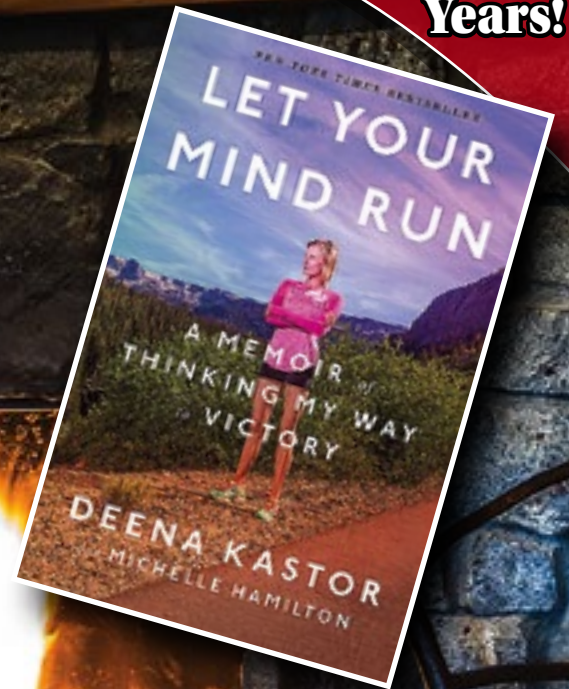
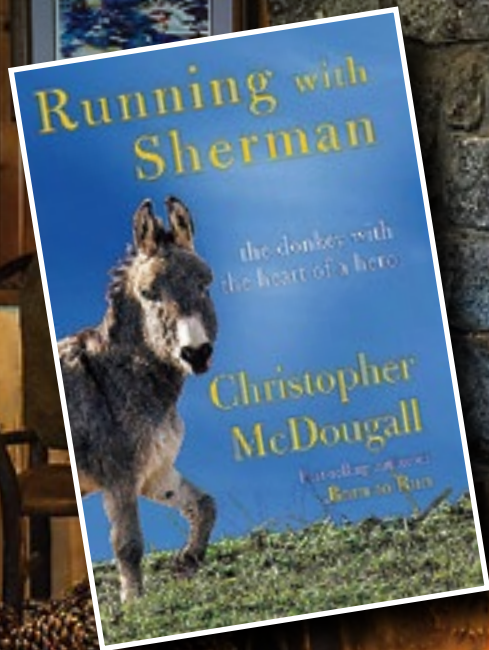


Celebrating
20
Years!

Fireside Reads



GARNET HILL LODGE

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New Year's Reading and Dreaming!

By Laura Clark

We have all pondered the adage, "Running is 90% mental and the rest is physical." So, this New Year's why not give it a go? When conditions outside are totally awful or you just can't face another boring treadmill session, retreat to your fireplace, sip a glass of wine or a mug of hot chocolate, and relax without guilt while you recharge. The following selections range from inspirational, to training advice, to gear related, and on to everyone's favorite: energy-restoring meals. One good read could be enough to get you out the door!

Winning hooves-down in the inspirational category is **Running with Sherman** by *Born to Run* and *Natural Born Heroes* author Christopher McDougall. Again, he has given us a story that is essentially about running, but offers so much more, touching on rescued animal rehabs, sustainability, women's rights, Amish culture, autism and mental health issues. Like a typically over-enthusiastic runner, McDougall decides to team with his traumatized donkey, inevitably targeting the World Championship Pack Burro Race in Fairplay, Colo. This may be a fireside read, but with the author's restless penchant for hurdling from topic to topic, there is no opportunity for a few quick winks. McDougall once more brings us a running book you can even discuss with your non-running buddies.

Looking for a new challenge this year? Then sample Susan Lacke's **Running Outside the Comfort Zone** where she revamps her rigid outlook to focus on events that are a true stretch of her abilities. Join her as she explores the Red Bull 400, an uphill run on an Olympic ski jump where oxygen masks were stationed every 400 meters, and the Frozen Dead Guy Days Coffin Race. Each chapter

is a self-contained adventure, giving testament to the fact that "There's more than one way to be a runner."

Mental training began with Mihaly Csikszentmihalyi's landmark book *Flow*, where he explored the idea that being "in the zone" was crucial to performance. Deena Kastor continues with **Let Your Mind Run: A Memoir of Thinking My Way to Victory**, where we learn how an Olympian unleashes the power of positivity to banish her feelings of self-doubt and recharge her career. Added to that, Deena Kastor is, just like Joan Benoit Samuelson, a thoroughly sincere individual whose struggles mirror our own.

Complementing Kastor's outlook with a sensual coffee-table style spread is Emelie Forsberg's **Sky Runner: Finding Strength, Happiness, and Balance in Your Running**. With its mix of travelogue, recipes, contemplation and training advice, we have fire-side permission to close our eyes, and indulge in a bit of day-dreaming. It doesn't hurt that the stunning photographs of sky running, ski mountaineering and snowshoeing are taken by master Kilian Jornet. Like Kastor, Forsberg becomes susceptible to the grind, but instead chooses to view her training as something playful, joyful and adventurous. Eschewing the coaching regime, she prefers to run spontaneously, by feel.

For those of you who spend New Year's Day plotting your races and outlining your training, armchair with Pete Pfitzinger's third edition of **Advanced Marathonng**. As a librarian, I recognize that often there is little reason for yet another edition of a book except

See **RUNNING 17** ▶

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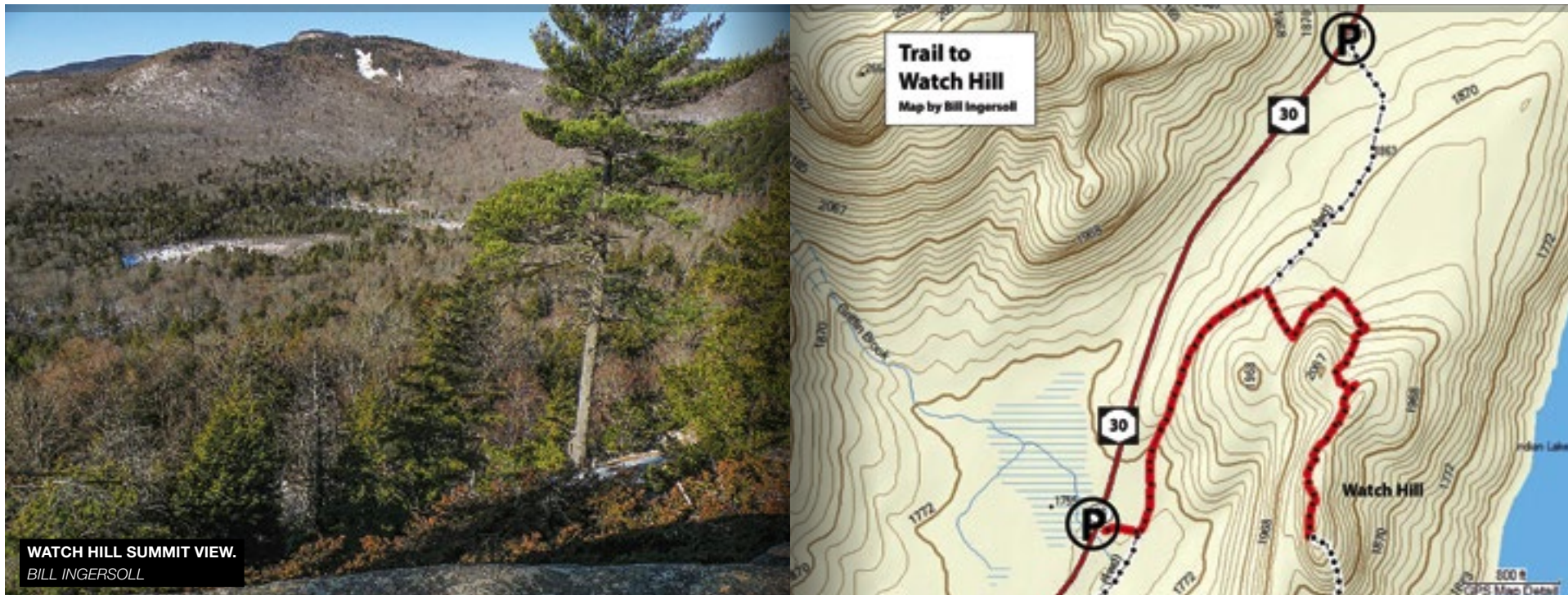
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HIKING & SNOWSHOEING



WATCH HILL SUMMIT VIEW.
BILL INGERSOLL

Watch Hill

Snowy Mountain's Most Distinctive Foothill

By Bill Ingersoll

Watch Hill stands between NY Route 30 and Indian Lake, and it has long been traversed by an informal trail network once maintained by the neighboring Timberlock resort. In more recent years, the Department of Environmental Conservation has adopted this trail network as its own, resulting in a well-marked hiking trail to the summit of this small wonder.

The rock ledges at the top of Watch Hill feature fine views of Snowy, and especially of the Griffin Brook Slide on its eastern flanks. The views toward Indian Lake are less impressive, but Watch Hill has just the right balance of short distance, fun terrain, and open rock to ensure that it will remain a popular day-hiking destination.

Getting There

There are two ways to approach Watch Hill from Route 30. The preferred trailhead is a relatively new parking area (created in 2013) located on the east side of the highway near Griffin Brook. You will find it 15.9 miles north of Speculator, or 8 miles south of Indian Lake, directly across from a scenic wetland.

The northern approach begins at the Snowy Mountain trailhead 16.8 miles from Speculator and 7.1 miles from Indian Lake. Immediately south of the parking area, look for the start of the path behind a guardrail. It leads to an abandoned section of the highway, which will take you in 0.5-mile to the trail to the summit.

The Trail

For our purposes, let's focus on the southern approach, beginning at the new parking area by Griffin Brook. The view

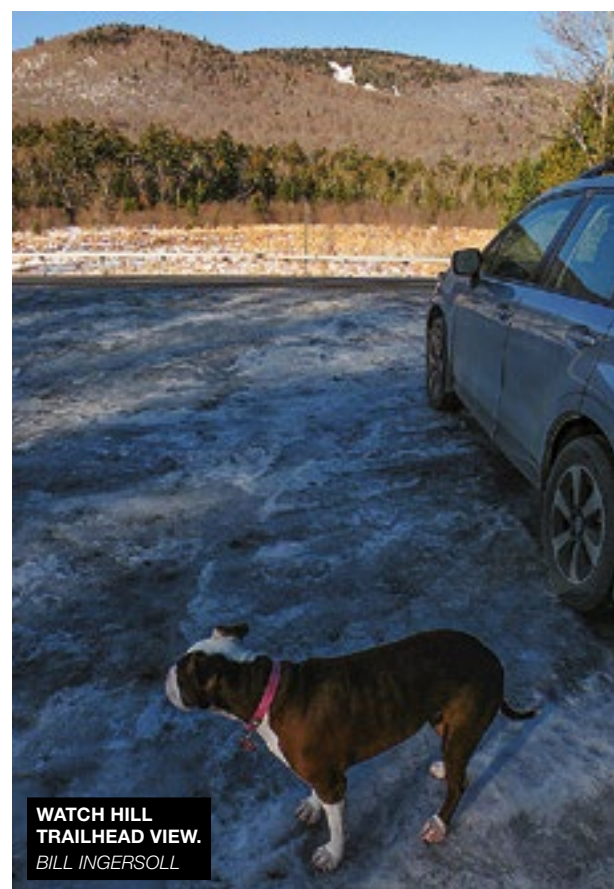
across the road, toward the large slide on Snowy's flank, is not unlike the view you will soon have from the summit. The marked foot trail leads east into the woods, reaching a junction with a very wide trail in about 300 feet. Turn left.

This wide trail is no mere footpath; prior to 1955, this was a section of the main highway. Originally constructed in 1878, the old road linking Speculator and Indian Lake was considered inadequate for automobile travel, but it took many years to replace it. Today, it is one of the more obvious hiking trails you'll ever see. Follow it northeast on a gentle grade, passing a junction with a ski trail on the right. The old road levels off and reaches a second junction at 0.5-mile.

Here, bear right onto a narrower foot trail. In just 500 feet it reaches the foot of Watch Hill, which is here a steep and somewhat rocky slope. Rather than climb it directly, the marked hiking trail swings abruptly left, circling around the small mountain for a better way to ascend. It finds that spot on the northern slopes, where the grade is far more moderate.

Just 0.5-mile from the old road (one-mile overall) you reach the ridgeline. This area is handsomely forested with shady hemlocks, which probably exacerbate the winter ice problem; this is a beautiful snowshoe climb, but a healthy snow cover is helpful. Without snow, there is a substantial amount of ice build-up on Watch Hill during the winter months.

You reach the first open ledge 1.1 miles from the Griffin Brook trailhead, where the view of Snowy Mountain is good, but not as good as what lies ahead. Continue another 500 feet



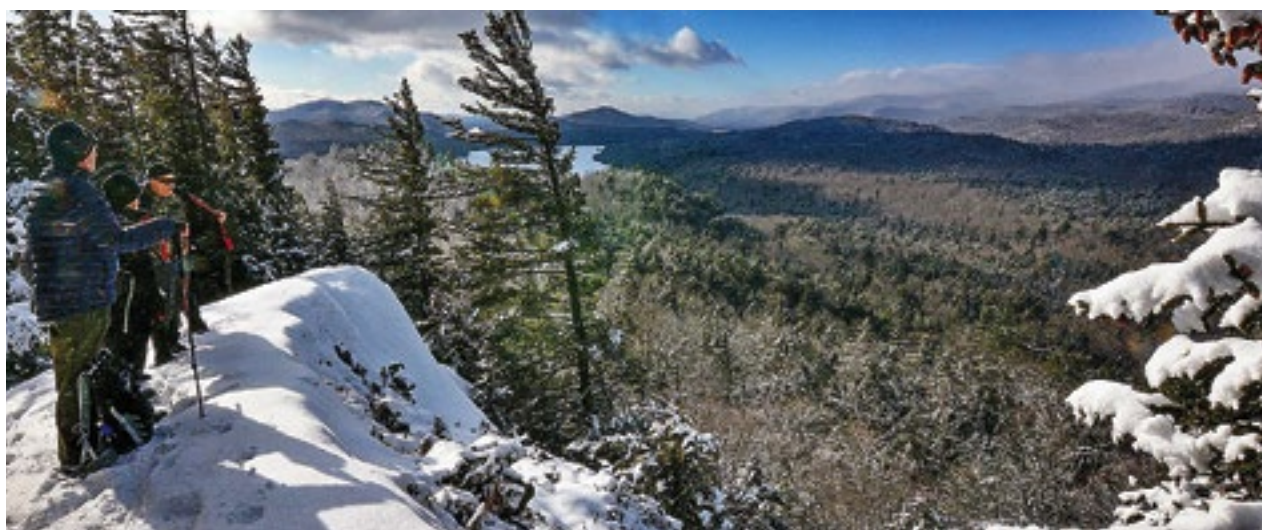
WATCH HILL TRAILHEAD VIEW.
BILL INGERSOLL

to the main ledge, encountering a few more spots of steep climbing along the way. You'll know you've reached your destination when the ridge comes to a precipitous point. There is a steep drop-off on one side, with partial views of Indian Lake to the south.

