

ADIRONDACK

SPORTS

FREE!
20,000 CIRCULATION

COVERING UPSTATE NEW YORK SINCE 2000

JANUARY
2016



AN UNPARALLELED VIEW
OF ADIRONDACK WILDERNESS
FROM THE SLIDES ON WHITEFACE.
WHITEFACE MOUNTAIN

Visit Us on the Web!
AdkSports.com
Facebook.com/AdirondackSports

CONTENTS

- 1** **Alpine Skiing & Riding**
*Whiteface & Gore:
An Insider's Guide*
- 3** **Around the Region News Briefs**
- 3** **From the Publisher & Editor**
- 4-7** **CALENDAR OF EVENTS**
January to March Things to Do
- 9** **XC Skiing & Snowshoeing**
Exploring Camp Santanoni
- 10-11** **Athlete Profile**
Survival with Pete Buccinna
- 13** **Tri, Run, Cycle, Hike & Paddle**
Switch It Up & Try Nordic Skiing!
- 14-17** **RACE RESULTS**
Top Finishers in 15+ Events
- 19** **Bicycling & Triathlon**
*Maximizing Your Indoor
Cycling Workout*

Whiteface and Gore

An Insider's Guide

By Jeff Farbaniec

Whiteface - Whoa. Yikes. Gulp. Those are the most frequently heard reactions to visitors' first-time glimpses of Whiteface Mountain's ski trails. Perhaps more than any other mountain in the east, Whiteface intimidates beginners, intermediates and expert skiers alike, and for good reason. Whiteface's 3,430-foot vertical drop is the biggest in the East and bigger than many western ski areas. The Slides are highly visible, home to the East's most extreme lift-accessed terrain. And as host to two Olympic Winter Games, Whiteface's expert terrain is legendary, but don't let it intimidate you. With 11 lifts and 87 trails and glades offering 22 miles and 288 skiable acres, there's plenty of variety for every type of skier on Whiteface's terrain (20% beginner, 42% intermediate, 38% expert). Here are some tips for getting the most from your visit.

Most first-time visitors to Whiteface hop right on the Cloudsplitter Gondola, which rises 2,400 vertical feet to the

top of Little Whiteface Mountain. Don't. Instead, start with a warm-up run on the Face Lift, the high speed quad serving the heart of the mountain. From the top of the Face Lift, you'll have a wide choice of beginner and intermediate cruisers back to the main base area. A ride up the Face Lift also gives you a quick feel for the layout of the mountain, with Whiteface's three main trail pods spread out before you: the intermediate and expert terrain of Little Whiteface to your left, Lookout Mountain to your right, and the summit straight ahead.

If you're a beginning skier, you'll want to stick with the terrain served by the Face Lift. There's also the Bear's Den novice area, a learning center separated from the main mountain with its own lift, trails and base lodge. But if you're an intermediate or advanced skier, keep exploring.

Terrain on Little Whiteface can be accessed from the gondola or from a pair of chairlifts that rise above the mid-

See **ALPINE SKIING**, 18 ▶



COMING SOON!

ADIRONDACK
SPORTS

SAVE THE DATE!

SUMMER EXPO

March 5 & 6 • Saturday 10-5 & Sunday 10-4
Saratoga Springs City Center • 522 Broadway

Everything You Need For Summer Sports!

Running • Cycling • Triathlon • Hiking • Paddling • Healthy Living • Travel

125 Exhibitors • Sales on Summer/Winter Gear, Clothing, Footwear
\$10,000 in Prizes • Pool & Floor Demos • Seminars & Clinics • Family Activities

To Become an Exhibitor: (518) 877-8788 • Info@AdkSports.com



HPC
HIGH PEAKS CYCLERY HEADQUARTERS

Alpine • Nordic • Telemark • Backcountry • Fat Bikes

SALES • SERVICE • RENTALS

Salsa ROVENTURE BY BIKE patagonia ROSSIGNOL VOILE
 SURLY SALOMON SWIX Black Diamond MAMMUT
 DYNAFIT FISCHER MADSHUS
 MOUNTAIN HARD WEAR ARCTERYX

Professional Services
 Stone Grinding • Pro Boot Fitting
 Overnight Ski Tune Up • Bike Repair

Nordic Race Ski Test Center
 Rossignol, Solomon
 Fischer

GUIDE SERVICES

ADIRONDACK HIGH PEAK MOUNTAIN GUIDES ADVENTURES
 Telemark • Nordic Tours
 Ice & Rock Climbing • Lessons
 Fat Bike & Backcountry Adventures

BASE CAMP LODGING
 • Individuals, Families & Groups
 • Three Properties
 • Walk to Downtown, Shuttle & Lake
 • Mt. VanHovansburg
 • Shuttle
 • Individual/ Family Rentals

YOGA & FITNESS STUDIO
 Where Mind, Body & Spirit Come Together!

RECYCLERY
 Clothing & Gear
 Sales & Consignment Room

518-523-3764 • 2733 MAIN STREET, LAKE PLACID
 CHECK OUT OUR WEBSITE FOR DETAIL AND MORE INFORMATION
www.HIGHPEAKSCYCLERY.com

Central Adirondack Kiwanis and
 Mountainman Outdoor Supply Company present

McCauley Mountain Snowshoe Classic
 McCauley Mountain Ski Area in Old Forge, NY • Saturday, Feb. 6
Over \$1,700 in Cash and Prizes!

SPONSORED BY
 Mountainman Outdoor Supply Company

www.runreg.com/mccauleysnowshoe

Your Winter Headquarters for Active Lifestyle Clothing and Footwear

THE NORTH FACE ibex UGG KEEN MOUNTAIN KHAKIS Marmot patagonia BOGS

Mountainman Outdoor Supply Company
 490 Broadway in Downtown Saratoga Springs
 (518) 584-3500 • MountainmanOutdoors.com



Train hard. We'll feed you.

9 Miles East Farm offers weekly meal deliveries for endurance athletes who want to fuel with real food.
 Five meals per week for \$45. Delivery to your home, office, or gym included.
www.9mileseast.com

AROUND THE REGION

News Briefs

McCauley Snowshoe Classic

OLD FORGE – The fifth annual McCauley Snowshoe Classic race will be on Saturday, Feb. 6, 10am at McCauley Mountain Ski Area. The 6.5K course is through the historic 1930s Maple Ridge ski trails, groomed trails, packed single-track, and trails with scenic views. A Fun Kids' 1K Snowshoe Walk activity is new this year on groomed trails to discover tree characters who inhabit McCauley.

Mountainman Outdoor Supply Company will bring various sizes of snowshoes loaners for parents and children. The race is sponsored by Mountainman and Kiwanis Club of the Central Adirondacks. Mountainman is offering more than \$1,700 in prizes. Awards: first place is \$325 cash and \$175 Mountainman gift card, second place is \$150 cash and \$100 gift card, and third place is \$50 cash and \$50 gift card. The McCauley Ski Chalet will have post-race food and beverages.

The snowshoe race is part of the Old Forge Winter Carnival Weekend on Feb. 5-7. The king and queen of the carnival will be crowned on Saturday night with a firelight mountain procession, fireworks and music in the chalet. The king and queen's castle will be built on the lower slope near the jump ramps, where the local freestyle skiers will jump, twist and flip. Carnival admission is free. To register, visit runreg.com/mccauleysnowshoe, and for the carnival, go to oldforogeny.com.

Saratoga Fat Bike Rally

SARATOGA SPRINGS – The second annual Saratoga Fat Bike Rally will be on Saturday, Feb. 13 at the Saratoga Spa State Park. The idea came to Jim Adams, Shawne Camp and Tone Ferradino while riding their fat bikes at the state park in February 2014. They wanted to spread the word about fat bikes and share their passion. Their original ideas were very grand and involved complicated event planning and strategic alliances with every bike manufacturer known. In the end, they decided to just ride their fat bikes with other enthusiasts.

Together with Saratoga Winterfest and the annual Pond Hockey Tournament, the rally starts at the Victoria Pool Complex at 9:30am with an

Intro to Fat Biking, followed by morning and afternoon group rides on carriage and single-tracks trail. At 12pm, Spa City Bicycleworks will be hosting a fun fat bike race, followed by a geocache event at 12:15pm. Bike demos from fat bike reps will be available all day. Games, awards, live music and pond hockey start at 3:30pm. The rally ends with a fat bike pub tour and dinner. For more info, visit saratogafatbikerally.com.

Peak to Brew Relay

BALDWINVILLE – The second annual Peak to Brew Relay is the Northeast's longest, most scenic overnight team supported relay race on Friday-Saturday, Aug. 12-13. Teams of six to 12 runners, and one or two support vans, will traverse the 234-mile course with 48 unique legs. The unique race will feature an epic start on the summit of Whiteface Mountain Veterans Memorial Highway, and end with an unforgettable finish and celebration at the historic Saranac Brewery in Utica.

The Peak to Brew Relay provides a wide range of leg distances for elite and novice runners to enjoy. Each runner from a 12-person team will run four legs, while Ultra teams of six people will run eight legs each. The scenic course runs through the heart of the Adirondack Park, around the Maple Ridge Windmill Farm on Tug Hill.

In addition to the full relay, there will also be a 115-mile half relay race. The half relay will start at McCauley Mountain Ski Center in Old Forge, and it follow the second half of the full relay course. The half relay will also finish with a celebration at the historic Saranac Brewery. To learn more, check out p2brelay.com.

Ski More, Pay Less

LATHAM – Become a member of a local ski club and you can enjoy over 200 discounted council ski days throughout New York and Vermont. The NY Capital District Ski Council's promotes participation in recreational and competitive amateur skiing. The council consists of 13 local ski/ride clubs with 3,500 members. The various clubs offer levels of benefits and commitments.

Activities and/or benefits include ski racing, bus trips, destination ski trips, social events, golfing, volleyball, paddling, and even access to a ski house in Stowe! You may become a very active member or not come to a meeting at all. Annual membership fees range from \$10 to \$40 per year, depending on which club you join, and only \$30 to \$50 per day to ski at great ski resorts.

Council member clubs include: Adirondack Ski Club, Albany College of Pharmacy and Health Sciences, Albany Ski Club, Family Ski Meisters, GE Ski Club of Utica, Metroland Ski Club, New Scotland Ski Club, Nubian Empire Ski Club, Out of Control Ski Club, RPI Ski and Snowboard Club, Schenectady Wintersports Club, Snowdrifters, and the Whitney Ski Club. To learn more about each club, visit the council's website at nycdsc.org. Also, if you are a member of an established club and want to benefit from membership, contact the council to have your club join this growing organization. The council is always looking for new ski clubs to become involved. If you are part of a company club, school club or college club, or just a group of avid skiers, you can join the council. To learn more, go to nycdsc.org.

Cystic Fibrosis Stair Climb

ALBANY – The 28th annual Cystic Fibrosis Climb will take place on Saturday, Feb. 27, at the Corning Tower, the tallest building in Albany. Participants will climb 42 floors – 809 steps – as an individual, first responder, or part of a four-person relay team. Whether climbing to improve your time or to simply cross the finish line, this event is a great way to spend the day with co-workers, friends or family while "Adding Tomorrows" for people with cystic fibrosis.

The climb benefits the Cystic Fibrosis Foundation of Northeastern New York. Start times are First Responders Challenge at 8:30am, Team Relay at 9:30am; and individuals at 10:30am. For \$5 off registration from Jan. 2 to Feb. 1, use promo code: ADKSPORTSCF. For details or registration, check out fightcf.cff.org/albanyclimb.

Winter Pub Run Series

ALBANY/MALTA – The Fleet Feet Running Club's new Winter Pub Run Series covers four weeks at various pubs. Each run starts at 6pm from the pub and then meets back for food and beverages. On Jan. 20, Wolff's Biergarten (Albany) and Recovery Sports Grill (Malta); Jan. 27, Brown's Brewery in Troy (Albany) and Henry's Irish Tavern in Ballston Spa (Malta); Feb. 3, Pinhead Susan's in Schenectady (Albany) and The Mill in Round Lake (Malta); and Feb. 10, Shmaltz Brewery in Clifton Park (Albany and Malta). If you want to participate, join the Fleet Feet Running Club at any club run or at fleetfeetalbany.com. The club is open to all with weekly group runs and includes a racing singlet for \$10 annual dues.

Also, on Dec. 7, Fleet Feet Sports of Albany and Malta presented the Regional Food Bank of Northeastern New York with a check for \$8,475 – proceeds from their third annual "24-Hour Fight Against Hunger" running event, held on Nov. 13-14.

Nordic Skiing for Kids

CLIFTON PARK – The Shenendehowa Nordic Club's Bill Koch Youth Ski League program meets every Tuesday after school at 3:45pm at Koda Middle School in Clifton Park. The main purpose of the club is to get our children out to enjoy the winter months, with snow or without. Parents are welcome to enjoy the fun and games. They also occasionally meet on weekends to practice on hills or share fun with other BKYSL clubs. It's the perfect way to introduce Nordic skiing to children aged five to 14. The club is one of a dozen clubs throughout the Mid-Atlantic region fully sanctioned by the NYS Ski Racing Association/Nordic. For more info, contact Eric Hamilton at (518) 371-7548 or visit shennordic.weebly.com.

The HURT Nordic team is also launching their own Bill Koch program for ages four to 10 years old in the Saratoga Springs area. On Mondays at 5pm, kids will play games, learn technique and do drills, with or without snow, in Greenfield Center. The weekly sessions will go through to March and include a warm-up, skill development and games on skis. Parents are welcome to learn or help out. For details, contact Chris Yarsevich at cyarsev@gmail.com or go to hurtnordic.com.

ADIRONDACK SPORTS

Locally Owned & Independent

Adirondack Sports & Fitness, LLC
15 Coventry Drive, Clifton Park, NY 12065
(518) 877-8788 • Fax (518) 877-0619
AdkSports.com • info@AdkSports.com

ISSUE #181

AdkSports.com
[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)

Publisher/Managing Editor: Darryl Caron

Editor: Mona Caron

Art Director: Karen Chapman

Contributing Writers:

Jeff Farbaniec, Bill Ingersoll, Dave Kraus,
Andy Ruiz, Bob Underwood

Contributing Photographers:

John Guastella, Bill Ingersoll, Matt Stoker

Circulation: Sheela Kulkarni, Sudhir Kulkarni,
Brian Teague, Lindsay Waters

Adirondack Sports is published 12 times per year with a monthly circulation of 20,000 copies. © 2016 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.

FROM THE PUBLISHER & EDITOR

Happy New Year!

Best wishes for a healthy and prosperous 2016! We always love what a new year brings – a chance to set new goals, to get back into a routine or start a new one, to try something new or make changes. Finally, it's an opportunity to reflect on successes or challenges of the past year while planning for the future.

Adirondack Sports is excited about the upcoming year. We have our 11th annual Summer Expo coming up on March 5-6 at the Saratoga Springs City Center. It's our annual gathering of the people, places and things that make this area a great place to live and play!

Please remember to support our advertisers by patronizing their businesses or organizations, signing up for their events or supporting their causes. And tell them where you saw their ad!

Make it a great year,

Darryl and Mona

Northeast Foot Care is happy to announce the opening of its **NEW Clifton Park office.** We offer the most advanced non-surgical techniques for your foot and heel pain.

CALL 842.2200 TO MAKE AN APPOINTMENT

**DR. DAVID LAMBARSKI, NORTHEAST FOOT CARE
BOARD CERTIFIED PODIATRIST & FOOT SURGEON
1770 ROUTE 9, SUITE 201, CLIFTON PARK
www.northeastfootcare.com**



CALL TODAY FOR YOUR FREE TOUR!

Camp Chingachgook on Lake George

Join us this summer on the Adirondack 46er Trip; 5 weeks, 46 High Peaks and memories that will last a lifetime!

- Adventure Trips
- Sleep-Away Camp
- Day Camp

www.LakeGeorgeCamp.org
518.656.9462



ALL ASF • ALL THE TIME

Enjoy everything you love about the magazine
• anytime •
on any device

ADIRONDACK SPORTS
adksports.com

- ▶ CURRENT ISSUE & ARTICLES
- ▶ NEWS BRIEFS
- ▶ CALENDAR OF EVENTS
- ▶ PAST ISSUES
- ▶ EXPO
- ▶ ASF GEAR
- ▶ SUBSCRIBE





Craftsbury SKI MARATHON

January 30, 2016
25/50k Classic Race
On-site lodging available

**For full details go to:
www.craftsbury.com**

© Kate Carter

Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
EASTERN • STOLEN**
Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
www.ricksbikeshop.com
(518) 793-8986

PINERIDGE CROSS-COUNTRY SKI AREA

"the largest in the Capital Region"

- 50km trails including 35km groomed
- Night skiing by reservation
- Season rentals for children
- Snowshoe rental, trails & organized hikes
- Complete ski rentals & sales

life looks good from here
Rensselaer County www.rensco.com 

**1509 Plank Road, East Poestenkill, NY
(518) 283-3652 • www.pineridgexc.com**

Since 2011



SPA CITY

SARATOGA SPRINGS NEW YORK
BICYCLEWORKS

SERVING CYCLING DAILY

We are your FAT BIKE SPECIALISTS

Fat Bikes are in Stock!
Salsa • Surly • Borealis

SARATOGA FAT BIKE RALLY FEB 13

45North • Relevate
Oveja Negro

79 Beekman Street
Saratoga Springs, NY
518.587.0071
spacitybicycleworks.com

Service and a smile. No stinky attitude.

Calendar of Events January-March 2016*

*Events beyond this range are advertisers in this issue.

