

COVERING
UPSTATE NY
SINCE 2000

ADIRONDACK

SPORTS

FREE!
JUNE
2020

Celebrating
20
Years!

Pack Canoes



PLACID BOATWORKS OWNER, MAVERICK, BEING CHAUFFEURED IN A 15' RAPIDFIRE. UNLIKE KAYAKS, PACK CANOES MAKE IT EASY TO TAKE YOUR BEST FRIEND ALONG. PLACID BOATWORKS

CONTENTS

- 1 Paddling**
Pack Canoes: A Surging Trend
- 3 Bicycling**
Southern Adirondack Lakes: Hidden Gem of a Ride
- 5 News Briefs & From the Publisher**
- 7 Athlete Profile**
Running and Activism with Alice Green
- 8-9 Mountain Biking**
Salute to NICA's 2020 Graduates
- 11 Healthy Living**
We're All in this Together!
- 12-13 Hiking & Backpacking**
Pharaoh Mountain
- 14-19 CALENDAR OF EVENTS**
Find Races, Regional Events & Things to Do!
- 22 Non-Medicated Life**
A More Balanced Strategy for Covid-19
- 23 Great Walks & Day Hikes**
Empire Orienteering Club: Social Distancing Meets

A Surging Trend

By Alan Mapes

My first boat was a pack canoe, an Old Town Rushton 12-foot model, made of fiberglass and weighing 35 pounds. That was remarkably lightweight in the early 1970s. For the past 20 years, I've paddled sea kayaks, but this spring I returned to a pack canoe.

Henderson Lake was the turning point - a paddle trip there convinced me to get another pack canoe. Located on the southern edge of the High Peaks Wilderness, Henderson involves a 0.3-mile carry from the parking lot to the launching spot. Four of us set out to explore the gorgeous lake one day. Our companions had pack canoes weighing 12 and 19 pounds. My wife and I had our wood and fiberglass kit kayaks - lighter than most, but coming in at 37 and 45 pounds. Our friends, in their early 70s, each flipped a canoe up on a shoulder and strolled in the access trail.

My wife and I stacked our kayaks onto a set of portage wheels, with considerable difficulty, and pulled that rig, breathing hard, to the launch. That was the moment of decision, and this spring I got a 12-foot-long, 18-pound pack canoe.

What is a "pack canoe" and how did they come to be? It is a very lightweight, open topped, one-person canoe. It is paddled sitting down with legs forward, like a kayak. The paddler's seat is low to give stability, a couple of inches from the bottom of the boat. The boats often have kayak-style footpegs. The paddle is double-bladed, perhaps a bit longer than a kayak paddle. A "solo canoe" on the other hand, typically has a more normal, higher seat, and is usually paddled with a single-blade like you would use in a two-person boat.

Modern materials make it possible to make really light and strong small canoes. Kevlar and carbon fiber are now the order



THE SPITFIRE ULTRA WITH INTEGRAL GUNWALES WEIGHS IN AT 18 POUNDS INCLUDING SEAT, BACKBAND, FOOTPEGS. PLACID BOATWORKS

of the day, sometimes woven together, as with my boat. The popularity of pack canoes has been soaring, as many aging paddlers find that their canoes and kayaks are too heavy to get on and off a vehicle. For me in my late 60s, my beloved NDK Explorer at 60+ pounds, is a beast to handle when off the water.

Another reason for pack canoe popularity is the ability to explore backcountry lakes and ponds. Carries between ponds and hikes into remote trout ponds are so much better with a light canoe. Pack canoe history goes back to the late 1800s when author/adventurer George Washington Sears wanted to paddle and camp throughout the Adirondacks. The diminutive Sears had J. Henry Rushton, canoe maker extraordinaire in Canton make



HIKING CHALLENGE SCRATCH OFFS



peakquest.org

Go where you feel most alive



Take Your Fitness to the Next Level!



**All Models
In-Stock!**

FANTASTIC RIDING EXPERIENCE

- Comfortable** – Natural stand-up riding reduces stress on your neck/back and eliminates seat pain
- Fun to Ride** – Gives the feeling of “running on air”
- Low-Impact** – Very gentle on your joints
- Great Visibility** – Higher riding position makes it easier for you to see and be seen

GREAT WORKOUT

- Fat Burner** – Burns 33% more calories than a traditional bicycle; a better workout in less time
- Full-Body Conditioning** – Engages your core and upper body in addition to your legs
- Weight-Bearing Exercise** – Increases your heart rate and is good for bone density



TREMENDOUS VERSATILITY

- Indoor/Outdoor Solution** – Train year-round on the road, trail or stationary trainer
- One Size Fits All** – Fits a wide range of riders with quick, easy adjustments
- Multiple Foot Positions** – Target different muscle groups while keeping your feet comfortable
- Portable** – Can fit inside most vehicles and on roof, trunk or hitch racks
- Fits Your Riding Style** – Gearing makes it great for cruising, sprinting the flats, or climbing hills



GET PHOTOS, PRICES AND MORE:
ELLIPTIGO.COM
See, touch, test, rent, buy: AdirondackElliptiGO@gmail.com
403 West Bay Plaza, Plattsburgh • 518-310-7030



Facebook.com/
AdirondackElliptiGO
Adirondack ElliptiGO Day
(ride/lunch/rental): Sept 5



By Dave Kraus

It's been a long couple of socially distanced months for all of us. "Stay home!" and "Flatten the curve!" flash from portable signboards along the highway. Only now are upstate enthusiasts getting back out together to enjoy their favorite outdoor sports. But even now, social distancing is still a priority.

If you're a cyclist looking for someplace new to socially distance on your bike, then head out to the Pine-Canada-Caroga lakes and Piseco Lake area to experience this hidden gem of a ride through some of the nicest scenery you're going to find in the Adirondack Mountains. It's not near a well-known tourist route or a large population center, and that's the beauty of it. Despite being just 20 miles north of the NYS Thruway, this region has kept its quiet rural character.

Start your 50-mile, round-trip ramble by parking at the beach in the small hamlet of Pine Lake. There's plenty of space, and the small food concession at the beach may be open for post-ride snacks. Or stop by the deli at the Canada Lake Store & Marine to pick-up food and picnic supplies on your way north on NY Routes 10 and 29A.

Mount your bike, take a couple of quick right turns out of the beach area, and you're headed north on Route 10 out of town. Keep an eye out for the giant spider on your left as you ride. It's a great spot to stop for a celebratory photo when you're almost done.

Route 10 is recently paved, with wide shoulders tailor-made for cruising on a bike. At mile three you'll pass Stoner Lake. It's named for famous early woodsman Nick Stoner, who made some of the first maps of this remote wilderness area in the early 1800s. As you continue north, you'll pass through the hamlet of Arietta, one of several small towns founded by Rensselaer Van Rensselaer of Albany. In the early 1800s, Arietta boasted a hotel, a blacksmith shop and a general store. But today there's only a few houses left.

From here northward on Route 10, the wilderness takes over as you cruise through forests, past green hills, and along the valley of the West Branch of the Sacandaga River. The road snakes back and forth through the trees, and there's no shortage of peace and quiet. There are ponds and trails in the surrounding forest, and the regular paved turnouts at trailheads along the highway provide handy places to stop and take a break.

Just before mile 17 you reach the bridge over the outlet from Piseco Lake, and it's only a short distance to your next turn, a left onto NY Route 8 going west. There are more vehicles here, but the road still has a wide shoulder, and it's only about three miles until the next turn - a right onto Old Piseco Road that will take you north and east around the lake. This road has also been repaved recently, and it's smooth riding.

There are plenty of views of beautiful Piseco Lake as you ride, and finally there are more houses, most of them seasonal camps. In the 1800s, logging and tanning provided prosperity to Piseco. But once all the trees had been cut, those industries left, and tourism became the main driver of the area economy. Today this community has few year-round residents, but the population swells in the summer. The lake gained its name in the early 1800s from a surveyor, Joshua Brown, who named it after an Indian named "Pezeeko" who lived on the western shore.

Along this road are two NYS DEC campgrounds, Point Comfort and Little Sand Point, and a bit farther north is the combined day use and camping area at Poplar Point. Each provides a chance to stop, walk your bike down to the beach, and take a break to enjoy the clear water, blue skies and fresh breezes.



■ THIS ROUTE PASSES THROUGH LARGE SECTIONS OF FORESTS WHERE THE ROAD TWISTS AND TURNS. ■ DAVE KRAUS STOPS FOR A REST IN PINE LAKE, SEEMINGLY UNAWARE THAT HE HAS COMPANY. ■ ADAM BERMAS, RUTH MORROW, AND MARK LURZ ALONG THE WEST BRANCH SACANDAGA RIVER ON ROUTE 10. ■ DAVE BEALS RIDES PAST THE PISECO LAKE OUTLET.

After another mile you'll see the historic Irondequoit Inn, a mainstay of Piseco tourism since 1892. A bit further along is the post office, small airport and small community. Then you're back to a right turn on Route 8 to head back toward Pine Lake. One more turn, left onto Route 10 south, and you start retracing your pedal strokes.

As you head south you get a whole new view of this historic and beautiful area. Just before mile 44, make a note to return later to explore Good Luck Lake and Good Luck Mountain from the roadside hiking trailhead, or just down the road to launch your kayak or canoe at the bridge over the West Branch of the Sacandaga River.

Before you know it, you're once again passing through Arietta and shortly on the outskirts of Pine Lake, where that giant spider is still waiting on the roof for you. As you head back, enjoy a celebratory meal at the Nick Stoner Inn & 19th Hole (adjacent to the golf course) restaurant/pub in Caroga

Lake, or Stump City Brewing in Gloversville for a Dagwood Light, Cayadutta Cream Ale or Milkshake IPA.

There may not be giant mountains, Olympic arenas, or steamboat parasailing in this quiet corner of the Adirondacks. But there are open, lightly traveled roads, beautiful scenery and friendly people. It's a chance to get reacquainted with the true joy of cycling - and the true charms of the Adirondacks.

Some businesses may still have reduced business hours and/or services so check online or call them to confirm. When you go, please support local businesses. If you want a route map, visit: ridewithgps.com/routes/32473352. ▲

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer, and writer who is always looking for new, interesting routes to experience the outdoors in upstate New York. Visit his website at KrausGrafik.com.



Placid Planet BICYCLES



Great stock of Santa Cruz mountain bikes

Available to test ride and take home with you!

SANTA CRUZ | SPECIALIZED
CERVELO | TREK | JULIANA

We also carry E-Bikes!

2242 SARANAC AVE | LAKE PLACID | 518-523-4128
PLACIDPLANET.COM



**The best-selling all-wheel
drive cars in America
for the past 25 years**



North Country Subaru
616 Quaker Rd, Queensbury

(518) 798-1577 • NorthCountrySubaru.com

NEW YORK'S LARGEST CANOE, KAYAK & SUP DEALER

Over 1,000 Models in Stock!

Recreational & Touring Kayaks • Fishing & Sit-on-top Kayaks • Youth Kayaks • Whitewater Kayaks • SUPs • Canoes



Rt. 28, Old Forge: 315-369-6672 • 251 County Rd. 67, Saratoga Springs: 518-584-0600

News Briefs

HMRRC Awards Scholarships

ALBANY - Hudson Mohawk Road Runners Club announced the six 2020 high school seniors who won the Bill Shrader Sr. Memorial \$3,000 scholarships. They encourage and support young runners to make it a lifelong part of a healthy lifestyle. The scholarships are awarded annually to Section 2 runners who are planning to attend college full-time. They're evaluated based on running experience, extracurricular activities, reference letters, and an essay on the importance of running in their lives. They were selected by HMRRC's scholarship committee from 52 applicants at 32 different schools.

Quinn Collins of Greenwich Central High School was named Wasaren League All Star for every season she participated in track and cross country and was twice a Times Union Indoor Track Section 2 All Star for the 600m. She qualified for the state meet four times in cross country and three times in indoor (600m and 1000m) and outdoor track (800m and 4x800m relay), and she won the 2019 Division 2 800m state champ in outdoor track! She's won two team XC state championship titles and earned several team and individual titles in Section 2 for indoor and outdoor track (600m, 1000m, 400m, 800m, 4x400m, 4x800m) and XC. She is also a two-time New Balance Nationals qualifier (freshman 400m and championship 4x1mile relay). This scholar-athlete (Math League, Spanish Club, National Honor Society) was a participant in the World Food Prize Global and NYS Youth Institute, and a volunteer for Special Olympics and Relay for Life. Quinn is headed to the U.S. Military Academy where she'll run XC and track.

Faith DeMars of Ballston Spa High School served as team captain for XC, indoor and outdoor track in her junior and senior years. She's been named a Suburban Council All Star in XC and track, and named to the NY Sportswriters Association All State XC team. She holds eight Ballston Spa High School records in XC and track and has been named her school's MVP multiple times in all three sports. One of her specialties is the 2K steeplechase, where she's won sectionals three times, medaled twice at the state meet, placed in the top 10 at the New Balance Nationals, and won the 2017 USATF Junior Olympic National Championship title! Another specialty is the longer distance indoor events, as she holds the 2020 Section 2 title in the 1500m and 1000m. She's medaled at the state indoor meet twice each for the 3000M and 1500m. Faith has twice earned medals at the NYS XC meet and once at the NY Federation meet. This scholar-athlete (National Honor Society) has participated in the American Legion Auxiliary Empire Girls State program, serves as a children's ministry volunteer at her church, and is a volunteer coach with the Ballston Area Recreation Commission. Faith will run XC and track at Penn State University.

Jack Parsons of Guilderland High School won the freshman XC race at the 2016 Manhattan Invitational and was a team captain his senior year. He placed third at the 2019 Section 2 XC champs and 18th at the NYS Champs. He led his team to a second-place finish, the best in school history. He was named a Suburban Council All Star his junior and senior years, and he went to New Balance Nationals for



outdoor track, running as part of the 4x800 relay in his sophomore year. This scholar-athlete (National Honor Society) has held lead roles his junior and senior years with the Guilderland Players and has participated in the Chamber Choir. For two years he was involved with Model United Nations and for four years he played CYO basketball with his church. Jack will run XC and track while studying accounting/finance at Marist College.

Bryan Spence of Shenendehowa High School went from being most improved in indoor track his sophomore year to being MVP in XC his senior year. He was named a Suburban Council All-Star Athlete in XC his junior and senior years and was a first team Times Union All-Star in XC his senior year. His team won sectionals in XC twice. He also competed on the 4x1-mile relay at the New Balance Nationals in outdoor track. This National Honor Society member has earned the rank of Eagle Scout, where he built two regulation sized bocce ball courts for his parish as a scout project. He's been involved in school choir as well as playing piano, guitar and ukulele. Bryan will run XC and track at Siena College.

