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2017 SARATOGA SPRINGS HALF MARATHON AT SARATOGA SPA STATE PARK.
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CONTENTS

1	**Running & Walking** *Run Local*
3	**Bike, Run & Walk** *Making Our Roads Safer*
5	**News Briefs & From the Pubs**
6-11	**CALENDAR OF EVENTS** *June - August Events*
13	**Canoeing & Kayaking** *Exploring the St. Regis Canoe Area*
15	**Athlete Profile** *Thru-Hiker Tyler Socash*
17	**Mountain Biking** *Early Season Spots to Set Your Pace*
18-19	**Hiking** *A Family-Friendly Way to Stay Active*
21	**Non-Medicated Life** *Prevention of Type 2 Diabetes*
25-27	**RACE RESULTS** *Results for 20 Races*

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The Summer Place to Be!

By Laura Clark

If there is a staycation in your immediate future or if you are hosting out-of-towners, do consider the wide variety of early summer events offered in the Capital-Saratoga Region and the Adirondacks. Take a lesson from the proverbial New York City dwellers who have never visited the Statue of Liberty, and experience all that our region has to offer. While undertaking a destination race is definitely exciting, you might discover that you can attain that PR simply by sticking to familiar food and your own bed.

Saratoga's premier early summer event is the 12th annual **Firecracker 4** celebrating our country's birthday at NY's largest 4th of July race. According to race director Patrick Lynskey, "This year we will have more emphasis on the spirt of the day," with the Veteran Business Council runners posting colors and reenactors from the NY 2nd Continental Artillery sending us off with musket fire. Both the newly designed bibs and age group medals will be flag-shaped and the 10th Mountain Division New Orleans Jazz Band will be one of the 20 bands on course for your running entertainment, pushing you along to a faster time. No need for headphones here! To encourage early sign-ups, the first 3,700 runners will score newly designed, holiday-themed tech shirts.

The four-mile route is challenging through the city and neighborhood streets with several hills, guaranteed to put you in the fighting spirit. Awards include $7,000 in cash prizes and 400 medals/prizes. Fleet Feet Sports sponsored Tuesday free pub practice runs at 6pm from May 29 to June 19 will be held at The Barrelhouse, with a final rehearsal on June 26, which will launch from Farmer's Hardware – all with a complimentary post-run beverage. Runners are encouraged to align themselves with a team, whether it's USATF Adirondack, military, public safety, scholastic, Ainsley's Angels – or Run Your Colors where teams with the most runners win money for charity. There is no greater incentive to give your all when you know your teammates are depending on you. The Children's Museum of Saratoga is now presenting the Kids' One-Mile Sparkler Run, making this a true family event.

Saratoga's All-American Celebration includes a parade and patriotic pooches at 11am, BBQ and dessert fest from 11:30am-3:30pm, The Audiostars from 6:30-9:30pm, and fireworks at 9:30pm (saratogajuly4th.com). The celebration begins immediately after the Sparkler Run, including a free adult beverage for runners from Farmer's Hardware and Gaffney's. Plan on remaining for what is truly an all-day celebration! (firecracker4.com)

Saratoga Springs's other well-established event is the 22nd annual **Silks & Satins 5K Jeff Clark Memorial Race** on Saturday, July 21 based from the Fasig-Tipton Pavilion with its iconic daybreak views of a classic thoroughbred horse racing workout on the Oklahoma Training Track to inspire your own warmup. Match your pace to the four-footed athletes as you navigate a flat and fast tour of historic neighborhoods.

See **RUNNING & WALKING** 23 ▶

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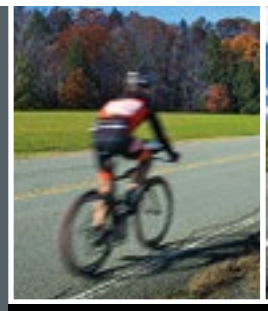

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image courtesy of Chuck Helfer

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BIKE, RUN & WALK

Making Our Roads Safer

MOHAWK HUDSON CYCLING CLUB RIDE NEAR SCHUYLERVILLE ON MAY 5. *JOHN CECERI*

Bicyclists and pedestrians face grave risks from motorists – especially distracted ones – but solutions are out there

NEW YORK BICYCLING COALITION/NYBC.NET

By George LaMarche III, Esq. & Andrew Safranko, Esq.

As exercise enthusiasts, we are well aware that bicycling, running, and walking are among the healthiest physical activities imaginable.

But let's be clear on one thing, bicycling, running, and walking on New York's roadways also are inherently dangerous activities. For 75 years or more, our surface transportation infrastructure has been designed for conflict between automobiles and anyone else who dares get in their way. Despite attempts in recent years to improve overall traffic safety, deaths of pedestrians and bicyclists from crashes with cars are on the increase. And distracted driving from smartphone use is only making us less safe, as a generation of kids who grew up glued to their phones takes its place behind the steering wheel.

Legislation favoring the rights of motorists over pedestrians began in the early 20th century, when it became a crime to walk in the streets except where and when it was expressly permitted – and the term "jaywalking" was created to blame the offending pedestrians. And all these years later, those who continue to favor the rights of motorists above all others don't give up easily. For example, the New York State Legislature once again will not pass a law requiring motorists to stay at least three-feet from bicyclists when passing them.Without more and better bike and walking lanes, and legislation to keep cars at a defined distance from bicyclists, we leave the safety of cyclists and pedestrians to the willingness of drivers to maintain awareness of their surroundings at all times. Unfortunately, both anecdotal and research-based evidence says this is simply not the reality of how many drivers think and act.

French psychological scientists, Nadine Chaurand and Patricia Delhomme, concluded in a 2012 study whose findings were published in the journal *Accident Analysis and Prevention*, that there is a fundamental difference in how cyclists and drivers perceive risk perception on the road. Cyclists believe the greatest crash risks come from bike-car interactions, while drivers see more danger in their interactions with other cars, rather than bikes. In other words, while cyclists have to be aware of all traffic dangers to avoid injury or death, motorists are more content to focus on the risks posed by other cars – and to be less careful about interactions with bicycles and pedestrians.

Road-Sharing Laws

To protect yourself from the inherent risks of bicycling, a good place to begin is knowing the law. NYS Vehicle and Traffic Law provides that bicyclists, as well as inline skaters, are "granted all of the rights and shall be subject to all of the duties applicable to the driver of a vehicle." (NY Veh. & Traf. Law § 1231). In other words, bicyclists are treated by law pretty much the same as motorists, in that they are authorized to use the roadway and ride on the right side moving in the same direction as car traffic. This of course is well understood by experienced cyclists, though it can be surprising and frustrating how many amateur and rogue bicyclists ride on the sidewalk or on the wrong side of the roadway, or otherwise flout traffic laws.

The fact that New York law gives bicyclists the same general rights of way as motorists does not provide them automatic access to full use of the roadway. In fact, the law first directs cyclists and skaters to ride in "a usable bicycle or inline skate lane," or if such a lane does not exist, "near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic except when preparing for a left turn or when reasonably necessary to avoid conditions that would make it unsafe to continue along near the right-hand curb or edge." Such conditions include fixed or moving objects, pedestrians, animals, surface hazards, and lanes "too narrow for a bicycle … and a vehicle to travel safely side-by-side within the lane." (NY Veh. & Traf. Law § 1234a).

That last passage hints at a frustrating disconnect between state traffic law as written, and the ways in which New York lags behind other states in keeping up with best practices to improve bicycle safety – like implementing a three-foot-passing law. Unlike many states, New York does not mandate "Bikes May Use Full Lane" signs, which, studies show, improve both bicyclists' and motorists' understanding of the law – which *does* permit cyclists to move over and ride into the center of the lane when the roadway is too narrow to share.

Again, experienced cyclists should be familiar with most of the laws that apply to operating their bikes on state roadways, including required equipment such as brakes, lamps and reflectors (NY Veh. & Traf. Law § 1236), how to make proper hand signals (NY Veh. & Traf. Law § 1237), and so on. And you probably already know that you are prohibited from riding your bicycle on interstate highways; for other restricted-access highways, consult local postings.One other law that bears repeating is that any bicycle entering a roadway from a driveway, parking lot, alley, or sidewalk must come to a complete stop before doing so (NY Veh. & Traf. Law § 1234c).

Laws that Protect Bicyclists

Despite the fact that most of our roadway infrastructure was designed primarily for the convenience of automobiles, and that the movement to redesign cities and towns more favorably for bicycle and pedestrian use has only slowly begun to make up lost ground, cyclists and walkers do have rights, most notably in the state vehicle and traffic declaration that drivers must exercise "due care" regardless of who technically has the right of way:

"Notwithstanding the provisions of any other law to the contrary, every driver of a vehicle shall exercise due care to avoid colliding with any bicyclist, pedestrian, or domestic animal upon any roadway and shall give warning by sounding the horn when necessary" (NY Veh. & Traf. Law § 1146).

In the absence of a 3-foot law, vehicle and traffic law does provide that a vehicle operator overtaking a bicycle riding on the same side of a roadway "shall pass to the left of such bicycle at a safe distance until safely clear thereof" (NY Veh. & Traf. Law § 1122a). While "at a safe distance" is vague and subjective compared to "a distance of at least three feet," it does give bicyclists rights that, under the best of circumstances, keep motorists from passing too closely – and potential grounds for legal action if a crash occurs.

Some cyclists consider "doorings" to be one of the nastiest and also most common threats to their safety on busy roadways where cars are allowed to park. And despite the nonchalance with which some drivers open first and look second, this offense is covered in state vehicle and traffic law: "No person shall open the door of a motor vehicle on the side available to moving traffic … until it is reasonably safe to do so and can be done without interfering with the movement of other traffic" (NY Veh. & Traf. Law § 1214).

Of course you don't want to be hit with a "door surprise," but you have legal recourse if it happens to you.

Trends and Technology in Bicyclist and Pedestrian Safety

Three-Foot Passing Laws – The good news is that 30 states now have them. The bad news is that New York doesn't, as the bills introduced each year continue to stall in the state Assembly Transportation Committee.

"Complete Streets" Initiatives – These are becoming more and more popular with cities and towns across the country. There is no one-size-fits-all formula, but a Complete Streets plan is designed to increase transportation choices while making streets safer for everyone. This may involve sidewalk improvements; bike lanes (any bike lane is usually better than none, though "protected" bike lanes where the lane is sheltered from car traffic by a barrier or by parked cars are the safest); bus-only lanes and safer public transit stops; and "scramble crossings," in which all car traffic at an intersection is halted for a cycle of pedestrian-only movement, including diagonal crossing.

Driverless Vehicles – Also called "autonomous" vehicles, these are coming whether we like them or not, and we urge you consider liking them, based on the fact that they will be programmed to be safer than most human drivers. The pedestrian fatality in Arizona earlier this year involving a driverless car reinforced calls for near-perfect technology, but also underscored the grim irony that cars with drivers kill 16 U.S. pedestrians a day.

Smartphone Blocking – Now there are laws everywhere restricting drivers' use of handheld devices but they're hard to enforce, and if you've never seen drivers looking down at their phones while zooming along on the road, then you probably never leave the house. Apparently, the technology to block drivers' phones exists, but the devil is in the details and the politics.

George LaMarche III and Andrew Safranko are attorneys in Clifton Park who represent pedestrians, runners, and bicyclists who have been injured by vehicles. (pedbikelaw.com***)***

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News Briefs

Purchase Expands Recreational Opportunities in Wilmington and Jay

THE VIEW FROM RATTLESNAKE KNOB AT FOUR PEAKS, RECENTLY PURCHASED BY ADIRONDACK LAND TRUST. *NANCY LANE*

KEENE – The Adirondack Land Trust announced the purchase of Four Peaks, a 600-acre tract in the towns of Jay and Wilmington adjacent to Wilmington Wild Forest's Beaver Brook tract, which is popular for mountain biking, trail running, hiking and hunting.

In Wilmington, mountain biking is powering a revival of small businesses catering to cyclists. In 2017, Wilmington was named one of "America's 20 Best Mountain Bike Towns" by National Geographic. The community hosts a variety of trail systems built mainly by Barkeater Trails Alliance in partnership with the Adirondack Mountain Club and Student Conservation Association. BETA is a volunteer-driven organization that maintains over 100 miles of ski and bike trails across six Adirondack towns.

NYS has identified the Four Peaks tract in its Open Space Conservation Plan for the potential to expand multi-use recreational opportunities from the Beaver Brook trail network, which features 8.5 miles of singletrack bike trail. The Land Trust will conduct an ecological inventory to ensure that future trails are sited with consideration of conservation values. The Land Trust will consult with partners: BETA, Town of Jay, Town of Wilmington, and NYS Dept. of Environmental Conservation to plan trails that connect the Wilmington network to Jay. The land remains closed to public recreation in the meantime.

The Adirondack Land Trust worked with the estate of the late Martin Schwalbaum to honor his wish to conserve Four Peaks, which he had managed as a low-impact cabin resort. The purchase price was $509,000; the Adirondack Land Trust expects to incur $700,000 in cumulative costs before anticipated transfer to the state as Forest Preserve. Founded in 1984, the Adirondack Land Trust works to protect farms and forests, undeveloped shoreline, scenic vistas and other lands contributing to the quality of life of our communities as well as the wildness and rural character of the Adirondacks. The land trust has protected 23,637 acres to date. For info, visit adirondacklandtrust.org.

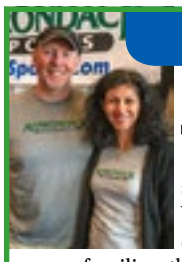
Go Take a Hike Event at Clifton Park-Halfmoon Public Library

LAKE GEORGE – If you are curious about how to get started hiking, want to learn more about hiking, or if you are hiking your way through the Adirondack 46 High Peaks, join other enthusiasts at the Clifton Park–Halfmoon Library on Tuesday, June 12 at 6:30pm. Topics covered will include what to bring, safety, family fun, hiking destinations, trail habits and practices, and the ADK Fire Tower Challenge. Registration for this event is requested at cphlibrary.org, in person or by calling 518-371-8622. The library will debut its loanable backpack collection at this program. Loanable backpacks have been filled with hiking books, maps, a flashlight, first aid kit and more.

This program is presented by Jim Schneider, coeditor of the book, *Views From On High: Fire Tower Trails in the Adirondacks and Catskills*, now in its second edition. This guide enables hikers, history buffs, and others fond of Adirondack and Catskill trails to visit and learn about 30 historic fire towers. Detailed trail descriptions are accompanied by numerous photographs and maps as well as an essay about these structures written by historic preservationist Wesley H. Haynes. A complementary activity to Views since the guide's inception, the ADK Fire Tower Challenge requires hikers to ascend and document at least 23 of 30 fire tower summits found in the Adirondacks and Catskills. A patch is awarded for those who complete the challenge.

On June 12, the library will introduce its own, less vigorous hiking challenge. The goal of the Library Challenge is to have families hike a fire tower summit and email a picture or tag the library (#cphlibrary) in social media posts. Photos can be emailed to cphreference@sals.edu. The library will collect and print out all family pictures and build a photo tower. Each new picture will be entered into a drawing for a grand prize to be awarded on August 31. Staff librarian and ADK member Jim Schneider, an experienced hiker is a Winter 46er and Northeast 115er, he has been an active ADK volunteer for more than 30 years, including service as a High Peaks Summit Steward, lean-to adopter and trail steward. He is co-creator of the ADK Fire Tower Challenge.

FROM THE PUBLISHERS



Outdoors and Exercise

The cure-all for most that ails us is the outdoors and exercise. Studies and mounting evidence show that time spent outside in nature, moving at any speed and away from the screens, is a key to good physical and mental health. With the arrival of summer and the end of the school year, now's the time to develop healthy habits for the whole family. The hiking article is a great start for young families; the paddling and mountain biking articles provide great destinations for all ages and levels; the Non-Medicated Life, as always, reminds us that diet and lifestyle help us achieve optimal health. A special article on safety on the roads is an important read, whether you're a cyclist, runner or driver. Enjoy the issue and thanks for reading us!

Darryl and Mona

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Capital District and Bethlehem Triathlon Clubs Present "The Voice" of Ironman

ALBANY – The Capital District Triathlon Club and Bethlehem Tri Club are thrilled to welcome the most iconic race emcee on the Ironman circuit, Mike Reilly aka "The Voice." With numerous Ironman races taking place all over the world, Mike has a busy schedule and he will again emcee the 20th annual Ironman Lake Placid on July 22. He has emceed countless Ironman races, and is a wealth of knowledge for all triathletes. Mike Reilly begins each race at the starting line, keeping athletes calm as they anticipate the day ahead. He then waits at the finish line to welcome home each and every finisher with the sacred words "You're an Ironman!" Mike will be sharing some of his most memorable Ironman and Ironman Lake Placid experiences. He will also share some common mistakes he has seen triathletes make on race day over the years and other great tips to make your race day successful. Most importantly, Mike will inspire all of those in attendance to go after their biggest, scariest, and most audacious goals this season. If you are racing Ironman Lake Placid (or any triathlon distance this summer), this is definitely a great event to kick-off IMLP race week and get you pumped up. The event will be held on Tuesday, July 17 at 6pm in the Albany area (location TBA). Mike Reilly will speak from 6:30-8:30pm. Come meet "The Voice" of those three little words that mean so much, and give Mike a big welcome from the Capital Region. For more info on this event, visit Capital District Triathlon Club on facebook.com.

Brant Lake Bike Park Opens

BRANT LAKE – The Brant Lake Bike Park, a newly developed singletrack mountain biking destination, opens on Sunday, June 10 at 9am. The park is on land directly behind The Hub, a bike shop, cafe, and craft beer pub. The trails were designed and built by Wilderness Property Management, a local professional trail building company. Mountain bikers are familiar with their work at the Gurney Lane Mountain Bike Park in Queensbury and the mountain bike trails at Ski Bowl Park in North Creek.

The park is unique and the first of its kind in the area. Not just because of the incredible and varying terrain, but due to the means of the project's completion. The trail system is on land owned by Drew Cappabianca of The Hub and was professionally constructed. Funds for construction were raised through a Kickstarter campaign, individual donations and sponsorships. This allows the park to be free and open to the public. Grand opening festivities include a send-off ceremony, live music, and a tap-takeover by Common Roots Brewing at The Hub, and six miles of fresh singletrack mountain bike riding.

Calendar of Events
June–August 2018*

JUNE 2018

S	M	T	W	T	F	S
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3	4	5	6	7	8	9
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JULY 2018

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**Events beyond this range are advertisers in this issue.*

BICYCLING: ROAD (PAVED)

ONGOING

Daily Mohawk Hudson Cycling Club. Group rides for all levels of riders. Capital-Saratoga Region. Calendar: mohawkhudsoncyclingclub.org.

JUNE

9 Vermont Epic. 40/134M road & 73M gravel grinder. Okemo Resort, Ludlow, VT. vtepic.com.

10 American Diabetes Association Tour de Cure. 100M: 7am; 62M: 7:30am; 50M: 8am; 30M: 9am; 10M: 10am. New: 5K Run/Walk: 9:30am. After party w/Mazzone catered lunch, New Belgium beer garden & live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3606. diabetes.org/capitalregion.

10 Farm to Fork Fondo: Hudson Valley. 80/50/35/10M rides, food, tastings, music. Warwick Valley Winery, Warwick. farmforkfondo.com.

15-17 Saranac Lake Tandem Rally. Gear-To-Go Tandems: 518-891-1869. gtgtandems.com.

16 5th HHHN Ride for the Well of It. 50M: 9am. 30M: 10am. 17M: 10:30am. Family-friendly 1.5M hike & kids' activities. Food/drink. The Hub, Brant Lake. 518-494-4822. bikereg.com.

16 ADK 540 Gran Fondo Ride. 136M. 7am. Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.

16 Bike the Bluff Ride. 12/18/30M. 8:30am. Penn Yan. bikereg.com.

16 Bike for the Lake. 100/80/60/30M. Knight Point SP, Grand Isle, VT. 802-524-1769. northernlakechamplain.org.

23 Long Trail Century Ride. 20/40/60/100M road & 40M MTB. Killington, VT. longtrailcenturyride.com.

23-24 Ride for Mental Health. 14/25/50/100M. 8:30am. Hasbrouck Park, New Paltz. rideformentalhealth.org.

24 Tour de Kingston. 50/25/18/10/5M road & 18M gravel grinder. Forsyth Park, Kingston. tourdekingston.com.

29-7/1 Weekender Bike Tour. Paul Smith's College, Paul Smiths. cycleadirondacks.com.

30 Farm to Fork Fondo: Pennsylvania Dutch. 80/50/30/10M rides, food, tastings, music. Wyebrook Farm, Honey Brook, PA. farmforkfondo.com.

30 Vermont Gran Fondo. 39-114M. Bristol, VT. 802-377-7871. vermontgranfondo.com.

JULY

1 Tour of Putnam Bike Ride. 14/26/62M. 10am. Carmel Hamlet. pawlingcycle.com.

7 Seneca Circuit Race. 22/33M. Oswego. bikerace.com.

7-8 Saratoga 12 & 24 Hour Race/Ride. 7:30am. Van Raalte Mill, Saratoga Springs. John Ceceri: 518-583-3708. adkultracycling.com.

8-15 PTNY's Cycle the Erie Canal. 400M. Buffalo to Albany. ptny.org.

14 17th Capital Region Road Race. 10:30am. Ravena-Coeymans-Selkirk HS, Ravena. Beth Ruiz: 518-334-6058. cbrc.cc.

15 Ride for the River. 10/30/60M. Benefits Ausable River Assn. Hungry Trout Resort, Wilmington. cycleadirondacks.com.

15 NYS Time Trial Championships. 10/20/40K. 10am. Tioga Center. nysbra.com.

15 Champ's Challenge for Cystic Fibrosis. 8/80M. Basin Harbor Club, Vergennes VT. 802-310-5983. champschallenge.org.

21 Tour de Keuka Bike Rides. 16/45/60/100M. Fire Dept, Hammondsport. foodbankst.org.

21-28 Bon Ton Roulet. 50 or 75M per day festival on wheels around the Finger Lakes. Cortland. bontonroulet.com.

21-29 Thousand Islands Tandem Tour. Gear-To-Go Tandems: 518-891-1869. gtgtandems.com.

22 Farm to Fork Fondo: Champlain Islands. 85/55/30/7M rides, food, tastings, music. Snow Farm Vineyard, South Hero, VT. farmforkfondo.com.

22 The Rock Gran Fondo. 25/50/80M. 8:15am. Avon. bikereg.com.

28 Tour de Thompson Bike Tour. 15/30/62M. 8am. Onanda Park, Canandaigua. bikereg.com.

28-29 Syracuse Race Weekend. TT, Crit, RR. Syracuse. onondagacyclingclub.org.

29 13th Ididaride: Adirondack Bike Tour. 75M road: 8:30am. New: 23M gravel grinder: 12pm. Gore Ski Bowl Park, North Creek. ADK: 800-395-8080 x42. adk.org.

29 Elks Ride for Vets. 32/64M. 7am. Elks Lodge, Saratoga Springs. bikereg.com.

29-8/4 Great Big FANY Ride. 500M across NYS. East Aurora to Saratoga Springs. fanyride.com.

29-8/4 Empire State Ride to End Cancer. 500M from NYC to Niagara Falls. empirestateride.com.

AUGUST

4 Tour of the Catskills. 75M/55M/25M. 10am. Municipal Lot, Tannersville. tourofthecatskills.com.

4 Mt. Ascutney Bicycle Hillclimb. 3.7M. 9:30am. Mt. Ascutney SP, Windsor, VT. 978-846-3885. bikereg.com.

4-12 Chautauqua Tandem Tour. Gear-To-Go Tandems: 518-891-1869. gtgtandems.com.

5 16th Christine Nicole Perry Memorial Bike Ride. 40M: 9am. 15M: 10am. Post-ride lunch. The Hub, Brant Lake. 518-644-3020. bikereg.com.

10-12 Montreal Double Double Bike Ride. 400M w/Montreal rest day. Schuylerville to Montreal to Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

11 Farm to Fork Fondo: Finger Lakes. 85/50/40/7M rides, food, tastings, music. Atwater Estate Vineyards, Burdett. farmforkfondo.com.

11 Pain in the Mass Tour 150. 100M/150M. 6am. UMass, Amherst, MA. paininthemass.org.

11 T-Burg Crit. 1M loops. Atlas Bowl, Trumansburg. 607-387-3252. mainstreetbikeshop.com.

19 Rensselaerville Ride: From Hill to Hollow. 10M/24M/44M/64M. Music, BBQ. Carey Institute for Global Good, Renselaerville. 518-797-5100. bikereg.com.

19 Lake George Bike/Boat Ride. Bike 40M or 49M to Ticonderoga. 1pm: Ride Mohican Boat to Lake George. 518-668-5777. lakegeorgesteamboat.com.

19 Champlain Canalway Tour. 100M: 8:30am. 34M: 9am. Bike & Boat: 53M/22M: 9am. Hudson Crossing Park, Schuylerville. adkultracycling.com.

25 18th Pat Stratton Memorial Ride. 100M: 8am. 50M: 10:30am. 25M: 11:30am. Kids' ride: 2pm. BBQ, prizes, music, pies. Mt. Pisgah Ski Area, Saranac Lake. strattonride.com or active.com.

25 Farm to Fork Fondo: Maine. 85/55/35/10M rides, food, tastings, music. Pineland Farm, New Gloucester, ME. farmforkfondo.com.

26 Canandaigua Bike Rally. 25M/12M. Richard Outhouse Memorial Park, Canandaigua. active.com.

26 The Overland. 45M. 9am. Reading, VT. 802-291-2419. vermontoverland.com.

Capital Bicycle Racing Club's 17th annual
Capital Region Road Race
Saturday, July 14 • 10:30am
Ravena-Coeymans-Selkirk High School, Ravena (10 miles south of Albany)
Rolling 20-mile loop with steep climbs
Men's, Women's & Junior categories
Equal cash prizes for men & women
Register: BikeReg.com
Race map & guide: cbrc.cc
Beth Ruiz: 518-334-6058; bmiller17@nycap.rr.com

ATTENTION BICYCLISTS!
Lake George Bike/Boat Ride
Sunday, August 19

Early AM: Bike 40M Lake George to Ticonderoga
1:00PM: Ride Mohican Boat to Lake George
Reservations: (518) 668-5777
www.LakeGeorgeSteamboat.com
Rain date: 8/26

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Albany Century Weekend
NEW Location & Routes!
SATURDAY-SUNDAY SEPTEMBER 8-9
ALTAMONT FAIRGROUNDS
Fun recreational bicycle rides on scenic back roads in southern Albany County
- Century/100M 8am, Metric/62M 9am, Half/50M 9:30am, Quarter/25M 10am, Piccolo/12M 10:30am, Family/7M all day
- Vehicle support, marked routes, rest stops, cue sheets
- Post-ride catered lunch and craft beer (age 21+) included!