JANUARY 2016							FEBRUARY 2016							MARCH 2016						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2		1	2	3	4	5	6				1	2	3	4	5
3	4	5	6	7	8	9	7	8	9	10	11	12	13	6	7	8	9	10	11	12
10	11	12	13	14	15	16	14	15	16	17	18	19	20	13	14	15	16	17	18	19
17	18	19	20	21	22	23	21	22	23	24	25	26	27	20	21	22	23	24	25	26
24 ³¹	25	26	27	28	29	30	28	29						27	28	29	30	31		

ALPINE SKIING & RIDING JANUARY

- 14 Open House: Celebrating 75 Winters!** 4-7pm. Gifts, prizes, seasonal snacks, beverages, music by Rick Bolton. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinessportshop.com
- 14-16 Lake Placid FIS Freestyle Cup.** Whiteface, Wilmington. whiteface.com
- 16-17 MLK Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com
- 23 Berkshire East Rando Ski Mountaineering Race. 7.6M, 4,190ft. Berkshire East, Charlemont, MA. ussma.org
- 23-24 Alpine Skiing Clinic: Women Only.** Gore, North Creek. 251-2411. goremountain.com
- 23-24 Snowboarding Clinic: Women Only.** Gore, North Creek. 251-2411. goremountain.com
- 25 Gore Restaurant Race.** 11am. Gore Mountain, North Creek. 251-2411. goremountain.com
- 30 Rally on Burke Ski Mountaineering Race. 4,300ft race/2,000ft rec. 8:30am. Burke, East Burke, VT. 802-723-6551. ussma.org
- 30-31 Master the Mountain: Alpine Skiing or Snowboarding Clinics.** Gore, North Creek. 251-2411. goremountain.com
- 30-31 Intro to Telemark Skiing Clinic.** Gore, North Creek. 251-2411. goremountain.com
- 31 Mad River Valley Ski Mountaineering Race. Sugarbush Skimo. Mad River Valley, VT. ussma.org

FEBRUARY

- 4-7 Empire State Winter Games. Lake Placid Area. empirestatewintergames.com
- 6-7 Glades & Glory Skiing and Snowboarding Clinics.** Gore, North Creek. 251-2411. goremountain.com
- 6-7 Trees & Steeps Telemark Clinic.** Gore, North Creek. 251-2411. goremountain.com
- 13-14 Presidents' Weekend Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com
- 15 USASA Boarder/Skiercross.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com
- 16-18 Presidents' Weekend Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com
- 20 Winter Wild Uphill/Downhill Race. Open, Track Skis, Telemark, Heavy Metal. 7am. Okemo, Ludlow, VT. newinterwild.com
- 27 Thunderbolt Ski Mountaineering Race. 5,737ft. Mt. Greylock, Adams, MA. ussma.org
- 20-21 Master the Mountain: Alpine Skiing or Riding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com
- 27-28 Women Only: Alpine Skiing & Snowboarding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com
- 28 Stowe Derby. Short, long & snow bike categories. Stowe, VT. 802-253-9216. stowederby.com

MARCH

- 5-6 Glades & Glory Skiing & Snowboarding Clinics.** 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com
- 5-6 14th Adirondack Backcountry Ski Festival. Demos, ski clinics, guided tours, presentations. The Mountaineer, Keene Valley. 576-2281. mountaineer.com
- 19-25 Take Your Kids to Gore Week.** Gore, North Creek. 251-2411. goremountain.com

APRIL

- 9 Pond Skimming Contest.** Gore, North Creek. 251-2411. goremountain.com

BICYCLING & MOUNTAIN BIKING ONGOING

- Tu/W/Th Spin Classes.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com
- Thu MHCC, CBRC & BTC Spinning Classes w/Andy Ruiz.** 1/7-2/25. 6-8pm. Free to 2016 members. Academy of the Holy Names, Albany. Andy Ruiz: 495-6058. mohawkhudsoncyclingclub.org
- Sat Spin Classes.** 8am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com
- Sun Spin Classes.** 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com
- 10 First Century Ride. 100M/50M. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com
- 16 Rikert Fatbike Roundup. 10:30am & 1:30pm. Rikert Nordic Center, Ripton, VT. rikertnordic.com
- 16 Fat N Furious Fat Bike Race. 12M/8M/4M. 9am. Riverfront Park, Hartford, CT. newingtonbike.com
- 24 Moose Brook Fat Bike Race. 8M/16M. 10am. Gorham, NH. 603-631-1988. moosebrookfatbikerace.com

FEBRUARY

- 7 Wicked Nor'Eastah. 5M Snowshoe & 8.5M/17M MTB Races. North Easton, MA. rockhardracing.com
- 7 Frozen Onion MTB Race. 11am. Hubbard Park, Montpelier, VT. onionriver.com
- 13 2nd Saratoga Fat Bike Rally.** 9am-6pm. Group rides, fun race, demos, clinics, food. Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com
- 20 Fatstock: Fat Bike Race. Woodstock, VT. 802-291-2419. vermontoverland.com
- 21 Snowball Express Ride. 100M/50M. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com

MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com
- 26 March Mayhem Mountain Bike Race. 5-10M. YMCA Camp Ockanickon, Medford, NJ. bikereg.com
- 27 Saratoga 200K Brevet Ride. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com

CROSS COUNTRY SKIING ONGOING

- Mon ATC Nordic Ski Workouts: Skate & Classic.** 6pm. Free lessons in January. Inside Edge/Crandall Park, Glens Falls. adktri.org
- Tue Graymont Race Series.** 5:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com
- Tue Ladies Tea & Ski Day.** 1/12-3/8. Ski, instruction & tea. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com
- Wed Snow Angels w/ Yoga Instructor Mim Frantz & Ski Instructor Julie West.** 1/6-3/16. 3-5pm. Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com
- Fri Friday Night Farm Dinners.** Cascade XC Ski Center, Lake Placid. 523-1111. cascadeski.com

JANUARY

- 8 Friday Ski Jam.** 6:30pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com
- 9 HURT Mega-Relay XC Race.** 10am. 3-8 skiers, 6-hour team relay. Ski Bowl, North Creek. Dave Paarlberg-Kvam: 585-944-1610. nyssranordic.org
- 9 Winter Trails Day: Try XC Skiing.** 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com
- 9-10 Pineridge Ski Fest.** Free beginner lessons: 11am & 1pm. Free XC downhill clinic: 12pm. Register: 283-3652. Old Forge Junior Nationals Qualifier Ski Race. Skate. Old Forge. nyssranordic.org
- 10-14 Senior Week.** Skiing, tours, dining, evening programs. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com
- 16 Glens Falls Freestyle Ski Race. 7.5K/5K. 656-3127. Crandall Park, Glens Falls. 656-3127. nyssranordic.org

SAVE THE DATE • IT'LL BE HERE BEFORE YOU KNOW IT!

11TH ANNUAL

ADIRONDACK SPORTS SUMMER EXPO

MARCH 5 & 6
Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
522 Broadway (next to Saratoga Hilton)

Everything You Need For Summer Sports!
Running • Cycling • Triathlon • Hiking
Paddling • Healthy Living • Travel

- 125 Exhibitors**
- Sales on Summer/Winter Gear, Clothing & Footwear**
- Prizes & Giveaways**
- Demos, Seminars & Clinics**
- Family Activities**
- 8,000 Attendees**

AdkSports.com
(518) 877-8788 • Info@AdkSports.com

ITR

Integrated Technology Resources

We Can Fix Your Computer Problems!
Old Computers Need Replacing?
Computer Servers Need Updating?

- Virus and Spyware Removal
- Data Backup and Recovery

Your Business or Home IT Department at Affordable Prices!

Contact Mike Kaplan at
(518) 796-6951 or Mike@ITRNY.com

SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION



Get Your Adirondack Sports & Fitness Gear!

ADIRONDACK SPORTS

They Make Great Gifts!

Gender-specific tech or cotton shirts \$10
Black or white running hats \$10 • Car magnets \$2
Order at AdkSports.com or call **(518) 877-8788**
Apparel and promotion items produced by Screen Designs



Mohawk-Hudson Cycling Club

join or renew online:
MohawkHudsonCyclingClub.org


all levels of ability welcome
more than 300 rides per year

Please Support Our Advertisers

and Tell Them Where You Saw Their Ad!



So many things to do, you just may forget to go home.



Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

Chamber of Commerce/Office of Tourism,
Routes 30 & 8, Box 184, Speculator, NY
At the crossroads of two Scenic Byways
speculatorchamber.com

518-548-4521

ADIRONDACKS SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

- 16 Queensbury Invitational Ski Race. Wilkinson Cup #3. Queensbury. nyssranordic.org.
- 16-18 Santanoni Winter Open House: XC Ski & Snowshoe. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 17 Rochester XC Ski Race. Skate. Rochester. nyssranordic.org.
- 17 **HURT-athon XC Ski Race.** 7.5K/5K/15K Classic. Cole's Woods, Queensbury. Dave Paarlberg-Kvam: 585-944-1610. nyssranordic.org.
- 22 **Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Refreshments, bonfire. Register: 283-3652. Pineridge, Poestenkill. pineridgexc.com.
- 23 **Lapland Ladies Love to Ski: Classic.** 9:30am. All welcome. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 23 **Full Moon Ski & Party.** Bonfires, food, drinks, live band. Cascade, Lake Placid. 523-9605. cascadeski.com.
- 23 **Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 23 ADK Vauthi Duathlon. 4K classic & 4K freestyle. 12pm. Saratoga Biathlon Club, Day. nyssranordic.org.
- 23 Charles Lamendola Wolverine Classic Ski Race. 10K men; 7.5K women. 10:30am. Trenton F&G Club, Holland Patent. 315-527-5459. nyssranordic.org.
- 23-24 Rochester Youth Skiing Festival/Mid-Atlantic Bill Koch Festival. U14. Sat: skate. Sun: classic. Bristol Mountain, Canandaigua. 585-755-4432. nyssranordic.org.
- 24 **Shenendehowa Classic XC Race.** 5K (U16/U18), 10K (open) & 5K fun race. 11am. Saratoga Biathlon Club, Day. Eric Hamilton: 371-7548. nyssranordic.org.
- 30 **Craftsbury Ski Marathon.** Classic. Adult 50K/25K. Student (grade 9+) 50K/25K. Student (grade 8-)/BKYSL 25K. 9am. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsbury.com.
- 30-31 **USSA Super Tour / Junior National Qualifier / Harry Eldridge Memorial Races.** Sat: Freestyle. Sun: Classic. Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.
- 30-31 Saratoga Sprint & Pursuit XC Ski Races. Sat: Sprint. Sun: Pursuit. Saratoga Biathlon Club, Hadley. nyssranordic.org.
- 30-31 ORDA Super Tour/Harry Eldridge. Sat: Freestyle. Sun: Classic. nyssranordic.org.

FEBRUARY

- 4-7 Empire State Winter Games. Fri: freestyle sprint. Sat: freestyle. Sun: classic (Wilkinson Cup #4). Lake Placid. empirestatewintergames.com.
- 5 Candlelight Ski & Snowshoe. 6-8:30pm. Ice skating, bonfire, food/drinks. Bring 2+ canned goods. Saratoga Spa SP, Saratoga Springs. Alli Schweizer: 584-2000 x116. nysparks.com.
- 13 Glenville Hills (Pre) Valentine's Day Skate Race. 10K men; 6.6K women. 9:30am. 2977 Ridge Rd, Glenville. skireg.com.
- 13-15 Santanoni Winter Open House: XC Ski & Snowshoe. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 14 Polar Bear Sprint Race. McCauley Ski Center, Old Forge. nyssranordic.org.
- 20 **Saturday Night Rush Hour XC Ski & Snowshoe Race.** 3.6K/1.8K. 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 20 **Full Moon XC Ski & Party.** Bonfires, food, drinks, live band. Cascade, Lake Placid. 523-9605. cascadeski.com.
- 20 Winona Forest Tourathon. 12.5/25/37.5/50K. 8am. Winona SF, CCC Camp, Mannsville. 315-298-6993. winonaforest.com.
- 20 **Lake Placid Nordic Festival.** Fri: Winter Carnival. Sat: Citizen's Challenge 6.25K/12.5K. Sun: Loppet/Kort Loppet. Mt Van Hoevenberg, Lake Placid. 523-2811. lakeplacidnordicfestival.com.
- 20 **Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.
- 21 **34th Lake Placid Loppet Ski Marathon.** 50K Classic Loppet 9am; 25K Classic Kort Loppet 9:15am; 50K Freestyle Loppet 10am; 25K Freestyle Kort Loppet 10:15am. Mt Van Hoevenberg, Lake Placid. 523-2811. lakeplacidnordicfestival.com.
- 23-26 **Children Learn To Ski Week.** Ages 6-12. Rentals, lessons. Register: 283-3652. Pineridge, Poestenkill. pineridgexc.com.
- 27-28 **NYSSRA Championship Weekend.** Ski racing, biathlon, ski orienteering. Saratoga Biathlon Club, Day. nyssranordic.org.

- MARCH**
- 12-13 Santanoni Winter Open House: XC Ski & Snowshoe. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
 - 24 **Full Moon Ski & Snowshoe Nights.** 6:30-9pm. Tours, campfire, family fun. Garnet Hill Lodge, North River. 251-2150. garnet-hill.com.

HEALTH & FITNESS ONGOING

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Strength, Speed & Rowing Classes. Contemporary Athlete, Halfmoon. 365-3890. contemporaryathlete.com.
- Mo-Sa **Rock Your Fitness.** Next Session: 1/4-2/13 & 2/22-4/2. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Tue **Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri **Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, SNOWSHOEING & CLIMBING JANUARY

- 9 **Winter Trails Day: Try Snowshoeing.** 2-4:30pm. Free. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 9 **Winterfest/National Winter Trails Day.** Snowshoeing, skiing, workshops, food, music. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 10 **Table Top Hike.** 10M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 16-18 **Winter Teen Adventure.** Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 16-18 Santanoni Winter Open House: Snowshoe Hike & XC Ski. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 16-18 20th Adirondack International Mountaineering Festival. Clinics, slide shows, demos, guest climbers. The Mountaineer, Keene Valley. Adirondack Rock & River, Keene. 576-2281. mountaineer.com.
- 22 **Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge, East Poestenkill. pineridgexc.com.
- 23 **Full Moon Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 23 Winter Tracking Trail Guided Snowshoe Walk. 1pm. Adirondack Interpretive Center, Newcomb. 582-2000. esf.edu/aic.
- 29-31 **Young Member Winter Adventure.** Ages 18-40. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 30 **Historic Snowshoe Hike.** 10:30am. Register: 283-3652. Pineridge, East Poestenkill. pineridgexc.com.

- FEBRUARY**
- 5 Candlelight Ski & Snowshoe. 6-8:30pm. Ice skating, bonfire, food/drinks. Bring 2+ canned goods. Saratoga Spa SP, Saratoga Springs. Alli Schweizer: 584-2000 x116. nysparks.com.
 - 6 Arbutus Lake Birding Snowshoe Walk. 2M. 10am. Adirondack Interpretive Center, Newcomb. 582-2000. esf.edu/aic.
 - 13 **Sweetheart Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
 - 13-15 Santanoni Winter Open House: Snowshoe Hike & XC Ski. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
 - 19 **Full Moon Snowshoe/Ski.** 6-9pm. Guided snowshoe tour: 7pm. Register: 283-3652. Pineridge, East Poestenkill. pineridgexc.com.
 - 20 **Moonlight Guided Snowshoe Tour.** 6:30pm. Bring headlamp. Lapland Lake, Northville. 863-4974. laplandlake.com.
 - 20 Winter Wandering Snowshoe with Peter O'Shea. 1pm. Adirondack Interpretive Center, Newcomb. 582-2000. esf.edu/aic.

OSCEOLA TUG HILL Cross-Country Ski Center

Most Snow East of the Rockies!

40 km trails groomed daily for skating & classic skiing

- * Trailside Camp for Rent *
- * "Rentaflexibility" ski rentals *
- * Ski Shop: \$180,000 inventory *
- * 36 Hole Disc Golf for Summer *

Camden (40 mi NW of Utica)
(315) 599-7377 • uxcski.com
uxcski@gmail.com
Open 7 Days - 10am to 5pm



Like us on Facebook

Facebook.com/AdirondackSports

Receive our latest posts on Facebook
Share your feedback, comments, events and pictures
Help your friends discover ASF by recommending us

ADIRONDACK SPORTS THANKS FOR YOUR SUPPORT!

Back in Balance

THERAPEUTIC MASSAGE

Advanced Training & Experience

Make All the Difference!

Enjoy \$10 OFF
your first 60 minute, 90 minute or Hot Stone Massage Session.

Proudly Serving the Capital District Since 1996

Call us Today to Schedule Your Session!
518-371-6332
Open 7 Days a Week • 1427 Route 9 • Clifton Park
BIBTherapeuticMassage.com

SUBSCRIBE

ADIRONDACK SPORTS magazine

INCLUDES SUNDAY TIMES UNION
Home Delivery or eEdition!*

- 1 yr (12 issues) \$17.95
- 2 yrs (24 issues) \$32.95 - save 10%
- 3 yrs (36 issues) \$44.95 - save 20%

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

I picked up my current issue at _____
Comments _____

Mail check to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065
Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)
*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week.

All of Your Favorite Brands!
Plus, Great Prices & Expert Service

GET READY TO SKI!

Helmets • Gloves • Boot Heaters • Parkas • Pants
Skis • Boots • Bindings & More for Men, Women and Children

- * Specializing in All Boot Fitting & Custom Footbeds *
- * Alpine Touring & Backcountry Department *
- * Full Service Ski Tuning and Mounting *

Rt. 7, Latham
2 Miles West of
Northway Exit 6
785-0501
www.HighAdventureSBR.com

HIGH ADVENTURE
Ski & Bike

STORE HOURS:
Mon.-Fri. 10-7
Sat. 10-5
Sun. 12-5
VISA



CENTER FOR PREVENTIVE MEDICINE

- Paul Lemanski, MD, FACP
- Laurie Burton-Grego, MS, RD, CDE
- Alan Betit, NP
- Angela Stritt, L.Ac, Dipl.Ac

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- diabetes prevention
- weight management
- heart healthy diets
- natural methods to reduce heart disease risk

New Location CapitalCare Medical Group • Center For Preventive Medicine
501 New Karner Rd., Albany • 518-640-3260

CenterforPreventiveMedicine.com • NorthCountryAcupuncture.com • CapCare.com

WELCOME ALL



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 7-August 30
Details: www.cdtriclub.org

28th Annual CF Climb
To benefit the Cystic Fibrosis Foundation of Northeastern New York

Saturday, February 27
7:30 AM
Empire State Plaza, Albany

Race Up 42 Floors
Individually or Relay Team


Register/Info: fightcf.cff.org/albanyclimb
518.453.3583 • srichards@cff.org



\$5 off registration from 1/2 - 2/1
Promo code: ADKSPORTSCF

FIND CURES TODAY

Train to run, walk, bike, hike or tri with Team In Training. Help us end cancer.



LEUKEMIA & LYMPHOMA SOCIETY®

TEAM IN TRAINING®

FREE TNT Registration at teamintraining.org/uny

Use the Following Coupon Codes:
TNT Your Way – ADK50
Bloomin' Metric Ride – ADKRIDES
Seattle Rock 'n' Roll – ADKSEATTLE

SAVE THE DATE • IT'LL BE HERE BEFORE YOU KNOW IT!

