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Hiking Dix Mountain

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AdkSports.com /Adirond

A Scenic Trail with Expansive Lookouts

By Bill Ingersoll

Mountain, the sixth highest peak in the High Peaks. Although

it is nearly seven miles long, there are several attractive

landmarks to enjoy along the way: Round Pond, the North Fork

Boquet and its lean-to, and the brief traverse of Dix's northern

slide. Although Bob Marshall and other hikers in the 1920s found

cause for complaint in the condition of the trail after the twin fires

of 1903 and 1913, many of those sins have been erased by the pas-

sage of time. The one fault that remains is the steepness that exists

The blue-marked foot trail begins on NY Route 73 in Chapel

Pond Pass, on the southwest side of the highway 3.1 miles north

of the "spaghetti intersection" of US Route 9 and Route 73, and

5.2 miles from Northway Exit 30. The small parking area is locat-

ed 90 feet to the north of where the trail begins. The mountain

is located roughly on the boundary between the towns of North

From the parking area, follow the shoulder of the road to the

start of the trail, which promptly begins climbing southeast up

the shoulder of what was once known as Stony Hill. It reach-

es a saddle almost 200 feet above the road and then descends

slightly to a junction within sight of Round Pond at 0.6-mile. The unmarked path left, south, leads in 0.1-mile to the only designat-

ed camping area on the pond. While the entire pond is scenic,

the views of Giant Mountain from that location are quite good.

on the uppermost portion of the trail, above the slide.

Getting There

Hudson and Keene.

The Trail

his trail is arguably the most scenic approach to Dix By all means, make the short side trip if you have the time. If you are planning to linger, A HIKERS REACHING THE DIX SUMMIT ARE REWARDED WITH THIS PERFECT VIEW OF GOTHIC

note that Round Pond has been stocked with brook trout.

The main trail bears right at the junction and circles through the birch forest to Round's northern shore. Of all the Round Ponds in the Adirondack Park, this is one of the few in which the name is almost geometrically appropriate. The trail passes close around the shore, with numerous opportunities to enjoy the view. Spotted Mountain and Grace Peak are the distant summits to the south.

Eventually the trail pulls away from the pond's west end and begins a 0.8-mile, 550-foot climb to a saddle south of Round Mountain. Most of the forest on these slopes consists of hardwoods, and when the leaves are down there are decent glimpses back toward Rocky Peak Ridge. A level traverse then brings you to Noonmark Junction at 2.3 miles, a little more than an hour from the start. This is a four-way intersection located next to a small stream. To the right is the Old Dix Trail, which leads to Saint Huberts. Straight ahead leads to the summit of Noonmark.

The trail to Dix bears left, southwest, and leads within a few minutes to your first view of the North Fork Boquet. The next two miles of trail have no hills of note, just several little dips and rises. It is a very pleasant walk through the valley of the North Fork, with a forest cover that is more varied than what you've encountered so far. At times you are on a bank high above the small



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MVP HEALTH CARE® STOCKADE-ATHON	ON-LINE REGISTRATION	Friday, July 1, 2016-Tuesday, November 8, 201 www.stockadeathon.com	6					
	WALK-UP REGISTRATION	Friday, November 11, 2016 (last chance) Schenectady YMCA	4-7pm					
	EARLY PACKET PICKUP	Saturday, November 12, 2016 10 am-4 pm Fleet Foot Sports (Albany) (Children's Run registration only)						
HMRRC	RACE DAY PACKET PICKUP & BAGGAGE CHECK	Sunday, November 13, 2016 7-8 Schenectady YMCA						
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B-TAG CHIP TIMING Net times with 5K and 10k	< splits	CASH TEAM PRIZES Visit www.stockadeathon.com for details.						
HOT AND COLD POST Key Hall at Proctors	RACE REFRESHMENTS	HANDCRAFTED POTTERY AWARDS Five year age-divisions and Clydesdale divisions						
POST RACE CRAFT BE	EER PARTY	15K USATF ADK AND HMRRC GRAND PRIX EVENT						

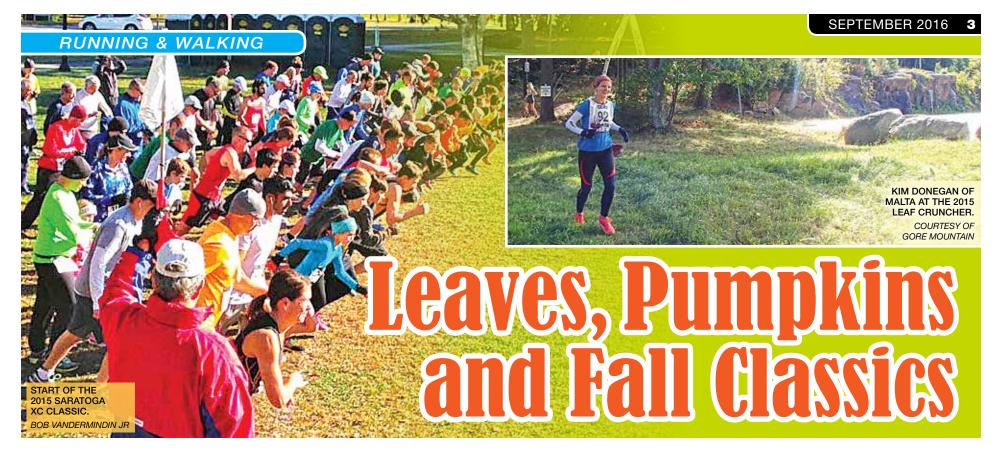


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Paddling

Visit us this Summer - towns built for family fun, great activities and events for all.



By Mona Caron

Spectacular colors of red, orange and yellow will be your backdrop this racing season. Lace up your running shoes to enjoy the beautiful foliage and cooler weather. You'll reap the benefits from your summer training with these fall races.

On Saturday, October 1, you'll have your choice of pink ribbons, beer or a prizefilled trail race. First up is the 22nd annual **Susan G. Komen Race for the Cure 5K** at the Empire State Plaza in Albany. Starting and finishing on Madison Avenue at the NYS Museum, the course takes runners through downtown streets and Washington Park – similar to the old Freihofer's Run for Women route.

The race is a great way to support breast cancer research, screening and treatment of breast cancer in northeastern NY and nationally. In 1980, the five-year survival rate for women diagnosed with early stage breast cancer was about 74 percent. Today, that number is 99 percent. If you can't run, participate through the Two-Mile Family Walk, Kids for the Cure, or Sleep in for the Cure. For more info, go to: komenneny.org.

On the other side of town, you have the second annual **Oktoberfest 5K** at Wolf's Biergarten where you can run the streets of north Albany's warehouse district. Sign up and you'll receive a commemorative beer stein and a free beer to those 21 and over, refreshments, and free admission to the North Albany Oktoberfest.

The Oktoberfest course is a flat, out and back on North Pearl and Broadway. It's a fun party atmosphere, so gather your friends, form a team and run! A portion of the proceeds will benefit the Center for Disability Services, Ronald McDonald House, and the Epilepsy Foundation. To register: oktoberfestalbany5k.com.

In the southeastern Adirondacks, also on October 1, is the **Leaf Cruncher 5K Trail Race** at Gore Mountain in North Creek. Check out this fun and family-oriented 5K, which includes a scenic ride aboard the Northwoods Gondola for every runner – perfect for peak foliage! The course is a combination of rolling cross-country trails and flat base area, with a few steeper spots within the wooded areas. The race is open to runners, hikers and walkers.

All participants can treasure hunt for prizes on the course, as well as be eligible for GREAT

raffle prizes following the race. Awesome awards for runners who place in numerous categories. If you're anxiously awaiting ski season, this is the race for you! Grab your friends and take advantage of this great value. Learn more at: goremountain.com.

On Saturday, October 8, celebrate the 10th anniversary of the **Falling Leaves 5K & Kids' Run** at William Kelley Park in Ballston Spa. Runners and walkers can enjoy the scenic course within the historic village of Ballston Spa. Participants can win generous gift certificates to local businesses including restaurants, Fleet Feet Sports and more. The first 200 to register receive a long-sleeve tech shirt.

A free kids' fun run will be held after the 5K with each participant receiving a ribbon. This race benefits the Vet HELP program, earmarked for the Vet House and Guardian House for male and female homeless veterans. For more info, visit: ballstonspaumchurch.org.

While students are back at school, help "race away" the stigma that surrounds mental illness at the eighth annual **Race Away Stigma 5K Race & Walk** on Sunday, October 9 at Hudson Valley Community College in Troy. Mental health issues will affect more than one in every five Americans this year. The college years are the most common ages for mental health concerns to arise. Depression, anxiety, and other concerns are increasingly common among students in the US. HVCC's Project Aware and the Equinox Insight Program recognize that the stigma associated with mental health can prevent students from seeking the help they need.

Starting at the Student Pavilion, runners will start at the campus, run through the adjacent tree-lined neighborhood, and finish back on campus. It's a fast, flat course that's perfect for runners seeking a PR or for walkers of all speeds. Learn more at: hvcc. edu/cct/race.

As it gets closer to Halloween, look for pumpkins at the 16th annual **Great Pumpkin Challenge 5K & 10K** on Saturday, October 15 at the Saratoga Spa State Park in Saratoga Springs. It's a fast, flat, paved course within the park for both the 5K and 10K (with a few gentle hills in the 10K), which start simultaneously at the Columbia Pavilion. A kids' fun run follows.

Great Pumpkin caps out at 2,000 registrants and it sells out, so register early! Sign up by October 1 to receive a long-sleeve wicking shirt and a free raffle ticket for great



prizes. Shuttles from the SPAC and Peerless Pool parking lots are available due to limited parking near the start. Post-race awards, refreshments and a kids' costume contest finish out a fun morning of community running. Race proceeds benefit Saratoga Bridges. To register, check out: saratogabridges.org.

For frightening 5K family fun, join the third annual **Running SCCCared 5K Fright Run/Walk** on October 15 at The Crossings in Colonie. Everyone is urged to come in costume, the scarier the better, and there will be plenty of monsters on the course to help you run even faster.

The event benefits St. Catherine's Center for Children, an organization that provides services for at-risk children and families. There's also a free one-mile walk for children 12 an under, held an hour before the 5K. Afterwards, there's plenty of snacks and children's activities. Visit st-cath.org.

Relive your high school or college cross country running days at the **Saratoga Cross Country Classic 5K** on Sunday, October 30. Or, if you've never run in these meets, this is your chance to race on the same classic course. The historic Saratoga Spa State Park is the site of several championships and invitational meets. The XC Classic is open to all levels of runners and walkers. The 5K starts and finishes on the wide grassy area near the Spa Little Theater and Hall of Springs.

This cross country course combines flat and hilly terrain on open and wooded trails with sections of grass, gravel and dirt. It's a great way to mix up your asphalt training on a softer surface. In addition, there's the 2K and 3K Development Races, open to all youth runners – and this year there's a kids' fun giveaway! Preceding the 5K and kids races is the USATF Adirondack 5K Race Walk Championship (on roads) at 8am. Watch new and experienced race walkers in action, or sign up as the race walk is open to all. For more info, visit: saratogaxcclassic.com.

The Hairy Gorilla Half Marathon and Squirrelly Six Miler is on October 30 at Thacher State Park in Voorheesville. Created in 2005, the HGH and SS feature giant gorillas and squirrels chasing after you, cardboard graveyards that might have your name, a chainsaw-wielding maniac in the midst, and plenty of other unique encounters. Sections of the course are decorated in the spirit of Halloween. Participants are encouraged to wear costumes or silly outfits to get into the spirit.

ARE Events Productions' post-race party includes a pumpkin carving contest, potluck picnic and barbeque. Both distances are trail races held nearly 1,000 feet above Albany on the Helderberg Escarpment at the state park. Parts of the course can be wet and some trail sections have rocks, roots and other obstacles. The views are breathtaking and the course offers a variety of terrain. For details, go to hairygorillahalf.com.

South of Albany, also consider doing the fifth annual *Run for Readers 5K Run/Walk* on October 1 at Scott Ellis Elementary School in Greenville, and the fourth annual *"Chopping Down Cancer" Veeder Tree Farm 5K Run/Walk* on October 16 in Earlton. Make the most of the fall running season!



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AROUND THE REGION

New York State of Mountain Biking

ALBANY - New York offers residents and visitors numerous and varied cycling opportunities. From mountain biking in the Catskills and Adirondacks, to riding along an old forest road in Camp Santanoni Historic Area, to the paved bike path along the Erie Canal - there's something for everyone. On DEC lands riding is allowed on all multiple use trails, roads open to public motorized vehicles, and other trails designated for biking. So whether you are seeking gentle off-road riding or challenging singletrack, we have it.

Double-Track - New York's extensive network of dirt roads, old forest roads and former railroad beds might be just what you are looking for. Here is a sample of DEC properties with mountain biking: Camp Santanoni Historic Area; Moose River Plains Wild Forest; Bloomingdale Bog Trail on Saranac Lakes Wild Forest; Stewart State Forest; and Kushagua Tract Conservation Easement Lands. For more info on these areas, see the links on DEC's website.

Singletrack - DEC is actively working to increase the riding opportunities on its lands. Through volunteer stewardship agreements with local mountain bike clubs, singletrack trails are developed and maintained for all abilities and styles of riding. Here is a sample of DEC singletrack opportunities: Long Island – Peconic Headwaters Natural Resource Management Area and Rocky Point Pine Barrens State Forest: Lower Hudson Valley - Stewart State Forest and Bluestone Wild Forest: Capital Region/Northern Catskills - Elm Ridge Wild Forest and Pittstown State Forest; Eastern Adirondacks/ Lake Champlain - Moose River Plains Wild Forest, Wilmington Wild Forest and Whiteface Mountain Ski Area; Western Adirondacks/Upper Mohawk Valley/Eastern Lake Ontario - Downerville State Forest and Winona State Forest; Central New York - Bear Swamp State Forest, Oakley Corners State

Forest, Hammond Hill State Forest and Shindagin Hollow State Forest; Western New York - Rock City/McCarty Hill State Forests and Golden Hill State Forest. To explore these and other lands across the state, visit DEC's places to go page: dec.ny.gov/outdoor/82098.html. For trail etiquette, always follow the International Mountain Bicycling Association's "Rules of the Trail" at: imba.com/about/rules-trail. In summary: ride open trails, leave no trace, control your bicycle, yield appropriately, never scare animals, plan ahead, and prevent the spread of invasive species. For additional info on outdoor safety, visit: dec.ny.gov/outdoor/28708.html. 🔺

NYS Trails Council Seeking Representative

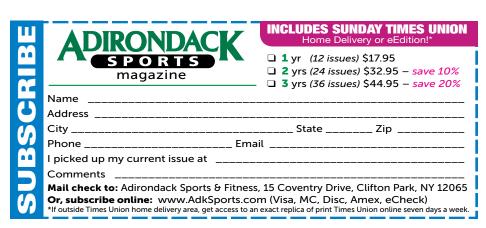
ALBANY - The NYS Trails Council is seeking a representative interested in hiking, running, snowshoeing and cross country skiing. The trails council was formed to allow citizen input for trail planning purposes. The council currently consists of delegates representing 13 trail activities, including all-terrain vehicles, fourwheel drive vehicles, hiking, equine trail interests. Nordic skiing, on- and off-road bicvcling. running, snowmobiling, snowshoeing, motorbike trail riding, universal access and water trails. The representatives for each of these user groups are trail users who do not represent commercial interests.

The NYS Office of Parks, Recreation and Historic Preservation, NYS DEC, Canal Corp., NYS DOT, Hudson River Greenway, NYS Senate and Assembly, Federal Highway Administration, National Park Service, and Parks & Trails New York also have representatives to the council.

These reps do not have voting privileges but serve as advisors by participating in discussions and raising issues for the council to consider. The trails council is provided with technical assistance and support through the OPRHP and DEC. For more info. go to: nvsparks.com/ recreation/trails/trails-council.aspx or contact Carol Schmelz at cs4trails@gmail.com.

ADA Tour de Cure: Thanks for a Great Ride

SARATOGA SPRINGS - The American Diabetes Association would like to thank the riders, volunteers and sponsors for being part of the 2016 Saratoga Springs Tour de Cure. With everyone's help ADA has raised more than \$820,000 to stop diabetes. Tour de Cure 2017 is on Sunday. June 4 in Saratoga Springs. Registration is now open at diabetes.org/saratoga. 🔺





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ISSUE #189

AdkSports.com Facebook.com/AdirondackSports

Publisher/Managing Editor: Darryl Caron Editor: Mona Caron Art Director: Karen Chapman Contributing Writers: Dave Beals, Christine Bishop, Jennifer Ferriss, Bill Ingersoll, Rich Macha

- Contributing Photographers: Christine Bishop, Allison Bradley, Jen Harvey,
- Bill Ingersoll, Rich Macha, Bill Meehan, Neil Sergott, Bob Vandermindin Jr. Circulation: Alan Blond, Sheela Kulkarni,
- Sudhir Kulkarni, Lindsay Waters

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FROM THE PUBLISHER & EDITOR

Summer's Not Ove<mark>r</mark>

September is a new beginning – the kids may be back in school, new work routines, and gradually shorter days. Late summer and fall are also good times to review your goals for the year. With just over three months left in the year, are you on track to accomplish your health, fitness or race goals? It's not too late!

We hope this issue inspires you to keep up the good work or find something new that interests you. So enjoy the hiking, running, biking, paddling and triathlon coverage, athlete profile story and calendar of events. And, let's not forget the - way too many to count – RACE RESULTS! Whether you're an elite athlete, weekend warrior or anything in between, we



hope you see your name in there, or those of friends, coworkers and family members! Looking ahead, please save the date for our Adirondack Sports Winter Expo on Saturday and Sunday, November 19-20 at the City Center in Saratoga Springs. We're bringing it back for sports, health, fitness and travel enthusiasts. Whether you recreate outdoors or train indoors, it's your guide for what to do from December to March! We'll have 125 exhibitors, many prizes, activities, info gathering and great sales something for everyone!

Please remember to support our advertisers and tell them where you saw their ad. Their support brings this magazine to you! Happy September and we'll see you out there!



5K Race Reps at Athleta on Sept. 18

ALBANY - A dozen Capital Region 5K races will be at the Athleta store at Crossgates Mall from 11am-2pm on Sunday, Sept. 18. Attendees will have a chance to register for a variety of races that are scheduled from late September to the end of the year, plus learn more about the non-profits organizations the races support - and snack on healthy treats.

Running coaches will be present to answer any questions you might have about running, walking and getting ready for fall events. A partial list of races includes: Girls on the Run Capital Region 5K, Crossings 5K Challenge, Nick's Run to be Healed 5K, Running SCCCared Family 5K, and the Falling Leaves 5K. For more info, call Athleta's Danielle Broeker at (518) 452-2190.

DEC Approves Wilmington Wild Forest UMP Amendment

WILMINGTON - NYS DEC Commissioner Basil Seggos has approved the Wilmington Wild Forest Unit Management Plan Amendment. The amendment provides for rerouting some trails, developing 4.8 miles of new mountain biking trails, and constructing two additional parking lots.

Other provisions in the amended management plan include: Reroute and improvement to the Cooper Kill Trail, a multi-use trail classified as a class I (secondary) snowmobile trail to better protect natural resources; Reroute of the Marble Mountain hiking trail to better protect natural resources; Construction of 0.7-mile of accessible trails providing access to scenic areas; and

Improvements to existing parking areas.

The Wilmington Wild Forest consists of 16.900 acres of state forest preserve lands in towns of Wilmington, Jay, Saint Armand and Keene in Essex County and the town of Black Brook in Clinton County. There are currently more than 20 miles of mountain biking trails in the unit, making biking one of the more popular outdoor recreational activities in the area. The unit also offers numerous other recreational opportunities, including snowmobiling, fishing and hunting, cross-country skiing, hiking, camping, rock and ice climbing, and trapping. For details and maps, visit: dec.ny.gov/docs/ lands_forests_pdf/wwfdrftamend.pdf.



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News Briefs





Sept 18 - Kirkland Cyclocross Kirkland Town Park, Clinton Oct 8-9 - Uncle Sam Grand Prix Saturday is NYS Cross Championships Prospect Park,Troy Oct 30 - Wicked Creepy Cyclocross Willow Park, Bennington Nov 6 – Bethlehem Cup Cyclocross Elm Avenue Park, Bethlehem Nov 13 – Spa:Cx Saratoga Spa State Park, Saratoga Springs





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Calendar of Events September-November 2016*

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\square	SEPTEMBER 2016							OCTOBER 2016							NOVEMBER 2016						
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*Event have difference and electric to this trace																					

*Events beyond this range are advertisers in this issue

ALPINE SKIING NOVEMBER

- Warren Miller "Here There & Everywhere" Movie. 7pm. Tickets: 5&9 Alpine Sport Shop. Saratoga Middle School, Saratoga Springs
- 584-6290. alpinesportshop.com. Warren Miller "Here There & Everywhere" Movie. 7pm. Palace Theater, 11-12
- Albany, skinet.com. 17-20 Alpine Sports Shop Ski Festival. Alpine Sport Shop, Saratoga
- Springs. 584-6290. alpinesportshop.com. Warren Miller "Here There & Everywhere" Movie. 7:30pm. Lake Placid 19 Center for the Arts, Lake Placid. 523-2512. lakeplacidarts.org.
- 19-20 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs.
- 877-8788. addsports.com. Opening Day. Gore Mountain, North Creek. goremountain.com. Snow Sports Instructor Training Course. PSIA. Gore Mountain, 26-27 North Creek. goremountain.com.

BICYCLING: ROAD (PAVED)

- ONGOING
- All Clubs Day. Plaine & Son, Schenectady. New York Bicycle, Wed Schenectady. Broadway Bicycle, Albany. Collamer House, Malta. 346-1433. plaineandson.com.

SEPTEMBER

- 16-17 Rensselaerville Ride: From Hill to Hollow. Fri, 5pm: 3.5M time trial hill climb. Sat. 10am: 10M/24M & 9:30am: 44M/64M. Carev Institute for Global Good, Rensselaerville. 797-5100. careyinstitute.org.
- Adirondack 540. 136-544M. 8am. Alpine Inn, Wilmington. John Ceceri: 583-3708. adkultracycling.com. 16-18
- 17 Tour de Habitat. 10M 11am. 25M 10:30am. 50M 9am. 100M 7:30am.
- Druthers Brewery, Albany. Alicia D'Alessandro: 462-2993. habitatcd.org. 17
- Valerie Hoak: 800-344-4867. main.nationalmssociety.org. Brown's Brewing Covered Bridge Tour. 20, 30, 50M rides. 10am. Brown's 1
- Brewing, Hoosick Falls. 413-314-3478. greatamericancycling.com. 9th Lance Gregson 1-Eye Classic Ride & Picnic. Town Park/
- 18 Beach, Schroon Lake. 3M: 11am. 12M: 10:30am. 26M: 9:45am. 40M: 8:30am. 60M: 8am. 532-9479. schroonlakecycling.com. Schuylerville Rotary Bicycle Ride. 10-28M. Fort Hardy Park, 18
- 18 Montauk. majortaylorironriders.com. Cycle the Rensselaer Plateau, 45M, 9:30am, Miller Hill School, Averill 24
- 24
 - Park. Shari Gibbs: 928-8877. rensselaerplateau.org. Drops To Hops Road Race. 43M A Ride/25M B Ride. 10am. Brewery Ommegang, Cooperstown. clarksportscenter.com.
 - intermediate guided, historic rides. Riverfront Park, Troy. Andrew Lynn:

lountain, Road, Hybrid, Kids, BMX **REK • SPECIALIZED** EASTERN • STOLEN Expert Repair Work on All Brands Corner of Quaker Rd and Ridge Rd Queensbury

- 6th Columbia County Rotary Ride. 10M fun ride, 30M road ride, 62M gravel grinder ride. Volunteer's Park, Valatie. Steiner's Ski/Bike: 784-3663. bikereg.com.
- 1st Let It Shine Charity Ride. 35M & 10M. 10am. Tomhannock
- Bicycles, Pittstown. 867-1559. gabbyroccofoundation.org. Maple City Century Ride. 100M/62M/30M. Main Street, Honesdale, PA. 25
 - Zach Wentzel: 570-877-4434. maplecitycentury.com. Ride for Missing Children. 100M. Ride 2x2, police escort. UAlbany, Albany. rideformissingchildrengcd.com.

OCTOBER

- **End of Season Ride.** 11am. Tap takeover, live music. The Hub, Brant Lake. 494-4822. thehubadk.com.
- Tour of the Battenkill Fall Preview Ride. 68M. 10am. Greenwich. 413-314-3478. greatamericancycling.com. Tour de Vine. 20M w/catered lunch. 10:30am. Amorici Vineyard, 15
- Easton. 413-314-3478. greatamericancycling.com. Octoberfest 40K Bike & Half Marathon, 5K/10K. 9am. Post-race party, 15
- food, beer. Fire Dept, Peru. Ruth LaClair: 569-8566. runoctoberfest.com. Ghostly Gallop Rides. 10M/25M/50M. 8:30am. Hudson. ghostlygallop.info. 15
- Haunted Hundred Overnight Century. 100M. Schuylerville. 29-30 John Ceceri: 583-3708. adkultracycling.com.

NOVEMBER

- Rivers & Lakes Century. 100M. Schuylerville. John Ceceri: 583-3708. 13 adkultracycling.com.
- 19-20 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

BICYCLING: OFF-ROAD ONGOING

Cyclocross Practice: 8/15-10/24. Newbies welcome. Bethlehem Town Mon Park, Delmar. Dave Beals: davebeals@aol.com

SEPTEMBER

- 10-11 Rochester Cyclocross, Genesee Valley Park, Rochester,
- ellisoncyclocross.com. Hot August Nights Tuesday MTB Series #4. 6pm. Central Park, 13
- Schenectady. hrrtonline.com. Mountain Tire/Fat Tire Bike Benefit Ride. 8:30am-3pm. Pineridge XC Ski Area, East Poestenkill. 283-5509. pineridgexc.com. 17
- 17
- Stone Valley 50 Gravel Grinder. 50M race & 20M fondo. 9am. Green Mountain College, Poultney, VT. 802-468-7717. stonevalley50.com. 18
- Kirkland Cyclocross Race. NYCROSS Race Series. Kirkland Town Park, Clinton. nycross.com. "Poor Man's Downhill" Trail MTB Shuttle. 1-4pm. Up a 25
- Creek Restaurant, Wilmington. Leepoff Cycles: 576-9581. bikewilmingtonny.com.

OCTOBER

- 2 Oak Mountain's RAW Strava MTB Challenge. Oak, Speculator. 315-532-1782. oakmountainski.com
- Uncle Sam Cyclocross Grand Prix Race. NYCROSS Race Series. 8-9 Prospect Park, Troy. nycross.com.
- Dave Panella Memorial Cyclocross Race. 9:30am. Greene. 225-1847. 15 tiogavelo.com.
- CircumBurke MTB Challenge or Marathon Trail Run. 26M/52M. East Burke, VT. 802-505-0582. circumburke.org. 22
- 29 Erie 80 MTB Race. 50M/25M. 9am. Erie Depot, Port Jervis. discoverportjervis.com.
- 30 Wicked Creepy Cyclocross Race. NYCROSS Race Series. Willow Park, Bennington, VT. nycross.com.

NOVEMBER

- Bethlehem Cup Cyclocross Race. NYCROSS Race Series.
- Bethlehem (Elm Avenue) Town Park, Delmar. Spa:Cx Cyclocross Race. NYCROSS Race Series. Saratoga Spa S.P.,
- 13 Saratoga Springs. nycross.com.



6

- Bike M.S.: Hudson River Ramble. 10-100M. 8am. Birch Hill, Schodack.
- Schuylerville. 747-0168. bikereg.com. Montauk 120 Challenge. 120M. 6:30am. Prospect Park, Brooklyn to

- 24 Collar City Ramble Ride. 12pm. Explore Troy w/beginner &
 - 573-7947. collarcityramble.com.

New York's most fun cross series!



Crossstock Festival. 7am. 1528 Hermance Rd, Galway. hrrtonline.com.

CROSS COUNTRY & ROLLER SKIING SEPTEMBER

10th NYSEF "Climb to the Castle" Rollerski Race. 5M, 8% grade. 8am. 18 Freestyle technique. Whiteface Memorial Hwy, Wilmington. 946-7001. nysef.org

NOVEMBER

19-20 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

- **HEALTH & FITNESS** ONGOING
- Daily Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness. 6wk Sessions: 9/12-10/22, 11/7-12/17, 1/2-2/11. M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am. M/W: 6:30pm. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Tue Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Fri Debbie Philp: 810-7871. truenorthyogaonline.com.
- Beginner Hatha Class. 11am. True North Yoga, Schroon Lake. Sat Debbie Philp: 810-7871. truenorthyogaonline.com.

SEPTEMBER

- Grand Opening. 5-8pm. See facility, meet trainers, get class 21 schedules, free classes, win prizes & try nutrition products. Power House Athletics, Albany. 209-4190. powerhouseathleticsny.com.
- 24 Saratoga Moves: Biking, running, hiking. 8:30-9:30am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 580-2450. saratogahospital.org.

HIKING & CLIMBING SEPTEMBER

- 16-17 Champlain Area Harvest Fest: Hamlet Hikes, Setting sun, harvest moon 3.5M hike: Fri, 5pm. Essex ferry to fairgrounds 13M hike: Sat, 9:45am. Celebrate local farms with food/drink, music, farmer's market, demos, film. Essex Co Fairgrounds, Westport.
- Shawangunk Ridge Trail Hike/Run. 70M, 30M, 13.1M, 50M. Binnewater 16-17 Parking Area, Rosendale, srtrunhike.com.
- Street & Nye Hikes. 9M. 8am. Adirondac Loj, Lake Placid. 19 ADK: 523-3441. adk.org.
- 7th Rensselaer Plateau Traverse Hike. 8am. Reg. by 9/23. Pineridge XC Ski 24-25 Area, East Poestenkill, Jim Bonesteel: 712-9211, rensselaernlateau.org
- Donaldson & Emmons Mtn Hikes. 14.6M. 7:30am. Coreys. ADK: 26 523-3441. adk.org.

OCTOBER

- Indoor Rock Climbing Ladies Night. The Crux, Champlain Valley 3 Climbing Center, Willsboro. Julia Backus: 963-4646. climbthecrux.com.
- Seymour Mtn Hike, 14.4M. 7:30am. Coreys Road, Coreys. ADK: 8 523-3441. adk.org.
- Street & Nye Hikes, 9M, 8am, Adirondac Loi, Lake Placid, ADK: 10 523-3441. adk.org

NOVEMBER

19-20 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.

- **MULTISPORT: TRIATHLON & DUATHLON** SEPTEMBER
- 3rd Super TvAthlon Sprint Triathlon. .25M swim, 10.1M bike, 3M run. 17 7am. Lake Mahopac, Mahopac. fasttracktiming.com
- 40th Josh Billings RunAground Triathlon. 27M bike, 5M paddle, 18 6M run. Great Barrington to Tanglewood, Lenox, MA. Patty Spector: 413-344-7919. joshbillings.com.
- Mighty Hamptons Olympic Triathlon. 1.5K swim, 24M bike, 10K run. 18 6:40am. Foster Memorial Beach, Sag Harbor. eventpowerli.com.
- 18 Summer's Not Done Aqua Run, Relay & 3M Run. Tobay Beach, Massapequa. 516-349-7646. glirc.org. 25
- Westchester Triathlon & Aquabike. Tri: 1500m swim, 25M bike, 10K run. Aquabike: 1500m swim, 25M bike. Rye Town Park, Rye. westchestertriathlon.org.

OCTOBER

- 2 Mighty Man Montauk Triathlon, Half & Olympic. 6:30am. Fort Pond, Montauk. eventpowerli.com.
- 4th Glens Falls Lions Club Duathlon, 5K run, 30K bike, 5K run, 9 9am. SUNY Adirondack, Queensbury. glensfallslions.org.
- 14th Mohawk Towpath Byway Duathlon. 2M run, 17M bike, 16 2M run. 8:30am. Riverview Orchards, Rexford (Clifton Park). mohawktowpath.org.
- Central Park Duathlon. 2M run, 12M bike, 2M run. Loeb Boat House, 23 Central Park, New York. 845-247-0271. nytc.org.

NOVEMBER

13 Brooklyn Fall Duathlons & 10K Run. Prospect Park, Brooklyn. citytri.com.

OTHER EVENTS & SWIMMING SEPTEMBER

- 16-18 Teddy Roosevelt Weekend. Celebrating TR's 1901 High Peaks to White House journey with many events. Newcomb. Schedule: discovernewcomb.com
- 17-18 23rd Inlet Fall Festival. Sat: 10am-5pm. Sun: 10am-4pm. 50 craft/ food vendors, activities, raffles, music. Free. Fern Park, Inlet. 315-357-5501. inletny.com.
- 17-18 Lake George Marathon Swim. 32M. Sat: 3pm. Solo/teams. Lake George, Ticonderoga to Lake George Village. Bob Singer: 791-1295. lakegeorgeswim.com.
- Naturefest. Crafts, activities, tours. Moreau Lake S.P., Gansevoort. 17 793-0511. friendsofmoreaulake.org. Albany History Race. 1pm. "Amazing Race"-style team scavenger hunt
- 24 by car around the city, ending at McGeary's Pub. Albany Public Library, Albany. 427-4376. albanypubliclibrary.org.

OCTOBER

- 10-11 Gore Harvest Fest. 10am-4pm. Free. Live entertainment, fall food/ drink, scenic gondola sky rides, downhill mountain biking, climbing wall, bungee trampoline, Adirondack vendors, kids' activities, helicopter rides & lift ticket deals. Gore Mountain, North Creek. 251-2411. goremountain.com.
- 15-16, 22-23 West Fall Festival. Sat: 12-10pm; Sun: 12-9pm. West Mountain, Queensbury. 636-3699. westmtn.net.

PADDLING & ROWING ONGOING

Canoe Time Trials: 5/4-9/21. 6pm. Canoe, kayak, SUP, sculls. Aqueduct Park, Niskayuna. Northern New York Paddlers. Alec Davis: 321-6820.

SEPTEMBER

34th Adirondack Canoe Classic: The 90-Miler. Old Forge to Saranac



Riverview Orchards 660 Riverview Rd, Rexford

2M run, 17M bike, 2M run Sunday, October 16 • 8:30am Open to individuals & 2-person teams

Register: mohawktowpath.org USAT sanctioned • T-shirt to first 100 Giffy's Barbeque included Benefits Mohawk Towpath Scenic Byway

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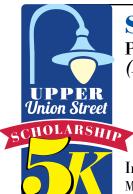
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9-11 Lake. macscanoe.com. **Ron Houser. C. Ped.**

Wed





Saturday, Sept. 17, 8:30am Parking lot on Woodland Ave, Schenectady (Between Union Street and Eastern Parkway)

USATF certified course in tree-lined neighborhood with Central Park loop Packet Pickup/Registration: 7-8am

Info & Register: **www.UpperUnionStreet.com** Maureen Gebert 518-730-6896 or maureen.gebert@gmail.com

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SEPTEMBER 2016 9

Sunday, October 30th

USATF Adirondack Presents

Saratoga

Cross Country

Classic

Saratoga Spa State Park Saratoga Springs, NY

5k Cross Country Race – 10am

Open to ALL runners & walkers!

Individual and team competition

USATF Adirondack 5k XC Championship

Kids' 2k and 3k Developmental

Cross Country Runs – 9am

USATF Adirondack 5k Race Walk

Championship – 8am

Walk info: (518) 577-1333 or walk2agoal@gmail.com T-shirt for first 300 entrants in the 5k & Race Walk

Kids' Fun Giveaway for all 2k & 3k entrants Info: (518) 273-5552 or pjglove@aol.com

Register Online! saratogaxcclassic.com





30



- 2 18th Nicole Fleury Memorial 5K Walk/Run. 9:30am. SUNY Canton, Canton. 315-386-7015. canton.edu. Battenkill River Duck Run. 12K/5K/1K Fun Run. 9am. Covered Bridge,
- 4 West Arlington, VT. 802-375-6039. bkvr.net. 10th Falling Leaves 5K & Kids' Fun Run. 5K run/walk: 10am. Free 8
- kids' 0.5M fun run: 10:45am. William Kelley Park, Ballston Spa. Stan Lockwood: 885-1552. ballstonspaumchurch.org. 6th Rhino Run 5K. 9:30am. Loudonville. Lori Murray: 783-7486.
- 8
- Zombie Run 5K. 10am. Great Escape, Queensbury. active.com. Fit For Duty 5K Run/Walk. 9am. New Greenwich Fire House. 8
- Greenwich. active.com.
- 2nd Wounded Warrior Outdoor Adventure Run. 9am. Clarkson 8
- University, Potsdam. Amanda Hitterman: 315-268-7709. clarkson.edu. 8 Run for Babies 5K. 9:45am. Stewart Airport, New Windsor. Kristi Greco 845-781-6131, marchofdimes.org.
- 8th Race Away Stigma 5K Race & Fun Walk. 10am. HVCC Pavilion, Troy. Larry Ellis: 629-7175. hvcc.edu/cct/race. 34th Mohawk Hudson River Marathon & Hannaford
- Half Marathon. 8am. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. Sat, 8/8, 10am-6pm: Expo/Packet Pickup. mohawkhudsonmarathon.com.
- 33rd Newburgh-Beacon Bridge Run. 5M. 11am. St. Patrick's School, 9 Newburgh to Riverside Park, Beacon. 845-325-7537. mhrrc.org.
- Piermont Smiles for Myeloma 5K. 8:30am. Roundhouse Road, 9 Piermont. mhrrc.org. 9
- Trek for Hope. 5K Road/Trail. 9:30am. Veterans Park, Granville. Peter O'Brien: 321-9640. thehayneshouseofhope.org. Monroe Dunbar Brook Trail Races. 2M/10.5M. 10am. Monroe S.F., 9
- Monroe, MA, runwmac.com. 46th Green Mountain Marathon & Half Marathon. 8:30am. Folsom 9
- School, South Hero, VT. gmaa.net. 3rd Running SCCCared 5K Family Fright Run/Walk. 10:30am. 1M 15
- Kids Walk: 9:30am. The Crossings, Colonie. 453-6756. st-cath.org. 16th Great Pumpkin Challenge. 5K & 10K run/walk: 9:30am. 15 Kids' 1M Fun Run: after races. Columbia Pavilion, Saratoga Spa S.P.,
- Saratoga Springs, 587-0723, saratogabridges.org, Jean Forti Run for Education 5K & Kids Fun Run. 1pm. Thompson's 15
- Lake Campground, East Berne. zippyreg.com. Octoberfest Half Marathon, 5K/10K & 40K Bike. 9am. Peru Fire Dept., 15 Peru. Ruth LaClair: 569-8566. runoctoberfest.com. Stewart's Spud Run. 5K: 9am. 1M: 9am. Hartford Central School,
- 15 Hartford. Phil Jessen: 632-5922. cnyrunning.com. 5th "Chopping Down Cancer" Veeder Tree Farm 5K Run. 10am.
- 16 Veeder Tree Farm, Earlton. Mike Veeder: 857-3948. active.com. 16
- Ghostly Gallop 5K & 1M Fun Run & Bike Rides. 11:30am. Hudson H.S., Hudson. ghostltgallop.info. 16 Billy Goat XC Trail Run 5K & Kids' Run. 10am. Baird Park, Pleasant
- Valley. mhrrc.org. RunDead 5K Trail & Color Run. 10am. Special Olympics NY. Saratoga 23
- Spa S.P., Saratoga Springs. facebook.com/therunead. Wandering Witch Trail Races. 5K & 10K. 9:30am. Christ the King 23
- Conference Center, Greenwich. 692-2801. bkvr.net. Yonkers Marathon, Half Marathon & 5K. 8am. Yonkers. 23 theyonkersmarathon.com.
- Troy YMCA 5K Run, 3K Walk & Kids' Fun Run. 9am. Troy Family 29 YMCA, Troy. cdymca.org.
- Pumpkin Brigade 5K. 10am. Johnsonville F.D., Johnsonville. 29 Courtney Reiter: 753-4843. 5kpumpkinbrigade.weebly.com.
- Monster Scramble 5K, 10K & Trick or Treat Mile. 10am. Oakwood Cemetery, Troy. Kyla Manny: 464-0910. nationalmssociety.org. 29
- Tina Shaina Gambino Memorial Foundation 5K Run/Walk. 9am. 29 Pleasantville H.S., Pleasantville. tinagambino.org. Saratoga Cross Country Classic. 5K Open/Masters XC Run:
- 30 10am. 2K/3K Kids' Development Run: 9am. 5K Race Walk: 8am. Saratoga Spa S.P., Saratoga Springs. Patrick Glover: 273-5552. saratogaxclassic.com. Hairy Gorilla Half Marathon & Squirrelly Six Mile. 9:30am.
- 30
- Thacher S.P., Voorheesville. hairygorillahalf.com. Niagara Falls International Marathon, Half, 5K & 10K. Buffalo. 30
- niagarafallsmarathon.com.

