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Turkeys in Training

2017 TROY TURKEY TROT

Thanksgiving Turkey Trots

By Laura Clark

What is a turkey's favorite day? The day after Thanksgiving, naturally. In anticipation, my turkeys have been in serious training since this spring, when approximately 20 poults and their assorted nannies made themselves at home in my backyard. It has been fun watching them progress from roly-polly fluff balls to serious contenders determined not to be dinner table honorees. My cat, Riley, however, has his reservations about these free boarders, but his dinner aspirations badly outnumber him.

There's something about following up honest effort with a justifiable culinary reward that turns even normally sedentary folk into turkeys in training. In fact, across the United States, Thanksgiving is claws down the most popular day to hold a race. Just take a gander at our area, with almost everyone living within a half hour's drive of an organized opportunity to strut their stuff, whether walking or running. If this will be your only race and you are not cocksure about the outcome, do consider joining a training program next year. Both Fleet Feet and the Troy Turkey Trot provide training packages for those who crave the motivation of running with the flock. Additionally, some herders like runsignup.com offer tips and tricks webinars on navigating race day logistics.

This year you are encouraged to wring more mileage out of your turkey day training by racing at Bolton parent teacher organization's early bird special on Saturday, November 23. The **Bolton PTO Turkey Trot 5K Run/Walk** and **Kids Block Trot** begin at the Veterans' Memorial Park in Bolton Landing and benefit Bolton Central School District's PTO activities. The main event is an out-and-back route, with a mix of flats and hills, appealing to a wide variety of palates. A genuine family-pleaser, with fees ranging from \$5 per student, \$10 per adult and \$20 per family, this is an affordable experience for all. To trim costs, \$5 T-shirts are available first-come, first-served on race day. Dress for success and



score one of the costume prizes, or get serious and shoot for an age group award. (boltoncsd.org)

Moving onto the big day, we are fortunate that in the Capital-Saratoga Region we are invited to step up to the plate for the 72nd running of the **Troy Turkey Trot**, coincidentally the nation's 12th oldest road race. Begun in 1916 to honor World War I veterans with a mere six entrants, it has been held continuously 55 times since 1964, and has now graduated to a soup to nuts event boasting thousands of participants.

If you feel the need for even more caloric justification, you can enjoy the fact that Troy offers the area's only 10K option as most turkeys and cooks are eager to get exercise done with early. If you

See **RUNNING & WALKING 10** ▶

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HIKING & SNOWSHOEING

Moxham Mountain

An Exciting Adventure
for All Ages

By Bill Ingersoll

Moxham is a multi-peaked mountain that straddles the Essex-Warren county line. At about 2,441 feet in elevation, it is well off the list of the highest summits in the park – actually, its highest point is just about even with quite a few ponds in the central highlands.

But driving past Moxham Mountain on NY Route 28N between North Creek and Minerva, its profile is nothing short of monumental. That's because it is the epitome of a homocline, a mountain type that is common throughout the Adirondacks but reaches its most impressive form here. Homoclines have gentle northern slopes and precipitous, often rocky southern faces. But to say that Moxham's southern slope is merely rocky would be an understatement – parts of the mountain are sheer cliffs!

Therefore, Moxham is a sight to behold as much as it is a mountain to climb. The easternmost extent of the mountain, called Moxham Point, is an imposing landmark as viewed from Route 28N, like a scale model of one of Yosemite's signature cliffs. The portion of the mountain that the trail visits is the central and highest summit, which is less cliff-like. Nevertheless, it offers unobstructed views of the chain of ponds at its foot. The state's ownership of the mountain is incomplete – the foot of the mountain, for instance, is privately owned – but what the public does have access to is pretty outstanding. This is a favorite hike, worth visiting time and again.

The relatively modest hiking distance, moderate grades, and multiple vistas makes this a tempting family hike—an exciting adventure for all ages. The one caveat is the sheer drop-off at the top of the mountain, which is sure to make parents and pet owners nervous.

Getting There – Follow Route 28N to the hamlet of Minerva, located in southern Essex County. From the four corners in the middle of town, turn southwest onto Fourteenth Road, so named because it leads into Township 14 of the old Totten and Crossfield Purchase. This dead-end road starts off as a paved county byway but eventually turns to gravel, dropping into the valley at the northern foot of the mountain. The trail-head for Moxham is 2.1 miles from Minerva, and it is plowed in the winter.

The Trail – The foot trail leads southwest from the parking area, climbing away from Fourteenth Road at an angle. There are three noteworthy views along this trail, and the first comes from a foothill that you summit just 0.6-mile from the start, as little as 20 minutes into the hike. The trail circles around to the western flank of this small rock knob and ascends to a viewpoint 375 feet above where you parked. This view is not all-encompassing, but it is a good preview of what is ahead, including your first glimpse of the main summit, which is still 1.4 miles away as the crow flies.

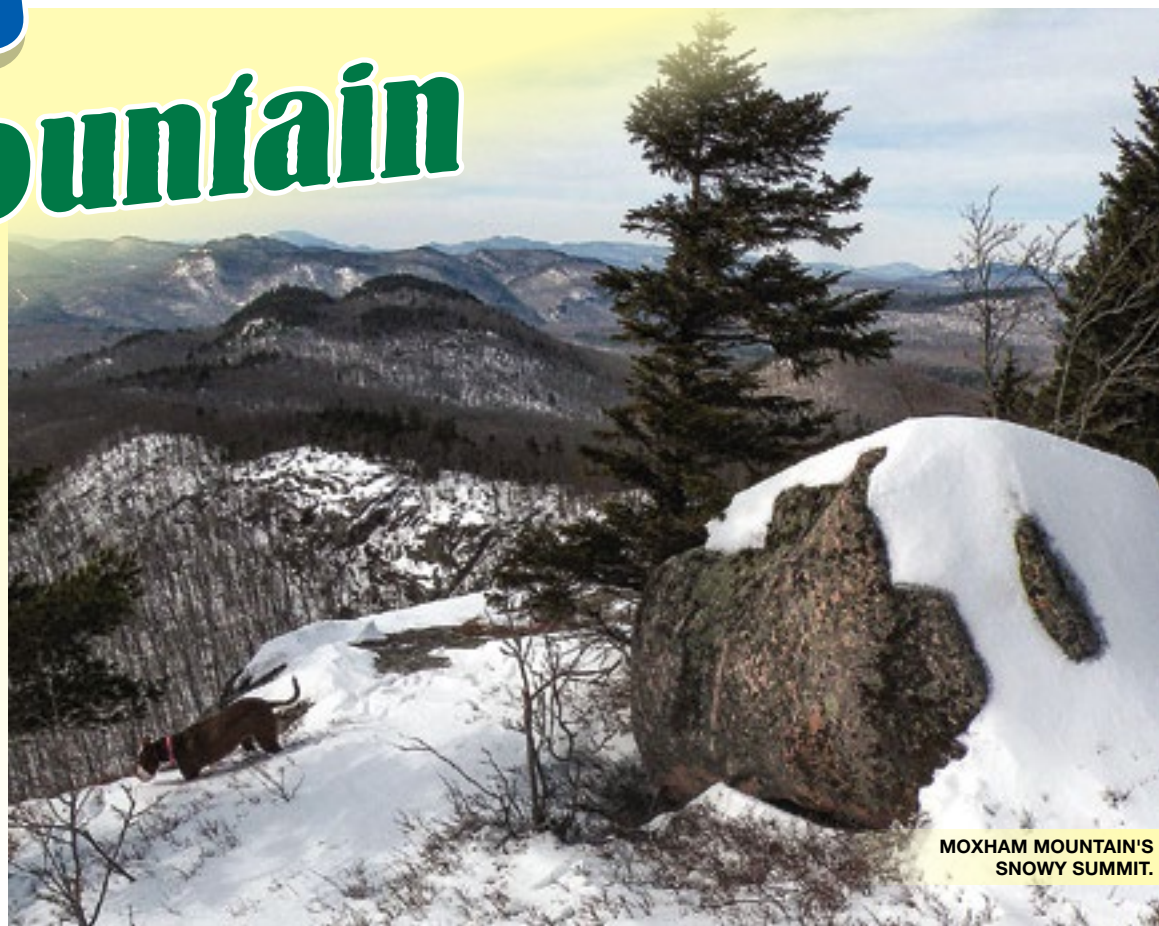
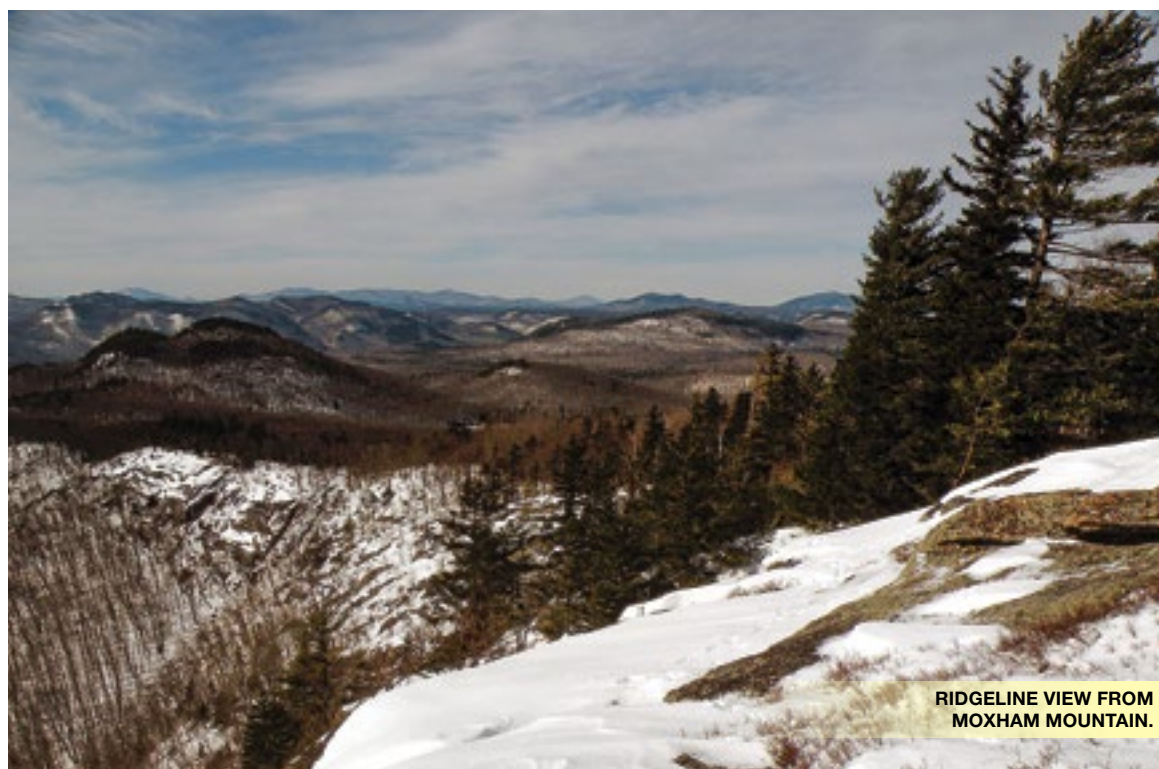
You lose about 175 feet as you descend off this knob to the outlet of a small beaver meadow at one-mile. At this point the trail is angling south toward a draw that ultimately divides two of the mountain's summit clusters, turning southeast to climb over a 2,034-foot knob on the main ridge-line. This begins the most exciting part of the hike, for the climb to Moxham is not just about the final scenic payoff, but the build-up of excitement as you follow the ridgeline to its highest point. The penultimate view of the summit is just as photogenic as the view from the summit.

The hiking time to the summit – not counting all the stops along the way to take pictures – is just little more than an hour. The trail approaches it from behind, and you can enjoy the sweeping vista from the tree line without the need to proceed any closer to the edge. The open rock is capped by a benchmark affixed to the mountain by a 1942 federal survey, with bolts nearby that once anchored the surveying equipment.

The thrust of the view is southwest, meaning that the best time to experience the mountain is in the morning, especially if you want to come away with good pictures. The chain of beaver meadows and ponds at the foot of the mountain point the way like landing lights on a runway toward the mountains west of the Hudson River. Of these, the remote peaks of the Siamese Ponds Wilderness are the most prominent, especially Bullhead and Puffer mountains. The knobby summit of Snowy Mountain can be easily picked out from the lineup of peaks on the western horizon.

One of the best things about this hike is that when you turn around to head back to your car, you get to experience all of these scenic views a second time! 📍

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadironclacks.com). For more information on this region, consult Discover the Central Adirondacks or his recently-published 50 Hikes in the Adirondack Mountains (Countryman Press).

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SNOWY SUMMIT.RIDGELINE VIEW FROM
MOXHAM MOUNTAIN.

MAP & PHOTOS BY BILL INGERSOLL

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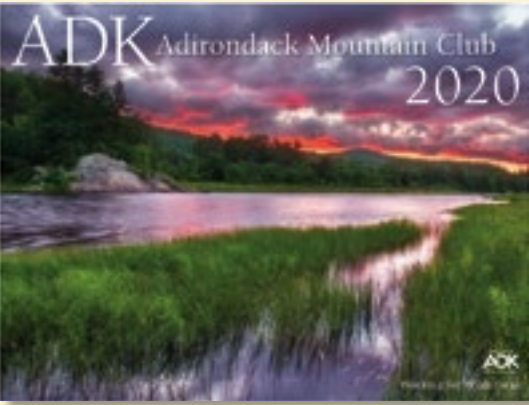
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Taconic Crest End-to-End Endurance Challenge



ALBANY - The End-to-End Challenge is a one-day hike of 30+ miles on Saturday, May 9, with over 7,000 feet of cumulative elevation gain over undulating terrain along the tri-state ridge. It travels from Berry Pond in Pittsford State Forest in Massachusetts to the northern end of the Taconic Crest Trail at Route 346 in Vermont. Hikers are supported from beginning to end by volunteers of the Taconic Hiking Club who have held this challenge for over 30 years.

Participants who successfully complete the challenge will receive a certificate of accomplishment and a special "TCT 1-Day" patch. Those who are THC members will also receive the "Bloody Foot" patch. Be aware that this challenge is for very fit and experienced hikers and will be held rain or shine.

Registration opens online on December 1, 2019. Registration is \$50 and will be capped at 50 entrants. A wait list will be kept. A campsite will be set up at Berry Pond for Friday night, May 8, and hikers will start on the trail on the 9th at 5:30am. Water, refreshments and hiker lunches will be available at three support sites on the trail, and teams of sweeps will follow hikers. Sign up for the challenge or volunteer to help out with the event. For more info and to register, visit taconichikingclub.org.

ADK Announces New Executive Director

LAKE GEORGE - The Adirondack Mountain Club has announced that Michael Barrett has been appointed as the new executive director of ADK as of November. Michael is a former foreign language interrogator for the US Army. He obtained his law degree in 2002 before serving as an attorney to the NYS Assembly Codes Committee, and later held executive-level positions in the Spitzer and Paterson administrations.

After moving to Missouri, he worked as counsel to the Dept. of Natural Resources before becoming deputy general counsel to Governor Jay Nixon, before being selected as director of the Missouri State Emergency Management Agency. For the past four years, Michael served as director of the Missouri State Public Defender System.

He's an avid outdoorsman and paddler, along with his wife Sebrina, who was executive director of the Missouri Bar, his son Mason and daughter. ADK's previous executive director and current CEO, Neil Woodworth, will stay with ADK for several months on the transition and remain counsel to ADK for the near future.



Tomhannock Bicycles Expands Offerings

PITTSBURY - Tim Bonnier is excited to add Specialized Bicycles to Tomhannock Bicycles' already outstanding lineup of brands which include Giant, Liv, Bianchi, Cervelo, Felt, Day 6 and ElliptiGO. Their

goal has always been to equip our customers with the bike that best suits their needs and by adding Specialized they will be even better at doing just that. In addition, Tomhannock Bicycles' Spin Studio offers classes from late fall until early spring on Tuesday and Thursday at 6pm, Saturday at 8am, and Sunday at 9am. In addition, Molly's Motion Dance and Yoga Center is located at the same location on 3149 Route 7, which is ten minutes east of Troy. Molly offers five yoga classes per week and several dance classes as well. View the complete schedule on Molly's page on Facebook.com or call 518-573-8282. Reach Tomhannock at 518-663-0083 or tomhannockbicycles.com.

Cranksgiving 13

ALBANY - 'Tis that time of year again! Time for Cranksgiving, a charity race for freedom from want. Racing/riding bikes to have fun and do something good for the community. This is Cranksgiving number 13 so organizers are going to mix it up a bit. This year it's a daytime event and totally family friendly. The ride/race starts at South End Cafe in Albany at 12:00pm on Saturday, Nov. 23. Show up before that for indoor crafts for kids if they aren't riding.

This event directly benefits the South End Cafe making sure no kid in their program goes without a healthy meal. It's an opportunity to meet other like-minded cyclists that also want to give back to the community. Cyclists get a manifest (a small shopping list) and everyone gets a different manifest. Some will be riding to the same grocery store, but for different items. Lock bikes, find and purchase the items from the list, then ride to the next store for other items on the manifest (keep receipts as proof you didn't do a one-stop for everything). Continue shopping until thoroughly cooked; it's speed-grocery-shopping by bike. Some ride fast and can't shop; others ride slow and shop fast. There are no points, there's only one winner, and that's the people the South End Cafe helps. That warm feeling participants get

as they're hauling in loot, that's a first-place podium finish! Make your mom proud. Your non-riding significant other won't be mad because you're helping others, even though you're out riding around... Awesome!

Meet at the South End Cafe at 11:45pm. Manifests will be handed out and depart at 12:00pm. It's free but you'll be purchasing about \$15 of groceries. The event should last about two hours - dress warm. Bring a bike, \$15 in cash or plastic, a bag/backpack to carry everything, and a bike lock. Lights/blinkies, helmet, and common sense are always recommended. A caring attitude and a sense of fun will help. Ride bikes and feed people, and have fun doing it!

