

SKIING TO COOPER KILN POND, A HIGH ELEVATION POND NORTH OF WHITEFACE MOUNTAIN, ON FRESHLY-FALLEN SNOW ARE JOHN CLARKSON OF BETHLEHEM, LAUREN JACOBSON OF DELMAR, AND TOM HART OF VOORHEESVILLE.

PHOTO BY RICH MACHA

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Early Season Touring

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# By Rich Macha

round the end of October, autumn's lovely colorful display has become just another memory and my mindset changes from fair-weather oriented activities like paddling and hiking and turns toward snow and skiing; for me, nothing would be better than a few inches of snow in early November! Hunters probably look forward to November more than any other user group but without snow on the ground the outdoorsperson has to be happy with looking at forests snow cover is not quite as reliable, but when it is here I will often take a tour on a local golf course or nature area before going to work. I keep a to-do list of potential ski trips for planning purposes; the list never gets shorter as new destinations get added as I knock something off the list.

Smooth-surfaced trails and dirt roads often make for decent skiing with just six inches of snow, so they are good places to go in the early season when deep snowpack has yet to develop. Many skiers have discovered the route to Camp Santanoni and Newcomb Lake – I've skied it early and late in the season many times on just a few inches of snow. There are other places that offer similar skiing including the nearby Essex Chain Lakes Complex.

### 4-7 CALENDAR OF EVENTS

December to February

9 Alpine Skiing & Riding

New York is Open

### **11** Athlete Profile

Bicycling with Joe Paduano

13 Snowshoe Running & Hiking

Winter Awaits...

### 14-17 RACE RESULTS

Top Finishers in 20 Events

### 19 XC Skiing & Snowshoeing

Nordic Ski This Winter!

of grey, brown and green. Add some white to the scenery and all of a sudden the word "wonderland" comes forth from peoples' mouths.

I find it best to spend as much time outdoors as possible in late fall and gradually get used to the colder temperatures. I don't quite understand why many people go into a state of inactivity during this time of year, then pick up their skis or snowshoes for the first time on a cold day in January. Chemical hand warmers, a warm hat and gloves (one pair of liner gloves and one pair of warmer ones) were added to my "essentials" kit in September; a hot drink in a flask comes with me on October paddles and hikes and mittens get added in November. Cross country skiing keeps me warm while I'm moving but when I stop for a break I put on an extra layer or two of clothing, usually fleece and/or a down jacket – sometimes my lunch stops tend to be a bit long for my companions.

Much of my cross country skiing is done in the backcountry of the Adirondacks and Green Mountains, most of the time on marked trails but I'm not afraid of wandering off-trail and exploring – it's hard to get lost when you can just follow your tracks back to the car. In the Capital District where I live the Outside of the Adirondacks, at the edge of the Tug Hill Plateau, the BREIA trails in Boonville get regular lake-effect snows.

To our east, the VAST system of snowmobile trails in Vermont are not open to sledders until December 16, so you can get in a quiet early season ski before the machines become commonplace. Try the Woodford area at 2,300 feet elevation a few miles outside of Bennington!

Snowfall is not quite as consistent in southeastern New York but a timely Nor'easter could make the Shawangunks near New Paltz a good destination. Minnewaska State Park Preserve (\$6 per person to ski in-season) and the Mohonk Preserve (\$12 per person) have old carriage roads that make for great skiing at over 2,000 feet elevation with spectacular rocky scenery.

### **ESSEX CHAIN LAKES COMPLEX**

As New York State keeps adding new lands to the Forest Preserve then these new areas demand exploration







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# AROUND THE REGION **News** Briefs

### **Healthy Vending Arrives in Capital District**

OLD CHATHAM - Organizations of all types are well aware of the importance of offering healthy 'fuel' to their employees, members and visitors. Hayloft Healthy Vending - a locally owned and operated service provider - provides state-of-the-art machines that are stocked with healthful and delicious snacks. drinks and meals. Healthy vending is ideal for many locations, including offices, hospitals and medical centers, fitness centers, schools and professional parks, to name a few. Hayloft Healthy Vending is a full-service provider that professionally maintains, monitors and services each machine at no-cost to the host organization.

For each client, the healthy menu is tailored



to the specific needs and tastes of the location. Notably, the optional meal unit - stocked with soups, tuna, rice and pasta dishes, oatmeal and cereal - is a great option for locations that may lack onsite food service, or that may have employees working off hours. The eco-friendly machines are vibrant, intelligent, and accept coins, cash, and all major credit cards. Based on a wireless link to the machine, Hayloft is always aware of how the machine is operating and when it requires restocking. Never before has it been easier for businesses in the Capital District to upgrade their vending offerings and do right by their people, using just nine-square-feet of floor space. To discuss your specific location, call (518) 929-6547 or visit haylofthealthy.com.

### Elements Massage Expands into Clifton Park

CLIFTON PARK - It's a myth that all massages are created equal, and local entrepreneurs Beth Godsil and Rob Hanks, owners of the new Elements Massage in Clifton Park, are on a mission to help area consumers experience the healing benefits of massage therapy services tailored to meet their unique needs. The new massage studio, located at 5 Southside Drive, opened its doors on Oct. 9. Elements, a massage franchise with 180 locations in 32 states, has carved a niche in the industry by specializing solely in massage services and providing a customized experience to each client.

Once viewed as an expensive splurge, therapeutic massage is increasingly affordable and available to time-starved consumers who recognize the value of massage in maintaining their overall health and wellness. Those who receive regular massages benefit from lower levels of stress hormones, a heightened immune system and increase in circulation. Elements Massage is open seven days a week, welcomes walk-ins, and offers a membership program that allows clients to receive regular, discounted massage therapy services each month. For more information, call (518) 245-9505 or visit: elementsmassage.com.

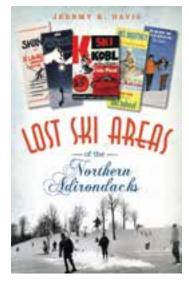
### A Purple Tie Affair is Jan. 17

SARATOGA SPRINGS - The second annual Purple Tie Affair will be held on Saturday, Jan. 17 at the National Museum of Dance in Saratoga Springs. From 7-11pm guests will enjoy food, drinks, a silent auction, and dancing with live entertainment. A multipurpose celebration, proceeds will benefit the Leukemia & Lymphoma Society, while a large focus will highlight corporate teams and individual recruitment for Team in Training, the athletic endurance program that fundraises for LLS cancer research and patient services.

A Purple Tie Affair is a collaborative effort of seven TNT alumni and supporters who hope to boost enrollment, while raising money to help find a cure for cancer. This group of individuals, who previously had done little more than a 5K run, combined have completed several endurance events including marathons, centuries and triathlons. For each of them, TNT has been a life-changing experience - one they're eager to encourage others to try. Go to the A Purple Tie Affair Facebook and Instagram pages to see photos of some of the events available for participation. For more information and tickets, visit: purpletieaffair.org.

### "Lost Ski Areas of the Northern Adirondacks" Released

SARATOGA SPRINGS - Some of the northern Adirondacks' most beloved ski areas have sadly not survived the test of time despite the pristine powder found from the High Peaks to the St. Lawrence. Even after hosting the Winter Olympics twice, Lake Placid hides 14 abandoned ski areas. In the Whiteface area, the once-prosperous resort Paleface, or Bassett Mountain, succumbed after a series of bad winters. Juniper Hills was "the biggest little hill in the North Country" and welcomed families in the Northern Tier for more than 15 years. Big Tupper in Tupper Lake and Otis Mountain in Elizabethtown defied the odds and were lovingly restored in recent years.



Saratoga Springs resident, Jeremy Davis, of the New England/Northeast Lost Ski Areas Project (nelsap.org)

rediscovers these lost trails and shares beloved memories of the people who skied on them in his recently released book, "Lost Ski Areas of the Northern Adirondacks," published by The History Press. Jeremy is a passionate skier and has enjoyed exploring skiing history from the moment he learned how to ski. He is the author of three additional books, Lost Ski Areas of the White Mountains (2008), Lost Ski Areas of Southern Vermont (2010), and Lost Ski Areas of the Southern Adirondacks (2012). Available as an e-book and wherever books are sold. Visit: historypress.net.

### **HITS Triathlon Series Adds Kingston**

SAUGERTIES - HITS Triathlon Series will bring their national event production company home for a weekend of racing on July 11-12, 2015 in Kingston. Since the launch of the Saugerties-based series in 2011, race director and resident, Mark Wilson, has been eager to showcase Ulster County as the perfect swim, bike and run destination. "It's been a dream of mine to introduce our community to the positive impact triathlon has on the host city," Mark explained. "After partnering with the Kiwanis Kingston Classic earlier this year, we felt a remarkable amount of local support, and knew the timing was perfect.

The race will feature a protected bay swim in the Hudson River launching from the spacious Kingston Point Beach; a beautiful rolling bike course around the Ashokan Reservoir; and a flat scenic run along the historic Rondout River. The two-day event will offer "a distance for everyone" including the family-friendly Open, as well as a Sprint, Olympic, Half and the region's first 140.6 Full. The half and full races will take place Saturday, and the other races will occur Sunday. Registration is now open on active.com. Visit: hitstriathlonseries.com.

### **Hurricane, Saint Regis Fire Towers** to be Restored, Reopened

ALBANY - DEC has released the final UMPs for the Hurricane and Saint Regis mountain fire tower historic area. DEC will allow volunteer organizations to restore the two fire towers and reopen them to the public. "The completion of the plans allows us to move forward with restoring these historically significant resources and opening the fire towers to the public," DEC Commissioner Joseph Martens said. "Throughout the 20th century, they played a critical role in the protection of state natural resources. Now they attract many people who want to learn about their role, the people that worked in them and the natural resources they protected."

The 35-foot Hurricane fire tower was discontinued for use in 1979, and the 35-foot Saint Regis fire tower was shut down in 1990. Both structures have been closed ever since. The restoration will accommodate public access to the structures and include interpretive materials related to their history. DEC anticipates beginning restoration work on both fire towers next summer with assistance from the Friends of St. Regis Fire Tower and the Hurricane Fire Tower Friend's Group. To read DEC's Fire Tower Study for the Adirondacks, visit: dec.ny.gov. 🌲





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**ISSUE #168** 

indoors, or simply walking! The Northeast

is beautiful at this time of year, so learn more about new destinations, fun events, being prepared, planning for 2015, and meeting new friends.

As always, please support our advertisers who help bring this publication to you. It's important that we buy from independent, locally-owned businesses, who are vested in upstate New York and are the backbone of our communities. We've seen the negative impact from the chains and online purchasing. More than 50% of the revenue from locallyowned businesses goes back to the local economy versus about 15% from national chains. Try shifting at least 10% of your holiday shopping toward these businesses. Many of these businesses set themselves apart by being actively involved in the community, such as offering free clinics, fun runs, and kids programs. They also work hard to provide superior customer experiences, so visit them and thank them for being there.

We look forward to seeing you outside. Best wishes to you and your family for a wonderful Thanksgiving and happy holiday season!

Damy Mona



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# **Calendar of Events** December 2014 - February 2015

Events beyond this range are advertisers in this issue.

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28	29	30	31					25	26	27	28	29	30	31							

### **ALPINE SKIING & SNOWBOARDING** DECEMBER

- 3rd Oak Mountain Holiday Fair. 4-8pm. Fun celebration w/dog 12 sled rides w/Kate Walrath, reindeer, Santa, storytelling, crafts. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Take Your Kids to Gore Week #1. Kids 19 & under ski free 15-21 with full-paying parent. Gore, North Creek. 251-2411. goremountain.com.
- 17 Demo Day: Inside Edge. Gore, North Creek. 251-2411. goremountain.com.
- 20 High Peaks Cyclery Telemark/Alpine Touring Demo Day at Whiteface: 8am-4pm. Open House, Ski Film & Party at HPC, LP: 5-8pm. 523-3764. highpeakscyclery.com.
- Kids Fun on the Run Race. Fun obstacle course & scavenger hunt. 26 Oak Mountain, Speculator. 548-3606. oakmountainski.com. 26-28 Holiday Camp. Ages 4-12. Gore, North Creek. 251-2411.
- goremountain.com. 28 Demo Day: Goldstocks. Gore, North Creek. 251-2411.
  - goremountain.com. Twelve-30 Log Freestyle Rail Jam. 12:30pm. Gore, North
- 30 Creek. 251-2411. goremountain.com.
- Oak Torchlight Parade, Fireworks & Music. 8pm. Oak Mountain, Speculator. 548-3606. akmountainski.com. 31-1

### JANUARY

- New Year's Day Ski Bowl Party. 11am. Skiing, tubing. Ski Bowl, North Creek. 251-2411. goremountain.com. 3
- Lesson Programs Begin. 9am. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.

1

- 3-4 Gail's Bump Camps. 9:45am or 1:15pm. Gore, North Creek. 251-2411. goremountain.com. 4
  - USASA Slopestyle. 8:30am. Whiteface, Wilmington. 924-2223. whiteface.com.
- Walt's Bump Contest. 11am. Gore, North Creek. 251-2411. 10 goremountain.com.
- Rail Jam Series #1. 12:30pm. Oak Mountain, Speculator. 10 548-3606. oakmountainski.com.
- 17-18 MLK Holiday Camp. Ages 4-12. Gore, North Creek. 251-2411. goremountain.com.
- 19 USASA Boarder/SkierCross. Ski Bowl, North Creek. 251-2411. goremountain.com.
- Ladies Skiing & Snowboard Clinic. Gore, North Creek. 24-25 251-2411. goremountain.com.
- 31 Oak Runner Snowshoe Race. 5K/10K. 9am. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Sacandaga Challenge Giant Slalom Race. 1pm. Oak 31 Mountain, Speculator. 548-3606. oakmountainski.com.
- 31-2/1 Trees & Steeps Telemark Clinic. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 31-2/1 Master the Mountain Alpine Skiing & Snowboarding Clinics. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 31-2/1 Intro to Telemark Skiing Clinic. 8:30am. Gore, North Creek. 251-2411. goremountain.com.

### FEBRUARY

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- Glades & Glory Skiing and Snowboarding Clinics. 8:30am. 7-8
- Gore, North Creek. 251-2411. goremountain.com. Presidents' Weekend Camp. Ages 4-12. 9:30am. Gore, North Creek. 251-2411. goremountain.com.
- Rail Jam Series #2.1-2pm. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- 13 Under the Lights Rail Jam. 7-9pm. All ages/ability. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 21 Snow Box Derby. Build a race sled from cardboard. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- Master the Mountain: Alpine Skiing/Snowboarding Clinics. 21-22 8:30am. Gore, North Creek. 251-2411. goremountain.com. 27
  - Under the Lights Rail Jam. 7-9pm. All ages/ability. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- Mini-Shredders Jibfest. Freestyle competition. Ages 1-10. 28 Jibland, Gore, North Creek. 251-2411. goremountain.com.
- 28-3/1 Alpine Skiing & Snowboarding Clinics for Women. 8:30am. Gore, North Creek. 251-2411. goremountain.com.

### **BICYCLING, MTB & CYCLOCROSS** ONGOING

- Daily Spinning Classes. Tue/Wed: 6pm. Thu: 5:30pm. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Winter Spin Class w/Kevin Crossman: 11/12-1/28.7pm. Wed Grey Ghost Bicycles, Glens Falls. t3coaching.net.
- Wednesday Night Worlds Cyclocross Training. 5:30pm. A/B Wed groups. Lot H, State Office Campus, Albany. nycross.com.

### NOVEMBER

- HRRT Giving Thanks MTB Race. 8am. Central Park, 27Schenectady. Heather Rizzi: 847-2419. hrrtonline.com.
- 29-30 Bay State Cyclocross Weekend. Chocksett School, Sterling, MA. spinartscycles.com.

### DECEMBER

- 6-7 NBX Gran Prix of Cyclocross. Goddard Park, Warwick, RI. nbxbikes.com.
- Last Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 15 583-3708. adkultracycling.com.

### JANUARY

First Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 10 583-3708. adkultracycling.com.

### FEBRUARY

- 1st Saratoga Fat Bike Rally. 9:30am. Group rides on 7 groomed trails, geocaching race, demos, clinic, food. Victoria Pool Bldg., Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- Snowball Express Century. 8am. 7 Pearl St, Schuylerville. 21 John Ceceri: 583-3708. adkultracycling.com.

### **CROSS COUNTRY SKIING**

### NOVEMBER

- 22-23 Lapland Lake Open House. 9am-4:30pm. Season passes, sale, food. Lapland Lake Nordic Vacation Center, Benson. 863-4974. laplandlake.com.
- 28-12/7 36th Cascade Thanksgiving 10-Day Ski & Snowshoe Sale. Cascade Cross Country Ski Center, Lake Placid. 523-1111. cascadeski.com.

### DECEMBER

- Family Moonlight Ski. 7-8:30pm. Weather permitting. Vischer 4
- Ferry Nature Preserve, Clifton Park. mohawktowpath@gmail.com. Cross Country Ski: Leader's Choice. 8-10M. Woodford, VT. 14
- Rich Macha: 346-3180. adk-albany.org. Intro to Ladies Day Program. Beginner skiers. 9:30am-2:30pm. 20
- Lapland Lake, Northville. 863-4974. laplandlake.com. 28
- Adirondack Vauhti Skiathlon. 4K classic & 4K freestyle. 12pm. Saratoga Biathlon Club, Day. 853-1396. nyssranordic.org.

### JANUARY

Family Moonlight Ski. 7-8:30pm. Weather permitting. Vischer 1 Ferry Nature Preserve, Clifton Park, mohawktowpath@gmail.com

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- 7 It's All About Love - Ski/Ride Benefit for Breast Cancer. Oak Mountain, Speculator. 548-3606. oakmountainski.com. 7
  - Rail Jam Series #2. 1pm. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake 3 Placid. 523-9605. cascadeski.com.
- Winter Trails Day. 2-4:30pm. Beginner lessons. Lapland 10 Lake, Northville. 863-4974. laplandlake.com.



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> > 518-548-4521

REGION

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- HURT Mega Relay. 10am. 3-8 skiers, 6-hour team relay. 10 Garnet Hill Ski Center, North River. nyssranordic.org.
- Pineridge Ski Fest. Free lessons for beginners: 11am & 1pm. 10-1 Free XC DH clinic: 12pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Glens Falls Freestyle Race. Men: 7.5K. Women: 5K. 9am. 17 Crandall Park, Glens Falls. 656-3127. nyssranordic.org.
- Paintball Biathlon. 9:30am. 3 or 5km snowshoe, 3km run/ 18 walk or classic/freestyle ski. Pineridge, East Poestenkill. **283-3652. pineridgexc.com.** Cayuga Nordic Classic. 10K/5K Citizen Race/1K Kids Race.
- 18 10:30am. Hammond Hill SF, Dryden. 607-275-9090.
- nyssranordic.org. HURT-athon. 7.5K/5K/15K Classic. Coles Woods, 18 Queensbury. nyssranordic.org.
- Ladies Love to Ski. 9:30am-2:30pm. Lesson, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com. 24
- 24-25 Harry Eldridge Memorial Races. Sat: Classic 7.5K. 12pm. Sun: Freestyle 10K/5K. 9:3am. Mt. Van Hoevenberg, Lake Placid. 946-7001. nysef.org.
- Higley Hustle. Classic 5K: U16/U18, 10K Open, Masters: 25 10am. Bill Koch 2.5K: 12pm. Freestyle 5K, 2.5K: U14. 1pm. Higley Flow SP, Colton. Higley Association: 315-262-2362. nyssranordic.org
- National Masters Championships 10K Freestyle Race. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com. 29
- 29 Family Moonlight Ski. 7-8:30pm. Weather permitting. Vischer Ferry Nature Preserve, Clifton Park. mohawktowpath@gmail.com.
- Moonlight XC Ski/Snowshoe. 6-9pm. Moonlight & lighted 30 trails w/bonfire. 283-3652. pineridgexc.com.
- USSA SuperTour 20K/30K Mass Start Classic Race. Craftsbury, 30 Craftsbury Common, VT. 802-586-7767. craftsburv.com.
- 34th Craftsbury Ski Marathon 25K/50K Classic Race. Craftsbury, 31 Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 31 Wolverine Classic Race. Men: 10K. Women: 7.5K. Bill Koch race. 10:30am. Trenton Fish & Game Club, Holland Patent. wolverineskiclub.com.

### FEBRUARY

- USSA SuperTour Classic Sprint Race. Craftsbury, Craftsbury 1 Common, VT. 802-586-7767. craftsbury.com.
- 1 Glenville Hills Classic. Men: 9.5K. Women: 6K. Bill Koch: 1K. 10am. Ridge Road, Scotia. Glenville Hills Nordic: 723-0337. skireg.com.
- 6-8 Empire State Games. Nordic, biathlon races. Olympic Sports Complex, Lake Placid. empirestatewintergames.com.
- Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake 7 Placid. 523-9605. cascadeski.com.
- 17-20 Children Learn to Ski Week. Ages 6-12. Pineridge, East Poestenkill. 283-2652. pineridgexc.com.
- 21 Saturday Night Rush Hour: Nordic Ski & Snowshoe Race. NC Ski Bowl, North Creek. goremountain.com.
- Ladies Love to Ski. 9:30am-2:30pm. Lesson, lunch. Lapland 21 Lake, Northville. 863-4974. laplandlake.com.
- 27-3/1 1st Lake Placid Nordic Festival. Fri: SLU Winter Carnival. Sat: LP 12.5K XC Challenge. Sun: LP Loppet XC Marathon. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com.

