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## HIKING \& BACKPACKING

Panther Gorgeby Bill Ingersoll

1he very name Panther Gorge conjures all sorts of romantic notions of wilderness - and indeed it is one of the wildest places in the High Peaks. Panther Gorge is the deep valley dividing Mount Marcy, the state's highest peak, from Mount Haystack, the third highest. Within the gorge lies a secluded lean-to, and from it spring two of the steepest trails in the High Peaks.

Panther Gorge is the starting point for one of the best loop hikes in the Adirondacks. But while many of the High Peaks can be reached by day hikes, for most people it is almost impossible to explore the trails leading out of Panther Gorge unless you backpack in. (Those few individuals who can hike to the gorge from Elk Lake, ascend one or more of the peaks, and then hike out on the same day know who they are.)

The challenge lies not in the severity of the terrain, but in the distance. It is an even nine miles from the Elk Lake trailhead to the junction within the gorge where the mountain trails begin. Therefore this is recommended as a three-day backpacking trip: one day to hike in to a base camp at or near the lean-to, one day to enjoy the mountain loop, and a third day to return to Elk Lake.

## getting there

From Exit 29 on the Northway (Interstate 87) follow Blue Ridge Road west for 4.1 miles, where Elk Lake Road turns right. In 2.7 miles you reach the entrance of the Elk Lake Preserve, and

at five miles you reach the public parking area for the two state hiking trails that originate on this private park. Note that this lot fills early on peak weekends, and there are no nearby alternatives. The majority of visitors are headed to the Dix Range; the trail to Panther Gorge sees only a fraction of that use.

## the trail

The trail heads west across the road from the parking area on a gradual descent to The Branch, the outlet of Elk Lake, which you cross at 0.3 -mile on a bouncy suspension bridge. The trail then briefly follows Nellie Brook, reaching a logging road at 0.4 -mile. Here it turns left and immediately crosses Nellie Brook. A right turn 100 feet beyond the brook takes you away from the road to a narrow trail that angles first right, then left to join another logging road in less than five minutes.

Still on the private property of the Elk Lake Preserve, the trail now follows the roadway (called Pinaud Road) for more than two miles around the west side of Elk Lake. The road has a grassy surface and a leafy canopy for shade, so it is not an unpleasant route for hiking. And in

## HIKERS ON MOUNT MARCY. <br> $\nabla$ VIEW OF MOUNT MARCY FROM LITTLE HAYSTACK. PHOTOS BY BILL INGERSOLL

the interest of keeping hikers on the correct route, it is well marked and signed. Several branching trails, with destinations such as Lightning Hill and the west shore of the lake, are closed to the public.

At 2.7 miles you reach a junction where the public trail turns left, west, off of Pinaud Road. Whereas you can hike to this point in little more than an hour, your pace slows as the terrain becomes more rugged. Brush closes in on both sides, and after skirting wide around an open wetland the trail climbs at a moderate grade into the hills. This is part of the continuous ridge that stretches from Mount Colvin to the north to Boreas Mountain to the south. Fortunately the ridge is at one of its lowest points here, so the climbing is not severe. But the next 2.5 miles after leaving Pinaud Road are characterized by hilly terrain through remote woods as you cross from the Schroon River watershed to the Ausable.

This section ends with a long, sometimes steep descent that follows an intermittent stream downhill. You make a sharp left in the vicinity of an old logging settlement, and then turn right through a broad ferny meadow. At 5.2 miles you reach a junction with a state trail to Pinnacle, Blake and Colvin.

Beyond the intersection, the Panther Gorge Trail descends just over another 100 feet to marsh level, entering another private park surrounding Marcy Swamp. In five minutes you reach an intersection with the private trail that leads west to Panorama Bluff, east to Mud Pond Landing. Then you reach Stillwater Inlet, a major tributary of Upper Ausable Lake. A narrow bridge seems treacherous with your pack.

Across the bridge, a boardwalk takes you through the edge of Marcy Swamp beside stagnant pools. You cross another small inlet stream to begin the fiveminute, nearly 0.3 -mile walk on a raised boardwalk that makes crossing the swamp possible. Although standing water fills this spruce and balsam swamp, it still supports trees tall enough to block distant mountain views.

The trail heads up though a pocket of old blowdown into a tall forest with an open understory. The trail then climbs moderately to an intersection at 6.6 miles, 1.4 miles from the Pinnacle Ridge Trail intersection. It takes about 50 minutes for this segment, longer if the trail is not clear.

Signs at the intersection point east to a private trail to Marcy Landing and left to Panther Gorge. In about 100 yards the trail finally crosses the state land boundary at elevation 2,530 feet.

The trail is now a wonderful foot trail, perhaps the least eroded and least traveled of all the approaches to Mount Marcy. Most of the significant mud patches are spanned by stringers, and the few eroded spots have been stabilized by rocks. Glimpses of Skylight and Marcy are few and fleeting. You rock-hop across a tributary stream at 8.3 miles, and then at 8.9 miles you reach the camping areas, located at 3,200 feet and about 1,200 feet above Marcy Swamp. The lean-to is to the right and a large tent site is to the left. This is one place where the lean-to site may offer more privacy than the tent site, since it is smaller and screened better from the trail. The tent site is essentially a communal camping area, where multiple parties claim a spot of level ground from the handful of selections. There are no other established campsites in the vicinity. Note that the regulations for the Eastern High Peaks are in effect - campfires are not permitted and be sure to bring a bear canister.

Skylight, Marcy, and Haystack are the three peaks that border the gorge, but some hikers spend multiple days here to hike other nearby peaks at their leisure. The best of all possible Panther Gorge hikes is undoubtedly the circuit around the head of the gorge from Haystack to Marcy and Skylight. This loop is 6.2 miles long, but the tremendous elevation as you climb and descend each of the three peaks change makes this a strenuous hike - but the bare summits also make this one of the most scenic hikes. You are shorting yourself if you don't allow a full day to experience this traverse!

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the Adirondack High Peaks by Barbara McMartin and Bill Ingersoll.

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## Saturday, August 28 • 9am

Colonie Town Park, Latham Help Celebrate 5 years as one of America's Byways ${ }^{\ominus}$ Multi-pace 36-mile ride through quaint hamlets, historic communities and rolling terrain Info: www.MohawkTowpath.org

Calendar of Events august - October 2010


## AUGUST

19-28 Pre-Season Ski \& Snowboard Sale. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

NOVEMBER

20-21 3rd Adirondack Sports \& Fitness Winter Expo. Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

## BICYCLING

ONGOING
Daily Mohawk-Hudson Cycling Club: road rides of various distances for all abilities. Non-members welcome on first ride. Capital Region. Skip Holmes: 466-1182. webmhcc.org Tue NorthwayTen Tour Ride 9am. 35M. Country Knolls Pool, Clifton Park. Vincent Scavullo: 470-7115. webmhcc.org. Tue Tue Night Rensselaer Co Multi-Pace Ride. 5 pm . 30M. Algonguin M.S., Poestenkill. Sharon Gibbs: 283-0155. webmhcc.org.
Tue Terrible Tue Quick Ride. 5:30pm. 35M. Park/Ride, Bethlehem. Skip Holmes: 466-1182. webmhcc.org.
15 Time Trial Series: 6/15-8/24. 6:30pm. West River Rd, Fort Edward. adirondackspokes.com.
Wed CBRC Quick Training Ride. 6pm. 30M. S. Bethlehem Park, S. Bethlehem. Paul McDonnell: 439-1477. webmhcc.org.

Thu Thu Night Pizza Tour Ride. 6pm. 25M. SCCC, Schenectady Mark Wilder: 346-5988. webmhcc.org.
Fri Serotta Open Fit Lab \& Factory Tours. 11 am . Serotta Competition Bicycles, Saratoga Springs. 584-8100 x104. serotta.com.
Sun Wake-Up Casual Ride. 7:15am. 15M. Hannaford Voorheesville. Steve Redler: 434-1540. webmhcc.org. AUGUST
Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M. 8am. Mt Equinox, Manchester, VT. Andy Holzman: 802-362-0273. gearupforlyme.com.
The Ti Ride. 41M. 7am. Bike: Lake George to Ticonderoga Mohican: Ticonderoga to Lake George. Inside Edge Ski \& Bike: 793-5676. adirondackspokes.com.
14 Adirondack Spintacular: Bike or run/walk for hemophil ia/organ donation awareness. $5 \mathrm{~K} / 6 \mathrm{M} / 12 \mathrm{M}$. 10am Mayfield Fairgrounds, Mayfield. Carol: 863-8998. adirondackspintacular.com.
14 9th NY Capital Region Road Race. 23-83M. 10am. Ravena Coeymans-Selkirk H.S., Ravena. Paul McDonnell: 281-3710 cbrc.cc.
15 5th Ididaride:Adirondack Bike Tour. 75M: 8:30am. 20M w shuttle: 1pm. Ski Bowl, North Creek. Adirondack Mountain Club: 800-395-8080. adk.org.
15 Tour de Columbia County. 35-50M supported ride Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
15 2nd Altamont Criterium Race. 15-40M. Altamont. 275-6185 anthemsports.us.

1st Tour de Schenectady Ride. 55M/16M road rides, kids race, MTB race. Central Park, Schenectady. 847-2419. schenectadycancerfoundation.org.
3rd Tour de Farm. 35M/15M supported. 9am. Hand Melon Farm, Greenwich. 692-7285. agstewardship.org. 4th Way North Century Ride. $100 \mathrm{M} / 50 \mathrm{M} .8 \mathrm{am}$. The Oval, Plattsburgh. 563-7620. adirondackcyclingteam.com. Tour de Family Cycle. 10M/25M/50M. 9am. Family of Woodstock, Woodstock. familyofwoodstockinc.org. 10th Pat Stratton Memorial Century Ride. 100/50/25M \& kids' ride. 8am. Mt. Pisgah, Saranac Lake. Bob Scheefer: 891-5873. bikeadirondacks.org.
28 1st Bike the Byway. 8am. 40M multi-pace ride on Mohawk Towpath Byway. Amtrak Station, Schenectady. Eric Hamilton: 371-7548. mohawktowpath.org.
28 18th Echo Lake Road Race. 10M bike or 5M/10M run. East Charleston, VT. Ellen Bowen: 802-873-3285. active.com.
28-29 27th Chris Thater Memorial Bicycle Races. 12-50M. Binghamton. Jim May: 607-778-2056. bcstopdwi.com

## SEPTEMBER

Labor Day Race Weekend: Coon Hill Grind 2M Time Trial. 4pm. Skaneateles Ski Center, Marietta. skanraces.com.
11-12 MHCC Saratoga Century Weekend. 100M 8am. 62M 9am. 50M 10am. 25M 11 am . Saratoga Spa S.P., Saratoga Springs. Skip Holmes: 466-1182. webmhcc.org.
1st Double H Ranch Camp Challenge Ride. 15M/30M/62M Double H Ranch, Lake Luzerne. Kimberly Checchia: 696-5921. doublehranch.org.
17-19 Adirondack 540 RAAM Qualifier. 136/272/408/540M. 7am Alpine Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
13th Terry \& Ben Claassen Memorial Northeast Kingdom Lakes Century. 100/75/50/25M. Barton, VT. active.com.
3rd Lance Gregson 1-Eye Classic Bike Rides. Cyclist's Dream: 44-56M 8:30am. Lance's Loop: 26M 9am. Scenic Route: 10-15M 10:30am. Easy Does It: 3-8M 11am. Town Park/Beach, Schroon Lake. Anne Gregson: 532-9479. schroonlakecycling.com.
Tour de Columbia County. $35-50 \mathrm{M}$ supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com Sweat N Fall Century \& Metric Club Training Ride. 62M. St. James, Niskayuna. Heather: 847-2419. bikereg.com. Whiteface Foliage Hill Climb. 8M. 8am. Veteran's Memorial Highway, Wilmington. nysef.org.
Cambridge Valley Cycling Fall Benefit Ride. 100M/50M/25M. Washington County Park, Cambridge. 677-3982
25 3rd Ride Run Walk 4Love to End Child Trafficking. 50M/25M/10M bike rides \& children's ride. New: 5K Run/ Walk. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com.
26 4th Tour de Habitat Bike Tour. 100M: 7:30am, 50/25M: 11am, 10M: 3pm. Capital District Habitat for Humanity. Albany Pump Station, Albany. evansale.com.

