20,000 CIRCULATION

CAPITAL REGION • SARATOGA • GLENS FALLS • ADIRONDACKS

SPORTS & FITNESS



CONTENTS

ARTICLES & FEATURES

Snowshoe Hiking

Central Peak: Blue Mountain

Alpine Skiing & Snowboarding Lift Service Off-Piste Skiing

Cross-Country Skiing

Nordic Skiing's Olympic Hopes

Snowshoe Running

Eastward Ho! Snowshoe Nationals

CALENDAR OF EVENTS

January - March 2010 More Than 250 Things to Do!

COLUMNS

4-7

15

Health

Duathlon • Fitness

The Non-Medicated Life Benefitting the Planet

As Well As the Individual From the Publisher & Editor

Shine Bright in 2010!

RACE RESULTS 10-14 September 2009

Top Finishers in 12 Events

Central Peak *Hiking Blue Mountain in Winter*

by Bill Ingersoll

lue Mountain is a wildly popular hike, and although I admit to a personal bias against it - too many towers on the summit and not enough "wildness" - I recently decided to give it another look. With my dog Lexie leading the way, and with a new pair of mountaineering snowshoes to break in, I climbed Blue and decided this was an especially good winter hike with several things going for it: a well-used trail with a reliably good base, and one of the most celebrated views of any Adirondack peak. The terrain is comparable to the High Peaks but requires only a fraction of the time and

Located near the geographic heart of the Adirondack Park, Blue Mountain is a hike that everyone should do.

Getting There

The route begins at the prominent parking area at the height-of-land just north of the Adirondack Museum on NY Routes 28N and 30, about 1.4 miles north of Blue Mountain Lake. Although the summer trailhead is not plowed, enough snow is winged back from the highway to allow ample parking for winter hiking. Note that two hiking trails begin from this location. The yellow-marked trail to the left leads to Tirrell Pond, and the red-marked trail to the right is the route to Blue Mountain.

The Trail

The trail leads east from the parking area, elevation 2,205 feet, cutting through the woods to a logging road and bearing right. The first part of the trail is on private land, and courtesy demands that hikers remain on the trail corridor. You cross numerous small streams as you traverse the lower slopes of the mountain, encountering only moderate grades in the first 1.2 miles. You crest one height-of-land and descend slightly into the next drainage on a course leading just to the east of

At the end of the 1.2 miles, at roughly 2,835 feet in elevation, you reach a junction with the old trail to the summit, which began closer to Blue Mountain Lake and which was closed years ago. You will not likely notice this junction now, except that this point now marks the turning point where the current trail bears northeast and begins the steep ascent towards the summit, which begins immediately.

Thousands of feet have worn the trail to bedrock, so that in summer the trail is like a paved sidewalk for most of the See SNOWSHOE HIKING, 15 ⋈

Adventure
 Backpacking
 Bicycling
 Canoeing



ADMISSION

April 24 & 25 • Saturday 10-6 & Sunday 10-5 Saratoga Springs City Center, Saratoga Springs

The Capital Region's Outdoor Sports, Health/Fitness and Travel Expo! Featuring 100 Exhibitors, Sales, Demos, Clinics, Kids Activities & More

AdkSports.com • (518) 877-8788

• Kayaking • Mountain Biking • Orienteering • Rock Climbing • Rowing • Running • Swimming • Trail Running • Triathlon • Walking • Wilderness Skills

Lift Service Off-Piste Skiing

by Mickey Stone

lades, chutes, drops, ungroomed, back-Country, trees, steeps, crud, powder and freeride are all the terms that come to mind when describing the off-piste. These descriptions give one thoughts of adventure, risk, exhilaration, fun, accomplishment and enjoyment with our natural environment.

Today if you pick up the popular ski and ride magazines you will see on the cover and throughout pictures of snowsports enthusiasts in powder, the air, glades and ungroomed snow capturing face shots of snow and a smile from ear to ear.

So what does off-piste really mean? Well, the word "piste" means a run of hard-packed snow or prepared snow trail. So adding the word "off" to that denotes terrain that is ungroomed and not a designated trail that is maintained with groomers and snow making machines. These words have been very common in Europe for decades and originated France by alpinists at the turn of the

Now we add "lift service" to complicate things even further. Basically, we are describing the ability for a skier or rider to ride a surface lift, and then to be able to travel to an area that is ungroomed with its natural terrain features and conditions. Now why would anyone want to do that? Especially with lift ticket prices and all the care that go into the piste areas.

Once a skier or rider can use all the mountain trails, the lure and challenge to be able to master what Mother Nature gives to us each day on an ungroomed trail is one of the most exhilarating experiences a snowsport athlete can have. The ability to ride a lift and travel by hiking, sliding or skinning to an area that is in bounds of the ski area, but relatively unmaintained allows you to feel like you have your own powder stash that you have found or enjoyed by yourself or with friends.

Where to Go - Now we know the West is known for this type of skiing with their vast acreage above timberline, large snowfalls, and areas that are left untouched. Even in the East there are areas that receive 250-400 inches of snow a year with the best ungroomed glades, steeps and powder runs around. One of the beauties here is the number of ski areas that you can ride the lift and easily scoot off-piste within the boundaries. At times these areas have small rock ledge drop offs, frozen waterfalls, thinned out glades, open meadows, tight fir trees, and unique features from the snow accumulation and local topography.

In New York, Gore and Whiteface give you a big mountain feel with many gladed areas of all varieties and levels. Some other adventurous areas are West, Hickory, Titus, Willard, Oak, Belleayre, Plattekill, Hunter and Windham, with some steep pitches and glades with bumps. In Vermont, Mad River Glen, Smugglers' Notch, Stowe, Jay, Killington, Mount Snow, Sugarbush, Okemo, Magic and Bolton offer a wide range of gladed ungroomed areas. In Massachusetts, Jiminy Peak has some glades skiing as well.

Safety - At times skiers and riders feel these off-piste areas are like the piste trails where most people share the slopes. What we all have to remember is that once venturing off-piste within the boundaries we are in another environment, so totally different. There are obstacles, more difficult snow conditions, topography changes that can be confusing to follow, visibility issues, and one's own endurance comes into play.

Probably the hardest thing to prepare for is the "human factor" or decision-making process of skiers and riders when venturing to the off-piste. Each season at the ski areas in the East, more than a dozen folks will not make it back to the base before nightfall, and have to spend the night in the cold wilder-

(Off Wolf Road, behind Professor Java's)



With proper preparation and decision-making one can enjoy the off-piste within the ski area boundaries. Here are some Standard Operating Procedures that we instill in our PSIA-E programs: Check all equipment before entering an off-piste area; proper clothing that can be vented when hiking; goggles, helmets, hydration and a snack are musts; map of the area and compass; have traveled and descended the area before or accompanied by a guide that knows the area and can be trusted; ski in groups of three to five people, never one or two; do not enter off-piste areas unless you have enough time to get back to the area by lift closing time; and always inform someone where you are going and when you plan on returning.

During the season ease into the ungroomed snow, train, practice reading the terrain, and what is under the snow. Learn to predict safe areas and where the snow accumulates. Ski or ride cautiously and be aware; remember you never know when a tree falls and is covered by snow. Using knee pads are also suggested as well as removing your pole straps from your wrists to allow you more freedom of movement.

Technique - Other than decision-making and knowing the area well, skiers and riders could pay more attention to technique. Carving off-piste takes a different approach than on the hard pack. Just because you have a freeride ski or board, with twin tips and fat 90-plus millimeters under your feet, does not mean you can negotiate around trees in ungroomed snow.

Active absorption or the sucking up of your legs as you tilt and steer will allow you to move across the snow lightly and smoothly. When the ski or board is in the snow it will bend as you stand against it. When you suck your legs under you the skis or board will unbend and send you in an arc. Learning to bend and unbend will allow you descend easily through the snow. Learn to allow your legs to feel like a pendulum underneath your hips and torso. You have seen it before on ski racer Bode Miller when the body is still and the legs move back and forth. A sound investment is to hire a certified ski or board pro at one of these mountains and ask to learn the techniques for skiing crud and powder. It will be worth the time and money when you enjoy your turns in the off-piste.

Enjoy your time in the off-piste and follow the simple guidelines for your safety and fun. Things may happen out there, but at least you are prepared and have a friend that can get help, and stay with you if something happens. Sound decisions and being prepared go a long way. Powder to the people can be found in the off-piste! 📥

Mickey Stone lives in Huntington, Vt. with his wife Carolyn and their dog Oslo. He is a ski educator, trainer and outdoor guide. He is the PSIA-E Nordic coordinator and coach for the Navy Seals winter training program.





SARATOGA'S SKI AND SNOWBOARD HEADQUARTERS



HighPeaksMA.com



www.AdkSports.com

// CROSS-COUNTRY

Nordic Skiing's Hopes for **Olympie Wedals**

by Ron Farra

hen the US Nordic Ski Team travels to Vancouver, Canada in February they will bring the potential, as never before in the history of the American winter sports, to earn Olympic medals in the disciplines that make up Nordic skiing. Not since 1976 when an American cross-country skier won a silver medal at the XII Winter Olympic Games have hopes been so high for America's Nordic skiers. Cross-country skiers, ski jumpers, biathletes and Nordic combined athletes have earned an unprecedented number of medals in recent world competitions that podium finishes at the 2010 Winter Olympics are a real possibility. As a result of recent successes on the World Cup circuit America's Nordic ski athletes are on the verge breaking the 33-year Nordic medal drought.

US Ski Team athletes won an incredible six medals at the Nordic World Ski Championships, in Liberec, Czech Republic last winter and will be competing against the same Nordic skiers this season in World Cup event as well as at the prestigious XXI Winter Olympic Games on February 12-28 in British Columbia, Canada. This dramatic accomplishment by "the upstart American skiers and ski jumpers sent shock waves throughout the world of Nordic skiing," according to a New York Times article. "This is really big for us," said John Farra (my son), US Ski Team Nordic Director. "To get a medal



in cross-country ski racing... I'm not sure Americans know what that means."

Nordic combined athletes Billy Demong (Athlete Profile, February 2002) of Vermontville and Todd Lodwick of Steamboat Springs, Colo. won four medals (three gold medals and one bronze) at the Nordic World Ski Championships. Bill also bested all competitors last season winning the gold medal in the opening race of the pre-Olympic World Cup event at the Vancouver, B.C. venue, with Todd finishing in tenth. Bill had another podium finish earning bronze at the pre-Olympic Games with teammates Johnny Spillane in 11th place and Todd in 12th.

The US Cross-Country Ski Team has also moved into a position where it too could

have podium finishes at the 2010 Winter Olympics. Nordic ski racer, Kikkan Randall of Alaska finished second in the women's sprint style ski race at the Nordic World Ski Championships last season, putting her in contention for a first ever Olympic medal by a female cross-country skier. Her silver medal win in the Czech Republic in March was the first cross-country ski medal for an American woman at world championship events. Kris Freeman of New Hampshire narrowly missed still another American victory in the Nordic World Ski Championships by a mere 1.3 seconds behind the bronze

To put the excitement about America's chances for a Nordic ski medal at the February Winter Olympics into perspective, consider that Norwegian Nordic skiers have "won more than 110 medals in cross-country skiing and Nordic combined competition including 41 gold," according to the New York Times. In the 85-year history of Winter Olympic competition, Bill Koch of Vermont is the only American cross-country or Nordic combined skier ever to win a medal. Koch won an Olympic silver medal in Seefeld, Austria in 1976.

A recent World Cup win by an American biathlete has also boosted the chances of an Olympic medal by a USA Nordic skier at the Vancouver Winter Olympic Games. Tim Burke of Paul Smiths made history in December when he won a silver medal at the World Cup Biathlon races in Ostersund, Sweden. Tim's success in the grueling 20K biathlon competition tied the best ever World Cup finish by an American, equaling the second place finish by USA's Josh Thompson at the 1992 World Cup event at Cranmore, Canada.

JANUARY 2010

American ski jumper Lindsey Van of Park City, Utah won the woman's ski jumping contest at the Nordic World Ski Championships, in the Czech Republic last year. Though her silver performance boosted the US Ski Team's medal count to an unprecedented six medals, Lindsey will not be able to assist the team's chances for a medal at the Olympic Games since woman's ski jumping will not be part of the Vancouver Winter Olympics.

Hopes are also high that the US men's ski jumpers can continue their recent improvements at World Cup and Continental Cup competition to earn a full quota of American jumpers for the 2010 Games. "While no one is counting on them taking medals at Whistler, B.C. folks should keep an eye on these guys," said director John Farra. "If they jump to their potential at the Vancouver Olympics they could shock the Nordic

Nordic ski fans in America are hungry for their Nordic heroes to continue their winning ways in world competition and especially at the upcoming Winter Olympic Games at Vancouver. "Our recent victories will increase the expectations," said Olympian Billy Demong. "But it also gives us the confidence inside and helps us to know we're doing to right things in our training." Norwegian Olympian, Jens-Arne Svartedal noted "it is impressive to see the Americans doing so well, but we have known for many years that there is talent there."

Fans may follow the daily and weekly happenings in the world of Nordic ski racing as well as the upcoming Winter Olympic Games at the websites of the US Ski Team (usskiteam.com) and Universal Sports (universalsports.com). 🜲

Ron Farra (rfarra@nycap.rr.com) lives in Saratoga Springs and enjoys snowshoeing, skiing, hiking, biking and kayaking. He is the co-author of Winter Trails New York: The Cross-Country Ski & Snowshoe Trails with his wife, Johanna.







15 Coventry Drive, Clifton Park, NY 12065 • (518) 877-8788 AdkSports.com • info@AdkSports.com • Fax (518) 877-0619

Publisher/Managing Editor: Darryl Caron

Editor/Marketing Manager: Mona Caron

New Media Intern: Hillary Mann

Contributing Writers:

Laura Clark, Ron Farra, Bill Ingersoll, Dr. Paul E. Lemanski, Mickey Stone

Contributing Photographers: Mike Bucek, Bill

Ingersoll, Christian Manzoni,

Ryan Rogers, Dave Schmidt Web Designer: Hillary Mann Circulation: Dick Carlson, Joan Caron, Mandy Jeffries, Sheela Kulkarni, Sudhir Kulkarni, Cheng-hua Lee, Lindsay Waters

Graphic Design: Karen Chapman, Bruce Kaiser

Cummings Advertising Art, Albany, NY

Adirondack Sports & Fitness is published

12 times per year with a monthly circulation of 20,000 copies. ©2010 Adirondack Sports & Fitness, LLC. All rights reserved.

Please recycle.



YES, I WANT TO SUBSCRIBE!

One year (12 issues) for \$17.95	

☐ Two years (24 issues) for \$32.95 - save 10%

☐ Three years (36 issues) for \$44.95 – save 20%

Name Address _____ State _____ _Zip_ City_ Phone Email (optional)*_ * To receive email newsletter from Adirondack Sports & Fitness (we do not share your info)

☐ Cash, check, or money order enclosed

I picked up my current issue at ___

Mail to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065 Or, subscribe online: www.AdkSportsFitness.com (Visa, MC, Disc, Amex, eCheck)

 $Payment\ covers\ first-class\ postage/handling.\ Canadian\ residents\ add\ \$5.00\ per\ year\ (US\ funds).$

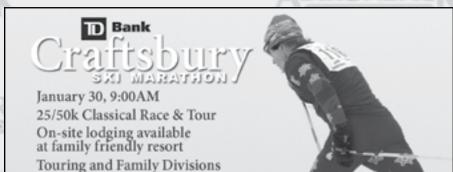


 Expert Service Club Discounts

YOU'VE NEVER SEEN A STORE LIKE IT! **Guaranteed Lowest Price in the Nation!**We Even Beat Internet Pricing!

2010 Skis/Snowboards In-Stock & Priced to Sell! Salomon • K2 • Elan • Dalbello • Atomic • Alpina Or, Rent Skis/Boards for the Season or Day!

Visit plaineandson.com for printable coupons you can use in our store 1816 State St, Schenectady • (518) 346-1433 Monday-Friday 10-8, Saturday 10-6, Sunday 12-5



For details and registration go to: www.craftsbury.com

CROSS-COUNTRY SKI AREA

"the largest

- in the Capital Region" • 50km trails including 35km groomed
- Night skiing by reservation
- Season rentals for children
- Snowshoe rental, trails & organized hikes
- Complete ski rentals & sales

New York

Joi<u>n NYSSR</u>A

◆ Ski area info

◆ Links and more!

crosscountryskiny.com

Season-Long Race Schedule:

Cross Country Ski Racing • Biathlon

Ski-Orienteering • Bill Koch League (Kids)

Empire State Games Qualifiers

Club Series Races • Points Series Races

NYS Nordic Championships

All Ages, Novice to Expert Welcome!

www.nyssranordic.com

More Info: Jim Kobak (518) 643-0821

SleepInnLakeGeorge.com

• Heated Indoor Pool & Fitness Center

Close to West/Gore Skiing

• Airline/Rewards Program

& Shopping

• Jacuzzi Suites

906 Route 9

Queensbury, NY

(518) 955-3000

1-800-4-CHOICE

Right Next Doo

Reservations:

Ski reports

life looks good from here Rensselaer County www.rensco.com



1509 Plank Road, East Poestenkill, NY (518) 283-3652 • www.pineridgexc.com

Cross-Country

Ski Areas

Calendar of Events

• 16,000 Sq. Ft.

Showroom

January - March 2010



ALPINE SKIING & SNOWBOARDING

ONGOING

Ski Bus Trip: 1/18 Bromley. Out of Control Ski Club, Albany. 473-7553. ocskiclub.org.

Ski Bus Trips: 1/22 Gore; 1/29 Stratton; 2/5 Mt. Snow; 2/12 Okemo; 2/19 Bromley; 2/26 Stratton; 3/5 Okemo; 3/12 Stratton; 3/19 Bromley; 3/26 Killington; 4/2 Gore. Out of Control Ski Club, Albany. 475-7553. ocskiclub.org. Ski Bus Trip: 2/27 Mount Snow. Out of Control Ski Club, Albany.

Sat 473-7553. ocskiclub.org.

Ski Bus Trips: 1/17 Pico; 1/24 Okemo; 1/31 Gore; 2/7 Stratton; 2/14 Bromley; 2/21 Whiteface. 2/28 Okemo; 3/7 Gore; 3/14 Mt. Snow. 3/28 Stratton. Out of Control Ski Club, Albany. 475-7553. ocski-

JANUARY

- Big Air Contest. 7-9pm. West, Glens Falls. 793-6606. 15 skiwestmountain.com.
- Ski Waxing Clinic. 10am. Free. Plaine & Son, Schenectady. 346-
- Demo Day w/Burton & Fireworks Spectacular. Gore, North Creek. 251-2411. goremountain.com.
- USASA Boarder/Skier Cross. Ski Bowl, North Creek. 946-7001. goremountain.com.
- World Cup Freestyle. Whiteface & Olympic Jumping Complex,
- LP. 523-3330. whitefacelakeplacid.com. Master the Mountain: Alpine Skiing Camp. 8:30am-3:30pm. Gore, North Creek. 251-2411. goremountain.com.
- Ski Bus Trip: Okemo. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- Take Your Daughter to Gore Week. 19-under. Gore, North Creek. 251-2411. goremountain.com.
- Plaine & Son Maple Ski Ridge Night. Discounted tickets: Plaine & Son: 346-1433. plaineandson.com.
- Ski Repair Clinic. 10am. Free. Plaine & Son, Schenectady. 346-1433, plaineandson.com.
- S'More Gore Full Moon Ski Bowl Party. 6pm. Ski Bowl, Gore, 30 North Creek. 251-2411. goremountain.com.
- Parent-Daughter Family Fun Race. 10am. Gore, North Creek.
- 251-2411. goremountain.com.

