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Prime Time for Cycling Events

By Dave Kraus

ooking for something to do on a weekend in August or September? If you're a cyclist in the upstate New York, ■ that should be easy. Whether it's an organized group ride, a challenging century, or a charity event to benefit a good cause, the cycling calendar for August and September is chock-a-block with organized, supported events.

Sunday, Aug. 11 - Ididaride Adirondack Bike Tour in North Creek. This fundraiser for the Adirondack Mountain Club starts at North Creek Ski Bowl in North Creek. It takes riders on a 75-mile scenic loop with plenty of climbing through Johnsburg, Speculator and Indian Lake, before heading back to North Creek for a post-ride party that features live music, catered BBQ, and a beer table. For the less ambitious, there's a 20-mile option from Indian Lake to North Creek. Either way, it's a party! Visit: adk.org.

Sunday, Aug. 18 - Matthew Ratelle Memorial Benefit Bicycle Ride in Pittstown. This 28-mile supported ride with post-ride gathering at Tomhannock Bicycles, honors Matthew Ratelle, who died on Dec. 20, 2012, following a hit-and-run car accident while cycling on Sept. 3. All of the proceeds go to benefit his children, including son Matthew born in April 2013. Register: bikereg.com.

See BICYCLING, 26

ourde**C**ure



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RACE RESULTS

Top Finishers in 20 Events

6-11

15

17

Around the Region News Briefs From the Publisher & Editor **CALENDAR OF EVENTS**

> Winter Sports! Running • Cycling • Triathlon • Hiking • Paddling Skiing • Snowshoeing • Healthy Living • Travel

125 Exhibitors • Sales on Gear, Clothing, Footwear Demos • Seminars & Clinics • Family Activities

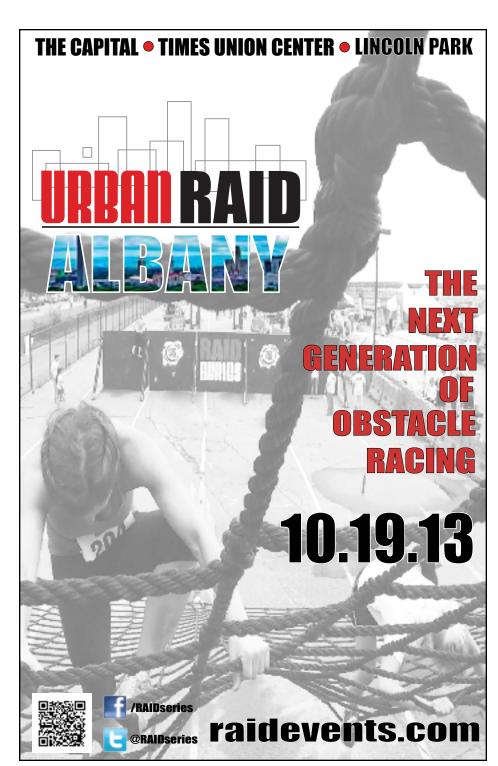
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www.AdkSports.com AUGUST 2013





Commit to a Series or Select a Potpourri

By Laura Clark

aseball has its World Series, soccer has its World Cup, and horses have their Triple Crown, but what does running have? While there are landmark events like the Boston Marathon or Western States 100-Mile Endurance Run, there is no yearly defining moment, uniting fans and runners alike. And runners, being solitary individuals, seem to prefer it that way.

Still, with the increasing popularity of Ragnar Relays and Warrior Dashes, we are beginning to loosen up a bit. In my mind, the most telling evidence of this trend is the sudden proliferation of locally-grown series events. While PRs and age-group awards remain huge motivating factors, we are coming to realize that camaraderie and teamwork have their own rewards. For me, committing to a series ensures that I will pretty much run with the same group of folks, gauging my success by where I land in my pack of peers, rather than by minutes per mile over varying courses and conditions.

Laurel Shortell, holder of the Dion Snowshoe Series streak and the female cumulative race count in the long-established USATF New England Mountain Running Series, comments, "There are more opportunities to strive for reachable goals, no matter where I am in the pack, such as series points, series-related awards, most races completed and so on." She muses that it is easier to decline a one-shot deal in favor of a gas-free similar distance in her neighborhood, but more difficult to miss seeing series friends or throw away a possible series point leader title. "Ultimately, series races motivate me to keep competing and help me stay physically healthy and personally connected."

If this appeals to you, there are several new series to choose from in the region.

First to the starting block is the Hilltown Triple Crown Series, orchestrated by

Altamont 5K race director, Phil Carducci, who went to great pains to rearrange long-standing schedules to produce three consecutive Saturdays of scenic USATF-certified 5K racing opportunities. The challenge for you, the runner, is to free up successive prime-time vacation weekends. Register for the first event and receive a discounted entry fee for all. Complete all three and earn a special series T-shirt. The first leg of your journey will be the Fox Creek 5K on Aug. 10 in Berne, followed by the Voorheesville Pre-Fall Classic 5K Aug. 17, and concluding with the 16th annual Altamont 5K in Bozenkill Park on Aug. 24 (altamont5k.org). There's live music on the course and benefits the Altamont Food Pantry bring dry goods for donation. To register for series: active.com (search: Fox Creek 5K).

Just as baby names and book ideas cycle in and out with a seeming life or their own. another local series has latched onto the horse theme - the Turner Triple Crown. This time stakes are less intense, with events spaced a month apart, but in some ways more challenging as you have to stay in top shape for three consecutive months. First off is the longanticipated revival of the Harness Track Mile. now the Monday Night Mile, on Aug. 12. Even though I have a definite aversion to track workouts, this is like no mile you have ever run, featuring a crushed stone dust cushion, bearing more resemblance to a cross-country surface. Heats will be run according to your projected mile time, but to prevent sandbagging, horseshoes will be awarded to the top three in each age group. Proceeds benefit the Saratoga History Museum. Announcing, cajoling and badgering once more from the Winner's Circle will be the indomitable John Orsini, Visit: saratogahistory.org.

Second in the lineup is the fourth annual Malta Business & Professional Association 5K on Saturday, Sept. 7. This is an exclusive opportunity to experience Malta roundabouts as they were meant to be run, and to tour the Luther Forest Technology Campus, home to the GlobalFoundries semiconductor fabrication plant. The race starts/ finishes at HVCC TEC-SMART, where you receive goodie bags filled with runner-friendly tchotchkes. All proceeds benefit the Saratoga Rural Preservation Council and Town of Malta EMS First Responders. Go to: maltabpa.com.

Completing the trifecta is the Greno Industries Run for the ROC 5K on Oct. 6, which circles the Saratoga Race Track and offers an exclusive tour of the backstretch area. This is a laid-back community event, so expect a large contingent of families and walkers. Checkout: zippyreg.com.

Farther afield, the newly created Northeast Uphill Mountain Series has creatively pulled together a mountain sampler of preexisting races. Since many events are included in the lineup, only your best four finishes count. This follows the format of larger series where you can increase your odds by completing more than the required number of events. In our neighborhood, familiar qualifiers include Stowe's Race to the Top of Vermont, Mount Greylock Road Race, and the 36th annual Whiteface Mountain Uphill Foot Race in Wilmington on Sunday, Sept. 14. This year's 8.4-mile race is presented by Santa's Workshop, so you can run to the North Pole (whitefacerace.com)! Visit: northeastuphillmountainseries.blogspot.com.

Returning to independent events, Laurel elaborates, "I usually only run a one-shot deal if there is a compelling purpose, like knowing my race times for interval pacing, or in training for a target race - or when choosing a race that feels like a special event, like Mount Washington Road or a marathon." Other persuasive reasons may be supporting a local charity, the lure of spontaneity, or simply an

START OF THE 2012 JAIL HOUSE ROCK 5K RACE IN BALLSTON SPA. COURTESY OF BROOKSIDE MUSEUM 2012 MALTA BPA 5K RUNNERS PASS GLOBALFOUNDRIES N MALTA. GREG WOLCOTT/FIVE PINES PHOTOGRAPHY

easy commute. If proximity appeals, you can choose from the following races:

Brookside Museum's 11th annual Jail House Rock 5K Race launches on Saturday, Aug. 17 in Ballston Spa. The course surveys the Saratoga County Fairgrounds, turns at the Saratoga County Jail, and ends with a fabulous downhill finish and raffle prizes on the museum's front lawn. The event benefits Brookside Museum education programs. Go to: brooksidemuseum.org.

You can preserve those camp memories and change the life of a child by supporting next year's campers with the Double H Ranch Camp Challenge 5K Trail Run on Saturday, Sept. 7 at Double H Ranch in Lake Luzerne. Challenge yourself on the hilly, rocky Adirondack terrain surrounding the camp, and unite yourself with the struggle that Double H children experience every day of their lives. For one week a year they experience an atmosphere where exceptional is the new normal - and all for free. As a bonus, family or friends who are bicyclists can participate in the same day Camp Challenge Ride, with 30-mile and 62-mile tour routes in the southern Adirondacks. Checkout: doublehranch.org.

Jostling for position, the first annual Youth Make a Difference 5K Run/Walk takes place on Saturday, Sept. 7 in North Greenbush. If you need encouragement, then enjoy the support of "community cheerleaders" stationed at strategic intervals along this flat and fast route. Proceeds benefit the North Greenbush Youth Department program. To encourage youth fitness, the Mile Fun Run for age ten and under is free. Afterwards, relax at the Town Celebration with food, rides and live bands. Visit: townofng.com

On Sunday, Sept. 8, you can line-up for the 11th annual Ty Yandon Memorial 5K Run/Walk at the scenic High Peaks overlook in Newcomb. This race commemorates Tv Yandon, a local runner who passed away while running a Turkey Trot. Not your typical 5K, the journey has rolling hills with beautiful views of the High Peaks and the upper Hudson River. As the event is held in conjunction with the Teddy Roosevelt Celebration Weekend, you may even catch a glimpse of Teddy as he hurries through Newcomb and back to Washington, DC, after the assassination of President McKinley. Go to: newcombny.com.

If you have never committed to a series event, now would be the time to spice up your running. Utilize the singleton events as a tune-up or simply to maintain fitness between rounds. 🌲

Laura Clark (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and crosscountry skier. She is a children's librarian at the Saratoga Springs Public Library.





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AROUND THE REGION News Briefs

Amtrak Bikes on Board

ALBANY – The New York Bicycle Coalition has partnered with Amtrak to test "bikes on board" with three demonstration rides on its Empire Service (including Maple Leaf and Adirondack trains) and Ethan Allen routes in New York. A cafe car retrofitted with four bicycle racks is being used to test the carriage of unboxed bicycles on these train lines. In June, US Senator Charles Schumer advocated for bicycle service on Amtrak trains in New York. These demos could start the process towards service on state regional lines, which will be a boon for upstate recreation and tourism.

On July 24, Mohawk-Hudson Cycling Club president, Skip Holmes, and members John Petiet and Frank Kelly, participated in a demo by riding their bikes from the Rensselaer train station down to Hudson and they boarded the return train to Rensselaer. The riders said it was easy to load the bikes and they rode in the cafe car with several Amtrak officials as well as with NYBC director Josh Wilson (pictured).

Currently only the train between New York and Chicago has a baggage car to carry bicycles, but they must be boxed. Roll-on bicycle service on upstate trains would provide people living in NYC, Toronto, Montreal and Boston with a way to travel to upstate New York's great cycling. Amtrak already operates this service in western states including California and between Oregon and British Columbia.



Bicyclists are excited by the opportunity. "This is badly needed because we're renting cars to take our bikes upstate. I'd much rather take the train," said Alan Jacobs, who lives in Manhattan. Elizabeth Murphy of Rochester, told NYBC "I dream of a day when I can ride to the train station, hop on the train with my bike, and hop off at any stop to go on a bicycle adventure." The future will be determined by the NYS DOT, who will be paying a greater portion of in-state train service beginning in October, and Amtrak who must design and approve a bike rack system that will work on the train cars used in the state.

Fleet Feet Sports Expansion

ALBANY – Since Charles and Arlene Woodruff opened Fleet Feet Sports-Albany in April 2006, the community has embraced the specialty store beyond their wildest expectations. They and the Fleet Feet team are now proud to announce the opening of their second store, Fleet Feet Sports-Adirondack. For some time, many customers have told them of the need for a store north of their current Wolf Road location. Fleet Feet Sports-

Adirondack, opening fall of 2013, will be located in the Shops of Malta, off exit 12 of the Adirondack Northway, 20 miles north of the current location. The new store will be similar in theme to the Albany location. Fleet Feet Sports is locally owned and operated. Founded in 1976, Fleet Feet is the largest franchisor of specialty run retail stores in the country. Visit: fleetfeetalbany.com.

FROM THE PUBLISHER & EDITOR Summer Shoulds. You know it's the second half of summer when the "back to school" sales are here. This issue is full of ideas for destinations, events and races that will take your breath away, plus summer (and winter) sales and quality services. While summer is still here, there's plenty of time to take advantage of it – so stay active and motivate your family and friends to live life to the fullest! Thanks for reading the magazine.

AdkSports.com Facebook.com/AdirondackSports Locally Owned & Independent Publisher/Managing Editor: Darryl Caron Editor/Marketing Manager: Mona Caron Adirondack Sports & Fitness, LLC Contributing Writers: Dave Beals, Laura Clark, 15 Coventry Drive, Clifton Park, NY 12065 Russell Dunn, Dave Kraus, Alan Mapes, (518) 877-8788 • Fax (518) 877-0619 Spencer Morrissey, Sabine Weber AdkSports.com • info@AdkSports.com Contributing Photographers: Andrew Franciosa, Dave Kraus, Alan Mapes, Daniel May, Spencer Morrissey, Greg Wolcott Web Designer: Hillary Mann Circulation: Joan Caron, Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters Graphic Design: Karen Chapman, Cummings Advertising Art, Clifton Park, NY Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 22,000 copies. ©2013 Adirondack Sports & Fitness, LLC. All rights reserved.

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ISSUE #154

The Jimbo Mountain Bike Race

NORTH RIVER - The inaugural Jimbo, a 24-hour mountain bike race open to individuals and teams, will take place at noon on Saturday, Sept. 14 at Garnet Hill Lodge in North River. The event is being organized by Adirondack Race Management, the same people who produce the Lake George Triathlon Festival and the Urban Assault series. They will have three different categories of racers: individuals, teams of two, and teams of three to five riders. There will be music, a bonfire, staging areas for each team or individual, a light charging station and restrooms. The price includes a post-race meal from Garnet Hill Lodge as well as libations after the race, T-shirt and a water bottle.

The goal of the race is to complete as many laps as you can in the 24-hour "noon to noon" period. Teams will pass along a baton to the next rider and each loop will be marked off as the individual or team goes through the staging area. Lights will be required from



AUGUST 2013

dusk until dawn. The course consists of wide groomed trails, some dirt road and path sections, and two short sections of singletrack. It has mostly rolling hills with some climbs and descents. Details and registration: adkracemanagement.com.

Lake George Open Water Swims

HAGUE – The third annual Lake George Open Water Swims, organized by Green Leaf Racing, are taking place on Saturday-Sunday, Aug. 24-25 at Hague Beach on Lake George. There will be a 2.5K, 5K and 10K options for swimmers on Saturday, along with a four-mile swim on Sunday. This is a beautiful venue for open water enthusiasts, sanctioned by US Masters Swimming and

supported by the town of Hague. All participants will receive a race shirt, finisher gift and overall and age-group awards. The organizers would be grateful for food and financial donations to the town of Hague Food Pantry, and top donors will win personalized event swim parkas. For event info and registration, go to: lakegeorgeswim.com.

New Hiking Route Spans Adirondacks

ONEONTA – With six million acres of valleys, lakes, peaks and passes, the Adirondack Park is a big place for big adventures. A new pathway, the 235-mile Trans Adirondack Route, developed by former Adirondack Park back-country ranger Erik Schlimmer, does just that. The Trans Adirondack Route pieces together hiking trails, abandoned pathways, snow-mobile trails, and dirt/paved roads to travel from Ellenburg Center to Gloversville. During its course the route crosses five wilderness areas, visits 50 bodies of water, climbs three summits, and runs through three settlements. Highlights of the route include Whiteface, the High Peaks, Cold River and Long Lake.

Erik developed the Trans Adirondack Route during the past three years, including a 2010 solo hike across the park. "I always think big" said the 40-year-old Oneonta resident. "I had completed dozens of Adirondack backpacking trips and climbed hundreds of peaks in the range by 2010, but those adventures were disconnected. I wanted something immense." To guide backpackers along the route, he offers a guidebook, "Blue Line to Blue Line: The Official Guide to the Trans Adirondack Route" (Beechwood Books), which breaks the route into seven sections ranging from 25 to 45 miles. The route descriptions are designed for hikers who want detail but brevity, plus sections on lightweight backpacking, weather, rules and regulations, and Adirondack history, flora and fauna. A map set is available as well. For more information on the route and its friends of group, checkout: transadk.com. 📥

Rock Your Fitness Personal and Group Training

MALTA – Rock Your Fitness, offering total body workouts for men and women of all ages and fitness levels, recently opened in Malta. Founded by certified personal trainer, Becky Weyrauch, Rock Your Fitness provides group and individual classes featuring a combination of core and cardio training. Training sessions are held in the morning at the Saratoga-Wilton Soccer Club (formerly Charbonneau indoor soccer facility) on Route

9 in Malta. "It's an opportunity for participants to experience a variety of motivating workouts in a safe, fun and inspiring atmosphere," said Becky, a Clifton Park resident who has taught classes for more than ten years. Workouts will include use of TRX trainers, free weights, battling ropes, medicine balls and kettle bells, which challenge the entire body in every plane of motion. For schedules and more, visit: facebook.com/RockYourFitnessLLC.

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Lake George Bike/Boat Ride Sunday, August 18

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	AUGUST 2013						SEPTEMBER 2013						OCTOBER 2013							
S	М	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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25	26	27	28	29	30	31	29	30						27	28	29	30	31		

ALPINE SKIING & SNOWBOARDING

AUGUST

- Clearance Ski & Bike Sale. High Adventure Ski & Bike, Latham, 785-0501, highadventuresbp.com.
- Ski & Snowboard Sale. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

BICYCLING

ONGOING

Daily Mohawk-Hudson Cycling Club Road Rides. 300 rides per year for all ability levels in the Capital District & Saratoga Springs. Schedule: mohawkhudsoncyclingclub.org.

Anywhere We Want Ride. 50M. 1:25pm. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.

Beginner Ride. 6pm. Blue Sky Bicycles, Saratoga Springs. Mon 583-0600. blueskybicycles.com.

Tue Women's Night Ride. 6pm. Multiple groups. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

Fast Pace Training Ride. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com. Wed

Intermediate Road Ride. 6pm. 20-35M. Route varies. Plaine & Son, Schenectady. 346-1433. plaineandson.com. Meander Ride. 6:15pm. Spa City Bicycleworks, Saratoga

Springs. 587-0071. spacitybicycleworks.com. Women's Road Ride. 5:30pm. Blue Sky Bicycles, Saratoga

Springs. 583-0600. blueskybicycles.com. In-House Workshop. 10:30am. Broadway Bicycle Co, Albany. 451-9400. Topics: broadwaybicycleco.com.

Conversational Ride. 6pm. Moderate pace, no drop. Grey Thu Ghost Bicycles. Glens Falls. 223-0148. greyghostbicycles.com.

HRRT Bike Belles, Beginner Ride & Jr Team rides. 6pm. Fri Plaine & Son, Schenectady. 346-1433. plaineandson.com. Fri Noon Rides. 12pm. 79 Beekman St., Spa City Bicycleworks,

Saratoga Springs. 587-0071. spacitybicycleworks.com. Shop Ride. 8am. Keep up if you can. Grey Ghost Bicycles.

Glens Falls. 223-0148. greyghostbicycles.com. In-House Repair Workshop. 10am. Plaine & Son, Schenectady. 346-1433. plaineandson.com

In-House Repairs Workshop. 10:30am. Broadway Bicycle, Albany. 451-9400. broadwaybicycleco.com.

AUGUST

- Ididaride: Adirondack Bike Tour! 75M/20M. Ski Bowl Park. North Creek, Adirondack Mountain Club. 800-395-8080x42. adk.org.
- 17, 31 Fix a Flat Clinic. 9:30am. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com. 6th Daily Grind Ride. 9am. Daily Grind Café, Albany to Troy.
- 427-0464. albanybicyclecoalition.com. 1st "The Eddie" Music Festival for Bicyclist Edward Lakata Memorial Scholarship Fund. Noon-midnight. Pine Lake
- Park, Caroga Lake. 835-4980. facebook.com. Berkshire Bike 'N' Fly. 20M/50M. Great Barrington, MA. 413-446-9672. berkshirebikenfly.org.
- 1st Matthew Ratelle Memorial Benefit Bike Ride. 28M. 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.

- Lake George Bike/Boat Ride. Bike Lake George to Ticonderoga. 11:15am: Mohican Boat to Lake George. Reserve: 668-5777. lakegeorgesteamboat.com.
- 23-25 End of Summer Clearance Sale. Valatie, Glenmont, Hudson. Steiner's Ski & Bike: 427-2406, steinersskibike.com.
- 13th Pat Stratton Memorial Century Ride. 100M/50M/25/ Kids Ride. 8am. Rain date: 8/25. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 9th Hoosic River Ride. 100M/75M/50M/30M/8M. Williamstown Youth Center, Williamstown, MA. hoorwa.org.
- 24-25 30th Chris Thater Memorial Bicycle Races. 16-50M. Recreation Park, Binghamton. 607-778-2056. bcstopdwi.com.
- 3rd Cystic Fibrosis Cycle for Life. 62/32M. 8am. Cambridge. Kate Quinn: 783-7361. cff.org.
 - Green Mountain Stage Race. 150-186M. Waitsfield, VT. 802-496-5415. gmsr.info.
- 31 Ultimate Time Trial. 12M. 11am. Castleton. Matthew Martin: 813-9655. sites.google.com/site/albanyultimatetimetrial.

SEPTEMBER

- Darn Tough Ride. 25/45/65/100M. 7am. Stowe, VT. Pascale Savard: 802-253-9216. mmwa.org.
- Coon Hill Grind. 2M Time Trial. 12pm. Skaneateles Ski Center, Marietta, skanraces.com.
- 4th Double H Ranch Camp Challenge Ride & BBQ. 30M & 62M. Double H Ranch, Lake Luzerne. 696-5921 x239. doublehranch.org.
- Saratoga Century Weekend. 100M: 8am. 62M: 9am. 50M: 10am. 25M:11am. Carlsbad Pavilion, Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- 13-15 Adirondack 540 RAAM Qualifier. 540/408/272/136M options. Adirondack Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- Operation Worthy Warrior, 5K time trial, 20M road race. Wheelchair course. 9am. HVCC, Global Foundries Tech Park, Malta. Peter Lee: 580-0173. operationworthywarrior.com
- 14-15 3rd Tour of the Adirondacks. Sat: Prospect Mountain Hill Climb: 5M. Lake George. Gran Fondo: 100M/40M. Lake Luzerne. Anthem Sports: 275-6185. touroftheadirondacks.com.
- 6th Lance Gregson 1-Eye Classic. Town Park/Beach, Schroon Lake. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. 532-9479. schroonlakecycling.com.
- 3rd Columbia County Rotary Ride. 100/60/30/10M. Post-ride BBQ. Volunteer's Park, Valatie. 784-3663. ccrotaryride.org. 21
- BikeFest &Tour of the Valley. 8-104M. Look Park, Northampton, MA. 413-204-0393. bikefest.nohobikeclub.org.
- Gran Fondo Gunks. 18-108M. 8am. Ulster Co Fairgrounds, New Paltz. 845-256-8073. granfondogunks.com.
- Cambridge Valley Fall Benefit Ride for Van Fronhofer. 62M: 9:30am. 25M: 10:30am. 16M: 11am. American Legion, Cambridge. bikecvc.org. 27-29 1st Randonnée Cyclist Adirondacks. Fri: Packet Pick-Up/
- Party. Sat: 25M ride, Prospect Mountain hill climb, kids' ride. Sun: 50M/100 rides. Battlefield Park, Lake George. 770-631-1239. lakegeorgerando.com.
- Drops to Hops Races. 43M Elite/23M Citizen races. 10am. Brewery Ommegang, Cooperstown. Doug McCoy: 607-547-2800. clarksportscenter.com.
- Ride-Run-Walk 4 Love. 50M/15M bike ride & 5K run/walk. 8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. RRW4L.com.
- 29-30 Bike & Brew Package. Bike tour, lodging, Ommegang sample pack, dinner. The Inn at Cooperstown, Cooperstown. 607-547-5756. innatcooperstown.com.

OCTOBER

- HRRT Fall Club Ride. 100M/62M. 9am. Parkwood Plaza, Clifton Park. Heather Rizzi: 847-2419. hrrtonline.com.
- 12-13 Haunted Hundred. 100M. 6pm. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708. adkultracycling.com.
- Great River Ride Century. 111M/85M/62M/35M. Berkshire Brevet RUSA 170K Populaire. Westfield, MA. newhorizonsbikes.com.



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Pat Strattor Memorial **Century Ride**



Saturday, August 24, 8am Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities • Rain date: 8/25 T-shirt, picnic, music, poker ride w/prizes! Register: Active.com

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

Benefits Kiwanis Club of Saranac Lake youth programs

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Camp Challenge Ride Sponsored by Neil and Jane Golub Victor and Yvette Hershaft Vince and Patty Riggi Ron and Michele Riggi The Yulman Family



SEPTEMBER 7, 2013 at the Double H Ranch in Lake Luzerne, New York

Register at www.doublehranch.org

HEALTH & FITNESS

ONGOING

- Daily RPM Indoor Cycling Classes. First class free. Core Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
- Mo/WeRock Your Fitness Classes: TRX, kettlebell, weights. Starts 9/9. Mon/Wed 6:45am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrock@nycap.rr.com.
- Mo-Fr Boot Camp Challenge. Malta 6-week camp starts: 9/9. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.
- Tu/Th Rock Your Fitness Classes: TRX, kettlebell, weights. Starts 9/10. Tue/Thu 5:15am & 9:30am & Sat 7:30am. Indoor Soccer Facility, Malta. Becky Weyrauch: 522-9765. beckyrock@nycap.rr.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Yoga on the Mountain: 6/26-8/28. 3pm. Scenic gondola ride. Little Whiteface, Wilmington. 946-2223. whiteface.com. Gentle Yoga Class. 11am. True North Yoga, Schroon Lake.
- Debbie Philp: 810-7871. truenorthyogaonline.com. Hatha Yoga. 8:30am. High Peaks Cyclery, Lake Placid.
- Brittany Phelps: 523-3764. highpeakscyclery.com. Beginner Hatha Class. 11 am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Hatha Yoga. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

AUGUST

Outdoor Yoga, Massage, Self Defense Seminar. 9:30am. Shenantaha Creek Park, Malta. teamlunachix.com/ Albany_triathlon.

HIKING & ROCK CLIMBING

ONGOING

Daily Mount Jo Guided Hike. 2M. 9am. Adirondak Loj, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.

AUGUST

- 16-18 Trailless Backpacking: Dix Range. 21.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Mount Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Seymour Mountain Hike. 14M. Adirondack Mountain Club: 523-3441. adk.org.
- True Wilderness: Adirondacks & Trans Adirondack Route Presentation w/Erik Schlimmer. 6pm. Troy Library, Lansingburgh Branch, Troy. Register: 235-5310.
- 23-25 Trailless Backpacking: Skylight & Gray. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Cheney Mountain Guided Hike & Lunch w/Elizabeth Lee. 1.5M. 9am. Cheney Trailhead, Moriah. Ingrid Roemischer: 942-6513.highpeakshospice.org.
- 31-9/2 Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.

