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- **SUMMER EXPO** Running, Biking, Triathlon, Paddling, Hiking, Skiing, Healthy Living & Travel
- **Triathlon & Duathlon** Tri Clubs: Oh, the Choices You Have!
- **Running & Walking** Spring Racing Season is Here
- 6-9 **CALENDAR OF EVENTS** March - May Events
- 10 **Non-Medicated Life** Achieving Health through Balance
- 11-18 **SUMMER EXPO ATTENDEE GUIDE** Exhibitors, Highlights, Prizes, Sales Seminars/Clinics & Pool Schedules
- 19 Kayaking, Canoeing & SUP Tenandeho Whitewater Derby
- 19-24 **RACE RESULTS** Top Finishers in 15 Events
 - 21 Hiking & Snowshoeing Snow Hole on the Taconic Crest
 - 22 First Person - Reflections on Sochi Biathlete Annelies Cook
 - Bicycling Early Season Riding: Tips for a Successful Season
 - Ice Skating Mirror Lake Ice Offers Winter Playground

you have Cabin Fever, everything you need for summer sports and recreation is at the ninth annual Adirondack Sports & Fitness Summer Expo, presented by Steiner's Ski & Bike. It's happening at the Saratoga Springs City Center on

Saturday-Sunday, March 8-9, and admission is free! Come to the Capital Region's running, cycling, triathlon, paddling, hiking, healthy living and travel show featuring 125 exhibitors, great sales on summer and winter gear, clothing and much more, plus kayak, canoe and SUP demos, seminars, and fun family activities. The show will have prizes and giveaways valued at \$5,000 for races, events, merchandise and services. Door prizes to local 5Ks, half-marathons, triathlons, scuba course, hiking packages, weekend getaways, a kayak and more will be given away over the weekend.

The timing of the Summer Expo is perfect for athletes, weekend warriors, enthusiasts and newbies to pick up gear, information and motivation to plan their adventures. It's the place to kick-start a fitness program. Event reps from the Firecracker 4, Tour de Cure, Mohawk-Hudson River Marathon, Saratoga Lions Duathlon, Ragnar Relay Adirondacks, HITS Kingston Classic and Triathlons, Malta 5K and many more will be on hand with information and registration specials.

The Expo also includes sales with a mix of retailers and organizations selling and marketing their products and services, including presenting sponsor Steiner's Ski & Bike, where with winter and summer n heir "store dise 30-50% off. Plus, Mountainman Outdoors (canoes/kayaks/SUPs), The Mountain Goat (footwear/clothing), Fleet Feet Sports (footwear/clothing), Lake George Kayak (kayaks/SUP/ clothing), Plaine & Son (bikes), Adirondack Kayak Warehouse (kayaks/SUPs) and many more.

Most outdoor sports and recreation clubs in the area will be represented, including Adirondack Mountain Club, Albany Running Exchange, Capital District Triathlon Club, Hudson-Mohawk Road Runners Club, Saratoga Triathlon Club, Mohawk-Hudson Cycling Club and more.

On-water demos will take place all weekend in the 20x32foot pool, featuring kayaking, canoeing, and stand-up paddleboarding. Demos and clinics, led by Adirondack Mountain Club and local paddling experts, include capsize recovery, rescue and rolling, whitewater paddling, and "Try Paddling" sessions for kids.

A variety of seminars and clinics will be led by Adirondack Sports & Fitness magazine contributing writers and regional experts. Seminar categories will include running, hiking, biking, paddling, triathlon, outdoor skills, and family-friendly team building activities.

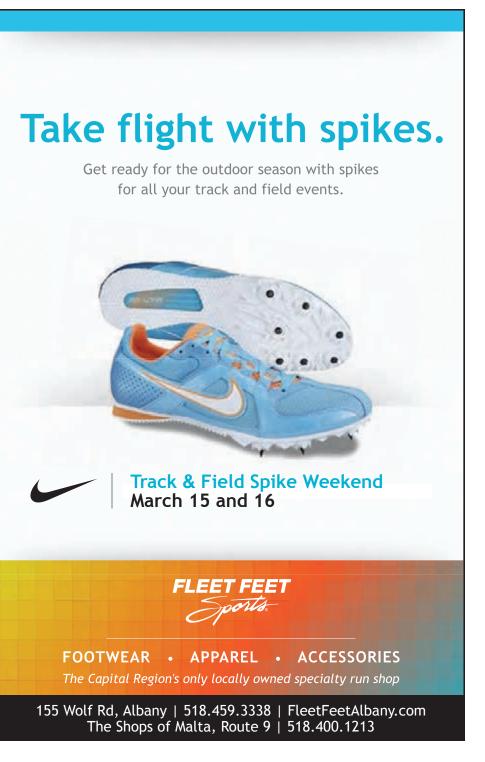
Damien's Rock Wall will challenge kids and adults with their 25-foot rock wall, and many exhibitors will have interactive booths all weekend. The Regional Food Bank of Northeastern NY will be on hand to collect food and monetary donations over the weekend. Attendees with food or monetary donations increase their chances of winning Expo prizes!

The Summer Expo takes place on Saturday-Sunday, March 8-9 at the Saratoga Springs City Center at 522 Broadway. Admission is free. Hours are Saturday from 10am-Sunday from 10am-4pm. For more info Attendee Guide (inside), visit AdkSports.com, or call us at (518) 877-8788.

Thank you!









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hinking of joining a triathlon club? You're in luck. In this area, you have your choice of four multisport clubs, each with its own distinct character – and all of them thriving. Together, they embrace one over-arching goal: to promote a healthy lifestyle and help everyone from newbies to Ironman finishers, be the best they can be.

The Capital District Triathlon Club, 21 years old with almost 300 members, is one of the oldest and largest multisport clubs in the Northeast. The newest is the two-year-old Bethlehem Triathlon Club, with about 140 members. The Adirondack Triathlon Club, founded in 2005, has about 100 members, while the Saratoga Triathlon Club, organized two years later, has about 150 members.

"Triathlon is growing like crazy. What's cool is that our area is able to sustain four good clubs that offer athletes a variety of training and racing opportunities," said Fran Vincent, a founding member of the Bethlehem Triathlon Club. Fran took up triathlon seriously in 2007 and raced to a fifth-place podium finish in her 50-54 age group at the 2013 Ironman World Championships in Kona.

Capital District Triathlon Club (cdtriclub.org)

Members – Most live in the Capital District, but the club also attracts athletes from Columbia and Saratoga counties, southern Vermont and western Massachusetts.

Training - The club may be best known for its popular 12-week summer training series on Tuesday nights at Crystal Cove at Crystal Lake in Averill Park. The sessions feature a half-mile loop swim, followed by a hilly, 18-mile out-and-back bike course and 5K lake run. As many as 200 athletes jump into the water each week, with newbies getting special attention, and their own swim start. The lifeguarded workouts are opened to nonmembers beginning June 10. Cost: \$10 per session for members, \$20 for nonmembers. Non-Members at \$20 per swimmer will be allowed starting the second Tuesday night, June 11, and for the remainder of the season. Off-Season - The club offered subsidized bike sessions this year with Elevate Cycles, Tomhannock Bicycles and HRRT, as well as swim sessions with coaches Keith Murray and Nick Deck. Monthly meetings and clinics. Dues - \$60, which pays for Crystal Cove rental and USA Triathlon certification and

Oh, the Choices You Have!

By Christine McKnight

insurance. The club this season is giving each member a CDTC Headsweats visor and transition mat. Members can purchase club apparel at an online store.

Crystal Lake Triathlon – The club's well-known sprint triathlon, on Aug. 16, will be capped again at 300. The course is the same one on which members train each week.

New – In March, CDTC launched a monthly newsletter called "Fast Transitions. It is partnering with Fleet Feet Sports to launch the store's "Tri Something New" program, with Crystal Lake Triathlon as its goal race.

Adirondack Triathlon Club (adktri.org)

Members – About 100, mainly from the Glens Falls, Lake George and Saratoga Springs area. It's a cohesive and welcoming group, and aims to attract not just triathletes, but cyclists, snowshoers, and multisport athletes of all interests.

Training – In-season: Monday night rides from Kensington Avenue School in Glens Falls, and Wednesday night running sessions in Cole's Woods (behind the Glens Falls YMCA), coached by Bob Underwood and emphasizing speed and technique. Off-season: swim clinics and workouts at Glens Falls High School

Lake George Triathlon Festival – A core of Adirondack Triathlon Club members founded the Lake George Triathlon, now staged by Adirondack Race Management. The festival features not only the Lake George Tri, an Olympic race, but also the Big George, a half-Iron distance. A strong contingent of club members both competes and volunteers.

Dues – \$25, which covers insurance, monthly club meetings, and the club's new Beginner Tri Series. Members can purchase apparel online.

Beginner Tri Series – The club aims to grow its Beginner Tri Series at Haviland's Cove, held Tuesdays in August. Open to everyone, last year it attracted more than 100 aspiring triathletes ranging from five to 70 years old. Destination Races – Forty-three members are registered to compete at the 70.3 triathlon at Mont Tremblant, Quebec on June 22, 2014. Last year, ATC triathletes won the Division V club competition at the Syracuse 70.3 race.

Saratoga Triathlon Club (saratogatriclub.com)

Members – Membership hovered between 40 and 50 until 2011, when the club moved its Thursday night training sessions from Lake Desolation to Moreau Lake State Park, north of Saratoga Springs. It's now approaching 150. According to club president, Matt McMorris, "I think this is a special group. We train together, of course, but there is a social bonding too – like an extended family."

Training – Moreau Lake sessions feature about a half-mile loop swim, followed by optional, independent bike and run work-outs around the park and its environs in the foothills of the Adirondacks. "Bricks" are held at Saratoga National Battlefield on Tuesdays at 5:30pm. Off-season clinics and socials, culminating in a yearend social recognizing athletes in sometimes goofy categories like club fashionista and high-tech tri-geek.

Dues – \$40, which includes a swim cap, race hat or similar item. Members may purchase apparel online. Season-long swim pass is an additional \$40, or \$5 per session. Nonmembers: \$10 per session.

Hudson Crossing Triathlon – The club considers the Hudson Crossing Triathlon its "home" race, and members turn out in force as competitors and volunteers, though it is not club-organized – it's managed by Green Leaf Racing.

Bethlehem Triathlon Club (bethlehemtriclub.com)

Members - With 140 to 150 triathletes, Bethlehem Triathlon Club offers a low-key, newbie-friendly atmosphere, and an alternative night and setting for training. Many of its members belong to the Capital District club, too. Training - Thursday evening sessions at Warner's Lake, near Berne in Albany County, feature a half-mile swim, beautiful 14.5-mile bike and hilly 5K run. With BTC, you get to put your bike on a rack, too. Athletes can swim as long as 1-1/2 hours. Sessions run from the last week in May through early September. Off-Season - From January through March, the club offers 90-minute spin classes Tuesdays and Thursdays at 365 Fit studio in Delmar, strength and conditioning Tuesdays and Thursdays at No Limit Fitness in Voorheesville, and Wednesday night open swim lanes at Bethlehem Middle School. Plus, monthly educational sessions on topics like transitions and technical bike skills. Dues - \$85, which covers Warner's Lake training and all off-season training, plus club T-shirts and bumper stickers. Members can purchase apparel online. 🔔

Christine McKnight (trichris@nycap.rr.com) of Gansevoort raced at the Ironman World Championships in Kona last October and belongs to three of the area's triathlon clubs.





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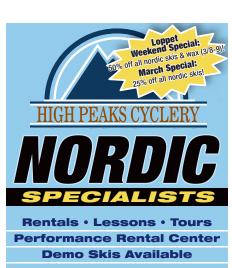
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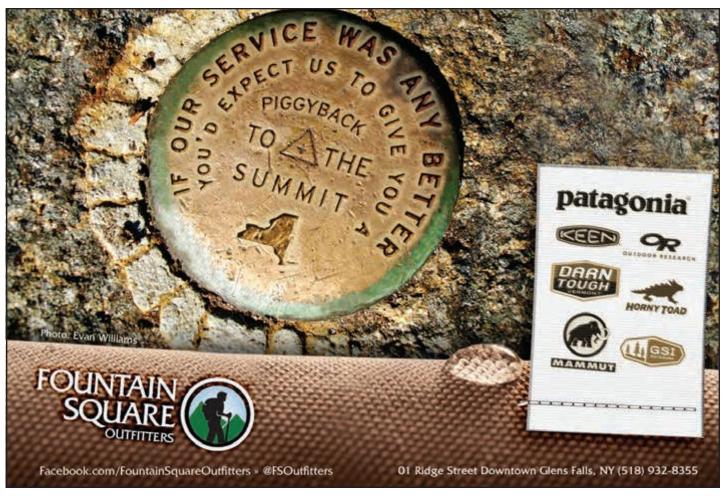
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RUNNING & WALKING

Spring Racing Season is Here!



unlight hours are a little longer every day. It's becoming the time of year when many runners are thinking about gaining back that level of fitness and perhaps losing some of the softness we may have acquired during the winter months. Sitting around watching the Winter Olympics may have been entertaining and sometimes exciting, but it's now also time to look ahead to the excitement of the many running events coming our way with the onset of more comfortable weather and the positive mental attitude that seems to arrive every year, with spring.

It may be obvious that there are so many events scheduled that it's difficult, if not impossible, to do them all, and many runners are becoming more selective about the events that they want to travel to or race in. In some cases, it's an event which is a benefit or fundraiser for a favorite cause that attracts our attention. Often, it's a race that has been a personal favorite for years, and sometimes it's a race that we've never done before that we elect to register for. No one has figured out how to be in two (or more) places at the same time, but the following races are each somewhat unique and may help you decide on some excellent ways to participate and begin to enjoy the spring racing season.

Schenectady Firefighters' Run 4 Your Life on March 29 - The Schenectady Firefighters' 5K run/walk is one of the first of the season and has been growing in popularity every year. The competition was the brainchild of race director Brian Demarest, who envisioned a need to draw attention to the large number of firefighter fatalities related to cardiac issues. The race directly benefits the American Heart Association, and its important goal besides happy runners – is to raise awareness about heart health for everyone. Many people may not know, for example, that in the United States, heart disease is the number one cause of death for women. Now in its fifth year, the Run 4 Your Life has so far raised over \$33.000 for the American Heart Association.

An addition to the race festivities this year will be a Chowder Fest competition, with samples free to registered runners and available for a small fee to families and friends. The 5K event takes place in Schenectady's beautiful Central Park, and a free children's run is also scheduled. Team entries are encouraged. Additionally, there are special categories for individual firefighter and firefighter team entries. Runner feedback on this race has been overwhelmingly positive, and this year promises to be another great race and good time. Further info: schenectadyfirefightersrun4yourlife.com.

Shamrock Shuffle on March 30 - The 28th annual Shamrock Shuffle is one of those races that runners come back to every year. Though St. Patrick's Day will officially be over, runners are allowed to continue the spirit of fun for two weeks, until (and during) the Shamrock Shuffle, so we can all enjoy that holiday a little bit more. Expect to see plenty of emerald green, with participation by both male and female leprechauns. Organized by the Adirondack Runners, the Shamrock Shuffle is also a good choice for folks new to road racing, because everyone has fun - be sure to wear your favorite outfit from St. Paddy's Day. Newbies take note: this is a five-miler, not a 5K, so pace yourselves accordingly. The course is mainly flat, though, and volunteers always do an outstanding job of controlling traffic and keeping runners on course.

The Leprechaun Leap is a 7/8-mile fun run for children under 12. As in previous years, the Shamrock Shuffle benefits the Warren-Washington Counties Special Olympics. More info: adirondackrunners.org.

Salem April Fool's Race on April 6 - It's the 35th anniversary of this race, but still has the flavor of an authentic local event. Runners can decide to do a 10K or a 5K, or maybe both if you're back in time. Runners 14-andunder can participate in a one-mile run and also do the 5K for one entry fee. Prizes for the 10K and 5K are awarded to first-place finishers in five-year age groups. The course consists of varying terrain, including both flat sections and rolling hills, beginning and ending at Salem High School.

This may be the event that's worth the drive, if you don't live nearby. The course has the feel of a cross-country race, and the Washington County scenery is beautiful. This is definitely one you will return to after you've done it this year. The event is sponsored by Rotary International and The Mind's Eye literary magazine. Additional info: aprilfoolsrace.com.

Bacon Hill Bonanza on April 12 - Want some motivation to run fast? First-place finishers in five-year age groups in this race, from 14-and-under to 80-plus, will each win a homemade pie! This is the second year for the Bacon Hill Bonanza 5K race/walk and 10K race, an event that's still growing, but should be on your list of races for 2014. The 10K distance is new for this year, but the course is rolling hills. "Don't worry about the name. You will not be running up Bacon Hill!" states the registration form. The course, just northeast of Saratoga Springs, winds through "some of the most beautiful scenery in northern Saratoga County," and includes some dirt-road sections.

Race proceeds directly benefit steeple repair for the Bacon Hill Church and the Saratoga Center for the Family. The race starts and finishes at the historic Bacon Hill Reformed Church, just northwest of Schuylerville. Details: baconhillbonanza.com.

Survive the Farm 5K Challenge on May 24 - If you are looking for a truly unique 5K, this may be the one for you! According to the event website (which you must check out) the challenge is to "Negotiate and conquer the natural terrain and obstacles set up on the year-round course constructed at the farm. The course involves five kilometers of rough terrain with a dozen military inspired obstacles including water crossings, mud trenches, cargo nets, barbed wire fencing and much, much more scattered throughout." Have your attention yet?

If you are looking to challenge yourself and you are not afraid of trying something new - or getting dirty - Survive the Farm is just the ticket. Costumes are welcomed and even encouraged. This is obviously not your average, run-of-the-mill 5K. Participants are always enthusiastic in their descriptions of this event. Will this be your year? Check out: survivethefarm.com

Of course, there are many races and other events in which to participate. It would be wonderful if we could do them all, but it's just not possible. Each one of us has a different personality and different goals. For some, this might be the year to do a sprint triathlon or something else you haven't tried before. For some, it may be the year to work to achieve a 5K personal best. For others, it may be the year to go from a recliner to a 5K. These are all admirable goals, and your selections of races should be based on what you personally wish to accomplish.

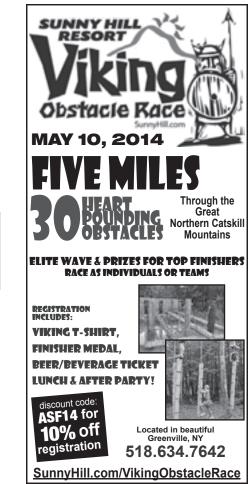
These races each provide a unique running experience, and hopefully some motivation to get out and try something new. Remember, if you enjoy what you're doing, it's not work! Pick a place, choose a run, come on out, and have some fun!

Michael Della Rocco (mjdellarocco@gmail. com) of Schenectady is a member of several local running clubs and was a gold medalist in snowshoe racing at the Empire State Games. He enjoys cycling, participating in area running events and triathlons, and was NYS Champion in the Chief's Division of the Firefighter Combat Challenge.



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Calendar of Events March-May 2014

	IV	MARCH 2014					APRIL 2014						MAY 2014							
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23 _{/30}	²⁴ / ₃₁	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	3

ALPINE SKIING & SNOWBOARDING

MARCH

- 8 Big Air at Little Gore Halfpipe Competition. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Glades & Glory Ski/Ride Clinics. Gore, North Creek. 8-9 251-2411. goremountain.com.
- 8-9 Trees, Steeps & Bumps Telemark Clinics. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com. Ales on Rails St Patrick's Day Warm-Up. Snow Train, Saratoga Springs to North Creek. sncsnowtrain.com.
- 15
- Willard Cup Fun Race #6. 10am. Willard, Greenwich.
- 692-7337. willardmountain.com. "Shamrock" Super Sunday. Whiteface, Wilmington. 946-2223. whiteface.com. 16
- Camp Chingachgook Family Ski Weekend. Sugarbush, VT. 800-53SUGAR. lakegeorgecamp.org.

APRIL

- Bunny Hop Express. Snow Train, Saratoga Springs to North Creek. sncsnowtrain.com.
- "Retro" Super Sunday. Whiteface, Wilmington. 946-2223. whiteface.com.
- Pond Skimming Contest at Bullfrog Bog. Gore, North Creek. 251-2411. goremountain.com.

BICYCLING & MOUNTAIN BIKING

ONGOING

- Tu/Th Spin Class. 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Spin Class. 9:15am. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.

- 9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- **Trooper David Brinkerhoff Memorial Race** #1.11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 15 857-0502. cbrc.cc.
- Brevet Night w/Adk Ultra Cycling. 6pm. Savile Road, Delmar.
- adkultracycling.com.

 Brevet Night w/Adk Ultra Cycling. 6pm. Rick's Bike Shop,
 Queensbury. adkultracycling.com.

 Trooper David Brinkerhoff Memorial Race #2. 11am. 21
- 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- "Armstrong Lie" Movie Screening. 7pm. Carey Institute, Rensselaerville. 797-5100. careyconferencecenter.org. 22
- Tour of the Battenkill Preview Ride. 65M. 10am. Cambridge.
- 275-6185. tourofthebattenkill.com. Uncle Sam's Collegiate Cycling Road Race & Team Time 23 Trial. 8am. Parker School, Pittstown. RPI Cycling. Max Rusch:
- 860-930-0880. collegiatecycling.org.

 Trooper David Brinkerhoff Memorial Race #3. 11am. 29 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler:
- Saratoga 200K Brevet. 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- BattenSpring Classic Circuit Race. 39-65M. 11am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

Spring 200K Brevet. 7am. Westfield, MA. newhorizonsbikes.com.

APRIL

- Army Spring Classic. Hill Climb, Circuit, TT, Road Race. 11am. West Point Academy, West Point. usma.edu.
- 10th Tour of the Battenkill: Pro/Am Races & Gran Fondo. 65M: 8am. 22M: 10am. Cambridge. tourofthebattenkill.com.
- Early Spring Road Fest. 16-100M. 6am. ShopRite Plaza, Niskayuna. 847-2419. hrrtonline.com.
- Berkshire Brevet Old Saybrook 300K. 6am. Westfield, MA.
- newhorizonsbikes.com. Singlespeed-A-Palooza MTB Race. 25M. 9am. Stewart SF, Montgomery. 845-787-0412. darkhorsecycles.com. 13
- Easter MTB Ride. 5M loops, Kids egg hunt. 10am. Central 20 Park, Schenectady. 847-2419. hrrtonline.com.
- Sean's Run/Bike Weekend. Sat, 10am: 20M bike ride & 8:30am: 50M bike ride. Sun, 12pm: Sean's Run 5K & 11:30am: Meghan's Mile. Chatham HS, Chatham. seansrun.com. **Saratoga 300K Brevet**. 7am. Schuylerville. John Ceceri:
- 583-3708. adkultracycling.com.
- H2H MTB Race 1: The Chain Stretcher. Blue Mtn Reserve, Peekskill. 845-735-4056. wmba.org.

MAY

- 4th Albany Bike Expo. 10am-4pm. Washington Park, Albany. albanybicyclecoalition.com.
- 7th Ramble Around Prattsburgh Enduro Race. MTB/Cross
- bike. 8M/15M/30M. 1pm. Prattsburgh. active.com.
 Hollenbeck's Spring Classic Road Race. 22-44M.
 Hollenbeck's Cider Mill, Virgil. 607-342-5456. flcycling.org.
 Hike-a-Bike MTB Race. 10am. Lippman Park/Vernooy Kill SF,
- Wawarsing. renegadesmtb.com.
 3rd Putnam Cycling Classic. 62M/100M. Brewster.
- 212-729-6547. putnamcycling.com. **Adirondack Brevet Week.** 200/300/400/600K. Alpine

 Country Inn, Wilmington. 583-3708. adkultracycling.com.
- Spring Road Fest.16-100M. 6am. ShopRite Plaza, Niskayuna. HRRT: 847-2419. hrrtonline.com.
- Killington Stage Race. 61-160M. Killington, VT. killington-
- Wilmington-Whiteface Race Weekend: Wilmington Circuit Race. 12-57M. Town Youth Park, Wilmington. Jim Walker: 637-6590. teamplacidplanet.org.

JUNE

- Wilmington-Whiteface Race Weekend: Wilmington Road Race. 12-82M. Town Youth Park, Wilmington. Jim Walker:
- 637-6590. teamplacidplanet.org. ADA Tour de Cure. 10/25/50/62.5/100M. Saratoga Springs HS, Saratoga Springs. American Diabetes Assn. diabetes.org.

AUGUST

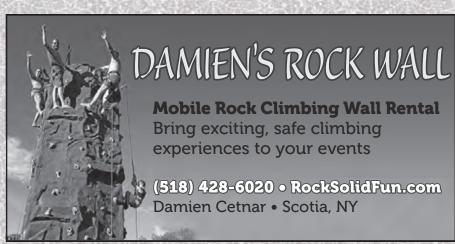
14th Pat Stratton Memorial Century Ride. 25/50/100M. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.

CROSS-COUNTRY & BACKCOUNTRY SKIING ONGOING

- Carload Tuesdays. 9am. Garnet Hill, North River. 251-2150. garnet-hill.com.
- Soup-er Seniors Ski/Snowshoe Day. Non-holiday. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Friday Night Ski Jam. 6:30-9pm. Music, food. Dewey, Fri Saranac Lake. 891-2697. deweymountain.com.
- Ladies Ski & Après-Ski. Tour or lesson. 3:30pm. Garnet Hill, North River. 251-2150. garnet-hill.com.
- Finn-tastic Saturdays. Ski/snowshoe & Finnish dinner.
- Lapland Lake, Northville. 863-4974. laplandlake.com.
- Skate & Backcountry Clinics. Skate: 11am. Backcountry: 1pm. Garnet Hill, North River. 251-2150. garnet-hill.com.

MARCH

- **32nd Lake Placid Loppet XC Ski Race**. 50K classic: 9am. 25K classic: 9:15am. 50K freestyle: 10am. 25K freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. whiteface.com.
- 3rd Wood-n-Ski Rendezvous. 5K Race & vintage. Cascade,
- ASTC Avalanche Pass Ski Trough. 13M w/key swap.
- Tony Goodwin: 576-9949. jackrabbittrail.org. Catamount Trail Classic. 7am. Bolton Valley Resort to Trapp Family Lodge, Stowe, VT. catamounttrail.org.



OSCEOLA TUG HILL Cross Country Ski Center

Most Snow East of the Rockies! 40 km trails groomed daily for

- skating & classic skiing * 1/2K new trail & pond *
- ***** Trailside Camp for Rent *****
- * "Rentaflexibility" ski rentals *

Camden (40 mi NW of Utica) (315) 599-7377 • uxcski.com uxcski@gmail.com Open 7 Days - 10am to 5pm

Join in the 14th annual

Memorial **Century Ride**



Best Ride in the Adirondacks! Saturday, August 23, 8am Mt. Pisgah Lodge, Saranac Lake

100mi, 50mi, 25mi & kids' ride Rides for all ages & abilities • Rain date: 8/24 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

CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water Bike 18mi out & back Run 3mi lake loop USA Triathlon sanctioned event



Crystal Cove 38 Old Rte 66, Averill Park Saturday, August 16, 8am

Limited to 300 racers and fills fast! Open to Individuals and Teams

Register early for best price Register & Info: Cdtriclub.org

WELCOME ALL



Members train on Crystal Lake Tri course Tuesday Training Series: June 3 - Aug 25

Details: www.cdtriclub.org

SKYHIGHadventures - vi *

Summer Camp: Swim-Bike-Run & Pump Track Fun! **Multi-Sport Life Triathlon Events**

Crystal Lake, Averill Park, Grafton Lakes Learn to Swim for Adults and Kids! Wednesdays at 6pm

Super Sprint Sunday Triathlon Sunday, June 15 at 1:00pm • 1/4 mile swim, 7 mile bike, 2 mile run

Sprint Triathlon Series

Thursdays, June 19-July 24 at 6pm • 1/4 mile swim, 12 mile bike, 3 mile run XTERRA SKYHIGH Triathlon • Saturday, July 19 at 7am

SKYHIGH Kids' Triathlon • Saturday, July 19 at 11am

SKYHIGHadventures.com • USA Triathlon Sanctioned

- Family Moonlight Ski. 7pm. Bonfire, hot drinks by Shen Nordic Club. Vischer Ferry N.P., Clifton Park. cliftonpark.org. **Moonlit & Illuminated Skiing, Tubing, Skating, Dinner.**
- 15 Lapland Lake, Northville. 863-4974. laplandlake.com.
- Full Moon XC Ski Party. Cascade, Lake Placid. 523-9605. cascadeski.com.
- Full Moon Poker Ski & Snowshoe. 6:30pm. Prizes, drawings. 15 Garnet Hill, North River. 251-2150. garnet-hill.com. CRNA XC Ski Race #3. 5K/10K. 10am. Hilltop, Richmond,
- MA. 861-8020. capitalregionnordicalliance.org
- 15, 22 Guided Backcountry Tour. 9:30am. Garnet Hill, North River. 251-2150. garnet-hill.com.
 22-23 NYSEF Nordic Kids Festival. Sat: Skate race/sprints. Sun: paintball biathlon. Lake Placid. 523-1900. nysef.org.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes: TRX, kettlebell, weights. 2/24-4/4. M/W/F 5:15 or 6:45am. Tu/Th 5:15 or 9:30am. Sat 6:15 or 7:30am. Saratoga-Wilton Soccer Club, 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. Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Tue
- Fri Debbie Philp: 810-7871. truenorthyogaonline.com.
- **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

MARCH

9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. 8-9 Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, SNOWSHOEING & CLIMBING

MARCH

- Esther Mtn Hike. 6.6M. Trailhead. Adk Mtn Club: 523-3441.
- 8-9 9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- GPS 101. Heart Lake, Lake Placid or Member Service, Lake George. Adk Mtn Club: 523-3441. adk.org. SOLO Wilderness EMT Module w/Clark Hayward. Ndakinna,
- Greenfield Center. 378-5623. adkwildmed.com.
- Tabletop Mtn Hike. 9.8M. Trailhead. Adk Mtn Club: 15 523-3441. adk.org.
- 15
- Snowshoe by Light of the Moon. 7pm. Lapland Lake, Northville. 863-4974. laplandlake.com. Owl Prowl Hike. 1.5M. 7:30am. Last Great Shoreline Preserve, 15 Putnam. 644-9673. lglc.org.
- Map & Compass Fundamentals. Heart Lake, Lake Placid.
- Adk Mtn Club: 523-3441. adk.org.

