participating in high school sports. Unfortunately, the vast majority of these kids will never play these sports again upon graduating. One of the primary goals of NICA is to change this dynamic by creating lifetime cyclists. The rapidly increasing numbers and the large smiles on the faces of the parents and kids at the practices, races and events would suggest that they are starting to see signs of achieving these goals!

If you are interested in joining in on the fun, learning more about the league, starting a team or participating on a team, here are the primary contacts: *NICA* (nationalmtb.org or #morekidsonbikes); *NICA: NY League* (newyorkmtb.org) director, Jason Cairo (jason@newyorkmtb.org); *Niskayuna and Mohawk teams* (Facebook: "Niskayuna & Mohawk MTB Teams") head coach, Andrew Rizzi (arizzi5@yahoo.com); *R-Cubed Composite Team* (rcubednica.com) head coach, Rich Tortorici (rcubedNICA@gmail.com); and *Grey Ghost Bicycles Team* (facebook.com/greyghostbicycles) head coach, Jerry Hicks (greyghostbicyclesinfo@gmail.com).

Upstate New York has enough kids to add more teams, maybe in Clifton Park or Saratoga Springs, or in your town? I hope to see you out there! 🏆

Bob Frank (jfrank10@nycap.rr.com) lives in Niskayuna. He's an assistant coach for the Niskayuna and Mohawk teams. Bob is a lifetime cyclist and enjoys many outdoor activities.



▲ THE R-CUBED COMPOSITE TEAM HAS A LOT OF DEPTH AND FINISHED THIRD IN NY LEAGUE THIS YEAR.



◀ TRINITY TAYLOR OF R-CUBED MADE GREAT IMPROVEMENTS AND WAS SECOND OVERALL IN THE 7TH GRADE DIVISION.



▲ ANDREW SUMMERS OF GREY GHOST BICYCLES HAD A FANTASTIC YEAR AND FINISHED THIRD OVERALL IN SOPHOMORE DIVISION.



▲ VARSITY BOYS OVERALL CHAMPIONS: #1 CONNOR SINGH, R-CUBED; #2 PATRICK FRANK, NISKAYUNA; #3 TYLER ZIERER, NISKAYUNA; #4 ALEX ZIERER, NISKAYUNA; #5 CHRIS TRIMBLE, LONG ISLAND HURRICANES.



▶ CONNOR SINGH OF THE R-CUBED COMPOSITE TEAM, OVERALL VARSITY BOYS CHAMPION.



▲ HAILEY LOGAN OF GREY GHOST BICYCLES HAD A GREAT YEAR, WINNING THE GIRLS SOPHOMORE DIVISION.



▼ NISKAYUNA HIGH SCHOOL, NY LEAGUE CHAMPIONS.

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Runner Perks

- 5-color, long-sleeve, gender-specific tech shirt. (Limited to first 1,600 registrants. Sizes not guaranteed.)
- B-tag chip timing. Net times with 5K and 10K splits.
- Live streaming results. Immediate awards.
- Hot and cold post-race refreshments at YMCA.

Prizes

- Cash prizes for both all-comers and local runners in open and masters divisions and for open and masters teams.
- Five-year age-group awards for males and females.
- Clydesdale/Athena division.
- Veterans/Active Military division.

MVP Stockade Cup Relay

- Three divisions: Businesses, Veterans/Active Military, and Self-defined. Awards for M&F teams finishing 1,2,3 in each division.
- Separate 5-color tech shirts for first 210 registrants.
- No entry fee for vet/active military team members.
- For more details, visit stockadeathon.com/stockadecup.

Online Registration
 Friday, June 15–Wednesday, November 7
 To register, visit stockadeathon.com

Walk-up Registration
 Saturday, November 3 10 am–4 pm
 Fleet Feet (Wolf Road, Albany)
 Friday, November 9 4–7 pm
 Schenectady YMCA

Packet Pickup
 Saturday, November 10 10 am–4 pm
 Fleet Feet (Wolf Road, Albany)
 Race Day (Sunday, November 11) 7:00–8:15 am
 Schenectady YMCA

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RUNNING

Changes Afoot at Stockade-athon 15K

By Ray Newkirk

In Schenectady, the 2017 edition of the MVP Health Care Stockade-athon 15K saw increases in the number of registrants and finishers, but the popular November road race is not leaving well enough alone.

The course has been modified slightly. "Our old course entered a bike path about a mile from the start," noted co-director Brain Northan, "and there was considerable congestion. In 2018, we'll run down one of the streets in the Stockade section of Schenectady and eliminate the bike path. We've also eliminated a number of the turns in the Vale Cemetery part of the course."

The prize structure will also see some changes. Last year, prize money was limited to local runners. This year, all runners will have a chance to share in the slightly larger money pool. "We haven't abandoned our goal of trying to benefit local athletes," Brian said. "There's still money set aside for locals. But we're providing prize money to top finishers regardless of where they live, as well." Local runners will be able to "double dip" - i.e., they can claim prize money in both the all-comers and local categories.

A Clydesdale/Athena division is being reintroduced. Along with 15 age-group divisions, an age-graded division, and open and masters team competition for USATF teams, the Stockade-athon offers a robust awards structure.

Finally, changes are being made to the MVP Stockade Cup Relay, introduced last year. The relay, in which each of three team members runs a 5K leg of the 15K course, was less than a roaring success last year. "We had fewer than ten teams participate," noted co-director Ray Newkirk. "We think that's because teams needed to be made up of runners who worked for the same business organization." To encourage team creation, the Stockade Cup has added two new divisions to the race. In addition to the business division, runners will be able to create self-defined teams.

There will also be a division for veterans/active military. "The Stockade-athon falls on Veterans Day this year, and we wanted to do something to recognize the service of our veterans," Brian said. There are no entry fees for veterans/active military teams in the relay. Veterans will also receive a discount on the 15K entry fee.

Despite the changes, the Stockade-athon will continue to do what it's always done best - provide the amenities of a major event at a reasonable entry fee. Five-color commemorative shirts, hot and cold refreshments at the finish, live streaming results, and a safe course with medical support.

The MVP Stockade-athon will be run on Sunday, November 11. Additional information is available at stockadeathon.com.

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



▲ 2017 MVP HEALTH CARE STOCKADE-ATHON 15K. HMRRCC





This is a USATF-sanctioned event.

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Held as part of the Horseshoe Inn & Druthers Brewing Oktoberfest celebration
Saturday, October 13 • 10am
 Horseshoe Inn Bar & Grill • 9 Gridley St, Saratoga Springs

\$30 through 9/23, \$35 through 10/6, \$40 thru race day

<p>Your Entry Fee Includes:</p> <ul style="list-style-type: none"> • Race Entry • Beer stein to first 500 & a free beer for all • Refreshments & Live Music • Chip timing • Free entry into Horseshoe & Druthers Oktoberfest 	<p>Awards:</p> <p>Individuals</p> <ul style="list-style-type: none"> • Overall: Top 3 male & female: \$150, \$100, \$50 cash • Age Group: Top 3 male & female - 5-year age groups to 80+ <p>Teams (3 min to score)</p> <ul style="list-style-type: none"> • Top 3 male & female: \$300, \$200, \$100 <p>Team Awards for Civic, and College groups- <i>Grab your friends and form a team!</i></p>
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ATHLETE PROFILE *continued from page 15*

pacers, Dan, arrived prepared to take off. As they departed, I stressed that we needed to keep Bill moving and nourished – we were following a new time schedule.

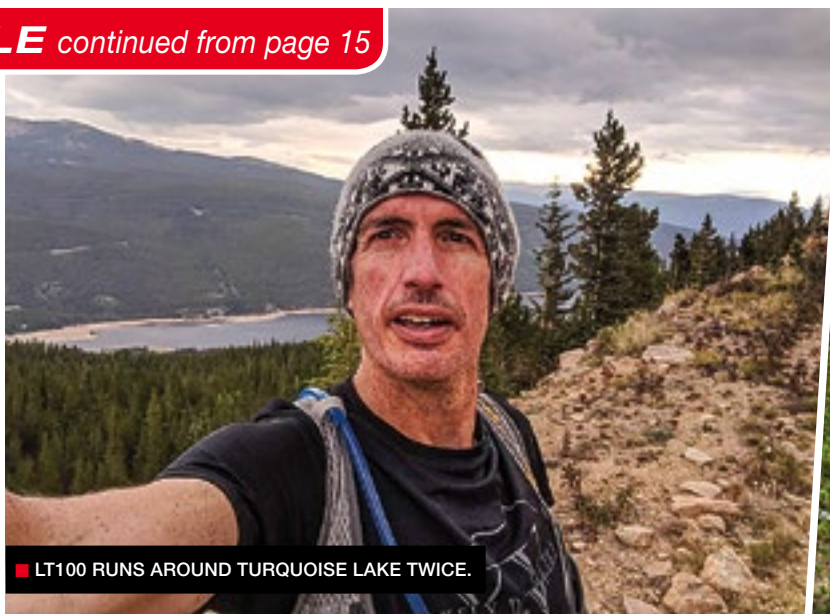
I gave the crew a description of what had happened. Everyone was excited and we began to plan the updated logistics. With Bill moving more quickly, and now on pace to potentially run 25 hours, we decided it was best if I paced the third section of the course instead of Matt. This is another 12-mile stretch that would bring Bill back over Sugarloaf Pass, the second highest section, and down through a rough, technical portion. Before heading over, we got food for everyone in the crew. We checked the race updates, Bill had moved from 400th place at Winfield to 299th at the top of Hope Pass, and then to 232nd at Twin Lakes. In the previous 12 miles, Bill and I passed 168 runners – “we passed A LOT of people out there!” I got an hour’s sleep in the car while we drove to the next meeting spot.

When we reached Outward Bound heading inward this marked 75 miles. We congratulated Bill as he now exceeded his previous longest effort of 72 miles. We noted that although there was still a lot of race left things looked very good. Bill’s spirits were high and he continued to keep passing people and moving quickly. He was now in 168th place and had passed an astonishing 232 people since his low point in Winfield.

I reminded him that we would have our work cut out. Bill had responded so well that he had a legitimate chance to finish in 25 hours and place in the top 100. He would need to complete the second half in under 12 hours, two minutes to break 25 hours. This required that he average 15 minutes per mile over the final 50 miles; no small feat given that the pace slows significantly with steep climbs or technical trails. During a race such as this, all aid station stops though necessary to replenish depleted nutrients, add time to a person’s finish. We needed to average 14-15 minutes per mile pace on the difficult sections, and speed up to 10-12 minutes during the easier portions, to offset aid station time and the slower first half of the race.

Our first two miles took us onto a paved road and we had no trouble running the faster pace. Bill was in good spirits but the significance of a 100-mile trail run was beginning to show. He was beginning to look disoriented, although he was still able to give appropriate or witty responses, indicating his mental faculties were still intact. Bill also began to complain more about being tired, having gastrointestinal issues, and in a general state of pain and discomfort. Nutrition and replenishment of electrolytes would be of utmost importance in this final stage of the race. I sympathized with his GI issues but stops would be costly timewise. I also emphasized power walking at a minimum and jogging for 40-60 seconds in between power walks. On the tiredness and pain front, I reminded Bill that he’d just covered 80 miles, and would need to another 20 to finish. If he wasn’t feeling tired and in some dull pain, he wasn’t normal.

Two miles in we reached Powerline, a carriage road that climbs 500 feet per mile for FOUR miles to 11,500 feet – with high voltage powerlines overhead. Not a single person had passed Bill in the second half of the race and I planned to keep that streak going. While I sympathized that climbing was painful, I reminded him to consider why he was running, that completing the run in under 25 hours was a possibility, and that he was capable of more than he thought. He assured me that I was crazy, and in his now barely audible voice, called me a slave-driver a few times and several other things. Bill



■ LT100 RUNS AROUND TURQUOISE LAKE TWICE.



■ ‘DRINK MORE WARM, SALTY SOUP!’

conceded that he was feeling better than expected, and because what I kept asking him to do was working, he would continue to do whatever craziness I asked.

For an hour we endured the ascent up Powerline in the cold dark night. There was a constant buzzing and an intermittent pop on the lines, which accompanied our footsteps as a soft drizzle had begun to fall. With the climb and increase in altitude our pace had slowed significantly so we were averaging 17 minute miles. According to the grade-adjusted calculator on Strava these 17 minute miles required closer to a 10-12 minute effort. As long as Bill reached the top in good spirits, we could replenish at the mini aid station and run 10-11 minute miles down the mountain to even out the pace. We continued to pass runners but the distance at which we came into contact with other people began to lengthen. I told Bill he must be close to the top 100 at this point.

At 1:30am we crested the top of Powerline and entered one of the more bizarre sections. The course opening was completely illuminated with glow sticks along the ground and hanging from trees. A faint smell of soup and marijuana (it’s legal in Colorado) greeted us. We were the only runners stumbling into the aid station so I brought Bill over to the table and requested warm broth and Coke. Both were eagerly presented to us and as I handed cup after cup of broth to Bill I scanned the table. In addition to the soup there was Coke, Ginger Ale, crackers, marijuana, and three or four different brands of whiskey available. I jokingly asked Bill if he wanted a shot of whiskey.

Our descent went just as planned for the first two miles as we clicked off an 11 then 10 minute miles. At this point we rounded a turn and made a critical mistake. Instead of going across the road and into the woods we took a sharp right and continued barreling down the dirt road. Happy with our pace

but a little confused we both took note after a half to three quarters of a mile that something seemed off. We could not make out any course markers, glow sticks, head lamps, or sounds that were familiar with the course. Besides our headlamps we were in complete darkness.

We stopped to gain our bearings and discuss the situation. As we both looked up the hill from which we had run, it was unspoken that neither one of us wanted to run back up the mountain we had just come from, for another half mile or more. The thought of continuing downward only to get lost was even more unacceptable. Our predicament was worsened by the fact that we had no cell phone or walkie-talkie to communicate. We stood in the road peering up into the darkness and waited for several minutes in hopes that we would see a head lamp barreling towards us. When this did not happen we became more convinced we needed to backtrack our route.

In an epiphany, Bill stated we could turn on the “map back” feature on his watch. The watch would load and retrace his steps to tell us if we were headed back in the direction from which he had come earlier the previous morning. The watch confirmed our suspicion and we began the trek back up the mountain to where we had veered off track. Of the two of us I was clearly more irritated by the detour than Bill was. Bill reminded me it was a trail run, in the mountains, at night. There was a potential to get lost and he was simply happy we corrected our mistake.

As we entered the final two miles of my leg with Bill I reminded him that it would be important to keep his spirits up and push when he was capable. This proved difficult as we had entered a technical stretch and neither of us was moving quickly. Bill began to complain that he felt as though he were bonking, to which I reminded him that he had now run 87 miles! What I was more con-



■ ENJOYING THE POWERLINE DESCENT.

cerned about was that I told him I too felt as though I were bonking. And given that I had accompanied Bill for nearly a marathon (26.2 miles) worth of running over rugged terrain at altitude, for the past 40 miles of his race, it was with good cause I would be bonking.

We entered the final transition zone at May Queen within 20-30 minutes of redirecting our course mishap. This marked 87 miles, and with our mistake Bill was now closing in on 90 miles worth of running, and would need to complete 13 more miles for a total of 103 miles to finish. The timing checkpoint indicated that Bill had passed an additional 59 people to move from 182nd to 123rd place overall. Bill had passed an astonishing 277 people up until this point and it seemed plausible that he could move into the top 100 by the finish.

