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GARY TOTHO OF STEPHENTOWN AND DAVE BEALS OF NISKAYUNA ALONG GARNET LAKE ROAD ON THE SHORE OF LITTLE POND AND SHOULDER OF CRANE MOUNTAIN.

PHOTO BY DAVE KRAUS/
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North Creek Dirt Ramble

By Dave Kraus

Only 90 minutes from Albany or Plattsburgh, the pavement ends and the adventure begins. That's how long it takes to get to North Creek, where this dirt ramble will take you down some of the prettiest back roads in the Adirondacks.

Dirt road "gravel grinder" rides are the latest trend in cycling, with riders seeking out less trafficked, unpaved roads on cyclocross or other rough road bikes. With clearance for wider tires and attachment points for racks and mudguards, yesterday's touring bike with knobby tires added is today's gravel grinder special.

This scenic route is a typical Adirondack mix of paved and unpaved roads with stunning scenery. Streams, secluded farms, and rolling hills provide a backdrop where the roadside is speckled with wildflowers in summer and the foliage turns to a spectacular rainbow in the fall.

It's not an easy ride – in 42 miles there's almost 3,000 feet of climbing, and only one store along the way to restock. Take plenty of water and don't forget the bug repellent. Many sandy dirt sections also make this a hazardous ride for narrow-tired road bikes. A mountain bike will work, but a road bike with wide tires will definitely offer more comfort over the combined pavement and gravel.

Park downtown or in North Creek's Ski Bowl Park, then head up the hill on NY Route 28 and take a right on Durkin Road. After a short paved section with great views of the Gore Mountain ski runs, leave the pavement with a left on Claude Straight Road, then left again on Back To Sodom Road. Watch for the scenic rapids of North Creek in the woods to your left. Merge left with Oven Mountain Road and climb over the summit

where it gets its name before returning to pavement and coming to the NY Route 8 intersection in the town of Johnsbury.

Cross onto paved South Johnsbury Road and enjoy the long downhill before climbing back up and going right on Hudson Street, which will take you over to Garnet Lake Road (County Route 72), where you turn left to head toward Crane Mountain. Follow the paved road as it parallels Mill Creek and Putnam Brook, past scenic houses and views of the approaching Crane Mountain.

At mile 14.6 you pass Garnet Lake Road, the pavement ends again, and you begin the long dirt climb up and over a shoulder of Crane Mountain. The trees offer welcome shade, but that will gradually turn to open sun, and on a hot day with deer flies buzzing you it can seem like the climb will go on forever.

But after almost three miles of road rising in front of you, the grade reverses and you come out of the trees on the shore of Little Pond. Lily pads, giant boulders, and the nearby Crane Mountain create a scene you should stop and enjoy for a few minutes.

Continue past the house at the far end of Little Pond at mile 17.6, the pavement starts again, and you head into a steep, winding downhill. At mile 19.1 watch carefully and bear left onto the dirt Putnam Cross Road, which takes you on a slight detour to yet another beautiful view of Crane Mountain across an unnamed pond. Make a quick right on Ski Hi Road back to paved Garnet Lake Road, and then left to go to your next turn, another left back onto South Johnsbury Road.

Several miles of asphalt brings you to Glen Creek Road, where a right turn begins over four miles of downhill, sandy

See **BICYCLING**, 24 ▶



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KAYAKING, CANOEING & SUP

Alan's Paddling Tips

Prepare for a Swim

By Alan Mapes

Back in my motorcycling days, the best piece of safety advice I ever heard was “be prepared to hit the asphalt.” The idea was this – if you ride long enough, sooner or later you will take a fall. If you are dressed in long pants, sturdy boots, a biking jacket, gloves and a good helmet, you will minimize the damage. If you are wearing shorts and sneakers, even a minor mishap will cause a world of hurt. When it came time for me to take a skid across the pavement, I was dressed for it.

In like fashion, I suggest that every paddler prepare for a wet mishap in your boat. Sooner or later, you will take an unexpected swim. I've gone over a number of times – knocked over by an unexpected wave, tripped up by catching my paddle in the water at a bad angle, and yes, I flipped the boat while getting in at the beach (with a crowd looking on, of course).

Here are a few suggestions for your unexpected swim:

Wear the PFD – My top-three bits of advice are “wear the PFD, wear the PFD and WEAR THE PFD!” Though it's no guarantee, as we saw with the recent unfortunate incident on Lake George, people do not often die when wearing a properly fitted PFD (“personal floatation device,” also known as a life vest). Visit your local paddle shop, try on an array of life vests, and spend enough to get a really comfortable life vest that you will not mind wearing, always. This spring, on a warm day in early April, we ran into a guy paddling a small kayak on the Hudson River (water temp around 40 degrees). He was dressed in shorts, no shirt, and with his PFD nicely tucked under the bungee cords. With paddling preparation like this, an unexpected swim could easily be fatal.

Most paddlers have heard about hypothermia, the cooling of the body to a point where mental and physical functions stop working. This takes a little while, so there is some margin of time to get out of the cold water and to somehow get dry and warm. In really cold water, the functioning of your hands, arms, legs may decline pretty quickly, though.

The more immediate danger is “cold shock.” When cold water hits enough exposed skin, it may trigger an uncontrollable gasping reflex. If your head is underwater, you can gasp in a lung-full of water. There have been cases of a person falling into cold water and never surfacing. With lungs full of water, you may go right down. The moral of the story – wear the PFD and cover exposed skin.

“But I have the PFD right close at hand inside or on top of the kayak” you say. I challenge you to put on a PDF while treading water – it's very hard, even if you have practiced. Your body is down in the water and the life vest is floating on the surface. Also, a paddler might get hurt in the course of falling out of a boat – with a shoulder injury or a dozen other things. Then the PFD on the deck under the bungee cords may be completely useless. Be safe – wear it!

Protect Your Stuff – My friend Mike rescued a young man on Round Lake in Saratoga County last year. He was trying to swim his water-filled kayak back to safety – it was a long way to shore and he was not making much progress. Swirling in the water inside the boat were his iPhone (clearly drowned and dead), his PFD (any surprise?), and a few empty beer cans (I'm sure they were just litter he'd picked up along the way). Mike got him back in his boat after some hard work getting the water out of the recreational kayak (with no floatation like bulkheads/hatches or float bags). The phone was a goner, I'm sure.

Paddling with your cell phone is a really good idea – for use in case of an emergency,



for checking the radar for storms, for looking up the Hudson River tides, etc. For goodness sake protect it with a good dry box (I like Pelican brand) or dry bag (not a cheap one). While you are at it, add to the dry box your wallet and your car keys. Electronic keys are not meant for water.

Avoid the “Garage Sale” Capsize – Have you seen this one? Someone capsizes and it looks like a garage sale with stuff floating away in all directions – water bottle, sponge, sandals, hat, paddle, granola bars, pump, paddlefloat – you name it. I try to keep my stuff together by securing it somehow. The pump is under the bungees on the front deck or tucked in along side the seat, if there is room. The paddlefloat is clipped to a strap behind my seat, snacks and waterproof camera are in my PFD pockets, and the hat has a strap on it. My water bottle is under the bungee cords or in a knee tube under the deck. The bailing sponge is crammed in beside my seat.

Water from Above – While we are talking about getting wet, let me mention two things I use to cope with water from above. A spray skirt covers my lap and keeps water out of the cockpit. This addresses rain and the drips from my paddle. I often use a Greenland stick paddle, which drips quite a bit. In addition to wearing a skirt, I carry a rain jacket in a dry bag or in a day hatch, accessible while on the water. That jacket serves two duties – the obvious rain protection and some important protection from cold. My old Gore-Tex jacket is large enough to fit right over the PFD, so it can quickly be put on while on the water. It goes on me when needed, but is also available if someone else in my paddling group gets chilled. It's amazing how much warmth that rain jacket adds.

Practice – When I take an unexpected swim (when, not if), I may be surprised, but I'm not shocked. That is because I practice the maneuver. We call this a “wet exit” – overturn your boat, wait a couple of seconds, get out in a calm, safe and controlled manner, and deal with the aftermath. You can read about rescues and watch all the great videos on paddling.net and youtube.com, but you will not be prepared until you actually do it. To practice in a safe manner, seek out an experienced kayaker who knows the rescue techniques, or find a class given in your area.

My favorite paddling shop has a sign on the wall that goes something like this: “Novice paddlers have never capsized, experienced paddlers have done it dozens of times.” 🙄

Alan Mapes (alanmapes@gmail.com) is an American Canoe Association certified Coastal Kayak Instructor and lives in Delmar. He offers kayaking classes through the Capital District Kayakers Meetup Group: meetup.com/capital-district-kayakers.



▲ PADDLERS ON THE HUDSON RIVER PRACTICE WHAT TO DO IF YOU FALL IN.

◀ ESSENTIAL ITEMS FOR PADDLING – A PFD, JACKET FOR WARMTH, AND DRY BOX FOR PHONE, WALLET AND KEYS.

PHOTOS BY ALAN MAPES

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AROUND THE REGION **News Briefs**

The Hub is Now Open

BRANT LAKE – The Hub, a cycling cafe and bar with on-site bike repair, is now open in Brant Lake. Designed to make the experiences that make life worth living possible, The Hub offers a place to park, meet, change, warm up/cool down, and get something to eat or drink for both riders and non-riders alike. Located just five minutes east of Northway Exit 25, you can easily start and end your ride in the scenic Tri-Lakes region of the Adirondacks in north Warren County. Or start from another location and use the The Hub as a rest stop to enjoy a mid-ride snack or meal on the beautiful Mill Pond. The bar at features craft beer on tap, a wine list, and a craft can and bottle list. The cafe features coffee, signature sandwiches and personal pizzas, and artisan ice cream, gelato and sorbet. On Sunday, August 9 at 9am, the Christine Nicole Perry Memorial Bike Ride will start/finish at The Hub, with 33- and 14-mile ride options and lunch included (chrissyfund.com). For more info, call The Hub at (518) 494-4822, visit thehubadk.com, or find them on Facebook: The Hub Brant Lake. 🌲

Capital Region Bikeshare Month

ALBANY – The Capital District Transportation Committee announces Capital Region Bikeshare Month from July 10 to August 15. This will be one “Bikeshare Week” of short-term bikeshare pilots in the cities of Albany, Saratoga Springs, Schenectady and Troy. CDTC has selected Buffalo Bikeshare to provide the bikes and staff. There will be 25 bicycles available for use between 10am and 8pm at Jay and State Street in Schenectady, Riverfront Park in Troy, Broadway and Division Street in Saratoga Springs, and Washington Park in Albany. The schedule is Schenectady July 10-16; Troy July 20-26; Saratoga Springs July 30-August 5; and Albany August 9-15. Once registered, people may use the bikes at no cost, although a credit card is needed as security. For more information, visit capitalmoves.org. 🌲

140.6 Times Two for a Cure

LAKE PLACID – On July 27, 60-year-old Lake Placid resident, Mac Rand will set out to complete the Ironman Lake Placid, his fifth Ironman race. Then, the next day, while everyone is recovering, he will set out to do the entire 2.4-mile swim, 112-mile bike and 26.2-mile run course again, by himself – that’s 281.2 miles total! Why? Mac lost his brother Greg to blood cancer in 1992. Ever since he has been on a mission to raise awareness about the Leukemia & Lymphoma Society through Team In Training, and to honor all of those who have lost or continue to fight their battle against cancer. On top of the endless training, Mac has set a fundraising goal of \$28,120 (\$100 per mile). He is only \$7,700 away from his goal! To donate and learn more about Mac, visit pages.teamintraining.org/uny/yourway15/wmrand. If you will be in Lake Placid and would like to provide course support, or bike or run with Mac on day two, contact Charly Mallet, TNT campaign manager at charly.mallet@lls.org. 🌲



New Paddling Maps from St. Regis Canoe Outfitters

SARANAC LAKE – St. Regis Canoe Outfitters, with stores in Saranac Lake and Floodwood, has published two new waterproof maps for canoeists, kayakers and SUPers, one covering the three Saranac Lakes and the other covering the St. Regis Canoe Area. The full-color maps cover some of the same area as their original Adirondack Paddler’s Map, but are more detailed, smaller for easier use, and half the price. The St. Regis Canoe Area map covers the St. Regis Canoe Area plus Lake Clear, St. Regis Lakes, Upper Saranac Lake and Fish Creek Ponds area. The Saranac Lakes map includes Middle Saranac Lake, Lower Saranac Lake, Oseetah Lake, Kiwassa Lake, Lake Flower, Upper Saranac Lake and Fish Creek Ponds area. The topographical maps include campsites, lean-tos, put-ins, carry trails, hiking trails, islands, marshes, brooks, peaks, roads, communities, and forest preserve classifications are differentiated. Purchase at your local bookstore, outfitter or visit canoeoutfitters.com. 🌲

Columbia County Rotary Ride

VALATIE – The fourth annual Columbia County Rotary Ride will be held on Saturday, August 16 at Volunteer’s Park in Valatie. The bicycle ride features ten, 30 and sixty mile routes through scenic Columbia County. The Kinderhook Tri-Village Rotary Club invites you and your family to join the ride to benefit the Valatie Theater, domestic and international Rotary Club charities, and to continue the Kinderhook-Niverville-Valatie trail, popularly known as “the rail trail.” The trail will safely link the communities with an all-season path for pedestrians, equestrians, and users with non-motorized vehicles. For details and online registration, visit ccrotaryride.org or call Steiner’s Ski & Bike in Valatie at (518) 784-3663. 🌲

State Announces Plans for Remsen-Lake Placid Corridor

SARANAC LAKE – New York State’s announcement on July 9th sets the stage for the construction of a multiuse recreation trail that will link the Tri-Lakes, extending 34 miles from Lake Placid to Saranac Lake to Tupper Lake. Credit is due to commissioners Joe Martens and Joan McDonald for their leadership, the Governor’s staff for their active contributions to the final proposal, the 12 municipalities who passed resolutions pressing the state for this review, and the 408 businesses and over 12,000 citizens who signed petitions asking for a rail trail, including 3,000 who signed at the Adirondack Sports & Fitness Expos. Adirondack Recreation Trail Advocates studies suggest that this initial 34-mile segment will attract no less than 56,000 new annual visitors and ultimately as many as 250,000. The impact on local economies will be significant, adding between \$5 and \$20 million in new local spending. For local residents the trail will provide a new, safe way to recreate and commute. ARTA anticipates that new amenities and businesses will sprout up to serve the users of the trail, with resulting opportunities for employment and investment.

The advocates are disappointed that the section south of Tupper Lake was not included in the state’s plan, especially since this is the most spectacularly scenic stretch of the corridor. And leaving the unused rails in place precludes much of the potential winter benefit towns like Tupper Lake and Piercefield would get from snowmobilers coming north from Old Forge. However, the first 34-mile section will demonstrate how valuable a rail-trail can be to local communities, with natural pressures to extend its reach. ARTA will continue to work to make this trail a success. They will participate in the coming hearings and will continue to press the case for the full 90-mile trail, for connector trails to the Rollins Pond interior trail network, and to the Wild Center in Tupper Lake, for amenities and signage along the trail that highlight its unique history, and for promotion of the trail to help us reach visitor goals. The official website, adironackrailtrail.org is now live, with an interactive trail map, connecting hiking, biking and snowmobile trails, local businesses, and more to come. 🌲

In Memory of Jeff Clark

September 28, 1946 - May 22, 2014

The athletic community lost a good friend and sportsman recently with the passing of Jeff Clark of Saratoga Springs.

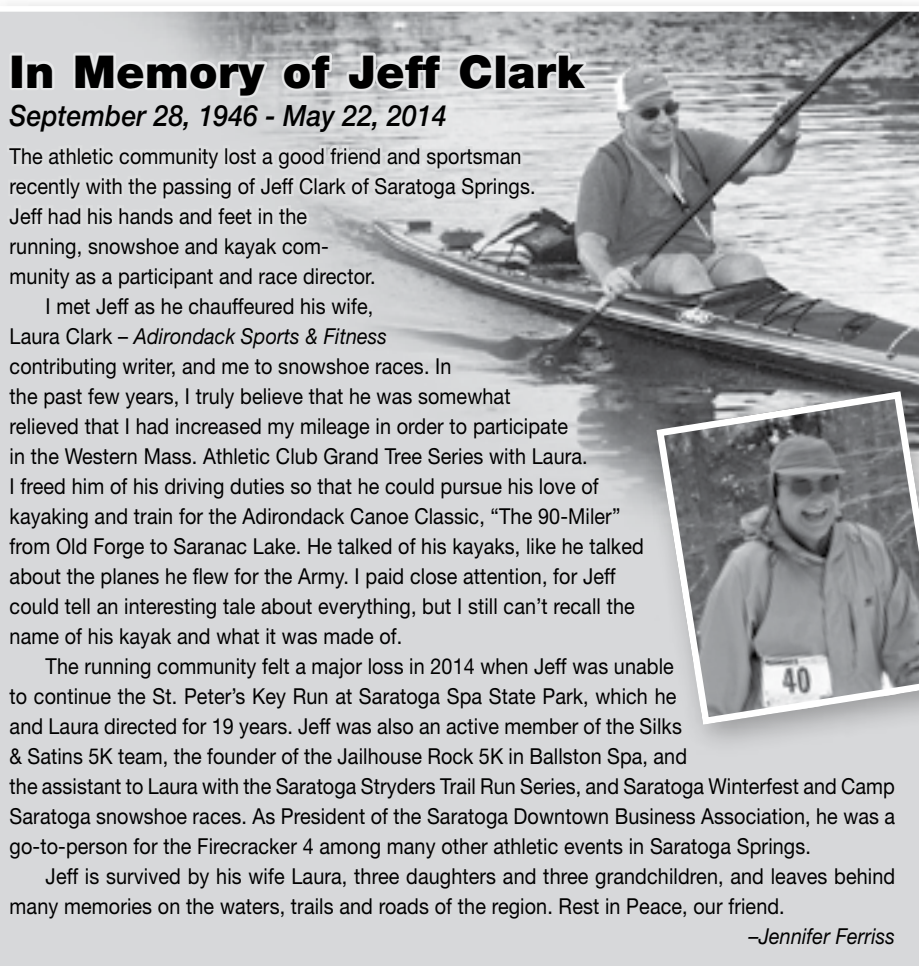
Jeff had his hands and feet in the running, snowshoe and kayak community as a participant and race director.

I met Jeff as he chauffeured his wife, Laura Clark – *Adirondack Sports & Fitness* contributing writer, and me to snowshoe races. In the past few years, I truly believe that he was somewhat relieved that I had increased my mileage in order to participate in the Western Mass. Athletic Club Grand Tree Series with Laura. I freed him of his driving duties so that he could pursue his love of kayaking and train for the Adirondack Canoe Classic, “The 90-Miler” from Old Forge to Saranac Lake. He talked of his kayaks, like he talked about the planes he flew for the Army. I paid close attention, for Jeff could tell an interesting tale about everything, but I still can’t recall the name of his kayak and what it was made of.

The running community felt a major loss in 2014 when Jeff was unable to continue the St. Peter’s Key Run at Saratoga Spa State Park, which he and Laura directed for 19 years. Jeff was also an active member of the Silks & Satins 5K team, the founder of the Jailhouse Rock 5K in Ballston Spa, and the assistant to Laura with the Saratoga Stryders Trail Run Series, and Saratoga Winterfest and Camp Saratoga snowshoe races. As President of the Saratoga Downtown Business Association, he was a go-to-person for the Firecracker 4 among many other athletic events in Saratoga Springs.

Jeff is survived by his wife Laura, three daughters and three grandchildren, and leaves behind many memories on the waters, trails and roads of the region. Rest in Peace, our friend.

–Jennifer Ferriss



FROM THE PUBLISHER & EDITOR

Sometimes you’re the windshield, sometimes you’re the bug... Live life to the fullest and be safe this summer. We’ve packed a lot into these pages so enjoy the issue, and get outside and do it! Please support our advertisers, who help bring this magazine to you – and tell them you saw their ad in “Adirondack Sports & Fitness.” Thanks for reading us and we’ll see you out there!

Darryl and Mona



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Calendar of Events August - October 2014

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ALPINE SKIING

AUGUST

21-30 Preseason Ski & Snowboard Sale. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

BICYCLING

ONGOING

- Daily Mohawk-Hudson Cycling Club.** 300 rides/year for all. Albany-Saratoga. Schedule: mohawkudsoncyclingclub.org.
- Daily R-Cubed: Run-Ride-Race Group Rides.** Capital Region. Rich Tortorici: 459-3272. facebook.com/rcubedrunriderace.
- Daily Coaching Rides & Bike Tours.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Mon Ice Cream Ride.** 15M. 6pm. The Hub, Brant Lake. 494-4822. thehubadk.com.
- Tue Adk Spokes Time Trials: 6/10-8.12.** 10M. 6:30pm. West River Rd, Fort Edward. 793-5676. insideedgeskiandbike.com.
- Tue Women's Night Ride.** 6pm. Multiple groups as needed. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Wed Tomhannock Wednesday Ride.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Wed Spa City Ride.** 6:15pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacycitybicycleworks.com.
- Thu Shop Ride.** 6pm. Moderate pace (16-18mph), no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Thu Tomhannock Women's Ride.** 5:30pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Thu Group Ride.** 30M. 6pm. The Hub, Brant Lake. 494-4822. thehubadk.com.
- Thu Faster Road Ride & Women's Road Ride.** 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- Sat Shop Ride.** 8am. Group A: keep up if you can. Group B: options as well. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

AUGUST

- 1-3 Montreal Double Double.** 400M. Schuylerville-Montreal-Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 2 Gear Up for Lyme: Mt Equinox Uphill Bike Climb.** 5.4M, 3248ft up. 8am. Skyline Dr, Manchester, VT. gearupforlyme.com.
- 2 7th Tour of the Catskills.** TT, criterium, road race. Tannersville/Windham. tourofthecatskills.com.
- 3 12th Christine Nicole Perry Memorial Bike Ride.** 33M along Schroon River & Loon/Friends/Brant lakes. 14M along Schroon River & Brant Lake. 9am. Lunch included. New location! The Hub, Brant Lake. 644-3020. chrissysfund.com.
- 3 3rd Ausable 'Ride for the River' Bike Ride.** 45M/30M/10M. 9am. Hungry Trout, Wilmington. ridefortheriver.org.
- 3 Jamis H2H Race #6 Taconic 909 Challenge.** 6.5M-20M. 9am. Pleasant Valley. 845-505-1211. espraces.com.
- 10 ADK's ididaride: Adirondack Bike Tour.** 75M: 8:30am. 20M: 12pm. Ski Bowl Park, North Creek. Adirondack Mtn Club: 800-395-8080. adk.org.
- 10 3rd Champlain Canalway Trail Bike Tour.** 30M. 9:30am. Saratoga NHP, Stillwater. 580-9456. hudsoncrossingpark.org.