FEBRUARY

- Ski Bus Trip: Bromley "Chicks on Sticks" Moms' Day-Off. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpine-
- Inaugural Adk Ski Mountaineering Camp. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- Hickory Telemark Party. 9am. Tour de Trees, clinics, après-ski party. Hickory Ski Center, Warrensburg. 623-5754. hickoryskicenter.com.
- Oak's Giant Slalom Races for Amateurs. 1pm. Oak, Speculator. 548-3606. oakmountainski.com.
- USASA Boarder/Skier Cross Race. Ski Bowl, Gore, North Creek. 251-2411, goremountain.com.
- Burton LTR Snowboard Camp: Just for the Gals. Gore, North Creek. 251-2411. goremountain.com.
- Adult Racing Camp. Gore, North Creek. 251-2411.
- goremountain.com.
- Alpine Skiing Camp: Women Only, Gore, North Creek, 251-2411. goremountain.com.

- Freeheel Telemark Festival. Demos, clinics, events. Gore, North Creek. 251-2411. goremountain.com.
- Super Sunday: Discounts, music, games. Whiteface, Wilmington. 946-2223. whiteface.com. Night Skiing Party. 4-9pm. Torchlight parade, fireworks. Oak,
- Speculator. 548-3606. oakmountainski.com.
- Empire State BoarderX. Whiteface, Wilmington. 946-2223. whiteface.com.
- Slopestyle Contest. 7-9pm. Terrain Park, West, Glens Falls. 793-6606. skiwestmountain.com.
- Oak's Giant Slalom Races for Amateurs. 1pm. Oak, Speculator. 548-3606. oakmountainski.com.
- NASTAR Olympic Challenge. Gore, North Creek. 251-2411. goremountain.com.
- USASA Halfpipe. Whiteface, Wilmington. 946-2223. whiteface.com.
- Grom Big Air Contest. 7-9pm. Terrain Park, West, Glens Falls. 793-6606. skiwestmountain.com.
- Adult Racing Camp. Gore, North Creek. 251-2411. goremountain.com.
- Telemark Skiing Camp: Trees, Steeps & Bumps. Gore, North Creek. 251-2411. goremountain.com.
- Burton LTR Snowboard Camp. Gore, North Creek. 251-2411. goremountain.com.
- Master the Mountain: Alpine Skiing Camp. Gore, North Creek. 251-2411. goremountain.com.
- Ski Bus Trip: Okemo. 7:15am. Alpine Sport Shop, Saratoga
- Springs. 584-6290. alpinesportshop.com. Slide for a Cure: Tubing. 1-6pm. West, Glens Falls. 793-6606. ski-
- westmountain.com.

MARCH

- Burton LTR Snowboard Camp: Just for the Gals. Gore, North Creek. 251-2411. goremountain.com.
- Alpine Skiing Camp: For Women Only. Gore, North Creek. 251-2411. goremountain.com.
- Big Air at Little Gore. 5:30pm: Slopestyle w/lights. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Terrain Park Face Slope/Team Slopestyle. 12pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- Ski & Snowboard Demo Day. Whiteface, Wilmington.
- 946-2223. whiteface.com. Super Sunday (Discounts, music, games) & Whiteface Open.
- Whiteface, Wilmington. 946-2223. whiteface.com.
- Slopestyle Contest. 7-9pm. West, Glens Falls. 793-6606. skiwestmountain.com.
- Gail's Bump Camp. Gore, North Creek. 251-2411. goremountain.com.
- U.S. Alpine National Championships. Whiteface, Wilmington. 946-2223. whiteface.com.
- Ski Bus Trip: Sugarbush. 7:15am. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.
- Walt's Bump Contest. Gore, North Creek. 251-2411. goremountain.com.
- Take Your Son to Gore Week. 19-under. Gore, North Creek. 251-2411. goremountain.com. Slush Cup. 11am-5pm. West, Glens Falls. 793-6606.
- skiwestmountain.com.
- Family Fun Dual Slalom. Parent/son teams. Gore, North Creek. 251-2411. goremountain.com.
- Apple Butter Open Mogul Competition. Whiteface, Wilmington, 946-2223. whiteface.com.

BICYCLING & MOUNTAIN BIKIING

FEBRUARY

Snowball Express Century Ride. 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

MARCH

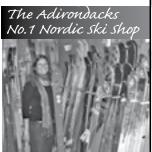
- David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #1. Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- David Brinkerhoff Memorial/Johnny Cake Lane Spring Bike Race #2. Coxsackie, Tom Butler: 857-0502, cbrc.cc.
- 200K Brevet Ride. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

CASCADE Cross Country Ski Center

4833 Cascade Rd (Rte 73) - 5 miles southeast of Lake Placid

(518) 523-1111 · www.CascadeSki.com

- Great prices on cross-country skis and snowshoes
- Backcountry, telemark and racing items available
- Terrific package discounts
- Season Pass with purchases over \$200!*
- Nordic Shop and ski lessons Groomed trails
- Connected to Jackrabbit & Olympic trails • Ski &snowshoe rentals • Restaurant & bar
- Dorm-style lodging Full Moon Parties with bonfires, food/drink, live music: Saturday, Jan. 2, 30 & Feb. 27



*Expires 12/24/09



ALPINE SKIS * SNOWBOARDS

CROSS-COUNTRY SKIS SNOWSHOES * SNOWBLADES

Leading by Example Mon-Fri 10-8 • Sat 10-6 • Sun 12-5

453 Route 3, Plattsburgh (518) 561-5539 · vikingsports.com

OSCEOLA TUG HILL Cross-Country Ski Center

Most Snow East of the Rockies!

- 40 km trails groomed daily for skating & classic skiing
- * Lounge/snack area expanded * New Alpina groomer *
- * "Rentaflexibility" ski rentals *
- Camden (40 mi NW of Utica) (315) 599-7377 • uxcski.com

uxcski@gmail.com Open 7 Days – 10am to 5pm



NYSSRA Champions NORDIC Cup Weekend

State Nordic Championships

February 26-28, 2010 Saratoga Biathlon Club, Day

Biathlon Sprint & Relay Championships, Ski Orienteering Championship, Club Relay Championship & 21km Freestyle NYSSRA Champions Cup Race

nyssranordic.com

Join in the 10th anniversary

Pat Stratton Memorial **Century Ride**

Best Ride in the Adirondacks! Saturday, August 28, 8am Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities

T-shirt, picnic, music, poker ride w/prizes! Register: Active.com

Info: Bob Scheefer (518) 891-5873 adkbuild@roadrunner.com

Benefits Kiwanis Club of Saranac Lake youth programs

So many things to do, you just may forget to go home

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodg

> Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways speculatorchamber.com

518-548-4521

ADIRONDACKS

ONGOING

Dewey X-C Ski Race Series: 1/5-2/23. Kids: 6:15pm. Adults: 6:45pm. Dewey, Saranac Lake. 891-2697. deweyskicenter.com.

JANUARY

- Shenendehowa Classical Ski Races. 10K/5K. 11am. Saratoga Biathlon Center, Day. Jim Flaherty: 877-8476. nyssranordic.com.
- Winona Forest Winterfest Try-It Race. 12.5K freestyle. 10:30am. Winona Forest, Mannsville. Russ Myer: 729-3780. skireg.com.
- Great Sacandaga Mini-Marathon: Freestyle. 15K/30K. 11am. Saratoga Biathlon Center, Day. Curt Schriener: 696-3961. nyssranordic.com.
- Harry Eldridge Memorial Ski Races. Olympic Sports Complex, Lake Placid. nysef.org.
- $\textbf{TD Bank Craftsbury Ski Marathon.}\ 25 K\ \&\ 50 K\ classical\ race\ \&\ \\$ tour. 9am. Craftsbury, Craftsbury Common, VT. 802-586-7767, craftsbury.com.
- Holland Patent Wolverines Classic Race. 5K/10K. 10:30am. Trenton Fish/Game, Holland Patent. nyssranordic.com.

FEBRUARY

- Lake Placid Loppet. 6:30pm. Waxing for Race Day Clinic & Kids' 0.5K Race (12-under, free). Olympic Sports Complex, Lake Placid. 523-1655 x274. lakeplacidloppet.com.
- 28th Lake Placid Loppet Ski Race. 9am 50K classic; 9:15am 25K classic; 10am 50K free; 10:15am 25K free. Olympic Sports Complex, Lake Placid. 523-1655 x274. lakeplacidloppet.com.
- Saranac Lake Ski Race. 5K freestyle. 10am. Dewey Mountain, Saranac Lake. Dewey: 891-2697. nyssranordic.com.
- NYSSRA Nordic Champions Cup Weekend. Sat, 10am Biathlon Sprint & 2pm 21K Freestyle NYSSRA Champions Cup Race. Sun, 10am Biathlon Relay & 2pm Team Relay. Saratoga Biathlon Center, Day. Jim Kobak: 643-0821. nyssranordic.com.

MARCH

Winona Forest Tourathon. 9am. 12.5K/25K/37.5K/50K. Freestyle. CCC Camp, Mannsville. nyssranordic.com.

CROSS-COUNTRY SKI TOURING

ONGOING

- Daily Cross-Country or Backcountry Ski Tour for Beginners & Intermediates. High Peaks Mountain Adventures, Lake Placid. 523-3764. highpeakscyclery.com.
- $\textbf{Ice Climbing for Beginners \& Intermediates}. \ High \ Peaks \ Mtn.$ Adventures, Lake Placid. 523-3764. highpeakscyclery.com. Cross-Country Ski Trips. Schenectady Wintersports Club,
- Schenectady. Schedule: swcweb.org. Soup-er Seniors Ski/Snowshoe Days. Age 65+. Lapland Lake,
- Northville. 863-4974. laplandlake.com. Ski Bus Trips. Sun & weekdays. Nordic & alpine. Out of Control Ski Club, Albany. 275-7553. ocskiclub.org.

JANUARY

- Ladies Love to Ski. Classic instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.
- Chilly X-C Ski & Snowshoe Festival. 10:30am. Adirondack VIC, Paul Smiths. 327-3000. adkvic.org.
- Special Holiday Guided Backcountry Ski, Snowshoe & Ice Climbing Trips. High Peaks Mountain Adventures, Lake Placid. 523-33764. highpeakscyclery.com.
- Beginner Backcountry Skiing: Fish Pond Truck Trail. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Friday Night Ski Jam featuring Big Slyde. Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.
- ADK Tug Hill Winter Outing w/Onondaga Chapter. Mad River Club, Lacona. Mary Coffin: 315-687-3589. Adirondack Mountain Club: adktravel.org.
- Beginner Backcountry Skiing: Adirondak Loj. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Moonlight X-C Ski & Snowshoe Tours. 6-9:30pm. Pineridge, East Poestenkill. Call: 283-3652. pineridgexc.com.
- Finn-tastic Full Moon Night Skiing. 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

- Full Moon X-C Ski Party. Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- Moonlight X-C Ski/Snowshoe. 7-9pm. 2.5M. Free. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.

FEBRUARY

- Families on Skis: Instruction & Practice. 9:30am-12pm. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646.
- Adirondack Classic Ski Tours: Raquette Falls. 9M. Adirondack Mountain Club: 523-3441. adk.org.
- Womens' Ski Building Day. 11:30am. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Moonlight Ski/Snowshoe Tours. 6-9:30pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Romancing the Snow: Finn-tastic Full Moon Night Skiing. 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.
- Ladies Love to Ski. Classic instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.
- Special Holiday Guided Backcountry Ski, Snowshoe & Ice Climbing Trips. High Peaks Mountain Adventures, Lake Placid. 523-33764. highpeakscyclery.com.
- Fabulous Finnish Wife-Carrying Contest. 2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Children Learn to Ski Week. Ages 6-12. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Moonlight X-C Ski & Snowshoe Tours. 6-9:30pm. Pineridge, East Poestenkill. Call: 283-3652. pineridgexc.com.
- Full Moon X-C Ski Party. Bonfires, food/drink, live music. Cascade, Lake Placid. 523-1111. cascadeski.com.
- Finn-tastic Full Moon Night Skiing. 9am-9pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Adirondack Classic Ski Tours: Avalanche Pass. 10M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

MARCH

- Adirondack Classic Ski Tours: Whiteface Landing. 6M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 8th Adirondack Backcountry Ski Festival. Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- Ladies Love to Ski. Skate instruction for women, by women. 10:30am-3:30pm. Lapland Lake, Northville. Reserve: 863-4974. laplandlake.com.

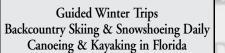
HEALTH & FITNESS

ONGOING

- Mo-Tu Beg/Intro Pilates Mat Class. Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Yoga Open Level Class. Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. Experience needed. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Fr Capital District Adventure Boot Camp for Women. 4-week camps. Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060. Schedule: cdbootcamp.com.
- Mo-Fr Boot Camp Challenge. 4-week camps. Albany, Saratoga & Schenectady Counties. Melissa Grattan: 366-1901. Schedule: makeitfittraining.com.
- Mo-Fr Pilates Tower Class. Mon: 9:30am, 10:30am & 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Beginners welcome. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
- Mo-Sa Yoga, Circuit Training & Stretching Classes. The Studio at High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Pilates Open Level Mat Class. Tue: 6pm. Thu: 9:30am & 6pm. Sat: 9am. Experience needed. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.

18-19 Sports Nutrition Seminar for Parents of Young Athletes. 6:15pm. Drs. Arciero & Ormsbee. Skidmore, Saratoga Springs. 800-407-8889, drpaulsprotocol.com.

St. Regis Canoe Outfitters



Retail Paddlesports Shop New & Used Canoes, Kayaks & Gear New Adirondack Paddler's Map

73 Dorsey St, Saranac Lake (518) 891-1838 • (888) 775-2925 www.canoeoutfitters.com

HAVLICK SNOWSHOES

Snowshoes • Bindings Snowshoe Bags • Snowshoe Poles Snowshoes for hiking, running & walking



Made in the Adirondacks since 1965 Buy Direct and Save! 2513 State Hwy 30, Mayfield

800-TOPSHOE (800-867-7463) havlicksnowshoe.com

Capital Bicycle Racing Club Presents the

David Brinkerhoff Memorial/ Johnny Cake Lane **Spring Series Bike Race**

USCF permit pending

March 20, 27 & April 3 Coxsackie, NY

Excellent Spring Training! New: First Timer (C) field \$20 preregistration: BikeReg.com \$30 race day • Free for Juniors Bring a volunteer & race for free!



New Members Welcome Visit CBRC.CC & Join Us!

Thomas Butler (518) 857-0502

All of Your Favorite Brands! Plus, Great Prices & Expert Service

Line, Volkl, Dynastar, Blizzard, Nordica, Marker, Tecnica, Black Diamond, Garmont, Dynafit, Backcountry Access, Karhu

★ Specializing in All Boot Fitting & Custom Footbeds ★ * Expanded Alpine Touring & Backcountry Department * Ceramic Disc Edge/Bevel Machine *

Rt. 7, Latham 2 Miles West of Northway Exit 6 785-0501



STORE HOURS: Mon.-Fri. 10-8pm Sat. 10-5pm Sun. 12-5pm



Skiing, Snowboarding & Snow Tubing Lessons • Rentals • Night Tubing (Fri-Sat) Quad Chair • 14 Family-Friendly Trails

Affordable Full-Day & 4-Hour Anytime Rates! Adult: \$28/\$20 • Jr. (6-12) or Sr. (65-69): \$20/\$15

70-plus or 5-under: Free • Tubing: \$10 (2-hr.) or \$15 (day)

Elm Lake Rd, Speculator 1-hr. 30-min. from Albany or 1-hr. 15-min. from Utica (518) 548-3606 • OakMountainSki.com

HMRRG Winter Series University at Albany

Jan. 10 - Sun 10am Winter Series #3 - 3M, 10K, 25K

Jan. 24 - Sun 10am Winter Series #4 - 3M, 15K, 30K

Feb. 7 – Sun 10am Winter Series #5 – 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6 More info at www.hmrrc.com, 518-273-5552, or Ed Thomas: et392@math.albany.edu



For more info: MakeltFitTraining.com or Melissa (518) 366-1901



SUNDAY, JUNE 13, 2010

LAKE PLACID, NEW YORK, USA

MARATHON HALF MARATHON

Ranked as a Top U.S. "Destination Race"

On pace to sell out in record time!

2010 Registration via Active.com or

download a registration form at:

www.lakeplacidmarathon.com

info@lakeplacidmarathon.com



2010 DION SNOWSHOE SERIES

World's Largest Snowshoe Series with 18 Races in the Northeast!

For info: dionsnowshoes.com or runwmac.com

Reach 50,000

active sports & fitness enthusiasts each month...

ADIRONDACK SPORTS & FITNESS

Advertise effectively with us!

FEBRUARY AD DEADLINE: 2/3 Contact Darryl: (518) 877-8788

Darryl@AdkSportsFitness.com Media Kit: AdkSportsFitness.com

HIKING W/SNOWSHOES & ICE CLIMBING

ONGOING

aily Snowshoe Tour for Beginners & Intermediates. High Peaks Mtn. Adventures, Lake Placid. 523-3764. highpeakscyclery.com.

Sun Cross-Country Skiing & Ice Climbing in the Adirondacks. High Peaks Mountain Adventures, Lake Placid. 523-3764. highpeakscyclery.com.

JANUARY

- 15-17 14th Adirondack International Mountaineering Festival.
 Adirondack Rock & River, Keene. The Mountaineer, Keene
 Valley. 576-2281. mountaineer.com.
- 16 Snowshoe Hike to Perigo Mtn. 10:30am. 3-4 hours. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 16-18 Winter Camping 101 w/Snowshoe Hiking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 22-24 ADK Tug Hill Winter Outing w/Onondaga Chapter. Mad River Club, Lacona. Mary Coffin: 315-687-3589. Adirondack Mountain Club: adktravel.org.
- 23 Historic Snowshoe Hike. 10:30am. 2-3 hours. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 3 Trailless Peak Snowshoe Hike: Tabletop. 4,427 feet. 10M. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 24 Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac. 9am-5pm. Adult/teen. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 30 Moonlight Snowshoe & X-C Ski. 7-9pm. 2.5M. Free. Camp Saratoga, Wilton. 450-0321. wiltonpreserve.org.

FEBRUARY

- 5 Trailless Peak Snowshoe Hike: Street & Nye. 8.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Family Snowshoe Day. 10am-3pm. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 12 Moonlight Snowshoe/Ski Tours. 6-9:30pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Poestenkill. 283-3652. pineridgexc.com.
 Tubbs Snowshoe Demo Day w/Mike Kaz. 2:30pm: Snowshoe hike.
 Benefit BBQ. Lapland Lake, Northville.
- 863-4974. laplandlake.com. 20 Ice Climbing Program. 9am. Age 10+. All welcome. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646.
- 28 Trailless Peak Snowshoe Hike: Esther. 9.5M. Adirondack Mountain Club: 523-3441. adk.org.

MARCH

7 Trailless Peaks Snowshoe: Tabletop. 10M. Adirondack Mountain Club: 523-3441. adk.org.

ICE SKATING & SPEEDSKATING

ONGOING

Daily Public Ice Skating. Olympic Speedskating Oval, Lake Placid. Schedule: 523-3330 & whitefacelakeplacid.com.

FEBRUARY

6-7 Jack Shea Sprints Speedskating Races. 9am. Olympic Speedskating Oval, Lake Placid. lakeplacidspeed.sports.officelive.com.