### MARCH

- Lake Placid Loppet XC Ski Marathon. 50K Loppet or 25K 1 Kort-Loppet: classic & skate. Open to all racers & recreational skiers. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com.
- Wood-n-Ski Rendevous. Cascade, Lake Placid. 523-9605. cascadeski.com.
- Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.

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- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Tue Debbie Philp: 810-7871. truenorthyogaonline.com. Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Fri
- Debbie Philp: 810-7871. truenorthyogaonline.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Sat Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.'

### DECEMBER

- Back in Balance Open House. 5-8pm. Back in Balance 4 Therapeutic Massage, Clifton Park. 371-6332. bibtherapeuticmassage.com.
- Back in Balance Open House. 10am-2pm. Back in Balance 6 Therapeutic Massage, Clifton Park. 371-6332. bibtherapeuticmassage.com.

### HIKING, SNOWSHOEING & CLIMBING

### JANUARY

- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake 3 Placid. ADK: 523-3441. adk.org.
- Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. 3 Lapland Lake, Northville. 863-4974. laplandlake.com.
- Ampersand Mtn Hike: Saranac 6. 5.4M. ADK: 523-3441. adk.org. Albany Chapter New Member Orientation & Open House.
- 1:30pm. Sanford Town Library, Colonie. Doug Rosenberry: 265-6018. adk-albany.org.
- 2nd ADK Winterfest: Winter Trails Day. 10am-8pm. 10 Snowshoeing, XC skiing, ice skating. Heart Lake, Lake Placid. 523-3441. adk.org.
- Gothics, Armstrong, Upper Wolf Jaw, Lower Wolf Jaw Hike. 10 17M. Claudia Warren: 364-3857. adk-albany.org.
- 17-19 Winter Teen Adventure Trip. Ages 14-17. Hiking, camping. ADK: 523-3441. adk.org. Historic Snowshoe Hike. 2-3hrs. 10:30am. Beginners welcome.
- 25 Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 25 Esther Mountain Hike. 6.6M. 8am. Candyman Shop, Wilmington. ADK: 523-3441. adk.org.
- Moonlight XC Snowshoe/Ski. 6-9pm. Moonlight & lighted 30 trails w/bonfire. 283-3652. pineridgexc.com.
- Table Top Hike. 10M. Adirondac Loj, Lake Placid. ADK: 31 523-3441. adk.org.
- Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. 31 Lapland Lake, Northville. 863-4974. laplandlake.com.

### FEBRUARY

- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake 8 Placid. ADK: 523-3441. adk.org.
- Esther Mountain Hike. 6.6M. 8am. Candyman Shop, 21 Wilmington. ADK: 523-3441. adk.org.
- Haystack Mtn Hike: Saranac 6. 6.6M. ADK: 523-3441. adk.org. 28 MARCH
- Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. 7 Lapland Lake, Northville. 863-4974. laplandlake.com. Phelps Hike. 8.8M. 8am. Adirondack Log, Lake Placid. ADK: 7
- 523-3441. adk.org. St. Regis (elev. 2,874'), 6.6M. 8:30am. Routes 86 & 30, Paul
- Smiths. ADK: 523-3441. adk.org.
- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

### **ICE & SPEED SKATING** DECEMBER

- Golden Skates Marathon. Olympic Speedskating Oval, Lake 5 - 7Placid. lakeplacidspeed.com.
- 12-13 Charles Jewtraw All-Round Championships. Olympic Speedskating Oval, Lake Placid. lakeplacidspeed.com.

### JANUARY



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classes. Hot Yoga, Lake Placid. 837-5036. hotyogalakeplacidny.com.

Daily Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.

Jack Shea Speed Skating Sprint Championships. Olympic Speed-9-10 skating Oval, Lake Placid. 523-1655. lakeplacidspeed.com. 31-2/2 North American Marathon & End-to-End Lake Skate. Lake Memphremagog, Newport, VT. marathonskating.org.

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### broomball, skating. Long Lake. 624-3077. mylonglake.com. 17 2nd Purple Tie Affair to Benefit Leukemia & Lymphoma Society. 7-11am. Food, drinks, silent auction, music, dancing & Team in Training. National Museum of Dance, Saratoga Springs. purpletieaffair.org. Happy New Year Masters Swim Meet. 2:30pm. Mohonasen

- 17 HS, Rotterdam. Bill Motta: 356-8240. adms.org.
- Polar Plunge Benefit for Cystic Fibrosis. 1pm. Grafton Lakes 24 SP, Grafton. Peggy Phillips: 479-3739. nysparks.com.
- Mike Norris Fishing Derby. 6am. Raquette Lake Fire Hall, 31 Raquette Lake. 315-354-4581. mylonglake.com.

### FEBRUARY

- Ice Fest. Raquette Lake & Long Lake. 624-3077. mylonglake.com. 6-7 Raquette Lake Winter Carnival. Ladies frying pan toss, 14
- youth activities. Raquette Lake. 624-3077. mylonglake.com. Frozen Fire & Lights. Sledding, skating, snowshoeing, ski-28 ing, cardboard sled race, fireworks. Fern & Arrowhead parks, Inlet. 315-357-5501. inletny.com.

### MARCH

10th Adirondack Sports & Fitness Summer Expo. Sat: 10am-7-8 5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, healthy living & travel. 125 exhibitors, sales, pool/floor demos, seminars/clinics, family activities, prizes. Free admission. Saratoga Springs City Center, Saratoga Springs. 877-877. adksports.com.

### **RUNNING, TRAIL RUNNING & WALKING** ONGOING

- Wed Wooly Wednesdays: 12/3, 10, 17, 24. Holiday promotion. Fleet Feet Sports, Albany & Adirondack. 459-3338. fleetfeetalbany.com.
- Th/Su Fleet Feet Distance Project: Marathon/Half Training. Starts 12/14. Practice: Thu/Sun. Race, 4/12: RnR Raleigh Marathon/Half. Jon Catlett: ffdistanceproject@gmail.com.
- Early Bird Special: 12/7, 14, 21. Promotion only: 10am-Sun 12pm. Fleet Feet Sports, Albany & Adirondack. 459-3338. fleetfeetalbany.com.

### NOVEMBER

- 67th Troy Turkey Trot. 10K: 8am. Grade School Mile: 27 9:30am. 1M Turkey Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF Adirondack: 273-5552. troyturkeytrot.com.
- 27 33rd Cardiac Classic 5K Road Race. 9am. 2M Free Wellness Walk: 8am. 1M Free Duck Pond Fun Run: 10am. Central
- Park, Schenectady. cardiacclassic.org. 13th Christopher Dailey Turkey Trot 5K Run/Walk. City Hall, 27 Saratoga Springs. Mark & Maria Dailey: 581-1328. christopherdaileyfoundation.com.
- 5th OurTowne Bethlehem Turkey Trot 5K Fun Run/Walk. 27
- 9am. Bethlehem MS, Bethlehem. ourtownebethlehem.com. 27 3rd St George's Turkey Trot 5K Run/Walk. 8am. Kids Run:
- 9am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.
- 51st Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City 27 Hall, Cohoes. ci.cohoes.ny.us.
- James Hinchliffe 5K Run/Walk for ALS. 8:15am. GF Civic 27 Center, Glens Falls. 480-3186. jphals5k.com. 27
  - 38th Chatham Turkey Trot. 3M & Kids Run. 10am. Morris Memorial, Chatham. Michele Kraham: 392-4622. morrismemorial.com.
- 44th Hudson Turkey Trot. 2.5M. 10am. Elks Lodge, Hudson. 27 cityofhudson.org.
- 6th Adirondack Health Turkey Trot 5K. 8:30am. Olympic Oval, 27 Lake Placid. 897-2483. adirondackhealth.org. active.com.
- John Adams Memorial Turkey Trot. 8:45am. Peru Central 27 School, Peru. perulionsclubnewyork.org.
- 27Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- MHRRC Turkey Trot. 25K, 5M, 2M, & 1M kids run. 8:45am. 27 Arlington HS, Freedom Plains. mhrrc.org.

### Speedskating Oval, Lake Placid. lakeplacidspeed.com. 27-3/1 Marathon Finale. Olympic Speedskating Oval, Lake Placid. lakeplacidspeed.com.

### **MOUNTAINEERING & WILDERNESS SKILLS** JANUARY

- Intro to Snowshoeing & Animal Tracking Tour. 10-11am. 11 Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 29-2/4 61st ADK Winter Mountaineering School. Day, weekend, weeklong. Adirondak Loj, Lake Placid. 523-3441. winterschool.org.

### FEBRUARY

- 7 Intro to Snowshoeing & Animal Tracking Tour. 10-11am. Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 14-16 Intro to Winter Camping: Backpacking. 9am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- Intro to Snowshoeing & Animal Tracking Tour. 10-11am. 28 Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.

# **MULTISPORT: TRIATHLON & DUATHLON**

### JANUARY

- Baxter Brewing Winter Triathlon. Run, XC ski, snowshoe. 10 Solo/team. Craftsbury Nordic Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- CDTC Cabin Fever Bash. 7pm. Italian American Community 23 Center, Albany. Lee Hilt: 452-5701. cdtriclub.org

### **NORDIC: ORIENTEERING & BIATHLON** DECEMBER

Ski Orienteering Race. 2-3K. 1pm. Lapland Lake, Northville. 21 Eric Hamilton: 371-7548. laplandlake.com.

### JANUARY

- New Year's Resolution Sprint Biathlon. McCauley Mountain 1 Ski Center, Old Forge. saratogabiathlon.com.
- 24-25 Saratoga Sprint & Pursuit Races. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- 24-25 Biathlon Sprint & Pursuit Races. Hadley. saratogabiathlon.com. FEBRUARY
- Old Forge Sprint Biathlon. McCauley Mountain Ski Center, Old Forge. saratogabiathlon.com.
- Lake Placid NorAm Sprint & Pursuit Races. Olympic Sports 13-14 Complex, Lake Placid. saratogabiathlon.com. Saratoga Individual Biathlon. Saratoga Biathlon Club, Day. 28
- saratogabiathlon.com

### **OTHER EVENTS** ONGOING

Frozen Assets: Women's Ice Hockey. Seeking Players. Troy. Call Cathleen Crowley: 966-2896.

### NOVEMBER

- Thanksgiving Dinner at Camp. 1pm & 3:30pm. YMCA Camp 27 Chingachgook, Kattskill Bay. RSVP: 656-9462. lakegeorgecamp.org.
- An Adirondack Christmas. Old Forge. 315-369-6983. 28-30 adkchristmasonmain.com.

### DECEMBER

- An Adirondack Christmas. Old Forge. 315-369-6983. 5-7
- adkchristmasonmain.com. 6 Holiday Swim Meet. Duanesburg Aquatic Center,
- Duanesburg. adms.org. Christmas Bird Count. 4pm. Lake George Land Conservancy,

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- Lake George. Preregister: 644-9673. lglc.org.
- "Feelin' Long Lakey" Polar Bear Plunge. 1pm. Jump in the 27 water's cold to benefit Wounded Warrior Project. Town Beach, Long Lake. 624-3077. mylonglake.com.
- Heuvelton Gobbler Gallop Run/Walk. 9:45am. Fire Dept, 27Heuvelton. northernrunner.org.
- 27 30th Thanksgiving Day Run/Walk to End Hunger. 8:50am. 5K. Parkway Rec Center, Utica. uticaroadrunners.org.

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- 3.5M Run/Walk. 12pm. Phys Ed Bldg, UAlbany, Albany. hmrrc.com. 27th FirstRun Burlington. 11am. Memorial Auditorium,
- Burlington, VT. 802-836-8412. runvermont.org. Resolution Runs. 5K & 2M Walk: 11am. 1K Kids Run:
- 11:30am, Heritage Museum, Ticonderoga, lachute.us
- Lake Placid Marathon & Half. Olympic Speedskating Oval, 14 Lake Placid. lakeplacidmarathon.com.

JUNE

Guilderland ES, Guilderland. albanyrunningexhange.org.

- 1 Big A's 5K Run. 10am. Glens Falls HS, Glens Falls. Rebecca Smith: 338-8444. adirondackrunners.org.
- 3 Recover from Holidays. Up to 50K. 9am. Norrie SP, Staatsburg. Pete Colaizzo: 845-309-3640. mhrrc.org.

**Bold listing** Adve er in current issue of Adia dack S All area codes 518 unless indicated.

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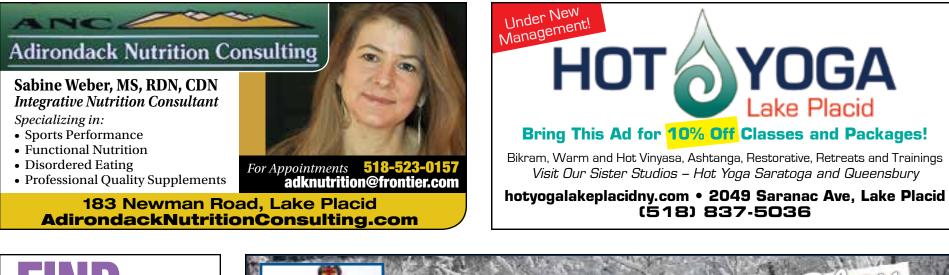
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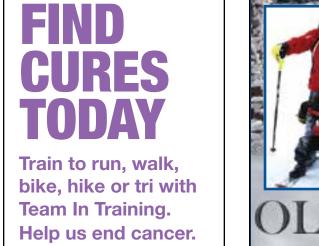
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# ALPINE SKIING & RIDING



WHITEFACE ON NOVEMBER

# New York is Open for Skiing and Riding!

### By Jeff Farbaniec

f you're a skier or snowboarder, the best time of year is almost here. With overnight temperatures dipping below freezing and natural snow starting to fall, ski areas around the northeastern New York have begun firing up their snowmaking equipment to prepare for the start of the season. Crews have been busy with projects all summer and fall, so here's a look at what they've been up to.

At **Gore Mountain** in North Creek, the big news for this season is the replacement of the Adirondack Express triple chairlift with a new, state-of-the-art, high-speed quad. The Adirondack Express II will feature padded seats and eight fewer towers, providing skiers with a quicker, more comfortable ride than its predecessor.

Just as importantly, the new AE2 will operate more reliably than the 30-year-old lift it replaces. Mike Pratt, Gore's general manager explains, "The original Adirondack Express was the oldest high-speed lift in North America. While it served Gore skiers and riders well for many years, the cost of maintenance finally reached a point where it made more sense to replace it." Final steps are being completed in the AE2's installation, and Gore expects the lift to debut shortly after the mountain opens for the season (Gore and Whiteface opened early on Nov. 16). Visit: goremountain.com.

The AE2 is not the only news out of Gore. Crews have also been busy with snowmaking upgrades, including 22 new high-efficiency tower guns for the Topridge trail, and additional snowmaking to improve the interconnection with the North Creek Ski Bowl. Two new groomers have joined the fleet, and four new glades have been added to the trail map, pushing Gore's trail count to 107.

At **Whiteface** in Wilmington, a huge upgrade in snowmaking has been completed this year. One-hundred new high-efficiency guns have been added to allow the ski area to open terrain and bounce back from unfavorable weather conditions more quickly. Since the new guns consume just 20 to 25% of the energy of the guns they replace, the upgrade also represents a significant energy savings, and reduction in the ski area's carbon footprint.

Whiteface has also added a new Pisten Bully groomer to its fleet, re-graded and widened portions of the Upper Valley and Wilmington trails; renovated the Bear Den lodge at the Kids Kampus; and added a sunroom onto the lower deck of the main lodge. Go to: whiteface.com.

Bigger doesn't necessarily mean better, and skiers can choose from a number of classic Capital Region and Adirondack ski areas.

**Willard Mountain**, near Greenwich in Washington County, has expanded its snowmaking capacity, covering 100% of the trails. Willard has an outstanding ski school, night skiing and riding, and a full-service retail shop. "New York's Coolest Little Ski Area" has also upgraded their website to allow advance purchase of discounted lift tickets. See: willardmountain.com.

**West Mountain** in Queensbury came under new ownership in 2013. After sprucing up the lodge last year, the new owners are spending \$400,000 on snowmaking improvements, primarily the installation of a new water main to the top of the mountain. According to co-owner Spencer Montgomery, "We'll be able to make twice as much snow in half as much time." Another \$250,000 is being spent on lighting upgrades for West's night skiing operation. Check out: skiwestmountain.com.

**Oak Mountain** in Speculator, offers 14 trails and 650 feet of vertical. Natural snow is usually abundant at Oak in the southern Adirondacks, but they upgraded their snow-making system over the summer for times when Mother Nature doesn't cooperate. Oak's snowmaking expansion utilizes portable pipe that will allow crews to cover 50% of the mountain. Visit: oakmountainski.com.

**McCauley Mountain** in Old Forge is another excellent mid-sized ski area, with 633 feet of vertical and 21 trails. Located in the lake-effect snowbelt of the western Adirondacks, McCauley boasts annual snowfall totals that rival some ski areas out west. Go to: mccauleyny.com.

**Royal Mountain** in Caroga Lake, Fulton County, had the longest ski season in their history. They added four new tower mounted guns, so with more snowmaking they hope to break that record. Other improvements include new terrain park features, more tree skiing, new rental equipment and lodge improvements. Visit: royalmountain.com.

**Hickory Ski Center** in Warrensburg, is expected to open as soon as snow conditions allow. Hickory relies entirely on natural snow, and is well known for its challenging expert terrain as well as its family-friendly beginner and intermediate terrain. Brush clearing crews have been out just about every weekend this fall getting the glades and slopes ready for when the snow flies. See: hickoryskicenter.com.

**Titus Mountain** in Malone has skiing and riding on 33 trails and 11 glades across three interconnected mountains with 1,200 feet of vertical. Titus has added a new Magic Carpet lift to their learning center this year. Under local ownership since 2011, Titus has seen a string of improvements over the past few years, including an expansion of the trail network and a major lodge renovation. Check out: titusmountain.com.

**Mount Pisgah** in Saranac Lake is an excellent community-supported ski area with 330 feet of vertical, and a variety of slopes and glades. Mount Pisgah has seen an impressive number of improvements over the past few seasons including a brand new T-bar lift in 2012, a new base lodge along with top-notch snowmaking grooming, and night skiing. Visit: saranaclake.gov.

Just a few more weeks remain before the 2014-15 ski season begins for all ski areas, so enjoy your Thanksgiving holiday, make sure your ski gear is tuned and ready to go, and don't forget to do a snow dance!

Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.





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ATHLETE PROFILE

# **Joe Paduano**

### By Dave Kraus

oe Paduano did something very special Jfor veterans – and for himself – when he rode his bicycle across the United States.

Joe pedaled onto the beach in Santa Monica, Calif., on October 15 to finish his trip and was greeted by his parents and his girlfriend, Ashley. He stopped, knelt on one knee, pulled out a ring, and proposed to the woman who had supported him through months of training and preparation for the trip.

Of course she said yes. He slipped the ring on her finger, told her "I gotta go finish this thing," and wheeled his bike the last few feet into the surf to symbolically finish his trip. Then he returned to her embrace and the occasion was complete.

It was Day 48 of a cycling odyssey that took the Capital Region native over 3,000 miles to raise money for the Wounded Warrior Project to help injured veterans. But his interest in fitness began long before he took his first pedal stroke westward from South Amboy, N.J., on August 29.

After being born and raised in Stillwater, Joe left for Florida to attend college at Barry University in Miami, but then he returned to his roots in upstate New York to be near family and work for New York State as a forensic auditor. He's always been active, encouraged by his parents, John and Patty Paduano, who are also fitness enthusiasts. "It was rare that they just let me sit around," he says. "I was usually doing something: staying active, getting outdoors, or riding my bike around town."

After years of mountain biking, Joe switched to road cycling several years ago and it became his passion. As he gained fitness, he realized this might be the right time to pursue his dream of travelling across the country. "It's just one of those things I always

AGE:	27
<b>RESIDENCE:</b>	Albany

CROSSING THE MISSISSIPPI RIVER

FAMILY: Parents, John and Patty Paduano; Fiancée, Ashley Brough **OCCUPATION:** Forensic Auditor, Office of the NYS Comptroller **PRIMARY SPORT:** Road biking

**SECONDARY SPORT:** Mountain biking

wanted to do, and then once I realized I had the vacation time available, I decided what better time to do it than now?

His family also realized he was serious once he started talking about it. His aunt, Jean Paduano Teal of Clifton Park, is a cyclist herself and first heard about his plans on the porch at the family's Sacandaga Lake camp. "We were sitting around up there one day and he just kind of blurted it out - and he did it! He was determined, that's for sure."

Though he's not a veteran himself, Joe has friends in the military and guickly decided to make his quest a benefit for the Wounded Warrior project. "This is a cause I've always believed in and as soon as I made the final decision to do this ride, I knew I wanted to do it for them."

He set up a fundraising web page and decided on a goal of \$10,000. After completing his trip he's almost there, with just over \$9.000 donated.

Then he started training in earnest for the challenge he admits is the toughest thing he's ever taken on. Over 18 months he rode almost 4,000 miles before starting his trip. Most of his rides were on his own, though he did ride the 100-mile century at the Saratoga Springs Tour de Cure in June. The flexibility to work a four-day week also helped. "I don't really have any friends who are into cycling the way I am," he said. "Every day

after work I'd try to knock off 12 to 15 miles, then Fridays 25 to 30, and then longer miles on the three-day weekends."

START IN SOUTH AMBOY, N.J.

He also prepared mentally for what he knew would be some difficult days riding. "I knew that my body was ready for it. I felt like I was physically prepared. I just had to get my mind in the right place to get through some of those really tough days."