Marine Corp Marathon. 26.2M. Arlington, VA/Washington DC. marinemarathon.com

NOVEMBER

- 5 5th Saratoga County Revolutionary Run for Veterans 5K. 10am. Kids' Fun Run: after race. Fort Hardy Park, Schuylerville. 884-4115. finishright.com
- 5 Harvest Run. 8M. 10am. Red Hook Rec Park, Red Hook
- 445-242-3479. onteorarunners.org. 16th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainium, Rock Hill. Tom Manza: 845-699-1034. sullivanstriders.org. 5 10th Fall Back 5 Trail Race. 5M on varied paths. 10am. Admin 6
- Building, Saratoga Spa S.P., Saratoga Springs. saratogastryders.org. New York City Marathon. 26.2M. New York, New York. nyrr.org.
- 9th Shenendehowa Veterans Day Dash 5K Run/Walk. 10am. Kids' Fun Run: 9am. Shen H.S. Track, Clifton Park. shenrunners.com. 11
- Rogers Rangers Ramble Run. 5K. 11am. Ticonderoga Golf Course, 12 Ticonderoga. lachute.us.
- 41st Stockade-athon 15K Road Race. 8:30am. Kids' 1M Run, City 13 Hall: 11am. Veterans Park, Schenectady. Vince Juliano: 859-1052. stockadeathon.com.
- Eagle Challenge 5K. 10am. Burden Lake Country Club, Averill Park. 13 racetoeagle.com.
- The Burn Run. 5K: 9am. 10K: 10am. East Syracuse Fire Dept, East 13 Syracuse. theburnrun.org.
- 18-19 4th 24-Hour Fight Against Hunger. 1M loops. Fri: 3pm. Prizes, giveaways. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.
- 19 Girls on the Run 5K. 10am. Corning Preserve, Albany. 635-0828. gotrcr.org. 19
- Turkey Raffle Run. 1M loops. 9am. Roosevelt Bath Lot, Saratoga Spa S.P., Saratoga Springs. saratogastryders.org. Frostbite 5K Run/Walk. Mayfield H.S., Mayfield. mayfieldcsd.org.
- 19-20 6th Adirondack Sports Winter Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 877-8788. adksports.com.
- HMRRC Turkey Raffle Run 1 Hour Run. 10am. Tawasentha Park, Guilderland. Jon Rocco: 489-1040. hmrrc.com. 20
- 69th Troy Turkey Trot. 10K: 8am. Grade School Mile: 9:30am. 1M 24 Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. troyturkeytrot.com.
- 15th Christopher Dailey Turkey Trot. 5K Run/Walk. 8:30am. Hilton. 24 Saratoga Springs. 581-1328. christopherdaileyfoundation.com.
- 14th Cardiac Classic 5K. 9am. 2M Wellness Walk: 8am, Duck 24 Pond 1M Fun Run: 10am. Central Park. Schenectady. 243.4600. ellismedicine.org.
- 24 7th Our Towne Turkey Trot. 5K. Bethlehem M.S., Delmar. John Guastella: 598-3434. ourtownebethlehem.com.
- 5th St George's Turkey Trot. 5K Family Run/Walk: 8am. Kids' Fun 24 Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgesschoolcp.org.
- 24 21st Running of the Turkeys. 5K Run/Walk. 9am. 1K Kids' Fun Run:
- 9:30am. Fisher ES, Arlington, VT. bkvr.net.
- 52nd Cohoes Turkey Trot. 9am. City Hall, Cohoes. 233-2121. ci.cohoes.ny.us. 24 6th James Hinchliffe 5K Run/Walk for ALS. 5K. 8:30am. Civic Center.
- 24 Glens Falls. Dannica Campbell: 480-3186. jphals5k.com.
- 24 Turkey Trot. 25K/5M/Kids1M/2M run. Arlington H.S., Poughkeepsie. mhrrc.com.
- Watertown Family YMCA Turkey Day Run. 10am. Watertown. 24 watertownymca.org. Thanks4giving Run 5K Run/Walk. 9am. Shuttleworth Park, Amsterdam.
- 24 Robin Sise: 843-7127. amsterdamrunforcharity@gmail.com. Canajoharie Turkey Trot. 5K. 9am. Canajoharie H.S., Canajoharie.
- 24 9th Run Off That Turkey Trot 5K. 9am. Altamont E.S., Altamont. 26 Phil Carducci: 861-6350, active.com.

Bold listing = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.



Upcoming ARE Event Productions Events Hairy Gorilla Half Marathon Best Costume Trail Race in America gister (Runner's World "The Trail" magazine, April 2012) Sunday, October 30 NOW! Thacher State Park– HairyGorillaHalf.com Race Timing, Logistics, and Entertainment www.AREEP.com

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

4TH ANNUAL "Chopping Down Cancer" VEEDER TREE FARM 5K Sunday, Oct 16 at 10am 1235 High Hill Rd in Earlton

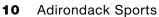
lust 25 miles south of Albany • Walkers welcome Finisher medal, bonfire, smores, tailgating, music! Discounts on Christmas trees for competitors \$20 preregistration or \$50 family of four 100% proceeds to Leukemia & Lymphoma Society in memory of Skip Veed

Register: Active.com nfo: Mike (518) 857-3948 • mveeder@kooltemp.cor

Shenendehowa Veterans Day Dash 5K RUN/WALK Friday, Nov 11 • 10am

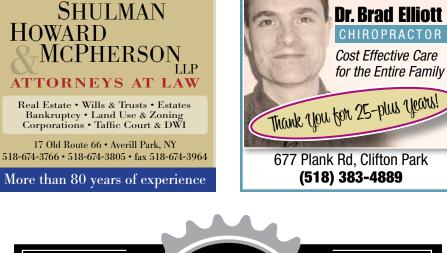
Flat/fast course • T-shirts to first 350 runners Open to all runners & walkers • USATF sanctioned Veterans run free • Kids' Fun Run: 9am Prizes to top M/F, top M/F vets & age groups

Register & Entry Form: ShenRunners.com Partial proceeds to STRIDE Adaptive Sports, Shen Track Booster Club & Clifton Park Track Club











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Let It Shine Charity Ride

Benefiting the Gabby Rocco Let It Shine Foundation





REGISTRATION Go to BikeReg.com to register. Adults \$35/ Youth \$20. Online closes 9/23.



10 & 35 MILES Ride along the rolling back country roads taking in the beautiful fall foliage.



RIDE SUPPORT Pre-ride tune-up tent, two water stations and SAG wagon.

September 25, 2016 @ 10am

Scenic fall ride through Rensselaer County's countryside. Two distances to appeal to riders of all abilities. All proceeds will benefit the Gabby Rocco Let It Shine Foundation, a 501 (c)(3) non-profit with the mission to support families grieving the loss of a child.

The 35 mile course offers avid cyclists a challenge with both distance and rolling terrain. The 10 mile loop is great for recreational riders and families to enjoy. Both courses start and finish at our sponsor Tomhannock Bicycles 3149 State Rte. 7, Johnsonville, NY.





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yclocross was once described as being on the fringe of the fringe sport of cycling. That is, few people knew exactly what the sport was and even fewer actually engaged in it.

Also known as CX, cyclocross was a sport that was hugely popular in Europe, and still is, yet had no visibility here in the United States. That has certainly changed in the past couple of decades. USA Cycling, the licensing organization for bicycle racing here, records this growth in the number of cyclocross racer days, or the number of races that a licensed racer competed in a year. In 2005, USAC reported 31,828 CX racer days nationwide. Just 10 years later in 2015, USAC reported 131,042 racer days, representing a more than fourfold increase.

In the New York and New England regions, CX has seen a similar rate of growth. In fact, the Northeast has become a real hot bed of CX talent, with many cyclists from our region racing at the highest levels of international competition, and races in our region are drawing professionals from Europe and beyond.

One of the reasons for this explosive growth is the attraction of the sport to young people. Youngsters from age nine to 18 can participate in the sport at many local race venues. These races are typically held in a local park or on the grounds of a school. The courses are closed, meaning that there are no cars or other vehicles allowed. Junior racers race against other youngsters their same age, so they will not be on the same course as elite adult racers. Parents can be close to the action and watch their children race in a relatively safe environment.

Don't get me wrong, cyclocross racing is hard. The racing is fast, challenging, tough at times, sometimes muddy, sometimes hilly, but that is usually what kids thrive on and it keeps them coming back for more. Race courses sanctioned by USAC must follow certain guidelines in their design, they are inspected by USAC officials, and safety for the racers is key. Some race venues may have a shortened course for the youngest of age group races to minimize risk of crashes and to allow the juniors to get the most out their race.

A great way for any young person or adult to get started in cyclocross is to attend a local clinic. There you will learn the basics on navigating a typical race course, including mounts and dismounts, running over barriers – with the bike, of course – and running hills. There are several local groups that provide instruction. One great example that caters to juniors, is the HRRT cyclocross clinic held in the Schenectady area every week beginning in September. Check hrrtonline. com for details for the current schedule. If that schedule or location is not convenient, check this magazine's Calendar of Events or ask at your local bike shop.



If you want to race, the NYCROSS Race Series is a great series of local events that are conducive to junior racing. There are several junior race categories with reduced entry fees. The races are USAC sanctioned, well organized, the categories are not huge, and you won't get pulled from the race if you are off the back or you get lapped. The competition is still pretty serious though as racers vie for prize money, merchandise, or more importantly, series points that are tallied for places all the way from first place to simply finishing. This popular local series, consisting of six races this year, are all within a short drive of the greater Capital Region, and provide a great opportunity to race against others of similar age or expertise.

Each race follows a standard schedule of races and a standard set of race categories. There are races for several age groups as well as men, women, and junior categories. The closely watched series points are tallied from all the races within the series, and can be tracked for all who enter at crossresults. com. Details can be found at nycross.com and folks can register at bikereg.com, search for NYCROSS.

The first race in the NYCROSS Race Series is the **Kirkland Cyclocross** race held at the Kirkland Town Park in Clinton (near Utica) on Sunday, September 18. This is a great race with a nice piece of sand landscape to traverse. Make sure you have your bike and your fitness finely-tuned for this race.

Saturday and Sunday, October 8-9 will be the **Uncle Sam Gran Prix** weekend of racing, the second and third race in the series. Saturday's race will be the *2016 New York State Cyclocross Championships*. The USGP is in its 11th year at historic Prospect Park on Congress Street in Troy. The urban park offers a great mix of grassy hills, park roads closed to traffic, and some challenging climbs every lap. The course has proven to be championship worthy. Covered pavilions, neutral bike support, food vendors, bathrooms, bike wash, and plenty of parking are provided. The championship races on Saturday will allow cross racers from all corners of the state to compete for the NYS Championship jersey in more than 20 race categories and age groups. For more details, contact race promoter Eric Schillinger at eric.k.schillinger@gmail.com.

On Sunday, October 30, the series moves across the border to nearby Bennington, Vt. for the **Wicked Creepy Cyclocross** race. This is one the nicest venues in the series with bucolic Vermont mountain views, a BMX track, food, hot coffee, and a couple of hills every lap for the racers. Halloween costumes are optional.

The **Bethlehem Cup** at Elm Avenue Park in Delmar moves up to race number five in the series on Sunday, November 6. This race boasts a killer run-up and leg busting hills, along with some fast flowing grassy sections. There will be free chili provided by many of the racers and racer's family and friends.

The final race in the NYCROSS Series this year is the **Saratoga Spa Cyclocross** race on Sunday, November 13. The race returns to the Columbia Pavilion in Saratoga Spa State Park in Saratoga Springs. There will be free kids' races with age divisions for those younger than five, between ages 6-7 and 8-10, you can't beat that!

Also notable here in New York is the **Rochester Cyclocross** weekend in Rochester, on September 9-11. On Friday, September 9, Jonathan Page, a four-time US National Champion will put on a CX skills clinic. Beginners and seasoned veterans alike can learn from one of USA's top ranked and most experienced cyclocross stars. On Saturday and Sunday, the Rochester Cyclocross races open up the 2016-17 UCI Cyclocross calendar here in the US. The



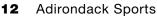


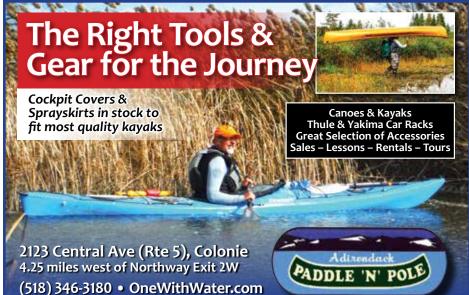
2015 NYCROSS UNCLE SAM GRAND PRIX RACE AT PROSPECT PARK IN TROY. CATEGORY 3/4 MEN RACE. UNDER 10 KIDS' RACE. CUB JUNIORS RACE. OPEN WOMEN RACE. PHOTOS BY JEN HARVEY

two internationally ranked races will attract the best racers from across the country and around the world. There are race categories for all ages, skill levels, amateurs and elites.

International cyclocross racing returns to NY again with the **Super Cross Cup** in Eisenhower Park in East Meadow on November 19-20. The Super Cross Cup also boasts UCI category races and will draw top CX talent from across the country. These are great events for the amateur racers as well, because they can race on the same course as the pros, and then get a chance to see some top notch racing later in the day. Bikereg. com is a great resource to find cyclocross races. See you at the races!

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





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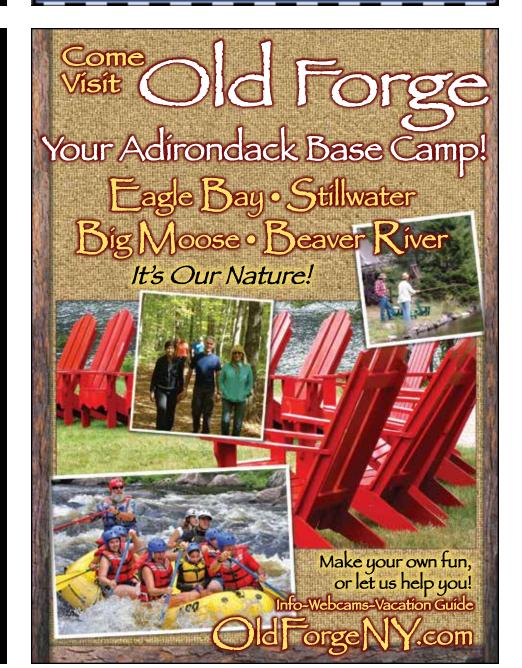
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KAYAKING, CANOEING & SUP

Speculator Area Paddling

MUD LAKE DID NOT LIVE UP TO ITS

By Rich Macha

he southern part of the Adirondacks doesn't seem to get as much publicity as areas further north, but you can still find plenty of wild waterways there to explore by canoe, kayak or paddleboard. The Village of Speculator sits at the northern junction of NY Routes 30 and 8, and offers all the amenities, just in case you have forgotten to bring lunch or need to top off the gas tank.

For many of us outdoorsy types September is our favorite time of year: biting bugs are usually gone, temperatures are comfortable, water is still relatively warm, and there are less motorboats out on the lakes. From the middle of September through early October we also have the colors of fall foliage to enhance the scenic splendor.

Sacandaga Lake Area

Located just west of Speculator, near Lake Pleasant, two-mile-long Sacandaga Lake presents us with a mix of public and private shoreline. Most of the south shore is private; Moffitt Beach Campground, a large NYSDEC camping area with 261 sites, occupies a large part of the northeast shoreline and the western and northern shores consist of undeveloped state land – part of the Jessup River Wild Forest. In season, non-campers pay a day use fee to get to the preferred launch spots at the campground. The lake sees a moderate amount of motorized use in summer but after Labor Day, and especially on weekdays, you will find things are a tad more peaceful.

A paddle around the perimeter of the lake can easily exceed the ten-mile mark, but many paddlers will find the inlets are wilder, and make for more interesting exploration. In mid-August, my buddy Steve and I launched our canoes at a gravel beach between campsites 247 and 248; there is also a boat launch at the campground, but starting there would have added over two windy miles to our trip. We soon passed between a private island and a forested point of land, then continued north into a good headwind.

After paddling about a mile, sandy beaches and piney shores could be seen to the west and east of the mouth of Burnt Place Brook. Entering the brook we paddled through beds of lily pads and pickerelweed – now nearing the end of its season, its purple flowers were starting to die off. However, the golf-ball sized flowers of buttonbush were ever prevalent around us. We had not gone far up the stream when our first-of-the-day beaver dam presented itself, this one was about two feet high. Lifting over or around beaver dams is an art in itself; on this brook we were to get out for five of them and to slide over eight more small ones.

We passed an empty osprey nest atop a dead tree and spooked a few wood ducks along the way; Pillsbury Mountain and its fire tower could often be seen in the distance. Burnt Place Brook meandered for 1.4 miles, getting narrower as we approached Mud Lake. Mud Lake seems to be inappropriately named. Its small size and the proliferation of lily pads on its surface suggest a name more like "Lily Pond." Much of the pond's shores are boggy or wet. We did, however, find some solid footing along the pond's southwest shoreline, where we found a small little-used campsite that was a good spot for a lunch break.

We were able to continue upstream on Burnt Place Brook another 0.4-mile, before it narrowed and got much shallower, so we turned around and headed back downstream. Back at Sacandaga Lake, we took a left and headed east past a primitive campsite with a large sandy beach. We soon found the mouth of Hatchery Brook and, unsurprisingly, a nice two-foot beaver dam to conquer. Continuing

PHOTOS BY RICH MACHA

upstream, we wound slowly through a wide open vly for another 0.6-mile, before turning around at a second beaver dam. Along the way we saw several great blue herons hunting at the edge of the marshy shores.

Back at Sacandaga Lake, we heard a distant loon call. Early in the morning a couple of loons had flown noisily past our campsite, but overall I would not call the lake a hotbed of loon activity. You can expect families of mallards to waddle through the campground looking for some tasty treats, and black bears have often been seen roaming the area this summer. **Kunjamuk River**

The Kunjamuk is a popular stream that is written up in several guidebooks and really does not need any extra publicity. It is most easily accessed at Kunjamuk Bay just a little bit east of "downtown" Speculator, where the Kunjamuk flows into the Sacandaga River. From the bay, the latter can be paddled 1.6 miles upstream to Lake Pleasant, and 1.5 miles downstream to the top of rapids – the scenery is excellent but road noise is to be expected due to the proximity of Route 30.

An upstream paddle on the Kunjamuk heads generally north. You do not travel far before a 2.5-foot beaver dam is encountered. After finding a way past, the road-noise is left behind and you can continue paddling on the river's curvy path for another 3.5 miles to Elm Lake. Expect at least one more beaver dam – probably more – along the way. There are a few rustic camps on the lake's east shore. Upstream of Elm Lake the stream gets smaller and beaver dams become more frequent, so most folks turn back at the lake.

The more adventurous paddler can tackle a scenic section of the Kunjamuk further upstream. From the four corners in Speculator, drive the Elm Lake Road for 5.2 miles, which turns to dirt en route, then bear right on the Long Level Road for 0.8 miles to a bridge over the Kunjamuk. From here you can paddle upstream for over three miles to an old

fish barrier dam that beavers are now helping to maintain. The river is up to 30 feet wide with some interesting backwaters – expect a dozen beaver dams along this stretch. Above the fish barrier dam there is a shallow 1.3-mile-long flow with many white pines lining the shoreline. On the flow I've seen otters, a beaver on top of its lodge, a northern harrier flying overhead, a gaggle of Canada geese, and lots of ducks.

Heading back downstream, mountains rise over a thousand feet above the valley. There are views of the cliffs on Big Pine Mountain and Dug and East mountains rise up to the southwest. I've gone a short distance below the Long







Level Bridge, but a log-jam and swift shallow water made it difficult to continue downstream.

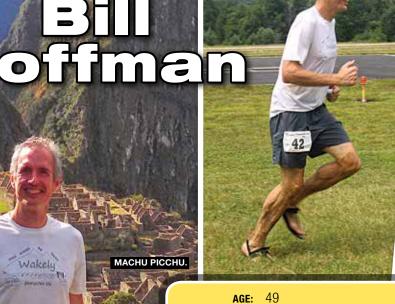
Wherever you decide to paddle in the Adirondacks, there is no doubt that the scenery will be awesome in late summer and early fall, so make plans to wet a blade or two now!

Rich Macha is owner of Adirondack Paddle 'N' Pole, a canoe/kayak specialty store in Colonie (onewithwater. com). When Rich is not helping customers or instructing, he is out there in a canoe or kayak testing the gear, and exploring the region's waters.

SEPTEMBER 2016



ATHLETE PROFILE



FAMILY: Wife, Naomi, and sons, Max (15) and Liam (12) **RESIDENCE:** Clifton Park **OCCUPATION:** CTO of Kitware in Clifton Park **PRIMARY SPORT:** Trail and Road Running

МАСНИ РІССНИ

SECONDARY Yoga and Hiking SPORTS:

By Jennifer Ferriss

Wakel

ill is not your stereotypical computer guy, as seen in his TEDx Talk, "From Couch to Ultra-Marathon," (youtube. com/watch?v=sOsaI8wfr8k), where he displays the image of the Jurassic Park hacker Dennis Nedry, an overweight, maniacal nerd behind the monitor. Or, maybe Bill is the modern computer guy. In true techie fashion, Bill requested a Google Hangout for our interview and with webcams it became clear to me that Bill takes his running and geek seriously. He aimed his webcam at his elevated desk and pointed to his feet resting on a balance board. Ultra-runner Dean Karnazes said "no sitting allowed!" and Bill agrees that keeping the legs moving is better than standing still all day.

Bill started his profession as a software developer in the 90s and by the end of the decade he helped start Kitware, a scientific computing company that provides open source software to a variety of academic and government institutions and private corporations worldwide. So how did a software developer become an ultra-runner? It all started with a book. An avid armchair adventurer; climbing Everest with Jon Krakauer, diving deep into stories of the sea with Robert Kurson, and profoundly inspired by Christopher McDougall's Born to Run and the Tarahumara Indians.

Let us take a step back in time a few years to summer school physical education class in Florida, trying to get credit for boogie boarding. Bill signed up with waves in his eyes, but the school liability insurance finally caught up with Daytona's program, and the beach program turned into a running program. Around three weeks into the class Bill developed acute Achilles tendonitis due

to his flat feet. His doctor told him flat footed people should not run. Years later on a trip to Alaska, Bill learned about orthotics and modern shoe design. The thought of running again became a possibility, but his knees hurt just walking around.

Fast forward to "Born to Run" and Barefoot Ted! On Barefoot Ted's website, (barefootted.com) he outlines three goals: 1) Master gentle, quiet, forefoot-centric landings, silent and smooth. 2) Quicken your cadence: Running in bare feet encourages this naturally. And, 3) Stable upright posture: balanced head, core engaged, unbent torso, the feeling of balance, relaxed, vet strong.

And so Bill's adventures in running began in 2010: from padded shoes, to Vibram FiveFingers to LUNA Sandals or no shoes at all; 5Ks to Boston Marathon to Wakely Ultra to JFK 50 and in August this year, dubbed "The most difficult marathon in the world" Bill set out to Peru to complete the Inca Trail Marathon.

Starting at an elevation of 8,650 feet, taller than Mount Washington the highest peak in the Northeast, and peaking at 13,800 feet at Dead Woman's Pass, training became a challenge. Most runners tend to train by distance, time and speed, but in order to train for this race Bill trained by elevation. At first he aimed for 10,000 feet of elevation each week and as training became more intense, 10,000 feet was a weekend goal. Having a second home in Wilmington helped, with Whiteface - the fifth tallest peak in New York rising to 4,865 feet – as a training run.

OFFMAN FAMILY IN PERU

2014 JFK 50 M

2015 WAKELY DAM ULTRA

Back in the Capital Region, Bill would tackle Moreau Lake State Park's 15K course or the Lake George region's Tongue, Buck and/or Sleeping Beauty - before heading into the office! As a warm up race, Bill completed the Wakely Dam Ultra - 32.6 miles on the Northville Placid Trail - just one week before leaving for Peru. He ran comfortably with an impressive time of 7:03:55.

Bill, Naomi, Max and Liam set out to Lima a day before the rest of the adventurers arrived. They were met by a guide and departed to Cusco, the ancient capital of the Inca Empire. They drank plenty of water and had little troubles acclimating to the 11,150' altitude. Over the next course of days, other participants arrived and the group went on tours of the ancient cities, and had daily runs. The day before the race, runners were transported by bus to the trailhead and hiked about 6.5 miles along the Urubamba River, to the camp site in Machu Picchu Sanctuary National Park.

At 2am the runners rose from their slumbers and ate breakfast. It had rained the night before and again during breakfast, but stopped shortly before the half-mile hike to the start, leaving an overcast sky. The racers hung out until exactly 4am when the race promptly began. Almost immediate-

ly, the top three racers were alone, Bill, Eduardo Sanchez Garcia of Spain, and Hiroshi Ando of Japan - with little to say to each other due to language differences. On the ascent to the first peak, the Milky Way was visible, as well as the mountain peaks they would climb later. The natural beauty and ancient marvels did not sway Bill from his race; the ruins would be there if he returned to walk the trail.

The terrain was a challenge. The first 11 miles were dirt but the rest was the rock path built by the Incas. "It was like running on an uneven cobblestone road," Bill claimed. As the mountains grew steep, and people were few and far between, Bill was humbled a few times during the race. The porters with their giant packs would pass him on the trail, only later would he notice that they were interval training; sprint for a while and then rest. Later after descending Dead Woman's Pass, Bill hit his low point. He was tired from the elevation and nodding off a little. Like other ultras Bill has run, he knew he needed to figure out how to get out of it. He got his head together, realized that altitude might be an issue, ate, dropped down to a lower elevation, and then was running again.

According to the race director of the Inca Trail Marathon, Devy Reinstein, everyone who participated in the adventure completed the challenge in one day. Bill not only completed the grueling 26.2 miles, but he came in third place overall with a time of 8:39:40. Naomi and his sons hiked approximately seven miles with 3K of elevation to the finish line. They enjoyed a later start to the day and hiked as quickly as the slowest person in the group - missing Bill's finish, but happy to join him at Machu Picchu a few hours later.

Bill's life as a runner has influenced his family to embrace a lifestyle change. Max runs for the Shenendehowa cross country team and Liam is starting the modified team this school year. The boys have run many 5Ks with Bill. Naomi ran the Marine Corps Marathon last year, and is training for the Mohawk Hudson River Marathon on October 9th. Bill has been by her side for some of the long runs and plans to pace her during the race. While Bill embraces a 99% plant-based diet, the rest of the family eats very little processed food, and consumes a healthy whole food organic diet. Ezekiel bread and chia seeds are a staple in the Hoffman's kitchen now.

What's next for Bill? He is hoping to run the Boston Marathon in the spring of 2017, achieving a qualifying time at the 2016 marathon. His first year running Boston was in 2013 and although it ended with the bombing tragedy, he likes to remember it as a day full of amazing spectators lining the streets for miles cheering him on. He ran that race in sandals and has since run two other marathons barefoot. Beyond Boston, the Leadville 100 could be his next big race. Clad in sandals or barefoot, Bill will train hard running the trails, eating a plant-based whole food diet and finding balance with yoga, work and family.

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs leads an active outdoor lifestyle. Most days she commutes to her librarian gig on her 1980s Japanese Bianchi, with a backpack that carries more than meets the eye. Always on the search for a new adventure, she will meet her match with endurance hikes in the region and her second trail marathon this November.

16 Adirondack Sports





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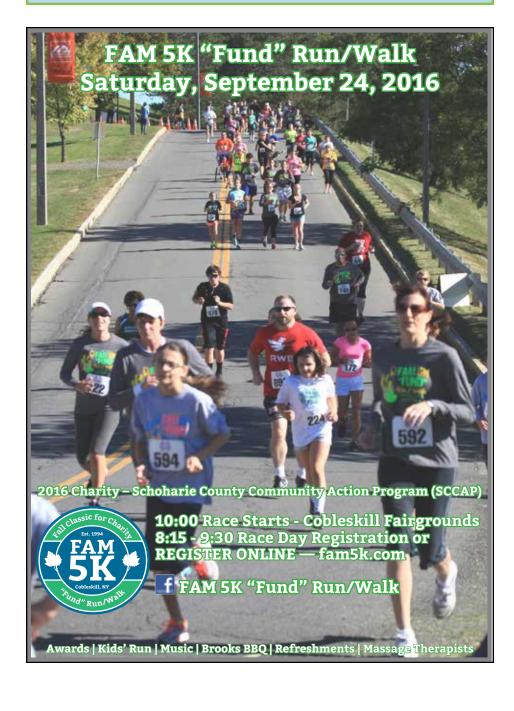
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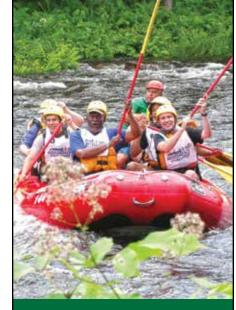
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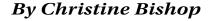
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n Sunday, October 9, two premiere running events, the Mohawk Hudson River Marathon and Hannaford Half Marathon, will bring runners to Albany from across the region, the United States and many foreign countries.

Marathon runners begin at Central Park in Schenectady, follow the bike path along the Mohawk and Hudson rivers, and finish at Jennings Landing in the Corning Preserve in Albany, where they are greeted by hundreds of spectators. Half marathoners start at Colonie Town Park and follow the second half of the marathon course. The relatively flat courses makes it a favorite among first timers and those hoping to set personal records, and those marathoners wishing to qualify for the Holy Grail of running - the Boston Marathon. In 2015, 22% of marathon finishers earned that privilege!

The normal temperature range in Albany on October 9th is 40° to 60°, which makes this time of year perfect for racing in the Capital Region.

The competition level is high. The race organizer, Hudson Mohawk Road Runners Club. offers elite entries to runners who can meet qualifying standards. All registered runners in each race compete for prize money, which is awarded to the top three men and women overall, and the top three men and women local finishers. Special awards are also presented to the top three men and women in 12 age categories.

Last year's marathon was won by Bryan Morseman, 30, of Bath, N.Y. in a time of 2:24:01. Bryan made national headlines earlier in 2015 by running three marathons in eight days and winning them all to earn money to help pay for medical treatment for his son. Megan Skeels, 41, of Aledo, Texas, won the women's side in a time of 2:46:39, almost 15 minutes faster than her closest female competitor.

The cost of the marathon and half marathon is much less than most big city events, and HMRRC is able to keep costs low due, in part, to the organization and management skills of its all-volunteer staff. Maureen Cox, the race director for the past four years, and her 30 race coordinators work year-round on thousands of details needed to make a successful race. Work starts on the next year's race the minute the current year's race is complete.

Maureen also oversees more than 500 race-weekend volunteers. Volunteers are needed for jobs of all sizes - many of which are invisible to runners but that make a difference to runner's comfort, safety, and enjoyment. For example, Tom Adams takes his leaf blower and clears off the entire 26.2 mile course, making sure debris and impediments are removed. The "sag wagon" staff are up before dawn to put out the mile markers to keep runners on course and to double-check for obstructions that could impede runners' path.

Fifteen community volunteer groups man the aid stations throughout the course and provide thousands of cups of hydration to the runners. The medical directors, Kim



ready their medical staff and equipment and prepare to take care of any illness or injury that may occur during the race. The refreshment committee makes sure an ample supply of healthy food is available for hungry and tired runners. Massage therapists are ready at the finish line to take care of sore muscles. Musicians set up along the course to greet runners as they pass by.

Markers are set up at each mile to inform runners where they are, and to encourage and entertain them. This year, BlueShield of Northeastern New York, is playing a major role by sponsoring mile markers stretching for the first 24 miles on the marathon course. BlueShield will bring its Healthy Zone Cruiser to give out health information and goodies to those viewing the race.

On Saturday, October 8, the Expo and Packet Pick-Up will be held at the Albany Hilton from 10am to 6pm, and is produced by Adirondack Sports & Fitness. The general public is welcome to attend the free event, where dozens of running, health and fitness related exhibitors will be on hand. Runners and visitors alike can buy apparel and accessories, taste samples, win prizes and receive giveaways, while picking up their race bibs.

Experience the thrill of this electrifying race yourself on Sunday, October 9. Registration for both races is now closed. but entries are still available through the charity partners. To learn more about the race weekend, charity partner entry, and best locations to watch, go to mohawkhudsonmarathon.com. We hope to see you at this major Albany contest. In the meantime, happy running!

Hudson-Mohawk Road Runners Club

Race organizer Hudson-Mohawk Road Runners Club is one of the largest running clubs in upstate New York, with more than 2,500 members. HMRRC's mission is to promote the sport of distance running and it does that in a variety of ways. HMRRC hosts over 30 road, track and trail races

each year, with distances ranging from the mile to the marathon. The Stockade-athon 15K, CDPHP Workforce Team Challenge, Mohawk Hudson River Marathon and Half Marathon, Winter Series races, Colonie Mile and Delmar Dash, are a few of the many races HMRRC has to offer.

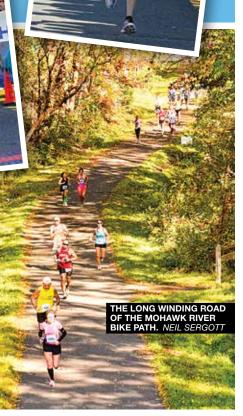
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Race proceeds support HMRRC's many initiatives, including: Scholarships - Awards six \$3,000 scholarships annually to college-bound seniors from local high schools who intend to continue running in college; General Grants - Offers grants of up to \$1,000 to qualifying organizations who advance running within the Capital District; Special Grants - Offers special grants up to \$10,000 annually to provide financial support and assistance to local organizations, municipalities or other entities, who work to improve running-related resources in our community; and Youth Running Program - HMRRC is a licensee and administer of Just Run Albany, a program designed to assist schools in combating childhood obesity and related illnesses, by promoting running as part of a healthy lifestyle. Currently, 18 elementary schools will participate in the fall 2016 Just Run program, and 26 schools participated in the spring 2016 program. HMRRC is proud to have 10 of the 12 public elementary schools in the Albany City School District participating this spring.

HMRRC membership is still only \$12, a real bargain considering that it includes a number of free races per year, discounts at other club races and more. The club is vibrant due to the work of its volunteer members. If you are interested in helping out at races, want to become involved on a committee or just want more information, check out hmrrc.com.

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

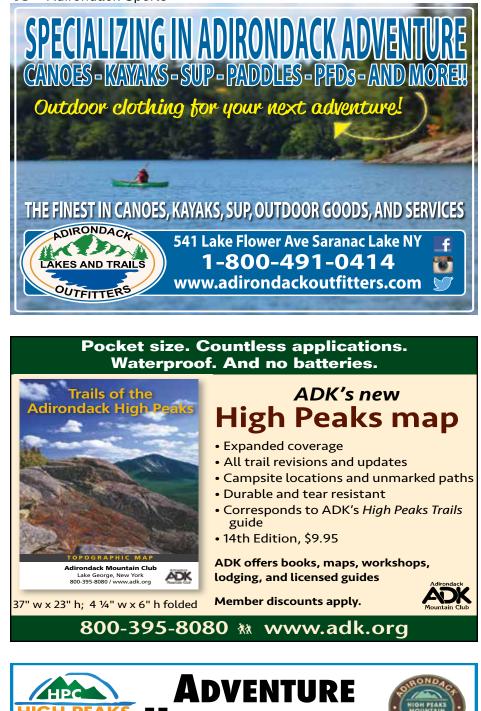






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river, with views of the surrounding slopes. There is one long detour to the northwest where the trail has been well-routed around a large wetland. You cross the two branches of Gravestone Brook at about 3.7 and 3.8 miles, and then rejoin the North Fork at 4.2 miles, at nearly the same point that the outlet of Dial Pond flows in. Dial Pond itself lies 0.1-mile north of west, out of sight of the trail.

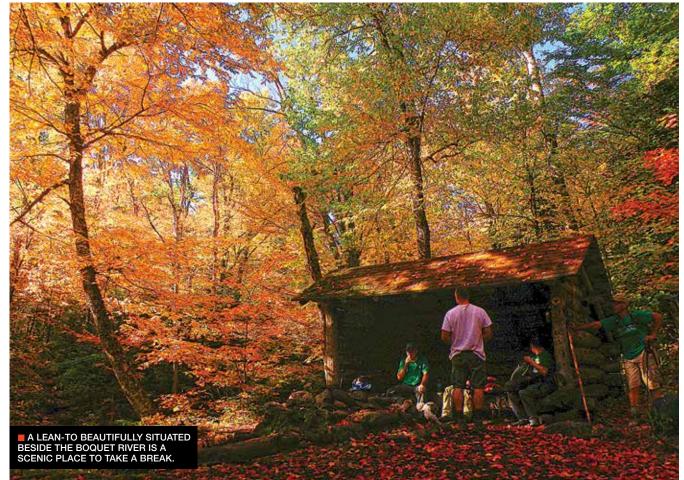
You reach the Boquet Lean-to 4.4 miles from Route 73. This shelter has an attractive location beside the river; because this is the Dix Mountain Wilderness, campfires are perfectly legal. However, there is no privacy here. The shelter stands right beside the trail in full view of every passerby, so if you prefer some amount of solitude in your camping experience you may prefer to seek out a designated campsite on the nearby hill.

To find the continuing trail, you must descend the bank beside the lean-to and hop across the North Fork. Although the Boquet is more of a creek than a river at this point, the crossing could still be an obstacle in early spring. The trail crosses a small tributary and then parallels the main stream, passing above a small cascade that you can hear but not see from the trail. Then the climbing resumes, with a corresponding increase in ruggedness.

At 5.8 miles, the woods open up to reveal a long and massive slide stretching up Dix's northern slopes. Bear right here to the foot of the slide, and then follow cairns uphill for about 200 feet. The exposed rock may be slippery when wet, but it offers an outstanding view back toward the rocky summit of Noonmark, with Giant standing guard to the right. The slide is not new, but it has grown larger over the years. At an elevation of about 3,240 feet, you still face nearly 1,600 feet of climbing ahead of you. Therefore sit down, relax, and enjoy this early view for a moment or two.

As you look up the slide, the trail reenters the woods on the right about 200 feet from the bottom. Here begins the most tiring portion of the ascent, with nearly 1,100 feet gained in the next 0.7-mile alone. This is an old trail; routed straight up the mountain, and eroded by decades of use. Watch for rooty staircases and wet rocks – even the muddy handholds are greasy! Depending on your stamina, it could take an hour to get through this section. Spruce, balsam, and cedar trees cover the trail well, so there are few views to distract you from the steady climbing.