 29-30 Wilderness First Aid Course/WFR Recert. 8am. Ndakinna,
 Greenfield Center. 583-9958. ndcenter.org.
- 29-30 Wilderness First Aid. Heart Lake, Lake Placid. Adk Mtn
- Club: 523-3441. adk.org. 30-4/10 SOLO Wilderness First Responder Full Course. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

APRIL

- Wilderness First Responder. Heart Lake, Lake Placid. Adk
- Mtn Club: 523-3441. adk.org. Spring Tracking/Adventure Camp. Ages 6-8. 9am.
- Ndakinna, Greenfield Center. 583-9958. ndcenter.org. **Spring Tracking/Adventure Camp.** Ages 9-12. 9am.
- Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

 26-27 Wilderness First Aid Course/WFR Recert. 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MAY

- Waterfall Weekend w/Russell Dunn & Barbara Delaney. Trail's End Inn, Keene Valley. 576-9860. trailsendinn.com. Wilderness First Aid Course/WFR Recert. 8am. Ndakinna,
- Greenfield Center. 583-9958. ndcenter.org.
- 17 Spring Tracks & Scats Workshop w/James Bruchac. Adults/ teens. 10am-3pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- Lost in the Woods! Wilderness Survival & Navigation Basics. 18 Adults/teens. 9am-4:30pm. Ndakinna, Greenfield Center 583-9958. ndcenter.org.
- 24-25 Wilderness First Aid Course (SOLO Certified)/Resert. Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

Father's Day Family Wilderness Adventure w/James Bruchac. Ages 6+. 1-4:30pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- CDTC Crystal Lake Training Series: 6/3-8/25. Crystal Lake,
- Averill Park. cdtriclub.org. **SkyHigh Sprint Tri Series: 6/19-7/24.** .25M swim, 12M bike, 3M run. 6pm. Averill Park. skyhighadventures.com.
- Triathlon Training Program. Fleet Feet Sports: 459-3338. Call Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

MARCH

- CDTC Winter Lecture Series: Active Release Techniques w/ Craig Nelson. 6:30pm. Ciccotti Center, Colonie. cdtriclub.org.
- Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes. 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net. 9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5.
- Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- Guilderland YMCA Indoor Triathlon. Indoor swim, bike, run. 7am. YMCA, Guilderland. cdymca.org.

APRIL

- HRRT Spring Off-Road Duathlon. 5M MTB, 3.2M run, 5M MTB. 10am. Central Park, Schenectady. hrrtonline.com.
- Spring Dual Against CF. 8:30am. Du: 2M run, 12M bike, 2M 26 run. New Paltz. 845-863-9595.
- 27
- T3 Coaching Duathlon Series #1.8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. 13coaching.net. Treads & Threads Duathlon, Relay & 5K. 9am. Vernon Downs Casino Hotel, Vernon. atcendurance.com.

MAY

- **3rd Delmar Duathlon.** 2M run, 10M bike, 2M run. 8am. Elm Ave Town Park, Bethlehem. delmardu.com.
- T3 Coaching Duathlon Series #2. 8am. SUNY Adirondack,
- Queensbury. Kevin Crossman: 307-5895. t3coaching.net. Millbrook Duathlon. 1M run, 12M bike, 3M run. 9am. Pulse Cycling, Millbrook. mhrrc.org.
- T3 Coaching Duathlon Series #3. 8am. SUNY Adirondack, Queensbury. Kevin Crossman: 307-5895. t3coaching.net.
- The Rat Snake: Reverse Triathlon, 18K Trail Race & Kids Duathlon. Tri: 11.2M trail, 29M bike, 26yd swim. 8am. Gilbert Lake SP, Laurens. 607-432-3715. theratsnake.com.
- 10th Saratoga Lions Duathlon. 5K run, 30K bike, 5K run. 8am. **25** Casino & Raceway, Saratoga Springs. saratogalions.com.
- Cooperstown Sprint Triathlon. 0.5M swim, 12M bike, 5K run. Lakefront Park, Cooperstown. 315-404-8130. atcendurance.com.
- The Right Fit: Women's Triathlon Camp. Lake Placid. 315-746-0335. therightfitmultisports.com.

JUNE

- Super Sprint Triathlon. 0.025M swim, 7M bike, 2M run.
- 1pm. Grafton Lakes SP, Grafton. skyhighadventures.com.
 21-22 HITS North Country Triathlon. Sat: Full/Half. Sun: Olympic/Sprint/Open. Hague. 845-247-7275. hitstriathlonseries.com.

JULY

SkyHigh XTerra Off-Road & Kids Triathlon. XTerra: 7am. Kids Tri: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.

AUGUST

- 8th Fronhofer Tool Triathlon. Olympic: Solo, partner, relay. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com. Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am.
- Crystal Cove, Averill Park. cdtriclub.org.
- 2nd Peasantman Steel Distance Triathlon. Full (144.6M), half (72.3), half relay, full/half aquabike, Steel Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

ONGOING

Ongoing "Be a Biathlete" Clinics: 3/2, 8-9, 15-16. 1pm. Olympic Sports Complex, Lake Placid. whiteface.com.

Sbonsor:

MultiSports

Women's Triathlon Camp 'The Adirondack Experience' May 29-June 1 Lake Placid

A Getaway **Training Trip**

- Hands on swim, bike, run workshops and training
- Training on the Ironman Lake Placid course
- Certified Level 1 & 2 USAT female coaches Small, supportive & fun
- environment If yes to the above, this camp is for you!

\$695 (discount w/guest): 3 nights' guesthouse lodging, great meals, 10 hrs of workshops, training guidance/support, SUP, hiking & shirt.

Details: therightfitmultisports.com Or call Karen: 315-746-0335

Swim-Bike-Run New members welcome



Enjoy Road or Mountain Biking in the Capital District & Saratoga?

Join MHCC Today!

- All levels of ability welcome
- More than 300 rides per year

Pick up an application at bike shops or visit www.webmhcc.org



Cycling Club

T3 Coaching **Duathlon Series**

Sundays, Apr 27, May 4 & 11 - 8am **SUNY Adirondack, Queensbury**

1.5M Run, 8M Bike, 1.5M Run Race #3 is USAT Sanctioned! Fun, safe, laid-back racing/training Limited to 100 entrants/event \$17.50/event – Must be USAT member

Register: www.t3coaching.net Kevin Crossman: 518-307-5895

kevin@t3coaching.net

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SARATOGA LIONS DUATHLON



Du-It for Sight and Hearing Sunday, May 25 at 8 a.m.

Saratoga Casino and Raceway, Saratoga Springs

5k Run, 30k Bike, 5k Run - Individuals & Teams Race Information and Online Registration:

www.saratogalions.com Micro-mesh T-Shirts To First 300 Registrants



Proceeds benefit sight and hearing projects of the Saratoga Springs Lions Club. ASINO AND RACEWAY



28TH ANNUAL

Shamrock Shuffle

Sunday, March 30 - 11am • 5 Miles Glens Falls High School, Glens Falls



Entry Fees/Donations

\$20 Pre-register (by 3/25)

\$16 TAR member pre-register (by 3/25) \$25 race day

The Leprechaun Leap - 10:00am Children's Fun Run (12 & under) • 7/8-mile Donation: \$3 • Medallions for all finishers

T-shirts to first 400 entrants • New this year! Chip timing by SISU Racing

Application: www.adirondackrunners.org • Online: www.active.com Information: Kevin Sullivan (518)798-9593 or ksullivan@queensburyschool.org An Adirondack Runners event to benefit Warren-Washington Counties Special Olympics

8TH ANNUAL

CCRC 5K Run/Walk/BBQ



and 1K Kids' Run

Saturday, May 3rd – 3pm **Christ Community Reformed Church** 1010 Route 146, Clifton Park

- USATF Sanctioned 5K Race
- Family Team Competition1K Kids' Run 4pm
- BBQ chicken dinner included
- Lots of drawing awards
- T-shirt to first 125 entrants
- Sneaker recycling programConvenient afternoon start

Form: www.ccrc-cpny.org • Pat Glover: 877-0654 • pjglove@aol.com



Saturday, May 3

After Giant Slalom New: Give downriver racing a try! **Not so Wild Downriver Race**

2.5M of moving water for beginner to intermediate canoers and kayakers Only \$10 plus \$5 ACA insurance

Saturday, May 3 • 10:30am **Giant Slalom & Sprint Races**

Awards Celebration at 4 pm at Basil & Wicks in North Creek

Sunday, May 4 • 11am **Downriver Race**

North Creek to Riparius Awards Celebration after race at Riverside Station Park

www.whitewaterderby.com Gore Mountain Region Chamber of Commerce

518-251-2612

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MARATHON

HALF MARATHON

ENTER NOW!

2014 Registration via

www.lakeplacidmarathon.com

www.marathonguide.com

info@lakeplacidmarathon.com

MARCH

Snowgaine Ski-Orienteering Meet. Berne. empo. us.orienteering.org.

US Ski-Orienteering Championships. Trapp Family Lodge, Stowe, VT. neskio.com.

MAY

- 4 Orienteering Meet. 11am-1pm. Five Rivers Environmental
- Center, Delmar. empo.us.orienteering.org. Orienteering Meet. 11am-1pm. Saratoga Spa SP, Saratoga Springs. empo.us.orienteering.org. 18

OTHER EVENTS

MARCH

- Mohawk Towpath Byway Summit. For conservation, economic development, heritage, eco-tourism. Century House, Latham. Eric Hamilton: 406-8610. mohawktowpath.org.
- Great Upstate Boat Show. Adirondack Sports Complex,
- Queensbury. greatupstateboatshow.com. ChowderFest at Schenectady Firefighters' Run 4 Your Life 5K Run/Walk. 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.
- Winter Raptor Fest. Gallup Ridge Farm, Fort Edward. 692-9559. winterraptorfest.com.

APRIL

- Great Upstate Boat Show. Adirondack Sports Complex, 4-6
- Queensbury. greatupstateboatshow.com. **Discover SCUBA**. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

AUGUST

Sunmark Charity Golf Classic. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com. 15

PADDLING: CANOE, KAYAK & SUP

MARCH

9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

APRIL

- Club Days Sale. Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.
- 41st Tenandeho Whitewater Derby. 12pm. Tenandeho
- Creek, Stillwater to Mechanicville. John Casey: 810-7579. Little River Ramble. College/Recreational: 2M. Kayak/ Marathon: 6M. Boat Launch, Canton. slvpaddlers.org. 13
- Kayderosseras Creek Paddle. 10M. Ballston Spa to Saratoga 26

Lake. Charlie Beach: 459-9127. adk-albany.com. MAY

- Canton Canoe Weekend. 12-14M. Grasse River, Taylor Park, Canton. slvpaddlers.org.
- Saratoga Paddlefest. Sales, demos. Fish Creek Marina,

macscanoe.com.

- Saratoga Springs. Mountainman: 584-0600. saratogapaddlefest.com. 57th Hudson River White Water Derby. Sat, 10:30am: Giant Slalom & Sprint Races. Sat, after GS: Not So Wild Downriver
- Race. Sun, 11am. Downriver Race from North Creek to Riparius. North Creek. 251-2612. whitewaterderby.com. Evening Paddle. 6:30pm. NYSDEC Launch, Glenville.
- Pete Devitt: 860-9636. adk-albany.org. Schodack Island Paddle. 9am. Boat, Schodack Island SP,
- Schodack. Dave Pisaneschi: 459-5969. adk-albany.org. Adirondack Paddlefest. Canoe, kayak, SUP sale, clinics, demos. Old Forge. 315-369-6672. mountainmanoutdoors.com.
- 'Round the Mountain Canoe & Kayak Races. 10.5M. 11am. Ampersand Bay Resort to Lake Flower, Saranac Lake

RUNNING, SNOWSHOE RACING & WALKING ONGOING

6th ARE Spring Trail Run Series: 4/7-6/2. 3.5M. 6pm. Tawasentha Park, Guilderland. runalbany.com.

 $AdiRUN dack\ Trail\ Series:\ 5/6-27.\ 5K/20K\ Challenge.\ 6pm.$ Cole's Woods, Glens Falls. adirondackrunners.org.

Plaza Fitness Performance Series #3: Implementing **Strength Training for Endurance Athletes.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.

- 9th Adirondack Sports & Fitness Summer Expo. Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- Good Form Running: Clinic, Run & Recovery w/Fleet Feet Sports. Sat: Seminar: 11am; 2M Run: 12pm; Recovery: 12:45pm. Sun: Seminar: 1pm, 2M Run: 2pm; Recovery: 2:45pm. Adk S&F Summer Expo, Saratoga City Center, Saratoga Springs. 459-3338. fleetfeetalbany.com.
- Ed Erichson Memorial Races. 5M: 9am. 10M: 9:15am. Town Hall, LaGrange. 845-462-7290. mhrrc.org.
- Endurance Nutrition Seminar. 7:30pm. Pre-reg required.
- Fleet Feet Albany, Colonie. 459-3338. saratogatriclub.com. We Run the Capital. 9am. Fleet Feet Adirondack, Malta. 459-3338. fleetfeetalbany.com.

 15th Runnin' of the Green (Island). 4M. 10am. Kids Runs:
- 15 11:30am. American Legion, Green Island. hmrrc.com.
- Uncle Marty's Kilt Run 5K. 11:45am. Westfall Village, Sand Lake. 281-4398. unclemarty.webconnex.com.
- Watertown Shamrock Run. 5K. 10am. Watertown.
- watertownymca.org. **Track & Field Spike Weekend.** Fleet Feet Sports: Albany & Adk.
 Albany & Malta. 459-3338 & 400-1213. Fleetfeetalbany.com.
- 26th Shamrock Run. 2M. 12:50pm. Academy Green, Kingston. icchv.org.
- We Run the Capital. 6pm. Congress Park, Saratoga Springs. 17 Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- **We Run the Capital.** 9am. Fleet Feet Albany, Colonie. **459-3338.** fleetfeetalbany.com. 3rd Sap Run 5K. 10am. Town Hall, Knox. Dawn Jordan:
- 22
- 34th Doc Lopez Run for Hope. 5K run/1M walk, 10am: Lewis School, Elizabethtown. 13.1M run, 9am: Keene Valley Lodge, Keene Valley. Susan Allott: 962-4898. active.com.
- 2nd Run for the Gold 5K & Kids Run. 10am. Montgomery Nursery School, Montgomery. villageofmontgomeryevents.com. 35th Kaynor's Sap Run. 10K. 12pm. Westford School,
- Westford, VT. 802-324-0919. gmaa.net.
- Shamrock Scramble 5K Race. 9:30am. Wallkill Firehouse, Wallkill. 845-565-1483. mhrrc.org.
- We Run the Capital. 6pm. Pine Bush Preserve, Albany. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.
- 5th Schenectady Firefighters' Run 4 Your Life 5K Run/ Walk, Kids Run & ChowderFest. 9:30am. Central Park,
- Schenectady. Brian Demarest: 365-3883. zippyreg.com. 4th Ice Breaker Challenge. 9am. Corning Preserve, Albany. 29
- Kathy Johnston: 439-9964. albanyrowingcenter.org. Wurtsboro Mountain 30K Road Run/Relay. 9am. Emma Chase School, Wurtsboro. 845-866-1345. sullivanstriders.org. 1st Shepaug Run-Raiser Trail Race. 10K/50K/50M. 7am. 29
- Bridgewater, CT. nyara.org.

 We Run the Capital: Brew Pub Run. 6pm. Saratoga Springs.
- Fleet Feet Sports: 459-3338. fleetfeetalbany.com. 29 iRun Local Running Store: Grand Opening. 55 Railroad
- Place, #325, Saratoga Springs. 949-275-8887. irunlocal.com. **28th Shamrock Shuffle**. 5M: 11am. Kids Fun Run: 10am. Glens Falls High School, Glens Falls. Kevin Sullivan:
- 798-9593. adirondackrunners.org. School House to White House 5K Run/Walk. 1pm. Pulaski Fire Hall, Pulaski. 315-427-0708.
- Oleksak Lumber Half Marathon. 13.1M/5K. Westfield, MA. 413-562-2301. westfieldhalf.com.
- We Run the Capital. 6pm. Saratoga Battlefield, Schuylerville. Fleet Feet Sports: 459-3338. fleetfeetalbany.com.

APRIL

- 35th Salem April Fool's Race. 10K race: 10:05am. 5K race/walk: 11am. 1M Kids Race: 10am. Salem HS, Salem. 5 Dan Sheldon: 854-9262. aprilfoolsrace.com.
 28th Fort to Fort 5K/10K. Rome Free Academy, Rome.
- romanrunners.com.
- Robert Parker 5K Run. 10am. Parker School, Wynantskill. parkerschool.org.
- 26th Delmar Dash 5M. 9am. Bethlehem MS, Delmar. Aaron/ Diana Knobloch: 831-6699. hmrrc.com.
- 1st Twin State 50 Ultra Race. 50K or 50M on dirt/road in VT/ NH. 6:30am. Windsor, VT. ultrasignup.com.
- 4th West Point Half Marathon. 13.1M. am. Michie Stadium,
- West Point Academy, West Point. usma.edu. Hill Ron Kids 1M Fun Run: 9:30am. Bacon Hill Reformed Church,
- Schuylerville, 695-6116, baconhillbonanza.com. Furry Fun Run 5K. 9:15am. Saratoga Springs. 524-1529. peppertree.org.

Annual

34th

11thAnnual St. John's/St. Ann's **SPRING RUN-OFF**



FOUTRH

ANNUAL

SMSA School, Church St, Glens Falls T-shirts to first 150 registered by 5/2 \$20 in advance or \$25 race day Kids' Half-Mile Dash @ 10am - Free!

Saturday, May 17 @ 9am

Donations appreciated for St. Mary's Food Pantry smsaschool.org or active.com Amy Campopiano: kerrybluehustle5k@gmail.com **Bill Robinson Masters** 10K Championship Saturday, April 26 • 9am

Register/Form: hmrrc.com Jim Tierney 869-5597 • runnerjmt@aol.com

Guilderland Center

Guilderland High School





Sunday, April 6 • 12pm Coons Crossing Rd, Tenandeho Creek

Registration: 9-11am, Main St, Mechanicville John Casey: 810-7579 canoejr@msn.com Jim Ernst: 584-2061 jernst12@nycap.rr.com

Loudonville. siena.edu.

taylorsheroes.org.

Selkirk. Jessica West: 439-1754.

riorrunmountainseries.com.

320-6770. 5kraceforals.com.

877-0654. ccrc-cpny.org.

mastodonchallenge.com.

dkracemgmt.com

New York. morefitnesshalf.com.

Bristol Springs. roadsarepoison.com.

Schoharie 5K Run/Walk. 10am. Schoharie ES, Schoharie.

295-7162. fmrrc.org. Siena Saints 5K Race for the Red. 10:30am. Siena College,

12th ARE Dodge the Deer 5K. 10am. Kids runs: 9:15am.

15th Muddy Sneaker 20K Trail Run. 9am. Parish Hill Rd,

34th Bill Robinson Masters 10K. 9am. Guilderland HS,

Guilderland. Jim Tierney: 869-5597. hmrrc.com. 3rd Girls Running the World 5K. 10am. Central Park, Schenectady. Dee Streeter: 792-0947.

Saratoga Regional YMCA, Saratoga Springs. 894-1658.

Darcie Adams: 895-9500. dacc.info. Great Mom's 5K/10K Fun Run. 9am. Maple Ridge Park,

Park, LaGrangeville. 845-452-2049. mhrrc.com.

Schodack Island SP, Schodack Landing. runalbany.com. 20th Rabbit Ramble 4M Run/2M Walk. 10am. Guilderland HS, Guilderland Center. 861-6350. active.com.

Boston Marathon. 26.2M. Hopkinton to Boston, MA. baa.org.

Taylor's Heroes Xtreme Bootcamp Obstacle Course. 10:30am.

10th DACC 5K Dash. 9am. Kids Run: 8am. DACC, Delanson.

Miles of Hope Breast Cancer Foundation 5K. 10am. Tymor

36th Rollin Irish Half Marathon. 13.1M. 9am. Memorial Hall,

Essex Center, VT. gmaa.net.
Adamant 20M 2-Person Relay. 10am. Adamant Music School,
Adamant, VT. 802-223-2733. cvrunners.org.
Warrior Run. 5K Obstacle Run. Labrador Mtn, Truxton. war-

Sean's Run Weekend. Sat, 10am: 20M bike & 8:30am: 50M

bike. Sun, 12pm: Sean's Run 5K/walk & 11:30am: Meghan's Mile youth run/walk. Chatham HS, Chatham. seansrun.com. Kiwanis Kingston Classic. Half-Marathon & Marathon: 7am.

5K: 12pm. 10K: 1pm. 1M: 3pm. Dietz Stadium, Kingston. 845-

247 - 7275. kiwaniskingstonclassic.com. hitsrunning.com.

5th Plattsburgh Half-Marathon & Two-Person Relay. 8am. City

4th Lake George Half-Marathon & 5K. Fort William Henry,

Saratoga Springs. 450-1300. dragonspriderun-5k.com. Cherry Blossom 5K Race for ALS. 10:15am. Niskayuna.

MAY

Save Our Switchbacks 7.5K Run.9am. Parkway Rec Center,

Utica. uticaroadrunners.org. Seneca 7. 7-person/77.7M relay. 7am. Seneca Lake, Geneva. seneca7.com.

Albany Law Day 5K Run Against Domestic Violence. 6:15pm. Crossings, Colonie. 449-8893. albanycountycbar.com. CCRC 5K Run/Walk/BBQ & 1K Kids Run. 3pm. Christ Community Reformed Church, Clifton Park. Pat Glover:

11th St John's/St Ann's Spring Run-Off. 10K: 8:30am. 10am:

5K. 1M Family Fun Walk. Hudson River Way Amphitheater, Albany. Brian Dollard: 925-1260. springrunoff.com. Joan Nicole Prince Home 5K. 9am. Central Park,

Schenectady. 878-7745. joannicoleprincehome.org.

Rock The Ridge 50-Mile Challenge. Solo, team, relay.

Shawangunk Ridge, New Paltz. mohonkpreserve.org. Spring Has Sprung 10M Run. 9am. Shenentaha Creek Park,

Malta. So Saratoga Y. Jen Casey: 469-2490. zippyreg.com. Steffens Scleroderma Center 5K Run Breaking the Chains. 9am. Albany College of Pharmacy, Albany. acphs.edu. Mountain Goat 10M, 3K Run/Walk & Kids Run. 10M:

10:20am. 3K: 9:40am. Syracuse. mountaingoatrun.com.

3rd Mastodon Challenge 15K Race, 5K Run/Walk & Kids'

Fun Run. 8am. Craner Park, Cohoes. Lisa Osorio: 281-3253.

5th Jog for Jugs Half Marathon & 5K. 9am. Duanesburg Town Park, Duanesburg. powerhouseathleticsny.com.

Sunny Hill Spring Obstacle Race. 5M & 30 obstacles. 8:30am.

Ryan's Run 5K. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. 583-9767. curemiop.org.

25th Prospect Mountain Road Race. 5.7M. 9am. LG Forum,

Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.

Greenwich Gauntlet 4M Obstacle Run. 5pm. Greenwich.

Lake George. runlakegeorgehalf.com. Dragon's Pride Run 5K & 1M Fun Run. 9am. Saratoga Spa SP,

Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

More Magazine Women's Half Marathon. 8am. Central Park,

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Stillwater to Mechanicville



Half-Marathon & 5K Run Saturday, May 10 • 9am Duanesburg Town Park, Duanesburg

Register by 4/15 for guaranteed race shirt Register: zippyreg.com Info: powerhouseathleticsny.com

Jessica Mitchell: (518) 229-5611



Bacon Hill Reformed Church 560 Rte 32, Schuylerville Homemade Pies to Age Group Winners!

Fast, flat course in beautiful farm country First 200 receive Cool Dri Performance Shirt USATF sanctioned **=** 9:30am: Kids′ 1M Fun Run

Register & More Info: baconhillbonanza.com

Proceeds benefit steeple repair for Bacon Hill Church

March 29

9:30 am Central Park, Schenectady

Schenectady Firefighters' 5th Annual

5K Run/Walk

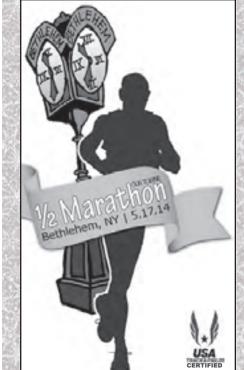


\$20 by 3/8, \$25 by 3/25, \$28 race day

Register Online: ZippyReg.com

More Info & Entry Form:

sfddemdem232@yahoo.com



10 AM Start at Bethlehem Middle School Finish at Four Corners in Delmar 13.1 miles | 2-Loops through Old Delmar neighborhoods After race party!

OurTowneBethlehem.com to register



T-shirt for first 500 registrants

schenectadyfirefightersrun4yourlife.com

Brian Demarest 365-3883

8th Road to the Pogue. 6.1M trail run. 8:30am. Woodstock, VT. roadtothepogue.com.

2nd Fleet Feet Sports 10K Classic. 8:30am. Kids Mile: 8am.

11 Bethlehem HS, Bethlehem. 459-3338. fleetfeetalbany.com. 34th Mother's Day 5K Run. 10am. Central Park, Schenectady. 11

hmrrc.com. Kelly's Angels Mother Lovin' Day 5K. 9am. Saratoga Spa SP, Saratoga Springs. facebook.com/kellysangelsinc.

11 Run the Pace for Mothers 5K Trail Run. 9am. Locust Hill Farm, Hyde Park. 845-334-8131. locusthillfarmllc.com.

Workforce Team Challenge 3.5M Race. 6:25pm. Empire State

Plaza, Albany. cdphpwtc.com. 2nd LifeSong's Daffodil Dash 5K Run/Walk. 9am. Town Park, 17 Halfmoon. 406-5157. lifesonginc.org. 1st Our Towne Bethlehem Half Marathon. 13.1M. 10am.

17 Bethlehem MS, Delmar. 598-3434. ourtownebethlehem.com. 4th Kerry Blue Hustle 5K. 9am. Kids Dash: 10am. Church St,

Glens Falls. smsaschool.org. NY/VT 5K Champlain Bridge Run. 10am. Crown Point State Historic Site, Crown Point. 597-3754. lachute.us. 17

3rd Johnson Jog 5K Race. 9am. Johnson Hall, Johnstown. 17

762-8712. fmrrc.org. 4th Freeman Run to the Sun 5K, 10K, Half Marathon. 9am. 17 Watertown. heatherafreemanfoundation.com.

MHRRC Women's Run 10K/5K. 8am. Dutchess Rail Trail, Poughkeepsie. mhrcc.org.

4th Shires of Vermont Marathon. 8am. Bennington to Manchester, VT. shiresofvermontmarathon.com.

18 5th SPAC Rock & Run 5K/10K & 1K Kids Run. 9am. Saratoga

Spa SP, Saratoga Springs. 583-5041. spac.org. Steel Rail Half Marathon. 13.1M. Lanesboro, MA.

413-344-4472. berkshirerunningcenter.com. 6th Hudson Valley 15K & 3rd Food Bank 5K. 9am. Fieldstone Square, Blooming Grove. orangerunnersclub.org. 18

4th Survive the Farm 5K Challenge. 10am/11am/12pm. Easton. Ed Johnson: 791-7856. survivethefarm.com.

25 26th Vermont City Marathon & Relay. 26.2M. 8am.

Burlington, VT. vermontcitymarathon.org. **36th Freihofer's Run for Women.** 5K: 9:45am. Kids Run:

11am. Junior 3K: 11:30am. Empire State Plaza, Albany. 273-5552. freihofersrun.com.

Charlton Heritage 5K Run/Walk. 10am. Town Hall, Charlton. Bill Herkenham: 384-0065. charlton5k.org.

JUNE

Biggest Loser Run/Walk Half Marathon & 5K. 8am. City Hall, Plattsburgh. biggestloserrunwalk.com.

5th Worcester Half-Marathon & 5K. Worcester, MA. runworcesterhalf.com.

10th Lake Placid Marathon & Half-Marathon. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

8th Firecracker 4 4-Mile Road Race. 9am. Run-Your-Colors team competition, music, \$5,000 in prizes. Saratoga City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.

Biggest Loser Run/Walk Half Marathon & 5K. Killington, VT. biggestloserrunwalk.com.

OCTOBER

Mohawk Hudson River Marathon & Half-Marathon. Half: full. Albany. mohawkhudsonmarathon.com.

SWIMMING APRIL

Open Water Swim Clinic w/Ann Swenson. 2pm. YMCA, Saratoga Springs. saratogaregionalymca.org. 4th Duanesburg Masters Swim Meet. 10am. DACC,

12

Delanson. 895-9500. adms.org. 3rd Monumental Masters Mini-Meet. 10am. Rec Center, 26

Bennington, VT. adms.org.

MAY

Open Water Swim Clinic w/Ann Swenson. 2pm. YMCA, Saratoga Springs. saratogaregionalymca.org.

> **Bold listing** = Advertiser in current issue of Aadack Sports & Fitness. 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.

The

Mind's

Eye

Lake George. adirondackrunners.org.

Saturday - May 10th 5pm - Start

Greenwich **GAUNTLET**

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with **OBSTACLES!**

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Adirondack Race Management



35th Annual Salem APRIL FOOL'S RACE Saturday, April 5

Run in scenic and historic Salem, NY Start/finish: Salem High School 10:00am 1-mile children's race (14 & under) 10:05am 10K race & 11:00am 5K race/walk Application: AprilFoolsRace.com

Registration: Dan Sheldon 4361 State Route 22 Salem, NY 12865 (518) 854-9262 drswhf@yahoo.com

All entrants receive April Fool's T-shirt!



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www.Firecracker4.com

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New: Run-Your-Colors!

Team of runners show promotion of fitness with their shirts. /inning team earns \$1,000 donation to their charity of choice

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NON-MEDICATED LIFE

Achieving Health through Balance By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 59th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of

dietary changes is strongly recommended.

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

In the first 58 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost. Underlying many of the specific recommendations on diet and exercise, however, is a guiding principle: true health is achieved through the practice of balance, moderation, and the avoidance of extremes.

