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Grateful for Gravel

By Dave Kraus

Tired of cycling on the same paved roads every day with distracted drivers, giant SUVs, and close passes? Are the bike trails, full of dog walkers and wandering couples, getting you down? Then maybe it's time to join the rapidly growing trend of gravel cycling and literally take the road less traveled.

Over the past five years, gravel cycling has grown from a niche sport that some called "adventure cycling" into the latest Big Thing. It's become easy to find specific gravel cycling events near almost any big city, and any bike maker that wants to keep their bottom-line growing is adding gravel specific bikes to their product lineup.

WHAT IS "GRAVEL GRINDING" AND WHY DO IT?

The answer to that question covers a lot of ground. It can be on dirt or gravel backroads, fire roads, double-track "Jeep roads," and of course the paved roads that lead to them. Your destination is limited only by your bike handling skills and desire for adventure.

Many gravel riders are finding a safer place to ride as distracted driving has grown to epidemic proportions, vehicles have grown larger, and traffic in general has increased on paved urban roads. The backroads offer an alternative with less traffic of all kinds and a chance to get away, see beautiful scenery and find solitude.

Other riders are attracted by the relaxed vibe and chance to explore new places with friends. While there are plenty of gravel racing events, there are just as many where competition is actively discouraged. It's about sharing the riding experience and seeing the backcountry without the traffic worries or the skills needed for mountain biking on technical trails.

It can also be about conquering adversity together and extending the riding season. Rain, snow, and mud don't discourage dedicated gravel cyclists – especially if there's cold beer and good conversation waiting at ride's end!

That friendly vibe is why gravel riding is also appealing to local clubs that value the social experience. The Mohawk Hudson Cycling Club in the Capital Region has regular club gravel rides during the riding season, and the club's Gravel Gobbler event this year on Nov. 7 will be celebrating its third anniversary at the S&S Farm Brewery in Nassau. The event is also a fundraiser for the Regional Food Bank of Northeastern New York.

After attracting 94 riders to its first running in 2018, the Gobbler swelled to over 220 participants in 2019, and more growth is expected. MHCC organizer Chet Lasell said it was that friendly ride atmosphere that encouraged the creation of the event. "The whole idea behind the Gravel Gobbler was to get people together for a relaxed, end-of-season group ride and, at the same time, give back to our community where we spend our time riding bikes. The country roads in Nassau and Chatham showcase this area's exceptional riding, and it's gratifying to see people ride together, have a great time and support others."

WHAT'S A GRAVEL BIKE?

Almost any bicycle with wide tires can be ridden on gravel roads. The only type truly not suited to dirt is the traditional skinny-tire road racing bike. Gravel-specific machines bridge the divide between road and mountain bikes, and the frame sizing is not that different from road bikes. If you ride a 56cm on the road, start your shopping with the same size gravel bike.

Most purpose-built gravel bikes you see at your local bike shop will have a slacker head tube angle and longer head tube, raising the bars for a more upright, comfortable riding position – similar to the "endurance" bikes that have grown in popularity on the road. A shorter stem creates better handling, and the sloped top tube makes the bike easier to mount – or dismount if the terrain suddenly gets too challenging. Many gravel specific frames also have additional attachment points for bottle cages, racks, and

See **BICYCLING 3** ▶

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BICYCLING



ON CARRIAGE ROADS IN MOHONK PRESERVE, WITH THE HUDSON VALLEY IN THE BACKGROUND.

DEAN HILL ROAD REST STOP AT THE FARMER'S DAUGHTER GRAVEL GRINDER.



PHOTOS BY DAVE KRAUS/ KRAUSGRAFIK.COM



FARMER'S DAUGHTER RIDE ON JEFFERSON HILL ROAD IN COLUMBIA COUNTY.

(Continued from page 1)

bags, similar to touring bikes, so you can use your bike for longer adventures.

But tire width and tread are the biggest clues when you're bike-watching on the trail or in the store. Typical smooth tread road bike tires vary from 23-28mm. Gravel-specific hoops generally start at 32mm and go all the way up to 48mm and more, sporting a variety of tread patterns, similar to mountain bike tires to handle different terrain. Make sure to check the total tire clearance built into the bike you're considering so you have room to grow if you decide you need a wider tire later.

There's no need to go far if you want to get a gravel bike. Many local dealers have jumped on the gravel group ride. Just click over to Google to find more information for any of these local shops.

In the Adirondacks, check out **Placid Planet Bicycles** or **High Peaks Cyclery** in Lake Placid. **Solace Cycles** in Westport also makes handtail titanium bikes for gravel and trail riding.

In Glens Falls, visit **Grey Ghost Bicycles**, **Rick's Bike Shop**, or stop by **Inside Edge Ski & Bike Shop**. In Saratoga Springs, you can visit the new **Grey Ghost Bicycles**. In Schuylerville, stop by the **Adirondack Ultra Cycling** bike shop. In Ballston Spa, you can visit **Mission Electric Bike**.

In the Capital Region, there's **Tomhannock Bicycles** in Pittstown, **Bike Barn Cycling & Fitness** in Cohoes, and **High Adventure Ski & Bike** in Latham.

REGIONAL GRAVEL EVENTS

If you're looking to race or just ride with friends, check out these organized events all over the area and watch the Calendar of Events and advertising in *Adirondack Sports* through the summer for new events.

This spring - *The Bale Kicker* (April 11) in Nassau; *Cross Mountain Crusher* (April 25) in Arkville; *Tour of the Battenkill* (May 9) in Greenwich; *Janey's Ride* - includes *Muddy Mudder* (May 10) in South Glens Falls; May 16: *TOBIE Ultimate Adirondack Gravel Tour* (May 16) in Old Forge; and May 17: *The Farmer's Daughter* (May 17) in Chatham.

This summer/fall - *Black Fly Challenge* (June 13) Inlet to Indian Lake; *ididaride!* - includes *Gravel Grinder* (July 26) in North Creek; *Deerfield Dirt Road Randonnee* (Aug. 15) in Deerfield, Mass.; *The Forge Gravel Grinder* (Sept. 12) in Old Forge; and *MHCC Gravel Gobbler* (Nov. 7) in Nassau. See you out there! 🌲

Dave Kraus (dbkraus@earthlink.net) is a longtime area road and gravel cyclist, photographer, and writer who hits the road on dirt whenever possible. Visit his website at krausgrafik.com.

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News Briefs

NFCT Saratoga Film Fest April 1

SARATOGA SPRINGS – The Northern Forest Canoe Trail’s yearly Film Fest is not only a great way to bring the community together as the paddling season approaches, but is also their biggest fundraiser of the year. With the partnership of Mountainman Outdoor Supply Co. and Saratoga Subaru, this year’s film fest in Saratoga Springs will be the biggest stop on tour, helping to raise even more money for this great cause. After last year’s success with the event moving to the larger venue of Saratoga Subaru, the energy level was through the roof and this year the intention is to make it more like a festival feel. Along with the amazing films NFCT provides each season, vendor participation is growing to give guests more ways to interact and enjoy the evening out. Food, dessert and local craft beer and whiskey vendors will be there, along with outdoor organizations and gear manufacturers. Tickets are available at northern-forestcanoetrail.org, or in-person at Mountainman Outdoors’ Broadway location and Saratoga Subaru. Student tickets are just \$10, so be sure to share the stoke of paddling with the next generation. Tickets will be available at the door as well, but seating is limited. Doors open at 6pm, some come early, and enjoy this growing event – while supporting the Northern Forest Canoe Trail. 🌲



Peak 2 Brew 2020...the Year of the NY Trifecta

BALDWINSVILLE – Peak 2 Brew Relay has announced the 2020 Peak 2 Brew ‘Flight Series’ Trifecta with three races in New York’s Finger Lakes, Adirondacks and Catskills. Complete the Trifecta to receive the P2B ‘Flight Series’ plaque for your Race Medals.

Peak 2 Brew’s growth over the last five years has been exponential with the support and dedication of our running teams and volunteers. It has been with no shortage of their efforts and involvement that P2B has been able to expand their race offerings to include two new events in addition to their legacy BEAST Adirondack relay.

P2B provides runners a unique team relay race experience... the ultimate relay experience. Each P2B event starts at a peak, takes your team along a scenic and challenging course, and finishes at the brew. P2B provides teams two different relay race options:

SPRINT Relay equals long distance single day van supported running relay; 60+ miles over 12 legs conquered by four to six runners on a team. The P2B SPRINT Relay Series provides all levels of runners the opportunity to experience P2B in one

day and train for the BEAST!

BEAST Relay equals long distance overnight van supported running relay; 220+ miles over 42 legs conquered by six to 12 runners on a team. The BEAST of the East, founded in 2015, is the original and ultimate P2B Relay from Whiteface Mountain to Saranac Brewery.

The 2020 Peak 2 Brew ‘Flight Series’ Trifecta will feature three races with each one providing a unique and scenic course for runners:

P2B FINGER LAKES – Greek Peak 2 Heritage Hill Brewery on Saturday, June 6. SPRINT Relay teams will start off by climbing Greek Peak and then taking an amazing journey through the Finger Lakes Region to Heritage Hill Brewery for an amazing post-race party with an epic overlook view.

P2B ADIRONDACKS – Whiteface Mountain 2 Saranac Brewery on Friday-Saturday, August 7-8. BEAST + SPRINT Relay: The original P2B Relay will challenge teams of all levels along the overnight 220+ mile course through the beautiful Adirondacks. In addition to the overnight BEAST Relay, runners will have the option of conquering the SPRINT Relay from the Tug Hill to Saranac Brewery.

Friends of Saratoga Spa State Park

SARATOGA SPRINGS – Do you love Saratoga Spa State Park? A group of people love it so much that they’ve become members of Friends of Saratoga Spa State Park, which has been in existence since 1999. The mission is to support the Park’s historic, cultural and natural features by assisting with the maintenance and revitalization of the trails, bridges, benches, pavilions, springs and garden areas.

One of the Friends’ major accomplishments has been grant-writing, fundraising and extensive maintenance of the Park’s tennis facility. They also supported the establishment of the Dog Park and host annual clean-up days, as well as participate in fundraising for physical improvements there. As part of this year’s theme of “Building on 20 years in 2020” the Friends recently applied for a Parks and Trails NY

grant to support our outreach and marketing campaigns.

The Friends also support the Park’s activities like the First Day Hike in January, they assist at the CANDLELIGHT Ski and Snowshoe event, welcome children and families to Fish Stocking Day during the spring school recess, and I Love My Park Day in May. They do all this by supplying food and beverages along with friendly faces to the participants. Serving as volunteer docents sharing the history of the Roosevelt Campus is another way they assist at the Park.

The Friends are expanding their outreach with new trail projects like the Hemlock Trail and the historic trolley lines that run through the Park. The Master Gardeners are joining them in maintaining the gardens around the Bruno Pavilion, Creekside Classroom, and the Pollinator Garden through annual plant-

ings and upkeep. They sponsor a wonderful family experience called “Explore the Park after Dark” in the fall and schedule Full Moon Walks when possible. They support the art community by sponsoring a Plein Air Festival where artists paint al fresco and offer a sale of their works at the end of the day. And also offer Members Only events with a program along with food and beverages.