After transitioning Bill, I was alerted by our crew member Doug that the car was parked approximately “10 minutes” away, back in the direction from which I had just run. A combination of bonked and under-standing that 10 minutes probably meant closer to 20-30 minutes (or two miles) grated on me a little. I reminded Doug I was tired, cold and hungry, to which he replied “we have everything in the car to take care of that!” Indeed, when we arrived at the car I changed quickly into dry clothes, and Doug produced an insulated sleeping bag for me to wrap with. I quickly ate some food and we cranked the heat up. Within minutes I was asleep, while Doug drove us to the final meeting spot, only a mile from the finish line.

A little past 6am on Sunday, slightly more than 26 hours after the race had started, we made contact with Bill as he and pacer Matt entered the last mile of the course. Bill would not be breaking 25 hours this year but he would be finishing. And with Bill in good spirits and passing people right up to the finish it would be an epic race to say the least!

Our crew joined Bill, and Naomi called their sons Max and Liam to talk with him, as he crossed the finish. At 26 hours, 22 minutes and 28 seconds, Bill became the 109th runner to finish the 2018 Leadville Trail 100 Run. He had completely turned things around after reaching a low point at 50 miles and over the second half of the race had run

a nearly even overall split. This ability to push and run, even after being so depleted, allowed Bill to move from 400th to 109th overall in the race. Let that sink in for a minute – Bill passed 291 people over the second half of the race (closer to 53 miles due to our wrong turn) without anyone passing him!

There is a saying that running a 100-mile race such as Leadville can be compared to life. You start out a little quick and will certainly hit bumps along the way. At times the bumps will throw you off course. But for those who persevere you will be rewarded, not only with a sense of accomplishment, but a series of stories that have defined the path you took. The directors of Leadville say that you will give the race respect and in turn earn respect from the race.

For Bill the parallel could not have stood out more. He reached the midpoint of his life as a success. By all measures anyone who has started a successful business and is taking care of a family should be proud of what they have accomplished. Like many on the path of life, Bill had also reached this midpoint with a faint sense of something missing, and an understanding that he may have let his health and physical activity take the passenger seat. In response to this, he did a total revamp on his life and began to accomplish things in his 40s and early 50s that individuals decades younger have difficulty doing.

Bill commented several times upon finishing on how precisely things had worked out in his favor this year. He attempted to gain entry into Leadville in 2017 but was not accepted. Bill conceded multiple times that if accepted into the 2017 race he didn't think he'd finish. Not only did he finish the 2018 race but did it in epic fashion. He pulled off that performance wearing nothing on his feet but a worn pair of LUNA Sandals. The same type of sandals described in the book,



HEADING OUT FROM AN AID STATION.



ALL DONE! MATT TUREK, DOUGLAS PECKHAM, BILL, NAOMI, TOM O'GRADY AND DAN CONNORS.

Born to Run, that he read eight years before. The same type of sandals that were being highlighted by a film "Born to Run" that was being filmed in part during the race that he had just finished. To culminate things, Bill had been anointed by one of his running idols Barefoot Ted, into a select group of people that live the lifestyle embodied by LUNA Sandals to the fullest extent possible.

He remarked that the irony of me pacing him, and the circumstances of how we met, could not have been any more fitting. He had begun running at a point when my running was at a high point. He joked that it appeared I had won every single race he entered for the better part of 2011 or 2012. I assured him this probably wasn't true but those years had been very good to me competitively. When I met Bill at the end of 2017, his running was in full swing, and my competitive days seemed to be behind me. After not running for nearly

two years, due to tearing my Achilles tendon in January 2016, my first several runs (hikes) with Bill were highlighted by the fact that someone who I least suspected would be pushing my fitness level back in the right direction.

According to Bill, "This is the magic of trail and mountain running. It's a great equalizer where fitness, experience, finesse, persistence, and the ability to enjoy a punishing climb or treacherous downhill are all more important than raw speed. I've been amazed that I can run with runners who are younger and faster. But, on the trails the difference is not so great because there is so much more than speed."

Bill is simply a good guy who adopted a great lifestyle. Running had become as much a part of his life as it had mine. It was a positive force that drove him forward even when the going got tough, and in addition to other

aspects of his life, challenged him and kept him honest with himself. Bill's preparation and attitude prior to the race were second to none. He enjoyed going out on training runs that most people would find punishing. And when things got tough during the race, or we took a wrong turn, Bill conceded without hesitation that it was all part of the undertaking. 🍌

Thomas O'Grady (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker, and lover of the outdoors. He's a public health expert by training. With a lifetime of racing experience, Tom is USATF and Jack Daniels certified to coach distance runners and endurance athletes.

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RACE RESULTS

STISSING TRIATHLON

June 30, 2018 • Stissing Lake, Pine Plains

SPRINT - 0.5M SWIM, 16.5M BIKE, 3.3M RUN

MALE OVERALL

1	Michael Sikorski	1:16:49
2	Owen Rowlands	1:18:23
3	Sean Dillon	1:22:49

FEMALE OVERALL

1	Shannon Jenkins	1:30:19
2	Laura Licis	1:36:39
3	Erica Feller	1:38:38

MALE AGE GROUP: 1 - 19

1	Jacob Kayler	1:26:50
2	Joshua Bent	1:27:00
3	Gabe Duden	3:14:32

FEMALE AGE GROUP: 1 - 19

1	Grethe Andersen	1:59:51
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MALE AGE GROUP: 20 - 24

1	Jennifer Leach	1:56:57
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MALE AGE GROUP: 25 - 29

1	Sean Parnett	1:28:56
2	Michael George	1:37:51

FEMALE AGE GROUP: 25 - 29

1	Emily Rydin	2:03:39
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MALE AGE GROUP: 30 - 34

1	Tobias Oriwol	1:28:37
2	Christopher Zeitler	1:39:44

FEMALE AGE GROUP: 30 - 34

1	Mariola Moeyaert	1:48:42
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MALE AGE GROUP: 35 - 39

1	Josh Salisbury	1:30:59
2	John Blackburn	1:33:42
3	Rich Whitney	1:45:55
4	Tyler Marlen	1:53:37
5	Joshua Burckhard	2:19:47

FEMALE AGE GROUP: 35 - 39

1	Rachel Rhyman	1:39:42
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MALE AGE GROUP: 40 - 44

1	Peter Skutnik	1:23:41
2	Matthew Tebo	1:35:39
3	Ricardo Rhyman	1:37:21
4	Bryan Lynch	1:42:35
5	John Guarino	1:42:47

FEMALE AGE GROUP: 40 - 44

1	Liane Jenkins	1:47:59
2	Sarah Every	2:06:23
3	Lacy Garcia	2:53:39

MALE AGE GROUP: 45 - 49

1	Kevin Burns	1:29:11
2	Todd Covert	1:32:38
3	Doug Wickman	1:37:00
4	Igor Krasnoper	1:38:59
5	Eddie Fishman	1:40:34

FEMALE AGE GROUP: 45 - 49

1	Arwen Lawson	1:55:43
2	Teresa Garrett	1:58:27
3	Lizzie Fishman	2:28:37

MALE AGE GROUP: 50 - 54

1	Arthur Boyko	1:26:39
2	Donald Thurston	1:27:15
3	Scott Costley	1:30:00
4	Peter Oxenholm	1:34:36
5	Tom Denham	1:37:18

FEMALE AGE GROUP: 50 - 54

1	Kimberly Meyers	1:44:15
2	Jennifer Warren	1:54:54
3	Lisa Shay	2:17:13

MALE AGE GROUP: 55 - 59

1	Doug Landau	1:29:12
2	Steve O'Donnell	1:32:16
3	Paul Dubetsky	1:32:32
4	Eric Johnson	1:39:23
5	Mike Veeder	1:56:48

FEMALE AGE GROUP: 55 - 59

1	Mary Sheehan	1:39:52
2	Kathleen Timpane	1:48:59
3	Laura Sloan	1:49:18
4	Julia Kadison	1:51:18
5	Darlene Kusaywa	1:57:32

MALE AGE GROUP: 60 - 64

1	John McGrane	1:37:34
2	David Fernkes	1:38:40

FEMALE AGE GROUP: 60 - 64

1	Kathleen Meany	1:50:58
2	Valerie Kilcoin	1:53:16

MALE AGE GROUP: 65 - 69

1	James Kelly	1:33:39
2	Jeffrey Ruiz	1:41:07
3	Nick Moore	1:48:51

4	Steven Pressman	2:05:58
5	Mark MacNamara	2:14:25

MALE AGE GROUP: 70 - 74

1	Jim Cunningham	1:57:43
2	Jim Becker	2:11:42
3	Jim Adams	2:16:37

FEMALE AGE GROUP: 70 - 74

1	Mary Denitto	1:44:27
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MALE AGE GROUP: 75 - 79

1	Charles Sexton	1:54:04
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AQUABIKE - MALE

1	John Pareti	1:10:54
2	Alfonso Naranjo	1:23:24
3	Amir Cohen	2:30:08

AQUABIKE - FEMALE

1	Molly Geuss	1:05:03
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RELAY TEAMS - MALE

1	Team Cadenhead	1:21:19
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RELAY TEAMS - MIXED

1	Team Sobolevskix	1:40:24
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RELAY TEAMS - FEMALE

1	Team ClasLougef	1:53:34
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KIDS' TRIATHLON - AGE 1 - 11

MALE OVERALL

1	Cal Farrell	20:48
2	Jasper Travis	22:28
3	Owen Farrell	26:29

FEMALE OVERALL

1	Amber Travis	25:02
2	Madison Feller	28:31
3	Payton Rydin	37:25

KIDS' TRIATHLON - AGE 12 - 17

MALE OVERALL

1	Paris Liston	28:00
2	Logan McHenry	28:00
2	Trevor Goodwill	33:06

FEMALE OVERALL

1	Amanda Curtis	32:45
2	Alexandra Reed	37:45
3	Grace Wall	38:39

Courtesy of Coach Mark Wilson

12TH ANNUAL "FIRECRACKER 4" 4-MILE RACE continued

FEMALE AGE GROUP: 65 - 69

1	Martha DeGrazia	67	Slingerlands	32:45
2	Erika Oesterle	66	Stamford	33:56
3	Claire Henderson	69	Saratoga Springs	34:53
4	Joan Celentano	65	Schenectady	38:51
5	Cheryl Olsen	65	Schenectady	38:55

MALE AGE GROUP: 70 - 74

1	Allan Turnbull	70	Fultonville	35:09
2	Richard Baluch	72	Delanson	37:26
3	Terry Smith	71	Galway	37:46
4	James Callahan	73	Saratoga Springs	38:25
5	Daniel Brown	72	Ballston Spa	40:09

FEMALE AGE GROUP: 70 - 74

1	Ginny Pezzula	72	Albany	38:25
2	E Silva	70	Clifton Park	40:57
3	Laura Clark	71	Saratoga Springs	46:31
4	Margaret Mangano	71	Saratoga Springs	50:11
5	Loretta Ebert	71	Ballston Lake	56:02

MALE AGE GROUP: 75 - 79

1	Howard Jones	75	Clifton Park	39:04
2	Jim Moore	78	Niskayuna	42:30
3	Vic Laport	78	Clarksburg, MA	43:44
4	Joe Geiger	77	Saratoga Springs	45:08
5	Patrick Bivona	77	Clifton, NJ	47:57

MALE AGE GROUP: 80 - 84

1	Christopher Rush	82	Schenectady	42:51
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Courtesy of Green Leaf Racing

SARATOGA 12/24 BICYCLE ROAD RACE

July 7-8, 2018 • Van Raalte Mill, Saratoga Springs

SARATOGA CHALLENGE (24 HOURS) - MEN

1	Joe Galoto	54	Branchburg, NJ	306M
2	Mario Claussnitzer	44	Jackson Heights	196M
3	Ken DeLong	61	Gloversville	97M

HUDSON RIVER RAMBLE (12 HOURS) - MEN

1	Peter Oyler	47	Toronto, ON	241M
2	Andrew McCabe	38	Arlington, MA	239M
3	Marty Jones	44	New York	235M
4	Niklas Anderson	44	New York	198M
5	Bruce Farenwald	64	Hopkinton, NH	196M
6	Brian Burma	48	Flemington, NJ	186M
7	Glen Warmuth	49	Medford	180M
8	Joel Greene	20	Canandaigua	174M

HUDSON RIVER RAMBLE (12 HOURS) - WOMEN

9	Dan Korff	53	Clifton Park	172M
10	Dave Hotaling	56	Troy	168M
11	DJ Wright	52	Canandaigua	157M

TWO-PERSON TEAM (12 HOURS) - MIXED

1	Derek de Gannes/Linda Spina	57/50	Toronto, ON	434M
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TWO-PERSON TEAM (12 HOURS) - MALE

1	Patrick Fleming/Ron Harlos	70/64	Bloomingtondale, NJ	223M
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NIGHTHAWK (12 HOURS) - MALE

1	John Nobile	55	Guilford, CT	215M
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Courtesy of Adirondack Ultra Cycling

SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K

July 8, 2018 • Saratoga Spa State Park, Saratoga Springs

13.1-MILE RUN

MALE OVERALL

1	Thijs Kolet	38	Saratoga Springs	1:18:18
2	Terrance Gallogly	32	Saratoga Springs	1:23:03
3	James Faraci	19	Troy	1:25:31

FEMALE OVERALL

1	Pearson Alspach	32	Steamboat Springs, CO	1:24:34
2	Brittany Pfaff	27	Saratoga Springs	1:33:18
3	Amanda Grant	36	Allentown, PA	1:35:33

FEMALE AGE GROUP: 1 - 19

1	Jenna Braun	17	Stockholm, NJ	1:42:36
2	Skyler Spanbauer	18	Schenectady	1:59:36
3	Chloe Swartzendruber	19	Albany	2:34:20

MALE AGE GROUP: 20 - 29

1	Michael Snyder	28	Clifton Park	1:38:07
2	John Murray	26	Rotterdam	1:39:12
3	Zachary Rosch	27	Astoria	1:39:15
4	Ryan Farrar	21	East Greenbush	1:41:13
5	Maxwell Ferris	26	Albany	1:44:27

FEMALE AGE GROUP: 20 - 29

1	Sintija Grisule	26	Gansevoort	1:41:38
2	Madeline Mercado	23	Palenville	1:48:55
3	Rachel Farstad	26	Ballston Spa	1:52:29
4	Sophie Carnes	28	Bennington, VT	2:04:48
5	Sara Schur	25	Ridgewood	2:05:46

MALE AGE GROUP: 30 - 39

1	Justin Guldenzopf	38	Ballston Spa	1:26:20
2	Anthony Demarco	36	Troy	1:27:05
3	Ben Jordan	32	Wilton	1:27:20
4	Bradley Fischer	39	Saratoga Springs	1:31:50
5	Nick Reisman	34	Clifton Park	1:37:46

FEMALE AGE GROUP: 30 - 39

1	Laura Skladzinski	33	Superior, CO	1:37:56
2	Eliza Quanbeck	31	Brooklyn	1:44:50
3	Tara Marsigliano	31	Hauptpage	1:49:57
4	Kelly Kamps	37	Gansevoort	1:53:10
5	Sandra Carneiro	35	Saratoga Springs	1:53:30

MALE AGE GROUP: 40 - 49

1	Kristofer Johnson	45	Saratoga Springs	1:26:03
2	Jonathan Peck	40	Glenville	1:28:35
3	Greg Ethier	45	Clifton Park	1:29:42
4	Rob Vanderkar	43	Averill Park	1:33:15
5	Joshua Cupp	45	Saratoga Springs	1:35:02

FEMALE AGE GROUP: 40 - 49

1	Judith Dore	49	Saratoga Springs	1:45:00
2	Tammy Cumo	41	Slingerlands	1:47:13
3	Keri Gill-Smith	41	Hudson	1:55:47
4	Allison Abrami	42	Saratoga Springs	1:55:58
5	Stephanie Kurchack	42	Bedford Hills	1:58:16