## OCTOBER

Peak Season Century. 100M/60M/25M. 7am. Lake George Village. peakseasoncentury.com.
Ride/Walk in Memory of Kevin Watz. 38M: 9am. 15M: 10am. Million Dollar Beach, Lake George. Jim Swart: jmswart@ gw.dec.state.ny.us.
3rd Fall Century. 100M. 8am. Frontier Communications, Gloversville. Adirondack Velo: 773-2444. adkvelo.blogspot.com. Tour de Columbia County. $35-50 \mathrm{M}$ supported ride. Craryville. CycleLogical Bike Tours: 917-533-4639. cyclelogicaltours.com.
Haunted Hundred Overnight Century. 100M. 6pm Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

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## HEALTH \& FITNESS

## ONGOING

Daily CardiotFit Classes: Call for Schedule. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com
Mo-TuBeg/Intro Pilates Mat Class. Mon: 6pm. Tue: 9:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com
Mo-Sa Hatha, Flow, Gentle \& Chair Yoga Classes. Community Church, Schroon Lake. True North Yoga: 810-7871. Class schedule: truenorthyogaonline.com.
M-Tu-W Yoga Open Level Class. Mon: 4:40pm. Tue: 7pm. Wed: 9:15am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
Mo-Fr Capital District Adventure Boot Camp for Women. Clifton Park, Colonie, Rotterdam, Saratoga Springs. 444-8060 cdbootcamp.com.
Mo-Fr Boot Camp Challenge. Albany, Saratoga \& Schenectady counties. 366-1901. makeitfittraining.com.
Mo-Fr Pilates Tower Class. Mon: 9:30am, 10:30am \& 4:45pm. Tue: 10:30am. Wed-Thu: 7pm. Fri: 8:30am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com.
Tue Take Shape for Life: Support Groups w/Dr. Paul Lemanski. 6pm. Prime Care Physicians, Albany. 618-1100. centerforpreventivemedicine.com.
Tu-Th-Sa Pilates Open Level Mat Class. Tue: 6pm. Thu: 9:30am \& 6pm. Sat: 9am. Malta Pilates Center, Malta. 369-4992. maltapilatescenter.com

AUGUST

Free Yoga, Self-Defense Classes Fundraiser to Fight Breast Cancer. Torres Tae Kwon Do, Clifton Park. Cecily Baily: 573-8788.

## OCTOBER

The Hoopla: Healthy Family Fair. Victoria Pool bldg., Saratoga Spa S.P., Saratoga Springs. thehoopla.org.
NY Capital Region Vegetarian Expo. Saratoga Springs City Center, Saratoga Springs. nyvegetarianexpo.org.

## HIKING \& ROCK CLIMBING

## ONGOING

Mo-Fr Summer Camps: Jul-Aug. Ages 10+. Albany's Indoor RockGym, Albany. 459-7625. airrockgym.com.
Daily Nature Trek: Stag Brook Falls: 6/25-10/11. 10:30am Whiteface, Wilmington. 946-2223. whitefacelakeplacid.com.
Daily Guided Hike: Bear Den Mtn at Whiteface: 7/8-9/6. 10am Wilmington. 523-1655. whitefacelakeplacid.com. AUGUST
Women's High Peaks Day Hike: Wright Peak. Adirondack Mountain Club: 523-3441. adk.org.
Trailless Peak Day Hike: MacNaughton Mtn. Adirondack Mountain Club: 523-3441. adk.org.
10-13 Dog Days of Summer. Ages 8-12. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
16 Trailless Peak Day Hike: Iroquois Peak. Adirondack Mountain Club: 523-3441. adk.org.
18-22 Leave No Trace Master Educator: Backpacking. Heart Lake Program Center, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

## SEPTEMBER

3, 20 Beginner Day Hikes. 9/3: Nun-da-ga-o Ridge. 6M. 9/20: St. Regis Mt. 5.5M. Adirondack Mountain Club: 523-3441. adk.org
4-6 Trailess Peak Backpacking: The Sewards. Adirondack Mountain Club: 523-3441. adk.org
10-12 Trailless Peak Backpacking: Cliff \& Redfield. Adirondack Mountain Club: 523-3441. adk.org.
3 Trailless Peak Day Hikes: Street \& Nye. Adirondack Mountain Club: 523-3441. adk.org.
Trailless Peak Day Hikes: Mt Marshall. 4,360ft. Adirondack Mountain Club: 523-3441. adk.org.

18-19 Trailless Peak Backpacking:Allen Mt. Adirondack Mountain Club: 523-3441. adk.org.
24-26 Trailless Peak Backpacking:The Santanonis. Adirondack Mountain Club: 523-3441. adk.org.
25 Women's Rock Climbing Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.
26 Family Rock Climbing Day. YMCA Camp Chingachgook Kattskill Bay. 656-9462. cdymca.org.
27 Trailless Peak Day Hikes: Iroquois Peak. 4,840ft. Adirondack Mountain Club: 523-3441. adk.org.

## OCTOBER

1-3 Trailless Peak Backpacking: The Dix Range. Adirondack Mountain Club: 523-3441. adk.org.
Trailless Peak: Esther Mt. Adirondack Mountain Club: 523-3441. adk.org.
Beginner Day Hike: Jay Range. 7.5M. Adirondack Mountain Club: 523-3441. adk.org.
9 Trailless Peak: Street \& Nye. Adirondack Mountain Club: 523-3441. adk.org.
10 Trailless Peak: Table Top Mt. Adirondack Mountain Club: 523-3441. adk.org.
11 Trailless Peak: Mt Marshall. Adirondack Mountain Club: 523-3441. adk.org.
16-17 Map \& Compass Bushwhack. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
23-24 Leave No Trace Trainer. Heart Lake, Lake Placid Adirondack Mountain Club: 523-3441. adk.org.

## MOUNTAIN BIKING \& CYCLOCROSS ONGOING

Daily High Peaks MTB Center. 20M of trails. Olympic Sports Complex, Lake Placid. 523-3764. highpeakscyclery.com.
Daily Whiteface Lift-Serviced MTB Riding. Whiteface MTB Center, Wilmington. 946-2223. downhillmike.com.
Tue MTB Rides. "Spirited" pace. 6:30pm. Placid Planet Bicycles, Lake Placid. 523-4128. placidplanetbicycles.com.
Tue Hot August Nights MTB Series. 6pm. Central Park, Schenectady. bikereg.com.
Sa-Su Gore Lift-Serviced MTB Riding: 7/17-10/30. 10:30am: Skill Lessons for Beginners. Gore, North Creek. 251-2411 goremountain.com.

> AUGUST

7 Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com
12 Mini Downhill Race \#2. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
14-15 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
15 Taconic 909 Challenge MTB Race. Pleasant Valley 845-505-1211. espraces.com
19 Mini Dual Slalom Race \#2. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
21 XTERRA Lake Placid: MTB Demo Day. Olympic Speedskat ing Oval, Lake Placid. 631-392-1542. triandduit.com.
21 Tour de Schenectady MTB Race. 10am. Central Park,
Schenectady. 847-2419. schenectadycancerfoundation.org. 26 Mini Super D Race \#2. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
26-29 Windham 2010 UCI Mountain Bike World Cup \& Festival. UCI World Cup Finals (XC, DH, 4X), Race the World (XC, DH), Festival Events for All (expo, kids' race, big wheel race, concert, parties). Free spectator admission. Windham Mountain, Windham. 943-3223. racewindham.com.
29 3rd Race to Top of VT. 4.3M. MTB: 10am. Run: 9am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org.

## SEPTEMBER

4 Downhill Mountain Biking Camp. 10am-3pm. Gore
Mountain, North Creek. 251-2411. goremountain.com

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Saturday, August 21 at 9am Canoe Take-Out (11M W of Exit 21), Hadley - 5 K foot race in Hadley - 7.5M bicycle ride across Stewart's Dam - Tube paddle across Hudson River from Lake Luzerne to Hadley canoe take-out Individuals $\$ 20$ \& Teams $\$ 55$ Teams: M/F/Coed/Family/Company Entry/Info: hadleybusinessassoc.org (518) 696-4947 • hadleyba2003@yahoo.com Bike, helmet, inner tube \& PFD required
Benefits Hadley Business Assn Scholarship Fur


## 34Th Annual

Josh Billings RunAground Sunday,
September 12, 2010
Bike, Canoe or Kayak, Run Triathlon
Team \& Iron Categories 27 mile bike • 5 mile canoe/kaydk • 6 mile run

37 categories-iron, tin, 4 person teams www.joshbillings.com, www.active.com

Old Town Canoes/Kayaks \& Sportspal Canoes Now Available!

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Otter XT • Vapor 10 Vapor 10 XT•Vapor 12 Vapor 12 XT - All in stock

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Paddles, PFDs, oars and all accessories
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A full line of fishing \& hunting equipment
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M-F 10-6, Sat 10-4, Sun (call)
Great Prices, Selection \& Service!

4 Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
11 Super D Race. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
11-12 "Fun Not Fear" Dirt Camp. High Peaks MTB Center, Lake Placid. 523-3764. highpeakscyclery.com.
11-12 5th Whiteface 5K Downhill MTB Race. Whiteface MTB Park, Wilmington. 946-2223 x 7 . downhillmike.com
12 Luther Loops 2-Hour MTB Race. 9am \& 10:30am. Luther Trails, Ballston Spa. 847-2419.
19 4th Race with the Wind. 50M MTB race. 12M school/family ride. 10am. Maple Ridge Wind Farm, Lowville. 315-376-2213. lewiscountychamber.org.
19 NYSEF Whiteface Foliage Hill Climb. 8M. 8am. Whiteface Highway, Wilmington. 946-7001. nysef.org.

## OCTOBER

$2 \quad$ Ladies Day. 12pm. Whiteface MTB Park, Wilmington. 946-2223 x7. downhillmike.com.
CX@Brewery Ommegang. 8am. Brewery Ommegang, Cooperstown. 315-415-5972. ommegang.com.
16-17 Uncle Sam Cyclocross/NYCROSS.com Series. 30-45min. 9:15am. Prospect Park, Troy. 441-1296 nycross.com.
MOUNTAINEERING \& WILDERNESS SKILLS AUGUST
9-13 Pathfinders Wilderness Training: Overnight. Age 12-16. Ndakinna, Greenfield Center: 583-9958. ndcenter.org.

## MULTISPORT: TRIATHLON \& DUATHLON

 ONGOINGMon 27th High Peaks Mini-Tri Series: 6/21-8/16.400yd swim, 12M bike, 3 M run. 6:30pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
Tue CDTC Crystal Lake Training Series: 6/8-8/24.6pm. Crystal Cove, Averill Park. cdtriclub.org.
Thu STC Weekly Workouts: Jun-Sep. Lake Desolation, Middle Grove. Jason Hart: 339-7338. saratogatriclub.com.

## AUGUST

6 3rd Fronhofer Tool Kids' Triathlon. Ages 6-17.50yd swim 2.4M bike, 0.5M run. 6pm. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhofertooltriathlon.com. 4th Fronhofer Tool Triathlon. 8am. 1.5K swim, 40K bike, 10 K run. 2 pm : 0.5 M swim, 14.5 M bike, 5 K run. Lake Lauderdale, Cambridge. Bridget Crossman: 761-4067. fronhofertooltriathlon.com.
14 Dryden Lake Puddle, Paddle \& Run. Dryden Lake, Dryden. drydenlakefest.org.
14 Sprint Triathlon III. 500yd swim, 15.4M bike, 3.1M run. 8am. Shelburne, VT. 802-985-4410. racevermont.com.
15 10th Cazenovia Triathlon. 800 m swim, 23 M bike, 5 K run or 1500 m swim, 40 K bike, 10 K run. Also, aquabike. Lakeside Park, Cazenovia. cazenoviatriathlon.org.
21 Crystal Lake Triathlon. 0.5 M swim, 18 M bike, 3 M run. 8am. Crystal Cove, Averill Park. 280-6047. cdtriclub.org.
21 XTERRA Lake Placid Triathlon: Race Clinic w/Ken Robins. 12pm. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
21 3rd Run-Pedal-Tube Triathlon. 5K run, 7.5M bike, Hudson tube paddle. 696-4947. hadleybusinessassoc.org.
21 Sebagoman Olympic Triathlon. 1500 m swim, 24.9 M bike, 6.2 M run. Harriman S.P., Sebago Lake. genesisadventures.com.
22 2nd XTERRA Lake Placid Triathlon. Olympic: 1500 m swim, 19K MTB, 6.6M run. Sprint: 750 m swim, 9.5 M MTB, 3.3 M run. 8am. Olympic Speedskating Oval, Lake Placid. triandduit.com.
22 1st Lake Delta Triathlon. Olympic: 1500 m swim, 40 K bike, 10 K run. 8am. Delta Lake S.P., Rome. Michael Brych: 315-404-8130. atcendurance.com.

