Skiing | Running | Hiking | Biking Paddling | Triathlon | Fitness | Travel

DIRONDAC SPORTS & FITNESS



From the Publisher & Editor

6-11 CALENDAR OF EVENTS

June - August 2014 Events

Triathlon & Duathlon Older and Faster

Canoeing, Kayaking & SUP South Bay of Lake Champlain, Lake George & Jabe Pond

17 **Athlete Profile** Pro Cyclist Tyler Wren

19 **Bicycling** Mid-Summer Cycling Events

21 **Triathlon** In Triathlon Experience Counts **RACE RESULTS**

22-28 Top Finishers in 30 Events

31 **Running & Triathlon** Obstacle Course Racing

is summertime in northeastern New York and outdoor concerts, festivals and entertainment for the whole famcan be found almost every day in some corner of the region. Start your festivities off with a local run, refresh and rejuvenate yourself at a watering hole, and then celebrate with family and friends. July is best known for celebrating America's history on Independence Day, but to Saratoga Springs, the opening day of the Saratoga Race Course designates the true start of the summer season.

By Jennifer Ferriss

Two events, the Firecracker 4 and the Montcalm Mile kick off citywide celebrations commemorating the signing of the final draft of the Declaration of Independence in Philadelphia on July 4, 1776. Tradition has it that whenever people hear

the reading of the Declaration, cheers and celebrations erupt, including a mighty "huzzah" and the lighting of candles and The eighth annual Firecracker 4 on Friday, July 4 begins Saratoga's All-American celebration, with a start time of 9am at the Saratoga Springs City Center. The 4,000 runners on the four-mile route will traverse through the historic streets of Saratoga. En route to the City Center runners will climb pass

the historic Old Bryan's Inn, which looks down upon the High

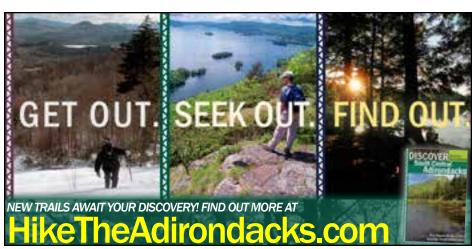
Rock Spring - healer of Revolutionary dignitaries, including

Philip Schuyler and George Washington.

New this year is the "Run your Colors" program that encourages companies and organizations to join together and represent their team spirit by wearing the same color shirt during the event. The company or organization with the most race registrants will be photographed and recognized on the Firecracker 4 website for one year and the race will donate \$1,000 to the 501c3-registered charity of the group's choice. "Not only does the Run Your Colors program build group morale and excitement for the race, but this year a group can make a sizeable contribution to its favorite charity by having the most racers involved," stated co-director Peter Goutos.

Firecracker 4 proceeds will support three local organizations: running programs at Saratoga Springs High School, the Saratoga Springs Regional YMCA, and the Saratoga Springs Greenbelt Trail Project, which seeks to link existing trails into a ten-mile path encompassing the city. Special features include an ASICS "Ready Set" running shirt courtesy of Fleet Feet Sports; \$5,000 in cash prizes to the top individuals/teams and awards/prizes for all ages, special recognition of military and public safety competitors including team competitions. "This is not just a race, but has emerged as a Saratoga summertime tradition, attracting locals and visitors," notes co-director Bob

See RUNNING AMERICAN HISTORY, 28









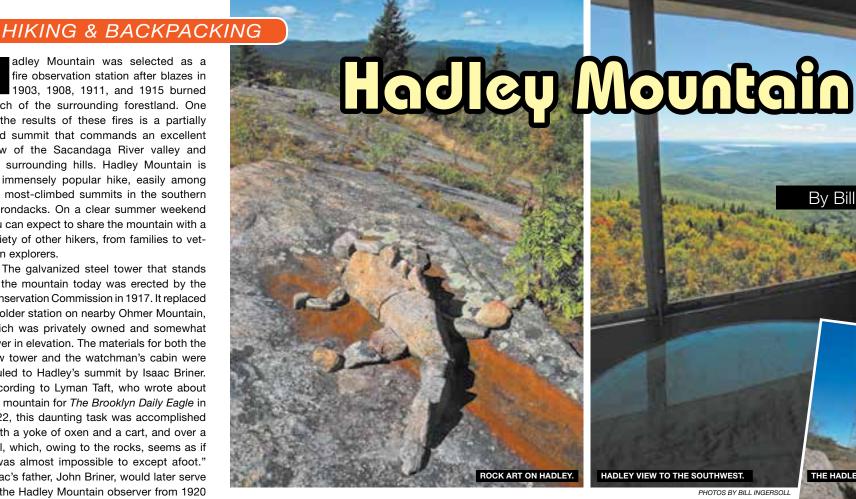
www.AdkSports.com

adley Mountain was selected as a fire observation station after blazes in 1903, 1908, 1911, and 1915 burned much of the surrounding forestland. One of the results of these fires is a partially bald summit that commands an excellent view of the Sacandaga River valley and the surrounding hills. Hadley Mountain is an immensely popular hike, easily among the most-climbed summits in the southern Adirondacks. On a clear summer weekend you can expect to share the mountain with a variety of other hikers, from families to vet-

eran explorers. The galvanized steel tower that stands on the mountain today was erected by the Conservation Commission in 1917. It replaced an older station on nearby Ohmer Mountain, which was privately owned and somewhat lower in elevation. The materials for both the new tower and the watchman's cabin were hauled to Hadley's summit by Isaac Briner. According to Lyman Taft, who wrote about the mountain for The Brooklyn Daily Eagle in 1922, this daunting task was accomplished "with a yoke of oxen and a cart, and over a trail, which, owing to the rocks, seems as if it was almost impossible to except afoot." Isaac's father, John Briner, would later serve as the Hadley Mountain observer from 1920 until 1936.

Because of their obligation to remain on the summit as often as possible, the observers needed to be self-sufficient. Among the varied responsibilities was the maintenance of the telephone line that connected the tower with the outside world - the only way the watchman could communicate the location of a fire to the local forest ranger. As Lyman explained, "if the phone should be put out of commission by a storm, it is the observer's duty to shoulder his climbing spikes and other apparatus needed for the work and go over the line until he finds the break and then repair it." Hadley Mountain presented a special problem because the line had been strung straight up the steep slopes "through thickets, over rocks and almost impossible places," rather than along "the mountain trail that is used by tourists."

Several of Hadley's observers also tended small gardens on the summit, to help minimize the amount of staples they needed to carry up the trail. Corn, beets, beans, carrots, and cucumbers were typical items, but potatoes were the real prizes of these garden plots, requiring careful attention - because as another reporter observed in 1953, "potatoes are heavy." The mountain provided raspberries, which grew in abundance without any help, and water could be obtained from springs on the summit for a short time each year - otherwise this, too, needed to be toted



A dozen men spotted fires from Hadley Mountain over the decades until aerial surveillance eventually replaced the fire tower system. Hadley's tower was last manned by the state in 1990, but it is now staffed on an internship basis with a summit steward most weekends through July and August. The steward can help you identify the many different landmarks you will see from the top of the tower, from the Catskills to the High Peaks to Vermont. This is a favorite mountain that you will likely be drawn to climb again and again.

The mountain is accessed via Hadley Hill Road. The easiest way to find it is to follow NY Route 9N to the hamlet of Hadley, across the Hudson River from Lake Luzerne. Turn north onto Stony Creek Road (CR 1) and follow it for 3.1 miles, where Hadley Hill Road bears left, west. Drive on Hadley Hill Road for 4.4 miles to Tower Road, which bears right, north, leading in 1.4 miles to the trailhead.

THE TRAIL

GETTING THERE

The climb to the summit of Hadley is steep and arduous, but these are challenges that are overcome by many people each vear. Its nearly bald summit provides one of the best views in the southern Adirondacks, which becomes a 360° panorama when you climb to the top of the tower. The summit steward will help you pick out the various landmarks that are visible in every direction.

Beginning at the Tower Road trailhead, the trail immediately begins its continuous climb southwest to the ridgeline. The fires that burned the hillside also consumed the topsoil, so only a thin cover has accumulated on the smooth gneiss base. As a result, the steepest, most worn part of the trail is over a "sidewalk" of smooth rock. While this portion of the trail is erosion-resistant, it can also be quite slippery if the rock surface is wet. Therefore it is important to wear hiking boots with good traction. Along the way there are off-trail boulders to explore and pockets of yellow touch-me-not flowers - which bloom around Labor Day - to photograph.

The forest cover contains pioneering species of birch and oak, viburnum and striped maple, and mountain-ash. At 0.9-mile the trail levels out briefly as you reach the crest of the West Mountain ridge, about 1,030 feet above the trailhead. The trail turns north to follow the narrow ridge, with slopes dropping off to your left and right, but before long the trail angles northwest up the main summit. At 1.4 miles you reach your first open view just to the south of the summit - just a limited preview of what is to come. Tunneling back into the trees, the trail passes the observer's cabin and ascends the final ledge to the summit, 1.6 miles from Tower Road, and 1,530 vertical feet above it.

The large patch of bare rock provides a generous view to the southwest. Only the view to the west past Spruce Mountain, which is nearly the same size as Hadley, is at all restricted. To see what the fire observers saw, however,

HADLEY VIEW TO THE SOUTHWEST. THE HADLEY FIRE TOWER. need to climb the tower. People who are afraid of heights

By Bill Ingersoll

will not appreciate the final, exposed ladder leading from the uppermost landing into the cabin, nor the way the structure "bobs and weaves like a ship in a storm" when the wind blows, as one reporter observed in 1953 - but the views are phenomenal from this vantage point. The restored map table will help you identify some of the distant landmarks if the steward is not on hand.

The view south is past the Mohawk Valley and the Helderbergs, to some of the Catskills' higher peaks. A long section of Great Sacandaga Lake is visible to the southwest, from Day Center and beyond, well past the Batchellerville Bridge into the lake's main body. To the northwest lie Bearpen and Mount Blue. To the north, beyond Roundtop, many of the High Peaks are visible between Crane, Baldhead, and Moose; the hazy profiles of Nippletop and Dix can be easily identified. To the east, the Green Mountains stretch north to south as far as the eye can see. On a clear day, Hadley's horizons seem boundless. 📥

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the Southern Adirondacks.











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(3 miles south of Thruway Exit 23)

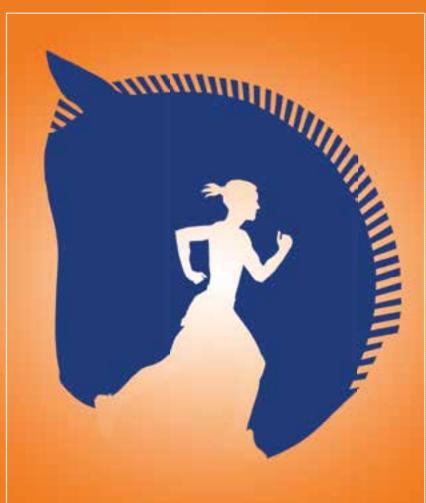
W) 301 Warren St 23) (corner of 3rd St) (518) 828-5063

HUDSON STORE

(518) 427-2406 SteinersSkiBike.com THE SARATOGA PALIO

Half Marathon & 5K Run/Walk Sun., Sept. 21, 2014 at 7:15 AM Run, walk, pledge, or volunteer www.thesaratogapalio.com

Proceeds from the race support The Melanie Foundation's scholarship fund for graduate students in the mental health field and, also this year, the Saratoga WarHorse Foundation, which helps veterans coping with post-traumatic stress disorder (PTSD).

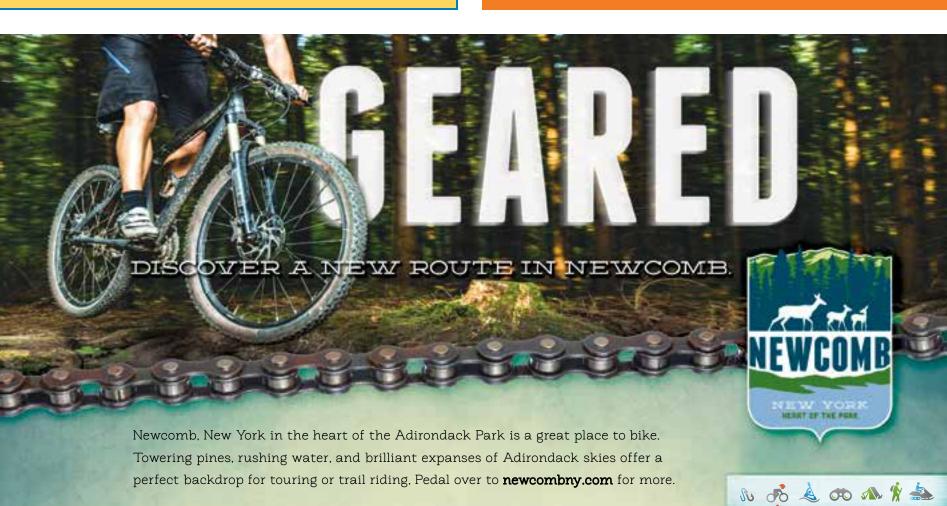


On the 21st of September, let's all be on active duty.

The Melanie Foundation presents

THE SARATOGA PALIO:

MELANIE MEROLA O'DONNELL MEMORIAL RACE



www.AdkSports.com

AROUND THE REGION News Briefs

David Ryan Safety Awareness Ride

NISKAYUNA - On Sunday, June 29, cyclists from across the Capital Region will gather in Niskayuna for the tenth anniversary David Ryan Safety Awareness Ride to honor the memory of fellow cyclist David Ryan, who was killed in 2004 by a speeding reckless driver on Riverview Road, just east of Sugar Hill Road, in Clifton Park.

Riders will meet at 12:30pm for this Mohawk-Hudson Cycling Club ride (helmets required) at ShopRite Plaza at Balltown Road and Nott Street East, and then depart at 1pm with police escort on neighborhood streets to connect with the Mohawk Hudson Bike/Hike Trail. They will cross the Route 146 Rexford Bridge as a group and ride to the David Ryan Ghost Bike memorial on Riverview Road,



just east of Sugar Hill Road. A short ceremony will take place at approximately 1:45 pm. Riders will then complete the Mohawk River loop route at their own pace. Out-and-back ride length is 16 miles and the full River Loop route is 30 miles. There will also be an alternate out-and- back bike path route on the Mohawk Hudson Bike/Hike Trail for families and kids.

David Ryan was an avid recreational cyclist and outdoor enthusiast who had a bright future ahead of him. On June 29, 2004, while riding his usual training route on the scenic "river loop" he was struck and killed on Riverview Road by a speeding, reckless driver. The river loop is a familiar route to many local cyclists who use it for training and recreation. For more information, go to davidtryan.com or contact Dave Kraus at dbkraus@earthlink.net. 📥

World Cup Mountain Biking Returns to Windham

WINDHAM - What will bring more than 1,100 pro and amateur athletes from 35 countries and six continents to the small village of Windham in the Catskills this August? Top cyclists will return on August 7-10, for the 2014 Windham UCI Mountain Bike World Cup presented by Shimano. After hosting a World Cup in 2010, 2011 and 2012, Windham will be back this year. The town will host the eighth of nine UCI World Cup stops, and the only stop in the United States. The World Cup did not have a U.S. location in 2013. In 2012, American Aaron Gwinn took first place in the Men's Downhill race at Windham, the first time an American won a MTB World Cup on American soil.

The races draw elite competitors and international media. Race week activities are

reported to enthusiasts daily and millions watch live online and as they

are broadcast. In the U.S., the races are streamed online live and replayed on Universal Sports Network. This year, Windham is one of five sites to host all three disciplines on the race circuit: Olympic Cross-Country (XCO), Cross-Country Eliminator (XCE) and Downhill (DHI). The XCE will make its first appearance in Windham. The XCE will bring a shorter, fast-paced race in the base area. Organizers are planning community events including a block party, concert, Race the World amateur XC and DH races, and a kids' fun race. Windham has hosted mountain bike events since 2007, building a reputation as a mountain biking destination. The tour also visits South Africa, Australia, Czech Republic, Germany, Great Britain; Austria; Mt. Sainte-Anne, Canada; and France. Find out more or register at racewindham.com. 🜲



ISSUE #163

East Dix Officially Renamed "Grace Peak" in honor of **Grace Hudowalski**

ALBANY - East Dix officially has been renamed "Grace Peak" in honor of Grace Hudowalski (46er #9), longtime historian for the Adirondack Forty-Sixers and first woman to climb the 46 High Peaks. The United States Board of Geographic Names approved the petition submitted by the 46ers to rename East Dix "Grace Peak." The name designation was approved on June 12, which brings to a successful conclusion the 46ers campaign that began in the early 2000s to name a High Peak after Grace.

In response to the approval, Douglas Arnold (46er #4693 Winter), who led the naming effort for the Forty-Sixers during the past 12 years said, "Everyone has a mentor who influences the outcome of their life. These angels are remembered but rarely honored. Grace was a mentor to thousands as she shared her enthusiasm for the Adirondacks. The naming of Grace Peak is a tribute, not only to the lives she touched, but to all of those angels who make a positive impact on our lives." Sally Hoy (46er #2924 Winter), president of the Forty-Sixers added, "How fitting to honor a woman whose love of the Adirondacks has had far-reaching effects, not only in eco-tourism but in promoting protection of this amazing resource."

The Forty-Sixers chose East Dix as an appropriate mountain for renaming because it did not have a unique name. Its appellation is a reference to its proximity to Dix Mountain (named for John Dix, NY Secretary of State, 1833-1839), the highest peak in the Dix Mountain Wilderness. Robert Marshall (46er #3) gave East Dix its associative name so it would not be a "nameless mountain." In his book "Peaks and People of the Adirondacks" (1927), Russell Carson noted that the most interesting fact about East Dix (and its neighbor South Dix) is that "their names are not important enough to be retained and that they can be given distinctive titles, when the right occasion comes, without violation of old-established names." With the naming of Grace Peak, the right occasion has come, and the mountain now has its own, permanent designation.

The naming effort received widespread support from recreational groups, individuals, local governments and state agencies. For more info on Grace Hudowalski and the Grace Peak renaming project, visit: gracepeak.info. -Adirondack Forty-Sixers 🜲



Features Grace Hudowalski

ELIZABETHTOWN - The Adirondack History Museum and Essex County Historical Society are presenting an exhibit on 46er #9, "Grace Hudowalski and the Mountains We Climb" - it opened at the museum in Elizabethtown on June 7. The exhibit tells the story of mid-20th century Adirondack recreation, highlighting Grace Hudowalski, a founding 46er and the first woman to climb the 46 High Peaks. Her lifelong passion for the mountains and devotion to the 46ers are legendary. She was the longtime historian of the organization and wrote thousands of inspiring personal letters to climbers during their quest to become 46ers. Many of the exhibit artifacts, including her manual typewriter, hiking clothing and boots, and photos from the Adirondack 46R Conservation Trust are on display through mid-October. Visit the Essex County Historical Society the next time you are hiking in the area and experience a part of 46er history. For directions, go to: adkhistorycenter.org. 📥

Adirondack Urgent Care Open in Queensbury

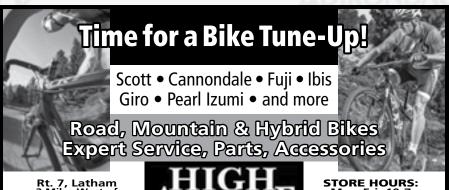
QUEENSBURY - Adirondack Urgent Care is now open in the Mount Royal Plaza. The state-of-theart facility is staffed by experienced emergency medicine physicians, physician assistants and nurse practitioners, and is open seven days a week from 9am to 9pm. With onsite lab and x-ray services, patients seeking treatment of minor to moderate illnesses and injuries can expect expedited diagnosis and treatment.

"By being open 12 hours a day, the idea is to be accessible to the population of visitors in the Queensbury-Lake George region as well as to local patients who cannot schedule an appointment with their primary care provider due to work or other conflicts," explained Dr. Todd Duthaler, Administrative Medical Director. "Our office will

send copies of the patient's visit record to their primary care provider to ensure continuity of care. Patients will be referred to local specialists when their condition requires follow-up of that nature."

"Generally, the time a patient waits to be seen is significantly shorter than in a hospital emergency department," said Dr. Jason Bernad, Clinical Medical Director. "For less serious problems or injuries, it is a great alternative. Insurance copays are also usually less expensive for an urgent care visit than they are for an emergency department." Patients are seen on a walk-in basis and no appointments are necessary. Most major insurances are accepted. Contact Adirondack Urgent Care at (518) 223-0155 or adkuc.org.





Rt. 7, Latham 2 Miles West of Northway Exit 6 **785-0501** SKI & BIKE

Mon-Fri: 10-7 Sat: 10-5 Sun: Closed

Mayor's Cup Bike Ride Sunday, July 13 CVPH Medical Center

70M 8:30am • 50M 9am • 20M 10am First 150 preregistered receive T-shirt Rest stops, SAG support & post ride BBQ Fee: \$40 by 7/7 - \$45 after

75 Beekman St, Plattsburgh

Register/Info: (518) 562-7169 www.cvph.org

Funds benefit Foundation of CVPH Travel Fund



Lake George Bike/Boat Ride Sunday, August 17

Early AM: Bike Lake George to Ticonderoga 11:15AM: Ride Mohican Boat to Lake George

Reservations: (518) 668-5777 www.LakeGeorgeSteamboat.com

Saratoga **Century** Weekend

SEPTEMBER 6-7

Carlsbad Pavilion (near Peerless Pool) Saratoga Spa State Park Saratoga Springs

Fun recreational bicycle rides on quiet back roads in scenic Saratoga County

- Century/100M 8am, Metric/62M 9am, Half/50M 10am, Quarter/25M 11am
- SAG, marked routes, rest stops, cue sheets
- Post-ride catered lunch provided

Mohawk Hudson Cycling Club



MohawkHudsonCyclingClub.org

Mt Equinox Uphill VME Bike Climb

Saturday, August 2 • 8AM Skyline Dr, Manchester, VT

5.4M race, 3,248ft up, 12% grade

Info, Registration, Sponsorship: GearUpForLyme.com or BikeReg.com

> aholzman1@earthlink.net Presented by Manchester Rotary Club



Christine Nicole Perry Memorial Bike Ride

Sunday, August 3 at 9am Exit 24 Park N Ride, Bolton Landing

Two different intermediate routes available Rain or shine • Post-ride lunch

Preregistration Appreciated: chrissysfund.com More Info: 518-644-3020

or info@chrissysfund.com Proceeds benefit Christine Nicole Perry Memorial Trust

Calendar of Events Qume — Gugust 2014 Events beyond this range are advertisers in this issue.

	JUNE 2014 M T W T F S													AUGUST 2014							
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BICYCLING

ONGOING

- Daily Mohawk-Hudson Cycling Club. 300 rides/year for all. Albany-Saratoga. Schedule: mohawkhudsoncyclingclub.org.
- Daily R-Cubed Group Rides. CK Cycles, Albany. 459-3272.
- Coaching Rides & Bike Tours. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- Adk Spokes Time Trials: 6/10-8.12. 10M. 6:30pm. West River Rd, Fort Edward. 793-5676. insideedgeskiandbike.com.
- Women's Night Ride. 6pm. Multiple groups as needed. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Tomhannock Wednesday Ride. 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Shop Ride. 6pm. Moderate pace (16-18mph), no drop. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.
- Tomhannock Women's Ride. 5:30pm. Tomhannock
- Bicycles, Pittstown. 663-0083. tomhannockbicycles.com. Faster Road Ride & Women's Road Ride. 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- **Shop Ride**. 8am. Group A: keep up if you can. Group B: options as well. Grey Ghost Bicycles, Glens Falls. 223-0148. greyghostbicycles.com.

JUNE

- 20-22 5th Wilmington-Whiteface Bike Fest. Group rides, stunt shows, best calves contest, live music, BBQs, "Poor Man's Downhill," WF Uphill Bike Race, WW 100K (Leadville qualifier), kids' activities. Wilmington. 946-2255. bikewilmingtonny.com.
- 13th Whiteface Uphill Bike Race. 11M, 3500ft up. 8am.
- Whiteface, Wilmington. 888-944-8332. whitefacerace.com. 21 7th Corning Circuit Race. Watkins Glens Speedway, Watkins Glen. Brian Klotz: 607-377-0167. corningraceteam.com.
- Ride for the WELL of It. 12M, 38M, 64M. 9am. The Hub, Brant Lake. bikereg.com.
- 21 1st ADK 540 Gran Fondo. 136M. 7am. Alpine Country Inn/ Suites, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 21 Morley Library Biking for Books 50K. 10am. Morley Wesleyan Church, Canton. 315-386-5235.
- Race Clinic. 9am. Classroom, road, training, lunch. Boor Sculpture Studio, University at Albany, Albany. cbrc.cc.
- NYS Time Trial Championships. 10K-40K. Tioga Center. bikereg.com. 9th Tour de Kingston/Ulster. 50/25/16/10M. Dietz Stadium,
- Kingston. tourdekingston.com. Hunter-Greene Summer Classic/NYS Road Race
- Championship. Hunter. 275-6185. bikereg.com. Okemo Uphill Bike Climb. 5.8M. 10:30am. Jackson Gore Inn, Ludlow, VT. bikereg.com.
- 10th MHCC David Ryan Safety Awareness Ride. 12:30pm. 30M river loop or 16M out/back ride. 1pm. All welcome. ShopRite Plaza, Niskayuna. davidtryan.com.

JULY

- Pinnacle Time Trial #2. 3.9M. 6:30pm. New Salem Firehouse, Voorheesville. cbrc.cc.
- 13th NY Capital Region Road Race. 43-83M. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. cbrc.cc.
- Saratoga 12/24 Bicycle Race/Ride. 12 & 24 hours. 8am. Saratoga Hilton, Saratoga Springs. John Ceceri: 583-3708.
- adkultracycling.com. CVPH Mayor's Cup Bike Ride. 70M: 8:30am. 50M: 9am. 20M: 13 10am. CVPH Medical Center, Plattsburgh.
- Michelle Senecal: 562-7169. cvph.org. 13-20 Cycling the Erie Canal. 400M. 8am. Buffalo to Albany.
- Rohan Parikh: 434-1583. ptny.org.
- Dry Dock 100M. 8:30am. Dry Dock Lounge, Plattsburgh. 726-0231. bikereg.com.
- 8th Cystic Fibrosis Champs Challenge. Bike Rides, 5K Run & BBQ. 8M ride: 11am. 40M ride: 9am. 5K: 10am. Basin Harbor Club, Vergennes, VT. 802-310-5983. champschallenge.org.
- 29-8/3 Cycling the Hudson Valley. 200M. 8am. Hudson to NYC. Rohan Parikh: 434-1583. ptny.org.

AUGUST

- Montreal Double Double. 400M. Schuylerville-Montreal-Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- Gear Up for Lyme: Mt Equinox Uphill Bike Climb. 5.4M, 3248ft up. 8am. Skyline Dr, Manchester, VT. gearupforlyme.com.
- 7th Tour of the Catskills. TT, criterium, road races. Tannersville/Windham, tourofthecatskills.com.
- 12th Christine Perry Memorial Bike Ride. 33M & 14M intermediate routes w/lunch. 9am. Exit 24 Park/Ride, Bolton Landing. 644-3020. chrissysfund.com.
- ADK's ididaride: Adirondack Bike Tour. 75M/20M. Ski Bowl Park, North Creek. Adirondack Mtn Club: 800-395-8080.
- 3rd Champlain Canalway Trail Bike Tour. 30M. 9:30am. Saratoga NHP Visitor Center, Saratoga Springs. 580-9456. hudsoncrossingpark.org.
- Lake George Bike/Boat Ride (Ti Ride). Early AM: 41M bike Lake George to Ticonderoga. 11:15am: Mohican boat Ti to LG. 668-5777. lakegeorgesteamboat.com.
- 14th Pat Stratton Memorial Century Ride. 100M/50M/25M& kids ride. 8am. Rain date: 8/24. Mt Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- 23-24 31st Chris Thater Memorial Cycling Races. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.

SEPTEMBER

- Double H Ranch Camp Challenge Ride. 62M/30M. Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.
- MHCC Saratoga Century Weekend. 100M 8am. 62M 9am. 50M 10am. 25M 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- Kelly Brush Century Ride & BBQ. 100M. 7:30am. Middlebury, VT. 802-497-4909. kellybrushfoundation.org.
- 2nd Tour de Daggett Lake Bike Rides. 65M 8am. 20M 9am. Daggett Lake, Warrensburg. 623-2198. daggettlake.com.
- Adirondack 540 Ultra Race/Ride. 540M/408M/272M/136M. 8am. Alpine Country Inn/Suites, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- 4th Cycle for Life Rides. 32M/62M. 8am. Saratoga Train Station, Saratoga Springs. 783-7361. cff.org.
- Drops To Hops Race/Ride. 43M race/23M fun ride. 9am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- 1st Rensselaerville Cycling Festival. Team Jamis/Hagens Berman Gran Fondo: Ride w/the Pros. 84M/55M/25M: 9am. 8M Festival Ride: 10am. BBQ, kids' rides: 12pm. Carey Institute for Global Good, Rensselaerville. rensselaervillecycling.com.
- 28-10/2 19th New England Adventure Bicycle Tours: Lake Champlain Bikeways Fall Foliage Tour. 369-6589. newenglandadventure.com.

So many things to do, you may just forget to go home. every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.

> Chamber of Commerce/Office of Tourism, Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways 518-548-4521 • speculatorchamber.com

ADIRONDACKS





all levels of ability welcome

more than 300 rides per year

join or renew online:

MohawkHudsonCyclingClub.org



THE CENTER FOR PREVENTIVE MEDICINE

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More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

The Center for Preventive Medicine • Prime Care Physicians, PLLC 400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100



OCTOBER

- BCA Fall Foliage Gravel Grinder Ride. 66M. Post-ride brew/ brats. Canterbury Farm, Becket, MA. berkshirecycling.org.
- Breast Cancer Awareness Benefit Ride. 12M or 21M loop. 11am. Pedals & Petals, Inlet. pedalsandpetals.com.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes. 8/4-30. M/W/F 5:15 or 6:45am. Tu/Th 5:15am. Sat 6:15am. Saratoga-Wilton Soccer Club, Malta. Sat, 8/2-30: Workouts in the Park. Becky Weyrauch: 522-9765. rockyourfitnessny.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. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING & ROCK CLIMBING

JUNE

- 20-22 Trailless Backpacking: Dix Range. 8:30am. Adirondack Mtn Club: 523-3441. adk.org.
- 27-29 Trailless Backpacking: Cliff & Redfield. 10am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Street & Nye Mtn Hike. 9M. 7am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- Seymour Mtn Hike. 14.4M. 7:30am. Coreys. Adirondack Mtn 30 Club: 523-3441. adk.org.

JULY

- Trailless Backpacking: Seward Range. Adirondack Mtn Club: 523-3441. adk.org.
- Hike-A-Thon. Nine sites around Lake George for all ages/ abilities. Free. Lake George Land Conservancy. Sarah Hoffman: 644-9673. Register: lakegeorgehikeathon.org.
- Tabletop Hike. 9.8M. Adirondack Mtn Club: 523-3441. adk.org.
- 11-13 Beginner Backpacking. Camping, safety, map-reading. Adirondack Mtn Club: 523-3441. adk.org.
- Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn Club: 523-3441. adk.org. 18-20 Trailless Backpacking: Santanoni Range. Adirondack Mtn
- Club: 523-3441. adk.org. 19-23 Leave No Trace Master Educator Course. Adirondack Mtn Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org. Esther Mtn Hike. 6.6M. 8:30am. Candyman Shop,
- Wilmington. Adirondack Mtn Club: 523-3441. adk.org. Street & Nye Mtn Hike. 9M. 7am. Adirondak Loj, Lake Placid.
- Adirondack Mtn Club: 523-3441. adk.org. 28-31 Johns Brook Valley Teen Adventure. Ages 14-17. Adirondack Mtn Club: 523-3441. adk.org.

AUGUST

- Leave No Trace Trainer. Backpacking. Adirondack Mtn Club: 523-3441. adk.org.
- Donaldson & Seward Hike. 14M. Adirondack Mtn Club: 523-3441. adk.org.
- Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- Dix & Hough Hike. 13.7M. Adirondack Mtn Club: 523-3441. 18 adk.org.

SEPTEMBER

- Macomb, South & East Dix Hikes. 12.3M. Adirondack Mtn Club: 523-3441. adk.org.
- Dix & Hough Hike. 13.7M. Adirondack Mtn Club: 523-3441. adk.org.

ONGOING

- HPC MTB Center. Open daily. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Whiteface "Poor Man's Downhill" MTB Rides & Shuttle. 7/6. 20; 8/3, 17; 9/7, 21. Leepoff Cycles, Wilmington. Leepoff: 576-9581. bikewilmingtonny.com.
- Inside Edge MTB Ride. 6pm. Inside Edge Ski & Bike, Queensbury. 793-5676. insideedgeskiandbike.com.
- HPC/VIC MTB & Trail Run Series. 6/25; 7/9, 23; 8/6, 20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
- "Fun Not Fear" 1-Day Dirt Camps. 7/11; 8/1-29; 9/5-19. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.
- Sa-Su "Fun Not Fear" 2-Day Dirt Camps. 7/5-9/21. Mt Van Ho, Lake Placid. 523-3764. highpeakscyclery.com.

JUNE

- 20-22 5th Wilmington-Whiteface Bike Fest. Group rides, stunt shows, best calves contest, live music, BBQs, "Poor Man's Downhill," WF Uphill Bike Race, WW 100K (Leadville qualifier), kids' activities. Wilmington. 946-2255. bikewilmingtonny.com.
- 20-22 3rd NEMBAfest @ Kingdom Trails. East Burke, VT. 802-626-0737. mtbadventureseries.org.
- Wilmington Whiteface XC MTB Race. 50K/100K. 7am. Solo 100K: Leadville Trail 100 MTB qualifier. Whiteface, Wilmington. 303-330-6770. wilmingtonwhitefacemtb.com.
- Gravity East Downhill MTB Race. 12pm. Oak Mountain, Speculator. 548-3606. gravityeastseries.com.
- Kids' MTB Clinic. Mt Van Ho, Lake Placid. 523-3764. 28 highpeakscyclery.com.
- Wildcat 100M/100K MTB Race. 6:45am. Lippman Park, Warwarsing. wildcatepicevents.com.
- Singled Out in Central Single Speed MTB Race. 5M+. 10am. Central Park, Schenectady. hrrtonline.com.

JULY

- West Hurley Burly Backyard World Championships Race #2: NYS MTB Series. 10am. West Hurley. nysmtbseries.com.
- S.O.S. Mtn. Bike Challenge. Stewart State Forest, Newburgh. nysmtbseries.com.
- Eastern States Cup "Test Your Glory" World Cup DH Preview Race. 1M. 12:30pm. Windham Mtn, Windham. racewindham.com.

AUGUST

- UCI MTB World Cup. XCO, DHI, XCE, Race the World (XC, DH, Kids) & Festival Events for Everyone. Windham Mountain, Windham. 943-3223. racewindham.com.
- 1st Churney Gurney MTB Race. 4-12M. All classes & kids race. Gurney Lane Town Park, Queensbury. Bob Underwood: 796-5908. underthewoodsfoundation.org.
- Belleayre Mtn All Terrain Challenge. High Mount. nysmtbseries.com.
- North Face Race to the Top of Vermont. MTB, run, hike. 9am. Stowe Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- 30-31 2nd ADK 80K MTB/Cvclocross & Trail Run Races. Sat. 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.

MOUNTAINEERING & WILDERNESS SKI

JUNE

23-26 Wilderness First Aid Course (SOLO). Adults/teens. 8am-5pm. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

JULY

- 12-13 Wilderness First Aid Course (SOLO)/WFR Recert. Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-18, 21-15, 28-8/1 Kid's Wilderness & Storytelling Camp. Ages 6-8. 9am-4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.





JULY 12TH, 2014 SARATOGA SPRINGS, NY

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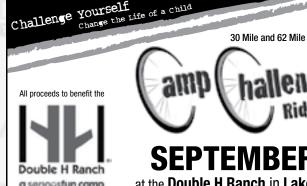


Join in the 14th annual **Pat Stratto** Memorial **Century Ride** Best Ride in the Adirondacks!

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



yourself Change the Life of a Child Camp Challenge Ride Sponsored by Neil and Jane Golub Victor and Yvette Hershaft 30 Mile and 62 Mile Routes Dan and Jan Lewis Vince and Patty Riggi Ron and Michele Riggi The Yulman Family North VI NEWMAN'S OWN SEPTEMBER 6, 2014 at the Double H Ranch in Lake Luzerne, New York a senoustun camp

Register at www.doublehranch.org

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

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

Adirondack Marathon Distance Festival EXPO & PACKET PICK-UP For Runners and Sports/Fitness Enthusiasts

Saturday, September 27 • 10am-5pm Schroon Lake High School, Schroon Lake

DON'T MISS THIS EXHIBITOR OPPORTUNITY!