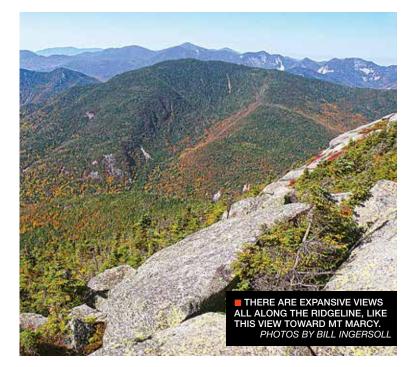
At 6.5 miles you reach the junction with the trail to Hunters Pass. Turn left at the junction to reach the summit. The steepest part of the climb is now behind you, but you still face a 500-foot ascent. The trees beside the trail shrink and the views expand, and eventually you reach the ridge. The summit of Dix, which you reach 6.9 miles from Route 73, is long and narrow, and the actual highpoint can be easy to miss. In the summer, look for the rock to the left with the



benchmark and a view toward Grace Peak, and the rock to the right with the views toward Elk Lake and the heart of the High Peaks region. Should you miss these landmarks, you may notice instead that the scant trail markers have changed from blue to yellow, signifying that you are now on the trail to Elk Lake via the Beckhorn – but in winter, deep drifts of snow may conceal all of these features.

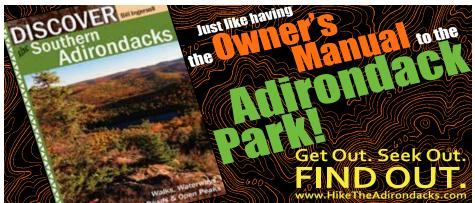
The views are not completely unrestricted, but they are quite expansive. To the west of Nippletop you see Allen, with Santanoni on the horizon. Moving around to your right you see Skylight, Haystack almost blending in with neighboring Marcy, Basin, then Saddleback and a wonderful view of Gothics. At the highest parts of the mountain you can find mountain blueberry, laurel and Labrador tea. The summit rocks can only accommodate a few people at a time, but the long ridgeline contains numerous lookouts where you can find your own spot for a lunch break.

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the Adirondack High Peaks.









RACE RESUL

			HON, HALF MARAT dson State Historic Pa		
	N – 26.2 MILES		FEMALE AGE GROUP: 40 -		
MALE OVERALL	IN - 20.2 WILES		1 Lisa Deguzman	Wallkill	1:33:51
1 Mark Rabasco	Pittsfield, MA	2:52:29	2 Catherine Herne	New Paltz	1:35:18
2 Sergii Bashurin	Chernivtsi, UKR	2:54:27	3 Mimi Buttner	Dover Plains	1:47:39
3 Chris Smith	Brooklyn	3:00:29	MALE AGE GROUP: 50 - 59 1 Paul Scullion	New Windsor	1:30:50
1 Katie Messina	Boston, MA	3:14:00	2 Thomas Cain	Lagrangeville	1:32:16
2 Abigail Williams	Highland	3:17:46	3 Anthony Ferreri	Hyde Park	1:34:55
3 Kara Lightowler	Orange, CT	3:27:22	FEMALE AGE GROUP: 50 -		
MALE AGE GROUP: 19 - 29			1 Pamela White 2 Diane Hayes	Rhinebeck Weston, CT	1:49:14 1:55:08
1 Kyle Schwartz	South Windsor, CT	3:05:20	3 Michele Boris	Salt Point	1:55:06
2 Etan Levavi 3 Garrett Burger	Brooklyn New York	3:06:19 3:07:10	MALE AGE GROUP: 60 - 69		1.50.52
3 Garrett Burger FEMALE AGE GROUP: 19 - 2		5.07.10	1 Yaoming Wang	Fort Lee, NJ	1:46:12
1 Jacqueline Degrandpre	Fishkill	3:31:48	2 Alan Heblack	New York	1:53:48
2 Caitlin Kohli	Cambridge, MA	3:38:28	3 Robert Selcov FEMALE AGE GROUP: 60 - 0	Hyde Park	1:54:58
3 Jamie Sheahan	South Burlington, VT	3:44:05	1 Joanna Dowey	Pound Ridge	2:22:05
MALE AGE GROUP: 30 - 39		2 05 22	2 Mary Murphy	East Haddam, CT	2:38:40
1 James McCowan 2 Luke Mayo	Poughkeepsie	3:05:33	3 Karen Madden	Poughquag	2:44:14
2 Luke Mayo 3 Eric Ciocca	Coventry, CT Northampton, MA	3:05:53 3:14:10	MALE AGE GROUP: 70 – 79		2.12.01
FEMALE AGE GROUP: 30 - 1		5.14.10	1 Fred Neff 2 William Taylor	Georgetown, TX Hyde Park	3:12:01 3:26:41
1 Dana McClelland	Vernon, VT	3:28:04	FEMALE AGE GROUP: 70 -		5.20.41
2 Sarah Sommer	Chappaqua	3:34:14	1 Vibeke Petersen	Hyde Park	3:30:49
3 Sabrina Tapley	North Chesterfield, VA	3:41:13	TRE	ETOPS 5K	
MALE AGE GROUP: 40 - 49			MALE OVERALL		
1 Michael Karl	Doylestown, PA	3:02:22	1 Steven Rizzo	Wappingers Falls	15:52
2 Pablo Henderson 3 David Swift	Fairfield, CT Poughkeepsie	3:08:57 3:09:46	2 Stefan Morton 3 Mike Slinskev	Emerson, NJ Honewell Junction	16:21 17:10
FEMALE AGE GROUP: 40 - 4		5.05.40	3 Mike Slinskey FEMALE OVERALL	Hopewell Junction	17:10
1 Gabriela Olivera	Kingston	3:40:14	1 Kayla Sullivan	Poughkeepsie	20:26
2 Daisy Lee	Bedford Corners	3:42:59	2 Emily Ferreri	Hyde Park	20:52
3 Lori Adams	Marlboro	3:45:57	3 Jordan Casey	Ballston Lake	22:04
MALE AGE GROUP: 50 - 59		2.20.10	MALE AGE GROUP: 18 & U 1 Eamonn Sullivan	NDER White Plains	10.02
1 Sean Moore 2 Scott Freeman	Yonkers Marlborough, CT	3:28:19 3:30:35	2 Thomas Palen	Keene	19:03 20:50
3 John McKee	Poughkeepsie	3:34:18	3 Ryan Devey	North Salem	21:22
FEMALE AGE GROUP: 50 -		5.5 1.10	FEMALE AGE GROUP: 18 &	UNDER	
1 Roberta Myers	Norwood, MA	3:42:49	1 Shea Bohan	Sound Beach	22:04
2 Michelle Azukas	Lagrangeville	3:45:48	2 Kristen Costello	Tuxedo	23:44
3 Jessica Lazar	Marlboro	3:45:53	3 Raven Stanet MALE AGE GROUP: 19 - 29	Hopewell Junction	23:53
MALE AGE GROUP: 60 - 69		2.51.40	1 Brian Halling	Poughkeepsie	17:54
1 Gary Michael 2 Martin Keibel	Churchville, VA Manchester, CT	3:51:49 4:13:41	2 Alex Russell	Poughkeepsie	18:28
3 Steven Benardete	Millbrook	4:23:49	3 Alex Cuesta	Poughkeepsie	19:15
FEMALE AGE GROUP: 70 -			FEMALE AGE GROUP: 19 -		22.20
1 Pat Neff	Georgetown, TX	6:17:31	1 Grace Tilearcio 2 Ashley Alfieri	Hopewell Junction Astoria	22:30 23:38
2 Paula Steinbach	Ontario, CAN	6:22:09	3 Danielle Hurley	Hopewell Junction	23:57
1 Peter Gagliardo/30	Doughaupa	2:23:35	MALE AGE GROUP: 30 - 39		
1 Peter Gagliardo/30 WHEELCHAIR: FEMALE	Poughquag	2.23.33	1 Michael Giudice	Pleasant Valley	18:31
1 Maria Bournias/38	Fort Lee, NJ	3:21:59	2 David Osterhoudt 3 Phillip Dinonno	Hyde Park	18:47
HALF MARAT	HON – 13.1 MILES		FEMALE AGE GROUP: 30 - 1	Wappingers Falls	19:48
MALE OVERALL			1 Margaret Wentworth	Rhinebeck	22:56
1 Sam Heraghty	Poughkeepsie	1:16:57	2 Meagan Camp	Rhinebeck	24:50
2 William Posch	Hyde Park	1:17:30	3 Karim Taylor	New Hamburg	25:36
3 Steven Morrison FEMALE OVERALL	Poughquag	1:18:56	MALE AGE GROUP: 40 - 49	White Plains	19:41
1 Rachel Sleeter	Hyde Park	1:25:31	1 Gerry Sullivan 2 Kevin Burns	Clinton Corners	21:00
2 Mary Kate Bida	Millbrook	1:25:56	3 David Nohara	Poughkeepsie	21:17
3 Christine Coughlin	Latham	1:29:05	FEMALE AGE GROUP: 40 -		
MALE AGE GROUP: 18 & U			1 Jen Brady	Hopewell Junction	22:33
1 Ryley Robinson	Clinton Corners	1:35:45	2 Shawne Cartelli	Rocky Hill, CT Wallkill	23:45 26:34
2 Matt McMahon 3 Brice Fenix	South Salem	1:41:29	3 Kelly Zalesak MALE AGE GROUP: 50 - 59		20.54
FEMALE AGE GROUP: 18 &	Poughkeepsie	1:41:41	1 Vaughan Banfield	Poughkeepsie	18:40
1 Anya Ptacek	Cold Spring	1:54:36	2 Mike Moccia	Yorktown Heights	20:01
2 Claudia Hinsdale	Poughkeepsie	1:57:28	3 Alan Froslie	Putnam, CT	21:45
3 Moira McGevna	Wall, NJ	2:04:00	FEMALE AGE GROUP: 50 -		24.54
MALE AGE GROUP: 19 - 29			1 Sue Klein 2 Tracey Amenta	New Paltz Fishkill	24:54 29:14
1 Nick Webster	Albany	1:19:36	3 Anna-Marie Dolgov	Poughkeepsie	29:20
2 Mark Valentino	Smithtown	1:19:36	MALE AGE GROUP: 60 - 69		
3 Dietrich Mosel FEMALE AGE GROUP: 19 - 2	Manhasset 29	1:20:08	1 Steve McGarril	Lee, MA	22:22
1 Bianca Luparello	Port Washington	1:31:31	2 Bob Barrett	Stormville	23:57
2 Dayna McLaughlin	Stony Point	1:35:14	3 Gary Fink FEMALE AGE GROUP: 60 - 0	Lagrangeville	25:42
3 Kelley Gould	Hyde Park	1:38:34	1 Joanne Deluca	Wappingers Falls	31:01
MALE AGE GROUP: 30 - 39			2 Cheryl Aulogia	Newburgh	31:43
1 Brian Burns	Poughkeepsie	1:26:01	3 Ann Crowley	Poughkeepsie	34:30
2 Rich Carmona 3 Mike Koehler	Brooklyn Highland	1:32:17 1:33:39	MALE AGE GROUP: 70 - 79		20.65
FEMALE AGE GROUP: 30 - 1		20.00	 John Thomas FEMALE AGE GROUP: 70 -7 	Hyde Park	29:00
1 Emily Dozier	Poughkeepsie	1:40:43	1 Erika Abraham	Cornwall	36:02
2 Shayna Russo	Poughkeepsie	1:48:30	2 Ruth Aldrich Gau	Poughkeepsie	43:07
3 Michelle Campbell	Millerton	1:49:05	3 Veronica Reid	Poughkeepsie	43:08
MALE AGE GROUP: 40 - 49		1.37.44	MALE AGE GROUP: 80 - 89	Devel 1	
1 Slawomir Zaglewski 2 Michel Joseph	Oakland, NJ Poughkeepsie	1:27:11 1:33:03	1 Frank Van Zanten 2 Denis McLaughlin	Poughkeepsie Poughkeepsie	46:13 54:19
3 Todd Coulson	lvyland, PA	1:33:03	Courtesy of Walkway Over		
000 COUDON					

2ND ANNUAL GREAT SACANDAGA CHALLENGE TRIATHLON June 18, 2016 • Sacandaga Bible Conference Center, Broadalbin MALE AGE GROUP: 20 - 24

	ADULT SPRINT – 75	50M SW	IM, 20K BIKE, 5K RU	IN	MALE AGE GROUP: 30 - 34								
M	ALE OVERALL				1 Nicholas Lobosco 34	Ballston Spa	1:21:45						
1	Brett Schlesier	22	Johnstown	1:06:57	2 Jacob Dutcher 33	Amsterdam	1:25:01						
2	Charles Lobosco	38	Clifton Park	1:17:38	3 Charlie Gauthier 30	Schenectady	1:27:59						
3	Michael Stalker	53	Burnt Hills	1:17:50	FEMALE AGE GROUP: 30 - 34								
FE	MALE OVERALL				1 Billie Jo Smith 33	Latham	1:30:28						
1	Beth Stalker	56	Burnt Hills	1:19:32	2 Kate Penn 31	York, PA	1:35:11						
2	Jennifer Flanagan	37	Glenville	1:27:30	3 Jennifer Dutcher 32	Amsterdam	1:43:15						
3	Kim Morrison	36	Wynantskill	1:28:22	MALE AGE GROUP: 35 - 39								
м	ALE AGE GROUP: 1 - 1	4	,		1 Chris Evans 36	Gansevoort	1:18:46						
1	Trevor Dzikowicz	13	Amsterdam	1:18:08	2 Ian Morrison 39	Wynantskill	1:22:32						
2	Jason Zheng	13	Saratoga Springs	2:17:14	3 Matt Nafus 39	Glenville	1:25:32						
3	Tunwa Tongtawee	13	Saratoga Springs	2:18:23	FEMALE AGE GROUP: 35 - 39								
-	MALE AGE GROUP: 1		saratoga springs	2.10.25	1 Jaime Daley 37	Troy	1:40:52						
1	Rachel Love	12	Greenfield Center	1:43:18	2 Sarah Goodbread 36	Broadalbin	1:46:53						
2	Madison Whittaker	14	Northville	1:44:21	3 Judith Wettig 39	Ballston Spa	1:47:05						
3	Avery Ketcham	14	Gansevoort	1:58:09	MALE AGE GROUP: 40 - 44								
	ALE AGE GROUP: 15 -		Gunsevoore	1.50.05	1 Bernie Landa 44	Clifton Park	1:22:56						
1	Joshua Febbie	17	Gloversville	1:35:49	2 Paul Kondrat 41	Ashland, MA	1:29:54						
2	Taylor Madeiros	16	Mayfield	1:51:55	3 Tim Fioretti 40	Gloversville	1:40:31						
	MALE AGE GROUP: 15		Iviayileiu	1.51.55	FEMALE AGE GROUP: 40 - 44								
1	Alexandra Koeferl	15	Ballston Lake	1:35:35	1 Lisa Holland 44	Fort Johnson	1:39:27						
2	Emily Baron	17	Ballston Spa	1:38:54	2 Jennifer Martelle 42	Johnstown	1:47:52						
2		16		1:41:12	3 Holly Gatto 42	Amsterdam	1:47:53						
3	Kayla Dzikowicz		Amsterdam	1:41:12	MALE AGE GROUP: 45 - 49								
FE	MALE AGE GROUP: 20			4 22 22	1 Eric Vanzandt 49	Athens	1:25:28						
1	Taylor MacFarland	22	Amsterdam	1:33:32	2 Andy Heck 49	Amsterdam	1:27:44						
M	ALE AGE GROUP: 25 -				3 John Lawrence 47	Clifton Park	1:29:44						
1	Daniel Halbig	28	Ballston Lake	1:21:18	FEMALE AGE GROUP: 45 - 49								
FE	MALE AGE GROUP: 25				1 Alicia Gillen 46	Altamont	1:38:11						
1	Melanie Berger	25	Rensselaer	1:46:25	2 Kathy VanValen 47	Delanson	1:42:12						
2	Rhea Dunkelbarger	29	Ballston Spa	1:57:42	3 Cordula Dandaraw 47	Clifton Park	2:11:07 continued						

	54			IVI.	ALE AGE GROUP: 9 -			
John Broderick	51	Gansevoort	1:34:14	1	Carter Evans	10	Gansevoort	2
Gary Grace	51	Delmar	1:34:41	2	Evan Krenav	10	Delanson	2
8 Mike Langevin	51	Albany	1:39:58	3	Jack Holland	9	Fort Johnson	2
EMALE AGE GROUP: 50) - 54	,		4	Gabriel Wettig	9	Ballston Spa	2
Theresa Newton	50	Clifton Park	1:34:14	5	Thomas Holland	10	Fort Johnson	2
Ursula Platz	53	Hopewell Junction	1:40:59	6	Tyler Kondrat	10	Ashland, MA	2
l aura Grace	51	Delmar	1:57:57	7	Noah Ballesteros	10	Gansevoort	2
MALE AGE GROUP: 55 -		Deimar	1.57.57	8	Owen Compani	9	Amsterdam	3
Kevin Platz	56	Hopewell Junction	1:21:27	9	Logan Aery	10	Broadalbin	3
Christian Vandervort	55	Voorheesville	1:43:15		MALE AGE GROUP: 9			
EMALE AGE GROUP: 5		VOOITIEESVIIIE	1.45.15	1	Haley Tomlinson	10	Broadalbin	2
		14/	1.51.11	2	Natasha Hurff	9	Greenfield Center	2
Mira Foote	55	Westminster, MA	1:51:11	3	Grace Wall	10	Greenfield Center	2
Dorothy Baum	56	Gloversville	2:02:09	4	Jillian Sanford	9	Broadalbin	2
Ruth Long	56	Amsterdam	2:03:23	5	Abigail Sellnow	10	Schenectady	2
MALE AGE GROUP: 60 -				6	Taylor Rose	9	Clifton Park	2
Jim Sheehan	64	Cohoes	1:53:45	7	Nicholas Georgelos	9	Fort Johnson	2
John Newell Jr	63	Amsterdam	2:29:32	8	Julia McKinley	9	Ballston Spa	3
EMALE AGE GROUP: 60) - 64			9	Emma Jordan	9	Broadalbin	3
Donna Lustenhouwer	62	Altamont	1:48:51		Hannah Nolett	9	Gloversville	3
EAMS					Kaela Borelli	9	Saratoga Springs	3
Team Leviathan			1:04:52		Addison Kenney	9	Saratoga Springs	3
Over The Hill			1:21:20		Olivia Zebrowski	10	Gansevoort	3
Thagomizers			1:22:42		Clara Goffioul	9	Ballston Spa	3
YOUTH - 100YD	SWIM.	3.1M BIKE, 1M RUN			Olivia Carulli	9	Saratoga Springs	3
MALE OVERALL					Gabriella Deluca	9	Fort Johnson	3
Jack Rath	13	Ballston Spa	21:30		Madelyn Nolan	10	Gansevoort	3
Trevor Goodwill	9	Ballston Lake	27:13		ALE AGE GROUP: 11			
Dillon Goodwill	10	Ballston Lake	22:13	1	Addison Pokines	12	Amsterdam	2
	10	DdliStOli LdKe	22.25	2	Colin Schager	11	Schenectady	2
	12	Clifferer Deale	24.40	3	Daniel Dylong	12	Amsterdam	2
Alexandra Reed	13	Clifton Park	24:49	4	Kody Rogers	11	Fort Johnson	2
Abby DiCocco	13	Clifton Park	25:36	5	Cooper Rose	11	Clifton Park	2
Mia Rath	10	Ballston Spa	25:55	6	Jayden Elston	11	Johnstown	2
EMALE AGE GROUP: 5				7	Keegan Elston	11	Johnstown	3
Elleah Whittaker	6	Northville	37:46	8	Zachary Nacheman	11	Saratoga Springs	3
MALE AGE GROUP: 7 - 8					MALE AGE GROUP:			
Charles Lobosco III	8	Clifton Park	27:04	1	Zofia Jankowski	11	Amsterdam	2
Cooper Nicastro	8	Saratoga Springs	29:11	2	Amanda Curtis	11	Ballston Lake	2
Anthony O'Leary	8	Ballston Spa	31:27	3	Samantha Reed	11	Clifton Park	2
Grayson Guttenberg	8	Broadalbin	34:09	4	Lilliana Powers	11	Broadalbin	2
EMALE AGE GROUP: 7	- 8			5	Abigail Nelson	11	Delanson	2
Laurel Mitchell	8	Broadalbin	26:28	6	Min-Syun Chen	11	Saratoga Springs	2
Emilia Murphy	8	Amsterdam	29:43	7	Elisabeth Erb	11	Saratoga Springs	2
Abigail Powers	7	Broadalbin	30:14	8	Shelby Fenton	12	Amsterdam	2
Tali Horesco	8	Glastonbury, CO	31:29	9	Viviana Nicastro	11	Saratoga Springs	2
Isabella O'Leary	8	Ballston Spa	33:33		Kierra Schager	11	Schenectady	3
Flla Nacheman	8	Saratoga Springs	34:03		Celia Nolan	11	Gansevoort	3
Eleora Goodbread	8	Broadalbin	34:03		Ella Blanchard	11	Amsterdam	3
					Erin Michalski	11	Hagaman	3
Lilian Chamberlain	7	Northville	38:36		ALE AGE GROUP: 13			
Emma Sellnow	8	Schenectady	39:11	1	Zachary Luks	13	Latham	2
0 Anela Whitbeck	8	Gansevoort	42:12	2	Nicholas Leanza	13	Greenfield Center	2

3RD ANNUAL COUNTY LINE 5K June 18, 2016 • County Line Road, Rotterdam FEMALE OVERALL Courtesy of Bethel Full Gospel Church 21:04 21:59 22:30

м	MALE OVERALL									
1	Christopher Magil	18:51								
2	Jason Winkler	20:10								
3	lan Tarynor	20:55								

Matty Bland
 Allegra Fasulo
 Alexandra Fasulo

		Jur			GES 5K RUN hiropractic, Queensbury	
Μ	ALE OVERALL				FEMALE AGE GROUP: 30 - 39	
1	Jason Linendoll	19	Hudson Falls	18:20	1 Lindsey Ganble 37 Brooklyr	n 30:31
2	William Venner	57	Granville	18:23	2 Yanella Gover 39 Queenst	bury 30:39
3	Ethan Stark	15	Queensbury	19:22	3 Clarissa Putman 34 Gloversy	/ille 35:57
FE	MALE OVERALL				MALE AGE GROUP: 40 - 49	
1	Carol Abbattibti	47	Queensbury	23:11	1 David Parmenter 49 Queens	bury 27:42
2	Karen Linendoll	45	Hudson Falls	25:27	2 Mark Abbattisti 48 Queensl	
3	Christine Natalie	30	Arlington, VT	26:10	3 Donald Lehman 48 Queenst	
Μ	ALE AGE GROUP: 1 - 1	4	-		FEMALE AGE GROUP: 40 - 49	
1	Jack Hicks	11	Queensbury	23:34	1 Tracy Watson 46 Johnsbu	ra 27:36
2	Gavin Suprenant	10	Fort Edward	25:06	2 Wanda Smith 46 Queenst	
3	Ryder Crescente	10		35:00	3 Michele Hogan 42 Hudson	
FE	MALE AGE GROUP: 1	- 14			MALE AGE GROUP: 50 - 59	10115 50.02
1	Ella Buscemi	7	Stamford, CT	37:41	1 Bryan Crosier 51 Argyle	22:03
2	Natalie Zuchar	7	Glens Falls	38:51	2 Rob Keating 51 Queenst	
3	Madeline Crumb	10	East Hampton, CT	42:15	3 Jim Hicks 56 Queenst	,
Μ	ALE AGE GROUP: 15 -				FEMALE AGE GROUP: 50 - 59	July 24.12
1	Derek Bernard	17	Moreau	20:31	1 Laura Hutchinson-Sax 51 Queenst	oury 30:16
2	Liam Casey	17	Glens Falls	28:02	2 Ellen Knapp 54 Glens Fa	
3	Isaiah Williamson	16	Queensbury	32:33	3 Mary Pat Rabin 51 Glens Fa	
FE	MALE AGE GROUP: 1				MALE AGE GROUP: 60 - 69	.115
1	Lauren Kline	16	Queensbury	31:51	1 Jim Goodspeed 65 Queenst	ourv 24:20
2		17	Hudson Falls	42:16		
Μ	ALE AGE GROUP: 20 -					
1	Pete Sliva	23	Glens Falls	21:51	3 Mitch Suprenant 60 Fort Edv FEMALE AGE GROUP: 60 - 69	/410 37.39
2	Evan Keating	22	Glens Falls	22:43		24.22
3	Andrew Sheerer	24	Glens Falls	23:07	1 Melissa Goodspeed 64 Queenst	
FE	MALE AGE GROUP: 20				2 Joann Whitmoyer 65 Oneida	48:18
1	Samantha Mason	26	Glens Falls	27:18	3 Pam Vogel 66 Glens Fa	alls 52:19
2	Jenn O'Leary	28	Gansevoort	31:46	FEMALE AGE GROUP: 70 - 79	
3	Morgan Lane	25	Queensbury	34:38	1 Regina Cooper 72 Glens Fa	alls 48:32
Μ	ALE AGE GROUP: 30 -	39			MALE AGE GROUP: 80 - 89	
1	Christopher Potter	35	Queensbury	30:10	1 Richard Schumacher 83 Hoosick	
2	Paul Streicher	34	Glens Falls	33:17	2 Walt McConnell 84 Bolton L	anding 43:53.
3	Steve Spory	34	Glens Falls	33:29	Courtesy of Tackett Chiropra	ctic

HITS TRIATHLON SERIES: NORTH COUNTRY TRIATHLON June 18-19, 2016 • Hague Beach on Lake George, Hague - -- --

					•			-			
FU	ILL – 2.4M SWIM, 112M B	BIKE, 2	26.2M RUN	FE	EMALE OVERALL			FE	MALE AGE GROUP: 4	0 - 44	
N	IALE OVERALL			1	Caroline Martineau	36	5:13:55	1	Shiau-uen Ding	40	8:20:08
1	Matthieu Pelard	29	11:15:15	2	Julia Slyer	20	5:35:13	M	ALE AGE GROUP: 45	- 49	
2	Olivier Botz	49	12:48:16	3	Rebecca Evansky	37	6:09:58	1	Jean-Luc Fleurant	46	5:20:44
3	Patrick Kasper	40	13:25:40	M	ALE AGE GROUP: 15	- 19		2	Craig Weidman	46	5:37:01
M	IALE AGE GROUP: 30 -	- 34		1	Andrew Hart	19	10:05:24	2	2	46	
1	Max Buckbee-Selleck	31	13:36:24	M	ALE AGE GROUP: 25	- 29		3	George Stopyak		5:38:09
2	Scott Lessard	31	14:05:29	1	Ben Jordan	29	5:07:39	FB	MALE AGE GROUP: 4		
M	IALE AGE GROUP: 40 -	- 44		2	Thomas Ruane	29	5:29:24	1	Julie Hyland	46	6:27:45
1	Elik Hirsch	44	14:40:21	3	David Flipot	25	5:46:06	2	Eliana Feldstein	49	6:37:26
M	IALE AGE GROUP: 45 -	- 49			EMALE AGE GROUP:			3	Dina St. Claire	48	7:15:54
1	Steven Ikeler	47	14:26:05	1	Jessica Audet	25	7:31:31	м	ALE AGE GROUP: 50	- 54	
N	IALE AGE GROUP: 50 -	· 54		2	Kristen Meddaugh	29	7:55:57	1	John Slyer	51	5:26:54
1	Randall Strayer	54	14:33:33	Á	ALE AGE GROUP: 30		1.55.57	2	Joshua Shute	51	5:51:19
2	BJ Wilson	54	15:38:37	1	Philippe Cornut	34	5:46:22	2			
M	IALE AGE GROUP: 60 ·	- 64						3	Juan Rivelo	53	6:12:49
1	Glen McCrabb	61	15:29:14		EMALE AGE GROUP:			FE	MALE AGE GROUP: 5	0 - 54	
M	IALE AQUABIKE			1	Emily Jacobs	30	6:11:22	1	Monika Kurschatke	50	8:05:48
1	William Richardson	41	8:40:20	2	Joanna Nestler	32	7:02:54	M	ALE AGE GROUP: 55	- 59	
R	ELAY TEAM			M	ALE AGE GROUP: 35			1	William Van Nostrand	58	6:40:28
1	Gordon Harwood/			1	David Newman	36	5:23:55	2	Robert Sack	55	6:54:11
	Suzanne Harwood		14:35:28	2	Darren Monti	39	5:28:07	2		55	7:09:52
H	ALF- 1.2M SWIM, 56M B	IKE, 1	3.1M RUN	3	John Evansky	38	5:32:00	3	Alan Lindsay		
M	ALE OVERALL			M	ALE AGE GROUP: 40	- 44		FE	MALE AGE GROUP: 5		
1	Marc-Antoine Langlois	34	4:43:53	1	Dave McGurrin	41	5:34:15	1	Chris Giffin	59	7:42:31
2	Robert Scheungrab	40	4:49:22	2	Dan Gaidasz	41	5:45:47	M	ALE AGE GROUP: 60	- 64	
3	Shaun Berard	36	5:07:12	3	Crist Myers	44	5:50:12	1	Ronald Ouellette	62	7:10:24

		~		
CL	YDESDALE			FEN
1	Greg Butryn	39	6:51:38	1
RE	LAY TEAM: MALE			2
1	Brian Northrop/Ed Jens	en	4:53:33	MA
	LAY TEAM: COED			
1	Keith Murray/Heather	mith/		1
	Kelly Matthew	JIIIICI I/	6:08:50	2
DE	ELAY TEAM: FEMALE		0.08.00	MA
1		Dist. 1	,	1
	Liese Siemann/Gabriella	a kishei		2
	Francesca Segarra		7:33:53	CLY
	ALE AQUABIKE			
1	Herve Juste	57	3:44:06	1
	MALE AQUABIKE			MA
1	lda Jarner	37	3:37:16	1
2	Denise Everitt	63	4:15:02	2
3	Taylor Diepold	25	4:19:53	FEN
	OLYMPIC - 1500N	/ SWI	м.	1
	OLYMPIC - 1500 24.8M BIKE, 6.2	M RUN	N	S
Μ	ALE OVERALL			5
1	Todd Shatynski	40	2:02:09	MA
2	Liam McCarthy	30	2:09:45	1
3	Stephen Frayne	26	2:14:38	2
FE	MALE OVERALL			3
1	Michelle Rosowsky	49	2:21:31	-
2	Roshni Bhagalia	35	2:38:10	FEN
3	Laura Zima	36	2:39:06	1
M	ALE AGE GROUP: 25	- 29		2
1	Mick Looney	28	3:25:35	3
FF	MALE AGE GROUP: 2			FEN
1	Samantha Weinberg	28	2:49:43	1
2	Bergen Nelson	25	3:04:25	2
3	Emily Hoskinson	25	3:08:47	MA
-	ALE AGE GROUP: 30		5.00.47	1
1	Owen Graham	33	2:20:18	
2	Mathieu Pin	30	2:20:35	2
3	Charles Lester IV	34	2:25:36	FEN
	MALE AGE GROUP: 3			1
1	Meaghan Arzberger	31	2:56:50	MA
			2.50.50	1.
	ALE AGE GROUP: 35		2.17.20	2
1	Jon Whitney	36	2:17:20	3
2	Mike DelSignore	35	2:48:36	FEN
	MALE AGE GROUP: 3		2.16.27	1
1	Cilicia Bigler	36	3:16:27	2
	ALE AGE GROUP: 40			
1	Ed Jensen	44	2:22:50	3
2	Steven Nicoll	43	2:34:38	MA
3	James Taft	44	2:36:33	1
	MALE AGE GROUP: 4			2
1	Julie Cuneo	44	2:54:44	3.
М	ALE AGE GROUP: 45			FEN
1	Randy Kelley	47	2:21:02	1
2	Michael Hagadorn	48	2:26:51	2
3	Christian Cortes	46	2:39:12	3
FE	MALE AGE GROUP: 4	15 - 49		MA
1	Wendie Bishop	47	2:45:29	
М	ALE AGE GROUP: 50	-54		1
1	Jeff Dodge	51	2:27:39	2
2	Kenneth Lane	51	2:40:04	3
3	Michael McAlear	51	2:44:24	FEN
М	ALE AGE GROUP: 55	- 59		1
1	Michael Spano	57	2:47:04	2
2	John Harvey	58	3:38:18	3

SDALE			FE	MALE AGE GROUP:	55 - 59		M	ALE AGE GROUP: 40 -	44	
g Butryn	39	6:51:38	1	Caryn Etherington	59	2:51:23	1	Chris Cueman	42	1:24:17
TEAM: MALE			2	Nicole Thomas	55	2:55:25	2	Michael Altrogge	41	1:25:48
n Northrop/Ed Jen	sen	4:53:33	м	ALE AGE GROUP: 60	- 64			MALE AGE GROUP: 40		
TEAM: COED	Caralith /		1	Mark Weinberg	60	2:45:51	1	Julie Lim	44	1:33:20
h Murray/Heather	Smith/	6:08:50	2	Peter Canzone	63	3:06:03	2	Kelly Knill	40	1:34:03
y Matthew TEAM: FEMALE		0.06.00	м	ALE AGE GROUP: 65			3	Kim Cieslak	44	1:37:23
e Siemann/Gabriel		/	1	Peter Gerardi	65	2:41:00	1	ALE AGE GROUP: 45 - Jason Amoriell	49 47	1:15:28
icesca Segarra	ia monei	7:33:53	2	Richard Dodge	67	3:11:27	2	William Winters	47 49	1:15:28
AQUABIKE			CL	YDESDALE			3	Erik Badeika	49	1:26:11
ve Juste	57	3:44:06	1	Mark Doyle	32	3:12:14	-	MALE AGE GROUP: 4		1.20.11
E AQUABIKE			м	ALE AQUABIKE			1	Christine Walley	45	1:35:48
Jarner	37	3:37:16	1	Karl Zaunbrecher	63	1:54:28	2	Kristen Nelson	45	1:36:56
ise Everitt	63	4:15:02	2	Javier Bajana	39	2:04:50		ALE AGE GROUP: 50 -		
or Diepold	25	4:19:53	FE	MALE AQUABIKE			1	Paul DiCaprio	52	1:19:10
OLYMPIC – 1500 24.8M BIKE, 6.	M SWIN	Л,	1	Andrea Gerardi	59	1:52:10	2	Bobby Hanson	54	1:20:52
OVERALL				SPRINT – 750M SWIM 3.1M RU	, 12.4M	BIKE,	FE	MALÉ AGE GROUP: 50	0 - 54	
d Shatynski	40	2:02:09			N		1	Suzanne Bladek	54	1:36:50
n McCarthy	30	2:02:05			F 1	1.04.12	2	Stacy Carlin	52	2:09:22
ohen Frayne	26	2:14:38	1 2	Don Kjelleren	51 51	1:04:13		ALE AGE GROUP: 55 -		
E OVERALL			2	Carl Regenauer	51 40	1:06:47 1:07:46	1	Mark Lucier	55	1:24:09
helle Rosowsky	49	2:21:31		Robert Scheungrab	40	1.07.40	2	Eugene Emmert	55	1:34:31
hni Bhagalia	35	2:38:10	1	Brooke Kelley	17	1:12:53	3	Dan O'Brien	57	1:36:29
ra Zima	36	2:39:06	2	Caitlin Joyce	26	1:22:11		MALE AGE GROUP: 5		4 20 24
AGE GROUP: 25		2 25 25	2	Roberta Vogt	20 52	1:27:52	1	Lauren Tyler	55	1:38:34
k Looney	28	3:25:35				1.27.32	2	Joanne Paska ALE AGE GROUP: 60 -	57 64	1:44:40
E AGE GROUP:	25 - 29 28	2:49:43	1	Leila Paltrowitz	12	1:41:09	1	John Mounteer	62	1:34:05
antha Weinberg gen Nelson	28	3:04:25	2	Kate Madeline Ten	12	2:07:51	2	Mark Schachner	62	1:34:05
ly Hoskinson	25	3:04:23		ALE AGE GROUP: 20		2.07.51	3	Terrence Kerwin	62	1:39:57
AGE GROUP: 30		5.00.47	1	Connor Emmert	23	1:39:51	-	MALE AGE GROUP: 6		1.55.57
en Graham	33	2:20:18	2	Scott Anthony	23	1:48:12	1	Maryanne Reidy	61	1:45:37
hieu Pin	30	2:20:35		MALE AGE GROUP:		1.40.12	2	Karen Costello	62	1:48:34
rles Lester IV	34	2:25:36	1	Haley Nosky	23	1:58:33		ALE AGE GROUP: 65 -		1.10.51
E AGE GROUP:	30 - 34			ALE AGE GROUP: 25		1.30.35	1	Jim Adams	69	1:36:37
aghan Arzberger	31	2:56:50	1	Jeff Ledwick	27	1:22:05	FE	MALE AGE GROUP: 6	5 - 69	
AGE GROUP: 35			2	Rob Van Eyck	29	1:22:05	1	Margaret Wallace	67	1:49:38
Whitney	36	2:17:20	3	Jonathan Peffley	23	1:24:38	M	ALE ÅGE GROUP: 70 -	74	
e DelSignore	35	2:48:36	-	MALE AGE GROUP:		1.24.30	1	Jim Cunningham	72	1:28:13
E AGE GROUP:		2.10.27	1	Marissa Landreville-Au		1.20.03	AT	HENA		
ia Bigler AGE GROUP: 40	36	3:16:27	2	Jessica Imbriaco	28	1:31:09	1	Nadia El-Fawal	30	3:10:43
age group: 40 ensen	44 - 1	2:22:50	3	Sara Case	28	1:35:08	M	ALE AQUABIKE		
en Nicoll	44	2:34:38		ALE AGE GROUP: 30		1.55.00	1	Tom Tauscher	60	1:04:01
es Taft	43	2:34:38	1	Terry Kerwin	33	1:32:54	2	Paul McBrine	64	1:22:58
E AGE GROUP:		2.50.55	2	Scott Siwek	34	1:34:20		EN – 100M SWIM, 3M	BIKE,	1M RUN
Cuneo	44	2:54:44	3	Jeffery Brown	33	1:37:25		ALE OVERALL		
AGE GROUP: 45	- 49			MALE AGE GROUP:		1.57.25	1	Jacob Nelson	16	15:14
dy Kelley	47	2:21:02	1	Colby Brown	30	1:32:49	2	Harry Nelson	13	16:36
hael Hagadorn	48	2:26:51	2	Ashlee Oliver	34	1:33:03	3	Eric Pfirman	58	17:41
istian Cortes	46	2:39:12	3	Marie-Claude Isabelle	34	1:52:33	4	Samuel Nelson	11	18:58
E AGE GROUP:				ALE AGE GROUP: 35		1.52.55	5	Zachary Tipton	11	19:38
ndie Bishop	47	2:45:29	1	Eddie Harper	35	1:29:15	6	Andrew Patterson	25	22:07
AGE GROUP: 50			2	Stephen Oliver	36	1:33:44			10	10.20
Dodge	51	2:27:39	2	Timothy Knill	39	1:44:17	1	Carolyn Scheungrab	10	16:28
neth Lane	51	2:40:04		MALE AGE GROUP:		1.44.17	2 3	Anne Rogan	63	20:46
hael McAlear	51	2:44:24	1	Katie Whitney	33 - 39 37	1:34:20	3	Samantha Scheungrab	9 7	22:48
AGE GROUP: 55	57 - 59	2:47:04	2	Carrie Lee	37	1:34:20	4	Allison Scheungrab Sophie Ziter	8	23:00 26:11
hael Spano n Harvey	57 58	2:47:04 3:38:18	2		39	1:42:08	5		-	
пагчеу	ЪQ	3.38.18	3	Susannah Stayter	30	1.42.08		Courtesy of HITS En	uuran	Le le