Brynne Wright of Greenwich Central High School has won five individual sectional titles in XC and placed second twice (Class D), third once (Class C), and fifth once (Class D) at the NYS XC Champs. Her team won the state title three times! She's been recognized by the Times Union multiple times as an All Star for XC and for the 2000m steeplechase, where she's twice participated in the New Balance Nationals meet and twice placed in the top 10 in the NYS outdoor track meet. She has a top-10 state finish in the 3000m race. In addition to all her running, Brynne is captain of the Saratoga YMCA Competitive Gymnastics Team, and part of the leadership team at Dunkley's Gymnastics Camp. This scholar-athlete (National Honor Society, Math League, French Club) is also involved in Helping Others, Providing Empathy Club. Brynne will run XC and track at the University of Rhode Island.

Lydia Ware of Averill Park High School has been part of six school-record breaking relay teams and has four school records of her own (100m outdoor, 200m outdoor, 55m indoor, 400m indoor). She's been to the state meet four times (twice for indoor and twice for outdoor track) and has been named an All Star by the Times Union and the Suburban Council. She was featured as WNYT Athlete of the Week and is part of the Capital District Sports Women of the Year Class of 2020. She's been honored as a NYS scholar-athlete for seven seasons and she's an active volunteer and member of Brunswick Church. Lydia plays soccer as well (Section 2 champions in 2018) and is in the school orchestra as a viola/violin player. Lydia will be a sprinter on the track team at Roberts Wesleyan College.

To see a full list of scholarship winners over the program's 21-year history, visit hmrc.com. ▲ -Jessica Northan

Track Your Hiking with Peakquest

SARANAC LAKE - Peakquest is the creator of the most unique and fun way to track your hiking progress. Each of their mountain scratch offs allows users to scratch away each peak after reaching the summit, record the date of the hike on the back of the card, and enjoy the epic journey to hiking challenge completion!

Mountain scratch offs are available for the following hiking challenges: Adirondack 46 High Peaks, Lake George 12ster, Fire Tower Challenge, Tri-Lakes Trifecta, Adk Fabulous 40, New Hampshire 48 4,000 Footers, Colorado Fourteeners, America's 50 Peak Quest.

All products can be purchased online at peakquest.org, as well as local retailers such as: Mountainman Outdoor Supply Company, Adirondack Mountain Club, Adirondack Loj at Heart Lake, Hoss's Country Corner, Cleverdale Country Store, Sparkle Lake Placid, Woods and Waters Saranac Lake. ▲

Adirondack ElliptiGO

PLATTSBURGH - Take your fitness to the next level with ElliptiGO stand-up and elliptical bicycles. Elliptical bikes combine the motion of an indoor elliptical trainer with the outdoor mobility of a traditional bike. They provide a fantastic riding experience, great workout, and tremendous versatility. The natural stand-up riding reduces stress on your neck/back and eliminates seat pain, the feeling of "running on air" that's gentle on your joints, and a higher riding position makes it easier for you to see and be seen.

ElliptiGO burns 33% more calories than a traditional bike for a leg workout in less time that also engages your core and upper body, and the weight-bearing exercise is good for bone density. You can train year-round on the road, trail or stationary trainer, the bike fits a wide range of riders, and it hits different muscle groups while keeping your feet comfortable. The gearing is good for cruising, sprinting or climbing, and the bike can fit inside or on most vehicles.

Get more info at elliptigo.com or arrange a test ride, rental or purchase at Adirondack ElliptiGO in Plattsburgh at adirondackelliptigo@gmail.com, 518-310-7030 or [facebook.com/adirondackelliptigo](https://www.facebook.com/adirondackelliptigo). Adirondack ElliptiGO Day is Saturday, Sept. 5 with a safe ride, lunch and rentals available. ▲

Gore 5K 4U Virtual Run

NORTH CREEK - Join the new Gore 5K 4U virtual run/walk from anywhere in the world. It takes place on Friday-Sunday, June 26-28. Anyone can participate in this free virtual event with categories for male/female, run/walk, and age groups. The rules and entry form are on goremountain.com or register at active.com. Identify your 5K route and submit your time by the deadline. All finishers will be entered to win Gore grand prizes including: Smith Outlier sunglasses, lift tickets, golf balls, Log Jam gift certificate, scenic skyride tickets, baseball caps, hoodies, winter accessories, packs and more. Placing runners and prize winners will be posted online by 6pm on June 29 and contacted directly. Good luck! ▲

FROM THE PUBLISHER

Adirondack Sports joins with those who call out systemic racism. We stand with African Americans and people of color including our readers, customers and their families. All of us need to be anti-racist and pro-equality.

Environmental and social justice are also linked - we must reduce inequality so that we all have access to clean air, water, land, and a healthy community. We must support grassroots groups in communities hardest hit by racial injustice, the climate crisis, environmental pollution, and now the pandemic. Let's also ensure that voting is safe and available to all citizens.

For 20 years, our magazine and expos have strived to promote healthy, active living in upstate New York, and inclusivity and equality is an important determinant of health. Going forward, we're committed to getting more involved with our communities of color to learn how we can better support them.

We all must be more aware of racism and social injustice, and actively do something about it. Nonviolent activism pushes progress.

Thank you,



Darryl

ADIRONDACK SPORTS
 Locally Owned & Independent
 Adirondack Sports & Fitness, LLC
 15 Coventry Drive, Clifton Park, NY 12065
 (518) 877-8788 • Fax (518) 877-0619
info@AdkSports.com
 Publisher/Editor/Founder: Darryl Caron
 Art Director: Karen Chapman
 Consulting Editor: Mona Caron
 Adirondack Sports is published 12 times per year with a monthly circulation of 18,000 copies. © 2020 Adirondack Sports & Fitness, LLC. All rights reserved. ♻️ Please recycle.
AdkSports.com
[Facebook.com/AdirondackSports](https://www.facebook.com/AdirondackSports)


ADIRONDACK SPORTS
 Enjoy what you're reading?
SUBSCRIBE TODAY!
 Have each issue mailed to you for only:
\$17.95 (1 year) \$32.95 (2 years) \$44.95 (3 years)
AdkSports.com/subscribe

WE ARE OPEN!



ALBANY • MALTA

Appointments are encouraged.
To schedule please visit:
www.fleetfeetalbany.com
We also accept limited walk-ins




Adirondack Marathon, Half Marathon and Relays

Sunday, Sept. 27 – Around beautiful Schroon Lake!

9am - Marathon 7am Marathon early bird start 2- & 4-Person Relay now on half marathon course	9am - Half Marathon New Schroon Lake out-and-back course (no buses)
---	---

IT'S A GO!

With changes for safety
See website for details



Save Money, Register Today!
AdirondackMarathon.org
 Registration supports four annual scholarships to local students
 Made possible, in part, by Warren County occupancy tax money granted from towns of Chester and Horicon

NOW VIRTUAL!

14th Annual



Firecracker 4

SARATOGA SPRINGS, NY

“Run Your Colors” Team Challenge
Charitable donation of your choice to largest team

Run/walk a 4-miler anywhere July 4th weekend or between 6/28 and 7/11

Also: Virtual 1/2-Mile Sparkler Kids’ Fun Run
Upload your results

Shirts & medals mailed out after 7/4
Weekly giveaways from sponsors for great swag

Supports: Veterans Business Council scholarship program, Pitney Meadows Community Farm trails project, Streaks Running Club, Racing City Running Club, Saratoga Children’s Museum.



Sponsors:
Michelob Ultra
Fleet Feet Malta
Power House Athletics
Hislop Coaching



Information & Registration:
Firecracker4.com

Virtual Lighthouse to Lookout International Challenge

525 MILES • 1,050 MILES • 225 MILES

MONTAUK TO MONTREAL

INTERNATIONAL VIRTUAL CHALLENGE

A summer goal for runners, walkers and cyclists to keep motivated and support charities



525-mile and 1,050-mile challenges cover from Montauk Lighthouse, Long Island to Mount Royal Park, Montreal

225-mile Albany to Montreal challenge
Run/Walk and Cyclist categories – Teams are encouraged

TEAMS Encouraged!

Complete the distance in 150 days from July 1 to Nov. 27
 Average miles per week: 25/week, 47/week or 10/week

Reaching milestones to earn badges – All receive 1/4-zip pullover and custom medal
 Complete bike and run or refer friends to earn a cool backpack

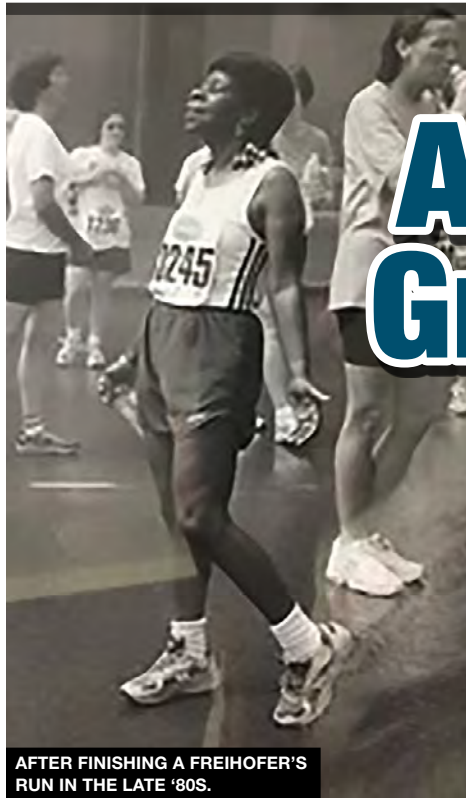
*To benefit Special Olympics and Ronald McDonald House
 Brought to you by the organizers of Firecracker 4*



More Info & Register Today!
runsignup.com/lighthouselookout

ATHLETE PROFILE

Alice Green



AFTER FINISHING A FREIHOFFER'S RUN IN THE LATE '80S.



HAVING FUN WITH TWO OF HER GRANDKIDS AT 2019 FREIHOFFER'S RUN. PAT HENDRICK/PATHENDRICK PHOTOGRAPHY.COM

By Jack Rightmyer

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

—Martin Luther King Jr.

RESIDENCE: Albany
HOMETOWN: Witherbee
FAMILY: Husband Charles Touhey, Son, Daughter, and three granddaughters
OCCUPATION: PhD in Criminal Justice; Executive Director for the Center of Law and Justice in Albany
SPORT: Running



MICHAEL ERIC DYSON WHEN HE SPOKE AT SUNY ALBANY.

Dr. Alice Green, the Executive Director of the Center for Law and Justice in Albany that she founded back in 1985, has been an activist and a fighter for racial justice for most of her life. She's been a prison reform advocate, a civil rights activist, and today she is at the forefront in changing the way many police forces in our country have brutalized the poor and people of color. She attributed much of her perseverance to some of the personal qualities she has acquired by participating in sports.

She was born in Greenville, S.C., and moved to the hamlet of Witherbee, near Port Henry in the Adirondacks, in 1948. Her dad took a job in the mining industry as a way to escape the Jim Crow laws in the South, a series of anti-black laws. "We were one of only two black families in the town. I had two sisters and three brothers and we attended a school system that didn't understand black people and knew nothing about them and their history. Because of that, we didn't know much more than they did about black culture. We never even read a black author. The town and the mountains separated us from the outside world."

One of the things that gave her family respect and inclusion in the white school community, especially for her brothers, was how they excelled in sports. "Two of my brothers were outstanding in track and football, and my brother Ralph just had a stadium named after him in Maryland, where he became a successful football coach."

As a school girl, Alice excelled in basketball, volleyball and softball. "Sports have always been important in the personal lives of my family, just as it has been for many blacks in the civil rights movement, going all the way back to the 1940s and Jackie Robinson. So many great black athletes have paved the way for so much positive change that has happened in this country."

She has always identified with sports figures who were principled and took a stand about some form of inequality. "Of course today, we all admire what Colin Kaepernick

did in taking a knee during the national anthem to make a statement about police brutality, and in my house I have a picture of Tommie Smith and John Carlos standing on the medal podium at the 1968 Olympics and giving the Black Power salute to protest racism and injustice in the United States. That took such courage for them to do that, and it made me feel so proud."

For the past 40 years running has been her sport of choice. "I never thought I'd be a runner, and it was back in the late 1970s or early 1980s and a lot of people were out there running when I thought I'd give it a try. I made a goal of running one block, and that was going to be it. I ran a block and was proud of myself. The next day I thought I'd add another block, and eventually I was running for miles at a time."

She eventually found out it was not only satisfying for her physically, but it gave her a way to cope with all the stress that comes with her type of work. "I'm an early riser, so I'm usually out the door on my run at 5am. Running clears my head so I can relax and also it helps me think. I have written many papers and speeches in my head while I've been out running. Running has made me a better writer. When I get back from my run I just sit down and the ideas flow."

For a while she was running and enjoying the activity of just being out on the roads early in the morning, and then someone encouraged her to run a race. "It might have been the Freihofer's Run for Women, and it was marvelous. I loved running with all those people. There's a lot of camaraderie connected to running in a group. I met a lot of people and they began to encourage me to race longer distances from 5Ks to 10Ks and even half marathons. I ran the Price Chopperthon 30K (18.6 miles) three times, and I even ran the 2003 New York City Marathon."

Running the 26.2 marathon did a lot for her ego. "I loved it. It was fun to run through all five boroughs and see all the New York neighborhoods. The people were so friendly

and cheering us on. The toughness you need to complete a marathon is similar to what you need as a civil rights activist."

Through most of her life Alice Green has been on numerous campaigns, marches and protests, but what she sees happening throughout the country today feels very different. "The video of Ahmaud Arbery being chased down by the truck and killed while he was out for a run showed the country what all black runners fear. As a runner, I have always had to think about where I'm going to run. There are certain neighborhoods I will avoid. The sad thing is that without that video those killers would never have been arrested, and for black people who run our biggest fear was being played out right there for all to see."

With that video and the one showing George Floyd being murdered by the Minneapolis police officer, Alice feels the country is finally beginning to understand to some extent what systemic racism looks like. "People often think about black people in terms of where they belong, and I think finally the country is seeing how unfair this is, and it can't go on any longer. These videos show why so many blacks are fearful living in this country, and angry, and these feelings just become part of who you are. It's very upsetting."

She views what is happening today as an uprising, and she's very encouraged that it's coming from the people, a diverse cross section of the public - white, black, young and old. "Even that video of the woman in Central Park calling the police on the black birdwatcher was so important to show what white supremacy is. That woman knew exactly what she was doing. She thought she was superior to that black man and that she would have the backing of the police. I was so proud of how that man responded with courage and dignity."

For years Alice has been pushing local, state and national leaders to provide strong leadership to do away with the systemic racism in our country, and she's encouraged to



ALICE AND HER HUSBAND, CHARLES TOUHEY, IN ESSEX.

see a younger group of people leading this movement. "We must take this energy and turn it in to real change, and we need to get these young people to vote this November."