MOUNTAINEERING & WILDERNESS SKILLS

ONGOING

Daily Alpine Touring or Telemark Ski Tour for Beginners & Intermediates. High Peaks Mountain Adventures, Lake Placid. 523-3764. highpeakscyclery.com.

JANUARY

- 16-18 Winter Camping 101 w/Snowshoe Hiking. Instruction, gear, food. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 24 Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac. 9am-5pm. Adult/teen. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 24 Winter Survival Program. 1:30-4pm. Ages 10-19. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoec.org.

- 29-2/1 Winter Mountaineering School. Weekend day hiking & backpacking sections. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 523-3441. winterschool.org.
- 29-2/4 Winter Mountaineering School. Day hikes & 3-night backpack section. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 523-3441. winterschool.org.

FEBRUARY

- 5-7 Inaugural Adirondack Ski Mountaineering Camp. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 7 GPS 101. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 13-15 Winter Camping 101 w/Snowshoe Hiking. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 16-17 Winter Wilderness Adventure & Storytelling Camp. Ages 6-8.
 10am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.
 org.
- 16-18 Winter Wilderness Adventure Camp. Ages 9-12. 10am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MARCH

- **8th Adirondack Backcountry Ski Festival.** Instructional ski clinics, guided tours, special presentation. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 20 Map & Compass Fundamentals. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

MULTISPORT, BIATHLON & ORIENTEERING

ONGOING

Daily Be a Biathlete Clinics: 1/17-18, 24, 31; 2/15-19, 28. 1pm. 2pm: range only. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.

JANUARY

30-31 Saratoga Biathlon Races Sat, 11am: Sprint & 2pm: 5K/8K Snowshoe Race. Sun, 11am: Pursuit. Saratoga Biathlon Club, Day. Tom Moffett: 643-8477. saratogabiathlon.com.

FEBRUARY

- 12-13 Biathlon NorAm Cup. Olympic Sports Complex, Lake Placid. Rick: 891-6538. biathlon.teamusa.org.
 14 6th "Love to Tri" Indoor Triathlon. 15min swim/bike/run. 8am.
- So. Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
 Winter Education Series: Designing of a Triathlon Training
- Program w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
 Winter Education Series: Yoga for Triathletes & Runners w/Judy
- Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

 26-28 NYSSRA Nordic Champions Cup Weekend. Sat, 10am Biathlon
- Sprint & 2pm 21K Freestyle NYSSRA Champions Cup Race. Sun, 10am Biathlon Relay & 2pm Team Relay. Saratoga Biathlon Center, Day. Jim Kobak: 643-0821. nyssranordic.com.

MARCH

- Winter Education Series: Sports Psychology for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 6 Frigid Infliction Winter Adventure Race. Waterbury area, VT. Tim: 802-578-2972. gmara.org.
- Winter Education Series: Nutrition for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

OTHER EVENTS

ONGOING

Daily Leukemia & Lymphoma Society's Team in Training:
Informational Meetings for May & June 2010 marathons, centuries & triathlons. 6pm unless noted. 1/12: The Desmond, Albany.
1/13: Queensbury Hotel, Glens Falls. 1/13: Quality Inn, Kingston.
1/14: Comfort Suites, Clifton Park. 1/19: Courtyard Marriott,
Poughkeepsie. 1/20: City Rec. Ctr., Plattsburgh. 1/20: YMCA,
Saratoga Springs. 1/21: Fleet Feet Sports, Essex Junction, VT. 1/21:
Holiday Inn, Albany. 1/23, 12:15pm: Fletcher Library, Ludlow, VT.
1/26: Sportshoe Center, S. Burlington, VT. 1/30, 8am: Warming
Hut, Saratoga Spa S.P., Saratoga Springs. Robyn Haberman: 4383583. teamintraining.org/uny.

reduce muscle soreness . decrease injuries enhance recovery from training

Discover how regular massage can enhance your performance!

Call today to schedule your appointment with one of our licensed therapists.



TRY SNOWSHOE RACING!

Saratoga Winterfest 5K

Camp Saratoga 8K

Sunday, February 7 at 11am Saratoga Spa State Park,

Saturday, February 13 at 10:30am Wilton Wildlife Preserve & Park,

Wilton
U.S. Snowshoe Championship qualifier

Saratoga Springs
Empire State Games qualifier

ex coratocasteridars org

Register Online/Entry Form: www.saratogastryders.org
Fee: \$17 w/shirt or \$20 race day w/shirt if available
Pre-registered only: Age 65-over & 12-under Free (shirt \$10)
Pre-register only: \$24 for both races (one shirt) • Runners & walkers welcome!

Loaners: Dion Snowshoes (call/email to reserve) • Part of WMAC Dion Snowshoe Series

More info: Laura & Jeff Clark laura@saratogastryders.org or 518-581-7550



Computer Problems? We Can Fix That!

Home & Office Computer Needs

Improve the Performance of Your Computers! Virus & Spyware Removal • Now Offering Online Backups Home of pdFitness.com - Online Exercise &

Nutrition Tracking Software • Call for a Demonstration

Integrated Technology Resources

145 Homestead Road, Saratoga Springs • (518) 581-8337

10% off special for Adirondack Sports & Fitness magazine readers







ATHLETIC FOOTWEAR & APPAREL Your Running Store in the Adirondacks

Asics – Mizuno – Brooks – Nike – New Balance – Newton Adidas – Puma – Saucony – Sugoi – Strassburg Sock

> Gait Analysis by Appointment 2537 Main Street | Lake Placid 518-523-5310 / thefallenarch.com

- Long Lake Winter Carnival. Cardboard box & skating races, sledding. Long Lake. 624-3077. longlake-ny.com.
- Pok-O-MacCready's Snow Festival. 10am-4pm. Tubing, relays, snowman contests, food. Poko-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoec.org.
- 10th Banff Mountain Film Festival. 7pm. Center for the Arts, Lake Placid. Tickets: High Peaks Cyclery: 523-3764. highpeakscy-

FEBRUARY

- Women's Weekend on Lake George. Yoga, jewelry-making, aerobics, snowshoeing, skating, tubing. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
- Saranac Lake Winter Carnival: Adirondack Cowboy. 891-1990. saranaclakewintercarnival.com.
- 25th Grafton Winter Fest. 10am-4pm. Skating, X-C skiing, snowshoeing, kids' games, sleigh rides, polar plunge. Grafton Lakes S.P., Grafton. 279-1155. nysparks.com.
- Lake George Winter Carnival. Sat/Sun. Lake George. lakegeorgewintercarnival.com.
- Indian Lake Winterfest. Skating, sculptures, bonfire. 648-5112. indian-lake.com.
- 13-14 Raquette Lake Winter Carnival. 10am: Kids' events. 12pm: Ladies' frying pan toss & mens' golf drive, more. Raquette Lake. 624-3077. longlake-ny.com.
- Fabulous Finnish Wife-Carrying Contest. 2pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Winter Break Camp. 8am-4pm. Tubing, hiking, X-C skiing. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646. pmoec.org.
- 30th Empire State Winter Games. Lake Placid. empirestategames.org.
- **Winter Family Weekend**. Snowshoeing, skiing, sledding. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 19-22 Winter Family Weekend. X-C skiing, tubing, more. Pok-O-MacCready Outdoor Education Center, Willsboro. 963-4646.
- Frozen Fire & Lights Festival. 9am. Sledding, skating, X-C skiing. Fern & Arrowhead Parks, Inlet. 866-464-6538. inletny.com.
- Krazy Downhill Derby (12pm) & Broomball Tournament (9:30am). Dynamite Hill, Chestertown. 494-2722. townofchester.org.
- Fishing Derby. 7am-4pm. YMCA Camp Chingachgook, Kattskill Bay. chingachgook.org.
- Sled Dog Races. 9am. Murdock Trucking, Inlet. 866-464-6538. inletny.com.

RUNNING, SNOWSHOE RACING & WALKING

ONGOING

- ${\bf ChiRunning\,\&\,Walking\,Instruction\,w/Ann\,Margaret\,McKillop.}$ 802-259-3617. Ludlow, VT. myfitnessrecovery.com.
- "No Boundaries" 5K Training Program & Fleet Feet Sportswalkers Club. 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Fleet Feet Fun Runs. 6pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

JANUARY

- Winter Education Series: Flexibility & Stretching Techniques for Runners w/Don Wood. 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Greylock Glen 3.5M Snowshoe Race. 10am. Dion Snowshoe Series. Mount Greylock Reservation, Adams, MA. runwmac.com.
- 6th "Brave the Blizzard" Snowshoe Race. 3.8M. 10am. Dion Snowshoe Series. Guilderland E.S., Guilderland. Josh Merlis: 320-8648. runalbany.com.
- Winter Education Series: Strength Training for Runners w/Brendan Sullivan. 6-7:30pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Hoot Toot & Whistle 5K Snowshoe Race. 10am. Dion Snowshoe Series. Catamount Trail, Readsboro, VT. runwmac.com.
- HMRRC Winter Series #4: 3M, 15K, 30K. 10am. Phys Ed Bldg, 24 University at Albany, Albany. 273-5552. hmrrc.com.
- Curly's Record Run 4M Snowshoe Race. 10am. Dion Snowshoe 24 Series. Pittsfield S.F., Pittsfield, MA. runwmac.com.

- Challenge the Mountain Snowshoe Race. 5K. 1pm. Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.
- 11th Winterfest 10M Foot Race. 9am. Colton-Pierrepont School, Colton. 315-379-9290. northernrunner.org.
- Winter Education Series: Prevention of Lower Leg Injuries w/ Matt Alheim. 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleet-
- feetalbany.com. Side-Hiller 4M Snowshoe Race. 11am. Dion Snowshoe Series. Center Sandwich, NH. runwmac.com.
- SBC's Snowshoe Race. 2pm. 5K/8K. Saratoga Biathlon Club, Day. Tom: 643-8477. saratogabiathlon.com.
- Cast A Shadow 6-Hr. Snowshoe Relay Race. 2pm. Rochester. roadsarepoison.com.

FEBRUARY

- Winter Education Series: Prevention of Hip & Upper Leg Injuries w/Matt Alheim. 6-7pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Dewey 5K Snowshoe Race. 7pm. Dewey Mountain, Saranac Lake. 891-2697. deweyskicenter.com.
- Polar Cap Run: 4M Run/Walk. 10am. Lake George E.S., Lake
- George. Joanne LaLonde: 796-9093; jjlalonde@verizon.net. Saratoga Winterfest 5K Snowshoe Race. 11am. Dion Snowshoe Series. Saratoga Spa S.P., Saratoga Springs. Jeff Clark: 581-7550. saratogastryders.org.
- HMRRC Winter Series #5: 4M, 10M, 20M. 10am. Phys Ed Bldg, University at Albany, Albany. 273-5552. hmrrc.com.
- 38th Bob Smullens 5K/10K Run. 12:30pm. Cooperstown. Scott Barton: 607-435-6990. fmrrc.org.
- Winter Education Series: How to Create a Proper Training Plan w/Rob Cloutier. 6-7pm. Fleet Feet Sports, Albany. ${\bf 459\text{-}3338.} \ fleet feet albany.com.$
- Camp Saratoga 8K Snowshoe Race. 10:30am. Dion Snowshoe Series. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.
- 36th Fred LaPann Memorial Race. 5M. 9am. Firehouse, Hague.
- 37th HMRRC Winter Marathon & 24th Marathon Relay (3-Person). 10am. Phys Ed Bldg, University at Albany, Albany. 273-5552. hmrrc.com.
- Winter Education Series: Yoga for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

MARCH

- Winter Education Series: Sports Psychology for Triathletes & Runners w/Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 11th Runnin' of the Green (Island) 4M Road Race. 10am. American Legion Hall, Green Island. Ed Gillen: 956-4538. hmrrc.com.
- 10th US National Snowshoe Championship Races. 5K juniors/citizens; 10K seniors; 4x2.5K relay. Highland Forest Park, Fabius. Mark Elmore: 420-6961. snowshoeracing.com.
- Hawley Kiln Notch Snowshoe Race. 5M. 9:30am. Dion Snowshoe Series. Hawley, MA. runwmac.com.
- Winter Education Series: Nutrition for Triathletes & Runners w/ Judy Torel. 6:30-8pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Northfield States Snowshoe Series. 3-5M. 9am. Dion Snowshoe Series. Northfield Mountain Visitors Center, Northfield, MA. runwmac.com.
- Catamount Sunset Snowshoe Race. 3M. 4:30pm. Catamount Ski, Hillsdale. Dion Snowshoe Series. runwmac.com.
- 34th Shamrock Shuffle 5M Road Race. 11am. Glens Falls H.S., Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.com.

MARCH

- Cabin Fever Swim Meet. 10am. Ballston Spa H.S., Ballston Spa. Matt Glogowski: 859-0542. adms.org.
- 27-28 Freestyle Workshop. Dalton Pool, Smith College, Northampton, MA. totalimmersion.net.

ue of Adirondack Sp All area codes 518 unless indicated

Calendar of Events listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.

Help save lives We provide all the support and inspiration

unu need - unu raise funds for lifesaving cancer research.

See Calendar "Other Events" listings for Info Meetings. For more information:

(518) 43^{-} 8-3583 or teamintraining.org/uny



Saturday, February 6 • 10am Lake George Elementary School

Entry: \$17 (\$15 TAR) – \$20 race day Polar Cap long sleeve T-shirt to first 200 entered

Joanne LaLonde: 796-9093 email: jjlalonde@verizon.net



 $\mathcal{F}_{\!\mathit{un}}$ for the whole family!

Slide at 30 to 40 MPH onto frozen Mirror Lake!

Schedule is weather permitting

For More Information: **North Elba Park District** NorthElba.org • (518) 523-2591

Godfrey Financial Associates, Inc.



Objective, Professional, Independent Serving the Capital District for 11 years

- Fee-based financial planning
 - Investment management
- Retirement and legacy planning



(518) 220-9381

godfreyfinancialplanning.com

The Capital Region's most frun club! NEED MOTIVATION? LIKE TO RUN? LOOKING FOR FUN? **Daily Group Runs** Online training ing Over 400 new members LIES group rune and counting Fully interactive website serous parties and social event Organized trips near and far Countless memories and new friends Members of all ages and abilities Just \$10 a year* www.RUNALBANY.com MAINY GORELLA MALF & SQUIRRELLY SEX . MODGE THE DEER . BRAVE THE BELLEARD . FRAGGY FIVE . ADVENTURE RACE . SHOWER TRAIL NEW SERIES

E NON-MEDICATED LIFE

Renefiting the Planet **As Well** As the Individual by Paul E. Lemanski, MD, MS, FACP

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

In the first 34 installments of The Non-Medicated Life, informed diet and lifestyle have been shown to achieve naturally for the majority of individuals most of the benefits of medications. What is not generally appreciated is that embracing a heart healthy lifestyle is also a powerful way for an individual to support the health and survivability of the planet. In this sense pursuing the non-medicated life may be seen as another means of contributing to sustainability and going green.

Since the Renaissance, Western science has been used to control the natural world in order to improve the survival of the human species, to reduce the burden of work needed to survive and to reduce human suffering and disease. The industrial revolution, advances in agriculture, sanitation, and medicine have accomplished much to these ends. However, the attempt to control the natural world has had consequences which were not either thoughtfully considered or anticipated.

The industrial revolution harnessed the power of water and fossil fuels. Dams, while producing electricity, have damaged ecosystems which has impacted agriculture. Profligate use of fossil fuels has produced pollution on a massive scale which has negatively impacted human health and may be altering the world's climate. The use of

medicine has attempted to control chronic disease with medication. Today the average 60-year-old patient in America is on six medications. Of these probably at least onehalf are needed on a daily basis to control chronic conditions which are brought about by poor health habits and unhealthy lifestyle choices and therefore could be avoided. For example, the choice to consume calories in excess of those needed to balance calories burned contributes to increased body weight and obesity. Obesity in turn causes heart attacks, diabetes, hypertension, gastro-esophageal reflux, and sleep apnea as well as certain cancers.

The need to rely on medication to control such conditions not only drives up the cost of care unnecessarily, it also allows for the continuation of the behaviors which caused the condition in the first place. Indeed, human physical activity and exercise have become divorced from the tasks of daily living and have become relegated to infrequent forays to the gym. Moreover, the widespread availability of fossil fuels has produced a transportation system which relies on the internal combustion engine and has made actual human locomotion in large part unnecessary.

Correcting chronic health conditions with lifestyle and diet when possible instead of with drugs means humans need to eat lower caloric density foods and increase physical activity. I have suggested previously in this column that traditional predominantly plant based diets - either Mediterranean or Asian - best supply the lower caloric density, which creates a sense of satiety without excess calories. Such diets rely primarily on vegetables and grains which allow the most efficient conversion of sunlight to food. Traditional crop rotation and the use of

Ann Margaret McKillop

This is the 35th in a series on optimal diet and lifestyle to help prevent and treat heart 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.



American penchant for power tools - especially gas driven ones - not only takes away from burning calories with meaningful work, it also burns fossil fuels on tasks for which

such use is not truly necessary. For example, using a reel push mower to cut grass allows the individual to burn calories in meaningful work. For the planet it limits the burning of fossil fuels when it is not truly necessary.

Finally, eating traditional diets generally requires the freshest ingredients. While such ingredients may be obtained in a supermarket, using farm stands and local farmers markets many times is superior. Frequenting such farm stands supports local agriculture and limits the distance produce must be shipped thereby reducing the burning of fossil fuels used in transportation. The personal relationship established between grower and consumer also ensures accountability and decreases the chance of bacterial contamination of produce.

In summary, the pursuit of the non-medicated life has significant health benefits. A reduced reliance on medication requires a diet and lifestyle that optimizes body weight with a predominately plant based diet in combination with increased physical activity. Avoiding the proverbial bottle of pills can also be shown to reduce pesticide and fertilizer use, reduce fossil fuel use, and result in benefits for the planet as well as the individual.

Paul E. Lemanski, MD, MS, FACP (paul. lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

SUPER



CROSS COUNTRY SKI AND SNOWSHOE THE FINEST NETWORK OF TRAILS IN THE EAST. TERRAIN FOR ALL LEVELS ON THE 50KM (31 MILE) SYSTEM.

WHITEFACELAKEPLACID.COM

Register today at lakeplacidloppet.com

and don't forget the FEBRUARY 6TH, 2010



AnnMargaret@MyFitnessRecovery.com • 802.259.3617 • MyFitnessRecovery.com



www.AdkSports.com JANUARY 2010



by Laura Clark

he first United States Snowshoe Nationals was held in 2001 at the family-oriented Beartown Ski Center in Plattsburgh and boasted all of 31 participants. Despite these humble beginnings, founder Mark Elmore pulled together an impressive field including Adam Chase, now Running Times Trail Editor, Danelle Ballengee, one of the world's most successful multi-sport adventurers, Dave Dunham, a six-time top US finisher at the World Mountain Trophy Series, and Nikki Kimball (Athlete Profile, June 2001), two-time female ultrarunner of the year.

At this event it was decided that Nationals should cycle through each of the country's five regions. Due to the influence of Mark Elmore, not to mention Edward Alibozek, founder of the Western Mass Snowshoe Series (runwmac.com) and Bob Dion (dionsnowshoes.com), the East has long been regarded as a hotbed of snowshoe activity. Geographically, this makes sense as Nationals director Chary Griffin, who has competed in eight of the past nine championships, is quick to point out. With so many cities and states located within convenient driving distance, the East draws from a larger pool of potential sites and race directors. Consequently, even when Nationals are held on the other side of the country, easterners have played a defining role.