11TH ANNUAL
ADIRONDACK SPORTS SUMMER EXPO

MARCH 5 & 6
Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
522 Broadway (next to Saratoga Hilton)

Everything You Need For Summer Sports!
Running • Cycling • Triathlon • Hiking
Paddling • Healthy Living • Travel

- 125 Exhibitors**
- Sales on Summer/Winter Gear, Clothing & Footwear**
- Prizes & Giveaways**
- Demos, Seminars & Clinics**
- Family Activities**
- 8,000 Attendees**

AdkSports.com
(518) 877-8788 • info@AdkSports.com

- 20 **Street & Nye Mtn Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 21 **Phelps Hike.** 7M. Adirondack Mtn Club: 523-3441. adk.org.
- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 12 **Esther Mtn Hike.** 6.6M. 8am: Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
- 12-13 Santanoni Winter Open House: Snowshoe Hike & XC Ski. 9.8M. 10am. Camp Santanoni, Newcomb. 834-9328. aarch.org.
- 13 **Street & Nye Mtn Hike.** 9M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 19 **Table Top Hike.** 10M. 8am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.

- ICE & SPEED SKATING**
- JANUARY**
- 22-23 Jack Shea Sprint Championship. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- FEBRUARY**
- 4-7 Empire State Winter Games: Speed Skating. Lake Placid. empirestatewintergames.com.
- 26-27 Irving Jaffee Single Distance Championships. Olympic Speed Skating Oval, Lake Placid. lakeplacidspeed.com.

- MOUNTAINEERING & WILDERNESS SKILLS**
- JANUARY**
- 16-18 **Winter Teen Adventure.** Ages 14-17. Heart Lake, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 18-28 Wilderness First Responder/SOLO Certified. 8am-5pm. Ndashanna, Greenfield Center. 583-9958. ndakinnacenter.org.
- 23-24 **Winter Skills Weekend.** Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 28-2/3 **Winter Mountaineering School.** Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 30 Winter Tracks & Trails Indoor Intensive. 1-4pm. Ndashanna, Greenfield Center. 583-9958. ndcenter.org.
- 31 Backwoods Training & Winter Survival Snowshoe Trek. 1-4pm. Ndashanna, Greenfield Center. 583-9958. ndakinnacenter.org.

- FEBRUARY**
- 13-15 **Intro to Winter Camping.** 9am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

- MULTISPORT: TRIATHLON & DUATHLON**
- ONGOING**
- Mon ATC Nordic Ski Workouts: Skate & Classic. 6pm. Free lessons in January. Inside Edge/Crandall Park, Glens Falls. adktri.org.
- JANUARY**
- 13 **STC "How to Stay Motivated" Presentation w/Paul Fronhofer, Kris Johnson, Randy Swift, Fran Vincent & Chris McKnight.** 7pm. Dutcher Room, Saratoga Public Library, Saratoga Springs. saratogatriclub.com.
- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 19 Brooklyn Spring Duathlon & 5K/10K Run. Du: Sprint or International. Peristyle/Grecian Shelter, Brooklyn. citytri.com.

- NORDIC: BIATHLON & ORIENTEERING**
- ONGOING**
- Sun **Adirondack Paintball Series: 1/17, 2/14 & 3/13.** Ages 8-13. Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.
- Sun **Adirondack Paintball Series: 1/24 & 2/7.** Ages 8-13. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.

- JANUARY**
- 17 Ski-Orienteering Meet. 11am. Mendon Ponds Park, Honeoye Falls. emp.o.us.orienteering.org.
- 24 **Paintball Biathlon.** 3K/5K snowshoe, 3K run/walk, classic or skate ski. 10am. Pineridge, Poestenkill. 283-3652. pineridgexc.com.

- FEBRUARY**
- 13 **Ski & Snowshoe Orienteering Meet.** Register: 283-3652. Pineridge, Poestenkill. pineridgexc.com.
- 20-21 **North American Biathlon Cup #5.** Ethan Allen Biathlon Center, Jericho, VT. eabiathlon.org.
- 27-28 **Nor-Am Biathlon.** Mt Van Hoevenberg, Lake Placid. 523-2811. mtvanhoevenberg.com.

- OTHER EVENTS**
- ONGOING**
- Thu **Team In Training Group Run/Walk Training: 12/3-1/28/16.** 6pm. National Museum of Dance, Saratoga Springs. Liz Spaide: 417-3447. lls.org.teamintraining.org.

- JANUARY**
- 9 **ADK Winterfest.** 10am-8pm. Snowshoeing, XC skiing. Heart Lake, Lake Placid. 523-3441. adk.org.
- 14 **Team In Training Summer Season Info Session.** 4:30-6:30pm. Albany JCC, Albany. Liz Spaide: 417-3447. lls.org.teamintraining.org.
- 16 **Long Lake Winter Carnival.** 12pm. Mt Sabattis, Long Lake. 624-3077. mylonglake.com.
- 16 **Purple Tie Affair.** 7pm-midnight. Food, drink, music, dancing, raffles. Benefits LLS/TNT & Nick's Fight To Be Healed. National Museum of Dance, Saratoga Springs. purpletieaffair.org.
- 20 **Team In Training Summer Season Info Session.** 5:30-6:30pm. Albany JCC Fitness Center, Albany. Liz Spaide: 417-3447. lls.org.teamintraining.org.
- 23 21st Frost Faire. 11am-3pm. Sledding, horse-drawn wagon rides, scavenger hunt (12pm), crafts, games, dancing, hot choc, cookies, bonfire. Saratoga National Historical Park, Stillwater. 670-2985. nps.gov/sara.
- 29-31 Adirondack Ice Bowl Pond Hockey Festival. 4th Lake, Inlet. adirondackicebowl.com.

- FEBRUARY**
- 4 **Team In Training Summer Season Kick Off.** 6-7:30pm. Salty's Pub, Clifton Park. Liz Spaide: 417-3447. lls.org.teamintraining.org.
- 5-7 **Women's Weekend.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.
- 5-7 **Old Forge Winter Carnival.** Skiing, fireworks, parade. Old Forge. 315-369-3225. oldforogeny.com.
- 5-14 Saranac Lake Winter Carnival. Theme: Superheroes & villains. Saranac Lake. saranaclakewintercarnival.com.
- 13 **Family Winter Wonderland Days.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.
- 13-14 **Raquette Lake Winter Carnival.** Raquette Lake. 624-3077. mylonglake.com.
- 13-20 **Winter Wonderland Week.** Long Lake. 624-3077. mylonglake.com.
- 20 **Family Winter Wonderland Days.** YMCA Camp Chingachgook, Kaatskill Bay. 656-9462. lakegeorgecamp.org.

- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

- PADDLING & ROWING**
- ONGOING**
- Tues Whitewater Pool Sessions: 1/5-3/8. 7:30-9pm. Cohoes Community Center, Cohoes. adk-schenectady.org.
- Thu Whitewater Pool Sessions: 1/7-3/10. 7:30-9:30pm. Duanesburg YMCA, Duanesburg. adk-schenectady.org.

- MARCH**
- 5-6 **11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

ADIRONDACK SPORTS

Get Your Adirondack Sports & Fitness Gear! They Make Great Gifts!



Gender-specific tech or cotton shirts \$10
Black or white running hats \$10 • Car magnets \$2
Order at AdkSports.com or call (518) 877-8788
Apparel and promotion items produced by Screen Designs

TRY SNOWSHOEING

17th annual **Saratoga Winterfest 5K**
Sunday, February 7 at 11am
Saratoga Spa State Park
Saratoga Springs

13th annual **Camp Saratoga 8K**
Saturday, February 13 at 10:30am
Wilton Wildlife Preserve & Park, Wilton

Register Online/Entry Form: www.saratogastryders.org
\$20 preregistered (with shirt) or \$25 day of race (with shirt if available)
Pre-registered only: Free for age 65-over & 12-under • Free lunch for all
Pre-register only: \$30 for both races (1 shirt) • Runners & hikers welcome!
Loaners (\$5): Dion Snowshoes (call/email to reserve) • Dion Snowshoe Series
More info: Laura Clark • laura@saratogastryders.org or 518-581-1278

Swim·Bike·Run
New members welcome



BTC
BethlehemTriClub.com

ROCK

Join a Session
at Any Time!

Becky Weyrauch, certified personal trainer


TBT = total body training
★ 1st class is FREE ★
Your Success Is Our Goal

Total Body Training and Motivation for ALL Fitness Levels
TRX – Kettlebell – Weights
Battle Ropes – Medicine Balls

SIX WEEK SESSIONS:
January 4 - February 13
February 22 - April 2
M/W/F 5:15am or 6:30am
Tu/Th 9:30am & Sat 7:30am

Saratoga-Wilton Soccer Club
(formerly Charboneau)
2381 Route 9, Malta
522-9765
REGISTER:
RockYourFitnessNY.com

March 26
9:30 am
Central Park, Schenectady
Schenectady Firefighters' 7th Annual



RUN 4 YOUR LIFE

5K Run/Walk
Kids' Fun Run 10:30am (free)
To benefit American Heart Association

FREE Chowderfest w/competition!

\$20 by 3/1, \$25 by 3/20, \$28 race day
T-shirt for first 1,000 registrants

Register Online: ZippyReg.com

More Info & Entry Form:
schenecladyfirefightersrun4yourlife.com
sfddemdem232@yahoo.com
Brian Demarest 365-3883

RUNNING & SNOWSHOE RACING
ONGOING

Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K.
Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.
We/Sa Fleet Feet Running Club. Wed: 6pm. Sat: 8am. Fleet Feet Sports, Albany & Malta. 459-3338. fleetfeetalbany.com.

JANUARY

- 9 30th Winter Wimp Foot Race.** 2.2M/4.4M. 1pm. Firehouse, Hagaman. Rick Vertucci: 857-9025. fmrrc.org.
- 9 Hilltop Orchards 5K Snowshoe Race.** 10am. Dion WMAC Series. Richmond, MA. capitalregionnordicalliance.org.
- 9 Winter Warrior Half Marathon & Relay.** 13.1M. 4pm. Rochester Tech Park, Rochester. runsignup.com.
- 9 Recover from the Holidays 50K.** 9am. Norrie Point SP, Staatsburg. mhrrc.org.
- 10 HMRRRC Winter Series #3:** 3M, 10K, 25K. 10am. University at Albany, Albany. hmrrc.com.
- 10 Stone Wall 5K Snowshoe Race.** 10:30am. Winona Forest RA, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.org.
- 16 Purple Tie Affair.** 7pm-midnight. Food, drink, live music, dancing, raffles, prizes. Benefit for Leukemia & Lymphoma Society TNT & Nick's Fight To Be Healed Foundation. National Museum of Dance, Saratoga Springs. purpletieaffair.org.
- 17 HMRRRC Winter Series #4:** 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.
- 17 Cock-A-Doodle-Shoe Snowshoe Race.** 10am. 10K men/women, 5K juniors/citizens, 0.5M kids. New Land Trust, Saranac. Jeremy Drowne: 376-1809. cockadoodleshoe.com.
- 17 Greenwood Gallop 5K Snowshoe Race.** Dion WMAC Series. Mt Prospect, Woodford, VT. runwmac.com.
- 17 Winterfest Snowshoe Race.** 10K men/women: 11am. 5K juniors/citizens. Mendon Ponds, Honeoye Falls. roadsarepoison.com.
- 23 Hoot Toot & Whistle 5K Snowshoe Race.** Dion WMAC Series. Readsboro ES, Readsboro, VT. Bob Dion: 802-423-7537. dionsnowshoes.com.
- 23 Challenge the Mountain Snowshoe Race.** 12pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 24 NYRR Fred Lebow Manhattan Half Marathon.** 13.1M. 8am. Central Park, New York. nyrr.org.
- 31 Curly's Record Run 4M Snowshoe Race.** Dion WMAC Series. Pittsfield SF, Pittsfield, MA. runwmac.com.
- 31 HMRRRC Winter Series #5:** 4M, 10M, 20M. 10am. University at Albany, Albany. hmrrc.com.
- 31 Super Frosty Loomis Snowshoe Race.** 5K/10K. 10am. Hammond Hill State Forest, Ithaca. fingerlakesrunners.org.

FEBRUARY

- 6 5th McCauley Snowshoe Classic.** 4M: 10am. Plus, Kids' 1K Snowshoe Walk. \$1,700 cash & Mountainman gift cards. McCauley Mountain, Old Forge. Bill Baumann: bnbblades@aol.com. runreg.com.
- 6 Northfield 4M Snowshoe Race.** 9am. Dion WMAC Series. Northfield XC Ski Center, Northfield, MA. runwmac.com.
- 6 Cast a Shadow 6-Hour & 4M Snowshoe Race.** Black Creek Park, North Chili. roadsarepoison.com.
- 6 Polar Cap 4M Run.** 10am. Sacred Heart Parish Hall, Lake George. adirondackrunners.org.
- 7 17th Saratoga Winterfest 5K Snowshoe Race.** 11am. Dion WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 7 NYRR Gridiron 4M/Longest Football Throw.** 4M. 9am. Central Park, Manhattan, New York. nyrr.org.
- 7 Pete Sanfilippo Winter Run 5M.** 10am. Keith Melara: 845-891-5631. mhrrc.org.
- 7 31st Beer & Chili 10K/5K Run & Walk.** 10am. Masonic Temple, Newport. romanrunners.com.
- 10 Saranac Lake Winter Carnival Snowshoe Race.** 6pm. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.
- 13 12th Camp Saratoga 8K Snowshoe Race.** 10:30am. Dion WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 13 "Nutrition for Optimal Marathon/Half Performance" Workshop w/Molly Morgan, RD, CDN, CSSD.** 6-8pm. Fleet Feet, Albany. RSVP: fleetfeetalbany@gmail.com. fleetfeetalbany.com.

- 14 43rd HMRRRC Winter Marathon & Marathon Relay.** 10am. University at Albany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 20 Empire State Snowshoe Racing Championship.** 10K men/women, 5K juniors. Oak Mountain, Speculator. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- 20 Winter Wild Uphill/Downhill Race.** 7am. Open, track skis, telemark, heavy metal. Okemo, Ludlow, VT. newwinterwild.com.
- 20 WMDP Snowshoe Scramble 5K/10K.** 10am. Dion WMAC Series. Bray Lake, Mt Tom, Holyoke, MA. runwmac.com.
- 20 NYRR Al Gordon 4M.** 8am. Prospect Park, Brooklyn, New York. nyrr.org.
- 21 12th Brave the Blizzard 5K & 5.5M Snowshoe Races.** 10am. Pancake breakfast. Dion WMAC Series. Tawasentha Park, Guilderland. areep.com.
- 27 28th Cystic Fibrosis Climb.** Race up 42 floors. First Responders Challenge: 8:30am; Relay Teams: 9:30am; Individuals: 10:30am. Benefits CF Foundation of NENY. Corning Tower, Empire State Plaza, Albany. Samantha Richards: 453-3583. fightcf.cff.org/albanyclimb.
- 27 Snow Summit 5K Snowshoe.** Dion WMAC Series. Mt Prospect, Woodford, VT. runwmac.com.
- 28 Bay State Games 10K Snowshoe Race.** Dion WMAC Series. Savoy SF, Florida, MA. runwmac.com.

MARCH

- 5-6 11th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 6 Thunderfest/Greylock Glen 5K Snowshoe Race.** Dion WMAC Series. Mt Greylock SR, Adams, MA. runwmac.com.
- 6 Celebrate Life Half Marathon & Relay.** Rock Hill. Myriam Loo: 845-866-1345. celebratelifehalfmarathon.com.
- 12 NE Region 10K Snowshoe Championship.** Dion WMAC Series. Mt Prospect, Woodford, VT. runwmac.com.
- 12 Runnin' of the Green 4M.** 10am. Schalmont HS, Schenectady. Brian Northan: bnorthan@gmail.com. hmrrc.com.
- 13 Ed Erichson 5M & 10M.** 9am. LaGrange Town Hall, LaGrangeville. Linda Stow: 845-462-7290. mhrrc.org.
- 19 36th Doc Lopez Run for Health.** Half Marathon, 9am: Keene Valley to Elizabethtown. 5K: 10am. 1M Walk: 9:45am. Elizabethtown-Lewis Central School, Elizabethtown. Susie Allott: 962-4898. finishright.com.
- 20 30th Shamrock Shuffle 5M Race.** 11am. Leprechaun Leap kids' 7/8M fun run: 10am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.
- 26 2nd Blue Needs You 8K Run.** 8:30am. Plus, Kids' Fun Run. Benefits Code Blue Saratoga. High Rock Park, Saratoga Springs. 581-1097. codeblueneedsyou.org.
- 26 7th Run 4 Your Life 5K Run/Walk.** 9:30am. Central Park, Schenectady. Kids' Run Run: 10:30am. Brian Demarest: 365-3883. schenecladyfirefightersrun4yourlife.com.
- 26 22nd Rabbit Ramble 4M Run & 2M Walk.** 10am. Guilderland HS, Guilderland Center. Phil Carducci: 861-6350. active.com.
- 26 6th Albany Rowing Center Ice Breaker Challenge 5K.** 9:30am. Corning Preserve, Albany. 439-9964. albanyrowingcenter.org.
- 26 NYRR Central Park Spring Classic 10K.** 9am. Central Park, Manhattan, New York. nyrr.org.

APRIL

- 24 2nd Lake George Half Marathon & 5K Run/Walk.** 9am. Benefits Strong To Serve. Fort William Henry Resort, Lake George. Michael Amarello: 603-429-8879. lakegeorgehm.com.

JUNE

- 12 12th Lake Placid Marathon & Half Marathon.** 26.2M/13.1M. 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.

SWIMMING

JANUARY

- 23 Happy New Year Meet.** Mohonasen HS, Rotterdam. adms.org.

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

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

Reach 50,000
sports, fitness & healthy living enthusiasts
each month...

Advertise effectively with US!

FEB AD DEADLINE 1/25



Contact Darryl:
(518) 877-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com


ALL ASF • ALL THE TIME

Enjoy everything you love about the magazine

- anytime •
- on any device

ADIRONDACK SPORTS
adksports.com

- ▶ CURRENT ISSUE & ARTICLES
- ▶ NEWS BRIEFS
- ▶ CALENDAR OF EVENTS
- ▶ PAST ISSUES
- ▶ EXPO
- ▶ ASF GEAR
- ▶ SUBSCRIBE

SUNDAY, JUNE 12, 2016
LAKE PLACID, NEW YORK, USA

MARATHON HALF MARATHON
Ranked as a Top U.S. "Destination Race"

Race Entry Now OPEN!