An emerging project is the creation of an “Ambassador” program, which will act as way finders for visitors both local and from afar by helping them find their way around the Park by offering maps and information about the pools, Springs and History tours and events at the Museums located in the Park

All this takes many hands and they need more members and active volunteers to make this happen. If you want to share your enthusiasm for Saratoga Spa State Park become



an annual Friends member or join their volunteer opportunities. Visit friendsofsaratogaspastatepark.org or like the Friends of Saratoga Spa State Park Facebook page for more info. If you want to be a part of the new Ambassador program, please contact Helene Brecker at president@friendsofsaratogaspastatepark.org. 🌲

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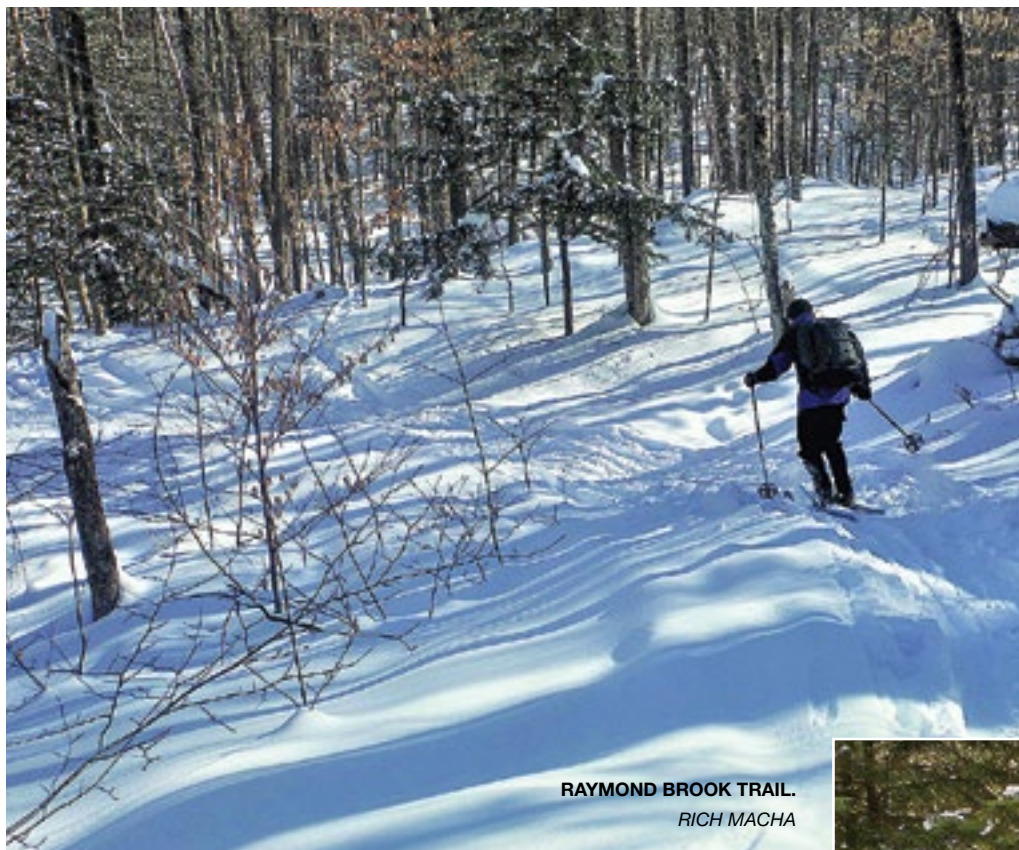
Three Adirondack Trips

By Rich Macha

Avalanche Pass seems to get all the attention when discussing thru-skiing, it is a great trip but it has some problems. It is a long drive between start and finish so it is most often done with two groups going in opposite directions and doing a key exchange. Skiers do not want to be standing around for a long time in the cold while waiting for a shuttle to be run. There is also the fact that there will be close to as much uphill travel as there is downhill travel. Another possible downside to the thru-ski is that you could be breaking trail the whole way, whereas, on an in and out trip, you would only have to break trail for no more than half the trip. This potential negative can be offset by maximizing the downhill skiing. Here are some thru-trips, suitable for intermediate skiers, that have a short drive between trailheads and also have a significant net loss in elevation.

► **TIRRELL POND** – This trip starts from NY Route 30 at the same trailhead as Blue Mountain, a little north of Adirondack Experience, the Museum on Blue Mountain Lake, at an elevation of about 2,200 feet. Beginning at the north end of the parking area, the trail goes over rolling terrain and tops out at over 2,300 feet in the pass between Blue and Buck mountains, before dropping over 400 feet in one-mile to a junction with the Northville-Placid Trail. A right turn on the NPT soon leads to the lean-to at the north end of Tirrell Pond (elevation 1,918 feet) – 3.6 miles from the start. Skiing out onto the pond, there are good views of the cliffs on Tirrell Mountain to the east and Blue Mountain to the west.

The O'Neil Lean-To is located at the south end of the mile-long pond and east of its outlet. Stay well away from the outlet to avoid thin ice. The NPT continues south over rolling terrain for another 3.5 miles – this trail is fairly popular and is more likely to be broken out. If you have left a vehicle at the NY Route 28/30 trailhead (elevation 1,800 feet), near Lake Durant, it is only a five-minute drive over to the start to retrieve the other vehicle.



RAYMOND BROOK TRAIL.
RICH MACHA

► **STONY POND** – A two-mile trail to Stony Pond starts on NY Route 28N between Minerva and Newcomb. Despite being a designated snowmobile trail, it gets very little use by sledgers, and fortunately due to this designation, you will find good, wide bridges over the streams. A lean-to is found to the right as you arrive at the pond. If you desire a longer trip, you can explore routes to Center, Barnes and Hewitt ponds.

The thru-ski proceeds from the southwest corner of Stony Pond, and goes up a steep hill topping out at over 2,100 feet, then drops down to the Sherman Ponds. Raised water levels have joined the two ponds into one – ski carefully, especially in low snow conditions, as there may be a rock or two exposed on the downhill. Ski across the ponds and pick up the red trail again at the south end of the ponds. A brief uphill stretch is followed by two miles of exhilarating downhill runs. Be aware that if there are snowmobile tracks, they often come from private land to the south. The trail you want bears left; if you have not seen trail markers for a while you may be on the wrong route.

The final 0.6 miles of the official trail go through private land. A colorful bench made of old skis is passed, and you may notice the Falls Brook Yurts, which are found on either side of the trail. The trip ends on John Brannon (aka Long Hill) Road, at an elevation of 1,180 feet, where there is roadside parking. Without side trips, the direct thru-ski from Route 28N to Irishtown is about six miles and the drive between trailheads should not exceed 10 minutes.



TIRRELL POND.
RICH MACHA

▼ **HALFWAY BROOK AND RAYMOND BROOK TRAILS** – The rejuvenated Raymond Brook Ski Trail has become quite popular with skiers over the past few years. Most skiers start at Benson Mines Road and finish at the North Creek Ski Bowl (aka Gore Mountain Nordic Center) – this can be accomplished in an hour or two. However, a longer trip of about nine miles – starting from the Old Farm Trailhead (elevation 1,800 feet) near Thirteenth Lake – adds variety to the skiing as well as to the scenery.

Leave a car within sight of the trailhead sign at the edge of the woods on Ski Bowl Road in North Creek – enter the road from its north end by the North Creek Health Center on Route 28.

For the start of the trip, drive to the end of plowing on Old Farm Road, which may not be plowed as far as the actual trailhead this season due to some storm damage. The Halfway Brook Trail passes by William Blake Pond, which may have some interesting natural tree sculptures sticking up from the ice. The trail climbs to over 2,200 feet before dropping a little to the junction with the trail to Botheration Pond. Another drop follows through open woods before reaching a bridge over an inlet to The Vly (2,030 feet), a good size beaver pond – twin lodges can be seen in the middle and Gore Mountain looms in the background.

The Halfway Brook Trail then crosses its namesake brook on a minimalist bridge before reaching Barton Mines Road. This last section sees some trapping activity away from the trail – if you bring a dog with you, make sure it stays with you on the trail.

The Raymond Brook Ski Trail is found directly across the road. Initially, the trail climbs about 300 feet to an elevation of about 2,350 feet, before plummeting down, steeply at first, then moderating for a couple of miles. The trail is wide and can accommodate minor errors in technique. Raymond Brook may be seen down a ravine to your left. There is some uphill before reaching a four-way junction. The Raymond Brook Trail turns left and drops very steeply to an unplowed parking area next to Route 28. A right turn leads up to Rabbit Pond. Our thru-ski goes straight ahead on the Ski Bowl Connector Trail, and features a sweet 1.5-mile cruise with a loss of 500 feet in elevation, down to the finish (elevation 1,050 feet).

The month of March brings us more daylight and warmer temperatures, allowing us to enjoy the snowy landscapes of the Adirondacks in relative comfort. We are also often lucky to get to ski into April too – perhaps, in shorts! 🌲



A BENCH MADE OF SKIS NEAR IRISHTOWN. RICH MACHA

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.

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HIKING

Explore the Unknown

Threemile Beaver Meadow and Beaver Lake Mountain

By Bill Ingersoll

This article is less of a description of a specific hiking route, and more of an invitation to explore a region I'm reasonably certain is completely unknown to most people. By extending this invitation, am I making the area vulnerable to crowding and degradation? Probably not, since it lies so far removed from the most heavily trafficked portions of the Adirondack Park.

The area is the Pepperbox Wilderness on the western edge of the park, where Herkimer and Lewis counties meet. It is a place with few official facilities and some of the lowest visitation levels in the Forest Preserve. Those who have taken the time to acquaint themselves with the Pepperbox may be true connoisseurs of wilderness; they have come to know its quiet ponds, its tannic streams, and its labyrinthine fens as personal friends, delighting in their subtle changes as they explore the area season after season, decade after decade.

The Pepperbox has no named mountains today, and it certainly features no extreme elevations. This is a land of streams and small ponds. Therefore, it may surprise you to know that there was once a fire tower here, located on what the state's old Conservation Department called "Beaver Lake Mountain." This structure, built in 1919, stood on an unnamed rocky ridge north of Threemile Beaver Meadow. It was refurbished after the 1950 hurricane swept through the Adirondacks, but it was apparently not a popular hike. State employees removed the fire tower and observer's cabin in 1977, and the ridge that it stood upon sank once again into nameless obscurity.

Exploring this unknown area is one of the most rewarding ways to spend a day - but it is not for the inexperienced. The trailhead is remote, the trails are faint and obscure, and finding the tower site requires persistence and strong off-trail navigation skills.

GETTING THERE

The trailhead for this hike is located on Moshier Road, near the Beaver River. To find Moshier Road, turn east off NY Route 12 onto River Street in the village of Lowville. River Street becomes Number Four Road outside the village limits and reaches the settlement of Bushes Landing in 4.4 miles, where it forks left. In 13.6 more miles, at the settlement of Number Four, the road turns right, becoming Stillwater Road. Pavement ends shortly.

Moshier Road turns north, left, two miles east of Number Four. It leads to a power generating plant on the Beaver River. At 0.6-mile, there is a parking area and register on the right side of the road.

THE TRAIL

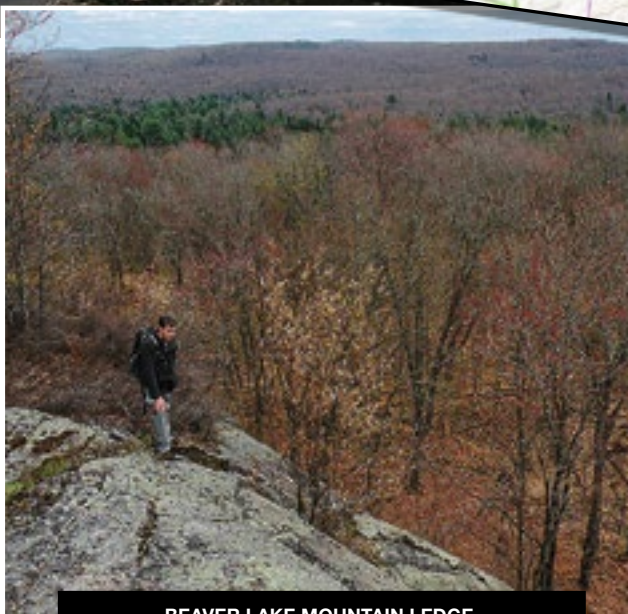
The trail to the Pepperbox starts on the other side of the road from the Moshier Road parking area, where signs also indicate the start of the Beaver River Canoe Route. It is marked with blue DEC markers as far as the wilderness boundary, where it officially ends.

From the trailhead, the trail drops down the bank from the road and crosses Sunday Creek on a high bridge. Once on the other side, the trail turns sharp right while the canoe carry goes straight. You skirt the edge of the large splash pool on the Beaver River known as the "fish hole." A party of fishermen named Sunday Creek in honor of the day they spent fishing here in the late 1810s.

You cross the Beaver River on a suspension bridge, and after cutting through the woods you come out on a power line right-of-way. The trail crosses the clearing, but there are no further markers. State land begins on the far side, and once there you can hear the river through the trees. Several herd paths lead to the rocky bank, where the river roars through Moshier Falls.

A clear path leads into the woods beyond the sign marking the wilderness boundary, and for the first few miles this route may be as good as any DEC trail - even though there will be no further signs or markers from this point forward. For the most part, it follows the old tote roads from a century ago, leading toward Threemile Beaver Meadow and Bear

CROSSING THE BEAVER RIVER BRIDGE.



BEAVER LAKE MOUNTAIN LEDGE.

Pond. The more remote sections may not be as well maintained, and these can be extremely difficult to follow.

The path leads just east of north through a maturing hardwood forest, gradually climbing a sprawling hillside. At 0.7-mile from your car, you pass close to a stillwater on the Beaver River. You may also find a trail at this location leading west toward private land.

The trail climbs gradually, reaching a faint intersection at 1.2 miles with the path to Threemile Beaver Meadow, which lies at the foot of the collection of ridges known as Beaver Lake Mountain. This less obvious trail turns left, leading through a stand of hemlocks, and descending to cross the unnamed creek draining the meadows 0.2-mile from the turn. Someone has fashioned a narrow bridge out of a fallen log. The path turns right to closely follow the creek upstream, passing a small cascade and sticking closely to the rocky bank.

This section continues until you reach the first of the large meadows 0.5-mile from the junction. The tread continues straight, passing along a bit of exposed rock and leading out into the open. Barring any beaver activity, the small, winding stream is for the most part confined to its channel. You cut through brief wooded section and then skirt around a pool that is more prone to beaver flooding. Here, the way could be quite wet. The path then reenters the woods at the north end of the meadow, where you will find a campsite two miles from the parking area.

North of here, the path is less continuous and less obvious. It may be little more than a glorified game trail. Nevertheless, it is not too difficult to travel north along the next meadow, this one graced by a small "island." The next band of forest features a rock ridge, and to find the best way around it you will need to skirt inland to the west.

