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Cousins Break 46er Thru-Hike Record

By Thomas O'Grady

The saying three's a crowd does not hold true for the trio of cousins Dan Fronhofer, Paul Fronhofer, and Mike Jaworski who together set the Fastest Known Time (FKT) for an unsupported thru-hike of the Adirondack 46 High Peaks in June. The trio carried all their supplies and food, taking only water from natural sources. Their trip covered 198 miles over six days, five hours, and 40 minutes to eclipse the previous record by 21 hours.

Endurance hikers and FKT seekers tend to fall into one of two categories when approaching their adventures. The first category is thrill seekers who loosely plan their trip, approach with an intense attitude, push relentlessly, and hope for the best. The second category are the planners who approach things with precision, measure everything, balance the trip based on fitness, and keep track of all the variables at play. After speaking with Dan, Paul and Mike, this group falls decidedly into the latter category. Despite the understanding that every extra person enters a new variable into the equation, the three worked together seamlessly, and were completely in tune during the trip. There were several times that each person commented on the fact that three people means more variables but the company, camaraderie, and shared energy the group brought to the trip was an integral part of their success.

There were plenty of details to track before and during the trip. Among them were fitness, navigation, mental strength, nutrition and gear. From a fitness standpoint, each individual brought years of endurance training to the table. Paul, 41, of Moreau, and Dan, 38, of Saratoga Springs are both runners and bikers who have competed in a variety of marathons, ultra-marathons, and triathlons over the years. Each had hiked extensively and completed approximately half the Adirondack 46ers prior to the record attempt. Mike, 29, of Greenwich, was a sub-elite level mountain biker for several years and enjoys hiking and snowshoeing. Mike also brought relevant thru-hike expertise from his record-setting winter Adirondack 46er thru-hike with Nick Glasser in 10 days, 8 hours and 58 minutes in January 2020, which earned him his first FKT.



DAN, MIKE AND PAUL IN GOOD SPIRITS ON MACOMB, SECOND HIGHEST OF FIVE MOUNTAINS IN THE DIX WILDERNESS AREA.

Leading up to the FKT attempt, their training focused on long efforts that were primarily running and hiking related. A favorite place to train was Moreau Lake State Park because of its variety of terrain, from steep climbs and descents, rugged trails with roots and rocks, and runnable patches along the higher plateau and lower lands. Mount Equinox, near Manchester, Vt., offered climbing repeat opportunities. Finally, trips to the Adirondacks allowed for training on the actual terrain they would be covering.

Navigation was greatly aided by reviewing previous Adirondack 46er thru-hiker routes. With only slight modifications in a few places to facilitate bushwhacking, the group settled on a nearly 200-mile route. The trip would start in the southwestern corner of the High Peaks and finish in the northeastern corner. On the first day, they set out and covered the four-peak Seward Range, before heading towards the Santanoni Range. Like any well-planned trip, they had intermediate goals and their day one goal was to make it past Bradley Pond - just east of Panther Peak. After accomplishing this, and tacking on a few extra miles, they finished ahead of previous attempts in good spirits.

From there, they ran into their first and probably largest issue; a cold and wet hike up Mount Marshall due to a second

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BICYCLING

◀ JOHN GILLIVAN, DARRYL CARON AND ANTOINETTE ROSE ON A GRAVEL SECTION OF JOHNSON POND ROAD, HEADING BACK TO NORTH HUDSON. DAVE KRAUS / KRAUSGRAFIK.COM



Paradox Loop

Paved n' Dirt in Southeast Essex County

▼ ALLISON GUBALA, ANTOINETTE, JOHN AND DARRYL ON ENSIGN POND ROAD SOON AFTER LEAVING PARADOX BREWERY.



▲ DAVE KRAUS, ALLISON, DAVE BEALS, DARRYL, BILL LITTLE, JOHN AND ANTOINETTE AT PENFIELD HOMESTEAD MUSEUM IN IRONVILLE.



▲ RIDING PAST THE HIGHLAND COMMUNITY FARM ON OLD FURNACE ROAD NEAR HAMLET OF PARADOX.



▲ ENJOYING POST-RIDE REWARDS AT PARADOX BREWERY. PHOTOS BY DAVE KRAUS / KRAUSGRAFIK.COM

By Dave Kraus

The smooth pavement stretches out before you, undulating through the forest as it heads east. It's a quiet morning on Ensign Pond Road before the heat of the day begins to build, and you pedal easily as the road twists and turns between green walls of pines and maples. This quiet, lightly trafficked route is close to the eastern ramparts of the Adirondacks, and the next big descent in front of you will eventually end on the shores of Lake Champlain.

You started this day bright and early in the parking lot behind the expansive new Paradox Brewery, just off the Adirondack Northway in North Hudson. It's part of the ongoing economic development of this area that fell out of the tourism limelight when the original Frontier Town closed down in 1998. Today there's a new state campground, equestrian and day use facilities, and business ventures like the new Paradox facility that boasts a tasting room, outdoor events pavilion, and big plans for the future.

For cyclists, the new projects around Exit 29 mean another easily accessible starting point for both paved and gravel riding on previously unexplored roads winding through some of the best scenery in the Adirondacks. Drive up for the day, use one of the nearby campgrounds for an overnight, or find lodging nearby in motels or B&Bs. Enjoy a great ride and celebrate afterward at the safely socially distanced Paradox home base.

This 41-mile clockwise loop includes quiet paved roads, almost ten miles of gravel (relatively smooth dirt roads), and a stop at the historic Penfield Homestead Museum in Ironville, site of the first industrial use of electricity in the US. Just keep in mind this is a ride for experienced cyclists. There are challenging gravel sections, a couple of steep grades, and only one rest stop – Boyea's Grocery & Deli in Moriah Center just past the 15-mile mark. If you're looking for a casual jaunt on a bike trail, this is not it. Take snacks, plenty of liquids, and make sure you have a spare tube and appropriate tools.

The route starts with three miles on NY Route 9 heading north from the brewery, then a right turn puts you on Ensign Pond Road that winds through the forest, past the pond of the same name, and eastward along Mill Brook to Moriah Center. At this small crossroads community, you will need to decide whether to turn right on Center Road and head south through the hamlet of Moriah toward Ironville, or continue east on Dugway Road for a side trip to Port Henry to turn your 41-mile loop into a 46-mile loop.

If you've decided on the shorter option, you'll pedal south on Center and Moriah roads, past farms and tantalizing views of Lake Champlain and the far-off hills of Vermont. Just past mile 20 you'll get your first

taste of gravel as you bear right onto the well-maintained Sand Hill Road for three miles. Then it's back to pavement and shortly you're climbing back westward toward Ironville on Creek Road. Relax and settle in, you're going to be climbing for a while.

At the top is the Penfield Homestead (penfield-museum.org) that features original artifacts from the local Penfield family, plus exhibits covering the local iron industry, town history and involvement in the Civil War. The historic district includes the hamlet of Ironville, and the industrial remains of Crown Point Iron Company works, where the use of an electromagnet marked the first industrial use of electricity in the United States in 1831. If you'd like to stop for a tour, contact them in advance to make sure the facilities are open again; they are currently closed due to the Covid-19 pandemic.

Leaving Ironville, it's time to head back westward and upward on Old Furnace Road, which begins climbing and soon turns to gravel. As you climb, the houses become fewer and the forest thicker. Soon you're following Knob Brook as it flows into Paradox Creek. Just after you pass a large beaver dam and pond, keep your eyes open to your right for the remains of an old dam and mill on the creek. If you get to the small bridge over the creek, you've missed it.

Old Furnace continues to follow the slowly meandering Paradox Creek, which forms an almost constant marsh as it flows westward. Eventually you come out into an island of open fields nestled in the forest, where you will find a picturesque barn for the Highland Community Farm on your right. It's a great place for a picture stop.

Shortly you cross Paradox Creek again, and a right turn onto Johnson Pond Road starts the last link in your ride. The gravel can be rough in places, so it's best to take it slow if you're on a road bike. But the forest is deep, and the view is great across the unnamed pond where you will soon skirt the shoreline. As the pond recedes behind you, the final climb of the day begins over Indian Ridge, and it will test your mettle on a hot day. This will be the moment you're glad to have brought insect repellent – or put deer fly patches (or duct tape, sticky side up) on your helmet. If you forgot this time, you'll just have to suffer and make a note for the next ride!