28 Sprint Triathlon IV. 500yd swim, 15.4M bike, 3.1M run. 8 am . Shelburne, VT. 802-985-4410. racevermont.com.
Team LUNA Chix Lake Desolation Splash \& Dash. 11am. Aquathon: 0.5 M swim \& 3.1M run. Tinney's Tavern, Lake Desolation. Rachel Knaggs: 496-0874. teamlunachix.com.
Battle of Battenfeld Off-Road Triathlon. 1.2M trail run, 6.2 M MTB, 2 M trail run, pond swim, $2 \mathrm{M} \mathrm{MTB}, 2 \mathrm{M}$ trail run. Milan. 845-750-0719. cm 2promotions.com.
River Rat Triathlon. 600 m swim, 18 M bike, 3.1 M run or 3 M kayak/ canoe, 18 M bike, 3.1 M run. Clayton. tiylo.org.
DiamondGirl NY Women's Only Triathlon. 500m swim, 16M bike, 4 M run. Intl: 1500 m swim, 31 M bike, 8 M run. Harriman S.P., Lake Sebago. piranha-sports.com.

29 Half VT Journey Triathlon. 1.2M swim, 56M bike, 13.1M run. Salisbury, VT. 802-462-2999. rushtonsports.com.

## SEPTEMBER

Labor Day Race Weekend: 6th Skinnyman Triathlon. 800yd swim, 14M bike, 3M run. 7:30am. Clift Park, Skaneateles. swim, 14M bike,
skanraces.com.
11 Montreal Esprit Triathlon. Ironman, Half-Ironman, Olympic, Sprint, Duathlon. Montreal, QC. esprittriathlon.com.
11 1st Schenectady County Pedal-Paddle-Run. 3.7M bike, 3.1M run, 1.6M paddle. 8:30am. Freedom Park, Scotia. schenectadycounty.com.
2nd DACC Sprint Triathlon. 9am. Duanesburg Area Community Center, Duanesburg. Jenn Dixon: 895-9500. dacc.info. Potsdam Triathlon. 0.25 M swim, 12M bike, 3.1 M run. 9 am Potsdam Triathlon. 0.25M swim, 12M
SUNY Potsdam. 315-267-2167. potsdam.edu. 34th Josh Billings RunAground Triathlon. 27 M bike, 5 M canoe/kayak, 6M run. Great Barrington to Lenox, MA. joshbillings.com.
18 5th Lake George Triathlon. 0.9 M swim, 24.8 M bike, 6.2 M run. 8:30am. Battlefield Park \& Beach Rd, Lake George. 792-5999. adktri.org.
19 1st Ironman 70.3 Syracuse. 1.2M swim, 56 M bike, 13.1 M run. County Beach, Jamesville. ironmansyracuse.com. Go Extreme Adventure Race (GEAR). Courses: 5-7M, 12-15M or 18-21M. Run, bike, canoe. 7:30am. St. Lawrence County. Ruth Fishbeck: 315-261-4760. gethealthyslc.org
Tri \& Du for Suicide Prevention. Tri: 0.33M swim, 15M bike, 3 M run. Du: 1M run, 15M bike, 3M run. 8am. Rocking Horse Ranch, Highland. 845-247-0271. nytri.org.

## OCTOBER

Central Park Biathlon. 2 M run, 12 M bike, 2 M run. Central Park, New York. 845-247-0271. nytc.org.
17 8th Mohawk Towpath Byway Duathlon. 2.2M run, 16M bike, 2.2M run. 9am. Kids' Fun Race: 8:30am. Krause's Grove Clifton Park. mohawktowpath.org.

## OTHER EVENTS <br> ONGOING

Daily Summer Camp \& Teen Adventure Trips. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org. Mo-We OC Ski Club's Summer Volleyball League. Polish Community Center, Albany. ocskiclub.org.
Wed Wet \& Wild Wednesday Aerials: 7/7-8/25. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.
Th-Mo Be a Biathlete Clinics: 6/25-8/30. Olympic Sports Complex, Lake Placid. 523-1655. whitefacelakeplacid.com.
Sat Soaring Saturdays Ski Jumping: 7/3-8/21. Jumping Complex, Lake Placid. 523-3764. whitefacelakeplacid.com.
Sat 8/7-9/5 Fly-Casting Walk-On Adventures: 7/24-9/5. 10:45am. LLBean, Albany. 437-5460. llbean.com.

## AUGUST

11 Leukemia \& Lymphoma: Team in Training Info Session 5:30pm. Crossings of Colonie, Loudonville. teamintraining.org.
20 Rappel "Over the Edge" for Special Olympics NY. Crowne Plaza, Albany. 388-0790. nyso.org.

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 Discover how regular massage can enhance your performance!Call today to schedule
your appointment with one of our licensed therapists.

## St. Regis

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Teal Ribbon 5k Run G 1 Mile Walk

Awareness \& Research
Sunday, September 12 •9am Washington Park, Albany
$T$-shirts to the first 600 participants Awards to top overall, top age groups, highest fundraisers \& other awards $\$ 15$ by $9 / 1 \bullet \$ 20$ day of race
$\$ 12$ team members by $9 / 1 \bullet \$ 20$ race day
Information \& Application:
www.CaringTogetherNY.org • (518) 783-7600

## Haliffinarathon

# $\Delta$ 13.1 Mile Road Race T-Shirts for All Pre-registered Entrants 

 P Post Race Ceremony $\checkmark$ New! 5-year age group awardsNEW DATE!
Saturday
September 11th

## part of a perfect day

LAKE PLACID

## SEPTEMBER

10-12 Teddy Roosevelt Weekend. Special events \& 5K Run/Walk. Newcomb. 582-2991. newcombny.com.
24-26 Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. cdymca.org.

## OCTOBER

Oktoberfest. Whiteface Mountain, Wilmington. whitefacelakeplacid.com
9-10 Gore Mountain Harvest Fest. Gore Mountain, North Creek 251-2411.goremountain.com.
9-10 10th Flaming Leaves Festival. Olympic Jumping Complex, Lake Placid. whitefacelakeplacid.com.

## PADDLING: KAYAKING \& CANOEING

 ONGOINGTue Sundowner Clinics/Time Trials: 8/10, 24. 6pm. Saranac Inn, Upper Saranac Lake. macscanoe.com.
Tu-We Evening Tours on Local Waterways w/ADKAlbany Chapter 8/10: 6:15pm. Hudson, Corning Preserve. 8/17: 5:45pm Hudson, Lock 1, Halfmoon. 8/24: Mohawk, Kiwanis Park, Rotterdam. 8/31: 5:45pm. Hudson \& Mohawk, Lansingburgh. 9/8: 5:45pm. Hudson, Henry Hudson Park Bethlehem. 9/14: 5:45pm. Mohawk, Freeman's Bridge, Glenville. 9/28: 5:15pm. Mohawk, Crescent Bridge to Colonie T.P. Adirondack Paddle ' $N$ ' Pole: 346 -3180. onewithwater.com.

Wed NNYP Weekly Time Trials: 5/5-9/15. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. 399-1435. swcweb.org.
Wed SLVP Scramble Series. Little, Raquette \& Grasse rivers, Canton. Steve Coffin: 315-854-0881. nymcra.org.
Sa-Su Walk-On Adverntures: 7/3-10/10. 9:30am. LLBean, Albany 437-5460. llbean.com

## AUGUST

Riverfest. 9.8M leisurely paddle on Black River. Free shuttle. Chicken BBQ. Castorland to Carthage. 315-376-2213. lewiscountychamber.org.
11\&13 Kayaking Basics. Wed: 6:30-8pm; Fri: 8:30-10am. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle ' $N$ ' Pole: 346-3180. onewithwater.com.
13 Kayak Rescue \& Recovery. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle ' N ' Pole: 346-3180. onewithwater.com.
18\&20 Fundamentals of Kayaking. 6:30-8pm. Lock 7 Boat Launch, Niskayuna. Adirondack Paddle ' $N$ ' Pole: 346-3180. onewithwater.com.
21 Newcomb North Country Challenge. 10M race. 5 M rec. 12pm. Lake Harris, Newcomb. 582-4601. newcombny.com.
27-29 Intro to Canoe Camping: St Regis Canoe Area. Adirondack Mountain Club: 523-3441. adk.org.

## SEPTEMBER

6-10 Leave No Trace Master Educator: Canoeing. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
10-12 Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. macscanoe.com.
1 Women's Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
2 Family Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
9 Adult Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. chingachgook.org.
5 Paddle for the Cure. 6M. 11am. Mountainman Outdoors, Old Forge. Janice Sell: 315-464-6276.
mountainmanoutdoors.com.
Long Lake Long Boat Regatta. 15M. Adirondack Kayak Championships. 10M. 10am. Long Lake. macscanoe.com.

## OCTOBER

Adirondack Canoe \& Kayak Rendevous. Fri-Sat: 9am-6pm Sun: 9am-5pm. Mountainman Outdoor Supply Co, Old Forge 315-369-6672. mountainmanoutdoors.com.

Annual Mystery Race. 1pm: Club paddle. 2pm: Mystery Race. 3pm: banquet. Madrid. 315-854-0881. slvpaddlers.org.
15-17 Moose River Whitewater Festival. Old Forge. 315-369-6672. mountainmanoutdoors.com.

## RUNNING, TRAIL RUNNING \& WALKING

## ONGOING

Daily ChiRun/Walk Instruction w/Ann Margaret McKillop. 802-259-3617. Ludlow,VT. myfitnessrecovery.com.
Thu ARE Summer Trail Run Series: 5/27-8/26. 6:30pm. Various locations, Albany. 320-8648. albanyrunningexchange.org.
Sun Summer Trail Run Series: Starting 7/18. 4-7M. 6pm. Marcy Field Keene Valley. The Mountaineer: 576-2281. adktrailrun.com.

## AUGUST

2nd Chingachgook Challenge Half-Marathon \& 10K. Half: 8am. 10K: 9am. YMCA Camp Chingagook, Kattskill Bay. John Kinnicut: 265-2876. areep.com.
9th Race the Train. 8.4M from Riparius. 8am: train ride. 9 am: run back. 1M fun run: 11am. UHRR, North Creek. Ann Arsenault: 251-2602. adirondackrunners.org.
2nd Fasig-Tipton 5K Race. 8am. 1M: 7:30am. Finney Pavilion, Saratoga Springs. areep.com.
32nd Dynamic Duo Pursuit Race. 3M/person.8:30am. Town Park, Colonie. Frank Myers: 783-2760. hmrrc.org 1st 5K Run \& Walk for Brachial Plexus Injury. 9am. Saratoga Spa S.P., Saratoga Springs. Karan: 885-1616. 9th Turning Point 5K. 9am. Saratoga Spa S.P., Saratoga Springs. Kim Gamache: 583-2940. finishright.com
25th Run for the Roses. 5K-9am. 2.5M walk-8am 1 M run-10am. Grafton Lakes S.P., Grafton. graftoncommunitylibrary.org.
2nd No Kids Allowed: Senior Masters 5K/10K Race. 9am. The Crossings, Colonie. 225-5494. areep.com.
Save our Switchbacks Road Race. 7.5K. 9am. Parkway Ski Chalet, Utica. uticaroadrunners.org.
19th 100K Catskill Mtn Road Relay. 6am-8am. teams of 6-10. 845-386-9174. sullivanstriders.org.
Running of the Tories. 5K. 9am. Tory Lane to Recreation Park, Arlington, VT. Dick Bailey: 802-375-2397. bkvr.org.
Tawasentha XC 5K Series \#2. 6:30pm. Tawasentha Park,
Guilderland. Josh Merlis: 320-8648. hmrrc.com.
Adirondack Spintacular: Run, Cycle or Walk. 5K/6M/12M. 10am. Mayfield Fairgrounds, Mayfield. Carol Madeiros: 863-8998. adirondackspintacular.com.
8th Jailhouse Rock 5K. 8:30am. Brookside Museum, Ballston Spa. Joy Houle: 885-4000. brooksidemuseum.org. 4th Run for the RACC. 5K/1M Walk/Kids' Fun Run. 8:59am. Rome Art \& Community Center, Rome. romeart.org. 4 Ken Hummel Memorial 5K Run/Walk. 9am. Town Hall, Stuyvesant. 758-6248. stuyvesantny.us.
Heels to Paws 5K. Stratton Resort, Stratton, VT. Myra Foster 802-297-4137. stratton.com
32nd Bridge of Flowers Road Race. 10K/3K. Shelburne Falls, MA. bridgeofflowers10k.com
15 16th Indian Ladder Trail Runs. 15K: 9am. 3.5M: 11 am . Includes BBQ lunch. Thacher S.P., Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
15 Heritage Day 10K. 10am. Penfield Homestead Museum, Ironville. Dave Burrows: 926-8005. lachute.us.
Mountain Madness Trail Run. 30K/12K. 8:30am. Virgil S.E., Virgil. 607-564-1804. fingerlakesrunners.org.
2nd Crazy Magic 12 \& 6 Hour Ultra Trail Run. 6am. Central Park, Schenectady. Heather Rizzi: 847-2419
15 Savoy Mt Trail Races: 22M/11M/4M. 10am. Florida, MA. runwmac.com.
Camp Saratoga 5K Trail Run \#5. 6:15pm. Camp Saratoga, Wilton. saratogastryders.org.
16 Tawasentha XC 5K Series \#3. 6:30pm. Tawasentha Park, Guilderland. Josh Merlis: 320-8648. hmrrc.com

