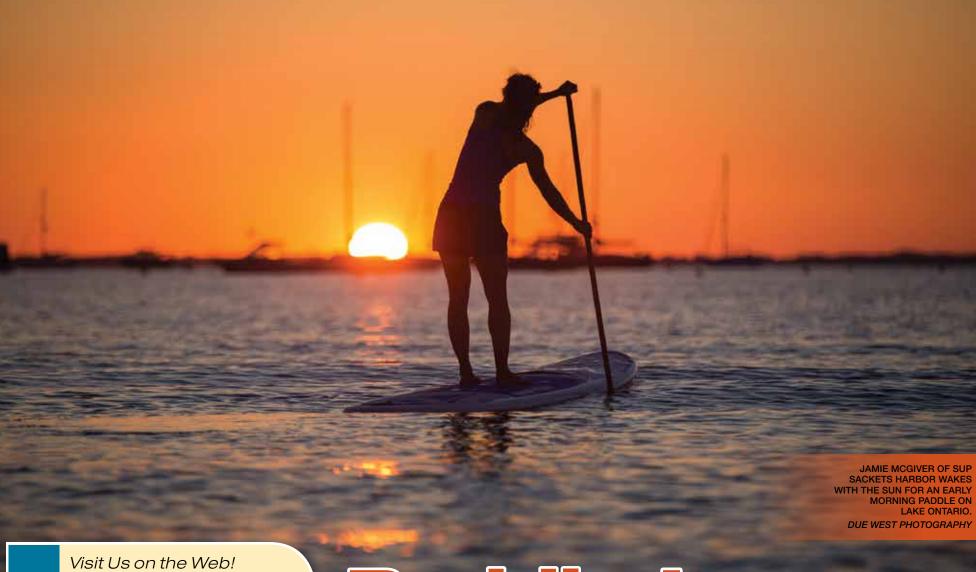
2015

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- Standup Paddleboarding Paddle Longer and Faster
- **Running & Walking** Early Fall Road Races
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Saratoga Cross Country Classic

- From the Publisher & Editor
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August to October

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Singletrack in the So. Adirondacks

Canoeing, Kayaking & SUP

Upper Hudson & Opalescent Rivers

17 **Athlete Profile** 

Running with Renee Tolan

19 **Bicycling** 

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22-27 **RACE RESULTS** 

Top Finishers in 20+ Events

**Non-Medicated Life** 

The Value of Skepticism

**Hiking & Backpacking** Baxter Mtn.: An Adirondack Gem

# Paddle Longe and Faster

# An Efficient Forward Stroke

By Kathy McDermott

ver the last four or five years I have come to love the sport of standup paddleboarding. While SUPing you have the option to sit, kneel, or stand. You can make it a yoga class, a cardio workout, an interval workout - or you an make it a relaxing family paddle and enjoy the ing scenery. One of my favorite activities is paddling with a select few friends and catching up with each other's lives. No matter what you choose, it's therapeutic.

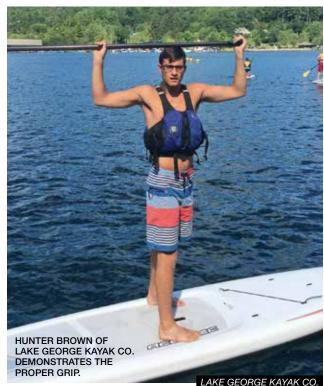
Whether paddling for recreational purposes or looking to improve your skills, an efficient forward paddling stroke allows you to enjoy the experience for a longer period of time - and at a whole other level.

Here are steps to an efficient SUP forward paddling stroke. Always set yourself up in a comfortable, athletic stance with knees slightly bent.

#### **The Grip**

Your grip on the paddle is important. First, determine your best hand placement: with one hand on the T-grip and the other hand holding the shaft of the paddle, put the shaft of the paddle on your head. When you are holding the paddle there, you want both of your elbows at a 90-degree angle. This is approximately the distance you want between your hands on the paddle. I recommend that you put a piece of electrical tape on the shaft of the paddle to remind you where your bottom hand should be for every stroke.

As you paddle, you may make minor adjustments to your

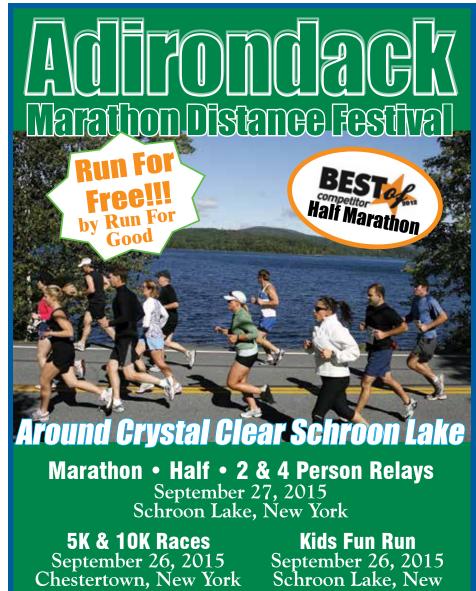


hand placement, but these tips will give you a starting point. The top hand should grip the T-grip as if you are making a "duck" with your hand. The bottom hand should grip the shaft by making the "OK" sign. Your grip should be loose and comfortable. The most important part of the grip is always keep your hands stacked - like you are holding a stack of pancakes between your hands. This is an important step to help you keep the paddleboard going in a straight line.









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www.AdkSports.com AUGUST 2015



By Laura Clark

uring the dog days of summer, I am heartened by the red-eyed vireo's beckoning call: *Here I am. Where are you?* You have probably never spied this bird because he hides high in the forest canopy and rarely touches earth. While I have spotted him only once, he remains my favorite avian companion, being the only bird who sings during the hottest part of the day. While you are plugging along, your mind echoing the phrase "Only mad dogs and Englishmen go out in the midday sun," take heart from his encouraging song.

Our highlighted races this month, cautiously tiptoe out from under the oppressive heat, and whisper promises of faster 5Ks. If you have persisted, just like the vireo, you will be rewarded with renewed energy.

First across the line is the **Hilltown Triple Crown 5K** Series of Fox Creek 5K on August 8, Voorheesville 5K on August 22, and Altamont 5K on August 29, all USATF certified courses just southwest of Albany in the Helderberg Escarpment. With so many 5Ks around now, Altamont race director Phil Carducci has discovered that it pays to join forces and create a local series. I should know, I recently got lured into the Blue Dot Trail Series in the far away reaches of Connecticut just because the first event, which I have always run, partnered with two others.

Somehow, completeness matters. If you can commit to the three Saturdays, you can save on preregistration fees and may qualify for series awards.

The Fox Creek 5K Run/Walk is held at Berne Town Park with live music, raffles and more. The Voorheesville 5K Run and 2-Mile Walk at the Voorheesville High School. The Altamont 5K, the grand finale and flattest of the events, features music on the course and 100 raffle prizes, and notably, senior discounts and awards reaching to 80-plus. (active.com or altamont5K.com)

Hannah's Hope Run for Life 5K & 10K is on Sunday, August 30 in Clifton Park. Both the 5K and the 10K launch from the Shenendehowa High School track and then take separate paths. The 5K follows the Shen Veterans Day Dash course, while the 10K is the old ARE Frun Run route heading out Moe, Grooms and Vischer Ferry roads, and back to campus. Plus, a kids' one-mile fun run. You can also form or join a team at reasontorace.com.

Race proceeds benefit Hannah's Hope Fund. Race director Beth Haig states that, "This year's race comes at a very exciting point for Hannah's Hope, as our work is coming full circle." The first child with GAN, a degenerative nerve disease, was treated in May and Hannah looks forward to her own reprieve. (hannahshopefund.org)

Although Saturday, September 12 is

over two months past July 4th, there is good reason why the **Malta 5K** logo features the Stars & Stripes, since proceeds benefit Saratoga Rural Preservation Corporation's *VetHelp* and Malta's emergency first responders, with many of these same folks volunteering to keep us safe enroute. Lifting off from HVCC's TEC Smart building, participants tour the Luther Forest Technology Campus, their race bibs granting access to the Global Foundries grounds.

This year, Malta Business & Professional Association sponsors are engaged in their own corporate challenge, competing for the most participants. Afterwards, enjoy a tour of the HVCC TECH Smart, and head out to Malta's Shenantaha Creek Park for their Community Day festival. (malta5k.com)

Also on September 12 is another race for a good cause, the inaugural **Good Karma 5K Run/Walk** to benefit AIM for Seva, an organization that works to make education accessible to children in rural India. Halfmoon Town Park plays host to this unique event, fashioned after an Indian street bazaar with crafts, yummy street-food, henna tattoos and Indian folk dances, making this outing equally fun for non-running family members.

The 5K starts at 9:30, preceded by a yoga warmup at 9am. The course is mostly flat with a combo of gravel and pavement, perfect for a stress-free jaunt.

Gender specific T-shirts are guaranteed to runners and walkers if registered by 8/31. AIM for Seva builds student homes close to public schools to increase literacy and decrease dropouts. (goodkarma5k.eventbrite.com)

September 12 is a busy day, with yet another distinctive event on the docket: the **Double H "Camp Challenge" Ride and Run**, with proceeds enabling children living with serious illness to attend the Double H Ranch free of charge. Children enjoy normal camp activities adapted to their abilities, and even more importantly, get to experience an environment where challenges are a matter of course.

How important is this? Shaun Evans, currently running and pushing his son Shamus across the United States (see Running, July 2015), made sure that his son could make his annual trip to camp before their trek began. Fundraisers include a 30- or 62-mile Adirondack bicycle ride or a 5K trail run. And in recognition of the adversities these kids face every day, the run is equally challenging with a few hills on the trail. (doublehranch.org)

The following day, Sunday, September 13, make it a doubleheader with the 14th annual **Teal Ribbon Run and 1-Mile Walk**, headquartered from the

See RUNNING & WALKING, 21





Adirondack Sports & Fitness

#### **ABOUT OUR FIRM**

#### Our vision

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# SQUARE

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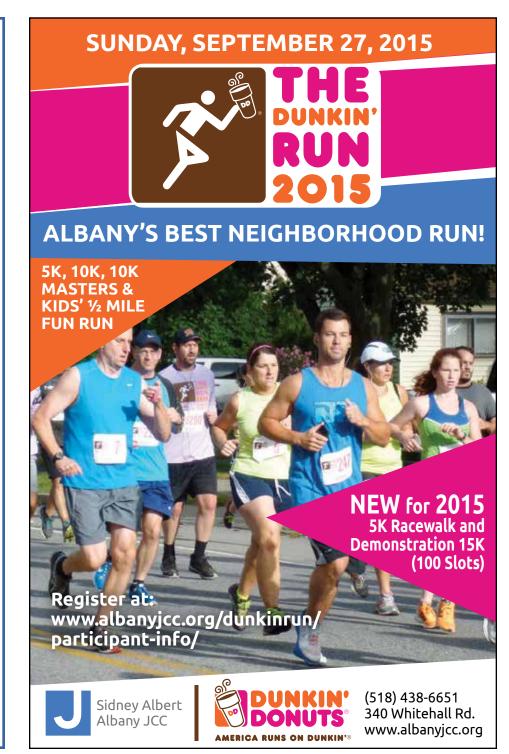
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# AROUND THE REGION News Briefs

#### Two Running Clinics at Fleet Feet Sports

ALBANY - Fleet Feet Sports will host two running clinics in August at their Albany location as part of an ongoing education series during prime racing season. Both clinics are free and open to the public. The first event on Tuesday, August 11 at 6pm, will feature a "Let's Roll and Recover" clinic by Trigger Point Performance Therapy that's led by their tech rep. Attendees at the clinic will receive 15% off of all recovery accessories.

The second event on Tuesday, August 25 at 6pm is a "Run with Power" strength training clinic led by Korey McCoy, owner and coach at Plaza Fitness Performance in Albany and Latham. Attendees at the clinic will receive 15% off cross training footwear. All runners and walkers are encouraged and welcome to attend. For more info, go to fleetfeetalbany.com.

#### **Running Seminar with Nark Running Strategies**

ALBANY - A complimentary running seminar will be held on Monday, August 17 from 6-7pm at Plaza Fitness Performance at Stuyvesant Plaza in Albany. Open to anyone, this running seminar will touch on a host of topics that are essential to reaching your absolute best on any given race day. Conducted by Mat Nark of Nark Running Strategies, the seminar will be an open forum where attendees can ask questions, and be given relevant strategies that will help them improve - and get results as close as possible to a PR.

This free event is open to anyone who is interested in improving their running. Topics will include pacing strategies, season planning and racing nutrition, as well as a question/answer session. For more info, checkout: narkrunningstrategies.com.

#### Lake George **Open Water Swim**

HAGUE - On Saturday, August 29, Hague Public Beach will be the base for the 2.5K US Masters Swimming Open Water National Championship, as well as the 5K and 10K swims with wetsuit and non-wetsuit divisions. The 2.5K championship swim will be a non-wetsuit race. The beautiful venue for open water enthusiasts is sanctioned by USMS and supported by the town of Hague. All participants will receive a race shirt, finisher gift, and be eligible for overall or agegroup awards.

The event is organized by Green Leaf

Racing, and they are proud to have hosted swimmers from around the US. Canada. Mexico. Great Britain, France and Australia at previous LGOWS events. GLR credits the volunteers, emergency personnel, residents, and Hague for their continued support, and helping turn it into a national championship venue in 2014 and 2015. For details and registra-

tion, visit: lakegeorgeswim.com.



HALFMOON - Registration is now open for the first annual Good Karma 5K Run/Walk to be held at the Halfmoon Town Park in Halfmoon on Saturday, September 12. The race is flat, fast, and held entirely within the park on the USATF 5K certified course. The run/walk starts at 9:30am with a 15-minute yoga warmup at 9am. Open to runners and walkers of all abilities, the event is a fundraiser for AIM for Seva. Post-race festivities include Indian street food, henna tattoos, Indian folk dances and more until 12:30pm. Gender specific T-shirts will be guaranteed to anyone registered by 8/31. To register or for details, go to: goodkarma5k.eventbrite.com.

The race is being organized by the local chapter of AIM for Seva to increase awareness and provide access to education for children from remote and tribal villages in India. Started over 10 years ago, AIM for Seva (All India Movement for Service) and its goal of caring for the least privileged children, has demonstrated an innovative cost-effective public/private partnership model by building more than a 100 free student homes next to established schools - so children can go to school, be fed, clothed and receive health care in a nurturing environment. To learn more, visit: aimforseva.org.

#### **Great Cow Harbor 10K Run**

NORTHPORT - Billed by Runner's World

as one of the nation's top 100 elite races, the 38th annual Great Cow Harbor 10K Run is set for Saturday, September 19, in this point-topoint classic on Long Island Sound. The race is wellknown for its



hometown friendliness, community support, cheering spectators and scenic views of the bay. Despite its reputation as being hilly, the course features several downhill sections for some rolling hills.

It's also the Road Runners Club of America's 10K Championship Race. Over 4,000 runners are expected to participate and registration is open. This year's race supports Special Olympics, the Veterans Administration, and the local food pantry. Registration and details at cowharborrace.com.



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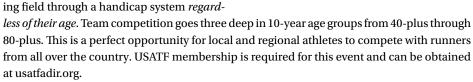
## RUNNING & WALKING

# **USATF Masters** Championships Coming to Saratoga Springs

By Pat Glover

n Sunday, October 18 some of the best "Masters" runners (men and women 40 and over) in the country will be competing in the 2015 USA Track & Field Masters 5K Cross Country Championships, to be held at the Saratoga Spa State Park. The event is part of the Saratoga Cross Country Classic, which for 2015 has been awarded the National Masters 5K XC Championship. Over \$5,000 in individual and team prize money, along with four Telescope Casual director chairs will be awarded in the Masters competition.

An age grading system will be used for individual prize money, which means that all athletes will be competing on a level play-



Beyond the Masters competition, this is truly a family day for all ages and abilities. Other events include: USATF Adirondack 5K Race Walk Road Championship, Kids' 2K/3K Development Cross Country Runs that are open to all children, an Open 5K XC race (open to all runners and walkers), along with the USATF Adirondack 5K XC Championship.

In addition to the regular race and USATF awards, \$100 each will be awarded to the USATF Adirondack registered men's and women's teams with the greatest number of athletes who complete either the Saratoga XC Classic 5K or the USATF Masters 5K XC Championship. Special  $awards\ will\ be\ given\ to\ any\ runners\ who\ also\ complete\ The\ Great\ Pumpkin\ Challenge\ 5K/10K$ on October 17 in Saratoga Springs, and the Saratoga XC Classic 5K or USATF Masters 5K

These events are being run on the historic and iconic Saratoga Spa State Park cross country course, which has been the site of many local and regional races over the years. It is also a chance for road racers to transfer some of their training to softer surfaces, venturing through the woods and open trails over this beautifully manicured course. For the uninitiated and anyone who might be put off by the term "cross country," the venue is a mixture of grass, crushed stone, and wide dirt paths on both flat and hilly terrain. It is truly runner friendly!

For those wishing to preview the course, Fleet Feet Sports will be conducting two free training sessions, on Wednesday, October 7 at 6pm and on Saturday, October 10 at 8am. These are open to all ages and abilities. Meeting location for both dates is the parking lot of The Gideon Putnam resort in the park. For complete event information and registration, go to saratogaxcclassic.com.

Pat Glover (pjglove@aol.com) is a veteran Masters runner who has coached at the college level and taught adult running classes. He is currently a track and field official, vice president of long-distance running and cross-country for USATF Adirondack, and a member of HMRRC.



# OM THE PUBLISHER & EDITOR

t's the second half of summer and t's the second man of the we hope you've been enjoying many outdoor pursuits. August is perfect for enjoying the water, trails, mountains and roads. We hope you can take advantage of the summer pace to get out and sweat!

The Calendar of Events is packed with rides, races, outings, clinics, classes, and much more from our region and the surrounding area to pique your interest everything you need to be and stay active. There's still time to plan a day, weekend or week away in upstate New York before the days get shorter and weather gets cooler, so make it happen!

The articles on hiking, paddling and mountain biking provide great ideas for new places to go. If you need motivation to bicycle, run or tri/du, sign up for a race, trip or an organized ride. Or, if you've already passed your goal race or challenge, set some new sights to prepare for - whether it's this fall, winter or even next summer!

We strive to promote aerobic sports, the outdoors and good health. Enjoy the magazine and the rest of your summer! Please continue to support our advertisers (and exhibitors), and tell them where you saw their ad/promo. We appreciate your readership!

Thank you,





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# **Calendar of Events** august-October 2015\* \*Events beyond this range are advertisers in this issue.

	AUGUST 2015						SEPTEMBER 2015					OCTOBER 2015								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
23/30	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31

#### ALPINE SKIING & RIDING

#### AUGUST

- Season Pass & Ski3 4-Pack Price Deadline. Gore Mountain. North Creek. 251-2411. goremountain.com.
- 22-29 Preseason Ski & Snowboard Sale. Up to 60% off. Alpine Sport Shop, Saratoga Springs. 584-6290. alpinesportshop.com.

#### **BICYCLING: ROAD**

ONGOING

Daily Mohawk Hudson Cycling Club. 300 rides/year, all levels of riders welcome. Capital Region. mohawkhudsoncyclingclub.org.

#### **AUGUST**

- Tour de Loop. 30M/50M. 9am. 78 CR 89, Oswego.
- Butternut Valley Time Trial. 15M. 4pm. 3537 State Hwy 51, New Lisbon. 607-437-2545. centralnycycling.com.
- 10th Ididaride: Adirondack Bike Tour. 75M/20M. Ski Bowl Park, North Creek. Adk Mountain Club: 800-395-8080 x42. adk.org.
- Champlain Canalway Trail Annual Bike Ride. 50M/30M. 9am. Fort Edward. hudsoncrossingpark.org.
- 12-16 4th Vermont Challenge & Fondo. Stratton Mountain, VT. vtchallenge.com.
- 13-16 4th Vermont Challenge & Fondo. Stratton Mtn, Stratton, VT. Great Gravel Grinder (G3). 80M. 9am. Hudson Crossing Park,
- $Schuyler ville.\ 413-314-3478.\ great american cycling. com.$
- 11th Hoosic River Ride. 100M, 75M, 50M, 30M, 5M. Hoosac School, Hoosick. hoorwa.org.
- 15-23 Hudson Valley Tandem Tour. Gear-To-Go Tandems, Saranac Lake. Rich & Lindy: 354-2102. gtgtandems.com.
- Lake George Bike/Boat Ride. Bike: Lake George to Ticonderoga. 11:15am: Mohican boat to Lake George. 668-5777. lakegeorgesteamboat.com.
- 15th Pat Stratton Memorial Century Ride. 100M/50M/25M & Kids Ride. Mt. Pisgah Lodge, Saranac Lake. Bob Scheefer: 891-5873. active.com.
- Bike Ride for Olympic Hopeful, Abe Studler. 9:30am. Join Abe & his family on a 22M or 33M charity ride w/post-ride complimentary lunch & live music. The Hub, Brant Lake. To register, learn more: bikereg.com.
- 22-23 32nd Chris Thater Memorial Cycling Races/NYS Criterium Championship. Recreation Park, Binghamton. bcstopdwi.com.
- 23-29 Cycle Adirondacks. 1-week tour. 470M. Saranac Lake. Matt VanSlyke: 315-525-9554. cycleadirondacks.com.

- Overland Adventure Ride, Dirt 51M, 9am, Woodstock, VT. 802-457-2420. vermontoverland.com.
- NYS Time Trial Championships. 40-10K. Delta Lake SP,

#### SEPTEMBER

- Green Mountain Stage Race. 65-216M. Waitsfield, VT.
- Double H Ranch "Camp Challenge" Bike Ride & 5K Trail Run. 30M/62M bike routes. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehranch.org.
- 5th CF Cycle for Life. 15M/32M/62M supported routes. Saratoga Springs Train Station, Saratoga Springs. Cystic Fibrosis Foundation NENY: 453-3583. neny.cff.org.
- Mount Greylock NCC Hill Climb Time Trial. 8.9M. Western Gateway Heritage SP, North Adams, MA. greylocktt.nohobikeclub.org.
- 12-13 Saratoga Century Weekend. 100M: 8am. 62M: 9am. 50M: 10am. 25M: 11am. Saratoga Spa SP, Saratoga Springs. mohawkhudsoncyclingclub.org.
- Tour de Daggett Lake to Benefit "Rosie's Love Foundation." 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. Tom Near: 623-2198. daggettlake.net.
- 8th Lance Gregson 1-Eye Classic Cycling Rides & Picnic. 60M: 8am. 40M: 8:30am. 26M: 9:45am. 12M: 10:30am. 3M: 11am. Music, picnic, raffles. Town Park/Beach, Schroon Lake. 532-9479. schroonlakecycling.com.
- 18-20 Adirondack 540. 136-544M. 8am. Alpine Country Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com.
- Catskill Mountain Cycling Challenge. 5 Routes. 8am. Lunch included. Catskill Recreation Center, Arkville. Becky Manning: 845-586-6250. catskillrecreationcenter.org.
- Brown's Brewing Covered Bridge Tour. 20M/30M/50M. Brown's Walloomsac Taproom, Hoosick Falls. bikereg.com.
- 8th BikeFest & Tour of the Valley & Family Ride. 8-104M. Look Park, Northampton, MA. bikefest.nohobikeclub.org.
- 4th Drops to Hops. 23-45M. 10am. Brewery Ommegang, Cooperstown. 607-547-2800. clarksportscenter.com.
- Hungry Lion Bike Tour. 8:30am. 4 routes. Town Hill, Whitingham,VT. hungrylionbiketour.com.
- 5th Columbia County Rotary Ride. 10M, 30M & 100K rides that benefit CYCLE Kids program at Ichabod Crane ES. Volunteer's Park, Valatie. ktvrotary.org or bikereg.com.

#### **OCTOBER**

- Sweat N Fall Metric & Century. 100/62M. 10am. Parkwood Plaza, Clifton Park. hrrtonline.com.
- Tour of the Battenkill Fall Preview Ride. 68M/32M. Schuylerville. 413-314-3478.
- Tour deVine. Ride, wine tasting, lunch. 20M. 10:30am. Amorici Vineyard, Easton. 413-314-3478. bikereg.com.

#### **HEALTH & FITNESS**

#### ONGOING

- Daily Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga classes. Hot Yoga, Lake Placid. 837-5036. hotyogalakeplacidny.com.
- Daily Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness Classes. Next Sessions: 9/14-10/24. M/W/F: 5:15am or 6:45am. Tu/Th: 5:15am or 9:30am & Sat: 6:15am or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.



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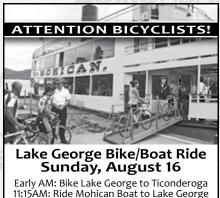
Cyclocross Clinic Sunday, Aug 30, 9am-3pm

**Prospect Park, Troy Great for Beginner & Intermediate** Cyclocross Racers!

Technique • Training • Bike Setup More Info: nycross.com Register: bikereg.com

Register today – limited to 30 riders! Get ready for NYCROSS Race Series





Reservations: (518) 668-5777

www.LakeGeorgeSteamboat.com



Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

#### **AUGUST**

Yoga Paddlenic on the Battenkill. Yoga, paddling, swimming, socializing & locally-grown food. Reservatons: Battenkill Valley Outdoors: 677-3311. battenkillvalleyoutdoors.com.

#### **SEPTEMBER**

Start of coursework in new certificate programs: Coaching, Fitness Specialist, Worksite Health Promotion. Hudson Valley Community College, Troy. 629-7372. hvcc.edu.

#### **OCTOBER**

National Multiple Sclerosis Society Upstate NY Health & Wellness Fair. 3-7pm. Holiday Inn Express & Suites, Latham. Aaron Ward: 464-1232. nmss.org.

#### **HIKING & CLIMBING**

#### **AUGUST**

- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Esther Hike. 6.6M. 8:30am. Candyman Shop, Wilmington. Adk Mtn Club: 523-3441. adk.org.
- Donaldson & Emmons Hike. 14.6M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
- Dix & Hough Hike. 13.7M. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 14-16 Trailless Peak Backpacking: Seward Range. 8:30am. Adk Mtn Club: 523-3441. adk.org.
- 15, 24 Table Top Hike. 10M. 8:30am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Macomb. South Dix & Grace Hike, 12.3M, 7am, Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.

#### **SEPTEMBER**

- Macomb, South Dix & Grace Hike. 12.3M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- Seymour Hike. 14.4M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.
- Mt Marshall Hike. 17M. 7am. Adirondak Loj, Lake Placid. Adk Mtn Club: 523-3441. adk.org. 18-20 Trailless Peak Backpacking: Seward Range. 8:30am.
- Adk Mtn Club: 523-3441. adk.org. Street & Nye Hike. 9M. 8am. Adirondak Loj, Lake Placid.
- Adk Mtn Club: 523-3441. adk.org. 25-27 Trailless Peak Backpacking: Santanoni Range. 10am. Exit 29, I-87. Adk Mtn Club: 523-3441. adk.org.
- Donaldson & Emmons Hike. 14.6M. 7:30am. Hamlet of Coreys. Adk Mtn Club: 523-3441. adk.org.

#### **MOUNTAIN BIKING & CYCLOCROSS**

#### **AUGUST**

- Hot August Nights Tuesday MTB #1. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.
- Pawling Cycle CX Training Series. 5:30pm/7:30pm. Patterson. 847-878-7400. pawlingcycle.com.
- Windham Mountain Bike World Cup Festival. UCI MTB World Cup: DHI & XCO. Race the World: DH pro/amateur, XC pro/amateur & Kids' Fun Race. Family Entertainment. Windham Mountain Resort, Windham. 734-4300. Info & Register: racewindham.com.
- Downhill Mountain Biking Camp. Gore Mountain, North Creek. 251-2411. goremountain.com.
- SMBA Trail Building Workshop. 9am-1pm. Rensselaer Plateau Community Forest, Poestenkill. saratogamtb.org.

- Hot August Nights Tuesday MTB #2. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.
- Great Gravel Grinder. 80M. 9am. Hudson Crossing Park, Schuylerville. greatamericancycling.com.
- Hot August Nights Tuesday MTB #3. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.
- 5th Belleayre Mtn All Terrain Challenge. Belleayre Mountain, Highmount. nysmtbseries.com.
- Hot August Nights Tuesday MTB #4. 6pm. Central Park, Schenectady. 421-0319. hrrtonline.com.
- D2R2 Deerfield Dir Road Randonee. 180K, 160K, 115K, 100K, 40M, 20M. Deerfield, MA. franklinlandtrust.org.
- 29-30 ADK 80K Race Weekend. Sat, 6am: 80K trail running race w/ solo & 2-4 person teams & 50K solo race. Sun, 8am: MTB & cyclocross races w/solo & 2-4 person teams. Prizes, live music, BBQ. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
- NYCROSS Cyclocross Clinic. 9am-3pm. Great for all levels, limited to 30 riders. Prospect Park, Troy. nycross.com.

#### **SEPTEMBER**

- Green Mtn Challenge MTB6. 9:30am. Pittsfield, VT. peakraces.com.
- Kirkland Cyclocross. NYCROSS Race Series #1. Kirkland Town Park, Kirkland. nycross.com.
- Crossstock Festival. 40min. 1528 Hermance Rd, Galway. 421-0319. hrrtonline.com.

#### **OCTOBER**

- 17-18 Uncle Sam Cyclocross GP. NYCROSS Race Series #2. Prospect Park, Troy. nycross.com.
- Wicked Creepy Cyclocross. NYCROSS Race Series #3. Willow Park, Bennington, VT. nycross.com.

#### NOVEMBER

- Saratoga Spa Cyclocross. NYCROSS Race Series #4. Saratoga Spa SP, Saratoga Springs. nycross.com.
- Bethlehem Cup Cyclocross. NYCROSS Race Series #5. Elm Ave Park, Bethlehem. nycross.com.

#### MOUNTAINEERING & WILDERNESS SKILLS AUGUST

- **Jr Pathfinders Wilderness Training.** Ages 10-12. 10am-4pm. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.
- 10-14 Pathfinders Wilderness Training & Adk Canoe Trip w/James Bruchac. Overnight. Ages 12-16. Ndakinna, Greenfield. 583-9958. ndakinnacenter.org.

#### **MULTISPORT: TRIATHLON & DUATHLON**

#### ONGOING

- CDTC Crystal Lake Open Water Swim Training: 6/3-8/25. 6pm. Crystal Lake, Averill Park. cdtriclub.org.
- Beginner Triathlon Series: 8/4-8/25. Child/adults races. 5:30-7pm. Haviland's Cove, Glens Falls. adktri.org.
- Open Water Swims: 6/3-8/12. 5:30pm. Crystal Lake, Averill Park. John Slyer: 281-6480. skyhighadventures.com.
- STC Open Water Swim Training: 5/28-8/27.5: 30 pm.Moreau Lake SP, Gansevoort. saratogatriclub.com.
- BTC Open Water & Tri Training. 6pm. Crystal Cove, Averill Park. bethlehemtriclub.com.

#### AUGUST

- 2nd Maple City Triathlon. 750m swim, 12.4M bike, 5K run. Dobisky VC, Ogdensburg. runsignup.com.
- Staten Island Tri/Du. 0.25M swim, 12M bike, 3M run. 1M run, 12m bike, 3M run. Staten Island. nytc.org.



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# NYCRO55 **2015 Race Series**

10th anniversary! Don't miss New York's most fun cross series!

Sept 13 - Kirkland Cyclocross Kirkland Town Park, Clinton

Oct 17-18 - Uncle Sam Cyclocross GP Prospect Park, Troy

Oct 25 - Wicked Creepy Cyclocross Willow Park, Bennington, VT

Nov 8 - Saratoga Spa Cyclocross Saratoga Spa State Park, Saratoga Springs

Nov 15 - Bethlehem Cup Cyclocross Elm Avenue Park, Bethlehem





http://neny.cff.org/cycle

Catskill Mountain Cycling Challenge **September 19, 2015 Catskill Recreation Center** 

Featuring 5 routes in the beautiful Western Catskills

Lunch Swimming Pool Rain or Shine

www.catskillrecreationcenter.org/ catskill-mountain-cycling-challenge

Arkville, NY



**Cycling Club** 

all levels of ability welcome more than 300 rides per year

join or renew online:

MohawkHudson CyclingClub.org

# Lake George **Triathlon Festival**

**Olympic** Distance .9 / 24.6 / 6.2



**Half Iron** Distance 1.2/56/13.1

September 5 & 6

#### **Mohawk Towpath Byway Duathlon**

**Riverview Orchards** 660 Riverview Rd, Rexford

2M run, 17M bike, 2M run

Sunday, October 18 • 8:30am Open to individuals & 2-person teams Register: mohawktowpath.org

USAT sanctioned • Tech T-shirt to first 100 Giffy's Barbeque included Benefits Mohawk Towpath Scenic Byway

Tri-A-Thon

Catskill Recreation Center October 11, 2015 Arkville, NY

1/4mi(indoor) Swim 12mi Bike 3.1mi Run

Experienced Athlete? Extend your race season and compete for cash prizes Beginner? Try the non-competitive category









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IRONMAN

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- Vermont Sun & Lake Dunmore Triathlon. 8am. Branbury SP, Brandon, VT. 802-388-6888. vermontsuntriathlon.com.
- 31st Monday Mini Tri Series. 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Kids Race (age 5-13): 8/10, 3pm. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- HVTC Summer Tri-Series #3. 400yd swim, 12M bike, 2M run. 5:45pm. Wilson SP, Mount Tremper. hvtc.net.
- CDTC Crystal Lake Triathlon. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 3rd Peasantman Triathlon. Full steel, aquabike, half/relay, Olympic. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.
- 3rd Old Forge Triathlon. 1K swim, 22M bike, 4M run. 8am. Old Forge. 315-404-8130. atcendurance.com.
- 25th West Point Triathlon. 0.5M, 12M bike, 5K run. West Point Military Reservation, West Point. usma.edu.
- Tri-State Triathlon. 0.25M swim, 10M bike, 5K run. 7:30am. Port Jervis. 845-522-9338. tri-statetriathlon.com.
- Xterra Syracuse & 20K/10K Trail Races. 1K swim, 20K MTB, 10K trail run. Green Lakes SP, Fayetteville. xterrasyracuse.com.
- Subaru Ironman Mont-Tremblant. 2.4M swim, 112M bike, 26.2M run. Mont-Tremblant, QC. ironman.com.
- 31st Monday Mini Tri Series. 400-yd swim, 12M bike, 3M run. 6:30pm. Solo/teams. Mirror Lake Beach, Lake Placid. 523-3764. highpeakscyclery.com.
- Rochester Triathlon. Sprint & Olympic. Durand Eastman Beach, Rochester. 585-255-0029. rochestertriathletes.com.
- Search & Rescue Orienteering Challenge. Solo/teams. 8am. Mohonk Preserve, New Paltz. losttribeexpeditions.com.
- Triathlon-Specific Open Water Swim Clinic. 8-11am. Million Dollar Beach, Lake George. t3coaching.net.
- Cazenovia Triathlon. Sprint, Olympic & Aquabike. Lakeside Park, Cazenovia. cnytriathlon.org.
- River Rat Triathlon. 3M kayak or 600m swim, 16.8M bike, 3.3M run. Centennial Park, Clayton. riverrattri.org.

#### **SEPTEMBER**

- Lake George Triathlon Festival. 7am. Sat: Olympic 0.9M swim, 24.8M bike, 10K run. Sun: Half Iron 1.2M swim, 56M bike, 13.1M run. Aquabike, King George & Prince George. Battlefield Park, Lake George. adkracemgmt.com.
- Greene Co YMCA Triathlon. 8am. Sleepy Hollow Lake, Athens. Stacy Serson-White: 731-7529. cdymca.org.
- 12-13 Finger Lakes Triathlon. 10am. Kershaw Park, Canandaigua. fingerlakestriathlon.com.
- 12-13 Incredoubleman Tri, Sprint, Du & Aquabike. 8am. Westcott Beach SP, Sackets Harbor. incredoubleman.com. IronGirl Sprint Triathlon & 5K for Women. 0.33M swim, 15M
- bike, 3M run. Gateway NRA, Sandy Hook. 39th Josh Billings RunAground Triathlon. 27M bike, 5M
- canoe/kayak/SUP, 6M run. Teams/solo. Great Barrington to Lenox, MA. 413-344-7919. joshbillings.com.
- Green Mountain Iron Dog. Obstacle/Mud Runs. 9am. Camp Dudley, Colchester, VT. irondogvt.weebly.com. Great Lakes 100 Mile Triathlon, Duathlon, Aquabike & 50M
- Triathlon. Camp Kenan, Barker. 100miletri.com. Bricktown Challenge Triathlon & Duathlon. Haverstr 845-247-0271. nytc.org.
- Westchester Triathlon & Aquabike. Rye Town Park, Rye. westchestertriathlon.org.

#### **OCTOBER**

- $\textbf{Glens Falls Lions Club Duathlon}.\,5K\,run,\,30K\,bike,\,5K$ run. 8:30am. Solo, 2-3 person & corporate teams. SUNY Adirondack, Queensbury. glensfallslions.org.
- Tri-A-Thon Triathlon. 0.25M indoor swim, 12M bike, 3.1M run. 7am. Experienced & beginner welcome. Catskill Recreation Center, Arkville. 845-586-6250. catskillrecreationcenter.org.
- 31st New York City Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. nytc.org.
- 13th Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 2M run. 8:30am. Solo & 2 person teams. Giffy's BBQ included. Riverview Orchards, Rexford. mohawktowpath.org.
- 31st Central Park Duathlon. 2M run, 12M bike, 2M run. Central Park, New York. nytc.org.