Finally, you see pavement ahead again, and soon afterward you pass Johnson Pond behind the trees on your left. Then it's a screaming downhill back to Route 9, a left turn, and a few minutes to calm down before grabbing a cool post-ride brew with your riding companions. Enjoy the adventure and refreshments, and start planning your next ride! 🌲

Dave Kraus (dbkraus@earthlink.net) is a longtime Capital Region 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.

Port Henry Side Trip – Port Henry, affectionately known as the “San Francisco of the Adirondacks,” sits on a hill overlooking the Lake Champlain and Vermont's Green Mountains. If you're looking for mid-ride services, it has a downtown Stewart's Shop, plus Red Brick Café & Village Inn (recently featured in Adirondack Life) and Foote's Port Henry Diner (1920s diner car) – both cool places to grab breakfast or lunch. Other attractions include the Champ Beach Park (home of “Champ” – Lake Champlain's monster) with a great view of the Lake Champlain Bridge; historic Moriah Town Office (a massive building in the Second Empire style); and Edgemont Bed & Breakfast – a bicycle-friendly Victorian farmhouse overlooking the lake.

From Moriah Center, continue east and downhill on Dugway Road (becomes Broad Street) to Port Henry. If interested in going down to the water for views, turn left and downhill onto Main Street (NY Routes 9N & 22), turn right onto Dock Lane to Champ Beach Park. Return to the village by turning left from Dock Lane and uphill on Main Street. You'll see the restaurant options and Stewart's. To visit the Town Hall building, keep left onto Park Place near the train station. Turn south onto Main Street, then turn right (west) onto Edgemont Road – uphill past the Edgemont B&B, returning to the original loop (left turn on Moriah Road). –Darryl Caron



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Montgomery County Half Marathon & 5K Run
 Sunday, Sept. 27 • 8:15am
 Tribes Hill Community Park, Tribes Hill (5M west of Amsterdam)
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News Briefs

Virtual ididaride! Bike Tour

LAKE GEORGE - Adirondack Mountain Club's largest annual fundraiser, the ididaride! Adirondack Bike Tour, has gone virtual due to Covid-19. Now it's easier for cycling friends, novice or experienced, to participate. While ididaride! would normally be held on a single day in North Creek, this year's 23- or 55-mile challenge can be completed anywhere, anytime before Monday, Sept. 7 at a reduced fee of \$50. All finishers will receive a sunny yellow ididaride! 2020 T-shirt and be entered to win one of three \$100 ADK Store gift certificates. It's a perfect opportunity to get outdoors, enjoy some exercise, and support efforts to protect the wild lands and waters of New York. Join ADK for this virtual event and you too will be able to brag, "I-did-a-ride for ADK!" If you can't ride, donations and sponsorships are another great way to take part, and ididaride! jerseys are available for purchase. Please remember to follow your region's Covid safety protocols while riding. For event details and registration, visit adk.org. 🌲

Saratoga Palio Race - Now Virtual

SARATOGA SPRINGS - Out of an abundance of caution, The Saratoga Palio Half Marathon & 5K is now virtual so you can run it from Sept. 18-28 - from wherever you are! In today's environment, organizers cannot maintain the level of safety or quality that participants expect, however the virtual race format will allow loyal participants to hone their competitive spirits, while staying connected. And, because this year will have no geographical bounds, the race can include those who have supported The Melanie Foundation from miles away.

2020 was planned to be the 15th and final year as the foundation and the race committee's labor of love has run its course. They've poured their hearts and "soles" into bringing the Saratoga community a first-class race that honored the memory of their muse, Melanie Merola O'Donnell. They couldn't have done it without the many runners, volunteers and sponsors. Register now to celebrate the final Saratoga Palio Melanie Merola O'Donnell Race virtually: thesaratogapalio.com. 🌲

"Miles for Hope" Bicycle Ride

ALBANY - Miles for Hope will take place from Sept. 1-30. It's a reimagined version of The Ride for Missing Children. This year due to the virus, instead of hosting five individual rides throughout New York and one in Texas, the National Center for Missing & Exploited Children will host a single event spanning the month of September and participation will be open across the U.S. Not a cyclist? Not a problem. The RFMC is not about a bike ride, it's about raising awareness and spreading a message of prevention and of hope. The bicycles are simply a vehicle to help carry the message along. This year, there are multiple ways to participate - ride, run or walk. Choose a time, location and distance that works for you. Whether you log one-mile or 100, every mile toward awareness matters and your participation will help to raise critical funds to support NCMEC. This September they'll harness everyone's collective energy and join together as one team with one mission - to make children safer, one child at a time. For details and registration, check out therideformissingchildren.com. 🌲

Mohawk Hudson Marathon/Half Canceled

ALBANY - The Hudson Mohawk Road Runners Club has decided, given the uncertainty with the Covid-19 virus and wanting to ensure the health and safety of the runners and volunteers, to cancel the Mohawk Hudson River Marathon and Hannaford Half Marathon, scheduled for Sunday, Oct. 11. This includes the Health & Fitness Expo & Packet Pickup, produced by Adirondack Sports. The organizers hope to see many runners on Oct. 10, 2021. For more info, go to mohawkhudsonmarathon.com. 🌲

RUNNING

Going Virtual for the Good Karma 5K

By Mona Kulkarni Caron

During this unprecedented time, we found a silver lining in the midst of the postponements, cancellations, and disappointments of races and events. The pandemic forced us to get creative and try something new.

In March, the board of Good Karma of the Capital Region, organizers of the Good Karma 5K Run/Walk, had a decision to make about the race. A significant amount of work had been done to organize the event and we were not ready to cancel it, but by early May it was clear that Covid-19 was going to be around for a while longer.

Traditionally held in mid-June at the Crossings Park in Colonie, the 5K run/walk has been a fundraiser for educating underprivileged children. In the past we had supported AIM for Seva and St. Anne's Institute of Albany. Though circumstances had changed, we wanted to continue the fundraising effort.

On a video conference call with several of our board of directors, we decided to make it a virtual event. No one had any experience with organizing a virtual event but we decided to try it anyways. Maybe we could get half of the 300 runners and walkers we usually had at our in-person race.

Ideas were swirling... What if we were to use our national network of AIM for Seva chapters located all over the United States? We could open participation to all corners of the nation through our family and friends, and we could expand our reach even further by working within AIM for Seva's network of volunteers. AIM for Seva USA has 30 chapters spread throughout the U.S.

The pitch was made to the COO of AIM for Seva USA and with his go-ahead, we presented it to the chapter heads on a separate video conference call. The Good Karma of the Capital Region/AIM for Seva Albany Team would provide the logistics, marketing and promotional support, manage registration, and provide management expertise to host a Virtual 5K Run/Walk between June 20-28. Our fellow volunteers from various chapters would promote and recruit runners and walkers in their own communities. The chapter leaders enthusiastically embraced this initiative.

We decided to support two organizations with the race proceeds, AIM for Seva and Feeding America's COVID Relief Fund. AIM for Seva provides free student homes, clothing, food, and medical needs to the most underprivileged children in rural India.

Through the help of Bob Underwood with Underdog Timing, our traditional race timer, we were able to set up race registration with the itsyourrace.com virtual app. We also had local and national sponsors. Our local sponsors included GE, Bill and Naomi Hoffman, Rock Your Fitness of Malta, Awards by Walsh, and Adirondack Sports.

Runners and walkers from all over the globe could run or walk while supporting a good cause, lead a healthy lifestyle, get outside during the quarantine, and enjoy some friendly competition between our chapters. In addition, it was a great way to engage with our fellow volunteers and work towards a common goal.

Momentum was building! High schoolers were organizing teams, families were signing up, college roommates were having virtual reunions. From mid-May until the start of the virtual event on June 20, we had 800 registrants. Our numbers continued to climb all week. At the end of the virtual event, we had registered 1,357 runners and walkers! We were thrilled!

Post-race, all participants are receiving T-shirts in mid-July. Awards were given to the top three overall male/female finishers, and the top male and top two females overall were local: Alex Hislop, Meghana Caron and Kristen Hislop - all of Clifton Park. The other three award winners were all teens from Connecticut, Arkansas and Michigan.

Good Karma of the Capital Region NY Inc. is a registered 501(c)(3) charitable organization. It's been raising funds for local causes, and AIM for Seva, by organizing the 5K since 2016. To learn more, visit goodkarmany.org. 🌲



2020 WINNERS, MEGHANA CARON AND ALEX HISLOP.

Embrace the Staycation

FROM THE PUBLISHER

We could all use a vacation right now. Whether we need a break from the news, home schooling, working from home or a frontline job, the rejuvenation that comes from a getaway has never been more necessary. Safe travel can happen with precautions taken - be smart to avoid a second wave.