MHCC Mohawk Hudson Cycling Club
Info/Register: **BikeReg.com** or **MohawkHudsonCyclingClub.org**
$45 member, $55 non-member – All welcome!
Registration is good for both days!
Volunteer and ride for free!

SEPTEMBER

8-9 MHCC Albany Century Weekend. 100/62/50/25M. Altamont Fairgrounds, Altamont. mohawkhudsoncyclingclub.org.

9 Tour de Daggett Lake. 65M: 8am. 20M: 9am. Daggett Lake Campsites, Warrensburg. daggettlake.net.

14-16 ADK 540 Ultra Cycling Ride. 136/272/408/540M. Alpine Country Inn, Wilmington. John Ceceri: 518-583-3708. adkultracycling.com.

30 Farm to Fork Fondo: Berkshires. 80/50/30/10M rides, food, tastings, music. Hancock Shaker Village, Pittsfield, MA. farmforkfondo.com.

OCTOBER

14 Farm to Fork Fondo: Garden State. 80/50/30/10M rides, food, tastings, music. Whitesbog Historic Village, Browns Mills, NJ. farmforkfondo.com.

27-28 Haunted Hundred Overnight Century. 49/65/104M. 6pm. Schuylerville. John Ceceri: 518-583-3708. adkultracycling.com.

BICYCLING: OFF-ROAD (UNPAVED)

ONGOING

Sun "Poor Man's Downhill" Summer Shuttles. 6/17, 7/1, 7/15, 8/5, 8.19, 9/2, 9/16. 1-4pm. Up A Creek Restaurant & Leepoff Cycles, Wilmington. bikewilmingtonny.com.

Tue Rensselaer Plateau MTB Rides. 6/5, 6/19, 7/10. 6pm. Rensselaer County. rensselaerplateau.org.

JUNE

9 23rd Black Fly Challenge: Adirondack Gravel Grinder. 40M in Moose River Recreation Area. 10:30am. Arrowhead Park, Inlet to Indian Lake CS, Indian Lake. blackflychallenge.com.

9 VTMonster Gravel Grinder. 73M. 9am. Okemo, Ludlow, VT. 617-515-5929. vtepic.com.

10 Westchester Fat Tire Festival. 10am-4pm. Blue Mtn Reservation, Peekskill. wmba.org.

10 Southern Tier Enduro MTB Race. Jones Park, Vestal. bikereg.com.

16 Getting Happy in the Valley Gravel Race. 35M. 10am. Happy Valley Game Preserve, Williamstown. bikereg.com.

16 Stewart Poison Ivy Mousetrap MTB Race. H2H series. Stewart SF, Rock Tavern. h2hrace.com.

22-23 NEMBA Fest. Group rides, camping, more. Kingdom Trails, Lyndonville, VT. nembafest.com.

30 RAS Gravel Adventure. 42M. 9am. Wild Wings XC Ski Center. Peru, VT. bikereg.com.

JULY

22 Glacier Grinder Vermont Dirt Ride. 40M. Killington, VT. endurancesociety.org.

28-29 Hardcore 24 MTB Race. 24 hours. 12pm. Ontario Co Park, Naples. bikereg.com.

29 13th Ididaride: Adirondack Bike Tour. New: 23M gravel grinder: 12pm. 75M road: 8:30am. Gore Ski Bowl Park, North Creek. ADK: 800-395-8080 x42. adk.org.

AUGUST

4-5 5th Churney Gurney MTB Race & 5M Trail Run. MTB race: Sun, 9am. Trail run: Sat, 9am. Sat/Sun: MTB demos & rides. Sun, 1:30pm: Kids' MTB races. Gurney Lane Recreation Park, Queensbury. churneygurney.com.

25-26 ADK 80K Race Weekend. Sat: 80/40K trail run race. Sun: 80/40K MTB race. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.

HEALTH & FITNESS

ONGOING

Mo-Sa Rock Your Fitness: Total Body Training. 4-week Summer Sessions: 6/4-6/29, M/W/F: 5:15, 6:30 & 9:30am. 7/9-8/3 & 8/6-8/31, M/W/F: 6 & 9:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

Sun HCC Yoga Classes. 9-10:30am. Hindu Community Center, Albany. hindutemplealbany.org.

HIKING, CLIMBING & WILDERNESS SKILLS

JUNE

16 The 46 High Peaks Workshop. 3M hike. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

JULY

2 Iroquois Mtn Guided Hike. 9.4M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

5 Lake George Hike-A-Thon & Paddle-A-Thon. Multiple locations, Lake George. Info/register/volunteer: lakegeorgehikeathon.org.

7 Map & Compass Fundamentals. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

7 Mount Marshall Guided Hike. 17M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

9 Esther Mtn Guided Hike. 6.6M. 8:30am. Ausable River Two Fly Shop, Wilmington. ADK: 518-523-3441. adk.org.

16 Street & Nye Guided Hikes. 9M. 8:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

26-29 Johns Brook Valley Teen Adventure Hiking/Camping/Skills. ADK: 518-523-3441. adk.org.

28 MacIntyre Range Women's Day Hike. 10.8M. 7:30am. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

30 Seward Mtn Guided Hike. 14M. 7:30am. Coreys Road, Coreys. ADK: 518-523-3441. adk.org.

AUGUST

3-5 Cliff & Redfield Trailless Backpacking. 19.8M. 12pm. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

6 Macomb, South Dix & Grace. 12.3M. 7:30am. Exit 29, I-87, North Hudson. ADK: 518-523-3441. adk.org.

12 Lower Wolfjaw Women's Day Hike. 11.2M. 7am. Marcy Field Trailhead, Keene. ADK: 518-523-3441. adk.org.

13 Mount Marshall Guided Hike. 17M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

27 Table Top Guided Hike. 9.8M. Adirondak Loj, Lake Placid. ADK: 518-523-3441. adk.org.

31 Dix & Hough Guided Hike. 13.7M. 7:30am. I-87, Exit 29, North Hudson. ADK: 518-523-3441. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIMMING

ONGOING

Mon 34th High Peaks Cyclery Mini-Tri Series. 6/18-8/13. 400yd swim, 12M bike, 3M run. 6:30pm. Kids' mini-tri races: 7/16 & 8/14. Mirror Lake beach, Lake Placid. 518-523-3764. highpeakscyclery.com.

Tue Capital District Triathlon Club: Crystal Lake Training. 6/5-8/28. 6pm. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.

Wed Hudson Valley Triathlon Club Summer Series. 6/13, 7/18, 8/15, 9/12. 400yd swim, 12M bike, 2M run. 5:45pm. Kenneth Wilson SP, Mt. Tremper. 914-466-9214. coachmarkwilson.com.

Wed St Lawrence Valley Paddlers Duathlon Series. 6/20, 7/18, 8/15. 1.25M run, 2M paddle, 1.25M run. 6:30pm. Little River, Canton. slvpaddlers.org.

5th annual HUDSON HEADWATERS HEALTH NETWORK
Ride for the Well of It
Saturday, June 16 – The Hub, Brant Lake
Family-friendly fitness with something for everyone!
BIKE – 50mi (9am), 30mi (10am), 17mi (10:30am)
HIKE (free) – The Hub's 1.5mi round-trip trail or the Chester Challenge
Food/drink for purchase • Free activities for kids
Register & More Info: Bikereg.com/hhhn
Presented by The Hub (518-494-4822) to benefit Hudson Headwaters Health Network

Tour de Daggett Lake
Ride for Kids Life
Sunday, Sept. 9
Scenic Rides
65 miles - 8am
20 miles - 9am
Daggett Lake
Water Ski Club & Water Ski School
WWW.DAGGETTLAKE.NET
Daggett Lake Campsites: 518-623-2198
660 Glen Athol Rd, Warrensburg

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JOIN IN THE 18TH ANNUAL
Pat Stratton Memorial Ride
Best Ride in the Adirondacks!
Prizes! Homemade Pies! Nice Sports T-shirt!
All New Routes! Active Military & Law Enforcement Ride Free!

Saturday, August 25, 8am
Mt. Pisgah Lodge, Saranac Lake
Century, Half Century, 25 mile rides and a Free Kid's Ride!
Prizes – Food – Music!
Register: Active.com
Info: adkbuild@roadrunner.com
Proceeds Benefit Youth Programs of Kiwanis Club of Saranac Lake
Maps & more: StrattonRide.com

WELCOME ALL
2018 MEMBERSHIP NOW OPEN!
Capital District Triathlon Club
Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 5 – August 28
Details: www.cdtriclub.org

18TH ANNUAL
CRYSTAL LAKE TRIATHLON
Swim 0.5mi in calm water
Bike 18mi out & back (Newly paved!)
Run 3mi lake loop
USA Triathlon sanctioned event
Aquabike is Back!
Crystal Cove
38 Old Rte 66, Averill Park
Saturday, August 18, 8am
Limited to 300 racers
Register early for best price
Register by 7/15 for awesome swag!
Register & Info: cdtriclub.org

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33RD ANNUAL
PISECO LAKE TRIATHLON
Saturday, July 21 • 9am
Piseco Airport, Piseco
0.5M Swim, 11.5M Bike, 3M Run
Individuals or 3 Person Teams
Professional timing & register online!
SpeculatorChamber.com
Lightboxreg.com • Entry fee: $55 per person
Adirondacks Speculator Region Chamber of Commerce
More info: (518) 548-4521

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DUANESBURG TRIATHLON
SATURDAY, JULY 28 | 9AM
$60 Individuals • $80 for Teams
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Wed Southern Tier Triathlon Club: Summer Series. 6/6, 7/11, 8/8, 9/5. 400yd swim, 13M bike, 2M run. 5:45pm. Cassadaga. 914-466-9214. coachmarkwilson.com.

Thu Bethlehem Tri Club: Warner Lake Training. 5/24-9/6. 6pm. Swim, bike, run. Warner Lake, Berne. bethlehemtriclub.com.

JUNE

9 Syracuse YMCA Triathlon & Aquabike. 800m swim, 13M bike, 5K run. 8am. Jamesville Co Park, Jamesville. syracuseymcaraceweekend.org.

10 9th Hudson Crossing Triathlon. 500yd swim, 12M bike, 5K run. 8am. Swim clinic: Sat, 6/9: 1 & 2pm. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.

10 Keuka Lake Triathlon. Intermediate, short & kids. 7:30am. Keuka Park, Penn Yan. score-this.com.

16 4th Great Sacandaga Challenge Triathlon. Adult, 9:30am: 750m swim, 20K bike, 5K run. Youth, 8am: 100yd swim, 3.1M bike, 1M run. Kids' Splash & Dash, 11:30am. Sacandaga Bible Conf. Ctr., Broadalbin. greatsacandagachallenge.com.

16 1st "Do the Q" Quadrathlon. 0.5M swim, 4M kayak, 18.2M bike, 6.2M run. Indian Lake. Len Carbona: 518-648-0821 or dotheq1@yahoo.com.

17 Ironman Syracuse 70.3. 1.2M swim, 56M bike, 13.1M run. 6am. Jamesville Beach Park, Jamesville. ironman.com.

17 Steelman Triathlon, Aquabike & Duathlon. 8am. Darien Lakes SP, Darien Center. eclipsemultisport.com.

23-24 Hague Endurance Festival. Sat, 8am: Sprint & Olympic triathlons, Sprint & Olympic aquabike & kids' triathlon. Sun, 8am: Duathlon (2M run, 10M bike, 2M run). Save 10% w/code: ASSE10. Town Beach, Hague. coachmarkwilson.com.

23 36th Tupper Lake Tinman. 8am. Tinman & Aquabike: 1.2M swim, 56M bike, 13.1M run. Olympic: 0.93M swim, 26M bike, 6.2M run. Sprint: 0.5M swim, 12.6M bike, 3.1M run. Save 10% w/code: ADKSPORTMAY10 (exp. 5/31). Municipal Park, Tupper Lake. tupperlaketinman.com.

23 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

23 Lake Dunmore Triathlon. Olympic: 0.9M swim, 28M bike, 10K run. 8am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

24 Iron Girl Syracuse. Sprint, Aquabike, Bike-Run. Oneida Shores, Brewerton. irongirl.com.

30 Stissing Triathlon. 0.5M swim, 16M bike, 3.3M run. 9am. Age 12-17: 200m swim, 3M bike, 1M run. Age 4-11: 100yd swim, 3M bike, 1M run. Save 10% w/code: ASSE10. Stissing Lake, Pine Plains. coachmarkwilson.com.

30 Broome County Parks Triathlon. Sprint, Du, Aqua, Kids. Dorchester Park, Whitney Point. runsignup.com.

JULY

2-8/10 SkyHigh Youth Multisport Adventure Camps. 6 week day camps. Averill Park. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.

7 HITS Triathlon Hudson Valley. Iron, aqua, half, Olympic, sprint, mini sprint. Williams Lake, Kingston. hitstriathlonseries.com.

7 Basin Harbor Sprint Triathlon I. 500yd swim, 12.2M bike, 5K run. 8am. Vergennes, VT. 802-316-7142. racevermont.com.

13-15 Musselman Triathlon. Half, Sprint, Kids, Supersprint, Aquabike, Relays. USAT NYS high school championship. Seneca Lake SP, Geneva. musselmantri.com.

14 19th XTERRA SkyHigh Off-Road Triathlon. 1K swim, 20K bike, 6K run: 7am. Kids' triathlon (100m swim, 5K bike, 1K run): 11am. Grafton Lakes SP, Grafton. John/Kathy Slyer: 518-674-0369. skyhighadventures.com.

14 Delta Lake Triathlon. Double, sprint, Olympic, aquabike. 7:30am. Delta Lake SP, Rome. atcendurance.com.

14 Vermont's Toughest Triathlon. 2.4M swim, 112M bike, 26.2M bike. 5:30am. Lake Willoughby to Burke Mountain, East Burke, VT. ironcowboyracing.com.

15 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

15 Branbury Classic Paddle Triathlon. 1.5M paddle (kayak/canoe/SUP), 14M bike, 3.1M run. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.

15 Gillie Girl Sprint Triathlon. 0.5M swim, 14M bike, 5K run. 8am. Gillie Lake, Vets Memorial Park, Camillus. gilliegirltri.com.

21 33rd Piseco Lake Triathlon. 0.5M swim, 11.5M bike, 3M run. 9am. Piseco Airport, Piseco. 518-548-4521. speculatorchamber.com.

22 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Olympic Speed Skating Oval, Lake Placid. ironman.com.

28 Duanesburg YMCA Triathlon. 325yd swim, 10M bike, 5K run. 9am. Mariaville Lake, Duanesburg. 518-895-9500. zippyreg.com.

29 Central Park Sprint Triathlon. 0.25M swim, 12M bike, 3M run. 7:30am. Central Park, New York. nytc.org.

AUGUST

5 Cayuga Lake Triathlons: Olympic, Sprint, Kids. Cayuga Lake, Trumansburg. cayugalaketriathlon.org.

11 Betsy Owens & Terry Laughlin Memorial Swims. 1M: 11:15am. 2M: 9:30am. Mirror Lake, Lake Placid. 518-677-2768. runsignup.com.

12 Vermont Sun Triathlon. Sprint: 600m swim, 14M bike, 3.1M run. 8:30am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

12 Lake Dunmore Triathlon. Olympic: 0.9M swim, 28M bike, 10K run. 8am. Branbury SP, Lake Dunmore, VT. 802-388-6888 vermontsun.com.

12 Xterra Syracuse Off-Road Triathlon. 1K swim, 20K MTB, 10K trail run. Green Lakes SP, Fayetteville. register-this.com.

18 18th Crystal Lake Triathlon & Aquabike. 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.

18 Cassadaga Kids' Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.

18 Lake George Open Water Swims. 2.5K, 5K, 10K. Public Beach, Hague. 518 677-2768. lakegeorgeswim.com.

18 Basin Harbor Sprint Triathlon II. 500yd swim, 12.2M bike, 5K run. 8am. Basin Harbor Club, Vergennes, VT. 802-316-7142. racevermont.com.

18-19 28th West Point Triathlon. Sprint & Youth. Camp Buckner, West Point. active.com.

19 Peasantman Steel Distance Triathlons. Half, Olympic, Sprint, Aqua, Relays. Indian Pines Park, Penn Yan. peasantman.com.

21 Norwood Beach Duathlon. 6:30pm. Norwood Beach, Norwood. 315-262-6774. northernrunner.org.

25 8th Rochester Triathlons: Sprint & Olympic. Durand Eastman Beach, Rochester. rochestertriathletes.com.

SEPTEMBER

1-2 Lake George Triathlon Festival. Sat, 7am: 13th Lake George Tri: 0.9M swim, 24.8M bike, 6.2M run. Sun, 6:45am: 8th Big George Tri & Aquabike: 1.2M swim, 56M bike, 13.1M run. Battlefield Park, Lake George. adkracemgmt.com.

16 42nd Josh Billings RunAground Triathlon. 5M paddle, 27M bike, 6M run. 9:30am. Great Barrington, MA. Patty Spector: 413-344-7919. joshbillings.com.

OCTOBER

6 Hudson Valley Duathlon Series #3. Mt. Tremper. 914-466-9214. coachmarkwilson.com.

13 Southern Tier Duathlon Series #3. Randolph. 914-466-9214. coachmarkwilson.com.

20 Kayak, Bike, Run Triathlon. Cassadaga. 914-466-9214. coachmarkwilson.com.

19TH ANNUAL
SKYHIGHadventures
XTERRA SKY HIGH OFF-ROAD TRIATHLON
Saturday, July 14, 7am
Grafton Lakes State Park
Swim 1K, Bike 20K, Run 6K
SKYHIGH Kids Triathlon
11am • Swim 100m, Bike 5K, Run 1K
SKYHIGH YOUTH MULTI-SPORT ADVENTURE CAMPS
Six Weeks – July 2 to August 10 • Averill Park
Register: SKYHIGHadventures.com
John & Kathy Slyer: (518) 674-0369 • info@skyhighadventures.com

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OTHER EVENTS

JUNE

10 Spring Fest. 11am-6pm. Indian culture, dances, songs, vendors, food. Empire State Plaza, Albany. triciany.org.

AUGUST

4 Indian Lake Golf Tournament. Indian Lake. 800-328-5253. indian-lake.com.

SEPTEMBER

12-16 Adirondack Mountains Antiques Show. Indian Lake. 800-328-5253. indian-lake.com.

22-23 Great Adirondack Moose Festival. Indian Lake. 800-328-5253. indian-lake.com.

PADDLING: KAYAK, CANOE, SUP & ROW

ONGOING

Daily Saratoga Rowing Summer Camps. Sculling, Learn-To-Row; Kindersculls. Fish Creek, Saratoga Springs. saratogarowing.com.

Mon "Paddle the Saranacs" Team Paddling Clinics. 6/11, 6/18, 6/25. 6:30-8pm. 4 or 8 person canoe. Multiple locations, Saranac Lake area. RSVP to Mac's Canoe Livery: 518-891-1176. celebratepaddlingadk.com.

Tue C-2 Stock Paddling Clinic w/90-Miler's Brian McDonnell. 6/12, 6/19, 6/26. 6:30-8pm. Lake Flower Boat Launch, Saranac Lake. Mac's Canoe Livery: 518-891-1176. celebratepaddlingadk.com.

Wed NNYP Canoe/Kayak/SUP Time Trials. 4M. 6:30pm. Aqueduct Park, Rexford. swcweb.org.

Thu Evening Kayak Tour. 5:15pm. Rentals available. Adk Lakes & Trails Outfitters, Saranac Lake. 518-891-7450. celebratepaddlingadk.com.

Sa/Su Barnum Pond Guided Paddling Tours. 6/17-18, 6/24-25, 6/27-30 (We-Sa). 10am-12pm. Paul Smith's College VIC, Paul Smiths. Register: 518-327-6241. celebratepaddlingadk.com.

JUNE

9 Celebrate Paddlesports ADK: Instructor Day Clinics. 9-11am & 1-3pm. Outfitters & guides host clinics in Saranac Lake. celebratepaddlingadk.com.

9 Lake George Adult Kayak Excursion. 9am-4pm. Includes lunch, short hike, instruction & gear. Camp Chingachgook, Kattskill Bay. lakegeorgecamp.org.

9 Wild Goose Chase Canoe/Kayak/SUP Race. 9M. 11am. Housatonic River, Lenox, MA. neckra.org.

9-10 Madrid Canoe/Kayak Regatta. Pro, amateur & recreation races. Grasse River, Madrid. 315-386-2577. slvpaddlers.org.

10 Raquette River Cleanup. 1:30pm. Cleanup between Simon Pond & Moody Marsh. Canoes provided. After gathering: Raquette River Brewery. Raquette River Outfitters, Tupper Lake. 518-359-3228. celebratepaddlingadk.com.

13 Guided Paddle. 4-7pm. Stoney Creek & Raquette River. RSVP to Mac's Canoe Livery: 518-891-1176. celebratepaddlingadk.com.

15-17 7th Adirondack SUP Fest. Fri: demos (3-5:30pm) & SUP for kids (4-5pm). Sat: 6M race (9:45am), 3M race (10:15am), demos (11am-4pm), SUP intro clinic (12:30pm), races (2:30pm). Sun: SUP guided tour on Lower Saranac Lake (9-11am). Lake Colby Beach, Saranac Lake. Adirondack Lakes & Trails Outfitters: 518-891-7450. adirondackoutfitters.com.

15 Adirondack Guide Olympics. 12-9pm. Waterfront Park, Hudson River, North Creek. 516-263-6764. facebook.com.

16 Guided Paddle on the Saranac River. 1-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

21 Evening SUP. 5pm. Rentals available. Raquette River Outfitters, Long Lake. 518-359-3228. celebratepaddlingadk.com.

21 Canoe/Kayak Sampler. 5-7pm. Tryout boats on Saranac River. Free. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

21 Donald Patenaude Memorial Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady. swcweb.org.

22 Forward Stroke for Kayakers w/Danny Mongno. 6:30-8:30pm. Advanced beginner to intermediate skill req. Proceeds to Northern Forest Canoe Trail. Limit 12. Rentals available. Lake Flower, Saranac Lake. celebratepaddlingadk.com.

23 Moving Water Clinic on Saranac River. 10am-2pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

24 Saranac River Cleanup. 1-5:30pm. SRCO, ALTO, NFCT & Wiley's Flies. Canoes provided. BBQ following. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

24 Canoe the Creek. 1-4pm. Schodack Island SP, Schodack. Fran Martino: 518-828-1330. rensselaerplateau.org.

27 Guided Trip on Seven Carries Route. 4-7pm. RSVP w/Mac's Canoe Livery: 518-891-1176. celebratepaddlingadk.com.

27 Guided Trip from Middle to Lower Saranac Lake. 9am-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

29 New Boat Launch: Ribbon Cutting Ceremony. 5-6pm. Food/drink follows. Free. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

30 Guided trip on the Saranac River. 1-3pm. St. Regis Canoe Outfitters, Saranac Lake. 518-891-1838. celebratepaddlingadk.com.

JULY

5 Lake George Hike-A-Thon & Paddle-A-Thon. Multiple locations, Lake George. Info/register/volunteer: lakegeorgehikeathon.org.

7 Armond Bassett Canoe/Kayak Race. 10/3M. 11am. Genesee Waterways Center, Rochester. 585-733-4043. nymcra.org.

14 Electric City Canoe/Kayak Regatta. 12/3/1M. 10am. Lock 9, Rotterdam Junction. 518-421-2947. eleccityrace.org.

15 Barge Chaser Canoe/Kayak Race. 10/3M. 10am. Kiwanis Park, Rotterdam. 518-393-9201. nymcra.org.

21 Poker Paddle. Check-in starts: 10:30am. Paddle/collect cards: 12-4pm. Explore shores/bays of Indian Lake by canoe, kayak, SUP or anything that floats. All welcome. Cash prizes for best poker hands. Food/music. Limited to first 200 registered. Byron Park on Adirondack Lake, Indian Lake. 518-648-5112. indian-lake.com.

29 BluMouLa-BuFuRa. 14/7/1.5M. 10:30am. Town Beach, Blue Mountain Lake. 978-618-2256. nymcra.org.

AUGUST

18 Wells Bridge Canoe & Kayak Races. 6M/9M. 9:30am & 1pm. Wells Bridge. nymcra.org.

SEPTEMBER

1 30th Remington II. 6M. 10am. Rensselaer Falls to Heuvelton. slvpaddlers.org.

7-9 Adirondack Canoe Classic. 90M. 8am. Old Forge to Saranac Lake. 518-891-2744. macscanoe.com.

RUNNING, TRAIL RUNNING & WALKING

ONGOING

Tue Firecracker 4: Practice Pub Runs. 6pm. Free. Barrelhouse: 5/29-6/19. Farmer's Hardware: 6/26. Fleet Feet Sports: 518-400-1213. fleetfeetalbany.com.

Tue 50th Colonie Tuesday Night Summer Track Series. 6/12-7/31. Free. Colonie HS, Colonie. Frank Myers: 518-869-9333. hmrrc.com.

Thu ARE Summer Trail Run Series. 5/24-8/30. 6:30pm. Multiple locations, Capital Region. albanyrunningexchange.org.

Daily Viking Obstacle Course. Train on 35 challenging obstacles. Sunny Hill Resort, Greenville. sunnyhill.com.

Saturday, June 16 • 9am
Warming Hut, Saratoga Spa State Park
10am: Kids Mile & Dragon Dash
Register by 5/24 for custom wicking T-shirt & random prizes • USATF sanctioned
Stewart's gift cards to top M/F in age groups
Gennaro's Pizza gift cards to top M/F overall
Register: **FinishRight.com**
Proceeds benefit Greenfield Elementary School HSA

6TH ANNUAL
SARATOGA CASINO • HOTEL
SUNDAY MORNING MILE
Sunday July 29
A one-mile footrace on the harness track
Heats begin 8:00am & end 9:15am
Awards: Top 3 Overall M/F and Top 3 M/F in Age Divisions • T-shirts • $20 entry by 7/22
Free Kids' 1/4-mile Fun Run!
Register: finishright.com
Benefits Saratoga Springs History Museum

WHIPPLE 5K • 10K CITY
Saturday, June 16
8:30am
Greenwich Middle School
Gray Ave, Greenwich, NY
Beautiful village & countryside course!
5K $25 by 5/28, $30 after • 10K $35 by 5/28, $40 after
Dri-fit shirts to first 200 registered
Free Kids' 1K Fun Run: approx. 9:30am
Stay for Whipple City Festival (free) with food, beer, live music, family activities, exhibits
Register online: FinishRight.com
Entry form/info: GreenwichChamber.org
More info: **518-692-7979**
Benefits Chamber Scholarship at Greenwich CSD

HUDSON HEADWATERS
CARE FOR KIDS
5K Run & Fitness Walk
Sunday, July 29 – 9am
2431 Schroon River Rd, Chestertown to YMCA Adirondack Center, Brant Lake
- Free shuttle from finish line to start -
$25 or $30 race day
Quality T-shirt to first 400 entrants
Entry form at www.hhhn.org
Info: Jackie Harrington 761-0300 x31315
Proceeds benefit pediatric health care at HHHN

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All skis, boots, poles...
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Thu-Sun, June 21-24
4 Days only!
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Stay with us! Our Base Camp lodging can accommodate singles, couples, and groups in Adirondack style, – just minutes away from downtown. Call 518-523-3764.