## 13th Annual

Altamont 5 K

## Run \& Walk

Saturday, August 28 9am
Bozenkill Park, Altamont
Gun Club Rd (10mi w of Albany)
10:15am: Altamont Mile
\& Other Kids' Races

T-Shirt to first 3505 K entries
Awards to top $3 \mathrm{M} / \mathrm{F} 5 \mathrm{~K}$
\& 5 -year age groups
Great Live Music
100 Raffle Prizes

Register: Active.com (fee)
Altamont5K.org ( no fee)
Phil Carducci (518) 861-6350
To benefit Altamont Food Pantry
Bring unexpired dry goods


We provide all the support and inspiration formen mine
you need - your raise funds for lifesaving
cancer research.
See Calendar "Other Events" listings
Info Meetings. For more information:
Info Meetings. For more information:
[518] 438-3583 or teamint

Kinderhook Runners Club
Red Apple Trail Run
5 K Run/Walk \& 10K Run
Saturday, Sept. 11 - 9am
Samascott Orchards
5 Sunset Ave, Kinderhook, NY
$\$ 15$ fee or $\$ 10$ KRC members Register: active.com or kinderhookrunnersclub.com
Knit gloves to first 100 registered Many raffle prizes including iPod nano
Sponsored by Samascott Orchards \& Red Apple Realty

## Ty Yandon Memorial

 5K Run/WalkSunday, September 12•9am Newcomb Overlook, Newcomb

Registration (\$15) begins 7:45am Info: adkpa@aol.com or Kevin Bolin: (518) 582-2991 Part of Teddy Roosevelt Celebration Sept. 10-12 in Newcomb Visit: newcombny.com

## 10TH ANNUAL <br> qumpanind <br> ross <br> Elassic

5K Cross Country Race/Walk - 10am Saratoga Spa State Park, Saratoga Springs
1K Kids Classic - 11:00 AM USATF Adk 5K XC Cbampionship Moisture wicking T-shirt to all registered by 10/4
583-3114 or jallen3@nycap.rr.com Benefits: Saratoga Center for the Family Register Online,
No Additional Charge
SaratogaNational.com


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## Indirondack Distance Festival

Half \& Full Marathon
Half - 10am, September 26, 2010
Schroon Lake, New York
5K \& 10K Races
9:30am, September 25, 2010
Chestertown, New York
Visit Our Website
adirondackmarathon.org
For Info \& Registration Form
Call 1-518-532-7675

## Clover Combo Classic 8K Run

Sunday, Sept. 26 •10am New start:
Main St., Fort Hunter
(20M west of Schenectady, l-90 Exit 27)
© Scenic course on road \& grass (same as Mule Haul)
\& Awards to top 3 M/F \& 10-year age groups \& T-shirt to all registered by 9/12
\& $\$ 20$ by $9 / 12$ or

Also: 5K Walk-a-thon,
1K Kids' Dash, 100yd Mascot Race

## Entry Form: ccefm.com

518-762-3909 x113 or 114
To benefit 4-H youth programs in Fulton \& Montgomery counties

HOPE WTH EVERY STEP

1 Mile Family Run/Walk - 8:15am
trollers \& wheelchairs welcome 5K Run - 8:45am
Shirts ~ Food ~ Fun ~ Prize
Sunday, September 5 Halfmoon Town Park, Halfmoon 162 Rte 236, just south of Rte 146
Register: communityatcp.org
Sponsored by Wobbly Feet in honor of Connor Dzemb
Raise the most money for A-T research to win!


2010 ENTRY FORM:
BHBLROTARY.ORG
PAUL LEWANDOWSKI (518) 399-2225

# 16th Annual Burnt Hills-Ballston Lake Rotary 

 5K RUN AND WALK BURNT HILLS, NY Saturday, Oct. 9 • 9AMKIDS MILE FUN RUN: 9:45AM O'ROURKE MIDDLE SCHOOL, BURNT HILLS USATF CERTIFED COURSE - CHIP TIMING SHIRTS FOR FIRST 200 PARTICIPANTS \$18 BEFORE $10 / 1$ (\$25 AFTER) KIDS MILE FUN RUN: $\$ 10$

17 Capital District YMCA Series \#3: Southern Saratoga 5K Run/Walk \& Kids Fun Run. 6:30pm. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
19 Delta Lake Half-Marathon. 13.1M. 9am. Delta Lake S.P., Rome. uticaroadrunners.org.
21 XTERRA Lake Placid: 10K \& 5K Trail Runs. 9am. 8/22: XTERRA LP Triathlon. Olympic Speedskating Oval, Lake Placid. 631-392-1542. triandduit.com.
21 5th New Visions 5K Run. 10:30am. 1M Walk: 10am. The Crossings, Colonie. 935-4334. newvisionsofalbany.org. 21 Castleton Kiwanis Clove Run 10M \& 5K. 8:30am. Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
21 5th YMCA 5K/10K Run. 9:45am. YMCA, Malone. Susan Werner: 483-1882. maloneymca.com.
21 CHS XC/Track 5K Run/Walk. 6pm. Columbia H.S., East Greenbush. Kathy: nuthouse39@hotmail.com.
21 2nd Groovy Gouvy 5K, Kids' Fun Run \& 2M Walk. 9am. Riverview Park, Gouverneur. northernrunner.org.
21 31st Round Church Women's Run. 5K/10K. 8:30am. Richmond, VT. Martha Keenan: 802-238-0820. gmaa.net.
22 26th Tony Luciano 5K Road Race. Hudson Falls C.S., Hudson Falls. Debbie Battiste
4th Trooper Joseph Longobardo 5K. 10am. Orenda Pavilion Saratoga Spa S.P., Saratoga Springs. active.com.
26 Book Signing \& Presentation w/Dick Beardsley. Signing: 2-4pm. Fleet Feet Albany. Presentation: 6-8pm. Auditorium Colonie H.S., Colonie. 459-3338. fleetfeetalbany.com
28 13th Altamont 5K Run \& Walk. 9am. Altamont Mile \& Kids' Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
28 18th Echo Lake Road Race. 10M bike or 5M/10M run. East Charleston, VT. Ellen Bowen: 802-873-3285. active.com.
28 2nd Run for the Future 5K. 9am. United Church, Stillwater Rick Morgan: 664-8325. stillwaterunitedchurch.com. 29 Chris Thater Memorial 5K Run. 10am. Recreation Park, Binghamton. Jim May: 607-778-2056. bcstopdwi.com. 29 3rd Race to Top of VT. 4.3M. Run: 9am. MTB: 10am. Mt. Mansfield, Stowe, VT. 802-864-5794. catamounttrail.org. 29 18th Scholarship XC Run. 5K. 9am. South Burlington, VT. Ken Schatz: 802-598-5959. gmaa.net.

## SEPTEMBER

Fight for Air Climb. 5K run/walk. 10am. Bolton Valley Resort, VT. 802-876-6860. lungne.org.
1st Run for the Horses 5K. 8:30am. Fasig-Tipton Pavilion, Saratoga Springs. trfinc.org.
5 1st Hope with Every Step 5K \& 1M Family Walk/Run. 8:45am. 1M: 8:15am. Halfmoon Town Park, Halfmoon Christina Bolton: 330-6020. communityatcp.org. Scottish Games 5K. 11am. Altamont Fairgrounds, Altamont scotgames.com.
Labor Day Race Weekend: 4-Mile Road Race. 4pm Skaneateles. skanraces.com
Monster Marathon \& Half-Marathon Trail Runs. 7am. Virgil S.F., Virgil. fingerlakesrunners.org.
6 22nd SEFCU Labor Day 5K Race/Walk. 9am. SEFCU Headquarters, Albany. 464-5243. sefcu.com. hmrrc.com. 35th Mt Greylock Uphill Road Race. 8M. 10am. Resevoir, North Adams, MA. 802-423-7537. runwmac.com.
11 40th Original Lake Placid Half Marathon. 10am. North Elba Show Grounds, Lake Placid. 523-2591. northelba.org.
11 Capital District YMCA Race Series \#4: Brenda Deer 5K Run/Walk \& Kids Fun Run. 9am. YMCA, Guilderland. 4563634. cdymca.org.

11 2nd Red Apple Trail Run. 5 K \& 10K. 9am. Samascott Orchards, Kinderhook. 758-1218. kinderhookrunnersclub.com. 1st MBPA 5K: Community Day. 8:30am. HVCC Tec Smart, Saratoga Tech/Energy Park, Malta. areep.com.
11 Basket of Hope 3M Run/Walk. 9am. Warren Co Bike Path on Dix Ave, Glens Falls. Danielle McCormick: 792-1372. thebasketofhope.org

3rd Wind Power Challenge Road Races. 5K/10K. 10am. Gen
Martin Mansion, Martinsburg las Martin Mansion, Martinsburg. lewiscountyhistory.org. Maple Leaf Half-Marathon \& 5K Run. 9am. Manchester, VT. 802-362-3526. manchestervtmapleleaf.com.
9th Teal Ribbon 5K Run \& 1M Walk for Ovarian Cancer Awareness \& Research. 9am. Washington Park, Albany. 783-7600. caringtogetherny.org.
9th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolin: 582-2991. newcombny.com The Dunkin Run 5K. 8:30am. Jewish Community Center, Albany. 438-6651. saajcc.org.
Doug Ellett Memorial 5K Run/Walk. 9:30am. Cohoes H.S., Cohoes. Debbie Matthews: 237-3559.
Albany Autism Society 5K Run/Walk. 7am. Central Park Schenectady. Jenny: 588-1189. albanyautism.org. Barry Hopkins Run at Olana. 9:30am. Olana State H.S., Hudson. Carri Manchester: 828-0135. oprhp.state.ny.us Curly's Trail Run Half-Marathon. Pittsfield, MA. runwmac.com 42nd Archie Post 5-Miler. 8:30am. Gutterson, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net. 4th Landis Arboretum 5K Forest Run. 9:30am. Landis Arboretum, Esperance. Jonathan DiCesare: 231-2290. landisarboretum.org.
15th Run to Remember 5K. 9am. Harkness Field, Troy David Teubl: 845-594-4075
2nd Capital Region Special Surgery "Race for Hope" 5 K . 10am. Slingerlands. capitalregionspecialsurgery.com. 2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna. Lori Peretti: 386-4526. niskayuna.org.
5K for Huntington's Disease. 9am. Tawasentha Park, Guilderland. Stephanie Keller: 356-5144
Run/Walk for Haiti with Love. 5K. 9am. Watertown. Kelly Clark: 315-777-6500.
Coxsackie P.A.L. 5K Run/Walk. 9am. McQuade Park, Coxsackie. areep.com
7th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net The Saratoga Palio Half Marathon \& 5K Run/Walk. 8am. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
4th Old Dater Farm "Run for Life" 5K Run. 10am. Fun Run: 11 am . Benefits Hannah's Hope Fund. 5 Caraway Ct, Clifton Park. Julie Gauer: 373-2721. hannahshopefund.org. 39th HMRRC Anniversary Races. 2.8M/5.6M. 9am. UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
32nd Dutchess County Classic: Half-Marathon \& 5K. 8:30am. Wappingers Rec Area, Wappingers Falls. dcclassic.com. 4th George Coope Memorial 5K/10K. 10am. Fairgrounds, Adams, MA. 413-743-8300. celebrateadams.com. Run 2 Row 5K. 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. active.com.
3rd Anne's Quest 5K. 9:30am. Shaker H.S., Latham Kelli Rosenthal: 446-9638. annesquest.org.
29th Arsenal City Run \& Community Night. 5 K road race 6pm. City Hall, Watervliet. 270-3800. watervliet.com. 17th FAM 5K "Fund" Run/Walk. 10am. Cobleskill Fairgrounds, Cobleskill. Frank Privitera: 234-7400. fam5k.com. 3rd Ride Run Walk 4Love to End Child Trafficking. New: 5 K Run/Walk. 50M/25M/10M bike rides. Children's Ride. Saratoga Spa S.P., Saratoga Springs. 369-2000. ride4love.com Adirondack Distance Festival: 5K \& 10K. Chestertown. 888-724-7666. adirondackmarathon.org. 33rd Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championship Race. Northport. cowharborrace.com. The Foot Race at Fort Ticonderoga 5K. 10am. Fort Ticonderoga, Ticonderoga. 585-7206. lachute.us. Greenport 5K Trail Run. 9am. Town Park, Greenport. Lauren Haberland: 392-5252. clctrust.org. Urban Race. 8M. 8am. Riverside Park, New York 212-471-5496. nycurbanrace.com.