New York's small businesses and organizations, hit hard by the pandemic, welcome you. Help them and have a great vacation in your own state. Focus on outdoor destinations that define our natural beauty, and consider lodging, restaurants and services that are taking extra precautions. Fill your summer with some amazing day, weekend or weeklong road trips.

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TRIATHLON

Triathletes Showcase Versatility

No one likes change, especially when it's forced upon them. Endurance athletes have earned the Type-A personality stereotype. We're very good at keeping our heads down, focusing on our goals, and eliminating any and all distractions to get there. When the coronavirus pandemic took hold of us, and area triathletes saw their meticulously planned race schedule go up in smoke, it was also an opportunity to highlight our ability to be versatile, much like how we are in training for three disciplines.

Local clubs make adjustments – The Capital Region is popular for endurance sports, namely triathlon. The four triathlon clubs, and countless other running clubs, within a 50-mile radius is evidence enough. These clubs provide an opportunity for organized activities, including open water swimming, mentorship of new and young athletes, along with community building. Unfortunately, the virus has greatly impacted local clubs. Much like their athletes, club leaders have had to adapt as well.

As president of the Capital District Triathlon Club, the largest of the four clubs in the area, I can tell you it's been especially challenging. Our open water swim training typically begins the first Tuesday in June. However, this year we were excited to welcome members back to Crystal Lake in Averill Park a week earlier, at the end of May, so they could get at least one swim under their belts before Ironman 70.3 Connecticut.

As our monthly board meetings became conference calls in mid-March, all our pre-planning and coordination to open the water earlier than normal was for naught. The conversation quickly went from, "Geez, the water is going to be cold that early in the season," to "Will we even have a swim season this year?" to then, "How can we welcome members back to Crystal Lake while ensuring a safe environment?"

Following state and local guidelines, we were able to host our first open water swim training on July 7. Around 50 members showed up, and felt safe with the social distancing and cleanliness measures the club put in place. Weeks and months of planning had paid off and CDTC members were appreciative of the effort. Swims are planned every Tuesday through August and may even stretch into September if the weather cooperates; a small sign of normalcy in an otherwise unusual year.

The Bethlehem and Saratoga triathlon clubs have made adjustments to their typical summer offerings as well. BTC is not taking memberships and will not be swimming at Warner Lake in Berne as it has in years past. Club president Steve Vnuk said, "The club swim home is a residential lake. The local community has been gracious enough to host us since the founding of the club. The board has made the difficult decision to forgo swimming at the lake this summer for the safety of our members and to avoid any discomfort with the local residents."

The Saratoga Triathlon Club has canceled the rest of its open water swim season at Moreau Lake State Park. STC president Jeremy Davis says members are taking it all in stride, "While there is some disappointment, everybody understands why. In the meantime, you can still swim at Moreau on your own, we can't do it formally as a group. Many members are still training or doing other outdoor sports, including hiking and mountain biking, that they otherwise may not have much time for in a usual year." Jeremy added that the STC is encouraging its members to take on some self-supported workouts, and virtual events, and plans to reward those participants with recognition.

Area athletes find opportunity in adversity – Each of the most popular triathlons and duathlons for area athletes have been canceled. Ironman Lake Placid, Lake George Triathlon Festival, 70.3 Connecticut, 70.3 Maine, Crystal Lake Triathlon, and the list goes on. As these races began to fall off the calendar athletes were left with a few choices: continue to train and hope a race later in the year will still be available; use 2020 as a springboard to 2021; incorporate some non-traditional triathlon training; or simply give up on training altogether.

For Nick Marcantonio, 27, of Glens Falls, this wasn't

By Jim Gazzale



CDTC PRESIDENT JIM GAZZALE CROSSING THE FINISH LINE AT IRONMAN MONT TREMBLANT IN 2019.

the way he expected his first season racing professionally to go. "I had initially planned to race Ironman 70.3 Texas in April, Ironman 70.3 Mallorca in May, and Ironman 70.3 Eagleman and Mont Tremblant in June," Nick said. "After that I had planned to take July as a bit of a mid-season down period and then build back up for races in the late summer and fall." Instead of competing for podiums, Nick shifted his focus. He's spent the last few months building a base of fitness he needs to compete at the top of the sport. "I began to change my focus to base training when I realized this pandemic was going to vastly jeopardize the likelihood of races taking place this year," Nick added.

The last four months for him have been strictly base building workouts. It's consisted of zone 2 training in terms of heart rate, pace and power. The goal of this type of training is to build the aerobic engine. The hardest workouts Nick says he's done have been tempo workouts on the bike or in the run, and nothing at his true top-end speed. The results so far have been promising. "With the extra time to put in more volume, I have seen my zone 2 heart rate drop while being able to hold higher power on the bike and pace on the run, which lets me know I am working more efficiently than in previous years, and I haven't even remotely started prepping for races," Nick said. With his first pro race looking to take place in 2021, Nick says his goals remain the same, "My goals for 2021 are to establish myself as a legitimate professional triathlete in the racing scene and build myself in both triathlon and everyday life, while promoting the sport of triathlon."

Jessica Lamendola, 30, of North Greenbush, was excited to build on her successful 2019 race season in which she finished multiple 70.3s, including a PR performance at 70.3 Maine last August. "I was definitely disappointed, but I understood that the races were being postponed or canceled for our own safety," Jessica said.

As Jessica's coach, I can personally attest to her dedication. Her calendar in Training Peaks is a sea of green, completed workouts. As we made adjustments to her training plan, it was important we continue to improve and not let things slip into neutral. "Since the races I was registered for

- CDTC MEMBERS SOCIALLY DISTANCED ON THE BEACH AT THEIR FIRST OPEN WATER SWIM TRAINING ON JULY 7. FRANK BENDER
- CDTC SAFETY MEASURES INCLUDED DESIGNATED BELONGINGS AREAS AND MASKS REQUIRED ON THE BEACH. FRANK BENDER
- 2,500 SWIMMERS PREPARING TO ENTER MIRROR LAKE AT THE START OF IRONMAN LAKE PLACID IN 2017.

were not all canceled at once, I just started focusing on the next one that still had the potential for happening," Jessica said. Now, with no races she's finding training to be a bit more fun and flexible. Adding, "I've kept running, biking and lifting, and more recently open water swimming. I go on more walks now, have more time to do yoga, and I have tried mountain biking – turns out it's not for me! I've gotten into more gardening, vegetables and flowers." Looking forward to 2021, she plans to continue training because, "There is nothing like crossing the finish line after completing 70.3 miles. I don't doubt that I will be back out there once we can all do so safely."

Despite cancellations, Ironman is offering virtual race opportunities to give athletes a goal to shoot for. Each weekend for the last several months a new series of workouts make up these VR races. Some even offer qualification spots to World Championship races. We don't need to dive into the controversy around that, or the ability to manipulate equipment with minimal checks and balances on these virtual races, but for the everyday athlete it's a fantastic opportunity to focus on a target and build your fitness. I've participated in a few of them and found a series of workouts over the weekend to be motivating. I'm not competing for championship honors. Instead, I used the VR races to challenge myself and take stock of the fitness I've been building.

Eric Bergin, 48, of Guilderland had his A-race, Ironman Mont Tremblant, canceled a few months ago. He admits he acted like a five-year-old who had their favorite game taken away when he heard the news. Since then, he adjusted his focus to the Chicago Marathon – which canceled on July 13. "Now, I'll follow the Cody Beals rule of 24 hours of letting my emotions play out," Eric said. "Regardless, I'll continue to swim, bike, run, and strength train for the remainder of our peak season. It is important for me physically and mentally to continue."

Triathletes often speak in terms of hours per week of training. When hitting upwards of 12-15 hours per week or more of swim, bike, run it tends to leave little extra hours for other cross-training activities. The coronavirus pandemic and subsequent canceling of races however has allowed some triathletes to embrace other forms of physical fitness, whether that be through weight training or hiking, for example. Others are seeing this race-free season as a chance to sharpen skills and enjoy the freedom of training.

After finishing three 70.3 races last year, Deanne Webster, 44, of Albany was preparing for her first full Ironman in 2020 and initially felt sad that her race calendar was now empty. However, she's taking this opportunity to, "Enjoy exercise for what it is, a huge stress reliever and provides me with happiness." Deanne added, "Throughout this whole pandemic, I've found a renewed love for running again. I found two really good friends that I train with on a regular basis. Granted our marathon was cancelled, but we decided to stay positive, and keep training anyway. I love working out, I won't let cancelled races stop me or deter me."