- 16 4th Columbia County Rotary Ride.** 60M 9am. 30M 10:30am. 10M 11:30am. Scenic Columbia County routes. BBQ. Volunteer's Park, Valatie. Steiner's Ski & Bike: 784-3663. ccrotaryride.org.
- 17 Lake George Bike/Boat Ride: Tom Jacobs Memorial Ti Ride.** Early AM: 41M bike Lake George to Ticonderoga. 11am: Mohican boat Ti to LG. 668-5777. lakegeorgesteamboat.com.
- 23 14th Pat Stratton Memorial Century Ride.** 100M/50M/25M & kids ride. 8am. Rain date: 8/24. Mt Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 23-24 31st Chris Thater Memorial Cycling Races.** Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 24 9th Hoosic River Ride.** 7M/30M/50M/75M/100M. Williamstown Youth Center, Williamstown. hoorwa.org.
- 31 Darn Tough Ride.** 100M/65M/45M/20M. 7am. Smuggler's Notch, Stowe, VT. darntoughride.com.

SEPTEMBER

- 6 Double H Ranch Camp Challenge Ride.** 30M/62M routes. Lunch, music, party. Double H Ranch, Lake Luzerne. 696-5921 x269. doublehbranch.org.
- 6-7 MHCC Saratoga Century Weekend.** 100M 8am. 62M 9am. 50M 10am. 25M 11am. Catered lunch provided. Saratoga Spa SP, Carlsbad Pavilion, Saratoga Springs. mohawkudsoncyclingclub.org.
- 6 Kelly Brush Century Ride & BBQ.** 100M. 7:30am. Middlebury, VT. 802-497-4909. kellybrushfoundation.org.
- 7 2nd Hunter-Greene Fall Classic Ride.** 39-78M. Hunter. anthersports.us.
- 7 2nd Tour de Daggett Lake Bike Rides.** 65M 8am. 20M 9am. Daggett Lake, Warrensburg. 623-2198. daggettlake.com.
- 13 Mt Greylock NCC Hill Climb Time Trial.** 9M. 8am. Western Gateway SP, North Adams. greylocktt.nohobikeclub.org.
- 13 7th Bart Center No Limits Benefit Ride.** 100M/60M/30M/9M. 7am. Manchester Center, VT. bartcenter.com.
- 14 7th Lance Gregson 1-Eye Classic Cycling Rides & Picnic.** Town Park/Beach, Schroon Lake. 3M 11am. 12M 10:30am. 26M 9:45am. 40M 8:30am. 60M 8am. 532-9479. schroonlakecycling.com.
- 14 4th Cycle for Life Rides.** 32M/62M. 8am. Saratoga Train Station, Saratoga Springs. 783-7361. cff.org.
- 20 1st Bike Otsego 2014.** 12M family/30M/75M rides & two MTB rides. Celebrate Baseball HoF's 75th anniversary. Damaschke Field, Oneonta. bikeotsego.com.
- 20 Gran Fondo Gunks.** 18M/38M/68M/108M. 8am. Ulster County Pool, New Paltz. wildcatepicevents.com.
- 20 7th BikeFest Tour of the Valley.** 8M-104M. 7am. Look Park, Northampton, MA. bikefest.nohobikeclub.org.
- 21 Sweat N Fall Metric/Century.** 100M/62M. 10am. Parkwood Plaza, Clifton Park. hrrtonline.com.
- 27 7th Ride, Run, Walk 4 Love.** 5K run/walk, 15M or 30M bike ride w/lunch. 9am. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. rrw4l.com.
- 27 1st Climb4Love Ride.** 58M w/4 challenging climbs: 3,737ft elevation gain. 7:30am. Support, lunch. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. love146.org.
- 27 Drops To Hops Race/Ride.** 43M race/23M fun ride. 9am. Brewery Ommegang, Cooperstown. clarkssportscenter.com.
- 28 1st Rensselaerville Cycling Festival.** Team Jamis/Hagens Berman Gran Fondo: Ride w/the Pros. 84M/55M/25M: 9am. 8M Festival Ride: 10am. BBQ, kids' rides: 12pm. Carey Institute for Global Good, Rensselaerville. rensselaervillecycling.com.
- 28-10/2 19th New England Adventure Bicycle Tours: Lake Champlain Bikeways Fall Foliage Tour.** 369-6589. newenglandadventure.com.

OCTOBER

- 5 Fall Foliage Gravel Grinder Ride.** 66M. Post-ride brew/brats. Canterbury Farm, Becket, MA. berkshirerecycling.org.
- 11 Breast Cancer Awareness Benefit Ride.** 12M or 21M loop. 11am. Pedals & Petals, Inlet. pedalsandpetals.com.
- 12 27th Great River Ride Century & Berkshire Brevet 170K.** 111M/85M/62M/35M. Westfield, MA. newhorizonsbikes.com.
- 25-26 Haunted Hundred Overnight Century.** 6pm. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

12TH ANNUAL



Christine Nicole Perry
Memorial
Bike Ride

Sunday, August 3 at 9am
New Location! THE HUB
27 Market St, Brant Lake

33 miles along Schroon River and Loon, Friends, Brant lakes
14 miles along Schroon River and Brant Lake


Rain or shine • Post-ride lunch included
Preregistration Appreciated:
chrissysfund.com
Day of registration: 8-8:45am

More Info: 518-644-3020
or info@chrissysfund.com


Proceeds benefit Christine Nicole Perry Memorial Trust

Challenge Yourself
Change the Life of a child

30 Mile and 62 Mile Routes



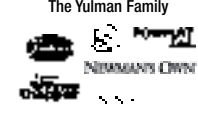
All proceeds to benefit the



SEPTEMBER 6, 2014
at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehbranch.org

Camp Challenge Ride Sponsored by:
Neil and Jane Golub
Victor and Yvette Hershaft
Dan and Jan Lewis
Vince and Patty Riggi
Ron and Michele Riggi
The Yulman Family




all levels of ability
welcome

more than
300 rides per year

join or renew online:
MohawkHudsonCyclingClub.org

Join in the 14th annual
**Pat Stratton
 Memorial
 Century Ride**



Best Ride in the Adirondacks!
Saturday, August 23, 8am
 Mt. Pisgah Lodge, Saranac Lake
 100mi, 50mi, 25mi & kids' ride
 Rides for all ages & abilities • Rain date: 8/24
 T-shirt, picnic, music, poker ride w/prizes!
Register: Active.com
 Info: Bob Scheefer (518) 891-5873
 adkbuild@roadrunner.com
 Benefits Kiwanis Club of Saranac Lake youth programs

Rick's Bike Shop



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 EASTERN • STOLEN**
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(518) 793-8986

Race With The Wind



Saturday, Aug. 16
 Start 10am

Ride among the wind towers
 of Lewis County, NY
 Registration 8:30am
**Maple Ridge Wind Farm,
 6972 Eagle Factory Rd, Lowville**
46-mile Mountain Bike Race
10-mile Community Ride
 Call (315)376-2213 or visit
 www.LewisCountyChamber.org calendar of
 events for more information or to register
www.BikeReg.com

HEALTH & FITNESS ONGOING

Mo-Sa Rock Your Fitness Classes. 8/4-30: M/W/F 5:15 or 6:45am; Tu/Th 5:15am; Sat 6:15am. Next Session: 9/22-11/1. Saratoga-Wilton Soccer Club, Malta. Sat, 8/2-30: Park Workouts. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
Daily Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenororthyogaonline.com.
Tue Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenororthyogaonline.com.
Fri Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenororthyogaonline.com.
Sat Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenororthyogaonline.com.

HIKING & ROCK CLIMBING JULY

Daily Guided Hikes. Short & long hikes. Lake George Kayak, Bolton Landing. 644-9366. lakegeorgekayak.com.
26 Esther Mtn Hike. 6.6M. 8:30am. Candyman Shop, Wilmington. Adirondack Mtn Club: 523-3441. adk.org.
28 Street & Nye Mtn Hike. 9M. 7am. Adirondack Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
28-31 Johns Brook Valley Teen Adventure. Ages 14-17. Adirondack Mtn Club: 523-3441. adk.org.

AUGUST

2-3 Leave No Trace Trainer. Backpacking. Adirondack Mtn Club: 523-3441. adk.org.
4 Donaldson & Seward Hike. 14M. Adirondack Mtn Club: 523-3441. adk.org.
7-10 Manchester Sidewalk Sale. Mountain Goat, Manchester, VT. 802-362-5159. mountaingoat.com.
9 Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
 9 Super Moon Hikes. 8pm. Short guided nightlife trek. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.
15-17 Trailless Backpacking: Seward. 10M. 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
 16 History Hike. 2M. 10am. Learn about logging/mining. Garnet Hill Lodge, North River. 251-2444. garnet-hill.com.
18 Dix & Hough Hike. 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

SEPTEMBER

5-7 Trailless Backpacking: Allen Mt. 15M. 10am. Trailhead. Adirondack Mtn Club: 523-3441. adk.org.
8 Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
15 Mt. Marshall Hike. 17M. Adirondack Mtn Club: 523-3441. adk.org.
22 Donaldson & Seward Hike. 14M. Adirondack Mtn Club: 523-3441. adk.org.
26-28 Trailless Backpacking: Seward. 10M. 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
29 Dix & Hough Hike. 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

OCTOBER

3-5 Trailless Backpacking: Santanoni Range. Adirondack Mtn Club: 523-3441. adk.org.
6 Tabletop Hike. 9.8M. Adirondack Mtn Club: 523-3441. adk.org.
11-13 Trailless Backpacking: Allen Mt. 15M. 10am. Trailhead. Adirondack Mtn Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS ONGOING

Daily HPC MTB Center. Open daily. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
Sun Spa City Ride. 3:30pm. Location: check Facebook. Spa City Bicycleworks: 587-0071. spacitybicycleworks.com.
Sun Whiteface "Poor Man's Downhill" MTB Rides & Shuttle. 8/3, 17; 9/7, 21. Leepoff Cycles, Wilmington. Leepoff: 576-9581. bikewilmingtonny.com.

Tue Inside Edge MTB Ride. 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
Tue HRRT Hot August Nights MTB Race Series. 8/5, 12, 19; 9/2. 6pm. Central Park, Schenectady. hrrtonline.com.
Wed HPC/VIC MTB & Trail Run Series. 7/23; 8/6, 20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
Fri "Fun Not Fear" 1-Day Dirt Camps. 8/1-29; 9/5-19. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
Sa-Su "Fun Not Fear" 2-Day Dirt Camps. 7/5-9/21. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.

JULY

27 SOS MTB Challenge Race. Stewart State Forest, Newburgh. nysmtbseries.com.
 26-27 The Hardcore 24 Endurance MTB Race. Solo, 2/4/5-person teams. Ontario Co Park, Naples. thehardcore24.com.
27 Eastern States Cup "Test Your Glory" World Cup DH Preview Race. 1M. 12:30pm. Windham Mtn, Windham. racewindham.com.

AUGUST

3 Taconic 909 Challenge. 9am. Taconic Hereford MUA, Pleasant Valley. 845-505-1211. espraces.com.
7-10 UCI MTB World Cup. XCO, DHI, XCE, Race the World (XC, DH, Kids) & Festival Events for Everyone. Windham Mountain, Windham. 943-3223. racewindham.com.
 9 1st Churney Gurney MTB Race. 4-12M. All classes & kids race. Gurney Lane Town Park, Queensbury. Bob Underwood: 796-5908. underthewoodsfoundation.org.
 9 Red Bull Berm Burners Pump Track Challenge. 1M. 5:30pm. Windham Mtn, Windham. racewindham.com.
 10 Suicide Six. 6-Hr Endurance MTB Race. Harriet Hollister Spencer Park, Canadice. parkavebike.com.
16 Race with the Wind MTB Race & Ride. 46M gravel grinder race or 10M community ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. bikereg.com.
 23 10th SMBA Mix Up the Dirt (MUD) Fest. 10-4. Group rides, BBQ. Daniels Rd SE, Saratoga Springs. saratogamtb.org.
 24 Belleayre Mtn All Terrain Challenge. Highmount. nysmtbseries.com.
 24 North Face Race to the Top of Vermont. MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtttovt.com.
30-31 2nd ADK 80K MTB/Cyclocross & Trail Run Races. Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

7 Reidlbauer Round Top Rally. 10am. Riedlbauer's Resort, Round Top. 965-0487. nysmtbseries.com.
14 Kirkland Cyclocross. 9am. Kirkland Town Park, Kirkland. nycross.com.
 15 Tymor Park Challenge. 6-18M. 9am. Tymor Park, Lagrangeville. h2hrace.com.
20 Uncle Sam GP of Cyclocross. Prospect Park, Troy. nycross.com.
20 1st Bike Otsego 2014. Two MTB rides & 12M family/30M/75M road rides. Celebrate Baseball HoF's 75th anniversary. Damaschke Field, Oneonta. bikeotsego.com.

MOUNTAINEERING & WILDERNESS SKILLS JULY

28-8/1 Kid's Wilderness & Storytelling Camp. Ages 6-8. 9am. N-dakinna, Greenfield Center. 583-9958. ndcenter.org.
28-8/1 Wilderness Adventure Day Camp. Ages 9-11/11-14. 9am. N-dakinna, Greenfield Center. 583-9958. ndcenter.org.
26-27 Wilderness First Aid Course (SOLO)/WFR Recert. Adult/teen. 8am. N-dakinna, Greenfield. 583-9958. ndcenter.org.

AUGUST

4-6 Jr Pathfinders Wilderness Training. Ages 10-12. 4pm. N-dakinna, Greenfield Center. 583-9958. ndcenter.org.
4-9 Pathfinders Wilderness Training & Adk Canoe Trip. Ages 12-16. N-dakinna, Greenfield. 583-9958. ndcenter.org.
12-15 Martial Arts & Wilderness Camp. Ages 8-12. N-dakinna, Greenfield Center. 583-9958. ndcenter.org.
18-22 Wilderness First Responder Course (SOLO). Adults/teens. 8am. N-dakinna, Greenfield. 378-5623. adkwildmed.com.
25-28 Wilderness First Responder Course (SOLO). Adults/teens. 8am. N-dakinna, Greenfield. 378-5623. adkwildmed.com.

Saratoga Century Weekend

**SATURDAY-SUNDAY
 SEPTEMBER 6-7**

**Carlsbad Pavilion
 (near Peerless Pool)
 Saratoga Spa State Park
 Saratoga Springs**

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch provided

**Mohawk Hudson
 Cycling
 Club**



HELMETS ARE REQUIRED

MohawkHudsonCyclingClub.org

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Doctor Christopher Bath

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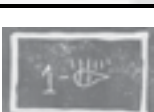
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 518.373.9999 www.ProactiveChiropracticPLLC.com

7th Annual
**Lance Gregson
 1-Eye Classic**



**Cycling Rides & Picnic
 Sunday, Sept. 14
 Town Park/Beach, Schroon Lake**

Easy Does It (3+ miles): 11am
 Scenic Route (12 miles): 10:30am
 Lance's Loop (26 miles around lake): 9:45am
 Cyclist's Dream (40+ miles): 8:30am
 Lance's Challenge (60 miles): 8am
 Post-ride live music, picnic, raffle
SchroonLakeCycling.com
 518-532-9479 • Rain or shine



Mt Equinox Uphill Bike Climb

Saturday, August 2 • 8AM
 Skyline Dr, Manchester, VT
 5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship:
GearUpForLyme.com or BikeReg.com
 aholzman1@earthlink.net
 Presented by Manchester Rotary Club



**Details and Registration:
www.bikeotsego.com**

Saturday, September 20 Damaschke Field, Oneonta

Come celebrate the National Baseball Hall of Fame's 75th Anniversary with a ride through scenic Otsego County and the birthplace of baseball!

Three ride lengths - 12 miles (family friendly), 30 miles and 75 miles
 Plus, two mountain bike ride options

DUATHLON

5K Run, 30K Bike, 5K Run

Sunday, October 12, 2014

8:30 am SUNY Adirondack College

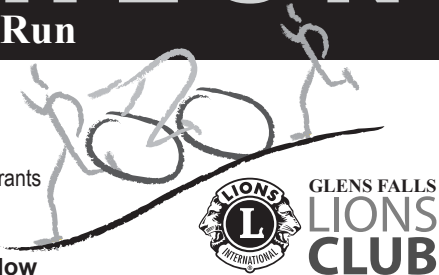
- ❖ Chip timed ❖ Participant only raffles
- ❖ Free micro-mesh tee shirt to the first 200 entrants
- ❖ One, two and three person teams
- ❖ Corporate teams of three welcome

Register at the Greenleaf website below

<https://greenleafacing.webconnex.com/gfdu>

www.glensfallsions.org

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BIBTherapeuticMassage.com

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Daily Training Clinics, Coaching Rides & Bike Tours.** High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Mon 31st HPC Mini-Tri Series.** 6/23-8/11. 6pm. 400yd swim, 12M bike, 3M run. Kids Mini Tri (age 5-14), 3pm: 7/14 & 8/11. Mirror Lake beach, Lake Placid. 523-3764. highpeakscyclery.com.
- Tue CDTC Crystal Lake Training:** 6/3-8/25. 6pm. Crystal Lake, Averill Park. cdtriclub.org.
- Tue Beginner Tri Series:** 8/5, 12, 19, 25. 300yds, 5M bike, 1M run. 5:30-7pm. Haviland's Cove, Glens Falls. adktri.org.
- Thu BTC Warner Lake Training.** 6/5-9/4. 6pm. Warner Lake, East Berne. bethlehemtriclub.com.
- Thu STC Moreau Lake Swims.** 5/29-8/28. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

JULY

- 27 16th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.
- 27 Pedal & Plod. 4M run, 22M bike. 8:30am. Center St, Adams, MA. 413-344-3968. runwmac.com.

AUGUST

- 1 Fronhofer Tool Kids Triathlon.** 6:15pm. Kids (11-15): 100 yd swim, 3M bike, 1M run. Mini (5-10): 50yd swim, 1M bike, 0.5M run. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 2 8th Fronhofer Tool Triathlon.** Olympic: Individual, partner (new), relay team. 8am. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 2 5th Peck's Lake Challenge Sprint Triathlon.** 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. fultonmontgomeryny.org.
- 2 The Bitter Pill.** Trek, swim, paddle, MTB, navigate 12-hour race. 5am. Richmond, VT. 802-434-8639. gmara.org.
- 3 Iron Girl Sprint Triathlon:** 600m swim, 30K bike, 5K run. 7am. Oneida Shores Park, Syracuse. irongirl.com.
- 3 Lyme Sprint Triathlon.** 600m swim, 17.6M bike, 4M run. 8:30am. Fire Hall, Chaumont. 315-783-0995. chaumontny.org.
- 3 12th Rome Rotary CanalFest Duathlon.** 1.2M kayak, 3.1M run. 5pm. Bellamy Park, Rome. directory-online.com.
- 10 VT Sun & Lake Dunmore Triathlons.** Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlonseries.com.
- 16 Crystal Lake Triathlon.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. race@cdtriclub.org. cdtriclub.org.
- 16 10th West Point ToughKids Tri.** 8:30am. Camp Buckner, West Point. active.com.
- 17 2nd Peasantman Steel Distance Triathlon.** Full (144.6M), half (72.3), half relay, full/half aquabike, Steel Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.
- 17 3rd Old Forge Triathlon.** Intermediate: 1000m swim, 22M bike, 4M run. 8am. Old Forge Pond. atcendurance.com.
- 17 Dutchess County Sprint Triathlon & Duathlon.** Wilcox Park, Stanfordville. nytri.org.
- 23 6th DACC Triathlon.** 325yd swim, 10M bike, 5K run. Mariaville Lake, Mariaville. 895-9500. dacc.info.
- 24 Southern Vermont Sprint Tri.** 8am. Hunter Park, Manchester, VT. active.com.
- 30 Lake George Triathlon Festival: Lake George Triathlon.** Olympic: 0.9M swim, 24.8M bike, 5.2M run. 7am. Battlefield Park, Lake George. adkracemgmt.com.
- 31 Lake George Triathlon Festival: BIG George Triathlon.** Half: 1.2M swim, 56M bike, 13.1M run. 7am. Lake George. adkracemgmt.com.

SEPTEMBER

- 6 Greene County Triathlon. 350 yd swim, 12M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdymca.org.
- 7 Lake Taghkanic Olympic Triathlon & Duathlon. Taghkanic SP, Ancram. nytri.org.
- 13 Schenectady Pedal-Paddle-Run. 7.5M bike, 1.6M paddle, 5K run. 8:30am. Collins Park, Scotia. schenectadycounty.com.
- 13 16th Mountain Lake Services Triathlon. Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, 14M bike. 9am. Keeseville. 546-3051. mountainlakeservices.org.