Need more incentive? Buy more than what's on the manifest and impress everyone with your hauling abilities. Show up late and beat people with a 15- to 20-minute lead. Hope that organizers show up with a big bag of goodies and ride home with something you didn't realize you wanted - goodies guaranteed! Use a provided super cool spoke card to give your bike that extra flair. Finish a great day of riding with some hot pizza and a well-deserved beverage. Do something new... Registration via email to J Woz at deerintheheadlights@rocketmail.com is encouraged so organizers know how many spoke cards they have to make!

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FROM THE PUBLISHER
Happy Thanksgiving!
While late fall can be tough to embrace, use the time to rest, prepare for winter sports, and set your health and fitness goals. We've canceled the Winter Expo to focus on our growing Summer Expo on March 21-22 - the first weekend of spring. Thanks for reading Adirondack Sports!
Darryl

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● **ALPINE SKIING**

Chicks on Sticks

By Terri-Lynn Pellegri

It will be 5:30am when my alarm clock wakes me on Friday, February 7, 2020. The date is written with a bold sharpie on my calendar. For me, there are very few things in life worth waking up for in the wee hours of the morning. This particular February day will be the exception. It's no ordinary day, but the one we have been planning for months.

It's the Alpine Sport Shop's "Chicks on Sticks" all-women's ski bus trip. By 6:30am my gear will be loaded in my car and I'll be driving into the parking lot of the Alpine Sport Shop in Saratoga Springs. In anticipation of the others that will follow me, Jack Hay, shop co-owner and some friends will be ready to park cars and help with all the gear. Upon entering the shop I'll be greeted by the smell of fresh coffee and pastries from the Bread Basket Bakery, along with the familiar smile and warm embrace from Jack's wife and co-owner Cathy Hay. The

women will begin arriving in pairs and in groups of three and four, meeting each other with hugs and laughter, the energy is always electric.

Skiers and snowboarders of all levels, and all ages will join for our adventure ahead. Since 2003, Alpine Sport Shop has hosted this special day, as hundreds of women have been welcomed through the shop's doors, to gather and then become part of this enthusiastic bunch known as "Chicks on Sticks." Over the years, some have been fairly new to the sport, while others made their earliest childhood memories on the ski slopes. Collectively, our shared passion and this day of skiing is part of a larger plan.

Our destination is Bromley Mountain near Manchester, Vt. for "Mom's Day Off" – a yearly event wherein all of the proceeds from our lift tickets sales as well as all the others that ski at Bromley on February 7 will be donated to Southern Vermont Regional Cancer Center, and donated to women undergoing cancer treatment. Our eclectic mix of skiers have included survivors, supporters, and women currently in treatment. Being a cancer survivor myself, and having lost those I love to cancer, I feel empowered by the energy of our group of women and our intentions. Our mission is to celebrate the day, raise some money for a really great cause, and ski like crazy!

Bromley, "Vermont's Sun Mountain" is a classic ski area, with southern exposure and a comfortable feel. With over 70 years of hospitality, it is a must ski for anyone who has not had the pleasure, and one of my personal favorites! We anticipate a great day on the slopes, joyful, exhilarating and knowing with every turn we take, we are collectively skiing for a great cause... And that's not all, because, the fun doesn't end with the last run taken.

At the day's close we have an early dinner at a favorite Manchester restaurant. Are you wondering how you can join us for this amazing day of skiing? For details, call the Alpine Sport Shop at 518-584-6290 or visit alpinesportshop.com.

Terri-Lynn Pellegri (info@terri-lynnpellegriphotography.com) lives in Saratoga Springs, she is a photographer and a writer, and shares a passion for skiing.



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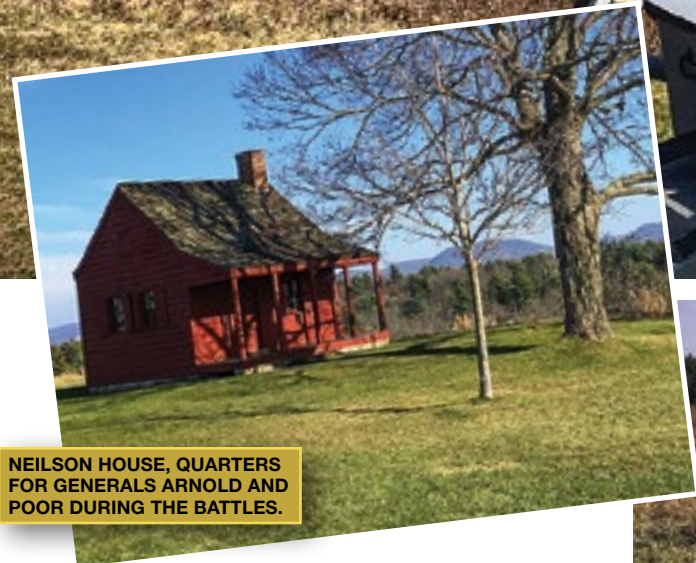


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A PARK RANGER ISSUING THE JUNIOR RANGER OATH TO CONOR.
PHOTOS BY TOM O'GRADY

By Tom O'Grady

Amid peak foliage in mid-October 1777 the American Colonists did something that had never been done before. They defeated the British army at the Battle of Saratoga. This surrender was a culmination of a monthlong conflict and it signaled a turning point in the war. The reinvigorated patriots used the morale boost to help them in their belief that independence could be won. November, therefore must have been a month of higher spirits and planning for what was to come. This makes November a perfect month to visit Saratoga National Historical Park. The opportunities for exercise and education will help invigorate your fitness goals for the coming winter.

Park Tour Road – The tour road takes a winding ten-mile circuit through the battlefield and brings visitors to areas of historical significance. Because of its distance many people opt to travel the route by car and listen to the historical audio on their radio or cell phone. This is also a great road to train on whether you are a runner, cyclist or multisport athlete. Because of the distance and elevation change along the route this makes for a more challenging, but rewarding, run. Individuals biking will find a single loop goes by quickly and offers great exercise. Those training for longer events will benefit from circuits around the tour road and pit stops that come with traveling in a loop.

Once you set out, the road heads southeast along a ridge to an overlook. It's easy to see from this point how important positioning was in the battle. The American forces were lucky to have had the high ground. From here the road travels further past a farm and a monument to the unknown American dead. Once past the farm, the road then travels to its furthest point south at about two miles. This area is where Americans camped and fortified the Hudson River. There is a great view of the river from the overlook.

The next two miles bring visitors back north through farm and wheat fields. While traveling on this section you can look down the ravine to where the British camp was located. Before reaching the visitor center the road heads east again towards the Hudson River down through the ravines. The road brings you through the British Camp and to the Great Redoubt, which marks where British troops buried the wounded General Simon Fraser, before retreating north towards the village of Saratoga. The road then connects to the park entrance road and brings you uphill back to the visitor center.

Wilkinson National Recreation Trail – If a shorter day hike and trails are more your thing, then the Wilkinson Recreation Trail is a good place to take a walk, trail run, snowshoe or cross-country ski while visiting the park. The trail itself is a moderate 4.2-mile loop that is shaped like a lollipop. Instead of asphalt the entire surface is dirt or mowed grass paths. The initial part of the trailheads from the visitor center towards the Hudson River. Just before the point at which the trail meets the paved tour road the trail splits into a loop that takes you along the primary hiking trail.

The trail itself is named after the British Officer, Lieutenant William Wilkinson, who mapped the route during the actual Battles of Saratoga. The trail offers visitors a look into what the opposition army was viewing as Wilkinson plotted their course out from the Great Ravine where they were camped, then through the thick and congested woods, where they took up defensive positions. If you choose to visit in November the fields will likely be a golden brown and you may still be able to view some of the best fall foliage in the area. At about the halfway point you will reach the deepest part of the ravine where the trail visits. From here you will need to cross a stream, then make a short and moderately steep climb of about 100 feet as you head back towards the visitor center.

Junior Ranger Program – There are a variety of educational opportunities at Saratoga National Historical Park. Two programs with more structure are the Nature & Science Program that includes an inventory and monitoring program, and the For Teachers program that includes lessons plans and materials. For those with children or who are young at heart that want to cap a day of exercise off with some fun learning activities the Junior Ranger Program is a great activity.

In the visitor center, ask a Park Ranger for one of the Junior Ranger Program booklets. If you hiked the Wilkinson Trail you may want to also drive the tour road as the Ranger Program booklet was designed to complement the tour road. There are several activities in the booklet and the directions indicate how many activities children should complete based on their age.

The first activity is a scavenger hunt that requires children and their parents find objects such as a cannon or officer's sword and then draw what the object looks like. The second activity requires children to find hidden food and supplies on a page. The idea is to paint a picture of the requisitioning and theft that occurred as American and British soldiers moved from place to place and required supplies. The third activity describes the strategic use of obstacles and fortifications by both armies to protect their camps. The remaining activities walk through scouting activities, the use of signs in national parks, and the code abbreviations used for national parks and historic sites. Probably the most exciting part about completing the booklet is the opportunity for a child to receive a Junior Ranger Badge and take the oath to protect the national parks.

If you are putting the finishing touches on your training for a road race or cycling event or if you simply want to take a hike, enjoy the foliage, and allow your kids a fun opportunity to learn some history – Saratoga National Historical Park is a great place to visit in November! 🍂

Tom O'Grady, PhD, MPH (thomas.james.ogrady@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors.

RUNNING & WALKING *cont from 1*

MID-PACK START OF THE 2018 CARDIAC CLASSIC.



MAIN COURSE WITH FRIENDS AT THE 2018 OUR TOWNE TURKEY TROT.



SANDY GRAVES SPREADS HER WINGS AT 2016 ST. GEORGE'S TROT.



FROM SMALL BEGINNINGS... CHRISTOPHER DAILEY TURKEY TROT.

anticipate stuffing yourself, you can enter both the 10K and the 5K as both are begun separately, cutting back on traffic congestion. Normally, the thought of battling traffic would cause my feathers to ruffle, but I have discovered that if you are willing to park on the outskirts and utilize the warmup/cooldown approach, there are ample out-of-the-way nooks for you to discover. Sorry, my spot is top-secret!

The Troy out-and-back route is flat and adds to the enjoyment as you can readily spot the creative costumes much easier than you can in the penned-in starting line. My grandkids and I always look forward to the turkeys and bananas and most especially the frat boys with their meat-tray look. Many families enjoy the themed competition for "Best Thanksgiving Day Costume" and "Most Unique Costume." All you have to do is head over to the picture table and the results and pictures will be posted online – making a nice souvenir for those friends and relatives who can't make it to your family gathering.

Many of my poult figure they are ready for the Grade School Mile, but some are aiming for the less competitive Turkey Walk where strollers are permitted. The strollers also make handy receptacles to cart a non-perishable food item for the area food pantries. Participants in the 5K are encour-

aged to enhance their family bonding by signing up at no additional charge for different variations on family teams. With respect for the main event of the day, age group awards may be picked up without ceremony at the end of each race, while the fastest turkeys, with negligible fork-to-table anxiety, stick around for monetary acknowledgement. (troyturkeytrot.com)

Another traditional mainstay is Ellis Medicine's **Cardiac Classic 5K** in Schenectady. Like Troy, the Cardiac Classic has perfected a fast food approach with no day-of registration and an oven-ready 8am start to the day. Featuring a 5K, a Wellness Walk (strollers permitted), and a Mile Duck Pond Fun Run, the in-and-out factor is considerably shortened. And yes, I said ducks. While turkeys are, of course, the traditional guests, allowances are made for the resident ducks to partake in the festivities. Living on the site of many such sporting events, the ducks at Schenectady's Central Park are in year-round good shape, and particularly enjoy entertaining the youngest visitors.

One noteworthy extra is also the inviting playground – an excellent spot for the littlest and their sitters to get in their own brand of exercise/spectating, while parents run the 5K. Proceeds benefit the Visiting Nurse Service of Northeastern New York. (ellis-medicine.org/cardiac-classic)

Since the regrowth of wooded areas with the abandonment of small farms in the 1940s, our turkey population has grown and their range has expanded from Western Pennsylvania into New York. When foraging becomes tight, a few ambitious herds explore other options. The same goes for Turkey Trots. Once centered in Troy and

Schenectady, outliers sought a local farm-to-table option. Enter Saratoga Springs' **Christopher Dailey Turkey Trot 5K**. Founded in 2002 as a neighborhood commemoration honoring the life of third-grader Chris Dailey, it has expanded to more than 3,000 runners. Funds generated target the Christopher Dailey Foundation dedicated to youth sports in the Saratoga community.

Ainsley's Angels, one of the beneficiaries, has a large presence at this event with pink-clad runners pushing challenged children in formidable running chariots. This is no easy task as the course, which loops around Skidmore College is notoriously hilly and a tough go even for the fittest. But there is that glorious downhill finish to look forward to – as well as a well-earned second helping of pumpkin pie! (zippyreg.com)

If you prefer to strut your stuff amongst a smaller flock, head to the **St. George's Turkey Trot**, the Tony Lauria Memorial 5K Family Run/Walk, launching from St. George's Elementary School in Clifton Park. Unlike the busier trots that cut-off online and day-of registration, procrastinators can score an online entry all the way through 5am on Turkey Day, as well as in-person before the race – perfect for those on the fence who decide at the last minute to become part of the action.

As this is a 5K run/walk, strollers are permitted for families who wish to join the main festivities. St. George's Turkey will make his customary appearance and is especially attracted to brightly colored costumes. Use

this as an opportunity to get extra mileage out of your kids' Halloween outfits. (finish-right.com)

Once more, friends and family in Delmar are celebrating their bounty with neighbors before the clanging of the first dinner bell at the **Our Towne Bethlehem Turkey Trot**. Taking off from the Bethlehem Middle School, the route circles mostly flat old Delmar neighborhoods where residents come out in full force to cheer you on.

The 5K features a run and a walk, with the walk beginning five minutes after the run to eliminate possible bottlenecks. With free fireworks the night before at packet pick-up and procrastination registration, tired turkeys will appreciate the opportunity to sleep in with a 9am start. Participants are asked to bring a non-perishable item for the food pantry. (ourtownebethlehem.com)

With all these opportunities, please do consider joining the flock of your choice while celebrating with your family, friends and community – and giving thanks for your many blessings! 🍂

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

MOUNTAIN BIKING

The Adirondack Trail Ride

TATR Turns Five!

By Mike Feldman

Mikie Intrabartola, race creator and director, had sent out a message teasing everyone who had signed up for The Adirondack Trail Ride 2019. This would be the fifth year of the “grand depart” on Sept. 13. TATR is a head-to-head, solo, self-supported mountain bike race through some of the gnarliest trails of the Adirondacks. And when not climbing over and under downed trees, wading through mud, tensely navigating slick snowmobile bridges, and hike-a-biking over beaver dams, there would be the climbs. Just about 50,000 feet of climbing over the 587.5-mile course. Even on pavement, connecting the off-road sections, there’s never an easy day.

Mikie had a “surprise” in store for us! Friends who had previously ridden TATR got to guessing what it could be. Maybe we would be riding the route in reverse? We never guessed it and he never gave it away. Turns out Solace Cycles of Elizabethtown was sponsoring the night-before gathering, race meeting and party. Not only do they build some great looking bikes, they throw a super party. And Mikie and his wife Michele had designed fifth anniversary cycling caps for the racers.

The next day, my wife Jody Dixon, our guest Mike Roe and I finished packing up our bikes and rode the 3.5 miles from our home to Waterfront Park in Northville. It was a busy morning with photographers from Bikepacking.com and Solace Cycles taking pictures of riders’ rigs and documenting the start. Dan Simonds from Broadalbin-Perth High School bussed up his class on the “Adirondack Park” so the kids could meet the racers, ask questions about the ride, and the Adirondacks in general. It was a lively lead-up to the pre-race pep talk delivered by Michele.

The race format includes a neutral rolling start out of Northville and through the Sacandaga Park. Once across NY Route 30 onto Mountain Road, the race begins. What a surprise as we rode out Bridge Street past Northville Central School. There were teachers and kids lining both sides of the street cheering us on as we rolled by at 8am. What a great send off!



● TATR 2019 WINNER ZACH VERHEY WITH HIS RIG IN ACTION. ERIC TEED



● GRAND DEPART WITH NORTHVILLE CENTRAL SCHOOL STUDENTS. ERIC TEED



● A DEVILISH BEEHIVE ON WEST STONY CREEK ROAD.

Jody and I were just a bit off the back of the pack on the way out and we just missed the Route 30 mass start. We watched the other 11 riders take off. As we waited for traffic to clear, we wished each other well, “Be safe” and “No, you be safe,” and then we were on our separate ways.

Day one is probably the toughest day on the route. After 40 miles of mixed surface roads and a river crossing, riders enter Wilcox Lake Wild Forest. For the next 20 miles, until coming out on NY Route 8 north of Wells, this section will test even the most determined of riders. While there are similar tough sections, none is as long and as relentless but still rideable. Mike Roe would end up staying at the lean-to on Murphy Lake suffering a stomach ailment, and Jody camped deep in the forest near Pine Orchard, seven miles from Route 8. They both would get up and continue through on their day two, a testament to their fortitude.

There are only two mountain bike specific trails on TATR and you pay dearly for the opportunity to ride them. The first comes after climbing up the back of Whiteface Mountain on Gillespie Drive to reach the Poor Man’s Downhill, which in the winter is also a snowmobile trail. After three miles and 1,200 feet of descent, it drops you into Wilmington, a great resupply hub if you time it during business hours. Through Wilmington onto Quaker Mountain Road,



● CONTEMPLATING LEFT OR RIGHT ON TRAIL IN TOOLEY POND TRACT.

and at the top of another stout climb, you’re rewarded with the relatively new Quaker Mountain Flow trail. This leads down to Hardy Road and back to TATR as usual.