He planned his route online, avoiding highways and tolls. Then each day's ride was organized with the mileage and climbs mapped out.

Once he started, he rode six days and rested the seventh, getting up early to ride in the cool mornings after breakfast and a half hour of stretching. By 1pm he would be done for the day, resting and attending to all the details of keeping everything running smoothly.

He travelled light, riding his touring bike with no support vehicle, and only two saddlebags. The bike had a triple crank in front and nine-speed cassette to give him low gearing for hills, and the bags were stuffed with clothing and spare parts. As it turned out, he only had to contend with a broken chain and one flat tire after running over a nail. Other than that, his equipment worked perfectly.

But the broken chain came on Joe's fourth day, one of the toughest of the trip. He suffered as his body adapted to riding every day while climbing the seemingly endless steep hills of Pennsylvania. Then his chain broke. Then it started raining. "I knew that day was going to be tough, but there was the chain break and a lot of rain, a lot of wind," he remembers. "But I kept pushing through and tried not to let it get to my head."

Apart from some tough headwinds while heading west through Kansas and Colorado. his only other crisis came in New Mexico



when he stopped to take a break in 30 degree cold - and woke up face down on the pavement. He had passed out after getting dehydrated in the thin, dry high desert air. But he managed to ride the remaining 60 miles to his destination, where he got stitches to close up a cut above his left eye.

But along with the challenges went good times and people he will never forget. One bed and breakfast owner gave him discounts and food for the next day's ride. He arrived at a Kansas hotel to find a free room, and at another hotel in California people brought dinner to him in his room when they found out about his journey. He bought a tent for the trip, but didn't have to use it. His family paid his day-to-day expenses so he could stay in motels instead of camping on the roadside. "When people would find out what I was doing, they were very kind. I was surprised at the good nature and generosity of everyone I met along the way," he said.

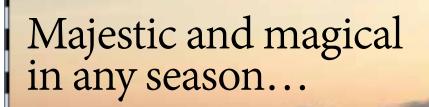
By the time he reached Santa Monica, Joe had ridden 3,001 miles and pedaled for over 220 hours, averaging just over 73 miles per day, and riding 129 miles on the longest segment. He climbed over 120,000 vertical feet during the trip - like riding up Mount Everest four times - and burned over 142,000 calories.

Now that he's achieved his goal, Joe says he's "knee deep" with Ashley in planning their wedding next October 30. But he will continue to look for new challenges. "I'm looking forward to just relaxing, but I'm definitely not going to stop riding my bike and getting healthy.

For a day-by-day diary of Joe's trip, visit his Facebook page at facebook.com/jpcrosscountry.

Help Joe reach his fundraising goal. Visit his Wounded Warrior page at support. woundedwarriorproject.org/individual-fundraising/jpcrosscountry.

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer, and writer who would like to do his own cross-country ride someday.







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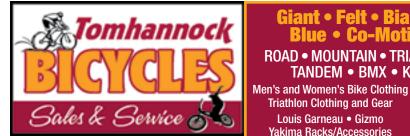
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SNOWSHOE RUNNING & HIKING

### COURSE DESIGNER TIM VAN ORDEN CHEERS FOR BRIAN NORTHAN OF GUILDERLAND AT THE 2014 NATIONALS AT PROSPECT MOUNTAIN IN WOODFORD, VT. COURTESY OF US SNOWSHOE ASSOCIATION

By your third loop, less resistance will make you faster, even if you are proceeding at the same effort. Do as many loops as you desire, making sure to pump your arms for added power, taking shorter strides than you think necessary.

For the uphills, try to land flat-footed on your cleats for maximum traction. Enjoy the ride down on your snowshoe tails, expecting considerably longer strides. This is will be as close to skiing as you will get on snowshoes. On the flats, once you have the snow tamped down, Jim Freim advises, "Lift your feet as little as possible to save energy and speed up your cadence. Each stride should glide over the other snowshoe."

This workout illustrates a valuable lesson when it comes to racing. In a road race, if you practice the course you have a pretty good idea of your race day strategy. In snowshoe racing, even if you have raced the same course for five consecutive years, your times can never be accurately predicted as so much depends on current snow conditions. You may find yourself in that conga line or respectfully behind it, letting the front runners do the heavy lifting. Or slick conditions may produce a fast, sometimes out-ofcontrol ride.

As more runners adopt snowshoeing as their winter sport, there are more races to choose from in the area. Since the season is brief, you can go for frequent doubleheader weekends. Most prefer to tackle their most difficult event on Saturday and "relax" on Sunday. But no matter how you initially feel when you wake-up Sunday morning, you will be surprised to discover that because there

ARCH

is less pounding, you feel fairly normal after a good warmup. Many of the longer events are also accompanied by shorter options where hikers are welcome.

The major Northeast races are part of the Dion Snowshoes WMAC Series. While we are still working out kinks in the schedule, the launch date is Saturday, Dec. 27 at Hilltop Orchards in the Berkshires, where we wend our way through apple trees and forests. Post-race, we top off our efforts with a lodge fire and regular or hard cider from Hilltop's Furnace Brook Winery.

Other gentle races include Saratoga Winterfest 5K in the Saratoga Spa State Park on Super Bowl Sunday, Feb. 1, and Albany Running Exchange's "Brave the Blizzard" 5K on Sunday, Feb. 22 in Guilderland. Bob Dion's "Hoot, Toot & Whistle" is mid-January in Readsboro, Vt., with its relentless course paralleling the old railroad tracks. It sounds like it should be an easy, level ride, but it never is, with tricky single-track to negotiate!

Tim Van Orden will be following up his Prospect Mountain 2014 Nationals success with no less than three different hilly events in Woodford, Vt.: a 5K on Jan. 25, the 10K Nationals course on Feb. 21, and a fun relay and hill climb on March 8.

Local Nationals qualifiers include our own Camp Saratoga five-miler at Wilton Wildlife Preserve/Park on Sunday, Feb. 15; Cock-A-Doodle Shoe at Saranac's New Land Trust on Jan. 17; ESSRA NYS Snowshoe Championships at Paul Smiths on Jan. 25; and Highland Forest near Cazenovia on Feb. 22. Check out listings for these races and others in this issue's Calendar of Events, and at the Nationals site: snowshoeracing. com. The 10K USSSA Nationals will be held in Eau Claire, Wisc. on Feb. 28. Giving a nod to the increasing popularity of long distance snowshoeing, the weekend will also include a half marathon competition the following day, making it conceivable that one athlete could earn two golds.

This winter, follow in the footsteps of Jen Kuzmich, a Greenwich Elementary School teacher, whose entire approach to the winter season has about-faced. "Although as a teacher I always enjoyed a snow day, snowshoeing has brought back that joy that I had as a child when I saw those first snowflakes fly... I love the quiet treks with my dogs in the woods, the way the students ooh and ahh as I come into school carrying the snowshoes I wear each day to school in the winter, and celebrating that I can do something that makes life seem so stinking good, when most of the Northeast is whimpering around their woodstoves."

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

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Trail runners already know that trail miles are a lot longer than the same mile on the road, but if they are new to snowshoeing, they may assume that time expectations will be roughly the same. Not so. Just the act of lifting heavier footwear through deep snow and up steep inclines will send your heart Trail runners already know that trail miles necessary. For the uphills, try to your cleats for maximu ride down on your snow considerably longer stric close to skiing as you w

rate monitor into ranges hitherto unattainable except during interval (fast) running. So, even for experienced athletes, it is best to ease in gradually with an every other day or hard/easy/easy approach. Expect to do more walking than you would normally do.

more than a pair of running shoes, it is a much

better long-term investment since parts can

be upgraded or replaced instead of having to

start from scratch.

Experienced shoers, when faced with a race in deep powder will adopt a conga line approach, with the front runners peeling off frequently. The real race will come with a sprint to the finish where the terrain normally opens up. Even on packed-down paths, you will find that the weight of the lightest Dions and the extra leg lift required will slow your pace. The reward comes with stronger quads, toned muscles, and greater energy to jump-start your spring training. You will easily pass your buddies who treadmilled and couch potatoed their way through the winter season.

To illustrate this concept, follow the sample workout from Dr. Jim Freim as outlined in his *Trail Runner* magazine article in January 2004. Before the snow makes exploring more time-consuming, locate a mile loop featuring flats, steep uphills and downhills. In fresh snow, your first go-round will build your quads as you step higher to make a path.

# By Laura Clark

ole, in Kenneth Grahame's Wind in the Willows, revels in winter's storytelling slowdown and appreciates glimpsing once more the "insides of things." His bare bones perspectives reveal skeletoned trees and crisp, cookie-cutter stars. Winter is the time to relax, recharge and rejuvenate. Still, while a few weeks of Christmas indulgence is appreciated, active folks become restive, muscles twitch and dark, stripped-down days become wearisome.

Instead of challenging icy roads or breathing stale gym air, hit the trails for some fun in the snow. Snowshoeing has a two-minute learning curve, can be done in running clothes you already own, and unlike other cross-training substitutes, provides the runner's high we all need. Vermont's own Bob Dion, crafter of Dion Snowshoes (dionsnowshoes.com), and title sponsor of the USSSA Snowshoe Nationals, reports that pre-season sales have already exceeded those of last year. No longer a fringe sport, snowshoe racing has hit the big time.

Locally, Bob is hosting a Saturday, Dec. 13 Demo Day at Fleet Feet Sports Adirondack, where you can try on a pair of snowshoes, hit the surrounding woods, tackle that learning curve, and get your Christmas shopping DONE. Bob or one of his representatives attends all events in the Western Massachusetts Snowshoe Race Series (runwmac.com), so if you need further advice or wish to switch cleats or straps, he is there for you. A rare opportunity to feel like an elite racer with an on-call coach! And while the initial cost of snow footwear is



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INSIDE

TRX

### / A `

				E CLASSIC – TH		
•		nd Forg		ong Lake to Sarar	nac Lake	
<b>OPEN TOURING - TOP 20 FIN</b>				OCK MENS MASTERS		
1 Scott Stenberg/Tom lerardi	Moravia/Skaneateles	14:34:02			Hamilton College	16:07:34
2 R. Thompson/C. Thompson/P.	Smith-Bellonte/D. Markel				Potsdam	17:08:44
Old Forge/Lewiston/NewYork		14:36:09			Potsdam	17:34:03
3 C. Mallery/E. Mallery/R. Billsba		15:10:36		OCK MENS VETERANS		
4 Brian Donovan/Caren Donova		15:13:52		. J	Saranac Lake	15:59:37
<ol> <li>B. VanDelinder/K. Birtle/B. Litv</li> </ol>					Southampton, ON	17:58:53
Needham, MA/Forestport/Hop		15:16:16			Dansville	19:16:54
Andy Hughes/Ed Evans	New Hartford, CT/			OCK WOMEN		
New Woodstock		15:17:55			New Philadelphia, OH	18:04:00
Bruce Kennedy/Yvon Ranger		15:21:48		MATEUR MEN		
M. Skivington/P. Skivington/Pa					Lake Clear	20:08:41
Scottsville/Honeoye Falls/Roch		15:24:15		NG KAYAK MENS OPEN		
J. Mattingly/L. Turturro/D. Hen					Sarnia, ON	15:06:26
Theresa/Watertown/Clayton/C		15:31:00			Saranac Lake	16:55:46
0 J. Kelly/J. Perkins/M. Whitlock/	K. Brown				Portsmouth, ME	20:00:08
Tully/Cortland	dala (D. Mandon dala	15:41:32		NG KAYAK MENS MAST		14.37.42
I1 M. Petronis/K. Scott/A. Markw Guide and Scott A. Markw		15.42.50			Rochester	14:27:13
Saratoga Springs/Round Lake/		15:42:58			Mooers Forks, NY	15:08:28
2 Ken Streb/Debbie Gilbert Brax		115:44:05			Rochester	17:44:23
13 D. Snyder/J. Snyder/K. Snyder/	u. snyder	15-46-22		ING KAYAK MENS VETER		14.21.20
Canastota/Burlington, VT	t Old Forgo	15:46:32		<i>.</i>	Saranac Lake	14:21:29
4 Pierre Tetreault/Sandy Tetreaul		15:48:33		in Marona <b>OCK MEN</b>	Granby, CT	15:48:45
5 S. Sweeney/K. Sweeney-Salvat					Hood	
Calais, VT/Essex, VT/Burlingtor		15:52:14		Aprea/S. Miller/M. Winter/P.		12.20.00
<ol> <li>6 Seth Dunn/Ethan Winter</li> <li>7 B. Montabana/W. Miller/R. Co</li> </ol>	Saratoga Springs	16:01:18		sterlitz/Groton, MA/Brattlebo Berl/R. Butts/P. Madden/B. C		12:30:00
Aldan, PA/Rochester/Wynnew		16:03:47		icedon/Rochester/Scotia/Sidr		12:45:30
18 Francis Gallagher/Linda Gallag		16:05:35		Neiler/R. Furstoss/J. Urkfitz/E		12.45.50
19 A. Mozdzier/J. Baumann/J. Mu		10.05.55		neove Falls/Mendon	. dimin	13:16:02
Tupper Lake/Lake Placid/Saran		16:06:06	C-4 MI	,		13.10.0Z
20 Tim Garbarino/Matt White	Blackwood, NJ	16:06:08		McLain/L. McLain/K. McLain/	/G. McLain	
ONE-PERSON GUIDEBOAT	Blackwood, NJ	10.00.10		esapeake, VA/Ballston Spa	G. MICLUIT	13:32:42
Ed Van Keuren	Cherry Hill, NJ	20:34:59		itout/P. Gruber/R. Bailey/D. Z	ier Corsica PA	13:39:04
Paul Van Cott	Saranac Lake	20:34:59			Rochester	13:39:04
WO-PERSON GUIDEBOAT MI		LI.JJ.IJ			nocritatei	13.40.47
Rod Ives Jr/Matt Napierala	Erieville/Manlius	17:35:49		Wesley/H. Reynolds/R. Barto	in/R Davis	
Chris Dyer/Joe Markowski	2	.,		sfield, MA/Rochester/Home		12:32:07
North Ridgeville, OH/Parma, C	н	18:17:25		Emanuels/L. Pattison/M. Atte		.2.32.07
Glenn Applebee/Garrick Apple		10.17.25		milton College	croary b. Nappi	16:42:46
Trumansburg/Shelburne, VT		19:19:08		Mutton/M. Robinson/D. Smi	th/C Shores	10.12.10
WO-PERSON GUIDEBOAT W	OMEN	15.15.00		rport/Rochester/Mumford	ave. shores	20:55:05
Stacie Smith/Shelly Gibson	Irmo, SC	20:38:09	C-4 OF			20.55.05
WO-PERSON GUIDEBOAT M		20.50.05		Barton/M. Davis/W. Willough	nbv/7 Mack	
Jennifer Okonuk/Marcello Tori		16:35:03		mer, MI/Grayling, MI	iby/2. Mack	11:40:43
2 Chuck Laman/Leslee Boissy	Central Square	20:10:20		Hunter/M. Clout/P. McConvi	ille/D_Vandorne	
VOYAGEUR CANOES				e Placid/Port Colborne, ON/Pa		12:18:42
Erik Werner/Jeff Furkin/Kathy	Grimes/Bob McNamara/			Newman/D. Thomas/K. Dom		
Tes Myrie/Albert Spring/Brayto		12:35:01		nton/Watertwon/Rainbow la		12:18:48
Dog Breath: Alec Davis/Roger				MATEUR MENS OPEN	-	
Amanda Castignetti/Jim Amel		ison/		thony Chungbin/Chris Chun	igbin East Amherst	15:32:36
Joseph Schlimmer/Dylan Kirk		12:49:30				17:38:31
Adirondack Women: Grace M				MATEUR MENS MASTER		
Elsa Evans-Cummer/Amy Saue		rvaznik/			Honesdale, PA/Ontario	14:55:17
Tiffany Kivlen/Kathleen Branno		15:21:10		,	Lake Clear/Lebanon, PA	
-2 RECREATION MEN					ethport, PA/Tidioute, PA	
William Shea/ Michael Champ	agne			MATEUR MIXED OPEN	,	
Windsor Locks/E.Windsor/CT	-	16:36:44			Ausable Forks	16:00:02
James Mattingly/ Marvin Matt	ingly Theresa	17:35:00		n Flower Seyse/William Seys		17:17:56
OLO REC MEN				y Beckwith/Forrest Beckwith		
Joe Moore	Lake Placid	14:22:27		hmond, VT/Burlington, VT		18:15:41
2 Morgan Hoven	Clifton Springs	14:36:20		MATEUR WOMEN		
B Eddie Gibbs	Ray Brook	14:53:33		ah Dantuano/Medeina Ryan	1	
SOLO REC WOMEN	,			anac Lake/Rainbow Lake		16:39:31
1 Kerry Shea	Saranac Lake	17:24:32		OCK MENS OPEN		
C-1 STOCK MENS OPEN				ris Burnham/Nicholas Gouw	ens	
Sterling Ford	Enosburg, VT	17:59:55		anac Lake/Lake Placid		14:41:10
2 West Tickner	Old Forge	18:29:11			Monroe Township, NJ	14:57:16
B Eric Socash	Old Forge	18:32:58		tthew Williams/Louis Ferron		15:19:24

### 32ND ANNUAL ADIRONDACK CANOE CLASSIC - THE 90-MILER continued

c-2	2 STOCK MENS MASTERS			C-	2 STOCK WOMEN		
1	Ed Wagner/John Potter	Auburn/Port Byron	14:38:55	1	Donna Walsh/Cary Hall	Saranac Lake/Lake Placid	15:50:27
2	John Finnen/Dave Gustin			2	Ashley Evans/Chloe Mattilio	Paul Smith's College	16:09:02
	Pleasant Mountain, PA/Hawley	, PA	15:03:43	C-	2 STOCK SUPER VETERANS	MENS	
3	David Drum/Ben Hanson	Hammondsport/Big Flats	15:21:15	1	Norm Goldstein/Bill Pollock		
c-2	2 STOCK MIXED	· · · · · · · · · · · · · · · · · · ·			Tully/Ste-Agathe-desMonts, Q		18:11:55
÷.	Leave Falser (Dev Mallett	Other ONICH IN OC	14.02.42	- C-	2 STOCK SUPER VETERANS	MIXED	
	Joanna Faloon/Dan Mallett	Ottawa, ON/Chelsea, QC	14:03:42	1	Jack Lamarre/Nanci Lamarre	Bakersville, NC	18:38:04
2	Becky Sutter/Guy Middleton	Saranac Lake	14:41:40	ŤV	VO PERSON KAYAK MIXED		
3	Bill Morgan/Kelli Morgan	Union Springs	15:01:17	1	Matthew Skeels/Eileen Visser	Canton/Potsdam	13:24:54
C-2	2 STOCK MIXED VETERANS	i		2	Gary Ballina/Karen Ruppert	Elizabeth, PA/York, PA	14:34:35
1	Terry Harris/Mary Beth Harris	Hinesburg, VT	18:27:40		Courtesv of Adironda	ck Watershed Alliance	