1,200 Adirondack Marathon and Half-Marathon runners come to the Expo to pick-up registration packets
 Promote and sell your products and services
 Interact with 1,500 expected attendees

Produced by ADIRONDACK

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





Challenge **Sprint Triathlon**

Saturday, August 2 • 8:30am Peck's Lake, Gloversville

1/2-mile swim • 9-mile bike • 3-mile run \$50 entry • Registration closes 7/30

Solo or 2-3 person teams • Limited to 175 Entry Form: fultonmontgomeryny.org Info: (518) 725-0641

Fulton County Tourism & PLPA



- $\textbf{21-15,21-25,28-8/1} \ \textbf{Wilderness Adventure Day Camp}. \ Ages \ 9-11,$ 11-14. 9am-4pm. Ndakinna, Greenfield Center. 583-9958.
- Wilderness First Aid Course (SOLO)/WFR Recert. Adult/teen. 8am-5pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

AUGUST

- Jr Pathfinders Wilderness Training. Ages 10-12. 4pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- ${\bf Path finders\ Wilderness\ Training\ \&\ Adirondack\ Canoe\ Trip.}$ Ages 12-16. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 12-15 Martial Arts & Wilderness Camp. Ages 8-12. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 18-22, 25-28 Wilderness First Responder Course (SOLO). Adults/ teens. 8am-5pm. Ndakinna, Greenfield Center. 378-5623. adkwildmed.com.

MULTISPORT: TRIATHLON & DUATHLON ONGOING

- Daily Training Clinics, Coaching Rides & Bike Tours. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
- **31st HPC Mini-Tri Series.** 6/23-8/11. 6pm. 400yd swim, 12M bike, 3M run. Kids Mini Tri (age 5-14), 3pm: 7/14 & 8/11. Mirror Lake beach, Lake Placid. 523-3764. highpeakscyclery.com.
- CDTC Crystal Lake Training: 6/3-8/25. 6pm. Crystal Lake, Averill Park. cdtriclub.org.
- SkyHigh Sprint Triathlon Series. 6/19-7/24. 0.25M swim, 12M bike, 3M run. 6pm. Averill Park. skyhighadventures.com.
- BTC Warner Lake Training. 6/5-9/4. 6pm. Warner Lake, East Berne. bethlehemtriclub.com.
- STC Moreau Lake Swims. 5/29-8/28. 6pm. Moreau Lake SP, Gansevoort. saratogatriclub.com.
- **Triathlon Training Program.** Fleet Feet Sports: 459-3338. Christine Hall: hall.christine23@gmail.com. fleetfeetalbany.com.

JUNE

- 21-22 HITS North Country Triathlon. Sat, 7am: Full/Half. Sun: Sprint 7am, Olympic 7:40am, Open 12:30pm. Hague Beach Park, Hague. 845-247-7275. hitstriathlonseries.com.
- 22 Ironman 70.3. 1.2M swim, 56M bike, 13.1M run. Jamesville Reservoir, Syracuse. ironman.com.
- 22 Police Tri & Du. Tri: 0.33M swim, 14M bike, 2.5M run. Du: 2M run, 14M bike, 2.5M run. Carmel. nytri.org.
- Toughman Tupper Lake Tinman Triathlon. Half: 1.2M swim, $56\mathrm{M}$ bike, $13.1\mathrm{M}$ run. Sprint: $0.6\mathrm{M}$ swim, $18.6\mathrm{M}$ bike, $6.6\mathrm{M}$ run. 8am. Municipal Park, Tupper Lake. 359-3328. tupperlaketinman.com.
- VT Sun & Lake Dunmore Triathlons. 600yd swim, 14M bike, 5Krun: 8:30am. 0.9M swim, 28M bike, 10K run: 8am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.
- Sleepy Hollow Sprint Triathlon. 0.5M swim, 10M bike, 3M run. Sleepy Hollow. wch.sleepyhollowtri.llsevent.org.

JULY

- 11-13 Musselman Triathlon Half-Iron & Sprint Races. 7am. Seneca Lake SP, Geneva. 315-585-6086. musselmantri.com.
- 12 1st XTERRA Garnet Hill Off-Road Triathlon. 1K swim, 30K bike, 10K run. 8:30am. Garnet Hill Lodge, North River. adkracemgmt.com.
- Stissing Sprint Triathlon. 1.2M swim, 16M bike, 3.4M run. 8am. 12 Stissing Lake Rec Area, Pine Plains. stissingsprint.com.
- 14th Pine Bush Triathlon. 325yd swim, 11.5M bike, 3.25M 13 run. 8am. Rensselaer Lake, Albany to Guilderland YMCA, Guilderland. 456-3634. cdymca.org or active.com.
- Hudson Valley Triathlon & Duathlon. Tri:.3M swim, 18M bike, 3.5M run. Du: 1M run, 18M bike, 3.5M. Ulster Landing Park, Saugerties. nytri.org.
- XTERRA SkyHigh Off-Road Triathlon. 1K swim, 20K MTB, 6K trail run. 7am. Kids' Triathlons: 11am. Grafton Lakes SP, Grafton. skyhighadventures.com.

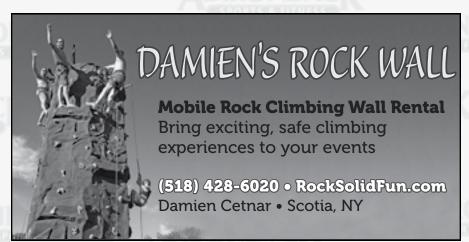
- 29th Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 548-4521. speculatorchamber.com.
- Shale Hill Adventure Tri-Obstaclon. 6M MTB, Swim 300yds, 6M MTB, 5K or 10K or 15K obstacle course. 8:30am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- 19-20 5th Delta Lake Triathlon & ToughKids Tri. 9am: Intermediate: 1500m swim, 24M bike, 5.8M run. 7:30am: Sprint: 800m swim, 12M bike, 2.9M run. Lake Delta SP, Rome. atcendurance.com.
- Gillie Girl Sprint Triathlon (Women Only). 12M swim, 15M bike, 5K run. 8am. Veteran's Memorial Park, Camillus. gilliegirltri.com.
- Vermont Sun Triathlon. 600yd swim, 14M bike, 5Krun. 20 8:30am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlonseries.com.
- 16th Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speedskating Oval, Lake Placid. ironman.com.
- Pedal & Plod. 4M run, 22M bike. 8:30am. Center St, Adams, MA. 413-344-3968. runwmac.com.

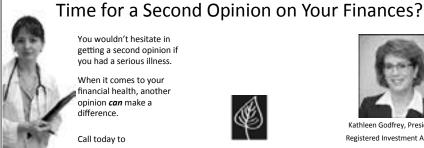
AUGUST

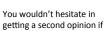
- Fronhofer Tool Kids & Mini Triathlons. 6:15pm. Kids (ages 11-15): 100 yd swim, 3M bike, 1M run. Mini (ages 5-10): 50yd swim, 1M bike, 0.5M run. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 8th Fronhofer Tool Triathlon. Olympic: Solo, partner, relay. 8am. Lake Lauderdale Park, Cambridge. fronhofertooltriathlon.com.
- 5th Peck's Lake Challenge Sprint Triathlon. 0.5M swim, 9M bike, 3M run. 8:30am. Peck's Lake, Gloversville. 725-0641. fultonmontgomeryny.org.
- The Bitter Pill. Trek, swim, paddle, MTB, navigate 12-hour race. Solo/teams5am. Richmont, VT. 802-434-8639. gmara.org.
- Iron Girl Sprint Triathlon: 600m swim, 30K bike, 5K run. 7am. Oneida Shores Park, Syracuse. irongirl.com.
- Lyme Sprint Triathlon. 600m swim, 17.6M bike, 4M run. 8:30am. Fire Hall, Chaumont. 315-783-0995. chaumontny.org.
- VT Sun & Lake Dunmore Triathlons. 600yd swim, 14M bike, 5Krun: 8:30am. 0.9M swim, 28M bike, 10K run: 8am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlonseries.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.
- 3rd Old Forge Triathlon. Intermediate: 1000m swim, 22M bike, 4M run. 8am. Old Forge Pond. atcendurance.com.
- 17 Dutchess County Sprint Triathlon & Duathlon. Wilcox Park, Stanfordville. nytri.org.
- 6th Duanesburg Area Community Center Triathlon. 325yd swim, 10M bike, 5K run. Mariaville Lake. Mariaville. 895-9500. dacc.info.
- North Face Race to the Top of Vermont. Run, hike, bike. 9am. Stowe Mountain Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- Lake George Tri Festival: Lake George Triathlon. Olympic distance & Kids' Splash & Dash. Battlefield Park, Lake George. adkracemgmt.com.
- Lake George Tri Festival: BIG George Triathlon. Half iron distance. King George (Olympic & Half): 8/30-31. Lake George. adkracemgmt.com.

SEPTEMBER

- The Greene Y Tri. 350 yd swim, 12M bike, 5K run. 8am. Sleepy Hollow Lake, Athens. 731-7529. cdymca.org.
- Rally in the Valley Duathlon & 5K. 9am. Fort Hunter. 694-1955. habitatmcny.org.
- 38th Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 6M run. 9:30am. Teams/Ironperson. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- 13-14 HITS Triathlon Series: Hunter. Sat: Full/Half. Sun: Olympic/ Sprint/Open. Hunter. 845-247-7275. hitstriathlonseries.com.







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CRYSTAL LAKE TRIATHLON

Swim 0.5mi in calm water Bike 18mi out & back Run 3mi lake loop



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

Crystal Cove

Limited to 300 racers and fills fast! Open to Individuals and Teams Register early for best price

Register & Info: Cdtriclub.org

29_{TH} ANNUAL

Piseco Lake Triathlon Saturday, July 19 • 9am

Piseco Airport, Piseco

0.5M Swim, 11.5M Bike, 3M Run Individuals or 2-3 Person Teams

Professional timing & register online! www.speculatorchamber.com Entry fee: \$50

> Adirondacks Speculator Region Chamber of Commerce More info: (518) 548-4521

Adirondack Distance Run

Lake George Village to Bolton Landing Sunday, June 22 at 7:30am

- Course: 10 miles of rolling hills along scenic Lake George
- Awards: 1st 3 M/F overall and 1st M/F for every age entered
- High tech short-sleeve T-shirts for first 600 entrants USATF Adirondack Association 10-Mile Championship

Info & Application: AdirondackRunners.org Registration: ZippyReg.com (closes June 19 at 10am)

Late Registration: June 21, 5-7pm at Lake George Fire Station No race day or telephone registration

Benefits Big Brothers Big Sisters & Adirondack Runners Club Scholarship

NORDIC: BIATHLON & ORIENTEERING

JULY

- Biathlon Sprint Race. 4.2K. 9am. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- Biathlon Reverse Pursuit Race. 7K. 9am. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- 19-20 Rogaine XXIV Meet. Edwards. cnyo.us.orienteering.org.

OTHER EVENTS

JULY

- Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 14-19 HURT Nordic Ski Camp. Ages 15-18. Camp Meadowbrook, Queensbury. hurtnordicskiing.com.

AUGUST

- Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- Sunmark Golf Classic. Eagle Crest Golf Club, Clifton Park. sunmarkgolf.com.
- August Family Camp Week. 1:30pm. YMCA Camp Gorham. 888-518-5671. campgorham.org.

SEPTEMBER

- Nature's Retreat. 5pm. YMCA Camp Gorham. 888-518-5671.
- Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. Register: 761-0533. richmorinsproscubacenters.com.
- 19-20 Fall Women's Weekend. YMCA Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.
- 26-28 Women's Adventure Weekends. 4pm. YMCA Camp Gorham. 888-518-5671. campgorham.org.

PADDLING: CANOE, KAYAK & SUP

ONGOING

- **SUP Yoga Level 1.** 8-9:30am. Session 1: 6/24; 7/1, 8, 15, 22. Session 2: 7/29; 8/5, 19, 26. Beginners welcome. Patty's Water Sports, Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- NNYP Time Trials: 5/7-9/17. 3.65M. 6:30pm. Aqueduct Boat Launch, Rexford. Alec Davis: 399-1435. swcweb.org.
- **SUP Yoga Level 2.** 8-9:30am. Session 1: 6/26; 7/10, 17, 24. Session 2: 7/31; 8/7, 21, 28. Patty's Water Sports on Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- Thursday Night Kayak Tours: 5/29-9/18. 5:15pm. Adirondack Lakes & Trails Outfitters, Saranac Lake. adirondackoutfitters.com.

JUNE

- Kayak Rescue & Recovery. 6:30-8pm. Lock 7 Boat Launch, Mohawk River, Niskayuna. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
- Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady to Aqueduct Park, Niskayuna. Geoffrey Moore:
- 20-22 Adirondack SUP Festival. Races, SUP demos & sales, onwater clinics, industry reps, SUP fitness & yoga, pooch race, guided tours, more. Saranac Lake. Adk Lakes & Trails Outfitters: 800-491-0414. Schedule: adirondacksupfestival.com.
- SUP Demo Day. 10am-4pm. Free. Yoga & paddle fit demos, factory reps, sale, swag. Patty's Water Sports on Lake George, Cleverdale. 656-9353. pattyswatersports.com.
- 23-27 ACA Instructor Development Workshop & Certification: Level 2 Essentials of Canoe/Kayak Touring. Adirondak Loj on Heart Lake, Lake Placid. ADK: 523-3480 x19. adk.org. SUP Yoga Classes. Patty's Water Sports on Lake George,
- Cleverdale. 656-9353. pattyswatersports.com. Old Forge Paddle Classic. 6M/12M. 9am. Navigation Dock,
- Old Forge Pond, Webb. 315-369-6043. adirondack.net. Mohawk River Evening Tour. 6:15pm. Kiwanis Park,
- Rotterdam. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

25, 27 Fundamentals of Kayaking I & II. 2-class session. 6:30-8pm. Adirondack Paddle N Pole: 346-3180. onewithwater.com.

JULY

- Round Lake & Anthony Kill Evening Tour. 6:45pm. Adirondack Paddle N Pole: 346-3180. onewithwater.com.
 - Demo Day. Castaway Marina, Lake George. Reserve: 743-8433.castawaymarina.com.
- Adult Summer Learn-to-Row Program. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- Schroon Lake River Paddle. 12M. Rich Macha, Adk PnP: 346-3180. adk-albany.org.
- Adirondack Canoe Symposium. Races, FreeStyle, SUP, lessons. Ray Brook. freestylecanoeing.com/adirondack
- New York SUP-fest. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.
- Dragons Alive Dragon Boat Festival. 9am. Mohawk Vallev Marine, Alplaus. 429-4908. dragonsalive.org.
- 20 New York SUP-fest. Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.

AUGUST

- Adult Summer Learn-to-Row Program. 5:30pm. Aqueduct Boathouse, Niskayuna. 383-7745. aqueductrowingclub.com.
- Kayak Fishing Derby. Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.

SEPTEMBER

- Kayaking 4 Meso. 8M paddle. 9am. Admiral's Marina, Stillwater to Lighthouse Park, Halfmoon. 495-6099. kayaking4meso.org.
- Fall Kayak Day. YMCA Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.
- One Square Mile of Hope. Guinness World Records attempt 13 for largest canoe/kayak raft to benefit Breast Cancer Awareness Foundation w/celebration at Arrowhead Park. Fourth Lake, Inlet. onesquaremileofhope.org.
- 13-14 SUPtoberfest. Mountainman Outdoors, Fish Creek, Saratoga Springs. 584-0600. mountainmanoutdoors.com.
- 10th Paddle for the Cure. Leisurely Moose River 2M paddle for Carol Baldwin Breast Cancer Research Fund. Mountainman Outdoors, Old Forge, 315-369-6672. mountainmanoutdoors.com.
- 26-28 Adk Canoe/Kayak Rendezvous. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

OCTOBER

17-19 Moosefest Whitewater Festival. Mountainman Outdoors, Old Forge. 315-369-6672. mountainmanoutdoors.com.

RUNNING, TRAIL RUNNING & WALKING

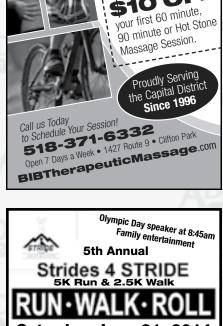
ONGOING

- ${\bf 46th\ HMRRC\ Tuesday\ Night\ Summer\ Track\ Program.\ 6/10-}$ 8/5. 6pm. Free. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- HPC/VIC Trail Run & MTB Series. 6/25; 7/9, 23; 8/6, 20. 6:30pm. MVH, Lake Placid. 523-3764. highpeakscyclery.com.
- $\pmb{\text{VIC/HPC Trail Run Series. 7/2, 16, 30; 8/13, 27. 6:30pm. PSC}\\$ VIC, Paul Smiths. 523-3764. highpeakscyclery.com.
- Mon-Fri Outliers Summer Running Club. Grade 7-12: 6/23-8/15. Grade 3-6: 6/30-8/1. Clifton Common, Clifton Park. 791-1063. outliersrunningclub.com.

JUNE

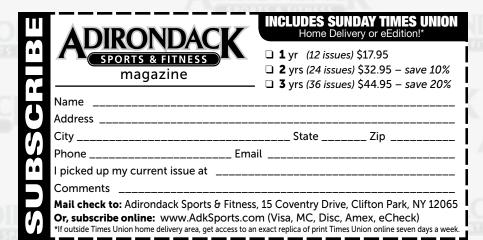
- 5th Strides 4 STRIDE 5K Run & 2.5K Walk & Roll. 5K: 9am. 2.5K Walk: 10am. Tot Run: 10:45am. Olympic Day speaker: 8:45am. Albany Riverfront Park, Corning Preserve, Albany. 598-1279. stride.org.
- Benson Bear Obstacle Course Race Series #1.5K beginner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- Run into Summer 5K. 9am. East Greenbush. egpopwarner.com.





Saturday, June 21, 2014 Albany Riverfront Park/Corning Preserve Registration 8am, Race at 9am Adults \$20, Youth \$15 Walk at 10am, Tot Run at 10:45am Register online at www.stride.org







Announcing Website Services!

If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process. You maintain control of your website during development and after. We take a limited number of projects for great customer communication and interaction. Space is filling up fast. Call today and let us show you what we can do!

Integrated Technology Resources 26F Congress St 209, Saratoga Springs • (518) 796-6951

10% off special for Adirondack Sports & Fitness magazine readers



Sunday August 31

A one-of-a-kind event!

18.12 Mile and 13.1 Mile Road Races

Starting in Watertown, NY and ending on historic 1812 Battlefield in Sackets Harbor, NY – overlooking spectacular Lake Ontario Race T-shirts and medals for finishers and \$1812 in cash awards

More Info: 1812challenge.com • Register at active.com • Limited to 812 runners

Whiteface Mountain Uphill Foot Race Run to the North Pole! Saturday, Sept. 13, 8am Run 8 miles, 3500 feet up Whiteface highway. Rewarded with 360° view during fall foliage will re Register: WhitefaceRace.com anta's Workshop (518) 946-2255

Race the Train Horth Creek Depot, Main St, North Creek

8am: Free, scenic 8.4mi train ride 9am: Runners "race the train" back! Spectators can also ride the train (fee) All runners receive finisher medals T-shirts to first 275 preregistered Post race fun run & food

Register: Active.com Application: AdirondackRunners.org

Info: Tracy Watson (518) 251-0107 Proceeds benefit Johnsburg Dollars for Scholars

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY Hudson-Mohawk Road Runners Club ~ 46TH SEASON ~

June 10, 17, 24 July 1, 8, 15, 22, 29 (Ribbon Night) August 5

FREE OF CHARGE

6pm • Colonie High School 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

ORDER OF EVENTS

- One-Mile Race Walk
- Hurdles
- One-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash ■ Two-Mile Run
- Relays
- Field Events

Dynamic Duo Pursuit Race: Saturday, August 2

Program Info: Frank Myers 869-9333 or flyingbb45@aol.com



4-Mile Road Race Friday, July 4 • 9am

Run Historic Saratoga Springs, NY USATF Certified & Chronotrack B tag timed

Saratoga Springs City Center

Entertainment along the course Freedom Hawk Band at the start/finish

\$25 by 7/2 or \$35 7/3 and race day Dry-fit shirts to all registered runners \$5000 in cash prizes 100s of medals & prizes

www.Firecracker4.com

Awards: Top 10 M/F overall, top 3 M/F 5-yr & top 3 M/F military and Fire/Police/EMS USATF Adirondack Team Championship and Grand Prix event

New: Run-Your-Colors!

Winning team earns \$1,000 donation to their charity of choice

Peter Goutos: pgoutos@casmithllc.com Bob Vanderminden: bobjr@telescopecasual.com Peter: 518-316-4445 • Bob: 518-744-5646

- 38th Adirondack Distance Run. 10M. 7:30am. Lake George 22 Village to Bolton Landing. adirondackrunners.org.
- 22 NYC 5-Borough Series: 10K Queens. 8am. Corona Park, Flushing Meadows, NYC. nyrr.org.
- Trails for Tails Pet Walk. 9:30am. East Berne. 312-1303.
- leaprograms.com. George Coope Race. 5K, 10K, Kids Fun Run, 1M Walk.
- 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com. Camp Saratoga 5K Trail Run Race #1. 6-7pm. Wilton Wildlife 23
- Preserve, Wilton. saratogastryders.org. "Firecracker 4" Course Practice Run. 4M. 6pm. City Center,
- Saratoga Springs. 316-4445. firecracker4.com. High Peaks Cyclery Trail Run & Mtn Bike Evening. Mt Van 25
- Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com. 26 $\hbox{\it ``Firecracker 4'' Training Run: Speed Workout. 6} pm.$ Skidmore College Track, Saratoga Springs. Peter Goutos:
- 316-4445. firecracker4.com. Hudson Highlands 100K Trail Race. 4am. Ramapo-28 Dunderberg Trail, Tuxedo. hh100k.wordpress.com.
- 28 Downing Dash to Digital 5K Run/Walk. 8:30am. Downing Film Center, Newburgh. 845-534-3182. downingfilmcenter.com.
- 3rd Huntington Race 4 Sundaes. 5K, 10K, 1M fun run. 28 8:30am. Community Church, Huntington, VT. 802-434-3987. hunting ton race 4 sundaes. weebly. com
- 29 4th Michael Cerroni Memorial 5K Run/Walk. 9am. Maple Street Park, Black River. michaelcerroni5k.com.
- 30 "Firecracker 4" Course Practice Run. 4M. 6pm. City Center, Saratoga Springs. 316-4445. firecracker4.com.

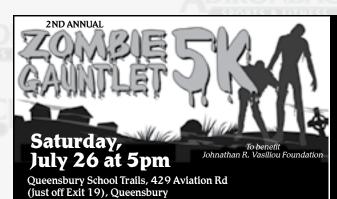
JULY

- ${\bf HMRRC\,Summer\,Track\,Series\,\#1:Colonie\,Mile.\,6pm.\,Free.}$ Colonie HS Track, Colonie. Ken Skinner: 489-5311.
- 8th "Firecracker 4" 4M Road Race. 9am. All-American Parade: 11am. Saratoga Springs City Center, Saratoga Springs. Peter Goutos: 316-4445. firecracker4.com.
- 28th Montcalm Mile. 1:45pm. Fastest mile in the north. Fourth of July Parade: 2pm. Wicker St & Race Track Rd, Ticonderoga. Fred Herbst: 585-9871. lachute.us.
- 5 Finger Lakes Fifties Trail Runs. 25K, 50K, 50M. 6:30am. Finger Lakes Forest, Hector. 607-564-1804. fl50sultraz.blogspot.com.
- Independence Star Spangled Trail Marathon, Half, 10K, 5K. 8am. PSC VIC, Paul Smiths. 327-6241. paulsmiths.edu.
- 10 HMRRC Summer Track Series #2: Two-Person Relay. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 10 13th Tour de Potsdam 5K Walk/Run. 6pm. Beal Street, Potsdam. 315-261-4760. gethealthyslc.org
- Move it for the Music 5K Run/Walk. 8am. Enjoy performances throughout the race. Plus, 1M Beaver Dam Short Course. Luzerne Music Center, Lake Luzerne. 696-2771. luzernemusic.org.
- Glenville & Schenectady Y 5K Run. 8:30am. Freedom Park, 12 Scotia. Allison Reinhardt: 399-8118. cdymca.org.
- 12 TEAMSarcoma 5K Run/Walk. 9am. Warming Hut, Saratoga Spa SP, Saratoga Springs. zippyreg.com.
- Frank DiChristina Memorial 5K Walk. 11am. Oneida Family YMCA, Oneida. 315-363-7788. ymcatrivalley.org.
- 13 1st Saratoga Springs "Strong to Serve" Half Marathon & 5K. 7:30am. Saratoga Spa SP, Saratoga Springs. 603-429-8879.
- saratogaspringshm.com. 13 Boilermaker 15K & 5K Races. 15K: 8am. 5K: 7:15am. Utica.
- HMRRC Summer Track Series #3: 41st Hour Run. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311. hmrrc.com.
- 19 18th Silks & Satins 5K Road Race. 8am. Fasig-Tipton Pavilion, East Ave, Saratoga Springs. Special Olympics New York: 388-0790. nyso.org.
- Footrace at the Falls 5K. 10am. Bicentennial Park,
- Ticonderoga. lachute.us.
- Run the Ridge 5K Mud Run & Obstacle Course. Maple Ski Ridge, Schenectady. 381-4700. runtheridge.net.

- Warrior Run & Music Festival. 3.5M 10am. Big Tupper Ski Area, Tupper Lake. 359-3328. tupper-lake.com. Isle la Motte 5K & 1/2M fun run. 8:15am. Isle La Motte, VT.
- 802-928-3434. islelamotte.us. Vermont 100 Endurance Run. 100M/100K. South Woodstock,
- VT. vermont100.com. Dippikill Froggy Five-Miler. 9am. Dippikill Wilderness
- Retreat, Warrensburg. 320-8648. areep.com. Forest Frolic7K/15K Trail Run. 9am. Virgil State Forest, Virgil. 20
- HMRRC Summer Track Series #4: 38th Pentathlon. 6:15pm. Colonie HS Track, Colonie. Ken Skinner: 489-5311.
- 13th Turning Point 5K Run/Walk. 9am. Free Kids' Fun Run: 26 10am. New location: Hudson Crossing Park, Schuylerville. Kim Gamache: 222-0166. zippyreg.com.
- 2nd Zombie Gauntlet 5K Trail Run. 5pm. Queensbury School Trails, Queensbury. jrvfoundation.org.
- 44th Honor America Days 5K Parade Run. 8:30am. City Hall, 26 Rome. 337-0753. romanrunners.com.
- Biggest Loser Run/Walk: Half Marathon/5K. 9am. Killington, Killington, VT. 815-464-1265. biggestloserrunwalk.com.
- Escarpment Trail Run. 30K. 9am. Mountain goats only. Windham to North Lake, Haines Falls. escarpmenttrail.com.
- 8th Maria Sergi Memorial Fun Walk-Run. 9am. Partridge Run Golf Course, Canton. 315-386-1009.

AUGUST

- 36th Dynamic Duo Pursuit Race. 8:30am. Colonie HS, Colonie. Frank Myers: 869-9333. hmrrc.com.
- 12th Race the Train. 8am: Train ride. 9am: 8.4M run. North Creek Depot, North Creek. Tracy Watson: 251-0107. adirondackrunners.org.
- Benson Bear Obstacle Course Race Series #2.5K begin-2 ner/intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- ACPHS Summer Track Jamboree. Open track meet. 9am. Albany College of Pharmacy & Health Sciences, Albany. Thomas Hartnett: 694-7136. acphsathletics.com.
- Vino & the Beasts 5K Vineyard Obstacle Run. 2pm. Millbrook Vineyards & Winery, Millbrook. vinoandthebeasts.com.
- 4th Operation Restore Antwerp 10K/5K Run. 9am. American Legion, Antwerp. 315-659-2419. villageofantwerp.net.
- 20th HMRRC Indian Ladder Trail Runs. 15K & 3.5M trail races: 9am. 1M Kids' Run: 11:30am. Haile's Cave Picnic Area, Thacher SP, Voorheesville. Mike Kelly: 439-5822. hmrrc.com.
- 36th Lane 10K Lake Run. 10am. Lake Pleasant to Speculator. 548-4521. speculatorchamber.com.
- 37th Tromptown Run 5K & Half-Marathon. 5:45pm. Deruyter.
- Southern Saratoga YMCA 5K Run & 3K Walk. 6pm. Free kids' fun run: 5:30pm. Southern Saratoga YMCA, Clifton Park. Lori Donato: 371-2139 x5532. cdymca.org.
- 4th Schenectady ARC 5K. 6:30pm. Central Park, Schenectady. 372-1160. arcschenectady.org. Camp Chingachgook Challenge Half Marathon & 10K. 8am.
- Half: Lake George ES, Lake George to Camp Chingachgook, Kattskill Bay. 826-52876. zippyreg.com. Fox Creek 5K Run. 9am. Hilltown Triple Crown Series #1.
- Berne Town Park, Berne. 312-1303. leaprograms.com.
- Urban RAID Obstacle Race. 5K. Times Union Center, Albany. raidevents.com. Festa 5K Run. 9:30am. Kids' 1M fun run. 210 Princetown Rd,
- Schenectady. 764-8078. lqprotterdam.org. DanRan 5K Run/Walk & 1M Kid's Fun Run. 9am. Lake Hill
- Road, Burnt Hills. 428-0755. Fulton County YMCA 3.5M. 9am. Fulton Y, Johnstown. fultoncountyymca.org.
- Sweltering Summer Ultra 8-Hour & Marathon. 7am. Clapp Park, Pittsfield, MA, 435-5590.
- Ken Hummel Memorial 5K. 9am. Stuyvesant. stuyvesantny.us. 29th Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton.
- 279-1386. graftoncommunitylibrary.org.
- Dash for Dana 5K & 1M Walk. 8:30am. Adams Visitors Center, Adams, MA. 413-743-8320. celebrateadams.com.



Register: Active.com • Info: jrvfoundation.org

Register: \$30 to race day or \$35 day of race Teams of 5, \$125 • T-shirts till 7/20

Off-road course! Can you survive the zombie hoard? Lose the flags on your belt and you have been killed. Come out with flags and YOU SURVIVED!

Awards to best racer and zombie costumes -

Help your friends discover ASF by recommending us Surviving is its DIRONDACK THANKS FOR YOUR SUPPORT own reward!





Recognizing the American victory at the Battle of Saratoga



Sat, Julu 26, 9am Hudson Crossing Park Rte 4, NYS Canal Lock #5 Just north of Schuylerville

Kids' Fun Run (12-under free): 10am \$20 preregistration / \$25 race day

T-shirt to first 150 5k entries

Application: ZippyReg.com Info: 222-0166 or kimgamache@hotmail.com



Saturday, Aug 16 • 8:30am **Brookside Museum, Ballston Spa**

USATF Certified Fast and fabulous with downhill for

Chip timing • T-shirts to first 200 registrants 5 year age group awards Application: www.brooksidemuseum.org (518) 885-4000 Register online: www.active.com \$22 by 8/12 or \$27 after

Benefits: Brookside Museum education programs

Registration: 9am at Speculator Ball Field

36TH ANNUAL

Lane 10K Lake Run

Sunday, August 3

Lake Pleasant to Speculator

Scenic route follows south shore of Lake Pleasant Professional timing & register online: www.speculatorchamber.com or (518) 548-4521

Race Start: 10am

Adirondack Speculator Region Chamber of Commerce PO Box 184, Speculator, NY 12164



5K Run/Walk & 1-Mile Beaver Dam Short Course

Saturday, July 12 • 8am 203 Lake Tour Rd, Lake Luzerne

Join us in support of Luzerne Music Center's Scholarship Fund! Enjoy performances from our talented students throughout the course as it circles beautiful Lake Luzerne. Light breakfast will be served immediately following the race.

First 100 registered receive T-shirt & goodie bag

Info/Register: luzernemusic.org (518) 696-2771 events@luzernemusic.org

To benefit Luzerne Music Center's Scholarship Fund



- ${\bf 2nd~Monday~Night~Mile.}~1M$ on Saratoga Harness Track. 5:30pm. Plus, kids $1/4M~{\rm fun~run.}$ Saratoga Casino & Raceway, Saratoga Springs. saratogahistory.org.
- Tawasentha XC 5K #1. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- Inaugural Toys for Tots 5K. 6pm. Servicemen's Club, 15 Mayfield. 762-2349. fmrrc.org.
- 12th Jail House Rock 5K Race. 8:30am. Brookside Museum, 16 Ballston Spa. 885-4000. brooksidemuseum.org.
- Pre Fall Classic 5K. 9am. Hilltown Triple Crown Series #2. 16 Voorheesville HS, Voorheesville. 861-6350. vcsfoundation.com.
- 16 Kiwanis Clove Run. 10M & 5K run/walk. 8:30am. Castleton ES, Castleton-On-Hudson. 732-2940. vanrensselaerdivision.org.
- 8th Perennial 5K Forest Run. 9am. Landis Arboretum, Esperence. 315-427-3856
- Erin Shanley Memorial 5K/1M Race. 9am. Stissing Pond, Pine Plains. 845-214-7801.
- 30th Tony Luciano 5K Road Race. 10am. Hudson Falls CSD 17 Pool, Hudson Falls. adirondackrunners.org.
- Tawasentha XC 5K #2. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 22 CYC Poiling Pot 5K Run & 1.5M Walk. 6pm. Comm Youth
- Center, Canajoharie. 673-5118. canajohariecyc.org. 17th Altamont 5K Run/Walk. 9am. Hilltown Triple Crown Series #3. Altamont Mile & Kids Races: 10:15am. Bozenkill
- Park, Altamont. Phil Carducci: 861-6350. altamont5k.org. Muddy Sneaker 5K. 9am. Indian Meadows Park, Glenville. 857-1196. glenvillerotary.org.
- Cousins That Care 5K Run/Walk. 8am. Inlet. cousinsthatcare.com.
- 31st Chris Thater Memorial 5K Run. 5:15pm. Binghamton. Chris Marion: 607-778-2056. bcstopdwi.com.
- 4th Turning Stone Races: 5K, 10K & Half-Marathon. Turning Stone Casino, Verona. turningstoneraces.com.
- Storm King Run. 10K, 5K, 1M fun run. 9am. Washington
- Gate, West Point. 845-446-5483. rotary-wphf.org. North Face Race to the Top of Vermont. MTB, run, hike. 9am. 24 Stowe Resort, Stowe, VT. 802-864-5794. rtttovt.com.
- Tawasentha XC 5K #3. 6:30pm. Tawasentha Park, Guilderland. townofguilderland.org.
- 2nd ADK 80K Trail Run & MTB/Cyclocross Races. Sat, 6am: Trail Run. Sun, 8am: MTB/Cyclocross. Solo/teams. Mt Van Hoevenberg, Lake Placid. 523-3764. highpeakscyclery.com.
- 3rd 18.12 Challenge & Half Marathon. 18.12M/13.1M. Watertown to Sackets Harbor. 1812challenge.com.
- 2nd Oak Runner 10K Trail Run. 9am. Oak Mountain, 31 Speculator. 548-3606. oakmountainski.com.
- Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. 669-1470. scotgames.com.

SEPTEMBER

- 5th Malta 5K. 8:30am. HVCC-TECH SMART, Malta. Paul Loomis: 472-4807. Malta Business & Professional Association, malta5K.com.
- 44th Lake Placid Classic Half-Marathon & 10K. 9am. Olympic Speedskating Oval, Lake Placid. lakeplacidclassic.com.
- Double H Camp Challenge 5K Run/Walk. Double H Ranch, Lake Luzerne. 696-5921 x269. doublehranch.org.
- Benson Bear Obstacle Course Race Series #3.5K beginner/ intermediate course. 10K Elite/Pro. 9am. Shale Hill Adventure, Benson, VT. 802-537-3561. shalehilladventure.com.
- Youth Make a Difference 5K Run Walk & 1M fun run. 9:30am. Wynantskill. 283-2714.
- Run for the Horses 5K. 8:30am. Saratoga Spa SP, Saratoga Springs. 226-0028. thoroughbredretirement.org.
- 35th Dunkin' Run. 5K, 10K & Kids' Fun Run. 8:30am. Albany Jewish Community Center, Albany. 438-6651. albanyjcc.org.
- 12th Ty Yandon Memorial 5K Run/Walk. 9am. Overlook,
- Newcomb. Kevin Bolan: 582-2991. newcombny.com. 9/11 Heroes Run 5K. 8:30am. 9/11 Memorial, High Rock
- Park, Saratoga Springs. 911heroesrun.org. 20th Komen Race for the Cure 5K. 9am. Empire State Plaza,
- 37th Whiteface Mountain Uphill Foot Race. 8M, 3500ft up. 8am. Wilmington. 946-2255. whitefacerace.com.

- Thacher Park Centennial Running Festival. 5K, 10K, 26.2M, 50K. 8:30am. Thacher SP, Voorheesville. thacherparkrunningfestival.com.
- 13 Fishy Frolic 5K & Trout 10K. 9:30am. 1M Walk: 8:45am. Corning Preserve, Albany. 527-7904. zippyreg.com.
- Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga 13 Springs. coloncancercoalition.org.
- 13 Mighty Run 5K & Obstacle Adventure Race. 8:30am. Masonic Care Community, Utica. 315-798-4703. themightyrun.com.
- 13th Teal Ribbon Run/Walk. 9am. Washington Park, Albany. 783-7600. tealribboncaringtogetherny.org.
- 42nd HMRRC Anniversary Run. 9am. University at Albany, 14 Albany. Pat Glover: 877-0654. hmrrc.com.
- Biggest Loser Run/Walk: 5K/10K. 7:30am. Great Escape, Lake George. 815-464-1265. biggestloserrunwalk.com.
- 2nd Flashlight 5K Run/Walk. 7:45pm. Battlefield Park, Lake 20 George. adkracemgmt.com.
- 6th Nisky Fall Fun Run. 5:45 pm. Town Hall, Niskayuna. 20 386-4526. niskayuna.org.
- The Saratoga Palio: Melanie Merola O'Donnell Memorial 21 Race. Half Marathon & 5K Run/Walk. 7:15am. Hampton Inn, Saratoga Springs. thesaratogapalio.com.
- 26-27 3rd Ragnar Relay Adirondacks. 200M. Regular, ultra & high school teams. Saratoga Springs to Lake Placid. Katie Seely: katie@ragnarrelay.com. 801-834-9531. ragnaradk.com.
- 21st FAM 5K "Fund" Run/Walk. 10am. For charity. Plus entertainment, Brooks BBQ & kids run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- Viking Obstacle Race. 5M w/30 obstacles. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- 27 Helper's Fund 5K & 10K. 9:30am. Town Hall, Chestertown. adirondackmarathon.org.
- Adirondack Marathon Distance Festival: Marathon, Half, 28 2 & 4-Person Marathon Relay. Marathon & Relay: 9am. Half: 10am. Sat: Expo & Kids Fun Run. Schroon Lake HS, Schroon Lake. 532-7675. adirondackmarathon.org.
- 11th Crossings 5K Challenge. 10am. Crossings Park, Colonie. 438-9596. colonieyouthcenter.org.
- 34th HMRRC Voorheesville 7.1 Mile. 10am. Town Park, Voorheesville. hmrrc.com.
- Pumpkin Run 5K & Walk. 9am. Kids Run: 10am. Pearl St,
- Glens Falls. 683-1526. gfmmf.org. Vermont Sun Runs: 5K/10K/Half-Marathon. 10am. Branbury SP, Brandon, VT. vermontsuntriathlonseries.com.