As a child growing up in Witherbee, she never really appreciated the beauty of the Adirondacks, but she does today. In 1997 she formed the Paden Institute and Retreat for Writers of Color in Essex. "I hope to encourage more people of color to visit the Adirondacks, to hike in the area, and enjoy the beauty of the region. It's important for your well-being."

She also used to believe that real change would never happen in her lifetime, but after what she's seen in the past few weeks, she's much more hopeful. "I've been disappointed many times before, but I think of my great-grandmother who was a slave and my grandmother who was a sharecropper, and those two women give me the strength to keep fighting for social justice." ▲

Jack Rightmyer (jackxc@nycap.rr.com) was a longtime cross country coach at Bethlehem High School and today is an Adjunct English Professor at Siena College. He has written two books "A Funny Thing About Teaching" and "It's Not About Winning."

MOUNTAIN BIKING

Salute to NICA's 2020 Graduates

The National Interscholastic Cycling Association middle/high school mountain bike season was canceled due to Covid-19. This was a great disappointment to the senior student athletes who trained hard over the winter months to be prepared to race this spring. They are great young riders who each put time into the program. Let's give this group a proper send off!

NISKAYUNA/MOHAWK MOUNTAIN GOATS

By Andrew Rizzi, Team Director and Coaches



Nick Dunham – Nick was a quiet leader on the team letting his impressive work ethic speak volumes. He trained hard in the preseason to get his fitness ready for the season. Nick was one of our most improved athletes over the course of his NICA career and would have been competing for podiums this year. The coaches will miss his steadiness, knowing we could always count on him to be at the right place doing the right thing. *Nick – “NICA was a really great experience. It gave me the opportunity to make a ton of great friendships. It was so much fun to get to ride and race with my friends and teammates. I have joined the Wyoming Army National Guard. I will be attending the University of Wyoming and am participating in their ROTC program. I also hope to join the UW Mountain Bike Club.”*



Noah Johnson – Noah joined the team with very little riding experience. He took to the sport very quickly and fully embraced mountain biking. His smile on the trail is infectious and he's always down for a group ride. Noah's skills and speed improved dramatically over the past two years and he would have been a dominant varsity rider this year. The coaches will miss his big smile and positive influence on his teammates as he was always in the right mindset to help others. We know we'll be seeing Noah out on the trails for years to come! *Noah – “I've been involved in the NICA program for three years this race season would have been my fourth. To sum up my experience, I've never met a group of people as caring and genuinely happy to share the very essence of a sport that has made an impact and shaped their lives. This is true for NICA and coaches like Andrew Rizzi, Jason Cairo, Sheray Tario and Bob Frank. They've shown me not just how to ride a bike but how to embody the mountain biker lifestyle, be a good person, and share our great sport with the world. Looking back at some of my happiest and most lively memories, these role models and mentors are the architects of my NICA experience, and all the riding that's fostered great friends and even better times. Next year I'll be attending the University of Vermont and taking advantage of their riding program.”*



Ethan Rohde – Ethan was new to mountain biking when he first joined the team. He loved the team aspect of the sport and worked hard at his skills every practice. Ethan was the keeper of the “Gong” and brought lots of much needed humor. Ethan learned a lot about nutrition before and after rides and was always in a “race within the race” at each event. The coaches will miss Ethan's eagerness to take on new challenges and his work as a “glue guy,” bringing his teammates together. *Ethan – “Traced with NICA for three years. If I had to sum up my entire experience riding, it would be that it was what enabled me to discover a better version of myself. Next year I will be attending the University at Buffalo to study geological science and I plan on continuing to bike there.”*



Austin Smith – Austin joined the program as a freshman and had very little single-track experience. He quickly fell in love with the sport and grew stronger with each ride. Austin would rarely miss a practice and was always working his hardest during team drills. Over the years his speed increased and this season was certainly going to be his best! The coaches will miss his diligence and his patient, focused efforts at improving his skills. *Austin – “I've been racing with NICA since ninth grade. Racing is one of the most fun and rewarding challenges I've ever had; it helped me become stronger, and grow as a person. I'm really going to miss it next year. This fall I will be starting the manufacturing and machining program at Hudson Valley Community College. I've earned a scholarship and a four-year internship with Simmons Machine Tool that I'll also be starting in the fall.”*



Ian Vernooy – Ian had been racing bikes for a long time when he joined the team. He was a seasoned cyclocross athlete. He was a very strong rider whose singletrack skills grew over time. While his schedule stretched him very thin, he was always a competitor at the races, and helped carry the team to its victories. Ian will most definitely be a lifelong cyclist. The coaches really appreciated Ian's kindness and graciousness. *Ian – “I raced NICA for four years and I've really enjoyed my time. It's been a great place to grow as a cyclist, and I appreciate the very positive and supportive atmosphere. I will be attending Harvey Mudd College next year.”*

R-CUBED COMPOSITE TEAM

By Rich Tortorici, Team Director and Coaches



Tyler Zierer – Tyler is one of the most talented riders we've ever coached. It did not take long for him to go from the tutee to the tutor. He showed leadership on the team both with his words and his actions. He engages the younger riders and helps them improve their skills. Tyler's love for the sport outweighed his desire to race, yet he was sure to be competing for the top spot this year. Tyler – *"This would be my fifth-year racing NICA, I started racing in eighth grade. Racing mountain bikes has left me with a lifelong passion for the sport and the outdoors in general. It makes me so happy to know that I'll be riding bikes for years to come. I'm so appreciative for the mountain bike community, which has changed my life for the better. Next year I'll be attending Binghamton University for mechanical engineering. I don't think there's a team there but I'll definitely bring my bike and I'm sure there are trails around."*



Adam Weitz – Adam came to the team with minimal mountain bike experience. Early on he embraced the sport and quickly fell in love with it. He was critical to helping the team grow through his promotion of the school club. The coaches will miss Adam's expertise at fixing mechanical issues and his eagerness to help at trail days. Adam – *"I started racing freshman year. I'm going to be a mechanical engineering major at Rochester Institute of Technology in the fall. I'm disappointed to miss my senior year of NICA racing but I plan to continue riding for fun in college and beyond. My experience with my Niskayuna coaches and teammates will stay with me forever!"*



Dylan – Dylan joined R-Cubed NICA in 2019 with a passion for athletics and learning. Many of the conversations he had with the coaches revolved around training, and the best way to optimize his time on the bike. He was also very inquisitive about the dietary needs of an athlete. Given his dedication and exuberance, we're certain that he'd have shown up ready for the season, and show how passion translates into performance. Dylan will be continuing on to Colorado for his college education and I would imagine some good riding. The way in which his scientific brain works, and the thought that he gives everything, will ensure his success in life. Good luck, we wish him the best! Dylan – *"NICA has meant quite a few things for me, but above all else, it's meant having awesome new experiences that I never would've thought I'd have. The idea of doing mountain bike races sounded totally crazy to me, but the atmosphere is super welcoming and positive, and the energy in the team tent before the races go off is impossible to describe. Immediately after my first race, I knew I wanted to race as frequently as I could. From the super fun big team rides, to racing, to riding in new places that I never would've gone to otherwise, NICA for me has meant getting to experience awesome new things! Last year's state championship at Windham Mountain took place partially on a previous World Cup course – seriously, how awesome is that?"*



Ryan – Ryan has been with the team for a few years, always a staple of the practices, and riding in the front pack with an energy that was unfettered. He was social and loved to play devil's advocate in so many ways, if you said up, he said... "why not down." Speaking of down, while he was never a fan of the hill climbing that cross country often offered, he spoke with excitement about cycling and the great possibility of downhill riding someday. Though Ryan only joined for one race, he was always there for the team. He's already set off on his next adventure with the U.S. Military. We wish Ryan luck and we'll absolutely miss those messages aimed directly at pushing our buttons; he always made it fun! Ryan – *"NICA was my happy place. It provided a space to stretch my wings and grow both physically and mentally. Good times, great people."*



Maxim – Maxim is a BALL of energy that cannot be contained! Think of him as the sun that is always burning at full bore, and was never short of crazy adventures. His smile was contagious and even when he was full out, the grin was ear to ear! Max joined in 2019 and raced his heart out. Being naturally athletic, he was in the mix from the start. There is an energy in Max that we hope burns for years to come. He made it an absolute joy to be around him and always brought up the tempo of any event that he participated in. Without a doubt, Max's energy will serve him well in his life to come; his story has barely written the first chapter. We'll miss him bouncing around like Tigger at all times. Maxim – *"This team means a family that's always there and people I can turn to for help. Even though I was only part of it for a year, it means a ton to me and was still amazing."*



Owen – Owen joined a few years back. It has been an absolute pleasure and an honor to watch him grow into the adult he has become. He's a gentleman and a scholar. Owen has a never give up attitude that's so obvious when you watch him race. One of the best memories is him flattening during a race, fixing the flat, getting back on the bike, and going FULL TILT to the end. Owen's never die attitude and drive has become his presence. Anytime he does something, there's no doubt that it will be his absolute best. Smart, charismatic, polite and open minded... we'll never worry about how bright his future will be. On or off the bike, Owen has been a pleasure to coach. We will miss that even-keeled demeanor that he possesses, it was like having a movie star around when he was there. Owen – *"NICA was a great experience surrounded with even better people. It was always uplifting and positive. The team helped make even my worst days great."*

Reopening June 30th!

There is Only One!

Back in Balance
THERAPEUTIC MASSAGE

Advanced Training and Experience Make All the Difference!

- Sports Massage
- Kinesio Taping
- Injury Recovery
- Myofascial Release
- Swedish Massage
- Normatec Compression
- Cupping

Open 7 Days • 1427 Route 9 • Halfmoon
bibtherapeuticmassage.com

518-371-6332

KINESIO CKTP

NEW BOUTIQUE TOUR WEEKENDS

Small Group Road & Gravel Tours
Professionally Guided
Personally Curated
2 or 3-Day Weekends

BIKE ADK
BikeAdirondacks.com

RUN HIKE FISH BIKE
Mountain Adventure Center

HIGH PEAKS CYCLERY

ADVENTURE HEADQUARTERS
Sales • Service • Rentals • Gear
Apparel • Outfitting • Demos

ADIRONDACK MOUNTAIN GUIDES ADVENTURES
BASE CAMP LODGING

Private Guiding
Families • Groups • Solo
Walk • Hike • Backpack
Rock Climbing • Cycling
Flatwater Paddling
half, full, & multi-day

Lodging
Individuals, Groups & Families
Three Properties
Walk to Downtown & Lake
Full Kitchen & Laundry
Off-Street Parking

ADIRONDACK ROD & TACKLE
Outfitter
Sales • Service
Rentals • Guides
Flies • Tackle
Gear • Licenses

Adventure by Bike
Dirt & Gravel Camps
Gravel • Road • Mtn. Tours
Shuttles • Van Support
Families • Groups • Private

Salsa ADVENTURE BY BIKE
GIANT E-Bike Headquarters
Tours • Clubs • Families

Rentals • Demos • Lessons • Service • Shuttles

SALES | SERVICE | RENTALS | LESSONS | TOURS | GEAR | LODGING | GUIDE SERVICE

GIANT Salsa BMC OR INTENSE ARCTERYX
Liv PAU HANA patagonia salomon YETI
518-523-3764 • 2733 MAIN STREET, LAKE PLACID
www.HIGHPEAKSCYCLERY.com

Open for Service & Sales

More than just a bike shop
A true cycling community

GREY GHOST BICYCLES

EXPERT SALES & SERVICE
PROFESSIONAL FITTING
MTB, ROAD & TRI SPECIALISTS

76 Lawrence St • Glens Falls • 518.223.0148
60 West Ave • Saratoga Springs • 518.306.5004

greyghostbicycles.com
facebook.com/greyghostbicycles

Put Off Your Invasive Knee Surgery, Not Your Vacation.

I refused to let my chronic knee symptoms spoil the trip we've been planning all year. So when an MRI showed a bone defect - also known as a bone marrow lesion - in the bone near my knee, my doctor recommended The Subchondroplasty® Procedure. This minimally-invasive surgery fills these defects with a biomimetic bone substitute that is replaced with new bone during the healing process. Best part? Back on my feet in time to explore the Grand Canyon.

SCP® | Subchondroplasty® Procedure

Visit subchondroplasty.com to learn more about The Subchondroplasty® Procedure and find a surgeon in your area.

As with every surgical procedure, there are risks and potential complications. Individual results will vary. Success depends on factors such as age, weight and activity level. Only your health care team can determine if you are healthy enough for surgery. Consult your doctor for a complete assessment of possible risks before deciding to have surgery. See the package insert on subchondroplasty.com for full information.

Zimmer KNEE CREATIONS

We're All in this Together!



By Skip Holmes

This year has been one of the most significant challenges for those of us who are engaged in our choice of sports or fitness activities. Several earlier attempts to write this article have left me wondering what the result would be or how to even begin.

For many of us the year began with developing a list of events, goals, and travel plans to participate in activities that we uniquely enjoy. The list is long and varied with it ranging from having qualified to participate in an Ironman event in New Zealand, flying to Majorca for a cycling spring training camp, planning an adventure cycling solo journey to Iceland and Norway, solo cycling the Blue Ridge Parkway, or running the Boston Marathon.

We began training for all these amazing and wonderful journeys. The training consisting of not only the physical component but the mental toughness, the emotional tasks, and the financial aspect as well. Then suddenly we had to step out of our cocoons and look at the broader picture of what was about to deflate our hopes, dreams and aspirations.

At first it seemed to be just a short delay in what the year might allow us to do. Then, many event organizers began to see the insurmountable challenges facing them in organizing an event for hundreds if not thousands of participants, as well as the spectators who would come to watch friends and family. The communities that would hold the events had to consider the ramifications of bringing many people from other regions, states or countries to the host community. Quickly this became a series of dominos that fell in rapid succession.

We first reacted with guarded optimism that the events would only be postponed. Many event organizers then started to realize that the entire spring events calendar would now have to be squeezed into an increasingly smaller window of time. Within a short period, the realization that this would cause events to have smaller participation levels with multiple events falling on the same date gave promoters and organizers serious headaches. Then began the difficult choice of making cancellation decisions to reschedule events to 2021. Financially this caused many issues for both organizers and participants. Who gets a refund or who takes a financial hit for expenses already incurred? This is actually a window into what has happened in every sector of the economy all over the world.

In a global pandemic like this that all of us have never experienced, it became a time of adaptation and innovation. Instead of cycling or triathlon group training, it

■ **FIRST-EVER CARON FAMILY "VICTORY GARDEN" TO GET THROUGH THE CORONAVIRUS AT HOME IN CLIFTON PARK. DARRYL CARON**

■ **ACCORDING TO CDTA PRESIDENT JIM GAZZALE, "WAIT AND SEE STATUS" TO START OPEN WATER SWIM TRAINING AT CRYSTAL LAKE. FRANK BENDER**

■ **WITH NO RACES, SARATOGA TRIATHLON CLUB PRESIDENT JEREMY DAVIS HIKED TO OK SLIP FALLS WITH HUSBAND SCOTT DRAKE (LEFT) IN MAY.**

became solo endeavors, indoors or outside, and then using social media to share the routes and results. Indoor training using smart cycling trainers turned into routes that you could compete on.