MALE AGE GROUP: 50 - 59

1	Sam Lawyer	54	Sharon Springs	1:37:16
2	Chris Boyle	57	West Sand Lake	1:49:19
3	John Modoski	51	Amsterdam	1:53:30
4	Charles Maurer	53	Scotso	1:54:59
5	Aaron Lieberman	55	Old Bethpage	1:55:30

FEMALE AGE GROUP: 50 - 59

1	Lisa Pleban	54	Gansevoort	1:55:24
2	Barbara Krush	51	Norwich	2:02:24

MALE AGE GROUP: 60 - 69

1	Lewis Santoni	61	Brooklyn	1:42:55
2	Don Chillrud	60	Niskayuna	1:49:27
3	Steven Thompson	61	Clifton Park	2:03:26
4	Henry Manning	63	New York	2:05:17
5	Gerard Falotico	65	Saratoga Springs	2:22:17

FEMALE AGE GROUP: 60 - 69

1	Jennifer Lawrence	60	Rensselaer	2:18:08
2	Catherine Iscario	68	White Plains	3:07:02

MALE AGE GROUP: 70 - 79

1	Patrick Bivona		Clifton, NJ	2:47:28
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MALE RELAY

1	John/Webber		Ballston Spa	1:52:17
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FEMALE RELAY

1	Hartman/Hartman
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19TH ANNUAL SKYHIGH ADVENTURES XTERRA OFF-ROAD & KIDS' TRIATHLONS
July 14, 2018 • Grafton Lakes State Park, Grafton

XTERRA OFF-ROAD TRIATHLON		
1K Swim, 20K Mountain Bike, 6K Trail Run		
MALE OVERALL		
1	Steve Croucher	29 1:29:52
2	Trent Koopman	49 1:39:12
3	James Scott	26 1:39:26
FEMALE OVERALL		
1	Stephanie Landy	59 1:56:49
2	Celeste St. Pierre	54 1:59:40
3	Angie DeFilippi	42 2:00:51
MALE AGE GROUP: 1 - 14		
1	Jacob Gilson	13 2:19:55
2	Alec Hansen	13 2:27:50
MALE AGE GROUP: 15 - 19		
1	Colin Hanasen	15 2:07:48
2	Sarn Block	16 2:28:24
FEMALE AGE GROUP: 25 - 29		
1	Catey McCann	25 2:30:43
FEMALE AGE GROUP: 30 - 34		
1	Catey McCann	25 2:30:43
MALE AGE GROUP: 35 - 39		
1	Kristian Whittsett	39 1:43:52
2	Max Corbett	38 1:58:14
3	James Powell	38 2:10:42
MALE AGE GROUP: 40 - 44		
1	David Stowater	43 1:54:44
2	Celestino Williams	40 1:55:24
3	Greg Carey	42 2:03:17

FEMALE AGE GROUP: 40 - 44		
1	Christine Gayron	41 2:11:14
2	Christine Lieggi	42 2:20:28
MALE AGE GROUP: 45 - 49		
1	Steve Sadler	49 1:42:02
2	Adam Osekoski	47 1:49:18
3	Douglas Lord	49 1:59:54
MALE AGE GROUP: 50 - 54		
1	Michael Nahom	51 1:51:16
2	Tad Norton	53 1:51:21
3	Tim Blanchfield	53 2:10:24
MALE AGE GROUP: 55 - 59		
1	Morgan Stebbins	58 1:48:28
2	Bladdymir Coronel	56 2:11:58
FEMALE AGE GROUP: 55 - 59		
1	Blanche Teyssier	57 2:19:59
MALE AGE GROUP: 60 - 64		
1	John King	60 1:50:14
2	George Lester	60 1:51:10
3	Douglas Usher	63 2:12:10
FEMALE AGE GROUP: 60 - 64		
1	Kim Cole	61 2:11:15
MALE AGE GROUP: 65 - 69		
1	Daves Wilson	65 2:11:36
2	James Clark	67 2:17:22
3	Russell Clark	68 2:26:50

FEMALE AGE GROUP: 65 - 69		
1	Linda Usher	69 3:17:44
MALE AGE GROUP: 70 - 74		
1	Stuart Christie	72 3:01:51
SKYHIGH KIDS' TRIATHLON		
100m Swim, 5K Mountain Bike, 1K Trail Run		
FEMALE OVERALL		
1	Lizzie Hansen	10 20:36
2	Ruby McIntee	12 21:17
3	Lindsay Agro	11 21:20
4	Hannah Bowman	12 22:00
5	Josie Schmidt	12 22:25
6	Riley Chismark	10 23:04
7	Charlize DeLaire	11 24:10
8	Chase Champagne	9 29:08
9	Addison Chismark	8 29:14
10	Bryenne Crewell	8 30:57
MALE OVERALL		
1	Christopher Bowman	11 22:37
2	Luke Michael	9 24:01
3	Chris Livingston	7 25:34
4	William Sandel	9 25:58
5	Daniel McAlonie	9 29:50

Courtesy of SkyHigh Adventures

17TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE
July 14, 2018 • Ravena-Coeymans-Selkirk High School, Ravena

MEN CAT 1/2/3 - 63 MILES		
1	William Downing	CRCA/Foundation 3:32:58
2	Michael Landry	CT Cycling Advancement 3:32:59
3	Cooper Willsey	CCB Foundation 3:33:06
4	John Jantz	Community Bicycle Racing 3:33:10
5	Geno Villafano	CT Cycling Advancement 3:35:33
MEN CAT 1/2/3/4 MASTERS 40+ - 63 MILES		
1	David Freifelder	Westwood Cycle 2:51:07
2	Michael Boardman	CRCA/Rockstar Games 2:51:11
3	Erik Post	2:52:24
4	Loren Barisch	Blue Mountain Velo 2:52:28
5	Palo Samko	2:52:30
MEN CAT 1/2/3/4 MASTERS 50+ - 63 MILES		
1	Fernando Ferreira	Hudson Valley Cycling 2:50:51
2	Roger Aspholm	Finkraft Cycling Team 2:50:52
3	David Taylor	CRCA/NY Vision 2:50:53
4	John Mcgill	1K2GO 2:52:29
5	William Lopez	CRCA/Houlihan Lokey 2:52:40
MEN CAT 1/2/3/4 MASTERS 60+ - 63 MILES		
1	Richard Kazimir	Century Road Club of America 1:56:28
2	Bill Thompson	CCC/Keltic Const/Zane's Cycles 1:57:12
3	Doug O'Neill	CRCA/Deno's Wonder Wheel 1:59:50
4	Richard Sorenson	Peak Racing/Valley Bike/Ski 2:00:06
5	James Dao	2:05:34
MEN CAT 3/4 - 63 MILES		
1	Sam Smith	T-Town Elite 2:50:49
2	Derin Iscan	Minuteman Road Club 2:50:49
3	Phillip Maynard	CNYC/NYCM Insurance 2:50:58
4	Scott Birdsey	RIFT Bike Racing 2:51:51
5	Anthony Cao	CRCA/Foundation 2:51:52

MEN CAT 4 - 43 MILES		
1	Jonathan Treveatt	Patch.com/NYC Velo 1:56:39
2	Peter Burgos	1:56:39
3	Richard Russomano	Century Road Club of America 1:56:42
4	Jean-Baptiste Arrighi	CRCA/Foundation 1:56:43
5	Sam Anderson	1:56:43
MEN CAT 5 - 43 MILES		
1	Preston Staudt	CRCA/e2Value/Verge Sport 1:57:02
2	Patrick Frank	Niskayuna High School 2:04:45
3	Ethan Bull	Rutgers University 2:04:46
4	Tommy Servetas	Capital Bicycle Racing Club 2:04:48
5	Josh Hopmans	Berkshire Cycling Assn/Linen 2:04:54
MEN JUNIOR 15-18 - 43 MILES		
1	Jakob Oddleifson	AP Junior Development 2:13:04
2	Will Peredina	Northampton Cycling Club 2:13:08
3	Griffin Day	2:37:37
WOMEN CAT 1/2/3 - 63 MILES		
1	Jamie Cohen	Green Line Velo/Zipcar 3:10:57
2	Sarah Sjoman	CRCA/Dave Jordan Racing 3:10:57
3	Kerinn Mosher	3:11:02
4	Shylah Weber	Cork Monkey/Bike Loft East 3:20:02
5	Maria Rosenfeld	CRCA/Dave Jordan Racing 3:21:07
WOMEN CAT 4/5 - 43 MILES		
1	Gretchen Adams	Cork Monkey/Bike Loft East 2:14:13
2	Jennifer Betras	CRCA/NYCC Racing 2:14:17
3	Michele Maier	Cork Monkey/Bike Loft East 2:14:20
4	Rebecca Simmons	2:21:02
5	Jackie Maier	Cork Monkey/Bike Loft East 2:24:25

Courtesy of Capital Bicycle Racing Club

22ND ANNUAL SILKS & SATINS 5K continued

MALE AGE GROUP: 30 - 34		
1	Scott Mindel	31 Arlington, MA 15:35
2	Terrance Gallogly	31 Saratoga Springs 17:42
3	Jonathan Peffley	30 Saratoga Springs 17:49
FEMALE AGE GROUP: 30 - 34		
1	Katie Rossetti	30 Saratoga Springs 20:36
2	Sarah Gardner	32 Clifton Park 21:01
3	Laura Rosman	34 Porter Corners 21:43
MALE AGE GROUP: 35 - 39		
1	Anthony Giuliano	39 Niskayuna 16:04
2	Andres Rodriguez	39 Clifton Park 18:27
3	Jordi Verges Batailler	35 Ballston Spa 18:49
FEMALE AGE GROUP: 35 - 39		
1	Jessica Bashaw	35 Cambridge 19:31
2	Danielle Maslowsky	39 Ballston Lake 20:43
3	Calli Carleton	36 Westport, CT 22:37
MALE AGE GROUP: 40 - 44		
1	Michael Dinicola	43 Ballston Spa 17:52
2	Jeff Dengate	41 Jersey City, NJ 18:08
3	Dallas Devnes	40 Cohoes 18:18
FEMALE AGE GROUP: 40 - 44		
1	Jessica Chapman	40 Bennington, VT 20:49
2	Michelle Lavigne	43 Albany 21:11
3	Jaime Farone	41 Saratoga Springs 21:30
MALE AGE GROUP: 45 - 49		
1	Gary Harper	49 Fort Edward 20:07
2	Brian Bennett	47 Schenectady 20:39
3	Neil Sergott	46 Clifton Park 21:20
FEMALE AGE GROUP: 45 - 49		
1	Judith Dore	48 Saratoga Springs 23:25
2	Shannon Britten	47 Saratoga Springs 23:36
3	Regina McGarvey	48 Castleton-on-Hudson 24:08
MALE AGE GROUP: 50 - 54		
1	Tim Van Orden	50 Bennington, VT 17:00
2	Mark Stephenson	54 Esperance 18:20
3	John Sestito	54 Johnsville 19:38
FEMALE AGE GROUP: 50 - 54		
1	Lisa Nieradka	53 Clifton Park 21:43
2	Michelle Dannenhoffer-Cau	51 Clifton Park 22:13
3	Mary Fenton	52 Ballston Spa 22:22
MALE AGE GROUP: 55 - 59		
1	Sam Mercado	55 Albany 20:15
2	Jon Weibaker	59 Saratoga Springs 20:46
3	Michael Murtagh	58 Glenville 21:00

FEMALE AGE GROUP: 55 - 59		
1	Janice Phoenix	57 Schenectady 25:22
2	Nancy Stevens	58 Latham 25:45
3	Maura Maloney	57 Dorchester, MA 25:52
MALE AGE GROUP: 60 - 64		
1	Vladimir Ilin	60 Albany 19:26
2	Paul Salerni	62 Little Neck 21:29
3	Bill Foley	64 Wappingers Falls 22:26
FEMALE AGE GROUP: 60 - 64		
1	Joann Lyons	61 Clifton Park 26:51
2	Vickie Shatley	63 Schenectady 26:58
3	Susan Kiley	60 Saratoga Springs 27:42
MALE AGE GROUP: 65 - 69		
1	Joe Aliberti	68 Voorheesville 23:28
2	Jim Goodspeed	67 Queensbury 23:39
3	Michael Coccoma	65 Saratoga Springs 25:05
FEMALE AGE GROUP: 65 - 69		
1	Darlene Cardillo	65 Delmar 27:35
2	Judy Lynch	69 Castleton-on-Hudson 28:59
3	Kathryn Brennan	66 Queensbury 31:11
MALE AGE GROUP: 70 - 74		
1	Daniel Brown	72 Ballston Spa 27:11
2	Terry Smith	71 Galway 28:25
3	Jim Fiore	70 Latham 28:45
FEMALE AGE GROUP: 70 - 74		
1	Margie Ingram	71 Saratoga Springs 33:00
2	Laura Clark	71 Saratoga Springs 34:07
3	Nancy Johnston	72 Ballston Lake 46:26
MALE AGE GROUP: 75 - 79		
1	George Gilder	78 Tyringham, MA 26:14
2	Jim Moore	78 Niskayuna 29:06
3	Patrick Bivona	77 Clifton, NJ 35:50
FEMALE AGE GROUP: 75 - 79		
1	Marge Rajczewski	77 Ballston Lake 31:24
2	Marva Nadeau	76 Cohoes 44:26
3	Judy Savitt	78 Bridgeport, CT 46:46
MALE AGE GROUP: 80 - 84		
1	James Owens	83 Latham 43:24
MALE AGE GROUP: 85 - 89		
1	Bob McFarland	85 Schenectady 41:59

Courtesy of Green Leaf Racing

33RD ANNUAL PISECO LAKE TRIATHLON
July 21, 2018 • Piseco Airport, Piseco

0.5M SWIM, 11.5M BIKE, 5K RUN		
MALE OVERALL		
1	Daniel Lehtonen	46 Beavercreek, OH 1:08:13
FEMALE OVERALL		
1	Karen Lehtonen	46 Beavercreek, OH 1:20:11
MALE AGE GROUP: 1 - 14		
1	Nicholas Giambrone	14 Queensbury 1:36:03
MALE AGE GROUP: 16 - 19		
1	Shane Nolan	17 Pittsford 1:39:54
FEMALE AGE GROUP: 20 - 29		
1	Erin Sanders	21 Piseco 1:26:03
2	Alison Davis	20 Brewerton 1:26:10
3	Rachael Jones	20 Fairport 1:27:08
MALE AGE GROUP: 20 - 29		
1	Roman Gray	26 Newtown, CT 1:46:41
MALE AGE GROUP: 30 - 39		
1	Sean Martin	39 Wayne, PA 1:18:25
2	Keith Gallup	36 Cortland 1:18:25
3	Will Waller	31 San Antonio, TX 1:27:34
FEMALE AGE GROUP: 30 - 39		
1	Mary Wainwright	33 Albany 1:32:32
2	Jackie Evans	36 New York 1:37:53
3	Lisa Gentile	33 Utica 1:42:38
FEMALE AGE GROUP: 40 - 49		
1	Valerie Nolan	49 Pittsford 1:23:54
2	Fawn Southwell	40 Mancelona 1:45:03
3	Jennifer Minich	42 Manhattan Beach, CA 1:46:04