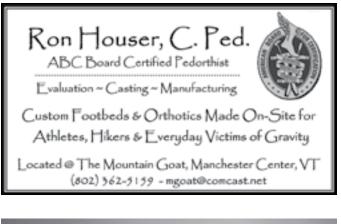
MALE OVERALL				M	ALE AGE GROUP: 40	- 44		
1 Ken Little	27	Ballston Lake	17:15	1	Matthew D'Abate	41	Saratoga Springs	19
2 Jeff Goupil	27	Ballston Lake	17:27	2	Jerry Alexander	42	Clifton Park	20
3 Casey Ross	23	Ballston Lake	17:46	3	Robert Fox	42	Greenfield Center	20
FEMALE OVERALL				FE	MALE AGE GROUP: 4	0 - 44		
1 Jessy Montrose	28	Ballston Lake	19:29	1	Virginia Larner	42	Malta	23
2 Crystal Perno	33	Clifton Park	19:36	2	Jennifer Lunman	40	Malta	24
3 Jennifer Bennice	35	Ballston Lake	20:13	3	Debbie Zelker	44	Malta	24
MALE AGE GROUP: 1 - 1	14			M	ALE AGE GROUP: 45	- 49		
1 Andrew Wade	10	Malta	22:01	1	Daniel Kumlander	49	Malta	21
2 Henry Groseclose	13	Saratoga Springs	22:21	2	Douglas Swank	46	Malta	22
3 Andrew Fogarty	11	Saranac Lake	22:38	3		47	Saratoga Springs	22
FEMALE AGE GROUP: 1	- 14			-	MALE AGE GROUP: 4		Saratoga Springs	22
1 Autumn Soukup	12	Saratoga Springs	24:10	1	Gail Rubinstein	45	Saratoga Springs	23:
2 Julia Shanahan	14	Clifton Park	24:57	2		45	Holderness, NH	23
3 Bridget Shanahan	14	Clifton Park	25:37		Julie Fogarty			
MALE AGE GROUP: 15 -		Circon runk	20.07	3	Laurie Scheuing	48	Saratoga Springs	24
1 Matt Keyes	16	Salem	19:50		ALE AGE GROUP: 50			
2 Sammy Moumen	16	Clifton Park	27:38	1	Johnny Perez	50	Clifton Park	19
3 Jacob Weyrauch	15	Ballston Lake	33:20	2	Sam Mercado	51	Saratoga Springs	19
FEMALE AGE GROUP: 1		Ddiistori Lake	55.20	3	Thomas Rest	54	Clifton Park	21
1 Katrina Teal	19	Mechanicville	25:12	FE	MALE AGE GROUP: 5			
	19			1	Judith Archibold	53	Ballston Spa	24
2 Ally Peyton		Saratoga Springs	25:53	2	Diane Mahar	53	Ballston Spa	24
3 Meghan Liuzzo	16	Malta	26:26	3	Carla Ward	50	Clifton Park	27
MALE AGE GROUP: 20 -			40.40	M	ALE AGE GROUP: 55	- 59		
1 Chris Towler	23	Albany	19:42	1	Vladimir Ilin	56	Albany	18
2 Thomas Pizzone	24	Malta	21:43	2	Frank Lombardo	58	Saratoga Springs	20
3 Christopher Fleshman	24	Mechanicville	22:00	3	David Peterson	55	Saratoga Springs	21
FEMALE AGE GROUP: 2				5	MALE AGE GROUP: 5		Surutogu Springs	21
1 Katelynne Shimkus	24	Saratoga Springs	24:10	1	Maureen Fitzgerald	56	Clifton Park	22
2 Katelyn Mennella	24	Albany	25:02	2	Andrea Peterson	55	Saratoga Springs	25
3 Andie Maret	24	Albany	25:49	2		58		25
MALE AGE GROUP: 25 -	29				Patti Clark		Gansevoort	20
1 Jonathan Peffley	26	Saratoga Springs	17:57		ALE AGE GROUP: 60		Carlle	20
2 Eric MacKnight	25	Ballston Lake	19:33	1	George Baranauskas	60	Scotia	20
3 Benjamin Miller	28	Brooklyn	19:52	2	Steven Koebrich	60	Malta	22
FEMALE AGE GROUP: 2	5 - 29			3	Martin Patrick	60	East Greenbush	23
1 Samantha McBee	28	Saratoga Springs	21:29		MALE AGE GROUP: 6			
2 Vi Pham	25	Saratoga Springs	22:23	1	Judy Phelps	63	Malta	22
3 Kristen Quaresimo	29	Ballston Lake	22:57	2	Maryanne McNamara	60	Gansevoort	26
MALE AGE GROUP: 30 -	34			3	Darlene Cardillo	61	Delmar	28
1 Kazuya Ichiki	30	Guilderland	20:44	M	ALE AGE GROUP: 65	- 69		
2 Padraig Timoney	30	Malta	22:18	1	Terry Smith	67	Galway	24
3 Adam McNeill	34	Saratoga Springs	23:03	2	Richard Baluch	69	Delanson	25
FEMALE AGE GROUP: 3		- natoga spinigs	20.00	3	Raymond Sergott	65	Ballston Lake	27
1 Dana Wiwczar	33	Malta	22:36		MALE AGE GROUP: 6			
2 Kathy Meitl	31	Saratoga Springs	23:54	1	Linda Meier	66	Schenectady	33
3 Erin Burt	34	Queensbury	23.54	2	Nancy Johnston	68	Balliston Lake	37
MALE AGE GROUP: 35 -		Queensoury	24.10	3	Bonnie Hause	66	Malta	51
1 James Kehoe	39 36	Gansevoort	18:26	-	ALE AGE GROUP: 70		ivialla	1
				1		- <b>74</b> 73	Palleton Cna	27
2 David Chatt	37	Ballston Lake	19:18		William Sheft		Ballston Spa Clifton Park	32 42
3 Mark Flusche	37	Malta	21:02	2	Omar Moumen	71	CIITTON Park	42
FEMALE AGE GROUP: 3					MALE AGE GROUP: 7			
1 Maggie Maphia	36	Ballston Spa	21:52	1	Marge Rajczewski	74	Ballston Lake	29
2 Teri Mostoller	39	Ballston Spa	22:29	2	Elizabeth Stano	70	Greenfield Center	47
3 Renee Tolan	39	Clifton Park	22:57		Courtesy of Malta B	usiness &	Professional Associate	ion

# Nancy Bunker, MD



# BUSINESS DIRECTORY







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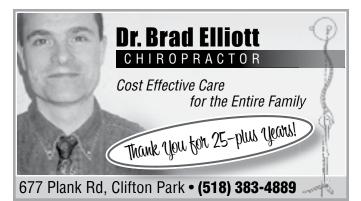
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	ARATHON	- 13.1 MILES			10K RA	CE	
ALE OVERALL				MALE OVERALL			
Dan Nix	24	Carthage	1:19:51	1 Maxime Leboeuf	27	Gatineau, QC	32:4
Andrew Lavin	35	Lake Placid	1:22:06	2 Olivier Babineau	27	Gatineau, QC	34:4
Brian Wilson	31	Dannemora	1:22:54	3 Christopher Keegan	30		36:3
MALE OVERALL				FEMALE OVERALL			
Sarah Keyes	29	Saranac Lake	1:29:08	1 Tina Morrison	29	Washington DC	40:0
Megan Papineau	28	Burlington, VT	1:32:01	2 Janne Rand	29	Lake Placid	40:2
Hannah Kadah	21	Skaneateles	1:41:57	3 Marika Laprise	32	Gatineau, QC	42:1
ALE AGE GROUP: 1 -			4 24 20	FEMALE AGE GROUP:	1 - 19		
Ryan Tober	17	Malone	1:31:39	1 Alaina Broccoli	17	New Hartford	1:04:4
Burkley Sparrow	17	West Point	1:53:26	2 Shannon Bentley	11	Wilmington	1:15:4
Mackenzie Paul	18	Saranac Lake	1:54:14	FEMALE AGE GROUP:		wiinington	1.15.
MALE AGE GROUP:				1 Elise Munn	22 - 23	Lake Placid	47:4
Selena Perrin	19	Canandaigua	2:01:22				
Emma Maggio	16	Pittsford	2:04:51	2 Renee Miller	28	DeKalb Junction	48:2
Grace Maggio	18	Pittsford	2:04:51	3 Lauren Reed	26	Burlington, VT	48:5
MALE AGE GROUP:				MALE AGE GROUP: 20		• · · · · · ·	
Jessica Shumway	23	Potsdam	1:45:25	1 David Mango	21	Greenwich, CT	47:0
Ashley LaCavalla	27	New York	1:45:25	2 Casey Bill	28	Rensselaer Falls	51:2
Laice Redman	29	Saranac Lake	1:50:23	3 Louis Lamarche	27	Montreal, QC	52:4
ALE AGE GROUP: 20				MALE AGE GROUP: 30	- 39		
Tucker Stockman	21	Killington, VT	1:27:13	1 Caleb Allen	34	Ripton, VT	42:1
Sean Davis	23	Willsboro	1:28:29	2 Timothy Durney	33	Plattsburgh	42:2
Ben LeBlanc	23	Saranac Lake	1:29:53	3 Darren Grout	38	Valatie	42:5
ALE AGE GROUP: 30				FEMALE AGE GROUP:	30 - 39		
Marc Galvin	38	Lake Placid	1:25:11	1 Laura Holmes	38	Saranac Lake	43:4
Phil Lynch	34	Saranac	1:26:28	2 Jecinda Hughes	33	Saranac Lake	44:5
Randall Decker	38	Gansevoort	1:31:55	3 Kristin Castle	38	Valatie	50:3
MALE AGE GROUP:				FEMALE AGE GROUP:		Valatie	50.5
Colleen Porter	37	Lake Placid	1:43:58			AA/II	E 1.5
Allison Bradley	38	Albany	1:44:27	1 Sabine Weber	47	Wilmington	51:5
Morgan Stilwell	31	Lake Placid	1:48:02	2 Susan Bibeau	47	Saranac Lake	56:5
MALE AGE GROUP:	40 - 49			3 Angela Alphonso	46	Plattsburgh	57:4
Susan Kelley	44	Burlington, VT	1:42:17	MALE AGE GROUP: 40			
Rachel Stanton	46	Lake Placid	1:48:36	1 Tim Gavin	48		44:2
Jennifer Durenberger	42	Saratoga Springs	1:49:29	2 David Smith	45	Lake Placid	46:1
ALE AGE GROUP: 40	- 49			3 Gunther Fishgold	44	Valatie	46:5
Scott Provost	42	Plattsburgh	1:32:59	FEMALE AGE GROUP:	50 - 59		
Danny Mongno	41	Lake Placid	1:42:41	1 Diane Corey	57	Salisbury, VT	58:3
Jim Deyulio	47	Clinton	1:42:46	2 Pam Rowe	53	West Stockholm	59:1
MALE AGE GROUP:				3 Suzanne Travis	54	Clifton Park	1:02:2
Raune Hamilton	50	Keeseville	1:59:42	MALE AGE GROUP: 50			
Carrie Lavigne	50	Massena	2:06:15	1 Daniel Habel	57	St-Cyrille, QC	42:3
Colleen Skufca	50	Wilmington	2:09:45	2 Joseph Langlois	51	New Hartford	46:4
ALE AGE GROUP: 50				3 Michael Burns	53	Syracuse	40.4
Willie Janeway	51	Keene	1:39:41	FEMALE AGE GROUP:		SyldCuse	49.1
Kirk Fasking	56	Lake Placid	1:43:36			Mary Hantford	<b>FF</b> - 4
Douglas Polsin	52	Baldwinsville	1:44:31	1 Donna Kapes	60	New Hartford	55:1
MALE AGE GROUP:	60 - 99			2 Marion Oswald	62	Old Forge	1:06:5
Nancie Battaglia	60	Lake Placid	2:01:35	3 Kathe Fox	65	Baltimore, MD	1:13:2
Kathleen Wiltrout	63	Lancaster	2:11:32	MALE AGE GROUP: 60			
ALE AGE GROUP: 60	- 69			1 Donald Goodwin	66	Manotick, ON	48:0
Jay Cohan	63	Dix Hills	2:01:56	2 Larry Rowe	60	West Stockholm	49:4
Don DeKay	60	Baldwinsville	2:04:24	3 Woods McCahill	63	Lake Placid	55:2
Barry Fitz-James	63	Lake Placid	2:06:34			Placid Classic	

### **DOUBLE H RANCH CAMP CHALLENGE 5K RUN** September 6, 2014 • Double H Ranch, Lake Luzerne

						• •			-
M	ALE OVERALL		11	Larry Navatka	22:28	6	Linda Sherman	25:59	Courtesy of Double H Ranch
1	Shaun Evans	15:39	12	Eric Weber	24:29	7	Barbara Mykytyn	25:59	
2	Chris Marsh	17:25	13	Mike Gulli	25:17	8	Ronni Travers	26:00	
3	David Unverhau	19:45	14	Juston Bombard	25:26	9	Catherine Combs	27:15	
4	Lance Decker	20:00	15	Colin Combs	27:31	10	Jennifer Lary	27:46	
5	Shane Bleyenburg	20:04	FE	MALE OVERALL		11	Jen Benson	27:46	
6	Brian Skorney	20:15	1	Liz Maziejka	21:24	12	Jessica Corwin	28:44	
7	Jason York	20:46	2	Lindsay Genier	23:22	13	Elyse Hagy	28:53	
8	Hank Wysocki	21:12	3	Keirsten Jennings	23:47	14	Robin Tarana	29:23	
9	Steven Hagy	21:15	4	Colleen Brown	24:44	15	Cassie Gulli	29:58	
10	Paul Stevens	21:43	5	Danielle Weber	25:00	15	Shannon Jones	29:58	

### **2ND ANNUAL YOUTH MAKE A DIFFERENCE 5K** September 6, 2014 • North Greenbush Town Hall, Wynantskill

Μ	ALE OVERALL				FE	MALE AGE GROUP: 1	5 - 19		
1	James Faraci	14	Troy	19:06	1	Jessica Elder	17	Wynantskill	25:19
2	William Colvin	50	Bennington, VT	19:34	2	Lauren Elder	17	Wynantskill	26:59
3	Justin Smith	31	Troy	20:12	3	Anabella French	17	Wynantskill	29:14
FE	MALE OVERALL		,		M	ALE AGE GROUP: 20			
1	Brina Seguine	24	Rensselaer	19:30	1	Michael Kruczlnick	20	Wynantskill	21:15
2	Jessica Chapman	36	Bennington, VT	21:26	FE	MALE AGE GROUP: 2		_	
2			J .		1	Kassy Andrade	23	Troy	23:10
3	Jamie Desso	31	Wynantskill	21:37	2	Julie Halsdorf	24	Albany	23:20
М	ALE AGE GROUP: 1 -	- 14			3	Brittany Galipeau	22	Troy	30:04
1	Sean Malenfant	11	Averill Park	23:45	M	ALE AGE GROUP: 25	- 29		
2	Thomas O'Brien	11	West Sand Lake	24:40	1	Phillip Sheehan	25	Wynantskill	21:59
3	Carter Maxon	11	Wynantskill	24:44	2	Ryan French	29	Rensselaer	23:40
FE	MALE AGE GROUP:	1 - 14	,		3	Steve Walsh	26	Troy	25:26
1	Hannah Ryan	12	West Sand Lake	27:34	FE	MALE AGE GROUP: 2	25 - 29		
2	Alex Vanderkar	12			1	Liz Louden	27	Troy	24:02
2			Averill Park	27:34	2	Aimee French	26	Rensselaer	25:41
3	Delaney Barton	12	Wynantskill	28:05	3	Jamie Delamater	29	Rensselaer	31:06
М	ALE AGE GROUP: 15	5 - 19			M	ALE AGE GROUP: 30	- 34		
1	Charles Eaton	15	Wynantskill	23:17	1	Rob Fortin	32	Troy	24:48
2	Garrett Alpaugh	17	Wynantskill	30:47	2	Scott Bearder	31	Wynantskill	43:01
									continued

	MALE AGE GROUP: 3					DIFFERENCE IALE AGE GROUP: 50		onunued	
1	Kristin Huestis	33	Wynantskill	22:38	1	Matthew Bell	- <b>34</b> 51	Wynantskill	22:07
2	Kelli Donohue	31	Trov	26:19	2	Sean O'Brien	53	Loudonville	22:07
2	Amanda Gyves	32	Trov	27:18	3	Mark Lewis	52		23.28
M	ALE AGE GROUP: 35		noy	27.10	5	EMALE AGE GROUP:		Troy	27.44
1	Jonathan Tucker	35	Troy	21:22				Waterford	26.47
2	Christopher Carter	36	Averill Park	27:52	1	Lori Francesconi	53		26:47
3	Robert Hardy	35	Fast Greenbush	23:57	2	Roama Binan	50	Wynantskill	33:47
-	MALE AGE GROUP: 3		Last dieenbush	25.57	3	Dawn Gomes	51	Wynantskill	45:03
1	Nicole Cioffi	35	Wynantskill	30:16	M	ALE AGE GROUP: 55			
2	Charlene Chase	39	West Sand Lake	31:34	1	Tom Genero	57	Averill Park	22:30
3	Sarah Ragone	38	Trov	31:46	2	Jerry Collins	55	Troy	25:39
-	ALE AGE GROUP: 40		noy	51.40	FE	EMALE AGE GROUP:	55 - 59		
1	Michael Ruppe	- 44 40	Trov	23:26	1	Jill Faraci	56	Troy	31:32
2	Brent Conlee	40	Averill Park	25:20	2	Kathleen McGrath	59	Troy	33:16
2		42		25:27	3	Nancy Valley	55	Wynantskill	33:16
3 FF	Tim Flannery MALE AGE GROUP: 4		Wynantskill	27:02	M	ALE AGE GROUP: 60	- 64		
TE		<b>44</b> 43	West Sand Lake	27:34	1	William Nadeau	64	Wynantskill	23:58
1	Monica Ryan Nicole Pelletier	43 44	Averill Park	27:34	2	lon Leach	62	Wynantskill	26:11
2		44		29:15	3	David Heyward	60	Wynantskill	31:20
-	Jeanette Cone ALE AGE GROUP: 45		Poestenkill	29.37	FF	MALE AGE GROUP:	60 - 64		
IVI.			т	20.22	1	Cathy Soloyna	61	Wynantskill	29:32
2	George Burke Tom Mack	48 49	Troy	20:32 22:46	2	Cathy Lanesey	64	Troy	29:43
2			Wynantskill		2	Maria Dillon	61	West Sand Lake	35:54
3	Mike Malenfant	46	Averill Park	23:50		IALE AGE GROUP: 65		West Janu Lake	JJ.J4
FE	MALE AGE GROUP: 4			24.55	1		- <b>69</b> 69	Averill Park	41:37
1	Kimberly Wright	47	Wynantskill	21:56	1	Charlie Matlock			
2	Beth Litz	48	Troy	31:22	2	Robert Lockwood	65	Rensselaer	43:38
3	Claire Robelotto	49	Averill Park	32:05		Courtesy of Nort	n Greenbu	ish Youth Departmen	nt

### **5TH ANNUAL 5K RUN FOR THE HORSES** September 6, 2014 • Saratoga Spa State Park, Saratoga Springs

	Jep	tembe	10,2014 • 541	atoga 5	pa	State Faik, Said	noga .	prings	
М	ALE OVERALL				FE	MALE AGE GROUP: 4	10 - 44		
1	Connor Oakman	16	Lafayette	18:18	1	Suzette Lescault	43	Corinth	29:38
2	Mike Bracken	40	Saratoga Springs	20:04	2	Adrienne Korkosz	43	Schenectady	53:19
3	Greg Ethler	41	Clifton Park	21:33	м	ALE AGE GROUP: 45	- 49		
FE	MALE OVERALL				1	Richard Loud	49	Ballston Spa	22:56
1	Erin Lopez	33	Saratoga Springs	19:53	2	Rosario Sanfilippo	46	Saratoga Springs	25:25
2	Mary Buck	50	Mechanicville	22:31	3	John George	47	Scotia	26:24
3	Sarah Morris	27	Saratoga Springs	24:42		MALE AGE GROUP:	15 - 49		
M	ALE AGE GROUP: 1 -	14 8	Dollaton Con	32:14	1	Kim Eisler	47	Ballston Spa	25:48
	Sean Hughes MALE AGE GROUP: 1		Ballston Spa	32.14	2	Courtney Moriarta	45	Greenwich	26:01
Г <b>Б</b> 1	Renee Madcharo	12	Ballston Spa	35:07	3	Sonja Rossi	45	Saratoga Springs	32:16
2	Katy Hawthorne	11	Middle Grove	37:18		ALE AGE GROUP: 50		salatoga spinigs	52.10
FF	MALE AGE GROUP: 1		Wildule Grove	57.10	1	Victor Madcharo	54	Ballston Spa	24:10
1	Emily St. Germain	15	Fort Ann	28:33	2	John Paduano	54	Malta	24:26
M	ALE AGE GROUP: 20		10re7 and	20.55	3	Andrew Gilchrist	50	Cropseyville	27:10
1	Andy Gilchrist	22	Cropseyville	22:07		MALE AGE GROUP: !		cropscyvinc	27.10
2	Phil Yoss	22	Albany	23:07	1	Ellen Moran	54	Saratoga Springs	31:12
FE	MALE AGE GROUP: 2	20 - 24			2	Debra Vunk	51	Middle Grove	32:31
1	Heather Graff	24	West Chazy	34:23	3	Diana Piculski	52	Shushan	32:48
FE	MALE AGE GROUP: 2				-	ALE AGE GROUP: 55		SHUSHIAH	JZ.40
1	Nicole Runyon	29	Rensselaer	31:14	1	David Leith	- <b>39</b> 59	West Charlton	25:28
2	Kaitlyn Calaluca	26	Troy	31:38	2	Joe Natalie	58	Rotterdam	25:20
3	Lindsay Kaufman	28	Niskayuna	32:36	2	John Stevens	55		23.40
M	ALE AGE GROUP: 30				-	MALE AGE GROUP: !		Saratoga Springs	28:00
1	Anthony Mastroianni	33	Saratoga Springs	22:22				Marca March	26.00
2	Jason Agius	31	Saratoga Springs	25:32	1	Diane Lebowitz	55	New York	26:00
5	Jason Juliano	31	Albany	29:07	2	Theresa Hughes	58 58	Ballston Spa	32:20
	MALE AGE GROUP: 3	32 - 34	Countrin Coulo no	24:58	3	Mary Ann Valikonis		Edinburg	46:41
ו ר	Jamie Mastroianni Jeanna Mead	32	Saratoga Springs Mechanicville	24.58		ALE AGE GROUP: 60			
2	Anna Millea	30	Saratoga Springs	28:01	1	Mark Sager	64	Glens Falls	23:37
, M	ALE AGE GROUP: 35		Salatoya Springs	20.01	2	Richard Bennett	62	Clifton Park	25:46
1	Noah Qua	37	New York	25:24	3	Gary Wood	64	Greenfield Center	27:55
,	Jeffery Cannizzo	35	Schenectady	35:14		MALE AGE GROUP: 0			
FE	MALE AGE GROUP: 3		Scheneeday	55.11	1	Adele Pace	61	Clifton Park	29:13
1	Amber Trendell	35	Burnt Hills	25:54	M	ALE AGE GROUP: 65			
2	Kelly Buckley	37	Ballston Spa	26:51	1	Jim Cunningham	69	Ticonderoga	27:00
3	Jessica Nash	39	Troy	27:46	2		65	Milton, VT	27:09
м	ALE AGE GROUP: 40	- 44	,		м	ALE AGE GROUP: 70	- 74		
1	David Shumpert	43	Clifton Park	23:54	1	Howard Jones	71	Clifton Park	26:22
2	Paul Colone	41	Wellesley, MA	26:08		Courtesy of Thoro	ughbred l	Retirement Foundatio	n

