

Celebrating  
**20**  
Years!

## Doc Lopez Run for Health



KEENE VALLEY START OF THE 2017 DOC LOPEZ HALF MARATHON, WHICH FINISHES IN ELIZABETHTOWN. KEVIN MCKEE

RACE FOUNDER,  
DOC LOPEZ.

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## 40th Year of Half Marathon, 5K and 1M Walk

By Mona Caron

If you've ever run, volunteered, or directed a race, you can appreciate the hard work that goes into planning, coordinating and executing a successful day. How about doing it for 40 years? **Doc Lopez Run for Health** in Elizabethtown joins an elite group of races that has enjoyed continuity and a strong following. Celebrate the 40th anniversary on Saturday, March 21 with a half marathon and 5K runs, or one-mile walk.

Robert (Doc) Lopez started the Run for Hope, now known as the Doc Lopez Run for Health, in the spring of 1980. The race started out as a benefit for American Cancer Society. He enjoyed and encouraged people to get outside and inspired others to run. Doc ran and organized many races including the Westport 24-Hour Marathon, Whiteface Mountain Uphill Race, Frostbite Run five-miler around Mirror Lake, and the Sara-Placid Marathon from Paul Smith's College to Lake Placid.

Current race director Susan Allott, daughter of founder Doc Lopez and a runner, shared some race history from its inception to today. Doc directed his namesake race from 1980 until his passing in 2005. In 2006, two local volunteers Mark Hummel and Fred Hooper took over organizing duties, and it became a Cystic Fibrosis Foundation benefit until 2009, when Susan took the reins. Today the event benefits the UVM Health Network - Elizabethtown Community Hospital Auxiliary.

**Doc Lopez** - Doc was one of 52 men and women, representing the 50 states and District of Columbia, chosen to carry the Olympic Torch from Langley Air Force Base in Virginia to the Opening Ceremonies at the 1980 Winter Olympics from February 13-24 in Lake Placid. Doc, age 56 of Westport, a Lake Placid veterinarian, and the oldest runner selected, represented Lake Placid. Michael Luce of Glens Falls represented New York State.

Doc was an accomplished runner who completed the Boston and New York City marathons several times, ran marathons nationwide, and reached his ultimate goal of 60 marathons by age 60. He eventually surpassed this goal to run 65 marathons and fit in a 50-miler here and there. Doc became his own one-man Polar Bear Club, taking the annual plunge through a hole cut in the ice in several northern lakes including Lake George, Lake Champlain, Lake Flower and Mirror Lake.

Not a man of moderation in anything he did, Doc had 14 children with his loving wife of 62 years, Marjorie Beha Lopez. His favorite sayings included, "There is no such word as can't" and "Tell your mother you are not cold, not hungry and not tired."

He passed his love of running to several of his children. Susan runs a 5K every day, sister Lori is a distance runner, and two younger brothers are also marathoners, including Boston.

**Run for Health** - Each of the three distances offers something unique, from the half marathon, to the 5K, and one-mile walk - it's a family-friendly event with something for everyone. The half marathon is a beautiful and challenging course that includes breathtaking views of the Adirondacks and a rewarding descent to the finish in Elizabethtown. The 5K run and one-mile walk offer a flatter course and plenty of supporters.

Susan says, "The race is for the hardy in the heart of the Adirondacks." This scenic 13.1-mile course starts at 9am in Keene Valley on NY Route 73, takes runners up NY Route 9N to Spruce Hill, and into Elizabethtown for the awards ceremony and post-race celebration - both held indoors. Participants take an 8:30am bus from Elizabethtown. The walk starts at 10am and 5K at 10:30am in Elizabethtown, ensuring an enthusiastic finish - and

See **RUNNING & WALKING 20** ▶



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**CROSS COUNTRY SKIING**

# Pharaoh Lake Wilderness

*By Rich Macha*

**M**any winters ago, I went on my first real backcountry ski tour into the wilderness and Pharaoh Lake was the destination. Dressed in cotton corduroy pants and other layers of cotton clothing, plus wool sweater, gloves and hat, I was semi-prepared for the task. Without gaiters, wet snow loved to cling to those pants. At the Watch Rock lean-to, my buddy revealed a pint of whiskey which we shared, and on the return my skiing skills deteriorated somewhat, but I was able to avoid serious injury and had a great time. These days, now much wiser and less ignorant, I don't wear cotton clothing on the trail, I refrain from consuming alcoholic beverages on the tour, and I still have a great time.

Lake-effect snows often hit the Tug Hill area east of Lake Ontario and the western Adirondacks but seldom reach the eastern Adirondacks, so the Pharaoh Lake Wilderness, located east of I-87 and Schroon Lake, generally depends on whatever snowstorms come through its way. Fortunately, there are some trails that you can ski when there is less than a foot of snow on the ground. The area features piney woods and many ponds, as well as several small mountains. Only two of the mountains have marked trails to their summits - Pharaoh Mountain and Treadway Mountain - but many of the trailless mountains have good views after easy bush-whacks, which are probably best done on snowshoes rather than skis - although advanced level skiers could manage with the help of climbing skins.

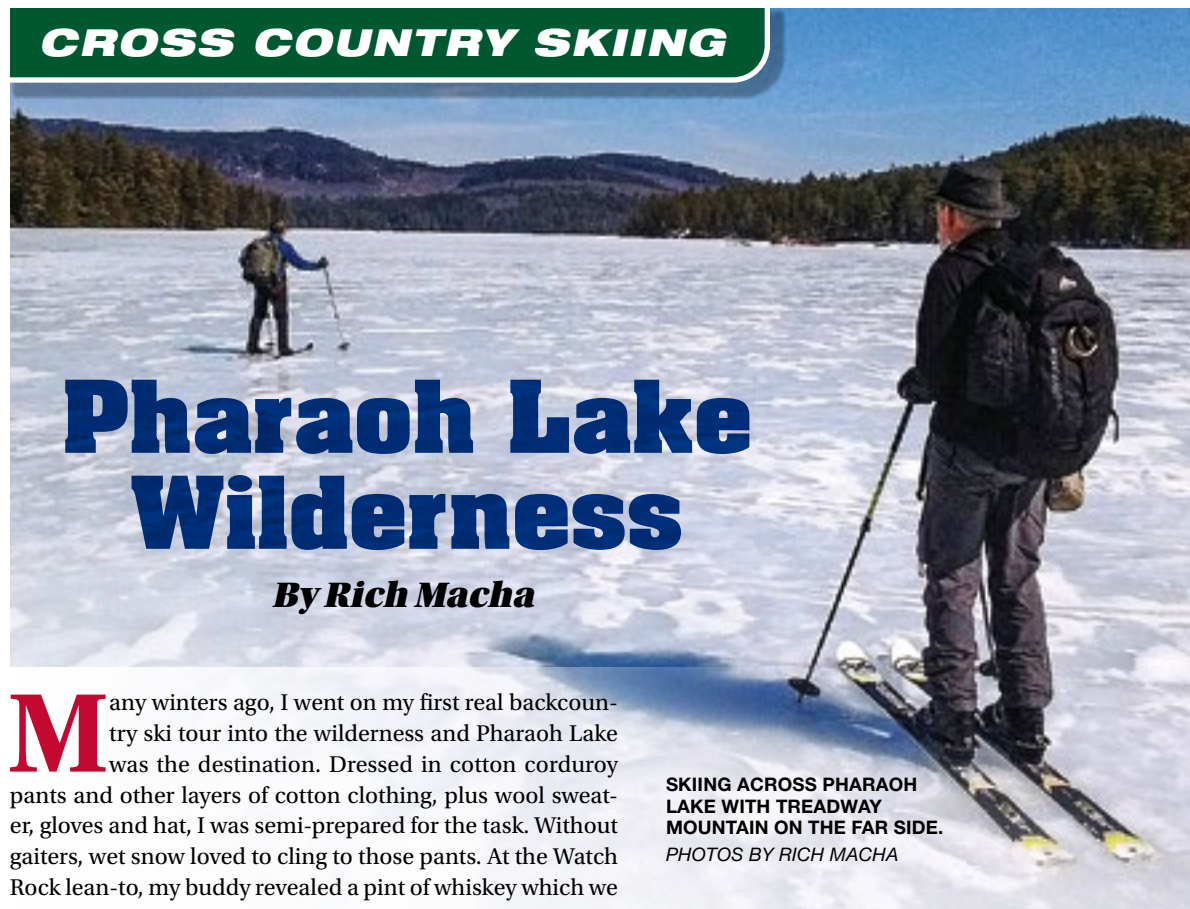
**CRANE POND** - The trailhead is at the end of plowing on Crane Pond Road in the northwest section of the wilderness area. It is an easy two-mile ski along an old dirt road to the scenic one-mile-long pond, and six inches of snow would be sufficient to make the trip on skis. Less than a mile into the trip, there is a photogenic, icy waterfall on Alder Creek that always tempts me to drop down for a closer look, and soon after the 0.6-mile trail to Goose Pond is passed. After that you get some gentle hills, and at around 1.5 miles, you have a choice of continuing on the old road across a stretch that is flooded in other seasons, or following trail markers through the woods around the north side of the flooded area - then picking up the road again on the other side.

There are views of Pharaoh Mountain across Alder Pond before reaching the shore of Crane Pond near its outlet. Ski out onto the pond and you can make this into a six- or seven-mile round-trip. Sunny campsites along the pond's north shore make for good lunch spots. There are good views of Pharaoh Mountain to the south, plus views of lesser peaks such as Bear Mountain - which was ravaged by fire in September of 2015 - to the northeast.

Intermediate skiers can continue across the outlet and ski 1.1 miles to Glidden Marsh, then take a left on the trail to Oxshoe Pond, which initially climbs steeply but soon reaches a lean-to at an attractive spot on the pond. Some winters ago, while relaxing at the lean-to, we were entertained by white-winged crossbills and pine grosbeaks that seemed unperturbed by our presence.

**PHARAOH LAKE** - Pharaoh is the third biggest lake in the Adirondacks that is totally surrounded by designated wilderness lands. It is most easily reached from the southwest and the trail to it can be skied when there's ten inches of snow on the ground. From Beaver Pond Road, a good parking area with an outhouse is reached by driving a short distance on Pharaoh Road, past some camps to the end of plowing.

See **CROSS COUNTRY SKIING** 23 ▶



SKIING ACROSS PHARAOH LAKE WITH TREADWAY MOUNTAIN ON THE FAR SIDE. PHOTOS BY RICH MACHA



DAVE ERNST OF VOORHEESVILLE AND BOB BRAND OF TROY SKI ALONG PHARAOH LAKE BROOK WITH PHARAOH MOUNTAIN IN THE BACKGROUND.



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# News Briefs

## Mission Electric Now Open

**BALLSTON SPA** - The well-established Providence, R.I. electric bike shop, Mission Electric, has opened a second location in Ballston Spa to expand sales and service of quality e-bikes to Saratoga County and its surrounding communities. The Saratoga Springs native, Tyler Justin, opened the Providence store in 2018 and decided that 2020 is the right time to bring the e-bike experience to the Capital Region. Tyler says: "We here at Mission Electric have always been fans of alternative, sustainable transportation. We want to rethink the way we move around our cities. We started Mission Electric to bring e-bikes and e-transportation to the masses. It's good for the planet, good for people, and good for our communities. Our mission is to create a greener and healthier world through e-bikes."

The bikes Mission sells are more of a family utility or cargo hauling type and so they like to say "Ditch the car, get an e-bike." You'd be surprised what you can carry on one. The Ballston Spa location has bikes on display and available for test rides featuring three hallmark brands in the e-bike world. The bikes are from Germany, Riese & Muller; from the Netherlands, Gazelle; and from southern California, Tern. Also available will be Benno and Bulls, which are currently sold in their Rhode Island store. All of our bikes feature Bosch mid-drive motors with a variety of transmission options and accessories to choose from.