MALE AGE GROUP: 40 - 49		
1	Nils Engel	47 Highland 1:11:43
2	Matt Minich	47 Torrance, CA 1:58:33
FEMALE AGE GROUP: 50 - 59		
1	Judy Guzzo	51 Schenectady 1:21:14
2	Elizabeth Sager	56 Redding, CT 1:33:03
3	Ursula Platz	55 Hopewell Junction 1:36:20
MALE AGE GROUP: 50 - 59		
1	Kevin Platz	58 Hopewell Junction 1:17:48
2	Pete Guzzo	50 Schenectady 1:18:56
3	David McCaffery	55 Summit, NJ 1:19:12
FEMALE AGE GROUP: 60 - 69		
1	Sharon McKeown	62 Boulder, CO 1:28:28
MALE AGE GROUP: 60 - 69		
1	Ward King	67 Amherst, PA 1:32:05
2	James Sheehan	66 Cohoes 1:43:30
3	Andy Adcock	60 East Amherst 1:46:41
MALE AGE GROUP: 70 - 79		
1	Paul Murray	74 Albany 1:47:43
2	Hiram Dale	74 Coopersburg, PA 2:02:12
TWO-PERSON MALE TEAM		
1	Team Jones Allen	Victor 1:26:34
TWO-PERSON MIXED TEAM		
1	Team Guzzo Simpson	Victor 1:16:31
2	Team Allen Gallanger	Victor 1:30:18
THREE-PERSON FEMALE TEAM		
1	Team Nilson-McCaffery-Neilson	2:03:45

Courtesy of Adirondacks Speculator Region Chamber

24TH ANNUAL HMRR INDIAN LADDER TRAIL RUN
July 22, 2018 • Thacher State Park, Voorheesville

15K TRAIL RUN		
MALE OVERALL		
1	Ben Fishbein	22 Delmar 56:11
FEMALE OVERALL		
1	Jamie Woolsey	35 Oneida 1:14:29
MALE AGE GROUP: 15 - 19		
1	David Metacarpa	16 Schenectady 1:04:00
2	Owen Klein	18 Delmar 1:04:38
MALE AGE GROUP: 20 - 24		
1	Keith Machabee	21 Delmar 1:01:57
2	Justin Morris	24 Glen Cove 1:20:29
FEMALE AGE GROUP: 20 - 24		
1	Sarah Forman	21 Altamont 1:20:23
2	Emily Burns	21 Slingerlands 1:20:24
MALE AGE GROUP: 25 - 29		
1	Peter Conboy	29 Albany 1:13:14
2	William Banks	28 Glenville 1:34:26
FEMALE AGE GROUP: 25 - 29		
1	Tina Ganter	26 Albany 1:21:37
2	Jillian Smith	29 Cobleskill 1:37:28
MALE AGE GROUP: 30 - 34		
1	Jon Lindenauer	30 Albany 58:05
2	Greg Potestio	32 Delmar 1:14:32
FEMALE AGE GROUP: 30 - 34		
1	Jenny Kurni	31 Albany 1:37:01
MALE AGE GROUP: 35 - 39		
1	Jim Sweeney	37 Albany 1:02:13
2	Michael Farber	39 Little Falls 1:14:08
FEMALE AGE GROUP: 35 - 39		
1	Krista Harwick	38 Mohawk 1:32:06
2	Amanda Keyser	36 Schenectady 1:40:59
MALE AGE GROUP: 40 - 44		
1	Todd Smith	44 Voorheesville 1:13:13
2	TJ O'Connor	43 Delmar 1:31:45
FEMALE AGE GROUP: 40 - 44		
1		

RACE RESULTS

20TH ANNUAL IRONMAN LAKE PLACID

July 22, 2018 • Olympic Speed Skating Oval, Lake Placid

2.4-MILE SWIM, 112-MILE BIKE, 26.2-MILE RUN

FEMALE PRO OVERALL

1 Heather Jackson 34 Bend, OR 9:18:49

MALE PHYSICALLY CHALLENGED OVERALL

1 Rodger Krause 60 Reading, PA 14:50:20

AGE GROUP WINNERS & EASTERN/CENTRAL UPSTATE FINISHERS

MALE AGE GROUP: 18 - 24

1 Sean Fenoff 18 Hellertown, PA 11:04:40
2 Benjamin Ford 24 Peru 11:10:39
15 Drew Scott 22 Ballston Lake 13:31:40
18 Edward Kane 23 Lake Placid 13:39:06
22 Krystopher Lotocky 24 Poughkeepsie 14:27:44

FEMALE AGE GROUP: 18 - 24

1 Julia Slyer 22 Averill Park 11:11:58
3 Megan Gardiner 23 Jay 12:40:35
5 Caroline Slyer 20 Averill Park 13:22:03

MALE AGE GROUP: 25 - 29

1 Bill Harkawik 26 Fairfield, CT 9:37:22
19 Mike Kondewich 28 Valatie 11:09:07
44 Benjamin Cohen 28 Saratoga Springs 12:28:39
48 Brandon Blincoe 29 East Syracuse 12:44:44
54 Zachary Simek 26 Lake Placid 12:53:19
59 Miles Mischke 26 Nichols 13:00:33
61 Jacob Painter 29 Keeseville 13:00:42
65 Scott Ashcraft 29 Endicott 13:14:37
68 Alex Kelly 27 Nassau 13:45:41
85 Ryan Churchill 28 Beacon 15:27:52
97 Jason Ward 26 Camden 16:44:09
98 Michael Douglas 29 Peru 16:46:31

FEMALE AGE GROUP: 25 - 29

1 Megan Gibbons 28 Clarks Summit, PA 11:43:05
8 Brittany Friedrich 25 Keeseville 12:43:07
10 Kimberly Allen 26 Middletown 13:06:01
11 Andrea Steciuk 27 Lake George 13:06:16
13 Katie Kurtessis 29 Albany 13:32:01
15 Erin Dewey 27 Albany 13:36:57
16 Kara McCaleb 29 New York 13:38:36
28 Claire Bruce 25 Lake Placid 15:26:59
29 Audra Kowalczyk 25 Schenectady 15:33:26

MALE AGE GROUP: 30 - 34

1 Reid Foster 32 Edmond, OK 9:34:38
5 Tim Maxon 33 Fayetteville 9:54:00
8 Colin Martin 32 Wappingers Falls 10:44:24
38 Brian Woods 33 Albany 12:02:37
44 Daniel Finin 33 Saratoga Springs 12:13:23
58 Tom Tiberio 33 Schenectady 12:41:51
65 Brian Lusignan 34 Delmar 12:56:15
85 Nathan Zerrahn 33 East Greenbush 13:33:57
88 Morgan Pellerin 30 Peru 13:43:57
90 James Ayres 33 Deposit 13:44:18
94 Gregory Georgiadis 34 East Syracuse 13:48:37
110 Tom Cosgro 30 Plattsburgh 14:15:57
123 Ryan Boisvert 34 Watervliet 15:06:32
126 Cody Baker 34 Port Jervis 15:15:28
129 Jeremy Frye 30 Schuylerville 15:22:33
132 Christian Weber 32 Glens Falls 15:32:54
137 Stephen Van Wert 31 Hamilton 15:58:31
145 Richard Rigoli Jr. 34 Tuxedo Park 16:19:59
148 Jason Burdo 34 Au Sable Forks 16:45:09

FEMALE AGE GROUP: 30 - 34

1 Victoria English 30 Philadelphia, PA 10:43:33
28 Jennifer Murphy 31 Brewerton 13:29:33
29 Bridget Schultz 30 Albany 13:33:10
33 Caitlin Martin 30 Poughkeepsie 13:40:56
39 Traci-Marie Wagner 31 Lake Placid 14:29:04
42 Rhiannon Berry 32 Liverpool 14:34:03
57 Diana Carpenter 34 Camden 15:41:12
59 Carlyn Miller 30 Ballston Spa 16:11:06
61 Jessica Corwin 32 Gloversville 16:17:36

MALE AGE GROUP: 35 - 39

1 Ed Baker 39 Cambridge, MA 9:18:28
8 Jeff Dugan 35 Syracuse 10:21:29
16 Joseph Sullivan 39 Schenectady 10:47:45
18 Jeremy McNamara 39 Albany 10:50:14
21 Matthew Winning 35 Cobleskill 11:01:55
36 Brian McManus 36 Baldwinsville 11:39:25
68 Ed Teneyck 38 Jamesville 12:36:38
70 Evan Lynch 36 Pulaski 12:39:00
105 Jeffery Maher 37 Baldwinsville 13:22:32
109 Maxime Berube 39 Skaneateles 13:24:56
112 Cory Gregg 38 Schenectady 13:26:47
116 Matt Drowne 37 Plattsburgh 13:31:04
118 Kyle Breier 39 Oneonta 13:32:29
120 Michael Casciaro 38 Gansevoort 13:35:41
126 Brian Hudson 37 Whitesboro 13:49:59
139 Adam Zanski 39 Beacon 14:17:45
158 Louis Vidal Jr 36 Albany 15:09:01
189 Chris Montanaro 39 Liverpool 16:35:22

FEMALE AGE GROUP: 35 - 39

1 Leah Roberts 36 Somerset, NJ 10:37:25
11 Kelly Virkler 35 Altamont 12:22:43
17 Kristin Mullally 38 Manlius 12:54:30
27 Erin Reep 38 Athens 13:24:39
30 Amy Frisbie 35 Montgomery 13:38:17
44 Elizabeth Sweet 39 East Greenbush 14:07:14
56 Kelly Sullivan 39 Schenectady 14:35:04
58 Tiffany Gallagher 39 Liverpool 14:41:55
61 Jennifer Fowler 36 Hopewell Junction 14:47:23
82 Mollie Jenne-Phalen 38 Redwood 15:52:06
85 Melissa Ward 35 Queensbury 15:57:46
99 Cilicia Bigler 38 Ballston Spa 16:47:26
100 Kristen Szarek 39 Rome 16:47:40

MALE AGE GROUP: 40 - 44

1 Jeremy Behler 42 Kohler, WI 9:47:59
4 John Gleeson 40 Rexford 10:05:18
13 Jamie Hoyt 42 Binghamton 10:36:57
37 John Evansky 40 Hudson Falls 11:53:24
40 Scott Duclos 40 East Greenbush 11:55:56
49 Greg Rashford 40 Schenectady 12:08:18
97 Jamie Campbell 43 Oneida 12:52:16
99 Brian Connery 43 Utica 12:55:50
102 Toby Heath 41 Brewerton 13:01:17
105 Corey Hamelin 40 Morrisville 13:02:32
117 Charles Trombley 40 Athens 13:16:54
153 Christopher Carter 40 Averill Park 13:50:05
181 Bryan Lynch 44 Fishkill 14:21:51
190 Bradford Morse 43 Syracuse 14:34:17
193 Elliot Zaragoza 44 Schenectady 14:34:52
207 Sean Stahlman 42 Averill Park 15:00:38
216 Michael Ramsden 43 Binghamton 15:19:33
227 Scott Castelli 43 Ballston Lake 15:36:31
236 Craig Proietti 41 Syracuse 16:02:58
238 Dillon Kircher 43 Albany 16:05:56
249 Steve Peters 40 Peru 16:39:16

FEMALE AGE GROUP: 40 - 44

1 Megan Pennington 40 Old Saybrook, CT 10:56:05
15 Kerri Thomas 43 Middle Granville 12:43:53
25 Kristin Klodzen 43 Camillus 13:25:26

30 Hilda Meixeiro 40 Clifton Park 13:37:12
37 Lori Usifer 43 Fayetteville 13:47:40
38 Jenny Trumble 42 Sayracuse 13:47:57
53 Holly Germaine 43 Baldwinsville 14:08:53
64 Hollie Mulholland 42 Round Lake 14:26:52
68 Julie Pendergrast 44 Rexford 14:31:53
69 Meghan Irvine 41 Cortland 14:38:16
72 Kristen Mucitelli-Heath 42 Brewerton 14:44:01
73 Heather Frank 44 Stillwater 14:47:29
81 Pamela Cooper 42 Greenfield Center 14:58:29
89 Wendy Colonno 42 Glenmont 15:27:05
90 Shana Snyder 40 Groton 15:29:54
100 Wendy Maciariello 40 Warrensburg 15:41:51
104 Karen Swift 44 Saratoga Springs 15:54:01
125 Heather Moses 44 Syracuse 16:39:12
126 Valerie Battelle 40 Oswego 16:41:51

MALE AGE GROUP: 45 - 49

1 Jeff Beckman 46 Golden, CO 9:53:27
27 Mark Aierstok 49 Rhinebeck 11:15:16
39 Mark Rushton 48 Rome 11:42:32
63 Travis Moore 46 Ballston Lake 12:10:19
67 Matt Gow 49 Jamesville 12:17:28
68 Brian Tromblee 49 Baldwinsville 12:19:24
87 Marc Zeevat 49 Warwick 12:40:32
92 Steven Nicoll 45 Schenectady 12:41:39
94 James Simko 48 Jordan 12:45:34
105 Cory Metter 45 Mechanicville 12:55:41
113 Eric Kreckel 47 Plattsburgh 13:04:22
115 Chuck White 46 Fayetteville 13:05:08
116 Peter Nelson 49 Ghent 13:05:23
123 Geoffrey Brown 45 Cortland 13:13:26
129 Jonathan Golden 45 Slingerlands 13:17:03
153 Kevin King 47 Queensbury 13:28:53
160 Christopher Fess 47 Clifton Park 13:35:20
167 Joseph Bartlett 47 Syracuse 13:40:38
173 Dennis Bardsley 46 Castleton-on-Hudson 13:45:51
176 Brian Dillenbeck 48 Alplaus 13:46:21
180 Richard Szczesniak 46 Chittenango 13:47:16
185 Jeffrey Smith 49 Watertown 13:52:07
198 David Fraterriero 46 Altamont 14:06:57
207 Kevin Connelly 48 Chester 14:14:42
208 Doug McMahan 46 Clifton Park 14:18:50
209 Brian Howard 48 Sherburne 14:19:22
218 Ron Clark 47 Syracuse 14:31:28
219 Justin Pendergrast 45 Rexford 14:31:51
222 Steve Gillian 49 Poughkeepsie 14:35:50
227 Michael Sadowski 45 Gansevoort 14:41:43
231 John Coleman 45 Saratoga Springs 14:48:07
241 Paul Smith 46 Gansevoort 14:54:34
248 Peter Voorhes 48 Dryden 15:04:59
249 Brigham Mccutcheon 45 Altamont 15:06:09
252 Jonathan Lysek 45 Lake Placid 15:07:34
254 Peter Dean 49 Saratoga Springs 15:14:04
257 Anthony Costa 49 Georgetown 15:21:55
258 David Miranda 45 Baldwinsville 15:21:57
274 Randy Swift 46 Saratoga Springs 15:54:01
278 Jason Baldomir 46 Peru 15:59:43
279 Christopher Basner 46 New York 16:02:53
280 Gary Tucker 48 Norwich 16:06:09
282 Dean Rowe 45 Ghent 16:12:50
284 Dave Ressue 48 Little Falls 16:13:49
285 Mike Guenther 49 Binghamton 16:13:58
287 Kenneth Mandato 49 Albany 16:17:08
311 Brian Griffith 45 Syracuse 17:01:41

FEMALE AGE GROUP: 45 - 49

1 Noga Ruttenberg 45 Rye 11:01:06
17 Colleen Murray 49 Slingerlands 13:01:18
19 Amy Voorhes 49 Dryden 13:45:36
33 Colleen Farrell 48 Syracuse 13:52:53
42 Wendie Bishop 49 Morrisonville 14:23:06
45 Jennifer Dunlap 49 Utica 14:32:13
48 Jennifer Lynch 46 Pulaski 14:36:47
59 Kelli Schuhl 46 Ballston Lake 14:54:06
65 Michelle Gillian 48 Poughkeepsie 15:15:17
68 Amy Shore 47 Syracuse 15:21:16
81 Joanne Vanhorne 45 Corinth 15:57:00
84 Patricia Gutches 46 Skaneateles 15:59:31
95 Lauren McIndoo 48 Liverpool 16:19:41