The best view is to the west, encompassing nearly all of Snowy Mountain's sprawling eastern slopes. The large rock scar is the Griffin Brook Slide. Just below you, skirting the wall of rock on which you're standing, is a band of juniper. All of this is pretty good for a hike that is only 1.2 miles long total, with an elevation gain of only 375 feet!

The continuing hiking trail leads southeast from this last ledge toward Watch Point on the shore of Indian Lake. If you are just looking for an easy hike, you definitely won't want to go that way, as it leads steeply down in the wrong direction. Just turn back along the ridgeline to return to NY Route 30. ▲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironclacks.com). For more information on this region, consult Discover the South Central Adirondacks or his recently-published 50 Hikes in the Adirondack Mountains (Countryman Press).



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News Briefs

Ski with Andrew Weibrecht March 15 for Make-A-Wish

WILMINGTON - Here is your chance at Olympic ski glory - or at least to take on an Olympic icon on the slopes. Whiteface Mountain skiers will have the opportunity Sunday, March 15 to ski with three-time Olympian Andrew Weibrecht, and then compete against the bronze and silver medalist in a recreational dual giant slalom. This second annual event benefits Make-A-Wish Northeast New York, for which Andrew serves as a board member.

Skiers will be able to also ski half-price at Whiteface on March 15 by making a \$10 donation at the mountain to Make-A-Wish NENY. Make-A-Wish volunteers will staff a table adjacent to the lift ticket windows, at which \$10 Adopt-A-Wish stars may be purchased. For every \$10 star, a skier will receive half-off the regular lift ticket price. Pre-register to free ski with the Olympic legend on March 15 from 10-11:30am, and then compete in a recreational race from 1:30-3pm. The cost to participate is \$100 per skier (\$75 for season ticket holders), and the chance to ski and race with Andrew are limited to the first 50 registrants. Included in the registration is a lift ticket, free ski, race, and post-race reception. Proceeds benefit Make-A-Wish NENY.

In addition, there will be a drawing for a three-day, two-night stay at the world-famous Mirror Lake Inn in Lake Placid. Included as part of the prize is the opportunity to ski privately with Weibrecht, whose family owns the inn, and a Head ski package for two. Tickets are \$25 each, or five for \$100. Only 350 tickets will be sold. The drawing will be held at 4:30pm, March 15 at a complimentary reception at the mountain. Raffle participants need not be present to win. To register for the free ski and/or raffle, contact Make-A-Wish NENY at (518) 456-9474.

Make-A-Wish grants the wishes of children with critical medical conditions to enrich the human experience with hope, strength and joy. Make-A-Wish Northeast New York serves the 15 counties comprising the 518 and 838 area codes. The chapter grants 90-100 wishes each year and has granted more than 1,900 wishes since 1987. For more info, visit neny.wish.org and discover how you can share the power of a wish. 🌲



ESWG: Come Out and Play

LAKE PLACID - The Empire State Winter Games is a multi-day sports event hosted in the Adirondacks from Thursday-Sunday, Jan. 30-Feb. 2. In its 40th year, the games bring together athletes from across New York State and beyond (15 states and three countries), to compete in 30 winter sports events. The 2019 games included 2,100 athletes of all ages, including master divisions, and the 2020 Games are expected to exceed that number.

Sports include: alpine, adaptive alpine, biathlon, adaptive biathlon, bobsled, adaptive bobsled, cross country, figure skating, freestyle moguls, luge, Nordic combined, skeleton, ski cross, adaptive ski cross, ski jumping, ski orienteering, snowboard cross, adaptive snowboard cross, snowshoe, speed skating, squirt hockey, winter (fat) biking, girl's hockey, women's hockey, adaptive hockey and esports.



The ESWB is a community-driven event, courtesy of a partnership between the Regional Office of Sustainable Tourism; the towns of North Elba, Wilmington, Tupper Lake, Harrietstown, Malone and Brighton; the villages of Lake Placid, Tupper Lake, Paul Smiths, Malone, Wilmington and Saranac Lake; Essex and Franklin counties; and the Olympic Regional Development Authority.

Sport venues are located in Lake Placid, Wilmington, Saranac Lake, Tupper Lake, Malone and Paul Smiths. Venues include Olympic Center Herb Brooks Arena, Olympic Jumping and Sliding complexes, Mid's Park, Whiteface Mountain, Paul Smith's College, Paul Smith's College VIC, Saranac Lake Civic Center Ice Rink, Dewey Mountain Recreation Area, Tupper Lake Memorial Civic Center, Mt. Van Hoevenberg Cross Country and Biathlon Center, Titus Mountain and Mount Pisgah.

Registration is open for the games, you don't have to be a NYS resident to participate, and most sports are open to all levels. For more info on your specific sport, visit empirestatewintergames.com. 🌲

HMRRC Offering Grants to Improve Community Running

ALBANY - The Hudson Mohawk Road Runners Club is accepting grant applications from community groups, road race clubs, municipalities, park and trail organizations, and other qualifying entities for programs and projects that advance running opportunities in the Capital Region. Eligible organizations include those established to advance or support running and that have no restrictions on membership or participation, or those that maintain, plan or organize local running related events open to all. Eligible expenses may include race support, road running infrastructure projects, trail improvements or instructional/training programs.

The program advances the club's mission to promote the sport of distance running through education and training and promote running as part of a healthy lifestyle and community development. Grants are available in amounts up to \$1,000. Applications must be received by Feb. 1. Applications received after that date will be considered in HMRRC's July funding group. The application and submission instructions are available at www.hmrrc.com/outreach/grants. For more info, email HMRRC's grant committee chair: jessicanorthan@hmrrc.com. 🌲

Fat Biking and More at Gore's Nordic Center

NORTH CREEK - Gore Mountain is opening its groomed cross-country trails to fat tire biking on non-holiday Wednesday nights. Bikers are welcomed to explore the Ski Bowl, which features grooming, snowmaking and a variety of inclines, flat stretches, and brief wooded routes. Twilight trail passes for biking, snowshoeing, and Nordic skiing are \$12. The Ski Bowl Citizens Races will begin Tuesday, Jan. 14, and continue every Tuesday at 6pm until February 18. This non-competitive Nordic and snowshoe race series evolves into a fitness club of friends getting together each week to track their progress and earn a chance to win fun raffle prizes awarded from Gore and area businesses. The series is free to all ticketed guests and season passholders.

Gore has two competition-level boardercross courses and one of them is at the



Ski Bowl. Participants and spectators are encouraged to join the two USASA Boarder/Skiercross events, which will be held on Monday, Jan. 20 and Saturday, Feb. 8.

The Ski Bowl also hosts several high school, collegiate and masters Nordic races. Upcoming events include the Mid-Atlantic Junior National Qualifiers Jan. 18-19, U.S. Collegiate Ski Conference Races Feb. 22-23, and New England Nordic Ski Assn. Eastern High School Championships March 13-15. The Ski Bowl's amphitheater-like layout offers outstanding visibility for spectators and public is encouraged to watch the races. For more info, visit goremountain.com or call 518-251-2411. 🌲

FROM THE PUBLISHER

Shine Bright in 2020

I hope you had a wonderful holiday season. I'm excited about what January brings - new goals, positive changes, and improving health and fitness.

Adirondack Sports is excited about this year, our 20th anniversary! We're continuously growing and improving the magazine, Weekly and expos - and we're proud to be your guide for sports, health, fitness, recreation and travel in upstate New York. Enjoy the January issue, which I hope gets you inspired and motivated to achieve your goals.

See you at our Summer Expo on March 21-22 in Saratoga Springs - celebrating 15 years with our largest show ever! *Thanks for your support and best wishes for a happy, healthy and prosperous New Year.*



Darryl

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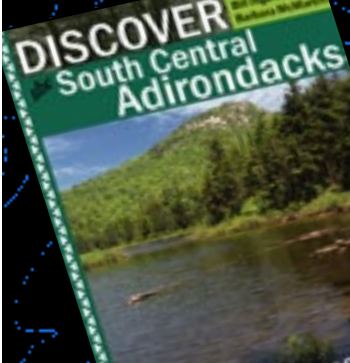
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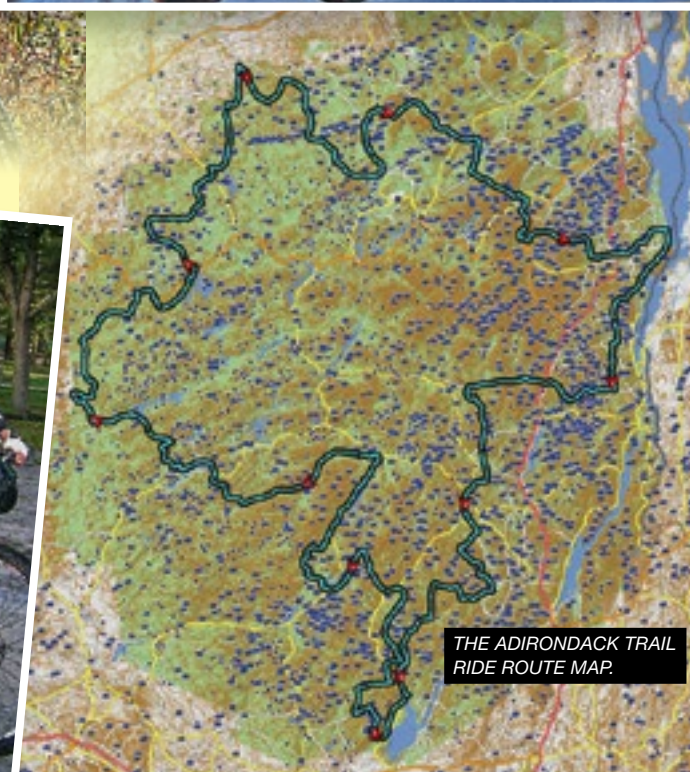
'Dacks to the Max

Inge and Carl Aiken Ride the 580-mile Adirondack Trail Ride

By Linda Waxman Finkle



CARL AND INGE AT THE START. THIERRY BLANCHET



THE ADIRONDACK TRAIL RIDE ROUTE MAP

What do you get when you mix six-million pristine acres of mountains, valleys, lakes and cliffs, with one of the fastest growing types of bicycle travel – and throw in individuals who live for extreme physical challenges? The Adirondack Trail Ride, of course! Conceived by local Mikey Intrabartola, just five short years ago, this ride/race is already achieving legendary status.

TATR is a solo, self-supported 550-mile bikepacking ride through some of the most challenging parts of these mountains. The route promises and delivers trails that are rugged, technical, rocky, and full of routes on pavement, dirt road, single- and double-track. And, just for fun, it also features bushwhacking, river crossings, creeks, lots of insects, and all kinds of weather. Typically, half of those who start don't finish, and no more than 14 have registered per year, with several racing multiple years to try and improve their times because, amazingly, it's also a race. So, who would actually want to put themselves through this cycling version of "Naked and Afraid?"

Inge Aiken's infectious excitement for life is evident from the moment you meet her (*Athlete Profile*, August 2018). As a former pro cyclist, multiple Adirondack 46er (completed in every season and every month), runner, skier and all-around multisport athlete, the East Greenbush resident wanted to tackle TATR since she'd first heard about it. "It sounded like a great way to explore the Adirondacks' farthest backroads after falling in love with these High Peaks 20 years ago."

Over the years, she test-rode various sections of the route, and grilled Mikey about the event. Her biggest concern was that these days, most of her exercise had been coming from swimming because of recurring foot problems. This year, heavily recruited by Mikey, she agreed to give the TATR a shot if her husband, Carl, would do it



CARL SLOGS THROUGH ONE OF THE STREAM CROSSINGS. JEREMIAH REINER

with her – to celebrate their 33rd wedding anniversary! "To my great surprise, he said 'yes!' For the majority of our marriage, I was the one dragging him on hikes, runs, etc., and he happened to greatly increase his fitness level this year. Being into swimming meant my bike fitness was not up to par, so we had a bit of a role reversal."

Into the Woods – The two 58-year-old engineers set out on the traditional second Friday of September race start with the other riders in the "Grand Depart" from Northville's Waterfront Park. Participants can also go on their own anytime May through October.

There were times during the ride that Inge describes as "soul crushing." The first day and the last, wading through river crossings with water almost waist-deep, plus a slog on foot up a hill where it felt like walking in quicksand, only to

realize they had gone the wrong way, were especially challenging. They averaged 75 miles a day, covering 300 miles of pavement, 200 of gravel, and 100 of rugged single-track, including 20 miles on day one.

"I was being pushed to my limits, and Carl coaxed and encouraged me every day. He's a much stronger mountain biker than I am, and he learned patience as I tried to be tough. But, the constant change was a bonus for us because we were never bored!"

TATR has official rules, including no support crews and finishing with the bicycle you start with. Participants are lucky to see even one of their fellow racers over the ten or so days that they're out on the course, and human contact typically occurs when restocking at a Stewart's

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BICYCLING continued from 7



INGE AT A RIVER CROSSING. BRYAN CHAMBALA



INGE, CARL AND ANOTHER RACER REVIEW THE COURSE AND NAVIGATION AIDS. JEREMIAH REINER/JEREMIAHREINER.COM



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INGE AT THE FINISH.

Shop, a hardware store, or if they choose to stay at an inn. Riders can camp anywhere, except private land, and there's plenty of water around, if there's a way to purify it. But other resupply options are few and far between, and can require long detours off the race route. Carl and Inge did their best to plan carefully for the challenges they might find along the route, and for their on- and off-bike equipment.