SEPTEMBER

- Trailless Backpacking: Allen. 16.6M. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Backpacking: Santanonis. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Macomb, South Dix, East Dix & Hough Hikes. 12.5M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Esther Mountain. 6.6M. Adirondack Mountain Club: 523-3441. adk.org. Trailless Backpacking: Cliff & Redfield. 18M. Adirondack
- Mountain Club: 523-3441. adk.org. Street & Nye Mountain Hikes. 9M. Adirondack Mountain Club: 523-3441. adk.org.
- 20-22 Trailless Backpacking: Sewards. 21M. Adirondack Mountain Club: 523-3441. adk.org.
- Mount Marshall Hike. 17M. Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Seward, Donaldson & Emmons Hikes. 15M. Adirondack **30** Mountain Club: 523-3441. adk.org.

OCTOBER

a winobidun camp

- Trailless Backpacking: Skylight & Gray. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Esther Mountain. 6.6M. Adirondack Mountain Club: 523-3441. adk.org.
- Trailless Backpacking: Santanonis. 17.5M. Adirondack Mountain Club: 523-3441. adk.org.
- Tabletop Mountain Hike. 9.8M. Adirondack Mountain Club: 523-3441. adk.org.
- Seward, Donaldson & Emmons Hikes. 15M. Adirondack Mountain Club: 523-3441. adk.org.

MOUNTAIN BIKING & CYCLOCROSS

ONGOING

- Daily Downhill Mountain Biking. 9am-3:30pm. Whiteface Mountain, Wilmington. whiteface.com.
- Daily Cross-Country Mountain Biking. 10am-4pm. Olympic Sports Complex, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- Morning MTB Rides. Location varies, Albany area. Details: facebook.com/RcubedRunRideRace.
- HRRT Junior Development Team MTB Training. 8am. Location varies. hrrtonline.com.
- Chasm Riders Mountain Bike Race Series: 5/19-10/13. 10am. 643-2670. site.google.com/site/chasmriders/home.
- HRRT Bike Belles Women's Mountain Bike Ride. 5:30pm. Locations/leaders vary. 346-1433. hrrtonline.com.
- NYCROSS Thursday Night Lights: 8/29, 9/5, 9/12. Grass criterium. 7pm. Prospect Park, Troy. 441-1296. nycross.com.
- Coed MTB Ride. 6pm. Blue Sky Bicycles, Saratoga Springs. 583-0600. blueskybicycles.com.
- Group Mountain Bike Ride. 6pm. Rotating locations. 346-1433. plaineandson.com.
- SMBA Group Ride. 6-7:50pm. Pittstown S.F., Pittstown. Thu saratogamtb.org.
- SMBA Group Ride. 6-7:50pm. Skidmore Stables Trails, Saratoga Springs. saratogamtb.org.

AUGUST

- Belleayre All Terrain Challenge: NYS MTB Series. Belleayre Mountain, Highmount. 845-679-2122. nysmtbseries.com.
- Hot August Night MTB Series. 6pm. Central Park, Schenectady. 847-2419. hrrtonline.com.
- "Fun Not Fear" Dirt Camp. High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- Get Schooled in Cyclocross Camp w/Dan Timmerman. Critz Farms, Cazenovia. Tim O'Shea: 315-655-4620. critzfarm.com. 3rd Bump Your Rump 6Hr XC MTB Race. 9am. Grafton
- Ponds, Grafton, VT. bikereg.com. "Fun Not Fear" Dirt Camp. High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.

SEPTEMBER

- 1st ADK 80K Mountain Bike Race. 8am. Solo or 2/4 person teams. MTB/cross bikes. Also: 80K Trail Running Race. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- NYCross Cyclocross Clinic: Technique, training. 9am-3pm. Prospect Park, Troy. nycross.com.
- Ladies Day. Whiteface MTB Park, Wilmington. 524-9805. downhillmike.com.
- "Fun Not Fear" Two-Day Dirt Camp. High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- Riedlbauer's Round Top Rally: NYS MTB Series Finale. Riedlbauer's Resort, Round Top. 965-0487. nysmtbseries.com. "Fun Not Fear" Dirt Camp. High Peaks Mt Bike Center,
- Lake Placid. 523-3764. highpeakscyclery.com. "Fun Not Fear" Two-Day Dirt Camp. High Peaks Mt Bike Center, Lake Placid. 523-3764. highpeakscyclery.com.
- Downhill Mountain Biking Camp. Beginner/intermediate riders. 10am. Gore Mountain, North Creek. Reserve: 251-2411. goremountain.com.
- 1st Iimbo Mountain Bike Race: 24 12pm-12pm. Solo/2-3 person teams. Garnet Hill, North River, adkracement.com.
- 14-15 Green Mountain Cyclocross Weekend. Catamount Family Center, Williston, VT. 631-472-2324. fastalracing.com.

NYCROSS.com 2013 Race Series

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Sept 15 - Kirkland Cyclocross Kirkland Town Park, Clinton

Sept 22 - Adirondack Cross Johnstown High School, Johnstown

Oct 12-13 - Uncle Sam GP of Cyclocross Prospect Park, Troy Oct 20 - Saratoga Spa Cyclocross

Saratoga Race Track, Saratoga Springs Oct 27 - Wicked Creepy Cyclocross

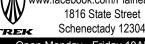
Willow Park, Bennington, VT Nov 2 - Syracuse Grand Prix Onondaga Lake Park, Liverpool

Nov 10 - Bethlehem Cup Cyclocross

Info: NYCROSS.com Register: BikeReg.com

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Cyclocross Clinic Saturday, Sept. 7, 9am-3pm Prospect Park, Troy

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Run-Pedal-Tube Triathlon

Saturday, August 17 at 9am Canoe Take-Out (11M W of Exit 21), Hadley

 5K foot race in Hadlev • 7.5M bicycle ride in Hadley-Luzerne

 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: hadleybusinessassociation.net (518) 696-4947 • hadleyba2003@yahoo.com Bike, helmet, inner tube & PFD required Benefits Hadley Business Assn Scholarship Fund

15TH ANNUAL 🛌 Mountain Lake Services

Saturday, September 14 • 9am Camp Whippoorwill, Keeseville, NY

Iron - 3.5M paddle/5.5M run/20M bike Recreational – 1.5M paddle/2.5M run/14M bike Individual & Teams (2-4 members) Register: MountainLakeServices.org Cookout & music following race Info: Roxanne at (518) 546-3051 x314

Proceeds benefit Mountain Lake Services Foundation Supporting needs of those with developmental disabilities





- NYCROSS.COM #1: Kirkland Cyclocross. 9:15am. Kirkland Town Park, Clinton. nycross.com.
- Whiteface Mini Downhill MTB Series #1 Race. Whiteface
- MTB Park, Wilmington. 524-9805. downhillmike.com. Whiteface Mini Downhill MTB Series #2 Race. Whiteface 22
- MTB Park, Wilmington. 524-9805. downhillmike.com. NYCROSS.COM #2: Adirondack Cyclocross. 9am. 22
- Johnstown HS, Johnstown. 725-9703. adkveloclub.com. 22 1st SUNY Oneonta MTB Festival & Race. 8am. College Camp,
- SUNY Oneonta. 845-264-8479. oneonta.edu. Team Bike & Board Cycle Cross Challenge. Berkshire Bike & Board. Great Barrington, MA. 413-528-5555.
- Whiteface Mini Downhill MTB Series #3 Race. Whiteface 29 MTB Park, Wilmington. 524-9805. downhillmike.com.
- 20th Vermont 50 MTB Race. 50M: 6am. Plus, 50M/50K run/ relay teams. Ascutney, Brownsville, VT. vermont50.com.

OCTOBER

- 12-13 NYCROSS.COM #3: Uncle Sam GP of Cyclocross. Prospect Park, Troy. nycross.com.
- 20 NYCROSS.COM #4: Saratoga Spa Cyclocross. Saratoga Race Course, Saratoga Springs. nycross.com.
- NYCROSS.COM #5: Wicked Creepy Cyclocross Race. 9am. 27
- Bennington, VT. nycross.com.

berkshirebikeandboard.com.

HRRT All Hollows MTB Race. 6pm. Central Park, 29 Schenectady. hrrtonline.com.

NOVEMBER

- NYCROSS.COM #6: Syracuse Grand Prix Cyclocross. Onondaga Lake, Liverpool. nycross.com.
- NYCROSS.com #7: Bethlehem Cup Cyclocross. Elm Avenue Park, Bethlehem. nycross.com.

MULTISPORT: TRIATHLON, DUATHLON & BIATHLON

ONGOING

- Be A Biathlete. 10am-4pm. Olympic Sports Complex, Lake Placid. 523-4436. whiteface.com.
- CDTC Crystal Lake Training: 6/4-8/27. 6pm. Crystal Cove, Averill Park. cdtriclub.org.
- BTC Warners Lake Training: 5/30-8/29. 6pm. Warners Lake, East Berne. bethlehemtriclub.com.
- STC Open Water Training: 5/30-9/19. 6-7pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.

AUGUST

- HVTC Summer Tri-Series #3. 5:45pm. Wilson SP, Mt. Tremper. 914-466-9214. hvtc.net.
- 17 Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- Run-Pedal-Tube Triathlon. 5K run, 7.5M bike, tube across 17 Hudson River to Hadley. 9am. 696-4947. hadleybusinessassociation.net.
- 17 10th Bitter Pill 12-Hr Race. Trek/swim/canoe/MTB/navigate. 5am. Catamount Outdoor Center, Williston, VT. gmara.org.
- **2nd Old Forge Triathlon.** 0.75M swim, 22M bike, 4M run. 8am. Old Forge. Mike Brych: 315-404-8130. atcendurance.com. 18
- 1st Peasantman Steel Distance Triathlons. Full, Half, Half Relay. 7am. Indian Pines Park, Keuka Lake, Penn Yan. 315-670-7191. peasantman.com.
- 4th Wheel & Heel Sprint Tri/Duathlon. Hudson Valley Series #3. Tri: 1/4M swim, 12M bike, 3M run. Du: 1M run, 12M bike, 3M run. Wilcox Park, Milan. 845-247-0271. nytri.org.
- 24th West Point Triathlon. 0.5M swim, 12M bike, 3.1M run. 8:30am. Camp Buckner, West Point. usma.edu.
 Duathlon. 1.25M run, 2M paddle, 1.25M run. 6:30pm.
- 21 Little River Boat Launch, Canton. slvpaddlers.org.
- 5th Duanesburg Area Community Center Triathlon. 325yd swim, 10M bike, 5K run. 7am. Mariaville Lake to Duanesburg. Jennifer Dixon: 895-9500. dacc.info.
- Pittsfield FamilyYMCA Sprint Tri. 0.5M swim, 14.5M bike, 5K run. 8am. Burbank Park, Pittsfield, MA. 413-499-7650. pittsfieldfamilyymca.org.
- 4th Team LIINA Chix Snlas 3.1M run. 11am. Lake Desolation, Middle Grove. active.com.
- 4th River Rat Triathlon. 600m swim or 3M kayak/canoe, 17M bike, 5K run. 8:30am. Centennial Park, Clayton. 315-778-6427. riverrattri.org.

- Southern VT Sprint Tri. .25M swim, 8M bike, 3.1M run. 8am. Hunter Park, Manchester Center, Vt. Bethany Trout: 802-362-0150. rileyrink.com.
- Skinnyman Triathlon. 800yd swim, 14M bike, 3M run. 7:30am. Clift Park, Skaneateles. skanraces.com.
- 31-9/1 4th Lake George Triathlon Festival. Sat, 7am: Olympic 0.9M swim, 24.8M bike, 10K run. Sun, 7am: Big George: 1.2M swim, 56M bike, 13.1M run. AquaBike: 1.2M swim, 56M bike. lgtrifestival.com.

SEPTEMBER

- Grizzly Triathlon. Off-Road Sprint: 600m swim, 13M MTB/CX, 5K trail run. 9am. Stratton Lake, Stratton, VT. stratton.com.
- 5th Vassar Brothers Medical Center Sprint Triathlon & Duathlon. Freedom Park, Pleasant Valley. nytri.org.
- **Greene County Y Triathlon.** 350yd swim, 11.5M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdymca.org.
- 3rd Wheel & Heel Olympic Tri/Duathlon. Hudson Valley Series #4. Tri: 1.5K swim, 40K bike, 10K run. Du: 5K run, 40K bike, 10K run. Lake Taghkanic SP, Ancram. 845-247-0271. nytri.org.
- 3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run. Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.
- Toughman Half-Iron Triathlon. 1.2M swim, 56M bike, 13.1M run. Croton-on-Hudson. toughmantri.com.
- Iron Girl Sandy Hook Women's Triathlon. .5M swim, 10M bike, 3M run. 7am. Gateway National Rec Area, NJ. irongirl.com.
- HVTC Summer Tri-Series #4. 400yds swim, 12M bike, 2M run. 5:45pm. Wilson State Park, Mt. Tremper. 914-466-9214.
- 15th Mountain Lake Services Triathlon. Iron: 3.5M paddle, 5.5M run, 20M bike. Rec: 1.5M paddle, 2.5M run, $1\bar{4}$ M bike. 9am. Camp Whippoorwill, Keeseville. Roxanne: 546-3051. mountainlakeservices.org.
- 37th Josh Billings RunAground Triathlon. 27M bike, 5M canoe/kayak/SUP, 6M run. 9:30am. Free Kids' Fun Run: 2pm. Great Barrington to Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- 21-22 HITS Triathlon Series: Hunter Mountain. Sat, 7am: Half & Full. Sun: Olympic (7:40am), Sprint (7am), Open (12:30pm). North-South Lake Campground, Haines Falls. 845-246-8833. hitstriathlonseries.com.

OCTOBER

- Ryan McElroy Children's Cancer Sprint Duathlon. 8am. Millbrook. trifind.com.
- Glens Falls Duathlon. 5K run, 30K bike, 5K run. 8:30am. SUNY Adirondack, Queensbury. glensfallslions.org.
- 11th Mohawk Towpath Byway Duathlon & Kids' Duathlon. 2.2M run, 16M bike, 2.2M run. 9am. Krause's Grove, Halfmoon. Eric Hamilton: 371-7548. mohawktowpath.org.

DECEMBER

HITS Triathlon Series Championship. Palm Springs, CA. 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

ONGOING

Sat-Sun 14th Hudson River Valley Ramble: 9/7-8, 14-15, 21-22, 28-29. Hiking, biking, paddling, heritage site tours, more. Locations vary. hudsonrivervalleyramble.com.

AUGUST

- Discover Scuba & BBQ. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 2nd Karaoke for the Cure. 6pm. Vapor, Saratoga Casino/ Raceway, Saratoga Springs. Lynette Stark: 250-5379. komenneny.org.
- 5th Chrissy's Chair Auction. 4:30-8pm. Auction, food, music. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.
- 30-8/2 Labor Day Family Weekend. YMCA Camp Chingachgook, Kattskill Bay. Heather Siegel: 656-9462. lakegeorgecamp.org.

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Mohawk Towpath Byway Duathlon Krause's Grove, Canal & Beach Roads

Clifton Park & Halfmoon 2.2mi Run • 16mi Bike • 2.2mi Run

Sunday, October 20 • 9am Open to adults, youth & teams

Kids' Fun Duathlon • 8:30am Register: mohawktowpath.org

Tech T-shirt to first 100 Registration limited to 200! Benefits Mohawk Towpath Scenic Byway FOURTH ANNUAL



0.5-mile swim & 3.1-mile run Sunday, August 25 @ 11AM 502 Lake Desolation Rd, Middle Grove

Register now: Active.com \$25 early registration / \$30 after 8/1 Includes a FREE training plan, lunch & great swag

FUN-focused fundraiser for Breast Cancer Fund July 6, 9am • Open Water Swim Clinic Lake Desolation • \$10 to BCF

Capital Region Nordic Alliance, Inc. **Trail 5K Run Series**

BIRCONDAC

August 24 – Goold Orchard & Brookview Station Winery, Castleton

October 5 - Chatham Brewery, Chatham

November 9 – Series Finale at Notchview State Reservation, Windsor, MA

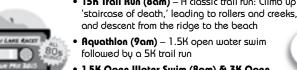
Register: CapitalRegionNordicAlliance.org

Fee: \$15 each – Register for all, save \$10Proceeds benefit wineries & CRNA's work with disabled, special needs, wounded warriors

3rd ANNUAL MORERU CARE RA

Sunday, Sept. 8 – Moreau Lake State Park beach, Gansevoort Endurance Events Mixed with '80s Music — '80s Clothing Recommended!

15K Trail Run (8am) – A classic trail run: Climb up the



1.5K Open Water Swim (8am) & 3K Open Water Swim (9:30am)

Discount for multiple events. The beach area offers full facilities including picnic tables and BBQs. be a USAT member or buy one-day license for aquathlon and swims. 15K trail run is sanctioned by USATf Register: GreenLeafRacing.com – More Info: (518) 290-0457

SEPTEMBER

- Kicks for Kids: Soccer Based Toddler Activity Program. 18mos to 5yrs. Saturday 7wk session starts 9/7. 383-0991. sportsplexhalfmoon.com.
- Discover Scuba & BBQ. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

Wilderness First Aid Course/NYSOGA, 8am-6pm, White

- Otter Fish & Game Club, Woodgate. Sonny Young: 359-8194. 28-29 Saratoga Native American Festival. 9:30am-7:30pm. Traditional dancing, music, arts, crafts, food. Saratoga
- Performing Arts Center, Saratoga Springs. Ndakinna Center: 583-1440. saratoganativefestival.com.

OCTOBER

- 12-13 Gore Mountain Harvest Fest. 11am-4pm. MTB, gondola rides, music, food. Gore Mountain, North Creek goremountain.com.
- Party for a Purpose 2013: Saturday Night Fever. 7pm. Benefit for Laven Early Childhood Center at Albany JCC. Colonie Golf & Country Club, Albany. 438-6651. saajcc.org.
- Wild About Blue: Habitat restoration for Karner blue butterfly. 4-7pm. Saratoga National Golf Course, Saratoga Springs. 450-0321. wiltonpreserve.org.

NOVEMBER

Adk S&F Endless Summer & Winter Expo. Sat 10-5 & Sun 10-4. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- SUP Yoga. 8am. Session 2: 7/30-8/22 (except 8/6). Patty's Water Sports, Cleverdale. 656-9353. pattyswatersports.com. NNYP Weekly Time Trials: 5/1-9/18. 3.65M. 6:30pm. Aqueduct Boat Dock, Rexford. Alec Davis: 399-1435. nymcra.org.
- Fundamentals of Canoeing. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

AUGUST

- Kayaking for Dummies. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Fundamentals of Kayaking I & II. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Flatwater Canoe and Kayak Rescue Clinic. Heart Lake, Lake Placid. Adirondack Mountain Club: 523-3441. adk.org.
- Evening Tour. 6:15pm. Hudson River, Champlain Canal Lock 1, Halfmoon. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Kayak Rescue & Recovery. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Fundamentals of Kayaking II & III. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Evening Tour: Full Moonrise. 6:15pm. Mohawk River, Lock 7, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

SEPTEMBER

- Adirondack Canoe Classic. 90M. Old Forge to Saranac Lake. macscanoe.com.
- SUPtoberfest: canoe, kayak, paddleboard sale & more. Mountainman Outdoors on Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- Long Lake Long Boat Regatta. 15M/10M. 11am. Long Lake. macscanoe.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

ARE Summer Trail Run Series: 5/23-8/29. 6:30pm. Various locations, Capital District. areep.com.

AUGUST

- 5th Camp Chingachgook Challenge Half Marathon & 10K. YMCA Camp Chingachgook, Kattskill Bay. areep.com.
- Move it to the Music 5K Run/Walk & 1M Beaver Dam Short Course. Lake Luzerne. 696-2771. luzernemusic.org.
- 15th Fox Creek 5K Run. 8am. Helderberg Trail, Town Park, Berne. Liz Chauvots: 872-1870. ebcpt.com.
- Dash to the Diamond 9M run & Valley Cats game. 9M. 4:30pm. Fleet Feet to HVCC, Troy. fleetfeetalbany.com.
- 1st Monday Night Mile for Saratoga History Museum. Also: 1/4M Kids' Run. Starts: 5:30pm. Racino & Harness Track, Saratoga Springs. John Pecora: 583-9622. saratogahistory.org.
- We Run the Capital at Tawasentha Park. 6pm. Guilderland. 13 Fleet Feet: 459-3338. fleetfeetalbany.com.
- C.Y.C Boiling Pot 5K Run/Walk. 6pm. Community Youth 16 Center, Canajoharie. 673-5117. canajohariecyc.org.
- 23rd Woodmen's Foot Race 10K & 5K Walk. 6pm. Adirondack HS, Boonville. 315-942-4593. starinfo.com/woodsmen. 16
- 11th Jailhouse Rock 5K. 8:30pm. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org. 17
- Pre-Fall Classic. 5K, 2M Walk & Kids' Run. 9am. Voorheesville HS, Voorheesville. vcsfoundation.com.
- Footrace at the Falls. 5K. 10am. Bicentennial Park,
- Ticonderoga. Matt Karkoski: 585-7206. lachute.us. Landis Arboretum 5K Forest Run. 9am. Landis Arboretum,
- Esperance. David Roy: 295-7162. landisarboretum.org.
- 16th Olga Memorial Footrace 5K/10K Run/Walk. 9:30am. Berkeley Green, Saranac Lake. 637-4297. saranaclake.com.
- Delaware County Fair 5K. 8:30am. Delaware Co Fairgrounds, Walton. delawarecountyfair.org.
- Kiwanis Clove Run. 1M: 8:30am. 10M: 9am. 5K: 9:30am. Castleton ES, Castleton. 732-2940. vanrensselaerdivision.org.
- Rock & Snow Bridge 2 Bridge 5M Race. 9am. Mohonk Spring 17 Farm trailhead, High Falls. mohonkpreserve.org.
- Sweltering Summer 6-Hour Ultra Marathon. 7am-1pm. Clapp Park, Pittsfield, MA. Benn Griffin: 413-443-5819. burcsrunners.org.
- Southern Saratoga YMCA 5K Run & 3K Walk. 9am. Southern Saratoga YMCA, Clifton Park. Sarah Heslin: 371-2139. cdymca.org.
- Camp Saratoga 5K Trail Run. 6:15pm. Wilton Wildlife 19 Preserve/Park, Wilton. saratogastryders.org.
- We Run the Capital at Peebles Island. 6pm. Cohoes. Fleet 20 Feet: 459-43338. fleetfeetalbany.com.
- MHRRC Sports Museum Hall of Fame 5K & Kids' Race. 10am. Carnwarth Farms, Wappingers. mhrrc.org.
- Cross Country Spike Weekend. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 16th Altamont 5K Run/Walk. 9am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org.
- CRNA 5K Trail Run Series. Goold Orchard & Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- Muddy Sneaker Trail 5K Trail & 1M Fun Run. 9am. Indian Meadows Park, Glenville. 320-8648. glenvillerotary.org.
- Ultimate Towner Obstacle Course Race. 4M. Whiteface Mountain, Wilmington. 307-733-1989. ultimatetowner.com. Cousins That Care 5K Run/Walk. 8am. The Ole Barn, Inlet.
- cousinsthatcare.com Green Lakes Endurance Runs. 100K: 6am. 50K: 6:45am. Green Lakes SP, Fayetteville. gleruns.org.
- 34th Round Church Women's Run. 5K/10K. 8:30am. Round Church, Richmond. 802-238-0820. gmaa.net.
- Turning Stone Races: 5K, 10K & Half. 5K: Sat, 5pm. 10K/Half: Sun, 8am. Turning Stone, Verona. turningstoneraces.com 24-25 Chris Thater Memorial 5K Run. 10am. Recreation Park,
- Binghamton. 607-778-2056. bcstopdwi.com. 12th Snowmaker 5K & 1M Walk. 9am. Woods Valley Ski Area, Westernville. 315-337-1208. romanrunners.com.
- North Face Race to the Top of VT. Run/bike/hike. 4.3M. 9am. Toll Road, Stowe, VT. 802-864-5794. rtttovt.com. We Run the Capital at Corning Preserve. 6pm. Albany. Fleet
- Feet: 459-3338. fleetfeetalbany.com. 32nd Roosa Gap Roller Coaster, 11.5M & 5K run/walk, 10am.
- D&H Canal Towpath, Wurtsboro. sullivanstriders.org. 1st Oak Runner Trail Run 10K, 5K & Kids' 1M Fun Run. 9am.
 - Oak Mountain Ski Resort, Speculator. 548-3606. oakmountainski.com.

16th Annual

Altamont 5K **Run & Walk**

Saturday, August 24 9am **Bozenkill Park, Altamont**

Gun Club Rd (10mi w of Albany)

10:15am: Altamont Mile & Other Kids' Races

. T-Shirt to first 350 5K entries Awards to top 3 M/F 5K & 5-year age groups Live Music on the Race Course 100 Raffle Prizes

Hilltown **Triple Crown Series!**

#1 Fox Creek 5K in Berne, 8/10 #2 Pre Fall Classic 5K in Voorheesville, 8/17 #3 Altamont 5K, 8/24 Sign-up: foxcreek5k@gmail.con

Register: Active.com (fee) Altamont5K.org (no fee) Phil Carducci (518) 861-6350

To benefit Altamont Food Pantry Bring unexpired dry goods





Kid's Fun Run following races Long-sleeve Moisture Wicking shirts & FREE raffle tickets to all that pre-register for 5 & 10K

by October 1, 2013!

IMPORTANT **NEW & Improved Course** Race Limited to 2,000 Registrants **NO DAY OF Registration**

5K & 10K Fees

\$22 (prior to 10/1); *\$25* (prior to 10/19) **NO DAY OF REGISTRATION** Kids Fun Run Fees (12 & under \$5

Become a Fund Raiser for Saratoga Bridges and YOU could win a \$250 Price Chopper G.C.
Create your own fundraising page at active.com/donate/SaratogaBridges2013

Register Online: www.saratogabridges.org More information: 518.587.0723

Race is Net Chip Timed w/ Disposable Bibs



Walkers Welcome in 5K Costumes Welcome



bridges



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Lynne Blake: lblake@nycap.rr.com or (518) 885-9821

Benefits community outreach programs of Ballston Spa UMC

6th annual Tour "LaFrance" 5K Family Fun Run/Walk & I-Mile Kids' Run In memory of Connor LaFrance

Sunday, Sept. 22 • Ilam Register: 8-10:30am

Orenda Pavilion, Saratoga Spa State Park www.ConnorLaFrance.org

Live music & BBQ lunch Benefits Connor LaFrance Memorial Foundation for local athletes & S.H.S. college scholarships

5K Run/Walk: 10am Free 1M Kids' Run: 9:30am

North Greenbush Town Hall, 2 Douglas St, Wynantskill Register: zippyreg.com • Info: townofng.com T-shirt to first 300 • \$25 or \$30 race day After run/walk enjoy our Town Celebration with live bands, rides, food & crafts Benefits North Greenbush Youth Dept Program



Saratoga Gross Country Classic

Saratoga Spa State Park Saratoga Springs, NY

5k Cross Country Race - 10am

Individual and team competition USATF Adirondack 5k XC Championship

2k and 3k Youth Developmental Cross Country Runs – 11am

5k USATF Adirondack Race Walk Championship – 8am

Walk info: (518) 577-1333 or walk2agoal@gmail.com Moisture wicking T-shirt to all registered in 5k by 10/1 Info: (518) 877-0654 or pjglove@aol.com

Register at usatfadir.org

Caring Together 12th Annual <u> Teal Ribbon</u> 5K Run & 1-Mile Walk

For Ovarian Cancer Awareness & Research

Sunday, Sept. 15 • 9am Washington Park, Albany

*T-shirts to first 600 registered*Awards: overall/age groups/fundraisers/teams Plus, face painting, clowns, raffles Individuals: \$15 by 9/1, \$20 after Team Members: \$12 by 9/1, \$20 after Children: \$5 ages 10-under

To Register & Donate: CaringTogetherNY.org or FirstGiving.com/CaringTogether

6th Annual

Hometown Heroes 5K Run & Walk

Saturday, Oct. 19 • 9:15am The Crossings of Colonie

USATF Certified • Solo/Teams T-shirt to first 250 • Chip Timing \$20 by 10/15 • \$25 after

Register: NYFRC-INC.ORG Kathy Andonie: (518) 368-5513

Fundraiser to benefit NY National

4th Run For The Horses 5K. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. 226-0028. trfinc.org.