The next meadow is actually a small pond. The path crosses its outlet to a rocky point at 2.5 miles, and in the past one could follow it up the pond's east shore. The pond - one of several in the Threemile chain - is shallow with a wide,



PHOTOS AND MAP BY BILL INGERSOLL



MARSH AT THREEMILE BEAVER MEADOW.

grassy periphery, and it is subject to enlargement should the beavers decide to dam the outlet. Rock ledges grace the west shore. Wild-raisin, a viburnum closely related to hobblebush, exhibits its white blossoms and showy berries along the edge of the woods. There is a stand of gray birch (the smallest of native Adirondack birch trees) near the southwest corner of the lake. Along the exposed shoreline, look for spatulate sundews, horned bladderwort, and yellow-eyed grass growing in the peat.

The "mountain" lies northwest of the pond. It is not much to look at from a distance, but it is actually a maze-like series of ridges and troughs. The topography is one of the most complex in the entire Adirondack Park, with several small cliffs and bald ledges.

Because of the navigational complexity, I hesitate to describe a preferred route into this rocky complex - thus the need for experience and self-sufficiency. I merely want to point out the existence of this unusual place. The fire tower site is actually just one of several interesting features, so I invite curious explorers to look at satellite imagery, examine digital reproductions of old USGS topo maps, and plan their own circuit through these parallel ridges. It will be one of the most fun bushwhacks you've ever had! 📍

Bill Ingersoll of Barneveld is publisher of the *Discover the Adirondacks guidebook series (hiketheadirondacks.com)*. For more info, consult *Discover the Northwestern Adirondacks* or his recently-published *50 Hikes in the Adirondack Mountains (Countryman Press)*.

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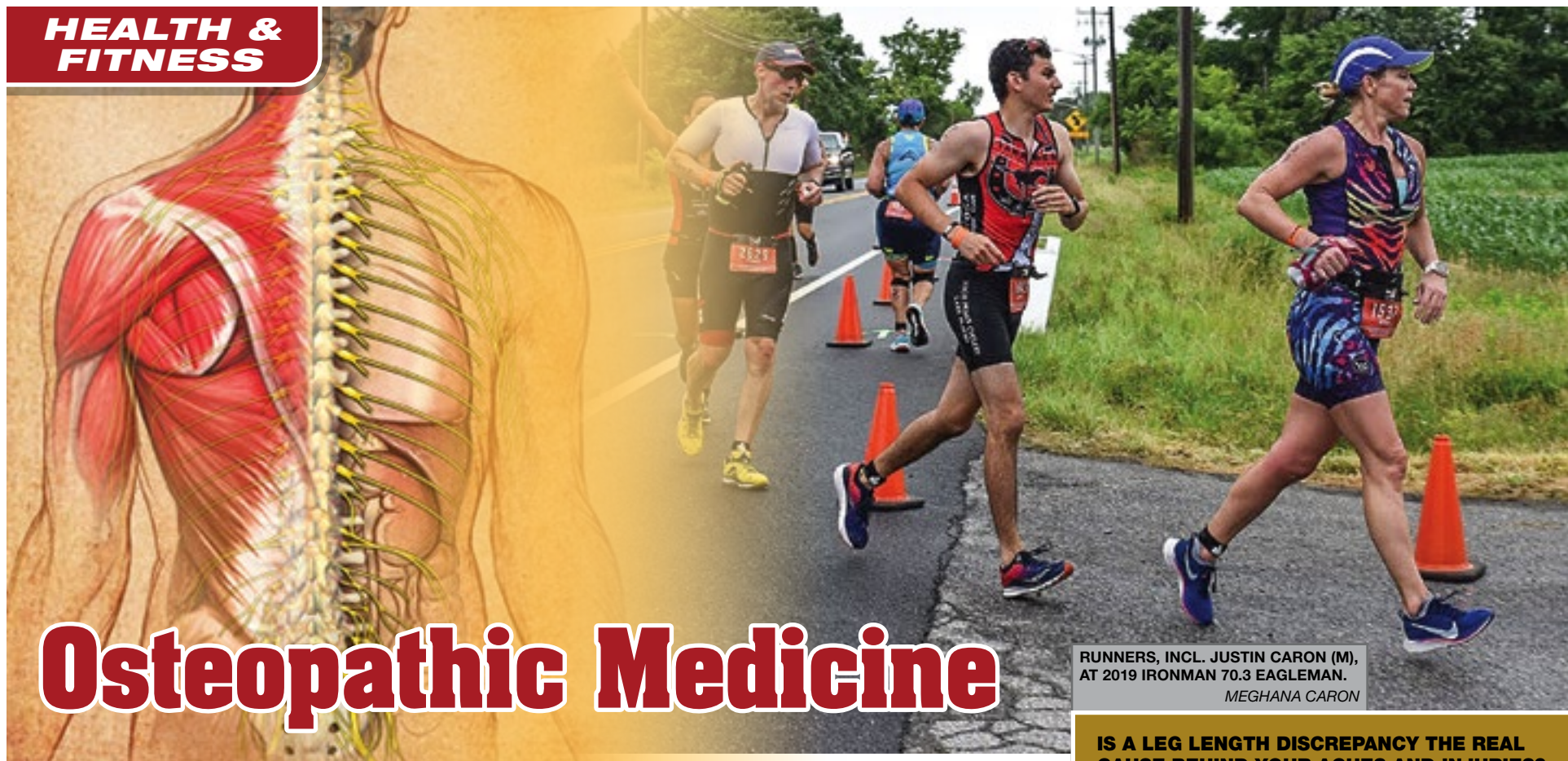
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HEALTH & FITNESS



Osteopathic Medicine

RUNNERS, INCL. JUSTIN CARON (M),
AT 2019 IRONMAN 70.3 EAGLEMAN.
MEGHANA CARON

By Karissa Scarabino, DO

When you find a sport you love, it can be difficult to slow down due to an injury – even when your body is warning you. A 35-year-old male patient who is an avid runner comes in to my office complaining of right hip pain that starts within the first mile of his run. He runs through snow, rain and yes, pain. He's had the same nagging hip pain for a year and no matter what he does, it just doesn't go away. He is frustrated, feeling he's tried everything. Using my training as an osteopathic doctor, I listen to his history and learn that he is training for a marathon, and has been street running on the sloped pavement shoulder of the road.

My examination confirms my suspicion, that he's developed a leg length discrepancy. The most likely cause is the daily pounding he's done running on the hard-pitched surface, which has caused a sacral base un-leveling, and hip imbalance that's the cause of his pain. Through hands-on osteopathic treatment techniques and a heel lift precisely fit for him, I'm able to get him running without pain, with better performance and improved times.

What is an Osteopathic Doctor and Osteopathic Manipulative Medicine? Andrew Taylor Still, MD served as an Army surgeon during the Civil War. His father was a Methodist preacher and a physician, so he had a sense of the mind-body-spirit philosophy at a young age. He was frustrated with the "cutting edge medical treatments" at the time, which included bloodletting and treating with heavy metals. He saw how these treatments caused more harm than good, and could often be worse than the diseases they were supposed to treat, many times resulting in injury and death. He had 11 children, three died of meningitis, one died of pneumonia, and his wife also died of pneumonia. Feeling medicine had failed him on a much deeper personal level, he searched for something more, knowing the practice of medicine could be better.

At this time, something called "bone setting" was coming about in Europe. Dr. Still saw how these hands-on treatments helped patients obtain good health and healing. By improving a person's structure, you could improve their function. For example, he saw an elderly woman with emphysema hunched over with a big curve in her upper spine do very well with hands-on treatment. By treating her musculoskeletal system, including the restrictions in her diaphragms, she was able to stand taller and breathe easier. The treatments enhanced healing, maximized health, and helped her to have good quality of life. He saw various illnesses and dysfunctions treated this way including headaches, asthma, and irritable bowel syndrome, to name a few.

He returned to the U.S. and went back into the anatomy lab to continue his study. He again saw the relationship of the nervous system to the internal organs. The sympathetic (fight or flight) nerve roots come off your upper (thoracic) and lower (lumbar) spine, and each level innervates dif-

ferent organs, while the parasympathetic (rest and digest) nerve roots come off your neck (cervical) and base of your spine (sacrum) to innervate different organs. This may be compared to the fuse box in your home where each switch powers a different room or area. Dr. Still recognized that if there was a dysfunction in a person's internal organs, there was a palpable musculoskeletal change due to how it affected the corresponding nerve segment. He found that a trained physician could both diagnose and treat each patient with this knowledge.

Dr. Still was very excited about this connection and saw how the hands-on treatments were helping so many people. He approached the leaders of the medical schools at that time, and presented his case on why and how these treatments should be taught to medical students, providing another skill set and "tool" in each doctor's "toolbox." This was not well-received and the majority thought he was crazy because he was thinking outside the norm. Dr. Still continued to plead his case for several years and after he realized he could not change their minds, gave up, and in 1892, started his own school of osteopathy in Kirksville, Mo. His first graduating class included five women. Dr. Still never intended to have a separate profession. He simply wanted to incorporate hands-on treatments into the medical school training at that time.

Now there are two separate medical schools, osteopathic (DO) and allopathic (MD), which means your doctor has either a DO or MD after their name. DOs learn the same basic science coursework as MDs, but also learn to diagnose and treat musculoskeletal aches and pains, as well as medical illnesses with their hands. The education recognizes the connection of mind-body-spirit and appreciates the importance of the interconnectedness of the muscular, skeletal and nervous systems. DOs can go into any medical or surgical specialty, with fewer than 10% practicing manual treatments.

The types of osteopathic manipulative treatment range from indirect to direct techniques. Treatment types include soft tissue techniques, myofascial releases, articular techniques, cranial osteopathy, lymphatic techniques, muscle energy techniques, and fascial distortion model techniques.

Anyone can benefit from OMT including newborns, infants, children and adults. OMT can be used to diagnose and treat a variety of conditions, including: sports pain and injuries; concussion and post-concussion syndrome; infant issues such as feeding difficulties, torticollis and colic; recurrent ear infections in children; pregnancy-related and postpartum pain; menstrual pain; heartburn, reflux, constipation, and other digestive problems; temporomandibular joint (TMJ) pain; headaches and migraines; back-neck-joint pain; nerve pain, numbness and tingling; scoliosis; leg length discrepancy; carpal tunnel syndrome; respiratory problems (asthma, chronic obstructive pulmonary disease (COPD), bronchitis, pneumonia); and sinus problems.

While only about 10% of DOs practice OMT, patients who receive this treatment typically use less or no medications, and lessen or eliminate the need for injections or surgeries. 🌱

IS A LEG LENGTH DISCREPANCY THE REAL CAUSE BEHIND YOUR ACHES AND INJURIES?

As an osteopathic physician, I see a lot of patients suffering from aches and injuries from an unknown cause or patients that have never really returned to normal following a trauma or surgery. What I find in many cases is that the root cause of the problem is a leg length discrepancy.

Leg length discrepancy is a condition where the length of one leg is shorter relative to the other. It can occur in all ages. Most people have some degree of leg length inequality, on average less than 1.1cm, and usually patients easily compensate. However, it is also common to see these leg length discrepancies be pathological and cause pain. The leg length discrepancy causes sacral base un-leveling – the sacrum is the triangular-fused-bone located at the base of the low back in between the hips. The brain wants to remain level to the horizon. The body twists and contorts to make sure the eyes are level, which causes muscular strains and skeletal changes in the pelvis, lumbar spine, thoracic spine, neck and jaw.

Lower extremity disorders associated with leg length discrepancy include: increased hip pain and degeneration; altered gait (limping); scoliosis; low back pain; knee injury; iliotibial band (ITB) syndrome; pronation and plantar fasciitis of the feet; asymmetrical strength in the lower extremity; increased disc or vertebral degeneration; headaches; neck/upper back pain; TMJ dysfunction and pain.

There are many different neuromuscular and traumatic causes of leg length discrepancies. LLD can be found in any competitive athlete and pretty much anyone who is active. I commonly see these discrepancies in patients I treat: runners and walkers who run or walk outside on pitched roads; hikers who walk on uneven terrain; and really any athlete. This tends to put a painful strain in the pelvis that results in an acquired leg length discrepancy. I also see many patients who have had bone and/or joint surgeries and have not fully recovered, walking with pain and hitching to one side even when they have completed extensive rehabilitation programs.

As an osteopathic physician, I've been trained to diagnose and successfully treat leg length discrepancies. Gentle hands-on treatments help individuals struggling with acute and chronic pain return to health without the need for medications or surgical interventions. ■

Dr. Karissa Scarabino (drkscarabino@gmail.com) is a traditional Osteopathic Physician (DO), board certified in family medicine and osteopathic manipulative medicine. In 2017, she opened her own practice (osteopathichofhsaratoga.com), specializing in OMM. She loves to spend time outdoors hiking, gardening, kayaking, and snowshoeing with her husband and puppy.