MALE AGE GROUP: 50 - 54

1 Steve Cozine 50 Basking Ridge, NJ 10:16:20
16 John Slyer 53 Averill Park 11:36:56
31 Norm Cognito 53 New Hartford 12:10:49
34 Peter Steciuk 53 Lake George 12:27:06
41 Paul Bisaccia 50 New Hartford 12:32:58
73 Todd McAuley 50 Schenectady 13:09:54
76 Kevin Hanna 54 New Hartford 13:12:49
78 Dennis McKenna 52 Selkirk 13:17:20
85 Stephen Kelly 50 Kingstons 13:27:20
86 Tom Gavin 53 Diamond Point 13:27:28
88 Kenneth Lane 53 Castleton-on-Hudson 13:29:45
95 Andrew Hill 51 Sloansville 13:37:11
104 Frank Mayville 51 Canastota 13:46:42
105 Tomo Miyama 53 Valatie 13:47:02
106 Samuel Sampere 54 Fayetteville 13:47:33
111 Brian Adelson 52 Gansevoort 13:52:13
116 Rick Latorra 54 Plattsburgh 13:57:34
118 Rick Ackerman 53 Brewerton 13:58:37
123 Brian Donohue 51 Queensbury 14:02:29
132 Matthew DeGennaro 52 Hudson 14:11:40
134 Ronald Richards 52 Corinth 14:12:09
136 Joseph Lauko 54 Baldwinsville 14:14:28
146 Patrick Judd 54 Liverpool 14:22:48
164 Mike Sciore 54 Syracuse 14:44:37
166 Brian O'Grady 54 Cambridge 14:48:02
172 Christopher Ruston 52 Johnson City 14:53:49
176 Jeff Hays 52 Warwick 14:58:39
187 Richard Fess 53 Fayetteville 15:19:35
195 William Martin 50 Hudson 15:36:09
200 Andrew Cunningham 53 La Fayette 15:44:30
212 Jeffrey Halusic 51 Schenectady 15:55:46
220 Kevin Shaw 52 Binghamton 16:11:09
225 Robert Churchill 52 Beacon 16:17:57
231 Steven String 54 Gloversville 16:24:39
240 Omer Alptekin 54 Poughkeepsie 16:34:47
246 Jim Fox 54 Glens Falls 16:42:45

FEMALE AGE GROUP: 50 - 54

1 Debra Tuchner 51 Toronto, ON 11:40:17
19 Lonnie Halusic 50 Schenectady 13:30:18
20 Lynn Cunningham 53 La Fayette 13:37:31
21 Kristen Hislop 54 Clifton Park 13:42:33
39 Dina St. Claire 50 Whitehall 14:39:18
51 Teresa Creedon 53 Little Falls 15:09:59
52 Kelly Kane 50 Cornwall-on-Hudson 15:10:40
53 Nanette Hatch 53 Waterford 15:14:43
55 Laurie Scheuing 52 Saratoga Springs 15:18:26
58 Debbie O'Connor 50 Cicero 15:27:11
64 Tracy Crompt 52 Fayetteville 15:50:46
65 Patti Bennett 53 Syracuse 15:59:01
67 Kimberly Schulz 53 Syracuse 16:15:21

20TH ANNUAL IRONMAN LAKE PLACID continued

MALE AGE GROUP: 55 - 59

1 Pierre Lavoie 55 Chicoutimi, QC 10:14:14
11 Edwin Croucher 55 Oswego 11:40:46
29 Steve Tibbits 59 New Hartford 12:45:02
53 Juan Rivelo 55 Clifton Park 13:50:49
57 David Murad 58 Utica 13:54:04
68 Brian Wiersma 59 Schenectady 14:12:09
77 Keith Murray 55 Stillwater 14:37:50
104 Gerry Raymond 55 Unadilla 15:48:46
113 Howard Kreitsek 58 Clifton Park 16:11:22
115 Rich Donnelly 56 Tuxedo Park 16:21:15
128 Mike Zerrahn 57 Plattsburgh 16:43:30
132 Donald Markoe 55 Lagrangeville 16:59:12

FEMALE AGE GROUP: 55 - 59

1 Susan Evans 59 Pentiction, BC 12:14:20
2 Mary Duprey 59 Plattsburgh 12:14:52
11 Varinya Sheppard 55 New Hartford 14:06:28
12 Nancy Martel 57 Watertown 14:09:55
13 Alicia Chase 59 Cadyville 14:12:36
21 Ellee Diamond 56 Baldwinsville 15:03:22
31 Deborah Curtis 58 Greenfield Center 16:14:29
34 Kathleen Bottillo 55 East Greenbush 16:26:00
40 Judy Bablok 56 Cleveland 17:11:15

MALE AGE GROUP: 60 - 64

1 Michael Davis 61 Natick, MA 11:43:45
9 John Kenny 60 Greenwich 12:53:40
24 James Langmead 60 Lake Placid 14:27:24
36 Mark Marshall 61 Latham 15:11:41
53 Brian Delaney 63 Lake Placid 16:39:49

FEMALE AGE GROUP: 60 - 64

1 Frances Hardwick 60 Ottawa, ON 12:21:39

MALE AGE GROUP: 65 - 69

1 Bruce Cook 66 Greenwich, CT 12:58:05
4 Dominic Coppolo 65 Cherry Valley 13:35:54
5 Bill McManus 67 Baldwinsville 14:19:36

FEMALE AGE GROUP: 65 - 69

1 Kathleen Peck 69 Goshen, CT 14:21:49
2 Star Walters 66 Cornwall-on-Hudson 14:51:01
3 Margaret Phillips 65 East Schodack 15:30:58
5 Debby Goedeke 65 Delmar 16:31:57

MALE AGE GROUP: 70 - 74

1 Graham Lloyd 70 Harwich, MA 13:24:40

FEMALE AGE GROUP: 75 - 79

1 Sibyl Jacobson 76 New York 17:00:26

Courtesy of Sportstats & World Triathlon Corporation

10TH ANNUAL DUANESBURG YMCA TRIATHLON

July 28, 2018 • Duaneburg YMCA, Duaneburg

32.5YD SWIM, 10M BIKE, 5K RUN

MALE OVERALL

1 Michael Cooley 38 Delmar 50:21
2 Jonathan Lindenauer 31 Albany 50:37
3 Jeremy McNamara 39 Albany 53:33

FEMALE OVERALL

1 Beth Ruiz 44 Gunderland 55:03
2 Kylie King 31 Silver Springs, MD 57:52
3 Samantha Murphy 38 St. Louis, MO 59:46

FEMALE AGE GROUP: 1 - 14

1 Abby Sellnow 12 Schenectady 1:33:02
2 Abigail Nelson 13 Delanson 1:33:02

MALE AGE GROUP: 15 - 19

1 George Atanassov 16 Delanson 1:04:22
2 Sean Burns 18 Delmar 1:19:22

FEMALE AGE GROUP: 15 - 19

1 Jennifer Vener 18 Bethlehem 1:05:06
2 Elaine Atanassova 17 Delanson 1:12:31

MALE AGE GROUP: 20 - 24

1 Josh Korn 21 Troy 57:04
2 Ryan Christensen 23 Halfmoon 1:14:13

FEMALE AGE GROUP: 20 - 24

1 Colleen Deyo 22 Slingerlands 1:09:38

MALE AGE GROUP: 25 - 29

1 Robert Ramirez 28 Saratoga Springs 1:07:06
2 Chris Goodell 29 Niskayuna 1:07:37
3 Nicholas McDonnell 25 Albany 1:11:25

FEMALE AGE GROUP: 25 - 29

1 Katie Kurtessis 27 Albany 1:04:07
2 Keriann Mietz 29 Weedsport 1:07:46
3 Lindsey Goodell 27 Niskayuna 1:10:26
4 Elizabeth Boyer 26 Slingerlands 1:12:59
5 Brenna Buscher 27 Greenville 1:14:36

MALE AGE GROUP: 30 - 34

1 Ryan Keller 30 Selkirk 55:58
2 Jonathan Knickerbock 31 Albany 56:03
3 Chris Zeitler 32 Greenville 1:03:01
4 Devin Franklin 31 Fultonville 1:03:06
5 Kyle Coletti 34 Ballston Lake 1:06:31
6 Jason Ganns 34 Albany 1:08:32
7 Matthew Mason 31 Albany 1:08:55
8 Brett Boline 30 Ballston Spa 1:10:36
9 Eric Schaible 30 Clifton Park 1:16:15
10 Ryan Rand 34 Troy 1:21:43

FEMALE AGE GROUP: 30 - 34

1 Mariola Moeyart 30 Greenville 1:07:31
2 Jamie Coletti 33 Ballston Lake 1:16:31
3 Kellie Leatham 30 Troy 1:16:32
4 Jennifer Rand 33 Troy 1:19:57
5 Terri Killeck 32 Richmondville 1:20:17
6 Kristen Leffel 30 Troy 1:24:57
7 Allison Crerand 30 Albany 1:32:54
8 Colleen Dolnik 32 Schenectady 1:35:48

MALE AGE GROUP: 35 - 39

1 Zoltan Balazs 39 Delmar 1:00:32
2 John Cornwell 35 Delanson 1:01:42
3 Brad Sprecher 37 Troy 1:02:06
4 Kevin Grossman 37 Delmar 1:03:49
5 Michael Berger 36 Colonie 1:11:25
6 Patrick McGrouty 35 Troy 1:23:51
7 John Kazukenus 38 Voorheesville 1:24:01

FEMALE AGE GROUP: 35 - 39

1 Erin Dolen 36 Delmar 1:05:19
2 Kelly Melaragno 39 East Greenbush 1:26:34
3 Erin Fitzgerald 38 Esperance 1:34:49
4 Caroline Brancatella 37 Watervliet 1:39:23

MALE AGE GROUP: 40 - 44

1 Mike Rosa 42 Clifton Park 54:36
2 Daniel Murphy 42 Delmar 55:53
3 Daniel Gaidasz 43 Ballston Spa 59:13
4 Matthew Tebo 40 Clifton Park 59:15
5 Justin Moulton 42 Burlington, CT 1:08:01
6 Brian Iardi 42 Delmar 1:09:17
7 Mathew Cantore 43 Clifton Park 1:12:32
8 Mike Morelli 42 Delmar 1:16:41

18TH ANNUAL WAKELY DAM ULTRA MARATHON TRAIL RACE

55K (34.1M) self-supported on Northville-Placid Trail

July 28, 2018 • Wakely Dam, Indian Lake to Piseco Airport, Piseco

MALE OVERALL

1 Liam Davis/25/NY 4:47:55
2 Eddie Kraftchisin/47/PA 5:06:20
3 Fred Harle/43/NY 5:12:59

FEMALE OVERALL

1 Angela Capece/34/NJ 6:43:20
2 Melissa Kwasniewski/41/NY 8:01:09
3 Laura Smith/36/NY 8:44:41

MALE AGE GROUP: 10 - 19

1 Logan Vanburen/NY 6:36:47

MALE AGE GROUP: 20 - 29

1 Tim Ela/NY 5:36:57

FEMALE AGE GROUP: 20 - 29

1 Sara Morehouse/NY 9:23:31

MALE AGE GROUP: 30 - 39

1 Thomas O'Grady/NY 5:29:04
2 Abraham Gnann/NY 6:05:05
3 Chris Chapman/ON 6:07:50

MALE AGE GROUP: 40 - 49

1 Jake Stookey/NY 5:37:24
2 Adam Crofoot/NY 5:46:15
3 Patrick Hamel/VT 5:55:53
4 James Brennan/NY 6:06:04
5 Paul Cirillo/NY 6:29:25
6 Robert McAnn/NY 6:31:24
7 Courtney Guertin/NY 6:36:27
8 Roger Blom/NY 6:44:39
9 Randall Cannell/NY 6:50:59
10 Bradley Gay/PA 6:58:23
11 Guillermo Ayala/NJ 7:19:59
12 Volker Burkowski/NY 7:20:16
13 William Boula/NY 7:25:48
14 Greg Doell/NY 7:26:25
15 Carmello Piazza/NY 7:37:49
16 Jonathan Smith/ON 7:53:11

MALE AGE GROUP: 50 - 59

3RD ANNUAL RANDOLPH TOYMAKER 5K RUN

July 28, 2018 • Borden Factory, Randolph

MALE OVERALL			
1	Ronan McDonald/1-19	Randolph	19:25
2	Joe Silliman/40-49	West Seneca	19:52
3	Rob Leary/40-49	Fredonia	21:15
FEMALE OVERALL			
1	Mary Lawrence/40-49	Boston	19:51
2	Melissa Shawley/30-39	Randolph	21:46
3	Holly Griffith/30-39	Kennedy	23:33
MALE AGE GROUP: 1 - 19			
1	Roan Kelly	Jamestown	22:02
2	Talon Rowland	Randolph	24:09
3	Decklyn Becker	North Java	25:58
FEMALE AGE GROUP: 1 - 19			
1	Aliza Hind	Randolph	26:58
2	Tyra Clark	Randolph	27:17
3	Rose Keefe	Forestville	28:37
MALE AGE GROUP: 20 - 29			
1	Ben Jackson	Kennedy	38:09
FEMALE AGE GROUP: 20 - 29			
1	Tesla Jackson	Kennedy	38:09
2	Jessica Loranger	Conewango Valley	39:50
3	Jessica Betts	Arcade	40:17
FEMALE AGE GROUP: 30 - 39			
1	Jennifer Bienick	Randolph	24:36
2	Nichelle Carlberg	Frewsburg	31:49
3	Katherine Beaver	Kennedy	38:17
MALE AGE GROUP: 40 - 49			
1	Michael Carpenter	Randolph	28:52
2	Jim Duprey	Springville	32:28
3	Marc Loranger	Conewango Valley	38:31
FEMALE AGE GROUP: 40 - 49			
1	Cindy Steele	Falconer	25:46
2	Kathy Clark	Randolph	26:21
3	Crystal Keefe	Forestville	58:13
MALE AGE GROUP: 50 - 59			
1	Mark Wilson	Randolph	21:20
2	Grant Vincent	Randolph	21:44
3	Kurt Gustafson	Jamestown	22:37
FEMALE AGE GROUP: 50 - 59			
1	Laurie Williams	Frewsburg	29:02
2	Kimber Buck	Kennedy	30:11
3	Deb Ritchie	Little Valley	34:45
MALE AGE GROUP: 60 - 69			
1	Richard Betts	Arcade	28:51
2	Russ Devine	Zephyr Hills, FL	40:15
FEMALE AGE GROUP: 60 - 69			
1	Lesley Murphy	Milton, PA	1:02:35
2	Laurel Phillips	Elliottville	1:11:22
MALE AGE GROUP: 70 - 79			
1	Warren Burnside	Attica	34:52
2	Jim Milliman	Randolph	1:01:48
3	Fred Dye	South Dayton	1:01:48
FEMALE AGE GROUP: 70 - 79			
1	Sharon Salvaaggio	Randolph	45:37
2	Louise Lampson	Conewango Valley	46:36
3	Bethany Van Rensselaer	Randolph	50:53
MALE AGE GROUP: 80 - 89			
1	Eugene Simko	Randolph	1:02:35
FEMALE AGE GROUP: 80 - 89			
1	Barbara Knuth	Randolph	57:34