The new store is located in The Factory at 20 Prospect St., Building 2, Suite 215 (rear entrance of the building with off-street parking) just off Milton Ave. (Route 50) in down-

town Ballston Spa. The store is open with winter hours on Wednesday and Thursday from 12 to 6pm and Saturday from 11am to 4pm; check Facebook for updates and appointments on other days/times are welcome. The store manager is Jim Bethell, a well-known, experienced cyclist who's a certified bicycle technician and Bosch e-bike certified. Contact Mission Electric Bike at 518-227-5018 or [missionelectricbike.com](http://missionelectricbike.com). 🌲

## Fleet Feet Training Programs

**ALBANY & MALTA** - It's time to sign up for training programs to prepare you for spring races. Fleet Feet's 13.1- and 26.2-mile programs, in both Albany and Malta, begin at the end of February, with 5K and 10K training sessions starting in early March. The programs prepare runners to complete their goal race while supporting them along the way with a coach and group members who share your interest.

Training programs include: coached group workouts, weekly training schedule and education clinics. Plus, one-time 15% discount coupon to use in the store, and one-year Fleet Feet Running Club membership that provides additional group runs and club perks. For all programs, advance registration and the completion of a medical waiver (signed by both you and a medical practitioner) is required prior to participation. Learn more at 518-459-3338 (Albany), 518-400-1213 (Malta) or [fleetfeetalbany.com](http://fleetfeetalbany.com). 🌲

## UMP for Sentinel Range Wilderness

**ALBANY** - The NYS DEC has finalized the Unit Management Plan for the Sentinel Range Wilderness, regional director Bob Stegemann announced on Jan. 29. It's comprised of 23,874 acres of Forest Preserve lands in the towns of Keene, Jay, Wilmington,

and North Elba in Essex County. The lands consist primarily of rugged, mountainous forest land with relatively few ponds and wetlands. Mountain views are one of the area's main attractions for hikers, skiers, snowshoers and climbers. The summit of Pitchoff Mountain offers outstanding views, and recreational use occurs mainly on the trails to Pitchoff or Copperas and Owen ponds. Most visitors are day users, but some camping does occur at the Copperas Pond area. Much of the unit is undeveloped and provides outstanding opportunities for solitude and unconfined recreation.

The final UMP includes the following objectives and actions: a) Improving trail

systems and maintenance by providing a trail system that offers a range of wilderness recreational opportunities which minimizes impacts and preserves a significant area without marked trails; b) Enhancing and adding skiing opportunities as appropriate throughout the area; c) Introducing options for sustainably managing Pitchoff Mountain; d) Maintaining trailless areas; e) Restricting group size by implementing regulations limiting groups to address impacts to natural resources and visitor experience over the next two years; f) Restoring campsites; and g) Managing rock climbing sites to minimize environmental impacts. Learn more at [dec.ny.gov/press/77537.html](http://dec.ny.gov/press/77537.html). 🌲

## KAYAK, CANOE & SUP

### Adirondack Paddling Symposium *By Danny Mongno*

**OLD FORGE** - Last year, I joined up with Adirondack Sports magazine to talk about the importance of being exposed to formal paddle sports instruction. I told my personal story of how I couldn't for the life of me contemplate taking kayak classes - until a friend helped me understand all I really didn't know. My complacency and false sense of security was exposed, and from that moment on, I was dedicated to learning and eventually teaching paddle sports. It was with that line of thinking, that Mountainman Outdoor Supply Company founded the Adirondack Paddling Symposium, which took place last June in Old Forge.

Now looking back, for an event organizer to truly measure success you need to take part, interact with your guests, and feel the energy firsthand. For Monique, Andy, Will, John and myself, we knew the event was a success when we looked at each other after the three-day event (beers in hand, of course) and said, "Let's set dates for 2020." For all of us in our individual roles, working alongside the amazing coaches, the vibe from the students was positive from the onset - and grew throughout.

Sure, it was an honor to read the evaluation forms and see the positive comments, and we humbly agree that we can improve on a few small things. To be a part of the event with the students, on the water, in the evening presentation tent, and what seems to always be the most important part of any symposium - on the riverside deck during the meals - it was obvious the stoke level was high. Barriers were broken down and confidence levels rose as new skills were absorbed after a day on the water.

As registration for year two is now live, our feelings are being validated as we are seeing a huge percentage of our 'Class of 2019' signing up again. Like so many paddlers, these were folks who had not been exposed to formal instruction. And, after two to three days on the water with us, they decided there is still A LOT to learn. So, we are excited to be planning for that class to meet the new 'Class of 2020.' This year's symposium is Friday-Sunday, June 19-21, with the 22nd set for "Tour Monday," where students put their new skills to the test on guided tours. We encourage you to take the four-day weekend and get the most from the experience.

The Adirondack Paddling Symposium will have beginner, intermediate and advanced tracks for kayakers, canoeists, pack boaters, and stand up paddlers. Included along with classes will be morning yoga and catered meals on the banks of the Moose River. The evening presentations follow dinner and take place fireside with a few beverages. A vendor village allows students to try different gear in your classes - the ultimate way to demo. There will be a rental option for those who have not made the jump to buying their own craft. Learn more at [adkpaddingssymposium.com](http://adkpaddingssymposium.com). 🌲




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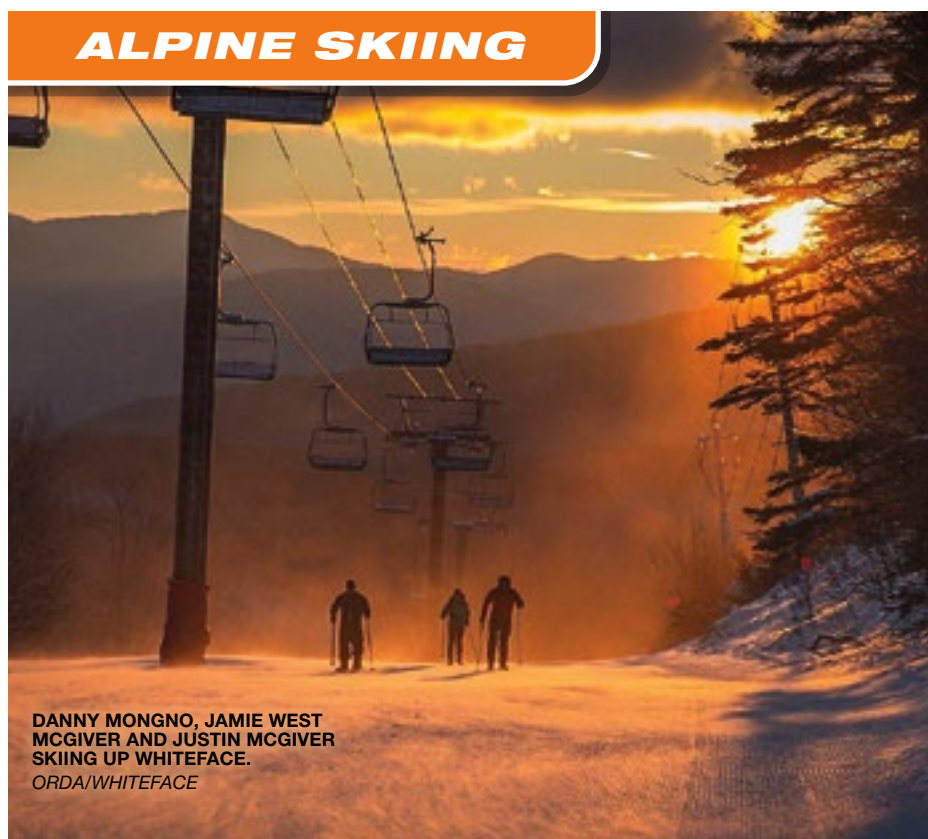
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CARL AIDEN LAYING FIRST TRACKS  
ON PARON'S RUN ON JAN. 31, 2020.  
JOHN DIGIACOMO/PLACID TIMES  
PHOTOGRAPHY

# Get Some Skin in the Game Ski Uphill!

By Skip Holmes

It's 5:30am and you could be waiting for the lifts to start at 8am in order to get first tracks on Whiteface after an overnight dump of fresh powder. Or, you could already be at the base of the mountain clicking into your bindings at 6am, and then turning on your headlamp to begin an upward trek to the top of the mountain, and then ski down before the lifts are even open!

Uphill skiing has been around for a long time as a backcountry ski touring sport. I recall having a pair of Trucker skis from an outfit in Colorado, which I used to explore the Adirondack backcountry, and even used at a couple small downhill areas. They had metal edges, heavy leather boots, and a set of 'skins' that were attached to the bottom of the skis when the ascent was too steep for kick wax.

In recent years the snow conditions have become more variable and the season has shrunk due to a changing climate. For those of us who want to get our fitness outside in all the seasons, skinning has become the go to way to continue our aerobic workouts, and get a reward of skiing downhill after a long climb up.

You could attempt to use your typical downhill ski equipment but the climb in those heavy downhill boots would be really cumbersome. If you are in Lake Placid, the go-to shop for real uphill skiing gear would be High Peaks Cyclery and the guy to talk to is Brian Delaney, who is a knowledgeable expert.

The skis are clearly different from your typical downhill style. They are lighter, more flexible, and may have a carbon tip with some titanium running the length of them. The skis come in two widths, depending on groomed or powder conditions. The boots are lighter, less stiff and attach to bindings that incorporate a heel release feature, which allows your uphill climb to be significantly easier. Some have a pivoting toe piece to prevent early toe release. Ski poles are adjustable in length and some have breakaway straps as well.

The skins that attach to the bottom of your skis can be made from several materials. Nylon, mohair or a mix of nylon and mohair. They all have adhesive on the side that attaches to your skis and the other side provides the grip that keeps you from sliding backwards. They have fasteners that attach to the tip and tail of your skis. After reaching the end of the climb you take the skins off, place the glue sides together, roll them up and stow them in your pack. In very steep conditions it may also be necessary to have a set of ski crampons that attach to your skis to prevent sliding backwards on steep icy conditions.

Now that you understand that this gear is different than what you've used for your downhill ski days, there is additional equipment to bring on the skinning adventure. A small backpack with some essentials is necessary. You will want to bring some dry clothing to change into when you have completed the skin up. It will be even colder at elevation and you will have likely given up copious amounts of sweat to get up there. You need dry clothing to keep you warm on the way down. A puffy coat may be a necessary piece of gear along with a piece of reflective gear so that others can see you as it may still be early light conditions. Some snacks, water, your helmet, goggles, and a headlamp for the pre sunrise trip up the mountain. Oh, and an extra set of batteries for the headlamp, just like when you go hiking in the High Peaks in the winter. Even one of my very experienced Adirondack 46ers friends forgot to bring extra batteries on the first uphill ski and ended up in the predawn darkness.

This equipment list will allow you to skin up those downhill ski areas that currently allow uphill skiers. To learn more, go to ski area websites and look for 'uphill skiing.' It is showing up at more resorts the East Coast. Out West, many ski areas have been offering this option for years and it is catching on here in the East.

Currently the only ski areas allowing uphill skiing in New York are Whiteface in the Adirondacks and Windham in the Catskills. There is even a Facebook page called Whiteface Uphill for those who are curious. If you ramble over to Vermont you will find a number of ski areas that allow uphill skiing including Mount Snow, Stratton, Magic, Bromley, Pico and Killington among others. In Massachusetts, Jiminy Peak is also allowing it. Each mountain has a specific set of rules that you must abide by. A headlamp is mandatory, some have very specific times with early morning starts prior to lifts operating. Specific uphill routes are described daily and wandering off route can get you kicked off the mountain. Some require an extra daily ticket while others allow the use of your downhill season pass.

For those who are even more adventurous there is backcountry skinning to remote locations to experience real winter wilderness. With sufficient snow you can ski into the backcountry of the Adirondacks and then even ski up Mount Marcy where there is a specific trail dedicated for backcountry skiers. Trips like this require even more gear in order to be properly prepared to spend the night in adverse weather conditions. There are slides in the High Peaks that backcountry skiers have done and you need to be prepared for the possibility of avalanches when snow conditions present this type of hazard. This type of uphill skiing requires not only superb skiing skills, but also experience with backcountry winter conditions, and extreme weather that can change rapidly.