MULTI-SPORT LIFE SUPER SPRINT TRIATHLON

	June 19, 2016 • Crystal Cove, Averill Park										
	0.25M SWIM, 7M BI	KE, 21	1 RUN	M	ALE AGE GROUP:	15 - 19		FE	MALE AGE GROUP:	40 - 49	
м	ALE OVERALL			1	Colin Leonard	16	49:50	1	Carly Calo	44	1:06:18
1	Tim Russell	27	37:22	2	Matthew Light	19	1:01:01	2	Kelly Leonard	46	1:09:34
2	Michael Cooley	37	41:03		ALE AGE GROUP:			3	Dayna Maniccia	48	1:15:05
3	Stefano Fontana	28	43:08	IV	ALE AGE GROUP.	50 - 23		IVI	ALE AGE GROUP: 5		
		20	45.00	1	Charles Dolnik	31	49:53	1	Yossi Koren	58	1:01:38
				2	Anthony Houser	38	53:56	2	Scott Goodwill	53	1:02:52
1	Sue Matthews	57	48:31	2	,			3	Gary Ashley	56	1:38:35
2	Michelle Richardson	46	54:50	3	David Ricks	38	1:01:00	FE	MALE AGE GROUP:	50 - 59	
3	Tricia Johnston	55	1:04:50	FE	MALE AGE GROUI	P: 30 - 39		1	Gretchen Shyne	52	1:06:02
м	ALE AGE GROUP: 10	- 14		1	Jessica Corwin	30	1:07:20	2	Elizabeth Williams	54	1:10:14
1	Jeffrey Koeferl	13	52:00	2		35	1:08:23	3	Elizabeth Ahner	50	1:18:39
2	Dillon Goodwill	11	59:17	2	Nachel Dielustei	22	1.06.25	M	ALE AGE GROUP: 6) - 69	
2			1:02:50	3	Leah Royer	33	1:15:13	1	John Denio	62	50:26
3	Trevor Goodwill	9		M	ALE AGE GROUP: 4	40 - 49		2	Michael Fredette	61	1:01:16
FE	MALE AGE GROUP:	10 - 14					45.04	FE	MALE AGE GROUP:	60 - 69	
1	MaryKate Cestaro	10	1:16:10	I	Matt Ryan	43	45:01	1	Christine Corson	65	1:08:01
2	Kiely Rose	13	1:16:47	2	Dan Shyne	49	50:22	2	Barbara Hoffman	63	1:21:27
3	Ashley Aldrin	14	1:16:47	3	Amory Colum	46	56:08		Courtesy of SkyHig	h Adven	tures

34TH ANNUAL TOUGHMAN TUPPER LAKE TINMAN TRIATHLON June 25, 2016 • Tupper Lake Municipal Park, Tupper Lake

	Jun	e 25, 2016	• 7	lupper Lake Mu
	TINMAN – 1.2M SWI	М,	FE	MALE AGE GROUP: 3
	56M BIKE, 13.1M R	JN	1	Julie Viau
	ALE OVERALL		2	Kristina Marquez
1	Matt Migonis/35-39	4:15:51	3	
2	Dave Burger/45-49	4:26:17		ALE AGE GROUP: 40
3	Michael Espejo/25-29	4:30:16	1	
	MALE OVERALL		2	
1	Amy Farrell/35-39	4:41:29	3	Mario Lavigne
2	Kerzia Marchant/25-29	5:08:13		MALE AGE GROUP: 4 Colleen Patterson
3	Jess Cooper/20-24	5:09:44		Chelsea Palmer
M	ALE AGE GROUP: 18-19		3	
1	Kyle Radecki	6:09:36		ALE AGE GROUP: 45
2	Jonah Adeson	6:48:01	1	
3	Greg Dick	7:50:16	2	Patrick Roy
FE	MALE AGE GROUP: 18 - 1	19	3	Craig Sheckler
1	Erin Skufca	7:13:55	FE	MALE AGE GROUP: 4
M	ALE AGE GROUP: 20 - 24		1	Lauren Warren
1	Dan Dohman	5:05:32	2	Patricia Steen
2	Liam Davis	5:26:14		Terry Boghossian
3	Marshall Klee	6:23:12		ALE AGE GROUP: 50
FE	MALE AGE GROUP: 20 - 2	24	1	Thomas Newton
1	Brittany Friedrich	5:28:12	2	Brian Cooper
2	Samantha Shaw	5:53:15		Edwin Croucher
3	Nicole Kingsley	5:54:18	1	MALE AGE GROUP: 5
M	ALE AGE GROUP: 25 - 29		2	Yelena Basova
1	Sean Davis	4:41:08		Cheryl Tracy Jodi Brennan
2	Kyle Halloran	4:42:38		ALE AGE GROUP: 55
3	Rob Eberhart	5:40:50	1	David Harding
FE	MALE AGE GROUP: 25 - 2	29	2	Peter Lautenslager
1	Erin Hannigan	5:21:34	3	
2	Cara Sprague	5:23:04	FE	MALE AGE GROUP: 5
3	Nadia Sparrow	5:36:29	1	Brigitte Guay
M	ALE AGE GROUP: 30 - 34		2	Joan Kane
1	Nicholas Grala	4:34:03	3	
2	Greg Binns	4:39:10	м	ALE AGE GROUP: 60
3	Matthew Wontz	4:49:40	1	Denis Gratton
FE	MALE AGE GROUP: 30 - 3	34	2	
1	Megan Strater	5:16:42		Bill Mcmanus
2	Kristin Buchholz	5:34:53		MALE AGE GROUP: 6
3	Eve Tetreault	5:48:19	1	Liz Argotsinger
-	ALE AGE GROUP: 35 - 39		2 M	Patty Sheahan ALE AGE GROUP: 65
1	Siggel Nicolai	4:43:01		Robert Tebo
2	Matthew Crave	4:52:49	2	
3	Andrew Kronschnabel	4:54:18		Jim Adams

upper Lake municip	ai raik,	Tu	орег саке	
MALE AGE GROUP: 35 - 39			AQUABIKE – 1.2M SWIM, 56	M BIKE
Julie Viau	5:26:14	M	ALE OVERALL	
Kristina Marquez	5:32:09	1	Jonathan Brault/35-39	3:06:47
Jennifer Carney	5:33:05	2	Kyle Johnson/40-44	3:22:44
ALE AGE GROUP: 40 - 44		3	Steve McGarrity/50-54	3:32:28
Dylan Cohen	4:30:45			5.52.20
Simon Levasseur	4:32:27	1	Molly Geuss/30-34	3:38:21
Mario Lavigne	4:38:43	2	Emily Zipprich/25-29	3:42:01
MALE AGE GROUP: 40 - 44		3	Joslyn MacDougall/35-39	3:44:57
Colleen Patterson	5:31:49			
Chelsea Palmer	5:34:47		TEAM RELAY – 1.2M SW 56M BIKE, 13.1M RUM	IVI,
Joanne Murray	5:40:15	1	Team Loco	4:40:58
ALE AGE GROUP: 45 - 49		2	Adirondack Honey Badgers	4:55:02
David Kimelberg	4:50:22	3	Pyranha Sponge	5:23:40
Patrick Roy	4:58:04	5		
Craig Sheckler	5:01:39		OLYMPIC – 0.94M SWI 24M BIKE, 6.2M RUN	л,
MALE AGE GROUP: 45 - 49			MALE OVERALL	
Lauren Warren	5:23:57	1	Elizabeth Izzo/20-29	2:34:11
Patricia Steen	5:30:13	2		
Terry Boghossian	5:51:58	2	Dot Martin/50-59	2:40:51
ALE AGE GROUP: 50 - 54		2	Kendra Moran/30-39	2:43:11
Thomas Newton	4:40:08		ALE OVERALL	
Brian Cooper	5:01:42	1	Jude Cooney/40-49	2:22:49
Edwin Croucher	5:09:43	2	Felipe Comas/20-29	2:24:45
MALE AGE GROUP: 50 - 54		3	Matt Ryan/40-49	2:27:50
Yelena Basova	5:31:16	M	ALE AGE GROUP: 20 - 29	
Cheryl Tracy	5:44:24	1	Max Littlefield	3:22:45
Jodi Brennan	5:46:01	FE	MALE AGE GROUP: 20 - 29	
ALE AGE GROUP: 55 - 59		1	Maddie Leopold	2:44:29
David Harding	4:49:24	2	Katie Mertz	2:51:40
Peter Lautenslager	4:58:55	3	Meg Tubridy	3:20:45
Bernard Vallee	5:03:56	м	ALE AGE GROUP: 30 - 39	
MALE AGE GROUP: 55 - 59		1	James Farrell	2:34:15
Brigitte Guay	5:59:52	2	Jared Kneitel	2:34:31
Joan Kane	6:11:11	3	Connor Sutton	2:38:29
Eileen Clinton	6:24:56	-	MALE AGE GROUP: 30 - 39	
ALE AGE GROUP: 60 - 64		1	Karen Mathews	2:43:11
Denis Gratton	5:38:02	2	Kristen Sutton	2:48:53
Blair Landrigan	6:02:12	3	Rachel Waller	2:49:46
Bill Mcmanus	6:19:09	-	ALE AGE GROUP: 40 - 49	2.49.40
MALE AGE GROUP: 60 - 64		1	Justin Linnan	2:53:59
Liz Argotsinger	7:51:58			
Patty Sheahan	8:38:59	2	Andy Sidford	2:54:08
ALE AGE GROUP: 65 - 69			MALE AGE GROUP: 40 - 49	
Robert Tebo	5:58:14	1	Cristina Knapp	2:45:34
Daniel Callahan	7:36:39	2	Jennifer Dicaire	2:57:01
Jim Adams	8:03:44	3	Jessica Storey	3:04:48 continued

1	34TH ANNUAL TO	DUGHN	1A	N TUPPER LAKE	TINMA	Ν.	TRIATHLON cont	inued
M	ALE AGE GROUP: 50 - 59		М	ALE AGE GROUP: 01 - 19		FE	MALE AGE GROUP: 40 - 4	9
1	Tupper Ullrich	2:39:55	1	Riley Gillis	1:50:35	1	Jodi Plante	1:29:17
2	Michael McKie	2:44:44	2	Jacob Gilson	1:58:35	2	Katherine Sukhenko	1:31:06
3	Marc Bochner	2:45:02	м	ALE AGE GROUP: 20 - 29		3	Lisa Loughran	1:33:19
FE	MALE AGE GROUP: 50 - 59		1	Ryan Marchant	1:19:05	м	ALE AGE GROUP: 50 - 59	
1	Bitsy Daut	2:53:20	2	Eli Littlefield	1:50:34	1	Ken Pakula	1:22:48
2	Michelle Meyers	2:56:36 2:59:13	FE	MALE AGE GROUP: 20 - 29		2	Dale Seaton	1:23:48
3 M	Ingrid Hylkema ALE AGE GROUP: 60 - 69	2:59:13	1	Brooke McCormick	2:25:03	3	John St. Marseille	1:24:45
1	Robert Lepak	4:07:35	м	ALE AGE GROUP: 30 - 39		FE	MALE AGE GROUP: 50 - 5	9
ĒE	MALE AGE GROUP: 60 - 69	4.07.55	1	David Morabito	1:18:41	1	Jean Quattrocchi	1:40:41
1	Karen Emmerling	3:53:54	2	Jocelyn Bissonnette	1:30:50	2	Lisa Vandenbranden	1:41:32
	SPRINT - 0.6M SWIM,		3	Steven Hendricks	1:37:41	3	Kathleen lacobucci	1:48:31
	12.4M BIKE, 3.1M RUN		FE	MALE AGE GROUP: 30 - 39		м	ALE AGE GROUP: 60 - 69	
M	ALE OVERALL		1	Kellie Tyler	1:34:35	1	Edward Sparkowski	1:19:33
1	Ryan Tober/01-19	1:13:55	2	Andree Raymond	1:39:28	2	Richard Erenstone	1:35:27
2	Rob Ames/30-39	1:17:08	3	Kelli Cooper	1:40:07	3	John Martin	1:47:39
3 55	Jeff Seaby/40-49	1:18:04	м	ALE AGE GROUP: 40 - 49		FE	MALE AGE GROUP: 60 - 6	9
1	Audrey Friedrichsen/40-49	1:22:24	1	John Coleman	1:27:17	1	Mary Pat Speno	1:45:57
2	Nancy Perry/40-49	1:28:26	2	James Treuthart	1:35:13	2	Jacqueline Beattie	2:24:21
3	Julianne Deguardi/20-29	1:28:29	3	Gerard Lavelle	1:42:26		Courtesy of Tupper Lake T	ïnman

SEPTEMBER 2016

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40TH ANNUAL ADIRONDACK DISTANCE RUN – 10 MILES June 26, 2016 • Lake George Village to Bolton Landing

		June	26, 2016 • Lak	e George	V	illage to Boltor	n Land	ing	
м	ALE OVERALL				1	Sally Drake	43F	Albany	1:17:04
1	Eric MacKnight	27	Ballston Lake	53:05	1	Volker Burkowski	44M	Gansevoort	1:02:30
2	Patrick Carroll	25	Saratoga Springs	55:58	1	Erin Bach-Lloyd	44F	Saratoga Springs	1:25:12
3	Richard Messineo	27	Albany	58:02	1	Seth Dunn	45M	Saratoga Springs	1:15:24
-		27	ruburry	50.02	1	Karen Linnendoll	45F	Hudson Falls	1:25:27
1	Karen Bertasso	32	Albany	1:02:26	1	Nick Laplaca	46M	Queensbury	1:18:40
2	Erin Lopez	35	Saratoga	1:02:20	1	Mike Slinskey	47M	Fishkill	1:02:29
3	Hannah Brooker	25	Albany	1:03:53	1	Danielle Heiden	47F	Westerville, OH	1:31:50
	NE-YEAR AGE GROU		Albuny	1.05.55	1	William Drapeau	48M	Glenville	1:13:55
1	Evan Feldman	12M		1:26:59	1	Kim Johnson	48F	Queensbury	1:25:33
1	Tommy Struzzieri	15M		1:05:33	1	Todd Mesick	49M	Cohoes	1:08:06
1	Thomas Hieden	16M	Westerville	1:01:22	1	Sharon Caruso	49F	Latham	1:25:58
1	Megan Linendoll	16F	Hudson Falls	1:19:04	1	Brian Debraccio	50M	Schenectady	1:06:17
1	Joshua Korn	20M	Watervliet	1:01:22	1	Patty Moore	50F	Queensbury	1:19:44
1	Emily Dewald	20101 20F	Niskayuna	1:22:25	1	Bob Radliff	51M	Stillwater	1:04:46
1	Aaron Lemire	21M	Clifton Park	1:34:09	1	Lisa Nieradka	51F	Clifton Park	1:15:35
1	Mary Kate	211VI 21F	Niskayuna	1:26:29	1	John Sestito	52M	Johnsonville	1:07:08
1	Mark Horgan	21F 22M	Queensbury	1:12:01	1	Louise Battalion	521VI	Ballston Lake	1:29:57
1	Anya Joynt	22101 22F	Schenectady	1:12:01	1	Russell Lauer	52F 53M	Troy	1:04:57
1	Sarah Popovitch	22F 23F	Saratoga Springs	1:11:26	1	Lauren Herbs	53F	Rexford	1:29:56
1	Sean Mech	23F 24M	Pawcatuck, CT	1:33:54	1	Donald Proulx	53F		1:29:56
1	Dina Grimaldi	241VI 24F	Higganum, CT	1:29:56	1		54IVI 54F	Saratoga Springs Queensbury	1:27:42
1	Katlin Mock	24F 25F	Albany	1:129:56	1	Nancy Nicholson	54F 55M		
1		25F 26F		1:12:19	1	Germain Boivin		Montreal, QC	1:12:48
1	Elizabeth Moran		Niskayuna		· ·	Colleen Brackett	55F	Albany	1:17:23
1	John Farley	27M	Albany	58:08	1 1	Will Moran	56M	Niskayuna	1:16:37
1	Lauren Woodcock	27F	Lake George Shushan	1:15:23	· ·	Beth Stalker	56F	Burnt Hills	1:11:02
	Cassandra Conety	28F 29F		1:13:25	1	Derrick Staley	57M	Ballston lake	1:01:43
1	Jennifer Kehn		Clifton Park	1:23:18	1 1	Diane Rothman	57F	Lincroft, NJ	1:22:35
1 1	Matthew Gaschel	30M	Ballston Spa	1:14:09	· ·	John Parisella	58M	Schenectady	1:12:31
	Lisa D'Aniello	30F	Albany	1:07:01	1	Marilyn Robak	58F	Ridgewood, NJ	1:35:45
1	Liz Chauhan	31F	Albany	1:12:59	1	Christopher Kunkel	59M	Oradell, NJ	1:19:44
1	James Lavergne	32M	Glens Falls	1:49:16	1	Kevin Dollard	60M	Hopewell Junction	1:07:10
1	Kelly McCord	32F	South Boston, MA	2:00:30	1	Kitty Fair	60F	Fort Ann	1:24:12
1	Ambrose Schaffer	33M	Canajoharie	1:04:34	1	Stephen Jones	61M	Averill Park	1:16:24
1	Amy Adams	33F	Halfmoon	1:43:33	1	Karen Provencher	61F	Glens Falls	1:22:15
1	Tom Portuese	34M	Queensbury	1:09:16	1	James Forbes	62M	Valley Falls	1:14:08
1	Megan Greenleaf	34F	Chittenden, VT	1:20:36	1	Steve George	63M	Scotia	1:20:04
1	Daniel Biggs	35M	Troy	1:34:42	1	Joan Celentano	63F	Schenectady	1:34:04
1	Sarah Johnson	35F	Saratoga Springs	1:27:35	1	Tom McGuire	64M	Slingerlands	1:19:46
1	Ivan Parra	36M	Watervliet	1:22:06	1	Martha DeGrazia	65F	Slingerlands	1:26:13
1	Lara Tamburelli	36F	Wellesley, MA	1:37:15	1	Leo DiPierro	66M	Cherry Plain	1:35:26
1	Danielle Maslowsky	37F	Ballston Lake	1:13:48	1	Katherine Ambrosio	66F	Delmar	1:45:43
1	James Kehoe	38M	Gansevoort	1:03:53	1	Michael Thuman	67M	Chatham	1:33:02
1	Eileen Ferguson	38F	Chittenango	1:14:10	1	Robert Lee Rivers	68M	Saratoga Springs	1:37:18
1	Colin Crowley	39M	Ballston Spa	1:09:03	1	David Forbes	69M	Argyle	1:40:42
1	Maura Ludlow	39F	Diamond Point	1:30:41	1	Thomas Kollar	70M	Schenectady	1:44:16
1	John Woodard	40M	Glens Falls	1:22:55	1	Jim Callahan	71M	Saratoga Springs	1:49:40
1	Kerry Little	40F	Diamond Point	1:36:59	1	Louis Van Dyck	74M	Toluca Lake, CA	2:05:59
1	Dylan Thomarie	41M	Northville	1:08:38	1	Patrick Bivona	75M	Clifton, NJ	2:05:11
1	Amy Monini	41F	Seabrook, NH	1:40:49	1	Jim Moore	76M	Niskayuna	1:44:18
1	Sean Madden	42M	Albany	1:20:33	1	Wade Stockman	81M	Rensselaer	1:44:09
1	Lori Beck	42F	Amsterdam	1:37:06	1	Anny Stockman	84F	Rensselaer	2:14:20
1	Andy Laporta	43M	Clifton Park	1:31:52		Courtesy o	t The Ad	irondack Runners	

3RD ANNUAL NATIONAL MUSEUM OF DANCE MOVE & GROOVE 5K June 26, 2016 • National Museum of Dance, Saratoga Springs

	June	20, 2		, mase	in or Dance, Saratoga Spin	ngs	
N	IALE OVERALL				MALE AGE GROUP: 40 - 44		
1	Evan Brennan	15	Ballston Lake	20:16	1 Matt Zappen 40 A	Albany 20:	56
2	Mike Bracken	42	Saratoga Springs	20:26	2 David Decelle 44 E	Ballston Spa 27:	57
3		16	Broadalbin	20:52	3 Adam Belcher 41 S	Saratoga Springs 29:2	24
	EMALE OVERALL				FEMALE AGE GROUP: 40 - 44	5 1 5	
1	Sarah Glowa	23	Burnt Hills	23:08	1 Kristin Olmstead 44 H	Hudson Falls 25:0	05
2		18	Clifton Park	23:13	2 Jessica Bruno 40 J	acksonville, VT 31:0	07
3	Jaime Farone	39	Saratoga Springs	23:36		Ballston Spa 34:2	
	EMALE AGE GROUP: 1 -		Cellination	25.55	MALE AGE GROUP: 45 - 49		
1	Jenna Urbanski	13	Stillwater	25:55		Saratoga Springs 30:	1/
2		12	Gansevoort	33:12	FEMALE AGE GROUP: 45 - 49	aratoga springs 50.	14
3	Caitlin Atkinson EMALE AGE GROUP: 15	12	Cobleskill	36:46		Ballston Spa 26:	12
1	Margaret Smith	- 19	Malta	42:08		Stillwater 27:0	
2		17	South Glens Falls	42:08		Greenwich 27.0	
2		15	Saratoga Springs	42:08 51:23		areenwich 27:	11
	EMALE AGE GROUP: 20		Salatoya Spilliys	51.25	MALE AGE GROUP: 50 - 54		~ 7
1	Aleisia Kisel	23	Burnt Hills	25:28		aratoga Springs 21:	
2	Katelyn John	23	Glenville	32:46		Saratoga Springs 25:	
3	Amberlynn Witkop	23	Greenfield Center	49:06		atham 33:0	07
	IALE AGE GROUP: 25 - 2		Greenneid Center	45.00	FEMALE AGE GROUP: 50 - 54		
1	Christopher Young	28	Saratoga Springs	36:24		Saratoga Springs 27:	
2		29	Alton, IL	39:15	,	Wilton 34:4	49
3		26	Skaneateles	41:28	MALE AGE GROUP: 55 - 59		
	EMALE AGE GROUP: 25		Situricateles	11.20	1 Jeff Lone 55 A	Ashland City, TN 25:0	03
1	Jennelle Hoffman	25	Lake Luzerne	34:29	FEMALE AGE GROUP: 55 - 59		
2	Annalise Coffman	26	Alton, IL	39:15	1 Catherine Gagnon 58 0	Gansevoort 29:1	10
3	Rose Doriski	26	Saratoga Springs	41:28	2 Junko Kobori 55 S	Schuylerville 29:5	58
N	IALE AGE GROUP: 30 - 3	84	5 1 5		3 Mary Carmel 55 V	Vaterford 35:	12
1	John Rowlands	33	Gansevoort	35:04	MALE AGE GROUP: 60 - 64		
F	EMALE AGE GROUP: 30	- 34			1 Martin Patrick 62 E	ast Greenbush 25:	37
1	Christine Natalie	30	Arlington, VT	27:23	FEMALE AGE GROUP: 60 - 64		
2		33	Greenwich	30:26		Queensbury 30:5	50
3	Nicole Hughes	30	Ballston Spa	33:06		Saratoga Springs 33:	
N	IALE AGE GROUP: 35 - 3					Arlington, VT 43:2	
1	Jack Clancy	37	Ballston Spa	21:44	MALE AGE GROUP: 65 - 69	41111gton, vi 45.2	25
2		35	Hoosick Falls	30:15			20
FI	EMALE AGE GROUP: 35					atham 29:	39
1	Julie Pomainville	39	Fort Ann	26:57	FEMALE AGE GROUP: 65 - 69		~~
2	Samantha Belcher	39	Saratoga Springs	29:24		atham 47:2	23
3	Trina Carlton	39	Ballston Spa	31:08	Courtesy of National Muse	eum of Dance	

						KER 4: 4-MIL ty Center, Sarat			
1 2 3 4	ALE OVERALL Ben Fazio Matt Brooker John Busque Sean O'Connor	21 25 24 19	Troy Albany Manchester, CT Stamford	19:43 19:53 19:56 20:26	6 7 8 9	Patrick Carroll Dylan Lowry Christopher Hughes Evan Quinones Devin Akerley Shaun Donegan	25 24 16 21 19 30	Saratoga Springs Albany Glens Falls Saratoga Springs Corinth Malta	20:28 20:31 20:34 20:43 20:44 20:53

RESULTS RAC

10TH ANNUAL FIRECRACKER 4: 4-MILE RACE continued

				:R 4: 4-MILE RA			
FEMALE OVERALL	14	Crossfield Contor	22.22	4 Ray Webster	41	Albany	23:0
1 Kelsey Chmiel 2 Karen Bertasso	14 32	Greenfield Center Albany	22:23 23:20	5 Randall Cannell FEMALE AGE GROUP: 4	43	Broadalbin	23:5
3 Amelia Mahoney	17	Saratoga Springs	23:20	1 Tina Greene	42	Scotia	27:1
4 Hannah Davidson	26	Saratoga Springs	23:59	2 Deanne Webster	40	Albany	27:28
5 Eva Scott	17	Burnt Hills	24:11	3 Colleen Murray	42	Slingerlands	28:0
6 Claire Collison	26	Albany	24:18	4 Eileen Ragone	40	Niskayuna	28:2
7 Peyton Engborg	15	Greenfield Center	24:23	5 Shanley Alber	44	Clifton Park	28:2
8 Paris Fenoff	15	Ballston Spa	24:23	MALE AGE GROUP: 45	- 49		
9 Erin Corcoran	42	Schenectady	24:27	1 Andrew Reed	45	Niskayuna	24:0
10 Hannah Brooker	25	Albany	24:33	2 Jon Rocco	49	Colonie	24:19
MALE AGE GROUP: 1 -				3 Todd Mesick	49	Cohoes	25:1
1 Geoff Howles	14	Saratoga Springs	22:00	4 Daniel Pierson	47	Oriskany	26:09
2 Ryan Postlethwait	14	Ballston Spa	23:52	5 John Pusateri	48	Castleton-on-Hudsor	n 26:19
3 Aidan Waite	14	Saratoga Springs	24:18	FEMALE AGE GROUP: 4			
4 Kent Thomson	14	Elka Park	24:43	1 Emily Bryans	48	Delanson	24:40
5 Brady Tooker	13	Saratoga Springs	25:31	2 Shannon Britten	45	Saratoga Springs	30:1
FEMALE AGE GROUP: 1		Construct Continue	20.21	3 Carol Abbattisti 4 Connie Smith	47	Queensbury	30:4
1 Grace Rosenberger 2 Leila Paltrowitz	14 12	Saratoga Springs New York	29:21		48 45	Ballston Lake Saratoga Springs	30:5: 32:0
2 Leila Paltrowitz 3 Jenna Urbanski	12	Stillwater	30:35 31:35	5 Julianne Claydon MALE AGE GROUP: 50		saratoya spiritys	52.0
4 Alexis Dibernardo	14	Albany	31:55	1 John Stadtlander	- 34 50	Clifton Park	22:0
5 Emme Baldwin	14	Ballston Spa	34:02	2 Thomas Kracker	50	Delmar	23:2
MALE AGE GROUP: 15		baliston spa	J4.02	3 Mark Stephenson	52	Esperance	23:52
1 Shea Weilbaker	15	Saratoga Springs	21:24	4 Ryan Mitchell	52	Troy	24:1
2 Matthew Jenkins	19	South Glens Falls	21:24	5 Jack Arnold	53	Latham	24:14
3 Charles Ragone	19	Niskayuna	21:36	FEMALE AGE GROUP: 5		Latialli	∠4.14
4 Joel Graska	18	Corinth	21:40	1 Laynie Loeffler	51	Guilderland	28:03
5 Daryl Blough	16	Elka Park	21:41	2 Mary Buck	52	Mechanicville	28:2
FEMALE AGE GROUP: 1		LING FULK	21.43	3 Kristen Hislop	52	Clifton Park	28:38
1 Caroline Starace	16	Greenfield Center	24:41	4 Mary Fenton	50	Ballston Spa	29:00
2 Hunter Von Ahn	15	Saratoga Springs	24:43	5 Nancy Nicholson	54	Queensbury	30:09
3 Samantha Vetter	16	Greenfield Center	25:06	MALE AGE GROUP: 55		queensoury	20.0.
Allison Fernandez	19	Ballston Lake	25:51	1 Derrick Staley	57	Ballston Lake	23:39
Mariellen Penzer	17	Saratoga Springs	26:16	2 Thomas Dalton	58	Schenectady	23:5
MALE AGE GROUP: 20		Salatoga Springs	20.10	3 John Noonan	56	Ballston Spa	24:30
John Busque	24	Manchester, CT	19:55	4 Jon Weilbaker	57	Saratoga Springs	26:30
2 Dylan Lowry	24	Albany	20:31	5 Ken Schwartz	58	Saratoga Springs	26:32
Evan Quinones	21	Saratoga Springs	20:43	FEMALE AGE GROUP: 5		salatoga spinigs	20.51
Matt Cicciu	21	Troy	20:55	1 Colleen Brackett	55	Albany	28:2
Travis Briggs	21	Saratoga Springs	21:05	2 Stephanie Landy	56	Malta	28:58
EMALE AGE GROUP: 2		jpj-		3 Diane Rothman	58	Lincroft, NJ	30:34
Jaime Lord	20	Stony Point	24:33	4 Maureen Fitzgerald	58	Clifton Park	30:39
2 Stefanie Fresenius	24	Ballston Spa	24:43	5 Sue Hotaling	55	Saratoga Springs	31:39
Ashley Peppriell	21	East Aurora	24:49	MALE AGE GROUP: 60	- 64		
4 Sara Buckley	22	Slingerlands	24:49	1 Steve Vnuk	60	Delmar	27:33
5 Shannon Trant	22	Schenectady	25:00	2 George Baranauskas	62	Scotia	28:23
MALE AGE GROUP: 25	- 29			3 Steven George	63	Scotia	29:42
Richard Messineo	27	Albany	21:39	4 Richard Elton	64	Queensbury	30:20
2 John Farley	27	Albany	21:50	5 Frank Lombardo	60	Saratoga Springs	30:33
8 Nick Webster	27	Albany	22:11	FEMALE AGE GROUP: 6	0 - 64		
Ferrance Gallogly	29	Saratoga Springs	22:39	1 Anne Lytwynec	62		32:3
Aaron Lozier	27	Albany	23:05	2 Erika Oesterle	64	Stamford	33:48
EMALE AGE GROUP: 2				3 Myriam Santos	62	Mechanicville	34:20
Andrea Hollinger	28	East Greenbush	26:23	4 Joan Celentano	63	Schenectady	35:1
Abigail Carnevale	29	Saratoga Springs	27:57	5 Cheryl Olsen	63	Schenectady	35:4
Michelle Pratt	27	Albany	28:08	MALE AGE GROUP: 65			
Kathryn Bernarde	29	Saratoga Springs	28:12	1 Dave Glass	69	Glenville	27:2
Michelle Davis	27	Schenectady	28:12	2 Michael Fazioli	65	Wynantskill	27:5
ALE AGE GROUP: 30				3 Kenneth Klapp	66	Schenectady	29:1
Louis DiNuzzo	34	Saratoga Springs	21:33	4 Patrick Glover	69	Clifton Park	29:3
Josh Merlis	34	Albany	21:44	5 Joseph Aliberti	66	Voorheesville	29:5
Keith Weiss	34	Loudonville	23:29	FEMALE AGE GROUP: 6			
David Harwood	30	Troy	23:46	1 Martha DeGrazia	65	Slingerlands	32:4
Denis Samburskiy	34	Saratoga Springs	24:12	2 Claire Henderson	67	Saratoga Springs	35:1
EMALE AGE GROUP: 3		A lla a su s	24.40	3 Cathy Lanesey	66	Troy	38:1
Lisa Daniello	30	Albany Ballatan Laka	24:48	4 Suzanne Nealon	66	Miami, FL	39:5
Jessy Montrose	30	Ballston Lake	25:18	5 Laura Clark	69	Saratoga Springs	40:3
Janne Rand	31	Delanson	27:11	MALE AGE GROUP: 70		Clifferen R. J.	
Liz Chauhan	31	Albany	27:22	1 Howard Jones	73 71	Clifton Park	33:3
Erin Wrightson	30	Albany	27:44	2 Jim Callahan 3 Charles Brockett	70	Saratoga Springs	37:5
Anthony Giuliano		Nickarrupa	21.20		70	Dolgeville	41:0 41:1
Anthony Giuliano James Sweeney	37 35	Niskayuna Albany	21:36 22:34	4 Richard Farrell 5 JJ Favat	70	Saratoga Springs	
James Sweeney James Kehoe	35 38	Gansevoort	22:34 23:39	FEMALE AGE GROUP: 7		Saratoga Springs	41:5
Shaun Evans	38 38	Middle Grove	23:39	1 Claire Gregoire	74	Waterford	51:0
Andrew Rickert	38 37	Delmar	24:22	2 Susan Fassett	74	Ballston Spa	52:2
EMALE AGE GROUP: 3		Delitidi	23.13	3 Nancy Johnston	70	Ballston Lake	52:2
Mollie Turner	36	Averill Park	24:58	4 Phyllis Morrison	70		1:02:5
Crystal Perno	30	Clifton Park	24.58	5 Elizabeth Stano	70		1:13:0
Danielle Maslowsky	35	Ballston Lake	27:08	MALE AGE GROUP: 75		Greenneld Center	1.15.0
Stephanie Poirier	38	Saratoga Springs	27.44	1 Jim Moore	76	Niskayuna	38:4
Kari Deer	30	Slingerlands	28:00	2 Joe Geiger	75	Saratoga Springs	40:0
An Deer MALE AGE GROUP: 40		Singenatius	20.14	3 Ralph Santos	75	Mechanicville	40:0
James O'Connor	- 44 42	Troy	21:50	4 Bill Long	75	Clifton Park	40.1
	42	Guilderland	21.30	5 Nat Grew	78	CIRCOLLAIN	55:18
Aaron Knobloch							
2 Aaron Knobloch 3 Volker Burkowski	44	Gansevoort	22:42			cker 4/FC4 Inc.	