#### **OTHER EVENTS**

#### AUGUST

Chrissy's Fund "Raiser" & Chair Auction. 4:30-8pm. 20 Adirondack chairs auctioned off. Conservation Park, Bolton Landing. 644-3020. chrissysfund.com.

#### **SEPTEMBER**

- Family Weekend. Canoeing, hiking, archery, rock climbing, more. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 12-13 Saratoga Native American Festival. Free. Victoria Pool Mall, Saratoga Spa SP, Saratoga Springs. saratoganativefestival.com.
- 18-20 Fall Women's Weekend on Lake George. Many activities. YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.

#### **OCTOBER**

- Ultimate Field Day. Teams: Tug-of-war, soccer, basketball, obstacle course. 9-11am or 12-2pm. Bruno Stadium, Troy. Nicolle Kaufmann: 786-6759. ultimatefieldday.com.
- 10-11 Harvest Fest. Gore Mountain, North Creek. 251-2441.

#### PADDLING: CANOEING, KAYAKING & SUP ONGOING

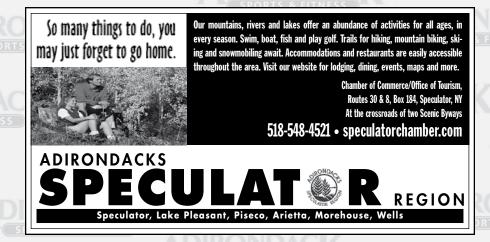
- SUP Yoga. 5:30pm. Adk Lakes & Trails, Saranac Lake. 891-7450. adirondackoutfitters.com.
- Morning Tour on the Mohawk. 9am. Niskayuna, Colonie & Latham. Adk Paddle N Pole: 346-3180. onewithwater.com.
- **SUP Yoga**. 8:30pm. Adk Lakes & Trails: 891-7450. adirondackoutfitters.com.

#### **AUGUST**

- Evening Tour on the Hudson. 6:15pm. Hannacroix Creek, Coeymans. Adk Paddle N Pole: 346-3180.
- Yoga Paddlenic on the Battenkill. Yoga, paddld, swim, socialize & locally-grown food. Battenkill Valley Outdoors, Cambridge. 677-3311. battenkillvalleyoutdoors.com.
- 11th Cardboard Boat Races. 8am-3pm. Fort Hardy Park Beach, Schuylerville. hudsoncrossingpark.org.
- Evening Tour on the Mohawk. 6:15pm. Lock 7, Niskayuna. Adk Paddle N Pole: 346-3180, onewithwater.com.
- Evening Tour on the Mohawk. 6:15pm. Kiwanis Park, Rotterdam. Adk Paddle N Pole: 346-3180. onewithwater.com.

#### SEPTEMBER

Women's Kayaking Day. Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.





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# 5K Run, 30K Bike, 5K Run Sunday, October 11, 2015 8:30 am SUNY Adirondack College Chip timed Participant only raffles Free micro-mesh tee shirt to the first 200 entrants One, two and three person teams Corporate teams of three welcome Register at the Greenleaf website below

http://www.greenleafracing.com/reg/gfdu/

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# TOUR DE FORCE CHARITY RUN Half Marathon, 10K Run, 5K Run & 1M Walk

**SUNDAY, AUGUST 23** Half 8am, 10K 8:15am, 5K 8:30am, 1M 8:45am Point Au Roche State Park, 9 Red Cloud Rd, Plattsburgh

courses ■ Register by 7/31 for guar-anteed tech shirt & finisher medal ■ Register by 7/31 and donate \$10 or more to be eligible to win an Apple
MacBook Pro computer ■ Bring your
family to enjoy the state park and
post-race raffles, prizes and food

# Register at AdirondackCoastEvents.com Info: Thomas Brown at fricfrom54@gmail.com • Volunteers needed (T-shirts to all) Sign-up online

11th Paddle for the Cure. 2M on the Moose. Mountainman Outdoors, Old Forge. 315-369-6672.

www.glensfallslions.org

- St. Regis Canoe Classic. 4.7M/7M/11M. 10am. Paul Smith's College, Paul Smiths. slvpaddlers.org.
- mountainmanoutdoors.com.

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

#### ONGOING

- Mo-Fr Outliers Boys Distance Running Camp: 6/29-8/14. 8-10am. Grade 6-12. Clifton Common, Clifton Park. Lance Jordan: 791-1063. outliersrunningclub.com.
- Daily Training Facility. Viking Obstacle Course. Sunny Hill Resort, Greenville. 634-7642. sunnyhill.com.
- Daily Nark Running Strategies: Marathon/Half Training. Mat Nark: 470-8659. narkrunningstrategies.com.
- Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K. Fleet Feet Albany & Adk. 459-3338. fleetfeetalbany.com.
- Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany & Adk. fleetfeetalbany.com.
- Summer Trail Run Series: 5/28-8/13. Locations/distances vary, Albany area. albanyrunningexchange.org.

#### **AUGUST**

- 5th Schenectady ARC 5K Challenge Road Race. 6:30pm. Solo & corporate teams. Isabella Pavilion, Central Park, Schenectady. arc5kchallenge.com.
- 5th DanRan 5K Run/Walk. 9am. Stevens ES, Ballston Lake. Michael Hale: 399-4846. danran.weebly.com.
- Fox Creek 5K Run/Walk. 9am. Hilltown Triple Crown Series #1. Berne Town Park, Berne. 225-4925. active.com.
- Festa 5K & Kids' 1M Fun Run. Schenectady. Carmela Pasquarella: 764-8078. olqprotterdam.org.
- Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperance. 875-6935. landisarboretum.org.
- Ken Hummel Memorial 5K Run. 9am. Stuyvesant. stuvvesantny.us.
- 1st Great Carrying Race 5K Run & Walk. Run: 6pm. Walk: 5:30pm. The Mill, Rome. romanrunners.com.
- Run for the Roses 5K. 9am. Grafton Lakes SP, Grafton. Cynthia Pulito: 269-9520. graftoncommunitylibrary.org.
- Tawasentha XC 5K Series #1. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com.
- Fleet Feet Sports Cross Country HS Mini-Camp. 8-9am. Fleet Feet Sports, Albany. fleetfeetalbany.com. Trigger Point Performance Therapy Clinic: Let's Roll &
- Recover. 6pm. Free. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- Team In Training Run/Walk Info Session. 5:30-6:30pm. SAA Jewish Community Center, Albany. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.
- Summer Sunset 5K Series #3. 7:30pm. 1M Run: 7:15pm. Lot J, St. Lawrence University, Canton. 315-229-5105.
- Clifton Park Scavenger Hunt Run/Walk w/iRun Local. 60min. 5:30pm. Family friendly, picnic after w/bounce house, pony rides. Benefits CAPTAIN. So. Saratoga YMCA, Clifton Park. Jamie Mastroianni: 886-8537. Register (free): irunlocal.com.
- 14-15 Peak 2 Brew Exhibition Relay Race. 234M. Whiteface, Wilmington to Saranac Brewery, Utica. p2brelay.com.
- 7th Camp Chingachgook Challenge Half Marathon & 10K Race. 13.1M: 8am at Lake George. 10K: 9am at Camp Chingachgook, Kattskill Bay. lakegeorgehalfmarathon.org.
- 13th Jailhouse Rock 5K Race. 8:30am. Brookside Museum, Ballston Spa. 885-4000. brooksidemuseum.org.

- 18th Olga Memorial Footrace. 10K & 5K Run/Walk. 9:30am. Berkeley Green, Saranac Lake. 637-4297. slskatepark.org.
- Castleton-Schodack Kiwanis Clove Run. 10M, 5K & 1M Kids' Run. 8:30am. Castleton. 810-9548. vanrensselaerdivision.org.
- Pawling Lakeside Park 5K, 9:30am, 800m; 10:15am. Lakeside Park, Pawling. mhrrc.org.
- Willow Bay 5K Run & Fitness Walk for Women. 9am. Onondaga Lake Park, Liverpool. 315-345-3270. syracusechargers.org.
- Albany Movement & Fitness 5K Run/Walk. 9am. Corporate Woods, Albany. albanymovementandfitness.com.
- Catskill Mt 100K Road Race & Relay. Phoenicia. todjen.wix.com/catskillmountain100k.
- Camp Saratoga 5K Trail Run Series. 6pm. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- $3\mathrm{rd}$  Monday Night Mile Race. 5:30pm. Saratoga Casino & Raceway, Saratoga Springs. 796-8878. srymca.org.
- Tawasentha XC 5K Series #2. 6:30pm. Tawasentha Park, Guilderland, hmrrc.com.
- Voorheesville 5K Run & 2M Walk. 9am. Hilltown Triple Crown Series #2. Voorheesville HS, Voorheesville. Phil Carducci: 861-6350. active.com.
- 2nd Bridesmaid 5K. 2pm. Pavilion to the Hoot Owl, Canton. Mary Beth Sieminski: 386-3322. northernrunner.org.
- Tour De Force Charity Run: Half Marathon, 10K, 5K & 1M Run/Walk. 8am. Point Au Roche SP, Plattsburgh. Thomas Brown: 563-3825. adirondackcoastevents.com.
- Storm King Run 10K & 5K. 9:15am. 1M Fun Run: 9am. Washington Gate, West Point. 845-446-4106. rotary-wphf.org.
- 2nd Thacher Park Running Festival. 5K, 10K, 13.1M, 26.2M, 50K trail races. 8:30am. Horseshoe II Pavilion, Thacher SP, Voorheesville. thacherparkrunningfestival.com.
- Vent Fitness 5K & 5K Challenge. 10am. Crossings Park, Colonie. ventfitness.com.
- 23rd Scholarship Trail Race 5K. 8:30am. Red Rocks Park, South Burlington, VT. gmaa.net.
- Tawasentha XC 5K Series #3. 6:30pm. Tawasentha Park, Guilderland. hmrrc.com. Strength Training for Runners Clinic w/Korey McCoy. 6pm.

25

- Free. Fleet Feet Sports, Albany. 459-3338. 28-30 Gear-Up for Cross Country Weekend. In-store specials on
- XC spikes/apparel. Fleet Feet Sports, Albany: 459-3338 & Adk: 400-1213. fleetfeetalbany.com. 18th Altamont 5K Run & Walk. 9am. Hilltop Triple Crown
- Series #3. Altamont Mile & Kids Races: 10:15am. Bozenkill Park, Altamont. Phil Carducci: 861-6350. altamont5k.org. 29-30 ADK 80K Race Weekend. Sat, 6am: 80K trail running race w/
- solo & 2-4 person teams & 50K solo race. Sun, 8am: MTB & cyclocross races w/solo & 2-4 person teams. Prizes, live music, BBQ. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 523-3764. adk80k.com.
- Fishy Frolic Fishy 5K & Trout 10K. 9:30am. 1M walk: 8:45m. Corning Preserve, Albany. 527-7904. zippyreg.com.
- Patriot Highlander Challenge 5K & 10K Obstacle Runs. 7am. Sunny Knolls Farm, Cobleskill. patriothighlander.com.
- Hannah's Hope Run For Life 10K & 5K. 10K: 8am. 5K: 8:15am. Solo or teams. 1M kids' fun run: 9:15am. Shenendehowa HS, Clifton Park. hannahshopefund.org.
- 18.12 Challenge & Half Marathon. 18.12M & 13.1M road races. Downtown, Watertown to 1812 Battlefield, Sackets Harbor. 1812challenge.com.
- Run for Home 5K Run/Walk. 8:45am. Kids' run: 8am. Dutchess Co Rail Trail, Poughkeepsie. childrenshome.us.

18th Annual

# Altamont 5K Run & Walk

Saturday, August 29 9am **Bozenkill Park, Altamont** 

Gun Club Rd (10mi w of Albany)

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

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

#### Hilltown **Triple Crown Series!**

#1 Fox Creek 5K in Berne, 8/8 #2 Voorheesville 5K in Voorheesville, 8/22 #3 Altamont 5K, 8/29 Sign-up: foxcreek5k@gmail.com

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

To benefit Altamont Food Pantry Bring unexpired dry goods



13th Annual **\11** Saturday, 1133 Aug 15 • 8:30am **Brookside Museum, Ballston Spa** USATF Certified

Fast and fabulous BROOKSIDE MUSEUM with downhill for with Misterical Secrity your summertime PR! Chip timing • T-shirts to first 200 registrants

5 year age group awards Application: www.brooksidemuseum.org (518) 885-4000 Register online: www.active.com \$22 by 8/11 or \$27 after

Voorheesville 5K Run &

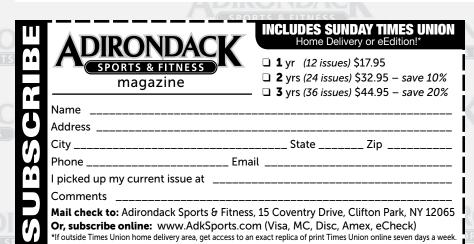
Benefits: Brookside Museum education programs

# 2-Mile Walk Saturday, August 22 • 9am

Voorheesville High School, Voorheesville Race #2 of Hilltown Triple Crown 5K Series

T-shirts for first 150 preregistered Awards: top 3, 5-year age groups & top 15 walk \$18 pre-race (\$15 70+) or \$22 race day

Register online: Active.com More info: 861-6350 or foxcreek5k@gmail.com



# Adirondack Marathon Distance Festival **EXPO & PACKET PICK-UP**

For Runners and Sports/Fitness Enthusiasts Saturday, September 26 • 10am-5pm Schroon Lake High School, Schroon Lake

#### **DON'T MISS THIS EXHIBITOR OPPORTUNITY!**

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

Produced by ADIRONDACK

Limited to

30 Exhibit Spaces
Purchase Your Booth

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

FIRST ANNUAL

# Good Karma 5K Run/Walk for AIM for Seva

Saturday, Sept. 12, 9:30am Halfmoon Town Park, Halfmoon

5K USATF certified course – Flat, fast & entirely within the town park Gender specific T-shirts guaranteed to registrants by 8/31 – 9am: 15-minute yoga warm-up Post-race food/drink, Indian street-food, henna tattoos & Indian folk dances Awards to top three M/F overall & age groups

Info, Entry Form & Registration: goodkarma5k.eventbrite.com \$25 by 9/11 or \$30 day of race • 518-383-3722 • goodkarma5k@gmail.com
Benefits AIM for Seva (aimforseva.org) – Makes education accessible to children in rural/tribal India.
Proceeds sponsor children for housing close to public schools to increase literacy and decrease dropouts.

#### 34th Annual Watervliet **Arsenal City Run** & Community Night Sunday, **Sept 27** \*

**5K Road Race: 10am** USATF-Adk Masters 5K Championship Register: ZippyReg.com

\$20 until 9/24 or \$25 race day Male/female dri-fit shirts to all preregistered Free 1-Mile Fun Run/Walk (all ages): 9:30am Family Festivities: 10am-1pm Food, drinks, live music, activities for all Benefits Watervliet Adopt-a-Family program

FOURTH ANNUAL Mario Zeolla'97 **5K Run/Walk** 

Saturday, Sept 26 ● 9am

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

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

#### Register: acphs.edu/healthexpo

Sponsored by ACPHS Health & Wellness Expo: 10am - 2pm Benefits Mario Zeolla '97 Memorial Scholarship



# Hannah's Hope Run For Life

– Sunday, August 30 – Shenendehowa High School 970 Route 146, Clifton Park

10K 8am • 5K 8:15am Kids' 1M Fun Run 9:15am

Commemorative T-shirts to first 200 entered Post-race food & refreshments Awards to top M/F overall & age groups Chip timing by AREEP Form/join a team: ReasonToRace.com

## Register: ZippyReg.com

(Online entry closes 8/27 10am) \$25 5K & \$35 10K by 8/27 (\$5 more race day)



Benefits **HannahsHopeFund** 

Whiteface Mountain 3500' in 8 miles to the top of New York's 5th highest peak Saturday, Sept 19 More info and registration: WhitefaceRegion.com

47th Archie Post 5-Miler. 8am. Gutterson Field House, UVM, Burlington, VT. Russ Cooke: 802-846-5635. gmaa.net.

#### SEPTEMBER

- 6th 5K Run for the Horses. 8:30am. 0.5M kids' fun run: 8am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs.
- Voorheesville 5K Cross Country Challenge. 9am. Wallace Park, Voorheesville. Phil Carducci: 861-6350. active.com.
- CM5K Run/Walk. 9:30am. Waterfront Park, Northville.
- Scottish Games 5K. 10:30am. Altamont Fairgrounds, Altamont. Rebecca Schenck: 669-1470.
- Biggest Loser RunWalk: Half Marathon & 5K. Buffalo. biggestloserrunwalk.com.
- 27th SEFCU Foundation Labor Day 5K. 9am. SEFCU Headquarters, Albany. John Parisella: 269-1904. hmrrc.com.
- 1st Good Karma 5K Run/Walk. 9:30am. Yoga Warmup: 9am. Indian food, henna, vendors. Benefits AIM for Seva. Halfmoon Town Park, Halfmoon. 383-3722. goodkarma5k.eventbrite.com.
- 6th Malta 5K Run & Walk. 8:30am. Malta Business & Professional Assn. HVCC TEC-SMART, Malta. Paul Loomis: 472-4807, malta5k.com.
- Double H Ranch "Camp Challenge" 5K Trail Run. Plus, 30M/62M Bike Ride. Double H Ranch, Lake Luzerne. TJ Roode: 696-5921 x269. doublehranch.org.
- 12 3rd YOUth Make A Difference 5K. 10am. Kids' run: 9:30am. Town Hall, North Greenbush. townofng.com.
- Get Your Rear in Gear 5K. 8:20am. Saratoga Spa SP, Saratoga Springs. 390-7471. events.getyourrearingear.com.
- Lake Placid Classic Half Marathon & 10K. 9am. Lake Placid. 12 897-2685. lakeplacidclassic.com.
- Old Forge Half Marathon & 5K. 8:30am. Hiltebrant Rec Center, Old Forge. willowhwc.com.
- 7th Running for Recovery. 9am. Jefferson Co Fairgrounds, Watertown. 315-782-8440. watertownurbanmission.org.
- Kerhonkson Day 5K. 9:15am. Firehouse, Kerhonkson. Gregg Kenney: 845-943-9242. friendsofkerhonkson.org. Glen Iris 5K. Letchworth SP, Castile. 585-493-5466.

castilelibrary.blogspot.com.

- 14th Teal Ribbon 5K Run & 1M Walk. 9am. For ovarian cancer awareness & research. 9am. Washington Park, Albany. Jim Foley: 783-7600. caringtogetherny.org.
- 44th HMRRC Anniversary Races. 2.95M & 5.9M. 9am. Gym, 13 UAlbany, Albany. Pat Glover: 877-0654. hmrrc.com.
- 13 13th Ty Yandon Memorial 5K Run/Walk. 9am. Part of Teddy Roosevelt Celebration: 9/11-13. Newcomb Overlook, Newcomb. Kevin Bolan: 582-2991. newcombny.com.
- WWAARC 5K. 10am. Glens Falls YMCA, Cole's Woods, Glens 13 Falls. Michelle Bielawa: 935-4349. wwaarc.org.
- Glow Back To School 5K. 7:30pm. SACC, Stillwater. Aimee Salecker: 664-2515. stillwaterareacommunitycenter.org. Shawangunk Ridge Trail Run/Hike. 20M/32M/50M/74M.
- High Point SP, NJ to Rosendale. 646-784-0341. 38th Whiteface Mountain Uphill Foot Race. 3,500 feet in
- 8M. Whiteface Mountain Veterans Memorial Highway, Wilmington. 946-2255. whitefaceregion.com.
- Brenda Deer Memorial 5K Run. Plus, 3K walk & 1M kids' run. 5K/3K: 10am. Guilderland YMCA, Guilderland. 456-3634. finishright.com.
- Arc in the Park 5K Run or Walk. 9am. Solo & teams. 1M run run/walk/roll: 10am. RPI Tech Park, North Greenbush. 274-3110 x3028. renarc.org.

- Championship Race. Laurel Ave School, Northport.
- Flashlight 5K. 7:30pm. Bring flashlight, glow sticks, run at night! Fireworks: 9:15pm. Lake George Village Firehouse, Lake George. adkracemgmt.com.

38th Great Cow Harbor 10K Run, 8:30am, RRCA 10K

- Nisky Fall Fun Run 5K. 5:30pm. Plus, 1M & 50yd Dash. Niskayuna Town Hall, Niskayuna. 386-4526. niskayuna.org.
- 2nd Patriot Ruckmarch. 9.8M: 12:30pm. 24.8M: 8:30am. With or without 35lb rucksack. Pig roast: 4-6pm. Sullivan Jones VFW, Poestenkill. 545-6781. heroesathomerensco.com.
- Backpack Run 5K/10K. 9am. Theresa Primary School, Theresa. thebackpackrun.com.
- 12th Common to Common 30K. 8:30am. Memorial Hall, Essex Center, VT. Steve Eustis: 802-878-4385. gmaa.net.
- "The Saratoga Palio" Melanie Merola O'Donnell Memorial Race. Half marathon & 5K run/walk. 7:45am. High Rock Park, Saratoga Springs. thesaratogapalio.com.
- 8th Hometown Heroes 5K Run & Walk. 9:15am. Solo/teams. Crossings Park, Colonie. Kathy Andonie: 368-5513. nyfrc-inc.org.
- Albany Autism Society 5K Run/Walk. 9am. Central Park, Schenectady. albanyautism.org.
- 37th Dutchess County Classic Half Marathon & 5K. Arlington HS, Lagrangeville. 914-456-0708. mhrrc.org.
- Delta Lake Half Marathon. 9am. Delta Lake SP, Rome. 315-337-3658. romanrunners.com.
- I Run For Half Marathon, 8am, Town of Maine Park, Maine. Steve Seepersaud: 607-595-0166. irunforhalfmarathon.com.
- 4th Run10 Feed10 Event. 10K: 7am. Pier 84, Hudson River Park, New York City. run10feed10.com.
- Team In Training Winter Season Kick-Off Walt Disney World Marathon Weeekend. 6pm. 5K, 10K, half marathon, marathon. Learn how you can save lives and participate in a once in a lifetime event. National Museum of Dance, Saratoga Springs. Liz Spaide: 438-3583 x2557. Teamintraining.org/uny.
- 25-26 Ragnar Adirondacks. 200M 6 & 12 person relay. Saratoga Spa SP, Saratoga Springs to Lake Placid Horse Show Grounds, Lake Placid. ragnaradk.com.
- 22nd FAM 5K "Fund" Run/Walk. 10am. Benefits Catskill Area Hospice & Palliative Care. Refreshments, entertainment, Brooks BBQ & kids' run. Cobleskill Fairgrounds, Cobleskill. 800-932-3271. fam5k.com.
- Adirondack Marathon Distance Festival. 5K/10K Races. Municipal Center, Chestertown. adirondackmarathon.org.
- 4th Mario Zeolla '97 5K Run/Walk. 9am. Health & Wellness Expo: 10am-2pm. Albany College of Pharmacy & Health Sciences, Albany. acphs.edu/healthexpo.
- Maddie's Mark 5K. 10am. Plus, kid's mile (9am), virtual run & family walk. Central Park, Schenectady. Jennie Heidbreder: 698-1478. maddiesmark.org.
- 8th Ride/Run/Walk 4 Love. 9am. 15M/30M bike ride w/lunch or 5K. 9am. Saratoga Spa SP, Saratoga Springs. rrw4l.com.
- CRSS Race for Hope 5K. 10am. Slingerlands. 439-4326. 26 capitalregionspecialsurgery.com.
- Menands Monster Mile & 5K Run/Walk. 1M: 10am. 5K: 10:30am. Ganser Smith Park, Menands. cdcccc.org.
- MHRRC Sports Museum Hall of Fame 5K. 8:45am. Van Wyck Trailhead, Dutchess Rail Trail, Poughkeepsie. mhrrc.org.
- 3rd Hawthorne Valley Let's Moove 5K Walk & Run. Hawthorne Valley School, Ghent. hawthornevalleyassociation.org
- Adirondack Marathon Distance Festival. Sun: Marathon, Half, 2-4 Person Relays. (Sat: Expo & Kids' Fun Run.) Schroon Lake HS, Schroon Lake. adirondackmarathon.org.

# Frightening 5K Family Fun!

RunReg

To benefit St. Catherine's Center for Children

Saturday, October 17, 9:30 am The Crossings of Colonie

Presented by



2nd Annual 5K Fright Run/Walk

Register online at www.st-cath.org, or call 518-453-6756 Pre-registration: \$25 Adults/\$20 Students (13-20)/\$30 Race Day FREE 1-mile walk for children 12 & under at 9:30am/5K at 10:30

Free t-shirts to first 400 paying runners!



Scenic course within historic village of Ballston Spa! Great Drawings – All registered 5Kers eligible to win gift certificates for coffee shops, restaurants, pizzerias, oil changes, etc. Must be present to win.

Register: active.com • Entry form: ballstonspaumchurch.org \$25 race day – T-shirt to first 200 runners

Kids' 0.5M Fun Run (10 & under): 10:45am - Free Lynne Blake: lblake@nycap.rr.com or (518) 885-9821 Benefits community outreach programs of CAPTAIN, Shelters of Saratoga, and BACA









- Nick's Run to Be Healed 5K. 11am: Nick's Dash. 11:15am: Nick's Mile. 11:45am: Zumba Warm-Up. 12pm: 2M walk. 1:15pm: 5K Run. Clifton Commons, Clifton Park. Liz Fox: 631-645-4801. fighttobehealed.org.
- The Dunkin Run. 8:30am. 5K, 10K, 10K masters & Kids' 0.5M Fun Run. New: 15K Racewalk & Demo 15K. Sidney Albert JCC, Albany. Tom Wachunas: 438-6651. albanyjcc.org.
- 34th Arsenal City Run. 5K Road Race: 10am. USATF-Adk Masters 5K Championship. 1M Fun Run/Walk: 9:30am. City Hall, Watervliet. watervliet.com.
- 41st Falling Leaves Road Races. 5K: 9am. 14K: 8:50am. 1K Kids Fun Run: 8:30am. Radisson Hotel, Utica. Mike Byrch: 315-404-8130. uticaroadrunners.org.
- Falcon 5K & 1M Run. 9:30am. Washington Park, Albany. albanyboosterclub.org.
- Pfalz Point Trail Challenge. 10M. High Falls. mohonkpreserve.org.

#### **OCTOBER**

- 21st Susan G Komen Race for the Cure. 9am. 5K Run, 2M Family Walk, Kids for the Cure Dash & Sleep In for the Cure. Empire State Plaza, Albany. Tori Roggen: 250-5379.
- 21st Burnt Hills-Ballston Lake 5K Apple Run & Walk. 9am. Plus, Kids' Mile Fun Run: 9:45am. O'Rourke MS, Burnt Hills. Paul Lewandowski: 399-2225. bhblrotary.org.
- Leaf Cruncher 5K Trail Run. Great raffles & prizes! Gore Mountain, North Creek. 251-2411. goremountain.com.
- Living Hope Hunger Run 5K. 9am. Lions Park, Niskayuna. Sean Finnegan: 785-8888. livinghope5k.com.
- Boght Fire Prevention XC 5K. 9am. Colonie Town Park, Latham. Katelyn Reepmeyer: 250-5806. boghtfire.org.
- Cat's Tail Trail Marathon. 7am. Fox Hollow Trailhead, Shandaken. catstailmarathon.wordpress.com.
- Best Dam 5K. 9am. Downsville Fireman's Field, Downsville. 607-267-7263. bestdam5k.com.
- 42nd Art Tudhope 10K. 9am. Shelburne Beach, Charlotte, VT. Jessica Bolduc: 802-658-1753. gmaa.net.
- 35th HMRRC Voorheesville 7.1-Mile Race. 10am. New Scotland Town Park, Voorheesville. hmrrc.com.
- Heroes for Health Obstacle Run. 10am. Prospect Park, Troy. wmyhealth.thankyou4caring.org.
- Beat Beethoven 5K Run/Walk! 9:20am. Central Park, Schenectady. Christine Mason: 372-2500. schenectadysymphony.com.
- 22nd Pit Run $5\mathrm{K}/10\mathrm{K}$  & 2M Walk. Main St Bridge, Oneonta. 607-699-1590. pitrun.org.
- Leaf Peepers Half Marathon & 5K. 11am. Waterbury, VT. Roger Cranse: 802-223-6997. cvrunners.org.
- 9th Falling Leaves 5K & Fun Run. 10am. Great drawings & prizes. 0.5M Kids' Fun Run: 10:45am. William Kelley Park, Ballston Spa. ballstonspaumchurch.org.
- Rosendale Run. Half Marathon, Plains 4.4M Run/Walk & Kids Run. Rosendale Rec Center, Rosendale. 917-344-9374. rosendaleruns.org.
- Mohawk Hudson River Marathon & Hannaford Half Marathon. (10/10: Expo.) 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.
- 5th Jailbreak Trail Marathon. Dannemora. Jay Magiera: 562-2297. jailbreaktrailmarathon.org.
- Fall Foliage Half Marathon. 10am. 5K Run: 10:20am. Dutchess Fairgrounds, Rhinebeck. fallfoliagehalf.com.
- Shawangunk Valley 5-Miler. 10am. 1M Kids' Run: 10am. Shawangunk Valley FH, Wallkill. 845-895-3402. mhrrc.org.
- 45th Green Mountain Marathon & Half Marathon. 8:30am. Folsom School, South Hero, VT. gmaa.net.

- The 15th Great Pumpkin Challenge. 5K & 10K Run/Walk: 9:30am. Kids' Fun Run following races. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. Marissa Scally: 587-0723. saratogabridges.org.
- 2nd Running SCCCared 5K Fright Run/Walk. 9:30am. 1M Walk for Children at 9:30am & 10K ads at 10:30am. Crossings Park, Colonie. St. Catherine's Center for Children: 453-6756. st-cath.org.
- APD 5K Run/Walk for Domestic Violence Awareness. 11am. Jennings Landing, Albany. Albany Police Dept.: 438-4000. albanyny.gov.
- Run4Me 5K to benefit Cerebral Palsy of Ulster. 8am. Walkway Over the Hudson, Highland. 845-336-7235. cpulster.org.
- 4th For Paws & Wright Naturals 5K Run/Walk. 3pm. West Lot, Recreational Park, New Paltz. active.com.
- Saratoga Cross Country Classic 5K. 11:30am. Open competition (all welcome); USATF-Adirondack 5K XC championship; Kids' 2K & 3K development XC runs; USATF Masters 5K XC championship (4 races) & USATF-Adirondack 5K race walk championship. Saratoga Spa SP, Saratoga Springs. Pat Glover: 877-0654. saratogaxcclassic.com.
- Empire State Marathon, Half Marathon & Relay. 7:30am. NBT Stadium, Syracuse. 315-427-1371. empirestatemarathon.com.
- 3rd Hambletonian Marathon & Good Time Trotters Relay. 8am. Heritage Trails, Goshen. Kathleen Rifkin: 845-527-3825. hambletonianmarathon.com.
- Harvest Run 5K Run/Walk & 10K Run. 8am. Main St, Adams. 315-232-2624. southjeffersonrescue.org.
- 11th Hairy Gorilla Half Marathon & Squirelly Six Trail Races. Thacher SP, Voorheesville. hairygorillahalf.com.
- 15th Ghostly Gallop 5K Run/Walk & 1M Kids' Fun Run. 9am. Hudson HS, Hudson. Betsy Miller: 607-588-9828. ghostlygallop.info.
- Troy YMCA Monster Madness Dash. 8:30am. Troy YMCA, Troy. Michael Malone: 272-5900. cdymca.org.
- Tina Shaina Gambino Memorial 5K Run/Walk. 9am. Pleasantville HS, Pleasantville. tinagambino.org.
- Little Falls 5K Run/Walk for Kidneys. 9am. Little Falls. healthykidneys.org.

#### *NOVEMBER*

- MVP Health Care Stockade-athon 15K Road Race, 8:30am. Downtown, Schenectady. stockadeathon.com.
- 13-14 3rd Fleet Feet Sports 24 Hour Fight Against Hunger. 2pm-2pm. Registration begins: 10/13. Fleet Feet Sports, Albany & Adk. 459-3338. fleetfeetalbany.com.

#### SWIMMING **AUGUST**

- Betsy Owens Championships 1M/2M Cable swims. Mirror Lake, Lake Placid. adms.org.
- T3 Open Water Swim Clinic. 8-11am. All USAT members welcome. Battlefield Park, Lake George. t3coaching.net.
- Lake George Open Water Swim. 7:45am: 2.5K USMS Open Water National Championships. 5K (9:25am) & 10K (7:55am) Swims w/wetsuit & non-wetsuit divisions. Hague Public Beach, Hague. Chris Bowcutt: 290-0457. lakegeorgeswim.com.

#### **OCTOBER**

7th Leaf Peepers Masters Meet. Upper Valley Aquatic Center, White River Junction, VT. 802-296-2850. uvac-swim.org.

All area codes 518 unless indicated.

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



# The Crossings | Colonie, NY

#### MUSIC • FOOD • AWARDS • FUN! 5K Challenge Run/Walk - 10am

Dri-fit long-sleeve shirt to first 300 registered Flat, fast course through Crossings Park Chip timing by AREEP • Walkers welcome

Kids 1/4M Fun Run\* (free) - 10:45am Must be registered – For ages 13-under

Kids 1M Competitive Run\* (\$10) - 10:45am Chip-timed for 13-under with shirt and awards

\*All kids runners get a medal and are entered to win a Ciccotti pool party for 20!

Register online: ZippyReg.com **Entry Form and More Info:** Colonie Youth Center.org

Early Registration Ends 9/23!



2.95 & 5.9 Miles

Sunday, Sept. 13 - 9am Gymnasium, UAlbany

**HMRRC** 44th Annual Celebration!

Commemorative glassware to first 125

Free HMRRC, \$5 non-members Register day of race only Pat Glover: 877-0654 or pjglove@aol.com



USATF Certified 5k: 9am • Scenic 14k: 8:50am & Kids Kilometer Fun Run: 8:30am Atayne long-sleeve tech shirts to first 1500 registered

Info/Register: UticaRoadrunners.org or RunSignUp.com



**USATF Certified • Solo/Teams** T-shirt to first 250 • Chip Timing \$25 by 9/15 • \$30 after

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

Fundraiser to benefit NY National Guard Family Readiness Council



Orenda Pavilion Saratoga Spa State Park

USATF certified course • AREEP timed T-shirts and prizes Virtual Runner \$20 w/T-shirt Pre-Reg \$20 – Day of \$25

Kids' 1/2 Mile Fun Run (8am): \$5 suggested Register: TRFinc.org/5k

Benefits local non-profits that rescue/shelter ex-racehorses: ACTT Naturally, Heading for Home, Old Friends at Cabin Cre ReRun, Inc. and Thoroughbred Retirement Foundation



**REGISTER: ACTIVE.COM** ENTRY FORM: BHBLROTARY.ORG

PAUL LEWANDOWSKI (518) 399-2225

21st Annual Burnt Hills-Ballston Lake Rotary

# **5K RUN AND WALK BURNT HILLS, NY**

Saturday, Oct. 3 • 9AM

KIDS MILE FUN RUN: 9:45AM O'ROURKE MIDDLE SCHOOL, BURNT HILLS **USATF CERTIFIED COURSE • CHIP TIMING** SHIRTS FOR THE FIRST 300 PARTICIPANTS \$25 BY 9/23 (\$30 AFTER)

KIDS MILE FUN RUN: \$10

#### By Steve Ovitt

Singletrack mountain bike trails designed and built to deliver exceptional riding experiences have finally arrived in Warren County. Up until the last couple of years local mountain bikers have had to travel hours to get to quality singletrack riding. That has changed with the development of extensive and growing trail systems at Ski Bowl Park in North Creek and the Gurney Lane Park in Queensbury. Both trail systems have been developed on town owned parks utilizing professional outdoor recreation consulting and trail building specialist Wilderness Property Management. These trail systems have been designed to offer a wide variety of mountain bike specific riding experiences from expert technical trails to smooth easy flow trails.

Flow, rollers, banks, gravity drops, rock riding, tree banks, log riding and handle bar moves are present at each of the parks. The initial push in 2013 and 2014 was to put as much well-designed sustainable trail on the ground as possible at each park. Now in addition to growing the trail systems, there is an emphasis on creating a greater diversity of riding experiences and features.

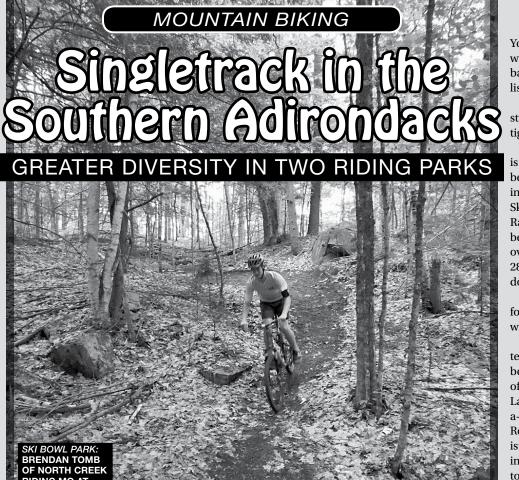
Gurney Lane Park - In 2015, Gurney Lane Park has added 3.3K of machine and hand built flow trail with rollers, and banks and a kilometer of trail with dozens of technical boulder riding opportunities. Additionally there have been upgraded trail features added to the previous year's trails.