- 13-14 HITS Triathlon Series:** Hunter. Sat, 7am: Half/Full. Sun, 7am: Sprint; 7:40am: Olympic; 12:30pm: Open. North-South Lake Campground, Haines Falls. 845-247-7275. hitstriathlonseries.com.
- 14 Rally in the Valley Duathlon & 5K. 5K run, 20M bike, 5K run. 9am. Fire Dept, Fort Hunter. 694-1955. habitatmcity.org.
- 14 38th Josh Billings RunAground Triathlon.** 27M bike, 5M canoe/kayak/SUP, 6M run. 9:30am. Team & Iron categories. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- 14 New York Triathlon & Duathlon. Lake Welch, Harriman SP, Stony Point. nytri.org.
- 28 Orange Co Olympic/Sprint Triathlons. 7:30am. Waterfront, Newburgh. 845-522-9338. orangecountytri.com.

OCTOBER

- 12 3rd Glens Falls Lions Duathlon.** 5K run, 30K bike, 5K run. 8:30am. SUNY Adirondack, Queensbury. glensfallsions.org.
- 19 12th Mohawk Towpath Byway Duathlon.** 2M run, 17M bike, 2M run. 9am. Plus, kids' fun run. New location! Riverview Orchards, Rexford. Eric Hamilton: 406-8610. mohawktowpath.org.

OPEN WATER & POOL SWIMMING

AUGUST

- 2 Gilbert Lake "Swim for a Cause" Open Water Swim. Oneonta Family YMCA, Oneonta. 607-432-0010. oneontaymca.org.
- 16 13th Betsy Owens Memorial Lake Swim.** 2014 USMS 2M National Cable Championship. Mirror Lake, Lake Placid. Ann Svenson: 893-1967. betsyowensswim.com.
- 23 Lake George Open Water Swim.** 2.5K 7:45am. 5K 9:30am. 10K 7:45am. USMS National 10K Championship. Hague Beach, Hague. Chris Bowcutt: 917-371-1108. lakegeorgeswim.com.

OTHER EVENTS

- Daily Overnight & Day Camps & Adventure Trips.** Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- Daily Wakeboard & Waterski Lessons.** Inverted WB & WS School, Loon Lake, Chestertown. 744-9826. invertedschool.com.
- Ongoing Team in Training Info Meetings.** 8/12: 12pm, Leukemia & Lymphoma Society office, Albany. 8/12: 6pm, Fleet Feet, Plattsburgh. 8/14: 6pm, Fleet Feet, Essex Junction. 9/2: 5:30pm, Greater Burlington YMCA, Burlington. 9/4: 5pm, South Pavilion, Crossings Park, Colonie. Train for Dunkin' Run 5K/10K, Albany JCC, Downtown 10K, Burlington, VT, Walt Disney World Marathon/Half, Orlando, FL or Rock 'n' Roll Marathon or Half, New Orleans, LA. Leukemia & Lymphoma Society: 438-3583 or 802-233-0014. teamintraining.org/uny.
- Daily Monomoy Seal, Seabird & Harbor Cruises on Cape Cod.** Harwichport, MA. 508-430-7772. monomoysealcruise.com.

AUGUST

- 10 Discover SCUBA.** Rich Morin's Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 15 Sunmark Golf Classic.** Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.

SEPTEMBER

- 7 **Discover SCUBA.** Rich Morin's Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 19-20 Fall Women's Weekend.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 20-21 Saratoga Native American Festival.** Free. Saratoga Spa SP, Saratoga Springs. saratoganativefestival.com.
- 27 Nature Fest.** 10am-4pm. Auction, bake sale, exhibits, presenters. Moreau Lake SP, Gansevoort. 793-0511. friendsofmoreaulake.org.

OCTOBER

- 12 Discover SCUBA.** Rich Morin's Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water
Bike 18mi out & back
Run 3mi lake loop
USA Triathlon sanctioned event



Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 16, 8am
Limited to 300 racers and fills fast!
Open to Individuals and Teams
Register early for best price
Register & Info: cdtriclub.org

5TH ANNUAL Peck's Lake Challenge Sprint Triathlon



Saturday, August 2 • 8:30am
Peck's Lake, Gloversville
1/2-mile swim • 9-mile bike • 3-mile run
\$50 entry • Registration closes 7/30
Solo or 2-3 person teams • Limited to 175
Entry Form: fultonmontgomeryny.org
Info: (518) 725-0641
Fulton County Tourism & PLPA

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Chamber of Commerce/Office of Tourism,
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518-548-4521 • speculatorchamber.com

ADIRONDACKS
SPECULATOR REGION
Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells

8th Annual **Falling Leaves 5K & Fun Run**
Saturday, October 11 at 10am
William Kelley Park on Ralph St, Ballston Spa

All 5K participants can win 1 of 2 \$50 gift certificates from **FLEET FEET Sports**

Scenic course within historic village of Ballston Spa!
Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, oil changes, etc.

Register online: active.com • Entry form: ballstonspaumchurch.org
\$20 by 10/8 – family rate (mail-in): \$65 – \$25 race day – T-shirt to first 150 runners
Kids' 0.5M Fun Run (10 & under): 10:45am – Free
Lynne Blake: lblake@nycap.rr.com or (518) 885-9821
Benefits community outreach programs of Ballston Spa UMC

PADDLING: CANOE, KAYAK & SUP
ONGOING

- Daily Guided Kayak Tours.** Half & full day. Lake George Kayak, Bolton Landing. 644-9366. lakegeorgekayak.com.
- Daily Guided Day/Overnight Trips.** St. Regis Canoe Outfitters, Saranac Lake & Floodwood. 891-1838. canoeoutfitters.com.
- Tue SUP Yoga.** 8-9:30am. 7/29; 8/5, 19, 26. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- Wed NNYP Time Trials:** 5/7-9/17. 3.65M. 6:30pm. Aqueduct Boat Launch, Rexford. Alec Davis: 399-1435. swcweb.org.
- Wed SUP Yoga.** 5-6:30pm. Kayak Shak, Saratoga Springs. 420-3456. saratogakayak.com.
- Thu Mornings on the Mohawk.** 9-11am. Niskayuna/Colonie area. Adk Paddle N Pole: 346-3180. onewithwater.com.
- Thu SUP Yoga.** 8-9:30am. 7/31; 8/7, 21, 28. Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com.
- Thu SUP Yoga.** 5:30pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Thu Thursday Kayak Tours:** 5/29-9/18. 5:15pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Sat SUP Yoga.** 8:30am. Adirondack Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.

JULY

- 23 Fund of Kayaking/Canoeing.** 6:30-8pm. Mohawk, Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 23 Long Pond Paddle & Hike w/Guide.** 9:30am. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- 25 Fund of Kayaking III.** 6:30-8pm. Mohawk, Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 26 Kayak Poker Run.** 1pm. Rondack Roots Marina, Mayfield. 725-4545. mvhcares.org.
- 28 Follensby Clear Loop w/Guide.** 9:30am. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- 29 Evening Kayak Tour.** 6:15pm. Hudson River, Lock 1, Waterford. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 30 Fund of Kayaking/Canoeing.** 6:30-8pm. Mohawk, Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 30 Stony Creek Ponds & Raquette River w/Guide.** 9:30am. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.

AUGUST

- 1 Kayak Rescue & Recovery.** 6:30-8pm. Location TBA. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 2 Lewis County RiverFest.** Register: 8-10am at Castorland boat launch. Leisurely paddling along 9.8M of Black River to West Carthage boat launch. Free shuttle service; rentals available. 315-376-2213. lewiscountychamber.org.
- 2 Whitewater King of NY #1: Black River Canyon Race.** 4M Class IV mass start. Watertown. whitewaterkingofnewyork.com.
- 4-28 Adult Summer Learn-to-Row Program.** 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- 5 Evening Tour.** 6:15pm. Mohawk from Canal Park, Waterford. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 6 Kayak Demo & Kayak Rescue/Recovery Demo.** 6pm. City Pool, Cohoes. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 8 Intro to Moving Water.** 6:30-8pm. Location TBA. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 9 Kayak Fishing Derby.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 9 Mohawk Gateway Canal Fest.** 8am-4pm. Paddling, boat tours, vendors, music, food. Capital Region Maritime Center, Glenville. themaritimecenter.org.
- 12 Evening Tour.** 6:15pm. Hudson River, Coeymans. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 13 Kayak Demo & Kayak Rescue/Recovery Demo.** 6pm. City Pool, Cohoes. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 15-17 Cayuga Lake SUP Cup Race.** 7M/3M/1M. Myers Park, Lansing. cayugalakesupcup.com.
- 20 & 22 Fundamentals of Kayaking I & II.** Two-session class. 6:30-8pm. Adk Paddle N Pole: 346-3180. onewithwater.com.
- 30 Remington II.** 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 30 Whitewater King of NY #2: Raquette River Stone Valley Race.** Class V time trial. Colton. whitewaterkingofnewyork.com.

31 Whitewater King of NY #3: Beaver River Eagle Race. Class V time trial. Lowville. whitewaterkingofnewyork.com.

SEPTEMBER

- 5-7 Adirondack Canoe Classic.** 90M. Register by 7/25. Old Forge to Saranac Lake. 891-2744. macscanoe.com.
- 6 Kayaking 4 Meso.** 8M. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. 495-6099. kayaking4meso.org.
- 6-7 SUP Yoga Retreat on Lake George.** Silver Bay. yogawellnessretreats.com.
- 13 Women's Kayak Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 13 One Square Mile of Hope.** Guinness World Records attempt for largest canoe/kayak raft to benefit Breast Cancer Awareness Foundation w/celebration at Arrowhead Park. Fourth Lake, Inlet. onesquaremileofhope.org.
- 13-14 SUPToberfest.** Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 20 10th Paddle for the Cure.** Leisurely Moose River 2M paddle for Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoors, Old Forge, 315-369-6672. mountainmanoutdoors.com.
- 26-28 Adk Canoe/Kayak Rendezvous.** Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

OCTOBER

- 5 Women's Sailing Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 18 Whitewater King of NY #4: Moose River Bottom Race.** Mass start. McKeever. whitewaterkingofnewyork.com.

RUNNING, TRAIL RUNNING & WALKING
ONGOING

- Mon We Run the Capital Social Group Runs.** 6pm. Fleet Feet Sports Albany, Albany. Confirm: 459-3338 or fleetfeetalbany.com.
- Tue We Run the Capital Social Group Runs.** 6pm. Fleet Feet Sports Adirondack, Malta. Confirm: 400-1213 or fleetfeetalbany.com.
- Tue 46th Tuesday Night Summer Track Program.** 6/10-8/5. 6pm. Free. Colonie HS, Colonie. 869-9333. hmrrc.com.
- Wed HPC/VIC Trail Run & MTB Series.** 7/23, 8/6, 8/20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
- Wed VIC/HPC Trail Run Series.** 7/30, 8/13, 8/27. 6:30pm. PSC VIC, Paul Smiths. 523-3764. highpeakscyclery.com.

JULY

- 24 HMRRC Summer Track Series #4: 38th Pentathlon.** 6:15pm. ColonieHSTrack, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 26 13th Turning Point 5K Run/Walk.** 9am. Free Kids' Fun Run: 10am. New location! Hudson Crossing Park, Schuylerville. Kim Gamache: 222-0166. zippyreg.com.
- 26 2nd Zombie Gauntlet 5K Trail Run.** 5pm. Awards to best racer & zombie costumes. Queensbury School Trails, Queensbury. jrvfoundation.org.
- 27 Biggest Loser Run/Walk: Half Marathon/5K.** 9am. Killington, VT. 815-464-1265. biggestloserrunwalk.com.
- 27 Joggin For The Noggin 5K & 10K.** 9am. Corning Preserve, Albany. 463-3060. planaheadevents.com.

AUGUST

- 2 36th Dynamic Duo Pursuit Race.** 8:30am. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- 2 12th Race the Train.** 8am: Train ride. 9am: 8.4M race the train back. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- 2 Benson Bear Obstacle Course Race Series #2.** 5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 2 Summer Track Jamboree.** Open meet. 9am. Albany College of Pharmacy, Albany. 694-7136. acphsathletics.com.
- 2 Vino & the Beasts 5K Vineyard Obstacle Run.** 2pm. Millbrook Vineyards/Winery, Millbrook. vinoandthebeasts.com.
- 2 4th Operation Restore Antwerp 10K/5K Run.** 9am. American Legion, Antwerp. 315-659-2419. villageofantwerp.net.

DUATHLON
12th Annual
Mohawk Towpath Byway Duathlon
New location! Riverview Orchards
660 Riverview Rd, Rexford
2M run, 17M bike, 2M run
Sunday, October 19 • 9am
Open to adults, youth & teams
Kids' Fun Run to follow race
Register: mohawktowpath.org
Tech T-shirt to first 100
Giffy's Barbeque included
Benefits Mohawk Towpath Scenic Byway

LAKE GEORGE
OPEN WATER SWIM
Saturday, August 23
2.5k, 5k and 10k swims
A beautiful open water venue • USMS sanctioned
10k is USMS National Championship!
Wetsuit and non-wetsuit divisions • Registration is Open!
www.lakegeorgeswim.com
Hague Beach on Lake George

Saturday, October 18th, 2014
Saratoga Spa State Park Columbia Pavilion

5K & 10K Walk/Run 9:30 AM
Kid's Fun Run following races

Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K by 10/1/14!

****IMPORTANT****
NEW & Improved Course
Race Limited to 2,000 Registrants
NO DAY OF Registration

5K & 10K Fees
\$25 (prior to 10/1); \$28 (prior to 10/18)
Kids Fun Run Fees (12 & under)
\$5

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

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4TH ANNUAL MOREAU LAKE RACES
Sunday, Sept. 7 – Moreau Lake State Park beach, Gansevoort
Endurance Events Mixed with '80s Music – '80s Clothing Recommended!

15K & 5K Trail Runs (8am)
The 15K is a Classic Trail Run!
Climb up the 'staircase of death,'
leading to rollers and creeks,
and descent from the ridge to the beach

Register: GreenLeafRacing.com
More Info: (518) 290-0457

2ND ANNUAL
ZOMBIE GAUNTLET 5K



Saturday, July 26 at 5pm

Queensbury School Trails, 429 Aviation Rd (just off Exit 19), Queensbury

Register: Active.com • Info: jrvcfoundation.org
Register: \$30 to race day or \$35 day of race
Teams of 5, \$125 • T-shirts till 7/20

To benefit
Johnathan R. Vasilou Foundation

Off-road course!
Can you survive the zombie hoard?
Lose the flags on your belt and you have been killed. Come out with flags and **YOU SURVIVED!**
Awards to best racer and zombie costumes – Surviving is its own reward!

12th Annual
Race the Train



Saturday, August 2
North Creek Depot, Main St, North Creek

8am: Free, scenic 8.4mi train ride
9am: Runners "race the train" back!
Spectators can also ride the train (fee)
All runners receive finisher medals
T-shirts to first 275 preregistered
Post race fun run & food

Register: Active.com
Application: AdirondackRunners.org

Info: Tracy Watson (518) 251-0107
Proceeds benefit Johnsbury Dollars for Scholars

HUDSON HEADWATERS
CARE FOR KIDS
5K Run & Fitness Walk



Sunday, August 3 – 9am

2431 Schroon River Rd, Chestertown to Suzie Q's Sunshine Café, Brant Lake

- Free shuttle from finish line to start -
\$25 or \$30 after 7/30
Quality T-shirt to first 400 entrants

Entry form at www.hhhn.org
Info: Howard Nelson: 761-0300 x31112
Proceeds benefit pediatric health care at HHHN

17th Annual
Altamont 5K
Run & Walk

Saturday, August 23 9am
Bozenkill Park, Altamont
Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile & Other Kids' Races

- T-Shirt to first 350 5K entries
- Awards to top 3 M/F 5K & 5-year age groups
- Live Music on the Race Course
- 100 Raffle Prizes

Hilltown Triple Crown Series!
#1 Fox Creek 5K in Berne, 8/9
#2 Pre Fall Classic 5K in Voorheesville, 8/16
#3 Altamont 5K, 8/23
Sign-up: foxcreek5k@gmail.com

Register: Active.com (fee)
Altamont5K.org (no fee)
Phil Carducci (518) 861-6350

*To benefit Altamont Food Pantry
Bring unexpired dry goods*

- 3 **20th HMRRC Indian Ladder Trail Runs.** 15K & 3.5M trail races: 9am. 1M Kids' Run: 10:30am. Thacher SP, Hailes Cave Pavilion, Voorheesville. mj3ny@gmail.com. hmrrc.com.
- 3 **36th Lane 10K Lake Run.** 10am. Race around Lake Pleasant. Firehouse, Lake Pleasant to Pavilion, Speculator. 548-4521. speculatorchamber.com.
- 3 **Hudson Headwaters "Care for Kids" 5K Run & Fitness Walk.** 9am. 2431 Schroon River Rd, Chestertown to Suzie Q's, Brant Lake. 761-0300 x31112. hhhn.org.
- 7 **37th Tromptown Run 5K & Half-Marathon.** 5:45pm. Deruyter. tromptownrun.com.
- 8 **Southern Saratoga YMCA 5K Run & 3K Walk.** 5:30pm. Kids' fun run: 5:30pm. Southern Saratoga YMCA, Clifton Park. Lori Donato: 371-2139 x5532. cdyymca.org.
- 8 **4th Schenectady ARC 5K.** 6:30pm. Central Park, Schenectady. 372-1160. arcschenectady.org.
- 9 **Camp Chingachgook Challenge Half Marathon & 10K Race & Family Fun Day.** Half, 8am: Lake George to camp. 10K, 9am: at camp. BBQ lunch, activities. Camp Chingachgook, Kattskill Bay. 826-52876. zippyreg.com.
- 9 **Fox Creek 5K Run.** 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 312-1303. leaprograms.com.
- 9 **Festa 5K Run.** 9:30am. Kids' 1M fun run. 210 Princetown Rd, Schenectady. 764-8078. lqpotterdam.org.
- 9 **DanRan 5K Run/Walk & 1M Kid's Fun Run.** 9am. Lake Hill Road, Burnt Hills. 428-0755.
- 9 **Urban RAID Obstacle Race.** 5K. Times Union Center, Albany. raidevents.com.
- 9 **Fulton County YMCA 3.5M.** 9am. Fulton Y, Johnstown. fultoncountyyymca.org.
- 9 **Sweltering Summer Ultra 8-Hour & Marathon.** 7am. Clapp Park, Pittsfield, MA. 435-5590.
- 9 **Ken Hummel Memorial 5K.** 9am. Stuyvesant. stuyvesantny.us.
- 10 **29th Run for the Roses 5K.** 9am. Grafton Lakes SP, Grafton. 279-1386. graftoncommunitylibrary.org.
- 10 **Pediatric Dentistry of GF 5K.** 9am. Crandall Park, Glens Falls. 798-9966. pediatricdentistryofglensfalls.com.
- 10 **Dash for Dana 5K & 1M Walk.** 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.
- 11 **2nd Monday Night Mile.** 1M on Saratoga Harness Track. 5:30pm. Saratoga Triple Crown #1. Plus, kids 1/4M fun run. Saratoga Casino & Raceway, Saratoga Springs. saratogahistory.org.
- 11 **Tawasentha XC 5K #1.** 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 15 **1st Toys for Tots 5K.** 6pm. Bannertown Fair, School St, Mayfield. 762-2349. mcladironackdet787.org
- 16 **12th Brookside Jailhouse Rock 5K Race.** 8:30am. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.
- 16 **17th Olga Memorial Footrace 5K Run/Walk & 10K Run.** 9:30am. Drinks, awards, music, raffle. Benefits SL SkatePark. Berkeley Green, Saranac Lake. 637-4297. slskatepark.org.
- 16 **Pre Fall Classic 5K.** 9am. Hilltown Triple Crown Series #2. Voorheesville HS, Voorheesville. 861-6350. vcsfoundation.com.
- 16 **Kiwanis Clove Run.** 10M/5K. 8:30am. Castleton ES, Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
- 16 **Run the Colors of the Arts 5K.** 9am. Horse Show Grounds, Lake Placid. 523-2512. lakeplacidarts.org.
- 16 **8th Perennial 5K Forest Run.** 9am. Landis Arboretum, Esperence. 315-427-3856
- 16 **Erin Shanley Memorial 5K/1M Race.** 9am. Stissing Pond, Pine Plains. 845-214-7801.
- 17 **30th Tony Luciano 5K Road Race.** 10am. Hudson Falls CSD Pool, Hudson Falls. adirondackrunners.org.
- 18 **Tawasentha XC 5K #2.** 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 22 **CYC Poiling Pot 5K Run.** 6pm. Comm Youth Center, Canajoharie. 673-5118. canajoharietoy.org.
- 23 **17th Altamont 5K Run & Walk.** 9am. Hilltown Triple Crown Series #3. Altamont Mile & Kids Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- 23 **Firefly5 Festival: Illuminated Nighttime 5K Race!** Run: 8am. Walk: 7:30pm. Live music, laser light show, street performers, costume contest. Gates open 5pm. Saratoga Co Fairgrounds, Ballston Spa. firefly5.com.

- 23 **6th Run for the Future 5K.** 9am. Stillwater United Church, Stillwater. 664-7984. stillwaterunitedchurch.org.
- 23 **Muddy Sneaker 5K.** 9am. Indian Meadows Park, Glenville. 857-1196. glenvillerotary.org.
- 23 **Cousins That Care 5K Run/Walk.** 8am. Inlet. cousinsthatcare.com.
- 23 **31st Chris Thater Memorial 5K Run.** 5:15pm. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 23 **Joggin' for Frogmen 5K.** 9am. Corning Preserve, Albany. jogginforfrogmen.com/albanyny.
- 23 **1st Menands Monster Mile & 5K Run/Walk.** 10am. Ganser Smith Memorial Park, Menands. 426-7181. cdcccc.org.
- 23-24 **4th Turning Stone Races: 5K, 10K & Half-Marathon.** Turning Stone Casino, Verona. turningstoneraces.com.
- 24 **Storm King Run.** 10K, 5K, 1M fun run. 9am. Washington Gate, West Point. 845-446-5483. rotary-wphf.org.
- 24 **North Face Race to the Top of Vermont.** MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rttvtovt.com.
- 25 **Tawasentha XC 5K #3.** 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 30-31 **2nd ADK 80K Trail Run & MTB/Cyclocross Races.** Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Solo/teams. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 30 **Run 4 Reese 5K.** 5K: 8:30am. 1M Fun Run: 9am. Hyde Blvd, Rec Park, Ballston Spa. 323-9225. run4reese.com.
- 30 **Draught Day 5M Beer Run.** 11am. Newburgh Brewing, Newburgh. 845-569-2337. newburghbrewing.com.
- 31 **3rd 18.12 Challenge & Half Marathon.** 18.12M/13.1M. Watertown to Sackets Harbor. 1812challenge.com.
- 31 **8th Joseph Longobardo Memorial 5K Run/Walk.** 10am. Saratoga Spa SP, Saratoga Springs. longbardomemorial.org.
- 31 **2nd Oak Runner 10K Trail Run.** 9am. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 31 **Capital District Scottish Games 5K.** 10:30am. Altamont Fairgrounds, Altamont. 669-1470. scotgames.com.

