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> ALLISON BROMSER, OLIVIA PHANEUF AND JANINE PHANEUF OF OLD FORGE START SHENENDEHOWA NORDIC'S CITIZENS RACE ON JANUARY 5, 2019 AT THE GORE NORDIC CENTER.

MEGHANA CARON

FREE!

JANUARY

2019

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AdkSports.com Facebook.com/AdirondackSports

Great for Winter Fun and Fitness!

By Richard Carlson

ross country skiing is set to become your new winter season passion! Hey, skiing is skiing, the curly end goes to the front and you slide around on snow. It's sport and fresh air fitness – and it's a connection with the natural world in winter. If you're a competent alpine skier you can easily make the switch. All the turning and stopping techniques of going downhill on skis readily translates into XC. Even beginner alpine skiers fare better with cross country ski technique than never-ever skiers.

First off, Nordic skiing is a lot of different types of skiing. There's skiing on groomed trails at a ski center – light touring or classic skiing and skate skiing fit in here. Get off the groomed trails and it's backcountry skiing, lots of choices here: heavier systems bindings, light metal edge skis, lighter Telemark-style boots, bindings and skis. If you still want the benefit of an alpinestyle setup consider alpine touring. AT is generally a lightweight metal edge ski with a rigid boot, a unique binding that allows free heel touring uphill, and a locked heel for downhill running. If you've seen skiers skiing uphill at an alpine ski area – they're probably using climbing skins on AT gear.

No Crowds – Sure there can be some crowded XC ski trails but it's never like the alpine ski venues with their mega football-field-sized parking lots, lines for tickets, food or lifts. Even a crowded parking lot at a cross country ski center doesn't translate into busy ski trails. Typically, 80% of the skiers ski 20% of the trails. Spread out and you'll have miles of skiing to yourself. But, to really distance yourself from the crowds, get into the back-

er sea- country. There are so many choices in

country. There are so many choices in the Adirondacks, Catskills and surrounding areas that you'll be torn between destinations on a good ski day.

JUST DO IT

Top Fitness Activity – Nordic racers are the fittest athletes in the world! It's a full body exercise using legs, arms, shoulders and stomach muscles. Exercise physiologists have measured elite cross country ski racers with a VO2 max (a standard measure of oxygen utilization) at 96, elite cyclists might be high 80s, Olympic swimmers a mere 70. It's no wonder that gym machines like elliptical trainers and ski machines mimic the actions of cross country skiing. The large Scandinavian ski races – and the America Birkebeiner in Wisconsin – regularly have finishers in the 80-plus age groups skiing up to 50 miles!

Relatively Inexpensive – Sure you need to purchase skis, boots and poles, and maybe multiple sets for light touring and backcountry skiing if you're into both, but it's still cheaper than an alpine skiing setup. Groomed cross country ski trails may set you back \$10-\$20 for a day of skiing, with season passes around \$100-\$150.

New No-Wax Skis – Most manufacturers have added a "skin ski" to their lineup of classic ski models. This revolution in skis is worth a look for no-wax fitness or recreational skiing – just step in and go! Instead of a "fishscale" pattern (noisy, slow) that replaced the sometimes tricky wax skis, the kick-zone grip is now provided by mohair (silk-like) strips. They offer bombproof



NORDIC FESTIVAL Saturday, March 16

Featuring the historic Lake Placid Loppet, 50K & 25K Citizen classic & freestyle races. Varying length (12.5K, 6.25K & 3K) Citizen Challenge races will also be held.

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The Lake Placid Nordic Festival falls on St. Patrick's Day, so plan on Irish themes and wearing green!



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ALPINE SKIING & SNOWBOARDING

Or, How to Expand Our Comfort Zone

NO FEAR WITH MERMER BLAKESLEE. WINDHAM MOUNTAIN

By Mermer Blakeslee

In my "Fear Workshop" at Windham Mountain, a woman confessed she was frightened of returning to skiing after a long hiatus, not because of the risk the sport posed – of falling or getting hurt – but because she had been a "really good" skier. Skiing was deeply woven into her identity and now she was scared of *failing*, of falling short of her expectations and being exiled from the "real skiers' club" where, she imagined, the skilled and competent gloat. This is very common.

Fear of failure is the most prevalent fear I encounter as the "ski industry's fear specialist." Often we blame age, thinking of it as our enemy as slowly but relentlessly we are forced to let go of our physical prowess. It's as if we want to carry a sign saying: I used to be amazing. Don't look at me now. But fear of failure is also trained into us early on. As our recent obsession with testing school children shows, our culture does not value learning (where failure is possible), so much as knowing. Yet if we stay with what we know - comfortable, safe and even smug we eventually dry up and get bored because when our comfort zone is not constantly massaged, it inevitably shrinks.

So how do we handle fear of failure in the workshop? We treat it like every other fear and start where we are. Sounds simple, but this is the biggest step: accepting not only the presence of fear, but also ourselves as we are now - older, slower, certainly wiser and more cautious, probably heavier, more wrinkly, less muscled, a bit harried from the kids or the job. Rather than accept our state, we often try to control or cure it, as if age and fear were pathologies and life without their presence were possible, normal or even desirable. But fear is and should be a habitual acquaintance in any imaginative, meaningful life, and we need to cultivate a conversation with it rather than engage it in a fight.

BUILDING MOMENTUM

When our movement in and out of the yikes! zone follows a rhythmical wave our comfort zone will gradually expand

YIKES! ZONE Learning – Risking "Failure

COMFORT ZONE

Knowing - Playing It Safe

Accepting means acknowledging the borders between our *current* comfort zone and what I call our "yikes! zone," which is different for every person and different for us now than it was ten years ago or maybe even last week. Only then with a gentle persistence can we begin to stretch our limits.

Over time, my students learn to utilize two simple qualities: rhythm and momentum. By moving in and out of their comfort zone – or synonymously, in and out of the yikes! zone – in a rhythmical wave, their comfort zone expands. But even a small leap into the yikes! zone demands that we build momentum – gradually, in small, patient steps.

It's a simple concept, but few follow it. I have witnessed many intelligent people forcing themselves into the yikes! zone before they were ready – at worst risking injury, at best confirming their fears. Many stay in the yikes! zone too long, thinking of it as some medicine or perhaps even a hair shirt that will do them good. Either mistake will actually make their comfort zone contract. After a taste of yikes!, we should pull back, ease up, replenish our resources and allow our appetite to build again for another push.

As you probably have already guessed, this simple graph doesn't reveal the whole story because skiing or snowboarding, like life, has more than one variable: an icy patch, a person cutting in front or a sudden whiteout. These are the stubborn givens of matter and laws of this earth that we need to respect. This sine wave is only a condensed simplification from a complex of variables.

The first variable that skiers or riders usually notice is pitch or steepness. You can hear the boasting in the bar afterward, someone having conquered this or that black diamond. But actually, the difficulty of a steep slope can only be measured in relation to other variables, especially snow conditions. The same run never skis or rides the same way if the snow has changed. Frozen granular, a marketing euphemism for ice, demands an entirely different mix of skills than a foot of soft powder. The slope's length, its narrowness, the presence of rocks, trees or lift towers, even the vista can all add to its difficulty. To monitor the wave well, we should only go into the vikes! zone in one or at the most two variables. Besides pitch, a skier or rider has to consider the conditions, visibility, familiarity with the terrain, temperature (cold and wind almost always increase fear), the presence of obstacles or crowds, and possibly equipment, level of fatigue, group energy and so forth.

Pitting our skills against more than two variables at a time can cause a backlash in our confidence and learning. We emerge from the lodge in a post-lunch-coma wanting to revive the late morning fervor so we attempt the same steep trail we descended before. But now our muscles are cold, the conditions deteriorated, the light flat and the crowds peaking. Often, too many variables converge to create not a yikes! experience but a reaction akin to terror and this actually damages our confidence and – contrary to popular thinking – shrinks our comfort zone.

To learn the many variables of skiing or

riding is a form of respect for the world and takes both attentiveness and time. At first, it might seem like merely accumulating a mental check list. But to understand how each variable affects us, to weigh its impact, to measure it in relation to our own momentum takes a cultivated wisdom. It becomes like dancing - listening to the energy and rhythm of the music and knowing just when to advance, just when to give. But often we find it hard to listen to the music that is actually playing. We pretend it is another song entirely. "I wanted to think I was still 30," one woman told me, "But now, slowly, my fear is being replaced by respect ... honest respect. Not only for what's out there, but also toward myself."

BUILDING MOMENTUM

So whether we're attempting something new or facing a situation more difficult than we're ready for or returning to a sport we used to excel at, our first challenge is to accept where we are, our current comfort zone. Then we can slowly expand those limits by eliciting the qualities of rhythm and momentum, while being clear-eyed and respectful toward the world around us. What better way to spend our time?

Mermer Blakeslee (mermerblakeslee@ gmail.com) of Roscoe leads many lives, as a writer, skier, teacher and gardener. She's an examiner for Professional Ski Instructors of America and a former member of their National Alpine Team. She has published three novels and her book on fear, In the Yikes! Zone.





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Adirondack's 2019 **Grand Prix Series**

ALBANY - USATF Adirondack recently announced the slate of races for the 2019 Grand Prix series, presented by Fleet Feet Albany/Malta. The association thanks all of the races for submitting bids and all of the members who voted on a slate. Their membership selected the races to serve as the Grand Prix.

The races are Runnin' of the Green four-miler on March 9, Helderberg to Hudson Half Marathon on April 13, Bacon Hill Bonanza 10K on May 4, Freihofer's Run for Women 5K on June 1, USATF Adirondack Night of Miles (one-mile) on July 12, ADK 5K on Sept. 14, USATF Adirondack Saratoga XC Classic 8K on Oct. 27, and Revolutionary Run for Veterans 5K on Nov. 2.

Any USATF Adirondack member who completes at least five of the events will receive a Grand Prix "Complete the Series" apparel piece. The mission of USATF is to promote the sport of running across all abilities and ages. By recognizing all who complete the series, whether they're runners. joggers or walkers, the local association is advancing the USATF national philosophy of running as the "Sport for Everyone ... Sport for Life."

USATF is continuing their partnership with Fleet Feet Albany/Malta, which has allowed them to expand the Grand Prix participant recognition to all association members, in addition to offering a generous prize purse for division winners. "We are pleased to support the USATF Adirondack Grand Prix Series. The series offers a variety of distances over a nine-month period and will provide a great experience for runners of every age and ability. We're grateful for the opportunity to support this important community series." stated Charles and Arlene Woodruff. Fleet Feet Albany and Malta owners.

All runners are invited to join the Grand Prix Kick-Off event on Sunday, February 10 from 12 to 4pm at Fleet Feet Albany. The race reps in the series will be there, with discounts, raffles, and giveaways for those who register at the event. Take on the challenge of completing the series! If unable to attend, you can register on the individual race



USATF

websites. For more info on USATF Adirondack membership, requirements for participating and see a list of past racers, visit adirondack. usatf.org. ADIRONDACK USATF Adirondack

members who complete five of the series races, regardless of finishing time or place, are recognized with an award. In addition. runners can score points for placing in the top ten in three divisions - open, masters and age-graded. Competitive awards are given to the individuals who have accumulated the most points at the end of the series. The age-group awards are generously provided by Fleet Feet Albany/Malta.

The series was originally created in 2007 to promote competitive road racing within the Adirondack association. The process was revised in 2017 along with expanding the mission to promote participation at all levels of ability. In 2018, 79 members, up from 38 in 2017, completed five or more races and became 'complete the series' finishers. The 2018 series finishers will be recognized and receive a unique series finisher sweatshirt at the USATF Awards Banquet on January 26.

United States Track & Field (USATF) is the national governing body for track and field, long-distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, mostwatched Olympic event broadcasts, the number one high school and junior high school participatory sport, and more than 30 million adult runners in the US.

USATF Adirondack Association is the local branch of USATF to promote the development of the sport of athletics, which includes the disciplines of track and field, distance running and race walking, coordinate the scheduling of competitions, communicate policy to athletes, sanction events, provide for participation of amateur athletes in athletic competition, support women, disabled and masters in athletics, certify officials, and to encourage open competition. USATF Adirondack maintains an adult athlete membership of approximately 500 athletes. USATF Adirondack serves the northeastern portion of the New York state

Comments Sought on Backcountry Ski **Trail Development**

RAY BROOK - The Adirondack Park Agency and DEC are holding a joint public comment period to get comments on proposed guidance for ski touring trails in the "forever wild" Adirondack Forest Preserve and conformance to the Adirondack Park State Land Master Plan.

It adds to existing guidelines for cross country ski trails as defined in the APSLMP and the DEC Forest Preserve policy manual. The comment period ends on February 1, 2019. Here a link to the Backcountry Ski Trail plans: apa.ny.gov/Mailing/2018/12/ StateLand/SkiTrailDraftGuidance.pdf

The proposed design standards address a growing interest by the general public in backcountry skiing. The goal is to provide skiers of any ability level a wide range of opportunities to enjoy skiing in a wild forest setting. Criteria to protect natural resources, limit user conflict and improve the skiing experience are key components of the proposed guidance. Construction standards would apply to all Adirondack Park State Land classifications except Intensive Use Areas. Three ski trail categories are proposed: Nordic Ski Trails, Backcountry Ski Trails and Skin Tracks.

Nordic Ski trails would be located on terrain which is not overly challenging and includes limited obstacles to negotiate. Trails would be designed with gentle curves and mild slopes to control speed and ensure beginner level skiers are capable of safely navigating variable terrain. Existing examples of cross-country ski trails that fit this category include the Hays Brook Trail (Debar Wild Forest) and the Old Farm Clearing Trail (Siamese Ponds Wilderness).



Backcountry Ski Trails would be located on more demanding terrain and designed to accommodate challenges associated with intermediate to advance level skiers. Steeper slopes and tighter curves will be features of these ski trails. Existing trails which exemplify this category include the Mt. Van Hoevenberg Trail in the High Peaks Wilderness, the Avalanche Lake Trail, and the Wright Peak Ski Trail (High Peaks Wilderness).

Skintrack routes will be designed to provide skiers will access to existing slides and other skiing opportunities. Skintracks will have steady, sustainable climbs to ensure elevation gain is safe and not overly strenuous. The width of vegetative clearing for skin tracks will be limited to four feet. Design standards and criteria in the proposed ski touring guidance includes: Trail layout; Clearing width and height; Trail surface management (drainage, grading, wood and rock removal); Side slope management; Turn radius; Trail grade; Sight distance; Tree cutting; and Water crossings (bridges and boardwalks).

The guidance also proposes integration of design standards into the management of existing multiple use trails. For more info, go to apa.ny.gov. All comments will be shared and reviewed by both DEC and APA staff. Email all comments and your position on their conformance to SLMP Comments@apa.ny.gov. The deadline is February 1, 2019. 📥

FROM T	HE PUB	LISHER
Happy ((Healthy)	New Year!

ake 2019 a happy, healthy one by staying active, Make 2019 a happy, house, challenging yourself, and getting enough rest. Prioritize your health and well-being by putting your mind and body first. To help you achieve your goals, we publish this magazine and bring it to life with our expos - we look forward to seeing

you soon at our Summer Expo! Enjoy the issue, please support our advertisers,





Contributing Photographers: Bill Ingersoll

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and thanks for being part of the Adirondack Sports community!



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MARCH 2019

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MARCH

- 2-3 Master the Mountain: Alpine Skiing & Boarding Clinics. Gore, North Creek. 518-251-2411. goremountain.com. Represent & Ride Free: Skiing & Boarding (Ages 7-12). Gore, North Creek. 518-251-2411. goremountain.com. 9
- 9-10 Glades & Glory: Sking & Boarding Clinics. Gore, North Creek. 518-251-2411. goremountain.com.
- Magical Leprechaun Race. 10am. Race as or against a leprechaun. 10am. 17 The Arena, Gore, North Creek. 518-251-2411. goremountain.com

BICYCLING: ROAD & OFF-ROAD

ONGOING

- Tu/Th Spinning Class. 6pm. Tomhannock Bicycles. Pittstown.
- Veekly Winter Workout. 8-9:30am. Bring bike & trainer. Grey Ghost
- Bicycles: 518-223-0148, greyghostbicycles.com. Spinning Class. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 518-663-0083. tomhannockbicycles.com.

JANUARY

- **1st Gurney Lane Fat Bike & Snowshoe Day.** 10am: 5K snowshoe race. 12pm: group ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen ring donut race (ride lap, eat donut, repeat). Dion Snowshoes rentals & Grey Ghost Bicycles demos available. Gurney Lane 12 Recreation Area, Queensbury. bikereg.com & runreg.com. First Century Bike Ride. 100M. 8am. Schuylerville. 518-583-3708.
- 13 adkultracycling.com. 73rd Stowe Derby: Downhill XC Ski Race. New: Fatbike Race. Stowe, VT. 13
- teammmsc.org.