TUESDAY NIGHT SUMMER TRACK PROGRAM
SPONSORED BY
Hudson-Mohawk Road Runners Club
50TH SEASON
June 12, 19, 26
July 10, 17, 24 *(Ribbon Night),* **31**
"Dynamic Duo" Road Pursuit Race
Saturday, August 4 • 8:30am
3M per person • Colonie Town Park
FREE OF CHARGE
6pm • Colonie High School
1 Raider Blvd (off Sand Creek Rd), behind Colonie Center
ORDER OF EVENTS
- 1-Mile Race Walk
- Hurdles
- 1-Mile Run
- 50-Meter Dash (Kids)
- 100-Meter Dash
- 400-Meter Dash
- 800-Meter Run
- 200-Meter Dash
- Two-Mile Run
- Relays
- Field Events

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

JUNE

9 **20th Kinderhook Bank OK-5K Run/Walk.** 9am. OK-1 kids' 1M: 8:15am. Village Square, Kinderhook. ok5krace.org.

9 **Lexington 5K Run/Walk.** 9am. Triple Crown Series #3. Perry St, Johnstown. zippyreg.com.

9 **2nd MHRRC Run for Heroes 5K/10K Run/Ruck.** 8am. 1M kids' run: 7:30am. Dutchess Rail Trail, Gold's Gym, Poughkeepsie. mhrrc.org.

9 **14th Great Adirondack Trail Run.** 11.5M mountain run: 9am. 3.5M fun run: 10am. Music, food/beer. The Mountaineer, Keene Valley. 518-576-2281. mountaineer.com.

9 **5th Race the Lake Marathon, Half & 5K.** 26.2M: 8am. 13.1M: 9am. 5K: 10am. Glimmerglass SP, Cooperstown. 607-547-2800. clarksportscenter.com.

9 Adventure Camp 5K. 8am. Guilderland YMCA, Guilderland. cdymca.org.

9 LifeSong Dash 5K Run/Walk. 10am. Kids' run: 9:30am. Town Park, Halfmoon. lifesongdash.com.

9 PRIDE 5K Rainbow Run. 9am. Corning Preserve, Albany. zippyreg.com.

9 Lions Ramble 10K & 2M Run/Walk. 5:30pm. Haslett Park, Fort Plain. 518-568-7509. kkickers.com.

9 Sasquatch Half Marathon & 5K. 8am. Whitehall Athletic Club, Whitehall. 518-260-2392. active.com.

9 Patriot Day 10K Run & 5K Run/Walk/Roll & 2M Walk. 9am. Wingate by Wyndham, Rome. romanrunners.com.

9 NY Mini 10K Women's Race. 8am. Central Park, New York. nyrr.org.

10 **"Run for Help" 5K Run/Walk Against Domestic Violence.** 10am. Kids' run: 9:30am. Goff MS, East Greenbush. zippyreg.com.

10 **1st ADA Tour de Cure 5K Run/Walk.** Also, 10/30/50/62/100M bike rides. Party w/Mazzone catered lunch, New Belgium beer garden & live music. Saratoga Co Fairgrounds, Ballston Spa. 518-218-1755 x3613. diabetes.org/capitalregion.

10 HMRRC Distinguished Service 8M Run. 9am. Phys Ed Building, UAlbany, Albany. hmrrc.com.

10 Mr Polidore 5K Run/Walk. 9am. Tanglewood School, South Glens Falls. 518-361-6532. itsyourrace.com.

10 Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. 518-527-6236. healthykidneys.org.

10 RFFR Color Run. 8am. Rensselaer Falls Fire/Rescue, Rensselaer Falls. 315-528-3793. rensselaerfallsny.com.

16 **4th Good Karma 5K Run/Walk.** 9:30am. Yoga warmup: 9am. Post-race: Indian food, henna tattoos. 10:30am: Free Kids Race. Crossings Park, Colonie. Mona Caron: 518-429-9068. goodkarma5k.itsyourrace.com.

16 **2nd Wilmington Whiteface Whiskey Run 10K.** 9:30am. Whiskey tasting, local distillers, food, barrel making, family fun. Festival Field, Wilmington. 518-524-1023. adkwhiskeyrun.com.

16 **3rd Spring into Summer 5K Run/Walk.** 8:30am. Coxsackie-Athens HS, Coxsackie. Greene Co YMCA: 518-731-7529. cdymca.org/spring-into-summer-5k.

16 **Whipple City 5K Run/Walk & 10K Run.** 8:30am. 1K kids' fun run: 9:30am. Greenwich MS, Greenwich. 518-692-7979. finishright.com.

16 **10th "Dragon the Dads" Father's Day Family 5K Run/Walk.** 9am. Kids' Mile & Dragon Dash: 10am. Warming Hut, Saratoga Spa SP, Saratoga Springs. finishright.com.

16 **ValleyCats Father's Day Home Run 5K.** 9am. Four tix to each runner. Bruno Stadium, HVCC, Troy. John Haley: 518-456-3682. hmrrc.com.

16 Rensselaerville Ramble 2M/5M/8M Trail Run/Walk. 9am. Huyck Preserve, Rensselaerville. 518-797-3440. huyckpreserve.org.

16 Piece by Piece 5K. 8:45am. Remington Recreation Trail, Canton. 315-267-6183. runsignup.com.

16 Swamp Rat Runs: Christopher Taddeo Memorial Run 5K & 10K. 9am. Brewerton. syracusechargers.org.

17 Summer Sizzle 5M Road Race. 9am. SUNY Poly, Marcy. 315-895-7471. uticaroadrunners.org.

17 New Paltz Challenge Half Marathon & 5K. 7:30am. New Paltz. 845-255-0243. newpaltzchamber.org.

17 FMRRC Mule Haul 8K Foot Race. 9am. Fort Hunter Firehouse, Fort Hunter. fmrrc.org.

17 Mount Greylock Trail Races, 13.5 & 5K. 10am. Greylock Glen, Adams, MA. runwmac.com.

20 Summer Solstice 14K Trail Run. 6:30pm. Minnewaska SP Preserve, Gardiner. shawangunkrunners.com.

21 **iRun Local Summer Scavenger Run.** 5-6:30pm. Free. Family-friendly. iRun Local, Saratoga Springs. irunlocal.com.

23 Kick it for Kashius 5K Run/Walk. 10:30am. Kids' run: 9:30am. Crossings Park, Colonie. zippyreg.com.

24 Northeast Kidney Foundation Walk/Run. 8am. Central Park, Schenectady. healthykidneys.org.

25 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.

26 **HMRRC Colonie Mile.** 6pm. Free. Colonie HS, Colonie. Ken Skinner: 518-489-5311. hmrrc.com.

30 **1st Adirondack 15K Race to the Lakes.** 8am. Sold out. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. adirondackrunners.org.

30 Strides 4 STRIDE 5K Run/Roll. 9am. 2K walk: 10:30am. Jennings Landing, Albany. 518-598-1279. stride.org/s4s.

30 Finger Lakes 50s Trail Races. 50M/50K: 6:30am. 25K: 8am. Finger Lakes NF, Hector. fingerlakesrunners.org.

30 Terrain Race. Wave Starts: 8am. Gotham Mountain, Monticello. active.com.

30-7/1 Whiteface Sky Races. 6/30: VK 2.4M: 10am. Kids Sky Climber: 11am. 7/1: Sky Race 15.2M: 8am. Whiteface Mtn, Wilmington. renewtracing.com.

JULY

4 **12th "Firecracker 4" 4-Mile Road Race.** 9am. USATF Adk GP 4M. Practice Pub Runs: Tue, 6pm from Barrelhouse (5/29-6/19) & Farmer's Hardware (6/26). Kids' Sparkler Run, live music, BBQ, parade. Run Your Colors teams for charity. Saratoga City Center, Saratoga Springs. firecracker4.com.

4 Montcalm Mile Road Race. 1:45pm. Wicker St & Race Track Rd, Ticonderoga. 518-569-0947. lachute.us.

4 Four on the Fourth 4M & 1K Fun Run. 9am. Thompson Memorial Park, Manchester, VT. bkvr.net.

4 Putnam County Classic 8M. 8am. Mahopac HS, Mahopac. 203-313-4137. runner.org.

4 36th Clarence DeMar 5K. 8:30am. Folsom School, South Hero, VT. 802-338-7247. gmaa.net.

7 Wilton Park Fest 5K & 1K Kids' Fun Run. 8am. Gavin Park, Wilton. runsignup.com.

7 8th Racing to Save Lives 5K/10K. 8am. Kids' Run: 10am. Tymor Park, Unionvale. mhrrc.org.

8 **Saratoga Springs Half Marathon, Two-Person Relay & 5K Run/Walk.** Benefits Strong to Serve. Saratoga Spa SP, Saratoga Springs. saratogaspringshalf.com.

8 Boilermaker Road Race. 15K run: 8am. 15K wheelchair: 7:45am. 5K run/walk: 7:15am. Kids' run: 7/7, 8:15am. FX Matt Brewing party: 8am-12pm. Utica. boilermaker.com.

8 Paul Luther Memorial 5K & 800m Kids' Run. 10:30am. Park Place, Mechanicville. runsignup.com.

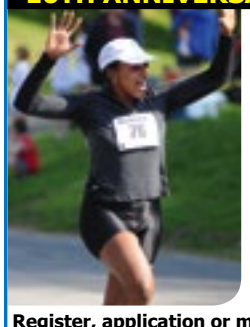
9 **Camp Saratoga 5K Trail Run Series.** 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.

12 Tour de Potsdam. 6pm. Community Bank, Potsdam. 315-386-1102. slccdp.org.

12-15 AREEP Trail Running Camp. 21+. Running, yoga, activities. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.

14 **Run the Ridge: 5K Mud Run w/Fun, Challenging Obstacles.** Heats start: 8:45am. Family Fun Runs: 11:30am & 12pm. Maple Ski Ridge, Schenectady. 518-381-4700. runtheridge.net or runreg.com/rtr18.

Good Karma 5K RUN/WALK
GOOD KARMA 5K of the Capital Region
Saturday, June 16 • 9am
The Crossings (South Pavilion)
580 Albany Shaker Rd, Colonie
5K USATF certified course • Flat, fast & entirely within the park
T-shirts to first 300 entrants • *9am:* yoga warm-up • *9:30am:* 5K • *11am:* Free Half Mile Kids' Fun Run
Post-race food/drink • Indian street-food • henna tattoos • Bollywood music
Awards to top three M/F overall & five-year age groups
REGISTER/INFO: **goodkarma5k.itsyourrace.com**
$25 by 6/8 or $30 after • Mona Caron: 518-429-9068 or goodkarma5k@gmail.com
Proceeds go to AIM for Seva (aimforseva.org) – Making education accessible to children in rural/tribal India by housing children near public schools to increase literacy and decrease dropouts.
AIM for SEVA



10TH ANNIVERSARY
Camp Chingachgook Challenge Half-Marathon & 10K Race
on Lake George
Saturday, August 11
the YMCA
Half: 8am start at Lake George –
Fast course along scenic east shore of Lake George to the camp
10K: 9am start at Camp Chingachgook –
Out and back course with start and finish at the camp
After race cookout lunch at the camp's beautiful waterfront (bring suit/towel)
Also, runners/guests have access to use the lakeside bathhouse.
OUR PLATINUM PARTNER
BlueShield of Northeastern New York
Register, application or more info: www.LakeGeorgeHalf.com
Half: $30 by 7/10 or $40 after • **10K:** $25 by 7/10 or $35 after • T-shirts to runners registered by 7/11 • Proceeds help send kids to camp!

Camp Saratoga Fun Run Series
Hosted by the Saratoga Stryders
Mondays: 6/25, 7/9, 7/23, 8/6, 8/20
Wilton Wildlife Preserve & Park's Camp Saratoga
(Scout Rd, 5 min from I-87, Exit 15 or 16)
Fun, challenging 5K trail course!
Open to all ages and abilities
Registration: $5 starting at 5pm
Start: 6:15pm rain or shine
saratogastryders.org
Laura Clark: 518-581-1278, info@saratogastryders.org
Proceeds benefit Wilton Wildlife Preserve & Park

Father's Day Home Run 5K
ValleyCats HMRRC
Saturday, June 16 – 9:00am
Joe Bruno Stadium at HVCC, Troy
T-shirts for the first 275 registered
4 free tickets to each runner for any ValleyCats regular season game (excluding July 4th)
Top 3 M/F in 5-year age groups (age 5 & up)
Top 3 Father/Daughter & Father/Son Teams
Register: Active.com
Application: HMRRC.com – No race day registration
John Haley – 518-456-3682 or J.Haley36@yahoo.com

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Cost Effective Care for the Entire Family
Celebrating 30 Years!
677 Plank Rd, Clifton Park
(518) 383-4889

First Annual Monster Mountain 10K
Saturday, August 4 9am
Johnsburg Central School, North Creek
North Creek to Gore base lodge & back!
T-shirt to first 200 registered
Mini Monster Mile for all ages (after 10K)
Awards, refreshments, raffles
Register: Active.com
AdirondackRunners.org
Benefits Johnsburg Dollars for Scholars

14 Louisville Turtle Trot Walk-Run. 3.4M. 9am. Whalen Park, Massena. 315-764-1289. wilsonhillassoc.com.

14 Turtle Trot 10K & 10K Relay. 7:30am. Liberty Square, Ellenville. 845-701-9054. catskillstiming.com.

14 NYRR Retro 4-Miler. 8am. Central Park, New York. nyrr.org.

14 30th Forest Frolic Registration. 7K & 15K. 9am. Kennedy State Forest, Virgil. fingerlakesrunners.org.

15 Dippikill Froggy 5-Miler Trail Run. 9am. Dippikill Wilderness Retreat, Warrensburg. areep.com.

21 22nd Silks & Satins 5K. 8am. Jeff Clark Memorial Race. Race track free admission is back! Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.

22 24th Indian Ladder Trail Runs. 15K/5K: 9am. 1M kids' run: 10:30am. Green House Picnic Area, Thacher SP, Voorheesville. Mark Vermilyea: 518-477-0985. hmrrc.com.

23 Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.

28 Randolph Toymaker 5K. Randolph. 914-466-9214. coachmarkwilson.com.

28 Run for the River 5K/10K. 9am. Frink Park, Clayton. savetheriver.org.

28 Colton Butterfield Memorial 5K Run. 9am. Butler Park, Averill Park. Phil Carducci: 518-861-6350.

28 39th Round Church Women's Run 5K/10K. 8:30am. Round Church, Richmond, VT. gmaa.net.

29 HHHN Care for Kids 5K. 9am. Chestertown to Brant Lake. 518-761-0300. hhhn.org.

29 Sunday Morning Mile. 1M Races. 8am. Kids 1/4M Fun Run. Harness Track, Saratoga Springs. runsignup.com.

AUGUST

2 Forge the Gorgeous Trail Runs. 3.5M & 7M. Fillmore Glen SP, Moravia. fingerlakesrunners.org.

4 "Dynamic Duo" Road Pursuit Race. 3M per person. 8:30am. Colonie Town Park, Latham. hmrrc.com.

4 Fox Creek 5K Run/Walk. 9am. Hilltown Series #1. Berne Town Park, Berne. 518-225-4925. active.com.

4 1st Monster Mountain 10K. 9am. Johnsburg CS to Gore Base Lodge & back. North Creek. 518-251-0107. active.com.

4-5 5th Churney Gurney 5M Trail Run & MTB Race. 5M trail run: Sat, 9am. MTB race: Sun: 9am. Gurney Lane Recreation Park, Queensbury. churneygurney.com.

5 40th Lane 10K Lake Run & 1 Mile Fun Run/Walk.10am. Lake Pleasant Firehouse, Speculator. 518-548-4521. speculatorchamber.com.

6 Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.

7 4th Friends of Wilton Parkfest 5K Run/Walk. 8am. Gavin Park, Wilton. 518-588-5717.

10-11 Peak to Brew Relay. Teams of 6-12 runners, 1-2 support vans, 220M over 42 legs. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. p2brelay.com.

11 10th Camp Chingachgook Challenge Half Marathon & 10K. 13.1M: 8am. 10K: 9am. YMCA Camp Chingachgook, Kattskill Bay. lakegeorgehalf.com.

11 5th Brushton Fun To Run 5K/10K & 1M Walk. 9am. Brushton-Moira HS, Brushton. 518-319-5568. brushtonfuntorun.com.

11 Ken Hummel Memorial Duathlon, 5K & Kids' 1M. 9am. Stuyvesant.

18 16th Jailhouse Rock 5K. Brookside Museum, Ballston Spa. Jen Ferriss: 518-885-4000. jailhouserock5k.itsyourrace.com.

18 21st Olga Memorial Footrace. 5K/10K Run & 5K Walk. 9:30am. Berkeley Green, Saranac Lake. 518-891-5846. facebook.com/olgamemorialfootrace.

18 5th Sarcoma Strong 5K Run/Walk. 9am. UAlbany, Albany. 518-489-2666. sarcomastrong.com.

18 Voorheesville 5K: Hilltown Triple Crown Race #2. 9am. Voorheesville HS, Voorheesville. Phil Carducci: 518-861-6350.

18 Over the Top Run, Bike, Brew Festival. 5K Trail Run/10K MTB. West Mtn, Queensbury. 518-636-3699. westmtn.net.

18 Clove Run 10-Miler, 5K & Family Fun Run. 8am. Castleton-On-Hudson. 518-312-1054.

18 Tough Mudder Hudson Valley. 5M or 10M + 20 obstacles. Winston Farms, Saugerties. toughmudder.com.

19 Thacher Park Running Festival 5K, 10K, 13.1M, 26.2M & 50K. 8:30am. Thacher Park, Voorheesville. thacherparkrunningfestival.com.

19 Tour De Force Charity Run Half Marathon, 10K, 5K &1M walk. 8am. Mooney Bay Marina, Plattsburgh. runsignup.com.

19 France Run 8K. 9:30am. Central Park, New York. nyrr.org.

20 Camp Saratoga 5K Trail Run Series. 6:15pm. Wilton Wildlife Preserve, Gansevoort. Laura Clark: 518-581-1278. saratogastryders.org.

22 Hump Day 5K. 6:15pm. Southern Saratoga YMCA, Clifton Park. Allison Reinhardt: 518-371-2139. cdymca.org.

24 Boiling Pot 5K & Kids Fun Run. 6pm. 20 Mohawk St, Canajoharie. canajohariecyc.org.

25 21st Altamont 5K Run/Walk. 9am. Crupe Bozenkill Park, Altamont. 518-861-6350. altamont5k.org.

25 Fishy Frolic, Mackerel Mile Walk, Fishy 5K, Trout 10K. 9am. Jennings Landing, Albany. 518-705-7591 hdsa.donordrive.com.

25-26 ADK 80K Race Weekend. Sat: 80/40K trail run race. Sun: 80/40K MTB race. Mount Van Hoevenberg, Lake Placid. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.

26 7th 1812 Challenge & Half Marathon. 18.12M: 7:30am. 13.1M: 7:45am. 5K run/walk: 8am. Historic 1812 Battlefield, Sackets Harbor. 1812challenge.com.

SEPTEMBER

1 Run for the Horses 5K. 8:30am. Orenda Pavilion, Saratoga Spa SP, Saratoga Springs. runforthehorses5k.com.

8 9th Malta 5K Run. 8:30am. Luther Forest Tech Campus, Malta. Paul Loomis: 518-290-7202. malta5k.com.

15 ADK 5K Run/Walk. 10am. Music & Beer Fest: 10am-2pm. Adirondack Pub & Brewery, Lake George. Carl Ewald: 484-716-8331. iraceforbeer.com.

16 The Saratoga Palio: Melanie Merola O'Donnell Memorial Race. Half marathon: 7:45am. 5K run/walk: 8am. Kids' fun run: 9:15am. Druthers Brewing after party: 10am. Saratoga City Center to Congress Park, Saratoga Springs. themelaniefoundation.com.

16 40th Dutchess County Classic. Half Marathon, 5K & Kids' Run. 8:30am. Lagrange MS, Lagrange. Keith Axelrod: 914-456-0708. dcclassic.com.

22 Adirondack Marathon Distance Festival Helpers Fund 5K/10K: 9:30am in Chestertown & Kids Fun Run: 2pm in Schroon Lake. adirondackmarathon.org.

23 Adirondack Marathon Distance Festival: Marathon, Half, 2 & 4 Person Relays. Half: 8:40am. 9am: Marathon & Relays. Schroon Lake. Sat, 9/22: Expo at Schroon Lake Central School, Schroon Lake. adirondackmarathon.org.

23 Vermont Sun Half Marathon, 10K & 5K. 10am. Branbury SP, Lake Dunmore, VT. 802-388-6888. vermontsun.com.

29 Amish Country Running Festival. Randolph. 914-466-9214. coachmarkwilson.com.

OCTOBER

7 Mohawk Hudson River Marathon & Hannaford Half Marathon. 8am. Sat, 10/6: Adk Sports & MHR Marathon/Half Expo, Albany Capital Center. Full: Schenectady to Albany. Half: Colonie to Albany. mohawkhudsonmarathon.com.

21 Heady Trotter 4-Mile Run/Walk. 10am. Music & Beer Fest: 10am-2pm. Alchemist Brewery, Stowe VT. iraceforbeer.com.

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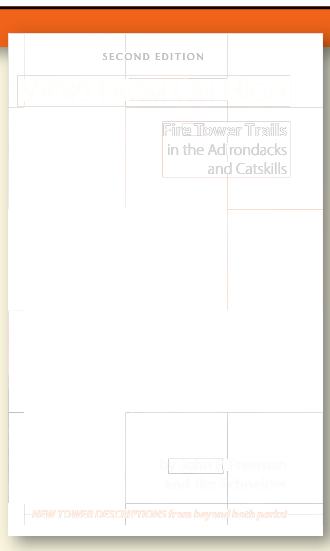

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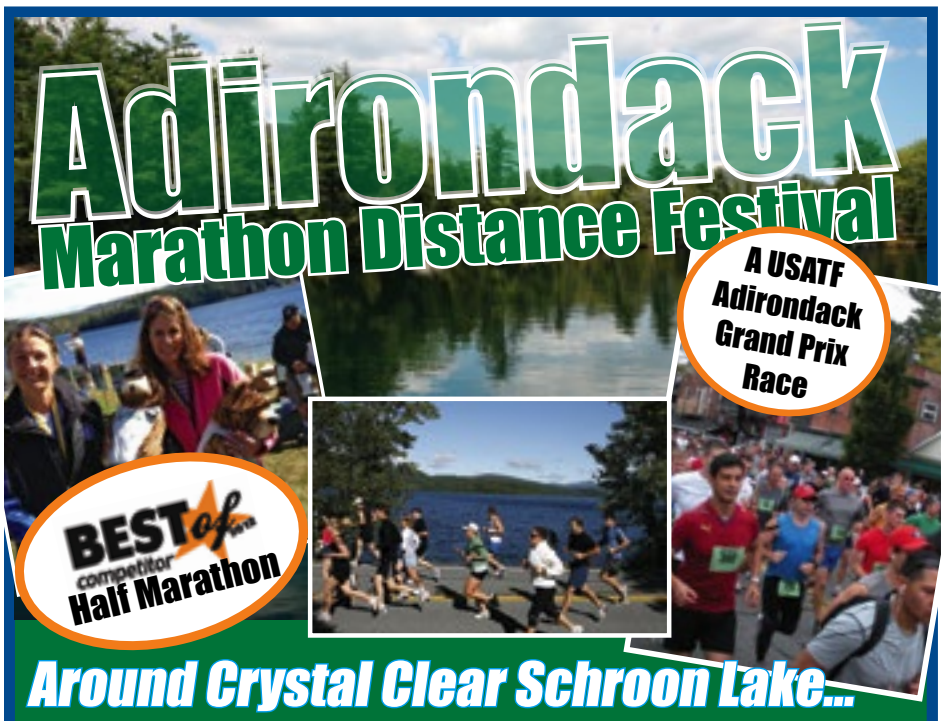

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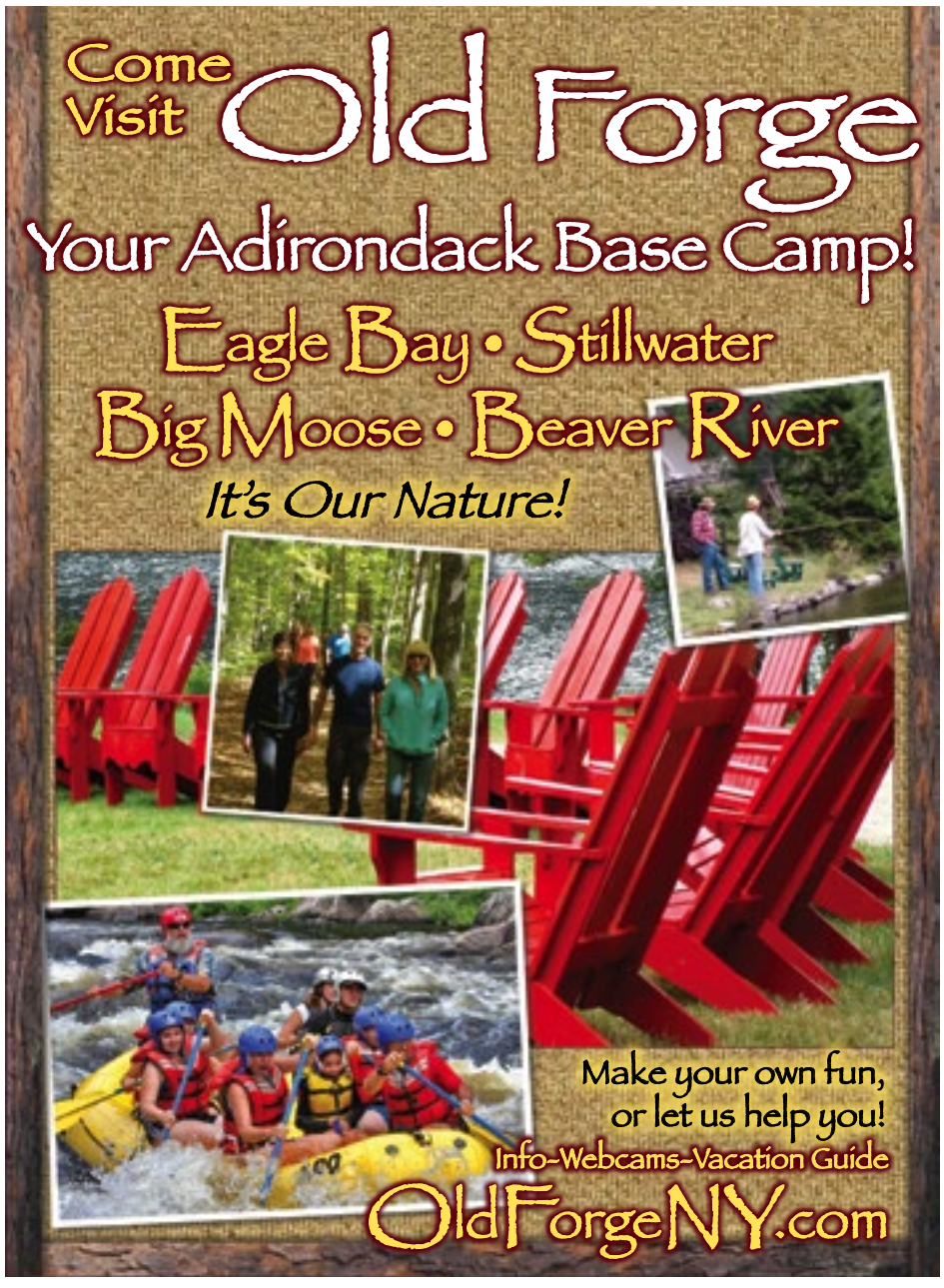

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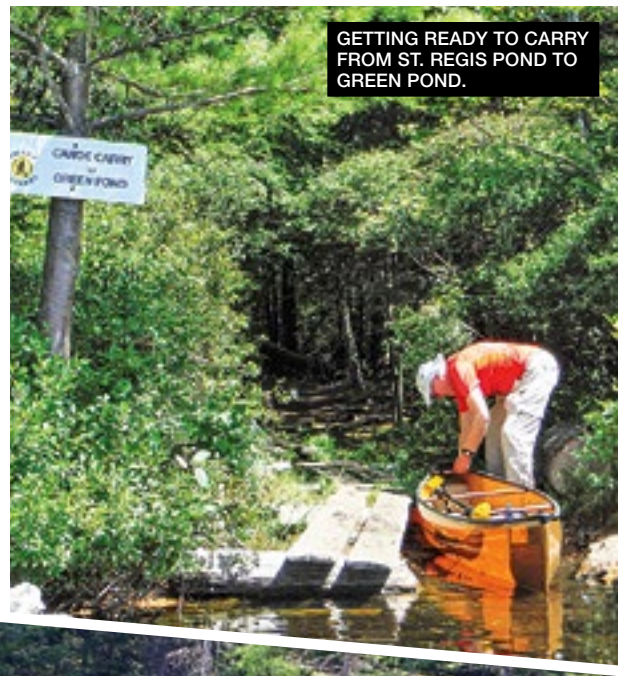
LONG POND MOUNTAIN.