## 1st Annual Run For Your Life! <br> 5K Run/Walk for Hospice <br> Saturday, October 9•10am Warrensburg <br> Certified course - $\$ 20$ fee

Entry: highpeakshospice.com
Info: Sunday Conine 743-1672
Proceeds benefit:
High Peaks Hospice \& Palliative Care

Falling Leaves 5 K Run \& Kids' Fun Run Saturday, October 9 Kelly Park on Ralph St, Ballston Spa T-hitis for first 100 entries
 10:45am - Kast 12-Mine fin Rup - free Register: ballstonspaumchurch.org Heathe Leggieri,
dhegg@msncom or 518-885-6659


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> Arsenal City Run \& Community Night Friday, September 24

> 5K Road Race: 6pm USATF-Adk Masters 5K Championship Register: active.com
> before $9 / 24$ or $\$ 20$ race day or $\$ 5$ active military Free 1-Mile Fun Run/Walk (all ages): 5 pm Family Festivties: 5 pm -
> Focd, drinks, ive music, activities for all
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Rudy A. Ciccotti Family Recreation Enjoy the beautiful Crossings of Colonie while running/walking this 5K course \$20 by 9/25 (\$25 race day) Long-sleeve T-shirt to first 300 registered Free Kids' Fun Run (1/2mi) - 9:45am

Entry: colonieyouthcenter.org Register: active.com

2nd Nisky Fall Fun 5K. 5:30pm. Town Hall, Niskayuna Lori Peretti: 386-4526. niskayuna.org.
25 Hoosick Pumpkinpalooza 5K. 9am. Wood Park, Hoosick Falls. Elizabeth Dillard: 686-9050.hoosickyouth.org.
26 6th Clover Combo Classic 8K Run. 10am. Main St, Fort Hunter. Also: 5K Walk \& 1K Kids' Dash. 762-3909. ccefm.com
26 7th Crossings 5K Challenge. 9am. Ciccotti Family Rec Center, Colonie. 458-9596. colonieyouthcenter.org.
26 Adirondack Distance Festival: Marathon (9am), 2-Person Relay \& Half-Marathon (10am). 9/25: Expo/Packet Pickup. Schroon Lake. 888-724-7666. adirondackmarathon.org. 36th Falling Leaves Road Race. 5 K \& 14 K . 9 pm . Radisson Hotel, Utica. uticaroadrunners.org.
Catiebug Fight to be Healed 5K Race. 1pm. Kids' fun run: 12pm. 2M walk: 12:45pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
AIDS Walk \& 5K Run. 2pm. Washington Park, Albany. Marcella Hammer: 860-3612. caresny.org.
Battenkill River Duck Run. 5K/12K: 9am. Covered Bridge, West Arlington, VT. 802 375-6039. bkvr.org.
5 for fiVe/Race for a Cure for MPS. 5K. 10am. Saratoga Spa S.P., Saratoga Springs. 451-6740. 5forfivempsrun.com. Downtown 10K. 9am. Burlington, VT. Susan Criscuolo: 201-638-9646.
Continental Airlines Fifth Avenue Mile. 1M. Manhattan, New York. nyrr.org.

## OCTOBER

16th Susan Komen Race for the Cure. 5 K coed run: 9 am . 2M family walk: 10am. Empire State Plaza, Albany. 250-5370. komenneny.org.
Breast Cancer Awareness 4M Run/Walk. 10am. Norwood Beach, Norwood. Pam Rowe: 315-268-0566. northernrunner.org. Run the Judge XC 5K. 9:30am. Pulaski H.S., Pulaski 315-349-8322. visitoswegocounty.com.
Remington Arts Festival 5K. 9am. Phoebe's Restaurant, Canton. Michael Crowe: 315-386-2526. northnet.org. 31st Voorheesville 7.1M. 10am. Town Park, Voorheesville. Jim Thomas: 273-5552. hmrrc.com.
Run for the ROC. 1lam. Saratoga Race Course, Saratoga Springs. Mike Wallner: 583-8348.
29th Wineglass Marathon \& Relay. 8am. Centennial Park, Corning. wineglassmarathon.com
Syracuse Festival of Races 5K. Men: 9am. Women: 9:45am. 3K Run/Walk: 10:45am. Syracuse. festivalofraces.com.
Leaf Peepers Half-Marathon \& 5K. 11am. State Office Complex, Waterbury, VT. 802-223-6997. cvrunners.org
16th Apple Run 5K Run/Walk. 9am. Kids' Fun Run: 9:45am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
4th Falling Leaves 5K. 10am. 1/2M Kids' Fun Run: 10:45am. Kelley Park, Ballston Spa. Heather Leggieri: 885-6659. ballstonspaumchurch.org
1st Run For Your Life! 5K Run/Walk for Hospice. 10am. Warrensburg. Sunday Conine: 743-1672. highpeakshospice.com Adirondack Harvest Run. 10K/5K. 9:30am. Adirondack Community Church, Newton Falls. 315-848-2670. Canandaigua Lake 50 Miles \& 50K. 7am. Canandaigua Lake. Tom Perry: 585-388-5270.
Run for the Horses. $5 \mathrm{~K} / 5 \mathrm{~K}$ Walk. 100 yd Fun Run. Florida Nina Bellinger: 421-0125. easystreetrescue.org.
37th Art Tudhope 10K. 9am. 1/4M kid's run: 8:45am. Shelburne Beach, Shelburne. 802-658-1753. gmaa.net.
10 28th Mohawk Hudson River Marathon \& 9th HalfMarathon. 8:30am. Full: Schenectady to Albany. Half: Colonie to Albany. 10/9: Expo/Packet Pickup. mohawkhudsonmarathon.com.
10 Leaf Cruncher 5K Trail Run. 11am. Gore Mountain, North Creek. Emily Stanton: 251-2411. goremountain.com Newburgh-Beacon Bridge Run. 5M. 1lam. Broadway Newburgh to Beacon Park. 845-895-3402. mhrrc.org.

10 Apple Harvest Festival 5K. 10am. Angelo Canna Memorial Park, Cairo. Rebecca Maroney: 221-7221.
10 The Harvest Half \& 5K. 13.1M: 10am. $5 \mathrm{~K}: 10: 30 \mathrm{am}$. Red Hook. 10 Urd Annual Go, PDC Go! 5K 9.30am. Camp Russell, Richmond Shores, MA. Ann Wildgoose: 413-499-4537. 10 3rd Century Marathon and 1/2 Marathon. 26.2M/13.1M. 7am. Bull's Head Point, Fulton YMCA. 315-598-9622. fultonymca.com.
10 13th Danby Down \& Dirty 10K/20K Trail Runs. 9am. 13th Danby Down \& Dirty 10K/20K Trail Runs. 9am.
Danby S.E., Danby. 617-277-7161. fingerlakesrunners.org
17 Power House Athletics 5K Challenge. 9am. Saratoga Spa S.P., Saratoga Springs. powerhouseathleticsny.com.

17 40th Green Mountain Marathon. 26.2M. 8:30am.
Folsom School, South Hero, VT. gmaa.net.
23 2nd Race Away Stigma 5K Race \& Fun Walk. 10am. HVCC, Troy. Michael Washco: 210-5298.
23 10th Great Pumpkin Challenge 5K \& 10K. 9:30am. Columbia Pavillion, Saratoga Spa S. P., Saratoga Springs. Heather Vadney: 587-0723. saratogabridges.org.
23 DPS 5K Run for Kids \& the Pumpkin of Secrets. 10:15am Columbia H.S., East Greenbush. 248-8110. egcsd.org.
23 Duanesburg Area Community Center 5K Run/Walk. DACC Delanson. 895-9500. dacc.info
24 Sports Museum Hall of Fame Races. Kids' 1M: 10:30am. 5K:
llam. Wappingers Falls. 845-297-7950. mhrrc.org.
30 Goblin Gallop 5K. Abraham Wing School, Glens Falls. adirondackrunners.org.
30 Monster Madness Dash 5K Run/Walk. 9:30am. Troy Family YMCA. Chris Bins: 272-5900. cdymca.org.
30 Skin Cancer Awareness 5K Run/Walk. 9am. Also: 2M Run/ Walk \& Kids' Fun Run. Ballston Spa H.S., Ballston Spa. Walk \& Kids' Fun Run. Ballston Spa
Beth Cleary: 209-4564. areep.com.
30 11th Great Sacandaga 10K Road Race. 10:30am Sport Island Pub, Northville. Dave Gifford: 863-8046.
31 Hairy Gorilla Half-Marathon \& Squirrelly Six-Miler. 13.1M/6M. 9:30am. Thacher S.P., Voorheesville. albanyrunningexchange.org.

## NO VEMBER

7 35th Gazette Stockade-athon 15K. 9am. Central Park, Schenectady. hmrrc.com.
20-21 3rd Adirondack Sports \& Fitness Winter Expo. Sat: 10-6. Sun: 10-5. Exhibits, sales, clinics, activities. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

## SWIMMING

## AUGUST

14 9th Betsy Owens Memorial Lake Swims. 1M: 10am. 2M: 11:30am. Mirror Lake, Lake Placid. Ann Svenson: annb48@earthlink.net. adms.org.
14 14th Greater Burlington YMCA Lake Swim. 4M/8M across Lake Champlain. 8am. Camp Abnaki, North Hero, VT. 802-862-8993 x156. gbymca.org.
20-21 XTERRA Lake Placid: Swim Clinics w/Total Immersion. 8/21: XTERRA LP Triathlon. Mirror Lake Beach, Lake Placid. 631-392-1542. triandduit.com.
21 Willoughby Swim 4M Open Water Swim. Westmore, VT. kingdomswim.org.

SEPTEMBER
Labor Day Race Weekend: Escape from the Judge 1M Open Water Swim. 8am. Skaneateles. skanraces.com.
19 Snyders Lake Open Water Swim. Snyders Lake, Albany. adms.org.

## OCTOBER

9-10 Freestyle Workshop. Dalton Pool, Smith College,
Northampton, MA. totalimmersion.net.
Bold listing = Advertiser in current issue of Adirondack Sports \& Fitness.
Calendar of Events listings are free. Submit your event online at
AdkSports.com. We reserve the right to publishledit as appropriate.