From Hardy Road, it’s another 100 miles to the next off-road section at Lester Flow, the Dante’s Inferno of mountain biking! In between, there are four significant climbs, and countless short punchy ones that make your quads scream. But it’s Lester Flow, the Boreas River crossing, Irishtown Snowmobile Trail and Cheney Pond Road that, strung together, create one of the most demanding hurdles of this race. On TATR 2019 there was not much rideable on this five-mile section, so riders find themselves hiking – and navigating – with their bike more than riding, until after crossing Minerva

2019 RESULTS

1 Zach Verhey	37	Wallkill	3:12:47
2 Jimmy Lee	45	Sparta, NJ	5:21:25
3 Mike Feldman	63	Northville	6:09:13
4 Inge Aiken	58	Elizabethtown	7:11:27
5 Carl Aiken	58	Elizabethtown	7:11:27
6 John O’Brien	65	Troy	10:17:43
7 Mike Roe	67	Colchester, VT	10:17:49
8 Jody Dixon	63	Northville	11:15:08

Stream. The good news? It’s less than a hundred miles to the finish.

It’s this, the unrelenting challenge of the Adirondack Mountains, that makes TATR what it is. The beauty of the Adirondacks and the unrelenting kindness and generosity of the trail angels along the way are a whole other story.

Congratulations to all the finishers of The Adirondack Trail Ride and to Zach Verhey for setting a new course record of three days, 12 hours, and 47 minutes – breaking the old record by just six minutes.

Looking forward to “dot watching” TATR 2020! For a replay of TATR 2019, visit: trackleaders.com/adirondacktr19. For more race info, check out: theadirondacktrailride.com. For a review of the riders and bikes, go to: bikepacking.com/bikes/2019-adirondack-trail-ride-rigs. 🌲

Mike Feldman (riosacandaga@yahoo.com) of Northville represented the Beer Jersey Riders in The Adirondack Trail Ride 2019. He and Jody have completed three TATRs and that’s why one of them is finished with it!

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ATHLETE PROFILE



Kevin Crossman

By Kim Kilby

Have you ever known someone who, when you are around them, makes you feel lighter, more confident and more positive, just by being in their presence? Now, imagine being a triathlete, a high school student or a young person, and that this person described is your coach. When you interact with and learn from this coach, you feel inspired and supported, and the sport of triathlon becomes something different than it was before. Now, triathlon is both fun and serious, friendly and competitive, something balanced in real life. This role model, whose passion is making the sport of triathlon accessible and enjoyable for all ages – as well as over a lifetime, is Kevin Crossman.

Although best known these days as the lead coach for T3 Coaching, which he founded in 2005, Kevin himself has his own impressive athletic resume starting with a strong swimming career as an All-American at SUNY Cortland. This solid foundation in swimming paved the way for a strong transition to triathlon. During the peak of his competitive racing, Kevin posted overall wins at the Finger Lakes Triathlon (2008/2010), Rev3 Quassy Olympic (2010), Mini-Musselman Triathlon (2009), North Country Triathlon Olympic and Sprint (2008/2009), and the Hudson Crossing Triathlon (2013). He has completed Ironman Lake Placid twice (2001/2006) and qualified for the 2009 Ironman World Championship in Hawaii at Ironman 70.3 Eagleman in Maryland.

Competitive racing has thrown its share of physical challenges at Kevin, which shifted his focus even more to his coaching. The T3 Coaching philosophy combines his love for coaching, fitness, and triathlon into a business that provides athletes with high level, personalized training programs. He has spent the past 14 years building and growing his team, while helping hundreds of athletes of all levels to achieve their performance goals.

Kevin has coached all different levels and disciplines of triathlon. From first-timers to Hawaii Ironman qualifiers, from Olympic distance to XTERRA off-road racers, he has helped them to achieve success and most importantly, have fun and enjoy themselves while doing it. He takes great pride in coaching many first-timers to the finish line, healthy and smiling. And at the other end of the spectrum, Kevin has also coached many top-notch athletes, including Ironman age-group world champions, age-group podium finishers at the Ironman World Championship, and multiple All-American triathletes and Ironman All World athletes.

These past few years, he has seen one of his greatest success stories in Nick Marcantonio, a 26-year-old from Glens Falls, who was offered his USA Triathlon "pro/elite card" after posting some remarkable wins with Ironman 70.3 Connecticut and Ironman 70.3 Lake Placid. Kevin describes Nick as someone who loves training more than

anyone he has coached before, and most importantly, in his work with Nick, Kevin was able to really demonstrate and teach him about the journey. "It is long, but rewarding. Results take time. And the more you work on your goals, the more your goals work on you."

Perhaps the best way to illustrate Kevin's exceptional involvement and leadership in this sport in our community is his commitment to introducing youth to the sport. Each summer, he hosts a "Tiny T3" triathlon camp that teaches elementary-age kids the foundational skills of triathlon in a friendly, welcoming atmosphere. The camp culminates in a race where every young athlete has been prepared to confidently finish with a smile. Kevin describes running this camp as one of his proudest achievements in all of triathlon and remarks, "As an adult, if you are ever seeking motivation in your own triathlon career, I encourage you to volunteer a couple hours at this camp. The energy you will leave with will last you a lifetime!"

Kevin and Bridget are very active in their careers, but have always lived by and taught their children "hard work" can lead you to success no matter what. When it comes to balancing their schedules, their three children are very understanding of constantly "being on the go," and that Mom and Dad do the best they can. However, both Kevin and Bridget take exceptional strides to always put family first. Always arranging to make sporting events, piano recitals, fundraisers, dances, etc. They cherish family dinners. As an example, Bridget is amazing at getting the crockpot going in the morning so the family can enjoy home cooked meals. Collectively they work to balance it all. Kevin says, "Of course, we have an amazing support staff in our family and relatives who always seem to be willing when we're in a bind. We will be forever grateful to those individuals."

Kevin's experience and knowledge has been rewarded with many accolades including being awarded NYS Section 2 Boys Swim Coach of the Year multiple times and the NYS High School Swim Coach of the Year Award in 2016. Kevin is a Founders Day Recipient, an honor awarded by the Glens Falls City School District for going above and beyond for the students. In 2019, he received national recognition when he was chosen as the recipient for USA Triathlon's 2018 Spirit of Multisport Award, which recognizes individuals who illustrate the principles of the positive spirit of triathlon and who display excellent sportsmanship and leadership in multisport with no deference to athletic ability.

This award could not be more fitting, as Kevin is a most humble leader who is driven, and bases his own success, on seeing his athletes and students shine their brightest. He is a rare example of someone who can genuinely set aside his own accomplishments to let others know how important and wonderful they are. Although most people think "T3" refers to the three disciplines of triathlon, the name actually means something very different. T3, or the third transition, is about what happens after the race and emphasizes the belief that friends, family and fun are what bring us together as a triathlon community.

Kevin's coaching philosophy is based on the fundamental importance of the "3rd transition." He believes that balance is critical to success, and the best training programs are those that promote a healthy lifestyle by getting to know the whole athlete first, then designing training programs that fit with their unique personalities and performance goals. There is T1 (swim to bike), T2 (bike to run), and T3 Coaching – the interaction between multisport and life. It is here, in this third transition, where Kevin feels the magic of multisport occurs, especially when sharing that joy with others. In his coaching and his athletic examples, Kevin Crossman reminds us all "In a world where you can be anything, be kind." Cheers to Kevin – a true role model and a leader for the athletic and multisport community in our region. 🌲

Kim Kilby (kimberlyakilby@gmail.com) of Niskayuna is a triathlete, mom, musician, doctor who loves long snuggles and stay-cations.

RESIDENCE: Moreau

AGE: 43

FAMILY: Wife, Bridget; Children, Ella, Hazel and Finley

CAREER: Physical ed teacher at Glens Falls Middle School and varsity swim coach at Glens Falls High School

PRIMARY SPORT: Swimming

SECONDARY SPORTS: Triathlon

FAVORITE QUOTE: "Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life." –Amy Poehler



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NOVEMBER 2019 TO JANUARY 2020*

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Mountain, Easton. willardmountain.com.

NOVEMBER

29-12/1 Audi FIS Ski World Cup Races. Killington, Killington,
VT. killington.com.

DECEMBER

21 Adirondacker's Log Jam. Awesome prizes for skiers,
snowboarders, male/female & age groups. Plus,
costume prizes for flannels, beards, overalls & other
Adirondack attire. Gore Mountain, North Creek.
518-251-2411. goremountain.com.

BICYCLING: ROAD & OFF-ROAD

ONGOING

Tu/Th/Sa Tomhannock Bicycles Spinning Classes. Tue/
Thu: 6pm & Sat: 8am. tomhannockbicycles@nycap.
rr.com. 518-663-0083. tomhannockbicycles.com.

NOVEMBER

10 Rivers & Lakes Century. 31-104M. 8am. Schuylerville.
518-583-3708. adkultracycling.com.

CROSS COUNTRY SKIING & NORDIC SPORTS

NOVEMBER

22-12/1 Cascade Thanksgiving Ski & Snowshoe Sale.
Cascade XC Ski Center/Shop, Lake Placid.
518-523-1111. cascadeski.com.

23 Mt Van Hoevenberg Ski-O. Mt. Van Hoevenberg Cross
Country & Biathlon Center, Lake Placid.
nyssranordic.org.

30-12/1 HURT Nordic Junior Training Camp. Sat:
8:30am-3:30pm. Sun: 9am-12:30pm. Gore Ski Bowl,
North Creek. 518-251-2411. goremountain.com.

DECEMBER

7-8 Lapland Lake Open House. 9am-4:30pm. Sale,
refreshments, prizes, season passes. Lapland Lake XC
Ski Center, Northville. 518-863-4974. laplandlake.com.

7-8 Gore Nordic Skiing Festival. NYSSRA Community
Race (10K Classic)-Sat, 9am. Section 2 Opener HS (5K
Classic)-Sat, 11am. NYSSRA Sprint (1.5K Skate)-Sun,
9:30am. BKYSL Race-Sat. Gore Ski Bowl, North Creek.
518-251-2411. goremountain.com.

15 Gore Ski Bowl Nordic Ski Races. Gore Ski Bowl, North
Creek. Info: upperhudsontrails.org. Register:
skireg.com.

DECEMBER

4-5 Learn to Cross-Country Ski Weekend. Gore Ski Bowl,
North Creek. 518-251-2411. goremountain.com.

29 Old Forge Sprint Race. Mc Cauley Mountain Ski
Center, Old Forge. nyssranordic.org.

JANUARY

4 Shen Nordic Classic Race. 11am. BKYSL: 12:30pm.
Saratoga Biathlon Club, Hadley. shennordic.org.
skireg.com.

10 Full Moon Party. 7pm. Gore Ski Bowl, North Creek.
518-251-2411. goremountain.com.

11 Full Moon Ski Party. 8pm-2am. Ski, bonfire, music.
Cascade Ski Area, Lake Placid. 518-523-1111.
cascadeski.com.

25 Lapland Ladies Love to Ski Classic Clinic.
9:30am-2:30pm. Beginner/intermediate levels, age
18+. Lunch, equipment discussion, group ski, skills.
Lapland Lake Nordic Center, Northville. Kathy Zahray:
518-863-4974. laplandlake.com.

**18-19 Mid-Atlantic Junior National Qualifier/NYSSRA
Race.** 9am. Gore Bowl, North Creek.
goremountain.com.

HEALTH & FITNESS

ONGOING

Daily Rock Your Fitness: Total Body Training. 10/21-
11/30 & 12/2-1/11. Saratoga-Wilton Soccer Center,
Malta. 518-522-9765. rockyourfitnessny.com.



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**Nordic, Alpine Touring &
Telemark Demo Weekend
December 14 & 15**

Saturday, December 14

10am-3pm Nordic Day at Mt. Van Hoevenberg
Learn to Nordic Ski on the Olympic trails! Demos of
this year's ski equipment will be available.

4-6pm Open House at HPC
Free beer and fun at your favorite local gear shop!

Sunday, December 15

9am-4pm AT & Telemark Day at Whiteface
Mountain
Try out the latest and greatest in Alpine Touring &
Telemark gear at Whiteface. Free demos of boots,
skis and clinics throughout the day!
*Participants must have a valid lift ticket.



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DECEMBER

- 7 Back in Balance Holiday Open House.** 10am-3pm. Gift certificates, Normatec Recovery System demos, door prizes. Back in Balance Therapeutic Massage, Halfmoon. 518-371-6332. bibtherapeuticmassage.com.

**HIKING, CLIMBING & SNOWSHOEING
NOVEMBER**

- 9 Orange Crush VI Bouldering Competition.** Youth/Open: 12-3pm. Citizens: 3-6pm. Open Finals: 6:30-8pm. The Edge, Halfmoon. theedgehalfmoon.com.

DECEMBER

- 11-15 Wilderness First Responder.** Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.
- 15 Winter 46 High Peaks Workshop.** 9am. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.
- 21 Map & Compass Fundamentals.** 9am. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.

JANUARY

- 4-5 Wilderness First Aid.** 9am. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.
- 11 Moonlight Guided Evening Snowshoe Tour.** Start w/ chili & cornbread at Kuuma Feeding Station, then head out w/guides on a memorable moonlight tour, stopping at a lakeside campfire for a snack & hot beverage. 5:45-8:30pm. Ages 18+. Must reserve, Headlamps recommended. Lapland Lake Nordic Vacation Center, Northville. 518-863-4974. laplandlake.com.

11-12 Winter Survival 101. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.

- 18 Adirondack International Mountain Festival.** Celebration of ice climbing & mountaineering w/guest athletes, instructional clinics (ice climbing, mixed climbing, alpine climbing, snowshoeing, avalanche awareness & slide climbing), gear/clothing demos & fun. Evening slideshow w/raffle prizes & free swag. The Mountaineer & Adk Rock/River, Keene Valley. 518-576-2281. mountaineer.com.

18-19 Winter Survival 101. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.

20 Map & Compass Fundamentals. 9am. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.

25 Winter 46 High Peaks Workshop. 9am. Adk Education Yurt, Lake Placid. Adk Mountain Club: 518-523-3480. adk.org.

26 Guided Day Hike: Sawteeth Mtn. Elev: 4,100', 12M. 8am at St. Huberts parking lot. Adk Mountain Club: 518-523-3480. adk.org.

**ICE SKATING & SPEED SKATING
ONGOING**

Tu/Th Learn-to-Speed Skate. Learn to speed skate with renowned Saratoga Winter Club: Nov. 5, 7, 12, 14, 19 from 6-7pm. Must commit to minimum of four nights. \$50 fee includes skates. Safety equipment required. Some available to borrow. Weibel Ice Rink, Saratoga Springs. Maxine Lindig Lautenberg: 518-430-7600. saratogawinterclub.com.

NOVEMBER

- 9-10 Saratoga Cup Ability Meet.** Saratoga Winter Club, Ice Rink, Saratoga. 518-951-0702. saratogawinterclub.com.
- 10 Saratoga Cup & Northeast Series I Championships:** Short Track Speed Skating. See the fastest human-powered sport: competition 9am-4pm. Free. All welcome. Weibel Ice Rink, Saratoga Springs. Matt Davis: 518-430-7600. saratogawinterclub.com.

DECEMBER

14-15 North American Challenge Speedskating Marathon. Olympic Oval, Lake Placid. lakeplacidsspeed.com.

JANUARY

4-5 Charles Jewtraw All Around Championships. Olympic Oval, Lake Placid. lakeplacidsspeed.com.

11-12 Irving Jaffee Championships. Olympic Oval, Lake Placid. lakeplacidsspeed.com.

**MULTISPORT: TRIATHLON & SWIMMING
DECEMBER**

- 8 Greenbush Indoor Triathlon.** 7am. All welcome! Beginner-level triathlon participants will complete a 10min swim, 30min bike & 20min run. 7am. Greenbush YMCA, East Greenbush. 518-477-2570. zippyreg.com & cdymca.org/2019-healthy-community-race-series.

continued

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ADIRONDACK SPORTS CLASSIFIEDS

KILLINGTON TIMESHARE - Transfer ownership of one week, one bedroom timeshare at Cedarbrook Club Killington. Week 51, Unit 209, every odd year. This year Dec. 22-29, 2019. Cost \$1000, which includes all this year's operation fees. Paula Sampson: 518-469-7707 or mema_sampson@yahoo.com.

LAKE PLACID VACATION RENTAL: RED DOOR COTTAGE - Clean, comfortable village home with large deck and enclosed yard. Sleeps eight with 3 bedrooms and 1 bathroom. Short walk to Main St and on Ironman course. Play park and fishing close by. Adkreddoor@gmail.com.

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CALENDAR OF EVENTS

CONT.
FROM
PG 15

OTHER EVENTS

NOVEMBER

29-12/1 Viessmann World Cup Luge. Olympic Sports Complex, Lake Placid. whiteface.com.

DECEMBER

28 Horse Drawn Sleigh Rides. Travel by horse drawn sleigh along a scenic, private road, passing beautiful Woods Lake. Registration required. Lapland Lake Nordic Vacation Center, Northville. 518-863-4974. laplandlake.com.

JANUARY

4 Horse Drawn Sleigh Rides. Travel by horse drawn sleigh along a scenic, private road, passing beautiful Woods Lake. Registration required. Lapland Lake Nordic Vacation Center, Northville. 518-863-4974. laplandlake.com.

18 Horse Drawn Sleigh Rides. Travel by horse drawn sleigh along a scenic, private road, passing beautiful Woods Lake. Registration required. Lapland Lake Nordic Vacation Center, Northville. 518-863-4974. laplandlake.com.

RUNNING, TRAIL & SNOWSHOE RUNNING

ONGOING

Tue Gore Mountain Citizens' Races: 1/7-2/4. Snowshoe, Glide or Skate Ski Gore Ski Bowl, North Creek. Pay at door. goremountain.com.

NOVEMBER

9 5th Strides Against Sarcoma. 3.5M trail race for runners/walkers. 10am. Rush Pond Trail to Queensbury School, Queensbury. Bob/Heidi Underwood: 518-656-3127. itsyourrace.com.

10 MVP Health Care Stockade-athon 15K. 8:30am. Kids' 0.5M Run: 10:45am. Veterans Park to City Hall, Schenectady. stockadeathon.com.

11 12th Shenendehowa Veterans Day Dash 5K Run/Walk. 10am. Kids' 0.5M & 1M Runs: 9am. Shenendehowa High School Track, Clifton Park. shenrunners.com & zippyreg.com.

11 14th Valatie Veterans 5K. 10am. Glynn Square, Valatie. Jon Meredith: 518-728-1451. active.com.