SEPTEMBER

- 1st ADK 80K Trail Running Race. Also: 80K Mountain Bike Race. Mt Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. highpeakscyclery.com.
- $\textbf{2nd 1812 Challenge \& Half Marathon.}\ 18.12 M/13.1 M.\ 7 am.$ Watertown to Sackets Harbor. 1812challenge.com.
- 7th Trooper Longobardo Memorial 5K Walk/Run. 10am.
- Saratoga Spa SP, Saratoga Springs. longobardomemorial.org. Scottish Games 5K Run. 10:30am. Altamont Fairgrounds, Altamont. scotgames.com.
- 23rd Monster Marathon & Half Marathon. 6:30am. Virgil S.F., Virgil. 607-351-8455. fingerlakesrunners.org.
- 1st Labor Day 15K Road Race. 9am. Dorest Park, South Burlington, VT. gmaa.net.
- 24th SEFCU Labor Day 5K Race/Walk. 9am. Kids' 1M: 10am. SEFCU Headquarters, Albany. hmrrc.com. Greylock Uphill Road Race. 8M. North Adams, MA. Bob
- Dion: 802-423-7537. runwmac.com.
- Glow Back To School 5K Race. 7pm: glow in the dark. Donate school supply item = glow bracelet or necklace. Stillwater Comm Center, Stillwater. 664-2515. stillwaterareacommunitycenter.org.
- 4th Malta 5K Run & Walk. 8:30am. Malta Business & Professional Assn. HVCC TEC-SMART, Malta. Paul Loomis: ${\bf 288\text{-}8009.}\ maltabpa.com/malta5k.$
- ${\bf 2nd\ Double\ H\ Ranch\ Camp\ Challenge\ 5K\ Trail\ Run/Walk\ \&}$ BBQ. Double H Ranch, Lake Luzerne. 696-5921 x239. doublehranch.org.
- Youth Make a Difference 5K Run/Walk & 1M Kids' Run. 9:30am. North Greenbush Town Hall, Wynantskill. Michael Miner: 283-2714. townofng.com.
- 43rd Lake Placid/North Elba Half Marathon & 10K Road Race. 9am. Olympic Speedskating Oval to North Elba Show Grounds, Lake Placid. Rick Preston: 5897-2697. lakeplacid.com.
- Rotary eRACEr 5K Run/3K Walk. 10am. Brewery Ommegang, Cooperstown. 607-547-6083. rotaryeracer5k@gmail.com.
- Running for Recovery. 9am. Jefferson Co Fairgrounds, Watertown. 315-782-8440. watertownurbanmission.org.
- 11th Ty Yandon Memorial 5K Run/Walk. 9am. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- 3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run. Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.
- Run for Pride 5K & Rainbow Fun Run. 9am. Lakehouse, Washington Park, Albany. 462-6138. capitalpridecenter.org.
- 9/11 Heroes Run 5K & Family Fun Run/Walk. 8am. High Rock
- Park, Saratoga Springs. 925-4864. 911herosrun.org. 3rd Run to Remember. 9am. Fire Station, Massena. Jeremy Lefeve: 315-842-2263. northernrunner.org.
- **36th Whiteface Mountain Uphill Foot Race.** 8M run to the North Pole. 8am. Whiteface Memorial Highway,
- Wilmington. 946-2255. whitefacerace.com. 18th Run to Remember 5K. 9am. Rensselaer Polytechnic 14
- Institute, Troy. Zachary: 540-419-3342. run2remember.com. Get Your Rear in Gear 5K. 8:15am. Saratoga Spa SP, Saratoga
- Springs. 320-8648. getyourrearingear.com. 5th Coxsackie PAL 5K Run/Walk & Fun Run. 9am. Village Building, Coxsackie. 731-8122. active.com.
- 15 The Saratoga Palio Half Marathon & 5K Run/Walk: Melanie Merola O'Donnell Memorial Race. Half: 7:30am. 5K: 7:35am. Race Expo: 9/14, 10am-3pm. Hampton Inn, Saratoga Springs. the saratogapalio.com.
- 12th Teal Ribbon 5K Run & 1M Walk. 9am. Washington Park, Albany. caringtogetherny.org.
- 42nd HMRRC Anniversary Races. 2.95M & 5.9M. 9am. Gymnasium, UAlbany, Albany. Pat Glover: 877-0654.
- 9th Capital Region Out of the Darkness 3M Walk for R.I.T.A. 11am. American Foundation for Suicide Prevention. Saratoga Race Track, Saratoga Springs. Lisa Riley: 221-3901. afsp.org.
- 7th Delta Lake Half Marathon. 9am. Delta Lake SP, Rome. Ann Meisenhelder: 315-337-3658. romanrunners.com.
- 35th Dutchess Co Classic Half Marathon & 5K. 8:30am. 8am. Arlington HS, Lagrangeville. mhrrc.org.

- Masters Running Forum #1: Balance: Career, Home & **Running.** 7pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com.
- 1st Race 4 Care 5K Fun Run & Walk. 9am. Word of Life Institute, Pottersville. Ingrid: 942-6513. highpeakshospice.org.
- 32nd Arsenal City 5K Road Race. 6pm. Free 1M Fun Run/ Walk: 5:30pm. Watervliet. Chris Chartrand: 270-3875. watervliet.com.
- Arc in the Park 5K. 10am. Rensselaer Tech Park, North Greenbush. Chuck Tarbay: 274-3110. renarc.org.
- 1 1th YMCA Brenda Deer Memorial 5K Run, 3K Walk & Kids' Fun Run. 9am. Guilderland YMCA, Guilderland. 456-3634.
- Adirondack Marathon Distance Festival: Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. 532-7675. adirondackmarathon.org.
- 36th Great Cow Harbor 10K Run. 8:30am. RRCA 10K Championships. Northport. cowharborrace.com.
- 5th Red Apple Run 5K/10K Trail Run. 9am. Samascott Orchards, Kinderhook. kinderhookrunnersclub.com.
- Rivertown 5K Run. 10am. Ossining. Gunter Spilhaus: 845-256-8073. wildcatepicevents.com.
- 5K Run/Walk Mission to Africa. 10am. Parks & Recreation Center, Ogdensburg. 315-771-3145. northernrunner.org.
- Hancock Shaker Ultra & Trail Marathon, 50M: 5:30am, 26.2M: 10am. Pittsfield S.F., Pittsfield. hancockshakervillage.org.
- 10th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. 802-878-4385. gmaa.net.
- World Championship Spartan Race 11M Obstacle Race. Killington Resort, Killington, VT. spartanrace.com.
- 34th Dunkin' Run. 5K & 10K Road Races. 8:30am. Kids' 0.5M Fun Run: 10am. SAA Jewish Community Center, Albany. Tom Wachunas: 438-6651. saajcc.org.
- Adirondack Marathon Distance Festival: Marathon, Half Marathon, 2 & 4-Person Marathon Relay. Marathon & Relay: 9am. Half: 10am. Sat: Expo/Packet Pick-Up & Kids' Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 6th Tour "LaFrance" 5K Family Run/Walk & 1M Kids' Run. 11am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs.
- Falling Leaves Road Race 5K & 14K. 8:50am. Radisson Hotel, Utica. Mike Brych: 315-404-8130. atcendurance.com.
- Bread Run for Schools Half Marathon & 5K. 9:30am. Fabius-Pompey HS, Fabius. 315-243-9144. breadrunatfabiusny.org.
- Batten Kill River Duck Run: 12K, 5K & 1K Kids' Run. 9am. Jon French: 802-375-8084. bkvr.org.
- 5th Downtown 10K Run. 8:30am. Church Street, Burlington, VT. greenmtrehab.com.
- CRNA 5K Trail Run Series. Goold Orchard/Brookview Station Winery, Castleton. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- Mohawk Hudson River Marathon Night. 7:30pm. Fun, info evening with adidas, Fleet Feet, HMRRC & get primed for MHRM. See winners of Fleet Feet's "top model" contest. Demos, massages, drinks. Fleet Feet Sports, Albany. Cathy Sliwinski: 810-8427. Limited to 100. RSVP: ffalbanyevents@ yahoo.com. mohawkhudsonmarathon.com.
- 27-28 2nd Ragnar Relay Series: Adirondacks. 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Aston: 801-834-9531. ragnaradk.com.

 20th FAM 5K "Fund" Run/Walk. 10am. Refreshments, enter-
- tainment, Brooks BBQ & Kids' Run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- Ride-Run-Walk 4 Love.~5 K~Run/Walk~&~15 M/50 M~bike~ride.8am. Plus, BBQ, kids' ride, activities. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. Jaime Zehnder: 925-316-0692. rrw41.com.
- Gore Leaf Cruncher 5K Trail Run. 1pm. Gore Mountain, North Creek, 251-2411, goremountain.com.
- 2nd Mario Zeolla '97 5K Walk/Run. 9am. Plus: Health Expo. Albany College of Pharmacy, Albany. acphs.edu.
- CRSS Race for Hope 5K. 10am. Slingerlands. Sarah Nicole Mahoney: 441-8570. capitalregionspecialsurgery.com.
- 5K for JDRF. 10am. The Crossings, Colonie. 477-2873.
- Susanne Keller: jdrf.org.

5th Annual

Race Away Stigma 5K Race & Fun Walk

Help "race away" stigma surrounding mental illness

Saturday, Oct. 19 · 10am Bruno Stadium, HVCC, Troy

\$17 HMRRC, \$20 non-members T-shirt, awards, raffles

Larry Ellis 629-7175, l.ellis@hvcc.edu Register online: hvcc.edu/cct



Second Annual

Mario Zeolla '97 5K Walk/Run

September 28 / 9am

Albany College of Pharmacy & Health Sciences 106 New Scotland Ave, Albany

20 by 9/27 ● \$25 event day All 5K participants receive T-shirt

Register: acphs.edu/healthexpo Sponsored by ACPHS & MVP Health Care

Benefits Mario Zeolla '97 Memorial Scholarship







BERONDAC







REGISTER: ACTIVE.COM

ENTRY FORM:

BHBLROTARY.ORG

PAUL LEWANDOWSKI

(518) 399-2225

19th Annual Burnt Hills-Ballston Lake Rotary

5K RUN AND WALK BURNT HILLS, NY

Saturday, Oct. 5 • 9AM

KIDS MILE FUN RUN: 9:45AM O'ROURKE MIDDLE SCHOOL, BURNT HILLS **USATF CERTIFIED COURSE • CHIP TIMING** SHIRTS FOR THE FIRST 250 PARTICIPANTS

\$20 BEFORE 10/1 (\$25 AFTER) KIDS MILE FUN RUN: \$10

Saturday, Sept. 21 • 10am

Rensselaer Tech Park

100 Defreest Dr, North Greenbush

Walkers & rollers welcome

T-shirt to first 150 5K preregistered

Timing by Green Leaf Racing

0.5M Fun Run • 9:30am

Entry Form: www.renarc.org Info: 518-274-3110 x3003

To support programs and services for people with intellectual disabilities in our community

NICK'S RUN

SUNDAY, SEPTEMBER 29

CLIFTON COMMONS

CLIFTON PARK

Registration begins at 10:30am

12:45pm 2 Mile Walk

Honoring 3-year-old Parker Ragone

T-shirts to first 250 walk/run registrants!

Raffles - Prizes - DJ - Kids' Carnival

Bouncy Bounce - Photobooth

Form a team & have more fun!

For info & to register go to

WWW.FIGHTTOBEHEALED.ORG

NFTBHF is a 501 c 3 organization supporting

local pediatric cancer patient

1pm 5K Run

12:30pm Zumba Warm-up

12pm Nick's Dash

The AUC of Rensedoer County

ANYOGA CO DENOUGERA - COMMUNITY

- Nick's Run to be Healed 5K Run, 2M Walk & Nick's Dash Fun Run. 5K: 1pm. Zumba: 12:30pm. Nick's Dash: 12pm. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801.
- fighttobehealed.org.

 10th Crossings 5K Challenge Run/Walk. 10am. NEW Kids'
 1M Competitive Run & Free Kids' 1/4M Fun Run: 10:45am.
 Rudy Ciccotti Family Recreation Center, Colonie. 867-8920. colonieyouthcenter.org.
- 33rd Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. hmrrc.com.
- Geyser Road 5K Run/Walk. 9am. Saratoga Spa SP, Saratoga Springs. Kelly Montague: 584-7699. saratogaschools.org. Pumpkin Run 5K Cross-Country Run. 9am. 1K fun run.
- Queensbury HS, Queensbury. gfmmf.org.
- VetHelp 5K Ruun. 10am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. vethelpny.org. 32nd Roosa Gap Roller Coaster 11.50M & 5K Run/Walk. 10am. 29
- Wurtsboro. Tom Ganz: 845-791-4864. sullivanstriders.org.
- 20th Vermont 50 Race. 50M: 6:35am. 50K: 8am. Plus, 50M MTB Race. Ascutney, Brownsville, VT. vermont50.com.

OCTOBER

- 19th Komen Northeastern NY Race for the Cure. 5K: 9am. 2M Family Walk: 10am. Empire State Plaza, Albany. Lynette Stark: 250-5379. komenneny.org.
- 19th Burnt Hills-Ballston Lake Rotary Apple Run 5K. 9am. O'Rourke M.S., Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- CRNA 5K Trail Run Series. Chatham Brewery, Chatham. Russ Myer: 315-396-9967. capitalregionnordicalliance.org.
- 2nd Run for Readers 5K FUN Run/Walk. 9am. Kids' 1M Spartan Sprint: 8:15am. Scott Ellis E.S., Greenville. Peter Mahan: 966-5070 x301. Greenville.k12.ny.us.
- Ellen Richards Memorial 4M Breast Cancer Run/Walk. 10am. Norwood Beach, Norwood. 315-268-0566.
- Run for the Red 5K Run/Walk. 9am. Olympic Speedskating Oval,
- Lake Placid. 792-6545. redcross.org/runfortheredlakeplacid. 3rd Hammond Presbyterian Church Community 5K. 9am.
- Presbyterian Church, Hammond. Lisa Gallagher: 315-244-4416. 40th Art Tudhope 10K. 9am. Shelburne Beach, Shelburne. Jessica Bolduc: 802-658-1753. gmaa.net.
- A New Leash on Life 5K. 9am. The Crossings, Colonie. Schenectady SPCA: 312-860-7232.
- Run for the ROC 5K. 11am. Saratoga Race Course, Saratoga Springs. Mike Wallner: 583-8348. saratogacare.org.
- What Would Trevor Do Run for Hope 5K. 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. wwtdrunforhope5k.
- Harvest Half Marathon & 5K. 10:30am. Red Hook Rec Park, Red Hook. Lisa Glick: 845-625-3473. onteorarunners.org.
- 32nd Wineglass Marathon & 3rd Half Marathon & 5K. Bath to Corning. wineglassmarathon.com.
- Grete's Great Gallop Half Marathon. 9am. Central Park, Manhattan. nyrr.org.
- 7th Falling Leaves 5K Run & Walk. 10am. William Kelley Park, 12 Ballston Spa. Lynn Blake: 885-9821. ballstonspaumcchurch.org.
- 3rd Rhino Run 5K. 9:30am. Loudonville. Lori Murray: 12
- 783-7486. rhinorun5k.com. SUNY Adirondack CARES 5K Run/Walk. 8:30am. SUNY 12
- Adirondack, Queensbury. 743-2278. sunyacc.edu. 3rd Octoberfest Half Marathon & 10K. 9am. Fire Department,
- Peru. runoctoberfest.com. Canandaigua Lake Ultras. 50M & 50K. 7am. Canandaigua. canlake50.org.
- Danby Down & Dirty Trail Runs.10K & 20K. 9am. Abbott Loop, Danby. fingerlakesrunners.org.
- 31st Mohawk Hudson River Marathon & 12th Half Marathon. Marathon: Schenectady to Albany. Half: Colonie to Albany. Sat: Expo/Packet Pick-Up, Hilton Albany. Cathy Sliwinski: 810-8427. mohawkhudsonmarathon.com.
- Breathe Deep LUNGevity 3K Walk. 10am. Crossings Park, Colonie. events.lungevity.org.
- Shine On 5K Memorial Run. 1pm. Spencertown Firehouse, Spencertown. Tammy Page: 392-6298. shineonrun.wix.com/
- Shawangunk Valley 5M. 10am. Shawangunk Valley F.H., Wallkill. Rebecca Withers: 845-895-3402. mhrrc.org.
- 3rd Fall Foliage Half Marathon & 5K. 10am. Starr Library, Rhinebeck. fallfoliagehalf.com.

- 43rd Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.
- Masters Running Forum #2: Stability: Maintaining Fitness & Injury Prevention. 7pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com. 15
- 13th Great Pumpkin Challenge 10K, 5K & Kids' Run. 9:30am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. 587-0723. saratogabridges.org.
- 6th Hometown Heroes 5K Run/Walk. 9:15am. The Crossings, 19 Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org.
- 1st Urban Raid Albany: 5K Obstacle Race. Lincoln Park, Albany. Lauren St. Clair: 207-699-2360. raidevents.com.
- **5th Race Away Stigma 5K Race & Fun Walk**. 10am. HVCC Stadium, Troy. Larry Ellis: 629-7175. hvcc.edu.
- Dirty Dog Mud Run: 7K Obstacle Race. Titus Mountain Ski Center, Malone. dirtydogrun.com.
- Maddie's Mark 5K. 9am. Central Park, Schenectady. Kathleen Snyder: 763-1119. maddiesmark.org.
- Monster Scramble 5K & 1M Family Run. Lake George.
- msupstateny.org. Running Colors 5K. 11am. Lakefront, Old Forge. 19
- Saratoga Cross Country Classic 5K. 10am. 2K & 3K Youth Development: 11am. 5K USATF Race Walk Champs: 8am. Saratoga Spa SP, Saratoga Springs. Pat Glover: 877-0654. usatfadir.org.
- Beat Beethoven 5K. 9:30am. Central Park, Schenectady. Christine Mason: 372-2500.
- 2nd Chopping Down Cancer 5K in memory of Skip Veeder. 10am. Veeder's Tree Farm, Earlton. eventbrite.com.
- 20 Hambletonian Marathon & Good Time Trotters Relay. 8am. Goshen. 845-527-3825. hambletonianmarathon.com.
- 20th Goblin Gallop 5K. 9am. Abraham Wing School, Glens
- **Falls. adirondackrunners.org.** Monster Madness Dash YMCA 5K Run, 3K Walk & Kid's Fun 26
- Run. 9am. YMCA, Troy. Tammy Roberts: 272-5900. cdymca.org. Anne's Quest 5K. 9:30am. Shaker HS, Latham. Kelli Rosenthal: 446-9638. annesquest.org.
- Rylie J's Boo & Brew 5K & Kids' Fun Run. 3pm. 26 Rylie J's, Geneva. Jen Stanton: 315-651-0205.
- Hairy Gorilla Half Marathon & Squirrelly Six Mile Trail Race.
- 9:30am. Thacher SP, Voorheesville. hairygorillahalf.com. 2nd RunDEAD 5K Trail Run. 9:30am. Runners & Zombies. Saratoga Spa SP, Saratoga Springs. NYSO: 388-0790.
- Starlight Spooky Sprint. 12:30pm. Crossings Park, Colonie. Rainbow Doemel: 925-2533. starlight-newyork.org.

NOVEMBER

- Masters Running Forum #3: Community: Joining Club or Team. 7-8:30pm. Fleet Feet Sports, Albany. Register: Pat Glover: 877-0654. fleetfeetalbany.com.
- CRNA 5K Trail Run Series: Notchview State Reservation, Windsor, MA. Russ Myer: 315-396-9967.
- capitalregionnordicalliance.org.

 38th Gazette Stockade-athon 15K. 9am. Plus, 1M Duck Run for Kids. Central Park, Schenectady. stockadeathon.com.

SWIMMING

AUGUST

- 12th Betsy Owens Memorial Open Water Swim. 9:30am. USMS 2M national championships. Mirror Lake, Lake Placid. adms.org.
- 24-25 Lake George Open Water Swims. Sat: 2.5K (7:45am), 5K (9:30am), 10K (7:45am). Sun, 8am: 4M point-to-point. Hague Beach, Hague. lakegeorgeswim.org.

SEPTEMBER

- Escape From the Judge 1M Open Water Swim Race. 8am.
- Clift Park, Skaneateles. skanraces.com.
- 3rd Moreau Lake Races: Aquathon (9am) 1.5K swim, 5K trail run. Plus: 15K Trail Run & 1.5K & 3K Open Water Swims. Moreau Lake SP, Gansevoort. Chris Bowcutt: 290-0457. greenleafracing.com.

Advertiser in current issue of Ac All area codes 518 unless indicated.

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

38th Annual Gazette

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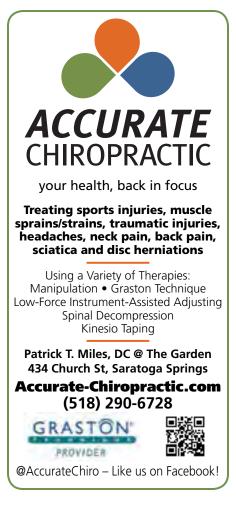
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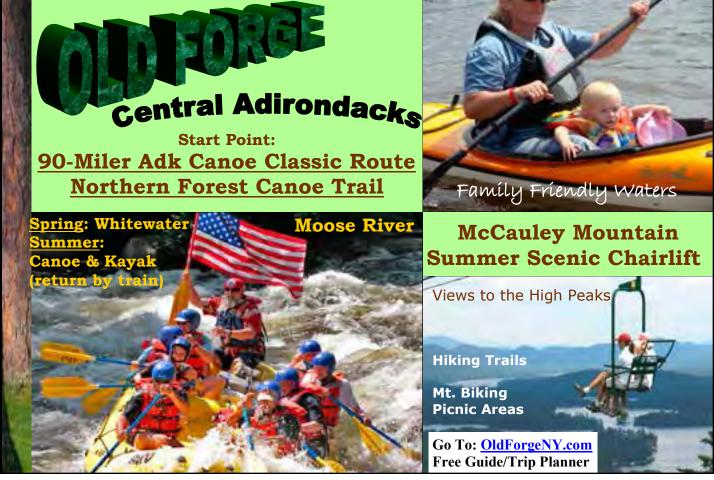
















www.AdkSports.com AUGUST 2013



Lake George End to End

Three Days, 37 Miles on the Big Lake

ill and I talked about it for three years - an end to end paddle trip on Lake George. It was one of those ideas that you talk about again and again, but secretly wonder if it will ever happen. The "Queen of American Lakes" is 32 miles long and can present some challenging conditions with wind, waves and powerboat traffic. We figured the trip would take three days at a comfortable pace, with two nights camping on

In late September last year, the stars finally aligned. We had a three day window of decent weather and both of us had time available. At that time of year, powerboat traffic is much reduced from the frantic pace of summer. On weekdays, it would be quieter yet. Winds were forecast to be with us if we paddled the lake south to north. Counting on favorable weather forecasts is always

the islands.

Our starting point was Million Dollar Beach in the village of Lake George - only a bit over an hour from home for me. Getting started was a long process, though. We had to drop a car at the Mossy Point state boat launch on the north end of the lake. That entailed driving another hour to Ticonderoga, putting both boats and all the gear on one car, and leaving the other one for the end of

About four hours after leaving home, we were back at the beach, packing the kayaks to get on the water. Packing all the gear for camping into the kayak hatches is always a bit of a puzzle. Will it all fit? Will I find things I need during the day without pulling everything apart?

Bill's Swift Bering Sea kayak has nice large hatch openings and his packing was more organized than mine. My NDK Explorer is the craft that's been used by many legendary kayak expeditions, but it is not the easiest to pack. The two main hatches have small 10-inch round openings, good for staying sealed in rough ocean waves, but it's tough to fit a fat sleeping bag through those holes.

Packing in small waterproof bags is the

By Alan Mapes

key. Both of our boats had rear skeg fins, helpful when strong winds make it hard to control the kayak. The skeg box and its control line present a challenge when packing the stern of the kayak - more on that later. Heavy items are placed closer to the cockpit, making the laden craft behave better in waves.

The gear and food all fit into the boats eventually, and we shoved off from the beach. It was a nice relief to actually get going, and we watched the village quickly slip behind us. One of the big tour boats came by, headed back from a lunch cruise up the lake.

Our general plan was to camp the first night somewhere in the Narrow Island Group, a couple of miles from Bolton Landing. The second night would be in the Waltonian Islands near Hague. Our plans were flexible, since weather and other factors could require changes.

Some changes came quickly as a storm blew in from our west. Winds and waves kicked up, hitting us on the port beam (left side of the kayak). We found some shelter along the protected side of Long Island, but the wind and rain really hit when we left the north end of that island. The weight of camping gear actually made our boats more stable and kept them deeper in the water, reducing the turning effects of the wind.

As the wind and rain lashed us harder, we decided to take shelter behind a boathouse in a nearby cove. After 15 minutes of sitting out the storm, conditions were better and we set out again, up the eastern shore and past YMCA Camp Chingachgook and Pilot Knob Mountain. We made a stop on Phelps Island for a rest and some boat repairs. We had paddled only nine miles, but the wind convinced us to stay and camp for the night.

The campsites on Phelps were closed for the season, with docks disassembled and piled on shore. Our tents went up on a camping platform, and dinner was prepared with a beautiful view of Bolton and the Tongue Mountain Range. Weather cleared and we had a crisp, chilly night. Bill likes to camp with me, since I like to cook. No freeze-dried stuff for me, but real food from scratch. home-grown tomatoes, onion, gar-

lic were added to some kielbasa and pasta, and served with some fresh crusty bread.

Fall is my favorite season for camping and day two dawned clear and cool. The bugs were gone and the leaves were coloring. Our trip through the Narrow Island Group was spectacular. A few motorboats were active and some of the state campsites were still in operation.

Our lunch stop was at Paradise Bay on the east shore and we went on to tour through the Mother Bunch Islands, stopping at Picnic Island for a rest. The Tongue Mountain Range framed the western side of our trip and the sun lit up the cliffs of Deer Leap Mountain, An Air National Guard LC-130 cargo plane flew down the lake at low level, also taking a tour of the islands. The hamlet of Huletts Landing slipped by on the right and we headed for Sabbath Day Point.

Shortly before the point, we spotted another kayaker making his way along the western shore. The kayak was a nice new model and the paddler held a skinny wooden Greenland paddle like I was using. Our paths crossed near the point, and we met Rick from Yonkers. He was paddling north from Bolton for a few days of solo camping. Rick invited us to share a campsite he had booked at Rogers Rock state campground, and we readily agreed.

Rogers Rock is a few miles past our intended stop for the night, and we finished day two with 23 miles on the GPS, the greatest distance either of us had paddled in a day. The only pain I suffered for the long day was the burning skin on my upper thigh - a burning that would not quit during the day, despite the cream I applied. At the end of the day, I discovered the remains of a fuzzy caterpillar on my kayak seat. Lesson learned: check your swim trunks for caterpillars! It took two days for the irritation from the critter's hairs to go away.

After a nice night camping with Rick, we packed the boats for day three and pushed off for the north end of the lake. The wind was quite strong out of the south, pushing us along. Rick headed back south into the strong wind, and we thought about him as we easily surfed the waves past the imposing rock slope of Rogers Rock. Mossy Point came up on our right by late morning. We passed it by and headed for the very north of the lake, one-mile beyond.