Trail Magic – The first re-supply opportunity is at Speculator at mile 70, the next at Indian Lake at mile 108; many times, good choices are at least 50 miles apart. According to the rules, however, "Trail magic" is allowed, like when free apples and coffee appear unexpectedly at a stop, or better yet, Lobster Scampi and steak. That was the surprise in Oswegatchie, a tiny town in St. Lawrence County. TATR is a big deal for the residents, who track the riders, and folks from the town's Education Center wanted to prepare something special.

The magic continued that night with hot showers and a dry bed, as they listened to heavy rain. "I was getting run-down, so the timing was ideal."

It happened again, about 150 miles later in Essex, near Lake Champlain. "Rolling in at 9pm, we found that the town was basically shut down. We called the owner of the Essex Inn and got a luxury suite with a gas fire-place to dry our gear. No hot meal, but hot showers, and Sprite and trail mix for dinner. We promised to return, and celebrated there a week later with margaritas and a delicious meal!"

Their careful planning, lack of major mechanical issues, and good luck with weather paid off when they rolled back into Northville together, with Inge smashing through the previous women's record of 11:06:02, completing the ride in 7 days, 11 hours, and 27 minutes. Zach Verhey of Wallkill set the men's record in 2019 at a mind-blowing 3:12:43.

"We didn't need to modify our bikes," said Inge, "who rode a Santa Cruz Highball, while Carl was on a Specialized. "They were super lightweight, and pretty high-end with the best componentry available and tubeless tires. Knowing that we'd be out in the boonies for days, we wanted superior reliability with minimal maintenance. We didn't even need to pump up tires, and just squirted some lube on from time to time."

Next Time? – When asked how she would do TATR differently the next time, Inge cites hotel stays as a way to soften the rides' impact on the body for both sleeping comfort and reducing needed gear weight. Logistics get in the way, however, with actual inns in this region located more than 100 miles apart, and the grueling reality of riding multiple 100-mile days to get to them. She didn't miss anything that she hadn't brought, but would carry fewer gadgets and clothing to lighten up the load, remembering those times when she needed to carry her bike over difficult terrain.

She also says she wouldn't worry as much about eating healthy food along the way, focusing on what's available to build-up energy and satisfy cravings, including subs, snack foods (think peanut M&M's and chips), and lots of Gatorade.

Already a fan of the Adirondacks, Inge was once again impressed by the stunning beauty of New York State. She also saw firsthand how depressed some of the small towns in the western part of the Adirondacks are, especially those that rely heavily on tourism. What surprised her most? "I now know that, even at this age, I can still do really hard things like TATR."

It sounds like that recognition, and the beauty and fun of the ride itself means that there are many more challenging rides, races, and adventures in Inge's and Carl's future. Congrats to the both of them on this impressive achievement! 🌲

This article is reprinted from Mohawk-Hudson Cycling Club's *BikeAbout* newsletter. To learn more about the club and read their December 2019 "50th anniversary of MHCC" special issue, visit mohawkhudsoncyclingclub.org.

Linda Waxman Finkle (LWF518@gmail.com) is an Albany-based writer who enjoys running, skiing, cycling, kayaking and ZUMBA. When not pursuing stories or sports, you'll find her hiking in a National Park, waiting at an airport, or creating at a sewing machine.

32nd Annual CF Climb

To benefit the Cystic Fibrosis Foundation of Northeastern New York

Saturday, February 22 Corning Tower, Albany
Check-in Begins: 7:30 AM

First Responders: Individual & Relay - 8:30 AM

Team Relay - 9:30 AM

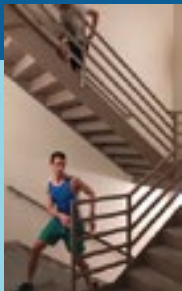
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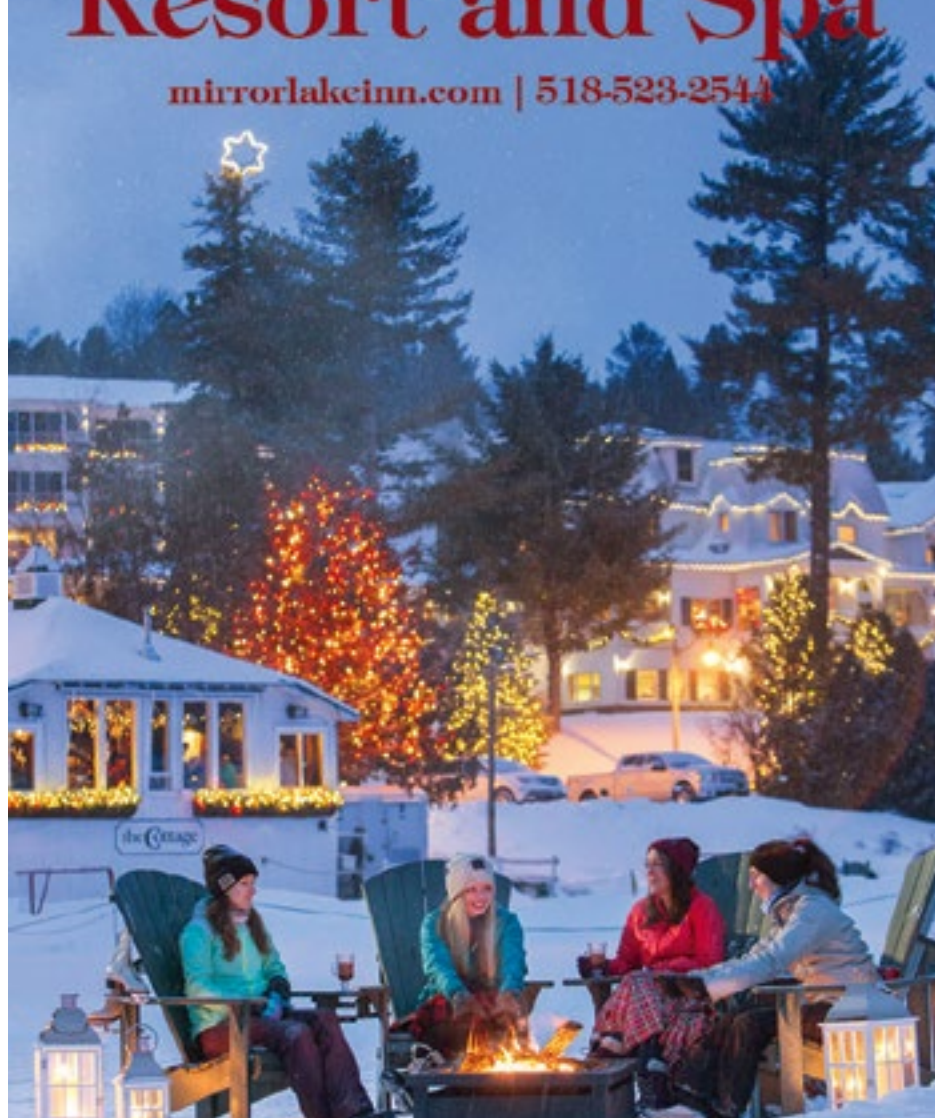
The day of skiing is made possible by ORDA, Whiteface Mountain and Andrew Weibrecht,
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● **ATHLETE PROFILE**

Katie Dale

RESIDENCE: Warrensburg, Mo. (formerly Colonie)

AGE: 32

FAMILY: Husband, Chris

CAREER: Writer and Mental Health Advocate

PRIMARY SPORT: Running

Using Faith to Build a Better Life and Overcome Obstacles

By Tom O'Grady

Katie Dale describes herself as being raised in a home full of faith, where she was given support, and was taught to seek a path of truth. Katie also grew up in a small Colonie neighborhood full of boys. At a young age, she was regularly out playing sports with her older brother and the other neighborhood kids. This competition served as a valuable outlet and toughened her up, as she states, she “never lost a race to any of the girls in her grade during elementary school.” Katie was not aware that later in life, her faith, inner strength and exercise would be tested to its limits, and ultimately help her out of some of the darkest periods of her life.

Katie transitioned from running against the neighborhood kids to training with the cross country and track teams in middle school. Having already established the value of conditioning her body, and enjoying the challenge of distance running, Katie anticipated continuing cross country in high school. For the first two years everything hummed along smoothly academically and athletically as Katie ran cross country and track & field. Then things started to go awry as Katie explains how her mental health “derailed.” Katie switched from a large public school setting to a smaller private school her junior year.

Unfortunately, Katie’s new school did not have a running program and Katie instead joined the soccer team. Although still participating in athletics, the change in environment was not helpful, and Katie’s mental health continued to deteriorate. Katie ultimately had a depressive episode, then a full-blown manic-psychotic episode that required an admission to the juvenile psychiatric ward for three weeks at Ellis Hospital. Katie returned to Colonie for her senior year, but the adjustment back to a large environment and her regiment of psychiatric medicine made participating in cross country difficult but not impossible, describing “The weight gain and grogginess slowed me down.”

After graduating Katie decided to improve her academics by staying in the Capital Region and attending Hudson Valley Community College. Katie joined the cross country team where she was the lone member of the program under coach Colleen Ferris. Katie cred-

its coach Ferris with mentoring her to her lifetime best 5K of 20:21. This allowed Katie to continue on partial scholarship for her final two years of school at Roberts Wesleyan College in Rochester.

After graduating from college, Katie married Chris Dale who was pursuing a career in the U.S. Air Force. During this period Katie focused her energy on her marriage and building stable mental health. She proved to be a hard worker (bipolarbrave.com/working-with-a-mental-illness) as seen in her blogpost about jobs she’s taken as a military wife to help support their family. Katie also tried to keep running and decided to enter road races to keep her motivated. She competed in several 5Ks, and also completed half marathons, earning a personal best of 1 hour, 38 minutes in the half.

Katie also faced setbacks in her effort to manage her bipolar disorder. This included multiple psychiatric hospitalizations. In a huge act of personal strength, she decided to lean on her faith and become a mental health advocate. Kate decided to start a mental health blog “Bipolar Brave” (bipolarbrave.com) where she chronicled her episodes of mania and depression and her use of faith, family, and medication to manage it.

Katie has continued to run, but noted that in recent years she had found it difficult to maintain a schedule, and also had seen her times become less competitive. I talked to Katie this past summer, and began formally working with her at the beginning of August, and shortly after she chronicled her training on her blog (bipolarbrave.com/how-exercise-keeps-me-sane). The goal for Katie was to get into shape and see how close she could come to achieving a personal best in the 5K at a Turkey Trot in November.

We discussed her current fitness as well as her current training routine. Katie did a mile time trial and we determined that her current fitness was around 25 minutes for the 5K. We decided to place an emphasis on consistency and gradually building up fitness. Although her fitness was a little higher, we focused on workout paces that were achievable, and also allowed for recovery. To encourage rest and decrease the probability of injury, we decided to focus on trying to get in five days of running a week, and also focus on both running and walking in her training routine to start.



BEGINNING HER 5K TRAINING PLAN; THERAPY, MEDICATION AND EXERCISE FOR MENTAL HEALTH.



RUNNING HER LOCAL 5K THIS PAST FALL.

Training went smoothly for the first several weeks and then Katie was faced with several setbacks and a piece of good news. First, she traveled to visit her husband and took much needed vacation. Although the vacation was welcome, the combination of a schedule change and venue (Las Vegas) made training difficult. Katie missed several days while away and when she returned home, she had to deal with reestablishing a routine. She also noted an increase in fatigue likely due to the travel and training. She was a little discouraged but we talked about the fitness gains she had made and reestablishing her routine and focus. After discussing how to proceed Katie also shared with me that she was pregnant!

Katie was juggling a long-distance relationship with her husband, training fatigue and pregnancy, while managing bipolar disorder. We discussed the pros and cons of continuing to train for a Turkey Trot, and after approval from her physician, continued to chart a course forward. After the brief setback with a head cold and lull in activity, Katie bounced back in full force and proved to be a stellar athlete to train. Katie was particularly mature about how her improved fitness was being offset by greater difficulty running as her pregnancy progressed.

After initially targeting a Thanksgiving race, Katie decided to run on Veteran’s Day weekend due to the logistics and her pregnancy. Unfortunately, the race she was going to run was cancelled. In a bind, we discussed several options and decided to give Halloween weekend a try instead. Notably concerned about the change in plans, Katie was concerned about whether she would be prepared enough. She also seemed discouraged about her fitness and was afraid of not breaking 35 minutes for the 5K. Believing Katie was fitter than she gave herself cred-

it for, we discussed racing strategy. We settled on a strategy of running faster for four minutes and slowing down or walking for one-minute intervals. Katie reported back that she ended up running 31:44 and was surprised how good she felt.

Afterward, we discussed how Katie established an exercise routine while pregnant that improved her mental health and fitness. This was good for her and her baby. Katie noted that training while pregnant was challenging but her recent race invigorated her. She thinks targeting her 5K personal best in the future is doable now!

Katie’s faith has allowed her to be a strong advocate, and blogging about mental health has given her passion and purpose over the past several years. She is particularly happy to be adding a baby to their family, as she and Chris were not always sure kids were a given for them. She is open about dealing with mental illness while pregnant and her communication with the healthcare professionals. She attributes her current sound mental health to her medication, regular running, and the grace of God.

In addition to welcoming a newborn in 2020 and possibly training for another 5K, Katie will be releasing a memoir about her struggles with bipolar disorder. This book is set to be released in March. The memoir itself discusses her major hospitalizations at ages 16 and 24, how they shaped her life, and how she leaned on her faith and family to create her blog and become an advocate for herself and others who cannot advocate for themselves. 🌲

Tom O’Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors.

CALENDAR OF EVENTS

JANUARY TO MARCH 2020*

*Events beyond this range are advertisers in this issue

ALPINE SKIING & SNOWBOARDING ONGOING

Sa-Su January Recreational Racing. 10am-2pm. Free. Ski/ride carve course on Arena. Gore, North Creek. 518-251-2411. goremountain.com.