The choice of what food to consume and

PRIME CARE



the amount should be varied and balanced with the choice of appropriate activity and exercise. Moreover, this balance should be cultivated in and with our emotional and spiritual lives as well, because feelings

and beliefs influence such choices. Without such a balance evidenced-based recommendations of diet and exercise become simply a series of dos and don'ts, and may not become incorporated into daily habits as a true lifestyle, which determines long-term

Western society has largely succeeded in providing enough food and material goods to its population to avoid widespread starvation, and material hardship. In large part this has been accomplished through assemblyline industrialization, modern agricultural methods, and free market economies that are based on products. Unfortunately, the replacement of scarcity with availability and even excess does nothing to help self-regulate or balance the consumption of food or the use of services or products. For example, in the age of scarcity of food, there was a survival benefit for our ancestors to eat until full and indeed to overeat. However, with scarcity no longer regulating the intake of calories and no natural biological break on appetite, it is much easier to overeat and throw out of balance caloric intake and expenditure.

This imbalance fuels obesity that in turn leads to diabetes and heart disease. In another example, in an age of scarcity before the mining of salt, it was natural for humans to be salt avid and seek out what little salt existed in the natural world. However, once salt became available and was placed in a myriad of products, it became easy to over-consume sodium leading to an imbalance of sodium and electrolytes in the body. This imbalance encourages the development of hypertension that in turn leads to heart disease, heart failure and stroke.

While this may seem logical and even commonsensical, it begs the question of how to achieve balance in our physical, behavioral and spiritual health – with so many conditions and forces contributing to imbalance. I would suggest that a structure for balance begins with conscious choices in our schedules and how we apportion the minutes of our day. I would further suggest that the minutes of our day must be apportioned to the physical, the emotional and the spiritual, to have any hope of sustainability. Thus the person who has no time for exercise cannot achieve balance in the physical realm and will not be able to sustain a lifestyle contributing to physical health.

I will suggest additionally that such an individual will have greater difficulty in achieving fulfillment in the emotional and spiritual realms as well. For example, the average person sitting in a chair consumes 1,700-1,800 calories per day. If this individual were to eat a normal 2,000 calorie per day diet, they would need to burn 300 calories per day to be in energy balance, and not gain weight. Exercise therefore needs to be a daily lifestyle choice - if you eat each day, you must exercise each day, usually around 30-60 minutes to maintain balance. To those who say they do not have the time I suggest that the 30-60 minutes do not need to be contiguous and one may exercise 15 minutes three to four times a day. Finding a spare 15 minutes in our schedule two to three times a day is critical to establishing and balancing a sustainable diet.

Another potential aid in establishing balance is to view any choice from another perspective. Because balance in our physical health involves conscious choices in what we eat, seeing the spiritual implications of our choices may help inform and balance those choices. For example, if we're able to think of our body in spiritual terms as if a temple of the gift of life, then as a temple our body needs to be cared for with reverence and thankfulness. If you hope to make conscious choices consistent with this representation, you have to know what it is you are bringing into the temple and consuming.

Viewed in this way, it may be easier to read labels and see a dietitian to know what is in a product, and that the ingredients are consistent with spiritual and physical health. If you are going to a restaurant, it may be easier to inquire about fat grams and sodium content. If you are cooking, then a mindfulness of the circle of life, and awareness that our existence is a result of the "sacrifice" of an animal or plant, may help bring a spiritual aspect to meal preparation that is lost when we pick out a cellophane-wrapped sirloin steak at the market. Such a spiritual perspective may moderate and balance our consumption of meat. Even the process of giving thanks with a prayer at the dinner table may help us moderate our choices.

Another potential aid in establishing balance in our choice of diet and exercise involves cultivating and moderating behaviors and emotional interactions with others. We are barraged on a daily basis with negativity from rudeness, lack of respect, and lack of common civility. We are barraged with media and advertising intent on convincing us that our fulfillment and happiness is a consequence of what we have bought and own rather than who we are and what we believe. Achieving balance means objectively identifying negativity from others and consciously choosing not to respond in kind. It means avoiding media and advertisers attempts to convince us that they have what we need for health and happiness, when in truth we already have everything we need to achieve both. Achieving balance additionally means establishing and cultivating a structure of family and friends to help support our spiritual and physical choices for health.

In summary, health is achieved through a balance of the physical, emotional and spiritual choices we make. Achieving balance may be helped by establishing a schedule, viewing our choices from another perspective, and establishing a structure of family and friends who encourage healthy choices. It is not achieved from medications, it is not achieved from medical procedures, and it is not achieved by consuming the latest, greatest product that some unscrupulous entrepreneur tries to sell.

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

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Bondi Band

Double H Ranch/Camp Challenge Run

Firecracker 4 4M Road Race

Fleet Feet Sports (4)

HITS Endurance/Kiwanis Kingston Classic

Hudson-Mohawk Road Runners Club

iRun Local Running Store

Jog for Jugs Half Marathon & 5K

Komen NE NY Race for the Cure

Lake George Half Marathon

Leukemia & Lymphoma Society/Team in Training

Malta Business & Professional Association 5K

Mastodon Challenge 15K, 5K & Fun Run

Mohawk Hudson River Marathon & Half Marathon

Mohawk Towpath Scenic Byway Mountain Goat/Ron Houser, Certified Pedorthist (4)

Ragnar Relay Adirondacks

Run 4 Your Life 5K Run/Walk

RUseeN Reflective Apparel (2)

Saratoga Stryders Running Club

Survive the Farm 5K Challenge

BICYCLING & MOUNTAIN BIKING

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American Diabetes Association/Tour de Cure

Broadway Bicycle Co (3) Capital Bicycle Racing Club

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Garnet Hill Mountain Bike & XC Ski Center

Grey Ghost Bicycles

Leukemia & Lymphoma Society/Team in Training Mohawk Towpath Scenic Byway

Mohawk-Hudson Cycling Club Plaine & Son Bike-Ski Warehouse (6)

Saratoga Century Weekend/MHCC

Saratoga Mountain Bike Association

Steiner's Ski & Bike (10) Tomhannock Bicycles (2)

Warren County Bicycle Organization

TRIATHLON & DUATHLON

Bethlehem Tri Club

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Capital District Triathlon Club Crystal Lake Triathlon/CDTC

Grey Ghost Bicycles

HITS Triathlon Series

Lake George Triathlon Festival

Leukemia & Lymphoma Society/Team in Training

Mohawk Towpath Byway Duathlon

Peasantman Triathlon

Plaine and Son Bike-Ski Warehouse

Plaza Fitness Performance

Saratoga Lions Duathlon

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Team LUNA Chix Albany Triathlon

Tomhannock Bicycles (2)

XTerra Grafton Lakes Triathlon

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Adirondack Kayak Warehouse (4)

Adirondack Mountain Club (2) American Traders (2)

Boats By George/Patty's Watersports (2)

David Fisher Upper Hudson Heroes/Watervliet

Feeder Canal Alliance

Hudson River Whitewater Derby/Gore Region

Lake George Kayak Co (4)

Mountainman Outdoor Supply Co (12) Saratoga & Adirondack PaddleFests/MOSC

Saratoga Rowing Association Slipstream Watercraft/Canoes

Steiner's Ski & Bike (10)

Watervliet Hudson Shores Park

HIKING, CLIMBING & SKILLS

Adirondack Mountain Club (2) Damien's Rock Climbing Wall

Friends of Moreau Lake State Park

Leukemia & Lymphoma Society/Team in Training Mountain Goat/Ron Houser, Certified Pedorthist (4)

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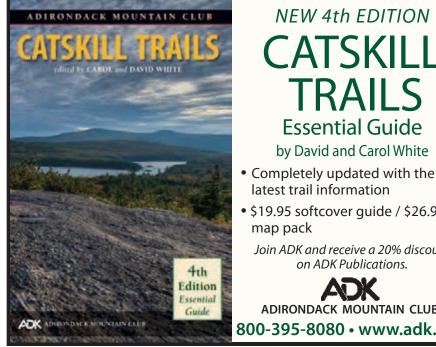
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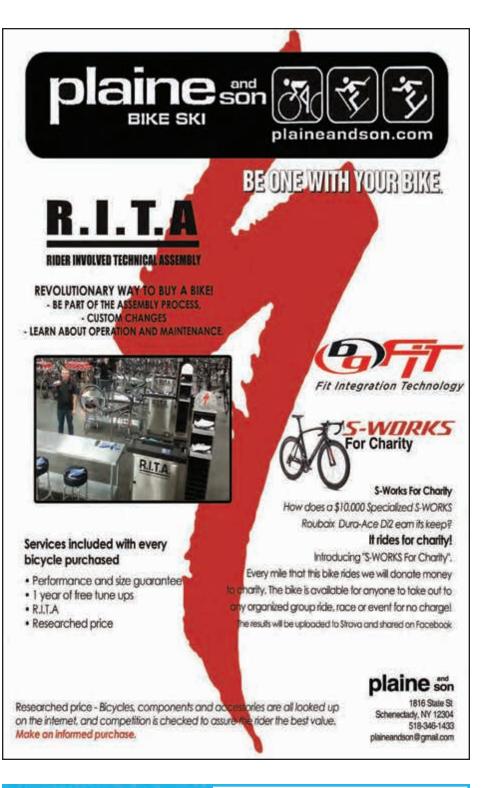
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3rd Annual

Delmar Duathlon







Run 2 miles—Cycle 10 miles—Run 2 miles

Sunday, May 4, 2014

Race starts at 8am **Elm Avenue Park** Delmar, NY

Fee: \$55 (non-refundable) Registration is first come first served, up to 300 participants. Follow the link below to register. You must be 18 years or older to participate.

delmardu.com

A Co-Sponsored Event







3rd Annual

Mastodon Challenge 15K Race, 5K Run/Walk & Kids' Fun Run



Saturday, May 10

Craner Park near Fallsview Park N. Mohawk St, Cohoes 15K Run 9am • 5K Run 9:15am Kids' Fun Run 8am



- Chip-timed by AREEP
- Performance T-shirt and goody bag guaranteed to registered by 5/1
- Awards to top 3 overall and to top finisher in each division



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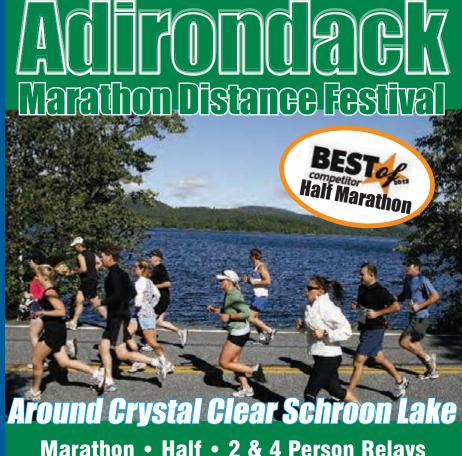
Register: www.ZippyReg.com Register by March 1 to save!

Info: www.MastodonChallenge.com Cohoes Rec Dept: (518) 233-2116

Race proceeds benefit Cohoes Senior Center & Cohoes UPK Preschool Program



- Marra's Pharmacy Brookfield
- Dr. David Mitola, Family Dentistry
- City of Cohoes Norlite • Times Union • Shelter Enterprises
- LLS Team in Training



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5K & 10K Races September 27, 2014 Chestertown, New York

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SATURDAY, MARCH 8

11:00-11:45 Good Form Running Clinic – Led by Charles Woodruff and the team at Fleet Feet Sports. Have you ever had a discussion about your running form? Ever wonder what the little things are you can practice to improve your running mechanics? Are you excited to go farther, or faster more comfortably and potentially with less soreness and injury?

If this is you please join in the Good Form Running Clinics at the expo. Come dressed to run, at 11:45 you will take what you learn out to the streets and practice. The Fleet Feet Racing team will provide pace groups for a Good Form fun run. Video taping will be done during the clinic to illustrate form improvement. Following the run join them back at the Fleet Feet tent for a Recovery Zone presentation where they will focus on post-workout recovery techniques. All who attend the group run will receive short-sleeve shirts. Fleet Feet Sports Albany and Adirondack is locally owned and operated by Charles and Arlene Woodruff, who are active participants in the Capital District running community.

12:00-12:45 Bridging the Gap... Women's cycling has headlined cycling magazines and websites heavily for the past few years. While the women's road race at the 2012 Olympics was said to have had more spectators than the men's, women continue to face disparity in the sport. Where does the movement towards equality start? The riders of Zimmer Capital, presented by Foundation firmly believe it starts with our youth. And there is no better time than now to target this population especially since childhood obesity is at an all-time high. By forming a unique team, with actions targeted toward educating and inspiring young girls toward healthy living and physical activity, and promoting messages of equality, the women hope to help advance the sport of cycling for all women. Come hear the Zimmer Capital team members and their Director Sportif, Andrew Ruiz, speak about ways to foster and grow women's cycling. Andy Ruiz has been a top bicycle racer in the Northeast for over 30 years, and has coached and developed many cyclists in the region.

2:00-2:45 Fitness Myths Debunked. Lactic acid is bad. Drink half your bodyweight in water. Spot train to get rid of fat. A lighter bike will make you a faster cyclist. Running in cold weather is bad for you. Compression boosts performance. Ice baths aid recovery. What is true and what is myth? Come find out. Coach Kristen Hislop is a USA Triathlon and USA Cycling coach, Team LUNA Chix member, Leukemia & Lymphoma Team in Training coach, and personal trainer whose motto is "Do. Believe. Achieve."

3:00-3:45 Mammal Tracks of the Northeast. Hands-on animal tracking clinic for hikers, trail runners, mountain bikers and families. Jim Bruchac, director of the Ndakinna Education Center and author of Scats and Tracks of the Northeast and Field Guide to Mammal Tracking.

SUNDAY, MARCH 9

11:00-11:45 Triathlon for Life. The session, led by Fran Vincent and Carl Regenauer, will focus on the things you can do to achieve peak performance AND stay active in the sport throughout your adult life. We will include tips about training, nutrition, recovery, moderation/balance and fun. Fran Vincent is a triathlete, Middle School Health Education teacher, wife, mom and spin instructor. She is a three-time Ironman finisher, 2013 Ironman Lake Placid age group champion, three-time USAT All American, and was recently ranked fourth in the US for her age group. Carl Regenauer is a triathlete, duathlete, runner and electrical engineer. His triathlon focus is Olympic and Sprint distances. For the last three years he's been ranked by USAT in the top ten-percent in his age group.

12:-12:45 Brick Workouts: Transferring quality "brick" workouts into phenomenal race results. USAT Certified Coach, Kevin Crossman will teach you the proper way to execute proper brick workouts and add variety into your training. Having developed many All-American triathletes and podium finishers at all levels, Coach Kevin shares his secrets to creative Brick workouts that will certainly improve your 2014 season! Kevin Crossman of South Glens Falls is a triathlon coach and has ten USAT-sanctioned podium finishes and is a two-time USAT All-American.

1:00-1:45 Good Form Running Clinic – Led by Charles Woodruff and the team at Fleet Feet Sports. Have you ever had a discussion about your running form? Ever wonder what the little things are you can practice to improve your running mechanics? Are you excited to go farther, or faster more comfortably and potentially with less soreness and injury?

If this is you please join in the Good Form Running Clinics at the expo. Come dressed to run, at 11:45 you will take what you learn out to the streets and practice. The Fleet Feet Racing team will provide pace groups for a Good Form fun run. Video taping will be done during the clinic to illustrate form improvement. Following the run join them back at the Fleet Feet tent for a Recovery Zone presentation where they will focus on post-workout recovery techniques. All who attend the group run will receive short-sleeve shirts. Fleet Feet Sports Albany and Adirondack is locally owned and operated by Charles and Arlene Woodruff, who are active participants in the Capital District running community.

2:00-2:45 R.A.I.S.E.-Active Group Lessons for Bullying Prevention and Social Skills. R.A.I.S.E is a series of team building workshops on topics such as social and emotional skill development. Participants develop awareness and practice techniques for taking action to prevent bullying while building a positive, proactive, values-based community. Participate in sample activities that are easily replicated with any group, regardless of age. R.A.I.S.E. is an excellent, practical resource that can be applied as a stand-alone program or one that complements your existing strategy or program and can be brought to area schools and youth groups free of charge this spring. Karie Provanchie Rathbun is a SUNY Adirondack AVS Instructor.



The Capital Region's only solar-powered bike shop, built with a recycled building, low VOC materials, and remodeled with renewable resources

> Large fit room with all frame sizes to try before you buy

We care about the community and have an open repair stand for community use, a kids' area and customer lounge

We proudly carry Specialized bicycles

Services included with every bicycle purchase:

- Performance and size guarantee
- One-year of free tune ups
- Researched price



S-Works for Charity – How does a \$10,000 Specialized S-WORKS Tarmac Dura-Ace Di2 earn its keep? It rides for charity! Introducing "S-Works or Charity" where every mile that this bike rides we will donate money to charity. The bike is available for anyone to take out to any organized group ride, race or event at no charge! The results will be uploaded to Strava and shared on Facebook!

R.I.T.A (Rider Involved Technical Assembly) – Revolutionary way to buy a bike! Be part of the assembly process, custom changes, learn about

operation and maintenance. Be one with your bike.

Researched Price - Bicycles, components and accessories are all looked up upon the internet, and competition is checked to assure the rider the best value. Make an informed purchase.

broadway bicycleco.com facebook.com/ broadwaybicycleco



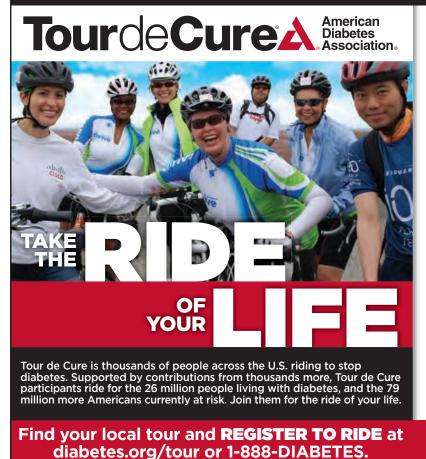


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Saratoga Springs Tour de Cure

Sunday, June 1st Saratoga Springs High School

Choose from 10, 25, 50, 62.5 or 100 mile routes

Presented by













www.AdkSports.com MARCH 2014

PRIZES & GIVEAWAYS

BICYCLING

Crankcase – The Bike Tote, \$80 value.

Elevate Cycles – Standard Tune-up, \$80 value.

Elevate Cycles - Performance Tune-up, \$150 value.

Mohawk-Hudson Cycling Club – Club Jersey, \$55 value.

Plaine & Son – Specialized Bike Accessory, \$200 value.

Spa City Bicycleworks – Origin Bike Pump, \$70 value.

Spa City Bicycleworks – Pro Bike Tune-up, \$66 value.

Victory Cycleworks - 2-1/2 hour terrain ride on a CompuTrainer, \$60 value. (2)

HEALTHY LIVING

365 Fit, Delmar – Gift Certificate, 3 classes, \$45 value.

Huff N Puff – Renew Your Home Giveaway, \$10,000 value.

Nerium International - Night Cream, \$110 value.

A Peaceful Place - Virginia Touhey LMT, One Myofascial Release Session, \$80 value.

Plaza Fitness Performance – Two Weeks Strength Classes, \$100 value.

Planet Beach - Clifton Park, Gift Certificate, \$50 value.

RAW Fitness – Saratoga Springs, Gift Certificates, \$40 value (2)

HIKING & CLIMBING

Adirondack Mountain Club - ADK fleece vest, \$25 value.

KAYAKING, CANOEING, SUP & SCUBA

Feeder Canal Alliance – 10-foot Potomac Pathfinder 100, \$200 value.

Lake George Kayak – SUP or Kayak Rental, \$200 value. (2)

Rich Morin's Professional SCUBA Center - Open Water SCUBA Class, \$480 value.

Seguin's SCUBA Center – Open Water Training Certification, \$450 value.

RUNNING

Firecracker 4 4-Mile Road Race Entry - Saratoga Springs, July 4, 2014, \$360 value. (12)

Jog for Jug Half-Marathon Entry - Duanesburg, May 10, 2014, \$45 value.

Jog for Jug 5K Entry - Duanesburg, May 10, 2014, \$20 value.

HITS Kiwanis Kingston Classic 10K Entry – Kingston, April 27, 2014, \$55 value.

iRun Local - Men's Under Armour shirt & Camelback Arc Quip Grip water bottle, \$50 value.

iRun Local – Ladies' Under Armour shirt & Camelback Arc Quip Grip water bottle, \$50 value.

Malta BPA 5K Entry - Malta, September 6, 2014, \$30 value.

Mastodon Challenge 15K Entry & Race Shirt, May 10, 2014, \$70 value. (2)

Schenectady Firefighters Run 4 Your Life 5K Entry – Schenectady, March 29, 2014, \$50 value (2)

Schenectady Firefighters ChowderFest Entry – Schenectady, March 29, 2014, \$50 value (2)

Sunny Hill Spring Obstacle Run Entry – Greenville, May 10, 2014, \$75 value.

Survive the Farm 5K Obstacle Run Entry – Easton, May 24, 2014, \$75 value. (2)

Wakely Dam Ultra Marathon Entry - Piseco, July 19, 2014, \$60 value.

TRAVEL

The Wild Center Admission Passes – Tupper Lake, \$70 value.

TRIATHLON & DUATHLON

Crystal Lake Triathlon Entry – Averill Park, August 16, 2014, \$65 value.

Saratoga Lions Club Duathlon Entry – May 25, 2014, \$55 value.

Team LUNA Chix Training Bag – 2 LUNA shirts, socks, bag, water bottle, hat and bars, \$80

And more – many exhibitors will have additional prizes and giveaways at their booth so be sure to visit!





LEARN SOMETHING NEW AT OUR
PADDLING DEMOS THROUGHOUT THE WEEKEND. PHOTO BY GREG WOLCOTT

EXPO PADDLING POOL DEMOS & CLINICS

SATURDAY, MARCH 8

11:00-11:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.

11:30-12:00 Stand-Up Paddleboarding 101 & SUP Yoga. Tina Fetten & Ike Wolgin, Lake George Kayak Co.

12:00-12:30 Kayak Paddling Strokes & Boat Handling Techniques. John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.

12:30-1:00 Whitewater Kayaking 101 & Playboating Fun. Jason LaSelva, Sacandaga Outdoor Center & Team Bliss-Stick US, and friends.

Kid's Kayaking "Try-It" Session. Bring your kids for this fun on-water experi-1:00-2:30 ence, led by experienced paddlers.

Blade, Body & Boat with Charlie Wilson. An on-water intro to paddle physics, 2:30-3:00 biomechanics, and boat control to help you improve efficiency and power in pack canoes. Charlie Wilson is world-renowned as a paddlesport gear designer, boat builder, instructor, author and past president of the American Canoe Association.

3:00-3:30 Touring Kayak Capsize Recovery, Rescue & Rolling. John Ozard, Steve Burke, Mike Cavanaugh, Anthony Lamanno, Adirondack Mountain Club – Albany Chapter.

SUNDAY, MARCH 9

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Sunday, April 27 - 5K & Mile • Chatham, NY Exceptional event • Super amenities • Shirts to first 1,400

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ADIRONDACK SPORTS & FITNESS SUMMER EXPO

List of Exhibitors

RUNNING & WALKING

Adirondack Marathon Distance Festival – Come to the highly acclaimed Adirondack Marathon, Half-Marathon, 2 & 4 Person Relay around crystal clear Schroon Lake, also a 5K & 10K on September 27-28. We were awarded Best Half Marathon in the Northeast in 2012 by competitior.com. Schroon Lake • 518-524-7464

Albany Running Exchange – One of the most active running and social organizations in the area. Membership is open to all ages and abilities for only \$10 per year, and provides access to races, merchandise discounts and other runners just like you! Albany • 518-320-8648 • runalbany.com

ARC Road Races: ARC 5K Challenge, ARC in the Park 5K & Great Pumpkin Challenge – The Saratoga, Schenectady and Rensselaer ARC's will be promoting their 5K and 10K races with the ARC 5K Challenge in Schenectady on Aug 8; ARC in the Park 5K in Rensselaer on Sept 20; and the Great Pumpkin Challenge 5K/10K in Saratoga Springs on Oct 18. 518-587-0723

Bondi Band – We'll have headbands (sweat wicking, fashion, skinny & braided), hats, arm and wrist bands, ponyties, compression socks and sleeves. Lewiston, ME • 785-766-7907 • bondiband.com

Double H Ranch – Visit our booth for information on our Double H Ranch Camp Challenge Ride and Camp Challenge Run on September 6. Lake Luzerne • 518-696-5921 • doublehranch.org

Firecracker 4 Road Race/FC4, Inc. – The eighth annual Firecracker 4-mile race is Friday, July 4th. Be cheered by residents and serenaded by musicians on your trek through historic Saratoga Springs. Over \$4,000 in prize money, a robust vendor village, extreme goody bags, dry fit tees and a fun start! Saratoga Springs • 518-316-4445 • firecracker4.com

Fleet Feet Sports – Visit our booth for running apparel, footwear and accessories. We'll have Good Form Running Clinics and group runs daily from our booth. Plus, Addaday therapy/recovery products and clinics.

Albany • 518-459-3338 • Malta • 518-400-1213

fleetfeetalbany.com

HITS Endurance & Kiwanis Kingston Classic – From the Mile to the Marathon, the 32 annual Kiwanis Kingston Classic now offers "a distance

for everyone!" Register to race in Kingston on April 27 and meet Olympic silver medalist and NYC Marathon champion Meb Keflezighi! Saugerties • 845-247-7275 • hitsrunning.com

Hudson-Mohawk Road Runners Club – We are a not-for-profit running club in the Capital District holding over 30 events throughout the year, including the Mohawk Hudson River Marathon & Half, Stockade-athon, the winter race series, and a summer track series. Come run with us! Albany • 518-377-1836 • hmrrc.com

iRun Local - We are a new running specialty store with running shoes, gear, apparel, and accessories. Our brands include Under Armour, Puma, Newton, Craft USA, Karhu, Camelbak, Pearl Izumi, Innov8 and more. We'll open mid-March on Congress Street. Saratoga Springs • 949-275-8887 • irunlocal.com

Komen NENY Race for the Cure – Find out about the 20th annual Race for the Cure on October 4 in Albany; learn about breast health and breast cancer, purchase pink ribbon merchandise to support the cause. Albany • 518-250-5379 • komenneny.org

Malta 5K - The fifth annual Malta BPA 5K presented by Global Foundries is on September 6 and is the only race that brings participants through Malta's two tech parks and onto the Global Foundries campus. Malta • 518-472-4807 • malta5k.com

Mastodon Challenge 15K, 5K & Kids Fun Run – For the 145th anniversary of its founding, the City of Cohoes has established two footraces as part of the Cohoes Heritage Festival. The races will be held on May 10. Visit our booth for discounts on race registrations and giveaways and samples. Cohoes • 518-233-2116

• mastodonchallenge.com

Power House Athletics & Jog for Jugs Half
Marathon/5K - Project HEAL and Power House
Athletics work in conjunction to organize Jog for
Jugs, AAU basketball, personal training, nutrition advice and more. PHA gear, protein powder
and race entries are a few products we'll have at
the expo. Albany • 518-209-4190
• powerhouseathleticsny.com

Ragnar Relay - Visit our booth for information on the Ragnar Relay Series and Ragnar Relay Adirondacks. The 200-mile overnight running relay makes testing your limits a team sport. Kaysville, UT • 804-499-5024 • ragnarrelay.com

RUseeN Reflective Apparel – We will be selling and promoting reflective shirts, vests, jackets, and other reflective accessories. Shillington, PA • 610-777-1288 • ruseen.com

Saratoga Stryders – Come run with us. The Saratoga Stryders have workouts and recreational runs and walks for all abilities. Join us Wednesdays or Saturdays throughout the year or participate in our summer trail run series. Saratoga Springs • saratogastryders.org

Schenectady Firefighters' Run for Your Life 5K

- We'll be promoting our fifth annual 5K run/ walk on March 29 to benefit American Heart Association to raise awareness about the leading cause of death to firefighters: cardiovascular disease. New this year is the Chowderfest with free samples to runners. Schenectady • 518-365-3883 • schenectadyfirefightersrun4yourlife.com

Survive the Farm 5K - We'll be promoting our 5K obstacle challenge mud run on May 24 at our farm in Easton. We also have a 1K kids' obstacle course and barbeque. Easton • 518-791-7856 • survivethefarm.com

Team in Training: Leukemia & Lymphoma Society

- Team in Training is a relentless fundraising team of inspired volunteers driving the LLS's vision of a world without blood cancers supported through the endurance sports community. Albany • 518-438-3583 • teamintraining.org/uny

BICYCLING & MOUNTAIN BIKING

Adirondack Ultra Cycling – We organize long distance bicycle rides and races in the Adirondack and Saratoga regions of Upstate New York. We'll sell merchandise for the long distance cyclist, such as lights, reflective gear, clothing and accessories. Schuylerville • 518-583-3708 • adkultracycling.com

American Diabetes Association: Tour de Cure

- Get ready to take the ride of your life with Saratoga Springs' Tour de Cure on June 1 and help 23.6 million Americans with diabetes. Choose from five great routes - 10, 25, 50, 62.5,100 miles, or an indoor 3-hour Spinathon! Albany • 518-218-1755 • diabetes.org

Capital Bicycle Racing Club – We promote four road races and three time trials each racing season, and have a reputation for well-run, safe events. CBRC's mission is to advance bicycle racing and riding in the Capital Region. 518-966-4198 ◆ cbrc.cc

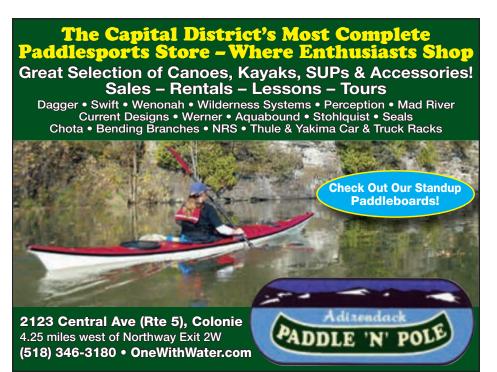
CK Cycles – A family owned and run business, at CK our focus is you and your needs. CK is also proud to sponsor of R-Cubed, a local running and riding group focused on fun and being healthy. Call or stop in to see us. Albany
• 518-459-3272 • rcubedrunriderace.com

Crankcase – Crankcase is the perfect just-in-case solution when transporting your bike in the car or storing your bike indoors. The Crankcase keeps grease and grime from "making their mark" on your car. Queensbury • 518-428-2827 • coveryourcranks.com

Garnet Hill Lodge & Adventure Center - We're a destination resort in the traditional Great Camp style and offers fine food, lodging and adventures from mild to wild! Activities include XC skiing, snowshoeing, mountain biking, hiking, birding, paddling, geocaching and more. Get your 2014-15 XC ski passes now at a great rate. North Creek • 518-251-2444 • garnet-hill.com

Grey Ghost Bicycles – More than a bike shop – we're the start of a true cycling community. Considered an inspiring place where discerning riders can come to gain knowledge, we offer the best in sales, service and professional fit. Stop by







www.AdkSports.com MARCH 2014



Falls • 518-223-0148 • greyghostbicycles.com

Mohawk-Hudson Cycling Club – We are upstate New York's largest recreational bicycling organization. The club currently has 700 members – individuals and families who enjoy riding on the road or trail in and around the Capital-Saratoga region. 518-466-1182 • webmhcc.org

Mohawk Towpath Scenic Byway – As one travels between Waterford, Cohoes and Schenectady you unlock the story of the Mohawk River, Eric Canal, the waterway west and the part our communities played in the westward expansion of the country. Clifton Park • 518-371-7548 • mohawktowpath.org

Plaine & Son Ski & Bike, Broadway Bicycle Co., Collamer House – We'll promote our bicycles, fit services, Specialized and Trek brands, bicycling clothing and accessories and introduce our new location, Collamer House, in Malta. Schenectady • Albany • Malta • 518-346-14332 • plaineandson.com • broadwaybicycleco.com

Saratoga Mountain Bike Association – SMBA is a Capital Region based mountain bike advocacy club that provides riding opportunities, trail construction and maintenance and cyclingbased events at affiliated properties. Saratoga Springs • 715-781-5385 • saratogamtb.org

Steiner's Ski & Bike – Visit our "store" at the Summer Expo where we'll have big discounts for summer and winter gear. The summer sale includes all 2013 road bikes at 20-40% off, cycling jerseys at 30-50% off, gloves at 50% off, Men's Carbon road shoes at 50% off and adult helmets for \$29.99. Brands are Specialized, Trek, Raleigh, TYR, Pearl Izumi. The winter sale includes skis and boots at 50% off. Ski accessories and ski wear at 30-50% off! Brands include Rossignol, Fischer, K2, Line, Nordica, Lange, North Face, Karbon, Kiltel, Patagonia, Smith,

Scott, Oakley. Glenmont, Hudson, Valatie • 518-427-2406 • steinersskibike.com

Tomhannock Bicycles – Visit our booth for triathlon, road and mountain bikes plus accessories and apparel. Pittstown • 518-663-0083 • tomhannockbicycles.com

Warren County Bicycle Organization – Visit our booth to learn about fun bicycling activities in Warren County at the southern edge of the Adirondacks. We'll have guides and safety information available too. Queensbury • 518-480-4859 • bikewarrenco.org

HEALTHY LIVING

Adirondack Sports & Fitness – Stop by to introduce yourself, give us feedback on the magazine and expo, and enter to win great prizes to races, events, products and services – valued at over \$5,000. Clifton Park • 518-877-8788 • adksports.com

Advocare - Advocare is a premier health and wellness company offering world class products for energy, weight loss, nutrition, sports performance. Safe and tested products, used and endorsed by NCAA, Olympic and professional athletes. Poestenkill • 518-365-7058 • advocare. com/131215764

Arbonne International – Arbonne offers the only line of products that are completely botanically based. Our products meet dietary needs at every stage of life. Clifton Park • 518-321-4591
• sheila@myarbonne.com

Huff 'N Puff - We provide start-to-finish solutions for window, door and gutter replacement in the Albany and Hudson Valley regions. We are the exclusive dealer of Renewal by Andersen

windows and doors and Gutter Helmet gutter

protections systems. Schenectady
• 518-356-3026 • huffnpuffinc.com

Nerium International – Nerium AD has been proven to reduce the appearance of fine lines, wrinkles, discoloration, uneven skin texture, enlarged pores and loose skin. Look 10 years younger. Wilton • 518-281-4127 • laurieomal. nerium.com

NYS Office of the State Comptroller for Unclaimed Funds – We'll offer free name searches and assistance with unclaimed funds database. Albany \bullet 518-408-4154 \bullet osc.state.ny.us

Plaza Fitness Performance – The quest for an optimal life has inspired us to create Plaza Fitness Performance. We offer strength classes and performance programming.