13TH ANNUAL MUSSELMAN TRIATHLON July 8-10, 2016 • Lakefront Park, Geneva

		July 0-10, 20			one raik, Geneve		
	MUSSELMAN HALF – 1.2N	I SWIM, 56M BIKE, 13.1	M RUN	M	ALE AGE GROUP: 35 - 3	39	
M	ALE OVERALL			1	Andrew Holland	Erie, PA	4:34:01
1	Matthew Curbeau/30-34	Millis, MA	4:04:47	2	Lucas Moore	Morristown, VT	4:36:16
2	Mat Migonis/35-39	Newton	4:08:45	3	Darren Schutt	Webster	4:36:33
3	Doug Maclean/35-39	Ithaca	4:16:02	FE	MALE AGE GROUP: 35	- 39	
FE	MALE OVERALL			1	Stephanie Gonzalez	Austin, TX	5:12:53
1	Amy Farrell/35-39	Tupper Lake	4:45:18	2	Jennifer Matro	Philadelphia, PA	5:18:41
2	Heidi Benson/25-29	Cleveland, OH	4:59:06	3	Allison Saunders	Williamsport, PA	5:32:55
3	Jennifer Zopp/30-34	Mahopac	5:00:11	M	ALE AGE GROUP: 40 -		
M	ALE AGE GROUP: 15 - 19			1	Todd Shatynski	Altamont	4:28:46
1	Ryan Fleischer	Delmar	5:38:41	2	Dean Haspela	Dorchester, MA	4:36:11
FE	MALE AGE GROUP: 15 - 1	19		3	Joseph Priore	Williamsville	4:44:59
1	Kara Rosenthal	Rochester	6:26:30	FI	MALE AGE GROUP: 40	- 44	
M	ALE AGE GROUP: 20 - 24			1	Sarah Newsome	Palmyra	5:04:19
1	Luke Davis	Wayne, PA	4:34:43	2	Tina Kunstbeck	Altoona, PA	5:15:35
2	Ryan Recchia	Latham	4:45:37	3	Lea Warden	Voorheesville	5:16:14
3	Joe Hannon	Danville, PA	4:59:26	-	ALE AGE GROUP: 45 - 4		5.10.14
FE	MALE AGE GROUP: 20 - 2	24		1	Turner Boone	Geneseo	4:37:43
1	Mary Beth Hannon	Ovid	6:09:55	2	Andrew Getzin	Ithaca	4:45:06
2	Erica Nye	Skaneateles	6:12:49	3		Ithaca	4:51:58
3	Chelsea Parkes	Camillus	6:18:34	-	EMALE AGE GROUP: 45		4.31.30
M	ALE AGE GROUP: 25 - 29			1	Roberta Cirelli	Oshawa, ON	5:32:29
1	Shawn Parkhurst	Oswego	4:31:02	1			
2	Jeanhyuk Park	Cleveland Heights, OH	4:45:46	2		Victor	5:39:35
3	Kevin Long	Queensbury	4:54:33	3	Michelle Pressley	Norfolk, VA	5:51:42
FE	MALE AGE GROUP: 25 - 2			M	ALE AGE GROUP: 50 - !		
1	Mae Card	Auburn	5:22:43	1	Joseph Dilorenzo	Lockport	4:58:04
2	Sarah Schaefer	Williamsville	5:30:27	2	Christopher Bersani	Westborough, MA	5:06:41
3	Emily Brooks	Kenmore	5:40:31	3	Rich Latorra	Plattsburgh	5:10:27
M	ALE AGE GROUP: 30 - 34			FE	EMALE AGE GROUP: 50		
1	Andrew Barnard	Shaker Heights, OH	5:10:42	1	Stephanie Barbero	Fairpoint	5:38:29
2	David Morabito	Seneca Falls	5:15:37	2	Suzanne Clements	Clifton Springs	5:58:35
3	Jason Pedrick	Playa Del Rey, CA	5:19:28	3	Karen Ruth	Eastlake, OH	6:11:09
FE	MALE AGE GROUP: 30 - 3	34		M	ALE AGE GROUP: 55 - !	59	
1	Annaleigh Porter	Syracuse	5:04:55	1	Keith Manning	Arlington, MA	4:57:50
2	Kelly Virkler	Áltamont	5:15:30	2	Peter Lautenslager	Victor	4:57:58
3	Lauren Wexler	Astoria	5:32:34	3	Howard Iseri	Wellsboro, PA	5:13:54 continued

		USSELN	IAN TRIATHLON co		
EMALE AGE GROUP: 55			MINI-MUSSEL – 750M S	WIM, 16.1M BIKE, 3.2N	1 RUN
I Fran Vincent	Slingerlands	5:23:37	MALE OVERALL		
2 Lauren Cunniffe	Greenfield, MA	6:25:51	1 Matt Migonis/35-39	Newton	1:13:
3 Barbara Pudiak	Fairport	6:30:45	2 Craig Baumgartner/25-29	Washington DC	1:17:
MALE AGE GROUP: 60 - (3 Brian Emelson/50-54	Rochester	1:18:
Dirk Elliott	Marathon	5:41:55	FEMALE OVERALL		
2 Bill Beardsley	Orchard Park	6:17:25	1 Sascha Scott/40-44	Syracuse	1:20:
8 Robert Rudolph	Mechanicsburg, PA	6:20:09	2 Heidi Benson/25-29	Cleveland, OH	1:20:
EMALE AGE GROUP: 60			3 Megan Leubner/25-29	Skaneateles	1:20:
Jane Eshbaugh	Ellicottville	6:20:59	MALE AGE GROUP: 1 - 19		
Diane Sardes	North Tonawanda	6:44:32	1 Sam Costich	East Amherst	1:23:
Theresa Fulgieri	Romulus	7:06:08	2 Jacob Arnold	Middleport	1:32:
MALE AGE GROUP: 65 - (3 Connor McArdle	Niagara Falls	1:34:
Herman Sieverding	Freebille	5:39:33	FEMALE AGE GROUP: 1 - 1	9	
Ron Knewstub	Ithaca	6:33:34	1 Audra Burrall	Geneva	1:39:
CLYDESDALE			2 Elise Keister	Horeseheads	1:40:
Daniel Maychack	Altamont	5:09:20	3 Susan Bansbach	Favetteville	1:41:
THENA			MALE AGE GROUP: 20 - 29	.,	
Erin Ayala	Schenectady	5:37:30	1 AJ Beers	Central Square	1:19:
ARATRI 4 MALE			2 Miles Mischke	Nichols	1:23
Robert Scott	Whitby, ON	6:28:37	3 Ryan Kelly	East Greenbush	1:24
	BIKE – 1.2M SWIM, 56M	BIKE	FEMALE AGE GROUP: 20 - 1		1.24
IALE OVERALL			1 Lisa Holt	Ithaca	1:25
Dave Tierney	Cary, NC	3:07:50	2 Marguerite Zaepfel	Gasport	1:33
Graham Frazer	Dansville	3:12:23	3 Victoria Lederer	Canton	1:35
Randy Swift	Saratoga Springs	3:17:17	5 Victoria Ecaciei	Cariton	1.55
EMALE OVERALL			MALE AGE GROUP: 30 - 39	141	1.10
Nancy Lyon-Stadler	Shaker Heights, OH	3:27:03	1 Victor Brown III	Ithaca	1:19
Kimberly Galek	Williamson	3:35:25	2 Aaron Perry	Vestal	1:20
Caitlyn Ramsey	Chantilly, VA	3:50:07	3 Ed Heckle	Rochester	1:21
IALE AGE GROUP: 20 - 2		5.50.07	FEMALE AGE GROUP: 30 -		
Joshua Weaver	Pittsburgh, PA	3:19:20	1 Jenelle Glover	Corning	1:21
Matt Mitchell	Rochester	4:27:15	2 Alison Migonis	Newton, MA	1:24
EMALE AGE GROUP: 20		4.27.15	3 Stephanie Montgomery	Erie, PA	1:33
Grace Crawford	Brooklyn	5:10:40	MALE AGE GROUP: 40 - 49		
Ellen Larsen	Tallmadge, OH	5:40:32	1 Jeremy Maichuk	Webster	1:19
EMALE AGE GROUP: 30		5.40.52	2 Mark Durno	Fairview Park, OH	1:20
Kelly Lyon	Amherst	3:55:22	3 Al Tricomi	Canandaigua	1:21
Joslyn MacDougall	Liverpool	3:55:59	FEMALE AGE GROUP: 40 -	49	
Kimberly Roof		4:02:35	1 Lori Deschamps	Anchorage, AK	1:23
IALE AGE GROUP: 30 - 3	Jackson Heights	4.02.55	2 Murphee Hayes	Marathon	1:24
Todd Marshall	Liverpool	3:24:46	3 Jennifer Redding	Williamsville	1:26
IALE AGE GROUP: 40 - 4		5.24.40	MALE AGE GROUP: 50 - 59		
William Underwood	Owego	3:46:32	1 Matthew Kellman	Penfield	1:18
			2 Howard Iseri	Wellsboro, PA	1:22
Robert Fitz Garv Roberts	Chagrin Falls, OH	3:30:23	3 Rory Gumina	Rochester	1:22
	Hornell	3:49:08	FEMALE AGE GROUP: 50 -		
EMALE AGE GROUP: 40		2.50.46	1 Fran Vincent	Slingerlands	1:25
Pamela Benchley	Dunkirk	3:59:46	2 Nancy Lyon-Stadler	Shaker Heights, OH	1:27
Christine Tyndall	Hollidaysburg, PA	4:02:31	3 Gina Burrows	Liverpool	1:29
Elizabeth Hornak	Henrietta	4:39:40	MALE AGE GROUP: 60 - 69	Liverpoor	1.20
IALE AGE GROUP: 50 - !			1 Curt Eggers	Henrietta	1:18
Michael Williams	Temple, PA	3:30:02	2 Philip Friedman	Erie, PA	1:18
Joe Pangrace	Strongsville, OH	3:41:02			
Louis Vogel	Hector	4:18:54		Ithaca	1:28
EMALE AGE GROUP: 50			FEMALE AGE GROUP: 60 - 0 1 Margaret Perkins		1.45
Nicole Roy	Whitby, ON	3:50:20	i margareer entins	Tully	1:45
Jeanne Mogauro	Pittsford	4:55:52	2 Marilee Pryor	Scottsville	1:58
IALE AGE GROUP: 60 - (3 Rita McCarthy	Painted Post	1:58
Michael Gavin	Mars, PA	3:34:31	MALE AGE GROUP: 70 - 79		
Michael Baxterr	Webster	3:38:33	1 Tom Dutton	Livonia	1:30
Kirk Semler	Pittsburgh, PA	3:51:38	2 Christopher Baker	Weedsport	1:33
EMALE AGE GROUP: 60	- 69		3 Jim Cunningham	Ticonderoga	1:41
Kathleen Meany	Altamont	4:02:45	FEMALE AGE GROUP: 70 -	79	
Karen Emmerling	Livonia	4:23:45	1 Carol Hamlin	Endwell	2:10
Christine McKnight		4:34:17			

HITS TRIATHLON SERIES: HUDSON VALLEY July 9, 2016 • Williams Lake, Rosendale

		July	9, 2	2016 • William	s Lake	, Rosen	dal	e		
FULL – 2.4M SWIM, 26.2M RU	112M	BIKE,	N	IALE AGE GROUP: 4	0 - 44		FI	EMALE AGE GROUP:	25 - 29	
	JN		1	Allen Lopez	43	4:53:26	1	Midori Uehara	28	2:47:58
MALE OVERALL			2	Jim Shepardson	44	5:37:05	2	Zoe Buonaiuto	26	3:24:32
1 Ned Dalzell	31	10:36:25	3	Andrew Binnie	42	5:40:40	M	IALE AGE GROUP: 30	- 34	
2 Keith Botner	42	11:18:47		EMALE AGE GROUP:			1	Evan Westgate	34	2:28:42
3 David Finkbiner	25	11:30:27	1	Teresa Garrett	44	5:59:05	2	Jeremy Gourd	32	2:42:57
FEMALE OVERALL			2	Laura Marino	40	6:35:29	3	Stephen Carlucci	34	2:46:18
1 Megan O'Keefe	28	14:50:05	3	Dan Spano	41	7:58:18	FI	EMALE AGE GROUP:	30 - 34	
2 Katherine Kromka	25	14:50:05		IALE AGE GROUP: 4		5 00 50	1	Laura Dopkins	34	2:56:04
3 Sharon Hobbs	57	15:45:37	1	Joshua Arvidson	45	5:03:52	2	Rachel Rhymaun	33	3:00:41
MALE AGE GROUP: 18		15 50 10	2	Stephen Katz	49 46	5:10:07 5:13:59	3	Olga Lech	32	3:08:53
1 Harris Goldstein	19	15:59:10		Kenneth Colantuoni EMALE AGE GROUP:		5.15.59		IALE AGE GROUP: 35		
MALE AGE GROUP: 20	23	12.50.01	1	Eleni Reed	49	5:51:07	1	Michael Morley	35	2:53:10
1 Matthew Golding 2 Micah Cotton	23	12:58:01 13:15:26	2	Kimberly Cognato	48	7:06:05	2	Adam Zananski	37	2:58:38
MALE AGE GROUP: 35		13:15:20	3	Jeanette McCue	46	7:08:27	3	Ricardo Rhymaun	38	3:06:42
1 David Newman	36	11:56:03	-	IALE AGE GROUP: 5		7.00.27		EMALE AGE GROUP:		2.00.50
2 Vincent Hastings	38	14:27:30	1	Don Kjelleren	51	4:58:35	1	Melissa Tesh	39	3:09:50
MALE AGE GROUP: 40		14.27.30	2	Tomas McMillan	51	5:24:40	2	Marcy Duffy	37 36	3:10:27
1 Daniel Fehl	41	13:24:35	3	Louie Amorati	53	5:36:56	-	Jamie Rusignuolo		3:16:32
2 Robin Ireland	40	13:52:40	F	EMALE AGE GROUP:	50 - 54			IALE AGE GROUP: 40		2.46.20
MALE AGE GROUP: 45		12.22.40	1	Hilda DenBoer	50	5:56:44	1	Christopher Frasca	41 41	2:46:30 2:47:26
1 Simeon Hyman	48	14:16:25	2	Jane Cervone	52	5:57:01	2	Scott Cooper Joseph Glauda	41	2:47:20
MALE AGE GROUP: 50		14.10.25	3	Alicia Schultz	50	6:22:20		EMALE AGE GROUP:		2.47.45
1 Dennis Upton	50	15:31:01	N	IALE AGE GROUP: 5			1	Emily Westheimer	40 - 44	2:58:06
AQUABIKE	50	15.51.01	1	David Fabian	57	5:04:28	2	Jenny Krumpus	42	3:04:02
1 Adam Granoff	38	7:52:04	2	Peter Allen	56	5:57:45	3	Sarah Simmons	41	3:04:15
2 Sean Chick	40	8:47:34	3	Dave Lewis	55	7:52:44		IALE AGE GROUP: 45		5.04.15
3 William Bench	29	9:24:37		EMALE AGE GROUP		7 05 10	1	Jim Wengler	48	2:49:27
HALF – 1.2M SWIM	. 56M	BIKE.	1	Michele Yasson	57	7:05:42	2	John Hawkins	47	3:05:17
13.1M RU	JN			Sherrie Gibson EMALE AGE GROUP:	56	7:52:18	3	Andrew Gallaher	46	3:18:15
MALE OVERALL			1	Jodi Alper	61	7:41:52	FI	EMALE AGE GROUP:	45 - 49	
1 Colin Martin	30	4:32:48	2	Amy Davidson	64	8:36:38	1	Karen Miura	48	3:05:45
2 Cristian Gonzalez	34	4:40:25		IALE AGE GROUP: 6		0.50.50	2	Christine Frietchen	46	3:19:28
3 Andrew Cruz	35	4:43:51	1	Dennis Budd	65	6:54:40	3	Rebecca Ackerman	47	3:38:03
FEMALE OVERALL			ċ	LYDESDALE MALE	0.5	0.5 1.10	M	IALE AGE GROUP: 50	- 54	
1 Holly Goodman	26	5:26:22	1	Robert Moncrief	39	6:34:38	1	Michael Halstead	50	2:34:01
2 Ellen Tarquinio	36	5:34:53	Α	QUABIKE MALE			2	John Reino	52	2:46:14
3 Amy Sherman	52	5:38:13	1	Thomas DeLuca	61	3:45:54	3	Lars Liebmann	54	2:51:38
FEMALE AGE GROUP:			2	Aaron Kwittken	46	3:51:49		EMALE AGE GROUP:		
1 Lindsay Mayo	16	6:35:26	3	Joel Bartfield	58	4:25:44	1	Michele Faul	54	2:48:33
MALE AGE GROUP: 18		<i></i>		QUABIKE FEMALE			2	Gaye Bassin	52	3:38:28
1 Tom Farrell	18	6:14:43	1	Molly Geuss	30	3:50:49	3	Carolyn Stellatella	51	3:51:56
FEMALE AGE GROUP:			2	Ida Jarner	37	5:40.95		IALE AGE GROUP: 55		
1 Lauren Wager 2 Zoe Goodwin	21 20	5:58:01 6:33:27		OLYMPIC - 750 24.8M BIKE, 6	M SWIM	,	1	Steven Schindler	58	2:45:50
MALE AGE GROUP: 25		0.55.27	N.	IALE OVERALL	.2IVI RUN		2	Stephen Shulman	56	2:46:42
1 Rob Eberhart	27	5:24:14	1	Tanlay Salah	39	2:21:21	3	John Mitchell EMALE AGE GROUP:	58	3:18:46
	27	5:39:21			39	2:24:39				2.50.20
2 Larry Ahearn 3 David Patzer	29	5:39:21	2	Michael Cooley Sean Laude	37	2:24:39	1	Sally Strauss Judith Ecochard	56 59	2:50:28 3:14:50
MALE AGE GROUP: 30		5.47.44	5		50	2.23.05	2			
1 Adam Rago	31	5:24:19	1	Jessica Chong	31	2:23:36	-	Ellen Rosenthal IALE AGE GROUP: 60	56 - 64	3:56:53
2 Brendan Droge	33	5:51:37	2	JoEllen Cameron	53	2:23:30	1		60 - 6 4	2:30:11
3 Nadav Ben-Chanoch	31	6:24:53	3	Carrie Stevens	26	2:41:11	2	Mike McCombs Richard Brotherton	63	3:18:30
FEMALE AGE GROUP:				IALE AGE GROUP: 1		2.73.73	2	Howard Kohn	63 64	3:41:14
1 Elspeth Roake	34	6:49:10	1	David Herman	18	2:55:51		IALE AGE GROUP: 65		5.41.14
2 Kathryn Escoto	30	7:18:28	2	Finian Brown	15	3:44:06	1	Bill Pape	69	3:04:05
3 Maureen Knorring	32	7:38:56		IALE AGE GROUP: 2		5	2	Steven Pressman	66	3:21:05
MALE AGE GROUP: 35		,	1	Christopher Altimari	24	2:33:07	-	EMALE AGE GROUP:		5.21.05
1 Josh Parker	36	4:52:12	2	Anton Walker	24	2:39:13	1	Mary DeNitto	68	3:14:23
2 Chad Duffy	39	5:05:25	N	IALE AGE GROUP: 2	5 - 29		À	QUABIKE MALE		
3 Darren Schiminski	37	5:18:08	1	Matthew Giliotti	28	2:38:37	1		35	1:45:22
FEMALE AGE GROUP:			2	Jonathan Baluzy	29	2:50:07	2	Craig Borders	46	1:46:53
1 Gabriela DeAngelo	39	5:40:15	3	Simon Gabriel Malte	29	2:53:13	3	Scott Bartos	40	1:50:05 continue

SEPTEMBER 2016 23

	ніт	S TF	RIATHL	ON	SERIES: HU	DSO	N VAL	LE۱	continued		
A	QUABIKE FEMALE			FE	MALE AGE GROUP: 3	80 - 39		CL	YDESDALE MALE		
1	Julie Chan	53	2:55:51	1	Lara Ceppi	33	1:37:09	1	Peter McIvor	34	1:25:15
	SPRINT – 750M SWIM, 1	12.4M	BIKE,	2	Sarah Cohn	38	1:42:34	AT	HENA FEMALE		
	3.1M RUN			3	Kristina Cantelli	36	1:51:51	1	Angela Dumadag	38	2:17:04
M	ALE OVERALL	~ 4		м	ALE AGE GROUP: 40	- 49		AC	UABIKE		
1	Benjamin Balmy Hendrick JP Van der Zan	31	1:11:42 1:11:46	1	Adam Rundell	41	1:12:52	1	Jesse Mellor	64	1:04:35
23		ae 25 31	1:11:46	2	Jon Herrick	43	1:14:37	OP	EN – 100M SWIM, 3M	BIKE.	1M RUN
5	Robert Ordish	31	1:11:55	3	Scott Green	49	1:20:36		ALE TOP 10		
1	Leigh Parker	35	1:26:05	FE	MALE AGE GROUP: 4			1	Jonathan Wolfson	19	13:38
1	Julissa Ouezada	35 20	1:26:05	1	Micaela Birmingham	40	1:33:23	2	Ethan Walters	24	15:47
2	Jocelyn Kaselow	20	1:27:19	2	Meagan Sullivan	40	1:42:40	3	Trevor Goodwill	9	16:51
	ALE AGE GROUP: 13 -		1.29.15	3	Mindy Freedgood	49	1:49:13	4	Dillon Goodwill	11	17:31
1	Spencer Schindler	19	1:32:28	м	ALE AGE GROUP: 50			5	Aidan Chan	8	21:51
2	James Farrell	13	1:51:03	1	Peter Putka	55	1:15:14	6	Wesley Chan	10	23:08
3	Matthew Greenfield	19	1:52:49	2	Kevin Elmore	54	1:24:40	7	Ajay Krishnan	8	23:08
-	MALE AGE GROUP: 13		1.52.45	3	Edward Gabriels	55	1:37:54	8	Kenneth Lee	° 10	24.10
1	Felicia Ojarovsky	15	1:38:33	FE	MALE AGE GROUP: 5	50 - 59		9	Charlie Ding	8	25:14
2	Caroline Slyer	18	1:40:33	1	Karen Rae	55	1:35:49	-	Andrew Patterson	8 25	25:27
3	Ruby Slyer	13	1:56:19	2	Michelle Sweeney	58	1:37:59			25	25:35
	ALE AGE GROUP: 20 -		1.50.15	3	Seier Laurie	59	1:58:51	FE	MALE TOP 10		
1	lan McGrew	29	1:12:32	м	ALE AGE GROUP: 60	- 69		1	Kaitlyn Kortright	16	20:25
2	Joseph Vantassel	22	1:25:14	1	Richard Miller	63	1:28:30	2	Mary Katherine Cestaro	8	20:32
3	Carlo Ceppi	25	1:25:43	2	James Sweeney	66	1:32:29	3	Leah Freedland	27	21:18
	MALE AGE GROUP: 20		1.25.15	3	Eric Bressler	66	1:39:19	4	Anna Kunz	15	21:31
1	Biz Osborne-Schwartz Bi	7 22	1:37:32	FE	MALE AGE GROUP: 6	50 - 69		5	Kristen Flores	15	21:55
2	Meghan Ede	25	1:43:32	1	Janice Cragnolin	61	2:01:03	6	Emily Nacianceno	12	22:09
3	Molly Smith	27	1:47:28	2	Sarah Hitchcock	62	2:22:13	7	Isabella Flores	10	22:10
M	ALE AGE GROUP: 30 -	39		3	Patricia Giovenco	65	2:29:34	8	Jessica Borders	16	22:14
1	Mason Cavell	34	1:26:10	м	ALE AGE GROUP: 70	- 79		9	Madalyn Borders	12	22:52
2	Erik Morse	38	1:27:49	1	Jim Becker	71	1:37:34	10	Colleen Kortright	40	22:26
3	Joe Cincotta	39	1:31:00	2	Frank Vitale	71	2:06:23		Courtesy of HITS Triat	hlon S	eries

15TH ANNUAL CAPITAL REGION BICYCLE ROAD RACE July 9, 2016 • Ravena-Coeymans-Selkirk High School, Ravena

		uly 9, 2010 • Navella-	coeyma	113	Seikiik nigii S	601001, Ravella	
м	EN CAT 1/2/3 - 63 M	AILES		4	Jeff Krywanczyk	Capital Bicycle Racing Club	1:56:15
1	William Dugan	Steve Pucci Retirement Tour	3:33:45	5	Calvin Tortorigi	Storrs Center Cycle Racing	1:56:15
2	lan Clarke	Next	3:35:32	м	EN CAT 5 - 43 MIL	ES	
3	Chase Goldstein	CRCA/Weather Channel/Giant	3:35:32	1	Maththew Kurz	Capital Bicycle Racing Club	1:50:55
4	Tim Mitchell	CCB Racing	3:35:33	2	Scott Birdsey	Capital Bicycle Racing Club	1:53:28
5	Gavriel Epstein	CRCA/Lupus Racing Team	3:35:59	3	Matthew Shaffer	Unattached	1:57:48
M	EN CAT 1/2/3/4 MA	STERS 40+ – 63 MILES		4	Brian White	R-Cubed Cycling Team	1:57:48
1	Fernando Ferreira	Iron Bridge/Tarmac Cycling	2:48:34	5	Casey Clarke	Cadence Wealth Management	1:57:58
2	Gregg Galletta	CRCA/Rockstar Games	2:48:35	M	EN JUNIOR 15-16		
3	Jacob Hacker	Unattached	2:48:36	1	Wyatt Cote	CT Cycling Advancement	1:53:30
4	Lawrence Uhrlass	Brands Cycle/Roslyn Porsche	2:49:18	2	Jonathan Guiza	Sherpa Cycling	1:57:47
5	Chris Crowell	Fusionthink/Voss	2:49:19	3	Nick Koleszar	CCAP/Sherpa Cycling	1:57:47
М		STERS 50+ – 63 MILES		4	Juan Soler	Unattached	1:57:56
1	Cliff Summers	CCC/Keltic Const/Zane's Cycles	2:49:24	5	Kyle Crowell	CT Cycling Advancement	1:58:49
2	Gerard O'Shea	CCC/Keltic Const/Zane's Cycles	2:55:30	-	OMEN CAT 1/2/3 -		1.50.45
3	Mark Sumner	Peak Racing/Valley Bike & Ski	2:55:31	1	Emily Marcolini	Phi Hotel/Holiday Inn Express	3:09:22
4	Art Podgorski Jr	Cyclonauts Racers Inc	2:55:31	2	Emma Bast	Unattached	3:12:29
5	Douglas O'Neill	Deno's Wonder Wheel	2:55:31	2	Kerrin Mosher		3:12:29
М	EN CAT 3/4 - 63 MI	LES		2		Farm Team Elite Cycling	
1	David Shuck	Unattached	2:48:44	4	Alexa Gubinski	Sherpa Cycling	3:12:31
2	Justin Wood	CRCA/E2Value	2:48:46	5	Victoria DiSavino	Legaci Cycling Productions	3:12:31
3	David Taylor	CRCA/NY Vision/Fuoriclasse	2:48:51	w	OMEN CAT 4 – 43		
4	Fred David	CRCA/E2Value	2:51:39	1	Rachel Uccellini	T3 Coaching	2:18:57
5	Ryan Johnston	Bicycle Habitat/Verge Sport	2:51:42	2	Michelle Rorke	Unattached	2:19:03
M	EN CAT 4 – 43 MILE	S		3	Lindsay Westley	Unattached	2:19:13
1	Richard Russomano	Century Road Club of America	1:56:15	4	Nicole Kingsley	Unattached	2:20:56
2	Anthony Cao	New York University	1:56:15	5	Jill White	Kissena Cycling Club	2:24:03
3	Jason Weeber	ColoBikeLaw/Adventure Cycling	1:56:15		Courtesy	of Capital Bicycle Racing Club	

SARATOGA 12/24 BICYCLE ROAD RACE July 9-10, 2016 • Van Raalte Mill, Saratoga Springs

	Jui	y 9-10, 2010 • 1	vali naa	ne mill, Saratoya Springs
SARATO	GA CHALLI	ENGE – 24 HOURS		HUDSON RIVER RAMBLE - 12 HOURS
WOMEN				MEN
1 Julie Toole	37	Toronto, ON	321M	1 Andy Lausier 38 Naugatuck, CT 210M 2 Jeff Weaver 55 Elmira 205M
MEN				3 Richard Homenick 52 Schenectady 203M
1 Dany Bonneville	51	Mont St Hilaire, QC	377M	4 Shawn Kaufman 42 Mount Vernon 165M
2 Niklas Anderson	42	New York	315M	TWO-PERSON MALE TEAM 1 Pat Fleming/Ron Harlos 68/62 Bloomingdale, NJ 201M
3 Richard Pickering	40	Whitby, ON	314M	NIGHTHAWK 12
4 James Paige	55	Morrisville, VT	306M	1 Chris Grant 57 Lake Placid 156M
5 Dennis Desmarais	43	Glastonbury, CT	236M	TRIPLE LAP CHALLENGE - 120 MILES
6 Cuneyt Eviner	40	Brooklyn	197M	1 Denise Hochul 60 Lancaster 7:01:00
7 Mario Claussnitzer	42	Jackson Heights	197M	MEN
8 Lance Decker	46	South Glens Falls	157M	1 Richard Morse 56 Allentown, PA 8:13:00 1 Steven Morse 53 Albany 8:13:00
9 Ken De Long	59	Gloversville	118M	Courtesy of Adirondack Ultra Cycling

SARATOGA SPRINGS "STRONG TO SERVE" HALF MARATHON & 5K July 10, 2016 • Saratoga Spa State Park, Saratoga Springs

_	24					·····			
		13.1 N	IILES			MALE AGE GROUP: 35			
	ALE OVERALL				1	Tammy Cumo	38	Slingerlands	1:45:25
1	Richard Messineo	27	Nassau	1:16:21	2	Holli Nirsberger	39	Saratoga Springs	1:48:42
2	Grant Norton	18	Scotia	1:21:10	3	Tina Cukrovany	39	Clifton Park	1:48:46
3	Eric Youns	24	Latham	1:22:05	м	ALE AGE GROUP: 40 -	44		
FE	MALE OVERALL				1	Greg Ethier	42	Clifton Park	1:31:57
1	Rebecca Stuart	31	Montreal, QC	1:27:39	2	Guillaume Frechette	42	New York	1:32:18
2	Keelin Hollowood	21	Saratoga Springs	1:29:32	3	Zak Hill	41	Saratoga Springs	1:37:35
3	Katy Schlichtman	31		1:33:32	FE	MALE AGE GROUP: 40) - 44	5 1 5	
M	ALE AGE GROUP: 15 -	19			1	Frehd Southern	44	London. UK	1:40:50
1	Jacob Greski	16	Scotia	1:22:38	2	Colleen Dibble	43	Niskayuna	1:44:52
2	James Faraci	16	Troy	1:25:20	3	Anne Faraher	42	South Orange, NJ	1:48:06
3	Kyle Jerreld	17	Scotia	1:33:03	-	ALE AGE GROUP: 45 -		South Orange, no	1.40.00
FE	MÁLE AGE GROUP: 15	i - 19			1	Andrew Reed	45	Niskayuna	1:24:46
1	Dominica Bleichert	19	Clifton Park	1:43:20	2	Gary Harper	47	Moreau	1:33:12
2	Alexandra Clark	19	West Simsbury, CT	1:46:32	3	Paul Nelson	46	Albany	1:36:45
3	Laura Wengert	19	Jamesville	1:46:40	-	MALE AGE GROUP: 45		Albany	1.50.45
	ALE AGE GROUP: 20 -	24						Delleter Con	1.46.04
1	Reid Williams	20	Saratoga Springs	1:26:43	1	Bonnie Galvin	49	Ballston Spa	1:46:04
2	Alex Isabelle	21	Troy	1:35:47	2	Lisa Sheldon	45	Williamstown, MA	1:48:48
3	Robert Jackson	21	Smithfield, RI	1:38:12	3	Christine Decicco	49	Fayetteville, GA	1:54:24
-	MALE AGE GROUP: 20		Sintena, na	1.50.12		ALE AGE GROUP: 50 -			
1	Megan Clune	22	Scotia	1:35:26	1	Thomas Connors	52	Stuart, FL	1:29:29
2	Katie Clark	21	Oakton, VA	1:44:21	2	Richard Loud	51	Ballston Spa	1:41:08
3	Lauren Bobersky	24	Brooklyn	1:48:56	3	John Guarino	51	Saratoga Springs	1:42:44
	ALE AGE GROUP: 25 -		DIOOKIYII	1.40.50	FE	MALE AGE GROUP: 50) - 54		
1	John Reisman	28	Bronx	1:31:55	1	Rushton Callaghan	51	Ponte Vedra Beach, FL	1:38:22
2	Matthew McHugh	20	Tampa, FL	1:34:37	2	Lisa Pleban	51	Gansevoort	1:55:07
3	Joshua Popelka	29	Buffalo	1:35:53	3	Karen Brown	50	Oneonta	1:57:54
	MALE AGE GROUP: 25		bullaio	1.55.55	м	ALE AGE GROUP: 55 -	59		
1	Kaitlyn Dibello	25	Mahopac	1:39:04	1	Tim Kane	57	Sherrill	1:34:55
	Brianna Thompson	25	Albany	1:43:27	2	David Hart	55	Delmar	1:39:39
2	Pauline Hua	25	Brooklyn	1:43:27	3	John Parisella	58	Schenectady	1:52:25
	ALE AGE GROUP: 30 -		Brookiyn	1.47.40	FF	MALE AGE GROUP: 55		scheneeday	1.52.25
		34 32	Curdman, ALLC	1:25:56	1	Maureen Fitzgerald	58	Clifton Park	1:47:49
1	Luke Fay		Sydney, AUS		2	Dana Martin	59	Westport, CT	1:57:52
2	Christopher Patterson	30	Rochester	1:29:43	3	Joan Kane	57	Sherrill	1:59:50
3	Nick Reisman	31	Clifton Park	1:35:57	-	ALE AGE GROUP: 60 -		SHEITIII	1.39.30
	MALE AGE GROUP: 30		N.C. 1		1	John Webber	61	Ballston Spa	1:57:12
1	Carrie Mendolia-Klett	33	Niskayuna	1:41:31	2		61	Amsterdam	2:02:46
2	Louise Drummond	33	Sydney, AUS	1:45:07		Chester Tumidajewicz			
3	Andrea Arini	31	Sayville	1:47:06	3	Curtis Kellner	62	Maplewood, NJ	2:03:46
	ALE AGE GROUP: 35 -					MALE AGE GROUP: 60		<u> </u>	2 05 02
1	Joseph Vinciquerra	37	Rexford	1:27:19	1	Joan Celentano	63	Schenectady	2:05:02
2	Dallas Devries	38	Cohoes	1:29:25	2	Debra Kelley	63	Albany	2:23:04
3	Patrick Thomas	37	Albany	1:29:37	3	Lesley Strauss	62	Glencoe, IL	2:25:00 continued

SA	ARATOGA SPR	INC	SS "STRONG	TO SEE	RVI	E" HALF MAF	RATH	ION & 5K con	tinued
м	ALE AGE GROUP: 65 -	69			м	ALE AGE GROUP: 35	- 39		
1	Michael Murphy	67	Millbrook	1:53:46	1	Jamie Buckner	36	Brooklyn	29:14
2	Paul Forbes	65	Colonie	1:53:49	2	Andrew Cochran	38	Astoria	33:36
FE	MALE AGE GROUP: 65	i - 69			3	Jeremy Hammond	37	Albany	51:43
1	Linda Plante	67	Middle Grove	2:42:40		EMALE AGE GROUP: 3		, abdiriy	51.15
м	ALE AGE GROUP: 75 -	79			1	Karolina Ouinn	37	Malta	30:40
1	Patrick Bivona	75	Clifton, NJ	2:51:11	2	Elizabeth Sorrell	35	Brooklyn	46:54
		5K R	UN		2	Amanda Lynch	37	Astoria	46:54
M	ALE OVERALL					Ananda Lynch		AStoria	40.54
1	Jeremy Gundrum	15	West Sand Lake	18:58				Middle Course	20.02
2	Noe Place	53	Saratoga Springs	20:08	1	Tom Reed	42	Middle Grove	28:02
3	Benjamin Hoffman	21	Saratoga Springs	21:14		EMALE AGE GROUP: 4			
FE	MALE OVERALL				1	Joan McLean	44	Rockville Centre	24:56
1	Alex Decicco	18	Holtsville	20:44	2	Dina Ziskin-Fortune	44	Latham	30:24
2	Emily McLean	17	Rockville Centre	22:34	3	Querube Santana	41	Miramar, FL	37:06
3	Veronica Decicco	51	Holtsville	23:33	M	ALE AGE GROUP: 45	- 49		
м	ALE AGE GROUP: 1 - 1	4			1	Tom Denham	48	Delmar	22:12
1	Devin Decicco	13	Fayetteville, GA	23:33	2	Jay Eldridge	45	Saratoga Springs	23:21
2	Anthony Marra	13	St. James	33:23	3	Eric Gundrum	47	West Sand Lake	31:12
3	Benjamin Hammond	7	Queensbury	41:59	F	MALE AGE GROUP: 4	5 - 49		
м	ALE AGE GROUP: 15 -	19	. ,		1	Jill Connors	49	Stuart, FL	28:19
1	Peter Celebulki	19	Setauket	25:03	2	Hope Marra	47	St. James	28:49
FE	MALE AGE GROUP: 15	i - 19			3	Kathleen Gundrum	47	West Sand Lake	31:43
1	Jamie Decicco	18	Fayetteville, GA	24:54	-	ALE AGE GROUP: 50		West Sand Lake	51.45
2	Erin Decicco	16	Fayetteville, GA	28:50					25.27
3	Anne Moruzzi	16	Clifton Park	34:32	1	Dan Celebucki	54	North Plainfield, NJ	25:27
м	ALE AGE GROUP: 20 -	24			2	Thomas Jarvis	52	Scarsdale	29:06
1	Dan Celebucki	22	North Plainfield, NJ	23:12	3	Michael Decicco	51	Canandaigua	32:03
2	Ethan Decicco	21	Canandaigua	24:24	FE	EMALE AGE GROUP: 5			
3	Chris Decicco	22	Holtsville	25:27	1	Kristen Kristel	52	Schenectady	30:13
FE	MALE AGE GROUP: 20) - 24			2	Wink Bishop	50	Waikerie, AUS	31:15
1	Lianna Potrikus	23	Albany	28:19	3	Margie Wengert	53	Jamesville	34:28
2	Ashley Petersen	23	Rensselaer	30:01	M	ALE AGE GROUP: 55	- 59		
3	Anna Roberts	24	Albany	35:00	1	James Matera	57	New York	26:02
м	ALE AGE GROUP: 25 -	29			FE	MALE AGE GROUP: 5	5 - 59		
1	Philip Withersponn	26	Pittsfield, MA	24:00	1	Simi Matera	56	New York	27:24
FE	MALE AGE GROUP: 25	i - 29			2	Catherine Gagnon	58	Gansevoort	27:44
1	Melissa Tiberio	29	Scotia	27:03	3	Sue Demasi	55	Williston, VT	31:04
2	Brittney Holcomb	27	Slingerlands	27:44	-	EMALE AGE GROUP: 6		WIIIISLOII, VI	51.04
3	Caitlyn Drumm	27	Malta	30:40				Delever	27.20
м	ALE AGE GROUP: 30 -	34			1	Darlene Cardillo	63	Delmar	27:29
1	Nicholas Sciolino	33	Cohoes	23:57	2	Kathryn Brennan	63	Queensbury	28:28
2	James Thomas	32	South Glens Falls	25:34		ALE AGE GROUP: 65			
3	Scott Rogers	30	Cohoes	42:12	1	Mark Fleszar	66	Troy	27:50
FE	MALE AGE GROUP: 30) - 34			M	ALE AGE GROUP: 70	- 74		
1	Tabatha Thomas	34	South Glens Falls	31:55	1	Jim Callahan	71	Saratoga Springs	27:44
2	Janellee Hammond	34	Queensbury	51:59		Courtesy	of 3C R	ace Productions	

SUNNY HILL RESORT VIKING OBSTACLE RACE July 10, 2016 • Sunny Hill Resort, Greenville

		July 10,	2010	Junny		Resolt, dieen	vine		
	35+ OBS	STACLES, 5.5 MILES	5		м	ALE AGE GROUP: 35	5 - 39		
м	ALE OVERALL				1	Steven Beckwith	Middlebury, VT	35	1:22:09
1	Jarrett Newby	Binghamton	29	58:13	2	Garth Brennan	Gansevoort	39	1:24:20
2	Robstacle Butler	Benson, VT	45	1:06:16	3	Colin Kriwox	Cornwall, VT	35	1:37:21
3	Antoni Favata	Schenectady	31	1:16:13	FE	MALE AGE GROUP:	35 - 39		
FE	MALE OVERALL	,			1	Karrie Provencher	Weybridge, VT	36	2:01:02
1	Debbie Koch	Greene, ME	44	1:26:31	2	Kathleen Lanphear	Richmond, VT	37	2:24:55
2	Anastasia Beck	Victor	25	1:40:53	3	Tawny Bloom	Burlington, VT	37	2:20:42
3	Karen Root	Charlotte, VT	60	1:42:53	M	ALE AGE GROUP: 40			
	ALE AGE GROUP: 10 -		00	1.12.00	1	Felipe Negron	Norwalk, CT	42	1:24:03
1	TJ Bisaillon	Mechanicville	14	1:50:42	2	Daniel Blenis	Ravena	40	1:35:43
2	Connor Bohn	Delmar	14	1:52:57	3	Frank Killian		44	1:53:36
3	Aidan Basal	Delmar	14	1:52:58		MALE AGE GROUP:	40 - 44		1.55.50
	MALE AGE GROUP: 10		14	1.52.50	1	Jennifer Herring	Randolph, NJ	44	2:19:49
1	Hailey Walthers	Schenectady	14	3:15:48	2	Tara Cioppa	Beacon	44	2:28:51
	ALE AGE GROUP: 15 -		14	5.15.40	3	Crystal Morgan	East Meredith	43	2:35:55
1	Chris Jancarek	Randolph, NJ	19	1:27:48		ALE AGE GROUP: 45		40	2.55.5.
2	Daniel Post	Victor		1:27:48	1	Brian Ladeau	Bristol, VT	45	1:17:17
			19			Larry Cooper		45	1:25:34
3	Adam Beach	Red Hook	17	1:43:25	2	Ozzie Mantilla	Tabernacle, NJ Wappingers Falls	45 45	1:47:05
	MALE AGE GROUP: 1				-		Wappingers Falls	45	1.47.0
1	Tierney Bisaillon	Mochan	16	2:37:53		MALE AGE GROUP:	45 - 49	45	2.14.20
2	Emma Bow	West Seneca	19	3:13:35	1	Barbara Toczek		45	2:14:36
3	Susan Kelly		16	3:17:18	2	Olga Barkar	Huntingdon Valley	45	2:45:40
	ALE AGE GROUP: 20 -				3	Gayle Russell	Rhinebeck	45	2:52:00
1	Quinn Kelly	Greenville	24	1:38:56		ALE AGE GROUP: 50) - 54		
2	Kyle Nore	Waterford	24	1:43:38	1	Fredrik Jente	-	50	1:36:07
3	Cerid Ricks	Ballston Lake	21	2:05:02	2	Michael Hommel	Esopus	51	2:18:38
FE	MALE AGE GROUP: 20				3	Bill West	Hanover, MA	50	2:32:54
1	Kaleigh Ricks	Ballston Lake	23	2:05:18		MALE AGE GROUP:			
2	Tianna Jackson	Bloomfield, CT	20	2:50:55	1	Louise Schneider	Danbury, CT	52	1:50:29
3	Kim Mannarino	Stamford, CT	24	3:07:56	2	Claire Mullady	Highland	50	2:33:39
м	ALE AGE GROUP: 25 -				3	Maureen Gamlin	Bernardston, MA	52	2:49:26
1	Mike Konderwich	Albany	25	1:30:27	м	ALE AGE GROUP: 55			
2	Rob Hoey	Yonkers	29	1:30:41	1	Mike Connolly	Burlington, MA	55	2:06:13
3	Matthew Clark		28	1:43:50	2	Gary Carlson		5	2:44:14
FE	MALE AGE GROUP: 2	5 - 29			3	Larry Phillips	Red Hook	55	2:47:37
1	Jillian Smith	Cobleskill	27	2:19:26	м	ALE AGE GROUP: 60) - 64		
2	Michelle Johnson		28	2:23:46	1	Bill Root	Charlotte, VT	62	1:42:53
3	Dorothy Schmidt	Brooklyn	27	2:31:13	2	Brent Ricks	Ballston Lake	61	3:12:15
м	ALE AGE GROUP: 30 -						VIKING DOUBLE		
1	Jose Tecson	Corona	30	1:18:45	м	ALE OVERALL			
2	Ryan Hall	New Milford, CT	34	1:26:31	1	David Olson	Keene, NH	33	2:21:26
3	Kevin Seaman		34	1:26:31	2	Caleb Rounds	Hudson, ME	27	2:24:25
-	MALE AGE GROUP: 30	0 - 34	5.	1.20.01	3	Nathanael Rounds	Hudson, ME	19	2:53:25
1	Meg Julian	Cortland	30	1:43:52				15	2.33.23
2	Kiersten Higgins	Millerton	31	1:59:11	1	Kirin Hart	Bergenfield, NJ	35	4:19:54
3	Alisha Price	Albany	30	2:00:58	1		unny Hill Resort & Gol		
C	Alisha rifice	Albally	50	2.00.00		courtesy or si	uning thin Resolut & Gon	course	