JANUARY

- 16 Discover NY Ski Day.** Ski/ride w/rentals, lessons starting at \$25. Info: iskiny.com.
- 18-19 MLK Holiday Weekend Camp.** Ski/ride fun with skills for kids age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.
- 19 Torchlight Parade & Fireworks.** Dusk. Food/drink/music. Gore, North Creek. 518-251-2411. goremountain.com.
- 21-26 Take Your Kids to Gore Week.** Age 19-under DH or XC ski/ride/snowshoe free w/full-paying parent. Gore Mountain & Nordic Center, North Creek. 518-251-2411. goremountain.com.
- 25-26 Skiing/Riding Clinics for Women.** All levels welcome. Gore, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

- 1-2 Master the Mountain: Skiing/Riding Clinics.** Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.
- 3-7 Hole Shot & Rev Tour: NorAm Snowboard/Skicross.** Freestyle competitions on new Wild Air cross course. Gore, North Creek. 518-251-2411. goremountain.com.
- 7 "Chicks on Sticks."** Benefit ski bus trip to Bromley w/dinner for Southwestern Vermont Regional Cancer Center. Alpine Sport Shop: 518-584-6290. alpinesportshop.com.
- 7 "Women of Willard."** Benefit ski bus trip to Bromley w/dinner for Southwestern Vermont Regional Cancer Center. Willard Mountain: 518-692-7337. willardmountain.com.
- 8 Mini-Shredders Jibfest.** 12pm. Family-friendly ski/ride freestyle competition for age 10-under on Jibland terrain park. Free. Gore, North Creek. 518-251-2411. goremountain.com.
- 8-9 Master the Mountain: Skiing/Riding Clinics.** Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.

15-16 President's Weekend Holiday Camp. Two days of skills/fun for age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

17-21 Willard President's Week Race Camp. Willard Mountain, Easton. 518-692-7337. willardmountain.com.

18-20 President's Week Holiday Camp. Three days of skills/fun for kids age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

22-23 Skiing/Riding Clinics for Women. All levels welcome. Gore, North Creek. 518-251-2411. goremountain.com.

29-3/1 Master the Mountain: Skiing/Riding Clinics. Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.

MARCH

15 Ski with Olympian Andrew Weibrecht. Ski w/Andrew: 10-11:30am. Recreational Dual GS Race w/Andrew: 1:30-3pm. \$100/skier (\$75 season passholders); all proceeds benefit Make-A-Wish Northeast NY. Limited to first 50 skiers. Just want to ski? Get half-price lift ticket for 3/15 w/\$10 donation to Make-A-Wish. Whiteface, Wilmington. Register: 518-456-9474. neny.wish.org.

BICYCLING: ROAD, MOUNTAIN & FAT

ONGOING

Tu/Th/Sa Tomhannock Spinning Classes. Tue/Thu: 6pm & Sat: 8am. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.

Wed Fat Biking on Snow. 6-8pm. Non-holiday Wednesdays. Gore Mountain Nordic Center, North Creek. 518-251-2411. goremountain.com.

Thu GGB Movie Night Workout. 6pm. Bring bike/trainer. Casual spin & movie. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

Sat GGB Morning Workout. 8am. Bring bike/trainer. 90min high intensity. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

JANUARY

26 Gurney Lane Fat Bike Day & 5K Snowshoe Run/Walk. Fat Bike Day: Fun Group Ride (12pm), 10M & 5M Races (1pm), Frozen Ring Donut Race (2:30pm). Snowshoe race (10am). Grey Ghost Bicycles: demos available. Dion Snowshoes: rentals available. Gurney Lane Recreation Area, Queensbury. bikereg.com. runreg.com.

FEBRUARY

8 Saratoga Fat Bike Rally. 8:30am. Races, rides, raffles. Warming Hut, Saratoga Spa SP, Saratoga Springs. bikereg.com.

29 Snowball Express Road Ride. 100M/52M. 8am. Adirondack Ultra Cycling Bike Shop, Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

MARCH

8 Saratoga 100K Populaire Road Ride. 10am. Adirondack Ultra Cycling Bike Shop, Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

21-22 15th Adirondack Sports Summer Expo. Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

29 Trooper David Brinkerhoff Memorial Race Series. 3/29 & 4/4. 62/50/38M. Cocksackie-Athens HS, Cocksackie. bikereg.com.

29 Saratoga 200K Brevet. 7am. Adirondack Ultra Cycling Bike Shop, Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

JUNE

14 Capital Region Tour de Cure. Bike: 10M, 30M, 50M, 62M, 100M. Run/Walk: 5K. Saratoga County Fairgrounds, Ballston Spa. American Diabetes Assn: 518-218-1755 x3606. diabetes.org/capitalregion.

CROSS COUNTRY SKIING & NORDIC SPORTS

ONGOING

Tue Gore Citizen XC Ski/Snowshoe Race Series. 1/14-2/18. 6pm. XC ski (classic/skating) or snowshoe run/walk. Gore Nordic Center, North Creek. goremountain.com.

Tue Tuesday Night Race Series. Dewey Mountain, Saranac Lake. 518-891-2697. deweymountain.com.

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Thu Dewey Youth Ski League. Dewey Mountain, Saranac Lake. 518-891-2697. deweymountain.com.
Sa-Su Winter Weekend Backcountry Ski Guided Tours. Fun outings to learn local history & discover new trails. Garnet Hill Lodge, North River. Info/Register: 518-251-2444. garnet-hill.com.

JANUARY

18 Van Ho Citizen XC Ski Race Series #2. 1pm. Mt. Van Hoevenberg, Lake Placid. mtvanhoevenberg.com.
 18-20 Camp Santanoni Winter Weekend. 10am-4pm. 9.8M round-trip XC ski/snowshoe. AARCH: 518-834-9328. dec.ny.gov.
18-19 NYSSRA-Nordic Ski Races & Mid-Atlantic JNQ. 9am. Gore Nordic Center, North Creek. goremountain.com.
25 Lapland Ladies Love to Ski: Classic Clinic. 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
25 Saturday Bus Trip: Garnet Hill. Capital Area Ski Touring Assn. Garnet Hill Lodge, North River. Signup: carolebms@gmail.com. nycasta.org.
25 HURT Mega Relay XC Ski Race. 10am. Garnet Hill Lodge, North River. hurtnordicskiing.com.
 25 Charles Lamendola Classic XC Ski Race. 10:30am. 10K/7.5K classic & Bill Koch Youth Ski League. Trenton Fish/Game Club, Holland Patent. skireg.com.

FEBRUARY

1 Saturday Bus Trip: Mountain Top. Capital Area Ski Touring Assn. Mountain Top, Chittenden, VT. Signup: carolebms@gmail.com. nycasta.org.
 1 LGLC Guided XC Ski. 9:30am. 8M. Led by David Thomas-Train. Free. Cat & Thomas Mts. Preserve, Bolton. 518-644-9673. Register: lglc.org.
 8 Shenendehowa Nordic Club: Moonlight Ski & Snowshoe. 6pm. Guided XC ski & snowshoe, fire pit. Free; all welcome. Garnsey Park, Clifton Park. shennordicclub.org. facebook.com/groups/shennordic.
8 Lapland Ladies Love to Ski: Classic Clinic. 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
8 Full Moon Ski Party. 8pm-2am. XC ski, bonfire, food/drink, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.

8 Shenendehowa Nordic Club: Winterfest. 9am-1pm. Guided XC ski & snowshoe, family games, ski orienteering & nerf gun biathlon demos, fire pit. Free; all welcome. Garnsey Park, Clifton Park. shennordicclub.org. facebook.com/groups/shennordic.
 9 Nino Manzella Memorial HURTathon XC Ski Race. 10am. Brookhaven Golf Club, Greenfield. hurtnordicskiing.com.
 15-17 Camp Santanoni Winter Weekend. 10am-4pm. 9.8M round-trip XC ski/snowshoe. AARCH: 518-834-9328. dec.ny.gov.
 16 Glenville Hills Classic XC Ski Race. 10am. Adult, teen & Bill Koch Youth Ski League. 2977 Ridge Rd, Glenville. skireg.com.
 22 Van Ho Citizen XC Ski Race Series #3. 1pm. Mt. Van Hoevenberg, Lake Placid. mtvanhoevenberg.com.
 22-23 NYSSRA Champs: Great Sacandaga Mini-Marathon XC Ski Races. 11am. Sat: 30K/15K freestyle. Sun: 3x3K freestyle club relay. Saratoga Biathlon Club, Hadley. saratogabiathlon.com.
29 Lapland Ladies Love to Ski: Skate Clinic. 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.

MARCH

7 Saturday Bus Trip: Viking. Capital Area Ski Touring Assn. Viking, Londonderry, VT. Signup: carolebms@gmail.com. nycasta.org.
7 Full Moon Ski Party. 8pm-2am. XC ski, bonfire, food/drink, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
14 Lake Placid Nordic Festival. Loppet: 50K & 25K citizen classic (9am) & freestyle (10:30am) races. Citizen Challenge Races (1pm): 3/6/12K for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. skivanho.com.
 14-15 Camp Santanoni Winter Weekend. 10am-4pm. 9.8M round-trip XC ski/snowshoe. AARCH: 518-834-9328. dec.ny.gov.

HEALTH & FITNESS

ONGOING

Daily Rock Your Fitness: Total Body Training. 1/20-3/7, 3/9-4/25, 4/27-6/6. Saratoga-Wilton Soccer Center, Malta. 518-522-9765. rockyourfitnessny.com.

MARCH

21-22 15th Adirondack Sports Summer Expo. Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

HIKING, CLIMBING & SNOWSHOEING

ONGOING

Sa-Su Winter Weekend Snowshoe Guided Tours. Sat, 1pm: Balm of Gilead (2hrs). Sun, 10am: Hooper Mine (1.5hrs). Fun outings to learn local history & discover new trails. Garnet Hill Lodge, North River. Register: 518-251-2444. garnet-hill.com.

JANUARY

18-20 Adirondack International Mountain Festival. Ice climbing & mountaineering w/guest athletes, clinics (ice climb, mixed climb, alpine climb, snowshoe, avalanche awareness & slide climb), demos. Evening slideshow w/raffle-swap. Mountaineer, Keene Valley & Adk Rock/River, Keene. 518-576-2281. mountaineer.com.
18-19 Winter Survival 101. Yurt Village, Lake Placid. ADKb: 518-523-3480. adk.org.
 18 SOLO Wilderness First Aid w/AWM. Ndakinna Education Center, Greenfield Center. 518-378-5623. adkwildmed.com.
20 Map & Compass Fundamentals. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
25 Winter 46 High Peaks Workshop. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
26 Guided Day Hike: Sawteeth Mtn. 8am. 4,100' 12M. St. Huberts parking lot. ADK: 518-523-3480. adk.org.
26 21st Banff Mountain Film Festival World Tour. 7pm. Tix: High Peaks Cyclery or LPCA. LP Center for the Arts, Lake Placid. lakeplacidarts.com.

FEBRUARY

1 Snowshoe Hike. 10am-1pm. 4.5M to beaver pond/cliffs. Gundrum Preserve, Sand Lake. Register: rensselearplateau.org.
8 Moonlight Guided Snowshoe Tour. 5:45pm. Moonlight tour w/lakeside campfire w/food/drink. Age 18+. Lapland Lake, Northville. RSVP: 518-863-4974. laplandlake.com.
8 Backcountry Snowshoeing for Beginners. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
 8 Full Moon Snowshoe Hike/Campfire. 5:15pm. Albert Family Community Forest, East Nassau. Register: rensselearplateau.org.
9 Women's Day Hike: Hurricane Mtn. 3,694', 6.8M. 8am. Hurricane Trailhead, Keene Valley. ADK: 518-523-3480. adk.org.
15 Guided Day Hike: Phelps Mtn. 8am. 4,161' 8.8M. Adirondack Loj, Lake Placid. ADK: 518-523-3480. adk.org.
 15 Snowshoe Hike. 10am. Staalesen Vanderheyden Preserve, Troy. Register: rensselearplateau.org.
 22 SOLO Wilderness First Aid w/AWM. Ndakinna Education Center, Greenfield Center. 518-378-5623. adkwildmed.com.

continued

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Reiki Master, Registered Nurse

Amanda Marie Porlier
Massage Therapist

Kat MacKenzie
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CALENDAR OF EVENTS

CONT. FROM PG 13

- 22 Snowshoe Hike. 9:30am. 5.5M. Grafton Forest, Grafton. Register: renselaerplateau.org.
- 23 **Guided Day Hike: Esther Mtn.** 8am. 4,240' 6.6M. Ausable Two Fly Shop, Wilmington. ADK: 518-523-3480. adk.org.

MARCH

- 7 **Moonlight Guided Snowshoe Tour.** 5:45-8:30pm. Moonlight tour w/lakeside campfire w/food/drink. Age 18+. Lapland Lake, Northville. RSVP: 518-863-4974. laplandlake.com.
- 7-8 SOLO Wilderness First Aid w/AWM. Ndakinna Education Center, Greenfield Center. 518-378-5623. adkwildmed.com.
- 14-15 **Leave No Trace Workshop.** Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
- 21-22 **15th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

ICE SKATING & SPEEDSKATING

JANUARY

- 14, 16, 21 **Saratoga Winter Club: Learn to Speed Skate.** Tue/Thu: 6pm. On/off ice basic training w/5x Olympian Amy Peterson Peck. Ages 5-80 welcome. Must be able to skate. Saratoga Springs Ice Rink, Saratoga Springs. 518-587-9438 or 951-0702. saratogawinterclub.com.

FEBRUARY

- 8-9 Jack Shea Sprint Speedskating Championships. 8am-12pm. 500m/1000m. Olympic Oval, Lake Placid. lakeplacidspeed.com.
- 29-3/1 1st Eric Heiden Speedskating Challenge. 500m-5000m races. Olympic Oval, Lake Placid. lakeplacidspeed.com.

MARCH

- 7-8 Lake Placid Ice Marathon Speedskating Finale. Olympic Oval, Lake Placid. lakeplacidspeed.com.

MULTISPORT: TRIATHLON & SWIMMING

FEBRUARY

- 8 Indoor Triathlon. 10min swim, 30min bike, 20min run. Island Health & Fitness, Ithaca. cayugacoaching.org.

- 23-5/3 **Give Tri a Try: Beginner Triathlon Training.** 10-week prep for Anyone Can Tri (5/3) w/coaches Kristen Hislop & Stefano Fontana. Bike Tue 6:45am, Run Fri 7am, Swim Sun 6:30am. Southern Saratoga YMCA, Clifton Park. 518-371-2139. cdymca.org.

MARCH

- 21-22 **15th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 29 March Classic Duathlon. Sprint: 2.2M run, 12M bike, 2.2M run. New York. nytri.org.

SEPTEMBER

- 5-6 **Lake George Triathlon Festival.** Sat: Olympic, aquabike, relay. Sun: 70.3, aquabike, relay. Battlefield Park, Lake George. by 12/31 to avoid price increase: adkracemgmt.com.

OTHER EVENTS

ONGOING

- Daily Camp Chingachgook.** Summer adventure trips, overnight camp, day camp, teen leadership programs. Registration open: 518-656-9462. lakegeorgecamp.org.