SEPTEMBER

- 1 **26th SEFCU Foundation Labor Day 5K.** 9am. SEFCU HQs, Albany. John Parisella: 269-1904. hmrrc.com.
- 6 **5th MBPA Malta 5K Run & Walk.** 8:30am. Saratoga Triple Crown #2. HVCC-TECH SMART, Malta. Paul Loomis: 472-4807. Malta Business & Professional Association. malta5K.com.
- 6 **44th Lake Placid Classic Half Marathon & 10K Race.** 9am. Olympic Speedskating Oval to North Elba Horseshow Grounds, Lake Placid. Kari Fitzsimmons: 897-2685. lakeplacidclassic.com.
- 6 **Double H Camp Challenge 5K Run/Walk.** Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.
- 6 **3rd You(th) Make a Difference 5K Run/Walk.** 9:30am. Plus, 1M fun run. After: Town Celebration. North Greenbush Town Hall, Wynantskill. 283-2714. townofng.com.
- 6 **5th 5K Run/Walk for the Horses.** 8:30am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. 226-0028. thoroughbredretirement.org.
- 6 **Benson Bear Obstacle Course Race Series.** 5K/10K 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 7 **35th Dunkin' Run.** 5K, 10K & Kids' Fun Run. 8:30am. Albany JCC, Albany. 438-6651. albanyjcc.org.
- 7 **4th Moreau Lake 15K & 5K Trail Runs.** 8am. Moreau Lake SP beach, Gansevoort. Chris Bowcut: 290-0457. greenleafacing.com.
- 7 **12th Ty Yandon Memorial 5K Run/Walk.** 9am. Part of Teddy Roosevelt Celebration, 9/5-7. Overlook, Newcomb. Kevin Bolan: 582-2991. newcomby.com.
- 7 **9/11 Heroes Run 5K.** 8:30am. 9/11 Memorial, High Rock Park, Saratoga Springs. 911heroesrun.org.
- 7 **Albany Pancreatic Cancer Research Walk.** 10:30am. Elm Ave Park, Delmar. 866-789-1000. lustgarten.org.
- 13 **20th Susan Komen Race for the Cure.** Coed 5K Run: 9am. 2M Family Walk: 10am. Kids' for the Cure Dash: 11:30am. Empire State Plaza, Albany. 250-5379. komenneny.org.
- 13 **37th Whiteface Mountain Uphill Foot Race.** Run to the North Pole! 8M, 3500ft up. 8am. Wilmington. 946-2255. whitefaceace.com.
- 13 **1st Thacher Park Centennial Running Festival.** 5K, 10K, 26.2M, 50K trail races. 8:30am. Thacher SP, Hailes Cave Pavilion, Voorheesville. thacherparkrunningfestival.com.

12th Annual
JAIL HOUSE ROCK 5K RACE



Saturday, Aug 16 • 8:30am

Brookside Museum, Ballston Spa
USATF Certified
Fast and fabulous with downhill for your summertime PR!

Chip timing • T-shirts to first 200 registrants
5 year age group awards
Application: www.brooksidemuseum.org (518) 885-4000
Register online: www.active.com
\$22 by 8/12 or \$27 after

Benefits: Brookside Museum education programs

Challenge Yourself
Change the Life of a Child

SEPT. 6, 2014
at the Double H Ranch in Lake Luzerne, New York

Camp Challenge 5K RUN

All proceeds benefit the **HH** Double H Ranch

Register at **www.doublehranch.org**
Presented by Adirondack Partners

Caring Together 13th Annual
Teal Ribbon 5K Run & 1-Mile Walk
For Ovarian Cancer Awareness & Research



Sunday, Sept. 14 • 9am
Washington Park, Albany

T-shirts to first 600 registered
Awards: overall/age groups/fundraisers/teams
Plus, face painting, clowns, raffles
Individuals: \$15 by 9/1, \$20 after
Team Members: \$12 by 9/1, \$20 after
Children: \$5 ages 10-under

To Register & Donate:
CaringTogetherNY.org or
FirstGiving.com/CaringTogether

17th annual
Olga Memorial Footrace 5K Run/Walk & 10K Run



Saturday, August 16 at 9:30am
Berkeley Green, Saranac Lake

Main St & Broadway • Flat scenic course
Refreshments, Awards, Music, Raffle

Entry Form: slskatepark.org
\$20 mailed by 8/10 • Family max \$70
\$25 race day (8-9:15am)

Info: 637-4297 / slskatepark@yahoo.com
Benefits Saranac Lake SkatePark

40th ANNUAL
Utica Roadrunners



Falling Leaves ROAD RACE

Sunday September 28
Radisson Hotel, Utica

USATF Certified 5k: 9am
Scenic 14k: 8:50am

Atayne long-sleeve tech shirts to first 1500 registered

Info/Register: **UticaRoadrunners.org**
or **GetEntered.com**
14k is USATF-Adirondack Grand Prix event

37TH ANNUAL
Whiteface Mountain Uphill Foot Race



Run to the North Pole!
Saturday, Sept. 13, 8am



Run 8 miles, 3500 feet up Whiteface highway.
Rewarded with 360° view during fall foliage!

Presented by **Santa's Workshop**

Register:
WhitefaceRace.com
(518) 946-2255



firefly5 FESTIVAL

Saturday, August 23
Saratoga Fairgrounds, Ballston Spa

Illuminated Nighttime 5K Race!
Run: 8pm - Walk: 7:30pm

Most unique festival of the summer!

5K race, live music, laser light show, street performers, costume contest - Gates open 5pm

Register Now: Firefly5.com
Join PYX 106 at the fest that benefits Susan G. Komen



Second Annual Saratoga Casino and Raceway

MONDAY NIGHT MILE

Monday, August 11 • Starts 5:30pm
1M Race on Saratoga Harness Track
- 242 Jefferson St, Saratoga Springs -
Benefits Saratoga Springs History Museum
Chip Timing • Awards

T-shirts to first 200 registered runners
\$20 by 8/6, \$25 8/7-10, \$30 race day
- Free Kids' 1/4-Mile Fun Run -

Register online: SaratogaHistory.org



Thacher Park Centennial Running Festival

5K, 10K, Marathon, 50K Trail Races

Saturday, September 13
Thacher State Park, Voorheesville
Hailes Cave Pavilion - 8:30am Start for All Races

Part of a park-wide centennial event so there's lots to do after racing
Details & Registration: ThacherParkRunningFestival.com

HMRRC Register early and save **are**

- 13 Fishy Frolic 5K & Trout 10K. 9:30am. 1M Walk: 8:45am. Corning Preserve, Albany. 527-7904. zippyreg.com.
- 13 Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga Springs. coloncancercoalition.org.
- 13 Mighty Run 5K Obstacle Adventure Race. 8:30am. Masonic Care Community, Utica. 315-798-4703. themightyrun.com.
- 13 Patriot Highlander Challenge. 3M/6M obstacle course. Sunny Knolls Farm, Cobleskill. patriohighlander.com.
- 14 **13th Teal Ribbon 5K Run & 1M Walk for Ovarian Cancer Awareness & Research.** 9am. Washington Park lake house, Albany. 783-7600. caringtogetherny.org.
- 14 **43rd HMRRC Anniversary Run.** 2.95M & 5.9M. 9am. UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 14 Rally in the Valley Duathlon & 5K. 5K run, 20M bike, 5K run. 9am. Fire Dept, Fort Hunter. 694-1955. habitatmny.org.
- 14 Biggest Loser Run/Walk: 5K/10K. 7:30am. Great Escape, Lake George. 815-464-1265. biggestloserrunwalk.com.
- 14 Spencertown Shine-On 5K. 1pm. 1 Memorial Drive, Spencertown. 488-2293. shineonrun.com.
- 20 **Arc in the Park 5K Race & Walk.** 10am. Kids' 0.5M Fun Run: 9:30am. Rensselaer Tech Park, North Greenbush. 274-3110 x3003. renarc.org.
- 20 **Brenda Deer Memorial 5K, 3K Walk and Kids Run.** 9am. Guelderland YMCA, Guelderland. cdymca.org.
- 20 **2nd Flashlight 5K Night Run/Walk.** 7:45pm. Fireworks: 9:30pm. Battlefield Park, Lake George. adkracemgmt.com.
- 20 **37th Great Cow Harbor 10K Run.** 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com.
- 20 6th Nisky Fall Fun Run. 5:45 pm. Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 20 Run to Remember 5K. 8am. RPI Fieldhouse, Troy. finishright.com.
- 20 Hancock Shaker Village Trail Races. 50M: 5:30am. 26.2M: 10am. Hancock, MA. hancockshakervillage.org.
- 20-21 Virgil Crest Ultras. 50M/100M: Sat, 6am. 100M trail relay: Sat, 8am. 10K: Sun, 8am. Virgil. virgilcrestultras.com.
- 21 **The Saratoga Palio: Melanie Merola O'Donnell Memorial Race.** Half Marathon: 7:25am. 5K Run/Walk: 7:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 21 **Gore Leaf Cruncher 5K Trail Run.** 1pm. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 21 **7th Tour LaFrance 5K Family Fun Run/Walk.** 11am. Plus, 1M kids' run. Saratoga Spa SP, Orenda Pavilion, Saratoga Springs. connorlafrance.org.
- 21 Rochester Marathon, Half Marathon & Relay. 7:30am. Rochester. 585-732-1090. rochestermarathon.com.
- 21 7th Paine to Pain Trail Half Marathon. 9am. Thomas Paine Cottage, New Rochelle. painetopain.com.
- 26-27 **3rd Ragnar Relay Adirondacks.** 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Seely: katie@ragnarrelay.com. 801-834-9531. ragnaradk.com.
- 27 **21st FAM 5K "Fund" Run/Walk for Charity.** 10am. Entertainment, Brooks BBQ & kids run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- 27 **Viking Obstacle Race.** 5.5M w/35+ obstacles. Lunch, beer/beverage, digital downloads, after-party. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 27 **3rd Mario Zeolla '97 5K Walk/Run.** 9am. Albany College of Pharmacy & Allied Health Sciences, Albany. acphs.edu/healthexpo.
- 27 **7th Ride, Run, Walk 4 Love.** 5K run/walk, 15M or 30M bike ride w/lunch. 9am. Saratoga Spa SP, Orenda, Saratoga Springs. Matthew Miller: 203-772-4420. rrw4l.com.
- 27 **Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K Races.** 9:30am. Town Hall, Chestertown. adirondackmarathon.org.
- 28 **Adirondack Marathon Distance Festival: Marathon, Half, 2- & 4-Person Marathon Relays.** Marathon & Relay: 9am. Half: 10am. Sat: Expo & Kids Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 28 **Nick's Run to Be Healed.** 5K: 1pm. 2M Walk: 12:45pm. Zumba warm-up: 12:30pm. Nick's Mile: 12pm. Nick's Dash: 11:45am. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- 28 **33rd Arsenal City Run.** 5K road race. 10am. Plus, Free 1M Fun Run/Walk. City Hall, Watervliet. zippyreg.com.


- 28 **11th Crossings 5K Challenge.** 10am. Kids' competitive 1M kids' run & 1/4M fun run. Ciccotti Family Rec Center, Colonie. 438-9596. colonieyouthcenter.org.
- 28 **40th Falling Leaves Road Race.** 5K & 14K. RRCA NYS 5K Championship. Radisson Hotel, Utica. Mike Brych: 315-404-8130. uticaroadrunners.org.
- 28 34th HMRRC Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. hmrrc.com.
- 28 Pumpkin Run 5K & Walk. 9am. Kids Run: 10am. Pearl St, Glens Falls. 683-1526. gfmf.org.
- 28 Run for the ROC 5K. 11am. Saratoga Triple Crown #3. Saratoga Race Course, Saratoga Springs. saratogacare.org.
- 28 Geyser Road PTO 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. geyserroad5krunwalk.itsyourrace.com.
- 28 Vermont Sun Runs: 5K/10K/Half-Marathon. 10am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.

OCTOBER

- 4 **20th Burnt Hills-Ballston Lake Rotary Apple Run 5K Run & Walk.** 9am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- 4 **Run for Readers 5K Fun Run/Walk.** 9am. Free kids' 1M Spartan sprint. Scott Ellis ES, Greenville. Peter Mahan: 966-5070. greenville.k12.ny.us.
- 4 Race Against Lyme 5K Walk/Run. 11am. Crossings Park, Colonie. lymeresearchalliance.org.
- 5 Beat Beethoven 5K. 9:20am. Central Park, Schenectady. schenectadysymphony.org.
- 5 21st Pit Run 10K, 5K & 2M Stroll. 10:45am. Neahwa Park, Oneonta. 607-699-1590. pitrun.org.
- 11 **8th Falling Leaves 5K & Fun Run.** 10am. Kids' 0.5M fun run: 10:45am. William Kelley Park, Ballston Spa. Lynne Blake: 885-9821. ballstonspaumchurch.org.
- 11 **"Ithaca Glows" Glow in the Dark Fun Run.** 3K 7pm. 5K 8pm. 2,500 runners. Stewart Park, Ithaca. ithacaglows.com.
- 11 **Columbus Day Fall Foliage Rumble.** 5K/15K. 9am. Paul Smith's College VIC, Paul Smiths. 327-6241. pscvic.org.
- 11 4th Octoberfest Half Marathon & 10K. 8am. Fire Dept, Peru. 320-8648. runoctoberfest.com.
- 11 4th Rhino Run & Walk 5K. 9:30am. Crossings Park, Colonie. 783-7486. active.com.
- 12 **31st Mohawk Hudson River Marathon & 13th Half-Marathon.** 26.2M: Schenectady to Albany. 13.1m: Colonie to Albany. 8:30am. Sat, 10-6: Expo. mohawkhudsonmarathon.com.
- 12 Sprint for Soldiers 5K & 10K. 9am. Hudson Crossing Park, Schuylerville. planaheadevents.com.
- 12 Fall Foliage Half Marathon & 5K. 10am. Rhinebeck. 561-470-7966. fallfoliagehalf.com.
- 18 **Great Pumpkin Challenge 5K & 10K Walk/Run.** 9:30am. Plus, kids' fun run. Saratoga Spa SP, Columbia Pavilion, Saratoga Springs. 587-0723. saratogabridges.org.
- 18 **1st Running SCCCared 5K Family Fright Run/Walk.** 5K: 10:30am. 1M Walk: 9:30am. Crossings Park, Colonie. St. Catherine's Center for Children: 453-6756. st-cath.org.
- 18 **6th Race Away Stigma 5K Race & Fun Walk.** 10am. Stadium, HVCC, Troy. Larry Ellis: 629-7175. hvcc.edu/cct.
- 19 **2nd Saratoga Cross Country Classic.** 5K XC race: 10am. 2K/3K youth XC runs: 11am. usatfadir.org.
- 19 **7th Hometown Heroes 5K Run/Walk.** 9:15am. The Crossings, Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org.
- 25 **5th Anne's Quest 5K Run & 3K Walk.** 9:30am. Shaker HS, Latham. 446-9638. annesquest.org.
- 25 **Troy Family YMCA 5K Run, 3K Walk & Kids Fun Run.** 9am. Family YMCA, Troy. 272-5900. cdymca.org.
- 26 **10th Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Races.** 9:30am. Gorilla Chase Kids' Race: 9am. Thacher SP, Hailes Cave Pavilion, Voorheesville. 320-8648. hairygorillahalf.com.
- 26 **Special Olympics NY RUNDEAD 5K Trail Run.** 9:30am. Saratoga Spa SP, Saratoga Springs. 338-0890. therundead.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.



SUNNY HILL RESORT
2014 **Viking Obstacle Race**

Sept. 27 - 9am
Greenville (30 min south of Albany)

35+ OBSTACLES
5.5 MILES

\$1,000 prize money to top three male/female elite racers

Registration includes:
Viking T-shirt, finisher medal, lunch, beer/beverage ticket, digital downloads, after-party

NO spectator or parking fees.

Train on the course before the race or anytime!

Discount Code: ASF14 for 10% off registration

Info & Register: SunnyHill.com 518.634.7642

36TH ANNUAL
Lane 10K Lake Run
Sunday, August 3
Lake Pleasant to Speculator

Registration: 9am at Speculator Ball Field
Race Start: 10am

Scenic route follows south shore of Lake Pleasant
Professional timing & register online:
www.speculatorchamber.com
or (518) 548-4521

Adirondack Speculator Region
Chamber of Commerce
PO Box 184, Speculator, NY 12164

13th Annual
Turning Point 5K Run/Walk

Recognizing the American victory at the Battle of Saratoga

Sat, July 26, 9am
Hudson Crossing Park
Rte 4, NYS Canal Lock #5
Just north of Schuylerville

Kids' Fun Run (12-under free): 10am
\$20 preregistration / \$25 race day

T-shirt to first 150 5k entries

Application: ZippyReg.com
Info: 222-0166 or kimgamache@hotmail.com



2nd Annual YOUTH MAKE A DIFFERENCE 5K

SATURDAY SEPT. 6

5K Run/Walk: 10am
Free 1M Kids' Run: 9:30am

North Greenbush Town Hall, 2 Douglas St, Wynantskill

Register: zippyreg.com • Info: townofng.com
T-shirt to first 300 • \$25 or \$30 race day
After run/walk enjoy our Town Celebration with live bands, rides, food & crafts
Benefits North Greenbush Youth Dept Program



5th Annual
5K Run for the Horses

To benefit Thoroughbred Retirement Foundation

Saturday, Sept. 6 • 8:30am
Orenda Pavilion
Saratoga Spa State Park

USATF certified course • AREEP timed
T-shirt to first 150 registered
Virtual runners welcomed
Pre-Reg \$20 - Day of \$25
Kids' 1/2 Mile Fun Run (8am): \$5 suggested

Register: TRFinc.org/5k
or call: 226-0028

The Zombies are Coming!

St. Catherine's Center for Children's
1st Running SCCCared
5K Family Walk/Run

Saturday, October 18, 2014, 9:30 a.m.
The Crossings of Colonie

To register, visit www.st-cath.org, or find St. Catherine's Center for Children on Facebook/Events tab/Find Tickets. Call 518-453-6756 for more! Pre-registration:\$25/Students:\$15/Children 12 and under walk free.

Presented by Radiant POOLS

6TH ANNUAL

Camp Chingachgook Challenge Half-Marathon & 10K Race and Family Fun Day on Lake George

the Y

Saturday, August 9

Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp

10K: 9am start at Camp Chingachgook –
Out and back course with start and finish at the camp

After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use camp facilities including showers

Register, application or more info: ZippyReg.com

Half: \$30 by 7/9 or \$40 after • 10K: \$25 by 7/9 or \$35 after • T-shirts to runners registered by 7/9
50% of race proceeds help send kids to camp!

HIGH PEAKS CYCLERY 2014 RACE WEEKEND

August 30 & 31

ADK 80K

2014

ADK 80K

Course – 100% run/ride-able with 60% single track and 40% double
Categories – M/F, age groups, collegiate, mixed, solo, two & four person teams
\$8,000 in Prizes & ADK Awards!
Kids & Families – mini trail run & MTB races, live music, barbecue & Adirondack storyteller

Register: www.ADK80K.com
Register early to save!

Lake Placid • (518) 524-9805 or 523-3764
Brian@HighPeaksCyclery.com

High Peaks Cyclery
LAKE PLACID


Saturday 6am
– Trail Running Race

Sunday 8am
– MTB & Cyclocross Races

CAPITAL DISTRICT YMCA

Southern Saratoga YMCA 5K

5K Run • 3K Walk • Kids Fun Run
Friday, August 8
Starting at 5:30PM



Register Today!
www.CDYMCA.org

the Y

ASP.7.14



Come run with us!
We Run the Capital social runs every week
For info: check our website, follow us on Facebook or call the stores

If the shoe fits, wear it.

Our knowledgeable staff offers individual attention to everyone who walks (or runs) through our doors.

FLEET FEET Sports

FOOTWEAR • APPAREL • ACCESSORIES
The Capital Region's only locally owned specialty run shop

155 Wolf Rd, Albany | 518.459.3338 | FleetFeetAlbany.com
The Shops of Malta, Rte 9 | 518.400.1213

Adirondack Marathon Distance Festival

BEST of competitor Half Marathon



Around Crystal Clear Schroon Lake

Marathon • Half • 2 & 4 Person Relays
September 28, 2014
Schroon Lake, New York

5K & 10K Races September 27, 2014
Chestertown, New York

Kids Fun Run September 27, 2014
Schroon Lake, New York

Visit Our Website adirondackmarathon.org

Probably the most beautiful 26 miles, 385 yards you will ever run!