FEBRUARY

- 2 BonkWerx Fat Bike Race. 9am. Benefit for Clear Path for Veterans.
- 2
- 9
- BonkWerx Fat Bike Race. 9am. Benefit for Clear Path for Veterans. Chittenango. bikereg.com. NICA NY Fundraiser & Raffle Ticket Sale. 6-9pm. Conversation, networking, race stories & silent auction bidding. Unified Brew Works, Malta. bikereg.com. Saratoga Fat Bike Rally. 8:30am. Races, rides, raffles, bikepacker's challenge. Warming Hut, Saratoga Spa SP, Saratoga Springs. bikereg.com. Garnet Hill Winter Fest: XC Skiing & Fat Biking. 9am-4pm. Fun races, prizes, challenges, tours, food, drink & music. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Snowball Express. 100M/52M. 8am. Schuylerville. 518-583-3708. adkultracycling.com. 23

MARCH

CROSS COUNTRY SKIING & NORDIC SPORTS

ONGOING

- 24 adkultracycling.com.
- 26-27 Women's Alpine Skiing & Boarding Clinics. 8:30am. Gore, North
- Gore Restaurant Race. Compete for your favorite restaurant. Gore,

FEBRUARY

- Creek. 518-251-2411. goremountain.com.
- Master the Mountain: Alpine Skiing & Boarding Clinics. Gore, North 2-3
- Creek. 518-251-2411. goremountain.com. "Chicks on Sticks" Benefit Ski Bus Trip. 7:15am. Bromley, Peru, VT. Alpine 8
- 9-10 Glades & Glory: Skiing & Boarding Clinics. Gore, North Creek. 518-251-2411. goremountain.com.
- 9-10 Trees & Steeps: Telemark Clinic. Gore, North Creek
- North Creek. 518-251-2411. goremountain.com. 16-17 Presidents' Weekend Holiday Camp. Also, President's Week
- Holiday Camp: 2/19-21. Age 4-12. Gore, North Creek. 518-251-2411. goremountain.com. **USASA Boarder & Skiercross.** Gore Ski Bowl, North Creek.
- 18
- 518-251-2411. goremountain.com.

- Sun Intro Guided Backcountry Ski Tours w/Dick Carlson. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
 Sun Maple Treats at the Sugar House. 11am-2pm. 1/13, 1/27, 2/10, 2/24, 3/10. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
 Tue Gore Citizen XC Ski & Snowshoe Races. 6pm. 1/22-2/19. Skate or classic ski or snowshoe. Gore Nordic Center, North Creek. 518-251-2411. goremountain.com.
 Sat Apres Ski. 4-6:30pm. Food, beer, entertainment. New Bobcat Bar & Grill, Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
 Sa-Su Winter Weekend Tours. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
 Sa-Su Discover Cross Country. 10am & 1pm. Weekends & holidays.
- Sa-Su Discover Cross Country. 10am & 1pm. Weekends & holidays. Mt. Van Hoevenberg, Lake Placid. 518-523-2811. skivanho.com.
 Sa-Su Discover Biathlon. 10am & 1pm. Weekends & holidays. Age 13+. Olympic Biathlon Range, Lake Placid. 518-523-4436. skivanho.com.

JANUARY

Lapland Ladies Love to Ski Clinic. 9:30am-2:30pm. Classic technique. Lapland Lake, Northville. 518-863-4974. laplandlake.com.





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discounted lift ticket (non-holiday). Gore, North Creek. 518-251-2411. goremountain.com. JANUARY 7-13 Take Your Kids to Gore Week. Ages 19-under ski/ride free w/paying parent. Gore, North Creek. 518-251-2411. goremountain.com.

12-13 First Tracks. Guided run prior to opening. Whiteface, Wilmington. whiteface.com. 19 NE Rando/SkiMo Series Race: The Beast, 9:30am, Berkshire East,

Calendar of Events

January-March 2019

FEBRUARY 2019

MTWTF

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*Events beyond this range are advertisers in this issue

ALPINE SKIING & RIDING

ONGOING

Wed "Why Not Wednesdays." Bring unopened Dasani bottled water for

24 25 26 27 28

- Charlemont, MA. nerandorace.blogspot.com. 18-19 Lake Placid Freestyle World Cup. Fri: moguls at Whiteface. Sat: aerials at Olympic Jumping Complex, Lake Placid.
- 19-20 MLK Holiday Kids Ski Camp. Gore, North Creek. 518-251-2411. goremountain.com.
 - Gore Torchlight Parade & Fireworks Spectacular. Sundeck 20 at dusk. Food, drinks & live music. Gore, North Creek. 518-251-2411. goremountain.com
 - USASA Boarder/Skiercross. Gore Ski Bowl, North Creek. 21 518-251-2411. goremountain.com.
 - iHeartRadio Winterfest. West, Queensbury. westmtn.net
 - Creek. 518-251-2411. goremountain.com 28
 - North Creek. 518-251-2411. goremountain.com

- Gore Tele Fest. Telemark demos (free) & beginner clinics. Gore, North 2-3
- - Sport Shop, Saratoga Springs. 518-584-6290. alpinesportshop.com. Mini-Shredders Jibfest. 12pm. Family-friendly freestyle competition
 - for ages 10-under. Gore, North Creek. 518-251-2411. goremountain.com.
- 518-251-2411. goremountain.com.

15 Fire on the Mountain. 7pm-12am. West, Queensbury. westmtn.net. 16-17 LL Bean Winter Fun Tour. Games, giveaways, coupons, more. Gore,

- 518-251-2411. goremountain.com.

23-24 Women's Alpine Skiing & Boarding Clinics. Gore, North Creek.

2 IditaFat Fat Bike Race. 8am. 12K, 25K or 50K. Sun: SnoFatShu Duathlon. CCC Camp, Winona Forest, Mannsville, winonaforest.com 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

12



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- Adk Citizens Challenge Race Series. 11am. 3K, 6K & 12K course for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid. HURT Mega-Relay Ski Race. 6hrs: 10am. Teams of 3-8 skiers. Garnet Hill Lodge, North River. 518-893-7605. hurtnordicskiing.com. Maple Treats at the Sugar House. Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Try-ItSki-Orienteering. Mt. Van Hoevenberg, Lake Placid. skio. skivanho.com. Bill Koch Youth Ski Festival. 2K, 5K races, scavenger hunt. Ages 14

 - Bill Koch Youth Ski Festival. 2K, 5K Faces, scavenger nunt. Ages 14 & under. Sat: 12-7pm; Sun: 9am-1pm. Brookhaven Nordic Trails, Porters Corners. skireg.com. Maple Treats at the Sugar House. Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Lake Placid Nordic Festival. Lake Placid Loppet: 50K & 25K citizen classic (9am) & freestyle (10:30am) races. Adk Citizens Challenge Races (1pm): 3K, 6K & 12K for new & experienced skiers. Mt. Van Hoevenberg Lake Placid skivanbo com 10 16
 - Hoevenberg, Lake Placid. skivanho.com.
 Camp Santanoni Winter Weekend. 9.8M round-trip XC ski or snowshoe to see historic buildings. Newcomb. aarch.org.

HEALTH & FITNESS ONGOING

Daily Rock Your Fitness: Total Body Training. Six-week sessions: 1/14-2/23, 3/4-4/20 & 4/22-6/1. M/W/F: 5:15am, 6:30am & 9:30am. Sat: 7:30am. Saratoga-Wilton Soccer, Malta. 518-522-9765. rockyourfitnessny.com.

JANUARY

USA Powerlifting Northeast Ironbeast Winter Classic. 7am. ABC Sports 19 & Fitness, Latham. lift-ny.com.

MARCH

16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs 518-877-8788. adksports.com.

HIKING, SNOWSHOEING, CLIMBING ONGOING

Sa-Su Discover Garnet Hill: Winter Weekend Guided Snowshoe Tours. Sat, 1pm: Hooper Loop & Balm of Gilead (2.5hrs). Sun, 10am: Hooper Mine (1.5hrs). Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.

JANUARY

- 12
- Historic Snowshoe Hike. 10am-12:30pm. Reservations required. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com 13 Winter Survival 101. 9am. Backcountry preparedness, snowshoeing basics, avalanche awareness, more. Heart Lake Program Center, Lake Placid. 518-523-3480. ADK: adk.org. 20 ADK Tug Hill Winter Outing. XC ski/snowshoe. Dave White: 315-853-1070 or ccswhite@juno.com. adk.org. Moonlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com. Moonlight Guided Snowshoe Tour. 5:30-7:30pm. Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com Winter 46 Workshop. 9am. ADK Education Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org. Winter Wonderland Family Open House. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org. Ski-Orienteering on XC Skis or Snowshoes. 11am-1pm starts (3hrs to complete course). Garnet Hill Lodge, North River. 518-251-2444. garnet-hill.com.
- 19
- 20
- 26
- 26
- 27 garnet-hill.com. Sawteeth Mtn Cod
- garnet-inn.com. Sawteeth Mtn Guided Day Hike. 11.8M. 8am. St. Huberts Public Hiker Parking Area, Keene Valley. ADK: 518-523-3480. adk.org. 27

FEBRUARY

- Mountainman Adventure Series: "Reel Rock" Film w/The North Face. 7pm. World's most exciting climbers. Raffle tickets to benefit Access Fund. Bolton Landing Brewing samples. Limited seating; purchase tix at store. Mountainman Outdoors, Saratoga Springs. 518-584-3500. 7 mountainmanoutdoors.com.
- mountainmanoutdoors.com. Historic Snowshoe Hike. 10am-12:30pm. Reservations required. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com Moonlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com. Backcountry Snowshoeing for Beginners. 9am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org. Hurricane Mtn Fire Tower Snowshoe Hike. 6.8M. 8am. Trailhead, Route ON between Kaene & Flickbethtum ADK: 615 523 2400. edk.org. 9
- 9
- 9N between Keene & Elizabethtown. ADK: 518-523-3480. adk.org.

Lapland Ladies Love to Ski Clinic. 9:30am-2:30pm. Skate technique. Lapland Lake, Northville. 518-863-4874. laplandlake.com. 10 $\bigcirc \bigcirc \bigcirc$

- FREE CROSS-COUNTRY **SKI & SNOWSHOE TRAILS**
- FREE ICE SKATING RINK WITH WARMING HUT
- FREE SLEDDING HILL
- GROOMED SNOWMOBILE TRAILS
- COZY ACCOMMODATIONS
- GREAT FOOD
- FUN FOR THE

Surrounds Us For maps & more: INLET AREA INFORMATION OFFICE 1-866-CO-INLET www.inletny.com



- Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com. 16-18 Camp Santanoni Winter Weekend. 9.8M round-trip XC ski or
- 518-863-4974, laplandlake.com.
- skivanho.com
- prizes, challenges, tours, food, drink & music. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Maple Treats at the Sugar House. Ski, hot chocolate, treats. 11am-2pm.
- Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.
- skireg.com. q

Freestyle. Craftsbury Outdoor Center, Craftsbury Common, VT. craftsburymarathon.com. Lapland Ladies Love to Ski Clinic. 9:30am-2:30pm. Classic technique. Lapland Lake, Northville. 518-863-4874. laplandlake.com. Winona Forest Tourathon Ski Race. 8am: 50K. 8:30am: 12.5K & 25K. CCC Camp, Winona Forest, Mannsville. winonaforest.com.

73rd Stowe Derby: Downhill XC Ski Race. New: Fatbike Race. Stowe, VT.

Woonlit Night Skiing. 6-9pm. Reservations suggested. Pineridge XC Ski Area, East Poestenkill. 518-283-3652. pineridgexc.com.
Cenliven Retreat. Yoga, skiing, Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.

Adk Citizens Challenge Race Series. 11am. 3K, 6K & 12K courses for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid.

Horse Drawn Sleigh Rides. 1-4pm. Lapland Lake, Northville

Horse Drawn Sleigh Rides. 1-4pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
 Moonlight Guided Evening Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
 19-20 Mid-Atlantic JNQ/NYSSRA Races. 9am. Sat: Classic. Sun: Skate. Gore Nordic Center, North Creek. hurtnordicskiing.com.
 19-21 Camp Santanoni Winter Weekend. 9.8M round-trip XC ski or snowshoe to see historic buildings. Newcomb. aarch.org.
 25-27 Lake Placid SuperTour & NENSA Eastern Cup #2. 5K, 10K, 15K. Mt. Van Hoevenberg, Lake Placid. nensa.net.
 Garnet Hill Pursuit Race. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com.

Garnet Hill Furstan Race. Garnet Hill Lodge, Horan Land, 518-251-2150. garnet-hill.com. **Ski-Orienteering on XC Skis or Snowshoes**. 11am-1pm starts (3hrs to complete course). Garnet Hill Lodge, North River. 518-251-2444.

garnet-fill.com. Maple Treats at the Sugar House. Ski, hot chocolate, treats. 11am-2pm.

Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Polar Bear Ski Club Nordic Race. 5K/10K. 12pm. MacCauley Mtn, Old

FEBRUARY

31-2/3 39th NYS Empire State Games. Various loacations, Lake Placid. empirestatewintergames.com.

38th Craftsbury Marathon Ski Festival. Sat: Classic. Sun:

Full Moon Ski Party. 8pm. Ski, bonfire, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.

- 10
- Maple Treats at the Sugar House. Ski, hot chocolate, treats. 11am-2pm. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. Nino Manzella Memorial HURTathon. 9am. 5K/10K freestyle races. 10
- 15
- 23
- Garnet Hill Winter Fest: XC Skiing & Fat Biking. 9am-4pm. Fun races, 23
- 24

MARCH

- Enliven Retreat: Weekend Yoga & XC Ski Retreat by Carrie Kaufman. Relax, yoga, ski & fun. All-inclusive weekend. Garnet Hill Lodge, North River. 518-251-2150. garnet-hill.com. NYSSRA Nordic Championship 2019. 5K/15K. Glenville Hills, Scotia. 1-3

Gore Nordic Center, North Creek, hurtnordicskiing.com. Pineridge Moonlit Night Skiing, 6-9pm. Reservations suggested.

- snowshoe to see historic buildings. Newcomb. aarch.org. Horse Drawn Sleigh Rides. 1-4pm. Lapland Lake, Northville. 17
- Adk Citizens Challenge Race Series. 11am. 3K, 6K & 12K course for new & experienced skiers. Mt. Van Hoevenberg, Lake Placid.













- Street & Nye Guided Day Hike. 9M. 8am. Adirondak Loj, Lake Placid. 16
- MOK: 518-523-3480. adk.org. Winter Wonderland Family Open House. YMCA Camp Chingachgook, 16
- Kattskill Bay. 518-656-9462. camp.cdymca.org. Moonlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 16 518-863-4974. laplandlake.com.
- Phelps Day Guided Day Hike. 8.2M. 8am. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org. Moonlight Snowshoe Tour. 5:30-7:30 pm. Garnet Hill Lodge, North River. 17 17

MARCH

- 2 Starlight Guided Snowshoe Tour. 5:45-9pm. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 16 Tabletop Trailless Hike. 10M. 8am. Adirondak Loj, Lake Placid. ADK:
- 16 Fabreson Hamessinke, 1976, 6am, Annonaak Edit, Lake Fabreson, 1976, 518-523-3480, adk.org.
 16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-conc. 8788. adksports.com.
- Moonlight Snowshoe Tour. 5:30-7:30 pm. Garnet Hill Lodge, North River.
 30-31 Wilderness First Aid. Adirondak Loj, Lake Placid. ADK: 518-523-3480 adk.org.

APRIL

- Five-Day Wilderness First Aid Responder Certification Course. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org. 3-7
- 6
- Map & Compass Fundamentals. 9am. Education Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.

ICE SKATING & SPEEDSKATING

JANUARY

- Free Try-It Speedskating Sessions. Saratoga Ice Rink, Saratoga Springs. 518-951-0702. saratogawinterclub.com.
- ⁷ Charles Jewtraw All Around. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org. 26-27

FEBRUARY

9-10 Inaugural Metric Meet. Olympic Speedskating Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MULTISPORT: TRIATHLON & SWIMMING

ONGOING

Sun Swim Clinics w/Hislop Coaching. 8-9:30am. 1/13, 20, 27; 2/10; 3/3, 10, 17, 31. Niskayuna HS, Niskayuna. 518-577-5889. hislopcoaching.com.

MARCH

- SnoFatShu Snowshoe & Fat Bike Duathlon, 9am, Sat: IditaFat Bike Bace.
- CCC Camp, Winona Forest, Mannsville, winonaforest.com. 16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun:
- 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

APRIL

- NY Duathlon Series #1: Hudson Valley. 2M run, 12M bike, 2M run. 9am. 13 Wilson SP, Mount Tremper, 914-466-9214. coachmarkwilson.com. KBR ice Breaker Triathion. 1M kayak, 13M bike, 2M run. Cassadaga.
- 27 914-466-9214. coachmarkwilson.com

MAY

- NY Duathlon Series #2: Hudson Valley. 2M run, 12M bike, 2M run. 9am. 5 Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.
- American Zofingen Duathlon. Three distances to challenge every level racer. Stone Ridge. 914-466-9214. coachmarkwilson.com. 19

JUNE

- 9th Cooperstown Triathlon. 8am. Sprint: 750m swim, 11M bike, 3.1M run. Plus, aquabike, relay team & kids' triathlon. Glimmerglass SP, Cooperstown. 914-466-9214. coachmarkwilson.com.
- Hudson Valley Tri Club Summer Series #1. 5:45pm. Wilson SP, Mount Tremper. 914-466-9214. coachmarkwilson.com.