JANUARY

- 18 **Horse Drawn Sleigh Rides.** Along a scenic, private road, passing beautiful Woods Lake. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.
- 25 35th Grafton Lakes Winter Festival. 10am-4pm. Guided snowshoe/XC ski, horse-drawn carriage rides, dog walk, kids' activities. Polar Plunge: 10:30am. Grafton Lakes SP, Grafton. 518-279-1155. nysparks.com.
- 28 Science on Tap: Can Exercise Relieve Chronic Stress? Lessons learned from studying rodents w/Dr. Jarcho of Siena College. 7pm. Brown's Brewing, Troy. facebook.com.
- 30-2/2 **40th Empire State Winter Games.** Lake Placid area. 518-523-2445. empirestatewintergames.com.
- 31-2/9 Saranac Lake Winter Carnival. Saranac Lake. Events: saranaclakewintercarnival.com.

FEBRUARY

- 8 **Full Moon Party.** 4-8pm. Gore, North Creek. 518-251-2411. goremountain.com.

- 17-21 **Camp Chingachgook Winter Camp.** Winter break fun for age 7-15 exploring the great outdoors and relaxing in cozy lodges. Snow tubing, crafts, cooking, snowshoeing, music, games, ice fishing, gaga ball & fireside time with friends. Camp Chingachgook on Lake George, Kattskill Bay. lakegeorgecamp.org.
- 22 40th Anniversary of Olympic Winter Games. Lake Placid. whiteface.com.
- 29 **Inlet's Frozen Fire & Lights.** Free sledding, ice skating, snowshoeing & XC skiing at Fern Park. Bonfires, king/queen coronation, cardboard sled race, kite flying, fireworks, live music, food/drink, happy hour. American Kitefliers Association w/kite decorating workshop & learn correct way to fly kites. 315-357-5501. inletny.com.

PADDLING: CANOE, KAYAK & ROW

MARCH

- 21-22 **15th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

APRIL

- 5 **47th Tenandeho Whitewater Derby.** 12pm. Coons Crossing Rd, Tenandeho Creek, Stillwater to Mechanicville. John Casey: 518-810-7579. tenandeho.org.

RUNNING, TRAIL & SNOWSHOE RUNNING

ONGOING

- Tue **Citizen Snowshoe/XC Ski Race Series.** 1/14-2/18. 6pm. Snowshoe run/walk or XC ski (classic/skate). Gore Nordic Center, North Creek. goremountain.com.
- Wed **FFRC: Evening Runs.** 6pm. Confirm location. Fleet Feet, Albany & Bailey's, Saratoga. Fleet Feet: 518-459-3338 & 518-400-1213. fleetfeetalbany.com.
- Sat **FFRC: Morning Runs.** 8am. Confirm location. Fleet Feet, Albany & Malta. 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

JANUARY

- 18 Nor'east Snowshoe 5K/10K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com.
- 19 Cock-A-Doodle-Shoe 5K & 10K Snowshoe Races. 10:30am. Kids' 0.5M Snowshoe Scramble: 10am. New Land Trust, Town of Saranac. cockadoodleshoe.com.
- 19 HMRRC Winter Series #4: 3M, 15K, 30K. 10am. Phys Ed Bldg., UAlbany, Albany. hmrrc.com.



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- 19 Fred LeBow Half Marathon. 8am. Central Park, New York. nyrr.org.
- 25 Mt Tom Snowshoe Scramble 5K & 10K Race. Mt. Tom State Reservation, Holyoke, MA. runreg.com.
- 25 Nor'East Snowshoe 5K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com.
- 25 4th Pond Hockey Trail Run & Snowshoe Race. 3-6pm. Binghamton/Vestal Trail, Chenango Valley SP, Chenango Forks. triplecitiesrunnersclub.org.
- 26 **Gurney Lane 5K Snowshoe Run/Walk & Fat Bike Day.** Snowshoe Race (10am). Fat Bike Day: Fun Group Ride (12pm), 10M & 5M Races (1pm), Frozen Ring Donut Race (2:30pm). Dion Snowshoes: rentals available. Grey Ghost Bicycles: demos available. Gurney Lane Recreation Area, Queensbury. runreg.com. bikereg.com.
- 26 Vermont Snowshoe for the Cure 5K Run & 3K Walk. Grafton Ponds, VT. graftonponds.com.

FEBRUARY

- 1 Polar Cap Run. 4M. 10am. Sacred Heart Parish Hall, Lake George. active.com.
- 1 Nor'East Trail 10K & 13.1M Snowshoe Race. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com.
- 1 Saranac Lake Winter Carnival Fun Run. 10am. Frying pan toss, ax cutting demo. Ice Palace, Saranac Lake. David Staszak: 518-304-5041. saranaclakewintercarnival.com.
- 1 Beer and Chili 5K/10K Run & Walk. 10am. The Masonic Temple, Newport. romanrunners.com.
- 2 **Saratoga Winterfest 5K Snowshoe Run/Walk.** 11am. Administration Bldg., Saratoga Spa SP, Saratoga Springs. Laura Clark: 518-581-1278. saratogastryders.org.
- 2 **Oakrunner 5K & 10K Snowshoe Race/Walk.** 10am. Oak Mountain Ski Area, Speculator. 518-548-3606. oakmountainski.com. active.com.
- 2 HMRRRC Winter Series #4: 4.5M, 10M, 20M. Phys Ed Bldg., UAlbany, Albany. hmrrc.com.
- 6 Sneaker Soiree. 6pm. Franklin Terrace, Troy. 518-635-0828. girlsontherun.org.
- 8 **Camp Saratoga 8K Snowshoe Run.** 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.
- 8 Slippery Slope 5K Run/Walk Series #2. 9am. Hosted by LP XC Team. Lake Placid Middle/High School Gym, Lake Placid. 518-637-1250. active.com.
- 14-15 Peak Snow Devil Snowshoe Races. 100M, 26.2M, 13.1M, 10K. Pittsfield, VT. peakraces.com.
- 15 Cupid 5K. 9am. Singles/couples. Shelburne Field House, Shelburne, VT. 802-985-4406. racevermont.com.
- 15 Frigus 5K/15K/Marathon Snowshoe Races. 8am. Moreau Lake SP, Gansevoort. endurancecommunity.org.

- 15 16th Brave the Blizzard 5K Snowshoe Race. 10am. Tawasentha Park, Guilderland. zippyreg.com.
- 16 Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Race. 10:30am. Stone Bridge & Caves, Pottersville. stonebridgelandcaves.com.
- 22 **32nd CF Climb. First responders & relay: 8:30am. Team relay: 9:30am. Individuals: 10:30am. Benefits Cystic Fibrosis Foundation of Northeastern NY. Save \$5 w/ discount code: ADKSPORTS. Corning Tower, Albany. 518-453-3583. Register/Info: fightcf.cff.org/climbalbany.**
- 22 **Adirondack Snowshoe Festival: Day 1.** 1pm: 5K/10K Snowshoe Races/walks & family activities at Dewey Mountain, Saranac Lake. adksnowshoefest.com.
- 22 Hoot Toot & Whistle 5K Snowshoe Race. 10:30am. Readsboro, VT. dionwmacsnowshoe.com.
- 23 **Adirondack Snowshoe Festival: Day 2.** 10:30am: 5K/15K Snowshoe races/walks & family activities at Paul Smith's College VIC, Paul Smiths. adksnowshoefest.com.
- 23 USATF Adirondack Open & Masters Indoor T&F Championships. Utica. 518-232-6554. adirondack.usatf.org.
- 26 Stonewall 5K/10K Snowshoe Race/Walk. 10:30am. Winona Forest, Mannsville. runreg.com.
- 29 **Garnet Hill 5K Snowshoe Run/Walk.** Plus, 3K Citizen Snowshoe Run/Walk. Food/drink & free XC skiing. Garnet Hill Lodge, North River. garnet-hill.com.
- 29 **Sugarhouse Snowshoe 1.5 Mile or 5K.** 9am. Shelburne Sugarworks, Shelburne, VT. racevermont.com.

MARCH

- 7 Nor'East Trail Snowshoe Series. 10K & 13.1M. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com.
- 7 Slippery Slope 5K Run/Walk Series #3. 9am. Hosted by LP XC Team. Lake Placid Middle/High School Gym, Lake Placid. 518-637-1250. active.com.
- 7 Irish Sweat-er 5K Run. 10am. State & James Streets, Albany. irish-us.org.
- 8 Celebrate Life Half Marathon. 13.1M. Rock Hill. sullivanstridersclub.org.
- 14 3rd Leprechaun Dash 5K/10K. 9am. Shelburne Field House, Shelburne, VT. racevermont.com.
- 21-22 **15th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. NY's largest sports, health, fitness, recreation & travel show. 200 exhibitors. Free admission. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.
- 21 **40th Doc Lopez Run for Health: Half Marathon, 5K & 1M Walk.** A family-friendly event to benefit UVM Health Network/Elizabethtown Community Hospital. 13.1M: 9am - Keene Valley to Elizabethtown. 1M Walk: 10am & 5K: 10:30am - Elizabethtown. doclopezrun.com.

- 21 Runnin' of the Green. 4M. 10am. Shalmon HS, Rotterdam. hmrrc.com
- 22 Wurtsboro Mountain 30K. Emma Chase School, Wurtsboro. sullivanstridersclub.org.
- 22 41st Kaynor's Sap Run. 10K. 11am. Westford School, Westford, VT. gmaa.net.
- 28 **11th Run 4 Your Life 5K Run/Walk.** 9:30am. Kids' Fun Run: 10:30am. Chowderfest w/competition. Central Park, Schenectady. Schenectady Firefighters: zippyreg.com.
- 28 10th Ice Breaker Challenge 5K & 800m Kids Fun Run. 8am. Corning Preserve, Albany. albanyrrowingcenter.org.
- 28 UAE Healthy Kidney 10K. 9am. Central Park, NY. nyrr.org.
- 29 34th Shamrock Shuffle 5-Mile Road Race & Leprechaun Fun Run. 11am. Glens Falls HS, Glens Falls. Kevin Sullivan: 518-798-9393. adirondackrunners.org.
- 29 Fort to Fort 5K & 10K. 10am. Rome Free Academy, Rome. romanrunners.com.

MAY

- 3 **Plattsburgh Half Marathon, Relay, 10K & 5K.** 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

JUNE

- 6 **Peak 2 Brew Relay: Finger Lakes.** 60M. 4 or 6 runners. Greek Peak, Cortland to Heritage Hill Brewery, Pompey. 10% off: p2brelay.com.
- 14 **Capital Region Tour de Cure.** Run/Walk: 5K. Bike: 10M, 30M, 50M, 62M, 100M. Saratoga County Fairgrounds, Ballston Spa. American Diabetes Assn: 518-218-1755 x3606. diabetes.org/capitalregion.

AUGUST

- 7-8 **Peak 2 Brew Relay: Adirondack Beast.** 220M. 6-12 runners. Whiteface Mtn, Wilmington to Saranac Brewery, Utica. 10% off: p2brelay.com.
- 8 **Peak 2 Brew Relay: Adirondack Sprint.** 60M. 3-6 runners. Tug Hill, Turin to Saranac Brewery, Utica. 10% off: p2brelay.com.

OCTOBER

- 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. Expo: 10/10: 10am-5pm, Albany Capital Center. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.
- 18 **Peak 2 Brew Relay: Catskills.** Details to come. 10% off: p2brelay.com.

Bold listing = Advertiser in current issue of *Adirondack Sports & Fitness*. Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

TRY SNOWSHOEING



21st annual **Saratoga Winterfest 5K**
Sunday, February 2 at 11am
 Saratoga Spa State Park Saratoga Springs

17th annual **Camp Saratoga 8K**
Saturday, February 8 at 10:30am
 Wilton Wildlife Preserve & Park, Wilton

Register Online: RunSignup.com \$15 preregistered or \$20 day of race
 Pre-registered only: Free for age 65-over & 12-under • Free lunch for all
 Pre-register only: \$25 for both races • Runners & hikers welcome!
 Loaners (\$5): Dion Snowshoes (call/email to reserve) • Dion Snowshoe Series
More info: Laura Clark • laura@saratogastryders.org or 518-581-1278

Saturday, March 28 @ 9:30 am
Central Park, Schenectady
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RUN 4 YOUR LIFE 11th Annual