OCTOBER

- $\textbf{Columbus Day Fall Foliage Rumble.} \, 5K/15K.\, 9am.\, Paul$ Smith's College VIC, Paul Smiths. 327-6241. pscvic.org.
- Mohawk Hudson River Marathon & Half-Marathon. 10/11: Expo. Schenectady to Albany. mohawkhudsonmarathon.com.

SWIMMING

JUNE

Cortland Swimming & Diving Long Course Meet. 9am. Holsten Pool, SUNY Cortland. usms.org.

JULY

3rd Ithaca Long Course Meet. 10am. Ithaca College, Ithaca. usms.org.

AUGUST

- Gilbert Lake "Swim for a Cause" Open Water Swim. Oneonta Family YMCA, Oneonta. 607-432-0010. oneontaymca.org.
- 13th Betsy Owens Memorial Lake Swim. 2014 USMS 2M National Cable Championship. Mirror Lake, Lake Placid. Ann Svenson: 893-1967. betsyowensswim.com.
- Lake George Open Water Swim. 2.5K, 5K & 10K swims. USMS National 10K Championship. Hague Beach, Hague. Chris Bowcutt: 917-371-1108. lakegeorgeswim.com.

Bold listing = Advertiser in current issue of Adire 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.

2014 HMMRC SUMMER TRACK SERIES

Fun & Challenging!

Colonie High School Track 1 Raider Blvd (off Sand Creek Rd), behind Colonie Center

Race #1: COLONIE MILE

Tuesday, July 1 at 6:00pm Free entry

Race #2: TWO-PERSON RELAY

Thursday, July 10 at 6:15pm Free HMRRC members, \$5 non-members Each person estimates their mile pace, then is paired with another based on fastest/slowest times, and partners alternate running miles until team runs

Race #3: HOUR RUN

Thursday, July 17 at 6:15pm Free HMRRC members, \$5 non-members Participants run on track for one hour

Race #4: PENTATHLON

Thursday, July 24 at 6:15pm Free HMRRC members, \$5 non-members Participants run five distances in this order: 5000m, 800m, 3200m, 400m, 1600m

Low-key track runs - instead of road runs in the summer heat!

For more info, Ken Skinner: (518) 489-5311 • kennyskin@earthlink.net

Hudson-Mohawk Road Runners Club hmrrc.com



13th ANNUAL



Betsy Owens Memorial LAKE SWIM

Saturday, August 16, 9:30am Mirror Lake in Lake Placid

2014 USMS Two-Mile National Championship Open to all swimmers 18 & older Register online by 8/6 (no race day): www.BetsyOwensSwim.com



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MONDAY NIGHT MILE Monday, August 11 • Starts 5:30pm

1M Race on Saratoga Harness Track 242 Jefferson St, Saratoga Springs -Benefits Saratoga Springs History Museum

Chip Timing • Awards T-shirts to all entries by 8/6 \$20 by 8/6, \$25 8/7-10, \$30 race day - Free Kids' 1/4-Mile Fun Run -

Register online: SaratogaHistory.org

Montcalm Mile

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For information Email fherbst@nycap.rr.com or visit www.lachute.us The race will start at MILE 1:45 p.m. Chip timing \$500 first place men and women.

Course Records: Men 3:54. Women 4:41 Enter at active.com or www.lachute.us

SOUTHERN SARATOGA the YMCA 5K

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Older and Faster

TRIATHLON & DUATHLON

How to Dominate Your Age Group as a Masters Triathlete

By Christine McKnight

ou're older, but you're smarter and you're still motivated. Here's how to be faster and stand on the age group podium as an older triathlete.

As triathletes over the age of 50, 60 and even 70, must we bow to the idea that we are inevitably going to slow down? Or do you still believe that you have a few personal bests in vou?

In many cases, we can actually become faster, even though our 40th birthday is a distant memory. Really! At the very least, we can slow, or even halt that decline in speed and overall performance.

How? By reinventing the way we train and race, creating an environment in which we can succeed as older athletes, and addressing the issues that are limiting our success. (This is a good game plan, actually, for any athlete who aspires to be dominant, regard-

We must also stop living in the past, and cease comparing our current efforts to our athletic exploits of 10, 15 or 20 years ago. That was then. This is now.

INGREDIENTS FOR SUCCESS AS WE MOVE UP THE AGE GROUP RANKS

Rest, Rest! - As masters athletes, we need more recovery time and sleep. When you were younger, you probably trained six days a week and rested one day. Maybe vou even trained as many as ten or 12 days in a row, with no ill effects. Now that you're older, consider a rest day every fourth day, with this sequence: one day intense, one day rest, one day easy, one day moderate, one day intense, one day rest, etc. The rest days should be true rest days, but the intense days are really intense, and many training days will feature double workouts.

Probably our biggest challenge is chronic overuse injuries. Without that extra recovery time and more sleep, we place additional stress and fatigue on our older bodies, which in turn increase the risk of injury.

Glorious Glutes, Happy Hips: Strength Train (But Be Smart) - Strength training should be an essential part of any older triathlete's regimen. By the time we reach our 50s and 60s, we are losing muscle mass at a rate of ten percent per decade and even higher after 70. We need to be proactive to increase muscle mass, which helps prevent injuries as we ask our bodies to continue to swim, bike and run with intensity.

► PEGGY PHILLIPS. 61. **FINISHING THE 2010**



Any smart strength program for older athletes should focus on core strength, flexibility and mobility, rather than on lifting big weights. Some examples: planks, push-ups, kettle bell swings, body saws, assisted band pull-ups, overhead presses, oblique work, dead lifts, and a generous dose of stretching. A very effective way to strength train is twice a week in small group settings with a personal coach. Yoga and Pilates are two great alternatives.

Glorious glutes and happy hips will pay off for you on race day!

Coaches Are Cool - A good coach will give you the structure you need, plus agespecific intervals, hill work, and other highintensity workouts that will still challenge you and put you in the best shape of your life. A coach will also give you baseline workouts that will allow you to measure your progress. Most importantly, a coach who understands how to train older athletes will give you permission to rest, and in fact, insist on it.

Be discriminating as you seek a coach. Ask your fellow triathletes about their experiences with coaches. And be sure to ask a prospective coach: "What experience do you have training older athletes?'

Embrace Technology – We need to be open to new ideas and technology, even if we are old dogs. Why? Garmins and power taps are powerful training aids that allow you to swim, ride and run more efficiently, in a more precise way, and with a clearer idea of the energy you are expending. They are especially invaluable for older athletes who aspire to train and race injury-free at the 70.3 and Ironman distances.

Nail Nutrition and Fueling - There's no way around it: if you want to be a dominant senior triathlete, or an athlete of any age, really, you have to: 1) get serious about your everyday eating habits, and 2) fully understand how to fuel your body while you are training and racing. If you are carrying extra weight, you are placing extra strain on your aerobic system, muscles and joints, and making it extra hard to reach that personal best.

Be willing to reeducate yourself about your everyday eating habits for starters. For training and racing, find a product that works for you and practice fueling with it many times before your race. Nutrition and fueling are areas that are often overlooked, but they can spell the difference between disaster and achieving your goals. Consider consulting a certified sports nutritionist: it's an investment in your long-term health.

Your Amazing Body: Pamper It! -You are asking your amazing, aging body to accomplish unbelievable things. Be good to it! Get a massage, get plenty of sleep each night, nap when you feel like it, eat real foods and whole foods, and eschew the processed stuff. Your body will thank you on race day and every day.

Training: Intervals, Hills and Drills; Plus. Know Your Numbers - You're older. but you're still motivated, so get out there and work hard! Train with structure and specificity. Embrace intervals, hills and drills. Make every mile and every workout count. Know your numbers: your heart rate zones, your watt numbers if you train with a power tap, your FTP and your baseline numbers for pool laps, track repeats, and bike sessions. Why? You will be able to train and race with greater precision in the most energy-efficient way. Don't overlook transition drills, which will save you valuable seconds and even minutes.

On Race Day, It's Mental - If you do these things, you will arrive at the transition area on race morning brimming with confidence. You've done the training, nailed your nutrition, practiced transitions, previewed the course, and checked out the competition. You are disarmingly gracious to your age-group competitors because you know you are going to CRUSH THEM! ...

Christine McKnight (trichris@nycap.rr.com) had top-ten age group finishes at USAT Nationals in 2010-2012, set personal bests at age 63 in Olympic distance and age 65 in Half-Iron distance, and completed her first Ironman at age 64 in Lake Placid. She won the 65-69 age group in the 70.3 Eagleman triathlon in Cambridge, Md. on June 8. She competed last October at age 65 in the Ironman World Championships in Hawaii. Christine competed in her first triathlon at age 50.



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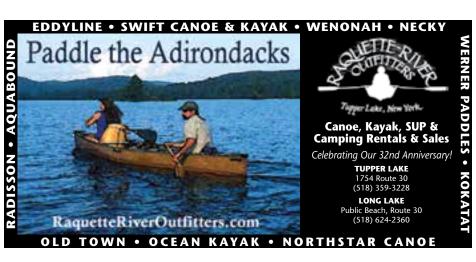


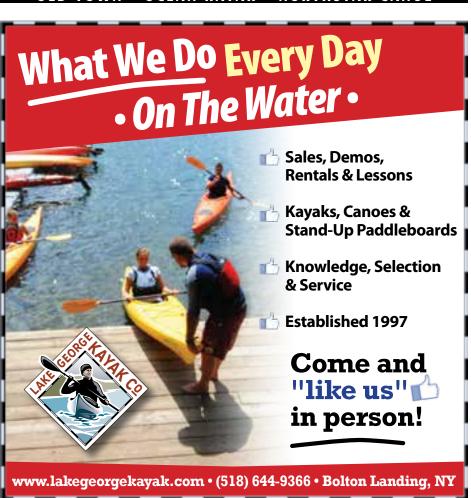




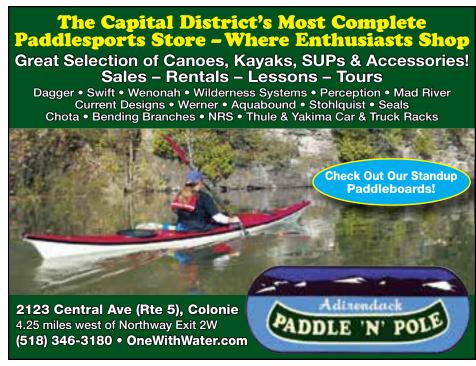






















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South Bay of Lake Champlain, Lake George and Jabe Pond

Two Fascinating Days on a Trio of Waterbodies in the Southeastern Adirondacks

had Sunday and Monday off from work, it was early June, and the forecast was for summery weather. It had been a while since I had last paddled the South Bay of Lake Champlain, and I was looking forward to again admiring the cliffs at its southwest end, as well as further exploring the inlet stream at that end. I had nothing specific planned for Monday and would let serendipity rule.

SOUTH BAY OF LAKE CHAMPLAIN

NY Route 22 crosses South Bay just outside of Whitehall and there is a NYS DEC boat launch and fishing pier just past the bridge. There were quite a few boat trailers already parked there and fishermen were launching their motorboats as I arrived. Most of them ended up heading north toward the main part of the lake. As I was getting ready, I heard a familiar sound and I turned to see an osprey fly off its nest, located on top of a nearby power line tower.

I paddled out onto the murky khaki-colored water, its surface sprinkled with yellowish tree pollen. Giving the fishermen on the pier a wide berth, I passed under the Route 22 bridge, and angled for the southeast shore. For about a mile there were some houses along the shore, then some state land with a designated campsite – a poor landing perhaps being the reason it looked like it wasn't used very much. Further along I noticed some signs marking land owned by The Nature Conservancy.

As I approached a small cliff, an immature bald eagle vacated its rocky perch, and flew off to a nearby white pine then took off over my head. Great blue herons and kingfishers were often seen and sometimes heard. Occasionally I saw yellow flag (iris) along the shoreline, and while exploring some shallow coves I discovered some yellow water-buttercups and bullhead-lilies. Exiting a cove, a mature bald eagle passed overhead, while to the west tall steep cliffs peered over the water; first Little Diameter and then The Diameter rose hundreds of feet skyward.

After having paddled close to five miles, the shores closed in as I entered South Bay Creek, and the water was amazingly clearer. I felt I was now in a wilder place. Both shores here are technically within the boundaries of the Adirondack Park.

Paddling upstream against a very gentle current, I passed through a swampy area, and had some difficulty locating the main channel. I had to lift over a small beaver dam then squeeze past a downed tree. The creek meandered as many Adirondack streams do and I soon reached another beaver dam, this one much bigger than the previous one. After lifting over the dam I was able to go only a little further before seeing two more dams ahead. Hearing a car go by up ahead I figured I was close to civilization again and it was time to turn around.

The Diameter was impressive as I paddled back past its lower talus-filled slope. To the east the two rocky nubbles of The Saddles on West Mountain stood out. Houses and farms appeared after Little Diameter, and I still had an hour of paddling to go before reaching the boat launch culminating my almost six-hourlong trip. Observing the cliffs of The Nature Conservancy's Helen W. Buckner Memorial Preserve at Bald Mountain to the north, reminded me of the time I had hiked there, and what wonderful views of the South Bay were had.

The drive north on Route 22 is quite scenic and there are glimpses of Lake Champlain en route. I was considering camping out at the state campground in Crown Point since

I had never been there before, but as I approached Ticonderoga I decided to head to nearby Rogers Rock State Campground on the northern part of Lake George.

By Rich Macha

There were very few campers staying there on a Sunday night and I was able to secure a choice campsite next to the swimming beach. The evening's entertainment included enjoying the lake view, watching a loon, and photographing a five-foot-long rat snake slither its way along the back edge of the beach.

LAKE GEORGE

The morning started out cloudy with a not-too-friendly south wind, but after breakfast the wind died down, and the sun presented itself. It seemed like the theme of the trip was going to be cliff observation, so I paddled north from the campground, and was soon admiring the jagged cliffs that the campground was named after.

The lake's clear emerald-colored water was also topped with much yellow tree pollen. Thankfully, motorboat traffic was very light. Leaving Cooks Bay, I passed diminutive Juniper Island and was soon at the foot of Rogers Slide, an impressive smooth rock cliff with streaks of grey, pink and mauve. Turning back, the view southward included the rocky Anthony's Nose, as well as Elephant and Black Mountains.

I broke camp by 11am and still had plenty of time to explore further.

JABE POND

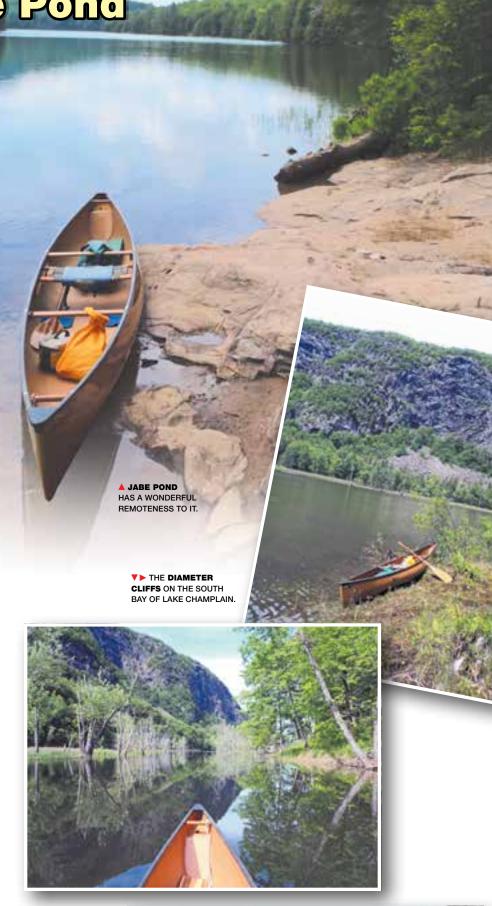
Driving south on NY Route 9N I soon passed through Hague, then headed west on Split Rock Road for 1.8 miles, a paved road at first but eventually becoming dirt. At a sign-less signpost I turned left on Jabe Pond Road, a mile-long dirt and gravel road. The narrow road was mostly in good shape, but I became somewhat apprehensive when confronted with a steep and bumpy hill. The Subaru made it up okay and I was soon at the parking area.

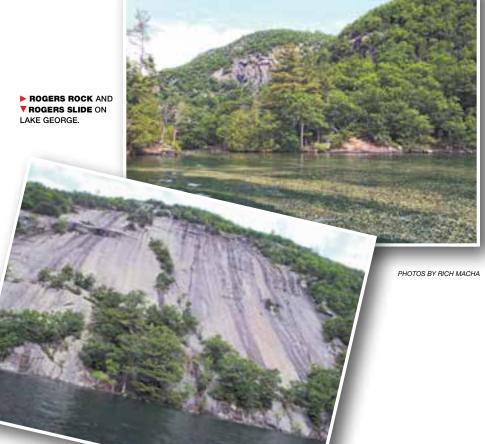
After a quick lunch at the car, I carried the canoe a hundred yards to some smooth rock at water's edge. I had known about Jabe Pond for decades yet had never visited. As the crow flies it is located just 1.5 miles west of Lake George, but is 1,000 feet higher in elevation, and has a wonderfully remote wilderness feel to it

Although less than a mile long, the pond's irregular shoreline took some time to explore. Several piney islands demanded inspection too. One island still had an old stone chimney stack on it, the only sign of civilization remaining on the pond. I observed two loons making their rounds and an osprey flew out from a tree. Polliwogs darted about in shallow sandy-bottomed areas near small beaches. Hemlocks exhibited new yellow-green growth at the tips of their branches, which contrasted with the deeper green of the older needles.

Several campsites were scattered around the pond and I stopped at one for a long and relaxing break. It was late in the afternoon when I somewhat reluctantly hopped in the canoe for the short paddle to the put-in. It was difficult leaving the peacefulness behind and the only adventure that remained, for now, was the drive out on that dirt road.

Rich Macha (apnp@prodigy.net) is the owner of Adirondack Paddle'n'Pole in Colonie, a store specializing in canoeing, kayaking and cross-country skiing – for more trip reports visit onewithwater.com.







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around the country from his home base in Rensselaerville, a historical hamlet in the Helderberg Hilltowns of southern Albany County. This season he has an average of one big race per month, with the team paying him as an independent contractor, and taking care of travel and equipment expenses. Tyler's first love was running, which he

discovered as a middle school student. He remembers that in fifth grade he found himself beating all the eighth graders in races. He continued to excel in track, but also started mountain biking in high school to enhance his track training. It also was a great way to spend quality time with his father. "We both bought mountain bikes at the same time and we went to races together. We'd have great rides together. We'd go to the races and he'd race the master's category and I would race juniors."

He went on to study economics at Princeton University, with plans to join the track team, but knee and shin injuries led him to buy a road bike. "Pretty soon after I went on a ride with the Princeton cycling team, I joined their ranks and never looked back. It kind of ruined running for me," he remembered.

Tyler's strenuous training schedule is designed for racing results, not socializing. While he sometimes rides with local groups and enjoys it, most of his training is solo, riding with a power meter to gauge wattage. But after so many years of training, he said he knows his own body so well he can often iust ride on feel. He discusses target races with the team coach, but is responsible for as a professional, he explained.

Heading out almost daily, he alternates between intensive three-hour interval sessions and four- to five-hour endurance rides through the scenic hills and valleys, with four days of hard work, then a couple of easier days. The job goes on all year, and when winter arrives he trains on his mountain and cyclocross bikes. When the snow flies he turns to snowshoeing and cross-country skate skiing. "The important thing is getting out on the bike and getting the miles in," he explained. "There were many great cyclists who came before me who didn't have power meters."

Over his 12-year career all that work has resulted in almost 20 podium appearances and a respected reputation as a team leader and race strategist. In late May 2014, he finished ninth in the US National Championship road race against the best riders in the country.

While Tyler enjoys his job as a pro cyclist, he also knows that at 33 he is getting close to the end of that career. So he's attending the University at Albany's School of Business to learn the skills that will serve him after he leaves pro cycling.

He has also run his own personal training business, Wrenegade Sports, since 2004, to train a limited number of clients. He's now working to transition the company into an athletic event organiza-

tion, starting with the Rensselaerville Cycling Festival scheduled for September 28 at the Carey Institute for Global Good, just

outside the village. Working with local organizers, he said his goal as an event promoter is to "throw a big party with something for everyone, even if they don't have a bike." The event will include fully supported "gran fondo" rides of 84, 55, 25, and eight miles, and a mini-fondo for kids. There will also be local bands, a barbecue, ice cream stand, and a product expo. In other words, "a great big party in a tiny little town," as he calls it.

While professional cycling brings recognition and admiration from other cyclists and the public, over the past few years it has inevitably also brought difficult questions about doping in the sport. Tyler approaches the subject head-on. "I didn't spend a lot of time proclaiming that I was a clean rider during the Armstrong era, because to me following the rules never felt like anything to celebrate," he explained.

"But since Lance's fall, I've had more and more comments, and I've come to feel that the right thing to do is to be more outspoken on the issue. I've raced professionally since 2002, and I did it clean. You don't have to dope to have a great career in cycling. I've

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traveled the world, I've won international- and national-level races, and I feel very proud of it all."

Tyler is quick to recognize how much cycling has contributed to his life, and would prefer to concentrate on all the good it does. "It can take you around the world. You can ride great distances and find great roads. You can discover things on a bike and the wind in your hair takes you back to the freedom of when you were a kid. It just makes you feel good."

But even if he wasn't a cyclist, he has the kind of personality that ensures he would stay in shape. "I love the lifestyle of being fit, having a task, and working hard to train every day. I like creating my body into a finely tuned machine to go after certain goals. It's a difficult and challenging thing I really enjoy."

For more information, visit: rensselaervillecycling.com, tylerwren.com or jamishagensberman.com.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. His only racing is to the bagel shop to get his discount before the coupon expires.







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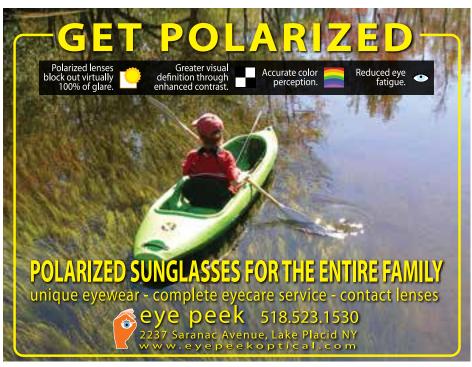
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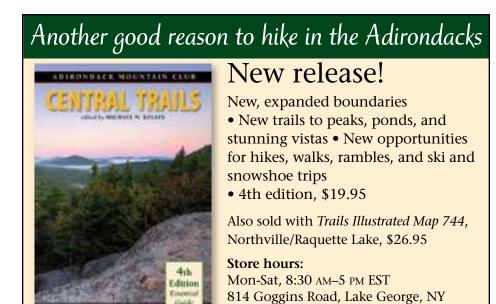
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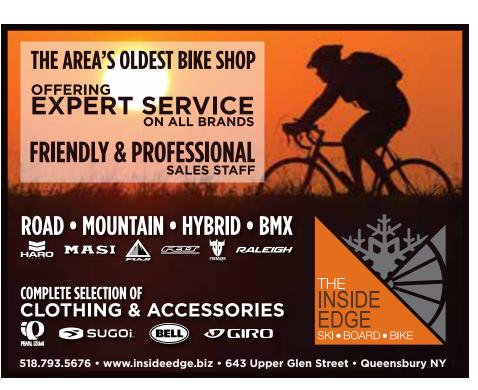
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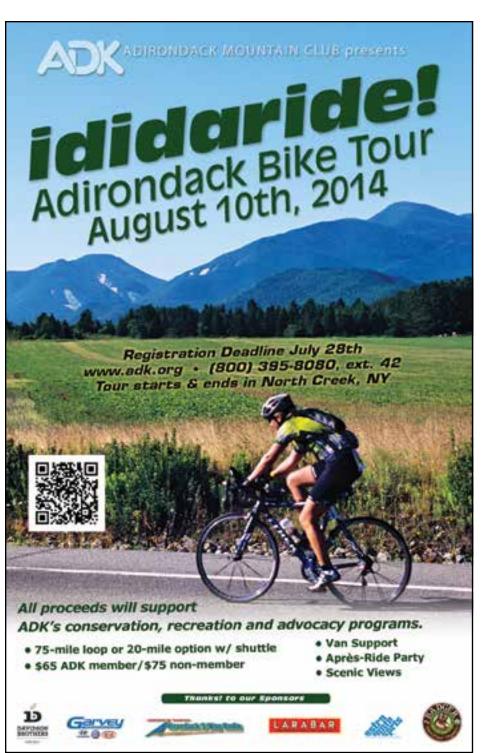


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BICYCLING lid-Summer cling Events

By Dave Kraus

or any upstate New York road cyclist, June, July and August offer a full schedule of events all over the upstate area. Hardly a weekend will go by without some kind of organized riding or racing event with challenging, scenic courses and fun times so mark these rides on your calendar.

Saturday, June 21 - 13th Annual Whiteface Uphill Bike Race

At eight miles with an average eight-percent grade, the Veteran's Memorial Highway to the top of Whiteface offers a challenge for even the most fit cyclist. There are race prizes, but the biggest reward of all may be the spectacular 360-degree view of the High Peaks and Lake Placid area from the summit. It's part of the Wilmington/Whiteface Bike Fest weekend, with a variety of cycling events. Visit: whitefacerace.com.

Saturday, July 12 -Saratoga 12/24 Hour Race

Charge up your lights! Starting at 8:00am, this ride/ race starts at the Van Raalte Mill Building on High Rock Avenue in Saratoga Springs. Full day racers will ride for 24 straight hours, doing laps of a 40-mile out and back course that loops northeast to the Hudson River and back. There are also two different 12-hour day and night rides and a 140-mile three lap challenge, as well a midnight fun ride. Go to: adkultracycling.com.

Sunday, July 13 - CVPH Mayor's Cup Bike Ride

Benefitting the CVPH Travel Fund, this supported ride offers 20-, 52-, and 70-mile routes starting at the CVPH Medical Center in Plattsburgh, with staggered starts beginning at 8:30am. Enjoy riding through the scenic north country near Lake Champlain, then partake some of the free barbecue after the ride. Check out: cvph.org.

Saturday, August 2 - Gear Up for Lyme: Mount Equinox Uphill **Bike Climb**

Did that eight percent grade on Whiteface get you excited? Then try this race up Mount Equinox, with its 12-percent average grade over 5.4 miles, starting at the Mount Equinox Skyline Drive Welcome Center on VT Route 7A, six miles south of Manchester Center, Vt. The event funds research for a Lyme disease cure as well as supporting the local charities of the Rotary Club of Manchester. There's a great view of the Vermont countryside from the 3,848-foot summit, but you have to work for it. There's free barbecue for racers after the event - if you have any energy left to eat it! Visit: gearupforlyme.com.

Sunday, August 3 - 12th Christine **Perry Memorial Bike Ride**

he ride honors Christine Perry, who was killed at age 18 in an automobile accident, and funds local community organizations that embody her passion for life, particularly for community, academics, the arts and sports. The 2014 ride starts and finishes at the Exit 24 Park-N-Ride on the I-87 Northway near Bolton Landing. Starting at 9am, two different intermediate level routes will be available to give participants some great riding experiences in the Adirondacks. A lunch will be provided after the ride at Sweat Pea Farm in Bolton Landing. Go to: chrissysfund.com.

Sunday, August 10 - ADK "ididaride" Adirondack Bike Tour

This 75-mile loop route out of North Creek's Ski Bowl Park benefits the Adirondack Mountain Club, and participation has grown sharply each year. Following well-paved highways with shoulders, the route circles south through Wells before turning back north and passing through Speculator, Indian Lake, North River and back to North Creek.









Refuel and whet your whistle after the ride at the party at Ski Bowl Park with food, drink, music and prizes. On the road there are four staffed rest stops, and there is also a 20-mile option where riders to take a shuttle bus to Indian Lake and ride back to North Creek. Check out: adk.org.

Sunday, August 17 - Lake George **Bike/Boat Ride**

Known for years as the "Ti Ride" and organized informally, this event is held in partnership with the Lake George Steamboat Co. Riders meet at the pier in Lake George at 7:00am and put a bag with change of clothes on the crusie boat Mohican. Then you cycle north on NY Route 9N to the municipal dock in Ticonderoga, where the boat picks you up at 11:30am, and you take a return cruise south on the lake with spectacular scenery, snack shop, and a wet bar on the boat. Much of the 41-mile route follows the shoreline of Lake George, and the highway over Tongue Mountain offers a challenging climb and sweeping, fast curves on the downhill side to a beautiful scenic overlook. Visit: lakegeorgesteamboat.com.

Saturday, August 23 - 14th annual **Pat Stratton Memorial Century Ride**

Offering 100-, 50-, and 25-mile rides and a kids fun ride, the Pat Stratton event starts at Mount Pisgah in Saranac Lake and winds through the region on wide-shouldered highways and quiet back roads. The route sticks to valleys and easier grades to give the mountain views without the mountain climbs, and passes through Paul Smiths. Meacham Lake. Lake Clear, Gabriels and St. Regis Falls. Feed stations and sag support are on the ride, and finishers enjoy barbecue, T-shirts, music and homemade pies. Proceeds from the ride support Saranac Lake Kiwanis Club community programs, including the annual bike rodeo and helmet distribution, where 100 helmets were given away last year. Go to: active.com.

Happy summer... May it be a summer of safe cycling! 📥

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer. Visit his website at KrausGrafik.com









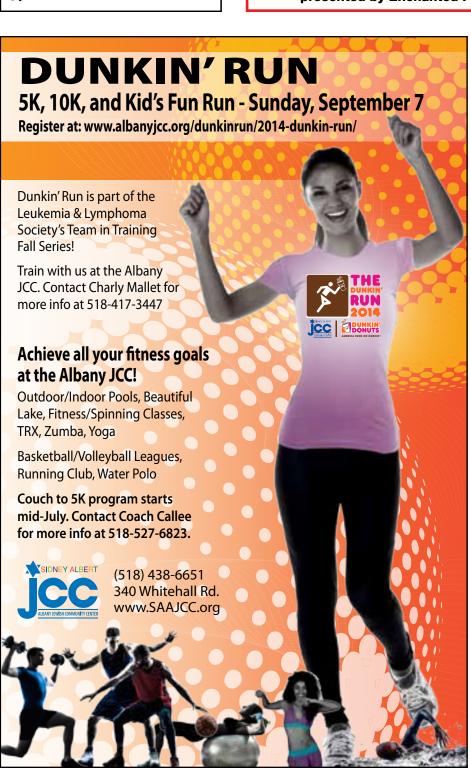


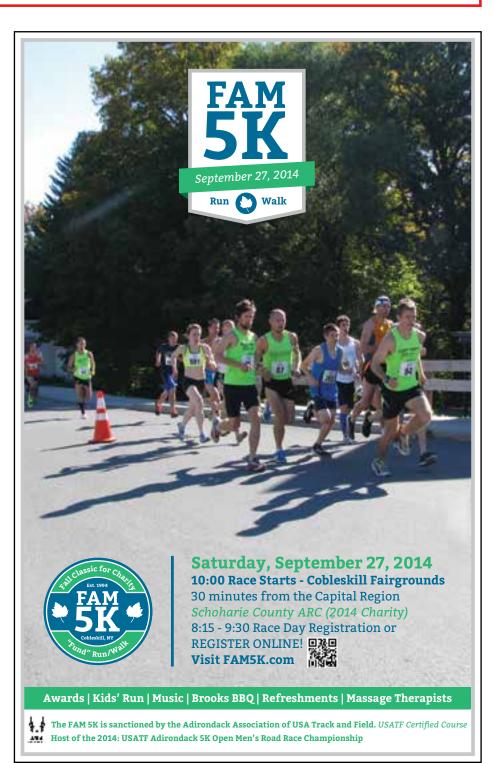




Join us for the Old Forge Triathlon on August 17, 2014, presented by Enchanted Forest Water Safari

Register at atcendurance.com





www.AdkSports.com JUNE 2014



IN TRIATHLON EXPERIENCE COUNTS

By Kristen Hislop

he theme running through the triathlons highlighted for August is experience! These races are directed and supported by veteran triathletes who want to give triathletes a very memorable weekend!

Kicking the month off is the 8th running of the Fronhofer Tool Triathlon Olympic distance event. As with many races each year brings changes. The sprint distance will no longer be offered. But this year there is a new partner category, where you and your partner's times are combined for an opportunity at the top male, female and coed awards. This year's USAT sanctioned race will take place on Saturday, August 2, at Lake Lauderdale Park, just north of Cambridge.

The race ends with a great food spread and this triathlete's favorite, ice cream! The raffle always has great items so stay, fuel, and win while you help raise money. Once again all of the profits will be donated to B.O.O.K.S. and Books in Kids' Hands, two non-profit organizations. Over the past seven years they have raised over \$110,000 for children's literacy.

The Fronhofer event also offers two races for the kids within the park confines on Friday night at 6:15pm. The Mini Triathlon is open to kids five to ten years old with a 50-yard swim, one-mile bike, and 0.5-mile run. The Kids Triathlon for those 11 to 15 years old is a 100-yard swim, three-mile bike, and one-mile run. Sign up at fronhofertooltriathlon.com.

Next up is the Crystal Lake Triathlon, produced by the Capital District Triathlon Club at Crystal Lake in Averill Park. The triathlon on Saturday, August 16 will cap out at 300 racers so register soon. Another USAT sanctioned event, it offers a relay team option. The event also offers a beginner swim wave. According to race director Peggy Phillips, "We feel it helps alleviate fears by being able to offer a beginner swim wave, because this is often a competitor's first triathlon. Our hope is that everyone feels comfortable in the water, has a successful race, enjoys themselves, and gets hooked on the sport."

Peggy continued, "Our Tuesday night training sessions have a special swim group lesson with its own lifeguard. The goal is to help with open water swim techniques, sighting, mass starts, etc." Peggy was jostled herself a bit at the 2014 Hudson Crossing Triathlon and had to stop to fix her goggles. Experience is what allowed her to go on and win her age group

Members of CDTC have a chance to train on the course at the weekly Tuesday evening workouts, where bicycling and running loops can also be completed. To register for the triathlon, join the club or learn more about weekly training, visit cdtriclub.org.

On Sunday, August 17 the 2nd annual Peasantman "Steel Distance" Triathlons will be "Racing out of the Dark Ages." This USAT sanctioned race in Penn Yan goes a little further than others, and the race organizers have a creative website supporting the event! For instance, you learn that "The swim course is totally flat with no hills." And "If you finish the race, you will be knighted by the either the Queen or the King of the Finger Lakes, and receive a certificate of knighthood, proving that you are, in fact, worthy. This will earn you entry into our exclusive Knight Club."

Distances include: a) Full (144.6 miles) with a 2.4-mile swim, 116-mile bike, 26.2mile run, b) Half and Relay (72.3 miles) with a 1.2-mile swim, 58-mile bike, 13.1-mile run, and c) Steel Olympic (36.55 miles) with onemile swim, 29-mile bike, 6.55-mile run.



RACHEL BECKMANN OF ALEXANDRIA VA, OVERALL WINNER OF THE 2013 PEASANTMAN FULL DISTANCE.

Penn Yan is at

antman.com.

the north end of beautiful Keuka

Lake, just south of Geneva, and the course

goes through the Finger Lake region dotted

with wineries and Amish farms. It is "princely

racing at a pauper's price" so take advantage

of this event where the race organizers are all

well-versed and experienced in triathlon. For

more information and to register, visit peas-

the Lake George Triathlon Festival con-

sisting of the Lake George Triathlon Olympic distance and kid's triathlon on Saturday

August 30, and the BIG George half-ironman

on Sunday August 31. It's always great com-

The theme of experience continues with

vidual, two-person teams, three-person teams, Athena and Clydesdale divisions in the Olympic, collegiate race in the Olympic, BIG George aquabike, "King George" (racers complete the Olympic and half), and the Kids' Splash and Dash! The splash and dash is a non-competitive event, where kids ages six to ten do a 50-yard swim in shallow water, followed by a half-mile run. For ages 11-14, it's a 100-yard swim one-mile run. Sign up early to be guaranteed a T-shirt and all participants receive a medal.