2016 Registration via
www.lakeplacidmarathon.com
or
www.active.com

info@lakeplacidmarathon.com

Seek Adventure - Make Tracks -



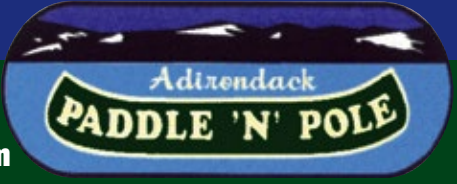
Cross-Country Skis for Trails & Backcountry Including Metal Edge Skis NNN & 3-pin Bindings!

Great Selection of Canoes, Kayaks, Car Racks & Accessories!



Dagger • Swift Canoes & Kayaks • Werner Paddles Wilderness Systems • Current Designs • Perception

2123 Central Ave (Rte 5), Colonie
4.25 miles west of Northway Exit 2W
(518) 346-3180 • OneWithWater.com



DISCOVER the West Central Adirondacks

Just like having the **Owner's Manual** to the **Adirondack Park!**

Get Out. Seek Out. **FIND OUT.**

www.HikeTheAdirondacks.com

Dewey Mountain Recreation Center

Town of Harrietstown ~ Saranac Lake NY

Located just outside the Village of Saranac Lake, Dewey offers skiers groomed trails for both skate and classic skiing, ungroomed trails to the summit for skiers and snowshoers, and four nights of lighted skiing.



Graymont Tuesday Night Races ~ NYSSRA Cookie Clash 10K
Saranac Lake Winter Carnival Ski & Snowshoe Races and more!

For more information on Dewey visit www.deweymountain.com or 518-891-2697



Dewey Mountain is managed by Adirondack Lakes & Trails Outfitters
www.adirondackoutfitters.com



WINTER WON'T LAST FOREVER

Your No-Octane Resource for
Kayaks • Canoes • SUPs • Rentals • Lessons • Demos

LAKE GEORGE KAYAK CO.

Boathouse and Paddle Shop:
5 Boathouse Lane Bolton Landing, NY

518-644-9366
lakegeorgekayak.com

COLLAMER HOUSE BIKE AND SKI

Service and Fit Specialists

We are located in a restored 1835 farmhouse in Malta, across from the Ripe Tomato Restaurant on Route 9.

2016 SPECIALIZED bikes have arrived

Buy any road bike and get a free Giant cycle trainer Ride indoors all winter

2016 FAT BIKES in Stock
All with Researched Price

GREAT SELECTION of Riding Apparel

R.I.T.A. - Rider Involved Technical Assembly. A revolutionary way to buy a bike. Be part of the assembly process, customized changes, learn about operation and maintenance.

Researched Price - Bicycles, components and accessories are researched online and competition is checked to assure the best value. Make an informed purchase.

S-WORKS For Charity - Ride a Specialized S-WORKS Roubaix or Venge on a group ride, race or event at no charge. Every mile this bike rides we will donate money to Mohawk Hudson Humane Society.

<p>Ski Packages 2016 Ski Packages \$299 - \$399</p> <p>elan ATOMIC</p> <p>Includes: skis, bindings, poles</p> <p>Choose from a huge selection of boots only \$200</p> <p>1 year free tunes, free mounting, performance and size guarantee</p>	<p>Ski/Snowboard Complete Season Rental</p> <p>Choose from a great selection</p> <p>Includes: skis, bindings, poles, boots</p> <p>Adult - \$140 Kids - \$100 (under 130cm)</p>	<p>K2 Snowboards</p> <p>We beat ANY PRICE!</p> <p>Includes free mounting</p> <p>1/2 price boots when snowboard is purchased</p>
---	---	--

Collamer House Bike & Ski
450 East High Street, Malta • (518) 871-1213 • www.collamerhouse.bike

GORE MOUNTAIN

MAKE 2016 YOUR BEST YEAR ON THE SNOW!

For First-Time Skiers & Snowboarders
3 Days of Tickets, Lessons, & Rentals \$169 (Ages 13+)

Daily Group & Private Lessons
for all ages and abilities

Women's Weekend Clinics
January 23-24

Torchlight Parade & Fireworks Spectacular
January 17th

North Creek, NY 12853 | (518) 251-2411
GOREMOUNTAIN.COM

CROSS-COUNTRY SKIING & SNOWSHOEING



INSIDE THE MAIN LODGE.



CAMP SANTANONI VERANDAH.



NEWCOMB LAKE BRIDGE.

Exploring Camp Santanoni

PHOTOS BY BILL INGERSOLL

By Bill Ingersoll

During the 1970s, New York acquired four Great Camps and their surrounding estates for inclusion in the Forest Preserve. All four tracts were instrumental in improving public access to outstanding wilderness backcountry, but the presence of the camps – most of which were showing signs of deterioration – presented a constitutional conundrum. And in all four cases, the state took a completely different course of action.

Article XIV of the state constitution mandates that all forestland owned by the state in the Adirondack Park be forever maintained in a wild state – the so-called “forever wild” clause. There is no provision for buildings. Typically when the state acquires land with a camp on it, the building is razed or dismantled. But in these four cases, the state had never before acquired buildings of such historical and architectural significance.

In the case of Forest Lodge on Lake Lila in the Nehasane Preserve, the structure was razed so that the site could be brought into full compliance with Article XIV – and to fulfill the conditions of the sale of the property. At Camp Sagamore, near Raquette Lake, a state-wide referendum approved a constitutional amendment that allowed a non-profit to purchase the entire camp complex and preserve the buildings. At Topridge, the state disposed of the buildings and surrounding 102 acres by placing them on the auction block, without seeking a constitutional amendment. The auction, though technically illegal, went unchallenged because all agreed it was the most expedient solution to the question of what to do with the Great Camp.

At Camp Santanoni in Newcomb, the state retained ownership of the buildings, although it took a number of years to decide what to do with them. Concerns for protecting the legal sanctity of the Forest Preserve and the historic value of the buildings have created a unique situation here. The camp complex, which is no longer occupied or furnished, is now maintained as a kind of backcountry museum. You can hike or ski to the camp at any time, just like any other destination in the Forest Preserve, but public motor vehicle use is not allowed.

Robert Pruyn bought the Santanoni Preserve (pronounced “santa-NO-nee”) in 1892 and began construction on the camp soon thereafter. Influenced by Japanese architecture, the main camp is a series of log buildings joined by a continuous verandah and united under a common roof. Outlying buildings included the farm complex and the Gate Lodge. The Pruyn family owned the property for sixty-one years, selling it to the Melvins of Syracuse in 1953. The Melvins owned the preserve until a family tragedy in 1971 – the disappearance of an 8-year-old boy, who was never found – disinclined them to remain there. They sold the property to the Adirondack Conservancy the next year, which then transferred it to the state.

The general public is barred from driving the 4.4-mile access road to the camp, but cross-country skiing and snowshoeing are immensely popular (in summer, it’s also accessible by foot, mountain bike, and horse-drawn carriage). DEC will again host three winter weekends of Santanoni open houses, a rare opportunity for visitors to enjoy interpretive tours of the inside of camp buildings with staff from the Adirondack

Architectural Heritage. Over the past couple of decades the camp has been gradually restored by AARCH, DEC and the town of Newcomb. The 2016 events will take place on January 16-18, February 13-15, and March 12-13 from 10am to 4pm. Reservations are not required.

Since Santanoni is a backcountry destination, attractive lean-tos are available nearby along the shore of Newcomb Lake, for people who want to extend their visit for a winter camping trip.

Getting There

From Northway Exit 29, take NY Route 28N to Newcomb where, 1.9 miles west of the Hudson River, signs point the way to the Santanoni Preserve. Newcomb Lake Road leads across a narrow bridge to the Gate Lodge complex, where there is a large parking area that is maintained year-round. The Gate Lodge houses a visitor center that is open in the summer.

The Trail

The narrow road leading to the camp is an easy, though long, trail. The miles pass quickly, and the road never seems as long as it really is. Setting off from the trailhead, you reach the farm complex at 0.9-mile, where a distinctive building constructed of fieldstone – the creamery – stands to the left, as well as several houses. A barn and silo once stood to the right of the road, but these burned to the ground in 2004.

At 2.2 miles you reach the horse trail to Moose Pond. The road to the lodge bears right, and the walking is uneventful until it begins to descend toward the lake. This descent is very gentle at first, but soon after passing the red-marked trail that leads around the south shore of Newcomb Lake at

3.6 miles, you encounter the steepest grade on the entire road to the Great Camp. If you are on skis, this is a zippy drop that leads around a turn and levels out within sight of the bridge over Newcomb Lake, 4.1 miles from the start.

The road crosses the bridge and turns north. There are several numbered campsites to the left along the shore. Then you approach the main lodge from behind at 4.4 miles. Interpreters are only on duty on winter open house weekends, so some of the buildings will probably be locked the rest of the time. Camping in the lodge is prohibited, but picnic tables abound. The reconstructed boathouse lies to the left of the lodge as you face the lake, and an art studio stands apart to the right; this serves as a warming hut during the winter weekend events. A yellow-marked trail continues past the lodge around the north shore of Newcomb Lake; you can follow it a short distance to a cedar-lined beach and restored beach house. Additional campsites are located nearby.

Winter visitors have the option of trekking out across the frozen surface of Newcomb Lake, a scenic destination in its own right. The Fish Rock lean-to on the south shore, with its view of the Santanoni Range, is a popular campsite all year-long.

To learn more about the winter weekend open houses, call AARCH at (518) 834-9328 or visit aarch.org/preserve/santanoni/visiting.

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

Where Winter goes to Play

OLD FORGE...
Adirondack Base Camp

NY Rt. 28...Central Adirondack Trail

500 Sq. Miles of Trails
Professional Grooming

McCauley Mountain

OldForgeNY.com

Berkshire
OUTFITTERS
OUTDOOR SPECIALISTS

Celebrating 42 Years!

NORDIC
SKIING
& RACING
CENTER

Featuring:
Rossignol
Fischer
Atomic
Salomon

Super Selection
Super Service

Backcountry and
Alpine Touring Gear

(413) 743-5900 • BerkshireOutfitters.com
Route 8, Grove St • Adams, MA
Only One Hour from Albany/Troy

ATHLETE PROFILE

Pete Buccinna

AGE: 41
RESIDENCE: Old Chatham
OCCUPATION: Insurance Marketing and Sales
SPORTS: Cycling, Skiing, Hiking



Buccinna poses along the Alaska Highway, where he took a six week solo trip this past summer.



Whiteface Mountain.



Revisiting the top of the slide on Saddleback, summer 2008.

By Dave Kraus

“Whoever you pray to, you better start praying to them now, because we’re not sure we’re going to be able to get you out of here alive.”

The words from firefighter Michael Dorkings rang in Pete Buccinna’s ears for a moment before they were carried away on the biting Adirondack winter wind on January 16, 2007. It was foggy, almost dark, and the temperature was already below zero and headed down. Pete was lying at the bottom of a 400-foot slide on the side of Saddleback Mountain, south of Keene Valley, and he was hurt. Hurt badly.

His rescuers couldn’t tell exactly how badly he was injured because he was wrapped up in every piece of clothing they could find. He had a black eye and bloody nose from being hit in the face by his own knee. He couldn’t walk, and the pain in his left knee was excruciating. But at least he wasn’t bleeding. One of the firefighters had put a hand under his clothes and been unable to feel any blood.

It was not the way he had wanted this trip to end.

Up until then it had been a typical hiking trip for Pete, who had moved to the Capital Region in 2004, and just gotten married the previous September. At age 32, he was an outdoors veteran who already had multiday backcountry trips under his belt in a variety of terrain, from Death Valley to Denali in Alaska – and many other backcountry spots.

He had been invited by friend Brian Merriam, 45, of Schenectady, on the four-day, three-night camping and hiking trip, staying at Camp Peggy O’Brien near Keene Valley. Pete remembers getting the invitation and thinking, “That’s great, I’ve never stayed at Camp Peggy.”

The plan was to hike in on day one, set

up camp, and attempt Marcy on day two. Then they would climb Saddleback on day three, break camp, and hike out on the fourth day. After arriving, they decided to reverse the order and do Saddleback first. Accompanying them were Brian’s 18-year-old son, Tyler, and his friend, 17-year-old Matt Stoker.

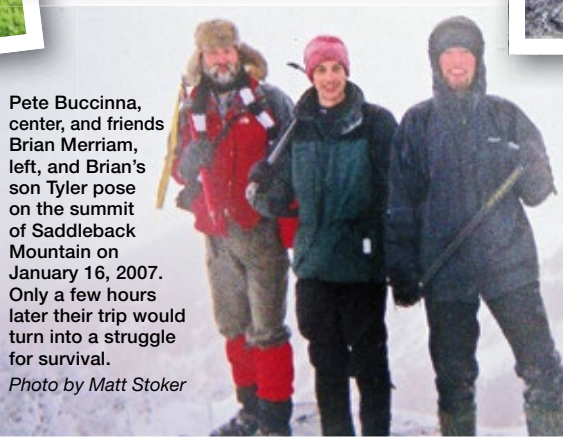
All were experienced in the outdoors and winter camping, so this would be a challenging but fun trip. Despite a mix of snow and rain, they hiked into Camp Peggy and got set up on January 15. Early the next morning they started up to Saddleback on the Ore Bed Trail that climbs Saddleback and Gothics. They would hike to the T-intersection in the saddle between the two peaks, then turn right to reach the Saddleback summit.

The ascent was steep but uneventful, and they had lunch on the summit at about 2:30pm, where the wind was blowing in an icy fog, and temperatures were between five and 10 degrees. They posed for a few pictures, packed their gear, and began the four-mile descent back to camp.

Soon they were met by three other hikers going up the trail. New York City firefighters Michael Dorkings, John Hand, and Joe Garafolo were also going to Saddleback. Incredibly, Tyler Merriam recognized them as the same firefighters who had helped him and his grandfather on a different winter hike when they became lost nine years before. The group chatted for a while before the three firefighters continued up the mountain.

As their foursome continued down, Tyler and Matt tried out the recently purchased plastic sleds they had brought with them, sliding down the trail. Soon they reached the T-intersection and the pair decided to try the sleds on the Ore Bed Slide, an expanse of mostly open rock that descends steeply 400 to 600 feet down the slope alongside the trail.

Pete Buccinna, center, and friends Brian Merriam, left, and Brian’s son Tyler pose on the summit of Saddleback Mountain on January 16, 2007. Only a few hours later their trip would turn into a struggle for survival.
Photo by Matt Stoker



The teens hiked up the open slide a bit, planning to slide back down to Pete and Brian. But the mixed precipitation of the day before, and the freezing night, had left an icy crust on the snow. Their sleds flew quickly down before stopping against a patch of brush and trees, a short distance from Pete, who was standing in the trees with Brian on the trail.

Tyler and Matt then continued down individually, without the sleds. Matt made it almost down to the foot of the slide, controlling his descent with his trekking poles and hands. Before he stepped off the trail toward the slide, Tyler borrowed Pete’s ice axe, so he could practice arresting himself on the way down. The loan would prove to be a fateful move by Pete.

Next, Brian stepped out onto the open slope to give it a try. Immediately he started sliding and was quickly out of sight. Moments later Pete knew something was wrong when he heard a panic-stricken Tyler screaming frantically for help. The quickest way to get down was the same way, so Pete stepped out of the trees onto the slide – and the challenging, but fun trip suddenly ended.

“I didn’t take five steps and I’m gone. That was a very bad mistake – clearly,” he remembers.

Pete was almost immediately flying down the rock face, totally out of control. After giving his ice axe to Tyler, he had only the cleats on the bottom of his snowshoes

to try and stop with. He remembers staying calm, and instinctively putting his left leg out straight, pulling his right knee up to his chin and putting his full weight on the pointed snowshoe cleats to try and slow down. But it did no good. The slope was too steep, the ice too slick. He slid several hundred feet down the open rock before slamming into the bottom alongside Brian.

As Pete hit the bottom his straightened left leg absorbed the impact. The top of his tibia shattered as it was jammed up into his knee joint, and as the force moved upward through his leg his hip joint was driven into the socket, shattering the left side of his pelvis into pieces. Meanwhile, his right knee was driven into his face with the force of the impact and he came to a stop in a tangle of arms, legs and blood.

“I remember every moment of it. I was conscious the entire time.” He winces, his voice stumbling as he describes the moment. Today he still carries his souvenir collection: 15 pins and three plates in his hip, each plate held in place with five screws. Another two bolts hold his left knee together. “They’re big bolts like you would see in a hardware store. On an X-ray the left side of my pelvis looks like an erector set.”

He knew immediately he was in serious trouble. It was 4pm, it was cold, it was going to be dark soon, he was laying in the snow, and he couldn’t move. He was certain that at the very least he had a broken leg. Brian lay unconscious next to him, bleeding from his mouth, and the two boys were close by. Pete tried to move himself to get untangled and by instinct took off his pack and got out his first aid kit. Then it dawned on him that it probably wasn’t going to help much in this situation.

And then came the pain. “It was brutal in my knee, and that overcame the pain in my face, and drowned out the pain in my pelvis. I didn’t even realize I had a broken pelvis right then, because the pain in my knee was so excruciating. But I thought to myself, ‘We need to focus, we need to assess, and we need to get ourselves out of here.’”

DISCOVER INLET...

- FREE CROSS-COUNTRY SKI & SNOWSHOE TRAILS
- FREE ICE SKATING RINK WITH WARMING HUT
- FREE SLEDDING HILL
- GROOMED SNOWMOBILE TRAILS
- COZY ACCOMMODATIONS
- GREAT FOOD
- FUN FOR THE WHOLE FAMILY



And all the Beauty That Surrounds Us

For maps & more:
 INLET AREA INFORMATION OFFICE
1-866-GO-INLET
www.inletny.com

Locally Owned and Operated for Over 19 Years!



January Sale!

New Skis, Snowboards, Coats, Sweatshirts, Snowshoes, X-C Gear, Electric and Smith Goggles, XC Skis, Snowshoes and Ski Boots – and Much More...