The spring hiking season became a series of solo or small group hikes or walks, with photos shared to show that you did it. Downhill skiers started using specialized equipment to skin up the mountains to maintain fitness and ski down. Runners had their workouts at fitness facilities or groups runs shut down so they had to adapt to running on home treadmills or outside on roads or trails in the cold early spring weather.

It turns out that we outdoor athletes are adept at improvising ways to continue our athletic endeavors. This may be the hardest part as we move forward in a period of significant uncertainty. Trying to maintain fitness for events that may now be a year or more away. Consider what it must be like for athletes who were to be in Japan this summer for the Olympic Games. The level of disappointment had to be huge. Even Emma White from Delanson who was selected to participate in the cycling events for the Team USA has to wait it out. It was exciting to listen to her share her plans and dreams back in January when she was thrilled about being selected. Events I personally signed up for are no longer scheduled.

So how important is it as we try to maintain motivation and fitness while having to live through such a time of uncertainty. Perhaps we should take this time to consider what really is important to us, our families, our communities, our country, and even the world.

Developing resilience, a sense of purpose that extends beyond our personal goals, an attitude of kindness, and perhaps a realization that the world we have known may be inextricably changed in ways that we have yet to fully comprehend.

One of the best pieces of advice I ever received was from a wonderful older gentleman many years ago who was personally suffering from the effects of living a long and productive life was "Get up and keep moving every day."

So how do we support each other in this world where everything is more uncertain and evolving each day? Start by finding time to be kind to yourself and those around you. We have no idea what the person next to you has, is or will be dealing with on a daily basis. When out for a walk give that person going the other way a wave, say hello, and even a socially distant smile. If you see a cyclist or a runner, wave

hello. Thank the clerk is the grocery store for coming to work. Adopt a dog and take it for so many walks it finally begs for no more at the end of the day. Cat lovers can also do that! Plant a garden of flowers and vegetables. Even a small one makes a difference. Flowers can help the bee population. Buy local food from local farmers. It supports the local community in so many ways.

Even though gas prices are really low consider driving less. We may not get to take that much coveted summer vacation to some exotic location. Flying is a challenge now anyways.

Bicycle stores were declared essential businesses and have seen a significant increase in bike sales, as have paddling shops, and now running stores have reopened. I've had people call me asking about getting a bike after not being able to find one from a bike shop. Conversations with several local bike shops reinforced the news that some bikes are in short supply.

We have become used to having a supply chain that has been able to deliver goods on very short notice. Now it's common to get an email saying that you won't get your order for a week or longer. Perhaps we need to reset our internal speedometers to a different calibration.

Many of the changes we've experienced or will have to consider this year will have positive effects on our environment. Air quality has improved, water quality is improving, we have consumed less resources, and perhaps a little less junk food. We have recycled many articles in our homes and apartments as we sat in isolation for what seems like forever. Take advantage of the gently used items for sale online. You get to recycle it for further use and someone who may need money to supplement their family income that may have been impacted by this crisis will appreciate it. Perhaps even give them the asking price. The 'free' sign on the front lawn with many household items has become a new normal.

Above all, use this time to reset your expectations. Give yourself and others common courtesies, and allow yourself to remain hopeful and optimistic. If you ever watched the Red Green Show, his favorite quote was 'Remember, I'm pulling for ya. We're all in this together!' ▲

Skip Holmes (serottaskip@gmail.com) of Delmar teaches sustainable building design at RPI and provides training programs for Urban Green Council of NYC. He is a member of Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club, and can be found road and mountain biking, kayaking, canoeing, hiking or Nordic skiing.

HIKING & BACKPACKING

CRANE POND.
PHOTOS BY RICH MACHA


Pharaoh Mountain

By Rich Macha

The 46,283-acre Pharaoh Lake Wilderness Area is located east of Schroon Lake. The wilderness area contains many ponds and small lakes as well as numerous small, rocky-topped mountains, but only two of those mountains have trails to their summits – Pharaoh Mountain (elevation 2,556 feet) and Treadway Mountain (2,208 feet) – both are worth hiking.


Pharaoh Mountain used to have a fire tower on it, but in 1990 it was vandalized and the state removed it in 1992. At the risk of sounding old, my first ascent of the mountain was when there was still an observer up in the tower. Soon after I had arrived at the summit, the observer called down to me and invited me up. He was quite chatty after spending most of his days with little company, but for me, it was great to have someone point out and name all of the sights.

There are two trails to Pharaoh's summit – one from the north and one from the south – either way, the elevation gain is about 1,600 feet.

Pharaoh from the North

This 4.9-mile, one-way route starts at the end of the maintained portion of Crane Pond Road, where you will find a parking area and sign-in kiosk. Some people with high clearance, four-wheel-drive vehicles can continue to drive on the unmaintained road all the way to Crane Pond – motor vehicles are officially not allowed on state lands that are designated as “wilderness” but DEC is being tolerant of their use here. For the hiker, it is an easy two-mile walk with some interesting sights along the way.

After walking less than a mile, there are some lovely, photogenic waterfalls and cascades on Alder Creek down below to the left. Soon after, the 0.9-mile trail to Goose Pond is reached and there is also a path that runs close to the marshy shore of Alder Pond.



THE CLIFFS ON PHARAOH MOUNTAIN CAN BE SEEN FROM THE CAMPSITE ON PHARAOH LAKE BROOK.

WATCH ROCK AND PHARAOH MOUNTAIN.



THE FLOODED AREA OF THE OLD ROAD TO CRANE POND.



Our route continues along the old Crane Pond Road for another half-mile, and then veers off to the left to avoid a section of the road that is always flooded. The depth of the water is dependent on recent rainfall, and how well the beavers have dammed the outlet of Alder Pond, but it is usually about two-feet-deep. The marked route soon returns to the road and the Long Swing Trail enters from the left. There is then a good view of Pharaoh Mountain across the pond before Crane Pond is reached near its outlet.

To get a good view of Crane Pond, you need to follow a path along its north shore, where there are a couple of popular campsites. If you are backpacking, this unmarked but obvious path eventually reaches two more campsites. The route to the mountain, however, crosses the outlet on a bridge and continues toward Glidden Marsh for

0.6 miles. Before reaching the marsh, our route makes a right turn at a junction and soon crosses the outlet of the marsh. The trail is fairly wide here and the grade is easy at first but slowly gets narrower and steeper as woods change from open hardwoods to closed-in areas of spruce and fir.

Finally, the summit area is reached and there are branching paths to several large areas of open rock with excellent views. There is not one spot with all-encompassing views so I recommend that you scout around for all of them. There is also a designated campsite up here but there is no water source so you must bring it with you if you decide to camp. From about mid-July through mid-August, you can gorge on blueberries that grow around the open rocky areas – just don't forget that blueberries are also a favorite food of bears.



VIEW OF PHARAOH MOUNTAIN FROM CRANE POND.

BLUEBERRIES ON PHARAOH MOUNTAIN.



VIEW TOWARD CRANE POND WITH THE HIGH PEAKS IN THE DISTANCE.

Summit views include Lake Champlain and the Green Mountains to the east, Pharaoh Lake to the southeast, Schroom Lake to the west, Mount Marcy and the High Peaks to the northwest, and Crane Pond to the north.

Pharaoh from the South

This longer 14-mile round-trip route is at least as interesting as the northern route, and because of the mileage, makes for a good three-day backpacking trip. There is a good, well-used parking area on Pharaoh Lake Road about 0.1-mile from Beaver Meadow Road, north of Brant Lake. As on Crane Pond Road, some folks with high clearance vehicles choose to drive the first 1.1 miles to Mill Brook, but the road has become more of a challenge throughout the years.

Unfortunately, hikers are often met with large puddles on the first mile of this old road, but after Mill Brook the trail is much nicer. Beavers have flooded this attractive brook and the trail crosses it on a bridge with a long boardwalk. The trail slowly gains elevation over the next mile, and at 2.3 miles, reaches a bridge over Pharaoh Lake Brook. Just before the bridge, a path to the left soon reaches a piney campsite, with a wonderful view across a wetland to the cliffs on Pharaoh Mountain. Across the bridge, the trail passes through lovely hemlock woods with peeks of the wetland area through the trees.

The outlet at the southwest end of Pharaoh Lake is reached at the 3.6-mile mark. At 441 acres, Pharaoh Lake is the third biggest lake in the Adirondack Park, that's totally surrounded by land designated as wilderness. The scenic lake, ringed with white and red pines, is a popular destination in itself. The trail left crosses the outlet and is the route you want if headed up the mountain. The trail to the right runs along the south shoreline and is the best route to reach lean-tos #1, #2 and #3 - there are some great views of Pharaoh and Treadway mountains along the way.

The trail along the north shore soon passes lean-to #6, and reaches a junction 0.9 miles from the outlet. The route to the mountain takes a left here. If you go straight, you will reach Watch Rock and its double-wide lean-to - the view from Watch Rock is especially nice.



LOOKING SOUTHEAST TOWARD PHARAOH LAKE.

From the junction, we continue north to another junction where we take a left, and start some real climbing - the piney shores of the lake give way to hardwoods, mainly beech. At one spot, you have to scramble up a vertical eight-foot wall of rock - I had to use all four limbs to get up. Higher up, the narrow trail twists and turns through spruce woods, and finally arrives at the summit area.

Whichever route you decide to take, I don't think you'll be disappointed. Find out more about the Pharaoh Lake Wilderness here: www.dec.ny.gov/lands/107648.html. ▲

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.



CALENDAR OF EVENTS

JUNE TO SEPTEMBER 2020*

*Events beyond this range are advertisers in this issue

BICYCLING: ROAD

ONGOING

Daily Mohawk Hudson Cycling Club. Group rides in the Capital Region. All abilities welcome. Details: mohawkhudsoncyclingclub.org.

JUNE

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

27-28 Ride for Mental Health: Virtual. New Paltz. rideformentalhealth.org.

JULY

12 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.

12-19 22nd Cycle the Erie Canal Bike Tour. Canceled. 400M. Buffalo to Albany. ptny.org.

19 9th Ride for the River. Now a virtual event. 43M & 30M rides. Wilmington. Details/register: bikeadironacks.com.

18 Tour de Hope. 25M. Centerville Fire House, Saugerties. bikereg.com.

18 Barns & Boats Bike Tour. 12M, 36M, 52M. Chaumont. bikereg.com.

19-24 20th Great Big FANY Ride. Canceled. 500M across NY. Plattsburgh to Poughkeepsie. fanyride.com.

26 Ididaride: Adirondack Bike Tour. Virtual ride. Register until 8/28. Do the ride, order the jersey, log your experience w/photo online by 9/7. Finishers receive T-shirt & entered to win ADK prizes. 55M road or 23M gravel grinder. North Creek. Details: adk.org/ididaride.com.

AUGUST

1 13th Tour of the Catskills. 75M, 52M, 24M. Tannersville. bikereg.com.

8 30th Tour de Loop Road Race. Canceled. Oswego. bikereg.com.

16 MHCC Empire Cyclefest. 30M, 50M, 62M, 100M rides. Formerly MHCC Century Weekend. New venue, one-day event, food/drink options. Mabee Farm, Rotterdam Junction. bikereg.com.

SEPTEMBER

5 Adirondack ElliptiGO Day. Safe ride, lunch, rentals available. Plattsburgh. 518-310-7030. facebook.com/adirondackelliptigo.

6 Catskill Mountain Cycling Challenge Road Rides. 29M, 57M, 99M. Catskill Recreation Center, Arkville. bikereg.com.

13 Capital Region Tour de Cure: Virtual. Bike: 10M, 30M, 50M, 62.5M, 100M. Run/Walk: 5K. Ballston Spa. To benefit American Diabetes Association. 518-218-1755 x3606. Diabetes.org/capitalregion.

26 9th Drops to Hops Race & Ride. 43M & 23M. Brewery Ommegang, Cooperstown. clarksportscenter.com.

28-30 20th Pat Stratton Ride. Virtual ride. 28M, 56M & 100M routes marked 8/27; ride anytime. Saranac Lake. Details/register: bikeadironacks.com.

OCTOBER

4 19th Whiteface Uphill Bike Race. 8am. 11M. Whiteface Ski Center, Wilmington. bikereg.com.

BICYCLING: OFF-ROAD

ONGOING

Daily Mohawk Hudson Cycling Club. Group rides in the Capital Region. All abilities welcome. mohawkhudsoncyclingclub.org.

JUNE

27 Getting Happy in the Valley Gravel Race. Canceled. Williamstown. bikereg.com.

JULY

1-11/27 Montauk to Montreal: International Virtual Challenge. Lighthouse to Lookout. 525M & 1,050M challenges. Plus, 225M Albany to Montreal challenge. Pullover, medal, prizes. runsignup.com/lighthousetolookout.com.

11 Peak Woodsplitter 6-Hour Mountain Bike Race. 9am. Pittsfield, VT. bikereg.com.

Become a Member!
Great rides, make friends & support your Capital-Saratoga Region bike club

Group Rides are Back!
with social distancing for safety



MHCC
Mohawk Hudson Cycling Club

join or renew online:
MohawkHudsonCyclingClub.org

all levels of ability welcome
more than 300 rides per year



Rick's BIKE SHOP

Mountain, Road, Hybrid, E-Bikes, Kids, BMX

**TREK • SPECIALIZED
ELECTRA • STOLEN**

Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury

ricksbikeshop.com • 518-793-8986

**ADIRONDACK
ULTRA CYCLING
BIKE SHOP**

Sales • Service • Fits • Wheel Building
Long-Distance Rides & Races



adkultracycling.com | 518.583.3708
160 BROAD STREET • SCHUYLERVILLE

Gear-To-Go Tandems

**NEW YORK'S LARGEST
TANDEM BICYCLE SHOP**

Expertise, free instruction,
tips & test rides



1 Dahinda Rd, Saranac Lake
518-891-1869 • gtgtandems.com



**Road/Mtn/Gravel
Bike, Paddle &
Hike from here!**

THE HUB

27 MARKET ST.
BRANT LAKE, NY

**BICYCLE REPAIR
CAFE
CRAFT BEER ON TAP
WINE LIST
ICE CREAM**

518 494 4822
theHubAdk.com

MISSION ELECTRIC

The eBike Store




RIESE & MÜLLER

Sales and Service of the finest Cargo, Commuter, Utility and Urban bikes available.
We are currently taking appointments for One on One Test Rides and Sales Consultations

20 Prospect St. Suite 215 • Ballston Spa • 518-227-5018

www.missionelectricbike.com • @missionelectricbike

**eBikes starting
at \$2,500!**

12 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.