5K Run/Walk*
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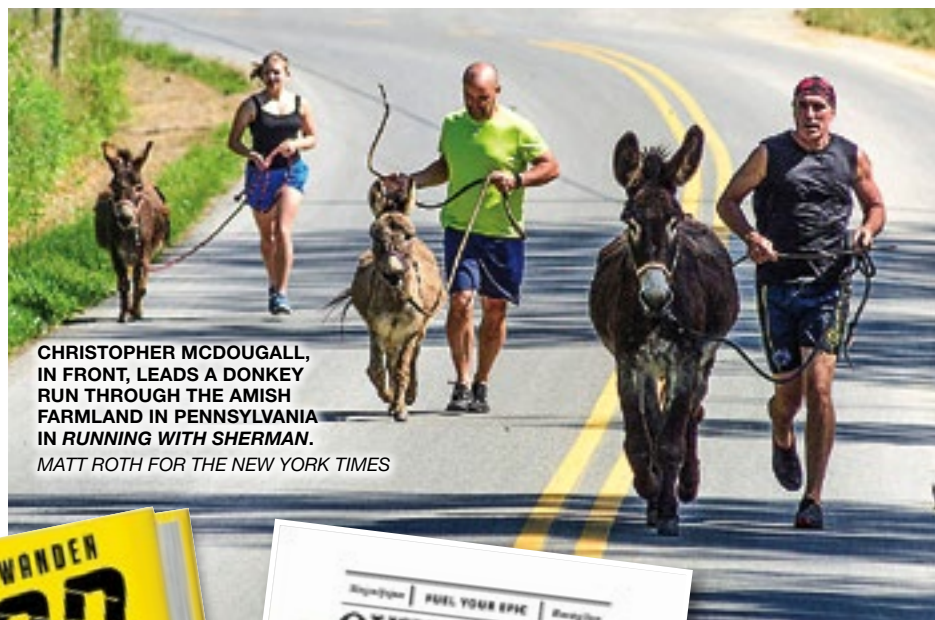
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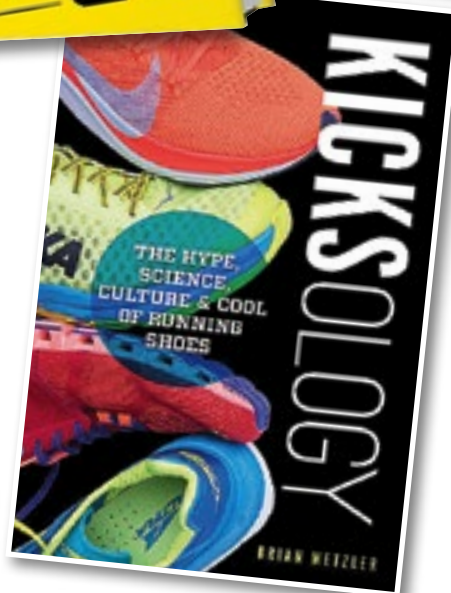
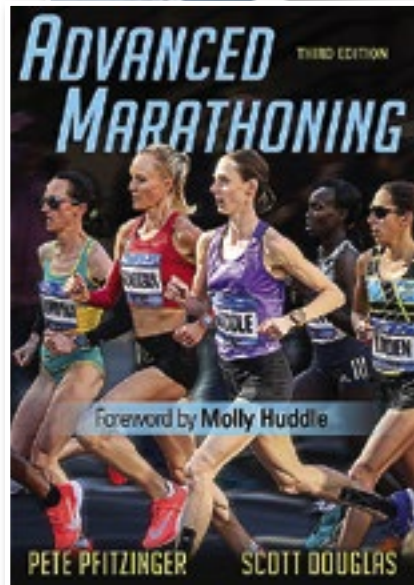
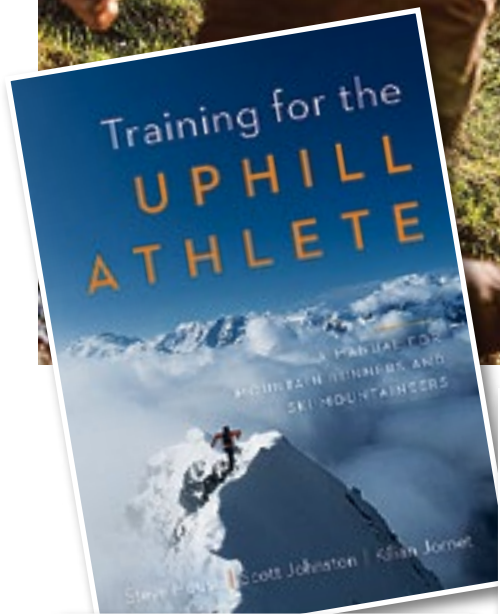
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RUNNING cont from 1

THE DOLOMITES, ITALY
FROM TRAINING FOR
THE UPHILL ATHLETE.
ELIZA EARLE



CHRISTOPHER MCDUGALL, IN FRONT, LEADS A DONKEY RUN THROUGH THE AMISH FARMLAND IN PENNSYLVANIA IN *RUNNING WITH SHERMAN*. MATT ROTH FOR THE NEW YORK TIMES



Brian Meltzer, founding editor of *Trail Runner*, takes us on a fascinating journey! From early Boston Marathon's leather uppers, to Bill Bowerman's waffle iron, on to Phil McKnight's "Just Do It!" marketing brilliance, fast-forwarding to Hokas, Altras and hi-tech

unaffordable models. What he discovered was that Vaporfly and other \$250 shoes are an automatic Boston ticket only for elite bodies sporting elite speed. Similar to Aschwanden, Meltzer learned that despite the new-and-improved hype, basic models work best.

To end on a whimsical note, how often have you wished you could jettison nagging to-do lists and play hooky from ordinary life? And not just for a measly week's vacation? Read *Outlandish: Fuel Your Epic* and meet Morgan Sjogren and her smiley yellow-faced Jeep Wrangler as they explore the Southwest with fry pan, laptop and camera in hand, and manage to make a travel writer's living from their outlandish, nomadic lifestyle. This is not a point A to point B narrative, but parallels Sjogren's quirky personality with such chapters as "No Exit Route," and "Why I signed up for a race I knew I couldn't finish." Jen Shelton (of *Born to Run* fame), you have met your match! And as a bonus, each adventure is accompanied by a free-range collection of hearty campfire meals, with a strong emphasis on burritos, and all sorts of outrageous fillings. Perhaps it's time to cook up a fireside meal of your own!

Happy Reading and Dreaming! 🌲

the principles illustrated in each section. The journey is replete with panoramic *Sound of Music* photos where it is tempting to squint and picture yourself in full skimo gear, attacking a majestic mountain. Even if this will never happen for you, it surly enhances your fireside adventure.

If you are searching for a challenge but unwilling to literally reach for the sky, then consider *The Rise of the Ultra Runners* by Adharanand Finn. The author of award-winning *Running with the Kenyans*, and *The Way of the Runner*, Finn basically enjoys the lifestyle we can only dream about: he gets paid to travel around the world and immerse himself in legendary running cultures. His latest foray explores the world of ultrarunning, once considered a fringe activity and now the comeback to, "What, you only ran a marathon?" Initially he viewed ultrarunning as the bastardization of pure speed, but in his quest to conquer the Ultra-Trail du Mont-Blanc, he comes to think otherwise.

Despite all this down-to-earth evidence, we continue to pursue the magic bullet, whether it be technologically advanced shoes, recovery devices or golden elixirs. In *Good to Go*, Christie Aschwanden exposes the fake science of popular and expensive

recuperation methods. Been tempted by Tom Brady's infrared pjs or Michael Phelps cupping? Of course not, you're smarter than that! But what about RICE for injuries, now disclaimed even by the guy who invented it, and Gatorade's super-hydration myth? The only benefit, apparently is in the pockets of the salesmen and gyms. So, what works? What your mother told you all along - get enough sleep! Another reason to doze off by the fireside.

What can be better than the scent of a fresh box of September crayons? For runners, that would be lacing up the perfect sneaker. In *Kicksology: The Hype, Science, Culture & Cool of Running Shoes*,

to boost a repeat round of income, but this is not the case here. While I am more of an Emelie Forsberg sort of person, Pfitzinger's approach has become less rigid and timelier since his first round, with new sections on "Multiple Marathonning" and the "Older (And Wiser) Marathoner." And don't let the marathon moniker fool you. With the exception of the training tables, the advice is suitable for all.

Taking your training up a notch and with a nod to this winter season, try *Training for the Uphill Athlete: A Manual for Mountain Runners and Ski Mountaineers*, by Kilian Jornet, Steve House and Scott Johnson. Think *Jack Daniels' Running Formula* for the mountain goat set, the caveat being that haphazard training in this venue is more a matter of life and death than simply losing a medal. Highlights are the inspirational athlete essays, providing real-life examples of

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

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RACE RESULTS

REINDEER RUN 4-MILE ROAD RACE

December 1, 2019 • SUNY Adirondack, Queensbury

MALE OVERALL			
1	Jason Linendoll	23	Hudson Falls 22:29
2	Tim Van Orden	51	Bennington, VT 23:26
3	Shaun Donegan	34	Malta 23:40
FEMALE OVERALL			
1	Emily Bryans	52	Delanson 26:33
2	Karen Linendoll	48	Hudson Falls 29:45
3	Sarah Piper	39	Fort Edward 30:37
MALE AGE GROUP: 1 - 9			
1	Cameron Winacott	8	Saratoga Springs 35:59
2	Noah Bernard	9	Granville 40:11
FEMALE AGE GROUP: 1 - 9			
1	Sophia Stark	9	Queensbury 52:57
2	McKenna Bennett	9	Queensbury 53:53
3	Abbey Perryman	9	Wevertown 59:48
MALE AGE GROUP: 10 - 14			
1	Gavin Winacott	10	Saratoga Springs 30:09
2	Ethan Adams	12	Salem 32:29
3	Ethan Hickland	13	Salem 35:16
FEMALE AGE GROUP: 10 - 14			
1	Megan Loomis	11	Malta 35:59
2	Bailee Dineen	10	Lake George 39:38
3	Trudie Herlihy	12	Wilton 45:15
FEMALE AGE GROUP: 15 - 19			
1	Callie Wright	15	Gansevoort 36:32
2	Jamie Smith	17	Katskill Bay 53:00
FEMALE AGE GROUP: 20 - 24			
1	Lili Dickey	22	Westbrook, CT 34:45
MALE AGE GROUP: 25 - 29			
1	Adam Ostrander	29	Queensbury 25:41
2	Devin Ashine	27	Greenfield Center 34:43
FEMALE AGE GROUP: 25 - 29			
1	Johanna Guilfoyle	27	Ballston Spa 39:12
MALE AGE GROUP: 30 - 34			
1	Eric Fitzgerald	34	South Glens Falls 29:40
2	Michael Kissane	34	Queensbury 41:29
FEMALE AGE GROUP: 30 - 34			
1	Alex Kochon	32	Gansevoort 31:25
2	Jessica Corwin	33	South Glens Falls 33:54
3	Lori Rivers	34	Gansevoort 37:17
MALE AGE GROUP: 35 - 39			
1	Jakob Irwin	39	Troy 24:09
2	Joe Porter	38	Lake George 27:21
3	Van Chakalis III	36	Glens Falls 32:37
FEMALE AGE GROUP: 35 - 39			
1	Lyndsey Brown	37	Queensbury 34:52
2	Kim Donegan	38	Malta 36:16
3	Jenifer Nix	39	Warrensburg 39:34
MALE AGE GROUP: 40 - 44			
1	Brian Skorney	40	New York 25:32
2	Richard Bennett	43	Queensbury 37:20
3	Arthur Perryman	40	Northville 59:49

Courtesy of the Adirondack Runners

HMRRC DOUG BOWDEN WINTER SERIES #1: 15K & 5.5M

December 8, 2019 • University at Albany, Albany

15K ROAD RACE				5.5K ROAD RACE			
MALE OVERALL				FEMALE OVERALL			
1	Thomas O'Grady	34	Slingerlands 55:20	1	Karen Bertasso	35	Albany 21:27
2	Chuck Terry	37	Albany 55:21	2	Laura Patrick	25	East Greenbush 24:50
3	Ryan Fox	22	Albany 55:38	3	Kerry McTierman	29	East Greenbush 24:56
FEMALE OVERALL				MALE OVERALL			
1	Courtney Breiner	22	Troy 1:05:47	1	David Wojcicid	38	Troy 21:47
2	Sarah Parks	39	Troy 1:07:32	2	Dylan Hedderman	27	Latham 22:54
3	Emily Taft	29	Albany 1:11:13	3	Josh Farrell	44	Albany 24:20
AGE GROUPS				AGE GROUPS			
1	Eric Young	M20-29	Latham 1:04:26	1	Denver DeVries	M01-09	Cohoes 33:10
1	Danielle Elkie	F20-29	Troy 1:12:40	1	McKenzie Ryan	F10-19	Clifton Park 27:41
1	Jim Sweeney	M30-39	Albany 56:16	1	Eric Teller	M20-29	Delmar 26:00
1	Michelle Davis	F30-39	Niskayuna 1:12:25	1	Dana Whitcher	F20-29	East Greenbush 30:17
1	Andy Reed	M40-49	Niskayuna 58:49	1	Mike McClure	M30-39	Albany 25:58
1	Elisha Lyons	F40-49	Hoosick Falls 1:18:23	1	Jennifer Vogt	F30-39	Rotterdam 30:24
1	Mark Stephenson	M50-59	Esperance 1:02:40	1	Chris Gerard	M40-49	Albany 25:12
1	Chris Varley	F50-59	Albany 1:16:09	1	Dana Endres	F40-49	Rensselaer 28:50
1	Jon Weibaher	M60-69	Saratoga Springs 1:11:41	1	Al Bills	M50-59	Waterford 25:54
1	Maureen Fitzgerald	F60-69	Clifton Park 1:23:55	1	Laurie Hoyt	F50-59	Schenectady 26:20
1	Bob Mead	M70-79	East Greenbush 1:21:30	1	Bill Marinello	M60-69	Slingerlands 28:25
1	Trudy Boulia	F70-79	Delanson 1:24:48	1	Carolyn George	F60-69	Albany 29:19
1	Jim Moore	M80-89	Niskayuna 1:54:00	1	Dan Berry	M70-79	Delmar 31:15
				1	Joe Warland	F70-79	Castleton 37:40
				1	Doe Kelly	M80-89	Menands 49:48
				1	Anny Stockman	F80-89	Rensselaer 46:18