Drastically Reduced Prices on all 2016 Gear

Alpine Skis • Snowboards • Boots • Bindings • Poles
 Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants

Expert Ski & Board Tech Services
 Buy, Sell, Trade New & Used Gear™

952 Troy-Schenectady Road, Latham
 Peter Harris Plaza, 1.6 miles west of I-87
 (518) 785-6587 • PlayItAgainSportsLatham.com

Monday-Saturday: 10am-9pm & Sunday: 11am-5pm



BURTON • SALOMON • MARKER • ARMADA • ELECTRIC • DEMON • BERN • FLOW

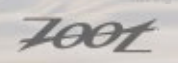
VOLKL • ATOMIC • FULL TILT • ROME • UVEX • LINE • ALPINA • ANON • RED • FISCHER



The **ONLY** Full Service Running Store in the Adirondacks

Offering Personalized Service You Can't Buy Online

2538 Main Street • Lake Placid • 518-523-5310 • thefallenarch.com



"The only thought in my mind was that I have a guy here, bleeding in the snow, who is unconscious. I have an 18-year-old and a 17-year-old, and three NYC firefighters who I knew were descending behind us. They WERE coming by. So we took out the emergency whistles."

Pete blew on his whistle until he was too lightheaded to continue and then told Tyler to do the same. Matt was also blowing on his own whistle. Mercifully, it wasn't too long before they could hear the firemen yelling at them, and then suddenly they were no longer alone.

Pete recalls it was immediately obvious they were in the hands of professionals as the firefighters went into team rescue mode. They took stock of the situation and started making decisions. John Hand would attend to Brian, while Michael Dorkings and Joe Garafolo took care of Pete. Pete remembers the first thing they did was unbuckle everything around his waist and one felt down along his left leg inside his clothing. He didn't realize it at the time, but they were checking for a compound fracture and bleeding. They told him later they knew that in this situation if he had major bleeding there would be no hope of getting him out alive.

About this time Brian woke up; bleeding, confused, and asking what was going on. The firefighters decided that John Hand would escort him back down to Camp Peggy O'Brien, while the other two stayed with Pete. Tyler and Matt would hike out as quickly as possible to their car to summon a rescue team. Soon Pete was alone with Michael Dorkings and Joe Garafolo.

They had already gone through Pete's pack and pulled out every possible item that could help keep him warm: a bivy sack, extra layers, an extra balaclava, hat and extra gloves. It was all standard winter day hiking gear, and his attention to detail in equipment probably saved Pete's life.

Soon he was wrapped up tight, and says he didn't see a lot after that. But he was conscious the whole time, and he could tell it was cold and getting colder after sunset. Soon it would be pitch dark. It was then that he asked the firefighters how things looked and found out he might face the worst.

"It's hard to hear," Pete says slowly, deliberately, during the interview. "This is the most I've talked about the accident since."

"I feel like this was my accident." He continues, his eyes filling with tears. "This is why I don't talk about it, because I do get upset. I did not see how I was going to survive there for any length of time."

He stops for a few moments, then continues. "I've read about backcountry situations before. I knew this was the moment I was faced with, when I would either lay there and die or somehow get on my feet and walk out of there, and so I tried. I tried to get up - they lifted me up. I had to attempt this - I'll die trying instead of just laying here."

Each firefighter got him under one arm and lifted him to an upright position. He remembers suddenly thinking about a newspaper story he had read about a woman who broke her femur on Algonquin and walked out. He took one step and told them to lay him back down. "There was just no way. It hurt beyond my ability to even comprehend."

So they stayed. It was dark now, below zero, and the firefighters broke off pine branches and piled them on top of Pete, using every trick they knew that might help keep him warm. They found some waterproof matches in his pack and started a fire, but it was windy and already below zero, so the smoldering blaze didn't do much good.

They took off Pete's watch so he couldn't tell what time it was, and removed the zipper pull thermometer, so he couldn't see how cold it was getting. He could hear them talking, but it was muffled. He was wrapped up in every item of clothing they could find, but today's trip was never intended to be anything but a day hike, so it was still not enough. One firefighter sat next to him the whole time and they talked - they talked about their kids, the trips that they took, and their families.

"We talked about everything. I could hear them talking, they were talking to me, and I told them I was only married for four months... and I wasn't... supposed to die" he said, struggling again to get the words out. "They said they were going to do their best to make sure that didn't happen. I prayed, and I got nervous Tyler and Matt would get lost on their way out, or take a wrong turn."

Then he heard other voices. Lots of voices. They were no longer alone. He could hear other fires being started, then flames crackling. It was at least 10:30pm. Soon NYS Forest Ranger, Julie Harjung, was sitting by his side as the two firefighters left to go down the mountain. Julie would stay next to him, with other rescuers close by, for the rest of the night, keeping him awake and talking as the temperature sank to 23 below zero.

"We talked about everything. We shared everything," Pete remembers. "She told me all about herself. I talked about my honeymoon. At some point, someone in the group asked if they could convey a message to my wife, and I told them not to. She knew I was out there, she wasn't expecting me back home that night, and I didn't want her to be worrying all night, knowing there was little she could do. Our plan had been to do Marcy the next day, then head home."

He wasn't told, but the decision had been made to stay there till morning, when a helicopter could carry him out. The nearest spot where they could meet an ambulance was almost five miles away, and getting him down the mountain would have required passing him hand to hand down the steep slope for that distance in the dark.

Until then, he just had to stay awake. His

rescuers couldn't give him any medication because they couldn't determine his injuries without unwrapping him, which would have meant certain death in the subzero cold. At one point, despite the pain, they helped him roll over on his side to relieve himself when he couldn't stand it anymore.

At some point during the night, somebody arrived with hot water bottles. "They put them down into my pants. I remember being cold, and just wiggling my toes, trying my best to move all my toes inside my boots. My fingers were also numb and I knew I still had a long way to go. Every time I moved them it hurt, but I kept trying."

Then later, he realized he couldn't wiggle his toes anymore. "At that point I was expecting that my feet would have to be amputated. But at that time, you're at the point where you're jettisoning things to keep the boat from sinking. I was just thinking, 'I'll give up my toes, I'll give up my feet. Just get me out of here.' Those are the kind of things you do in your mind."

Eventually dawn came, and he was still alive. Even wrapped up, Pete could sense the light, and knew that the weather had cleared. It was going to be a beautiful, sunny day. Then, in the far distance, he could hear a motor and thought to himself, "This is it." The noise got closer, and he realized it was just an airplane, and recalls how disappointed he was as the sound faded in the distance.

Then, after 8am, he heard another motor, and then the unmistakable thwap, thwap, thwap of helicopter blades. It got close, then faded away, and he thought, "Why did it go away? They were supposed to be putting me in it." He didn't know the chopper was lowering equipment that would be used in the rescue.

Then, suddenly, his eyes were uncovered and he could see the wire lift basket next to him. Five or six rescuers picked him up and lifted him into it. He remembers almost passing out, the pain was so bad. They put a heavy rubber cover over him and he was hoisted up.

Now in the noisy copter, one of the airmen kept patting him on the leg to reassure him - his left leg. "I couldn't even hear my own screams and I went in and out of consciousness because of the pain every time he patted my leg. But he didn't know it was my injured leg."

Then, finally, they were on the ground at the trauma center in Saranac Lake. He remembers the exquisite agony as they wheeled him across the parking lot on a gurney, still in his lift basket. He could feel stabbing knives as the wheels clunked over every tiny seam in the concrete. Once inside, he was rolled onto a metal table and the trauma team went to work, unzipping his jacket, cutting off layers, but giving in to his insistence that they preserve the brand new Under Armor top he had bought especially for this trip.

Finally, Pete knew he was going to survive, and just cried. Then they called his wife. "I told her there was an accident, but that I was alive." Her reaction, he remembers, was total confusion.

Then the morphine drip started, and he doesn't recall much about the next several weeks. He remembers being taken to Albany Medical Center, seeing his wife, multiple surgeries, and leaving for Sunnyview Rehabilitation Hospital in Schenectady some days later. Ten days? Fifteen days? He still isn't sure. What he does remember is being confused, in pain, and angry that this had happened to him.

Finally he was home, after almost a month. It would be five more months before he could go back to work between physical therapy sessions in a pool and learning to walk again, first with a walker, then with a cane. It was almost six months before he could walk unassisted.

He adds that his buddy Brent Pierce, who he calls "such a good friend," was there through it all, taking him out for a beer or shoveling his sidewalk. Then, in August, Brent finally took him out for his first bike ride, where Pete remembers marveling at how far he had come in just eight months.

Today you'd scarcely know from the outside that Pete Buccinna was ever injured. He skis, hikes, cycles, and drove the Alaskan Highway solo for six weeks this past summer. He still keeps in touch with the New York City firefighters who helped save him, and he is getting together with them this winter so they can meet his son Jack, now six.

But he still carries scars on the inside. The interview for this story was the first time he's spoken this much about the accident in the nine years since that frigid night. In the weeks and months after it happened, he received many requests for interviews from local and national media. He turned them all down, wanting to just move on.

But now, after having plenty of time to gain some perspective, he says he wants others to be able to learn from his experience. He also wants to thank all of his rescuers, and to apologize for the risks he took that caused them to have to take their own risks to save him on that awful, below zero night. He also wants to thank all the friends and family who surrounded him during a very difficult time.

"I'm talking about it now because it's important for me to understand the impact that's it's had on my life and not ignore it. I want to let people know that in the big picture, you could be a very cautious backcountry person, but you need to also be able to have faith and trust in the people with you. Maybe now I understand how that connectivity between yourself and everybody around you really does have an impact on you in every way and the turns your life takes."

"Thinking that you're an island is really wrong. This accident has affirmed my personal faith and my belief, because I prayed to God that night. I was raised a Catholic and went to church. But it's very different when you're praying for your own life. That night I felt like I was on the hotline and I was looking for some help. And it was delivered, because everything went right from that moment when it went so terribly wrong."

"There's so many layers, probably many layers I don't understand yet. This has definitely made me think about a lot of things."

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

the Mountain Goat
Outdoor Clothing & Gear
Manchester, Vermont
Since 1987

4886 Main Street
802.362.5159

Open Daily @ 10am
mountaingoat.com

Gear up for
Your Next
Challenge!

SCREEN PRINTING
EMBROIDERY
PROMO ITEMS
SIGNS & BANNERS
AWARDS & INCENTIVES

518.452.1500
screendesignsinc.com

ScreenDesignsInc
screendesignsinc

Maple
Ski Ridge

Just MINUTES
from Anywhere in the
Capital Region!

Walk-in Group and
Private Lessons Available

Perfect Terrain for Beginners
to Intermediates of All Ages

2725 Mariaville Rd, Rotterdam • (518) 381-4700 • MapleSkiRidge.com



St. Regis Canoe Outfitters

Adirondack Guided Ski & Snowshoe Tours

- Free, customized trip planning
- Experienced guides
- Quality gear ■ Lunch & snacks
- Transportation ■ All welcome!

73 Dorsey Street • Saranac Lake
518-891-1838
www.canoeoutfitters.com

Adirondack Splendor & Finnish Hospitality

LAPLAND LAKE Nordic Vacation Center

Ranked **BEST** XC Resort for Families & **BEST** in the Mid-Atlantic Region
— Best XC Ski Resort Poll



Ladies' Days, Moonlight Snowshoe Tours & Great Kids' Programs!

See Online Calendar of Events

SINCE 1978

139 LAPLAND LAKE ROAD
NORTHVILLE, NY
518-863-4974
vacation@laplandlake.com

www.laplandlake.com

50 Km private trail network!
38 Km groomed for XC classic and skate plus 12 Km scenic snowshoe trails

THE INSIDE EDGE



SKI • BOARD • BIKE

ALPINE, CROSS COUNTRY, TELEMAR, AND SNOWBOARD

EXPERT TUNE-UPS, REPAIRS, CLOTHING, HELMETS, TUNING SUPPLIES, ACCESSORIES, & MORE!

643 UPPER GLEN ST (ROUTE 9) • QUEENSBURY NY • 518 793 5676

IMAGINE THE POSSIBILITIES WHERE NONE EXIST YET

Walter Hertik
NYS Licensed Real Estate Salesperson
55 Railroad Place, Unit #303
Saratoga Springs, New York 12866
Mobile 518-951-6623
walter@topnetrealty.com
topnetrealty.com



Get informed. Know the market.

New York's Coolest Little Ski Area!

EASTON, NY
Willard MOUNTAIN
SKI • RIDE • SLIDE

- Outstanding Ski School
- 100% Snowmaking
- Night Skiing & Riding
- Full Service Retail Shop
- Cafeteria & Lounge
- tubing Park

Terrific Lesson Programs for Groups or Individuals of All Ages!

Our 1 Hour Guarantee assures satisfaction!

518-692-7337

WWW.WILLARDMOUNTAIN.COM

LEARN TO SKI THIS WINTER!

We guarantee you'll get to the top of the mountain



PARALLEL
FROM THE START

3 Days of Beginner Lift, Lesson, and Rentals Anytime

ONLY \$169

A unique program designed by the best Snowsports Instructors to teach anyone 13+ how to ski and have fun in the winter.



WHITEFACE.COM

GOREMOUNTAIN.COM

BELLEAYRE.COM

NYSKI3.COM

Cascade XC Ski Center

SKI

20km of trails connect to Van Ho Olympic Trail System

SHOP

Expert staff and the largest selection of Nordic and backcountry skis

STAY

Ski from your private bunkroom

PLAY

Lodge, restaurant, bar, live music, & ski parties

Exclusively Nordic!

4833 Cascade Road
Lake Placid, NY

518-523-1111

www.cascadeski.com

For conditions & event schedules:



Full Moon Parties: Jan 23, Feb 20 • Friday Night Farm Dinners

TRIATHLON, RUNNING, CYCLING, HIKING, PADDLING

By Bob Underwood

Switch It Up

and Try Nordic Skiing!

A Great Crossover Workout

SKATE AND CLASSIC SKIERS IN THE 2015 LAKE PLACID NORDIC FESTIVAL 12.5K SKI CHALLENGE AT MT. VAN HOEVENBERG. ORDA



It is winter in New York and if you are like most triathletes, runners or cyclists, you are dreading the coming months of monotonous time on the treadmill and/or trainer. Many of us in the endurance world believe that this time of year is a rite of passage that must be done in order to be successful in the coming year of racing. Many of us will say we don't mind the hours of training indoors, but deep down I know I can't wait to get outside and off the trainer and treadmill.

Some of us even bundle up and try to ride our bikes all winter. Or lace up the shoes and head out to run on the icy and dangerous roads or trails, all the time freezing and dreading every step or pedal stroke. Triathletes will cry out, what about the pool? That is sport-specific and we can do it all winter in the nice warm gym. For many of us even the hours in the pool become a cage that we need to escape.

Why do we do these crazy sports? We all have a great love of the outdoors and there is nothing better than being out on a beautiful day for a long ride, run or swim. Unfortunately we live in the Northeast and we are forced inside to bike, run and swim. So day after day we head to the gym to do another workout. We tell ourselves this will pay off and we can do it all winter, but as the winter wears on, often times we end up skipping workouts or just going through the motions.

What if there was a sport that would be the perfect crossover for all three disciplines of triathlon? What if we could do it outside all winter? What if it was really fun? What if I didn't have to worry about counting laps? What if it is really warm out there while you were working out, providing you have the proper clothing?

I have great news for you, there is just such a sport and it is called Nordic skiing. It consists of two techniques: skating and classic. You will not find a sport that taxes your entire body more than Nordic skiing. Many of the highest values for VO2 max have been produced by Nordic skiers. These athletes have crossed over to triathlon and cycling and running, and have reached a very high level in these sports. Nordic burns a huge number of calories and engages the entire body on each stride. While skiing you will increase your core strength and work on muscle groups you do not use during the summer season. All of this gives an added benefit of injury prevention through greater core strength.

As soon as the snow flies, I put my bike and running shoes away and get on the skis. I have done this for my entire life and had very few injuries. I attribute this to the break I take from running, biking, and swimming in the winter. Many of my friends have managed to continue to run and cycle all winter, only to end up with another overuse injury as they get to racing season. Athletes that I coached in running at Queensbury High School almost always were members of the ski team. They would not run a step all winter and many went on to win sectional or state championship titles in the spring. Not only were they fresher as runners, but they were mentally fresh and ready to go when the snow melted. Never underestimate the mental aspect of wanting to get back to the sport of triathlon or cycling or running after a little mental break.

Skate skiing translates very well to cycling since you propel yourself ahead by pushing off to the side with your skis in a V shape. This is the newer and less traditional method of Nordic skiing but is fast and fun. Both cycling and Nordic skate skiing are extensor chain exercises, meaning you propel yourself by extending at the knee and hip. There is also a great deal of lower leg involvement and the primary motion of the push off in the skate is much the same as the push on the pedal. Find me a great Nordic skate skier and I guarantee you can put them on a bike and they will make it fly. Add in the fact that you are engaging your core each time you pole and you have a great exercise that is very specific to cycling. Skating is a little more difficult to get started at first but there is a pretty quick learning curve. Very quickly you will get proficient enough to move along for the entire workout.

Classic skiing is a lot like running on your skis. The only difference is that you get to glide a little more on each step, which makes it a lot more fun. Classic skiing is weight bearing like running so it great for keeping up your bone density. The best part of Nordic skiing is there is no pounding as there is in running. You will have the entire winter to heal up from all those little nagging running aches and pains. Classic skiing is the older more traditional style of skiing with your skis in two tracks in the snow. You glide along in a linear fashion and push off your kick wax to propel you forward.

I am always amazed that at the end of the ski season I can run for just one week,

then jump into a local road race, and run nearly my fastest time of the year. My cardiovascular system never seems tired when I start running and the only real transition is getting used to pounding on the pavement again.

Don't worry swimmers, there is something in skiing for you too. In both skating and classic technique, you use your poles to propel you down the trail as well. Double poling is a great exercise for swimming because you use your shoulders, latissimus dorsi, and triceps to help propel you forward. In poling for skiing you start with your hands high up by your head and pull down and back to your hip while engaging your core as well. This sounds a lot like the pull in your swim stroke. I guarantee that you will feel stronger in the pool after a winter of Nordic skiing.

How do you learn to Nordic ski? We have some great local Nordic ski areas that offer rentals and lessons, and can get you started off on the right foot. Check out Lapland Lake in Northville, Garnet Hill Lodge in North River, Mt. Van Hoevenberg or Cascade in Lake Placid, Dewey (rentals only) in Saranac Lake, Pineridge in East Poestenkill, or Osceola Tug Hill (rentals only) in Camden.

Over the last few years the Adirondack Triathlon Club has a ski night each week on Monday nights. We ski at Crandall Park in Glens Falls and meet just behind Inside Edge Ski and Bike shop at 6pm. The trails are free and have lights on until 9pm every night. In addition the Friends of Cole's Woods, our local group who grooms the trails, is offering free ski lessons every Monday at 6pm in the month of January to people who want to learn how to skate or classic ski. You can rent skis from Inside Edge during the day and return them the next day. Take a lesson or two and you will be on your way.