Exploring the St. Regis Canoe Area



GETTING READY TO CARRY FROM ST. REGIS POND TO GREEN POND.

ON THE WAY TO LEDGE POND.

THE SNEAK ROUTE BETWEEN HOEL POND AND TURTLE POND.

PHOTOS BY RICH MACHA

By Rich Macha

The St. Regis Canoe Area covers over 18,000 acres and is the only designated canoe area in New York State. There are over 50 motor-less ponds of various sizes within the SRCA and you can find 70 designated primitive campsites spread out over 20 of those ponds – camping is limited to eight persons per site. Marked "carries" of varying lengths and difficulty connect many of the ponds. You can easily spend as much time on your feet as on your butt while traveling through the area. St. Regis Mountain (2,874' elevation) and Long Pond Mountain (2,530') are the notable peaks in the SRCA and both have marked hiking trails to their open summits.

The SRCA is managed similarly to designated "Wilderness Areas," but the Adirondack Park State Land Master Plan allows for mountain biking on designated trails within a "Canoe Area," as well as the use of motor vehicles, motorized equipment, and aircraft by administrative personnel for purposes designed to preserve or enhance the water or fishery resources. These uses are restricted primarily to the 4.7-mile Fish Pond Truck Trail and the 0.25-mile St. Regis Pond Truck Trail. That being said, on all of my visits I have never seen a vehicle nor a bike.

For the purposes of this article, we will travel across the area from east to west. You can start on Lower St. Regis Lake at Paul Smith's College or on Upper St. Regis Lake at the end of St. Regis Carry Road, at a boat launch next to the post office. You will have to share these lakes with motorboats and sailboats, especially in summer. The shores are developed but the fancy "camps" found along the shoreline can be visually entertaining. If you have time, a detour to the west end of Upper St. Regis Lake will bring you to Camp Topridge, an Adirondack-style great camp consisting of 60 buildings. A little south of Topridge, in Spring Bay, is the start of a trail up to the summit fire tower on St. Regis Mountain where views include most of the SRCA, the Saranac Lakes, as well as most of the High Peaks. The mountain and fire tower are often in view from many of the ponds in the SRCA.

The first carry of our journey starts after paddling 0.7-mile from the boat launch, passing Roiley Bog, and a couple of islands. The carry to Bog Pond is short and sweet. Bog Pond is tiny but you may want to take things slowly so as to examine the fascinating plants along its boggy shores. Technically, you are not yet in the SRCA.

Another short and easy carry leads into Bear Pond, where the water is clear and deep – quite a contrast from Bog Pond's brown water. The lean-tos seen here are on private land, but the west and south shores are state land, and are in the SRCA. On most of my trips, I like to paddle unhurriedly the long way around each pond to see what I may find, and to maximize my time in the canoe.

Next, there is a moderate 0.2-mile carry to Little Long Pond. Fish can be seen swimming by, darting in and out of the lily pads, in the pond's shallow east end. Loons and osprey nest here and civilization now seems far away. Little Long, at 1,654', is the highest elevation pond along our route.

Another 0.2-mile carry leads to Green Pond. The water of this small glacial pond is deep, clear and green, as its name implies. A little-used 0.7-mile carry leads south to Little Clear Pond. Most folks take the short carry to St. Regis Pond.

On St. Regis Pond, a west wind can create some choppy waters as it blows across its 1.5-mile-long length, but the prudent paddler can hide behind an occasional island and make some headway into the wind. St. Regis has 12 campsites and one lean-to, and is one of the most popular ponds in the SRCA. When I last visited, the loons were quite agitated, prolifically vocalizing their tremolos. After pulling out my spyglass, I spotted a pair of bald eagles flying above, and waiting for an opportunity to snatch a loon chick for their next meal.

From the south bay, a 0.6-mile carry leads to Little Clear Pond and one of the most-used entry points to the SRCA, a sandy beach at its southwest end. Camping and fishing are not allowed on Little Clear because the nearby state fish hatchery uses it for breeding land-locked salmon.

Moving west from St. Regis Pond, you have some choices. It is a smooth, "wheelable" carry of over two miles to Fish Pond, along the St. Regis Pond and Fish Pond Truck Trails. For those who prefer to stay in their boats, you can try paddling the outlet of St. Regis Pond, the West Branch of the St. Regis River, below the fish barrier dam. The last time I tried this, it took me 30 minutes to get to Ochre Pond – I went over five beaver dams and some shallow obstructions. I returned to St. Regis Pond on the 0.6-mile carry trail, which took me 12 minutes with the canoe over my head. I enjoyed the stream paddling more than the carry though.

From Ochre, the carry trail to Fish is 1.4 miles-long, and goes along an esker – and through some beautiful old-growth forest. You can break up the carry by detouring through Mud Pond; you may find some mud but the pond is serene and scenic.

Fish Pond has two lean-tos and a couple of designated campsites. Short carries lead into Little Fish, Little Long (not the same as the one to the east) and Lydia Ponds. There is a good chance you won't see other people on these as you are now well away from civilization. When I camped on Little Long (west) the campfire ring was inhabited by snakes.

From Little Long, a short carry leads to Kit Fox Pond, then another 0.27-mile carry drops you at Nellie Pond. From Nellie it is a rough 1.2-mile carry to a beaver pond. Soon after leaving Nellie, a short detour goes to Bessie Pond – this lovely pond is worth the side-trip and makes for a good spot to take a break.

After the beaver pond, it is another 0.35-mile walk to Long Pond. One of the larger ponds in the area with over eight miles of shoreline. Long Pond is very popular because relatively easy access makes it a desirable destination for both campers and day-trippers. It is an easy 0.25-mile carry from a parking area on Floodwood Road or a hop, skip and a jump via Turtle and Slang ponds from an access on Hoel Pond.

Long Pond's attractions include a route into Pink and Little Pink ponds, a great swimming beach at the start of the carry to Slang Pond, and a 1.6-mile hike past Mountain Pond and up Long Pond Mountain. Many loons make their summer homes on Long Pond. I've witnessed a fight over territory between two of them; this was quite the spectacle to watch as they poked at each other with their beaks and punched with their wings.

My preferred map is the Adirondack Paddlers Map – North or Adirondack Paddlers Map – St. Regis Canoe Wilderness (Close-Up Series) by Paddlesports Press, which can be found at outfitters. More info and a map of campsites can be found on NYSDEC's website at dec.ny.gov/lands/70572.html.

LONG POND.

DUSK AT TURTLE POND.

A lover of wild places, Rich Macha has led many trips for the Adirondack Mountain Club and has spent 20 years in the paddlesport business. More of Rich's adventures can be found at northeastwild.blogspot.com.

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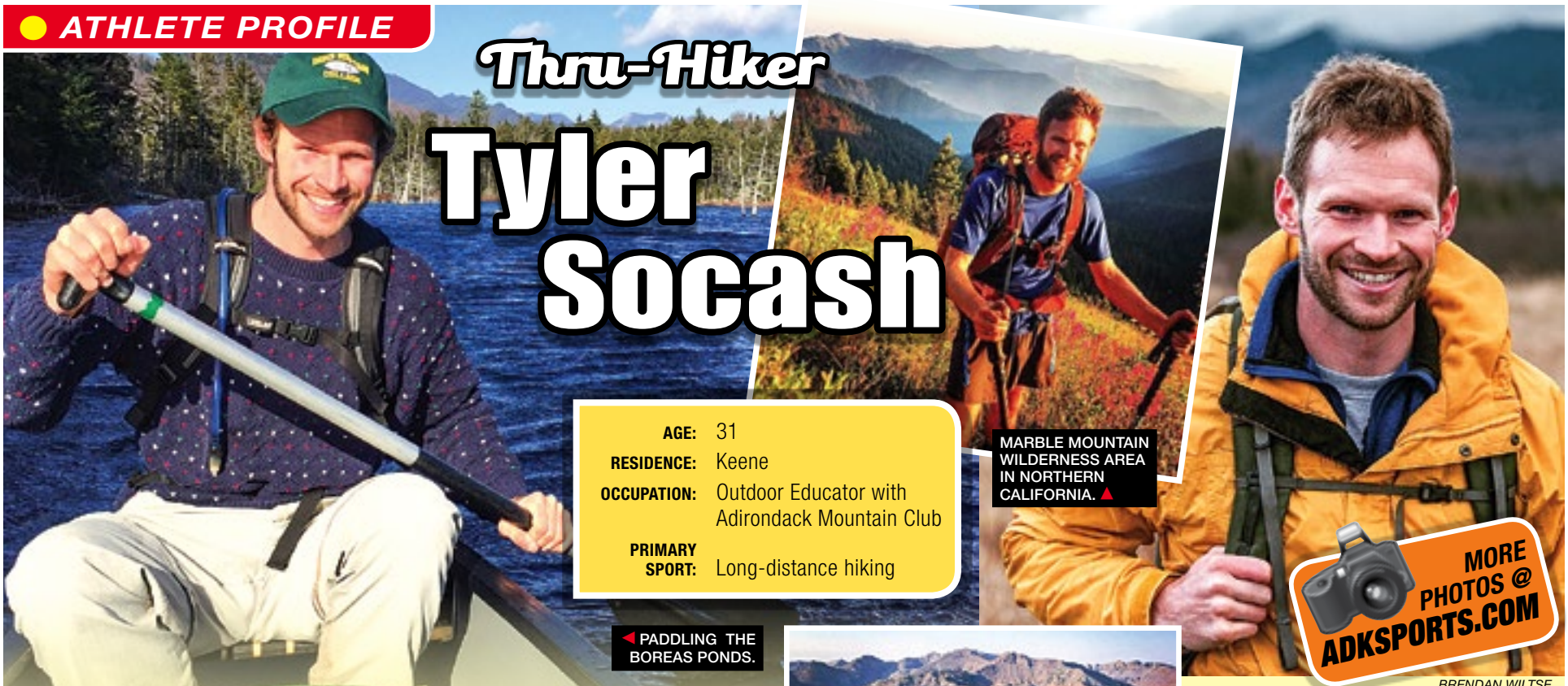
ATHLETE PROFILE

Thru-Hiker Tyler Socash



AGE:	31
RESIDENCE:	Keene
OCCUPATION:	Outdoor Educator with Adirondack Mountain Club
PRIMARY SPORT:	Long-distance hiking

PADDLING THE BOREAS PONDS.

MARBLE MOUNTAIN WILDERNESS AREA IN NORTHERN CALIFORNIA.

MORE PHOTOS @ ADKSPORTS.COM

BRENDAN WILTSE

SONORA PASS IN CENTRAL CALIFORNIA.

By Jennifer Ferriss

I met Tyler in February at the Saratoga Springs Public Library before his presentation, *7,000 Miles to a Wilderness Ethic*. I was unable to attend the program that evening because I had to work, but I talked to attendees as they poured out of the community room, and they were impressed. Tyler captivated the packed audience with stories about completing his thru-hikes, through photographs and an entertaining retelling of the quest, sparking several with wanderlust and others of recollections of their youthful adventures. Despite being on the wrong side of the doors that evening, the booming voice of Tyler seeped into the library for all of us to hear a muffled version of Dr. Seuss' "The Lorax."

UNLESS someone like you cares a whole awful lot, nothing is going to get better. It's not.

Tyler's love of the wilderness began in Old Forge, with the woods and waterways right out his front door. Like any local kid, he enjoyed fishing, mountain biking, and worked at a marina. Continuing a 25-year-old family tradition, parents Tom and Pam Socash, would bring Tyler and his younger siblings, Nikki, Trey and Eric for a weeklong camping trip in the Adirondacks. The early immersions into wildness were formative in his initial connection with the water, woods, and the wildlife in the Adirondack Forest Preserve. A desire to share his personal connection with the public lands through exposure, education and stewardship grew in his youth. After earning a master's degree in school counseling, his life circled back to his love of hiking and the outdoors.

His parents may have planted the seed, but Joe Bogardus, an accomplished hiker from Keene, served as a mentor for Tyler's endurance endeavors. Tyler and Joe hiked throughout the Adirondack High Peaks together, culminating with a 46er finish atop Mount Colden. The whole Socash family was present for this seminal moment, and Tyler's adventures were just getting started. The day after completing his degree at the University of Rochester, Tyler embarked on the 7,000-mile thru-hiking journey across the Pacific Crest Trail, Te Araroa Trail in New Zealand, and the Appalachian Trail. This adventure led to his speaker series around the region, and our first encounter.

Many long-distance hikers find themselves at a crossroads in their life, whether at the end of an educational milestone like Tyler or being between jobs, retiring or embarking on an emotional or spiritual journey. Thru-hikers need to have discipline and be willing to make sacrifices. Saying goodbye to friends and family and saving up money are the less-glamorous aspects of preparing for the adventure of a lifetime; practical preparedness, is an element not be overlooked. Tyler was able to test his gear and stamina by completing the Northville-Placid Trail, the Firetower Challenge, and the 90-Miler Classic canoe race. Thru-hiking will challenge you mentally, physically, emotionally and spiritually – sometimes all at once! Tyler did his best to plan and prepare himself for success.

Even though he started his thru-hike solo, he joined many hikers, and formed "trail families" along the way. Hiking with an eclectic mix of individuals from different backgrounds and sharing the same walk in the woods turned out to be the social experience Tyler was looking for when he was feeling alone. "It's important to have an immersion experience where you surround yourself with people from different countries, with different backgrounds, and different beliefs," Tyler reflected. "These people will challenge you to become the best possible version of yourself, even if you can't process it at the time." After finishing the Appalachian Trail, Tyler's goal to educate the public about wildness was urgently pursued.

The yearlong immersion into wilderness inspired Tyler to defend rare wildlife habitats in the Adirondack Park. He was hired as the Outdoor Skills Coordinator at the Adirondack Mountain Club, where he works on instilling a wilderness ethic in recreationalists, and promotes the tenets of Leave No Trace in each course that he instructs. He joined the Adirondack Wilderness Advocates as an activist, to promote the intangibles of wildness, and to generate interest in the Adirondack Park's remaining remote areas. Additionally, in an effort to meld humor with conservation efforts, with his friends Matt Baer, Wade Bastian and Jeremy Utz, he has co-created and serves as co-host to the Foot Stuff Podcast – which spotlights outdoor adventure, antics, and activism around the country.

Tyler's activism is outspoken, but aligns well with his values to be authentic, make a difference and be compassionate. Since 1894, the Adirondack Forest Preserve lands have been protected from logging, sale, lease and development by the "forever wild" clause of the NYS Constitution. Through education, grass roots efforts and advocacy for the preserve, Tyler tries to gain voter support to prevent the human scars that are created by mining and development. "Rare wilderness areas within our country, totaling less than 3% of the contiguous United States, need passionate defenders like you and me."

Recently the Boreas Ponds Tract has captivated Tyler and he has hiked in five times. The tract includes New York's largest high-elevation wetland complex. It's the size of Manhattan, but unlike Manhattan, it's currently remote, void of public roads, and it provides a rare silent soundscape. Wildlife abounds in the tract, with denizens such as moose, black bear, loons, marten, snowshoe hare, red-tailed hawks, pileated woodpeckers, great blue herons, American woodcocks, brook trout, and the threatened Bicknell's thrush calling it home. "The tract is one of the last remaining vestiges of wildness in the entire northeast, underscoring its wild significance," Tyler added.

In protest of the controversial use of the Boreas Pond Wilderness area, on November 15, 2017, Tyler walked 47 miles in less than 24 hours from Blue Ridge Road on the southern border of the Boreas Ponds Tract to Ray Brook, and delivered a powerful statement to the Adirondack Park Agency. His point: if you can walk across the High Peaks landscape, the largest remaining wilderness in the northeast, in less than a day, then how much more wildness are we willing to sacrifice in the name of more roads? Tyler says, "It would be a shame to bargain away rare remoteness for more motorized use."

He left 1,882 more signed petitions on the APA's desk, which he carried the entire way on the journey. In February 2018, Governor Andrew Cuomo signed off on the Adirondack Park Agency's classification of the Boreas Ponds Tract. The APA voted 8-1 in February to split the tract between two classifications: motor-free Wilderness and the less-restrictive Wild Forest. There also is a small Primitive Area near the foot of Boreas Ponds. In Tyler's opinion, this compromise is in contrast to "Forever Wild" by allowing motor vehicles into the park, when walking and leaving a lighter footprint is feasible. Moving forward from this decision, Tyler is looking to provide public input, and through letters and articles to promote the best plan to preserve the intangibles of wildness that he has come to cherish: silence, solitude and remoteness. Roads after all, are everywhere; that final 1% of Adirondack wildness is not.

Tyler still has hope and will continue to educate New Yorkers and visitors on the value in protecting this pristine wildlife habitat, which in turn adds charm to the Adirondack Park and brings tourism here. Through the Adirondack Mountain Club, he will teach a course on thru-hiking where "students" will hike the Northville-Placid Trail, and learn the basics – how to pack gear and what to bring. In April he did his first TEDx Talk at the University of Rochester, titled Tyler Socash: Torch of Preservation. It will be available to watch on YouTube in the course of the year.

By the end of June, Tyler will have completed his quest to hike the Northeast 111 peaks over 4,000 feet, which includes the Adirondack 46, Hunter and Slide in the Catskills, as well as the some of the highest peaks in the east: Washington, Jefferson and Adams in New Hampshire's White Mountains. This challenge began in 2006 and will finish on Camel's Hump in Vermont, the highest undeveloped peak in the Green Mountains. Although one of the easier mountains to climb in the challenge, it overlooks home by offering views of the Adirondack High Peaks across the Champlain Valley where Tyler can once again enjoy the intangibles of the wilderness.

Jennifer Ferriss (ferrissj@gmail.com) of Saratoga Springs leads an active outdoor lifestyle and is always in search of a new adventure. Now that the weather's warmed up, she commutes to her librarian gig on her 1980s Japanese Bianchi, with a backpack that carries more than meets the eye.

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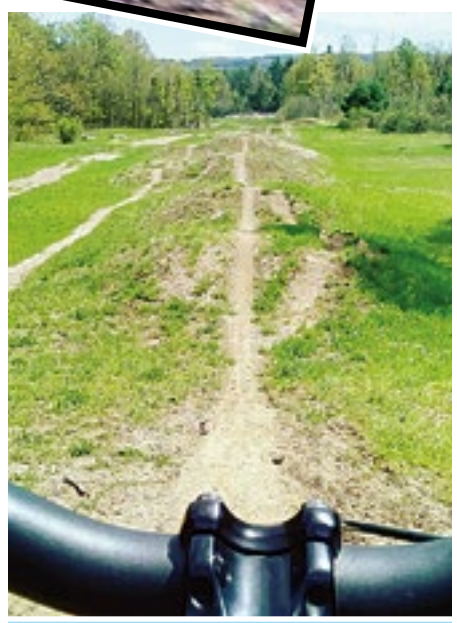
MOUNTAIN BIKING

Early Season Spots to Set Your Pace

By Jim MacNaughton

◀ NORTH BETHLEHEM TOWN PARK, A TALE OF MANY TRAILS SQUEEZED INTO A SMALL AREA. *JIM MACNAUGHTON*

▲ RIDING THE DOUBLE TIME TRAIL AT HARDY ROAD IN WILMINGTON. *KEITH MCKEEVER*



▲ AUTHOR'S VIEW OF THE DIRT JUMP LINE IN THACHER STATE PARK. *JIM MACNAUGHTON*

While the "early season" for mountain biking is generally considered to be the middle spring, for us snow-filled northern New Yorkers early season riding is best defined by the months of June and July. This is the time when our trail systems fully dry out and our legs steadily come back into shape. We'll touch base on some of the best mountain bike friendly trail systems from the Capital Region to the Adirondacks that will help get you back into the riding groove!

North Bethlehem Town Park, located at 564 Russell Road (near City of Albany) is an early season treasure for the Capital Region mountain biking community. Just beyond the playground lies a dedicated four-mile singletrack mountain bike trail system. The soil is a mixture of loam and sand, so it tends to dry quickly. The system is set up into four distinctly marked trails that connect to form one loop: red (1.0 miles), orange (1.6 miles), yellow (0.6 miles) and blue (0.7 miles). As you enter up the hill behind the playground, look for the red flags on your right and follow, and then keep all flags to your right.

The trail itself is relatively flat but does have some punchy climbs and short downhills. There are plenty of well-built trail challenges along the way to help develop your MTB skill sets such as log rolls, bridges, small jumps and ramps. There is always a go-around line for those of us just getting back into it, or for or for those trying to break a digital land speed record! For those with families, the playground at the base of the trail is a bonus and the trails can accommodate riders of any age. Please remember to go slow as you pass through the playground. (townofbethlehem.org)

Further west in the Capital Region, **Thacher State Park** (near Voorheesville) has been busy with a variety of projects over the last few years. This has included a partnership with the Saratoga Mountain Bike Association to build and maintain approximately 15 miles of singletrack trails. Hailes Cave Road is one access point through the new skills park (see below), but there's a $6 parking fee or use Empire Pass. In the northern portion of the park, use the Carrick Road trailhead and follow Fred Schroeder or Perimeter trail out of the parking lot. Or, you can also use the High Point trailhead off of Old Stage Road, though this is popular with hikers and it may be tough to park there on a weekend. Both northern options are free entrances that offer fun rocky trails with lots of views from the High Point and Hang Glider cliffs along the way.

The park has installed a mountain bike skills area, which includes a pump track and dirt jump park just at the end of Hailes Cave Road. Pump tracks teach riders the skill of "pumping" your bike forward over small roller jumps to pick up speed instead of pedaling. The jump park consists of several "tabletop" jumps – both rollable and jumpable. In that same area, there is also a series of small loop trails that act as a component of the skills area. (parks.ny.gov)

Heading north of the Capital Region, you'll find the **Luther Forest STEP** (Saratoga Technology Energy Park) trails located on 345 Hermes Road in Malta. Originally built by mountain bikers, they have officially been adopted by the Saratoga Technology Energy Park. The six miles of swoopy singletrack trails are hard packed sandy loam, resulting in a relatively "smooth" riding experience, as far as mountain biking goes, with a couple of short steep climbs and a few fun technical challenges to keep you on your toes. The trail can get a little confusing as it loops and crosses in various places. However, you can't really get lost as you are never far away from the road. Watch out for other trail users, as this is a multiuse area. (malta-town.org)

Heading further north, **Gurney Lane Mountain Bike Park**, located within the Town of Queensbury's Gurney Lane Recreation Area, has seven miles of singletrack and six miles of double-track mountain bike specific trails for year-round enjoyment. Gurney Lane has a variety of professionally designed and built trails: from extremely fun trails, technical rocky trails with hard lines and easier alternative lines, to wider bench cut trails featuring berms, rollers and endless amounts of flow. Gurney also connects to the Rush Pond trail with 2.6 miles of double-track and a matrix of unmarked singletrack trails to explore. (recreation.queensbury.net)

The **Brant Lake Bike Park**, a newly developed singletrack mountain biking destination, opens on Sunday, June 10 at 9am. The park is on land directly behind The Hub – a bike shop, café and craft beer pub – located at 27 Market Street in Brant Lake. The trails were designed and built by Wilderness Property Management, a local professional trail building company. Mountain bikers are familiar with their work at Gurney Lane in Queensbury and the MTB trails at Ski Bowl Park in North Creek. Grand opening festivities include a send-off ceremony, live music, and a tap-takeover by Common Roots Brewing at The Hub – and six miles of fresh singletrack mountain bike riding. The trails are free and open to the public. (thehubadk.com)

In the Adirondack High Peaks region, there has been steady growth of trail building over the last decade. The Barkeater Trail Alliance, a non-profit organization has been building, maintaining, and advocating for a system of community and backcountry trails for ski touring and mountain biking. They have built 50 miles of trails. They build and maintain trail systems in the towns of Wilmington, Lake Placid and Saranac Lake, as well as maintain the pump track and dirt jumps at the Wilmington Town Park.