The Olympic has sold out the last six years and closes at 500 entrants. You can be guaranteed a spot by joining Leukemia & Lymphoma Society's Team in Training. This year, team members can choose between the Olympic and half-iron distance for a \$1,500 fundraising minimum. In return for your help curing cancer you get a tri top, training shirt, training plan, weekly group workout, coaching, celebration dinner and friends for life! Learn more at teamintraining.org/uny.

These are all great races under the guidance of experienced triathletes. They know athletes look for the whole package - the venue, course, party, competition, family factor - and, of course, the fun!

Kristen Hislop of Clifton Park is a USA Triathlon and USA Cycling coach, Team in Training coach, and member of Team LUNA Chix Albany Triathlon. She can be reached at hislopcoaching@gmail.com or

hislopcoaching.com.



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petition and a nice food spread with craft beer. www.schenectadyregionalorthopedics.com There are plenty of options with indi-

Rory D. Wood, M.D.

RACE RESULTS

				TERACY • Renss		K RUN er Tech Park, Tro	v		
м	ALE OVERALL		,			ALE AGE GROUP: 30 -	-		
1	George Stopyak	43	Clifton Park	19:44	1	Chris Carter	36	Averill Park	23:52
2	Ruperto Juarez	27	Albany	20:09	2	Mike O'Toole	38	Mechanicville	24:19
3	Laim Lynch	16	Albany	20:10	3	Aaron Ondek	36	Menands	28:53
FE	MALE OVERALL		,		FE	MALE AGE GROUP: 4	0 - 49		
1	Melissa Maguire	41	Loudonville	23:04	1	Melissa McHugh	41	Nassau	26:30
2	Michele Cuke	52	Albany	23:18	2	Kim Lockridge-Hetko	49	Troy	31:00
3	Kimberly Miseno-Bowles	43	Amsterdam	23:37	3	Kathleen Tersigni	43	Burnt Hills	31:43
FE	MALE AGE GROUP: 1 -	13			M	ALE AGE GROUP: 40 -	49		
1	Ariana Yeager	11	Glens Falls	29:16	1	George Burke	48	Troy	21:11
2	Maile Wargacki	8	Troy	34:46	2	Thomas Agro	42	Wynantskill	29:24
3	Flla Conlee	7	Averill Park	36:37	3	Carl Welch	44	Albany	29:26
м	ALE AGE GROUP: 1 - 13	3			FE	MALE AGE GROUP: 5			
1	Jamison Burke	12	Trov	26:11	1	Jodi Heimgartner	52	Woodinville, WA	29:11
2	Nicholas Vanyranken	10	Rensselaer	27:44	2	Regina Button	51	Troy	29:46
3	Michael Agro	10	Wynantskill	29:23	3	Patricia Hodgkinson	54	Delmar	30:37
	MALE AGE GROUP: 14		** y non on	25.25		ALE AGE GROUP: 50 -			
1	Heidi Schuman	14	Nassau	26:32	1	John Sestito	50	Johnsville	21:10
м	ALE AGE GROUP: 14 - 1		1403300	20.52	2	Chris Boyle	52	West Sand Lake	23:15
1	Laim Lynch	16	Albany	20:10	3	Dave Nagengast	59	Rensselaer	24:17
2	Michael Cuke	14	Albany	20:38		MALE AGE GROUP: 6			
3	Sasha McEldowney	18	Troy	23:49	1	Cathy Lanesey	64	Troy	32:34
-	MALE AGE GROUP: 20		lioy	25.45	2	Betty Bellino	64	East Greenbush	33:18
1	Ziai Lou	22	Troy	29:25	3	Jacqueline Tremont	63	Averill Park	36:17
2	Richa Birla	23	Albany	34:43	M	ALE AGE GROUP: 60 -		5.1	24.40
3	Christina Ryzner	28	Haines Falls	37:53	1	Seamus Hodgkinson	65	Delmar	24:46
	ALE AGE GROUP: 20 - 2		ו ומוווכט ו מווט	در. ۱ د	2	David Heyward	60	Wynantskill	30:30
1	Ruperto Juarez	27	Albany	20:09	3	Tom Rutkowski	63	Glenmont	31:28
2	Frank Martin	27	Troy	20.09		MALE AGE GROUP: 7		-	27.4
3	William Chang	20	Poughkeepsie	22:15	1	Louise Liberty	70	Troy	37:47
	MALE AGE GROUP: 30		rougrikeepsie	22.10	2	Carol Miller	70	Troy	50:57
1	Kristen McCullen	- 39 - 32	Averill Park	25:37	IVI	ALE AGE GROUP: 70 -		Fact Nassau	32:02
2	Laurie Carter	34	Averill Park	27:14	2	Greg Benson David Miller	71 71	East Nassau	
_					2			Troy	50:57
3	Alyssa Bonitatibus	33	Rensselaer	29:43		Courtesy of Literacy	volunte	ers of Rensselaer Cou	nty

	1 Kristen McCullen 2 Laurie Carter	32 Averill 34 Averill	Park	25:37	1 Greg B 2 David I	Miller	71 71	East Nassau Troy	32:02 50:57
	3 Alyssa Bonitatibus	33 Rensse	elaer	29:43	Cour	tesy of Literacy	Voluntee	ers of Rensselae	er County
_									
	BEI	NSON BEAR						RIES #1	
		•				ure, Benso	-		
	10K – ELITE MALE: D 1 Ryan Forkey 2 Nick Wyand 3 John LeClerc 10K – ELISTE MALE: 1 1 Brian Ladeau	Milton, VT Plattsburgh Plattsburgh DIVISION B Middlebury, VT	3 Elena 5K - MA 1 Caleb 2 Micha 3 Benga	Allen el Sheehan min Holmes	Bostor Riptor	n, MA 1 Ti N, VT 1 nnes, VT	Team Bu	t IOK FASTEST urgh GK FASTEST	Charlotte, VT
	 2 Whalen Layne 3 Steven Beckwith 10K - ELITE FEMALE 1 Heather Powell 	Killington, VT Middlebury, VT Reading, PA	2 Alyssa	MALE a Gallagher Corey lle Hastry	Poultn Salisbu Rutlan	ury, VT 1	Bethelbo EAMS – L Bethelbo Courtes	ARGEST	Adventure

	3RD A	NNUA				LENGE 15K RA	CE	& 5K RUN	
		15K RA	CE		FI	MALE AGE GROUP: 25	- 29		
M	ALE OVERALL				1	Tiffany Zarrella	27	Albany	1:16:22
1	Robert Irwin	41	Guilderland	54:32	2	Allison Gregory	28	Waterford	1:18:02
2	John Stadtlander	48	Clifton Park	56:44	3	Theresa Pham	25	Saratoga Springs	1:18:41
3	Joseph Sullivan	35	Schenectady	56:56	M	ALE AGE GROUP: 30 - 3	4		
FI	MALE OVERALL				1	Eric Scaringe	31	Cohoes	1:05:54
1	Lisa D'Aniello	28	Saratoga Springs	1:08:06	2	Joshua McLane	30	Guilderland	1:15:32
2	Bethany Hawke	28	Albany	1:10:52	3	Timothy Nevinger	32	Glenmont	1:18:22
3	Meleah Wright	32	Watervliet	1:14:14	. EI	MALE AGE GROUP: 30		Glerimont	1.10.22
M	ALE AGE GROUP: 1 -	14						D	1.10.51
1	James Faraci	14	Troy	1:05:57	- 1	Danielle Bargovic	31	Rensselaer	1:18:51
FI	MALE AGE GROUP:	20 - 24	,		2	Heather Bolander-Smith	33	Ballston Spa	1:22:04
1	Jessica Watson	24	Albany	1:17:42	3	Megan Wordelmann	33	Granville	1:24:34
M	ALE AGE GROUP: 25	- 29	,		M	ALE AGE GROUP: 35 - 3	19		
1	Daniel Fogarty IV	27	Saratoga Springs	59:21	1	George Lamarche	39	Waterford	1:07:49
2	Keith Gregory	25	Cohoes	1:11:34	2	Randy McKinley	36	Schenectady	1:10:21
3	Ignacio Cazcarro	29	Troy	1:12:41	3	Daniel Brady	37	Cohoes	1:12:22

		ASTODON C	IALLE	NGE 15K RACE		RUN continu	ed
FEMALE AGE GROUF 1 Maura Ludlow	?: 35 - 39 37	Ponccolner	1:25:27	MALE AGE GROUP: 25	- 29 28	Guilderland	20:07
Maura Ludlow Libbie Craft	37 38	Rensselaer Selkirk	1:25:27		28 26		20:07
3 Tanyette Hobbs	35	Clifton Park	1:28:41	2 Aleksey Drebbas 3 Justin Little	27	Troy Cohoes	25:58
MALE AGE GROUP: 4		CIIItOITT dik	1.20.41	FEMALE AGE GROUP: 2		COTIOCS	25.50
1 Andy Reed	42	Niskayuna	1:03:51	1 Jaclyn Laird	28	Albany	26:39
2 Neil Sergott	42	Clifton Park	1:06:55	2 Sará Dwyer	29	Albany	27:41
3 Matthew Abatto	41	Clifton Park	1:11:14	3 Christin Morris	28	Troy	29:12
FEMALE AGE GROUP	P: 40 - 44			MALE AGE GROUP: 30			
1 Stacia Smith	43	Niskayuna	1:14:38	1 Josh Santarcangelo	32	Troy	22:59
2 Erika Anderson	40	Malta	1:19:21	2 Carl Kovatchitch	34	Cohoes	23:40
3 Rana Meehan	40	Cohoes	1:28:35	3 Cory Smith FEMALE AGE GROUP: 3	34	Larchmont	24:25
MALE AGE GROUP: 4		C.III	4 00 40	1 Nicole Holehan	32 32	Ballston Lake	28:33
1 Bob Radliff	49	Stillwater	1:00:40	Jayne Radzyminski	32	Albany	30:50
2 Tom Mack 3 Robert Rausch	49 45	Wynantskill	1:13:56 1:18:18	3 Sarah Hodges	30	Cohoes	32:27
FEMALE AGE GROUF		Albany	1.10.10	MALE AGE GROUP: 35		COHOCS	32.27
1 Kim Scott	45	Malta	1:22:29	1 James Washburn	37	Cohoes	27:21
Letticia Ruderman	45	Watervliet	1:36:29	2 Craig Moe	37	Latham	27:56
3 Cynthia Methe	49	Latham	1:36:31	3 Carmen Tarlo	39	Cohoes	28:13
MALE AGE GROUP:		Latriani	1.50.51	FEMALE AGE GROUP: 3	85 - 39		
1 John Sestito	50	Johnsonville	1:05:21	1 Courtney Peterson	39	Johnsonville	28:46
2 David Ruderman	52	Watervliet	1:14:23	2 Kristy Jirak	36	Ballston Spa	31:27
3 Steve Janack	51	Scotia	1:17:18	3 Susan Lawson	35	Troy	31:32
FEMALE AGE GROUP	P: 50 - 54			MALE AGE GROUP: 40		CITC 5	
1 Kristin Kehmna	50	Rensselaer	1:17:36	1 Greg Ethier	40	Clifton Park	19:49
2 Debra Marnell	50	Kingston	1:20:30	2 David Shumpert	43	Clifton Park	22:25
3 Lauren Herbs	51	Rexford	1:26:18	3 George Balogh	43	Averill Park	22:41
MALE AGE GROUP: 5				FEMALE AGE GROUP: 4	40	Cohoes	21.54
 Pierre Vandenabeele 		Gloversville	1:26:30	1 Lisa Burgess 2 Diane Ellis	40	Cohoes	31:54 32:59
2 Michael Maguire	58	Ballston Lake	1:33:57	3 Denise Rafferty	42	Albany	33:07
3 Edward Maloney	55	Clifton Park	1:35:45	MALE AGE GROUP: 45		Albany	33.07
FEMALE AGE GROUF		T	1.50.46	1 Pete Gregory	47	Hoosick Falls	23:13
1 Jill Faraci	56	Troy	1:50:46	2 Bill Sorel	47	Cohoes	24:40
2 Christine Lens	55	Westborough, MA	1:51:03	3 Kerry Armstrong	45	Cohoes	25:34
3 Wendy Lund MALE AGE GROUP: 6	55	Ballston Spa	1:58:25	FEMALE AGE GROUP: 4			
Steve Schonwetter	60	Clifton Park	1:12:05	1 Stacie Sorel	47	Cohoes	26:16
2 Kevin Donohue	63	Troy	1:12:58	2 Kim Lockridge-Hetk	49	Troy	30:12
3 Jim Faraci	61	Troy	1:26:18	3 Lori Munger	46	Clifton Park	31:05
FEMALE AGE GROUF		noy	1.20.10	MALE AGE GROUP: 50			
1 Judy Beers	61	Lake George	1:28:22	1 Jaime Casline	54	Ballston Lake	21:36
2 Anne Tyrrell	63	Albany	1:33:02	2 John Gillie	52	Mountain Lakes, NJ	25:23
3 Suzanne Nealon	64	Troy	1:35:53	3 Paul Franklin	51	Loudonville	29:29
MALE AGE GROUP: 6	55 - 69	,		FEMALE AGE GROUP: 5	52 - 54	Classes III.	20.20
1 Joseph Scaringe	68	Latham	1:29:23	1 Susan McNamara 2 Jacqueline Orr	52 51	Gloversville Loudonville	29:20 29:37
2 Eric Nilsestuen	65	Lake George	1:39:32	Jacqueline Orr Maryann Martel	52	Waterford	32:18
FEMALE AGE GROUP				MALE AGE GROUP: 55		vvateriolu	32.10
1 Penny Cushman	70	Albany	2:05:26	1 Dave Nagengast	59	Rensselaer	22:59
MALE AGE GROUP: 7				2 Luke Nightingale	59	Schaghticoke	26:58
1 Armand Langevin	77	Cohoes	1:50:58	3 Rick Camejo	55	Newtown, CT	27:23
	5K RU	N		FEMALE AGE GROUP: 5	5 - 59	, , ,	
MALE OVERALL				 Nancy Kolakowski 	57	Niskayuna	28:25
1 Eric Young	22	Latham	17:22	2 Debra Rappazzo	56	Cohoes	31:18
2 Andrew Balough	14	Averill Park	18:44	3 Helene Meckler	57	Delmar	31:24
3 Michael Dinicola	39	Albany	19:24	MALE AGE GROUP: 60	- 64		
FEMALE OVERALL	24	T	22.01	 Michael Smith 	64	Latham	27:35
1 Debbie Hoffman	31	Troy Cohoes	23:01	2 Greg Rickes	64	Latham	28:13
2 Kate Canabush 3 Jennifer Piselli	26 21		25:17 25:33	3 James Sheehan	62	Cohoes	28:51
MALE AGE GROUP: 1		Troy	25.55	FEMALE AGE GROUP: 6		N Colorona	27.52
1 Tate Gillie	14	Mountain Lakes, NJ	20:14	1 Cynthia Finnegan	60	Niskayuna	27:53
2 Adam Balogh	12	Averill Park	26:01	Cheryl Smith Donna Choiniere	62	Latham	28:37
3 Christian Nash	14	Averill Park	27:02		60	Albany	29:14
MALE AGE GROUP: 1		/ WCITI LUIK	27.02	MALE AGE GROUP: 65	- 69 69	Loudonville	26:03
1 John Aretakis	15	Troy	24:47	2 Byard Clemmons	65	Troy	29:00
FEMALE AGE GROUF		,		3 Richard Bazar	65	Waterford	29:19
1 Kierra Lamarche	15	Ballston Spa	28:19	FEMALE AGE GROUP: 6		***************************************	25.15
2 Ashley Manzer	18	Cohoes	28:56	1 Nancy Johnston	68	Ballston Lake	35:57
3 Kayliegh Catlin	15		34:05	MALE AGE GROUP: 70		- Lunc	
MALÉ AĞE GROUP: 2	20 - 24			1 Greg Benson	71	East Nassau	31:14
1 Devon Branagan	23	Waterford	20:48	2 George Dutcher	72	Castleton	33:55
2 Bill Sorel	23	Cohoes	23:21	FEMALE AGE GROUP: 7			
3 Jesse McNamara	21	Gloversville	25:05	1 Christine Bishop	70	Schenectady	38:06
FEMALE AGE GROUP				2 Geraldine Clemmons	71	Troy	39:54
	22	Troy	25:36	MALE AGE GROUP: 75	- 79		
1 Sarah Krolus							
	23 21	Clifton Park Cohoes	26:39 27:58	1 Charles Bishop	78	Schenectady Henge Race Committee	38:12

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JUNE 2014

HALF	MARATHO	ON - 13.1M		FEMALE AGE GROUP:	60 - 64		
MALE OVERALL				1 Donna Lustenhouwer	60	Altamont	2:18:
1 Brandon Holcomb	35	Slingerlands	1:32:00	2 Katherine Ambrosio	63	Delmar	2:25:
2 Wayne Allen II	39	Oneonta	1:37:32	3 Linda Kolnick	63	Fort Plain	2:42:4
3 Joshua Katzman	38	Clifton Park	1:41:15	MALE AGE GROUP: 65			
EMALE OVERALL				1 Joe Yavonditte	65	Schenectady	2:02:
I Lindsay Choppy	29	Troy	1:35:33		5K RU	N	
2 Jessica Chapman	36	Bennington, VT	1:41:24	MALE OVERALL	25	• !!	47.
Christine Varley	50	Albany	1:42:54	1 Nick Webster	25	Albany	17:
EMALE AGE GROUP:				2 Mark Lansing 3 Joseph Altohello	38 36	Niskayuna Green Island	21: 21:
Julie Halsdorf	23	Albany	1:56:51	3 Joseph Altobello FEMALE OVERALL	30	Green Island	21.
Kelly Landers	22	Latham	1:57:04	1 Rebecca Lyons	32	Schenectady	25:
Kileigh Chapman	23	Gansevoort	2:14:17	2 Kele Vanlare	36	Albany	26:
EMALE AGE GROUP: 2				3 Billie Hall	30	Schenectady	26:
Jane Parks	25	Hagaman	1:50:13	MALE AGE GROUP: 1 -		Scriencedady	20.
Caitlin Overholt	26	Schoharie	2:12:43	1 Matt Cortelyou	15	Schenectady	24:
Stacy Manny	27	Watervliet	2:13:58	2 Ryan Racana	14	Delanson	28:
MALE AGE GROUP: 30			4.50.27	3 Micahel Martin	18	Delanson	35:
Andrew Groff	34	Rensselaer	1:50:34	FEMALE AGE GROUP:			
Steven Shrader	31	Amsterdam	1:52:20	1 Keeley Herrick	11	Schenectady	33:
Akif Zaman	34	Clifton, NJ	1:53:02	2 Harley Kearney	15	West Sand Lake	46:
EMALE AGE GROUP:				3 Samantha Blizzard	19	Gansevoort	48:
Brooke Yanke	33	Greenfield Center	2:10:36	MALE AGE GROUP: 20	- 29		
Jennifer Newman	30	Albany	2:20:42	1 Kyle Mahar	26	Ballston Lake	22:
MALE AGE GROUP: 35				George Moller	21	Altamont	28:
Joseph Genter	39	Saratoga Springs	1:44:18	3 Andrew Novak	26	Cobleskill	29:
Anthony Lucier	35	Schenectady	1:48:42	FEMALE AGE GROUP:			
Joe Benny	36	Albany	1:56:55	1 Nicole Litz	28	Schenectady	28:
EMALE AGE GROUP:				2 Linda Webber	23	Ballston Spa	28:
Christi Sala	39	Canajoharie	2:00:08	3 Sara Riente	27	Ilion	28:
Aimee Kollar	39	Fort Plain	2:00:17	MALE AGE GROUP: 30		F 1: 11	2.4
Stephanie Canham	36	Ravena	2:06:09	1 Erik Koenitzer	37 38	Fultonville Delanson	21:
AALE AGE GROUP: 40 Brian Dillenbeck		Alalama	1.45.50	2 Joshua O'Connor 3 Don Martin Jr	38	Delanson	25: 30:
Brian Dillenbeck	43	Alplaus	1:45:53	FEMALE AGE GROUP:		Delalison	30.
EMALE AGE GROUP:		Company Combany	2.02.50	1 Frances Ness	33	Schenectady	28:
Jennifer Ferriss Laurie Weingart	42 42	Saratoga Springs	2:02:50 2:16:18	2 Nicole Martin	32	Delanson	32:
		St. Johnsville		3 Rene Papa	35	Voorheesville	35:
	43	Troy	2:21:19	MALE AGE GROUP: 40		VOOITICESVIIIC	55.
ALE AGE GROUP: 45	- 49 47	Lathana	1.50.53	1 Dale Miller	44	Schenectady	21:
John Butler Patrick Wolf	47	Latham	1:58:52	2 Tom Shattuck	47	Rotterdam	22:
		Oswego	2:04:25	3 Aaron Couture	43	Schenectady	22:
Darner irrorgan	48	Schenectady	2:14:32	FEMALE AGE GROUP:	40 - 49		
EMALE AGE GROUP:		Mielennone	2.02.52	1 Sue Brown	48	Duanesburg	27:
Lonnie Halusic Laurie Scheuing	45	Niskayuna	2:03:52	2 Trudy Boulia	41	Delanson	27:
	48 48	Saratoga Springs	2:06:03 2:08:42	3 Dodí Stewart	42	Ilion	27:
		Saugerties	2:08:42	MALE AGE GROUP: 50			
MALE AGE GROUP: 50 William Colvin	- 54 50	Poppington V/T	1:41:30	 Bob Kanarkiewicz 	55	Delanson	22:
	50 53	Bennington, VT		2 Don Martin Sr	59	Delanson	47:
Robert Wither Donald Baker	53 50	Niskayuna	1:44:40 2:08:53	FEMALE AGE GROUP:			
Donaid Baker EMALE AGE GROUP: !		Saugerties	2:08:03	1 Andrea Cortelyou	50	Schenectady	45:
Rhonda Nicholls	54 - 54	Henryville, PA	2:05:41	2 Cindy Martin	58	Delanson	47:
Amy Daversa	54 51	Schenectady	2:36:27	3 Colleen Moller	55	Altamont	50:
Donna Pelletier	50	Selkirk	3:25:33	MALE AGE GROUP: 60		Calmanatania	43
MALE AGE GROUP: 55		SEIKIIK	3.23.33	1 Richard Daley	64	Schenectady	42:
Chester Tumidajewicz	- 59 59	Amsterdam	2:00:30	2 Erik Horgen	60	Sprakers	1:32:
John Webber	59 58	Ballston Spa	2:00:30	FEMALE AGE GROUP: (Cehana-ta-d.	F3.
Richard Kelly	58 57	Schenectady	2:06:27	1 Marion Berhaupt FEMALE AGE GROUP: 1	67 70 70	Schenectady	52:
MALE AGE GROUP: 60		Scrienectady	2.01.21	1 Lois Palmer	70 - 79 71	Latham	1:04:
Paul Forbes	- 64 63	Colonie	1:42:05			House Athletics	1.04.
r aut FUIDES	UΣ	COIOTHE	1.42.00	Courtesy	n rower i	iouse Attiletits	

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FEMALE AGE GROUP: 20				MALE AGE GROUP: 40 -			
1 Mellisa McCough	23	Remsen	1:34:28	1 Ray Alexander	43	Wappinger Falls	1:2
2 Naomi Maddox	23	Kingston	1:36:09	2 Jason Moss	43	Reading, PA	1:2
3 Sarah Burroughs	24	West Hurley	2:10:59	3 Woody Castle	41	Athens	1:5
MALE AGE GROUP: 25 -	29			FEMALE AGE GROUP: 40	0 - 44		
1 Asa Coddington	26	Kingston	1:22:45	1 Eva Fox	44	Roxbury	2:3
2 James Adams	28	Ulster Park	1:30:03	2 Melandie Alexander	41	Wappinger Falls	2:4
				3 Maria Misasi	43	Glasco	3:3
3 Jon Bunnell	29	Ravena	1:34:16	MALE AGE GROUP: 45 -		Glasco	٥.٥
FEMALE AGE GROUP: 2:						Minerali VT	1.7
1 Sarah Hotaling	28	Warminster, PA	1:41:41	1 Mark Premo	46	Winooski, VT	1:2
2 Lexi Forrest	28	Stamford, CT	2:15:27	2 David Carpenter	46	Orwell, VT	1:2
3 Mabel Gutliph	27	Delhi	2:55:43	3 Frederik Jente	48	Stone Ridge	1:2
MALE AGE GROUP: 30 -		Dellili	2.33.43	FEMALE AGE GROUP: 45	5 - 49		
		D // 1 CT	4 40 22	1 Cheryl Debow	49	Danbury, CT	3:0
1 Kevin Seaman	32	Bethel, CT	1:10:23	2 Kelli McRobert	48	Inverary, AA	3:0
2 James Schissler	30	Paulsboro, NJ	1:26:08	3 Rhonda Hamel	47	East Greenbush	3:3
3 Daniel Vermehren	34	Poughkeepsie	1:27:40	MALE AGE GROUP: 50 -		Last Greenbash	٥
FEMALE AGE GROUP: 30	0 - 34					D CT	
1 Danielle Quigley	34	Coxsackie	1:46:05	1 Robert Landman	51	Danbury, CT	2:0
,	34			FEMALE AGE GROUP: 50			
2 Bridget Daoust		Schenectady	1:46:06	 Debbie Campaigne 	53	Inverary, AA	3:0
3 Daniella Montalto	33	Carel	2:17:38	MALE AGE GROUP: 55 -	59		
MALE AGE GROUP: 35 -	39			1 Bill Root	59	Charlotte, VT	1:4
1 Kevin Laplatney	37	Mineola	1:12:21	2 George Fredericks	56	Malta	2:3
2 Matthew Puntin	38	Lee, MA 1:21:25				iviaita	۷.3
	35		1.41.24	FEMALE AGE GROUP: 5		Charles 17	
		Lake Luzerne	1:41:34	1 Karen Root	58	Charlotte, VT	1:4
FEMALE AGE GROUP: 3				MALE AGE GROUP: 60 -			
1 Tristin Hotaling	37	Ballston Lake	1:41:39	1 Robert Nanz	66	Port Ewen	2:3
2 Lisa Massarelli	35	Pleasant Valley	1:56:33	2 Jeff Jayson	64		3:3
3 Danielle Carter	36	Saugerties	3:35:26	Courtesy of Sun	nv Hill R	esort & Golf Course	
		av 11. 2014 •	Bethlehei	n High School, De	lmar		
MALE OVERALL	IVI	,		FEMALE AGE GROUP: 40	0 - 44		
			34:29			Burnt Hills	-
1 Scott Mindel	27	Ballston Lake	34:29 37:29	1 Jennifer Groth	44	Burnt Hills	
1 Scott Mindel 2 Tyler Welsh	27 25	Ballston Lake Patterson	37:29	 Jennifer Groth Teresa Grant 	44 41	Glenmont	1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper	27	Ballston Lake		1 Jennifer Groth2 Teresa Grant3 Sarah Vogel	44 41 44		1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL	27 25 24	Ballston Lake Patterson Ossining	37:29 39:10	 Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - 	44 41 44 49	Glenmont Slingerlands	1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan	27 25 24 26	Ballston Lake Patterson Ossining Saratoga Springs	37:29 39:10 34:29	1 Jennifer Groth2 Teresa Grant3 Sarah Vogel	44 41 44	Glenmont	1:0
1 Scott Mindel 2 Tyler Welsh Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko	27 25 24 26 18	Ballston Lake Patterson Ossining Saratoga Springs Castleton	37:29 39:10 34:29 38:03	 Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - 	44 41 44 49	Glenmont Slingerlands Westerlo	1:0 1:0
2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh	27 25 24 26 18 24	Ballston Lake Patterson Ossining Saratoga Springs	37:29 39:10 34:29	 Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins 	44 41 44 49 48	Glenmont Slingerlands Westerlo Niskayuna	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1	27 25 24 26 18 24	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson	37:29 39:10 34:29 38:03 43:14	 Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner 	44 41 44 49 48 45 47	Glenmont Slingerlands Westerlo	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins	27 25 24 26 18 24 - 14	Ballston Lake Patterson Ossining Saratoga Springs Castleton	37:29 39:10 34:29 38:03	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Bobert Filkins John Brunner FEMALE AGE GROUP: 48	44 41 44 49 48 45 47 5 - 49	Glenmont Slingerlands Westerlo Niskayuna Albany	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 Ainsley Filkins FEMALE AGE GROUP: 19	27 25 24 26 18 24 - 14 13 5 - 19	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna	37:29 39:10 34:29 38:03 43:14 56:22	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 49 Kathy Blanchfield	44 41 44 49 48 45 47 5 - 49 46	Glenmont Slingerlands Westerlo Niskayuna Albany	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1! 1 Taylor Tommell	27 25 24 26 18 24 - 14 13 5 - 19	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland	37:29 39:10 34:29 38:03 43:14 56:22 48:15	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner Kathy Blanchfield Maureen Clarke	44 41 44 49 48 45 47 5 - 49 46 46	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1: 1 Taylor Tommell 2 Summer Kasallis	27 25 24 26 18 24 - 14 13 5 - 19 19	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna	37:29 39:10 34:29 38:03 43:14 56:22	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 49 Kathy Blanchfield	44 41 44 49 48 45 47 5 - 49 46	Glenmont Slingerlands Westerlo Niskayuna Albany	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1! 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20 -	27 25 24 26 18 24 - 14 13 5 - 19 19 15	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner Kathy Blanchfield Maureen Clarke Allison Lauenstein	44 41 44 49 48 45 47 5 - 49 46 46 47	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar	1:0 1:0
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1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1 2 Summer Kasallis MALE AGE GROUP: 20 - 1 Richard Homenick 2 Francisco Hernandez	27 25 24 26 18 24 - 14 13 5 - 19 19 24 20 22	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 49 Kathy Blanchfield Maureen Clarke Allison Lauenstein MALE AGE GROUP: 50 - Mark Stephenson	44 41 44 49 48 45 47 5 - 49 46 46 47 54 50	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar	1:0 1:0
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1! 2 Summer Kasallis MALE AGE GROUP: 20 - 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 20 -	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57	1 Jennifer Groth 2 Teresa Grant 3 Sarah Vogel MALE AGE GROUP: 45 - 1 Jeff Gerken 2 Robert Filkins 3 John Brunner FEMALE AGE GROUP: 4! 1 Kathy Blanchfield 2 Maureen Clarke 3 Allison Lauenstein MALE AGE GROUP: 50 - 1 Mark Stephenson 2 Rich Homenick	44 41 44 49 48 45 47 55 - 49 46 46 47 54 50 50	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady	1:0 1:0 5 5 5
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1 2 Summer Kasallis MALE AGE GROUP: 20 -1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 1 Sarah Evans	27 25 24 26 18 24 - 14 13 5 - 19 15 24 20 22 0 - 24 23	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner Kathy Blanchfield Maureen Clarke Allison Lauenstein MALE AGE GROUP: 50 - Mark Stephenson Rich Homenick Todd Thomas	44 41 44 49 48 45 47 5 - 49 46 46 47 54 50 50 52	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar	1:0 1:0 5 5 5
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20-1 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 1 Sarah Evans 2 Emily Taft	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24 23 24	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie Clifton Park Scotia	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03 50:13	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 4! Kathy Blanchfield Maureen Clarke Allison Lauenstein MALE AGE GROUP: 50 - Mark Stephenson Rich Homenick Todd Thomas FEMALE AGE GROUP: 50	44 41 44 49 48 45 47 5 - 49 46 46 47 54 50 50 52 0 - 54	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady Delmar	1:00 1:00 5 5 5 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 4 2 2 2 2
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1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20 - 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 1 Sarah Evans 2 Emily Taft 3 Kara Plue MALE AGE GROUP: 25 -	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24 23 24 29	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie Clifton Park Scotia Latham	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03 50:13 59:02	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 4! Kathy Blanchfield Maureen Clarke Allison Lauenstein MALE AGE GROUP: 50 - Mark Stephenson Rich Homenick Todd Thomas FEMALE AGE GROUP: 50	44 41 44 49 48 45 47 5 - 49 46 46 47 54 50 50 52 0 - 54	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady Delmar	1:00 1:00 5 5 5 5 6 6 7 7 7
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Ainsley Filkins FEMALE AGE GROUP: 1 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20 -1 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 1 Sarah Evans 2 Emily Taft 3 Kara Plue MALE AGE GROUP: 25 -	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24 23 24 24	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie Clifton Park Scotia Latham Latham	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03 50:13	Jennifer Groth Teresa Grant Sarah Vogel MALE AGE GROUP: 45 - Jeff Gerken Robert Filkins John Brunner FEMALE AGE GROUP: 4! Kathy Blanchfield Maureen Clarke Allison Lauenstein MALE AGE GROUP: 50 - Mark Stephenson Rich Homenick Todd Thomas TemALE AGE GROUP: 51 Susan Tully Abdo Anne Hurley	44 41 44 49 48 45 47 5 - 49 46 46 47 50 50 50 51	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady Delmar Glenmont Delmar	1:C 1:C 5:5 5:5 22 24 24 44
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh FEMALE AGE GROUP: 1 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20 - 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 3 Sarah Evans 2 Emily Taft 3 Kara Plue MALE AGE GROUP: 25 - 1 Brent McGrady	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24 23 24 29	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie Clifton Park Scotia Latham	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03 50:13 59:02	1 Jennifer Groth 2 Teresa Grant 3 Sarah Vogel MALE AGE GROUP: 45 - 1 Jeff Gerken 2 Robert Filkins 3 John Brunner FEMALE AGE GROUP: 45 1 Kathy Blanchfield 2 Maureen Clarke 3 Allison Lauenstein MALE AGE GROUP: 50 - 1 Mark Stephenson 2 Rich Homenick 3 Todd Thomas FEMALE AGE GROUP: 50 1 Susan Tully Abdo 2 Anne Hurley 3 Catherine McCutcheon	44 41 44 49 48 45 47 5 - 49 46 46 47 54 50 50 50 50 51 50	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady Delmar Glenmont	1:C 1:C 5:5 5:5 22 24 24 44
1 Scott Mindel 2 Tyler Welsh 3 Malcolm Piper FEMALE OVERALL 1 Megan Hogan 2 Kelly Pasko 3 Heather Welsh 1 Ainsley Filkins FEMALE AGE GROUP: 1 1 Taylor Tommell 2 Summer Kasallis MALE AGE GROUP: 20 - 1 Richard Homenick 2 Francisco Hernandez FEMALE AGE GROUP: 21 1 Sarah Evans 2 Emily Taft 3 Kara Plue MALE AGE GROUP: 25 - 1 Brent McGrady 2 Juan Jimenez	27 25 24 26 18 24 - 14 13 5 - 19 19 15 24 20 22 0 - 24 23 24 24 29	Ballston Lake Patterson Ossining Saratoga Springs Castleton Patterson Niskayuna Guilderland Delmar Schenectady Colonie Clifton Park Scotia Latham Latham	37:29 39:10 34:29 38:03 43:14 56:22 48:15 1:14:25 42:48 46:57 50:03 50:13 59:02 52:33	1 Jennifer Groth 2 Teresa Grant 3 Sarah Vogel MALE AGE GROUP: 45 - 1 Jeff Gerken 2 Robert Filkins 3 John Brunner FEMALE AGE GROUP: 4! 1 Kathy Blanchfield 2 Maureen Clarke 3 Allison Lauenstein MALE AGE GROUP: 50 - 1 Mark Stephenson 2 Rich Homenick 3 Todd Thomas FEMALE AGE GROUP: 51 5 Susan Tully Abdo 2 Anne Hurley 3 Cattherine McCutcheon MALE AGE GROUP: 55 -	44 41 44 49 48 45 47 5 - 49 46 47 54 50 50 52 0 - 54 50 51 50	Glenmont Slingerlands Westerlo Niskayuna Albany Albany Delmar Delmar Esperance Schenectady Delmar Glenmont Delmar Schenectady	1:C 1:C 5:5 5:5 5:4 4 4 5:5 5:5 5:5 5:5 5:5 5:5
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BUSINESS DIRECTORY

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Port Ewen

Kingston

Greenville

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FEMALE OVERALL

Ehren Feil

MALE OVERALL

1 Ryan Hall

Karlee Whipple

3 Heather Cammarata

Alexander Nicholas

Darren Lavallee

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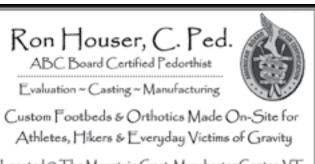
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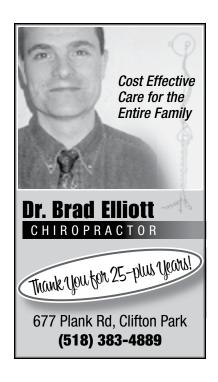
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· Sales, Rentals & Repairs · CANOES • KAYAKS • ROOF RACKS • ACCESSORIES

> Old Town • Winonah • Wilderness Systems Perception • Hurricane

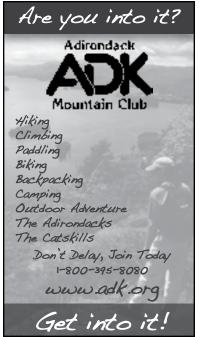
On the Mohawk River – Try our Boats on the Water!