### 35TH ANNUAL DUNKIN' RUN: 5K & 10K September 7, 2014 • Jewish Community Center, Albany

	Jepie	111DEI 7, 2014 ·	Jevvisii		minum y cente	, AIDC	лиу	
	5K ROAD	RACE		FE	EMALE AGE GROUP:	15 - 19		
MALE OVERALL				1	Emily Patnaude	16	Albany	25:41
1 Aaron Lozier	26	Albany	16:10	2	Laura Bulmer	15	Albany	26:32
2 Eamon Dempse		Delmar	16:23	3	Cate Chamberlain	16	Albany	26:49
3 Kevin Treadway	,	Albany	16:27	м	IALE AGE GROUP: 20			
FEMALE OVERAL		/ ubdaily	10.2.	1	David Marinstein	22	Slingerlands	24:52
1 Renee Tolan	39	Clifton Park	18:03	FE	EMALE AGE GROUP:	20 - 24		
				1	Brandy Eggan	22	Albany	25:05
2 Diana Tobon-Kn	obloch 33	Guilderland	19:34	2	Rhea Rapazzo	21	Albany	26:29
3 Dana Wiwczar	33	Malta	22:10	3	Rayne Rapazzo	21	Albany	26:35
MALE AGE GROU	JP: 1 - 14			M	ALE AGE GROUP: 25	- 29		
1 Jacob Brass	14	Delmar	20:20	1	Christopher Allin	25	Troy	19:34
2 Barak Binyamin	13	Albany	21:35	2	Brandon Carney	27	Troy	23:08
3 Jeremy Gundrur	m 14	West Sand Lake	22:01	3	Eric Mishkin	25	Old Chatham	25:00
FEMALE AGE GR				FE	EMALE AGE GROUP:			
1 Rebecca Cropse		Schenectady	22:14	1	Kait Ross	25	Latham	23:05
2 Anna Tommasor	,	Schenectady	25:57	2	Valerie Lubanko	29	Watervliet	25:32
		,		3	Jamie Phillips	29	Nassau	26:20
3 Claire Patnaude		Albany	28:02	M	ALE AGE GROUP: 30	- 34		
MALE AGE GROU	/P: 15 - 19			1	Tony Pazmino	32	Voorheesville	22:31
1 Cal Arnold	17	Latham	21:30	2	David Gibson	34	Albany	23:50
2 Isaiah Thomas	16	Albany	27:55	3	Matthew Kelly	32	Albany	23:59 continued

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### **F**A ESU Ц

	351	TH A	NNUAL DU	NKIN'	RUN: 5K & 10K	conti	nued	
FI	EMALE AGE GROUP: 30 -	34			MALE AGE GROUP: 15 -	19		
1	Abbie Archibald	30	Saratoga Springs	23:12	1 Noah Valvo	15	Delanson	37:31
2	Maggie Wood	32	Albany	23:35	2 Ahkeel Owens	19	Wappingers Falls	44:40
3	Jessica Davos	33	Albany	23:54	3 Kyle Henderson	18	Clinton Corners	56:53
	ALE AGE GROUP: 35 - 3		A II	10.55	FEMALE AGE GROUP: 15 1 Olga Aristova	- <b>19</b> 15	Round Lake	55:49
1 2	Daniel Gracey Christopher Gerard	37 35	Albany Albany	18:55 21:31	MALE AGE GROUP: 20 - 1		KOUHU Lake	55.49
3	Christopher White	35	Albany	21:51	1 David Shieh	20	Troy	50:58
	EMALE AGE GROUP: 35 -		ruburry	21.50	FEMALE AGE GROUP: 20	- 24	.,	
1	Janelle Lane	35	Ballston Spa	26:09	1 Sarah Bernier	23	Schenectady	49:34
2	Courtney Rickert	37	Albany	26:13	2 Rebecca Marszalek	24	Clifton Park	1:02:09
3	Kate Fabian	37	Slingerlands	28:20	3 Olivia Prout MALE AGE GROUP: 25 - 3	24	Troy	1:04:38
	IALE AGE GROUP: 40 - 44			47.54	1 Richard Messineo	25	Nassau	34:34
1	Frank Horn	44 42	Albany Ballatan Laka	17:34 19:02	2 Nicholas Curelop	26	Housatonic, MA	37:19
2 3	Yuiry Benderskiy Korey McCoy	42 43	Ballston Lake Latham	19:02	3 Ben Heller	25	Albany	38:43
	EMALE AGE GROUP: 40 -		Edition	15.05	FEMALE AGE GROUP: 25			
1	Christine Arace	41	Pittsfield, MA	24:45	1 Chelsea DeSalvatore	28	Clifton Park	49:39
2	Margul Lemmerman	42	Albany	25:24	2 Danielle Giulian 3 Megan Alexsa	28 28	Pittsfield, MA	52:42 53:36
3	Jennifer Tommason	42	Schenectady	27:16	3 Megan Alexsa MALE AGE GROUP: 30 - 1		Kingston	55.50
	IALE AGE GROUP: 45 - 49				1 Michael Austin	32	Albany	38:45
1	Gregory Coons	48 49	Albany	21:35	2 Anthony Demarco	31	Mechanicville	41:28
2 3	Michael Saelens Nick Mezzadonna	49 48	Clifton Park Albany	23:45 25:01	3 Michael Baer	33	Delmar	42:54
	EMALE AGE GROUP: 45 -		Albally	23.01	FEMALE AGE GROUP: 30			
1	Brenda Lennon	48	Troy	22:32	1 Kara Defeo	34 34	East Greenbush	43:59
2	Lara Stelmaszyk	45	Albany	22:36	2 Joelle Ernst 3 Heidi Nark	34 34	Averill Park Clifton Park	45:33 48:54
3	Ruth Sadinsky	47	Albany	23:51	MALE AGE GROUP: 35 - 1		CIIIIOITTAIK	40.34
	ALE AGE GROUP: 50 - 54				1 Aaron Knobloch	38	Guilderland	34:58
1	Michael Spitzer	51	Sheffield, MA	18:00	2 Steven Imbriaco	38	Selkirk	38:48
2	Art Reilly	53 51	Lenox Dale, MA Latham	18:13	3 Darrell Lahey	36	Vancouver, BC	39:10
3	Jack Arnold EMALE AGE GROUP: 50 -		Ldtridrii	18:31	FEMALE AGE GROUP: 35			12.04
1	Marion Waldman	50	Albany	25:38	1 Deanne Webster 2 Julie Brazie	38 36	Albany Watervliet	43:04 45:46
2	Leslie Feinman	50	Slingerlands	26:37	3 Jamie Donsbach	37	Loudonville	47:34
3	Sandra Alaxanian	50	Troy	28:07	MALE AGE GROUP: 40 - 4		Loudonvine	47.54
Μ	ALE AGE GROUP: 55 - 5				1 James O'Connor	40	Troy	34:47
1	David Leith	59	West Charlton	24:06	2 Robert Irwin	41	Guilderland	35:20
2	Vincent Lubrano III	56	Albany	24:56	3 Matt Nark	41	Clifton Park	37:48
3	Kevin Kent EMALE AGE GROUP: 55 -	58	Niskayuna	25:45	FEMALE AGE GROUP: 40 1 Denise Vanderwerken	- <b>44</b> 42	Coblockill	44:28
1	Jeanne Masterson	57	Voorheesville	28:27	2 Pamela Gordon	42	Cobleskill Queensbury	44.28
2	Debra Rapazzo	56	Albany	30:30	3 Stacia Smith	44	Niskayuna	46:37
3	Tanah Corelli	57	Latham	30:52	MALE AGE GROUP: 45 -	49		
Μ	ALE AGE GROUP: 60 - 64	4			1 Ed Menis	49	Schenectady	39:13
1	Stephen Justa	64	Albany	28:04	2 Kevin Creagan	49	Albany	39:17
2	Tom Rutkowski	63	Glenmont	30:45	3 Steve Roberts FEMALE AGE GROUP: 45	49	Dalton, MA	41:27
3	Barry Siegel	63 64	Albany	34:17	1 Diane Tenenbaum	48	Selkirk	47:29
1	EMALE AGE GROUP: 60 - Marjorie Horner	60	Stuyvesant	27:22	2 Larisa Benderskaya	45	Ballston Spa	55:34
2	Theresa Portelli	62	Albany	38:21	3 Kelly Cole	45	Albany	55:39
3	Kathy Klukiewicz	60	Montgomery	38:46	MALE AGE GROUP: 50 -			
Μ	ALE AGE GROUP: 65 - 69	9	• ,		1 Todd Lasher	51	Albany	45:47
1	Tom Hunter	69	Troy	23:02	2 Michael Bromm	54 51	Valley Falls	46:31
2	Dick Towers	69	Anchorage, AK	28:33	3 Paul Ligon FEMALE AGE GROUP: 50		Gloversville	52:32
3	Timothy Farley	65	Scotia	31:15	1 Wendy Rescott	54	West Sand Lake	48:58
1	EMALE AGE GROUP: 65 - Joanne Skerritt	68	Troy	37:04	2 Denise Gonder	50	Albany	52:16
2	Kathleen McMahon Paul	65	Troy	37:52	3 Sue Cleary	51	Albany	52:50
	ALE AGE GROUP: 70 - 74		noy	57.52	MALE AGE GROUP: 55 -			
1	Donald Smith	71	Albany	25:28	1 John Parisella	56	Schenectady	45:22
2	Angel Rodriguez	70	Brooklyn	32:09	2 Don Chillrud 3 Roy Mowrey	55 56	Niskayuna Johnstown	48:32 50:55
		ROAD	RACE		FEMALE AGE GROUP: 55		JOHHSLOWIT	0.00
M	IALE OVERALL				1 Deborah Mehm	56	Albany	57:29
1		25	Ballston Lake	32:02	2 Barbara Connolly	56	Delmar	1:00:10
2	Jaime Julia	29	Albany	32:12	3 Rochelle Goldfarb	57	Albany	1:02:30
3 FI	Chuck Terry EMALE OVERALL	32	Albany	33:25	MALE AGE GROUP: 60 - (		Department of 107	40.55
1	Erin Corcoran	40	Schenectady	39:02	1 Dennis Whiteford 2 Michael Wright	61 60	Bennington, VT Albany	48:55 52:30
2	Nicole Soblosky	27	Albany	40:40	3 George Schwab	63	Schenectady	52:30
3	Gretchen Oliver	40	Guilderland	41:10	FEMALE AGE GROUP: 60		scheneeddy	52.75
Μ	IALE AGE GROUP: 1 - 14				1 Carolyn George	60	Albany	55:03
1	Nicholas VanVranken	11	Rensselaer	58:43	2 Carole Bieber	63	Slingerlands	56:28
2	Jay Murray	9	Castleton	1:09:34	3 Sharon Close	60	Wynantskill	1:01:37
	EMALE AGE GROUP: 1 - '		Nickoware	40.57	MALE AGE GROUP: 65 - 0		Delmar	F2-10
1 2	Sydney Smith Molly Zahnleuter	14 12	Niskayuna Clifton Park	49:57 50:55	1 Daniel Berry Courtesy of Sidney A	65 Ibort Io	Delmar wish Community Cou	53:18
2		·	CITCOTTOIN	55.55	councesy of sharley A			

### 35TH ANNUAL DUNKIN' RUN- 5K & 10K

# **4TH MOREAU LAKE 15K TRAIL RUN** September 7, 2014 • Moreau Lake State Park, Gansevoort

м	ALE OVERALL				MAL	E AGE GROUP: 45 -	49		
1	Shaun Donegan	28	Malta	1:23:39	1 B	ill Hoffman	47	Clifton Park	1:48:08
2	Jake Stookey	38	Clifton Park	1:24:45	2 R	ichard Loud	49	Ballston Spa	2:21:25
3	Ray Webstar	39	Altamont	1:34:32	3 Pa	aul Franckowiak	46	Niskayuna	2:54:01
FE	MALE OVERALL					imie Thrall	47	Wilton	2:54:02
1	Jessica Mokhiber	34	Albany	2:24:06		ALE AGE GROUP: 40		VVIICOIT	2.34.02
2	Elizabeth Collins	37	Saratoga Springs	2:25:43				Construction Construction	2.47.11
3	Casey Dwyer	34	Glens Falls	2:36:41		ennifer Ferriss	42	Saratoga Springs	2:47:11
м	ALE ÁGE GROUP: 30 - 3	4				amela DelSignore	45	South Glens Falls	2:47:11
1	Shane Morse	31	Plainville	1:52:36	MAL	E AGE GROUP: 50 -	54		
2	James Kavanagh	34	Troy	2:08:28	1 Je	eff Farbaniec	51	Saratoga Springs	1:54:35
3	Travis Kline	34	Queensbury	2:15:29	2 B	ob Radliff	50	Stillwater	1:56:06
4	Chris Mittiga	34	Niskayuna	2:26:21	3 H	ugh Davis	54	Saratoga Springs	2:31:03
м	ALE AGE GROUP: 35 - 3	9			MAL	E AGE GROUP: 55 -	59		
1	Colin Klepetar	35	Saratoga Springs	1:37:37	1 V	incent Kirby	57	Mechanicville	2:48:16
2	Scott Starr	38	Saratoga Springs	1:51:36		E AGE GROUP: 60 -	64		
3	Todd Palmer	36	Albany	2:24:06		oy Kline	62	Queensbury	2:14:50
4	Michael Letzring	37	Schuylerville	2:35:14		E AGE GROUP: 65 -		Queensbury	2.14.30
FE	MALE AGE GROUP: 30	- 39							
1	Megan Donaldson	30	Oxford	2:54:06		harles Brockett	69	Dodgeville	3:12:02
м	ALE AGE GROUP: 40 - 4	4			FEM	ALE AGE GROUP: 65	5 - 69		
1	Volker Burkowski	42	Gansevoort	1:36:45	1 La	aura Clark	67	Saratoga Springs	4:25:34
2	Tom Law	43	Saratoga Springs	2:26:42		Courtesy	of Green	Leaf Racing	

### **12TH TY YANDON MEMORIAL 5K RUN** September 7, 2014 • Newcomb Overlook, Newcomb

		bept							
M	IALE OVERALL				M	IALE AGE GROUP: 40	0 - 49		
1	Paul Ford	19	Ausable Forks	18:27	1	David Haight	41	Malta	22:27
2	Jason VanLuipen	27	Niskayuna	20:00	2	John Cardinale	49	Queensbury	23:00
3	Mike Smith	51	Argyle	20:11	3	Gene Poulin	42	Newcomb	26:12
FI	EMALE OVERALL				FI	EMALE AGE GROUP:	40 - 49		
1	Jolene Hlavaty	38	Newcomb	23:31	1	Melissa Vaughn	43	Newcomb	36:28
2	Rachel Ford	16	Ausable Forks	24:35	Ň	ALE AGE GROUP: 50	) - 59		
3	eccilia i odili i	25	Newcomb	26:12	1	Lynn Stalker	59	Newcomb	23:00
M	ALE AGE GROUP: 19		-		2	Gino Bureau	55	Castleton	28:31
1	Zachary Phelps	10	Newcomb	22:16	3	Wayne Murphy	55	New Hartford	29:24
2	· · · · · · · · · · · · · · · · · · ·	10	Malta	22:27	FI	EMALE AGE GROUP:		New Harciola	25.24
3		10	Newcomb	26:46		Denise Bolan	55	Newcomb	31:57
FI	EMALE AGE GROUP:	1 - 19							
1	Lilly Vaughn	10	Newcomb	33:59	2	Suzanne Stith	52	Newcomb	36:55
M	ALE AGE GROUP: 20	0 - 29			3	Robin Weiss	51	Newcomb	44:56
1	Devin Tokarz	24	Long Lake	21:38	M	IALE AGE GROUP: 60	) - 69		
M	ALE AGE GROUP: 30	0 - 39	5		1	Brad VanLuipen	64	Schoharie	29:33
1	Pierre Poulin	36	Granville	21:24	FI	EMALE AGE GROUP:	60 - 69		
FI	EMALE AGE GROUP:	30 - 39			1	Sue Vincent	63	Glens Falls	29:49
1	Amanda Bush	36	Newcomb	34:47		Courtesy of	Ty Yandon	Memorial 5K Run	

:	20TH ANNUA	AL SU	SAN G. KOM	EN RA	ACE FOR THE CU	IRE 51	<b>K RUN</b> contir	nued
FF	MALE AGE GROUP:	1 - 14			MALE AGE GROUP: 45	- 49		
1	Sydney Smith	14	Niskavuna	22:45	1 John Pusateri	47	Castleton	20:25
2	Leah Tubbs	13	East Greenbush	24:45	2 Joseph Murphy	47	Clifton Park	21:03
3	Shayna Lenney	13	East Greenbush	27:06	3 Tom Mack	49	Wynantskill	22:30
	ALE AGE GROUP: 15		Lust orceribusit	27.00	FEMALE AGE GROUP: 4		vvynantskii	22.50
1	Kieran Tavlor	17	Glenmont	21:39	1 Diane Tenenbaum	48	Selkirk	23:05
2	Ethan Samarija	15	Castleton	21:48				
3	Jordan Hannigan	15	Wynantskill	23:32	2 Kim Scott	45	Malta	23:14
	MALE AGE GROUP:		wynantskii	25.52	3 Jill Haggerty-Buff	47	Altamont	23:45
1	Camryn Iftiger	15	Loudonville	23:45	MALE AGE GROUP: 50			
2	Courtney Iftiger	15	Loudonville	23:55	1 Sam Mercado	51	Albany	20:13
3	Fiona Shea	16	East Greenbush	25:21	2 Samuel Douglas	50	North Adams, MA	23:07
	ALE AGE GROUP: 20		East Greenbash	25.21	3 James Hannigan	53	Wynantskill	23:22
1	Andy Gilchrist	27	Cropseyville	20:33	FEMALE AGE GROUP: !	50 - 54		
2	Brian Mielewski	24	Clifton Park	23:38	1 Marion Waldman	50	Albany	25:05
3	Ted Kleniewski	24	Mechanicville	23:36	2 Nancy Casellini	52	Clifton Park	27:22
	EMALE AGE GROUP:		IVIECIIALIICVIIIE	24.30	3 Randi Walker	50	Valatie	27:48
1		20 - 24 23	Guilderland	25:09	MALE AGE GROUP: 55	- 59		
	Kayla Goodberlet	23		25:09	1 Tom Degenero	57	Averill Park	22:24
2	Shannon Doherty	23	Schenectady		2 Jay Bryce	59	Waterford	25:39
3	Karlie Mangette		Clifton Park	25:26	3 Thomas Reddy	55	Cohoes	25:43
	ALE AGE GROUP: 25						COHOES	ZJ.45
1	Philip Guerrant	28	Schenectady	21:21	FEMALE AGE GROUP: !			
2	Mike Goebel	27	Albany	21:43	1 Lisa Barley	58	Loudonville	24:40
3	Javy Martinez	26	Albany	21:49	2 Dorese Doherty	56	Schenectady	26:47
	MALE AGE GROUP:				3 Mary Peek	57	Schenectady	26:47
1	Katie Rossettini	26	Slingerlands	21:57	MALE AGE GROUP: 60	- 64		
2	Casey Kohler	28	Albany	23:30	1 Paul Bennett	63	Latham	21:35
3	Kelly Grace	27	East Greenbush	24:01	2 Chester Tumidajewicz	60	Amsterdam	24:06
Μ	ALE AGE GROUP: 30	- 34			3 Joseph Liotta	64	Green Island	24:31
1	Hunter Greene	34	Williamstown, MA	20:48	FEMALE AGE GROUP: 0	50 - 64		
2	James Reeves	32	Schenectady	22:00	1 Martha DeGrazia	63	Slingerlands	25:05
3	Chuck Schissler	34	Schenectady	22:43	2 Vicki Massaroni	61	Schenectady	29:03
FE	MALE AGE GROUP:	30 - 34	,		3 Judy Mooney	63	Delmar	29:03
1	Nicola Rizzo	31	Oneonta	23:23	MALE AGE GROUP: 65		Deimai	29.05
2	Amy Tretter	32	Clifton Park	24:11		- <b>6</b> 8	Latham	26:35
3	Kim Antal	31	Hudson	24:36				
-	ALE AGE GROUP: 35		naason	21.50	2 Terrence Mooney	65	Guilderland	29:22
1	Matt Forlola	36	Williamstown, MA	20:29	3 Brian Walton	69	Syracuse	29:43
2	William Berglund	36	East Greenbush	20:50	FEMALE AGE GROUP: 6	55 - 69		
3	Greg Rashford	35	Niskayuna	21:33	1 Susan Wong	66	Glenmont	25:41
	EMALE AGE GROUP:		Niskayuna	21.55	2 Anne Defiglio	65	Castleton	36:05
1	Jessica Northan	38 - 38	Guilderland	21:08	3 Andrea Burr	65	Latham	36:34
		36		23:34	MALE AGE GROUP: 70	- 75		
2	Elissa Campbell	30	Menands		1 Jim Hotaling	74	Niverville	28:13
3	Sally Hartland		Jewett	24:50	2 Robert Knouse	74	Voorheesville	30:10
	ALE AGE GROUP: 40			40.00	3 Joseph Barnes	72	Glenmont	38:45
1	George Stopyak	43	Clifton Park	19:22	FEMALE AGE GROUP: 7		Clerimont	50.45
2	Kurt Bratten	40	Niskayuna	21:16			Cliften Dark	22.25
3	Richard Haldeman	44	Albany	21:52	1 Ginny Parsons	71	Clifton Park	33:35
	MALE AGE GROUP:				2 Marilyn Gieras	70	Rensselaer	53:24
1	Hilary Greene	44	Williamstown, MA	21:22	FEMALE AGE GROUP: 7			
2	Stacia Smith	44	Niskayuna	21:31	1 James Owens	79	Latham	41:58
3	Kristen Grasso	42	Rensselaer	22:35	Courtesy of Susan C	G. Komen	Northeastern New Yo	ork
د		44	וזפווסספומכו	22.33	countesy on Susan C	. KUIIIEII		// //