12 Josh Feldt After the Leaves Half Marathon. 13.1M. Spring Farm Trailhead, Mohonk Preserve, High Falls. shawangunkrunners.com.

17 NYC 60K Run. 8am. Central Park, New York. nyrr.org.

17 Fred Lebow Cross Country Championships 5K. 9am. Van Cortlandt Park, New York. nyrr.org.

17 Hot Iron Half Marathon. 13.1M. 9am. Tymor Park, Unionvale. hotironhalf.com.

18 Frostbite 5K Run/Walk. Mayfield High School, Mayfield. mayfieldcscd.org.

21 35th Run 2 End World Hunger. 5K & 2M Walk: 9am. Utica Recreation Center, Utica. uticaroadrunners.org.

23 22nd Hobble Gobble Prediction Walk/Run. 11am. West Potsdam Bingo Hall, Potsdam. events.com.

23 Girls on the Run 5K Run/Walk. 10am. Under 16, adults & teams welcome. New location! Jennings Landing (Corning Preserve), Albany. gotrcr.org/5k.

23 Bolton PTO Turkey Trot 5K Run/Walk. 10:30am. Prizes for best costume. Kids' Block Trot 1M Run/Walk: 10am. Benefits Bolton CSD Parent Teacher Organization. Veterans Memorial Park, Bolton Landing. surveymonkey.com/r/K7MYWNL.

23 Saratoga Stryders: Turkey Raffle Run. Saratoga Spa State Park, Saratoga Springs. saratogastryders.org.

23 Rogers Rangers Ramble Run. 3.3 XC run. 10:30am. Bicentennial Park, Ticonderoga. lachute.us.

24 Turkey Raffle 1-Hour Run. 10am. Tawasentha Park, Guilderland. hmrrc.com.

28 72nd Troy Turkey Trot. 10K Road Race: 8am. Grade School Mile: 9:30am. Turkey Walk One-Mile: 9:35am. 5K Road Race: 10am. Troy Atrium, Troy. troyturkeytrot.com.

28 38th Cardiac Classic 5K Road Race. 9am. 2M Wellness Walk: 8am. One-Mile Duck Pond Fun Run: 10am. Central Park, Schenectady. ellismedicine.org/cardiacclassic.

28 18th Christopher Dailey Turkey Trot. 5K Run/Walk: 8:30am. Saratoga Hilton, Saratoga Springs. 518-581-1328. zippyreg.com.

28 10th OurTowne Turkey Trot 5K Fun Run/Walk. Bethlehem Middle School, Delmar. 518-598-3434. ourtownebethlehem.com.

28 8th St George's Turkey Trot 5K Family Run/Walk. 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. finishright.com.

28 Cohoes Turkey Trot 3.5M Run/Walk. 9am. City Hall, Cohoes. 518-233-2121. zippyreg.com.

Bolton PTO's Turkey Trot



5K Run/Walk

Saturday, Nov. 23 • 10:30am
Veterans Memorial Park
Bolton Landing

10am: Kids' Block Trot 1M Run/Walk (\$5)
Prizes for top finishers in each age group
Prizes for best costume • Concession stand • No pets
5K - \$10 adults/\$5 students/\$20 family • T-shirts: \$5

Register online or day of race:
BoltonCSD.org

Proceeds benefit Bolton Parent Teacher Organization



Thanksgiving Day

5K Fun Run/Walk

Bethlehem Middle School | 332 Kenwood Ave. Delmar
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NEW TIME/DAY: T/TH 6-7:00am, SAT 7:30-8:30am

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- 28 James Hinchliffe 5K Run/Walk for ALS. 8:30am. Glens Falls Civic Center, Glens Falls. jphals5k.com.
- 28 5th Amsterdam Thanksgiving 5K & 1.5K Walk. 9am. Shuttleworth Park, Amsterdam. runsignup.com.
- 28 24th BKVR Running of the Turkeys. 5K run/walk & kids' fun run: 9am. Fisher Elementary School, Arlington, VT. bkvr.net.
- 28 Adirondack Health Turkey Trot 5K. 8:30am. Olympic Speedskating Oval, Lake Placid. 518-897-2271. adirondackhealth.org.
- 28 Heuvelton Gobbler Gallop 5K. 9:15am. Heuvelton Volunteer Fire Dept., Heuvelton. heuveltonfire.com.
- 28 Thanksgiving Day "Run for the Hall" 3.5M/6M Runs. 8:30am. Sports Hall of Fame, Erie Canal Village, Rome. romanrunners.com.
- 28 7th Kingston Turkey Trot 5K. 9am. Dietz Stadium, Kingston. turkeytrotkingston.com.
- 28 New Paltz Turkey Trot 5K. 8:11am. Water Street Market, New Paltz. 845-255-8801. newpaltzturkeytrot.com.
- 28 Watertown Family YMCA Turkey Day Run 5K & 2.2M. 9am. Watertown. watertownymca.org.
- 28 9th Blue Mountain Turkey Trot 5K Fun Run. 9am. Grant Morse School, Saugerties. 845-246-0008. onteorarunners.org.
- 28 St. Edward School Thanksgiving 5K Run/Walk. 9am. St. Stephen-St. Edward School, Warwick. runsignup.com.
- 28 Canajoharie Turkey Trot. Canajoharie High School, Canajoharie. eventbrite.com.
- 28 Little Falls Turkey Trot 5K Run/Walk. 8:30am. YMCA, Little Falls. runsignup.com.
- 28 42nd Peru Lions Club Turkey Trot. 5K/10K. 9:15am. Peru ES, Peru. runsignup.com.

- 28 43rd Turkey Trot 5K. 10am. Kids' Run Fun: 9:45am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 28 Neshobe Pie Gobbler Fun Run & Walk. 3M. 8am. Neshobe Golf Course, Brandon, VT. Sue Hoxie: (802) 989-6980. runreg.com/neshobe-pie.
- 30 North Country Honor Flight Santa Sprint 5K. 9am. 90 Montgomery Street, Rouses Point. runsignup.com.

DECEMBER

- 1 4-Mile Reindeer Run & Junior Reindeer Run. 4M: 9:35am. 1M Kids' Fun Run: 9:10am. SUNY Adirondack, Queensbury. active.com & adirondackrunners.org.**
- 7 Ugly Sweater Run. 9am. Fulton Montgomery Community College, Johnstown. Paul Meher: 518-736-8188. fmcc.edu.
- 7 Albany Last Run 5K. 5pm. Empire State Plaza, Albany. albanyevents.org.
- 7 40th Pete Sanfilippo Holiday Run. 5M: 10am. 1M Kids' Fun Run: 9:30am. Knights of Columbus, Wappinger Falls. mhrrc.org.
- 8 Santa Sprint 5K. Fit Body Boot Camp, New Windsor.
- 8 HMRRC Doug Bowden Winter Series #1. 3M & 15K. 10am. University at Albany, Albany. hmrrc.com.
- 14 Jingle Bell Run 5K. Town Park, Halfmoon. events.arthritis.org.
- 15 Gore Ski Bowl 5K Snowshoe Race. 2pm. Gore Ski Bowl, North Creek. Info: upperhudsontrails.org. Register: runreg.com.**
- 21 ARE Adventure Race. 4-8M. 10:15am. Dippikill Wilderness Retreat, Warrensburg. albanyrunningexchange.org.
- 31 Saratoga Arts' First Night 5K. 5:30pm. Skidmore College, Saratoga Springs. saratoga-arts.org.**

- 31 NYRR Midnight Run. 4M. 11:59pm. Central Park, New York. nyrr.org.

JANUARY

- 1 Hangover Half Marathon & Bill Hogan 3.5 Miler. 12pm. University at Albany, Albany. hmrrc.com.**
- 5 NYRR Joe Kleiner 10K. 8am. Central Park, New York. nyrr.org.
- 5 Dion Snowshoes Grafton Trails 10K Snowshoe Race. Grafton Trails Outfitter Center, VT. 801-843-2350. runreg.com. griftonponds.com.**
- 11 Churney Gurney Snowshoe Run/Walk. 10am. Gurney Lane Park, Queensbury. underdogracetiming.com.**
- 11 Nor'east Snowshoe 5K/10K Race. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 12 Winter Series #3: 3M, 10K, 25K. 10am. University at Albany, Albany. hmrrc.com.
- 18 Nor'east Snowshoe 5K/10K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 19 Winter Series #4: 3M, 15K, 30K. 10am. University at Albany, Albany. hmrrc.com.
- 19 Cock-A-Doodle-Shoe 5K & 10K Snowshoe Race. New Land Trust, Saranac. cockadoodleshoe.com.
- 25 Mt Tom Scramble 5K & 10K Snowshoe Race. Mt. Tom State Reservation, Holyoke, MA. dionsnowshoes.com.
- 25 Nor'east Snowshoe 5K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com/snowshoe.
- 26 VT Snowshoe for the Cure 5K run & 3K walk. Grafton Ponds, VT. griftonponds.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.

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8th Annual
St. George's Turkey Trot
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Tony Lauria Memorial
Thursday, Nov. 28 • 8am
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912 Rte 146, Clifton Park
Enter by 11/6 for T-shirt
Register by 11/22 (\$25):
FinishRight.com
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The Adirondack Runners present...
4-Mile Reindeer Run & Jr. Reindeer Run
Sunday, December 1st
SUNY Adirondack, Queensbury
4-Mile Road Race at 9:35am
1M Children's Fun Run 9:10am
Long-sleeve shirt to first 150 4-mile entrants
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Shenendehowa Veterans Day Dash 5K RUN/WALK
Monday, Nov 11 • 10am
Shen High School Track, Clifton Park
Flat/fast course • T-shirts to first 350 runners • Open to all runners & walkers • USATF sanctioned
Veterans run free* • Kids' Fun Runs (.5M/1M): 9am • Prizes to top M/F, top M/F vets, age groups & teams
*Info: shenrunners@gmail.com
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Thursday, November 28
Thanksgiving Day
The Saratoga Hilton Saratoga Springs
the christopher dailey foundation
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5K Run/Walk
Corporate Sponsor
PACKET PICK UP The Saratoga Hilton
Wednesday, November 27
4pm - 8pm OR
Thursday, November 28
6am - 8am
Last chance to register in person
Wednesday, November 27
4pm - 8pm at The Saratoga Hilton
NO DAY OF REGISTRATION
Online Registration closes at Noon on Tuesday, November 26
REGISTER: zippyreg.com/cdtt or christopherdaileyfoundation.com

Thanksgiving Day NOVEMBER 28
Central Park, Schenectady
38TH ANNUAL CARDIAC CLASSIC 5K
ELLIS HEART2HEART
PROCEEDS TO BENEFIT ELLIS MEDICINE.
Run. Walk. And Support Our Community.
3 GREAT EVENTS
2M Wellness Walk8:00am
(day of event registration until 7:45 am)
5K Road Race-Runners Only.....9:00am
(pre-register only, no day of registration)
1M Duck Pond Fun Run-FREE..10:00am
(day of event registration until 9:45 am)
Register @ www.ellismedicine.org/cardiac-classic
Online registration closes:
Tuesday, November 26 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.
SPONSORED BY:
CardiologyAssociatesofSchenectady.org **Home Instead**
Senior Care

RACE RESULTS

ADIRONDACK MARATHON DISTANCE FESTIVAL

September 22, 2019 • Schroon Lake Central School, Schroon Lake

ADIRONDACK MARATHON: 26.2 MILES

Top 3 Overall, Age Group Winners & Northeastern NY Finishers

MALE OVERALL			
1	Marc Galvin	43	Lake Placid 3:05:42
2	Bobby Ebel	25	Parsippany, NJ 3:08:54
3	Dan Lagoe	32	San Jose, CA 3:17:54

FEMALE OVERALL			
1	Sarah Correa	28	Citrus Heights, CA 3:27:05
2	Brett Harris	34	Albany 3:38:33
3	Hannah Grall	22	Keene Valley 3:45:52

MALE AGE GROUP: 20 - 24			
1	Patrick Sutherland	22	West Point 3:29:24

FEMALE AGE GROUP: 20 - 24			
1	Ruby Marden	21	Ogden, UT 4:17:18

MALE AGE GROUP: 25 - 29			
1	Jonathan Schmierer	26	Mount Vernon 3:44:52

FEMALE AGE GROUP: 25 - 29			
1	Rachel Kistner	25	Getzville 3:56:57
2	Mary Claire Walker	27	Niskayuna 4:24:48
4	Rachel Linehan	29	Albany 4:29:36
7	Bethany Cinelli	26	Ray Brook 4:49:36

MALE AGE GROUP: 30 - 34			
1	Tony Gabriel	34	West Nyack 3:29:19
3	Daniel Ruhlman	32	Albany 3:44:40
5	Joseph Milkovich	32	Binghamton 4:00:43
8	Eric Fitzgerald	33	South Glens Falls 5:04:38

FEMALE AGE GROUP: 30 - 34			
1	Elizabeth Pietrangelo	30	Queensbury 4:05:10
4	Jillian Smith	30	Cobleskill 5:06:23

MALE AGE GROUP: 35 - 39			
1	Eric Martinson	36	York, ME 3:36:23
3	John Langford	37	Wilmington 3:48:54
5	Nicholas Lobosco	37	Ballston Spa 3:56:20
7	Jason LeClair	36	Morrisville 4:11:54
11	Michael Rajter	37	South Glens Falls 5:00:05

FEMALE AGE GROUP: 35 - 39			
1	Justine Lobosco	35	3:53:15
2	Laura Zima	39	Albany 4:12:28
3	Ashley Tara	35	Evans Mills 4:30:26
8	Amanda Keyser	37	Schenectady 5:28:15

MALE AGE GROUP: 40 - 44			
1	Paul Graham	42	Canton 3:21:32
3	Matthew Fuentes	41	Binghamton 3:59:56
7	John Woodard	44	Glens Falls 5:15:15

FEMALE AGE GROUP: 40 - 44			
1	Monica Cuoco	40	New York 3:47:35
2	Alyson Tighe	43	Pulaski 3:47:39
4	Erika Ries	43	Menands 4:36:08
5	Melissa Kwasniewski	42	Fort Edward 5:04:40

MALE AGE GROUP: 45 - 49			
1	William Dodds	45	Albany 3:35:40
7	Chris Coyne	49	North Creek 4:24:48

FEMALE AGE GROUP: 45 - 49			
1	Kristin Lundy	49	Charlotte, VT 4:26:21
4	Karensa Derstine	46	Northville 5:12:29

MALE AGE GROUP: 50 - 54			
1	Gerald Tabios	50	Elmhurst 3:42:28
6	Richard Loud	54	Ballston Spa 4:29:38
7	Bill Hoffman	52	Clifton Park 4:29:40
10	Steve Zito	50	Saratoga Springs 5:44:33

FEMALE AGE GROUP: 50 - 54			
1	Deborah Valin	52	Woodbridge, CT 4:34:01
3	Jo Blackmore	50	Amenia 5:29:50

MALE AGE GROUP: 55 - 59			
1	Michael Leonard	56	Freeville 3:32:01
2	Juan Rivelio	56	Clifton Park 3:57:02
4	Woody Clark	59	Charlton 4:09:02
7	Michael Parsons	56	Schenectady 4:47:35
8	John Evans	56	Malta 5:26:55

FEMALE AGE GROUP: 55 - 59			
1	Donna Horton	59	Cambridge 4:52:12

MALE AGE GROUP: 60 - 64			
1	Dan Oh	64	Leonias, NJ 5:06:48
2	Jeffery Cullen	61	Cobleskill 5:29:55

FEMALE AGE GROUP: 60 - 64			
1	Cheryl Healy	63	Fairhaven, MA 4:48:45
2	Kathleen Walker	60	Hyde Park 4:56:51

MALE AGE GROUP: 65 - 69			
1	Michael Glass	67	Columbus, OH 4:30:49

MALE AGE GROUP: 70 - 74			
1	Peter Levine	74	Baltimore, MD 5:15:25

MALE AGE GROUP: 75 - 79			
1	Michael Lafontaine	77	Champlain 5:30:55

HALF MARATHON: 13.1 MILES

MALE OVERALL			
1	Brian Wilson	36	Dannemora 1:24:36
2	Bob Radliff	55	Stillwater 1:26:55
3	Peter Heimgartner	50	Bronxville 1:27:53

FEMALE OVERALL			
1	Kelly Jacobs	29	New York 1:37:29
2	Nicole Ogrosso	32	Hoboken, NJ 1:41:48
3	Carrie Lipton	42	New York 1:43:43

MALE AGE GROUP: 1 - 19			
1	Robert Quillan	16	1:59:34
2	Matthew Gerdis	17	2:15:33
3	Darius Harris	18	3:03:42

FEMALE AGE GROUP: 1 - 19			
1	Calla Bourdeau	15	1:56:52
2	Hunter Mulvey	16	Bakers Mills 2:07:13
3	Olivia Lam	14	Wayne, NJ 2:14:20
4	Jeylin Lee	14	2:14:20
5	Lauren Kimball	14	2:46:31

MALE AGE GROUP: 20 - 24			
1	Steven Guetzlaff	24	1:33:36
2	Joseph Gaissonville	22	Schroon Lake 1:36:23
3	Caleb Maisonneville	23	Schroon Lake 1:37:00
4	Michael Ventimiglia	24	Glens Falls 1:39:00
5	Andrew Burkhardt	24	Albany 1:41:35

FEMALE AGE GROUP: 20 - 24			
1	Laura Debboli	24	Saratoga Springs 1:54:57
2	Kathryn Bergin	22	Rhinebeck 1:58:16
3	Katlynn Allen	22	Malone 1:58:18
4	Jenn Guetzlaff	21	Schnecksville, PA 2:00:01
5	Kirsten Gehl	21	Canton 2:06:36

MALE AGE GROUP: 25 - 29			
1	Joe Flynn	28	Batavia 1:36:06
2	Adam Boyer	27	Girard, PA 1:42:54
3	Alex Davis	28	Saratoga Springs 1:45:07
4	Landy Liu	26	New York 1:46:23
5	Michael Fitts	25	Saratoga Springs 1:49:54