## Hairy Gorilla Half Marathon \& Squirrelly Six Mile <br> Ominously brought to you by ARE Event Productions

9:30am • Sunday, October 31 • Thacher State Park, NY Part of ARE Grand Prix Trail Series and WMAC Grand Tree Series
Roller-coaster course with mud, muck, roots, drops, puddles • Many runners compete in costume cial awards: gorilla impersonation; costume; pumpkin carving; carrying most banana Half marathon also has team competition - 9am: Gorilla Chase 600m Kids Race
Balf Marathon: \$25 by 10/22 (\$30 after) - 6M/Relay: \$20 by 10/22 (\$25 after)
Register: AREEP.com - No additional fees!
More Info: AREEP.com or 518-320-8648

## LANDIS ARBORETUM 5K FOREST RUN

 Saturday, Sept. 18 at 9:30amRun/Walk for Family fun
A true crass-country course thru besurfifu
The Landis Arboretum, Esperance 174 Lape Rd, 1.5 miles off Rte 20

Fall Plant Sale 10 am fipm
Also, Bake Sale at Finish Line
Info/Register: landisarboretum.org Jonathan DiCesare (518) 231-2290


Saturday, October 23rd, 2010 Saratoga Spa State Park Columbia Pavilion
$5 \mathrm{~K} \& 10 \mathrm{~K}$ Walk/Run 9:30 AM Kid's Fun Run following races **NEW THIS YEAR** Long-sleeve Moisture Wicking Shirts \& FREE raffle tickets to
all that pre-register for 5 \& 10K!

5K \& 10K Fees

## K \& 10K Fees \$20 (before 9/18); \$23 (before 10/23)

 \$25 (day of) Kids Fun Run Fees (12 \& under)Become a fundraiser for Saratoga Bridges Get pledges and/or donations of \$100 or more \& your fee will be waived, PLUS you could win an Apple IPOD Shuffle for raising the most money!
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www.saratogabridges.org
More information: 518.587.0723
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www.saratogabridges.org


Southern Saratoga 5K Run/Walk
Tue, 8/17• 1 Wall Street, Clifton Park
Brenda Deer Memorial 5K Run/Walk
Sat, $9 / 11$ • 250 Winding Brook Drive, Guilderland

Monster Madness Dash 5K Run/Walk
Sat, 10/30 • 2500 21st Street, Troy

## Fall 5K Run/Walk

Sun, 11/7•20 Community Way, East Greenbush

Prizes to participants in all six races! Events fund CDYMCA's scholarship program Register Online at: www.CDYMCA.ORG

4th Annual
LD DATER YADM
RUN forLIEE
5KRun
\&Family Run-Walk-Crawl
Sunday, September 19
10 am : $5 \mathrm{~K} \cdot 11 \mathrm{am}$ : Fun Run
Start/Finish: 5 Caraway Ct (Old Dater Farm), Clifton Park Overall, age group \& team awards T-shirs for the first 200 registrants A fun-filled community event with a bouncy-bounce \& face painting

Info: hannahshopefund.org Register: active.com
To benefit Hannah's Hope Fund


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# How to Avoid the <br> Top Five 

by Sara Brenner, MD, MPH

Addiction as defined by Webster is "Being abnormally tolerant to and dependent on something that is psychologically or physically habit-forming." Let's face it, we're addicts... In a good way, until the runner on our left shoulder (the one with the horns) says "Just run through it" beats out the runner on our right shoulder (the one with the halo) saying, "Take a day off."

Injury prevention is the best way to maintain the highest quality and quantity of running and walking your body can handle, as well as maximize your performance. Two seemingly minor, but very important strategies should be taken seriously to avoid and limit the severity of running-related injuries. One is active rest - building rest days into your training schedule is just as important as any other component. I call it active rest because your body is actively rebuilding and repairing, which is an essential part of maintaining overall fitness. Taking between one-to-three days off per week, or using those days to cross-train, requires as much persistence and dedication as running every day would, especially for running addicts!

The second strategy also requires selfcontrol and keen attentiveness to your body, and that is the ability to identify early signs of overuse or injury and backing off immediately. You've heard it a hundred times, "Listen to your body." This is extremely important, and equally important is responding appropriately by modifying your training at the first hint of injury. It's much better to take a few days off initially than to be out for weeks or longer after aggravating a minor tweak. Back off immediately, self-treat, or seek medical attention if needed, and ease back into running slowly, paying close attention to how your body is responding each step of the way.

Here is a brief overview of the five most common running-related overuse injuries, including how to identify them, likely causes, treatments and preventive measures.


ACHILLES TENDINITIS
The Achilles is a large tendon connecting the two major calf muscles (gastrocnemius and soleus) to the back of the heel bone. Under too much stress, this tendon may become inflamed, causing tightening, scarring and potentially rupture. Symptoms typically include a sharp or nagging pain close to the heel and reduced ankle flexibility or stiffness. Sometimes, a nodule may appear on the tendon or a crackling sound can be heard with movement. Likely causes include running on tight or fatigued calf muscles, increased hill or speedwork, or inflexible or improperly fit running shoes. Runners who overpronate are more susceptible to Achilles tendinitis.

Self-treatment should begin with immediate rest, ibuprofen and ice. If the pain/discomfort does not subside in two weeks, see a physical therapist or orthopedic surgeon for more aggressive treatment. Recovery should include stretching and alternative exercises such as cycling in low gear, swimming, and pool running (avoidance of weight-bearing exercises). Preventive measures should include strengthening and stretching of muscles in your feet, calves and shins. Custom orthotics may also be of benefit for runners who are prone to this type of injury.

## CHONDROMALACIA (RUNNER'S KNEE)

Chondromalacia is a softening and/or thinning of the cartilage under the kneecap, resulting in pain and inflammation felt on the front of the knee, typically below the kneecap. Symptoms typically begin with a sore, nagging discomfort that is felt after long runs or hill work, which can worsen over the course of time. In severe cases, swelling and cracking or grinding sounds may be present. Likely causes
include weak or fatigued quadriceps muscles, a muscle imbal ance between weak quads weak quads
and tighter and tighter running (espe cially downhill), running on the same side of a cambered road and overpronation
Self-treatment should begin with rest, ice and ibuprofen. If no improvement is seen after four weeks, see a physical therapist or orthopedic surgeon. Recovery should include quadriceps strengthening and stretching of all major leg muscle groups, especially hamstrings. Swimming, pool running, and rowing are good alternative exercises. Preventive measures should include regular strengthening and stretching in your routine, custom orthotics, and continued hill and speedwork in moderation.

## ILIOTIBIAL BAND

## SYNDROME (ITB)

This common injury results in inflammation and pain on the outside of the knee or hip due to friction at the points of insertion (connection) of the iliotibial band. Symptoms typically include a dull ache that starts a mile or two into a run, lingers, and then disappears after you stop. The pain may
 be sharp to twingy on the lateral (outside) aspect of the knee. In severe cases, swelling and tenderness to touch may be present. Likely causes include overuse, downhill running, overpronation, running on banked surfaces, or repetitive turns such as running indoors on a small track.

Self-treatment should begin with rest and persistent IT band stretching several times a day. Ice and ibuprofen may also be used initially to minimize pain and swelling. If no improvement is seen within four weeks, see a physical therapist or orthopedic surgeon. Recovery should include stretching, swimming, pool running, cycling and rowing. Preventive measures include stretching as part of your daily routine and strengthening of quadriceps. Custom orthotics may also be beneficial.

## LANTAR FASCIITIS

Plantar fasciitis is an inflammation of the plantar fascia, which is a thick, fibrous band of tissue running along the bottom of the foot from the heel to the base of the
toes. Under too much stress, the fascia stretches, leading to microtears, inflammation and scar tissue, which is less flexible. Symptoms usually start with pain at the base of the heel that feels like a bruise. It is typically worse in the morning or at the beginning of a run. Likely causes include running with tight Achilles tendons, high arches, flat feet, overpronation, and worn-out or improperly fitting shoes.

Self-treatment should begin with rest, ibuprofen, ice and stretching. If the injury is not responding in four weeks, see
a podiatrist
(one who
typically
treats
run -
ners is best). Recovery should include swimming, pool running, and cycling in low gear. Preventive measures include stretching your calf muscles regularly, strengthening the foot muscles, custom orthotics, and properly fit shoes.

## SHIN SPLINTS

Shin splints refer to several lower-leg injuries, but here we are describing an inflammation of the tendons on the inside of the front of the lower leg. Symptoms typically include an aching, throbbing or nagging tenderness along the inside of the shin about halfway down the front of the lower leg. Likely causes include tired or inflexible calf muscles, overpronation, running on hard surfaces or increased speedwork.

Self-treatment should begin with rest and ibuprofen. If no improvement is seen in two to four weeks, see a podiatrist Recovery exercises should be non-impact, such as swimming, pool running, walking, and cycling in low gear. Preventive measures include exercising the tendons and muscles in the front of the leg, including strengthening the muscles in the front of the lower leg. Avoid high mileage on hard surfaces. Custom orthotics may also be beneficial. 虫

Dr. Sara Brenner is a preventive medicine physician at the UAlbany College of Nanoscale Science \& Engineering where she is the assistant vice president for NanoHealth Initiatives and an assistant professor of Nanobioscience. She races on roads, trails, snowshoes, and relay teams with distances ranging from 1K to 200 miles.


The 33rd Annual Great Cow Harbor 10K Run
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## by Kristen M. Jurcsak

Tremember watching the "Ironman" on television as a young girl in the 1980s. It was a relatively new sport called triathlon, where participants would swim, bike, and run - one immediately after the other. I even remember watching the famous "crawl to the finish" in Kona, Hawaii thinking as a kid that this was very cool, but pretty crazy. Why would a person put themselves through something like that? The adults in the room thought the same, as I imagine most watching the first televised triathlons did. My family was always very active, but even to us, an Ironman seemed pretty extreme.

Since that time, triathlon with distances from sprint to Ironman, has become wildly popular. Even I've completed a few shorter distance races, and I know many others who have taken on the challenge.

Peggy Phillips is a 26 -year veteran in the sport of triathlon. She was competing before most people knew they existed. The first race she participated in was a team run-bike-canoe event in 1984. That summer, Peggy's strength was on the bike. She had been riding with a local club on her brand new "tax-refund" bike. It shouldn't come as a surprise that completing an Ironman would be in Peggy's
future. On July 25,2010 , she completed Ironman Lake Placid at age 57.

Soon after her race success in 1984, Peggy decided to try an individual event, the Ithaca Sunset Triathlon. It consisted of a one-mile swim, 80 -mile bike, and ten-mile run. For practice, she competed in the sprint-distance Snort-Gurgle Triathlon. Peggy has competed in many races over the years, including the Tupper Lake Tinman, Incredible Journey, the Glimmerglass, Lake Paran, Lake Taghkanic, Tucker Wenk, Dorchester, Pine Bush, Northern Columbia, Skinnyman, and Crystal Lake Tri.

Peggy feels her strongest event is swimming, and she joined US Masters Swimming years ago. Peggy completed a ten-mile pool swim in the early 1980 s, and has competed in countless meets, including the Empire State Games. Much of her swimming centers on charity fundraising, where she organizes a Polar Plunge each January at Grafton Lakes State Park, which raises money for cystic fibrosis. She also joins 100 -mile swim relays supporting autism research and awareness.

What pushed Peggy to register for Ironman Lake Placid? "For the last few years I had been thinking it is time to do Ironman before I get too old. Several members of the Capital District Triathlon

Club, of which I am a member, had also encouraged me to compete," said Peggy. It took three years for her to get in. She wanted to be at the bottom of a new age group (55) and tried the first time (in 2007) to register online for the 2008 race, only to discover it was sold out before it ever opened online. So in 2008, Peggy volunteered at bike checkout and planned to register for 2009. Watching the race really got her excited to try it.

Unfortunately, a routine mammogram in the summer of 2008 showed questionable results. The surgeon was only available at the same time as 2009 Ironman Lake Placid registration or three weeks later. Like most women faced with this situation, Peggy did not want to put off the appointment. She was also uncertain as to what the surgeon's findings would be and how involved any necessary treatments or procedures would be. The biopsy that followed, diagnosed Peggy with stage zero ductal carcinoma, the most common type of non-invasive breast cancer. Treatment required a lumpectomy and radiation. She remembers, "I was not able to swim during treatment, but my family and Masters swim team were always there for me. They kept me laughing with every breast pun in the book. I even got a tire patch kit to repair the wound after surgery! They were my rock."