# 37TH ANNUAL WHITEFACE MOUNTAIN UPHILL FOOT RACE September 13, 2014 • Whiteface Veteran's Memorial Highway, Wilmington

	8 MILES & 3,500 FE OVERALL tob Malcomb/20-29	et up	FE	MALE AGE GROUP: 3	20 - 29	60	MANT ACT CROUP, T	
							MALE AGE GROUP: 50	) - 59
4 1-	ob Malcomb/20-29		1	Colleen Porter	1:38:44	1	Tammy Apthorp	1:43:28
		1:04:19	2	Jennifer Ricupero	1:46:28	2	Sue Duval	1:51:40
	ncan Douglas/40-49	1:07:15	3	Beth Blankenship	1:53:17	3	Deb Stanton	2:10:57
	il Lynch/30-39	1:09:32	4	Manon Bernier	2:04:11	M	ALE AGE GROUP: 60 -	
	LE OVERALL		M	ALE AGE GROUP: 40	- 49	IVI		
1 Ha	iley Bitner/20-29	1:21:49	1	Kevin Lanahan	1:14:50	1	James Foster	1:20:33
2 Kir	n Douglas/40-49	1:23:08	2	Randy Kelley	1:17:02	2	Bob Cooper	1:33:04
3 Juo	dith Stirnimann/20-29	1:34:14	3	Kevin Prickett	1:19:19	3	Dennis Gilyard	1:42:27
MALE	AGE GROUP: 10 - 1	9	4	Jeff Walsh	1:20:07	4	Walter Kuklinski	1:44:33
1 Pa	ul Ford	1:26:00	5	Maxim Lamothe	1:22:11	5	Kenneth Dolecki	1:46:47
MALE	AGE GROUP: 20 - 2	9	2			-		
1 Mi	chael Brennan	1:34:41	FE	MALE AGE GROUP: 4		FE	MALE AGE GROUP: 60	0 - 69
2 Ph	il Tyrrell	1:46:19	1	Justyna Babcock	1:35:50	1	Kally Williams	2:30:46
FEMA	LE AGE GROUP: 20	- 29	2	Katja Mohrs	1:48:14	м	ALE AGE GROUP: 70 -	79
1 He	ather Martin	1:38:25	3	Nadine Colpron	2:04:10	1	Jean-Claude Leclerc	1:53:06
MALE	AGE GROUP: 30 - 3	9	M	ALE AGE GROUP: 50	- 59	2	Dick Hoch	2:36:50
1 Jas	on Friedman	1:10:25	1	Jeff Gould	1:12:52	-		
2 lav	Niederbuhl	1:10:46	2	Bob Tysen	1:17:35	M	ALE AGE GROUP: 80 -	89
	bert Gorgos	1:12:18	3	Christopher Dunne	1:19:51	1	Richard Fedion	2:33:33
	nothy Durney	1:21:07	4	Paul Duff	1:23:43		Courtesy of Whiteface	Mountain
	uis Pare	1:24:58	5	Thomas Potvin	1:26:59		Regional Visitors	Bureau

### **1ST ANNUAL THACHER PARK CENTENNIAL RUNNING FESTIVAL** September 13, 2014 • John Boyd Thacher State Park, Voorheesville

Se	ptember	13, 2014 • Joh	n Boyd	Thacher State Park	Voor	heesville	
	50K TRAIL	RACE		FEMALE AGE GROUP: 3			
MALE OVERALL				1 Susy Garcia Romero	31	Rensselaer	50:43
1 Tom Williams	31	Albany	4:18:37	2 Jennifer Newman	30	Albany	59:55
2 Dennis Vanvlack	42	Duanesburg	4:26:02	3 Sarah Purcell	32	Latham	1:01:42
3 Aram Fox	42	New York	4:36:48	MALE AGE GROUP: 35			
FEMALE OVERALL				1 Matt Zappen	38	Albany	49:14
1 Hillary Johnson	28	Albany	5:39:45	2 Adam Fox	37	Cohoes	57:10
2 Carrie Mendolia	31	Niskayuna	5:50:12	3 Gareth Bobowski	36	Johnstown	58:20
3 Jennifer Durenber		Saratoga Springs	6:15:14	FEMALE AGE GROUP: 3			
MALE AGE GROUP				1 Charity McManaman	37	Colonie	51:40
1 Joshua Kraft	29	Kinderhook	7:26:42	2 Joy McManaman	35	Schenectady	51:40
MALE AGE GROUP	2: 30 - 34			3 Linda Styer	39	Rensselaerville	56:09
1 James Kavanagh	34	Troy	5:16:49	MALE AGE GROUP: 40			
2 Bob Bartell	32	Ballston Lake	5:43:22	1 Michael Grant	43	Selkirk	58:17
MALE AGE GROUP				2 Richard Frantz	44	Leeds	1:00:39
1 Noah White	35	Slingerlands	4:47:24	3 Jason Grossman	40	Delmar	1:01:06
2 Ryan Nix	35	Guilderland	5:36:32	FEMALE AGE GROUP: 4		A II	47.05
3 Andrew Black	39	Glenmont	5:53:22	1 Sally Drake	41	Albany	47:05
MALE AGE GROUP				2 Dana Peterson	43	Voorheesville	48:46
<ol> <li>Ronald Greenberg</li> </ol>		Slingerlands	6:09:48	3 Holly Cullett	43	Troy	1:00:49
MALE AGE GROUP				MALE AGE GROUP: 45 - 1 Alan Moring	49	Naman OK	F0-01
<ol> <li>John Schuerzinge</li> </ol>		Latham	6:55:28	i radii indiing	47	Norman, OK Delmar	50:01
MALE AGE GROUP	2: 50 - 54						51:07
1 Brian Borden	50	Altamont	5:45:47	5 John Bateman	49	Waterford	58:38
FEMALE AGE GRO	UP: 50 - 54			FEMALE AGE GROUP: 4 1 Kathy Driscoll	<b>5 - 49</b> 48	Countran Coninan	F0.20
<ol> <li>Diane Bolton</li> </ol>	53	Nashville, TN	6:50:54	1 Kathy Driscoll 2 Andrea Robinson	48 46	Saratoga Springs Glenmont	58:20
MALE AGE GROUP						Delmar	59:47
1 John Geesler	55	St. Johnsville	4:40:07	3 Rose Duhan MALE AGE GROUP: 50 -	46	Delifial	1:00:48
2 Steven Sweeney	59	Delanson	5:10:18	1 Michael Canavan	50	Niskayuna	47:43
MALE AGE GROUP	2: 60 - 64			2 Mike Soeller	53	Clifton Park	50:04
1 Carl Matusick	62	Chatham	4:55:13	3 Rick Flaherty	55	Altamont	51:35
MAR	ATHON (26.2N	1) TRAIL RACE		FEMALE AGE GROUP: 5		AlldHIOHL	51.55
MALE OVERALL				1 Anne Hurley	51	Delmar	59:43
1 Paul Archambault	38	Troy	3:36:55	2 Joanie Colarusso	51	Latham	1:02:25
2 Edward Gravelle	55	Ballston Lake	3:49:41	MALE AGE GROUP: 55 -		Latilalli	1.02.25
3 Rob Hudyncia	52	Fort Plain	4:28:41	1 Mike Moak	58	Guilderland Center	46:13
FEMALE OVERALL				2 Andrew Campbell	57	Albany	48:54
1 Alanna Almstead	37	Valatie	4:16:00	3 Larry Navatka	57	Queensbury	57:48
2 Colette Van Kerck	xvoo 54	Lee, MA	5:14:19	FEMALE AGE GROUP: 5		Queensbury	57.40
MALE AGE GROUP	r: 35 - 39			1 Kathleen Goldberg	55	Schenectady	1:02:12
1 Joshua Katzman	38	Clifton Park	4:40:56	2 Ronni Travers	57	Glenville	1:07:19
MALE AGE GROUP	P: 55 - 59			3 Deanna Dugan	57	Earlton	1:29:09
1 Jeff Venable	59	Denton, TX	6:47:44	MALE AGE GROUP: 60		Lanton	1.25.05
MALE AGE GROUP	P: 65 - 69			1 Dave Walsh	60	Delmar	1:01:42
1 Fred Pilon	68	Lee, MA	5:07:00	2 Martin Patrick	60	East Greenbush	1:02:09
	10K TRAIL	RACE		3 Gerard Falotico	60	Saratoga Springs	1:15:21
MALE OVERALL				FEMALE AGE GROUP: 6		saratoga springs	
1 Chris Mulford	37	Schenectady	40:40	1 Phyllis Fox	62	Loudonville	1:18:04
2 Daniel Patterson	27	Ballston Lake	42:43	MALE AGE GROUP: 65 -			
3 Andrew Lingbloor	m 26	Albany	43:27	1 Douglas Fox	69	Loudonville	1:02:11
FEMALE OVERALL		,		2 Joe Yavonditte	65	Schenectady	1:07:14
1 Lisa D'Aniello	28	Niskayuna	43:53	FEMALE AGE GROUP: 6		,	
2 Carol Conolly	46	Glens Falls	44:03	1 Ginny Sweeney	68	Delanson	1:16:36
3 Michelle Pratt	25	Delmar	44:41		K TRAIL		
MALE AGE GROUP	20 - 24			MALE OVERALL			
1 John Kosa	24	Clifton Park	58:11	1 Christopher Nowak	39	Watervliet	23:56
FEMALE AGE GRO	UP: 20 - 24			2 Aaron Young	27	Albany	24:41
1 Alison Rodriguez	22	Troy	1:00:19	3 Larry Salvagni	40	Feura Bush	28:55
2 Andrea Lloyd-Cor	onado 23	Albany	1:07:24	FEMALE OVERALL			
3 Samantha Sullivar		Las Vegas, NV	1:15:25	1 Emily Grant	14	Selkirk	30:11
MALE AGE GROUP				2 Chelsey Campbell	21	Voorheesville	30:16
1 Peter Conboy	25	Albany	50:27	3 Tricia Brown	50	Cohoes	30:23
FEMALE AGE GRO				FEMALE AGE GROUP: 1			
1 Allison Milazzo	29	Delmar	54:58	1 Keeley Herrick	12	Schenectady	37:37
2 Phyllis Ying	27	Albany	59:22	2 Hannah Herrick	9	Schenectady	55:09
3 Rachael Seguin	29	Delmar	1:07:38	MALE AGE GROUP: 20 -			
MALE AGE GROUP				1 Eric Hoey	24	Schenectady	30:45
		Wynantskill	43:58	i Enerioey	23		32:07
	33	VVVIIdiilSKill					
1 Gerard Colling		Albany	45:05			Albany	52.07
1 Gerard Colling				FEMALE AGE GROUP: 2 1 Meghan Parmentier		Hudson	33:50 continued

### 20TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN

September 13, 2014 • Empire State Plaza, Albany

FE	MALE OVERALL				FE	MALE SURVIVOR AGE	GROUP	: 50 - 59	
1	Courtney Breiner	17	Troy	18:27	1	Dorese Doherty	56	Schenectady	26:47
2	Janne Rand	29	Lake Placid	19:31	2	Debra Hannigan	53	Wynantskill	28:59
3	Gretchen Oliver	40	Guilderland	19:47	3	Mary Labarge	53	Latham	29:56
M	ALE OVERALL				4	Melanie Greenspan	52	Albany	30:25
1	Aaron Lozier	26	Albany	16:15	5	Rebecca Mueller	53	Galway	30:55
2	Vladimir Ilin	56	Albany	18:34	FE	MALE SURVIVOR AGE	GROUP	: 60 - 99	
2			,		1	Susan Wong	66	Glenmont	25:41
3	John Sestito	51	Johnsonville	19:13	2	Ginny Parsons	71	Clifton Park	33:35
FE	MALE SURVIVOR AGE	GROUP	: 1 - 49		2	Gun Rand	63	Lake Placid	37:40
1	Heather Greene	47	New Ashford, MA	30:41	3				
					4	Kathleen McMahon	65	Troy	40:55
2	Rita Cox	46	Clifton Park	32:32	M	ALE AGE GROUP: 1 - 1	4		
3	Tina Grant	47	Schenectady	33:43	1	Ryan Ashe	13	Jamesville	23:00
4	Daureen Shoemaker	49	Troy	34:59	2	Aidan Cooney	13	Troy	23:40
5	Annie Cosgrove	49	Delmar	35:00	3	Declan Rogers	8	Williamstown, MA	23:54 continue

2:57:02

3:00:35

3:04:09

2:56:18

3:02:03

3:04:56

3:21:24

3:29:48

3:40:27

1	IST ANNUAL	THAC	CHER PARK	CENTE	NN	IAL RUNNIN	G FES	TIVAL con	tinued
FE	MALE AGE GROUP: 2	25 - 29			FE	MALE AGE GROUP: !	50 - 54		
1	Jyl Bamberg	26	Wallkill	32:02	1	Gloria Matveev	52	Mahwah, NJ	33:41
2	Kaitlin Conway	28	Rensselaer	45:04	2	Paula Czupil	53	Watervliet	35:49
M	ALE AGE GROUP: 30		<i>c</i>	20.52	3	Mona Wachtel	53	Nutley, NJ	39:04
1	Lonnor Irwin	32	Syracuse	29:53	M	ALE AGE GROUP: 55	- 59	,,	
M	ALE AGE GROUP: 35 Kevin Ludlam	- 39 37	Allegen	33:07	1	James Summa	59	Waterford	34:20
2	Brendan Herrick	37	Albany Schenectady	33:07		MALE AGE GROUP: !		Waterioru	54.20
2	MALE AGE GROUP: 3		Schenectady	57.50	FE			_	
1	Stacey Herrick	37	Schenectady	55:09	1	Jill Mehan	59	Troy	33:58
	MALE AGE GROUP: 4		Schenectady	55.09	2	Patricia Fahy	56	Albany	37:29
1	Michele Bourgeois	44 44	Green Island	35:56	3	Carol Hausamann	55	Cohoes	37:35
2	Kelly Phillips	43	Johnsonville	37:24	M	ALE AGE GROUP: 60	- 64		
3	Jennifer Jaskolka	41	Ravena	38:34	1	Greg Rickes	64	Latham	35:46
м	ALE AGE GROUP: 45	- 49			FE	MALE AGE GROUP: (	50 - 64		
1	Tom Denham	47	Delmar	31:54	1	Mary Jane Kruegler	64	Latham	1:52:55
2	Douglas Treacy	48	Malta	35:26	2	Marey Bailey	63	Schenectady	1:52:55
FE	MALE AGE GROUP: 4	5 - 49				, ,		Scheneciauy	1.52.50
1	Donna Topolski	49	Clifton Park	35:52	IVI	ALE AGE GROUP: 65			
2	Kate Shamlian	46	Cohoes	35:59	1	Leo Vogelien	69	Voorheesville	32:12
3	Lisa Poisinello	47	Cohoes	37:30		Courtesy o	of ARE Eve	ent Productions	

### **3RD ANNUAL HITS TRIATHLON: HUNTER MOUNTAIN** September 13-14, 2014 • North/South State Campground, Haines Falls

Septe	ember	13-14, 2	014 • North/South	State	e Campo	ground, Haines Fall	IS	
FULL: 2.4M SWIM, 112	M BIKE, 26	.2M RUN	FEMALE AGE GROUP: 5			SPRINT: 0.47M SWIM, 12M	BIKE, 3	.1M RUN
MALE OVERALL			1 Donna Weeks	54	6:52:52	MALE OVERALL	50	4 00 45
1 Brandt Stiggins	34	11:25:53	MALE AGE GROUP: 55			1 Bruce Cadenhead	50	1:08:45
2 Greg Hester	42	12:35:37	1 David Fabian	35	5:11:56	2 Michael Halstead	48	1:08:52
3 Steve Wozniak	38	12:46:56	2 Roger Liberman	55	7:10:53	3 Jeremiah Belanger	30	1:16:04
FEMALE OVERALL			MALE AGE GROUP: 60			FEMALE OVERALL 1 Leigh Saunders	33	1:29:49
1 Lauren Wager	19	13:13:31	1 Laurence Kutler	61	6:38:08	2 Lara Ceppi	31	1:32:49
2 Samantha Lee	47	14:33:36	RELAY TEAMS			3 Crystal McGowan	40	1:37:27
3 Charlotte Clews	39	14:43:48	1 Josh Weiner/Adam Stei	nberg/	6.11.20	MALE AGE GROUP: 1 -		1.57.27
MALE AGE GROUP:		12.24.25	Jeff Friedman	aaaab C	6:11:20	1 Steve Easterbrook	18	1:37:31
1 Sean Hannan	28	13:24:25	2 Andrew Wierzbieniec/J Mike Losszinski	oseph C		2 Ethan Charles	14	1:49:24
MALE AGE GROUP:		13:53:00	Mike Lesczinski	high	6:32:35	3 Jackson Moran	11	1:51:16
1 Nat Smitobol 2 Chris Solarz	38 36		3 Gordon Emigh/Erica En		6:49:55	FEMALE AGE GROUP: 1	1 - 19	
2 Chris Solarz 3 Randy Martin	39	14:22:08 16:13:39	OLYMPIC: 0.9M SWIM, 24.8	И ВІКЕ,	6.2M RUN	1 Caitlyn Gould	13	2:10:55
MALE AGE GROUP:		10.15.55	MALE OVERALL	27	1.51.55	MALE AGE GROUP: 20	- 24	
1 Satoshi Mano	40 - 44	13:29:08	1 Alexander Lloyd	27	1:51:55	1 Carlo Ceppi	23	1:29:11
2 Joshua Brown	41	13:42:53	2 Steven Nicoll 3 Nicolas Cleveland	41 33	2:33:32	FEMALE AGE GROUP: 2		
3 Barrett Richards	42	14:24:59		33	2:35:36	1 Samantha Anzalone	23	1:46:12
MALE AGE GROUP:		14.24.33		22	2:42:19	2 Erica Niebuhr	24	1:47:09
1 George Dooley	47 47	15:21:44		23 48		3 Laura Meadows	21	2:06:32
FEMALE AGE GROU		13.21.44	2 Hollis Heimbouch 3 Kathleen Meany	48 58	3:08:23	FEMALE AGE GROUP: 2 1 Julie Bentzen		1.0.40
1 Afton Templin	47 - 43	17:12:52	3 Kathleen Meany MALE AGE GROUP: 20		3:12:18	1 Julie Bentzen MALE AGE GROUP: 30	27 - <b>34</b>	1:59:45
AQUATHON: MALE		17.12.32	1 Ethan Kelly	- <b>24</b> 20	2:38:32	1 Matthew Kelly	- 34 32	1:37:56
1 Benjamin Kessel	29	7:17:23	2 William Buniak	20	2:42:38	2 Joshua Matthews	33	1:47:22
2 Scott Bartos	38	7:37:41	MALE AGE GROUP: 25		2.42.00	3 Joseph Hardy	32	2:22:59
3 Neil Sergott	43	10:26:22	1 Louie Carminati	28	2:47:55	FEMALE AGE GROUP:		2.22.00
AQUATHON: FEMAL		10.20.22	2 Philip Guerrant	20	2:50:24	1 Lindsay Hartig	32	1:38:58
1 Elizabeth Skane	35	10:23:06	3 Ying Quan Tan	25	3:55:08	2 Elisa Aigamaua	31	1:40:02
HALF: 1.2M SWIM, 56			FEMALE AGE GROUP: 2		5.55.00	3 Elizabeth Knox	32	1:45:15
MALE OVERALL	WI DIKE, 13		1 Kristi Boman	28	3:23:36	MALE AGE GROUP: 35	- 39	
1 Adam Silverman	44	5:08:54	MALE AGE GROUP: 30		5.25.50	1 Wayne Law	35	1:33:58
2 Nathan Zerrahn	29	5:10:01	1 Scott Mazur	33	2:42:29	2 Daniel Becker	39	1:40:42
3 Bryan Dopkins	32	5:11:47	2 Ronit Chakravarty	30	4:10:05	3 Christopher Sinnott	36	1:53:08
FEMALE OVERALL	52	5.11.47	MALE AGE GROUP: 35		4.10.05	FEMALE AGE GROUP:		
1 Kaitlyn Robinson	30	5:34:37	1 Matt Alexander	38	2:35:41	1 Benjamin Levy	38	1:57:34
2 Martha Gohlke	47	6:07:14	2 Charlie Boehler	39	3:01:51	2 Scott Bonney	38	2:05:08
3 Laura Dopkins	32	6:34:52	3 Roman Eisenberg	38	3:07:31	MALE AGE GROUP: 40	- 44 43	1.20.40
MALE AGE GROUP:		0.5 1.52	FEMALE AGE GROUP: 3			1 Mark Keeling 2 Carlos Osuna	43 40	1:20:48 1:22:40
1 Nicholas Mosconi	22	6:28:17	1 Laura McKenna	36	3:43:01	2 Carlos Osuna 3 John Roger	40	1:34:53
MALE AGE GROUP:			2 Dominika Muczynska	38	3:52:51	FEMALE AGE GROUP: 4		1.54.55
1 Spencer Dew	25	5:55:01	MALE AGE GROUP: 40			1 Dawn Hein	42	1:42:28
2 Greg Santollo	29	6:09:15	1 Dan Murphy	40	2:39:24	2 Karen Hansen	44	1:51:36
3 Brandan Hogan	29	8:04:34	2 Joseph Politano	40	2:41:33	3 Tracy Roger	41	1:54:54
FEMALE AGE GROU	P: 25 - 29		3 Christopher Shields	44	2:59:11	MALE AGE GROUP: 45	- 49	
1 Chrissie Hooper	28	7:11:14	MALE AGE GROUP: 45	- 49		1 William Orce	47	1:39:17
MALE AGE GROUP:	30 - 34		1 Igor Krasnoperov	45	2:44:13	2 Fred Butt	49	2:02:12
<ol> <li>Jeffrey Mitchell</li> </ol>	33	5:14:39	2 David Nadel	45	2:57:57	3 Walter Gould	47	2:06:37
2 Timothy Miller	31	5:46:53	3 Andy Katz	46	3:30:02	FEMALE AGE GROUP: 4		
3 James Rowe	33	5:47:48	FEMALE AGE GROUP: 4	15 - 49		1 Mindy Freedgood	47	1:48:31
MALE AGE GROUP:	35 - 39		1 Sarah Vogel	45	3:23:36	2 Thomas Santos	45	2:31:56
1 Dave Fisher	38	5:24:49	2 Ann Marenick	46	3:45:50	3 Robert Tomkins	49	2:50:58
2 Tim Dowse	36	5:43:15	3 Laurie Gibney	50	3:48:49	MALE AGE GROUP: 50		1.51.40
3 Brian Spagnoletti	39	5:52:23	MALE AGE GROUP: 50			1 Stephen Maher FEMALE AGE GROUP: !	53	1:51:40
FEMALE AGE GROU			1 David McGinnis	54	2:47:00	1 Sandy Desmond	50 - 54	1:42:47
1 Elizabeth Corona	35	6:56:44	2 Lawrence Maraldo	53	2:53:34	FEMALE AGE GROUP: !		1.42.47
2 Marie Ellenbogen	39	7:23:28	3 Tom Lilly	54	3:17:45	1 Susan Robinson	56	1:41:57
MALE AGE GROUP:			FEMALE AGE GROUP: 5			2 Janice Cragnolin	59	1:54:05
1 Gabriel Dorosz	41	5:36:21	1 Carol Anne Anzalone	51	3:34:20	3 Sandi Payne	55	1:58:02
2 Hans Weijtmans	43	6:23:20	2 Ann Sherwood	53	4:44:59	MALE AGE GROUP: 65		
3 Robert Daiello	42	6:56:58	MALE AGE GROUP: 55			1 Myron Baker	66	1:22:58
FEMALE AGE GROU			1 Wayne Shurter	55	2:54:13	OPEN: 100YD SWIM, 3M	I BIKE,	1M RUN
1 Michelle Rocklein	44	6:44:38	2 Tom Boman	56	3:06:06	FEMALE OVERALL		
2 Andrea O'Brien	44	6:55:57	3 David Hayes	57	3:32:15	1 Anne Emerick	52	28:28
MALE AGE GROUP:		5.00.01	FEMALE AGE GROUP: 5		2.42.25	2 Cortney Whitebay	29	33:03
1 Tomas McMillan	49	5:33:21	1 Tracy Little	55	3:12:25	3 Justine Vickers	51	36:58
2 Michael Abrams	47	6:01:26	MALE AGE GROUP: 65		2.22.50	4 Barbara Seruya	66	42:49
3 Patrick Dicerbo	48	6:10:40	1 Frederick Lowe	66	3:32:58	MALE OVERALL		
MALE AGE GROUP:		5 40 00	FEMALE AGE GROUP: 6			1 Alfonso Naranjo	58	28:29
1 Scott Schiffer	54	5:49:39	1 Joanne Dondero	67	3:43:22	2 Ian Nelson	42	29:19
2 Mark Coleman	54	6:14:04	RELAY TEAMS	40	2,12:25	3 Walter Gould	12	31:45
3 Juan Rivelo	51	6:20:05	1 Franz Haas/Magli Haas	48	3:12:25	Courtesy of HITS Tria	inion S	eries