Once more rotating to home turf, this tenth anniversary edition will be celebrated March 5-7 at Highland Forest Park in Fabius (25 miles southeast of Syracuse and 150 miles west of Albany). The hilly glacial terrain of this historic park encompasses a myriad of intersecting

START OF THE **2007 U.S. SNOWSHOE ASSOCIATION NATIONALS** IN
MINNEAPOLIS, MINN. PHOTO BY RYAN ROGERS

trails including the North Country National Scenic Trail, which connects to the fabled Appalachian Trail System, with many of the older trails and buildings dating back to the WPA New Deal era. Traveling further back in time, you will be treading in the wood-framed footsteps of the Iroquois Confederation and the raquettes of Dutch and French fur trappers. Both groups loved a good contest and doubtless will be silently cheering your efforts.

Race director Chary Griffin is nothing if not enthusiastic and comments that, "One of my biggest challenges has been to select the trails to use for the various events." With so many possible routes, Chary can design a course with optimal snow conditions. For athletes who wish to orient themselves, official course previews will be offered Friday and Saturday mornings. Both the 5K Junior National Championship and 10K Senior events launch in separate heats from an open field in front of the lodge, head uphill into the woods and continue on a groomed trail to the Horse Barn. At this point 5K competitors return to the lodge, while 10Kers follow the more challenging single track. Concluding on a glorious downhill followed by a steep uphill to the finish, 10K competitors would be well advised to husband some reserve energy for the final sprint.

To participate with champions from across the country, visit snowshoeracing. com for application requirements and a list of qualifying races. But please don't let this process intimidate because you do not have to be a champion to qualify or to participate. One of the prime hopefuls is 32-year-old Jeremy Drowne of Saratoga Springs, who placed second in his age group last year. A former student of Mark Elmore's, Jeremy is a graduate of the Empire State Games high school circuit and still consults with his former track coach. Jeremy has some interesting ideas of his own and recommends cycling as an excellent precursor to snowshoe season. "In cycling if you push too hard too early you are going to suffer terribly. Snowshoeing is the same way." With Highland Forest's challenging course profile in mind, it appears this approach will stand Jeremy in good stead.

If the 10K distance seems a bit too intimating, then consider the 5K Citizen's Run/ Walk sponsored by the Dions. While hosting the Nationals is a big deal, Chary is most excited about attracting folks to this rapidly growing winter sport. The Scholastic 5K National Championship provides such an opportunity for athletic youth, while the citizen's event is perfect for family members, and the Kid's Kilo will enable even the youngest to join in the fun. As a presenting sponsor, Bob Dion will supply loaner snowshoes to any athletes lacking equipment or simply wishing to enhance their experience. Additional activities such as snowman-building and ice sculpture contests, sledding, and maple syrup demos will make this an outstanding weekend for all.

And, of course, as with all memorable athletic events, there is food and socializing.

Friday night features an athletes' reception and meet the media panel discussion, providing a venue for old friends from across the country to reconnect and ordinary folks to chat with prime contenders. Saturday night brings the championship banquet complete with a live band.

Your support and enthusiasm will go a long way to making Olympic officials sit up and take notice. Perhaps four years from now we will be sending Nationals athletes to Olympic competition.

Laura Clark (lclark@sals.edu) of Saratoga Springs is an avid trail runner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public









"We're Helping the Capital Region Live Well, Eat Well and Feel Great"

DO YOU SUFFER from Acid Reflux, Diabetes, High Cholesterol, High Blood Pressure or Obesity?

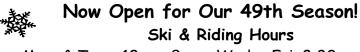
WE OFFER a Natural and Effective Weight Loss Method with Long Lasting Results

Dr. Jonathan Gerber is living proof! In just 18 weeks he changed his lifestyle from heavy to healthy.

Let us show you how to Live Well!

Join Us for Our Next Complimentary Seminar – Call Today to Register Saratoga Springs Office: 78B Church St • 306-5322 Queensbury Office: 12 Haviland Rd • 793-5555

SKIING ~ BOARDING ~ TUBING ~ DINING ALL IN YOUR BACK YARD!



Mon. & Tues. 10 am-9 pm; Wed. - Fri. 8:30 am-9 pm

Sat. 8:30 am-8 pm; Sun. 8:30 am-6 pm

Tubing Park Hours

Monday & Friday 3-9 pm

Sat. 10 am-8 pm; Sun. 10 am-6 pm





(518) 793-6606 • 59 West Mountain Road, Queensbury 3 miles west of exit 18 off I-87

skiwestmountain.com

thewestsidegrille.com





The

802-362-5159

Mountain Goat

\$886 Historic Main St.

Manchester Center, VI

ww.mountaingoat.com

RUDY PROJECT REAL TECHNOLOGY TESTED BY REAL ATHLETES.

eye peek

2237 Saranac Avenue Lake Placid, NY 12946

contact lenses

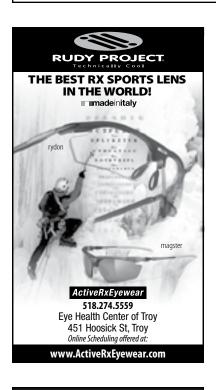
unlimited possibilities unparalleled service

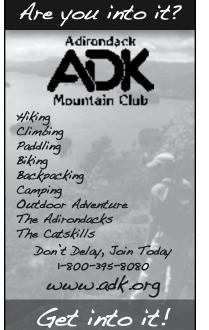
Race Results

		36	ptember 13, 2	009 • VI	/asr	nington Park, Al	Daily		
FE	MALE OVERALL				M	ALE AGE GROUP: 30 -	39		
1	Beth Stalker	50	Burnt Hills	20:12	1	Parker Morse	35	Watervliet	18:31
2	Roxanne Wegman	22	Delmar	20:28	2	David Tromp	34	Glenmont	18:43
3	Colleen Brackett	48	Voorheesville	20:33	3	Corbin Gosier	32	Schenectady	18:55
M	ALE OVERALL				FE	MALE AGE GROUP: 4	0 - 49		
1	Anthony Giuliano	30	Albany	16:22	1	Veronica Armbruster	43	Selkirk	20:46
2	John Noonan	49	Ballston Spa	17:30	2	Kim Goodwin	46	Clifton Park	23:26
3	Chad Davey	31	Selkirk	17:33	3	Donna Segatto	43	Schenectady	24:13
FE	MALE AGE GROUP: 14	& UND	DER		М	ALE AGE GROUP: 40 -	49	,	
1	Shea Foley	12	Slingerlands	22:26	1	Michael Stalker	47	Burnt Hills	19:20
2	Julia Maloney	12	Loudonville	23:06	2	John Williams-Searl	41	Albany	20:23
3	Talia Crisafulli	11	Voorheesville	23:35	3	James Foley	44	Slingerlands	20:2
M	ALE AGE GROUP: 14 &	UNDE	-		FE	MALE AGÉ GROUP: 5	0 - 59	, and the second	
1	Connor Armbruster	14	Selkirk	21:47	1	Jovce Goodrich	51	Glenville	22:1
2	Andrew Maloney	12	Voorheesville	26:53	2	,	51	Ghent	24:2
3	Scott Martin	11	Slingerlands	28:37	3	Karen Gerstenberger	52	Albany	24:5
FE	MALE AGE GROUP: 15					ALE AGE GROUP: 50 -		7 110di 19	25
1	Alana Brandon	17	Greenville	21:41	1	Thomas Locascio	51	Albany	19:3
2	Abby Salinero	15	Albany	24:56	2	lack Connor	50	Hudson	19:5
3	Allison Carrier	15	Rexford	26:14	3	James McElrov	50	Saratoga Springs	20:0
VI	ALE AGE GROUP: 15 -				-	EMALE AGE GROUP: 6	50	Jaratoga Jpririgs	20.0
1	Jonathan Flint	17	Queensbury	19:17	1	Lichu Sloan	61	Clifton Park	27:1
2	Jameson Martin	15	Stillwater	19:32	2	Noreen Buff	61	Latham	33:0
3	Trevor Goderie	17	Johnstown	22:55	3	Karen Savicki	61	Fast Greenbush	34:3
FE	MALE AGE GROUP: 20				-	ALE AGE GROUP: 60 -		Edst Gleenbush	34.3
1	Jennifer Kulzer	22	East Greenbush	22:09	1	Paul Turner	60 60	Delmar	21:4
3	Vanessa Chiera	28	Watervliet	22:47	2	Frank Klose	66	Castleton	24:0
1	Nicole DiVeglia	23	Clifton Park	23:39	_				
М	ALE AGE GROUP: 20 - 2				3	Jim Hotaling	69	Niverville	24:1
1	John Hole	27	Albany	19:55		MALE AGE GROUP: 7			
2	Devin Franklin	22	Menands	21:48	1	Mary Nagle	74	Nassau	41:4
3	Zach Shapiro	24	Menands	24:13	2	Betty Signorelli	75	Wynantskill	46:5
_	MALE AGE GROUP: 30					ALE AGE GROUP: 70			
1	Margarita Limmerman	37	Albany	21:46	1	Robert Thien	75	Glenmont	27:3
2	Courtney Rickert	32	Albany	22:55	2	Richard Eckhardt	75	Albany	32:3
3	Marla Bureau	32	Saratoga Springs	23:36		Courtesv	of Carino	Together NY	

	27-	Mile Bi	ke,	H BILLINGS RUNA 5-Mile Canoe or Kay 2009 • Great Barring	ak, 6.2	-Mi	le Run	
	CANOE DIVISION		MA	LE 40 & OVER		MA	STERS 50 & OVER	
A	LL BERKSHIRE		1	Clarks Gamble	2:40:28	1	Roberts Roofing	2:42:45
1	Herrman's Hermits	2:31:45		Craig Robertson/Clark Gamble/			Dan Hickey/Jim Roberts/	
	Greg Herrman/Tom Ostrowski/			Christopher Gamble/Jim Preite			Dave Dugas/Robert Chasen	
	Ken Ostrowski/Chris Trager		2	Irresistible Balding Men	2:54:54	2	Hawaii 50	2:43:40
2	Berkshire's Best	2:36:54		Sam Earnshaw/Tom Ingersoll/			Peter Greer/Tom Warner/	
	Michael Tucker/Ed Paquette/			Thom Whaley/Steve Dalton			Peter Heed/Jerry McDougle	
_	Scott Dias/Zach Morris	25424	3	Boss & Co.	2:56:48	3	The Movers and The Shakers	2:51:50
3	Nichols Package Store	2:54:24		Mark Fredrick/Kevin Boss/			Frank Contenta/Gary Miller/	
	Greg Babich/Bob Wheeler/			Bill Brown/Chris Johnson			Jim Fawcett/Tonio Palmer	
B4 4	Mark Huber/Art Reilly		ALI	L FEMALE		GR	ANDMASTERS 60 & OVER	
1	Chocolate Springs	2:20:02	1	Girls With Gusto	2:41:43	1	Ristorante Dipaolo	2:42:48
'	Chris Fisher/Charlie 7uber/	2.20.02		Jenny Ives/Patty Spector/			Fred Thompson/Allen Ross/	
	Sean Jennings/Joshua Gordon			Laura Walton/Cara Reilly			Bill Ellsworth/Allan Bates	
2	Bold Move	2:23:44	2	Bad Kitty and The Cougars	2:45:37	2	Return of the Lillipatians	3:03:42
	Jamey Driscoll/Bob Zuber/			Amy Kneale/Caryle Andrew-Zipp	orich/		Rick D'Elia/Phil Tierney/	
	Bill Ross/Mark Mayall			Tamara Lewis/Laura Kline			John Boyle/Bill Borla	
3	Minkler Insurance	2:30:52	3	Mrs. Flashy, Splashy & Dashy	2:50:50	3	Remember the Sixties	3:06:44
	Damien Callahan/Tim Minkler/			Mary Hamilton/Kristen Warner/			Pete Wick/Jack Lareau/	
	Gary Quadrozzi/Matthew Clark			Tricia Heed/Dayna Guldhauge			Ed Prasol/Mike Sheldon	
								continued

			BILLINGS RUNAGROUND	
	ALE & 2 FEMALE	2.20.40	IRONPERSON 40 & OVER	KAYAK ALL FEMALE
1	You in the Josh?	2:28:18	1 Jack Highlander 2:50:00	1 The New Crew 3:
	Jon Molk/Gloria Wesley/		Jack Morse/Jack Morse/Jack Morse	Frances Morrison/Debra Wechter/
	Gary Aprea/Allison Krol		2 Joe Sumner 2:56:16	Michelle Kroboth
2	OMJ (Oh My Josh)	3:03:18	Joe Sumner/Joe Sumner/Joe Sumner	2 The Likity Splits 3:
	Rob McNinch/Sarah Wesley/		3 Ode To My Dad 3:06:48	Liane Burke/Kristine Glenney/
	Brian Kalmakis/Courtney Decker		Rod Camp/Rod Camp/Rod Camp	Meredith Gilson/Allison Glenney
3	Red Lion Senators	3:03:44	IRONWOMAN	3 PT Cruisers 3:
	Vincent McDonald/Kerry Klein/		1 Sue Williams 3:25:10	Deb Goldsmith/Gay Houghton/
	Brenda Loquidice/Amanda Lawre	nce	Sue Williams/Sue Williams/Sue Williams	Rose Maguilizan
3 M	ALE & 1 FEMALE		2 Dinosuar Supermom 3:35:53	KAYAK MIXED 39 & UNDER
1	3 Plus 1	2:32:54	Laurie Brenner/Laurie Brenner/	1 Team Swifties 2:
	Todd Roberts/Jeff Defeo/	2.32.34	Laurie Brenner	Steve Lombardi/Andy Brower/
	Lisa Tambussi/Neil LeBlanc		3 Kerry Ryan 4:52:29	
2	losh Itch	2,27,20	Kerry Ryan/Kerry Ryan/Kerry Ryan	Amy Warrington
_		2:37:30	VETERAN 70 & OVER	2 Haystack 2:
	Brian Rabuse/Sue Purdy/		1 The Grey Aces 3:25:01	Matthew Burke/Crissy Sarcia/
	Kurt Kuehnel/Tim Van Orden		Marylou Dinicola/Terry Coyne/	Carlos Sarcia/Jeffrey Jakobsen
3	Dr. Al & The Pacemakers	2:42:23	Larry Jowett	3 Inner Circle 3:
	Al Bravo/Carina Peritore/		2 3 Score & 10 3:50:56	Anthony Grabiec/John Lawless/
	Lawrence Bravo/John Primmer		John Hanson/Steve Moore/John	Ron Bourque/Pamela Bourque
1 M	ALE & 3 FEMALE		Burbank/Tom Stanley	KAYAK MIXED 40 & OVER
1	The Adventurre Continues	2:42:28	3 Performance Automotive 4:31:55	1 Chickadee and the Wild Turkeys 2:
	Richie O'Neal/Pam Fitzgerald/		Leon Beverly/Leo Fiorini/	George Pawle/Bob Augustynowicz/
	Vicki Cummings/Liz Foster		Richard Billetter/Richard Shock	Emily Bugbee
2		2-40-22	20 & UNDER	2 Two Chicks & One Rooster 2:
-	Maxiine	2:48:22		
	Willaim Sigsworth/Susan Korte/		1 Jamaican Thunder 3:10:52	Thomas Connor/Ann Jon/Patricia C
	Kathy Korte/Caitlyn Clark	2 55 55	Dan Carlow/Colin Benner/	3 Triskelion 2:
3	3 Ladies Armed with Trout	2:55:39	Kevin Carpenter	Paul Abbott/Jean Barrows/Roger Re
	Bruce Armentrout/Julie Fielding/		2 AJ Purdom 3:11:28	KAYAK MASTERS 50 & OVER
	Marliyn Hickey/Karen Tibbetts		Peter Dassatti/Michael Tatro/	1 Rolling & Tumbling 2:
2 PE	RSON MALE		Benjamin Gamache	Ron Beliveau/Skip Ciccarelli/Bob Lee
1	Dream Crusher and the River God	2:37:27	3 Blue Warriors 3:17:14	2 Fisher, Dodd, Kobes 3:
	Nat Faulkner/Mark Peters/		Zach Sears/Dean Nichols/	Dennis Fisher/Martin Dodd/Sonya K
	Nat Faulkner/Nat Faulkner		Mark Gaylord/Nick Virgilio	3 Fools Rush In 3:
2	The Lyesiuk Bro's	2:39:41	FAMILY	Stuart Schwartz/Ben Kaplan/Robert A
-		2.33.41	1 The Sawyers with a Porter 2:57:22	
	Ryan Lyesiuk/Brent Lyesiuk/		Philip Porter/Charles Sawver/	KAYAK GRANDMASTERS 60 & OVI
	Ryan Lyesiuk/Brent Lyesiuk		Carolyn Sawyer/Jonathan Sawyer	1 Determination 3:
3	Static Duo	3:04:15	2 The Dami's 2:58:41	John Campbell/Clay Tarver/John Kro
	Daniel Davison/Tim Rudin/		Jeffrey Dami/Jim Dami/	2 Limp'n Lady 3:
	Daniel Davison/Tim Rudin		Diane Pytko/Ben Pecor	Sibyl Jacobson/Sibyl Jacobson/
2 PE	RSON FEMALE		3 House to House 2:59:55	Sibyl Jacobson
1	Pure & Innocent	3:32:54	Geoffrey House/Ellen House/Aaron House	KAYAK RECREATIONAL
	Karen Allison/Karen Allison/Allison	on	CORPORATION/ORGANIZATION	1 We Three "P's" 2:
	Marino/Allison Marino		1 Team Pfizer 2:41:02	Stephen Passetto/Paul Monachina/
2	Fifty/Fifty	3:35:51	Zane Wenzel/Dennis Girard/	John Philp
	Mary-Jo Saviski/Mary-Jo Saviski/		Robert Smith/Donald Tyszkiewicz	2 Mussel Free Warriors 3:
	Mary Richardson/Mary Richardso	nn.	2 Stonewash 2:54:13	Eric Whiting/Kevin Garneau/
3	ENext	4:10:49	Gareth Coco/James Fenton/	Tracy Garneau
)				
	Nancy Fisher/Kona Goulet/Kona	Goulet	John Dullaghan	
	RSON MIXED		3 APS featuring the Curmen 3:00:47	Dan Moon/Rick Penna/Bill Chapma
ı	Bike Argue Run	2:50:23	Robert Rubino/Michael Curtin/	KAYAK 2 PERSON MALE
	Art Sanders/Kate Sanders/		Sean Curtin/Alecia Faustini	1 Mountain Goat Masonry 2:
	Art Sanders/Kate Sanders		KAYAK DIVISION	Mario Deris/Peter Stearns/Peter Stea
2	Just Dooley It	2:52:26	KAYAK ALL BERKSHIRE	2 Clunkers 4 Beer 3:
	Mike Dooley/Mike Dooley/		1 Berkshire Bike and Board 2:31:09	Stephen Foley/Tim Suffish/Stephen
	Tara Dooley/Tara Dooley		Timothy Durrin/Jason Cross/Kent Blemme	3 Brothers-In-Law 3:
3	Two Dukes	3:14:18	2 Berkshire Nautilus Nitro 2:42:13	Andrew Garcia/Bob Maier/Andrew G
-	Bruce Duquette/Bruce Duquette		Derrick Kittler/Eric McCormack/	KAYAK 2 PERSON FEMALE
		,	Shiobbean Archey	
	Amy Duquette		3 Berkshire Outfitters Trio 2:43:22	1 Two Ladies Roc'n the Josh 3:
	REATIONAL	2 56 :-	Josh Chittenden/Tom Corrigan/Josh Lipinski	Amy Roccabruna/Amy Roccabruna/
	NA LAW	2:56:17	KAYAK 39 & UNDER	Jennifer Roccabruna/Jennifer Rocca
	Daniel Celentano/Fred Thompson			2 Very Braver or Very Foolish 3:
	Bethany Hakes/Anthony Milazzo			Michelle Costa/Michelle Costa/Ann
2	Flash Splash & Dash	2:57:55	Kiernan Boyle/Michael Malley/	3 K2V02 3:
	Robert Geller/Judith Fyfe/		Clyde Yarnell/Robert Lukaskiewicz	Yoanna Maitre/Yoanna Maitre/
	Don Fyfe/Brad Gordon		2 X-Ray 2 2:29:54	Lisa Maciorakowski/Lisa Maciorakows
3	Pond Hill Pond	3:10:29	Mike Beers/Sean Linskey/Andy McCarron	KAYAK 2 PERSON MIXED
,	Mark Burke/Colby Boucher/	J. 1U.Z9	3 Kranerica Industries 2:50:43	
			Lee Johnson/Nick Siver/Keith Johnson	1 Legal Queeries 3:
	Frank Christinat/Diane Jakobsen		KAYAK MALE 40 & OVER	Chris Corsac/Henry Gibson/
	NMAN		1 Just Postal 2:39:25	Chris Corsac/Henry Gibson
1	Chocolate Springs Cafe Iron	2:45:08	Robert Johnson/Ed Dvorchak/Robert Landry	2 S and M 3:
	Tom Keefe/Tom Keefe/Tom Keef	e	2 Ice Glen Guys 2:58:24	Scott Raymaakers/Monique Gasson
2	Team 201A	2:47:47	Tim Fulco/Jonathan Raab/Evan Fox	Monique Gasson
	Josh Lipka/Josh Lipka/Josh Lipka		3 Team Tri Harder 3:14:41	3 The Blue Beast 4:
,	The Copper Fox	3:03:35	Jason Woodward/Larry Henrickson/	William Bodine/William Bodine/
5			Gregg Grahn	Laurie Cole/Laurie Cole
3	Kyle Breier/Kyle Breier/Kyle Breie			





BUSINESS DIRECTORY

Schenectady Wintersports Club

Enjoying the outdoors year-round since 1932

New Members Welcome! www.swcweb.org

1,000 Capital Region members: All ages, singles & families

Monthly Newsletter • Stowe Clubhouse • Club Outings Reduced Price Lift Tickets • Alpine & Nordic Skiing

More Info: Pete Weykamp (518) 785-6433

Summer: Northern New York Paddlers & Mohawk Valley Hiking Club





Dr. Brad Elliott Chiropractor

Cost Effective Care for the Entire Family

Thank You for 20-plus Years!