2855 Aqueduct Rd (at Balltown Rd), Schenectady 393-5711 • BoatHouseCanoesKayaks.com



1:30:02

Alice Mensching 70 Voorheesville 1 Courtesy of Fleet Feet Sports: Albany & Adirondack



24 Adirondack Sports & Fitness

RACE RESULTS

3.	4TU	ANNUAL HI	MDDC	MOTHER	C DAV EV B	LINI	
34	41N	May 11, 2014				ON	
FEMALE OVERALL		,			E GROUP: 45 - 49		
1 Liz Chauhan	29	Albany	20:53	1 Brenda Le	nnon 48	Trov	23:2
2 Meghan Warren	29	Schenectady	22:08	2 Anne Mar	rie Bremm 45	Glenville	25:4
3 Sally Drake	41	Albany	22:10	3 Ann Byer	48	Stillwater	26:2
EMALE AGE GROUP: 1 -	14			FEMALE AG	E GROUP: 50 - 54		
Sydney Smith	13	Niskayuna	23:32	1 Donna No	otar 52	Schenectady	26:
2 Madison Clarke	13	Niskayuna	24:00	2 Jane Foley	-Graeff 50	Saratoga Springs	29:0
B Anna Colonno	11	Selkirk	28:27	3 Kathleen		Schenectady	31:1
EMALE AGE GROUP: 15					E GROUP: 55 - 59		
Alicia Razanousky	19	Stuyvesant	26:41	1 Maureen	Kirsch 58	Fast Greenbush	26:
P Fiona Hayden	17	Schenectady	31:46	2 Ann Max		Schenectady	28:
EMALE AGE GROUP: 20				3 Debra Pel		Troy	30:4
Lauren Maxwell	24	Schenectady	23:23		E GROUP: 60 - 64	noy	50
2 Ann Hayden	22	Schenectady	27:45	1 Shelley Za		Albany	27:
3 Quilma Colon	23	Albany	33:39	2 Anne Tyrr		Albany	29:
EMALE AGE GROUP: 25				3 Pam Kash		Fast Greenbush	31:0
I Amanda Bylsma	26	Latham	26:04		E GROUP: 65 - 69	Last Gleenbush	31.1
2 Amber Hooper	29	Glenville	26:12	1 Sharon Ga		Schenectady	48:
B Ami Kennedy	29	Troy	28:04		iE GROUP: 70 - 74	Scrienectady	40.3
FEMALE AGE GROUP: 30				1 Christine		Schenectady	37:3
Stephanie Viloria	31	East Greenbush	22:27	2 Flizabeth		Schenectady	38:2
2 Kimberly Blanchet	33	Glenville	23:24				
B Maria Oakden	32	Broadalbin	23:28	3 Beverly Ar		Slingerlands	1:01:5
EMALE AGE GROUP: 35					E GROUP: 75 - 79	Calmadathada	20.
I Kylie McPherson	35	Schenectady	25:55	1 Eiko Bogu		Schaghticoke	39:4
2 Theresa Tolokansky	35	Schenectady	26:42	2 Gerri Mod		Niskayuna	47:4
B Jennifer Salvi	35	Watervliet	27:06	TEAM RESU			
EMALE AGE GROUP: 40					ith & Sydney Smith		46:
I Stacia Smith	43	Niskayuna	22:41		Gohlke & Liam Spollen		54:
2 Kimberly Miseno-Bowles	43	Amsterdam	23:20		Clarke & Kristine Clarke		54:2
3 Lara Stelmaszyk	44	Albany	24:14	Court	esy of Hudson-Moha	wk Road Runners Clu	ıb

	21				DAFFODIL DAS		RUN	
м	ALE OVERALL		•		FEMALE AGE GROUP:	35 - 39		
1	Joe Girard	19	Glenville	17:43	1 Jennifer Ferraro	37	Dover, NJ	24:31
2	Philip Guerrant	28	Schenectady	20:08	2 Sara Peek	38	Waterford	25:01
3	Greg Ethier	40	Clifton Park	20:13	3 Angie Lauder	35	Greenwich	25:20
	MALE OVERALL				MALE AGE GROUP: 4		Greenwich	25.20
1	Kristen Quaresimo	29	Ballston Lake	20:00	1 David Shumpert	43	Clifton Park	22:02
2	Rebecca Hayner	15	Halfmoon	21:36	2 Tim Adams	41	Clifton Park	24:27
3	Amy Wdzieczny	25	Clifton Park	24:15	Joseph Grudecki	41	Mechanicville	28:05
M	ALE AGE GROUP: 1 -	14			FEMALE AGE GROUP:		Wicerianicvine	20.03
1	Logan Drake	10	Latham	20:42	1 Mary Williams	44	Wilton 24:42	
2	Drew Vanhuesen	14	Ballston Lake	22:02	2 Melinda Teter	40	Rexford	26:40
3	Garrett Drake	12	Latham	28:16	3 Krissy Day	44	Latham	31:45
FE	MALE AGE GROUP: 1	- 14			MALE AGE GROUP: 4!		Latriairi	31.43
1	Jenna Silkies	10	Clifton Park	24:38	1 Michael Cebula	46	Mechanicville	22:36
2	Karmi Morgan	14	Ballston Lake	24:59	2 Steven Galick	45	Rexford	26:01
3	Sophia Caputo	13	Waterford	29:37				
M	ALE AGE GROUP: 15	· 19			3 Joe Enright	45	Clifton Park	26:49
1	Luke Bickely	17	Ballston Spa	20:41	FEMALE AGE GROUP:		CUC D I	24.00
2	Dimetri Santoro	16	Latham	21:48	1 Lori Sullivan	47	Clifton Park	31:00
3	Johnathan Valentine	15	Clifton Park	25:53	2 Janet Kubicki	45	Clifton Park	36:11
FE	MALE AGE GROUP: 1	5 - 19			3 Kirsten Schull	49	Clifton Park	42:51
1	Nicole Panetta	16	Scotia	29:39	MALE AGE GROUP: 50			
2	Rebecca Vergare	19	Albany	29:55	1 Mike Gauci	53	Schenectady	30:02
3	Victoria Twombly	16	Mechanicville	34:33	2 Paul Testo	50	Clifton Park	31:38
VI.	ALE AGE GROUP: 20	- 24			3 Frank Young	51	Guilderland	32:11
ı	Joshua Lupo	24	Albany	22:31	FEMALE AGE GROUP:	50 - 54		
	James Snipe	22	Latham	23:50	 Maureen Florio 	51	Rotterdam	28:07
	Andrew Liddane	23	Albany	26:01	2 Anna Hale	54	Latham	30:45
E	MALE AGE GROUP: 2	0 - 24			3 Lois Marks	51	Clifton Park	30:45
	Ashley Monast	20	Clifton Park	28:18	MALE AGE GROUP: 5!	5 - 59		
2	Samantha Bossalini	23	Saratoga Springs	28:54	1 Paul Kuehn	55	Albany	30:42
3	Anna Dinger	23	Middle Grove	29:33	2 Michael Higley	55	Cobleskill	40:33
N,	ALE AGE GROUP: 25 -	- 29			3 Paul Stefanowicz	57	Cohoes	47:31
	Dan Briggs	29	Saratoga Springs	21:39	FEMALE AGE GROUP:	55 - 59		
	Mark Walling	27	Schenectady	23:22	1 Marie Olsen	55	Clifton Park	33:03
	Chad Bryan	28	Clifton Park	24:16	2 Dorothy Delong	56	Troy	42:03
Ε	MALE AGE GROUP: 2	5 - 29			3 Pearl Turner	58	Clifton Park	1:14:25
	Erin Harmon	27	Latham	24:19	MALE AGE GROUP: 60		Cilitorraik	1.14.23
2	Kristen Mellan	27	Troy	25:10	1 Paul Bennett	62 62	Latham	22:06
3	Catherine Eckert	26	Clifton Park	26:51		62 62		
M	ALE AGE GROUP: 30 -	34					Ballston Lake	24:23
1	Andrew Gravelle	30	Ballston Spa	21:53	3 David Barkie	61	Clifton Park	26:52
2	Michael Reeves	34	Clifton Park	23:26	FEMALE AGE GROUP:			
3	Justin Alonzo	33	Waterford	24:09	1 Valerie Marre	60	Albany	31:03
FE	MALE AGE GROUP: 3	0 - 34			2 Diane Hart	62	Niskayuna	41:07
1	Jeanna Mead	30	Mechanicville	25:02	3 Eve Bonville	63	East Greenbush	56:12
2	Cheryl O'Toole	32	Mechanicville	25:27	MALE AGE GROUP: 6			
3	Jennifer McDade	31	Clifton Park	27:42	 John Longacker 	67	Clifton Park	28:44
M	ALE AGE GROUP: 35 -	39			2 John Vavasour	65	Albany	38:34
1	Mike Rosa	37	Clifton Park	20:42	FEMALE AGE GROUP:	65 - 69		
_	Carl Aery	37	Broadalbin	21:52	1 Nancy Johnston	68	Ballston Lake	35:39
2				21.32	i ivalicy joillistoli	00	Dulistoli Luke	33.33

	1ST A					ILEHEM HALI Middle School, D			
B # A	LE OVERALL					ALE AGE GROUP: 40			
	Matt Gokev	40	Delmar	1:20:13	1	Steven Nicoll	40	Menands	1:28:0
	Clay Lodovice	38	Delmar	1:20:29	2	Martin Gordinier	43	Delmar	1:33:5
	Jim Eaton	38	Castleton	1:22:13	3	Craig Weidman	43	Selkirk	1:34:5
	ALE OVERALL	50	Castictori	1.22.13		EMALE AGE GROUP: 4		SCINIIN	1.54.5
	Laura Patrick	19	Fast Greenbush	1:27:00	1	Stacia Smith	43	Niskayuna	1:40:0
	Tina Cukrovany	37	Rensselaer	1:31:43	2	Stephanie Kosier	40	Schenectady	1:40:0
	Tantra O'Neil	31	Fultonville	1:33:40	3		40		1:40:3
	LE AGE GROUP: 15 -		Tultoriville	1.55.40	_	Amy Pollard ALE AGE GROUP: 45		Schenectady	1.43.5
	Gabe Naviasky	18	Delmar	1:33:20				Deleven	1.37.5
	MALE AGE GROUP: 1		Delitial	1.55.20	1	Ken Tarullo	45	Delmar	1:27:5
	Sydney Shaw	18	Delmar	1:42:54	2	Christopher Hogan	48	Delmar	1:39:3
	Lindsev Woller	18	Delmar	1:42:34	3	Paschal Phelan	46	Delmar	1:40:5
	Ali Eddy	18	Alcove	2:11:04		MALE AGE GROUP: 4			
	LE AGE GROUP: 20 -		AICOVE	2.11.04	1	Kathryn Lang	47	Glenmont	1:47:1
	Brendan Taillon	2 4 21	Glenmont	2:11:38	2	Diane Tenenbaum	48	Selkirk	1:51:1
	Wally Tiburcio	27	Albany	2:12:10	3	Christine Chung	46	Glenmont	1:52:3
	MALE AGE GROUP: 2		Albally	2.12.10	M	ALE AGE GROUP: 50	- 54		
		0 - 24 24	Destan MA 1.20.	00	1	Christian Lietzau	51	Delmar	1:26:3
	Constance Crummey		Boston, MA 1:39:		2	Ken Evans	53		1:28:4
	Megan Crucetti	22 23	Delmar	1:55:17 1:56:19	3	David Ruderman	52	Watervliet	1:42:4
_	Kassandra Andrade		Troy	1:50:19	FE	MALE AGE GROUP: 5	0 - 54		
	LE AGE GROUP: 25 -		A.II	4 20 04	1	Frances Vincent	52	Slingerlands	1:41:5
	Trey Kingston	28	Albany	1:28:04	2	Susan Tully Abdo	50	Glenmont	1:49:5
	Logan Crusan	27	Glenmont	1:35:18	3	Patty Ells	51	Slingerlands	1:56:3
	Alex Waite	27	Albany	1:40:41		ALE AGE GROUP: 55	- 59	9	
	MALE AGE GROUP: 2				1	Steve Vnuk	58	Delmar	1:32:5
	Meghan Palmison	29	Methuen	1:40:12	2	Ron Green	55	Gloversville	1:37:4
	Nicole Viscusi	29	Scotia	1:41:08	3	Daniel Nugent	55	Delmar	1:38:3
	Kasey Agneta	26	Delmar	1:49:51	-	MALE AGE GROUP: 5		Delinai	1.50.5
	LE AGE GROUP: 30 -				1	Kim Watson	55 55	Glenmont	2:06:2
	Paul Mueller	30	Delmar	1:24:39	2	Linda Wolfe	57	Albany	2:08:4
	Chris Abbott	30	Cambridge	1:31:17	_		57 59	Albany	2:34:2
-	Eric French	31	Albany	1:32:41	3	Deborah Youngblood			2:34:2
FEN	MALE AGE GROUP: 3	0 - 34				ALE AGE GROUP: 60		5 . 6 . 1 . 1	4.54.0
	Erin Rightmyer	30	Delmar	1:39:43	1	Martin Patrick	60	East Greenbush	1:51:2
2 .	Theresa Wells	32	St. Johnsville	1:47:46	2	Will Smith	60	Voorheesville	1:51:3
	Katie Richardson	32	Selkirk	1:49:31	3	Steve Kerwin	63	Slingerlands	1:56:4
MΑ	LE AGE GROUP: 35 -	39			FE	MALE AGE GROUP: 6			
1 1	Dan Murphy	39	Delmar	1:23:13	1	Katherine Ambrosio	63	Delmar	2:09:5
2 1	Daniel Lynch	37	Delmar	1:32:30	2	Patricia Reyhan	60		2:52:3
3 1	Brian Strickler	35	Niskayuna	1:40:53	M	ALE AGE GROUP: 65	- 69		
FEN	MALE AGE GROUP: 3	5 - 39	•		1	Jesse Dinkin	67	Schenectady	2:07:2
1 1	Nikki O'Meara	36	Delmar	1:34:26	FE	MALE AGE GROUP: 6	5 - 69	•	
	Colleen Ottalagano-Mc	Garry 37	Slingerlands	1:37:11	1	Leora	65		1:50:3
	Sara Madden	36	Albany	1:38:58		Courtosy	f Our Tou	vne Bethlehem	

		4тн	ANNUAL KI May 17, 2014			IE HUSTLE 5 chool, Glens F		E	
М	ALE OVERALL				FE	MALE OVERALL			
1	Lou Pauquette	33	Granville	17:40	1	Beth Morrissey	39	Glens Falls	22:41
2	Lance Decker	44	South Glens Falls	20:55	2	Angie Gargan	49	Queensbury	22:51
3	Ethan Stark	13	Queensbury	21:07	3	Rhonda Triller	35	Queensbury	23:52 continued

	4TH	ANN	IUAL KERRY	Y BLUE	HU	STLE 5K RAC	E co	ntinued	
М	ALE AGE GROUP: 1 - 1	19			3	Liz Mahoney	36	Gansevoort	27:49
1	Evan Powell	11	Queensbury	24:47	M	ALE AGE GROUP: 40	- 44		
2	Jackson Donlon	9	Gansevoort	24:56	1	Jesse Waldmann	42	Glens Falls	21:22
3	Julian Stedman	8	Glens Falls	24:57	2	Rob Ashe	44	Hudson Falls	23:52
FE	MALE AGE GROUP: 1	- 19			3	Adrian Bethel	41	Wilton	25:49
1	Ashley McCormick	14	Queensbury	31:32	FE	MALE AGE GROUP: 4	0 - 44		
2	Francesca Della Bella	15	Queensbury	32:08	1	Amy Campopiano	40	Queensbury	24:26
3	Adriana Della Bella	10	Queensbury	32:33	2	Robin Della Bella	42	Queensbury	24:31
M	ALE AGE GROUP: 20 -	24			3	Mary Bethel	40	Wilton	25:49
1	Philip Cancelliene	23	Glens Falls	44:15	м	ALE AGE GROUP: 45	. 49		
FE	MALE AGE GROUP: 2	0 - 24			1	Brian Donohue	47	Queensbury	22:46
1	Katie Murphy	24	Malta	26:53	FF	MALE AGE GROUP: 4	5 - 49	queensoury	22.10
M	ALE AGE GROUP: 25 -	29			1	Jill Sexton	45	Moreau	30:51
1	Kevin Murphy	25	Mechanicville	31:06	2	Frieda Toth	48	Glens Falls	34:52
FE	MALE AGE GROUP: 2				3	Joy Smith	46	Glens Falls	48:24
1	Cecilia Poulin	25	Newcomb	24:55	-	MALE AGE GROUP: 5		GICII3 I dii3	40.24
2	Katherine Poulin	29	Newcomb	26:27	1	Suzanne Travis	54	Clifton Park	27:55
3	Brianne Balfour	25	Fort Edward	47:02	2	Bernadette Leone	51	Queensbury	34:35
M	ALE AGE GROUP: 30 -				3	Deb Yarter	54	South Glens Falls	35:57
1	Travis Rock	32	Clifton Park	27:55	_	ALE AGE GROUP: 55	٠,	South Giens Falls	33.37
2	Luke Kelly	32	Queensbury	29:57				A	22.20
FE	MALE AGE GROUP: 3	0 - 34			1		59	Amsterdam	23:28
1	Jaclyn Stedman	34	Glens Falls	24:57	FE	MALE AGE GROUP: 5			
2	Alison Archambault	31	Hudson Falls	25:04	1	Michelle Morrello	58	Malta	27:20
3	Jamie Landon	34	Ballston Spa	25:05	2	Marianne Mahoney	58	Queensbury	45:38
M	ALE AGE GROUP: 35 -	39			M	ALE AGE GROUP: 60			
1	John Stevens	38	Glens Falls	21:11	1	Richard Kelly	64	Queensbury	47:01
2	Scott Miller	36	Queensbury	22:33	FE	MALE AGE GROUP: 6			
3	Jerry Blackbird	39	Glens Falls	22:36	1	Candace Kelly	63	Queensbury	47:00
FE	MALE AGE GROUP: 3				M	ALE AGE GROUP: 80			
1	Natalie Houde	39	Queensbury	24:35	1	riichara seriamaener	80	Hoosick Falls	34:57
2	Melinda Cayea	35	Cadyville	26:31	C	ourtesy of St. Mary's - S	t. Alphor	sus Regional Catholic	c School

	4TH AN	NUA	L SURVIVE T	HE FA	RM	5K CHALLE	NGE T	RAIL RUN	
			May 24, 2	014 • 1	The	Farm, Easton			
м	ALE OVERALL		•		м	ALE AGE GROUP: 35	- 39		
1	Lance Jordan	28	Saratoga Springs	24:26	1	Randall Decker	38	Gansevoort	27:09
2	Ethan Allen	28	Schaghticoke	25:29	2	Michael Baker	39	Ballston Spa	27:30
3	George Berg	45	East Schodack	25:30	3	Michael Hawrylchak	35	Guilderland	30:14
	MALE OVERALL				_	MALE AGE GROUP:		Guilacriaria	30.14
1	Denise Campbell	41	North Bennington, \	/T 29:19	1	Melissa Seward	35	Pittsfield, MA	33:47
2	Kaylee Scott	17	Nassau	30:25	2		38	Greenwich	39:55
3	Brittany Pine	27	Hoosick Falls	30:27	3		35	Schuylerville	40:45
	ALE AGE GROUP: 1 -	14			_	ALE AGE GROUP: 40		Scridylerville	40.45
1	Fllis Pemrick	14	Greenwich	27:38	1	John Thonet	40	Scituate, MA	28:46
2	Bartek Malikowski	13	North Creek	32:03	2	Bob Murdock	41	Scotia	32:55
3	Luke Pemrick	13	Greenwich	33:14	3	Jeff Abele	40	Loudonville	33:47
FE	MALE AGE GROUP: 1	I - 14			_	MALE AGE GROUP:		Loudonville	33.47
1	Lillian Hickey	12	Hoosick Falls	36:13	1	Heather Keller	44	Castleton	36:06
2	Rylee Lisiseski	14	Ballston Spa	38:45	2	Stacy Rigano	44	Greenfield Center	36:12
3	Mollie Stalter	12	Greenwich	40:21	3	Kristie Gunter	42		40:42
м	ALE AGE GROUP: 15	- 19			_	ALE AGE GROUP: 45		Schuylerville	40:42
1	Nick Roig	15	Rexford	26:44			49	Handalı Falla	29:19
2	Justin Gaines	17	Hoosick Falls	27:11	1	Tony Malikowski		Hoosick Falls	
3		16	Colonie	27:37	2	Paul Farley	45	North Chatham	31:17
_	MALE AGE GROUP: 1		COIOTHE	27.57	3	John Keller Jr	45	East Greenbush	32:35
1	Elle Leach	19	Pawlet, VT	32:27		MALE AGE GROUP:			
2	Karlie Ashcroft	15	Highland Mills	36:11	1	Kristen Eastman	45	Salem	35:56
3	Rachel Pine	16	Hoosick Falls	36:52	2	Rebecca Ewalt	48	Malta	38:09
м	ALE AGE GROUP: 20	- 24			3	Marie Paska	46	Cohoes	39:21
1	Brendan Miller	20	Bennington, VT	27:08		ALE AGE GROUP: 50			
2	Kory Darfler	24	Greenwich	27:36	1	Daniel Pemrick	52	Greenwich	30:03
3		22	Cambridge	27:53	2		54	Malta	31:15
FE	MALE AGE GROUP: 2	20 - 24			3	Michael Murtagh	54	Glenville	31:49
1	Carly Patane	24	Greenwich	34:59		MALE AGE GROUP:			
2	Lauren Williams	24	Trov	35:26	1	Lillian Hamel	51	Mechanicville	41:59
3		21	Cheshire, MA	38:28	2	Deborah Curtis	54	Greenfield	42:28
м	ALE AGE GROUP: 25	- 29			3		53	Greenwich	47:09
1	Brandon Phelps	26	Saranac Lake	27:46	M	ALE AGE GROUP: 55	- 59		
2	Tim Herrick	26	Greenwich	28:01	1	Art Hyde	56	Hoosick Falls	37:07
3		27	Greenwich	29:08	2	Lee Hilt	57	Albany	37:47
FE	MALE AGE GROUP: 2	25 - 29			3	Lenny Blond	59	Scotia	46:23
1	Rachel Skellie	27	Cambridge	33:19	FE	MALE AGE GROUP:	55 - 59		
2	Nichole Griffin	25	Latham	33:44	1	Jen Kuzmich	55	Greenwich	41:37
3		26	Ballston Lake	36:30	2	Melissa Arnold	57	Nassau	50:50
	ALE AGE GROUP: 30		Daliston Lake	50.50	3	Patty Paduano	57	Malta	53:27
1	Gregory Prime	31	Brooklyn	27:34	M	ALE AGE GROUP: 60	- 64		
2	Eric Bott	32	Warrensburg	29:01	1	William Powers	60	Diamond Point	54:11
3	William Stemp	33	Hudson Falls	30:36	M	ALE AGE GROUP: 65	- 69		
-	MALE AGE GROUP: 3			30.50	1	David Brigham	66	North Adams, MA	1:01:06
1	Melissa Folster	34	Hudson Falls	32:08	М	ALE AGE GROUP: 70	- 74		
2	Rebecca Tennyson	31	Troy	39:41	1	James Patterson	72	Schaghticoke	57:01
3	Theresa Stewart	31	Altamont	41:06				ive the Farm	37.0.
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10TH ANNUAL SARATOGA LIONS DUATHLON
May 25, 2014 • Saratoga Casino & Raceway, Saratoga Springs

	Λ.//-				DGA LIONS DUA o & Raceway, Sarat			
		•	KE, 5K RUN	a Casiii	MALE AGE GROUP: 55	-	prings	
М	ALE OVERALL		, , , , , , , , , , , , , , , , , , , ,		1 Jeff Clark	56	Glenmont	1:46:55
1	Tim Russell	24	Saratoga Springs	1:23:37	2 Keith Meyer	56	Saratoga Springs	1:49:20
2	Patrick Cade	29	Ballston Lake	1:24:42	3 Dennis Sullivan	58	Ballston Lake	1:50:14
3	Craig Tynan	44	Schenectady	1:26:54	FEMALE AGE GROUP: 5		Duliston Luke	1.50.14
_	MALE OVERALL	-1-1	Scheneelady	1.20.54	1 Jane Mastaitis	55	Saratoga Springs	2:03:12
1	Shylah Weber	25	Rensselaer	1:38:59	2 Joyce Goodrich	56	Glenville	2:05:26
2	Beth Stalker	54	Burnt Hills	1:40:21	3 Maureen Roberts	56	Saratoga Springs	2:05:31
3		54	Rouses Point	1:41:03	MALE AGE GROUP: 60		saratoga springs	2.05.51
м	ALE AGE GROUP: 1 -		nouses i onic		1 George Baranauskas	60	Scotia	1:53:30
1	Patrick Broderick	15	Gansevoort	1:43:50		64		
2	Sirapat Konkham	17	Ballston Spa	1:44:14	2 Richard Morse	٠.	Malta	1:54:52
3	Trevor Dzikowicz	10	Amsterdam	2:10:33	3 Steve Cohen	63	Hunter	1:55:04
	MALE AGE GROUP:		7 WINSTELL GUITT	2.10.55	FEMALE AGE GROUP: 6		• "	20426
1	Brooke Wright	12	Greenwich	1:59:42	1 Judy Lecomb	62	Albany	2:04:36
2	Courtney Cirillo	18	Johnstown	2:06:02	MALE AGE GROUP: 65			
3	Kayla Dzikowicz	14	Amsterdam	2:21:00	1 Jim Cunningham	69	Ticonderoga	1:53:27
	ALE AGE GROUP: 20		7 till Storadill	2.21.00	2 Peter Lee	66	Saratoga Springs	1:58:39
1	Jonathan Lazzara	24	Rensselaer	1:29:53	3 Charles Brockett	67	Dolgeville	2:05:22
2	Adam Solomon	24	Ballston Spa	1:45:45	FEMALE AGE GROUP: 6	5 - 69		
3		24		1:50:48	 Christine McKnight 	66	Gansevoort	2:10:55
	Benjamin Cohen		Saratoga Springs	1.30.46	MALE AGE GROUP: 70	74		
1	ALE AGE GROUP: 25		Dallatan Laka	1,20,42	1 Raymond Lee	72	Halfmoon	2:28:57
	Dan Patterson	27	Ballston Lake	1:28:42	FEMALE AGE GROUP: 7			
2	Brian Woods	29	Saratoga Springs	1:33:33	1 Armand Langevin	77	Cohoes	2:27:31
3	Kevin Long	26	Queensbury	1:33:39	RELAY TEAMS - 2-PERS			2.27.31
	MALE AGE GROUP:				1 Turbo & Booster: Jamie			1:24:25
1	Rachel Waller	28	Burnt Hills	1:52:59				1:25:45
2	Alex Stellato	25	Saratoga Springs	1:56:26	2 Fast Enough: Matt Flint			
3	Leann Driscoll	27	Ballston Spa	1:57:19	3 Aspiring Dualthletes: Fr			1:42:31
	ALE AGE GROUP: 30				RELAY TEAMS – 2-PERS			
1	Cody Madigan	31	Saratoga Springs	1:35:45	 Just For Fun: Reese Barl 			1:53:49
2	Kiel Vanwagner	30	Saratoga Springs	1:41:48	2 Turbo & Booster: Rache			1:56:10
3	Dan Anderson	33	Saratoga Springs	1:54:10	3 Pace Cadets: Pamela Br	umley/Sar	ah Vogel	1:57:51
FE	MALE AGE GROUP:	30 - 34			RELAY TEAMS – 2-PERS	ON MIX	ED	
1	Renee Salerno	33	Saratoga Springs	1:44:22	 Legendary: Marie White 	ney/Chand	e Wilk	1:29:03
2	Caroline Balkonis	30	New York	1:50:25	2 R-Cubed: Kim Milton/R	ich Tortori	ci	1:30:20
3	Kelly Bowie	34	Castleton	1:52:01	3 Swift-Martini Racing: K	aren Swift	/Randy Swift	1:39:14
М	ALE AGE GROUP: 35	- 39			RELAY TEAMS - 3-PERS			
1	Patrick Hendrix	38	Ticonderoga	1:35:15	1 Robinson: Maria Geizer			
2	Anthony Kenny	38	Saratoga Springs	1:35:48	Karley Robinson	rivial gare	. Godon mare	2:04:42
3	John Bonetsky	38	Niverville	1:40:06	RELAY TEAMS - 3-PERS	ON MAI	_	2.04.42
	MALE AGE GROUP:							or 1.70.E2
1	Cathy Oldrich	39	Valatie	1:44:39	i ionniamioest raex site			ei 1.20.33
2	Pamela Cooper	37	Greenfield Center	1:50:43	2 KAPL Seniors: Anthony	Basirico/R	ay Lewis/	4 55 47
3	Kristin Williford	37	Glens Falls	1:52:55	John Prybylowski			1:55:47
_	ALE AGE GROUP: 40		GICII3 I dii3	1.32.33	TEAMS – 3-PERSON MIX			
1	Brenden Rillahan	41	South Glens Falls	1:29:00	 Gargamels & Bikey Smi 		Brandmeyer/	
2	Kristofer Johnson	41	Saratoga Springs	1:29:00	Julie McKenzie/Mark M			1:29:17
3	Martin Gordinier	41	Delmar	1:34:44	2 Time of Your Life: Amy			th 1:38:19
_			Deliliqi	1.34.44	3 MOD Squad: Dave Mat	thews/Oli	via Matthews/	
	MALE AGE GROUP:	40 - 44 40	Malta	1:47:41	Matthew O'Neil			1:41:35
1	Erika Anderson		Malta		TEAMS - TRI CLUB CHA	LLENGE:	MALE	
2	Jodi Plante	40	Saratoga Springs	1:51:41	1 Adirondack Triathlon C			1:34:48
3	Sarah Dzikowicz	43	Amsterdam	1:57:35	Brenden Rillahan/Kevin		on Van Wie/	
	ALE AGE GROUP: 45				Ryan Rath/Randy Rath	_09/1030		
1	Carl Regenauer	48	Saratoga Springs	1:29:49	2 HRRT			1:37:56
2	Stephen Offord	46	Porter Corners	1:33:33		27722 /D-	an Eunk/Ciranat Vanlik	
3	Peter Broderick	46	Delmar	1:34:37	Craig Tynan/Jonathan L	azzaid/Bil	an runk/snapat Konkr	ialli/
	MALE AGE GROUP:				David Patterson			1.44.00
1	Melissa Rowe	47	Bennington	1:45:56	3 Saratoga Triathlon Club		1.0011.00	1:44:00
2	Susan Thompson	47	Queensbury	1:46:47	Carl Regenauer/Brian V	voods/Ma	rk Pribis/Daniel Malone	ey/
3	Hope Debevoise	45	Schenectady	1:51:13	Nicholas Verdile			
М	ALE AGE GROUP: 50				TEAMS – TRI CLUB CHA	LLENGE	FEMALE	
1	John Noonan	54	Ballston Spa	1:29:41	1 HRRT			1:47:29
2	Michael Stalker	51	Burnt Hills	1:33:43	Shylah Weber/Stephani	e Landy/S	arah Dzikowicz	
3	James North	51	Greenfield Center	1:38:23	2 Adirondack Triathlon C	lub		1:55:09
	MALE AGE GROUP:				Susan Thompson/Erika		/Christine McKniaht	
- PE		52	Slingerlands	1:42:57	3 Capital District Triathlor			1:55:24
1	Frances vinceni							
	Frances Vincent Stephanie Landy	54	Malta	1:45:51			n Vitti	
1	Stephanie Landy Tracy Perry				Cathy Oldrich/Melissa F	Rowe/Daw	n Vitti Springs Lions Club	

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MALE OVERALL	47.55	M	ALE AGE GROUP: 20 -		M	ALE AGE GROUP: 50 - 5	
1 Brian Northan	17:55	1	Jason Perkins	18:49	1	Patrick Culligan	19:28
	20:03	2	Michael Wallace	20:24	2	John Kinnicut	19:47
l Molly Casey MALE AGE GROUP: 1 - 1		3	Anthony Maiello	23:19	3	Alar Elken	20:29
Mason Angiano	22:06	FE	MALE AGE GROUP: 2	0 - 29	EE	MALE AGE GROUP: 50	- 59
losh Germain	22:20	1	Jennifer Bates	20:27	1	Linda Kimmey	22:16
3 TJ Bisaillon	22:43	2	Jacqueline Boyce	21:17	1	,	
FEMALE AGE GROUP: 1	- 11	3	Jessica Kazeta	23:45	2	Patti Root	29:30
1 Kassandra Kelly	27:01	M	ALE AGE GROUP: 30 -	39	3	Caroline Gattulli	31:18
2 Skyler Rich	35:38	1	Anthony DeMarco	20:05	M	ALE AGE GROUP: 60 - 6	59
3 Hadynne Conners		2	Matt Buneo	20:23	1	Steve Dickerson	20:33
MALE AGE GROUP: 12 -		3	Josh Gibeault	24:35	2	Paul Bennett	20:51
1 John Gannon	21:50	FE	MALE AGE GROUP: 3	0 - 39	3	Jack Casey	26:32
2 Nick Baisley 3 David Millard	22:08	1	Stephanie Viloria	20:21	-	MALE AGE GROUP: 60	
3 David Millard FEMALE AGE GROUP: 12	23:53	2	Mollie Turner	20:27	1	Susan LeSar	27:08
1 Emily Henes	24-43	3	Kristen Connors	21:09		Susuri Ecsur	
2 Alex Nieradka	36:01	_	ALE AGE GROUP: 40 -	21.05	IVI	ALE AGE GROUP: 70 -7	-
MALE AGE GROUP: 16 -		1	George Stopyak	19:04	1	Rich Daley	36:56
1 Caleb Foard	18:28	2	Tim Robichaud	19:32	M	ALE AGE GROUP: 80 - 8	39
2 Patrick Bly	18:35	3	Bob Radliff	19:33	1	Richard Schumacher	32:58
3 Drew Hollenback	20:39		MALE AGE GROUP: 4		2	Joe Kelly	33:59
FEMALE AGE GROUP: 10	6 - 19	FE				MALE AGE GROUP: 90	
1 Sarah Erno	22:08	1	Lisa Nieradka	20:12	1		45:00
2 Jackie Merchant	23:04	2	Gail Rubinstein	21:37	1	Virginia Donohue	
3 Abby Maiello	23:09	3	Amy Pollard	22:29		Courtesy of the Conno	rs Agency