Courtesy of Coach Mark Wilson

HUDSON HEADWATERS "CARE FOR KIDS" 5K RUN

July 29, 2018 • 2431 Schroon River Rd, Chestertown to YMCA Adk, Brant Lake

MALE OVERALL			
1	John Mihalek	23 Coal Center, PA	17:17
2	Vinny Gillespie	20 Brant Lake Camp	19:04
3	Andrew Bell	23 Scotch Plains, NJ	19:13
FEMALE OVERALL			
1	Erin Rightmyer	34 Delmar	21:52
2	Rachel Milim	36 Brant Lake Camp	22:05
3	Erin Metzger	18 New Paltz	23:15
MALE AGE GROUP: 1 - 8			
1	Finn Jordi-Donnelly	8 Queensbury	49:27
FEMALE AGE GROUP: 1 - 8			
1	Ryan Milim	8 Point O'Pines Camp	32:53
MALE AGE GROUP: 9 - 10			
1	Charles Lipschultz	10 Brant Lake Camp	25:28
FEMALE AGE GROUP: 9 - 10			
1	Emily Brown	10 Point O'Pines Camp	26:51
MALE AGE GROUP: 11 - 12			
1	Evans Nala	11 Brant Lake Camp	53:07
FEMALE AGE GROUP: 11 - 12			
1	Sarah Phillips	12 Point O'Pines Camp	24:59
MALE AGE GROUP: 13 - 14			
1	Jacu Hicks	14 Queensbury	21:30
FEMALE AGE GROUP: 13 - 14			
1	Makayla Laguerre	14 Chestertown	23:29
MALE AGE GROUP: 15 - 16			
1	Kyle Kogan	16 Brant Lake Camp	21:16
FEMALE AGE GROUP: 15 - 16			
1	Catherine Lyon	15 Point O'Pines Camp	24:01
MALE AGE GROUP: 17 - 19			
1	Blake Piper	19 Chestertown	25:38
FEMALE AGE GROUP: 17 - 19			
1	Sam Prentis	17 Brant Lake Camp	25:17
MALE AGE GROUP: 20 - 29			
1	Evan Allred	25 Brant Lake Camp	21:03
2	Colin Campbell	28 Warrensburg	22:06
3	Lucas Raymond	29 Brant Lake	24:02
FEMALE AGE GROUP: 20 - 29			
1	Chloe Grimes	27 Brant Lake Camp	24:23
2	Olivia Brees	21 Point O'Pines Camp	28:31
3	Katherine Watson	21 Point O'Pines Camp	28:47
MALE AGE GROUP: 30 - 39			
1	Sean O'Donnell	39 Latham	20:54
2	Jakob Irwin	37 Troy	22:20
3	Ryan Venter	36 Glenmont	22:54
FEMALE AGE GROUP: 30 - 39			
1	Katie Gifford	37 Gloversville	25:08
2	Jessica Zaloga	37 Watervliet	27:19
3	Beth Magee	37 Olmstedville	28:40
MALE AGE GROUP: 40 - 49			
1	Shane Bleyenburgh	42 Queensbury	23:48
2	Milo Gifford	41 Gloversville	23:54
3	Matthew Metzger	48 New Paltz	27:18
FEMALE AGE GROUP: 40 - 49			
1	Jeanette Quintos	47 South Glens Falls	28:49
2	Dawn Bleyenburgh	45 Queensbury	30:50
3	Danielle Goertzen	44 Queensbury	33:12
MALE AGE GROUP: 50 - 59			
1	Eric Piper	52 Chestertown	25:51
2	Mark Busacco	51 Fairport	26:16
3	James Hicks	58 Queensbury	26:47
FEMALE AGE GROUP: 50 - 59			
1	Kristen Santos	51 Clifton Park	26:32
2	Angela Busacco	50 Fairport	28:42
3	Margaret Fraterigo	54 Niskayuna	32:11
MALE AGE GROUP: 60 - 69			
1	Jerry Merkel	66 Brant Lake	22:11
2	Denny Hunter	65 Schuylerville	1:00:06
FEMALE AGE GROUP: 60 - 69			
1	Cathy Ventura-Merke	63 Brant Lake	25:42
2	Shirley Demers	61 Fort Ann	38:33
3	Bettylee Moon	61 Queensbury	51:57
MALE AGE GROUP: 70 - 79			
1	Norman Stevens	76 Fort Edward	27:33
2	Galen Miller	73 Madison, WV	28:42
3	Dan Curtin	71 Adirondack	32:56
FEMALE AGE GROUP: 70 - 79			
1	Harriet Singer	73 Brant Lake	1:08:00

Courtesy of Hudson Headwaters Health Network

6TH ANNUAL SUNDAY MORNING (FORMERLY MONDAY NIGHT) MILE

July 29, 2018 • Saratoga Casino & Raceway, Saratoga Springs

1M FOOTRACE ON THE HARNESS TRACK			
FEMALE OVERALL			
1	Sandra Cristin Carn	35 Saratoga Springs	6:31
2	Jen Keefer	22 Glenville	6:34
3	Christine Trotta	30 Ballston Lake	6:39
MALE OVERALL			
1	Ross Wightman	22 Chatham	4:28
2	Louie DiNuzzo	36 Saratoga Springs	4:44
3	Greg Hart	29 Saratoga Springs	5:23
FEMALE AGE GROUP: 1 - 14			
1	Theresa Prehn	12 Saratoga Springs	7:26
2	Grace Smith	13 Amsterdam	8:26
MALE AGE GROUP: 1 - 14			
1	Tyler Gordon	13 Wilton	6:30
2	Gavin Suprenant	12 Fort Edward	6:58
3	William Brady Thomas	12 Saratoga Springs	7:26
MALE AGE GROUP: 15 - 17			
1	Micah Smith	16 Amsterdam	5:24
2	Troy Prehn	16 Saratoga Springs	5:26
3	Evan Smith	17 Amsterdam	7:26
FEMALE AGE GROUP: 20 - 29			
1	Kayla Twardzik	27 Tribes Hill	8:27
2	Hannah Webster	27 Astoria	8:41
3	Allissa Melucci	29 Broadalbin	8:42
FEMALE AGE GROUP: 30 - 39			
1	Laura Engel	36 Clifton Park	8:47
2	Heather Weller	36 Gansevoort	9:02
MALE AGE GROUP: 30 - 39			
1	Nick Trotta	34 Ballston Lake	6:43
2	Matthew Anderson	32 Medfield, MA	7:11
FEMALE AGE GROUP: 40 - 49			
1	Lee Briggs	40 Ballston Spa	6:58
2	Jane Labombard	45 Glens Falls	7:33
3	Beth Smith	47 Amsterdam	8:13
MALE AGE GROUP: 40 - 49			
1	Greg Ethier	44 Clifton Park	5:33
2	Seth Dunn	47 Saratoga Springs	6:20
3	Neil Tyrrell	43 Saratoga Springs	6:39
FEMALE AGE GROUP: 50 - 59			
1	Colleen Brackett	57 Albany	6:50
2	Suzanne Wightman	58 Chatham	7:49
3	Jamie Sheppard	52 Ballston Lake	8:35
MALE AGE GROUP: 50 - 59			
1	Sam Mercado	55 Albany	5:51
2	Chris Thomas	57 Saratoga Springs	6:06
3	Christopher McGourt	51 Saratoga Springs	6:35
FEMALE AGE GROUP: 60 - 69			
1	Martha DeGrazia	67 Slingerlands	8:03
2	Debbie Aquino	62 Saratoga Springs	11:57
MALE AGE GROUP: 60 - 69			
1	Richard Lynch	60 Saratoga Springs	6:13
2	Jon Weilbaker	60 Saratoga Springs	6:14
3	Paul Salerni	62 Little Neck	6:33
FEMALE AGE GROUP: 70 - 79			
1	Ginny Pezzula	72 Colonie	8:32
2	Laura Clark	71 Saratoga Springs	10:11
3	Nancy Johnston	72 Ballston Lake	13:20
MALE AGE GROUP: 70 - 79			
1	Jim Callahan	73 Saratoga Springs	8:23
2	Ed Johnston	75 Ballston Lake	14:22

Courtesy of Saratoga Regional YMCA & Saratoga Springs History Museum

42ND ANNUAL ESCARPMENT 30K TRAIL RACE

July 29, 2018 • Escarpment Trailhead, Windham to North Lake State Park, Haines Falls

MALE OVERALL			
1	Lee Berube	27 Syracuse	2:42:09
2	Alistar Gardner	37 Bromont, QC	2:52:46
3	Liam Cregan	25 Amherst, MA	2:54:09
FEMALE OVERALL			
1	Meira Minard	45 State College, PA	3:36:33
2	Michelle Pratt	29 Albany	3:43:58
3	Courtney Breiner	21 Troy	3:51:38
MALE AGE GROUP: 20 - 24			
1	Kyle McCormack	23 Albany	3:51:53
2	Omar Perez	24 Poughkeepsie	4:30:39
3	Juan David Sarria Chavez	22 Stanhope, NJ	4:39:14
FEMALE AGE GROUP: 20 - 24			
1	Lea Cure	24 Newport, RI	5:03:11
MALE AGE GROUP: 25 - 29			
1	Matt Lipsey	28 Harrisburg, PA	3:04:14
2	Frankie Disomma	27 Sparta, NJ	3:05:57
3	Ian Shultis	26 Poughkeepsie	3:17:36
FEMALE AGE GROUP: 25 - 29			
1	Christine Le	26 Lancaster, PA	5:19:31
2	Regina Roden	27 Diamond Point	5:48:51
MALE AGE GROUP: 30 - 34			
1	Evan Williams	32 Seattle, WA	3:00:33
2	Matthew Perkins	32 Cambridge, MA	3:16:54
3	Joshua Burns	33 Huntington, VT	3:18:40
FEMALE AGE GROUP: 30 - 34			
1	Katie O'Regan	33 Lititz, PA	4:23:22
2	Celia Patel	32 Ringwood, NJ	4:27:30
3	Tetiana Samokysch	30 Brooklyn	4:35:21
MALE AGE GROUP: 35 - 39			
1	Aaron Stredny	37 Shavertown, PA	3:05:32
2	Benjamin Nilsestuen	35 Brooklyn	3:05:41
3	Jed Sheckler	39 Ithaca	3:17:03
FEMALE AGE GROUP: 35 - 39			
1	Marta Walkowska	35 Mendon, MA	4:08:12
2	Jaime Peca	36 Rochester	4:50:48
3	Melissa Woods	36 New Rochelle	4:55:59

continued

42ND ANNUAL ESCARPMENT 30K TRAIL RACE continued

MALE AGE GROUP: 40 - 44			
1	Ben Nephew	43 Westborough, MA	3:07:49
2	James McCowan	41 Poughkeepsie	3:09:52
3	Nicholas Thompson	43 Brooklyn	3:16:28
FEMALE AGE GROUP: 40 - 44			
1	Alanna Moss	41 Valatie	4:08:26
2	Mendy Gallo	41 Kingston	4:32:42
3	Kiki Hjeltnes	40 New Paltz	4:55:55
MALE AGE GROUP: 45 - 49			
1	Richard Rushka	45 New Milford, CT	3:36:23
2	Devin Ratliff	45 Brooklyn	3:51:38
3	Christopher Post	45 Rhinebeck	3:58:33
FEMALE AGE GROUP: 45 - 49			
1	Jennifer Broom	45 Branford, CT	4:56:27
2	Zsuzsanna Carlson	45 Morristown, NJ	5:51:27
3	Christine Reynolds	48 Newfield	5:54:33
MALE AGE GROUP: 50 - 54			
1	Tim Van Orden	50 Bennington, VT	3:07:28
2	Alan Young	50 Suffern	3:38:02
3	Peter Keeney	52 Bar Harbor, ME	3:39:11
FEMALE AGE GROUP: 50 - 54			
1	Carole Dudukovich	51 Port Matilda, PA	4:07:12
2	Karen Prado	51 Wethersfield, CT	5:31:28
MALE AGE GROUP: 55 - 59			
1	Richard Fargo	59 Chatham, NH	3:51:03
2	Thomas Dehaan	55 Kingston	4:12:50
3	Corey Bronstein	55 Englewood, NJ	4:25:14
FEMALE AGE GROUP: 55 - 59			
1	Jean Kerr	59 Delmar	6:58:26
2	Beth Rissmeyer	59 Glen Rock, NJ	7:47:46
MALE AGE GROUP: 60 - 64			
1	Stewart Dutfield	63 Delmar	5:09:17
2	David Fernekes	60 Poughkeepsie	5:14:04
3	Maciej Osypuk	61 Merrimack, NH	5:36:11
FEMALE AGE GROUP: 60 - 64			
1	Barbara Sorrell	61 Delmar	6:15:00
MALE AGE GROUP: 65 - 69			
1	Michael Ranck	67 Deer Lake, PA	4:44:12
2	Bart Carrig	66 Little Falls	5:52:02
3	James Miner	69 Dryden	6:00:23

40TH ANNUAL DYNAMIC DUO 3-MILE ROAD RACE

August 4, 2018 • Colonie Town Park, Colonie

COMBINED AGES			
AGE GROUP: UNDER 36			
1	Evan Brennan/Maddy Hesler	34:27	
2	Sean O'Brien/Alexis Anagostopolus	37:12	
3	Jack Goldstoft/Katie Hesler	40:38	
AGE GROUP: 37 - 45			
1	Chris Perillo/Shannen Kerin	35:59	
2	Charlie Ragone/Irene Thomas	38:37	
3	John Deer/Olivia Deer	55:02	
AGE GROUP: 46 - 54			
1	Eric Young/Meashan Leary	42:12	
2	Robert Higgins/Kaleigh Higgins	43:22	
3	Sam Acevedo/Kayla Rouse	44:53	
AGE GROUP: 55 - 63			
1	Ian DeGiovine/Christine Myers	38:57	
2	Bob Irwin/Beth Irwin	41:50	
3	Christian Uzzo/Lori Schmidt	46:03	
AGE GROUP: 73 - 81			
1	Jonathan Catlett/Lauren Catlett	42:43	
2	Charles Trombley/Amber Hooper	43:51	
3	Paul Flyater/Claudia Flyator	46:15	
AGE GROUP: 82 - 90			
1	Joseph Altobello/Estelle Burns	43:42	
2	Brien Ragone/Eileen Ragone	45:21	
AGE GROUP: 91 - 99			
1	Todd Mesick/Pam Daniels	42:39	
AGE GROUP: 100 - 108			
1	Ben Greenberg/Emily Bryans	37:24	
2	George Baranaukas/Erin Reep	43:13	
3	Thomas Constantine/Demantra Constantine	47:29	
AGE GROUP: 109 - 117			
1	Wade Stockman/Leslie Overocker	66:13	
AGE GROUP: 118 & OVER			
1	Paul Bennett/Nancy Nicholson	46:02	
2	Matt Overocker/Anny Stockman	64:01	

Courtesy of Hudson-Mohawk Road Runners Club

4TH ANNUAL CHURNEY GURNEY TRAIL RUN & MOUNTAIN BIKE RACE

August 4-5, 2018 • Gurney Lane Recreation Park, Glens Falls

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RACE RESULTS

4TH ANNUAL CHURNEY GURNEY TRAIL RUN & MOUNTAIN BIKE RACE continued

CAT 3: MALE 30-39			
1 Matt Einhorn	Selkirk	54:51	
2 Jared Lendrum	Queensbury	54:58	
3 Jared O'Connor	Greenwich	57:18	
4 Brian Donovan	West Dover, VT	1:00:22	
CAT 3: MALE 40-49			
1 Michael Smith	Clifton Park	44:38	
2 David Baldwin	Shushan	46:28	
3 Amon Emeka	Saratoga Springs	47:11	
4 Vladimir Almonte	Colonie	47:12	
5 Jason Miller	Norwich	49:23	
CAT 3: MALE 50+			
1 Andy McCall	Saratoga Springs	46:27	