Albany • 518-424-3724 • plazafitness.net

RAW Fitness - We'll be promoting our new fitness classes, specifically Boxilates (boxing and Pilates mixed). We will be promoting our women-only weekend wellness retreats starting in April 2014 in Blue Mountain Lake. Learn yoga and Pilates around the bonfire! Saratoga Springs • 518-810-1728 • facebook.com/rawfitnesssaratoga

Regional Food Bank of NENY – We'll have literature telling the Regional Food Bank story. At the expo, we will solicit non-perishable food and monetary donations upon entrance to the expo. Latham • 518-786-3691 • regionalfoodbank.net

Saratoga Hospital: Regional Therapy Center – The Regional Therapy Center offers outpatient physical, occupational and speech therapy as well as aquatic therapy. Meet with our therapists to learn how we can help you! Saratoga Springs • 518-583-8459 • saratogahospital.org

Sportique Brands – The first brand of all natural skin care specifically catering to cyclists, skiers, paddlers, runners and their families. You'll love our vegetable-based chamois cream, elements protective cream, shea butter moisturizers –

all purely botanical, no parabens, not animal tested, no colors, harsh chemicals or synthetic preservatives. Kinderhook • 518-758-6678 • sportiquebrands.com

Sports Physical Therapy of NY – In every aspect of our company, we try to go above-and-beyond – whether it's helping patients recover from pain or injury, creating a place where employees can flourish, or giving back to our communities. Saratoga Springs • 518-583-7537 • sptny.com

SUNY Adirondack: Adventure Sports - We offer programs in adventure sports leadership and management. Opportunities include back country living, canoeing, whitewater paddlesports, rock climbing, challenge course facilitation and management, snowsports, wilderness first responder and more. Queensbury

• 518-743-2200 • sunyacc.edu

HIKING & CLIMBING

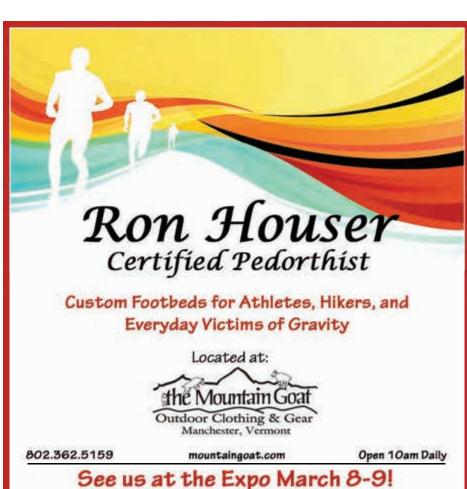
Adirondack Mountain Club - The Adirondack Mountain Club is a nonprofit organization offering a variety of outdoor recreation opportunities throughout the year and actively protecting the Adirondacks and Catskills through advocacy, conservation and education. Lake George
• 518-668-4447 • adk.org

The Mountain Goat - We will be selling a variety of footwear for hiking, running and casual use. Ron Houser, certified pedorthist and owner of The Mountain Goat, will be on hand to share his expertise in pedorthics. Manchester Center, VT • 802-362-5159 • mountaingoat.com

NYS Outdoor Guides Association – Staffed by member NYS licensed guides, we will present information about the activities and businesses of our member guides and about New York State guiding in general. 315-429-9324 • nysoga.org

continues on 18









Damien's Rock Wall - We'll have our rock wall for kids and adults to climb at the expo. We rent our mobile wall for parties and events. Scotia • 518-428-6020 • rocksolidfun.com

YMCA Camp Chingachgook - A premier summer camp on the east shore of Lake George. We offer a variety of year round programs including overnight camp, day camp, teen adventure trips, women's and family programs. Kattskill Bay • 518-656-9462 • lakegeorgecamp.org

KAYAKING, CANOEING,

Adirondack Kayak Warehouse - We are the largest kayak and SUP dealer in the Capital District featuring Hobie, Old Town, Elie, Volo, Bote, Bic, Jimmy Styx, Wilderness Systems, Perception. and Necky brands. See us for special deals at the show! Amsterdam • 518-843-3232

adkkayakwarehouse.com

American Traders - We build composite and wood canoes. New for 2014, premium E-fusion, Kevlar-Epoxy lightweight canoes. From 15-foot Prospector to 17'4" Canadian Tripper models. Also the finest quality classic wood/canvas and wood/epoxy models and accessories. Free delivery for all show purchases. Brattleboro, VT • 802-254-1300 • amtraders.com

Boats by George & Patty's Watersports - Patty's Watersports will be offering a wide range of stand up paddleboards from Naish, Doyle and Bote. Water sports equipment from O'Brien include tubes, wakeboards and kneeboards. Lake George • 518-793-5452 • pattyswatersports.com

Feeder Canal Alliance – Stop by our booth to learn more about biking, hiking and paddling the 7-mile long Glens Falls Feeder Canal and Towpath Trail with its connection to many other trails and waterways. Glens Falls • 518-792-5363 feedercanal.org

Lake George Kayak Co. - A full service kayak, canoe, stand up paddleboard and small boat center located in Bolton Landing on Lake George. Sales, rentals and lessons are offered daily from our boathouse, where Everyday Day is Demo Day. Clothing, footwear and gear for every adventure - Patagonia, Horny Toad, Isis, Outdoor Research, Marmot, Chaco, and much more located in our fully restored 1890's boathouse on the water, next to our rental/demo shop. Not just kayaks. Great clothing! Bolton $Landing \bullet 518\text{-}644\text{-}9366 \bullet lakegeorgekayak.com}$ **Mountainman Outdoor Supply Company - New** York's largest canoe, kayak and SUP dealer is now in Saratoga Springs. Visit our booth and look for great deals on all your paddling and outdoor needs and get a preview of our upcoming Saratoga Paddlefest. We'll have great deals on boats and also up to 50% off footwear and outerwear. Visit our stores at 490 Broadway and 251 Stafford Bridge Rd on Fish Creek. Saratoga Springs • Broadway: 518-584-3500 • Fish Creek: 518-584-0600 • mountainmanoutdoors.com

Rich Morin's Professional Scuba Centers -

Learn more about our snorkel and scuba diving courses and equipment, triathlon wetsuits, fowl weather clothing, dive lessons and travel. Glens Falls • 518-761-0533

• richmorinsproscubacenters.com

Saratoga Rowing Association – We'll have two rowing machines available to try the sport along with information on our adult and junior rowing programs. We will also have an erg challenge: row 1000 meters and receive a t-shirt. Saratoga Springs • 518-587-6697 • saratogarowing.com

Seguin's Scuba Center - We are the oldest dive center and the newest PADI dive center in the Capital Region. We are a scuba diving rental store offering lessons, certification and equipment. Albany • 518-456-8146 • seguinsscuba-

Slipstream Watercraft - Canoes, kayaks, accessories - we specialize in ultra-light weight canoes that are less than 10 pounds. Fort Johnson • 518-423-8827 • slipstreamwatercraft.com

TRIATHLON & DUATHLON

Bethlehem Tri Club - We're a group of all level multi-sport athletes who socialize, train and race together in a motivating and professional environment. Weekend warriors to Ironman competitors, we educate, empower and inspires athletes to live and train at their best! Delmar • 518-598-3434 • bethlehemtriclub.com

Capital District Triathlon Club - Visit our booth for information on our 2014 season, membership, social gatherings, Tuesday night training sessions, Crystal Lake Triathlon and training program for those who want to try a triathlon. 518-428-1516 • cdtriclub.org

Peasantman Steel Distance Triathlon - Learn more about the inaugural Peasantman Steel Distance Triathlon on August 17 located in

the Finger Lakes. The course provides beautiful scenery to enhance the racing experience. Choose from the full distance (144.6 mi), the half (72.3 mi) or the half relay. This is a great low cost alternative to other more expensive races. Penn Yan • 315-670-7191 • peasantman.com

Saratoga Lions Duathlon - The Saratoga Lions Club hosts an annual duathlon on May 25 at the Saratoga Casino & Raceway. This is a run/bike/ run timed race, which can be done by individuals, 2-person and 3-person teams and corporate 3-person teams. Saratoga Springs

• 518-788-7570 • saratogalions.com

Saratoga Triathlon Club - We'll have information about our club and the sport of triathlon. We offer swims, clinics, workouts and camaraderie. Saratoga Springs • 518-860-5698

saratogatriclub.com

SkyHigh Adventures – Visit our booth to learn more about the SkyHigh Youth MultiSport Summer Camp, MultiSport Life Triathlon Club, XTerra and Kids Triathlon, Super Sprint Series and the Father's Day Sprint. Averill Park • 518-281-6480 • skyhighadventures.com

Team LUNA Chix Triathlon - We are a volunteer group committed to getting women active and raising money for the Breast Cancer Fund. Come learn about our Tour de Cure team, clinics for run/bike/swim, and summer workouts around the Capital Region. Clifton Park • 518-280-9679 • teamlunachix.com/albany_triathlon

TRAVEL DESTINATIONS

Adirondack Scenic Railroad - Hike and rail, bike and rail, river and rail or just relax and enjoy the ride! Take the train and enjoy the time together while taking in the scenery or relaxing after a day of exploration! Thendara • 315-724-0700 • adirondackrr.com

Bolton Landing Chamber of Commerce - We'll be promoting Bolton Landing, our members and upcoming events, including the Girlfriend's Wellness Weekend on May 9-11 in Bolton Landing. Bolton Landing • 518-644-3831 • boltonchamber.com

Friends of Moreau Lake State Park – We'll have displays of animals (taxidermy), info about the park, and activities offered. We'll have hats, maps and memberships for sale. Gansevoort • 518-928-1238 • friendsofmoreaulake.org



Fulton County Tourism - We'll have information on events in Fulton County such as the Peck's Lake Triathlon, Triple Crown 5K and other 5K events plus hiking trail maps. Gloversville • 518-725-0641 • 44lakes.com

Gore Mountain Region Chamber - We'll promote visitor info from the Gore Region, events and our member businesses. North Creek • 518-251-2612 • gorechamber.com

Gore Mountain – Gore is Saratoga Springs' home mountain offering 2,537' vertical that spans nine sides of four peaks. 2014/2015 season passes are on sale now. Ask us about our new activities available this spring, summer and fall. North Creek • 518-251-2411 • goremountain.com

Town of Inlet - Discover Inlet! Hiking, biking, fishing, birding, camping, kayaking, canoeing, golfing, horseback riding, skiing, snowshoeing, sledding, snowmobiling and more outdoor activities. Inlet • 315-357-5501 • inletny.com

Silverleaf Resorts - We will be promoting our resort in the Berkshires. Latham • 518-785-4083 • silverleafresorts.com

Vacation Getaways - Sign up for a Florida vacation package with Universal Studios. One winner is chosen at the event. All others will be offered discounted packages. Tampa, FL • 813-928-5325

City of Watervliet & David Fisher Upper Hudson Heroes - We're promoting our Hudson Shores Park, historical sites, summer programs and kayaking for disabled vets. Watervliet • 518-337-9115 • watervliet.com

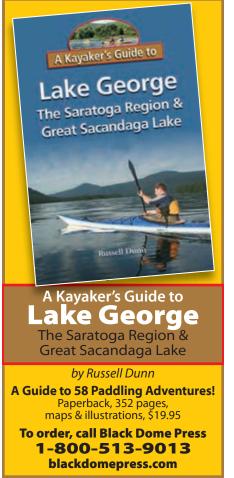
The Wild Center - We're a new kind of museum designed by the same company that designed the air and space museum in Washington, DC. It has live exhibits and live animals, including otters, birds, fish and amphibians. Tupper Lake \bullet 518-359-7800 \bullet wildcenter.org

M/W/F - 5:15 or 6:45am

Tu/Th - 5:15 or 9:30am

Sat - 6:15 or 7:30am







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MARCH 2014

RACE RESULTS

2ND ANNUAL GLENS FALLS LIONS CLUB DUATHLON

		Oct	ober 13, 2013	SUNY	Adirondack, Quee	nsbury	,	
	5K RUI	N, 30K BI	KE, 5K RUN		FEMALE AGE GROUP:	45 - 49		
M	ALE OVERALL				1 Allison Pouliot	49	Bristol	2:12:08
1	James Keyzer	29	Greenfield Center	1:27:29	MALE AGE GROUP: 50	- 54		
2	Carl Regenauer	48	Saratoga Springs	1:29:30	1 James North	50	Greenfield Center	1:34:47
3	Brenden Rillahan	40	South Glens Falls	1:30:17	2 Bob Keenan	51	Queensbury	1:50:29
FE	MALE OVERALL				3 Leroy Brace	50	Mechanicville	1:51:30
1	Shylah Weber	25	Rensselaer	1:37:18	4 Jim Giglio	51	Albany	1:53:40
2	Joanne Burns	39	Queensbury	1:44:50	5 Thomas Penders	53	Queensbury	1:56:50
3	Tracy Perry	49	Clifton Park	1:47:34	6 John Conchieri	50	Greenfield Center	1:58:40
	ALE AGE GROUP: 18				7 James Buffoni	52	Lake George	2:03:30
1	Jonathan Lazzara	23	Rensselaer	1:39:45	MALE AGE GROUP: 55		Lake George	2.05.50
2	Beren Evans	19	Voluntown, CT	1:44:53			W. I. I. I.	4 44 50
3	Kevin McCullough	20	Gansevoort	1:56:55	1 Glenn Herbert	55	Kinderhook	1:44:58
	MALE AGE GROUP:		Constitution of the Constitution	2.00.02	2 Bela Musits	59	Queensbury	1:51:30
1	Brigid Kilroy	27 26	Greenfield Center	2:09:02 2:12:08	3 Vincent Kirby	56	Mechanicville	1:52:42
2	Ashlie Graham IALE AGE GROUP: 30		Lincoln	2:12:08	4 Steven McCullough	55	Gansevoort	2:08:10
IVI	Frik Sointio		0	1:34:12	MALE AGE GROUP: 60	- 64		
2	Steven Smith	31 32	Queensbury Rensselaer	1:34:12	1 Rick Morse	63	Glens Falls	1:50:39
_	MALE AGE GROUP:		Kensseider	1.57.02	2 Glenn Schaef	63	Glens Falls	2:08:23
1	Crystal Davis	3 0 - 34 33	Schenectady	2:10:11	MALE AGE GROUP: 65	- 69		
B/	IALE AGE GROUP: 35		Scrienectady	2.10.11	1 Charles Brockett	67	Dolgeville	1:58:26
1	Patrick Hendrix	38	Ticonderoga	1:34:10	TWO-PERSON TEAM - I	MALE	,	
2	John Bonetsky	38	Niverville	1:47:49	1 Grey Ghost Bicycles/T3	Coaching		1:23:35
3	Daniel Wallace	38	Queensbury	1:53:57	2 Burgh Boys	coaciiiig		1:33:38
-	MALE AGE GROUP:		Queensbury	1.55.57	3 Tom's Team			1:34:37
1	Karen Swift	39	Saratoga Springs	1:55:21	TWO-PERSON TEAM - I	MIVED		1.54.57
M	ALE AGE GROUP: 40		saratoga spinigs	1.55.21	1 Power Saw to the Peop			1:37:33
1	Randy Swift	41	Saratoga Springs	1:34:05	2 S Brodie/Jim Suozzo	ЛЕ		1:53:40
2	Tom Hansen	44	Glens Falls	1:40:57	TWO-PERSON TEAM - I			1.55.40
3	Lance Decker	43	South Glens Falls	1:49:40		EIVIALE		
4	Matt Mahoney	43	Clifton Park	2:07:50	1 Simone/Dona			2:28:38
5	Anand Arunakumar	43	Saratoga Springs	2:39:30	THREE-PERSON TEAM	- MALE		
FE	MALE AGE GROUP:	40 - 44	3 , 3		1 Team Boston			1:46:53
1	Elizabeth Benjamin	41	Rensselaer	1:54:27	THREE-PERSON TEAM -	- MIXED		
M	ALE AGE GROUP: 45	- 49			1 Cathy's Angels			1:49:23
1	Stephen Layden	46	Lake George	1:41:54	Courtesy	of Glens F	alls Lions Club	

13TH ANNUAL GREAT PUMPKIN CHALLENGE 5K & 10K

00	tober	19, 2013 • Sara	toga Sp	oa S	itate Park, Sarato	oga S	prings	
FEMALE AGE GROUP:	1 - 14			M	ALE AGE GROUP: 45 -	49		
1 Emma Bodner	13	Greenwich	53:37	1	Carl Regenauer	48	Saratoga Springs	38:33
2 Mariya Daukontas	14	Dolgeville	1:10:21	2	Kevin Creagan	48	Albany	38:38
MALE AGE GROUP: 15				3	Adam Frno	48	Mechanicville	44:08
1 Daniel Post	18	Albany	44:09	FI	MALE AGE GROUP: 45	- 49		
2 Tommy Lewis	19	Albany	54:46	1	Mary Fenton	48	Ballston Spa	44:35
FEMALE AGE GROUP:				2	Cheryl Tracy-Debraccio	48	Scotia	47:27
1 Shirah Hill-Cohen	19	Manchester Center, VT	48:25	3	Lonnie Halusic	45	Niskayuna	50:50
2 Taylor Wilhelm	19	Parkton, MD	1:11:04		ALE AGE GROUP: 50 -		Niskdyund	30.30
MALE AGE GROUP: 20	74	Calanaataalu	43:45				Timedone	20.42
1 Andrew Bray		Schenectady		1	Matthew Karkoski	51	Ticonderoga	38:42
2 Thomas Hausman	20 20	Albany	44:28	2	Hugh Davis	53	Saratoga Springs	39:17
3 Benjamin Yatt		Saratoga Springs	48:30	3	Samuel Mercado Jr	50	Saratoga Springs	40:17
FEMALE AGE GROUP: 1 Angela Thomas	20 - 24	Caustana Carinas	47.20	FE	MALE AGE GROUP: 50	- 54		
1 Angela Thomas 2 Erin Lane	24 24	Saratoga Springs Albany	47:29 48:50	1	Diane Mahar	52	Ballston Spa	50:04
3 Nicole Borisenok	24	Watervliet	48.50	2	Kirsten Leblanc	50	Broadalbin	51:06
MALE AGE GROUP: 25		vvaterviiet	49.50	3	Anne Hurley	50	Delmar	51:53
1 Chris Wemple	28	Rock City Falls	39:19		ALE AGE GROUP: 55 -	59		
2 Hunter Godeck	25	Saratoga Springs	47:22	1	Glenn Herbert	55	Kinderhook	45:40
3 Nick Reisman	28	Clifton Park	47.22	2	Theodore Todorov	57	Clifton Park	46:32
FEMALE AGE GROUP:		CIIILUII Faik	47.27					
1 Janne Rand	28	Lake Placid	40:38	3	Edward Nicosia	55	Amsterdam	49:42
2 Amy Loughridge	27	Saratoga Springs	41:21		MALE AGE GROUP: 55			
3 Christine Elliott	25	Saratoga Springs	44:26	1	Hope Plavin	55	Malta	51:56
MALE AGE GROUP: 30		Saratoga Springs	44.20	2	Carolyn George	59	Albany	52:25
1 Brent Pollak	34	Amsterdam	41:56	3	Patricia Fehling	57	Saratoga Springs	57:54
2 Dan Messier	33	Slingerlands	44:49	M	ALE AGE GROUP: 60 -	64		
3 Andrew Carmichael	34	Saratoga Springs	44:58	1	Dennis Fillmore	61	Ballston Spa	42:47
FEMALE AGE GROUP:		Saratoga Springs	44.50	2	Paul Forbes	63	Colonie	47:23
1 Kim Zimbal	32	Saratoga Springs	47:28	3	Rick Morse	63	Malta	48:27
2 Sara Bush	34	Saratoga Springs	48:09	-	EMALE AGE GROUP: 60		ividita	40.27
3 Danielle Bargovic	30	Rensselaer	49:24			62	Clin and and	40.20
MALE AGE GROUP: 35		rensseider	13.21	1	Martha DeGrazia		Slingerlands	49:20
1 William Henke	39	Gansevoort	41:10	2	Maryanne McNamara	60	Gansevoort	52:29
2 Mark Lansing	37	Niskayuna	42:48	3	Myriam Santos	60	Clifton Park	52:37
3 Gregory Rashford	35	Niskayuna	43:18	M	ALE AGE GROUP: 65 -	69		
FEMALE AGE GROUP:		ristayana	13.10	1	Joseph Scaringe	67	Latham	52:16
1 Rachel Krackeler	37	Saratoga Springs	43:37	2	Douglas Fox	69	Loudonville	52:59
2 Allison Walter	37	South Glens Falls	45:57	3	David Flansburg	68	Little Falls	1:01:36
3 Tiffany Morgan	38	Ballston Lake	46:16		MALE AGE GROUP: 65	- 69		
MALE AGE GROUP: 40) - 44			1	Roberta Solemon	69	Clifton Park	56:03
1 Martin Gordinier	43	Delmar	39:36	2	Linda Meier	65		1:04:15
2 Daniel Capron	43	Newport	41:37				Schenectady	
3 Joseph Christop	41	Clifton Park	42:37	3	Louise Quattrocchi	66	Albany	1:06:58
FEMALE AGE GROUP:	40 - 44				ALE AGE GROUP: 70 -			
1 Stacia Smith	43	Niskayuna	43:39	1	Howard Jones	70	Clifton Park	52:17
2 Carol Hill	44	Queensbury	46:20	2	Ralph Santos	72	Clifton Park	59:19
3 Carly Hamilton-Jones	40	Saratoga Springs	48:01		Courtesy	of Sara	toga Bridges	
*					,			

		6				OWN HEROES Crossings, Color			
М	ALE OVERALL				FE	EMALE AGE GROUP:	35 - 39		
1	Kevin Curley	46	Cohoes	19:09	1	Meg Sodano	35	Albany	28:33
2	Korey McCoy	41	Latham	19:54	2	Angela Vasilakos	37	Albany	29:05
3	Jeff Moss	28	Colonie	21:02	3	Ceniza Sheila	39	Albany	29:29
FE	MALE OVERALL				M	IALE AGE GROUP: 40	- 44		
1	Aixa Toledo	41	Glenmont	22:31	1	Jim Foley	43	Albany	22:09
2	Janice Phoenix	52	Schenectady	23:09	2	Arnel Joyner	41	Clifton Park	23:54
3	Rachel Andonie	19	Clifton Park	23:48	3	Brian Fifield	42	Mechanicville	26:12
M	ALE AGE GROUP: 1 - 1	14			FE	EMALE AGE GROUP:	40 - 44		
1	Aidan Giaquinto	10	Ballston Spa	25:17	1	Thelma Cummings	41	Fultonville	25:43
2	Nicholas Vanvranken	10	Rensselaer	25:54	2	Wendy Ausfeld	40	Clifton Park	29:43
3	Zach Mann	11	Rensselaer	35:04	3	Shari Gordon	44	East Greenbush	30:40
FE	MALE AGE GROUP: 1	- 14			M	IALE AGE GROUP: 45	- 49		
1	McKenzie Quinn	10	Rensselaer	27:04	1	Tom Mack	49	Wynantskill	23:18
2	Lena Calkins	12	Schenectady	28:22	2	Mark Giaquinto	47	Ballston Spa	24:07
3	Gail Cabahug	13		30:53	3	Mike Salens	48	Clifton Park	25:30
FE	MALE AGE GROUP: 1	5 - 19			FE	EMALE AGE GROUP:	45 - 49		
1	Erin Sausville	17	Ballston Spa	25:27	1	Donna Mare	49	Clifton Park	28:00
2	Camille Valenza	16	Queensbury	33:38	2	Sandy Denbesten	45	Valatie	28:22
3	Taylor Mann	15	Rensselaer	35:28	3	Lisa Hogan	47	Cohoes	28:26
M	ALE AGE GROUP: 20 -	24			M	IALE AGE GROUP: 50	- 54		
1	Garrett Cummings	24	Troy	33:58	1	Henry Pettit	50	Burnt Hills	23:21
FE	MALE AGE GROUP: 2	0 - 24			2	Brian Sherman	52	Galway	24:50
1	Kara Lyons	21	Honolulu, HI	27:56	3		54	Cohoes	24:57
2	Rayne Rappazzo	20	Cohoes	29:00	F	EMALE AGE GROUP:	50 - 54		
3	Elizabeth Cummings	22	Troy	33:57	1	Nancy Stevens	53	Latham	26:10
M	ALE AGE GROUP: 25 -	29			2	Ann Swezey	54	Cohoes	27:12
1	Jason Ganns	29	Albany	22:15	3		54	Clifton Park	27:20
2	John Fisher-Thompso	25	New York	24:46	M	IALE AGE GROUP: 55			
3	Nicholas Kosser	27	Clifton Park	25:01	1	Pat Murphy	55	Clifton Park	27:21
	MALE AGE GROUP: 2				2	Alex Rinaldi	57	Latham	27:52
1	Monica Blount	29	Albany	24:19	3	Tim Perrycoon	58	Latham	29:52
2	Kiera Barrett	27	Loudonville	27:19		EMALE AGE GROUP:			
3	Chilibenic ramicerana	25	New York	27:40	1	Karen Barrett	58	Troy	27:19
	ALE AGE GROUP: 30 -				2	Denise Greene	57	Latham	28:47
1	Jeff Quivey	30	Schenectady	21:05	3	,	57	Slingerlands	28:50
2	Seth Thomas	34	Albany	21:29	M	IALE AGE GROUP: 60			
3		31	Albany	22:08	1	Wayne Rado	63	Troy	31:42
FE	MALE AGE GROUP: 3					EMALE AGE GROUP:			
1	Rebecca Chapman	32	Nassau	25:25	1	Deb Treece	60	Albany	34:42
2	Amy Hartman	32		26:38	2	Theresa Mason	61	Loudonville	53:22
3	Misty Guthinger	33	Amsterdam	29:28		IALE AGE GROUP: 65			
	ALE AGE GROUP: 35 -				1	William Lounello	65	Rensselaer	52:55
1	Mike Merriman	38	Clifton Park	21:08		EMALE AGE GROUP:			
2	Josh Olcott	36	Altamont	24:02	1	Janet Hicks	66	Granville	51:06
3	Dave Ricks	35	Clifton Park	31:21		Courtes	of Home	etown Heroes	

KAYAKING, CANOEING & SUP

Tenandeho Whitewater Derby Annual Race is Slated for April 6 By Danielle Sanzone t takes a certain type of person to willingly subject themselves to the 4.5-mile, fastwater course along the Tenandeho Creek PHOTO BY JOHN SULLIVAN

on a yearly basis as part of the Tenandeho Whitewater Derby in Mechanicville. But that is exactly what dozens of kayak and canoe racers have done for the past 35 years.