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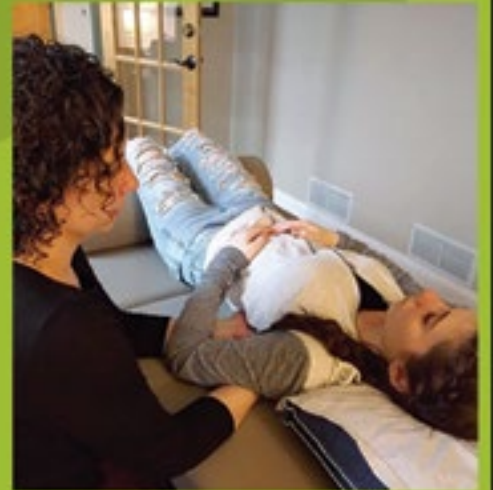
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ATHLETE PROFILE

2019 KONA
IRONMAN WORLD
CHAMPIONSHIP.



IRONMAN 70.3
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2019 KONA
IRONMAN WORLD
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Nicholas Marcantonio

Blazing into the Pro Ranks of Triathlon

AGE: 26

RESIDENCE: Glens Falls

OCCUPATION: Professional Triathlete

EDUCATION: B.S. in Fitness Development,
Cortland State University, 2015

PRIMARY SPORT: Triathlon

By Christine McKnight

With a body of wins and high finishes in major races, Nick Marcantonio has met the rigorous standards required for triathletes who want to compete as professionals. Nick realized he might have a future as a professional triathlete after completing the Big George Half Ironman race at Lake George in September 2016. It was only the second race of his fledgling triathlon career, but he crushed the field, winning by 20 minutes and throwing down a course record of 4:08 that still stands.

Six weeks later, Nick posted a top-10 overall finish and won the 20-24 age group in his first full Ironman, Maryland, anchored by a sparkling, three-hour flat marathon leg. That performance qualified him for a trip to the Super Bowl of the triathlon world, the Ironman World Championship in Kailua-Kona, Hawaii, in October 2017.

As prep for Kona, Nick traveled to Ironman Texas in the spring of 2017, winning his age group by over an hour – and posting a sub-nine-hour performance. It was a turning point in his trajectory toward going pro. “After Texas, I knew I could certainly be a professional triathlete one day,” he said. “That’s when it really became a one-way mission for me. It meant foregoing a more traditional career working 9-to-5 in a field I went to school for, which was a big obstacle. Needless to say, there have been sacrifices along the way.”

Nick found the flexibility to help make his dream come true at Grey Ghost Bicycles of Glens Falls, which sponsors him, and where he works in sales on a schedule that expands and contracts to reflect his training volume and travel schedule. “He’s beyond talented, and we know he’s just scratching the surface as he starts down this road,” said Grey Ghost General Manager Steve Fairchild, who was a highly competitive cyclist himself earlier in his life. “We’re all excited to see where this goes for Nick.”

With the groundwork laid, Nick turned in a breakout year in 2019, winning 70.3 races at Connecticut and Lake Placid – and finishing 19th overall in the full Ironman race in Lake Placid to qualify for a second trip to Kona. He finished in 9:14:48, good for 11th place out of 101 world-class men in the 25-29 age group, on a hot, windy day in Kona last October. With a body of wins and high finishes in races with large fields, Nick met the rigorous standards required by USA Triathlon for athletes who want to compete as professionals. He received his pro card last October.

Nick went into the 2019 Kona race on very limited swim training due to wrist and forearm tendonitis, but relied on his overall



IRONMAN 70.3
LAKE PLACID ON
SEPT. 8, 2019.



WITH MOM AFTER 2019
IRONMAN LAKE PLACID.

fitness to pull off a PR swim of 58 minutes and change. He had a strong bike of 4:48, despite knee pain that developed at about mile 70 of the 112-mile bike. Off the bike, the pain dissipated, and he began methodically clicking off 6:30 miles until about Mile 17 in the notoriously unfriendly Natural Energy Lab. He eventually backed off to 7:30s and came in with a smile. “I was pretty happy with it, but I know I have a lot more room for growth in the sport,” he said.

Nick’s 2020 spring schedule as a rookie pro includes four 70.3 races: Texas (April 5), Alcudia-Mallorca, Spain (May 9), Eagleman, Maryland (June 14), and Mont Tremblant, Quebec (June 21). “The half is certainly my wheelhouse, so I’ll be focusing on that, but there will be some fulls in my future as well,” Nick said.

Coaching Nick is Kevin Crossman of T3 Coaching, who has known Nick since he was a sixth-grade student in Kevin’s physical education class at Glens Falls Middle School. Kevin has coached more than 100 amateur athletes across Ironman finish lines, mostly at Lake Placid. But Nick is his first pro athlete. “It’s unbelievably exciting,” Kevin said. “We’ve been together for the long haul. As his teacher, coach and mentor, I’ve had the opportunity to watch his growth, both in sport and as he has become a young adult. He has earned this. It’s a long process to

become a top pro, but I have no doubt that in the years to come, you will see Nick consistently climb the ranks.”

Kevin typically gives Nick his training plan in two-week blocks, with specific goals in mind, and a focus on making improvements in designated areas. A big training week for Nick is 25 hours. On average, it’s 18 to 25 hours, but off-season, in the fall, it might be as little as 10 hours.

Nick’s strengths, Kevin said, include grit, passion, aerobic capacity and, notably, an elite-level run. He said Nick has made dramatic improvements in his swim, flexibility, nutrition, injury prevention and cycling.

Nick found his way into triathlon after playing youth hockey from age six to 16. As a freshman in high school, he picked up running as a way of staying in shape for hockey. He was recruited to run at Cortland State University, where he assumed a leadership role on his teams and was a three-time Division III All-American in cross country. He incorporated cycling into his training as a junior and began thinking about triathlon in his senior year.

He graduated from Cortland in 2015, but found himself at an emotional low after his father passed away from cancer a few months later. At loose ends, he decided to embrace triathlon and signed up for his first race: Ironman Lake Placid in 2016. After being hit by a car while on a training ride (his new bike was totaled but he escaped serious injury), he reached out to Kevin for coaching, and was able to defer his Lake Placid entry to Ironman Maryland the following October.

Nick’s biggest fan is undoubtedly his mother, Carolyn, also of Glens Falls, who travels to as many of his races as she can. But

she says she’s not surprised. “He has always been so focused, driven and goal-oriented,” she said. “Beginning with his running career in high school, whatever Nick sets for his goals, he has always achieved them. I am so proud of him.”

Modest by nature, Nick has an undeniable attitude of optimism and gratitude. “Whatever I’m doing, I want to bring everything I have to the table and go for it,” he said. “If I’m going to race or train, have dinner with my mom or whatever, I’m going to be the best I can possibly be. There are billions of people on this planet, but only a very few of us are able to race at this level, and I realize it’s a gift.” 🌲

Christine McKnight (trichris@nycap.rr.com) is a veteran triathlete who lives in Wilton.

In His Own Words: How Nick Trains

SWIM – I’m swimming five to six days a week, from 2,000 to over 5,000 meters depending on the session. Swims range from recovery work to form/technique swims, hard interval swims at race pace or faster, or long, aerobic interval swims. I’ll also do open water swims in the summer months.

BIKE – I’m on the bike six to seven days a week. Given my focus is the 70.3 distance right now, my total bike volume is a bit less, but my frequency is the same if not more, and I am doing more high-end quality intervals to meet the demands of 70.3 racing. Most of my rides fall between one and two hours and range from easy recovery to aerobic and hard interval rides. I’ll do long rides once a week, which can be up to six hours depending on the time of year. In the winter I ride exclusively indoors on my trainer. In the summer it’s a mix between outdoor and indoor. I can better dial in my intervals indoors without being interrupted, and in terms of performance, the quality of training is much better for me. If I’m riding outdoors, it is for recovery rides, long rides where I am going 100-plus miles, social group rides, and race-specific intervals in the weeks preceding a race.

RUN – I’m typically running four to five days a week. A usual week will include a long aerobic run, recovery run, hard interval workout or quality run session, and a run off the bike. A long run may be 16 miles at 6:15-6:45 pace, a recovery run may be 30-60 minutes at 7-plus minute pace, or as slow as I need to go to recover. An interval workout, depending on the time of year, may be 400-meter repeats on the track to mile repeats on the road. On the track, I am generally working my high-end speed or working my VO₂ max. For mile repeats, I’m working more at my lactate threshold. Runs off the bike vary from easy runs to long runs or quality runs where I’m running at 70.3 race pace.

CALENDAR OF EVENTS

MARCH TO MAY 2020*

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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 CBRC Trooper David Brinkerhoff Memorial Race Series #1. 62/50/38M. Coxsackie-Athens High School, Coxsackie. bikereg.com.

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

APRIL

4 CBRC Trooper David Brinkerhoff Memorial Race Series #2. 62/50/38M. Coxsackie-Athens High School, Coxsackie. bikereg.com.

26 Saratoga 300K Brevet. 4am. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

MAY

1-3 Women's Cycling Grand Prix: Three Days of Ulster Cycling. 845-612-1672. womenswoodstockcycling.com.

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

2 12th Cazenovia Hillbender Cycling Festival. 38M. 9am. Cazenovia Ski Club, Chittenango. cazenoviahillbender.com.

3 Hollenbeck's Spring Classic Road Race. 22M loop. 10am. Hollenbeck Cider Mill, Virgil. Finger Lakes Cycling Club. fingerlakescycling.org.

9 Tour of the Battenkill. 75M/40M/26M. 8am. Washington County Fairgrounds, Greenwich. tourofthebattenkill.com.

9-10 Saratoga 400K Brevet. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

10 Janey's Ride. Road - Metric (62M, 8:30am), Recreation (30M, 10:30am), Family (17M, 11am). Gravel Grinder - Muddy Mother (75M, 8am). Grey Ghost Bicycles fundraiser for Breast Cancer Care & Research Fund at Glens Falls Hospital. Common Roots Brewing, South Glens Falls. bikereg.com.

16 Pucks and Pedals Cycling Tour. 40M/20M road rides. 9am. Glens Falls Civic Center, Glens Falls. bikereg.com.

17 Team Billy. 8:30am. 10M/25M rides in Saratoga County. 50M rides to the Battlefield. 3M walk: 9am. Farmer's Market, Saratoga Springs. teambilly.org.

17 Queen of the Lakes Cycling Weekend: Prospect Mountain Auto Road Hill Climb. 5M. 10am. Fundraiser for Freedom Machines. Part of BUMPS Hill Climb Series. Prospect Mountain Veterans Memorial Highway, Lake George. bikereg.com.

JUNE

6-7 Saratoga 600K Brevet. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

7 Whiteface Uphill Bike Race. 11M, 8% grade. 8am. Whiteface Mountain Veterans Memorial Highway, Wilmington. whitefaceregion.com.

14 Capital Region Tour de Cure. Bike - 10M 10am; 30M 9am; 50M 7:30am; 62.5M 7:30am; 100M: 6:30am. 5K Run/Walk: 11am. Saratoga County Fairgrounds, Ballston Spa. American Diabetes Association: 518-218-1755 x3606. diabetes.org/capitalregion.

21 Adirondack 540 Gran Fondo. 7am. Adirondack Ultra Cycling Bike Shop, Schuylerville. 518-583-3708. adkultracycling.com.

26-28 Bike Adirondacks: Weekender at Paul Smith's College. Paul Smiths. 518-524-4674. bikeadironacks.com.

JULY

26 Ididaride: Adirondack Bike Tour. 55M road (new route): 9am. 23M gravel grinder: 10am. Gore Mountain Ski Bowl, North Creek. adk.org/idadaride.com.

BICYCLING: OFF-ROAD

ONGOING

Daily Mohawk Hudson Cycling Club: 300 rides per year. All abilities welcome. Capital Region. mohawkhudsoncyclingclub.org.

MARCH

22 Frozen Apple Gravel Grinder. 40M. River Outpost Brewery, Peekskill. bikereg.com.

APRIL

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

11 Prattsburgh Gravel Classic. 40M. 11am. Steuben Brewing, Hammondsport. 716-307-5753. ridelcc.com.

18 Finger Lakes Gravel Challenge. 11am. Harriet Hollister Spencer State Park, Springwater. bikereg.com.

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 online/mail-in forms, course maps, directions and more information.

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adk.org/idadaride

Whiteface Uphill Bike Race

11 Miles of hardcore uphill pedaling punishment to the ultimate Finish Line!

Categories include juniors, military, tandem, Clydesdale, filly & unicycle

Register by 5/1 for race shirt

Sunday, June 7 • 8am
BikeReg.com
BikeWilmingtonNY.com

25 Cross-Mountain Crusher Gravel Grinder. 55M. 5,000' elevation. 8:30am. Post-ride beer w/ Catskill Brewery. Catskill Recreation Center, Arkville. catskillrecreationcenter.org.

MAY

2 Hills of High-Tor Gravel Race. Naples Community Park, Naples. 585-747-2453. parkavebike.com.

10 Janey's Ride. Gravel Grinder - Muddy Mother (75M, 8am). Road - Metric (62M, 8:30am), Recreation (30M, 10:30am), Family (17M, 11am). Grey Ghost Bicycles fundraiser for Breast Cancer Care & Research Fund at Glens Falls Hospital. Common Roots Brewing, South Glens Falls. bikereg.com.