PHOTOS BY ALAN MAPES

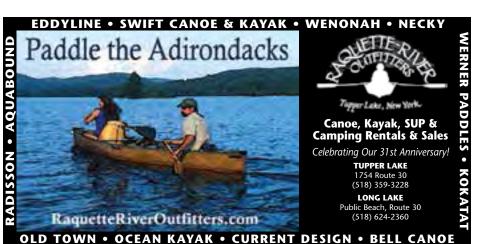
As we approached the end, Bill realized that something was amiss with his kayak. The bow was sitting up high and the stern had nearly gone under water. We suspected that water was somehow getting into the rear compartment, but the boat was still paddling alright, and Bill decided to continue back to

Opening the rear hatch after landing, Bill found it nearly full of water. The dry bags of gear packed into that space helped maintain some flotation and had kept the stern from sinking. The skeg is always suspect number one for a leak into the rear compartment of a kayak, and sure enough, the tube for the control cable had been dislodged when Bill shoved dry bags back there in the morning. Lesson number two is pack carefully around the skeg box.

The final figures on our trip: 37-plus miles paddled over three days and two nights. We enjoyed a lot of clear water and plenty of spectacular scenery. Bill drove home thinking about logo designs for the "End to End on Lake George Club." 📥

Alan Mapes of Delmar is the owner of North River Kayaks, offering kayak instruction, canoe and kayak repairs and Greenland paddles. He has instructor ratings from the BCU and the American Canoe Association, and can be contacted through northriverkayaks.com.





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LIVES IN: Colonie

OCCUPATION: Environmental Engineer for

New York State Department of Environmental Conservation,

FAMILY: "Just the bicycles"

SPORTS: Cycling

SECONDARY SPORTS: Snowshoeing, Volleyball, Soccer

f you're a cyclist in the Capital Region, chances are you're also a member of the Mohawk-Hudson Cycling Club. But you're not really a member until you've been on a ride led by Henry Wilkie.

Fortunately that's pretty easy, because during the summer months it seems as if every other ride on the club's calendar is led by Henry. He is by far the club's most prolific ride leader, with 54 rides and a total attendance of 875 riders in 2012 according to MHCC records.

Henry only admits to leading "at least" 400 rides for the club over the years, with over 40 per year for the past five years. But that number is bound to be conservative, since he remembers only one year when he led "only" 36 rides because of bad weather.

Henry's love of cycling began when he came with his family from Venezuela in the 1980s at age 19. Shortly after, he got an old Bianchi to commute to college at the Polytechnic Institute of New York's Farmington campus on Long Island. He would ride to the campus in the summers, about 12 miles one-way.

But those commutes - and the Bianchi - came to an abrupt end in 1985 when he was hit by a car in a classic "right hook" collision. "I was going to college riding my bicycle like I usually do and this truck passed me at the traffic light and there was no signal so I though he was going straight, but he went to the right. I was lucky - I just broke a collarbone and dislocated my shoulder." The broken bones."

After that he didn't ride again until 1993. He stayed in shape by continuing to play soccer as he had done in college. Then he got a job at the NYS DEC and met John Petiet, a fellow MHCC ride leader, and one of about 25 club members who worked for DEC at the time.

He bought a new bike and began some limited riding, but only on bike trails. "Once you get those accidents in your mind, going on the regular roads is kind of scary."

Henry began going on club rides, and was soon leading his own. "I went with a couple of people leading rides, and I didn't like the way they were leading and so I did it. Every time I lead a ride everything is a smooth surface. You go downhill you don't get those bumpy rides. At least when you ride with me the sur-

In 1996 he got a collection of 200 different cue sheets from fellow ride leader John Berninger and still has them, consulting them occasionally to see if there's one the club hasn't done lately and to see if he can do a variation on it.

The knowledge of local roads he's built up stands him in good stead when he leads his two regular weekly rides, "Wacky Wednesday" in Clifton Park and "Saturday in the Park" that starts in Saratoga Spa State Park. For the past 15 years he's also been doing his annual ride around Sacandaga Reservoir, where he posted his all time high attendance of 62 riders.

something wacky will happen - people will come to the ride without their front wheel, their helmet. One time I forgot my shoes. I led the ride for 30 miles just wearing my sneakers."

But it's not only Wacky Wednesday that interesting things happen. He remembers the only time he ever had to fill out an accident report on a ride when a number of riders went down. "It was three quick left turns going downhill and a bump in sun-dappled shade. Since everybody was together I saw people going down left and right. Seeing people lying down on the road gave me flashbacks to my own accident."

Another time he himself went down, when he was hit by a deer! During a Lake George ride his group took the Mohican boat ride to the north end of the lake and rode back south. He heard a noise coming from his rear wheel and as a friend rode behind him to check it out, the friend started yelling "Deer!" But by then it was too late and the animal ran straight into Henry. "If I wouldn't have had the helmet...," his voice trails off. "I hit the helmet and it shattered in two."

Henry is a firm believer in helmet use very firm. "Whenever I see a father or mother without a helmet I'll stop and actually lecture them. I tell them it's good that your kids are wearing a helmet, but you need to be wearing one too. If you fell down here and hit your head, what's going to happen to your kids?"

But there's a softer side to him, too. MHCC president Skip Holmes remembers one incident out of many that told him a lot about his most prolific ride leader. "On the

Saratoga Century Weekend several years ago, I had been helping out with registration and was rushing to get to the start of the 100-mile ride. As we rolled out of town I was riding next to Henry, then reached down to get a drink, and discovered that I'd left my water bottles on the registration table. I looked over at Henry and commented on his two new water bottles, and he proceeded to hand one over to me for the ride. That's the kind of guy he is."

When not leading rides he goes on his own, racking up 3,000 to 4,000 mile a year, with about 2,500 of those on club rides. He also bike commutes to work at least one day a week and rides mountain bikes but keeps it tame, insisting, "I'm not as serious as others who go off-road."

With a stable of six bikes, he keeps several at family member's homes in other cities so he can always ride while visiting. "My Mom called them my 'wives.' Every time I spoke to her on the phone she would always ask me 'Did you take your wife out today?'"

Henry is always willing to share his secret for never getting tired of cycling - take a break. "When the temperature goes below 40 that's when I stop. I take two months off and play volleyball and for the last five years I've done snowshoeing." 📥

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer and writer. He has been on many Wacky Wednesday rides, but luckily nothing wacky

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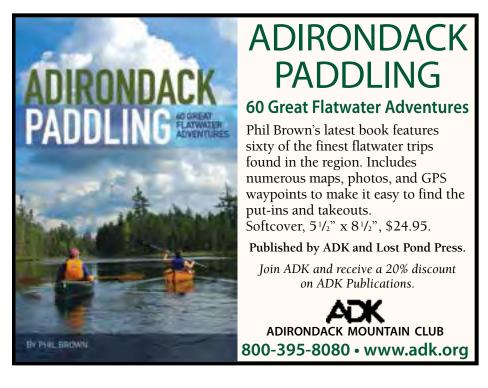
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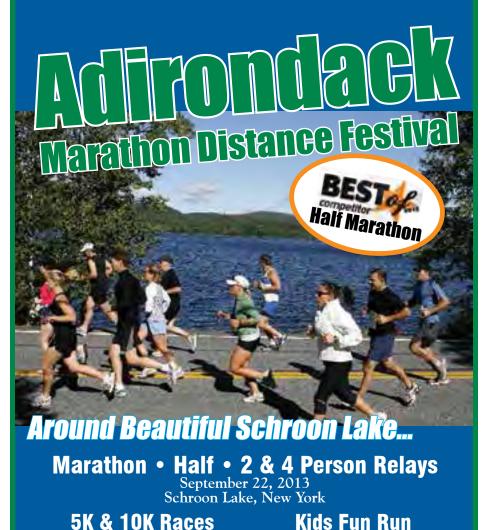






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AUGUST 2013

issing bridges, wading through water and a newly restored fire tower make this adventure one not to be forgotten. Mount Adams (elevation 3,520 feet) is one of the utmost rewarding peaks in the High Peaks region and for the relatively short hike 4.6-mile round-trip that it is, the views are mind-blowing. However, while short, this 1,753-foot climb can be very demanding for those unversed with steep terrain and at times slippery conditions. The fire tower, once under deteriorating conditions and unsafe to climb, has been restored and is

now safe to enjoy, so you should.

At the parking lot you will find the trail and trail register at the back. Please be sure to sign in to help the DEC monitor the use of the area and for emergency purposes as well. As you start down the trail there is a privy trail to your right, for those needing last minute relief, the hiking trail continues on a slight downhill for 0.1-mile to the Hudson River. A sign here notifies visitors that the bridge ahead is out.

This suspension bridge was involuntarily relocated downstream by Hurricane Irene a couple years back and has yet to be rebuilt. At the sign, a short path marked with flagging brings you to the shore of the Hudson River, and a low area in the water course. This area looks to have been built up a little to ease passage. It is highly recommended that you bring water shoes and a towel for this crossing. The rocks on the bottom are sharp and a bit painful to most of us tenderfoots. Under normal conditions you can expect the water to be under knee deep, during spring and rainy conditions the water level rises and makes the crossing much more entertaining. The rumor mill says that the DEC is planning to rebuild the bridge. No dates have been announced or the type of bridge to be constructed, let's just hope that we're still young enough to use it.

Once you have dried off your feet and put your socks and shoes back on you can continue along a temporary path back to the main trail. The woods here are mostly evergreens and the trail moves quickly through them with only a couple muddy areas. After this short section you will be at Lake Jimmy where this bridge is also missing in parts. The bridge has always been a balancing act and frequent prayers of not falling in, so its absence is not unexpected. Actually only the first couple small sections are missing, but enough that it wasn't worth fording in the muck. A detour trail has been marked with the white side of the red disks showing, indicating this might be a temporary trail until this bridge is rebuilt. Does this bridge having a foreseeable future? We will see.

The path is located a bit back from the bridge and a pile of branches blocks the old trail to the bridge. The path leads around

HIKING **Mount Adams** An Adventure to Remember MOUNT ADAMS VIEW FROM THE FIRE TOWER OTO BY SPENCER MORRISSEY Mount Reroute

the north end of Lake Jimmy through more boreal forest. Over a soft trail you will come to a brook crossing that can easily be rock-hopped. Once on the opposite side of the brook, unique views of the lake come out and so does the wet, muddy conditions. There is an obvious spring in the area making for very wet footing and one where it is near impossible to not get wet or at least a bit filthy.

This path leads back to the opposite side of the Lake Jimmy Bridge, where its condition is not that bad.

You are now back on the original trail and passing along an old woods road. The berry picking through here can be quite good in season. After a short uphill you will come to the abandoned fire observer's cabin on the left of the trail. It has also been restored a bit and can

be entered through a door on the backside. Old pictures are on the wall and many of the original fixtures are still present. The privy and storage shed are still in disrepair and surely occupied by creatures with eight legs.

Passing by the observer's cabin you climb a small hill to find the Mount Adams Trail on the left. The trail at this point looks like nothing more than path into the forest, but it soon opens up to much more than that. Starting out you will be hiking over small rolling hills with not much gain or loss in elevation. The trail steadily starts to climb with some moderate pitches mixed in just to keep you on your game. Eventually the trail begins to climb even more with rocky footing and tall strides. Then you will be looking up at a section of slab rock with a large tree trunk splitting the middle of the slab. While it is tempting to use the log as a saddle to climb the pitch there is a slightly easier route up on the side. While the tree roots are very slippery, the use of a few select roots might be advisable.

But wait, the fun's not over. Once you clear this section, a second rock slab welcomes you with a small, sheer cliff on the left. You can hug the cliff and inch your way up on hands and knees, or take to the edge on the right again and make a slippery climb to the top. Once over this section the really hard stuff is over. While the trail still has a few very steep sections, there are no hairraising adventures to be had. Eventually you will crest the final hill and the fire tower will be right in front of you, soaring through the trees, up to the sky.

The fire tower on the summit has been remodeled by the High Peaks Foundation and is in stellar condition. A new staircase, railings, paintjob, cab opening, roof, cement footers, and so much more were all installed, thanks to some backbreaking labor by some very hard working volunteers – we all thank them for their efforts and success in saving a monument of Adirondack history. Without this tower over the trees, we would have no views of the surrounding beauty that is found in the High Peaks Wilderness, Seward Range, Santanoni Range, Tahawus Mine and miles beyond.

To the trailhead: From I-87, get off Exit 29 and head west along Blue Ridge Road for 18 miles to Tahawus Road on the right (County Route 25). Follow for seven miles to Upper Works Road on the left. Follow this rough secondary road for just over three miles to the trailhead on the right.

Spencer Morrissey (spencermorrissey21@ gmail.com) resides in Lake Placid and owns Inca-Pah-Cho Wilderness Guides. He is an outdoor enthusiast, four-season 46er, finisher of the Adirondack 100 Highest, and author of two guidebooks, The Other 54 and Adirondack Trail Runner. He is a guide for High Peaks Mountain Guides and Adirondack Rock and River.

















5k/10k - 8:30 am Start Fun Run* – 10:00 am Start *13 and under

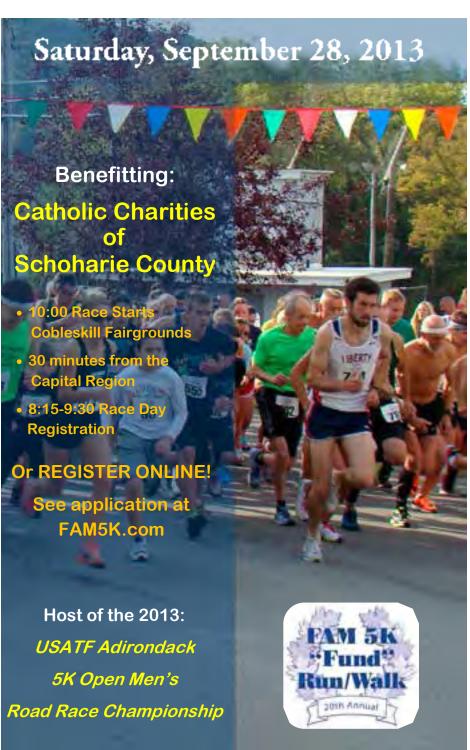
Register online at www.saajcc.org/run.cfm



- No day of race registration for 5k/10k!
- Babysitting available for 2-10 year olds-\$5 per child. Call 518-438-6651 to reserve a spot for your child.
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s the school year begins, young athletes are getting ready for training to begin. The serious athletes are thinking about how to be stronger? How to be faster? How to be noticed? One thing that this population may do is explore the nutritional supplement world. All sorts of dietary supplements claim to make you faster, stronger, give you more energy and build muscle. Athletes train hard to reach their personal best, so products that offer an edge can be alluring. The big problem with supplements is that effectiveness and safety do not have to be verified before supplements hit store shelves.

HOW ARE SUPPLEMENTS REGULATED?

The United States began regulating Dietary Supplements under the 1994 Dietary Supplement Health and Education Act, which establishes legal definitions and label guidelines. Dietary supplements are under the review of the US Food and Drug Administration, but are regulated differently than conventional foods and drugs. Manufacturers are not required to prove a supplement's safety or effectiveness before it is sold. The FDA can take action to remove or restrict the sale of a supplement only after it has been on the market and been shown to be unsafe.

You may have recently seen on the news that dietary supplement DMAA has been banned because the FDA determined that ingestion of DMAA can elevate blood pressure and lead to cardiovascular problems. In cases such as this, safety was not determined until this supplement was on the mar-

ally because they are precursors to anabolic steroids. Weight loss and bodybuilding supplements are categories to monitor. In 2009, more than 70 weight loss supplements were found to be contaminated with prescription drugs and body building supplements contained anabolic steroids or their precursors.

Know what supplements are banned.

Know what supplements are banned. There are banned supplements in most professional and non-professional events including Olympic athlete, high school and college sports. Groups such as NCAA and the US Anti-Doping Agency have put out prohibited lists. The following classes are banned: Stimulants (even caffeine is banned when greater than 15 micrograms per milliliter in urine); Anabolic Agents; Alcohol and Beta Blockers; Diuretics and Other Masking Agents; Street Drugs; Peptide Hormones and Analogues; Anti-Estrogens; Beta-2 Agonists.

The following are common supplements added to Sports Performance Formulations. This has been adapted from Sports Nutrition: A Practice Manual for Professionals, Fifth Edition 2012 and Ergogenic Aids for Athletes, published by Academy of Dietetics in January 2013, PubMed and The Natural Medicine Database.

SUPPLEMENTS AND SAFETY AND EFFECTIVENESS AT RECOMMENDED DOSES

These supplements seem to be safe at recommended doses unless noted.

Androstenedione – A banned substance that's not safe and not effective.

Beta-Alanine – Shows promise as an effective buffer of muscle pH.

Beta-Hydroxy Beta-Methylbutyrate (HMB)

– An anticatabolic compound that is a
metabolite of the branched chain amino
acid leucine; produces very small increases in strength for the untrained individual.

Branched-Chain Amino Acids (leucine, isoleucine, valine) – Promising studies related to immune system support and reduction of post exercise fatique.

Caffeine – A mild central nervous system stimulant; banned at a certain threshold; effective for improving endurance performance and high-intensity activities lasting up to 20 minutes.

Chromium – A mineral found in foods that play a role in glucose utilization; safe at low doses under 200 micrograms; insufficient data to support weight loss and body composition changes; may cause oxidative damage, therefore not recom-

Creatine – Found in muscles and used for energy production; this molecule can help provide energy during high power or speed events; effective for athletes performing repeated high intensity, short duration exercise bouts.

Dehydroepiandrosterone (DHEA) - Not safe and not effective.

Ephedrine – Banned substance in many sports, including the international Olympic Committee at a certain threshold that can be reached with multiple

doses; safety concerns debated; doses greater than ten milligrams banned by the FDA due to significant safety risks; not effective in improving muscle strength or anaerobic performance.

Glucosamine – Effective for joint pain and for those with osteoarthritis.

Glutamine – An amino acid that is known as a "conditionally" essential amino acid for athletes and people under stress; not effective in research; so far glutamine has not been shown to enhance performance.

L-Carnitine (Carnitine) – A co-factor for several enzymes in the muscle cells; needed for energy production; has been shown to positively impact the recovery process after exercise.

Medium-Chain Triglycerides (MCT) – Fatty acids; has not been proven yet to enhance athletic performance.

Pyruvate – End product of carbohydrate metabolism; has not been shown to increase endurance or decrease body fat.

Quercetin – Has shown to be effective in improving endurance and reducing oxidative damage; has some anti-inflammatory properties.

Ribose – A simple sugar that is used in the production of nucleotides; nucleotides are compounds such as ATP, DNA and RNA; has not been proven yet to enhance athletic performance.

SUPPLEMENT TIPS TO HELP AND COUNSEL THE YOUNG ATHLETE

Make sure they understand they're responsible for everything they ingest. Help them understand that supplements have no assurance of purity, safety or effectiveness prior to hitting the market. Make sure all supplements are reviewed with their physician because these substances can have drug interactions. Take ten minutes at the beginning or end of practice to review healthy tips on eating and supplements. Good nutrition means you should educate the athlete on a "food first" approach. Plan lectures with a sports nutritionist to help young athletes understand that proper nutrition is more important than supplements when improving performance. Most substances are derived from food and are safe from food, but may not be safe in supplemental form.

The following are references to research and review supplement safety and effectiveness: Consumer Lab (consumerlab.com); NSF International (NSF.org); Informed Choice (informed-choice.org); US Pharmacopei (USP.org); PubMed (ncbi.nlm.nih.gov/pubmed); Natural Medicine Database (naturaldatabase. therapeuticresearch.com); Athlete Guide to the WADA 2013 Prohibited List (USADA.org); Find a Sports Nutritionist (scandpg.org).

Sabine Weber, MS, RD, CDN (adknutrition@ frontier.com) is the owner of Adirondack Nutrition Consulting in Lake Placid, and loves to help people live and eat well! Sabine loves living in the Adirondacks because she has a playground right outside her door.

advantages; claims it is fine for everyone; states it has been used for centuries or millions of years; belittles the medical or scientific community; and has a secret or special formulation that no other company has. The question that arises is 'what role should parents, teachers and coaches play

be noticed? One thing that this population ay do is explore the nutritional supplement orld. All sorts of dietary supplements claim make you faster, stronger, give you more ergy and build muscle. Athletes train hard reach their personal best, so products that er an edge can be alluring. The big probability of the supplements is that effectiveness.

The following should always be evaluated before a supplement is started: Understand the safety and appropriate dosing. More is not always better. This population often makes the wrong decision when it comes to this.

Here are some supplement safety questions to ask: Is the supplement safe? Check Consumer Lab and FDA websites for recalls, withdrawals and safety alerts. Is the supplement effective? Check reputable databases such as PubMed and Natural Medicine Comprehensive Database. Review literature to determine if claims made are credible. Is the supplement likely to be free of contamination? Check reputable sites to see if the supplement is free of contamination, which includes Consumer Lab, NSF, United States pharmacopeia, and informed Choice.

The purity is critical. Some supplements may contain substances or ingredients that cause an athlete to test positive for banned substances. Many supplements have been identified as "tainted." These products may have been tainted due to poor manufacturing, but also some ingredients are added intention-



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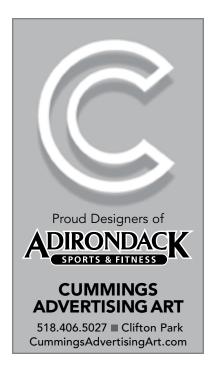
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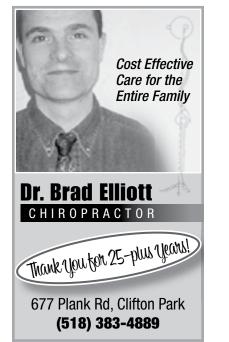
RACE RESULTS

RUN FOR HELP 5K RUN/WALK AGAINST DOMESTIC VIOLENCE June 9, 2013 • Goff Middle School, East Greenbush MALE OVERALL MALE AGE GROUP: 20 - 29 MALE AGE GROUP: 50 - 59 20:53 Kyle Gronostaj Kyle Laine Todd Lasher 2 Michael Bromm 2 Aaron Harbeck Mike Hamel 53 24:41 3 loe Neiman 3 Ray Ludwig 55 **FEMALE AGE GROUP: 50 - 59** 3 Adam Hulett 21 19:45 27 22:18 FEMALE OVERALL FEMALE AGE GROUP: 20 - 29 Janice Phoenix Kim Law 22:56 Alex Falvey Kelly Grace 21:22 22 27 22:40 Katie Schmidt 20 2 Jessica Tucker 22:48 22:28 Lisa Cleary 24:33 Jordan Nieto 25 3 Kelcev Heenan MALE AGE GROUP: 60 - 69 1 Jim Whelan 66 MALE AGE GROUP: 1 - 9 MALE AGE GROUP: 30 - 39 Jim Whelan 66 Stephen Chenette 63 Austin Coyne 31 2 Aidan Yonally 2 Matt Leddick 22:12 loe Cherubino Nicholas VanVranken FEMALE AGE GROUP: 60 - 69 Josh Hogan 22:45 **FEMALE AGE GROUP: 30 - 39**1 Kristy Wagner 36 **FEMALE AGE GROUP: 1 - 9**1 Madeline Endres 9 1 Ellen Schooyover 2 Molly Wakeman 39:37 2 Melissa DeLuca 3 Michelle Poole 41:44 Morgan Donnelly 35 MALE AGE GROUP: 70 - 79 37:09 24:44 1 Randy Chambers 70 2 Ronald Samuels 71 MALE AGE GROUP: 10 - 19 MALE AGE GROUP: 40 - 49 57:29 Andrew Soldini 20:41 1 Yurly Benderskaya 41 20:19 1:02:03 Dustin Chambers Andrew Sheldon FEMALE AGE GROUP: 70 - 79 DJ Disorda 23:25 3 Bill Grimaldi 48 21:55 Jacqueline Mesko 73 FEMALE AGE GROUP: 10 - 19 FEMALE AGE GROUP: 40 - 49 RoseMarie Niesko 75 46.45 RoseMarie Nardacci 76 50:56 Linda Carey 71 51:3' Courtesy of Family & Friends of Liza Warner & Nikki Hart 50:56 51:31 Amanda Hart Olivia Godell 15 14 Michelle Lagonia Karen Skiba 23:12 22:53 42 23:02 23:34 3 Alana Ferson 23:47 3 Sheila Couch 42 23:12

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	151 ANN	UAL E				WALK HALF I all, Plattsburgh	VIAK/	AIHON & 5K	
	1	3.1 MILES				MALE AGE GROUP: 3	n - 34		
М	ALE OVERALL	7.11 WILL-1-	- KON		1	Jennifer Norris	31	Rouses Point	1:46:52
1	Brian Wilson	30	Cadyville	1:23:12	2	Angie Sussdorff	34	Port Kent	1:56:30
2	Phil Lynch	33	Saranac	1:29:42	3	Jennifer Schwabrow	31	Johnstown	1:56:46
3	Jeff Dodge	48	Plattsburgh	1:34:14	_	ALE AGE GROUP: 35		JOHNSTOWN	1.50.40
	MALE OVERALL	40	riatisbargii	1.54.14	1	Edward Armstrong	38	Plattsburgh	1:46:29
1	Cassie Sellars	36	Plattsburgh	1:33:45	2	Preston Sellars	38	Plattsburgh	1:46:37
2	Mary Jones	39	Chateaugay	1:41:08	3	Joshua Harvey	36	Black River	2:13:19
3	Constance Whalen	28	Morrisonville	1:42:51	_	MALE AGE GROUP: 3		DIGCK INIVEL	2.13.13
	ALE AGE GROUP: 1 -		WOTTSOTTWINE	1.42.51	1	Fllee Fichthorn	35	Canajoharie	1:48:56
1		13	Canastota	2:00:00	2	Billie Brown	36	Minerva	1:54:47
	MALE AGE GROUP:		Cariastota	2.00.00	_		36 35		
1		14	Fort Edward	3:55:03	3	Shauna Ratigan		Plattsburgh	1:55:02
	ALE AGE GROUP: 15		TOTE Edward	5.55.05		ALE AGE GROUP: 40		6	4 2 4 2 7
1		16	Chazy	1:43:10	1	Alexei Tumanov	40	Saranac Lake	1:34:37
2	David Natrin	19	Smyrna, DE	1:54:46	2	Arthur Graves	43		1:43:21.5
3	Noah Lawrence	18	Jay	2:00:56	3	Tony Johnston	42	Ravena	1:51:38
	MALE AGE GROUP:		Juy	2.00.50		MALE AGE GROUP: 4			
1	Flle Warick	17	Ellenburg Depot	1:50:13	1	Roxanne Pombrio	40	Plattsburgh	1:45:24
2	Nicole Turcotte	17	Cadyville	1:58:06	2	Jessica Storey	41		1:50:41
3	Renee Andre	18	Cadyville	1:58:07	3	Sarah Brown	43	Plattsburgh	1:51:04
_	ALE AGE GROUP: 20		Cauyville	1.36.07	M	ALE AGE GROUP: 45	- 49		
1	Alfred Brassard	- 24 22	Champlain	1:36:48	1	Mark Orzech	49	Morrisonville	1:38:37
2	Joshua Giddings	22	Keeseville	1:56:24	2	Chris Mozer	49	Huntington Station	1:41:24
3	Kash Durham	20	Peru	2:19:11	3	Phillip Benoit	46	Peru	1:42:27
	MALE AGE GROUP:		reiu	2.19.11	FI	MALE AGE GROUP: 4	5 - 49		
ге 1	Carly Woodhouse	2 0 - 24 22	Waterville	1:55:36	1	Tammy Dumont	49		2:06:14
2	Natasha DeGiule	22	Burlington, VT	1:58:34	2	Beth Christon	46	Cadvville	2:07:33
3	Ashlev Ferris	20	Clayton, DE	2:00:04	3	Darleen Keith	48	Ottawa, ON	2:18:17
	ASTREY FETTS ALE AGE GROUP: 25		Clayton, DE	2:00:04	M	ALE AGE GROUP: 50	- 54		
1	Steve Chamberlin	- 29 29	Delmar	1:57:03	1	Robert Taillon	51	Abilene, TX	1:35:05
2	Michael Flanagan	29	Plattsburgh	2:04:04	2	David Morang	50	Merrimack, NH	1:37:50
		27	Morrisonville	2:04:04	3	Luc Marchand	51	Brossard, OC	1:41:00
3	Brett Eney EMALE AGE GROUP: 3		Iviorrisonville	2:25:25		MALE AGE GROUP: 5	٥.	biossaid, QC	1.41.00
1		2 3 - 29 29	Plattsburgh	1:56:01	1	Dawn Abar	51	Plattsburgh	1:53:51
2	Ashley Sherman Laura Plaske	29 25	Albany	1:56:01	2	Theresa Reed	53	Essex Junction, VT	1:55:01
3	Ashlev Enev	25 29	Morrisonville	1:56:18	3	Helen Lanthier	53 54	St Albans, VT	1:56:38
	Asniey Eney ALE AGE GROUP: 30		iviomsoriville	1:59:09		ALE AGE GROUP: 55	٥.	or Albalis, VI	1.30.38
		- 34 34	Ondonebusa	1:35:14	1	Robert Dessureault	- 39 57	Champlain	2:00:31
1	Wayne Latham Jr		Ogdensburg				57 55		
2	Travis Larche	30	Plattsburgh	1:37:29	2	Kevin Tunney		Selden	2:12:02
3	Benjamin Stuart	33	Westford, VT	1:50:17	3	Scott Abar	55	Plattsburgh	2:12:12 continue