So why would you want to skin up a mountain at a downhill ski area? Well after years of taking the same set of runs down the mountain it might get a little stale. Or are you losing some of that three-season fitness you acquired by biking, hiking, running, paddling or swimming? You start-out in the dark and climb up the mountain on your skis with climbing skins attached to the bottom of your skis. When you reach the top or whatever point you have decided will be your destination you tuck into the trees, change into a dry top, don your helmet, have a snack and a drink. Then, watch the sunrise as you and your friends prepare to make a downhill run that you totally earned. No electricity required; another way to lower your carbon footprint.

You can go uphill skiing before going to work, and it certainly beats riding a trainer in the basement or running on a treadmill, to keep your fitness. And then there is the magic of floating down the mountain making fresh tracks on the same skis that you used to skin up! 🌲

*Skip Holmes (serottaskip@gmail.com) of Delmar teaches sustainable building design at RPI and provides training programs for the Urban Green Council of NYC. He is a member of MHCC and CBRC. He can be found road and gravel bike riding, kayaking, canoeing, hiking, or Nordic and backcountry skiing.*

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- GUILDERLAND YMCA 250 Winding Brook Drive, Guilderland - 6 p.m.
- BETHLEHEM YMCA 900 Delaware Ave, Delmar - 6 p.m.
- TROY YMCA 2500 21st Street, Troy - 6 p.m.
- GREENBUSH YMCA 20 Community Way, East Greenbush - 6 p.m.

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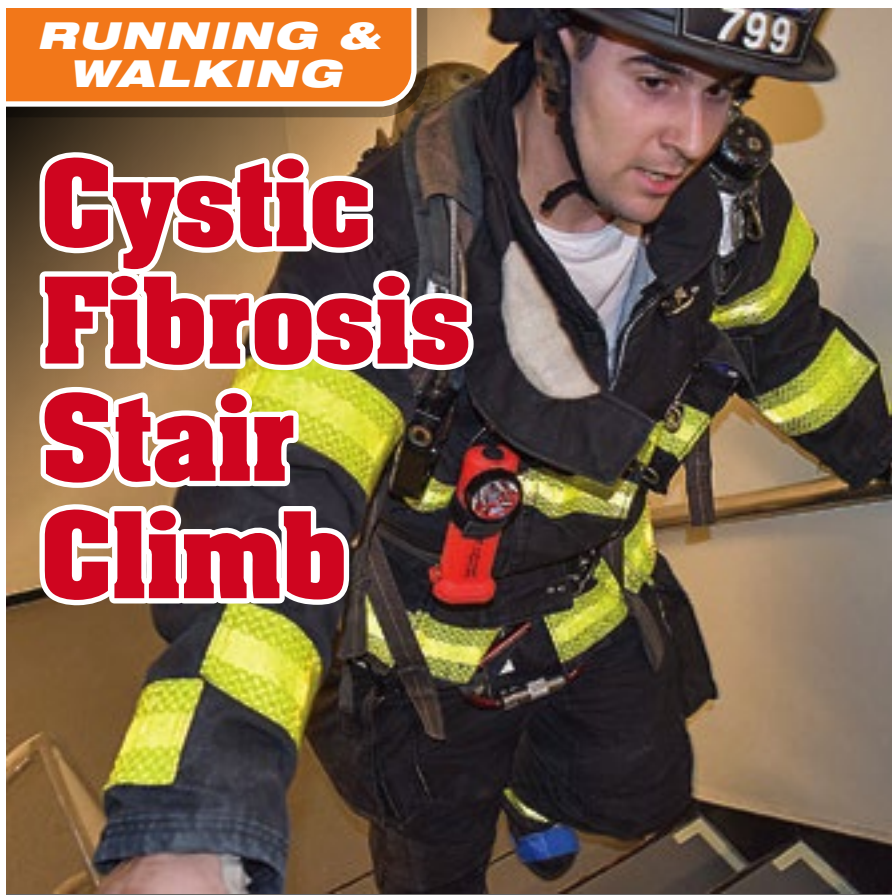
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# Cystic Fibrosis Stair Climb



FIREFIGHTER IN FULL GEAR AT THE 2018 CF STAIR CLIMB AT ERASTUS CORNING TOWER.



RUNNERS CROSS THE FINISH LINE. MICHAEL SCHINNERER



TEAM "HER STRENGTH." MICHAEL SCHINNERER

## Race Up 42 Floors for a Good Cause

By Peggy Phillips

In 1988 the Cystic Fibrosis Foundation was looking for a unique way to raise awareness and funds to support their research. They came up with the CF Climb at the Corning Tower in downtown Albany and other similar climbs nationwide. I was not aware of the stair climb in those early years nor do I have any statistics on the number of competitors or funds raised.

I learned of the CF Climb and competed for the first time in 1995. The building was open to visitors then (pre-9/11), so a few coworkers and I would take our lunch break to practice in the stairwell. I remember having a couple hundred competitors at that time, including one or two firemen in gear. Funds raised were in the \$30,000 range. I climbed 15 times from 1995 to 2011, sometimes individually, sometimes on a relay team and once both. Participation and fundraising have fluctuated over the years but are ever increasing. This year's goal is \$74,350. It is obvious this is a popular event and I believe the only one like it in the Capital Region.

The 32nd annual CF Climb is scheduled for Saturday, February 22. Participants climb their way up the 42 floors in the Corning Tower, either by running or walking. That is 809 stair steps for most climbers, some take two steps at a time, and some seem to have wings and fly. The event kicks off at 8:30am with First Responders, individuals and relay teams, all in full gear - imagine carrying an extra 50 or more pounds up those stairs!

Next are the four-person relay teams at 9:30am. Relay team members are escorted to the appropriate floors where they will pass the baton. Each team member climbs about 12 floors. Teams might want to strategize which segment your sprinter will do. Last are the individual climbers including children under age 10 with parental participation. All climbers are lined up by bib number and are sent up the stairs in a staggered start, leaving every 10 seconds. The stairway begins by circling counter-clockwise in half flights and is wide enough for passing. Stairway etiquette suggests that slower participants step to the outside to let faster climbers pass inside, or to take a rest; although that's largely ignored.

Part way up are two separate landings where participants switch to another stairwell, change direction to clockwise, and continue climbing. There are a few more steps at the top, and through the door to the finish line after that 809th stair step, so don't stop until you cross the line. At the finish line you can grab some water, catch your breath, enjoy the view of Albany and the surrounding area from the observation deck, and ride the elevator down for additional refreshments and awards. Be ready for your ears to pop on the way down. The Climb is timed and category winners are recognized at the post-race gathering. Overall winning times for individuals and relays are a quick three to four minutes. Many people finish in about 10 minutes; although this event is timed you need not make a race of it!

There is a tiered registration fee (save \$5 with code ADKSPORTS) in addition to the fundraising minimum of \$150. Your fundraising dollars go to the Cystic Fibrosis Foundation to support research for new therapies to fight cystic fibrosis. Climbers are encouraged to fundraise. Ask your friends, family and coworkers. Reaching out on social media is a good start to your fundraising. You can also be a virtual climber and raise funds for the event or seek out an individual or team to support. Volunteers are also always welcomed. To learn more, visit [cff.org/northeasternny](http://cff.org/northeasternny) and scroll to the CF Climb.

There is exciting news about where your research dollars are going. Cystic fibrosis is a rare genetic disease where a specific protein in a specific gene is missing or broken. There are many mutations of the protein. This protein regulates the movement of chloride through the cells in the body. The lungs and pancreas are particularly effected. Mucus in the lungs

becomes thick and sticky allowing for lung infections to develop, causing progressive lung damage, and reducing lung function. In the pancreas, the ducts are blocked and natural digestive enzymes are not released to do their job digesting food, resulting in poor growth. CF-related diabetes can be an added complication. Daily breathing treatments, enzyme supplements, antibiotics and hospitalizations are all part of CF patient care.

The Cystic Fibrosis Foundation was created in 1955 by a group of concerned parents who set out to learn more about the disease and help patients and families cope with it. Most patients died before entering elementary school. From 1961 to 1989 the number of care centers increased as did life expectancy. In 1989 the gene that carries the CF defect was discovered as the human genome was being mapped. This set the stage for research specifically targeting that defect. In 1993 the first CF specific drug, Pulmozyme, was released. It was followed by another, Tobi, in 1997. In 2006 an oral drug targeted at the genetic defect was in clinical trials. It was given the name Kalydeco and was approved for use in 2012. An inhaled antibiotic, Cayston, was released in 2010.

In 2015, Kalydeco, was combined with another drug and named Orkambi. This combination drug was effective in treating patients with the most common CF defect. One-third of the CF population now had more effective treatment in a pill form. Most recently (2019) the Cystic Fibrosis Foundation released a triple combination drug called Trikafta. It is being called "a historic breakthrough and a highly effective treatment for getting to the root cause of the disease." Most of the CF patients now have a medication for their specific mutation. Many CF patients are living well into adulthood, attending college, having careers, getting married and having children. The Cystic Fibrosis Foundation is continuing their work on many new therapies and hopes for a cure.

Coincidentally, my daughter Erica, was born in 1988 and diagnosed with cystic fibrosis. My family has a history of this disease, first a cousin's child, then a nephew, then my daughter. Despite her CF, Erica was quite healthy for most of her life, and even participated on a climb relay team for five years. She graduated high school and college with honors. She had a career. She hid the disease well and just wanted to be as normal as possible. This disease is progressive however, and she succumbed to pneumonia in 2017, at the age of 29.

My neighbor, Elizabeth Laughlin, participated in the 2018 climb as a member of the Healthcare Association of New York State in Erica's honor. Elizabeth states, "My experience was met with much anticipation as it was my first-time participating, and I was set to be the top fundraiser that year in Albany." Elizabeth shared Erica's story and dedicated her fundraising to her memory. She raised over \$10,000. She says "The climb itself proved to be difficult... I was gasping for air at the top. All designed to simulate the feeling of breathing with limited lung capacity as people living with cystic fibrosis do each and every day." Elizabeth has learned more about the disease and recently has "Watched stories unfold of a new drug (Trikafta) having a positive impact on those living with the disease."

Now, register, find some stairs and start training... Do it for the challenge and know you are adding years and quality to the lives of those living with cystic fibrosis - and to their loved ones! 🌱

*Margaret "Peggy" Phillips ([mphilli2@nycap.rr.com](mailto:mphilli2@nycap.rr.com)) of East Schodack is a wife, mother, federal employee, gardener, four-time Ironman triathlete with the fifth scheduled in July - for a total of 100 triathlons completed!*



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## GREAT WALKS &amp; DAY HIKES

# Amy's Park in Bolton Landing

## A Great Introduction to Winter Hiking

By Tom O'Grady

Amy's Park in the town of Bolton is a great spot to visit if you are new to winter hiking or if you are looking for a new place to explore any time of the year. The 500 acres included in the preserve were purchased by the Lake George Land Conservancy in February of 2012 and named in memory of Amy Wolgin Wiener. The property is a small ecosystem of ponds, marshes and forests. The hiking trails were officially opened for public use in the summer of 2012. The original trails went through updates that were completed in November 2019 so if you have previously visited it's a perfect time to return to see the changes.

**Directions** - From the Capital Region the drive is approximately one-hour north on I-87 to exit 24. Once exiting the Northway in Bolton, you'll continue onto Bolton Landing-Riverbank Road for four miles, until you reach Church Hill Road. Head north on Church Hill Road and continue onto Padanarum Road for another four miles. There are two parking lots available within the park preserve. The first lot is at the bottom of a steep hill and provides access to South Pond. This lot also has a boat launch for nicer weather.

On our trip a fresh snow had fallen but there was also ice on the road. This made for a slick surface. In the winter extra caution should be given according to the weather. Further north is a second lot that provides access to trails that reach both North and South ponds. There is another access point off of Trout Falls Road on the opposite side of the park.