The Tenandeho Canoe Association organizes the event which is one of only two whitewater races of its kind in the state. It includes three Class II rapids, called the Rock Garden, the Roundhouse, and the Apartments, with a Class II-III finale, called Downtown, as the creek empties into the Hudson River.

The 41st annual derby is happening on Sunday, April 6 at 12 noon. The put-in point is at Coons Crossing Road, in the outskirts of the city of Mechanicville, near the intersection with NY Route 67.

The narrow, winding creek - also called the Anthony Kill - flows from Round Lake into the Hudson River and paddlers usually finish the route in a couple of hours. There is no age minimum or limit for the race, which has attracted pre-teens and those well into their 70s, said John Erano, one of the founding members of the Tenandeho Club. "In its heyday, it was so successful, you'd have crowds of 12,000 or 15,000 lining the streets," he said.

Last year, hundreds gathered along the creek to watch more than 50 paddlers. A similar turnout of spectators and competitors is expected this year. The race also has a regular "poling" entry; he stands up in his canoe the entire trip using a pole to navigate the choppy waters. With paddlers drawing, sculling, pulling, back paddling, and ferrying their vessels through low hanging trees, they deal with the beautiful Rock Garden rapids first. Depending on the water level, there is usually a patch of protruding rocks right before this Class II.

About a half-mile from the Rock Garden lies the infamous Roundhouse Rapids, named that after a railroad roundhouse that used to be situated along the creek. While Mechanicville's railroad glory days are long gone, historic remnants still remain along the creek. A stone bridge from the turn of the 19th century is a good example.

Mechanicville's more recent history is also preserved - with old telephone poles, tin roofs, and other debris lying near the creek - from the tornado that hit the city in 1998.

At the base of Roundhouse there is another small grouping of rocks, and then it's almost smooth sailing until passing under the bridge near DiSiena Furniture. This is where paddlers battle the labyrinth-like turns in the section with a series of rapids dubbed the Downtown rapids of the course that meanders through the city. "You really have to know what you're doing in that part of the race," says John.

This leads to some steep inclines and rapids before the finish line. But, what's interesting about this race is the hardest part of the course is actually after the finish line, since many paddlers have ended up in the icy waters as they maneuver the Class II-III rapids near the Hudson River.

Luckily, there are always attentive emergency rescue workers on hand. With the above-average accumulations of snow this season, the club is expecting some fast water for the race. Volunteers with the Tenandeho Canoe Association will follow the creek during the weekends prior to the event to clean any fallen trees and limbs.

The race was founded by the Rotary Club in 1973. After three years, they decided not to organize the derby anymore and a small group of men banded together to form the Tenandeho Canoe Association. "It was at this point that a group of paddlers formed the association to keep the event alive," said

Through the years, the derby has also featured slalom competitions, a kids' race, a triathlon, and the popular "anythingthat-floats" race. The anything-that-floats category was revived five years ago and Mechanicville plans to sponsor it again this year. Entries have included gigantic rubber ducks and other colorful inflatable devices. which somehow make it over the last Class II-III rapids in one piece.

If the water levels are unsafe on that Sunday, which has only occurred a couple of times in race history, it would be rescheduled for Saturday, April 12 at 12 noon, with the anything-that-floats event following the kayak and canoe races.

Registration is \$15 from 9-11am on race day. The awards ceremony will follow the anything-that-floats program at the Mechanicville Area Community Services Center on Main Street.

Danielle Sanzone (dmsanz01@gmail.com) is a reporter with The Record in Troy. A graduate of St. Lawrence University, she is an aspiring Adirondack 46er.





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ADIRONDACKS

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

518-548-4521

REGION

RACE RESULTS

		5	TH ANNUAL	RACE	A۱	NAY STIGMA	5K		
	Oc	_				Community Co		Trov	
м	ALE OVERALL		,		-	MALE AGE GROUP: 3	_	,	
1	Pete Birdsinger	50	Troy	20:02	1	Diana Oropallo	39	Ballston Spa	25:45
2	Andrew Ohrin	29	Castleton	20:14	2	Heidi Wright	39	Troy	29:29
3	John Sestito	50	Johnsonville	20:22	3	Carola Alden	39	Albany	29:37
FE	MALE OVERALL				М	ALE AGE GROUP: 40 -	44	,	
1	Brenda Lennon	47	Troy	22:29	1	Maurizio Russomanno	44	Troy	20:30
2	Elizabeth Hafer	22	Albany	23:59	2	Kenneth Kullman	42	Albany	24:55
3	Ashley Hart	29	Latham	24:09	3	Charles Gise	44	Ballston Spa	25:34
	ALE AGE GROUP: 1 - 1	4			FE	MALE AGE GROUP: 40	0 - 44		
1	Michael Gise	14	Ballston Spa	20:33	1	Simona Pesaresi	44	Albany	24:33
2	Matthew Knight	12	Ballston Spa	26:49	2	Sandra McCarty	42	Castleton	26:27
FE	MALE AGE GROUP: 1	- 14			3	Mary Kenney	42	Albany	30:11
1	Jackie Borland	12	West Sand Lake	29:48	M	ALE AGE GROUP: 45 -	49	,	
2	Kelsey Kittleson	12	Averill Park	29:49	1	Sean Thompson	46	Albany	23:58
3	Maya Ellis	12	Trov	34:16	2	Todd Knight	47	Ballston Spa	28:28
	ALE AGE GROUP: 15 -	19			3	Paul Berry	48	Saratoga Springs	33:04
1	Christopher Kurz	18	Guilderland	28:14		MALE AGE GROUP: 4	5 - 49		
2	Johnny Randolph	18	Trov	28:18	1	Valerie Mackey	47	Schenectady	34:13
3	Josiah Williamson	18	Albany	28:18	2	Susan Hartigan	47	Wynantskill	34:43
FE	MALE AGE GROUP: 15	5 - 19			3	Helen Strait	48	Ballston Spa	39:02
1	Immaline Peters	18	Colonie	35:11	М	ALE AGE GROUP: 50 -	54		
2	Katie Lenowitz	18	Manchester, VT	37:07	1	John Paduano	53	Stillwater	23:05
3	Kaila Baker	18	Watervliet	53:05	2		52	Loudonville	30:10
	ALE AGE GROUP: 20 -		Tracer mee	33.03	FE	MALE AGE GROUP: 50	0 - 54		
1	Jacob Fox	20	Dorset, VT	32:57	1	Lori Francesoni	52	Waterford	26:38
2	Benjamin Gabriel	24	Rensselaer	36:36	2	Joanne Nolette	53	Rensselaer	27:00
3	Louis Carzy	21	Staten Island	55:37	3	Sandra Rhodes	53	Loudonville	30:09
FE	MALE AGE GROUP: 20	0 - 24			M	ALE AGE GROUP: 55 -	59		
1	Rochelle Colvin	22	Burlington, VT	52:41	1	Tom Tift	56	West Sand Lake	22:07
M	ALE AGE GROUP: 25 -	29	5,		2	Steve Vnuk	57	Delmar	22:16
1	Ryan Grennan	28	West Sand Lake	21:46	3	Brian Browne	55	Delmar	27:24
2	Samuel Vogel	25	Trov	24:28	FE	MALE AGE GROUP: 5	5 - 59		
3	Christopher Dawson	26	Green Island	35:26	1	Joanne Popovics	56	Schenectady	28:46
FE	MALE AGE GROUP: 25	5 - 29			2	Sue Ciarmiello	57	Schenectady	29:39
1	Jess Kaszeta	26	Mechanicville	29:48	3	Jane Reynolds	55	Rensselaer	34:00
2	Jillian Kempter	28	Troy	33:01	FE	MALE AGE GROUP: 60	0 - 64		
3	Michelle Clark	28	Albany	34:27	1	Cathy Soloyna	60	Wynantskill	28:31
FE	MALE AGE GROUP: 30	0 - 34	,		2		63	Schenectady	50:06
1	Christine Miller	30	Latham	26:39	M	ALE AGE GROUP: 65 -	69	,	
2	Elizabeth Tunison	30	West Sand Lake	29:04	1	Charlie Matlock	68	Averill Park	43:51
3	Margaret Ctuaitan	31	Troy	29:49	M	ALE AGE GROUP: 70 -	74		
	ALE AGE GROUP: 35 -		-,		1	Jim Hotaling	73	Niverville	28:00
1	Joseph Altobello	35	Green Island	21:33	2	James Hart	72	Loudonville	31:27
2	Brendan Kuchenbecker	36	Rexford	22:34	3	Fred Siegel	70	Manchester Center	
3	Andrew Poulos	38	Albany	29:36			on Valle	y Community College	
-			,			, // -		,,	

1ST ANNUAL DIRTY DOG MUD RUN
October 19, 2013 • Titus Mountain Family Ski Center, Malone

	Octob	per 19, 2013 • T	itus Mour	ntain Family Ski Cente	, Malone	
	7K & 19	OBSTACLES		FEMALE AGE GROUP: 35 - 3	39	
м	ALE OVERALL			1 Mary Jones	Chateaugay	1:07:02
1	Jonathan Coupal/23	Plattsburgh	42:30	2 Kalea Osgood	Pointe Claire	1:12:15
2	Bach Schanck/18	Malone	43:47	3 Heather Van Arsdel	Plattsburgh	1:16:08
3	Stephen Kemp/24	Malone	44:28	MALE AGE GROUP: 40 - 44		
	MALE OVERALL	Walone	44.20	1 Sean Faville	Morrisonville	49:25
1	Christine Hanna/21	Malone	49:18	2 Ryan Woodward	Parishville	53:49
2	Melanie Faville/38	Morrisonville	53:23	3 Craig Tatro	Malone	1:01:01
3	Ashley Ayotte	WOTTSOTVIIC	53:50	FEMALE AGE GROUP: 40 - 4	4	
	ALE AGE GROUP: 19 & U	NDER	33.30	1 Isabelle Gagnon	Vaudreuil-Dorion	1:03:46
1	Nicholas Larocque	Malone	54:20	2 Katie Hartmann	Ashburn	1:13:24
2	Canind Bergeron-Proulx	Isra Laval	1:13:20	3 Rebecca Fox	Schuyler Falls	1:15:41
3	Alex Beitz	Malone	1:31:15	MALE AGE GROUP: 45 - 49	,	
-	MALE AGE GROUP: 19 &		1.51.15	1 Mark Orzech	Morrisonville	49:26
1	Amanda Nurse	Cornwall	1:08:06	2 Leopold Moyen	Les Cuteant, QC	1:10:41
1	Brittany Rondeau		1:22:47	3 Tracy Dow	Potsdam	1:21:04
Z	ALE AGE GROUP: 20 - 24	Saint Regis Falls	1.22.47	FEMALE AGE GROUP: 45 - 4	19	
			F2:40	1 Barbara Kaminer	Dorval	1:03:41
1	Chris Nicholls	Long Sault, ON	53:40	2 Loretta Fowler	Chateaugay	1:07:05
2	Eric Rock	Plattsburgh	1:02:04	3 Elizabeth Nurse	Cornwall	1:08:06
3	Timothy Krauss	Niskayuna	1:08:25	MALE AGE GROUP: 50 - 54		
	MALE AGE GROUP: 20 -			1 Russell Coombe	Malone	50:45
1	Sarah Kemp	Malone	59:37	2 John Streker	Rouses Point	59:27
2	Erin Lennox	Rochester	1:08:24	3 Dennis Maid	North Lawrence	1:05:28
3	Andrea Westervelt	Brookfield	1:08:25	FEMALE AGE GROUP: 50 - !	54	
	ALE AGE GROUP: 25 - 29			1 Ruth Atkinson	Malone	1:18:37
1	Matt Maguire	Malone	53:42	2 Ines Luis	Dorval	1:22:34
2	Justin Goldstein	Canton	59:11	3 Jennifer Bailey	Malone	1:29:09
3	Corey Rovito	Malone	1:09:43	MALE AGE GROUP: 55 - 59		
FE	MALE AGE GROUP: 25 -			1 Dave Schanck	Malone	58:31
1	Nicole Mitchell	Marcellus	54:12	2 George Toth	Rigaud	1:04:34
2	Erica Arnold	Malone	1:02:01	3 Roch Deslauriers	Hawksbury, ON	1:05:33
3	Kathryn Dwyer	Chateaugay	1:07:03	FEMALE AGE GROUP: 55 - 5		
M	ALE AGE GROUP: 30 - 34			1 Andree Bessette	Rigaud	1:04:33
1	Kenneth Mitchell	Marcellus	48:04	2 Lynne Glenn	Plattsburgh	1:14:55
2	Scott Prior	Plattsburgh	51:27	3 Jackie Torrance	Jay	2:08:30
3	Carl Deslauriers	Hawk, ON	52:17	MALE AGE GROUP: 60 - 64	,	
FE	MALE AGE GROUP: 30 -	34		1 Gordon Lusk	Pointe Claire	1:05:19
1	Shelly Matthes	Norfolk	59:08	FEMALE AGE GROUP: 80 - 8		
2	Jennifer Grant	Potsdam	1:01:55	1 Soumaia Yates	Burlington	1:43:37
3	Jennifer 7illi	Lachine	1:03:44	Courtesy Champlain Va		
		23011110	1.03.11	coartes, c.ia.i.piani va	,	

				OUNTRY CLAS oa State Park, Sar			
MALE OVERAL				MALE AGE GROUP: 2	-	p90	
1 Alexander Be		Queensbury	15:07	1 Dan Briggs	29	Saratoga Springs	23:57
2 Rvan Millar	22	Trov	15:20	MALE AGE GROUP: 3	0 - 34	3 , 3	
3 Patrick Carro	oll 22	Schenectady	16:04	1 Dan Jordy	30	Glenville	17:26
FEMALE OVER	RALL	,		2 Travis Dunham	33	Plattsburgh	18:13
1 Sara Dunhan	n 37	Peru	17:35	3 Dave Whydra	30	Albany	18:38
2 Tyra Wynn	15	Queensbury	19:24	FEMALE AGE GROUP	: 30 - 34		
3 Olivia Bauma	nn 14	Greenville	20:54	 Sandy Tasse 	34	Ballston Spa	24:07
MALE AGE GR	OUP: 1 - 14			2 Becky Tennyson	31	Troy	24:31
1 Trey Hotaling		Ghent	17:35	MALE AGE GROUP: 3			
2 James Faraci		Troy	19:26	 Daniel Orsini 	36	Niskayuna	26:00
Jesse Grisaru		Delmar	26:20	FEMALE AGE GROUP			
FEMALE AGE		Demia	20.20	1 Sarah Callanan	38	Shaftsbury, VT	26:22
1 Emily Laplant		Troy	24:03	MALE AGE GROUP: 4			
MALE AGE GR		noy	24.05	1 Gregor Fowler	43	Fort Ann	18:52
1 Ryan Orsini	16	Niskayuna	28:44	2 Richard Hamlin	40	Albany	18:57
2 Zackary Wils		Shaftsbury, VT	29:29	3 Nick Laplaca	44	Whitehall	23:27
	GROUP: 15 - 19	Stiaitsbury, vi	29.29	FEMALE AGE GROUP			
		Carataga Cariaga	24:05	1 Abby Atkins	44	Troy	28:39
1 Megan Towe		Saratoga Springs	24.05	2 Kelly Phillips	43	Johnsonville	28:47
MALE AGE GR		1. 4	46.46	3 Nikki Depasquale	41		31:14
1 Nick Webste		Latham	16:46	MALE AGE GROUP: 4			
2 Justin Peders		Cobleskill	18:06	1 Allan Serrano	45	High Falls	17:16
	GROUP: 20 - 24			2 Mike Wynn	46	Queensbury	17:57
 Jennifer Risle 	er 24	Latham	24:18	3 Phil Spiezio	49	Greenwich	19:15

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ISSUE #160

	SA	RATC	OGA CROSS	COUN.	TRY CLASSIC 51	C cont	inued	
М	ALE AGE GROUP: 50 -	54			MALE AGE GROUP: 60	- 64		
2	Christopher Buckley Rocco Serafini Mike Soeller	52 54 52	Burnt Hills Schenectady Clifton Park	19:18 19:55 21:00	1 Patrick Lopiano 2 Brian Nagle 3 Rick Morse	63 62 63	Kingston Woodstock Malta	21:08 21:21 24:22
FE	MALE AGE GROUP: 5	0 - 54			MALE AGE GROUP: 65 1 Jim Selmser	- 69 - 68	Caroga Lake	26:23
	Angela Penny	51	Ballston Spa	26:28	FEMALE AGE GROUP:		,	
_	Beth Gelber Cathy Sheehan	51 53	Saratoga Springs Cohoes	28:37 38:24	1 Laura Clark MALE AGE GROUP: 70	66 1 - 74	Saratoga Springs	31:06
	ALE AGE GROUP: 55 -		Conocs	30.24	1 Stanley Westhoff	70	Gansevoort	23:54
	Fred Kitzrow	57	Delmar	19:08	2 Ray Lee MALE AGE GROUP: 75	71 5 - 79	Halfmoon	30:15
_	Rick Munson John Crawford	56 59	Prattsville Queensbury	19:29 19:52	1 Christopher Rush MALE AGE GROUP: 80	77 - 84	Schenectady	27:34
	MALE AGE GROUP: 5 Cindy Michelin	5 - 59 58	Slingerlands	32:55	1 Ed Doucette	83	Bennington, VT F-Adirondack	31:25

11TH ANNUAL MOHAWK TOWPATH BYWAY DUATHLON
October 20 2013 • Krause's Grove Clifton Park & Halfmoon

MALE AGE GROUP: 40 - 49 1 1 1 1 1 1 1 1 1		Octo	ber 20, 2013	• Kra	ause's Gr	ove, Cirton Park & Hairmoon	
1 Craig Tynan		2.2M RUN, 16	M BIKE, 2.2M RU	N		MALE AGE GROUP: 40 - 49	
2 Jason Schreer Potsdam 44 1:12:39 3 Jeffrey Hamilton Acworth, GA 42 1:18:44 5 Tomo Miyama Valatie 48 1:13:49	M	ALE OVERALL			<u>.</u>	1 Brenden Rilluhan South Glens Falls 40	1:13:58
2 Jason Schreer Potsdam 44 1:12:39 3 Jeffrey Hamilton Acworth, GA 42 1:18:44 3 Tomo Miyama Valatie 48 1:13:49	1	Craig Tynan	Schenectady	43	1:08:44	2 George Stopyak Clifton Park 42	1:14:13
Tomo Miyama	2						1:18:44
Maritz Ostlund Oak Ridge, N 51 1:34:31	_					FEMALE AGE GROUP: 50 - 59	
1 Cathy Oldrich Valatie 39 1.24.40 2 Joyce Goodrich Glenville 55 1.34.57 1.41.09	-		raidic	10	1.13.13	 Maritza Ostlund Oak Ridge, NJ 51 	1:34:31
2 Ann Marie Moskal Ballston Spa Buskirk 40 1:30:21	1		Valatio	30	1.24.40		1:34:57
Buskirk 40 1:30:21 MALE AGE GROUP: 19 19 1:14:29 1:4:29 Manotick, ON 52 1:15:47 Albany 56 1:32:10 1:15:47 Albany 56 1:32:10 1:16:41 1:30:21 1:16:41 1:30:21 1:16:41 1:30:21 1:16:45 1:16:45 1:16:26 1:16:45 1:16:4	2	,					1:41:09
FEMALE AGE GROUP: 1 - 19	2						
Rick Lage	-			40	1.30.21		
FEMALE AGE GROUP: 20 - 29	1		-	10	2.17.41		
1 Jenna Tomiello Kinnelon, NJ 28 1:44:03 1 Andrea Halinon Lincoln, VT 60 1:45:39 2 Keriann Kaercher Big Moose 29 1:46:47 2 Judy Beers Lake George 60 1:46:00 3 Erica Soper Malone 26 1:48:28 3 Judy Leconb Albany 62 1:47:06 MALE AGE GROUP: 20 - 29 MALE AGE GROUP: 60 - 69 1 Stefano Fontana Clifton Park 25 1:21:53 1 Terry Habecker Ithaca 66 1:21:45 2 Adam Catanese Clifton Park 28 1:28:52 2 Christophe Schultz Schenectady 64 1:29:35 3 Eric Luongo Rutherford, NJ 29 1:30:51 3 Jim Cunningham Ticonderoga 69 1:32:28 FEMALE AGE GROUP: 30 - 39 1 Tom Mack Wynantskill 78 1:39:45 2 Erika Ries Menands 37 1:37:41 3 Tom Mack Wynantskill 78 1:39:45 3 Crystal Davis Schenectady 33 1:40:59 MALE AGE GROUP: 30 - 39 1 William Henke Gansevoort 39 1:14:33 3 Brian Dillor/Rich Shade 1:16:26 2 Laurent Paincdal Saratoga Springs 38 1:16:45 1 David Benryo/Michele Benyo 1:16:41 FEMALE AGE GROUP: 40 - 49 1 Andrea Halinon Lincoln, VT 60 1:45:39 1 Andrea Halinon Lincoln, VT 60 1:46:00 1:46:00 1:46:00 1:46:00 1:40:00 1:40:00 1:40:00 1:40:00 1:40:00 1:40:00 1:40:00 1:20:30 1:40:00 1:20:30 1:40:00 1:20:30 1:20:30 1:30:20 1:40:00 1:30:20 1:30:20 1:40:00 1:30:20 1:30:20 1:30:50 1:30:20 1:30:20 1:40:00 1:30:20	ļ			10	2.17.41	5 James 50 John 7 Mbany 50	1:32:10
2 Keriann Kaercher Big Moose 29 1:46:47 2 Judy Beers Lake George 60 1:46:00 3 Erica Soper Malone 26 1:48:28 3 Judy Leconb Albany 62 1:47:06 MALE AGE GROUP: 20 - 29 1 Stefano Fontana Clifton Park 25 1:21:53 1 Terry Habecker Ithaca 66 1:21:45 2 Adam Catanese Clifton Park 28 1:28:52 2 Christophe Schultz Schenectady 64 1:29:35 3 Eric Luongo Rutherford, NJ 29 1:30:51 Jim Cunningham Ticonderoga 69 1:32:28 FEMALE AGE GROUP: 30 - 39 1 Kim Morrison Wynantskill 34 1:35:03 1 Tom Mack Wynantskill 78 1:39:45 2 Erika Ries Menands 37 1:37:41 Armand Langevin Cohoes 76 1:52:46 MALE AGE GROUP: 30 - 39 1 1:40:59 1 <t< td=""><td>FE</td><td></td><td></td><td>20</td><td>4 44 00</td><td></td><td></td></t<>	FE			20	4 44 00		
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MALE AGE GROUP: 30 - 39	2	Adam Catanese	Clifton Park	28	1:28:52		
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2	FE	MALE AGE GROUP: 30 -	39				
Male Teams	1	Kim Morrison	Wynantskill	34	1:35:03		
Crystal Davis Schenectady 33 1:40:59 1 Mark Cotugno/Bernie Hyatt 1:13:30	2	Erika Ries	Menands	37	1:37:41	=	1:52:46
MALÉ AGE GROUP: 30 - 39 1 William Henke Gansevoort 39 1:14:33 3 Brian Dillor/Rich Shade 1:16:26 2 Laurent Paincdal Saratoga Springs 38 1:15:02 MIXED TEAMS 1:16:48 3 Patrick Hendrix Ticonderoga 38 1:16:45 1 David Porter/Jason Dale 1:16:26 4 Petrological Petrolo	3	Crystal Davis	Schenectady	33	1:40:59		
1 William Henke Gansevoort 39 1:14:33 3 Brian Dillon/Rich Shade 1:16:26 2 Laurent Paincdal Saratoga Springs 38 1:15:02 MIXED TEAMS 1:16:44 3 Patrick Hendrix Ticonderoga 38 1:16:45 1 David Benryo/Michele Benryo 1:16:41 FEMALE AGE GROUP: 40 - 49 49 1:36:05 FEMALE TEAMS 1:22:21 2 Michele Mickalonis Mechanicville 47 1:36:19 1 Tracy Perry/Kristen Hislop 1:18:54	м						
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FEMALE AGE GROUP: 40 - 49 1 22:21 1 Andrea Reuset Saratoga Springs 49 1:36:05 FEMALE TEAMS 1:22:21 2 Michele Mickalonis Mechanicville 47 1:36:19 1 Tracy Perry/Kristen Hislop 1:18:54	3						1.10.11
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= macy renymaster made	1		3 , 3				4 40 5 4
3 Lean Gaetano Deimar 45 1:38:37 Courtesy of Mohawk Towpath Scenic Byway	_						1:18:54
	3	Lean Gaetano	Deimar	45	1:38:37	Courtesy of Monawk Towpath Scenic Byway	

SARATOGA SPA CYCLOCROSS: NYCROSS.COM RACE #4 October 20, 2013 • Saratoga Race Course Lowlands, Saratoga Springs

	Octobe	er 20, 2013 • Saratoga	Race	Cot	ır	se Lowlands,	Saratoga Springs	
CA	T 3/4 MEN			3		Connor Singh	NYCross.com/VOmax	39:05
1	Sean Gramling		43:39	4		Trevor Dzikowicz	HRRT/Specialized	
2	Ryan Conley	NYCROSS.com/VOmax	43:40	5		A.J. Swears	Unattached	
3	Noah Barrow	Killington Mountain School	43:40	6		Evan Toman	Unattached	
4	Mark Romanovsky	Yorktown Cycles	43:51	7		Matthew Dahlen	Unattached	
5	Scott Hock	NYCROSS.com/VOmax	44:06	8		Braeden Arthur	Unattached	
6	John Hughson	NYCROSS.com/VOmax	45:43	-		NIOR 10-14 GIRLS	Oriattacricu	
7	Luke Thomas	Rochester Institute of Technology		1		Maggie Payne	Unattached	39:05
8	Yohsuke Takakura	Bikeman.com	46:15			NIOR 13-14 BOYS	Oriattacried	33.03
9	Adam McNeill	Stoudts Brewing/JB MTB	46:15	1		Sam Noel	1K2GO/Onion River Sports	30:08
-	David Carmona	Hammer Nutrition	46:18	2		Ethan Snyder	Unattached	35:45
	T 4/5 MEN	nammer Nutrition	40.10	3		Danny Dalton	Unattached	38:36
1	Michael Dostal	BCA/Tosk Chiropractic	37:52	4		Will Quackenbush	Unattached	30.30
2		Cardinal Direction	37:58			NIOR 13-14 GIRLS	Oriattacried	
3	William Sprengnether Brad Ramsay		38:21	1		Kayla Dzikowicz	HPPT/Coosialized	31:57
4	Seth Holmes	Killington Mountain School The 5th Floor	38:52			NIOR UNDER-19 BO	HRRT/Specialized	31.37
5	Brian Hupe	Team Houlton Farms Dairy	40:08	1		Evan Williams		46:55
			40:38				Farm Team Cycling	40.55
6 7	John Schwarz	Unattached Adirondack Velo Club	40:38	1		NIOR UNDER-19 G		32:01
	Dylan Thomarie					Turner Ramsay	Killington Mountain School	
8	Justin Lefco	Unattached	41:07	2		Chloe Levins	Unattached	33:07
-	Reid Hutchins	Unattached	41:13	3		Paige Williams	Farm Team Cycling	35:05
	Andrew Rizzi	HRRT/Specialized	41:17			ASTERS 35-PLUS	AN/CROSS A/O	42.55
	T 4 WOMEN	LIDDT/Ci-lid	22.20	1		Christopher Delisle	NYCROSS.com/VOmax	42:55
1	Sheray Tario	HRRT/Specialized	32:36	2		Andrew Thomas	Unattached	42:55
2	Jenifer Maxwell	Somers	33:16	3		Bret Young	NYCROSS.com/VOmax	43:00
3	Renee Salerno	Blue Sky Bicycles	34:05	4		Jamie Belchak	First Stop/Vermont Castings	43:59
4	Heidi Baks	Pawling Cycle & Sport	34:46	5		Jon Rowe	North American Velo	45:20
5	Stephanie Landy	HRRT/Specialized	35:04	6		Kevin Ballou	Bikeman.com	45:20
6	Sara Melikian	NEBC/Cycle Loft	36:31	7		Matthew Purdy	NYCROSS.com/VOmax	46:33
7	Shylah Weber	Unattached	38:05	8		Christopher Yates	Elevate Cycles	47:28
8	Cynthia Schnedeker	Velo Bella	38:29	9		Mark Vanliere	HUP United	49:26
9	Hannah Lauterbach	Unattached	42:13			Christian Sandel	Adirondack Velo	49:34
	T 5 MEN					ASTERS 45-PLUS		
1	Kurt Mason	HRRT/Specialized	29:47	1		Tom Horrocks	X-Men/Squadra Flying Tigers	43:03
2	Jonathan Lazzara	Unattached	31:31	2		Andrew Ruiz	CCC/Keltic Const/Zane's Cycles	45:01
3	Tim Bantham	HRRT/Specialized	32:15	3		Paul Wojciak	Pawling Cycle & Sport	45:42
4	Kevin Mitts	Unattached	32:39	4		Matt Spence	Burris Logistics	46:01
5	Shaun Donegan	Unattached	33:18	5		Tim Noel	Burris Logistics	46:38
6	Alan Sanfilippo	Capital Bicycle Racing Club	33:24	6		Thierry Blanchet	North American Velo	46:49
7	Robert Piparo	HRRT/Specialized	33:55	7		Thomas Butler	CCC/Keltic Const/Zane's Cycles	47:04
8	Raymond Stockwell	Inside Edge	34:01	8		Danny Goodwin	NYCROSS.com/VOmax	47:40
9	Jack Keys	Boulder Cycle Sport	34:01	9		Mark Wilens	Team Overlook	48:39
	Jonathan Stillman	HRRT/Specialized	34:12			John Witmer	GMBC/Synergy Fitness	49:26
	ITE MEN					ASTERS 55-PLUS		
1	Alec Donahue	JAM Fund/NCC	58:03	1		Brad Young	NYCROSS.com/VOmax	44:37
2	Devin Wagner	NYCROSS.com/RPI	58:14	2		Matt Moore	CCC/Keltic Const/Zane's Cycles	48:20
3	Jonah Meadvancort	Killington Mountain School	59:55	3		Brian Sanders	MVBC/Sonne's Racing	48:39
4	Timothy Durrin	NYCROSS.com/VOmax	1:00:37	4		Bruce Bell	Fit Werx	49:49
5	Cody Madigan		1:00:39	5		Dave Beals	NYCROSS.com/VOmax	49:56
6	Scott Smith		1:04:01	6		Don Rice	CCB Racing	49:38
7	Scott Hock	NYCROSS.com/VOmax	1:04:22	7	,	Ken Coleman	BCA/Tosk Chiropractic	50:35
8	Uri Halevi	BikeReg.com	1:07:56	8		Alan Lesage	GMBC/Synergy Fitness	51:17
9	Tim Noel	Burris Logistics		9)	David Rath	Corner Cycle	52:11
EL	ITE WOMEN			1	0	Robert Dillon	1K2GO/Onion River Sports	52:30
1	Bryna Blanchard	North American Velo	48:34	S	IN	IGLE SPEED		
2	Rosanne Van Dorn	Team Placid Planet	48:46	1		Bret Young	NYCROSS.com/VOmax	42:47
3	Turner Ramsay	Killington Mountain School	50:01	2		Christopher Delisle	NYCROSS.com/VOmax	42:57
4	Anna Millenson	Team Overlook	52:58	3		Brad Young	NYCROSS.com/VOmax	42:59
5	Renee Salerno	Blue Sky Bicycles	53:35	4		Thomas Butler	CCC/Keltic Const/Zane's Cycles	47:20
6	Paige Williams	Farm Team Cycling	54:12	5		Thierry Blanchet	North American Velo	47:45
7	Hannah Winer	American Flora	54:12	6	,	Kurt Mason	Unattached	48:30
8	Thea Kent	Unattached	54:12	7	,	Christian Sandel	Adirondack Velo	48:37
9	Sara Melikian	NEBC/Cycle Loft		8	;	John Witmer	GMBC/Synergy Fitness	48:42
JU	NIOR 10-12 BOYS	-		9)	Brian Sanders	MVBC/Sonne's Racing	48:48
1	Tommy Servetas	NYCROSS.com/VOmax	35:53	1	0	Don Rice	CCB Racing	49:22
2	Travis Keys	Boulder Cycle Sport	36:39			Cou	rtesy of NYCROSS.com	