SKYHIGH ADVENTURES XTERRA OFF-ROAD & KIDS TRIATHLONS July 16, 2016 • Grafton Lakes State Park, Grafton

			-					
	XTERRA – 1K S IALE OVERALL	5WIM, 20K I	3IKE, 6	SK RUN	FEMALE AGE GROUP 1 Jennifer Dean		38	Rensselaer
1	Daryl Weaver	1:31:56	43	Lititz		2:18:43		
2	Matt Alford	1:33:38	28	Mansfield	2 Rebecca Evansky	2:28:32	37	Hudson
23	Paul Fronhofer	1:33:56	38	Moreau	3 Rebecca Buckner	2:36:38	37	Brooklyn
		1.55.50	20	woreau	MALE AGE GROUP: 4	0 - 44		
1	Kelli Montgomery	1:49:31	44	Wallingford	1 Bob Horn	1:39:50	40	Lenox
2	Courtney Kaup	1:51:14	37	Richmond	2 Matthew Ruddy	1:43:39	44	Jamesville
3	Amanda Bayer	1:55:31	27	West Hartford	3 William Henke	1:54:34	42	Saratoga Springs
	IALE AGE GROUP: 1 - 1		27	West Hartford	FEMALE AGE GROUP	: 40 - 44		5 1 5
1	Trevor Dzikowicz	2:01:43	13	Amsterdam	1 Melissa Lombard	2:15:06	43	Antrim
2	leff Koeferl	2:36:37	13	Ballston Lake	2 Erin Vantuvl	2:28:08	41	Westminster
Ň	IALE AGE GROUP: 15 -	19			3 Miiko Bradley	2:59:15	44	Concord
1	Luke Tanner	1:43:00	16	Schenectady	MALE AGE GROUP: 4		44	Concora
2	Patrick Frank	2:05:52	15	Niskayuna	1 lim Fisher		47	NACID AND DO
FI	EMALE AGE GROUP: 15	5 - 19				1:41:42	47	Midlothian
1	Kayla Dzikowicz	2:42:19	17	Amsterdam	2 Trent Koopman	1:44:38	47	Whittinsville
2	Alexandra Koeferl	2:52:25	15	Ballston Lake	3 Douglas Lord	1:59:07	47	Burlington, VT
N	IALE AGE GROUP: 20 -	24			FEMALE AGE GROUP	: 45 - 49		
1	James Scott	2:13:36	24	Miller	1 Karin Ward	2:41:01	46	Hinesberg
FI	EMALE AGE GROUP: 20) - 24			MALE AGE GROUP: 5	60 - 54		
1	Betsy Hochman	2:31:09	22	Lansdale	1 Dennis Yonkin	1:50:06	53	Lewisburg
N	IALE ÁGE GROUP: 25 -	29			2 Tad Norton	1:50:48	51	Canandaigua
1	Steve Croucher	1:35:21	27	Randolph	3 Kevin Bambury	2:22:21	54	Fairport
2	Jon Tuttle	2:24:13	26	Hopewell	FEMALE AGE GROUP		54	Tunport
FI	EMALE AGE GROUP: 30				1 Mara Fronhofer	2:04:57	50	Moreau
1	Susana Garcia Romero	2:13:56	34	Rensselaer	MALE AGE GROUP: 5		50	Woreau
N	IALE AGE GROUP: 35 -							A Chara
1	Luke Alexander	2:01:40	35	Sterling	1 David Desantis	2:19:40	55	Milton
2	Dylan Reeves	2:18:50	36	Malta	2 George Dickerson	2:51:58	58	Wallingford
3	Max Corbett	2:24:03	36	Altamont	3 Howard Kreitsek	3:06:18	56	Clifton continued

RESULTS

EMALE AGE GROUP: 5	55 - 59			M	ALE AGE GROUP: 5 - 7			
Stephanie Landy	1:58:04	57	Ballston Spa	1	Zach Fisher	24:33	6	Midlothian
MALE AGE GROUP: 60	- 64			2	Max Fronhofer	28:59	6	
1 Doug Usher	2:11:27	61	Upton	FE	MALE AGE GROUP: 8	10		
2 Kevin Adams	2:38:16	60	Bethesda, MD	1	Lizzie Hanson	22:21	8	
3 Rex Clark	3:00:37	62	Newton	2	Rose Taylor	24:29	9	
FEMALE AGE GROUP: 6				3	Remi loffe	24:56	8	
1 Karl Zaunbrecher	2:55:40	63	Saranac	4	Riley Chismark	26:51	9	Slingerlands
MALE AGE GROUP: 65				5	Sarah Syden	20.31	9	Loudonville
1 Russell Clark	2:16:33	65	Scotia	6	Julia Reinhard	27:42	8	Greenville
2 James Clark	2:19:09	66	North	-	ALE AGE GROUP: 8 - 1		ö	Greenville
FEMALE AGE GROUP: 6		67		IVI		-	0	
1 Linda Usher	2:54:41	67	Upton	1	Finley Crossman	19:31	8	
MALE AGE GROUP: 70		70		2	Elijah loffe	19:46	10	
1 Stuart Christie	2:52:52	70	Dedham, MA	3	Quinn Pickering	21:06	9	
KIDS' TRIATHLON	– 100M SWIM	I, 5K B	IKE, 1K RUN	4	Benjamin Westlake	21:13	8	Dalton
FEMALE OVERALL				5	Connor Westlake	22:11	10	Dalton
1 Maddie Fisher	17:01	10	Midlothian	6	Stephen Colandrea	23:28	10	
2 Alexandra Reed	19:29	13	Clifton Park	7	Collin Fisk	25:06	8	Loudonville
3 Samantha Reed	19:59	12	Clifton Park	M	ALE AGE GROUP: 11 -	12		
MALE OVERALL				1	Alec Hanson	18:29	11	
1 Jacob Gilson	17:47	11		2	Tyler Sears	21:28	11	Trov
2 Trevor Goodwill	18:21	9	Ballston Lake	3	Jacob Revell	23:17	11	South Glens Falls
3 Dillon Goodwill	18:28	11	Ballston Lake	4	Benjamin Reinhard	23:39	11	Greenville
FEMALE AGE GROUP: 5		-			MALE AGE GROUP: 13			GICCITAILE
1 Molly Rose	23:01	5		1	Fila Crossman	22:05	13	
2 Abigail Buckner	31:27	6		1		22:05	13	Clifton Park
3 Shelby Fronhofer 4 Michelle Pickering	32:21 30:15	6 7		2	Ashley Aldrin	f SkyHigh Ac		

7TH ANNUAL DELTA LAK July 16, 2016 • Delta Lake Sta MALE AGE GROUP: 65 - 59

Northville

		July 10	5,
	INTERMEDIATE – 1500M 24M BIKE, 5.8M RU	SWIM,	
М	ALE OVERALL		
1	Brett Schlesier/20-24	1:55:54	
2	Barrett Celecki/20-24	1:58:23	
3 FF	Tyler Murray/25-29	2:02:16	
1	Rachel Wasserman/30-34	2:12:11	
2	Beth Stalker/55-59	2:16:48	
3	Lauren Chamberlain/30-34	2:18:26	
M	ALE AGE GROUP: 15 - 19 Jack Gabor	2.22.24	
FE	MALE AGE GROUP: 15 - 1	2:23:24 9	
1	Emilee Carpenter	2:22:05	
	ALE AGE GROUP: 20 - 24	2 4 2 4 2	
1 2	Stephen Paddock Forrest Sears	2:10:10 2:19:58	
	MALE AGE GROUP: 20 - 2		
1	Taylor MacFarland	2:43:59	
2	Hayley Presthus	3:04:14	
	ALE AGE GROUP: 30 - 34	2 06 52	
1 2	Michael McCall	2:06:53	
2 3	Joseph Pruckno Andrew D'Agati	2:09:05 2:15:33	
	MALE AGE GROUP: 30 - 3		
1	Dana Bakina	2:25:05	1
2	Diana Carpenter	2:55:42	
З м	Christin Rollins ALE AGE GROUP: 35 - 39	3:03:26	
IVI 1	Michael Lavelle	2:05:31	
2	Kevin Marshallsay	2:11:10	
3	Tyler Harris	2:17:59	
	MALE AGE GROUP: 35 - 3		
1 2	Kristin Mullally Jessica Eckerlin	2:19:00 2:26:19	
23	Laura Bond	2:41:32	
	ALE AGE GROUP: 40 - 44		
1	Matthew Ryan	2:12:18	
2	Andy Harris	2:17:59 2:20:00	
3 Fe	Aaron Carey MALE AGE GROUP: 40 - 4		
1	Pamela Ayers	2:20:20	
2	Wendy Abbott	2:26:49	
3	Kara Bisaccia	2:32:21	
	ALE AGE GROUP: 45 - 49 Dan Murphy	2:15:07	
1 2	Darin Baker	2:15:07 2:16:28	
3	Paul Bisaccia	2:17:01	
	MALE AGE GROUP: 45 - 4		
1	Kellie Nasiff	2:33:23	
2	Cassie Winter Laurene Johnson	2:39:27 2:43:25	
-	ALE AGE GROUP: 50 - 54	2.43.23	
1	Richard Bruno	2:09:40	
2	Michael Stalker	2:14:54	
3	Patrick Hackenberg	2:26:55	
FE 1	MALE AGE GROUP: 50 - 5 Manvio Reinhart		
1 2	Maryjo Reinhart Robyn Kahn	2:21:33 2:30:31	
3	Brenda Ross	2:33:07	
M	ALE AGE GROUP: 55 - 59		
	Brendan Jackson	2:09:06	
2 3	Steve Winslow Daniel Keefe	2:12:48 2:20:45	
	Daniel Keete MALE AGE GROUP: 55 - 5		
1	Joan Kane	2:31:48	
2	Eileen Clinton	2:34:09	
3	Melanie Zandvoort	2:55:35	
	ALE AGE GROUP: 60 - 64	2,26,56	
1 FF	Jeff Perkins MALE AGE GROUP: 60 - 6	2:26:56 4	
	Susan Kreplin-Michaels	2:23:07	
1			
1 2	Margaret Perkins	2:41:25 3:16:53	

IUAL DELTA LA	KE TRIA	THLON	
016 • Delta Lake S	State Park	, Rome	
ALE AGE GROUP: 65 - 59	9	MALE AGE GROUP: 40 - 44	Ļ
Terry Habecker	2:20:02	1 Jamie Campbell	1:06:2
John Skopek	2:26:51	2 Robert Carter	1:18:2
Rich O'Neil	2:52:40	3 Scott Hanmer FEMALE AGE GROUP: 40 -	1:19:1
ALE AGE GROUP: 70 - 74 Peter Winkler	4 2:57:55	1 Cristina Knapp	1:12:5
	2.57.55	2 Tonya Coleman	1:20:5
Jason Bennett	3:11:33	3 Jennifer Hughes	1:21:2
THENA		MALE AGE GROUP: 45 - 49	
Katey Wilhelm	2:28:31	1 Joe Wheeler 2 Ross Berntson	1:05:5 1:09:4
Kelly Gressel	2:57:57	3 Douglas Carbino	1:10:2
Kristen Szarek	3:05:11	FEMALE AGE GROUP: 45 -	
Relay CHBS	2:03:55	1 Kara Rusch	1:14:4
We Need a Better Swimme		2 Colleen Farrell	1:17:1
Mix Bag of Tricks	2:11:37	3 Betsy Bernabe	1:20:2
AQUABIKE – INTERME		MALE AGE GROUP: 50 - 54 1 Eric Virkler	• 1:06:2
ALE OVERALL		2 Joe Thiel	1:08:2
Patrick McQueen/50-54	1:22:59	3 Dale Seaton	1:12:1
Blake Ford/60-64	1:30:53	MALE AGE GROUP: 50 - 54	
James Tichenor/50-54	1:34:03	1 Gina Burrows	1:11:4
EMALE OVERALL	1.41.57	2 Lorie Ann Voight 3 Georgia Unkovic	1:15:0 1:19:5
Rhiannon Berry/30-34 Diana Phillips/50-54	1:41:57 1:58:38	MALE AGE GROUP: 55 - 59	
Marian Baldwin/50-54	2:19:58	1 Mark Celecki	1:13:3
		2 Tom Antonoff	1:13:5
SPRINT – 800M SWIM, 1 2.9M RUN		3 Dennis Johnson	1:15:4
ALE OVERALL		FEMALE AGE GROUP: 55 - 1 Jackie Egle Capella	1:20:0
Barry McMaster/40-44	1:01:22	2 Margaret Trench	1:20:0
Christopher Celecki/15-19 Joe Hatfield/40-44	1:03:22 1:05:27	3 Philippa Read	1:30-:0
	1.03.27	MALE AGE GROUP: 60 - 64	Ļ
Murphee Hayes/40-44	1:07:01	1 Kevin Maier	1:10:0
Amanda Hatfield/35-39	1:07:18	2 Keith Kutil 3 Brian Vorhees	1:22:1
Reem Jishi/45-49	1:09:18	FEMALE AGE GROUP: 60 -	1:28:4
ALE AGE GROUP: 15 - 19		1 Elizabeth Herkenham	1:27:2
Peter McMaster	1:06:32	2 Victoria Pederson	1:27:5
Caleb Wheelock Pat Calhoun	1:08:32 1:15:55	3 Susan Schafer	1:48:4
EMALE AGE GROUP: 15 -		MALE AGE GROUP: 65 - 69	
Nicole Natarelli	1:32:30	 Timothy Reardon FEMALE AGE GROUP: 65 - 	1:09:1
Virginia Forester	1:49:43	1 Mimi Satter	1:30:0
ALE AGE GROUP: 20 - 24		2 Ginny Robbins	1:51:4
Greg Romanov	1:09:37	MALE AGE GROUP: 70 - 74	
Zachary White	1:17:41	1 Jim Cunningham 2 David Dibelius	1:21:2
Joshua Peavey EMALE AGE GROUP: 20 -	1:18:09	3 Donald Dinero	1:22:3
Erin Christensen	1:20:49	MALE AGE GROUP: 75 - 79	
Andrea Pattington	1:22:36	1 Armand Langevin	1:56:4
Katherine Romanov	1:25:24	CLYDESDALE OVERALL	
ALE AGE GROUP: 25 - 29		1 Colin Massulik 2 Sean LaPlante	1:15:4 1:20:4
Johnathan Duddleston	1:07:29	3 Jeffrey Rowe	1:20:4
Sean Laubenstein	1:09:59	ATHENA OVERALL	1.25.0
Phil Sconzert EMALE AGE GROUP: 25 -	1:13:25	1 Emily Zitzmann	1:27:4
Michelle Guca	1:25:48	2 Lindsay Hoage	1:32:
Amy Rusk	1:26:59	3 Jennifer Wheeler	1:41:
Sarah Dennis	1:27:53	AQUABIKE - SPRI	NT
ALE AGE GROUP: 30 - 34		MALE OVERALL 1 Aaron Nolan/40-44	58:0
Matt Price	1:07:06	FEMALE OVERALL	50.0
Jacob Steria	1:09:25	1 Beth Lancer/45-49	54:0
Jamison Patak EMALE AGE GROUP: 30 -	1:17:46	2 Kim Celecki/50-54	54:2
Wei-Fang Lin	1:17:06	3 Tara Raux/45-49	57:5
Kim McGuire	1:19:31	DELTA DOUBLE - SPRINT & INTERMED	
Dara Jenkusky	1:36:38	MALE OVERALL	
ALE AGE GROUP: 35 - 39	9	1 Dave Burger/45-49	2:59:4
Thomas Widrick	1:07:49	2 Dylan Holden/20-24	3:17:1
Travis Glazier	1:08:55	3 Alex Johnson/50-54	3:22:2
Douglas Fetterman	1:18:09	FEMALE OVERALL	2.20
EMALE AGE GROUP: 35 - Jenny Hanmer	1:18:55	1 Ava Massoud/35-39 2 Laura Henry/30-34	3:30:5 3:31:4
Becky Roberts	1:10:55	3 Brandi Brown/35-39	3:34:3
Jennifer Baldwin	1:20:00	Courtesy of ATC Endu	

31ST ANNUAL PISECO LAKE TRIATHLON July 16, 2016 • Piseco Lake, Speculator MALE AGE GROUP: 20 - 24 325YD SWIM, 11.5M BIKE, 3.25M RUN MALE OVERALL David Castelion 24 Rochester 1:33:21 1 John Hartpence 2 Nils Engel 3 Dan Beckman FEMALE OVERALL 1 Lauren Rabideau 45 45 36 1:01:04 FEMALE AGE GROUP: 20 - 241Brittany Toffey2Allison Smith24 Hamilton Highland 1:26:13 1:42:14 1:09:51 1:12:24 Hoboken, NJ Rochester 21 58 47 Ballston Spa Mechanicville Pittsford 1:15:29 1:21:42 1:24:30 Amanda Taselaar 24 New York 1:46:42 Lauren Kau Jeryl Simps MALE AGE GROUP: 25 - 29 Greenwild Bethlehem, PA 1:13:40 1:18:58 1:21:03 Cheyne Hoag Robert Hamlin Lawrence Hillelso 27 26 FEMALE AGE GROUP: 1 - 12 12 11 New York Corinth 1:25:34 1:43:10 Northville 29 2 Jillian Richards 11 MALE AGE GROUP: 16 - 19 1 Harrison Blueston 19 FEMALE AGE GROUP: 16 - 19 1 Morgan Fordyce 16 FEMALE AGE GROUP: 25 - 29 Ewing, NJ 1:26:53 Leah Kulp 26 Yorktown Heights 1:30:43 Avery Evans Jaime Hoag 27 27 Rome Queensbury 1:34:17 1:35:41

3

1:53:29

	3	1ST A	NNUAL PIS	ECO L/	KE TRIATHLON	conti	nued	
M	ALE AGE GROUP: 30	- 34			MALE AGE GROUP: 50 -	54		
1	Mike Rocque	31	Saratoga Springs	1:22:05	1 William Zwerger	54	Camillus	1:16:17
2	Joshua Elston	34	Johnstown	1:22:56	2 David McCaffery	53	Summit, NJ	1:20:06
3	Robert Barrowman	31	Albany	1:25:04	3 Steve String	52	Gloversville	1:25:31
FI	MALE AGE GROUP: 3	30 - 34	,		FEMALE AGE GROUP: 50		the second the star	1.20.21
1	Meghan Harrison	30	Oswego	1:31:19	1 Ursula Platz 2 Patricia Heiss	53 53	Hopewell Junction Brooklyn	1:30:21 1:37:34
2	Carissa Monahan	30	Baldwinsville	1:39:11	MALE AGE GROUP: 55 -	55	DIOOKIYII	1.57.54
3	Caitlin Stewart	33	Lake Pleasant	1:41:34	1 Kevin Platz	56	Hopewell Junction	1:14:25
Μ	ALE AGE GROUP: 35	- 39			2 Dean Westcott	55	Queensbury	1:20:05
1	Kyle Youlen	36	Burnt Hills	1:14:27	3 James Murphy	55	Herkimer	1:36:27
2	Jim Higgins	36	Broadalbin	1:16:52	FEMALE AGE GROUP: 5	5 - 59		
3	Michael Triller	35	Ballston Spa	1:19:32	1 Liz Vogel	55	Bethesda, MD	2:03:04
F	MALE AGE GROUP: 3	85 - 39			2 Cathy Clark	55	Brooklyn	2:18:04
1	Holly Demar	39	Fulton	1:34:49	FEMALE AGE GROUP: 60		N	2 02 5 4
2	Julee Hart	37	Johnston	1:35:19	 Theresa Moogan MALE AGE GROUP: 70 - 	62	New York	2:03:54
3	Heather Perretta	39	Barneveld	1:41:05	1 Paul Murrav	72	Albany	1:41:25
M	ALE AGE GROUP: 40	- 44			3-PERSON RELAY: MALE		Albally	1.41.23
1	Tim Fiorett	40	Queensbury	1:25:15	1 Pachyderm		Amsterdam	1:05:46
2	Gerard Lavelle	42	Ballston Spa	1:26:04	2 Higgins Bay Gladiators		Piseco	1:16:40
F	MALE AGE GROUP: 4	10 - 44			3 Oldslauggers			1:19:05
1	Lisa Holland	44	Fort Johnson	1:29:39	3-PERSON RELAY: FEMA	LE		
2	Kristi Miner	44	Cobleskill	1:31:14	1 By Bye Byer		Greenfield Center	1:25:11
3	Joanna Sheinfeld	42	New York	1:31:52	2 The Girls	_	Victor	1:36:28
M	ALE AGE GROUP: 45	- 49			3-PERSON RELAY: MIXE	D D	Bronxville	1.10.02
1	Peter Guzzo	48	Niskayuna	1:15:51	1 Sandy Knoll 2 Guzzo		Niskayuna	1:10:02 1:14:14
2	Walter Gannon	45	Gloversville	1:16:40	3 Siggy		INISKayulla	1:25:52
3	Greg Dorr	45	Piseco	1:19:07	Courtesy of Adironda	acks Spe	culator Region Cham	

BATTLE OF THE BOQUET CELEBRATION July 16, 2016 • Noblewood & Gilliland Parks on Boquet River, Willsboro

	3.52M TRAIL	RUN & 2	2M KAYAK RACE		FE	MALE OVERALL			
M	ALE OVERALL				1	Elizabeth Jones	26	Ballston Lake	1:02:07
1	Zachary Simek	24	Lake Placid	55:22	2	Kate Berdan	22		1:03:15
2	Caleb Remillard	29	Peru	58:52	3	Annelies Paine	22		1:11:32
3	Joe Ferris	26	Willsboro	59:01	4	Bethany Jones	26	Willsboro	1:12:04
4	Ionathan Guthan	39		59:13	5	Patricia Gundlach	44		1:14:47
5	Jack Connor	55		1:05:44	6	Beth Christon	49		1:22:29
					7	Laura Tracy	22	Burlington, VT	1:22:56
6	Pierre-Luc Gelineau	29		1:07:50	8	Mary Prindle	48	5 .	1:24:17
7	Steve Vogl	48		1:08:54		.,	5K RU	M	
8	Jeff Prindle	53		1:16:42		MALE OVERALL	JK KO	N	
9	Dale Wells	55		1:20:06	1	Linda Savoie	56		29:13
10	Ted Doherty	27		1:22:28	2	Maddy Shuldman	21	Burlington, VT	33:57
11	Varday Campbell	25		1:38:39		maday shalaman	10K RU	5.	55.57
12	Jordan Bouyea	24		1:45:02	м	ALE OVERALL	i vit i to		
13	Oliver Ramming	15	Weaverville, NC	1:51:12	1	Mark Heit	53	Kansas City, MO	52:58
14	Harris Montgomery	15	Asheville, NC	1:51:13	2	Jason LeClair	33	Cadyville	1:00:37
15	Mike Feeheley	30	Essex	1:51:14		Courte	sy of Town	of Willsboro	

			16TH /	AN	NUAL PINE E	BUSH		HL	ON		
	July 17, 2	2016	 Rensse 	lae	r Lake, Albany	to Gi	uilderlan	nd Y	MCA, Guilde	rland	
32	5YD SWIM, 11.5M B	IKE, 3.2	5M RUN	FE	MALE AGE GROUP:	25 - 29		FE	MALE AGE GROUP	: 45 - 49	
M	ALE OVERALL			1	Christin Dibelius	29	1:30:43	1	Alicia Gillen	45	1:16:47
1	Stefano Fontana	27	59:30	2	Stephanie D'Aquino	27	1:31:35	2	Heidi Brownell	48	1:22:32
2	Pat Sommo	47	1:00:03	3	Deanne Johnson	29	2:00:57	3	Rebecca Phillips	47	1:32:50
3	Martin Gordinier	44	1:01:18	M	ALE AGE GROUP: 30	- 34		M	ALE AGE GROUP: 5	50 - 54	
	MALE OVERALL	25		1	Kazuya Ichiki	31	1:08:42	1	Mike Veeder	54	1:03:52
1	Emily Miller	35 32	1:09:41 1:09:52	2	Kirk Courneen	32	1:09:07	2	Robert Wither	54	1:04:02
2	Sarah Strock Jennifer Flanagan	32	1:109:52	3	Ryan Bombard	33	1:10:19	3	Gregory Peda	50	1:07:30
	ALE AGE GROUP: 1		1:10:00	FE	MALE AGE GROUP:	30 - 34					1.07.50
1	Benjamin Drzymala	14	1:12:52	1	Erin Reep	34	1:16:28	1	Patricia Robison	52	1:16:06
2	Bryce Henkel	12	1:13:15	2	Kimberly Alessi	33	1:24:22		Flvira Brankov		1:21:21
	MALE AGE GROUP:	1 - 14		3	Adrienne Salvagni	33	1:30:45	2		50	
1	Faith Borkowski	11	1:20:49	Μ	ALE AGE GROUP: 35			3	Jennifer Honen	51	1:21:28
2	Erin Wadsworth	14	1:27:45	1	Michael Cooley	35	1:02:55		ALE AGE GROUP: 5		
м	ALE AGE GROUP: 15	i - 19		2	Mike Rosa	39	1:05:44	1	Thomas Gorczyca	59	1:08:12
1	Ryan Fleischer	18	1:14:44	3	Hank Tripp	36	1:07:10	2	Dan Nugent	57	1:12:53
2	Luke Caton	19	1:17:23	FE	MALE AGE GROUP:			3	Michael Boskin	57	1:15:15
3	Colin Barth	18	1:36:29	1	Meg Versteegen	36	1:11:52	FE	MALE AGE GROUP	2: 55 - 59	
FE	MALE AGE GROUP:			2	Kristy Race	39	1:18:39	1	Lorraine Huether	59	1:11:21
1	Taylor Tyksinski	19	1:14:21	3	Kelly Person	37	1:26:13	2	Kathleen Meany	59	1:14:10
2	Amy Robison Rowan Bienes	17 17	1:22:52 1:26:18	Μ	ALE AGE GROUP: 40			3	Amy Perillo	55	1:18:59
	ALE AGE GROUP: 20		1.20.18	1	Dan Murphy	40	1:01:41	M	ALE AGE GROUP: 6	60 - 64	
1	Ryan Kelly	23	1:05:46	2	Dan Gaidasz	40	1:02:37	1	John Mounteer	61	1:14:32
2	Patrick Naughter	20	1:06:24	3	Hamish Kerr	42	1:06:38	2	Douglas Tucker60	1:17:15	1.14.52
3	Adam Lowe	20	1:10:45	FE	MALE AGE GROUP:			3	William Haggett	63	1:18:04
-	MALE AGE GROUP:			1	Melissa Harriman	44	1:15:42				1.10.04
1	Brianna Freestone	22	1:13:45	2	Susan Bright	41	1:24:07		Theresa Portelli		2:02:34
2	Kaleigh Ricks	22	1:23:05	3	Nicole Harrington	42	1:27:26	1		63	
3	Melanie Berger	24	1:23:28	M	ALE AGE GROUP: 45			2	,	61	2:08:19
М	ALE AGE GROUP: 25	5 - 29		1	Todd Digrigoli	48	1:09:28		ALE AGE GROUP: 6		
1	Joshua Wolin	26	1:19:06	2	Jonathan Bright	45	1:14:32	1	David Schneidman	67	1:36:14
2	Josh Heller	29	1:28:24	3	Rusty Bascom	48	1:16:23		Courtesy of Capital	District Y	МСА

1ST ANNUAL HELDERBERG 5K FOR WOMEN July 17 2016 • Voorheesville High School, Voorheesvill 11/1/ 17 illa

		July 17	, 2010 • VOOII	leesville	e nigh school, voorneesville	
0	VERALL				AGE GROUP: 40 - 44	
1	Autumn Campbell	34	Washington, DC	21:46	1 Kristin Olmstead 44 Hudson Falls 23	3:39
2	Sarah Mattfeld	13	Voorheesville	21:52	2 Rachel Grimm 41 Albany 27	7:43
3	Aleesha LeRuzic	18	Schoharie	22:37	3 Linda Styer 41 Rensselaerville 29	9:34
A	GE GROUP: 1 - 12				AGE GROUP: 45 - 49	
1	Anna Styer	10	Rensselaerville	29:33	1 Audry June 49 Coeymans 38	B:06
A	GE GROUP: 17 - 19	4.6	5 (D)			9:24
1	Meaghan Rohan	16	East Durham	23:23	AGE GROUP: 50 - 54	
2	Julia Eddy GE GROUP: 20 - 24	18	Alcove	23:49		3:41
A 1		20	Alcove	23:49	· ····································	9:56
2	Ali Eddy Karlie Mangette	20	Guilderland	23:49):26
4	GE GROUP: 25 - 29	24	Guildenand	24.52	AGE GROUP: 55 - 59	1.20
1	Ashleigh Nelson	25	Troy	25:20		4:49
2	Kate Richardson	25	Poestenkill	26:34		
3	Lisa Hoerz	29	Schenectady	30:05		5:46
Ā	GE GROUP: 30 - 34	2.5	scheneeday	50.05	· · · · · · · · · · · · · · · · · · ·	5:36
1	Amanda Connors	30	Voorheesville	34:32	AGE GROUP: 60 - 64	
2	Nicole Lindell	30	East Greenbush	36:04		1:28
3	Randi Wilder	34	Hudson Falls	46:03		2:45
A	GE GROUP: 35 - 39					5:58
1	Kristin Zielinski	36	Altamont	25:09	AGE GROUP: 75 - 79	
2	Amy Wright	38	Berne	28:23	1 Eileen Gundlach 79 Howes Cave 41	1:59
3	Dana Scalere	36	Slingerlands	31:53	Courtesy of White Knight Timing & Race Management	

	June			R TRACK SERIEs		nie	
RACE #1: 0	COLONIE	MILE – JUNE 28		FEMALE AGE GROUP: 1	1 - 14		
MALE OVERALL 1 Eric Young 2 Brian Woods 3 Josh Merlis FEMALE OVERALL	24 31 34	Latham Saratoga Springs Albany	4:41 4:44 4:47	1 Julia Barker 2 Jewel Tanksley 3 Jaelyn Tanksley MALE AGE GROUP: 15	13 12 14	Latham Latham Latham	6:27 6:34 7:03
Claire Collison Lisa D'Aniello Katlin Mock MALE AGE GROUP: 1 - Matthew Binsfeld	26 30 25 14	Albany Albany Albany Clifton Park	5:16 5:19 5:34 5:58	Henry Goca Daniel Taylor FEMALE AGE GROUP: 1 Jourdyn Nicholson	15 16	Rensselaer Clifton Park Schenectady	5:09 5:25 6:21

	ΗΝ	/IRRC SUMM	ER TR	ACK SERIES cont	tinued	1	
MALE AGE GROUP:	20 - 29			RACE #2: TW	O-PERSO	N RELAY – JULY 7	
1 Michael Nickerson	27	Clifton Park	4:56			est Paired	
2 Nick Webster	27	Albany	5:00	1 Todd Mesick/Emily Bren	ı		40:55
3 Ben Heller	27	Albany	5:13	2 Kari Gathen/Jennifer Ne	ewman		42:55
FEMALE AGE GROU		, abdiriy	5.15	RACE #3	HOUR R	UN – JULY 14	
1 Nicole Soblosky	29	Albany	5:35			n One Hour	
2 Michelle Davis	27	Latham	6:02	MALE OVERALL			
3 Kavla Rouse	27	Canastota	6:40	1 Kevin Dixon	22	Morrisonville	10.05
MALE AGE GROUP:		Callasiola	0.40	2 Chuck Terry	34	Albany	9.19
1 Jim Sweenev	35	Albany	5:15	3 Todd McCauley	48	Colonie	8.00
,		,		4 Brian Northan	41	Guilderland	7.96
2 Jeff Long	33	Albany	5:18	5 Justin Peabody	19	Ballston Lake	7.91
FEMALE AGE GROU		-		6 Gabe McGarry	39	Slingerlands	7.75
1 Shelly Binsfeld	36	Clifton Park	5:45	7 Andy Campbell	59	Albany	6.71
2 Laura Zima	36	Albany	6:27	8 Vincent Wenger	52	Schenectady	6.11
MALE AGE GROUP:				9 Wade Stockman	81	Rensselaer	5.59
1 Aaron Knobloch	40	Guilderland	5:19	10 Ralph Feinstein	62	Scotia	4.38
2 Brian Northan	41	Guilderland	5:22	FEMALE OVERALL			
3 Jon Rocco	49	Colonie	5:30	1 Martha DeGrazia	65	Slingerlands	6.46
FEMALE AGE GROU	P: 40 - 49			2 Anny Stockman	84	Rensselaer	4.38
1 Lara Stelmaszyk	46	Albany	6:43	RACE #4:1	PENTATH	LON – JULY 21	
2 Kathy VanValen	47	Delanson	7:35			00m – Ranked by P	ointe
MALE AGE GROUP:			7.55	MALE OVERALL	<i>140011111</i> 0	North Hurriced by I	JIIIIS
		Greenwich	5:41		18	4160	UIIIG
1 Phil Spiezio	50 - 59		5:41	MALE OVERALL			Jints
1 Phil Spiezio 2 Ed Menis	50 - 59 51 51	Schenectady	5:41 5:43	MALE OVERALL 1 Kevin Gideon	18	4160	UIIICS
1 Phil Spiezio 2 Ed Menis 3 Rick Munson	50 - 59 51 51 59		5:41	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant	18 17	4160 4114	Jints
1 Phil Spiezio 2 Ed Menis 3 Rick Munson FEMALE AGE GROU	50 - 59 51 51 59 P: 50 - 59	Schenectady Prattsville	5:41 5:43 5:44	MALE OVERALL1Kevin Gideon2Michael Bashant3Richard Messineo	18 17	4160 4114	Jints
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett	50 - 59 51 51 59 P: 50 - 59 55	Schenectady Prattsville Albany	5:41 5:43 5:44 6:40	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL	18 17 27	4160 4114 4028	נוחט
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberge	50 - 59 51 51 59 P: 50 - 59 55 er 58	Schenectady Prattsville	5:41 5:43 5:44	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 Diana Davis	18 17 27 30	4160 4114 4028 2625	נוווט
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg: MALE AGE GROUP:	50 - 59 51 51 59 P: 50 - 59 55 er 58 60 - 69	Schenectady Prattsville Albany Albany	5:41 5:43 5:44 6:40 7:45	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson	18 17 27 30	4160 4114 4028 2625	unts
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg MALE AGE GROUP: Graham Richard	50 - 59 51 59 P: 50 - 59 55 er 58 60 - 69 66	Schenectady Prattsville Albany Albany Schenectady	5:41 5:43 5:44 6:40 7:45 5:49	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS	18 17 27 30 15	4160 4114 4028 2625 1795	JII13
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg MALE AGE GROUP: Graham Richard David Roy	50 - 59 51 59 P: 50 - 59 55 er 58 60 - 69 66 60	Schenectady Prattsville Albany Albany Schenectady Schoharie	5:41 5:43 5:44 6:40 7:45 5:49 6:04	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn	18 17 27 30 15 20	4160 4114 4028 2625 1795 3832	JII13
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg: MALE AGE GROUP: Graham Richard David Roy Richard Clark	50 - 59 51 59 F: 50 - 59 55 er 58 60 - 69 66 60 62	Schenectady Prattsville Albany Albany Schenectady	5:41 5:43 5:44 6:40 7:45 5:49	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa	18 17 27 30 15 20 14	4160 4114 4028 2625 1795 3832 3810	JIIIS
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg: MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU	50 - 59 51 59 P: 50 - 59 55 er 58 60 - 69 66 60 62 P: 60 - 69	Schenectady Prattsville Albany Albany Schenectady Schoharie Feeding Hills, MA	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan	18 17 27 30 15 20 14 41	4160 4114 4028 2625 1795 3832 3810 3323	JIII S
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenbergy MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott	50 - 59 51 51 59 F: 50 - 59 55 er 58 60 - 69 60 62 F: 60 - 69 60	Schenectady Prattsville Albany Albany Schenectady Schoharie Feeding Hills, MA Colonie	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05 7:13	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle	18 17 27 30 15 20 14 41 47	4160 4114 4028 2625 1795 3832 3810 3323 2728	JIIIS
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott Martha DeGrazia	50 - 59 51 51 59 F: 50 - 59 55 57 58 60 - 69 66 60 62 F: 60 - 69 60 55	Schenectady Prattsville Albany Albany Schenectady Schoharie Feeding Hills, MA	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle 9 Brian Woods	18 17 27 30 15 20 14 41 47 31	4160 4114 4028 2625 1795 3832 3810 3323 2728 2364	JIII S
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenbergy MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott	50 - 59 51 51 59 F: 50 - 59 55 57 58 60 - 69 66 60 62 F: 60 - 69 60 55	Schenectady Prattsville Albany Schenectady Schoharie Feeding Hills, MA Colonie Slingerlands	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05 7:13	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle 9 Brian Woods 10 Jim Maney	18 17 27 30 15 20 14 41 47 31 58	4160 4114 4028 2625 1795 3832 3810 3323 2728 2364 2293	JIII S
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott Martha DeGrazia	50 - 59 51 51 59 F: 50 - 59 55 57 58 60 - 69 66 60 62 F: 60 - 69 60 55	Schenectady Prattsville Albany Albany Schenectady Schoharie Feeding Hills, MA Colonie	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05 7:13	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle 9 Brian Woods 10 Jim Maney 11 John Parisella	18 17 27 30 15 20 14 41 47 31 58 58	4160 4114 4028 2625 1795 3832 3810 3323 2728 2364 2293 2240	JIII S
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott Martha DeGrazia MALE AGE GROUP:	50 - 59 51 59 P: 50 - 59 55 er 58 60 - 69 60 62 P: 60 - 69 60 65 70 - 79	Schenectady Prattsville Albany Schenectady Schoharie Feeding Hills, MA Colonie Slingerlands	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05 7:13 7:40	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle 9 Brian Woods 10 Jim Maney 11 John Parisella 12 David Tromp	18 17 27 30 15 20 14 41 47 31 58 58 41	4160 4114 4028 2625 1795 3832 3810 3323 2728 2364 293 2240 2184	Jints
Phil Spiezio Ed Menis Rick Munson FEMALE AGE GROU Colleen Brackett Karen Gerstenberg: MALE AGE GROUP: Graham Richard David Roy Richard Clark FEMALE AGE GROU Karen Dott Martha DeGrazia MALE AGE GROUP: Ken Skinner	50 - 59 51 51 59 97: 50 - 59 55 57 58 60 - 69 66 60 62 97: 60 - 69 60 62 97: 60 - 69 60 60 60 60 60 60 60 60 60 60 60 60 60	Schenectady Prattsville Albany Albany Schenectady Schoharie Feeding Hills, MA Colonie Slingerlands Albany	5:41 5:43 5:44 6:40 7:45 5:49 6:04 6:05 7:13 7:40 8:18	MALE OVERALL 1 Kevin Gideon 2 Michael Bashant 3 Richard Messineo FEMALE OVERALL 1 1 Diana Davis 2 Jourdyn Nicholson MALE FINISHERS 4 4 Joshua Korn 5 David Metacarpa 6 Brian Northan 7 John Williams-Searle 9 Brian Woods 10 Jim Maney 11 John Villiams-Ilane 12 David Tromp 14 Paul Muzio	18 17 27 30 15 20 14 41 47 31 58 58 41 35	4160 4114 4028 2625 1795 3832 3810 3323 2728 2364 2293 2240 2184 1334	Jints