Leave it to triathletes to adapt and show off their versatility in a challenging situation. It's a testament to their resiliency, which is built through living a multisport lifestyle. 🌲

Jim Gazzale (gazzaljp@gmail.com) of Troy is president of the Capital District Triathlon Club and owner of SENS Fitness, an online nutrition and endurance coaching company. He's accepting new clients in his signature "Wine and Weight Loss" program, which helps men and women lose weight and get into race shape while drinking wine and eating whatever they want.

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ATHLETE PROFILE

Tim Layden

AGE: 64
RESIDENCE: Simsbury, Conn.
HOMETOWN: Whitehall
FAMILY: Wife, Janet; Children, Kevin, 29, design engineer for Apple, Kristen, 32, TV writer in Los Angeles
SPORTS: Running and Biking
OCCUPATION: Writer-at-Large for NBC Sports



FINISH OF 1982 TURKEY TROT.



ON THE TRACK AT RIO OLYMPIC STADIUM IN 2016.



TALKING WITH USAIN BOLT.



IRELAND IN 2017.



WRITING A STORY ON DEADLINE IN SARATOGA PRESS BOX, 2015.

WITH MARK MINDEL AT FINISH OF 1985 STOCKADE-ATHON.

By Jack Rightmyer

Whitehall native Tim Layden has gone about as far as any sports journalist can. He started as a local high school sports reporter, moved on to Newsday a more national newspaper in Long Island, and for 25 years was a senior writer at Sports Illustrated covering 14 Olympic Games, 10 NCAA Final Fours, three Super Bowls, and eight college football national championship games. Today he is a writer-at-large for NBC Sports where he produces written features and video essays.

"Sports was a big part of my childhood," he said from his home in Simsbury, Conn. "I played football, basketball and ran track in high school. All I cared about was sports when I was growing up in Whitehall." He remembers well his senior year when his Whitehall High School football team was undefeated. "I wrote a piece about that for Sports Illustrated in 2017, about my football friendships, and what that team meant to the town. I have no familial connection to Whitehall today, but it's a very evocative place when I drive through. It's loaded with mostly good memories for me, but the town has fallen on hard times, and hasn't been able to recreate itself."

Whitehall is situated in the foothills of the Adirondack Mountains at the northern tip of the Champlain Canal. It is referred to as the birthplace of the U.S. Navy primarily because back in 1776 the Colonists assembled a fleet of ships in the town's harbor that eventually sailed north under Benedict Arnold to fight the British in the Battle of Valcour Island. Today the town is not a tourist destination or anything like a charming, quaint Vermont village. "It's trying," Tim said, "but there's some super high poverty there and it's struggled with an opioid problem."

His father, who was a prominent attorney in Whitehall, used to get three newspapers - New York Daily News, Glens Falls Post Star and Albany Times Union - every day. "When I was 10, I'd get up first and walk down to the grocery store, Jumbo's IGA, pick up the papers and run home with them. I'd sit at the dining room table and read the sports section of those three papers before I went to school. I did that from late elementary school all the way through my senior year in high school."

He got his first subscription to Sports Illustrated in 1965 when he was nine years old. "I'd read that cover to cover every week. That's when I began to discover some of my favorite sports writers. I just became immersed in it, and every Thursday when that magazine showed up in my mailbox, well, that was hugely significant to me."

After graduating from Williams College in Williamstown, Mass., Tim got his first job as a sports reporter at The Schenectady Gazette in 1978. "My newspaper background has served me better than anything else in my career. It taught me speed and brevity. When I began, I was the guy in the office who answered the phone, took down the score, and then wrote a three-paragraph story from that. That taught me to process information quickly, get the facts right, and make sure all the names were spelled correctly."

He spent eight years at the Gazette and then moved on to the Times Union for a little over two years. "Now I was writing features, and I had a column. The TU had a much larger canvas and I was able to travel to some big events like the 1986 World Series between the Mets and Red Sox. I was covering some national stories like Mike Tyson fights and the Saratoga Race Track. It was a vibrant newsroom and an exciting place to work."

After working for six years at Newsday he received a phone call one Saturday morning. "My wife Janet picked it up and with her hand over the phone she whispered to me, 'It's a guy named Peter Carry, an executive editor, from Sports Illustrated.' I remember thinking, 'Ok, this could be exciting.'"

A meeting was set up and soon Tim was offered a job to cover college football. He did that for five years and then he picked up the Olympic sports of track and field and alpine skiing. In 2001, he began covering horse racing and in 2005 moved on to the National Football League. "It was so stunning to get that phone call at 10am on that Saturday morning from Peter Carry. I never expected it to happen, to be able to write for this magazine that I had been a devoted follower of since I was 10 years old."

For the past 30 years Tim Layden has had a front row seat to some of the biggest sports events in the world and witnessed some of the most marvelous sporting accomplishments. "There is so much that stands out, like every race Usain Bolt ran. I will never forget American Pharoah winning the Triple Crown at Belmont. It was the most emotional I've ever felt since I was a kid. I waited so long for a horse to do that, and Belmont was so wild that day. It felt like a church revival."

Other highlights included watching the Christian Laettner shot for Duke against Kentucky in 1992, the David Tyree helmet catch when the Giants beat the Patriots in the 2008 Super Bowl, all of Michael Phelps swimming gold medals, and the 1986 World Series win by the New York Mets. "In a strange way," he laughed. "I often remember the stories I wrote more fondly than the events."

He feels it's important for a journalist to maintain a professional relationship with the people you are covering. "I decided a long time ago that I would never be friends with someone I'm covering because I might have to write something negative about them. As a sports journalist, I'm also very different than professional athletes, who are often worth well over one-hundred million dollars. I can call up Drew Brees, Michael Phelps or Lindsey Vonn and talk with them about things. I feel a kinship when we talk, but it's always at arm's length."

He does have a few regrets as a journalist. "I wish I had been more aggressive in writing about athletes, like track star Marion Jones and Lance Armstrong, who were obviously using steroids and doping. They were accomplishing amazing things and yet there were rumors and suspicions they were not clean. I chose not to chase it. I liked my access. They were giving me some great stories. I let myself go along for the ride. I even did it back with Mike Tyson, when I was in the Capital District, and we got a lot of tips about some of the nasty stuff he was doing. With Tyson I was able to go to Las Vegas and get access to all that celebrity."

A different kind of regret was that he didn't run track as a student at Williams College. "I always liked to run during my

ran many road races."

He's proud of many of his times like the 1:58 half-mile, 4:21 mile, 4:02 1500, 9:46 two-mile, 15:43 5K, 32:51 10K, and 51:00 15K he ran at his best Stockade-athon. "I trained three times to run a marathon and got hurt every time. I wanted to run a fast marathon, something like 2:35. I wanted to kill it, but my body seemed to not be cut out for intense marathon training."

Tim was an active runner through the fall of 2005. "My last run was in Helsinki, Finland, when I was covering the World Track Championships. I ran five miles on a Sunday morning and a few days later I had my third arthroscopic surgery on my left knee. The surgeon told me there was nothing he could do and that I would need a knee replacement." He switched to biking at that time and eventually did have the knee replacement in 2018. "I can actually run a bit now, but mostly I bike."

Today he is a writer-at-large and on-air journalist for NBC Sports. "A few years ago, things began to change a bit at Sports Illustrated. I wasn't sure where the magazine was going. It was up for sale. I never had a bad day at work in 25 years, and I didn't want to hang on at what might be a troubled time there."

He's enjoying the chance to still write long pieces for NBC and to do his on-air essays, such as the seven-minute piece he did the day of the Belmont on Jack Knowlton, the owner of Funny Cide - the 2003 Kentucky Derby and Preakness winner - and Tiz the Law, the horse that recently won the Belmont.

"The TV stuff is a different kind of writing. I like it. It challenges me, but I'm really a print writer at heart." 🌲

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."

PADDLING

SHINGLE
SHANTY BROOK.

The Best Weeklong Adirondack Wilderness Trip

LAKE LILA VIEW FROM
UNNAMED SUMMIT.

