



ADIRONDACK

SPORTS & FITNESS

FREE!
20,000 CIRCULATION

Essential Guide for the Albany, Saratoga & Adirondack Region

APRIL
2009



WITH OVER 400 MILES COMPLETED, 2008 GREAT BIG FANY RIDERS ENJOY THEIR LAST DAY OF CYCLING JUST OUTSIDE OF SARATOGA SPRINGS.

PHOTO BY ERIC DODD

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Benefit and Century Bike Rides

Summer Events for a Challenge and a Cause

by Darryl Caron

Charity and century rides in upstate New York abound this summer. The benefit tours are a popular way for organizations to increase awareness of an issue, while cyclists of all levels train and fundraise for causes they support. Some events require a registration fee and collection of pledges, while others charge an entry fee and donate a portion of their proceeds.

The century and half-century events, bike club rides, organized tours, and ultra-distance races challenge participants to train properly, improve fitness, and achieve their personal goals. These events attract from 10 to 1,000 cyclists, who choose routes from ten to 100 miles – or even a 540-mile RAAM qualifier.

On May 17, the fifth annual **Team Billy: Billy Grey Ride/Walk for Research** will take place at the Farmer's Market at High Rock Park in Saratoga Springs. Three rides of 50, 25 and ten miles in Saratoga County will be offered. Last year, a three-mile walk was added to the events. The event will commemorate Billy's life with friends and family, as well as foster public awareness of brain tumors – and continue to directly support the Billy Grey Research Chair. Billy died of a brain tumor on July 13, 2001, just short of his 13th birthday. It was Billy's wish that research dollars would someday make a difference and give another the chance he didn't have. Funding raised through Team Billy has raised \$900,000 for brain tumor research.

Heather Rizzi organizes mountain bike races and centuries in the Capital Region. Highlights include: May 17 **Sweat N' Spring Century and Metric** in Niskayuna; June 28 **Sweat N' Summer Century** in Clifton Park; Aug. 16

Sweat N' Summer #2 Century and Metric in Niskayuna; and Oct. 4 **Sweat N' Fall Century** in Niskayuna; and Nov. 22 **Sweat N' Ice Century** in Clifton Park. Visit: bikereg.com.

CycleLogical Bike Tours offers their **Tri-State Ramble** on Memorial Day Weekend, May 23-25 and again on Labor Day Weekend, Sept. 5-7. Riders can see New England at its best on these fully supported, 25- to 160-mile tours covering sections of Massachusetts, New York and Connecticut in three days. Participants can ride one to three days on rolling terrain to see the Berkshires, Taconics, vast farms and pastures, lakes and creeks and quaint villages. Lodging options are flexible. Visit: cyclelogicaltours.com.

On May 23, the annual **Spring Century and Half-Century**, organized by Placid Planet Bicycles, will start/finish in Lake Placid. On Aug. 22, the ninth annual **Pat Stratton Memorial Half-Century & Century Ride** in Saranac Lake (new location), is hosted on the beautiful roads of the Adirondacks. Each year, organizers strive to bring new 50- and 100-mile routes consisting of the best roads they can find. The rides include sag wagons, rest stations, and a great picnic. Fitness Revolution offers use of their shower facilities to participants. The proceeds from the Pat Stratton ride benefit a worthy cause each year. Visit: placidplanetbicycles.com.

On Sunday, June 7, cyclists will gather for **Tour de Cure**, an event of the American Diabetes Association, which will raise money for diabetes – the nation's fifth leading cause of death by disease. Over 1,500 riders participated last year making it the largest ride in the area. This 16th annual ride