6TH ANNUAL ANNE'S QUEST 5K RUN October 26, 2013 • Shaker High School, Latham

		U	.tober 20, 20 i	3 • Silak	er i	nigii Scriooi, Lat	IIdIII		
M	ALE OVERALL				2	Jeffrey Olson	20	Latham	28:04
1	Eric Young	22	Latham	17:28	3	Ajinkya Puntambekar	22	Troy	28:45
2	Jack Arnold	50	Latham	19:02	FE	MALE AGE GROUP: 20	0 - 24		
3	Mike Camarota	31	Latham	19:11	1	Stephanie Viggiano	20	Seaford	25:00
FE	MALE OVERALL				2	Katie Nelson	20	Loudonville	25:53
1	Mary Buck	50	Mechanicville	21:28	3	Mary Fletcher	20	Loudonville	26:38
2	Stacia Smith	43	Niskayuna	21:36	M	ALE AGE GROUP: 25 -	29		
3	Nancy Briskie	56	Schenectady	21:50	1	Christopher Marsh	28	Saratoga Springs	19:57
M	ALE AGE GROUP: 1 - 1	14			2	Timothy Egan	29	Latham	22:34
1	Josh Bennett	14	Watervliet	22:09	3	Matthew Grill	26	Watervliet	25:23
2	Jarod Croteau	14	Loudonville	23:25	FE	MALE AGE GROUP: 25	5 - 29		
3	George Yin	14	Loudonville	23:37	1	Tara Spath	28	Niskayuna	25:48
FE	MALE AGE GROUP: 1	- 14			2	Amanda Morrissette	27	Schenectady	40:28
1	Chathuranga Perera	14	Cohoes	23:49	3	Melinda Seiden	28	Niskayuna	40:30
2	Sydney Smith	13	Niskayuna	25:16	M	ALE AGE GROUP: 30 -	34		
3	Mykala Ashline	12	Schenectady	27:02	1	John Clements	30	Slingerlands	20:10
M	ALE AGE GROUP: 15 -	19			2	Jose Avalos	31	Troy	24:26
1	Brendan Clements	17	Loudonville	21:06	3	Marco Koshykar	34	East Greenbush	27:06
2	Alex Dumont	16	Loudonville	22:33	FE	MALE AGE GROUP: 30	0 - 34		
3	Warren Pearson	19	Brooklyn	22:41	1	Lauren Koshykar	34	East Greenbush	26:21
FE	MALE AGE GROUP: 15	5 - 19			2	Christine Miller	30	Latham	26:59
1	Valerie Wijaya	19	Loudonville	27:17	3	Jennifer Salvi	34	Watervliet	27:08
2	Meghan Murray	17	Latham	27:58	M	ALE AGE GROUP: 35 -	39		
3	Kate Cole	15	Loudonville	32:19	1	Joseph Altobello	35	Green Island	21:25
M	ALE AGE GROUP: 20 -	24			2	lan Gilchrest	36	Claverack	21:38
1	Nicholas Grieco	20	Stewart Manor	25:01	3	Will Salvi	35	Watervliet	22:53 continued

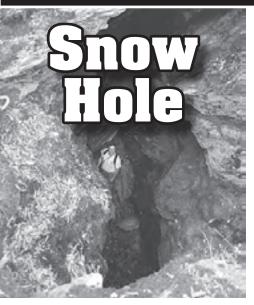
www.AdkSports.com MARCH 2014

		6TH A	NNUAL ANN	IE'S Q	UEST 5K RUN	continu	ued	
FI	EMALE AGE GROUP:	35 - 39			FEMALE AGE GROUP:	50 - 54		
1 2 3	Karen Geduldig Jamie Mastroianni Shannon Frazier	37 37 38	Slingerlands East Greenbush Watervliet	25:55 28:25 32:49	 Lori Francesconi Lynne Morse Kathy Gordon 	52 53 52	Waterford Wynantskill Johns Creek, GA	26:05 31:52 43:06
1 2 3	John Schuerzinger Scott Cuyler Gregory Childs EMALE AGE GROUP:	44 40 40 40 - 44	Latham Avon, CT East Greenbush	25:02 26:23 27:59	MALE AGE GROUP: 55 1 James Spath 2 Michael Duffey 3 Joseph Fitzsimmons	58 56 57	Niskayuna Watervliet Latham	27:39 29:21 30:05
1 2 3 M	Pamela Daniels Deana Ashline Jennifer Haughey IALE AGE GROUP: 45		Latham Schenectady Chester Springs, PA	23:07 26:07 26:33	FEMALE AGE GROUP: 1 Cindy Jensen 2 Helene Meckler 3 Kathleen Dalton	55 - 59 55 56 56	Loudonville Delmar	28:56 29:59
1 2 3	Paul Allen Paul Nicols John Liguori	46 45 46	Latham Latham Loudonville	19:52 24:26 26:20	MALE AGE GROUP: 60 1 Kevin Rose	- 64	Troy Latham	36:14 22:29
1 2 3	FMALE AGE GROUP: 4 Julie Novkov Kim Dumont Coleen Landers	45 - 49 47 48 47	Loudonville Loudonville Latham	26:44 27:24 28:55	MALE AGE GROUP: 65 1 Jim Fiore FEMALE AGE GROUP:	66 75 - 79	Latham	25:21
	IALE AGE GROUP: 50 Todd Lasher	- 54 51	Albany	22:58	1 Joan Corrigan MALE AGE GROUP: 80	78 - 84	Clifton Park	47:49
2 3	Jerry Donavan Chris Petersen	53 50	Loudonville Clifton Park	28:42 29:10	1 Joseph Corrigan Courtesy o	82 f Anne's Q	Clifton Park uest Foundation	46:49

					SS DASH 5K RUN Family YMCA, Troy	
M	ALE OVERALL				MALE AGE GROUP: 30 - 39	
1	Ben Rea	23	Watervliet	19:21	1 Marty Dunbar 37 Ti	roy 27:22
2	Norris Pearson	47	Troy	19:30	FEMALÉ AGE GROUP: 30 - 39	
3	Bill Hoffman	46	Clifton Park	20:09		roy 26:37
FE	MALE OVERALL					roy 27:21
1	Jessy Montrose	26	Ballston Lake	20:17		roy 28:43
2	Brenda Lennon	47	Troy	22:52	MALE AGE GROUP: 40 - 49	
3	Faith Borkowski	9	Niskayuna	24:34		roy 24:12
-	ALE AGE GROUP: 1 -	-	r visita y aria	2		elmar 26:30
1	Liam Hoffman	9	Clifton Park	27:05		roy 26:53
EE	MALE AGE GROUP: 1	_	Cirtorrank	27.03	FEMALE AGE GROUP: 40 - 49	
1	Hope Borkowski	7	Niskayuna	27:20		roy 24:38
2	Julia Skiba	9	Troy	33:16		astleton 27:07
3	Lilli VanDerkar	9	Averill Park	33:17		roy 28:47
-	ALE AGE GROUP: 10	_	Averiii raik	33.17	MALE AGE GROUP: 50 - 59 1 Michael Bromm 53 V	'allev Falls 21:43
1	Maxwell Hoffman	12	Clifton Park	21:51		'alley Falls 21:43 Amsterdam 23:44
-	MALE AGE GROUP: 1		CIIILOII Faik	21.31		
FE			T	24:47	FEMALE AGE GROUP: 50 - 59	roy 24:36
	Saige Roberts	13	Troy	24:47		rov 25:37
IVI	ALE AGE GROUP: 15		_			Vvnantskill 30:40
1	Thomas Balogh	15	Troy	27:57		atham 31:31
FE	MALE AGE GROUP: 1				MALE AGE GROUP: 60 - 69	atriairi 51.51
1	Jacqueline Sortor	18	Colchester, VT	25:46		rov 30:00
2	Hannah Smith	17	Clifton Park	27:30		Vvnantskill 30:40
3	Hannah Murphy	18	Allentown, NJ	31:01		Albany 39:31
M	ALE AGE GROUP: 20				FEMALE AGE GROUP: 60 - 69	33.3
1	Ken Little	26	Ballston Lake	20:19		roy 34:50
2	Anthony Alexander	20	Troy	27:49		Melrose 36:24
FE	MALE AGE GROUP: 2	20 - 29			3 Theresa Portelli 61 A	Albany 37:25
1	Amanda Lynch	20	Troy	24:53	MALE AGE GROUP: 70 - 74	,
2	Ashley Clough	20	Troy	25:10	1 John Britton 70 Ti	roy 32:58
3	Kelly Piotrowski	21	Schenectady	25:25	Courtesy of Capital Dist	

3 Kelly Piotrowski	21	Schenectady	25:25	Courtesy of	Capital	District YMCA	
				· SQUIRRELLY SI) r State Park, Voorhe			CES
	3.1 MIL		mache	MALE AGE GROUP: 1 - 1		ic	
MALE OVERALL 1 Mike Rutledge	45	Schenevus	1:27:26	Brandon McAuley lan Avery	14 11	Colonie Guilderland	46:51 52:57
2 Ray Webster	38	Hinesburg, VT	1:28:43	3 Jacob Miller	14	Clifton Park	1:26:15
3 Christopher McCloskey FEMALE OVERALL	32	Albany	1:29:19	FEMALE AGE GROUP: 1 - 1 Emma Demuro	• 14 14	Elizabethtown	54:00
Jennifer Adams Annie Ericson	27 33	Gansevoort	1:36:10	2 Tara Josberger 3 Meghana Caron	14 12	Coxsackie Clifton Park	56:50 59:51
3 Mariana Bartonicek	26	Westhampton, MA Berne	1:46:25	MALE AGE GROUP: 15 -	19		
MALE AGE GROUP: 1 - 14 1 Justin Caron	14	Clifton Park	1:42:45	1 Tyghe McCoy 2 Jared Jeffrey	16 18	Albany Albany	50:56 51:19
FEMALE AGE GROUP: 1 - 1 McKenzie Quinn	14 10	Rensselaer	2:59:54	3 Chris Hanse FEMALE AGE GROUP: 15	17 5 - 19	Coxsackie	56:46
MALE AGE GROUP: 15 - 1	19			 Katrina Josberger 	16 16	Coxackie Coxsackie	51:59 52:39
1 Kyle McCormack 2 Kevin Rudy	19 18	Albany Albany	1:32:41 1:47:52	3 Kimberly Hanchett	17	Queensbury	52:45
FEMALE AGE GROUP: 15 1 Sydney Shaw	- 19	Delmar	1:47:55	MALE AGE GROUP: 20 - 1 1 Benjamin Girtain Pl	24 24	Albany	56:33
2 Madeline Mercado	18	Palenville	2:00:20	2 lan Robinson 3 Ben Szewczyk	22 22	Fort Drum Albany	57:11 59:58
3 Catherine Price FEMALE AGE GROUP: 20	19 - 24	Menands	2:05:19	FEMALE AGE GROUP: 20	- 24	,	
1 Marcy Woytash 2 Cortney Von Hahmann	20 21	Albany Albany	2:01:10 2:14:10	1 Kaitlyn Williams 2 Kara McKnight	24 20	Colchester, CT Albany	54:08 55:54
3 Alison Rodriguez	21	Troy	2:14:40	3 Michelle Pratt MALE AGE GROUP: 25 - 2	24 29	Delmar	56:35
MALE AGE GROUP: 25 - 2 1 Shaun Donegan	2 9 27	Saratoga Springs	1:35:42	 Collin Gillenwater 	26	Guilderland	48:03
2 Ian Burnett 3 Alan Finder	26 25	Pittsburgh, PA	1:44:40 1:44:43	2 Dwight Wright3 Kevin Messineo	27 25	Albany Nassau	58:30 58:59
FEMALE AGE GROUP: 25	- 29	Albany		FEMALE AGE GROUP: 25 1 Cadie Ahlgren	- 29 29	Rensselaer	50:38
Michelle Davis Andrea Hollinger	25 25	Schenectady Averill Park	1:56:08 1:59:11	2 Phyllis Ying	27	Albany	52:37
3 Liz Urban MALE AGE GROUP: 30 - 3	28	Niskayuna	2:02:46	3 Jennifer Kehn MALE AGE GROUP: 30 - 1	26 34	Clifton Park	57:24
1 Aaron Major	34	Troy	1:30:39	Gerard Colling Hector Julia-Perez	32 31	Wynantskill Amsterdam	48:34 49:33
2 Andrew Lavin 3 Brock Anello	34 34	Lake Placid Dalton	1:32:28 1:35:07	3 Matt Ohrin FEMALE AGE GROUP: 30	31	Boston, MA	53:52
FEMALE AGE GROUP: 30	- 34			1 Karen Malloy	32	Albany	55:27
Melissa Brinkman Kim Morrison	34 34	Albany Wynantskill	1:53:14 1:57:10	2 Beth Ray 3 Lindy Godlewski	32 33	Guilderland Saratoga Springs	56:59 57:09
3 Julie Wawrzynek MALE AGE GROUP: 35 - 3	31 29	Summit	1:58:38	MALE AGE GROUP: 35 - 1 1 Joshua Katzman			45:31
1 Brian Northan	38	Albany	1:32:10	2 Christopher Morris	36	Clifton Park Albany	45:33
2 Aaron Degiovine 3 Matt Zappen	35 37	Greenville Albany	1:40:39 1:45:29	3 Dan Murphy FEMALE AGE GROUP: 35	39 5 - 39	Delmar	50:18
FEMALE AGE GROUP: 35 1 Sereena Coombes	- 39 38	Queensbury	1:50:30	Jeannie Chong Judith Wines	38 36	Westborough, MA	52:24 55:38
2 Christine Tokarz	37	Melrose	2:08:23	3 Amanda Sheehan	38	Albany Niskayuna	59:47
3 Erika Anderson MALE AGE GROUP: 40 - 4	39 14	Malta	2:11:45	MALE AGE GROUP: 40 - 4 1 Scott Kelly	44 41	Esperance	49:59
Dennis Vanvlack Gaven Richard	41 40	Duanesburg Albany	1:35:49 1:37:54	2 David Haight 3 Mark Hummel	40 40	Malta Elizabethtown	50:32 54:11
3 Andrew Reed	42	Niskayuna	1:42:52	FEMALE AGE GROUP: 40	- 44		
FEMALE AGE GROUP: 40 1 Liz Kelsey	- 44 44	Loudonville	2:08:00	Antoinette Rose Jill Schuster	40 43	Clifton Park Clifton Park	1:00:40 1:01:14
2 Kathy Johnson	41 44	Loudonville Wilton	2:09:24 2:14:05	3 Maria Renaud MALE AGE GROUP: 45 -	40	Schenectady	1:02:13
MALE AGE GROUP: 45 - 4	19			1 Steve Reddy	48	Stuyvessant Falls	52:14
1 Paul Young 2 Mark Stephenson	48 49	North Andover, MA Esperance	1:31:17 1:36:24	2 Christian Hanchett 3 Douglas Southwick	48 46	Queensbury Rensselaer	52:45 52:49
3 John Graf FEMALE AGE GROUP: 45	48	Ballston Lake	1:37:52	FEMALE AGE GROUP: 45 1 Veronica Armbruster	47	Selkirk	50:59
1 Cheryl Steiner	45 45	Castorland	1:46:49	2 Laurie Hoyt	47	Schenectady	51:22
2 Kim Seabury 3 Chris Varley	46 49	Old Chatham Albany	1:56:10 1:58:37	3 Lori Stevens MALE AGE GROUP: 50 -	46 54	Hudson	59:03
MALE AGE GROUP: 50 - 5	54	*		John Lagraff Bob Kanarkiewicz	50 54	Niskayuna Delanson	46:20 48:08
1 Curt Pandiscio 2 Mike Soeller	52 52	Granby, CT Clifton Park	1:46:57 1:54:46	3 Tyronne Culpepper	50	Saratoga Springs	1:00:26
3 Mike Lair FEMALE AGE GROUP: 50	51 - 54	Gloversville	1:57:53	FEMALE AGE GROUP: 50 1 Anne Hurley	50	Delmar	58:46
1 Laurie Mosley	52	Thomaston, CT	2:02:05	2 Joanie Colarusso 3 Chris Abowd	50 50	Latham Glenmont	1:01:00 1:05:41
Kathleen Goldberg Joanne Shurter	54 53	Albany Middletown	2:18:40 2:18:41	MALE AGE GROUP: 55 -	59		
MALE AGE GROUP: 55 - 5 1 Ted Cowles	5 9 55	West Granby, CT	1:42:48	1 Larry Navatka 2 Dave Cole	56 56	Queensbury Schenectady	55:14 1:01:04
2 George Shurter	59	Middletown	1:54:52	3 Michael Wright FEMALE AGE GROUP: 55	59 - 59	Albany	1:02:13
3 Glenn Herbert FEMALE AGE GROUP: 55	55 - 59	Kinderhook	1:55:33	1 Karen Dott	57	Colonie	1:01:46
1 Abby Doolittle MALE AGE GROUP: 60 - 6	58	Burlington, CT	2:19:12	Jen Kuzmich Carolyn George	55 59	Greenwich Albany	1:02:36 1:08:31
1 Gary Gundlach	60	Davenport	1:56:55	MALE ÁGE GRÖUP: 60 - 1 Frank Broderick	64 61	Ballston Lake	55:59
Bruce Shenker Seamus Hodgkinson	61 64	Canaan Delmar	2:00:35 2:05:31	2 William Milak	61	Middleburgh	1:05:31
FEMALE AGE GROUP: 65				3 Leo Dipierro FEMALE AGE GROUP: 60		Cherry Plain	1:07:09
MALE AGE GROUP: 70 - 7	74	Saratoga Springs	2:49:42	1 Cynthia Finnegan 2 Donna Choiniere	60 60	Niskayuna Colonie	1:00:23 1:01:10
1 Vic Laport 2 George Gilder	73 73	Clarksburg, MA Tyringham	2:19:01 2:35:52	3 Janet Stein MALE AGE GROUP: 65 -	62	Saranac Lake	1:07:43
	6 MILE			1 Douglas Fox	69	Loudonville	1:01:52
MALE OVERALL 1 Richard Messineo	25	Nassau	39:27	2 Richard Baluch 3 David Boles	68 67	Delanson New Paltz	1:07:04 1:25:28
2 Thomas Kracker3 Martin Gordinier	49 43	Delmar Delmar	42:54 45:22	FEMALE AGE GROUP: 65 1 Penny Cushman		Albany	1:24:54
FEMALE OVERALL				MALE AGE GROUP: 70 -	74		
 Diana Tobon Knobloch Olivia Baumann 	31 14	Guilderland Greenville	48:45 48:48	1 Ray Lee 2 Charles Merlis	71 73	Halfmoon West Hartford, CT	1:21:33 1:31:07
3 Jacque Schiffer	49	Olivebridge	49:19			ent Productions	

HIKING & SNOWSHOEING



By Russell Dunn

Can there be a better name for a winter hike than Snow Hole? The hike to Snow Hole is typically a winter's wonderland from December into February, for the nearly threemile-long trail follows the lofty Taconic Crest trail that straddles New York to the west and Massachusetts to the east. At this altitude, snow is likely to gather, even when absent in the valleys below. This is also a nice spring, summer or fall hike. The trek begins at an elevation of 2,090 feet from a large parking area at the top of Petersburgh Pass. In years past this was the site of the Petersburgh Pass Ski Area until the ski center went out of business in the late 1970s.

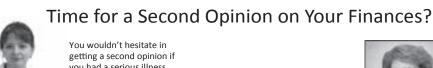
Snow Hole is an enormous fracture in the earth, measuring ten to 20 feet wide and over 30 feet long, that can be climbed down into to a depth of at least 30 feet as long as one exercises a modicum of caution. It's called Snow Hole because, like the Ice Glen in Stockbridge, and the Ice Gulch in Great Barrington (two Berkshire County purgatories), snow and ice collect in the depths of the crevasse, with winter not releasing its icy grip until the middle of summer. Even then, devoid of snow and ice, Snow Hole exudes a seeping coldness on the hottest summer days. The hole was first described by Professor Chester Dewey of Williams College in 1819, who found that "the snow was six feet deep on ice of unknown depth" at the bottom.

The hike along the Taconic Crest trail to Snow Hole affords fabulous views of the Little Hoosic Valley to the west from several outcroppings of pyellite called the "white rocks." If you know where to look you can even see the shiny gold-colored dome of the Peace Pagoda in Grafton! One spur trail - the R.R.R. Brook Trail - leads off in the opposite direction to superb views of the Green River Valley (MA Route 7) in Massachusetts and the Mount Greylock massif which dominates the eastern skyline. The trail itself is an old road that follows along the spine of the Taconic Range, providing consistently good footing and occasional brief changes in elevation.

Arriving at Snow Hole is like the proverbial frosting on the cake after tromping along the top of the Taconic Crest trail and its breathtaking views. Just be sure to bring along a thermos of hot tea for the return trip, and you will find the entire hike to be thoroughly enjoyable.

Getting There: From Petersburgh at the junction of NY Routes 2 and 22, then drive east on Route 2 for 5.7 miles and park in the area to your right at the top of the mountain pass. From Williamstown, Mass. at the junction of Routes 2 and 7, drive west on Route 2 until you reach the top of the pass at 4.1 miles. Leaving the parking area on foot, cross over Route 2 and begin following the whiteblazed Taconic Crest trail north for less than three miles. The spur trail to Snow Hole is on vour right after 2.7 miles, and leads to the crevasse within less than .05-mile. 🥼

Russell Dunn (bdelaney@nycap.rr.com) is coauthor with Barbara Delaney of Trails with Tales: History Hikes through the Capital Region, Saratoga, Berkshires, Catskills & Hudson Valley and Adirondack Trails with Tales: History Hikes through the Adirondack Park and Lake George, Lake Champlain & Mohawk Valley Regions.



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ANNELIES, ANCHOR LEG IN USA'S BESTEVER SEVENTH PLACE WOMEN'S RELAY.

am only now beginning to process what the Winter Olympics meant to me. It was a much different feeling than I anticipated – much more special than I could have ever imagined because of how many people from home and around the world it touched. I never expected the immense outpouring of support from all my friends, family and community. It was also much harder than I thought it would with the lower lows that accompany elevated expectations.

I was taken very much by surprise at what an emotional experience it was to compete in biathlon at my first Olympics. Contrary to what most people might think, when I was named to the Olympic team I felt relief more than the ecstatic feeling I had anticipated, so it really shocked me to find myself getting weepy during the warm-up for my first competition and I had to laugh at myself for it. I was terrified that something would happen at the last-minute to prevent me from racing somehow. Knowing my parents were there was so incredible and to be able to find my



Reflections on Sochi

By Annelies Cook (Athlete Profile, Jan. 2014)

Mom and Dad and hug them after that first race was the most special moment of all the Olympics.

Daily life at the Olympics depended a lot on where you were situated, I stayed at the Endurance Village for athletes almost the entire three weeks, and it was just the crosscountry skiers and biathletes. My experience was quite different from many of the tales circulating popular news sources.

Being an athlete in the Endurance Village meant that I was about two hours from the Black Sea coast via bus, train and gondola. There was no easy way to get anywhere. We didn't even go to the Opening Ceremony because it was going to be at least a five-hour traveling experience, along with standing around for an indeterminant amount of time. As such, I was quite isolated from much of the "Olympic" action and excitement that other athlete's experienced. It wasn't until my last day that I got to visit the Olympic park and see the big stadiums, the Olympic flame, and all the special perks that are available to athletes such as the USA House.

While there were many complaints about poor housing from reporters, we were quite lucky and the Endurance Village was very nice. All of the structures in our village were permanent structures to be later converted into a fancy resort. I was astounded when I did a tour and realized that we had a complete underground basketball court, disco, game room and strength room! When I had the opportunity to visit the Olympic Village on the coast it was clear that we were in a

much better living situation up high on the mountain.

Our biathlon venue was also massive. The stadium was so large it seems like it could be converted into an airport in the future and we were often joking about planes landing there. Biathlon is the most popular winter sport in Russia, so we felt like superstars there. It was perhaps one of the most difficult courses that I have ever raced on with steep long uphills, and corkscrew downhills that claimed a number of biathletes in the three weeks. The 4,800-foot elevation was also a force to be reckoned. In the last leg of our best-ever relay finish, I died so hard and was so completely flooded with lactic acid that I could barely stand up on my skis coming into the finishing stretch.

While we were very proud to achieve seventh place in the women's team relay, the best-ever finish for the USA, it was a perfect example of how high with excitement you could feel feel while simultaneously feeling very strong disappointment. We all felt thrilled with the result, but a podium was so tantalizingly close that we could taste it and only a few small mistakes held us back. We all played the race over and over in our heads knowing where we could have done better.

In the Olympics, everyone wants so badly to do well because it is one of the only times the entire world is paying attention. There is an incredible amount of excitement and hype, and that means the expectations are higher on the part of every athlete, every staff and every country. Realistically, however, only a few athletes reach the goals that they have set. You can only have one gold medalist in each competition. It is harder to shake off disappointing results as well, because you don't get to leave and go to a new competition at the end of the week to reset. So the emotional toll of the Olympics was much higher than I could have anticipated, both in good ways and in bad ways.

With such a massive biathlon stadium, Sochi is now set up to host World Cups for

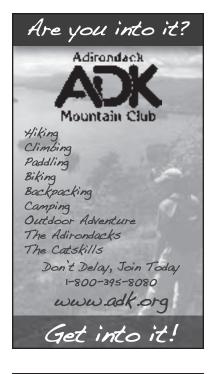
many years, but it is certainly a question of whether or not that will happen. The amount of Olympic development that was accomplished in the past few years was unbelievable. Structures that were mere skeletons when I competed at the World Cup last winter were full-blown hotels this year. That being said, it really bothered me to witness the massive amount of natural destruction that occurred in the name of the Winter Olympics.

While there is talk of the Olympics coming back to Lake Placid someday, it would be utterly impossible to create the infrastructure expected, and it would be the worst environmental disaster possible. It made me think about my role as an athlete, and what it means to countries and cultures to have the Olympics, in contrast to the environmental costs. I think that a better balance must be found. There were also many residents who were dislocated from their homes for us and that is very disturbing.

For athletes, the coming together of all the different winter athletes in the world is one of the biggest things that separate the Olympics from our normal World Cup schedule. In a way, the Olympics was the most connected I felt to home all year because people paid attention to our sport and were so supportive. There were also thousands of volunteers from around the world who were always positive and helpful, and it was gratifying to see how much being at the Olympics meant to them.

My biathlon teammates and I created a music video to a song called "Happy" by Pharrell Williams. We approached volunteers, workers, fans, coaches, staff and athletes, and asked them to dance for us. It broke down barriers in a unique way and embodied what the Olympics are truly about – an enormous cultural celebration of athletics and togetherness.

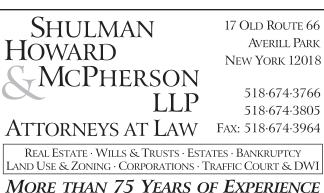
Annelies Cook (annelies.cook@gmail.com) lives in Saranac Lake. To watch the video: youtube.com/watch?v=YkH0TQsveLc.