12 NYS MTB Series #2: Blood, Sweat & Gears XC Race. Oneonta. nysmtbseries.com.

18 1st Tug Hill Epic 106M Gravel Grinder. Also: 75M, Fun 40M, Beginner 15M. Lowville. tughillepic.com.

26 Ididaride: Adirondack Bike Tour. Virtual ride. Register until 8/28. Do the ride, order the jersey, log your experience w/photo online by 9/7. Finishers receive T-shirt & entered to win ADK prizes. 55M road or 23M gravel grinder. North Creek. Details: adk.org/ididaride.com.

26 NYS MTB Series #3: Chain Stretcher. Blue Mountain Reservation, Peekskill. bikereg.com.

AUGUST

2 NYS MTB Series #4: Churney Gurney MTB Races. XC race, new DH race, skills course, group rides & kids' race. Gurney Lane MTB Park, Queensbury. churneygurney.com.

15 D2R2 – Deerfield Dirt Road Randonee. 180K to 100K routes. Deerfield, MA. bikereg.com.

15 EPIC Farmall Hill Mountain Bike Challenge. 28M. Sprint 11M. Fairport. bikereg.com.

16 Wicked Vermonty XC Mountain Bike Race. Grafton, VT. bikereg.com.

23 NYS MTB Series #5: Pharsalia Woods Widowmaker XC Race. Plymouth. nysmtbseries.com.

29 Bale Kicker Gravel Grinder. 25M & 40M. 10am. S&S Farm Brewery, Nassau. balekicker.com.

SEPTEMBER

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

OCTOBER

3 Wilmington Whiteface Mountain Bike Race. 50K or 100K. 7am. 100K: Leadville qualifier. Whiteface Ski Center, Wilmington. wilmingtontwhiteface.com.

24 Cross Mountain Crusher Gravel Grinder. Catskill Recreation Center, Arkville. bikereg.com.

HEALTH & FITNESS

ONGOING

MWF Rock Your Fitness: Total Body Training. Zoom Classes: M/W/F 6:30-7:30am & 9-10am. First Zoom Class FREE! To redeem, text "Rockfit Adk Sports" to 518-522-9765. Malta. facebook.com/rockyourfitnessllc.

HIKING & CLIMBING

ONGOING

Daily Summer Naturalist Series. Walks, hikes, talks. Adirondack Mountain Club. adk.org.

JUNE

19 Beginner Backpacking: Online Workshop. Zoom. 8:50am. Adirondack Mountain Club. adk.org.

JULY

2 Guided Hike: Seymour Mtn. 14.4M. 7:30am. Rte 3 & Coreys. ADK Mountain Club: 518-523-3480 x111. adk.org.

3 Trailless Peak Day Hike: Iroquois. Elev. 4,840', 9.4M. ADK Mountain Club: 518-523-3480 x111. adk.org.

5 Lake George Land Conservancy: Hike-A-Thon. Virtual. 20 hiking sites & 2 paddles. Charles Wood Festival Commons, Lake George Village. lakegeorgehikeathon.org.

5 Trailless Peak Day Hike: Street & Nye. Elev. 4,166' & 3,895', 9M. ADK Mountain Club: 518-523-3480 x111. adk.org.

6 Guided Hike: Donaldson & Emmons. 14.6M. 7:30am. Rte 3 & Coreys. ADK Mountain Club: 518-523-3480 x111. adk.org.

14-16 Trailless Peak Backpacking: Allen Mt. 18M. ADK Mountain Club: 518-523-3480 x111. adk.org.

20 High Peak & Fire Tower: Sawteeth Mtn. 12.8M. 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.

24-26 Trailless Backpacking: Skylight & Gray. 17.6M. ADK Mountain Club: 518-523-3480 x111. adk.org.

27 Guided Hike: Esther Mountain Summer. 6.6M. 8:30am. Parking, Ausable River Two Fly Shop, Wilmington. ADK Mountain Club: 518-523-3480 x111. adk.org.

31-8/2 Trailless Peak Backpacking: Seward Range. 27M. ADK Mountain Club: 518-523-3480 x111. adk.org.

AUGUST

3 Guided Hike: Macomb, South Dix & Grace. 12.3M. 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.

21-23 Trailless Backpacking: Cliff & Redfield. 19.8M. ADK Mountain Club: 518-523-3480 x111. adk.org.

24 Trailless Peak Day Hike: Tabletop Mt. Elev. 4,427', 9.8M. ADK Mountain Club: 518-523-3480 x111. adk.org.

continued

OPEN FOR SERVICE & CYCLING NEEDS

SPECIALIZED • GIANT • FELT • BIANCHI • LOOK • CERVELO • DAY 6 • CO-MOTION • ELLIPTIGO

ROAD – MOUNTAIN TRIATHLON – TANDEM BMX – KIDS – E BIKES

- Bike/tri clothing, Louis Garneau
- Yakima racks & accessories
- 200+ bikes in stock!

Tomhannock BICYCLES
Sales & Service

2020 Bikes are Here!

We're excited to add Specialized Bicycles to our excellent brands! Check out the Specialized lineup – including Turbo e-bikes

3149 Route 7, Pittstown
10 min east of Troy
(518) 663-0083
TomhannockBicycles.com
M/Tu/W/F 10-6, Th 10-7, Sat 10-5, Closed Sun

CLASSIFIEDS

LAKE PLACID VACATION RENTAL: RED DOOR COTTAGE - Clean, comfortable village home with large deck and enclosed yard. Sleeps eight with 3 bedrooms and 1 bathroom. Short walk to Main St and on Ironman course. Play park and fishing close by. Adkreddoor@gmail.com. 🐾

CLASSIFIED ADS
\$.50 per word, minimum 30 words. Contact Darryl with ad text and payment by 25th of the month for next month's issue. 518-877-8788 or Darryl@AdkSports.com.

BIKING **RUNNING** **TREKKING**

EVENT SUPPLIES TOO! We Can Outfit Your Club!

THE INSIDE EDGE
SKI & BIKE SHOP

643 Upper Glen St. Queensbury (518) 793-5676 insideedge.biz

NOT VIRTUAL! **HEALTH FITNESS** **RUN BIKE TRI** **CELEBRATING 15 YEARS!** **ADIRONDACK SPORTS EXPO** **HIKE PADDLE SKI** **RECREATION TRAVEL**

NY'S SPORTS, HEALTH, FITNESS AND TRAVEL SHOW! **FREE ADMISSION** Social distancing and safety precautions will be practiced

Sept 12 & 13 Saturday 10-5 Sunday 10-4

SARATOGA SPRINGS CITY CENTER • 522 BROADWAY, SARATOGA SPRINGS

AdkSports.com/expo

SPRING SALE ON ALL BIKES!

Salsa FAT BIKES
ADVENTURE BY BIKE

Complete Fleet
ROAD • MOUNTAIN CROSS • FAT

Every Day is a Demo Day!
Rentals Lessons • Tours

GIANT E-BIKES
ROAD • X-ROAD • OFF-ROAD

Plan for the Summer!
Further, Faster & More Fun!
Sales • Rentals • Demos

HPC HIGH PEAKS CYCLERY
518-523-3764 • 2733 MAIN STREET • LAKE PLACID
HIGHPEAKSCYCLERY.COM

BIKE BARN
CYCLING & FITNESS

OPEN DURING COVID-19 CALL US FOR UPDATES

Come see why we are the area's top rated bike shop

KHS • Marin • Devinci • Haro • Masi Ritchey • Del Sol • Rocky Mountain • Surly
We also stock a large selection of BMX bikes

109 Remsen St, Cohoes
518.238.BIKE (2453)
bikebarncycles.com

Time for a Bike Tune-Up!

Giant • Liv • Cannondale • Fuji • Momentum • IBIS
Demo Bikes Available

Mountain, Hybrid & Gravel Bikes
Expert Service, Parts, Accessories

HIGH ADVENTURE
SKI & BIKE

785-0501
HighAdventureSBP.com

Rt. 7, Latham
2 Miles West of Northway Exit 6

CALENDAR OF EVENTS

CONT. FROM PG 15

JULY

- 28-30 **Trailless Backpacking: Dix Range.** 23.2M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 31 **High Peak & Fire Tower: Hurricane Mtn.** 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.

SEPTEMBER

- 3 **High Peak & Fire Tower Day Hikes: Phelps.** Elev. 4,160', 8.2M. 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 4 **Trailless Peak Day Hike: Mt. Marshall.** Elev. 4,360', 15.5M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 6 **Trailless Peak Day Hike: Seymour Mtn.** 14.4M. 7:30am. Rte 3 & Coreys. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 7 **Trailless Peak Day Hike: Iroquois.** Elev. 4,840', 9.4M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 21 **Trailless Peak Day Hike: Dix & Hough.** Elev. 4,857' & 4,400', 13.7M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 24-28 **Backpacking: Thru-Hiking 101.** Wakely Dam to Long Lake. ADK Mountain Club: 518-523-3480 x120. adk.org.
- 25-27 **Trailless Peak Backpacking: Allen Mt.** 18M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 28 **Trailless Peak Day Hike: Street & Nye.** Elev. 4,166' & 3,895', 9M. ADK Mountain Club: 518-523-3480 x111. adk.org.

OCTOBER

- 3 **Trailless Peak Day Hike: Iroquois.** Elev. 4,840', 9.4M. ADK Mountain Club: 518-523-3480 x111. adk.org.

- 5 **Guided Hike: Macomb, South Dix & Grace.** 12.3M. 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 8 **Trailless Peak Day Hike: Tabletop Mt.** Elev. 4,427', 9.8M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 9 **High Peak & Fire Tower: Sawteeth Mtn.** 12.8M. 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 11 **High Peak & Fire Tower: Hurricane Mtn.** 7:30am. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 11-13 **Trailless Backpacking: Santanonis.** 18M. ADK Mountain Club: 518-523-3480 x111. adk.org.
- 12 **Trailless Peak Day Hike: Street & Nye.** Elev. 4,166' & 3,895', 9M. ADK Mountain Club: 518-523-3480 x111. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIM

ONGOING

- Tue CDTC Summer Training Sessions.** Tentative: 7/6-8/25. 6pm. Swim, bike, run on Crystal Lake Triathlon course. Crystal Cove, Averill Park. cdtriclub.org.
- Thu BTC Summer Training Sessions.** Tentative: 7/2-9/3. 6pm. Warner Lake, Berne. bethlehemtriclub.com.
- Wed Vischer Ferry Summer Time Trial Series. July & August. 6:30pm. Clifton Park. Details: facebook.com.

JUNE

- 27 **Lake Dunmore Triathlon.** Canceled. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.
- 27 38th Tupper Lake Tinman Triathlon. Virtual. Tinman, Olympic, Sprint. Tupper Lake. tupperlaketinman.com.

- 11 **Guilderland Duathlon.** Canceled. Guilderland YMCA, Guilderland. cdyymca.org/race2020.
- 11 HITS Triathlon Races. Williams Lake, Kingston. hitstriathlonseries.com.
- 11 33rd Pawling Sprint Triathlon. Lakeside Park, Pawling. runsignup.com.
- 18 Delta Lake Triathlon. Olympic, sprint, aquabike, kids' races. Delta Lake State Park, Rome. coachmarkwilson.com.
- 19 **Vermont Sun Triathlon.** Canceled. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.
- 26 Ironman Lake Placid. Postponed. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.

AUGUST

- 1 Findley Lake Triathlon Festival. Sprint, Olympic, Kids' Races. Findley Lake. coachmarkwilson.com.
- 4 2020 Iron Girl Syracuse. Sprint, Aqua, Duathlon. Oneida Shores, Brewerton. raceentry.com.
- 8 Ken Hummel Memorial Duathlon, 5K & Kids' 1 Mile. Canceled. Stuyvesant.
- 15 **20th Crystal Lake Triathlon & Aquabike.** Canceled. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.
- 16 **8th Peasantman Steel Distance Triathlons.** Full, half, relay, intermediate, aquabike, sprint & new duathlon. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

WELCOME ALL
2020 MEMBERSHIP NOW OPEN!



Summer training sessions on the Crystal Lake Triathlon course Tuesdays July 7 – August 25
Crystal Lake Triathlon – Canceled
Details: www.cdtriclub.org

Lake Placid Vacation Rental



- On the Ironman course - come and train
- Comfortable village home - walk to town
- Airbnb and VRBO (#870834)
- Sleeps eight

518-524-5482
www.adkreddoor.com • adkreddoor@gmail.com

Celtic Treasures
Upstate New York's Premier Irish & Celtic Shop
Family Owned and Operated Since 1992
Cèade Mìle Fáilte!
One hundred thousand welcomes from our clan to yours.

CELEBRATING OVER 25 YEARS

456 Broadway
Saratoga Springs, NY
518-583-9452

Whether you're Irish or just wish you were, visit us for the finest Celtic gifts, Music, Books, Food, Jewelry, Flasks, Mullingar Pewter, Belleek China, Custom Bodhrans, Tin Whistles, Guinness Collectibles, Galway Crystal, Tea and more.



Visit our Irish and Celtic Web store on-line at www.celtictreasures.com
WE SHIP ANYWHERE IN THE US AND CANADA

Wildwood On The Lake

Motel and cottages on the beautiful shore of Lake Placid

- Two Pools, whirlpool, and sauna
- Free boating • Picnic areas and bonfire
- Family operated • Groups welcome

WildwoodMotel.com
518-523-2624 • 2135 Saranac Ave, Lake Placid
Welcoming outdoor enthusiasts since 1971

BTC
BETHLEHEM TRI CLUB

Hello Triathletes!
It's Going to be an Awesome 2020!
Join the BTC. You'll love it! We do!
(And it's the best value in town!)

REGISTER TODAY AT...
bethlehemtriclub.com
then select "Membership"

ADIRONDACK SPORTS
Graphic Design Services

ads • banners • postcards
flyers • rack cards • brochures

Reasonable rates
Service with a smile

adksports.com/graphic-design-services



Saratoga Electric and Generator
Residential, Municipal & Commercial

35+ Years
Think Local!



- Indoor & Outdoor Lighting
- Panel & Meter Upgrades
- LED Retrofits/Energy Efficient Lighting
- Motion Sensors
- Outlets & Switches
- Wiring Repairs
- Generator Installations & Maintenance
- Smoke/Carbon Monoxide Detectors

We take care of ALL of your electrical needs!
(518) 882-1196 • Licensed Master Electrician

16 Lake Dunmore Triathlon. Canceled. Olympic. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.

16 Vermont Sun Triathlon. Canceled. Sprint. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.

22 Duanesburg YMCA Triathlon. Canceled. Duanesburg YMCA, Duanesburg. cdyymca.org/race2020.

SEPTEMBER

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

13 44th Josh Billings Runaround Triathlon. 27M bike, 5M paddle, 6M run. 9:30am. Great Barrington to Lenox, MA. joshbillings.com

13 Ironman 70.3 Lake Placid. 1.2M swim, 56M bike, 13.1M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.

OTHER EVENTS

SEPTEMBER

18-20 Women's Adventure Weekend. YMCA Camp Chingachgook, Kattskill Bay. camp.cdyymca.org.