By Rich Macha

We are lucky to have many scenic lakes, ponds and other waterways in the Adirondacks that are available for us to paddle. However, it is not so easy for the tripper to find a true wilderness route in the Adirondacks of over 50 miles – one that is essentially motorless, does not cross any paved roads, and has minimal sights and sounds of civilization. Paddlers have traveled far and wide to places like Ontario's Algonquin Provincial Park and Minnesota's Boundary Waters to get that wilderness tripping experience. The Adirondack Park does not have the quantity of routes that those places offer, but it does offer areas of superior scenic quality, especially when it comes to mountain views.

The trip from Little Tupper Lake to the Oswegatchie River, via Lake Lila and Lows Lake, qualifies as the Adirondacks' best paddling route. Paddlers with less time or energy can sample parts of this route. For day-trippers and weekenders, Little Tupper Lake, Lake Lila, Lows Lake, and the Oswegatchie River are fairly easy to access – Lows has a very short carry, Lila has just a 0.3-mile carry.

I am not going to attempt to give you a detailed guide to the route – for that, check the references listed below. Adirondack wilderness trips usually involve some carries and so are best done with lightweight boats – most kayaks are too heavy and folks who prefer to use double-bladed paddles can opt to use a pack canoe. During the planning process, you must also figure out how to shuttle between start and finish, a distance of about 55 road miles. Local businesses, like St. Regis Canoe Outfitters and Raquette River Outfitters, can do the shuttle for you for a fee.

The trip starts at Little Tupper "Whitney Headquarters" on Sabattis Road. There is a complex of buildings here, and there are a few "camps" at the east end of the lake but most of the lake is in the Whitney Wilderness Area, and after a half-hour paddle you have left civilization behind. Wind and waves can be a problem on this shallow lake, especially when the wind is

blowing from the west or southwest, so an early morning start when the lake is more likely to be calm is advisable. Note that, in the Whitney Wilderness, overnight groups of no more than eight people are allowed at tent sites and camping is only allowed at designated campsites.

After about four miles of lake travel, the route enters Rock Pond Outlet, a fairly wide 1.5-mile-long meandering stream with some boggy shoreline. There is usually at least one beaver dam to lift over before reaching a short carry to Rock Pond. Don't be surprised if an osprey vocalizes its displeasure with your arrival at the pond. Rock Pond has six campsites, a wonderful remote feel, and makes a good first night's stop.

The start of the 1.8-mile carry to Hardigan

Pond was moved a few years ago to avoid a very muddy start, and although much of it is on old logging roads, it may still have some wet spots. We were fortunate to see a mother bear with three cubs at the pond, but we were soon discovered and they quickly scampered away down the outlet. Taking advantage of high water in early May, our small group decided to give the outlet a try and that worked out in our favor – the tiny stream was narrow and twisty, and there were a few beaver dams to go over but we made it. The 0.5-mile carry to Salmon Lake Outlet that we avoided has been rerouted – the old route was notoriously muddy.

Salmon Lake Outlet is, thankfully, a bit wider and a light current helped us along. We passed Little Salmon Lake (there are

three campsites in this area), and further down the stream, came to the 0.5-mile carry to Lilypad Pond.

After a short paddle across the pond, there is a 0.8-mile carry over to Shingle Shanty Brook and a twisty but scenic 1.5-mile paddle to Lake Lila; listen here for bitterns and keep an eye out for palm warblers in the alders. Lila is an understandably popular lake with weekenders and day-trippers, despite the carry in. The lake has sandy beaches, islands, and some desirable campsites – on a summer weekend you may have to spend some time finding an available site. There is a 1.6-mile hiking trail to a lookout on Mount Frederica but my preferred viewing spot is an easy bushwhack to an unnamed peak east of Harrington Brook.

RELAXING AT A
CAMPSITE ON LAKE LILA.



VIEW OF LOWS LAKE AND THE FLOATING BOG FROM GRASS POND MOUNTAIN.



THE START OF THE CARRY TO ROCK POND.

Our route continues on a rough carry to Harrington Brook where the footing is not always the best. Ignore the first brook sighting and proceed to a rocky landing at the brook a bit further upstream. After a short paddle, Rainer Brook comes in from the left, and the railroad tracks (currently unused by trains) can be seen. You may want to explore lily pad-filled Harrington Pond and/or Rainer Brook before starting the 0.5-mile carry along the tracks.

Look for a well-marked left turn onto the 0.4-mile trail to Clear Pond. Two members of our party, with vision impaired by an overhead canoe and also concentrating on the footing, missed the turn - if much more than 15 minutes has passed since leaving Harrington Brook, check to make sure you haven't passed the trail.

The campsite on Clear Pond is not the most exciting, and the carry to Bog Lake is fairly easy and partly on a dirt road used by members of Robinwood Park (a hunting and fishing club), so the Bog Lake campsite is more desirable. You then paddle the twisty outlet, the Bog River, to Lows Lake (aka Bog River Flow) - another fun paddle - the Lows Lake Paddlers and Hikers Map put out by Raquette River Outfitters is the most accurate map for this section. Most maps show Bog Lake extending up close to Lows Lake, but in actuality the eastern half is a stream through a boggy area. Once out onto Lows, you soon reach a large floating bog - the direct route to the next carry is to the left of the bog but you can also go to the right of the bog - which way you go may depend on where you desire to camp.

Lows Lake is fairly large and can get quite choppy when windy. It is worth spending an extra day here and it is a great place to see and hear loons. A short but steep hike leads to a large area of open rock on Grass Pond Mountain, with great views of the lake, and offers a good visual feel for the lay-of-the-land.

From the west end of Lows there is a 0.8-mile carry to Big Deer Pond, I suspect the "Big" refers to the deer rather than the pond, as it is an easy paddle across to the Headwaters Carry, which at 2.2 miles, is the longest carry on the trip. A section may be flooded by beavers and there is a small hill to go up and over; look out for a mailbox with



OSWEGATCHIE RIVER.

a logbook inside. Then you pass a stretch of blowdown from a microburst in 1995 where I noticed a lot of bear scat in the trail.

The Oswegatchie River is reached at a spot called Beaverdam where a spring produces clear cold water. It's all downriver from here. Unfortunately, there will be many beaver dams to go over as well as several blockages - just think of it as a fun obstacle course. The meandering river takes its time, making its way for five miles to High Falls; it's not particularly high but it is very picturesque. There are two lean-tos here.

Further downriver, many campsites and two more lean-tos beg you to stay longer, plus you will note that beaver dams and obstacles become much less frequent. From High Falls, you have 13 wild, meandering miles of cruising to Inlet Landing, the take-out. Chances are you can't wait to do it all over again!

Adirondack Paddler's Guide by Dave Cilley of St. Regis Canoe Outfitters is very helpful. The companion Adirondack Paddler's Map, is also worth purchasing for its detailed locations of portages and campsites. For more information, visit these three websites: dec.ny.gov/lands/9165.html, dec.ny.gov/lands/75295.html, and dec.ny.gov/lands/34719.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.



ON THE HEADWATERS CARRY.



COOLING OFF WITH A SWIM IN THE POOL BELOW HIGH FALLS ON THE OSWEGATCHIE.

CALENDAR OF EVENTS

JULY TO OCTOBER 2020

Events in **BOLD** are happening (as of 7/15)

BICYCLING: ROAD

ONGOING

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

Wed Vischer Ferry & Starr Road Time Trial Series. 6:30pm. 9M. Triathletes & road bikers welcome. 7/22 at Vischer Ferry Preserve, Clifton Park. 7/29 & 8/5 at Joralemon Park, Coeymans. bikereg.com.

JULY

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

18 Tour de Hope. CANCELED. 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. 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

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

16 Lake George Bike/Boat Ride. Early AM: Bike 40M Lake George to Ticonderoga. 1pm: Ride Mohican Boat to Lake George. 518-668-5777. lakegeorgesteamboat.com.

16 MHCC Empire Cyclefest. CANCELED. 30M, 50M, 62M, 100M. 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.

19 Tour de Farms. 30M/10M. 8:30am. Vergennes Union High School, Vergennes, VT. 802-989-6980. acornvt.org/tourdefarms.

20 13th Tour of the Catskills. 75M, 52M, 24M. Tannersville. bikereg.com.

26 7th Harry Elkes Ride. 9:30am: 50 & 32M scenic lake rides. 10am: 15M Brant Lake family ride. The Hub, Brant Lake. bikereg.com.

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

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

OCTOBER

4 19th Whiteface Uphill Bike Race. CANCELED. 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. Join: mohawkhudsoncyclingclub.org.

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.

18 1st Tug Hill Epic Gravel Grinder. CANCELED. Lowville. tughillepic.com.