This adds up to just under 10K of singletrack trail in a system that includes awesome gravity drops on Erratic's downhill, rocks to ride that are bigger than your bike on Rock Buster, and an intersection with trails Salsa, Surf and Coaster that is called Birmingham to give your imagination an idea of what the riding is like.

Gurney offers something for everybody, starting with smooth open flow trail on Home Page, and then progresses to more challenging trails as you get farther from the park entrance.

Trail Descriptions: From Home Page climb up Twitter, on your return trip ride the flow down on the east side of Twitter. Tumblr is the closest challenging trail that should be ridden down from the top of Twitter. Excalibur takes you to the more challenging trails and demands that you ride some rock

Rogue is your climbing trunk trail that allows you to do reps on Erratic, DWI and TNT. The banked flow turns and fast trail on the downhill portion of Rogue are alone worth the trip to Gurney. Ride Coaster to Salsa all the way to the upper parking lot in one continuous ride to have the ultimate forest flow trail experience, and return on Surf to do it over again.



North Creek Ski Bowl Park - In 2015 Ski Bowl Park saw the completion of its Snakes Tongue natural terrain park; the addition of banks and rollers to Hoot; rock work, corduroy and banked turns on Alternative; and upgrades on Lower Raymond Brook Downhill, Heart Brake and Ski Bowl Loop. In late summer there will be a kilometer of trail constructed with some nice banked turns from the top of the Village Lift to the

The Ski Bowl Park has 14K of singletrack trail that all but the Raymond Brook Downhill were designed to ride in both directions, giving you the opportunity to ride 25K in an afternoon or morning.

Trail Descriptions: The Snakes Tongue terrain park has three trails that maximize the high banks of a forked drainage, and a connected long rock ledge riding opportunity. Mo is a fun set of momentum drops; Curly has high-banked riding opportunities that

You can ride big rock drops, fast flow trail with rollers to ride over or ride off of, tree banks and rocked stream crossings, and the

Heart Brake is for the physically fit, oldstyle technical trail rider who loves climbing, tight turns and trail with a narrow tread.

The Lower Raymond Brook Downhill is overlooked by many visitors, which may be good thing for intermediates, and a crying shame for experts. Grind the 2K up the Ski Bowl Connector to the Rabbit Pond/ Raymond Brook intersection, and you will be rewarded with a drop of 435 feet in just over a kilometer on your way to NY Route 28. It flows, it's fast and rocky - making it a downhiller's dream.

Trail maps for these two areas can be found on the "Trail Maps & Docs" page at wildernesspropertymanagement.com.

Location is key for both of these trail systems. The Ski Bowl Park trail system starts beside the Johnsburg Town Hall, right of off Main Street in North Creek. The Gurney Lane Mountain Bike Park is less than halfa-mile west of I-87, exit 20, on Gurney Lane Road. Many local residents and visiting tourists can ride right from their homes or lodging to these trail systems with opportunities to grab a coffee on the way out and a beer on

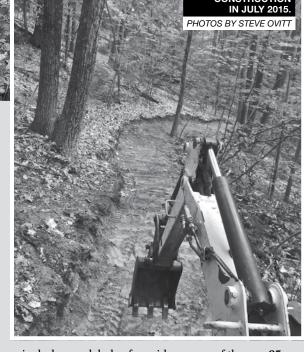
the way home.

The concept, planning, design and construction for these trail systems was completed by Wilderness Property Management, Inc., a local recreation development company. The owners, Sylvia and Steve Ovitt, have been responsible for creating and constructing over 50 miles of mountain biking, backcountry skiing, and hiking trails in the southern Adirondacks over the last 11 years.

WPM creates only environmentally-sound sustainable trails, adheres to the best trail standards, and strives to create new and better standards for trails and outdoor recreation facilities. I say, "A trail should be something more than a whole through the woods with roots and rocks!"

Steve Ovitt (wildpropmang@ gmail.com) of North Creek co-owns Wilderness Property Management, Inc., with his wife Sylvia. A NYS Forest Ranger for

25 years with experience in recreation, risk management, construction and outdoor education, Steve is an avid outdoorsman who mountain bikes, skis, hikes, and teaches Adventure Sports classes at SUNY Adirondack in Queensbury.



include a rock ledge face ride on one of the turns; and On-The-Rocks is a very challenging expert technical rock ledge riding loop.

Alternative is the trail that gives you everything. Multiple alternative lines, as the name suggests, are available on a 2.2K loop.







#### **CENTER** FOR PREVENTIVE MEDICINE

- Paul Lemanski, MD, FACP
- Laurie Burton-Grego, MS, RD, CDE
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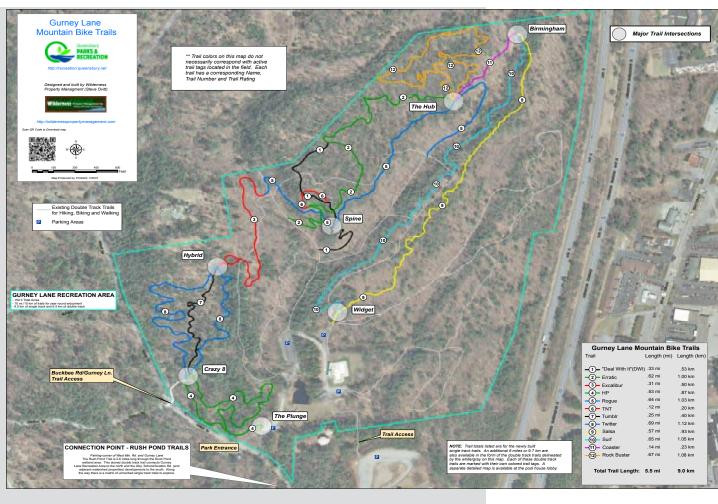
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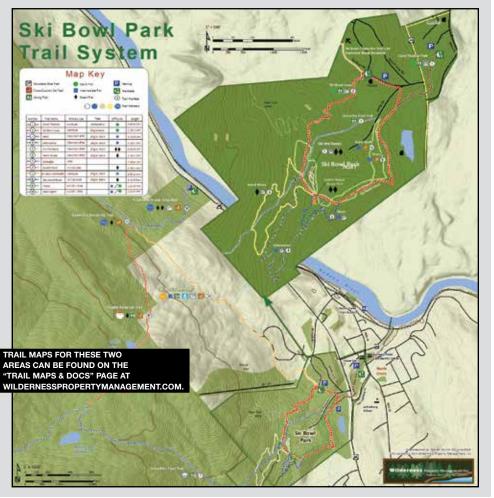
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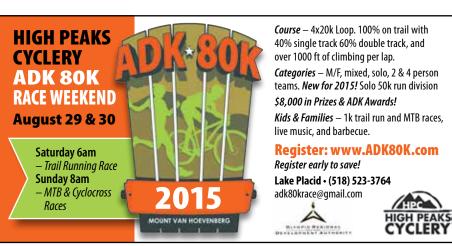
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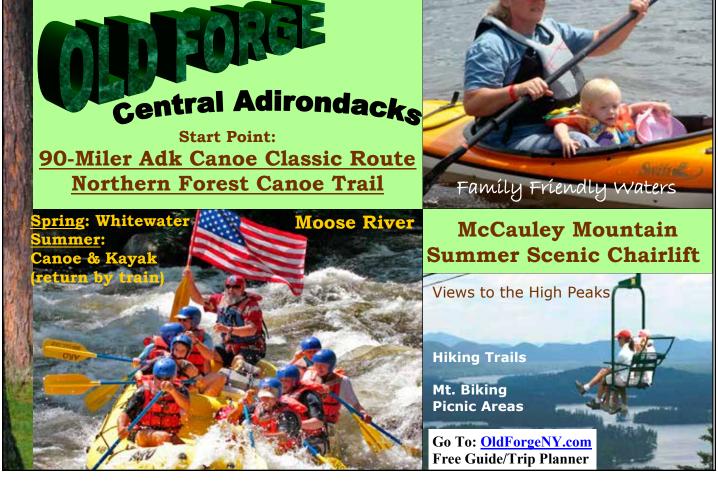






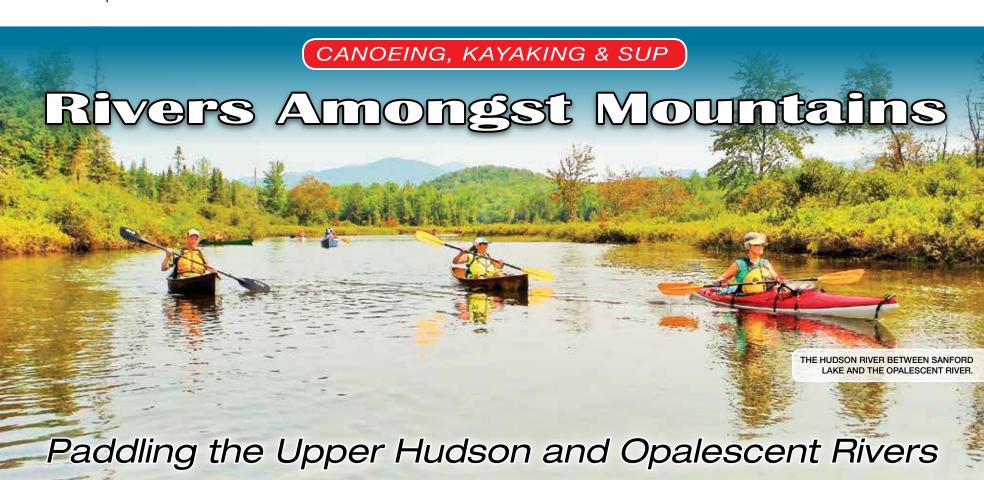








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#### By Rich Macha

n April, New York State purchased the 6,200 acre MacIntyre East tract from The Nature Conservancy (formerly owned by Finch Pruyn). This parcel contains over five miles of the upper Hudson River not far from its source, as well as seven miles of the Opalescent River. It is located east of County Route 25, the dead-end road that ends at Upper Works, and a popular trailhead accessing the Adirondack High Peaks area from the south.

An area with clear water rivers surrounded by mountains that rise up to 3,600 feet above those waters makes for a very attractive paddling destination. On a hot day in July a group of us from the Albany Chapter of the Adirondack Mountain Club drove up to see what the area has to offer.

From Boreas Road (CR 2) we drove north on CR 25 for 4.4 miles, took a right onto Opalescent Road, and very quickly reached a locked gate ahead of a bridge over the Hudson River. There was room for several cars to squeeze in off this dirt road. As I understand it, the public is currently allowed to walk this dirt road for 1.75 miles past the bridge; beyond that, access is allowed only for private logging operations and to camp lessees.

I carried my solo canoe across the bridge and launched below it. Launching above the bridge might have been a better option so as to avoid the quickwater that flowed under the bridge. A few mosquitoes bothered us here but once on the water we were bug-free. Our first goal was Sanford Lake, a widening of the Hudson River, which is a mile upstream from the bridge. We soon passed the mouth of the Opalescent River and paddled against a moderate current in water that was only a foot to a foot and a half deep.

After going 0.8 miles and a little before the lake we enjoyed an excellent view of Mount Adams with its fire tower, and peaking over its shoulder was Algonquin Peak, the second highest mountain in

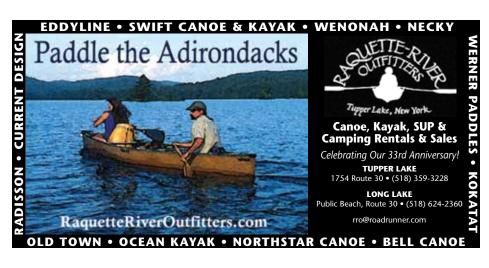


PHOTOS BY RICH MACHA

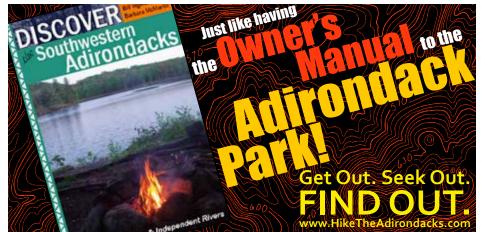
New York. Mount Colden and mighty Mount Marcy, the state's highest, were also clearly visible. From the south end of the lake, we could see the cliffs of Wallface to the north, and the Santanoni Range to the west. We spent a few minutes sitting in our canoes admiring our

We then headed back down the Hudson and turned into the Opalescent River. As is typical of Adirondack streams, the Opalescent takes a convoluted course, but uniquely characteristic of the

See CANOEING, KAYAKING & SUP, 28











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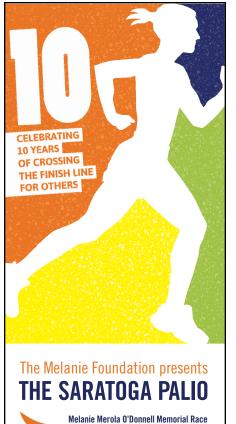
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#### By Christine Bishop

unning has many advantages and one of its greatest in the control of its greatest in the cont of its greatest joys is entering a new age bracket. When this bracket coincides with a new division, things are really golden. So when Renee Tolan turned 40, an age that makes many women run for the wrinkle cream, she was ecstatic. Her birthday gift propelled her into a new age group, and the USATF Masters 40-plus age category, where she can really excel.

Renee received another birthday gift when turning 40. Saucony chose her to be one of 50 members of their Hurricane Program across the USA. This is the first time she has represented a company and she cherishes the experience. As an ambassador, she is clad head to toe in Saucony sportswear, a company she has always admired. She is required to do six races a year for which she receives a stipend with race reimbursement. In addition, she must keep the company informed about her races and community activities. She is coached by Jeff Goupil of Ballston Lake.

Renee did not reach her running peak until her late thirties. She distinguished herself as a runner at Galway Junior/Senior High School, but her dream of running at Siena College was shattered when she ruptured her Achilles tendon in the last months of high school, requiring major surgery and a long recovery period. When she finally could run at college it was not competitively. In her junior and senior years, her studies and internships in Washington, DC, became her major concerns. After graduating, she worked for the governor of New York, where she met her future husband. While working in politics, she decided that she really wanted to teach and attended graduate school for

With a degree in hand, she was offered a great teaching position that also included a coaching job for girls' cross country team. It was as if this job opportunity was predestined. The teaching job was rewarding and the coaching position led her on the path to running again. Renee learned of an elite masters runner in the town where she taught who would was competing in the 2003 New York City Marathon. She took her cross country team to see the race and it was here that she had an epiphany as the runners whizzed by that she could do this too. She contacted a coach from another school with whom she was friendly, and they decided to run the Philadelphia Marathon together.

Although they trained for their first marathon, it was not with the intensity she does now. They ran side by side and both quali**AGE:** 40

**RESIDENCE:** Clifton Park

PROFESSION:

Social Studies Teacher at Burnt Hills-Ballston Lake

High School

FAMILY: Husband, Mike, and

daughters, Sydney (8)

and Addison (6) **PRIMARY SPORT:** Running

LEISURE ACTIVITY: Reading

fied for the Boston Marathon. At Boston, they ran well enough to qualify for the next year, but that was not to be for Renee as she was pregnant with her first daughter, Sydney, in 2007, who was followed in 2009 by another daughter, Addison. Renee did not take up running again until January 2011 when she decided that it was time to test her mettle and become truly competitive. She determined to make the HMRRC's Mohawk Hudson River Half Marathon her comeback race. Her resolve was so great that she registered on the first day, which unlike today, registration remained open for weeks. She trained for a time of 1:30.

As the workouts proceeded, Renee realized she could do even better. On race day, much to her surprise and that of others who did not know her since she moved recently to the area, she came in second place in a time of 1:23. She ran other races in 2012, but she again did the MHR Half Marathon in 2013, and came in second this time with a "slow run" of 1:24. In 2014, once again she came in second, but this time with her PR of 1:22. Interspersed with the HMRRC half marathons, she has distinguished herself in other events. She ran the 2013 '1812 Challenge' Half Marathon in Watertown, and came in sixth place overall, and second for women. In 2014, she did the Nike Women's Half Marathon in Washington, DC, and came in fifth out of 20,000 runners!

Surprisingly, her favorite distance races are 5K and 10K, and she's done well here. In the Freihofer's Run for Women this June, she came in 28th out of 3,194 runners, and placed in the Top 5 of Masters 40-plus in 18:07.

Renee's method of staying in shape and running as if she is decades younger is well thought out and fun. She now does things she didn't do before. Once a week she does hot yoga, and feels it makes a significant difference, with her hamstrings and hip mobility in general. As a person gets older one of the first things to go is the stride length,

which then changes your cadence, and she believes hot yoga combats

She used to do strength training with weights, but now uses the TRX resistance bands and stability balls, and for core work uses kettlebells of 15 pounds or less. Heavier weights gave her sciatic issues leaving her legs feeling dead. Her body was sending her strong messages that she heeded. She now faithfully treats herself to a sports massage each month at Back in Balance Therapeutic Massage in Clifton Park. The results have been phenomenal. No longer is she plagued by hamstrings issues.

Renee's children and her teaching profession influence her training. She finds that if she wants to lead a "normal life" with her children, she must get up at 4am to train this is her time. Later in the day after school, she will take her kids to Girl Scouts, soccer, dance and swimming. She does her long runs on the weekend for the sake of time. In total she runs 50 miles a week. Her husband, Mike, is very supportive but not a runner. He does TRX training and engages in mixed martial arts boxing regimens. Her children are active and have run in kids' races. Sydney is on the swim team at the Southern Saratoga YMCA. When her daughter goes for evening practice three times a week, Renee swims in the open lanes. If her daughters take up cycling, a triathlon could be in Renee's future.

In this mix is Renee's other commitments. She is on the Grand Prix Committee for USA Track & Field Adirondack, which examines their GP races to find areas for improvement. She is glad that the USATF has opened the committee up to runners like herself to add their voices to the program. She also is a faculty advisor to her school's student council. This responsibility requires Renee to be at many activities the council sponsors such as homecoming, dances and sports games, where teachers play against the students. When asked if the

teachers used "extraordinary" means to beat the students, she smiled knowingly, saying that certain things were necessary to even the playing field.

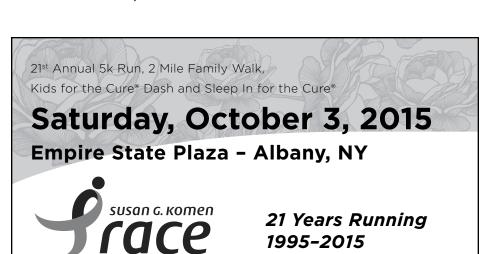
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Renee's plans for the future include running prominent masters 5Ks. The USATF Masters 5K Cross Country Championships was awarded to the Saratoga Cross Country Classic to take place on October 18 at the Saratoga Spa State Park (saratogaxcclassic. com). She doesn't like running on trails, but since this championship was dropped "in her backyard" she feels she should try it. She also has been toying with doing marathons since this is the one distance she has not run competitively. However, marathons present enormous challenges in training. If she does one, she feels she should shoot for under three hours.

Her advice to runners is that as you're getting older there are obvious changes, yet there still is much that is good, and you can be a strong runner. Running is one of the only sports in which this is possible. Listen to your body and follow what it is telling you. She also thinks that treating yourself to things like hot yoga and massages are beneficial since "you need to invest in yourself."

The year of 2015 has been pivotal in Renee's career. She joined the Kinetic Running Club out of Saratoga Springs this past spring. Turning 40 has opened up many doors. Her future is promising as she runs down a path that will lead her to many more successes and adventures. Make sure to check these pages to see if she runs marathons, does triathlons, or competes in 5Ks with her children. Renee is definitely a master of her ever-expanding universe.

Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.



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The Rotary Ride features 10 mile, 30 mile and 100K varied-terrain routes through scenic Columbia County.

Register online at BikeReg.com

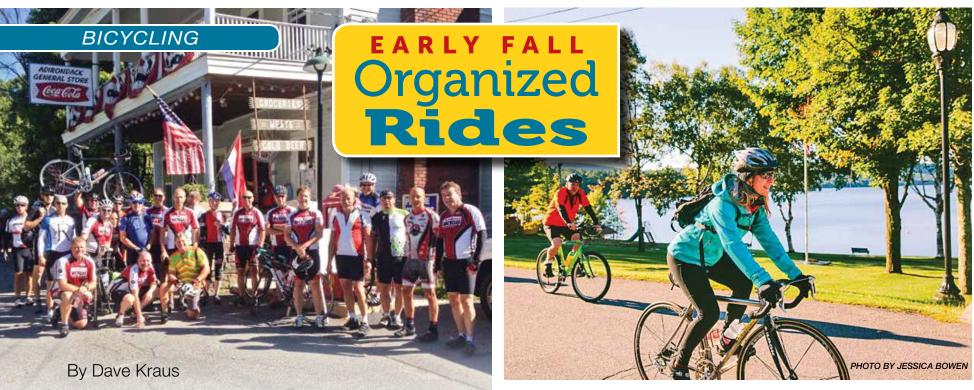


TAKE ACTION: KTVRotary.org





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September is the month of back-to-school, football season, and the sad certainty that another summer is almost over. It's also the month when the work of a season of riding pays off for cyclists. Muscles are toned, cardio fitness is peaked, and the rides that were exhausting in May are suddenly easy. September is also the month of a wide variety of organized cycling events to give riders the chance to use all that fitness.

First, on Saturday, September 12, the sixth annual **Double H Ranch Camp Challenge Ride and Trail Run/Walk** heads out from the ranch in Lake Luzerne, just five miles west of Northway exit 21 (near Lake George). While runners and walkers tackle the 5K route on the grounds of the ranch, riders are invited to ride either 30-mile or 62-mile road routes through the beautiful Adirondacks. All proceeds benefit Double H Ranch, a serious fun camp to fund visits by children with serious illnesses.

All participants get a personal fundraising web page, fundraising tips and support, team apparel and fundraising incentives. When you finish your ride back at the ranch, enjoy a celebration with BBQ and live music. Fee for riders is \$35, and the fundraising minimum for the bike rides is \$250. To learn more and register, go to: doublehranch.org.

September 12 is also the **CF Cycle For Life** in Saratoga Springs, starting at the Saratoga Train Station. The ride heads into the southern Adirondacks for 15, 32, and 63-mile routes. Cycle For Life benefits the Cystic Fibrosis Foundation of Northeastern New York, supporting research into a cure for this

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**Sunday, September 20** 

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crippling and often fatal genetic disorder.

Rides start at 8:30am and conclude with the Pedal Party lunch for cyclists. Other support includes rest stops every 10-12 miles, mechanical support, ride marshals to cheer you on, and plenty of support vehicles to ensure safety along the routes. Support volunteers are also needed, so you can help even if you don't ride. Registration is \$35 until September 7, then rises to \$45. The minimum pledge requirement is \$150. For ride, registration and fundraising information, go to: neny.cff.org/cycle.

September 12-13, the weekend after Labor Day, is also the traditional date for the 45th annual Mohawk Hudson Cycling Club's Saratoga Century Weekend, where one registration fee gets you two days of riding near Saratoga Springs, starting in Saratoga Spa State Park. This is MHCC's main riding and fundraising event for the year, and all cyclists are welcome. Last year over 350 riders from six states participated in this event put on by the Capital-Saratoga Region's largest cycling club, with over 700 members.

The ride is well supported with stocked rest stops, sag and mechanical support, and fully marked routes with maps and cue sheets. The rides are on quiet back roads in scenic Saratoga County, and there's also a post-ride catered lunch provided. Participants can choose from routes of 25, 50, 62, or 100 miles – yes, that means you can ride two centuries in two days! For MHCC members the registration fee is \$35, and \$45 for non-members. For more information about the event and a printable registration

form, go to: mohawkhudsoncyclingclub.org or register on bikereg.com.

If you're in the Schroon Lake area on Sunday, September 13, you can also take part in a ride dedicated to Lance – no, not *that* Lance. The eighth annual **Lance Gregson 1-Eye Classic** is a memorial to

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See BICYCLING, 28



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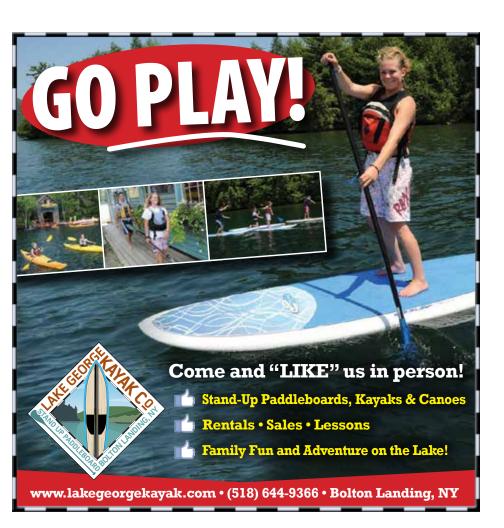
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#### PADDLEBOARDING continued from 1

#### The Catch

The catch is where the blade first makes contact with the water. When you are ready to begin your forward stroke, reach the blade of the paddle out in front of you by rotating your waist and your shoulders.

Remember to keep your hands stacked and your elbows only slightly bent. The twisting at the shoulders and the waist, along with keeping your elbows only slightly bent, will give you a bigger and longer catch.

#### The Stroke

Keeping your hands stacked, bend at the waist while you "fire" or stab your blade all the way down and into the water. Do not pull the blade toward you with your bottom hand, as this only allows you to use your biceps of your bottom arm, instead of the power of the muscles of your entire body.

It is very important to push the blade down into the

water by bending at the waist - and pushing down with your "duck" hand.

#### The Recovery

Be sure to take the blade out of the water at the end of the stroke, and keep it parallel to the line from your foot and hip.  $Don't\,paddle\,past\,your\,feet\,or\,hips,\,because\,it\,will\,only\,result$ in wasted energy and efficiency.

To finish the recovery, twist your top thumb so the power face of your blade is facing away from the board. Rotate your shoulders and waist, and then slice the blade forward, and set up for another forward stroke.

Finally, a couple tips in regard to cadence and turning... I usually do about five strokes on one side and then switch to the other. With each pull, try to focus more on speed and cadence than you do on power, which will keep you moving fast. For a basic turn, simply paddle more on one side than

the other. For a tighter turn, use a sweep stroke by putting the blade on edge as it enters the water, and then sweep it out and away from the board.

As you practice the key steps to an efficient paddling stroke, you will quickly learn that SUP is a total body workout – from your toes to your nose on every stroke!

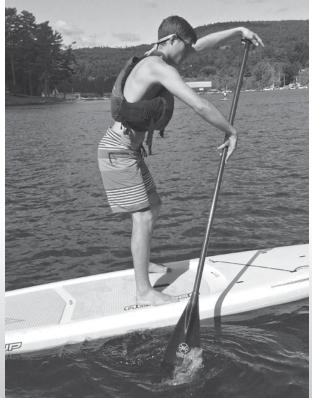
Kathy McDermott (kmcdermott@queensburyschool.org) is a physical education teacher and coach at Queensbury School District. She has spent the past 18 summers at Lake George Kayak Co. in Bolton Landing, and is an American Canoe Association level 2 SUP instructor. She works with people of all ages and skills in both flatwater kayaking and standup paddleboarding.







HUNTER BROWN, ACA CERTIFIED L2 SUP INSTRUCTOR, DEMOS THE CATCH, STROKE AND RECOVERY.



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# RUNNING & WALKING continued from 3

Washington Park Lake House in Albany. Offering a unique variation on the Freihofer's Run jaunt through the park, the route remains entirely within the greenspace. According to race director, Jim Foley, athletes complete two revolutions of the park's outer loop, replete with rolling hills and cheering spectators, and a pleasant downhill back to the lake house.

Proceeds benefit ovarian cancer awareness and research, and you are encouraged to join a team of survivors and supporters. (caringtogetherny.org, or donate: firstgiving.com/caringtogether)

If you feel like a beautiful Adirondack drive instead, head up to Newcomb on September 13 for the Ty Yandon Memorial 5K in Newcomb. Ty Yandon was a local runner who passed away several years ago while running a turkey trot.

According to race director Kevin Bolan, "The 5K course has some hills with beautiful views of the High Peaks and upper Hudson River." The event is held in conjunction with the town's Teddy Roosevelt Weekend with a craft fair, golf tournament and fireworks. Teddy himself might make an appearance. (newcombny.com)

If you are looking to involve the entire family, head out to the Brenda Deer Memorial 5K Run on Saturday, September 19 at the Guilderland YMCA. This popular event honors Brenda Deer, a Guilderland Elementary School teacher's aide who was tragically killed when



TRACK START OF THE 2014 VOORHEESVILLE 5K. ALTAMONT ENTERPRISE

she was struck by a drunk driver while running with her husband. As befitting her love of family and children, this event also features a 3K walk, multiple free kids' competitions: a 100-yard dash and a half-mile, and 1-mile fun run.

Afterwards, no need to worry about feeding the kids, since a BBQ is included. Once everyone's appetites are satisfied, hang around to enjoy the festivities that include a bounce house, face painting, petting zoo and pony rides. Send in your applications early as the first 100 preregistered 5K runners receive a genderspecific dry fit, long-sleeved shirt - perfect for the upcoming chilly fall days. (finishright.com)

Also on September 19 is the USATF certified ARC in the Park 5K held at the RPI Technology Parkin North Greenbush. With the motto "Run for Time. Walk for Fitness. Participate for Fun." you can be assured there is something for everybody. In addition to the 5K there is also a one-mile fun run/walk/roll for all ages and abilities. Since it is a Saturday, there will be few vehicles in the scenic park, insuring a safe and enjoyable experience. There are some rolling hills on the course, but nothing major.

To add to the fun, you are urged to join one of the family-oriented team categories: husband/wife, mother/ daughter, father/daughter, mother/ son, father/son and sibling/sibling for some friendly competition. Afterwards, enjoy the many activities such as face painting, balloon art, chair massages and food vendors. Proceeds benefit the clients of The Arc of Rensselaer County. (renarc.org)

So where will you be as we approach cooler weather? Hopefully, running



stronger at a few of these events with a lively song stuck in your head as you go!

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

				IKING OBSTACI Hill Resort, Green			
35+ (	OBSTACLES, 5.5 MILE			MALE AGE GROUP: 40			
MALE OVERALL				Michael Baker	Ballston Spa	40	1:09:0
Ryan Hall	New Milford, CT	33	55:32	2 Brian Ladeau	Bristol, VT	44	1:18:1
David Olson	Keene, NH	32	57:46			44	
Travis Rawson	Brandon, VT	29	58:30	3 Jason Moss	Reading, PA	44	1:27:3
EMALE OVERALL				FEMALE AGE GROUP:			
Kim Donovan	Slingerlands	44	1:27:25	<ol> <li>Heather Cammarata</li> </ol>	Ledgewood, NJ	43	1:39:
! Tara Cioppa	Beacon	43	1:27:48	2 Shelley Field	Rutland, VT	40	1:44:
Barbara Bass	Keene, NH	40	1:28:32	3 Leslie Badger	Waitsfield, VT	42	1:44:
MALE AGE GROUP: 1				MALE AGE GROUP: 45	- 49		
Quin Kipphut	Fair Haven, VT	14	1:34:52	1 Joseph Bow	West Seneca	46	1:13:
Pete Nye		10	1:50:29	2 Frederik Jente	Stone Ridge	49	1:28:
Kelly Mason	- 40	14	3:33:04				
MALE AGE GROUP: 1	5 - 19 Loudonville	17	1.21.00	3 Dougie Fresh Gerhard	5 , 5	48	1:47:
Joey Haas ! JJ Papielion	Loudonville Loudonville	16	1:31:08 1:43:27	FEMALE AGE GROUP:	45 - 49		
JJ Papielion Nicholas Lacoy	Bernardston, MA	15	1:44:08	<ol> <li>Dina St. Claire</li> </ol>	Whitehall	47	2:02:
EMALE AGE GROUP		15	1.44.00	2 Leah Gaetano	Delmar	46	2:11:
Emily Haigh	Hudson	19	3:15:20	3 Nicole Miller	Bexley, OH	47	2:20:
AALE AGE GROUP: 2		15	3.13.20	MALE AGE GROUP: 50	,,		
Quinn Kelly	Greenville	23	1:31:39	1 Michael Savosky	Walden	51	1:52:
Raymond Ramos	New Rochelle	23	1:39:21	,			
Thomas Conklin	Glenmont	24	1:58:23	2 John Willman	Schenectady	52	1:55:
EMALE AGE GROUP	: 20 - 24			3 Thompson Bill		52	2:10:
Alexandra Homem	Methuen, MA	23	1:31:15	FEMALE AGE GROUP:	50 - 54		
Naomi Maddox	Kingston	24	1:34:11	1 Louise Schneider	Danbury, CT	51	1:42:
Katie Conklin	Glenmont	23	1:58:25	2 Maureen Gamlin	Bernardston, MA	51	2:43:
MALE AGE GROUP: 2	5 - 29			3 Olga Ceresnak	Highland Mills	52	2:53:
Jared Rawson	Brandon, VT	29	58:48	MALE AGE GROUP: 55	-	32	2.33.
Del Leviere	Millwood, VA	28	1:17:15				
Daniel Allen	Providence, RI	27	1:29:04	1 Rich Edwards	Clifton Park	55	1:17:
EMALE AGE GROUP				2 Michael Chromczak	New Castle, DE	56	2:53:
Julia Falamas	New York	25	1:44:01	3 Joseph Hall	New Windsor	55	2:53:
! Mandee Barreto	Kew Gardens	27	2:18:34	FEMALE AGE GROUP:	55 - 59		
Rxy Ramalotte	Kingston	29	2:27:09	1 Karen Root	Charlotte, VT	59	1:40:
MALE AGE GROUP: 3				MALE AGE GROUP: 60			
Vincent Larochelle	Saint-Lazare, QC	31	1:02:32	1 Bill Root	Charlotte, VT	61	1:40:
Kevin Seaman	Bethel, CT	33	1:11:49				
Benjamin May EMALE AGE GROUP	Pittsfield, MA	30	1:23:18	2 Brent Ricks	Ballston Lake	60	2:44:
	Millerton	30	1:35:12	TEAMS			
Kiersten Higgins Lynnae Kettler	Troy	31	1:35:12	<ol> <li>Team AL1VE Magnetic</li> </ol>	S .		4:58:
Debbie Nicholl	New York	34	1:40:40	Heather Cammarata,	Raymond Ramos, Kevin La	aplatney	
MALE AGE GROUP: 3		24	1.70.70	2 EPIC	•		5:12:
Garth Brennan	Gansevoort	38	1:19:25	= =::=	tz, Alexander Nicholas		
2 Jeffery Christo	Menands	35	1:26:33	3 Skuldalio	LE, / NEAGHUET INICHOIDS		8:14:
Daniel Blenis	Ravena	39	1:34:04		D.H		ō. 14:
EMALE AGE GROUP			1.5 1.6 1		y Pettograsso, Cerid Ricks		
Maria Debellis	Methuen, MA	38	1:31:15	4 Top Form			9:17:
Heather Moss	Reading, PA	38	1:32:15	Rebecca Caruso, Mich	ael Caruso, Karen Adams	į	
B Danielle Quigley	Coxsackie	36	1:43:52	Courtosy of Si	inny Hill Resort & Golf (	Course	

				IAL GREAT ADI 2015 • The Moun						
1 2 3 <b>FI</b> 1 2 3	MOUNTAII ME OVERALL Jacob Malcomb Michael Stearns Chris Rodgers MALE OVERALL Sarah Keyes Megan Papineau Schuyler Nardelli ALE AGE GROUP: 1 Sam Longenbach Josh Seeberger	27 27 31 30 28 22 1 - 19 19	1:47:16 1:50:52 1:52:31 1:58:38 2:14:59 2:22:32 2:15:14 2:17:52	FEMALE AGE GROUP: 1 Tyra Wynn MALE AGE GROUP: 20 1 Zander McClelland 2 Ben Harris 3 Liam Davis 4 Seth Jackson 5 Kolby Ziemendorf 6 John Greenfield 7 Dominik Maida 8 Andrew Chimileski 9 Vincent Freccia 10 Jack Mengel FEMALE AGE GROUP:	1 - 19 17 - 29 22 22 22 25 23 27 21 27 27 27 27	2:28:43 1:54:38 1:55:35 2:04:20 2:12:23 2:36:11 2:40:30 2:42:53 3:26:01 4:34:38 4:34:56	3 4 5 6 7	Sophie McClelland Kate Barton Corinne Prevot Zoe Halverson Sarah Czapranski <b>ALE AGE GROUP: 30</b> Philip Maynard Chris Fey Jeff Dengate Justin Busch Kyle Smith Yarrow Pasche Mark Valites	31 37 38 30 38 37 36	2:54:09 2:54:09 2:54:09 3:20:02 3:40:28 1:59:58 2:03:43 2:06:42 2:07:12 2:18:29 2:30:21 2:41:18
4	Ben Longenbach Brock Chimileski	16 19	2:39:13 4:18:32	Catherine Zarnofsky     Janey McClelland	22 24	2:45:52 2:54:09	9	Jim Pergolizzi Scott Chimileski	33 30	2:46:18 4:20:08 continued