Peggy was able to train in other ways throughout treatment with aerobics classes, weight training, cycling and eventually running. She volunteered as swim support for Ironman Lake Placid 2009. Happily, Peggy signed up for the 2010 race in excellent health! She says, "I enjoy being healthy and fit. I try to make all my annual exams and tests as part of my overall fitness. I feel that by being fit, you aid your own recovery if you do get sick. I see many people struggle with disease, some not of their control, and do my best to avoid illness. I try to encourage fitness in others as well.'

Training for the Ironman is a significant commitment. Of the myriad of training plans out there, Peggy selected the

37-week Triathlon Geek plan. Working part-time gave her more hours in the day to prepare. Peggy's Masters swim team met twice a week and swam open water practices once the water warmed up. On nice days, she biked the 13 miles to and from work, and was fortunate to have a running buddy at the office. Weekends were reserved for bike rides of 70 to 80 miles and runs of 17 to 18 miles. As a member of CDTC, she took advantage of the Crystal Lake Summer Training Series,

Peggy's first words to describe her Ironman experience was, "Definitely hard!" Just as she thought, her best event was the swim. Even with her open water experience, she remarked, "The swim was crazy! The pushing, shoving, and people swimming over each other, lasted for the first quarter-mile." She finished the swim second in her age group, and was only 15 seconds behind the fastest woman. The challenging bike course went smoothly. For the run, Peggy race-walked up the hills of the second half-marathon, but all along she knew she was going to finish. Peggy's overall time was 15 hours, 14 minutes, just slightly behind her personal goal of 15 hours. She finished sixth in her age group of 11 finishers.

Her favorite memory was coming into the stadium at the Olympic Speedskating Oval. "The crowds were inspiring and at that moment, you realized you've accomplished something special." Her most stressful memory was the day before the race. "As my husband and I were driving into town, I read that check-in closes at 4 pm . I didn't realize that and just by chance came across it as we were driving up." To make a long story short, Peggy picked up her race packet at 3:55pm! Even now she's not sure if she would have been able to race if she walked in to registration at $4: 01 \mathrm{pm}$. That was a close call!

Thinking back on the experience, Peggy remarks, "There is no one person that inspired me to complete an Ironman. I think the inspiration comes from the triathlon community that I am part of. My family has been very supportive. My husband and daughter were race volunteers and were there to cheer me on all day. I was also thinking of my father-in-law who passed away on July 25,2009 ."

Peggy continued, "I'm surprised how many people were watching the ironmanlive.com coverage. I didn't even know it existed. I was also surprised how many people were concerned about me racing, fearing I would collapse somewhere along the way. It was a lot of fun but a lot of hard work. I roughly calculated that I burned 11,000 calories for the day."

If she could change anything in her training, Peggy would do longer, faster bike rides, and train with a running coach. When asked before the event about competing in another Ironman, she replied, "If all goes well with this race I will be happy not to do it again. I will continue to participate in the fundraising marathon swims and triathlons up to half-Iron. Overall, triathlons have taught me that I'm stronger than I thought. I'm not fast, but I can keep going."

Peggy's biggest piece of advice for firsttime triathletes: "Keep it fun. Join a group, make friends, train together, compare notes, and share the enthusiasm!" *

Kristen Jurcsak (kmjurcsak@alum.rpi. edu) is an engineering specialist and freelance writer living in Glenville. Kristen enjoys an active outdoor lifestyle that includes skiing, swimming, running and cycling.

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ears ago, John Flanagan, my swim coach during my winters in Virginia, served as open water coach for the US Swimming team going to FINA World Swimming Championships. His "Ten Commandments of Open Water Swimming" still stand as useful advice for anyone undertaking an open water swim or triathlon.
Thou Shall Not Swim Alone - Safety
is number one. Never swim alone. If you can't get a friend to swim with you or accompany you in a boat, have someone walk the shoreline while you swim parallel to shore. "Definitely have a buddy system," John says. "Swimming alone is a bad move

Thou Shall Not Be Intimidated - No lines on the bottom to guide you, waves, currents - all these things can be distracting or even disturbing to the "debutant" (read: beginner), but with proper training and preparation, can be easily managed. (See Commandments 3 to 5.) These are the things that distinguish open water from pool swimming.

Thou Shall Start Small - If you're looking for a race or a good training spot, think small and tame. Adirondack District Masters Swimming offers lake swims that loop around a quarter-mile
underwater cable (so much for no lines to follow!) in Mirror Lake in Lake Placid. The 9th Annual Betsy Owens Memorial Lake Swims, one-mile and two-miles, will be held Saturday, August 14. Entries close August 8, but if you've missed it, try something else short (open-water races can be as little as a half-mile), calm (lakes are a good place to start) and fun (guar anteed).

Thou Shall Learn to Sight Breathe $\square$-Learning to swim straight takes prac tice. When you're in a pool with a lane to yourself, try swimming a length with your eyes shut (count your strokes so you don't run into the wall). If you hit the lane line before the wall, find something to "sight" while looking up every few strokes. Pick something at the opposite end of the pool or on the wall. To get used to it, take a few strokes with your head out of water ("Tarzan Drill"), then find your "sight," and put your head back down for a few strokes. Eventually reduce the number of strokes with your head out, then reduce the amount you raise your head. Then increase the number of strokes between sighting strokes. Be aware that lifting it too high, too often is strenuous, so you'll tire more quickly doing it. You want to lift it just high enough to see.

Thou Shall Alternate Breathe - Learning to breathe on both sides (bilateral or alternate-side breathing) will help you swim straighter, reduce shoulder strain, and reduce the stress caused by having to breathe to the outside of the swim course. It takes time to get used to - start in the fall after the open water swim season is over. Start by breathing to the same wall - in other words, to the left in one direction, and the right on the way back. Believe me, you'll get used to in time for next year! It was one of the earliest swim tips I got, and now I swim that way, regardless of the distance or venue.
Thou Shall Not Kick So Hard - Your duadriceps muscles use more oxygen than any others in your body, so save energy and learn a two-beat kick. Use your core for power (think Tiger Woods, A-Rod) instead of your legs. This is especially important for triathletes who need those legs for the bike and run. Be especially aware of kicking as you start to swim (in the pool or open water) - it will make you winded very quickly. The mantra I tell beginners is "breathe, don't kick" - remember to exhale and drag your legs behind you during the first 100 yards of your swim. It will make the rest a lot more enjoyable!

Thou Shall Not Covet a Pool Stroke - As Total Immersion coach, Terry Laughlin, (another of my mentors) point ed out in a recent article in this magazine (April 2010), an open water stroke should be a lot longer with slower turnover than in a pool, as you're not getting rest from gliding off the wall

Thou Shall Let the Mind Wander
Runners know the feeling - getting to a "zone" during a long run. Let the same thing happen in open water swimming. There's no wall to anticipate, no clock to tell you how fast or slow you're going. Settle in and cruise along.

Thou Shall Start Smart - Besides 4) remembering to breathe and not kick, avoid the crowd. It can be harrowing to be kicked or have your goggles knocked off or be swum over during the mass start of an open water swim or triathlon. If you've never been part of a mass start, gather five or six friends in the pool, and all get in one lane. Put the slower swimmers in front and the faster ones in back and all start together. That will give you a slight idea of what to expect. When you get in an open water race or the swim in a triathlon, hang back or swim wide

Thou Shall Have Fun - Open water swimming can be an amazing sport... As long as you follow the Ten Commandments!

And a final word to the wise: Ifyou are an inexperienced swimmer who is afraid of the water, take a swim class before venturing into open water swimming, or entering a tri. Most area Ys offer instruction year-round for all levels of ability. Make sure you are comfortable in the pool before venturing into open water.

Ann Svenson (annb48@earthlink.net) is vice chair of USMS's Long Distance Committee and director of the Betsy Owens Memorial Lake Swims. She has been a USMS Long Distance All Star the last three years and a national record holder in four long distance and open water events. She coaches and teaches at the YMCA of Saratoga.


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## AROUND THE REGION

## Marathoner Dick Beardsley

 Coming to Albany on Aug. 26ALBANY - Marathoning is rich with stirring and uplifting stories, starting when Pheidippides ran from the plains of Marathon to Sparta to ask for help against the Persians. No story is more inspiring than that of Dick Beardsley, who rose from humble beginnings to become one of the greatest marathoners in the world, only to be brought down by a series of freak farming and auto accidents, with doctors predicting that he would spend the rest of his life in a wheelchair. Gradually becoming severely addicted to painkillers, the man who dueled Alberto Salazar in the intense heat of the 1982 Boston Marathon, now famously called "The Duel in the Sun," turned his life around, directing to his recovery the same focus that had made him a world-class athlete

Dick has two appearances scheduled in Albany on Thursday, August 26. Both are open to the general public and are free admission. First, Fleet Feet Sports Albany will host Dick from $2-4 \mathrm{pm}$ to meet visitors and sign books ("The Duel in the Sun" and "Staying the Course: A Runners Toughest Race" will be available for sale with proceeds going to the Dick Beardsley Foundation). Dick's story is comic, tragic and inspiring - and he will share it that evening from 6-8pm at the Colonie Central High School Auditorium in Albany. A ten-minute movie of the last miles of the 1982 Boston Marathon will be shown, and Dick will then tell his compelling story for an hour. He will be available to sign books and posters after his talk.

Now in his 14th year of sobriety, Dick is a nationally renowned motivational speaker who travels the world sharing his story. He and his wife Jill recently formed the Dick Beardsley Foundation with the mission to educate others about chemical dependency as well as pro vide grants to those who need help in seeking treatment (dickbeardsleyfoundation.org). His appearances are sponsored by New Balance and Fleet Feet Sports. If you would like to attend the presentation, RSVP: ffalbanyevents@yahoo.com

## XTERRA Lake Placid Triathlon Weekend is August 20-22

LAKE PLACID - The 2nd Annual XTERRA Lake Placid Triathlon takes place on Sunday, August 22 , and will once again provide a great setting for this individual and team event. New this year is the short course race option in addition to the long course option. Racers in the short course will complete one loop of each part of the race. Organizers will be having a great post race feast in the Olympic Speedskating Oval following the race, so put this event on your calendar.

On Saturday, August 21, there will be 5 K and 10 K Trail Running Races on the same run course as the triathlon, with start/finish
inside the Olympic Oval. Also on Saturday an XTERRA Lake Placid Triathlon Race Clinic will be taught by Ken Robins, a four-time regional champion who has qualified and competed in numerous national and world XTERRA championships. The free clinic will be from 12-1:30pm. Ken will go over race-day nutrition, transition setup, tactics, and lead a slow pre-ride of bike course. RSVP to Ken at champxterra@yahoo.com. Finally, there will be a Mountain Bike Demo Day Saturday and XTERRA Lake Placid Swim Clinics at the Mirror Lake Beach on Friday and Saturday For more info, visit: triandduit.com.

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## FROM THE EDITOR \& PUBLISHER

## Summer is Only Half-Over

Don't let the back-to-school flyers get you down! Our family has a summer list of things to do (not all of it is sports-related!) and we've hit about half of it Hiking, kayaking, kids' triathlon, reading, family bike rides, mountain biking, running races, ballet, orchestra, day at the Saratoga racetrack, and more. So, if you're like us and have a summer to-do list, we hope the Calendar of Events, feature articles, our Athlete Profile Peggy Phillips, or any combination of these gives you the inspiration and information to check off the sports and fitness sections of your list

One of the highlights of the summer for Darryl and our son Justin was the down hill mountain bike camp they attended at Gore Mountain. They had a great day of riding with other kids and adults, which we've shared with everyone. Another proud moment was Meghana's first 24 -mile bike ride during the annual SHAPE Multisport Camp. She was very excited to have done it on her road bike, where she could prac-

We hope this summer has been filled with your own highlights and adventyres. Enjoy the rest of your summer!

Ride 4 Love is Now Ride Run Walk 4 Love
SARATOGA SPRINGS - On Saturday, Sept. 25 join the third annual fundraising event dedicated to the fight against modern day slavery. Proceeds from Ride Run Walk 4 Love go to Love 146, an international human rights group working to end the trafficking and exploitation of children. Since Ride 4 Love's inception in 2008, when only 60 people embarked on the inaugural ride, they have raised over $\$ 50,000$ for Love 146 .