16 TOBIE: Ultimate Adirondack Gravel Tour. 35M/20M. Old Forge. 518-524-2292. cycleadironacks.com.

16 Sweat N' Spring Gravel Adventure. 60M. 8am. Ballston Lake. bikereg.com.

17 Farmer's Daughter Gravel Grinder. 65M. 9am. Crellin Town Park, Chatham. farmersdaughtergravelgrinder.com.

30 NatiFo Forty Gravel Race. 11am. Hector. 607-342-6098. mainstreetbikeshop.com.

31 NYS MTB Series #1: Williams Lake Classic. Williams Lake, Kingston. 845-658-7832. trtbicycles.com.

JUNE

13 25th Black Fly Challenge: Adirondack Gravel Grinder. 38.5M. 10am. Inlet to Indian Lake. blackflychallenge.com.

JULY

26 Ididaride: Adirondack Bike Tour. 55M road (new route): 9am. 23M gravel grinder: 10am. Gore Mountain Ski Bowl, North Creek. adk.org/ididaride.com.

HEALTH & FITNESS

ONGOING

Daily Rock Your Fitness: Total Body Training. 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.

29 Winter Wellness Day w/Theresa DeLorenzo. 9am-5pm. Cooking, nutrition, yoga, acupuncture, massage, hiking. The Hideaway, Saratoga Springs. nutrition4op.com.

HIKING, CLIMBING & SNOWSHOEING

MARCH

14 Winter Tree Walk or Snowshoe. 2M. 10am. Kinderhook Creek Preserve, East Nassau. Tom Phillips: 518-712-9211. Register: rensselaerplateau.org/winterevents.

14-15 Leave No Trace Workshop. Yurt Village, Lake Placid. Adirondack Mountain Club: 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.

29 Citizen Science Training Day. Adk Loj, Heart Lake Center, Lake Placid. ADK: 518-523-3480. adk.org.

APRIL

4 Catskills Great Outdoor Expo. 10am-5pm. Hiking, paddling, climbing. Exhibitors, demos, activities, clinics, sales. Best Western Hotel & Conference Center, Kingston. 845-586-2611. catskillcenter.org/outdoorexpo.

18 The 46 High Peaks Workshop. 9am. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

19 Map & Compass Fundamentals. 9am-4pm. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

26 Backcountry Cooking 101. 10am-2pm. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

11-12 Wilderness First Aid. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

MAY

2-3 Wilderness First Aid. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

9-10 Map & Compass Bushwhack. 9am. Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

14-17 Thru-Hiking 101. Long Lake to Lake Placid. Adirondack Mountain Club: 518-523-3480. adk.org.

JULY

5 Lake George Land Conservancy: Hike-A-Thon. 20 hiking sites & 2 paddles. Multiple locations. After Party: 11am-3pm. Charles Wood Festival Commons, Lake George Village. lakegeorgehikeathon.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIM ONGOING

Tue CDTC Summer Training Sessions: 5/26-8/25. 6pm. Swim, bike, run on Crystal Lake Triathlon course. Crystal Cove, Averill Park. cdtriclub.org.

Wed Vischer's Ferry Summer Time Trial Series. 5/27, 6/3, 6/10, 6/24 (not 6/17). 6:30pm. Also, Sun, 8/9: 14.5M time trial. Vischer's Ferry, Clifton Park. facebook.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.

29 March Classic Duathlon. Sprint: 2.2M run, 12M bike, 2.2M run. New York City. nytri.org.

APRIL

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

MAY

3 26th CDYMCA 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. cdyanca.org/races2020.

continued

OVERLOOK BICYCLES **EMERSON** **TITAN** **Salsa** **SCARTH** **TANGLEWOOD DOORS** **ISSI** **GIANT** **Zephyr Restaurant** **CATSKILL BREWERY** **BARRY PRICE ARCHITECTURE** **BEAVERDAM BUILDERS**

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Summer training sessions on the Crystal Lake Triathlon course Tuesdays May 26 – August 25
 Crystal Lake Triathlon – Sat, Aug 15
 Details: www.cdtriclub.org

9TH ANNUAL DELMAR DUATHLON

Run 2M - Cycle 10M - Run 2M
Sunday, April 26 - 8am
 Elm Avenue Park • Delmar, NY
 Fee: \$55 • Two-Person Team: \$70
 Limited to 300 & Age 18 or older

TownofBethlehem.org/307/Special-Events
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26TH ANNUAL ANYONE CAN TRI

SUNDAY, MAY 3
 8am • Southern Saratoga YMCA

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REGISTER TODAY!
www.CDYMCA.org/Race2020

CALENDAR OF EVENTS

CONT. FROM PG 19

- 9 Schenectady County Pedal-Paddle-Run. 8am. Aqueduct Park, Niskayuna. schenectadycounty.com.
- 16 The Rat Snake: Reverse Triathlon & Trail Run. 18K trail run, 29M bike, 26yd swim. Team triathlon & 18K trail run. 8am. Glimmerglass State Park, Cooperstown. theratsnake.com.
- 24 **16th Memorial Duathlon & 5K.** 8am. 5K run, 30K bike, 5K run. Individual or team. 5K run/walk: 8:20am. Saratoga Casino Hotel, Saratoga Springs. thememorialduathlon5k.com.
- 30 Cooperstown Triathlon. Sprint, aquabike & relay. 7am. Glimmerglass State Park, Cooperstown. coachmarkwilson.com.

JUNE

- 7 **11th Hudson Crossing Triathlon.** 500yd swim, 12M bike, 5K run. 8am. Ideal for newbies and competitive athletes. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.

AUGUST

- 15 **20th Crystal Lake Triathlon & Aquabike.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 16 **8th Peasantman Steel Distance Triathlons.** Full, Half, Relay, Intermediate, Aqua Bike, Sprint or new Duathlon. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

SEPTEMBER

- 5-6 **15th Lake George Triathlon Festival.** Sat: Lake George Tri (Olympic) & Aquabike. Sun: Big George Tri (70.3) & Aquabike. King George: Olympic & 70.3. Prince George: Olympic & 70.3. Battlefield Park, Lake George. adkracemgmt.com.

OTHER EVENTS

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.** Fri 11am-8pm; Sat 10am-7pm; Sun 10am-5pm. Adirondack Sports Complex, Queensbury. 518-791-0070. thegreatupstateboatshow.com.

APRIL

- 18 Erie Canal Clean Sweep. 8am-12pm. Clean-up day. Putman Canal Store at Yankee Hill Lock, Amsterdam. ptny.org.
- 25 Clean-Up Day Along the Canal & Trail. 8:30am. Raking/cutting brush. Murray Park, Hudson Falls. 518-792-5363. feedercanal.org.

MAY

- 1 Unique Culinary Journey to benefit To Love A Child: Wild Game & Fish Dinner. Plus, cooking demos & tastings. Knights of Columbus, Saratoga Springs. Cindy Schmehl: 518-859-4424. toloveachild.net.
- 1-3 **Mother Daughter Weekend.** YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.
- 2 NYS Parks: I Love My Park Day. 8am-12pm. Various locations. ptny.org.
- 16 Kids to Parks Day. Various locations in NYS. kidstoparks.parktrust.org.
- 23 2020 Geocache Challenge Kick-Off. Memorial Day Weekend to Veterans Day. NYS Parks in Capital-Saratoga Region. geocaching.com.
- 31 **Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. camp.cdymca.org.

PADDLING: CANOE, KAYAK & ROW

ONGOING

- M/Tu/F Adult Learn to Row.** Learn safety, etiquette, basic skills/technique & excitement/fun of rowing. Sessions - #1: 5/4-29; #2: 6/1-26; #3: 8/3-28. 5:30-7am. ARC Boathouse, Albany. albanyrowingcenter.org.
- Mo-Fr Junior Rowing Summer Camps.** June-August. Rowing instruction, fun, fitness & teamwork for age 11-18. ARC Boathouse/Launch at Corning Preserve, Albany. albanyrowingcenter.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 **World Tour Paddling Film Festival & NFCT Fundraiser.** 6pm. Films, food, drinks, prizes, exhibits. Sponsored by Mountainman Outdoors to benefit Northern Forest Canoe Trail. Saratoga Subaru, Saratoga Springs. northernforestcanoe.org.
- 4 **Catskills Great Outdoor Expo.** 10am-5pm. Hiking, paddling, climbing. Exhibitors, demos, activities, clinics, sales. Best Western Hotel & Conference Center, Kingston. 845-586-2611. catskillcenter.org/outdoorexpo.
- 5 **47th Tenandeho Whitewater Derby.** 12pm. Tenandeho Creek: Coons Crossing Rd, Stillwater to Mechanicville. John Casey: 518-810-7579. tenandeho.org.
- 9 **World Tour Paddling Film Festival.** 7pm. Films, food, drinks, prizes. Sponsored by St. Lawrence Valley Paddlers. Fairfield Inn & Suites, Canton. slvpaddlers.org.
- 18 Wells Bridge Spring Canoe Race. 11.5M/13.5M. 10am. Oneonta to Wells Bridge. 607-432-0045. nypra.org.
- 19 **Little River Ramble Race.** College/Recreation: 2M. Kayak/Marathon: 6M. 1pm. Little River Boat Launch, Canton. slvpaddlers.org.



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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

More Info: 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

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SUNDAY MAY 24

- Duathlon - 5K run/30K bike/5K run Individual or Team
- Separate 5K run/walk

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Register now for best rates
Free event T-shirts to first 300 participants

Proceeds benefit our sight, hearing, diabetes, youth & community initiatives



20TH ANNIVERSARY!

CRYSTAL LAKE TRIATHLON



Registration includes **FREE 10-Week Training Plan!**

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

Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 15 • 8am
Limited to 300 racers • Aquabike is back
Register early for best price
Register by 7/15 for awesome swag!

Register & Info:
cdtriclub.org

- 25 Albany Rowing Center: Open House.** 10am-12pm. Learn more & join the Learn to Row program. ARC Boathouse/Launch at Corning Preserve, Albany. albanyrowingcenter.org.
- 25 Middleburgh Slaughter Kayak/Canoe Regatta.** 5M. 11am. Fultonham to Timothy Murphy Park, Middleburgh. middleburghrotaryny.org.
- 25 50th Wappingers Creek Water Derby.** 8M. 8am. Pleasantville to Greenvale Recreation Park, Poughkeepsie. aquaticexplorers.org.
- 25-26 Saratoga Paddlefest & Outdoor Expo.** On-water canoe, kayak, outdoor gear & clothing sale. Mountainman Outdoors on Fish Creek & Broadway, Saratoga Springs. 518-584-0600. mountainmanoutdoors.com.

MAY

- 2-3 63rd Hudson River Whitewater Derby.** North Creek's premier spring event for canoe and kayak racing. New race format. Sat, 11am: Slalom Races start along Route 28 in North River with shorter all whitewater course on lower half of previous race course. A two-run race, just like alpine ski racing. Exciting spectator-friendly format. Sun, 11am: Downriver Race. North Creek to Riparius, with 7.5M of racing and river excitement. 518-251-0829. whitewaterderby.com. visitnorthcreek.org.
- 2-3 59th Canton Canoe Race Weekend.** 14M/12M/8M. Competitive/recreational. Taylor Park, Canton. cantoncanoeweekend.org.
- 9-10 Adirondack Lakes & Trails: Canoe, Kayak & SUP Demo Days.** 10am-3pm. Try, learn & buy. Lake Colby Beach, Saranac Lake. 518-891-7450. adirondackoutfitters.com.
- 15-17 Adirondack Paddlefest & Outdoor Expo.** On-water canoe, kayak, outdoor gear & clothing sale. Mountainman Outdoors on Moose River, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 22-25 General Clinton Canoe Regatta.** 70M. World's longest single day flatwater canoe race. Susquehanna River from Cooperstown to Bainbridge. canoeregatta.org.

JUNE

- 6 National Learn to Row Day.** Learn more & join the Learn to Row program. ARC Boathouse/Launch at Corning Preserve, Albany. albanyrowingcenter.org.
- 6 Paddle the Mohawk Valley.** 5.5M. 9am. National Trails Day event. Locks & scenery. Lunch included. Schoharie Crossing Boat Launch, Fort Hunter to Port Jackson, Amsterdam. Erie Canalway National Heritage Corridor. Mona Caron: 518-237-7000 x204. paddlethemohawk.eventbrite.com.
- 19-21 2nd Adirondack Paddling Symposium.** Beginner, intermediate & advanced tracks for kayakers, canoeists, pack boaters & stand-up paddleboarders. 6/22: Guided Tour. Mountainman Outdoors, Old Forge. adkpaddlingsymposium.com.

JULY

- 5 Lake George Land Conservancy: Hike-A-Thon.** Two paddles: Jabe Pond & Northwest Bay. Twenty hiking sites. Registration closes: 6/12. After Party, 11am-2pm at Bolton Conservation Park, Bolton Landing. lakegeorgehikeathon.org.