FEMALE AGE GROUP: 25 - 29			
1	Christine Rush	26	New York 1:44:40
2	Kayla Walts	27	Schroon Lake 1:45:12
3	Antonia Acquistapace	25	San Francisco, CA 1:47:59
4	Megan Stockton	25	Moravia 1:54:58
5	Desjardins Duchesne	29	Montreal, QC 2:03:08

MALE AGE GROUP: 30 - 34			
1	John Burke	32	Saratoga Springs 1:34:07
2	Guillaume Goulet	31	Quebec, QC 1:37:59

3	Adam Karges	30	Schenectady 1:39:28
4	Josh Hummel	30	Middlebury, VT 1:49:01
5	Vadit Suwatharapinun	33	Sunnyside 1:51:25

FEMALE AGE GROUP: 30 - 34			
1	Kaitlyn Rowe	33	Sand Lake 1:49:33
2	Lauren Hughes	32	Malone 1:58:15
3	Jennifer Gierka	34	Kingston 1:58:57
4	Cayleigh Eckhardt	31	Boston 1:59:38
5	Jamie Montague	32	Middlebury, VT 2:00:06

MALE AGE GROUP: 35 - 39			
1	Brian Lusignan	35	Glenmont 1:33:52
2	Justin Casey	39	Watertown 1:36:35
3	Christophe Godinou	36	Le Mont Sur Lausanne, SUI 1:45:37
4	Akif Zaman	39	Long Island City 1:52:04
5	Michael Rushman	35	1:52:57

FEMALE AGE GROUP: 35 - 39			
1	Liz Weir	36	Argyle 1:48:03
2	Cheryl Sarjeant	39	Averill Park 1:55:37
3	Kimberly Younes	39	North Creek 1:59:33
4	Jennifer Smith	38	Wilmington, DE 2:00:57
5	Michelle Rodriguez	36	Crown Point 2:02:47

MALE AGE GROUP: 40 - 44			
1	Jonathan Dunn	43	Enfield, CT 1:45:13
2	Ernie Yue	40	Halfmoon 1:54:52
3	Daniel Wallace	44	Queensbury 1:59:50
4	Todd Balog	42	Saratoga Springs 2:11:59
5	Steven Craig	42	Corinth 2:13:34

FEMALE AGE GROUP: 40 - 44			
1	Sarah Barnes	44	Addison, VT 1:49:02
2	Sue Odenthal	40	Hartsdale 1:49:42
3	Karen Maciariello	43	Moreau 1:51:14
4	Deanne Archibald	43	Poughkeepsie 1:54:23
5	Jennifer Toti	42	Norwich 1:56:56

MALE AGE GROUP: 45 - 49			
1	Michael Seaton	48	Weybridge, VT 1:38:27
2	Luis Garnica	48	Port Henry 1:47:15
3	Todd Williams	46	Altamont 1:54:14
4	Philippe Lasnier	48	Saint-Jean-Sur-Richelieu, QC 1:56:30
5	Randy Swift	47	Saratoga Springs 2:06:57

FEMALE AGE GROUP: 45 - 49			
1	Sallie Genevich	49	2:05:30
2	Tara Cassidy	45	Lake Placid 2:08:18
3	Suzanne Paulson	46	West Sand Lake 2:09:54
4	Melinda Burkhardt	46	Warrensburg 2:17:50
5	Louisa Lam	46	Wayne, NJ 2:28:32

MALE AGE GROUP: 50 - 54			
1	John Genevich	50	Saratoga Springs 1:29:11
2	Brad Magyar	51	Enfield, CT 1:44:55
3	JP Milot	51	Ridgefield, CT 1:51:05
4	Barry Blumenfeld	52	Redding, CT 1:58:42
5	Mike Rocklin	51	Little Falls 1:59:42

FEMALE AGE GROUP: 50 - 54			
1	Patricia Guetzlaff	50	Schnecksville, PA 1:59:57
2	Catherine Walker	51	New Canaan, CT 2:00:46
3	Jennifer Ward	53	Schroon Lake 2:03:09
4	Joni Cote	54	Glens Falls 2:13:41
5	Michelle Perlee	54	Bristol, VT 2:14:13

MALE AGE GROUP: 55 - 59			
1	John Feiden	55	Olmdedville 1:56:35
2	Jim O'Connor	58	Buffalo 1:56:52
3	Kevin Bechtel	59	Amsterdam 1:59:24
4	Dave Sullivan	59	Panton, VT 2:00:06
5	Donald Proulx	58	Saratoga Springs 2:02:51

FEMALE AGE GROUP: 55 - 59			
1	Sylvie Duchesne	56	Repentigny, QC 1:45:28
2	Pamela Ricker	55	Middle Village 1:53:33
3	Erika Emigh	57	Wallkill 2:00:57
4	Sandy Adams	59	Shushan 2:01:00
5	Terri McCleary	57	Redding, CT 2:07:45

MALE AGE GROUP: 60 - 64			
1	Lawrence Sanders	64	Rensselaer 1:56:55
2	Stephan Von Schenk	64	Diamond Point 2:06:33
3	Vincent Farese	61	Pleasant Valley 2:10:06
4	Jerry Godin	63	Corinth 2:10:40
5	Mike Dolan	60	Pottersville 2:18:29

FEMALE AGE GROUP: 60 - 64			
1	Sue Patla	61	Matawan, NJ 2:09:24
2	Elizabeth Flaherty	60	Kinderhook 2:18:24
3	Valerie Pezzula	64	Albany 2:43:20
4	Theresa Hughes	63	Ballston Spa 2:45:37
5	Sandra Pratt	62	Griffin, GA 2:46:28

MALE AGE GROUP: 65 - 69			
1	John Lent	65	Waltham, VT 1:57:02
2	Steve Meunier	65	Essex, VT 2:02:54
3	Norman Chester	65	Oradell, NJ 2:36:15

FEMALE AGE GROUP: 65 - 69			
1	Donna Lustenhauer	65	Altamont 2:22:56
2	Nancy Anderson	69	Spartanburg, SC 2:28:06
3	Carol Morman	66	North Caldwell, NJ 2:37:46
4	Diane Thompson	65	Cohoes 3:01:11
5	Kathleen Izzo	66	Jacksonville, FL 3:41:57

MALE AGE GROUP: 70 - 74			
1	Frank Fallon	71	Islip 1:59:19
2	Joseph Gilroy	71	Seneca Falls 3:27:33

FEMALE AGE GROUP: 70 - 74			
1	Ginny Pezzula	73	Albany 2:11:36

MALE AGE GROUP: 75 - 79			
1	Patrick Bivona	78	Clifton, NJ 3:09:19

MARATHON RELAY

TWO-PERSON TEAM: MALE			
1	2 Du Guys		3:07:12
2	Team Chris RTC		3:34:35
3	Delaware		3:44:40

TWO-PERSON TEAM: FEMALE			
1	Are You Not Entertained?		4:30:36
2	Bitter Sweet Mother Runners		5:10:53

45TH ANNUAL FALLING LEAVES ROAD RACE *continued***FEMALE AGE GROUP: 45 - 49**

1	Kathy Garbooshian	47	Marcy	1:08:14
2	Christine McGlynn	45	Whitesboro	1:10:40
3	Molly Haberbusch	46	Clinton	1:11:02

MALE AGE GROUP: 50 - 54

1	Paul Humphrey	52	Utica	58:33
2	Andrew Rock	51	Cooperstown	1:00:52
3	John Draper	50	Remsen	1:01:19

FEMALE AGE GROUP: 50 - 54

1	Julie Landcastle	50	Rome	1:18:55
2	Gretchen Kubera	51	Utica	1:20:57
3	Mary Ann Lasher	51	Niskayuna	1:22:53

MALE AGE GROUP: 55 - 59

1	Germain Boivin	58	Montreal, QC	1:04:23
2	John Raymond	56	Cooperstown	1:04:56
3	Rich Karaz	58	Remsen	1:05:49

FEMALE AGE GROUP: 55 - 59

1	Sally Cockburn	58	Clinton	1:16:26
2	Chantale Mercier	59	Montreal, QC	1:18:05
3	Laura Hash	55	Rome	1:18:55

MALE AGE GROUP: 60 - 64

1	Daniel Stedman	61	New Hartford	1:06:22
2	William Baynes	63	Rome	1:06:47
3	Gary Burak	61	New Hartford	1:09:10

FEMALE AGE GROUP: 60 - 64

1	Victoria Pedersen	63	Sherrill	1:23:52
2	Nancy Rayne	60	Clinton	1:27:52
3	Karen Parsons	62	Baldwinsville	1:32:10

MALE AGE GROUP: 65 - 69

1	John Delaney	65	Rome	1:03:25
2	Woody Woodworth	65	Chittenango	1:12:29
3	Tom Bick	68	Frankfort	1:13:17

FEMALE AGE GROUP: 65 - 69

1	Martha DeGrazia	68	Slingerlands	1:14:11
2	Susan Luley	66	Sauquoit	1:18:27
3	Pearl Savicki	65	Clinton	1:21:39

MALE AGE GROUP: 70 - 74

1	Charles Crary	71	Syracuse	1:29:19
2	Randy Tuttle	70	Remsen	1:37:28

*Courtesy of Utica Roadrunners***26TH ANNUAL FAM 5K "FUND" RUN**
*September 28, 2019 • Cobleskill Fairgrounds, Cobleskill***MALE OVERALL**

1	Anthony Giuliano	40	Niskayuna	16:07
2	Aaron Lozier	31	Albany	16:22
3	Josh Edmonds	31	Cobleskill	16:29

FEMALE OVERALL

1	Karen Bertasso	35	Albany	18:02
2	Caitlyn Acompora	14	Hamilton	20:36
3	Julie Halsdorf	29	Duanesburg	23:25

MALE AGE GROUP: 1 - 14

1	Brandon Rotman	12	Cobleskill	22:17
2	Bryce McCann	12	Cobleskill	24:00
3	Zephaniah Rockefeller	12		24:25

FEMALE AGE GROUP: 1 - 14

1	Madelyn Helton	10	Howes Cave	26:43
2	Haeley Spohn	14	Cobleskill	28:23
3	Claudia Walrath	14	Warnerville	31:18

MALE AGE GROUP: 15 - 19

1	Nickolas Yorke	17	Summit	20:05
2	Dean Poeth	18	Glenville	23:59
3	Xander Olsen	15		25:11

FEMALE AGE GROUP: 15 - 19

1	Mia Galasso	17	Cobleskill	27:19
2	Isabelle Tsamis	15	Richmondville	29:36
3	Lauren Rowe	16	Rotterdam	30:52

MALE AGE GROUP: 20 - 24

1	Joseph Baron	22	Cobleskill	16:43
2	Connor McCarthy	22	Easton, PA	19:40
3	Justin Davis	22	Richmondville	25:40

FEMALE AGE GROUP: 20 - 24

1	Dahlia Sheehan-Yassin	22		24:02
2	Gabriela Giordano	20	Schenectady	26:48
3	Shauna Thorington	23	Warnerville	29:17

MALE AGE GROUP: 25 - 29

1	Jonathan Santiago	28	Chicago, IL	19:44
2	Alex Herold	28	Cooperstown	19:57
3	John Dzialo	26	Whitesboro	20:17

FEMALE AGE GROUP: 25 - 29

1	Kelsey Radliff	28	Richmondville	27:18
2	Jessica Parshall	28	Warnerville	27:29
3	Abigail Weingarten	25	Cobleskill	28:27

MALE AGE GROUP: 30 - 34

1	Michael Hamilton	32	Oneonta	17:18
2	Michael Maloney	31	Niskayuna	24:22
3	Theodore Mattice	33	Cobleskill	30:25

FEMALE AGE GROUP: 30 - 34

1	Debra Hamilton	33	Oneonta	26:36
2	Jillian Smith	30	Cobleskill	26:46
3	Melissa Kennison	33	Cobleskill	35:40

MALE AGE GROUP: 35 - 39

1	Thomas Kaczmarek	35	Glenville	19:36
2	Peter Vonschilgen	38		22:19
3	Joshua McCann	38	Cobleskill	23:51

FEMALE AGE GROUP: 35 - 39

1	Katie Gifford	38	Gloversville	26:15
2	Tara McGovern	39	Delanson	30:42
3	Susan Conti	36	Cincinnati, OH	30:46

MALE AGE GROUP: 40 - 44

1	Drew Meka	41	Canajoharie	21:36
2	Scott Handy	42		22:06
3	Jeff Leblanc	44	Grafton, MA	23:55

FEMALE AGE GROUP: 40 - 44

1	Courtney Labarge	40	Cobleskill	24:12
2	Sara Gaunt	43	Andover, MA	26:21
3	Jennifer Regelski-Rotman	44	Cobleskill	29:15

MALE AGE GROUP: 45 - 49

1	William Hahn	47	Esperance	22:46
2	Dean Kelly	47	Summit	23:33
3	Lefty Tsamis	46	Richmondville	27:00

FEMALE AGE GROUP: 45 - 49

1	Olie Quilop Locke	47	Whitehall	28:43
2	Lisa Rowe	46	Rotterdam	29:26
3	Terri Kelly	46	Summit	29:55

MALE AGE GROUP: 50 - 54

1	Peter Pochily	52	Jefferson	22:18
2	Tom Denham	52	Delmar	22:41
3	Stephen Strasser	52	Cobleskill	24:28

FEMALE AGE GROUP: 50 - 54

1	Tina Dzialo	51	Latham	25:25
2	Janet Masterson	52	Sharon Springs	25:52
3	Ann Hay	54	Cobleskill	27:27

MALE AGE GROUP: 55 - 59

1	Mark Stephenson	55	Esperance	19:12
2	Carl Urrey	59	Cobleskill	23:25
3	Steve Eichler	55	Oneonta	23:46

FEMALE AGE GROUP: 55 - 59

1	Nancy Nicholson	57	Queensbury	28:00
2	Susan Campbell	58	Clifton Park	33:09
3	Cindy Chase	57	Canajoharie	36:49

MALE AGE GROUP: 60 - 64

1	David Roy	64	Schoharie	21:59
2	Steve Palmer	62	Bainbridge	23:14
3	Jeff Cullen	61	Cobleskill	24:47

FEMALE AGE GROUP: 60 - 64

1	Fran Pilato	60	Rensselaer	27:38
2	Lorinda Settle	60	St. Johnsville	31:18
3	Linda Russell	61	Fort Myers, FL	35:26

MALE AGE GROUP: 65 - 69

1	Leon Gibson	65	Maryland	25:42
2	James Warren	68	Coxsackie	35:10
3	Scott Mills	65	Cobleskill	38:33

FEMALE AGE GROUP: 65 - 69

1	Erika Oesterle	68	Stamford	26:30
2	Carol Eaton	67	Ormond Beach, FL	29:33
3	Wanda Mensing	68	Schoharie	38:33

MALE AGE GROUP: 70 - 74

1	James Pashley	70	Oxford, CT	25:04
2	Jim Cochran	71	Rensselaer	30:17
3	Gary Bivins	72	Sloansville	33:45

FEMALE AGE GROUP: 70 - 74

1	Mary Farley	72	Summit	41:09
2	Linda Champlin	71	Cobleskill	53:01
3	Yvonne Brooker	72	Howes Cave	55:15

MALE AGE GROUP: 75 - 79

1	Charlie Keese	75	Schoharie	35:49
2	Alexander Mackay	78	Cobleskill	57:43

MALE AGE GROUP: 80 - 84

1	Christopher Rush	83	Schenectady	33:58
2	Hank Reed	80	Bainbridge	49:55
3	David Cross	81	Cobleskill	1:23:23

FEMALE AGE GROUP: 80 - 84

1	Eileen Gundlach	82	Howes Cave	44:49
2	Cornelia Daubioul	82	Gilboa	1:00:17
3	Yvonne Capobianco	83	Albany	1:00:23

MALE AGE GROUP: 85 - 89

1	Ken Hotopp	85	Howes Cave	44:52
2	Don Griffith	85	Cobleskill	53:02

*Courtesy of Fenimore Asset Management***3RD ANNUAL AMY'S ADVENTURE RACE FOR THE LAKE***September 28, 2019 • 4.5-Mile Trail Run at Amy's Park, Bolton Landing***MALE OVERALL**