677 Plank Rd Clifton Park (518) 383-4889





YOUR ORGANIC GROCERY STORE

Specializing in Organic...

Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

1505 Route 9, Clifton Park, NY
Hours: Mon-Fri 10-8, Sat 10-6, Sun 12-5
(518) 383-1613 • TheGreenGrocer.com



CLASSIFIEDS

■ **HELP WANTED** - Make It Fit, LLC is seeking Certified Personal Trainers to be part of the Boot Camp Challenge Team. Trainers must be willing to work hard. Average compensation significantly exceeds industry hourly rate. Send resume and cover letter to makefit@nycap.rr.com.

■ ADIRONDACK PHOTOGRAPHY – Adirondack photos including scenics & wildlife. Photo book: Leave Only Footprints: A Walk on the Wild Side – Adirondack Style. joannekennedy.net

FOR SALE - Batca Commercial grade plate loaded seated leg curl/leg press. Like new condition: \$1,000 (lists at \$2,200). 9 Bosus: \$500 for all. 30-inch industrial fan. LED "Open" sign. Call (518) 597-3313.

CLASSIFIEDS - Run your ad in next month's issue for \$.50/word, min. 30 words. Mail check with ad text for receipt by 25th of month.

www.AdkSports.com

JANUARY 2010

Scott Livingston/Scott Livingston/ Scott Livingston Scott		ONMAN
2 Flanagan 3:43:41 2 Ken Larson 2:53:46 Kathy Manizza/Kathy Manizza/Kath	Livingston/ 1 Jeff Nolan 2:51:53 Kari Crowe/Kari Crowe/Kari Crowe	Livingston/Scott Livingston/
3 Chris Peabody 2:55:57 3 Carbon Parcel Life 3:E7:17	3:43:41 2 Ken Larson 2:53:46 Kathy Manizza/Kathy Manizza/	gan 3:43:41
	2:55:57 3 Carbon Pascel Life 3:57:17 3 Olga Vlahou 3:19:	

		IILE SWIM, 24.8-MILE					30:07	Yerina, Frank	Herkimer	30
		e Groups: First-Place &	Regional Finishers				34:00	Muldner, Josh	Gansevoort	32
	LE OVER						36:30	Conkling, Jonathan	East Chatham	32
	2:01:53	O'Keeffe, Patrick	Queensbury	34			39:58	Druzynski, Dave	Ballston Lake	31
- '	2:02:58	Crossman, Kevin	South Glens Falls	33			44:18	McKenna, Brian	Voorheesville	30
	2:03:17	Fronhofer, Paul	Argyle	31			44:54	Sweet, Timothy	Averill Park	30
	IALE OV						46:23	Evans, Christopher	Wilton	30
	2:17:53	Robeson, Christina	New York	34			47:21	Katzman, Joshua	Clifton Park	33
	2:20:01	Donavan, Jessi	Lake George	33			47:35	Krempa, Jeffrey	Johnstown	31
	2:24:58	Rosowsky, Michelle	Niskayuna	42			49:05	Nielson, Michael	New Paltz	33
	LE MAS		0 1	40			49:26	Raeder, Derrick	Niskayuna	31
	2:07:09	Wynn, Mike	Queensbury	42			49:40	Gordon, Andy	Granville	33
	ALE MA		5				51:36	Casey, Dan	Gloversville	31
	2:32:43	Stalker, Beth	Burnt Hills	50			51:53	Bruning, Patrick	Walton	33 34
	LE 15-19		611 . 15	4.7			56:53	Norman, Robert	Guilderland	
	2:26:27	Hadden, Dylan	Colchester, VT	17			59:28	Huestis, Nicholas	Latham	30
	1ALE 15-				45		59:51	Twinam, Matthew	Saratoga Springs	34
	3:11:52	Fletcher, Mary	Fayetteville	16			01:53	McMorris, Matthew	Saratoga Springs	34
	LE 20-24			2.2			13:55	Havens, Kurtis	Queensbury	30
	2:14:38	Pasco, Nicholas	Lake Luzerne	23			44:35	Thompson, Chris	Ballston Spa	32
	2:15:54	Franks, Logan	Ballston Spa	22			56:23	Shreeman, Paul	Latham	33
	2:24:17	Solomon, Alex	Albany	23			LE 30-			
	2:26:58	Sheridan, Kevin	Troy	24	1		29:46	Miner, Amy	South Burlington, VT	
	2:34:01	Dunn, Patrick	Ticonderoga	20	3		53:34	Mitchell, Jessica	Albany	31
	2:55:44	McCarthy, Liam	Glens Falls	23	4		53:45	Jenkins, Christine	Loudonville	30
	1ALE 20-				5		54:42	Friend, Tammy	Mechanicville	33
	2:41:56	Owens, Kelly	Troy	23	9		00:22	Nielson, Nikki	New Paltz	33
	LE 25-29						00:24	Hotaling, Siobahn	Latham	33
	2:07:09	Parker, Bryan	Canton	27			04:33	Guillet, Jill	Glens Falls	34
	2:15:03	Emblidge, Kevin	Canton	26			13:11	Cristofaro, Holly	Mechanicville	33
	2:19:07	Mancuso, Christopher	Scotia	28			27:16	Cahill, Colleen	Albany	32
	2:20:48	Ellement, Jonathan	Queensbury	25			28:11	lan, Jaime	Clifton Park	31
	2:22:16	Harrison, Matthew	Lake Placid	26			35-39			
	2:28:15	Deters, Adam	Hudson Falls	29	1		17:22	Gleason, Chris	Clifton Park	38
	2:29:37	Kline, Travis	Queensbury	29	3		24:02	Swift, Randy	Saratoga Springs	37
	2:37:15	Loudis, Johnathan	Latham	26	5		26:24	Deluca, Jason	Ghent	36
	2:39:46	Schwenker, Eric	Queensbury	29	6		30:46	McIntyre, Greg	Clifton Park	35
	2:43:07	Quirion, Chad	Saratoga Springs	29	7		31:54	Watts, Brian	Clifton Park	36
	2:47:32	Rozell, Mike	Albany	25	8		32:49	Smith Jr., Peter	Fort Edward	35
	2:57:06	Castle, Michael	Wynantskill	27			35:50	Towle, Michael	Clifton Park	39
	3:02:17	Patenaude, Mike	Saratoga Springs	25			38:34	Moore, Gregory	Saranac Lake	39
2 .	3:17:17	Dahlstrom, Ryan	Gansevoort	28	13	2:4	41:06	Snell, Andrew	Lake George	36
6	4:19:07	Lewis, Trevor	Chestertown	25	14	2:4	42:14	Gardner, Jason	Glens Falls	38
ΈN	1ALE 25-	-29			16	2:4	44:20	Metler, Cory	Mechanicville	36
	2:33:31	Virkler, Kelly	Menands	26	19	2:4	46:35	Amato, Keith	Mechanicville	38
	2:40:59	Wangerin, Kristen	Watervliet	26	20	2:4	46:52	Ryan, Patrick	West Sand Lake	37
3	2:43:06	Huseman, Marge	Ticonderoga	28	21	2:4	48:39	Orcutt, Thomas	Troy	36
	2:54:38	Curtin, Alison	Clifton Park	25	23	2:5	50:56	Rath, Ryan	Ballston Spa	39
	2:56:57	Sackett, Heather	Lake Placid	27			54:03	Parks, James	Gansevoort	39
	3:01:46	Gordon, Nicole	Troy	25			55:44	Ovitt, Randy	Queensbury	37
	3:06:21	Trybendis, Justine	Glens Falls	27			58:04	Peters, Dominic	Clifton Park	36
	3:30:26	Schilling, Abigail	Queensbury	28			01:11	Pritchard, David	Malta	38
	3:48:37	Enny, Nicole	Queensbury	25			07:46	Kortz, Charles	Johnstown	35
	4:02:06	Corrigan, Kim	Hinckley	25			08:27	Hogan, Dana	Hudson Falls	39
	LE 30-34	L Corrigan, Kiin	TimeRicy	23			08:47	Balzer, Brett	East Greenbush	37
	2:05:56	O'Keeffe, Michael	Scottsdale, AZ	31			55:06	Wolfstich, Chris	Glens Falls	38
	2:10:48	Shatynski, Todd	Altamont	33			LE 35-		GICTIS TUIIS	50
	2:11:29	Mallet, Matt	Ballston Spa	34	1		27:38	Sorbello, Penny	New Windsor	37
	2:19:02	Kinley, Andrew	Albany	31	2		30:04	Andres, Nicole	Cooperstown	37
	2:23:43	Rouse, Gentry	Germantown	31	3		35:49	Pedersen, Rebecca	Saratoga Springs	39
	2:24:31	Chlopecki, Jason	Scotia	34	4		41:22	Kresge, Jennifer	Rexford	39
	2:24.31	Hart, Jason	Gansevoort	30	5		42:19	Lamperetta, Aurora	Saratoga Springs	37
	2:27:40	Kenney, Anthony	Saratoga Springs	33	6		53:43	Bowerman, Georgia	Averill Park	35
	2:29:31	Baird, Kevin	Wilton	34	7		54:55	Congel, Casey	Queensbury	39
-	1.6.6	baird, Kevill	VIIILOII	J4	,	۷.5	رر. ۳. ا	conger, casey	Queensbury	continue

	4TH ANN	IUAL LAKE	GEOR	GE TRIA	THLON continu	ued	
9 3:01:54	Koziol, Jill	Buskirk	36	25 3:01:35	Zerrahn, Mike	Peru	48
10 3:03:41	Martin, Heather	Clifton Park	38	27 3:02:31	Thompson, William	Poughkeepsie	49
11 3:09:35	Olmoz, Alicia	Gardiner	36	28 3:03:05	Perry, John	Johnsonville	47
13 3:12:38	Amato, Shelly	Mechanicville	37	30 3:05:24	Fraser, Robert	Saratoga Springs	47
14 3:15:18	Macpherson, Chris	Glens Falls	37	33 3:25:44	Mattoon, Barry	Tupper Lake	49
18 3:31:48	Knaggs, Rachel	Troy	37	34 3:29:54	Shea, Kenneth	Glenville	49
19 3:32:24	Strope, Karen	Schaghticoke	38	FEMALE 45-		Cienvine	43
MALE 40-44		Schäghticoke	50	1 2:41:37		Clifton Bark	45
1 2:12:26	Wilson, Ted	Ougonshung	44		Hislop, Kristen	Clifton Park	
2 2:13:40		Queensbury	40	2 2:57:18	Matthews, Wendy	Queensbury	48
	Tynan, Craig	Schenectady		5 3:07:55	Delaney, Tracey	Lake Luzerne	45
3 2:18:37	Becker, Steve	Schenectady	43	6 3:08:55	Pratico, Elizabeth	Niskayuna	45
4 2:19:54	Rath, Randy	Glens Falls	40	8 3:19:54	Carpenter, Rosanne	Saratoga Springs	47
5 2:20:42	Boyko, Arthur	Poughkeepsie	43	MALE 50-54			
6 2:21:14	Dodge, Jeff	Plattsburgh	44	1 2:12:06	Noonan, John	Ballston Spa	50
8 2:22:58	Costley, Scott	Rosendale	41	2 2:26:27	Gramling, Bob	Red Hook	53
9 2:23:34	Norton, Tad	Warrensburg	44	3 2:29:46	Jordan, Michael	Ballston Spa	50
10 2:24:56	Lanahan, Kevin	Clifton Park	42	4 2:38:28	Kerr, Douglas	Lewis	51
11 2:27:01	Kresge, Matthew	Rexford	40	7 2:47:20	Davidson, John	Queensbury	50
12 2:28:27	Vogel, Keith	Queensbury	43	8 2:53:16	Dunn, Stephen	Ticonderoga	50
13 2:30:26	Hansen, Tom	South Glens Falls	40	10 2:56:09	Riordan, Joseph	Saratoga Springs	50
14 2:31:03	Collins, Frank	Queensbury	43	13 3:07:50	Wagner, Doug	Albany	51
15 2:33:36	Winston, Mike	Queensbury	43	15 3:13:50	Kurchner, Jason	Saratoga Springs	50
16 2:34:00	Frank, Robert	Niskayuna	42	16 3:15:57	Murtaugh, Anthony	Nassau	50
18 2:36:49	Richards, Ronald	Corinth	43	FEMALE 50-		1403300	50
19 2:37:43	Guzzo, Peter	Niskayuna	41	1 2:54:34	Kilcoin, Valerie	Middletown	51
20 2:38:02	Burke, George	Troy	44	2 2:55:25	Duprey, Mary	Rouses Point	50
21 2:40:55	Reeves, Bob	Queensbury	42				
23 2:42:50	Mason, Reese	Millbrook	40		Casper, Karen	Ballston Lake	52
24 2:43:20	Mesick, Todd	Cohoes	42	5 3:35:18	Russell, Jennifer	Ballston Spa	50
26 2:44:03	Whalen, Jon	Slingerlands	41	6 3:44:04	Touhey, Virginia	Lake George	53
27 2:44:30	Reeves, Mark	Slingerlands	41	MALE 55-59			
30 2:50:20	Dammerman, David	Saratoga Springs	40	1 2:37:54	Kline, Roy	Queensbury	57
31 2:51:06			43	2 2:38:29	Morse, Rick	Malta	59
32 2:51:11	Parzych, Michael	Niskayuna Clinton Corners	43	3 2:39:31	Maddaloni, Tony	Slingerlands	57
	Oxenholm, Peter		43	5 2:46:46	Wray Jr., Clayton	Plattsburgh	57
33 2:51:46	Degennaro, Daniel	Waterford		6 2:53:37	Jagoda, Al	Gansevoort	58
35 2:52:57	Piper, Eric	Lake George	43	10 2:56:58	Skeados, Thomas	Margaretville	57
36 2:53:58	Pedersen, Timothy	Saratoga Springs	43	11 2:58:19	Hall, John	Lake George	59
37 2:55:37	Landy, Matthew	Glenmont	43	12 3:02:07	Schaef, Glenn	Glens Falls	59
38 2:56:34	Lawrence, John	Clifton Park	40	13 3:03:09	Holmberg, Peter	Queensbury	56
39 2:56:59	Swain, Mark	Burnt Hills	40	14 3:03:21	Schachner, Marc	Lake George	55
40 2:58:06	Roos, Robert	Clifton Park	42	15 3:19:09	Weber, Bert	Lake George	55
42 3:00:53	Cirenza, Emanuel	Gansevoort	41	FEMALE 55-		zane ocorge	
44 3:06:38	Yoon, Edward	Watervliet	40	1 2:57:03	Ezinga, Joanna	Canaan	58
45 3:09:14	Millan, Carlos	Rensselaer	41	4 3:33:12	Carroll, Elizabeth	Queensbury	55
47 3:10:06	Lane, Kenneth	Castleton	43	MALE 60-64		Queensbury))
48 3:14:21	Tessier, Maurice	Saugerties	40			Casalman ON	60
50 3:17:54	Vink-Lainas, Paul	Wynantskill	42	. 2.5	Bradley, Steve	Casselman, ON	
FEMALE 40-	44			4 2:59:33	Mineconzo, Gary	Queensbury	60
1 2:40:53	Heaphy, Alison	Nassau	43	5 3:03:34	Adams, Jim	Altona	62
3 2:43:54	Lafave, Darci	Lake Placid	42	FEMALE 60-			
5 2:47:23	Guzzo, Judy	Niskayuna	42	1 3:29:55	Wallace, Margaret	Queensbury	60
6 2:48:29	Mauro, Carrie	Glens Falls	44	MALE 65-69			
7 2:53:07	Mitzen, Deanna	Saratoga Springs	42	1 2:39:25	Dunseath, Hugh	Clifton Park	66
8 2:53:51	Stahl, Jenny	Clifton Park	40	2 3:07:48	McDonough, William	Port Henry	69
10 2:58:38	Atkins, Abigail	Troy	40	3 3:50:42	Butt, Mark-Richard	Delmar	67
12 3:04:49	Fredette, Francine	Glenmont	41	RELAY - COI	ED OVERALL		
13 3:05:20	Miller, Deborah	Fly Creek	44	1 2:17:22	Steadystatesports.com	Niskayuna	
14 3:07:15	Wilson, Kathleen	Queensbury	43	2 2:17:34	Delopstrb	Franklin	
16 3:11:43	Corjulo, Megan	Kingston	44	3 2:19:55	Bikeman.com	Coxsackie	
17 3:15:27	Haynes, Eileen	Cambridge	43	RELAY - FEN	MALE OVERALL		
18 3:18:13	Bishop, Wendie	Morrisonville	40	1 2:30:08	Maui North	Plattsburgh	
23 3:37:43	McBrearty-Hulse, Christin		43	2 2:49:58	Lady Jeffs	Glens Falls	
25 3:54:58	Philp, Debbie	Schroon Lake	42	3 2:51:39	One Is Enough	Queensbury	
MALE 45-49		JCIIIOOII Lake	42		LE OVERALL	, , , ,	
1 2:33:06	Butler, Andrew	Florence, MA	46	1 2:07:07	Knights Who Say Ni	Queensbury	
		South Glens Falls	47	2 2:43:49	Team Placid Planet,	Saranac Lake	
	Hanson, Bobby			3 2:47:16	Mumbling Snow Gerbils		
5 2:40:56	Starace, Richard	Greenfield Center	46 47	RELAY TEAN		ocrestel	
6 2:41:16	Elliott, Bradley	Clifton Park Latham	47	1 2:28:10	A2t	Kattskill Bay	
7 2:42:49	Alpern, Matthew		46		Team Fitness In Motion		
8 2:44:05	Lair, Michael	Gloversville	47			Lake George	
12 2:48:46	Daley, Jim	Westerlo	45	3 2:32:01 DELAY TEAR	Team Sundown 1S – FEMALE	Sparta, NJ	
13 2:49:50	Whitney, William	Lake Placid	47			Hauthores MI	
16 2:54:00	Prime, Ted	Lake George	46	1 2:57:22	Ethos	Hawthorne, NJ	
17 2:54:27	O'Brien, William	Argyle	45	2 2:59:07	Double Trouble	Mechanicville	
18 2:56:07	Howe, Mark	East Greenbush	48	3 2:59:32	The 3 Non Blondes	Gloversville	
19 2:56:13	Busch, Chris	Wynantskill	48	RELAY TEAN			
21 2:56:55	Rosenstein, Charles	Slingerlands	46	1 2:47:54	Giant Yanks	Rensselaer	
22 2:57:20	Kreitsek, Howard	Clifton Park	49	2 2:48:35	Mid-Life Crisis	Saratoga Springs	
23 2:59:46	Hislop, Reid	Clifton Park	49	3 2:50:18	Team Dumb F\$\$k	New York	
24 3:00:22	Sanborn, Eric	Rexford	46	(Courtesy of Adirondack	Triathlon Club	

BUSINESS DIRECTORY



Hudson-Mohawk Road Runners Club

The largest running club in the Capital Region

Annual memberships for singles, couples, families and youth at reasonable rates

Individuals \$12 • Youth (under 20) \$9 • Couple or Family \$15

Reduced race fees • Subscription to The Pace Setter

Check us out at www.hmrrc.com Click on Membership Application to download form SHULMAN HOWARD **McPherson**

17 OLD ROUTE 66 AVERILL PARK **New York 12018**

518-674-3766 518-674-3805 FAX: 518-674-3964

Attorneys at Law

REAL ESTATE · WILLS & TRUSTS · ESTATES · BANKRUPTCY LAND USE & ZONING · CORPORATIONS · TRAFFIC COURT & DWI

More than 75 Years of Experience

Looking for a new workout for fall? Try a Beginner/Intro Mat Pilates Class!