FEMALE AGE GRO				ALK HALF MARA MALE AGE GROUP: 30 - 3			
		Diattalaurala	2,22,42	1 Michael Francia	3 4 32	Peru	17:4
Joanne Knowlton	57	Plattsburgh	2:33:43				
Rose Bergeron	56	Essex, VT	2:35:06	2 Kevin Wetherby	31	St Albans, VT	21:1
Joan Hussey	56	Jericho, VT	2:50:15	3 Peter Wheatley	30	Plattsburgh	22:4
MALE AGE GROUP				FEMALE AGE GROUP: 35		D	22.4
John Arria	63	Canastota	2:23:15	1 Tiffany Berry	36	Peru	22:4
EMALE AGE GRO	JP: 60 - 64			2 Josee Melancon	36	Carignan, QC	24:2
Suzane Pontriand	63	Deux Montagnes,	QC2:19:20	3 Amy Rabideau	38	Peru	25:1
! Kathleen Basset C	ramer 60	Jericho, VT	3:30:37	MALE AGE GROUP: 35 - 3			
EMALE AGE GROU	JP: 65 - 69			1 Joseph Faubert	35	Plattsburgh	25:4
Daria Pilipczuk	65	Utica	3:05:37	2 James St Dennis	37		26:3
,	13.1 MILES	– WAIK		3 Alan Miner	39	Plattsburgh	27:0
MALE OVERALL				FEMALE AGE GROUP: 40			
Robert Durfee	50	Saranac Lake	1:42:38	1 Elizabeth Pearl	43	Plattsburgh	23:2
2 David Mellenger	45	Plattsburgh	2:54:23	2 Angell Hicks	42	Schuyler Falls	25:3
Revin Morris	30	Odenton, MD	3:17:37	3 Kate Callahan	43	Moriah Center	26:2
EMALE OVERALL	30	Odenton, IVID	3.17.37	MALE AGE GROUP: 40 - 4			
	4.4	Dalah da adila	2.21.45	1 Jason Amoriell	43	Peru	18:1
Kathy MacOmber	44	Baldwinsville	2:31:45	2 Michael Yassick	44		19:4
2 Kim Kinblom	26	Massena	2:41:01	3 Scott Rockhill	44	Plattsburgh	23:1
B Wendy Bezio	52	Plattsburgh	2:41:07	FEMALE AGE GROUP: 45	- 49	-	
	5K – RI	JN		1 Julia Giltz	47		22:5
VIALE OVERALL				2 Wendy Gordon	45	Plattsburgh	26:3
Brandon Darrah	24	Cadyville	16:59	3 Julie Zachary	47	Knowlton, QC	27:3
Jonathan Graziane	e 18	•	17:09	MALEA AGE GROUP: 45	- 49		
Travis Dunham	32	Plattsburgh	17:17	1 Gregory Blunt	49	Essex Junction, VT	25:1
EMALE OVERALL		. 3		2 Michael Korth	49	Plattsburgh	25:3
Sara Dunham	33	Plattsburgh	16:48	3 Dale Holzer	45	Morrisonville	26:0
2 Jessica Longway	30	St Albans, VT	22:02	FEMALE AGE GROUP: 50			
Julie Rock	36	Plattsburgh	22:25	1 Cathy Bergman	54	Brebeuf, QC	24:0
EMALE AGE GRO		riatisbargii	22.23	2 Tracey Howard	53	Peru	25:4
Rebecca Ruffino	13	Morris	27:59	Jorunn Gran-Henriksen	50	Chazy	27:4
	11	Peru	28:14	MALE AGE GROUP: 50 - !		Chazy	27
			29:26	1 Stephen Lafave	51	Peru	23:4
		Chateauguay, QC	29.20	2 Arthur Rasco	54	Cadyville	24:3
MALE AGE GROUP				3 Todd Bombard	50	Au Sable Forks	25:1
Dalton Kane	8	West Chazy	21:08	FEMALE AGE GROUP: 55		Au Jable LOIKS	23.1
Grant Moravec	12		21:36		56	Mickaguna	31:4
8 Noah Sassi	10	Brossard, QC	22:00	Anne Gregoire Debra Toof	56	Niskayuna Cambridge, VT	33:2
EMALE AGE GRO					57		
Miranda Oshier	19	Plattsburgh	27:35	3 Karen Turner MALE AGE GROUP: 55 - 5		Saranac	34:1
? Tyler Lafountain	17	Mooers Forks	29:00		57	Daw.	27.0
Myranda Miller	15	Mooers Forks	29:02	1 Kevin Devins 2 John St Clair	56	Peru Whitehall	27:0
MALE AGE GROUP	: 15 - 19					vvniteriali	30:3
Cory Couture	19	West Chazy	18:29	FEMALE AGE GROUP: 60		Padford NIII	20.5
Evan Nichols	18	Fort Drum	20:14	1 Barbara Shepler	63	Bedford, NH	30:5
Nicholas Moore	19		25:18	2 Judith Wahler	63	Burlington, VT	34:5
EMALE AGE GRO				3 Suzanne Bechard	62	Champlain	36:1
Sarah Cheney	24 24	Swanton, VT	24:14	MALE AGE GROUP: 60 - 6			
Kelsey Harvey	22	Chazy	25:30	1 John Hamm	61	Vermontville	24:5
Emily Pratt	22			2 Daniel Hobbs	62	West Chazy	36:5
		Essex Junction, VT	20.09	3 Steve Miller	60	Glenville	38:0
MALE AGE GROUP			20.01	FEMALE AGE GROUP: 65			
Casey Manor	21	Manage	20:01	1 Bobbi Storey Reeves	65	Peru	33:4
Fernando Lopez	24	Mooers	20:33	MALE AGE GROUP: 65 - 6			
Tony Decagon	22	Massena	23:06	1 James Howard	67	Peru	28:3
EMALE AGE GROU		C. All	24	2 Harry Shepler	66	Bedford, NH	30:4
Hilary Therrien	26	St Albans, VT	24:14	3 Rich Boteler	68	Fairfax Station, VA	32:2
Erin Fuhrmann	27	Crown Point	24:50		5K – W	ALK	
Stefanie Patterson		Stittsville, ON	24:57	MALE OVERALL			
MALE AGE GROUP				1 Trevor Cameron	37	Plattsburgh	29:4
Travis St Clair	29	Whitehall	21:11	2 Robert Parmeter	40	Plattsburgh	34:0
l Joshua Arthur	28	Keeseville	22:38	3 Richie Ryan	9	Springfield, VT	35:3
Michael Young	25	Gloversville	24:22	FEMALE OVERALL	-	, 5	
EMALE AGE GROU	JP: 30 - 34			1 Donna Weader	58		34:3
Laura Haley-Cordi		Cadyville	22:35	2 Kassidy Brack	9	Westport	34:5
Katie Francia	32	Peru	23:06	3 Kathleen Bramich-Brack	42	Westport	35:0
Shannon Vassar	32	Plattsburgh	23:47			st Loser Run/Walk	الدرد
				,			
	1ST L			NG FROM THE FL illon Park, Long Lak		5K	
MALE OVERALL		,		MALE AGE GROUP: 19 &		•	
MALE OVERALL Dokotah Smith	18	Manefield	22.07	1 Forrest Smith			22.5
		Mansfield	23:07		19	Mansfield	32:2
2 Jim McLaughlin	44	Webster	24:00	2 Braedon Prock	4	Fulton	1:01:1





BUSINESS DIRECTORY

52

FEMALE OVERALL

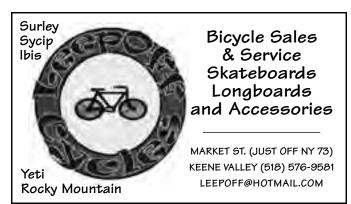
Jolene Hlavaty

Laura Church

Fairport

Rochester

24:19









FEMALE AGE GROUP: 19 & UNDER

Genevieve Lipps Kendra Igoe Fulton

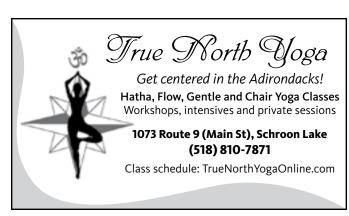
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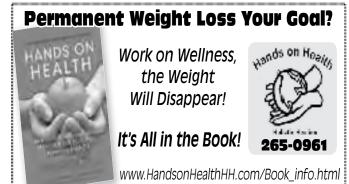
Long Lake

Sylvan Beach Blue Mountain Lake

1:01:14

To book your space, contact Darryl Caron: (518) 877-8788 • Darryl@AdkSports.com Media Kit & Contract: AdkSports.com





MALE AGE GROUP: 20 - 29		1ST L	ONG	LAKE RUN	NING F	ROM THE FLIES	5K c	ontinued	
2 Chantel Marino 23 Fort Edward 38:53 2 Paul Roalsvig 54 Long Lake 35:44 3 Sara Ellis 27 Tupper Lake 39:32 7 Tupper Lake 39:32 3 Todd Friebel 51 Guilderland 37:09 MALE AGE GROUP: 30 - 34 1 Shane LaGray 34 Tupper Lake 30:14 1 Susan Taylor 51 Long Lake 37:03 FEMALE AGE GROUP: 30 - 34 1 Stacy Maier 30 Rochester 29:20 1 Jeff Nerney 56 Long Lake 1:13:47 2 Amira LaGray 34 Tupper Lake 32:45 FEMALE AGE GROUP: 55 - 59 MALE AGE GROUP: 35 - 39 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1 Tracy Thomas 36 Tupper Lake 43:56 Long Lake 1:05:20 FEMALE AGE GROUP: 35 - 39 1 Tracy Thomas 36 Tupper Lake 43:56 Long Lake 1:05:20 MALE AGE GROUP: 35 - 39 1 Tracy Thomas 36 Tupper Lake 52:17 Jeff Namey 56 Long Lake 27:23 Long Lake 1:05:20 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 Male AGE GROUP: 65 - 69 1 Male AGE GROUP: 60 - 64 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 Male AGE GROUP: 65 - 69 1 Mike Nerney 56 Long Lake 40:40 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	F	EMALE AGE GROUP: 2	0 - 29			MALE AGE GROUP: 50	- 54		
2 Chantel Marino 23 Fort Edward 38:53 2 Paul Roalsvig 54 Long Lake 35:44 37:09 MALE AGE GROUP: 30 - 34 1 Shane LaGray 33 Tupper Lake 30:14 1 Susan Taylor 51 Long Lake 37:03 FEMALE AGE GROUP: 30 - 34 1 Stacy Maier 30 Rochester 29:20 1 Jeff Nerney 56 Middletown Springs 35:14 2 Paul Van Laak 56 Long Lake 1:13:47 2 Amira LaGray 34 Tupper Lake 32:45 FEMALE AGE GROUP: 55 - 59 1 Nancy Battaglia 59 Lake Placid 31:43 Angie Snye 33 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1:05:20 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1:05:20 1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 27:23 1 Jeff Nerney 56 Long Lake 33:10 1:05:20 MALE AGE GROUP: 40 - 49 1 Genevieve Boyd 61 Long Lake 45:19 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	1	Nicole Andrews	25	Long Lake	33:03	1 Mark Monachino	54	Macedon	26:54
MALE AGE GROUP: 30 - 34 FEMALE AGE GROUP: 50 - 54 1 Shane LaGray 33 Tupper Lake 30:14 1 Susan Taylor 51 Long Lake 37:03 FEMALE AGE GROUP: 30 - 34 1 Stacy Maier 30 Rochester 29:20 1 Jeff Nerney 56 Middletown Springs 35:14 2 Amira LaGray 34 Tupper Lake 32:45 FEMALE AGE GROUP: 55 - 59 Long Lake 1:13:47 3 Angie Snye 33 Tupper Lake 34:45 FEMALE AGE GROUP: 55 - 59 Long Lake 1:13:47 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 1:05:20 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 Male AGE GROUP: 60 - 64 Long Lake 33:10 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 60 - 64 Long Lake 45:19 4 Kare	2	Chantel Marino	23		38:53	2 Paul Roalsvig	54	Long Lake	35:44
Stane LaGray 33	3	Sara Ellis	27	Tupper Lake	39:32	3 Todd Friebel	51	Guilderland	37:09
MALE AGE GROUP: 30 - 34	N	IALE AGE GROUP: 30	- 34			FEMALE AGE GROUP: !	50 - 54		
Stacy Maier 30	1	Shane LaGray	33	Tupper Lake	30:14	1 Susan Taylor	51	Long Lake	37:03
1 Stacy Maier 30 Rochester 29:20 1 Jeff Nerney 56 Long Lake 1:13:47 2 Amira LaGray 34 Tupper Lake 32:45 7 Long Lake 1:13:47 3 Angie Snye 33 Tupper Lake 34:45 FEMALE AGE GROUP: 55 - 59 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1 Tracy Thomas 36 Tupper Lake 43:56 1 GROUP: 60 - 64 1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 27:23 2 Leah Valerio 36 Tupper Lake 52:17 2 John Mulcahy 60 Long Lake 33:10 3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 60 - 64 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 1 Mike Nerney 56 Middletown Springs 35:14 Long Lake 1:13:47 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 1 Mike Nerney 56 Middletown Springs 35:14 Long Lake 1:13:47 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 1 Mike Nerney 56 Long Lake 40:40 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	F	,	0 - 34			MALE AGE GROUP: 55	- 59		
2 Amira LaGray 34 Tupper Lake 32:45 FEMALE AGE GROUP: 55 - 59 MALE AGE GROUP: 35 - 39 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 1 Tracy Thomas 36 Tupper Lake 43:56 Tupper Lake 52:17 2 Leah Valerio 36 Tupper Lake 52:17 3 Danielle Scott-Prock 36 Fellton 1:01:14 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 1 Rachel Zuckerman 42 Bolton Landing 34:07 2 Karen Sweet 40 Scotia 36:10 1 Tupper Lake 33:45 2 Paul Van Laak 56 Long Lake 1:13:47 FEMALE AGE GROUP: 55 - 59 1 Nancy Battaglia 59 1 Lake Placid 31:43 2 Marie O'Brien 55 3 Amy Van Laak 57 1 Long Lake 1:05:20 MALE AGE GROUP: 60 - 64 1 Gary Baker 64 2 John Mulcahy 60 1 Long Lake 33:10 1 Genevieve Boyd 61 1 Mike Nerney 67 1 Mike Nerney 67 1 Mike Nerney 67 2 Long Lake 40:40 1 Patricia Birkenmayer 70 1 Long Lake 1:05:20	1			Rochester	29.20	1 Jeff Nerney	56	Middletown Spring	gs 35:14
3 Angie Snye 33 Tupper Lake 34:45 MALE AGE GROUP: 35 - 39 1 Bob Burns 38 Tupper Lake 30:59 1 Tracy Thomas 36 Tupper Lake 43:56 2 Leah Valerio 36 Tupper Lake 52:17 3 Danielle Scott-Prock 36 Fulton 1:01:14 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 1 Rachel Zuckerman 42 2 Karen Sweet 40 Scotia 36:30 Tupper Lake 34:05 34:45 FEMALE AGE GROUP: 55 - 59 1 Nancy Battaglia 59 2 Nancy Battaglia 5	2	,	34	Tunner Lake	32:45	2 Paul Van Laak	56	Long Lake	1:13:47
MALE AGE GROUP: 35 - 39 1 Nancy Battaglia 59 Lake Placid 13:43 1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 FEMALE AGE GROUP: 55 - 39 MALE AGE GROUP: 60 - 64 1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 27:23 2 Leah Valerio 36 Tupper Lake 52:17 2 John Mulcahy 60 Long Lake 33:10 3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 60 - 64 Long Lake 33:10 4 MALE AGE GROUP: 40 - 49 1 Genevieve Boyd 61 Long Lake 45:19 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 Health Age GROUP: 70 - 74 2 Karen Sweet 40 Scotia 34:07 FEMALE AGE GROUP: 70 - 74 Long Lake 1:05:20		,				FEMALE AGE GROUP: !	55 - 59		
1 Bob Burns 38 Tupper Lake 30:59 2 Marie O'Brien 55 Altamont 43:40 FEMALE AGE GROUP: 35 - 39 1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 27:23 2 Leah Valerio 36 Tupper Lake 52:17 2 John Mulcahy 60 Long Lake 33:10 3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 60 - 64 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 Mars EGE GROUP: 65 - 69 FEMALE AGE GROUP: 40 - 49 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	_			rupper zuke	54.45	 Nancy Battaglia 	59	Lake Placid	31:43
Tracy Thomas 36				Tunner Lake	30.50			7 11 10 11 10	15.10
1 Tracy Thomas 36 Tupper Lake 43:56 1 Gary Baker 64 Long Lake 27:23 2 Leah Valerio 36 Tupper Lake 52:17 2 John Mulcahy 60 Long Lake 33:10 3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 40 - 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 40 - 49 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20				Tupper Lake	30.33		٠,	Long Lake	1:05:20
2 Leah Valerio 36 Tupper Lake 52:17 2 John Mulcahy 60 Long Lake 33:10 3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 60 - 64 1 Genevieve Boyd 61 Long Lake 45:19 1 Steve Smith 49 Mansfield 42:14 Male AGE GROUP: 65 - 69 FEMALE AGE GROUP: 40 - 49 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20				Tupper Lake	12.56		•.		
3 Danielle Scott-Prock 36 Fulton 1:01:14 FEMALE AGE GROUP: 60 - 64 MALE AGE GROUP: 40 - 49 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 FEMALE AGE GROUP: 40 - 49 1 Mansfield 42:14 MALE AGE GROUP: 65 - 69 1 Mike Nerney 67 Long Lake 40:40 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20						1 Gary Baker	64	Long Lake	27:23
MALE AGE GROUP: 40 - 49 1 Genevieve Boyd 61 Long Lake 45:19 1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 Long Lake 45:19 FEMALE AGE GROUP: 40 - 49 1 Mike Nerney 67 Long Lake 40:40 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	-							Long Lake	33:10
1 Steve Smith 49 Mansfield 42:14 MALE AGE GROUP: 65 - 69 40:40 1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 40:40 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	_			Fulton	1:01:14		50 - 64		
FEMALE AGE GROUP: 40 - 49	IV						0.	Long Lake	45:19
1 Rachel Zuckerman 42 Bolton Landing 34:07 FEMALE AGE GROUP: 70 - 74 2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20	1	Steve Simon		Mansfield	42:14				
2 Karen Sweet 40 Scotia 36:10 1 Patricia Birkenmayer 70 Long Lake 1:05:20							0,	Long Lake	40:40
- verential to the terms of the	1			-		FEMALE AGE GROUP: 7	70 - 74		
3 Peg Igoe 42 Sylvan Beach 50:46 Courtesy of Long Lake Tourism	2	Karen Sweet	40	Scotia	36:10				1:05:20
	3	Peg Igoe	42	Sylvan Beach	50:46	Courtesy	of Long	Lake Tourism	

	June			I TY 5K RUN Middle School, Gi	reenwi	ch	
MALE OVERALL		,		MALE AGE GROUP: 35			
1 Austin Lane	19	Saratoga Springs	16:32	1 Greg Ethier	39	Cohoes	19:54
2 Jordan Healy	17	Castleton	16:41	2 Josh French	35	Gansevoort	22:06
3 CJ Sousis	20	Troy	16:57	3 Thomas Allie	38	Contoocook, NH	22:43
FEMALE OVERALL	20	noy	10.57	FEMALE AGE GROUP:		Contoocook, IIII	22.13
1 Brittney Lane	21	Saratoga Springs	17:31	1 Lisa Ingber	38	Greenwich	24:37
Jessica Bashaw	30	Cambridge	19:41	2 Monica Pollack	38	Fort Ann	25:59
3 Lisa Drumm	37	Talkeetna, AK	21:34	3 Christy Harrington	36	Greenwich	26:18
MALE AGE GROUP: 1 -		rancecina, / iic	21.51	MALE AGE GROUP: 40	- 44		
1 Liam Niesz	10	Greenwich	23:04	 Jerald Niles 	44	Ballston Spa	23:10
2 Charles Blackburn	8	Cambridge	23:32	Darrell Everts	44	Hudson Falls	23:24
3 Michael Lanfear	11	Saratoga Springs	24:36	3 Paul Loomis	40	Malta	24:10
FEMALE AGE GROUP:	1 - 15			FEMALE AGE GROUP:			
1 Gretchen Blackburn	13	Cambridge	22:45	1 Colleen Quinn	43	Greenwich	23:44
2 Kaitlyn Gunter	14	Schuylerville	24:17	2 Laura Andresen	43	Niskayuna	24:23
3 Morgan Gunter	12	Schuylerville	25:27	3 Kristie Gunter	43	Schuylerville	26:27
MALE AGE GROUP: 15	- 19	,		MALE AGE GROUP: 45			
1 Ethan Jaynes	15	Mechanicville	17:51	1 Michael Hayes	45	Argyle	18:48
2 Daryn Hutchings	16	Argyle	18:28	2 John Coffey	45	Brooklyn	22:15
3 Jack Vite	16	Clifton Park	18:40	3 Michael Smith	49	Argyle	20:29
FEMALE AGE GROUP:	15 - 19			FEMALE AGE GROUP:		D. II	25.50
1 Kelly Healy	18	Castleton	21:52	1 Kelly Armer	46	Ballston Spa	25:59
2 Jacqueline Boyce	19	Schaghticoke	23:45	2 Kathy Williamson	47	Argyle	26:56
3 Courtnie Harrington	16	Greenwich	26:43	3 Valerie Milonovich MALE AGE GROUP: 50	48	Greenwich	27:30
MALE AGE GROUP: 20	- 24			1 Daniel Pemrick	- 34 51	Greenwich	22:57
1 Kory Darfler	23	Greenwich	20:14	2 David White	51 54	Greenwich	26:09
2 Andrew Horning	20	Greenwich	21:11	3 Terry Potter	50	Fort Edward	26:12
3 Collin Stewart	23	Greenwich	22:35	FEMALE AGE GROUP:		TOTE Edward	20.12
FEMALE AGE GROUP:	20 - 24			1 MaryAnn Macura	53	Granville	25:58
1 Sonya Daniels	21	Greenwich	24:05	2 Ann Miller	50	Greenwich	29:27
2 Rachel Rigney	24	Ballston Lake	28:59	3 Debra Vunk	50	Schuylerville	29:43
3 Kristin Nolan	24	Eagle Bridge	31:25	MALE AGE GROUP: 55		Schajichine	23.13
MALE AGE GROUP: 25	- 29			1 Rus Picotte	59	Malta	20:27
 Thomas Ford Jr 	26	Mechanicville	21:35	Chester Tumidjewicz	58	Amsterdam	22:25
2 Tim Fulton	25	Hewitt, NJ	26:55	3 Doug Cosey	56	Greenwich	23:36
3 David Fulton	29	Towaco, NJ	45:01	FEMALE AGE GROUP:	55 - 59		
FEMALE AGE GROUP:				1 Hollys Kozlowski	58	Valley Falls	28:17
1 Rebecca Jordan	28	Greenwich	24:39	2 Sandy Hyde	57	Hoosick Falls	30:14
2 Tiarra Guidon	28	Gansevoort	25:39	3 Melissa Skellie	56	Greenwich	30:51
3 Megan Hall	27	Johnstown	30:29	MALE AGE GROUP: 60	-64		
MALE AGE GROUP: 30				 Larry McDonough 	62	Greenwich	26:46
1 Vance Yakubec	30	Valley Falls	25:52	2 Alan Leake	61	Bennington, VT	27:12
2 Jacque Drumm	34	Talkeetna, AK	24:46	3 Wes Clark	61	Argyle	28:06
3 Timothy Clark	31	Fort Edward	30:10	FEMALE AGE GROUP:			
FEMALE AGE GROUP:				 Jean Lambert 	65	Ballston Spa	51:24
1 Stephanie Davis	34	Greenwich	24:10	FEMALE AGE GROUP:			
2 Tricia Pasos	34	Schuylerville	25:47	1 Grace Skiff	70	Greenwich	46:26
3 Bonnie Taylor	31	Mechanicville	39:51	Courtesy of Gre	enwich Ch	namber of Commerce	