RUNNING, TRAIL & SNOWSHOE RUNNING ONGOING

- Tu/Th/Sa Roundabout Runners Club: Weekly Runs.** Tue & Thu, 5:15am at Starbucks, Malta. Sat, 7am at Wired Coffee. roundaboutrunnersclub.com.
- We/Sa Fleet Feet Running Club Confirm time/location.** Fleet Feet, Albany (518-459-3338) & Malta (518-400-1213). fleetfeetalbany.com.

MARCH

- 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 Freihofer's Run for Women 5K: 10-Week Training Challenge.** Includes Training Challenge tech shirt, clinics & YMCA membership. Multiple site options: Albany, Colonie, Clifton Park, Guilderland, Delmar, Troy, East Greenbush & Saratoga Springs. Info/register: freihoferstrun.com.
- 16-6/2 Capital Region Heart Run/Walk: 12-Week 'Healthy for Good' 5K Training Program.** Mon: Colonie Town Park, Latham or Tue: The Crossings, Colonie. Info/register: capitalregionheartwalk.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.
- 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 HMRRC 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.
- 29 34th Shamrock Shuffle 5M Road Race.** 11am. Leprechaun 7/8-Mile Kids' Fun Run: 10am. Glens Falls High School, Glens Falls. 518-798-9393. adirondackrunners.org.
- 29 Fort to Fort 5K & 10K.** 10am. Kids' Fun Run: 9:30am. Rome Free Academy, Rome. romanrunners.com.

continued

11th annual

HUDSON CROSSING TRIATHLON



Ideal for newbies and competitive athletes!

Sunday, June 7

Hudson Crossing Park, Schuylerville
500yd Swim, 12M Bike, 5K Run
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A portion of proceeds benefit historic Hudson Crossing Park

10th annual



ICE BREAKER CHALLENGE

5K Run/Walk

to benefit the Albany Rowing Center

Race against ARC crew boats on the Hudson as runners/walkers travel out/back along Corning Preserve bike path

Saturday, March 28 - 10am
ARC Boathouse/Launch, Albany
\$30 by 3/27 or \$35 race day
Tech shirts to first 300 registered
Free 0.5-Mile Kids' Run (10-under), 9:30am
More info: icebreaker@albanyrowingcenter.org

Register: RunSignup.com

Visit albanyrowingcenter.org for details on all ARC programs and activities

Open House - Sat, April 25, 10am-12pm
Learn more and join the Learn to Row program

National Learn to Row Day - Sat, June 6
Junior Rowing Summer Camps - Rowing instruction, fun, fitness and teamwork for 6-12th grade (ages 11-18)

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

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
drswhf@yahoo.com

All entrants receive April Fool's T-shirt!

Reach 50,000

Sports, Health, Fitness, Recreation & Travel Enthusiasts Monthly!

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APRIL AD DEADLINE 3/31

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

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UPCOMING SESSIONS
3/9-4/25 • 4/27-6/6

M/W/F 5:15-6:15AM & 9:30-10:30AM
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**

CALENDAR OF EVENTS

CONT. FROM PG 21

MAY

APRIL

- 4 **41st April Fool's Race.** 10K race: 9am. 5K race/walk: 10:30am. 1M Kids' Race: 10am. Salem High School, Salem. aprilfoolsrace.com.
- 4 **5th Scotties Stampede 5K Run/Walk.** 9am. Ballston Spa Middle School, Ballston Spa. 518-884-7195. scottiesstampede.org.
- 4 Dirty Sneaker 5K. 11am. Kids' Race: 11:45am. Lunch: 12pm. Hurley Mountain Inn, Hurley. 845-242-3479. onteorarunners.org.
- 5 39th Skunk Cabbage Half Marathon & 10K. 10am. Barton Hall, Cornell University, Ithaca. fingerlakesrunners.org.
- 11 Breakneck Point Trail Runs. 26.2M/13.1M. 6:30am. University Settlement Camp, Beacon. rednewtracing.com.
- 11 Run Vermont: Half Marathon Unplugged. 9am. Waterfront Park, Burlington, VT. runvermont.org.
- 18 **West Mountain's Countryman Challenge 5K Obstacle Race.** 1pm. Individuals & teams of four. Course includes snow, water & mud. Post-race BBQ/beer. Kids' Obstacle Fun Run: 12pm. West Mountain, Queensbury. Info: westmtn.net. Register: active.com.
- 18 2nd Helderberg to Hudson Half Marathon. 8am. Albany County Rail Trail: Stephen Wallace Park, Voorheesville to Jennings Landing, Albany. helderbergtohudsonhalf.com.
- 18 Furry Fun 5K Run/Walk for People & Dogs. 9:15am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. peppertree.org.
- 18 Earth Day Half Marathon, Relay & 5K Run/Walk. Baldwinsville. willowhwc.com.
- 18 Bridge 2 Bridge 5-Mile Run. 9am. Spring Farm Trailhead at Mohonk Preserve, High Falls. shawangunkrunners.com.
- 18 The Maple Run: Half Marathon & 5K Run/Walk. 8:30am. St. Lawrence University, Canton. themaplerun.com.
- 18 42nd Rollin Irish Half Marathon. 9am. Essex Elementary School, Essex, VT. gmaa.run.
- 19 HMRRRC Delmar Dash 5-Miler. 9am. Bethlehem Middle School, Delmar. hmrrc.com.

- 19 SHAPE & Health Women's Half Marathon. 8am. Central Park, New York. nyrr.org.
- 19 24th Mutt Strut. 10am. Little River State Park, Waterbury, VT. cvrunners.org.
- 20 124th Boston Marathon. 9am. Hopkinton to Boylston Avenue, Boston, MA. baa.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 HMRRRC Bill Robinson Masters 10K.** 9am. For runners 40+. Guilderland High School, Guilderland. Jim Tierney: 518-869-5597. hmrrc.com.
- 25 **4th Together We Shall 5K Run/Walk.** 9am. Benefits Ainsley's Angels of the Northeast. 5366 Parkis Mills Road, Galway. ainsleysangels.org.
- 25 Rotary 5K Corporate Challenge. 10am. SUNY Adirondack, Queensbury. adirondackrunners.org.
- 25 Joseph Manupella Memorial 5K Run. 9:30am. Lansingburgh. lbgcfundraisers.org.
- 25 12th Grace 5K Race/Walk for Youth. 10am. 490 Ecker Hollow, Cobleskill. 518-301-5621. fieldsofgraceoutreach.org.
- 25 Earth Day 7K. 10am. Wachtmeister Field Station Outer Park, Canton. 315-229-5704. natureupnorth.org.
- 25 Spring Patriot 5K Run/Walk. 9:30am. Dobisky Center, Ogdensburg. 315-393-7904. northernrunner.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.
- 26 Health Walk at Run as One. 9am. Central Park, New York. nyrr.org.

- 2 **Have A Drink on Me 5K.** 10am. Save \$5 w/code by 3/28: ADKSPORTS. SingleCut Brewery, Clifton Park. singlecut5k.com.
- 2 **13th Joan Nicole Prince Home 5K Run & 1M Walk.** 9am. Central Park, Schenectady. 518-346-5471. joannicoleprincehome.org.
- 2 **Rotary's Run for the Roses 5K.** 9am. Part of Triple Crown Series. Johnstown. jessica@jfordcreates.org.
- 2 Mindful Mile & Fight Hunger 5K. 9am. University at Albany, Albany. 518-442-5956. ualbanydining.com/community.
- 2 Shark Shuffle 5K & Fun Run. 8:30am. Cook Park, Colonie. runsignup.com.
- 2 6th Demon Dash 5K. 9:30am. Hermon-DeKalb Central School, DeKalb Junction. 315-347-3442. hdcsk12.org.
- 3 **Plattsburgh Half Marathon, Relay, 10K & 5K.** Half/Relay/10K: 8am. 5K: 9am. City Recreation Center, NY Base Oval, Plattsburgh. plattsburghhalfmarathon.com.
- 3 **Sean's Run Weekend: Sean's Run.** Meghan's Mile Youth Race: 11:30am. Sean's 5K Run & Community Walk: 12pm. Festival feel & community support. Chatham High School, Chatham. seansrun.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.
- 3 Run to the Hills. 5K, 10K & Family 1M. Town Hall, Kingston. 845-332-0563. letsdothis.com.
- 3 Steve Zemianek Bennington Road Race. 3.8M & 10K. 10am. Bennington, VT. runreg.com.
- 3 Middlebury Maple Run Half Marathon. Plus, Relay & 3M. 9am. Middlebury, VT. 802-989-6980. middleburymaplerun.com.
- 9 **31st Prospect Mountain Road Race.** 5.67M uphill. 9am. Prospect Mountain, Lake George. adirondackrunners.org.
- 9 **14th CCRC 5K Run/Walk/BBQ.** 3pm. USATF-Adk Grand Prix Race. Christ Community Reformed Church, Clifton Park. ccrc-cpny.org.
- 9 **Summer Smith 5K Addiction Awareness Memorial Run.** 9:45am. Zumba Warmup: 9:20am. Guilderland High School, Guilderland Center. summersmith5k.com.

The Fifth Annual
SCOTTIES STAMPEDE
Saturday, April 4

Ballston Spa
5K
Run/Walk

Ballston Spa Middle School
On-site Registration 8:00 AM
Race Starts 9:00 AM

Pre-register: scottiesstampede.org
Pre-registration price:
Adults \$20 | Students \$10
Race shirt to first 300 | Timed by AREEP

8th Annual
Bacon Hill Bonanza
5K Race/Walk & 10K Race

Saturday, April 25, 10am
Bacon Hill Reformed Church
560 Rte 32, Schuylerville

Part of USATF Adk Grand Prix!
Homemade Pies to Age Group Winners!
First 300 receive short-sleeve performance shirt
Chip timing • USATF sanctioned
Kids' 1M Fun Run: 9:30am

baconhillbonanza.com
Proceeds: Bacon Hill Church repair fund & Hudson Crossing Park

40TH RUNNING - HMRRRC
BILL ROBINSON
Masters 10K

For runners 40 years and older
Saturday, April 25 • 9am

Guilderland High School
Meadowdale Rd, Guilderland Ctr
Register @ hmrrc.com

\$20 HMRRRC, \$22 non-members, \$25 race day
Top 3 in 5-year age groups to 80+ • HMRRRC GP race
Commemorative gift to first 75 registered
Post-race refreshments • Certified course
Jim Tierney: 869-5597 or runnerjmt@aol.com

4TH ANNUAL
SASHA'S
SUPERHERO RUN

5K Run/Walk
Sunday, April 26 - 10:30am
Tallmadge Park, Mechanicville

Kids' Fun Run at 10am (10-under free)

Bring your superhero attitude or wear superhero-inspired attire!
- Performance shirts to first 300 -
USATF certified • Groups/teams welcome
Albany Ronald McDonald House fundraiser to support families of ill children and honor parents of kids lost too soon
Entry & Info: Sashasrun.com

13th annual

Joan Nicole Prince Home
5K Run & 1 Mile Walk
Saturday, May 2 - 9am
Pavilion at Central Park, Schenectady

A family-friendly 5K run and 1-mile walk in scenic Central Park!

All proceeds support this care residence for terminally ill patients in need of a home in their final days. This Scotia Home is primarily staffed by volunteers and relies solely on community support for funding.

- Register by 4/13 for guaranteed race T-shirt
- Race photos posted for viewing and free download
- Shutterfly gift certificates to 5k age group winners & raffles!

Register: Active.com
or run/walk day: 7:30-8:30am
More Info/Entry Form:
Joannicoleprincehome.org
or (518) 346-5471
\$20 by 4/20 or \$25 after 4/20,
student/youth \$15, family (1 adult/kids) \$30

14TH ANNUAL
CCRC 5K Run/Walk/BBQ
and 1K Kids' Run
Saturday, May 9 • 3pm
Christ Community Reformed Church, 1010 Route 146, Clifton Park

CCRC hosted solely to promote well-being and healthy lifestyles in the community

- USATF Sanctioned 5K Race
- Family Team Competition
- 1K Kids' Run - 4:00pm
- BBQ chicken dinner - 4:15pm
- Huge prize drawing for all participants
- T-shirt to first 150 entrants
- Convenient afternoon start

Form: www.ccrc-cpny.org • Pat Glover: 518-852-5578 • pjglove@aol.com
Net proceeds benefit Under the Woods Foundation

HAVE A DRINK ON ME 5K

MAY 2 - 10 AM
SINGLECUT5K.COM

ADK 5K

SEPT. 19 - 10 AM
ADK5K.COM

SAVE \$5 WITH CODE **ADKSPORTS** BY MARCH 28

Literacy 5K Run/Walk
Sunday, May 3 • 10am
Schodack Island State Park
1 Schodack Island Way, Schodack Landing
Register: ZippyReg.com
\$30 registration; \$35 race day
Guided Nature Walk - 8:15 am;
Story Walk - 9:00 am • Youth Mile - 9:30 am
Run today. Tutor tomorrow.
Literacy Volunteers of Rensselaer County
(518) 244-4650 • Ivorc.org

Great Location, Events and Activities!