20th Annual Hudson-Mohawk Road Runners Club

Indian Ladder Trail Runs




15K and 3.5 Mile Trail Races & 1 Mile Kids' Run

Sunday, August 3

9am: 15K and 3.5 mile • 10:30am: 1 mile kids' run
Note: 15K and 3.5M races will be run simultaneously

Thacher State Park, 15 miles SW of Albany, near Voorheesville
Haile's Cave Picnic Area – Enter at Park Office, park in Pool lot

No Fee Online Registration & Entry Form:
www.HMRRC.com

First 250 registrants receive ILTR T-shirt
Pre-Registration (by July 19): \$17 HMRRC or \$20 non-member. July 20 to Day of Race: \$20 all
Fee includes state park entry and post-race refreshments

Course:
Marked course with water/aid stations
15K – Loop, 97% natural surface, hike/ski trails, wood roads and two challenging hills
3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

Awards for 15K & 3.5M Races:
Overall male/female winners and five-year age-group winners (two deep)
Scholastic Division (3.5M race) for 11-19 years: NYS Parks Commissioner's Challenge Cup
Male/female winners and two-year age-group winners (two deep)
No awards mailed and no duplication

Sponsors:





Questions: Mjk3ny@gmail.com

RUNNING & WALKING



FINISHING 2008 RACE THE TRAIN IN NORTH CREEK.

BRIAN TEAGUE/FATEAGUE FOTOS

Book a Play Date and Hit the Trails!

By Laura Clark

Instead of pounding the hot cement this summer and fall, give your feet a break at some staycation trail and dirt events. Our region hosts a multitude of distances ranging from the classic mile to ambitious ultras. Lighten your footsteps, enjoy the woods and most importantly, have fun out there!

For family fun, the second annual **Zombie Gauntlet 5K** is Saturday, July 26 at 5pm on the Queensbury School cross-country trails. Will you survive the zombie apocalypse? Test your skills by running through hordes of hungry zombies as you make your way out of the trails. Keep your flags and you survive! New this year, the team with the best time picks a charity of their choice to receive a \$200 donation. It's open to individuals and teams of five, and there are awards to the best zombie and survivor costumes. Race proceeds benefit the Johnathan R. Vasilou Foundation to increase awareness of sepsis, a potentially life-threatening complication of an infection. More info: jrvfoundation.org.

Remember the cowboy movies where Pony Express riders challenged the Iron Horses to a race? At the 12th annual **Race the Train** 8.4-miler on Saturday, Aug. 2, it is we who challenge The Train as we hammer a summer dirt access road. "Train" will give us a handicap as well he should, since while his tracks are level, our path contains steep hills, rocks and runoff-carved gullies. Runners congregate at the historic North Creek Depot where Vice President Theodore Roosevelt caught the train to Buffalo to be sworn in as president in the wake of McKinley's assassination. Our train will be in no such rush and runners will enjoy a leisurely train ride to Riparius, where they will race back to the depot, cheered at strategic spots by return passengers. Last year Train whistled in at 86th overall in a time of 1:07:28. This event is known for its home-baked goodies, excellent T-shirts, valuable raffle prizes, and crafted age-group awards. Visit: adirondack-runners.org.

The trail place to be this season is Thacher State Park near Voorheesville, where its 20 miles of trails host three separate events. The first is the 20th annual **Indian Ladder Trail Runs** on Sunday, Aug. 3, so named for the wooden ladders the Indians built to summit the Escarpment, one of the richest fossil-bearing formations in the world. The scenery is breathtaking but treacherous, so save your oohs and ahhs for your cool down! This year the 15K and 3.5-miler will be run concurrently to hasten the awards ceremony where four pairs of Altra running shoes will be raffled, courtesy of Fleet Feet Sports. Go to: hmrc.com.

When running was more of a betting sport, there actually were man against horse track races, and although it can't be proven, there were probably a few at the Saratoga venues. At the second annual **Monday Night Mile** on Monday, Aug. 11, experience the Saratoga Raceway from the horse's point of view, behind the "And They're Off" starting gate. With John Orsini as our favorite

badgering announcer, you might even win one of the coveted gold, silver or bronze genuine recycled horseshoes. This is always my goal as my husband's grandfather, John Porter, won the first race at the harness track. Be warned that the track is slanted and crushed rock – not a pampered experience. Since heats go by estimated time, no fear being left out there alone, and all must stick around for age-group determinations. The heats make for a great family experience as there will always be someone not running to watch the kids. Race director John Pecora captures the spirit of the race, "Quintessentially all of us who run are conscious of our pace per mile and this race allows everyone to put everything they have into that one-mile and see just how fast they can be." This is the first leg of the Turner Triple Crown (saratogatriplecrown.com), which includes the Malta 5K on Sept. 6 (maltappa.com) and Run for the ROC on Sept. 28 (runfortheroc.org). Details: saratogahistory.org.

If eight is your lucky number, get ready for the second annual **ADK 80K Trail Run** on Saturday, Aug. 31 at 8am in Lake Placid. The 80K route consists of four 20K figure-eight loops on the Mount Van Hovenberg trail system developed for the 1980 Winter Olympics biathlon and cross-country ski races. Unusual for a trail race, \$8,000 in prizes will be awarded in eight different categories. The 100% run-able course has rolling hills with almost equal parts single and double track, and aid stations every 5K – an opportunity to visit your stash of supplies at the race village every 10K. This would be the perfect venue for attacking your first 50-miler as your provisions will never be that far away. Just be sure not to surrender to the party atmosphere until all your loops are completed! Not ready for 80K? Then form a two-person or four-person team, with individual members either getting in all their loops at once or alternating with their teammates. The intrepid can return again Sunday for the 80K mountain bike race, and both days feature a mini 8K race. Info: adk80k.com.

The following weekend you can head for the third annual Double H Ranch **Camp Challenge 5K Trail Run** on Saturday, Sept. 6 in Lake Luzerne. While proceeds go to the free programs, this camp provides for children dealing with life-threatening illnesses, the fundraising is casual with each participant encouraged to collect what they feel comfortable with. The 5K course is typical of the hilly and rocky Adirondack terrain, mirroring the struggles campers have just getting through their day. Open to both runners and walkers, many campers and families also participate. Visit: doublehranch.org.

A truly technical trail race, the fourth annual **Moreau Lake 15K Trail Run** on Sunday, Sept. 7 is not for the faint of heart, featuring 4,200 feet of elevation change, the famous Staircase of Death, and plenty

of solitude to appreciate the Adirondack landscape. The main challenge here is to simultaneously focus on where you are going and where you need to be placing your feet. There is one much-appreciated water stop, so be sure to pack extra liquids, and the anti-bonk treats of your choice. There will be no concurrent swim events this year, but there may be a 5K trail run. Go to: greenleafacing.com.

Take your second go on the Indian Ladder at the inaugural **Thacher Park Centennial Running Festival** on Saturday, Sept. 13 for a 5K, 10K, marathon or 50K. This is the first time that the Capital Region has hosted a trail marathon and ultra, so now is the time to increase your mileage. The anticipated route for the marathon is two ten-mile loops and then a 10K; for the 50K it is three ten-mile loops and then a baby loop of one-mile. For the 50K, race organizer AREEP is granting runners nine hours to complete the course, which should make for a doable race, but athletes are permitted to drop down or aim upwards depending on their energy level. Trails are roughly half single and half wide track. And take a look at the entry fees – register by July 31 and you can run mega miles for the cost of an average 5K road race! All profits above costs are donated to the park itself, which has always welcomed running events. Next year, look for a similar format utilizing even more park trails. Details: thacherparkrunningfestival.com.

The **Gore Leaf Cruncher 5K Trail Run** returns on Sunday, Sept. 21 at 1pm to allow runners to ride the Saratoga-North Creek Railway to the event. Expect an all-new, easier course layout at Gore Mountain in North Creek. According to race director Emily Stanton, "The course will be a combination of our rolling cross-country trails and flat base area with a few steeper spots within the woods." This is a great family-oriented and walker-friendly event with a treasure hunt along the way, and a free pre- or post-race gondola ride for every participant! Stick around for the valuable raffle prizes afterwards! Info: goremountain.com.

On Sunday, Oct. 26 revisit Thacher Park for the tenth annual **Hairy Gorilla Half**



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Finally, acknowledge the return to standard time at the ninth annual **"Fall Back 5" Five-Mile Trail Race** on Sunday, Nov. 2 at the Saratoga Spa State Park in Saratoga Springs. The scenic route showcases some of the lesser-known park trails, both wide and single track, giving you additional options for future training runs. In keeping with the fall back nature of the event, this will be a retro trail race featuring homemade timing devices similar to the Camp Saratoga Summer Trail Run Series "popsicle stick" countdown. Go to: saratogastryders.org.

Kids shouldn't be the only ones to have play dates – make sure you schedule some for yourself too! 🌲

Laura Clark (snowshoega133@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.



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ATHLETE PROFILE

Jessica Spatz Shelgren

By Christine McKnight

On the day of her wedding in June 2005, Jessica Spatz Shelgren swam for 45 minutes in Crystal Lake, and then ran for five miles before changing into her wedding dress. Her groom, Jay Shelgren, also swam, and then rode his bike for an hour before changing into his wedding attire. The afternoon nuptials, at a popular local spot near Averill Park in Rensselaer County, were attended by more than a few members of the Capital District Triathlon Club. Two weeks after the wedding, the couple raced in the Tupper Lake Tinman.

It was a special day that set the tone for an adventurous lifestyle that has taken the Shelgrens halfway around the world to a new home and professions in New Zealand, where they have continued to train and race in triathlons, Xterra, and mountain biking in a country whose national heroes are Olympic triathlon champions.

It all started in January 1998 at a Winter Series race organized by the Hudson Mohawk Road Runners Club. Jay was the race director and Jess was a competitor with an honest question. Jay somehow left with her phone number.

At the 1998 New York City Marathon, in which they both competed, Jess and Jay met New Zealand sports legend Rod Dixon, who was promoting the Millennium Marathon, the first marathon of the new millennium, being staged in New Zealand. On a lark, they decided to do it.

Jess, a large animal veterinarian with a 1988 DVM degree from Cornell University, fell head over heels in love with the island nation and had to move there. It was another match made in heaven. "The main industries are tourism and dairy, and it is the ideal place for a dairy vet to live," she explained. They got residency quickly, and Jess moved in 2004. In 2005, they were married, and in 2009, Jay moved over after retiring.

Jess, a native of Lanesboro, Mass., swam and ran competitively in college. Jay, who grew up in the Averill Park area, played soccer in college, and soccer and softball recreationally. They each transitioned to triathlon in 2003 after Jay tore his posterior cruciate ligament and Jess also encountered injuries. They became regulars at the Tuesday night swim-bike-run training sessions organized by the Capital District Triathlon Club at Crystal Lake in Averill Park.

"We both came from a running background, so triathlon offered a good way of lengthening our athletic careers as we aged," Jess said. "The CDTC was a big part of how we stayed in it – the Sunday swims at the Y in the winter with a run afterwards, spin classes with a run after, and the summer Crystal Lake training series.

In New Zealand, Jess works 50 to 60 hours a week in a large-animal veterinary practice. She typically trains from 5 to 6am, then works until 5pm, often followed by a second session of training – on the wind trainer if it's dark outside or a ride or a run if there is enough daylight. She is on call one



& Jay Shelgren

AGES: Jess, 52; Jay, 61

RESIDENCE: Te Awamutu, New Zealand

FAMILY: Jay, three kids and two grandkids: Brooke, 34, and Erik, 29, in Charleston, SC, and Leah, 32, in Greenville, SC, with her husband and Rowan, 4, and Harper, 2

OCCUPATIONS: Jess, Large Animal (Dairy) Veterinarian; Jay, Retired NYS Parole Officer and Part-Time New Zealand Dept of Corrections

SPORTS: Jess, Triathlon; Jay, Triathlon, Xterra, Mountain Biking

night a week and one in three weekends, and her responsibilities include everything from herd health to reproduction. New Zealand has 20 million dairy cows, exporting nearly all of the milk they produce in powder form.

Jay works one to four days a week as a parole officer with the New Zealand Dept of Corrections. He is able to train six days a week and divides his time between mountain biking and triathlon. Jay has a 1976 degree in Education from SUNY Plattsburgh.

The couple lives in a small town of 20,000 in the upper central part of New Zealand's North Island, in the heart of dairy country. They are about 40 minutes from the ocean.

It's a country where triathlon is part of the culture, but it's a harder brand of the sport. "Triathlon season in New Zealand lasts from November to April, but you can train year-round on the bike and run, although open water swimming is too cold for year-round training – but some people start in October!" Jess said. "Triathlon is a major sport in the country, after its athletes claimed three medals in two Olympics: Hamish Carter, gold, and Bevan Docherty, silver, in Athens 2004, and Bevan Docherty, bronze, in Beijing 2008. Schools have it as a sport and there are many national school races starting in grade school."

Jess said the caliber of triathlon competition is fierce, but the races are typically smaller than most U.S. races. "There are women in the 50-54 age group doing two hours, twenty minutes for the Olympic distance; sub-five-hour half Ironman; and ten-hour Ironman times," she said. "New Zealanders usually medal well at World Championships in all age groups. Races are very much for the toughest. Just finishing is encouraged."

New Zealand, they said, is a very outdoor-focused country, where citizens spend a lot of time outside and are active. The top athletes are casually accessible to age groupers because of the small population. For instance, Hamish Carter, lined up next to Jay in the Xterra team area last April. Bevan Docherty, who now lives in the U.S., can often be seen when visiting New Zealand at the Taupo pools, a local pool complex. The biggest difference in races is the lack of wave swim starts at big races.

Jess and Jay return to the Albany area

every summer to visit friends and family, and compete in a local race or two – they did Tupper Lake Tinman this year.

Jay has participated in six world championships, including two International Triathlon Union-affiliated events and four Xterras. He finished fourth in the 60-64 age group at the Xterra World Championships this year. In 2012, he competed in two world championships in one week, the first was an ITU sprint distance, and the second an Xterra event, sharing the plane with Javier Gomez, who won both races.

Jess has completed Ironman New Zealand in 2009 and 2013, and also Ironman Coeur d'Alene in 2010, along with 28 half Ironman events.

With their 2014 season essentially behind them, they have set their sights in 2015 on qualifying for and competing in the 2015 ITU Long Distance Triathlon World Championships in Sweden. 🌱



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Christine McKnight (trichris@nycap.rr.com) is a Gansevoort triathlete who competes in the 65-69 age group.



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TRIATHLON & DUATHLON

By Kristen Hislop

In 1992 a coworker said, "Let's do a triathlon." At the time I was in graduate school riding my bike to class every day and running a few times a week. Swimming would be easy to add. The real reason I said yes was my sister Karen. Living in Boston she had been introduced to the multisport life and loving it. She talked about her training and cool awards – like homemade apple pie, but it was the people she found special. When she moved to Boston she didn't know anyone. She started running on her own and that progressed to running with the work gang at lunch. During one run three of them decided to try a triathlon. The second race she did was a lake swim. The now famous Team Hoyt – a father and son in a wheelchair who compete in athletic events to promote awareness of the physically challenged – started ahead of her (in one of their first events). As she passed them swimming she started to cry. She remembers thinking how incredible it was what he was doing for his son. She always thought of them as the races got tougher. For her doing races that support others has always been a way for her to show how much she cares.

How many people have stopped to help someone along the course or even during training? At that time it stops being about a PR or your workout, but about the camaraderie of being there for someone else. My sister Karen runs with a group in Connecticut. On a first run a newbie fell on the trail in the woods, explains Karen, who stayed back with her and they are now great friends. My son Alex had the same experience at Outliers Running Club in Clifton Park this summer, a program started by Shenendehowa High School running coaches. Alex started the run and got a stitch. He slowed down as the other boys took off. One of the boys dropped back and gave Alex some advice and said he would stay with him. They had a great conversation and Alex walked away feeling great about running and the varsity runners. That boy was Justin Caron, son of *Adirondack Sports & Fitness* publishers, who exemplified that day why we all love our sport. It is about the community.

Local runner and triathlete Walt Boldish of Ballston Lake has started a mission called "I GOT U." This is based on inspiration and connection between those living life to protect, assist, respect, rescue, and honor those around them – especially those often overlooked in society. Justin was there for Alex and Dick Hoyt has been honoring his son Rick through hundreds of races.

Many of you got started running or in the multisport life for the challenge, to meet people, or even pressure from friends. Organizations that provide support like Leukemia & Lymphoma Society's Team in Training have given many a start, but even then it is typically with a little push. Dick Clark of Ballston Lake did his first century bike ride after Julie Gauer of Round Lake set the challenge. He went on to coach for Team in Training and do many century rides.

I asked local athletes why they got started and if they had ever been assisted or rescued. Catherine Bologna of Rexford knows Tammy Friend, formerly of Clifton Park, helped her when she was severely dehydrated at the Musselman Triathlon in the Finger Lakes, even though she can't remember it.

Build Community, Succeed Together



BREATHTAKING CATSKILL VIEWS AT 2013 HITS HUNTER.
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ENJOYING SPEEDY DESCENTS AT 2013 HITS HUNTER.
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2007 JOSH BILLINGS CONTINUES WITH A PADDLING SPRINT AROUND STOCKBRIDGE BOWL.
PHOTO BY KEVIN SPRAGUE



2007 JOSH BILLINGS BEGINS WITH A SCENIC BIKE RIDE THROUGH FIVE BERSHIRE TOWNS.
PHOTO BY KEVIN SPRAGUE

Joe Skufka of Niskayuna stopped during the Crystal Lake Triathlon in Averill Park one year to help Julie Gauer change a flat. Sharon Strodl of Nassau has given away her nutrition and stopped to bolster athletes ready to give up. This summer Sharon decided to jump on the Team in Training bandwagon. She admits she signed up to meet more triathletes and train with a group, but then she learned a friend's son is battling leukemia at the age of three and it became an effort to support and honor him. As you look ahead to the rest of the season who can you support, honor or assist?

LOCAL RACES OFFER PERFECT OPPORTUNITY

The **HITS Triathlon Series** touts 'A Distance for Everyone!' to be able to 'introduce the sport of triathlon to those who may have never thought that they could compete in or complete a triathlon.' Not only can you encourage friends to participate on a team you can give them to option of any distance.

The HITS Triathlon Series understands that too often we have to switch priorities. I signed up for the June HITS event in Hague

and our family was planning to drive two cars to a soccer tournament in Burlington, Vt., leave super early Sunday morning, and I would do the race. When priorities kicked in, I easily transferred my registration to the HITS Hunter this fall – proving you can do it all! The third annual **HITS Hunter** event will be held Saturday-Sunday, Sept. 13-14 in the northern Catskills. It offers some great hills and a calm swim. Race director Mark Wilson often posts comments on Facebook showing the "I GOT U" community in triathlon. Many people travel to participate in the HITS races and often show up without gear, but always end up racing due to their full support of fellow athletes. Visit: hitstriathlonseries.com.

Henry Shaw, 1800s humorist went by the pen name Josh Billings. You may recognize some of his pennings like, "The wheel that squeaks the loudest is the one that gets the grease" and "Politeness iz often wasted, but it iz a good and cheap mistake tew make." The 37th annual **Josh Billings RunAground Triathlon** in the Berkshires on Sunday, Sept. 14, adopted one of his sayings as the race motto, "To finish is to win." The 27-mile bike, five-mile kayak/canoe/SUP, and 6.2-mile run

can be done individually or as a team. Don't have a kayak or canoe? No worries, you can rent one for the day. Race director Patty Spector also created the "MatchMaker" to match up people who want to bike, paddle or run with a team, with people looking for a team. She said last year there were 508 teams – more than 2,000 participants – racing to benefit the Berkshire United Way. Go to: joshbillings.com.

This is the time of the season when many athletes experience burnout. Focus on the awesome community of athletes that we have who are willing to give to allow you to succeed. As Josh Billings wrote, "Giv every one you meet, my boy, the time ov day and half the road, and if that dont make him civil dont waste enny more fragrance on the cuss." Let's continue to build our civil community in which we can all thrive! 🙌

Kristen Hislop (hislopcoaching@gmail.com) of Clifton Park is a USA Triathlon and USA Cycling coach, Team in Training coach, and member of Team LUNA Chix Albany Triathlon. Learn more at hislopcoaching.com.



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HEALTH & FITNESS

Discover Balance

Find Your Rhythm and Ride the Wave

By Bryna Blanchard



Balance and rhythm exist naturally in the world. Predictably the seasons change, night becomes day, and life is in motion. Maintaining balance and structure, while allowing for flexibility and variation, is crucial to sustaining healthy life in the natural world. In our human lives, these same concepts of balance, routine, and flexibility with the added complexity of personal choices, interact to influence our quality of life. Endurance athletes, including cyclists, runners, triathletes, paddlers and nordic skiers, often juggle long hours of training and racing with other life activities, obligations and valued occupations. As endurance athletes we can apply the concept of balance to streamline training and enhance performance.

Various aspects of life, including family, work, rest, training, stress, nutrition, and health make up pieces of a puzzle that fit together to create the overall picture of an athlete. With proper balance, each piece fits together seamlessly and interacts with the others to complete the whole. Time is the limiting factor but with prioritization, planning and flexibility, athletes can find balance, increase performance and realize goals.

PRIORITIZE AND ORGANIZE

For most of us, our chosen sport proves to be a labor of love and not a means of financial support. Athletes of all levels work at jobs and pursue careers outside of training and racing. We also enjoy time with family and friends who may not participate in or share a passion for our sport of choice. Each athlete needs to recognize the demands on his or her time and prioritize before establishing performance goals. After defining priorities and determining time availability, organize a training plan. A calendar or day planner can be a useful tool for establishing a training plan and creating a routine. Week by week, enter future workout plans, including training times, into the calendar to maximize time management and create a record of your training. A written record may prove beneficial in recognizing over- or under-training based on performance outcomes.

A coach can assist with creating a training program, but with common sense and some basic research many athletes train effectively without outside assistance. Prioritizing can

also include simplifying. Enhance time management and efficiency by reducing activities that squander precious time.

TRAINING AND RESTING

Simply and honestly put, training in sports is glorified playing. We train because ultimately it brings us joy, a sense of accomplishment and stress relief. The physical and mental benefits of exercise are well documented and publicized. In order to fully realize training potential and maximum performance, athletes must balance hard efforts with adequate rest and recovery. For many, taking time to rest requires as much discipline as active training. Athletes need to be mindful of this balance and demonstrate restraint to avoid overtraining. Incorporate planned rest days into weekly training routines and enjoy the benefits of muscles adequately recovered.