According to BETA director Josh Wilson and member Keith McKeever, some of the better early season trails can be found in the **Hardy Road-Beaver Brook** trail system. Trails such as the Coniferous trail, Double Time and Twisted Pine are relatively flat, packed sandy loam singletrack with an absence of roots or rocks. Trails such as Make Believe have more climbing/descending with bermed switchbacks and a rolling trail through a maple beach forest in between. Just down the road is a newly finished Three Sisters trail that acts as a community connector trail between the Quaker Mountain trail and the Town of Wilmington.

Other early season trail recommendations include the **Flume** trail system in Wilmington and the Craig Wood trails in the Town of North Elba (near Lake Placid). Good places to start with in the Flume system include the lower areas such as Delta, Lower Connector and the Double Time trails. As you go higher up in elevation, the trail difficulty climbs as well.

Also in Wilmington, the **Poor Man's Downhill** trail is a three-mile singletrack downhill trail, which drops 1,200 vertical feet between the Whiteface Toll Road entrance down to the hamlet – near Up a Creek Restaurant and Leepoff Cycles. The Town of Wilmington offers a summer shuttle service at a minimal cost on Sundays from 1-4pm on June 17, July 1 and 15, August 5 and 19, and Sept. 2 and 16. (bikewilmingtonny.com)

Towards Lake Placid, check out the **Craig Wood** trail system. It is officially known as a "flow trail" with three miles of machine-built trails constructed in 2017. Flow trails generally feature packed terrain that generally has small jumps and bermed turns to keep your bike moving – and your face smiling ear to ear. The trails are owned by the Town of North Elba and are located adjacently to the Craig Wood Golf Course. On that note, please stay on marked trails and do not ride on or through the golf course. (betatrails.org)

From the Flume trails, you can also link up to the **Whiteface Mountain Bike Park** trail system that opens for the season on June 16 with expert, intermediate, beginner downhill trails, cross country trails and a new flow trail. A Whiteface lift ticket is required. Shuttle bus rides and bike, helmet and pad rentals are available.

Whiteface offers something for everyone. The trails accessed via Cloudsplitter Gondola are expert with lots of rocks, roots and drops. For riders looking for fast and fun trails, a shuttle bus runs twice an hour to access the trails on the lower half of the mountain. These trails are flowy and have some technical sections including small rocks and roots. The Whiteface crew is known for their excellent service and can help you match trail choices to your ability to help ensure a great experience. (downhillmike.com)

This list of trails to get you out the door is far from being all-inclusive. It is only a sampling of what's available to riders of all ages, leg and lung capacities. Please use this list as a starting point to explore and discover even more options. We are incredibly lucky to live in a time and a place where mountain biking trail systems are seemingly growing by the day. Take advantage of it – get out, get dirty, and keep the helmet side up!

Jim MacNaughton (jimmac662nycap.rr.com) of Albany has been riding bikes in the dirt since 1979.

HIKING

A Family-Friendly Way to Stay Active and Enjoy the Outdoors

By Thomas O'Grady

Hiking is a great activity to introduce children to the outdoors while developing their physical fitness and self-confidence. As a parent it was one activity that I was looking forward to participating in with my children. My goal was to gradually build their ability level, and then introduce them to more challenging hikes, so they would continue as they got older.

Last summer I found myself looking at a copy of "Views From on High: Fire Tower Trails in the Adirondacks and Catskills," by John Freeman and Jim Schneider. This sparked my childhood memory of hiking Hadley Mountain when the fire tower was decommissioned. However, I had remembered learning several years back that efforts had begun to restore many of New York's fire towers, including Hadley. Upon further research, I found that 25 towers throughout the Adirondacks, another five located south in the Catskills, and several more located "beyond the lines" were restored.

Fire Tower Challenge – As I read through the book I noticed info on how to complete the Adirondack Mountain Club's Fire Tower Challenge. An individual aspiring to complete the challenge would need to climb 18 of the 25 Adirondack peaks and all five of the Catskill peaks for a total of 23 fire tower visits. The challenge offered a patch for those who had documented their climbs and had the option of completing the challenge in the winter. As a competitive runner, my two young sons had been to numerous races, and usually enjoyed participating in the kids' runs. They particularly enjoyed the different race medals and awards. The patch for the Fire Tower Challenge would be a good long-term goal to work towards as a family, while enjoying the outdoors and building physical and mental strength along the way.

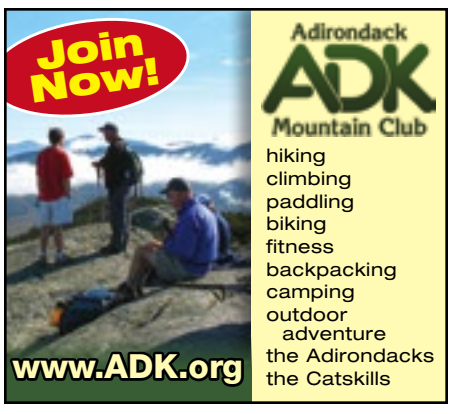
Where to Begin: Each of the hikes in the Fire Tower Challenge is rated on a scale according to difficulty. This four number rating system takes into account the total length and elevation gain of the trip, then assigns mountains with ratings of easy, moderate, strenuous or difficult. We made our first family trip in November, when our newborn daughter was over three months old. In planning this first trip, I wanted to start with an easy or moderate hike so that everyone would feel challenged, but not overwhelmed and disappointed if we did not make it to the top. I also wanted to make sure the travel time in the car was manageable so that the boys would stay occupied and the baby comfortable. To point out the beauty of nature to the boys, a good view of any remaining foliage at the top was another consideration. Based on all this criteria we decided to begin on Hadley Mountain in the Lake George region.

The Mountains: We set out to climb up Hadley on my son Theo's birthday and the boys were excited about this adventure. The drive up to Hadley offers a great prelude to the views you will see once on the summit, particularly if you are coming from south of the mountain, once you get to the final segment of the drive beyond Lake Luzerne. Our late start meant arriving at the trailhead in early afternoon. Not wanting to return to the car while it was getting dark, I understood that this trip would take a delicate balance between keeping the kids moving, and allowing them to explore the trails. Early on we stopped more to acclimate to the trail, take in the surroundings, and check out every rock and stick the boys could get their hands on. The trail was easy to follow because of adequate marking and that it had previously been an old jeep trail. Hikers over the years have kept the path wide and easy to navigate. It was much like I remembered from the last time I had hiked Hadley, approximately 20 years ago.

After a good walking stick was found by both boys we kept pace until the halfway point. At this point the cold weather had already started to turn some of the water on the trail into ice. Keeping aware of the footing and encountering the steepest part of the climb slowed our progress a bit but the boys began to get their second wind as the trail leveled out near the top. It was a clear day and the bald summit did not disappoint as everyone was impressed with the view atop the bald summit. It was windy so we inspected the Fire Tower but decided not to climb it for safety. Prior to making our trip back we made a slight detour over to check out an old ranger cabin just below the summit. Coming down the mountain we stressed the importance of being quick but safe to the boys, so our trip took the same amount of time as the trip up and we were able to beat the setting sun. Our first family adventure on the Fire Tower Challenge was a success and after we stopped for dinner on the way home to celebrate the accomplishment and our son Theo's birthday.

Our next adventure brought us back to the Adirondacks to hike Spruce and Kane mountains in February. On a long weekend that coincided with warmer weather we decided to set out on hikes two and three in our challenge. Spruce was an easy choice because it was a close neighbor to Hadley, and was easy for the boys to visualize how long the car ride would be. Located slightly to the south, Spruce is a shorter round-trip hike than Hadley by a half-mile and has about 500 feet less climbing. The hike up Spruce was our first winter hike so the boys were excited to see how snow and ice change your hiking experience.

The trail was well packed so it was just a matter of walking with our hiking boots and maneuvering around ice sections to reach the summit. The summit of Spruce is full of pine trees except for an opening leading to the fire tower. It is important to be careful at the top as there is an access road that leads up the other side of the mountain that is used by snowmobilers. The day we chose to hike we encountered more snowmobiles at the top than hikers. The fire tower itself is well maintained and the kids were excited to finally climb up one. As the tallest of the Adirondack towers, we were above all the surrounding trees with a breathtaking view of



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THEO LOOKS TO THE SOUTHWEST FROM HADLEY IN NOVEMBER. *THOMAS O'GRADY*

many snow-covered mountains. I was able to direct attention north towards the approximate location of Hadley.

We chose Kane Mountain for our third hike on the challenge. Kane is rated as a moderate hike, however at only 1.8 miles round-trip, and with 620 feet of climbing this is a rather unassuming moderate. The shorter distance and climb allowed the boys to really enjoy playing with the snow and sticks on the well-packed trail to the summit. As their second winter hike, the boys didn't think much of trekking around icy areas and through melted streams. Another tree covered summit, Kane offered spectacular views of Green and Canada lakes from the cabin of its fire tower. Our return trip brought us down the north side to complete a nice loop. The trailhead to Kane offers several paths to other well-marked trails should anyone want to add on to their trek. We were tempted to continue on more paths, however the boys were wet from playing, so we returned to the car and changed into warm clothes. Hike number three was completed.

Our fourth successful fire tower was Overlook Mountain in the Catskills. We had tried to climb Overlook on Easter weekend, however we arrived ill-prepared for how much snow was still remaining on the mountain. We used that experience as a learning lesson. Overlook was the most challenging of the hikes we had climbed as a family so far, in terms of distance and elevation gain. The kids were only able to make it about a mile up the mountain and were eager to make it to the summit.

During the drive down on Mother's Day weekend we took NY Route 32 to avoid traffic, take in the views, and point out some of the differences between the Catskills and Adirondacks. The trip on Route 32 from Albany takes you past Hunter Mountain, which is the tallest mountain on the fire tower challenge, and at 4,040 feet it's one of only two 4,000-footers in the Catskills. Overlook is one of the busier mountains and we met a full parking lot at the primary trailhead. A new overflow parking lot is a half-mile away through a newly constructed trail.

The climb up Overlook is steady though never very steep. And because the trail is another old jeep road it is well worn. The kids knew they were working but the effort was never too strenuous. In fact, their confidence from previous hikes had caused them to jog ahead during several portions of the trip. Overlook is a gem of a hike, especially for a family. The fire tower at the top is one of the sturdiest I've come across and the views from the top of the tower are magnificent. In addition to the fire tower views, there is an old observation cabin as well as a path to overlooks that provide the mountain with its name – and give the viewer some more panoramic scenes. After enjoying our time at the summit, we headed back down but we took a short break to explore the remains of Overlook Mountain House. This detour provided the kids with an opportunity to explore and prepare them for the descent.

Why the Challenge: The fire tower challenge was appealing to me for many of the reasons I was looking forward to introduce my sons to hiking. For me, hiking is a great way to stay physically fit and enjoy the outdoors. Because a majority of the Adirondack High Peaks are challenging, I did not feel comfortable taking a five- and seven-year-old out on these mountains to begin with. The challenge offers many suitable hikes that build a child's physical fitness and confidence. The climbing hike itself creates a leveling effect so that a fit adult also walks away feeling challenged.

The challenge also offers hiking options in nearly every region of the Adirondacks and Catskills. During each of the outings I've pointed out the differences in terrain, vegetation and other features. This variety offers a great opportunity to explore and provide learning experiences to people of all ages. The presence of a fire tower at the top of each mountain offers a tangible reward to work towards on each hike and also adds to the exploration involved. Checking off each mountain on the list offers a more long-term goal to work towards. Each time we go on a hike, the children gain more experience and I look forward to allowing them to become more involved with the planning. After each hike we typically stop for food, ice cream, or another treat or activity to complement the trip.

Considerations: Many things must be taken when planning the hikes involved in the challenge, including the length and elevation of a hike. Because of the climbing involved and the uneven nature of trails, it will take considerably longer to walk a mile on a mountain than it will on a flat-paved surface. The gear you need or want to bring will largely depend on the season. Later spring hikes will typically require bug repellent and sunscreen. Winter hikers should bring snowshoes and be prepared for shorter daylight. Because the mountains are carry-in/out it is important to plan appropriately for the amount of food and water to bring. Several of the hikes have places to stop and picnic, although you should consider all the added weight you'll be carrying.

The Views: None of the hikes have disappointed so far with their views. Whether the summit is bald or not, the fire tower will raise an individual above any trees. Not all mountains on the challenge list are particularly high, although they contain a tower at the top because they are usually the highest mountain in their particular region or range. This combination ensures very nice views.

Other Hiking Challenges – I first picked up "Views From on High" with the intention of working on the adventures with my children. I saw the challenge initially as way to get them active and enjoying the outdoors. I also thought the hikes would be a good prelude to bigger trips to the Adirondack High Peaks. But after starting the challenge I quickly realized that each of the hikes were enjoyable on their own. Having done most of my hiking in the High Peaks and Lake George region, the fire tower hikes were making me as aware of other enjoyable places to visit as they were my children.

Additionally, I began to become aware of other hiking challenges in northeastern New York. For those who are interested, you'll find that some of the challenges listed have at least one hike that overlaps with another. For instance, several of the hikes in the Fire Tower Challenge are included in other challenges. Because you are hiking one mountain and the trip counts as two, this proves as a good jumping off point. **ADK Adirondack Fire Tower Challenge** (adk.org) – One of six ADK challenges. **Adirondack 46ers** (adk46er.org) – Their own club for climbing the 46 High Peaks.

THE FIRE TOWER ATOP HADLEY MOUNTAIN. *THOMAS O'GRADY*

Lake George 12'ster (lakegeorge12ster.com); **LGLC Round the Lake Challenge** (lglc.org); **Saranac Lake 6'er** (saranaclake.com); **Moriah Challenge** (lakechamplainregion.com); **Tupper Lake Triad** (tupperlake.com); **Chester Challenge** (townofchesterny.org); **Hamilton County Waterfall Challenge** (adirondackexperience.com); **Indian Lake 4-3-2-1 Hiking Challenge** (indian-lake.com).

Thomas O'Grady (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker, and lover of the outdoors. He's a public health expert by training. With a lifetime of racing experience, Tom is USATF and Jack Daniels certified to coach distance runners and endurance athletes.

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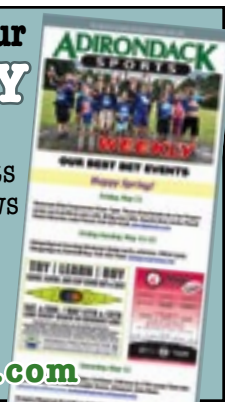

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NON-MEDICATED LIFE

Prevention of Type 2 Diabetes

PART ONE

By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 83rd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

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

In the first 82 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the prevention and treatment of chronic medical conditions. Moreover, as a medical intervention they may accomplish such benefits with fewer side effects, may reduce the number and amount of medication, and may allow actual discontinuation of medication. However, in some cases informed diet and lifestyle prove superior to medication. This is especially true for the prevention and remission of type 2 diabetes mellitus.

This is Part One to address prevention of type 2 diabetes. Part Two, in the August 2018 issue, will address remission of type 2 diabetes.

PREVENTION

Type 2 diabetes is a disease characterized by insulin resistance. Individuals with type 2 diabetes, unlike individuals with type 1 diabetes, have sufficient insulin but that insulin does not work properly. Insulin is a hormone produced by islet cells in the pancreas. Insulin is needed for the transfer of glucose from the blood stream in to the cells of the body; the only exception to this is the brain. It is sometimes helpful to think of insulin as the activator of a pump on the surface of cells which takes glucose from the bloodstream and brings it in to the cell. Each cell has a receptor for insulin on its surface. The pump is activated when a molecule of insulin enters the receptor.

In individuals with prediabetes (and diabetes), there is a change in the shape of the receptor, which requires more insulin to achieve activation of the pump. In an attempt to control blood sugar, excess levels of insulin in the blood is required, and the pancreas must increases insulin production markedly. Over the years, this excess insulin production overworks the islet cells of the pancreas causing them to burn out. By the time a diagnosis of type 2 diabetes is made, an elevated fasting blood sugar (or elevated hemoglobin ALc), 50 to 70% of the islet cells may be lost to such burnout. Since islet cells, once lost, cannot be replaced it is important to know if there is a way to prevent their loss in the first place. Thankfully there is.

Pre-diabetes is a condition brought about by increase in bodyweight in individuals with a genetic predisposition for diabetes. A genetic predisposition is conferred by a family history of type 2 diabetes. In a study done a number of years ago called the Diabetes Prevention Program, individuals who were pre-diabetic, could decrease conversion to type 2 diabetes by 57% with the loss of 5 to 7% of body weight. They could also decrease conversion by 30% with the use of the drug metformin. In this case, lifestyle change accompanied by weight loss was twice as powerful as medication.

As there are 25 million Americans with diabetes and approximately 70 million Americans with prediabetes, and those with prediabetes are converting to type 2 diabetes at a rate of 11% per year, this would suggest in 10 years close to 100 million Americans will have diabetes unless something is done about it. As a consequence, the Centers for Disease Control has put together a national diabetes prevention program to teach those at risk how to live a healthy lifestyle, exercise, and lose weight long-term so as to prevent new cases of type 2 diabetes.

The first step in using such a program is to first identify if you have prediabetes. If you are overweight (body mass index greater than 25.0, but less than 30), or obese (BMI over 30), and have a family history of diabetes, you are at risk. BMI = weight in pounds, multiplied by 703, divided by height in inches squared. Such individuals should have their physician obtain a fasting blood sugar and/or a hemoglobin A1c. Hemoglobin A1c is a non-fasting blood test that can give a three-month average blood sugar result. Fasting blood sugar over 100 mg/dl, but less than 126 mg/dl is consistent with prediabetes. Hemoglobin A1c over 5.7 and 6.4 inclusive is also consistent with prediabetes. Women with a history of diabetes during pregnancy, even if blood sugars post-delivery became normal, also are at risk.

Once prediabetes is identified, the National Diabetes Prevention Program may have classes in your area that you can attend. Alternatively, you can work with your primary care physician and a dietitian to help with weight loss and establishing a healthy lifestyle. Even if you are 30 pounds above your ideal body weight, it is not necessary to lose all 30 pounds to prevent diabetes. A 5-foot, 4-inch woman weighing 200 pounds and having a BMI of 34, would need to lose only 5 to 7% of her body weight or 10 to 14 lbs. in order to decrease likelihood of conversion to diabetes by 57%. Of course, those 10 to 14 lbs. would need to be kept off in order to keep diabetes at bay.

Even in the absence of weight loss, two other interventions can help lower blood sugar and prevent progression to diabetes: exercise and the avoidance of sugar and sweet foods and/or foods with high glycemic index. GI refers to the rate that a carbohydrate containing food appears in the blood stream as glucose. Exercise should be a moderate, aerobic exercise such as brisk walking for 30 minutes, five times a week. The complete avoidance of sugar and sweet foods is helpful depending upon the amount of such foods that are consumed with the more consumed at baseline yielding the biggest improvement with cessation. Identifying foods with a higher GI can prove very helpful to further lower risk, once sugar and sweet foods are avoided.

The glycemic index scale is from 0 to 100, with glucose (simple sugar) equal to 100, and low glycemic foods defined as less than 55 on the scale. Foods with a high glycemic index are white bread or a bagel (GI = 74), white rice (GI = 73), and russet potatoes (GI = 78). These high GI foods may cause a spike in blood sugar and predispose you to the development of diabetes. Root vegetables generally have higher GI than leafy vegetables. Sweet fruits, such as bananas and pineapples, have a higher GI than less sweet fruits such as apples, pears, and berries.

In summary, type 2 diabetes mellitus may be prevented. First, those with prediabetes need to be identified from the group of individuals at potential risk. Second, a strategy for reducing the risk of progression to diabetes has to be implemented. The National Diabetes Prevention Program can help to reduce body weight, foster healthy eating, and increase exercise habits. The loss of only 5 to 7% of body weight in an overweight or obese person may reduce conversion to type 2 diabetes by 57%. Additionally, in the absence of weight loss, daily aerobic exercise, the avoidance of sugar and sweet foods, and consuming foods with a glycemic index less than 55 may also be helpful.

In this way, a healthy lifestyle and diet as part of the Non-Medicated Life, may help prevent the development of diabetes more powerfully than medication. Stay tuned for Part Two (August 2018) to learn how a similar approach may help to result in the actual remission of type 2 diabetes.

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

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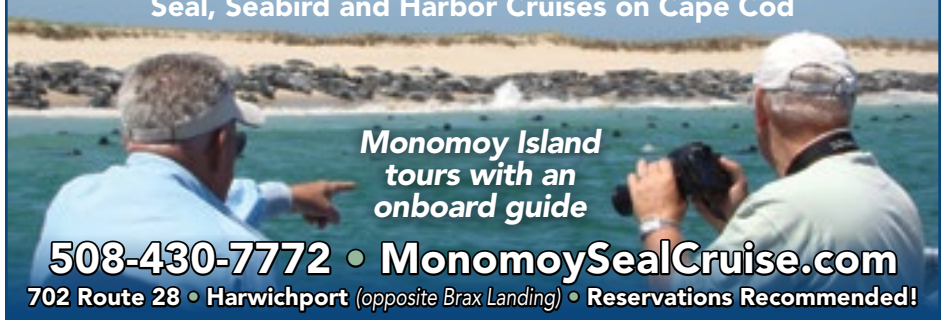

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Technical shirts & finisher medals for all participants
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22ND ANNUAL

Silks & Satins 5K

SARATOGA SPRINGS, NY

JEFF CLARK MEMORIAL RACE

Saturday, July 21
8am Start

Register at silksandsatins5k.com
$25 by 7/20 or $30 race day

Fasig-Tipton Pavilion
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- **Join 1,200 runners & walkers**
- **Race Track free admission is back!**
- **USATF certified 5K course**

Benefits: Special Olympics New York

- Shirts to first 1,100 registered
- Many individual awards categories
- Teams competition
- Fast and flat course thru East Side neighborhoods

RUNNING & WALKING continued from page 1

START OF 2016 COLONIE MILE AT COLONIE HIGH SCHOOL TRACK. *BILL MEEHAN/HMRRC*

2017 HHHN CARE FOR KIDS 5K FROM CHESTERTOWN TO BRANT LAKE.

2017 SILKS & SATINS 5K IN SARATOGA SPRINGS. *ERICA MILLER/THE DAILY GAZETTE*

Even more inspirational, proceeds support our own New York Special Olympics. As I go through my paces, I keep their motto in mind, "Let me win, but if I cannot win, let me be brave in the attempt." There are many individual and team award categories. And while there is naturally only one winner, we are all champions when we cross the start line to pursue our individual goals. In keeping with this theme of fellowship, please consider forming a team. Teams can be all male or female or any combination of male and female, up to seven total, with the top five scoring.

Finally, plan on celebrating with the first 1,000 registered runners who receive free admission passes to the Saratoga Race Track, the National Museum of Racing, and that all-important shower at the Saratoga Regional YMCA. (silksandsatins5k.com)

Rapidly becoming a staple is the fifth annual **Saratoga Springs Half Marathon, Relay & 5K** on Sunday, July 8, a fast and beautiful tour of the Saratoga Spa State Park. Even if the day is warm, 13.1 miles will seem less so as you weave in and out of green spaces on shaded, almost traffic-free roads. Particularly impressive is the majestic, cathedral-like setting of the Avenue of the Pines. The two-person relay teams negotiate 6.7- and 6.4-mile loops, with enough vibe to push forward those individuals running a second loop.

The Saratoga Springs 5K walk/run is ideal for family and friends. All participants receive technical shirts, finisher medals, refreshments and make-your-own goodie bag. The race benefits Strong to Serve, with 20% of your entry fees supporting orphans in third world countries. Almost $19,000 has been raised to cover six months of anti-seizure and epilepsy medicine, plus 1,500 liters of milk and 2,000 pounds of grains for 86 needy disabled orphans in Nicaragua. (saratogaspringshalf.com)

The final event in the Saratoga area is the Saratoga Stryders **Camp Saratoga 5K Trail Series** at Wilton Wildlife Preserve & Park on Mondays at 6:15pm on June 25, July 9, July 23, August 6 and August 20, perfect for those who like to reserve their weekends for hiking, paddling or camping. These events are a throwback to a simpler time, when $5 race fees were pay-at-the-door and numbered popsicle sticks recorded your place. Competition is hot for dollar store raffle prizes and that last slice of watermelon.

Those who manage all five dates are eligible for overall and age-graded awards, as well as the most difficult of all: continual improvement. 9 Miles East Farm will be there as well to insure a hassle-free supper with their meals, pizza and salads, where you can preorder a pizza for your post-race dining. Proceeds from the series benefit the Wilton Wildlife Preserve & Park. (saratogastryders.com)

Next, try the 50th annual **Colonie Summer Track Series** on Tuesdays at 6pm from June 13-July 31 at the Colonie High School Track. Distances include a one-mile race walk, one- and two-mile runs, relays and 100-, 200-, 400- and 800-meter dashes, with the 50-meter dash reserved for kids up to 12 years old. June 26 will feature the storied Colonie Mile and July 24 will be Ribbon Night. Sponsored by Hudson Mohawk Road Runners Club, the Summer Track program is meant for fun and recreation to bring friends and family together to enjoy the sport of racing and to participate in some good old fashion competition.

"Depending on weather and when meets are run, we get 100 to 200 people competing," said meet director Frank Myers. "Recreation means you get a race, races or field events and you will verbally be told your time and place. Recreation also means free entry for 50 years!" The Summer Track Program relies on volunteer high school coaches. "We don't get involved with coaching in the summer," Frank said. "People come to the track already coached or not coached as the case may be." With a common passion for running and a desire to participate, racers come in all ages, sizes and walks of life. (hmrrc.com)

Also presented by HMRRC is the 24th annual **Indian Ladder Trail Run** with 15K and 5K runs on Sunday, July 22 at Thacher State Park near Voorheesville. Even if you have run this race countless times before, you are guaranteed a PR, as the relocation from Haile's Cave to the Green House Picnic Area will necessitate an entirely new short route and a "something old, something new" longer version. For you veterans, this means you have to pay attention as familiar trails could be approached backwards, forwards or upside down in the event of an unplanned faceplant. The well-marked courses will have water/aid stations along the way – they're hilly and can be muddy. Race fees are inexpensive with T-shirts to first 200, but director Mark Vermilyea cautions that Thacher has a new $6 park fee so bring cash or your Empire pass for free entry. The course may be different, one thing, though, remains the same; you can still count on generous scoops of ice cream at the finish! (hmrrc.com)

Finally, venture to Chestertown in the Adirondacks for the 14th annual **Hudson Headwaters Health Network's Care for Kids 5K Run & Fitness Walk** on Sunday, July 29. Race director Jessica Rubin anticipates 400-450 participants and boasts it is 'the Adirondack's most family-friendly 5K,' which traces a "mostly flat with some uphill" route alongside the scenic Schroon River. Awards are unusually age-group friendly with two-year divisions starting from age seven, five year divisions from the 20s on, and ten year groupings for 70s and 80s.