26 Ididaride: Adirondack Bike Tour. VIRTUAL. 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.

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Start: 9:30am: 50- & 32-mile scenic lake rides
Start: 10am: 15-mile Brant Lake family ride
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26 Chain Stretcher Race. CANCELED. Blue Mountain Reservation, Peekskill. bikereg.com.

AUGUST

2 Churney Gurney Races. CANCELED. Gurney Lane MTB Park, Queensbury. churneygurney.com.

15 "Do It Yourself" D2R2: Deerfield Dirt Road Randonee. VIRTUAL. Deerfield, MA. bikereg.com.

15 EPIC Farmall Hill MTB Challenge. CANCELED. Fairport. bikereg.com.

23 Pharsalia Woods Widomaker Race. CANCELED. 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 MTB Race. 50K or 100K. 7am. 100K: Leadville qualifier. Whiteface, Wilmington. wilmingttonwhitefacemt看b.com.

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

HEALTH & FITNESS

ONGOING

M-F Rock Your Fitness: Total Body Training. Zoom
Classes: M/W/F 6:30am & 9am. Outdoor Boot Camp (7/1-31 & 8/4-27): Tu/Th 5:30am & 9:30am at Malta Community Park, Malta. 518-522-9765. facebook.com/rockyourfitnessllc.

HIKING & CLIMBING

ONGOING

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

JULY

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.

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 Mtn. 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.

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CALENDAR OF EVENTS

CONT. FROM PG 13

- 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.** 7/6-8/25. 6pm. CDTC members only for safety. 0.5M or 1M swim, 18M bike, 3M run on Crystal Lake Tri course. Crystal Cove, Averill Park. president@cdtriclub.org. Join: cdtriclub.org.
- Tue SkyHigh Swim Training Sessions.** 7/7-8/26. 6pm. All welcome. 0.5M or 1M swim on Crystal Lake Tri course. Crystal Cove, Averill Park. 518-674-0369. skyhighadventures.com.
- Wed Vischer Ferry & Star Road Time Trial Series.** 6:30pm. 9M. Triathletes & road bikers welcome. 7/22 at Vischer Ferry Preserve, Clifton Park. 7/29 & 8/5 at Joralemon Park, Coeymans. bikereg.com.
- Thu BTC Summer Training Sessions. CANCELED. Warner Lake, Berne. bethlehemtriclub.com.
- Thu STC Summer Training Sessions. CANCELED. Moreau Lake State Park, Gansevoort. saratogatriclub.org.

JULY

- 18 Delta Lake Triathlon. CANCELED. 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. CANCELED. Olympic Speedskating Oval, Lake Placid. ironman.com.

AUGUST

- 1 Findley Lake Triathlon Festival.** Sprint, Olympic, Kids' Races. Findley Lake. coachmarkwilson.com.
- 8 Ken Hummel Memorial Duathlon/5K. CANCELED. Stuyvesant. zippyreg.com.
- 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. CANCELED. Full, half, intermediate, aquabike, sprint, duathlon. Indian Pines Park, Penn Yan. peasantman.com.
- 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. cdmca.org/race2020.

SEPTEMBER

- 5-6 15th Lake George Triathlon Festival. CANCELED. Olympic & 70.3. Battlefield Park, Lake George. adkracemgmt.com.
- 13 44th Josh Billings Runaground Triathlon.** 27M bike, 5M paddle, 6M run. 9:30am. Great Barrington to Lenox, MA. joshbillings.com
- 13 Ironman 70.3 Lake Placid. CANCELED. Olympic Speedskating Oval, Lake Placid. ironman.com.

OCTOBER

- 10 HITS Triathlon Races.** Williams Lake, Kingston. hitstriathlonseries.com.

OTHER EVENTS

SEPTEMBER

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

PADDLING: CANOE, KAYAK & ROW

ONGOING

- M/Tu/F Adult Learn to Row.** Summer. 5:30-7am. ARC Boathouse, Albany. albanyrowingcenter.org.
- Mo-Fr Junior Rowing Summer Camps.** Summer. Ages 11-18. ARC Boathouse, Albany. albanyrowingcenter.org.

JULY

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



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

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

7/25-9/12 **Camp Saratoga 5K Trail Run Series.** VIRTUAL. Four Races: 7/25-8/1 Wilton Wildlife Preserve/ Park, 8/8-15 Saratoga Spa State Park, 8/22-29 Wilton Wildlife, 9/5-12 Spa Park. saratogastryders.org.

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.
 18 24th Silks & Satins 5K Run/Walk. CANCELED. Jeff Clark Memorial Race. Saratoga Springs. silksandsatins5k.com.
 25 Wakely Dam Ultra Trail Race. CANCELED. 55M. Piseco Lake to Wakely Dam. ultrasignup.com.
 24-27 **18th Run for the River VIRTUAL 5K/10K.** 9am. Downtown, Clayton. savetheriver.org.
 25 **Best Dam 5K & Paddle.** VIRTUAL. Downsville. bestdam5k.com.

AUGUST

1 **Scotties Stampede 5K Run/Walk for Education.** 9am. Ballston Spa Central School, Ballston Spa. 518-884-7195 x1369. scottiesstampede.org.
 1 **My Mile for Hospice.** VIRTUAL. Potsdam. 315-265-3105. hospiceslv.org.
 1 Churney Gurney Trail Running Races. CANCELED. Gurney Lane MTB Park, Queensbury. churneygurney.com.
 1 Forest Frolic 2020. CANCELED. Kennedy State Forest Trails, Virgil. fingerlakesrunners.org.
 6 Forge the Gorgeous. CANCELED. Fillmore Glen State Park, Moravia. fingerlakesrunners.org.
 6 **Five Nations Trail 5K.** 6pm. Five Nations Golf, Ticonderoga. lachute.us
 7-8 Peak 2 Brew Relay: Adirondack Beast. CANCELED. 220M. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.
 8 Peak 2 Brew Relay: Adirondack Sprint. CANCELED. 60M. Tug Hill, Turin to Saranac Brewery, Utica. p2brelay.com.
 8 **Sugarworks Trail Run.** 5K/2.5K Run/Walk. Shelburne Sugarworks & Outdoor Center, Shelburne, VT. 802-316-7142. racevermont.com.
 8 Fox Creek 5K Run/Walk. CANCELED. Berne Town Park, Berne. 518-861-6350.
 9 **35th Run for the Roses 5K.** 5K: 9am; 2.5M Nature Walk: 8am; Kids' Run: 10am. Grafton State Park, Grafton. runsignup.com.
 9 **Froggy Five Mile & Hard as Hell Half Marathon.** 13.1M: 9am. 5M: 10am. Dippikill Wilderness Retreat, Warrensburg. areep.com/events/froggy.
 15 **Landis Arboretum 5K Forest Run.** 9am. Landis Arboretum, Esperence. landislive.weebly.com/forest-5k.html.

15 Camp Chingachgook Challenge: Half Marathon & 10K. CANCELED. YMCA Camp Chingachgook, Kattskill Bay. cdmymca.org/race2020.
 16 Ted Petrillo Save Our Switchbacks. 7.5K. Roscoe Conkling Park, Utica. uticaroadrunners.org.
 19 Hump Day 5K Run/Walk. CANCELED. Southern Saratoga YMCA, Clifton Park. cdmymca.org/race2020.
 23 **Thacher Park Running Festival.** 10K, 13.1M, 26.2M, 50K. 8:30am. Thacher Park, Voorheesville. thacherparkrunningfestival.com.
 23 15th Lake Placid Marathon & Half. CANCELED. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
 29 **2nd Druthers Helderberg to Hudson Half Marathon.** AREEP may offer this race in a modified form. 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. runsignup.com.

SEPTEMBER

1-13 **Utica Boilermaker 15K & 5K Races.** VIRTUAL. Utica. boilermaker.com.
 5 **Slate Valley Scramble Trail Run.** 13.1: 8:30am. 8K: 9:30am. Slate Valley Fairgrounds Trails, Poultney, VT. 303-507-8791. slatevalleytrails.org.
 7 Labor Day 5K Run. CANCELED. Harriman Office Campus, Albany. hmrrc.com.
 8-15 **Suffrage Scramble VIRTUAL 5K Run/Walk.** cvrunners.org.
 12 **Malta 5K & 10K.** 8:15am. HVCC Tec Smart, Malta. 518-290-7202. roundaboutrunnersclub.com.