At times it can be beneficial to train through fatigue in order to gain strength. Conversely, forgoing workouts or rearranging the training schedule due to illness or other external factors calls for flexibility. A coach can provide guidance and valuable advice for building, tapering and training load, based on specific goals and target races.

ROUTINE AND FLEXIBILITY

Similar to the rhythm of the natural world, most endurance sports play out in predictable seasons, including the off-season, base training and competition. Our personal schedules tend to ebb and flow with the seasons of our sport. During periods of training and racing, athletes follow organized routines with calculated intensity, demanding concentrated physical and mental energy. While the body requires rest days to heal, build and rebound, the mind craves diversity and novel experiences to remain engaged and motivated.

Adding a "fun season" to the seasonal training calendar reconnects us to the love and pure joy we experience from performing our sport. Take time off from the rigors of pre-planned training routines and calculated workouts. Remove the computers, meters and monitors, go out and play, explore and socialize with others who share your passion. The fun season will help maintain fitness during periods of non-competition while recharging mental energy and restoring enthusiasm. Also during the off season, take at least two weeks hiatus from exercise for complete and total recovery.

LIFESTYLE CHOICES

Optimal athletic performance occurs when all of the puzzle pieces magically come together at the ideal time to achieve the desired result. Most athletes can describe the exhilaration of experiencing a "peak" in the training cycle when the virtual puzzle pieces unite. During the elusive peak, the body feels exceptionally strong, the mind becomes calm and focused, recovery appears accelerated, and maximum performance is achieved. Although athletes cannot maintain this peak phase indefinitely, the training schedule can be designed to encourage peaks for specific races.

Outside of the training routine, athletes can make healthy lifestyle choices to enhance performance and promote the likelihood of enjoying a peak. Factors such as nutrition, sleep, and stress make up important pieces of the puzzle. The prospect of enhancing athletic performance can promote healthy eating for improved nutrition and weight management. Before indulging in empty calories, imagine the feeling of performing your sport at a healthy weight with good food energy to burn. Also consider choices that prioritize sleep and minimize stress.

For the experienced endurance athlete, sport becomes lifestyle which influences all areas of life. Being organized and efficient with training can in turn promote improved time management skills at work. Committing to optimal athletic performance can encourage healthy eating and reduce stress. Training and racing with family members and friends can strengthen personal relationships.

The key to achieving and surpassing goals is to discover balance, find your rhythm and ride the wave. Use the troughs as motivation to improve, reassess training plans, make changes and learn from mistakes. Enjoy the peaks and pay attention to the choices and actions that promote success. 🌲

Bryna Blanchard (bnestor@nycap.rr.com) from Troy has been racing mountain bikes since 2001. She currently races on the Windham Mountain Outfitters mountain bike team and assists with their junior development program. She also races cyclocross and the occasional road race. When not riding bikes, she works as an occupational therapist.

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NON-MEDICATED LIFE

How and When to Discontinue Medication Part Two

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 61st in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



Medicines are a mainstay of American life and the healthcare system not only because they are perceived to work by the individual taking them, but also because their benefit may be shown by the objective assessment of scientific study. Clinical research trials have shown that some of the medicines of Western science may reduce the risk of heart attacks, strokes and cardiovascular death while others may reduce certain types of cancer.

In the first 61 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. This, however, begs the questions of how and when one may rationally and safely reduce and ultimately discontinue chronic medications.

I wish to reemphasize that any consideration of reduction or discontinuation of medication and how it may safely be accomplished, must be discussed with your primary care physician as well as your cardiologist and/or endocrinologist – if you are seen by a subspecialist or have received the medication in question from that subspecialist. The decision to discontinue medication should be a consensus decision with your medical providers in agreement, and should never be

taken without a complete, preferably face-to-face discussion with those providers.

Part One (May 2014) addressed how and when to appropriately discontinue blood pressure medication. Part Two will discuss how and when to discontinue cholesterol lowering medication.

It is important to preface this discussion with the observation that controversy surrounds the recently published joint American Heart Association and American College of Cardiology cholesterol management guidelines. The guidelines represent the most recent national evidenced based consensus recommendation on who should be treated for high cholesterol and how those individuals should be treated. The guideline is clear and not controversial for those people with established heart disease (have had a heart attack, bypass, or stent), and for those who have diabetes, the treatment should include a statin.

Additionally, in those with low-density lipoprotein (LDL) or “bad” cholesterol above 190 milligrams per deciliter (mg/dl) treatment should include a statin. It is in those outside these high risk categories that the controversy on treatment exists, and it is also in these lower risk patients that the discontinuation of medication may most appropriately be entertained.

Although the new guidelines specifically avoid using cholesterol targets for treatment such targets – as used in the guidelines over the last 20 years – allow for determination of

the success of a non-medicated approach. Thus, the optimal target for a non-medicated approach is an LDL or “bad” cholesterol between 70 and 100 mg/dl. I would reserve this target for those with a family history of coronary artery disease in a mother, father, sister or brother. I would also suggest this as the target if you had two or more risk factors for coronary artery disease including hypertension, obesity, pre-diabetes or smoking.

For those at lower risk including those with only one risk factor, I would recommend an LDL less than 130 mg/dl. For those at lowest risk – no family history of coronary artery disease in any family members and no risk factors – an LDL less than 160 is a reasonable target. The target for blood lipids called triglycerides is less than 500.

Achieving these non-medicated targets will require a diet low in saturated fat and cholesterol, daily aerobic exercise, and the maintenance of a normal or near normal body mass index. I would suggest a predominately plant based diet (nothing processed and no more than three ounces per day of lean meat, chicken breast or fish allowed), with less than 10 to 15 grams of saturated fat consumed per day, and less than 300 milligrams (mg) of dietary cholesterol consumed per day. I would suggest 30 minutes per day of moderately vigorous aerobic exercise (for example, brisk walking) or 15 minutes per day of vigorous exercise (for example running or rowing) after clearance from your primary care physician or cardiologist.

Finally, I would suggest weight loss to a BMI preferably less than 25, but up to 27 is acceptable, if no other cardiovascular risk factors or family history are present. If one were on cholesterol lowering medications, I would continue those medications and the full non-medicated approach described for three to six months before re-measurement. If targets were met and further improved upon, non-statin medication would be first to be reduced in dose or discontinued, at the direction of the primary care physician. Once non-statin cholesterol lowering medication had been discontinued, reduction and discontinuation of statins could be contemplated. Cholesterol profile measurements could be made monthly and medication reduction could be made monthly, as long as the targets continued to be achieved.

In those with established coronary artery disease on cholesterol lowering medications and for whom the LDL target rationally should be 50 to 70 mg/dl, I would suggest continuation of medication along with the full non-medicated approach described above, and a re-measurement of fasting cholesterol profile after three to six months. If the targets described above are met and improved upon, I would suggest a discussion with your cardiologist and primary care physician, regarding possible discontinuation of non-statin cholesterol lowering drugs. I would only seek to lower statin dose in those individuals who could not tolerate the higher dose due to intractable muscle aches, muscle weakness, or unacceptably elevated liver function or elevated CPK (muscle enzyme) blood levels. I would also try all alternative statins before making a decision to lower statin dose.

A decision to discontinue statins in this group of patients should be made with the consensus of your medical providers and only after all the above has been tried and failed. A re-measurement after one-month after any change would guide further actions. Although it is beyond the scope of this article to provide a full explanation, I would also suggest a test called high sensitivity CRP be less than 0.6 milligrams per liter (mg/L) before any statin medication reduction be considered.

If the non-medicated approach does allow reduction in dose or discontinuation of cholesterol lowering medications in the appropriate ways described above, the individual at lower risk will not be taking unnecessary medication and the individual at higher risk will have the optimal cholesterol lowering on a given medication. Moreover, some patients previously intolerant of statins may tolerate the drug at a significant reduction in dose – and get some of the benefits of that class. As such a non-medicated approach and a minimally medicated approach may contribute to a healthier and more efficiently cared for population all the more important in today's challenging healthcare environment. 🌱

Paul E. Lemanski, MD, MS, FACP (paul.lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

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RACE RESULTS

THE RUN FOR HELP 5K RUN AGAINST DOMESTIC VIOLENCE June 8, 2014 • Goff Middle School, East Greenbush

MALE OVERALL			
1	Adam Hulett	22	Castleton 19:13
2	Ryan Kelly	22	East Greenbush 19:22
3	Todd McAuley	45	Colonie 19:25
FEMALE OVERALL			
1	Kelly Grace	27	East Greenbush 21:34
2	Melissa Maguire	41	Loudonville 21:37
3	Jordan Nieto	26	East Greenbush 22:46
MALE AGE GROUP: 1 - 14			
1	Braden Howe	14	East Greenbush 22:50
2	Teddy Howard	9	East Greenbush 25:27
3	Logan Speed	14	Rensselaer 25:52
FEMALE AGE GROUP: 1 - 14			
1	Shayna Lenney	13	East Greenbush 23:49
2	Gabriella Broga	13	Nassau 25:30
3	Madeline Endres	10	East Greenbush 26:08
MALE AGE GROUP: 15 - 19			
1	Andrew Coerton	15	East Greenbush 20:24
2	Shane Hammill	17	East Greenbush 33:47
FEMALE AGE GROUP: 15 - 19			
1	Alana Ferson	15	East Greenbush 23:38
2	Amanda Hart	16	24:30
3	Fiona Shea	16	East Greenbush 28:06
MALE AGE GROUP: 20 - 24			
1	Jesse Boni	21	Castleton 21:00
2	EJ Hart	21	Castleton 21:30
3	Jory Hutchins	22	East Greenbush 24:04
FEMALE AGE GROUP: 20 - 24			
1	Samantha Monty	24	Albany 24:40
2	Kendra Hart	23	East Greenbush 24:50
3	Katelin Kleinmans	23	Castleton 25:23
MALE AGE GROUP: 25 - 29			
1	Robert Mangold	27	East Greenbush 22:31
2	Brandon Carney	27	Troy 23:45
3	Roman Griffith	28	Troy 25:55
FEMALE AGE GROUP: 25 - 29			
1	Brittany Slagen	27	East Greenbush 27:31
2	Courtney DeJulio	25	Rensselaer 32:49
3	Emily Haines	29	Troy 34:52
MALE AGE GROUP: 30 - 34			
1	Gary Krisanda	32	East Greenbush 22:39
2	Mike Bobersky	31	East Greenbush 22:54
3	Tom Driscoll	32	Albany 30:17
FEMALE AGE GROUP: 30 - 34			
1	Corie Noel	32	Castleton 22:55
2	Nichole Krisanda	31	East Greenbush 24:41
3	Shelley Graves	34	Scotia 26:56
MALE AGE GROUP: 35 - 39			
1	Matthew Flannery	35	Wynantskill 22:57
2	Philip Burke	35	Rensselaer 24:01
3	John Pelletier	35	Watervliet 24:24
FEMALE AGE GROUP: 35 - 39			
1	Kristy Wagner	37	Rensselaer 23:15
2	Misty Hays	38	Delmar 24:10
3	Melissa Deluca	36	East Greenbush 24:17
MALE AGE GROUP: 40 - 44			
1	Todd Robert	42	Pittsfield, MA 23:40
2	Erik Hagglove	43	Malta 26:22
3	Jim Breig	44	Rensselaer 28:20
FEMALE AGE GROUP: 40 - 44			
1	Stephanie Monteau	40	East Greenbush 23:30
2	Kristen Schembeck	44	Rock Hill, SC 23:36
3	Jennifer O'Brien	42	East Greenbush 27:10
MALE AGE GROUP: 45 - 49			
1	Ken Secor	45	East Greenbush 24:04
2	Tim Howard	49	East Greenbush 25:29
3	Steve Hart	49	East Greenbush 27:04
FEMALE AGE GROUP: 45 - 49			
1	Dina Paretta	47	Troy 28:45
2	Shelley Servidone	45	East Greenbush 29:04
3	Karen Tracey	45	East Greenbush 33:15
MALE AGE GROUP: 50 - 54			
1	Don Sovey	50	East Greenbush 26:12
2	Rich Grace	54	East Greenbush 26:51
3	Mike Lenney	50	East Greenbush 27:03
FEMALE AGE GROUP: 50 - 54			
1	Kathleen Bottillo	50	East Greenbush 26:09
2	Carla Ward	50	Clifton Park 26:32
3	Pamela Hart	53	East Greenbush 26:43
MALE AGE GROUP: 55 - 59			
1	Ray Ludwig	56	East Schodack 23:30
2	Douglas Tucker	59	Rensselaer 24:49
3	Scott Osur	59	Loudonville 27:13
FEMALE AGE GROUP: 55 - 59			
1	Peggy Carty	55	Rensselaer 26:50
2	Diane Cleveland	58	Rensselaer 28:40
3	Barbara Murphy	55	Glenmont 28:49
MALE AGE GROUP: 60 - 64			
1	Theodore Close	63	Wynantskill 30:19
2	John Collins	60	East Greenbush 42:36
3	George Vasquez	62	Watervliet 43:52
FEMALE AGE GROUP: 60 - 64			
1	Sharon Close	60	Wynantskill 30:19
2	Judy Lynch	64	Castleton 42:34
3	Suzanne Childs	60	West Sand Lake 52:12
MALE AGE GROUP: 65 - 69			
1	Richard Adams	65	Altamont 57:01
2	Kevin Tuffey	65	East Greenbush 57:01
FEMALE AGE GROUP: 65 - 69			
1	Mavil Warne	65	Nassau 51:00
MALE AGE GROUP: 80 - 99			
1	Richard Eckhardt	80	Albany 40:45

Courtesy of Family & Friends of Liza Ellen Warner & Nikki L. Hart

CBRC PINNACLE HILL CLIMB TIME TRIAL BICYCLE RACE June 11, 2014 • New Salem Fire House, Voorheesville

3.9M, 1,200FT ELEVATION GAIN			
MALE JUNIOR 13-18			
1	Christopher Welch	Killington Mountain School	15:06
2	Gianni Polhemus	Capital Bicycle Racing Club	18:24
3	Spencer Perry	Capital Bicycle Racing Club	19:51
4	Harrison White	CLNoonan	20:06
5	Jacob Tarbay	HRRT/SCC	21:41
6	Luke Tanner	HRRT/SCC	21:50
FEMALE JUNIOR 13-18			
1	Emma White	Hot Tubes Junior Development	18:01
MALE OPEN			
1	Curtis White	CCB Racing	15:17
2	Daniel Patterson	Unattached	15:44
3	Chance Wilk	Capital Bicycle Racing Club	16:46
4	Paul McDonnell	Capital Bicycle Racing Club	17:28
5	Jeff Krywaczuk	Capital Bicycle Racing Club	17:32
6	Ryan Conley	NYCROSS.com	17:39
7	Paul Byron	Farm Team Elite	17:42
FEMALE OVERALL			
1	Beth Ruiz	Zimmer Capital	18:05

Courtesy of Capital Bicycle Racing Club

2ND ANNUAL STRAWBERRY FEST 2.8-MILE RUN June 14, 2014 • Upper Union Street, Schenectady

FEMALE OVERALL			
1	Sara Lanese	27	Troy 15:31
2	Holly Rousseau	31	Albany 15:33
3	Stacia Smith	43	Niskayuna 15:39
MALE OVERALL			
1	Johan Bosman	54	Niskayuna 13:54
2	Kyle Huston	21	Washburn 14:10
3	Brett Sullivan	26	Ballston Spa 14:21
MALE AGE GROUP: 1 - 10			
1	Christian Jahnel	10	Slingerlands 23:36
MALE AGE GROUP: 11 - 15			
1	Owen Laflamme	14	Niskayuna 15:26
2	Sam Fredricks	11	Slingerlands 22:07
FEMALE AGE GROUP: 11 - 15			
1	Sydney Smith	14	Niskayuna 17:59
2	Francesca Cusato	15	Schenectady 20:04
3	Katarina Everhardt	14	Amsterdam 20:30
FEMALE AGE GROUP: 20 - 24			
1	Michela Mosso	22	Amsterdam 17:50
2	Mary Story	22	Kutztown 18:12
MALE AGE GROUP: 25 - 29			
1	Dillon Wade	25	Schenectady 14:44
2	Christopher Adamek	29	Schenectady 21:11
3	Justin Clark	27	Ballston Spa 22:01
FEMALE AGE GROUP: 25 - 29			
1	Tracey Clark	27	Ballston Spa 15:42
2	Lauren Palmer	28	Schenectady 17:12
3	Moriah Cutro-Kelly	27	Colonie 21:46
MALE AGE GROUP: 30 - 34			
1	Gregg Kelly	33	Schenectady 16:34
2	Kyle Schuttenberg	32	Schenectady 17:55
3	Chris Hessick	32	Albany 26:04
FEMALE AGE GROUP: 30 - 34			
1	Amy Spinelli	32	Schenectady 17:23
2	Alexia Crow	34	Glenmont 17:27
3	Jaclyn Hamlin	32	Buffalo 22:34
MALE AGE GROUP: 35 - 39			
1	James Myers	39	Niskayuna 16:08
2	Christopher Dicocco	36	Schenectady 17:32
3	Darrin Jahnel	37	Slingerlands 28:42
FEMALE AGE GROUP: 35 - 39			
1	Pamela Mandsager	37	Schenectady 17:55
2	Kylie McPherson	35	Schenectady 17:59
3	Nathalie Guilbault	37	Albany 19:34
MALE AGE GROUP: 40 - 49			
1	Darren Crow	43	Glenmont 14:34
2	Dan Anderson	42	Burnt Hills 16:26
3	David Rose	48	Altamont 17:33
FEMALE AGE GROUP: 40 - 49			
1	Lisa Scaringe	45	Rexford 17:10
2	Carrie Schlegel	43	Schenectady 17:38
3	Marie Bosman	49	Niskayuna 18:06
MALE AGE GROUP: 50 - 59			
1	Rocco Serafini	54	Niskayuna 15:16
2	Brendan O'Brien	54	Ithaca 15:17
3	Julius Pasquariello	53	Schenectady 15:35
FEMALE AGE GROUP: 50 - 59			
1	Carolyn Wilk	55	Burnt Hills 17:22
2	Mary Ellen Chardavo	54	Glenmont 19:19
3	Susan Campbell	52	Clifton Park 23:34
MALE AGE GROUP: 60 - 69			
1	George Schwab	63	Schenectady 16:50
2	John Longacker	67	Clifton Park 19:17
3	Bill Breen	60	Schenectady 20:49
FEMALE AGE GROUP: 60 - 69			
1	Darlene Cardillo	61	Delmar 20:19
2	Cathy Lanese	64	Troy 22:06
3	Linda Dettbarn	63	Schenectady 31:43

Courtesy of E4 Poverty Schenectady

PLACID PLANET BICYCLES TIME TRIAL SERIES May 7 - June 11, 2014 • Riverside Drive, Lake Placid

8 MILES			
SERIES POINTS - MALE			
1	Jim Walker	13	
2	Nick Seleni	11	
3	Norwood Styles	9	
4	Karl Zaunbrecher	9	
5	Dave Ploof	9	
SERIES POINTS - FEMALE			
1	Rosanne VanDorn	11	
2	Colleen Porter	10	
3	Aggie Pelletieri	9	
MAY 7 - MALE			
1	Jim Walker	17:12	
2	Bill McGreevy	18:12	
3	Jason Amoreil	19:20	
MAY 7 - FEMALE			
1	Rosanne VanDorn	21:04	
2	Amanda Zullo	22:27	
3	Mel Frazer	23:18	
MAY 14 - MALE			
1	Bill McGreevy	17:55	
2	Nick Seleni	18:53	
3	Jim Walker	18:53	
MAY 14 - FEMALE			
1	Rosanne VanDorn	20:12	
2	Mel Frazer	21:29	
3	Caitlyn Skufka	21:35	
MAY 21 - MALE			
1	Nick Seleni	18:17	
2	Jason Amoreil	18:57	
3	Jeff Erenstone	19:05	
MAY 21 - FEMALE			
1	Rosanne VanDorn	20:29	
2	Caitlyn Skufka	21:29	
3	Monica LaBarge	21:27	
MAY 28 - MALE			
1	Jim Walker	17:10	
2	Bill McGreevy	17:29	
3	Nick Seleni	18:13	
MAY 28 - FEMALE			
1	Rosanne VanDorn	21:22	
2	Amanda Zullo	21:35	
3	Lynn Murray	21:51	
JUNE 4 - MALE			
1	Jim Walker	17:08	
2	Bill McGreevy	17:39	
3	Nick Seleni	18:05	
JUNE 4 - FEMALE			
1	Rosanne VanDorn	20:43	
2	Amanda Zullo	20:46	
3	Colleen Porter	21:23	
JUNE 11 - MALE			
1	Jim Walker	17:04	
2	Nick Seleni	18:07	
3	Jeff Erenstone	18:47	
JUNE 11 - FEMALE			
1	Rosanne VanDorn	21:00	
2	Colleen Porter	21:16	
3	Amanda Zullo	21:38	

Courtesy of Placid Planet Bicycles

WHIPPLE CITY 5K RUN

June 14, 2014 • Greenwich Middle School, Greenwich

MALE OVERALL			
1	Jeremy Spezio	17	Greenwich 15:38
FEMALE OVERALL			
1	Jessica Bashaw	31	Cambridge 19:10
MALE AGE GROUP: 1 - 14			
1	Ben Shaw	14	Greenwich 20:00
2	Joey Lauder	14	Greenwich 20:55
3	Sam Fox	12	Buskirk 22:12
FEMALE AGE GROUP: 1 - 14			
1	Brooke Wright	12	Greenwich 20:33
2	Teagan Wright	9	Greenwich 21:51
3	Brynne Wright	12	Greenwich 24:57
MALE AGE GROUP: 15 - 19			
1	Connor Oakman	16	Lafayette 16:50
2	Ethan Jaynes	16	Mechanicville 17:47
3	Matt Keyes	16	Salem 19:28
FEMALE AGE GROUP: 15 - 19			
1	Kaitlyn Gunter	15	Schuylerville 23:32
2	Kelly Healy	19	Castleton 25:20
3	Katelynn Leavey	18	Granville 27:40
MALE AGE GROUP: 20 - 29			
1	Kory Darfler	24	Greenwich 20:00
2	Thomas Ford Jr	27	Mechanicville 21:47
3	Bert Lambert	25	Greenwich 25:44

continued

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WHIPPLE CITY 5K RUN continued

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE AGE GROUP: 20 - 29, MALE AGE GROUP: 50 - 59, etc.