Courtesy of Hudson Mohawk Road Runners Club

2ND ANNUAL SCHUYLerville DRAMA CLUB UGLY SWEATER 5K RUN

December 15, 2019 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL				FEMALE AGE GROUP: 30 - 34			
1	Daryl Headen	15	Victory Mills 18:42	1	Jennifer Dingman	33	Lake Luzerne 24:21
2	Isaias Torres-Guzma	18	Schuylerville 19:17	2	Allie Horning	32	Schenectady 37:34
3	Luke Decker	13	Gansevoort 19:20	3	Stephanie Nelson	32	Stillwater 38:59
FEMALE OVERALL				FEMALE AGE GROUP: 35 - 39			
1	Megan Vianese	14	Saratoga Springs 20:26	1	Kristen Costello	37	Ballston Spa 32:02
2	Olivia Leonard	20	Waterford 20:27	2	Kara Gilles	36	Schuylerville 47:06
3	Tracey Delaney	55	Queensbury 22:45	MALE AGE GROUP: 35 - 39			
MALE AGE GROUP: 1 - 9				1	Ryan Hotaling	35	Saratoga Springs 26:44
1	Cameron Winacott	8	Saratoga Springs 28:19	2	Patrick Ames	35	Saratoga Springs 27:09
2	Mayson Diaz	8	Ballston Spa 1:01:12	FEMALE AGE GROUP: 40 - 44			
FEMALE AGE GROUP: 1 - 9				1	Michael Letzing	42	Schuylerville 20:48
1	Gabriella Castro	8	High Falls 28:08	2	Jay Battle	43	Schuylerville 25:34
2	Skyler Foster	9	Gansevoort 38:45	3	Ryan Risenhoover	41	Schuylerville 39:37
MALE AGE GROUP: 10 - 14				FEMALE AGE GROUP: 40 - 44			
1	Brent Pasek	10	Saratoga Springs 21:30	1	Angie Lauder	41	Saratoga Springs 25:39
2	Darren Pasek	12	Saratoga Springs 21:31	2	Sarah DiSiena	44	Gansevoort 27:15
3	Gavin Winacott	10	Saratoga Springs 22:51	3	Amy Rainone	42	Troy 28:30
FEMALE AGE GROUP: 10 - 14				MALE AGE GROUP: 45 - 49			
1	Lillian Letzing	13	Schuylerville 24:33	1	Michael Hudson	48	Saratoga Springs 28:20
2	Isabella Buettner	11	Gansevoort 27:03	2	Samantha Shapira	48	Gansevoort 30:24
3	Eleanor Hughes	13	Schuylerville 29:44	3	Rick Hengsterman	49	Clifton Park 32:38
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 45 - 49			
1	Nick Risenhoover	16	Schuylerville 39:36	1	Jenny Pasek	48	Saratoga Springs 28:23
FEMALE AGE GROUP: 15 - 19				2	Christine Decker	47	Saratoga Springs 29:50
1	Paige Nesbitt	15	Gansevoort 24:32	3	Marianne Mustafa	47	Malta 30:48
2	Isabelle Solan	16	Greenwich 29:03	MALE AGE GROUP: 50 - 54			
3	Alexandria Lanfear	16	Saratoga Springs 34:44	1	Thomas Marcellus	54	Ballston Spa 21:13
FEMALE AGE GROUP: 20 - 24				2	Randy Johnson	50	Clifton Park 23:02
1	Abrianna Follos	23	Clifton Park 43:17	3	Dougie Fresh Gerhar	52	Saratoga Springs 24:24
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 50 - 54			
1	Thomas McGilpin	25	Glens Falls 39:30	1	Kim Eisler	52	Ballston Spa 25:44
FEMALE AGE GROUP: 25 - 29				2	Kelly Armer	52	Ballston Spa 26:59
1	Melany Bradshaw	29	Albany 27:45	3	Cindy Bernard	52	Ballston Spa 35:41
2	Flora Castro	26	High Falls 28:09	MALE AGE GROUP: 55 - 59			
3	Nicole Tassone	28	Altamont 28:47	1	Sam Mercado	56	Albany 21:12
MALE AGE GROUP: 30 - 34				2	Jim Brundige	57	Saratoga Springs 26:11
1	Ricardo Castro	30	High Falls 29:42	3	Martin Rulison	57	Ballston Spa 29:41

continued

2ND ANNUAL SCHUYLerville DRAMA CLUB UGLY SWEATER 5K RUN continued

FEMALE AGE GROUP: 55 - 59				MALE AGE GROUP: 65 - 69			
1	Lois Shoemaker	57	Schenectady 28:48	1	Joe Aliberti	69	Voorheesville 24:35
2	Karla Conway	56	Middle Grove 34:43	2	Greg Rickes	69	Latham 30:23
3	Annemarie O'Hearn	58	Saratoga Springs 35:05	FEMALE AGE GROUP: 65 - 69			
MALE AGE GROUP: 60 - 64				1	Katherine Allott	65	Wilton 29:28
1	Jimbo Allott	60	Wilton 21:06	2	Susan Hoffman	66	Clayton 34:34
2	Douglas Davis	63	Ballston Spa 35:13	3	Janet Aliberti	68	Voorheesville 36:11
3	Larry Peleggi	62	Colonie 35:44	Courtesy of Schuylerville Drama Club			
FEMALE AGE GROUP: 60 - 64				1	Sheri Steele	61	Ballston Spa 30:21

4TH ANNUAL GORE MOUNTAIN 5K SNOWSHOE RACE

December 15, 2019 • Gore Nordic Center, North Creek

MALE OVERALL				FEMALE AGE GROUP: 40 - 49			
1	Matthew Medeiros	34	Saranac 19:00	1	Jen Ferriss	48	Saratoga Springs 32:07
2	Joel Pekosz	42	Cheshire, MA 21:06	2	Meghan Perryman	40	Wevertown 47:16
3	Tim Russell	30	Saratoga Springs 21:30	MALE AGE GROUP: 50 - 59			
FEMALE OVERALL				1	Shawn Krutz	54	Gloversville 31:36
1	Jamie Woosley	36	Verona 24:57	2	Anthony Barkdale	55	Gloversville 35:28
2	Stacie Minchoff	36	Plattsburgh 24:57	3	Jamie Howard	54	Albany 45:33
3	Karen Provencher	65	Glens Falls 31:25	FEMALE AGE GROUP: 50 - 59			
MALE AGE GROUP: 20 - 29				1	Tracy Watson	50	Johnsburg 38:58
1	Devin Ashline	27	Greenfield Center 31:04	FEMALE AGE GROUP: 60 - 69			
FEMALE AGE GROUP: 20 - 29				1	Jen Sharp	61	Greenwich 38:47
1	Annie Wy	29	Ballston Spa 34:28	MALE AGE GROUP: 70 - 79			
MALE AGE GROUP: 30 - 39				1	William Farrell	70	Keene 38:11
1	Brian Wilson	36	Dannemora 23:18	FEMALE AGE GROUP: 70 - 79			
2	Jeffrey Andritz	38	Altamont 23:49	1	Laura Clark	72	Saratoga Springs 42:57
MALE AGE GROUP: 40 - 49				Courtesy of Gore Mountain & Dion Snowshoe Series			
1	Shawn Pevior	40	Northborough, MA 21:34				
2	Matthew Miczek	47	Saratoga Springs 33:28				

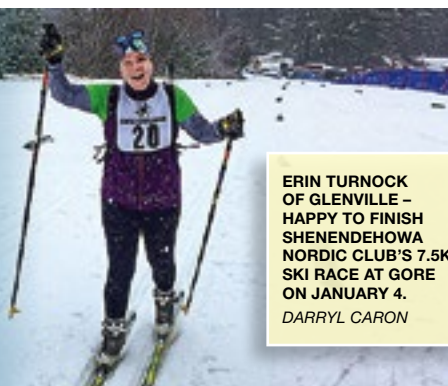
22ND ANNUAL SARATOGA ARTS' FIRST NIGHT 5K RUN

December 31, 2019 • Skidmore College, Saratoga Springs

MALE OVERALL				FEMALE AGE GROUP: 40 - 44			
1	Sean O'Connor	22	West Hartford, CT 14:58	1	Michelle Lavigne	44	Albany 21:27
2	Matt Lange	24	Schenectady 15:09	2	Estelle Burns	44	Troy 21:57
3	Ben Fazio	24	Troy 15:18	3	Theresa DeLorenzo	42	Waterford 24:00
FEMALE OVERALL				4	Ann Sumner	43	Schenectady 24:28
1	Ella Kurto	15	Ballston Spa 17:57	5	Jodi Lovegrove	41	Schenectady 24:33
2	Elizabeth Lagoy	23	West Hartford, CT 18:13	MALE AGE GROUP: 45 - 49			
3	Emily Bush	13	Saratoga Springs 18:37	1	Greg Ethier	46	Clifton Park 19:42
MALE AGE GROUP: 1 - 10				2	Neil Sergott	48	Clifton Park 20:51
1	Gavin Winacott	10	Saratoga Springs 22:22	3	Rick Zachgo	49	Rexford 21:11
2	Brent Pasek	10	Saratoga Springs 23:48	4	Michael Bracken	46	Saratoga Springs 21:38
3	Sam Cassella	9	Niskayuna 24:28	5	Brian Cuneo	49	Saratoga Springs 22:15
4	Nicholas White	9	Ballston Spa 24:40	FEMALE AGE GROUP: 45 - 49			
5	Ollie Lovegrove	10	Schenectady 26:44	1	Tina Greene	46	Schenectady 22:07
FEMALE AGE GROUP: 1 - 10				2	Jane Labombard	46	Queensbury 25:26
1	Julia Loomis	9	Waterford 27:53	3	Heather Kurto	46	Ballston Spa 25:53
2	Gabriella Castro	8	High Falls 28:21	4	Cindy Wian	49	Schuylerville 26:09
3	Grace Curro	10	Schenectady 31:24	5	Jennifer Schannault	47	Saratoga Springs 27:17
4	Alexa Hoek	7	New York 56:52	MALE AGE GROUP: 50 - 54			
5	Allison Hoek	4	New York 56:53	1	Dan Munn	51	Saratoga Springs 21:05
MALE AGE GROUP: 11 - 14				2	Gregg Falk	53	Chestertown 22:01
1	Sarren Pasek	12	Saratoga Springs 22:40	3	Todd Bisailon	52	Mechanicville 22:36
2	Gregory Courtney	12	Delmar 24:51	4	Jeffrey Wagner	53	Buskirk 23:07
3	Andrew Cowder	11	Hoosick Falls 24:59	5	Gary Harper	51	Fort Edward 23:11
4	Jacob Armer	14	Ballston Spa 25:57	FEMALE AGE GROUP: 50 - 54			
5	Nathaniel Lanfear	12	Saratoga Springs 27:32	1	Lisa Nieradka	54	Clifton Park 22:56
FEMALE AGE GROUP: 11 - 14				2	Cheryl Tracy	54	Saratoga Springs 25:43
1	Anya Belise	14	Gansevoort 19:50	3	Carol Abbattisti	50	Queensbury 25:51
2	Sydney Tolan	12	Clifton Park 24:13	4	Christine Hollmer	54	Clifton Park 26:18
3	Madelaine Swayne	13	Clifton Park 24:17	5	Christine Reeves	53	Queensbury 27:14
4	Katherine Lieberth	14	Glens Falls 2				

NUTRITION

Carbs are an Athlete's Best Friend



ERIN TURNOCK OF GLENVILLE – HAPPY TO FINISH SHENENDEHOWA NORDIC CLUB'S 7.5K SKI RACE AT GORE ON JANUARY 4. DARRYL CARON

By Dr. Theresa DeLorenzo, RD

Atkins, Keto, Macros; the list of fad diets goes on. All of these diets are promoted for weight loss. People may lose weight on them but it is not a healthy way to lose weight. Athletes need at least five to seven grams of carbohydrate per kilogram of body weight. For a 120-pound person this equates to about 325 grams of carbohydrate per day. Before a big event this increases to seven to ten grams of carbohydrate per kilogram of body weight. For that same 120-pound person, this means that three days before a big event, they should now be consuming almost 500 grams of carbohydrate per day. To convert your weight in pounds to kilograms, divide your weight in pounds by 2.2.

Carbohydrates are what we use to fuel our muscles during exercise and what we use to convert Adenosine Triphosphate (ATP) into energy. Adequate carbohydrate intake allows us to store glycogen in our liver and muscle so that it is available to us during strenuous or long duration exercise. Carbohydrates are also excellent sources of fiber, which is essential for preventing chronic disease such as cardiovascular disease, diabetes and cancer. None of the aforementioned diets provide adequate amounts of carbohydrates or fiber.

Individuals who follow a low carbhy-

drate diet may lose weight but a lot of this is water weight. Carbohydrates allow us to pull fluid into our cells and maintain hydration. In addition, low carbohydrate intake promotes muscle and vital organ tissue breakdown for fuel. I'm presuming someone would not want to break down all of the muscle they worked so hard to gain during a workout because they are not fueling appropriately. Low carbohydrates are not sustainable over a long period of time. When rapid weight loss occurs, your metabolism is lowered which causes more rapid weight gain when a normal diet is resumed, making it harder and harder to lose weight subsequently. This yo-yo dieting is a very common cause of metabolic syndrome which can subsequently lead to chronic disease. Low carbohydrate intake for an athlete leads to fatigue, poor performance, and a weakened immune system.

An additional risk of low carbohydrate intake is increase in the incidence of Relative Energy Deficiency in Sports (RED-S) syndrome, also known as female athlete triad. This is a combination of symptoms that lead to loss of menstruation, low energy levels, loss of estrogen, and subsequently stress fractures. It was previously thought that RED-S was caused by low calcium intake or excessive exercise, but newer research points to the importance of adequate energy, specifically in the form of carbohydrates in the prevention of RED-S.

Low carbohydrates typically equate to excessive protein intake. Ideal protein intake is 0.8 grams per kilogram of body weight for a non-active individual. For an endurance athlete this requirement increases to 1.2-1.8 grams per kilogram of body weight. When more than two grams of protein per kilogram of body weight is taken in on a regular basis, it is difficult for our body to metabolize and store this amount. We convert the extra calories to fat for storage, and we must excrete the extra nitrogen taken in, further contributing to the dehydration discussed earlier with these extreme diets.

So how do you obtain this amount of carbohydrate in a healthy way? Ideal sources of carbohydrate are rich in vitamins, minerals and fiber. Examples include sweet potatoes, bananas, brown rice, whole wheat bread and pasta, beans and lentils. Prior to exercise, a blend of carbohydrates, protein and fat should be taken in, which lowers the glycemic index of the meal. When the glycemic index is lowered, it means it doesn't cause our blood sugar to rise and fall as quickly. For example, if an athlete eats a plain white bagel with nothing on it, their blood sugar rises quickly, they use the carbohydrates up in the first 30 minutes of the workout, and then they crash. If the bagel is changed to a whole wheat version, and a source of protein and healthy fat is added, the athlete can access the carbohydrates from that meal for a much longer period of time. Other sources of protein and healthy fat include almond butter, eggs, avocado and hummus.

Taking in sources of carbohydrate is also important during exercise that's done for longer than an hour. Our muscles and liver can store glycogen to help us get through a workout, but it becomes depleted after an hour's time. It's ideal if the carbohydrate contains a mixture of sources of sugar, versus just one source, so that different absorption processes are used.

For example, a source of carbohydrate that contains only glucose will be used up rather quickly. Fructose is a two-step absorption process that involves the liver so

it would be utilized more slowly. A source of carbohydrate that contains both would allow the athlete to obtain the glucose, which would be used right away, and then would have access to the fructose a little while later. It's recommended that an athlete takes in 45 grams of carbohydrate per hour for optimal energy and performance. Unfortunately, many of the energy gels contain only 25 grams so waiting until an hour is not a good idea.

Fueling after a workout with carbohydrates is also important. A snack should be consumed within 30 minutes of a workout. Waiting longer stimulates the production and release of a hormone called cortisol, which leads to fat storage inflammation, and this ultimately increases the risk for weight gain and injury. Again, a balanced snack containing carbohydrates, protein and fat is recommended – such as crackers and cheese, vegetables and hummus, banana and peanut butter or berries and nuts.