2 Edward Ehrichs	Ballston Lake	48:01	
3 Dan Munn	Saratoga Springs	51:29	
4 Robert Skerritt	Rosendale	51:39	
5 Paul Martin	Saratoga Springs	52:31	
UNICYCLE: MALE			
1 Robert Detweiler	Albany	1:21:12	
2 Bill Ottaway	Albany	1:26:20	
3 Thomas Baker	Queensbury	1:50:36	
4 Anthony Carrano	Hudson	2:39:24	
UNICYCLE: FEMALE			
1 Anna Wiedmann	Clifton Park	1:20:15	
2 Elizabeth Detweiler	Albany	1:58:02	

Courtesy of Under the Woods Foundation

40TH ANNUAL LANE 10K LAKE RUN August 5, 2018 • Lake Pleasant to Speculator

MALE OVERALL			
1 Alex Ehrenthal	17 Concord, MA	37:12	
2 Jonathan Guthan	41 Scotia	44:02	
3 James Markwica	43 Gansevoort	44:27	
FEMALE OVERALL			
1 Lorraine Farrell	50 Millington, NJ	48:27	
2 Sirtija Grisule	25 Gansevoort	49:33	
3 Christine Parnell	42 Caledonia	53:51	
MALE AGE GROUP: 15 - 19			
1 Bryce Meadows	16 Bel Air, MD	1:01:10	
2 Brent Ackerman	17 Poughkeepsie	1:04:42	
FEMALE AGE GROUP: 15 - 19			
1 Sydney Carnival	16 Minoa	59:57	
2 Megan Bissonette	16 Gansevoort	1:01:07	
3 Maggie Farrell	17 Millington, NJ	1:02:10	
FEMALE AGE GROUP: 20 - 29			
1 Hannah Wistort	23 Niskayuna	55:32	
2 Katie Lewis	29 North Creek	59:28	
3 Amanda Lanahan	26 Selkirk	1:03:27	
MALE AGE GROUP: 30 - 39			
1 Matthew Muttillio	32 Rome	46:31	
2 TJ Sherwin	32 Albany	48:49	
3 Thomas Olmsted	38 Succasunna, NJ	51:40	
FEMALE AGE GROUP: 30 - 39			
1 Emily Stephan	30 Indian Lake	55:32	
2 Eleanor Bafundi	38 Spofford, NH	1:02:59	
3 Laura O'Brien	35 Speculator	1:10:25	

MALE AGE GROUP: 40 - 49			
1 Aaron Horevay	40 Ringwood, NJ	49:57	
2 Micah Hoenig	42 Monroe	52:31	
3 Jeff Bayard	44 Schenectady	54:41	
FEMALE AGE GROUP: 40 - 49			
1 Karen Carnival	48 Minoa	57:08	
2 Valerie Nolan	49 Lake Pleasant	58:46	
3 Kathleen Magnanti	46 Huntersville	1:02:36	
MALE AGE GROUP: 50 - 59			
1 Sam Lawyer	53 Sharon Springs	46:00	
2 Doug Landon	55 Amsterdam	51:12	
3 Mike Langevin	53 Albany	53:18	
FEMALE AGE GROUP: 50 - 59			
1 Teresa Creedon	52 Little Falls	58:16	
2 Janice Phoenix	57 Schenectady	58:27	
3 Pam Washak	52 Brooktondale	1:11:36	
MALE AGE GROUP: 60 - 69			
1 Doug Burns	61 Niskayuna	53:06	
2 Michael Thumann	69 Chatham	54:56	
3 Marcus Harazin	62 Delmar	55:28	
FEMALE AGE GROUP: 60 - 69			
1 Marion Oswald	61 Cocoa Beach	1:18:47	
2 Connie Heavey	66 Seattle, WA	1:23:11	
3 Virginia Flynn	63 Speculator	1:24:49	
MALE AGE GROUP: 80 - 89			
1 Dayton Trubee	80 Bayville	1:29:27	

Courtesy of Adirondacks Speculator Region Chamber

4TH ANNUAL PEAK TO BREW RELAY - 220 MILES

August 11-12, 2018 • Whiteface Mountain, Wilmington to Saranac Brewery, Utica

STANDARD TEAMS - 12 RUNNERS			
1 DWK	22:55:00	17 A Team with No Name	34:57:00
2 K2J Canadians	23:40:00	18 Lake Effect Half	35:03:00
3 Beau's	27:27:00	19 ADKted to Beer Runs	35:05:00
4 BarkEaters	28:12:00	20 Toepoch Trekkers	35:17:00
5 JuiceBox Heroes	30:39:00	21 Chuggernauts	35:29:00
6 ACF Cardinals	30:45:00	22 Got the Runs	35:42:00
7 Lucky Toad	31:01:00	23 12 Pack Crew to Saranac Brew	35:45:00
8 Birds in Motion	31:16:00	24 Cirque de Sore Legs/Brewed of Lunatics	35:54:00
9 The Peakin Vandits	32:11:00	25 You're My Boy Brew!	36:00:00
10 The Sleeve Monsters	32:30:00	26 Brews Cruise	36:11:00
11 I Just Felt Like Runnin	32:42:00	27 Cramps, Tramps & Headlamps	36:15:00
12 NYCM	33:11:00	28 Guthrie Relay Team	36:25:00
13 Chafety First	33:54:00	29 Wild Roadrunners	36:49:00
14 Dirt Path Savages	34:08:00	30 Altitude Adjusters	36:56:00
15 Tiger Tough	34:15:00		
16 Syracuse 12-Pack	34:55:00		

ULTRA TEAMS - 6 RUNNERS			
1 Sneaker Store/ATC	Endurance	29:12:00	
2 Pale mAlEs		29:44:00	
3 Phoenix BrewHaHas		31:28:00	
4 Ultra Virgins		33:01:00	
5 Honor and Remember		36:07:00	
6 Cobra Kai Running Club		37:05:00	
7 Ultra Glad When It's Over		37:32:00	

Courtesy of Bark Eater Events

10TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K

August 11, 2018 • Camp Chingachgook on Lake George, Kattskill Bay

HALF MARATHON - 13.1 MILES			
MALE OVERALL			
1 Christopher Spooner	33 Philadelphia, PA	1:18:38	
2 Greg Langley	35 Lincroft, NJ	1:23:06	
3 Steven Imbrico	42 Selkirk	1:24:20	
4 Salah Tanlay	41 Brooklyn	1:29:01	
5 Owen Hooper	34 Glenville	1:33:50	
FEMALE OVERALL			
1 Makayla Boden	20 Schuylerville	1:33:09	
2 Kiera Sheridan	21 Mahopac	1:37:01	
3 Gina Davis	27 Glens Falls	1:37:09	
4 Hannah Patzwahl	23 Valatie	1:44:08	
5 Christine Varley	54 Albany	1:47:28	
FEMALE AGE GROUP: 15 - 19			
1 Alyssa Bove	19 West Islip	1:48:54	
2 Mary Liebers	18 Schenectady	1:57:14	
3 Grace Fiermedal	18 Rochester	2:00:43	
MALE AGE GROUP: 20 - 29			
1 Daniel Teabo	21 Auburn	1:36:55	
2 Gabe Vehar	21 Albany	1:38:00	
3 Matthew Teabo	23 Auburn	1:41:09	
4 Davide Cazzulo	25 Pine Bush	1:44:25	
5 Alex Hitrick	20 Broadalbin	1:48:55	
FEMALE AGE GROUP: 20 - 29			
1 Nicole Paig Metzhei	21 Hoboken, NJ	1:50:41	
2 Paige Radney	24 Fairlee, VT	1:53:36	
3 Jean Marie Kratzer	29 Cambridge	1:55:09	
4 Eden Abrahamian	27 New York	1:58:32	
5 Jaclyn Marry	21 Long Beach	1:59:44	
MALE AGE GROUP: 30 - 39			
1 John Breznicky	32 Brooklyn	1:42:23	
2 Ryan Irvin	38 Albany	1:44:22	
3 Levy Garcia	35 White Plains	1:45:26	
4 James Bailin	39 Norwalk, CT	1:47:21	
5 Jeffrey Ramirez	32 Huntington	1:47:31	
FEMALE AGE GROUP: 30 - 39			
1 Justine Lobosco	34 Ballston Spa	1:48:13	
2 Ellen McGrath	32 Maspeth	1:48:56	
3 Victoria Fenley	36 Niskayuna	1:51:42	
4 Pamela Brumley	39 Gansevoort	1:52:45	
5 Kristin Hettinger	33 Pleasant Valley	1:55:02	
MALE AGE GROUP: 40 - 49			
1 Brian Dillenbeck	47 Alplaus	1:35:20	
2 Andrew Eyer	46 Gansevoort	1:37:22	
3 Douglas Rubinson	41 Cambridge, MA	1:38:32	
4 Robert Knapp	41 Canton, MA	1:51:46	
5 Jason Rivers	47 Glens Falls	1:53:11	
FEMALE AGE GROUP: 40 - 49			
1 Jennifer Metvier	47 Lake George	1:55:25	
2 Kelley Throop	48 Norwalk, CT	2:03:30	
3 Alyssa Gibbons	41 Niskayuna	2:07:51	
4 Gina Heid	47 Ballston Spa	2:07:59	
5 Erica Ruggerio	45 Seymour, CT	2:23:38	
MALE AGE GROUP: 50 - 59			
1 Jon Gurney	55 Saratoga Springs	1:36:22	
2 Mark Weidner	57 Queensbury	1:36:38	
3 John Butler	51 Latham	1:51:55	
4 Mark Ward	58 South Glens Falls	1:55:15	
5 Mitchell Rosenthal	55 North Bellmore	2:00:08	

FEMALE AGE GROUP: 50 - 59			
1 Kim Becker	51 Maine	1:48:21	
2 Sharon Caruso	52 Latham	1:50:41	
3 Sandy Adams	58 Shushan	1:55:19	
4 Maryanne MacKenzie	50 Queensbury	1:57:18	
5 Beth Metzheiser	50 Long Beach, NJ	2:10:34	
MALE AGE GROUP: 60 - 69			
1 Paul Salerni	62 Little Neck	1:47:50	
2 George Baranauskas	64 Scotia	1:49:24	
3 Henry Manning	63 New York	2:08:17	
4 Joe Yavonditte	69 Schenectady	2:11:30	
5 Sean Robbins	68 Wyanntskill	2:53:47	
FEMALE AGE GROUP: 60 - 69			
1 Joan Williams	65 Clifton Park	2:16:47	
2 Loretta Baldwin	64 Augusta, NJ	2:26:33	
3 Jane Herron	64 Oak Ridge, TN	2:30:25	
4 Janet Jones	60 Houston, TX	2:53:46	
MALE AGE GROUP: 70 - 79			
1 Florindo Cazzulo	72 Pine Bush	2:03:25	
FEMALE AGE GROUP: 70 - 79			
1 Ginny Pezzula	72 Colonie	2:07:48	

10K RACE			
MALE OVERALL			
1 Gregory Adamek	16 Wilmington, MA	41:13	
2 Jonathan Guthan	41 Scotia	42:03	
3 Ian Cutting	23 Glenville	42:50	
FEMALE OVERALL			
1 Caroline Harmon	21 Hatfield, PA	40:25	
2 Olivia McNeal	39 Wilton, CT	42:55	
3 Elizabeth Harmon	19 Hatfield, PA	44:56	
MALE AGE GROUP: 1 - 19			
1 Nicholas Giambrone	14 Queensbury	56:05	
2 Alan Keefner	13 Albany	1:57:41	
FEMALE AGE GROUP: 1 - 19			
1 Anna Metznor	12 Washington, DC	57:33	
2 Leilani Salowe	12 Los Gatos, CA	57:33	
3 Natalie Rubin	16 West Simsbury, CT	1:00:04	
MALE AGE GROUP: 20 - 29			
1 Cameron Clark	29 Stamford	51:12	
2 Devin Ashline	25 Greenfield Center	57:13	
FEMALE AGE GROUP: 20 - 29			
1 Katie Schimanski	26 Brooklyn	1:00:49	
2 Morgan Rubin	23 West Simsbury, CT	1:01:39	
3 Samantha Clark	29 Stamford, CT	1:01:56	
MALE AGE GROUP: 30 - 39			
1 Ryan Murphy	36 Astoria	51:33	
2 David Adamek	36 Wilmington, MA	52:13	
3 Edward Davidson	35 Troy	1:12:43	
FEMALE AGE GROUP: 30 - 39			
1 Katie O'Leary	30 Astoria	50:15	
2 Mallory Cruise	31 Douglaston	56:40	
3 Lauren Owens	33 Guilderland	59:56	
MALE AGE GROUP: 40 - 49			
1 Matt Zappen	42 Albany	46:52	
2 James Williams-Ness	48 New York	49:53	
3 Steve Zito	48 Saratoga Springs	51:20	

continued

10TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K continued

FEMALE AGE GROUP: 40 - 49			
1 Jill Gobel	48 Ballston Spa	53:16	
2 Kelly Heck	46 Norton, MA	56:39	
3 Stephanie Tubbs	42 Glenville	1:01:02	
MALE AGE GROUP: 50 - 59			
1 Sam Mercado	55 Albany	45:36	
2 Robert Tartaglia	59 Weston	48:31	
3 Thomas Throop	53 Norwalk, CT	56:12	
FEMALE AGE GROUP: 50 - 59			
1 Heidi Brownell	51 Fort Edward	58:26	
2 Judy Litt	56 Latham	1:08:19	
3 Jill Burwell	54 Scotia	1:12:54	

MALE AGE GROUP: 60 - 69			
1 Tom Petrie	60 Mechanicville	47:35	
2 Tom Bolen	60 Pilot Knob	58:11	
3 Terry Folmsbee	61 Chatham	1:14:14	
FEMALE AGE GROUP: 60 - 69			
1 Maryse Folmsbee	61 Chatham	1:08:40	
2 Anne Laroche	65 Venice, FL	1:10:50	
3 Mary Tomich	62 Hatfield, PA	1:13:11	
MALE AGE GROUP: 70 - 79			
1 David Dibelius	71 Lake George	1:00:23	
2 Dick Ziegler	72 Oak Ridge, TN	1:08:48	

Courtesy of Camp Chingachgook Challenge & Capital District YMCA

17TH ANNUAL BETSY OWENS & TERRY LAUGHLIN MEMORIAL SWIMS

August 11, 2018 • Mirror Lake, Lake Placid

TERRY LAUGHLIN TWO-MILE CABLE SWIM			
MALE OVERALL			
1 Ryan Baker/21/UC10	40:37		
2 Daniel McIntosh/53/NEM	50:52		
3 Robert Webber/62/NIAG	51:53		
FEMALE OVERALL			
1 Dana Giannini/49/ROCH	46:23		
2 Galen Rinaldi/50	48:25		
3 Sally Dykstra/59/ASC	53:09		
MALE AGE GROUP: 25 - 29			
1 Karon Walsh	54:29		
2 Sarah Martinez/ADMS	1:00:49		
MALE AGE GROUP: 30 - 34			
1 Brian Khouri/BUMS	55:00		
2 Clay Lewis/UC07	1:08:31		
FEMALE AGE GROUP: 30 - 34			
1 Kimberly Fry/NEM	53:21		
2 Jennifer Tinkler	56:24		
FEMALE AGE GROUP: 35 - 39			
1 Genevieve Bettez	56:13		
2 Katie Ginalski/BUMS	1:02:57		
3 Megan McCone/ADMS			