- 22 Ticonderoga Triathlon Festival. 7:30am. Sprint: 750m swim, 12M bike, SK run. Olympic: 1500m swim, 24M bike, 10K run. Plus, aquabikes & kids' triathlon. Sun, Sprint Duathlon: 2M run, 12M bike, 2M run. Combo categories available. Black Point Beach, Ticonderoga. 914-466-9214.
- coachmarkwilson.com. Stissing Triathlon, 8am, 0.5M swim, 16.5M bike, 3.3M run, Plus, kids' 29 triathlon. Pine Plains. 914-466-9214. coachmarkwilson.com.

JULY

10th Delta Lake Triathlon. 7:30am. Sprint, Olympic, Delta Double. Plus, kids' triathlon. Delta Lake SP, Rome. 914-466-9214. 20 coachmarkwilson.com

OTHER EVENTS JANUARY

- Presentation: Idiaride Sled Dog Race w/competitor Ken Hamm. ADK Schenectady chapter. Clifton Park-Halfmoon Library, Clifton Park. 17 cphlibrary.org.
- World Cup Freestyle Competition. Fri, moguls: Whiteface, Wilmington & Sat, aerials: Olympic Jumping Complex, Lake Placid. whiteface.com.
- Long Lake Winter Carnival & Fireworks. Cardboard sled races. 19 snowball golf, ladies frying pan toss, wacky hat contest & ice carving. Free sledding & skating. Mt. Sabattis Geiger Arena & Pavilion Way, Long Lake. mylonglake.com. 19-20 USA Luge Challenge. 10am. Using plastic sleds to experience this
- Olympic sport. Team coaches/athletes scouting for young athletes (10+) who show potential. Free, no experience required. DJ and prizes. eamusa.org.
- Winter Wonderland Family Open House. YMCA Camp Chingachgook, 26 Kattskill Bay. 518-656-9462. camp.cdymca.org. 34th Grafton Winter Festival. 10am-4pm. Snow, food, outdoor fun: fat
- 26 biking, snowshoeing, polar plunge, snow bowling, carriage ride, chili. Grafton Lakes SP, Grafton. facebook.com.
- 26-27 Long Lake Winter Birding Weekend. Outings, lecture, dinner. Adirondack Hotel, Long Lake. 518-624-3077. mylonglake.com.

FEBRUARY

- 39th Empire State Winter Games. 30 winter sports & 2.000 athletes. 1-4 Lake Placid. empirestatewintergames.com.
- 1-10 Saranac Lake Winter Carnival. Many sporting events, gala & kiddie parades, general events & fireworks displays. Saranac Lake saranaclakewintercarnival.com.
- Old Forge Winter Carnival. Snowflake Derby, night skiing & skating, torchlight skiing & daredevil jumpers, parade, bonfire, fireworks, cardboard sled race & more. McCauley Mountain, Old Forge. oldforgenv.com.
- 15-16 World Cup Bobsled & Skeleton. Olympic Sports Complex, Lake Placid. whiteface.com.
- 16-17 Raquette Lake Winter Carnival. Kids' games, ladies frying pan toss, magicians, golf on the lake & fireworks. Raquette Lake. myraquettelake.com. 16-18 12th Lake Sacandaga Snowkite Rally. Great Sacandaga Lake. kiteclubny.org.
- 19-22 Winter Camp for Kids. Ages 7-15. YMCA Camp Chingachgook, Kattskill Bay. 518-656-9462. camp.cdymca.org.
- **17th Frozen Fire & Lights: Inlet's Winter Carnival.** Flying kites (new). Free sledding, skating, snowshoeing, XC skiing, cardboard sled race, bonfire, fireworks & much more. Rentals at Pedals & Petals. Fern & Arrowhead Packa Laber in later and 23 Arrowhead Parks, Inlet. inletny.com

PADDLING & ROWING

MARCH 16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. 518-877-8788. adksports.com.

APRIL

21 Little River Ramble. 1pm. Little River Boat Launch, Canton. slvpaddlers.org. 26-28 Canal Clean Sweep. Volunteer day, multiple locations. ptny.org/events.



1

12

3













RUNNING, WALKING & SNOWSHOE RACING ONGOING

Tue Gore Citizen Snowshoe & XC Ski Races. 6pm. 1/22-2/19. Snowshoe or skate or classic ski. Gore Nordic Center, North Creek. 518-251-2411. goremountain.com.

Daily Fleet Feet Training Programs. 5K/10K & Marathon/half marathon. Spring info sessions & starts in early March. Fleet Feet, Albany & Malta. 518-459-3338 & 400-1213. fleetfeetalbany.com.

JANUARY

- 12
- 33rd Winter Wimp 4.4M & 2.2M Road Race. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 518-857-9025. zippyreg.com. 1st Gurney Lane Snowshoe & Fat Bike Day. 10am: 5K snowshoe race. 12pm: group ride (no drop). 1pm: 5M & 10M fat tire races. 2:30pm: Frozen ring donut race (ride lap, eat donut, repeat). Dion Snowshoes rentals & Grey Ghost Bicycles demos available. Dion/WMAC Snowshoe Series. Gurney Lane Recreation Area, Queensbury. runreg. com & bikereg com 12
- com & bikereg.com. Snowman Scramble. 5K. Peter Blumette Park, Plattsburgh. 12
- winter Magic 5K+ Snowshoe Race. Dion/WMAC Snowshoe Series. 13
- Magic Mountain, Londonderry, VT. dionwmacsnow.com. HMRRC Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, 13 Albany. hmrrc.com
- Recover from the Holidays. 5K loops up to 50K. Norrie Point SP, 13
- Staatsburg, mhrrc.org. Nor'easter Snowshoe Series Night Race #1. 6:30pm. Viking Nordic 18
- Center, Londonderry, VT. netrailruns.com/snowshoe. Fleet Feet Hot Chocolate Run Series #1.8am. All ages & paces welcome. Saratoga Spa SP, Saratoga Springs. 518-459-3338. fleetfeetalbany.com. 19
- 19
- 19
- Hoot Toot & Whistle 5K Snowshoe Race. 10:30am. Dion/WMAC Snowshoe Series. Readsboro, VT. dionwmacsnowshoe.com. iRun Local Grand Reopening Party. 10am-1pm. iRun Local, Saratoga Springs. 518-886-8537. irunlocal.com. Springs, 510-500-557, in united account. Cock-A-Doodle-Shoe 5K & 10K Snowshoe Races, 10:30am, Kids' 0.5M Snowshoe Scramble: 10am, Dion/WMAC Snowshoe Series, New Land Trust, Saranac, 518-376-1809, cockadoodleshoe.com.
- 20
- Stone Wall 5K & 10K Snowshoe Run/Walk. 10am. Empire State Snowshoe Championship. CCC Camp, Winona Forest, Mannsville. NYRR Fred Lebow Half Marathon. 8am. Central Park, New York. nyrr.org. 20 26
- Nor'easter Snowshoe Series. 5K/10K. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe. HMRRC Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, 27 Albany. hmrrc.com.

FEBRUARY

- Nor'easter Snowshoe Series Night Race #2. Midnight Madness. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe. 1
- Fleet Feet Hot Chocolate Run Series #2. 8am. All ages & paces welcome. Troy Atrium, Troy. 518-459-3338. fleetfeetalbany.com. Polar Cap 4M Run. 10am. Sacred Heart Parish Hall, Lake George. 2

- adirondackrunners.org. Saranac Lake 4M Winter Carnival Fun Run. 10am. Ice Palace, Saranac Lake. saranaclakewintercarnival.com. Slippery Slope 5K Run/Walk #2. 10am. Lake Placid HS, Lake Placid. 2
- 2 active.com.
- 3
- active.com. 20th Saratoga Winterfest 5K Snowshoe Run/Walk. 11am. Saratoga Spa State Park, Saratoga Springs. Laura Clark: 518-581-1278. runsignup.com. 16th Camp Saratoga 8K Snowshoe Run. 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 518-581-1278. runsignup.com USATF Adirondack 2019 Grand Prix Series Kick-Off Party. 12-4pm. 9 10
- Register for races w/discounts & giveaways. Fleet Feet, Albany.
- Register for races W/discounts & giveaways. Fleet Feet, Albany. adirondack.usatf.org. Frostbite 5K Run. Fire Station, Rouses Point. adirondackcoastalevents.com. Fleet Feet Hot Chocolate Run Series #3. 8am. All ages & paces welcome. The Egg, Albany. 518-459-3338. fleetfeetalbany.com. Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Races. 10am. Dion/WMAC Snowshoe Series. Natural Stone Bridge & Caves, Pottoreville, stonebridgeandcavas com 16
- 16 Pottersville, stonebridgeandcaves.com.
- 8 "Fire & Ice" Beer Mile w/Southern Tier Brewing, 4pm. Part of Fire & Ice Celebration. Chautauqua Harbor Hotel, Celoron. 914-466-9214. 16
- coachmarkwilson.com. HMRRC Winter Series #5: 4.5M, 10M: 10am. 20M: 9am. University at 17 Albany, Albany. hmrrc.com.

- 22 Nor'easter Snowshoe Series. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe. Frigus 5K, 15K & Marathon Snowshoe Races & Festival. 8am. Includes 23
 - pasta dinner, unique medal & finisher medal. Dion/WMAC Snowshoe Series. Cortina Inn, Mendon, VT. endurancesociety.org. **31st CF Stair Climb.** First responders, individual & relay: 8:30am.
- 23 Team relay: 9:30am. Individuals: 10:30am. Race up 42 floors to benefit Cystic Fibrosis Foundation of NENY. Corning Tower, Albany.
- 518-453-3583. fightcf.cff.org 23-24 Adirondack Snowshoe Fest. Sat: Runs/walks at Dewey Mountain Recreation Center, Saranac Lake. Sun: Run/walks at Paul Smith's College, Paul Smiths. adksnowshoefest.com.
- **15th Brave the Blizzard Snowshoe Race**. 5K/5.5M. 10am. Dion/ WMAC Snowshoe Series. Tawasentha Park, Guilderland. 24
- albanyrunningexchange.org. Lake Effect Half Marathon. 9:30am. Also: Quarter Marathon, Virtual Half Marathon & Moose Mile. Liverpool. runsignup.com. 24

MARCH

- Garnet Hill Snowshoe Race 5K. Great food & drink. Dion/WMAC Snowshoe Series. Garnet Hill Lodge, North River. 518-251-2150. 2 garnet-hill.com.
- Fleet Feet Hot Chocolate Run Series #4. 8am. All ages & paces 2 welcome. Saratoga Spa SP, Saratoga Springs. 518-459-3338. fleetfeetalbany.com.
- Slippery Slope 5K Run/Walk #3. 10am. Lake Placid HS, Lake Placid. 2 e.com.
 - NYRR Washington Heights Salsa, Blues & Shamrocks 5K, 9am. 3
 - Manhattan, New York, nyrr.org. Runnin' of the Green. 4M. 10am. Shalmont HS, Rotterdam. hmrrc.com. 15
 - Nor'easter Snowshoe Night Race #4. 6:30pm. Viking Nordic Center Londonderry, VT. netrailruns.com/snowshoe. 16-17 14th Adirondack Sports Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs.
 - 518-877-8788. adksports.com. Shamrock Shuffle 5K. 11am. Valcour Brewing, Plattsburgh. runsignup.com. **39th Doc Lopez Run for Health.** 13.1M: 9am. 1M Walk: 10am. 5K: 23
 - 10:30am. Elizabethtown. 518-637-7102. doclopezrun.com. 10th Schenectady Firefighters' Run 4 Your Life 5K Run/Walk. 9:30am. 30
 - Kids' Run: 10:30am. Chowderfest. Central Park, Schenectady. 30
 - Ice Breaker Challenge 5K. Corning Preserve, Albany. albanyrowingcenter.org. Shamrock Shuffle 5M Race. 10am. Plus, Leprechaun Leap 7/8M Kids Run. Glens Falls HS, Glens Falls. adirondackrunners.org. 31

APRIL

- 40th Salem April Fool's Race. 10K race: 9am. 5K race/walk: 10:30am. 6
- 1M kids' race: 10am. Salem High School, Salem. aprilfoolsrace.com. Delmar Dash. 5M. 9am. Bethlehem MS, Delmar. 518-265-2530. hmrrc.com Blue Needs You 8K Run. 8:30am. Proceeds benefit Code Blue Saratoga 13 emergency homeless shelter. High Rock Park, Saratoga Springs.
- **codeblueneedsyou.org.** Helderberg to Hudson Half Marathon. 8am. Wallace Town Park, Slingerlands to Jennings Landing, Albany. helderbergtohudsonhalf.com. 13

MAY

5 10th Plattsburgh Half Marathon, Two-Person Relay, 10K & 5K, 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

JUNE

- 22 2nd Adirondack 15K Race to the Lakes. 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. 518-331-8864. active.com. OCTOBER
- 13 Mohawk Hudson River Marathon & Hannaford Half Marathon. Registration is open. Schenectady & Colonie to Albany, mohawkhudsonmarathon.com.

Bold listing = Advertiser in current issue of Adirondack Sports & Fitness. **Calendar of Events** listings are free. Submit your event online at AdkSports.com. We reserve the right to publish/edit as appropriate.



39th Annual Half-Marathon, 5K and 1-Mile Walk Saturday, March 23 • Elizabethtown, NY

13.1M: 9am – Keene Valley to Elizabethtown via NY Rt. 73 & 9N Bus leaves Elizabethtown at 8:30am for Keene Valley 1M: 10am & 5K: 10:30am – Elizabethtown

Each participant receives a finisher's medal and a gift!

Register: RunSignup.com More Info: **DocLopezRun.com** Register by March 8 for best price!



Team Relay - 9:30 AM Individuals - 10:30 AM

sculihan@cff.org

9

JANUARY 2019



2ND ANNUAL

Technical, gender-specific shirts to all by 5/15. Buses back to SUNY Adk starting at 10am. n &

Saturday, March 30 @ 9:30 am **Central Park, Schenectady**

Schenectady Firefighters **RUN** Anniversary





FREE Chowderfest with Competition!

To benefit Schenectady Firefighters Cancer Foundation

\$20 by 3/8, \$25 by 3/27, \$30 race day Team scoring & team/individual awards Anniversary T-shirt to first 1,000 registrants!

Register Online: ZippyReg.com More Info & Entry Form:

NeverFightAlone.org info@r4yl.org



\$5 off registration fee

with discount code

ADKSPORTS

CLIMB





HEALTHY NEW YEAR! WHAT'S ON YOUR RESOLUTION LIST FOR 2019?

Do You Want Energy, Vitality and Recovery Like These Professional Athletes? Because You Can!



As a former Olympian and now a personal trainer, USANA is my choice, to provide my body with optimal nutrition. This allows me to experiance incredible energy to enjoy every moment of my active lifestyle.

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By Skip Holmes

hen I first met John at a Tour de Cure event I had no knowledge of his diversified and very active lifestyle. John has ridden in the Saratoga/ Capital Region Tour de Cure for 14 years for his wife. Kathy, who has diabetes. He raises significant funds for this cause and currently is part of the Kivort Steel Cycling Team, which fundraises for the American Diabetes Association. His training time on the bike is usually in preparation for the Tour de Cure and that keeps him in shape for all the other activities he engages in.

John typically rides about 1,500 to 2,000 miles a year on his road bike. Many of those miles are accomplished riding from home to work and back. The ride home is less than 10 miles but has a variable distance depending on his work day. He described a tough day as having a 20-mile return trip, while a really bad day provides a 40+ mile ride home to work off the daily stress. He started cycling as a youngster and as many of his age will attest to, you were allowed to ride all day, but better be home when the street lights turn on in Troy and Cohoes where he grew up. He also spent time with the family outside on hikes and picnics when growing up.

John's active lifestyle clearly resonated with me in many ways. He is also a hiker, paddler, rock and ice climber as well. Staving involved with outdoor activities was a challenge while raising six children so cycling took a back seat for many years. He started hiking in the Adirondacks when a friend asked him if he wanted to go on a hike in the High Peaks. His first hike was Phelps Mountain in 1999. As many of you will agree, that first hike started a quest to climb more of the High Peaks and become an ADK 46'er. To date he has completed the winter 46 twice and is working on his second round of hiking the 46 in the summer season.

Many 46'ers have tales of mishaps and misadventures. In 2013 John and a hiking partner were headed towards Mount Marshall and several other nearby peaks. They split up so his partner could climb a peak that John had already completed, while John continued on to summit Marshall, and then headed back down to the agreed meeting point. When the hiking partner failed to return John decided to go look for him. After following what he thought were fresh footprints in the mud he decided to drop his pack, go up another peak and look around. After ascending that peak, he realized that he was not going to find his partner, so he started to head back-down towards where he dropped his pack as darkness approached. It was getting late and his headlamp was in his pack along with all the other gear that would be necessary to spend the night outdoors.

He found a spot to build a shelter, spent the night in 50-degree temperatures and at first light headed back down, picked up his pack and returned to the Adirondack Mountain Club lodge. He spoke with a forest ranger about his missing hiking partner and learned that the rangers were about to organize a search to look for John. He also learned that his hiking partner had spent the night at the ranger outpost eating a hot meal and sleeping on a warm bed before returning to the ADK lodge. Fortunately both survived the experience and a search was unnecessary.