2 Alex Nieradka MALE AGE GROUP: 16 -		1 George	iE GROUP: 4 e Stopyak	40 - 49 19:04	1 Rich Dal	•	36:56
1 Caleb Foard 2 Patrick Bly	18	:35 3 Roh Ra	bichaud dliff	19:32 19:33		GROUP: 80 - 89 Schumacher	32:58
3 Drew Hollenback FEMALE AGE GROUP: 1	6 - 19	4 - 10 NO	AGE GROU	P: 40 - 49 20:12	2 Joe Kelly FEMALE A	/ GE GROUP: 90 - 99	33:59
1 Sarah Erno 2 Jackie Merchant	23	:04 2 Gail Ru	ıbinstein	21:37	1 Virginia	Donohue	45:00
3 Abby Maiello	23	:09 3 Amy P	ollard	22:29	Courtes	sy of the Connors Ag	gency
26	TU A	NINIIAI EDEI	HOEED	YS DUN EOD V	MORAER	I EV	
30				R 'S RUN FOR \ State Plaza, Ali		и эк	
	FOR WO	-		6 Maureen Kruger	55	Albany	24:04
TOP 10 OVERALL 1 Lucy Wangui Kabuu	30	KENYA	15:21	7 Karen Gerstenberge 8 Denise Herman	58	Albany Saratoga Springs	24:15 24:22
Mamitu Daska Afera Godfay Berha	30 22	ETHIOPIA ETHIOPIA	15:22 15:28	9 Susan Burns 10 Lisa Barley	59 58	Rensselaer Albany	24:54 25:00
4 Zemzem Ahmed 5 Agnes Cheserek	29 26	ETHIOPIA KENYA	15:45 15:50	AGE GROUP: 60 - 64 1 Joy Devries	60	Delmar	24:16
6 Megan Hogan	26 27	Ballston Spa	15:50 16:05	2 Erika Oesterle	62 63	Stamford	24:25 24:37
8 Alice Kamunya	23	ETHIOPIA KENYA	16:08	3 Martha DeGrazia 4 Carolyn George	60	Slingerlands Albany	26:23
9 Rene Kalmer 10 Rkia El Moukim	33 26	SOUTH AFRICA MOROCCO	16:12 16:17	5 Claire Houle 6 Kathleen Miorin	61 62	Latham Wynantskill	26:37 27:09
TOP 5 MASTERS 1 Melody Fairchild	40	Boulder, CO	17:12	7 Carole Bieber 8 Cynthia Finnegan	62 60	Slingerlands Schenectady	27:33 27:33
2 Sheri Piers 3 Paula Wiltse	43 46	Falmouth, MA CANADA	17:42 17:59	9 Martha Townley 10 Donna Choiniere	63 60	Schenectady Colonie	27:58 28:11
4 Marisa Sutera Strange	50	Poughkeepsie	18:16	AGE GROUP: 65 - 69			
5 Erin Corcoran AGE GROUP: 1 - 14	40	Schenectady	18:32	 Rosemary Hillengas Roberta Solomon 	67 69	Rensselaer Clifton Park	27:24 28:42
Peyton Engborg Carley Vetter	13 14	Greenfield Center Greenfield Center	18:07 18:43	3 Emily Ettlinger 4 Cathy Stone	65 66	Troy Loudonville	29:00 29:21
3 Paris Fenoff 4 Caroline Starace	13 14	Ballston Spa Greenfield Center	18:47 18:55	5 Dee Tichy 6 Kathy Yasenchak	69 66	Troy Saratoga Springs	30:53 32:25
5 Madeline Tooker	14 14	Saratoga Springs	18:56 19:09	7 Linda Lucca	65	Schenectady	33:12
7 Megan Morin	12	Saratoga Springs Greenfield Center	19:10	8 Laura Clark 9 Ileana Olazagasti	67 65	Saratoga Springs Albany	33:38 35:11
8 Alexandra Delnicki 9 Marilyn O'Brien	13 14	Ballston Spa Albany	19:10 19:10	10 Kathy Vaccariello AGE GROUP: 70 - 74	65	Slingerlands	35:33
10 Amanda Chambers AGE GROUP: 15 - 19	14	Schenectady	19:13	Jayne Zinke Virginia Parsons	71 71	Valatie Clifton Park	27:39 34:13
1 Genet Beyene 2 Julia Flower	19 15	ETHIOPIA Schenectady	16:20 17:59	3 Natalie Nussbaum	70	Cohoes	39:01
3 Estela Smith	16	Ballston Spa	18:00	4 Kathy Bacher 5 Laddie Toney	73 72	Herkimer Warrensburg	39:54 40:02
4 Spencer Hayes 5 Amelia Mahoney	16 15	Gansevoort Saratoga Springs	18:18 18:25	6 Connie Bagnoli7 Kathleen Balthazar	73 72	Albany Climax	43:33 45:41
6 Tara Peck 7 Gabrielle Robens	19 16	Saratoga Springs Saratoga Springs	18:30 18:50	8 Susan Caccuitto 9 Sally McKinney	70 72	Ballston Lake Hudson Falls	46:29 54:45
8 Belle Bower 9 Eva Scott	15 15	Albany Burnt Hills	18:54 19:06	10 Margaret Freling	70	Troy	55:49
10 Courtney Breiner	17	Troy	19:12	AGE GROUP: 75 - 79 1 Libby James	77	Fort Collins, CO	24:16
AGE GROUP: 20 - 24 1 Sara Buckley	20	Slingerlands	19:02	2 Eiko Bogue 3 Mary Nagle	77 79	Schaghticoke Boynton Beach, FL	39:09 46:50
2 Brigid Heenan 3 Erin Hatton	23 24	Albany Troy	19:12 19:29	4 Alice Mrzyglod 5 Nora Dietz	79 78	Albany Yorktown Heights	47:40 49:58
4 Katlin Mock 5 Brina Seguine	23 24	Albany Rensselaer	19:31 19:32	AGE GROUP: 80 - 84		_	
6 Meghan LaPoint	24	Schenectady	20:26	1 Anny Stockman 2 Mary Dennigan	81 81	Rensselaer Hoboken, NJ	35:11 49:59
7 Sarah Child 8 Anna Pickett	24 20	Albany Schenectady	21:11 21:29	3 Gisela Choi MOTHER/DAUGHTER	82 TEAMS	Schenectady	50:25
9 Lauren Bruno 10 Kristen Lancto	22 20	Albany Schenectady	21:35 21:38	 Abigail Werwaiss/Al Sydney Sericolo/Hila 	ison Heaphy		41:41 44:42
AGE GROUP: 25 - 29 1 Amy Van Alstine	26	Midland Park, NJ	16:29	3 Mary Devries/Joy De	vries		44:53
2 Christine Kalmer	28	SOUTH AFRICA	16:38	SISTER/SISTER TEAM 1 Rebecca Miceli/Erin	Miceli		43:06
3 Nolene Conrad 4 Brittany Burns	27 25	SOUTH AFRICA Watertown	16:53 17:55	 Payton Czupil/Erin C Grace Milmoe/Maur 			44:17 44:18
5 Sylvie Lloyd 6 Karen Bertasso	27 29	Clifton Park Scotia	17:58 17:59	GRANDMOTHER/MO 1 Molly Flynn/Kathryn	THER/DAUG		1:25:08
7 Lisa D'Aniello 8 Andrea Hollinger	28 26	Saratoga Springs Averill Park	19:13 19:20	2 Claudia Consiglio/K	atrina Consigl	io/Hollis Hite	1:30:53
9 Kristen Quaresimo	29 29	Ballston Lake	19:36 19:43	3 Madeline Naef/Mari4 Laura Clark/Emilia S	uarez/Julie Sua		1:32:16 1:39:08
10 Janne Rand AGE GROUP: 30 - 34		Albany		FRIENDS/FAMILY TEA 1 Sole Sisters	AMS		58:28
 Michelle Lilienthal Jennifer Mortimer 	32 32	Minneapolis, MN New London, NH	16:42 17:51	Eva Scott/Alexis Sco 2 Saratoga Springs YN		ey .	1:08:18
3 Kristina Gracey 4 Amanda Jinks	31 33	Guilderland Brooklyn	18:15 18:48	Kathleen Bubnack/A	my Rodak/Da	na Wiwczar	
5 Kelly Stevens 6 Shelly Binsfield	32 34	Syracuse Clifton Park	18:58 19:15	 Saratoga Sole Sister: Mary O'Hearn/Jenni 	fer Ferriss/Pan	nela Delsignore	1:10:17
7 Jessica Dunton	31	Albany	19:35	1 Saratoga Springs HS			54:25
8 Crystal Perno 9 Diana Tobon-Knobloch	33 33	Clifton Park Guilderland	19:42 19:42	Estela Smith/Peyton 2 Saratoga Springs HS	Engborg/Sper	ncer Hayes	56:26
10 Lindsey Garney AGE GROUP: 35 - 39	31	Albany	20:02	Carley Vetter/Paris F		e Starace	
1 Sara Dunham 2 Renee Tolan	37 39	Plattsburgh Clifton Park	17:31 18:12	 Colonie HS A Belle Bower/Marilyn 	O'Brien/Ama	nda Chambers	57:14
3 Mesha Brewer	35	Saratoga Springs	18:13	CORPORATE TEAMS 1 FBC 1			1:05:32
4 Martha Snyder 5 Jennifer Bennice	35 35	Slingerlands Ballston Lake	19:26 20:08	Jennifer Bennice/Me 2 FBC 2	elissa Patrick/K	elcey Heenan	1:09:49
6 Michelle Lavigne 7 Meg Versteegen	39 35	Albany Schenectady	20:20 20:22	Alyssa Risko/Leah So	:haffer/Penny	Martin	
8 Danielle Maslowsky 9 Kari Deer	35 35	Ballston Lake Slingerlands	20:26 20:45			Tammy Campagnano	1:25:36
10 Jessica Northan	38	Guilderland	20:53	1 Fleet Feet Albany 1	OPEN		51:34
AGE GROUP: 40 - 44 1 Melissa Senall	42	Fairport	19:34	Megan Hogan/Sara 2 Willow Street AC A	Dunham/Mes	ha Brewer	55:10
2 Gretchen Oliver 3 Tina Greene	40 40	Guilderland Scotia	19:35 20:04	Karen Bertasso/Krist		nily Bryans	
4 Karen Dolge 5 Sally Drake	43 41	Valatie Albany	20:33 20:56	 Syracuse Chargers T Brittany Burns/Amar 	nda Jinks/Brigi		55:55
6 Murphee Hayes 7 Stephanie Kosier	40 40	Marathon Schenectady	21:10 21:37	1 Team Utopia Wome		1 0+	1:05:33
8 Kelly Mandia	42	Miller Place	21:53	Christine Varley/Nar 2 Adirondack Athletic	cy Taormina/0	Connie Smith	1:05:48
9 Stacia Smith 10 Jill Koziol	43 40	Schenectady Buskirk	22:23 22:25	Lisa Nieradka/Krister	n Hislop/Louis		1.05.40
AGE GROUP: 45 - 49 1 Emily Bryans	46	Delanson	18:56	1 Willow Street AC C			1:04:49
2 Alison Heaphy	47 48	Nassau	20:56	Colleen Brackett/Ma 2 Liberty AC 50	ary Buck/Anne	Gullickson	1:09:36
4 Kristen Hislop	49	Ballston Spa Clifton Park	21:03 21:12	Victoria Bok/Jamie F 3 Team Utopia Ladies	łenzy/Drusilla	Pratt-Otto	1:24:05
5 Lisa Nieradka 6 Gillian Blake	49 46	Clifton Park New York	21:12 21:18	Jill Mehan/Donna Cl			1.24.03
7 Jill Marie Buff 8 Alyssa Risko	47 48	Altamont Schenectady	22:01 22:08	MALE OVERALL	JUNIOR 3K	RUN	
9 Connie Smith 10 Theresa Fiori	46 47	Ballston Lake Slingerlands	22:20 22:29	1 William Krebs 2 Anthony Cusato	13 14	Valhalla MS Schenectady	11:55 11:56
AGE GROUP: 50 - 54		-		3 Liam Fuller	11	St Pius X School	12:12
1 Colleen Brackett 2 Karen Newman	53 53	Albany Old Greenwich, CT	21:16 21:16	1 Thiziri Bouzidi	12	Shenendehowa	12:37
3 Christine Varley 4 Kim Driscoll	50 52	Albany Fairfield, CT	21:21 21:31	2 Sophia Bisognano3 Nicole Orcutt	11 12	Albany Green Meadow ES	13:16 13:26
5 Mary Buck 6 Victoria Bok	50 52	Mechanicville Jamaica Plain, MA	21:32 21:37	FEMALE AGE GROUP 1 Angelina Sorese		New Scotland ES	15:57
7 Anne Gullickson	50	Kingston	22:01	2 Mia Quackenbush	9	Brunswick	16:06
8 Jamie Henzy 9 Bridgett Frary	51 53	Jamaica Plain, MA Schenectady	22:46 22:56	3 Gabby Razzano 4 Victoria Hegarty	7 9	Green Meadow ES Manchester-Shorts	ville 16:56
10 Theresa Hance AGE GROUP: 55 - 59	51	Ballston Lake	22:58	5 Maile Wargacki6 Isabel Choma	9 9 A	Bell Top ES Albany Academy for G	17:03 irls 17:54
Joan Benoit Samuelson Carmen Ayala-Troncoso	57 55	Freeport, ME Austin, TX	19:02 21:40	7 Natalie Cooney 8 Emily Marx	8	Bell Top ES Green Meadow ES	18:00
3 Nancy Taormina	55	Albany	21:52	9 Candice Espino	8 7	Green Meadow ES Green Meadow ES	21:11
4 Nancy Dorn 5 Maureen Fitzgerald	55 56	Plymouth, MA Clifton Park	23:22 23:24	10 Lindsay Guariglia	/	Green Meadow ES	
							continued

36TH <i>A</i>	NNU	JAL FREIHOFE	R'S R	UN	FOR WOMEN	I 5K	continued	
MALE AGE GROUP: 6 -	9			FE	MALE AGE GROUP: 12	- 14		
Carson Engstrom	9	Delaware Comm School		1	Hannah Gallager	13	Guilderland	14:29
Richard Graham	9	Delaware Comm School		2	Holly Kleinmeier	14	Cairo-Durham	14:43
Isaiah Alexander	8	Green Meadow ES	12:43	3	Melissa Cole	12	Knickerbacker	15:07
Josh Davis	9		13:08	4	Emily Williams	14	Guilderland	15:20
Cameron Mingle	8	Bell Top ES	13:30	5	Mikaela Cooney	13	Bell Top ES	15:40
Logan Doll	9	Shenendehowa	13:32	6	Alexandra Maxian	13	Rensselaer CS	16:41
Dylan Maychack	7	Green Meadow ES	13:46	7	Madeleine Castle	12	Iroquous MS	17:23
Patrick Graham	9		14:29	8	Purevsuren Batdori	13	Van Rensselaer HS	17:43
Teddy Howard	9	Green Meadow ES	14:34	9	Brooke Macica	12	Stillwater MS	17:43
0 James McNeil	9	Guilderland	14:36	_			Summater mis	
EMALE AGE GROUP: 1		6 11 1 56	4405		Carina Dederick	12	Greenville CS	21:24
Olivia Papa	10	Southgate ES	14:05	M	ALE AGE GROUP: 12 -			
Elizabeth Cohen	10 10	Schoharie	15:15	1	Albert Chang	13	Goff MS	13:21
Jacquelyn Sullivan			15:31 15:34	2	Liam Giombetti	14	LaSalle Institute	13:36
Kara Cooney Jordanne Brazie	10 11	Bell Top ES Watervliet FS	16:02	3	Jamison Burke	12	Goff MS	13:44
Shea White	10	Green Meadow FS	16:02	4	Nathan Kudrle	13	Iroquois MS	14:06
' Rvlee Gwiazdowski	10	Shenendehowa	16:17	5	Connor Alaxanian	13	Goff MS	15:54
Emily Casatelli	10	Green Meadow FS	16:34	6	Adam Aleksic	13	William Hackett MS	17:26
Sarah Kate Burdick	11	Green Meadow L3	16:38	7	Tim Fisher	14	LaSalle Institute	21:26
Maya Englehardt	11	Cairo-Durham	17:06	8	Tyler Koziol	13	Cambridge CS	22:12
EMALE AGE GROUP: 1		Callo-Darriani	17.00	Ů	,		K CHAMPIONSHIPS	EE.TE
Patrick Krebs	10	Kensico School 13:26		М	ALE OVERALL		K CHAMII IONSIIII S	
Joseph Vitali	10		14:16	1	Michael Mannozzi			21:19
Noah Davis	10		14:31	2	John Cody Risch			21:27
Simon O'Connor	10		14:39	3	Richard Luettchau II			27:07
Ryan Orcutt	10	Green Meadow ES	14:59	-	MALE OVERALL			22.07
Michael Bisognano	11		14:59	FE				24.55
Trevor Cline	10		15:45	1	Maria Michta			21:57
An Nguyen	10	Pine Bush ES	16:15	2	Katie Burnett			24:20
Samuel Dederick	10	Greenville CS	16:43	3	Erin Taylor-Talcott			24:37
O Thomas Bellisario	11		17:27		Courtesy of USA	A Track	& Field Adirondack	

					I HERITAGE 5		IN	
		May 31, 2014	• Old So		ol House, Charl			
IALE OVERALL				FE	MALE AGE GROUP: 4	0 - 44		
Aaron Lozier	25	Clifton Park	15:56	1	Jill Gobel	44	Ballston Spa	24:0
Greg Kiley	25	Albany	16:35	2	Shelley Allison	41	Burnt Hills	26:
Joe Girard	19	Glenville	17:02	3	Joslyn Dauphinee	43	Ballston Lake	27:
EMALE OVERALL				M	ALE AGE GROUP: 45			
Samantha Roecker	22	Charlton	17:42	1	Zach Gobel	45	Ballston Spa	19:5
Alyssa Drapeau	20	Glenville	19:13	2		47	Saratoga Springs	22:3
Beth Stalker	54	Burnt Hills	21:02	3	James Poirier	46	Charlton	23:
MALE AGE GROUP: 1 - 1					MALE AGE GROUP: 4			
Shamus Evans	8	Middle Grove	18:36	1	Kristin Short	46	Ballston Spa	24:
Alex Matson Tyler Berg	14	Clifton Park	18:51	2	Sheryl Hamel	47	Ballston Lake	25:
	13	Ballston Lake	20:44	3	Karen Hackenberg	48	Ballston Lake	25:
EMALE AGE GROUP: 1		CUC D I	24.55		ALE AGE GROUP: 50		D 4 1177	40.
Harang Kim	10	Clifton Park	21:55	1	Michael Stalker	51	Burnt Hills	19:2
Rory Graham Lilv Digman	13	Burnt Hills	22:04	2	Brian Borden	50 50	Altamont	19:4
Lily Digman	13	Ballston Spa	22:12	3	Scott McFadden		Charlton	21:2
ALE AGE GROUP: 15 -		Clambille	17:10		MALE AGE GROUP: 5		Palleton Can	24
Trevor Drapeau Josha Moechez	18	Glenville	17:10 17:32	1	Diane Mahar	53 52	Ballston Spa Scotia	24:4 27:1
Josha Moechez Joe Chapman	16 19	Scotia Ballston Lake	18:40	2		52 51	Scotia	27:1
Joe Chapman EMALE AGE GROUP: 19		Ballston Lake	18:40	3	Margo Janack ALE AGE GROUP: 55		SCOU	29.1
		Delleton Lelia	22.40	1		- 59 56	Loudonville	21:0
Morgan Dubois	19 16	Ballston Lake Glenville	22:48 23:19	2	Geoffrey Moore	55	Glenville	
Nicole Drapeau	15		25:19	3	Frank Mueller Dan Oukns	58		21: 21:
Emily Holt IALE AGE GROUP: 20 -		Ballston Spa	25:15		MALE AGE GROUP: 5		Ballston Spa	21::
Alex Gilgore	24 21	Scotia	17:26	7E	Maryjo Farrell	59 59	Burnt Hills	24:
Peter McKenna	21	Cohoes	18:32	2	Liz Prybylowski	56	Ballston Lake	28:
Peter McKenna Karsten Barbagelata	23	Ballston Lake	18:51	3	Theresa Hughes	58	Ballston Spa	28:
EMALE AGE GROUP: 2		DdiiStOI1 LdKe	10.31		ALE AGE GROUP: 60		ballstoll spa	20
Danika Simonson	22	North Huntingdon,	DV 33-3U	1	George Baranauskas	60	Scotia	20:4
Sarah Carpenito	23	Ballston Spa	25:25	2	Paul Bennett	62	Latham	21:
Rachel Warwick	24	Scotia	28:24	3	Martin Patrick	60	East Greenbush	23:
IALE AGE GROUP: 25 -		Scotla	20.24	_	MALE AGE GROUP: 6		Eddt Greenbadn	25
Brett Sullivan	26	Ballston Spa	19:13	1	Joan Fucillo	61	Scotia	24:
Ben Sears	29	Schenectady	20:17	2	Katherine Ambrosio	63	Delmar	27:
Dan Briggs	29	Saratoga Springs	21:06	3	Susan Lohnas	61	Niskayuna	29:
EMALE AGE GROUP: 2					ALE AGE GROUP: 65		,	
Rachel Waller	28	Burnt Hills	21:16	1	Dave Glass	67	Glenville	22:
Courtney Mahoney	26	Johnstown	25:59	2	Terry Smith	66	Galway	25:
Mariah Duell	28	Saratoga Springs	27:34	3	James Callahan	69	Saratoga Springs	28:
IALE AGE GROUP: 30 -	34			FE	MALE AGE GROUP: 6	5 - 69		
Joel Patrie	30	Scotia	18:43	1	Nancy Johnston	68	Ballston Lake	35:
Jonathan Newton	34	Glenville	21:51	2	Bernadette Wilson	68	Charlton	52:
Ryan Mix	32	Decorah, IA	22:18	3	Ingrid Schubert	66	Albany	1:01:
EMALE AGE GROUP: 3					ALE AGE GROUP: 70		,	
Amanda Barone	30	Ballston Spa	21:57	1	Jim Moore	74	Niskayuna	26:4
Maria Oakden	32	Broadalbin	22:45	2	Frank Klose	71	Castleton	27:0
Maria Oakden Sarah Slosek	34	Galway	24:30	3	Richard Theissen	70	Round Lake	30:2
IALE AGE GROUP: 35 -	39	,		FE	MALE AGE GROUP: 7	0 - 74		
Jonathan Peck	35	Glenville	18:55	1	Dot Dawson	71	Ballston Spa	49:
Gabe McGarry	37	Slingerlands	19:24	2	Catherine Caine	71	Albany	52:
Larry Frederick	39	Niskayuna	19:47	M	ALE AGE GROUP: 75		•	
EMALE AGE GROUP: 3		,		1	John Sowa	79	Glenville	29:
Sarah Reed-Hauenste	37	Saratoga Springs	22:08	2	Norm Marincic	79	Saratoga Springs	38:5
Kelly Dutcher	35	Gloversville	22:41	FE	MALE AGE GROUP: 7	5 - 79	3 , 3	
Kara Beattie	39		22:48	1	Phyllis Sleeper	76	Galway	52:0
IALE AGE GROUP: 40 -				M	ALE AGE GROUP: 80	- 84	•	
Greg Ethier	40	Clifton Park	19:47	1	Paul Koelbel	80	Greenfield	37:4
Bob Miller	40	Scotia	21:24	2	Richard Eckhardt	80	Albany	41:3
Matt Abatto	41	Clifton Park	21:26		Courtosy of I	Charlton	Historical Society	

5TI	l RAII	L TRAIL TO 1	THE FO	OTBRIDGE 5K	ΓRAIL	RACE	
	M	lay 31, 2014 • .	Slate Va	lley Museum, Gra	nville		
MALE OVERALL				MALE AGE GROUP: 30	- 39		
1 Daryn Hutchings	17	Argyle	16:11	1 Derek Liebig	30	Granville	22:30
2 William Venner	55	Granville	18:24	2 Ted Kwasniewski	38	Fort Edward	26:36
3 Lou Pauquette	33	Granville	18:44	3 Luke Kelly	32	Queensbury	29:21
FEMALE OVERALL				FEMALE AGE GROUP:	30 - 39	, , , ,	
 Elizabeth Emblidge 	29	Lake George	19:31	1 Brooke Morgan	37	Granville	26:08
2 Katie Duffy	28	Poultney, VT	20:21	Melissa Kwasniewski	37	Fort Edward	27:54
3 Brooke Wright	12	Greenwich	20:36	3 Alison West	33	Fort Ann	28:45
MALE AGE GROUP: 1 -				MALE AGE GROUP: 40	- 49		
1 Quinn Johnson	8	Granville	26:59	1 Jami Whitney	42	Granville	19:45
2 Evan Kwasniewski	9	Fort Edward	36:33	2 David Wright	45	Greenwich	20:37
3 Isaac Kwasniewski	10	Fort Edward	43:58	3 Lance Decker	44	South Glens Falls	21:45
FEMALE AGE GROUP:		Communication	22.14	FEMALE AGE GROUP:		South dichs rulls	21.43
1 Teagan Wright	9	Greenwich	22:14	1 Susan Keelv	49	Glens Falls	23:00
MALE AGE GROUP: 11	- 14 13	0	19:13	2 Amy Gould	42	Hudson Falls	24:37
1 Kevin Bouyea	13	Queensbury Salem	23:38	3 Mary McGinnis	47	Rutland, VT	26:09
Christopher Keyes Owen Burnham	11	West Pawlet, VT	23:38	MALE AGE GROUP: 50		Nutianu, vi	20.03
FEMALE AGE GROUP:		west rawiet, vi	24.12	1 Michael Smith	- 59	Argyle	21:04
1 Katelynn Mello	13	Glens Falls	28:49	2 Brian Teague	55	Glens Falls	21:04
2 Kaleigh Wade	12	Fort Ann	29:33	3 Bill Roberts	53	Granville	22.29
3 Alicen Barker	13	Hartford	29:33			Granville	22:57
MALE AGE GROUP: 15		Hartioid	25.55	FEMALE AGE GROUP:		C-1	22.04
1 Matt Keves	16	Salem	19:40	1 Daniele Cherniak	52 53	Cohoes	22:04
2 Brandon Thomas	17	Granville	20:29	2 Kathy Chambers		Salem	31:37
3 Tyler Mello	19	Glens Falls	25:48	3 Margaret McChesney	50	Pawlet, VT	31:46
FEMALE AGE GROUP:		Gieris Falis	25.10	MALE AGE GROUP: 60			
1 Rebecca Keyes	18	Salem	31:00	1 Jim Goodspeed	63	Queensbury	23:50
2 Cameron Stone	15	Granville	36:05	2 Tom Craigs	66	Manchester Center,	V124:02
MALE AGE GROUP: 20	- 29			FEMALE AGE GROUP:		_	
1 OC West	28	Fort Ann	25:58	1 Sue Nealon	64	Troy	29:48
2 Tim Fulton	26	Hewitt, NJ	28:40	2 Linda Ellingsworth	61	Granville	32:03
FEMALE AGE GROUP: 2	20 - 29	•		3 Cathy Biss	67	Queensbury	38:59
1 Michelle Parbus	25	Granville	25:10	MALE AGE GROUP: 70			
2 Danielle Marino	22	Glens Falls	26:28	1 Bud Davies	70	Granville	47:34
3 Danielle Milanese	20	Granville	26:37	Courtesy of	Rail Trail	to the Footbridge	

WILMINGTON-WHITEFACE RACE WEEKEND 1st annual Wilmington Circuit Race & 7th annual Wilmington-Whiteface Road Race May 31-June, 2014 • Town Youth Park, Wilmington

ı			May 31-June, 2	2014 • Town	Y	outh Park, Wilmii	ngton	
ı		WILMIN	NGTON CIRCUIT RACE		8	Osmond Bakker	Octto-Cervelo	2:13:25
ı	М	EN CAT 1/2/3 – 57M			9	Tim Mitchel	CCB Racing	2:13:32
ı	1	Steve Francisco	Dealer.com Cycling	2:10:46	10	Charles McCarthy	Dealer.com Cycling	2:13:46
ı	2	Kai Wiggins	CCB Racing	2:10:58	11	David Bertram	Paceline Sports	2:13:48
ı		Bobby Bailey	Dealer.com Cycling	2:11:25	12	Fric Tremble	Dealer.com Cycling	2:13:49
ı		Cory Small	CCB Racing	2:11:25		Michael Owens	Dealer.com Cycling	2:13:56
ı	-	Curtis White	CCB Racing	2:13:17		Mathieu Boudier-Revéret	Acquisio/ACO	2:13:57
ı	6	Jake Hollenbach	Dealer.com Cycling	2:13:21			- 1	2:13:58
l	/	Cooper Willsey	Dealer.com Cycling	2:13:22	15	Gianni Polhemus	Capital Bicycle Racing Club	2:13:58 continued

RACE RESULTS

	WII	LMINGTON-WHITE	EΔCE	RΔ	CE WEEKEN	D. continued	
м	EN CAT 1/2/3/4 MAST		ACL		Alan Cote	Bikereg.com	2:41:37
1	Michael Nash	Ride with Rendall	1:59:25		Gilbert Maillette	Acquisio/ACQ	2:46:05
2	Gary Steinber Mark Miller	Brauer/Mick Management Favata's TrT Bicycles	2:02:11 2:02:12		Michael Elmore Patrick Ducharme	1K2GO Coffee/Burris Logistics	2:46:21 2:47:33
4	Kevin Duniho	1K2GO Coffee/Burris Logistics	2:02:12		Virgil Popescu	VCOM Racing VCOM Racing	2:47:56
5 6	Gilbert Maillette James Willsey	Acquisio/ACQ 1K2GO Coffee/Burris Logistics	2:02:24 2:04:43		Jean-Francois	Ouellette Acquisio/ACQ	2:54:31
7	Michael Burris	1K2GO Coffee/Burris Logistics	2:05:05		N CAT 1/2/3/4 MAST John Funk	CCNS	2:30:46
8 9	Michael Elmore Jeff Johnston	1K2GO Coffee/Burris Logistics Unattached	2:05:08 2:05:13		Ron Amos	Ride with Rendall	2:31:51
	EN CAT 1/2/3/4 MAST		2:01:19		Carl Reglar Cliff Summers	Verge Sport CCC Keltic Const/Zane's Cycles	2:32:35 2:37:15
1	Carl Reglar Theodor Schnaufer	Verge Sport Once Again Nut Butter	2:01:19	5	Mark Sumner	CCC/Keltic Const/Zane's Cycles	2:40:10
3	Michel Gauvin	Acquisio/ACQ	2:05:01		Philip Beliveau Chris Mooney	1K2GO Coffee/Burris Logistics Liberty Cycle	2:40:31 2:40:41
4 5	Philip Beliveau William McGreevy	1K2GO Coffee/Burris Logistics Team Placid Planet	2:05:03 2:05:04		Dan Fitch	Empire Brewing/Syracuse Bicycle	
6 7	Chris Mooney Doug Chiasson	Liberty Cycle Peak Racing/Gear Works Cyclery	2:05:04		Jim Walker	Team Placid Planet	2:41:28
8	Marc Couture	Acquiso Acquiso	2:05:22		Robert Meikle Richard Karaz	Unattached GS/MVBC	2:45:25 2:46:12
M	EN CAT 3/4 - 48M Zack Vogel	North American Velo	1:57:17		David Hendrycks	Euro-Sports	2:47:10
2	Patrick Murphy	BCA/Linen	1:57:19		Doug Chiasson Theodor Schnaufer	Peak Racing/Gear Works Cyclery Livingston Cycling Club	2:47:14
3 4	Bruce Beauharnois Matt Salter	Farm Team Elite 1K2GO Coffee/Burris Logistics	1:57:22 1:57:24	15	Michael Cloutman	Kimball Union Academy	3:19:39
5	Jeff Krywanczyk	Capital Bicycle Racing Club	1:57:24		N CAT 3/4 – 55M Lawrence Heller	Central New York Cycling	2:35:01
6 7	Steven Smith Mark White	Paceline Sports Onion River Racing	1:57:25 1:57:25	2	Philippe Lanthier	Les Roulers	2:35:20
8 9	Patrick Bouchard	Espoirs de Laval	1:57:26		Daniel Patterson Patrick Russell	Velorgin Synergy Cycle	2:35:31 2:35:43
	Mark Theeman Keith Mullaly	Unattached Capitol Velo Club	1:57:26 1:57:26		Keith Rousseau	1K2GO Coffee/Burris Logistics	2:35:47
	John Hackett Jonathan Benner	802Project 545 Velo	1:57:27 1:57:27		Oliver Hall Paul Byron	1K2GO Coffee/Burris Logistics Farm Team Elite	2:35:56 2:36:15
	Simon Lavoie	Espoirs de Laval	1:57:27		Wyatt Drake	Farm Team Cycling	2:36:16
	Keith Rousseau Lyle Schultz	1K2GO Coffee/Burris Logistics Capital Bicycle Racing Club	1:57:28 1:57:30		Alexandre Dion Simon Lavoie	ABC Cycles/Honda Centreville	2:36:28 2:36:34
M	EŃ CAT 4/5 – 39M	. ,			Sebastien Rheault	Espoir Laval Toguri Training Systems	2:36:48
1	Nicolas Coulombe Nicholas Seleni	Indépendant Team Placid Planet	1:39:57 1:39:58		Matt Salter	1K2GO Coffee/Burris Logistics	2:37:21
3	Dave Seissen	1K2GO Coffee/Burris Logistics	1:39:59		Keith Mullaly Bruce Beauharnois	Capitol Velo Club Farm Team Cycling	2:37:27 2:37:30
4 5	Jason Amoriell Loren Voyer	Team Placid Planet Unattached	1:39:59 1:40:00	15	Christian Lemay	Unattached	2:39:19
6	Justin Thomas	Capital Area Cycling	1:40:04		N CAT 4/5 – 42M Thomas Conti	CRCA/TBWA/LMT Cycling	2:07:51
7 8	Leif Nordgren Dan Smith	Carmichael Training Systems Ramrod Reject Racing	1:40:24 1:40:43	2	Leif Nordgren	Carmichael Training Systems	2:08:09
9		Cycling Concepts Racing Team Placid Planet	1:43:10 1:43:28		Loren Voyer Dave Seissen	Unattached 1K2GO Coffee/Burris Logistics	2:08:18 2:08:26
	Jerry Macner Michael Lenihan	Farm Team Cycling	1:43:33		Alain Lambert	Unattached	2:08:29
12 13	Tim Dumas Kenneth Birchenough	Unattached	1:44:18 1:44:37		Matthew Upton Justin Thomas	CRCA/TBWA/LMT Cycling Capital Area Cycling	2:08:31 2:08:49
14	Roger Quirion	Unattached	45:04			HRRT/Schenectady Cycling	2:08:59
	Austin Roussel EN JUNIOR 13-14 – 1	Killington Mountain School	1:46:01	9	Chad Phillips	1K2GO/Burris Logistics	2:09:05
1	William Moody	1K2GO Coffee/Burris Logistics	0:38:35		Josh Molinari Nicholas Seleni	Team 2 Cycling Team Placid Planet	2:09:10 2:09:23
2	Sam Noel Andrew Deierlein	1K2GO Coffee/Burris Logistics Grey Ghost Cycling Club	0:38:35 0:38:39		Jason Amoriell	Team Placid Planet	2:09:25
	Luke Tanner	HRRT/Schenectady Cycling	0:38:41		Kevin Long Michel Gauvin	Adirondack Tri Club Acquisio/ACQ	2:09:55 2:10:10
1 VI	EN JUNIOR 15-16 – 3: Simon Cournoyer	Vélo Club Métropolitain/ABC	1:48:06	15	Roger Wakeman	Unattached	2:10:19
2	Léon Desgagnés Harrison White	Velo Club Metropolitain/ABC Bayhill Capital	1:48:18 2:11:30		N JUNIOR 11-12 – 1: Joel Plamondon	3M Espoirs Laval	0:36:38
	EN JUNIOR 9-10 - 12	M		ME	N JUNIOR 13-14 – 1	ВМ	
1	Levi Drake Lorain Waterbury	Farm Team Cycling Unattached	0:39:24 0:56:02		Robin Plamondon William Moody	Espoirs Laval 1K2GO Coffee/Burris Logistics	0:32:56 0:32:56
M	EN MASTER MASTER	S 60-PLUS – 39M		3	Parker Chea	Star Track NYC	0:36:00
1	David Davis Laird James	Peak Racing/Gear Works Cyclery Peak Racing/Gear Works Cyclery			Harrison White Andrew Deierlein	Bay Hill Capital/CLNoonan Grey Ghost Cycling Club	0:36:36 0:38:39
3	Bill Gilboe Bruce Townend	Unattached PEAK Racing/Gear Works Cyclery	1:47:01	ME	N JUNIOR 15-16 – 4	2M	
5	Robert Dillon	Team FitWerx	1:48:16		Hunter Simpson Léon Desgagnés	Team Somerset Velo Club Metropolitain/ABC	2:16:08 2:16:13
6 7	Richard Camping Gilbert Bessin	Team Towpath/GVCC Unattached	1:48:23 1:48:29	3	Simon Cournoyer	Vélo Club Métropolitain/ABC	2:16:38
8	Allan Bates	BCA/TOSK	1:57:09		N JUNIOR 17-18 – 4: Keane Brennan	2M GS Cyclelife	2:19:39
9 10	Dan Ernest David Holmander	Velorentides The Velo Resource	2:04:21 2:09:40		N JUNIOR 9-10 – 13		2.13.33
w	OMEN CAT 1/2/3 - 39	M			Levi Drake	Farm Team Cycling Unattached	0:42:06 0:47:24
1	Emma White Julia Sante	Hot Tubes Junior Development Farm Team Elite	1:48:07 1:48:09		Lorian Waterbury N MASTER MASTER		0.47.24
3 4	Marisa Rorabaugh	BCA/Linen Farm Team Elite	1:48:21 1:50:38		Laird James	Peak Racing/Gear Works Cyclery	
5	Rosanne Van Dorn Amy Kneale	FinKraft Cycling Team	1:50:36		Bill Gilboe Mark McCarthy	Unattached Pittsford Painting Cycling	2:06:33 2:10:09
6 W	Christiane Gagne OMEN CAT 3/4 – 30M	Velocité Blainville	2:03:06		Bruce Townend	Peak Racing/Gear Works Cyclery	
1	Joanne Grogan	1K2GO Coffee/Burris Logistics	1:27:53		David Davis Robert Dillon	Peak Racing/Gear Works Cyclery Team FitWerx	2:10:55
2	Alicia Macleod Jessica Voyer	Capital Area Cycling 1K2GoCoffee/Burris Logistics	1:27:54 1:28:07		Dominick Audi	HRRT/Schenectady Cycling	2:15:45
4	Morgan Brennan	Capital Area Cycling	1:33:48		Richard Camping Allan Bates	Team Towpath/GVCC BCA/TOSK	2:18:03 2:18:06
5 W	Stephanie Tashjian OMEN JUNIOR 11-12	Mission in Motion Cycling – 12M	1:38:50	10	David Burns	GS/MVBC	2:25:56
1	Danae Waterbury	Unattached	0:39:10		Kenneth McGuinness Dan Ernest	Capital Bicycle Racing Club Velorentides	2:30:38 2:49:20
1	OMEN JUNIOR 13-14 Madeline Smith	Team Wear on Earth	0:38:49	wo	MEN CAT 1/2/3 - 55	M	
W	OMEN JUNIOR 15-18 Paige Williams	– 30M Farm Team Elite	1:27:52		Emma White Rosanne Van Dorn	Hot Tubes Junior Development Farm Team Elite	3:03:28 3:05:09
2	Bridgette Deeney	Team Placid Planet	1:35:03		Amy Kneale	FinKraft Cycling Team	3:05:33
W	OMEN MASTERS 40-I Susanna Piller	PLUS – 30M FinKraft Cycling Team	1:34:00		Julia Sante Nancy Ford	Farm Team Elite FinKraft Cycling	3:06:39 3:08:11
	OMEN MASTERS 50-	PLUS – 30M			Christiane Gagne	Velocité Blainville	3:24:56
1	Robyn Angeles Donna Moody	Unattached Unattached	1:31:53 1:35:05		Maxine Hubbard	Acqusio/ACQ	3:26:59
	WILMINGTO	N-WHITEFACE ROAD RACE			MEN CAT 3/4 – 28M Jessica Hall	1K2GO Coffee/Burris Logistics	1:34:19
1 1	EN CAT 1/2/3 – 82M Tim Mitchell	CCB Racing	3:44:07		Alicia Macleod	Capital Area Cycling	1:34:34
2	Osmond Bakker	Octto-Cervelo	3:46:43		Jessica Voyer Caitlin Sculka	1K2GO Coffee/Burris Logistics Team Placid Planet	1:38:55 1:39:35
3 4	Kai Wiggins Charlie Gorman	CCB Racing Nine2FivePro.com Cycling	3:47:14 3:50:12		Morgan Brennan	Capital Area Cycling	1:41:01
5 6	Jason Hettenbaugh Curtis White	Once Again Nut Butter CCB Racing	3:50:35 3:54:18		Stephanie Tashjian Abby Delia	Mission in Motion Cycling Unattached	1:47:06 1:48:00
7	Cory Small	CCB Racing	3:54:29	WO	MEN JUNIOR 11-12	– 13M	
8	Andrew Lees Ian Clarke	Nine2FivePro.com Cycling Killington Mountain School	3:54:56 3:59:57		Rory Chea Danae Waterbury	Star Track NYC Unattached	0:40:16 0:40:31
10	Steve Francisco	Dealer.com Cycling	4:00:36	wo	MEN JUNIOR 13-14	– 13M	
	Stefano Zanotti Matt Surch	Createx Colors/Benidorm Bikes Tall Tree Cycles	4:00:45 4:00:53		Madeline Smith MEN JUNIOR 15-18	Team Wear on Earth - 28M	0:40:16
13	Michael Owens	Dealer.com Cycling	4:01:03	1	Paige Williams	Farm Team Elite	1:34:22
	Matthew Owens lain Radford	Dealer.com Cycling Tall Tree Cycles	4:01:03 4:01:03		Meghan Owens Charlotte Tousignant	1K2GO Coffee/Burris Logistics Espoirs Laval	1:34:49 1:38:28
M	EN CAT 1/2/3/4 MAST	ERS 40-PĹUS – 55M		4	Bridgette Deeney	Team Placid Planet	1:41:15
1	Matthew DiSilvestro Steve Proulx	Euro-Sports Stevens Racing	2:30:40 2:32:06	wo	MEN MASTERS 40-I Susanna Piller		1.20.02
3		Ride with Rendall Stevens Racing	2:37:21 2:37:35	2	Marylou Bosveld	FinKraft Cycling Unattached	1:38:02 1:41:18
5	David Mccutcheon	Favata's TRT Bicycles	2:38:07	wo	MEN MASTERS 50-I	PLUS – 28M	
6 7	Dale Danner Robert Douglas	Ride with Rendall Park Ave Bike Shop	2:38:39 2:39:45	-	Robyn Angeles Donna Moody	Independent Unattached	1:36:45 1:39:08
8	James Willsey	1K2GO Coffee/Burris Logistics	2:40:22		Barbara Lagana	Cycling Concepts Racing Team	1:48:15
9	Gary Steinberg	Brauer/Mick Management	2:41:26		Courtesy	of Team Placid Planet	
		UAL RIGGEST LOS					_