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		,	1ST ANNU/	AL STR	۱W	BERRY FEST !	5K		
		Jun	ne 15, 2013 • 1	Upper Ur	nior	n Street, Schene	ctady		
M	ALE OVERALL				FE	MALE AGE GROUP: 2	1 - 39		
1	Richard Homenick	49	Schenectady	20:06	1	Nicole Viscusi	28	Scotia	22:22
2	Neal Norton Jr	29	Niskayuna	20:24	2	Lauren Palmer	27	Schenectady	23:57
3	Darren Crow	42	Albany	20:29	3	Jennifer Dutcher	29	Schenectady	24:14
F	EMALE OVERALL		,		М	ALE AGE GROUP: 40 -			ŀ
1	Vanessa Holzmann	28	Albany	21:40	1	Julius Pasquariello	52	Schenectady	21:09
2	Riley Wilk	20	Burnt Hills	21:43	2	Tim Schiffhauer	49	Portland, OR	21:23
3		23	Albany	21:59	3	Dan Anderson	41	Burnt Hills	22:31
M	ALE AGE GROUP: 1 - 20	.0	,		FE	MALE AGE GROUP: 4			
1	Christopher Homenick	17	Schenectady	20:47	1	Carolyn Wilk	54	Burnt Hills	25:45
2		19	Schenectady	21:00	2	Claudia Jakubowski	44	Schenectady	26:15
3		12	Schenectady	21:26	3	Mary Jo Homenick	46	Schenectady	27:23
_	EMALE AGE GROUP: 1 -		Jeneneeddy,	21.20	M	ALE AGE GROUP: 60 -		A 17 - 1	25.00
1	Juliana Parzych	18	Niskayuna	23:13	1	Denis Brennan	67	Niskayuna	35:00
2	,	19	Schenectady	23:56	2	Melvin Chudzik	77	Schenectady	35:01
3		14	Gloversville	26:50	3	Peter Atkinson	61	Schenectady	50:30
_	MALE AGE GROUP: 21 - 3		Gloversville	20.30	FE	MALE AGE GROUP: 6			20.57
1	lacob Dutcher	30	Schenectady	20:42	1	Jane Flack	62	Miami, FL	29:57
1		50	,	20.12	2	Diane Kenific	63	Albany	38:52
2		27	Schenectady	21:03	3	Kathy Condon	66	Schenectady	43:11
3	Dillon Wade	24	Schenectady	21:06		Courtesy of	E4Pover	rty Schenectady	
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				GREAT ADIF						
				13 • The Moun		•		•		
11.5M 3200-FT \ MOUNTAIN	VERTICA PLIN	L	3	Allison Buckley	30	2:36:13		ALE AGE GROUP: 1		_
MALE OVERALL	KON		4	Jess Darney-Beuhler	37	2:53:37	1	Forest Ledger	15	2
Tim Reynolds	26	1:37:36	5	Jen Ketchell	32	2:54:24	2	Tom Palen	12	2
! Nils Koons	24	1:40:14	6	Jamie Heaney	30	2:56:00	3	Jamie Hohmann	18	3
Matthew Harrison	29	1:43:05	7	Serena Wilcox	34	2:59:55		MALE AGE GROUP:		
EMALE OVERALL	23	1.45.05	8	Sara Lindsay	36	3:10:03	1	Lucy Hochschartner	15 12	3
Sarah Keyes	28	2:05:42	9	Autumn Cyr	38	3:24:47	2	Abigail McDougall Sophie Nardelli	12	3
Erin McDougall	20	2:08:30		Mary Nguyen	32	3:46:40		ALE AGE GROUP: 20	. –	3
Courtney Giles	28	2:08:40		ALE AGE GROUP: 40		4 50 44	1		25 25	3
ALE AGE GROUP: 1		2.00.40	1	George Adams	43	1:50:41	2	Joe Vaglio Chris Ford	25 27	4
Sam Longenbach	17	2:12:21	2	Nick Yardley	48	2:06:44		MALE AGE GROUP:		4
John Ferrone	16	2:45:46	3	Todd Barker	45	2:11:35	1		20 - 29	3
Ben Longenbach	14	3:05:32	4	Mark Youndt	48	2:18:21	2	Ashleigh Macey Amanda Webster	26	3
ALE AGE GROUP: 20		5.05.52	5	Jeff Fergerson	40	2:32:39	3	Tiffany Rounds	25	3
Mike Stearns	25	1:46:57	6	Marc Scrivener	43	2:44:00	-	ALE AGE GROUP: 3		_
Mike Stearns Juergen Uhl	28	1:48:26	7	Travis Signer	46	2:52:15	1	Andrew Lavigne	34	2
Zander McClelland	20	1:57:16	8	Fanning Hearon	45	2:56:19	2	Jonathan Auyer	31	2
Chris Rodgers	20	1:58:08	9	John MacInnes	46	3:00:48	3	Dave McDougall	33	3
Ben Yardley	20	2:00:44		Doug Freudenrich	45	3:16:12		MALE AGE GROUP:		-
Philip Maynard	29	2:14:32		MALE AGE GROUP:			1	Heather Odell Fey	32	3
Alex Belensz	23	2:18:01	1	Heather Furman	42	2:45:38	2	Melanie Damico	31	3
Matt McClelland	20	2:19:40	2	Rhonda McGovern	42	4:09:09	3	Sara George	30	3
William Roszel	24	2:23:57	3	Sabrina Hague	40	4:09:09		ALE AGE GROUP: 4		_
0 Adam Hebert	23	2:43:11		ALE AGE GROUP: 50			1	Anthony Eckert	41	3
1 Scott McClelland	20	2:43:53	1	Bryce Stearns	52	2:17:39	2	Gerrett Cowsert	41	3
EMALE AGE GROUP:	20 - 29		2	Tom DuBois	57	2:50:33	3	Bob Stahl	48	3
Liz Gleason	27	2:12:07	3	Neil Wheelwright	55	3:03:25		MALE AGE GROUP	40 - 49	
Janie McClelland	22	2:23:20	4	John Dunkle	54	3:10:01	1	Gabriella Fratelli	47	3
Danika Frisbie	22	2:45:42	5	Ron Halka	55	3:21:06	2	Penny Stearns	49	3
Anna Luderowski	22	3:00:38	6	Bob Ketchell	57	3:27:46	3	Jen Ledger	46	2
MALE AGE GROUP: 30	- 39			MALE AGE GROUP:				ALE AGE GROUP: 5) - 59	
Jon Strazza	30	1:50:20	1	Mary Duprey	53	2:32:00	1	Bill Supple	55	3
Chris Fey	35	1:59:40	2	Laura Nardelli	53	2:32:38	2	Joe Murphy	55	3
Pat Hamel	39	2:00:23	3	Jennifer Supple	54	3:00:33	3	Don Laynian	58	3
Richard Teal	35	2:04:04		ALE AGE GROUP: 60			FE	MALE ÁGE GROUP:	50 - 59	
Sean Burke	35	2:06:18	1	Jim Pugh	62	2:23:07	1	Nancie Battaglia	59	3
Marc Galvin	37	2:10:26	2	Paul Muessig	63	2:34:58	2	Ellen DuBois	56	4
Russell Lidberg	31	2:16:53	3	Robbie Barnett	63	2:40:40	3	Lynne Macco	55	5
Keith Iskiw	34	2:18:19	4	Jack Burke	64	2:41:02	M	ALE AGE GROUP: 6) - 69	
Jesse Bonnice	31	2:23:52	5	Charlie Eaton	60	3:19:04	1	Gerry Duprey	67	3
0 Will Roth	33	2:26:51		3.2M BAXTER MOUNT	AIN FU	N RUN	2	Charles McGuire	63	3
1 Fritz Wenzler	35	2:32:09	M	ALE OVERALL			3	David Hochschartner	60	4
2 Scot Kurtick	35	2:44:00	1	Scott Mooney	14	25:12	FE	MALE AGE GROUP:	60 - 69	
3 Jeremy Neskey	34	3:04:59	2	Everett Saap	14	26:55	1	Kathy DeFina	64	4
4 Jim Pergolizzi	31	3:03:58	3	Will Seegers	21	26:57	2	Susan Mandler	64	5
5 Mel Frazer	33	3:05:29	FE	MALE OVERALL			3	Karen Murphy	60	5
EMALE AGE GROUP:	30 - 39		1	Heather Mooney	19	26:27	M	ALE AGE GROUP: 7	& OVEF	R
Leighton Johnson	31	2:22:08	2	Katie Derusso	28	27:45	1	Eduardo Munoz	70	4
Zpora Perry	33	2:34:14	3	Sarah Petrocci	34	30:30		Courtesy of The N	lountaine	eer

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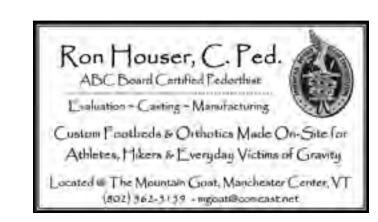
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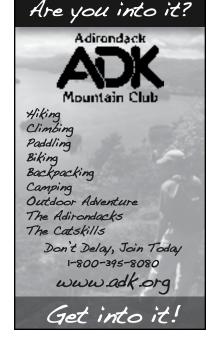


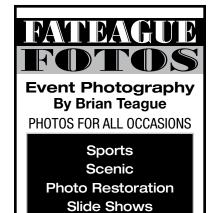
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Special Events

518-232-6558 fateaguefotos@yahoo.com MALE AGE GROUP: 40 - 49

Patrick McGrath

Pittsfield, MA

Adams, MA Williamstown, MA

RACE RESULTS

CRNA SUMMER WINERY 5K TRAIL RUN: FURNACE BROOK WINERY June 15, 2013 • Hilltop Orchard, Richmond, MA MALE OVERALL FEMALE AGE GROUP: 40 - 49 North Adams, MA Pittsfield, MA Williamstown, MA 36:29 1 Jacqueline Lemieux 46 James Preite David Hall MALE AGE GROUP: 50 - 59 Pittsfield, MA 23:29 1 Ed Alibozek 2 John Aldrich Suffield, CT 29:46 FEMALE OVERALL 32:04 Dalton, MA Pittsfield, MA Carmel Kushi 3 Bruce Kirchner Pittsfield, MA 32:39 Becca Hall Pittsfield, MA FEMALE AGE GROUP: 50 - 59 Claudine Preite North Adams, MA 30:17 FEMALE AGE GROUP: 20 - 29 1 Valerie Bird Windsor, MA 30:20 Ballston Spa 2 Karin Bradley Pittsfield, MA 35:30 **FEMALE AGE GROUP: 30 - 39** MALE AGE GROUP: 60 - 69 Windsor, MA

29:21

MALE AGE GROUP: 70 - 79

Ed Alibozek Jr

Adams, MA

Courtesy of Capital Region Nordic Alliance

				IOUNTAIN UPHI			
			veterar	_	-	_	1 - 41 - 40
		VERTICAL CLIMB		63 Nelson Torres 65 Todd Oliver	42 43	Brooklyn	1:41:49
MALE OVERALL	e-Group v	Vinners & NY Finisher	3	FEMALE AGE GROUP: 4		Queensbury	1:58:18
1 Charles McCarthy	33	Wells, VT	55:46	1 Kellev Fitzgerald	47 47	Mohurn MA	1:10:39
2 Gerry Clapper	53 52	Avon, CT	56:04	2 Susanna Piller	47	Woburn, MA	1:10:39
3 Dan Fronhofer	31	Saratoga Springs	58:26		47	Plattsburgh	1:33:34
FEMALE OVERALL	31	saratoya springs	30.20		47	Stony Brook	
1 Kristen Gohr	43	Reading, MA	59:25		49	Ridgewood	1:34:24
2 Guylaine Mailloux	37		1:06:17	10 Kara Johnston		Syracuse	2:00:09
	39	Montreal, QC		MALE AGE GROUP: 50		V 111 00	FO 40
3 Amy Reynders MALE AGE GROUP: 1 -		East Syracuse	1:07:42	1 Guy Pineault	51	Yamachiche, QC	58:49
	14	Malalandla IN	F0.26	2 Charlie Casey	51	Alplaus	1:00:29
1 Christopher Welch		Noblesville, IN	58:36	7 Greg Brett	56	Webster	1:03:35
2 Kevin Miles	18	Clifton Park	1:00:17	9 Douglas Morrow	55	Rochester	1:04:20
FEMALE AGE GROUP: 1		Manthia and the AAA	1.15.01	11 Richard Bastone	50	Cortlandt Manor	1:06:04
1 7 tillia ivilicon	18	Northborough, MA	1:15:01	12 James Walker	52	Elizabethtown	1:06:37
MALE AGE GROUP: 20		C C11C .	4 00 00	21 Timothy McCauley	55	Staten Island	1:10:41
1 James Keyzer	29	Greenfield Center	1:00:23	22 Stanley Letarte	51	Rush	1:11:16
4 Brett Schlesier	20	Johnstown	1:02:28	23 Daniel Anhalt	59	Plattsburgh	1:12:14
8 Karl Hensler	26	Warrensburg	1:06:36	24 Kurt Werner	53	Auburn	1:12:26
11 Steven Holzmann	27	Watervliet	1:18:58	26 Douglas Allen	56	Middletown	1:12:34
13 Kiel Vanwagner	29	Saratoga Springs	1:20:16	29 Dan Reilly	57	Saranac Lake	1:13:10
14 Chad Penoyer	27	Brewerton	1:21:18	33 Bill Rowe	57	Niskayuna	1:13:48
15 Ted Wood	29	Weedsport	1:28:39	35 Jeffrey Stark	55	Westtown	1:15:35
FEMALE AGE GROUP: 2				38 Don Fella	55	Webster	1:16:41
 Danielle Baron 	23	Gilford, NH	1:12:31	45 Mark Curley	57	New York City	1:19:36
MALE AGE GROUP: 30				48 Jeff Lampman	52	Altamont	1:20:17
1 Paul Fronhofer	35	Argyle	58:26	53 David Torrey	54	Ballston Spa	1:24:22
9 Simon Pedrotty	34	Greenfield Center	1:02:47	54 Michael Colello	50	Watertown	1:24:26
19 Frederick Hines	34	New York City	1:08:31	56 David Hotaling	51	Troy	1:25:09
25 Christopher Schilling	38	Brooklyn	1:11:29	60 Mike Martino	59	Croton-on-Hudson	
26 Pierre Poulin	36	Granville	1:12:40	62 Glenn Anderson	51	Webster	1:28:25
29 Zachary Wakeman	32	Pulaski	1:13:13		52	New Russia	
30 Lauren Graham	39	Franklin	1:13:33	64 Eric Teed	52 54		1:28:34 1:31:52
36 Nathan Anderson	39	Manlius	1:16:48	65 Andrzej Bajor		Staten Island	
39 Reid Hutchins	37	Queensbury	1:22:45	67 Bruce Palmer	52	Rye	1:32:45
41 Robert Svenson	35	Cazenovia	1:24:26	68 Bill Phalen	57	Loudonville	1:33:36
43 Justin Divirgilio	38	Albany	1:28:42	FEMALE AGE GROUP: 5			
44 Patrick Billingsley	33	New York City	1:29:15	1 Mary Hynes Johanson	58	Belmont, MA	1:10:00
46 Joshua Gittleman	33	Roslyn	1:32:15	2 Donna Moody	51	Lake Placid	1:22:22
49 Matthew Cronin	37	Rensselaer	1:47:51	6 Lisa Karges	51	Herkimer	1:31:30
FEMALE AGE GROUP: 3	30 - 39			7 Stacy Maziejka	50	Voorheesville	1:32:10
1 Rosanne VanDorn	39	Lake Placid	1:10:39	8 Jackie Egle	53	Syracuse	1:32:42
9 Christina Nash	38	Gansevoort	1:47:40	10 Barbara Parmeter	57	Fairport	1:40:48
MALE OVERALL: 40 - 49				MALE AGE GROUP: 60	- 69		
1 Richard Jodoin	42	Gatineau, QC	1:00:04	1 Mark McCarthy	64	Fairport	1:02:08
3 Jack Piller	48	Keene	1:01:37	4 Jacek Bielicki	60	Staten Island	1:11:06
14 Rostislav Khrapko	44	Corning	1:06:45	6 Richard Camping	61	Victor	1:12:09
15 Kevin Lanihan	46	Clifton Park	1:06:46	8 Stephen Forrestel	64	Akron	1:14:26
18 Korey McCoy	43	Latham	1:08:34	10 Ralf Torke	62	Hastins-on-Hudson	
22 Jerry Macner	43 45	Plattsburgh	1:08:34	12 Richard Erenstone	66	Lake Placid	1:21:03
24 Jim Basil	45 48	Glenville	1:10:10	17 Donald Berens	65	Latham	1:29:38
	48 42	Rochester		18 Tim Martin	60	Delmar	1:35:36
29 Tim Brundage 35 Steven Scott	42 44		1:11:54	MALE OVERALL: 70 - 79		Delitial	0
		Endicott	1:14:02	1 Kenneth Cestone	9 76	Pannington VT	1.14.44
40 Matthew Marko	42	Syracuse	1:16:49			Bennington, VT	1:14:44
45 Makoto Kawaguchi	40	Brooklyn	1:20:02	5 Total Boolitac	71	Albany	1:37:34
52 Peter Sears	48	Carthage	1:26:01	MALE OVERALL: 80 - 89		D 1: 1 1:	24445
53 Brian White	46	Plattsburgh	1:26:31	1 Walter McConnell	82	Bolton Landing	2:11:16
57 Stephen Wilson	47	Brewerton	1:30:51	UNICYCLE			
58 Allan Gnoli	42	Bayside	1:32:58	1 Jonathan Sauerbrey	40	Coventry, RI	1:06:49
62 Sean Murphy	42	Owego	1:40:52	Courtesy of White	etace Busii	ness & Tourism Cente	r

WHITEFACE SUMMER MINI DOWNHILL SERIES #1 June 16, 2013 • Whiteface Mountain Bike Park, Wilmington

June 1	0, 20.5	Trinterace mountain	D	in, iiiiiiiigioii	
CATEGORY 1		MALE AGE GROUP: 19 - 34		CATEGORY 3	
MALE AGE GROUP: 19 - 34 1 Elias Ingraham	1:56	1 Joshua Miller 2 Erik Beauchamp-Lachapelle 3 Nathan Reed	1:57 1:59 2:09	MALE AGE GROUP: 19 - 3 1 Jaime Campbell	3:2
CATEGORY 2		MALE AGE GROUP: 35 - 99	2.03	2 Greer Ferguson	3:4
MALE AGE GROUP: 15 - 18		1 Adrian Cieri	2:09	Courtesy of High Peak	s Cyclery
1 Henry McGrew	2:15	2 Patrick Driscoll	2:22		
2 Nate Robson	2:16	3 Mark Nassan	2:54		

The 36th Annual Great Cow Harbor 10 **SATURDAY, SEPT. 21** 8:30 AM, NORTHPORT, NY Where Top U.S. Athletes Gather in September THE ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE Chosen by AUNINER'S WORLD as one of the nation's elite races. Northport's "GREAT COW HARBOR 10-KILOMETER RUN" is more than a foot-race for the world class athlete. Experience the hometown friendliness that makes this an unforgettable event for every one of the 5,000 runners who participate. For a detailed entry blank, send S.A.S.E. to ONLINE REGISTRATION: GREAT COW HARBOR 10-KILOMETER RUN, INC. www.cowharborrace.com P.O. BOX 41, NORTHPORT, NY 11768 Michelob. Capital One

3RD ANNUAL WILMINGTON-WHITEFACE MOUNTAIN BIKE RACE LEADVILLE TRAIL 100 MOUNTAIN BIKE QUALIFIER

	Ju	ne 16, 2013 • W			lountain, Wilm			
	100K				Jay Hodgson	40	Ithaca	5:37:53
Overall & Age-		Vinners & NY Finishers			Adam Gutchess	46	Cortland	5:39:23
MALE OVERALL	,			52		41	Fayetteville	5:43:59
1 Cameron Cogburn	27	Cambridge, MA	4:06:21	53	Steve Becker	46	Niskayuna	5:44:32
FEMALE OVERALL				54		47	Rome	5:47:00
1 Crystal Anthony	32	Beverly, MA	4:42:00		David Lambert	43	Walworth	5:48:03
MALE AGE GROUP: 1 -		***	4.50.44		Dave Freiman	41	East Amherst	5:50:38
1 Jack MacClarence	18	Albany	4:52:44	70		44 45	Potsdam	6:01:07
FEMALE AGE GROUP: 2	20 - 29	Danton auth MIII	C.01.20	71 73	, ,	45 45	Pittsford	6:01:13 6:04:40
Amanda House Sheray Michel	26	Portsmouth, NH Clifton Park	6:01:29 6:01:59	83		46	Berkeley Heights Schenectady	6:21:17
3 Caitlin Skufca	21	Wilmington	6:47:34	84		44	Brooklyn	6:22:49
MALE AGE GROUP: 20		vviiinington	0.47.54	85	,	47	Rochester	6:23:26
1 Cody LaCosta	22	Mountainside, NJ	4:17:15	86	Mike Norton	41	Pittsford	6:23:57
7 Thomas Barile	28	Port Jefferson Station	4:48:47	93	Joao Flores	45	Rochester	6:32:22
8 Colin Martin	27	Wappinger Falls	4:54:06		' Tim Bantham	47	Ballston Spa	6:46:51
12 Mark Walters	26	Webster	5:03:42	99		48	Clifton Park	6:48:07
13 Peter Fobare	23	Schenectady	5:04:43		MALE AGE GROUP:			
15 Cameron Lewis	26	Queensbury	5:11:58	1	Susan Lynch	53	Medfield, MA	5:20:35
16 Matthew Curbeau	27	Penn Yan	5:13:10	2	Stephanie Landy	53	Ballston Spa	6:04:52
20 Shawn McDonald	21	Pleasantville	5:24:31	3 NA	Caryle Zipprich ALE AGE GROUP: 50	52	La Fayette	6:29:52
25 Kurt Mason	25	Schenectady	5:41:16	1	Dave Riffe	52	New Stanton, PA	5:05:56
27 Patrick Carey 28 Alex Elkins	28 20	Keene Rochester	5:55:26	3	Doug Campbell	51	Salem	5:10:46
30 Daniel Ohart	28	Waverly	6:03:56 6:08:28	6	Jud Speer	51	Cobleskill	5:18:59
MALE AGE GROUP: 30		vvaveriy	0.00.20	11		58	Endicott	5:40:21
1 Gered Dunne		White River Junction, VT	4:11:14	12	Doug Hazelden	53	Bloomingdale	5:41:25
5 Billy Demong	33	Paul Smiths	4:23:51	13		53	Rochester	5:43:47
8 Fred Harle	38	Jamesville	4:38:28	14	Jeff Braddon	50	Canandaigua	5:46:23
10 Paul Fronhofer	34	Argyle	4:44:31	17		52	Greenfield Center	5:52:27
11 Bruce Beauharnois	38	Peru	4:44:32		Don Fella	54	Webster	5:57:14
13 Scott Hannan	39	Trumansburg	4:47:10		Eric Meredith	52	Webster	6:03:50
18 Dan Fronhofer	31	Saratoga Springs	4:52:05	26		55	Ballston Spa	6:14:28
19 Christopher Bellona	36	Potsdam	4:53:45	28		52	Victor	6:22:52
29 Matthew Dickinson	38	Watertown	5:17:31		Daniel DeFrees ALE AGE GROUP: 60	58	Chittenango	6:23:52
30 Mark Jakubowski	37	Ronkonkoma	5:20:39	1	Dennis Knowlton	62	Clifford, PA	5:45:06
31 Bradford Strater 32 Jason Haight	31 38	New York Manlius	5:24:16 5:26:16	3	Bruce Lessard	61	Endicott	6:21:10
40 Ethan Pond	30	New York	5:36:53	4	Thomas Yorty	62	Buffalo	7:14:32
42 Brian Guy	38	Fairport	5:40:49			50K BIK		
48 Yohsuke Takakura	34	Albany	5:49:11	М	ALE OVERALL		•	
52 Brandon Boutelle	37	Lake Placid	5:51:17	1		22	Lake Placid	2:14:55
57 Shawn Mallon	39	Northport	6:04:10	FE	MALE OVERALL			
61 Gerret Van Duyne	34	New York	6:05:09	1	Caitlin Curran	24	Burlington, VT	2:14:39
68 Tim Susfolk	37	Akron	6:21:30	M	ALE AGE GROUP: 1 -	19		
69 Jeffrey Chen	36	Brooklyn	6:21:31	1	Rickie Strong	14	Canandaigua	2:28:14
73 John Ormsby	39	Vernon	6:27:03		MALE AGE GROUP:			
76 Brian Burke	33	New Hartford	6:34:26	1		15	Ottawa, ON	2:37:44
77 Colin Apple	31	Brooklyn	6:34:58		ALE AGE GROUP: 20		Tananta ON	2.20.00
80 Anthony Thoresen	38	Mamaroneck	6:46:41	1	Rob Knowlton	28 24	Toronto, ON	2:39:09 3:19:16
82 Joel Nashett	30 34	Au Sable Forks	6:49:07	3	Cory David Trevor Lewis	28	Selkirk Queensbury	4:30:11
84 Rafael Campbell FEMALE AGE GROUP: 3		Farmingdale	6:58:53		ALE AGE GROUP: 30		Queensbury	4.30.11
1 Rhonda Stickle	38	Barrie, ON	5:00:50	1	Scott Cooper	38	Sloatsburg	2:22:26
4 Heather Rizzi	34	Schenectady	5:38:06	2	Matthew Cook	35	Saranac Lake	2:31:26
6 Amanda DeLuke	30	Gansevoort	6:16:15	FE	MALE AGE GROUP:	30 - 39		
FEMALE AGE GROUP: 4				1	Nadia Pepin	34		2:29:25
1 Rebecca Rusch	44	Ketchum, ID	4:49:50	2	Corinna Maggy	35	Plattsburgh	3:16:33
7 Tamara Tarbell	49	Afton	6:55:43	M	ALE AGE GROUP: 40	- 49		
11 Helene Schmid	42	Fayetteville	7:27:17	1	Jason Amoriell	43	Peru	2:31:50
12 Trish Dugan	45	Manlius	7:38:27	FE	MALE AGE GROUP:	50 - 59		
MALE AGE GROUP: 40	- 49			1	Jen Adams	50	Ottawa, ON	2:36:46
1 Dave Wiens	47	Gunnison, CO	4:12:43		ALE AGE GROUP: 50			2 40 40
6 Aaron Mooney	43	Rochester	4:55:58	1	Joe Paterson	52	Lake George	2:18:18
10 David Silloway	45	Rochester	5:00:13	2	Brian Delaney	57 52	Lake Placid Albany	2:22:27 2:28:09
26 Matt Jones	44	Cooperstown	5:18:59	3	Tom MacClarence		,	2.20.09
28 Seth DeMarrais	40	Worcester	5:19:36	N.A	ALE OVERALL	SINGLESP	445	
31 Gregory Drumm 35 Kevin Maldonado	48 48	Chittenango Windham	5:24:01	1VI	ALE OVERALL David Yacobelli	43	Endicott	4:42:02
37 Phillip McCarthy	48	Cazenovia	5:28:30 5:30:16		ALE AGE GROUP: 30		LHUICOLL	4.42.02
40 Ted Marple	44	Newton Upper Falls		1	Jeff Erenstone	36	Lake Placid	5:09:56
41 Tibor Nemes	42	New York	5:33:44				ime Fitness	5.05.50
	72		2.33.77			.,		
<u> </u>								



		JAL RUN FOR THE 113 • Mountain Road			
MALE OVERALL		MALE AGE GROUP: 20 - 29	9	MALE AGE GROUP: 50 - 5	9
1 Kenneth Pierce/40-49	21:24	1 Benn Griffin	23:34	1 Glenn Herbert	23:16
2 Emanuel Hurvitz/15-19	23:08	2 Kenneth Wenthen	31:25	2 Eric Ross	24:36
3 Matthew Salvie/15-19	23:13	FEMALE AGE GROUP: 30 -		3 Kevin Thomson	27:23
FEMALE OVERALL 1 Elizabeth Campbell/20-29 2 Ashley Leonard/30-39 3 Danjelle Burns/30-39	27:29 27:47 28:09	1 Kristin Wing 2 Molly Goodrich 3 Tracy Shober MALE AGE GROUP: 40 - 49 1 Pete Grey	29:31 31:44 36:13	MALE AGE GROUP: 60 - 6 1 Bernard Mack 2 Steve Rogers 3 Charlie Matlock	26:46 28:47 45:22
MALE AGE GROUP: 1 - 14 1 Sam Trombly	31:28	2 Kevin Crosier 3 Jeff Crosier FEMALE AGE GROUP: 40 -	24:48 25:23	FEMALE AGE GROUP: 60 1 Joanna Ezinga 2 Nina Dolan	- 69 28:58 35:28
MALE AGE GROUP: 15 - 19		1 Lisa Herb	29:24	FEMALE AGE GROUP: 70	- 79
1 Austin Pedrrcini	24:38	2 Ellen Breckenridge	33:04	1 Jayne Zinke	28:50
2 Vincent Pierce	25:39	3 Elaine Tucker	37:37	Courtesy of Mountain Ro	oad School