Located in Parade Ground Village Malta, off Northway Exit 12 Fully Equipped Pilates Studio Offering: Beginner/Intro Mat classes • Open Level Mat classes

Tower (equipment-based mat) classes

Private/Semi-Private Reformer sessions

New Classes Starting! Call Today to Enroll: (518) 369-4992

Visit www.MaltaPilatesCenter.com

Malta Pilates Center



Recreational real estate and vacation rentals at Gore Mountain

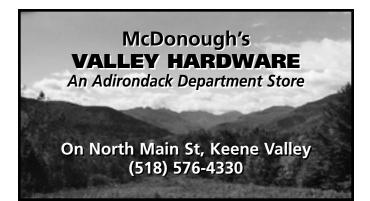
235 Main Street, North Creek, NY 12853 518-251-0103 • broderickrealestate.com

> From creative concept through printing or any step in-between, we are experienced design and production professionals.

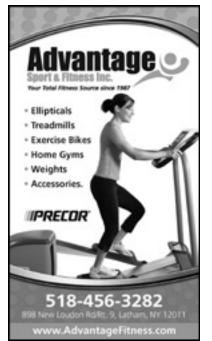
- Brochures Catalogs Ads Folders Logos
- Newsletters Posters Data sheets Packaging
- Illustration Corporate identity Web site design
- Sign and display design through fabrication

Cummings Advertising Art, Inc.

17 Computer Drive, East • Albany, NY 12205-1170 phone 518.458.7998 • fax 518.458.7997 www.cummingsadvertisingart.com







Race Results

3RD ANNUAL LANDIS ARBORETUM 5K FOREST RUN September 19, 2009 • Landis Arboretum, Esperance MALE OVERALL MALE AGE GROUP: 40 - 44 23:11 Joshua Tallent Sprakers 18:25 Tarrence Lashel Scott Handy Steve Clapper Tim Standhart Albany Middleburgh 24:24 Jonathan DiCesare 12 Cobleskill 21:21 FEMALE AGE GROUP: 40 - 44 **FEMALE OVERALL** Heather Machabee Delmar 26:52 22:10 Anne Shirley 22 Delmar Kristin Fox 27:50 29:21 Westerlo Holly Machabee 10 Delmar 26:33 MALE AGE GROUP: 45 - 49 22.19 23:01 Keith Machabee 13 Delmar 27:13 Eric Strasser FEMALE AGE GROUP: 45 - 49 3 Matthew Galasso Cobleskill 31:55 Amsterdam 26:49 FEMALE AGE GROUP: 1 - 14 Islav DiCesare Cobleskill 32:50 Delanson 40:15 MALE AGE GROUP: 50 - 54 Mia Galasso Cobleskill 38:19 MALE AGE GROUP: 15 - 19 Brian Kelly 52 Schenectady 28:30 1:07:01 16 Albany 25:41 FEMALE AGE GROUP: 50 - 54 MALE AGE GROUP: 20 - 24 East Berne 27:41 Debi Batcher Daniel Kelly Ravena 23:07 Karen Gerety 32:44 MALE AGE GROUP: 25 - 29 MALE AGE GROUP: 55 - 59 Dave Hayes Gary Gundlach William Platt 23:20 Davenport James Mahoney 26 36:22 26:51 29:50 Troy FEMALE AGE GROUP: 25 - 29 31:10 FEMALE AGE GROUP: 55 - 59 Raelee Grimm Albany Gail Hein 30.48 Troy Celeste Hartman Newark, DE 41:30 MALE AGE GROUP: 30 - 34 Donna Wexler Catskill 43:19 MALE AGE GROUP: 60 - 64 FEMALE AGE GROUP: 30 - 34 63 Sarah Lawyer Terry Failing Chuck Batcher Rava Ioffe 33 Latham 37:02 FEMALE AGE GROUP: 60 - 64 Palatine Bridge MALE AGE GROUP: 35 - 39 MALE AGE GROUP: 70 & OVER Charles Kubly Howes Cave 35:59 Matt Nielsen Scotia 27:13 FEMALE AGE GROUP: 70 & OVER FEMALE AGE GROUP: 35 - 39 Howes Cave 35:58 Courtesy of Landis Arboretum 37:18 1 Cynthia Burton Schoharie

	1					ID 5K & 10 Center, Ches			
5ł	(– MALE OVERALL				10K	- MALE OVERALL			
1	Zachary VanDerzee	15	Queensbury	19:41	1 Je	eff Nastke	28	Saratoga Springs	38:33
2	Akif Zaman	29	Guilderland	21:18		Cen Grindle	51	Agawam, MA	41:13
3	Edward Hesselbacher	27	Pearl River	21:30		ames Van Ess – FEMALE OVERA I	38	Castleton	41:38
51	C – FEMALE OVERALL					mily Searles	LL 24	Billerica, MA	40:50
1	Allison Schill	34	Rochester	22:39		essica Keenan	37	Philadelphia, PA	40.30
2	Mary Oliveri	49	Newton, NJ	23:35	3 C	helsea Maguire	23	Ballston Lake	42:51
3	Sarah Deane	25	North Creek	24:03		Courtesy of Adiror	ndack Mar	athon Distance Festiv	/al

	13TH AI					RATHON & H.I Street, Schroor		IARATHON	
			6.2 MILES			Jules Embry-Pelrine	26	Nantucket, MA	3:10:10
	Age Groups: F	irst-Place &	Regional Finishe	rs	FE	MALE OVERALL			
M	ALE OVERALL		•		1	Lisa Schaffer	48	Hanover, PA	3:26:30
1	David Herr	44	Canaan, VT	2:35:40	2	Brett Harris	24	Albany	3:30:32
2	Blaise Brochard	43	New York	2:58:51	3	Gabriella Maglione	33	Stowe, VT	3:34:31
3	Mark Boles	27	Corinth, VT	3:00:10	4	Sterling Dumas	20	Norwich, CT	3:35:38
4	Stefan Ciszewski	20	Caribou, ME	3:03:40	5	Natalie Thompson	22	Cambridge, MA	3:40:17

THE CENTER FOR PREVENTIVE MEDICINE

Paul Lemanski, MD, MS; Laurie Burton-Grego, MS, RD; Amy Milstein, MS, RD, CDE Optimally reduce your risk for a heart attack and stroke with a cutting edge diet and lifestyle approach to complement your current care.

- CARDIOFIT cardiovascular risk and weight reduction program
- NUTRIFIT weight reduction program
- High Omega-3 Mediterranean diets
- DASH diets for high blood pressure control

Visit www.centerforpreventivemedicine.com for program descriptions and schedule of free physician-led orientations.



The Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, PC We've moved! 400 Patroon Creek Blvd, Albany • (518) 618-1100

Cryosurgery **New Treatment** for Foot Pain



Heel Pain? Plantar Fasciitis? Diabetic Neuropathy? Achilles Tendonitis? Dr. David Lambarski, the Capital District's first and only certified CryoStar surgeon, now offers FDA approved Cryosurgery for these painful foot conditions.

What is Cryosurgery?

Using extreme cold technology we freeze the sensory nerves to eliminate your painful foot condition. A healthy nerve regenerates in six weeks.

The Benefits

- 15 minute office procedure
- No stitches required
- No post-op pain
- Quick recovery

An avid outdoor enthusiast, Dr. Lambarski specializes in custom orthotic design for all sports. Stop living with your foot pain - Call today.

Dr. David Lambarski, Board Certified Podiatric Surgeon



13TH ANNUA	L AD	IRONDACK	MARA	THON & HALF N	/IARA	THON conti	nued
MALE AGE GROUP: 20	- 24			FEMALE AGE GROUP: 4	15 - 49		
1 Trent Knoss	24	Boston, MA	3:14:25	1 Gina Clayton	47	Lafayette Hill, PA	3:59:42
3 Dan Lagoe	22	Saratoga Springs	3:29:39	5 Ann Alessandrini	49	Johnsonville	4:25:32
4 Harold Wood III	24	Greenwich	3:56:15	8 Mary Healt	48	Forestport	5:32:22
5 Frank Alessandrini	21	Johnsonville	3:56:55	MALE AGE GROUP: 50			
7 Peter Selinsky	22	Saratoga Springs	4:11:53	1 Dean Bryant	54	Pleasent Valley	3:14:11
9 Alex Dillenberger	23	Ausable Forks	5:24:36	5 David Skoglund	51	Poughkeepsie	4:00:16
FEMALE AGE GROUP: 2	0 - 24			7 John Bidell	52	Voorheesville	4:12:26
1 Bizz Burns	20	Blacklick, OH	3:50:01	FEMALE AGE GROUP: 5		VOOITICESVIIIC	4.12.20
7 Oliva Von Dem	22	Lake George	5:24:20		50 - 34	Mielannes	4.02.20
8 Rebecca Creedon	22	Little Falls	5:27:31	Christine Feeney Katherine Smith		Niskayuna	4:03:28
MALE AGE GROUP: 25		Erede Falls	5.27.51		51	Keene Valley	4:26:28
1 Gabe Allen-Fahlander	- 23	Somerville, MA	3:19:13	5 Joyce Raynolds	50	Rensselaer	4:31:27
3 Christopher Panza	27	Lake Placid	3:31:51	6 Rhonda O'Hagan	50	Chazy	4:31:49
4 Brian Pelkey	27	Saranac Lake	3:34:21	7 Elizabeth Flaherty	50	Kinderhook	5:37:45
FEMALE AGE GROUP: 2		Salaliac Lake	3.34.21	9 Susan Polhemus	50	Peru	5:26:15
		Canda an MA	2.55.57	MALE AGE GROUP: 55	- 59		
1 Heather Owens	29	Gardner, MA	3:55:57	 Robert Aiksnoras 	58	Salem, CT	3:39:09
3 Danielle Blanchard	25	Clarksville	4:17:10	5 John Carboni	56	Schenectady	4:00:27
8 Sarah Scott	27	Troy	4:35:43	10 Chester Tumidajewicz	55	Amsterdam	4:12:28
11 Emily Kilcrease	26	LaGrangeville	5:27:59	16 Henry Fischback	55	Chestertown	5:51:41
14 Elizabeth O'Flaherty	27	Kinderhook	5:37:45	FEMALE AGE GROUP: 5		Chestertown	5.51.41
MALE AGE GROUP: 30	- 34					E. I. S	F-10-00
1 Steven Moore	33	Queensbury	3:11:57	1 Elaine Kimpel	55	Fabius	5:18:06
2 Courtney Guertin	34	Queensbury	3:19:04	MALE AGE GROUP: 60		F	2.55
4 Matthew Torniainen	33	Fultonville	3:38:21	1 Curtis Lintvedt	62	Exeter, NH	3:57:47
5 James Boswell	34	Albany	3:47:11	FEMALE AGE GROUP: 6	60 - 64		
9 Philip Underwood	34	Clifton Park	4:53:09	1 Betty Rose	61	Montpelier, VT	5:36:58
FEMALE AGE GROUP: 3		Cirtorrank	4.55.05	MALE AGE GROUP: 65	- 69		
1 Eva-Maria Schoetz	30	Princeton, NJ	3:48:55	1 Michael LaFontaine	67	Champlain	4:20:37
MALE AGE GROUP: 35		rinceton, No	3.40.33	4 Matti Torniainen	67	Gloversville	4:56:13
		Authoritan Ara	2.26.02	FEMALE AGE GROUP: 6		GIOVEISVIIIC	1.50.15
	39	Arlington, VA	3:36:02	1 Sharon Martinek	65	Pickering, QC	4:51:48
5 Robert Tucci	35	Manorville	3:59:21	MALE AGE GROUP: 70		rickering, QC	4.31.40
8 Daniel Pasek	38	Loudonville	4:14:11			B' I I' OC	4004
9 Alessandro Tronco	35	Cohoes	4:25:26	1 Albert Miclette	73	Richelieu, QC	4:06:44
10 Chris Coyne	39	North Creek	4:26:36	2 Dillon Maier	74	Oneonta	5:55:34
14 Jason Nipper	35	Gloversville	5:13:04	HANDCYCLES - MALE			
FEMALE AGE GROUP: 3	5 - 39			1 Glen Ashlock	48	Brooklyn, MI	1:51:47
1 Borjana Mikic	39	Northampton, MA	3:49:42	2 Bill Schwarz	64	Kinderhook	1:53:36
5 Cheryl Morris	39	South Glens Falls	4:03:46	3 Raymond Brown	43	Greenfield	2:27:15
6 Shannon Kenny	39	Lisbon	4:14:34	WALK - M/F OVERALL	& REGIO	NAL FINISHERS	
8 Lisa Stoler	38	Loudonville	4:28:14	1 Grace Mutz/F	50	Cary, NC	5:30:47
11 Kathleen Wiley	39	Keene Valley	4:56:39	2 Larry Reynolds/M	53	Massena	5:31:15
MALE AGE GROUP: 40	- 44			10 Brenda Drowne/F	56	Plattsburgh	6:44:15
1 Brian Engle	41	Armada, MI	3:15:48	13 Enzo Paoletti/M	66	Delmar	6:52:45
2 Scott Lawrence	41	Wilmington	3:33:29		51		
4 David Burrows	44	Ticonderoga	3:50:44	17 Dorothy Finster/F		Taberg	7:32:22
7 Chris McRoberts	41	Hammond	4:50:28	RELAY - MALE OVERAL			
8 Michael Graham	44	Verona	4:56:18	 Chadwick Shepard/Kev 			2:56:23
		verona	4.50.18	 Michael McCall/Alan N 	IcCall: Son	nerville, MA	3:30:29
FEMALE AGE GROUP: 4				3 James Scott/Michael Di	palermo: \	Vergennes, VT	3:32:43
1 Michele De Vito	42	Montville, NJ	3:48:58	RELAY – MIXED OVERA	LL		
3 Amy Dillenback	40	Delmar	4:17:12	1 Ryan Robitaille/Tina Fre		Burlington, VT	3:06:27
4 Janet Guilfoyle	44	Ballston Spa	4:24:29	2 Ray Webster/Julia Lewis			3:07:55
5 Teresa Creedon	43	Little Falls	4:26:38	3 Mike Manning/Shinobu			3:18:12
6 Erin Bazinet	41	Loudonville	4:28:14	RELAY - FEMALE OVER		c	5.10.12
10 Terri Morse	44	Schroon Lake	4:42:35	1 Danielle Cross/Julia Lee		ark 2:25:54	
13 Lori Barber	40	Lake George	5:09:37				2.50.44
14 JoAnn Hunt	43	Lee Center	5:19:15	2 Sarah Collins/Johannah			3:50:44
MALE AGE GROUP: 45				3 Kristina Hubert/Stefanie			3:56:22
1 Stanley Hatch	47	Cadyville	3:12:28	HALF-MA	ARATHON	l: 13.1 MILES	
2 Peter Sweetser	47	Cobleskill	3:15:44	MALE OVERALL			
5 Daniel Dominie	45	Canton	3:27:00	1 François Morin	35	L'Assompton, QC	1:25:50
7 Ian Erne	49	New Paltz	3:39:44	2 Andrew Lacourciere	36	Essex, VT	1:30:28
			4:03:28	3 Joseph Wagnis	36	Steep Falls, ME	1:31:16
14 Timothy Feeney	48	Niskaynua		4 Peter Veverka	43	Schroon Lake	1:32:36
17 Robert Long	45	Troy	4:10:52	5 Ryan Markwith	26	Bronx	
18 Gary Guilfoyle	45	Ballston Spa	4:14:38		20	DIUIIX	1:33:56
19 Joseph Healt	49	Forestport	4:16:22	FEMALE OVERALL			
20 Gregory Keys	46	Warwick	4:16:42	1 Nancy Briskie	52	Schenectady	1:31:29
22 Ken Raisner	49	Chestertown	4:19:07	2 Pamela DelSignore	40	Gansevoort	1:36:17
26 Ronan Creedon	49	Little Falls	4:31:56	3 Ellen Robinson	22	Johnstown	1:39:28
28 David Moehler	46	Clifton Park	4:45:38	4 Alison Muse	47	Saratoga Springs	1:40:55
	46	Malta	4:54:54	5 Ginny Sackett	45	Erie, PA	1:41:19
31 John Evans							continu



56 Rogers Lane, Willsboro, NY 12996

The Crux Climbing Center Facilities:

Over 3,200 sq. ft. of climbing space; 22-40 ft. high climbing walls; 17 separate anchors with 2 routes per anchor; Bouldering walls; Equipment rentals and knowledgeable instructors.

Phone: (518) 963-4646 (518) 963-7967

Website: www.pmoec.org (click on Climbing Center link)

E-mail: crux@pmoec.org **Hours:** Mon. Wed. Fri. 5:00 pm — 9:00 pm

Sat. 10:00 am — 8:00 pm Sun. 10:00 am - 6:00 pm

The Champlain Valley's new state of the art indoor rock climbing center.