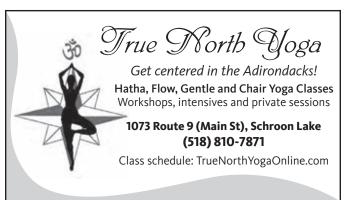
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RACE RESULTS

	WICKE	October 27, 2013					
N	IEN 10-14 JUNIORS			2	Noah Barrow	Killington Mt School Cycling	38:00
1	Tommy Servetas	NYCROSS.com/VOmax	33:18	3	Scott Hock	NYCROSS.com/VOmax	38:35
2	lan Vernoov	Unattached	33:53	M	EN CAT 4-5 ELITE		
3	Travis Kevs	Boulder Cycle Sport	33:54	1	Kurt Mason	HRRT/Specialized	39:51
N	IEN 15-18 JUNIORS			2	Brad Ramsay	Killington Mt School Cycling	39:53
1	lan Clarke	Unattached	38:00	3	Michael Dostal	BCA/Tosk Chiropractic	40:09
2	Cooper Holland	Northampton Cycling Club	43:29	M	EN CAT 5 ELITE		
3	Finnegan O'Connor	Northampton Cycling Club	-1 lap	1	Jonathan Lazzara		29:15
N	IEN 35+ MASTERS	. , ,		2	Andrew Nicholas	HRRT/Specialized	29:26
1	Jamie Belchak	First Stop/Vermont Castings	36:41	3	Kevin Mitts	Unaffiliated	29:58.21
2	Christopher Delisle	NYCROSS.com/VOmax	36:45	M	EN SINGLE SPEED ELITE		
3	Bret Young	NYCROSS.com/VOmax	37:11	1	Jamie Belchak	First Stop/Vermont Castings	44:17
Ν	IEN 45+ MASTERS			2	Christopher Delisle	NYCROSS.com/VOmax	44:19
1	Tom Horrocks	X-Men/Squadra Flying Tigers	35:52	3	Tom Horrocks	X-men/Quadra Flying Tigers	44:19
2	Geoffrey House	NNC	36:45	W	OMEN 10-14 JUNIORS		
3	Michael Ward	BCA/Tosk Chiropractic	37:38	1	Maggie Payne	NYCROSS.com/VOmax	30:27
N	IEN 55+ MASTERS			2	Liza Bell	Unaffiliated	30:50
1	Brad Young	NYCROSS.com/VOmax	37:50	W	OMEN CAT 1/2/3/4/5 ELI	TE	
2	Eric Derivera	Peak Racing/Gearworks Cyclery	38:13	1	Jenny Ives	Verge Sport/Test Pilot	45:12
3	Craig Schneider GMBC/S	ynergy Fitness	39:10	2	Kate Northcott	Beam Team Racing	46:03
N	IEN CAT 1-2-3 ELITE			3	Rosanne Van Dorn	Team Placid Planet	48:59
1	Tyler Berliner		58:25	W	OMEN CAT 4 ELITE		
2	Scott Smith		59:11	1	Turner Ramsay	Killington Mt School Cycling	
3	Devin Wagner	NYCROSS.com/VOmax	59:50	2	Jennifer Harvey	HRRT/Specialized	31:40
N	IEN CAT 3-4 ELITE			3	Paige Williams	Farm Team Cycling	31:51
1	Cody Madigan	Blue Sky Bicycles	37:42		Courtesy	of NYCROSS.com	

:	SYRACUSE GP	November 2, 2013				P: NYCROSS.CON	1#6
М	EN 5 SENIOR	November 2, 2013	LOII	у <i>Б</i> і 2	lan Vernooy	Unattached	38:35
1	Glen Wallace	Once Again Nut Butter	31:30	3	Travis Kevs	Unattached	40:16
2	Ken Mann	Rike Loft Fast	31:31	-	EN OPEN SENIOR	Oriattacrica	40.10
3	Jesse Corum	Genesee Valley Cycling Club	31:49	1	Cory Burns	Unattached	54:22
-	EN CAT 1/2/3/4 MASTER		31.13	2	Dan Staffo	Queen City Cyclists	55:51
1	Christopher Delisle	NYCROSS.com/VOmax	37:38	3	Craig Burbules	Unattached	56:12
2	Timothy O'Shea	Unattached	37:40	M	EN OPEN SINGLE SPE	ED	
3	Andrew Thomas	Unattached	37:41	1	Christopher Delisle	NYCROSS.com	40:47
M	EN CAT 1/2/3/4 MASTER	45+		2	Thomas Butler	Clinton Cycling Club	43:21
1	Andy August	Unattached	37:37	3	Thierry Blanchet	North American Velo	43:35
2	David Faso	Bike Loft East	40:05	W	OMEN 4 SENIOR		
3	Gregory Drumm	Syracuse Bicycle	41:05	1	Heidi Baks	Pawling Cycle & Sport	38:02
M	EN CAT 1/2/3/4 MASTER	1 55+		2	Victoria Harris	Mission in Motion Cycling	31:25
1	Brian Sanders	MVBC	43:22	3	Jackie Hendrickson	Mission in Motion Cycling	32:18
2	Don Rice	CCB Racing	44:55	W	OMEN CAT 1/2/3/4 M/	ASTER 35+	
3	Greg Brett	Unattached	45:36	1	Kelly Dietrick	MAC5Bikes/McAllister Sign	52:19
M	EN CAT 3/4 SENIOR			2	Rebecca Lowe	Unattached	52:28
1	Aaron Johnson	OCFCU Cycling Project	48:11	3	Victoria Harris	Mission in Motion Cycling	48:31
2	Jason Dellilo	Bike Loft East	49:45	W	OMEN CAT 1/2/3/4 M		
3	Cory Kuhns	Team ROG	49:49	1	Karla Eisch	Mission in Motion Cycling	44:13
M	EN CAT 4/5 SENIOR			2	Barb Padula	Mission In Motion Cycling	51:44
1	Roger Young	East End/Kreb Cycle	39:03	W	OMEN OPEN SENIOR		
2	Kevan Edwards	Unattached	39:19	1	Katina Walker		44:40
3	Rick Dalton	Park Ave Bike Shop	41:31	2	Jessica Snyder		44:52
M	EN OPEN JUNIOR 10-14			3	Rosanne Van Dorn	Team Placid Planet	44:53
1	Tommy Servetas	NYCROSS.com	35:55		Courte	sy of NYCROSS.com	

						BACK 5" 5-N					
IV.	ALE OVE		J, _J			GE GROUP: 25 - 29	, .		_	GE GROUP: 45 - 49	
1	30:57	Justin Pangle	28	1	41:22	Sara Evers	27	1	38:53	Robin Murray	45
2	32:40	Michael Owens	40	2	43:07	Dana Cooreman	29	2	43:53	Lisa Dennison	48
3	32:46	Chris Siron	29	3	44:00	Chelsea Desalvatore	27 F	3	48:50	Maureen Wendell	48
-	MALE O		23	-		GROUP: 30 - 34	271	M	ALE AGE	GROUP: 50 - 54	
1	32:21	Dana Bush	35	1	32:59	Colin Klepetar	34	1	36:22	Jon Gurney	50
2	36:26	Fileen Leavitt	48	2	34:14	Jonathan Auyer	32	2	36:23	Sam Mercado	50
3	38:26	Sara Sullivan	25	3	35:41	Jamie Clechenko	33	3	37:34	David Peterson	54
_		GROUP: 1 - 14	25			GE GROUP: 30 - 34	33	FE		GE GROUP: 50 - 54	
IV			1.4	1	38:44	Kelly Holzworth	34	1	44:05	Andrea Peterson	54
1	39:27	Justin Caron	14	2	43:14	Angela Bauer	34	2	45:34 47:50	Sue Blood Colleen Sacala	53 50
2	47:01	Andrew Curran	13	3	46:43	Laura Hotchkiss	31	_		GROUP: 55 - 59	50
H		GE GROUP: 1 - 14		M	ALE AGI	GROUP: 35 - 39	-	1	38:25	Glenn Herbert	55
1	44:32	Meghana Caron	12	1	38:15	Matthew Prorok	38	2	39:37	Mark Regan	57
		GROUP: 15 - 19		2		Ian Demeritt	37	3	39:43	Frank Lombardo	57
1	41:12	Erik Bidstrup	15	_		GE GROUP: 35 - 39	3,			GE GROUP: 55 - 59	37
FI		GE GROUP: 15 - 19		1	39:41	Maggie Maphia	35	1	42:43	Bernadette Nastasi	55
1	41:59	Sydney Dennison	16	2	44:31	Sara Rivers	38	2	47:44	Jen Kuzmich	55
2	43:18	Jessamyn Henschel	18	3	46:43	Julie Vittengl	35	3	52:15	Marie Arrao	57
3	43:49	Eliza Blood	15	-		GROUP: 40 - 44	33	M	ALE AGE	GROUP: 60 - 64	
M	ALE AGE	GROUP: 20 - 24		1	39:01	Brian Cuneo	42	1	40:25	Robert Preville	60
1	35:04	Matthew Kugler	21	2	40:05	Scott McLaughlin	44	2	40:41	Mark Sager	63
2	39:00	Garrett Leblanc	22	3	40:23	Edward Wasielewski	43	3	40:45	Glenn Tryson	60
3	39:58	Brian Goaghty	21	_		GE GROUP: 40 - 44	45			GE GROUP: 60 - 64	
FI	MALE A	GE GROUP: 20 - 24		1	42:53	Pam Delsignore	44	1	47:51	Cheryl Olsen	61
1	52:15	Abigail Jacobs	23	2	48:38	Virginia Larner	41	2	51:52	Jan Roth	64
2	52:39	Jane Parks	24	3	50:34	Tara Penge	43	3	1:02:08	Janet Tryson	60
M		GROUP: 25 - 29				GROUP: 45 - 49	43	M	1:03:55	GROUP: 65 - 69 Linda Plante	65
1	38:55	Lee Johnson	27	1	35:09	Joe Cotrofeld	49	 B.4		GROUP: 70 -75	65
2	43:15	Hoa Nga	29	2	36:24	Tom Marcellus	48		1:02:55	Ray Lee	71
3	43:19	Aaron Delezanski	27	3	42:06	Peter Farone	46			of Saratoga Spa State	
)	45.13	Adioii Delezaliski	21		42.00	reterratorie	47		courtesy (or saratoga spa state	rain

38TH AN				KADE-ATHON 15 entral Park, Schened		DAD RACE	
	IVC	overnber 10, 20)13 • CE	•	-	_	
MALE OVERALL				4 Volker Burkowski	42	Gansevoort	56:18
1 Michael Fout	23	Syracuse	45:48	5 Frank Horn	44	Albany	56:39
2 Josh Simpson 3 Sam Morse	29 30	Morgantown, WV Camden	46:35 47:36	FEMALE AGE GROUP: 40 1 Tina Greene	40	Contin	1.04.10
4 Patrick Geoghegan	23	Syracuse	48:08	1 Tina Greene 2 Karen Dolge	40 43	Scotia Valatie	1:04:10 1:06:40
5 Jaime Julia	29	Albany	48:22	3 Dawn Valera-McGarry	43	Cohoes	1:08:29
FEMALE OVERALL	23	7 tiburiy	40.22	4 Stephanie Kosier	40	Schenectady	1:09:28
1 Hannah Davidson	23	Manlius	54:12	5 Stacie Hebert	43	Niskayuna	1:10:19
2 Laurel Leone	28	Minoa	54:21	MALE AGE GROUP: 45 -	49	,	
3 Katie O'Regan	28	Lebanon, PA	54:29	1 Kent Lemme	47	Pittsfield, MA	51:57
4 Alexandra Varanka	28	Amherst, NH	55:40	2 Mark Stephenson	49	Esperance	58:47
5 Sara Dunham	37	Plattsburgh	55:44	3 Allen Mead	47	Hinesburg, VT	58:54
MALE AGE GROUP: 1 - 1				4 Thomas Kracker	49	Delmar	59:02
1 Brendon Vanvlack	13	Duanesburg	58:28	5 Ed Menis	49	Schenectady	59:14
2 Mike Bashant	14	Ballston Lake	1:02:33	FEMALE AGE GROUP: 4			50.44
James Faraci Jacob Greski	13 14	Troy Scotia	1:02:40 1:04:32	1 Lori Kingsley 2 Emily Bryans	47 46	Wysox, PA Delanson	58:11 1:00:40
5 Liam Leary	14	Albany	1:04:32	3 Anne Benson	48	Clifton Park	1:04:14
FEMALE AGE GROUP: 1		Albuny	1.03.30	4 Terri Artese	47	Scotia	1:04:39
1 Payton Czupil	14	Watervliet	1:04:30	5 Christine Varley	49	Albany	1:06:02
2 Eileen Bequette	14	Albany	1:08:32	MALE AGE GROUP: 50 -	54	,	
3 Breanna Hummel	14	Saratoga Springs	1:12:16	1 Jim Zoldy	51	Watertown, CT	55:34
4 Emily Ha	14	Albany	1:17:30	2 John Noonan	54	Ballston Spa	56:43
5 Emma Bodner	13	Greenwich	1:21:32	3 William Venner	54	Granville	58:34
MALE AGE GROUP: 15 -				4 Craig Dubois	50	Sprakers	59:29
1 Jon Ricciardi	17	Pattersonville	56:23	5 Mark Daley	52	West Winfield	1:00:11
2 Jack McGill	17	Niskayuna	57:00	FEMALE AGE GROUP: 5			
3 Andrew Canavan	16	Schenectady	57:07	1 Nancy Nicholson	51	Queensbury	1:08:56
4 Devin Vanvlack 5 Jeff Budka	17	Duanesburg	57:30	Stephanie Landy Janice Phoenix	53 52	Ballston Spa	1:09:36
5 Jeff Budka FEMALE AGE GROUP: 15	18	Rotterdam	57:47	3 Janice Phoenix 4 Mary Buck	52 50	Schenectady Mechanicville	1:09:57 1:11:52
1 Nina Armstrong	16	Lake Placid	1:06:12	5 Frances Vincent	52	Slingerlands	1:13:26
2 Megan Dufort	16	Schenectady	1:10:56	MALE AGE GROUP: 55 -		Siirigeriarias	1.15.20
3 Elizabeth Kiley-Bergen	15	Troy	1:12:52	1 David Roy	58	Schoharie	1:02:22
4 Kaitlyn McGarvey	18	Nassau	1:15:01	2 Ricky Munson	56	Prattsville	1:03:06
5 Victoria Bernardo	16	Glenmont	1:17:48	3 John Crawford	59	Queensbury	1:04:17
MALE AGE GROUP: 20 -	24			4 John Couch	55	Malta	1:04:46
1 Mackie Lloyd	23	Voorheesville	48:40	5 John Parisella	55	Schenectady	1:04:47
2 Louis Serafini	22	Niskayuna	48:57	FEMALE AGE GROUP: 5			
3 Patrick Carrolll	22	Schenectady	50:34	1 Nancy Briskie	56	Schnentady	1:07:46
4 Nick Webster	24	Latham	51:08	2 Karen Provencher	58	Glens Falls	1:08:26
5 Lee Berube	23	Putnam St.	51:39	3 Elizabeth Besio 4 Gwen Williams	55	Camillus	1:11:01
FEMALE AGE GROUP: 20 1 Erin Hatton	23	Trov	1:02:54	4 Gwen Williams 5 Susan Burns	55 58	Scotia Rensselaer	1:12:42 1:14:58
2 Megan James	24	Troy East Syracuse	1:02:34	MALE AGE GROUP: 60 -		VEL122EIGEL	1.14.36
3 Claire Pettit	23	Rensselaer	1:07:58	1 Tim Haley	64	Tivoli	1:00:11
4 Grace Giampaglia	22	Voorheesville	1:08:45	2 Lee Pollock	61	Queensbury	1:01:09
5 Valerie Belding	23	Albany	1:08:53	3 Carl Matuszek	61	Chatham	1:05:02
MALE AGE GROUP: 25 -	29	,		4 Peter Gerard	62	Scotia	1:05:17
 Andrew Foxenberg 	29	Kirkville	48:26	5 Robert Somerville	60	Wynantskill	1:07:26
2 Ricardo Estremera	27	Albany	48:29	FEMALE AGE GROUP: 6			
3 Alexander Paley	27	Albany	48:37	1 Linda Jennings	61	Tewksbury, MA	1:07:20
4 Tom O'Grady 5 Scott Mindel	28	Latham	50:38	2 Coreen Steinbach	62	Pompay	1:09:56
5 Scott Mindel FEMALE AGE GROUP: 25	27	Ballston Lake	50:55	Erika Oesterle Martha Degrazia	62 62	Stamford Slingerlands	1:15:35 1:16:32
1 Nicole Soblosky	26	Albany	59:15	4 Martha Degrazia 5 Joan Celentano	60	Schenectady	1:18:43
Meghan Mortensen	28	Rotterdam	1:00:59	MALE AGE GROUP: 65 -		Scrienectady	1.10.43
Wendi Robinson	26	Chatham	1:01:05	1 Bill Dixon	66	Brattleboro, VT	58:48
4 Lisa D'Aniello	27	Saratoga Springs	1:03:00	2 Patrick Glover	67	Clifton Park	1:14:24
5 Janne Rand	29	Lake Placid	1:03:37	3 John Stockwell	66	Watervliet	1:14:49
MALE AGE GROUP: 30 -	34			4 Bob Ellison	65	Slingerlands	1:17:12
1 Chuck Terry	31	Albany	51:23	5 Peter Cowie	65	Schenectady	1:18:37
2 Josh Merlis	31	Albany	52:10	FEMALE AGE GROUP: 6			
3 Eamon Dempsey	33	Delmar	53:10	1 Susan Wong	65	Glenmont	1:23:07
4 Daniel Jordy 5 Travis Dunham	30 33	Glenville	55:48	2 Ginny Pezzula	67	Colonie	1:25:50
5 Travis Dunham FEMALE AGE GROUP: 30		Plattsburgh	57:16	3 Laura Clark 4 Donna McKendree	66 66	Saratoga Springs Clinton	1:40:26 1:46:12
1 Kristina Gracey	30	Albany	57:26	5 Katharine Briar-Lawson	68	Wynantskill	1:52:13
Danielle Maslowsky	34	Ballston Lake	1:03:08	MALE AGE GROUP: 70 -		vvynanokiii	1.32.13
3 Roshni Bhagalia	32	Niskayuna	1:03:34	1 Bill Borla	73	Torrington, CT	1:06:10
4 Kari Deer	34	Slingerlands	1:08:21	2 Howard Jones	70	Clifton Park	1:19:13
5 Holly Rousseau	31	Albany	1:08:59	3 Carlos Cuprill	72	Rensselaer	1:25:17
MALE AGE GROUP: 35 -	39	,		4 Raymond Lee Jr	71	Halfmoon	1:49:58
1 Mike Roda	37	Albany	52:18	5 Cliff Snyder	71	Clifton Park	1:56:05
2 Jake Stookey	37	Clifton Park	53:14	FEMALE AGE GROUP: 7			
3 Aaron Knobloch	37	Guilderland	53:45	1 Marge Rajczewski	73	Ballston Lake	1:31:48
4 James O'Connor	39	Troy	56:35	MALE AGE GROUP: 75 -		D 1	4 2 /
5 Jim Eaton	38	Castleton	56:47	1 Wade Stockman	78	Rensselaer	1:24:42
FEMALE AGE GROUP: 35		Carataga Carine	E6-26	2 Armand Langevin	76 77	Cohoes	1:44:21
1 Dana Bush 2 Renee Tolan	35 39	Saratoga Springs Clifton Park	56:36 58:56	3 Charles Bishop FEMALE AGE GROUP: 79		Schenectady	1:56:21
3 Erin Corcoran	39	Schenectady	1:01:10	1 Eiko Boque	76	Schaghticoke	2:03:08
4 Mary Price	37	Saratoga Springs	1:07:04	MALE AGE GROUP: 80 -		Schaghlicoke	2.03.00
5 Shannon Pinkowski	38	Albany	1:08:16	1 Ed Whitlock	82	Milton, CA	1:09:11
MALE AGE GROUP: 40 -	44	,	-	2 Ed Doucette	83	Bennington, VT	1:48:52
1 Kevin Collins	42	Liverpool	50:44	FEMALE AGE GROUP: 8			
2 Joseph Ekuom	43	Kingston	53:05	1 Anny Stockman	81	Rensselaer	1:49:51
3 Bob Irwin	40	Guilderland	53:29	Courtesy of Hudso	n-Moha	wk Road Runners Clu	ıb

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MARCH 2014

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RACE RESULTS

	BETHLEHEN	I CUP CYCLOCROS					#7
FI	ITE MEN	•		5	Brian Sanders	MVBC/Sonne's Racing	50:41
1	Dan Staffo	Verge Sport/Handlebars Cycling	54:48	6	Mark Bettinger	NAV/Blue Sky Bicycles	-1 lap
2	Corv Burns	Full Moon Vista	54:51	7	Howard Johannessen	CBRC	-1 lap
3	Tyler Wren	Jamis Hagens Berman	56:40	8	Arthur Goedeke	CBRC	-1 lap
4	Craig Burbules	TBS Racing/Plan2Peak	56:50	9	Jon Powell	Windham Mt Outfitters	-1 lap
5	Devin Wagner	NYCROSS.com/RPI	58:09	_	EN CAT 3/4	Willulani Wit Outlitters	-2 lap
6	Andrew Louiza	RMRC	58:09			NVCBOSS som NOmen	45.07
7	Timothy O'Shea	Pointway/Syracuse Bicycle	58:40	1	Scott Hock	NYCROSS.com/VOmax	45:07
8		Embrocation	1:01:06	2	Sean Gramling	Unattached	45:41
9	Wayne Bray			3	John Hughson	NYCROSS.com/VOmax	45:50
		TBS Racing/Plan2Peak	- 1 lap	4	Jonathan Favata	TRT Bicycles	45:50
	Maxwell Rusch	RPI	-1 lap	5	Mark Romanovsky	Yorktown Cycles	46:02
	ITE WOMEN		40.46	6	Jason Dellilo	Bike Loft East	46:37
1	Jenny Ives	Verge Sport/Test Pilot	40:46	7	Ryan Conley	NYCROSS.com/VOmax	47:41
2	Rosanne Van Dorn	Team Placid Planet	42:25	8	Eric Ingalsbe	TBS Racing/Plan2Peak	47:53
3	Bryna Blanchard	North American Velo	42:25	9	Joshua Arvidson	TRT Bicycles	47:53
4	Heather Rizzi	HRRT/Specialized	45:28	10	David Carmona	Hammer Nutrition	48:03
5	Renee Salerno	Blue Sky Bicycles	45:50	М	EN CAT 4/5		
6		Farm Team Cycling	-1 lap	1	Daniel Lander	RPI	39:44
	NIOR 10 - 14			2	Kurt Mason	HRRT/Specialized	39:44
1	Ethan Snyder	Unattached	30:49	3	William Sprengnether	HRRT/Specialized	40:20
2	Tommy Servetas	NYCROSS.com/VOmax	31:17	4	Daniel John Vaughn	Corning/NoTubes/Swan	40:40
3	lan Vernooy	Unattached	31:33	5	Patrick Sheeley	Favata's TRT Bicycles	41:06
4	Travis Keys	Boulder Cycle Sport	34:10	6			
5	Connor Śingh	NYCross.com/VOmax	37:00	7	Jay Elling	Berkshire Bike & Board	41:11
6	Will Quackenbush	Capital Bicycle Racing Club	38:45	,	Andrew Rizzi	HRRT/Specialized	41:34
7	Trevor Dzikowicz	HRRT	-1 lap	8	Neal Coughlin	Rancourt/Rainbow Bicycles	41:34
8	Evan Toman	Unattached	-1 lap	9	Brian Hupe	Houlton Farms Dairy	42:22
-	NIOR GIRLS 10 - 18	Oriattacrica	i iup		Andrew Nicholas	RPI	42:34
1	Kayla Dzikowicz	HRRT	-1 lap	M	EN CAT 5		
2	Maggie Payne	THAN	-1 lap	1	Phil Fragale	Verge Sport	27:24
3			-1 lap	2	Andrew Nicholas	RPI	27:24
	NIORS U19		-1 lap	3	Tim Bantham	HRRT/Specialized	27:31
		NIVEROSS NO	26.22	4	Kevin Mitts	Unattached	27:46
1		NYCROSS.com/VOmax	36:33	5	Gregory Nowak	Unattached	27:46
2		Farm Team Cycling	47:53	6	Donald Massonne	HRRT/Specialized	28:20
	ASTERS MEN 35+			7	Jonathan Stillman	HRRT/Specialized	28:35
1	Andrew Thomas	Unattached	44:33	8	Robert Piparo	HRRT/Specialized	28:59
2	Christopher Delisle	NYCROSS.com/VOmax	44:33	9	Gary Cunningham	Unattached	30:22
3	Jamie Belchak	First Stop/Vermont Castings	44:33	-	Matthew Crave	Unattached	30:49
4	Mark Miller	TRT Bicycles/Stans No tubes	44:33			Unattached	30.45
5	Bret Young	NYCROSS.com/VOmax	44:40		NGLE SPEED	61 61 6: 1	27.20
6	Matthew Purdy	NYCROSS.com/VOmax	46:41	1	Cody Madigan	Blue Sky Bicycles	37:39
7	Dan Harper	Team Overlook	47:13	2	Timothy Durrin	NYCROSS.com/VOmax	38:00
8	Phillip McCarthy	Chobani/Syracuse Bicycle	49:22	3	Brad Young	NYCROSS.com/VOmax	38:00
9	Christopher Yates	Elevate Cycles	49:26	4	Christopher Delisle	NYCROSS.com/VOmax	38:00
M	ASTERS MEN 45+	,		5	Bret Young	NYCROSS.com/VOmax	38:00
1	Mark Stotz	NYCROSS.com/VOmax	44:37	6	Tom Horrocks	X-Men/Squadra Flying Tigers	39:51
2	Tom Horrocks	X-Men/Squadra Flying Tigers	44:48	7	Jamie Belchak	First Stop/Vermont Castings	40:13
3	Andrew Ruiz	CCC/Keltic Const/Zane's Cycles	46:45	8	Thierry Blanchet	North American Velo	40:18
4	Thomas Butler	CCC/Keltic Const/Zane's Cycles	46:45	9	Christopher Yates	Elevate Cycles	42:29
5	David Faso	Bike Loft East	40.43	-	Brian Sanders	MVBC/Sonne's Racing	42:51
					OMEN CAT 4	WW BC/30/IIIe 3 Nacing	42.51
6	Paul Wojciak	Pawling Cycle & Sport	47:51		Jennifer Harvey	HPPT/Coosialized	20.50
7	Danny Goodwin	NYCROSS.com/VOmax	48:15	1		HRRT/Specialized	29:59
8	Mark Williams	Sonne's Racing/MVBC	51:43	2	Shylah Weber	HRRT/Specialized	30:52
9	Thomas Macclarence	CBRC	52:01	3	Paige Williams	Farm Team Cycling	30:52
	ASTERS MEN 55+			4	Shari O'Shea	Pointway/Syracuse Bicycle	31:33
1	Brad Young	NYCROSS.com/VOmax	46:19	5	Heidi Baks	Pawling Cycle & Sport	32:07
2	Dave Beals	NYCROSS.com/VOmax	48:44	6	Marta Kirsis	Unattached	32:39
3	Don Rice	CCB Racing	49:26	7	Kelly Coplin	Unattached	34:44
4	Ken Coleman	BCA/Tosk Chiropractic	50:11			esy of NYCROSS.com	

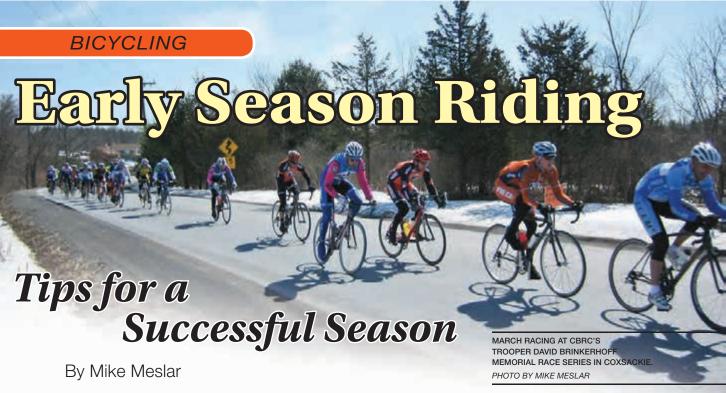
						ETERANS DA' wa High School,			ı
M	ALE OVERALL		,			EMALE AGE GROUP: 3!			
1	Tyler Schmidt	15	Rexford	17:11	1	Libbie Craft	37	Selkirk	25:37
2	Henry Christopher	15	Clifton Park	18:06	2	Celina Bilinski	36	Waterford	25:38
3	Brandon Barcomb	30	Clifton Park	18:12	3	Karen Toth	35	Clifton Park	26:08
FE	MALE OVERALL				M	IALE AGE GROUP: 40 -	44		
1	Crystal Perno	32	Clifton Park	18:56	1	Rick Zachgo	43	Rexford	18:59
2	Shelly Binsfeld	34	Clifton Park	19:13	2	Greg Ethier	40	Cohoes	19:37
3	Dominica Bleichert	17	Clifton Park	20:27	3	Joseph Bleichert	43	Clifton Park	20:07
M	ALE AGE GROUP: 1 -	14			FE	EMALE AGE GROUP: 40	0 - 44		
1	Joshua Lacey	14	Clifton Park	18:24	1	Meridith Haskins	43	Rexford	25:05
2	Christopher Donnell	14	Clifton Park	19:10	2	Cathie Smith	40	Rexford	25:57
3		13	Clifton Park	20:17	3	Jill Schuster	43	Clifton Park	26:20
-	MALE AGE GROUP: 1		Cilitori i dik	20.17	M	IALE AGE GROUP: 45 -	49		
1	Emily DiNallo	13	Clifton Park	23:07	1	Harry Hartman	47	Mechanicville	21:08
2		13	Clifton Park	23:16	2	Kevin Whitehead	47	Clifton Park	21:17
3		13	Clifton Park	24:14	3	Gary Machina	48	Rexford	23:27
	ALE AGE GROUP: 15		CIIILOITTAIK	24.14	FE	EMALE AGE GROUP: 4!	5 - 49		
1	Grea Howard	17	Clifton Park	18:18	1	Karen Hickey	47	Waterford	22:53
2	Robbie Benson	17	Clifton Park	18:31	2	Rosanne Murphy	47	Ballston Lake	25:18
3	Kyle McCart	16	Clifton Park	18:35	3		45	Rexford	25:31
-	MALE AGE GROUP: 1		CIII (ON PAIK	18.33	M	IALE AGE GROUP: 50 -	54		
			Dalleton Lake	20.50	1	Dan Cantwell	52	Albany	20:09
1	Catherine Phelps	16	Ballston Lake	20:50	2	Bill Danaher	54	Clifton Park	22:52
2	Isabelle Bader	15	Clifton Park	22:07	3	James Trainor	54	Clifton Park	24:06
3	Emily Haig	17	Rexford	23:03	FI	EMALE AGE GROUP: 50	0 - 54		
	ALE AGE GROUP: 20		- H		1	Eileen Trainor	52	Clifton Park	24:12
1	Sam Predmore	22	Ballston Lake	20:24	2	Kathy Watrobski	51	Clifton Park	25:06
2		23	Warnerville	29:28	3		53	Burnt Hills	28:55
	MALE AGE GROUP: 2				М	IALE AGE GROUP: 55 -	59		
1	Christina Ilowiecki	23	Warnerville	26:02	1	Raymond Waite	55	Ballston Lake	26:29
2		22	Albany	28:11	2	Jim Blaauboer	56	Clifton Park	26:46
3	Rachel Rigney	24	Clifton Park	30:42	3		59	Clifton Park	31:30
M	ALE AGE GROUP: 25	- 29				EMALE AGE GROUP: 5!		Circon runk	31.30
1	Mike Goebel	26	Albany	22:28	1	Hollys Kozlowski	58	Valley Falls	27:28
FΕ	MALE AGE GROUP: 2	5 - 29			2		57	Latham	29:53
1	Kathryn Greene	25	Latham	28:24	3		59	Latham	31:29
2	Colleen Rourke	25	Saratoga Springs	30:18	-	IALE AGE GROUP: 60 -		Latriairi	31.23
3	Olivia Frempong	29	Rensselaer	32:06	1		63	Colonie	22:47
M	ALE AGE GROUP: 30	- 34			2	Reigh Walling	61	Clifton Park	25:51
1	Michael Cracht	33	Niskayuna	20:39		IALE AGE GROUP: 65 -		Cirtorrark	23.31
2		33	Clifton Park	29:36	1	Richard Theissen	69	Round Lake	29:05
FF	MALE AGE GROUP: 3					EMALE AGE GROUP: 6!		Mouria Lake	25.05
1	Abigail Andrews	31	Mechanicville	31:24	1		69	Clifton Park	27:09
2	Jaimie Alaxanian	34	Clifton Park	33:11		EMALE AGE GROUP: 70	0.5	CIIItOITTalk	27.03
3	Abigail Miller	34	Loudonville	43:09	1		71	Albany	37:57
	ALE AGE GROUP: 35		Loudonvinc	75.05		IALE AGE GROUP: 80 -		, abany	31.31
1	Keith Beck	38	Clifton Park	27:13	1	Richard Schumacher	80	Hoosick Falls	33:55
2	Chris Fischer	37	Schenectady	28:30		Joe Kelly	80	Menands	33.55
3		39	Watervliet	28:30		ourtesy of Shen Track B			
3	William Mager	39	vvaterviiet	29.12	C	ourtesy or sherr ifack B	ooster C	iub & Ciiilon Park I	I aCK CIUD