11TH	<b>AN</b>	NUAL (	GREAT ADIRON	DAC	K TRAI	L RUN continue	d	
FEMALE AGE GROUP:	30 - 34		3M BAXTER MOUNT	AIN FUN	RUN	FEMALE AGE GROUP:	30 - 39	
1 Melanie Damico	34	2:31:56	MALE OVERALL			1 Sarah Roth	32	36:55
2 Heather Fey	33	2:52:12	1 Patrick Ouinn	16	27:38	2 Amanda Rickett	33	44:08
MALE AGE GROUP: 40	- 49		2 Robert Scharges	49	28:02		31	57:20
1 Patrick Hamel	41	2:00:56	3 Jonathan Auyer	33	28:11			57:20
2 Jason Fiegl	41	2:11:08	FEMALE OVERALL			MALE AGE GROUP: 40		
3 Brian Murphy	43	2:29:12	1 Lucy Hochschartner	17	29:37	1 Tony Eckert	43	30:06
4 Alistair Fraser	49	2:30:18	2 Robin Hart	24	30:09	<ol><li>Mike Lynch</li></ol>	42	40:44
5 Scott Seeberger	47	2:32:16	3 Aisha Young	39	30:09	3 Norman Childs	49	1:00:37
6 Kevin Curtin	49	2:50:51	MALE AGE GROUP: 1	- 13		FEMALE AGE GROUP:	40 - 49	
7 John MacInnes	48	2:56:58	1 Owen McDougall	7	48:55	1 Julia Gronski	41	42:34
8 Derek Hammel	44	3:25:13	2 Kailer Smith	6	59:52			44:44
9 Erik Sandblom	45	3:38:57	3 Brecken Smith	10	59:57	2 Tonya Lackey	40	
FEMALE AGE GROUP:	40 - 49		MALE AGE GROUP: 14	l - 19		3 Patricia Hurlburt	41	1:06:08
<ol> <li>Lenka Halamkova</li> </ol>	40	2:31:48	<ol> <li>Joseph Wilson</li> </ol>	14	30:10	MALE AGE GROUP: 50	- 59	
2 Kim Eisler	48	4:15:12	2 Ryan Davis	18	31:37	1 Joe Murphy	57	35:17
MALE AGE GROUP: 50	- 59		FEMALE AGE GROUP:	14 - 19		2 Terry Smith	58	1:10:52
1 Nick Yardley	50	2:27:38	<ol> <li>Sophie Nardelli</li> </ol>	14	31:10	FEMALE AGE GROUP:	50 - 59	
2 Bryce Stearns	54	2:28:28	2 Skyler Coffin	14	34:21	1 Elizabeth Gormley	57	44:04
3 Kort Longenbach	52	2:45:03	3 Ellen McCarthy	14	54:23	,		
4 Jim Shimberg	56	2:49:04	MALE AGE GROUP: 20	- 29		2 Jen Kuzmich	56	44:37
5 Tim Singer	56	2:53:25	1 Marino Leone	22	32:37	3 Ellen Dubois	58	50:02
6 Neil Wheelwright	57	3:24:34	2 Sam Murphy	27	34:35	MALE AGE GROUP: 60	- 69	
7 Chris Busch	54	3:26:31	3 Robert Zinni	22	36:07	1 Mike Stahl	60	39:52
FEMALE AGE GROUP:	50 - 59		FEMALE AGE GROUP:	20 - 29		2 Donald Layman	60	56:20
1 Penny Stearns	51	3:08:20	1 Kelsie Meehan	26	34:35	FEMALE AGE GROUP:		30.20
2 Kathleen Koonz	52	3:31:15	2 Lisa Panza	27	1:22:17			
MALE AGE GROUP: 60	- 69		MALE AGE GROUP: 30	- 39		1 Karen Murphy	62	57:54
1 Robbie Barnett	65	2:42:24	1 Thomas lacobelli	32	30:58	MALE AGE GROUP: 70	) - 79	
2 Paul Muessig	65	3:01:36	2 Pat Burke	30	42:04	<ol> <li>Eduardo Munoz</li> </ol>	72	41:51
3 Claude Marshand	62	3:09:49	3 Aaron Rozema	33	46:16	Courtesy of The M	lountair	eer
. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,						, ///		
		5TH A	NNUAL RUN FO	OR TH	IE RHU	BARB		
	Jun	e 13, 20	15 • Mountain Ro	ad Scl	nool, Ne	w Lebanon		
5K RAC	=		FEMALE AGE GROUP:	30 - 39		FEMALE AGE GROUP:	60 - 69	

		June	13, 20	15•	Mountain Ro	ad Sch	ool, Ne	w L	.ebanon		
	5K RAC	E		FE	MALE AGE GROUP	: 30 - 39		FE	MALE AGE GROUP:	60 - 69	
M	ALE OVERALL			1	Molly Goodwich	34	29:05	1	Jayne Zinke	72	29:40
1	Noah Shepardson	17	22:04	2	Lori Jayko	38	32:31	2	Nina Dolan	63	34:02
2	Michael Bromm	55	23:28	M	ALE AGE GROUP: 4	0 - 49		3	Janet Aliberti	63	35:09
3	Patrick Ruscetta	22	25:17	1	Kevin Crosier	43	25:43	_	10K RAC		33.03
FI	MALE OVERALL			FE	MALE AGE GROUP	: 40 - 49				.E	
1	Stacy Meissner	35	26:37	1	Cindy Laraway	44	32:16	M	ALE OVERALL		
2	Kristy MacWilliams	38	27:21	2	Jason Jayko	40	32:31	1	Michael Nickerson	26	38:10
3	Elisa Schneider	49	27:31	3	Kari Murad	43	35:27	2	Dan Michaud	56	47:35
M	ALE AGE GROUP: 1			M	ALE AGE GROUP: 5	0 - 59		3	Peter Gray	46	47:48
1	Sammy Bonesteel	10	29:36	1	Thomas Struzzieri	56	26:28	4	Jared Bruns	8	58:09
2	Criaries Ecoriara	9	44:30	2	Kevin Thomson	59	28:01	5	Mike Tucker	60	58:44
IV.	ALE AGE GROUP: 12		25.20	3	Jim Bonesteel	53	29:49	6	Chris Johnson	57	59:24
1	Noah Bonesteel	12	25:38	FE	MALE AGE GROUP	: 50 - 59		0			
2	Tommy Struzzieri	14 12	26:27	1	Lori Belknap	52	29:52	/	Joe Reamer	17	59:57
3	Jackson Fina  MALE AGE GROUP:		40:06	2	Terry Fina	52	31:48	8	Martin Patrick	61	1:00:36
H			44.22	3	Sandra Beer	55	33:16	FE	MALE OVERALL		
-	Bella Bruns  MALE AGE GROUP:	12	44:33	м	ALE AGE GROUP: 6		33.10	1	Laura Patrick	20	46:14
1	Carolyn Beer	18	29:32	1	Joseph Aliberti	65	25:18	2	Joanna Tremper	45	57:00
Ė	MALE AGE GROUP:		25.32	2	Eric Ross	60	26:06	3	Ann Birckmayer	49	1:03:19
1	Lynn Schmich	20 - 23	33:13	3	Ken Scott	60	40:35	-	Courtesy of New Mo		
	Lyriir ScriiillCri	21	١٥.١٥	)	Ken Jeott	00	40.33		Courtesy of New Mo	untalli 3	crioor
_											

#### 12TH ANNUAL LAKE PLACID MARATHON & HALF MARATHON June 14, 2015 • Olympic Speedskating Oval, Lake Placid FEMALE AGE GROUP: 1 - 19

M	ALE OVER	RALL			1	4:34:26	Alexandra Dorn	18	Ossining
1	2:37:58	David Herr	50	Canaan, VT	2	4:35:10	Camille Murr	19	Vienna, VA
2	2:52:57	Tommy Pyon	38	Flushing	FE	MALE AG	E GROUP: 20 - 24		
3	2:57:34	Charles Castonguay	27	Quebec, QC	1	3:32:00	Gwendoline Tilghmar	123	New York
4	3:01:47	Ben Leblanc	24	Saranac Lake	2	3:44:26	Michelle Ketcham	24	New York
5	3:04:33	Anthony Uzwiak	56	Killingworth, CT	3	3:48:22	Heidi Schmitt	24	Brooklyn
FE	MALE OV	ERALL			4	4:09:04	Abby Knight	23	Boston, MA
1	3:19:50	Elena Dale	39	Wyckoff, NJ	5	4:22:45	Chloe Lemza	23	Plattsburgh
2	3:20:33	Sonya Conley	36	Delmar	M	ALE AGE	GROUP: 25 - 29		
3	3:21:17	Elaine Kerr	30	George Town, CYM	1	3:19:20	Andre Gosling	27	Belo Horizonte, BRA
4	3:27:38	Julie Bowler	22	Saranac Lake	2	3:33:38	Christian Laverty	29	Danvers, MA
5	3:27:40	Chelsea Bishop	23	Springfield, MA	3	3:35:34	Mina Ebrahem	26	Forest Hills
M	ALE AGE	GROUP: 1 - 19			4	3:46:19	Joseph McAteer	26	APO AE
1	5:11:21	Daniel Shaheen	18	Tupper Lake	5	3:46:58	James Ayres	29	Deposit
									continued

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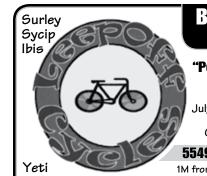
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AUGUST 2015

	ANNUAL LA E GROUP: 25 - 29	KE	PLACID MARA			HALF MAKA GROUP: 65 - 69	HC	via continue
3:27:59	Caroline Kohn	27	Leipzig, DE	1	4:37:00	John Kaeding	67	Worcester, VT
3:49:26	Emily Rodriguez	26	Ossining	2	4:42:25	Harland Bigelow	68	Lisle
3:52:31	Sarah Null	26	Little Falls	3	4:50:54	Warren Marshall	66	Canon City, CO
3:57:29	Jane Farrell	26	Washington, DC	FE		E GROUP: 65 - 69		
4:00:06	Arielle Baio GROUP: 30 - 34	29	Brooklyn	1	4:21:03	Jean Smith	67	Vineland, NJ
3:16:00	Mathieu Lendick	34	Laprairie, QC	1 1	4:44:58	GROUP: 70 - 79 Michael Lafontaine	73	Champlain
3:21:55	Chris Schudde	30	Albany	2	5:31:54	Arnie James	71	Somerville, MA
3:22:07	Theo Lefkos	34	George Town, CYM			HALF MARATHON		
3:23:38	Matthew Hickin	30	New York	M	ALE OVER			
3:33:58 MALF AG	Bernhard Firner iE GROUP: 30 - 34	31	Highland Park, NJ	1		Gabriel Descoteaux-Sim	ard 27	Montreal, QC
3:42:23	Leah Piper	32	Highlands Ranch, CO	2	1:22:55	Brian Woods	30	Troy
3:55:31	Christy Ganc	34	Brooklyn	3	1:23:51	Sean Davis	24	Lake Placid
3:56:05 3:59:27	Maureen Meredith	32	Baldwinsville	4 5	1:24:32 1:24:44	Stephen Siebrecht Chris Kaplanis	36 30	Delmar Ridgewood, NJ
	Logan Robinson	30	Vestal		MALE OV		30	Kiugewood, NJ
3:59:53 ALF AGE	Rachel Exarchos GROUP: 35 - 39	32	Lake Placid	1	1:28:17	Elizabeth Izzo	23	Lake Placid
3:15:33	Louis Perusse	36	Pont-Rouge, QC	2	1:31:12	Janne Rand	30	Albany
3:15:43	Kevin Douglass	38	Cortland	3	1:34:33	Tina Kader	53	Lake Placid
3:24:44	Hugh Anderson	35	George Town, CYM	4	1:35:40	Alyssa Herrington	25	Cambridge
3:24:53	Vincent Longval Kevin Hanna	35 38	Pont-Rouge, QC	5 M A	1:35:46	Elizabeth Kates GROUP: 1 - 19	40	Pembroke, MA
3:25:46 MALE AG	Kevin Hanna iE GROUP: 35 - 39	Þδ	Orlando, FL	1	1:27:41	Charles Tremblay	17	Lorraine, QC
3:46:45	Kimiaka Guerard	39	Montreal, QC	2	1:45:02	Scott Nielsen	18	West Harrison
3:59:00	Kimberly Cass	39	Baldwinsville	3	1:50:39	Zach Lawrence	15	Upper Jay
3:59:46	Hoa Schober	37	Littleton, CO	4	1:54:30	Mackenzie Paul	19	Saranac Lake
4:10:31	Jessica Wilmot GROUP: 40 - 44	39	Claremont, NH	5	2:01:17	Adam Caputo	19	Johnstown
3:07:00	Michael Bragdell	42	Colora, MD			E GROUP: 1 - 19 Nicolette Dimura	19	Foot Consultant
3:14:36	Patrick Johnson	44	West Chester, PA	1	1:42:35 1:47:37	Anna Izzo	19	East Greenbush Lake Placid
3:15:29	Chris Galaty	43	Green Bay, WI	3	1:49:48	Jessica Ladd	18	Queensbury
3:27:00	Jacob Hadden	40	Lake Placid	4	1:56:13	Maura McKeon	19	Chatham
3:34:26	Joshua Brockner iE GROUP: 40 - 44	40	Dryden	5	1:56:14	Jordan Lafever	18	Newfane
3:59:26	Tina Devlin	41	Springfield, PA			GROUP: 20 - 24		
4:01:25	Amie Lankowski	42	Bluffton, SC	1	1:31:57	Alex Hentnik	23	Templeton, MA
4:05:39	Stacy Davison	43	Fayetteville	2	1:33:49 1:35:35	Benjamin Fields	22 22	Seattle, WA
4:09:12	Lisanne Gadoury	41	Montreal, QC	4	1:41:41	Patrick McHugh Joe Becker	20	Fitchburg, MA Voorheesville
4:11:45	Dawn Burdick	40	New Paltz	5	1:41:48	Kevin Thompson	23	Shrewsbury, MA
3:38:23	GROUP: 45 - 49 Glenn Lankowski	46	Bluffton, SC	FEI		E GROUP: 20 - 24		,,
3:40:24	Darren Hall	47	Kinnelon, NJ	1	1:38:43	Michelyn Little	20	Voorheesville
3:53:51	Rickie Miller	45	Long Lake	2	1:41:41	Jacqueline Boyce	21	Schaghticoke
4:08:25	Eckhard Schumann	48	Oakville, ON	3 4	1:43:36 1:45:22	Krista Schmidt Elizabeth Jones	24 24	Watertown Willsboro
4:08:53	Jonathan Lee iE GROUP: 45 - 49	47	Ridgewood, NJ	5	1:46:35	Jeanne Magnetti	21	Stormville
3:50:52	Carol Abbattisti	46	Queensbury			GROUP: 25 - 29		Storrivine
4:05:36	Gloria Polcari	48	Lorraine, QC	1	1:27:32	David D'Allesandro	27	Farmington
4:06:49	Julie White	48	New York	2	1:33:29	Andrew Cloherty	29	Hartsdale
4:22:16	Sonia Aube	47	Westfield, MA	3	1:33:52	Jack Reisman	27	Bronx
4:31:29	Claire Gladstone GROUP: 50 - 54	47	Ridgefield, CT	4 5	1:36:56 1:37:21	Brett Axelrod	27 26	Brooklyn
3:08:18	Alan MacDougall	50	Branford, CT			Brian Weber E GROUP: 25 - 29	20	Roseville, CA
3:14:50	David Banas	50	Delmar	1	1:43:11	Rachel Waller	29	Burnt Hills
3:23:24	Russell Aubrey	52	Cranford, NJ	2	1:44:52	Jessie Ingraham	27	Columbia, SC
3:36:35	Jean Palardy	54	Rosemere, QC	3	1:45:20	Michelle Niedermaier		Gillette, WY
3:44:29 MALF AG	Andy Dahl iE GROUP: 50 - 54	54	Rigaud, QC	4	1:46:23	Alexandria Janney	29	Canandaigua
3:52:26	Lisa Santiago	53	Millville, NJ	5 N/	1:47:41	Julie Vilord	27	Suffern
3:55:14	Sylvie Robert	51	Montreal, QC	1 1	1:31:44	GROUP: 30 - 34 Peter Kendall	33	George Town, CY
4:18:05	Josee Prevost	50	Mont-Saint-Hilaire, QC	2	1:36:06	Matt Lamonica	30	Hoboken, NJ
4:45:14	Cheryl Janisko	50	Weaverville, NC	3	1:41:34	Philippe Lamarre	30	Montreal, QC
5:25:30 ALE AGE	Debra DiMaggio GROUP: 55 - 59	50	Niskayuna	4	1:41:55	Pierre-Luc Fortin	32	Mont-St-Hilaire, Q
3:28:26	Bob Seigart	58	Fayetteville	5	1:42:06	Stephen Harrington	34	Avon
3:43:13	Peter Schwalm	56	New Hope, PA			E GROUP: 30 - 34	32	New York
3:55:19	Thomas Campbell	55	Succasunna, NJ	1 2	1:37:23 1:46:39	Sofia Ursby Anne Bramlage	32 30	Cazenovia
4:03:30	James Langmead Gino Rinaldi	57 56	Canandaigua Ottawa ON	3	1:40:39	Brett Harris	30	Albany
4:08:33 MALE AG	GINO KINAIGI IE GROUP: 55 - 59	20	Ottawa, ON	4	1:47:57	Rachel Walther	31	Brooklyn
4:26:01	Donna Horton	55	Cambridge	5	1:48:48	Victoria Fenley	33	Schenectady
ALE AGE	GROUP: 60 - 64		-			GROUP: 35 - 39		
3:26:44	George Reid	60	Chelsea, QC	1	1:33:24	Glenn Granzin	39	Long Beach
4:04:27	Myron Sidloski	64	Dallas, PA	2	1:33:44 1:36:42	Topher Zebrowski	35 36	Hoboken, NJ Thornhill, ON
4:32:10 4:33:14	Patrick Cummings Barry Fitz-James	60 64	Farmingville Lake Placid	4	1:36:42	Jared Taylor Ryan Carroll	35	Syracuse
4:33:14	Dave McAdoo	64	Ogdensburg	5	1:39:32	George Sarandev	39	Lake Placid

	E GROUP: 35 - 39			M	ALE AGE	GROUP: 55 - 59		
1:37:47	Martine Goyet	38	Montreal-Ouest, QC	1	1:35:40	Dan Edelstein	57	Saranac Lake
1:41:56	Sara Madden	37	Albany	2	1:40:18	Brian Delaney	59	Lake Placid
1:42:09	Courtney Kaup	36	Bolton Valley, VT	3	1:43:02	Scott Reinhart	58	Jamesville
1:45:22	Holli Nirsberger	38	Ballston Lake	4	1:44:42	Paul Ryan	56	Niskayuna
1:45:22	Tina Cukrovany	38	Rensselaer	5	1:46:25	Stuart Mesinger	56	South Glens Falls
	GROUP: 40 - 44					E GROUP: 55 - 59	50	South Giens ruin
1:27:51	Benjamin Riordon	44	Newburyport, MA	1	1:43:29	Mary White	55	Syracuse
1:27:55	Eric Marsh	41	Rutland, VT	2	1:46:07	Nancy Fisher	57	Toronto, ON
1:33:34	Brian Byrne	42	Saratoga Springs	3	1:57:15	Joanne Reynolds	55	Mohawk
1:36:42	Doug Johnson	41	Canton					
1:42:44	Thomas Rycroft	44	Gainesville	4	2:03:06	Karen Delaney	59	Lake Placid
	E GROUP: 40 - 44			5	2:03:38	Bernadette Hebert	55	Wolcott, CT
1:52:58	Karen Finnerty	44	Wynantskill	M		GROUP: 60 - 64		
1:53:42	Kelle Santa	44	Syracuse	1	1:39:10	Donnie Armstrong	62	Plattsburgh
1:54:00	Liz Casatelli	40	Deansboro	2	1:42:26	George Baranauskas	61	Scotia
1:57:08	Melissa Gruver-Lapolt		New Paltz	3	1:48:01	Jeff Rose	60	Honeoye Falls
1:58:46	Colleen Murray	41	Slingerlands	4	1:51:48	Mac Rand	61	Lake Placid
	GROUP: 45 - 49			5	1:56:38	Bruce Glasspoole	63	Pointe Claire, Qu
1:37:03	Pascal Girouard	45	St-Jean-Sur-Richelie, QC	FF		E GROUP: 60 - 64		
1:38:01	William Mileski	47	Ledyard, CT	1	1:52:41	Kathleen Richards	62	Duxbury, MA
1:38:17	Stephan Brabant	48	Saint-Jereme, QC	2	2:07:55	Nicole Jacques	62	Prevost, OC
1:39:43	Paul Rivet	47	Old Forge	3	2:21:57	Joan Bleikamp	61	Greenwich
1:41:03	Eric Trembley	47	Lorraine, QC		2:25:12			
	iE GROUP: 45 - 49			4		Toni Kaeding	63	Worcester, VT
1:40:12	Holly Wright	45	Waverly	5	2:27:34	Ellen Mueller	63	Schenectady
1:41:57	Mary Klee	46	Syracuse			GROUP: 65 - 69		
1:42:09	Karin Ward	45	Bolton Valley, VT	1	1:57:18	Michael Sellers	69	Corning
1:42:53	Bonnie Galvin	48	Ballston Spa	2	1:58:47	Robert Davidson	65	Montreal, QC
1:44:50	Connie Smith	47	Ballston Lake	3	2:21:42	Ali Ibrahim	66	Hillsborough, NJ
	GROUP: 50 - 54			4	2:36:01	Daniel Finn	65	Menands
1:39:59	David Balestrini	50	Lake Placid	5	2:36:26	Paul Whitehouse	66	Brunswick, ME
1:40:54	Mike Simpson	52	Ottawa, ON	FE	MALE AG	E GROUP: 65 - 69		,
1:43:25	Didier Pageon	52	Mont-Royal, QC	1	2:23:25	Mary Collins Finn	66	Menands
1:48:14	Jon Packer	53	Toronto, ON	2	2:24:37	Elizabeth Murray	68	Lilburn, GA
1:51:03	Daniel Grow	53	Longmeadow, MA	3	2:39:52	Christine Sellers	65	Cornina
	E GROUP: 50 - 54			4	3:39:11	Carol Scrafford	68	
1:48:56	Jo-Anne Sheffield	54	Toronto, ON				80	Keene Valley
1:49:24	Felicia Dailleboust	53	Kahnawake, QC			GROUP: 70 - 79		
1:53:33	Lise Comeau	54	Rosemere, QC	1	2:30:13	Pierre Dagenais	74	Prevost, QC
2:00:31	Elizabeth Canevari	51	Pawling	2	2:47:33	Vincent Spagnoletti	71	Hammondsport
2:01:24	Kathleen Thompson	53	Shrewsbury, MA			Courtesy of Inspir	ration	Sports

#### June 20, 2015 • Riverfront Park/Corning Preserve, Albany MALE OVERALL MALE AGE GROUP: 25 - 29 Ryan Patrie Matthew Shoop Schenectady Malta 16:31 29 28 Paul Allen Albany 27 Cheshire, MA 19:34 Jeremy Miter Troy 43:24 FEMALE OVERALL FEMALE AGE GROUP: 25 - 29 Clifton Park 14 23:44 25:22 Anna Wiedmann Emily Lewek Schenectady Heather Daniels Hillari Forney 50 Loudonville 23:56 Latham MALE AGE GROUP: 1 - 14 MALE AGE GROUP: 30 - 34 Matthew Beattie 22:58 Kyle Kriegbaum Kane Malone East Greenbush Admar Semedo 33 Colonie Albany FEMALE AGE GROUP: 1 FEMALE AGE GROUP: 30 - 34 28:14 Sydney Beattie 13 Rensselaer 29:04 Courtney Slade 25:53 3 Bridget Degnon 3 MALE AGE GROUP: 35 - 39 Rensselaei Wynantskill MALE AGE GROUP: 15 - 19 Green Island Guilderland Joseph Altobello Jacob Martin Sean Peters Nicholas Perrotti Hinsdale, MA 20:40 21.29 21:13 New York 23:10 Matthew Cumming 22:26 24:56 FEMALE AGE GROUP: 15 FEMALE AGE GROUP: 35 - 39 Caryn Burton Lauren Pauly Klerck McKenzie Burns 24:40 24:17 Schenectady Albany Alie Goldin Ravena Clifton Park Melissa Corbett 19 29:52 Stacey Muscato 37 Castleton 25:29 MALE AGE GROUP: 40 - 44 MALE AGE GROUP: 20 - 24 27:32 Clifton Park 19:52 Slingerlands Ben Wilson Greg Ethier Joe Kenyon Jeffrey Marx Matthew Rocco Conor Sheehy Cobleskill Castleton North Stonington, CT 34:17 40:51 24:45 **FEMALE AGE GROUP: 20** FEMALE AGE GROUP: 40 - 44 Albany Courtney Dobkins Menands Mandy Grzymala Cecelia Garcia Watervliet 29:39 Mindy Fairchild Averill Park 25:18

# **BUSINESS DIRECTORY**









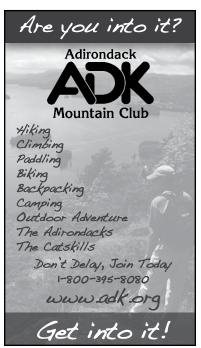


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M	ALE AGE GROUP: 45 -	49			MALE AGE GROUP: 6	0 - 64		
1	Steve Hanagan	48	Ballston Lake	19:43	1 Brian Hassett	60	Clifton Park	26:32
2	Robert Beattie	45	Rensselaer	23:00	2 Timothy Tobin	61	Colonie	29:49
3	Steve Berthiaume	49	Mechanicville	27:18	,	62		31:15
FE	MALE AGE GROUP: 45	- 49					Petersburg	31:13
1	Laurie Walsh	49	Albany	26:01	FEMALE AGE GROUP	60 - 64		
2	Kim Wilson	49	Slingerlands	26:27	<ol> <li>Myriam Santos</li> </ol>	61	Mechanicville	25:47
3	Alexandra Berthiaume	45	Mechanicville	26:35	2 Gail Hein	63	Altamont	39:26
M	ALE AGE GROUP: 50 - !	54			3 Phil Millette	64	Charlton	42:01
1	Scott Henricks	51	Averill Park	24:37	MALE AGE GROUP: 6	5 - 69		
2	Mickey Cleary	53	Guilderland	26:34	1 Doug Peddie	67	East Schodack	34:41
3	Mike Corbett	54	Clifton Park	29:56		٠,		
FE	MALE AGE GROUP: 50	- 54			2 James Whelan	68	Slingerlands	35:14
1	Alison Peters	54	Hinsdale, MA	25:59	3 Joe Hein	65	Altamont	36:21
2	Sue Cleary	51	Albany	26:04	FEMALE AGE GROUP	65 - 69		
3	Judi Bloomingdale	53	Stillwater	28:19	1 Diane Kenific	65	Albany	44:58
M	ALE AGE GROUP: 55 - !	59			MALE AGE GROUP: 7	0 - 74	,	
1	Richard Peters	55	Hinsdale, MA	24:15	1 Ralph Santos	74	Mechanicville	30:45
2	Steve Conant	56	Glenmont	26:50	'			
FE	MALE AGE GROUP: 55	- 59			2 Joseph Guy	71	North Chatham	32:41
1	Nancy Stevens	55	Latham	24:47	MALE AGE GROUP: 8	0 - 89		
2	Jenny Lee	55	Selkirk	26:53	1 Ken Orner	85	Albany	43:03
3	Helen Grzymala	55	Clifton Park	29:54	Courtesv	of STRIDE	Adaptive Sports	

		June				SK RUN ddle School, Gre	eenwi	ch	
м	ALE OVERALL				м	ALE AGE GROUP: 40	. 44		
1	Eric Kelly	35	Wynantskill	17:35	1	James Carroll	42	E. Longmeadow, MA	22.47
2	Colin Beasor	16	Greenwich	17:54	2	Colin Brown	43	Greenwich	23:59
3	Casey Brown	18	Saratoga Springs	18:07	3	David Hunt	40	Salem	25:09
	MALE OVERALL	10	Saratoga Springs	10.07	FE	MALE AGE GROUP: 4	0 - 44		
1	Megan Harrington	30	Cambridge	22:27	1	Olga Locke	43	Greenwich	26:59
2	Kristen Eastman	46	Salem	23:05	2	Heather Amorebieta	41	Shaftsbury, VT	27:13
3	Angie Lauder	36	Greenwich	25:01	3	Tracey Carroll	42	E. Longmeadow, MA	28:16
	ALE AGE GROUP: 1 -		Greenwich	23.01		ALE AGE GROUP: 45			
1	Michael Lanfear	13	Saratoga Springs	23:23	1	Michael Sgambelluri	47	Greenwich	22:27
2	Matthew White	10	Greenwich	24:08	2	Jim McMorris	46	Guilderland	23:34
3	Porter Carroll	10	E. Longmeadow, MA		3	Jerry Niles	46	Ballston Spa	23:59
_	MALE AGE GROUP:		L. Longmeadow, IVIA	27.40		MALE AGE GROUP: 4			
1	Nina Sgambelluri	10	Greenwich	27:15	1	Jackie White	48	Greenwich	27:29
2	Janelle Fosmire	14		27:15	2	Christine Belden	45	Greenwich	31:27
			Argyle		3	Angelique Osgood	48	Ballston Spa	31:48
3	Katelyn Swedberg	13	South Glens Falls	28:50		ALE AGE GROUP: 50		A	20.25
	ALE AGE GROUP: 15		6 11	22.27	1	Mike Smith	51	Argyle	20:25
1	Joey Lauder	15	Greenwich	23:27	2	Bryan Crosier	50 50	Argyle Greenwich	21:27
2	Michael Smith	17	Greenwich	24:43		James Alheim  EMALE AGE GROUP: 5	50	Greenwich	26:27
3	John Hogan III	17	Greenwich	25:49	1	Valerie Milonovich	50	Greenwich	27:14
	MALE AGE GROUP:				2	Jacqueline Orr	52	Loudonville	27:56
1	Laurel Becker	17	Greenwich	30:45	3	Debra Vunk	52 52	Middle Grove	28:30
2		18	Cambridge	32:47	-	ALE AGE GROUP: 55		Middle Glove	20.50
FE	MALE AGE GROUP:				1	Jamie Casline	- <b>55</b>	Ballston Lake	20:53
1	Haley Graves	24	Greenwich	27:23	2	Rick Brayman	56	Argyle	26:36
2	Kiley Merecki	22	Cambridge	28:42	3	Peter Haschytz II	55	Delmar	31:09
3	Jessica Batchelder	20	Salem	33:43		MALE AGE GROUP: 5		Delinai	31.03
M	ALE AGE GROUP: 25	- 29			1	Doris McKinlev	57	Greenwich	31:53
1	Tim Herrick	27	Greenwich	20:47	2	Beverly Butler	56	Gansevoort	33:48
2	Kory Darfler	25	Greenwich	22:19	3	Brenda Facin	55	Greenwich	38:17
3	Justus Waldron	26	Greenwich	23:03	М	ALE AGE GROUP: 60 -	- 64		
FE	MALE AGE GROUP: 2	25 - 29			1	Martin Patrick	61	East Greenbush	24:29
1	Ashley Watson	29	Greenwich	50:03	2	Larry McDonough	64	Greenwich	27:59
М	ALE AGE GROUP: 30	- 34			3	Alan Leake	63	Bennington, VT	28:41
1	Tim Clark	33	Fort Edward	29:20	FE	MALE AGE GROUP: 6			
2	Luke Kelly	33	Queensbury	29:36	1	Hollys Kozlowski	60	Valley Falls	27:19
FE	MALE AGE GROUP:	30 - 34	. ,		2	Donna Blair	60	Greenwich	40:36
1	Gwynne Cosh	32	Whitehall	25:07	3	Grace Sittin	60	Greenwich	46:30
2	Sarah Samascott	32	Malta	31:42		ALE AGE GROUP: 65			
3	Maggie Kelly	32	Queensbury	33:45	1	John Longacker	68	Clifton Park	26:19
	ALE AGE GROUP: 35	- 39	()		2	Kevin Shephard	67	Greenwich	31:16
1	Scott Stewart	39	Greenwich	20:30	3	John Doran	67	Salem	36:41
2	William Shaw	39	Albany	23:56		MALE AGE GROUP: 6		A I .	20.07
3	Jeremy Bailey	37	Saratoga Springs	25:49	1	Nadine Guetti	66	Argyle	38:07
	MALE AGE GROUP:		Salutogu Springs	23.43	2	Elocia Jarchow	68	Greenwich	50:26
1	Kate Morse	37 37	Greenwich	26:41	1 1	ALE AGE GROUP: 70	- <b>/4</b> 70	Greenwich	21.20
2	Logan Bouchard	35	Greenwich	27:50	2	Steve Morse	70 70	Shushan	31:38 37:05
3	Sarah Wade	39	Greenwich	30:16	2	Stanley McGaughey		Snusnan Th Chamber of Commer	
دا	Jai all Waut	25	Greenwich	50.10		courtesy or Greater (	J. CELIWIC	ii chambel of comme	ce

ADULT SPRINT - 7	750M SW	IM, 20K BIKE, 5K RU	N	MALE AGE GROUP: 50	- 54		
MALE OVERALL				1 Michael Stalker	52	Burnt Hills	1:23:2
1 Brett Schlesier	21	Johnstown	1:08:03	2 Stephen Fifield	50	Ballston Spa	1:32:08
2 Albert Powers	38	Broadalbin	1:18:43	3 John Broderick	50	Gansevoort	1:35:08
3 Pat Sommo	47	Guilderland	1:18:43	MALE AGE GROUP: 55		5.1	4 40 4
FEMALE OVERALL		Down & LUIL	1.20.20	1 Kevin King	56	Delmar	1:49:40
1 Beth Stalker	55	Burnt Hills	1:20:30	FEMALE AGE GROUP: 5  1. Carolyn Wilk		Downs Lilla	1.21.0
2 Kim Morrison 3 Marie Whitney	35 23	Wynantskill Glenville	1:25:01 1:25:35	1 Carolyn Wilk  MALE AGE GROUP: 70	56	Burnt Hills	1:31:04
3 Marie Whitney MALE AGE GROUP: 1 -		Gleriville	1.25.35	1 Jim Cunningham	- <b>/4</b> 70	Ticonderoga	1:33:13
1 Trevor Dzikowicz	12	Amsterdam	1:28:08	MALE AGE GROUP: 75		riconderoga	1.33.1.
FEMALE AGE GROUP: 1		Amsterdam	1.20.00	1 Armand Langevin	78	Cohoes	2:06:34
Madison Whittaker	13	Northville	1:45:21	TEAMS	70	COHOCS	2.00.5
2 Rachel Love	12	Greenfield Center	2:01:29	1 Team Leviathan			1:05:00
3 Vania Sih	11	Saratoga Springs	2:09:08	2 Team CMK			1:16:10
MALE AGE GROUP: 15				3 WeWinYouLose			1:29:01
1 Patrick Broderick	17	Gansevoort	1:25:20	YOUTH - 100Y	SWIM.	3.1M BIKE, 1M RUN	
2 James Bonga	16	Ballston Spa	1:28:48	MALE OVERALL			
3 Alex Hitrick	17	Broadalbin	1:37:10	1 Jack Rath	12	Ballston Spa	19:2
FEMALE AGE GROUP: 1	I5 - 19			2 Dillon Goodwill	9	Ballston Lake	19:3
1 Emily Barno	16	Ballston Spa	1:30:47	3 Keegan Stafford	11	Charlton	19:5
2 Madalyn Rascoe	15	Wilton	1:52:32	FEMALE OVERALL			
3 Emily Loucks	17	Oneonta	1:57:27	1 Alayna Gray	11	Johnstown	21:1
MALE AGE GROUP: 20				2 Samantha Murphy	11	Amsterdam	22:2
1 Justin Ferguson	21	Broadalbin	1:22:30	3 Jacquelyn Fisher	11	Amsterdam	24:1
2 Scott Harder	23	Broadalbin	1:30:24	FEMALE AGE GROUP:	5 - 6		
3 John Lansburg	20	Ballston Spa	1:38:57	1 Abby Horesco	6	Glastonbury, CT	36:4
MALE AGE GROUP: 25				MALE AGE GROUP: 7 -			
1 Ryan White	27	Albany	1:22:48	1 Trevor Goodwill	8	Ballston Lake	22:4
2 Thomas Ruane	28	Albany	1:30:10	2 Otter Dannible	7	Galway	27:3
3 Gregory Burt	27	Saratoga Springs	1:31:10	3 Nicholas Georgelos	8	Fort Johnson	27:4
FEMALE AGE GROUP: 2				4 Fisher Dannible	8	Galway	29:3
1 Katie Caddell	27	Saratoga Springs	1:33:04	5 Matthew Brownell	8	Amsterdam	29:39
2 Alison Halpin	27	Saratoga Springs	2:05:06	6 Owen Compani	8	Amsterdam	30:04
3 Kayla Bellinger	25	Gloversville	2:10:19	7 Gabriel Wettig	8	Ballston Spa	30:5
MALE AGE GROUP: 30		Lathana	1.20.04	8 Noah Ellsworth	7	Northville	31:1
1 Sean Smith 2 Steven Shrader	32 32	Latham	1:20:04	9 Brayden Kilinski	8	Greenfield	38:0
2 Steven Shrader 3 Nicholas Lobosco	33	Amsterdam Ballston Spa	1:23:09 1:23:52	10 Grant Connelie FEMALE AGE GROUP: 7	. 8	Johnstown	38:5
FEMALE AGE GROUP: 3		palistori spa	1.23.32	1 Laurel Mitchell	7 <b>- 8</b>	Broadalbin	26:2
1 Billie Jo Smith	32	Latham	1:48:46	2 Tali Horesco	7		29:3
2 Laura Aery	33	Schenectady	1:52:24	3 Jillian Sanford	8	Glastonbury, CT Broadalbin	30:1
3 Katie Dannible	31	Galway	2:12:06	4 Olivia Carulli	8	Saratoga Springs	31:4
MALE AGE GROUP: 35		Gaivvay	2.12.00	5 Taylor Rose	8	Clifton Park	32:1
1 Charles Lobosco	37	Clifton Park	1:21:16	6 Emilia Murphy	7	Amsterdam	36:2
2 Dan Casey	36	Gloversville	1:22:27	7 Ella Anne Nacheman	7	Saratoga Springs	37:1
3 Ian Morrison	38	Wynantskill	1:24:52	MALE AGE GROUP: 9 -		Jaratoga Jprings	37.11
FEMALE AGE GROUP: 3		,		1 Marco Bianco	10	Amsterdam	22:2
1 Karen Crowe	38	Delmar	1:41:40	2 Jake Alteri	9	Amsterdam	23:1
2 Stephany Powers	38	Broadalbin	1:48:51	3 Luke Barnhart	10	Amsterdam	25:5
3 Judith Wettig	38	Ballston Spa	1:57:01	4 Sam Hotaling	10	Amsterdam	25:5
MALE AGE GROUP: 40		spo		5 Tyler Kondrat	9	Ashland, MA	27:0
1 Randall Cannell	42	Broadalbin	1:22:48	6 Kody Rogers	10	Fort Johnson	27:2
2 Paul Kondrat	40	Ashland, MA	1:29:42	7 Thomas Holland	9	Fort Johnson	28:5
3 Walter Gannon	44	Gloversville	1:32:17	8 TJ Platt	10	Amsterdam	30:0
FEMALE AGE GROUP: 4				9 Mark Sanford	10	Broadalbin	30:0
1 Elizabeth Benjamin	42	Rensselaer	1:28:02	10 Cooper Rose	10	Clifton Park	31:0
Melissa Lombard	42	Antrim, NH	1:32:04	11 Tanner Christman	9	Gloversville	33:3
3 Antoinette Rose	42	Clifton Park	1:34:28	12 Gavin Reimers	9	Northville	36:5
MALE AGE GROUP: 45				FEMALE AGE GROUP: 9	9 - 10		
1 John Lawrence	46	Clifton Park	1:31:39	1 Lilliana Powers	10	Broadalbin	25:0
2 Brian Tromblee	45	Baldwinsville	1:33:32	2 Elisabeth Erb	10	Saratoga Springs	25:0
3 John George	46	Scotia	1:36:18	3 Madelyn Connelie	10	Johnstown	25:1
FEMALE AGE GROUP: 4				4 Zofia Jankowski	10	Amsterdam	26:3
1 Alicia Gillen	45	Altamont	1:40:30	5 Sophia Rogers	10	Amsterdam	26:4
2 Kathy VanValen	46	Delanson	1:43:39	6 Haley Tomlinson	9	Broadalbin	26:4
3 Kelly Gillen	48	Altamont	1:51:40	7 Marisa Wettig	10	Ballston Spa	27:5
•				<u> </u>			contin