PROFESSIONAL SKI BOOT FITTING



AND BALANCING Home of



SKI SEASON IS HERE Get your boots tuned up at STEINER'S!



Balance Orthotic Lab

SKI, SNOWBOARD & TELEMARK BOOTS Ask about our professionals discount!

This shop is certified "America's Best" by the Masterfit University Training Centers for bootfitting and custom footbeds

Specializing in

- Skier Biomechanic Assessment
- Boot Sole Modifications
- Custom Orthotics and Footbeds
 Under Binding Lifts & Cants • Stance Balancing (Canting)

 - Boot Sole Lifts



329 Glenmont Rd, Glenmont 2.5M south of Thruway Exit 23 (518) 427-2406

3455 Route 9, Valatie 2M south of I-90 Exit 12 (518) 784-3663

Mon-Wed 10-6, Thu-Fri 10-8, Sat 9-5, Sun 11-4

Serving sports enthusiasts for 30 years • SteinersSports.com

Clifton Park

Clifton Park

36

23:36

23:45

13TH ANNUA	AL ADI	RONDACK	MARA	THO	N & HALF N	IARA	THON contin	nued
MALE AGE GROUP: 14	& LINDER			3	Tamara Sheesley	41	Lancaster, PA	1:49:
Paul Farrell	12	Blackwood, NJ	2:52:27		Lorraine Bickhardt	40	Newton, NJ	1:55:
EMALE AGE GROUP:	1 - 14				Lisa Dungate	42	Saratoga Springs	1:57:
Kendra Houston	14	New Lebanon	2:15:24		LE AGE GROUP: 45 -			
Victoria Donley	13	Pottersville	2:24:29		Dave Rettig	45	Niskayuna	1:39:
Nicole Morris	14	Salisbury, VT	2:53:54		Richard Kicinski	48	Vermontville	1:40:
Ariana Perlee	13	Bristol, VT	2:53:53		Mark Howe	48	East Greenbush	1:42:
Chelsea Feliciano	14	Goshen	3:08:40		George Heitzman	49	Castleton	1:44
MALE AGE GROUP: 15					Mark Macutek	45	Loudonville	1:45
Zachary Marlay-Wrigh		Albany	2:32:11		MALE AGE GROUP: 4!	5 - 49		
Ed Farrell	15	Blackwood, NJ	3:02:48		Caryle Andrew-Zipprich	48	Manlius	1:45
Dan Farrell	15	Blackwood, NJ	3:10:12		Mary Olivieri	49	Newton, NJ	1:48
EMALE AGE GROUP:			4 45 50		Deborah Kicinski	45	Vermontville	1:55
Alison Whelan	19	Katonah	1:45:50		Tammy Jackman	45	Newton, NJ	1:57
Jessica Cobley Sarah Donley	19	Queensbury	1:46:48		Tammy Dumont	45	Chateaugay	1:57
	18	Pottersville	2:27:02		LE AGE GROUP: 50 -			
IALE AGE GROUP: 20	- 24 24	New York	1.24.27		Eric Olsen	53	Ridgefield, CT	1:41
Cory Zwerlein Dan Robinson	24		1:34:37		Barry Selinsky	51	King of Prussia, PA	1:50
Nathan Schiele	24 24	Liverpool Troy	1:38:43 1:40:38		Marc Teller	53	Granville	1:51
Paul von Schenk	24	New York	1:40:38		Stephan von Schenk	54	Saratoga Springs	1:59
Thomas Harm	24	Pearl River	1:42:32		Brian Curtin	54	Malone	2:10
MALE AGE GROUP:		i can mivel	1.57.01		MALE AGE GROUP: 50			
Mia Ross	20 - 24	Lake George	1:43:18		Terri Keating	52	Chester	2:00
Meredith McClain	23	New York	1:51:52		Jennifer Woltjen	52	Endwell	2:07
Kaitlyn Cahill	23	Philadelphia, PA	2:03:56		Sherry Looman	51	Newport	2:16
Katie Collins	23	Plattsburgh	2:10:20		Cate Tully	54	Castleton	2:21
Kara Connally	23	Sammamish, WA	2:10:20		Cathy Sheridan	50	Clifton Park	2:21
ALE AGE GROUP: 25		Sammannish, vv.	2.10.20		LE AGE GROUP: 55 -		CIIIIOIII aik	2.21
Damien Rock	28	Malta	1:37:15		Mark Dickerson	55	Rennsselaerville	1:34
Justin Staubach	29	Albany	1:40:34		Stephen Masten	55	Peru	1:44
Sean Coughlin	27	Norwalk, CT	1:44:46		Frank Piegaro	57	Glens Falls	1:49
Ryan Venter	28	Glenmont	1:58:11		David Pickel	55	Scotia	1:51
James Corrigan	28	Delmar	2:01:15		Rob Sparno	56	Belle Mead, NJ	1:56
MALE AGE GROUP:	25 - 29				NALE AGE GROUP: 5!		Belle Ivleau, NJ	1.50
Sarah Khuu	29	Hamburg	1:45:50				Altanant	2.04
Cora MacDonald	25	Brookline, MA	1:46:17		Donna Lustenhouwer	55	Altamont	2:04
Jana Seeley	28	Yonkers	1:49:57		Phyllis Fox	57	Loudonville	2:13
Lauren Piegaro	28	Edison, NJ	1:50:17		Lonna Kelly	58	Pawling	2:49
Jessica Gallo	29	Latham	1:52:01		Christine Fahey	57	Higganum, CT	2:57
ALE AGE GROUP: 30	- 34				Pat Hamilton	58	Pottersville	3:00
Bart Whearty	32	Winooski, VT	1:42:03		LE AGE GROUP: 60 -		Davidson DA	1.20
Adam Finley	30	Newton, MA	1:46:17		Mike Clarke	62	Doylestown, PA	1:39
Nicholas Verdile	34	Ballston Spa	1:46:44		Douglas Fox	64	Loudonville	1:49
Drew Shave	32	Clifton Park	1:56:30		Peter Rowlands	64	Poultney, VT	1:52
Niall McMahon	34	New York City	1:57:50		Joe Young	62	Burlington, VT	3:08
MALE AGE GROUP:					David Montgomery	62	West Rutland, VT	3:09
Erin McMahon	31	Malta	1:41:51		MALE AGE GROUP: 60			
Kelly Heaney	31	Schaghticoke	1:49:07		Ginny Pezzula	63	Colonie	1:54
Nicole Miles	34	Northfield, VT	1:50:42		Candi Schermerhorn	63	Diamond Point	2:12
Jamie Donsbach	32	Loudonville	1:52:03		Margaret Mangano	62	Saratoga Springs	2:17
Kimberly Dumoulin	33	Schroon Lake	1:54:05		Bobbi Storey Reeves	62	Peru	2:45
ALE AGE GROUP: 35		Contlata	1.37.05		Cindi Yarrington	61	Endicott	3:22
Jim Van Ess	38	Castleton	1:37:05		LE AGE GROUP: 65 -			
Erik Dils	38 36	Troy	1:40:54		Eduardo Munoz Jr.	66	Olmstedville	2:00
Matthew Carniglia	36 37	Moriah New York	1:47:08		Peter Ludlow	67	Hopewell Junction	2:04
Michael Zimmer			1:47:04		William Gehring	65	Queensbury	2:05
George Brown IV MALE AGE GROUP:	39 25 - 20	Ticonderoga	1:47:50		Joseph Gutierrez	66	Hillsdale, NJ	2:09
Avish Lovell	35 - 39 35	W. Sand Lake	1:54:02		Floyd Firman	69	Canton	2:38
Lorraine Stroud	35 38	Clifton Park	1:54:02		MALE AGE GROUP: 65			
Jean Skeels	36 37	Manlius	1:58:09		Huguette Miclette	67	Richelieu, QC	2:07
Julie Holder	39	Fayetteville	2:00:40		Sakiko Claus	67	Schroon Lake	2:20
Carrie Davis	37	Niskayuna	2:00:40	3	Claudette Wakefield	65	Austin, TX	2:21
ALE AGE GROUP: 40		. Jonay and	2.00.50	4	Betty McCutcheon	65	Lake Luzerne	2:47
Michael Constable	40	Hamden	1:36:02	5	Mary Baker	66	Plattsburgh	3:09
Robert Aliasso	44	Henderson	1:46:04		LE AGE GROUP: 70 -	99	-	
Theodore Fowler	40	Queensbury	1:49:26		Scott Stone	70	Upper Jay	2:06
William Rowback Jr.	43	Gloversville	1:56:26		B.J. Wright	75	Cedar Creek, TX	3:25
Robert Cowen	44	Malta	2:01:39		James Lindblade	73	Warrensburg	3:29
MALE AGE GROUP:			2.01.55		MALE AGE GROUP: 70			
Beverly Halliday	40	Carlisle, MA	1:43:17		Regina Tumidajewicz	82	Amsterdam	3:26
Michele Sposili	40	Clifton Park	1:47:12				rathon Distance Festiv	
cricic sposiii	70	CIIICOTTIUIN	1.77.12		courtesy or Auritifu	ack ivial	יייים וויייים וויייים וויייים	

Stephanie Carpenter Eileen Coleman Clifton Park 43 24:26 3 Michael Wallner 45 Mechanicville 19:57 MALE AGE GROUP: 45 - 54 **FEMALE OVERALL** 20:15 Jennifer Gleason 37 Clifton Park 21:39 Carolynn Sloat Bob Arnold 52 Clifton Park 21:22 Mary McNair 47 Clifton Park 21:51 FEMALE AGE GROUP: 45 - 54 MALE AGE GROUP: 15 - 24 Diane Foley Kathleen Watrobski Clifton Park 24.35 Joe Scannell 19 Cheshire CT 21:39 24:41 Clifton Park Anthony Archambault Pittsfield, MA 22:34 Clifton Park 26:14 Ridge Harris 22:47 MALE AGE GROUP: 55 **FEMALE AGE GROUP: 15** Round Lake Dominick DeLorio Jr. 24:25 Rachel Courtney Hyde Park 22:33 James Lankin Hillary Tuite 24:52 Arthur Katz Clifton Park 30:01 Sara Mikula Clifton Park 26:17 FEMALE AGE GROUP: 55 - 64 MALE AGE GROUP: 25 - 34 29:21 Carol Davis Trevor Wood Mark Pickett 34 Clifton Park 20.16 Mechanicville Sharon Buck 59 Mechanicville 25 21:43 Rick Grembocki Clifton Park 22:08 MALE AGE GROUP: 65 - 74 FEMALE AGE GROUP: 25 - 34 1 Remo Schiavone **FEMALE AGE GROUP: 65** 52:32 Middleburg Heights, OH 23:36 Lynzie Schulte Albany Angie Boisvert 33 Cohoes 23:50 31:34 Clifton Park Susan Long 51:23 66 MALE AGE GROUP: 35 - 44 Isabella Schiavone 53:37 Albany Clifton Park George Stopyak 20:49 FEMALE AGE GROUP: 75 & OVER 1 Marilyn DeLorio Arthur Schloth 36 Clifton Park 20:54 55:11 Courtesy of Hannah's Hope Fund Andy Bullock THE SARATOGA PALIO: 3RD ANNUAL MELANIE MEROLA O'DONNELL **MEMORIAL RACE: HALF-MARATHON & 5K RUN** September 20, 2009 • Hampton Inn & High Rock Park, Saratoga Springs HALF-MARATHON: 13.1 MILES FEMALE AGE GROUP: 25 - 29 Kimberly Owen Diana Rodriguez Tobon MALE OVERALL Charlestown, MA 1:12:39 1:13:14 Tom O'Grady Latham Katie Jones 26 Watervliet 1:35:38 Laura Campbell Elizabeth McKee Schenectady Joseph Hayter 29 1:13:48 29 Troy Middle Grove 1.37.47 Aaron Knobloch 33 23 Mechanicville 27 1:38:55 1:18:44 MALE AGE GROUP: 30 - 34 FEMALE OVERALL 1:23:15 30 Gansevoort 1:21:55 Charles Petraske 32 Saratoga Springs 1:29:15 40 35 53 Albany Malta St. Petersburg, FL Kari Gathen Gabe Andersor Saratoga Springs 1:32:09 JJ Planavsky Ballston Spa Mary Ann Protz Eric Winhe Saratoga Springs 1:38:14 Caroline Balkonis 26 New York 1:30:15 FEMALE AGE GROUP: 30 MALE AGE GROUP: 15 - 19 Saratoga Springs Sara Bush Saratoga Springs 1:42:56 1:47:34 FEMALE AGE GROUP: 15 - 19 1:45:00 1:48:06 Heather Joseph 33 Honolulu, HI Holli Mulholland Saratoga Springs Michaela D'Acchille Valley Falls 1:44:08 Grace Smisloff Morgan Fryer Saratoga Springs Ballston Spa Mechanicville 1.56.57 Sandy Tatarynw 30 1:48:38 1:49:40 MALE AGE GROUP: 35 - 39 Gansevoort 2:15:37 MALE AGE GROUP: 20 - 24 Pittsfield, MA 1:28:18 24 Latham 1.27.38 Patrick McSharry Hudson Falls Leeds William Henke 1:32:22 Dan Lacitionolz Rob Cooper Leeds 1:33:31 Saratoga Springs Saratoga Springs Theodore Pollock 21 1:38:28 Patrick Amyot Saratoga Springs 1:34:41 FEMALE AGE GROUP: 35 - 39 1 Heather Kurto 35 1:38:49 FEMALE AGE GROUP: 20 1:39:14 Clifton Park Chelsea Maguire 1:34:56 Bonny Wilson 38 Ballston Spa 1:44:30 Meghan Davey Rachel Gandell Amsterdam 1:36:43 Colleen Murray Loudonville 1:48:09 Washington, DC Marcie Alexander 38 1:48:27 Ballston Lake Tara Joyce Altamont Sarah Dzikowicz 38 1:49:04 Amsterdam 22 New York 1:48:18 MALE AGE GROUP: 40 MALÉ AGE GROUP: 25 - 29 Lawrence Poitras 43 1:23:28 27 1:24:22 Johnstown 1:30:42 1:30:48 David Smith Saratoga Springs Rexford John Clements Liverpool 1:25:57 1:27:19

3RD ANNUAL RUN FOR LIFE 5K FOR HANNAH'S HOPE FUND September 20, 2009 • Old Dater Farm, Clifton Park

19:17

Clifton Park

Clifton Park

FEMALE AGE GROUP: 35 - 44

Mary Kate Gagnier

MALE OVERALL

Chris Gleason

Edward Carroll

Personalized Advice.

What you learn in an hour could help benefit your portfolio for years.

The Morgan Stanley Smith Barney's Consulting Group provides investors with independent, institutional-level investment managers and experienced, objective financial advice. We'll help you develop:

- > a long-term approach to your investment objectives
- > a personalized strategy for asset allocation
- > select an appropriate investment management firm

©2009 Morgan Smith Smith Barney LLC, Member SIPC

> review and monitor your portfolio performance

RICHARD F. WHITE

Second Vice President Wealth Management Financial Planning Specialist

80 State Street, 12th Floor Albany, NY 12207

(518) 427-5555

richard1,white@smithbarney.com fa.smithbarney.com/richardfwhite

> MorganStanley SmithBarney



530 Liberty St., Schenectady 382-7200

1201 Nott St., Ste. 302, Schenectady 243-4684

3757 Carman Rd., Ste. 104, Schenectady 355-3980

> 939 Rte. 146, Bldg. 500, Clifton Park 373-1436

Schenectady Regional Orthopedic Associates, P.C.

Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region

Eric R. Aronowitz, M.D.

James M. Boler, M.D.

Daniel J. Bowman, M.D.

G. Robert Cooley, M.D.

Richard J. D'Ascoli, M.D. Matthew DiCaprio, M.D.

Robert G. Leupold, M.D.

Shashi D. Patel, M.D.

John C. Richards, M.D. W. James Smith, M.D.

Gary A. Williams, M.D.

Rory D. Wood, M.D.

Where Winter and Family Fun Come Together!

Matthew Kresge

Rov Headwell

Over 50 years of skiing in your backyard!

Saratoga Springs

Ballston Lake

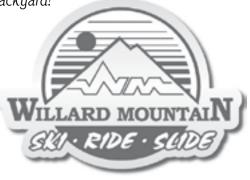
26

 Affordable Lift & Tubing Ticket Rates

Michael O'Brien

Jeff Dibelius

- 95% Lights & Snowmaking Coverage
- Terrain & Tubing Parks & Fun Events
- Rental Shop, Ski Shop, Cafeteria, Lounge
- Great Ski/Ride Lesson Programs



42

Cambridge

1:30:49

Hours: Closed Mon Tue-Thu 4-9; Fri 10-9; Sat-Sun 9-6 Holidays/vacation weeks: 7 days 10-9 Tubing Park: Sat-Sun 10-6

Off NY Rte 40, Easton (near Greenwich) - Only 30-40 min from Saratoga & Albany

(518) 692-7337 • willardmountain.com



CROSS COUNTRY, DOWNHILL, SNOWBOARD & TELEMARK

Expert Tune-Ups, Rentals & Demos, Clothing, Helmets, Tuning Supplies, Accessories & More!

The Northeast's Largest Selection!