18TH ANNUAL CRYSTAL LAKE TRIATHLON
August 18, 2018 • Crystal Cove, Averill Park

TRIATHLON – 0.5M SWIM, 18M BIKE, 3M RUN			
MALE OVERALL			
1	Liam McCarthy	32	Malta 1:25:31
2	Glen DiPalma	52	Duxbury, MA 1:26:15
3	Robert Ordish	33	Albany 1:26:45
FEMALE OVERALL			
1	Julia Slyer	22	Averill Park 1:34:38
2	Lea Warden	43	Voorheesville 1:34:52
3	Kendra Kline	28	Saratoga Springs 1:39:44
FEMALE AGE GROUP: 1 - 14			
1	Molly Hill	14	Alexandria, VA 2:41:47
MALE AGE GROUP: 15 - 19			
1	Nicholas Mandato	16	Albany 1:42:26
2	Colin Hansen	15	Wynantskill 1:46:58
3	Adam Limoges	16	Averill Park 1:56:23
4	Brady Griffin	19	Schuylerville 2:43:43
FEMALE AGE GROUP: 15 - 19			
1	Anna Hill	16	Alexandria, VA 2:14:39
2	Madelynn Murray	15	Poestenkill 2:18:55
MALE AGE GROUP: 20 - 24			
1	Michael Gingras	22	Groton, MA 1:28:51
2	Stuart Pomeroy	23	Albany 1:42:13
3	Jacob Fitch	22	Candor 1:54:17
4	Kevin Ostrander	20	Mechanicville 1:56:48
5	Michael Grogan	23	Delmar 2:40:39
FEMALE AGE GROUP: 20 - 24			
1	Abigail Brown	24	Menands 1:46:26
2	Colleen Deyo	22	Slingerlands 1:57:11
3	Megan Keeler	24	Averill Park 2:02:14
4	Alexa Kluepfel	22	Holbrook 2:30:05
5	Shannon Grier	24	Troy 3:07:35
MALE AGE GROUP: 25 - 29			
1	Michael Blais	27	Cohoes 2:12:31
FEMALE AGE GROUP: 25 - 29			
1	Jessica Lamendola	29	Troy 1:51:22
2	Carly Samach	27	Glens Falls 1:51:37
3	Meaghan Leary	27	Troy 1:57:17
4	Jackie Steciuk	27	Troy 2:20:20
MALE AGE GROUP: 30 - 34			
1	Jon Linderauer	30	Albany 1:28:01
2	Tom Tiberio	33	Scotia 1:34:31
3	Christopher Ho	30	New York 1:35:15
4	Joshua Halse	33	Watervliet 1:42:40
5	Brian Lusignan	34	Delmar 1:44:10
6	Daniel Debonis	33	Troy 2:02:42
7	Matthew Mason	31	Albany 2:02:57
8	Ryan Sickles	32	Waterford 2:04:24
FEMALE AGE GROUP: 30 - 34			
1	Ashley Cahill	31	Voorheesville 1:46:03
2	Mary Rose	30	New York 1:55:06
3	Jill Archambault	31	Malta 1:56:01
4	Mackenzie Halse	31	Watervliet 1:57:56
5	Jennifer Kehn	31	Albany 1:59:58
6	Brigid Dake	33	Greenfield Center 2:02:09
7	Emily Herrington	32	Cambridge 2:02:33
8	Ashley Rowe	31	Ghent 2:19:50
9	Andrea Denio	32	Glenmont 2:20:09
10	Nicole Casale	34	Cohoes 2:25:25
11	Allison Crerand	30	Albany 2:34:00
MALE AGE GROUP: 35 - 39			
1	Charles Lester	36	Saratoga Springs 1:29:49
2	Max Corbett	38	Altamont 1:40:27
3	Brian Wilson	35	Dannemora 1:41:04
4	Nick Cleveland	37	Niskayuna 1:41:38
5	Bret Phillips	39	Glenmont 1:50:24
6	Michael Bukowski	38	Latham 1:51:14
7	Zoltan Balazs	39	Delmar 1:52:00
8	Christopher Tocin	36	Niskayuna 1:52:26
9	Michael Shanley	35	Albany 1:52:39
10	Kyle Camp	37	Watervliet 1:54:28
11	Lucas Ruglis	36	Saratoga Springs 2:01:48
12	Marcus Friedman	37	New York 2:01:48
13	Matthew Herrington	35	Valley Falls 2:06:02
14	James Donnelly	39	Schenectady 2:16:13
15	JP Quintal	35	Glens Falls 2:18:20
16	Timothy Blake	39	Glenmont 2:33:05
FEMALE AGE GROUP: 35 - 39			
1	Rebecca Evansky	39	Hudson Falls 1:42:44
2	Erin Dolan	37	Delmar 1:46:24
3	Erin Freeh	38	Troy 1:58:08
4	Stacy McGlashan	39	Jordanville 2:12:15
5	Alida Breault	35	Cambridge 2:21:59
6	Erika Van Zandt	36	Troy 2:34:31
7	Abra Bentley	36	Wynantskill 2:41:55
8	Laura Dooley	37	Stillwater 2:42:42
9	Kia Henderson	38	Loudonville 2:44:31
MALE AGE GROUP: 40 - 44			
1	Greg Rashford	40	Niskayuna 1:35:53
2	Rob Van Der Kar	43	Averill Park 1:37:57
3	John Evansky	40	Hudson Falls 1:39:27
4	Colin Crowley	41	Ballston Spa 1:40:22
5	Christopher Carter	40	Averill Park 1:40:34
6	Daniel Murphy	43	Delmar 1:43:44
7	Sean Stahlman	42	Averill Park 1:47:24
8	Tim Mullinex	41	Oneonta 1:49:55
9	Jason Hare	41	Wilton 1:53:20
10	William Belden	42	Ballston Lake 1:58:19
11	Robert Philip	41	Glenville 2:01:50
12	David Colman	40	Albany 2:02:53
13	Gerard McAvey	41	Albany 2:23:42
FEMALE AGE GROUP: 40 - 44			
1	Erin Gregory	42	Clifton Park 1:41:36
2	Kimberly Kilby	41	Niskayuna 1:45:35
3	Elizabeth Brown	41	West Babylon 1:51:19
4	Theresa Felton	42	Wilton 1:56:32
5	Michelle Aleva	43	Glens Falls 1:57:24
6	Deanne Webster	43	Albany 1:59:22
7	Jamie Riordan	42	Arbutus, MD 2:12:15
8	Thea Daffino	41	Rensselaer 2:15:32
9	Megan Miller	41	Rensselaer 2:16:59
10	Sarah Every	44	Spencertown 2:17:11
11	Rebecca McMillen	44	Schenectady 2:46:04
MALE AGE GROUP: 45 - 49			
1	Chris Thompson	45	Delmar 1:36:11
2	George Stopyak	48	Halfmoon 1:39:50
3	John Meyer	45	Valatie 1:40:07
4	Eric Bergin	46	Albany 1:45:46
5	Jeff Heibredner	46	Cohoes 1:48:05
6	Kenneth Mandato	49	Albany 1:49:17
7	Doug McMahan	46	Halfmoon 1:49:21
8	Christopher Fernando	48	Albany 1:51:32
9	Dean Rowe	45	Ghent 1:55:16
10	John Lawrence	49	Clifton Park 2:02:59
11	Michael Tobin	47	Rensselaer 2:05:37

18TH ANNUAL CRYSTAL LAKE TRIATHLON continued

FEMALE AGE GROUP: 45 - 49			
1	Kelli Schuhl	46	Charlton 1:44:15
2	Michelle Richardson	48	Stuyvesant Falls 1:48:58
3	Tara Krinsky	49	West Babylon 1:58:52
4	Nicola MacNeil	45	Rotterdam Junction 1:59:12
5	Christi Mueller	48	Averill Park 2:02:23
6	Rachel Harvey	46	Saratoga Springs 2:06:32
7	Sandy Malloy	49	Feura Bush 2:14:07
8	Melissa Tubbs	45	Corinth 2:22:00
MALE AGE GROUP: 50 - 54			
1	Carl Regenauer	54	Saratoga Springs 1:28:37
2	John Slyer	53	Averill Park 1:38:37
3	Kenneth Lane	53	Castleton 1:44:03
4	Pete Guzzo	50	Niskayuna 1:46:29
5	Timothy Kirch	54	Niskayuna 1:46:38
6	Eric Zalewsky	50	Malta 1:48:11
7	Timothy Landis	54	Clifton Park 1:48:28
8	Tom Denham	51	Delmar 1:50:30
9	Scott Henricks	54	Averill Park 1:57:55
10	Gary Grace	53	Delmar 1:59:49
11	Mike Ostrander	50	Ballston Lake 2:01:09
12	Jim Brown	50	Greenwich 2:01:27
13	Mike Langevin	54	Albany 2:09:53
14	Glen DiPalma	52	Duxbury, MA 2:34:31
FEMALE AGE GROUP: 50 - 54			
1	Kristen Hislop	54	Clifton Park 1:40:45
2	Judy Guzzo	51	Niskayuna 1:47:10
3	Theresa Newton	53	Halfmoon 1:52:52
4	Dianna Langdon	51	Altamont 1:53:30
5	Francine Fredette	50	Glenmont 1:54:49
6	Catherine King	53	Ballston Spa 1:58:19
7	Annette Romano	54	Clifton Park 2:03:54
8	Maria Campese	54	Garden City 2:08:58
9	Kimberly Henes	51	Mechanicville 2:12:09
10	Rebecca Phillips	51	Schenectady 2:28:21
11	Mary Dufort	54	Clifton Park 2:29:24
12	Viv Guicheney	54	Loudonville 2:45:14
13	Laurie Bortscheller	50	Averill Park 2:52:23
MALE AGE GROUP: 55 - 59			
1	Mike Veeder	58	Earlton 1:46:42
2	David Mateer	58	Craryville 1:56:59
3	Roger Liberman	59	New York 2:12:25
4	David Manley	57	Hudson Falls 2:17:44
FEMALE AGE GROUP: 55 - 59			
1	Kathy Timpane	56	Lenoxdale, MA 1:57:52
2	Julie Audi	55	Malta 2:04:05
3	Margot Sheridan	55	Windham 2:05:52
4	Patricia Johnston	57	Ballston Lake 2:13:47
5	Joanne Paska	59	Fort Edward 2:16:04
6	Pamela Yunginger	56	Clifton Park 2:16:29
7	Kelly O'Connor	56	Rumson, NJ 2:29:13
MALE AGE GROUP: 60 - 64			
1	Steve Vnuak	63	Delmar 1:48:22
2	Andrew Campbell	61	Albany 1:56:22
3	Michael Boskin	61	Albany 2:00:19
4	Bud Tassin	61	Delmar 2:07:14
5	Kurt Olander	61	Tappan 2:20:27
6	Mike Lally	63	New Hartford 2:41:55
FEMALE AGE GROUP: 60 - 64			
1	Kathleen Pfeiffer	64	Queensbury 2:56:59
MALE AGE GROUP: 65 - 69			
1	Howard Herrington	66	Cambridge 1:40:44
2	Roy Kline	66	Queensbury 1:49:53
3	David Olsen	66	Niskayuna 1:57:12
4	Mark Kopache	65	Sand Lake 1:59:10
5	Ira Baumgarten	67	Averill Park 2:13:35
6	Victor Greco	65	Schenectady 2:30:09
FEMALE AGE GROUP: 65 - 69			
1	Susan Herrington	68	Cambridge 2:46:07
MALE AGE GROUP: 70 - 74			
1	Douglas Kabat	72	Schenectady 2:28:24
MALE AGE GROUP: 75 - 79			
1	Raymond Lee Jr.	76	Halfmoon 2:52:19
AQUABIKE – 0.5M SWIM, 18M BIKE			
MALE OVERALL			
1	Blake Ford	63	Utica 1:12:15
2	John Potash	50	Ballston Spa 1:24:04
3	Chris Boldstrow	59	Albany 1:29:09
4	Terry Briscoe	51	Saratoga Springs 1:39:32
5	Leonard Kershaw	77	Bolton Landing 1:57:38
FEMALE OVERALL			
1	Robin Davey	60	Rexford 1:38:50
2	Diane Wagner	70	Bolton Landing 2:06:10

Courtesy of Capital District Triathlon Club

16TH ANNUAL JAILHOUSE ROCK 5K
August 18, 2018 • Brookside Museum, Ballston Spa

MALE OVERALL			
1	Richard Messineo	Schenectady	18:02
FEMALE OVERALL			
1	Jessy Montrose	Ballston Lake	19:15
MALE AGE GROUP: 1 - 14			
1	Julian Stedman	Glens Falls	20:45
2	Emmett Hansen	Ballston Spa	21:48
3	Simon Evans	Middle Grove	23:59
FEMALE AGE GROUP: 1 - 14			
1	Erika Irwin	Guilderland	25:15
2	Teagan Wright	Greenwich	30:38
3	Malia Flusche	Malta	31:16
MALE AGE GROUP: 15 - 19			
1	Peter Hansen	Ballston Spa	18:59
2	Kevin McNamara	Ballston Spa	24:29
3	Timothy Boucher	Ballston Spa	29:20
FEMALE AGE GROUP: 15 - 19			
1	Brooke Wright	Greenwich	25:35
2	Bryne Wright	Greenwich	25:35
MALE AGE GROUP: 20 - 29			
1	Michael Dittmer	Clifton Park	19:44
2	Jonathan Muller	Middle Grove	24:39
3	Brandon Richards	Dorchester, MA	32:58
FEMALE AGE GROUP: 20 - 29			
1	Michelle Davis	Niskayuna	20:48
2	Katie Schuff	Albany	22:58
3	Lauren Maxwell	Schenectady	23:43
MALE AGE GROUP: 30 - 39			
1	Joel Patrie	Scotia	18:16
2	Greg Hart	Saratoga Springs	19:02
3	Charles Baker	Saratoga Springs	19:31
FEMALE AGE GROUP: 30 - 39			
1	Diana Tobon-Knobloch	Niskayuna	19:42
2	Emily Russell	North Bennington, VT	20:06
3	Crystal Perno	Clifton Park	20:26
MALE AGE GROUP: 40 - 49			
1	Robert Irwin	Guilderland	18:35
2	Mathew Nark	Clifton Park	20:14
3	Gregory Fox	Loudonville	20:30
FEMALE AGE GROUP: 40 - 49			
1	Marta Dauphinee	Ballston Lake	20:54
2	Jessica Chapman	Bennington, VT	20:58
3	Trudy Boullia	Delanson	21:55
MALE AGE GROUP: 50 - 59			
1	John Sestito	Johnsonville	19:27
2	Thomas Marcellus	Ballston Spa	20:01
3	Scott McNamara	Ballston Spa	20:19
FEMALE AGE GROUP: 50 - 59			
1	Diane Montes Harris	Troy	23:20
2	Mary Fenton	Ballston Spa	23:37
3	Mary Lockshin	Lexington, MA	24:06
MALE AGE GROUP: 60 - 69			
1	Graig Carbino	Selkirk	21:54
2	Mike Carbino	Ballston Spa	22:43
3	John Walsh	Staten Island	23:20
FEMALE AGE GROUP: 60 - 69			
1	Diane Thompson	Cohoes	30:14
2	Sue Westfall	Ballston Spa	30:47
3	Sheri Steele	Ballston Spa	30:48
MALE AGE GROUP: 70 - 79			
1	Daniel Brown	Ballston Spa	27:23
2	Richard Baluch	Delanson	27:45
3	Joseph Miranda	Ballston Spa	30:43
FEMALE AGE GROUP:			

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Saratoga Springs, NY



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9/27

New NYSEDA training; Bikes & Beer evening welcome event, with Adventure Cycling.

9/28

Full day Summit of panels, roundtables, and workshops. Lunch provided.

9/29

National *Bike Your Park Day* - guided rides with the local bike clubs; NYBC sponsored LCI refresher course.

MORE INFORMATION AND TO REGISTER:

WWW.NYBC.NET/ACTION/BIKE-SUMMIT

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