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CALENDAR OF EVENTS

CONT. FROM PG 15

- 12 Groton Forest 26.5M/15M/6.5M Trail Runs.** Boulder Beach State Park, Groton, VT. cvrunners.org.
- 12 Charlotte Covered Bridge 5K/10K & Half Marathon.** Shelburne Orchards, Shelburne, VT. 802-316-7142. racevermont.com.
- 13 Capital Region Tour de Cure.** VIRTUAL. Run/walk: 5K. 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.
- 13-20 Dutchess County Classic: Marathon, Half, 5K & Kids' Fun VIRTUAL Run.** Poughkeepsie. dutchesscountyclassic.org.
- 17 CDPHP Workforce Team Challenge. CANCELED. Empire State Plaza, Albany. hmrrc.com.
- 18-28 15th Saratoga Palio Half Marathon/5K.** VIRTUAL. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. zippyreg.com.
- 19 Literacy Run/Walk 5K and Youth Mile.** 5K: 10am. Story Walk: 9am. Schodack Landing SP, Schodack Landing. lvorc.org.
- 19 ADK 5K Run/Walk.** 10am. Adirondack Pub & Brewery, Lake George. adk5k.com.

- 19 Race the Lake Marathon, Half Marathon & 5K.** 8am. Clark Sports Center, Cooperstown. clarksportscenter.com.
- 19 23rd Charlton Heritage 5K Run/Walk. CANCELED. 1M Fun Run. Old Red School House, Charlton. 518-399-3797. zippyreg.com.
- 20 TAM Trek.** 19M, 10K, 2M fun run. 7am. Trail Around Middlebury, Middlebury, VT. 802-388-1007. maltvt.org.
- 26 Helper's Fund 10K/5K. CANCELED. Municipal Building, Chestertown. adirondackmarathon.org.
- 27 1st Montgomery County Half Marathon & 5K Race.** 8:15am. Tribes Hill Community Park, Tribes Hill. zippyreg.com.
- 27 Adirondack Marathon, Half Marathon, and 2 & 4 Person Relays.** VIRTUAL. Schroon Lake. adirondackmarathon.org.
- 27 Muddy Sneakers 5K Trail Run. CANCELED. Glenville YMCA, Glenville. cdymca.org/race2020.

- 10 Lake Placid Classic Half Marathon & 10K. CANCELED. Lake Placid. lakeplacidclassic.com.
- 11 Mohawk Hudson River Marathon & Hannaford Half Marathon. CANCELED. Schenectady & 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. CANCELED. Windham Mountain, Windham to Brewery Ommegang, Cooperstown. p2brelay.com.
- 18 20th Ghostly Gallop 5K and Fun Run.** 10:30am. Hudson High School, Hudson. ghostlygallop.info.
- 18 CHaD HERO Races: 13.1M, 5K Run/Walk, 1M Fun Run, Hike.** 35M/50M bike ride. Dartmouth Green, Hanover, NH. Hanna Snyder: 603-308-2236. chadhero.org
- 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 State Park, Saratoga Springs. saratogaxcclassic.com.
- 24 Trick-or-Trek 5K.** 9am. Oakwood Cemetery, Troy. zippyreg.com.
- 31 Hairy Gorilla Half Marathon and Squirrely Six Trail Races.** 9:30am. Thacher State Park, Voorheesville. zippyreg.com. ■

OCTOBER

- 4 Cantina Kids Fun Runs.** 1M & 1/4M. Congress Park (near the Carousel), Saratoga Springs. zippyreg.com.
- 4 Pfalz Point Trail Challenge.** 10M. 8am. Mohonk Preserve's Spring Farm Trail Head, High Falls. zippyreg.com.

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LEFT / NAVIGATING CLIFFS OF SADDLEBACK, A STEEP AND DIFFICULT SECTION OF THE HIGH PEAKS.
RIGHT / LOOKING OUT FROM DIAL, OFFERING FANTASTIC VIEWS WITH A PANORAMA OF THE GREAT RANGE.

SPEED HIKING *continued from 1*

day snowfall. Due to these conditions, they decided to forego the bushwhack from Marshall to Iroquois, and instead descended to camp near Lake Colden – postponing the hike up to Iroquois and Algonquin until the next morning. This caused GPS pings to show them off from their predetermined route. Unfortunately, they didn't have good cell phone service so this left them a little concerned about what their family may think. After covering the central High Peaks region, they had the advantage of finishing their trip with long stretches along NY Route 73, which allowed for quicker travel as they navigated to the remaining peaks.

Like any multivariable equation, each component impacts another. Their nutrition was tightly calibrated to allow for a 5,000-calorie-a-day diet to fuel them. Key components of their nutrition were lightweight, high-calorie foods that would take up as little space as possible. Nuts, dried fruit, and peanut butter made up a large portion of their energy. From their description, nutrition was both a high and low point of the trip. Putting peanut butter into soft water bottle flasks allowed them to squeeze it out similar to a gel-pack. As the peanut butter emptied, they discovered that adding water made a thick milkshake-like consistency, that was quite delicious!

Unfortunately, the monotony and high salt content left their mouth with what they describe as “mouth rot,” which was a low. Any ultra-endurance athlete knows that

nutrition is a huge component of an event. Consistent fuel, accurate electrolyte and calorie intake with some variety is the key to maintain energy, mood and overall performance. The group started their final day with less than 1,500 calories remaining and finished on fumes.

For gear, the trio researched other hikes and reviewed Mike's winter hike. They settled on packs that could hold 40 pounds of gear. From there, they determined the necessities and figured out the best way to fit everything, so that it could be comfortably and efficiently carried. Packing their gear appropriately, carrying the right amount, and navigating the land with it was another key component they attribute to their success. In preparation, they started by just carrying 40 pounds of rocks. This gave them a realistic idea of what the weight would feel like, and how much better their efficiently packed gear would feel – compared to rocks!

The last important aspect of the trip was mental, and this was perhaps the most impressive component. During the trip, Dan, Mike and Paul were in great spirits and no one had any real complaints. They also seemed to recognize their good luck as everything seemed to go smoothly. These three experienced athletes knew to expect the inevitable lull, where the going gets tough. Each event has components a racer must push through mentally and physically to succeed. For the Adirondack 46er FKT attempt, this wasn't the case as thorough

preparation and good company seemed to ensure their success.

Each noted that they had high aspirations for the trip. The previous record was just over seven days, and the group wanted to finish their trip in five days, “Anything in the five-day range was what we were shooting for.”

Splitting the trip into five days provided mental checkpoints. On day one, they made it past Bradley Pond, felt good physically, knew their fitness was there, and had fun on the trail with everything clicking, which provided them motivation. On the second day, when weather conditions were challenging for the only time on the trip, they made adjustments, kept their pace, and no one complained – this gave them more confidence. For sleep, they were expecting four-to-six hours after a day of hiking to be too little, but the well-planned mileage, camp setup, and sleep schedule kept them focused and sharp. For nutrition, they had brought enough calories for five days with little extra. It turns out they had packed accordingly and the fumes were all they needed to get to the finish line.

Each agreed that the trip seemed surprisingly “easier” than previous endurance events that they had completed. They also agreed that the descents were the most painful. This was a result of the long mileage and eccentric muscle movements required to navigate down rocky, rooted, and rugged East Coast trails. They were also happy to have had few foot problems besides minor discomfort. They opted for trail running shoes instead of hiking boots to provide maximum flexibility and speed. The drawback was their shoes became saturated and their feet were constantly wet, but they managed to avoid serious blistering until after the event was over.

A good question is why this trip, and why now? The answer provides as much insight into the group as does the description of their trip. Each had been very interested in outdoor fitness and endurance events in their own right. Paul and Dan described competing in long-distance races like many experienced athletes. The sports are as much athletic as they are an endeavor in economics and diminishing returns. Paul describes breaking 10 hours in the Ironman with the view that many very fit and analytical people use: How much extra will it take to go a half hour faster or to go sub nine hours? What are the expenses in terms of training time, equipment costs, and what's the return on investment? For many people this means increasing training load and equipment

costs without the possibility of elite level sponsorship or support.

As Dan and Paul entered their 30s, they also started families. Many can understand their sentiment when they discuss going on five-hour or longer bike rides or 20-plus-mile long runs with specific training goals. A spouse can be understanding but young children have no reference as to why you need to be out for five hours hitting specific wattage and distance goals, when they want to go easy around the neighborhood! In preparation for this trip the whole family went hiking, were outdoors together and everyone wins. For other training requirements, the group would meet before work or early on the weekends to get out and do it.