643 Upper Glen Street (Route 9) Queensbury

www.schenectadyregionalorthopedics.com

Race Results

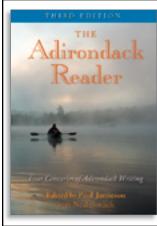
		THE SARA	ATOGA	PALIO continue	d		
EMALE AGE GROU	JP: 40 - 44			MALE AGE GROUP: 14	& UNDE	R	
Suzanne Tomb	42	North Creek	1:46:13	1 Aidan Tooker	11	Greenfield Center	21:12
Michele Cameron	43	Gansevoort	1:47:41	2 Patrick Firehock	12	Wilton	23:33
Jennifer Casey	44	Ballston Lake	1:47:56	3 Anthony Morin	9	Porter Corners	24:34
Carol Guscoyne	41	Niskayuna	1:47:57	FEMALE AGE GROUP:	14 & UNE	DER	
Connie Smith	41	Glenmont	1:50:31	1 Emily Wickert	13	Gansevoort	23:38
MALE AGE GROUP:	45 - 49			2 Cassie Blunt	14	Saratoga Springs	23:38
Richard Zwirn	49	Gansevoort	1:26:52	3 Mackenzie Crandall	. 11	Saratoga Springs	25:23
Matt Parenteau	46	Gansevoort	1:31:12	MALE AGE GROUP: 15			40.00
Shawn Emery	48	Greenfield Center	1:31:53	1 Ted Kahl	19	Saratoga Springs	19:20
James Grandy	49	Ballston Spa	1:32:55	FEMALE AGE GROUP:		Labor Disabil	25.25
Wayne Richardson	45	Altamont	1:34:57	Megan Labbate Carly Tarullo	19 15	Lake Placid Feura Bush	25:35 27:14
EMALE AGE GROU	JP: 45 - 49			3 Cecelia Constable	19	Watervliet	29:14
Michelle Moshier	45	Gansevoort	1:38:30	MALE AGE GROUP: 20		vvaterviiet	29.14
Lizette Arroyo	45	Schenectady	1:39:19	1 Sean Hadley	22	Ballston Spa	21:12
Kathleen Kemp	45	Niskayuna	1:45:39	2 Anton Beza Jr.	23	Rensselaer	23:33
Bridget Regan	45	Kerhonkson	1:46:29	3 Ryan Hurteau	21	Saratoga Springs	24:02
Annie Serafini	46	Niskayuna	1:47:33	FEMALE AGE GROUP:		saratoga springs	24.02
MALE AGE GROUP:	50 - 54			1 Danika Robinson	21	S. Burlington, VT	21:47
Rick Lesiak	50	Galway	1:29:12	2 Jordan White	21	Saratoga Springs	22:10
Christopher Dougl	ass 50	Gloversville	1:29:35	3 Jennifer Mine	20	Glenmont	24:15
Ken Schwartz	51	Saratoga Springs	1:31:01	MALE AGE GROUP: 25			
Myron Ferguson	51	Broadalbin	1:33:06	1 Lou Pauguette	28	Hampton	18:07
Stephen Karcich	50	Hillsdale, NJ	1:35:41	2 Tyler Mockry	28	Latham	19:22
EMALE AGE GROU	JP: 50 - 54			3 Matthew Zucchelli	27	Albany	21:13
Linda Kimmey	50	Clifton Park	1:40:52	FEMALE AGE GROUP:	25 - 29		
Maureen Fitzgerald	d 51	Clifton Park	1:41:11	1 Stephanie Thiel	25	Clifton Park	23:09
Carol Ann Kneesha	aw 50	Keysport, NJ	1:52:44	2 Beth Lomanto	29	Gansevoort	25:07
Maryrose Hannon	51	Saratoga Springs	1:57:47	3 Stephanie Bush	28	Schenectady	26:1
Holli Lynch	51	Lake Placid	1:58:19	MALE AGE GROUP: 30			
ALE AGE GROUP:				1 Kevin Johnson	30	Saratoga Springs	18:1
George Shurter	55	Middletown	1:28:36	2 Brian Bombard	31	Glens Falls	18:3
Frank Broderick	57	Ballston Lake	1:38:58	3 Daniel Mikesh	30	Charlestown, MA	19:00
Rich Tanchy	57	Saratoga Springs	1:43:01	FEMALE AGE GROUP:			
Charley Spektor	55	Brighton, MA	1:44:06	 Maggie Snyder 	31	Saratoga Springs	22:26
Mark French	56	Ghent	1:51:07	2 Erin Klein	33	Saratoga Springs	22:51
EMALE AGE GROU		Griene	1.51.07	3 Tracy Pauquette	30	Hampton	23:40
Katherine Ambrosi		Delmar	1:59:59	MALE AGE GROUP: 35			
Joan Williams	56	Clifton Park	2:00:44	1 David Corbett	37	Little Falls	21:2
Suzanne Nealon	59	Albany	2:21:22	2 Jim Flanagan	35	Gansevoort	21:3
Maria Fusco	57	Ballston Lake	2:23:34	3 Jon Baum	36	Ballston Lake	21:38
Dawn Laieunesse	59	Chestertown	2:29:32	FEMALE AGE GROUP:		C	24.2
MALE AGE GROUP:		Chestertown	2.23.32	1 Jody Hayes 2 Aimee Lapann	39 39	Gansevoort	21:21 22:05
Bob Fllison	61	Slingerlands	1:37:45		39 36	Albany	
Geoffrey Miller	62	Hinesburg, VT	1:52:45	3 Mindy Mannix MALE AGE GROUP: 40		Clifton Park	22:3!
Ed Van Marter	62	Liverpool	1:53:30	1 Robert Smith	- 44 42	Catskill	18:53
	60	Glens Falls	1:55:19		44		19:10
Doug Stephens Bob Moriale	61	Malta	1:55:19	2 Tony Lombardo 3 Daniel Noeker	44	Sparta, NJ Saratoga Springs	21:52
EMALE AGE GROU		IVIdILd	1.39.38	FEMALE AGE GROUP:		saratoga springs	21.5.
Mary Collins Finn	60 - 60	Menands	1:50:40	Meredith Crandall	44	Saratoga Springs	24:46
Mary Collins Finn Linda Plante	61	Middle Grove	2:34:05	2 Carol Navin	43	Saratoga Springs	24:5
Susan Fassett	64		2:43:41	3 Caroline Stem	42	Saratoga Springs	25:17
		Ballston Spa	2:43:41	MALE AGE GROUP: 45		Saratoga Springs	23.11
MALE AGE GROUP:		5	4 50 40	1 Samuel Mercado	46	Saratoga Springs	19:5
David Bruce Jim Moore	67	Port Henry	1:53:40	2 Jeff Baker	48	Saratoga Springs	23:3
	69	Niskayuna	2:02:14	3 Emmet Kelleher	49	Saratoga Springs	23:39
Lawrence Dana	67	Saratoga Springs	2:14:29	FEMALE AGE GROUP:		Saratoga Springs	25.5.
William Sheft	68	Ballston Spa	2:15:35	1 Lisa Luyckx	47	Albany	22:52
Clifford Snyder	66	Clifton Park	2:26:32	2 Lisbeth Brooks	46	Amsterdam	24:1
	5K RUN/V	VALK		3 Lisa Dean	47	Saratoga Springs	25:4
AALE OVERALL				MALE AGE GROUP: 50			_3.7
Tyler Andrews	19	Concord, MA	16:00	1 Thomas Locascio	51	Albany	20:45
! Jay Navin	13	Saratoga Springs	17:50	2 Frank Lombardo	53	Saratoga Springs	21:5
Jonah Williams	15	Saratoga Springs	17:51	3 Eric Leskovec	53	Fort Edward	23:5
EMALE OVERALL		3		FEMALE AGE GROUP:			
Mesha Brewer	30	Saratoga Springs	18:11	1 Hope Plavin	51	Malta	23:42
Chloe Williams	18	Saratoga Springs	20:04	2 Beth Paquin	52	Schenectady	26:29
Mary Fenton	44	Ballston Spa	20:20	3 Suzanne Jagoda	54	Saratoga Springs	26:36
							contin

Adirondack Splendor Finnish Hospitality for more than 30 years!		Ranked BEST XC Resort for Families and BEST in the Mid-Atlantic Region Best XC Ski Resort Poll						
Section 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		plandlake.com						
LAPLAND LAKE, INC. NORDIC VACATION CENTER 139 LAPLAND LAKE RD., NORTHVILLE, NY 12134-3962 518-863-4974								
VISIT OU	IR WEBSITE FOR SNOW CON	DITIONS						



			THE SARA	TOGA	PΑ	LIO continue	d				
М	ALE AGE GROUP: 55 -	59			M	ALE AGE GROUP: 65	- 69				
1	Rick Morse	59	Malta	23:42	1	Greg Benson	67	Nassau	25:53		
2	Chuck Niles	55	Johnstown	25:43	2	John Lacy	66	Tucson, AZ	29:36		
3	Robert Farley	55	Saratoga Springs	27:19	3	Gerald Ferris	69	Saratoga Springs	48:51		
FE	MALE AGE GROUP: 55	- 59			FF	MALE AGE GROUP:	65 - 69				
1	Mary Wilsey	57	Albany	26:00	1	Jean Garrant	69	Gansevoort	30:36		
2	Deborah Dross	57	Waterford	26:45	2	Mary Fien	69	Victor	52:29		
3	Ann Nickloy	56	Gloversville	29:58	3	Geraldine Ferris	67	Saratoga Springs	53:10		
М	ALE AGE GROUP: 60 -	64						saratoya spririys	33.10		
1	Joseph Miranda Jr.	61	Ballston Spa	27:07	IVI.	ALE AGE GROUP: 70					
2	Lorin Spiegel	60	Saratoga Springs	27:29	1	Clauston Jenkins	71	Wilmington, NC	36:30		
3	Terry Smith	62	Galway	28:35	2	Phil Palmer	76	Las Vegas, NV	55:08		
FEMALE AGE GROUP: 60 - 64					FEMALE AGE GROUP: 70 & OVER						
1	Maureen Cavanaugh	61	Commack	38:49	1	Kay Morrissey	73	Glens Falls	45:32		
2	Maureen Buckley	60	Ballston Spa	42:14	2	Maureen Ferris	70	Bolton Landing	53:10		
3	Beverlee Mead Patters	64	Ballston Spa	42:15	Courtesy of The Saratoga Palio						
		ΛD	CENIAL CITY	DIINI .		ntombor 2E 20	000 - 0	itu Hall Waton	udiat		
•	28TH ANNUAI	LAK	SENAL CITY	VOIA .	· se	ptember 25, 20	ius • Ci	ıty maii, vvater	viiet		

28TH ANNUA				-			ty rian, water	
5	(ROAD	RACE			AGE GROUP: 4		• !!	
IALE OVERALL	20	Calanta	15.17		thy Hoff	43	Albany	1
Justin Bishop	28	Colonie	15:17		Rocco	42	Colonie	1
Shaun Donegan	23	Wilton	16:20		ard Cummings	41	Schenectady	1
Ben Greenberg	40	Voorheesville	16:22	FEMALI	E AGE GROUP			
EMALE OVERALL				1 Lauri	e Hoyt	43	Schenectady	2
Emily Bryans	42	Schenectady	17:53	2 Linda	a Crodelle	43	Clifton Park	2
Kari Gathen	41	Albany	18:15	3 Audr	a Rys	40	Latham	2
Anne Benson	44	Clifton Park	18:40	MALE A	AGÉ GROUP: 4	5 - 49		
MALE AGE GROUP: 1 - 1	14				Kracker	45	Delmar	1
Ed Menis	14	Schenectady	18:44		ed Flasser	46	Latham	1
Zachary Radz	12	Watervliet	21:11		ert Wither	48	Niskayuna	1
Greg Gates	14	Watervliet	23:06		E AGE GROUP		INISKayana	'
EMALE AGE GROUP: 1	- 14						Alternation	
Payton Czupil	10	Watervliet	22:19		Buck	46	Altamont	1
Alysa Chartrand	14	Watervliet	24:22		y Nicholson	47	Queensbury	2
Katelyn Parks	14	Watervliet	26:53		Strock	45	Petersburgh	2
IALE AGE GROUP: 15 -		· rater met	20.55		AGE GROUP: 5			
Nicholas Durocher	17	Watervliet	18:31	1 Derri	ck Staley	50	Ballston Lake	1
Tyler Thomas	15	Watervliet	19:12	2 Willia	am Venner	50	Granville	1
Rich Romano	19	Watervliet	19:21	3 Vladi	mir Ilin	51	Albany	1
EMALE AGE GROUP: 1		vvaterviiet	13.21	FEMAL	E AGE GROUP	: 50 - 54	,	
Christine Coughlin	16	Latham	21:51	1 Nano	y Briskie	52	Schenectady	1
	16	Scotia			n Provencher	54	Glens Falls	2
Brianne Fuller Tiernev McGlynn	18	Watervliet	26:02 27:58	3 Rita I		52	Watervliet	2
		vvaterviiet	27:58		NGE GROUP: 5		vvaterviiet	-
IALE AGE GROUP: 20 -		A	17.22		Keenan	59 59	Selkirk	1
Daniel Croteau	20	Acushnet, MA	17:33		Picotte	56	Malta	1
Thomas Wyman	20	East Greenbush	18:40					
Nicholas McFeeters	24	Watervliet	18:53		Bennett	58	Latham	1
EMALE AGE GROUP: 2					E AGE GROUP			
Chelsea Maguire	23	Ballston Lake	19:46		Phelps	58	Malta	2
Meghan Davey	24	Amsterdam	19:58	2 Mart	ha DeGrazia	58	Slingerlands	2
Adrienne Campbell	22	Watervliet	22:57	3 Caro	lyn George	55	Albany	2
IALE AGE GROUP: 25 -	29			MALE A	GE GROUP: 6	0 - 64		
Matthew Fryer	29	Clifton Park	18:42	1 Patrio	ck Glover	63	Clifton Park	1
Matt Delaney	26	Watervliet	19:52		Paguin	63	Gansevoort	2
Darryl Leibach	28	Watervliet	20:37		s Bowles	60	Amsterdam	2
EMALE AGE GROUP: 2	5 - 29				E AGE GROUP		, unsterdann	-
Karen Bertasso	25	Scotia	19:45		n Wona	61	Glenmont	2
Laura McCoy	29	Troy	19:56		Collins-Finn	60	Menands	2
Tim Diamond	26	Watervliet	21:02					
IALE AGE GROUP: 30 -	34				cia Kane	60	Delmar	2
Brian Northan	34	Guilderland	17:37		AGE GROUP: 6			
David Tromp	34	Glenmont	18:27		les Cuprill	67	Rensselaer	2
Rob Gregory	33	Clifton Park	19:48		Лoore	69	Niskayuna	2
EMALE AGE GROUP: 3		CITION FAIR	13.40		Knouse	69	Voorheesville	2
Estelle Burns	34	Trov	19:06	FEMAL	E AGE GROUP	: 65 - 69		
Shelly Binsfeld	34 30		20:18		nia Ellis	66	Watervliet	5
		Schenectady			GE GROUP: 7	0 & OVER		
Allison Sutton	32	Albany	21:14		e Stockman	74	Rensselaer	2
IALE AGE GROUP: 35 -		Maria - Car	10.22		oucette	79	Bennington, VT	2
Parker Morse	35	Watervliet	18:32		ald McBain	79 77	Wynantskill	3
Patrick Lynskey	37	Albany	18:57	5 50110				3
David Shumpert	38	Clifton Park	19:50		E AGE GROUP			_
EMALE AGE GROUP: 3					Stockman	77	Rensselaer	2
Renee Lane	37	Menands	23:31		Bogue	72	Schaghticoke	3
Tricia Fecko	39	Loudonville	23:39	3 Mary	Nagle	74	Nassau	4
Karen Mein	38	Cohoes	24:42		Court	esy of City o	f Watervliet	



The Adirondack Reader

EDITED BY PAUL JAMIESON WITH NEAL BURDICK

This is a book about what Americans have sensed, felt, and thought about our nation's basic heritage of wilderness—the wilderness that makes us unique among modern nations.

— Paul Jamieson

Hardcover, \$39.95, 544 pages; includes 32 pages of color art Join ADK and receive a 20% discount on all ADK publications

800-395-8080 www.adk.org

Adirondack Mountain Club



Adventure Sports at Adirondack Community College is a comprehensive center offering college degrees in Adventure Sports Leadership and Management, academic courses in adventure sports, continuing education, professional development, and experiential teambuilding.

adventuresports.sunyacc.edu • 518-743-2250

www.AdkSports.com JANUARY 2010

SNOWSHOE HIKING CONT. FROM PG 1

rest of the climb. Winter snows provide a decidedly softer walking surface, although this trail is traveled often enough that the snow will be packed down for most of the season. The climbing is steady with few pauses, until you reach the summit ridge where the grade becomes quite pleasant and mild. If the recent weather has been harsh, then the surrounding trees will be coated with thick layers of frost.

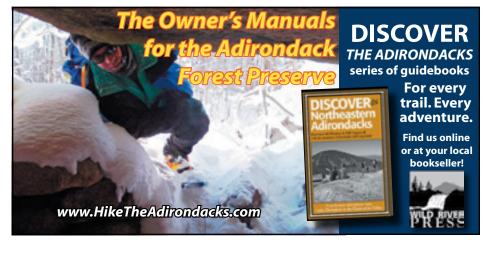
Eventually you step up one last ledge to reach the large summit clearing at 3,759 feet in elevation, with the fire tower at its center. Trees block most of the ground-level views, but you can find openings to the east and north in the spruce-covered summit. Rock perches provide quiet picnic spots. The tower provides a more commanding view of the central Adirondack region, including Blue Mountain Lake at the foot of the moun-

tain and the High Peaks to the northeast.

You reach the summit after a 2.1-mile hike and a 1,550-foot net elevation gain. Allow 90 minutes or more for the climb, and about 60 minutes for the descent. Weather on the summit can be quite rough, so bring the appropriate layers of clothing.

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com) and author of Snowshoe Routes: Adirondacks & Catskills. For more on this region, consult Discover the Central Adirondacks by Barbara McMartin and Bill Ingersoll.





FROM THE EDITOR & PUBLISHER

Shine Bright in 2010!

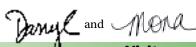
We hope you had a wonderful holiday season. Our family enjoyed an adventurous trip to India in December. Now we're back home and we're excited about what January brings – a chance to set new goals, improve on a healthy routine or make positive changes. It's an opportunity to reflect on successes and challenges of the past year while planning for the future.



Adirondack Sports & Fitness is excited about this year, our 10th anniversary! We are working to continuously grow and improve the business. This magazine is your monthly forum so feel free to share news, events, letters and ideas. We hope this issue motivates you to get outdoors (and support our advertisers) during this wonderful winter.

Thanks to all of the exhibitors, attendees and presenters who made the Winter Expo a success. Please save the date for our fifth annual Summer Expo on Saturday-Sunday, April 24-25 in Saratoga Springs.

Best wishes for a happy, healthy and prosperous New Year!



Visit us on the web • AdkSports.com



UPCOMING RACES AND EVENTS

ESG 5K QUALIFIER SNOWSHOE RACE
ESG 5K QUALIFIER FREESTYLE RACE
FRIDAY NIGHT SKI JAM
GRAYMONT TUESDAY NIGHT RACES
DEWEY MOUNTAIN DAY

Dewey Mtn ESG - Freestyle *ESGQ/NYSSRA*

Series Qualifier - Freestyle Sunday, February 7th @ 10:00am The day after the Lake Placid Loppett!

SKI AND SNOWSHOE RENTALS AVAILABLE LOG ON TO OUR WEBSITE OR CALL FOR MORE INFORMATION

518-891-2697 or 518-891-7450 ● www.deweyskicenter.com



1-866-GO INLET www.inletny.com











Saratoga Springs City Center • Saratoga Springs **April 24 & 25**

Saturday: 10am-6pm • Sunday: 10am-5pm

The Capital Region's Outdoor Recreation, Health, Fitness and Travel Expo!



Bringing the Magazine to Life!

As an exhibitor you will have countless opportunities to reach thousands of active

sports, health/fitness and travel enthusiasts looking for the latest products, services, information and ideas! This targeted, highly interactive marketplace will provide you with the venue to showcase, demonstrate and sell directly to this lucrative buying audience.

5,000 Attendees • 100 Exhibitors • Great Sales • Demos • Activities • Seminars

EXHIBITOR CATEGORIES

Camps & outdoor education programs • Clubs & organizations • Races & events • Outfitters & sporting goods dealers • Kayak/canoe retailers & manufacturers • Bicycle retailers & manufacturers • Scuba dive shops • Health & fitness clubs • Sports medicine & wellness organizations • Nutrition & natural food stores • Adventure travel operators • Travel & tourism agencies • Whitewater rafting companies • Lodging & restaurants • Campgrounds · Guidebook publishers · Automotive dealers · Professional services

EXHIBITOR OPPORTUNITIES

Increased sales Face-to-face personal contact Lead generation Product/service awareness Company/organization/event exposure Networking • Sampling • Market research

Increased Exposure • Increased Leads • Increased Sales!

For more information, visit AdkSports.com To book your space, contact us at (518) 877-8788 or info@AdkSports.com Adirondack Sports & Fitness • 15 Coventry Drive • Clifton Park NY 12065



FOOTWEAR • APPAREL • ACCESSORIES

The Capital Region's Only Locally Owned and Operated **Specialty Running and Walking Store**

EXPERIENCE FITLOSOPHY.





Check out FleetFeetAlbany.com to RSVP for the next Winter Education **Series Presentation!**

January 6 - March 11

155 Wolf Road, Albany, NY 12205

(518) 459-3338 • FleetFeetAlbany.com

Monday-Friday: 10am-7pm • Saturday: 10am-6pm • Sunday: 12-4pm