26-27 Great Adirondack Moose Festival. Indian Lake. indian-lake.com.

PADDLING: CANOE, KAYAK & ROW

ONGOING

M/Tu/F Adult Learn to Row. Check for updates. Summer. 5:30-7am. ARC Boathouse, Albany. albanyrowingcenter.org.

Mo-Fr Junior Rowing Summer Camps. Check for updates. Summer. Ages 11-18. ARC Boathouse, Albany. albanyrowingcenter.org.

Wed Summer Duathlons. 1.25M run, 1.25M paddle, 1.25M run. Little River Boat Launch, Canton. slvpaddlers.org.

JUNE

19-21 2nd Adirondack Paddling Symposium.

Canceled. Mountainman Outdoors, Old Forge. adkpaddlingsymposium.com.

27 Tupper Lake 8-Miler Canoe/Kayak/SUP Race. Canceled. Boat Launch on Simon Pond, Tupper Lake. 518-354-8377. adirondack90miler.com.

14-28 Paddle Sport Clean Up Party. Contact: St Regis Canoe Outfitters, Adirondack Lakes & Trails Outfitters, Raquette River Outfitters, MAC's Canoe Livery, and Northern Forest Canoe Trail. celebratepaddlingadk.com.

JULY

5 Lake George Land Conservancy: Hike-A-Thon. Virtual. Paddling on Jabe Pond & Northwest Bay. Hiking at 20 sites. Bolton Landing. lakegeorgehikeathon.org.

11 Electric City Regatta. Canceled. Mohawk River/Erie Canal Lock 9 Rotterdam Junction. Ed/Kim Greiner: 518-421-2947. eleccityrace.org.

12 Barge Chaser Canoe/Kayak Race. Canceled. Kiwanis Park, Rotterdam Junction. Linda & Bob Cooley: 518-393-9201. nypra.org.

15 Run-Paddle-Run Du. 1.25M run, 1.25M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.

18 Frederic Remington/Rip Friot Memorial Canoe Race and Ogdensburg International Seaway Festival. 10M downstream. 9:30am. Oswegatchie River, Heuvelton to Ogdensburg. slvpaddlers.org.

26 BluMouLA-BuFuRa: BML Buoy Race. 1.5M, 7M, 14M. 10:30am. Town Beach, Blue Mountain Lake. bmlbuoyrace.com.

AUGUST

1 "Round the Island" Canoe Race. Canceled. Big Rock Boat Launch, Colton.

15-16 Madrid Canoe Regatta. 3M/6M rec races, 9M/13M amateur/pro races. Grasse River, Madrid Municipal Park, Madrid. slvpaddlers.org.

19 Run-Paddle-Run Du. 1.25M run, 1.25M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.

28 Celebrate Paddling Invitational. Postponed to 2021. Lake Flower, Saranac Lake. celebratepaddlingadk.com.

SEPTEMBER

5 Remington II Race. 6M downstream. 9am. Oswegatchie River, Rensselaer Falls to Heuvelton. slvpaddlers.org.

11-13 38th Adirondack Canoe Classic: 90-Miler. Canceled. Old Forge to Saranac Lake. adirondack90miler.com.

RUNNING & WALKING

ONGOING

Tue Colonie Summer Track Series. Check for updates: 7/14, 21, 28. 6pm. Colonie High School Track, Colonie. hmrrc.com.

continued

Like us on Facebook
 Facebook.com/AdirondackSports
 Stay up to date on events & news!
 Share feedback, comments, events and photos
 Invite friends to like our page!
ADIRONDACK SPORTS THANKS FOR YOUR SUPPORT!

ITR Integrated Technology Resources
 We Can Fix Your Computer Problems!
 Old Computers Need Replacing?
 Computer Servers Need Updating?
 Virus/Spyware Removal • Data Backup/Recovery
 Your Business or Home IT Department at Affordable Prices!
 Contact Mike Kaplan at 518.796.6951 or Mike@ITRNY.com
 SERVING THE ALBANY, SARATOGA, GLENS FALLS AND ADIRONDACK REGION

STAY UP TO DATE WITH ADK SPORTS
 Enjoy everything you love about the magazine
 • anytime •
 on any device
ADIRONDACK SPORTS
 adksports.com

Anthony's Real Estate
 SERVING THE CAPITAL REGION FOR 20 YEARS
 Specializing in Residential and Rental Listings
 ■ Reasonable Listing Rates
 ■ Short Term Contracts
 ■ Flexible Terms
 Anthony Lee Potolski
 Broker/Owner
 518-434-8682 or potolskial@gmail.com
 340 Second Ave, Albany, NY

Monomoy Island Excursions
 Seal, Seabird and Harbor Cruises on Cape Cod
 Monomoy Island tours with an onboard guide
 508-430-7772 • MonomoySealCruise.com
 731 Route 28 • Harwichport (next to Brax Landing) • Reservations Recommended!

We bring Capital-Saratoga adventure to you!
 Mohawk @ Hudson Rivers, Erie Canal and Round Lake
Upstate Kayak Rentals
 ■ Walk-Up Hourly Rentals - Mohawk Harbor (Schenectady), Waterford Boat Launch (Waterford)
 ■ Self-Serve Rental Hubs - Round Lake (Malta), Alcatraz's Boat Launch/"Flight of Locks" (Waterford), Crescent Park (Halfmoon), Klamsteam Kayak Launch (Clifton Park), Corning Preserve Boat Launch (Albany), Henry Hudson Park (Bethlehem), Coeymans Landing (Coeymans)
 More Info/Book Online: **UpstateKayakRentals.com**
 Call/Text 518-209-1063 or Info@UpstateKayakRentals.com

SARATOGA PHOTOBOOTH
 Take Your... FEATURING 6 Different Poses in...
 SaratogaPhotobooth.com | 518.584.6473
 Classic Photobooth Rentals for the Capital Region & Adirondacks ~ Since 2007

DISCOVER the South Central Adirondacks
 Just like having the **Owner's Manual** to the **Adirondack Park!**
 Get Out. Seek Out. **FIND OUT.**
 www.HikeTheAdirondacks.com

CALENDAR OF EVENTS

CONT. FROM PG 17

JUNE

- 19 Wilmington Whiteface Whiskey Run. Canceled. runsignup.com.
- 20 **3rd Adirondack 15K Race to the Lake.** Virtual. Queensbury to Lake George. active.com.
- 20 Strides 4 STRIDE Run, Walk 'n' Roll. 5K/2K. Virtual. Jennings Landing, Albany. stride.org.
- 20 Building on Love Virtual Run 'N Relay. Jeffrey Yule: 518-237-3778. buildingonlove.org.
- 20-28 **6th Good Karma 5K Run/Walk.** Virtual. Benefits AIM for Seva & Feeding America. Mona Kulkarni-Caron: 518-429-9068. goodkarmany.org.
- 20-28 **4th Sasha's 5K Run/Walk.** Virtual. Wear superhero-inspired attire. Benefits Ronald McDonald House. Tallmadge Park, Mechanicville. sashasrun.com.
- 20-30 **Bacon Hill Bonanza Virtual 5K/10K/1 Mile & Kids Fun Run.** Schuylerville. baconhillbonanza.com.
- 21 Mount Greylock Trail Races. 13.5M & 5K. Postponed to August 16. Greylock Glen, Adams, MA. runwmac.com.
- 26-28 **Gore 5K 4U Virtual Run/Walk.** Free w/award categories & great prizes. Gore Mountain, North Creek. goremountain.com or active.com.
- 27 18th Dodge the Deer 5K & Kids Races. Schodack Island State Park, Schodack Landing. dodgethedeer.com.

JULY

- 1-11/27 **Montauk to Montreal: International Virtual Challenge.** Lighthouse to Lookout. 525M & 1,050M challenges. Plus, 225M Albany to Montreal challenge. Pullover, medal, prizes. runsignup.com/lighthouselookout.com.
- 3-5 **14th Firecracker 4 Road Race.** Now virtual: run/walk 4M between 6/28-7/11. Also, Virtual 0.5M Sparkler Kids' Fun Run. And, Run Your Colors team challenge. Shirts, medals & giveaways. Saratoga Springs. firecracker4.com.
- 4 Finger Lakes 50s. 25K/50K/50M. 6:30am. Finger Lakes National Forest, Hector. fingerlakesrunners.org.
- 4 32th Montcalm Mile Road Race. Canceled. Ticonderoga. lachute.us.
- 9 35th Run for the Roses 5K. 5K: 9am; 2.5M Nature Walk: 8am; Kids' Run: 10am. Grafton State Park, Grafton. runsignup.com.
- 11 6th Friends of Wilton Recreation Park Fest 5K Run/Walk. 8am. Saratoga Springs. friendsofwiltonrec.com.
- 11 Turtle Trot Walk-Run. 3.4M. 10am. Whalen Park, Massena. 315-764-1289. northernrunner.org.
- 12 Paul Luther Memorial 5K. 10:30am. Tallmadge Park, Mechanicville. runsignup.com.
- 15 Ken Morgan Run Races. 10M: 8am. 5K: 9am. 1M Family Walk: 8:30am. Castleton Elem School, Castleton. runsignup.com.
- 18 **24th Silks & Satins 5K Run/Walk.** Canceled. Jeff Clark Memorial Race. Saratoga Springs. silksandsatins5k.com.

- 25 Wakely Dam Ultra. 55M trail race. 6:30am. Piseco. ultrasignup.com.
- 25 18th Run for the River 5K/10K. 9am. Downtown, Clayton. savetheriver.org.
- 25 Best Dam 5K & Paddle. Virtual. Downsville. bestdam5k.com

AUGUST

- 1 **Churney Gurney Trail Running Races & Mountain Bike Races.** Tentative. Gurney Lane MTB Park, Queensbury. churneygurney.com.
- 1 Scotties Stampede 5K. 9am. Ballston Spa Central School, Ballston Spa. scottiesstampede.org.
- 1 My Mile for Hospice. Virtual. Potsdam. Kellie Hitchman: 315-265-3105. hospiceslv.org.
- 1 Forest Frolic 2020. Canceled. Kennedy State Forest Trails, Virgil. fingerlakesrunners.org.
- 6 Forge the Gorgeous 2020. Canceled. Fillmore Glen State Park Trails. fingerlakesrunners.org.
- 6 Five Nations Trail 5K. 6pm. Five Nations Golf, Ticonderoga. lachute.us
- 7-8 **Peak 2 Brew Relay: Adirondack Beast.** Canceled. Postponed to Aug 2021. 220M. 6-12 runners. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.
- 8 **Peak 2 Brew Relay: Adirondack Sprint.** 60M. Postponed to Aug 2021. Tug Hill, Turin to Saranac Brewery, Utica. 10% off: p2brelay.com.
- 8 **Fox Creek 5K.** 9am. Berne Town Park, Berne. 518-861-6350.



Dr. Brad Elliott
CHIROPRACTOR

Cost Effective Care for the Entire Family

677 Plank Rd, Clifton Park
(518) 383-4889

3RD ANNUAL
Adirondack 15K Race to the Lakes

Now a 15K or 10K Virtual Race!
Run/walk anywhere from June 15-21
Upload photo and results

Register by 6/20: ItsYourRace.com

Benefits Adirondack Community Outreach Center's Backpack Program

3RD ANNUAL SASHA'S
VIRTUAL 5K Run/Walk

SUPERHERO RUN

Do it anywhere JUNE 20-28

Bring your superhero attitude or wear superhero-inspired attire!
Upload your results & share your photos!

Albany Ronald McDonald House fundraiser to support families of ill children and honor parents of kids lost too soon

Entry & Info: Sashasrun.com

Reach 50,000
Sports, Health, Fitness, Recreation & Travel Enthusiasts Monthly!

Advertise effectively with US!

JULY AD DEADLINE 7/7

Contact Darryl:
(518) 377-8788
Darryl@AdkSports.com
Media Kit: AdkSports.com

Please Support Our Advertisers

and Tell Them Where You Saw Their Ad!

ADIRONDACK SPORTS

PAT HENDRICK PHOTOGRAPHY

Top-quality photo coverage of your event via conventional shopping cart, or boost your fund-raising and attract more athletes with free sponsored branded photos

Visit us at pathendrickphotography.com
Email: phendrick7602127@roadrunner.com
518-327-3342

GOOD KARMA of the Capital Region

6TH ANNUAL

AIM for SEVA Educating Rural India

GOOD KARMA 5K

PROCEEDS TO FEED CHILDREN THROUGH AIM FOR SEVA AND FEEDING AMERICA

SAT, JUNE 20 – SUN, JUNE 28

Join Us Now over 500 runners & walkers!

VIRTUAL EVENT

REGISTER AT GOODKARMANY.ORG

Contact: goodkarma5k@gmail.com or call/text: Mona at 518-429-9068
Please follow social distancing guidelines to prevent the spread of COVID-19.

ADIRONDACK SPORTS | ROCK Your Fitness | AWARDS BY WASH'S & CREATIVE PARTNERSHIP | DevCare solutions | GE

DEP | BILL & NAOMI HOFFMAN | Saanvi Technologies | DTS Digital Technology Solutions LLC | East Penn Imaging

- 15 **Camp Chingachgook Challenge Half Marathon & 10K.** Canceled. YMCA Camp Chingachgook, Kattskill Bay. cdymca.org/race2020.
- 15 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperence. landislive.weebly.com/forest-5k.html.
- 16 Ted Petrillo Save Our Switchbacks. 7.5K. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 19 **Hump Day 5K Run/Walk. 6:15pm. Southern Saratoga YMCA, Clifton Park.** cdymca.org/race2020.
- 23 Thacher Park Running Festival. 10K, 13.1M, 26.2M, 50K. 8:30am. Thacher Park, Voorheesville. albanyrunningexchange.org.
- 23 15th Lake Placid Marathon & Half. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 29 2nd Druthers Helderberg to Hudson Half Marathon. Albany County Rail Trail, Voorheesville to Albany. helderbergtohudsonhalf.com.
- 29 23rd Altamont 5K Run/Walk. 9am. Bozenkill Park, Altamont. 518-861-6350. altamont5k.org.
- 29 Towpath Trail Run 10K & 2M. 5:30pm. St. Johnsville Marina, St. Johnsville. 518-568-7509.

SEPTEMBER

- 1-13 Utica Boilermaker 15K & 5K Races. Now virtual races. Utica. boilermaker.com.
- 7 Labor Day 5K Run. 9am. Harriman Office Campus, Albany. hmrrc.com.
- 12 **Malta 5K & 10K. 8:15am. HVCC Tec Smart, Malta. Paul Loomis: 518-290-7202.** roundaboutrunnersclub.com.