The Care for Kids 5K begins at 2431 Schroon River Road in Chestertown and ends at the YMCA Adirondack Outreach Center (148 Tannery Road) in Brant Lake. A free shuttle will transport participants and spectators from the finish line back to the start. Proceeds benefit pediatric program at HHHN. (runsignup.com)

Accent your summer calendar with these events and you will emerge with new running buddies and a greater appreciation of our region.

Laura Clark (snowshoegal133@gmail.com) of Saratoga Springs is an avid trail runner, ultramarathoner, snowshoer and cross country skier. She is a children's librarian at the Saratoga Springs Public Library.

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- 12:00 pm: 2 Mile Walk
- 1:00 pm: 5K Run

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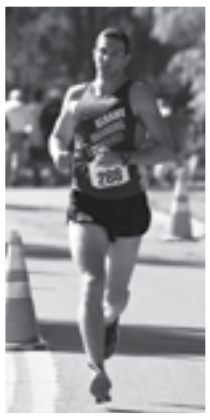

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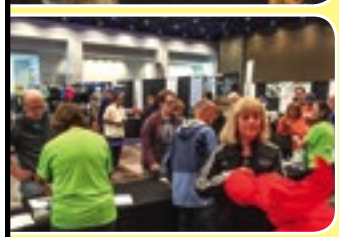

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HMRRC

RACE RESULTS

GORE POND SKIMMING CONTEST • *April 22, 2018 • Gore Mountain, North Creek*

PERFORMANCE, DISTANCE, SPLASH & COSTUME

MALE AGE GROUP: 12 & UNDER

1	Levi Ronald	7	Ballston Spa	28
2	Adam Avery	10	Glens Falls	27
3	Kyle Casabonne	12	Lake George	27

MALE AGE GROUP: 13 - 19

1	James Bardsan	14	Wading River	31
2	Justin Landan	19	Redding	24
3	Marc Casabonne	15	Lake George	23

FEMALE AGE GROUP: 13 - 19

1	Angelina DePaulo	14	Saratoga Springs	32
2	Vera Mae	13	Saratoga Springs	26

MALE AGE GROUP: 20 & OVER

1	Tyler Getty	27	Hudson Falls	35
2	Steve Ronald	32	Ballston Spa	34
3	Derrick Grabowski	46	Stony Creek	28

FEMALE AGE GROUP: 20 & OVER

1	Angela Sawyer	27	Indian Lake	32

Courtesy of Gore Mountain

APRIL SHOWERS DISC GOLF TOURNAMENT

April 28, 2018 • Hyzer Creek Disc Golf Course, Middle Grove

MEN'S OPEN

1	Troy Widden	-19
2	Daniel Brooks-Wells	-13
3	Brett Delamater	-11

WOMEN'S OPEN

1	Chelsea Carl	+24

PRO MASTERS: 40+

1	David Frothingham	-8
2	Joe Jaskolka	E
3	Chris Young	+1

PRO MASTERS: 50+

1	Greg Kurtz	-6
2	Gary Crowley	-5
3	Josh Weinstock	-4

ADVANCED MEN

1	Justin Meddis	-3
2	Forrester Wilson	-2
3	Liam Doyle	+2

ADVANCED WOMEN

1	Marcia Focht	+38

AMATEUR MASTERS MEN: 40+

1	Troy Dietrich	-1
2	Tony Malikowski	+3
3	Chris Sweet	+3

INTERMEDIATE MEN

1	Dan Vanvranken	+3
2	Alex Helenek	+7
3	Kevin McDonnell	+8

INTERMEDIATE WOMEN

1	Carol Click	+40
2	Gabrielle Pozzani	+40
3	Mary Vaupel	+54

RECREATIONAL MEN

1	Dustin Burton	+16
2	Eric Thornton	+21
2	John Duda	+21

Courtesy of Professional Disk Golf Association

7TH ANNUAL DELMAR DUATHLON

April 29, 2018 • Bethlehem Elm Avenue Park, Delmar

2-MILE RUN, 10-MILE BIKE, 2-MILE RUN

MALE OVERALL

1	Michael Cooley	38	Delmar	53:14
2	Robert Ordish	32	Albany	54:53
3	Matt Crave	41	Schenectady	54:59

FEMALE OVERALL

1	Beth Ruiz	44	Delmar	56:43
2	Colleen Murray	44	Slingerlands	1:02:02
3	Kerrianne Sanicola	28	Albany	1:02:38

MALE AGE GROUP: 15 - 19

1	Keegan Weidman	15		1:20:28
2	Colin Gleason	18	East Durham	1:31:17

MALE AGE GROUP: 20 - 24

1	Chris Soufleris	23	Albany	59:34
2	Willem Kurdziel	22	Clifton Park	1:05:59

FEMALE AGE GROUP: 20 - 24

1	Audra Kowalczyk	24	Schenectady	1:10:13
2	Katrina Teal	23	Mechanicville	1:21:44
3	Emily Lenney	20	Troy	1:37:27

MALE AGE GROUP: 25 - 29

1	Mike Konderwich	27	Valatie	55:02
2	Nick Webster	29	Albany	58:01

FEMALE AGE GROUP: 25 - 29

1	Katie McNamara	28	Albany	1:09:23
2	Kathleen Ho	27	Albany	1:11:38
3	Jessica Lamendola	28	Troy	1:16:56

MALE AGE GROUP: 30 - 34

1	Ryan Keller	30	Selkirk	1:00:18
2	Joshua Halse	33	Watervliet	1:05:43
3	James Powell	34	Clifton Park	1:13:54

FEMALE AGE GROUP: 30 - 34

1	Katharine Kimball	30	Watertown	1:14:24
2	Jennifer Fitzpatrick	34	Delmar	1:18:16
3	Mackenzie Halse	30	Watervliet	1:19:25

MALE AGE GROUP: 35 - 39

1	Hank Tripp	39	Glenmont	57:12
2	Sean O'Donnell	39	Latham	57:28
3	Rick Ikasalo	39	Slingerlands	1:01:23

FEMALE AGE GROUP: 35 - 39

1	Jennifer Bergeron	37	Delmar	1:10:16
2	Darcie Harris	38	Richfield Springs	1:16:00
3	Karly Merrill	38	Delmar	1:23:25

MALE AGE GROUP: 40 - 44

1	Donald Duvall	40	Delmar	1:03:47
2	Mathew Tebo	40		1:06:52
3	Eric Simonds	41	Latham	1:08:51

FEMALE AGE GROUP: 40 - 44

1	Kerri Thomas	42	Middle Granville	1:02:59
2	Erika Beardsley	40	Castleton	1:07:10
3	Shannon Pinkowski	42	Albany	1:10:50

MALE AGE GROUP: 45 - 49

1	Martin Gordinier	47	Delmar	1:03:35
2	Dennis Beardsley	46	Castleton	1:04:38
3	Dean Ellis	46	Cohoes	1:15:45

FEMALE AGE GROUP: 45 - 49

1	Michelle Richardson	47	Stuyvesant Falls	1:10:55
2	Sarah Vogel	48	Slingerlands	1:12:16
3	Diane Ellis	45	Cohoes	1:18:26

MALE AGE GROUP: 50 - 54

1	David Banas	52	Delmar	1:00:10
2	Michael Cebula	50	Mechanicville	1:05:38
3	Timothy Thomas	50	Middle Granville	1:06:20

MALE AGE GROUP: 55 - 59

1	Kevin Richardson	55	Stuyvesant Falls	1:10:37
2	Christopher Fiore	56	Delmar	1:15:59
3	Chris Boldiston	58	Albany	1:17:25

FEMALE AGE GROUP: 55 - 59

1	Rebecca O'Connell	55	Coxsackie	1:26:10
2	Marjorie Sovey	55	East Greenbush	1:29:12

MALE AGE GROUP: 60 - 64

1	Dominick Audi	64	Ballston Spa	1:03:39
2	John Parisella	60	Ballston Lake	1:06:54
3	Steve Vnuk	62	Delmar	1:07:39

FEMALE AGE GROUP: 60 - 64

1	Susan Cox	63	Albany	1:22:32
2	Maureen Roberts	60	Saratoga Springs	1:24:06

MALE AGE GROUP: 65 - 69

1	Gary Myers	66	Harrisburg, PA	1:28:54

FEMALE AGE GROUP: 65 - 69

1	Colleen Halse	65	Lake George	1:55:30

MALE AGE GROUP: 70 - 74

1	Lynn Harris	71	Richfield Springs	1:40:41

FEMALE AGE GROUP: 70 - 74

1	Christine McKnight	70	Gansevoort	1:40:07

RELAY RACE

1	Frank Wilsey & Marc Kingsley / Inn at Cooperstown	55:03
2	Josh Santarcangelo & Matt Christian / CruiseControl	57:57
3	Christopher & Kelly McCloskey / Three Boys and a Lad	60:37

Courtesy of Capital District YMCA and Bethlehem Parks & Recreation

17TH ANNUAL SEAN'S RUN & MEGHAN'S MILE

April 29, 2018 • Chatham High School, Chatham

SEAN'S RUN 5K

MALE OVERALL

1	Matthew Forys	32	New York	15:48
2	Ross Wightman	22	Chatham	16:52
3	Dave Vona	35	Valatie	18:04

FEMALE OVERALL

1	Katlin Mock	27	Albany	20:16
2	Casey Kohler	31	Albany	21:48
3	Ariana Nilsson	33	Hudson	22:51

MALE AGE GROUP: 1 - 14

1	Thomas Breimer	14	Rensselaer	20:03
2	Alexander Chudy	12	Chatham	21:35
3	Langford Maxwell	14	Chatham	23:02

FEMALE AGE GROUP: 1 - 14

1	Amber Travis	8	East Greenbush	24:31
2	Andrea Snyder	14		25:08
3	Kamryn Hanson	12	Chatham	25:44

MALE AGE GROUP: 15 - 19

1	Connor Case	16	Old Chatham	20:01
2	Alexis Ojeda	17	Fishkill	20:12
3	Osvaldo Nava	15	Fishkill	23:54

FEMALE AGE GROUP: 15 - 19

1	Olivia Lazarou	18	Amsterdam	24:16
2	Alexandra Colwell	18	Claverack	24:19
3	Samantha Sitzer	18	Ghent	26:12

MALE AGE GROUP: 20 - 24

1	Gavin Clark-Gartner	23	New York	18:56
2	Jim Tremper	24	East Chatham	20:45
3	Ian Schillinger-Brokaw	22	East Chatham	21:51

FEMALE AGE GROUP: 20 - 24

1	Anya Stelcen	21	Hudson	27:49
2	Paige Graziano	23	Hudson	27:51
3	Nicole Torchia	23	Hudson	29:11

MALE AGE GROUP: 25 - 29

1	Johannes Zygla	27	Hudson	21:05
2	Devin Erickson-Sheehy	28	Albany	23:26
3	Louis Snow	29	Philmont	23:49

FEMALE AGE GROUP: 25 - 29

1	Kassy Andrade	27	Clifton Park	25:36
2	Samantha Scaplen	27	Hudson	25:39
3	Leah Hennessey	26	Baldwinsville	26:00

MALE AGE GROUP: 30 - 34

1	Paul Widjeskog	34	Stuyvesant	19:18
2	Michael West	30	Chatham	19:36
3	Andreas Schneider	34	Hudson	20:12

FEMALE AGE GROUP: 30 - 34

1	Maggie Farrell	30	Albany	23:31
2	Rachael Kerner	34	Castleton	26:46
3	Jacqueline Wood Davi	33	Loudonville	27:07

MALE AGE GROUP: 35 - 39

1	Dan Kohler	35	Albany	20:50
2	Zachary Fox Hill	35	Ghent	21:47
3	Eric French	35	Old Chatham	21:57

FEMALE AGE GROUP: 35 - 39

1	Erin Walsh	35	Averill Park	24:29
2	Kim Antal	35	Hudson	27:13
3	Julianne Messia	36	Troy	28:04

MALE AGE GROUP: 40 - 44

1	Andrew Scharoun	41	Valatie	21:06
2	Ryan Deolde	40	Selkirk	25:05
3	Owen Kelso	44	Fishkill	25:48

FEMALE AGE GROUP: 40 - 44

1	Heather Dibiase	43	Clifton Park	26:49
2	Christine McCartney	41	Fishkill	27:58
3	Polly Ortiz	44	Hudson	28:34

MALE AGE GROUP: 45 - 49

1	Tom Fraser	45	Schodack Landing	20:03
2	Steve Seabury	49	Old Chatham	21:14
3	Peter Gray	49	Chatham	23:26

FEMALE AGE GROUP: 45 - 49

1	Lara Stelmaszyk	48	Altamont	23:48
2	Joanna Tremper	48	East Chatham	24:19
3	Denise Kuhner	49	Nassau	25:59

MALE AGE GROUP: 50 - 54

1	John Sestito	54	Johnsonville	20:21
2	Manuel Treus	51	Fishkill	22:07
3	Kenneth Pierce	50	Hudson	22:32

FEMALE AGE GROUP: 50 - 54

1	Teresa Warner Maiuri	52	Ghent	24:37
2	Lori Stevens	51	Hudson	25:45
3	Vicky Ransford	52	Ghent	27:08

MALE AGE GROUP: 55 - 59

1	Martin McElhiney	56	New York	21:08
2	Dan Michaud	59	East Chatham	22:26
3	Jay Thorn	55	Valatie	23:31

FEMALE AGE GROUP: 55 - 59

1	Suzanne Wightman	58	Chatham	27:25
2	Heidi Gerlach	55	Hudson	29:42
3	Teresa Kreig	56	Germantown	32:03

continued

17TH ANNUAL SEAN'S RUN & MEGHAN'S MILE *continued*

MALE AGE GROUP: 60 - 64

1	George Baranauskas	64	Scotia	22:23
2	Richard Clark	64	Feeding Hills, MA	23:49
3	Tom Tift	60	New Lebanon	24:31

FEMALE AGE GROUP: 60 - 64

1	Lynne Kopac	64	Poughkeepsie	29:46
2	Debra Pelletier	60	Troy	31:10
3	Ellen All	62	Spencertown	31:47

MALE AGE GROUP: 65 - 69

1	Bob Giambalvo	68	Delhi	20:31
2	Michael Thumann	69	Chatham	24:12
3	David Hudson	66	Ghent	25:55

FEMALE AGE GROUP: 65 - 69

1	Martha DeGrazia	67	Slingerlands	26:33
2	Joanna Ezinga	66	Canaan	30:20
3	Frank Barrie	68	Albany	34:39

MALE AGE GROUP: 70 - 74

1	Michael Colwell	70	Castleton	42:06
2	Michael Barrett	71	Loudonville	44:59
3	Thomas Gavin	70	Chatham	51:15

FEMALE AGE GROUP: 70 - 74

1	Margaret Nells	73	Albany	35:44
2	Linda Wendover	70	Pine Plains	54:00

MALE AGE GROUP: 75 - 79

1	Jim Hotaling	77	Valatie	33:08
2	Vic Laport	77	Clarksburg, MA	34:12

FEMALE AGE GROUP: 75 - 79

1	Jayne Zinke	75	Valatie	30:16

MALE AGE GROUP: 80 - 84

1	Daniel Wellner	83	New York	48:08
2	Robert Clark	80	Valatie	49:25

MEGHAN'S MILE

MALE OVERALL

1	Neil Howard III	12	Hudson	6:07
2	Alexander Chudy	12	Chatham	6:09
3	Owen Everett	12	Old Chatham	6:11
4	Jared Bruns	11	New Lebanon	7:07
5	Caelan Byrne	7	Rhinebeck	7:21

FEMALE OVERALL

1	Allura Meizinger	12	New Lebanon	7:08
2	Sophie Chromczak	6	Delmar	7:30
3	Lily Schermerhorn	11	Chatham	7:50
4	Marianna Chudy	9	Chatham	7:52
5	Bria Madison	7	Elizaville	8:00

Courtesy of Sean's Run Weekend

10TH ANNUAL CHERRY BLOSSOM 5K RACE FOR ALS

April 29, 2018 • Congregation Gates of Heaven, Niskayuna

MALE OVERALL

1	Joseph Quinn	18	Niskayuna	17:28
2	Eric Young	26	Latham	17:49
3	Joel Patrie	34	Scotia	18:08

FEMALE OVERALL

1	Orit Shiang	14	Niskayuna	19:37
2	Eileen Ragone	42	Niskayuna	20:28
3	Christina Jordy	36	Glenville	20:32

MALE AGE GROUP: 1 - 14

1	Jacob Gilson	12	Niskayuna	22:51
2	Alex Laing	13	Niskayuna	22:53
3	Cody Cavagnaro	13	Schodack Landing	23:18

FEMALE AGE GROUP: 1 - 14

1	Carla D'Amato	14	Niskayuna	22:35
2	Julia Reedy	13	Galway	24:55
3	Lizzy Ward	14	Niskayuna	25:52

MALE AGE GROUP: 15 - 19

1	Trevor Cavagnaro	15	Schodack Landing	18:53
2	Nickolai Swain	17	Scotia	18:56
3	Scott Ward	16	Niskayuna	20:25

FEMALE AGE GROUP: 15 - 19

1	Victoria Padula	18	Niskayuna	22:34
2	Samantha Padula	18	Niskayuna	22:34
3	Rebecca Cropsey	17	Schenectady	22:34

MALE AGE GROUP: 20 - 24

1	Nick Alford	23	Gansevoort	29:35
2	Bryan Wolin	23	Gansevoort	29:40
3	Kevin Bobrick	22	Medusa	30:01

FEMALE AGE GROUP: 20 - 24

1	Samantha Knight	24	Schenectady	25:21
2	Alexis Cashman	22	East Greenbush	25:33
3	Marisa Mariotti	21	Rexford	26:11

MALE AGE GROUP: 25 - 29

1	Ryan Luna	25	Clifton Park	19:36
2	John Murray	25	Schenectady	20:14
3	Andrew Bray	29	Albany	20:43

FEMALE AGE GROUP: 25 - 29

1	Elizabeth Moran	27	Schenectady	22:34
2	Taylor Mead	25	Schenectady	24:18
3	Grace Smisloff	28	Saratoga Springs	25:27

MALE AGE GROUP: 30 - 34

1	Antoni Favata	33	Niskayuna	20:05
2	Anthony Martino	33	Ravena	20:40
3	Loren Thomas	33	Schenectady	20:58

FEMALE AGE GROUP: 30 - 34

1	Kim Pommer	34	Schenectady	21:33
2	Lindsay Miller	33	Schenectady	22:55
3	Amy Noskinson	30	Scotia	24:29

MALE AGE GROUP: 35 - 39

1	Nick Tambone	37	Clifton Park	20:29
2	Greg Rashford	39	Niskayuna	21:57
3	Jon Aery	36	Rotterdam	22:25

FEMALE AGE GROUP: 35 - 39

1	Melissa Patneaude	37	Glenville	21:09
2	Melissa Grandjean	39	Glenville	22:48
3	Svetlana Albanese	36	Gloversville	24:16

MALE AGE GROUP: 40 - 44

1	Michael Dinicola	43	Malta	18:13
2	Chris Cueman	43	Niskayuna	22:07
3	Steve Roney	41	Schenectady	23:21

FEMALE AGE GROUP: 40 - 44

1	Ann Sumner	41	Niskayuna	22:58
2	Victoria Wagner	44	Altamont	24:25
3	Erin Huth	40	Niskayuna	24:38

MALE AGE GROUP: 45 - 49

1	Darryl Bray	45	Niskayuna	22:16
2	Brian Kearns	46	Fultonville	24:01
3	Morris Auster	47	Niskayuna	24:47

FEMALE AGE GROUP: 45 - 49

1	Darlene Shattuck	49	Porter Corners	27:49
2	Linda Borges	47	Altamont	28:52
3	Annette Kardi	46	Niskayuna	29:53

MALE AGE GROUP: 50 - 54

1	Joseph Shiang	52	Niskayuna	20:48
2	Mark Blanchfield	51	Schenectady	20:55
3	Sam Lawyer	53	Sharon Springs	21:43

FEMALE AGE GROUP: 50 - 54

1	Michelle Dannenhoff	50	Clifton Park	23:32
2	Dawn Renslow	51	Castleton	26:32
3	Mary Ann Lasher	50	Niskayuna	26:35

MALE AGE GROUP: 55 - 59

1	Sam Mercado	55	East Greenbush	20:20
2	Dave Roecker	59	Charlton	20:32
3	Michael Murtagh	58	Scotia	21:08

FEMALE AGE GROUP: 55 - 59

1	Janice Phoenix	56	Schenectady	24:56
2	Betsy Henry	56	Schenectady	26:01
3	Linda Brown	56	Schenectady	26:06

MALE AGE GROUP: 60 - 64

1	Richard Kelly	61	Schenectady	22:05
2	Peter Butryn	60	Schenectady	22:48
3	Dan Bonomo	61	Cohoes	27:41

FEMALE AGE GROUP: 60 - 64

1	Darlene Cardillo	64	Delmar	27:23
2	Colleen Walsh	61	Troy	28:37
3	Joan Celentano	64	Schenectady	29:10

MALE AGE GROUP: 65 - 69

1	Joe Aliberti	68	Voorheesville	24:21
2	Howard Kohn	65	Schenectady	25:21
3	George Schwab	67	Schenectady	28:28

FEMALE AGE GROUP: 65 - 69

1	Kristine Thorne	68	Clifton Park	31:27
2	Jan Pryor	67	East Greenbush	34:14
3	Janet Aliberti	66	Voorheesville	34:24

MALE AGE GROUP: 70 - 74

1	Jim Fiore	70	Latham	29:17
2	John Greenthal	70	Niskayuna	32:30

MALE AGE GROUP: 80 - 84

1	Richard Eckhardt	84	Albany	45:56

Courtesy of Congregation Gates of Heaven

2ND ANNUAL SHMALTZ BREWING "THE CHOSEN RUN" 5K

May 5, 2018 • Shmaltz Brewing, Clifton Park

MALE OVERALL

1	Ricardo Estremera	32	Albany	15:23
2	Alex Benway	27	Queensbury	15:52
3	Eric Macknight	29	Ballston Spa	15:57

FEMALE OVERALL

1	Diane Ryan	36	Malta	18:10
2	Claire Collison	28	Albany	18:28
3	Erin Lopez	37	Saratoga Springs	18:56

MALE AGE GROUP: 1 - 14

1	Matthew McCarthy	8	Albany	25:01
2	Anthony O'Leary	10	Ballston Spa	25:43
3	Gianni Elliott	12	West Sand Lake	46:04

FEMALE AGE GROUP: 1 - 14

1	Isabella O'Leary	10	Ballston Spa	26:56
2	Sydney Tolan	11	Clifton Park	28:22
3	Makenna Szary	13	Clifton Park	30:31

MALE AGE GROUP: 15 - 19

1	Jacob Almeida	16	Cohoes	21:57
2	Timothy Kline	19	Amsterdam	24:24
3	Pascal Isaacson	15	Ballston Lake	25:39

FEMALE AGE GROUP: 15 - 19

1	Jessica Laplante	17	Troy	31:10

MALE AGE GROUP: 20 - 24

1	Joshua Korn	22	Troy	16:47
2	Brett Schlesier	24	Rensselaer	18:32
3	Ethan Hausamann	23	Cohoes	19:17

FEMALE AGE GROUP: 20 - 24

1	Rachael Shine	22	Clifton Park	21:01
2	Amanda Perri	24	Troy	21:38
3	Sarah Illingworth	23	Burlington, VT	23:48

MALE AGE GROUP: 25 - 29

1	Nick Webster	29	Albany	17:35
2	Matt Ninneman	25	Albany	17:43
3	Aaron Lozier	29	Albany	17:52

FEMALE AGE GROUP: 25 - 29

1	Erin Hatton	28	Troy	19:31
2	Amy Babeu	25	Cohoes	20:44
3	Katlin Mock	27	Round Lake	20:58

MALE AGE GROUP: 30 - 34

1	Dan Jordy	34	Schenectady	16:51
2	Brad Lewis	31	Troy	16:53
3	Thomas O'Grady	32	Slingerlands	17:09

FEMALE AGE GROUP: 30 - 34

1	Karen Bertasso	33	Albany	19:24
2	Katie Goodwin	31	New York	21:54
3	Janne Rand	33	Saratoga Springs	22:12

MALE AGE GROUP: 35 - 39

1	Christopher McCloskey	36	Glenmont	17:55
2	Saturnino Fernandez	38	Slingerlands	18:18
3	Jose Ortiz De Pinedo	39	Ballston Spa	18:25

FEMALE AGE GROUP: 35 - 39

1	Diana Tobon-Knobloch	37	Schenectady	20:04
2	Danielle Maslowsky	39	Ballston Lake	21:03
3	Laura Zima	38	Albany	22:05

MALE AGE GROUP: 40 - 44

1	Paul Archambault	41	Troy	17:27
2	Aaron Knobloch	42	Schenectady	17:39
3	Colin Crowley	41	Ballston Spa	18:12

FEMALE AGE GROUP: 40 - 44

1	Tina Greene	44	Schenectady	21:02
2	Marta Dauphinee	40	Glenville	22:16
3	Cheryl Kaczor	43	Amsterdam	24:12

MALE AGE GROUP: 45 - 49

1	Andrew Reed	46	Niskayuna	18:23
2	Rick Zachgo	47	Rexford	19:27
3	Robert Irwin	45	Guilderland	20:03

FEMALE AGE GROUP: 45 - 49

1	Shanley Alber	46	Clifton Park	21:51
2	Kim Scott	49	Broadalbin	22:40
3	Regina McGarvey	48	Castleton-on-Hudson	23:43

MALE AGE GROUP: 50 - 54

1	Ryan Mitchell	51	Wynantskill	18:04
2	John Sestito	54	Johnsonville	19:32
3	Edward Hampston	50	Voorheesville	20:01

FEMALE AGE GROUP: 50 - 54

1	Anne Benson	53	Clifton Park	20:59
2	Lisa Nieradka	53	Clifton Park	21:23
3	Kristen Hislop	53	Clifton Park	21:43

MALE AGE GROUP: 55 - 59

1	John Noonan	58	Ballston Spa	18:43
2	Michael Stalker	55	Burnt Hills	21:17
3	Nick Lamando	59	Queensbury	22:13

FEMALE AGE GROUP: 55 - 59

1	Beth Stalker	58	Burnt Hills	21:05
2	Nancy Nicholson	56	Queensbury	23:50
3	Marcia Cooper	57	Burnt Hills	25:59

MALE AGE GROUP: 60 - 64

1	Vladimir Ilin	60	Albany	19:51
2	Paul Willey	63	Clifton Park	21:57
3	George Baranauskas	64	Scotia	22:55

continued

RACE RESULTS

2ND ANNUAL SHMALTZ BREWING "THE CHOSEN RUN" 5K *continued*

FEMALE AGE GROUP: 60 - 64				
1	Nancy Briskie	60	Schenectady	22:04
2	Carolyn George	64	Albany	27:04
3	Joann Lyons	61	Clifton Park	28:59
MALE AGE GROUP: 65 - 69				
1	Bob Giambalvo	68	Delhi	19:52
2	Richard Schaefer	66	Clifton Park	26:17
3	Martin Touhey	65	Albany	26:53
FEMALE AGE GROUP: 65 - 69				
1	Judy Phelps	67	Myrtle Beach, SC	24:16
2	Martha DeGrazia	67	Slingerlands	25:03
3	Claire Henderson	69	Saratoga Springs	27:40
MALE AGE GROUP: 70 - 74				
1	Daniel Brown	72	Ballston Spa	29:18
2	Ronald Bagnoli	71	Mechanicville	30:43
3	J.J. Favat	73	Saratoga Springs	32:47
FEMALE AGE GROUP: 70 - 74				
1	Louise Quattrocchi	70	Albany	32:11
MALE AGE GROUP: 75 - 79				
1	Raymond Lee Jr.	76	Halfmoon	43:39
FEMALE AGE GROUP: 75 - 79				
1	Marge Rajczewski	77	Ballston Lake	33:56