When you spend significant time in the Adirondacks meeting others who enjoy the outdoors there is a likelihood that you will get exposed to other challenging sports. John was introduced to ice climbing and became hooked. In some ways it is just an extension of hiking in the High Peaks, where you need an ice axe and crampons to get up and down some of the steeper slides, when they are

covered in ice and snow. So the next step is acquire more gear and start to scale some of the amazing waterfalls that develop in the winter months. He has been ice climbing for about 12 years and that has been sufficient time to both develop his skills and have at least one significant fall. While John and a group of five others were climbing a section of ice called 'Wild West,' he took a 25-foot fall landing at the base of the waterfall in about four feet of powder snow, and managed to walk away with minor injuries.

As with many experiences there is always a valuable lesson learned from such an incident. In recent years, as the Adirondack ice became more unpredictable and less available given the changing climate, John started venturing into the rock climbing gym to enjoy the vertical challenge. He has recently introduced one of his grandsons. Brady, age 15 to the climbing gym and it seems his grandson is enjoying quality time with his grandfather. He has also brought his younger grandson, six-year old Chaz, on the hike up to Hadley Mountain fire tower and this past year they hiked Crane Mountain together. Seems like this youngster will soon be working on his 46er badge.

One of John's winter hikes last year was with Brady and two other hikers on Giant Mountain and Rocky Peak. They were headed down in the dark with headlamps which can be a long hard winter hike. Brady kept falling behind and the group waited numerous times for the grandson to catch up. Near the bottom, about the last 40 minutes before the parking lot, the group was waiting too long and John became concerned about Brady. Two other hikers passed by and said Brady did not look very good and he was sitting down on a log. John told the others to continue down and wait in the parking lot, while John ran back up the mountain to find Brady.

John and his grandson and they became concerned enough that they were considering heading back up the trail to find them. Just then they saw headlamps with John carrying two backpacks weighing about 45 pounds each with Brady following behind. It turned out that Brady was exhausted and John carried his and Brady's backpacks the rest of the way out. They made to back to the car but it was obvious that John was also exhausted from carrying two backpacks.

When you like to spend time in the Adirondacks, there is this desire to have a base camp there. John and his family have a place near Lake Luzerne and can be found there any time of the year. Being near many of the lakes and rivers has also influenced John's water activity. He described his garage in Lake Luzerne as a place to store all his canoes and kayaks. Heck, who puts a car in a garage these days anyway? John's primary watersport is whitewater kayaking and he has several whitewater boats to choose from. He also has several styles of canoes to use depending on what the water conditions are. John is a handy guy with tools and has built several cedar strip canoes that are quite beautiful and get used regularly. He belongs to a small white water racing club and has organized the Tenandeho Whitewater Derby in Mechanicville (tenandeho.org). When the kids were younger the family would paddle down the Battenkill River, take out the boats and then hike back to get their vehicle.

When I asked John if he has tried Nordic skiing, he smiled and said, "Sure but only once last year." I had to laugh and remind him that it was not a very good season for cross country skiing with the lack of sufficient snow. John is a guy who spends serious time outside enjoying all that he can fit into his weekends. He is one of those guys who has what we call a "well-rounded Adirondack resume."

Skip Holmes (serottaskip@gmail.com) of Delmar teaches sustainable design at RPI. He is a member of Mohawk-Hudson Cycling Club and Capital Bicycle Racing Club. He can be found road and mountain biking, kayaking, hiking or Nordic skiing.

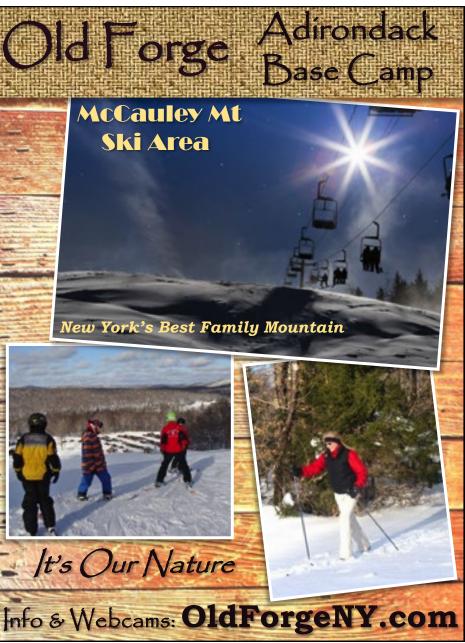






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HIKING & SNOWSHOEING



Discound Mountheath

By Bill Ingersoll

Some time ago I was scrutinizing aerial imagery of the Silver Lake Wilderness, and I noticed an unusually bald summit on a small, unnamed ridge south of the hamlet of Wells. In an area known for its vast, mature forests, this knob of rock stood out. I knew that eventually I would have to go there in person to see what it had to offer.

That opportunity came in November, when in the aftermath of an early snowstorm I returned to the Blackbridge area to see what there was to see. I had been to all of the other mountains in the Silver Lake Wilderness with known views, including many gems that are among my favorite bushwhack destinations in the Adirondacks, so I was eager to see someplace new.

I was optimistic about this little summit because of the sheer amount of rock that had been visible from above. What I found was a gem, and perhaps the most accessible of Silver Lake's off-trail scenic ledges. Since it doesn't have an official name, I have been calling it "Town Line Ridge" because of its location on the boundary between Wells and Hope in southern Hamilton County. You do have to bushwhack to find it, but the distance is short and the woods are wide-open.

GETTING THERE

The best place to access Town Line Ridge is from the plowed parking area at the end of Hernandez Road in Blackbridge. From NY Route 30 in Wells, turn west onto Algonquin Drive beside the dam on Lake Algonquin. Then turn left onto West River Road at 0.7-mile, and continue southwest to Blackbridge at 2.4 miles. Turn left to cross the bridge over the West Branch Sacandaga River, and immediately bear left again on Hernandez Road. Follow this road to its end, which is a wide turn-around area.

THE BUSHWHACK

From the end of plowing on Hernandez Road, two narrow tracks branch ahead into the woods; they form a 0.5-mile loop through the scrubby woods that now cover one of the farm sites.

To find the mountain, follow the track to the right, which leads southeast along the foot of Devorse Mountain. At 0.2-mile you reach another fork located near an old sand pit, where you should bear right off the loop trail. This fork follows a lesser woods road past a "Wilderness Area" sign for 400 feet to the side of Vly Creek. This part of the route is shown in yellow on the accompanying map.

This small stream, which tends to run wide but not very deep, will likely be the biggest obstacle of the day. You have to cross this stream, and ice bridges are not always



available. I usually have good luck finding a way across by heading upstream; there are logs and rocky sections where somehow, some way, a means to cross to the far bank presents itself. But if you are here on a winter snowshoe trek, you might prefer to avoid arriving in the middle of a major thaw.

Once across the creek, continue easterly across the foot of Rooney Hill until you reach the next valley. The woods are all open here, with lots of deer tracks and almost no understory. Look for a medley of hardwoods with copious amounts of hemlocks; this is yet another section of the Adirondacks that will be devastated if and when invasive forest pests ever find their way here. Enjoy the gorgeous forest while it lasts, and hope for the best.

Cross the tributary stream in this valley – there are plenty of fallen logs ready to serve as bridges, for those with good balance – and follow it southeast. This valley follows the foot of Town Line Ridge, although from down here your destination will not look like much. And therein lies a challenge: the rock knob you are seeking is nearly invisible until you are standing in front of it, and so navigating by terrain observation will not be so straightforward.

On both of my visits, I have worked my way up the hill on the north side of the valley at an angle, aiming for a saddle in the ridgeline just west of the main summit. From there I keep climbing east through the open hardwoods. Even in the openness of winter, with no foliage to get in the way, the knob does not appear until you are very close to it. With an otherwise broad and gently rolling summit, the knob appears like a rock wall hidden in the woods. It is steep, so you will need to flank it and follow the crest to the highest point.

You will have no problem recognizing the summit when you find it, as there is a 180° view to the west that includes much of the wilderness interior. With the help of a map, you can easily identify Wallace, Three Ponds, Vly, Devorse, Finch and Hamilton mountains, among others. Behind you is the Sacandaga River, which you can hear perfectly well even if the view is mostly obscured in that direction.

Most of the landscape within view of Town Line Ridge is richly forested, making this knob an anomaly; this was one of the few places in the Silver Lake area that was burned by the great forest fires of 1903. There is little risk of this vista growing in any time soon. The ample parking, relatively easy terrain, and proximity to Wells would seem to make this a good candidate for a formal hiking trail someday.

VLY CREEK FALLS

As if the lure of scenic summit weren't enough, there is also a 30-foot waterfall located very close by on Vly Creek. Finding it hardly takes you out of your way; you can visit both the mountain and the waterfall and be out of the woods in time for a late lunch in town.

Return to Vly Creek and follow it upstream; the falls will be more photogenic from the west bank, but snowshoers find the walking much easier by following a bench in the hillside along the east bank. Within minutes the valley narrows into a V-shaped gorge, and you pass a rock ledge on the right, shortly before reaching the top of the waterfall. To see it, however, you have to scramble down the steep slope to its base.

What makes this cascade distinctive is its orientation; rather than spilling over the headwall of the gully, it comes down one of the side walls. The flow of water in this stream is not that large, so the cascade may appear completely frozen in the winter.

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

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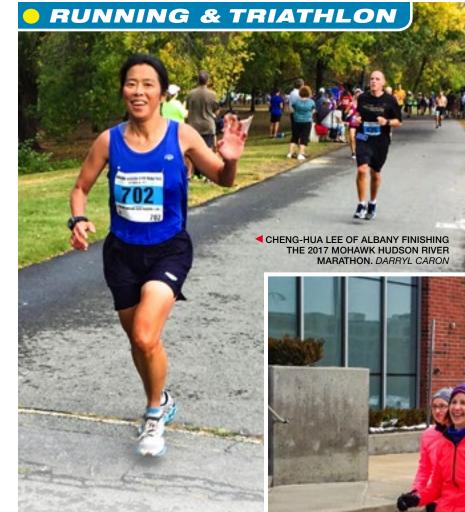
Make 2019

Remember!

Race Options and Consistency

a Year to

By Shelly Binsfeld



To register or not, that is the question. This goal or that goal, which one should I do? The options are swirling around, whether you're a runner or multisport athlete. One training group is running the Philly Marathon this year, another one is going for casual 5Ks, you are stuck in between not knowing which to choose.

All the while your heart has been yearning to try a mountain trail race. Indecision can cripple your actions and fill you with regret. Press the pause button and evaluate your options with a new set of criteria. These questions will lead you through your passions, secret wishes, and abilities, hopefully revealing the set of races that will make 2019 a year to remember.

FORMULATING A RACE SCHEDULE

- Which do you love distance or speed? And what race would highlight that love?
- Which do you need distance or speed? And what race would help you focus on your need to train in that area of running?
- What race will encourage you to train at 5am or stay out on the trails after work?
- Will training for this race or distance prepare you to accomplish your lifetime running goals?
- Does your coach or experienced training partner agree that your top choice is within reach?
- What race will be a beneficial stepping stone to another important race that you have already listed?
- What race would you go out of your way to participate?
- What race can you give back to the running community through volunteering?Who is a beginner runner that you know
- and in which race could you participate together?
- If this was your last chance to race, what event would you participate in?

Take your new list of races and put them in order from most important to least important. Eliminate any race over the 5K distance that overlaps within a month of another more important race.

With your list of races written down, look for an overarching theme. Decide on

your 2019 training or racing goal by basing it off the theme. These themes usually entail a specific race time or distance. I would suggest targeting the process versus the outcome, therefore selecting an injury free season over a personal record. Often a consistent injury free training season leads to a finish line time you have never seen before. When selecting a goal that includes a longer distance than you have trained in the past, give yourself extra time to prepare and more accountability. Both are needed in order for you to reach your intended target.

Perhaps, think beyond a performance themed large goal to an impact-oriented themed large goal. How can you give, share, and encourage running to those near and far? Look for opportunities to support other runners in their endeavors. Whether it be one entire season or one run a week, your perspective on running can be renewed and deepened through seeing the impact of running in other people's lives.

Continue reviewing your list of races in order to identify three small goals that provide the steps of improvement or opportunities needed to achieve the larger goal. Most runners would benefit from improved strength or mobility in order to keep uninjured. Selecting a new yoga, Pilates, or personal training session as one of your small goals can help to support your larger goal. Or, deciding on a 1:1 ratio of participating to volunteering in races will add to your circle of friends, and give you the chance to witness other's inspiring triumphs. Make these small goals new and intriguing, creating an adventure to embark upon.

Through answering these questions and

evaluating your list, you can discover the races to register for and the goals to keep you focused, setting you up for an experience to remember. Put your heart into it each and every day, whether it be through hard work or rest.

HOW TO PREPARE

Since consistency is the key to a successful season, what is the key to consistency? Consistency lies in the balance of smart caution and motivation.

When a runner only runs and runs beyond what the body can recuperate from, then it has to stop and take extra time to mend, therefore throwing off the rhythm of training and resting. Consistency will happen when you rest appropriately. If running higher mileage just puts you into a deficit, then run a medium level of mileage, and cross-train using a sport that will strengthen your body in an alternative manner. Resting within your training schedule does not just include "no run days," but also an appropriate amount of sleeping hours. When training for a half-marathon or marathon, schedule an additional hour of sleep per night. Underrecovered is just as harmful to your body as overtrained.

Consistency also needs motivation; a reason to break through the excuses or tiredness, and put in the work needed to improve. Aligning your actions with your purpose in the sport will help you find motivation. If the reason you run is for the social interaction, prioritize attending group runs. For some, the purpose of running is fitness. If that's the case, vary your runs which will result in adaption and growing stronger. The positive results will fuel you with more motivation. Over the years, my training logs are marked by the struggle of balance. This season has been filled with the intention of running three days and Nordic skate skiing the other days of the week. However, either the cold wind has kept my running to the minimum or the warm temps have tempted me to ski all weeklong. Running and skiing together day after day, or only performing one sport all week, wears my body down to the level of exhaustion. My need for rest clobbers my desires and I am hunkered down until I can recuperate.

LEET FEET TRAINING RUN AT THE 2015 ADIRONDACK

SPORTS SUMMER EXPO.

DARRYL CARON

Seek to balance motivation and rest. When you balance these two elements of training, you will find a symbiotic rhythm. Therefore, training and resting in the right portion. During this winter season, holding back my eagerness and excitement for skiing or running, and allowing them to take turns will help my winter season training be consistent. In the spring, I will need to allow for more recovery runs between intense workouts, as the excitement of the season fuels my motivation – and shades my smart caution.

What combinations have helped you be consistent during the different seasons? Look through your training logs to see where you had a good rhythm going, and tap back into that combination in order to have consistency in your 2019 training!

Shelly Binsfeld (runcoachshelly@gmail. com) of Elk River, Minn. is a competitive runner, wife, and mother of four children. Her running joy is to guide others through their training as a USATF coach and Pilates instructor. **CROSS COUNTRY SKIING** continued from page 1



grip and they're really fast! The only drawback may be some possible icing in wet or near freezing conditions, so keep some glide product handy to add to the skin section of the ski - and you'll be all set.

The Adventure - Not only is there a seemingly endless supply of Adirondack and Catskill backcountry trails and ski routes, but advances in electronic navigation have made some bushwhack skiing routes very attractive. With smart phones and tablets, map applications and satellite imagery (check out the hardwoods vs. the thicker pine forests), skiers can traverse frozen ponds and swamps in winter that would be impossible in the warm months.

Social and Family Friendly - Shared ski adventures with friends and family are the best winter fun! The entire family can cross country ski - even toddlers can be pulled in pulk sleds (usually available to rent at ski area). Many ski centers will have organized clubs or activities for children and seniors with weekly ski or snowshoe events.

GETTING STARTED

Ski Centers - The best place to begin cross country skiing is on groomed trails at ski centers. They will have a warming lodge, rental equipment, ski lessons, food service, and even overnight lodging. Many areas also sell XC ski equipment, so you can try different types of gear right on the snow, and decide on what's best for the skiing you plan on doing. Lessons are invaluable in making a switch, and ski centers will usually have a discounted first-timer package with rental, trail fee and a lesson. Ski centers are often the best sources for information on nearby backcountry ski routes, snow and trail conditions.

Snowmaking - ORDA has been making snow for years at Gore and Whiteface, and for races at the Olympic Ski Jumping Complex. Now, Mt. Van Hoevenberg and the Gore Nordic Center (North Creek Ski Bowl) both have snowmaking on Nordic ski trails. The Gore trails are also lighted for night skiing and have been a hotbed for high school, college and citizen races.

Weather, Ski and Snow Reports - With this era of climate change, snow and ski conditions can change rapidly. Start with snocountry.com and also the I LOVE NY Snow Phone: 800-CALL-NYS (800-225-5697, option 3). For the absolute latest ski reports, visit the ski center's website or

call them directly. Facebook has become a great resource for ski reports, just "Like" your favorite ski center for updated posts right in your newsfeed. Weather reports and forecasts are almost everywhere online; try Weather Underground for location-specific, hourly forecasts - great info for ski waxing.

Backcountry Skiing - Aside from equipment, ski technique, route finding and map reading, being prepared with a wellequipped daypack is lifesaving. Always carry a headlight, extra clothes, matches, the map for the area you're in, extra socks, ski and binding repair tools, food and water (you may have to keep it insulated from freezing). Someone in your group should have a first aid kit. Cell phones can help in an emergency, *if you have service* - keep them warm to preserve battery life. A good number to add to your phone is the NYS DEC Ranger Dispatch in Ray Brook: 518-891-0235. Any higher angle tours (steep slopes) can be avalanche prone and skiers have died - yes, even in the Adirondacks. Don't stumble onto an unfamiliar slope or trail unprepared or above your ability and knowledge.