**Trails** - Amy's Park offers the perfect opportunity to spend a day exploring outside. With four different trails and multiple access points you can create as much variety on this hike as you have time and energy for. For our trip we parked at the second lot on Padanarum Road. There was not much snow but a thin coating had just fallen that morning. There had additionally been a warm day prior which caused some snow to melt and water to form. Sleet with the snow and the colder conditions the day we arrived made for a coating of ice underneath the snow on

all of the surfaces. It was truly a winter wonderland scene. Despite the pretty scenery, a fair amount of caution was needed. The snow was not deep enough for snowshoes but micro-spikes were helpful in spots.

From the parking lot, the Orange and Yellow trails run together for the first 150 to 200 yards until a junction is met. This junction that allows you to follow either the Yellow or Orange trail up to South or North pond respectively. We decided to take the Yellow Trail first. The terrain was not strenuous but had some elevation gain and drop. We quickly came to a bridge crossing. While there was snow and ice covering just about everything on the bridge and path, the temperatures had not been cold enough to freeze the stream. The water was flowing steadily and it was neat to see it flowing around the rocks, logs, and few spots that had begun to freeze. This made for a fun pit stop to see the flowing water enter back under the ice. The auditory input on this trip was as stimulating as the visual as we listened to the steady crunch of icy snow under our feet - crunch, crunch and crunch.

About three-quarters of a mile into the trip we reached the lookout point on the Yellow Trail. One other person had already beaten us to the spot with their dog as a companion. They were the only two sets of footprints in the new snow. The view from the lookout was fantastic. South Pond appeared to be completely frozen over. Directly across the pond a hill called Scenic Overlook is visible. This overlook is accessible by continuing on the Yellow Trail around the perimeter of the pond, or by parking on the opposite side of South Pond, and taking the Red Trail directly to the overlook.

To our delight there was also a beaver nest visibly protruding from the water near the banks of South Pond. We saw tracks on the pond. We were unsure of whether they were beaver tracks. There did not appear to be the characteristic "tail trail" in between the foot prints that beavers leave behind. It was likely a small predator making its way to the den or another more benign animal, such as a squirrel, was the culprit. A note of cau-

tion here - don't let the animal tracks here lull you or your children into a false sense of security. We had to tell our children it was likely unsafe to go onto the ice because the temperatures had not been cold enough in recent days or weeks to create thick enough ice for a human.

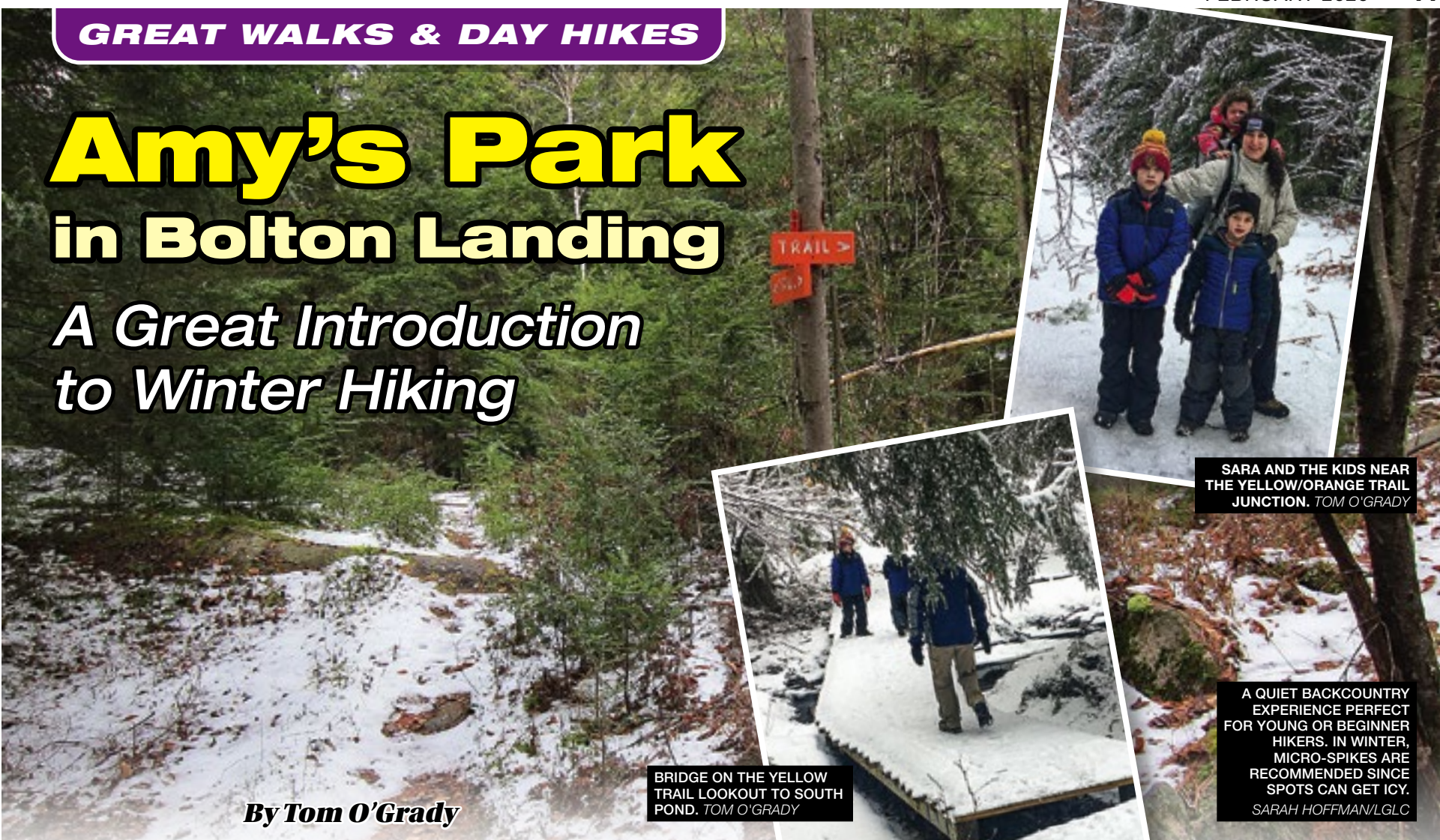
We opted not to make a full circuit of the park on this trip. We had allowed the boys to run around a bit and play in the new snow. We also let our younger daughter walk around on her own. All of this took up more time than we would typically take on a short 0.75-mile hike out to a lookout. We made our way back on the Yellow Trail the way we came. We briefly explored the Orange Trail before heading back to the trailhead.

If you visit Amy's Park when there is more snow and would like to try snowshoeing or cross country skiing the Blue Trail is a great option. The path on the Blue Trail is a mostly flat and relatively wide 0.75-mile section that follows an old logging road. The path is in the northeast section of the park and serves as a

connector between the northern Red Trail and southern Orange Trail. If you do choose a circuit of the entire park, this can be done by connecting each of the four trails. If you hike all sections of each trail the entire hike will be 5.2 miles, while a perimeter walk that utilizes each section will be approximately 0.5 miles shorter.

We went into Bolton Landing to check out the newish headquarters for the Lake George Land Conservancy. The woman working had brought her daughter and our kids enjoyed making a new friend on their day-off from school - Martin Luther King, Jr. Day. We were able to learn about new projects underway. Consider making the trip to Amy's Park and LGLC on your upcoming winter or spring break! 🌲

Tom O'Grady, PhD, MPH ([thomas.james.ogrady@gmail.com](mailto:thomas.james.ogrady@gmail.com)) of Slingerlands is an avid runner, hiker and lover of the outdoors. Learn more at [ogradystategies.com](http://ogradystategies.com).



SARA AND THE KIDS NEAR THE YELLOW/ORANGE TRAIL JUNCTION. TOM O'GRADY

BRIDGE ON THE YELLOW TRAIL LOOKOUT TO SOUTH POND. TOM O'GRADY

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YELLOW TRAIL LOOKOUT, VIEWING OVERLOOK ACROSS SOUTH POND. TOM O'GRADY



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 **ATHLETE PROFILE**

# Dennis Beardsley

## I Shouldn't Be Here

**RESIDENCE:** Schodack  
**HOMETOWN:** Lansingburgh  
**AGE:** 47  
**FAMILY:** Ryan (16), Charlotte (8)  
**CAREER:** Automotive Instructor, North America Training Manager, Saint Gobain  
**PRIMARY SPORTS:** Running, Triathlon  
**FAVORITE QUOTES:** "Have passion in what you do" and "Show up prepared"

**By Linda Waxman Finkle**

**"266** days post-surgery. 174 days to Ironman Lake Placid. I'm the luckiest guy on the planet."

Dennis Beardsley's best friend describes him as unstoppable, and there's not a shadow of a doubt about that. But, let's put this in some perspective:

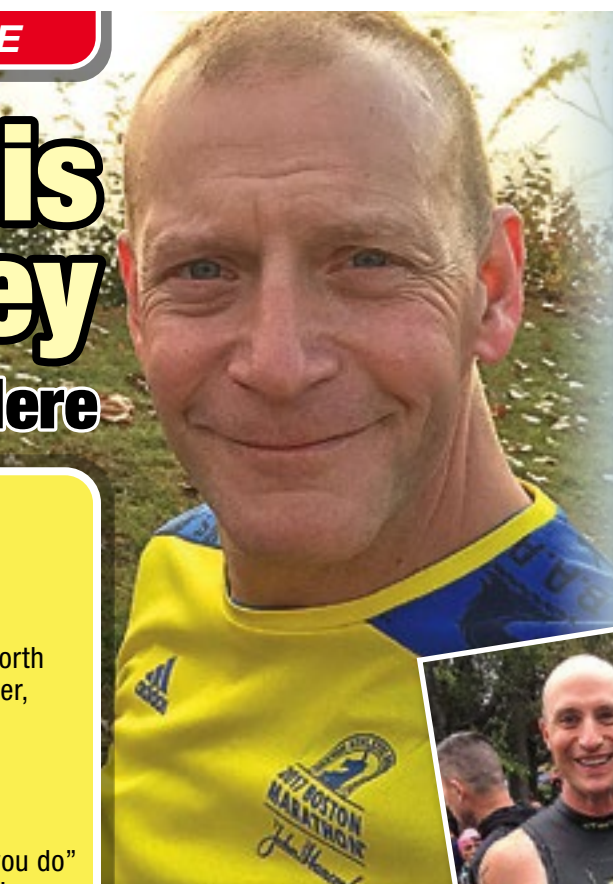
*June 29, 2019* - Dennis enters the water for the Tupper Lake Tinman triathlon, and quickly realizes that something is very wrong. With a well-documented congenital heart issue, discovered in his 20s, he makes the difficult decision to exit the race. The medical staff gives him nitroglycerin, runs some tests and rules out a heart attack, but sends him by ambulance to St. Peter's Hospital in Albany, a three-hour ride from the race.

*July 1* - His cardiologist, Dr. David Putnam, tells him that the time has come for open heart surgery. *July 12* - Dennis undergoes surgery, where his heart is stopped for six hours while Dr. Niloo Edwards replaces a valve, as well as his aortic root. *July 14* - Two days after surgery, he can barely walk the 20 feet he is asked to by hospital staff. His doctors remind him that this is going to be excruciatingly painful and challenging, and to only expect 2% improvement daily. These are dark days when he feels that he will never make it back.

*Sept. 6* - 8:00am, Dennis is cleared by his doctors to start training again. 9:41am, he completes an 18-mile ride in 1:11:16. Any questions?

This could all possibly be understood if Dennis' parents were athletic (they weren't) or if he had participated in sports his whole life (he hadn't). He lost his mother when she was just 28-years-old, and his father passed away at 59. He played some Little League and was a BMXer in his youth. "It was both my freedom and my means of transportation."

The real story begins about 15 years ago after a visit to his primary physician, Dr. Kevin Flanagan, who confronted him directly, "What the (bleep) are you doing? Do you want to die? This operation is serious and you need to be fit for it!" This was his epiphany; he started training on his own, ran some 5Ks, lost 40 pounds, and set big goals. He ran



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2018 IRONMAN LAKE PLACID

his first and fastest marathon in New Jersey in 2015, finishing in 3:16:05. "I had no idea that I was fast," he recalls, also qualifying for the Boston Marathon that same year. "When I took a left on Boylston Street, my ears rang from the cheers. It's the closest I've ever felt to being like a rock star," he says with a smile. He finished in 3:43:46, while experiencing some breathing problems.