	1ST ANNU	AL GR	EAT SACAN	DAGA	CHA	ALLENGE TR	IATH	LON continue	ed
8	Rachel Nacheman	10	Saratoga Springs	28:17	9 N	Aichael Kilinski	11	Greenfield	27:16
9	Abigail Nelson	10	Delanson	28:34	10 D	ylan Tyler	11	Amsterdam	30:06
10	Abigail Sellnow	9	Schenectady	28:34	11 Z	achary Nacheman	11	Saratoga Springs	33:12
11	Emma Mitchell	9	Galway	29:01	12 N	Aatthew Kilinski	11	Greenfield	35:18
12	Celia Nolan	10	Gansevoort	29:58	13 N	Ailes Compani	12	Amsterdam	40:02
13	Grace Wall	9	Saratoga Springs	31:07		ALE AGE GROUP: 1	1 - 12		
14	Emma Frasier	10	Johnstown	34:29		assidy Allitt	11	Middle Grove	24:29
	Madelyn Nolan	9	Gansevoort	38:12		ilian Mitchell	11	Broadalbin	24:58
M	ALE AGE GROUP: 11	- 12					12	Clifton Park	25:17
1	Jesse Goebel	11	Gloversville	22:01		iely Rose			
2	Daniel Dylong	11	Amsterdam	22:11		Alexandria Georgelos	11	Fort Johnson	25:30
3	Cavden King	12	Gloversville	22:28	5 N	Nakenzie Dutcher	12	Gloversville	26:26
4	Jack Goebel	11	Gloversville	22:50	6 E	mily Mickan	11	Broadalbin	30:15
5	Isaac Dutcher	11	Gloversville	25:22	7 E	lizabeth Reimers	11	Northville	36:31
6	Samuel Mitchell	12	Galway	25:35	MAL	E AGE GROUP: 13 -	14		
7	Tunwa Tongtawee	12	Saratoga Springs	26:12	1 E	van Smith	14	Amsterdam	24:37
8	Ryan Hotaling	12	Amsterdam	27:12		Courtesy	of Sacan	daga Tri Club	

# ADIRONDACK SUP FESTIVAL RACES June 20, 2015 • Lake Colby in Saranac Lake

Julie Carmalt/31-49 Julie Carmalt/31-49 Jennifer Miller/31-49 Heather Morgan/31-49 Imani Allen/31-49 Anne Brewer/31-49

Nancy Coddington/31-49

		Julie 20, 20 i	5 • Lake	LOIL
	LONG COURSE -	- 6 MILES OPEN		2
FE	MALE OVERALL			3
1	Halle Kent/19-30	Lake Placid	1:17:51	4
1	Ali Marchildon/31-49	Burlington, VT	1:19:30	5
M	ALE OVERALL			6
1	Terry Kent/50-59	Ithaca	1:03:00	7
2	Paul Wiech/31-49	Etna	1:08:20	M
3	Jeff Henderson/31-49	Shelburne, VT	1:08:38	1
0.	THER FINISHERS			2
1	Danny Stacey/50-59	Kahnaweke, QC	1:08:46	3
2	Robert Arnot/60-69	Stowe, VT	1:10:59	-
3	Thomas McGlade/31-49	Carmel	1:12:00	4
4	Peter Milhouse/31-49	Williston, VT	1:15:34	5
5	Todd Morgan/31-49	Upper Jay	1:17:51	
6	Ahonwakesane Stacey/19-30	Kahnaweke, QC	1:22:40	FE
	SHORT COURSE -	- 3 MILES STOCK		1
FE	MALE OVERALL			1
1	Karen McGlade/31-49	Carmel	36:21	

М	ALE OVERALL		
1	Matthew Edwards/31-49	Lake Placid	35:17
2	Stephen Southworth/31-49		36:56
3	Kevin O'Keefe/31-49	Camillus	38:26
4	Paul Closs/31-49	Ithaca	38:46
5	Dan Scales/31-49	Dryden	40:00
	SHORT COURSE – 3	MILES STOCK SURF	:
FE	MALE OVERALL		
1	Elizabeth Edwards/19-30	Lake Placid	35:21
1	Janis Paz/50-59	Maine	51:45

Courtesy of Adirondack Lakes and Trails Outfitters

Etna Lansing

Upper Jay Ithaca Lake Placid

39:31 40:01 40:54 41:29 41:59

#### **39TH ANNUAL ADIRONDACK DISTANCE RUN 10-MILER** June 22, 2015 • Lake George Village to Bolton Landing

Nack Marcatonio   54.47   22   Glens Falls   1   51.62   50.72   2   Patrick Carroll   54.28   24   Saratoga Springs   1   Targy Watson   138.24   45   Johnsburg   2   Fatrick Carroll   56.51   26   Loudorville   1   1   1   1   1   1   1   1   1		J	iiie 22,	2013	Lake Geor	ge vi	nage to boiton La	anunny		
2 Patrick Carroll   54-28   24   Saratoga Springs   1   Tracy Walson   1.38   24   45F   Johnsburg   FEMALE OVERALL   1   Mick ellor   1   M	M	ALE OVERALL				1	Stacia Smith	1:21:25	44F	Niskayuna
Amont Nozier   Seist   26	1	Nick Marcantonio	53:47	22	Glens Falls	1	Daryll Brosanders	1:09:07	44M	Tucson
FEMALE OVERALL	2	Patrick Carroll	54:28	24	Saratoga Springs	1	Tracy Watson	1:38:24	45F	Johnsburg
Karen Bertasso   1.02-58   31   Albany   1   Darrell Everts   1.33-22   46M   Schenectady   2   Fin Lope   1.06-34   34   Scartoga Springs   1   Emily Bryans   1.07-37   47F   Miskayuna   1.08-32   47F   Miskayuna   1.08-32   47F   Miskayuna   1.08-32   47F   Miskayuna   1.08-32   48F   Greenwich   1.07-52   14M   Saugerties   1.20-52   14M   Saugerties   1.20-52   14M   Saugerties   1.20-52   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63   1.20-63	3	Aaron Lozier	56:51	26	Loudonville	1	Mike Kelly	1:04:15	45M	Selkirk
2 Erin Lopez         10.634         34         Saratoga Springs         1 Emily Bryans         1:07.57         47F         Delanson           ONE-YEAR AGE GROUPS         10.636         49         Wysox, RA         1 William Drapeau         1:08.42         47M         Nkskayuna           Shannon Walsh         12.152         13F         Troy         1 Jon Rocco         1:03.15         48M         Clonie           1 Sydney Smith         12.141         15F         Niskayuna         1 Brian Debraccio         1:06.02         49M         Clonie           1 Daryn Hutchings         59.07         18M         Argyle         1 Thomas Kracker         1:03.29         46M         Clonie           1 Aniel Ayers         1.22:39         19F         Wintehall         1 Christ Christ Waley         1 Thomas Kracker         1:03.26         50M         Delmar           1 Sydney Lapan         1:56:19         20F         Bolton Landing         1 Londing         1 Christ Lower Herbs         1:02:26         52 M         Albary           1 Jacke Boyce         1:12:11         21F         Chapthickee         1 Jon Gurney         1:10:29         52M         Saratoga Springs           1 Vi Plan         1:16:47         52F         22M         Pulmwoody	FE	MALE OVERALL				1	Christine Cifone-Clohosey	1:33:55	46F	Glens Falls
2 Erin Lopez         1.06:34         34         Saratoga Springs         1 Emily Bryans         1.07:37         47F         Delanson           ONE-YEAR AGE GROUPS         1 Jackie White         1:36:39         48F         Greenwich           1 Shannon Walsh         1:21:53         13F         Toy         1 Janckie White         1:36:30         48F         Greenwich           1 Thomas Struzzieri         1:07:52         14M         Sugerties         1 Patty Moore         1:18:15         49F         Queensbury           1 Jordan Casey         1:13:38         18F         Ballston Lake         1 Cheyl Feder         1:02:26         49M         Scolia           1 Ariel Ayers         1:22:39         19F         Whitehall         1 Christ Waler         1:03:36         50M         Delmar           1 Ariel Ayers         1:22:39         19F         Whitehall         1 Christ Waler         1:03:36         50M         Delmar           1 Ariel Ayers         1:22:39         19F         Whitehall         1 Christ Waler         1:04:36         50M         Delmar           1 Ariel Ayers         1:22:39         19F         Whitehall         1 Christ Waler         1:04:36         50M         Delmar           1 Alexander Maruzela         1:15	1	Karen Bertasso	1:02:58	31	Albany	1	Darrell Everts	1:33:22	46M	Schenectady
Shannon Wilsh	2	Erin Lopez	1:06:34	34	Saratoga Springs	1	Emily Bryans		47F	Delanson
ONE-YEAR AGE GROUPS         1         Jackie White         1:36:39         48F         Greenwich           1         Thomas Struzzieri         107:52         14M         Saugerties         1         Patty Moore         1:31:5         49M         Colonie           1         Jordan Casey         1:13:38         18F         Ballston Lake         1         Chenyl Feder         1:22:46         50F         Malta           1         Jordan Casey         1:33:8         18F         Ballston Lake         1         Chenyl Feder         1:22:46         50F         Malta           1         Ariel Ayers         1:22:39         19F         Whitehall         1         Christine Varley         1:16:44         51F         Albany           1         Sydney Lapan         1:56:19         20F         Bolton Landing         1         Jonn Gurney         1:10:29         52M         Saratoga Springs           1         Jackie Boyce         1:12:11         21F         Schaghticoke         1         Jonn Gurney         1:10:29         52M         Saratoga Springs           1         Julie Messier         1:25:7         23F         Dunwoody         1         Nancy Nickolson         1:15:54         24F         Queensbury	3	Lori Kingsley	1:06:36	49	Wysox, PA	1			47M	
Thomas Struzzieri	10	NE-YEAR AGE GROUPS				1		1:36:39	48F	
1 Thomas Struzzieri         107.52         14M Saugerties         1 Patty Moore         1:18:15         49F Queensbury           1 Jordan Casey         1:13:38         18F Ballston Lake         1 Cheyl Feder         1:22:46         50F Malta           1 Ariel Ayers         1:22:39         19F Whitehall         1 Cheyl Feder         1:22:46         50F Malta           1 Mitch Ryan         1:56:19         20F Bolton Landing         1 Christine Varley         1:16:46         51F Albany           1 Jackie Boyce         1:12:11         21F Schaghticoke         1 Jonn Gurney         1:10:29         52M Saratoga Springs           1 Evan Collins         1:16:47         22M Bolton Landing         1 Rick Spann         1:15:53         53F Queensbury           1 Alexander Maruzzela         1:13:22         23M Pawling         1 Thomas Sisson         1:33:59         54M Albany           1 Michael Schram         1:00:59         24M Tupper Lake         1 Nancy Dorn         1:26:52         56F         Albany           1 Like Shane         199:25         25M Bolton Landing         1 Thomas Sisson         1:33:59         54M Albany           1 Like Shane         199:25         24M Tupper Lake         1 Sandy Adams         1:24:01         55F           2 Michael Schram         1:18:24	1	Shannon Walsh	1:21:53	13F	Troy	1				
1 Sydney Smith         12.14.1         15F         Niskayuna         1         Brian Debraccio         1.06.20         49M         Scotia           1 Daryn Hutchings         59.07         18M         Arygle         1         Cheryl Feder         1.02.36         50M         Delmar           1 Sydney Lapan         1.56.19         20F         Bolton Landing         1         Ohn Sestito         1.00.36         50M         Delmar           1 Mitch Ryan         57.57         20M         Plattsburgh         1         Lauren Herbs         1.22.26         52F         Rexford           1 Jackie Boyce         11.21.1         21F         Schaghticoke         1         Jon Gurney         1.10.22         25Z         Sex Rexford           1 Sophie Harkins         110.06         22F         Dunwoody         1         Nancy Nicholson         1.15.54         53F         Queensbury           1 Dina Grimaldi         121.57         23F         Higganum, CT         1         Rick Spann         1.11.53         53F         Albany           1 Julie Messier         12.52.4         24F         Queensbury         1         Sandy Adams         1.24.01         55F         Albany           1 Julie Messier         12.52.2         24	1	Thomas Struzzieri	1:07:52	14M	Saugerties					
1 Jordan Casey	1	Sydney Smith	1:21:41	15F	Niskayuna	1				
1 Daryn Hutchings         59:07         18M         Argile yers         1:22:39         19F         Whitshall         1         Christine Varley         1:16:44         51F         Albany           1 Sydney Lapan         1:56:19         20F         Bolton Landing         1         Christine Varley         1:16:44         51F         Albany           1 Jackie Boyce         1:12:11         21F         Schaghticoke         1         Jon Gurney         1:10:29         52M         Saratoga Springs           1 Sophie Harkins         1:10:06         22F         Dunwoody         1         Nancy Nicholson         1:15:54         53F         Queensbury           1 Dina Grimaldi         1:21:57         23F         Higganum, CT         1         Colleen Brackett         1:16:23         54F         Albany           1 Julie Messier         1:25:24         24F         Queensbury         1         Thomas Sisson         1:33:59         54M         Albany           1 Luke Shane         59:25         25M         Bolton Landing         1         Thomas Sisson         1:18:23         54F         Albany           1 Luke Shane         1:09:59         24M         Tuper Lake         1         William Moran         1:18:28         55M         M	1	Jordan Casey	1:13:38	18F	Ballston Lake					
1 Ariel Ayers         1:22:39         19F         Whitehall         1         Christine Varley         1:16:44         51F         Albany           1 Mitch Ryan         1:56:19         20F         Bolton Landing         1         John Sesitto         1:22:26         52F         Rexford           1 Jackie Boyce         1:12:11         21F         Schaphitlocke         1         Jon Gurney         1:10:29         52M         Saratoga Springs           1 Evan Collins         1:16:47         22M         Bolton Landing         1         Rick Spann         1:11:53         53M         Cranbury           1 Dina Grimaldi         1:21:57         23F         Higganum, CT         1         Colleen Brackett         1:16:23         54M         Carloury           1 Alexander Maruzzela         1:13:22         23M         Pawling         1         Thomas Sisson         1:33:35         54M         Cilifton Park           1 Michael Schram         1:00:59         24M         Tupper Lake         1         William Moran         1:18:28         55M         Niskayuna           1 Elizabeth Moran         1:18:27         25F         Miskayuna         1         Nancy Dorn         1:26:52         56F         Plymouth           1 Eysabeth Marcoco <td>1</td> <td>Daryn Hutchings</td> <td>59:07</td> <td>18M</td> <td>Argyle</td> <td></td> <td></td> <td></td> <td></td> <td></td>	1	Daryn Hutchings	59:07	18M	Argyle					
1 Sydney Lapan         1:56:19         20F         Bolton Landing         1         John Sestito         1:08:10         51MI, Johnsonville           1 Jackie Boyce         1:12:11         21F         Schaghticoke         1         Lauren Herbs         1:22:26         52F         Rexford           1 Sophie Harkins         1:10:06         22F         Dirwoody         1         Nancy Nicholson         1:15:54         35F         Queensbury           1 Dina Grimaldi         1:21:57         23F         Higganum, CT         1         Colleen Brackett         1:16:23         54F         Albany           1 Julie Messier         1:25:24         24F         Queensbury         1         Thomas Sisson         1:33:59         54M         Clifton Park           1 Elizabeth Moran         1:8:27         25F         Miskayuna         1         William Moran         1:8:28         55M         Niskayuna           1 Elizabeth Moran         1:18:27         25F         Bolton Landing         1         Derrick Staley         59:48         56M         Albany           1 Luke Shane         59:25         25M         Bolton Landing         1         Perrick Staley         59:48         56M         Sohn Niskayuna         1           1 Elizabeth M	1	Ariel Ayers	1:22:39	19F	Whitehall					
1 Mitch Ryan         57,57         20M         Plattsburgh         1         Lauren Herbs         1:22.26         52F         Rexford           1 Sophie Harkins         1:10:06         22F         Dunwoody         1         Jon Gurney         1:10:29         52M         Saratoga Springs           1 Dina Grimaldi         1:16:47         22M         Bolton Landing         1         Rick Spann         1:11:53         33F         Queensbury           1 Alexander Maruzzela         1:13:22         23M         Pawling         1         Thomas Sisson         1:33:35         54M         Cliffon Park           1 Julie Messier         1:25:24         24M         Queensbury         1         Sandy Adams         1:24:01         55F         Shuban           1 Luke Shane         59:25         25M         Politon Landing         1         William Moran         1:18:28         55M         Niskayuna           1 Luke Shane         59:25         25M         Bolton Landing         1         Derrick Staley         59:48         56M         Plymouth           1 Vi Pham         1:17:41         26F         Saratoga Springs         1         Nancy Briskle         1:16:14         57F         Schenectady           1 Cassandra Conety         <	1	Sydney Lapan	1:56:19	20F	Bolton Landing					
1 Jackie Boyce         1.12.11         21F         Schaghticoke         1         Jono Gurney         1:10.29         52M         Saratoga Springs           1 Evan Collins         1:16.47         22M         Bolton Landing         1 Rick Spann         1:15:54         53F         Queensbury           1 Dina Grimaldi         1:21:57         23F         Higgarum, CT         1 Colleen Brackett         1:16:23         54F         Albany           1 Julie Messier         1:25:24         24F         Queensbury         1 Sandy Adams         1:24:01         55F         Shushan           1 Elizabeth Moran         1:18:27         25F         Niskayuna         1 William Moran         1:18:28         55M         Niskayuna           1 Luke Shane         59:25         25M         Saratoga Springs         1 Nancy Dorn         1:26:52         56F         Plymouth           1 Ben Heller         1:04:08         26M         Albany         1 Nancy Briskie         1:16:14         57F         Schenectady           1 Kyle Marrocco         1:21:10         27M         Corinth         1 Carsandra Cnety         1:3:13         27F         Subshan         1 John Parisella         1:16:00         57M         Schenectady           1 Kyle Marrocco         1:24:27	1	Mitch Ryan	57:57	20M	Plattsburgh					
1 Sophie Harkins         1:10:06         22F         Dunwoody         1 Nancy Nicholson         1:15:54         33F         Queensbury           1 Dina Grimaldi         1:12:57         23F         Higganum, CT         1 Colleen Brackett         1:16:23         54F         Albany           1 Alexander Maruzzela         1:13:22         23M         Pawling         1 Thomas Sisson         1:33:59         54M         Clifton Park         Albany           1 Michael Schram         1:00:59         24M         Tupper Lake         1 Sandy Adams         1:24:01         55F         Shushan           1 Luke Shane         59:25         25M         Bollton Landing         1 Derrick Staley         59:48         55M         Niskayuna           1 Vi Pham         1:17:41         26F         Saratoga Springs         1 Nancy Briskie         1:16:14         57F         Schenectady           1 Cassandra Conety         1:13:31         27F         Shushan         1 John Parisella         1:16:00         57M         Schenectady           1 Jennifer Kehn         1:24:27         28F         Clifton Park         1 Christopher Kunkel         1:18:05         58M         Oradell           1 Chelsea Desalvatore         1:16:46         29F         Clifton Park         1 Karine Pa	1	Jackie Boyce	1:12:11	21F	Schaghticoke					
1 Evan Collins         1:16:47         22M         Bolton Landing         1         Rick Spann         1:11:53         53M         Cranbury           1 Alexander Maruzzela         1:13:22         23M         Pawling         1         Colleen Brackett         1:16:23         54F         Albany           1 Julie Messier         1:25:24         24F         Queensbury         1         Thomas Sisson         1:33:59         54M         Clifton Park           1 Billiam Messier         1:00:59         24M         Tupper Lake         1         William Moran         1:18:28         55M         Niskayuna           1 Liuke Shane         59:25         25M         Bolton Landing         1         Nancy Briskie         1:16:40         55F         Shushan           1 Vi Pham         1:17:41         26F         Saratoga Springs         1         Nancy Briskie         1:16:14         57F         Schenectady           1 Ben Heller         1:04:08         26M         Albany         1         Janrifer Kafaley         59:48         56M         Ballston Lake           1 Kyle Marrocco         1:21:10         27M         Corinth         1         Carrife Ex-Sussdorff         1:57:33         58F         Diamond Point           1 Chelsea Bealvat	1	Sophie Harkins	1:10:06	22F	Dunwoody					
1 Dina Grimaldi         1:21:57         23F         Higganum, CT         1         Colleen Brackett         1:16:23         54F         Albany           1 Julie Messier         1:25:24         23M         Queensbury         1         Thomas Sisson         1:33:59         54M         Cliffton Park           1 Elizabeth Moran         1:00:59         24M         Tupper Lake         1         William Moran         1:18:28         55M         Niskayuna           1 Luke Shane         59:25         25M         Bolton Landing         1         Nancy Dorn         1:26:52         56F         Plymouth           1 Wi Pham         1:17:41         26F         Saratoga Springs         1         Nancy Briskie         1:16:14         57F         Schenectady           1 Ben Heller         1:04:08         26M         Albany         1         Nancy Briskie         1:16:14         57F         Schenectady           1 Cassandra Conety         1:13:31         27F         Shushan         1         Carol Elze-Sussdorff         1:57:33         58F         Diamond Point           1 Kyle Marrocco         1:21:10         27M         Cornth         1         Carol Elze-Sussdorff         1:57:33         58F         Diamond Point           1 Jennifer K	1	Evan Collins	1:16:47	22M	Bolton Landing					
Alexander Maruzzela   1:13:22   23M   Pawling   1 Thomas Sisson   1:33:59   54M   Cliffon Park   1 Julie Messier   1:25:24   24F   Queensbury   1 Sandy Adams   1:24:01   55F   Shushan   1:18:28   55M   Niskayuna   1 Ilia:28   1 Ilia:28   25M   Niskayuna   1 Ilia:28   25M	1	Dina Grimaldi	1:21:57	23F	Higganum, CT					
Julie Messier   125:24   24F   Queensbury   1   Sandy Adams   1:24:01   55F   Shushan   1   Michael Schram   1:00:59   24M   Tupper Lake   1   William Moran   1:18:28   55M   Niskayuna   1   Nancy Dorn   1:26:52   56F   Pymouth   1   Nancy Dorn   1:26:52   56F   Pymouth   1   Nancy Dorn   1:26:52   56F   Pymouth   1   Nancy Briskie   1:16:00   57M   Schenectady   1   Sandy Briskie   1:16:00   58M   Sandy Briskie   1:16:00   57M   Schenectady   1   Sandy Briskie   1:16:00   58M   Sandy Briskie   1:	1	Alexander Maruzzela	1:13:22	23M	Pawling					
1 Michael Schram         100:59         24M         Tupper Lake         1         William Moran         1:18:28         55M         Niskayuna           1 Luke Shane         59:25         25M         Bolton Landing         1         Nancy Dorn         1:26:52         56F         Plymouth           1 Vi Pham         1:17:41         26F         Saratoga Springs         1         Nerick Staley         59:48         66M         Ballston Lake           1 Carsandra Conety         1:13:31         27F         Shushan         1         John Parisella         1:16:14         57F         Schenectady           1 Kyle Marrocco         1:21:10         27M         Corinth         1         Carl Elze-Sussdorff         1:57:33         58F         Diamond Point           1 Chelsea Desalvatore         1:16:46         29F         Clifton Park         1         Katherine Fair         1:20:33         59F         Fort Ann           1 Ceferino Alcaide         1:57:38         30M         Halfmoon         1         Sharon Desrochers         1:29:31         60F         Ballston Lake           1 Justine Tybendis         1:18:10         32F         Glens Falls         1         Cenester Tumidajewicz         1:34:22         61M         Marsterdam	1	Julie Messier	1:25:24	24F	Queensbury					
Luke Shane   59:25   25M   Bolton Landing   1   Nancy Dorn   1:26:52   56F   Plymouth   1:17:41   26F   Saratoga Springs   1   Nancy Born   59:48   56M   Ballston Lake   Shane   1:17:41   26F   Saratoga Springs   1   Nancy Briskie   1:16:14   57F   Schenectady   1   Nancy Briskie   1:16:00   57M   Schenectady   1   Nancy Briskie   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1:16:00   1	1	Michael Schram	1:00:59	24M	Tupper Lake					
Vi Pham	1	Elizabeth Moran	1:18:27	25F	Niskayuna					
Vi Pham	1	Luke Shane	59:25	25M	Bolton Landing					
General Heller	1	Vi Pham	1:17:41	26F	Saratoga Springs					
Ryle Marrocco   1:21:10   27M   Corinth   1   Carol Elze-Sussdorff   1:57:33   58F   Diamond Point   Syle Marrocco   1:21:10   27M   Corinth   1   Carol Elze-Sussdorff   1:57:33   58F   Diamond Point   1   Dennifer Kehn   1:24:27   28F   Clifton Park   1   Christopher Kunkel   1:18:05   58M   Oradell   1   Carol Elze-Susdorff   1:8:05   59M   Hopewell Junction   1   Carol Elze-Susdorff   1:6:08   59M   Hopewell Junction   1:6:08   59M   Hope	1	Ben Heller	1:04:08	26M	Albany					
New Marrocco	1	Cassandra Conety	1:13:31	27F	Shushan					
Celesa Desalvatore	1	Kyle Marrocco	1:21:10	27M	Corinth					
Rett Harris   1:16:46   29F   Clitton Fark   1   Kevin Dollard   1:06:08   59M   Hopewell Junction   1   Fort Harris   1:21:01   30F   Albany   1   Kevin Dollard   1:06:08   59M   Hopewell Junction   1   Ceferino Alcaide   1:57:38   30M   Halfmoon   1   Sharon Desrochers   1:29:31   60F   Ballston Lake   Ballston Lake   1   Daniel Dougherty   1:09:41   60M   Brooklyn   1   Daniel Dougherty   1:09:41   60M   Brooklyn   1   Daniel Dougherty   1:09:41   60M   Amsterdam   1   Daniel Dougherty   1:34:22   61M   Amsterdam   1   Daniel Dougherty   1:34:22   61M   Amsterdam   1   Daniel Brooklyn   1:34:22   61M   Amsterdam   1   Daniel Brooklyn   1:34:22   61M   Amsterdam   1:34:34   64M   Glens Falls   1   Daniel Brooklyn   1:24:46   64F   Slingerlands   1   Daniel Brooklyn	1	Jennifer Kehn	1:24:27	28F	Clifton Park					
Ceferino Alcaide   1:57:38   30M   Allafmoon   1   Sharon Desrochers   1:29:31   60F   Ballston Lake   1:67:38   30M   Allafmoon   1   Daniel Dougherty   1:09:41   60M   Brooklyn   1:25:22   31F   Queensbury   1   Chester Tumidajewicz   1:34:22   61M   Amsterdam   1:20:31   1:20:31   1:20:31   1:20:31   1:20:31   1:20:31   1:20:31   1:30:32   62F   Schenectady   1:36:32   63F   Schenectady   1:36:33   63F   Schenectady   1:36:34   3:36   Schenectady   1:36:34   3:36   Schenectady   1:36:34   3:36   Schenectady   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:34   3:36:3	1	Chelsea Desalvatore	1:16:46	29F	Clifton Park					
Lindsay Holcomb   1:25:22 31F   Queensbury   1   Daniel Dougherty   1:09:41 60M   Brooklyn   1   Lindsay Holcomb   1:25:22 31F   Queensbury   1   Chester Tumidajewicz   1:34:22 61M   Amsterdam   1:34:22 61M   Amsterdam   1:34:22 61M   Amsterdam   1:34:22 61F   Schenectady   1:18:10 32F   Glens Falls   1   Joan Celentano   1:32:22 62F   Schenectady   Glens Falls   1   Ambrose Schaffer   1:07:11 32M   Canajoharie   1   Robert McAvoy   2:03:04 62M   Glens Falls   Glens Falls   1   Amie Bashant   1:25:53 33F   Fort Edward   1   Steven George   1:20:55 63M   Scotia   Amie Bashant   1:25:53 33F   Fort Edward   1   Steven George   1:20:55 63M   Scotia   Amerika Historia   1   Amark DeGrazia   1:24:46 64F   Slingerlands   Glens Falls   1   Martha DeGrazia   1:24:46 64F   Slingerlands   Glens Falls   1   Mark Sager   1:21:18 64M   Glens Falls   1   Katherine Ambrosio   1:46:33 65F   Delmar   Carrie Arquette   1:19:43 36F   Whitehall   1   Ageo Frizzera   1:40:08 65M   Saratoga Springs   1   Michael Thumann   1:19:05 66M   Chatham   1:19:39 37F   Glens Falls   1   Susan Wong   1:31:01 67F   Glenmont   1   Tina Cukrovany   1:16:27 38F   Rensselaer   1   Ginny Pezzula   1:35:52 69F   Colonie   1   Tina Cukrovany   1:16:27 38F   Rensselaer   1   Ginny Pezzula   1:35:52 69F   Colonie   1   Lawrence Stroebel   1:21:08 39M   Queensbury   1   Charles Heiden   1:32:04 70M   Bolton Landing   Lawrence Stroebel   1:21:08 39M   Queensbury   1   Morgan Shipway   1:33:44 72M   Avon   Sean Madden   1:15:27 41M   Albany   1   Jim Moore   1:42:28 75M   Niskayuna   1   Patrick Amyot   1:16:27 42M   Saratoga Springs   1   Anne Stockman   1:37:52 85M   Bennington, VT	1	Brett Harris	1:21:01	30F	Albany					
Joel Patrie   1.04.44   31M   Scotia   1   Chester Turnidajewicz   1.34:22   61M   Amsterdam   1   Justine Trybendis   1.18:10   32F   Glens Falls   1   Joan Celentano   1.32:22   62F   Schenectady   32F   Glens Falls   1   Joan Celentano   1.32:22   62F   Schenectady   32F   Glens Falls   1   Joan Celentano   1.32:22   62F   Schenectady   32F   Glens Falls   1   Robert McAvoy   2:03:04   62M   Glens Falls   34F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   33F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   3:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   3:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   3:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   3:24:46   64F   Slingerlands   34F   Glens Falls   1   Martha DeGrazia   3:24:46   64F   Slingerlands   3:24:47   3:44:46   64F   Slingerlands   3:45:46   64M   Glens Falls   3:45:46	1	Ceferino Alcaide	1:57:38	30M	Halfmoon					
Justine Trybendis	1	Lindsay Holcomb	1:25:22	31F	Queensbury					
Ambrose Schaffer   1:07:11   32M   Canajoharie   1   Robert McAvoy   2:03:04   62M   Glens Falls   1   Ambrose Schaffer   1:07:11   32M   Canajoharie   1   Steven George   1:20:55   63M   Scotia   1   Ambrose Schaffer   1:20:55   63M   Scatia   1   Scotia   1:40:38   65F   Delmar   1:40:08   65M   Saratoga Springs   1   Ambrose Frizzera   1:40:08   65M   Saratoga Springs   1   Ambrose Schaffer   1:40:08   65M   Saratoga Springs   1   Ambrose Schaffer   1:40:08   65M   Saratoga Springs   1   Ambrose Schoe   1:40:08   65M   Saratoga Springs   1   Ambrose Schoe   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:31:01   67F   Glemmont   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:31:01   67F   Glemmont   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:31:01   67F   Glemmont   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:31:01   67F   Glemmont   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:31:01   67F   Glemmont   1:30:04   65M   Saratoga Springs   1   Susan Wong   1:30:04   70M   Solton Landing   1:30:04   70M   Solton Landing   1:30:04   70M   Solton Landing   1:30:04   70M   Solton Landing   1:30:04   70M   Solton Landin	1	Joel Patrie	1:04:44	31M	Scotia					
Amile Bashant   1:25:53   33F   Fort Edward   1   Steven George   1:20:55   63M   Scotia	1	Justine Trybendis	1:18:10	32F	Glens Falls					
Jane Hicks   1:28:23   34F   Glens Falls   1   Martha DeGrazia   1:24:46   64F   Slingerlands   Glens Falls   1   Mark Sager   1:21:18   64M   Glens Falls   1   Mark Sager   1:46:33   65F   Delmar   65M   Saratoga Springs   1   Michael Thumann   1:19:05   66M   Chatham   1:19:05   69F   Diamond Point   1:10:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:19:05   1:	1	Ambrose Schaffer	1:07:11	32M	Canajoharie					
1         Andrew Cook         1:27:22         34M         Granville         1         Mark Sager         1:21:18         64M         Glens Falls           1         Kim Didrich         1:18:59         35F         Alplaus         1         Katherine Ambrosio         1:46:33         65F         Delmar           1         Carrie Arquette         1:19:43         36F         Whitehall         1         Ageo Frizzera         1:40:08         65M         Saratoga Springs           1         Kevin Ballou         1:11:59         36M         Saratoga Springs         1         Michael Thumann         1:19:05         66M         Chatham           1         Kristina Hubert         1:19:39         37F         Glens Falls         1         Susan Wong         1:31:01         67F         Glenmont           1         James Kehoe         1:04:41         37M         Gansevoort         1         Candi Schermerhorn         1:43:33         68F         Diamond Point           1         Tina Cukrovany         1:16:27         38F         Rensselaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohees         1         Thomas Kolla	1	Amie Bashant	1:25:53	33F	Fort Edward					
1         Kim Didrich         1:18:59         35F         Alplaus         1         Katherine Ambrosio         1:46:33         65F         Delmar           1         Carrie Arquette         1:19:43         36F         Whitehall         1         Ageo Frizzera         1:40:08         65M         Saratoga Springs           1         Kevin Ballou         1:11:59         36M         Saratoga Springs         1         Michael Thumann         1:90:5         66M         Chatham           1         Kristina Hubert         1:19:39         37F         Glens Falls         1         Susan Wong         1:31:01         67F         Glenmont           1         James Kehoe         1:04:41         37M         Gansevoort         1         Candi Schermerhorn         1:43:33         68F         Diamond Point           1         Tina Cukrovany         1:16:27         38F         Rensselaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Allison Bradley         1:16:44         39F         Albany         1         Charles H	1	Jane Hicks	1:28:23	34F	Glens Falls					
Carrie Arquette   1:19:43   36F   Whitehall   1   Ageo Frizzera   1:40:08   65M   Saratoga Springs   1   Kristina Hubert   1:19:195   36M   Saratoga Springs   1   Michael Thumann   1:19:05   66M   Chatham   1:19:05   36M   Saratoga Springs   1   Michael Thumann   1:19:05   66M   Chatham   1:19:05   36M   Saratoga Springs   1   Michael Thumann   1:19:05   66M   Chatham   1:19:05   69F   Cionie   61M   Chatham   1:14:23   68F   Diamond Point   1:14:33   68F   Diamond Point   1:14:14   1:14:14   1:14:14   1:14:14   1:14:14   1:14:14   1:14:14   1:14:14   1:14:1	1	Andrew Cook	1:27:22	34M	Granville					
1         Kevin Ballou         1:11:59         36M         Saratoga Springs         1         Michael Thumann         1:19:05         66M         Chatham           1         Kristina Hubert         1:19:39         37F         Glens Falls         1         Susan Wong         1:31:01         66M         Chatham           1         James Kehoe         1:04:41         37M         Gansevoort         1         Candi Schermerhorn         1:43:33         68F         Diamond Point           1         Tina Cukrovany         1:16:27         38F         Rensselaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Allison Bradley         1:16:44         39F         Albany         1         Charles Heiden         1:32:04         70M         Bolton Landing           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1	1	Kim Didrich	1:18:59	35F	Alplaus					
1         Kristina Hubert         1:19:39         37F         Glens Falls         1         Susan Wong         1:31:01         67F         Glenmont           1         James Kehoe         1:04:41         37M         Gansevoort         1         Candi Schermerhorn         1:43:33         68F         Diamond Point           1         Tina Cukrovany         1:16:27         38F         Rensselaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Allison Bradley         1:16:44         39F         Albany         1         Charles Heiden         1:32:04         70M         Bolton Landing           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:07:33         40M         Queensbury         1         Leon	1	Carrie Arquette	1:19:43	36F	Whitehall					
1         Kristina Hubert         1:19:39         37F         Glens Falls         1         Susan Wong         1:31:01         67F         Glenmont           1         James Kehoe         1:04:41         37M         Gansevoort         1         Candi Schermerhorn         1:43:33         68F         Diamond Point           1         Tina Cukrovany         1:16:27         38F         Renseslaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Bolton Landing           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:07:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1	1	Kevin Ballou	1:11:59	36M	Saratoga Springs	1	Michael Thumann	1:19:05		Chatham
1         Tina Cukrovany         1:16:27         38F         Rensselaer         1         Ginny Pezzula         1:35:52         69F         Colonie           1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Allison Bradley         1:16:44         39F         Albany         1         Charles Heiden         1:32:04         70M         Bolton Landing           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:34         72M         Avon           1         Brian Northan         1:07:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1	1	Kristina Hubert	1:19:39	37F		1				
1         Daniel Brady         1:14:52         38M         Cohoes         1         Thomas Kollar         1:34:38         69M         Schenectady           1         Allison Bradley         1:16:44         39F         Albany         1         Charles Heiden         1:32:04         70M         Bolton Landing           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:07:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           Michele Eicher         1:45:12         41F         Queensbury         1         Jim Moore         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Mine Stockman	1	James Kehoe	1:04:41	37M	Gansevoort	1	Candi Schermerhorn	1:43:33	68F	Diamond Point
1         Allison Bradley         1:16:44         39F         Albany         1         Charles Heiden         1:32:04         70M         Bolton Landing           1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Mirchols         1:33:44         72M         Avon           1         Brian Northan         1:00:33:28         40F         Gansevoort         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Nikskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wade Stockman         1:37:52         80M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1	1	Tina Cukrovany	1:16:27	38F	Rensselaer	1	Ginny Pezzula	1:35:52	69F	Colonie
1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jerian Northan         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:03:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niksayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wat Stockman         2:14:28         35M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1 <td< td=""><td>1</td><td>Daniel Brady</td><td>1:14:52</td><td>38M</td><td>Cohoes</td><td>1</td><td>Thomas Kollar</td><td>1:34:38</td><td>69M</td><td>Schenectady</td></td<>	1	Daniel Brady	1:14:52	38M	Cohoes	1	Thomas Kollar	1:34:38	69M	Schenectady
1         Lawrence Stroebel         1:21:08         39M         Queensbury         1         Nick Nichols         1:29:52         71M         Tallahassee, NY           1         Jerian Northan         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:03:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niksayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wat Stockman         2:14:28         35M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1 <td< td=""><td>1</td><td></td><td>1:16:44</td><td>39F</td><td>Albany</td><td>1</td><td>Charles Heiden</td><td>1:32:04</td><td>70M</td><td>Bolton Landing</td></td<>	1		1:16:44	39F	Albany	1	Charles Heiden	1:32:04	70M	Bolton Landing
1         Jennifer Jackson         1:33:28         40F         Gansevoort         1         Morgan Shipway         1:33:44         72M         Avon           1         Brian Northan         1:07:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         373M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:56:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Mide Stockman         1:37:52         80M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT	1	Lawrence Stroebel	1:21:08	39M	Oueensbury	1	Nick Nichols	1:29:52	71M	
1         Brian Northan         1:07:33         40M         Guilderland         1         Louis Van Dyck         1:53:54         73M         Toluca Lake, CA           1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wade Stockman         1:37:52         80M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT						1				
1         Michele Eicher         1:45:12         41F         Queensbury         1         Leonard Kershaw         1:54:03         74M         Bolton Landing           1         5ean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wade Stockman         1:37:52         80M         Rensselaer           1         Patrick Armyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT	1			40M		1		1:53:54	73M	Toluca Lake, CA
1         Sean Madden         1:15:27         41M         Albany         1         Jim Moore         1:42:28         75M         Niskayuna           1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wade Stockman         1:37:52         80M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT	1	Michele Eicher		41F		1			74M	
1         Beth Gillingham         1:26:00         42F         Queensbury         1         Wade Stockman         1:37:52         80M         Rensselaer           1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT										
1         Patrick Amyot         1:15:27         42M         Saratoga Springs         1         Anne Stockman         2:14:16         83F         Rensselaer           1         Amy Gould         1:22:38         43F         Hudson Falls         1         Ed Doucette         2:17:25         85M         Bennington, VT										
1 Amy Gould 1:22:38 43F Hudson Falls 1 Ed Doucette 2:17:25 85M Bennington, VT										
Courtesy of the Patrionades Numbers	-									
	,						countesy of Th	- Aun onlu	ack NUI	