Clothing - You probably already have some ski clothing, but ditch the heavy jackets ◀ START OF THE BILL KOCH YOUTH RACE AT SHENENDEHOWA NORDIC'S CLASSIC RACE ON JANUARY 5, 2019 AT GORE (SKI BOWL). DARRYL CARON

and insulated pants. Lightweight synthetic clothing is best - non-cotton long underwear, fleece and windproof shells, and shell pants are good choices. Don't forget a hat, quality lightweight gloves and sunglasses.

Snowshoeing – This is also a great way to get out in winter, and enjoy the benefits of trails and fitness, without any of the technique and equipment requirements of skiing. XC ski centers are the best place to get started snowshoeing with rentals, helpful hints and dedicated snowshoe trails.

For the best backcountry knowledge, equipment rentals and local maps, visit the full-service ski centers with ski shops -Garnet Hill Lodge in North River, Lapland Lake in Northville, and Cascade in Lake Placid - plus, High Peaks Cyclery in Lake Placid. For backcountry, also consider these shops: The Mountaineer in Keene Valley, High Adventure in Latham, Sports Page and Inside Edge in Queensbury, Alpine Sport Shop in Saratoga Springs, and Mountainman Outdoors in Saratoga Springs and Old Forge. Other quality ski centers include Mt. Van Hoevenberg in Lake Placid, Dewey Mountain in Saranac Lake, Osceola Tug Hill in Camden, and Pineridge in East Poestenkill.

Want to find a great backcountry ski adventure? Check out these classic books for trail descriptions and maps: Ski and Snowshoe Trails in the Adirondacks (ADK) by Tony Goodwin, and of course, the Discover the Adirondacks (Wild River Press) book series for year-round use by Bill Ingersoll. Bill has also authored Snowshoe Routes: Adirondacks & Catskills (Mountaineers). Rich Macha also has excellent backcountry skiing contributions to this magazine - see past issues on adksports.com. Visit vour local bookstore, outfitter or adk.org, hiketheadirondacks.com or mountaineersbooks.com.

Strap on your skis or snowshoes and discover the Empire State's winter playground! 📥

Richard Carlson (diccarlson@frontiernet. net) of North River is president of Cross Country Ski Areas of New York and Upper Hudson Trails Alliance.

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1 Karen Bertasso 2 Danika Simonson 3 Courtney Breiner	34 26 21	Albany Coralville, IA Troy	3 3 3
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3 Garrett Cole FEMALE AGE GROUP: 1 - 1 Inari Sohn	14 14 13	Schenectady Troy	4
MALE AGE GROUP: 15 - 1 1 Noah Albanese	9 17	Castlaton on Hudson	-
 Noah Albanese Thomas Breimer Noah Bonesteel FEMALE AGE GROUP: 15 - 	15 16	Castleton-on-Hudson Rensselaer Averill Park	3 4 4
1 Erin Miceli	18	Slingerlands	4
 Mary Derubertis Ellie Shamlain MALE AGE GROUP: 20 - 2 	19 16 4	Rensselaer Cohoes	4
1 Conor McDonough 2 Tom Dils 3 Francis Magai	22 23 20	Schenectady Williamstown, MA Troy	33
1 Rebecca Miceli	- 24 21	Slingerlands	4
2 Melissa Hango	22	Enosburg Falls, VT	4
3 Sydney Sericolo MALE AGE GROUP: 25 - 2	23 9	Old Chatham	4
 Nick Marcantonio Joe Geurds Mike Rossi 	25 26 27	Glens Falls North Bennington, VT Manhattan Beach, CA	01 01 01
1 Maddie Leopold	- 29 25	Pawling	2
2 Kimberly McBride	26	Troy	4
3 Nicole Schlegel MALE AGE GROUP: 30 - 3	26 4	Lewisburg, PA	4
 Jon Lindenauer Bradley Lewis Chad Stecher 	30 32 32	Albany Troy Troy	(1) (1) (1)
1 Christa Fusco	- 34 30	Troy	4
2 Meghan Landymore 3 Meghan Mortensen	32 33	Pasadena, MD Glenville	4
MALE AGE GROUP: 35 - 3			
2 Jesse Belden 3 Chuck Terry	35 36	Niskayuna Barrington, RI Albany	33
FEMALE AGE GROUP: 35 1 Jennifer Richardson	38	Albany	4
2 Dana Wiwczar 3 Shannon O'Meara	37 36	Ballston Spa Rensselaer	4
MALE AGE GROUP: 40 - 4 1 Jake Stookey	4 42	Clifton Park	3
 Marc Galvin Brian Northan FEMALE AGE GROUP: 40 	42 43 - 44	Lake Placid Guilderland	00.00
1 Kerri Thomas 2 Jessica Chapman	43 41	Middle Granville Bennington, VT	4
3 Erin Gregory MALE AGE GROUP: 45 - 4	42	Clifton Park	4
1 Tony Merola 2 Daniel Filuta	48 49	Waterford West Sand Lake	3
3 Randall Cannell FEMALE AGE GROUP: 45	46 - 49	Broadalbin	4
1 Colleen Murray 2 Virginia Larner	45 46	Slingerlands Malta	4
3 Kim Scott MALE AGE GROUP: 50 - 5		Broadalbin	4
1 Ken Tarullo 2 Hernan Lopez	50 53	Delmar Delmar	4
3 John Williams-Searle FEMALE AGE GROUP: 50		Albany	4
1 Alison Heaphy 2 Anne Benson 3 Mary Fenton	52 53 53	Troy Clifton Park Ballston Spa	2
3 Mary Fenton MALE AGE GROUP: 55 - 5 1 Charles Stewart		Ballston Spa Clifton Park	2
2 Christopher Buckley 3 Brian Stevens	7 55	Burnt Hills New Boston, NH	4
FEMALE AGE GROUP: 55 1 Colleen Brackett	- 59 57	Albany	4
2 Nancy Stevens	58	Latham	5
3 Shelly McDonald MALE AGE GROUP: 60 - 6		Watervliet	5
1 Derick Staley 2 Andrew Campbell 3 James Forbes	60 61 64	Ballston Lake Albany	3 4 4
FEMALE AGE GROUP: 60	- 64	Valley Falls	
1 Margaret McKeown 2 Carolyn George	60 64	Moreau Albany	4 5 5
3 Debra Rappazzo MALE AGE GROUP: 65 - 6		Cohoes	
1 Tom McGuire 2 James Byrne	67 66	Slingerlands Dillsburg, PA	4
3 Seamus Hodgkinson FEMALE AGE GROUP: 65	69 - 69	Delmar	5
1 Martha DeGrazia 2 Kathleen Paulus	67 69	Slingerlands Troy	5
3 Elaine Morris MALE AGE GROUP: 70 - 7	65	East Greenbush	5
1 Thomas Hunter 2 Richard Baluch	73 73	Troy Delanson	5 1:0
3 Peter Newkirk MALE AGE GROUP: 75 - 7	72	Albany	1:1
1 Raymond Lee Jr. FEMALE AGE GROUP: 85	76	Halfmoon	1:2
1 Anny Stockman	86	Rensselaer RACE	1:2
MALE OVERALL 1 Kyle Gronostaj	22	East Greenbush	1
2 Jonathan Aziz 3 Graham Baird	22 27 19	Colorado Springs, CO	1
FEMALE OVERALL	20	Pickering, ON	
Hannah Reinhardt Colleen Maloney Kathryn Tenney	20 22 17	Albany Rensselaer Albany	1 1 1
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	31:43	2 Livingston Ottman 14	Coeymans
ria, VA	32:18	3 Olivia Papa 14	Latham
ove, PA	32:28	MALE AGE GROUP: 15 - 19 1 Vinny Levchenko 18	Cohoes
e 14	37:36	2 Francisco Mendonca 15	Albany
e, IA	38:46 39:45	3 Benjamin Drzymala 17 FEMALE AGE GROUP: 15 - 19	Altamont
	55.15	1 Ava Jolley 15	Croton Falls
n-on-Hudson tady	40:49 46:52	2 Abigail Burns 16	Troy
tady	40:32	3 Maya Humbert 16 MALE AGE GROUP: 20 - 24	Northfield, VT
	50.35	1 Andrew Tario 23	West Sand Lake
	58:35	2 Justin Van Epps 22	Clifton Park
n-on-Hudson	38:45	3 Jacob Johnson 21 FEMALE AGE GROUP: 20 - 24	Albany
er ark	40:27	1 Wade Lacey 21	Albany
ark	40:56	2 Kerry Caher 24 3 Rachael Shine 23	Clifton Park Clifton Park
ands	43:01	3 Rachael Shine 23 MALE AGE GROUP: 25 - 29	CIIILOIT FAIK
ier	49:03 49:37	1 Christopher Shartrand 25	Raleigh, NC
		2 Jeffrey Corelli 28 3 Mike Donovan 25	Latham South Burlington, VT
tady stown, MA	39:43 39:57	FEMALE AGE GROUP: 25 - 29	South Sumigeon, Th
	42:08	1 Claire Collison 28	Albany
	42.22	2 Nicole Schlegel 26 3 Zosia Dunn 26	Lewisburg, PA Loudonville
ands ig Falls, VT	43:22 44:24	MALE AGE GROUP: 30 - 34	
tham	44:37	1 Christopher Ho 30 2 Frank Dipasquale 34	New York Astoria
alls	33:14	3 Sean Gorski 30	Brooklyn
ennington, VT	35:29	FEMALE AGE GROUP: 30 - 34	_
tan Beach, CA	36:04	1 Kate Sohasky 32 2 Anna Semakhin 30	Troy Brookline, MA
	41:20	3 Johanna Kitchell 32	Indianapolis, IN
	42:27	MALE AGE GROUP: 35 - 39	
rg, PA	42:48	1 Louis Dinuzzo 36 2 Edward Bullock 36	Saratoga Springs Boulder, CO
	32:45	3 Joseph Kitchell 35	Indianapolis, IN
	34:45	FEMALE AGE GROUP: 35 - 39	Conditate
	38:01	1 Eileen O'Connor 39 2 Julie Lafrano 36	Sand Lake Albany
	41:12	3 Stephanie Viloria 36	East Greenbush
ia, MD	41:12 42:06	MALE AGE GROUP: 40 - 44	Northampton MA
2	42.00	1 Immanuel Wineman 40 2 Scott Stewart 42	Northampton, MA Greenwich
na	33:48	3 Anthony Gaetano 43	Amsterdam
on, Rl	36:56 37:00	FEMALE AGE GROUP: 40 - 44 1 Estelle Burns 43	Trov
		2 Dawn Smith 42	Troy Rexford
Spa	43:09 44:45	3 Amy Smyth 41	Melrose
er	46:17	MALE AGE GROUP: 45 - 49 1 Christopher Sohn 45	Troy
Deals	24.50	2 Randall Cannell 46	Broadalbin
Park cid	34:59 39:03	3 John Greene 46	Berlin
and	39:06	FEMALE AGE GROUP: 45 - 49 1 Janice Balogh 47	Averill Park
Granville	42:21	2 Melodie Laporte 47	Montpelier, VT
ton, VT	42:46	3 Giedre Urmilevicius 47 MALE AGE GROUP: 50 - 54	East Greenbush
Park	45:38	1 Chris Gooley 51	Hopkinton, MA
rd	39:39	2 Doug Hough 51	Latham
nd Lake	42:18	3 Mark Calicchia 54 FEMALE AGE GROUP: 50 - 54	Albany
oin	42:23	1 Kathy Fracasso 50	Huntington
ands	43:26	2 Bridget Ryder 50 3 Karen Muller 51	Gaithersburg, MD Ballston Lake
oin	46:33 48:48	MALE AGE GROUP: 55 - 59	Ddiistori Lake
2111		1 Jack Arnold 55	Latham
	40:42 41:19	2 Kevin Cuomo 57 3 Alek Piasnik 58	Carlisle, MA East Greenbush
	43:43	FEMALE AGE GROUP: 55 - 59	
		1 Caroline Busch 55	Wynantskill
Park	43:56 44:05	2 Joanie Colarusso 55 3 Ginny Torncello 55	Waterford Watervliet
Spa	47:05	MALE AGE GROUP: 60 - 64	
Deul	41.50	1 John Parisella 60 2 Christopher Murphy 61	Ballston Lake Schenectady
Park ills	41:52 42:30	3 Bob Wilson 60	Ballston Lake
ston, NH	43:58	FEMALE AGE GROUP: 60 - 64	
	45:30	1 Suzy Coffey 62 2 Ann Dillon 60	Alexandria, VA Troy
	53:18	3 Elizabeth Herkenham 62	Ballston Lake
et	54:47	MALE AGE GROUP: 65 - 69	Latham
Lake	39:14	1 Kevin Rose 66 2 James Sullivan 65	Latham Waterford
	45:05	3 Daniel Larson 67	Queensbury
alls	46:15	FEMALE AGE GROUP: 65 - 69	Clinearlanda
	46:01	1 Carole Bieber 67 2 Kris Thorne 68	Slingerlands Clifton Park
	53:26	3 Candace Johnson 65	Clifton Park
	54:26	MALE AGE GROUP: 70 - 74 1 Robert Stockton 71	Clifton Park
ands	47:52	2 Manuel Basantes 70	Niskayuna
), PA	58:00 58:28	3 Michael Morgan 71	Delmar
	50.20	FEMALE AGE GROUP: 70 - 74 1 E Silva 70	Clifton Park
ands	54:13	2 Laura Clark 72	Nassau
enbush	59:14 59:40	3 Joanne Skerritt 72	Troy
		MALE AGE GROUP: 75 - 79 1 Paul Gansle 76	Albany
n	54:55 1:00:57	2 Roger Cooper 75	Voorheesville
	1:11:33	FEMALE AGE GROUP: 75 - 79	Voorboossille
		1 Ethel Cooper 75 MALE AGE GROUP: 80 - 84	Voorheesville
on	1:23:58	1 Frank Lewandusky Sr. 81	Waterford
ier	1:25:46	FEMALE AGE GROUP: 80 - 84 1 Clara Hunt 81	Rensselaer
		1 Clara Hunt 81 MALE AGE GROUP: 85 - 89	Rensselaer
enbush	15:08	1 Richard Schumacher 85	Hoosick Falls
o Springs, CO	15:27	GRADE SCHO	OL MILE
g, ON	15:43	1 Lily Czub	Schaghticoke
	16:54	2 Alexandra Macutek	Watertown
ier	18:43 18:58	3 Keira Rogan MALE OVERALL	Saratoga Springs
	18:58	1 Roman Antonikowski	Schenectady
	18:30	2 Evan O'Connor	Sand Lake
	18:31 19:27	3 Quinn Rapport Courtesy of Troy	Valatie Turkey Trot
		·····, ······	-