### **38TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON** September 14, 2014 • Tanglewood, Lenox, MA

-	2014 - 1	-		
27M BIKE, 5M CANOE/KAYAK/SUP, 6M RUN		1	IXED 40 & OVER CANOE	2:56:13
	2.20.00	1	Takes 4 to Jess Dust'em	2.50.15
1 4-2-Go	2:30:08	2	Tod Niedeck, Art Sanders/Jimmy Virgilio, Kate Sanders	2.07.10
Jonathan Molk, Ken Ostrowski/Bill Ross, Tucker McNich Minkler Insurance		2	The Faxon Four	3:07:10
	2:30:35	2	Tom Allessio, Dianne Mele/Bernie Kennedy, Peggy Carty	
Chuck Leach, Alex Sabo/Gary Quadrozzi, Weyessa McA		3	Vapor	3:10:18
3 Josh Itch	2:34:19	-	George Whaling, Val Whaling/Gary Aprea, Kim Gero	
Brian Rabuse, Sue Purdy/Kurt Kuehnel, Stephen Foley			VO PERSON MALE CANOE	2 02 50
MALE 39 UNDER CANOE		1	The Bendshire Marta Hoat	3:02:58
Allen Heights Veterinary	2:18:04	_	Bruce Armentrout, Bruce Armentrout/Joseph Burke, Jos	
Josh Lipka, Bob Rapant/Tom Keefe, Steve Monsulick		2	Heck that Guys Berle!	3:04:14
The Jarrets Noir	2:28:35		Thomas Berle Gorman, Thomas Berle Gorman/Brendan	Heck,
David Drouin, Eric Pepin/Berthier Rodrigue, Eric Turgeor			Brendan Heck	
The Boss's Mainely Massive Men	2:29:33	3	Bullett/George	3:04:51
AJ Piper, Kevin Boss/David Vandorpe, Shawn Rumery			Kyle George, Kyle George/Brendan Bullett, Brendan Bull	lett
IALES 40 & OVER CANOE			VO PERSON FEMALE CANOE	
Irresistible Balding Men	2:44:37	1	With a Little Help from My Friend	3:11:42
Steve Malin, Thom Whaley/Tom Ingersoll, Tom Fraser			Diana Wall, Susan Benner/Diana Wall, Susan Benner	
Ludicrous Speed	2:44:51	2	Team Sisu	3:37:40
Stephen Hudyncia, Scott Jordan/John Maier, Scott Bickh	nam		Lynnea Koester, Lynnea Koester/Cindy Winther, Cindy W	Vinther
Last Minute	3:22:04	3	Pathetic Wog's	3:38:38
Bill Wooldridge, Phil Dowling/Jim Fawcett, George Gilde	er		Wendy Lampro, Wendy Lampro/Deb Goldsmith, Deb Go	oldsmith
ALL FEMALE CANOE		TV	VO PERSON MIXED CANOE	
Girlzillas Return	2:37:27	1	Just Dooley It	2:44:08
Jenny Ives, Laura Walton/Gloria Wesley, Lori Kingsley			Mike Dooley, Mike Dooley/Tara Dooley, Tara Dooley	
One Non-Blonde	2:54:50	2	The Love Machine	3:25:47
Tammy Payer, Karen Febey/Patti Jette, Katie Boudreau			Peter Love, Peter Love/Susan Love, Susan Love	
Golden's Machine	3:09:50	3	Bike, Paddle, Run, SQUIRREL!	3:25:49
Laura Golden, Dianna Dugas/Valarie Hamlett, Kris Dorse			Eric Whiting, Eric Whiting/Kendra Farstad, Kendra Farsta	
ASTERS 50 & OVER CANOE	-,	RF	CREATIONAL CANOE	
SEKS	2:37:35	1		2:55:31
Stephen Meisl, Scott Dias/Ed Paquette, Matt Kinnaman	2.37.33	•	Mark Wallace, John Donovan/Ed Nauss, Albert Najimy	2.55.51
Roberts Roofing	2:44:02	2	Camp Russell	3:05:25
Brett Rutledge, David Dugas/Jim Robert, Bob Chasen	2.99.02	4	Justin Olewnik, Jon Tobin/Mark Anderson, Jacque Goup	
Clarks Gamble	2:50:58	3		3:07:29
Craig Robertson, Chris Gamble/Clark Gamble, Jim Preit		ر	Cameron Geller, Jacob Rand/Kevin O'Brien, Jacob Ryan	5.07.29
GRANDMASTERS 60 & OVER CANOE	c	IP	ONMAN CANOE	
	3:04:17	1		2:56:00
NALAW Sexagenarians	5:04:17	I		2:50:00
Alan Bates, Fred Thompson/Terry Coyne, Jeff Parkman	2.12.57	2	Matthew Palmer	2.02.45
Still Going	3:12:57	2	Krazy Kyle Kanoes Kinda Krooked	3:03:45
Pete Wick, Jack Lareau/Bob Allen, Rich Croteau	2.20.01	~	Kyle Breier	2.04.15
Elderly Geeks	3:28:01	3	Moonquest	3:04:16
Lee St. John, Lou Desi/Ed Roman, Doc Miller			Luke Kaplan	
AIXED 39 & UNDER CANOE			ONPERSON 40 & OVER CANOE	
Fast 'N Furious	2:31:10	1		3:01:34
Luke Barbour, Kristen Warner/Dennis Carey, Greg Hamr	nett		Brent Lyesiuk	
Snakes in the Wood Pile	2:44:23	2	Chris Bedell	3:20:33
Shams Heiminski, Matthew Cimini/Dominic Cimini, Michell	e Kroboth		Christopher Bedell	
Team ???	2:45:19	3	Goin Solo	3:28:22
David Jacoboski, Pam Fitzgerald/Vicki Cummings, Greg	Rossolimo		Derek Powell	
. 5 5.7 - 5	-			continue

	38TH ANNUAL JOSH BILLIN	GS RU	NA	GROUND TRIATHLON continue	ed
ID	ONPERSON 50 & OVER CANOE		2	Two Chicks & A Rooster	3:04:40
	Advil Espress	3:05:31	2	Dan Flynn, Ann Jon, Patricia Clark	5.04.40
	Joe Sumner	5.05.51	м	ASTERS 50 & OVER KAYAK	
2	I'm Not in Kansas Anymore	3:44:23	1		2:40:22
2	Gary Moynihan	5.44.25	1	Bruce Townend, Jim Barrese, David Wilson	2.40.22
2	WestWind1	3:50:04	2	7 Day Recreationalists	2:49:44
ر	Scot Vighi	5.50.04	2	Scott Holmes, Bruce Weik, Jim Rollins	2.49.44
IR	ONWOMAN CANOE		3	Three Blind Mice	2:56:28
	Humble Warrior	3:41:46	5	Scott Lebeau, Pete Lipka, Ken Wilson	2.50.20
	Michelle Costa	5.41.40	G	RANDMASTERS 60 & OVER KAYAK	
2	Pat Franklin Legacy	4:37:13		Just Postal	2:48:15
2	Jenny Gitlitz	4.57.15		Michael McCusker, Ed Dvorchak, Frank Rucki	2.40.15
VF	TERANS 70 & OVER		2	Win Place Show	3:06:11
	The 3 Statesmen	3:32:13	2	Jim Mucia, Joanna Ezinga, Lenny Collins	5.00.11
	Bill Hart, Skip Greb, Vince Laport	5.52.15	З	Dawn's Boys	3:14:04
2	Jayne's Guys	3:41:32	5	Bob Berube, Rick Knelly, Dawn Farley	5.14.04
2	Hugh Dunseath, Jayne Zinke/Paul Murray, David Hayes	5.41.52	R	ECREATIONAL KAYAK	
3	Old Gomers	4:16:39		Wagon Wheel Express	3:05:07
5	John Howland, Jim Dami, Eric White	4.10.55		Matt Bourque, Bob Lomp, Sean Kelley	5.05.07
20	& UNDER CANOE		2	Just Joshin	3:08:43
	Mount Greylock Harriers	2:53:39	2	John Severin, Larry Johnson, Nathan Johnson	5.00.45
	Jake Kobrin, Sam Kobrin/Will Nolan, Carter Stripp	2.33.39	2	Wow You're Fast	3:09:28
2	MCF	3:24:47	2	Brian Spagnoletti, Jay Harrington, Ryan Smith	5.09.20
2	Michael Chang-Frieden	5.24.47	т	NO PERSON MALE KAYAK	
2	Paddle Gripers	3:36:11		TJ Maxxed	2:49:34
Э	Sean O'Connor, Sean O'Connor/Jen Sullivan, Jen Sulliva			Joshua Lipinski, Tom Corrigan	2.49.54
EA	MILY CANOE		2		3:04:03
	Pipe, Pipe and Pipe	2:55:47	2	Mike Giulian, Andres Bernal	5.04.05
	Samuel Piper, Andrew Piper, Andrew Piper	2.55.47	2	Iron Miners	3:04:15
2	Welcome Back Stefan	3:01:30	2	Jeff Pratt, Dave Pratt	5.04.15
2	Stefan Ogle, Wade Fiegel/Christine Reis Fiegel, Nancy O		т	NO PERSON FEMALE KAYAK	
2	It's Matt Graham	3:02:15		AW&JL	2.45.10
2		5.02.15			3:45:10
~	John Littlechild, Matt Graham, Joe Seele DRPORATE/ORGANIZATION CANOE		h	Jacqueline Lemieux, Audrey Witter Two 4 Bart	2.52.45
	Team Pfizer	2:46:27	2	Juraye Pierson, Heather Linscott	3:53:45
1			2	#HoodRats	3:54:41
2	Zane Wenzel, Dennis Girard/Robert Smith, Donald Tyski Bikers, Bakers, Basket Makers		2	Caroline Holland, Tessie McCormick-Goodhart	5.54.41
2	Noah Elbers, Shane Powell, Kurt Hackler	2:52:58	-	NO PERSON MIXED KAYAK	
2	Pack Pocka Nuts	2:53:15			2:51:50
3		2.55.15	1	Mark Wendolowski, Mark Wendolowski/Alicia Wendol	
	Ben Piecuch, Kerry Klein/Brenda Loguidice, Amanda Lawrence Rossolimo				OWSKI,
<b>T</b> 11			h	Alicia Wendolowski	2.21.02
		2.52.40	2	Mahkeenac Attack	3:21:02
1	This One's for Mike!	2:52:49		Catherine Chester, Catherine Chester/Matthew Chester	r,
~	Kevin Mitts, Joyce Amuso/Laura Naughton, Brenda Smit		~	Matthew Chester	2 22 25
2	Beauties and The Beast	3:28:27	3	Team De Vries	3:22:05
-	Amy Murray, Sarah Siket/James Siket, Sylwia Ketchen	2 22 44		William De Vries, William De Vries/Shannon De Vries,	
3	Arnie's Army	3:32:19		Shannon De Vries	
	Dennis Quelch, Jeannette Pierce/Michele Loehr, Nicolett	e Bastien		ONMAN KAYAK	
	ONMAN 60 & OVER CANOE		1	Waterville BBTS	2:36:35
1	Berkshire Fit	3:13:40		Kris Freeman	
	Mike Lahey		2	21st Century Fast	2:38:16
2	Sixty Something	3:20:15		Kent Lemme	
	Fred Tilden		3		2:59:33
3	Carl Lafreniere	3.33.48		David Thomas	

Jeff Nolan Jeff Nolan

Tony Stark

3 Rustman

1

Dan Michaud

Wendy Price

IRONWOMAN KAYAK

Teresa Warner Maiuri

2 Robin Robin Frain 3 Monadnock Maniac #2

TEAM PADDLEBOARD

No Swim? I'm In!

Nicholas Marshall

Ned Kennedy Ned Kennedy
 Against Medical Advice Robert Benner

2

David Thomas IRONPERSON 40 & OVER KAYAK

3 Release the Kraken Mike Laurin IRONPERSON 50 & OVER KAYAK

3:33:48

5:03:11

PB&J and IPAs Jason Candee, Paul Monachina, Brock Anello 2:40:00 2:56:05 Run Like A F-r Run Like A.F.r Bonnie Fachini, Bob Fachini Jr, Austin Poulton
 New Beef Edward Carman, Kevin Marsh, Marc McDermott
 MALE 39 & UNDER KAYAK 3:04:07 Pittsfield Health Food CTR Dean Phillips, Ben Pigott/Mike Dostal, Steve Dowsett Spin Splash Sprint Ben Webb, Phil Warner/Steve Fagin, Paul Phelps 2:19:55 2:38:39 3 Dirt Martians Patrick Hart, Darren Consolati, Evan Consolati 2:53:50 MALE 40 & OVER KAYAK 2:43:32 Brother in Laws Dave Devine, Brad Williams, William Kimer Movin- Groovin Bob Geller, Christopher King, Chris Begley 2:58:08 Tri This Stephen Fonda ALL FEMALE K It's All About th Kathy Timpane Chick a Boom Kelly Bowie, M Wheels-Water-Michal Snyder,

1

2

1

2

1

2

3 Carl Lafreniere

Carl Lafreniere

Pamela Cooper-Vince

ALL BERKSHIRE KAYAK

IRONWOMAN 60 & OVER CANOE 1 Team Hoak

~		2.50.00			
	Bob Geller, Christopher King, Chris Begley		1	Berkshire Outfitters	2:54:03
3	Tri This	3:06:23		Dan Celentano, Josh Chittenden, Jared Haley	
	Stephen Fondakowski, Skip Ciccarelli, Arne Johannesser	ı	2	For ENAR	3:02:38
AL	L FEMALE KAYAK			Jeff House, Craig Walton, Ellen House	
1	It's All About the T-shirt	3:10:05	3	Changin' Times	3:03:34
	Kathy Timpane, Andrea Goodman, Mary Sheehan			Frank Contenta, Gary Miller, Tonso Palmer	
2	Chick a Boom	3:19:34	IR	ON PADDLEBOARD	
	Kelly Bowie, Melissa Pollack, Linnea Van Tassell		1	Relentless Forward Progress	3:01:00
3	Wheels-Water-Waddle	3:24:12		Logan Wilson	
	Michal Snyder, Susan Shafer/Leigh Magadini, Dawn Pose	≥y	2	Medium Kahuna	3:15:11
м	IXED 39 & UNDER KAYAK			Luke Breslin	
1	Vermont Sports Connection	2:38:19	3	Without Rich	3:47:04
	Kevin Bessett, Clyde Yarnell/Mike Malley, Megan Anello			Peter Maloy	
2	Tim Hogan's Heroes	2:50:24	IR	ONWOMAN PADDLEBOARD	
	Mike Willey, Andrea Vogl, Nick Curelop		1	Nadine Atalla	4:23:55
3	The Womp Rats	3:02:43		Nadine Atalla	
	Pete Cole, Will Bodine/Laurie Cole, Joshua Hasty		2	Happy Valley Racing	4:43:52
м	IXED 40 & OVER KAYAK			Peggy Fallon	
1	Jude&2Dudes	3:00:48	E)	(HIBITION 4 PERSON CANOE	
	Tim Wern, Joe Krocheski, Jude Krocheski		1	Hemlock Hill Sugar Shack	3:54:28
2	Oshjay Illingsbay	3:01:52		John Donovan, Daniel Kaufman/Carlos Kaufman, Stev	en Cronin
	Scott Bartzsch, Stephanie Ambrose, Blaine Freadman			Courtesy of Josh Billings RunAground	
	· · ·				