20TH ANNUAL SILKS & SATINS 5K – JEFF CLARK MEMORIAL RACE – July 23, 2016 • Fasig-Tipton Pavilion, Saratoga Springs

		uly 2	5, 2010 - Tasig	inpton		villon, Salatoge	, spini	95	
М	ALE OVERALL				F	EMALE AGE GROUP: 4	0 - 44		
1	John Busque	24	Slingerlands	15:14	1	Estelle Burns	41	Troy	19:59
2	Chris Hughes	16	Glens Falls	15:33	2	Deanne Webster	40	Albany	20:34
3	Evan Quinones	21	Saratoga Springs	15:42	3	Michelle Lavigne	41	Albany	21:50
FE	MALE OVERALL		5 1 5		M	ALE AGE GROUP: 45	- 49		
1	Kelsey Chmiel	14	Greenfield Center	17:30	1	Korey McCoy	45	Menands	18:34
2	Kerry Caher	22	Clifton Park	17:37	2	Todd Mesick	49	Cohoes	19:24
3	Renee Tolan	41	Clifton Park	17:49	3	Harper Gary	47	Moreau	19:42
M	ALE AGE GROUP: 1 - 1	4			FE	EMALE AGE GROUP: 4	5 - 49		
1	Aidan Waite	14	Saratoga Springs	17:08	1	Karen Dolge	45	Valatie	20:33
2	Brady Tooker	13	Saratoga Springs	18:23	2	Shannon Britten	45	Saratoga Springs	22:52
3	Marty Dolan	14	Schenectady	18:41	3	Lara Stelmaszyk	46	Albany	22:55
	MALE AGE GROUP: 1 ·		senenceday	10.11	M	ALE AGE GROUP: 50	- 54	,	
1	Kathryn Tenney	14	Albany	18:48	1	John Stadtlander	50	Clifton Park	16:53
2	Briella Jackson	14	Saratoga Springs	20:02	2	Jack Arnold	53	Latham	18:37
3	Lydia Frick	14	Albany	21:49	3	Russell Lauer	54	Troy	18:41
	ALE AGE GROUP: 15 -		Albany	21.45	FE	MALE AGE GROUP: 5	0 - 54	,	
1	Kevin Gideon	18	Ballston Spa	16:29	1	Kelly Ahlfeld	50	Pawlet, VT	21:49
2	Will Navin	17		16:33	2	Nancy Nicholson	54	Queensbury	22:31
	Will Howe	17	Saratoga Springs	17:10	3	Alison Muse	54	Saratoga Springs	23:08
			Ballston Spa	17:10		ALE AGE GROUP: 55			
	MALE AGE GROUP: 15		Construct Continue	10.54	1	Derrick Staley	57	Ballston Lake	17:22
1	Ciara Knott	15	Saratoga Springs	18:54	2	Vladimir Ilin	58	Albany	18:43
2		16	Greenfield Center	18:54	3	Jon Weilbaker	58	Saratoga Springs	20:06
3	Samantha Vetter	16	Greenfield Center	19:10		MALE AGE GROUP: 5		jjj-	
	ALE AGE GROUP: 20 - 2				1	Maureen Fitzgerald	58	Clifton Park	23:03
1	Declan Dwyer-McNulty	21	Red Hook	16:36	2	Janice Phoenix	55	Schenectady	25:16
2		23	Ballston Lake	17:01	3	Kelly Vite	56	Clifton Park	26:05
3	Joseph Verro	20	Saratoga Springs	17:16		ALE AGE GROUP: 60		Cinton Funk	20.05
	MALE AGE GROUP: 20				1	John Crawford	62	Queensbury	20:38
1	Sara Buckley	22	Slingerlands	19:09	2		60	Little Neck	20:50
2	Sarah Popovitch	23	Saratoga Springs	19:59	3		62	Gansevoort	21:37
3	Nicolette Dimura	20	East Greenbush	22:06	-	EMALE AGE GROUP: 6		Galisevoort	21.57
M	ALE AGE GROUP: 25 - 2	29			1	Erika Oesterle	64	Stamford	24:51
1	Patrick Carroll	25	Saratoga Springs	15:45	2		60	Saratoga Springs	27:40
2	Matt Flint	26	Saratoga Springs	17:12	3	Darlene Cardillo	63	Delmar	28:27
3	Ben Heller	27	Albany	17:27	-	ALE AGE GROUP: 65		Deimai	20.27
FE	MALE AGE GROUP: 25	- 29			1	Mike Fazioli	65	Wynantskill	21:07
1	Kathryn Bernarde	29	Saratoga Springs	19:39	2	Dave Glass	69	Glenville	21:29
2	Allison Connor	26	Albany	20:08	3		65	Latham	22:02
3	Michelle Davis	27	Watervliet	20:28		EMALE AGE GROUP: 6		Latham	22.02
M	ALE AGE GROUP: 30 - 3	34			1	Martha DeGrazia	65	Slingerlands	25:11
1	Denis Samburskiy	34	Saratoga Springs	18:45	2	Cathy Lanesey	66	Troy	29:35
2	Brian Lusignan	32	Delmar	19:19	3	Nancy Done	65	Latham	33:26
3	Charles Baker	30	Saratoga Springs	19:36		ALE AGE GROUP: 70		Laulalli	55.20
	MALE AGE GROUP: 30				1	Joseph Scaringe	70	Latham	27:00
1	Jessy Montrose	30	Ballston Lake	18:53	2	1	70		
2	Ashley Willson	30	Ballston Lake	19:42	2	Daniel Brown	70	Ballston Spa	27:08
3	Jessica Bashaw	33	Cambridge	20:00	-	Frank Myers EMALE AGE GROUP: 7		Albany	27:33
-	ALE AGE GROUP: 35 - 3		cambridge	20.00			0 - 74 74	Cabaaa	41.41
1	Aaron Robertson	38	Melville	16:06	1	Marva Nadeau		Cohoes	41:41
2	James Kehoe	38	Gansevoort	17:41		ALE AGE GROUP: 75		Million and Har	20.00
					1	Jim Hotaling	76	Niverville	29:06
	Daniel Brady	39	Cohoes	19:30	2	Jim Moore	76	Niskayuna	29:33
	MALE AGE GROUP: 35		Caratana Caria	17.55	3	Eric Lichten	76	Saratoga Springs	30:14
1	Erin Lopez	35	Saratoga Springs	17:55		MALE AGE GROUP: 7			
2	Crystal Perno	35	Clifton Park	20:20	1	Judy Savitt	76	Bridgeport, CT	41:58
3		38	Gansevoort	21:38		ALE AGE GROUP: 80			
	ALE AGE GROUP: 40 - 4				1	Richard Schumacher	83	Hoosick Falls	39:14
1	Mathew Nark	42	Bennington, VT	19:18	2	Bob McFarland	83	Schenectady	39:59
2	Greg Ethier	42	Clifton Park	19:19	3	Jim Owens	81	Latham	43:32
3	Robert Fox	43	Greenfield Center	19:38		Courtesy of Fire	cracker (F	C4) Race Committee	

4TH ANNUAL ZOMBIE GAUNTLET 5K TRAIL RUN July 23, 2016 • Queensbury High School XC Trails, Queensbury

	,, .		· ··· ·				
ALE OVERALL			Μ	ALE AGE GROUP: 15	- 19		MALE AGE GROUP: 30 - 39
Stephen Kowalczayk	17	22:26	1	Ethan Silaika	16	26:01	1 Chris Simon 39 31:12
Greg Potter	48	23:22	2	lared Millens	19	48.40	2 Edward Wright 33 39:48
Phillip Gengel	46	23:42	2				MALE AGE GROUP: 40 - 49
MALE OVERALL			-			49.22	1 Rod Paige 48 30:59
Michelle O'Donnell	43	34:26	F	MALE AGE GROUP:	15 - 19		2 Brian Blanchard 40 44:11
Sam Petrosino	17	37:07	1	Roxane Guyton-Von	16	45:37	FEMALE AGE GROUP: 40 - 49
Amelia Petrosino	19	37:09	2	Rosie Ruiz	17	45:38	1 Andrea Buengener 43 44:05
ALE AGE GROUP: 1 -	14		м	ALE AGE GROUP: 20	- 24		2 Patty Millens 48 49:20
Hunter Frost	13	30:32	1	Anthony Signorelli	21	27.13	MALE AGE GROUP: 50 - 59
Eric Stenson	11	43:50		, 5			1 Ted Wilson 50 30:37
Parker Frost	12	43:54		5		44:13	2 John Willman 52 33:45
Philipp Buengener	10	44:05	M	ALE AGE GROUP: 25	- 29		FEMALE AGE GROUP: 50 - 59
Devlin Blanchard	10	44:09	1	Colin Jones	25	30:04	1 Suzanne Eck 56 48:52
Haydon Frost	12	48:12	2	John Clements	25	39:47	Courtesy of Johnathan R. Vasiliou Foundation
	Greg Potter Phillip Gengel IMALE OVERALL Michelle O'Donnell Sam Petrosino Amelia Petrosino ALE AGE GROUP: 1 - Hunter Frost Parker Frost Philipp Buengener Devlin Blanchard	Stephen Kowalczayk17Greg Potter48Phillip Gengel46EMALE OVERALL43Michelle O'Donnell43Sam Petrosino19ALE AGE GROUP: 1 - 1410Hunter Frost13Eric Stenson11Parker Frost12Phillip Buengener10Devlin Blanchard10	ALE OVERALL Stephen Kowalczayk 17 22:26 Greg Potter 48 23:22 Phillip Gengel 46 23:42 Stable OVERALL Michelle O'Donnell 43 34:26 Sam Petrosino 17 37:07 Amelia Petrosino 19 37:09 ALE AGE GROUP: 1 - 14 Hunter Frost 13 Hunter Frost 13 30:32 Eric Stenson 11 43:50 Parker Frost 12 43:54 Philipp Buengener 0 44:05 Devin Blanchard 10 44:09	ALE OVERALL M Stephen Kowalczayk 17 22:26 1 Greg Potter 48 23:22 2 Phillip Gengel 46 23:42 3 SMALE OVERALL Michelle O'Donnell 43 34:26 FE Michelle O'Donnell 43 34:26 FE Sam Petrosino 17 37:07 1 Amelia Petrosino 19 37:09 2 ALE AGE GROUP: 1 - 14 M Hunter Frost 13 30:32 1 Parker Frost 12 43:54 2 2 Philipp Buengener 0 44:05 M Devin Blanchard 10 44:09 1 1 1	Stephen Kowalczayk1722:261Ethan SilaikaGreg Potter4823:222Jared MillensPhillip Gengel4623:423Stephanie BonhoteEMALE OVERALLFEMALE AGE GROUP:FEMALE AGE GROUP:Michelle O'Donnell4334:26FEMALE AGE GROUP:Sam Petrosino1737:071Roxane Guyton-VonAmelia Petrosino1937:092Rosie RuizALE AGE GROUP:130:321Anthony SignorelliFric Stenson1143:542Thomas StangleParker Frost1243:54MALE AGE GROUP: 25Devlin Blanchard1044:091Colin Jones	ALE OVERALL MALE AGE GROUP: 15 - 19 Stephen Kowalczayk 17 22:26 1 Ethan Silaika 16 Greg Potter 48 23:22 2 Jared Millens 19 Phillip Gengel 46 23:42 3 Stephanie Bonhote 17 IMALE OVERALL FEMALE AGE GROUP: 15 - 19 3 Stephanie Bonhote 17 Sam Petrosino 17 37:07 1 Roxane Guyton-Von 16 Amelia Petrosino 19 37:09 2 Rosie Ruiz 17 ALE AGE GROUP: 1 - 14 MALE AGE GROUP: 20 - 24 Hunter Frost 13 30:32 1 Anthony Signorelli 21 Parker Frost 13 30:32 1 Anthony Signorelli 21 Parker Frost 12 43:54 7 Thomas Stangle 21 Philipp Buengener 10 44:09 1 Colin Jones 25	ALE OVERALL MALE AGE GROUP: 15 - 19 Stephen Kowalczayk 17 22:26 1 Ethan Silaika 16 26:01 Greg Potter 48 23:22 2 Jared Millens 19 48:40 Phillip Gengel 46 23:42 3 Stephanie Bonhote 17 49:22 Stephen Kowalczayk 17 37:07 1 Roxane Guyton-Von 16 45:37 Amelia Petrosino 19 37:09 2 Rosie Ruiz 17 45:38 ALE AGE GROUP: 1 - 14 MALE AGE GROUP: 20 - 24 Hunter Frost 13 30:32 1 Anthony Signorelli 21 27:13 Parker Frost 12 43:54 2 Thomas Stangle 21 44:13 Philipp Buengener 10 44:09 1 Colin Jones 25 30:04

			WAKELY DAM U			
	July .	30, 2016 • W	/akely Dam, Indian L	ake to Pis	eco Airport, Piseco	
FE	MALE OVERALL		13 Ben Etzler	6:36:45	34 Denis Streltsov	8:03:10
1	Elizabeth Ricci	7:10:06	14 Bill Boula	6:37:10	35 Jason Pare	8:16:55
2	Monica Moss	7:12:03	15 Tony Carino	6:37:23	36 Jake Robinson	8:18:00
3	Angela Capece	7:39:02	16 Kyle Smith	6:38:14	37 Nathaniel Robinson	8:27:51
4	Kim Fisher	7:43:58	17 Dominic Zeccola	6:50:34	38 William Coon	8:29:50
5	Flora Krivak-Tetley	8:14:45	18 Ted Cowles	6:56:25	39 Kevin Curtain	8:34:40
6	Kristin Stuart	8:29:50	19 Bill Hoffman	7:03:55	40 Thomas Slocum	8:58:25
7	Elaine Morris	10:44:34	20 Jeff Moss	7:12:04	41 Dan Mosny (Sweep)	9:00:48
M	ALE OVERALL		21 Volker Burkowski	7:17:48	42 Charlie Thayer	9:04:34
1	Jake Stookey	4:38:00	22 Greg Doell	7:27:06	43 Will Fox	9:10:06
2	Ethan Kirk	4:44:17	23 Mark Whalen	7:27:06	44 Mark Wittemore	9:17:20
3	Fred Harle	5:11:42	24 Tim Church	7:29:40	45 Miles Esty	9:25:01
4	Liam Davis	5:50:16	25 Adam Lampman	7:35:10	46 Scott Martin	9:25:52
5	Guillermo Ayala	5:54:05	26 Bill Kellner	7:35:39	47 Joe Kilinski	9:33:26
6	Carlos Vicens	5:57:19	27 Matthew Oehlschlaeger	7:39:37	48 Michael Kilinski	9:33:26
7	Thomas Joslin	6:07:50	28 Kevin Prestage	7:44:46	49 Dennis Stadelman	9:40:16
8	Robert McCann	6:10:41	29 Schuyler Stuart	7:57:10	50 Anthony Guilisano	9:40:16
9	Stephen Gross	6:12:02	30 William Stuart	7:57:10	51 Robert Wood	9:41:35
10	Courtenay Guertin	6:24:49	31 Robert Maurizi	8:00:20	52 Bill Hall	9:55:15
11	Tim Ela	6:26:59	32 Colin Bailey	8:01:51	53 Patrick Cummings	10:44:34
12	Steve Snook	6:27:09	33 Shawn Martin	8:03:08	Courtesy of Wakely I	Dam Ultra

22ND ANNUAL INDIAN LADDER TRAIL RUNS July 31, 2016 • Thacher State Park, Voorheesville MALE AGE GROUP: 65 - 69

		-		MALE AGE GROUP: 65	. 69		
MALE OVERALL	5K TRAIL	NACE		1 Joe Yavonditte	- 69 67	Schenectady	1:46:55
1 PJ Gorneault	37	Caribou, ME	1:00:00	2 Leo DiPierro	66	Cherry Plain	1:48:48
2 Keith Machabee	19	Delmar	1:01:41	3 Glenn Schaef	66	Glens Falls	2:12:13
3 Jim Sweeney	35	Albany	1:05:13	FEMALE AGE GROUP: 6	5 - 69		
FEMALE OVERALL				1 Martha DeGrazia	65	Slingerlands	1:47:00
1 Teal Reeves	34	Malta	1:14:30	2 Laura Clark	69	Saratoga Spring	2:13:46
2 Jennifer Hoffmann	19	Schenectady	1:14:42	MALE AGE GROUP: 70			
3 Jenna Robinson	20	Slingerlands	1:16:39	1 Raymond Lee Jr	74	Halfmoon	2:35:48
MALE AGE GROUP: 1 -	14	-			5M TRAI		
1 Declan Rogers	10	Williamstown	1:42:17	MALE OVERALL			
FEMALE AGE GROUP: '	15 - 19			1 Gaven Richard	42	Albany	25:26
1 Sarah Forman	19	Altamont	1:16:40	2 Will Quackenbush	16	Slingerlands	25:30
MALE AGE GROUP: 25				3 Joshua Katzman	40	Clifton Park	25:34
1 Nathaniel Burke	26	Fairbanks, AK	1:18:22	FEMALE OVERALL			
2 Cory Sullivan	28	Slingerlands	1:21:51	1 Patricia Gundlach	44	Scotia	35:30
3 Gregory Cooper	28	Durham, NC	1:27:13	2 Alisha Strianese	36	Clifton Park	37:34
FEMALE AGE GROUP: 2				3 Anne Hurley	53	Delmar	38:52
1 Michelle Davis	27	Watervliet	1:20:35	MALE AGE GROUP: 1 - 1 Jamison Burke		Trees	24.54
2 Catlin Mock	25	Albany	1:35:11	 Jamison Burke FEMALE AGE GROUP: 1 	14	Troy	34:54
MALE AGE GROUP: 30		2	4 00 57	1 Olivia Deer	7	Slingerlands	39:34
1 Tim Pendergast	34	Delmar	1:08:57	FEMALE AGE GROUP: 1	15 - 19	Silligenatius	39.34
2 John Deer	34	Slingerlands	1:14:21	1 Emily Quackenbush	17	Slingerlands	41:20
3 Jason Lecuyer	34	Schenectady	1:27:04	MALE AGE GROUP: 20		Singenanas	41.20
FEMALE AGE GROUP:		All-	1.10.00	1 Tom Quackenbush	20	Slingerlands	25:56
1 Kristin Green	33	Albany	1:18:08	FEMALE AGE GROUP: 2		Singenanas	25.50
2 Shannon Maker	32	Delmar	1:27:49	1 Nickie Mistler-Fergus	27	Delmar	41:20
3 Laura Gallery	31	Niskayuna	1:39:58	2 Vicki Scanlon	29	Albany	42:36
MALE AGE GROUP: 35		Delmar	1.10.21	3 Edesse Lamb	25	Troy	44:53
1 Peter Flynn	39 35	Delmar	1:10:21	MALE AGE GROUP: 30			
2 Hunter Greene 3 Gabe McGarry	35	Williamstown	1:16:54	1 Joseph Spencer	30	Hagaman	34:58
5 Gabe medany		Slingerlands	1:17:08	FEMALE AGE GROUP: 3	80 - 34	5	
FEMALE AGE GROUP: 3 1 Sara Madden	35 - 39 38	Allean	1:23:41	1 Christa Watson	32	Latham	41:15
	38 36	Albany		2 Rachel Tierney	30	Gansevoort	43:48
	36 38	Troy	1:27:59	MALE AGE GROUP: 35	- 39		
		Selkirk	2:21:44	1 Samuel Gouldthorpe	35	Schenectady	56:12
MALE AGE GROUP: 40 1 Dennis VanVlack	- 44 44	Duenechung	1.00.00	FEMALE AGE GROUP: 3	15 - 39	,	
i bennis fanthaek	44 41	Duanesburg	1:06:26	1 Kari Deer	37	Slingerlands	39:37
2 Dan Murphy 3 William Dodds	41	Delmar Schenectady	1:13:03 1:14:33	2 Chrissie Calderwood	36	Albany	41:32
FEMALE AGE GROUP: 4		Schenectady	1.14.35	3 Bethany Mazura	39	Albany	41:38
1 Jennifer Garrett	42	Greenfield	1:39:29	MALE AGE GROUP: 40			
2 Kristen Mahieu	42	Niskayuna	1:45:11	1 Chris Hebbard	41	Glenville	37:15
3 Jennifer Ferriss	44	Saratoga Springs	1:46:10	2 Joshua DiPierro	40	Cherry Plain	46:23
MALE AGE GROUP: 45		Salatoya Spilliys	1.40.10	FEMALE AGE GROUP: 4			
1 Jonathan Bright	46	Guilderland	1:19:47	1 Susan Bright	42	Slingerlands	40:38
2 John Williams-Searle	48	Albany	1:20:30	2 Angela Reimer	43	Newport	45:05
3 Todd Bisaillon	48	Mechanicville	1:22:30	3 Tanjia Maynard	44	Schenectady	48:53
FEMALE AGE GROUP:		meendmeende	1.22.50	MALE AGE GROUP: 50		Delever	40.24
1 Hilary Greene	46	Williamstown, MA	1:19:20	1 Denis Hurley	53	Delmar	40:21
2 Heather Machabee	47	Delmar	1:34:00	MALE AGE GROUP: 55		Desitive III.	26-24
3 Deanna Hitchcock	49	Scotia	1:34:20	1 Rick Munson	59	Prattsville	26:24
MALE AGE GROUP: 50		Scotla	1.54.20	2 Chuck Quackenbush 3 Peter Cure	55 57	Slingerlands Altamont	32:09
1 Bruce Beesley	50	Delmar	1:14:39	5 reter cure		Allamont	32:51
2 George Burke	50	Troy	1:19:08	FEMALE AGE GROUP: 5 1 Paula Boughtwood	55 - CO	Rensselaer	11.57
3 Matthew Kawola	52	Latham	1:22:03	1 Paula Boughtwood 2 Donna Charlebois	55 58	East Berne	41:57
FEMALE AGE GROUP: !				2 Donna Charlebois 3 Alexandra Siy	58 56	East Berne Feura Bush	42:24 45:52
1 Alice Thomas	53	Westerlo	1:31:38	MALE AGE GROUP: 60			40.02
2 Christiine Varley	52	Albany	1:34:04	1 Paul Salerni	- 64 60	Little Neck	35:50
3 Allison Pouliot	52	Bristol, VT	2:12:13	2 James Summa	60	Waterford	41:50
MALE AGE GROUP: 55		5.15(0), 11	2.12.13	3 Ralph Feinstein	62	Scotia	54:08
1 Christopher Kurkjian	56	Ballston Lake	1:24:32	FEMALE AGE GROUP: 6		Jeulia	J4.00
2 Jeff Clark	58	Glenmont	1:27:34	1 Gail Hein	64	Altamont	54:20
3 Tom Tift	58	New Lebanon	1:34:04	2 Patricia DiPierro	63	Cherry Plain	54.20
MALE AGE GROUP: 60		LEDGION	1.54.04	MALE AGE GROUP: 65		Cherry riam	JU.UI
1 Bob Ward	- 0- 60	Albany	1:57:24	1 Darwin Roosa	- 69 66	Altamont	39:06
				Darminitoosa			
	67	Wynantskill		2 Nathan Ratalion	66	()neonta	
2 David Heyward FEMALE AGE GROUP: 0	62 50 - 64	Wynantskill	2:02:27	2 Nathan Batalion 3 John Shoemaker	66 67	Oneonta Scotia	39:09 40:21

HUDSON HEADWATERS "CARE FOR KIDS" 5K RUN July 31, 2016 • Chestertown to Brant Lake

			July 31, 2010 •	cneste	ertown to Brant La	ке		
м	ALE OVERALL				FEMALE AGE GROUP:	13 - 14		
1	John Walmsley	36	Charlotte, NC	18:10	1 Catherine Lyon	13	Point O'Pines Camp	23:35
2	Luke Merkel	32	Portland, ME	18:33	2 Natalie Suri	13	Brant Lake Camp	23:39
3	Brandon Olden	15	Chestertown	19:39	3 Toni Dacosta	14	Brant Lake Camp	24:26
FE	MALE OVERALL				MALE AGE GROUP: 15	- 16		
1	Maggie Lohrer	18	Alexandria, VA	21:27	1 Matthew Brown	16	Minerva	20:46
2	Rachel Milim	34	Brant Lake	21:38	2 Lucas Parzych	16	Niskayuna	21:54
3	Marcella Teran	61	San Diego, CA	23:32	3 Spencer Dickman	15	Brant Lake Camp	22:26
М	ALE AGE GROUP: 1 -	8	-		FEMALE AGE GROUP:	15 - 16		
1	Robert Hill	8	Brant Lake	28:55	1 Cailey Haynes	16	Brant Lake Camp	24:55
2	Tobias Carmel	8	New York	29:33	2 Layla Wofsy	15	Point O'Pines Camp	
3	Elias Carmel	6	Mamaroneck	38:46	3 Gillian Cohen	16	Point O'Pines Camp	26:16
FE	MALE AGE GROUP: 1	I - 8			MALE AGE GROUP: 17		rome o rines camp	20.10
1	Philippa Carmel	8	New York	30:34	1 Mateo Parzych	18	Niskayuna	21:10
2	Elizabeth Strasser	7	Point O'Pines Camp	37:28	2 Charlie Suskin	17	Brant Lake	36:20
3	Remy Weinberg	7	Point O'Pines Camp	40:44	3 Connor Bainbridge	17	Brightwaters	44:12
М	ALE AGE GROUP: 9 -	10			FEMALE AGE GROUP: '		blightwaters	44.1Z
1	Brody Olden	10	Chestertown	27:19	1 Maggie Lohrer	18	Alexandria, VA	21:27
FE	MALE AGE GROUP: 9	9 - 10			55	18		21:27
1	Emilia Paez	10	Point O'Pines Camp	26:52			Brant Lake Camp	
2	Phoebe Carmel	9	Mamaroneck	28:13	3 Louise Hally	19	Point O'Pines Camp	33:33
3	Sophia Manzo	10	Point O'Pines Camp	31:59	MALE AGE GROUP: 20			
М	ALE AGE GROUP: 11	- 12			1 Sean Melvin	21	Brant Lake Camp	22:57
1	Brayden Olden	12	Chestertown	26:51	2 Brandon Dunbar	24	Olmstedville	23:29
FE	MALE AGE GROUP: 1	1 - 12			3 Tom Riley	23	Brant Lake Camp	27:21
1	Alexandra Simon	11	Point O'Pines Camp	26:49	FEMALE AGE GROUP: 2			
2	Avery Becker	12	Point O'Pines Camp	27:22	1 Molly Merkel	23	Brant Lake	24:43
3	Manya Suri	11	Point O'Pines Camp	27:42	2 Kyla Gabriel	21	Tivoli	25:16
М	ALE AGE GROUP: 13	- 14			3 Becs Cantin	24	Brant Lake Camp	27:21
1	Kevin Metzger	13	Brant Lake	24:23	MALE AGE GROUP: 25	- 29		
2	Ryan Berger	14	Brant Lake Camp	26:05	1 Joseph Metzger	26	Brant Lake	24:24
3	Trey Eberhart	14	Brant Lake Camp	26:06	2 James Kolb	27	East Greenbush	24:25 continued

SEPTEMBER 2016 25

RACE RESULTS

HUDSON HEADWATERS "CARE FOR KIDS" 5K RUN continued

	110050			Critic				continucu	
FE	MALE AGE GROUP: 2	5 - 29			E	EMALE AGE GROUP: 5	60 - 54		
1	Alex Kochon	29	Gansevoort	26:07	1	Judy Moriarty	54	Frederick, MD	32:20
2	Lauren Calvert	26	Point O'Pines Camp	26:16	2	Debbie Matthews	51	Cohoes	32:50
3	Zoe Zhang	26	Point O'Pines Camp	40:44	3	Heidi Plumlev	54	Minerva	34:50
	ALE AGE GROUP: 30					ALE AGE GROUP: 55	. 59		
1	Chris Renzi	34	Ballston Spa	24:48	1	Gordan Dean	56	Middletown	21:41
2	Robert Hill	33	Brant Lake	29:41	2		58	Brooklyn	22:29
3	Paul Clink	31	Clifton Park	44:43	3		57	Glens Falls	22:25
	EMALE AGE GROUP: 3 Rachel Milim	34 - 34	Dreat Lake Comp	21:38	-	EMALE AGE GROUP: 5		Cleris rails	23.22
1	Anne Merkel	34	Brant Lake Camp Portland, ME	21:38	1	Marion Oswald	59	Old Forge	33:11
2	Jazimine Gutierrez	30	Brant Lake Camp	24.45	1				
	ALE AGE GROUP: 35		brant Lake Camp	20.25	2	.,	58	East Greenbush	36:18
1	John Walmsley	36	Charlotte, NC	18:10	3		55	Brant Lake	46:13
2	Ryan Contino	37	Staten Island	21:13	N	ALE AGE GROUP: 60			
3	Scott Miller	38	Queensbury	21:57	1	Gerald Merkel	64	Brant Lake	21:32
	MALE AGE GROUP: 3		()		2		62	Malta	22:37
1	Michelle Hagmann	37	Troy	29:12	3		64	Old Forge	27:57
2	Rebecca Pless	36	Olmstedville	31:51	F	EMALE AGE GROUP: 6	64 - 64		
3	Nesta Felix	36	Brant Lake Camp	33:24	1	Kathryn Brennda	64	Queensbury	30:13
M	ALE AGE GROUP: 40	- 44			2	Dianna Christinat	61	Colebrook, CT	34:12
1	Shane Bleyenburg	40	Queensbury	22:15	3	Melissa Goodspeed	64	Queensbury	34:51
2	Harrison Sangster	44	Queensbury	24:00	N	ALE AGE GROUP: 65	- 69	. ,	
3	Jason Carmel	43	Mamaroneck	28:13	1	Jim Goodspeed	65	Queensbury	24:03
	MALE AGE GROUP: 4			25.24	2		65	Oueensbury	26:36
1	Dennie Swan-Scott	41 40	Queensbury	25:21 28:31	3	Donald Yeaton	65	Hudson Falls	28:39
2	Kathryn Cortelyou Danielle Goertzen	40 42	Windham, NH Oueensburv	28:31 29:48	F	EMALE AGE GROUP: 6		Hudson rans	20.55
	ALE AGE GROUP: 45		Queensbury	29.48	1	Susan Jackson	65	Queensbury	32:57
1	Gregory Potter	48	Queensbury	21:59	2		69	Clemons	1:13:59
2	Kerry Armstrong	40	Cohoes	23:45		ALE AGE GROUP: 70		Clemons	1.15.55
3	John Seker	45	Smithtown	23:51	1	Norman Stevens	74	Moreau	30:32
FE	MALE AGE GROUP: 4	5 - 49			2		74	Chestertown	37:42
1	Angela Busacco	48	Fairport	27:04	-		70	Castleton	40:42
2	Kristen Santos	49	Clifton Park	27:17	3	George Dutcher EMALE AGE GROUP: 7		Castleton	40.42
3	Holly Lebihan	48	Brant Lake	27:32	-			N	
м	ALE AGE GROUP: 50	- 54			1	Ann Carmel	73	New York	1:01:30
1	Ted Wilson	51	Queensbury	22:25	2		72	Bolton Landing	1:01:31
2	Paul Matson	50	Adirondack	22:32	3		71	Brant Lake	1:05:58
3	Danny Bernstein	54	Brant Lake	22:34		Courtesy of Hudso	on Headv	vaters Health Netwo	ork

10TH ANNUAL FRONHOFER TOOL TRIATHLON August 6, 2016 • Lake Lauderdale County Park, Cambridge

	OLYMPIC – 0.9M SWIN	1. 24.8M BIKE. 6.2M	RUN	FE	EMALE AGE GROUP: 45 - 4	19	
м	ALE OVERALL			1	Amy Voorhees	Dryden	2:37:19
1	Todd Shatynski	Altamont	2:00:12	2	Kelley Hamlin	Brackney, PA	2:38:00
2	Nicholas Marcontino	Glens Falls	2:02:07	3	Jennifer Kresge	Rexford	2:41:50
3	John Gleeson	Rexford	2:06:30	4	Grace Andres	Endicott	3:02:46
-	MALE OVERALL	nextora	2.00.00	5	Karen Viger	Gansevoort	3:04:51
1	Amy Farrell	Tupper Lake	2:12:53	M	IALE AGE GROUP: 50 - 54		
2	Noga Ruttenberg	Rye	2:19:26	1	Carl Regenauer	Saratoga Springs	2:12:59
3	Jennifer Zopp	Mahopac	2:20:33	2	Robert Love	Greenfield Center	2:15:17
	ALE AGE GROUP: 15 - 19	manopae	2.20.55	3	Michael Stalker	Burnt Hills	2:25:52
1	Pat Calhoun	Oneonta	3:09:04	4	Keith Vogel	Queensbury	2:29:48
	ALE AGE GROUP: 20 - 24	onconta	5.05.01	5	Rick Spann	Cranbury, NJ	2:31:07
1	Brett Schlesier	Johnston	2:08:08	FE	EMALE AGE GROUP: 50 - !	54	
2		Glens Falls	2:31:46	1	Kristen Hislop	Clifton Park	2:39:00
	MALE AGE GROUP: 20 - 24		2.51.10	2	Carrie Mauro	Glens Falls	2:44:09
1	Kaitlyn Hansen	South Glens Falls	3:09:52	3	Tracey Delaney	Queensbury	2:49:38
FE	MALE AGE GROUP: 25 - 2			4	Laurie Scheuing	Saratoga Springs	2:59:12
1	Kelly Sweeney	Pike, NH	2:53:43	5	Colleen D'Amico	Watertown, CT	3:10:29
2		Boston, MA	3:07:40		IALE AGE GROUP: 55 - 59		
	ALE AGE GROUP: 30 - 34			1	Dean Wescott	Queensbury	2:53:44
1	Charles Lester IV	Saratoga Springs	2:28:12	2	Howard Kreitsek	Clifton Park	2:55:05
2	Marc Miranda	Clifton Park	2:40:16	3	Scott Ferguson	Latham	2:57:49
	MALE AGE GROUP: 30 - 34			4	John Lieber	Brooklyn	3:02:50
1	Jenna Bernhardt	Albany	2:39:45	5	Christopher Boldiston	Albany	3:21:57
2	Jessica Bashow	Cambridge	2:49:39		EMALE AGE GROUP: 55 - !		
3	Billie Jo Smith	Latham	2:53:34	1	Beth Stalker	Burnt Hills	2:27:05
	ALE AGE GROUP: 35 - 39	Latitum	2.00.01	2	Jeryl Simpson	Mechanicville	2:51:23
1	Michael Cooley	Delmar	2:12:34	3	Jane Mastaitis	Saratoga Springs	2:55:55
2	Matthew Crave	Schenectady	2:16:31	4	Beverly Whalen	Millbrook	2:56:07
3	Gary Dennis	Winhall, VT	2:25:46	5	Nicole Dodge	Bennington, VT	3:09:17
4		Albany	2:32:54		IALE AGE GROUP: 60 - 64	Combulator	2.24.50
5	John Evansky	Hudson Falls	2:37:44	1	Howard Herrington	Cambridge	2:34:59
	MALE AGE GROUP: 35 - 3			2	James Kelly	Poughguag	2:40:53
1	Ann Marie Moskal	Ballston Spa	2:32:52	3	David Olsen	Schenectady	3:07:28
2	Rebecca Evansky	Hudson Falls	2:39:11	4	mant bendenner	Lake George	3:22:17
3	Laura Zima	Albany	2:39:37	-	Peter Holmberg EMALE AGE GROUP: 60 - (Queensbury	3:27:26
4	Kim Morrison	Wynantskill	2:43:55	1	Kathleen Meany	Altamont	2:52:25
5	Christine Jenkins	Cohoes	2:52:35	2	Rebecca Ryan	Huntington, VT	3:01:36
M	ALE AGE GROUP: 40 - 44			3	Katherine Fair	Fort Ann	3:02:02
1	Vincent Cooper	Gansevoort	2:17:24	4		Queensbury	3:35:52
2	Brian Watts	Clifton Park	2:28:29		IALE AGE GROUP: 65 - 69	Queensbury	5.55.52
3	Steven Nicoll	Menands	2:29:44	1	Gary Mineconzo	Queensbury	3:16:05
4	Joshua Katzman	Clifton Park	2:29:55		EMALE AGE GROUP: 65 - (5.10.05
5	lan Morrison	Wynantskill	2:33:32	1	Christine McKnight	Gansevoort	3:05:40
FE	MALE AGE GROUP: 40 - 44			2	Cynthia Gardner	Pittsfield, MA	3:09:54
1	Kerri Thomas	Middle Granville	2:36:25		IALE AGE GROUP: 70 - 74	Tresheid, W/Y	5.05.54
2	Jodi Plante	Saratoga Springs	2:44:43	1	David Dibelius	Lake George	3:04:36
3	Ashley Peacock	Loudonville	2:47:04	2	Hugh Dunseath	Clifton Park	3:09:18
4	Julie Ćuneo	Saratoga Springs	2:52:22	3	Ray Lee	Halfmoon	3:53:28
5	Michelle Aleva	Glens Falls	3:12:35		ELAY TEAMS		
M	ALE AGE GROUP: 45 - 49			1	Excel Aquatics	Latham	1:56:26
1	Jason Gardner	Glens Falls	2:13:45	2	Team T3	Slingerlands	2:11:31
2	Pat Sommo	Guilderland	2:26:12	3	We Would Have Won If	Fort Edward	2:21:55
3	George Stopyak	Halfmoon	2:27:25	4	Syden Clan	Colonie	2:46:37
4	Peter Voorhees	Dryden	2:29:53	5	Téam Halusic	Niskayuna	3:01:10
5	Brian Dillenbeck	Alplaus	2:33:04		Courtesy of Fro	nhofer Tool Triathlon	
					-		

FOX CREEK 5K RUN – Race #1 of Hilltown Triple Crown 5K Series – August 6, 2016 • Berne Town Park, Berne