- 9 Towpath Trail Run 10K & 2M. 5:30pm. Marina, St. Johnsville. 518-568-7509. fmrrc.org.
- 9 Schoharie 5K Run/Walk. 9am. Court House, Schoharie. 315-427-3856. runsignup.com.
- 9 The Stampede 5K/10K. 10am. Maple City Trail, Ogdensburg. 315-355-1363. fredericremington.org.
- 9 Adamant Half Marathon. 10am. Community Club, Adamant, VT. cvrunners.org.
- 10 Mother-Lovin' 5K. 9:15am. Orenda Pavilion, Saratoga Spa State Park, Saratoga Springs. kellysangelinc.org.
- 14 Loudonville PTA: Lion Dash Family Fun Run 1M & 0.5M. 6pm. Loudonville. northcolonie.org/loudonville-elementary.
- 16 **2nd Malta Mile.** 10am. Malta Community Center, Malta. roundaboutrunnersclub.com.
- 16 **2nd Apple Blossom 5K Run/Walk.** Plus, Kids' Fun Run. Saratoga Apple, Schuylerville. saratogaplan.org.
- 16 **10th Kerry Hustle 5K - Color Run.** 9am. Kids' Dash: 10am. SMSA School. Glens Falls. active.com.
- 16 **Johnson Jog 5K.** 9am. Part of Triple Crown Series. Historic Johnson Hall, Johnstown. jessica@jfordcreates.org.
- 16 13th Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. saratoga.com.
- 16 Champlain Bridge 5K Cross Country Run. 10am. Crown Point State Historic Site, Crown Point. lachute.us.
- 16 Women's Run. 5K/10K. 8am. Dutchess Rail Trail, Van Wyck Trail Parking, Wappingers Falls. mhrrc.org.
- 17 **Team Billy Walk & Ride.** 3M Walk: 9am. Bike: 8:30am. Farmer's Market, High Rock Avenue, Saratoga Springs. 10M, 25M: Saratoga County. 50M Ride: Saratoga Battlefield. teambilly.org.
- 17 **Vermont Sun Half Marathon, 5K, 10K.** 9am. Branbury State Park, Salisbury, VT. vermontsun.com.
- 17 Run Like the Wind 5K Run/Walk. 10:30am. Liberty Square, Ellenville. ellenvillerunlikethewind.com.
- 17 Steel Rail Half Marathon & 8K. Adams, MA. steelrailhalfmarathon.com.

- 21 CDPHP Workforce Team Challenge. 6:25pm. Empire State Plaza, Albany. cdphpwtc.com.
- 23 **Tyner Trail Run.** 5K run/walk. Cole's Woods, Glens Falls. 518-791-7910. facebook.com/sodakyl.
- 23 45th Voorheesville Memorial Day 15K. 12:15pm. Plus, 3.2K Run/Walk. Voorheesville. 518-505-6991. hmrrc.com.
- 24 **16th Memorial Duathlon & 5K.** 8am. 5K run, 30K bike, 5K run. Individual or team. 5K run/walk: 8:20am. Saratoga Casino Hotel, Saratoga Springs. thememorialduathlon5k.com.
- 24 Woodstock Races. 15K: 8am. 5K: 8:45am. 1700 Sawkill Road, Woodstock. onteorarunners.org.
- 24 Vermont City Marathon & Relay. 7am. Battery Park, Burlington, VT. runvermont.org.
- 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.
- 30 Run 4 Garrett. 5K, 10K & 13.1M. 8am. Sackets Harbor. garrettsfund.org.
- 30 Cayuga Trails 50M & 50K Trail Runs. Robert Treman State Park, Ithaca. rednewtracing.com.
- 31 Kelsey's Promise 5K Run/Walk. 9am. Averill Park High School, Averill Park. 518-428-0778. kelseyspromise.org.

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.
- 6 **9th Tuff eNuff 5K Obstacle Course Challenge.** Teens & Adults 5K: 9:15am. Kids 1M Obstacle Fun Run: 8:30am. Teams/Individuals. BOCES Campus, Saratoga Springs. Jill Fahey: 518-581-1230. preventioncouncil.org/tuff-enuff.
- 7 **Capital Region Heart Walk & Run.** Run: 8:30am. Walk: 10:45am. Physical Education Building, UAlbany, Albany. capitalregionheartwalk.org.
- 13 **6th Good Karma 5K Run/Walk.** 9:30am. Kids' Fun Run: 9am. Yoga Warmup: 9:15am. Indian food, henna. The Crossings, Colonie. Mona Caron: 518-429-9068. goodkarmanry.org.

- 14 **Capital Region Tour de Cure.** 5K Run/Walk - 11am. Bike - 10M 10am; 30M 9am; 50M 7:30am; 62.5M 7:30am; 100M: 6:30am. Saratoga County Fairgrounds, Ballston Spa. ADA: 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 Mountain, 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

- 19 **ADK 5K.** 10am. Save \$5 w/code by 3/28: ADKSPORTS. Adirondack Pub & Brewery, Lake George. adk5k.com.
- 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.

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

Dr. Brad Elliott
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 677 Plank Rd. Clifton Park
(518) 383-4889

Join us for the 31st annual running of this classic race!

Prospect Mountain ROAD RACE
Saturday, May 9 • 9:00am Start
 Lake George Forum, 2200 Route 9, Lake George

Run 5.67 miles, 1,601 feet up Prospect Mountain - Just one hill!

Adirondack Runners \$24
 Non-Member \$27 • Race Day \$30
 Commemorative shirt guaranteed to first 125 registered
 Register: **active.com**
 Race Day: LG Forum 7-8:30am

More Info: www.adirondackrunners.org or cifonedesigns@aol.com
 Benefits Michelle Lafontaine SUNY Adirondack Nursing Scholarship Fund & Under the Woods Foundation

JOIN US FOR OUR 16th ANNUAL

THE MEMORIAL DUATHLON & 5K
 SARATOGA SPRINGS LIONS CLUB

SUNDAY MAY 24

- Duathlon - 5K run/30K bike/5K run Individual or Team
- Separate 5K run/walk

www.thememorialduathlon5k.com

Register now for best rates
 Free event T-shirts to first 300 participants

Proceeds benefit our sight, hearing, diabetes, youth & community initiatives



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

5th annual

Summer Smith 5K
Addiction Awareness Memorial Run/Walk
 Run the race... Stop the Stigma!

Saturday, May 9 at 9:45am • Guilderland High School, 8 School Rd
 Memory Ceremony at 9:00am • Certified course • Walkers welcome
 T-shirts to first 250 registered • Kids' 1/4M Fun Run: 9:30am • Bounce house

Register now: **SummerSmith5k.com**
 Proceeds benefit Addictions Care Center of Albany, Schenectady YWCA, FOR-NY and GRASP (Grief Recovery After Substance Passing)

Adirondack MARATHON
 DISTANCE FESTIVAL
 presents

Adirondack Marathon, Half Marathon and Relays
Sunday, Sept. 27 - Around beautiful Schroon Lake!
Register Early and Start Training Now!
AdirondackMarathon.org
 Made possible, in part, by Warren County occupancy tax money granted from towns of Chester and Horicon





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- Watersports • Longboards
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Peter Harris Plaza, 1.6M west of I-87
(518) 785-6587 • PlayItAgainSportsLatham.com
Monday-Saturday: 10am-9pm & Sunday: 11am-5pm

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2 Executive Park Dr, Albany | 518-456-4200 | CenterForPreventiveMedicine.com





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North Country Subaru
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(518) 798-1577 • NorthCountrySubaru.com



10th run for women TRAINING CHALLENGE

Don't run alone.

Join the challenge.

TRAINING SITE OPTIONS:
Choose one of the days/times that works for you.

MONDAY TRAINING

- THE ALBANY CORNING PRESERVE
Jennings Landing - 6:30 a.m.
- THE CROSSINGS OF COLONIE
580 Albany Shaker Road - 1 p.m. or 6 p.m.

WEDNESDAY TRAINING

- SOUTHERN SARATOGA YMCA
1 Wall Street, Clifton Park - 6 p.m.
- 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.

THURSDAY TRAINING

- iRunLocal
425 Broadway, Saratoga Springs - 6 p.m.

GROUP SESSION
Saturdays at 8:30 a.m. at Colonie Town Park.

Running with others is always more fun! Prepare for the 42nd Freihofer's Run for Women on Saturday, May 30 at 9 a.m. on Washington Avenue in downtown Albany by joining the Training Challenge.

The 10th Freihofer's Training Challenge starts on Monday, March 16 with groups for all abilities. The 10-week program costs \$55 and includes a Training Challenge tech shirt, clinics on strength training, nutrition, run form, injury prevention and more.

Our partners are offering great perks like a 10-week CDYMCA membership.

Training Challenge registrants select one Training Challenge site (at a time that works for them) on Monday/Wednesday/Thursday. Everyone then completes a second workout on their own during the week. The third weekly workout session will be held in a group format on Saturdays at 8:30 a.m. at Colonie Town Park (71 Schermerhorn Road, Cohoes).

Sign-ups accepted through March 30.

For more information and to register, visit freihoferstrun.com.

BE SURE TO FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS!






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APRIL 4

biking
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CATSKILLS

GREAT OUTDOOR EXPO

BEST WESTERN + CONFERENCE CENTER

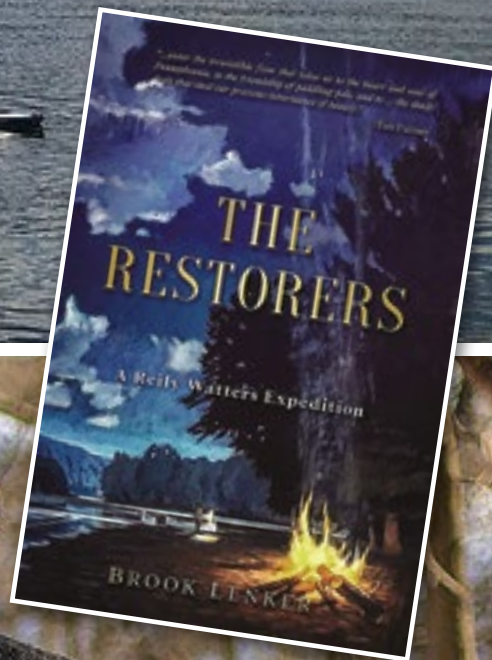
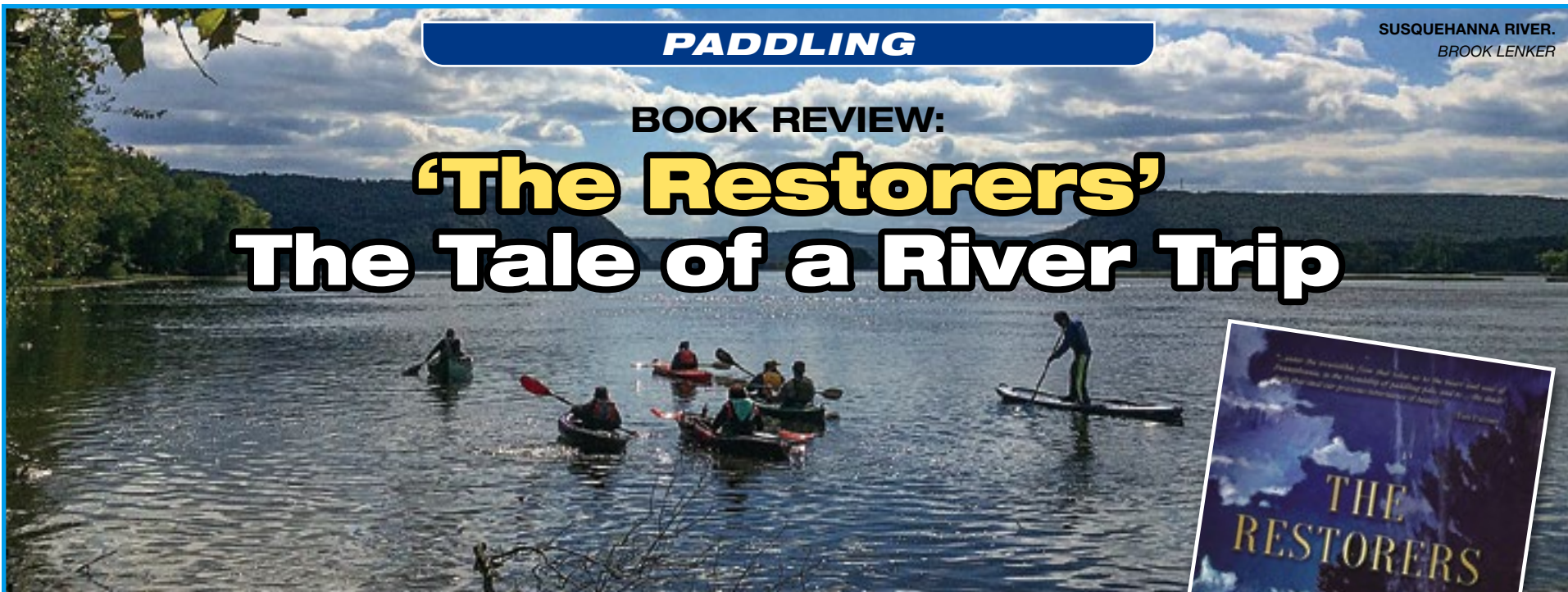
KINGSTON, NY

CATSKILLCENTER.ORG/OUTDOOREXPO

PADDLING

SUSQUEHANNA RIVER.
BROOK LENKER

BOOK REVIEW:
'The Restorers'
The Tale of a River Trip



By Alan Mapes

People who love rivers will find interesting ways to protect those rivers. One way to draw attention to a great river is to take part in a multiday paddling trip. Brook Lenker found a new twist on that theme - he's written a novel based on a long river trip. His new book, "The Restorers," is set on the Susquehanna River and features a 556-mile trip called the "Odyssey." This imagined paddle trip makes a great backdrop for the camaraderie, humor and romance between the crew of paddlers. It also makes a great way to share the author's love of the river.