#### **HITS NORTH COUNTRY TRIATHLON**

rge, Hague FEMALE AGE GROUP: 60 - 64

1 Amy Davidson 63 8:36:47

CLYDESDALE: 39 & UNDER

		June			5 • Hague Bea			
	FULL – 2.4M SWIM.	112N			MALE AGE GROUP			FE
	26.2M R	JN		1	Erin Ayala	28	6:05:33	1
	ALE OVERALL			2	Ann Flower Seyse	29	6:44:30	CL
1	Jocelyn Poirier	41	11:03:21	3	Hannah Driskell	25	6:56:53	1
2	David Giampietro	51	11:23:11	М	ALE AGE GROUP: 3	0 - 34		CL
3	Juan Rivelo	52	12:22:42	1	Matthew Musiak	33	4:54:17	1
FE	MALE OVERALL			2	Mike Prohaska	32	5:03:25	2
1	Katherine Lyman	25	13:36:21	3	Justin Pangie	30	5:24:20	RE
	ALE AGE GROUP: 20			FE	MALE AGE GROUP	: 30 - 34	l	1
1	Cody Allison	24	12:54:16	1	Elizabeth Bouchard-H	Hall 32	5:51:03	
	ALE AGE GROUP: 30			2	Lauren Mendoza	33	5:57:30	<b>M</b>
1	Kristopher Sortwell	34	13:05:20	3	Jamie Celentano	30	6:34:58	2
2	Brett Deyling	31	13:19:49	M	ALE AGE GROUP: 3	5 - 39		FE
3	Brandon Miller	32	15:02:18	1	Robert Scheungrab	39	4:42:13	1
М	ALE AGE GROUP: 40			2	Brian Northrop	36	4:56:58	O
1	Roy Linkenhoker	44	13:11:23	3	Braden Larmon	38	5:10:08	U
2	Ken Clark	44	15:51:30	FE	MALE AGE GROUP	: 35 - 39	)	М
	ALE AGE GROUP: 45			1	Ashley Peacock	39	6:10:47	1
1	Olivier Botz	48	12:23:54	2	Jennifer Rossman	38	6:14:13	2
2	Douglas Lord	46	12:43:00	3	Amy Lefevre	35	7:07:02	3
3	Preston Erb	49	13:54:14	M	ALE AGE GROUP: 4	0 - 44		FE
	ALE AGE GROUP: 50			1	Scott Moylan	42	5:09:17	1
1	C.J. Thomas	53	13:03:42	2	Eric Marsh	42	5:27:09	2
2	BJ Wilson	53	14:08:07	3	Christopher Eckett	43	5:28:18	3
	ALE AGE GROUP: 55			FE	MALE AGE GROUP	: 40 - 44	ı	FE
1	Howard Pride	57	14:20:45	1	Teresa Garrett	43	6:00:42	1
	ALE AQUABIKE			2	Amy Sorensen	43	6:24:32	2
1	Joel Bartfield	57	8:07:39	3	Rebecca Burke	40	6:30:37	M
2	Tom DeLuca	60	8:16:48		ALE AGE GROUP: 4			1
3	Neil Sergott	44	9:52:20	1	William Lodi	45	5:30:35	2
	MALE AQUABIKE			2	Chuck Kreger	45	5:35:19	3 <b>M</b>
1	Kimberly Murphy	53	9:47:16	3	Brant Fahle	49	5:38:11	1
	HALF – 1.2M SWIM 13.1M RL	, 56M	BIKE,	FE	MALE AGE GROUP			2
		JN		1	Deborah Battaglia	48	5:43:04	3
	ALE OVERALL			2	Elizabeth Mantione	45	6:38:00	FE
1	Kevin Bouchard-Hall	33	4:29:20	3	Kelly Sullivan	49	6:45:38	1
2	John Gleeson	37	4:38:21		ALE AGE GROUP: 5			2
3	Thomas Edwards	20	4:40:14	1	Jim Sullivan	50	5:16:29	3
	MALE OVERALL			2	Brian Redmond	54	6:00:01	М
1	Caroline Martineau	35	5:06:43	3	Don Welsh	51	6:06:05	1
2	Elena Massa-Musiak	33	5:21:16		ALE AGE GROUP: 5			2
3	Martha Berrouard	49	5:32:56	1	Fran Feeney	56	5:40:21	3
	ALE AGE GROUP: 25			2	Jim Kiley	55	6:45:31	M
1	Mark Farewell	28	5:17:46	3	Kevin Mahan	58	7:54:14	1
2	Larry Ahearn	28	5:41:14		ALE AGE GROUP: 6		6 20 56	2
3	Mike Celentano	29	5:50:56	1	Ronald Ouellette	61	6:39:58	3

ower Seyse	29	6:44:30	CL	YDESDALE: 39 & UN	NDER	
h Driskeĺl	25	6:56:53	1	Kyle Flack	29	6:01:03
E GROUP: 30	0 - 34		CL	YDESDALE: 40 & O\	/ER	
ew Musiak	33	4:54:17	1	Tom Snyder	51	6:53:42
rohaska	32	5:03:25	2	James Ackison	50	9:30:24
Pangie	30	5:24:20		LAY TEAMS		
AGÉ GROUP:	30 - 34	4	1	William Harding/		
th Bouchard-H		5:51:03		Patricia Lambert		6:34:26
Mendoza	33	5:57:30		ALE AQUABIKE	20	2 20 40
Celentano	30	6:34:58	1	Felix Robitaille	39	3:38:10
E GROUP: 3	5 - 39		2	Ed Jensen	43	3:43:31
Scheungrab	39	4:42:13	1	MALE AQUABIKE Mary Sheehan	55	4:20:21
Vorthrop	36	4:56:58				
Larmon	38	5:10:08	0	YMPIC - 1500M SWI		8M BIKE,
AGE GROUP:	35 - 39	9		6.2M RU ALE OVERALL	N	
Peacock	39	6:10:47	1	Bruce Cadenhead	51	2:11:51
er Rossman	38	6:14:13	2	Randy Kelley	46	2:14:01
efevre	35	7:07:02	3	John Sullivan	41	2:14:01
E GROUP: 40	- 44		-	MALE OVERALL	41	2.10.50
/loylan	42	5:09:17	1	Michelle Rosowsky	48	2:23:36
arsh	42	5:27:09	2	JoEllen Cameron	52	2:31:45
pher Eckett	43	5:28:18	3	Lynn Hall	47	2:35:05
AGE GROUP:	40 - 44			MALE AGE GROUP:		
Garrett	43	6:00:42	1	Taylor Diepold	24	2:44:35
orensen	43	6:24:32	2	Corinna Noel	24	3:32:14
a Burke	40	6:30:37	M	ALE AGE GROUP: 25	- 29	
E GROUP: 45	5 - 49		1	Stephen Frayne	25	2:19:44
n Lodi	45	5:30:35	2	Jake Balsiger	26	3:07:58
Kreger	45	5:35:19	3		26	3:25:53
ahle	49	5:38:11		ALE AGE GROUP: 30		
AGE GROUP:	45 - 49	9	1	David Pond	32	2:29:11
ah Battaglia	48	5:43:04	2	Xavier Gallego	34	2:36:17
th Mantione	45	6:38:00	3	Daniel Viedma	34	2:39:06
ullivan	49	6:45:38	1	MALE AGE GROUP: Heather Webb		
E GROUP: 50	- 54		2	Olya Prevo	33 34	3:06:29 3:21:34
llivan	50	5:16:29	3	Kimberly Alessi	34 34	3:26:16
Redmond	54	6:00:01		ALE AGE GROUP: 35		3.20.10
/elsh	51	6:06:05	1	Blair Ruhling	37	2:19:57
E GROUP: 5	5 - 59		2	Oswaldo Rodriguez	37	2:34:02
eeney	56	5:40:21	3	Tyler Mockry	35	2:54:16
ey	55	6:45:31		ALE AGE GROUP: 40		2.54.10
Mahan	58	7:54:14	1	Dan Gaidasz	40	2:27:47
GE GROUP: 60	- 64		2	Mark Stodden	42	2:47:02
l Ouellette	61	6:39:58	3	Jon Strodl	41	2:47:37
						continued

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EN	MALE AGE GROUP:				MALE AGE GROUP:			HAGUE continue MALE AGE GROUP: 60		
	Chrissy Mason	40 - 44	2:45:06	1	Catie Ledwick	20 - 24	1:34:38	1 John Mounteer	61	1:32:3
	Sharon Strodl	41	3:16:51	2	Katherine Romanov	21	1:36:22	2 Victor Greco	62	1:51:4
	LE AGE GROUP: 4!		3.10.31	3	Lila Sullivan	20	1:49:47	FEMALE AGE GROUP:		
	Michael Hagadorn	47	2:35:36	_	ALE AGE GROUP: 2!		1.45.47			
	Grea Hewlett	49	2:41:39	1	Rafael Teixeira	79	1:19:12	1 Maryanne Reidy	60	1:45:
	Zachary Delany	48	3:05:16	2	Matthew Swezey	28	1:27:06	MALE AGE GROUP: 65		1.22.5
	LE AGE GROUP: 50		5.05.10		MALE AGE GROUP:		1.27.00	1 David Dibelius	69	1:33:2
	Jeff Dodge	50	2:25:54	1	Caitlin Joyce	25	1:34:19	MALE AGE GROUP: 70		4.20
	A.A. Hopeman	51	2:37:15	2	Colby Brown	29	1:36:49	1 Jim Cunningham	71	1:28:
	Jim Daley	51	2:37:51	3	Kelsey Jones	25	1:37:27	2 Mark-Richard Butt	73	2:00:
	LE AGE GROUP: 5!	5 - 59		M	ALE AGE GROUP: 30	- 34		FEMALE AGE GROUP:		
	Wayne Shurter	56	2:52:51	1	Matthew Kelly	33	1:23:53	1 Sibyl Jacobson	73	1:46:2
	Michael Spano	56	2:56:33	2	Michael Flynn	30	1:30:20	ATHENA: 39 & Under		
	John Harvey	57	3:36:54	3	Jason Barton	30	1:37:45	1 Nadia El-Fawal	29	3:05:4
۱A	LE AGE GROUP: 6!	5 - 69		FE	MALE AGE GROUP:	30 - 34		RELAY TEAMS		
	Roger Salmons	67	3:04:18	1	Melissa Garry	30	1:44:55	<ol> <li>Robert Martin/Jennife</li> </ol>	r Flanaga	
	Oscar Urquiola	66	3:37:27	2	Catherine Klaus	32	1:45:20	Paul Loomis		1:21:
ΕN	MALE AGE GROUP:	35 - 39	l	M	ALE AGE GROUP: 35	- 39		<ol><li>Jim Cornick/Terry Corn</li></ol>	nick/	
	Aimee Demers-Bourg	eois 38	2:43:45	1	Matt Nafus	38	1:20:44	Jeff Cornick		1:28:
	Kelly Kiessling	38	2:52:30	2	Robert Fischer	38	1:21:08	MALE AQUABIKE		
,	Veronica Byers	38	3:02:00	3	Bryan Drake	38	1:28:20	1 Paul McBrine	63	1:27
ΕN	MALE AGÉ GROUP:	45 - 49	l	FE	MALE AGE GROUP:	35 - 39		OPEN - 100M SWIM, 31	M BIKE	1M RI
	Deborah Battaglia	48	2:40:30	1	Kelly Knill	39	1:41:00	MALE OVERALL	711117	
1	Wendie Bishop	46	2:47:57	2	Elizabeth Northrop	36	1:43:56	1 Hyrum Balog	14	15:
	Patricia Fahle	49	2:53:40	3	Elizabeth Smith	36	2:37:11	2 Andrew Delsignore	36	18:4
ΕN	MALE AGE GROUP:	50 - 54		M	IALE AGE GROUP: 40			3 Trevor Goodwill	8	19:0
	Carolyn Fischer	53	2:58:00	1	Robert Frisbie	40	1:17:03	FEMALE OVERALL	0	15.
	Rachael Angelini	50	2:58:22	2	Jeff Powell	44	1:18:19	1 Jillian Richards	11	17:4
	Robyn Kahn	50	3:04:34	3	Michael Altrogge	40	1:25:26	2 Heather Koennecke	20	18:
	IALE AGE GROUP:				MALE AGE GROUP:				10	19:
	Virginia Touhey	59	3:40:38	1	Petra Groat	42	1:41:12	3 Carolyn Scheungrab MALE AGE GROUP: 1		19.1
	DESDALE			2	Heather Richardson	41	1:59:23		9	24.
	Michael Sass	36	3:47:36	3	Carla Miller	41	2:19:50	· Comi ramanian	_	21:
	AY TEAMS				ALE AGE GROUP: 45			2 Ryan Turnamian	10	26:
	Robert Wither/Kimbe	rly Murra		1	Ray Liuzzo	45	1:21:59	FEMALE AGE GROUP:		27
	Thomas Suozzo		2:19:24	2	Andrew Herz	47	1:36:26	1 Samantha Scheungral		27:
	LE AQUABIKE			3	Cliff Meister	48	1:41:48	2 Sophie Ziter	7	27:
	Glen Malings	57	1:38:20		MALE AGE GROUP:		2 04 42	3 Allison Scheungrab	6	28:
	Karl Zaunbrecher	62	2:05:03	1	Theresa Morzello	46	2:01:42	FEMALE AGE GROUP:		
SF	RINT – 750M SWIN 3.1M RU	/I, 12.4N	л віке,	1	ALE AGE GROUP: 50	53	1:20:00	1 Becca Fogler	22	23:
	LE OVERALL	IK.			Bobby Hanson			MALE AGE GROUP: 35	- 39	
		50	1:07:44	2	Paul DiCaprio	51 50	1:20:42 1:23:36	1 Todd Balog	39	21:3
	Carl Regenauer	27	1:07:44	_	Mark Schaffeld EMALE AGE GROUP:		1:23:36	FEMALE AGE GROUP:	35 - 39	
	Jay Druba	39	1:08:49	1	Terri Peri	54 54	1:38:55	1 Rebecca Libed	39	24:4
	Robert Scheungrab	39	1.08.49	2		54 52	1:56:07	FEMALE AGE GROUP:	40 - 44	,
	MALE OVERALL Brooke Kellev	16	1:18:07	3	Rosemarie Brown Stacy Carlin	52 51	3:10:16	1 Gina Kothe	43	29:
		24	1:18:07		Stacy Carlin IALE AGE GROUP: 5!		3:10:16	2 Tricia Shimer	43	29:
	Sarah Evans Chelsea Miles	24 28	1:27:40	1	Matt Ritz	55 55	1:21:27	FEMALE AGE GROUP:	60 - 64	
	LE AGE GROUP: 1		1.27.13	2		56	1:39:17	1 Mary Fogler	61	23:
	Tommy Struzzieri	- 1 <b>5</b> 15	1:15:34	3	Doug Noordsy Michael Swezev	56 57	1:39:17	2 Sue Lansley	64	27:
	LE AGE GROUP: 20		1.15.54		MICNAEI SWEZEY  EMALE AGE GROUP:		1.47.11	3 Brenda-Jean Rider	64	30:
	Greg Romanov	) - <b>24</b> 22	1:12:27	1		56 56	1:40:21	MALE AGE GROUP: 65		50.
	Doug Swezey	24	1:12:27	2	Margaret Trench Ann Swezey	58	1:46:55	1 Gary Turnamian	69	30:4
	Jeff Ledwick	24	1:31:53	3	Joanne Paska	56	1:46:55	Courtesy of HITS		

				ER 4" 4-MILE RO			
MALE OVERALL	•	_		3 John Genevich	46	Saratoga Springs	24:28
1 Patrick Geoghegan	24	Syracuse	19:27	4 Paul Allen	48	Latham	25:02
2 Nick Marcantonio	22	Glens Falls	19:45	5 John Pusateri	47	Castleton	25:42
3 Eric Macknight	26	Ballston Lake	20:01	FEMALE AGE GROUP: 45	- 49		
4 Scott Mindel	28	Ballston Lake	20:22	1 Emily Bryans	47	Delanson	24:19
5 Christian Stafford	19	Pembroke, MA	20:26	2 Lori Kingsley	49	Wysox, PA	24:59
6 Aaron Lozier	26	Albany	20:29	3 Kelly Ahlfeld	49	Pawlet, VT	27:12
7 Thomas O'Grady	30	Latham	20:45	4 Kimberly Miseno-Bowles		Amsterdam	28:05
8 Brian Crowley	20	Troy	20:50	5 Mary Fenton	49	Ballston Spa	28:43
9 Matthew Cicciu	20	Troy	20:50	MALE AGE GROUP: 50 -	54		
10 Chuck Terry	33	Albany	20:52	1 Thomas Kracker	50	Delmar	23:20
FEMALE OVERALL				2 Sheldon Degenhardt	50	Marriottsville, MD	24:12
<ol> <li>Hannah Davidson</li> </ol>	25	Fayetteville	21:08	3 Russell Lauer	52	Troy	24:27
2 Julia Flower	17	Schenectady	22:42	4 Kevin Creagan	50	Albany	24:49
3 Kelsey Chmiel	13	Greenfield Center	22:44	5 John Sestito	51	Johnsonville	24:49
4 Sara Dunham	38	Plattsburgh	22:53	FEMALE AGE GROUP: 50			
5 Peyton Engborg	14	Greenfield	22:57	1 Colleen Brackett	54	Albany	28:20
6 Renee Tolan	40	Clifton Park	23:15	2 Bridgett Frary	54	Niskayuna	28:54
7 Paris Fenoff	14	Ballston Spa	23:19	3 Kristen Hislop	50	Clifton Park	28:56
8 Erin Lopez	34	Saratoga Springs	23:25	4 Susan Keely	50	Glens Falls	29:19
9 Catarina Rocha	20	Peabody, MA	23:28	5 Lauren Herbs	52	Rexford	30:32
10 Karen Bertasso	31	Albany	23:29	MALE AGE GROUP: 55 -	59		
MALE AGE GROUP: 15				1 John Noonan	55	Ballston Spa	23:46
1 Matt Jenkins	18	South Glens Falls	21:41	2 Thomas Dalton	57	Schenectady	24:25
2 Jay Navin	19	Saratoga Springs	21:48	3 Jon Weilbaker	56	Saratoga Springs	26:19
3 Jack Vite	18	Clifton Park	21:59	4 Paul Salerni	58	Douglaston	26:23
4 Will Navin	16	Saratoga Springs	22:03	5 Ken Schwartz	57	Saratoga Springs	26:28
5 Jordan Johnson	19	Loudonville	22:23	FEMALE AGE GROUP: 55	- 59		
FEMALE AGE GROUP:				1 Carol Healey	55	Troy	28:50
1 Amelia Mahoney	16	Saratoga Springs	23:34	2 Maureen Fitzgerald	57	Clifton Park	30:17
2 Caroline Starace	15	Greenfield Center	23:44	3 Bernadette Nastasi	56	Saratoga Springs	30:53
3 Olivia Baumann	16	Greenville	24:36	4 Margaret McKeown	57	Moreau	31:11
4 Gabrielle Robens	17	Saratoga Springs	24:42	5 Cathy Sliwinski	59	Albany	32:25
5 Samantha Vetter	15	Greenfield Center	24:59	MALE AGE GROUP: 60 -		,	
MALE AGE GROUP: 20	- 24			1 George Baranauskas	61	Scotia	27:06
<ol> <li>Patrick Carroll</li> </ol>	24	Albany	20:53	2 Patrick Whelly	62	Tribes Hill	29:04
2 Jacob Urys	20	Schenectady	21:00	3 Steven George	62	Scotia	29:05
3 Garrett Davis	20	Troy	21:01	4 Raymond Scaringe	61	Clifton Park	29:30
4 Travis Briggs	20	Saratoga Springs	21:22	5 Mark Sager	64	Glens Falls	29:43
5 Eric Young	23	Latham	21:52	FEMALE AGE GROUP: 60		GICTIS TUILS	23.43
FEMALE AGE GROUP:	20 - 24			1 Erika Oesterle	63	Stamford	31:26
<ol> <li>Keelin Hollowood</li> </ol>	20	Saratoga Springs	24:21	2 Martha DeGrazia	64	Slingerlands	31:33
<ol> <li>Molly Keating</li> </ol>	20	Saratoga Springs	24:48	3 Myriam Santos	61	Mechanicville	33:09
3 Brianne Bellon	23	Greenfield	25:02	4 Joan Celentano	62	Schenectady	33:48
4 Alicia Clark	21	Pawlet, VT	25:17	5 Maryanne McNamara	61	Gansevoort	34:19
5 Rachel Preusser	22	Craryville	25:50	MALE AGE GROUP: 65 -		Gansevoort	34.19
MALE AGE GROUP: 25	- 29			1 Dave Glass	68	Glenville	28:00
1 Alex Benway	25	Saratoga Springs	20:57		66	Schoharie	29:52
2 Ken Little	28	Ballston Lake	21:00				
3 John Farley	26	Albany	21:39	3 Joe Aliberti	65	Voorheesville	30:14
4 Greg Killey	26	Saratoga Springs	21:56	4 Mike Chovonec 5 Robert Rivers	65 67	Baltimore, MD	31:30
5 Jeff Goupil	27	Ballston Lake	22:32	5 Robert Rivers FEMALE AGE GROUP: 65		Saratoga Springs	31:30
FEMALE AGE GROUP:	25 - 29					Caratana Carinaa	24.02
<ol> <li>Nicole Soblosky</li> </ol>	28	Albany	23:56	1 Margaret Henderson	66	Saratoga Springs	34:03
2 Jessy Montrose	29	Ballston Lake	24:01	2 Ginny Pezzula	69	Colonie	35:28
3 Meghan Mortensen	29	Rotterdam	24:45	3 Peggy Keigley	65	Greenfield Center	39:29
4 Kaitlin O'Sullivan	26	Brookline, MA	26:46	4 Laura Clark	68	Saratoga Springs	40:12
5 Hillary Johnson	29	Albany	27:16	5 Suzy Nealon	65	Troy	42:20
MALE AGE GROUP: 30	- 34			MALE AGE GROUP: 70 -		CIIC D I	22.55
1 Jeff Hayes	32	Troy	23:02	1 Howard Jones	72	Clifton Park	32:55
2 Jason Heap	32	Morristown, NJ	23:15	2 Stan Westhoff	71	Gansevoort	34:14
3 Josh West	33	Durham, NC	23:30	3 Paul Hancock	71	Poultney, VT	35:09
4 Chris Marsh	30	Saratoga Springs	23:31	4 Walter Standhart	70	Rochester	36:43
5 Joel Patrie	31	Scotia	23:42	5 Bill Long	74	Clifton Park	39:04
FEMALE AGE GROUP:	30 - 34			FEMALE AGE GROUP: 7			
<ol> <li>Chelsea Bolles</li> </ol>	30	Saratoga Springs	23:26	1 Claire Gregoire	73	Waterford	52:07
2 Kristen Quaresimo	30	Ballston Lake	24:48	2 Susan Fassett	70	Ballston Spa	57:56
3 Roshni Bhagalia	34	Saratoga Springs	25:15	3 Elizabeth Stano	70	Greenfield Center	1:06:56
4 Carla Ayala	32	White Plains	27:25	MALE AGE GROUP: 75 -			
5 Stephanie Viloria	32	East Greenbush	27:37	1 Jim Moore	75	Niskayuna	35:38
MALE AGE GROUP: 35	- 39			2 Christopher Rush	79	Schenectady	39:18
1 James Kehoe	37	Gansevoort	23:21	3 Armand Langevin	78	Cohoes	43:50
2 Immanuel Wineman	37	Brooklyn, MA	23:53	FEMALE AGE GROUP: 75	- 79		
3 Seth Capello	39	Gansevoort	24:32	1 Priscilla Mueller	78	Stillwater	56:30
4 Ryan Heritage	35	Glenville	25:14	MALE AGE GROUP: 80 -			
5 John McCarthy	35	Hoboken, NJ	25:25	1 Walt McConnell	83	Bolton Landing	1:03:51
FEMALE AGE GROUP:	35 - 39			MALE AGE GROUP: 85 -			
<ol> <li>Jennifer Bennice</li> </ol>	36	Ballston Lake	25:31	1 Ken Orner	85	Albany	53:50
2 Kari Deer	36	Slingerlands	27:04	MILITARY: MALE OVERA			
3 Danielle Maslowsky	36	Ballston Lake	27:09	1 John Clemente	22	Brunswick	26:06
4 Renee Wing	35	Delmar	27:19	2 Daniel Brady	38	Cohoes	26:33
5 Kara Defeo	35	Rensselaer	27:21	3 Mark Murphy	54	Saratoga Springs	26:34
MALE AGE GROUP: 40	- 44			MILITARY: FEMALE OVE			
1 James O'Connor	41	Troy	21:10	1 Dana Wiwczar	34	Malta	29:57
2 Volker Burkowski	43	Gansevoort	22:13	2 Rebecca Chapman	33	Nassau	30:41
3 Michael Bracken	41	Saratoga Springs	23:29	3 Meredith Farley	23	Vista, CA	35:23
4 Kristofer Johnson	42	Saratoga Springs	23:31	PUBLIC SAFETY: MALE O			
5 Brian Northan	40	Guilderland	23:34	1 William Hamel	44	Clifton Park	24:19
FEMALE AGE GROUP:	40 - 44			2 Sam Mercado	52	Saratoga Springs	26:08
1 Erin Corcoran	41	Schenectady	24:49	3 Brendan Marsh	28	Clifton Park	26:13
2 Denise Vanderwerken	43	Cobleskill	27:22	PUBLIC SAFETY: FEMALE	OVER	ALL	

5 Brian Northan 40
FEMALE AGE GROUP: 40 - 44
1 Erin Corcoran 41
2 Denise Vanderwerken 43
3 Heather McKenna 43

43 A Stacia Smith 44 5 Heather Hieronymi 42 MALE AGE GROUP: 45 - 49 1 John Stadtlander 49 2 Frank Horn 45

Schenectady Cobleskill Clifton Park

Clifton Park

Niskayuna Saratoga Springs

24:49 27:22 28:23

29:26 29:32

23:21

24:09

				_
	9TH ANNUAL "FIRECRAC	KER 4	4" 4-MILE ROAD RACE continued	
2	Kinetic Saratoga B	27:30	TEAMS: USATF-ADK FEMALE MASTERS	
	Geoff Howles/Anthony Verro/Gavin Burns/Casey Navin/Tro	v Prehn	1 Saratoga Stryders 30:20	
3	Columbia TC	29:31	Mary Fenton/Virginia Larner/Erin Bach-Lloyd	
	Joseph Somerville/Jack Patwell/Jack Palumbo/Alexander Es	cada/	2 Team Utopia 31:36	
	Joe Powhida		Kimberly Miseno-Bowles/Cathy Sliwinski/Joan Celentano	
TE	AMS: SCHOLASTIC GIRLS		TEAMS: USATF-ADK MALE OPEN	
1	Kinetic Saratoga A	23:13	1 Willow Street AC 1 20:41	
	Kelsey Chmiel/Peyton Engborg/Paris Fenoff/Alexandra Deli			
	Amelia Mahoney	IICKI/	Scott Mindel/Aaron Lozier/Thomas O'Grady/Chuck Terry/Patrick Carroll	
2	Kinetic Saratoga B	25:00	2 Fleet Feet RC 23:16	
-	Gabrielle Robens/Hunter Von Ahn/Ciara Knott/Megan Mo		Ken Little/Casey Ross/Jeff Hayes/Joel Patrie/Jeffrey Mullen	
	Madeline Tooker	,	3 Team Utopia 25:30	
3	Kinetic Saratoga C	27:56	Ben Heller/Brian Northan/Russell Lauer/Stephen Montanaro/	
,	Lindsay McGrath/Hannah Hertik/Anna Czech/Casey Reede		Michael Cebula	
	Alexandra McGrath	:17	TEAMS: USATF FEMALE OPEN	
т	AMS: USATF-ADK MALE MASTERS		1 Team Kinetic 23:40	
1	Willow Street AC	23:17	Sara Dunham/Renee Tolan/Erin Corcoran	
	Volker Burkowski/John Stadtlander/Frank Horn	23.17	2 Willow Street AC A 23:54	
2	Fleet Feet RC	24:40	Erin Lopez/Karen Bertasso/Meghan Mortensen	
2	James O'Connor/John Williams-Searle/Jamie Casline	24.40	3 Team Kinetic B 24:54	
3	Saratoga Stryders	27:26		
ر	Sam Mercado/Thomas Rest/Anthony Lupo	27.20	Courtesy of Firecracker 4 Race Committee	
	Jam Mercauo/ momas Nest/Anthony Eupo		Courtesy of Firecracker 4 hace committee	
				_