1	Volker Burkowski	48	36:08
2	Alex James	31	37:35
3	Jonathan Peffley	30	41:54

FEMALE OVERALL

1	Kaley Bell	35	41:05
2	AnnMary Baker	24	43:44
3	Beth Pietrangelo	30	46:14

MALE AGE GROUP: 14 - 25

1	Glenn Warner	23	52:38
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FEMALE AGE GROUP: 14 - 25

1	Haley Pogonowski	24	57:02
2	Rachel Benoit	24	1:35:44

MALE AGE GROUP: 20 - 29

1	Glenn Warner	23	52:38
2	Ivan Griego	29	1:07:42
3	Sean Palladino	28	1:09:49

FEMALE AGE GROUP: 20 - 29

1	Regina Roden	29	53:52
2	Jamie Patchett	28	55:25
3	Haley Pogonowski	24	57:02
4	Rachel Benoit	24	1:35:44

MALE AGE GROUP: 30 - 34

1	Brad Heil	30	45:41
2	Joseph Vidarte	32	50:15
3	Willis Taylor	33	50:25

FEMALE AGE GROUP: 30 - 34

1	Colby Brown	33	1:01:21
2	Allison Round	30	1:01:42
3	Brooke Kanani	30	1:05:56

FEMALE AGE GROUP: 35 - 39

4	Jill Long	30	1:06:35
5	Christin Dibelius	33	1:10:30
6	Aleisha VanAlen	33	1:12:24

MALE AGE GROUP: 35 - 39

1	Marcin Kosz	39	51:35
2	Joseph Herrington	38	55:25
3	Russell Matteson	35	1:08:51
4	Michael Maline	38	1:35:43

FEMALE AGE GROUP: 35 - 39

1	Sarah Joy Hazelton	39	1:01:27
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MALE AGE GROUP: 40 - 44

1	Neil Tyrrell	44	59:30
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FEMALE AGE GROUP: 40 - 44

1	Ann Marie Scheidegg	42	55:30
2	Melissa Rose	41	56:21
3	Lee Briggs	41	59:33
4	Erin Pratt	42	1:12:33

MALE AGE GROUP: 45 - 49

1	Brian Dillenbeck	48	42:59
2	Matthew Miczek	47	56:24

FEMALE AGE GROUP: 45 - 49

1	Tracy Kemmerer	49	56:15
2	Jane LaBombard	46	56:30
3	Jennifer Ferriss	47	59:49

MALE AGE GROUP: 50 - 54

1	John Seigle	52	52:17
2	Mark Spain	50	1:12:32

FEMALE AGE GROUP: 50 - 54

1	Lisa Seigle	52	1:12:31
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RACE RESULTS

25TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY APPLE RUN 5K <i>continued</i>				
FEMALE AGE GROUP: 50 - 54				
1	Paddy Kelley	53	Saratoga Springs	23:59
2	Kelly Arner	52	Ballston Spa	24:57
3	Brittiani Hester	50	Schenectady	25:46
MALE AGE GROUP: 55 - 59				
1	David Comorski	55	Colonie	21:21
2	Mark Brumbaugh	57	Clifton Park	22:41
3	Steve Obermaerstone	58	Burnt Hills	28:35
FEMALE AGE GROUP: 55 - 59				
1	Mary Hoey	58	Charlton	23:00
2	Janice Phoenix	58	Schenectady	25:23
3	Diane Mahar	58	Ballston Spa	27:29
MALE AGE GROUP: 60 - 64				
1	Jamie Casline	60	Ballston Lake	20:29
2	Robert Williams	63	Burnt Hills	23:56
3	Kevin Ahern	60	Charlton	25:03
FEMALE AGE GROUP: 60 - 64				
1	Maureen Fitzgerald	61	Clifton Park	24:06
2	Cynthia Kigallon	64	Mechanicville	33:08
3	Jean Smith	61	Ballston Lake	33:49
MALE AGE GROUP: 65 - 69				
1	George Baranaskas	66	Scotia	23:11
2	David Rowell	67	Albany	23:46
3	James Louison	65	Amsterdam	24:29
FEMALE AGE GROUP: 65 - 69				
1	Susan Lohnas	67	Niskayuna	29:52
2	Kathy Brooks	66	Scotia	33:49
3	Alice Carpenter	69	Delmar	39:51
MALE AGE GROUP: 70 - 74				
1	Ed Swanson	70	Ballston Spa	34:50
2	John Vavasseur	70	Albany	37:39
FEMALE AGE GROUP: 70 - 74				
1	Janet Balderston	71	Burnt Hills	29:57
2	Nancy Johnston	73	Ballston Lake	46:29
MALE AGE GROUP: 75 - 79				
1	Richard Brewer	77	Cohoes	35:49
MALE AGE GROUP: 80 - 89				
1	Bob McFarland	86	Schenectady	43:27
2	Joe Kelly	86	Menands	45:14

Courtesy of Burnt Hills-Ballston Lake Rotary

3RD ANNUAL GARNET HILL GRIT MOUNTAIN BIKE RACE October 6, 2019 • Garnet Hill Lodge & Outdoor Center, North River				
EXPERT – 12 MILES				
MALE OVERALL				
1	Zach Vogel/40-59	Saratoga Springs	1:03:29	
2	Andrew Gracey/40-59	Vernon	1:03:51	
3	Jason Remington/20-39	Clinton	1:04:04	
FEMALE OVERALL				
1	Bryna Blanchard/40-59	East Greenbush	1:10:50	
2	Katina Sayers/40-59	Tully	1:16:05	
3	Stephanie Landy/40-59	Ballston Spa	1:16:50	
MALE AGE GROUP: 1 - 19				
1	Dylan Jacobson	Clifton Park	1:22:10	
FEMALE AGE GROUP: 1 - 19				
1	Melinda Wetzel	Niskayuna	1:48:54	
MALE AGE GROUP: 20 - 39				
1	Noah Allen	Shelburne, VT	1:15:21	
2	Jake Meyers	Utica	1:17:55	
FEMALE AGE GROUP: 20 - 39				
1	Wei-Fang Lin	Clinton	1:17:49	
MALE AGE GROUP: 40 - 59				
1	Terry Blanchet	East Greenbush	1:07:25	
2	Chris Rose	Peru	1:08:30	
3	Brian Campbell	Rome	1:10:26	
4	Gabor Bobok	Niskayuna	1:14:47	
5	Thomas Moffett	Peru	1:15:28	
6	Edward Ehrichs	Ballston Lake	1:15:58	
7	Carl Bartlett	Sauquoit	1:16:31	
8	Derek Slayton	Queensbury	1:22:35	
9	Chris Yates	Saratoga Springs	1:22:48	
10	James Kietzman	Queensbury	1:31:39	
11	Matt Pearsall	North Creek	1:34:14	
FEMALE AGE GROUP: 40 - 59				
1	Michele Pearsall	North Creek	1:45:13	
MALE AGE GROUP: 60 - 79				
1	David Matthews	Queensbury	1:37:33	
2	Raoul Castaneda	Babylon	1:48:54	
FAT BIKE				
1	Shawn Krutz	Gloversville	1:57:51	
SPORT – 6 MILES				
OVERALL MALE				
1	Jack Fogarty/20-39	Moultonborough, NH	37:09	
2	Michael Walton/20-39	Chadwicks	41:59	
3	Evan Spencer/20-39	Northfield, VT	42:07	
OVERALL FEMALE				
1	Danielle Madore/20-39	Sauquoit	45:04	
2	Jamie Lynn Campbell/40-59	Lake Placid	47:27	
3	Olivia Guzzo/1-19	Niskayuna	50:09	
MALE AGE GROUP: 1 - 19				
1	Sean Rose	Peru	46:56	
2	Landon Kinal	Schenectady	56:32	
3	Bohdan Kinal	Voorheesville	57:50	
4	Ryan Murtagh	Glenville	1:16:42	
5	Theo Alexander	Ticonderoga	1:30:35	
6	Jared Johnson	Mayfield	1:41:35	
FEMALE AGE GROUP: 20 - 39				
1	Katie Alexander	Ticonderoga	59:48	
2	Annnmarie Walton	Chadwicks	1:01:06	
3	Bre Pedde	Utica	1:12:38	
MALE AGE GROUP: 40 - 59				
1	David Graziano	Flemington, NJ	50:28	
2	Matt Schorer	Holland Patent	51:55	
3	Gregory Baum	Utica	56:40	
4	Brent Kinal	Schenectady	56:48	
5	William Curtis	Sherrill	1:01:08	
6	Paul Hanson	North River	1:05:16	
7	Lawrence Cathcart	Syracuse	1:05:46	
FEMALE AGE GROUP: 40 - 59				
1	Judy Guzzo	Niskayuna	54:22	
2	Stacie Hebert	Niskayuna	55:42	
3	Ellen Deprey	North Creek	1:05:14	
MALE AGE GROUP: 60 - 79				
1	Jared Snyder	Loudonville	47:37	
2	Jim Rucker	North River	52:23	
3	Richard Carlson	North River	57:04	
4	Peter Gilbertson	North River	57:30	
5	Robert Keschak	Library, PA	1:07:11	
FEMALE AGE GROUP: 60 - 79				
1	Beth Maher	North River	1:16:01	

Courtesy of Garnet Hill Lodge & Outdoor Center

37TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 17TH ANNUAL HANNAFORD HALF MARATHON				
October 13, 2019 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany				
MARATHON – 26.2 MILES				
<i>Top 3 Overall, Age Group Winners & Northeastern NY Finishers</i>				
MALE OVERALL				
1	Joseph Whelan	28	Webster	2:18:24
2	Bryan Morseman	34	Bath	2:24:40
3	Christopher Battoo	31	Boston, MA	2:30:15
FEMALE OVERALL				
1	Christine Myers	31	Altamont	2:48:35
2	Eliza Tibbitts	20	Old Town, ME	2:51:28
3	Dana Bush	41	Saratoga Springs	2:53:16
MALE AGE GROUP: 15 - 19				
1	Ryan Sauer	19	Glenfield	4:25:14
FEMALE AGE GROUP: 15 - 19				
1	Rachel Vanderkar	19	Midlothian, TX	4:10:24
MALE AGE GROUP: 20 - 24				
1	Michael Russell	22	Elizabeth, NJ	2:49:53
2	Tyler Morrissey	22	Clifton Park	2:53:38
3	Nathan Laing	24	Waterford	2:58:56
4	Christopher Gasparis	20	Troy	3:07:41
5	Chase Collins	21	Saratoga Springs	3:08:02
6	Christopher Bouchard	22	Albany	3:14:26
8	Justin Peabody	22	Albany	3:42:53
9	Fletcher Starnes	23	Saratoga Springs	3:42:55
10	Nicholas Roig	21	Rexford	3:46:05
12	Alec Fazio	24	New Hartford	3:53:28
14	Eric Bates	22	Cobleskill	4:12:01
16	Garrett Esper	24	Slingerlands	4:30:16
17	Nathan Peck	20	Baldwinsville	4:37:02
18	Joshua Smith	23	Troy	4:50:57
FEMALE AGE GROUP: 20 - 24				
1	Emily Kaegi	23	Somerville, MA	3:16:32
3	Isabella Sericolo	21	Altamont	3:44:55
4	Madison Miller	20	Troy	3:56:39
7	Emily Chen	21	Halfmoon	4:27:38
8	Olivia Crouch	20	Stephentown	4:29:17
9	Kellie Graf	24	Ballston Lake	4:31:27
11	Reychel Webster	24	Stuyvesant	5:15:29
12	Lauren Maitner	23	Newburgh	5:22:15
13	Michaela O'Donnell	23	Troy	5:44:26
14	Angela Halse	24	Troy	5:45:39
16	Sarah Luce	22	Watervliet	5:54:22
MALE AGE GROUP: 25 - 29				
1	Louie Stengel	27	Vernon, NJ	2:47:47
6	Scott Pierce	25	Albany	3:05:42
7	Donald Byfield	29	Millbrook	3:07:57
9	Justin Donohue	26	Schenectady	3:15:38
12	David Taranto	25	Malta	3:25:21
13	Philip Yoss	27	New Hartford	3:30:56
16	Robert Hamlin	29	Glenville	3:36:04
17	Ryan Haller	25	Troy	3:36:57
19	John Dzialo	26	New Hartford	3:45:56
20	Guy Ladouceur	28	Troy	3:47:45
21	Sean Parnett	29	Albany	3:51:34
23	James Hull	26	Scotia	4:06:30
29	George Langdon V	28	Malta	4:30:31
30	David Powalyk	29	Albany	4:34:26
FEMALE AGE GROUP: 25 - 29				
1	Christina Macfarlane	25	Delmar	3:06:09
2	Amanda Ryan	27	Cohoes	3:18:26
6	Sarah Clift	27	Slingerlands	3:43:09
7	Kendall Cietek	25	Clifton Park	3:43:09
8	Chloe Meltz	26	Hudson	3:43:54
10	Maria Fusco	26	Mechanicville	3:55:42
11	Rayne Rappazzo	26	Cohoes	3:55:43
12	Lauren Davis	26	Guilderland	3:57:36
15	Rosemary Frazee	26	Manlius	4:12:01
16	Jamie Seastrand	29	Green Island	4:13:41
18	Brittany Winslow	26	Malta	4:14:39
21	Sarah Renaud	25	Oxford	4:24:37
22	Laurel Boser	25	Schenectady	4:29:15
23	Pikting Cheung	26	Albany	4:37:01
24	Cathernye Boel	26	Rensselaer	4:45:18
26	Penelope Languell	26	Schenectady	4:51:34
27	Melissa Grenier	28	Menands	5:08:33
28	Kailey Kinsella	29	Unadilla	5:13:32
31	Samantha Legere	29	Schenectady	5:16:16
33	Olivia McMullen	28	Albany	5:17:45
34	Kora Andrew	27	Glens Falls	5:31:20
MALE AGE GROUP: 30 - 34				
1	Ryan Gallagher	33	Saratoga Springs	2:41:28
3	Terrance Gallygo	32	Saratoga Springs	2:54:06
4	Ryan Carney	33	Red Hook	2:55:05
6	Joel Loke	30	Troy	2:55:59
8	Robert Ordish	34	Guilderland	2:57:40
9	Ben Heller	30	Troy	2:58:40
11	Matt Becker	34	South Glens Falls	3:04:20
13	Thomas Dansereau	32	Troy	3:07:54
14	Michael Franke	32	Watervliet	3:09:18
15	Jamie Stroppolino	34	Stormville	3:09:34
16	Max Buckbee-Selleck	34	Glens Falls	3:09:44
18	Christopher Parks	33	Ballston Lake	3:14:46
19	Peter Conboy	30	Albany	3:17:37
25	Andrew Gallup	34	Albany	3:25:19
26	Jonathan Knickerbocker	32	Rensselaer	3:25:28
28	Jonathan Owens	31	Schenectady	3:33:40
29	Neil Cary	33	Troy	3:34:17
31	Thomas Johnson	32	Saratoga Springs	3:39:10
32	Karsten Beckmann	31	Albany	3:43:17
33	Kevin Zalaznik	34	Niskayuna	3:43:55
34	Brian Sadosni	33	Troy	3:44:28
37	Michael Beight	31	Albany	3:54:27
38	Joseph Mastroianni	34	Troy	3:59:54
39	Richard Newkirk	32	Slingerlands	4:10:05
41	Jeffery Tajon	31	Troy	4:13:14
42	Richard Jerin Jr	34	Little Falls	4:20:18
43	Josh Heller	34	Albany	4:29:25
44	Thomas Race	34	Waterford	4:33:34
45	Omar Williams	33	Troy	4:42:58
46	Russell Brown	31	Ballston Spa	4:46:17
47	Kyle Martin	30	Clifton Park	4:52:55
48	Taylor Cohen	34	Ballston Spa	5:02:57
49	Seth Engel	30	Round Lake	5:11:46
50	Jacob Sauer-Jones	34	Wevertown	5:12:02
52	Nicholas Campbell	33	Albany	5:49:02
53	Dylan Thies	31	East Greenbush	5:56:05