Enter Ironman Lake Placid, which Dennis refers to as his church. "When you come onto the Olympic Speedskating Oval... the whole feeling when you go up there... it's just so moving." In 2016, he completed his first and fastest Ironman there to date, finishing in 12:58:32.

Then, in 2018 while competing there, he again had a tough time breathing, but wouldn't quit. Were these signs of what was coming? Dennis says that he will never know, but in Tupper Lake there was no question that he had to stop. And, the fact is that he recovered so quickly because he was extremely race ready - he was just in a different race after surgery. "My job was to rest and recover, and to do whatever the doctors told me to. Normal recovery is 15 weeks; I went back to work at eight." And, he recalls telling those in the ambulance with him that his work here wasn't done. "I've always been a forward thinker, but this made me think differently, be more chill, appreciate more."

Sunday, July 26, 2020, in Lake Placid is what he and a small, tight-knit group of friends have their bodies and minds focused on right now. "It takes a village to build an Ironman." Training six days a week, typically ramping up in December for a July race, he also works with Coach Kerriane Sanicola in

San Francisco, who keeps him in check. "She gave me a hard time last week, as she should have, when I ran 7:49 for five miles. I'm testing out the new motor," he jokes, very seriously.

Dennis' extraordinary passion and commitment extends to everything he does. By day, he instructs techs and distribution companies on how to repair cars after a collision. Covering all of North America, he often goes out into the field and also teaches remotely. He prides himself on trying to be the best that he can be at whatever he's doing, and enjoys connecting with his students.

One of the ways he demonstrates his gratitude is through SkillsUSA, an association that serves students from middle school through college, helping them to prepare for careers in trade, technical and skilled service occupations, including those in the health industry. At their National Leadership and Skills conference in Kentucky this June, he'll be one of several reviewers judging the plastic repair category. "It's my way of giving back, and I've pushed my company to be involved with this. It will become part of their legacy."

And, Dennis' love for and dedication to Lake Placid extends well beyond Ironman, reaching all the way to the luge sleds, which he gladly paints for the Olympic teams. Proud that his company is a sponsor, not only did he volunteer last year for two weeks post-surgery, he also painted two weeks prior to surgery because, "Who else was going to do it?" Is it any wonder that other friends describe him as considerate, giving and generous?

Both of his kids have inherited his athletic genes and drive. His son, Ryan, plays goalie for the Voorheesville High School soccer team, who won the Section 2 champi-

onships and regionals, and made it to the state Final Four last year. His daughter, Charlotte, is a five-time IronKids triathlete, doing her sixth on July 24, two days before IMLP. "I'm teaching them to show up prepared." And, no doubt he inspires them as well, just as he's inspired one of his doctors, Lance Sullenberger, who'll also be competing in Lake Placid in his first Ironman this year.

Requalifying for Boston is a short-term goal and the Kona Ironman World Championships is a longer-term one. These days, he's focused on Lake Placid. "I can't wait to hear Mike Reilly, the voice of Ironman, announce my name and say for the third time, 'You are an Ironman!' Today is a recovery day - he'll swim 2,000 yards and bike for an hour. Tomorrow he'll bike for an hour-and-a-half, and the next day he'll run eight miles. 'Anything is Possible' is a well-known phrase in the Ironman community. Dennis is the epitome of all of the hope, planning and work that goes into making that statement a reality, while also being a staunch advocate for listening to your body.

"I've been given a gift. If I'd kept going in that Tinman, I would have died. Each day since July 12, 2019 is a win. It's not ego, it's just a gift to do this."

We'd all do well to remember those simple, but profound words. Thank you for showing us the way, Dennis Beardsley, and best of luck in Lake Placid! 🏃‍♂️

*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.*

# CALENDAR OF EVENTS

## FEBRUARY TO APRIL 2020\*

\*Events beyond this range are advertisers in this issue

### ALPINE SKIING & SNOWBOARDING

#### FEBRUARY

- 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.
- 24 5th STRIDE 100K Vertical Alpine Ski Challenge.** 7am-7pm. Relay team challenge to benefit STRIDE Adaptive Sports. Jiminy Peak Resort, Hancock, MA. 518-598-1279. stride.org.
- 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

- Mon Fat Bike Day.** Garnet Hill Lodge & Outdoor Center, North River. 518-251-2444. garnet-hill.com.
- 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.

#### FEBRUARY

- 15 Bicycle Maintenance Workshop.** 9am. Two parts: 2/15 & 2/22. Basics of maintenance & repair by master mechanic John Ceceri. Adirondack Ultra Cycling Bike Shop, Schuylerville. Reserve (limit 5): 518-583-3708. adkultracycling.com.
- 29 Snowball Express Road Ride.** 100M/52M. 8am. Adirondack Ultra Cycling Bike Shop, Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

#### MARCH

- 4 Tour de Cure Kick-Off.** 5:30pm. Cocktail hour, dinner & program. Free for teams & prospective team members. Register at kick-off. Hall of Springs, Saratoga Springs. RSVP by 2/28: lgreenaway@diabetes.org. diabetes.org/capitalregion.
- 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. Coxsackie-Athens HS, Coxsackie. bikereg.com.
- 29 Saratoga 200K Brevet.** 7am. Adirondack Ultra Cycling Bike Shop, Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

#### APRIL

- 11 1st Bale Kicker Gravel Grinder Ride.** 25M & 50M gravel rides. 10am. Lunch, drinks. S&S Farm Brewery, Nassau. bikereg.com.

#### MAY

- 2 Sean's Ride.** Premier 50M, 20M, 10M paved, scenic rides w/festive rest stops, support & gourmet refreshments. Chatham. seansrun.com.

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**10 Janey's Ride.** Muddy Mother (75M w/dirt-gravel roads): 8am. Metric (62M paved/gravel): 8:30am. Rec Ride (30M rolling): 10:30am. Family Ride (17M for all): 11am. Grey Ghost Bicycles fundraiser for Breast Cancer Care & Research Fund at Glens Falls Hospital. Common Roots, South Glens Falls. bikereg.com.

**17 Queen of the Lakes Cycling Weekend: Prospect Mountain Auto Road Hill Climb.** 5M. 10am. Grey Ghost Bicycles fundraiser for Freedom Machines. Part of BUMPS Series. Veterans Memorial Highway, Lake George. bikereg.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 or snowshoe. Gore Nordic Center, North Creek. goremountain.com.

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

**Wed Outdoor & Active for Adults XC Ski & Snowshoe.** Dewey Mtn., Saranac Lake. 518-891-2697. deweymountain.com.

**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.

**FEBRUARY**

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**

**1 Garnet Hiller Relay Race!** 1pm. Fun ski team relay: race from Rogers Rd Pickup to the Outdoor Center. Teams of 4, classic and/or skate. Connection points at Sugar house, Harvey's tailings, Skullbuster. Free w/trail or season pass. Awards, food/drink, live music. Garnet Hill Lodge & Outdoor Center, North River. 518-251-2150. garnet-hill.com.

**7 Snowshoe by the Light of the Moon.** 5:45pm. Age 18+. Headlamps recommended. Lapland Lake, Northville. 518-863-4974. Laplandlake.com.

**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 Loppet & Nordic Festival.** Loppet: 50K & 25K classic (9am) & freestyle (10:30am) races for recreational to expert skiers. Citizen Challenge Races (1pm): 3, 6.25 & 12.5K for new to experienced skiers. Beach Party: Hawaiian shirts & beach attire strongly encouraged. 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.

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# CALENDAR OF EVENTS

CONT. FROM PG 15

## FEBRUARY

- 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.
- 22 Snowshoe Hike. 9:30am. 5.5M. Grafton Forest, Grafton. Register: rensselearplateau.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.

## MAY

- 14-17 Thru-Hiking 101.** Long Lake to Lake Placid. ADK: 518-523-3480. adk.org.

## ICE SKATING & SPEEDSKATING

### FEBRUARY

- 14-16 American Cup Short Track Speedskating.** 500m-3000m races. 1932 Rink at Jack Shea Arena, Lake Placid. whiteface.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

- 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

- 8 Guilderland YMCA Indoor Triathlon.** 10min swim, 30min bike, 20min run. 7am. Join us for fun & fitness! Guilderland YMCA, Guilderland. Info/Register: cdymca.org/race2020.
- 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.

## APRIL

- 26 9th Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Solo & teams. Elm Avenue Park, Delmar. zippyreg.com.

## MAY

- 3 26th Anyone Can Tri Triathlon.** Adult race (350yd swim, 11M bike, 5K run): 8am. Kids' races: 11am. In memory of Chris Gleason. Southern Saratoga YMCA, Clifton Park. cdymca.org/races2020.

## JUNE

- 2-8/25 CDTC Summer Training Sessions.** Tue, 6/2-8/25 at 6pm. Swim, bike, run on Crystal Lake Triathlon course. Crystal Lake, Averill Park. cdtriclub.org.

## AUGUST

- 15 20th Crystal Lake Triathlon & Aquabike.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Lake, Averill Park. cdtriclub.org.

## SEPTEMBER

- 5-6 Lake George Triathlon Festival.** Sat: Olympic, aquabike, relay. Sun: 70.3, aquabike, relay. Battlefield Park, Lake George. adkracegmt.com.

## OTHER EVENTS

### ONGOING

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

### FEBRUARY

- 13-23 40th Anniversary of 1980 Olympic Winter Games.** "Totally 80" Celebration on 2/13, 6:30-8:30pm at Olympic Center. Multiple events & venues, Lake Placid. whiteface.com.

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- 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.
- 18 Dream On: 40th Anniversary Ice Skating Gala.** On-ice dinner: 7pm. Skating show: 8pm. 1980 Rink at Herb Brooks Arena, Lake Placid. whiteface.com.
- 22-23 2nd Adirondack Pond Hockey Tournament. Pond hockey rinks on Lake George, Lake George. adirondackpondhockey.com.
- 25 Science on Tap: Climate Solutions. 7pm. New initiatives to expand Capital Region renewable energy: Community Choice Aggregations. Albany Pump Station, Albany. facebook.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.

**MARCH**

- 26-29 1st Finger Lakes Birding Festival. Tours, lectures, banding demos, live raptors. Montezuma Audubon Center, Braddock Bay Raptor Research, Sterling Nature Center & Onondaga Audubon, Syracuse. montezuma.audubon.org.
- 27-29 15th Great Upstate Boat Show.** Adirondack Sports Complex, Queensbury. 518-791-0070. thegreatupstateboatshow.com.

**APRIL**

- 18 Erie Canal Clean Sweep. 8am-12pm. Clean-up projects along the Erie Canal. Putman Canal Store at Yankee Hill Lock, Amsterdam. ptny.org.

- 25 Clean-Up Day Along the Canal & Trail. 8:30am. Raking/cutting brush along the trail & canal. Murray Park, Hudson Falls. 518-792-5363. feeder canal.org.

**PADDLING: CANOE, KAYAK & ROW**

**ONGOING**

- Mo-Fr Junior Rowing Summer Camps.** June-August. Rowing instruction, fun, fitness & teamwork for age 11-18. ARC Boathouse/Launch at Corning Preserve, Albany. albanypaddlingcenter.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.

**APRIL**

- 1 Northern Forest Canoe Trail: Paddling Film Festival & Fundraiser.** 6pm. Films, food, drinks, prizes, exhibits. Sponsored by Mountainman Outdoors. Mackey Subaru, Saratoga Springs. northernforestcanoetrail.org.
- 5 47th Tenandeho Whitewater Derby.** 12pm. Coons Crossing Rd, Tenandeho Creek, Stillwater to Mechanicville. John Casey: 518-810-7579. tenandeho.org.
- 9 2020 World Tour Paddling Film Festival. 7pm. Fairfield Inn and Suites, Canton. slvpaddlers.org.
- 18 Wells Bridge Spring Canoe Race. 11.5M/13.5M. 10am-2pm. Oneonta to Wells Bridge. Bob Wisse: 607-432-0045. nypra.org.
- 25 Albany Rowing Center: Open House.** 10am-12pm. Learn more & join the Learn to Row program. ARC Boathouse/Launch at Corning Preserve, Albany. albanypaddlingcenter.org.