If you are looking for a diet that promotes weight loss while still allowing for optimal performance, make sure you are not excluding any of the macronutrients. If it is not a plan that you can sustain for a long time, it is not worth doing. Slow weight loss may be frustrating but it is the only way to ensure that you keep the weight off and prevent chronic disease. Eating five small meals per day, each including a source of whole grains, fruits and vegetables, protein and a healthy source of fat is the best way to keep your metabolism burning – while still providing the energy you need for your workouts! 🍌

Dr. Theresa DeLorenzo (theresadelorenzo123@yahoo.com) of Waterford is a sports dietitian, runner and yogi. She loves marathons and runs 5ks with her daughters. Theresa writes for several running publications and serves as a program director for a master's nutrition program in St. Louis, Mo.

44TH ANNUAL HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILER • January 1, 2020 • University at Albany, Albany

HANGOVER HALF – 13.1 MILES

MALE OVERALL

1	Thomas O'Grady	34	Slingerlands	1:19:45
2	Jim Sweeney	38	Albany	1:19:59
3	Ian Thane	27	Amsterdam	1:22:58

FEMALE OVERALL

1	Karen Hughes	35	Albany	1:28:28
2	Erin Hatton	29	Troy	1:30:53
3	Courtney Breiner	22	Troy	1:32:24

FEMALE AGE GROUP: 15 - 19

1	Orit Shiang	15	Niskayuna	1:33:48
2	Kari Frantz	16	Red Hook	2:09:48

MALE AGE GROUP: 20 - 24

1	Justin Peabody	23	Albany	1:33:44
2	Eric Young	24	Latham	1:35:14
3	Steven Lindsay	21	Albany	1:43:07
4	Matt Jerauld	23	Clifton Park	1:44:39
5	Elan Shiang	20	Schenectady	1:45:15

FEMALE AGE GROUP: 20 - 24

1	Alexa Thompson	20	Schenectady	1:42:24
2	Madeline Meriada	23	Palenville	1:43:50
3	June Criscione	24	Albany	1:54:58
4	Hannah White	24	Cicero	2:00:53

MALE AGE GROUP: 25 - 29

1	Joseph Girard	25	Glenville	1:30:45
2	Alexander Neil	29	Albany	1:53:00
3	Andrew Krupski	29	Stillwater	1:59:35
4	Josh Schrum	29	Saratoga Springs	2:02:20
5	Quinn Douglass	26	Hudson	2:21:48

FEMALE AGE GROUP: 25 - 29

1	Irene Sommerville	26	Wynantskill	1:32:57
2	Danielle Eckler	26	Troy	1:40:18
3	Katherine Hutson	26	Albany	1:46:25
4	Kerry McTiernan	29	East Greenbush	1:53:01
5	Christina Schamer	27	Albany	1:55:25

MALE AGE GROUP: 30 - 34

1	Ron Heller	31	Troy	1:23:30
2	Tim Russell	30	Saratoga Springs	1:30:47
3	Bob Ordish	34	Guiderland	1:40:19
4	Pat Teora	31	Albany	1:55:42
5	Nick Lanzillo	32	Wynantskill	2:15:08

FEMALE AGE GROUP: 30 - 34

1	Meghan Mortensen	34	Glenville	1:38:55
2	Michelle Davis	31	Niskayuna	1:43:08
3	Megan James	30	Charlton	1:43:29
4	Emily Chromczak	33	Delmar	1:52:08
5	Amanda Carpenter	30	Albany	1:55:41

MALE AGE GROUP: 35 - 39

1	Daniel Jody	36	Glenville	1:23:00
2	John Deer	37	Slingerlands	1:39:44
3	David Newman	39	Albany	1:41:46
4	Drew Babitts	38	Rensselaer	1:42:57
5	Liwei Hao	37	Niskayuna	1:43:49

FEMALE AGE GROUP: 35 - 39

1	Liz Chauhan	35	Albany	1:38:10
2	Sarah Parks	39	Troy	1:43:00
3	Jennifer Richardson	37	Albany	1:49:32
4	Krista Harwick	39	Mohawk	1:51:05
5	Justine Lobosco	35	Ballston Spa	1:53:55

MALE AGE GROUP: 40 - 44

1	Dillon Kircher	44	Albany	1:37:21
2	Cory Wajda	44	Sand Lake	1:38:00

3	Joshua Farrell	44	Albany	1:40:16
4	Clay Lodovice	44	Voorheesville	1:40:20
5	Dallas DeVries	42	Latham	1:44:38

FEMALE AGE GROUP: 40 - 44

1	Kacey Sornberger	44	Albany	1:56:50
2	Coraline Falco	42	Albany	1:56:56
3	Melissa Grandjean	41	Glenville	2:00:53
4	Dana Andres	41	Rensselaer	2:02:57
5	Kate Thies	43	Albany	2:07:48

MALE AGE GROUP: 45 - 49

1	Bob Irwin	47	Guiderland	1:27:10
2	Andy Reed	48	Niskayuna	1:27:11
3	Dennis VanVlack	47	Duanesburg	1:35:57
4	Derek Grout	47	Valatie	1:37:21
5	Brian Worthington	47	Waterford	1:39:11

FEMALE AGE GROUP: 45 - 49

1	Laura Kelly	47	Albany	1:45:46
2	Ann Hinrichsen	46	Coxsackie	1:50:00
3	Virginia Lupo	48	Malta	1:52:50
4	Stacia Smith	49	Niskayuna	1:59:25
5	Trudy Boulia	47	Delanson	1:59:56

MALE AGE GROUP: 50 - 54

1	Joseph Shiariq	53	Niskayuna	1:39:07
2	John Williams-Searle	51	Albany	1:40:34
3	Peter Guzzo	51	Niskayuna	1:44:11
4	Walt Peretti	52	Niskayuna	1:44:42
5	Bill Krisher	54	Scotia	1:47:48

FEMALE AGE GROUP: 50 - 54

1	Judy Guzzo	52	Niskayuna	1:41:55
2	Sue Thompson	53	Queensbury	1:45:00
3	Joanna Tremper	50	East Chatham	1:53:33
4	Connie Smith	52	Ballston Lake	1:57:02
5	Sarah Vogel	50	Slingerlands	1:57:35

MALE AGE GROUP: 55 - 59

1	Mark Stephenson	55	Esperance	1:31:37
2	Christian Lietzau	56	Delmar	1:31:45
3	Craig DuBois	56	Sprakers	1:32:16
4	Russell Lauer	57	Troy	1:36:20
5	John Sestito	56	Johnsonville	1:39:57

FEMALE AGE GROUP: 55 - 59

1	Christian Barley	55	Albany	1:45:24
2	Colleen Brackett	59	Albany	2:00:58
3	Becky O'Connell	57	Coxsackie	2:01:56
4	Lauren Herbs	57	Rexford	2:05:10
5	Marie Bosman	55	Niskayuna	2:18:26

MALE AGE GROUP: 60 - 64

1	Jon Weibaker	61	Saratoga Springs	1:41:02
2	Johan Bosman	60	Niskayuna	1:44:00
3	David Roy	64	Schoharie	1:49:28
4	James Newlove	64	Utica	1:51:49
5	Daniel Doak	62	Albany	1:57:52

FEMALE AGE GROUP: 60 - 64

1	Margaret McKeown	62	Moreau	1:42:56
2	Karen Dott	63	Colonie	2:03:45
3	Eva Cleveland	63	Saugerties	2:42:35
4	Teri Hutson	61	Albany	2:52:06

MALE AGE GROUP: 65 - 69

1	Richard Clark	65	Feeding Hills, MA	1:50:24
2	Kevin Donohue	68	Troy	1:58:17
3	Steve Mastaitis	65	Saratoga Springs	2:41:48

FEMALE AGE GROUP: 65 - 69

1	Martha DeGrazia	68	Slingerlands	2:04:01
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2	Joan Celentano	66	Schenectady	2:21:19
3	Katherine Ambrosio	69	Delmar	2:26:50

MALE AGE GROUP: 70 - 74

1	Bob Mead	70	East Greenbush	1:54:35
2	Juergen Reher	70	Albany	1:54:58
3	Joe Yavonditte	70	Guiderland	2:18:52
4	Edwin Litts	70	Schenectady	2:55:36

FEMALE AGE GROUP: 70 - 74

1	Karen Spinuzzi	71	Kingston	2:12:00
2	Susan Wong	72	Glenmont	2:25:30

BILL HOGAN 3.5-MILE RUN

MALE OVERALL

1	Alex Hislop	18	Clifton Park	19:39
2	Adam Beach	20	Red Hook	23:36
3	Tim Hoff	54	Mansfield, MA	23:46

FEMALE OVERALL

1	Lauren Scarupa	28	Clifton Park	24:42
2	Brittney Mack	22	Poestenkill	25:50
3	Sydney Smith	19	Niskayuna	26:07

MALE AGE GROUP: 1 - 14

1	Mason Thalheimer	13	Fort Plain	41:02
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MALE AGE GROUP: 15 - 19

1	Leo Rosenbloom	19	Delmar	24:15
2	Bryce Mussey	18	Burnt Hills	34:20

FEMALE AGE GROUP: 15 - 19

1	Billie McClosky	17	Burnt Hills	26:43
2	Skyler Smith	15	Niskayuna	27:07
3	Alica Cotton	15	Delmar	33:05

MALE AGE GROUP: 20 - 24

1	Michael Jorgensen	23	Syracuse	32:29
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FEMALE AGE GROUP: 20 - 24

1	Victoria Padula	20	Niskayuna	26:08
2	Samantha Padula	20	Niskayuna	26:08
3	Alice Menis	20	Schenectady	32:00

MALE AGE GROUP: 25 - 29

1	Nathan Scott	25	Schenectady	26:42
2	Dylan Hedderman	27	Latham	28:03
3	Eric Teller	27	Delmar	28:15

FEMALE AGE GROUP: 25 - 29

1	Pam Eistertz	27	Castleton	34:54
2	Kirsten Carman	29	Albany	39:30
3	Tung Maltsev	26	Waterford	41:49

MALE AGE GROUP: 30 - 34

1	Adam Burn	30	Guiderland	29:19
2	James Friedman	32	Albany	32:30
3	Dave Thaman	33	Albany	32:31

FEMALE AGE GROUP: 30 - 34

1	Kirsliin Masker	31	Westminster, CO	30:58
2	Kim DeMagistris	33	Albany	34:30
3	Karoline Sears	34	Albany	34:58

MALE AGE GROUP: 35 - 39

1	Matthias Kirchner	36	Troy	30:05
2	Ben Sears	35	Albany	31:08
3	Daniel Biggs	38	Watervliet	32:57

FEMALE AGE GROUP: 35 - 39

1	Amy Shatsoff	38	Delmar	29:30
2	Colleen Driggs	39	Delmar	30:39
3	Haruna Nakamura	35	Watervliet	32:45

MALE AGE GROUP: 40 - 44

1	Jeremy McNamara	40	Albany	24:30
2	Ryan Kircher	41	Albany	28:31
3	Joseph Altobello	42	Green Island	29:44

FEMALE AGE GROUP: 40 - 44

1	Deanne Webster	44	Albany	29:03
2	Amy Fehringer	44	Guiderland	33:56
3	Kari Donohue	42	Altamont	36:29

MALE AGE GROUP: 45 - 49

1	Tom Fraser	47	Schodack Landing	24:38
2	Dan Murphy	45	Delmar	25:10
3	Patrick Lynskey	47	Clifton Park	26:09

FEMALE AGE GROUP: 45 - 49

1	Katie Yezzi	49	Delmar	31:24
2	Dee Fisher-Golden	49	Slingerlands	37:07
3	Lisa Nixon	47	Albany	38:38

MALE AGE GROUP: 50 - 54

1	John Furgele	51	Delmar	25:58
2	Rob Sheffel	51	Troy	27:02
3	Enrique Tello	54	Albany	27:41

FEMALE AGE GROUP: 50 - 54

1	Laurie Hoyt	53	Schenectady	28:46
2	Mary Fenton	54	Ballston Spa	28:57
3	Carolyn Piccirillo	54	Schenectady	32:47

MALE AGE GROUP: 55 - 59

1	Ed Menis	55	Schenectady	24:21
2	Glen Berninger	56	Kinderhook	26:41
3	Tim Hartman Sr.	57	Niskayuna	27:47

FEMALE AGE GROUP: 55 - 59

1	Kristen Hislop	55	Halfmoon	26:47
2	Renee Mack	59	Poestenkill	30:58
3	Heidi Glazier	58	Slingerlands	34:25

MALE AGE GROUP: 60 - 64

1	Kevin Dollard	64	Hopewell Junction	24:06
2	Derrick Staley	61	Rensselaer	24:25
3	Mark Nunez	63	Ballston Lake	28:27

FEMALE AGE GROUP: 60 - 64

1	Karen Gerstenberger	62	Colonie	34:18
2	Kathleen Goldberg	60	Schenectady	38:28
3	Patrick Tuz	63	Saratoga Springs	41:27

MALE AGE GROUP: 65 - 69

1	Martin Patrick	65	East Greenbush	31:37
2	Michael Wright	66	Albany	33:38
3	Tom Horn	65	Loudonville	34:31

FEMALE AGE GROUP: 65 - 69

1	Erika Oesterle	68	Stamford	31:39
2	Carolyn George	66	Albany	32:33
3	Darlene Cardillo	66	Delmar	35:06

MALE AGE GROUP: 70 - 74

1	Dan Berry	70	Delmar	35:20
2	James Larkin	72	Clifton Park	38:26
3	Dave Durkin	70	Rensselaer	42:24

FEMALE AGE GROUP: 70 - 74

1	Doe Warland	70	Castleton	42:27
2	Christine McKnight	72	Gansevoort	44:35

MALE AGE GROUP: 75 - 79

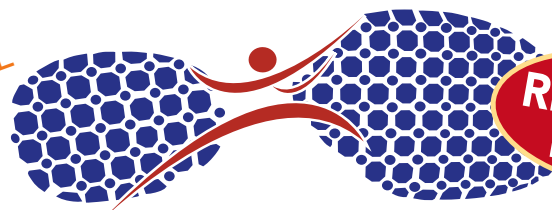
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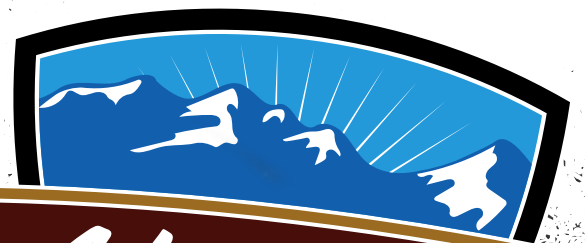
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