Courtesy of Great American Brewery Runs

HUDSON VALLEY DUATHLON SERIES #2

May 5, 2018 • Kenneth Wilson State Park, Mount Tremper

2-MILE RUN, 12-MILE BIKE, 2-MILE RUN

MALE OVERALL		
1	James Stafford	57:36
2	Andrew Catalano	59:20
3	Jakob Gorgens	1:03:29
FEMALE OVERALL		
1	Mary DeNitto	1:18:42
2	Michele Yasson	1:36:52

Courtesy of Coach Mark Wilson

9TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY, 10K & 5K

May 6, 2018 • City Recreation Center, Plattsburgh

HALF MARATHON – 13.1 MILES

MALE OVERALL				
1	Andy Ford	18	Clinton	1:17:12
2	Abe Munn	29	Plattsburgh	1:23:29
3	Brandon Darrah	29	Keeseville	1:23:43
FEMALE OVERALL				
1	Caitlin Nordgren	29	Plattsburgh	1:28:15
2	Lori Howe	30	Jericho, VT	1:28:34
3	Megan Valentine	39	Jericho, VT	1:28:43
MALE AGE GROUP: 1 - 14				
1	Kade Sellars	11	Plattsburgh	1:51:55
2	Nathaniel Lambert	9	Plattsburgh	2:04:29
3	Benjamin Lambert	12	Plattsburgh	2:04:29
FEMALE AGE GROUP: 1 - 14				
1	Abigail Bowman	12	Richville	2:09:53
2	Marissa Leduc	13	Saranac	2:24:14
MALE AGE GROUP: 15 - 19				
1	Cody Garrow	15	Plattsburgh	1:39:39
2	Ely Moak	18	Chazy	1:45:14
3	Eadoin Murphy	17	Fairfield, VT	1:48:41
FEMALE AGE GROUP: 15 - 19				
1	Meghan Germain	18	Plattsburgh	1:59:01
2	Katelyn McGlauflin	19	Scotia	2:20:06
MALE AGE GROUP: 20 - 24				
1	Paul Ford	22	Au Sable Forks	1:28:10
2	Jeriqho Gadway	21	Plattsburgh	1:32:17
3	Ryan Kerner	24	Plattsburgh	1:39:58
FEMALE AGE GROUP: 20 - 24				
1	Lauren Perschetz	22	Armonk	1:30:30
2	Courtney Smith	21	Plattsburgh	1:45:16
3	Tawnia Provost	23	Saranac Lake	1:48:32
MALE AGE GROUP: 25 - 29				
1	Michael Douglas	29	Peru	1:32:50
2	Matt Martin	29	Plattsburgh	1:39:39
3	Theodore Sill	29	Peru	1:40:43
FEMALE AGE GROUP: 25 - 29				
1	Brittany Trahan	28	Plattsburgh	1:33:19
2	Ajay Keyser	28	Plattsburgh	1:45:09
3	Kaylee Murnane	28	Plattsburgh	1:48:06
MALE AGE GROUP: 30 - 34				
1	Matt Maguire	33	Saranac	1:30:33
2	Caleb Remillard	31	Peru	1:32:05
3	Jason Wetherby	34	Alburgh, VT	1:35:56
FEMALE AGE GROUP: 30 - 34				
1	Marianna Worczak	34	Plattsburgh	1:39:13
2	Caitrin Herdic	31	Plattsburgh	1:40:06
3	Dawn Hall	32	East Berne	1:53:16
MALE AGE GROUP: 35 - 39				
1	Andrew Lavin	39	Wilmington	1:23:54
2	Brian Wilson	35	Dannemora	1:29:31
3	Curtis Howard	36	Lake Placid	1:29:50
FEMALE AGE GROUP: 35 - 39				
1	Joni Gerken	35	Lake Placid	1:33:50
2	Jessica Hatfield	36	Saranac	1:36:00
3	Carolyn Slick	38	West Chazy	1:36:29
MALE AGE GROUP: 40 - 44				
1	Tim Richmond	43	Milton, VT	1:24:32
2	Joren Parrotte	41	Morrisonville	1:27:10
3	Terrance Collins	44	South Burlington, VT	1:28:05
FEMALE AGE GROUP: 40 - 44				
1	Cassie Sellars	41	Plattsburgh	1:32:23
2	Sarah McCarty	42	Plattsburgh	1:44:32
3	Shannon Bartlett	40	Plattsburgh	1:53:28
MALE AGE GROUP: 45 - 49				
1	David Smith	48	Lake Placid	1:45:19
2	Tony Lewis	47	West Chazy	1:45:37
3	Kevin King	47	Queensbury	1:48:42
FEMALE AGE GROUP: 45 - 49				
1	Karen Linendoll	47	Hudson Falls	1:45:39
2	Margot Santor	48	Plattsburgh	1:51:31
3	Kelle Santa	47	Syracuse	1:51:47
MALE AGE GROUP: 50 - 54				
1	Jeff Dodge	53	Plattsburgh	1:36:16
2	Brian Donohue	51	Queensbury	1:48:26
3	Scott Hutchins	52	Crown Point	1:50:58
FEMALE AGE GROUP: 50 - 54				
1	Bonnie Galvin	50	Ballston Spa	1:51:58
2	Alena Bicknell	51	Potsdam	1:55:49
3	Angie Alphonso	50	Plattsburgh	2:08:52
MALE AGE GROUP: 55 - 59				
1	Brian Teague	59	Glens Falls	1:42:57
2	Jay Hamilton	55	Keeseville	1:56:37
3	Kevin Tuthill	59	Vermontville	1:58:38
FEMALE AGE GROUP: 55 - 59				
1	Alicia Chase	58	Cadyville	1:47:41
2	Catherine Snow	57	Jay	1:55:46
3	Marilyn Peters	55	Rouses Point	3:05:46
MALE AGE GROUP: 60 - 64				
1	Dave Black	61	Peru	1:46:28
2	Tony Searing	63	Morrisonville	1:52:25
3	Michael Burleigh	62	Saranac	1:53:41
FEMALE AGE GROUP: 60 - 64				
1	Susan Hendrickson	60	Plattsburgh	2:14:56
2	Jacqueline Beattie	63	Tupper Lake	2:24:47
3	Rose Bergeron	61	Essex, VT	2:36:26
MALE AGE GROUP: 65 - 69				
1	Donnie Armstrong	65	Plattsburgh	1:41:36
2	Jerry Ross	67	Peru	1:54:52
3	John Valentine	68	Roxbury, VT	1:56:00
FEMALE AGE GROUP: 70 - 74				
1	Elizabeth Murray	71	Lilburn, GA	2:28:47
2	Sheila Dumont	70	Plattsburgh	3:05:46
MALE AGE GROUP: 75 - 79				
1	Mike Lafontaine	76	Champlain	2:25:03
2	Bob Heins	78	Plattsburgh	2:30:32

RELAY TEAMS

1	Beauty and the Beast Stacie Minchoff/Matthew Medeiros	1:27:21
2	Team Drowne Jeremy Drowne/Shannon Drowne	1:31:01
3	Zebra Stripes Erin Hanczyk/Liam Davis	1:31:58

10K RUN

MALE OVERALL				
1	Jason Amoriell	48	Peru	40:54
2	Brett Palmer	25	Plattsburgh	42:47
3	Thomas Gavin	52	Lake Placid	43:28
FEMALE OVERALL				
1	Phyllis Clookey	52	Plattsburgh	46:22
2	Claudette Mainville	51	Carthage	46:23
3	Elizabeth Larosa	28	Peru	51:23
MALE AGE GROUP: 1 - 14				
1	Ethan Mulholland	13	Plattsburgh	45:58
2	Max Favro	13	Rouses Point	48:40
FEMALE AGE GROUP: 15 - 19				
1	Karlee Martin	19	Chateaugay	54:09
2	Rebecca Moriarty	15	Jericho, VT	1:06:28
MALE AGE GROUP: 20 - 29				
1	Rachel Danis	25	Plattsburgh	1:00:24
2	Ryan Sorensen	28	West Henrietta	1:00:29
3	Fernando Ramos	20	Plattsburgh	1:06:37
FEMALE AGE GROUP: 20 - 29				
1	Cassandra Smith	21	Morrisonville	51:25
2	Sarah Moore	28	North Bangor	52:29
3	Erin Brembs	21	North Babylon	56:17
MALE AGE GROUP: 30 - 39				
1	CJ Minchoff	34	Plattsburgh	48:22
2	Corey Johnson	38	Dannemora	1:00:40
3	Sevket Toshin	38	Plattsburgh	1:02:43
FEMALE AGE GROUP: 30 - 39				
1	Rachael Tucker	31	Plattsburgh	51:25
2	Petra Meier	37	Brushton	52:29
3	Courtney Clark	33	Pierre, SD	56:10
MALE AGE GROUP: 40 - 49				
1	Dominic Hebert	44	Saint Constant, QC	45:53
2	James Brown	40	Vass, NC	48:45
3	Ed Armstrong	43	Plattsburgh	52:14
FEMALE AGE GROUP: 40 - 49				
1	Ann Marenick	49	Saranac Lake	53:40
2	Shauna Ladue	40	Plattsburgh	54:09
3	Carmen Chroback	46	Plattsburgh	55:09
MALE AGE GROUP: 50 - 59				
1	Brian White	51	Plattsburgh	49:35
2	Greg Carnright	51	Plattsburgh	53:20
3	Brendan Finn	57	South Burlington, VT	58:04
FEMALE AGE GROUP: 50 - 59				
1	Dawn Abar	56	Plattsburgh	54:25
2	Tina Lavalley	52	Plattsburgh	1:04:49
3	Mary Donlan	59	Plattsburgh	1:04:54
MALE AGE GROUP: 60 - 69				
1	Robert Morganson	60	Lake Placid	54:03
2	Patrick Remillard	63	Peru	55:44
3	Chuck Vallee	62	Oneida	57:50
FEMALE AGE GROUP: 60 - 69				
1	Joanne Dahlen	62	Plattsburgh	1:02:04
FEMALE AGE GROUP: 70 - 79				
1	Barbara Thomas	76	Plattsburgh	1:10:47
2	Gail Parsons	71	Plattsburgh	1:15:27

5K RUN

MALE OVERALL				
1	Cory Bower	28	Plattsburgh	22:55
2	Zach Gavin	14	Lake Placid	23:01
3	Nicholas Cabrera	32	Plattsburgh	23:07
FEMALE OVERALL				
1	Ingrid Baggett	14	Plattsburgh	23:49
2	Gabrielle Moquin	30	Malone	25:11
3	Amy Whitbeck	38	Plattsburgh	26:14
MALE AGE GROUP: 1 - 14				
1	Evan Brenner	14	Lake Placid	24:16
2	Landon Peters	14	Port Henry	24:42
3	Brayden Peters	13	Port Henry	26:02
FEMALE AGE GROUP: 1 - 14				
1	Mazie Sellars	10	Plattsburgh	29:15
2	Michelle Germain	13	Plattsburgh	30:01
3	Natalie Roberts	6	Plattsburgh	32:07
MALE AGE GROUP: 15 - 19				
1	Marcus Baisi	18	Saranac	29:09
FEMALE AGE GROUP: 15 - 19				
1	Grace Thew	18	Keesville	29:10
2	Nataleigh Threlkeld	18	Dannemora	29:45
3	Gabriella Dandrow-Pellerin	18	Morrisonville	31:02
MALE AGE GROUP: 20 - 29				
1	Thomas Titherington	27	Plattsburgh	24:01
2	Adam Dodge	23	Plattsburgh	27:24
3	Jake Dodge	21	Plattsburgh	29:48
FEMALE AGE GROUP: 20 - 29				
1	Takaienhne Herne	27	Altona	26:59
2	Kayla Stone	29	South Glens Falls	27:37
3	Kate Mulhollem	29	Plattsburgh	27:57
MALE AGE GROUP: 30 - 39				
1	Christopher Holland	32	Plattsburgh	23:30
2	David Moss	39	Queensbury	26:59
3	Benjamin Arts	38	Plattsburgh	42:26

continued

9TH ANNUAL PLATTSBURGH HALF MARATHON, RELAY, 10K & 5K *continued*

FEMALE AGE GROUP: 30 - 39				
1	Shannon Lapham	33	West Chazy	28:42
2	Nastassia Mendoza	32	Plattsburgh	28:43
3	Rachel Naegele	39	Tupper Lake	28:51
MALE AGE GROUP: 40 - 49				
1	Francis Neri	49	Saranac	23:47
2	Said Kalluche	46	Plattsburgh	24:43
3	Brian Hodge	45	Albany	34:24
FEMALE AGE GROUP: 40 - 49				
1	Megan Baehre	41	Plattsburgh	31:04
2	Angie Dominie	42	Queensbury	31:36
3	Susan Martin	48	Ellenburg Depot	32:27
MALE AGE GROUP: 50 - 59				
1	Robert Durfee	55	Saranac Lake	23:40
2	Martin Stephen	56	Ellenburg Depot	28:20
3	Dominick Hendrickson	57	Plattsburgh	31:30
FEMALE AGE GROUP: 50 - 59				
1	Diane Brenner	53	Lake Placid	30:38
2	Janet Reeves	55	Plattsburgh	31:36
3	Tammy Langley	55	Peru	32:13
MALE AGE GROUP: 60 - 69				
1	John Farrell	61	Cadyville	37:50
2	Rick Jennette	62	Morrisonville	53:23
FEMALE AGE GROUP: 60 - 69				
1	Delaine Leavitt	69	Plattsburgh	32:27
2	Cindy Roy	64	West Chazy	37:32
3	Debbie Hunt	62	Plattsburgh	37:40
MALE AGE GROUP: 70 - 79				
1	Daniel Lundin	75	Lake Placid	36:16

Courtesy of Plattsburgh Half Marathon

24TH ANNUAL ANYONE CAN TRI & KIDS CAN TRI TOO TRIATHLONS

May 6, 2018 • Southern Saratoga YMCA, Clifton Park

350-YARD SWIM, 11-MILE BIKE, 5K RUN

MALE OVERALL				
1	Stefano Fontana	29	Round Lake	54:58
2	Pat Sommo	50	Guilderland	55:36
3	Charles Dolnik	33	Albany	59:35
FEMALE OVERALL				
1	Caitlin Joyce	27	Niskayuna	1:07:41
2	Kelsey Allen	28	Round Lake	1:08:07
3	Jordyn Sommo	18	Guilderland	1:08:51
FEMALE AGE GROUP: 1 - 14				
1	Sophie Miles	12	Ballston Lake	1:31:06
2	Victoria Welch	13	Mechanicville	1:36:11
3	Madison Huang	11	Ballston Lake	1:44:15
MALE AGE GROUP: 15 - 19				
1	Colin Leonard	17	Slingerlands	1:01:29
2	Adolfo Arana II	17	Clifton Park	1:22:25
MALE AGE GROUP: 25 - 29				
1	Jonathan Peffley	29	Saratoga Springs	1:09:24
2	Jay Godbole	29	Clifton Park	1:29:10
FEMALE AGE GROUP: 25 - 29				
1	Carrie Harris	29	Clifton Park	1:20:06
2	Caitlin Lenio	27	Albany	1:25:27
3	Kelsey Jones	28	Saratoga Springs	1:27:48
MALE AGE GROUP: 30 - 34				
1	Stephen Harris	30	Clifton Park	1:08:08
2	Brian Lusignan	33	Delmar	1:08:55
3	Nino Alivodic	32	Albany	1:14:39
FEMALE AGE GROUP: 30 - 34				
1	Colby Brown	32	Lake George	1:17:19
2	Makenzie Madonia	34	Schaghticoke	1:17:54
3	Lauern Alpert	33	Albany	1:22:27
MALE AGE GROUP: 35 - 39				
1	Marc Miranda	35	Clifton Park	1:00:50
2	David Newman	38	Albany	1:01:39
3	Andrew Barber	35	Middle Grove	1:02:28
FEMALE AGE GROUP: 35 - 39				
1	Jessica Miller	35	Burnt Hills	1:12:14
2	Shannon Van Hall	35	Greenfield Center	1:27:52
3	April Russell	37	Ballston Lake	1:32:27
MALE AGE GROUP: 40 - 44				
1	Matthew Tebo	40	Clifton Park	1:04:50
2	Scott Castelli	43	Ballston Lake	1:08:21
3	Bill Pobran	40	Troy	1:13:50
FEMALE AGE GROUP: 40 - 44				
1	Cara Gleason Krebs	43	Burlington, VT	1:11:05
2	Jessica Mitchell	40	Albany	1:15:23
3	Thea Dalfino	40	Rensselaer	1:30:49
MALE AGE GROUP: 45 - 49				
1	Mike Ostrander	49	Ballston Lake	1:18:10
2	Tim Hodge	47	Scotia	1:23:48
FEMALE AGE GROUP: 45 - 49				
1	Julie Urbanski	49	Stillwater	1:27:17
2	Toni Howard	49	Waterford	1:30:04
3	Kelly Leonard	47	Slingerlands	1:31:06
MALE AGE GROUP: 50 - 54				
1	Ronald Richards	51	Corinth	1:07:07
2	Timothy Leonard	52	Slingerlands	1:14:00
3	Adolfo Arana	51	Clifton Park	1:18:28
FEMALE AGE GROUP: 50 - 54				
1	Kimberly Henes	51	Mechanicville	1:26:35
2	Rebecca Phillips	50	Schenectady	1:28:05
3	Deirdre Muldoon	52	Albany	1:28:06
MALE AGE GROUP: 55 - 59				
1	Lars Liebmann	55	Mechanicville	1:04:09
2	Ralph Raymond Hays	55	Gansevoort	1:28:47
3	Jim Caswell	55	Clifton Park	1:33:22
FEMALE AGE GROUP: 55 - 59				
1	April Montgomery	55	Cambridge	1:22:51
2	Debbie Silla	58	Amherst	1:52:16
MALE AGE GROUP: 60 - 64				
1	David Leith	63	West Charlton	1:10:25
2	Bud Tassini	60	Delmar	1:21:30
3	Kenny Hart	63	Colonie	1:33:17
FEMALE AGE GROUP: 60 - 64				
1	Karen Delcoure	63	Clifton Park	1:58:40
2	Barbara Labate	61	Clifton Park	2:09:15
FEMALE AGE GROUP: 65 - 69				
1	Christine Corson	67	Delmar	1:27:15
MALE AGE GROUP: 70 - 74				
1	Hugh Dunseath	74	Clifton Park	1:23:33
2	Jack Berkery	70	Latham	2:02:52
MALE AGE GROUP: 75 - 79				
1	Bob Cheney	77	Cambridge	1:28:43

RELAY TEAMS

1	Splash Flash and Dash	59:19
2	Aging Warriors	1:06:50
3	The Croissants	1:10:23
4	TRI TRI Again	1:15:46
5	The Seligman Women	1:27:05

AGE 9-13 – 50YD SWIM, 1M BIKE, 0.5M RUN

MALE OVERALL			
1	Jasper Travis	11	9:08
2	Skyler Patterson	9	10:56
3	Quinn Helfrich	11	11:40
4	Timothy Blake	9	11:54
5	Matthew Upton	11	12:21
6	Nick Rosenberg-Colli	9	14:48
7	Bryce Dalfino	9	21:08
FEMALE OVERALL			
1	Brooke Sommo	13	9:35
2	Morgan Castelli	12	11:14
3	Olivia Castelli	10	12:19

AGE 4-8 – 25YD SWIM, 0.5M BIKE, 0.25M RUN

MALE OVERALL			
1	Athen Dalfino	7	8:02
2	Ben Blake	7	8:34
3	Colin Kresge	6	9:09
FEMALE OVERALL			
1	Amber Travis	8	6:12
2	Grace Fruehwirth	7	7:27
3	Anaishka Mody	8	7:32
4	Peyton Fryer	8	7:58
5	Celia Gleason Krebs	4	10:17
6	Evora Dalfino	5	11:23

Courtesy of Capital District YMCA

LITERACY 5K RUN • *May 6, 2018 • Schodack Island State Park, Schodack Landing*

5K RUN

MALE OVERALL				
1	Eric Schuman	16	Nassau	20:10
2	John Sestito	54	Johnsonville	20:35
3	Logan Ploss	14	East Greenbush	20:37
FEMALE OVERALL				
1	Sarah Miller	31	Niskayuna	24:11
2	Wendy Rescott	57	West Sand Lake	24:14
3	Jessica McFaul	28	Troy	26:40
FEMALE AGE GROUP: 1 - 14				
1	Kayla Senich	10	Wynantskill	36:11
2	Ava Ferriero	12	Wynantskill	36:12
3	Adeline Hubbell	13	Albany	44:24
MALE AGE GROUP: 20 - 24				
1	Eric Brennan	24	Albany	24:14
FEMALE AGE GROUP: 20 - 24				
1	Mackenzie Allen	24	Montague, CA	52:14
MALE AGE GROUP: 25 - 29				
1	Patrick Orecki	26	Albany	24:41
2	Earl Turner	29	Green Island	32:57
3	Will Foss	29	Albany	35:30
FEMALE AGE GROUP: 25 - 29				
1	Laura Salkowe	29	Albany	35:32
2	Angela Milkie-Stokes	28	Guilderland	42:18
3	Marissa Allen	26	Albany	52:11
MALE AGE GROUP: 30 - 34				
1	Patrick McPartlon	30	Niskayuna	25:47
FEMALE AGE GROUP: 30 - 34				
1	Carmen Cardinale	30	Niskayuna	32:03
2	Emily Mercurio	30	Albany	52:11
3	Suki Cintron	32	Rensselaer	1:10:56
MALE AGE GROUP: 35 - 39				
1	Dustin Winn	39	Rensselaer	24:58
2	David Weiss	39	Troy	27:13
FEMALE AGE GROUP: 35 - 39				
1	Nicole Weiss	36	Troy	31:08
2	Jamie Winn	38	Rensselaer	39:03
3	Deloria Ballard Hubb	35	Albany	44:26
MALE AGE GROUP: 40 - 44				
1	Eric Brennan	43	Ballston Lake	28:08
2	Norberto Cintron	42	Rensselaer	1:10:57
FEMALE AGE GROUP: 40 - 44				
1	Julie Ploss	43	East Greenbush	28:52
2	Stephanie Ferriero	42	Wynantskill	31:46
3	Jennifer Senich	41	Wynantskill	32:01
MALE AGE GROUP: 45 - 49				
1	Chad Ploss	45	East Greenbush	23:11
2	Brian Kearns	46	Fultonville	23:38
3	Kerry Armstrong	49	Cohoes	24:19
FEMALE AGE GROUP: 45 - 49				
1	Sara Schuman	47	Nassau	30:03
MALE AGE GROUP: 50 - 54				
1	Tom Mack	53	Wynantskill	24:42
2	Timothy Doherty	52	Albany	24:45
FEMALE AGE GROUP: 50 - 54				
1	Rachel Apunte	50	Glenmont	32:23
2	Silvia Dicarlo	51	Albany	50:57
3	Joy Mier	52	Old Chatham	50:58
MALE AGE GROUP: 55 - 59				
1	Todd Lasher	55	Colonie	23:58
2	Robert Waterfall	58	West Sand Lake	34:42
3	Thomas Ermer	57	Kingston	49:24
FEMALE AGE GROUP: 55 - 59				
1	Cathy Sheehan	58	Cohoes	42:16
2	Linda Warner	59	Valatie	47:20
MALE AGE GROUP: 60 - 64				
1	Leigh McNeil	61	Waterford	27:35
FEMALE AGE GROUP: 60 - 64				
1	Linda Evans	61	Ravena	27:56
2	Kathy Walsh	64	Albany	42:28
3	Rose Marie Manico	62	Watervliet	49:50
MALE AGE GROUP: 65 - 69				
1	Leo Dipierro	67	Cherry Plain	28:26
2	Jim Sheehan	66	Cohoes	32:12
3	Chuck Rancourt	69	Troy	49:53
MALE AGE GROUP: 70 - 74				
1	Mark Bagdan	70	Delmar	29:53
2	Joe Malone	72	Cohoes	34:24
3	Eugene Ellis	74	Schenectady	37:27
FEMALE AGE GROUP: 75 - 79				
1	Jill Nagy	77	Troy	1:07:23
2	Carol Miller	78	Troy	1:07:25
MALE AGE GROUP: 80 - 84				
1	George Nagy	80	Troy	53:22

YOUTH MILE RUN

MALE OVERALL				
1	Billy Bogue	12	Rensselaer	6:49
2	Hurley Williams-Ross	11	Wynantskill	7:26
3	Matthew Burek	9	Rensselaer	7:58
4	Conor Miller	7	Rensselaer	8:30
5	Carson Ferriero	8	Wynantskill	8:41
6	Adam Burek	9	Rensselaer	9:50
7	Sebastian Mazura	5	Albany	10:03
8	Dylan Tubbs	9	Troy	10:04
9	Rhys Mazura	7	Albany	10:45
FEMALE OVERALL				
1	Ava Weiss	9	Troy	7:26
2	Giana Weiss	8	Troy	8:07
3	Madison Bogue	9	Rensselaer	8:07
4	Alexis Sawyer	9	Rensselaer	8:19
5	Natalia Paradise	10	East Greenbush	9:41
6	Gabrielle Paradise	7	East Greenbush	9:52
7	Callie Seibel	7	Wynantskill	10:09