	1		NUAL HITS KIN				
FULL – 2.4M SWIM, 26.2M RI	112M	-	2015 • Kingston FEMALE OVERALL	Point	seacn, r	MALE AGE GROUP: 30 - :	34
26.2M RU WALE OVERALL	JN		Jessica Chong     Olivia Mast	30 32	2:12:19 2:25:31		31 1:2
Michael Halstead	49	11:14:36	3 Anne McDonnell	39	2:39:47		34 1:2 33 1:2
2 Keith Botner 3 Kevin Wisniewski	41 35	11:44:43 12:07:02	MALE AGE GROUP: 1 1 Chad Catania	1 <b>3 - 15</b> 15	2:30:15	FEMALE AGE GROUP: 30	
FEMALE OVERALL	20	11.53.30	MALE AGE GROUP: 1		2.30.13		30 1:2 32 1:5
I Lauren Wager 2 Meghan Yi	20 25	11:52:20 14:17:06	1 James Blake MALE AGE GROUP: 2	18	2:35:47	MALE ÁGE GROUP: 35 - :	39
MALE AGE GROUP: 40			1 Brian Charland	24	2:19:56		36 1:2 36 1:2
I Elik Hirsch 2 Paul Lagasse	43 44	14:23:20 14:32:03	2 Bobby Sousa	24	2:59:42		37 1:2
B Frederick Thurston	44	14:53:17	FEMALE AGE GROUP  1 Taylor Diepold	24	2:42:06	FEMALE AGE GROUP: 35 1 Micaela Birmingham	5 <b>- 39</b> 39 1:2
MALE AGE GROUP: 45  Mark Wilson	48 48	13:57:38	2 Jenny Pearlman	22	4:41:28		35 1:2
MALE AGE GROUP: 50			MALE AGE GROUP: 2  1 Kyle Strater	29 29	2:19:46		36 1:3
Paul Brennan ! Jim Buckham	50 50	13:23:35 14:31:50	Matthew Giliotti     James Pilkerton	27	2:22:52	MALE AGE GROUP: 40 - 4  1 Onesimo Demira	<b>44</b> 42 1:1
MALE AGE GROUP: 55			3 James Pilkerton FEMALE AGE GROUF	29 <b>P: 25 - 29</b>	2:49:48	'	42 1:2
Male AGE GROUP: 65	57 <b>-69</b>	14:12:14	1 Carrie Stevens	25	2:40:11	3 Mark Eisenhandler FEMALE AGE GROUP: 40	41 1:2 1 - 44
Myron Baker Sr.	67	13:02:34	Kendra Gough     Caitlin Martin	25 27	2:46:52 2:51:09		41 1:3
RELAY TEAMS  Xiaoman Zhang/Hong	· Yi/		MALE AGE GROUP:	30 - 34			42 1:4
Minhua Lu	1 10	13:55:22	1 Robert Ordish 2 Ben Hamm	30 34	2:25:22 2:37:46	3 Olivia Buchtman  MALE AGE GROUP: 45 - 4	40 1:4 <b>49</b>
MALE AQUABIKE Stephen Stigall	1E	7:20:49	3 Justin Marsac	32	2:51:10	1 Brent Magurno	46 1:2
Stephen Stigall ! Scott Bartos	46 39	7:20:49 7:29:00	FEMALE AGE GROUP  1 Jenna Bernhardt	<b>9: 30 - 34</b>	2:48:13	2 Gerard Hayes FEMALE AGE GROUP: 45	47 1:4 5 <b>- 49</b>
EMALE AQUABIKE	ΛE	0.75.14	2 Leigh Parker	34	2:55:25	1 Alison Ware	45 1:5
Debbie Ragals ! Amy Bialek	45 45	8:23:14 9:00:46	MALE AGE GROUP: 3  1 Michael Bassett	<b>35 - 39</b> 39	7·10·00		46 2:1
HALF – 1.2M SWIM 13.1M RU	. 56M		<ol> <li>Michael Bassett</li> <li>Michael Brownstein</li> </ol>	39 35	2:18:08 2:25:39	MALE AGE GROUP: 50 - !  1 Robert Tomkins	<b>54</b> 50 2:0
VIALE OVERALL	-AV		3 Jesse Arvidson	39	2:32:19	FEMALE AGE GROUP: 50	- 54
Colin Martin	29	4:33:15	FEMALE AGE GROUF  1 Emily Weintraub	<b>2: 35 - 39</b> 36	2:46:20		54 1:3 53 1:4
Timothy Walton Thomas Puzey	42 31	4:51:21 4:51:27	2 Lisa Mangino	36	3:03:10		50 1:5
EMALE OVERALL			3 Shiau-uen Ding MALE AGE GROUP: 4	39 10 <b>. 44</b>	4:36:42	MALE AGE GROUP: 55 -	
Rhona Chambers ! Allison Clark	49 35	5:32:04 5:54:39	1 Peter Bysshe	44	2:22:46		59 1:3 55 1:5
Maria Murphy	45	6:07:37	2 David Smith 3 Carlos Osuna	43 41	2:26:39 2:33:56	FEMALE AGE GROUP: 55	
//ALE AGE GROUP: 20 Christopher Altimari	24 23	5:06:09	MALE AGE GROUP: 4		2.33.30	1 Bridgett Frary MALE AGE GROUP: 60 - 0	55 1:2
ALE AGE GROUP: 25		5.00.05	1 Douglas Casey	48	2:37:30		62 1:2
Dan Walker	25	5:43:51	FEMALE AGE GROUF  1 Eileen Neville	47 - 45 : 47	2:43:12		60 1:2
Thomas London Aaron Hopkinson	26 27	5:59:00 6:12:41	2 Hollis Heimbouch	49	2:57:19	3 Howard Kohn FEMALE AGE GROUP: 60	63 1:4 1 <b>- 64</b>
MALE AGE GROUP: 30	- 34		3 Lisa Loughran MALE AGE GROUP: 5	46 5 <b>0 - 54</b>	2:58:30		60 2:1
Jonathan Smith Chris Choi	33 32	4:55:42 5:04:48	1 Will Walker	51	2:19:09	MALE AGE GROUP: 65 - 0 1 Philip Milio	
Alan Diaz	31	5:22:52	2 Raymond Camano 3 Rich Donnelly	50 53	2:22:58 3:04:57		66 1:5 66 2:0
EMALE AGE GROUP: Heather Scarano	<b>30 - 34</b>	6:11:30	FEMALE AGE GROUP			MALE AGE GROUP: 70 -	
Brett Harris	31	6:39:57	1 Francine Amyot 2 Laura Wong-Pan	51 50	2:50:49 3:08:43	1 Jim Becker FEMALE AGE GROUP: 70	70 1:3
Laura Dopkins  // ALE AGE GROUP: 35	33	6:51:20	3 Lucy Li	54	3:45:28		73 1:4
Dave Fisher	39	5:29:34	MALE AGE GROUP: 5  1 Michael McCombs	5 <b>5 - 59</b> 59	2-10-50	MALE AGE GROUP: 75 - 1	
Darren Hansen David Lin	39 39	6:03:08	2 Thomas Brannon	56	2:18:50 2:43:26	ATHENA: 39 & UNDER	75 1:5
David Lin EMALE AGE GROUP:		6:04:33	3 Michel Gagne FEMALE AGE GROUP	59 • EE EO	2:50:50	1 Julie Merryman  ATHENA: 40 & OVER	31 2:0
Brittany Chatwin	38	6:13:57	1 Jean Donnelly	55	3:44:40		40 1:5
AALE AGE GROUP: 40 Shane Sherwood	43 43	5:08:14	MALE AGE GROUP: 6		2.15.02	RELAY TEAMS	
Ari Kaplan	42	5:47:50	1 Steve Cohen  MALE AGE GROUP: 6	63 <b>55 - 69</b>	3:15:03	<ol> <li>Connor Ball/Elisa Ball/Par</li> <li>Tom Larison/Jodi Larison/</li> </ol>	
Jonas Grossman  EMALE AGE GROUP:	41 <b>40 - 44</b>	6:10:34	1 Karl Fenske	65	2:55:09	Kim Thomsen	2:0
Jodi Plante	41	6:48:44	2 Mark MacNamara FEMALE AGE GROUP	65 • <b>65 - 69</b>	3:11:05	3 Elmo Tinti/Christina Tinti	
Kristin Champagne	44	6:57:45	1 Mary DeNitto	67	3:02:25	Egidio Tinti  MALE AQUABIKE	2:0
AALE AGE GROUP: 45  Donald Thurston	49	5:12:57	2 Joanne Dondero FEMALE AQUABIKE	68	3:27:16		55 1:1
Bill Shashaty	46	5:18:26	1 Anne Wehry	58	2:43:35	FEMALE AQUABIKE  1 Debbie Kurtz	61 1:2
Lester Benitez EMALE AGE GROUP:	46 <b>45 - 49</b>	5:30:22	SPRINT – 750 12.4M BIKE, :	M SWIM,			37 1:3
Christine Frietchen	45	7:10:44	MALE OVERALL			OPEN - 100M SWIM, 3M I	BIKE, 1M
VALE AGE GROUP: 50 Tomas McMillan	5 <b>0 - 54</b>	5:17:48	1 Scott Green 2 Peter Putka	48 54	1:08:24 1:13:27	MALE OVERALL  1 Dillon Goodwill	10 1
Baird Stiles	51	5:40:18	3 Adam Guren	34	1:14:21	2 James Bysshe	8 1
Marcus Farny EMALE AGE GROUP:	51 <b>50 - 54</b>	5:40:33 L	FEMALE OVERALL 1 Sarah Evans	24	1:18:47	3 Trevor Goodwill FEMALE OVERALL	8 1
Jennifer Winchell	50	7:29:24	2 Jean Norton	53	1:18:51		12 1
Jennifer Borrero	54	7:32:34	3 Barbara Ferrante	46	1:21:06	2 Caitlin Houle	23 1
Abby Thurston  //ALE AGE GROUP: 55	54 5 <b>- 59</b>	8:46:30	MALE AGE GROUP: 1 1 Jackson Moran	1 <b>1 - 12</b> 12	1:39:41	3 Kate Drickel FEMALE AGE GROUP: 13	12 1
David Fabian	56	5:32:18	FEMALE AGE GROUP	): 13 - 15		1 Mirren Viola	13 2
EMALE AGE GROUP: Tracy Little	<b>55 - 59</b>	7:21:07	1 Sari Richards 2 Elizabeth Cirelli	15 13	1:27:16 1:53:06	FEMALE AGE GROUP: 20	
MALE AGE GROUP: 60	- 64		MALE AGE GROUP: 1	16 - 19		1 Emma Hempel  MALE AGE GROUP: 30 - 3	25 2 <b>39</b>
Ronald Ouellette EMALE AGE GROUP:	61 <b>60 - 64</b>	6:22:10 L	1 Justin Maglione 2 Riley Wood	16 16	1:24:13 1:47:43	1 Michael Oeser	32 2
Jodi Alper	60	7:39:12	FEMALE AGE GROUP	P: 16 - 19	1.47.43	9	38 2 37 3
MALE AGE GROUP: 65		6.20.12	1 Emily Mildner	16 20 - 24	1:47:43	FEMALE AGE GROUP: 30	
Bill Pape LYDESDALE: 40 & O	68 <b>/ER</b>	6:39:13	MALE AGE GROUP: 2 1 Eric Wellmon	2 <b>0 - 24</b> 22	1:19:33	1 Alison Rose	31 2
Paul Spurlock	58	8:44:42	2 Luis Ruigomez	23	1:23:18	2 Jenniffer Lopez MALE AGE GROUP: 40 - 4	32 2 <b>49</b>
RELAY TEAMS Erin Glock/Elizabeth C	lark/		3 Brian McKeever FEMALE AGE GROUP	21 <b>P: 20 - 24</b>	1:52:14	1 Carlos Serrano	48 2
Roberta Bastow	W	7:53:45	1 Jennifer Beer	23	1:39:39	FEMALE AGE GROUP: 40	
MALE AQUABIKE	40	4.01.50	2 Meghan Ede MALE AGE GROUP: 2	24 25 - 29	1:44:46	1 Marlene Serrano MALE AGE GROUP: 50 - !	43 2 <b>59</b>
Troy Weaver ! Joel Slovin	49 58	4:01:58 4:19:33	1 Ian McGrew	2 <b>5 - 29</b> 28	1:19:24	1 Steven Garrett	58 1
and the second second			2 Jason Sheehan	25	1:29:18	FEMALE AGE GROUP: 50	
OLYMPIC - 1500	IM 2MI	***					
OLYMPIC – 1500 24.8M BIKE, 6. MALE OVERALL	2M RUI	N	3 Gregory Golko FEMALE AGE GROUP	28 <b>P: 25 - 29</b>	1:30:11	1 Claire Keating FEMALE AGE GROUP: 60	56 2 ) <b>- 69</b>
OLYMPIC – 1500 24.8M BIKE, 6. MALE OVERALL Salah Tanlay Bradford Strater	38 33	2:13:52 2:14:47	3 Gregory Golko FEMALE AGE GROUP 1 Caitlin Joyce 2 Mariesa Carrow		1:30:11 1:31:48 1:48:53	FEMALE AGE GROUP: 60 1 Sue Lansley	

	SARA		12/24 RACI						
SA	ARATOGA CHALLENG	•	-	vali Nac	2	Scott MacMillin	Spring 59	Campbell Hall	188M
1	Cuneyt Eviner	39	Brooklyn	345M	3	Keith Hager	53	Liverpool	177M
2	Barry Benson	58	Ellicott City, MD	324M	4	Bob Grimm	58	Gansevoort	158M
3	Robert Polichette	56	West Seneca	284M	5	David Bacon	54	Fulton	128M
4	Mario Claussnitzer	41	Jackson Heights	203M	6	Dan Korff	50	Clifton Park	122M
5	Ken DeLong	58	Gloversville	142M	TV	VO-PERSON TEAM			
6	Neil Prince	58	Allenhurst, NJ	122M	1	Pat Fleming	67	Bloomingdale, NJ	220M
7	Stephen Bugbee	61	Hagaman	122M		Ron Harlos	61	Bloomingdale, NJ	
8	Henry Weis	21	Saratoga Springs	122M	TR	IPLE LAP CHALLEN	GE - 120 N	IILES	
н	JDSON RIVER RAMBI	.E - 12 H	OURS		1	John Nobile	52	Guilford, CT	5:53:00
1	Tom Ambros	54	Schenectady	203M		Courtesy o	of Adironda	ack Ultra Cycling	

30:16 33:09

37:49

PUBLIC SAFETY: FEMALE OVERALL

1 Julie Williams 34 Malta
2 Laurie Scheuing 49 Sarato
3 Jacqueline White 48 Green

TEAMS: SCHOLASTIC BOYS

Saratoga Springs Greenwich

Kinetic Saratoga A 22:41
Will Navin/Scott Dailey/Will Messier/Trevor Peck/Liam Madigan

# RACE RESULTS

	!				_	R THE MUSIC			
	MALE OVERALL	July	11, 2015 • Luze	erne ivi		c Center, Lake Lu EMALE AGE GROUP: 30		е	
1	Daniele Cherniak	53	Cohoes	23:36	1	Frin Waite	35	Brockport	27:21
2	Alexandra Millstron	21	Melrose, MA	26:07	2	Kirby Grabowski	39	Riverside, CT	27:21
3	Kristin Olmstead	43	Hudson Falls	26:22	3	Hannah Underdahl	39	Boise. ID	32:51
_	ALE OVERALL	5	11003011105	20.22	4	Jennifer Cunningham	30	New York	35:08
1	Jesse Seid	14	Lake Luzerne	19:30			30 39		36:39
2	Bryan Buechmann	30	New York	20:20	5	Brya Casler		Canajoharie	36:39
3	Eric Bott	33	Wallenberg	21:24	IVI	ALE AGE GROUP: 30 -			25.04
М	ALE AGE GROUP: 1 -	10			1	Kevin McGuian	34	Lake Luzerne	26:04
1	Evan Weatherwax	10	Saratoga Springs	28:26	2	Mark Grabowski	39	Riverside, CT	27:42
FE	MALE AGE GROUP:	11 - 19	3		3	Rob DelGaudio	31	Tarrytown	38:28
1	Kinsley Holl	13	Queensbury	26:45	FE	MALE AGE GROUP: 4			
2	Chevenne Ettinger	13	Hastings-on-Hudson	28:47	1	Barbara Browne	43	Philadelphia, PA	29:55
3	Abra Hwang	11	Wayland, MA	31:42	2	Sheri Apple	41	Queensbury	31:12
4	Sophie Brackett	13	Montreal, QC	32:02	3	Elizabeth Pitcairn	41	Lake Luzerne	44:22
5	Constance Ferragu	13	Scarsdale	34:39	M	ALE AGE GROUP: 40 -	49		
М	ALE AGE GROUP: 11	- 19			1	Brain Kearns	43	Canajoharie	24:11
1	Ben Weatherwax	14	Saratoga Springs	22:41	2	Allan Weatherwax	49	Saratoga Springs	28:53
2	Matthew Lucia	14	Pittsford	22:59	3	Scott Daly	42	Lake Luzerne	32:19
3	Henry Rogers	11	Princeton, NJ	23:16	FE	MALE AGE GROUP: 50	0 - 69		
4	Daniel Cocco	18	Blasdell	24:09	1	Debra Vunk	52	Middle Grove	30:28
5	Oliver Riskin-Kutz	14	Berkeley, CA	25:34	2	Carol Ann Flze-Suss	58	Diamond Point	31:51
FE	MALE AGE GROUP: 2				3	Victoria Green	61	Hudson Falls	37:41
1	Maria Semes	25	Broomall, PA	27:09	_	ALE AGE GROUP: 50 -		riadson rails	37.11
2	Jennifer Betsworth	29	Troy	30:18	1	Paul Salerni	59	Lake Luzerne	22:01
3	Lori Marchalanel	29	Wallenberg	35:26	2	Mark Sager	64	Glens Falls	23:53
4	Meghan Mallon	20	Alexandria, VA	38:01	3	John Cocco	58	Blasdell	26:16
5	Marianela DeVries	22	Lewisville, TX	38:26	4	Art Havighorst	51	Basking Ridge, NJ	28:46
	ALE AGE GROUP: 20				5	Eliezer Gutman	54		47:15
1	Daniel Egan	23	Verona, NJ	24:55	_	ALE AGE GROUP: 70 -		Wilmington, DE	47:15
2	Dan Lelchuk	26	New Orleans, LA	24:57	IVI	Richard Theissen		Round Lake	32:37
3	Abraham Feder	29	Sarasota, FL	32:03	1		71		
4	Brain Garck	24	Dallas, TX	33:14	2	riichara Ecitriarat	81	Albany	43:25
5	Joshua DeVries	24	Evanston, IL	33:16		Courtesy o	Luzern	e Music Center	

		H ANNUAL CAPIT 11, 2015 • Ravena-					
М	EN CAT 1/2/3 - 63 MIL	.ES		4	lan Hill	Unattached	2:04:10
1	Michael Margarite	CRCA/Weather Channel	3:28:31	5	Robert Cosgriff	North American Velo	2:04:13
2	Benjamin Wolfe	California Giant/Specialized	3:28:37	M	EN JUNIOR (9-18) – 4	3 MILES	
3	Sean McCarthy	Dealer.com Cycling Team	3:28:40	1	Alexander Chrystall	Cannondale Sports NE	1:59:58
4	Anthony Clark	Squid Bikes/Voler	3:28:45	2	Gaelen Kilburn	Unattached	1:59:59
5	Alec Hoover	Table Rock Tours	3:29:14	3	Juan Carvajal	ATA Cycle Fit Lab	1:59:59
M	EN CAT 1/2/3/4 MASTI	ERS 40+ – 63 MILES		4	Kyle Crowell	Stage One/Fusionthink	2:04:08
1	Alex Weil	Finkraft Cycling Team	2:48:09	5	Will Moody	1K2Go Coffee/Burris Logistics	2:07:12
2	Roger Aspholm	Finkraft Cycling Team	2:48:09	М	EN MASTERS 55+ - 4		
3	Gregg Galletta	CRCA/Rockstar Games	2:51:43	1	Joseph Rano	Spin Arts Cycling Team	1:57:32
4	Max Lippolis	Team Danbury Audi	2:52:04	2	Jay Trojan	ARC-En-Ciel Racing Team	1:57:34
5	Andreas Runggatscher		2:52:08	3	Bill Thompson	CCC/Keltic Const/Zane's Cycles	1:57:34
	EN CAT 1/2/3/4 MASTI			4	Dzmitry Buben	CCB Racing	1:57:56
1	John Funk	Verge Sport/Test Pilot	2:56:56	5	Douglas Gardner	Unattached	1:58:01
2	Marc Cesare	Deno's Wonder Wheel	2:59:53	M	EN MASTERS 60+ - 4	3 MILES	
3	Kurt Gustafsson	Century Road Club/Axis	2:59:53	1	Jim Laird	Perak Racing	1:57:38
4	Mark Sumner	CCC/Keltic Const/Zane's Cycles		2	Richard Sorenson	802 Project	1:57:54
5	Brett Rutledge	545 Velo	2:59:57	3	Jose Torres	ATA Cycle Fit Lab	2:10:54
	EN CAT 3/4 - 63 MILE		2.50.54	4	David Burnett	Zane's Cycling/Nemca	2:10:55
1 2	John Eckert Francis Barriault	Stampede! Andre Cycle/Kaycan Roads	2:50:54 2:52:21	5	Jorge Ramirez	ATA Cycle Fit Lab	2:10:55
3	Justin Neuman	Neumania	2:52:24	W	OMĚN CAT 1/2/3 – 43	MILES	
4	William Goodness	Unattached	2:52:24	1	Cheryl Clark	Team Velo 5	2:05:30
5	Jonas Gustafsson	CRCA/Wafels & Dinges	2:52:24	2	Raguel Miller	Zimmer Capital Orthopedics	2:09:13
_	EN CAT 4 – 43 MILES	CICA Waleis & Diliges	2.32.24	3	Amber Pierce	Unattached	2:10:01
1	David Leibowitz	Cvcleworks	2:00:38	4	Jacqueline Parker	Mystic Velo Club	2:10:02
2	Taylor Brose	CNYC/NYCM	2:00:50	5	Beth Miller	Zimmer Capital Orthopedics	2:10:03
3	Andrew Bennett	CRCA/Lucarelli & Castaldi	2:01:25	W	OMEN CAT 4 - 43 MII	LES	
4	Adam Fabian	Kissena Cycling Club	2:01:26	1	Victoria Di Savino	Unattached	2:10:12
5	Bryan Banducci	King Kog	2:01:28	2	Senta Burton	Unattached	2:13:28
	EN CAT 5 – 43 MILES	99		3	Judith Hallwood	Mineola Bicycle Racing Team	2:18:54
1	Justin Wood	CRCA/E2value	1:58:57	4	Sasha Lansky	CRCA/Dave Jordan Racing	2:19:08
2	Tyler Riegel	Minuteman Road Club	2:04:02	5	Emma Frame	CRCA/Radical Media	2:19:20
3	Álain Boisjoli	Unattached	2:04:08		Courtesy of C	Capital Bicycle Racing Club	

2	Justin Wood Tyler Riegel	CRCA/E.	2value nan Road Club	1:58:57 2:04:02	4 Sasha Lansky 5 Emma Frame		Dave Jordan Racing Radical Media	2:19:08
3	Alain Boisjoli	Unattac		2:04:02			Ricycle Racing Club	۷.۱۶.۷۱
_								
_				<i>c "c</i> =p	ANG TO SERVE			<u> </u>
ZN					ONG TO SERVE"			& 5K
	,	uly 12, 13.1 MI		уа зра	State Park, Saratog MALE AGE GROUP: 50		riligs	
VI/	ALE OVERALL	13.1 WII	LES		1 Bob Radliff	50	Stillwater	1:23:3
1	Shaun Donegan	29	Malta	1:15:04	2 Richard Loud	50	Ballston Spa	1:36:5
	Maxwell Curtiss	23	Milton, VT	1:16:22	3 Paul Stevens	54	Saratoga Springs	1:45:2
} FEI	Richard Messineo  MALE OVERALL	26	Nassau	1:16:25	FEMALE AGE GROUP: 5  1 Kristen Hislop	50 <b>- 54</b>	Clifton Park	1:47:3
1	Erin Lopez	34	Saratoga Springs	1:24:43	2 Judith Torel	52	Clifton Park	1:56:2
2	Meghan Mortensen	29	Rotterdam	1:29:08	3 Kathleen Martin	54	Lagrangeville	1:57:5
3	Jennifer Hoffmann	18	Schenectady	1:29:36	MALE AGE GROUP: 55			
VI <i>F</i> 	ALE AGE GROUP: 1 - Thatcher Deyoe	14	Castleton	2:09:23	1 Don Chillrud 2 William Ludlow	56 59	Niskayuna Lachine, QC	1:44:3 1:48:2
2	Anthony Carcaci	14	Sprakers	2:36:48	3 Mark Canary	55	Broadalbin	1:49:2
	MALE AGE GROUP:	1 - 14	.,		FEMALE AGE GROUP: 5		Di Gadalbii i	
1	Paris Fenoff	14	Ballston Spa	1:38:17	1 Raeann Rose	56		2:07:1
2	Rebecca Ruffino	14	Morris	3:27:55	2 Marianne Nasso	58		2:09:1
VIA	ALE AGE GROUP: 15 James Faraci	15	Troy	1:35:06	3 Marie Arrao MALE AGE GROUP: 60	59 - <b>64</b>	Clifton Park	2:30:3
2	Conor Newton	17	Clifton Park	1:35:27	1 Joe Smedley	- <b>04</b> 63	Chelmsford, MA	1:45:3
3	Zach Lawrence	15	Upper Jay	1:51:58	2 John Weber	60	Ballston Spa	1:51:3
	MALE AGE GROUP:		Canany	1.05:40	3 Chester Tumidajewicz	60		2:01:2
2	Sara Billings Noemie Bechu	19 19	Gansevoort Carmel	1:35:49 1:38:32	FEMALE AGE GROUP: 6		Calculate	2.00 -
3	Emily McLean	16	Rockville Centre	1:49:53	Joan Celentano     Katherine Allott	62 60		2:00:0 2:13:2
	ALE AGE GROUP: 20				3 Debra Kelley	62		2:21:4
1	Jesse Coull	21	Amherst, MA	1:20:30	MALE AGE GROUP: 65		,	
2	Steven Tignor	20	Longmeadow, MA	1:22:38	1 David Leahy	68	Miami, FL	1:51:4
} FFI	Chris Shaw  MALE AGE GROUP: 2	20 20 - 24	Averill Park	1:24:25	2 Robert Lee Rivers	68	Saratoga Springs	1:59:0
· ·	Allison Schumann	20	North Salem	1:38:32	3 Jesse Dinkin MALE AGE GROUP: 70	68 - <b>7</b> 4	Schenectady	2:14:4
2	Megan Clune	21	Scotia	1:40:26	1 Jim Callahan	70	Saratoga Springs	2:35:4
3	Karlie Mangette	23	Slingerlands	1:43:00	2 Patrick Bivona	74		2:50:3
VI.A 	ALE AGE GROUP: 25 Ben Heller	- <b>29</b> 26	Albany	1:23:29	RELAY TEAMS: MALE			
2	Adam Landry	26	Springfield, MA	1:37:03	1 Cahill/Cahill			1:37:4
3	Frank Martin	28	Schenectady	1:40:20	2 Robichaud/Pritchard 3 Leonard/Geckler			1:49:2:
	MALE AGE GROUP: 2				RELAY TEAMS: COED			2.04.5
1	Angela Mohanty	29	Clifton Park	1:32:20	1 Clune/Clune			1:46:1
3	Michelle Davis Danielle McCaskey	26 27	Schenectady Ballston Lake	1:38:10 1:47:57	2 Culpepper/Culpepper			1:51:0
	ALE AGE GROUP: 30		Dalistori Lake	1.47.57	3 Neri/Cannon	_		1:57:09
1	Brandon Barcomb	32	Clifton Park	1:24:35	RELAY TEAMS: FEMALE 1 Henderson/Bureau	Ė		1:51:4
2	Anthony Demarco	32	Mechanicville	1:32:10	2 Pasos/Smith			1:55:2
3 	Matthew Igler	33	Saratoga Springs	1:38:17	3 Gloeckner/Staszak			1:56:1
rei 1	MALE AGE GROUP: 3 Kaitlin Borror	30 <b>- 34</b> 33	Sunnyside	1:39:32	5	K (2.82	MILES)	
2	Carolynn Anderton	30	Clifton Park	1:48:04	MALE OVERALL			
3	Jenna Pearson	30	Schenectady	1:48:58	1 Eric MacKnight	26	Ballston Lake	14:2
	ALE AGE GROUP: 35			4 2 4 - :	2 Jim Allott 3 Jeremy Gundrum	55 14	Potsdam West Sand Lake	18:0 18:1
1	Jim Kehoe Noah White	37 36	Gansevoort	1:24:54 1:26:25	FEMALE OVERALL	14	AACSE SALIA FAVE	10.1
3	Ignacio Granda	36 39	Slingerlands Sunnyside	1:28:20	1 Kate Daniel	29	Durham, NC	19:1
	MALE AGE GROUP: 3		Sampade		2 Sydney Eccleston	13	Swanzey, NH	21:5
1	Kristine Ditzel	39	Latham	1:39:35	3 Carol Ippoliti	28	Ballston Lake	21:5
2	Tina Cukrovany	38	Rensselaer	1:43:00	MALE AGE GROUP: 1 - 1 Jacob Gilson	<b>14</b> 10	Mickayuna	23:2
3 M /	Tammy Cumo ALE AGE GROUP: 40	37 - <b>44</b>	Slingerlands	1:46:35	2 Porter Carroll	8	Niskayuna East Longmeadow, MA	
<b>v1</b> /-	Andrew Reed	- <del>44</del> 44	Niskayuna	1:26:44	3 Robert Martin	10	Spencerport	26:4
2	Jason Kenny	41	Fort Edward	1:32:59	FEMALE AGE GROUP: 1			
3	Greg Ethier	41	Clifton Park	1:33:59	1 Courtney Martin	12	Spencerport	30:0
	MALE AGE GROUP: 4		Landan CDD	1.20:10	2 Jordyn Galvin MALE AGE GROUP: 20	9 - <b>24</b>	Saratoga Springs	41:3
1	Frehd Southern Kelle Santa	43 44	London, GRB Syracuse	1:38:16 1:47:53	1 Warren Pearson	- <b>24</b> 21	Brooklyn	19:2
3	Jennifer Durenberge	43	Saratoga Springs	1:51:46	2 Christopher Broere	24	Northport,	24:3
	ALE AGE GROUP: 45				FEMALE AGE GROUP: 2		, ,	
1	Keith Guilfoyle	48	Commack	1:20:31	1 Christina Kranz	24	Troy	25:3
	Michael Hoefer	47	Carlsbad, CA	1:35:31	2 Renee Carr	23	Sanborn	26:2
2		45	South Glens Falls	1:43:33	3 Jordyn Danforth MALE AGE GROUP: 25	24 - <b>29</b>	Albany	33:5
2	Lance Decker	15 - 10						
2 3 <b>FE</b> I	MALE AGE GROUP: 4		Ballston Sna	1:41:41			Troy	21:1
2 3 <b>FEI</b> 1 2		<b>45 - 49</b> 48 45	Ballston Spa Queensbury	1:41:41 1:45:03		26 28 25	Troy Mesa, AZ Clifton Park	21:1: 24:3: 35:5:

2١	ID ANNUAL SA	RATO	OGA SPRINGS "	STROI	NG	TO SERVE" HA	LF M	ARATHON & 5	<b>K</b> cont	
FE	MALE AGE GROUP: 2	25 - 29			FE	MALE AGE GROUP: 4	5 - 49			
1	Elizabeth Kranz	26	New York	22:10	1	Randi Zier	47	Pattersonville	23:21	
2	Kristen Cahill	29	New York	24:38	2	Sharon Byrnes	45	Saratoga Springs	24:27	
3	Lynn Stefani	25	Mechanicville	26:30	3	Nesil Normile	45	Gansevoort	27:25	
М	ALE AGE GROUP: 30	- 34			М	ALE AGE GROUP: 50	- 54			
1	Kyle Poole	33	Saratoga Springs	20:55	1	John Greening	53	Queensbury	28:22	
2	Chris Renzi	33	Malta	22:58	2	Gerald Goff	50	Saratoga Springs	40:16	
3	Brendon Smith	33	Coxsackie	32:03	FE	MALE AGE GROUP: 5	0 - 54			
FE	MALE AGE GROUP: 3				1	Tina Slater	52	Moravia	24:47	
1	Rachael Osinski	34	Ballston Spa	25:38	2	Mary Brasch	54	Latham	31:03	
2	Lori Marry	34	Moreau	25:39	3	Amy Campbell	50	Saratoga Springs	33:49	
3	Stephanie Phillips	31	Saratoga Springs	26:11	м	ALE AGE GROUP: 55	- 59			
М	ALE AGE GROUP: 35				1	James Matera	56	New York	23:13	
1	Joseph Altobello	37	Green Island	19:13	2	Marc Rubera	59	Hebron, CT	23:49	
2	Peter Loslein	38	Rensselaer	19:22 25:05	3	John Stevens	56	Saratoga Springs	26:11	
_	3 Robert Eccleston 38 Swanzey, NH				FEMALE AGE GROUP: 55 - 59					
FE	MALE AGE GROUP: 3				1	Simi Matera	55	New York	25:26	
1	Monika Ammerlaan	37	Clifton Park	22:18	2	Katherine Esposito	55	Goshen	31:55	
2	Caryn Burton	37	Albany	23:18	3	Kathy Pals	56	Windsor, MA	39:18	
3	Julie Pomainville	38	Fort Ann	23:41	_	ALE AGE GROUP: 60 -	50	VVIIIUSOI, IVIA	39.10	
М	ALE AGE GROUP: 40				1	Paul Rosenberg	62	A lla a au c	23:23	
1	Jeffrey Jones	40	Mechanicville	22:20	1		62	Albany Bedford	35:14	
2	James Carroll	42	East Longmeadow, MA	25:32		Wolfgang Armbruster  MALE AGE GROUP: 6		Beatora	35:14	
3	Scott Lawlor	41	Saratoga Springs	26:19				c "	25.24	
FE	MALE AGE GROUP: 4				1	Kathryn Brennan	62	Greenville	25:31	
1	Kristin Schmitt	44	Saratoga Springs	22:41	2	Judy Harris	63	Niskayuna	46:36	
2	Kristin Olmstead	43	Hudson Falls	22:50	3	Gloria Armbruster	62	Bedford	47:43	
3	Joan McLean	43	Rockville Centre	23:37		ALE AGE GROUP: 65				
М	ALE AGE GROUP: 45	- 49			1	Jim Fiore	67	Latham	23:54	
1	Daniel Maloney	48	Gansevoort	21:11	2	Mark Fleszar	65	Troy	25:46	
2	Leo Ammerlaan	47	Clifton Park	22:06	3	Sanghyun Lee	66	Clifton Park	29:33	
3	Malcolm Prince	46	Ballston Spa	24:31		Courtesy of 3C Rac	e Produc	tions & Strong to Serv	⁄e	

					MCA 5K RUN ollins Park, Scotia			
м	ALE OVERALL		•		MALE AGE GROUP: 30	- 39		
1 2 3	Jonathan Peck Owen Hooper Chad Bradt EMALE OVERALL Stacia Smith	36 31 39	Glenville Glenville Glenville Niskayuna	19:13 19:59 20:33	<ol> <li>Douglas Secor</li> <li>Steve Aldi</li> <li>Mike Becker</li> <li>FEMALE AGE GROUP:</li> </ol>	35 35 36 <b>40 - 49</b>	Scotia Burnt Hills Gloversville	22:10 23:01 23:39
2 3 <b>M</b> 1	Janice Phoenix Anne Marie Bremm  ALE AGE GROUP: 1 -	54 46 <b>9</b> 8	Schenectady Glenville	24:15 24:51 29:51	<ol> <li>Michelle Schrader</li> <li>Jennifer Hobbs</li> <li>Millie Smith</li> </ol>	49 40 41	Burnt Hills Clifton Park Ballston Spa	24:57 28:44 29:01
2	Anthony Rigatti Ryker Bradt Nicholas Lemp  ALE AGE GROUP: 10	7 7	Glenville Glenville	33:31 35:27	MALE AGE GROUP: 40 1 Shinro Ota 2 Steven Warfield	42 41	Schenectady Scotia	21:48 23:05
1 2 3	Noah Greski Noah Murdock Alec Hodge EMALE AGE GROUP: 1	12 10 12	Scotia Scotia Scotia	22:28 24:19 28:49	<ul><li>3 Ji Chul Yang</li><li>FEMALE AGE GROUP:</li><li>1 Helen Grzymala</li></ul>	55	Albany Clifton Park	23:30 32:01
1 2 3	Celia Sterthous Eva Sterthous Krystal Nielson	10 - 14 12 10 12	Scotia Scotia Rotterdam	30:54 32:39 33:28	<ul><li>2 Carolyn Slovic Ster</li><li>3 Sue Proskine</li><li>MALE AGE GROUP: 50</li></ul>	50 55 - <b>59</b>	Scotia Watervliet	32:41 33:13
<b>M</b> 1 2	ALÉ AGE GROUP: 15 Josh May Timothy Barner	- <b>19</b> 19 18	Glenville Rensselaer	21:45 30:52	<ol> <li>Michael Murtagh</li> <li>David McDermott</li> <li>Steve Obermayer</li> </ol>	55 57 54	Scotia Ballston Lake Burnt Hills	20:46 24:47 27:04
1	EMALE AGE GROUP: 1 Emily Smith Alison Smith IALE AGE GROUP: 20	19 19	Clifton Park Clifton Park	31:39 41:55	FEMALE AGE GROUP: 1 Patricia Roeser 2 Cathy Lanessey	60 65	Schenectady Troy	31:14 32:24
1 FF	Dan Landy EMALE AGE GROUP: 2	26 20 - 29	Glenville	27:10	3 Kathy Brooks  MALE AGE GROUP: 60	62 - <b>69</b>	Scotia	34:45
1 2 3	Carol Ippoliti Valerie Dunn Laura Pravel	28 25 24	Ballston Lake Schenectady Glenville	25:47 26:23 29:36	<ol> <li>George Baranauskas</li> <li>Tom Lansing</li> <li>Bob Mungari</li> </ol>	61 63 63	Scotia Scotia Schenectady	21:24 23:37 24:46
1 2 3	Melissa Grandjean Joanne Hammond Lisa Dulgar-Tulloch	36 39 39	Glenville Burnt Hills Ballston Spa	25:30 26:38 31:08	MALE AGE GROUP: 70 1 Joe Silva Courtesy	73	Albany District YMCA	30:19