### **13TH ANNUAL CARING TOGETHER TEAL RIBBON 5K RUN** September 14, 2014 • Washington Park, Albany

	36	ptember 14, z	014 • 1	asnington Park, A	-		
MALE OVERALL				MALE AGE GROUP: 40 - 44			
1 Tucker Chrapowitzky	36	Delmar	16:23	1 Sean Madden	40	Albany	18:25
2 Travis Fairlee	18	Delanson	17:01	2 Brett Fajen	43	Nassau	19:48
3 Tyler Lipina	15	Schenectady	17:04	3 Stephen Mann	43	Rensselaer	30:31
FEMALE OVERALL				FEMALE AGE GROUP:	40 - 44		
1 Payton Czupil	15	Watervliet	19:32	1 Joanne Burns	40	Queensbury	21:25
2 Ben Sears	29	Schenectady	19:34	2 Eunice Devine	44	Wynantskill	25:12
3 Trista Neinast	32	Washington, DC	20:37	3 Miel Fajen	42	Nassau	25:30
MALE AGE GROUP: 1 -	14			MALE AGE GROUP: 45	5 - 49		
1 Benjamin Shah	14	Slingerlands	20:14	1 Matt Lindemann	45	East Greenbush	20:39
2 Kellen Chowenhill	13	Voorheesville	21:07	2 John McGuinnesi	46	Glenville	21:16
3 Michael Mysliwiec	14	Cohoes	22:16	3 Tim Warden	45	Voorheesville	22:22
FEMALE AGE GROUP: 1	I - 14			FEMALE AGE GROUP:	45 - 49		
1 Gabriella Broga	14	Nassau	22:42	1 Catherine Cappellet	49	Chatham	23:32
2 McKenzie Quinn	11	Rensselaer	23:16	2 Sue Shah	48	Slingerlands	25:52
3 Renee Smith	14	Rensselaer	23:20	3 Noreen Bennett	45	Castleton	26:44
MALE AGE GROUP: 15	- 19			MALE AGE GROUP: 50		Castleton	20.44
1 Ethan Samarija	15	Castleton	20:24	1 John Noonan	54	Malta	18:40
2 Donovan Varney	15	Selkirk	20:29	2 Michael Stalker	51	Burnt Hills	19:03
3 Greg Gustafson	17	Berne	20:36		52		
FEMALE AGE GROUP: 1						Rexford	21:22
1 Jessica Hernandez	17	East Greenbush	22:00	FEMALE AGE GROUP:			24.55
2 Katherine Guillo	17	Rensselaer	22:13	1 Stephanie Landy	54	Malta	21:55
3 Alana Ferson	15	East Greenbush	22:21	2 Therese Staiger	51	Binghamton	24:44
MALE AGE GROUP: 20		East Greenbash	22.21	3 Anne Payne	52	East Berne	27:27
1 Matthew Flint		Queensbury	17:39	MALE AGE GROUP: 55			
2 Ryan McCloskey	24	Albany	21:12	1 Bill Herkenham	56	Charlton	20:59
3 Ryan Jones	24	Clifton Park	22:54	2 William Ports	56	Schenectady	21:04
FEMALE AGE GROUP: 2		CIIIIUII Faik	22.J4	3 Jack Connor	55	Hudson	21:30
1 Katie Kurtessis	24	Delmar	24:45	FEMALE AGE GROUP:	55 - 59		
2 Sydney MacAllister	24	Clifton Park	24.45	1 Beth Stalker	55	Burnt Hills	20:56
3 Jamere Shelby	22	Albany	25:49	2 Elizabeth Herkenham	57	Charlton	25:00
MALE AGE GROUP: 25		Albany	20.04	3 Joyce Goodrich	56	Glenville	25:51
1 Dillon Wade	25	Schenectady	21:07	MALE AGE GROUP: 60	) - 64		
2 Eric Mishkin	25	Old Chatham	21.07	1 Michael Wright	60	Albany	24:38
3 Charles Skinkle	25	Albany	22:55	2 Mike Ku	62	Slingerlands	27:49
FEMALE AGE GROUP: 2		Albany	24.01	3 Tim Doherty	61	East Berne	29:43
	2 <b>3 - 29</b> 28	Clifferer Deale	21.21	FEMALE AGE GROUP:	60 - 64		
1 Meghan Louden 2 Lauren Smith	28 29	Clifton Park Colonie	21:21 21:59	1 Carolyn George	60	Albany	26:06
	29 29			2 Darlene Cardillo	61	Delmar	28:16
3 Peggy Mazza		Albany	25:18	3 Benita Zahn	60	Albany	33:03
MALE AGE GROUP: 30		Dellatera Laler	17.50	MALE AGE GROUP: 65		/ abarry	55.05
1 Jeffrey Greer	33	Ballston Lake	17:52	1 James Larkin	66	Clifton Park	22:27
2 Jonathan Louden	30	Clifton Park	19:58	2 Peter Thomas	66	Delmar	27:30
3 Charles Griffith	34	Washington, DC	21:50		65	Clifton Park	28:33
FEMALE AGE GROUP: 3						CIII LON Park	28.33
1 Nicole McCutcheon	34	Altamont	23:24	FEMALE AGE GROUP:		Alleren	20.20
2 Kerry Burnett	31	Glenmont	26:00	1 Terry Tamer	66	Albany	30:26
3 Taryn Vanaskie	33	Albany	26:13	2 Gail Leonard	66	Clifton Park	37:20
MALE AGE GROUP: 35				3 Martelu McAuliffe	66	Canandaigua	53:23
1 Tarrier Brenan	36	Delmar	18:59	MALE AGE GROUP: 70			
2 Jeremy McNamara	35	Albany	21:00	1 Kenneth Tracy	70	Greenwich	29:51
3 Joel Shapiro	38	Schenectady	21:41	2 James Aurelia	71	Albany	35:48
FEMALE AGE GROUP: 3				MALE AGE GROUP: 80			
1 Rachel Anne	38	Castleton	25:11	1 Richard Eckhardt	80	Albany	38:56
2 Jennifer Merritt	36	Rensselaer	25:12	2 Ken Orner	84	Albany	39:29
3 Rachel Shapiro	36	Schenectady	25:13	Courtes	y of Caring	g Together NY	

MALE AGE GROUP: 1	5 - 19		
Jessica Hernandez	17	East Greenbush	22
Katherine Guillo	17	Rensselaer	22
Alana Ferson	15	East Greenbush	22
ALE AGE GROUP: 20 -	24		
Matthew Flint	24	Queensbury	17
Ryan McCloskey	24	Albany	21
Ryan Jones	24	Clifton Park	22
MALE AGE GROUP: 2	0 - 24		
Katie Kurtessis	24	Delmar	24
Sydney MacAllister	22	Clifton Park	25
Jamere Shelby	22	Albany	26
ALE AGE GROUP: 25 -	29	,	
Dillon Wade	25	Schenectady	21
Eric Mishkin	25	Old Chatham	22
Charles Skinkle	25	Albany	24
MALE AGE GROUP: 2	5 - 29	,	
Meghan Louden	28	Clifton Park	21
Lauren Smith	29	Colonie	21
Peggy Mazza	29	Albany	25
ALE AGE GROUP: 30 -	34		
Jeffrey Greer	33	Ballston Lake	17
Jonathan Louden	30	Clifton Park	19
Charles Griffith	34	Washington, DC	21
MALE AGE GROUP: 3	0 - 34	J., J.	
Nicole McCutcheon	34	Altamont	23
Kerry Burnett	31	Glenmont	26
Taryn Vanaskie	33	Albany	26
ALE AGE GROUP: 35 -	39		
Tarrier Brenan	36	Delmar	18
Jeremy McNamara	35	Albany	21
Joel Shapiro	38	Schenectady	21
MALE AGE GROUP: 3		Scheneedady	
Rachel Anne	38	Castleton	25
Jennifer Merritt	36	Rensselaer	25
Rachel Shapiro	36	Schenectady	25
Nuclier Shapilo	50	Scheneeddy	2.3

### BACKCOUNTRY SKIING continued from page 1

on skis. One of these newer areas is the Essex Chain Lakes Complex in the central Adirondacks between the villages of Indian Lake and Newcomb. This area is still a workin-progress, so before heading out it is wise to check the NYSDEC website (dec.ny.gov/ lands/91888) that is updated weekly, and check for the latest regulations and access points. The skiing is on unplowed dirt roads similar to Camp Santanoni.

Last winter we parked off Goodnow Flow Road just southeast of the flow where the Town of Newcomb plowed out a parking area. A short distance south of the parking area is the start of Chain Lakes North Road which was gated for the winter - Polaris and Gooley Club members are allowed to use snowmobiles on this road to access their camps through the year 2018. At 1.4 miles from Goodnow Flow Road there is a closed metal gate on the right - this is the continuation of Chain Lakes Road. Shortly thereafter another gate on the right is the Camp Six Road (don't expect signs at junctions). Continuing straight we reached the Polaris Bridge - aka the Iron Bridge - over the Hudson River after skiing about three miles from our cars. There were good views of Vanderwhacker and Polaris mountains along the way and the last 0.8 miles were all downhill. The camps of the Polaris Club are on the east side of the Hudson River.

The Chain Lakes Road southwest of the closed gate had seen no recent use. After breaking trail over gently rolling terrain for over three miles we then took a right where a barrel filled with waders, boots, fishing rod and more sat at the intersection and continued on to Fourth and Fifth lakes. Blue Mountain, Sixth Lake and Cedar Mountains can be seen on the route. The whole trip to the Polaris Bridge, plus Fourth and Fifth lakes was almost 15 miles. I plan to return this winter and explore some of the other roads in the complex.

On December 1, 2013, the Chain Lakes

Road from NY Route 28 in the Village of Indian Lake was plowed to the area just past the dam at the north end of Lake Abanakee. We were able to drive a short distance past that point in icy tracks and five inches of dense slightly-crunchy snow, but decided to park the cars early and don the skis. It was almost a two-mile ski over rolling terrain with views of the Indian River to the first summer parking area, then another 0.7-mile to the old Outer Gooley Club building, with its view of rapids on the Hudson River. Another three miles of gentle hills led us to a short spur trail ending at the Cedar River. We ended up skiing 11.5 miles in 4.5 hours that day.

### **NORTHVILLE-PLACID TRAIL**

Lake-effect snows often reach the southern Adirondacks and when depths reach over a foot – check Lapland Lake Nordic Vacation Center's snow reports (laplandlake.com) the southern end of the Northville-Placid Trail makes a great new ski destination. The nonroad section of trail has now been extended from the bridge over the North Branch of West Stony Creek to a point on the Benson Road that is 4.5 miles west of NY Route 30.

Having skied out and back from both the old Godfrey Road trailhead and the new Benson Road trailhead last winter on December 16 and January 5, I now look forward to doing a through ski - the drive between trailheads takes just a few minutes.

From Godfrey Road in Upper Benson, I would ski the old NPT through easement land to the North Branch of West Stony Creek. If the creek is frozen over, you could cross the creek and pick up the new section on the other side. The alternative would be to continue on the old trail for another 0.3-mile and cross over on a good bridge. Not far past the bridge, the new section goes to the right and climbs above the north shore of the creek, before dropping close to creek-level again. The NPT then goes northeast crossing a small stream on a two-log bridge, then follows an old woods road. Abner Brook and



its vlies are seen to the right.

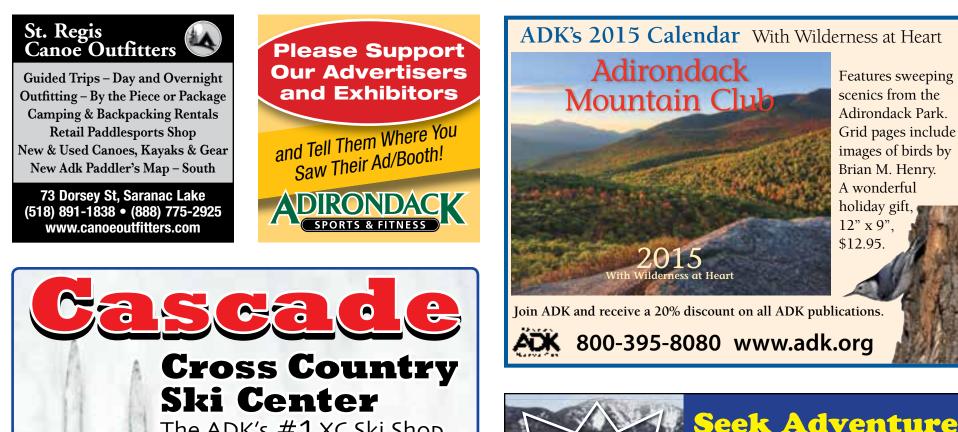
The NPT leaves the old road to the right and is harder to follow from this point on; we stopped often to look for the next marker. There is rolling terrain for a while before the trail U-turns to the two-log bridge over Abner Brook. The trail now heads over a hill to the east, and switchbacks make for a moderate grade. From the top of the hill there is a good through-the-hardwoods view of the cliffs on Little Cathead Mountain. The drop downhill on the other side is really fun as the trail zigzags through open woods before leveling out.

The trail takes a left turn on another straight old woods road before crossing the outlet of Grant Lake. Now heading south, you climb a short steep section and pass east of Woods Lake over the shoulder of Little Cathead Mountain. The NPT then offers a downhill run that can challenge the intermediate skier before threading its way past PHOTO BY RICH MACHA

three large boulders. After crossing the inlet of Woods Lake on another log bridge, the trail climbs away from the lake through softwoods; good snow cover is needed to avoid some rocks in this section. Finally the trail goes over a hill and drops down to Benson Road. The through trip should be under ten miles.

As I finish writing this article on November 14 the Tug Hill region has just received six inches of new snow and the greater Capital District has anything from a dusting to three inches. The "rock skis" are ready - here's looking forward to a great ski season! 📥

Rich Macha leads cross country ski trips for the Albany Chapter of the Adirondack Mountain Club (adk-albany.org), and is owner of Adirondack Paddle'n'Pole in Colonie, a store specializing in canoeing, kayaking and cross country skiing. Visit onewithwater.com for more of Rich's winter trip reports.



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### NORDIC SKIING & SNOWSHOEING

# Nordic S This Winte

winter season is almost upon us. Will it be an epic winter? It just might be if you decide to get out this winter and cross-country (Nordic) ski. If you are one those runners, cyclists, swimmers who is dreading spending another winter on a treadmill, a trainer or in a pool again, then Nordic skiing may give you that opportunity to keep your fitness level up - and provide you with a super way to cross-train! If you're a hiker or paddler and have never tried Nordic skiing or snowshoeing, it is a great way to enjoy the winter.

This region offers many locations to Nordic ski. There are ski centers that provide expertly groomed trails, a base lodge to get warm food and beverages, while spending quality post-ski time with friends and family. Many of these ski centers also have a set of snowshoe trails to explore. They all have a ski shop for sales and rentals, and many offer lessons for those who are new to these winter activities.

Nordic skiing has two distinct styles, classic and skate (freestyle). Classic style skiing has been around for many years and is the way many people were introduced to the sport. Skate style skiing is newer and has gained a great deal of popularity. The equipment is different and the skating technique allows one to go faster, but it does require more effort. Classic skiing is done on a set of parallel tracks, while skate skiing uses a wide aroomed lane.

Lapland Lake Nordic Vacation Center in Northville offers over 45 kilometers of groomed trails on rolling terrain, and when the lake freezes over there is even more track to ski on. Former US Winter Olympian Olavi Hirvonen started Lapland Lake more than 35 years ago, and he and his wife Ann take great pride in the resort's operation. There is a large lodge, a woodstove to warm you up, along with a snack bar and restaurant for refueling during and after a day of skiing. Sales and rentals are available, along with a friendly staff to help you, and lessons are available.

By Skip Holmes

2014 LAKE PLACID

They also offer many special events including Ladies Days where the instructors are women and you get a full day on the trails. Go to: laplandlake.com.

**Garnet Hill Lodge and Cross** Country Ski Center in North River is located up on a mountain near 13th Lake. An Adirondack gem since 1936, three-year owners Don Preuninger and Mindy Piper have restored Garnet Hill as a premier yearround destination. It has a lodge with overnight accommodations, a great restaurant, and 55km of groomed trails that traverse the entire area. Wilderness skiing and snowshoeing are available, along with ski sales, rentals and lessons. They have a 'ski down, ride back' shuttle service that will return you to the lodge in case you want to enjoy the downhill terrain without the uphill climb on the way back. See: garnet-hill.com.

Pineridge Cross Country Ski Area in East Poestenkill (east of Troy), is located on the Rensselaer plateau, and they often get snow when there is none in the Albany area. Developed and owned by Walter Kersch, the ski area prepares for its 31st season. They have 50km of ski trails including 35km groomed, plus snowshoe trails. Pineridge has a family-friendly lodge with ski rentals, a woodstove to get warm by, and night skiing by reservation. Visit: pineridgexc.com.

Mt. Van Hoevenberg, in the Olympic Sports Complex, is just east of Lake Placid. They recently remodeled the ski lodge, purchased a new trail grooming machine, and offer many winter programs. Mt. Van Hoevenberg's 50km expertly groomed trail system ranges from flat loops to some of the most challenging terrain around, including trails for snowshoeing. The lodge offers rentals, lessons, snack bar, and a new bar area for those with an appetite and thirst. New this year: MVH season pass holders can also ski the 3.5km groomed trail (aka rollerski loop) at the Olympic Jumping Complex. Check out: whiteface.com.

NEW DEWEY MOUNTAIN LODO

Cascade Cross-Country Ski Center, near Lake Placid, was opened by Art Jubin just before the 1980 Olympics. Here you will find 20km of groomed trails that interconnect with the Mt. Van Hoevenberg trails, and you can purchase a trail pass that admits you to both areas - and 50km of the Jackrabbit Trail. Cascade's Nordic shop offers a wide selection of skis and snowshoes for sale and rent, lessons, restaurant/bar and bunkhouse lodging. Their Full Moon Parties with bonfires are on Jan. 3, Feb. 7 and March 7. Visit: cascadeski.com.

**Osceola Tug Hill Cross-Country** Ski Center in Camden is 40 miles northwest of Utica. This is the famous Tug Hill plateau area, where owner Hugh Quinn and his crew manage snowfall totals in excess of 200 inches each winter. Osceola offers 40 km of groomed trails for skating and classic skiing. Their ski shop has a large inventory of skis for sale, "rentaflexibility" ski rentals, and a trailside camp available for rent. Go to: uxcski.com.

**Dewey Mountain Recreation** Center, one-mile from Saranac Lake, is owned by the town of Harrietstown and managed by Adirondack Lakes and Trails Outfitters. They offer 13 km of ski trails and 4 km of snowshoeing. The lower trails are groomed for skate/classic skiing, and the upper mountain trails are ungroomed for a backcountry experience. Thanks to the generosity of many, they have greatly improved trails, new grooming equipment, and a new base lodge will be open in December. Dewey is where local Olympians Bill Demong, Tim Burke and Annelies Cook got their start. They offer Tuesday night races, Friday night ski jams, and a youth ski league. See: deweymountain.com.

If you already have been involved in Nordic skiing you might want to consider ramping up your activity level and enter one of the many events that are being scheduled for this winter. Many of the Nordic ski centers



host one or more of these events, which are a great way to motivate you to set some training goals for this ski season.

New York Ski Racing Association -Nordic is a family-friendly organization that supports the development of Nordic skiing, welcoming all ages and novice to expert abilities. They offer a season-long schedule of cross country ski races (classic and skate), biathlon, ski orienteering, Bill Koch youth ski league, Empire State Games races, and the NYS Nordic Championships weekend on March 7-8 in Lake Placid. For more information, visit: nyssranordic.com.

The 34th annual Craftsbury Ski Marathon is Saturday, Jan. 31 in Vermont's Northeast Kingdom. Challenge yourself in the 25 or 50km classic race from Greensboro to Craftsbury on some of the most scenic Nordic ski terrain in New England with 1,000 competitors of all ages. Masters racers can join Craftsbury on Jan. 29 to contest the 2015 Masters National Championships 10km freestyle too. Onsite lodging is available. For full details, go to: craftsbury.com.

The 33rd annual Lake Placid Loppet will headline the first-ever Lake Placid Nordic Festival on Friday-Sunday, Feb. 27-March 1 at Mt. Van Hoevenberg. The festival includes the Loppet, plus ski clinics, demonstrations, parties and headlamp tours. The Lake Placid Loppet is part of the American Ski Marathon Series, attracting hundreds of skiers from the US and Canada. It consists of a 50km Loppet and 25 km Kort Loppet in both freestyle and classic technique on the challenging Van Ho trails. Give it a try! For many it's a similar challenge to running a full or half marathon or cycling a full or half century, in a supportive atmosphere. The festival starts Friday with the annual St. Lawrence University Winter Carnival. On Saturday at 1pm, skiers of all abilities and ages can participate in a 12.5K fun race at MVH. For details and registration, visit whiteface.com. 📥

Skip Holmes (serottaskip@gmail.com) of Delmar teaches building systems and sustainable design at RPI. He leads indoor spinning classes, is president of Mohawk-Hudson Cycling Club, and member of Capital Bicycle Racing Club. He can be found biking, kayaking, hiking or XC skiing. He has a couple of podium finishes at Lake Placid Loppet.





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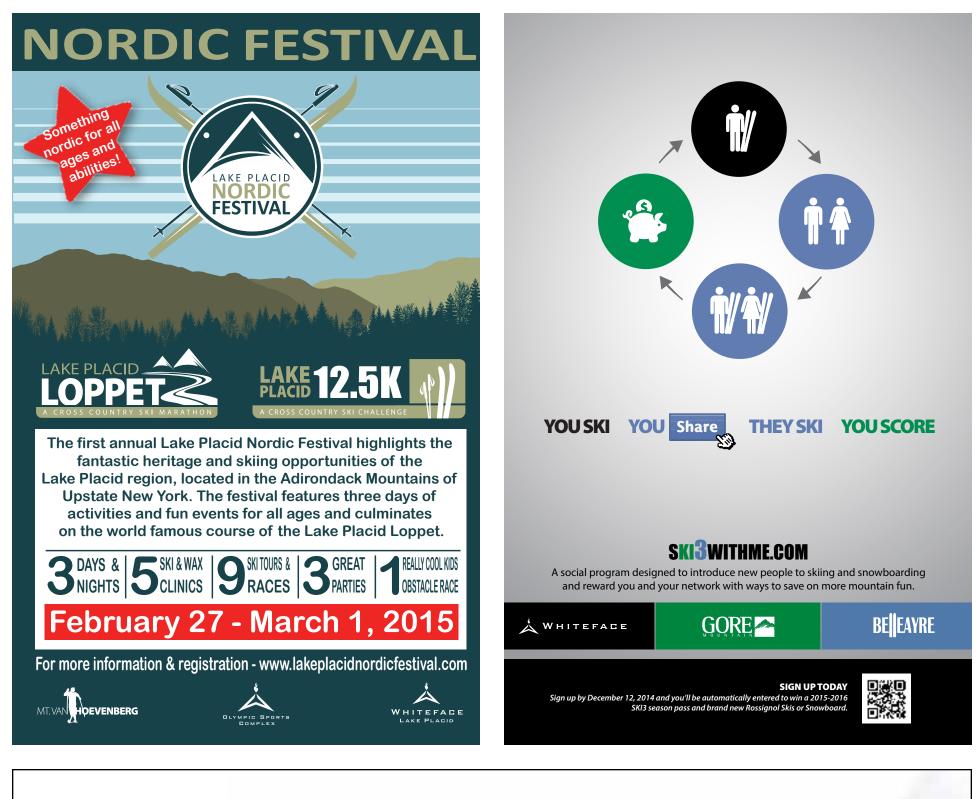
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