- 12 Groton Forest 26.5M/15M/6.5M Trail Runs. Boulder Beach SP, Groton, VT. cvrunners.org.
- 13 **Capital Region Tour de Cure. 5K run/walk. Virtual. Virtual Bike: 10M, 30M, 50M, 62.5M, 100M. ADA: 518-218-1755 x3606.** diabetes.org/capitalregion.
- 13 Shark Shuffle 5K, Fun Run & Virtual Option. 8:30am. Cook Park, Colonie. runsignup.com.
- 13 Dutchess County Classic: Marathon, Half, 5K & Kids' Fun Run. 7:15am. Dutchess Community College, Poughkeepsie. dutchesscountyclassic.org.
- 17 CDPHP Workforce Team Challenge 3.5M. Canceled. Albany. hmrrc.com.
- 19 **Literacy Run/Walk 5K and Youth Mile. 10am. Schodack Landing.** lvorc.org.
- 19 **ADK 5K. 10am. Save \$5 w/code by 3/28: ADKSPORTS. Adirondack Pub & Brewery, Lake George.** adk5k.com.
- 19 **23rd Charlton Heritage 5K Run/Walk. Canceled. 1M Fun Run. Old Red School House, Charlton.** 518-399-3797. zippyreg.com.
- 19 **Race the Lake Marathon, Half Marathon & 5K. Clark Sports Center, Cooperstown.** clarksportscenter.com.
- 20 **15th Saratoga Palio Half Marathon & 5K Run/Walk. Virtual. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. Details to come:** themelaniefoundation.com.
- 26 **Adirondack Marathon Distance Festival: 10K/5K. Canceled. Chestertown.** adirondackmarathon.org.
- 27 **Adirondack Marathon Distance Festival: Marathon, Half Marathon & Relays. Schroon Lake.** adirondackmarathon.org.

- 27 **1st Montgomery County Half Marathon & 5K Race. 8:15am. Tribes Hill Community Park, Tribes Hill.** zippyreg.com.
- 27 **Glenville YMCA Muddy Sneakers Trail Run 5K. Canceled. Glenville.**
- 27 Albany Booster Club Falcon 5K. 9:30am. Albany. facebook.com/ABCBackToSchoolFalcon5k

OCTOBER

- 10 Lake Placid Classic Half Marathon & 10K. Postponed to 2021. Lake Placid. lakeplacidclassic.com.
- 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.
- 17 **Peak 2 Brew Relay: Finger Lakes. Sprint Team Relay. Greek Peak, Cortland to Heritage Hill Brewery, Pompey.** p2brelay.com.
- 18 **Peak 2 Brew Relay: Catskills. Postponed to Oct 2021. Windham Mountain, Windham to Brewery Ommegang, Cooperstown. 10% off: p2brelay.com.**
- 18 20th Ghostly Gallop 5K and Fun Run. 10:30am. Hudson Area Library, Hudson. ghostlygallop.info/home.html.
- 25 **Have a Drink on Me 5K. 10am. Singlecut North Brewery, Clifton Park.** greatamericanbreweryruns.com.
- 25 **Saratoga Cross Country Classic 5K & 8K. 10am. Saratoga Spa SP, Saratoga Springs.** saratogaxcclassic.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.



PLAY IT AGAIN SPORTS

New & Used Summer Gear is Here! WE'VE REOPENED! Bring your quality used sports/fitness gear (see new protocol online). Visit us for fresh new gear, we have that too - a great value in a clean, safe environment!

BASEBALL/SOFTBALL
SOCCER • INLINES • DISC GOLF
WATERSPORTS • LONGBOARDS
GOLF • SKATEBOARDS • LAX
YARD GAMES • WEIGHTS

952 Troy-Schenectady Rd, Latham • Peter Harris Plaza, 1.6M west of I-87
(518) 785-6587 • PlayItAgainSportsLatham.com
New hours: Mon-Thu 10-6, Fri 10-7, Sat 10-6, Sun 12-5



The Melanie Foundation presents
THE SARATOGA PALIO

The Final Race is Now Virtual

Melanie Merola O'Donnell Memorial Race
Half Marathon & 5K Run/Walk
SUNDAY, SEPTEMBER 20

TheMelanieFoundation.com



8th Annual **Bacon Hill Bonanza**
NOW A VIRTUAL RACE!

**5K or 10K run/walk
1M for kids and adults**

Do it anywhere from June 20-30
Register by 6/30 - Upload results/pics
Entry includes 2020 BHB T-Shirt

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



ROCK Your Fitness

Facebook.com/RockYourFitnessLLC
Becky Weyrauch, certified personal trainer

**TBT = total body training
★ 1st class is FREE ★
Your Success Is Our Goal**

First Class FREE Virtual/Live
To redeem, text: 518-522-9765
Promo code: RockFit Adk Sports

Motivation for ALL Fitness Levels

★ **JOIN OUR ZOOM CLASSES!** ★
MWF 6:30-7:30AM & 9-10AM

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



Signup for our WEEKLY eblasts!

- Best Bet Events
- Articles & News
- Promos & Ads

In your Inbox every Wednesday!

AdkSports.com



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



NOT VIRTUAL!

HEALTH FITNESS | RUN BIKE TRI | CELEBRATING 15 YEARS! | ADIRONDACK SPORTS | HIKE PADDLE SKI | RECREATION TRAVEL

EXPO

NY'S SPORTS, HEALTH, FITNESS AND TRAVEL SHOW!

FREE ADMISSION
Social distancing and safety precautions will be practiced

Sept 12 & 13

Saturday 10-5 | Sunday 10-4

SARATOGA SPRINGS CITY CENTER • 522 BROADWAY, SARATOGA SPRINGS

AdkSports.com/expo



St. Regis Canoe Outfitters
 Helping people fall in love with wild places since 1984...

- Lightweight Canoe/Kayak Rentals & Sales
- Quality Camping Gear Rentals & Sales
- Shuttles, Maps, Guidebooks
- Guided Trips & Instruction

73 Dorsey Street • Saranac Lake
www.canoeoutfitters.com • **518-891-1838**



DISCOVER INLET

And all the Beauty That Surrounds Us

For maps & more:
 INLET AREA INFORMATION OFFICE
1-866-GO-INLET
www.inletny.com





GARNET HILL LODGE
 Since 1936

Nestled in the mountains of upstate New York, our four season Adirondack hotel and resort envelops you in a relaxed mountain lifestyle. Spring, summer and fall we provide access to a wide range of activities including hiking, swimming, paddling, mountain biking, fishing, whitewater rafting and a host of local attractions. Enjoy stunning mountain views from our Log House Restaurant and Pub as well as our balcony rooms.

518-251-2444
WWW.GARNET-HILL.COM




TRY | LEARN | BUY



THE FINEST IN CANOE, KAYAK, & SUPS PADDLING GOODS AND SERVICES

visit us online to find out how we can get you on the water



ADIRONDACK LAKES & TRAILS OUTFITTERS
 541 LAKE FLOWER AVE | SARANAC LAKE NY | 518-891-7450
WWW.ADIRONDACKOUTFITTERS.COM

Let's PADDLE
 Explore new waterways with ADK

Adirondack Paddling: 65 Great Flatwater Adventures describes day trips that appeal to paddlers of all tastes and abilities, from parents with young children to hard-core wilderness junkies.

Written by Phil Brown, this expanded edition includes Boreas Ponds, Essex Chain Lakes, Blackwell Stillwater, County Line Flow, and a chapter on Jabe Pond, near Lake George.

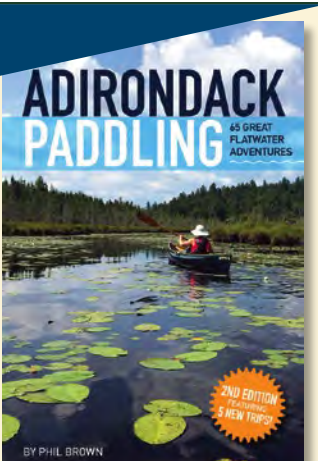
Adirondack Paddling includes over 150 color photos, color maps, GPS coordinates, and a statistical overview of each trip.

ADK Mountain Club Published in partnership with Lost Pond Press.

ADIRONDACK PADDLING 65 GREAT FLATWATER ADVENTURES
 BY PHIL BROWN
 2ND EDITION 5 NEW TRIPS

Softcover, 288 pages, 5½" x 8½"
 \$24.95 / \$19.96 members
 (S & H, state and county taxes apply)

800-395-8080 ▲ Working for Wilderness ▲ ADK.org



The Finest Paddling Boats on the Water

On-Water Demo
 All models - including Oseetah!
 M-F 9:30-5:30

Inventor of integral infused gunwale technology
 Handcrafted in the Adirondacks







PLACID BOATWORKS

263 Station St, Lake Placid • 518-524-2949 • placidboats.com

Come Visit **Old Forge**
 Your Adirondack Base Camp!

Eagle Bay • Stillwater
 Big Moose • Beaver River
 It's Our Nature!

Make your own fun, or let us help you!
 Info-Webcams-Vacation Guide
OldForgeNY.com

PADDLING continued from 1

him a 10-foot, 10-pound boat. Sears wrote popular books and articles about his adventures under the pen name, "Nessmuk."

As a kayaker, I am used to boats that are 16 to 18.5 feet long, weighing 42 to 60 pounds. A sea kayak can handle most anything our lakes and rivers can dish out in the way of wind and waves – given a skilled paddler at the helm. How does an 18-pound, 12-foot boat perform in comparison? Here are my findings so far:

- The lightweight makes the boat a dream to get on and off the car, and to carry to the water. Carrying a kayak any distance is no fun, even less fun as age catches up with me.
- The weight, or lack of it, also presents a challenge. On a windy day, I unstrapped the boat from the roof racks and lifted one gunnel to pull it toward me. The wind raised the whole boat up in the air! It basically took flight, hovering a few inches above the racks. Thus, my biggest problem so far is making sure the boat does not blow away!
- The shorter length lets me maneuver very nicely in tight spots like small creeks and marsh channels. I just love poking around in those spots, looking for wetland plants and animals.
- I don't expect to paddle the pack canoe in major waves, but it seems to handle rough water and winds quite nicely. I find very little problem with side winds and tail winds making the boat turn away from my desired direction (weather-cocking). Behavior in wind will be different with each canoe model, but mine is working fine.
- With my 190 pounds, the stability seemed a bit tender at first – of course, I had not paddled at all this winter. Things felt more stable quite quickly.
- Sun protection is more of a factor with the canoe – your legs are exposed instead of being shaded inside the cockpit. Long nylon pants have become my uniform, along with my usual sun shirt, and wide brimmed hat.
- Water drips in the boat are more of a factor. I use a longer paddle, 240cm in size, and a low-angle paddle technique to minimize the water getting in the boat.
- Placement of weight in the canoe makes a difference. I tether a waterproof day bag behind me, where I can push it to the rear of the boat or pull it up close to me, depending on the trim I want.
- These canoes are made with tough materials, but damage is certainly possible. Luckily, these composite materials are very repairable. With reasonable care, a pack canoe should last indefinitely.

PORTAGING AND ENTRY/EXIT ARE A BREEZE FOR YOU, YOUR GEAR, AND FOUR-LEGGED FRIENDS IN PACK CANOES. A DRYBAG BACKPACK IS THE PERFECT GEAR HAULER. PLACID BOATWORKS



**George W. Sears/
Nessmuk
Books You Can Buy**

"Woodcraft and Camping" – A how-to book on Adirondack backcountry tripping & camping, old school (not leave-no-trace); a very interesting read regardless.

"Canoeing the Adirondacks with Nessmuk" – A fun read as he travels across the Adirondacks in superlite boats while everybody else at that time (1880-1883) was hiring guides in guideboats to do the heavy work ("An Adirondack Passage" by Christine Jerome is a modern version of that idea).

–Rich Macha

What did I get? Mine is a 12' New Trick model from Hornbeck Boats in Olmstedville. Pete Hornbeck was a pioneer in modern pack canoe making. His company is one of four makers in our region. The others I know of are Placid Boatworks in Lake Placid, Adirondack Canoe Company in Minerva, and Slipstream Watercraft in Broadalbin. I have a number of friends with Placid Boatworks canoes and they are quite exquisite! All of these makers have a variety of pack canoe models and will arrange test paddling for you.

Test paddles, sales and rentals of pack canoes are also available at Mountainman Outdoor Supply Company in Saratoga Springs and Old Forge, Adirondack Lakes & Trails Outfitters in Saranac Lake, and St. Regis Canoe Outfitters in Saranac Lake. These shops will have models from makers including Swift, We-no-nah and North Star.

Did I choose the perfect pack canoe for my size and paddling style? The jury is out on that, but I'm not concerned. If I decide to change boats, selling a pack canoe should be no problem. They rarely come up on the used market – when one does, it commands a good price, and is gone in a snap!

There is an old adage about boats: "The smaller your boat, the more you will use it." Boats don't get smaller than pack canoes; they're sure to get used and simply fun to paddle! ▲

Alan Mapes (alanmapes@gmail.com) is a kayak instructor and guide, certified by the American Canoe Association. He lives near Saratoga Springs and offers kayak instruction through Capital District Kayakers Meetup.



BILL FIBIGER OF NEWCOMB GETTING INTO HIS PACK CANOE, SWINGING LEGS IN AFTER SITTING DOWN BACKWARDS. ALAN MAPES



EXPLORING LAKE LONELY OUTLET WITH THE PACK CANOE. ALAN MAPES



ALAN MAPES ON FISH CREEK IN A 12' NEW TRICK PACK CANOE BY HORNBECK BOATS. NORA MAPES-REGAN

NON-MEDICATED LIFE



A More Balanced Strategy for Covid-19



By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 94th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

The Covid-19 pandemic in the United States was projected - in a worst-case scenario - to infect as many as 214 million and kill as many as 1.7 million. By June 15th, approximately 120,000 have died. This apparent success (it ain't over till it's over) is in part a result of a massive effort on the part of state and federal governments to reduce transmission of the virus via masking, social distancing, hand washing, quarantine of identified cases, as well as the closing of non-essential business/commerce, and keeping folks at home - and thus not congregating. While apparently meeting initial success, the strategy has had other deleterious effects on the economy and healthcare delivery that also pose a significant threat to the health of our population. A more balanced approach is needed.

The strategy employed was intended to "flatten the curve" or slow the spread of the virus in the population so as not to overwhelm the capacity of the healthcare system to care for the seriously ill; to allow a ramp up in production of personal protective equipment; to allow time to develop antiviral medications; and to allow time for the development and administration of a vaccine. The strategy was not intended to stop transmission. Moreover, the strategy has created new and significant health threats.