There are also some great videos out there to help you learn. There is a YouTube video from XC Zone that's a super introduction to both techniques (youtube.com/watch?v=Cqo3yu-j890). The classic technique is the easier to learn as you can just start by walking along on your skis. Once you get this down, progress to skating. Skating is a little more difficult to get started at first, but there is a pretty quick learning curve, and soon you will be gliding along. It won't be effortless, but that is the objective, to get a great workout.

For equipment, let's face it, we are athletes and therefore gear junkies. Start with a good pair of "combi" boots that you can use for both skating and classic. These boots have a higher boot cuff than normal touring boots, and give you some extra added support, so you can push off in the skate. You will need poles and skis so go to a ski shop that specializes in Nordic. Make sure you tell them you want to skate and classic. Thankfully we can wear a lot of our same cold weather biking gear to ski in so we don't need an entire new wardrobe. Avoid cotton or anything that soaks up water, because you are going to fall every once in a while. My best advice is to get a good warm pair of Nordic ski gloves or mittens. Nothing is worse than cold hands when you are out there trying to get in a workout.

You will need skis and poles, so go to a ski shop that specializes in Nordic: Inside Edge and Sports Page in Glens Falls, High Peaks Cyclery and Cascade in Lake Placid, Garnet Hill in North River, and Lapland Lake in Northville. Plus, these alpine shops carry Nordic skis: Alpine Sport Shop in Saratoga Springs, High Adventure and Play It Again in Latham, Plaine in Schenectady, Collamer House in Malta, and Steiner's in Glenmont, Valatie and Hudson.

Can you still swim, bike, and run during the winter? Of course, but pick your days and most of the time get out and enjoy the great outdoors. Find a friend to ski with and challenge each other to work hard out there on the trails. You will be happier and your brain will be rested and ready to go when the snow finally melts. Imagine a year without those mind numbing sessions staring at the video screen and halfheartedly working out... Have fun this winter by getting outside to ski! 🏔️

Bob Underwood (underwoodu@aol.com) has coached cross country running, Nordic and alpine skiing, and track and field for 30 years. He still races in triathlon, Nordic skiing, running, kayaking and canoeing - and has done so for more than 40 years. Bob and his wife Heidi, who also does all of these things, live in Kattskill Bay.

Discover Experience Explore

MT.VAN HOEVENBERG



New for 2015-2016

- Destination ski to cabin on our beautiful trail system
- Expanded Nordic Terrain Park
- Reconfigured Beginner Trail System
- Unique Cross Country and Biathlon Experiences



DISCOVER, EXPERIENCE AND EXPLORE THE 1980 OLYMPIC CROSS COUNTRY SKI TRAILS OF MT. VAN HOEVENBERG IN LAKE PLACID, NEW YORK

December 12
January 30-31
February 18-23
February 20
February 21
February 27-28

Grand Opening of Josie's Cabin
USSA Super Tour / NENSA Eastern Cup
LAKE PLACID NORDIC FEST
6.25 and 12.5 km Ski Challenge
Lake Placid Loppet
NOR-AM Biathlon

MT. VAN HOEVENBERG

mtvanhoevenberg.com

CROSS COUNTRY SKIING

GARNET HILL

Skiing like you remember

- 55km trails with daily grooming
- Wilderness skiing and snowshoeing
- Ski lessons daily, kids' programs too
- Unique 'ski down, ride back' shuttle bus
- Lodge, restaurant, ski center open daily

\$5 OFF Trail Fee with this ad!

Garnet Hill Lodge
an Adirondack gem since 1936

13th Lake Rd, North River, NY 12856
518-251-2150 • www.garnet-hill.com

RACE RESULTS

4TH ANNUAL GLENS FALLS LIONS CLUB DUATHLON October 11, 2015 • SUNY Adirondack, Queensbury

5K RUN, 30K BIKE, 5K RUN		
MALE OVERALL		
1 Craig Tynan	45	1:28:03
2 Cheyne Hoag	26	1:30:07
3 Michael Cooley	35	1:32:00
FEMALE OVERALL		
1 Beth Stalker	56	1:43:20
2 Kerri Thomas	36	1:43:37
3 Joanne Burns	41	1:51:38
MALE AGE GROUP: 25 - 29		
1 Lucas Raymond	26	1:41:31
FEMALE AGE GROUP: 25 - 29		
1 Traci Cornwell	27	2:06:09
2 Jamie Hoag	26	2:07:59
MALE AGE GROUP: 30 - 34		
1 Tom Portuese	34	1:41:26
FEMALE AGE GROUP: 30 - 34		
1 Amanda Lefton	30	2:09:02
2 Elizabeth Ragsdale	31	2:22:45
MALE AGE GROUP: 35 - 39		
1 Matthew Tebo	37	1:51:15
2 TJ Houser	37	2:11:13

MALE AGE GROUP: 40 - 44		
1 Daniel Murphy	41	1:32:53
2 Todd Eicher	42	1:35:28
MALE AGE GROUP: 45 - 49		
1 Lance Decker	45	1:47:05
2 Stephen Layden	48	1:50:44
MALE AGE GROUP: 50 - 54		
1 Jim Basil	50	1:40:59
2 Joe Place	52	1:41:46
3 Leroy Brace	52	1:52:56
4 Dan Korff	50	1:59:36
5 Jim Giglio	53	2:01:14
6 Norman Freund	50	2:02:23
MALE AGE GROUP: 55 - 59		
1 David Hoag	55	1:37:37
2 Keith Meyer	57	1:46:10
3 Nick Lamando	57	1:46:28
4 Vincent Kirby	58	1:53:54
5 Mark Brained	59	2:15:41
FEMALE AGE GROUP: 55 - 59		
1 Gwen Williams	57	2:02:50
2 Ronni Travers	58	2:12:42

MALE AGE GROUP: 60 - 64		
1 Mark Schacher	60	1:53:29
MALE AGE GROUP: 65 - 69		
1 Nick Mercurio	69	1:47:28
2 Charles Brockett	69	2:04:27
MALE AGE GROUP: 70 - 74		
1 Jim Cunningham	71	1:55:08

RELAY TEAMS		
2-PERSON MALE		
1 Howk		1:44:42
2-PERSON FEMALE		
1 McFidd		2:22:28
2-PERSON MIXED		
1 All in the Family		1:46:01
2 Danimal & the Hoard		2:01:03
3 Averill Park Fire #1		2:13:42
3-PERSON MIXED		
1 Smotzer		2:03:10
2 Team Spiezio		2:07:36
3 Averill Park Fire #2		2:09:21
4 We Don't Run alatte		2:27:04

Courtesy of Glens Falls Lions Club

15TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K RUN *continued*

FEMALE AGE GROUP: 15 - 19				
1 Sydney Smith	15	Niskayuna	48:53	
2 Kelsey Jessup	17	Glenville	56:34	
MALE AGE GROUP: 20 - 24				
1 Patrick Brown	20	Fort Johnson	39:45	
2 George Duman	20	Saratoga Springs	40:11	
3 Dan Stevens	24	Ballston Lake	44:10	
FEMALE AGE GROUP: 20 - 24				
1 Laura Patrick	21	East Greenbush	45:30	
2 Karlie Mangette	23	Slingerlands	45:40	
3 Olivia Junco	24	Slingerlands	48:55	
MALE AGE GROUP: 25 - 29				
1 John Daniele	29	Ballston Spa	42:38	
2 Kevin Ostrow	29	Damascus, MD	43:51	
3 Pat Wildes	25	Albany	44:10	
FEMALE AGE GROUP: 25 - 29				
1 Athea Guilfoyle	28		45:46	
2 Lana Holden	28	Albany	45:51	
3 Sara Lanese	29	Ballston Lake	46:36	
MALE AGE GROUP: 30 - 34				
1 Joseph Murphy	31	Saratoga Springs	40:48	
2 Jonathan Loudon	31	Clifton Park	41:10	
3 Brian Hodgdon	33	Clifton Park	44:30	
FEMALE AGE GROUP: 30 - 34				
1 Anne Marie Hathaway	30	Schuylerville	45:32	
2 Brieanne O'Hearn	30	Corning	45:39	
3 Kristen Lynch	31	Ballston Spa	48:05	
MALE AGE GROUP: 35 - 39				
1 Colin Crowley	38	Malta	42:03	
2 Erik Koenitzer	39	Fultonville	42:50	
3 Jared Eicher	36	Scotia	44:48	
FEMALE AGE GROUP: 35 - 39				
1 Lisa May	39	Green Island	47:57	
2 Melissa Kwasniewski	38	Fort Edward	48:13	
3 Angela Bauer	36	Ballston Spa	49:12	
MALE AGE GROUP: 40 - 44				
1 Brian Ciota	43	Saratoga Springs	44:15	
2 Alex Ciota	40	Saratoga Springs	45:23	
3 Keith Amato	44	Mechanicville	45:46	
FEMALE AGE GROUP: 40 - 44				
1 Christine Decker	43	Saratoga Springs	49:49	
2 Shelley Allison	42	Burnt Hills	50:37	
3 Roberta Carruthers	44	South Glens Falls	51:13	

MALE AGE GROUP: 45 - 49				
1 Brian Dillenbeck	45	Alplaus	42:36	
2 Brian Griffin	47	Clifton Park	43:40	
3 Bruce Amm	45	Clifton Park	44:54	
FEMALE AGE GROUP: 45 - 49				
1 Stacie Hebert	45	Niskayuna	44:53	
2 Joanna Tremper	46	East Chatham	45:33	
3 Stacia Smith	45	Niskayuna	46:20	
MALE AGE GROUP: 50 - 54				
1 John Sestito	52	Johnsonville	40:52	
2 William Colvin	51	Bennington, VT	45:05	
3 Richard Loud	50	Ballston Spa	45:40	
FEMALE AGE GROUP: 50 - 54				
1 Lisa Pleban	51	Gansevoort	50:26	
2 Kirsten Leblanc	52	Broadalbin	54:20	
3 Anne Hurlley	52	Delmar	54:42	
MALE AGE GROUP: 55 - 59				
1 Ron Seyb	55	Ballston Spa	45:03	
2 Bill Ralston	56	Saratoga Springs	45:14	
3 Paul Stevens	55	Saratoga Springs	48:13	
FEMALE AGE GROUP: 55 - 59				
1 Robin Chalfoux	56	Baldwinsville	51:53	
2 Cecilia Sanchez	55	Glenmont	56:51	
3 Becky Thayer	58	Watervliet	57:18	
MALE AGE GROUP: 60 - 64				
1 Thomas Ventre	61	Gansevoort	45:17	
2 George Baranuskas	62	Scotia	45:45	
3 John Webber	60	Ballston Spa	48:57	
FEMALE AGE GROUP: 60 - 64				
1 Carolyn George	61	Albany	53:24	
2 Vickie Shatley	61	Scotia	55:36	
3 Darlene Cardillo	62	Delmar	59:26	
MALE AGE GROUP: 65 - 69				
1 Paul Forbes	65	Colonie	48:50	
2 Joe Yavonditte	66	Schenectady	52:25	
3 Joseph Miranda	67	Ballston Spa	57:40	
FEMALE AGE GROUP: 65 - 69				
1 Anne Tyrrell	65	Albany	57:14	
2 Cathy Lanese	65	Troy	1:04:40	
3 Linda Meier	67	Schenectady	1:08:41	
MALE AGE GROUP: 70 - 74				
1 Howard Jones	72	Clifton Park	57:05	
2 Jim Callahan	70	Saratoga Springs	58:12	
3 Ralph Santos	74	Mechanicville	59:41	

Courtesy of Saratoga Bridges

15TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K RUN October 17, 2015 • Saratoga Spa State Park, Saratoga Springs

5K RUN		
MALE OVERALL		
1 Derrick Staley	57	Ballston Lake 16:59
2 Michael Austin	33	Delmar 17:42
3 Greg Ethier	42	Clifton Park 19:26
FEMALE OVERALL		
1 Mesha Brewer	36	Saratoga Springs 18:28
2 Natalie Wallace	22	Albany 20:11
3 Laura Fryberger	14	Chesterfield 22:02
MALE AGE GROUP: 1 - 14		
1 Ryan Abatto	12	Clifton Park 21:53
2 Jackson Bennice	9	Ballston Lake 22:42
3 Zachary Colangelo	12	Middle Grove 23:21
FEMALE AGE GROUP: 1 - 14		
1 Olivia Skylstad	12	Ballston Spa 22:17
2 Lauren Bednarczyk	14	Rensselaer 25:32
3 Lily Tetreault	13	Saratoga Springs 27:33
MALE AGE GROUP: 15 - 19		
1 Patrick Mann	19	Corinth 22:01
2 Josh Carpenito	16	Porter Corners 22:45
3 Jacob Molnar	15	Clifton Park 26:40
FEMALE AGE GROUP: 15 - 19		
1 Caroline Kelly	16	Saratoga Springs 24:41
2 Madeline Pelagalli	19	Ballston Lake 26:42
3 Natalie Scally	19	Saugerties 27:12
MALE AGE GROUP: 20 - 24		
1 Stephen Carpenito	21	Porter Corners 21:13
2 Matthew Krush	23	Albany 22:50
3 Bryan Scheren	23	Schuylerville 22:57
FEMALE AGE GROUP: 20 - 24		
1 Emilie Cardone	24	Albany 23:21
2 Emily Chamberlain	21	Ballston Spa 25:30
3 Megan Rogers	24	Troy 26:35
MALE AGE GROUP: 25 - 29		
1 Nicholas Lanzillo	28	Troy 21:07
2 Bill Perry	26	Saratoga Springs 22:14
3 Jason Westervelt	26	Schenectady 23:08
FEMALE AGE GROUP: 25 - 29		
1 Mary O'Hearn	29	Saratoga Springs 22:08
2 Kait Ross	26	Saratoga Springs 22:26
3 Brooke Pancoe	29	Waterford 22:51
MALE AGE GROUP: 30 - 34		
1 Michael Ruger	34	East Greenbush 19:57
2 John Vandish	32	Clifton Park 24:25
3 Chris Renzi	33	Malta 24:29
FEMALE AGE GROUP: 30 - 34		
1 Hannah Becker	31	Bennington, VT 24:05
2 Gabrielle Conklin	34	Slingerlands 25:30
3 Renay Dippert	34	Saratoga Springs 25:40
MALE AGE GROUP: 35 - 39		
1 Jonathan Brumley	38	Gansevoort 20:14
2 Douglas Secor	35	Scotia 20:55
3 Paul Sukphisit	39	Englewood, NJ 21:24
FEMALE AGE GROUP: 35 - 39		
1 Jennifer Bennice	36	Ballston Lake 22:42
2 Jaime Farone	39	Saratoga Springs 23:26
3 Heidi Nark	35	Clifton Park 23:54
MALE AGE GROUP: 40 - 44		
1 Robert Fox	43	Greenfield Center 20:10
2 Shawn Spratt	40	Gansevoort 20:33
3 Matt Abatto	43	Clifton Park 21:22
FEMALE AGE GROUP: 40 - 44		
1 Marie Ayers	44	Glenville 23:54
2 Danielle Shea	43	Ballston Spa 24:19
3 Amy Drag	44	Waterford 24:45

MALE AGE GROUP: 45 - 49		
1 George Brown	45	Ticonderoga 20:20
2 Raymond Brown	49	Saratoga Springs 20:37
3 Sean Loftus	46	Middle Grove 24:40
FEMALE AGE GROUP: 45 - 49		
1 Julianne Claydon	45	Saratoga Springs 22:44
2 Kim Eisler	48	Ballston Spa 25:10
3 Karen Thomas	45	Schuylerville 25:48
MALE AGE GROUP: 50 - 54		
1 Sam Mercado	52	Saratoga Springs 19:45
2 Juan Delarosa	54	Schenectady 23:49
3 Daniel Pemrick	53	Greenwich 24:38
FEMALE AGE GROUP: 50 - 54		
1 Jane Foley-Graeff	51	Saratoga Springs 25:20
2 Maureen Georgia	52	Ballston Spa 25:26
3 Colleen Choppy	51	Latham 27:00
MALE AGE GROUP: 55 - 59		
1 Bryan Corwin	59	Ticonderoga 25:28
2 Mark Brainard	59	Fort Edward 26:54
3 John Stevens	56	Saratoga Springs 26:55
FEMALE AGE GROUP: 55 - 59		
1 Susan Matthews	56	Troy 25:50
2 Catherine Gagnon	58	Gansevoort 26:20
3 Patti Clark	59	Gansevoort 26:42
MALE AGE GROUP: 60 - 64		
1 Rob Picotte	62	Malta 20:59
2 Jeff Taft	60	Scotia 24:13
3 Richard Bennett	63	Clifton Park 25:24
FEMALE AGE GROUP: 60 - 64		
1 Hollys Kozlowski	60	Valley Falls 27:25
2 Elaine Graceffo	63	Auburn 29:17
3 Judy Hays	62	Porter Corners 29:34
MALE AGE GROUP: 65 - 69		
1 Joseph Scaringe	69	Latham 26:52
2 Gary Scott	66	Hoosick Falls 27:41
3 William Sullivan	67	Saratoga Springs 33:23
FEMALE AGE GROUP: 65 - 69		
1 Laura Clark	68	Saratoga Springs 33:21
2 Kathleen Paulus	66	Troy 35:51
3 Diane Kenific	65	Albany 43:04
MALE AGE GROUP: 70 - 74		
1 Dave Delorenzo	74	Scotia 35:20
FEMALE AGE GROUP: 70 - 74		
1 Roberta Solomon	71	Clifton Park 29:16
2 Susan Fassett	70	Ballston Spa 40:06
3 Alice Mensching	71	Voorheesville 43:12
FEMALE AGE GROUP: 75 - 79		
1 Donna Lopresti	76	Clifton Park 38:41
MALE AGE GROUP: 80 - 84		
1 Richard Schumacher	82	Hoosick Falls 35:27
2 Richard Eckhardt	81	Albany 40:23

10K RUN		
MALE OVERALL		
1 Sully Sullivan	36	Schenectady 36:44
2 Robert Ordish	30	Glenmont 38:49
3 Steven Nicoll	41	Menands 39:36
FEMALE OVERALL		
1 Diane Ryan	33	Malta 39:38
2 Abigail Carnevale	29	Saratoga Springs 43:44
3 Stacie Jaeger	31	Saratoga Springs 44:39
MALE AGE GROUP: 1 - 14		
1 Paul Veschio	14	Saratoga Springs 1:13:18
FEMALE AGE GROUP: 1 - 14		
1 Caylie Langdon	11	Saratoga Springs 1:05:53
MALE AGE GROUP: 15 - 19		