This year's event will start/finish at Saratoga Spa State Park in Saratoga Springs, and will include a new 5 K run/walk as well as a fun kid's ride. You have an opportunity to make a difference by protecting children and restoring the survivors of slavery. Grab your bike or your sneakers this September and ride, run or even walk for justice by joining the 2010 Ride Run Walk 4 Love. Visit: rrw4l.com.

## Team in Training with

 Leukemia \& Lymphoma Society ALBANY - The Leukemia \& Lymphoma Society's Team in Training offers hands-on training, through their established network of coaches, mentors and teammates, built over the past 22 years. They set up your training regimen, advise you on nutrition and injury prevention, and hold weekly team workouts to encourage one another and stay on track. The Upstate New York/Vermont Chapter is beginning training for the Walt Disney World Marathon and Half Marathon Weekend in Orlando on Jan. 8-9, 2011, and the PF Chang's Rock ' $n$ ' Roll Arizona Marathon and Half Marathon in Phoenix on Jan. 16, 2011. Both events are open to runners and walkers. Learn more about Team in Training at the no obligation Information Meeting at The Crossings in Colonie, South Pavilion, onWednesday, August 11 at 5:30pm. For more information, call (800) 482-TEAM or visit: teamintraining.org.

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## BICYCLING

## Ccedit Card Touring

## by Dave Kraus

F:or many cyclists like me, riding is freedom. I'm out on the open road, just me and my bike traveling to wherever the open road and my dreams take me.

But there has always been a limit to recreational riding. Sooner or later I reach that point farthest away from home where I have to turn back. It's that rural intersection where the road keeps receding into the distance, beckoning me into the thrilling and unknown distance.

BUT... It's getting dark. Or I have to fix dinner. Or the lawn has to be mowed. So I turn the bike around and head home. Meanwhile, that open road is still there, calling to me, taunting me!

But what if I didn't have to turn back? What if I could just keep going for the rest of the day, then do it again the next day without the need for heavy panniers or towing a trailer? What if I didn't have to wake up in my tent, listening to the rain pounding on the nylon fly, knowing I have to pack it all up before I can get moving again?

If those dubious pleasures of bike touring don't appeal to you either, then credit card touring may be just what you need. Ride the racing bike you love, carrying the bare minimum in essentials, and use that little magic card to get all the comforts of home.

Light touring this way can be liberating and easy if you plan ahead and make sure you're prepared. Here are some tips for doing just that:

## BEFORE YOU GO

Plan your route - Websites like bikely.com and mapmyride.com let you plan ride routes in detail, supplying mileage, altitude profiles, and letting you generate a printable cue sheet.

Get your bike checked and inspected - If you've been putting off getting that strange clicking or creaking sound checked, don't put it off any longer. Check your tires carefully. If there are too many small cuts or worn tread, get new ones. Don't tempt fate.

Make a list of written resources and take two copies - It should include names and phone numbers of places you're staying, local bike shops, and emergency services along your planned route. Include medical insurance info and their toll-free number. Don't forget emergency contacts if you do get stranded. Also remember to check with them to confirm they will actually BE at those numbers while you're on the road!

Decide what kind of ride you want to do -Will it be a loop leading you back home, or will you head out for two or three days
and take the train or bus home? If you are, make sure you also have bus or train schedules and make sure they will transport your bike for you.

Check the weather forecast - Even if the forecast is clear, take a packable windbreaker/rain jacket anyway.

Decide on your luggage - Will you only take what can fit in three pockets of your jersey? That's a challenge. Carrying a small waist or backpack can make things considerably easier without making your riding too uncomfortable.

## What to take

My regular seat bag always contains at least: one spare tube, patch kit, CO2 chuck with at least two cartridges (or a pump, if that's your preference), mini multi-tool, two tire levers, several long zip ties, and some duct tape. Wrap the duct tape around your CO2 cartridges. It will stay wrapped straight and keep the metal pieces from clanking together.

One more extra tube and one more CO 2 cartridge. A Presta to Schrader pump valve adapter - it costs $\$ 1.50$ and how many gas stations in the middle of nowhere have you heard of that have Presta valve pumps? Small lights front and back if you intend long days in the saddle that just might stretch into dusk

Small Swiss Army type knife. Cell phone for emergencies. Bandana. Small digital camera with extra batteries and an extra plastic bag for it if needed. Lightweight packable windbreaker or rain jacket.

After-ride clothing such as a nylon or T-shirt, running shorts and flip-flop type shoes. A lightweight nylon runner style cap. Swim suit if you're staying anywhere with a pool.

Toothbrush. Take prescriptions? Make sure to take some with you. Spare glasses in a case if you're blind as a bat (like me). Water for the road - this is easier if you're carrying a hydration pack. Some cash, driv er's license, and that magic plastic card.

## ON THE ROAD

Keep your driver's license, credit card, cash, ride map, and emergency contact list in a resealable plastic bag in your jersey pocket. Keep some more cash, an extra copy of your map and emergency list, and a backup credit card somewhere else on your bike. Don't forget that extra $\$ 20$ bill stashed in your shoe or inside the end of your handlebars, because you just never know...

If you are going to rinse out your riding kit, do it the moment you arrive at your motel and hang them out to dry. Starting a ride in the morning with a wet pad in your shorts is not fun. Trust me on this one.


Reservations at hotels, bed and breakfasts or inns are ever so helpful for peace of mind.

Know your limits. While last minute route changes are tempting, it might end up in the kind of adventure you'd rather avoid. Also look at your past performance and be reasonable in your expectation of how far you can ride in a day. Keep in mind that an unexpected wrong turn or mechanical problem could add hours to your daily ride and leave you finding your way in the dark.

## GETTING HOME

If your ride is a loop, this takes care of itself. If it's not a loop, then train or bus reservations are also helpful unless you like standing in the pouring rain hearing, "Sorry, kid, the bus is full!" Good luck and have fun! ${ }^{\boldsymbol{q}}$

Dave Kraus of Schenectady is a longtime cyclist,freelance photographer, writer and AFAA/ISFTA certified personal trainer Contact him at dbkraus@earthlink.net.

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## MTN BIKING cont. from $p g 1$

diverse trails that range from hardcore expert-only downhillers, to cruisers, to winding cross-country paths - something for every ability and riding style. Whiteface also has the greatest vertical drop in the East, so there's a lot of room to roll.

From the summit of Little Whiteface, which you reach via a scenic ride in the Cloudsplitter Gondola, trails are expertonly. Big bikes, helmets and full pads are the norm there. So are tight turns, big rocks and steep drops. Expect each run to take about 40 minutes. For intermediate and beginner riders, their shuttle bus that runs twice an hour, will take you and your bike from the base up to a drop-off point where you can choose from a selection of trails that match your ability.

The trail breakdown is as follows: singletrack 17; doubletrack 1; ski trails 5; service roads 4 ; and an extensive pump track. The mountain bike park is open daily from 9 am to $3: 30 \mathrm{pm}$ through early September, and then weekends until mid-October. Rentals and equipment are available, as the staff leads daily tours (ask for info). They also have an extensive list of events, including ladies days, and their fifth annual 5K Downhill Race on Sept. 12.

West Mountain in Glens Falls offers "extreme mountain biking" with several downhill trails with lift and trail access or trail access only. If you like your summer adventures a little tamer a hiking pass is also available. You can catch the lift to the top, enjoy the views, and then hike back down to enjoy lunch or dinner on the deck or in the bar at The West Side Grille. West is open for riding on Saturdays through the fall from 10am-6pm. Visit: skiwestmountain.com.

At the Olympic Sports Complex in Lake Placid, riders can experience mountain biking on 30 miles of cross-country ski trails. Mount Van Hoevenberg has

moderate to challenging terrain, singletrack, numerous jumps, and some good hills to practice climbing and descending on the hardpack and grassy trails. The High Peaks Mountain Bike Center offers one- and two-day "Fun, Not Fear" Dirt Camps with adults and kids clinics for all ages and all ability levels, with rentals available. Visit: highpeakscyclery.com.

In North River, the Garnet Hill crosscountry ski trail network is transformed into a mountain bike trail system in the summer and fall. They have also developed interconnecting singletrack trails for more variety. If you don't have your bike, rentals are available in the ski/bike shop. Visit: garnet-hill.com.

The Speculator Loop trail system consists of two bike loops, one of 13.7 miles long and the other Kunjamuk Cave loop is 7.2 miles long. The trailhead is near the Speculator ball field, and there is challenging terrain for easy, intermediate and "difficult" level riders. The free trails are open from mid-May until mid-October. Visit: speculatorchamber.com.

The Old Forge and Inlet area offers miles of mountain biking riding opportunities on their extensive system of snowmobile and cross-country ski trails. Visit: inletny.com or oldforgeny.com.


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| l |f you are in the mood for a flatwater paddle culminating at the base of a large waterfall filled with fascinating history, then the paddle upstream to Kane Falls is just for you. The adventure begins at the town dock in Fort Ann - a small, historic village named after a fort built during Queen Anne's War (1702-1713). The dock is located along the west bank of the Champlain Canal, a modern, well-traveled waterway that runs northeast from Fort Edward to Whitehall.

To get to the town dock from the village of Fort Ann at the junction of NY Routes 149 and 4, turn onto Ann Street, and drive east for 0.1 -mile. Just before crossing over a bridge spanning the Champlain Canal, turn left onto a dirt road that leads downhill in 75 feet to a small parking area by the town dock, where history and adventure awaits you.

Paddle north from the town dock, following the wide channel of the Champlain Canal for 0.2 -mile. When you come to a break along the western shoreline, turn left onto Halfway Creek, a medium-sized stream that rises from the Wilkie Reservoir northwest of Glens Falls - and was so-named because it is halfway between Lake George and Fort Edward. You will immediately pass under an old railroad bridge. Look to your left and you will see, at the end of a tiny inlet, the limestone block structure of a canal lock, one of three in Fort Ann that has survived from the days of the old Champlain Canal. Although the waters are shallow in the inlet, it is possible to paddle south for a short distance to view the canal lock close-up.
Back on Halfway Creek, you continue north for 0.1-mile. You will pass under Route 4, a highway that was once a path used by Native Americans to travel between the Hudson River and Lake Champlain. Later, the same route was used by contending European armies between 1690 and 1760. Today, cars and large trucks make their way across the bridge as they head towards Whitehall or to points south and west of Fort Ann.

After another 0.1-mile you will see a large drainpipe on your left where a tributary of substantial size merges with Halfway Creek after passing under County Route 16. You can paddle right through the drainpipe, carefully navigating around riprap that lies just below the surface, and then upstream for at least 0.3 -mile until blowdown and obstructions
announce that it is time to turn around
Returning to Halfway Creek, continue your paddle north. At $0.8-\mathrm{mile}$, you will come to an area where the tempo of the river picks up appreciably, and tiny but negotiable rapids are encountered. A series of large boulders is on your left. Once you have cleared this section, the way ahead is easily managed. In another 0.1-mile you will pass under high-tension lines, which then parallel the stream before disappearing into the woods at 0.2 -mile.

At 1.1 miles, you will hear the roar of 50 foot-high Kane Falls in the distance, and at 1.2 miles you will reach the base of the waterfall. During the summer the full height of Kane Falls is partially obscured by leaves. In early spring or late fall, however, the water fall looms directly above you, clearly visible through overhanging tree limbs bereft of leaves. A large pool at the base of the waterfall provides for fairly calm waters, allowing you to paddle about leisurely while enjoying the views, and sounds of water roaring over the top of the fall.

Kane Falls was named after Charles Kane, an early settler who constructed several mills and a forge by the waterfall During the Revolutionary War the waterfall was the site of a blockhouse and sawmill. Lumber from this sawmill was used by General Benedict Arnold to build his fleet of ships at Whitehall, a village that has become known as the "Birthplace of the American Navy." Arnold's little navy sailed north to meet a much stronger British fleet at the Battle of Valcour Island. Though defeated Arnold's flotilla is credited with staving off a British invasion until the following year. By that time, the American forces were stronger and were able to stave off the invasion by soundly defeating the British at the Battle of Saratoga. 贵

Russell Dunn (bdelaney@nycap.rr.com) of Albany is a NYS-licensed hiking guide and author of the new book A Kayaker's Guide to New York's Capital Region: Exploring the Hudson and Mohawk Rivers. He has also written five regional waterfall guidebooks and, with his wife Barbara Delaney, Adirondack Trails with Tales and Trails with Tales: History Hikes through the Capital Region.

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