2ND ANNUAL BIGGEST LOSER RUN/WALK: HALF MARATHON & 5K
June 1. 2014 • Citv Hall. Plattsburgh

		Jun	e 1, 2	2014 • City	y Ha	all, Plattsburgh			
	HALF	MARATHON RUN			FE	MALE AGE GROUP:	15 - 19		
N	IALE OVERALL				1	Emily Vosburg	Saint Albans, VT	18	1:54:06
1	Brandon Darrah		25	1:22:25	2	Quincey Brabant	Johnstown	19	1:56:32
2	Brandon Barcomb	Clifton Park	31	1:23:37	3	Erin Carter	Shelburne, VT	19	1:57:01
3	Brian Wilson	Dannemora	31	1:25:11	M	ALE AGE GROUP: 20	- 24		
FI	EMALE OVERALL				1	Josh Giddings	Keeseville	23	1:42:39
1	Cassie Sellars	Plattsburgh	37	1:35:38	2	Jonathan Bouyea	Peru	23	1:47:42
2	Jessica Cordes Ormsby	Plattsburgh	34	1:35:39	3	Josh Eggleston		23	1:55:38
3	Jennifer Lund	Alburg, VT	32	1:39:43.1	FE	MALE AGE GROUP: 2	20 - 24		
N	IALE AGE GROUP: 1 -	14			1	Rivkah Kravitz	Keeseville	21	2:03:02
1	Cedrick Renaud	Saint-Lazare, QC	14	1:59:44	2	Heather Rosch	Averill Park	23	2:10:53
FI	EMALE AGE GROUP: 1	- 14			3	Megan Leary	Plattsburgh	22	2:14:57
1	Nora Graves	Plattsburgh	10	2:15:18	M	ALE AGE GROUP: 25	- 29		
IV	IALE AGE GROUP: 15 -	19			1	Kristopher Renadette	Morrisonville	26	1:30:44
1	Brandon Lavoie	Chateaugay	15	1:42:34	2	Charles Head	Norwalk, CT	29	1:34:58
2	Michael Campbell	Chateaugay	17	1:44:11	3	Brett Fritts	Cooperstown	28	1:36:56 continued

		.UJEK	NUIN/	WALK: HALF MA		JK	cont.
EMALE AGE GROUP: 2! Pamela Fuhrmeister	5 - 29 Vernon, CT	28	1:52:23	MALE AGE GROUP: 20 1 Greg Touisgnant	- 24 Champlain	23	25:
Joni Bigness	Massena	29	2:00:07	2 Jeremy Favaro	Cadyville	23	32:
Kim Kinblom	Massena	27	2:09:37	3 Ethan Crockett	Plattsburgh	23	39:
ALE AGE GROUP: 30 -	34			FEMALE AGE GROUP: 2			55.
Phil Lynch	Saranac	34	1:35:55	1 Missy Seymour	Saranac	23	23:
Kevin Garvey	Syracuse	33	1:39:27	2 Emily Pratt	Essex Junction, VT	24	24:
Michael Chuipka	Lachine, QC	33	1:50:05	3 Logan Jarvis	Plattsburgh	23	26:
MALE AGE GROUP: 30		20	1.40.20	MALE AGE GROUP: 25	- 29		
Ashley Eney	Morrisonville	30 33	1:48:29 1:58:49	1 Travis Sayward	Peru	29	24:
Kimberly Clark Sumer Brownell	Sutton, QC Massena	33	1:59:06	2 Jeffrey Gluc	Lake Placid	28	23
ALE AGE GROUP: 35 -		55	1.55.00	3 Brad Buchanan	Plattsburgh	27	27
Tom Brooks	Plattsburgh	38	1:42:46	FEMALE AGE GROUP: 2			
Edward Armstrong	Plattsburgh	39	1:44:41	1 Erin Burroughs	Ticonderoga	28	24:
Preston Sellars	Plattsburgh	39	1:46:59	2 Kate Flynn		28	26
MALE AGE GROUP: 3!	5 - 39			3 Lauren Hughes	Malone, NC	27	26
Gretchen Lefevre	Peru	37	1:47:03	MALE AGE GROUP: 30		22	20
Carrie Arquette	Whitehall	35	1:48:22	1 Kevin Wetherby	Saint Albans, VT	32	20
Tara Martin	Chateaugay	39	1:48:25	2 Corey McCartney	Ormstown, QC	31	21:
ALE AGE GROUP: 40 -			4 47 22	3 Jeremy Youngmann	0 34	32	23
Tony Martin	Chateaugay	41	1:47:33	FEMALE AGE GROUP: 3		22	22
Michael Campbell	Chateaugay	40	1:47:35	1 Katie Francia	Peru	33	22
Arthur Graves	Plattsburgh	44	1:51:25	2 Danielle Howard-Ross	Plattsburgh	34	24
MALE AGE GROUP: 40 Stacia Smith	Niskayuna	43	1:42:23	3 Brandi Collyet MALE AGE GROUP: 35	Plattsburgh	31	24
Sophie Bourget	Chateauguay, QC	44	1:42:23	1 Pedro Leos	Fort Drum	35	20
Sandra McCarty	Castleton	43	1:54:16	2 Travis Cayea	Cadyville	35 35	21
ALE AGE GROUP: 45 -			0	3 Paul Dedominicas	Plattsburgh	35 37	23
Jeff Dodge	Plattsburgh	49	1:31:58	FEMALE AGE GROUP: 3		31	23
Stacey Brooks	Plattsburgh	47	1:40:27	1 Willow Nolland	Plattsburgh	37	24
Scott Rockhill	Plattsburgh	45	1:55:08	2 Melanie Lessard	Morin Heights, QC	35	23
MALE AGE GROUP: 4!				3 Jolee Yeddo	Plattsburgh	35	24
Maureen Shaheen	Tupper Lake	49	1:53:48	MALE AGE GROUP: 40			
Ann Hay	Cobleskill	48	2:01:33	1 Thomas Semeraro	Keeseville	44	21
Beth Christon	Cadyville 54	47	2:01:48	2 John Flanigan	Lake Placid	44	21
ALE AGE GROUP: 50 - Luc Marchand	Brossard, QC	52	1:36:13	3 Garrod Slater	Plattsburgh	44	27
Keith Benoit	biossaiu, QC	50	1:44:38	FEMALE AGE GROUP: 4	0 - 44		
Tim Cavenee	Schuyler Falls	53	1:49:06	1 Alison Flanigan	Lake Placid	43	25
MALE AGE GROUP: 50		33	1.45.00	2 Staci Carter-Kelly	Plattsburgh	40	25
Erena Fulton	Cadyville	51	1:40:02	3 Jennifer Daley	Burlington, VT	43	26
Linda Shepard	•	50	1:54:05	MALE AGE GROUP: 45	- 49		
Leanne MacEy	Champlain	50	1:54:21	1 Brian Rabideau	Plattsburgh	46	21
ALE AGE GROUP: 55 -	59			2 Thierry Bonnabesse	Plattsburgh	48	23
Greg Wittmer	Saranac Lake	59	1:48:24	3 James Baker		48	24
Scott Abar	Plattsburgh	56	2:09:24	FEMALE AGE GROUP: 4	15 - 49		
Miljan Stankovic	Massena	56	2:13:03	1 Carrie Baker		46	25
MALE AGE GROUP: 5!		го	1.47.25	2 Wendy Rockwell	West Chazy	45	25
Sue Ellen Coste Terry Tregan	Morrisonville	58 55	1:47:35 2:05:33	3 Karen Clark	Plattsburgh	46	27
Joanne Knowlton	Chazy Plattsburgh	58	2:09:35	MALE AGE GROUP: 50			2.4
ALE AGE GROUP: 60 -		50	2.05.55	1 Michael Korth	Plattsburgh	50	24
Wendell Lafave	Williamstown, ON	64	2:02:01	2 Todd Bombard	Au Sable Forks	51	28
Steve Fulton	Cadyville	60	2:21:29	3 Len Freitas	Plattsburgh	54	29
MALE AGE GROUP: 60				FEMALE AGE GROUP: 5		F.4	24
Faye Martineau	Au Sable Forks	63	2:46:26	1 Tracey Howard 2 Hélène Michaud	Peru Montréal OC	54	24 28
Sharon Hosler	Saranac Lake	64	3:13:47		Montréal, QC	50	
Suzanne Bechard	Champlain	63	3:15:32	3 Susan Johnston	Brushton	50	29
ALE AGE GROUP: 65 -	69			MALE AGE GROUP: 55 1 Joseph Garcia		50	20
Michael Relecom	Pointe-Claire, QC	65	2:13:09		Plattsburgh	59 55	26 26
HALF I	MARATHON WALK				Peru North Ferrishurah V		
ALE OVERALL		_		3 Anthony Stout	North Ferrisburgh, V	۱ ۱	31
David Mellenger	Plattsburgh	46	3:02:06	1 Thoraca Kompiety		57	29
Oliver Smith	Brasher Falls	22	3:03:56	1 Theresa Kempisty 2 Anne Gregoire	Plattsburgh Niskayuna	57 57	31
Lawrence Reynolds	Massena	57	3:26:33	2 Anne Gregoire 3 Cindy Thayer	West Chazy	56	32
MALE OVERALL	Enir Union ACT	25	2.20.07	MALE AGE GROUP: 60		20	52
Martha Camara Traci Osterboudt	Fair Haven, VT	35 30	2:39:07	1 Bill Blough	60	26:38	
Traci Osterhoudt Barbara Giroux	Alburgh, VT	39 51	2:44:27 2:53:18	2 Chuck Hughes	Lewis	60	34
Darbara UllUUX	Chazy	J 1	١٥. دد. ٤	3 James Deso	Rouses Point	61	41
ALE OVERALL	5K RUN			FEMALE AGE GROUP: 6		J.	41
ALE OVERALL Michael Francia	Peru	33	17:34	1 Cazzi Rosoff	Morrisonville	60	30
Dalton Kane	relu	33 9	20:06	2 Jacinta Monniere	Charlotte, VT	60	30
Bob Rainville	Saranac	44	20:00	3 Mary Jarvis	Morrisonville	63	36
MALE OVERALL	Saranac		20.23	MALE AGE GROUP: 65		0.5	50
Julie Rock	Plattsburgh	37	22:05	1 Jim Howard	Peru	68	26
Jennifer Carter-Kelly	Plattsburgh	39	22:32	2 Duke Kasprisin	South Hero, VT	67	23
Jessica Wetherby	Saint Albans, VT	31	22:37	FEMALE AGE GROUP: 6		٠,	23
ALE AGE GROUP: 1 - 1				1 Elizabeth Brasacchio	West Chazy	67	35
James Flanigan	Lake Placid	12	21:08	2 Bobbi Storey Reeves	Peru	66	36
Noah Sassi	Brossard, QC	11	21:38	3 Jean Johnson	Elmira	66	43
Troy Straight		14	22:30	MALE AGE GROUP: 70			.5
MALE AGE GROUP: 1				1 George Schiavone		83	39
Lily Flanigan	Lake Placid	13	24:15	ge seniavone	5K WALK		
Amelia Carter-Kelly	Plattsburgh	13	24:30	MALE OVERALL	OK WALK		
Mairead Lawliss	Plattsburgh	14	25:12	1 David Kerr		48	38
ALE AGE GROUP: 15 -	19	4.5	22.45	2 Michael Adjei	Fort Drum	48 37	40
Zackary Raymond	Mant Ct 118-1	15	23:15	3 Joe Rowell		62	40
Florence Charbonneau		15	26:50		Plattsburgh	UΖ	41
Thomas Nealon	Troy	19	28:44	FEMALE OVERALL	Doru	E 4	30
MALE AGE GROUP: 1!		15	22.22	1 Cathy Cook	Peru Palleton Cna	54	38
Judith Bourbonnais	Chateauguay, QC	15	23:23	2 Charlene Miller	Ballston Spa	41	38
Anna Sardella	Peru	18	28:46	3 Stacy Herron	Plattsburgh	27	39
Ashley Sardella	Peru	18	29:20	Courteen of The Di	ggest Loser Run/Walk	Da	arias

	7 Silicy Saracila				countesty on the 21	99030 203		
		161	ΓΗ ΔΝΝΙΙΔΙ Κ	INDE	RHOOK BANK	OK-5k	<u> </u>	
					Square, Kinderho		•	
M	IALE OVERALL			_	MALE AGE GROUP: 40	- 44		
1	Ricardo Estremera	28	Albany	14:59	1 Robert Irwin	41	Guilderland	16:37
2	Macky Lloyd	24	Voorheesville	15:18	2 Volker Burkowski	42	Gansevoort	16:43
3	Chuck Terry	32	Albany	15:37	3 Mathew Nark	40	Clifton Park	17:48
FI	EMALE OVERALL				FEMALE AGE GROUP:			
1	Karen Bertasso	30	Mayfair	17:44	 Gretchen Oliver 	40	Guilderland	19:12
2		18	Castleton	17:54	2 Tina Greene	40	Scotia	20:04
3		31	McKownville	18:14	3 Karen Dolge	43	Valatie	20:14
M	IALE AGE GROUP: 1 -				MALE AGE GROUP: 45		6 11 11 1	
1	7 tildictt balogii	14	Averill Park	18:42	1 Kent Lemme	47	Pittsfield, MA	16:01
2	Bryan Kern	14	Castleton on Hudson		2 John Stadtlander	48	Clifton Park	16:47
3		14	Hudson	22:32	3 Michael Howard	48	Hudson	20:59
	EMALE AGE GROUP: 1				FEMALE AGE GROUP:		16-1-41-	22.10
1	5	8	Castleton	23:28	1 Hilary Eutzy	47 46	Valatie	23:10 25:41
2		11	Ludlow, MA	25:02	Kelley Sokolowski Denise Kuhner	46 45	Branchburg, NJ North Chatham	25:41
3		13	Castleton	25:46	3 Denise Kuhner MALE AGE GROUP: 50		North Chatham	25.45
	IALE AGE GROUP: 15				1 Jay Thorn	- 34 52	Valatie	18:42
1	. ,	19	Glens Falls	17:05		50	Brooklyn	19:44
2	Jordan Healy	18	Castleton	17:07	2 Chuck Heaphy 3 Glenn Berninger	50	Kinderhook	20:44
3		17	Albany	18:21	FEMALE AGE GROUP:		KIIIUEIIIUUK	20.44
	EMALE AGE GROUP: 1				1 Rebecca O'Connell	50 - 54 51	Mohonk Lake	25:58
1		18	Delmar	20:42	2 Joyce Poulin	53	Amsterdam	26:02
2		18	Valatie	20:53	3 Madeline Connolly	50	Castleton	26:56
3		16	Castleton on Hudson	21:19	MALE AGE GROUP: 55		Custicion	20.50
	IALE AGE GROUP: 20				1 Derrick Staley	55	Ballston Lake	17:28
1		24	Rensselaer	18:52	2 Jon Weilbaker	55	Saratoga Springs	19:13
2		20	Durham	20:52	3 Sean Cummings	56	Stuyvesant	19:39
3		22	Cropseyville	20:55	FEMALE AGE GROUP:		,	
	EMALE AGE GROUP: 2			24.44	1 Nancy Briskie	56	Schenectady	20:52
1	Cidire i ettit	24	Rensselaer	21:11	2 Nancy Taormina	55	,	21:59
2	Becky Losito	20	Conesville	28:38	3 Karen Provencher	59	Queensbury	23:15
3		21	Columbiaville	30:03	MALE AGE GROUP: 60	- 64		
	IALE AGE GROUP: 25	- 29 29	Lathana	15.40	1 Carl Matuszek	62	Chatham	20:21
1		29 29	Latham	15:48	2 Paul Forbes	63	Colonie	21:50
2		29 27	McKownville	15:55 16:16	3 Martin Patrick	60	East Greenbush	23:54
-			Troy	10:10	FEMALE AGE GROUP:	60 - 64		
1	EMALE AGE GROUP: 2	2 5 - 29 26	Avorill Bark \/A	19:02	1 Joy DeVries	60	Delmar	23:25
2		20	Averill Park, VA Albany	20:06	2 Martha DeGrazia	63	Slingerlands	24:40
3	Elizabeth Chauhan Shylah Weber	29	Rensselaer	20:06	3 Judy Lynch	64	Castleton	26:25
	IALE AGE GROUP: 30		Neusseidei	20.20	MALE AGE GROUP: 65			
1		31	Valatie	16:06	1 Michael Thumann	65	Chatham	21:33
2		31	Albany	18:07	2 Jim Fiore	66	Latham	25:20
3		33	East Greenbush	19:45	3 David Durkin	65	Rensselaer	26:54
-	EMALE AGE GROUP: 3		East Gleenbush	19.45	FEMALE AGE GROUP:			
1		34	Chesapeake, VA	18:23	1 Susan Wong	66	Glenmont	26:19
2		33	Brooklyn	18:58	2 Ann Scharoun	65	Valatie	36:48
3		31	East Greenbush	20:47	MALE AGE GROUP: 70		C 41 11 1	25.20
	Stephanie Viloria IALE AGE GROUP: 35		Fast Glecupusii	20.47	1 Frank Klose	71 73	Castleton on Hudson	
1		- 39 36	Mc Kownville	19:42	2 Jim Hotaling 3 Gerald Sun	73 70	Niverville	27:33
2		38	Niverville	21:12			Brooklyn	28:29
3		36 36	Claverack	21:12	FEMALE AGE GROUP:	70 - 74 71	Valatie	27:10
-	EMALE AGE GROUP: 3		CIDVELOCK	21.13	1 Jayne Zinke		valdlie	27:19
1	Danielle Maslowsky	35 - 3 9	Ballston Lake	19:46	MALE AGE GROUP: 75 1 Wade Stockman	- 79 79	Rensselaer	26:44
2		35	Ballston Lake	19:52	2 Dick Green	79 79	East Chatham	35:36
_	Jessica Scharoun	37	Valatie	20:32	3 Daniel Wellner	79 79	Hillsdale	38:21 continued

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161	TH AN	INUAL KIN	DERHO	ОК	BANK OK-5	Con	tinued	
MALE AGE GROUP: 80	84			1	Mason Burke	6M	Valatie	8:1
1 Richard Schumacher	81	Hoosick Falls	34:13	1	Karina Lezama	6F	Ghent	8:3
2 Joe Kelly	80	Albany	35:39	1	Gabriel Kalisz	7M	Canaan	6:5
FEMALE AGE GROUP: 8	0 - 84			1	Aedan Buno	7F	Valatie	7:4
1 Anny Stockman	81	Rensselaer	37:03	1	Darren Moon	8M	Valatie	7:2
	-1 RUN (ONE-MILER)		1	Summer Reinoehl	8F	Kinderhook	10:1
MALE OVERALL				1	Brett Richards	9M	Kinderhook	6:4
1 Graham Richard	9	Albany	6:39	1	Cadence Secreto	9F	New Windsor	9:1
FEMALE OVERALL		N/ 1 - 2	6.50	1	Louis Warner	10M	Kinderhook	6:5
1 Abigail Dolge AGE GROUPS	9	Valatie	6:53	1	Abbie Grace	10F	Valatie	7:4
1 Lennox Grout	4M	Valatie	11:17	1	Brianna Charow	11M	Cummington, MA	7:0
1 Mia Buno	4F	Valatie	11:56	1	Dean Warner	12M	Kinderhook	7:1
Trevor VanAllen	5M	Kinderhook	9:06	1	Madeline Boucher	12F	Germantown	8:1
1 Lila Meissner	5F	East Nassau	10:14		Courtesy of	Kinderho	ok Runners Club	

_									
	TUFF E	NUI	FF OBSTACLI	E COU	RSE	E CHALLENGI	E – 2.	5 MILES	
		Ju	ne 7, 2014 • Bo	OCES Ca	amp	us, Saratoga Sp	orings		
м	ALE OVERALL				FF	MALE AGE GROUP: 3	30 - 34		
1	Seth McEachron	32	Saratoga Springs	21:40	1	Rachel Murphy	30	Ballston Spa	33:26
2	Aidan O'Malley	14	Wilton	22:38	2	Halev Pulli	31	Saratoga Springs	33:26
3	Evan Sabatella	14	Saratoga Springs	22:46	3	Mathilde Kappenstein	31	GFR	34:33
	MALE OVERALL	1-4	Saratoga Springs	22.40	_	IALE AGE GROUP: 35		GEN	54.55
1	Emily Turner	14	Saratoga Springs	25:30	1	Marc Murray	- 33 38	Saratoga Springs	24:39
2	Kaitlyn Gunter	15	Schuvlerville	25:32	2	Philipp Kappenstein	35	GER	34:32
3	Heather Hieronymi	40	Saratoga Springs	26:59	3	James Skidmore	38	Saratoga Springs	35:37
	ALE AGE GROUP: 1 - 14		Jaratoga Springs	20.55		EMALE AGE GROUP: 3		Saratoga Springs	30.37
1	Devin Dver	13	Saratoga Springs	23:08				C	24.44
2	Noah Smith	14	Saratoga Springs	23:30	1	Sarah DiSiena	38	Gansevoort	34:41
3	Gavin Burns	14	Saratoga Springs	24:15	2	Kathleen Stallmer	38	Saratoga Springs	36:19
	MALE AGE GROUP: 1 -		saratoga springs	24.15	3	Katharine Slavett	38	Wilton	45:51
		11	Caratana Cariana	28:34		IALE AGE GROUP: 40			
1	Freya Haworth	13	Saratoga Springs	28:34 29:11	1	Matthew Britten	40	Saratoga Springs	27:04
2	Madilyn Eddy		Wilton		2	Mark Haworth	44	Saratoga Springs	28:35
3	Sophia Nicastro	13	Saratoga Springs	29:30	3	Jay Eldridge	43	Saratoga Springs	30:08
	ALE AGE GROUP: 15 - 1		14.00	2442	FE	EMÁLE AGE GROUP: 4	10 - 44		
1	Adam Monroe	16	Wilton	24:12	1	Shannon Britten	43	Saratoga Springs	27:53
2	Tyler Monroe	16	Wilton	24:19	2	Jennifer Dolan	41	Wilton	30:17
3	Nick Kondo	15		24:47	3	Kelli Schuhl	41	Charlton	32:11
	MALE AGE GROUP: 15				м	ALE AGE GROUP: 45	- 49		
1	Francesca Mangino	15	Gansevoort	28:25	1	Thomas Marcellus	49	Ballston Spa	23:06
2	Briana Sirianni	19	Saratoga Springs	29:35	2	Manny Cirenza	46	Gansevoort	26:59
3	Erin Beaury	18	Hadley	30:58	3	Doug Brady	48	Wilton	28:35
M	ALE AGE GROUP: 20 - 2	4				EMALE AGE GROUP: 4		VVIILOIT	20.33
1	Stephane Owusu-Sarpon	20	Valley Stream	28:15			45 45		20.20
2	David Solimeno	21	Bloomingburg	32:49	1	Monique Boulet			28:39
3	James Morra	21	Ballston Lake	47:05	2	Vicky Beaury	48	Hadley	32:23
FE	MALE AGE GROUP: 20	- 24			3	Laurie Lucas	47	Ballston Spa	33:26
1	Emily DiSiena	23	Saratoga Springs	34:41		ALE AGE GROUP: 50			
2	Kathrin Maag	22	Saratoga Springs	41:20	1	Kerry Jameson	52	Saratoga Springs	28:41
3	Rachel O'Neil	23	Ballston Spa	41:36	2	James Kilduff	52	Saratoga Springs	29:46
M	ALE AGE GROUP: 25 - 2	9	'		3	Michael Beaury	50	Hadley	32:23
1	Rvan Adkins	26	Saratoga Springs	24:10	FE	EMALE AGE GROUP: 5	50 - 54		
2	Michael Ervin	26	Wilton	27:49	1	Patricia Hrebenach	51	Saratoga Springs	34:27
3	Seth Liliedahl	27	Saratoga Springs	28:00	2	Kathryn Sherman	50	Saratoga Springs	37:49
	MALE AGE GROUP: 25				3	Debbie Harman	54	Wilton	38:54
1	Ashlev Weller	26	Gansevoort	34:39	М	ALE AGE GROUP: 55	- 59		
2	Kassandra Porter	27	Gansevoort	35:29	1	Brent Ricks	59	Ballston Lake	53:48
3	Tiffany Sleasman	27	_3113010011	38:17	FF	MALE AGE GROUP: 5	55 - 59		
	ALE AGE GROUP: 30 - 3			30.17	1	Christine Rolko	59	Oneonta	1:04:25
1	Mark Steiert	31	Saratoga Springs	25:08		ALE AGE GROUP: 65			
2	Justin Coons	30	Hudson Falls	40:42	1	Kevin Kellett	- 6 6	Gansevoort	45:41
3	Larry Fort Jr	34	Richmondville	47:20	'			vention Council	45.41
ر	Larry FULL JI	24	MCIIIIOHUVIIIE	47.20		courtesy o	i ille Fre	veriuori Couricii	

June 7, 2014 • Downtown Glens Falls FEMALE OVERALL MALE OVERALL Don Kjelleren Erik Conboy 23:20 24:46 24:53 Charlotte, VT Queensbury Ella Wolfstitch Samantha Weinberg Gwynne Cosh 26:51 28:42 29:06 29:31 Glens Falls Bolton Landing Queensbury Michael Oleynek Glens Falls Kyle Fosmire Daniel Buckley 26:35 27:02 27:18 Fort Edward Janice Decker Glens Falls Queensbury Justine Trybendis Sysser Conboy Emily Guinther 29:49 30:20 Gansevoort Eric Bott Warrensburg Hawthorn Swan-Scott Kory Darfler 27:32 27:35 27:39 30:26 Queensbury 8 Rachel Guinther 9 Amanda Montello 10 Leslie Martin 11 Amy Rainwater 12 Trista Tallon Queensbury South Glens Falls Rensselaer 30:30 Greenwich 32:33 32:54 33:43 Christopher Haluza Queensbury 27:44 27:53 28:22 10 Ethan Nolin Queensbury 11 Ethan Stark 12 Kendrick Whitney Queensbury Glens Falls Queensbury Fort Ann 33:48 12 Irista Iallon 13 Shannon Dorvee 14 Linette Simone 15 Malcom O'Hara 16 Lisa Camp 17 Beth Cook 18 Terri Butkowski 19 Kristin Olmstead 33:54 34:02 34:08 34:47 Queensbury Queensbury 13 Thomas Rizzo 14 Benjamin Blanchard 28:22 28:34 Queensbury Diamond Point Queensbury 15 Bill Parker 16 Joey Lauder 17 Brian George 28:35 29:05 29:06 Queensbury Greenwich Queensbury 35:00 35:17 35:38 Lake George Hudson Falls

Glens Falls Queensbury

Queensbury

Queensbury

Glens Falls

3RD ANNUAL URBAN ASSAULT 4M OBSTACLE RACE

29:21 29:26 29:36

29:40 30:00

30:12

30:19 30:31

18 Chris Moore 19 Nicholas Rollo

20 Sam Bordeau 21 Greg Beaudette 22 Jack Carleton

23 Ian Collins

24 Dan Thadeio 25 Jarrod Ferullo

35:41

36:13 36:17

36:18 37:19

25 Katrina Teal 37:33 Malta

Courtesy of Adirondack Race Management

South Glens Falls

Brewrton

5K TRIPLE CROWN SERIES

20 Jennifer Bean 21 Melony Reynolds 22 Beth Gillingham 23 Bre Knowlton 24 Cherie Russell

Run for the Roses 5K – May 3, 2014 • Partner's Pub, Johnstown Mountain Valley Hospice 5K – May 18, 2014 • FMCC Campus, Johnstown 10th Annual Lexington 5K - June 7, 2014 • 465 North Perry Street, Johnstown

5K 1	TRIPLE CROW	N OVERALL		FEMALE AGE GRO	UP: 20 - 39		
Combine	ed Times fron	n All Three Races		1 Emily Bertier	29	Broadalbin	63:10
MALE OVERALL				2 Jen Hazzard	28	Johnstown	65:14
 Jeff Klingbeil 	33	Johnstown	60:32	3 Amy Goebel	35	Gloversville	73:32
FEMALE OVERALL				MALE AGE GROUP	: 40 - 59		
1 Emily Bertier	29	Broadalbin	63:10	1 Brian Kearns	42	Fultonville	65:08
MALE AGE GROUP:	1 - 19			2 Roy Mowrey	55	Johnstown	68:11
1 Ben Lake	13	Johnstown	72:58	, ,			
2 Cavden King	11	Gloversville	87:35	3 Paul Rogers	46	Johnstown	69:49
FEMALE AGE GROU	JP: 1 - 19			FEMALE AGE GRO	UP: 40 - 59		
1 Emma Goebel	10	Gloversville	74:29	1 Rebecca Conley	40	Northville	67:06
MALE AGE GROUP:	20 - 39			2 Lori Beck	40	Amsterdam	73:05
1 Jeff Klingbeil	33	Johnstown	60:32	3 Toni Persch	43	Gloversville	80:56
2 Elliot Shults	27	Canajoharie	71:37	Court	esy of 5K Trip	le Crown Series	

10TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON June 8, 2014 • Olympic Speedskating Oval, Lake Placid

				,					
		MARATHON - 26.2	MIL	ES	4	3:22:49	Andrew Toussant	29	Stow, OH
M	ALE OVER	ALL			5	3:26:49	Alex Binder	24	Brighton, MA
1	2:43:10	Jake Stookey	38	Clifton Park	6	3:32:25	Vincent Calleo	26	Endicott
2	2:50:26	Matthew Posh	28	Dorval, QC	7	3:32:35	Benjamin Rhoads	28	Carthage
3	2:51:52	Stephen Trull	37	Burlington, VT	8	3:39:33	Conor Dennin	20	Framingham, MA
4	2:54:35	Robert Etien	40	Schenectady	9	3:44:03	llan Man	29	Brooklyn
5	2:55:49	Amit Oza	30	Jamaica Plain, MA	10	3:44:43	David Jones	29	Riverside, CT
FE	MALE OVE	RALL			FE	MALE AG	E GROUP: 30 - 39		
1	3:14:01	Mary Kate Curran	31	Canton	1	3:28:59	Marjorie Bouffard	33	Montreal, QC
2	3:14:38	Allison Parker	32	Chicago, IL	2	3:35:40	Cate Peebles	35	Brooklyn
3	3:17:13	Alyssa White	28	New York	3	3:36:29	Zea Wright	34	Syracuse
4	3:23:08	Joelle White	26	Montreal, QC	4	3:39:57	Kara Defeo	34	Rensselaer
5	3:24:17	Alison Domzalski	34	Brooklyn	5	3:46:59	Sarah Caputo	34	Westport, CT
FE	MALE AGE	E GROUP: 19 & UNDER			6	3:47:03	Nicole Bullock	30	Johnstown
1	5:29:49	Megan Jones	19	Fairport	7	3:49:50	Christine Tokarz	37	Melrose
M	ALE AGE G	ROUP: 19 & UNDER			8	3:51:57	Ashley Chapin	31	Newark
1	3:06:57	Stephen Paddock	19	llion	9	3:52:57	Stephanie Roy 33	Stoneha	am-et-Tewkesbury, QC
2	5:06:06	Max Paul	18	Saranac Lake		3:54:04	Emilie Marchand	38	Sherbrooke, QC
3	5:29:17	Haakon Pedersen	18	Saranac Lake	M	ALE AGE (GROUP: 30 - 39		
FE	MALE AGE	E GROUP: 20 - 29			1	3:13:42	Jean-Francois Cann	35	Montreal, QC
1	3:28:45	Lyndsay Labarge	25	Canton	2	3:19:45	Kevin Docyk	32	Ballston Spa
2	3:29:58	Linda Van Leeuwen	26	Wayne, NJ	3	3:23:14	Matthew Conant	38	Ballston Spa
3	3:46:19	Leah Evans	25	Rhinebeck	4	3:26:53	Vincent Longval	34	Pont-Rouge, QC
4	3:47:27	Rebecca Harvey	28	South Burlington, VT	5	3:33:58	Michael Naess	37	Astoria
5	3:48:40	Emily Driscoll	28	New Haven, VT	6	3:34:36	Luca Rossi	31	Montreal, QC
6	3:49:49	Joelle Milton	25	New York	7	3:35:59	Travis DiPalma	30	Norwood
7	3:59:12	Jamie Sheahan	26	South Burlington, VT	8	3:36:11	Ryan Heritage	34	Glenville
8	4:02:17	Johanna Barthmaier-Pay	ne 29	Brooklyn	9	3:37:15	Paul Freemantle	38	Lansing
9	4:06:31	Dori Jones	29	Riverside, CT		3:37:33	William McMurrey	30	Sackets Harbor
	4:06:49	Annalise Tracey	25	Mahwah, NJ	FE	MALE AG	E GROUP: 40 - 49		
M	ALE AGE G	iROUP: 20 - 29			1	3:41:27	Mary Klee	45	Syracuse
1	3:14:37	Gregory Barshied	24	New York	2	3:47:56	Stacy Davison	42	Fayetteville
2	3:15:39	Emilio Mammolito	22	Phoenix	3	3:50:08	Zsuzsanna Carlson	41	Morristown, NJ
3	3:17:13	David White	28	New York	4	3:50:19	Melanie Anderson	41	Courtice, ON
									continue