- 25 Middleburgh Slougher Kayak/Canoe Regatta. 5M. 11am-2pm. Fultonham to Timothy Murphy Park, Middleburgh. middleburghrotaryny.org.
- 25 50th Wappingers Creek Water Derby. 8M. 8am. Pleasantville to Greenvale Rec Park, Poughkeepsie. aquaticexplorers.org.
- 25-26 Saratoga Paddlefest & Outdoor Expo.** Mountainman Outdoors on Fish Creek & Broadway, Saratoga Springs. 518-584-0600. mountainmanoutdoors.com.

**MAY**

- 15-17 Adirondack Paddlefest & Outdoor Expo.** Beginner, intermediate & advanced tracks for kayakers, canoeists, pack boaters & stand-up paddleboarders. Mountainman Outdoors on Moose River, Old Forge. 315-369-6672. mountainmanoutdoors.com.

**JUNE**

- 6 National Learn to Row Day.** Learn more & join the Learn to Row program. ARC Boathouse/Launch at Corning Preserve, Albany. albanypaddlingcenter.org.
- 19-21 2nd Adirondack Paddling Symposium.** 6/22: Guided Tour. Mountainman Outdoors, Old Forge. adkpaddlingsymposium.com.

**RUNNING, TRAIL & SNOWSHOE RUNNING**

**ONGOING**

- Daily Fleet Feet Training Programs.** Marathon/Half programs start end of February & 5K/10K programs start in early March. Fleet Feet, Albany (518-459-3338) & Malta (518-400-1213). Info/register: fleetfeetalbany.com.
- 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.

continued

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Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 2 – August 25  
**Crystal Lake Triathlon – Sat, Aug 15**  
Details: **www.cdtriclub.org**

**CAPITAL DISTRICT YMCA**  
**GUILDERLAND YMCA**  
**INDOOR TRIATHLON**

**SUNDAY, MARCH 8**  
7am • Guilderland YMCA



OUR PLATINUM PARTNER

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**www.CDYMCA.org/Race2020**

**Sean's ride 2020**  
Presented by: Kneller Insurance Agency

**SATURDAY, MAY 2**  
**CHATHAM, NEW YORK**

The region's premier early spring 50-Mile, 20-Mile and 10-Mile rides, all include scenic, well-marked routes on open, paved roads with festive rest stops, on-course support and a spread of gourmet refreshments at the finish line. The first 200 to register will get a souvenir long sleeve Sean's Ride t-shirt!

**REGISTER TODAY! SEANSRUN.COM**  
for online and mail-in forms, course maps, directions, and additional information.

**Lake George TRIATHLON Festival**

**September 5-6, 2020**  
Olympic • 70.3 • Aquabike • Relay

**Register early and start training now!**  
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# CALENDAR OF EVENTS

CONT. FROM PG 17

**Wed FFRC: Evening Runs.** 6pm. Confirm location. Fleet Feet, Albany & Bailey's, Saratoga. Fleet Feet: 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

**Tu-Th Roundabout Runners Club: Weekly Runs.** Tue, 5:15am at Wired Coffee & Thu, 5:15am from Starbucks, Malta. roundaboutrunners.com.

**Sat FFRC: Morning Runs.** 8am. Confirm location. Fleet Feet, Albany & Malta. 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

## FEBRUARY

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. endurancesociety.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. stonebridgeandcaves.com.

**22 32nd CF Climb.** First responders & relay: 8:30am. Team relay: 9:30am. Individuals: 10:30am. Stair climb 42 floors to benefit Cystic Fibrosis Foundation of NENY. Save \$5 w/discount code: ADKSPORTS. Corning Tower, Albany. 518-453-3583. 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.

**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.

29 Altamont Leap Day 2.29-Mile Run/Walk. 9:30am. Altamont Village Hall, Altamont. zippyreg.com.

## MARCH

**2 Capital Region Heart Walk/Run: 12-Week "Healthy for Good" 5K Training Program.** Info Session: Mon, 3/2 at ABC Sports & Fitness, Latham. Info/register: capitalregionheartwalk.org.

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.

8 Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. LaGrange Town Hall, LaGrangeville. mhrrc.org.

14 St. Patrick's Day Mad Mile. 9:45am. Clinton Place, Utica. romanrunners.com.

14 3rd Leprechaun Dash 5K/10K. 9am. Shelburne Field House, Shelburne, VT. racevermont.com.

15 32nd Shamrock Run. 2M. 12:50pm. Academy Green, Kingston. shamrockrunners.org.

**16-5/23 10th Freihofer's Run for Women 5K: 10-Week Training Challenge.** Includes Training Challenge tech shirt, clinics, YMCA membership & more. Multiple site options: Albany, Colonie, Clifton Park, Guilderland, Delmar, Troy, East Greenbush & Saratoga Springs. Info/register: freihoferstrun.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 High School, 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 Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 9:30am. Chowderfest w/competition. Kids' Fun Run: 10:30am. Central Park, Schenectady. zippyreg.com.

**28 10th Ice Breaker Challenge 5K Run/Walk.** 10am. Race against Albany Rowing Center crew boats on the Hudson River. 0.5M Kids' Fun Run: 9:30am. ARC Boathouse/Launch at Corning Preserve, Albany. runsignup.com.

28 UAE Healthy Kidney 10K. 9am. Central Park, New York City. nyrr.org.

Snowshoe racing season is here!  
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41st Annual Salem  
**APRIL FOOL'S RACE**  
Saturday, April 4

Run in scenic and historic Salem, NY  
Start/finish: Salem High School  
10K race: 9am • 5K race/walk: 10:30am  
1M children's race (14 & under): 10am

Application: AprilFoolsRace.com  
**Register Online:**  
Active.com  
(518) 854-9262  
drswfh@yahoo.com

All entrants receive April Fool's T-shirt!

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19th annual  
**Sean's run weekend**

**SUNDAY, MAY 3**  
**CHATHAM, NEW YORK**

Voted the Best Community Event-Spring in Columbia County 4 years running!

It's a 5K race and more in a small town with big time festive feel and immense community support - a party with a Big Heart!

\$3,600 in Cash Prizes to 5K Age Group and Overall Winners, Teams compete for gift certificates at fine restaurants, Long sleeve T-shirts to first 1200 entrants, music, USATF-Certified Course, amazing spread of refreshments.

**VISIT SEANSRUN.COM FOR MORE INFORMATION**

**Saturday, March 28 @ 9:30 am**  
Central Park, Schenectady  
Schenectady Firefighters'

**RUN 4 YOUR LIFE** 11th Annual

**5K Run/Walk\***  
\*5K Walk will not be chip-timed

**Kids' Fun Run 10:30am (free)**  
**FREE Chowderfest with Competition!**  
To benefit Schenectady Firefighters Cancer Foundation

\$25 until 3/25 or \$30 race day  
Team scoring & team/individual awards  
T-shirt to first 1,000 registrants!

**Register Online: ZippyReg.com**  
More Info & Entry Form:  
**NeverFightAlone.org**  
info@r4yl.org

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**UPCOMING SESSIONS**  
1/20-3/7 • 3/9-4/25 • 4/27-6/6

M/W/F 5:15-6:15am & 9:30-10:30am  
NEW TIME/DAY! T/TH 6-7:00am, SAT 7:30-8:30am

Saratoga-Wilton Soccer Club (formerly Charboneau)  
2381 Route 9, Malta  
REGISTER: **BeckyRock@nycap.rr.com**  
or call/text **518-522-9765**

- 29 Fort to Fort 5K & 10K. 10am. Kids' Fun Run: 9:30am. Rome Free Academy, Rome. romanrunners.com.
- 29 34th Shamrock Shuffle 5M Road Race. 11am. Leprechaun Fun Run. Glens Falls HS, Glens Falls. 518-798-9393. adirondackrunners.org.

**APRIL**

- 4 **41st April Fool' Race. 10K race: 9am. 5K race/walk: 10:30am. 1M Kids' Race: 10am. Salem High School, Salem. aprilfoolsrace.com.**
- 4 Scotties Stampede 5K. 9am. Ballston Spa Middle School, Ballston Spa. scottiesstampede.org.
- 4 Dirty Sneaker 5K. 11am. Kids' Race: 11:45am. Lunch 12pm. Hurley Mountain Inn, Hurley. onteorarunners.org.
- 5 39th Skunk Cabbage 10K & Half Marathon. 10am. Barton Hall, Ithaca. fingerlakesrunners.org.
- 18 2nd Helderberg to Hudson Half Marathon. 8am. Albany County Rail Trail: Stephen Wallace Park, Voorheesville to Jennings Landing, Albany. helderbergtohudsonhalf.com.
- 18 Earth Day Half Marathon, Relay & 5K. Baldwinsville. willowhwc.com.
- 18 42nd Rollin Irish Half Marathon. 9am. Essex Elementary School, Essex, VT. gmaa.run.
- 19 Delmar Dash 5-Miler. 9am. Bethlehem Middle School, Delmar. hmrrc.com.
- 19 24th Mutt Strut. 10am. Little River State Park, Waterbury, VT. cvrunners.org
- 25 **8th Bacon Hill Bonanza Road Race. 5K & 10K: 10am. 1M Kids' Fun Run: 9:30am. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.**
- 25 **40th Bill Robinson Masters 10K. 9am. Guilderland High School, Guilderland. Jim Tierney: 518-869-5597. hmrrc.com.**
- 25 Rotary 5K Corporate Challenge. 10am. SUNY Adirondack, Queensbury. adirondackrunners.org.

- 26 **4th Sasha's 5K Run/Walk. 10:30am. Wear superhero inspired attire! Kids' Free Fun Run: 10am. Tallmadge Park, Mechanicville. sashasrun.com.**
- 26 38th Kiwanis Kingston Classic. 10K: 10am. 5K & 1.5M: 10:30am. Gallo Park, Kingston. kiwaniskingstonclassic.com.
- 26 Ted Petrillo Save Our Switchbacks 7.5K Road Race. 9am. Kids' Fun Run: 8:30am. Roscoe Conkling Park, Utica. uticaroadrunners.org.

**MAY**

- 3 **Sean's Run Weekend: Sean's Run. 5K race & more w/ festival feel & community support. Chatham High School, Chatham. seansrun.com.**
- 3 **Plattsburgh Half Marathon, Relay, 10K & 5K. Half, Relay & 10K: 8am. 5K: 9am. City Recreation Center on NY Base Oval, Plattsburgh. plattsburghhalfmarathon.com.**
- 3 **Literacy 5K Run/Walk. 10am. Guided Nature Walk: 8:15am. Story Walk: 9am. Youth Mile: 9:30am. Schodack Island State Park, Schodack Landing. zippyreg.com.**
- 30 **42nd Freihofer's Run for Women 5K Road Race. 9am. Walkers welcome. Freihofer's Kids' Run (age 3-11) & Junior 3K Run (ages 7-14). NYS Capitol, Albany. freihoferstrun.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.**
- 7 **Capital Region Heart Walk & Run. Run: 8:30am. Walk: 10:45am. Phys Ed Building, UAlbany, Albany. capitalregionheartwalk.org.**
- 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.**

- 20 **3rd Adirondack 15K Race to the Lakes. 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. active.com.**

**JULY**

- 4 **14th Firecracker 4 Road Race. 9am. Entertainment along course. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.**

**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.**

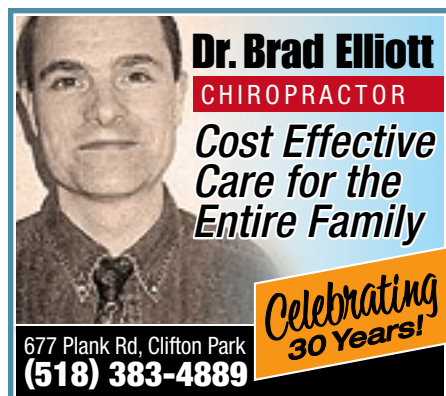
**SEPTEMBER**

- 26 **Adirondack Marathon Distance Festival: 10K & 5K road races. Municipal Center, Chestertown. adirondackmarathon.org.**
- 27 **Adirondack Marathon Distance Festival: Adirondack Marathon, Half Marathon & Relays. Around beautiful Schroon Lake, Schroon Lake. adirondackmarathon.org.**

**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. Windham Mountain, Windham to Brewery Ommegang, Cooperstown. 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.