For example, hospitals have noted that the usual number of patients with heart attack and strokes have not been showing up at emergency rooms for treatment, ostensibly out of fear of contracting the Covid. Moreover, those that do call an ambulance are calling later with a resultant increase in out-of-hospital cardiac arrest. Needed vaccinations are being put off, needed cancer screenings are being put off, and even need-

ed cancer treatments are being delayed, out of fear of Covid. The economic distress of job loss has increased domestic abuse and suicide rates. Moreover, loss of jobs may mean loss of health insurance, inability to meet co-pays, and reduced access to care - with serious health outcome implications.

Most recently, an increase in cases across the Sunbelt has raised the possibility of further lock downs and stay-at-home orders. The strategy of lock downs and stay-at-home orders, however, is draconian and creates, as noted above, other economically precipitated detrimental health outcomes. However, as our knowledge of the virus - its transmission and most vulnerable targets - has increased, a more balanced approach may be better. As first suggested in a March 20, 2020 article in The New York Times, titled "Is our Fight Against Coronavirus Worse Than the Disease?," David Katz, MD argues that a more risk-stratified approach, saving lock downs, extensive testing, and stay-at-home orders for those older and sicker individuals at highest risk, may allow those at lower levels of risk to resume their jobs "safely." I would emphasize that safely reopening requires even for those at lower risk a continuation in some form of those mitigating strategies we know work - masking, social distancing, handwashing and targeted quarantine.

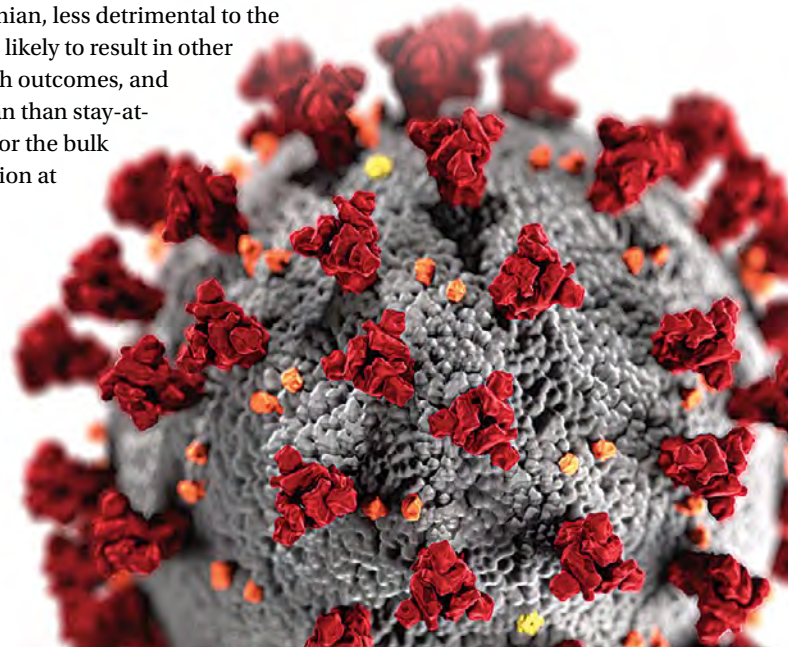
Until a vaccine is available, the lifestyle-based mitigation strategies mentioned above, are the only thing standing in the way of hundreds of thousands of additional deaths. But these strategies must be used in order that the rate of new infections remains low, allowing the healthcare system to respond appropriately, and not be overwhelmed. For example, Taiwan has some of the lowest transmission and case rates in

the world. Part of this may be traced to early closure to visitors from the mainland, but equally important has been the widespread use of masks after the SARS scare in 2003, in which mask wearing proved its efficacy to the general population - and consequently has been accepted more readily as a social responsibility during Covid-19. But even in Taiwan, the social acceptability of masking is backed up by economic consequences: failure to wear a mask in public results in a \$500 fine.

While such financial penalties may not be politically acceptable in the United States, certainly the strongly encouraged use of mitigation strategies known to work - universal masking, social distancing, hand washing, and quarantine of identified cases - is less draconian, less detrimental to the economy, less likely to result in other negative health outcomes, and more American than stay-at-home orders for the bulk of the population at lower risk.

It would make sense to balance this approach, with more stringent and restrictive targeted interventions only for those at higher risk, and thus for the majority of the population to achieve some degree of normalcy. Nevertheless, these lifestyle-based mitigation strategies will work only if we use them. Let's resolve to do so! ▲

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



Michelle Roberts
Reiki Master, Registered Nurse

Joel Fasciani
Acupuncturist

Kat MacKenzie
Acupuncturist & Herbalist

Alyx Soesman
Acupuncturist

451 Glen Street, Glens Falls
518-409-6993

AcuNirvana.com • Kat@AcuNirvana.com

We're open again!
No referral needed

Paul E. Lemanski, MD, PLLC
Fellow, American College of Physicians

Practicing Internal Medicine & Lifestyle Medicine

Accepting new and existing patients as well as referrals for consultation:

Weight loss and obesity management • Optimizing lipids • Statin intolerant patients
Hypertension • Prehypertension management with lifestyle
Type-2 diabetes prevention and remission • C-PAP intolerant sleep apnea
Rx GERD with minimal or no medication

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

AMIGOS

REOPENING 6/23!
Outside/inside dining & takeout!

CANTINA

Voted Best Mexican Restaurant in Saratoga Fifth Year in a Row!

OPEN AT 4:30 PM TUES-SUN

Taco Tuesdays
Two Tacos, Rice & Beans for \$8.99

Thirsty Thursdays
\$5 House Margaritas & \$4 Draft Beer

Reservations Recommended
(518) 695-9595
42 Ferry St, Schuylerville
AmigosCantina.net
Refueling athletes since 2007

Myofascial Release Restores Flexibility

\$10 OFF your first appointment!

Just imagine...
effortless swim stroke
strong legs for cycling
loose hips for running

Fascial Connections
Bodywork to Restore Flexibility

Call Virginia today for an appointment
518-573-8064

Find me at A Peaceful Place
1745 Route 9, Clifton Park

offer expires 8-31-2020

GREAT WALKS & DAY HIKES



Empire Orienteering Club

Social Distancing Meets

■ FINDING A CONTROL CHECKPOINT THAT'S HIDDEN ON AN OLD TIPPED OVER TREE ROOT SYSTEM. ■ CONTROL MARKED WITH GREEN BOTTLES, ORANGE TAPE AND CAUTION TAPE. ■ VETERAN'S MEMORIAL WALK AT THE PARK ENTRANCE. ■ VIEW FROM WOODS ACROSS THE MEADOW AND FIELDS OF LOWER LOOP. TOM O'GRADY

By Tom O'Grady

Many competitive and recreational sporting events have been canceled or postponed, so it seemed like 2020 would end up being the year that wasn't. The primary reason is that the events require participants to compete against each other and there are many opportunities for contact with participants and spectators. A solution for some tech savvy race directors has been to put on virtual events. The Empire Orienteering Club of the Capital Region decided to attempt a non-contact event at Garnsey Park in Clifton Park the weekend of May 15-17.

During a typical orienteering meet, individuals will compete solo or as a team and search for controls along the course at the same time. Individuals or teams get to choose between four different difficulty ratings from easiest to most difficult that are typically white, orange, green and red. The white course is usually around 2K "as the crow flies" and contains between 8-10 controls while the red course is 5K or more and has anywhere from 18-20 or more controls. Participants at typical events usually end up pretty spread out. Contact usually is only required to punch your manual or digital time stamp at each control checkpoint.

Hosting a non-contact event took some planning but was possible with some changes to the standard setup, in addition to providing education on social distancing, and following CDC guidelines on holding non-contact events. Precautions included holding the course over the span of an entire weekend instead of having everyone check-in and start at the same time. Individuals were asked to sign up for 30-60-minute start windows throughout the weekend to avoid contact with anyone else while at the park. We requested an 8:30am start time on Saturday but were asked to move to 6pm to avoid the early morning peak the park sees over the weekend.

While a standard event requires participants to come into contact with a control checkpoint to record a time stamp, individuals simply had to come within eye contact of the control, to read a visible numerical marking on it. Many times check points are in the woods, hidden in a gully, or are surrounded by rocks or some other physical barrier. Control checkpoints in this event were never far off the trail and did not require moving any barriers to avoid cross contamination from touching. Finally



individuals were asked to bring masks and be prepared to observe social distancing guidelines should they be around others at the park at the same time.

With those guidelines, we arrived at the park 10 minutes prior to our start time, and began to search for the controls. We chose the second easiest orange course, which was approximately 2.1K if you walked the shortest distance between each control, and contained 10 control checkpoints to find. A quick look at the map revealed that most controls could be found by sticking to the main trail, although cutting through some forested sections would significantly reduce the time and distance required to complete the course. Within a few minutes we found the first control and verified the numbers were accurate. The kids enjoyed the set-up with green glass soda bottles surrounding yellow and black caution tape. We were off to a good start and quickly found the second control.

From the second control, things became a little dicey when we determined what looked like a smaller offshoot, was not the primary perimeter trail. This caused us to walk a considerable distance to what ended up being the fifth control. Unlike in other formats of orienteering this event required controls be found in sequential order. Some backtracking all the way to the second control, and walking to the split we missed at first, ended up correcting the error. Instead of evenly spaced intervals of 3-5 minutes I had expected, this third control had taken nearly a half-hour to find! From there we had already gotten our bearing on the first half of the course and found the fourth and fifth controls quickly. This first half of the course had taken us from what was primarily open fields into nicely wooded forests. We took some time to stop and the information kiosks along the way. From the fifth control,

where we had made our initial error, we quickly headed back towards the field and found the sixth control.

After finding the sixth control, we checked the map and planned what appeared to be a quick circuit of a lower loop that would bring us back towards the entrance of the park. When we came to the appropriate loop, our two oldest children ran ahead and verified where the ninth control point was for reference. This gave them some more time to burn off extra energy. Upon reporting back on the location of the ninth control, we had a reference point for where the seventh and eighth control points should be. Unfortunately, after circumventing the loop we arrived at what looked like the opposite side of the loop. Heading back to the reference point verified we had made it to the opposite side without finding the two intermediate check points. We had missed a small trail offshoot and missing the seventh control, which had caused us to lose perspective on the eighth. Some backtracking allowed us to find the seventh and eight controls before heading back to the ninth and then final checkpoints.

The outing overall was a success. We ended up completing the course in one hour, 26 minutes which was good enough for fourth out of six teams on the orange course. Instead of covering 2.1K, our backtracking and sticking to the primary trails likely had us covering closer to 5K of actual walking. While we were out there, we saw one other team who was moving quite quickly and I suspect won our grouping. The post event email informed everyone that the new format had been a success. There were 23 individuals or teams that had registered and 18 of the individuals or teams were able to finish. The registration was pretty evenly distributed from "expert" to "novice" with each of the courses having five to six registrants.

Garnsey Park - Located on NY Route 146 in western Clifton Park, it's one of a number of multiuse recreational facilities within the area. The park itself covers about over 150 acres of land, with a primary trail that's a two-mile plus loop that has an additional one-mile of trail spurs and loops for walking. This was a new location for the orienteering club. The lower portion of the trails are primarily grass meadows and are mowed to maintain good footing. The upper loop is a wooded walk that is more rocky and rooted. There are a variety of educational postings along the way to inform you of the different animals that inhabit the area.

The main trail upon entering the park is marked in blue there are additional trails designated as red, white and yellow. Each trail is between a 0.25 and 0.75-mile for a total of 2.25 miles of trails. Connector trails and loop sections that bring you back to your starting point all provide ample opportunities to add on distance and make the total distance covered variable. The courses for the EMPO event covered each of the primary trail sections so individuals had an opportunity to experience the full sense of the park. Although this was a summer event there were some questions about whether a ski-orienteering event could be held in the winter. The Shenendehowa Nordic Club grooms the trails for cross-country skiing and snowshoeing so a Ski-O even seems possible.

The park does have some wetland areas and boggy sections. The first control required crossing a small bridge, and the last control required some exploration near the exit of the park, which gave several participants a challenge. The park is good for bird-watching and photography, and we saw and heard many birds while walking through the park. The most plentiful on this trip appeared to be blue birds.

Future events - The success of this first non-contact orienteering meet allowed the EMPO club to make necessary changes to hold a second event. This meet on June 5-8 followed similar rules, and it was held at Cole Hill State Forest in Berne. Abiding by social distancing and following event guidelines is important to make sure events like these can continue. Checking out something like this allows you to get out and enjoy the outdoors, get exercise, use your navigational skills, and potentially see someplace new! Learn more about the sport and future events at empoclub.org. ▲

Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of *Slingerlands* is an avid runner, hiker and lover of the outdoors. Learn more at ogradystrategies.com.

**For safety and health
Tour de Cure is now VIRTUAL
on Sunday, Sept. 13**

**Active
for Life.**



Join like-minded enthusiasts in a day packed with excitement and energy where riders, runners and walkers of all levels come together—united in the fight for a cure and to help people with diabetes thrive.

Learn more at
diabetes.org/tour
1-888-DIABETES

There's nothing we can't do when we're
Connected for Life.

Ride. Run. Walk. For the Cure!

**Capital Region
Tour de Cure
Sunday Sept. 13**

10M, 30M, 50M, 62M &
100M • 5K Run/Walk

More information at:
585-458-3040 x3483
colbrown@diabetes.org



**The finish line is
different this year,
but our mission is
unwavering**

HOW TO PARTICIPATE IN OUR COMMUNITY VIRTUAL EVENT

- 1) Register – You'll receive tips and tools to achieve your goal.
- 2) Ride, Run or Walk – Complete locally at time of your choice.
- 3) Post on your social network WHY you're doing it – Share a photo, a post or a video and use hashtag #VirtualTourdeCure2020.
- 4) Post your training and fundraising goals with link to your page – And share your progress with friends and family.
- 5) Enjoy the Sept. 13 virtual event on social media – Staff, volunteers, sponsors and participants will be posting so join the party.

Register today at diabetes.org/capitalregion

LAKE GEORGE LAND CONSERVANCY

**HIKE
A
THON**

JULY 5TH

20 20

Free, Family-Friendly Fun!

2020 HIKE-A-THON IS GOING VIRTUAL!

Learn More:
LakeGeorgeHikeAThon.org

NOT VIRTUAL! **CELEBRATING 15 YEARS!**

**ADIRONDACK
SPORTS**

EXPO

Sept 12 & 13

NEW YORK'S SPORTS, HEALTH, FITNESS AND TRAVEL SHOW!

Saturday 10-5 • Sunday 10-4 • **FREE ADMISSION**

SARATOGA SPRINGS CITY CENTER • 522 BROADWAY, SARATOGA SPRINGS

AdkSports.com/expo

**RUN
BIKE
TRI**

**HIKE
PADDLE
SKI**

**HEALTH
FITNESS**

**RECREATION
TRAVEL**

Social distancing & safety precautions will be practiced