				DAILEY TURKEY ga Hilton, Saratoga			
MALE OVERALL				MALE AGE GROUP: 45 -	49		
1 Jack Vite	22	Clifton Park	16:23	1 John Genevich	49	Saratoga Springs	20:49
2 Aaron Lozier	30	Albany	16:42	2 David Haight	45	Malta	22:48
3 Ethan Carey	19	Queensbury	17:13	3 Dean Turcotte	45	Ballston Lake	23:07
FEMALE OVERALL		queensbury		FEMALE AGE GROUP: 4		Buildtoff Edite	25.07
1 Dana Bush	40	Saratoga Springs	18:57	1 Jane Labombard	45	Glens Falls	25:23
2 Stefanie Fresenius	26	Saratoga Springs	19:20	2 Lynn Prehn	47	Saratoga Springs	25:42
3 Sophie Nardelli	17	Malta	20:07	3 Kim Weir	49	Saratoga Springs	26:38
MALE AGE GROUP: 1 -	14			MALE AGE GROUP: 50 -		Salatoga Springs	20.50
1 Andrew Wade	14	Ballston Spa	19:07	1 Rik Woldring	51	Saratoga Springs	20:54
2 Ryan Bush	14	Saratoga Springs	19:24	2 Michael Herman	54	Gansevoort	21:06
3 Evan Barthelmas	14	Gansevoort	20:38	3 Brian Griffin	50	Clifton Park	21:34
FEMALE AGE GROUP: 1		Gangeroont	20.50	FEMALE AGE GROUP: 5		CIIIIUII Faik	21.54
1 Sheridan Wheeler	13	Saratoga Springs	21:08	1 Christine Hollmer	53	Clifton Park	25:16
2 McKinley Wheeler	13	Saratoga Springs	21:09	2 Darlene Shattuck	50	Porter Corners	23.10
3 Emily Bush	12	Saratoga Springs	21:09	3 Natalie Lopasic	53	Rexford	27:17
MALE AGE GROUP: 15 -	• =	Salatoga Springs	21.05			Rexiord	27:23
1 Christian Mercado	16	Saratoga Springs	18:05	MALE AGE GROUP: 55 - 1 Robert Mackin	55	Acton, MA	21:04
2 Shea Weilbaker	18	Saratoga Springs	18:11				
3 Maxwell Fredette	15	Saratoga Springs	19:06	2 Sam Mercado	55	Newark, NJ	21:26
FEMALE AGE GROUP: 1		Suratoga Springs	15.00	3 Gary Neumann	57	Burnt Hills	22:35
1 Sophie Tesla	17	Greenfield Center	21:09	FEMALE AGE GROUP: 5			
2 Megan Morin	17	Greenfield Center	21:09	1 Laura Knapp	56	Lexington, SC	23:55
3 Ciara Knott	17	Saratoga Springs	21:09	2 Kellie Mastrodonato	56	Arlington, VA	25:16
MALE AGE GROUP: 20 -		salatoya spilliys	21.09	3 Christina Palmero	56	Clifton Park	27:01
1 Ryan Burch	24	Fort Collins, CO	17:47	MALE AGE GROUP: 60 -	64		
2 Evan Quinones	24		17.47	1 Jon Weilbaker	60	Saratoga Springs	24:12
3 Justin Klotz	20	Saratoga Springs Ballston Spa	18:21	2 Mike Carbino	61	Ballston Spa	24:35
FEMALE AGE GROUP: 2		paliston sha	10.21	3 Mark Regan	62	Saratoga Springs	25:44
1 Olivia Popovitch	23	Round Lake	21:00	FEMALE AGE GROUP: 6	0 - 64		
	23	Round Lake		1 Hope Plavin	60	Saratoga Springs	27:50
2 Stephanie Popovitch		Malta	21:26	2 Susan Kiley	60	Saratoga Springs	29:07
3 Meghan Burke	23	Ivialta	23:22	3 Michelle Borisenok	60	Saratoga Springs	30:02
MALE AGE GROUP: 25 - 1 Robert McCombs		Delleten Con	10.07	MALE AGE GROUP: 65 -	69	5 1 5	
1 Hobert Miccollios	28	Ballston Spa	19:07	1 Dennis Fillmore	66	Ballston Spa	27:42
2 James Meyers	28	Saratoga Springs	19:15	2 Gerald Hanrahan	67	Myrtle Beach, SC	29:01
3 Mark Kiley	27	Brooklyn	19:25	3 Kevin Knapp	65	Saratoga Springs	29:55
FEMALE AGE GROUP: 2			20.22	FEMALE AGE GROUP: 6		salatoga springs	20.00
1 Sarah Popovitch	25	Round Lake	20:23	1 Judy Phelps	67	Myrtle Beach, SC	25:31
2 Lauren Woodcock	29	Saratoga Springs	21:56	2 Claire Henderson	69	Saratoga Springs	28:31
3 Schuyler Nardelli	25	Malta	22:10	3 Joyce Bouyea	68	Saratoga Springs	35:23
MALE AGE GROUP: 30 -				MALE AGE GROUP: 70 -		Jaratoga Springs	55.25
1 Terrance Gallogly	31	Saratoga Springs	18:37	1 James Callahan	73	Saratoga Springs	29:44
2 Charles Baker	32	Saratoga Springs	19:17	2 Paul Heller	72	Plattsburgh	33:55
3 Jesse Caprotti	33	Ballston Spa	20:57	3 Michael Cohn	70	Long Beach	39:41
FEMALE AGE GROUP: 3						LONG BEACH	59.41
1 Laura Skladzinski	33	Superior, CO	22:38	FEMALE AGE GROUP: 7		Combo en Contras	20.17
2 Johannah Ludington	30	Portland, OR	23:31	1 Margaret Mangano	72	Saratoga Springs	39:17
3 Nichole Griffin-Allen	30	Schaghticoke	24:25	2 Karen Hill	72	Grosse Ile, MI	39:51
MALE AGE GROUP: 35 -				3 Darrice Kelley	70	Saratoga Springs	40:56
1 Liam Harrison	39	Ballston Spa	18:53	MALE AGE GROUP: 75			
2 Matthew Coseo	39	Wilton	20:08	1 Stephen Mitchell	77	Malta	33:55
3 Ryan Irwin	38	Albany	21:55	2 Neil Hallett	76	Saratoga Springs	48:52
FEMALE AGE GROUP: 3	5 - 39			3 Richard Cody	77	Saratoga Springs	49:24
1 Jennifer Jason	36	Porter Corners	23:40	FEMALE AGE GROUP: 7			
2 Rebecca Pedinotti	39	Saratoga Springs	23:54	 Marge Rajczewski 	78	Ballston Lake	38:53
3 Mary Kate Coseo	38	Wilton	24:28	2 Grace Rivituso	76	Ronkonkoma	57:19
MALE AGE GROUP: 40 -	44			3 Florence Rogers	77	Clifton Park	1:02:55
1 Rick Bush	41	Saratoga Springs	18:43	MALE AGE GROUP: 80 -			
2 Matt Conant	43	Ballston Spa	19:29	1 John Esler	82	Enfield, NH	1:02:15
3 Seth Capello	43	Gansevoort	19:52	MALE AGE GROUP: 85 -	89		
FEMALE AGE GROUP: 4	0 - 44			1 Ben Isaacs	85	Saratoga Springs	26:39
1 Lee Briggs	40	Ballston Spa	24:46	2 Paul Koelbel	85	Greenfield	47:44
2 Marta Coma Augue	43	Saratoga Springs	26:01	3 Nick Diniciola	85	Saratoga Springs	54:39
3 Abigail Endres	41	Saratoga Springs	27:02			er Dailey Foundation	

37TH ANNUAL CARDIAC CLASSIC 5K ROAD RACE

		No	vember 22, 20	18 • Ce	ntral Park, Schene	ctady		
м	ALE OVERALL				FEMALE AGE GROUP:	40 - 44		
1	Louis Serafini	27	Schenectady	14:37	1 Rebekah Mancuso	40	Schenectady	23:50
2	Matthew Lange	23	Schenectady	15:13	2 Jenny Debellis	40	Latham	24:12
3	Charlie Ragone	20	Schenectady	16:04	3 Carrie Rashford	40	Schenectady	24:44
FE	MALE OVERALL				MALE AGE GROUP: 45		,	
1	Samantha Roecker	27	Philadelphia, PA	17:59	1 Andrew Reed	47	Niskayuna	18:59
2	Gabbie Drummond	25	Boston	18:03	2 Adam Zawilinski	46	Schenectady	21:33
3	Kerry Flower	18	Schenectady	19:22	3 Darryl Bray	45	Niskayuna	23:00
	ALE AGE GROUP: 1 - 14				FEMALE AGE GROUP:	45 - 49		
1	Daniel Malatesta	14	Niskayuna	18:19	1 Tina Greene	45	Schenectady	21:07
2	Robert Cusato	14	Schenectady	20:44	2 Stacia Smith	48	Schenectady	24:32
3	Hunter Phillips	14	Schenectady	23:06	3 Stacie Hebert	48	Niskayuna	25:00
	MALE AGE GROUP: 1 -		Dellate a Labo	22.55	MALE AGE GROUP: 50	- 54		
1 2	Emily Motel Skyler Smith	12 14	Ballston Lake	22:55 24:21	1 John Furgele	50	Delmar	20:06
2	Mea Amedio	14	Schenectady		2 Paul Young	53	North Andover, MA	20:08
	ALE AGE GROUP: 15 - 1		Schenectady	28:10	3 Joseph Shiang	52	Schenectady	20:22
1	Anthony Cusato	18	Schenectady	17:38	FEMALE AGE GROUP:		Scheneedday	20.22
2	Anthony Cosato Anthony Comanzo	18	Niskayuna	17:47	1 Judy Guzzo	51	Schenectady	21:45
2	Tim Rickert	18	Niskayuna	17.47	2 Laurie Hoyt	52	Schenectady	24:37
	MALE AGE GROUP: 15		INISKdyulid	10.07	3 Carolyn Litynski	53	Burnt Hills	25:45
1	Charlotte Kokernak	17	Schenectady	19:39	MALE AGE GROUP: 55			25.45
2	Sydney Smith	18	Niskayuna	20:30	1 Johan Bosman	58	Celeonostado	20:04
3	Rebecca Barr	15	Schenectady	22:02		58	Schenectady	
	ALE AGE GROUP: 20 - 2		Schenectady	22.02	2 Michael Murtagh		Glenville	21:03
1	David Knapick	24	Crofton, MD	19:11	3 Rocco Serafini	58	Schenectady	22:04
2	Daniel Burke	27	Schenectady	19:16	FEMALE AGE GROUP:			
3	Richard Homenick	24	Schenectady	19:26	1 Bridgett Frary	58	Schenectady	24:55
	MALE AGE GROUP: 20		Scheneedday	15.20	2 Areta Pidwerbetsky	55	Schenectady	25:14
1	Leigh Barrow	24	Boston, MA	20:06	3 Ann Serafini	55	Schenectady	25:28
2	Danielle Gajewski	22	Danville, NH	20:34	MALE AGE GROUP: 60			
3	Marisa Piccirillo	23	Schenectady	22:54	1 John Furey	61	Niskayuna	24:06
M	ALE AGE GROUP: 25 - 2	29	,		2 John Mahar	63	Schenectady	25:14
1	Peter Rowell	29	Albany	16:39	3 Douglas Burns	61	Schenectady	25:47
2	Marshall Pagano	25	Schenectady	18:20	FEMALE AGE GROUP:			
3	Zak Smetana	29	Pittsburgh, PA	18:27	1 Gwen Williams	60	Schenectady	25:11
FE	MALE AGE GROUP: 25	- 29			2 Kim Sack	61	Schenectady	26:59
1	Heidi Stears	26	Amsterdam	20:58	3 Jean Russell	64	Ballston Spa	32:26
2	Emily Taft	28	Albany	21:00	MALE AGE GROUP: 65			
3	Megan James	29	Ballston Lake	21:39	 George Baranauskas 	65	Scotia	24:24
М	ALE AGE GROUP: 30 - 3	34			2 Michael Holley	67	Ballston Lake	28:32
1	Michael Ryan	30	Schenectady	18:41	3 Andrew Crapo	67	Schenectady	28:57
2	Timothy Ryan	30	Schenectady	18:52	FEMALE AGE GROUP:	65 - 69		
3	Scott Crane	30	Huntington Station	19:30	1 Debbie Kelley	65	Albany	29:59
	MALE AGE GROUP: 30				2 Joan Celentano	65	Schenectady	33:25
1	Erin Rightmyer	34	Delmar	21:39	3 Stephanie Holley	66	Ballston Lake	34:28
2	Jessica Berschwinger	30	Voorheesville	22:24	MALE AGE GROUP: 70) - 74		
3	Caitlin Janniello	32	Potomac, MD	23:23	1 Glen Cooley	71	Schenectady	30:17
	ALE AGE GROUP: 35 - 3			20.52	2 Marlow Olson	71	Schenectady	31:16
1	Jeremy McNamara	39	Albany	20:52	3 John Greenthal	71	Niskayuna	34:50
2	Brian Strickler	39	Schenectady	21:18	FEMALE AGE GROUP:	70 - 74		
3	Jason Bull	37	Schenectady	22:01	1 Martha Cameron	71	Schenectady	44:31
	MALE AGE GROUP: 35	- 39	Schapactari	22.00	MALE AGE GROUP: 75			
1	Christina Ardito		Schenectady	23:06	1 Jim Moore	79	Schenectady	31:32
2	Melissa Grandjean	39 39	Schenectady	24:16	MALE AGE GROUP: 80		scheneeday	51.52
3	Abby Watson ALE AGE GROUP: 40 - 4		Schenectady	24:41	1 Christopher Rush	82	Schenectady	34:26
1 1	ALE AGE GROUP: 40 - 4 Patrick Bazinet	44 43	Somonillo MA	19:28	2 John Moroney	81	Latham	35:12
2	Jonathan Guthan	43 41	Somerville, MA	19:28	3 Richard Homenick	82	Schenectady	38:40
	Jonathan Guthan Tim Soltren	41 41	Scotia Burke, VA	21:02		esy of Ellis		50.40
ر	IIII JUILEII	41	DUINE, VA	£1.02	Court	csy UI LIIIS	mealune	