Courtesy of Literacy Volunteers of Rensselaer County

5TH ANNUAL SUNNY HILL RESORT VIKING OBSTACLE RACE

May 6, 2018 • Sunny Hill Resort, Greenville

35+ OBSTACLES – 5.5 MILES

MALE OVERALL

1	Garth Brennan	41	Gansevoort	1:19:10
2	Brian Labore	42	Delmar	1:22:16
3	Matthew Puntin	42	Lee, MA	1:24:39

FEMALE OVERALL

1	Kiersten Higgins	33	Ancramdale	1:24:09
2	Kathleen Packard	39	Keene, NH	1:53:46
3	Kaleigh Ricks	25	Cohoes	1:54:25

MALE AGE GROUP: 15 - 19

1	Connor Cornwell	17	Deposit	1:37:46
2	Liam Day	16	Wappinger Falls	1:55:31
3	Lochlan Ricks	16	Ballston Lake	3:00:34

MALE AGE GROUP: 20 - 24

1	Cerid Ricks	23	Ballston Lake	1:48:23
2	Federico Santago	23	Kew Gardens	2:21:19

FEMALE AGE GROUP: 20 - 24

1	Kelly Knight	24	Hicksville	2:44:11

MALE AGE GROUP: 25 - 29

1	Matthew Robert	25	Lake Placid	2:18:24
2	Galen Marsh	28	New Britain, CT	2:33:50
3	Travis Tucker	25	Liverpool	2:35:08

FEMALE AGE GROUP: 25 - 29

1	Danielle Tremblay	27	Halfmoon	2:07:02
2	Laura Cary	29	Schaghticoke	2:16:16
3	Sarah Kelly	29	Bridgeport, CT	2:29:17

MALE AGE GROUP: 30 - 34

1	Christopher Sinnona	33	Massapequa	1:54:52
2	Danny Volpini	31	Newfield	2:01:27
3	Christopher Zeitler	32	Greenville	2:17:21

FEMALE AGE GROUP: 30 - 34

1	Ashley Abar	31	Plattsburgh	1:56:07
2	Megan Julian	31	Woburn, MA	2:02:48
3	Mariola Moeyaert	30	Albany	2:17:21

MALE AGE GROUP: 35 - 39

1	James Bucci	38	Greenville	1:30:13
2	Nicholas Ford	36	Montclair, NJ	1:35:12
3	Robert Gallerani	37	Wynantskill	1:56:32

FEMALE AGE GROUP: 35 - 39

1	Trinity Chapman	39	Wallkill	2:56:04
2	Meredith Scott	36	Smithville Flats	3:10:21

MALE AGE GROUP: 40 - 44

1	Daniel Blenis	41	Ravena	1:30:15
2	Paul Lacroix	44	Ellenville	1:34:59
3	Anthony Pettograsso	41	Cohoes	1:54:24

FEMALE AGE GROUP: 40 - 44

1	Jaimie Martin	40	Seneca Falls	2:03:58
2	Kryssy Spencer	44	Hudson	2:51:38
3	Michelle Fowler	40	Plattsburgh	3:15:30

MALE AGE GROUP: 45 - 49

1	Jeff Minkler	45	Stockbridge, MA	1:33:11
2	Vinnie Iorio	47	New Windsor	1:37:56
3	Todd Martin	45	Seneca Falls	1:52:42

FEMALE AGE GROUP: 45 - 49

1	Arlena Bernockie	47	Hudson	2:48:44
2	Bonnie Smith	46	Hudson	2:51:45
3	Trish Chillemi	47	Congers	2:55:09

MALE AGE GROUP: 50 - 54

1	Shaun Holmes	51	Chatham	2:31:43

FEMALE AGE GROUP: 50 - 54

1	Kellee Kerr	51	Geneva	1:57:16

MALE AGE GROUP: 55 - 59

1	Louis Vazquez	57	Brooklyn	2:24:18
2	Michael Chromczak	59	North East, MD	2:55:29

MALE AGE GROUP: 60 - 64

1	Scott Abar	60	Plattsburgh	1:56:07
2	Brent Ricks	63	Ballston Lake	3:02:43

ELITE

MALE OVERALL

1	Jarrett Newby	31	Binghamton	59:05
2	Matt Caroll	22	Longston, MA	1:01:51
3	Antoni Favata	33	Schenectady	1:02:24

FEMALE OVERALL

1	Avery Stirling	16	Ottawa, ON	1:43:06
2	Tara Creppo	46	NH	2:28:06

VIKING DOUBLE

MALE OVERALL

1	Jarrett Newby	31	Binghamton	2:07:16
2	Caleb Rounds	29	Hudson, ME	2:15:19
3	Jonathan Wilgus	29	Catskill	2:53:29

TEAMS

1	The Woods Clan			2:05:03
2	Kelly's Pharmacy			2:10:45
3	The Bomb Squad			2:47:06

5K RACE

MALE OVERALL

1	Brian Soeffing	32		1:57:10

FEMALE OVERALL

1	Teresa Larkin	30		1:57:10

Courtesy of Sunny Hill Resort & Golf Course

61ST ANNUAL HUDSON RIVER WHITE WATER DERBY

May 5-6, 2018 • North River to North Creek

Saturday's giant slalom and sprint cancelled for safety due to storms and high water

DOWNRIVER RACE

OPEN CANOE 2-PERSON (REC): MIX

1	Bruce Braman/Peggy Braman	34:09
2	Fritz Wolhfart/Jessica Wolhfart	38:14
3	John Sullivan/Cordy Sullivan	47:59

OPEN CANOE 2-PERSON (REC): FEMALE

1	Sarah Wohlfahrt/Stephanie Popouitc	41:24

OPEN CANOE 2-PERSON (REC): MALE

1	Steven Weeks/Sebastain Weeks	35:33
2	Tim Gutch/Matt Gutch	35:47
3	Rich Wilke/Rob Cloutier	37:15
4	John Kazukeuns/Joseph Kazukeuns	44:42

OPEN CANOE 2-PERSON (RACE): MALE

1	Matt Sullivan/Reid Olmtead	37:12

OPEN CANOE 1-PERSON (REC): MALE

1	Dan Webb	38:43
2	Simeon Hughson	40:16

OPEN CANOE 1-PERSON (RACE): MALE

1	Jim Ernst	36:09
2	David Ritchie	39:45

KAYAK 1-PERSON (SHORT): FEMALE

1	Carol Fischer	33:41

KAYAK 1-PERSON (SHORT): MALE

1	Jim Underwood	33:25
2	Eric Gottier	35:28
3	Neil Wagner	38:01
4	Fred Wagner	39:19

Courtesy of Hudson River White Water Derby

3RD ANNUAL SUMMER SMITH 5K ADDICTION AWARENESS MEMORIAL RUN

May 12, 2018 • Guilderland High School, Guilderland Center

MALE OVERALL

1	Tyler Morrissey	21	Clifton Park	17:48
2	Justin Kirby	25	Albany	18:08
3	John Sestito	54	Johnsonville	19:34

FEMALE OVERALL

1	Sarah Moorfoot	33	Clifton Park	23:34
2	Pamela Brumley	38	Gansevoort	23:59
3	Kiera Lacy	32	Albany	24:13

FEMALE AGE GROUP: 1 - 14

1	Ava Connelly	14	Cohoes	40:33
2	Mia Hasan	8	Schenectady	42:05
3	Kaylah Richards	10	Albany	45:28

MALE AGE GROUP: 1 - 14

1	Jason Jeffers	6	Scotia	31:22
2	Tyler Baudy	12	Albany	33:29
3	Jacob Baudy	13	Albany	34:22

FEMALE AGE GROUP: 15 - 19

1	Elizabeth Mattison	17	Watervliet	27:33
2	Katherine Fish	19	Clifton Park	31:04
3	Danielle Pollay	18	Latham	31:37

MALE AGE GROUP: 15 - 19

1	Nathan Arntz	18	Lynchburg	20:16
2	Matt Farr	19	Bethesda, MD	21:27
3	Christopher Santora	19	Albany	28:21

FEMALE AGE GROUP: 20 - 29

1	Laura Groudine	28	New York	25:58
2	Sarah Ledger	29	Schuylerville	27:02
3	Tara Fay	25	Clifton Park	27:23

MALE AGE GROUP: 20 - 29

1	John Alund	29	Albany	21:24
2	Antonio McClosky	20	Albany	24:16
3	Dylan Foley	25	Delmar	25:25

FEMALE AGE GROUP: 30 - 39

1	Kimberly Peckowitz	31	Waterford	24:20
2	Lauren Bonelli	30	Schenectady	26:42
3	Amanda Brazee	39	Niskayuna	26:48

MALE AGE GROUP: 30 - 39

1	Richard Hall	34	Schenectady	20:31
2	James Alund	32	Albany	22:15
3	Motier Haskins	33	Albany	23:56

FEMALE AGE GROUP: 40 - 49

1	Lonnie Halusic	49	Schenectady	24:27
2	Deanna Geesler	46	Slingerlands	25:02
3	Tracian Stem	40	Schenectady	25:24

MALE AGE GROUP: 40 - 49

1	Brian Connor	45	Troy	34:36
2	Brian Allison	49	Schenectady	39:57
3	Rudy Fernandez	43	Albany	43:58

FEMALE AGE GROUP: 50 - 59

1	Sheila Morrissey	50	Clifton Park	25:40
2	Elisa Schneider	52	Troy	27:32
3	Margaret Capozzola	57	Delmar	27:43

MALE AGE GROUP: 50 - 59

1	Paul Denio	56	Troy	21:51
2	Michael Bromm	58	Valley Falls	25:41
3	William Freyer	54	Clifton Park	26:34

FEMALE AGE GROUP: 60 - 69

1	Cathy Sliwinski	62	Albany	26:55
2	Darlene Cardillo	65	Delmar	27:24
3	Anne Haertel	63	Latham	29:39

MALE AGE GROUP: 60 - 69

1	Gael Coakley	66	Latham	27:46
2	Vitus Chow	60	Waterford	28:31
3	Douglas Dean	66	Cohoes	28:37

FEMALE AGE GROUP: 70 - 79

1	Sally Maloney	70	Diamond Point	56:37
2	Patricia Budlong	71	Glens Falls	1:04:50

MALE AGE GROUP: 80 - 89

1	Richard Eckhardt	84	Albany	44:38
2	Richard Schumacher	84	Hoosick Falls	45:33

Courtesy of Summer Smith 5K

29TH ANNUAL PROSPECT MOUNTAIN ROAD RACE

May 12, 2018 • Prospect Mountain Veterans Memorial Highway, Lake George

RUN 5.67 MILES, 1,601 FEET UP

MALE OVERALL

1	Alexander Benway	28	Queensbury	38:03
2	Tim Van Orden	50	Bennington, VT	39:53
3	Brian Beyerbach	17	Queensbury	41:27

FEMALE OVERALL

1	Jamie Woolsey	34	Oneida	45:29
2	Elizabeth Izzo	26	Lake Placid	47:33
3	Anna Izzo	22	Lake Placid	49:55

MALE AGE GROUP: 1 - 19

1	Matthew Smith	16	Lake George	49:28
2	Mitchell Sheridan	15	Limoges, ON	1:03:42

FEMALE AGE GROUP: 1 - 19

1	Divya Forbes	19	Hyde Park	1:08:30
2	Hannah Isaacson	19	Schenectady	1:10:57

MALE AGE GROUP: 20 - 24

1	Marshall Ulrich	23	Albany	1:10:30

MALE AGE GROUP: 25 - 29

1	Anthony Szmul	25	Queensbury	46:06
2	Benjamin Christian	26	Fort Edward	48:46
3	Matthew Lancette	29	Glens Falls	1:08:35

FEMALE AGE GROUP: 25 - 29

1	Maureen Wilson	27	Fort Ann	1:04:51
2	Katie Lewis	28	North Creek	1:11:59
3	Christa Kanellis	28	Greenwich	1:12:22

MALE AGE GROUP: 30 - 34

1	Andy Akins	34	Schuylerville	46:38
2	Bill Carr	31	Moriah	50:51
3	Ryan McCarthy	30	Hudson Falls	1:08:35

FEMALE AGE GROUP: 30 - 34

1	Lisa Clifford-Wong	32	Saratoga Springs	1:14:24
2	Aleisha Vanallen	31	Warrensburg	1:15:20
3	Kim Lengyel	30	Clifton Park	1:22:34

MALE AGE GROUP: 35 - 39

1	Chris Kandel	35	Schenectady	52:33
2	Eric Bott	36	Warrensburg	57:32
3	Alexander Budd	35	Saratoga Springs	1:02:05

FEMALE AGE GROUP: 35 - 39

1	Jennifer Ricupero	35	Saratoga Springs	58:13
2	Mindy Hess	39	Queensbury	1:02:56
3	Jessica Ferris	38	Binghamton	1:11:05

continued

29TH ANNUAL PROSPECT MOUNTAIN ROAD RACE *continued*

MALE AGE GROUP: 40 - 44

1	Jeremy Burton	41	Jamesville	53:49
2	Steve Craig	41	Corinth	1:01:52

FEMALE AGE GROUP: 40 - 44

1	Angela Salerno	42	Kattskill Bay	57:51
2	Maura Ludlow	41	Lake George	59:59

MALE AGE GROUP: 45 - 49

1	Volker Burkowski	46	Gansevoort	47:54
2	Andrew Eyer	46	Gansevoort	49:16
3	Joe Forbes	49	Hudson Falls	55:57

FEMALE AGE GROUP: 45 - 49

1	Linda DeDominicis	49	Menands	1:05:50
2	Catherine Forbes	49	Hyde Park	1:06:34
3	Christine Cifone-Clohosey	49	Glens Falls	1:10:28

MALE AGE GROUP: 50 - 54

1	Jeff Gould	53	Gardner, MA	46:27
2	Jon Atwell	52	Loudonville	54:52
3	Ron Brenner	52	Lake Placid	59:26

FEMALE AGE GROUP: 50 - 54

1	Sau-Me Leung	52	Clinton, MA	52:31
2	Karen Encarnacion	52	North Attleboro, MA	55:23
3	Marcia Paterson	53	Lake George	56:19

MALE AGE GROUP: 55 - 59

1	Mark Weidner	56	Queensbury	52:10
2	Nick Lamando	59	Queensbury	52:29
3	Brian Teague	59	Glens Falls	55:42

FEMALE AGE GROUP: 55 - 59

1	Donna Smyth	58	Vernon, VT	53:15
2	Erika Sheridan	55	Limoges, ON	1:35:05

MALE AGE GROUP: 60 - 64

1	Myron Ferguson	60	Middle Grove	51:48
2	Darrel Lasell	60	Williamstown, VT	55:06
3	Richard Lynch	60	Saratoga Springs	57:42

FEMALE AGE GROUP: 60 - 64

1	Nancie Battaglia	64	Lake Placid	1:05:28
2	Melody Hoffman	61	Coeymans	1:07:44
3	Elizabeth Gormley	60	Porter Corners	1:10:05

MALE AGE GROUP: 65 - 69

1	Rich Elton	66	Queensbury	57:43
2	Mark Sager	67	Glens Falls	58:08
3	Dennis Gilyard	67	Endwell	1:02:27

FEMALE AGE GROUP: 65 - 69

1	Jill Pederson	67	Lake George	1:15:51

MALE AGE GROUP: 70 - 79

1	Fred Ross III	71	Vernon, VT	55:35
2	George Gilder	78	Tyringham, MA	1:01:42
3	Ray Lee	76	Halfmoon	1:34:12

FEMALE AGE GROUP: 70 - 79

1	Laura Clark	71	Saratoga Springs	1:17:47
2	Cathy Biss	70	Queensbury	1:25:14
3	Candi Schermerhorn	71	Diamond Point	1:33:46

Courtesy of Adirondack Runners

12TH ANNUAL CCRC 5K RUN

May 12, 2018 • Christ Community Reformed Church, Clifton Park

MALE OVERALL

1	Alex Hislop	16	Clifton Park	17:36
2	EJ Reutemann	28	Cortland	18:31
3	John Sestito	54	Johnsonville	19:39
4	Craig Evans	52	Malta	19:59
5	Michael Snyder	27	Clifton Park	20:06
6	Jack Hislop	14	Clifton Park	20:11
7	Johan Bosman	54	Niskayuna	20:20
8	Samuel Mercado	57		20:39
9	Kyle Johnson	44		21:35
10	CJ Chartrand	57		22:28
11	Gregory Langone	17	Clifton Park	22:23
12	Ryan Lafleche	24	Clifton Park	23:09
13	Frank Lombardo	62	Saratoga Springs	23:57
14	Jeff Cote			24:08
15	John Parisella	60		24:30
16	Noah Reader			24:56
17	Mark Regan	61	Saratoga Springs	25:53
18	Steve Lafleche	52	Clifton Park	26:10
19	Casey Weig	32	Clifton Park	26:24
20	Richard Ruggiero	54	Queensbury	28:09
21	Jim Trainor		Clifton Park	28:30
22	Dan Hallenbeck	31		29:08
23	Paul Kutscha	33	Clifton Park	29:17
24	Darryl Partridge		Clifton Park	30:35
25	Michael Catalina	47	Schaghticoke	31:14
26	Jake Marvel	45	Ballston Spa	32:01
27	Caleb Tysz	13	Rexford	32:26
28	Paul Oliver	35	Clifton Park	32:47
29	Edward King	65	Clifton Park	33:10
30	Jacob De Bock	10	Clifton Park	35:44
31	Peter De Bock	39	Clifton Park	35:44
32	Bob McFarland	85		42:07
33	William Hamilton	76	Clifton Park	46:07
34	Robert McCormick	65	Clifton Park	46:49
35	Dick Adler	77		46:51
36	Tim Robinson	63	Mechanicville	46:54
37	Andrew Metzler			47:48
38	Micah Blaisdell	11		50:35
39	Warren Blaisdell	53		50:57
40	Joe Lindsay	60	Clifton Park	51:29
41	Aurel Gregoire	73	Mechanicville	53:13
42	Jacob Tysz	49	Rexford	54:15
43	Jeremy Byrstyn			55:33
44	Dmitry Byrstyn			55:44
45	Philip McDavid			58:12
46	Spencer Blaisdell	13		58:34
47	Mike McInerny	34		1:03:12

FEMALE OVERALL

1	Kristen Hislop	53	Clifton Park	21:38
2	Christine Varley	54	Albany	23:13
3	Christine Natalie	32	Arlington, VT	23:15
4	Heather Fiore Diabase	43	Clifton Park	25:01
5	Janice Phoenix	56	Schenectady	25:10
6	Eileen Trainor		Clifton Park	25:27
7	Marie Bosman	53	Niskayuna	25:45
8	Kathleen Kemp			25:45
9	Megan Lafleche	23	Clifton Park	25:58
10	Hope Plavin	59	Saratoga Springs	26:54
11	Nicole Niles	41	Albany	27:21
12	Alison Snyder	25	Clifton Park	27:40
13	Beth Grzyboski	53	Clifton Park	28:45
14	Christine Tucker	42	Mechanicville	29:09
15	Joanna Reader			29:28
16	Beth Post			29:53
17	Kristin O'Malley	49	Schenectady	30:03
18	Natalie Ruggiero	37	Albany	30:15
19	Jessica Bruno	42	Jacksonville, VT	30:29
20	Jennifer Oliver	34	Clifton Park	32:46
21	Tracy Peat	38	Albany	33:24
22	Melissa Rocco	42	Clifton Park	33:54
23	Caryn Lafleche	53	Clifton Park	34:01
24	Kaitlyn Clement	11	Clifton Park	35:21
25	Abby Clement	14	Clifton Park	35:28
26	Kiera O'Neill		Ballston Lake	35:59
27	Rebecca Frament	61		36:59
28	Alexandra Glick-Kutscha	33	Clifton Park	37:32
29	Charis Marvel	14	Ballston Spa	38:29
30	Kate O'Neill		Ballston Lake	39:16
31	Evelyn Strifler	62	Arlington, VT	39:47
32	Rebekah Marvel	12	Ballston Spa	40:43
33	Kathleen Snyder	56	Schenectady	44:07
34	Janet Hamilton	73	Clifton Park	46:07
35	Debra Robinson	62	Mechanicville	46:38
36	Misha Marvel	45	Ballston Spa	46:40
37	Kelly Clement	50	Clifton Park	46:41
38	Frances Eng	35	Clifton Park	46:42
39	Darlene Eng	32	Clifton Park	46:44
40	Betsy McCormick	59	Clifton Park	46:49
41	Megan De Bock	40	Clifton Park	48:05
42	Mara De Bock	8	Clifton Park	48:06
43	Alexa Peat	4	Albany	48:48
44	Nancy Lindsay	57	Clifton Park	51:29
45	Carlin Tysz	10	Rexford	52:08
46	Karen Gregoire	73	Mechanicville	53:00
47	Sarah Tysz	46	Rexford	54:15
48	Phyllis Cheuk		Ballston Lake	56:06
49	Anna Eng		Clifton Park	56:06
50	Gretchen Hodder	69	Clifton Park	58:14
51	Elena Sorci	35		1:03:12

FATHER/SON TEAM

1	Peter & Jacob De Bock	1:11:28
2	Micah, Warren & Spencer Blaisdell	1:41:32
3	Dmitry & Jeremy Byrstyn	1:51:17

MOTHER/SON TEAM

1	Kristen & Alex Hislop	39:14
2	Joanna & Noah Reader	54:24

MOTHER/DAUGHTER TEAM

1	Megan & Mara De Bock	1:36:12

HUSBAND/WIFE TEAM

1	Eileen & Tim Trainer	53:57
2	Jennifer & Paul Oliver	1:05:34
3	Alexandra Glick-Kutscha & Paul Kutscha	1:06:49
4	Debra & Tim Robinson	1:33:32
5	Betsy & Robert McCormick	1:33:39

PARTNERS TEAM

1	Rebecca Frament & CJ Chartrand	59:28

SIBLING TEAM

1	Jessica Bruno & Christine Natalie	53:44
2	Kaitlyn & Abby Clement	1:10:50

Courtesy of CCRC 5K

8TH ANNUAL SMSA KERRY BLUE HUSTLE 5K

May 19, 2018 • SMSA School, Glens Falls

MALE OVERALL

1	Matthew Flint	28	Queensbury	16:32
2	Nathan Wojick	22	Milford	16:36
3	Ethan Stark	17	Queensbury	17:54

FEMALE OVERALL

1	Beth Morrissey	43	Glens Falls	21:22
2	Julia Keshmiri	13	Queensbury	22:50
3	Katherine Lieberth	13	Glens Falls	23:39

MALE AGE GROUP: 1 - 9

1	Kiernan Davidson	8	Queensbury	24:00
2	Dan Habshi	9	Queensbury	27:28
3	Nathan Wheeler	8	Queensbury	29:15

FEMALE AGE GROUP: 1 - 9

1	Loganne Morrissey	9	Glens Falls	26:38
2	Mia Keshmiri	9	Queensbury	33:50
3	Harper Purvis	6	Queensbury	39:35

MALE AGE GROUP: 10 - 12

1	Julian Stedman	12	Glens Falls	20:17
2	William Davidson	10	Queensbury	21:19
3	Marek Dacey	10	Glens Falls	28:13

FEMALE AGE GROUP: 10 - 12

1	Miranda Habshi	11	Queensbury	27:28
2	Ava Sanchez	11	Hudson Falls	28:12
3	Finleyl Purvis	10	Queensbury	32:02

MALE AGE GROUP: 13 - 14

1	Tommy Vogel	13	Lake George	23:16
2	Henry Campopiano	13	Queensbury	26:32
3	Wyatt Moore	14	Lake Luzerne	46:12

FEMALE AGE GROUP: 13 - 14

1	Sophia Nadi	13	Wilton	47:30
2	Claire Schrader	14	Glens Falls	48:27

MALE AGE GROUP: 15 - 19

1	Evan Powell	15	Queensbury	20:13

FEMALE AGE GROUP: 15 - 19

1	Lauren Trackey	15	Queensbury	27:27

FEMALE AGE GROUP: 20 - 29

1	Kimberly Van Vloodo	23	Latham	25:53
2	Victoria Moore	20	Indian Lake	31:16

MALE AGE GROUP: 30 - 39

1	Tom Portuese	36	Queensbury	19:23
2	Derek Basile	37	Queensbury	20:06
3	Keith Basile	35	Cheshire, CT	24:21

FEMALE AGE GROUP: 30 - 39

1	Kara Gutowski	34	Granville	28:41
2	Beth Portuese	36	Queensbury	33:39
3	Hillary Fitzgerald	30	South Glens Falls	36:34

MALE AGE GROUP: 40 - 49

1	Dan Rice	44	Glens Falls	27:09
2	James Zumpano	48	Indian Lake	27:54
3	Carlos Roduguez	45	Hudson Falls	29:14

FEMALE AGE GROUP: 40 - 49

1	Jane LaBombard	44	Queensbury	24:10
2	Jessica Purvis	41	Queensbury	24:35
3	Kristine Wheeler	40	Queensbury	29:14

MALE AGE GROUP: 50 - 59

1	Michael Trackey	52	Queensbury	26:17
2	Kevin Tully	58	Saratoga Springs	50:02

FEMALE AGE GROUP: 50 - 59

1	Kathy Arcuri	59	Queensbury	36:15
2	Amy Moore	52	Lake Luzerne	47:25

MALE AGE GROUP: 60 - 69

1	Craig Roods	69	Greenwich	27:39
2	Mike Regan	62	Queensbury	32:10
3	John Bavaro	65	Glens Falls	32:51

FEMALE AGE GROUP: 60 - 69

1	Mary Paetsch	68	Glens Falls	42:58
2	Mary Tully	63	Saratoga Springs	47:50
3	Florence Nolan	64	Glens Falls	50:04

MALE AGE GROUP: 70 - 79

1	Gerry Paetsch	74	Glens Falls	43:03
2	Joe Tocci	73	Glens Falls	50:21

MALE AGE GROUP: 80 - 89

1	Richard Schumacher	84	Hoosick Falls	44:14

Courtesy of St. Mary's-St. Alphonsus Regional Catholic School

WEDNESDAY, JULY 4 • 9am

NY's Largest 4th of July Race

Firecracker4 Saratoga Springs

4-Mile Race • Kid's Sparkler Run

Vendors & band at start/finish

Entertainment along course

$7000 in cash prizes

400 medals/prizes

Awards: Top 10 M/F Overall, Top 3 M/F 5-yr, Top 3 M/F Military and Fire/Police/EMS

USATF Adk Grand Prix event

RUN YOUR COLORS!

Teams with most runners win for charity: 1st place $1000, 2nd place $500, 3rd place $250

Firecracker 4 Practice Runs

from The Barrelhouse, 68 Beekman St*

with Fleet Feet Sports, Tuesdays, 6pm from 5/29 to 6/26

**6/26 from Farmer's Hardware, 35 Maple Ave*

Saratoga's All-American Celebration! Parade & Pooches (11am)
BBQ & Dessert Fest (11:30am-3:30pm) & Fireworks (9:30pm)

Sign up now for just $30!

Firecracker4.com