	ANNUAL LAK		LACID MAR			IALF MARATI	ION	continued
5 3:54:30	Karen Mace	44	Baldwinsville			GROUP: 20 - 29		
6 3:59:56 7 4:01:55	Tammy Congelli Catherine Cappelletti	47 48	Tully Chatham		1:26:59 1:30:16	Chris Kaplanis Nickolas Kondlies	29 23	Ridgewood, NJ Lake Placid
8 4:04:56	Maria Efimova	47	Richmond Hill, ON		1:36:38	Jiannan Liu	23	Malden, MA
9 4:08:30	Barbara Demczar	48	Hyde Park	4	1:36:44	Eric Loffredo	26	Averill Park
10 4:08:39	Amie Lankowski	41	Bluffton, SC		1:36:46	David Vandervort	20	Voorheesville
1 3:00:55	GROUP: 40 - 49 Patrick Johnson	43	West Chester, PA		1:37:12 1:37:48	Matthew Lamonica Andrew Cloherty	28 28	Hoboken, NJ Hartsdale
2 3:05:12	Stephane Durand	41	Ste-Catherine, QC		1:40:49	John Hohm	29	Ithaca
3 3:10:59	Randy Wilcox	41	Corning	9	1:41:13	Dillon Fretz	28	Doylestown, PA
4 3:18:20	Daniel McKee	46	Ithaca		1:42:20	Brandon Galluppi	21	Clifton Park
5 3:18:44 6 3:20:08	Frederic Leblanc Dominic Carrier	47 48	Granby, QC Levis, QC		1ALE AG 1:34:33	E GROUP: 30 - 39 Rebecca Hession	32	Paul Smiths
7 3:24:05	Yannick Fournelle	47	Quebec City, QC		1:35:53	Amanda Ghezzi	32	Albany
8 3:24:40	Paul Economos	42	Lakeville, MA		1:38:54	Tina Cukrovany	37	Renssélaer
9 3:26:53	Bill Hoffman	47	Clifton Park		1:40:48	Deanne Webster	38	Albany
10 3:27:57 FFMALE AG	Steve Hanagan E GROUP: 50 - 59	47	Ballston Lake	_	1:41:46 1:41:58	Johanna Skitt Holli Nirsberger	34 37	Toronto, ON Ballston Lake
1 3:26:13	Mary Cote	50	Basalt, CO		1:43:38	Annie Gauthier	36	St-Jerome, QC
2 3:51:42	Allison Lassoe	51	Sheffield, MA		1:44:21	Elizabeth Nee	35	Canton
3 4:08:06	Lisa Santiago	52	Millville, NJ		1:45:47	Laura Oberlander	35	Liverpool
4 4:10:51 5 4:15:50	Lisa Hill Susan Talon	55 56	East Syracuse Berwick, ME		1:47:02 LE AGE (Karen Deaton GROUP: 30 - 39	32	Syracuse
6 4:21:31	Carol Shirk	51	Altoona, PA		1:23:24	Stephen Siebrecht	35	Delmar
7 4:24:50	Cathy Belic	52	St. Catharines, ON	2	1:26:30	Nathan Hausman	36	Gloucester, MA
8 4:34:56	Sheri Dozier	55	Syracuse		1:27:39	Mark Eisenhandler	39	New Paltz
9 4:57:37 10 5:24:34	Michelle Albert Christina Ogren	56 58	Brossard, QC Fairfield, CT		1:28:03 1:33:07	Ed Teneyck Ismael Alsina	33 36	Jamesville Ringwood, NJ
	GROUP: 50 - 59	50	raimeia, Cr		1:33:50	George Lamarche	39	Clifton Park
1 3:08:21	Alain Dandurand	52	Calgary, AB	7	1:35:35	Mark Arquiett	36	Hamilton
2 3:21:39	Ghislain Foy	52	Pointe-Claire, QC		1:35:45	Owen Hooper	30	Glenville
3 3:22:32 4 3:32:16	Gilles Cote Mark Nyhan	57 50	Basalt, CO Morristown, NJ		1:36:10 1:36:51	Mat Thorsen Topher Zebrowski	39 34	Lake Placid Hoboken, NJ
5 3:32:54	Yves Dandurand	54	Boisbriand, QC			E GROUP: 40 - 49	54	HODOKEH, NO
6 3:44:22	Andrew Sponable	50	Latham		1:36:48	Kim Douglas	44	Honeoye Falls
7 3:53:13 8 3:56:58	Paul Wagner	58 51	Waterloo, ON Palenville		1:38:12	Stacy Wanamaker	46	Fayetteville
8 3:56:58 9 4:02:25	Kevin Corrigan James Langmead	56	Canandaigua		1:43:48 1:44:53	Rachel Stanton Stephanie Gardner	45 42	Lake Placid Dryden
10 4:08:16	Thomas Carney	55	Tallahassee, FL		1:44:53	Donna Meyer	46	Honeoye Falls
	E GROUP: 60 - 69				1:45:29	Donna Bernier	43	Uncasville, CT
1 4:42:11	Jean Smith	66	Vineland, NJ		1:45:47	Lori Tuovila	41	Central Square
1 3:42:38	GROUP: 60 - 69 Drake Stockert	64	Mapleton, IL		1:46:21 1:46:31	Linda Kay Richards Maryjo Reinhart	41 48	Toronto, ON Jamesville
2 3:46:27	Myron Sidloski	63	Dallas, PA		1:46:33	Christine Boudreau	42	Warwick
3 4:12:11	Charlie Nelson	63	Newmarket, NH			GROUP: 40 - 49		
4 4:15:14 5 4:17:47	Rich Ehrlich Dave McAdoo	61 63	New York		1:27:08	Andis Vitolins	44	Monsey
6 4:27:24	Harland Bigelow	67	Ogdensburg Lisle		1:29:29 1:32:59	Michael Bragdell Douglas Carbino	41 46	Colora, MD Elbridge
7 4:35:09	Barry Fitz-James	63	Lake Placid		1:33:31	Jonathan Golden	41	Slingerlands
8 4:35:43	Wendell Lafave	64	Williamstown, ON		1:34:44	Mike Howard	49	Canton
9 4:46:13	Paul Wright	61 60	Camden		1:34:55	William Hiemcke	44	Poughkeepsie
10 4:46:18 MALE AGE (Robert Gregoire GROUP: 70 & OVER	00	Chateauguay, QC		1:35:32 1:38:46	Thomas Austin Paul Soper	46 44	Malta Spencer
1 3:55:19	John Maultsby	71	Las Vegas, NV		1:39:15	Jim McLaughlin	45	Webster
2 4:53:26	Michael Lafontaine	72	Champlain		1:39:16	Bill Krisher	49	Scotia
3 5:11:15 4 5:29:48	Newton Baker Arnie James	72 70	Montpelier, VT Somerville, MA			E GROUP: 50 - 59	F 2	Albani
4 3.23.46	HALF MARATHON -				1:39:58 1:41:42	Colleen Brackett Heidi Holderied	53 52	Albany Saranac Lake
MALE OVER				3	1:43:14	Mary White	54	Syracuse
1 1:13:03	Thomas O'Grady	29	Latham		1:47:43	Felicia Dailleboust	52	Kahnawake, QC
2 1:14:40 3 1:21:09	Michael Roda Joseph Sullivan	38 35	Albany Schenectady		1:52:22 1:53:29	Sandy Adams Lesley Johnson	54 54	Shushan Ontario
4 1:21:54	Andrew Lavin	35	Lake Placid		1:56:08	Katherine McEleney	51	Bedford
5 1:22:21	Casey Swartz	20	Horseheads	8	1:56:30	Debra Marnell	50	Kingston
FEMALE OVI		20			1:57:20	Jane Mando	51	Marietta, GA
1 1:30:38 2 1:31:02	Janne Rand Melissa Denman	29 30	Lake Placid Montague, NJ		1:57:59 L e age (Kim Dittrich GROUP: 50 - 59	51	Bedford
3 1:31:22	Elizabeth Izzo	22	Lake Placid		1:34:21	Jeffrey Mish	56	Hadley, MA
4 1:32:23	Jordan Westcott	22	Clifton Park	2	1:37:24	Daniel Edelstein	56	Saranac Lake
5 1:33:18	Terah Cheatham	26	Chicago, IL		1:39:59	Michael Delisle	55 55	Kahnawake, QC
1 1:43:22	E GROUP: 19 & UNDER Jessica Ladd	t 17	Queensbury		1:41:47 1:44:17	Paul Ryan Eric Keil	55	Niskayuna Wayne, NJ
2 1:43:46	Rebekah Champlin	19	Rushville		1:47:19	Mark Donnelly	57	Jamesville
3 1:44:49	Kimberly Hanchett	18	Queensbury	7	1:47:21	Willie Janeway	51	Keene
4 1:48:25 5 1:49:27	Emily Reid	19	Albany Mendham, NJ		1:48:23	William Daley Greg Dunnin	50 57	Ashland, MA
6 1:49:33	Nicole Andrzejewski Maura McKeon	18 18	Chatham	_	1:50:05 1:51:54	Paul McKinley	57	Lake Placid Penfield
7 1:49:53	Tara Molson	19	Avon, CT			E GROUP: 60 - 69		
8 1:51:34	Allyssa Hampson	18	Canton	1 :	2:08:31	Mary Houbolt	63	Plymouth, MA
9 1:53:19 10 1:59:10	Michelyn Little Anna Izzo	19 18	Voorheesville Lake Placid		2:13:28 2:17:09	Donna Lustenhouwer Joan Bleikamp	60 60	Altamont Greenwich
	GROUP: 19 & UNDER	10	Lanc I Iaciu		2:17:09	Debra Kelley	61	Albany
1 1:25:20	Justin Ehring	19	Hatboro, PA	5	2:26:18	Susan Harris	66	Albany
2 1:29:20	Forest Ledger	15	Lake Placid		2:27:20	Hania Stawowy	60	Diamond Point
3 1:33:06 4 1:35:47	Garrett Jones Joe Becker	13 19	Utica Voorheesville		2:34:03	Jane D'Agostino	65 64	Manorville Hilton
4 1:35:47 5 1:45:51	Bennett Chamberlain	16	Voorheesville Caldwell, NJ		2:35:42 2:37:39	Ellen Boettrich Louise Vallieres	64	Chateauguay, QC
6 1:49:40	Seth Farkas	17	Niskayuna	10	2:43:07	Nancy Gregory	61	Kingston, ON
7 1:50:54	Chandler Gach	18	Saranac Lake	MA	LE AGE (GROUP: 60 - 69		-
8 1:51:53 9 2:03:59	Brock Chimileski	18	Sandy Hook, CT		1:42:33	Bruce Glasspoole	62 60	Pointe Claire, QC
9 2:03:59 10 2:08:52	Girolamo Mammolito Gino Martinelli	18 18	Phoenix Niskayuna		1:44:43 1:54:46	George Baranauskas Wally Elliott	60 61	Scotia Burlington, VT
FEMALE AG	E GROUP: 20 - 29		,	4	1:55:44	Tim Leonard	62	New Hartford
1 1:34:47	Emily Layden	25	Saratoga Springs	5	2:01:06	Mike Clarke	67	Perkasie, PA
2 1:35:18 3 1:39:17	McKayla Nuffer Samantha McBee	24 28	Croghan		2:06:13 2:06:48	Thomas Stanziola David Brongo	60 62	Ballston Lake Geneseo
4 1:40:27	Jul Loffredo	24	Saratoga Springs Averill Park		2:06:48	Al Jagoda	62	Gansevoort
5 1:41:50	Cassandra Conety	26	Shushan	9	2:18:37	Dennis Hatch	60	Nashville, IL
6 1:43:20	Rachel Waller	28	Burnt Hills		2:21:27	Jim Moragne	63	Ilion
7 1:43:21 8 1:43:35	Kelsey Ryan Lauren Lorow	22 25	Niskayuna Webster		LE AGE (2:36:40	GROUP: 70 & OVER Vincent Spagnoletti	70	Hammondsport
9 1:44:05	Megan Dial	23	New London, CT		2:55:25	Anthony Lotempio	72	Binghamton
10 1:45:34	Lauren Chrapowitzky	27	Delmar			Courtesy of Inspirati		
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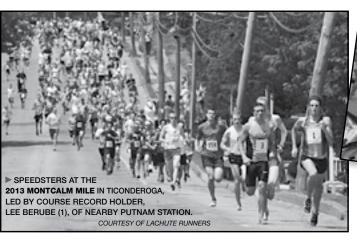
MALE OVERALL 1 1 1 1 1 1 1 1 1			N CROSSING TRIAT Crossing Park, Schuyle		N	
1 Tim Russell		E, 5K RUN				
Patrick Cade						1:18:09
Saratoga Spring						1:18:48
1					Ballston Spa	1:19:09
Kristin Kandiel 34 Watervliet 1.08.48 2 Martin Gordinier 44 Amsterdam 3 3 3 3 3 4 4 4 4 4	Gleeson 36 F	exford 58:26				4.04.55
Xamela Gordon	OVERALL					1:01:56
2 Nisten Histop 52 Clifton Park 1:09:37 MALE AGE GROUP: 10 - 14 1 Brian Harding 14 Clifton Park 1:53:00 2 Jackson Homan 13 Clifton Park 1:53:00 3 James Jordan FEMALE AGE GROUP: 10 - 14 1 Lindsay Mayo 14 Clifton Park 1:19:08 2 Emma Grace O'Rourte 13 Saratoga Springs 2:06:44 MALE AGE GROUP: 15 - 19 1 Kevin Gideon 16 Ballston Spa 1:10:26 Seorge Stack 17 Ballston Spa 1:10:26 Seorge Stack 17 Ballston Spa 1:13:08 3 Partick Broderick 16 Wilton 1:16:27 MALE AGE GROUP: 15 - 19 1 Julianne Deguardi 19 Ballston Spa 1:17:58 MALE AGE GROUP: 20 - 24 1 Brett Schleiser 2 1 Johnstown 1:00:39 3 Jahysas Gardiner 17 Malta 1:17:58 MALE AGE GROUP: 20 - 24 1 Rachael Degnan 21 Slingerlands 1:16:00 3 Rachael Degnan 21 Slingerlands 1:16:00 3 Rachael Begnan 27 Soratoga Springs 1:29:05 4 Kaltin Wenzel 24 Saratoga Springs 1:29:05 4 Kaltin Wenzel 29 Schenectady 1:09:05 3 Ratin Wenzel 29 Schenectady 1:09:05 3 Allara Spadaro 28 Syracuse 1:20:33 4 Nest GROUP: 25 - 29 1 Emily Ferrell 29 Williamstown 1:14:58 AMLE AGE GROUP: 25 - 29 1 Laura Hotchkiss 30 Somerville 1:11:58 AMLE AGE GROUP: 30 - 34 1 Daniel Walters 30 Somerville 1:11:58 AMLE AGE GROUP: 30 - 34 1 Daniel Walters 30 Somerville 1:11:58 3 Jessica Bashaw 32 Cambridge 1:18:17 MALE AGE GROUP: 30 - 34 1 Laura Hotchkiss 32 Saratoga Springs 1:13:17 3 Jessica Bashaw 32 Cambridge 1:18:17 MALE AGE GROUP: 35 - 39 MALE AGE GROUP: 30 - 34 1 Laura Hotchkiss 32 Saratoga Springs 1:13:17 3 Jessica Bashaw 32 Cambridge 1:18:17 MALE AGE GROUP: 35 - 39 MALE AGE GROUP: 30 - 34 1 Laura Hotchkiss 32 Saratoga Springs 1:13:17 3 Jessica Bashaw 32 Cambridge 1:18:17 3 Jessica Bashaw 32 Cambridge 1:18:17 4 Clifton Park 1:29:09 MALE AGE GROUP: 35 - 39 MALE AGE GROUP: 35 - 39 Allar AGE GROUP: 30 - 34 Allar AGE GROUP: 30 - 34 Allar AGE GROUP: 30 - 34 All	Kandiel 34 V	Vatervliet 1:08:48				1:04:09
MALE AGE GROUP: 10 - 14 1	n Hislop 52 (lifton Park 1:09:37			Amsterdam	1:05:01
Brian Harding	a Gordon 44 (ueensbury 1:12:13			A.L.	1.12.16
1			i Erika Anderson			1:12:16
2 Jackson Homan 13 Clifton Park 1:53:00 MALE AGE GROUP: 45 - 49 3 James Jordan 13 Clifton Park 1:53:00 1 MIChael Halstead 48 2 Carl Regenauer 49 Saratoga Spring 2:06:44 1 MIChael Halstead 48 2 Carl Regenauer 49 Saratoga Spring 2:06:44 2 Clifton Park 1:19:08 3 Daniel Degenaror 49 Waterford 3 Daniel Degenaror 49 Waterford 4 Water 5 Water 4 Water 5 Water 4 Water 5 Water 4 Water 5 Wa		lifton Park 1:32:59			Saratoga Springs	1:13:15
Stone Ridge Stone Ridge Stone Ridge Stone Ridge Stone Ridge Saratoga Spring Saratoga Spr			3 Heather Frank			1:17:53
FEMALE AGE GROUP: 10 - 14 1 Lindsay Mayo			WIALE AGE GROOF, 43 - 4		Charles Birles	59:45
1 Lindsay Mayo 14 Clifton Park 1:19:08 2 Call Hegelater 49 Emma Grace O'Rourke 13 Saratoga Springs 2:06:44 FEMALE AGE GROUP: 15 - 19 1 Terri Artses 48 Scotia Malta GROUP: 15 - 19 1 Terri Artses 48 Scotia Malta GROUP: 15 - 19 1 John Iacoponi 52 Saratoga Springs 1:10:26 2 Nanette Hatch 49 Waterford Malta GROUP: 15 - 19 1 Julianne Deguardi 19 Ballston Spa 1:11:758 3 Alyssa Gardiner 16 Malta 1:17:58 Malta 1:17:58 3 John Broderick 50 Wilton 1:00:39 2 Carltyn Gardiner 17 Malta 1:17:58 Malta 1:17:58 John Broderick 50 Wilton 1:00:39 2 Carltyn Gardiner 17 Malta 1:17:58 Malta 1:17:58 John Broderick 50 Wilton 1:00:39 Saratoga Spring 5 Sortia Greenwich 5 Sortia Green			i iviicilaci i laistead			
2		liften Davis 1.10.00				1:01:43
MALE AGE GROUP: 15 - 19	, ,, .				Waterford	1:12:41
1 Kevin Gideon 16 2 George Stack 17 3 Ballston Spa 1:10:26 2 Nanette Hatch 49 Malta Malta 3 Bridget Cotugno 48 Malta 3 Bridget Cotugno 48 Malta 3 Bridget Cotugno 48 Malta 4		aratoga springs 2:06:44				4 47 50
2 George Stack 17						1:17:59
3 Patrick Broderick 16 FEMALE AGE GROUP: 15 - 19 1 Julianne Deguardi 19 3 Alyssa Gardiner 16 Malta 1:17:58 MALE AGE GROUP: 20 - 24 1 Brett Schlesier 21 2 Christopher Heckman 21 3 John Sopa 1:08:27 3 John Sopa 1:08:27 4 Rachael Deguardi 21 5 Rebecca Backer 24 6 Riskayuna 1:26:10 7 Kiskayuna 1:26:10 8 Kiska						1:20:19
FEMALE AGE GROUP: 15 - 19 Ballston Spa					Malta	1:20:33
Julianne Deguardi		Vilton 1:16:27				4.05.44
2 Caltyn Gardiner 17 Malta 1:17:58 3 John Broderick 50 Wilton 3 Alyssa Gardiner 16 Malta 1:17:58 1 Nicolette Pohl 53 Saratoga Spring 2 Christopher Heckman 21 Ballston Spa 1:00:39 2 Kirsten Elling 52 Schenectady 2 Socha 2 Kirsten Elling 52 Schenectady 2 Socha 2 Kirsten Elling 52 Schenectady 2 Socha 2 Kirsten Elling 52 Socha 52 Kirsten Elling 52			2 Contract and			1:06:44
Alyssa Gardiner	ne Deguardi 19 E	allston Spa 1:14:29	,			1:13:27
MALE AGE GROUP: 20 - 24 1 Brett Schlesier 21 Johnstown 1:00:39 2 Kirsten Elling 52 Schenectady 2 Kirsten Elling 52 Schenectady 3 Paula Devantier 52 Schenectady 5 Schenectady	n Gardiner 17 M	1:17:58 1:17			Wilton	1:18:09
Brett Schlesier 21	Gardiner 16 M	1:17:58 1:17			C	1.10.00
1 Brett Schleser	GE GROUP: 20 - 24					1:19:08
2 Christopher Heckman 21 Ballston Spa 1:08:27 MALE AGE GROUP: 20 - 24 1 Rachael Degnan 21 Slingerlands 1:16:00 Struart Mesinger 56 Queensbury 2 Michael Rozel 57 Queensbury 56 Struart Mesinger 56 Struart Struart Mesinger 56 Struart Struart Mesinger 56 Struart Struart Mesinger 56 Struart Struart Mesinger 56	Schlesier 21 J	ohnstown 1:00:39				1:24:42
3 John Deguardi	opher Heckman 21 F		, 3 Paula Devantier		Scotia	1:27:30
Simperlands			, INIALE AGE GROUP: 33 - 3		Crannish	1.10.00
Rachael Degnan 21 Slingerlands 1:16:00 3 Stuart Mesinger 56 South Glens Fall			i John Kenny			1:10:08
2 Rebecca Backer 24 Niskayuna 1:26:10 FEMALE AGE GROUP: 55 - 59 Altamont MALE AGE GROUP: 25 - 29 1 Kyle Konopnicki 29 Saratoga Springs 1:09:05 3 Patty Paduano 57 Malta 2 Philip Guerrant 29 Schenectady 1:09:05 MALE AGE GROUP: 60 - 64 61 Clifton Park 3 Peter Katlic 28 Glenville 1:16:59 1 Steven Schonwetter 61 Clifton Park FEMALE AGE GROUP: 25 - 29 1 Williamstown 1:14:35 2 Peter Canzone 61 Saratoga Springs 1 29 Williamstown 1:14:35 3 Leo Schowalter 61 Latham 2 Ashley Degnan 27 Voorheesville 1:19:54 FEMALE AGE GROUP: 60 - 64 4 1 Margaret Phillips 61 Latham Latham 3 Alaina Spadaro 28 Syracuse 1:20:33 1 Margaret Phillips 61 East Schodack 4 Danie		lingerlands 1:16:00				1:19:34
3 Katlin Wenzel 24 Saratoga Springs 1:29:05 1 Kathy Meany 58 Rexford 56 Rexford 57 Malta 58 Rexford 57 Malta 58 Rexford 57 Malta 58 Rexford 58 Rexford 58 Rexford 58 Rexford 58 Rexford 58 Rexford 59 Malta 58 Rexford 59 Malta 58 Rexford 59 Malta 59 Malta 59 Malta 59 Malta 58 Malta 59 Malta			J Stadit Wichinger		South Glens Falls	1:19:56
MALE AGE GROUP: 25 - 29			. I LINIALL AGE GROOT . 33		Alternation	1.10.50
1 Kyle Konopnicki 29 Saratoga Springs 1:02:57 3 Patty Agduano 57 Malta 2 Philip Guerrant 29 Schenectady 1:09:05 MALE AGE GROUP: 60 - 64 Clifton Park 3 Peter Katlic 28 Glenville 1:16:59 1 Steven Schonwetter 61 Clifton Park FEMALE AGE GROUP: 25 - 29 Williamstown 1:14:35 3 Leo Schowalter 61 Latham 2 Ashley Degnan 27 Voorheesville 1:19:54 FEMALE AGE GROUP: 60 - 64 Latham 3 Alaina Spadaro 28 Syracuse 1:20:33 Trish Roeser 60 Schenectady 4 Daniel Walters 30 Somerville 1:11:58 Trish Roeser 60 Schenectady 2 Charles Lester IV 32 Saratoga Springs 1:17:47 1 Patrick Glover 68 Niskayuna 3 Sean West 31 Albany 1:19:58 2 Douglas Kabat 68 Niskayuna 5 Patty Alley 3 Jessica Bashaw 32 Cambridge 1:17:27 1 Hugh Dunseath		aratoga springs 1.29.03	1 Rutily Wicully			1:18:58
2		t Corings 1.03.F5				1:33:49
3 Peter Katlic 28 Glenville 1:16:59 1 Steven Schonwetter 61 Clifton Park Saratoga Spring 1 Emily Ferrell 29 Williamstown 1:14:35 3 Leo Schowalter 61 Latham Latha					IVIdILd	1:42:51
2					Clifton Doule	1.00.53
1 Emily Ferrell 29 Williamstown 1:14:35 3 Leo Schowalter 61 Latham 2 Ashley Degnan 27 Voorheesville 1:19:54 FEMALE AGE GROUP: 60 - 64 East Schodack 3 Alaina Spadaro 28 Syracuse 1:20:33 Imagrager Phillips 61 East Schodack 4 Daniel Walters 30 Somerville 1:11:58 Sath Pefiffer 60 Schenectady Queensbury 2 Charles Lester IV 32 Saratoga Springs 1:17:47 1 Patrick Glover 68 Clifton Park 3 Sean West 31 Albany 1:19:58 2 Douglas Kabat 68 Saratoga Springs 1 Laura Hotchkiss 32 Saratoga Springs 1:13:17 MALE AGE GROUP: 70 - 74 1 Hugh Dunseath 71 Clifton Park 3 Jessica Bashaw 32 Cambridge 1:18:14 2 Bob Cheney 73 Cambridge MALE AGE GROUP: 30 - 34 1 Hugh Dunseath 71 Clifton Park 1 1 Jessica Bashaw 32		ilenville 1:16:59				1:09:53
2 Ashley Degnan 27 Voorheesville 1:19:54 FEMALE AGE GROUP: 60 - 64 3 Alaina Spadaro 28 Syracuse 1:20:33 Erish Roser 60 Schenectady 1 Daniel Walters 30 Somerville 1:11:58 Albany 1:19:54 TEMALE AGE GROUP: 30 - 34 1 Laura Hotchkiss 32 Saratoga Springs 1:17:47 I Patrick Glover 68 Niskayuna Saratoga Springs 1:17:27 Albany 1:19:58 Douglas Kabhat 68 Niskayuna Saratoga Springs 1:17:27 MALE AGE GROUP: 70 - 74 1 Laura Hotchkiss 32 Saratoga Springs 1:17:27 MALE AGE GROUP: 70 - 74 2 Amanda Barone 31 Ballston Spa 1:17:27 I Hugh Dunseath 71 Clifton Park 1:18:14 2 Bob Cheney 73 Cambridge MALE AGE GROUP: 35 - 39						1:18:15
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RUNNING AMERICAN HISTORY continued from page 1

Runners preparing for the four-mile road race can attend training runs and receive some friendly pointers from Fleet Feet Sports, the race's presenting sponsor, and its partners at ASICS. The training sessions are free to race participants and those interested in learning more about the race. The June 18 session will include American marathon and half-marathon record-holder Deena Kastor at the Skidmore College track at 6pm. The other speed workout sessions will be held June 12 and 26, followed in the next weeks with a course preview beginning at the Saratoga Springs City Center at 6pm on June 23 and 30. For details about the race and training sessions, visit firecracker4.com.

If you're looking for breaking your speed record, head up to historic Ticonderoga for the 28th annual **Montcalm Mile** road race, on Friday, July 4. The 1:45pm race starts just prior to Ticonderoga's "Best Fourth in the North" parade, meaning you will have hundreds of spectators cheering you to the finish. Try to beat the men's course record of 3:54 or women's at a blazing 4:41. Are the record holders riding on firework rockets to get to the finish? Not quite... This race is a downhill course that virtually assures runners of personal bests while running with some of the region's top athletes. If you are not quite sure if you can kick up the cadence and ignite the fast twitch muscles, the race has another incentive for those entering the elite division, \$2,300 in prize money.

"Our goal is to make the race one of the most competitive events in the North Country while remaining a fun, family-friendly race," said race director Fred Herbst. To accomplish that goal the Montcalm Mile will feature two divisions - elite for men who run a sub-six-minute mile and women who run sub-seven, along with a recreational division for other runners. After the race and parade, spend some time celebrating America on the very ground where soldiers served to secure Independence, while listening to Fort Ticonderoga's Fife and Drum Corps at the fort. For specifics, go to lachute.us.



In October 1777, a year after the Declaration of Independence was signed, the Battle of Saratoga, or the "turning point" of the Revolutionary War took place in rural Saratoga County - just east of Saratoga Springs. It took another six years for the war to be over, when American delegates met in France to sign the Treaty of Paris.

On Saturday, July 26, the Turning Point **5K** and kids run will be held near the exact place where General John Burgovne surrendered. Now in its 13th year, the Turning Point race is heading to a new venue at Hudson Crossing Park, located just north of Schuylerville around the Champlain Canal Lock 5 Island. The course is certified, very flat, mostly trails, along the very scenic Hudson River. After the race, enjoy spending some time in the park with your family and cross over the river on the pedestrianonly Dix Bridge. If you stand in the center of the bridge and look north, you will see where General Burgoyne's troops came by boat. Register at zippyreg.com.

In the early 19th century, the visionary Gideon Putnam created a spa resort out of the wilderness, known today as Saratoga Springs or "the Queen of the Spas." The area's newest half marathon, the Saratoga Springs "Strong To Serve" Half Marathon will treat runners to an early morning tour of the

SARATOGA SPRINGS. Saratoga Spa State Park on Sunday, July 13 starting at 7:30am. The park offers a flat and fast course, passing historic buildings, spouting geysers, and the healing waters of the underground springs. The course loops around the park twice, beginning at the Peerless Pool, winding past the spouting geyser, then up towards the Avenue of Pines and the Gideon Putnam Hotel, which bears the name of the founder of Saratoga Springs.

5TH AVENUE HOMES AS THE NEAR THE FINISH IN

New York

The accompanying 5K, starting at 8am, will give family and friends of the half marathoners their chance to run in the park as well. All runners will be treated to a first class experience with chip timing by AREEP; technical shirts for half marathoners, T-shirts for 5Kers, finisher medals for half marathoners, and much more. For their volunteer support, 20% of entry fees go to Strong To Serve, who raises funds for orphan children in the developing world. The race is presented by 3C Race Productions, the team behind the New England Half Marathon Tour. For more info and registration, visit saratogaspringshm.com.

About 100 years after America became independent, the citizens started to turn on each other during the Civil War. One month after the Battle of Gettysburg, the Saratoga Race Course officially opened its doors. The original meet was four days long and was held at the Oklahoma Track, the view you see at the start of the 18th annual Silks & Satins 5K Run to benefit Special Olympics

On Saturday, July 19 at 9am, runners will toe the line and start their tour of the beautiful, tree-lined streets of Saratoga Springs. This fast, flat course begins with a breathtaking view of thoroughbreds running through the mist as they start their morning warmup! Last year, nearly 1,200 runners along with over 100 volunteers participated in the run. All registered runners will receive a Saratoga Race Course \$2 off admission coupon that can be used that afternoon during the opening weekend of the racing season. Fore details and registration, go to silksand-

Bring the sunscreen, family and a sense of curious adventure when you attend these historic July races in the region. Huzzah! 📥

satins5k.kintera.org/2014.

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs is by no means a history buff, but a librarian who can find information. She has learned to embrace the region's rich history by foot or two wheels. While training for upcoming races, the Saratoga National Historical Park in Stillwater has become a favorite course, weaving in and out of British and American territory.



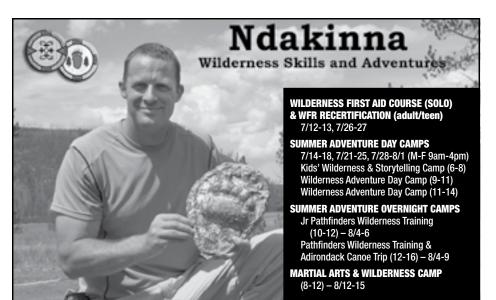


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al Run 15K and 3.5 Mile Trail Races & 1 Mile Kids' Run Sunday, August 3

20th Annual Hudson-Mohawk Road Runners Club

9am: 15K and 3.5 mile • 11:30am: 1 mile kids' run Note: 15K and 3.5M races will be run simultaneously

Thacher State Park, 15 miles SW of Albany, near Voorheesville Haile's Cave Picnic Area – Enter at Park Office, park in Pool lot

No Fee Online Registration & Entry Form:

www.HMRRC.com

First 250 registrants receive ILTR T-shirt Pre-Registration (by July 19): \$17 HMRRC or \$20 non-member. July 21 to Day of Race: \$20 all Fee includes state park entry and post-race refreshments

Course:

Marked course with water/aid stations 15K – Loop, 97% natural surface, hike/ski trails. wood roads and two challenging hills 3.5M – Loop, 99% natural surface, rolling terrain and demanding hills

Awards for 15K & 3.5M Races:

Overall male/female winners and five-year age-group winners (two deep) Scholastic Division (3.5M race) for 11-19 years: NYS Parks Commissioner's Challenge Cup

Male/female winners and two-year age-group winners (two deep) No awards mailed and no duplication

Questions: Mjk3ny@gmail.com



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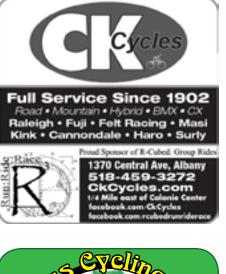




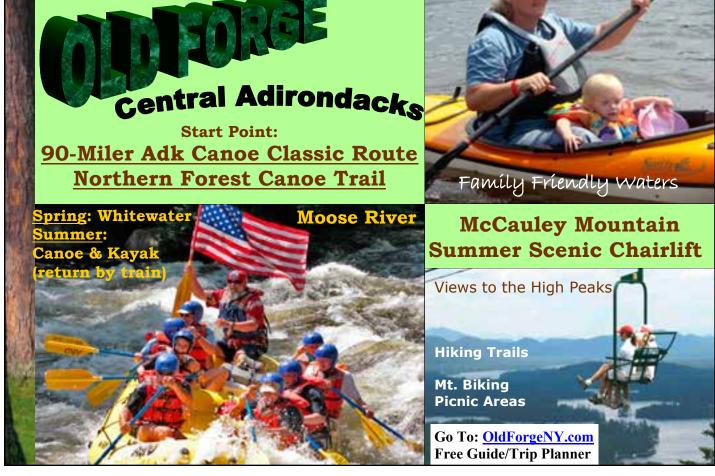














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Obstacle Course Racing

RUNNING & TRIATHLON

Diversity of Athletes and Followers

By Tinker Nicholsen-Pachter

uddy smiles, fire jumps, cargo nets and climbing walls. You've seen the pictures on social media, magazines and feature stories on TV. These happy athletes are all part of the fastest growing sport, obstacle course racing. In 2013 over three-million people participated in obstacle course racing and in effort to solidify its legitimacy in the sporting arena, an international governing body has been formed with its sights set on world championships and Olympic inclusion.

You may have seen these pictures and thought that this is a sport for the hardcore athletes. Actually one of the reasons for this fast growing sport is the diversity of the athletes and the welcoming community of followers. Obstacle course racing has become a melting pot of sports that makes it easy to crossover from running, triathlon or crossfit. It easily accommodates the individual athlete or a team effort by recruiting friends and family. There are many obstacle course racing clubs popping up that will instantly offer a warm welcome from its passionate members looking to mentor a new recruit.

The most popular big three obstacle course races are Warrior Dash, Tough Mudder and Spartan Race, which have been spreading the word of obstacle and mud run fun for years. They travel the country and the world building a loyal following one location at a time. Many smaller companies have jumped on the bandwagon and tried to build from this audience but have grown too fast, too soon. Lower registrations have led to many lastminute venue cancelations and bad reviews. Racers are looking for a dependable, fun and safe race experience.

Obstacle racing is unique in the fact that many don't get hands-on experience until race day. You can run the trails to practice terrain or strength train at your local gym but finding a place to practice obstacle techniques usually happens on race day. The Viking Obstacle Race and Course at Sunny Hill Resort in Greenville, and Shale Hill Adventure Farm in Benson, Vt. have filled this void with two very challenging, well-built permanent obstacle courses - open for training and racing throughout the year right here in your own backyard!

Shale Hill Adventure began as a personal training course for owner, obstacle racer, engineer, and course designer, Rob Butler. As the sport's popularity grew, so did the demand for a training facility. Rob converted his Benson, Vt., farm into his own personal playground and eventually opened his doors to those who shared his passion for obstacle course racing. Benson is approximately 45 minutes northeast of Glens Falls. His passion and facility have been growing and evolving and now include the Benson Bear Obstacle Race Series on Saturdays, June 1, August 1 and September 6. Shale Hill offers a 10K course for elite and pro racers with over 50 permanent obstacles and challenges in cross-country, wooded terrain, or a 5K course for beginners, intermediates and fun with 30-plus obstacles in cross-country, wooded terrain.

All Benson Bear finishers receive a T-shirt, medal, burger, beer, bananas and chocolate milk. The races are open to individuals and teams, and the top three in all categories receive prize baskets. Shale Hill is also proud to boast that it is a qualifying course for the 2014 OCR World Championships to be held October 25-26 in Cincinnati, Ohio.

The last two winters have offered a very popular race experience in the Polar Bear 8-Hour Challenge race. This endurance event has proven to offer a unique racing experience where the winner completes the most laps on the wintry Vermont course in an eight-hour time limit.

New this summer is the Tri-Obstaclon on Saturday, July 19 - it's the toughest nontraditional triathlon ever! Three levels of difficulty are offered: a) Sprint - Bike six miles to Lake Champlain, swim 300 yards, bike six miles back, and run the 5K obstacle course, b) Power - Bike six miles to the lake, swim 300 yards, bike six miles back, and run the 10K obstacle course, and c) Elite - Bike six miles to the lake, swim 600 yards, bike six miles back, and finish with the 20K obstacle

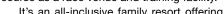
For details, registration and 10% off registration (code: ORTC10FORSH), visit: shalehilladventure.com.

In 2013, Sunny Hill Resort and Golf Course decided to offer something completely new to their guest's vacation experience. A 5.5-mile, 30-plus permanent obstacle course wrapped around the resort's 600 acres. Sunny Hill called upon the experience and design skills of Rob Butler of Shale Hill Adventures to plan the course. The resort is located just 30 minutes south of Albany in the northern Catskill Mountains, making it easily accessible to the New York City, Boston, and the Capital Region area. The Nicholsen family is proud to be celebrating their 95th sea son and excited to introduce their obstacle course as a race venue and training facility.

It's an all-inclusive family resort offering 36 holes of golf, all meals, entertainment, pools, splash pad and playgrounds. The addition of fall and spring ${\bf Viking\ Obstacle}$ Races offers participants a unique race experience. Resort guests can relax and enjoy onsite child care during the race while also enjoying all the amenities the facility has to offer. There are no spectator or parking fees for those arriving on race day and registration includes T-shirt, medal, lunch, beer/ beverage and after party. The course is open to the public as a training facility from spring through fall with no reservations needed. Group training and team building sessions are also welcome on the course. Registration for the Saturday, September 27 race is now open. Go to: sunnyhill.com.

What sets these two facilities apart from the travelling big races is their ability to offer a reliable course to train and an intimate and safe race experience. These locally-owned permanent courses offer a personal touch while helping to ensure the longevity of this wildly popular fast growing sport. Stretch your mind, your body, play hard, challenge yourself, and get a little down and dirty in the process. 📥

Tinker Nicholsen-Pachter (tinker@sunnyhill. com) is a runner, triathlete and obstacle course racer. She is the race director for the Viking Obstacle Race at Sunny Hill and proud to be a fourth generation family member working at Sunny Hill Resort and Golf Course.









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