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7TH ANNUAL ST GEORGE'S TURKEY TROT 5K FAMILY RUN

					URKEY TROT 5			
	Novembe	er 22, 2	2018 • St. Geoi	rge's Sch	nool & Episcopal	Church,	Clifton Park	
м	ALE OVERALL			-	FEMALE AGE GROUF	: 35 - 39		
1	Christian Solby	18	Albany	20:10	1 Aimee Gordon	36	Ballston Lake	22:49
2	Andreas Schneider	34	Hudson	20:15	2 Elizabeth Moore	35	Rexford	24:36
3	Steven Sweet	36	Moorestown, NJ	20:30	3 Marisa Jagues	38	Albany	25:18
FE	MALE OVERALL				MALE AGE GROUP: 4		, usuny	25.10
1	Crystal Perno	37	Clifton Park	21:01	1 Timothy Mack	43	Burnt Hills	23:45
2	Lisa Nieradka	53	Clifton Park	22:10	2 John Sutphin	41	Loudonville	26:00
3	Rachel Huff	30	New York	22:27	3 Michael Battle	44	Clifton Park	27:18
M	ALE AGE GROUP: 1 - 1	12			FEMALE AGE GROUP		cinton runt	27.10
1	Ian Oehlschlaeger	12	Clifton Park	21:31	1 Amy Seagroatt	43	Clifton Park	24:54
2	Gavin Winacott	9	Saratoga Springs	23:41	2 Sarah Rodman	40	Clifton Park	26:32
3	Trevor Goodwill	11	Ballston Lake	23:55	3 Melissa Pfaltzgraff	40	Charles Town, WV	20.32
FE	MALE AGE GROUP: 1	- 12			MALE AGE GROUP: 4			27.54
1	Madeline Swayne	12	Clifton Park	28:03	1 Brian Kearns	47	Fultonville	23:44
2	Maya Oehlschlaeger	9	Clifton Park	40:47		47	Albany	23:44
3	Hannah Schutz	8	Halfmoon	41:29		47		
M	ALE AGE GROUP: 13 -	15			3 Tony Frank		Denver, CO	30:33
1	Lance Risler	14	Rexford	22:40	FEMALE AGE GROUF			
2	Tommy Rizzo	14	Clifton Park	27:17	1 Mary Slaminko	45	Ridgefield, CT	28:08
3	Matthew Mariano	15	Clifton Park	27:56	2 Kelly Mariano	48	Clifton Park	33:00
FE	MALE AGE GROUP: 1	3 - 15			3 Shanley Alber	46	Clifton Park	35:00
1	Natasha Sheffer	15	Clifton Park	28:05	MALE AGE GROUP: 5			
2	Grace Anderson	13	Rexford	35:38	1 Bill Hoffman	51	Clifton Park	21:16
3	Abigail Graves	13	Clifton Park	36:03	2 Jon Atwell	53	Loudonville	23:51
M	ALE AGE GROUP: 16 -	19			3 Tom Denham	52	Delmar	26:11
1	Austin Dabiere	16	Rexford	20:36	FEMALE AGE GROUP	P: 50 - 54		
2	Maxwell Hoffman	17	Clifton Park	21:24	1 Annette Romano	54	Clifton Park	25:24
3	Christopher Pfaltzg	16	Charles Town, WV	24:27	2 Marla Sheffer	51	Clifton Park	28:09
	MALE AGE GROUP: 1		,,		3 Kristen Santos	51	Clifton Park	28:10
1	Stephanie Avila	18	Rexford	34:33	MALE AGE GROUP: 5			
2	Brenna Hart	19	Rexford	39:42	1 Scott Goodwill	55	Ballston Lake	25:27
3	Kiera Vanbuskirk	16	Albany	39:44	2 Garrett Smith	57	Ballston Lake	33:00
m.	ALE AGE GROUP: 20 -	24			3 Alan Blond	56	East Greenbush	33:36
1	John Collins	22	Ballston Lake	34:52	FEMALE AGE GROUF		Last Greenbush	55.50
	MALE AGE GROUP: 2		Danstorr Laite	51.52		59	Clifton Park	30:13
1	Kaitlin Rizzo	23	Clifton Park	24:50				
2	Ciara Solby	20	Albany	25:04	2 Patty Savino	57	Waterford	47:04
3	Amelia Steves	21	Saratoga Springs	52:01	MALE AGE GROUP: 6			26.05
	ALE AGE GROUP: 25 -		Sulutogu Springs	52.01	1 Tom Kligerman	60	Albany	26:05
1	Micah Gustafson	27	Ballston Spa	32:09	2 David Edwards	60	Clifton Park	30:32
	MALE AGE GROUP: 2		baliston spa	52.05	3 John Prybylowski	60	Ballston Lake	30:55
1	Lauren Badalucco	26	Somerville, MA	26:46	FEMALE AGE GROUP			
2	Kelsey Gustafson	25	Ballston Spa	32:09	 Liz Prybylowski 	60	Ballston Lake	30:54
3	Ashley Rounds	28	Canastota	33:50	2 Jean Smith	60	Ballston Lake	34:21
	ALE AGE GROUP: 30 -		Canastota	55.50	3 Tina Lambert	60	Rochester	37:55
1	Anthony Vanacore	30	New York	21:11	MALE AGE GROUP: 6	65 - 69		
2	Brian Stewart	33	Burnt Hills	27:59	1 Ed Swanson	69	Ballston Lake	39:08
2	Shawn Gilbert	34	Hadley	1:03:15	2 Frank Dipasquale	67	Rexford	53:04
	MALE AGE GROUP: 3		Tiduley	1.05.15	FEMALE AGE GROUP	e: 65 - 69		
гс 1	Kimberly Peckowitz	32	Waterford	24:44	1 Diana Graziano	66	Ballston Lake	39:06
2	Colleen Cammarano	34	Hoboken, NJ	24.44	2 Mary Dipalermo	67	Clifton Park	41:37
		34		25:33	3 Alice Carpenter	68	Delmar	42:15
3	Megan Boyak		Burnt Hills	20:33	FEMALE AGE GROUF		Delinar	42.13
	ALE AGE GROUP: 35 -		Pallston Laka	22.46		72	Ballston Lake	48:21
1	James Gordon	37	Ballston Lake	23:46		72		
2	Jeffrey O'Shea	37	Clifton Park	25:23	2 Christine Sutphin		Clifton Park	1:02:03
3	Scott Hoffman	38	Ballston Lake	26:15	Courtesy of St. G	eorge's Sch	ool & Episcopal Chur	n
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4-MILE REINDEER RUN December 2, 2018 • SUNY Adirondack, Oueensbury MALE OVERALL FEMALE AGE GROUP: 40 - 44 Greg Ethier William Venner Tim Bardin Lee Briggs 40 Melissa Kwasniewski 42 45 Clifton Park 25:35 Ballston Spa 30:34 Granville Queensbury 25:49 25:57 Fort Edward Pawlet, VT 59 56 31:08 31:42 Laura Cor 40 MALE AGE GROUP: 45 - 49 1 Paul Houlihan FEMALE OVERALL 45 Saratoga Springs Malta 31:59 36:14 Kerri Th 43 Granville 26.35 20.35 27:25 28:01 Megan Kellogg Queensbury Malta 22 FEMALE AGE GROUP: 45 - 49 37 Hudson Falls 30:19 1 Karen Linendoll 2 Lori Barber 47 MALE AGE GROUP: 1 - 14 49 Lake George 38:39 Jacob Armer Jacob Durkee 13 Ballston Spa 32:50 Tracy Watson 49 Johnsburg 38:48 12 35:17 Argyle MALE AGE GROUP: 50 - 54 FEMALE AGE GROUP: 1 - 14 Tim Thomas Gary Guilfoyle 51 Granville 28·11 31:17 34:42 Glens Falls 28:28 Clara Averv 13 54 Ballston Spa 2 Alyssa Freeguard 14 3 Sophia McKiernan 13 FEMALE AGE GROUP: 15 - 19 31:34 32:57 Fort Ann Fort Edward FEMALE AGE GROUP: 50 - 54 Patty Moore Susan Keely Susan Keely Moriah Center 28:57 Queensbury Alexis Mrzyglod 17 Ballston Spa 36:53 53 54 Glens Falls Gansevoort 30:16 33:16 Rachel Green 17 Lake George 58:23 MALE AGE GROUP: 55 - 59 Kattskill Bay 58:23 55 FEMALE AGE GROUP: 20 - 24 Sam Mercado Albany 26:57 Stephen Obermaver 57 Burnt Hills 37:07 40:40 Haley Smitka 23 Amsterdam FEMALE AGE GROUP: 55 - 59 Laura Rodenbaugh 21 Gloversville 40:45 Janice Phoenix Patricia Johnston Karen Disonell Schenectady Ballston Lake Hannacroix 33:31 39:01 43:41 FEMALE AGE GROUP: 25 - 29 57 Hudson Falls 34:39 2 Farmer 3 Karen Disonell po MALE AGE GROUP: 60 - 64 1000 - 64 Desiree Therrier 29 26 Johanna Guilfoyle Ballston Spa 40:14 3 Sara Brown 25 MALE AGE GROUP: 30 - 34 Corr Dubrule 31 Fort Ann 51:26 Queensbury Glens Falls 28:26 Nick Lamando Brian Teague 60 28:50 South Glens Falls 38:29 Roy Mov 60 Gloversville 32:26 Brian Therrien 30 Hudson Falls 38:31 FEMALE AGE GROUP: 60 - 64 FEMALE AGE GROUP: 30 - 34 Nancy Cobb-Zoll Jean Loewenstein 61 Lake George 36:08 Jessica Corwin Abby Dubrule 32 31 South Glens Falls 35:31 60 Malta 38:00 63 Queensbury 52:59 South Glens Falls 39:46 MALE AGE GROUP: 65 - 69 1 Joseph Zarzynski 6 Jenifer Ruggier 31 South Glens Falls 40:05 Wilton Hudson Falls 37:19 47:05 68 MALE AGE GROUP: 35 - 39 Jack Gibbs 38 Hudson Falls 31:22 FEMALE AGE GROUP: 65 - 69 40:46 Gloversville Lake George 38:56 Jill Pederson 68 FEMALE AGE GROUP: 35 - 39 Sue Nealon 68 Glens Falls 41:09 Amy Haley Jamie Landon Fort Edward 32:49 37 65 Granville 42:40 Ballston Spa Ballston Spa Linda Ellingsworth 39 34:50 MALE AGE GROUP: 70 - 74 40:01 Saratoga Springs 38 James Callahan Richard Theisse 73 37:42 MALE AGE GROUP: 40 - 44 74 Round Lake 46:27 Neil Tvrrell 43 Saratoga Springs 30:25 MALE AGE GROUP: 75 - 79 Shane Bleyburg Daniel Wallace Queensbury Queensbury 30:53 31:48 42 43 Halfmoon Ray Lee 76 51:11 Courtesy of the Adirondack Runners

GORE & NYSSRA NORDIC SKI FEST December 8-9, 2018 • Gore Nordic Center (Ski Bowl), North Creek

		A D D I C				CLADDIC .	
M	ALE OVERALL			M	ALE OVERALL		
1 2 3 FE	Alex Fragomeni/16-17 Col McDermott/14-15 Max Flannigan/14-15	HURT Nordic Berkshire Nordic NYSEF	13:48 14:37 14:42	1 2 3	Brian Beyerbach/18-19 Tim Cunningham/18-19 John Paluszela/20-29	St. Lawrence Univ. St. Lawrence Univ.	19:56 19:58 20:14
1 2 3	Anna Schriefer/16-17 Marli Damp/14-15 Quinn McDermott/1-13 GE GROUPS	Rochester Nordic NYSEF Berkshire Nordic	14:43 15:00 16:06	1 2 3	MALE OVERALL Lucy Hochschartner/20-29 Stephanie Nicols/18-19 Erin Waters/20-29	St. Lawrence Univ. St. Lawrence Univ. St. Lawrence Univ.	23:08 23:46 24:09
1 1 1 1	Murphy Teague/M1-15 Ollie Swabey/F1-15 Owen Tucker-Smith/M16-17 Ann Rose-McCandlish/F16-17	Berkshire Nordic	16:14 15:38 15:48 16:49	AC 1 1 1	GE GROUPS Nathaniel Perkins/M18-19 Jackie Garso/F18-19 Molly O'Callaghan/F20-29	St. Lawrence Univ. St. Lawrence Univ.	20:37 24:50 30:31

	G	ORE & NYSSRA	NOF	RDIC SKI FEST continued	
1	Eric Seyse/M30-34	Glenville Hills	24:20	MALE AGE 12-13	
1	Chris Yarsevich/M40-44	HURT Nordic	25:02	1 Benjamin Jenkin HURT Nordic 9:10	
1	Chris Rose/M45-49	Peru Nordic	24:49	2 Kayden Langworthy Polar Bear SC 14:50	0
1	Mark Decker/M50-54	ADK Vauhti	26:15	FEMALE AGE 12-13	
1	Gabriella Frittelli/F50-54	Saratoga Biathlon	30:11	1 Olivia Serrano 9:38	
1	Patrick Jansen/M55-59	Glenville Hills/ADK Vauhti	31:05	2 Alivia Hopsicker Polar Bear SC 10:44 3 Ellie Bartlett 13:08	
1	Alyson Chapman/F55-59	HURT Nordic	42:06	SUNDAY – 1.5K SPRINT	•
1	Mark Chmielewicz/M60-64	ADK Vauhti	33:21	MALE OVERALL	
1	Roy Cooley/M65-59		32:19	1 John Paluszela/20-29 Castleton Nordic 3:08	8
1	Chris Beattie/M70-74		30:44	2 Andrew Doherty/18-19 Castleton Nordic 3:12	-
		UTH SKI LEAGUE		3 David Harvey/20-29 Castleton Nordic 3:2	1
M	ALE AGE 6-7			FEMALE OVERÁLL	
1	Hayden Hopsicker	Polar Bear SC	7:34	1 Anna Schriefer/16-17 Rochester Nordic 4:06	
2	Liam Crimmins	Polar Bear SC	7:45	2 Ann Rose-McCandlish/14-15 NYSEF 4:32	
3	Oliver Murray	Polar Bear SC	8:12	3 Lily Flanigan/18-19 NYSEF 4:5: AGE GROUPS	/
	EMALE AGE 6-7	Total Deal De	0.12	1 Tate Frantz/M12-13 NYSEF 4:04	л
1	Grace Bartlett		10:10	1 Adrian Hayden/M14-15 NYSEF 3:42	
Ň	IALE AGE 10-11		10.10	1 Marli Damp/F14-15 NYSEF 6:12	-
1	Forrest Slingerland	Cole's Woods	5:13	1 Kai Frantz/M16-17 NYSEF 3:22	
2	Sam Bartlett	Cole 5 Woods	6:57	1 Alexander Williams/M18-19 Castleton Nordic 3:39	9
3	Asher Murray	Polar Bear SC	12:08	1 Jared Wheeler/M20-19 Castleton Nordic 4:1	
-	EMALE AGE 10-11	Total bear SC	12.00	1 Phil Matthews/M40-44 4:24	
1	Claire Serrano		5:00	1 Jim Miller/M50-54 Glenville Hills/ADK Vauhti 4:31	
2	Harper Masters	Polar Bear SC	7:32	1 Eric Hamilton/M70-74 HURT Nordic 7:5 Courtesy of Upper Hudson Trails Alliance,	I
3		Polar Bear SC	7:36	NYSSRA Nordic & HURT Nordic	
3	Alayna Nerschook	Polar Bear SC	/:36	NYSSRA Nordic & HURT Nordic	

3RD ANNUAL GORE MOUNTAIN 5K SNOWSHOE RACE

Dece	mber	15, 2018 • Gore	e Noral	Center (Ski Bowi), North Creek	
MALE OVERALL				MALE AGE GROUP: 60 - 69	
1 Brian Northan	43	Guilderland	24:27	1 David Heyward 65 Wells	38:40
2 Shawn Prevoir	39	Northborough, MA	24:41	2 Don Vanwely 69 Adirondack	45:43
3 Ron Green	60	Gloversville	27:04	FEMALE AGE GROUP: 60 - 69	
FEMALE OVERALL				1 Maureen Roberts 60 Saratoga Springs	37:17
1 Jessica Northan	43	Guilderland	27:58	2 Jen Sharp 60 Greenwich	40:27
2 Christine Natalie	32		31:09	MALE AGE GROUP: 70 - 79	
3 Kim Lengyel	31	Clifton Park	33:32	1 Allan Bates 70 Pittsfield, MA	27:31
FEMALE AGE GROUP: 3	0 - 39			2 Jeffrey Allen 73 Saratoga Spring:	
1 Janelle Comita-Prevoir	39	Northborough, MA	37:30	FEMALE AGE GROUP: 70 - 79	42.07
MALE AGE GROUP: 40 -	49			1 Laura Clark 71 Saratoga Spring:	41:53
1 Matthew Miczek	46	Saratoga Springs	32:53		41.55
2 Jason Butler	48	Tribes Hill	35:15	3K RUN	
FEMALE AGE GROUP: 4	0 - 49			FEMALE OVERALL	
1 Jen Ferriss	47	Saratoga Springs	33:59	1 Jane Labombard 45 Glens Falls	24:17
MALE AGE GROUP: 50 -	59			2 Kim Tracey 28 Sleepy Hollow	25:57
1 Dan DeGennaro	53	Waterford	33:48	3 Donna Olson 54 Saratoga Springs	26:56
2 Anthony Barksdale	53	Gloversville	35:56	Courtesy of Gore Mountain & Dion Snowshoe	eries

21ST ANNUAL SARATOGA ARTS' FIRST NIGHT 5K RUN December 31, 2018 • Skidmore College, Saratoga Springs

	Decenn	Jei 51, 2010 • 3	skiuiiio	re conege, saratog	а эрп	nys	
MALE OVERALL				FEMALE AGE GROUP: 4	0 - 44		
1 Ben Fazio	23	Troy	14:55	1 Michelle Lavigne	43	Albany	21:37
2 Sean O'Connor	21	Stamford	15:01	2 Erin McEnaney	40	Shaftsbury, VT	22:24
3 Jake Kloman	20	Sterling, VA	15:26	3 Katie Tuffey	40	Greenfield Center	22:58
FEMALE OVERALL	20	Sterning, V/V	15.20			Greenneid Center	22.30
1 Kelsey Chmiel	17	Greenfield Center	16:30	MALE AGE GROUP: 45 -			
2 Ella Kurto	14	Ballston Spa	17:46	1 Greg Ethier	45	Clifton Park	19:19
				2 Michael Bracken	45	Saratoga Springs	19:41
3 Dana Bush	40	Saratoga Springs	17:54	3 Neil Sergott	47	Clifton Park	20:32
MALE AGE GROUP:				FEMALE AGE GROUP: 4	5 - 49		
1 Brent Pasek	9	Saratoga Springs	25:11	1 Tina Greene	45	Schenectady	21:13
2 Miles Flusche	10	Ballston Spa	26:24	2 Cindy Wian	48	Schuylerville	23:55
3 Anthony Cooper	10	Gansevoort	26:39		40	Glens Falls	24:24
FEMALE AGE GROUP	P: 1 - 10					Giens Falls	24:24
1 Megan Loomis	10	Ballston Spa	26:41	MALE AGE GROUP: 50 -			
2 Lucy Rubinstein	10	Saratoga Springs	28:46	 Doug Girling 	52	Greenfield Center	19:20
3 Hailey Ferber	8	Altamont	30:59	2 Gary Harper	50	Fort Edward	19:39
MALE AGE GROUP:	11 - 14			3 Dan Munn	50	Saratoga Springs	20:27
1 Tyler Greene	14	Schenectady	19:17	FEMALE AGE GROUP: 5	0 - 54		
2 Jacob Armer	13	Ballston Spa	21:58	1 Lisa Nieradka	53	Clifton Park	21:16
3 Harry Rubinstein	14	Saratoga Springs	23:20		51		
FEMALE AGE GROUP		Saratoga springs	25.20			Ballston Lake	22:40
		Carata ao Carinas	10.47	3 Shannon Hungerford	52	Saratoga Springs	24:23
1 Mckinley Wheeler	13	Saratoga Springs	18:47	MALE AGE GROUP: 55 -			
2 Sheridan Wheeler	13	Saratoga Springs	19:09	1 Sam Mercado	55	Albany	20:08
3 Anya Belise	13	Gansevoort	21:13	2 Jon Gurney	55	Saratoga Springs	20:59
MALE AGE GROUP:				3 Patrick Guilfoyle	59	New York	21:42
 William Howe 	19	Saratoga Springs	16:14	FEMALE AGE GROUP: 5	5 - 59		
2 Holden Decker	16	Ballston Spa	17:48		56	Rexford	25:26
3 Jack Rubinstein	16	Saratoga Springs	19:34				
FEMALE AGE GROUP	P: 15 - 19			2 Suzanne Wightman	59	Chatham	26:03
1 Sophie Tesla	18	Greenfield Center	18:57	3 Nicolette Roche	57	Saratoga Springs	26:16
2 Hunter Von Ahn	18	Saratoga Springs	19:44	MALE AGE GROUP: 60 -	64		
3 Lindsay McGrath	18	Saratoga Springs	21:05	1 Paul Salerni	62	Little Neck	20:51
MALE AGE GROUP: 2				2 Stephen Jones	64	Averill Park	20:53
1 John Capobianco	21	Basking Ridge, NJ	15:28	3 Mark Warner	60	Slingerlands	21:09
2 Vincent Putrino	20	Binghamton	15:52	FEMALE AGE GROUP: 6		Singenarias	21.05
3 Austin Turner	20		15:52			Manager	22.25
		Marlborough, MA	15.56	1 Margaret McKeown	61	Moreau	22:35
FEMALE AGE GROU			40.00	2 Lorraine Skibo	60	Saratoga Springs	23:53
1 Kaitlyn Stinson	21	South Kortright	19:09	3 Hope Plavin	60	Saratoga Springs	26:56
2 Claire Gomba	21	Saratoga Springs	19:11	MALE AGE GROUP: 65 -	69		
3 Gabriella Rao	21	Burnt Hills	19:11	1 Dennis Fillmore	66	Ballston Spa	25:50
MALE AGE GROUP: 2				2 Leo Dipierro	68	Cherry Plain	27:28
1 David Richards	26	Selinsgrove, PA	15:44	3 Michael Coccoma	65	Cooperstown	28:12
2 Alex Benway	28	Queensbury	16:01	FEMALE AGE GROUP: 6		cooperstown	20.12
3 Jordan Angerosa	28	Saratoga Springs	17:30			Classical and a	25.17
FEMALE AGE GROUP	P: 25 - 29			1 Martha DeGrazia	67	Slingerlands	25:17
1 Erin Baumeister	29	Ballston Lake	23:53	2 Joan Williams	65	Clifton Park	30:04
2 Kelcie Laroche	26	North Olmsted, OH	24:26	3 Kristine Thorne	69	Clifton Park	30:41
3 Sarah Harder	27	Albany	24:58	MALE AGE GROUP: 70 -	74		
MALE AGE GROUP: 3			2 1.50	1 Tom Craigs	70	Manchester Center	27:26
1 Jon Lindenauer	31	Albany	15:37	2 Milt Schmidt	71	Albany	28:57
2 Matthew Jerauld	32	Round Lake	19:09	3 Jim Callahan	74	Saratoga Springs	29:16
3 Mathieu Major	32	Boston, MA	19:34	FEMALE AGE GROUP: 7		Saratoga Springs	20.10
FEMALE AGE GROUP		DUSLOII, IVIA	19.54			Construct Contract	27.44
	34	Countring Continge	20.20	1 Claire Henderson	70	Saratoga Springs	27:44
1 Erica Goodman		Saratoga Springs	20:29	2 Laura Clark	71	Saratoga Springs	35:37
2 Brooke Nichols	31	Johannesburg, ZAF	21:00	3 Peg Mangano	72	Saratoga Springs	37:42
3 Laura Rosman	34	Porter Corners	21:31	MALE AGE GROUP: 75 -	79		
MALE AGE GROUP: 3				1 Jim Moore	79	Niskayuna	32:28
 Louie DiNuzzo 	36	Saratoga Springs	16:43	2 Michael Stawarz	76	Gansevoort	35:18
2 Liam Harrison	39	Ballston Spa	18:28	3 Bob Cheney	77	Cambridge	38:47
3 Ryan Fisher	38	Ballston Spa	19:46			Campinuge	20.4/
FEMÁLE AGE GROU	P: 35 - 39			FEMALE AGE GROUP: 7			
1 Sarah Piper	38	Fort Edward	23:56	1 Patricia Zemianek	77	Bennington, VT	32:42
2 Heather Senecal	37	Albany	24:55	2 Penny Cushman	75	Albany	41:26
3 Johanna Denniston	36	Albany	25:59	MALE AGE GROUP: 80 -	84		
MALE AGE GROUP:		,		1 Christopher Rush	82	Schenectady	31:47
1 Rick Bush	41	Saratoga Springs	16:52	FEMALE AGE GROUP: 8			
2 Immanuel Winemar		Northampton, MA	17:03	1 Priscilla Mueller	82	Stillwater	44:44
3 Colin Crowley	40	Ballston Spa	18:40			atoga Arts	
5 COULD CLOWNEY	41	pansion sha	10.40	Courte	sy Ur Jali	atoga Arts	