		July 18, 20		•			
	М, 11.5М	BIKE, 3M RUN		MALE AGE GROUP: 40			
MALE OVERALL				1 Jamie Campbell	40	Syracuse	1:10:27
1 Brett Schleser	21	Johnston	1:03:25	2 Nils Engel	44	Highland	1:11:52
2 John Paul Koewig	21	Apulia Station	1:04:32	3 Jason Pare	42	Rome	1:20:21
B Carl Regenauer	50	Saratoga Springs	1:06:15	FEMALE AGE GROUP:			
FEMALE OVERALL				<ol> <li>Michelle Aleva</li> </ol>	40	Glens Falls	1:34:03
1 Jennifer Bell	36	Lake View	1:16:18	2 Lisa Holland	43	Fort Johnson	1:36:41
2 Rachael Jones	17	Fairport	1:25:49	3 Elena Green	41	New Hartford	2:03:0!
Bailey Kowalczyk	19	Rexford	1:25:59	MALE AGE GROUP: 4!	5 - 49		
MALE AGE GROUP: 13	- 15			<ol> <li>Todd Ackerman</li> </ol>	48	Piseco	1:21:49
1 Jason Green	13	New Hartford	1:42:41	2 Bruce Cranston	48	Saratoga Springs	1:23:4
FEMALE AGE GROUP:	13 - 15			3 Charles Martin	47	Mohawk	1:50:34
1 Jillian Martelle	15	Johnston	2:03:05	FEMALE AGE GROUP:	45 - 49		
MALE AGE GROUP: 16				1 Valerie Nolan	46	Pittsford	1:26:3
I Dave Allen	17	Victor	1:19:07	MALE AGE GROUP: 50	) - 54		
2 Luke Jones	16	Needham, MA	1:21:01	1 Ross Jones	50	Needham, MA	1:19:5
B Erin Sanders	18	Katonah	1:36:58	2 Doug Hoskins	54	West Hartford, CT	1:21:2
MALE AGE GROUP: 20	- 24			3 Bill Bay	50		1:30:3
I Will Waller	28	Buffalo	1:22:57	FEMALE AGE GROUP:	50 - 54		
EMALE AGE GROUP:	20 - 24			1 Lisa Nagle	50	Saratoga Springs	1:30:5
Brittany Toffey	21	Summit, NJ	1:33:10	2 Elizabeth Sager	53	Redding, CT	1:32:3
2 Amanda Taselaar	23	New York	1:45:53	3 Melinda Fly	50	Saratoga Springs	1:36:2
Rristin Toffey	24	Summit, NJ	1:45:53	MALE AGE GROUP: 55	5 - 59	3 , 3	
MALE AGE GROUP: 25	- 29			1 Kevin Platz	55	Hopewell Junction	1:20:3
I Brian Bennett	24		1:28:40	2 Kevin Ahern	55	Ballston Lake	1:20:5
2 Bill Williams	21	New Hartford	1:54:33	3 Richard Suwek	56		1:41:1
EMALE AGE GROUP:	25 - 29			FEMALE AGE GROUP:	55 - 59		
Anna Waller	26		1:27:27	1 Virginia Touhev	58	Clifton Park	1:42:3
? Kelly Gross	29	Watertown, MA	1:49:37	2 Judy Sweet	55	Clinton	1:50:4
MALE AGE GROUP: 30	- 34	,		3 Cathy Sheehan	55	Cohoes	2:20:2
Mark Henel	30	Piseco	1:20:59	MALE ÁGE GROUP: 60	) - 64		
Michael Triller	34	Ballston Spa	1:26:42	1 David Gross	60	Clifton Park	1:38:1
3 Andrew Jones	32	Delanson	1:40:33	2 Scott Todd	60	Little Falls	1:42:4
EMALE AGE GROUP:	30 - 34			3 Jim Sheehan	63	Cohoes	1:50:5
l Jessica Larsen	31	Arlington, VA	1:37:04	FEMALE AGE GROUP:	60 - 64		
2 Jessica Albrecht	32	Mahwah, NJ	1:42:41	1 Kathryn Stimson	60	Rochester	2:20:2
B Marycarol Evans	30	New Hartford	1:43:46	RELAY TEAMS: MALE			
MALE AGE GROUP: 35	- 39		=	1 Team Fort Plain			59:2
Shaun Zepf	39	Ballston Lake	1:14:44	2 Geezers and Grad V2			1:19:1
Derek Bell	37	Lake View	1:18:57	3 Hanz und Franz			1:26:3
Jim Higgins	35	Johnstown	1:24:18	RELAY TEAMS: MIXED	)		
EMALE AGE GROUP:				1 Team Knox		Gloversville	1:15:1
Rebekah Tolley	39	Pattersonville	1:27:25	2 Team Guzzo		Niskayuna	1:19:4
2 Katie Bono	37	Clinton	1:31:46	3 Team SMO			1:24:4
3 Jen Greer Morrissey	37	CHITOH	1:44:45	Courtesy of Adirondacks	C	D	

3	Jen Greer Morrissey	3/		1:44:45	Col	urtesy of Adirondacks Sp	peculator Region Ch	amber or	Commerce
		15TH A	NNU	AL PINI	ΕВ	<b>USH TRIATHL</b>	ON		
	July 19, 2	015 • Renssela	er La	ke, Albai	ny t	to Guilderland Y	MCA, Guilde	rland	
	325YD SWIN	И, 11.5M BIKE, 3.2M	RUN		FE	MALE AGE GROUP: 2	0 - 24		
м	ALE OVERALL				1	Brianna Freestone	Ballston Spa	22	1:13:45
1	Stefano Fontana	Troy	27	59:30	2	Kaleigh Ricks	Ballston Lake	22	1:23:05
2	Pat Sommo	Guilderland	47	1:00:03	3	Melanie Berger	Rensselaer	24	1:23:28
3	Martin Gordinier	Delmar	44	1:01:18	M	ALE AGE GROUP: 25 -	29		
FE	MALE OVERALL				1	Joshua Wolin	White Plains	26	1:19:06
1	Emily Miller	Delmar	35	1:09:41	2	Josh Heller	Albany	29	1:28:24
2	Sarah Strock	Glenmont	32	1:09:52	FE	MALE AGE GROUP: 2	5 - 29		
3	Jennifer Flanagan	Glenville	36	1:10:00	1	Christin Dibelius	Altamont	29	1:30:43
М	ALE AGE GROUP: 10	- 14			2	Stephanie D'Aquino	Guilderland	27	1:31:35
1	Benjamin Drzymala	Altamont	14	1:12:52	3	Deanne Johnson	Petersburg	29	2:00:57
2	Bryce Henkel	Voorheesville	12	1:13:15	M	ALE AGE GROUP: 30 -	· 34		
FE	MALE AGE GROUP: 1	10 - 14			1	Kazuya Ichiki	Guilderland	31	1:08:42
1	Faith Borkowski	Niskayuna	11	1:20:49	2	Kirk Courneen	Altamont	32	1:09:07
2	Erin Wadsworth	Schenectady	14	1:27:45	3	Ryan Bombard	Albany	33	1:10:19
М	ALE AGE GROUP: 15	- 19			FE	MALE AGE GROUP: 3	0 - 34		
1	Ryan Fleischer	Delmar	18	1:14:44	1	Erin Reep	Athens	34	1:16:28
2	Luke Caton	Delmar	19	1:17:23	2	Kimberly Alessi	Glens Falls	33	1:24:22
3	Colin Barth	Troy	18	1:36:29	3	Adrienne Salvagni	Guilderland	33	1:30:45
FE	MALE AGE GROUP: 1	I5 - 19			M	ALE AGE GROUP: 35 -	. 39		
1	Taylor Tyksinski	Slingerlands	19	1:14:21	1	Michael Cooley	Delmar	35	1:02:55
2	Amy Robison	Clifton Park	17	1:22:52	2	Mike Rosa	Clifton Park	39	1:05:44
3	Rowan Bienes	Belvidere, NJ	17	1:26:18	3	Hank Tripp	Glenmont	36	1:07:10
М	ALE AGE GROUP: 20	- 24			FE	MALE AGE GROUP: 3	5 - 39		
1	Ryan Kelly	East Greenbush	23	1:05:46	1	Meg Versteegen	Schenectady	36	1:11:52
2	Patrick Naughter	Albany	20	1:06:24	2	Kristy Race	Selkirk	39	1:18:39
3	Adam Lowe	Petersburg	22	1:10:45	3	Kelly Person	Guilderland	37	1:26:13 continued

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#### NON-MEDICATED LIFE

# The Value of **Skepticism**By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 66th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 65 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects and at a lower cost.

In the field of nutrition, however, what constitutes "informed" at any given time for most people seems open to interpretation and over time seems to change. Especially with the plethora of information on the internet, with multiple "experts" espousing multiple diets and exercise regimens, it's difficult to identify what truly is *informed*. I would suggest that the best antidote for combating such confusion, the best means for sorting the wheat from the chaff is a healthy dose of skepticism.

Maria Smit Anna Laloe

Erin VanTuyl

Brett Shelton

John Meyerle

David Englert David Schwartz

David Stowater

Ionathan Schneider

MALE AGE GROUP: 40 - 44

MALE AGE GROUP: 45 - 49

Skepticism starts with our grandmothers. Grandmothers will tell you if something sounds too good to be true, it usually is too good to be true. Everyone wants to believe in a magic bullet, a way of getting a desired outcome with no work, no effort and no hassle. This is human nature but also understandable because on occasion there are "better ways" of accomplishing a given end, ways which require less effort. Grandmothers know, however, based on a long life of searching for the easiest path to an outcome, that the discovery of "better ways" are less common experiences, and generally come from personal discovery or freely shared information.

Additionally, while "better ways" may take less effort, they generally do not take no effort. Promises of getting something for nothing or nothing other than the cost of a product should be viewed skeptically. Such promises should make us pause to question the claim for evidence of credibility.

The first step in assessing the credibility of a claim is to ask: 1) who is making the claim, and 2) what do they have to gain? In the field of human nutrition, physicians and dietitians, who should generally be trusted as experts, may have unfortunately ceded authority to a host of self-proclaimed experts including celebrities, Hollywood stars, Madison Avenue style hucksters, and what I would call – for lack of a better term – snake oil salesmen.

In part, this ceding of authority has occurred because of a reluctance to question the claims of self-proclaimed experts in open forum with scientific scrutiny. And also in part, the ceding of authority has occurred because physicians and dietitians have seemed to change dietary recommendations over the last 30 years, and thereby undermined their own authority.

The fact is that perceived changes in dietary recommendations of physicians and dietitians occur, because our understanding changes with research, and an application of the scientific method. This is as it should be and should be nothing for which to apologize or become defensive. Additionally, recommendations for the health of a population are made within a certain socio-economic context, and that context can change. A recommendation for a lower fat diet substituting, for example chicken for red meat as a means to combat cardiovascular disease was appropriate and beneficial, and has contributed to a reduction in cardiovascular disease and deaths.

However, the recommendation did not foresee the response of the American food industry and consumers respectively in the development and wide use of low fat, high carbohydrate food products, which have contributed to an unprecedented increase in obesity and diabetes.

Notwithstanding changing recommendations from ongoing research, physicians and dietitians remain the experts in nutritional science on the basis of training and ongoing study in the field. Those who do not have a medical and scientific background or only limited knowledge are certainly encouraged to join in the discussion. But they must be able to bring scientific and/or epidemiological evidence to support their claims.

Consumers must remain skeptical of approaches that do not present currently available scientific evidence in support, even if future evidence may be forthcoming. The use of personal testimonial in the absence of evidence may sound compelling, but it is not science. Using the positive experiences of the few to make recommendations to the many is fraudulent. Moreover, even when not directly causing harm such practices may convince the non-skeptical to embrace a treatment that delays the use of proven and effective treatments, and thus ultimately may be harmful.

Physicians and dietitians who are practicing their profession in a responsible way do not gain financially from espousing a given approach based on any other criteria, except that it is based on the best available science. Those who practice skepticism will rightly ask if financial gain is linked to a promulgated product, and even more the skeptical will ask for the scientific evidence that a product delivers on its claims.

Scientific evidence at its best is based on clinical trials in which individuals in the studies are randomly assigned to intervention or placebo, and the investigators are blinded to the assignment process, and result until the conclusion of the study. Scientific evidence is not provided simply by the words "clinically proven," especially when at the conclusion of the sales pitch you hear, "This product is not intended to diagnose, treat, cure or prevent any disease." The skeptical would rightly ask: if so, what does the claim of "clinically proven" actually mean?

In summary, skepticism is perhaps the most effective approach to use when sorting through the myriad of diets, nutritional recommendations, and exercise recommendations currently available online, in the press, and in the media. Skepticism will help us identify physicians and dietitians as the most appropriate sources of information, and the active practice of skepticism will encourage those same physicians and dietitians to espouse only those approaches with the highest quality evidence. As such, a healthy dose of skepticism keeps everybody honest, and provides the most effective way to ensure that you are truly using "informed" diet and exercise in the pursuit of the Non-Medicated Life.

Paul E. Lemanski, MD, MS, FACP (plemansk@capcare.com) is a board certified internist at the Center for Preventive Medicine, Capital Care Medical Group in Albany. He is medical director of the Department of Community Medicine and Population Health at Capital Care Medical Group. Paul has a master's degree in human nutrition; he is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

#### 15TH ANNUAL PINE BUSH TRIATHLON continued MALE AGE GROUP: 55 - 59 MALE AGE GROUP: 40 Thomas Gorczyca Schenectady 1:08:12 Dan Nugent Dan Gaidasz Ballston Spa 1:12:53 42 1:06:38 Albany Michael Boskin 1:15:15 FEMALE AGE GROUP: 40 FEMALE AGE GROUP: 55 - 59 Melville 1:11:21 Lorraine Huether Susan Bright Guilderland Kathleen Meany Altamont 59 55 1:14:10 Albany 1:27:26 Guilderland 1:18:59 MALE AGE GROUP: 45 - 49 MALE AGE GROUP: 60 - 64 Niverville 1:09:28 61 1:14:32 John Mounteer Jonathan Bright Guilderland 1:14:32 Douglas Tucker Rensselaer 60 1:17:15 FEMALE AGE GROUP: 45 1:18:04 Alicia Gillen Heidi Brownell FEMALE AGE GROUP: 60 - 64 Fort Edward Theresa Portelli 2:02:34 Schenectady 47 1:32:50 Albany 2:08:19 MALE AGE GROUP: 50 - 54 MALE AGE GROUP: 65 - 69 54 54 50 1:03:52 Mike Veeder Robert Wither 1:36:14 David Schneidman Niskayuna RELAY TEAMS Schenectady 1:07:30 Sommo/Tanner/Cohen 1:00:29 FEMALE AGE GROUP: 50 - 54 Team LuCiAl 1:08:44 Elvira Brankov 1:21:21 Slingerlands 1:21:28 Courtesy of Guilderland YMCA

SKYHIGH XTERRA OFF-ROAD & KIDS' TRIATHLONS

#### July 18, 2015 • Grafton Lakes State Park, Grafton FEMALE AGE GROUP: 45 - 49 SKYHIGH XTERRA OFF-ROAD TRIATHLON 2:18:48 1K Swi MALE AGE GROUP: 50 - 54 Daryl Weaver Steve Croucher Matt Alford 1:49:04 Lititz, PA 1:32:47 Cutchoque Canandaigua Lewisburg Peru Philadelphia Tad Norton 27 1:35:48 FEMALE AGE GROUP: 50 - 54 **FEMALE OVERALL** Wallingford, CT 1.57.43 Templeton 2:28:41 MALE AGE GROUP: 55 - 59 1:52:09 Mara Fronhofer Rochester 48 Moreau 2:07:15 MALE AGE GROUP: 1 - 15 57 Ned Daily Garden City Park 1:52:26 FEMALE AGE GROUP: 55 - 59 12 Johnny Meyerle Monroe 2:36:57 Stephanie Landy Bhaktivinode Sutherland Jackson Moran 3:00:47 Malta 2:07:32 Hudson Kennebunk Millbrook Kim Cole 2:22:16 2:55:31 MALE AGE GROUP: 16 - 19 MALE AGE GROU: 60 - 64 2:18:35 Averill Park Saranac Lake 3:20:52 Menands MALE AGE GROUP: 65 - 69 MALE AGE GROUP: 20 - 24 North Haven 2:27:42 2:16:33 22 James Clark MALE AGE GROUP: 25 - 29 TEAMS Team Sheray Tario Rutland, VT 2:15:28 Aaron Sirtoli Team Koeferl William Allen 25 Farmingdale 1:45:20 Clifton Park 2:27:12 David Reahm Portland 2:06:40 Team 2Misters Oriskany 2:33:22 MALE AGE GROUP: 30 - 34 SKYHIGH KIDS' TRIATHLON 1:48:36 100m Swim, 5K Mountain Bike, 1K Trail Run Poultney, VT Tyler Arnett Nicholas Lobosco Rallston Spa 2:14:50 MALE OVERALL Colin Hansen FEMALE AGE GROUP: 30 - 34 Daniel Schneider 17:54 Poultney, VT 2:19:42 12 Glenville 17:55 MALE AGE GROUP: 35 - 39 Averill Park 17:34 Ruby Slyer Bryn Fecko 1:37:02 Paul Fronhofer Moreau 1:42:01 1:43:32 3 Tess Cody MALE AGE GROUP: 10 - 13 Massapequa FEMALE AGE GROUP: 35 - 39 18:03 William Gall New Hartford

2.14.28

2:18:28

1:54:31

2:08:10

2:22:40

1:53:10

2:02:27

Saratoga Springs

Westminster

Watervliet

Latham

Monroe

Ridgefield Mahwah, NJ

39

40

43

46

Alec Hansen

Jacob Gilson

Snyder Davis

Evan Fecko Jacob Revell

Abby Schneider

Julia Hanlon

FEMALE AGE GROUP: 10

18:51 19:01

19:12

20.54

26:48

20:11

20:49

21:02

Niskayuna

Wwnantskill

Averill Park

13

South Glens Falls

Williamstown, MA

#### **SKYHIGH XTERRA OFF-ROAD & KIDS' TRIATHLONS** continued MALE AGE GROUP: 6 - 9 Sydney Cody New Hartford Rowan Gall Sophie Holmaren Williamstown 22:48 Dillon Goodwill Ballston Lake 24:05 Lizzie Hansen Morgan Holohan Trevor Goodwill Ballston Lake 20:02 Abigail Sellnow Schenectady 24:56 Charles Lobosco Mia Holmgren Williamstown 26:53 FEMALE AGE GROUP: 6 - 9 Remi loffe Latham 28:34 Taylor Holohan Simone Schwarz-Eise 10 Sarah Syden Loudonville Wynantskill Courtesy of SkyHigh Adventures

**19TH ANNUAL SILKS & SATINS 5K** July 25, 2015 • Fasig-Tipton Pavilion, Saratoga Springs **MALE OVERALL** FEMALE AGE GROUP: 40 - 44 Aidan Tooker Chuck Terry Ethan Carey Clifton Park 15:09 Saratoga Springs Albany Queensbury Michelle Lavigne Albany Mechanicville MALE AGE GROUP: 45 - 49 **FEMALE OVERALL** Moreau 20:06 19 17 13 Queensbury Joe Nicoll Guilderland 20:27 3 Jonathan Bright
FEMALE AGE GROUP: 45 - 49
1 Kelly Amfeld 49
2 Maureen Robinson 45
3 Kimberly Medici 45 17:41 Greenfield Center MALE AGE GROUP: 1 - 14 Pawlet, VT Wilmington, MA Saratoga Springs Geoff Howles 13 17:51 Saratoga Springs Clifton Park Greenfield Center 17:55 MALE AGÉ GROUP: 50 FEMALE AGE GROUP: 1 17:55 Greenfield Peyton Engborg Alexandra Delnicki Ballston Spa 18:13 Johnsonville 19:06 **FEMALE AGE GROUP: 50** MALE AGE GROUP: 15 - 19 Greenfield Center 21:33 Greenfield Center 16:27 Schenectady Saratoga Springs Noah Duell MALE AGE GROUP: 55 - 59 Ballston Spa 16:39 **FEMALE AGE GROUP: 15** 18:55 Saratoga Springs Saratoga Springs Little Neck 18.17 Ken Schwartz Gabrielle Robens Saratoga Springs FEMALE AGE GROUP: 55 - 59 Saratoga Springs 19:19 Saratoga Springs Bernadette Nastasi 56 Eric Young Benjamin Collins 16:16 55 24:28 Latham 20 Glens Falls 16:37 MALE AGE GROUP: 60 - 64 3 Andrew Kiley FEMALE AGE GROUP: 20 18:32 Malta Rob Picotte Paul Bennett Clifton Park Latham 17:47 Kerry Caher Wappingers Falls 21:39 Victoria Hathaway 19:54 FEMALE AGE GROUP: 60 - 64 3 Jacqueline Boyce MALE AGE GROUP: 25 - 29 Schaghticoke 20:19 Stamford 23:33 Erika Oesterle Martha DeGrazia Slingerlands 24:39 Aaron Lozier John Farley 26 16:04 Mechanicville 62 25:22 MALE AGE GROUP: 65 - 69 Greg Kiley Albany 16:36 Joseph Aliberti Michael Chovonec 65 65 Voorheesville 23.14 FEMALE AGE GROUP: 25 - 29 24:08 24:53 Ballston Lake 18:31 Jessy Montrose Molly Wellman Saratoga Springs 3 Edward Solomon 66 FEMALE AGE GROUP: 65 - 69 Cohoes 20:20 Newport, VT Saratoga Springs Saratoga Springs Liz Chichester 20:59 Claire Henderson Laura Clark 25:46 66 68 MALE AGE GROUP: 30 - 34 Thomas O'Grady MALE AGE GROUP: 70 - 74 2 Phil Shea Beacon 16:59 Stanley Westhoff Walter Standhart 25:46 Saratoga Springs Gansevoort 18:24 FEMALE AGE GROUP: 30 - 34 Rochester Saratoga Springs 18:55 Jessica Bashaw Cambridge FEMALE AGE GROUP: 70 - 74 Crystal Perno 21:45 Clifton Park 39:21 Cohoes Marva Nadeau Cambridge 21:49 Susan Fassett 70 Ballston Spa 39:24 MALE AGE GROUP: 35 - 39 Shushan 39:56 Oswaldo Rodriguez Daniel Brady Mechanicville 18-13 MALE AGE GROUP: 75 - 79 26:12 Niskayuna 1 Jim Moore 75 FEMALE AGE GROUP: 75 - 79 Colin Crowley Malta 20:39 FEMALE AGE GROUP: 35 Bridaeport, CT 41:22 19:05 Jennifer Bennice 2 Priscilla Mueller 3 Anne Marie McDonald MALE AGE GROUP: 80 - 84 Stillwater Weymouth, MA Kara Defeo 35 Rensselaer 20:30 Bennington, VT 21:09 MALE AGE GROUP: 40 - 44 Hoosick Falls 37:21 Richard Schumacher 42 18:02 Broadalbin Schenectady Randall Cannell Bob McFarland 39:14 Korey McCoy Joel Gordon Menands Queensbury Richard Eckhardt ichard Eckhardt 81 Albany

Courtesy of Firecracker 4 (FC4, Inc.) Race Committee 18:12 18:13 42:23

Opalescent are the many sand and pebble banks that seem to exist at every turn - these make for great spots to take a break or to go for a swim. The current was light to moder-

ate and I had to get out and walk my canoe through pebbly shallows several times, but for the most part, the water ranged from one to five feet deep.

At 1.7 miles from the Hudson, we paddled under a railroad bridge that used to serve the titanium mine at Tahawus, where operations at the mine ended in 1989. I was happy to find a few ripe blueberries as I was clambering up to the tracks. The views of the river from the bridge upstream with Allen Mountain in the background and down-

At the two-mile mark we stopped on a sandy bank for lunch; the shade of an overhanging maple provided respite from the sun. The North River Mountains rose up in front of us to the southeast. Most of us also went for a cool swim at the sandy-bottomed pool below.

stream were lovely.

We pushed on upriver and had to get out to walk our boats over more shallow areas. After traveling 3.75 miles from the Hudson the east shore grew steeper, a sloping rock was at river's edge, and just past that was a dune-like sand bank - the largest that we encountered on our route. At this point we were perhaps only a quarter-mile east of the tailings at the old mine, but we could just as well have been in the middle of nowhere.

After studying maps and satellite images I knew that the river's gradient started to increase above this point. I was happy getting up as far as we had gone and it was time to turn back. Paddling downstream, my canoe lightly scraped rocks in the shallows, and I only needed to get out once. It took us one-and-a-half enjoyable hours to ride the current back out to the Hudson. I did not see much wildlife but the sounds of whitethroated sparrows and hermit thrushes emanated from the mostly deciduous woods.

CANOEING, KAYAKING & SUP continued from

Back at the start, after traveling 9.8 miles to this point, the explorer in me wanted to experience the Hudson River below the bridge. I persuaded a couple of companions to continue downstream while others drove the cars a mile south on CR 25.

The Hudson River here arcs away from the road before returning toward the road after about two miles. The river is wider than the Opalescent and travels between coniferous shores of cedar, black spruce, and the occasional tall white pine. Black-capped chickadees called out from the woods as we passed by.

Not seeing the cars we continued at least a half-mile past where the road came nearest to the river, but after consulting maps and GPS we felt it best to paddle back upstream against a light current. We explored two routes back to the road, neither of which we liked; at best expect a 100 yard uphill bushwhack, at worst a wet mucky bushwhack thru a tangled thicket. I was very glad to have seen this section of the Hudson though.

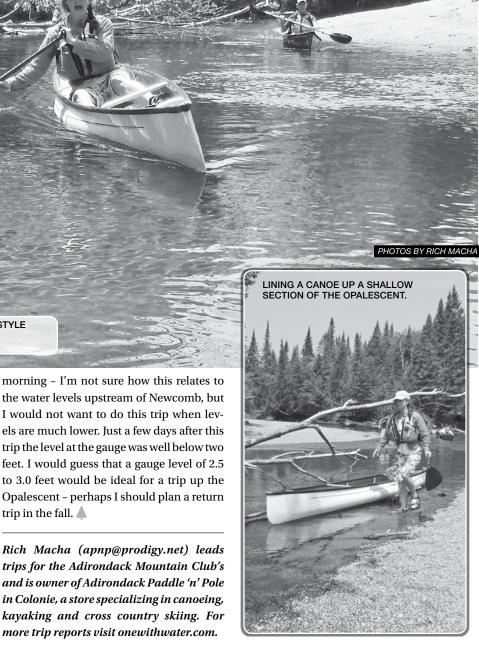
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CANOEING ON THE

**OPALESCENT** 

Our total distance for the day was 13.4 miles and we spent over seven hours exploring this very scenic area. The Hudson River gauge at Newcomb was at 2.35 feet this morning - I'm not sure how this relates to the water levels upstream of Newcomb, but I would not want to do this trip when levels are much lower. Just a few days after this trip the level at the gauge was well below two feet. I would guess that a gauge level of 2.5 to 3.0 feet would be ideal for a trip up the Opalescent - perhaps I should plan a return trip in the fall.

Rich Macha (apnp@prodigy.net) leads trips for the Adirondack Mountain Club's and is owner of Adirondack Paddle 'n' Pole in Colonie, a store specializing in canoeing, kayaking and cross country skiing. For



local cycling enthusiast and stonemason

Lance Gregson, who acquired the "1-eye" label after losing sight in one eye in a childhood accident. He died at the age of 42 after a workplace fall, and this ride is a memorial to him organized by his friends to promote cycling in the Schroon Lake area.

Routes vary from three miles (that's right, three miles!), to 12, 26, 40+, and 60 miles, with the 60 starting at 8 am and staggered starts for the others. Riders who bring a potluck dish for the post-ride picnic get a registration discount on the already modest \$10 entry fee, and the ride starts and finishes at the Schroon Lake Town Beach, so family can spend the morning relaxing while you ride. More information and registration forms are at: schroonlakecycling.com.

Also on Sunday, September 13th is the Tour de Daggett Lake with a start/finish at Daggett Lake Campsites near Warrensburg This "Ride for Rosie's Love" raises money for the Rosie's Love non-profit organization. Founded in 2000, it supports cancer patients at Albany Medical Center in memory of Rosemary Frances Johnson, who died at age two from neuroblastoma, a childhood cancer.

The event includes a very scenic 65-mile route that starts at 8am, and a nice 20-mile loop that heads out at 9am. There's also a kids ride with laps around the Daggett Lake Campground on Glen Athol Road, just north of Warrensburg. For registration, call the campground at (518) 623-2198 between 9am-4pm. Registration is \$35 for adults and \$15 for kids.

The next weekend, on Saturday, September 19, riders head into the heart of the Catskills at the Catskill Mountain Cycling Challenge. It is based at the Catskill Recreation Center



in Arkville, and sponsored by the recreation center, Overlook Mountain Bikes, and Catskill Mountain Cycling Club. There are five different routes for riders at every skill level, covering 11, 29, 55, 76, and 103 miles all in the beautiful western Catskills.

The 11-mile route caters to beginners,

with an out-and-back route in the Dry Brook Valley. The 29-miler caters to intermediate riders with a rolling course that circles the Pepacton Reservoir. The routes of 55, 76 and 103 miles cater to more advanced cyclists, with some challenging climbs mixed in with the stunning scenery of the area. Participants

receive a T-shirt, lunch, and a complimentary pass to the recreation center for access to the swimming pool. Learn more at catskillrecreationcenter.org, and registration for all rides is \$35 at bikereg.com.

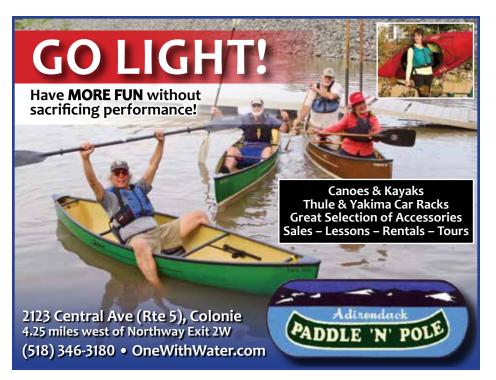
On Sunday, September 27, riders finally get to head south instead of north when the fifth annual Columbia County Rotary Ride cruises routes of 10 and 30 miles, rolling out of Volunteer Park in Valatie - just 20 miles from the Capital Region.

New to this event is the additional 62-mile (100K) blended dirt and paved route the organizers have dubbed "gravel (grinder) lite." Road bikes should work fine on any of the routes, and proceeds from the \$45 entry fee go towards supporting the CYCLE Kids program at Ichabod Crane Elementary School. The program helps teachers and families break the cycle of inactivity, poor nutrition habits, social isolation and low self-esteem, by teaching children life skills that help them achieve academic success, build self-confidence and develop physical fitness.

Riders will have maps, rest stops, sag service, and restrooms provided. There are also event T-shirts and a BBQ after the ride. For more information and links to registration forms go to: facebook.com, and type "Columbia County Rotary Ride" in the Search Bar.

Dave Kraus (dbkraus@earthlink.net) of Schenectady is a longtime area cyclist, photographer and writer who is wondering how he can fit all these rides into his schedule. Visit his website at krausgrafik.com.

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USATF Adirondack 5 km Race Walk Championship

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For Info & Registration: USATF Adirondack 518-273-5552 www.usatfadir.org

Race Director - Pat Glover 518-877-0654 pjglove@aol.com

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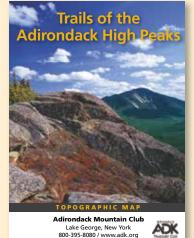












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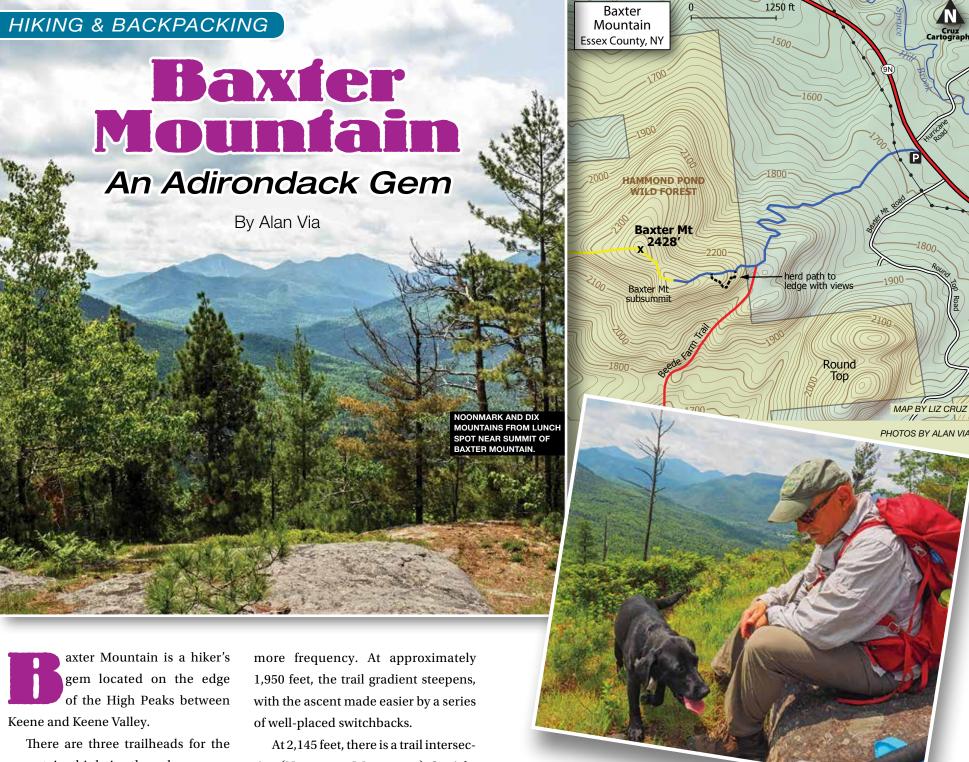
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There are three trailheads for the mountain, this being the only easy one to locate. From the intersection of NY routes 73 and 9N, drive two miles east, uphill, on Route 9N. When the road stops climbing, look for the trailhead at 1,670 feet (N44 13.237 W073 44.947), marked by the prominent DEC sign. Parking is on a wide shoulder with enough room to handle vehicles for this popular hike. Because traffic on this busy highway is only steps from your car, it's important to keep children close and dogs leashed.

The trail begins in a shady conifer forest where the trail register is located. Beyond the register the trail crosses a power line right of way, and begins with a slow warm up, gaining less than 200 feet in the first 0.3 miles. In this first part of the hike you'll walk through a section of fragrant balsam, a pleasant sensation that brings a smile of recognition to everyone.

Considering the hiker traffic this popular destination receives, the trail is in remarkably good shape, but can be wet in places after periods or rain or snowmelt. A dog might be able to catch a drink in a puddle after a period of rain, but since there is no reliable water, carry some extra for Spot.

As you continue your hike, deciduous trees make their appearance, as maple, birch, and beech show up with At 2,145 feet, there is a trail intersection (N44 12.959 W73 45.515). Straight ahead, red markers leads to Beede Road, one of the other difficult to locate trailheads. Make a right turn here and follow blue markers toward Baxter's summit. It's a stroll for the first 30 feet beyond the turn, and then the trail gets serious again right through the next switchback farther uphill.

A short distance ahead at 2,200 feet, there is a tall rock band - not the kind that plays music. The trail passes over it and can be slippery after rain (and treacherous if icy). At its base (N44 12.940 W73 45.577), there is an unmarked herd path on the left. A casual glance gives it the appearance of just another unmarked path to a view point, the kind you see on many trails. In this instance, the path leads to a ledge surrounded by blueberry bushes and wildflowers, and provides a view of Tripod Mountain over the summit of Round Top - and a few feet beyond you see the rocky cone and fire tower on Hurricane Mountain.

Like viewpoints everywhere, you step off the trail to take in the sights, shoot a few photos, and resume your hike. This time you'll discover a 0.2-mile unmarked path through flowers, berry bushes, and open ledges with almost continual mountain views: Giant, Hurricane, Dix Range, Noonmark,

Nippletop, Dial,
Bear Den, Colvin, Blake, Lower
and Upper Wolf Jaw, Armstrong, and

more of the Great Range.

There are no trail markers, and a retired DEC forest ranger said that this path began as a winter detour in icy conditions. It should not be taken by hikers uncomfortable with unmarked paths or scrambling up sections of rock slab. The path rejoins the blue marked trail (near N44 12.927 W73 45.904), at an approximate elevation of 2,320 feet, where the marked trail turns rocky as you head toward Baxter's first, lower

At the first summit (N44 13.020 W73 35.919), look around for a short path leading to another ledgy viewpoint. Nearby, another trail enters so be certain to bear right on what will now be yellow markers. The trail starts downhill contouring around the first summit, and then dropping less than 100 feet into a shady col, before climbing to Baxter's 2,428-foot high point.

This last section of pine-needled trail is bordered by blueberry bushes and bracken ferns as it wends its way through a couple of short ledges. You'll see two faded trail signs near the summit (N44 13.017 W73 45.924), one pointing toward to the Beede Ledge trailhead.

There are no views from the high point, but a long rock a few yards away may be your lunch spot of choice. You'll enjoy views of the Dix Range, Noonmark, and many of the other peaks seen earlier on the hike.

On the way back to your car, look for a large rock (N44 12.932 W73 45.669) on the first summit. There is a short herd path on the right that parallels the trail for 100 feet, providing some last great views, before it rejoins the blue trail back to the cars.

If you enjoy ferns and wildflowers, bring guidebooks to help identify the ferns, baneberry, trillium, cucumber root, wild sarsaparilla, bear berries, pale corydalis, and many more you'll see along the way. Baxter Mountain isn't a big day at three miles and 2,700 feet ascent, but after time in the woods here your senses will be filled!

Alan Via of Slingerlands has written hiking-related articles in a number of publications. He is the author of "The Catskill 67: A Hiker's Guide to the Catskill 100 Highest Peaks under 3,500-Feet" by ADK. He's working on two new hiking guides, set in the Adirondacks and Catskills.