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Book Now! **AdkRedDoor.com**



**3RD ANNUAL Adirondack 15K Race to the Lakes**  
Saturday, June 20 – 8am  
SUNY Adirondack, Queensbury to Warren Co. Bike Path to finish at Battlefield Park, Lake George!  
**Limited to 300 runners • Active.com**  
Technical, gender-specific shirts to all by 5/30. Buses back to SUNY Adk starting at 10am.  
Benefits Adirondack Community Outreach Center's Backpack Program



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Voted Best Mexican Restaurant in Saratoga Fifth Year in a Row!  
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**SATURDAY, JULY 4 • 9am**  
14th Annual  
**Firecracker 4**  
SARATOGA SPRINGS, NY  
4-Mile Race • Bib-tag timed  
Saratoga Springs City Center  
Vendors & band at start/finish  
Entertainment along course  
**\$7000 in cash prizes**  
**400 medals/prizes**  
Awards: Top 10 M/F Overall,  
Top 3 M/F 5-yr,  
Top 3 M/F Military and Fire/Police/EMS  
■ **RUN YOUR COLORS!** ■  
Teams with most runners win for charity: First place \$1000, Second place \$500, Third place \$250  
Information & Registration:  
**Firecracker4.com**



**P2B FINGER LAKES** JUNE 6, 2020  
**P2B ADIRONDACKS** AUGUST 7-8, 2020  
**P2B CATSKILLS** OCTOBER 18, 2020  
**peak 20 brew**  
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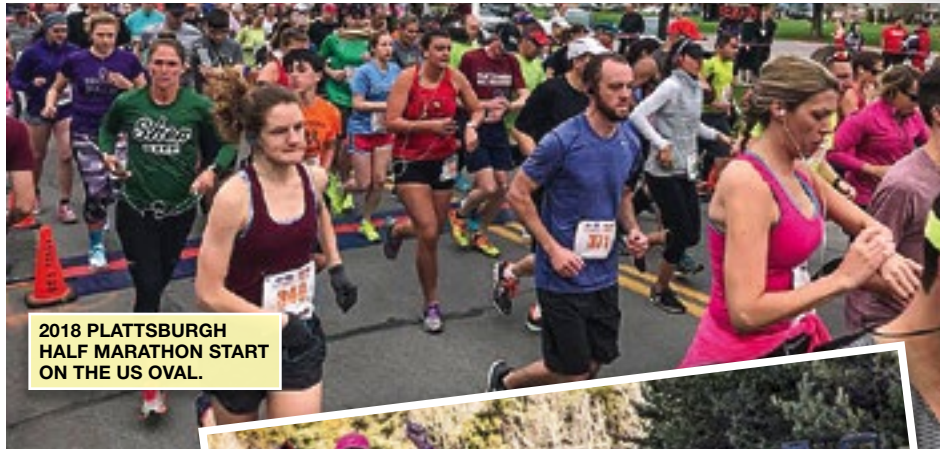
**RUNNING & WALKING** *cont from 1*



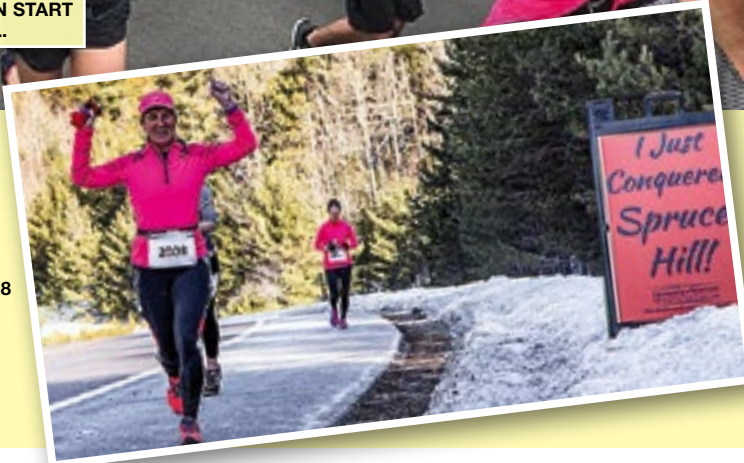
**2019 DOC LOPEZ RUN FOR HEALTH 5K START IN ELIZABETHTOWN.**  
SHAWN MICHENER



▶ **A RUNNER WITH DOC LOPEZ RACE DIRECTOR, SUE ALLOTT.**



**2018 PLATTSBURGH HALF MARATHON START ON THE US OVAL.**



▶ **TOP OF SPRUCE HILL, A CHALLENGING CLIMB IN THE 2019 DOC LOPEZ HALF MARATHON.**  
LINDA DOLLY

finish line celebration - for all participants. New this year, the race is USA Track & Field sanctioned.

"The race route may have changed over the last four decades, but the reason we run has not," says Susan. Confirming her father's legacy, she adds, "This race has always been about inspiring people to get outdoors and run for a good cause." More than 150 registrants are expected at the race, which draws runners from the Capital Region, Adirondacks, Vermont and Canada.

Participants from Albany, Vermont, and Canada are expected. "Whether running or walking is your healthy resolution for the New Year or for an excuse to get outdoors this winter, registering for the Doc Lopez race can serve as your motivation," Susan enthusiastically shares.

Registration for the 40th annual Doc Lopez Run for Health is open at [doclopez-run.com](http://doclopez-run.com). If signed up by March 8, you'll receive a commemorative T-shirt, reduced rates - and each participant receives a gift! Half marathoners receive a medal and 5K/1M finishers receive a key chain. A special registration discount is available this year for those who sign-up for both the Shamrock Shuffle 5K and the Doc Lopez Run for Health. The Shamrock Shuffle on March 14 in Plattsburgh benefits the UVM Health Network - Champlain Valley Physicians Hospital.

"The event is a wonderful opportunity for runners, volunteers, and local businesses to support the race, hospital and population health initiatives," said Laura Sells-Doyle, president of the UVM Health Network - Elizabethtown Community Hospital Auxiliary. Test your hardiness, support a great cause, and be a part of a great legacy - the Doc Lopez Run for Health! 🏃‍♀️

**Plattsburgh Half Marathon, Relay, 10K and 5K**

The 11th annual Plattsburgh Half Marathon, Two-Person Relay, 10K Run and 5K Run/Walk is on Sunday, May 3. Join 1,000 individual runners and 100 relay teams at the US Oval in Plattsburgh for this spring running festival with USATF certified distances.

Enjoy great views of Lake Champlain, Green Mountains and Adirondacks as you run scenic courses in the city of Plattsburgh. This race also attracts runners from the Capital Region, North Country, Vermont and Canada. 2019 Half Marathon winners include Jeremy Drowne (1:15:54) and Carrie Pomainville (1:32:40). Proceeds benefit Team Fox for Parkinson's Research.

All runners receive T-shirts, finisher medals, post-race party, race photos, post-race showers, and a free post-race massage. Learn more and register at [plattsburghhalfmarathon.com](http://plattsburghhalfmarathon.com).

**47TH ANNUAL**

**Tenandeho**  
WHITE WATER DERBY

**Sunday, April 5 • 12pm**  
Coons Crossing Rd, Tenandeho Creek  
Stillwater to Mechanicville

Registration: 9-11am, Main St, Mechanicville  
John Casey: 518-810-7579 [canoer57@gmail.com](mailto:canoer57@gmail.com)  
Jim Ernst: 518-584-2061 [jernst12@nycap.rr.com](mailto:jernst12@nycap.rr.com)  
[Tenandeho.org](http://Tenandeho.org) • [Facebook.com](https://www.facebook.com/Tenandeho) (search: Tenandeho)

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[www.canoeoutfitters.com](http://www.canoeoutfitters.com)

**DOC LOPEZ RUN for HEALTH**

**40TH ANNUAL Half-Marathon, 5K and 1-Mile Walk**  
**Saturday, March 21 • Elizabethtown, NY**

**13.1M:** 9am - Keene Valley to Elizabethtown via NY Rt. 73 & 9N  
\*Bus leaves Elizabethtown at 8:30am for Keene Valley

**1M Walk:** 10am & **5K:** 10:30am - Elizabethtown

*Each participant receives a gift!*  
A family-friendly event • No pets please

**Register: [RunSignup.com](http://RunSignup.com)**

More Info: [DocLopezRun.com](http://DocLopezRun.com)  
*Register before March 8 to receive a race T-shirt and beat the fee increase.*  
*To benefit the University of Vermont Health Network / Elizabethtown Community Hospital*

**11th ANNUAL**

**REGISTER NOW!**

**PLATTSBURGH**  
HALF MARATHON | RELAY | 10K | 5K  
**SUNDAY, MAY 3 • 8AM**  
CITY RECREATION CENTER • 52 US OVAL, PLATTSBURGH

[PlattsburghHalfMarathon.com](http://PlattsburghHalfMarathon.com)

Open to first 1,000 individual runners and 100 relay teams  
Half Marathon, Two-Person Relay, 10K Run, and 5K Run

- All Runners Receive T-Shirts and Finisher Medals
- Scenic Course - USATF Certified - Chip Timing
- Post-Race Party - Free Post-Race Massage

**2019 Half Marathon Winners:**  
Jeremy Drowne (1:15:54) • Carrie Pomainville (1:32:40)

**TEAM FOX FOR PARKINSON'S RESEARCH**  
Proceeds to benefit Team Fox for Parkinson's Research

Presented by Plattsburgh Pediatrics  
Sponsored by Mold-Rite Plastics, Warren Tire Service Center and City of Plattsburgh Recreation Dept

**2020 USATF Adirondack Grand Prix**

PRESENTED BY FLEET FEET SPORTS ALBANY | MALTA AND B. LODGE & CO.

SCHENECTADY FIREFIGHTERS RUN 4 YOUR LIFE	5K	MARCH 28
DELMAR DASH	5 MI	APRIL 19
BACON HILL BONANZA	10K	APRIL 25
CCRC 5K RUN/WALK/BBQ	5K	MAY 9
FREIHOFFER'S RUN FOR WOMEN	5K	MAY 30
USATF ADIRONDACK NIGHT OF MILES	1MI	AUGUST 7
ADIRONDACK MARATHON DISTANCE FESTIVAL	HALF MARATHON	SEPTEMBER 27
USATF ADIRONDACK SARATOGA XC CLASSIC	8K	OCTOBER 25

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NON-MEDICATED LIFE

# Beware the Snake Oil Salesperson

By Paul E. Lemanski, MD, MS, FACP



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

In the first 92 installments of the *Non-Medicated Life*, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the prevention and treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease.

Unfortunately, the appeal of such evidenced-based interventions has been systematically undercut by the unscrupulous marketing and promotion of non-evidenced based products and supplements that promise improved health outcomes, but are no more likely to deliver than the proverbial snake oil. The present article is an attempt to encourage appropriate questioning regarding health products and supplements, reintroduce skepticism regarding health claims and better allow the buyer to beware!

Prior to 1906, Americans were subjected to unsubstantiated health claims regarding tonics, elixirs, and products that were described as "good for what ails you." The only protection consumers had if those tonics, elixirs, and products were not "good for what ails you" came from their mothers and grandmothers who advised, "If something sounds too good to be true, it probably is too good to be true."

In 1906 the U.S. Food and Drug Administration came into being ultimately to oversee the safety of food, drugs, medical devices and cosmetics. In 1951 an amendment was passed requiring a category of prescription or legend drugs that required a health care provider to oversee use. In 1962, an amendment was passed to assure the safety, efficacy, and reliability of drugs, as well

as standardization of names and allowing inspection of production facilities. In 1994, an amendment was passed to establish standards with respect to dietary supplements.