4	43RD ANNUAL HANGOVER HALF-MARATHON & BILL HOGAN 3.5-MILE RUN January 1, 2019 • University at Albany, Albany								
	HANGOV	ER HALF	- 13.1 MILES		MALE /	AGE GROUP: 15	- 19		
M	ALE OVERALL				1 Davi	d Thielke	15	Clifton Park	1:25:06
1	Anthony Giuliano	39	Niskayuna	1:14:24	2 Nick	lanowski	16	Castleton	1:52:44
2	Jake Stookey	42	Clifton Park	1:16:35	EEMAL	E AGE GROUP:	15.19		
3	Pat Carroll	27	Schenectady	1:17:24				Considerate 2015	1.56.57
FE	MALE OVERALL				I IVIOr	gen Ingerson	16	Loudonville	1:56:57
1	Karen Bertasso	34	Albany	1:24:04	2 Cate	Tomson	18	Slingerlands	1:56:57
2	Erin Hatton	28	Trov	1:32:00	3 Abig	ail Wood	17	Delmar	2:13:00
3	Megan Mortensen	33	Glenville	1:33:26	4 Bridg	get Connolly	16	Delmar	2:13:00 continued

JANUARY	2019	19
UNIVAIL	2010	

MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 60 -	64		
Justin Peabody	22	Ballston Lake	1:33:06	1 Derrick Staley	60		1:32:0
Patrick Hilt	21	Colonie	1:42:30	2 Rick Munson	61		1:40:1
Eben Elias Neuman	22	Troy	1:51:59	3 David Roy	62	Schoharie	1:40:4
EMALE AGE GROUP: 20				FEMALE AGE GROUP: 60			
June Criscione	23	Albany	1:54:48	 Margaret McKeown 	61		1:41:0
Abby Brown	24	Menands	1:55:25	2 Maureen Fitzgerald	61		1:57:1
Hannah White	23	Cicero	2:03:42	3 Karen Dott	62	Colonie	2:00:4
ALE AGE GROUP: 25 - 2	29			MALE AGE GROUP: 65 -			
Alexander Perry	29	Albany	1:19:58	1 Kevin Donohue	67		1:51:3
Brett Schlesier	25	Rensselaer	1:26:42	2 Juergen Reher	69		1:54:1
Nick Webster	29	Albany	1:49:10	3 Michael Thumann	69	Chatham	1:55:1
EMALE AGE GROUP: 25				FEMALE AGE GROUP: 6			
Andrea Scott	27	Menands	1:39:57	1 Martha DeGrazia	67		1:56:2
Kaitlyn Kiernan Bartolone		Hoboken, NJ	1:41:00	2 Katherine Ambrosio	68	Delmar	2:29:0
Danielle Eckler	25	Troy	1:43:20	MALE AGE GROUP: 70 -			
ALE AGE GROUP: 30 - 3				1 George Jackson	70	Guilderland	2:05:3
Peter Rowell	30	Albany	1:21:13	FEMALE AGE GROUP: 70 1 Ginny Pezzula		Colonia	2.00.5
Tom O'Grady	33	Slingerlands	1:22:56	1 Ginny Pezzula 2 Susan Wong	73 71		2:06:5 2:13:5
Nicholas Curelop	30	Great Barrington, MA	1:23:53	MALE AGE GROUP: 75 -		dienmont .	2.13.5
EMALE AGE GROUP: 30				1 Ed Bown	79 77	Broadalbin	2:12:2
Jennie Cohen	34	New York	1:37:42				Z: Z:4
Francesca Muliawan	30	New York	1:40:48		GAN 3.5	-MILE RUN	
Jill Czarnik	30	New York	1:40:49	MALE OVERALL	17	Can Damas CA	24.4
ALE AGE GROUP: 35 - 3				1 Lucas Badcock		San Ramon, CA	21:0
Jim Sweeney	37	Albany	1:20:57	2 Adam Beach	19 44	Red Hook	23:4
Daniel Jordy	35	Glenville	1:21:08	3 Dan Murphy	44	Delmar	23:4
Keith Donegan	36	Saratoga Springs	1:26:30	FEMALE OVERALL	10	M falses and	24.0
EMALE AGE GROUP: 35	- 39			1 Abigail Spiers	18	Niskayuna	24:0
Martha Snyder	39	Slingerlands	1:35:27	2 Katie Hesler	16	Niskayuna	24:5
Lauren Carnahan	35	Latham	1:36:44	3 Madeleine Hesler	17	Schenectady	25:2
Erin Murphy	38	Albany	1:44:38	MALE AGE GROUP: 1 - 1		A.C. 1	
MALE AGE GROUP: 40 - 4	14	,		1 Orit Shiang	14	Niskayuna	24:2
Edward Hampston	40	Voorheesville	1:38:55	2 Shane Badcock	14	San Ramon, CA	24:3
William Dodds	44	Albany	1:43:04	3 Ryan Hesler	13	Schenectady	25:4
Josh Farrell	43	Albany	1:44:14	FEMALE AGE GROUP: 1		Delever	26:1
EMALE AGE GROUP: 40	- 44	,		1 Rylee Davis	13	Delmar	
Kerri Thomas	43	Granville	1:40:43	2 Amber Travis	9	East Greenbush	31:3
2 Charity McManaman	41	Colonie	1:44:40	MALE AGE GROUP: 15 -		Deservations	27.
Joy McManaman	40	Schenectady	1:46:07	1 Thomas Breimer	15	Rensselaer	27:4
MALÉ AGE GROUP: 45 - 4	49	,		FEMALE AGE GROUP: 1		D. J. L. J.	20.4
Volker Burkowski	47	Schuylerville	1:24:25	1 Grace Beach	16	Red Hook Clifton Park	28:1 28:4
Andy Reed	47	Niskayuna	1:24:44	2 Molly Zahnleuter 3 Katie Hanagan	16 18	Ballston Lake	28:4
Dennis VanVlack	46	Duanesburg	1:31:13			Dalistori Lake	29:5
EMALE AGE GROUP: 45				MALE AGE GROUP: 20 - 1 Steven Lindsev		Schonoctady	20.4
Sally Drake	45	Albany	1:46:33		20	Schenectady	30:4
Joanna Tremper	49	East Chatham	1:48:49	FEMALE AGE GROUP: 20 1 Macy Howarth	24 24	Slingorlande	31:2
Laura Kelly	46	Albany	1:49:21			Slingerlands Clifton Park	
ALE AGE GROUP: 50 - !		, woung		2 Mary Beth Zahnleuter	20	Clitton Park	33:(
Ken Tarullo	50	Delmar	1:30:29	MALE AGE GROUP: 25 -		Cuildedead	25.4
Bill Hoffman	51	Clifton Park	1:34:50	1 Adam Burn	29	Guilderland	25:
John Slyer	53	Averill Park	1:42:59	2 Ryan Gilligan	29 25	Saratoga Springs	28:
EMALE AGE GROUP: 50		/ werni fank	1.72.33	3 Matthew Delleunt		Kinderhook	33:4
Judy Guzzo	51	Niskayuna	1:43:36	FEMALE AGE GROUP: 2: 1 Michelle Merlis	29 - 29	Albany	32:4
Sue Thompson	52	Queensbury	1:43:30	i menene memo	2.5	Albany	3Z:4
Chris Varley	52	Albany	1:44:17	MALE AGE GROUP: 30 -		Trees	
ALE AGE GROUP: 55 - !		Albally	1.44.04	1 David Sutloff	33	Troy	30:1
	55 55	Sprakors	1.20.04	FEMALE AGE GROUP: 30		Nielense -	
Craig DuBois Brian Coyne		Sprakers	1:29:04	1 Michelle Davis	30	Niskayuna	30:3
	56	Albany	1:37:40	2 Carrie Sonieret	30	Castleton-on-Hudson	
Andrew Sponable	55	Latham	1:39:16	3 Lisa Chase	32	Albany	34:0
EMALE AGE GROUP: 55		Labor Katalan	1.44.10	MALE AGE GROUP: 35 -			20
Denise lannizzotto	56	Lake Katrine	1:44:18	1 James Christian	36	Albany	29:1
Colleen Brackett	58 58	Albany Troy	1:46:41 2:03:18	2 Matt Robin 3 Michael McLure	38 37	Albany Albany	30:
Joanne Richardson							32:0



The New Land Trust

236 Plumadore Rd, Saranac, NY 12981 01/20/2019 www.cockadoodleshoe.com Net Dist. 10K (6.2 Mi.), 5K (3.1Mi.), & Kid's 1/2 Mi.



HANGOVE	R HAI	F-MARATH	ION & B	ILL HOG	AN 3.5-	VILE	RUN continued	1	
FEMALE AGE GROUP:	35 - 39			MALE AG	E GROUP: 55 -	59			
1 Melissa Carroll	35	Albany	30:23	1 Jamie C	asline	59	Ballston Lake	25:53	
2 Karen Cutler	37	Castleton	33:22	2 Blaine Fi	readman	55	Pittsfield, MA	26:36	
MALE AGE GROUP: 40				3 John Kir	nnicutt	56	Menands	27:04	
1 Jason Pensabene	42	Latham	30:59	FEMALE A	GE GROUP: 5	5 - 59			
FEMALE AGE GROUP:	40 - 44			1 Elizabet	h Spiers	57	Niskayuna	28:51	
 Melanie Giuliano 	44	Niskayuna	29:28	2 Rebecca	0'Connell	56	Coxsackie	34:22	
2 Olga Cross	40	Niskayuna	31:03						
3 Amy Hunravnt	43	Guilderland	31:57	1 Mark Nu	unez	62	Ballston Lake	28:05	
	LE AGE GROUP: 45 - 49			2 Guy Spi	ers	60	Niskayuna	28:49	
1 Jonathon Bright	48	Guilderland	25:07	3 Jack Nal		62	Slingerlands	30:46	
2 Jonathan Golden	45	Slingerlands	26:25	FEMALE AGE GROUP: 60 - 64					
3 Neil Sergott	47	Clifton Park	27:16	1 Karen G	erstenberger	61	Colonie	33:23	
FEMALE AGE GROUP: 45 - 49			MALE AGE GROUP: 65 - 69						
1 Michelle Pendergast	45	Troy	32:04	1 Paul Ber		67	Latham	29:17	
MALE AGE GROUP: 50		Calculation	24.42	2 Martin 1		65	Albany	30:32	
1 Ed Menis	54	Schenectady	24:42	3 Paul Ros		66	Albany	33:22	
2 Joseph Shiang	52 53	Niskayuna	25:20		GE GROUP: 6		Albany	55.22	
3 George Burke	55	Troy	26:40	1 Erika Oe		67	Stamford	31:58	
FEMALE AGE GROUP: 1 Kristen Hislop	50 - 54 54	Clifton Park	27:13	2 Carolyn		65	Albany	32:44	
2 Laurie Hoyt	54 52	Schenectady	31:45	3 Anne Ly		65	Delmar	32:44	
3 Susan Shah	52 52	Slingerlands	31:45				/k Road Runners Club	ا ۲.در	
o ousan olidii	52	Singeranus	52.04	Cour	lesy of Hudson	-wonaw	ik nuau nunners ciub		

	30TH AN	INUAL SHENENI	DEHOW	NA NORDIC CLASSIC SKI RACE	
	Janu	ary 5, 2019 • Gore	Nordic	Center (Ski Bowl), North Creek	
	SCHO	LASTIC – 4.5K		BILL KOCH YOUTH SKI LEAGUE – 1.5K	
M	ALE OVERALL			MALE OVERALL	
1	Ben Jenkin/14-15	HURT Nordic	14:02		4:08
FE	MALE OVERALL				5:20
1	Fianna Halloran/14-15	Mayfield MS Nordic	16:14	2 Logan Turnock/4-5 Shen Nordic Club 1 FEMALE OVERALL	5:22
2	Iris Wiedmann/14-15	Shen Nordic Club	17:38		7:45
2		LASTIC - 7.5K	17.50		9:10
		LASTIC – 7.5K		3 Grace Bartlett/6-7 Polar Bear Ski Club	9:13
	ALE OVERALL				1:28
1	Alex Williams/18-19	Castleton Univ. Nordic	20:18		3:29
2	Lucas Jenkin/16-17	HURT Nordic	20:25	BILL KOCH YOUTH SKI LEAGUE – 3K	
3	Antonio Mannino/18-19	Mayfield HS Nordic	21:50	MALE OVERALL	
4	Justin Caron/20-29	Shen Nordic Club	25:58		1:10
5	Tyler Koziol/18-19	HURT Nordic	54:42		5:24
FE	MALE OVERALL			5.24 8:17	
1	Meghana Caron/18-19	Shen Nordic Club	29:01		0:05
	MAS	TERS – 7.5K		FEMALE OVERALL	
м	ALE OVERALL				2:06
1	Paul Allison/30-34	Peru Nordic	17:35		3:35
2	Eric Seyse/35-39	Glenville Hills-Adk Vauhti	20:46		4:15
	,	Wolverine Ski Club	20:40		4:19 4:31
3	Roy Cooley/70-74				5:43
4	Jerry Truppelli/50-54	Glenville Hills-Adk Vauhti	27:59		6:58
5	Tim Johnson/55-59		28:35		7:10
6	Matthew Pearsall/55-59	HURT Nordic	29:18	TRY-IT/CITIZENS RACE – 1.5K	
7	David Burtt/65-69	Peru Nordic	32:01	MALE OVERALL	
8	Vic LaPort/75-79		33:48	Sherritorale elab	7:14
9	Eric Hamilton/70-74	HURT Nordic	36:22	FEMALE OVERALL	
10	Victor Greco/65-69		49:25		5:11
FE	MALE OVERALL				5:14 6:03
1	Gabriella Frittelli/50-54	Saratoga Biathlon	26:27		8:01
2	Jill Koziel/45-49	HURT Nordic	32:45	Courtesy of Shenendehowa Nordic Club	0.01
-	5	Horac	52.45	country of shericina north club	

2019 USATF Adirondack Grand Prix

PRESENTED BY FLEET FEET ALBANY | MALTA

RUNNIN' OF THE GREEN	4 MI	MARCH 9
HELDERBERG TO HUDSON HALF MARATHON	HALF	APRIL 13
BACON HILL BONANZA	10K	MAY 4
FREIHOFER'S RUN FOR WOMEN	5K	JUNE 1
USATF ADIRONDACK NIGHT OF MILES	1 MI	JULY 12
ADK 5K	5К	SEPTEMBER 14
USATF ADIRONDACK SARATOGA XC CLASSIC	8K	OCTOBER 27
8TH REVOLUTIONARY RUN FOR VETERANS	5К	NOVEMBER 2

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