1ST ANNUAL FATHER'S DAY MULTI-SPORT LIFE SUPER SPRINT TRIATHLON

		Ju	ine 16, 2	2013	3 • Grafton Lake	s St	ate Park	, G	rafton		
	0.25M SWIM, 7M B	IKE, 2M	RUN	FE	MALE AGE GROUP: 20	- 24		FE	MALE AGE GROUP:	40 - 44	
М	ALE OVERALL			1	Caitlan Swyer	20	1:16:34	1	Aissa Feldmann	42	1:07:12
1	Robert Hollinger	21	39:45	M	ALE AGE GROUP: 25 -	29		2	Tracy Racicot	44	1:07:38
2	David Harris	27	40:22	1	Chris Skaggs	27	53:57	3	Allison Moran	41	1:30:40
3	Stefano Fontana	25	45:48	2	Keith Posson	29	1:28:35	M	ALE AGE GROUP: 4		40.57
FE	MALE OVERALL			М	ALE AGE GROUP: 30 -	34		1	Matthew Bell	49	48:57
1	Vanessa Holzmann	28	51:14	1	Jeffrey Greer	32	47:49	3	Pete Gregory I Newell	45 45	54:27 1:04:22
2	Andrea Hollinger	25	51:39	2	Matthew Martin	30	51:48		MALE AGE GROUP:		1:04:22
3	Abby Werwaiss	13	51:52	3	Joshua Henkle	31	53:59	1	Sharon Berlinson	49 49	1:05:39
-	ALE AGE GROUP: 1 -		51.52	FE	MALE AGE GROUP: 30			2	Gretchen Shyne	48	1:03:39
1	Genero Manzano	13	57:02	1	Lauren Chatterton	30	1:08:25	M	ALE AGE GROUP: 5		1.00.20
2	Sam Besch	11	1:01:12	2	44 41 44 1	33	1:17:54	1	Jack Bastow	53	59:45
3	Ben Besch	13	1:05:02	_	ALE AGE GROUP: 35 -			2	James Ebersold	52	1:00:17
_	MALE AGE GROUP:		1.05.02	1	Cory Wajda	38	56:08	3	Doug Hadjin	52	1:08:03
1	Emily Haworth	14	59:39	Ė	MALE AGE GROUP: 35		30.00	FE	MALE AGE GROUP:	50 - 54	
2	Chloe Fahey	13	1:02:26	1	Jennifer Dean	35	53:24	1	Karen Rae	51	54:35
3	Kayla Dzikowicz	13	1:02:20	2	Jeannie Larrea-Manzano		1:24:38	2	Lillian Hamel	50	1:08:48
_	MALE AGE GROUP:		1.05.21	Z R4	ALE AGE GROUP: 40 -		1.24.30	3	Patricia Johnston	51	1:17:43
TE			F2: 47	141			E4.E0	M	ALE AGE GROUP: 6		
1	Caroline Slyer	15	52:47	1	Jonathan Schneider	41	51:59	1	Steven Keller	63	1:00:30
2	Sarah Tironi	18	1:04:53	2	Gary Ethier	44	57:52	2	Patrick Abrams	64	1:17:55
3	Rachael Swyer	16	1:08:07	3	Andrew Tanzillo	44	1:02:56		Courtesy of SkyHig	h Advent	tures

			NUAL STRIDE 2. 2013 • Riverf			DE 5K RUN•W Corning Preserv			
м	ALE OVERALL		,			MALE AGE GROUP:		,	
1	Richard Messineo	24	Nassau	17:08	1	Jessica Barberio	22	Albany	24:09
2	Paul Cox	20	Trov	17:28	2	Jessica McFaul	23	Schenectady	26:16
3	Adrian Barber	16	Castleton	18:50	3	Theresa Canale	22	Schenectady	26:17
-	MALE OVERALL	10	Custicion	10.50	М	ALE AGE GROUP: 25	- 29		
1	Penny Tisko	44	Altamont	21:09	1	Philip Guerrant	27	Schenectady	20:26
2	Deanne Webster	37	Albany	21:25	2	Michael Goodwin	26	Saratoga Springs	20:39
3	Brenda Lennon	47	Troy	22:20	3	Robert Barrowman	28	Albany	24:02
_	ALE AGE GROUP: 1 -		поу	22.20	FE	MALE AGE GROUP:	25 - 29	,	
1	Beniamin Shah	13	Slingerlands	24:34	1	Samantha McBee	27	Saratoga Springs	23:07
2	Eli Charlesbois	8	Castleton	27:07	2	Elizabeth Neild	28	Wynantskill	23:40
2	Dominic Hirschoff	10			3	Dana Viggiano	27	Latham	25:41
3			Castleton	28:10	M	ALE AGÉ GROUP: 30	- 34		
l H	MALE AGE GROUP:		C. Salada ad Cartan	24.22	1	Samuel Gonzalez	31	Ballston Spa	24:20
1	Regan Roberts	8	Guilderland Center	31:23	2	David Riccimminni	34	Averill Park	25:14
2	Julia Sinkus	14	Niskayuna	35:22	3	Steve Polomaire	30	Schenectady	27:02
M	ALE AGE GROUP: 15				FE	MALE AGE GROUP:	30 - 34	, , , , , , , , , , , , , , , , , , , ,	
1	Brendan Bequette	17	Abany	19:05	1	Joelle Ernst	32	Averill Park	23:10
2	Alan Perrotti	16	Glenmont	25:33	2	Melissa Mueller	31	Castleton-on-Hudson	24:35
3	Chyim Bowen	17	Albany	25:59	3	Tricia Pendergast	33	Troy	25:46
FE	MALE AGE GROUP:				М	ALE AGE GROUP: 35	- 39	,	
1	Arielle King	15	Albany	27:57	1	Daniel Brady	36	Cohoes	22:49
2	Kinley Sinkus	17	Niskayuna	33:00	2	Keith Johnson	35	Mechanicville	23:42
3	Elizabeth Sira	17	Cairo	33:16	3	Shane Rash	36	Albany	27:44
M	ALE AGE GROUP: 20	- 24			FE	MALE AGE GROUP:	35 - 39	,	
1	Ben Heller	24	Albany	19:18	1	Stacey Muscato	35	Castleton	23:27
2	Andy Gilchrist	21	Cropseyville	20:41	2	Rachél Toolan	37	Castleton	24:40
3	Benjamin Gabriel	24	Rensselaer	36:07	3	Alicia Fletcher	39	Castleton	26:29
	•								continued

YEARS RUNNING

NORTHEASTERN NY

19th Year 2013





NATIONAL SERIES SPONSORS









19th Annual 5K Run, 2 Mile Family Walk, **BlueShield of Northeastern New York** Kids for the Cure® Dash and Sleep In for the Cure®

Saturday, October 5, 2013 Empire State Plaza - Albany, NY

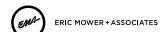


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Local Honorary Chairs

The Honorable Gerald D. Jennings Benita Zahn, WNYT Channel 13

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LOCAL PRESENTING SPONSOR







To register for the Northeastern NY Race For The Cure visit www.komenneny.org or to volunteer call 518-250-5379

	4TH ANI	NUAL	STRIDE 4 ST	TRIDE	5K	RUN•WALK	•ROLL	continued				
M	MALE AGE GROUP: 40 - 44					MALE AGE GROUP: 55 - 59						
1	Brendan McKenna	42	Latham	22:14	1	Brian Hassett	58	Clifton Park	28:29			
2	David Moreau	40	Cohoes	24:01	2	John Debrita	59	Scotia	30:10			
3	Mark Hamel	44	East Greenbush	24:14	3	Michael Mine	55	Glenmont	31:28			
FE	MALE AGE GROUP: 4	0 - 44			FE	MALE AGE GROUP: !		CUG D I	25.05			
1	Mary Ibbetson	44	Selkirk	25:39	1	Myriam Santos	59 57	Clifton Park	26:06			
2	Alexandra Berthiann	43	Mechanicville	26:36	2	Mare Whitney Laura Rogozinski	57 56	Wynantskill Selkirk	36:33 36:52			
3	Gisela Demant	42	Schodack Landing	27:04		ALE AGE GROUP: 60		SEIKIIK	30.32			
_	ALE AGE GROUP: 45 -		Schodack Landing	27.04	1	Richard Bennett	61	Clifton Park	24:26			
1		45	Rensselaer	21:24	2	Tom Howe	63	Rensselaer	31:45			
					3	John Vavasour	64	Albany	41:14			
2	Tom Mack	48	Wynantskill	23:46	FE	MALE AGE GROUP:	60 - 64					
3	Alan Bishop	49	Clifton Park	24:15	1	Debra Kelley	60	Albany	29:12			
FE	MALE AGE GROUP: 4				2	Alice Carpenter	63	Delmar	33:25			
1	Tamara Arnason	45	Feura Bush	26:33	3	Susan Gauthier	60	Cohoes	35:58			
2	Susan Shah	47	Slingerlands	27:37	M	ALE AGE GROUP: 65	- 69					
3	Rosella Elliott	46	Latham	30:40	1	Milt Schmidt	66	Colonie	20:48			
M	ALE AGE GROUP: 50 -	54			2	Joseph Scaringe	67	Latham	26:13			
1	Bob Kanarkiewicz	54	Delanson	21:01	3	Joseph Guy	69	North Chatham	30:48			
2	Michael Higley	54	Cobleskill	40:20	FE	MALE AGE GROUP: (
	MALE AGE GROUP: 5	0 - 54	CODICSKIII	10.20	1	Natalie Nussbaum	69	Cohoes	37:53			
1	Johna Palmer	51	Ravena	24:55	2	Theresa Mason	66	Loudonville	57:58			
		٥.			M	ALE AGE GROUP: 70						
2	Judi Bloomingdale	51	Stillwater	28:19	1	Ralph Santos	72	Clifton Park	29:16			
3	Patricia Fahy	54	Albany	32:22		Courtesy o	t STRIDE AC	laptive Sports				

AUGUST 2013

						ANCE RUN 10		ER	
		Ju	ne 23, 2013 • I	.ake Ge	_	·	_		
M	ALE OVERALL				M	ALE AGE GROUP: 40			
1	Ethan Clary	24	Schuylerville	53:12	1	Volker Burkowski	41	Gansevoort	59:16
2	Nick Marcantonio	20	Glens Falls	54:25	2	Richard Hamlin	40	Albany	1:06:23
3	Tom O'Grady	28	Latham	55:21	3	Mike Kelly	43	Selkirk	1:07:13
	MALE OVERALL				4	Chris Galaty	41	Green Bay, WI	1:09:33
1	Lori Kingsley	47	Wysox, PA	1:02:00	5	Sean Feeny EMALE AGE GROUP: 4	44	Malta	1:10:38
2	Kristina Gracey	30	Albany	1:02:47	1	Kimberly Miseno-Bowle		Amsterdam	1:11:20
3	Emily Bryans	45	Delanson	1:02:56	2	Sally Drake	40	Albany	1:15:32
	ALE AGE GROUP: 1 -	12	Commenting	1:26:38	3	Amy Gould	41	Hudson	1:18:21
1 84	Tommy Struzzeri ALE AGE GROUP: 15		Saugerties	1.20.30	4	Stacia Smith	42	Niskayuna	1:18:58
1	Danny Janeczko	18	Clifton Park	57:33	5	Ann Glackin	41	Ballston Lake	1:20:22
2	Joshua Korn	17	Niskayuna	1:06:21	M	ALE AGE GROUP: 45	- 49		
3	Guy Avanger	19	Clifton Park	1:00:21	1	Keith Guilfoyle	46	Commack	59:59
4		16	West Simsbury, CT	1:10:10	2	John Stadtlander	47	Clifton Park	1:00:49
5		19	Avon, CT	1:10:42	3	Jon Rocco	46	Colonie	1:02:21
-	MALE AGE GROUP: 1		7 WOII, CT	1.10.42	4	Patrick Smith	46	Queensbury	1:03:51
1	Kelly Colin	15	Oftsville, PA	1:10:01	5	Brian Debraccio	47	Scotia	1:04:37
2	Amanda Millington	19	Chestertown	1:14:24		MALE AGE GROUP: 4		aur 1	
3	Jordan Casey	16	Ballston Lake	1:19:18	1	7 WITTE DETISOR	48	Clifton Park	1:08:30
4		16	Stafford, VA	1:25:45	2	Christine Varley	49	Albany	1:14:48
5	Jayne Ryan	19	Albany	1:46:49	3	Judy Guzzo	46	Niskayuna	1:15:28
	ALE AGE GROUP: 20		7 liburiy	1.40.45	4	Cheryl Aley	45	Colchester, VT	1:16:51
1	Nick Webster	24	Latham	57:11	5	Megan Leitzinger IALE AGE GROUP: 50 -	46	Albany	1:17:15
2		24	Camillus	59:49	1				1.02.52
3	Michael Nickerson	24	Niskayuna	1:01:00	2	Derrick Staley	54 51	Ougonshuni	1:02:53
4	Ryan McTague	21	Niskayuna	1:01:53	3	Tomothy Bardin Edward Drebitko	50	Queensbury Schenectady	1:06:31 1:06:58
5	Matthew Piper	23	Morrisville, VT	1:02:27	4	Samuel Mercado Jr	50	Wilton	1:10:34
	MALE AGE GROUP: 2		,		5	Bart Trudeau	50	Latham	1:10:56
1	Lauren Benoit	20	Stafford, VA	1:10:53	_	MALE AGE GROUP: 5		Latriairi	1.10.50
2	Meghan Lapoint	23	Schenectady	1:12:13	1	Beth Stalker	53	Burnt Hills	1:10:33
3	Christine Nickerson	24	Niskayuna	1:12:35	2	Shawn Emery	52	Saratoga Springs	1:13:28
4		24	New York	1:13:28	3	Sandy Adams	53	Shushan	1:23:55
5	Kate Mulcahy	20	Glens Falls	1:15:35	4	Kathy Jones	53	Averill Park	1:24:43
M	ALE AGE GROUP: 25	- 29			5	Lauren Herbs	50	Rexford	1:29:19
1	Kevin Treadway	25	Albany	57:14	M	ALE AGE GROUP: 55	- 59		
2	Nick Scalfone	28	Mountain View, CA	59:39	1	Kevin Dollard	57	Hopewell Junction	1:06:47
3	Jeff Goupil	25	Ballston Lake	59:57	2	Bob Tysen	57	Lake Placid	1:09:51
4	Ryan Walter	28	Voorheesville	1:00:15	3	James Forbes	59	Valley Falls	1:11:34
5	Kevin Emblidge	29	Lake George	1:00:36	4	Steve Jones	58	Averill Park	1:13:17
FE	MALE AGE GROUP: 2	25 - 29			5	Christopher Kunkel	56	Oradell, NJ	1:13:49
1	Meghan Mortensen	27	Rotterdam	1:06:29	FE	MALE AGE GROUP: 5			
2	Elizabeth Chauhan	28	Albany	1:10:25	1	Nancy Briskie	55	Schenectady	1:12:18
3	Elizabeth Emblidge	28	Lake George	1:11:07	2	Karen Provencher	58	Glens Falls	1:16:36
4	Kristen Quaresimo	28	Albany	1:12:10	3	Maureen Fitzgerald	55	Clifton Park	1:23:16
5	Jessy Montrose	27	Ballston Lake	1:15:09	4	Susan Weisser	55	Ballston Spa	1:26:23
M	ALE AGE GROUP: 30	- 34			5	Claire Dougherty	57	Brooklyn	1:29:31
1	Tanner Close	33	Queensbury	1:04:20		ALE AGE GROUP: 60		Calcula	4.45.25
2	Jeffrey Hayes	30	Troy	1:08:51	1	Paul Forbes	62 61	Colonie	1:15:35
3	Kevin London	32	Lake George	1:10:40	2	Rich Tanchyk	64	Saratoga Springs	1:23:37
4	Ambrose Schaffer	30	Canajoharie	1:12:06	3	Bob Ellison Steven George	60	Slingerlands Scotia	1:23:43 1:27:32
5	Patrick Sorsby	34	Albany	1:16:01	5	Seamus Hodgkinson	64	Delmar	1:27:38
FE	MALE AGE GROUP: 3					MALE AGE GROUP: 6		Delinai	1.27.50
1	Danielle Maslowsky	34	Ballston Lake	1:07:51	1	Judy Phelps	62	Malta	1:22:24
2	Crystal Perno	32	Clifton Park	1:10:07	2	Martha DeGrazia	62	Slingerlands	1:25:40
3	Mariel Zeccola	32	Rexford	1:14:13	3	Joan Celentano	60	Schenectady	1:28:49
4	Rebeka Slozak	31	Westfield, MA	1:14:39	4	Katherine Ambrosio	63	Delmar	1:36:33
5	Justine Trybendis	30	Glens Falls	1:15:33	5	Jill Pederson	62	Lake George	1:37:21
	ALE AGE GROUP: 35	-			M	ALE AGE GROUP: 65	69		
1	Michael Roda	37	Albany	55:46	1	John Stockwell	65	Watervliet	1:21:50
2	Aaron Knobloch	37	Guilderland	57:44	2	Norman Dovberg	67	Albany	1:23:22
3	Marc Galvin	37	Lake Placid	1:02:57	3	Thomas Kollar	67	Schenectady	1:31:27
4	Brian Northan	38	Guilderland	1:04:05	4	Tom Selfridge	66	Greenfield Center	1:33:48
5	Brian White	35	Altamont	1:06:40	5	James Larkin	65	Clifton Park	1:34:39
	MALE AGE GROUP: 3		aur. a :			MALE AGE GROUP: 6			
1	Renee Tolan	38	Clifton Park	1:05:01	1	Susan Wong	65	Glenmont	1:29:00
2	Eileen Ferguson	35	Baldwinsville	1:09:18	2	Ginny Pezzula	67	Colonie	1:37:50
3	Tina Greene	39	Scotia	1:09:53	3	Candi Schermerhorn	66	Diamond Point	1:48:20
4	Michelle Lavigne	38	Albany	1:12:05	4	Susan Harris	65	Albany	1:51:52
5	Tina Cukrovany	36	Rensselaer	1:13:50	5	Diane Wagner	65	Bolton Landing	1:58:07 continued
									conditued



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RACE RESULTS

	37TH ADIRONDACK DISTANCE RUN 10-MILER continued										
M	IALE AGE GROUP: 70			MALE AGE GROUP: 75 - 79							
1	Morgan Shipway	70	Avon, CT	1:27:56	1 Wade Stockman	78	Rensselaer	1:30:21			
3	Jim Moore Alfred Patrick	73 70	Niskayuna Lake George	1:35:00 1:42:16	MALE AGE GROUP: 80	- 84					
4	Stephen Mitchell	72	Malta	1:48:21	1 Edward Doucette	83	Bennington, VT	1:59:36			
5		72	Clifton Park	1:50:30	FEMALE AGE GROUP:	80 - 84					
FE	MALE AGE GROUP:				1 Anny Stockman	81	Rensselaer	2:00:17			
2	Clemence Clancy Joyce Rice	73 71	Diamond Point Sanibel, FL	1:58:06 2:31:58	,		ondack Runners	2.00.17			

HUDSON VALLEY TRIATHLON SERIES #1: 2ND POLICE TRI/DUATHLON

		1/4M SWIM, 14M BIK	(E, 2.5M RL	JN	1	Robert Kranz	Kapaa, HI	M65-69	1:33:1
M	ALE OVERALL				1	Thomas Madden	Carmel	M70-74	1:23:2
1	Jason Toth	Rhinebeck	M35-39	56:58	FI	RST RESPONDER:			
2	Shawn Jackson	Marlboro	M30-34	57:22	1	Michael Licitra	New City	M35-39	1:15:2
3	Eric Goodman	Stamford, CT	M40-44	1:03:23	FI		FEMALE OVERALL		
FE	MALE OVERALL				1	Beverly Whalen	Hyde Park	F50-54	1:22:2
1	Eileen Bernhardt	Lagrangeville	F35-39	1:06:53		DUATHLON	- 1M RUN, 14M BIR	(E, 2.5M RUN	
2	Kierann Toth	Rhinebeck	F25-29	1:07:39	M	ALE OVERALL			
3	Sheri Aceto	Poughkeepsie	F30-34	1:15:23	1	Eric Waldron	Kerhonkson	M30-39	1:01:
AC	GE GROUPS				2	Dominic Tocco	Waterford	M30-39	1:05:
1	Ben Latham	Brooklyn	M18-24	1:05:43	3	Dennis Foster	Pleasant Valley	M50-59	1:06:
1	Stephanie Wagner	Poughkeepsie	F18-24	1:17:11	FE	MALE OVERALL			
1	Yonah Schwartz	New York	M25-29	1:12:59	1	Lori Cassia-Decker	Pleasant Valley	F50-59	1:18:
1	Kim Walters	Poughkeepsie	F25-29	1:17:36	2	Carol Morenz	Thomaston, CT	F60-69	1:25:
1	Chris Fedorczak	New York	M30-34	1:14:20	3	Nicole Renzler	New York	F40-49	1:26:
1	Caitlin Simon	New York	F30-34	1:18:04	A	GE GROUPS			
1	William Henke	Hudson Falls	M35-39	1:04:34	1	Justin Merolla	New York	M18-29	1:07:
1	Lauren Valentino	Fleetwood	F35-39	1:21:54	1	Jessica Pecchia	Pleasant Valley	F18-29	1:43:
1	Andreas Meyer	Fort Lee, NJ	M40-44	1:06:53	1	Billy Denehy	Cold Spring	M30-39	1:11:
1	Kelly Kane	Cornwall-on-Hudson	F40-44	1:26:47	1	Sherry Hoffman	Kent	F30-39	1:30:
1	Joel Sendek	Briarcliff Manor	M45-49	1:06:48	1	William Klotz	Bedford Hills	M40-49	1:08:
1	Kathleen Lowell	Poughquag	F45-49	1:18:19	1	Michelle Smith	New York	F40-49	1:28:
1	Pablo Valedon	Brewster	M50-54	1:09:41	1	Jose Ramirez	Long Island City	M50-59	1:19:
1	Mary Dery	Putnam Valley	F50-54	1:17:03	1	Dona Thornta	Barryville	F50-59	1:30:
1	Jeffrey Stark	Westtown	M55-59	1:07:28	1	Don Gavin	Kings Park	M60-69	1:13:
1	Ronnie Behringer	Norwalk, CT	F55-59	1:25:36	1	Ellie Gavin	Kings Park	F60-69	1:34:
1	Frank Priest	Nyack	M60-64	1:28:57		Cour	tesy of New York Tri	athlon	

29TH ANNUAL HIGH PEAKS CYCLERY MINI-TRIATHLON SERIES #1 June 24, 2013 • Mirror Lake Beach, Lake Placid

		Julie 24, 2013 • 1	WIII TOT I	Lak	e beacii, Lake r	iaciu	
	400YD SWIM	, 12M BIKE, 3M RUN		М	ALE AGE GROUP: 18	- 29	
FE	MALE OVERALL			1	DJ Racette	Saranac Lake	1:06:06
1	Caitlin Skufca	Wilmington	1:08:23	2	Keith Kogut	Tupper Lake	1:09:07
2	Rachel Stanton	Lake Placid	1:10:48	3	Evan Klein	Saranac Lake	1:12:40
3	Colleen Porter	Lake Placid	1:11:09	М	ALE AGE GROUP: 30	- 39	
M.	ALE OVERALL	Natur Dama des Brainies OC	57:45	1	Christopher Crema	Barnstable	1:05:42
2	Pierre Heynemand Jim Russell	Notre-Dame-des-Prairies, QC		2	Jake Campbell	Rainbow Lake	1:25:17
2	Colin Delaney	Saratoga Springs Lake Placid	59:54 1:01:51	М	ALE AGE GROUP: 40	- 49	
FF	MALE AGE GROUP: 18 -		1.01.51	1	Jason Amoriell	Peru	1:05:00
1	Noel Shankster	Bowling Green	1:20:07	2	Peter Voorhees	Dryden	1:06:47
2	Madeline Short	Remington	1:24:40	3	Loring Porter	Lake Placid	1:08:07
3	Kati Christoffel	Saranac Lake	1:25:18	М	ALE AGE GROUP: 50	- 59	
FE	MALE AGE GROUP: 30 -	· 39		1	Doug Hazelden	Bloomingdale	1:06:10
1	Veronica Byers	Lake Placid	1:28:46	2	Mike Zerrahn	Peru	1:12:22
FE	MALE AGE GROUP: 40 -			3	Glenn Luther	Sylvania	1:15:59
1	Amy Voorhees	Dryden	1:10:58	м	ALE AGE GROUP: 60	,	
2	Gail Short	Kempton	1:23:58	1	Karl Zaunbrecher	Saranac Lake	1:24:50
FE	MALE AGE GROUP: 50 -			TE	AMS	Saranae Eake	1.24.50
1	Sandy Rasco	Cadyville	1:18:26	1	Forest Ledger/Lauren F	ranco/Mark Wilcox	1:10:26
2	Stacey Mandelbaum	Queensbury	1:29:52	1	9		
M	ALE AGE GROUP: 15 - 1	-		2	Brad Soble/Marty Gord		1:11:46
1	Frederic Short	Remington	1:22:59	3	Jonathon Lazar/Tim Mo	-	1:12:42
2	Keaton McCoach	Kutztown	1:36:21		Courtesy	of High Peaks Cyclery	

CBRC PINNACLE HILL CLIMB TIME TRIAL BICYCLE RACE June 26 2013 • New Salem Fire House Voorheesville

	Julie 20, 2013 - NO	vv Jaici	ii i ii e i iouse, vooii	ices ville	
3.9M, 1	200FT ELEVATION GAIN		15 Alex Workman	Unattached	19:05
TOP 30 OVERALL			16 John Hughson	NYCROSS.com	19:06
1 Tyler Wren	Jamis/Hagens Berman	14:23	17 Jason Selwitz	Unattached	19:18
2 Nicholas Waller	BTS/Spine	5:52	18 Karl Hensler	Unattached	19:27
3 PJ Bottoms	Unattached	17:01	19 Gianni Polhemus	CBRC	19:34
4 Andrew Ruiz	CCC/Keltic/Zane's	17:19	20 Benoit Tonneau	Specialized/HRRT	19:36
5 Rvan Conlev	CBRC	17:23	21 Anthony Pharo	Genesis Cycling	20:01
6 Christopher Carper	esite	17:26	22 David Krueger	Unattached	20:25
7 Lyle Schultz	CBRC	17:30	23 Rick Ikasalo	Bethlehem Triathlon Club	20:30
8 Chance Wilk	CBRC	17:43	24 Steven Holzmann	Unattached	20:36
			25 Stephen Marsalese		20:40
9 Paul Byron	Unattached	17:53	26 Bob Hooper	Unattached	20:41
10 Jeffrey Krywanczyk	Wear On Earth	18:15	27 Dave Beals	NYCROSS.com	20:44
11 Alan Finder	Bethlehem Tri Club	18:19	28 Gavin Klami	Unattached	21:16
12 Beth Miller	Farm Team Elite Women	18:24	29 Matthew Landy	CBRC	21:51
13 Thomas Butler	CCC/Keltic/Zane's	18:33	30 Ed Decker	CBRC	23:11
14 Thierry Blanchet	Unattached	19∙∩4	Courtesy of C	Canital Ricycle Racing Club	

31ST ANNUAL TUPPER LAKE TINMAN TRIATHLON

June 29 2013 • Municipal Park Tupper Lake

		Julie 23, 2013	o • iviuilic	ipai raik, luppei Lai	Ke .				
	TINMAN: 1.2M SWIM, 5	6M BIKE, 13.1M RU	JN	MALE AGE GROUP: 25 - 2	29				
	Top 3 Overall, Age-Group Wi	nners & Regional Fi	nishers	1 Matthew Posh	Dorval, QC	4:31:57			
M	ALE OVERALL			3 James Keyzer	Greenfield	4:47:43			
1	Chuck Perreauit/40-44	St Auguitin, QC	4:05:40	5 Patrick Cullen	Albany	4:54:17			
2	Mathieu Plaisance/25-29	Montreal, QC	4:20:10	10 DJ Racette	Saranac Lake	5:16:53			
3	Alexandre Albuquerque/40-44	Longueuil, QC	4:21:55	14 Brad Lewis	Troy	5:26:33			
FE	MALE OVERALL			15 Matthew Mitchell	Lake Placid	5:29:20			
1	Genevieve Jacques/30-34	Longueuil, QC	4:57:05	18 Keith Kogut	Tupper Lake	5:45:27			
2	'	Cadyville	4:59:16	23 Erik Mendelsohn	Lake Placid	6:13:48			
3	Carley Kenwell/25-29	Ottawa, ON	5:08:20	27 Jason Burdo	Plattsburgh	6:46:13			
_	ALE AGE GROUP: 1 - 19	Ottawa, ON	3.00.20	28 Donald Walters	Watertown	7:35:50			
1	1 Michael Dittmer Clifton Park		6:20:43	FEMALE AGE GROUP: 25 - 29					
-	MALE AGE GROUP: 1 - 19	CIIILOII Falk	0.20.43	1 Lauren Tucker	Toronto, ON	5:24:45			
FE		" 00	F 43 40	MALE AGE GROUP: 30 - 3	34				
1	Stephanie Boivin	Longueuil, QC	5:42:48	1 James Jacel-Cote	Montreal, QC	4:28:37			
M	ALE AGE GROUP: 20 - 24			Justin Weiler	Whitesboro	4:40:17			
1	Dan Dohman	Jay	5:12:35	6 Taylor McKenna	Lake Placid	5:21:43			
2	Jacob Painter	Keeseville	5:26:40	8 Christopher Evans	Wilton	5:29:00			
3	Evan Klein	Saranac Lake	5:49:00	10 Michael Molinski	Hudson	5:35:14			
6	Michael Nichols	Saranac Lake	6:57:53	11 Michael Casciaro	Slingerlands	5:36:34			
FE	MALE AGE GROUP: 20 - 24			12 Jacob Dutcher	Schenectady	5:48:35			
1	Abigail Sayler	Baldwinsville	6:18:23	14 Justin Halsey	Pulaski	6:12:52			
4	Kerrianne Sanicola	Albany	7:12:53	22 Joshua Garner	Plattsburgh	7:38:17 continued			