continued

37TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 17TH ANNUAL HANNAFORD HALF MARATHON							continued		
FEMALE AGE GROUP: 30 - 34									
1	Rachel Moore	33	Harrisburg, PA	3:22:08	45	Nathaniel Douglas	40	Albany	4:21:32
2	Katelyn Rhymestine	30	Herkimer	3:22:25	47	Jason Zelpih	43	Voorheesville	4:28:35
3	Brett Harris	34	Albany	3:26:55	48	Ernie Yue	40	Halfmoon	4:30:16
9	Tatiana Hart	32	Ballston Spa	3:50:56	49	Jason Quatrino	40	Utica	4:37:54
10	Sara Verga	30	Glenville	3:52:25	51	Peter Panagades	42	Ballston Spa	4:42:47
12	Jean Marie Kratzer	30	Cambridge	3:56:35	52	Mike Marko	44	Saratoga Springs	4:45:10
14	Erica Cubello	32	Albany	3:59:57	54	Fred Clark	41	Nassau	4:53:23
17	Jenna Placke	30	Saratoga Springs	4:17:14	55	Romualdo Cayetano	40	Clifton Park	4:56:27
18	Casey Gebhardt	34	Loudonville	4:21:01	56	Joseph Altobello	41	Green Island	4:59:10
19	Alissa Bub	32	Delmar	4:22:35	58	Joseph Morris	42	Wewertown	5:06:28
20	Shannon Young	33	Schaghticoke	4:25:19	59	Thomas Leung	44	Niskayuna	5:21:26
21	Jennifer Rand	34	Troy	4:27:43	60	Christopher Manley	40	Leicester	5:46:46
22	Andrea Denio	33	Glenmont	4:31:23	FEMALE AGE GROUP: 40 - 44				
25	Zinan Zhang	30	Menands	4:44:15	1	Marilene Gosselin	43	Wesley, QC	3:09:54
26	Kathryn Knerr	30	Albany	4:53:43	3	Michelle Lavigne	44	Albany	3:22:00
27	Kelly Grace	32	Troy	4:54:12	5	Caillin Brennan	41	Valatie	3:37:33
28	Dorothea Vanvalkenburgh	30	Saint Johnsville	4:57:09	6	Yanping Shen	40	Saratoga Springs	3:39:23
31	Karen McGaughnea	34	Schenectady	5:02:01	7	Olena Polakoff	40	Monroe	3:41:29
32	Jessica Guido	30	Schenectady	5:03:53	10	Cheryl Marinucci	42	Clifton Park	3:52:49
33	Vanessa Aguilar	33	Troy	5:09:04	12	Kelly Salinas	44	Liverpool	3:57:55
34	Laura Montanye	32	Glens Falls	5:17:49	13	Heather Awwad	41	Baldwinsville	3:58:02
36	Bridget Sajan	31	Delmar	5:24:47	14	Stacey Tourtellot	41	Ballston Spa	3:58:18
37	Kimberly Lengyel	32	Clifton Park	5:25:46	15	Elisha Lyons	44	Hoosick Falls	3:58:40
38	Sarah Wlodarczyk	34	Valatie	5:29:53	16	Kari Deer	44	Slingerlands	3:58:44
39	Julie Beaudet	31	Albany	5:43:41	18	Amy Smyth	42	Melrose	4:03:20
MALE AGE GROUP: 35 - 39					20	Marissa Paquin	40	Rodman	4:15:46
1	Marco Berardi	39	Baie-D'urfe, QC	2:32:13	22	Amy Vanderkar	43	Averill Park	4:17:49
2	James Sweeney	38	Albany	2:44:05	23	Stephanie Sorgie	41	Gansevoort	4:21:02
8	Keith Donegan	36	Saratoga Springs	3:01:04	25	Stephany Powers	40	Gloversville	4:25:30
9	Joshua Gregg	37	West Sand Lake	3:01:33	26	Jennifer Braun	40	Stone Ridge	4:26:59
10	Gregory Saintjohn	36	Latham	3:01:53	27	Danielle Lukasiewicz	42	Plattsburgh	4:28:50
11	Matthias Kirchner	36	Troy	3:02:12	28	Joanne Daniels	41	Peru	4:28:50
12	Jakob Irwin	39	Troy	3:02:39	30	Kathleen Barclay	42	Ballston Lake	4:33:59
14	Jonathan Petruccelli	38	Albany	3:11:23	31	Jaime Goodman	40	Voorheesville	4:35:53
17	John Deer	37	Slingerlands	3:13:03	32	Sarah Neely	41	Niskayuna	4:41:55
19	Brian Lusignan	35	Glenmont	3:16:18	33	Nicole Miano	43	Rensselaer	4:48:35
25	Derek Somerville	36	Goshen	3:29:21	34	Carrie Brusic	42	Delmar	4:56:40
27	Anthony Demarco	36	Troy	3:37:02	35	Jennifer Graves	42	Glens Falls	4:56:57
28	Seth Johnson	39	Cohoes	3:37:11	36	Beth Purta	40	Pine Island	4:58:29
30	Jason Fitzsimmons	36	Clifton Park	3:40:10	37	Jennifer Mehling	43	Galway	4:58:54
31	Brian Olmstead	39	Brooktondale	3:41:27	38	Rui Chen	44	Clifton Park	5:16:27
33	Anthony Mohen	35	Troy	3:44:28	39	Maria Westbrock	40	Niskayuna	5:39:21
34	Steven Longden	38	Ravena	3:50:24	40	Katie Dipiero	43	Schenectady	5:44:27
35	Christopher Rusc	35	Saratoga Springs	3:52:10	MALE AGE GROUP: 45 - 49				
37	Nicholas Lobosco	37	Ballston Spa	3:52:50	1	Art Gunther	48	Nyack	2:36:34
38	Kevin Grossman	39	Delmar	3:53:00	5	Guy Delauniere	45	Niskayuna	2:56:49
39	Christian Kandel	37	Schenectady	3:53:16	6	Douglas Domagala	49	Lowville	3:04:08
40	Michael Silvagnoli	39	Ballston Lake	3:53:29	9	Greg Ethier	46	Clifton Park	3:09:37
42	Chad Colarusso	36	Westerlo	3:55:05	12	William Dodds	45	Albany	3:17:25
46	Chris Ewusk	39	Ballston Spa	3:59:35	13	Eric Bergin	47	Albany	3:18:39
47	Jason Lecuyer	37	Schenectady	4:04:43	15	Terry Scribner	49	Amsterdam	3:20:47
48	Kevin London	38	Saratoga Springs	4:04:43	16	Paul Nelson	49	Albany	3:20:52
49	Douglas Secor	39	Scotia	4:21:02	19	Leonard Leonidas	46	Castleton	3:24:25
49	Jonathan Lederman	37	Oneonta	4:22:48	21	Gintaras Urmilevicius	46	East Greenbush	3:27:10
50	James Kavanagh	39	Troy	4:23:14	22	Kevin Beattie	48	Schenectady	3:28:14
51	Matt Lessard	36	Greenville	4:26:48	28	Christopher Sohn	46	Troy	3:39:10
52	Deepak Dhakal	39	Watervliet	4:34:58	29	Kent Rinehart	48	Red Hook	3:39:40
53	Jared Greener-Vigil	35	Albany	4:49:20	30	Paul Fraley	46	Watervliet	3:42:14
54	Craig Titzmann	35	Albany	5:01:27	33	Gerard Lavelle	46	Saratoga Springs	3:53:13
55	Jean Raymon Fakhoury	35	Troy	5:09:03	34	Dennis Gleason	49	East Durham	3:56:15
56	Jonathan Sajan	37	Delmar	5:24:47	36	David Tessitore	46	Rexford	3:57:24
57	Jason Russell	36	Latham	5:25:15	38	Chuck Douglas	48	Petersburgh	4:58:22
58	Kevin Quinn	36	Loudonville	5:26:01	38	Patrick Douglass	49	Canajoharie	4:00:49
59	Chris Hamilton	38	Catskill	5:32:03	39	Michael Myers	47	Syracuse	4:07:36
FEMALE AGE GROUP: 35 - 39					41	Daniel Rice	46	Glens Falls	4:09:37
1	Jessica Charles	37	Oriskany	3:08:59	42	Lance Sullenberger	48	Loudonville	4:12:11
4	Elizabeth Chauhan	35	Albany	3:28:23	43	Michael Newhouse	49	Ballston Spa	4:12:53
5	Jennifer Richardson	39	Albany	3:28:59	44	Sean Land	47	East Worcester	4:13:11
7	Leigh O'Connor	37	Cohoes	3:34:35	45	Tadhg Russell	45	East Durham	4:14:06
8	Jennifer Adams	36	Selkirk	3:34:52	46	Derrick Komarinski	46	Scotia	4:15:14
9	Kaila Morgante	36	Saratoga Springs	3:38:47	47	Waseem Faidi	46	Schenectady	4:15:52
10	Dana Wivczar	38	Malta	3:40:42	49	Michael Sadowski	46	Gansevoort	4:24:50
13	Justine Lobosco	35	Ballston Spa	3:43:53	50	Michael Bloock	46	Albany	4:27:17
15	Jamie Stafford	38	Saratoga Springs	3:51:10	51	Chris Babcock	46	Norwich	4:55:23
16	Megan Kazmirski	39	Baldwinsville	3:51:57	52	Marc Renson	49	Schenectady	5:06:12
17	Nicole Reilly	37	Clifton Park	3:53:26	53	Todd Koblensky	47	Wynantskill	5:07:18
18	Sarah Parks	39	Troy	3:54:19	54	John Schauman	47	Plattsburgh	5:07:19
19	Molly Casey	35	Albany	3:56:06	55	Yuri Lvov	49	Albany	5:31:18
21	Jennifer Parsley	36	Troy	3:59:50	FEMALE AGE GROUP: 45 - 49				
23	Jenna Chamberlain	35	Waddington	4:00:19	1	Karine Ghisolfi	45	Quebec, QC	3:21:09
25	Kimberly London	39	Saratoga Springs	4:04:43	5	Eunice Gambino	45	Clifton Park	3:44:37
26	Elaine Berlin	35	Kinderhook	4:06:56	6	Stacia Smith	49	Niskayuna	3:49:15
29	Catherine Van Orden	39	East Greenbush	4:11:16	11	Wei Cai	46	Schenectady	4:20:06
30	Renee Wing	39	Troy	4:11:43	13	Victoria Wagner	45	Altamont	4:22:12
31	Jeannine Tusch	36	Albany	4:13:48	15	Kelly Andre	46	Mechanicville	4:27:13
33	Allie Harling	38	Rensselaer	4:14:49	16	Lynette Volk	46	Plattsburgh	4:28:50
34	Melissa Sacco	36	Tribes Hill	4:15:34	18	Shelby Blendell	46	Delmar	4:33:16
35	Jennifer Kessler	38	Mechanicville	4:17:12	19	Lisa Rufo	49	Buskrick	4:37:04
36	Emilie Castiglione	39	Glenmont	4:18:33	21	Smitha Harwood	46	Ballston Lake	4:52:07
37	Leah Spoar	36	Saint Johnsville	4:18:45	22	Lisa Nixon	47	Albany	4:55:39
38	Ryanne Shull	37	Troy	4:18:50	23	Joanne Vanhorne	46	Corinth	4:56:54
39	Heather Gerace	39	Watervliet	4:21:02	24	Jocelyn Dumlaio	45	Schenectady	5:00:24
40	Krisha Greene	37	Adams	4:21:20	25	Nicol Cunningham	49	Delmar	5:04:29
41	Catherine Kelly-Skeen	38	Staatsburg	4:21:51	27	Mary Cole	48	Troy	5:22:24
42	Danielle Freebern	38	Greenfield Center	4:22:37	28	Jennifer Williams-Maher	47	Oriskany	5:23:42
43	Megan Perry	35	Chatham	4:25:15	MALE AGE GROUP: 50 - 54				
44	Dorian Longton	37	Ballston Spa	4:25:33	1	Daniel Desharnais	53	Fossambault-Sur-Le-Lac, QC	2:47:40
45	Carrie Lonic	39	Schenectady	4:25:48	2	Chong-Hwan Son	54	Latham	3:04:41
46	Kiera Conde	35	Halfmoon	4:29:40	3	Patric Brew	50	Kinderhook	3:06:27
47	Heidi Nark	39	Clifton Park	4:33:16	4	Paul Humphrey	52	Deerfield	3:19:49
49	Krystal Benoit	37	Troy	4:47:31	5	Paul Moore	54	Glenville	3:19:52
50	Victoria Saffioti	37	Olivebridge	4:49:57	6	John Draper	50	Renssen	3:20:18
51	Sara Huss	37	Watervliet	4:59:11	7	Daniel Pierson	50	Oriskany	3:22:29
52	Jodi Cabrera	39	Cornwall-on-Hudson	5:08:00	9	Randal Bushart	51	Selkirk	3:28:31
53	Sharon Sauer	39	Glenfield	5:11:12	10	Alistair Fraser	53	Florida	3:29:06
54	Amanda Keyser	37	Schenectady	5:13:48	11	John Slyer	54	Averill Park	3:29:09
55	Angela Parissi	39	Waterford	5:38:03	15	Todd Stinson	53	South Kortright	3:37:25
56	Shelbie Pelton	36	Mannsville	5:39:51	16	Peter Pochily	52	Cobleskill	3:38:59
58	Maegan Huneke	35	Ballston Spa	5:40:33	24	Rob Hudynia	53	Fort Plain	3:52:59
60	Wendi Vincent	39	Hoosick Falls	5:47:05	25	Andrew Maycock	50	Albany	3:53:06
MALE AGE GROUP: 40 - 44					26	Chris Lehenbauer	54	Worcester	3:54:42
1	Noah White	40	Slingerlands	2:38:44	27	Martin Callahan	52	St. Johnsville	3:55:16
3	Colin Crowley	42	Ballston Spa	2:51:04	28	John Panicia	52	Clifton Park	3:57:07
4	Matt Crave	42	Schenectady	2:54:31	30	Scott Braun	51	Fultonville	3:59:31
5	Rob Van Der Kar	44	Averill Park	2:58:27	32	Michael Gibbons	51	Delmar	4:07:58
7	Christopher Scoville	40	Kinderhook	2:59:14	33	Michael Fosmire	51	Fort Edward	4:09:11
8	Jason Finlaw	41	Plattsburgh	2:59:35	35	Charles Piotrowski	50	Niskayuna	4:13:24
10	Simeon Bayles	43	Tannersville	2:59:45	36	Anteneh Kebede	54	Niskayuna	4:17:06
18	Marc Lauzon	43	Fayetteville	3:16:39	37	Emmanuel Seib	54	Ballston Lake	4:24:19
20	Clay Lodovice	44	Voorheesville	3:18:46	39	Brian Murray	50	Slingerlands	4:27:37
23	Gabriel McGarry	43	Slingerlands	3:26:57	40	John Graf	54	Ballston Lake	4:31:27
25	Ryan Maine	41	Utica	3:29:25	41	Gregory Henzel	51	Waterford	4:34:02
29	Christopher Carter	41	Averill Park	3:43:42	42	Christopher Murphy	50	Johnstown	4:35:11
31	Sean Stahlman	43	Averill Park	3:48:20	43	Steven Spuck	52	Albany	4:35:16
32	Brien Ragone	43	Niskayuna	3:50:49	44	Kurt Higgins	50	Ballston Spa	4:35:45
34	Tim Breen	41	Saratoga Springs	3:53:28	47	Christian Rountry	51	Kington	4:56:35
36	Lawrence French	41	Gansevoort	3:56:43	48	Gary Harper	50	Fort Edward	5:01:51
37	Anthony Luciano	43	Gloversville	3:57:39	49	Osa Iyibbo	53	Cohoes	5:29:04
39	Todd Carmody	40	Troy	4:04:12	FEMALE AGE GROUP: 50 - 54				
40	Nick Matthews	40	Niskayuna	4:09:52	1	Ami Thakkar	50	New York	3:41:14
41	David Colman	41	Albany	4:11:31	2	Sue Thompson	53	Queensbury	3:41:16
42	Jun Lian	43	Mechanicville	4:13:31	4	Julie Landcastle	50	Rome	3:51:41
43	Adam Halverson	41	Albany	4:18:12	5	Lisa Loughran	50	Red Hook	3:54:34
					6	Jennifer Street	52	Syracuse	3:54:50
									continued

37TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 17TH ANNUAL HANNAFORD HALF MARATHON *continued*

7	Teresa Warner Maiuri	54	Ghent	3:58:19	6	Rachael Shine	24	Clifton Park	1:39:46
8	Kathy Viggiano	51	Delmar	4:04:17	7	Katherine Quinn	23	Niskayuna	1:40:18
9	Jennifer Patterson	50	Kingston	4:06:01	8	Abby Fitzgerald	21	Nanuet	1:40:21
11	Christine Cunningham	53	Old Chatham	4:20:29	9	Olivia Sgambellone	23	Rexford	1:44:28
13	Susan Shah	53	Slingerlands	4:26:28	10	Chase Kauder	20	New York	1:49:11
14	Courtney Moriarta	50	Greenwich	4:29:49	11	Shannon Averill	23	Delmar	1:51:22
15	Rachael Angelini	54	Rensselaer	4:49:01	12	Josie Catalano	20	Delmar	1:52:50
16	Stephanie Languell	53	Scotia	4:51:59	13	Katie Slocum	22	Westborough, MA	1:53:36
18	Debra Domack	52	Kingston	5:01:21	14	Kerri Laurenza	24	Saratoga Springs	1:55:06
19	Theresa Baker	53	Saugerties	5:01:25	15	Natalie Alvarez	23	New York	1:55:18
21	Darcy Leigh	50	Cohoes	5:17:35	16	Rachel Padula	22	Niskayuna	1:57:33

MALE AGE GROUP: 55 - 59

1	David Putney	55	Newport	2:47:17	17	Linnea Ismail	24	East Brunswick, NJ	1:58:02
2	Bob Radliff	55	Stillwater	2:58:19	18	Emily D'Angelo	22	Albany	1:59:57
3	Craig Dubois	56	Sprakers	3:02:10	19	Caley Grasso	22	Rensselaer	2:04:30
8	Chris Duwe	55	Clifton Park	3:34:52	20	Theresa Starnes	22	Saratoga Springs	2:04:40

9	Juan Rivelo	56	Clifton Park	3:34:59	1	Stephen Rathbun	27	Springfield, NJ	1:07:58
10	William Obrien	55	Argyle	3:36:17	2	Will Appman	29	Hoboken, NJ	1:11:16
11	Bill Kosina	59	Richfld Springs	3:38:46	3	Evan Ward	25	Brooklyn	1:12:57
12	Russ Hoyer	59	Voorheesville	3:38:49	4	Brendan Conway	26	Ridgefield Park, NJ	1:14:31
13	Jon Gurney	56	Saratoga Springs	3:39:20	5	Wismith Francois	27	Woodbridge, NJ	1:22:18
16	Mark Stephenson	55	Esperance	3:49:31	6	Benjamin Gorman	25	Troy	1:25:13
18	Michael Parsons	56	Schenectady	3:50:33	7	Aidan Taylor	27	Piscataway, NJ	1:25:39
21	Chris Busch	58	Troy	3:53:15	8	Leland Muller	29	Albany	1:33:19
23	Sunil Kumta	56	Schenectady	4:05:05	9	Patrick Derocher	29	New York	1:35:19
24	Nick Demos	55	Mechanicville	4:05:19	10	Kevin Lewis	29	Albany	1:35:43
25	Robert Piccirillo	55	Schenectady	4:05:57	11	Colin Dalton	28	Troy	1:36:18
26	Bart Trudeau	56	Latham	4:19:41	12	Dan Petty	25	Albany	1:37:21
28	Mohamed Rahmane	56	Ballston Lake	4:25:36	13	Justin Morris	26	Albany	1:38:47
30	Daniel Esper	59	Slingerlands	4:30:15	14	Cory Dente	27	Selkirk	1:42:29
31	Paul Denio	58	Troy	4:31:24	15	Kenny Natterer	28	Rensselaer	1:42:31
32	Joseph Callan	56	Schenectady	4:32:58	16	Paul Smith	27	Amsterdam	1:43:28
34	Charles Rosenstein	56	Voorheesville	4:48:12	17	Matt Schiesel	26	Slingerlands	1:44:14
37	Parag Shah	55	Slingerlands	5:03:51	18	Nicholas Pakatar	26	Rensselaer	1:48:18
38	Chris Shaw	57	Cooperstown	5:15:52	19	Matthew Carey	28	Albany	1:50:24
39	Anthony Barksdale	55	Gloversville	5:51:17	20	Matthew Schwenzfeier	28	Niskayuna	1:52:24
40	John Clarke	59	Germantown	5:56:54					
41	Oliver Mackson	55	Poughkeepsie	5:56:54					
42	Mark Poskanzer	58	Slingerlands	6:01:45					

FEMALE AGE GROUP: 55 - 59

1	Cindy Conant	58	Kensington, MD	3:24:19	1	Elizabeth Predmore	25	Ballston Lake	1:28:36
2	Mary Buck	56	Mechanicville	3:37:23	2	Emily Boerger	25	Albany	1:29:08
3	Linnea Vantassel	59	Chatham Center	3:44:07	3	Julie Williamson	25	New Brunswick, NJ	1:29:24
6	Laura Davis	55	Rome	3:52:50	4	Katie Ehmman	26	Saratoga Springs	1:32:44
7	Lisa Pleban	55	Gansevoort	3:54:40	5	Catie Barber	26	Saugerties	1:34:00
8	Megan Dyer	57	Oneonta	4:08:30	6	Alyssa Drapeau	25	Glenville	1:34:56
9	Kathy Morse	55	Lowville	4:10:17	7	Michelle Eckler	26	Troy	1:35:06
10	Mary Roosa	55	Cottkill	4:29:35	8	Courtney Osaheni	27	Ballston Spa	1:39:33
12	Faith Anderson	55	Saugerties	4:32:21	9	Ashley Wheeler	28	Rexford	1:39:33
13	Lori Peek	57	Schenectady	4:34:47	10	Rachel Warwick	29	Halfmoon	1:40:41
17	Patricia Monahan	58	Warrensburg	4:44:21	11	Brittany King	29	Albany	1:41:37
19	Kathleen Bottillo	56	East Greenbush	5:22:29	12	Christen Averill	25	Delmar	1:42:33