7TH ANNUAL RACE AWAY STIGMA 5K RACE
October 17, 2015 • Hudson Valley Community College, Troy

MALE OVERALL, MALE AGE GROUP: 1-14, FEMALE OVERALL, FEMALE AGE GROUP: 1-14, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 70-74

UNCLE SAM CYCLOCROSS GRAND PRIX: NYCROSS SERIES #2 continued

WOMEN OPEN CAT 1/2/3/4, MEN MASTER 35+ CAT 1/2/3/4, MEN MASTER 45+ CAT 1/2/3/4, MEN MASTER 55+ CAT 1/2/3/4, MEN OPEN 1-18 JUNIOR, WOMEN OPEN 1-18 JUNIOR, MEN OPEN CAT 3/4, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 70-74

UNCLE SAM CYCLOCROSS GRAND PRIX: NYCROSS SERIES #2
October 17-18, 2015 • Prospect Park, Troy

DAY 1, MEN MASTER 35+ CAT 1/2/3/4, MEN MASTER 45+ CAT 1/2/3/4, MEN MASTER 55+ CAT 1/2/3/4, MEN OPEN 1-18 JUNIOR, MEN OPEN CAT 3/4, OPEN 10-14 JUNIOR, WOMEN OPEN 1-18 JUNIOR, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 70-74

SARATOGA CROSS COUNTRY CLASSIC 5K
October 18, 2015 • Saratoga Spa State Park, Saratoga Springs

SK OPEN, FEMALE OVERALL, MALE OVERALL, FEMALE AGE GROUP: 15-19, MALE AGE GROUP: 15-19, FEMALE AGE GROUP: 20-24, MALE AGE GROUP: 20-24, FEMALE AGE GROUP: 25-29, MALE AGE GROUP: 25-29, FEMALE AGE GROUP: 30-34, MALE AGE GROUP: 30-34, FEMALE AGE GROUP: 35-39, MALE AGE GROUP: 35-39, FEMALE AGE GROUP: 40-44, MALE AGE GROUP: 40-44, FEMALE AGE GROUP: 45-49, MALE AGE GROUP: 45-49, FEMALE AGE GROUP: 50-54, MALE AGE GROUP: 50-54, FEMALE AGE GROUP: 55-59, MALE AGE GROUP: 55-59, FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 60-64, FEMALE AGE GROUP: 65-69, MALE AGE GROUP: 65-69, FEMALE AGE GROUP: 70-74, MALE AGE GROUP: 70-74

BUSINESS DIRECTORY

True North Yoga
Get centered in the Adirondacks!
Hatha, Flow, Gentle and Chair Yoga Classes
Workshops, intensives and private sessions
1073 Route 9 (Main St), Schroon Lake
(518) 810-7871
Class schedule: TrueNorthYogaOnline.com

Ron Houser, C. Ped.
ABC Board Certified Pedorthist
Evaluation ~ Casting ~ Manufacturing
Custom Footbeds & Orthotics Made On-Site for
Athletes, Hikers & Everyday Victims of Gravity
Located @ The Mountain Goat, Manchester Center, VT
(802) 362-5159 - mgoat@comcast.net

Are you into it?
Adirondack ADK Mountain Club
Hiking
Climbing
Paddling
Biking
Backpacking
Camping
Outdoor Adventure
The Adirondacks
The Catskills
Don't Delay, Join Today
1-800-395-8080
www.adk.org
Get into it!

Gear-To-Go Tandems
New York's Largest Tandem Bicycle Shop
Expertise, free instruction, tips & test rides
1 Dahinda Rd
Saranac Lake
518-891-1869
www.gtgtandems.com

Visit Long Lake
A Real Adirondack Experience
Call Today (518) 624-3077
Or Visit Us Online www.mylonglake.com

CLASSIFIEDS
VACATION RENTAL - Log house
two blocks from Main St in Lake Placid,
near river. Nov 15-Apr 15. Sleeps six in
large room with loft. Newly renovated.
Plowing included. Utilities extra. Contact
Brian@HighPeaksCyclery.com.

RACE RESULTS

SARATOGA CROSS COUNTRY CLASSIC 5K *continued*

FEMALE AGE GROUP: 35 - 39				
1	Kari Deer	36	Slingerlands	20:10
2	Judy Chen	39	Washington, DC	21:09
3	Melissa Kwasniewski	38	Fort Edward	23:53
MALE AGE GROUP: 35 - 39				
1	Matthew Kerr	35	Schenectady	18:25
2	Matthew Fryer	35	Clifton Park	20:27
3	Mark Flusche	38	Ballston Spa	20:41
FEMALE AGE GROUP: 40 - 44				
1	Michelle Krawiecki	43	Mechanicville	22:26
2	Jennifer Durenberge	43		25:55
3	Joanne Vanhorne	42	Corinth	27:56
MALE AGE GROUP: 40 - 44				
1	Dennis Vanvlack	43	18:07	
2	Saleem Naina	41	Slingerlands	21:37
3	Jeremy Kergel	40	Schenectady	27:41
FEMALE AGE GROUP: 45 - 49				
1	Lori Keins	48	Niskayuna	23:55
2	Jill Rembetski	46	Averill Park	24:51
3	Kim Eisler	48	Ballston Spa	26:09
MALE AGE GROUP: 45 - 49				
1	Patrick Dicerbo	49	Schenectady	22:50
2	Stephen Cook	45	Schenectady	23:50
3	Ken Sadlemire	49	Waterford	26:57
MALE AGE GROUP: 50 - 54				
1	Mike Soeller	54	Voorheesville	21:04
2	Richard Loud	50	Ballston Spa	21:42
3	Jay Quinn	50	Voorheesville	23:37
FEMALE AGE GROUP: 55 - 59				
1	Cathy Sheehan	55	Cohoes	37:49
MALE AGE GROUP: 55 - 59				
1	Christopher Maestro	58	Delmar	20:32
2	Gregory Wheeler	55	Clifton Park	22:35
3	Chris Kurkjian	55		22:44
FEMALE AGE GROUP: 60 - 64				
1	Jill Mehan	60	Troy	28:16
MALE AGE GROUP: 60 - 64				
1	Jim Sheehan	63	Cohoes	29:57
2	Michael Hannah	62	Schenectady	30:51
3	Roger Fucilli	62	Albany	43:07
MALE AGE GROUP: 65 - 69				
1	Raymond Sergott	66	Ballston Lake	27:25
MALE AGE GROUP: 70 - 74				
1	James Selmsier	70	Caroga Lake	28:31
2	Joseph Geiger	74	Saratoga Springs	30:08
MALE AGE GROUP: 80 - 84				
1	Bob McFarland	82	Schenectady	38:37
5K USATF ADIRONDACK CHAMPIONSHIP				
MALE OVERALL				
1	Conor Cashin	23	Albany	15:01
2	Ethan Clary	26	Miami	15:05
3	Steve Soprano	28	Queensbury	15:36
FEMALE OVERALL				
1	Karen Bertasso	31	Albany	18:18
2	Kari Deer	36	Slingerlands	20:10
3	Jamie Woolsey	32	Oneida	20:17
5K USATF MASTERS AGE GROUPS				
MALE AGE GROUP: 40 - 44				
1	Phillippe Rolly	43	McLean, VA	16:01
2	Steve Bell	44	Kennesaw, GA	16:22
3	James O'Connor	41	Troy	16:26
FEMALE AGE GROUP: 40 - 44				
1	Janet McDevitt	42	Bainbridge Island, WA	17:44
2	Renee Tolan	40	Clifton Park	17:47
3	Sascha Scott	40	Syracuse	17:55
MALE AGE GROUP: 45 - 49				
1	Chad Newton	46	Pisgah Forest, NC	16:01
2	Greg Putnam	45	Stoneham, MA	16:02
3	Matt Chaston	47	New York	16:15
FEMALE AGE GROUP: 45 - 49				
1	Fiona Bayly	48	New York	18:24
2	Emily Bryans	48	Schenectady	18:40
3	Jennifer Harvey	47	New York	19:12
MALE AGE GROUP: 50 - 54				
1	Mike McManus	50	West Linn, OR	15:52
2	Mark Hixson	50	Simsbury, CT	16:19
3	Nat Larson	53	Amherst, MA	16:23
FEMALE AGE GROUP: 50 - 54				
1	Marisa Sutera Strange	52	Pleasant Valley	17:54
2	Marilyn Caulfield	53	Sayville	19:55
3	Judy Stobbe	50	New York	20:07
MALE AGE GROUP: 55 - 59				
1	Charles Shields	56	Abington, PA	18:06
2	John Noonan	56	Ballston Spa	18:11
3	Thomas Dalton	57	Schenectady	18:36
FEMALE AGE GROUP: 55 - 59				
1	Nancy Simmons	56	Belvedere, CA	19:44
2	Beth Stalker	56	Burnt Hills	20:44
3	Cheryl Bellaire	56	Wayne, PA	22:07
MALE AGE GROUP: 60 - 64				
1	Reno Strrat	61	Rockaway, NJ	18:14
2	Steven Calidonna	60	Yorktown Heights	18:27
3	Mark Rybinski	60	Manlius	18:32
FEMALE AGE GROUP: 60 - 64				
1	Kathryn Martin	64	Northport	19:57
2	Mo Bartley	60	Auburn	21:00
3	Nora Cary	60	Morristown, NJ	21:40

Courtesy of USA Track & Field Adirondack

13TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON *continued*

MALE AGE GROUP: 60 - 69				
1	Dominik Mercurio	Cottkill	69	1:27:42
2	Ken Manning	Rexford	61	1:33:28
3	Dave Heyward	Wynantskill	61	2:17:57
MALE AGE GROUP: 70 - 79				
1	Jim Cunningham	Ticonderoga	71	1:37:15
2	Ralph Santos	Mechanicville	74	2:06:58
TEAMS				
1	David Buhmaster	Scotia	17	
2	Ann Seysse	Mechanicville	29	14:04
3	Alex Plastini	Rexford	19	
4	Tracy Perry	Clifton Park	51	17:43
5	Mark Cotugno	Cohoes	47	
6	Bernie Hyatt	Latham	46	20:16

Courtesy of Mohawk Towpath Scenic Byway

11TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE October 25, 2015 • Thacher State Park, Voorheesville

13.1-MILE TRAIL RACE				
MALE OVERALL				
1	Shaun Donegan	29	Malta	1:22:56
2	Rich Messineo	27	Albany	1:26:50
3	Michael Nickerson	26	Clifton Park	1:28:10
FEMALE OVERALL				
1	Claire Collison	25	Albany	1:39:57
2	Sarah Gardner	29	Clifton Park	1:47:14
3	Jessica Shery	24	Loudonville	1:50:40
MALE AGE GROUP: 15 - 19				
1	Justin Caron	16	Clifton Park	1:36:13
2	Cortlandt Tisch	19	Greenville	1:41:35
3	John Valada	15	Clifton Park	2:24:09
FEMALE AGE GROUP: 15 - 19				
1	Megan Collins	18	Walkkill	2:20:14
2	Emily Patnaude	17	Albany	2:32:22
3	Molly Ruebel	19	Petersburgh	2:39:35
MALE AGE GROUP: 20 - 24				
1	Eric Young	24	Latham	1:33:13
2	Ian Campbell	21	Voorheesville	1:42:50
3	Ryan Filler	23	Albany	1:59:36
FEMALE AGE GROUP: 20 - 24				
1	Amanda Ryan	23	Green Island	2:12:06
2	Elyce Buell	22	Skaneateles	2:13:36
3	Olivia Junco	24	Slingerlands	2:16:02
MALE AGE GROUP: 25 - 29				
1	Drew Houghtalen	26	New Milford, CT	1:37:43
2	Timothy Ela	26	Clifton Park	1:39:32
3	Daniel Dick	28	Clifton Park	1:41:23
FEMALE AGE GROUP: 25 - 29				
1	Emma Rose Miller	26	Albany	1:51:24
2	Michelle Davis	27	Schenectady	1:54:08
3	Elizabeth Weeks	28	Amsterdam	1:56:10
MALE AGE GROUP: 30 - 34				
1	Carson Thurber	31	Bennington, VT	1:34:27
2	Tim Pendergast	33	Delmar	1:36:22
3	Robert Ordish	30	Glenmont	1:37:35
FEMALE AGE GROUP: 30 - 34				
1	Lauren Carnahan	32	Latham	1:52:49
2	Tracy Baker	34	Williamstown, MA	2:00:19
3	Kelly Kolnick	31	Ballston Spa	2:01:18
MALE AGE GROUP: 35 - 39				
1	Aaron Major	36	Pattersonville	1:33:24
2	Stanislav Trufanov	36	Frammingham, MA	1:40:47
3	Kyle Breir	36	Oneonta	1:42:17
FEMALE AGE GROUP: 35 - 39				
1	Colleen Porter	38	Lake Placid	1:55:03
2	Melissa Brinkman	36	Albany	2:01:58
3	Shannon Bichteman	39	Slingerlands	2:13:24
MALE AGE GROUP: 40 - 44				
1	Ray Webster	40	Altamont	1:29:44
2	Dennis Vanvlack	43	Duanesburg	1:30:29
3	Andy Warfel	44	Elizabethtown, PA	1:39:38
FEMALE AGE GROUP: 40 - 44				
1	Lenka Halamnova	40	Averill Park	1:51:06
2	Gabriela Olivera	41	Kingston	1:59:28
3	Jenny Carpenter	44	Rhinebeck	2:12:17
MALE AGE GROUP: 45 - 49				
1	Craig Tynan	45	Schenectady	1:34:13
2	Brian Dillenbeck	45	Alplaus	1:45:39
3	Steve Seabury	47	Old Chatham	1:47:59
FEMALE AGE GROUP: 45 - 49				
1	Kim Seabury	48	Old Chatham	2:00:11
2	Alena Bicknell	49	Potsdam	2:18:14
3	Pamela Delsignore	46	South Glens Falls	2:19:13
MALE AGE GROUP: 50 - 54				
1	John Graf	50	Ballston Lake	1:41:29
2	Bruce Beesley	50	Delmar	1:42:33
3	David Jakob	50	Hoboken, NJ	1:44:36
FEMALE AGE GROUP: 50 - 54				
1	April Barnes	53	Potsdam	2:02:49
2	Stephanie Weaver	53	Warren, CT	2:20:11
3	Shelley Olm	52	Pomfret Center, CT	2:28:26
MALE AGE GROUP: 55 - 59				
1	Jimski Allott	56	Potsdam	1:40:37
2	Andrew Campbell	58	Albany	1:43:11
3	Edward Gravelle	57	Ballston Lake	1:49:00
FEMALE AGE GROUP: 55 - 59				
1	Terr Seager	57	Smyrna	2:11:00
MALE AGE GROUP: 60 - 64				
1	George Shurter	61	Middletown	1:57:32
2	Dave Walsh	61	Delmar	2:31:29
3	Peter Henner	63	Feura Bush	2:39:16
FEMALE AGE GROUP: 60 - 64				
1	Abby Doolittle	60	Burlington, CT	2:20:11
MALE AGE GROUP: 65 - 69				
1	Brian Gallagher	65	Rochester, NH	2:08:32
2	Seamus Hodgkinson	66	Delmar	2:13:29
3	Joe Yavonditte	66	Schenectady	2:15:13
FEMALE AGE GROUP: 65 - 69				
1	Laura Clark	68	Saratoga Springs	2:43:30
MALE AGE GROUP: 75 - 79				
1	George Gilder	75	Tyringham, MA	2:10:47
SIX-MILE TRAIL RACE				
MALE OVERALL				
1	Jaime Julia	31	Albany	39:33
2	Connor Devine	21	East Berne	40:48
3	Kyle McCormack	20	Albany	43:24

Courtesy of ARE Event Productions

13TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON

October 18, 2015 • Riverview Orchards, Rexford

2M RUN, 17M BIKE, 2M RUN				
MALE OVERALL				
1	Michael Cooley	Delmar	35	1:14:58
2	George Stopyak	Clifton Park	44	1:15:41
3	Ron Mentus	Glen Allen, VA	49	1:17:46
FEMALE OVERALL				
1	Kerri Thomas	Middle Granville	39	1:26:37
2	Joanne Burns	Queensbury	42	1:31:44
3	Sarah Strock	Glenmont	33	1:32:16
MALE AGE GROUP: 1 - 19				
1	Kassandra Kelly	Mechanicville	12	2:24:20
MALE AGE GROUP: 1 - 19				
1	Josh Schuhl	Charlton	16	1:39:05
2	Jake Schuhl	Charlton	16	1:39:06
FEMALE AGE GROUP: 20 - 29				
1	Kassandra Morales	Troy	22	1:47:46
2	Christin Dibelius	Altamont	29	2:00:34
3	Kimberly Pietkiewicz	Rensselaer	29	2:11:37
MALE AGE GROUP: 25 - 29				
1	Lucas Raymond	Pottersville	26	1:21:08
2	Mark Walling	Schenectady	28	1:26:21
3	Nicholas Buanarro	Clifton Park	27	2:13:30
FEMALE AGE GROUP: 30 - 39				
1	Sarah Strock	Glenmont	33	1:32:16
2	Erika Akers Beardsley	Castleton	38	1:33:00
3	Jessica Hanna	Niskayuna	36	1:42:29
4	Billie Jo Smith	Latham	32	1:46:47
5	Tammy Cumo	Slingerlands	37	1:54:15
6	Christine Cooley	Delmar	37	1:54:29
7	Shayna Yameen Guzowski	Schenectady	38	2:11:50
8	Elizabeth Katzman	Clifton Park	39	2:18:48
9	Leah Royer	Ballston Lake	32	2:19:43
10	Melissa De Andres	Wynantskill	38	2:24:25
11	Catherine Walling	Schenectady	33	2:34:11
MALE AGE GROUP: 30 - 39				
1	Jess Caprotti	Malta	30	1:18:26
2	Ian Morrison	Wynantskill	39	1:19:33
3	Dan Ayala	Schenectady	30	1:20:14
4	Joshua Katzman	Clifton Park	39	1:23:38
5	Sean Rumney	Scotia	32	1:26:27
6	Marc Miranda	Clifton Park	32	1:33:12
7	Charles Bryson	Alplaus	33	1:38:31
8	Kenan Forrester	Waterford	32	1:38:31
9	Mike Valenti	Mechanicville	37	1:49:05
10	Luke Schreiber	Clifton Park	37	1:58:22
FEMALE AGE GROUP: 40 - 49				
1	Joanne Burns	Queensbury	42	1:31:44
2	Kelli Schuhl	Charlton	43	1

TROY YMCA MONSTER MADNESS 5K RUN
October 31, 2015 • Troy Family YMCA, Troy

Table with 4 columns: Rank, Name, Age, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, FEMALE AGE GROUP: 1-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44.