		_				IAC CLASSIC !			
lν	IALE OVERALL				FF	MALE AGE GROUP: 20	- 24		
1	Louis Serafini	22	Brookline, MA	15:38	1	Megan James	24	East Syracuse	19:30
2	Alexander Battaglin	27	El Cerrito, CA	16:02	2	Amanda Schermerhorn	22	Scotia	19:38
3	Seamus Nally	26	Fort Collins, CO	16:10	3	Elizabeth Sonshine	23	Craftsbury, VT	20:45
FI	EMALE OVERALL		,		М	ALE AGE GROUP: 25 - 2	29	,,	
1	Samantha Roecker	22	Charlton	16:52	1	Fric Barnes	29	Canajoharie	17:04
2	Meaghan Nally	22	Fort Collins, CO	18:04	2	Tyler Raymond	29	New York	17:40
3	Julia Flower	15	Schenectady	18:07	3	Colin Niezgoda	25	Schenectady	17:57
l w	IALE AGE GROUP: 1 -	14			FI	MALE AGE GROUP: 25	- 29		
1	Timothy Maggs	13	Scotia	19:45	1	Emily McCabe	29	Queensbury	20:12
2	Kyle Jerreld	14	Scotia	20:00	2	Diane Heiser	29	Portola Valley, CA	20:56
3	Aidan Shea	12	Amherst, MA	20:29	3	Brittany Harrison	27	Schenectady	21:58
FI	EMALE AGE GROUP: 1	- 14			М	ALE AGE GROUP: 30 - 1	34		
1	Amelia Kokernak	14	Niskayuna	21:31	1	Jim Sweenev	32	Albany	16:54
2	Kerry Flower	13	Schenectady	22:55	2	Chris Chichester	32	Newport, VT	17:50
3	Charlotte Kokernak	12	Niskayuna	23:00	3	Andrew McCarthy	30	Albany	18:44
l w	IALE AGE GROUP: 15 -	19			FI	MALE AGE GROUP: 30	- 34	,	
1	Ariana Schrader-Ran	19	Pattersonville	16:32	1	Beth Pugliano	33	Boston, MA	20:47
2	Jordan Pantalone	18	Schenectady	16:46	2	Laura 7ima	33	Schenectady	21:13
3	Daniel Linkinhoker	17	Oakdale, CT	16:56	3	Lindsay Close	31	Amherst, NH	21:48
FI	EMALE AGE GROUP: 1	5 - 19			М	ALE AGE GROUP: 35 - 3	39		
1	Ashley Forshey	19	Scotia	21:12	1	Chris Mulford	36	Schenectady	16:48
2	Emma Ward	17	Schenectady	21:19	2	Jeffrey Phillippe	35	Niskayuna	19:12
3	Megan Dufort	16	Schenectady	21:48	3	Craig Anzlovar	35	Brookline, MA	19:13
	IALE AGE GROUP: 20 -	24			FI	MALE AGE GROUP: 35	- 39		
1	Michael Danaher	22	Clifton Park	16:20	1	Susan Yagielski	39	Cohoes	20:40
2	Marshall Pagano	20	Niskayuna	16:27	2	Jenny Pfaffenbach	37	Clifton Park	23:46
3	Alex Gilgore	20	Scotia	17:27	3	Stefanie Pitts	39	Schenectady	24:00 continued

	3	32ND	ANNUAL C	ARDIA	C	CLASSIC 5K of	ontin	ued			
M	ALE AGE GROUP: 40	- 44			FE	MALE AGE GROUP: 5	5 - 59				
1	Emilio Mancino	40	West Seneca	18:33	1	Gwen Williams	55	Scotia	22:58		
2	Jason Schreer	44	Potsdam	19:11	2	Joan Brown	55	Niskayunra	25:20		
3	Neil Sergott	42	Clifton Park	19:41	3	Kim Sack	56	Schenectady	25:22		
FEMALE AGE GROUP: 40 - 44						MALE AGE GROUP: 60 - 64					
1	Stephanie Kosier	40	Schenectady	21:38	1	George Baranauskas	60	Scotia	21:11		
2	Stacie Hebert	43	Niskayuna	22:34	2	Patrick Whelly	61	Tribes Hill	22:38		
3	Betsy Drury	43	Middlesex, VT	22:52	3	David Rowell	61	Albany	22:54		
MALE AGE GROUP: 45 - 49						FEMALE AGE GROUP: 60 - 64					
1	Fd Menis	49	Schenectady	18:54	1	Joan Fucillo	61	Scotia	25:01		
2	Richard Cummings	46	Schenectady	18:54	2	Marti Townley	63	Schenectady	28:19		
3	David Padula	48	Niskayuna	19:17	3	Cris Cioffi	60	Niskayuna	28:51		
-	MALE AGE GROUP: 4		Miskayana	13.17	MALE AGE GROUP: 65 - 69						
1	Natalie Shea	48	Amherst, MA	21:35	1	Thomas Adams	69	Schenectady	25:04		
2	Lisa Nieradka	48	Clifton Park	22:27	2	Marlow Olson	66	Schenectady	27:05		
3	Laurie Hoyt	48	Schenectady	23:03	3	Thomas Kollar	67	Schenectady	27:24		
MALE AGE GROUP: 50 - 54						FEMALE AGE GROUP: 65 - 69					
1	Johan Bosman	54	Niskayuna	19:57	1	Irene Robinson	67	W. Islip	28:35		
2	Michael Murtagh	53	Scotia	20:42	2	Christine Bishop	69	Schenectady	38:06		
3	Michael Seeley	53	Glenville	21:01	3	Kathy Higgins	65	Schenectady	45:42		
	MALE AGE GROUP: 5		CICIVIIC	21.01		ALE AGE GROUP: 70		CI II VIT	24.54		
1	Janice Phoenix	52	Schenectady	22:51	1	Steven Schreer	71	Shelburne, VT	31:54		
2	Linda François	50	Glenville	23:22	IVI	ALE AGE GROUP: 75			20.02		
3	Theresa Hance	50	Ballston Lake	23.22	1	Christopher Rush	77	Schenectady	28:03		
_	ALE AGE GROUP: 55 -	50	Dalistori Lake	23.37	2	John Moroney	76	Latham	29:22		
	Robert Liebers	- 59 55	Lakewood	19:35	3	Charles Bishop	77	Schenectady	37:10		
1						ALE AGE GROUP: 80 -		6 11 13	40.50		
2	Andrew Campbell	56	Albany	20:11	1	Donald Klob	80	Cobleskill	40:52		
3	Douglas Burns	56	Niskayuna	21:47		Courte	esy of Elli.	s Medicine			

Society Soci	1 Robert Liebers 2 Andrew Campbell	55 56	Lakewood Albany	19:35 20:11	MALE AGE GROUP: 80 - 9 1 Donald Klob	80	Cobleskill	40:52
November 28, 2013 - 1700 Artistant Tropy A	3 Douglas Burns	56	Niskayuna	21:47	Courtesy	of Ellis I	Medicine	
November 28, 2013 - 100, 1								
MALE ACCESSION 1.0	6	6ТН				& 5I	(
Second Chemens	10K	ROAD R		, 2013				
Allow Allow 1.50			Albany	31:51				
Mode Stock	2 Jaime Julia	29	Albany	31:55	3 David Cuomo	14		
	FEMALE OVERALL				1 Amanda Chambers	14		
MALE AGE GROUP: 1-14								
Mondar Andread 14			Providence, RI	37:14			Δlhany	16:10
Bennish Sah					2 Justin Van Epps	17	Clifton Park	16:28
2 Post Concept 14	3 Benjamin Shah	13			FEMALE AGE GROUP: 15	- 19	-	
Seminaring	1 Payton Czupil	14						
MALE AGE GROUP: 13-19							Glenmont	20:00
2 Jack McGill 1			West Sand Lake	36:10	1 Jonathan Aziz	22		
FEMALE AGE GROUP: 15 - 19	2 Jack McGill		Albany		3 Chris Shartrand	20		
2 Christin Marcianiane 19 Dehmar 93946 5 Interplofibilities 23 1 Novel (GROUP) 20 19 Per Park (See GROUP) 20 19 Per Park (See GROUP) 20 29 Per Park (See GRO	FEMALE AGE GROUP: 15	- 19	,				Waterford	19:44
Mark Accidence	2 Christie Macfarlane	19	Delmar	39:46				
Patiloc Larroll church 19-06 19-	. ,		Pittsford	43:31	MALE AGE GROUP: 25 - 2	9		
Mac					2 Nick Lanzillo	26	Troy	19:08
Britis Seguine	3 Nick Webster	24					Albany	19:47
Male AGE GROUP: 3-5 29	1 Brina Seguine	24						
Albary 5.23 Albary 32.33 Ambroy Guillano 34 Albary 15.42 Albary 15.43 Albary 15.44 Albary 15.43 Albary 15.44					3 Molly Casey	29		
2			Albany	32:23	1 Anthony Giuliano	34		
FEMALE AGE GROUP; 3 - 26 Albary 3851 1 corn Smalla 30 Park City, UT 20.55 2 Megham Mortersen 28 Schenectady 40;22 2 Stephame Wirten 31 East Greenburth 20.45 2 Stephame Wirten 31 East Greenburth 20.45 2 Stephame Wirten 31 East Greenburth 20.45 2 Stephame Wirten 32 Chenectady 32 MALE AGE GROUP; 30 - 34 MALE AGE GROUP; 30 - 34 Malery MALE AGE GROUP; 30 - 34 Malery MALE AGE GROUP; 30 - 34 Malery	2 Kevin Treadway	25	Albany	32:25				
Schepical Molethorsen 28 Schepical Molethorsen 29 Schepical Molethorsen 29 Schepical Molethorsen 20 Schepical Mole	FEMALE AGE GROUP: 25	- 29	*					20:06
MALE AGE GROUP; 30 - 34 Providence, Ris 32.99 Chris McCodinct, St. 39 Havertown, PA 18.77 18.2	,				2 Stephanie Viloria	31	East Greenbush	20:45
Partick Moulton 131 Perudibence, RI 22:39 1 Chris McGoldrick 39 Havertown, PA 18:13 3 Justin Bibotop 19:20			Troy	40:44		9	Cnesapeake, VA	20:50
Martin Bircho 52 West Coumbia, NC 34.22 3 Matthew Crave 36 Schemictady 19.29	1 Patrick Moulton	31						
Shelly Bardelid 34	3 Justin Bishop	32			3 Matthew Crave	36		
Male Age GROUP: 43 - 37 Albany 33.49 1 Michael Rode 37 Albany 33.49 1 Michael Rode 37 Albany 33.49 1 Michael Rode 40 Albany 19.51 3 Tongo 20.58 To			Clifton Park	40:43	1 Nora McGrath	39		
MALE AGE GROUP: 35 - 39	,							
2 Asom Knobloch 37 Schenectady 36.15 S OR Mochaster 39 Schenectady 39.27 S Laria Edemacy 4 Albany 2.25 S OR MALE AGE GROUP: 40 - 44 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE AGE GROUP: 50 - 54 Albany 2.25 S OR MALE A	MALE AGE GROUP: 35 - 3			33-49			Schenectady	18:51
FEMALE AGE GROUP: 33 - 39	2 Aaron Knobloch	37	Schenectady	35:08	2 Gaven Richard	40	Albany	19:45
2 Emin Corcoram 39 Schenectady 34-78 2 Lara Stelmäszyk 44 Albany 22-36	FEMALE AGE GROUP: 35	- 39			FEMALE AGE GROUP: 40	- 44	•	
MALE AGE GROUP: 40 - 44	2 Erin Corcoran				2 Lara Stelmaszyk			
James O'Connor 40 Albany 34:17 2 John Furgele 45 Glemont 18-31 3 John Casey 44 Cohoes 36:10 3 3 ary Longhi 49 Voorheesville 19:35 5 5 5 5 5 5 5 5 5			Troy	40:48			Ballston Lake	24:35
Semant Casey	1 James O'Connor	40	,		1 John Furgele	45		
1 Final Greene	3 John Casey	44			3 Gary Longhi	49		
Regina McGarey	1 Tina Greene	40					Altamont	21:20
MALE AGE GROUP: 45 - 49								
2 Thomas Kracker 49 Delmar 38:12 2 Timothy Egan 51 Latham 19:16 Abadiliff 49 Stillwater 39:33 3 Arthur Pearson 51 Latham 19:16 PEMALE AGE GROUP: 54 - 54			Burlington VT	37.55	MALE AGE GROUP: 50 - 5	4	•	
FEMALE AGE GROUP: 45 - 49	2 Thomas Kracker	49	Delmar		2 Timothy Egan	51	Latham	19:16
Clifton Park 44:21 Susan Matthews 54 Troy 24:29	FEMALE AGE GROUP: 45	- 49					Richmondville	20:28
MALE AGE GROUP: 50 - 54 Hoboken, NJ 46:58 Albamont 40:10 MALE AGE GROUP: 55 - 59 Hopewell Junction 19:16 FEMALE AGE GROUP: 50 - 54 Hopewell Junction 19:16 FEMALE AGE GROUP: 50 - 54 Hopewell Junction 19:16 FEMALE AGE GROUP: 50 - 54 Hopewell Junction 19:16 FEMALE AGE GROUP: 50 - 54 Hopewell Junction 19:16 FEMALE AGE GROUP: 55 - 59 Troy 21:17 Troy								
Michael Stalker 51 Burnt Hills 40:10 2 Reivin Dollard 58 Hopewell Junction 19:16 Prattsville 19:38 3 Bill Douglas 52 Reinselaer 41:10 3 Bill Khunson 56 Prattsville 19:38 Troy 21:17 Troy 21:17 Troy 21:17 Troy 24:17 Troy 24:12 Troy 24:12 Troy 24:12 MALE AGE GROUP: 55 - 59 Troy 51:19 Garine McGuire 55 Troy 51:19 Garine McGuire 62 Slingerlands 41:34 Troy 24:04 Albany 52:40 Slingerlands 41:34 Troy 24:04 Albany 52:40 Slingerlands 41:34 Troy 24:04 Albany 53:48 Troy 31:19 Sland Brown 60 Garine McGuire 62 Slingerlands 41:34 Troy 31:10 Albany 31:04 Troy 31:10 Tro			Hoboken, NJ	46:58	3 Lorie Kulzer	53		
Semantary Sema	1 Michael Stalker	51			1 Kevin Dollard	58		
Beth Stalker	3 Bill Douglas	52						
College Brackett S2	1 Beth Stalker	54					Trov	24:07
Neli McBride 55 Montrose 40:46 28 Bill Martin 59 Watervliet 42:00 1 Bill Sorel 61 Voorheesville 22:06 28 Keirn Rose 61 Latham 22:18 22:30 22:30 22:30 23 James Sullivan 60 Troy 22:30 22:30 22:30 23:30					2 Maryann Springer	56	Rensselaer	24:12
2 Bill Martin 59			Montrose	40:46	MALE AGE GROUP: 60 - 6	4	ŕ	
FEMALE AGE GROUP: 55 - 59	2 Bill Martin	59	Watervliet	42:00				
National Solution	FEMALE AGE GROUP: 55	- 59	ŕ				Troy	22:30
MALE AGE GROUP: 60 - 64 Albany 29:10					1 Carrie McDermott	63		
Lee Pollock 61 Queensbury 40:47 MALE AGE GROUP: 65 - 69			Albany	52:40	3 Ellen Flink	61		
3 Kevin Donohue 62 Cohoes 45:53 2 Thomas Hunter 68 Albany 26:39	1 Lee Pollock	61					Clifton Park	24:04
Elaine Morris 60	3 Kevin Donohue	62						
Albany 54:46 2 Linda Howlan 66 New Port Richey, FL 31:02	1 Elaine Morris	60			FEMALE AGE GROUP: 65	- 69	•	
Patrick Glover 67					2 Linda Howlan	66		31:02
2 Vincent Aloyo 66 Blue Bell, PA 47:34 1 Fred Zeitler 70 Greenville 28:55 3 James Larkin 66 Clifton Park 48:27 2 Thomas Redmond 71 Centreville, VA 34:59 FEMALE AGE GROUP: 65 - 69 1 1:19:42 FEMALE AGE GROUP: 70 - 74 Voorheesville 35:56 1 Elaine Cronin 68 Troy 1:19:42 FEMALE AGE GROUP: 70 - 74 2 Linda Keeley 68 Waterford 1:28:47 1 Sibyl Jacobson 71 Canaan 32:44 MALE AGE GROUP: 70 - 74 2 Cohoes 40:04 2 Mark Butt 71 Delmar 1:00:44 MALE AGE GROUP: 75 - 79 3 Ray Lee 71 Clifton Park 1:17:09 1 Frank Lewandusky 76 East Greenbush 33:39 FEMALE OVERALL 1 Makey Lloyd Albany 15:21 5 Jacob Johnson Albany 15:47 FIFMALE AGE GROUP: 75 - 79 2 Jacob Johnson Albany 15:47 MALE AGE GROUP: 75 - 79 3 Evan Little Kinderhook 15:47 MALE AGE GROUP: 78 Averill Park 1:00:03 4 Litzabeth Maloy Albany 16:39 2 George Ryder-Gerety 84 Albany 42:51 5 Danika Simonson 20 Clifton Park 18:26 3 Joseph Corrigan 82 Clifton Park 44:03			Clifton Park	46:25			Albany	37:08
FEMALE AGE GROUP: 65 - 69	2 Vincent Aloyo	66	Blue Bell, PA	47:34				
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pring cycling in upstate New York leaves much to be desired at times. Cold temperatures, wet, sandy, salted roads, and many cloudy days can lead to an uncomfortable ride. And hours spent on the indoor trainer or rollers during the extreme cold and snowy conditions can be tedious. Yet most travail and use this time to get ready for the warm sunny days of summer and those long endurance rides to come. Whether for physical fitness, club/event rides or bike/tri races, we all endeavor to be ready for the season.

Some of the common errors cyclists make each season pertain to riding in cold weather conditions, building an aerobic base, adding miles, recovery, bike maintenance and purchase.

COLD WEATHER RIDING

Throughout my experience in dealing with all levels of athletes from couch potato to professional, one thing that remains clear is everyone has individual needs and experiences. Most significant is each person's physical, emotional or intellectual reaction under various circumstances.

There is however one basic physiological principal to remember. The human body has problems tolerating core temperatures a few degrees above or below 98.6 degrees. The body will use whatever energy it needs to maintain an acceptable core temperature. In very hot and cold conditions, the body's physiological reserves are often reduced, as resources normally available to working muscles are redistributed to help regulate core temperature. These adjustments can significantly alter an athlete's response to a given training or competitive load and must be considered when planning each phase of the cycling season. Failure to do so may result in a variety of outcomes ranging from minor impairments in performance to serious medical events. The desire to perform in very hot or cold conditions must be regularly checked against your safety and health.

Clothing should be worn in layers and be water wicking. Cotton should be avoided. A light vest and rain jacket that can be easily carried in a jersey pocket should be readily available. Booties, arm warmers, leg warmers, and an insulating cap under the helmet are all helpful accessories. All cyclists should be wearing tights, leg warmers or knee warmers when it is below 70 degrees outside. Riding at these temperatures with bare legs exposes the knees to a variety of problems.

During my younger days back when I felt invincible it was not uncommon to see me riding in shorts if the temperature was above 50 degrees. However, I always noticed how stiff my knees and leg muscles were when I stepped off the bike. My knee caps felt like ice, my legs moved with the agility of rigor mortis, and my muscles felt tired and sore. I thought it was from a good workout. What I did not realize was that I was subjecting myself to a variety of potential problems such as tendonitis or other problems with connective tissues of the knee.

Fortunately I never had any problems with my knees. I did however spend many hours with my legs submerged in ice buckets up to my knees to treat Achilles tendonitis because of cold weather riding. Needless to say, my feet and all of my joints became a priority. As the temperature reaches 70 degrees, remove layers as needed and store them in your jersey pockets.

BUILD AN AEROBIC BASE

Anytime you perform intervals, speed work, mountain climbs or race too soon, you expose yourself to overtraining injuries and a compromised immune system. Depending on your level of conditioning it can take anywhere from three-to-eight weeks of aerobic

conditioning to establish a base. I cannot stress enough – take time to build an aerobic base! Bicyclists that continually get sick, have joint problems or suffer setbacks, usually have these experiences because they have not established their base foundation.

During the '80s and '90s, "periodization" training became an effective tool for the endurance athlete. Establish your base and then work on specialized training. When I work with novice cyclists or experienced competitive racers I go back to the basics in the off-season. During preseason training, we reestablish their aerobic engine and strengthen and recondition their muscles and connective tissues. I train their bodies to effectively keep producing energy, and work on increasing power at VO2 Max, and the amount of time they can sustain that power. This enables the cyclist to better handle the inevitable surges and pace changes that push them over their lactate threshold during training, racing, centuries, and local group rides.

INCREASING MILEAGE

Adding miles too fast leads to potential complications. Increase your mileage gradually, especially if you have not consistently established your aerobic base. Acclimate yourself to the road. If you averaged one hour on the trainer, then your first ride on the road should be for no more than one-and-ahalf hours. At the most, you do not want to ride more than twice the amount of average trainer miles. For example, if your average trainer miles were 15, then consider riding up to 20 to 30 miles as your first ride.

REST AND RECOVERY

After 35 years of athletics and cycling, it has become evident to me that most endurance athletes underutilize or totally ignore recovery as a tool for effective training. As a cyclist or triathlete, have you ever felt burned

out, had no energy or experienced a lack of interest come July or August? That's classic overtraining and not taking time to smell the roses so to speak. We all need rest, especially active rest. Rest and recovery should be given as high a priority as workouts and nutrition. Recovery assists adaptation to training, with the exception of actual participation in the exercise session. Examples of recovery techniques are massage, nutrition (before, during and after), stretching, recovery exercises and rides. The more time for recovery, the better!

I have seen many cyclists burn out by the middle of July. They lose power, average speed and kick. In most cases it was because of a lack of easy days. You do not have to break records every time you turn the crank. I tell them take it easy for a while. Don't stop riding, keep the heart rate down, and ride at an easy cadence. There is more to it than this, but you get the picture. With recovery now built into the schedule, eventually these riders come back to form, and enjoy the rest of the season. Here are some of the more common phrases I hear when they return: "I never knew that loop was so beautiful," or "Was that house always there?" Once you get used to recovery you learn to love it, and it allows and prepares you to look forward to the hard efforts to come.

Don't forget that mental recovery is just as important. Give yourself a break from the rat race. Meditations, yoga, quiet time, hanging outdoors with Mother Nature are all excellent forms of release.

BIKE MAINTENANCE AND PURCHASE

Before the first ride outside make sure to have your bike tuned-up and inspected by a professional mechanic at your local bike shop. The last thing you want to experience is a malfunction on the road, especially on a cold day. It is not fun repairing a flat or mechanical problem in cold weather. For your own safety and enjoyment, make your spring riding a good experience.

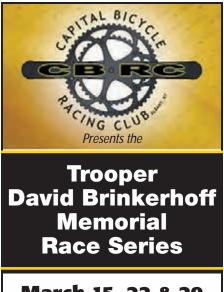
When considering a new bicycle purchase, the best time to buy is before or early in the season, because you need to acclimate to your new ride and fit. The months of March, April and May offer the ability to test ride most bikes. Inventory levels are at their best so more choices are available. A shop professional will also have more time to finetune you and your bike, so all is ready when the season is in full swing.

As you break out that metallic stead and travel into the unknown, may the wind be at your back and your ride filled with joy!

Mike Meslar (miguel@spa.net) of Saratoga Springs is certified with the National Academy of Sports Medicine as a training consultant and performance enhancement specialist bringing sport-specific expertise to clients. He is the founder of Echo Kartos, a training organization based on reclaiming one's personal power in all areas of life.

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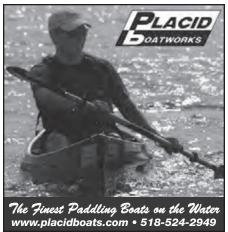
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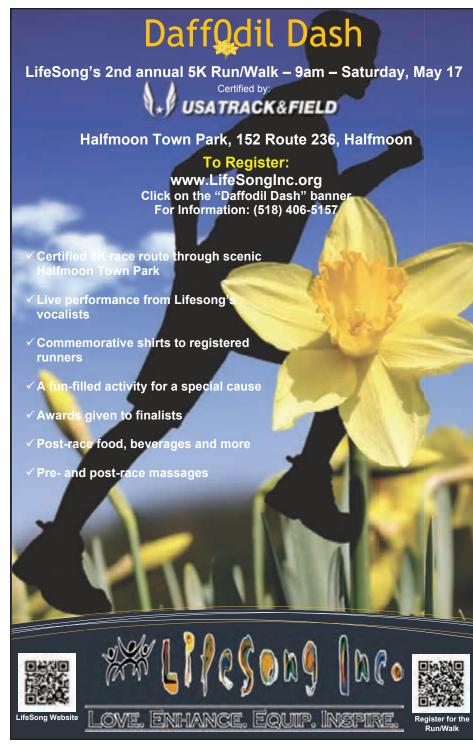
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Tom Butler: butlet2@gmail.com













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Mirror Lake Ice Offers Winter Playground

By Cathy Painter

ost of the 1932 and 1980 Winter Olympics, home to many North Country Olympians, and ongoing training center for the most elite of elite athletes, the village of Lake Placid has been a draw to competitors of the highest potential. This year the centerpiece of the town, Mirror Lake, offers the old northeastern tradition of outdoor, unstructured ice skating - for every-

The village of Lake Placid just became a lot more welcoming to families, health enthusiasts, and anyone who likes to go outside and play in the wintertime. With the simple addition of a cleared and maintained twomile ice skating oval around the circumference of Mirror Lake, locals and tourists are enjoying casual skating under the backdrop of the Adirondack High Peaks. Cross-country skiers have created a path alongside the skating trail, and walkers are hugging the trail's shoulder. Everyone on the lake is smiling.

Beth Mannix, of Queensbury, is one of those people. She trails her son as he skates along the path maneuvering his hockey stick. She explains that there are only a few outdoor skating areas in her town - and congested at that - "but they're not like this," she exclaims as she sweeps her arm across the frosty mountainous horizon, "so it is worth the drive to come here where we can skate on an expansive trail in the outdoors and be able to downhill ski in the same weekend."

Tobi Spino, from Westchester County, also brought her children on the ice to skate. "I am more of a newbie up here and I, of course, thought the trail was not only awesome, but a yearly thing. My husband, who has been coming here for years, told me it was the first time they created it. I was shocked! It is visually so beautiful, but also so wonderful for everyone to enjoy, on skates or on foot." She hopes the trail will be on the

It isn't just the visitors who are taking advantage of the cleared ice trail. Tim Weaver, director of admissions at Northwood School in Lake Placid, expresses his delight. "We are all loving it!" he spreads his arms and with exuberance and says, "...and wondering why it hasn't always been this way."

John Rosenthal, another Lake Placid local, is a serious Nordic skater. He pays attention to a Yahoo user group, vtnordicskater.com to chase new, wild ice, wherever it may be, for daylong expeditions. He feels his quality of life has been improved by the introduction of the maintained ice trail in his neighborhood, so he can count on getting his preferred wintertime aerobic exercise on work days, or days when there is no fresh unspoiled ice elsewhere. John explains, "I go out in the morning, get my workout while enjoying the magnificent scenery. Skating is great exercise and is just plain fun."

If the forecasts are correct for March,

DOGSLEDING ON THE LAKE

TOBI SPINO AND HER KIDS

SKIERS NEAR THE COTTAGE CAFÉ

skaters of all ages - beginners, hockey players, and competitive athletes alike - will enjoy the ice on Mirror Lake for weeks to come! ...

Cathy Painter (catherine.painter@icloud.com) is a freelance writer and photographer who lives in Queensbury.









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