Supplements were defined as a product that contains "one or more dietary ingredients including a vitamin, a mineral, an herb or botanical, an amino acid, for use to supplement the diet or a concentrate, metabolite, constituent, or extract or any combination of the aforementioned ingredients." Further supplements were to be labeled as such and could not be represented for use as a food and could not be approved as a drug.

Unfortunately, unlike drugs, the FDA does not investigate or regulate the efficacy of supplements. Supplements may or may not work as described and the FDA generally has no say except for the most egregious claims - curing cancer would be an example. Moreover, the FDA cannot pull a supplement off the market unless it has well substantiated evidence of egregious harm or potential for harm - an example is the pulling of ephedrine containing weight loss supplements from the market after multiple reported deaths. Additionally, the FDA does not routinely test supplements coming from other countries including China and India, and some of these products have in the past contained contaminants such as heavy metals known to be injurious to human health.

Because of the limitations placed on FDA by the 1994 amendment, and with the above in mind, consumers must exercise both caution and skepticism when it comes to the health claims of supplement manufacturers.

First, I would recommend that supplements and products coming from other countries generally not be consumed. You may consider use if supplied by an established practitioner of traditional Chinese or Ayurvedic medicine who can vouch for its purity as tested by an independent toxicology lab. Such caution should extend even to fish oil supplements from American companies. In 2012 *Consumer Reports* had an independent outside lab test the leading brands of fish oil and found that while none exceeded the lead, mercury, dioxins,

**Editor's Note:** This is the 93rd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

or Polychlorinated Biphenyls (PCB) levels of the U.S. Pharmacopeia, total PCB in several products did exceed the more stringent testing required under California's Proposition 65. Again, buying only those natural products that have been tested by an independent toxicology lab is prudent, although it does increase the cost.

Second, I would recommend that consumers be very skeptical of health claims made by supplement manufacturers who use the term, "clinically proven." In more than one circumstance when I have called up companies to provide me with the evidence for the claim, I am provided with studies that lack a control group, or involve too few participants to establish statistical significance.

Consumers should be cognizant that supplements that are labeled with "This product is not intended to diagnose, treat, cure or prevent any disease" generally means there is no evidence to prove that the product works. Moreover, those products that are marketed using personal testimonial are also suspect, as personal testimonial does not constitute clinical evidence of efficacy.

Further, consumers need to know that the placebo effect - achieving a symptom improvement based on the belief a product will work - may be active in as many as 30% of those given a supplement and is not evidence for efficacy. For example, a trial to investigate a pill containing a soy supplement to improve menopause symptoms (e.g., hot flashes) in women compared results when women were randomly assigned to estrogen pills (known to work), sugar pills (the placebo control) and soy pills - all which appeared identical. The results: estrogen reduced symptoms about 90%, sugar containing pills about 30%, and soy containing pills also about 30%. In this case, soy worked no better than placebo and was probably working through the placebo effect. While many folks would not care if the

placebo effect produced the desired result, it is not ethical to promote a result on the basis of a placebo, and it should be considered an unscrupulous marketing technique.

Finally, I would recommend that when deciding whether or not to use a supplement, patients should consult their personal physician who may best be able to help them balance any potential benefit from use, against potential risk. This conversation is especially important if a non-evidenced based supplement is being used in the place of a treatment known to work.

In summary, unscrupulous marketing of non-evidenced-based products exists today despite the existence of the FDA. The 1994 amendment regarding supplements limits the oversight and protections that the FDA may employ. It is up to the consumer to apply caution and skepticism to all safety and efficacy claims of manufacturers of health products and supplements.

Awareness of the risks of relying on personal testimonial to establish efficacy and the possible confounding of results by the placebo effect is necessary to protect yourself. Even more, a healthy dose of skepticism regarding health outcome claims and a willingness to discuss such claims with your primary care physician, is essential to avoiding the so called "snake oil" salespersons - and instead relying on evidenced-based lifestyle improvement to successfully live the Non-Medicated Life. 🌱

**Paul E. Lemanski, MD, MS, FACP** ([plemanski3@gmail.com](mailto:plemanski3@gmail.com)) is a board-certified internist practicing internal medicine and lifestyle medicine in Albany. Paul has a master's degree in human nutrition, he's an assistant clinical professor of medicine at Albany Medical College, and a fellow of the American College of Physicians.

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# CROSS COUNTRY SKIING



**TAKING A BREAK ON PHARAOH LAKE'S WATCH ROCK.**

RICH MACHA



**THE NEW LEAN-TO AT BERRYMILL POND.**  
RICH MACHA

CONTINUED FROM 3

Skiers continue on the relatively flat old dirt road for 1.1 miles to a crossing of Mill Brook. A little before Mill Brook, a newly-marked yellow ski trail heads east to Crab Pond – the southerly one of two Crab Ponds in the Pharaoh Lake Wilderness. Crab is a small but scenic wilderness pond that sits in a bowl-like setting surrounded by mountains that rise steeply up to 500 feet above the pond; this is a more challenging ski with undulating terrain. After skiing about 1.5 miles, the ski trail crosses the outlet of Crab Pond above a waterfall and soon reaches the north shore of the pond. The hiking trail forks right before the outlet, and goes up and over a small hill, then steeply down to a campsite near the end of a peninsula.

Back on the Pharaoh Lake Trail, after crossing Mill Brook, the route climbs gently for 1.3 miles to a bridge over Pharaoh Lake Brook – if you take a left before the bridge you will find a piney campsite with a great view across a valley to the cliffs on Pharaoh Mountain. After the bridge, it is another 1.2 miles to Pharaoh Lake. Trails continue around the lake but skiers will find it simpler to ski out onto the lake. From Watch Rock, near Lean-To #5 (one of six lean-tos on the lake), the panoramic view takes in most of the two-mile-long lake as well as Pharaoh and Treadway mountains. The direct round-trip to and from Watch Rock is about nine miles.

**BERRYMILL POND** – In the eastern part of the wilderness area, at an elevation of around 1,700 feet, Berrymill is one of the higher elevation ponds in the area. The trailhead, at the end of Putts Pond Road, is near the boat launch on the east shore of Putnam Pond.

The trail, mostly on an old road, slowly gains close to 400 feet in two miles. At about the 1.5-mile mark, the trail detours to the right to avoid a beaver flow and crosses a stream on a narrow bridge, then the trail returns with some short but steep ups and downs back to the old road. After skiing two miles, at a junction, a right turn soon leads to a new lean-to with a lovely view of the pond's outlet bays and is near a waterfall on the outlet. To get a good look at the main part of the pond you may have to bushwhack a short distance. Evergreens, including white pine, balsam fir and hemlock, dominate the area.

After the junction, the main trail is skiable south for at least another mile or two.

The return to your car is mostly an enjoyable downhill run.

There are more trails to ponds and lean-tos in the wilderness area that can be skied by intermediate skiers given a foot or more snow. I have skied to the other Crab Pond as well as Lilypad, Clear, Rock and Little Rock ponds, so give them a try. More information can be found in guidebooks and on the NYSDEC website ([dec.ny.gov/lands/107648.html](http://dec.ny.gov/lands/107648.html)), although the new trail to Crab Pond is not shown accurately. 🌲

*A lover of wild places, Rich Macha of Albany has led many trips for the Adirondack Mountain Club, and has spent 20 years in the paddlesport/snowsport business. More of Rich's adventures can be found at [northeastwild.blogspot.com](http://northeastwild.blogspot.com).*

## HMRRRC DOUG BOWDEN WINTER SERIES #5: 4.5M, 10M & 20M continued

1 Tina Greene	F40-49	Scotia	1:17:19
1 Mark Stephenson	M50-59	Esperance	1:08:31
1 Sue Thompson	F50-59	Queensbury	1:20:03
1 Derrick Staley	M60-69	Ballston Lake	1:09:38
1 Margaret McKeown	F60-69	Moreau	1:18:29
1 Joe Yavonditte	M70-79	Guilderland	1:46:20
1 Susan Wong	F70-79	Glenmont	1:44:37

### 4.5-MILE ROAD RACE

<b>MALE OVERALL</b>			
1 Anthony Lomanzo	19	Albany	25:22
2 Greg Ethier	46	Clifton Park	27:15
3 Eric Young	28	Latham	28:14
<b>FEMALE OVERALL</b>			
1 Julia Eddy	21	Alcove	32:31
2 Bridget Schultz	31	Albany	32:46
3 Victoria Cusato	16	Albany	33:45

<b>AGE GROUPS</b>			
1 Alexandre Ait-Ettager	M10-19	Houston, TX	29:12
1 Zoe Barclay	F10-19	Albany	36:54
1 Kaylee Slott	F20-29	East Greenbush	40:40
1 Ben Sears	M30-39	Albany	36:56
1 Emily Chromczak	F30-39	Delmar	33:59
1 Dan Murphy	M45-49	Delmar	28:47
1 Colleen Smith	F40-49	Niskayuna	41:23
1 Vincent Fioro	M50-59	Clifton Park	33:46
1 Laurie Hoyt	F50-59	Schenectady	34:43
1 Martin Patrick	M60-69	East Greenbush	37:57
1 Karen Gerstenberger	F60-69	Colonia	40:31
1 Dave Glass	M70-79	Glenville	32:31
1 Doe Warland	F70-79	Castleton	50:10
1 Anny Stockman	F80-89	East Greenbush	58:10

Courtesy of Hudson Mohawk Road Runners Club

## 17TH ANNUAL CAMP SARATOGA 8K SNOWSHOE RACE

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<b>MALE OVERALL</b>			
1 Tim Van Orden	51	Bennington, VT	31:20
2 Tim Russell	30	Saratoga Springs	34:50
3 Roman Silen	19	Malvern, PA	35:53
<b>FEMALE OVERALL</b>			
1 Kim Lengyel	32	Clifton Park	55:57
2 Clarice Pavlak	20	Troy	56:59
3 Jennifer Ferriss	48	Saratoga Springs	58:26
<b>MALE AGE GROUP: 10 - 19</b>			
1 Kevin Morrison	19	Portland, TX	42:50
2 Harrison Riley	18	Troy	56:51
<b>FEMALE AGE GROUP: 20 - 29</b>			
1 Annie Russell	29	Saratoga Springs	1:08:06
<b>MALE AGE GROUP: 30 - 39</b>			
1 Jean-Baptiste Laloe	38	Saratoga Springs	41:52
<b>MALE AGE GROUP: 40 - 49</b>			
1 Jonathan Guthan	43	Scotia	39:28
2 Anthony Luciano	43	Gloversville	45:23
3 Tim Fioretti	44	Gloversville	56:49
4 Matthew Miczek	47	Saratoga Springs	58:15
<b>FEMALE AGE GROUP: 40 - 49</b>			
1 Erin Fioretti	42	Gloversville	1:19:39
<b>MALE AGE GROUP: 50 - 59</b>			
1 Thomas Ostrander	55	Saratoga Springs	1:03:03
2 Anthony Barksdale	55	Gloversville	1:03:05
3 Steve Obermayer	58	Burnt Hills	1:10:05
4 Jamie Howard	54	Albany (ran extra lap)	1:28:42
<b>FEMALE AGE GROUP: 50 - 59</b>			
1 Pamela DelSignore	50	Glens Falls	1:09:35
2 Beth Post	54	Saratoga Springs	1:09:36
<b>MALE AGE GROUP: 60 - 69</b>			
1 Jim Allott	60	Gansevoort	41:29
2 Frank Lombardo	64	Saratoga Springs	57:26
3 Bob Dion	64	Readsboro, VT	1:06:17
<b>FEMALE AGE GROUP: 60 - 69</b>			
1 Denise Dion	61	Readsboro, VT	1:10:25
2 Jen Sharp	61	Greenwich	1:10:26
3 Maureen Roberts	62	Saratoga Springs	1:17:26
<b>MALE AGE GROUP: 70 - 79</b>			
1 Ray Lee	77	Halfmoon	1:13:29
2 Steve Mitchell	78	Malta	1:18:07
<b>FEMALE AGE GROUP: 70 - 79</b>			
1 Laura Clark	72	Saratoga Springs	1:22:00

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