19TH BLACK FLY CHALLENGE ADIRONDACK MOUNTAIN BIKE RACE continued

Table with columns for gender/age group, name, time, and location. Includes categories like MALE 60 & OVER, FEMALE 39 & UNDER, etc.

MOUNTAIN BIKE - EXPERT

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE 39 & UNDER, MALE 39 & UNDER, etc.

MOUNTAIN BIKE - SPORT

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE 39 & UNDER, MALE 39 & UNDER, etc.

4TH ANNUAL RUN FOR THE RHUBARB 5K RACE

June 14, 2014 • Mountain Road School, New Lebanon

Table with columns for gender/age group, name, time, and location. Includes categories like MALE OVERALL, FEMALE OVERALL, MALE AGE GROUP: 15 - 19, etc.

19TH BLACK FLY CHALLENGE ADIRONDACK MOUNTAIN BIKE RACE

June 14, 2014 • 40M in Moose River Recreation Area, Inlet to Indian Lake

Table with columns for gender/age group, name, time, and location. Includes categories like CYCLOCROSS, MALE 30 TO 39, FEMALE 39 & UNDER, etc.

MOUNTAIN BIKE - BEGINNER

Table with columns for gender/age group, name, time, and location. Includes categories like FEMALE 29 & UNDER, MALE 29 & UNDER, etc.

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RACE RESULTS

19TH BLACK FLY CHALLENGE ADIRONDACK MOUNTAIN BIKE RACE *continued*

FEMALE 50 & OVER				3 James Lewis Worcester 58 2:29:45
1 Beth Herder Pittsfield, MA 55 2:27:10	4 Timothy Decker Deerfield 54 2:36:03	5 Myron Ferguson Middle Grove 56 2:36:03	6 Michael Tucker Cato 57 2:38:30	7 Patrick Martin Rome 50 2:38:56
2 Ingrid Hylkema Athens 50 2:32:18	5 Myron Ferguson Middle Grove 56 2:36:03	6 Michael Tucker Cato 57 2:38:30	7 Patrick Martin Rome 50 2:38:56	8 Mark Feinour Broadalbin 55 2:39:12
3 Janis Hansen Liverpool 59 2:58:37	8 Mark Feinour Broadalbin 55 2:39:12	9 David Sauter Canandaigua 58 2:40:18	10 Jeffrey Brown Gloversville 55 2:40:48	
4 Karyn Korteling Syracuse 54 3:10:19				
5 Carol Henry Malta 54 3:26:57				
6 Robin McCarty Harbor Springs, MI 58 3:42:46				
7 Stacy Maziejka Voorheesville 51 3:48:02				
8 Tammy Newbold Martinsville, NJ 52 3:49:39				
9 Jane Martin Rome 54 3:50:05				
10 Jody Dixon Northville 58 3:54:32				

MALE 29 & UNDER				MOUNTAIN BIKE - JUNIOR			
1 Stephen Paddock Iilon 19 2:33:15	2 Brandon Ferguson Broadalbin 28 2:34:01	3 Gary Lee Castleton-on-Hudson 29 2:43:54	4 Tyler Sheehan Athens 26 2:43:58	5 Mark Esposito Cazenovia 24 2:45:45	6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53
2 Brandon Ferguson Broadalbin 28 2:34:01	3 Gary Lee Castleton-on-Hudson 29 2:43:54	4 Tyler Sheehan Athens 26 2:43:58	5 Mark Esposito Cazenovia 24 2:45:45	6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59
3 Gary Lee Castleton-on-Hudson 29 2:43:54	4 Tyler Sheehan Athens 26 2:43:58	5 Mark Esposito Cazenovia 24 2:45:45	6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37
4 Tyler Sheehan Athens 26 2:43:58	5 Mark Esposito Cazenovia 24 2:45:45	6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37	
5 Mark Esposito Cazenovia 24 2:45:45	6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37		
6 Christopher Ganzewski Watertown 23 2:47:42	7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37			
7 Luke Oshier Waddington 28 2:50:17	8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37				
8 Kaleb Schweitzer Croghan 22 2:53:53	9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37					
9 Will Phillips Canandaigua 22 2:54:59	10 Eli Littlefield Tupper Lake 21 3:00:37						
10 Eli Littlefield Tupper Lake 21 3:00:37							

MALE 40 TO 49				FEMALE 9 TO 18			
1 David St. Germain Fort Ann 48 2:17:05	2 Chris Mangini Porter Corners 46 2:21:05	3 Leigh Walrath Saranac Lake 48 2:26:38	4 Tony Dardis Manlius 42 2:32:42	1 Nicole Kingsley Athens 18 2:43:59	2 Abby Chapman Pulaski 16 3:43:29	3 Laura Broderick Fairport 12 3:43:41	4 Katelyn Broderick Fairport 14 3:45:03
2 Chris Mangini Porter Corners 46 2:21:05	3 Leigh Walrath Saranac Lake 48 2:26:38	4 Tony Dardis Manlius 42 2:32:42	5 Michael Endieveri South Glens Falls 45 2:40:52	3 Laura Broderick Fairport 12 3:43:41	4 Katelyn Broderick Fairport 14 3:45:03	5 Jessica Setter Ballston Lake 17 3:47:50	6 Jennifer Broderick Fairport 15 4:00:46
3 Leigh Walrath Saranac Lake 48 2:26:38	4 Tony Dardis Manlius 42 2:32:42	5 Michael Endieveri South Glens Falls 45 2:40:52	6 Arnfinn Voldbakken Macdon 47 2:42:28	4 Katelyn Broderick Fairport 14 3:45:03	5 Jessica Setter Ballston Lake 17 3:47:50	6 Jennifer Broderick Fairport 15 4:00:46	7 Emily Cheney Redfield 15 4:00:47
4 Tony Dardis Manlius 42 2:32:42	5 Michael Endieveri South Glens Falls 45 2:40:52	6 Arnfinn Voldbakken Macdon 47 2:42:28	7 Raymond Mere Massena 41 2:45:42	5 Jessica Setter Ballston Lake 17 3:47:50	6 Jennifer Broderick Fairport 15 4:00:46	7 Emily Cheney Redfield 15 4:00:47	
5 Michael Endieveri South Glens Falls 45 2:40:52	6 Arnfinn Voldbakken Macdon 47 2:42:28	7 Raymond Mere Massena 41 2:45:42	8 Mark Padoleski Beacon 40 2:47:41	6 Jennifer Broderick Fairport 15 4:00:46	7 Emily Cheney Redfield 15 4:00:47		
6 Arnfinn Voldbakken Macdon 47 2:42:28	7 Raymond Mere Massena 41 2:45:42	8 Mark Padoleski Beacon 40 2:47:41	9 Jason Pare Rome 41 2:48:39	7 Emily Cheney Redfield 15 4:00:47			
7 Raymond Mere Massena 41 2:45:42	8 Mark Padoleski Beacon 40 2:47:41	9 Jason Pare Rome 41 2:48:39	10 Christopher Streifert Rome 42 2:50:02				
8 Mark Padoleski Beacon 40 2:47:41	9 Jason Pare Rome 41 2:48:39	10 Christopher Streifert Rome 42 2:50:02					
9 Jason Pare Rome 41 2:48:39	10 Christopher Streifert Rome 42 2:50:02						
10 Christopher Streifert Rome 42 2:50:02							

MALE 50 TO 59				TANDEM			
1 David Porter Boonville 52 2:20:59	2 Michael Parker Skaneateles 57 2:21:25	1 Elakim Littell Greenwich 47 2:15:00	2 Wendy Sanders New Hartford 54 2:17:03	1 Griffin Alexander Pittsford 16 2:21:47	2 Jacob Torbay Altamont 14 2:46:49	3 John Paul Donohue Jamesville 17 2:48:54	4 Harrison Dubois Earlville 14 2:48:55
1 David Porter Boonville 52 2:20:59	2 Michael Parker Skaneateles 57 2:21:25	2 Wendy Sanders New Hartford 54 2:17:03	3 Erik Hanson Cooperstown 40 2:43:17	2 Jacob Torbay Altamont 14 2:46:49	3 John Paul Donohue Jamesville 17 2:48:54	4 Harrison Dubois Earlville 14 2:48:55	5 Lucas Claus Pittsford 16 2:49:57
		3 Erik Hanson Cooperstown 40 2:43:17	4 Jay Chapman Pulaski 61 3:47:29	3 John Paul Donohue Jamesville 17 2:48:54	4 Harrison Dubois Earlville 14 2:48:55	5 Lucas Claus Pittsford 16 2:49:57	6 Justin Caron Clifton Park 15 2:53:56
		4 Jay Chapman Pulaski 61 3:47:29	5 Andrew Mangiacapre Hilton 50 3:57:34	4 Harrison Dubois Earlville 14 2:48:55	5 Lucas Claus Pittsford 16 2:49:57	6 Justin Caron Clifton Park 15 2:53:56	7 Josh Kwanski Sherburne 13 3:02:29
		5 Andrew Mangiacapre Hilton 50 3:57:34		5 Lucas Claus Pittsford 16 2:49:57	6 Justin Caron Clifton Park 15 2:53:56	7 Josh Kwanski Sherburne 13 3:02:29	8 Tristan Julian Chittenango 16 3:09:09
				6 Justin Caron Clifton Park 15 2:53:56	7 Josh Kwanski Sherburne 13 3:02:29	8 Tristan Julian Chittenango 16 3:09:09	9 Raymond Frasier Mohawk 15 3:20:19
				7 Josh Kwanski Sherburne 13 3:02:29	8 Tristan Julian Chittenango 16 3:09:09	9 Raymond Frasier Mohawk 15 3:20:19	10 Stanton Baker Plymouth 13 3:24:53
				8 Tristan Julian Chittenango 16 3:09:09	9 Raymond Frasier Mohawk 15 3:20:19	10 Stanton Baker Plymouth 13 3:24:53	
				9 Raymond Frasier Mohawk 15 3:20:19	10 Stanton Baker Plymouth 13 3:24:53		
				10 Stanton Baker Plymouth 13 3:24:53			

MALE 60 & OVER				MALE 9 TO 18			
1 Floyd Lampart Lake Clear 68 2:37:58	2 Sandy Hackney Northville 70 2:46:23	3 Carl Anderson Barneveld 67 2:54:17	4 Gary Gagwin Boonville 63 2:55:35	1 Nathan LeClair 19 35:30	2 Joseph Wilson 13 36:04	3 Aicher Hearon 12 37:21	
2 Sandy Hackney Northville 70 2:46:23	3 Carl Anderson Barneveld 67 2:54:17	4 Gary Gagwin Boonville 63 2:55:35	5 Josef Hansen Liverpool 60 2:58:54	2 Joseph Wilson 13 36:04	3 Aicher Hearon 12 37:21		
3 Carl Anderson Barneveld 67 2:54:17	4 Gary Gagwin Boonville 63 2:55:35	5 Josef Hansen Liverpool 60 2:58:54	6 John Eckert Bridgeport 60 3:00:43	3 Aicher Hearon 12 37:21			
4 Gary Gagwin Boonville 63 2:55:35	5 Josef Hansen Liverpool 60 2:58:54	6 John Eckert Bridgeport 60 3:00:43	7 John Swift Oneida 62 3:03:04				
5 Josef Hansen Liverpool 60 2:58:54	6 John Eckert Bridgeport 60 3:00:43	7 John Swift Oneida 62 3:03:04	8 Jeff Palmer Cazenovia 69 3:10:35				
6 John Eckert Bridgeport 60 3:00:43	7 John Swift Oneida 62 3:03:04	8 Jeff Palmer Cazenovia 69 3:10:35	9 William Cole Niskayuna 67 3:12:24				
7 John Swift Oneida 62 3:03:04	8 Jeff Palmer Cazenovia 69 3:10:35	9 William Cole Niskayuna 67 3:12:24	10 Charles Esposito Cazenovia 61 3:12:34				
8 Jeff Palmer Cazenovia 69 3:10:35	9 William Cole Niskayuna 67 3:12:24	10 Charles Esposito Cazenovia 61 3:12:34					
9 William Cole Niskayuna 67 3:12:24	10 Charles Esposito Cazenovia 61 3:12:34						
10 Charles Esposito Cazenovia 61 3:12:34							

MALE 40 TO 49				MALE AGE GROUP: 1 - 19			
1 Jason Fiegl 40 1:59:12	2 Nick Yardley 49 2:21:48	3 Glen Redpath 48 2:23:18	4 Mark Youndt 48 2:33:01	1 Nathan LeClair 19 35:30	2 Joseph Wilson 13 36:04	3 Aicher Hearon 12 37:21	
2 Nick Yardley 49 2:21:48	3 Glen Redpath 48 2:23:18	4 Mark Youndt 48 2:33:01	5 Brian Murphy 42 2:34:01	2 Joseph Wilson 13 36:04	3 Aicher Hearon 12 37:21		
3 Glen Redpath 48 2:23:18	4 Mark Youndt 48 2:33:01	5 Brian Murphy 42 2:34:01	6 Loring Porter 48 2:40:35	3 Aicher Hearon 12 37:21			
4 Mark Youndt 48 2:33:01	5 Brian Murphy 42 2:34:01	6 Loring Porter 48 2:40:35	7 Craig Phares 49 2:44:31				
5 Brian Murphy 42 2:34:01	6 Loring Porter 48 2:40:35	7 Craig Phares 49 2:44:31	8 Danny Mongno 41 2:57:16				
6 Loring Porter 48 2:40:35	7 Craig Phares 49 2:44:31	8 Danny Mongno 41 2:57:16	9 Marc Scriveren 44 2:58:57				
7 Craig Phares 49 2:44:31	8 Danny Mongno 41 2:57:16	9 Marc Scriveren 44 2:58:57	10 Doug Freudrich 46 3:22:40				
8 Danny Mongno 41 2:57:16	9 Marc Scriveren 44 2:58:57	10 Doug Freudrich 46 3:22:40	11 Russ Cook 40 3:29:50				
9 Marc Scriveren 44 2:58:57	10 Doug Freudrich 46 3:22:40	11 Russ Cook 40 3:29:50					
10 Doug Freudrich 46 3:22:40	11 Russ Cook 40 3:29:50						

MALE AGE GROUP: 20 - 29				MALE AGE GROUP: 30 - 39			
1 Susan Dunklee 27 1:59:57	2 Annelies Cook 29 2:04:11	3 Hannah Dreisegacker 27 2:06:03	1 Sam Longenbach 18 2:14:18	1 Colleen Porter 36 35:30	2 Tonya Lackey 39 40:23	3 Kate Whitney 35 40:55	
2 Annelies Cook 29 2:04:11	3 Hannah Dreisegacker 27 2:06:03	1 Sam Longenbach 18 2:14:18	2 Adam Waickman 28 2:24:44	2 Tonya Lackey 39 40:23	3 Kate Whitney 35 40:55		
3 Hannah Dreisegacker 27 2:06:03	1 Sam Longenbach 18 2:14:18	2 Adam Waickman 28 2:24:44	3 Liam Campbell 29 2:33:37	3 Kate Whitney 35 40:55			
1 Sam Longenbach 18 2:14:18	2 Adam Waickman 28 2:24:44	3 Liam Campbell 29 2:33:37					
2 Adam Waickman 28 2:24:44	3 Liam Campbell 29 2:33:37						
3 Liam Campbell 29 2:33:37							

MALE AGE GROUP: 50 - 59				MALE AGE GROUP: 60 - 69			
1 Dale Dickey 53 2:02:33	2 Gary Perkins 56 2:26:54	3 Bryce Stearns 53 2:26:57	4 David Grant 59 2:41:47	1 Jim Pugh 63 2:29:50	2 Paul Muessig 64 2:44:02	3 Robbie Barnett 64 2:44:24	4 Richard Brotherton 60 2:51:51
2 Gary Perkins 56 2:26:54	3 Bryce Stearns 53 2:26:57	4 David Grant 59 2:41:47	5 Kort Longenbach 51 2:48:51	2 Paul Muessig 64 2:44:02	3 Robbie Barnett 64 2:44:24	4 Richard Brotherton 60 2:51:51	5 Jack Burke 65 2:53:56
3 Bryce Stearns 53 2:26:57	4 David Grant 59 2:41:47	5 Kort Longenbach 51 2:48:51	6 Gregory Bachinsky 53 2:53:22	3 Robbie Barnett 64 2:44:24	4 Richard Brotherton 60 2:51:51	5 Jack Burke 65 2:53:56	6 Charlie Eaton 61 3:00:20
4 David Grant 59 2:41:47	5 Kort Longenbach 51 2:48:51	6 Gregory Bachinsky 53 2:53:22	7 Tom DuBois 58 2:58:28	4 Richard Brotherton 60 2:51:51	5 Jack Burke 65 2:53:56	6 Charlie Eaton 61 3:00:20	7 Tony Waickman 62 3:19:55
5 Kort Longenbach 51 2:48:51	6 Gregory Bachinsky 53 2:53:22	7 Tom DuBois 58 2:58:28	8 Neil Wheelwright 56 3:20:25	5 Jack Burke 65 2:53:56	6 Charlie Eaton 61 3:00:20	7 Tony Waickman 62 3:19:55	8 David Hochschartner 61 3:49:58
6 Gregory Bachinsky 53 2:53:22	7 Tom DuBois 58 2:58:28	8 Neil Wheelwright 56 3:20:25	9 Jack Fulton 59 3:41:14	6 Charlie Eaton 61 3:00:20	7 Tony Waickman 62 3:19:55	8 David Hochschartner 61 3:49:58	
7 Tom DuBois 58 2:58:28	8 Neil Wheelwright 56 3:20:25	9 Jack Fulton 59 3:41:14		7 Tony Waickman 62 3:19:55	8 David Hochschartner 61 3:49:58		
8 Neil Wheelwright 56 3:20:25	9 Jack Fulton 59 3:41:14			8 David Hochschartner 61 3:49:58			
9 Jack Fulton 59 3:41:14							

3.2-MILE BAXTER MOUNTAIN FUN RUN				MALE AGE GROUP: 70 - 79			
MALE OVERALL				1 Patrick Quinn 15 28:05	2 Forest Ledger 16 28:46	3 Garrett Cowser 42 31:25	
1 Tim Durney	2 Brian DeGroat	3 Wyatt Davis	4 Dean Arnold	1 Ashley Blanchard			
2 Brian DeGroat	3 Wyatt Davis	4 Dean Arnold	5 Dale Wells				
3 Wyatt Davis	4 Dean Arnold	5 Dale Wells	6 Tom Dukette				
4 Dean Arnold	5 Dale Wells	6 Tom Dukette					
5 Dale Wells	6 Tom Dukette						
6 Tom Dukette							

MALE AGE GROUP: 80 - 89				MALE AGE GROUP: 90 - 99			
1 Nicole Virdone 32 2:24:06	2 Serena Wilcox 35 2:55:16	3 Michelle Forkey 38 2:55:55	4 Sara Lindsay 37 3:28:24	1 Scott Henry 50 33:11	2 Joe Telesa 54 33:32	3 Joe Murphy 56 35:38	
2 Serena Wilcox 35 2:55:16	3 Michelle Forkey 38 2:55:55	4 Sara Lindsay 37 3:28:24		2 Joe Telesa 54 33:32	3 Joe Murphy 56 35:38		
3 Michelle Forkey 38 2:55:55	4 Sara Lindsay 37 3:28:24			3 Joe Murphy 56 35:38			
4 Sara Lindsay 37 3:28:24							

2ND ANNUAL RUNNING OF THE FLIES 5K <i>continued</i>					
9 30:45 Timothy Lamy	10 31:34 Dave Staspak	11 32:06 Spencer Morrissey	12 33:29 Stephen Flannery	13 34:37 Wayne Gerhartz	14 36:58 Paul Roalsvig
10 31:34 Dave Staspak	11 32:06 Spencer Morrissey	12 33:29 Stephen Flannery	13 34:37 Wayne Gerhartz	14 36:58 Paul Roalsvig	15 42:20 Stephen Ellis
11 32:06 Spencer Morrissey	12 33:29 Stephen Flannery	13 34:37 Wayne Gerhartz	14 36:58 Paul Roalsvig	15 42:20 Stephen Ellis	
12 33:29 Stephen Flannery	13 34:37 Wayne Gerhartz	14 36:58 Paul Roalsvig	15 42:20 Stephen Ellis		
13 34:37 Wayne Gerhartz	14 36:58 Paul Roalsvig	15 42:20 Stephen Ellis			
14 36:58 Paul Roalsvig	15 42:20 Stephen Ellis				
15 42:20 Stephen Ellis					