For Mike, there was less of a question as to why now. He was very fit from biking trips and was into cool adventures. His winter Adirondack 46er trip piqued his interest and he proved to be an incredibly valuable asset on their FKT attempt. The question was more why not, if the opportunity was available, than any need to justify joining.

All three note that they have incredibly understanding families and also have work arrangements that allow for these adventures. Dan and Paul co-own Grey Ghost Bicycles and are also involved with engineering at BDP Industries and Fronhofer Tool. Mike is a manufacturing engineer at BDP Industries. For Dan and Paul, owning and operating a business is a good occupation for individuals who enjoy long endurance adventures. For each, their athletic pursuits and ultra-adventures are well-received by their more traditional colleagues, who jokingly ask them frequently what crazy thing they have planned next. They also get joking remarks when they take “normal” vacations to the beach with many not believing there wasn't some sort of long endurance adventure tacked on for good measure.

As of now, all three seem rightfully happy with the execution and success of their trip. They managed an inspiring fastest known time that left them without any major setbacks or lingering injuries, although they all stated they have never slept as well or as much in the days immediately following the trip. They were particularly fortunate with good weather, the state's phased reopening, and avoided the worst of mud and black-fly season. Looking ahead, they're enjoy training and looking forward to future adventures! 🌲

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 ogradystategies.com.



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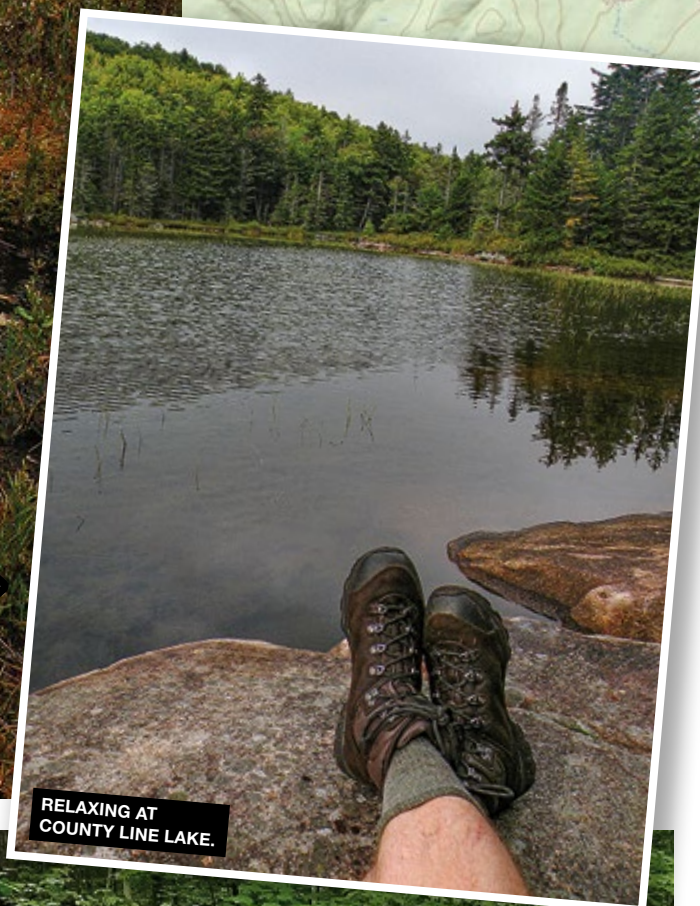
HIKING

COUNTY LINE LAKE
IN LATE SUMMER.

County Line Lake



PHOTOS AND MAP BY BILL INGERSOLL

RELAXING AT
COUNTY LINE LAKE.

By Bill Ingersoll

One of my favorite hikes in the southern Adirondacks has become the trail to County Line Lake in Bleecker. This outstanding hiking trail leads through the valley of Pinnacle Creek and climbs onto the high plateau west of Pigeon Mountain. The destination is a shallow pond that falls along the boundary of Fulton and Hamilton counties, hence its name.

This is a varied hike that seems to change its character every mile or so. The first section is a beautiful walk along an abandoned road through a magnificent hemlock forest. Then comes a section along a pair of large wetlands, with a dash of history thrown in. Finally comes the long climb into the high country, ending at the delicate shoreline of the pond.

County Line is one of the highest-elevation lakes in the southern Adirondacks, and a treat for those who like to enjoy rugged, out-of-the-way places. There are no established campsites, and there has been no fish for many years. Therefore, this hike is all about the history contained within the lower valley, and the solitude found at its destination.

Getting There

This hike can be easily accessed from either Caroga Lake or Northville. From NY Routes 10/29A in Caroga Lake, turn east onto County Road 112, and follow it for 6.5 miles to a four-way intersection. Pinnacle Road is to the left (north), marked by the Adirondack Beagle and Hare Club sign. From NY Route 30 north of Northville, turn west onto Benson Road. Follow this road through Benson for 11.5 miles to the Pinnacle Road intersection.

From either direction, once you have found Pinnacle Road all you need to do is follow it for 2.6 miles to the trailhead at its end. This site is maintained for year-round exploration.



SAWMILL RUINS.

The Trail

From the end of Pinnacle Road, you'll notice there are two diverging trails: the red-marked trail to Chase Lake, and the blue-marked trail to Pinnacle Creek and County Line. Both are highly worthy hikes, but for now let's focus on the latter route.

The blue trail follows an old wagon road that is essentially a rugged extension of the town highway. Passing the rock barrier, it immediately turns left (west) and swings toward Pinnacle Creek. Hemlocks shade the trail, which climbs in stages along the foot of the Pinnacle. It is a highly enjoyable walk along the well-built roadway, with the creek as your companion to your left.

At 1.2 miles you cross a tributary of Pinnacle Creek; there are marshes off to the left. Beyond, the roadway climbs again. Watch closely now, for there two cellar holes to the right of the trail. The second one, located on the edge of a small clearing at 1.4 miles, is the more prominent of the two.

These mark the site of the Pinnacle sawmill, one of many old industrial sites that are common in this region. The mill itself was located on the creek a short distance to the west; a short off-trail excursion will reveal some foundations and a few odd pieces of hardware.

After cutting through the small clearing, the trail narrows slightly and continues beside a second wetland, one that may seem very wet and mucky at times. Tall maples and yellow birch mix with evergreens. There are glimpses of Pigeon Mountain and the high plateau to the west.

After skirting around the vleys, you reach a potentially wet area where Pinnacle Creek forks into two main branches. There are no bridges across either fork, which could be problematic in late fall and early spring (not to mention winter thaws). The route narrows into a proper foot trail as it continues northwest, now beginning to climb the lower slopes

of Pigeon Mountain, to a saddle that divides the Pinnacle watershed from the West Branch Sacandaga drainage. But rather than passing through the saddle, the trail turns west to begin climbing more aggressively. The hardwoods grow shorter with the increased elevation, until you top out at just bit under 2,540 feet at another saddle northwest of Pigeon Mountain. This spot is 1,000 feet higher than the trailhead and 3.2 miles from it.

At this point the trail has crossed a short distance into Hamilton County and the Silver Lake Wilderness, but it now angles southwest as it begins a 100-foot descent toward the east end of County Line Lake. The marked trail ends near the Fulton County side of the lake, 3.7 miles from the trailhead – and at a rather disappointing part of the shoreline. A short, unmarked herd path veers left and hooks around the shoreline for a few hundred feet to a much better spot, one with a rock ledge and superior views of this wild place.

County Line Lake is devoid of fish, although DEC has identified it as a candidate for liming and trout stocking. It is also not an ideal campsite, although not for lack of trying; in 2018, some careless campers abandoned an entire tent full of gear at the rock ledge. As of July 2020, all of this trash was still here, and then some – it looked as though others have been adding to the disaster, not helping to clean it up. I packed out what I could, and I implore others to do the same.

Wilderness Recreation in the Time of Covid-19

One last thing: our favorite outdoor recreational pursuits are perhaps more vital to our mental health than at any time previously. However, not only do social distancing guidelines remain in effect, but some facilities and services in the Adirondacks remain closed for health and safety purposes.

The key guidelines for outdoor recreation can be summarized as: 1) Stay local, keep visits short, and avoid high-traffic destinations; 2) Be safe by keeping a six-foot separation from other people on the trail; 3) Be ready to move quickly through places where other people might be congregated, including parking areas and scenic vistas; 4) Stay home if you are not feeling well, or fall within one of the high-risk groups for contracting the virus. 🌲

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



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