AWK HUDSON RIVER RATHON F MARATHON

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Saturday, October 12 = 10am-6pm = Hilton Albany, Albany

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- race guide in September issue of Adirondack Sports & Fitness magazine (22,000 circulation) - and on adksports.com

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31ST ANNUAL TUPPER LAKE TINMAN TRIATHLON continued FEMALE AGE GROUP: 30 - 34 FEMALE AGE GROUP: 60 - 64 5:34:29 Christine Jenkins Cohoes Diane Sardes North Tonawanda 6:44:26 Claire Davenport 6:08:26 Slingerlands 6:13:50 MALE AGE GROUP: 65 - 69 MALE AGE GROUP: 35 - 39 Tupper Lake 5:28:45 Tebo Robert 4:32:03 Christian Belair Richard Frenstone Lake Placid 5:52:12 John Evansky Hudson Falls 4:56:41 MALE AGE GROUP: 70 - 74 Ballston Spa 5:20:01 Hugh Dunseath Clifton Park 5:52:46 12 Marc Goldleaf Highland 5:20:11 TEAMS - MALE 13 Adam Stallmer Waterford Santa Rosa, CA 4:45:20 17 Morgan Ryan Saranac Lake 6:23:01 16 Adirondack Builders Saranac Lake 6:14:25 FEMALE AGE GROUP: 35 - 39 TEAMS - FEMALE 5:22:32 Serena Coombes Queensbury 1 M.A.S. Saranac Lake 5:15:45 Jodi Plante Saratoga Springs 5:35:52 19 Towannda Tin Women 6:19:07 5:39:19 Melissa West Oneonta TEAMS - MIXED Colleen Porter Lake Placid 5:38:26 5:07:00 Beer View Mirrors Lery, QC 5:43:37 Cathy Oldrich Valatie 11 Dewesers 5:48:50 13 Kimberly Kilby Schenectady 6:07:25 14 Adirondack Wild Ballston Spa 6:03:29 6:17:20 14 Alison Atkins Fort Drum 6:23:25 Tupper Lake 15 Beth Connelie Johnstown 6:21:06 SPRINT: 0.6M SWIM, 18.6M BIKE, 10K RUN Veronica Byers Lake Placid MALE OVERALL 18 Kristina Santos New Paltz 6:54:04 22 Danielle Wroblewski 1:53:44 Bruce Rohdenburg/50-59 Corning Guilderland 24 Kelly Darvey 7:39:48 Colin Delaney/20-29 Lake Placid 1:57:40 MALE AGE GROUP: 40 - 44 Joffrey Renaud/20-29 1:58:01 Montreal, QC 4:31:17 St Jean Sur Ric, QC Bernard Alix FEMALE OVERALL Keith Alber Clifton Park 4:40:38 Lydia Heilmann/30-39 Fairfield, CT 2:06:00 10 Jason Schreer 4:47:39 Potsdam Pascale Butcher/50-59 Southport, CT 2:12:29 23 Rich Reno **Burnt Hills** 5:45:04 Marian Coke/40-49 Ottawa, ON 2:14:30 28 Jason Pare 6:21:50 Rome FEMALE AGE GROUP: 1-29 Michael Skiba 6:26:59 Lindsay Johnson Star Lake 3:27:28 FEMALE AGE GROUP: 40 - 44 MALE AGE GROUP: 20 - 29 Melissa Senall Fairport 5:27:01 Tyler Heishman New York 2:05:13 South Glens Falls Patryk Kanclerski 2:48:29 MALE AGE GROUP: 45-49 Tupper Lake 10 Fli Littlefield 2:57:25 4:30:07 Pennellville FEMALE AGE GROUP: 20 - 29 Jeffrey Burdo Morrisonville 5:06:49 2:23:41 Queensbury 5:09:04 MALE AGE GROUP: 30 - 39 10 Todd Mcauley Colonie 5:11:39 2:00:35 Michael Vance 11 David Allen Pulaski 5.13.52 9 Chris Faton Johnstown 2:30:45 Guilderland 5:14:20 12 Pat Sommo 12 Ty Mortensen 2:51:35 Clifton Park 14 Rill Marvin Clifton Park 5:21:00 FEMALE AGE GROUP: 30 - 39 19 David Balestrini Lake Placid 5:30:55 2:23:49 Hudson Falls 20 Timothy Kirch Niskayuna 5:33:40 Rebecca Evansky Pamela Cooper Greenfield Center 23 Kurt Allen 5:43:37 2:25:13 Blossvale 24 Loring Porter Lake Placid 5:48:33 11 Janet Snider Star Lake 2:44:38 27 William O'Brien Argyle 13 Jennifer Weeks 32 Christoper Marx New Paltz 6:31:37 15 Andrea Rushford Willsborg 3:37:40 MALE AGE GROUP: 40 - 49 FEMALE AGE GROUP: 45 - 49 Doug Domagala Lowville 2:04:06 Alison Heaphy Rachel Stanton 5:09:35 David Smith Lake Placid 2:24:36 Lake Placid 5:34:25 FEMALE AGE GROUP: 40 - 49 10 Kris Allen 6.37.00 Montreal, OC 2:24:00 Dominique Guerin 15 Dawn Borvsewicz Ballston Spa 7:03:01 Kristen Long 2:40:19 Gansevoort MALE AGE GROUP: 50 - 54 Samantha East Glenville 3:00:56 Greely, ON 4:39:41 David Harding 11 Jodi Dewert 3:59:20 Brewster Pablo Valedon 4:59:58 MALE AGE GROUP: 50 - 59 5:16:02 Patrick Brimstein Peru Simsbury, CT 2:00:55 Edward Sparkowski 13 Dan Grav Watertown 5:49:40 Mark Howe East Greenbush 2:41:27 Wesley Wilson Bloomingdale 2:42:44 FEMALE AGE GROUP: 50 - 54 2:59:46 James Perez Troy 5:26:48 Wendy Locke Boonton, NJ 10 Robert Lepak Saranac Lake 3:03:35 April Critelli Glenville 6:32:39 11 Tim Littlefield Tupper Lake 3:51:02 7:02:21 FEMALE AGE GROUP: 50 - 59 MALE AGE GROUP: 55 - 59 Cadyville 2:23:54 Jean Sur Ric, QC 5.01.55 Alicia Chase Sandy Rasco Cadyville 2.35.29 John Abbuhl 5:58:49 Slingerlands Nancie Battaglia Lake Placid 2:53:10 Robert Morganson 6.14.10 Lake Placid William Izzo Jr MALE AGE GROUP: 60 - 69 8:00:32 Lake Placid MALE AGE GROUP: 60 - 64 Ian Gill Huntingdon, QC 2:39:35 Grand-Mere, QC 2:54:03 Michel Gervais



6:31:31



Malta



Courtesy of Tupper Lake Chamber of Commerce

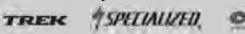


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BICYCLING

Gear Up for Cyclocross By Dave Beals Season

raditionally, the sport of cyclocross takes place in the fall and early winter, when the temperatures are cool, leaves are falling, and competitors are wearing multiple layers, long fingered gloves, and are racing in the rain, cold, mud or even snow. As you read this, it is still summer and the temperatures may even reach into the 90s, but the cyclocross season will be in full swing before you know it.

Now is the time to get out on that cyclocross bike and practice those skills. If you have a cyclocross bike, and are not already riding it on the backroads and trails, get out and do it now. Get that CX bike tuned up at vour local bike shop. If you don't have a cyclocross-specific bike and are thinking about getting into the sport, talk to your friends at your local bike shop to see what's available. CX bikes are quite reasonably priced, very versatile bikes that can be used all year round. If you are interested in learning about the sport of cyclocross or just want to freshen up your CX skills, seek out a clinic. It's a good idea to start out on the right foot and learn the proper 'cross techniques and the best way do it is by attending a clinic. It's a great way to get into the exciting sport and it's never too early to think cyclocross.

In the Capital Region, the NYCROSS. com Cyclocross Clinic is scheduled for Saturday, Sept. 7 at Prospect Park in Troy. This clinic is for beginners in the sport or for those with some cyclocross experience. The clinic teaches the rules of the sport, proper technique for mounting/dismounting the bike during a race, shouldering a bike, and running over or up a course obstacle, training, bike setup, and other CX skills that are critical to master. The clinic is limited to 30 participants so that small group and individual instruction can be provided. For more info, go to NYCROSS.com.

If, just riding that cyclocross bike isn't fun enough, there are scores of CX races scheduled for this season. The folks are back with the NYCROSS.com Cyclocross Race Series for 2013. This popular series, consisting of eight races this year, are all within a short drive of eastern upstate New York and provide a great opportunity to race against others of similar age or expertise. Each race follows a standard schedule of races and a standard set of race categories. There are races for

register axline 🥸

several age groups as well as men, women and junior categories. Series points are tallied from all the races within the series and can be tracked online on crossresults.com for all that enter. Details on all NYCROSS.com races can be found on www.nycross.com and you can register for all the races on bikereg.com. Simply search for NYCROSS.com.

The first in the race series is the Kirkland Cyclocross race in Clinton (near Utica) on Sunday, Sept. 15. The local Mohawk Valley Bicycle Club puts on a race that is always fun, yet challenging. The race venue is the Kirkland Town Park, which provides some interesting and varied terrain for a CX race. The course includes rolling grassy areas, some tricky off-camber turns, a trip into the woods with a tough little climb, and a slog across a deep sand volleyball court every lap, just to remind you how much you love the sport. If the weather is dry, the race is fast and the lap times are in the seven- to eight-minute range. If the conditions are wet, then be prepared for lots of mud. Neutral bike support is available and there's a bike wash station too.

New to the Series this year is the second running of the Adirondack Cross race in Johnstown on Sunday, Sept. 22. The race was extremely popular with those who raced there last year. The Adirondack Velo Club had a boatload of prizes and promises another fun event this year. The race venue is the Johnstown High School grounds with lots of terrain to lay out a challenging course.

The NYCROSS.com series continues with the Uncle Sam GP of Cyclocross in Prospect Park, Troy on Saturday Oct. 12 and Sunday Oct. 13. Back-to-back race days bring large numbers of racers to this event. This is another spectator-friendly race where most of the course can be viewed from one or two different vantage points. This race has attracted some serious CX talent from all over the Northeast. Last year spectators were thrilled with an epic battle in the pro race between local junior speedster Curtis White from Delanson and pro racer Christian Favata from Rosendale.

The following week the series moves to Saratoga Springs for the Saratoga Spa Cyclocross race on Sunday, Oct. 20. This popular race is held near the famous Saratoga Race Track off Henning Road. The site includes a vast hilly section that offers



spectators a panoramic view of the racers suffering with the elevation changes, carrying bikes up the wooden steps, and negotiating the infamous sand pit. A fun race is scheduled for children under ten vears of age and a dedicated course will be available throughout the day for the younger kids.

On Sunday, Oct. 27, the series moves across the border to nearby Bennington, Vt. for the Wicked Creepy Cyclocross race. The venue is beautiful Willow Park, nestled amongst the bucolic hills of Bennington. The park is family-friendly with walking trails, a BMX park and two playgrounds. The racing, presented by the Bennington Cycling Club, is wicked - and you can expect some costumes.

Another addition to the series is the Syracuse Grand Prix of Cyclocross in Liverpool, just outside of Syracuse. The race, presented by the Onondaga Cycling Club, will be held in Onondaga State Park on Saturday, Nov. 2.

The final race of the Series is the Bethlehem Cup Cyclocross, held Sunday, Nov. 10 at the Elm Avenue Park in Bethlehem. The race features a challenging course with a Euro style hill climb that will sap your energy every lap. The top of the hill is a favorite spot for spectators and their cowbells, horns, and some good natured heckling. As big a draw as the racing is the free food. Local fans and racers themselves bring their favorite chili. Rows of pots of chili are lined up on the picnic tables under the pavilion right on the course. It's a great spot to enjoy some hot food and watch some hot racing. This is the last race of the series, which means that many series titles are up for grabs. Watch for some exciting racing as riders vie for every last Series point.

In addition to the NYCROSS.com series. scores of cyclocross races can be found every weekend all over the Northeast region by searching on bikereg.com. Some early season races that are nearby are Monson Cross in Monson, Mass., on Aug 25; Blunt

Park CX in Springfield, Mass., on Aug. 26; and the BCA Pittsfield Cyclocross Race in Pittsfield, Mass., on Aug. 31. Another popular cyclocross race series is the Verge New England Cyclocross Championships. This well known series is sponsored by Verge Sports, a New York based sports clothing company. Its first race weekend will be in Williston, Vt. on Sept. 14-15.

Now in its third year, the Shimano New England Pro Cyclocross Series (nepcx.com) will run eight races over four weekends. The series begins Sept. 28-29 at Stage Fort Park in the fishing harbor of Gloucester, Mass. It's the Mecca for all things cross in the Northeast and the start of the Northeast "Holy Week" of cross. The following weekend it's the Providence Cyclocross Festival on Oct. 5-6 at Roger Williams Park in Providence, R.I. The series continues with the Cycle-Smart International on Nov. 2-3 in Northampton, Mass., and finishes in Warwick, R.I., with the NBX Grand Prix of Cyclocross on Dec. 7-8.

But the season is not over vet. Several races in the New England area are in the works for later in December. Details will be posted on bikereg.com as plans are firmed up. Folks that want to keep that racer's competitive edge will be looking for those late season races to help with their preparation for the USA National Cyclocross Championships, which will be held in Boulder, Colo., on Jan. 8-12.

Our area offers lots of opportunities to race cyclocross with lots of races to choose from. The competition level in the Northeast is on par with any other region in the country. Take advantage of the opportunity to race some cyclocross and have some fun doing it too. It's a blast!

Dave Beals (davebeals@aol.com) is an avid cyclist residing in Niskayuna, a member of the NYCROSS.com Cyclocross Team, Capital Bicycle Racing Club, and Mohawk-Hudson Cycling Club.

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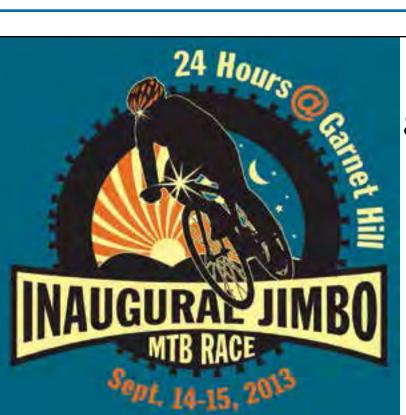
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BICYCLING continued from 1

Sunday, Aug. 18 - Lake George Bike/ Boat Ride in Lake George. For many years the "Ti Ride" from Lake George to Ticonderoga was a well-kept secret with a simple premise. Meet at the Lake George Steamboat pier at 7am and put a bag of clothes on board the steamboat Mohican. Then ride the 41 miles up Route 9N to the Ticonderoga town dock, and at 11:15am ride the boat back down the lake while enjoying clean clothes, lunch, and the beverage of your choice. The fare home is \$34.50 for you and your bike, but the trip north must be paid for with sweat and a stiff climb over Tongue Mountain. Call Lake George Steamboat for reservations at (518) 668-5777. Go to: lakegeorgesteamboat.com.

Saturday, Aug. 24 - Pat Stratton Memorial Century Ride in Saranac Lake. This ride out of Mount Pisgah manages to use guiet country roads and wide-shouldered highways in the High Peaks to put together 100-, 50- and 25-mile routes that feature tons of scenery but no significant climbs. Proceeds benefit youth programs of the Saranac Lake Kiwanis Club and the ride bennies include a T-shirt, post-ride picnic, music, a free kids ride at 1pm - and don't forget the homemade pie! Checkout: bikereg.com or active.com.

Saturday, Sept. 7 - Double H Ranch Camp Challenge Ride in Lake Luzerne. The Double H Ranch provides recreational and therapeutic experiences for children with serious illnesses, and this combination ride (and run/walk) events wind through the countryside near Lake Luzerne with 30-mile and 62-mile supported routes for cyclists - and Camp Challenge 5K Trail Run. Visit: doublehranch.org.

Saturday-Sunday, Sept. 7-8 - Saratoga Century Weekend in Saratoga Springs. The Mohawk-Hudson Cycling Club is the largest club in the region and Century Weekend is their premier annual event. Each day there are supported 100-, 62-, 50- and 25-mile rides out of Saratoga Spa State Park with an extensive lunch afterward at the pavilion. So you COULD challenge yourself to do two

centuries in a row in just one weekend - just what you had in mind for a post Labor Day leg stretch, right?! Register: mohawkhudsoncyclingclub.org.

Saturday-Sunday, Sept. 14-15 - Tour of the Adirondacks, Lake George and Lake Luzerne. Brought to you by the same folks who run the Tour of the Battenkill, the Adirondack event changes this year to a grand fondo format with 40-mile and 100mile events on Sunday out of Lake Luzerne, after a Saturday hill climb up Lake George's Prospect Mountain scenic highway. Register quickly for a T-shirt and pint glass. Go to: touroftheadirondacks.com.

Sunday, Sept. 15 - Lance Gregson 1-Eye Classic in Schroon Lake. Schroon Laker Lance Gregson, a local stonemason, loved riding in the area and this ride is a celebration to his memory. Choose your own distance from three, 12, 26 or 40-plus miles near Schroon and Brant lakes and head out with a group guide. Then come back to the post-ride potluck picnic at the with your own contribution, listen to live music and raffles, while enjoying the spectacular views of the lake from the Town Park/Beach. "1-Eye" Lance loved cycling Schroon Lake and he would want you to love it, too. Checkout: schroonlakecycling.com - for more info on this informal event or just show up!

Saturday, Sept. 21 - Columbia Rotary Ride in Valatie. This is the third year for this Columbia County ride that winds through rolling hills, scenic orchards, and farmlands on lightly traveled roads. Routes include 10-, 30-, 60- and 100-mile options and registration raises funds for the local Friends of Kinderhook Trails rail trail project and international Rotary Club aid initiatives. After the ride, satisfy your hunger at the cookout and your thirst at the planned craft beer tent. Details: ccrotaryride.org.

Friday-Sunday, Sept. 27-29 -Randonnée Cyclist Adirondacks in Lake George. With organizer Medalists Sports, this multiday event takes over where last vear's Centurion left off. It's a family-oriented weekend of events including 25-, 50- and 100ADIRONDACKS: ALONG THE HUDSON RIVER NEAR **COURTESY MEDALIST ► THE IDIDARIDE** ADIRONDACK BIKE NORTH CREEK SKI BOWL PHOTO BY DAVE KRAUS

mile supported rides, a Champion System Prospect Mountain Hill Climb Challenge, parties, fireworks, live music, and plenty of activities to keep the family busy while you ride. Fall foliage will add to the fun and chip timing for the 50- and 100-mile rides lets you compete for bragging rights. Get information

Saturday, Sept. 28 - Ride Run Walk 4 Love in Saratoga Springs. Take your pick of a 15-mile or 50-mile ride or a 5K run/walk at this event at Saratoga Spa State Park. This

and register: randonneecycliste.com.

fun event makes a difference by benefiting Love146, an international human rights group working to end trafficking and exploitation of children, and SAFE of Schenectady. After the ride enjoy a picnic lunch catered by Dinosaur Bar-B-Que. Visit: rrw4l.com.

Dave Kraus (dbkraus@earthlink.net) is a long time area cyclist, photographer, and writer. He is wondering how to be in two places at once so he can do all these rides.





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INSIDE

September 21 Volunteer's Park, Independence Dr, Valatie Featuring 10, 30, 60 or 100 mile bike routes

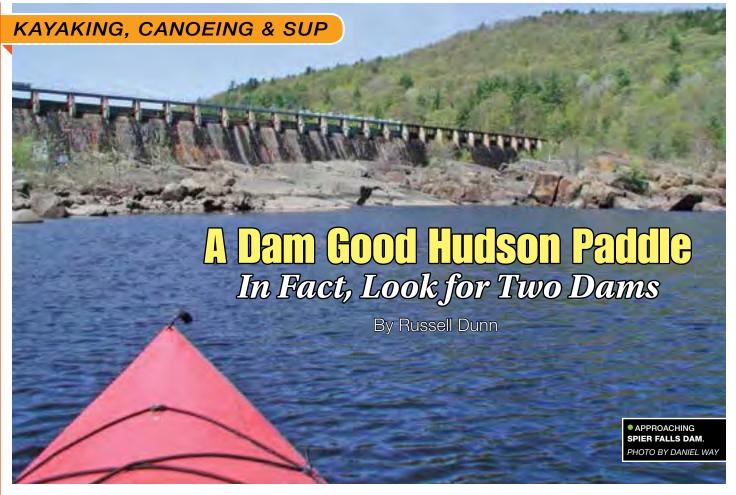
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or much of its 315 miles length, the Hudson River is quite paddle-friendly. This is particularly so for the Saratoga region, where the tidal influences of the downriver Hudson are gone, and where vast sections of the Hudson have been turned into mini-lakes by the intercession of large dams and waterfalls.

One of the prettiest paddles on the upper Hudson River starts from the Spier Falls Boat Launch, located next to a tiny inlet formed by Beaver Creek, directly opposite where the Hudson River U-turns and changes direction from southeast to northeast. The parking area is not large, nor is it used by just paddlers. Powerboaters also make use of the launch site, so plan to arrive early.

From the boat launch, you have the option of either going upriver or downriver, both offering exciting possibilities. In fact, you may wish to do both. The downriver paddle takes you northeast along colorful banks of the river for one-mile to near the top of the 90-foothigh Spier Falls Dam, named after William Spiers, a major financial backer and former president of the Glens Falls Paper Company. At one time this was the fourth-largest dam in the world. Although Spier Falls Road parallels the river and remains nearby along this section, you will find it to be unobtrusive and barely noticeable. Do not approach the top of the dam any closer than the line of buoys.

The upriver paddle leads in a northwest

direction and entails a much longer trek. Here, Spier Falls Road pulls away, and never obtrudes again. While occasional areas of development can be seen along the south bank, the north bank remains essentially unblemished. By and large the shoreline is mostly forested and has moderately steep banks. Deer, otter, beaver, and waterfowl are commonly seen, as are cardinal flowers and wild yellow irises along the banks when in season. Although powerboats occasionally ply these waters, they tend to be small fishing boats with considerate captains.

A number of inlet streams are passed along the way, including Heath Brook, Bennie Brook and Beaverdam Brook, but none are navigable for any distance with the exception of Heath Brook, which is encountered on your left at 2.4 miles from the launch. Heath Brook can be followed south for roughly 0.2-mile, where a large smokestack in the distance seemingly draws you in, as though to a beacon.

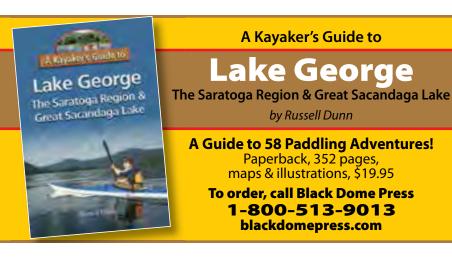
At 2.8 miles the trek takes you under lofty high-tension wires, and then past a tiny inlet on your right produced by Beaverdam Brook. Continuing west on the Hudson River, it is impossible not to notice that the south shoreline has become increasingly industrialized. Soon the humming and clanking sound of factories can be heard. A NYS Permitted Discharge Site is even passed.

At 3.5 miles you will round a bend in the river, suddenly emerging to come face to face with the International Paper Company dam, approximately 0.05-mile distant. The paper mill dam was erected on top of a large waterfall that has been historically known as both Palmer's Falls and Jessup's Great Falls. The current is appreciably swift-flowing here, so extra care needs to be taken. Don't approach the waterfall any closer than the line of buoys.

The paper mill dam is your turnaround point. Heading back downstream, vary your trip by paddling along the opposite bank of the river.

To get there: From the Adirondack Northway, get off at Exit 17, and go northeast on Route 9 for 0.7-mile. Turn left onto Spier Falls Road (County Route 24) and drive west for 6.0 miles. Look for the launch site on your right – it can be easily missed. If you find yourself heading uphill, pulling away from the river, then you have gone too far.

Russell Dunn (bdelaney@nycap.rr.com) is author of two regional kayaking guidebooks, A Kayaker's Guide to New York's Capital Region, and A Kayaker's Guide to Lake George, the Saratoga Region & Great Sacandaga Lake, both published by Black Dome Press.









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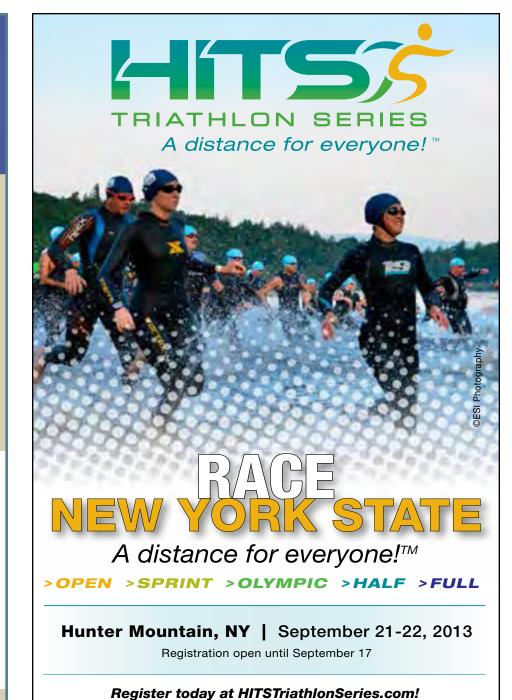
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Matthew Ratelle, 40, of Petersburgh, NY, died Dec. 20, 2012 after an incredibly courageous fight following a hit-and-run accident on Sept. 3, 2012. Matt was bicycling when he was struck by a car and left in critical condition. Matt was employed at Southwestern Vermont Medical Center in radiology since 1995. He leaves behind his wife and soulmate, Jennifer Ratelle, and children, Kylie, Connor and Matthew Jr. (born April 2013).





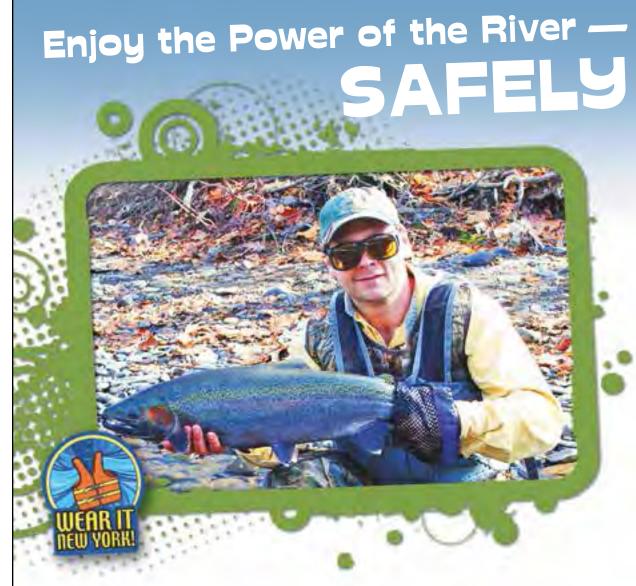
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Always check water conditions before you recreate. One source is Waterline: www.h2oline.com.

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