м	ALE OVERALL				м	ALE AGE GROUP: 20 - 2	9		
1	Noah Valvo	17	Delanson	18:48	1	Tyler Wilcox	25	Albany	20:28
2	Lukus Becker	x19	Berne	19:20	2	David Long	26	Albany	20:47
3	Ben Sears	32	Albany	19:53	3	Christopher Leavitt	28	Schenectady	22:32
FE	MALE OVERALL				FE	MALE AGE GROUP: 20	- 29		
1	Tess Fitzmaurice	13	Greenville	21:05	1	Ashley Darby	29	Schenectady	31:09
2	Erin Murphy	36	Albany	22:15	2	Edesse Lamb	25	Troy	33:03
3	Dana Peterson	45	Voorheesville	23:09	3	Dana Relyea	29	Dillon, MT	37:31
M	ALE AGE GROUP: 1	- 12			M	ALE AGE GROUP: 30 - 3	9		
1	Tom Pris	12	Altamont	27:37	1	Evan Crawford	32	Fairfax, VA	22:29
2	Myles McCarthy	8	Delmar	30:20	2	Christopher Gerard	37	Albany	23:07
3	Henry Mack	4	Albany	39:02	3	Tom Bennett	31	Altamont	23:19
FE	MALE AGE GROUP:	1 - 12			FE	MALE AGE GROUP: 30	- 39		
1	Michelle Puzulis	12	East Berne	24:53	1	Beth Ray	35	Guilderland	24:32
2	Josey McCarthy	5	Delmar	36:08	2	Lauren Anderson	34	Albany	26:02
3	Zoey McCarthy	10	Delmar	36:14	3	Tracey Quinn	32	Delanson	26:15
M	ALE AGE GROUP: 13	3 - 19			M	ALE AGE GROUP: 40 - 4	9		
1	Alexander Allen	16	Guilderland	20:37	1	Andy Pris	40	Altamont	20:40
2	Ryan Pappalau	17	Berne	23:30	2	Tom Jablonowski	46	Voorheesville	21:46
3	Michael Neal	15	Slingerlands	25:45	3	Chris Palmer	42	Middleburgh	22:36
FE	MALE AGE GROUP:	13 - 19	-		FE	MALE AGE GROUP: 40	- 49	-	
1	Meaghan Rohan	16	East Durham	24:47	1	Tara Murray	42	Delmar	26:03
2	Sarah Forman	19	Altamont	25:22	2	Kacey Sornberger	41	Albany	26:17
3	Abigail Mahar	13	Castleton	30:08	3	Catherine Legg-Rubinger	45	Tannersville	26:29 continued

			FOX CF	REEK 5K	RI	JN continued			
MAI	LE AGE GROUP: 50 - 5	9			FE	MALE AGE GROUP:	60 - 69		
1 F	Rick Munson	59	Prattsville	20:52	1	Terry Cornick Valerie Marre	62 63	Queensbury Albany	29:51 30:58
2 F	Haytham Bajouwa	51	Berne	25:22	2		61	Albany	30.58
3 E	Ed Ellis	55	Hannacroix	26:28	M	ALE AGE GROUP: 70	- 79		
FEM	IALE AGE GROUP: 50	- 59			1	Jim Hotaling	76	Niverville	29:47
1 5	Sherri Pignetti	53	Cohoes	27:12	2	James Israel	71	Brooklyn	36:17
	Anne Cook	52	Berne	29:23	3 FE	Edward Mack	77 70 - 79	Bonita Springs, FL	42:24
3 E	Elisabeth Gundlach	54	Schenectady	29:37	1	Nancy Johnston	70	Ballston Lake	39:12
MAI	LE AGE GROUP: 60 - 6	9			2	Eileen Gundlach	79	Howes Cave	43:36
2 (David Roy Chester Tumidajewicz lim Fiore	61 62 68	Schoharie Amsterdam Latham	20:56 28:02 28:47	1 2	nichara Ganalach	83 84	Menands Howes Cave In of Berne	40:27 44:01

			worth C		k Depot, North			
	8.4 MIL	ES			MALE AGE GROUP: 4			
MALE OVERALL				1	Elizabeth Placencia	42	Redwood City, CA	1:10
Paul Allison	29	North Creek	47:25	2	Becky Crowe	43	Menlo Park, CA	1:1
Matt Tuohy	19	Oakland, NJ	49:02	3	Jennifer Sweeney	42	Gloversville	1:1
Patrick Carroll	25	Saratoga Springs	49:48		ALE AGE GROUP: 40			
EMALE OVERALL				1	Derek Powell	43	Pittsfield, MA	1:0
Emily Atamanchuk	16	Queensbury	59:08	2	Zackary Hill	41	Saratoga Springs	1:0
Paris Hughs	20	Robbinsville, NJ	59:55	3		40	Johnstown	1:0
Margaret DiStefano	30	Syracuse	1:00:4	FE	MALE AGE GROUP: 4			
RAIN OVERALL				1	Amy Peacock	46		1:1
The Train		North Creek	1:08:00	2	Linda Moore	45	Williamsville	1:2
EMALE AGE GROUP: 1				3	Colleen Delcore	49	Indian Lake	1:2
Annalise Beyerbach	12	Queensbury	1:22:52	м	ALE AGE GROUP: 45	- 49		
Grace Beach	13	Red Hook	1:23:29	1	Edwin Peacock III	46	Charlotte, NC	1:0
Sheridan Millington	14	North River	1:29:44	2	Joe Forbes	47	Hudson Falls	1:0
IALE AGE GROUP: 1 - 1	5			3	Mark Chamberlain	49	New York	1:0
Zabion Powell	15	Pittsfield, MA	1:02:51	FF	MALE AGE GROUP: 5			
Ken Mulvey	14	Bakers Mills	1:02:58	1	Patty Moore	50	Queensbury	1:0
Hayden Gallo	15	Brandon, VT	1:11:28	2	Jacqueline Schiffer	51	Olivebridge	1:0
EMALE AGE GROUP: 10	5 - 19			3	Susan Keelv	51	Glens Falls	1:1
Katie Dunham	16	Fultonville	1:09:50		ALE AGE GROUP: 50		Cleris Falis	1.1
ALE AGE GROUP: 16 -	19			1	John Youna	- 34 54	Gansevoort	1:0
Thomas Rizzo	19	Queensbury	53:25	2		54 53	Gloversville	1:0
Terry Allard	19	North Creek	57:30		Matthew Brower			
Adam Beach	17	Red Hook	1:02:06	3	Fred Pieper	52	Gansevoort	1:0
EMALE AGE GROUP: 20		ned nook	1.02.00		MALE AGE GROUP: 5			
Celeste Hoelzl	24	Brooklyn	1:09:01	1	Sandy Adams	56	Shushan	1:1
Anne Forhan	24	Alexandria, VA	1:14:50	2	Debra-Jane Fitzgerald	56	Schenectady	1:1
ALE AGE GROUP: 20 -		/ dexarrand, v/ d	1.14.50	3	Nancy Sheehan	58	Buffalo	1:3
Joshua Korn	20	Indian Lake	50:21	M	ALE AGE GROUP: 55			
James Buser	20	Mahwah, NJ	53:14	1	Kevin Higgins	56	Stillwater	1:0
Erik Buser	20	Indian Lake	53:41	2	Bruce Hoelzl	56	Wilton, CT	1:0
EMALE AGE GROUP: 2		IIIUIdii Lake	55.41	3	Timothy Malaney	58	Ticonderoga	1:0
Cassandra Conety	28	Shushan	1:05:39	FE	MALE AGE GROUP:	60 - 64		
	20 28	Hoboken, NJ	1:09:42	1	Darlene Cardillo	63	Delmar	1:2
Meaghan Gibson				2	Nancy Cain	64	Marlboro, VT	1:2
Stephanie De Flora	28	New York	1:16:40	3	Kimberly Crabbe	60	Malta	1:3
IALE AGE GROUP: 25 -		Combo de Carlos	51.00	-	ALE AGE GROUP: 60		marca	1.5
Alexander Benway	26	Saratoga Springs	51:39	1	Paul Salerni	60	Little Neck	1:0
Luke Fitzgibbion	27	Fayetteville	53:29	2	Steven Benway	62	Willsboro	1:0
Greg Barshied	26	New York	58:28	3	Rich Elton	64	Queensbury	1:1
EMALE AGE GROUP: 30					MALE AGE GROUP: 6		Queensbury	1.1
Marian Cartin	34	Park City, UT	1:09:11	1		69	Carataga Carings	1:3
Elizabeth Allison	31	Keeseville	1:09:41				Saratoga Springs	1.3
Alison Gray	31	Cambridge, MA	1:14:02		ALE AGE GROUP: 65		Class Falls	1.4
ALE AGE GROUP: 30 -				1	Mark Sager	65	Glens Falls	1:1
Christopher Richard	32	Sudbury, MA	51:24	2	Jim Goodspeed	65	Queensbury	1:1
Ryan Milton	33	Saratoga Springs	1:05:43	3		69	North Creek	1:3
David Mink	31	Rensselaer	1:07:26		ALE AGE GROUP: 70			
EMALE AGE GROUP: 35				1	Edwardo Munoz	73	Olmstedville	1:2
Diana Bender	39	Los Angeles, CA	1:03:31	2	James Callahan	71	Saratoga Springs	1:3
Melissa Kwasiniewsk	39	Fort Edward	1:15:22	3		72	Hillsdale, NJ	1:3
Jolene Hlavaty	39	Newcomb	1:21:31	M	ALE AGE GROUP: 75	- 79		
IALE AGE GROUP: 35 -	39			1	Jim Moore	76	Niskayuna	1:3
Brian Skorney	37	New York	1:02:17	2	Patrick Bivona	75	Clifton Park	1:4
Jon DiStefano	36	Syracuse	1:04:06			the Adiro	ndack Runners &	
Matthew Parham	39	Buffalo	1:04:12				s for Scholars	

11TH ANNUAL GEAR UP FOR LYME: MOUNT EQUINOX UPHILL BIKE CLIMB August 6, 2016 • Mount Equinox Skyline Drive, Manchester, VT

	Aug	ust 6,	2016 • Mount	Equino	x S	kyline Drive, Ma	anche	ster, VT	
	5.4 MILES, 32	48 FEE1	UP, 12% GRADE		FE	MALE AGE GROUP: 4	0 - 49		
M	IALE OVERALL				1	Stephanie Manners	47	Pelham, NH	1:07:22
1	Andy Officer	27	Northhampton, MA		2	Kristen Eckhardt	49	St. Johnsbury, VT	1:23:06
2	Yaron Spitzer	36	Montreal, QC	41:29	M	ALE AGE GROUP: 50	· 59		
3	Erik Vandendries	51	Chestnut Hill, MA	42:30	1	Todd Erdley	52	State College, PA	47:22
FI	EMALE OVERALL				2	Kevin Bessett	50	Richmond, VT	47:50
1	Susan Lynch	57	Dorset, VT	50:38	3	Tom Olds	52	Coatesville, PA	48:03
2	Caroline Roush	42	Maynard, MA	54:36	E	EMALE AGE GROUP: 5		couldsvine, int	40.05
3	Trish Karter	59	Milton, MA	55:57	1		52	Dualization V/T	58:48
M	IALE AGE GROUP: 1 - 1	-			2	Ellie Wegner		Burlington, VT	
1	Alex Vandendries	14	Chestnut Hill, MA	1:08:10	2	Jennifer Miller	51	Richmond, VT	1:04:01
M	ALE AGE GROUP: 20 -	29			M	ALE AGE GROUP: 60	· 69		
1	Eric Donten	24	Milford, PA	45:18	1	Mark McCathy	67	Rochester	48:20
2	J.P. De Muszka	22	Boucherville, QC	1:08:09	2	Mark Virelco	61	Boston, MA	51:15
FI	EMALE AGE GROUP: 20) - 29			3	David Marti	60	Northford, CT	51:47
1	Ashley Freiberg	24	Bondville, VT	1:00:31	FE	MALE AGE GROUP: 6	0 - 69		
M	ALE AGE GROUP: 30 -				1	Carole StCharles	61	Verchres, OC	1:17:09
1	Joji Matsushima	37	Fort Lee, NJ	46:26	2	Annie Bessette	60	Londonderry, VT	1:18:27
2	Dave Paarlberg-Kvam	35	Manchester, VT	51:18	-	All AGE GROUP: 70		Lonuonueny, vi	1.10.27
3	Tomasz Skorupa	30	Pointe-Claire, QC	57:13	IVI				
M	ALE AGE GROUP: 40 -	49			1	Kenneth Cestone	79	Bennington, VT	1:05:04
1	Bryan Zieroff	45	Jamaica, VT	53:41	2	Jean-Claude LeClerc	72	Montreal, QC	1:10:40
2	Clement Grech	42	Longueuil, QC	58:20	3	Bob Green	72	Boston, MA	1:11:23
3	Marc Mongeau	49	Boucherville, QC	58:22		Courtesy of	Manche	ster Rotary Club	

3RD ANNUAL CHURNEY GURNEY MOUNTAIN BIKE RACE August 7, 2016 • Gurney Lane Mountain Bike Park, Queensbury

	,				, , ,	,, ,	
	PRO/OPEN - 1	18 MILES		MALE AGE GRO	OUP: 50+		
MALE OVERALL				1 Terry Blanchet	52	East Greenbush	1:49:49
1 Niles Gagnon	27	South Glens Falls	1:41:22	2 Robert Brek	50	Rensselaer	1:54:54
2 Paul Fronhofer	37	South Glens Falls	1:42:51	3 Brad Young	57	Porters Corners	1:57:10
3 Patrick Carey	31	Keene	1:43:17	5	SINGLESPEED ·	18 MILES	
FEMALE OVERALL				MALE OVERAL			
 Kimberly Milton 	34	Clifton Park	1:57:37	1 Kevin Ballou	37	Countropa Coulo as	1.52.20
2 Michelle Milton	34	Beverly, MA	2:05:10			Saratoga Springs	1:52:20
3 Stephanie Landy	56	Ballston Spa	2:08:46	2 Cody Madiga		Saratoga Springs	1:54:11
MALE AGE GROUP:	19 - 29			3 Davis Wornall		Fort Edward	2:10:52
1 Cameron Gardner-	Lewis 29	Queensbury	1:45:15	MALE AGE GRO	OUP: 30 - 49		
MALE AGE GROUP:	30 - 49			1 David Taylor	44	Alplaus	2:23:49
1 Chris Mulford	39	Schenectady	1:59:44	2 Matt Charles	36	Clifton Park	2:38:01
FEMALE AGE GROU	JP: 30 - 49			MALE AGE GRO	OUP: 50+		
1 Mara Fronhofer	49	South Glens Falls	2:19:04	1 Don Rice	59	Lee, MA	2:12:00
	ATEGORY 1 -	18 MILES		2 Armand Arek	an 51	Averill Park	2:29:33
MALE OVERALL					CATEGORY 2 -	12 MILES	
1 Jeff Clayton	50	Lizella, GA	1:46:59	MALE OVERAL			
2 Zack Vogel	45	Saratoga Springs	1:48:38	1 James Keyzer	32	Greenfield Center	1:15:57
3 Aaron Sirtoli	30	Hamilton	1:48:59	2 Scott Hock	37	St. Louis, MO	1:18:07
MALE AGE GROUP:				3 Robert Gover	58	Queensbury	1:20:47
1 Jacob Tarbay	16	Altamont	2:21:53			Queensbury	1.20.47
MALE AGE GROUP:				FEMALE OVER			
 Richard Tortorici III 		Clifton Park	1:49:14	1 Jess Iwinski	30	Gansevoort	1:33:48
2 Brendan Rillahan	43	South Glens Falls	1:53:49	2 Rebecca Evan		Hudson Falls	1:41:22
3 Bret Young	46	Corinth	1:55:07	3 Alexandra Ric	cio 46	Saratoga Springs	1:44:17

	3RD ANN					OUNTAIN BI	KF R/	CE continu	ad
	ALE AGE GROUP: 1 -					ALE AGE GROUP: 19			cu
1	Patrick Frank	10	Niskayuna	1:28:15	1	Daniel Justa	- 29 28	Albany	49:26
2	Colin Winters	14	Glenville	1:34:56	2	Sam Abbott	19	Fast Berne	56:16
2	Simon Albright	17	Scotia	1:42:27	3	Maclin Norray	20	Berne	56:20
	MALE AGE GROUP: "		SCOUL	1:42:27	-	ALE AGE GROUP: 30		Derrie	50.20
1	Rory Taylor	15	Alplaus	1:44:18	1	Tim Karpowitz	39	Albany	44:15
			Alpiaus	1.44.10	2	David Laurenty	41	Scotia	44:45
1	Dylan Gilgallon	21	Constana Covinas	1.21.00	3	Lawrence Wells	48	Warrensburg	47:54
2	Cerid Ricks	21	Saratoga Springs Ballston Lake	1:21:08 1:21:23	FE	MALE AGE GROUP:	35+		
2	Lucas Holm	21	Bolton Lake	1:21:23	1	Kim Didrich	36	Guilderland	58:50
-	ALE AGE GROUP: 30		BOITON LANDING	1.23.05	2	Heather Usher	39	Queensbury	1:09:22
		- 49 45	Oursenshurs	1:20:47	3	Debra Bechtold	43	Middleburgh	1:11:13
1 2	Dereck Slayton Charles Lobosco	45 38	Queensbury Clifton Park	1:20:47	M	ALE AGE GROUP: 50	+		
					1	Mike Morrissey	52	Queensbury	42:10
3	Gabor Bobok	46	Niskayuna	1:24:02	2	Frank Winters	52	Glenville	43:49
	MALE AGE GROUP:		a 1	4 40 50	3	Dana Rackliffe	50	Glenville	45:17
1	Jessica Lendrum	35	Queensbury	1:49:52		UN	ICYCLE –	6 MILES	
2	Allison Studley	35	Schenectady	2:28:28	M	ALE OVERALL			
	ALE AGE GROUP: 50	-			1	Robert Detweiler	38	Albany	1:15:53
1	Anthony Guzek	59	Watervliet	1:24:52	2	Thomas Baker	50	Queensbury	2:01:33
2	Joe Paterson	56	Lake George	1:26:36	FE	MALE OVERALL			
3	Mark Bryant	58	Delmar	1:26:37	1	Elizabeth Detweiler	38	Albany	2:00:56
		F BIKE – 1	2 MILES				S' RACE -	2 MILES	
	ALE OVERALL					ALE OVERALL			
1	Brian White	38	Altamont	1:13:40	1	Charles Lobosco III	8	Clifton Park	15:25
2	Jerry Hicks	40	Queensbury	1:17:03	2	Carson Rath	11	Moreau	15:40
3	Gene Primomo	58	Delmar	1:26:34	3	Patrick Lendrum	8	Westerlo	16:10
	ALE AGE GROUP: 30				4	Finley Crossman	8	Fort Edward	17:58
1	Paul Bradley	37	Ballston Lake	1:27:40	5	Luke Moffett	11	Peru	18:18
2	James Porambo	30	Troy	1:39:22	6	Jack Grant	11	Queensbury	18:38
3		38	Lake George	1:49:21	7	Max Fronhofer	7		20:57
М	ALE AGE GROUP: 50-				8	Johno Huss	8	Moreau	28:31
1	Andy McCall	51	Saratoga Springs	1:33:07	9	Codie Pease	11	Ballston	30:23
2	Richard Deviove	51	Schenectady	2:00:12		MALE OVERALL		0	10.02
3	Ferdinand Mencias	55	Latham	2:15:32	1	Gion Canale	11 11	Queensbury Alplaus	18:03 18:35
	CATE	EGORY 3 -	- 6 MILES		2	Trinity Taylor Ella Crossman	13	Fort Edward	20:47
M	ALE OVERALL				2				20.47
1	Lance Law	47	Ballston Lake	41:50			IDS' MIN	RACE	
2	Steven Jones	54	Glenville	42:01		Jonathan Lobosco	7	Clifton Park	4:28
3	Andrew Summers	14	Queensbury	42:10	1	Max Fronhofer	6	Moreau	4:28
FE	MALE OVERALL		. ,		3	Connor Laurenty	8	Glenville	4:30
1	Stacy Maziejka	53	Ballston Lake	56:02	4	David Barber	6	Corinth	4:50
2	Jennifer Jenison	26	Saratoga Springs	56:48	4	Alex Barber	6	Corinth	4:50
3	Mandy Erickson	38	Fort Ann	58:49			U	Commun	4.50
-	ALE AGE GROUP: 1 -			55.15	1	Shelby Fronhofer	6	Moreau	4:57
1	John Michne III	15	Clifton Park	50:22	2	Briar Wells	7	Warrensburg	5:01
2	Brendan Kelly	14	Albany	50:22	3	Josie Favata	3	Mechanicville	6:00
3	Colden Wells	15	Warrensburg	55:13	5		5	Woods Foundation	
5	CONCELL MACING	1.5	* an chooling	55.55		councesy 01 0	naci ule	a cous i ounuation	

38TH ANNUAL LANE 10K LAKE RUN August 7, 2016 • Lake Pleasant to Speculator

MALE OVERALL				MALE AGE GROUP: 40	- 49		
1 Randall Cannell	43	Broadalbin	39:31	1 John Hartpence	45	Hamilton	43:39
2 Ryan Jennings	40	Constableville	40:15	2 Brian Kearns	42	Fultonville	46:20
3 Andrew Lamb	17	Marshfield, MA	43:34	3 David Whitbeck	40	Glenville	48:23
FEMALE OVERALL				FEMALE AGE GROUP:	40 - 49		
1 Amy Horevay	39	Ringwood, NJ	46:30	1 Rainy Farrell	48	Millington, NJ	48:41
2 Rainy Farrell	48	Millington, NJ	48:41	2 Peggy Neil	44	Spring Valley	49:25
3 Laura Hudson	33	Corning	49:15	3 Karen Carnival	46	Minoa	52:46
MALE AGE GROUP: 1 -	14			MALE AGE GROUP: 50			52.10
1 Spencer Carnival	11	Minoa	56:09	1 George Burke	50	Troy	45:42
FEMALE AGE GROUP:	1 - 14			2 Ken Cook	55	Ridgewood, NJ	45:49
1 Megan Bissonette	13	Gansevoort	1:00:58	3 Patrick Huther	58	New Hartford	47:01
MALE AGE GROUP: 15	- 19			FEMALE AGE GROUP:		New Haitioiu	47.01
1 Josh Meadows	16	Bel Air, MD	46:26			Alleren	F7.44
MALE AGE GROUP: 20	- 29			1 Jean Finnegan	59	Albany	57:44
1 Keith Distefano	28	Menands	51:24	2 Nancy Dukett	56	Lee Center	1:11:29
2 Michael Altavilla	26	Rye	1:00:34	3 JoAnn Hunt	50	Lee Center	1:17:17
FEMALE AGE GROUP:	20 - 29	,		MALE AGE GROUP: 60	- 69		
1 Leah Kulp	26	Titusville, NJ	51:39	1 Duane Deaner	68	Blue Bell, PA	56:26
MALE AGE GROUP: 30	- 39			2 Glen Avery	66	Houghton	1:01:01
James Waller	31	Clifton Park	1:12:07	FEMALE AGE GROUP:	60 - 69		
FEMALE AGE GROUP:	30 - 39			1 Catherine Bellman	60	Kinnelon, NJ	59:37
1 Kelly Dillenbeck	35	Little Falls	59:58	Courtesy of A	dirondack	s Speculator Region	
2 Kara Przydatek	38	Little Falls	1:00:17	Cha	mber of C	ommerce	

PEAK TO BREW RELAY

	Au	gust 11-1	12, 2016 • Wilmington	& Old Fo	rge to Utica	
	FULL RELAY – 238 MII	LES	6 ADK Trail Heads	34:21:00	HALF RELAY - 110	MILES
	Whiteface Peak, Wilming	ton to	7 The Peak Ends	34:30:00	McCauley Mountain, Ol	
	Saranac Brewery, Uti	ca	8 Lucky	34:41:00	Saranac Brewery, L	
ST	ANDARD TEAM - 12 RUN	NERS	8 Running to Brew	34:41:00	STANDARD TEAM - 12 RU	
1	K2J Canadians	32:16:00	10 Dirt Path Savages	34:15:00	1 315K for the Cure 2 Old Forge Friends	19:02:00 19:30:00
2	Etters	32:36:00	ULTRA TEAM – 6 RUNNERS		3 On a Beer Run	20:12:00
3	Fonzie Pants	33:15:00	1 West End Runaholics	29:55:00	ULTRA TEAM – 6 RUNNER	S
4	Brews, Buzzed & Blistered	33:27:00	2 Going for the Brew!	33:15:00	1 Here4Beer	17:03:00
5	Barkeater Brewery Boys & Gi	rls 33:46:00	3 Seal Team 6	36:00:00	Courtesy of Bark Eater	r Events

8TH CAMP CHINGACHGOOK CHALLENGE HALF MARATHON & 10K August 13, 2016 • Camp Chingachgook on Lake George, Kattskill Bay

Augi	IST 13, 20	016 • Camp C	.ningacng	goo	ok on Lake Geor	ge, ka	ттякіні вау	
HAI	F MARATHO	DN – 13.1M		M	IALE AGE GROUP: 30	- 34		
MALE OVERALL				1	John Clements	33	Troy	1:41:42
1 Matt Cheney	23	Long Lake	1:11:31	2	Ryan Milton	33	Saratoga Springs	1:44:07
2 Richard Messineo	27	Nassau	1:22:10	3	Joshua Huang	34	New York	1:46:12
3 Art Remillard	42	Ebensburg, PA	1:23:16	F	EMALE AGE GROUP: 3	30 - 34		
FEMALE OVERALL		,		1	Megan Greenleaf	34	Chittenden, VT	1:51:25
1 Amy Taylor	37	Long Beach	1:37:25	2	Erynn Thurman	31	Cohoes	2:02:29
2 Haley Mooney	20	Hudson Falls	1:38:32	3	Dre Roebuck	33	Poultney, VT	2:03:37
3 Shannon Martello	20	Parkton, MD	1:39:11	M	IALE AGE GROUP: 35	- 39		
MALE AGE GROUP:	1 - 14			1	Kevin London	35	Lake George	1:27:19
1 Evan Feldman	12	Short Hills, NJ	2:00:21	2	Rich Duffy	35	Port Chester	1:27:38
MALE AGE GROUP:	15 - 19	,,		3	Nick Whaley	36	Clifton Park	1:33:41
1 Jason Linendoll	19	Hudson Falls	1:27:20	FI	EMALE AGE GROUP: 3			
2 Andrew Young	16	Kennedy	1:35:41	1	Rebeka Slozak	35	Glastonbury, CT	1:44:12
3 Ryan Dalaba	18	Granville	1:37:49	2	Wendy Mehaffey	38	Essex Junction, VT	1:57:36
FEMALE AGE GROU		Grannie	1.57.15	3	Meredith Dickerson	39	Rochester	2:02:06
1 Bethany Doyle	19	Cornwall-on-Hud	lson1:48:46		IALE AGE GROUP: 40			
2 Megan Linendoll	16	Hudson Falls	1:56:22	1	Michael Bracken	42	Saratoga Springs	1:34:33
3 Morgan Sears	15	Glenmont	1:58:41	2	William Dodds	42	Schenectady	1:36:44
MALE AGE GROUP:		Giennon	1.50.41	3	Andrew Eyer	44	Gansevoort	1:42:13
1 Jeremy Shriber	22	Central Valley	1:27:45		EMALE AGE GROUP: 4			
2 Kevin Mosca	23	Rensselaer	1:56:14	1	Allison Bradley	40	Albany	1:49:24
3 Taylor Blackburn	23	Syracuse	1:59:16	2	Tara Byrnes	43	Newington, CT	2:00:05
FEMALE AGE GROU		Syracuse	1.55.10	3	Stephanie Selmer	43	Castleton	2:00:33
1 Kaitlin Rizzo	7. 20 - 24 21	Clifton Park	1:48:33		IALE AGE GROUP: 45			
2 Megan Kluball	21	Clifton Park	1:54:04	1	Brian Dillenbeck	45	Alplaus	1:43:13
3 Carly Grimaudo	21	New York	1:57:37	2	Dan Greenleaf	49	Waterbury Center,	
MALE AGE GROUP:		NEW TOIL	1.57.57	3	Joe Carta	49	Glastonbury, CT	1:54:22
1 John Burke	29 - 29	Glenmont	1:38:11		EMALE AGE GROUP: 4		0	4 57 95
2 Matt Summit	29	Boston, MA	1:46:33	1	Carol Abbattisti	47	Queensbury	1:57:25
3 Robert Ward	28 27	Queensbury	1:40:33	2	Sherry Amarel	49	Rensselaer	1:58:08
FEMALE AGE GROU		Queensbury	1.49.25	3	bearing interfeoen	49	Scotia	2:02:30
	P: 25 - 29 28	Shushan	1:43:17		IALE AGE GROUP: 50		Milton	1.50.20
1 Cassandra Conety				1		50	Wilton	1:50:29
2 Jessica Berschwinge	28 25	Voorheesville	1:45:56	2		51	Geneva	2:05:00
3 Bonnie Vanpatten	25	Gloversville	1:59:06	3	Gary Kluball	53	Clifton Park	2:11:54 continued

SEPTEMBER 2016 27

8TH CAMP CH	IINGA	сндоок сн	ALLEN	IGE HALF MARA	THON	& 10K con	tinued
FEMALE AGE GROUP	: 50 - 54			FEMALE AGE GROUP: 3) - 34		
1 Sharon Caruso	50	Latham	1:58:11	1 Amy Legendziewicz	34	Clermont, FL	54:33
2 Karen Henry	52	Bel Air, MD	2:01:56	2 Kelly Flanagan	34	New York	1:00:07
3 Gail Doering	51	Loudonville	2:06:39	3 Megan Wilson	33	Watervliet	1:00:14
MALE AGE GROUP: 5	5 - 59			MALE AGE GROUP: 35 -	39		
1 Paul Fallisi	55	Salem, NH	1:51:53	1 Jonathan Guthan	39	Scotia	44:57
2 Nick Lamando	57	Queensbury	1:52:10	2 Chris Thornton	37	Albany	50:41
3 James Langmead	58	Canandaigua	1:53:29	3 Jeremy Kersten	35	Hamburg	1:02:43
FEMALE AGE GROUP	: 55 - 59	5		FEMALE AGE GROUP: 3		namburg	1.02.45
1 Maureen Fitzgerald	58	Clifton Park	1:56:59	1 Kim London	35	Lake George	55:12
2 Sandy Adams	56	Shushan	1:59:23	2 Alisha Strianese	36	Clifton Park	59:08
3 Jenny Lee	56	Selkirk	2:02:47				
FEMALE AGE GROUP	60 - 64			3 Julie Pomainville	39	Fort Ann	59:29
1 Diana Graziano	63	Ballston Lake	2:38:47	MALE AGE GROUP: 40 -			
MALE AGE GROUP: 6	5 - 69			1 Jeremy Kergel	41	Glenville	1:04:27
1 Joe Yavonditte	67	Schenectady	2:09:50	FEMALE AGE GROUP: 40			
	10K RA			1 Deirdre Salerno	43	Amsterdam	54:46
MALE OVERALL	TOK INA			2 Tara Curtin	43	Geneva	58:48
1 Kyle McCormack	21	Albany	39:41	MALE AGE GROUP: 45 -	49		
2 Russell Lauer	54	Trov	40:49	1 Don Pescy	49	Queensbury	58:42
3 Aaron Rubin	19	West Simsbury, CT	40.49	2 Robert Shelley	49	Simpsonville, SC	1:30:09
	19	west simsbury, Cr	41.11	3 Melvin Wells	48	Simpsonville, SC	1:30:10
	39	Loudonville	48:21	FEMALE AGE GROUP: 4		Simpsonnie, se	1.50.10
1 Jamie Levy 2 Kristin Olmstead	39 44	Hudson Falls	48.21 51:40	1 Julianne Claydon	46	Saratoga Springs	52:33
				2 Lara Comithier	49	Greenville	1:06:30
3 Kara McKnight	23	Albany	51:42	3 Kathleen Tersigni	45	Burnt Hills	1:06:39
FEMALE AGE GROUP		Mark Charles CT	1.02.10	MALE AGE GROUP: 50 -			1.00.59
1 Natalie Rubin	14	West Simsbury, CT					F 4 43
2 Billie McClosky	14	Glenville	1:05:50	1 Fred Cassin	54	Loudonville	54:42
FEMALE AGE GROUP		Clifferer Develo	52.40	2 Jonathan Rubin	53	West Simsbury, CT	56:09
1 Mary Rizzo	18	Clifton Park	53:48	FEMALE AGE GROUP: 5			
2 Rayya Barcomb	16	Plattsburgh	58:01	1 Liz Collins	51	Queensbury	1:02:17
3 Mallory Perry	18	Queensbury	1:09:10	2 Annmarie Rizzo	52	Clifton Park	1:04:39
MALE AGE GROUP: 2				3 Tina Hayden	53	Schenectady	1:04:55
1 Gregory Oven	24	West Hartford, CT	47:48	MALE AGE GROUP: 55 -	59		
2 Brandon Hartz	23	Fairfield, CT	52:24	1 George Morris	57	Kattskill Bay	55:38
3 Macullen Cope	22	Plattsburgh	53:12	2 Bill Roberts	57	Queensbury	59:52
FEMALE AGE GROUP				3 Steven Welch	56	Slingerlands	1:00:32
1 Heidi Weinborg	22	Mohegan Lake	54:38	FEMALE AGE GROUP: 5	5 - 59	5	
2 Sara Paul	22	Jericho	57:44	1 Ellen Wetnerba	58	Tarriffville, CT	58:22
3 Caitlin Roberts	24	Queensbury	59:15	2 Deanna Dugan	59	Greenville	1:15:03
MALE AGE GROUP: 2				MALE AGE GROUP: 60 -	55	Greenvine	1.15.05
1 James Bolognese	28	Kew Gardens	46:07	1 Thomas Stanziola	62	Ballston Lake	1:07:46
2 Konrad Szymala	27	New York	50:11	FEMALE AGE GROUP: 6		Daliston Lake	1.07.40
3 Patrick Schulz	27	Blackstone, MA	50:29			Delever	1.02.22
FEMALE AGE GROUP:				1 Darlene Cardillo	63	Delmar	1:02:23
 Aubrey Clements 	27	Troy	54:53	2 Phyllis Fox	64	Loudonville	1:10:27
2 Emily Garrant	26	Chesterbrook, PA	57:08	MALE AGE GROUP: 65 -			
3 Andrea Walsh	25	Poughkeepsie	57:08	1 Mike Chovonec	66	Baltimore, MD	56:54
MALE AGE GROUP: 3				MALE AGE GROUP: 70 -			
1 Ted Flanagan	34	New York	58:56	1 Douglas Fox	71	Loudonville	1:17:14
2 Jason Burke	31	Yorkville	58:56	Courtesy of Can	np Chinga	chgook Challenge	
3 Bryan Bobo	31	Penn Yan	1:21:59	& Cap	ital Distric	t YMCA	

6TH ANNUAL SCHENECTADY ARC 5K CHALLENGE

			August 13, 201	6 • Cen	tral Park, Schenecta	ady		
M	IALE OVERALL				FEMALE AGE GROUP: 3	5 - 39		
1	Christopher Lapier	41	Incline Village, NV	19:20	1 Jacqueline Wickers	39	Schenectady	32:33
2	Sam Shulman	19	Saratoga Springs	21:26	2 Laurie Peconie	36	Glenville	33:52
3	Peter Gerardi	65	Glenville	21:56	3 Karen Desorbo	39	Glenville	38:35
F	EMALE OVERALL				MALE AGE GROUP: 40 -	44		
1	Brittany Stevens	30	Schenectady	23:20	1 Daniel Whelan	42	Delmar	26:18
2	Loren Cuomo	11	Schenectady	23:21	2 Henry Mora	41	Latham	28:12
3	Mikayla Barrett	18	Schenectady	23:42	3 Joseph Monahan	40	Mechanicville	38:07
M	IALE AGE GROUP: 1 -	14	····,		FEMALE AGE GROUP: 4			
1	Josiah Spivey	11	Schenectady	22:30	1 Julianne Clouthier	44	Glenville	34:47
2	Noah Spivey	10	Schenectady	22:37	2 Kara Mora	41	Latham	39:08
3	Jameson Fluman	9	Scotia	41:56	3 Michelle Congden	43	Canajoharie	39:21
	EMALE AGE GROUP: 1	- 14			MALE AGE GROUP: 45 -			
1	Alice Cole	14	Delanson	24:49	1 Brian Spivey	48	Schenectady	27:52
2	Sophia Benny	14	Scotia	30:32	2 John Maloney	48	Clifton Park	28:17
	EMALE AGE GROUP: 1		Jeona	50.52	3 Rory Fluman	46	Scotia	41:56
1	Skyler Spanbauer	15	Schenectady	28:51	FEMALE AGE GROUP: 4		<u> </u>	26.54
2	<i>,</i> ,	17	Scotia	30:20	1 Morgana Cuomo	45	Schenectady	26:54
3	Mia Shulman	17	Saratoga Springs	30:20	2 Kathleen Lay	46	Clifton Park	31:49
-	IALE AGE GROUP: 20		saratoya springs	50.20	3 Lisa Wood	47	Rotterdam	34:59
	Kareem Robertson	• 24 23	Calconated	26:07	MALE AGE GROUP: 50 -		Calculation	20.12
1	EMALE AGE GROUP: 2		Schenectady	20.07	1 Vincent Smith 2 Jeff Goronkin	53 50	Schenectady Schenectady	28:13 30:25
			Carlo	21.10	3 Dave Smith	50	Latham	30:25
1	Deanna Kremzier	22	Scotia	31:18	FEMALE AGE GROUP: 5		Ldlfidffi	30.40
2	Shelby Horn	20	Schenectady	36:11	1 Debbie Petridis	U - 54 52	Voorheesville	28:02
3	Autumn Flannery	20	Niskayuna	36:31	2 Patricia Andriakos	53	Niskayuna	28:36
	IALE AGE GROUP: 25				3 Diane Jorgensen	51	Saratoga Springs	33:11
1	William Gibbons	25	Scotia	24:40	MALE AGE GROUP: 55 -		salatoya spilliys	55.11
2	Tommy Eniers	26	Schenectady	30:29	1 William Mulligan	57	Duanesburg	23:59
3	Matthew Mason	29	Albany	31:03	2 Robert Rasefske	55	Broadalbin	24:29
	EMALE AGE GROUP: 2				3 Kirk Lewis	59	Scotia	26:57
1	Elizabeth Gadomski	28	Delmar	25:37	FEMALE AGE GROUP: 5		Jeotia	20.57
2	Theresa Canale	25	Schenectady	29:27	1 Janice Phoenix	55	Schenectady	25:47
3	Natalie O'Neil	28	Glenville	35:22	2 Peg McTague	55	Niskayuna	34:53
Μ	IALE AGE GROUP: 30				3 Jane Canale	55	Schenectady	49:38
1	Chris Stevens	30	Schenectady	24:13	FEMALE AGE GROUP: 6		Scheneeday	15.50
F	EMALE AGE GROUP: 3	0 - 34			1 Debra Snyder	64	Watervliet	48:37
1	Lindsay Miller	31	Schenectady	25:30	MALE AGE GROUP: 65 -	69		
2	Jenelle Cardone	33	Schenectady	26:29	1 Jim Whelan	69	Slingerlands	38:06
3	Christin Zorda	34	Rotterdam	27:55	FEMALE AGE GROUP: 6	5 - 69		
Μ	IALE AGE GROUP: 35	- 39			1 Barbara Carr	68	Scotia	59:24
1	Joseph Altobello	38	Green Island	22:22	FEMALE AGE GROUP: 7	0 - 74		
2	Jeff Cardone	35	Schenectady	26:11	1 Mary Digioacchino	74	Schenectady	44:38
3	David Wasniski II	37	Rotterdam	32:44		of Sche	nectady ARC	

Job Opportunity! Advertising Sales Representative

Adirondack Sports & Fitness is looking for a qualified, self-motivated, enthusiastic salesperson that shares the active lifestyle we represent. If you value working and playing hard, and have excellent communication skills, you may be the right fit.

Responsibilities include: generating and managing local and regional accounts, selling print/online advertising, selling expo booths, attending local events, keeping a sales database, and coordinating all advertising artwork. Excellent income potential.



If interested, please send cover letter and resume to: Darryl Caron at darryl@adksports.com or 15 Coventry Drive, Clifton Park, NY 12065 ALPINE & NORDIC SKIING • SNOWSHOEING • BICYCLING • HIKING RUNNING • PADDLING • TRIATHLON • HEALTH • FITNESS • TRAVEL

6TH ANNUAL

WINTER

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- Clubs & organizations Races & events Outfitters, guide services & sporting goods
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