Brooke Lenker clearly knows about rivers and river paddling trips. The author grew up exploring the waters of Pennsylvania and has spent much of his work-life protecting them through education and advocacy. He worked for the Pennsylvania Department of Conservation and Natural Resources as its Manager of Education and Outreach. He currently is Executive Director of FracTracker Alliance, addressing the human health and environmental risks of oil and gas development across the country.

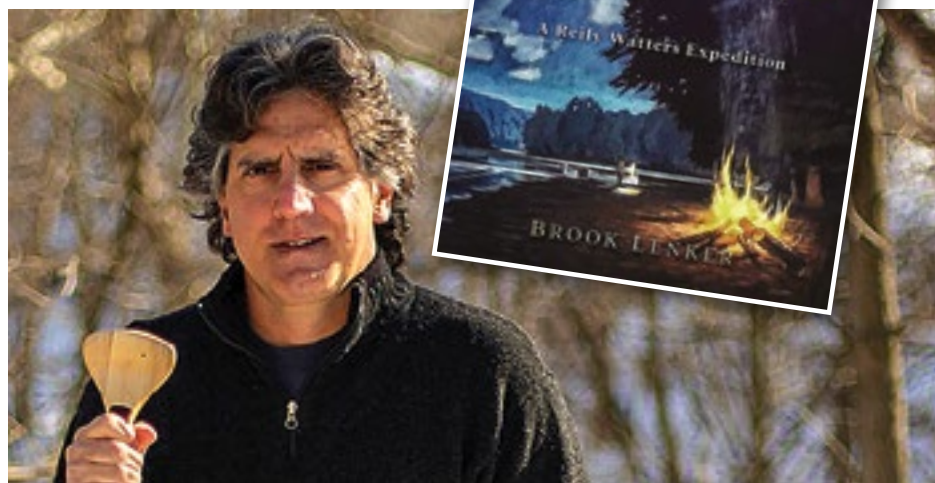
Things happen on river paddling trips, especially on long multiday trips with large groups of people. I saw this firsthand on my own "Great Hudson River Paddle" trip.

The central character in Brook Lenker's new novel, Reily Watters, finds lots of things happening on his paddle from Cooperstown to Havre de Grace at the head of the Chesapeake Bay. Old friendships are strengthened and new ones forged, people fall in love, and sinister forces are afoot.

Reily's trip on the Susquehanna River may be drawn from the actual river trips that were conducted each year for a longtime under the name "Susquehanna Sojourn." The sojourn trips were somewhat less epic, featuring different sections of the 444-mile river each year.

My own river trip covered 140 miles in ten days, but the feel of the trip was similar. The group was up early and on the water. We shared dinners and breakfasts together, hosted by communities and environmental organizations along the way. Camping each night was arranged at riverfront parks. The author nicely captures my favorite part of a paddle trip - the chance to chat with and get to know new people each day as they paddle up beside your boat and travel next to you for a while.

As the book follows the river trip, it features a conservation struggle involving plans to develop a second home community on a sensitive ridge overlooking the river. Many forces come into play - a developer of questionable standards, a construction



outfit with big city connections, and small-town politicians.

Mr. Lenker does a great job at capturing the mood of a trip like this, the human interactions, the splendor of nature all around, and the transformations felt by the participants as they paddle long days, camp each night, and socialize in the evenings.

Published by Year of the Book Press, "The Restorers" is available at Amazon.com or from the author at brooklenker.com. Better yet, you can get a copy and chat with Brook at the upcoming Adirondack Sports Summer Expo at the Saratoga Springs City Center on March 21-22.

Real-life guided river trips are huge productions to organize. Neither the Susquehanna River nor Hudson River trips are running this year, but people interested in a similar trip should check out the Delaware River Sojourn at delawareriversojourn.com. That trip will be June 20-29 this year from Hancock, NY to Riegelsville, NJ. 📍

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SPORTS & RECREATION



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STRIDE Adaptive Sports

Going for Gold Every Day

By Linda Waxman Finkle

"1,2,3, Gallos!" shouted the Capital District Sled Warriors as they huddled together, prepping to go for the gold medal game. The seasoned sled hockey team, which had won silver the year before, belted the cheer the entire weekend of the 2020 Empire State Winter Games, acknowledging the tremendous contributions of the Gallo family who couldn't be there. Equipment manager Don Gallo and his wife, who had made all of the food for the weekend, were home with their son, Derek, who was born with spina bifida, and was one of the team's best players. He'd recently broken a hip after slipping in the driveway, and the team wanted to make sure that they came through loud and clear – all the way from Lake Placid.

That's the permeating vibe at STRIDE Adaptive Sports in West Sand Lake. With a full-time staff of just four, and almost 900 committed volunteers, STRIDE offers 18 different sports – including tennis, golf, skiing, dance and swimming – in 28 locations throughout three states. Focusing on individual lifelong sports, with a few exceptions like Sled Hockey and competitive opportunities such as Special Olympics in many sports, their mission is to "educate and empower those with disabilities in life-changing sport and recreation programs to sustain active, healthy and fun lifestyles."

Kim Wilson, a mom of twins, one born with cerebral palsy who is also on the team, is another critical volunteer who would regularly drive to Rochester to borrow sleds from a team there before they had their own. Students at the Isabelle School of Dance in East Greenbush consider it a "rite of passage" to teach at STRIDE. And companies and organizations like Regeneron, Empire Blue Cross, and the Delmar Fire Dept. actively encourage their employees to get involved.

Founded 35 years ago by Mary Ellen Whitney, an adaptive physical education teacher with BOCES, who was troubled by the lack of afterschool activities – including sports, clubs and dances – for the kids whom she served, she started with skiing, giving free lessons at Maple Ski Ridge near Schenectady. Taking kids tent camping in the summer and bowling were next. Today, STRIDE utilizes over 350 trained sports instructors to offer over 11,000 free adaptive



CAPITAL DISTRICT SLED WARRIORS AND SILVER MEDALISTS, MOUNTAIN WARRIORS, AT THE 2020 EMPIRE STATE WINTER GAMES.

lessons annually to those with a diagnosis of a physical, cognitive or mental impairment, including speech delay, dementia, and fetal alcohol syndrome. And, it's not just for kids anymore – their most "mature" athlete is in her 70s, has multiple sclerosis, had a stroke, and sit-skis.

Program Director Megan Evans discussed the hidden challenges that the athletes face. "These individuals will generally make \$10,000 less per year in salary, and have two times the rate of unemployment. Besides the socialization aspect, being involved helps them to stay fit and fight diseases like diabetes."

And, that involvement continues to grow. Last year, 152 new athletes signed on for programs, 2,400 families were served, a Discovery Day was held for Bocce – the process for introducing any new sport – and over 51,000 volunteer hours were recorded.

Most exciting, was the completion of the new 5,500-square-foot SHARE Center. "We want this to be a community center," said Megan, "We'll have Zumba, yoga, and fitness classes available." The center also houses a wounded warrior/family lounge, a multimedia conference room, and the Capital Region's first adaptive fitness gym. "Because of several grants including one from the Christopher and Dana Reeve Foundation, they'll have Cybex weightlifting equipment and an anti-gravity treadmill here," she explained.

STRIDE receives no government funding, raising all of its dollars from corporate and individual gifts, grants, in-kind donations, and several unique fundraisers, including the 100K Vertical Challenge at Jiminy Peak and its new Brewfest. Original ideas for programs are always welcomed, with 'Warrior Wednesdays' for veterans just added to the schedule. Last year, 115 veter-

ans participated in programs, and this one, which features a mindfulness and meditation class, promises to be a big hit.

So, what challenges does such a successful organization face? "Our swim program needs more volunteers," Megan offered.

"Swimming is huge in the adaptive world, not just for participation, but because of safety. Some with disabilities are drawn to the water, so we need to make sure that they're safe around it." Another issue is finding teachers for new sports. "As a figure skater, I'd love to find someone interested in and qualified to teach, but that's not always possible," she said. "And our hockey team needs a corporate partner for the costly expenses of tournaments and travel."

The Sled Warriors stayed at Whiteface Lodge, enjoying the open common areas, and being in the Olympic village. They went on to win gold, with team member, Natasha, who had never scored before, delivering the winning goal. The following week, Assemblyman Jake Ashby welcomed them to the NYS Capitol, where they were honored by all there. These wonderful achievements were just the latest realization of one of the lines of the STRIDE athlete's creed: I will not say or think the words 'I can't.' Clearly, each one of these incredible athletes showed us that they can, and STRIDE Adaptive Sports is a very big part of that. 🌲

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.

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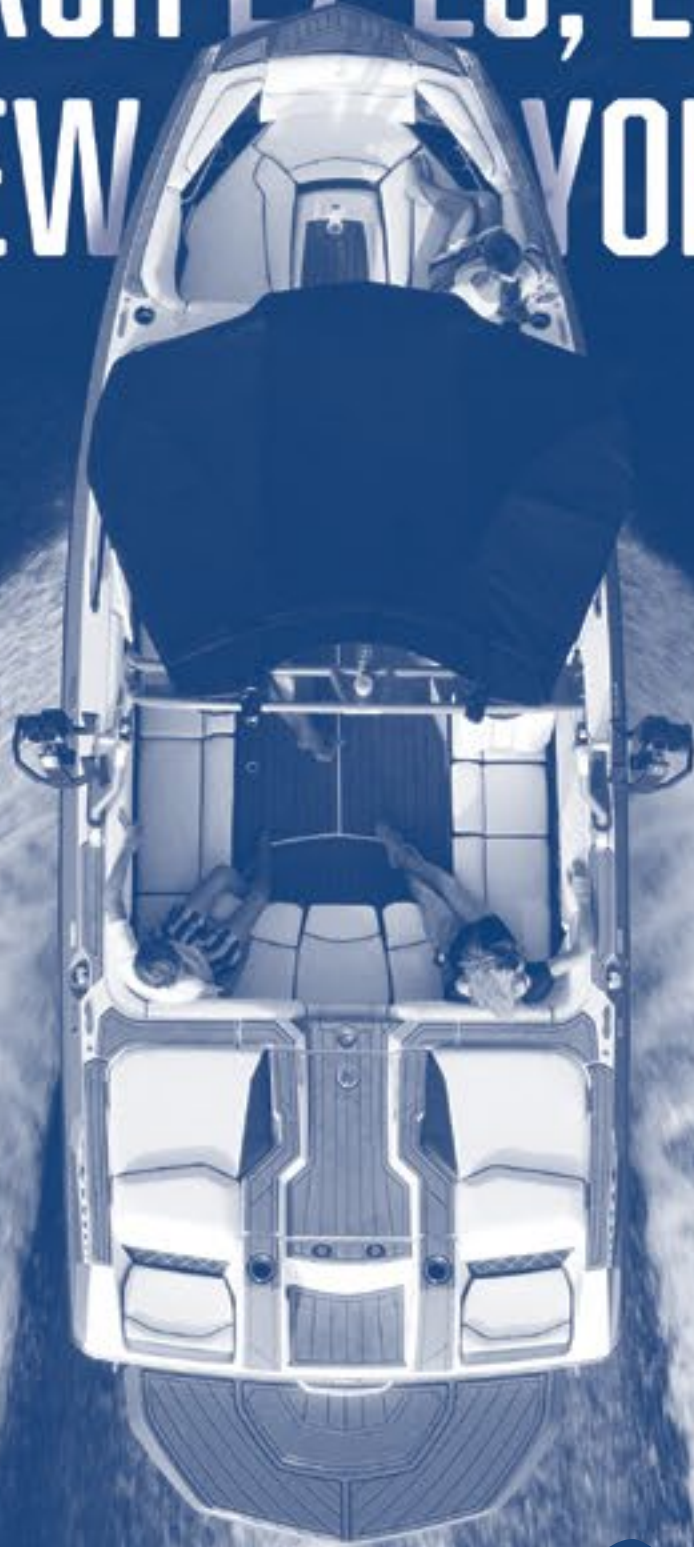
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