Courtesy of Capital District YMCA

4TH ANNUAL SARATOGA COUNTY REVOLUTIONARY RUN FOR VETERANS 5K continued

Table with 4 columns: Rank, Name, Age, Time. Includes categories: FEMALE AGE GROUP: 60-64, MALE AGE GROUP: 65-69, MALE AGE GROUP: 70-74, FEMALE AGE GROUP: 75-79.

Courtesy of Saratoga County Veterans Trust and Agency Fund

40TH ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE
November 8, 2015 • Downtown, Schenectady

Table with 4 columns: Rank, Name, Age, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99.

Courtesy of Hudson-Mohawk Road Runners Club

"FALL BACK 5" 5 MILE TRAIL RACE
November 1, 2015 • Saratoga Spa State Park, Saratoga Springs

Table with 4 columns: Rank, Name, Age, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99.

Courtesy of Saratoga Stryders

4TH ANNUAL SARATOGA COUNTY REVOLUTIONARY RUN FOR VETERANS 5K
November 7, 2015 • Fort Hardy Park, Schuylerville

Table with 4 columns: Rank, Name, Age, Time. Includes categories: MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99.

continued

ALPINE SKIING *continued from pg 1*

mountain lodge. Here, advanced skiers will find a variety of challenging black diamonds, including favorites like Mountain Run, Upper and Lower Mackenzie, and Empire – a steep, narrow expert trail that opens only when natural snow conditions allow. For intermediate skiers, Excelsior offers 2,400 vertical feet of cruising, with multiple blue square terrain options available as you descend.

The summit area contains Whiteface's signature black diamond trails: Skyward and Cloudspin. Served by the Summit Quad, these trails offer 1,800 vertical feet of big mountain skiing. The top of the Summit Quad also provides access to The Slides, which are open only when there's enough natural snow cover. The Slides offer true double black diamond in-bounds, off-piste skiing on 35 acres of steep, narrow back-country chutes. There's 'blue square' skiing available off the Summit Quad too: Paron's Run and The Follies offer intermediate skiers the opportunity to ski down from the top of the highest lift-served terrain in the East.

Lookout Mountain, the third major trail pod, is also Whiteface's newest. Intermediate and advanced skiers will love the Wilmington Trail, a two-mile long cruiser leading back to the main base area. For black diamond skiers, Hoyt's High features 1,400 vertical feet of uninterrupted expert skiing, and the legendary moguls on Lookout Below are said to swallow skiers and spit them out at the bottom. Depending on where you are on the mountain, you'll have spectacular views of the Adirondack wilderness, Lake Champlain valley, Green Mountains and into Quebec.

Finally, don't forget about everything that has made Whiteface and Lake Placid the top-rated area for off-mountain activities, including ice skating on Mirror Lake or the Olympic speed skating oval, cross-country skiing at Mt. Van Hoevenberg, luge and bobsledding (also at Mt. Van Hoevenberg), an elevator ride to the top of the Olympic ski jumps, and much more!



RABBIT RUN, ONE OF THE MANY GLADES ON GORE. GORE MOUNTAIN

Gore – With two decades of one game-changing improvement after another, few ski areas in the East have seen more on-mountain investment in recent years than Gore. The growth curve began in the 1990s, with the creation of Gore's signature black diamond trails Rumor and Lies in 1995, and completion of the Hudson River pipeline in 1996 to supply water to the snowmaking system. Those improvements were followed up with the installation of Gore's eight-passenger high-speed Northwoods Gondola, and an entirely new summit – Bear Mountain, and trail pod in 1999. The addition of the Topridge triple chairlift and more trails in 2002, and the construction of Ruby Run in 2006 – providing access to 1,700 vertical feet of beginner terrain from the top of the gondola.

Just as the Bear Mountain expansion was quieting down, the Burnt Ridge expansion was announced. An entirely new terrain pod, Burnt Ridge is serviced by a high speed quad chairlift that came on line in 2008 and provides access to more than 1,400 vertical feet of trails and glades for intermediate and advanced skiers. And finally, in January 2011, the historic North Creek Ski Bowl was reopened for skiing with a new triple chairlift serving 800 vertical feet of both new and

historic ski trails that are interconnected with Burnt Ridge and the rest of Gore Mountain. Separated from the rest of Gore by the Pipeline and Cedars traverses, both the Ski Bowl and Burnt Ridge feel like ski areas within a ski area.

So if you haven't skied at Gore recently, you can be forgiven for not knowing your way around. Here's some more of what you need to know.

With a 2,537-foot vertical drop, Gore is now spread out on nine sides of four mountains, offering the most terrain in

New York State with 15 lifts, 109 trails (10% beginner, 50% intermediate, 40% expert), 27 glades and seven freestyle areas – totaling 42 miles and 439 skiable. Each pod of ski trails has its own character, offering different views, terrain, elevation and exposure. But no matter where you are on the mountain, whether it's the southern exposure of the Topridge pod or the northern views from the High Peaks area, you will be looking out across the unspoiled wilderness of the Adirondack Forest Preserve.

Moving efficiently around the mountain may require a little forethought, but you will be rewarded for your efforts. Even strong skiers may find it difficult to sample all that Gore offers in a weekend, let alone a single ski day. Because the mountain is spread out, you'll want to spend time exploring each section of the mountain, sampling its glades and trails, before moving on to another pod. This is particularly important when skiing Burnt Ridge and the Ski Bowl, which are separated from the other terrain pods by longer traverses.

Just about every skier will want to spend some time on the trails in the Northwoods trail pod, the core of Gore's terrain. Served by the Northwoods Gondola and the new

Adirondack Express II high speed quad, these trails are primarily blue cruisers of up to two miles in length, and 1,700 vertical feet. Nearby, the North Side trail pod offers beginner and low-intermediate terrain on trails that often feature natural snow surfaces owing to the North Side's northern exposure and protection from wind. At the bottom of the North Side, the Pipeline traverse leads to Burnt Ridge and the Ski Bowl.

Gore's 3,600-foot summit rises above Bear Mountain and is the home to the majority of Gore's expert terrain. The Straight Brook terrain pod, on the east side of the summit, features a half dozen black and double-black runs of 900 vertical feet, including Rumor, Lies, Hawkeye and Chatiemac. On the north side of the summit is the High Peaks pod with steep, narrow trails like Hulabaloo and Lower Steilhang. Expert level glades, perhaps some of Gore's best, can be found throughout both terrain pods.

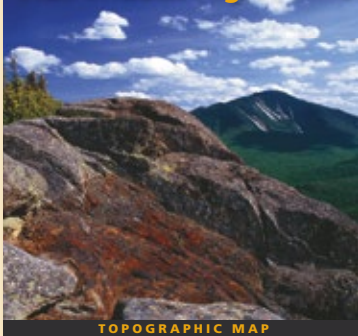
Be sure to check out the Gore and Whiteface ski and stay packages for multiple-day visits. The North Creek area is an action packed Adirondack winter destination, so consider snow tubing at the Ski Bowl; cross country skiing (and dining/lodging) at Garnet Hill Lodge in nearby North River; and restaurants, stores and lodging on North Creek's quaint Main Street.

A few final tips include consider picking up your Gore lift tickets at the Ski Bowl lodge the day before you ski. If you're planning a single day visit and have the flexibility to ski mid-week, lift tickets are \$48 every non-holiday Wednesday when you bring any Coca-Cola product to the ticket window at Gore and Whiteface – a great deal. And last, if you're figuring out how to get around Gore or just want to know where the best snow is, don't be afraid to ask – Gore Mountain is home to some of the friendliest skiers in the East! 📍

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

Pocket size. Countless applications. Waterproof. And no batteries.

Trails of the Adirondack High Peaks



ADK's new High Peaks map

- Expanded coverage
- All trail revisions and updates
- Campsite locations and unmarked paths
- Durable and tear resistant
- Corresponds to ADK's High Peaks Trails guide
- 14th Edition, \$9.95

ADK offers books, maps, workshops, lodging, and licensed guides

Member discounts apply.



37" w x 23" h; 4 1/4" w x 6" h folded

800-395-8080 **www.adk.org**

Tomhannock Bicycles
Sales & Service

Giant • Felt • Bianchi Cervelo • Co-Motion
We are now a Cervelo dealer!

2016 Bikes are Here!

Road – Mountain – Triathlon
Tandem – BMX – Kids
Bike & triathlon clothing,
Louis Garneau, Gizmo
Yakima racks & accessories
EXPERT TUNE-UPS & BEST SERVICE PRICES IN THE AREA!

3149 Route 7, Pittstown
Just 10 minutes east of Troy
(518) 663-0083
TomhannockBicycles.com
M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Sun closed

PLACID BOATWORKS

Why do we vacuum infuse our hulls? To make the lightest, toughest, most greenly produced boats.
Read more at www.placidboats.com/laminate.html
See why USA Luge has us build its sleds.

263 Station St, Lake Placid 518-524-2949 placidboats@roadrunner.com

Celebrating Our 75th Winter!

the Alpine sport shop
Since 1941

Saratoga's Ski Shop Is So Much More!

**Skis & Gear
Snowboards
Skiwear
Winter Clothing
Expert Service**

399 Clinton Street • Saratoga Springs
518.584.6290 • alpinesportshop.com

BICYCLING & TRIATHLON



2015 SPINNING CLASS AT 365 FIT IN DELMAR.

CBRC

It is no surprise that many athletes struggle when cycling indoors. Most indoor resistance trainers do not simulate outdoor riding or provide smart-technology and virtual training options. Statements like "I hate the trainer," "I can't ride indoors." and "Ride the trainer? You're crazy!" are all too common. Adherence to a structured and diverse, performance-driven regime helps to pass the time, along with company and entertainment. In addition to equipment requirements of your bicycle, resistance trainer (or rollers) and fan, indoor training essentials may also include music, television and training partners.

Glens Falls on Tuesday and Wednesday evenings at 7pm for 60 or 90 minutes. Elevate Cycles in Halfmoon has spin classes on Tuesdays, Wednesdays and Thursdays at 6:30pm, Saturdays at 7am, and Sundays at 9am. Competitive cyclist, Zack Vogel, offers classes at the Saratoga Regional YMCA in Wilton on Tuesday nights at 6 and 7pm. Of course, indoor cycling classes are also commonly offered at your local YMCA branch, health club, gym or spin studio.

The winter can be long and many are confined to riding indoors through April. Balancing your winter training with other

activities, like strength sessions, core work, and other cross-training options such as Nordic skiing, snowshoeing and running will help break the monotony and help to manage the winter blues. ▲

Andy Ruiz (aruiz@nycap.rr.com) of Ruiz Racing is a USAC certified cycling coach, specializing in power. He's been a competitive cyclist at the national and regional level for 30 years, and has also competed in running, duathlon and adventure races. In addition to coaching cyclists and triathletes, Andy has been the director of an elite women's cycling team, and currently serves as vice president of CBRC. Andy will be the instructor at Academy of the Holy Names spin classes.

Like the group ride, indoor spinning classes are what bring many cyclists together in the 'off-season.' For example, the membership clubs of Capital Bicycle Racing Club, Mohawk Hudson Cycling Club, Bethlehem Tri Club, and Helping Riders Realize Talent have joined forces to host a Thursday evening spin class at Academy of the Holy Names in Albany for the months of January and February from 6-8pm. HRRT is holding spinning classes at the Niskayuna Community Center on Wednesdays and Fridays from 6-7:30pm, and Tuesdays and Thursdays from 5:15-6:45am.

Tomhannock Bicycles in Pittstown hosts spin classes on Tuesdays, Wednesdays and Thursdays at 6pm, Saturdays at 8am, and Sundays at 9am. T3 Coaching spin classes are open to all at Grey Ghost Bicycles in



2015 SPINNING CLASS AT 365 FIT IN DELMAR.

JOHN GUASTELLA

ily the thing that allows you to endure your ride, competitive or recreational. Rather, it is your ability to sustain high intensity efforts under stress and maximum oxygen intake capacity that determine your performance. Thus, workouts that target the energy systems and power demands of actual cycling, like speed intervals, cadence drills, tempo or climbing bursts, and ladder intervals will be to your benefit.

Whether using a power-based system, heart rate zones, rate of perceived exertion (RPE, scale 1-10) or a combination, adherence to a structured, scientifically-based program that uses your own, individualized training ranges and intensities, and progresses with your developing fitness will produce the most results. Power and heart rate can be assessed by performing a functional threshold power (FTP) test and functional threshold heart rate (FTHR) testing. Athletes are encouraged to read the book, *Training and Racing with a Power Meter*, by Hunter Allen and Andrew Coggan (2010).

Here are some sample workouts:

Tempo Intervals – 10-15-minute warm-up. 3x5 minutes at 76-90% of FTP or 84-94% of FTHR (RPE 5-6) with 3-4 minute recovery (easy pedaling) between sets. As fitness improves, incorporate more sets or increase interval duration. 10-15 minute cool down. *Hint:* during tempo workouts, you should be able to complete a sentence.

Cadence Drills – 10-15-minute warm-up. 6x2 minutes, 1 minute 'on' at 105 rpms at 90% of FTP or 85% of FTHR (RPE 6-7), 1 minute 'off' at 85 rpm's at 56% of FTP or 69% of FTHR (RPE 3-4). 5 minutes easy pedaling. 5x30 seconds at 140% of FTP or 95% of maximum effort at 100 rpms with 1 minute recovery between sets. 5 minutes easy pedaling. 5x1 minute at 105 rpms at 130% of FTP or 105% of FTHR with 1 minute recovery between sets. 10-15 minute cool down.

Lactate Threshold Intervals – Note: athletes should complete minimum of 4 weeks of workouts prior. 10-15 minute warm-up. 2x10 minutes at 83-93% of FTP or 90-98% of FTHR (RPE 7) with 5 minutes recovery between sets (as fitness improves, increase to 3x10 minutes). 10-15 minute cool down.

Just for ADK Lovers
Our Popular Long-Sleeve Tech Shirt
Celtic Treasures
Stop in or order online:
456 Broadway, Saratoga Springs
CelticTreasures.com • 518.583.9452

Law Office of Eric K. Schillinger

Providing quality, affordable legal services to individuals in upstate New York

Practice areas: DWI & Criminal Defense • Divorce Estate Planning • Contract Review • Real Estate Traffic Tickets • Bicycle Accidents • Legal Seminars

If you have questions or need an attorney, please call 518-477-5408

573 Columbia Turnpike • East Greenbush

In addition to practicing law, Mr. Schillinger is director of NYCross.com, a CBRC bike racer, and a skiing enthusiast



More than just a bike shop.
The start of a true cycling community.

GREY GHOST BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ facebook.com/greyghostbicycles

STEINER'S
SteinersSkiBike.com
Ski & Bike Specialists

Now Renting **Fat Bikes**
Trek Farley 7
By Day or Weekend

IN STOCK AT GREAT PRICES!
■ Specialized Fatboy SE
■ Trek Farley 5 ■ Trek Farley 7

GLENMONT 427-2406
329 Glenmont Rd. (9W)
Mon-Thu 10-6, Fri 10-8, Sat 9-5, Sun 11-4

• www.steinersskibike.com •

Bike and Ski SALE EVENT

2016 Ski Packages

\$299-\$399
Including: Skis - Bindings - Poles

Choose from a huge selection of boots **only \$200**
1 year free tunes, free mounting, performance and size guarantee

SALOMON   

K2 Snowboard

We beat any price • Includes free mounting
1/2 price boots when snowboard is purchased

Ski or Snowboard Complete Season Rental

Adult **\$140** Skis • Bindings • Poles • Boots Kids **\$100**
Choose from a great selection! (under 130cm)

2016 Bikes Have Arrived

All at the years lowest price • Buy early and save!

Free Giant cycle trainer
with any road bike purchased.

Rock bottom closeout pricing
on all 2014 and 2015 bikes

Ride indoors on your 2016
Specialized and be ready for spring!

Road • Mountain • Kids
Yes we take trade-ins during this sale!



GREAT SELECTION
of Riding Apparel

2016 FAT BIKES In Stock
All with Researched Price



plaine and son



1816 State St, Schenectady • 518-346-1433 • www.plaineandson.com

Lake George Half Marathon & 5K

Sunday, April 24



To Benefit Strong To Serve

13.1 mile rolling out-and-back course
along the west shore of scenic Lake George

5K run/walk for family and friends

Technical shirts & finisher medals for all participants

Chip timing with Race Receipt™

Six water stops, post-race refreshments, make-your-own goodie bag

20% of entry fees to Strong To Serve

www.lakegeorgehm.com

RUNNERS DON'T HIBERNATE



Sign Up Today
for a Fleet Feet
Distance Project
Training Program

Make Fleet Feet Sports

Your

Cold Weather Running Headquarters

FLEET FEET
Sports

FOOTWEAR • APPAREL • ACCESSORIES

Locally owned and running strong since 2006

www.fleetfeetalbany.com

Fleet Feet Albany | 155 Wolf Road | 459-3338

Fleet Feet Malta | Rte. 9 Shops of Malta | 400-1213

Businesses, Organizations, Destinations & Events...

Get Face to Face
with 8,000 Sports, Fitness
& Travel Enthusiasts!

Upstate New York's Largest Consumer Show

REGISTER NOW
THE EXPO IS 75% FULL
& WILL SELL OUT!

11TH ANNUAL

ADIRONDACK
SPORTS

SUMMER EXPO

MARCH 5 & 6

Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER

522 Broadway, Saratoga Springs

Get on Board for Upstate New York's Leading Sports, Fitness & Travel Show!

- Promote/sell your products/services at the start of the season when attendees are ready to make decisions, and plan events and trips
- Stay ahead of your competition! Our exhibitors discovered great success at the 2015 expo

Maximize Your Exposure

- Showcase your products/services to an active audience
- Advertise in our attendee guide to extend your exposure
- Reach 50,000 enthusiasts through our magazine, social media and email marketing channels
- Sponsorship opportunities are available

Don't miss this sales and marketing opportunity!

Contact Darryl & Mona Caron Today

518-877-8788 • Info@AdkSports.com

More info, media kit and contract: AdkSports.com