HITS TRIATHLON SERIES: NORTH COUNTRY-HAGUE *continued*

OLYMPIC - 1500M SWIM, 24.8M BIKE, 6.2M RUN			SPRINT - 750M SWIM, 12.4M BIKE, 3.1M RUN			MALE AGE GROUP: 50 - 54											
MALE OVERALL																	
1	Patrick Cade	30	2:19:28	1	Andrew Wilkins	33	1:18:35	1	Bobby Hanson	52	1:33:57						
2	Brian Northrop	35	2:27:39	2	Daniel Bachovchin	31	1:23:59	2	Paul DiCaprio	50	1:36:33						
3	Carl Regenauer	49	2:30:12	3	Tommy Struzzieri	14	1:25:11	3	Tim Gianfreda	54	1:37:14						
FEMALE OVERALL																	
1	Ashley Hyatt	26	2:43:38	1	Brooke Kelley	15	1:29:35	1	Donna Weeks	54	1:45:45						
2	JoEllen Cameron	51	2:44:31	2	Beth Catherwood	29	1:32:10	2	Terri Peri	53	1:54:16						
3	Kristin Kandiel	34	2:53:33	3	Merrill Simpson	46	1:38:27	3	Mary Nevinis	51	2:08:09						
MALE AGE GROUP: 16 - 19																	
1	Patrick Broderick	16	3:11:34	FEMALE AGE GROUP: 15 - 15													
MALE AGE GROUP: 25 - 29																	
1	Liam McCarthy	28	2:32:35	1	Julia Bookwalter	15	2:16:56	MALE AGE GROUP: 55 - 59									
2	Brad Bloomer	28	3:44:32	FEMALE AGE GROUP: 16 - 19													
3	Jason Barton	29	4:11:40	1	James Blake	17	1:31:49	1	Michael Rozell	57	1:45:11						
FEMALE AGE GROUP: 25 - 29																	
1	Jenna Bernhardt	29	3:05:13	2	Shayne Bookwalter	17	1:33:12	2	Dan O'Brien	55	1:47:09						
2	Marissa Tarallo	26	3:19:10	3	Oscar Kimelman	19	1:37:36	3	Tom Tauscher	58	2:01:14						
MALE AGE GROUP: 30 - 34																	
1	David Pond	31	2:49:43	FEMALE AGE GROUP: 55 - 59													
2	Steve Collum	30	2:59:50	1	CarolyN Wilk	55	1:39:44	1	Rebecca Rusch	45	4:48						
3	Eric Daye	33	3:08:37	2	Mary Hannon	56	1:56:29	MALE 1-19									
FEMALE AGE GROUP: 30 - 34																	
1	Michelle Densmore	33	3:18:50	3	Jane Struzzieri	55	2:02:55	1	Peter Unger	17	Charlotte, VT	7:39					
2	Lauren Gim	31	3:30:56	MALE AGE GROUP: 60 - 64													
3	Melissa Cole	30	3:34:54	1	Karen Costello	60	1:59:36	FEMALE 20-29									
MALE AGE GROUP: 35 - 39																	
1	Blair Ruhling	36	2:31:14	2	Jo Bernhardt	60	2:10:01	1	Sherry Tario	27	Clifton Park	5:52					
2	Richard Diamond	39	2:53:58	MALE AGE GROUP: 65 - 69													
3	Jeff Weiss	39	3:04:31	1	James Adams	67	1:53:53	2	Regina Legge	29	Quincy, MA	6:03					
FEMALE AGE GROUP: 35 - 39																	
1	Kirsten Cestaro	39	3:01:51	MALE AGE GROUP: 70 - 74													
2	Aimee Demers-Bourgeois	37	3:11:43	1	Jim Cunningham	70	1:48:52	3	Kimberly Coleman	29	Blacksburg, VA	6:38					
3	Sandra Schmitt	35	3:28:01	FEMALE AGE GROUP: 60 - 64													
MALE AGE GROUP: 40 - 44																	
1	Brian Cestaro	41	2:37:57	1	Margaret Wallace	65	2:01:05	MALE 20-29									
2	Clydon Provost	43	2:41:18	FEMALE AGE GROUP: 65 - 69													
3	Richard Reno	44	2:54:31	1	Margaret Wallace	65	2:01:05	1	Ryan Serbel	25	Hartford, CT	4:12					
FEMALE AGE GROUP: 40 - 44																	
1	Julie Cuneo	42	3:14:43	MALE AGE GROUP: 70 - 74													
2	Norine Brown	40	3:26:00	1	Jim Cunningham	70	1:48:52	2	Cameron Cogburn	28	Arlington, MA	4:17					
3	Kelli Duggan	43	4:57:01	FEMALE AGE GROUP: 70 - 74													
MALE AGE GROUP: 45 - 49																	
1	Randy Kelley	45	2:31:54	1	Sibyl Jacobson	72	2:07:18	RELAY TEAMS									
2	Jeff Dodge	49	2:44:43	1 Jonathan Smith/Ruth Goebel 1:33:14													
3	Timothy Brown	49	3:04:13	2 Harold Dower/Cary Hall/ Donna Walsh 1:36:52													
FEMALE AGE GROUP: 45 - 49																	
1	Wendie Bishop	45	3:02:21	3 Melissa Gruver-LaPol/ Dawn Burdick 1:43:53													
2	Kristen Long	46	3:27:24	OPEN - 100M SWIM, 3M BIKE, 1M RUN													
3	Shelly Young	48	3:45:48	MALE OVERALL													
MALE AGE GROUP: 50 - 54																	
1	John Reino	50	2:52:36	1	Jonathan Hindes	21	19:31	1									
2	Peter Abitante	52	2:54:41	2	Jackson Hindes	14	19:38	FEMALE OVERALL									
3	Scott Goodwill	51	3:03:57	3	Jackson Moran	11	19:53	1 Rosanne VanDorn 40 Lake Placid 2:16									
FEMALE AGE GROUP: 50 - 54																	
1	Yon Han	50	3:11:58	MALE 1-19													
2	Patricia Robison	51	3:20:10	1	Donnie Seib	15	Bryant Pond, ME	2:23	2								
3	Kirsten Elling	52	3:31:30	FEMALE 1-19													
MALE AGE GROUP: 55 - 59																	
1	Michael Spano	55	3:02:57	1	Melissa Seib	17	Bryant Pond, ME	2:16	MALE 20-29								
2	Doug Noordsy	55	3:17:31	1													
3	Kenneth DeMott	58	3:49:02	MALE 30-39													
RELAY TEAMS																	
1 Robert Wither/Kimberly Murray/Thomas Suozzo 2:37:15									2 Matthew Puza 31 Henniker, NH 2:33								
2 Matt Nafus/Paul Loomis/Ray Luzzo 2:52:06									3 Josh Colley 38 Lakeville North, CO 2:44								
3 Tim Wright/Chuck Holliday/Erica Wright 3:05:18									4 Dan Simonds 36 Amsterdam 2:54								

38TH ANNUAL ADIRONDACK DISTANCE RUN 10-MILER
June 22, 2014 • Lake George to Bolton Landing

MALE OVERALL			MALE AGE GROUP: 45 - 49										
1	Demetri Goutos	23	Saratoga Springs	51:03	1	John Stadlander	48	Clifton Park	58:08				
2	Nick Marcantonio	21	Glens Falls	51:27	2	Thomas Kracker	49	Delmar	1:04:30				
3	Thomas O'Grady	29	Latham	54:58	3	Todd Mesick	47	Cohoes	1:04:32				
FEMALE OVERALL													
1	Karen Bertasso	30	Scotia	1:00:09	4	Brian Debraccio	48	Scotia	1:05:16				
2	Kristina Gracey	31	Guiderland	1:02:39	5	Craig Evans	49	Malta	1:11:17				
3	Julia Flower	15	Schenectady	1:02:48	FEMALE AGE GROUP: 45 - 49								
MALE AGE GROUP: 1 - 14													
1	Kerry Flower	14	Schenectady	1:17:20	1	Mary Fenton	48	Ballston Spa	1:14:20				
2	Shannon Walsh	12	Troy	1:23:48	2	Peggy Egan	48	Albany	1:15:38				
3	Elena Pasek	9	Saratoga Springs	1:44:51	3	Angie Gargan	49	Glens Falls	1:18:59				
MALE AGE GROUP: 15 - 19													
1	Daryn Hutchings	17	Argyle	56:13	4	Trish O'Sullivan	46	Garden City	1:21:22				
2	Joshua Korn	18	Niskayuna	1:00:10	5	Elizabeth Trachte	49	Lake Placid	1:21:39				
3	Ben Collins	19	Glens Falls	1:00:47	MALE AGE GROUP: 50 - 54								
4	Daniel Hodgkinson	19	Delmar	1:15:18	1	Jay Thorn	52	Valatie	1:02:53				
5	Justin Clement	19	Clifton Park	1:47:40	2	Russell Lauer	51	Troy	1:05:38				
FEMALE AGE GROUP: 15 - 19													
1	Hannah Patzwahl	19	Valatie	1:12:37	3	Timothy Bardin	52	Queensbury	1:06:51				
2	Jordan Casey	17	Ballston Lake	1:13:50	4	Jon Gurney	51	Saratoga Springs	1:08:41				
3	Heidi Proper	19	Kinderhook	1:24:11	5	Brian Borden	50	Altamont	1:10:42				
4	Cassie Kranick	18	Schenectady	1:27:36	FEMALE AGE GROUP: 50 - 54								
MALE AGE GROUP: 20 - 24													
1	Chris Herbs	21	Gansevoort	1:01:25	1	Christine Varley	50	Albany	1:12:42				
2	Kevin McCullough	20	Gansevoort	1:07:26	2	Colleen Brackett	53	Albany	1:14:58				
3	Andrew Fucini	20	Saratoga Springs	1:11:23	3	Anne Gullickson	50	Kingston	1:15:22				
4	Taylor McNally	24	Charlottesville, VA	1:13:23	4	Chantale Mercier	53	Montreal, QC	1:18:33				
5	Emmet Shipway	20	Avon, CT	1:14:09	5	Sandy Adam	54	Shushan	1:21:39				
FEMALE AGE GROUP: 20 - 24													
1	Shannon Trant	20	Niskayuna	1:09:00	MALE AGE GROUP: 55 - 59								
2	Lauren Benoit	20	Stafford, VA	1:10:47	1	Derrick Staley	55	Ballston Lake	59:03				
3	Katlin Mock	23	Albany	1:11:08	2	William Venner	55	Granville	1:03:01				
4	Amanda Millington	20	Chestertown	1:14:43	3	Kevin Dollard	58	Hopewell Junction	1:04:25				
5	Jackie Boyce	20	Schaghticoke	1:14:56	4	Stephen Nickerson	57	Salem, MA	1:07:01				
MALE AGE GROUP: 25 - 29													
1	Michael Nickerson	25	Clifton Park	57:38	5	Daniel Dougherty	59	Brooklyn	1:10:31				
2	Andrew Pollock	28	Queensbury	1:08:32	FEMALE AGE GROUP: 55 - 59								
3	Kareem Niazi	27	Clifton Park	1:11:09	1	Nancy Briskie	56	Schenectady	1:13:11				
4	Bennett Lafond	25	Middle Granville	1:12:16	2	Nancy Taormina	55	Albany	1:15:08				
5	Thomas Hartnett	25	Schenectady	1:13:17	3	Kitty Fair	58	Fort Ann	1:19:46				
FEMALE AGE GROUP: 25 - 29													
1	Katie Mack	29	Brandon, VT	1:10:18	4	Maureen Fitzgerald	56	Clifton Park	1:20:44				
2	Jessy Montrose	28	Ballston Lake	1:10:56	5	Nancy Dorn	55	Plymouth, MA	1:21:02				
3	Elizabeth Chauhan	29	Albany	1:11:06	MALE AGE GROUP: 60 - 64								
4	Melissa Wern	28	Glens Falls	1:13:07	1	Carl Matuszek	62	Chatham	1:09:37				
5	Samantha McBee	28	Saratoga Springs	1:13:23	2	Peter Gerardi	62	Glennville	1:10:42				
MALE AGE GROUP: 30 - 34													
1	Tyler Raymond	30	New York	55:55	3	James Forbes	60	Valley Falls	1:11:53				
2	Chuck Terry	32	Albany	57:00	4	Paul Forbes	63	Colonie	1:13:12				
3	Russell Lidberg	32	Schuylerville	1:01:18	5	Patrick Lopiano	63	Kingston	1:14:52				
4	Ambrose Schaffer	31	Canajoharie	1:06:01	FEMALE AGE GROUP: 65 - 69								
5	Tom Portuese	32	Queensbury	1:06:29	1	Michael Thumann	65	Chatham	1:15:58				
FEMALE AGE GROUP: 30 - 34													
1	Meleah Wright	32	Watervliet	1:15:34	2	Seamus Hodgkinson	65	Delmar	1:22:40				
2	Mariel Zeccola	33	Rexford	1:15:39	3	Terry Smith	66	Galway	1:27:48				
3	Anya Endsley	32	Glens Falls	1:19:36	4	Thomas Kollar	68	Schenectady	1:31:40				
4	Jamie Mastrianni	32	Saratoga Springs	1:24:17	5	Jesse Dinkin	67	Schenectady	1:35:39				
5	Kimberly Alessi	32	Glens Falls	1:24:51	MALE AGE GROUP: 65 - 69								
MALE AGE GROUP: 35 - 39													
1	James Kehoe	36	Gansevoort	1:05:31	1	Susan Wong	66	Glenmont	1:27:33				
2	Colin Crowley	37	Malta	1:09:41	2	Ginny Pezzula	68	Colonie	1:34:44				
3	Daniel Croyley	36	Albany	1:10:14	3	Susan Harris	66	Albany	1:47:17				
4	Michael West	38	Warrensburg	1:12:06	4	Candi Schermerhorn	67	Diamond Point	1:50:46				
5	Joshua Farrell	39	Albany	1:12:12	5	Diane Wagner	66	Bolton Landing	1:51:15				
FEMALE AGE GROUP: 35 - 39													
1	Renee Tolan	39	Clifton Park	1:03:10	MALE AGE GROUP: 70 - 74								
2	Eileen Ferguson	36	Jordan	1:05:50	1	Morgan Shipway	71	Avon, CT	1:29:12				
3	Tina Cukrovany	37	Rensselaer	1:11:44	2	Jim Moore	74	Niskayuna	1:31:41				
4	Kristina Hubert	36	Queensbury	1:15:53	3	Lou Van Dyck	72	Toluca Lake, CA	1:41:08				
5	Allison Walter	38	South Glens Falls	1:16:23	4	Peter Ludlow	72	Hopewell Junction	1:42:58				
MALE AGE GROUP: 40 - 44													
1	Robert Irwin	41	Guiderland	57:30	5	Joseph Gutierrez	70	Hillsdale, NJ	1:44:55				
2	Volker Burkowski	42	Gansevoort	58:40	MALE AGE GROUP: 75 - 79								
3	Michael Kelly	44	Selkirk	1:03:09	1	Wade Stockman	79	Rensselaer	1:31:31				
4	Tom Fraser	41	Schodack Landing	1:04:49	2	Bob Brodie	75	Lake George	1:47:45				
5	Michael Bracken	40	Saratoga Springs	1:05:34	MALE AGE GROUP: 80 - 84								
FEMALE AGE GROUP: 40 - 44													
1	Erin Corcoran	40	Schenectady	1:03:33	1	Ed Doucette	84	Bennington, VT	2:21:02				
2	Tina Greene	40	Scotia	1:10:01	FEMALE AGE GROUP: 80 - 84								
3	Karen Dolge	43	Valatie	1:11:19	1	Anny Stockman	82	Rensselaer	2:08:01				
4	Stacia Smith	43	Niskayuna	1:16:47	MALE AGE GROUP: 85 - 89								
5	Christina Gow	40	Lake George	1:17:13	1 David Burrows 39 Castleton, VT 5:02.6								

BICYCLING *continued from page 1*

gravel along the shores of Glen Creek. The trees shelter you from the sun and with little traffic, it's a chance to cruise easily along the creek and catch your breath. Just be careful of sandy sections and potholes, which can be hard to see in the sun dappled shady spots.

Now you have reached Route 28 in The Glen, where a right turn will take you to the only rest stop at The Glen Market at Wild Waters Outdoor Center. Grab a snack and some water and recharge in one of the Adirondack chairs on the front porch before tackling the rest of the route.

This next 2.4 miles will be the busiest on the ride as you head west on Route 28 to a right turn onto the dirt Harrington Road. Be especially alert along the state highway – while there is a paved shoulder, vehicle traffic can be heavy, especially on weekends.

On Harrington Road, the Hudson River will be just to your right, but it may be hard to see it through the thick foliage. After crossing the Mill Creek bridge, take a sharp right onto Riverside Station Road, and in a few miles you will coast into Riparius, where Route 8 crosses the Hudson River, and the tracks of the Upper Hudson River Railroad cross the road. The bridge provides great views looking up and down the river.

Barely a quarter-mile left on Route 8 is River Road Cutoff, where a right turn leads back onto dirt and the start of a long climb away from the river. In a half-mile, a right turn onto River Road puts you back on pavement for a mile or so before the asphalt once again ends, and you begin the final dirt section that will take you the remaining six miles back into North Creek.

This ride saves the most challenging for last, and the seasonal road has many short, steep climbs, protruding rocks, and sections



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that can wash out in the spring. If you brought your road bike with skinny tires, this is where you will pay the price.

Finally, you emerge from the woods to see the outermost houses of North Creek, and the NY Route 28N bridge crossing the

Hudson River to your right as the pavement resumes. A couple of turns lead you back to downtown North Creek or the Ski Bowl Park.

Celebrate with a burger and a beer in one of the local eateries. After this challenging but beautiful ride, you deserve it! 🍷

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at KrausGrafik.com.

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HIKING & BACKPACKING

West Mountain on Raquette Lake

A Guided Hike to a Former Fire Tower Peak



VIEW OF RAQUETTE LAKE FROM WEST MOUNTAIN SUMMIT.

PHOTO BY SPENCER MORRISSEY

By Spencer Morrissey

I have the pleasure of doing organized hikes for the Town of Long Lake and on my calendar of events I listed West Mountain as the outing for recent particular week. Given that these trips are free to the community I never know how many people I will have signed up from one trip to another. This particular trek brought together nine hikers. It would be a nice size group on the summit of West Mountain on this day. West Mountain is located on the shores of Raquette Lake and was the home of a historical fire tower. This fire tower was removed many years back, but remnants of it still survive. Parts of the fire tower were used to construct the tower at the Adirondack Museum in Blue Mountain Lake. Our route would follow the foot trail that was used to access the tower when it was being manned by a state fire observer.

The morale was high and everyone was excited to get moving. We dropped down the embankment into the lush forest and the pace moved along quickly. The first section of trail gets much less use than the western trailhead. It's a bit overgrown in spots and a very narrow tread was before us. But with little use comes soft footing and a very quiet feeling of solitude. We wasted no time at all conquering the rolling hills along the first 1.4 miles of trail. The western trail now comes in on our left and the route was now much wider with signs of heavier use. This section is an old woods road turned foot trail and we had no problem making even better time. There are several side trails off this particular section, and as you know it's always important to take the correct fork in a trail – but having been here on a few previous outings, we didn't lose a step.

It was a quick 0.8-mile before we came to the trail that leads to Raquette Lake. Even with the distance being only about a tenth

of a mile to the shore, we opted to save it till later. From here the trail makes a sharp left turn, and back onto a foot trail through a slightly darker mixed forest. Soon I knew we would find ourselves on a steeper climb to the summit, but I would let that be a surprise for the gang.

This section of trail was the only area for wet conditions and mud, and it was relatively minimal, partially due to massive amounts of recent rain. The trail was now starting to become a true Adirondack trail, in feel and look. The climb started to rear its face ever so gently as larger rolling hills come to us and a decent sized hog-back. Then in front of us were the serious slopes up the shoulder of West Mountain.

At the beginning of the steeps, we were welcomed with an active spring and roughly 20 inches of unkind mud. Not the dry mud that just forms under your feet, but the wet, sticky mud that finds all the openings and cracks in your shoes. A few rocks had been laid out to hop over, if you could do so without falling off. Some were a bit loose and shifted under you, causing an instant arm swinging reaction to catch your balance. Others in the group decided to see how deep it really was. The next thing I saw was one of my hikers pulling a boot out of the mud with their hands. Oh well, it's just mud, no harm, and they were laughing and having a good time – that's all that matters.

This section as I mentioned is very steep, requiring a few extra breathers. The trail to our delight offered some interesting views along the way, especially if you didn't mind looking around off the steep sides. The much more moderate ridge was now before us, and soon we were on the summit enjoying the views out over Raquette Lake. I took everyone over to the true summit which lies only about 50 feet past the previous position of the fire tower. A survey marker identifies that



location atop some bedrock.

After a long lunch break at the top, some picture taking, and a close call with a huge spider, I soon determined that our bus driver would be waiting for us longer than usual – we were clearly behind schedule. The descent was rather quick until we reached the very steep sections and especially the section of trail where water was on the surface.

It was nice to hear the conversation on the way back to Long Lake and to see that a couple of the hikers were spending an additional night in one of Long Lake's fine establishments. Then to hear that two others, who meet up on these hikes, were going to have dinner at the Adirondack Hotel. It was a successful day – a great time in the woods, new friends, and long lasting

memories – what the Adirondacks are all about. Call Long Lake at (518) 624-3077 or visit mylonglake.com to see what trips are coming up this summer and fall, and join us on an outing to remember. 🌲

Spencer Morrissey (spencermorrissey21@gmail.com) resides in Cranberry Lake and owns Inca-Pah-Cho Wilderness Guides. He is an outdoor enthusiast, four-season 46er, finisher of the Adirondack 100 Highest, and author of two guidebooks, The Other 54 and Adirondack Trail Runner. He is also a guide for High Peaks Mountain Guides and Adirondack Rock and River.

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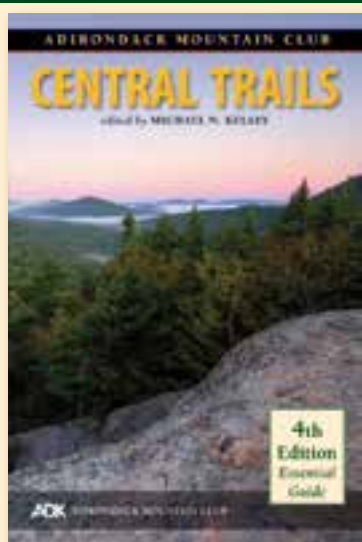
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When recreating on or near water, **keep in mind that dangers exist at any time of the year, and that conditions such as flows and water levels can change quickly and without notice.** Avoid areas such as dams, gates, powerhouses, substations and bypass reach. Use only designated recreation areas, and respect all warning signs, buoys, sirens, booms, barriers and fences.



Always check water conditions before you recreate. One source is waterline
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