MALE AGE GROUP: 60 - 64

1	Kevin Higgins	60	Randolph, NJ	3:14:58	1	Ashvin Anantharaman	31	East Windsor, NJ	1:08:51
2	John Geesler	60	St. Johnsville	3:37:11	2	Kyle Price	31	North Brunswick, NJ	1:10:38
5	Todd Jackson	62	Walworth	3:49:53	3	David Kerschner	33	Old Town, ME	1:13:34
7	Jerry Keene	63	Waverly	4:02:41	4	Thomas O'Grady	34	Slingerlands	1:14:08
8	Douglas Barnum	61	Whitesboro	4:12:38	5	Zachary Smith	31	Philadelphia, PA	1:14:30
9	James Harrison	63	Forestburgh	4:14:41	6	Jeff Goupil	32	Arlington, MA	1:14:37
10	Stephan Von Schenk	64	Diamond Point	4:22:51	7	Christopher Knighton	31	Allston, MA	1:14:46
12	Daniel Owens	63	Ballston Spa	4:25:07	8	Michael Hamilton	32	Oneonta	1:16:17
13	Han Chi	61	Schenectady	4:33:39	9	Zachary Predmore	30	Boston, MA	1:18:34
14	James Girmindl	63	Niverville	4:36:03	10	Chris Breslin	34	New York	1:22:13
15	Richard Pufpaff	63	Loudonville	4:42:57	11	Javy Reyna	34	Rye Brook	1:25:47
17	Kurt Lozier	60	Loudonville	4:51:41	12	Matthew Goebel	34	Schenectady	1:28:50
19	Jim Kambrich	62	Glenmont	5:18:08	13	Andrew Pavlou	32	Guiderland	1:30:33

FEMALE AGE GROUP: 60 - 64

1	Jodi Brodsky	64	Atlantic Beach	3:49:41	14	Brian Nowicki	34	Schenectady	1:30:54
2	Kim Law	62	East Greenbush	4:09:07	15	Stephan Moessner	30	Niskayuna	1:32:17
5	Jean Kerr	60	Delmar	4:42:24	16	Raymond Wright	31	Townsend, DE	1:32:42
8	Barbara Macfie	61	Rensselaer	5:56:19	17	Nick Reisman	34	Clifton Park	1:34:27

MALE AGE GROUP: 65 - 69

1	Paul Vinci	67	Westbrook, CT	3:47:41	18	Josie Catalano	20	Delmar	1:52:50
3	Matt Melsert	65	Burnt Hills	4:11:58	19	Kerri Laurenza	24	Saratoga Springs	1:55:06
5	David Olsen	67	Niskayuna	4:44:01	20	Theresa Starnes	22	Saratoga Springs	2:04:40
7	Richard Fuller	67	Glens Falls	4:54:02					
9	Brad Workman	65	Mechanicville	5:17:35					

FEMALE AGE GROUP: 65 - 69

1	Bokyoung Kwon	68	Palisades Park, NJ	4:38:51					
3	Adele Pace	66	Clifton Park	4:46:37					

MALE AGE GROUP: 70 - 74

1	Ned Towle	73	Hastings-on-Hudson	4:31:01					
2	Seamus Hodgkinson	70	Delmar	4:34:55					
6	George Jackson	70	Schenectady	5:15:13					

MALE AGE GROUP: 75 - 79

1	Howard Jones	76	Clifton Park	4:59:52					
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HALF MARATHON - 13.1 MILES

1	Sean Welleck	28	New York	1:07:05					
2	Sean Donohue	28	Keyport, NJ	1:07:23					
3	Joshua Hibbs	31	Philadelphia, PA	1:07:46					

FEMALE OVERALL

1	Samantha Roecker	27	Charlton	1:16:58					
2	Karen Bertasso	35	Albany	1:17:47					
3	Ravenna Neville	31	Cambridge, MA	1:21:57					

MALE AGE GROUP: 15 - 19

1	Ethan Burch	19	Schuylerville	1:24:44					
2	Jared Dybas	19	Latham	1:36:01					
3	Christopher Geisert	19	Easton, CT	1:38:59					
4	Xavier Hughes	15	Albany	1:43:50					
5	Nick Janowski	17	Castleton	1:59:52					
6	Lukas McIntosh	15	Schodack Landing	2:07:05					

FEMALE AGE GROUP: 15 - 19

1	Lily Russo	16	Chatham	1:48:37					
2	Natalia Gibbons	18	Delmar	1:53:21					
3	Emma Bidell	17	Voorheesville	1:56:05					
4	Kerry Gibson	17	Canandaigua	1:56:27					
5	Valentine Starnes	19	Saratoga Springs	2:04:58					

MALE AGE GROUP: 20 - 24

1	Eric Brower	24	Mayfield	1:14:49					
2	Alex Hitrick	21	Broadalbin	1:26:08					
3	Daniel Burke	23	Schenectady	1:26:27					
4	Adam Schwenzfeier	24	Watervliet	1:33:52					
5	Raphael Filion	20	Montreal, QC	1:35:12					
6	Nicholas Funk	20	Kinderhook	1:36:27					
7	Randy Gray	23	Selkirk	1:36:43					
8	Patrick Delano	24	Albany	1:40:16					
9	Sina Khaksar	23	Albany	1:45:03					
10	Sam Cox	21	Newtown, CT	1:45:27					
11	Ian Starnes	21	Saratoga Springs	1:51:53					
12	Peter Fitzgerald	22	Schenectady	1:58:51					
13	Jackson Gee	20	Albany	1:59:05					
14	Alex Hart	24	Schenectady	2:09:46					
15	Kevan McDonald	24	Troy	2:15:22					
16	Mark Ambrose	23	Trumbull, CT	2:35:25					

FEMALE AGE GROUP: 20 - 24

1	Abbi Wright	22	Voorheesville	1:29:10					
2	Emily Franko	23	Watervliet	1:31:11					
3	Becky Sondelski	23	Schenectady	1:33:45					
4	Jacqueline Scanlon	22	Poughkeepsie	1:38:59					
5	Alyssa Bove	21	West Islip	1:39:21					

37TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 17TH ANNUAL HANNAFORD HALF MARATHON *continued*

11	Sarah Piper	39	Fort Edward	1:42:31	16	Monica Gee	51	Albany	2:05:19
12	Rosibel Landau	39	Rosendale	1:43:42	17	Lori Santilli	54	Scotia	2:07:26
13	Jennifer Bergeron	39	Delmar	1:44:54	18	Lisa Lane	53	Ballston Spa	2:09:48
14	Keri Girmindl	35	Philadelphia, PA	1:48:10	19	Carole Gensicki	52	Rensselaer	2:10:04
15	Stephanie Vioria	37	E Greenbush	1:48:48	20	Aimee Strunk-Reinoehl	53	Kinderhook	2:10:08
16	Leah Schaffer	35	Canajoharie	1:50:40					
17	Katie Brown	38	Corinth	1:51:01					
18	Rebecca Chapman	38	Altamont	1:51:29					
19	Shawna Hussey	38	Menands	1:51:46					
20	Jessica Brown	38	Albany	1:53:26					

MALE AGE GROUP: 40 - 44

1	Anthony Giuliano	40	Niskayuna	1:11:21	6	Rich Bury	57	Bellmore	1:44:56
2	Kevin Beatty	43	Frankford, ON	1:14:27	7	Tom Pierson	57	Latham	1:45:15
3	William Callahan	42	Whitesboro	1:16:24	8	Chris Boyle	57	West Sand Lake	1:46:14
4	Wei Ma	41	Clifton Park	1:28:58	9	John Hetterich	57	West Islip	1:46:52
5	Adam Klingbeil	41	Ballston Lake	1:29:04	10	William Bradley	56	Charlotte, NC	1:47:45
6	Brian Busher	42	Troy	1:29:48	11	Christopher Hughes	58	Norwood, MA	1:48:29
7	Steven Imbriaco	43	Selkirk	1:30:01	12	Kevin Radigan	59	Burr Hills	1:48:44
8	Brian Rancourt	42	Delmar	1:30:19	13	Tom Mack	55	Wynantskill	1:49:36
9	David Czarnacki	43	Clifton Park	1:31:22	14	Ed Ellis	58	Hannacroix	1:50:18
10	David Chatt	42	Saratoga Springs	1:32:06	15	David Rettig	55	Niskayuna	1:51:37
11	Sean Odonnell	41	Latham	1:33:18	16	A Philip Germano	55	Albany	1:51:59
12	Sach Chitnis	44	Chicago, IL	1:34:41	17	Michael Murtagh	59	Glenville	1:54:25
13	Steve Maynard	44	Schenectady	1:34:47	18	David Manley	58	Hudson Falls	1:55:59
14	Jared Taylor	40	Toronto, ON	1:35:16	19	Chris Hunsinger	59	Lake George	1:56:23
15	Leon Shelhamer	41	Albany	1:35:41	20	James Grandy	59	Ballston Spa	1:59:31
16	Vasil Koleci	43	Albany	1:36:46	FEMALE AGE GROUP: 55 - 59				
17	Joshua Farrell	44	Albany	1:37:04	1	Pam Morrow	55	West Tisbury, MA	1:47:48
18	Matthew Day	41	Johnsonville	1:38:32	2	Sheila Mulford	55	Babylon	1:47:52
19	John Evansky	41	Hudson Falls	1:39:56	3	Anne Van Acker	56	Saratoga Springs	1:48:24
20	Stephane Campagna	44	Levis, QC	1:41:12					

RACE RESULTS

13TH ANNUAL FALLING LEAVES 5K RUN

October 12, 2019 • William Kelley Park, Ballston Spa

MALE OVERALL

1	Shaun Donegan	33	Malta	16:57
2	Matthew Royer	25	Malta	18:52
3	Evan Wattie	13	New York	19:30

FEMALE OVERALL

1	Sarah Glowa	26	Burnt Hills	21:56
2	Amber Coppolo	30	Saratoga Springs	22:03
3	Kari Sudfeld	31	Malta	22:54

MALE AGE GROUP: 1 - 14

1	Levi Jenkins	12	Ballston Spa	23:17
2	Wesley Jenkins	10	Ballston Spa	23:24
3	Jacob Schalk	11	Ballston Lake	23:39

FEMALE AGE GROUP: 1 - 14

1	Megan Loomis	11	Malta	25:03
2	Cooper Eldridge	12	Ballston Spa	25:03
3	Layla Lopez	8	Saratoga Springs	25:04

MALE AGE GROUP: 15 - 19

1	Riley Schmidt	18	Ballston Spa	31:19
2	Sam Hannon	16	Ballston Spa	39:23

FEMALE AGE GROUP: 15 - 19

1	Renee Madcharo	17		25:12
2	Katie Warner	17	Ballston Spa	33:57
3	Catherine Whitfield	16	Ballston Spa	34:24

MALE AGE GROUP: 20 - 29

1	Clifford Stevens	23	Ballston Spa	20:59
2	Brandon LaFleur	28	Schenectady	22:22
3	Kevin O'Keefe	26		27:06

FEMALE AGE GROUP: 20 - 29

1	Nathaniel Coffey	22	Burnt Hills	47:54
2	Christine Copacino	29		26:11
3	Amber Stevens	24	Ballston Spa	26:12

MALE AGE GROUP: 30 - 39

1	Michael Copacino	30	Cambridge	20:29
2	Brian Strebel	31	Malta	20:38
3	Jeremy Reynolds	32	Cohoes	21:04

FEMALE AGE GROUP: 30 - 39

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 40 - 49

1	Matthew Johnson	37	Rock City Falls	31:39
2	Stephanie Puckett	39	Niskayuna	24:13
3	Erin Lopez	38	Saratoga Springs	25:05

FEMALE AGE GROUP: 40 - 49

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 50 - 59

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 50 - 59

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 60 - 69

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 60 - 69

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 70 - 79

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 70 - 79

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 80 - 89

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 80 - 89

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 90 - 99

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 90 - 99

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 100 - 109

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 100 - 109

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 110 - 119

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 110 - 119

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 120 - 129

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 120 - 129

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 130 - 139

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 130 - 139

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 140 - 149

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 140 - 149

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 150 - 159

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 150 - 159

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 160 - 169

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 160 - 169

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 170 - 179

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 170 - 179

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 180 - 189

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 180 - 189

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 190 - 199

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 190 - 199

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 200 - 209

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 200 - 209

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 210 - 219

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 210 - 219

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 220 - 229

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 220 - 229

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 230 - 239

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 230 - 239

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 240 - 249

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 240 - 249

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 250 - 259

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 250 - 259

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 260 - 269

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 260 - 269

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

MALE AGE GROUP: 270 - 279

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs	25:05
3	Rose Iacovino	31	Saratoga Springs	27:02

FEMALE AGE GROUP: 270 - 279

1	Stephanie Puckett	39	Niskayuna	24:13
2	Erin Lopez	38	Saratoga Springs</	

26TH ANNUAL GOBLIN GALLOP 5K RUN *continued*

MALE AGE GROUP: 60 - 64					2	Linda Ellingsworth	66	Granville	33:56
1	Nick Lamando	61	Queensbury	21:36	3	Melissa Goodspeed	67	Queensbury	34:32
2	Fred Herbst	64	Ticonderoga	24:30	MALE AGE GROUP: 70 - 79				
3	Michael Rozell	62	Queensbury	24:48	1	Jim Cunningham	75	Ticonderoga	31:04
FEMALE AGE GROUP: 60 - 64					2	Eddie Munoz	77	Olmsteadville	40:11
1	Laurie Anderson	61	Queensbury	27:25	3	Raymond Lee	76	Halfmoon	43:26
2	Kathy Pfeiffer	64	Queensbury	43:50	FEMALE AGE GROUP: 70 - 79				
MALE AGE GROUP: 65 - 69					1	Candi Schermerhorn	73	Diamond Point	34:24
1	Rich Elton	67	Queensbury	23:16	2	Pat Fitzgerald	71	Queensbury	35:14
2	Jim Goodspeed	68	Queensbury	24:02	3	Cathy Biss	72	Queensbury	43:51
3	Roy Kline	67	Queensbury	24:19	MALE AGE GROUP: 80 - 89				
FEMALE AGE GROUP: 65 - 69					1	Jim Moore	80	Niskayuna	33:05
1	Jill Pederson	68	Lake George	29:15	<i>Courtesy of Adirondack Runners</i>				

2ND ANNUAL TROY YMCA TRICK-OR-TREK 5K RUN*October 26, 2019 • Historic Oakwood Cemetery, Troy*

MALE OVERALL					3	Joshua Cook	45	Beverly, MA	28:26
1	Brian Sadosni	33	Troy	20:41	4	Matthew Saucier	42	Troy	33:02
2	Kevan Dupont	26	Troy	21:34	5	Michael Stamas	42	Troy	34:30
3	Christian Ostergaard	33	Malta	22:28	FEMALE AGE GROUP: 40 - 49				
FEMALE OVERALL					1	Jeanette Sassatelli	44	Valley Falls	28:27
1	Aubrey Clements	31	Troy	23:14	2	Jill Wolski	43	Troy	30:21
2	Melissa Carriero	32	Albany	24:11	3	Erica Kenick	49	Menands	35:21
3	Jillian Taylor	32	Albany	25:47	4	Rhiannon Antico	41	Troy	35:34
MALE AGE GROUP: 1 - 14					5	Sara Fitzsimons	41	Delmar	36:42
1	Owen Rowe	14	Schenectady	27:39	MALE AGE GROUP: 50 - 59				
2	Joshua VanOrden	7	East Greenbush	32:22	1	Norris Pearson	53	Troy	22:54
3	Andrew VanOrden	10	East Greenbush	38:55	2	Lane Rodgers	52	Troy	23:19
4	Ethan Lane	10	Castleton	39:06	3	Thomas Sisson	58	Malta	25:29
FEMALE AGE GROUP: 1 - 14					4	Stephen Rockmacher	54	Niskayuna	29:48
1	Veronica Kenick	7	Menands	35:19	5	Steve Obermayer	58	Burnt Hills	30:03
2	Charlotte Kenick	8	Menands	48:40	FEMALE AGE GROUP: 50 - 59				
MALE AGE GROUP: 15 - 19					1	Bridget Cotugno	53	Malta	28:59
1	Niall Rodgers	19	Troy	23:12	2	Stephanie Rockmacher	54	Niskayuna	30:59
MALE AGE GROUP: 20 - 29					3	Lydia Kulbida	53	Niskayuna	31:02
1	Peter Roma	27	Albany	24:33	4	Pam Haff	52	Burnt Hills	33:15
2	John Roma	24	Endicott	25:39	5	Kim Fairbanks	53	Clifton Park	35:02
3	Jesse Bowden	27	Saratoga Springs	26:19	MALE AGE GROUP: 60 - 69				
4	Dave Le Blang	20	Troy	27:14	1	Luke Nightingale	64	Schaghticoke	25:42
5	Nick Fettuccia	22	Castleton	29:41	2	John Fitzgerald	68	Troy	27:01
FEMALE AGE GROUP: 20 - 29					3	Leo Dipierro	69	Cherry Plain	29:24
1	Elizabeth Hafer	28	Potsdam	26:01	4	Larry Peleggi	62	Colonie	36:53
2	Emily Moro	21	Clifton Park	27:43	5	Mark Bechard	67	Albany	41:02
3	Cassandra Diorio	27	Albany	33:09	FEMALE AGE GROUP: 60 - 69				
4	Janice Ho	23	Cohoes	33:30	1	Maureen Kelly	60	Troy	33:39
5	Marin Solano	26	Clifton Park	34:48	2	Susan Klim	64	Altamont	34:21
MALE AGE GROUP: 30 - 39					3	Susan Kamiler	60	Delanson	35:20
1	Jason Bull	38	Glenville	23:03	4	Barbara Wallis	67	Clifton Park	40:26
2	John Clements	36	Troy	23:14	5	Debra Tice	60	Rensselaer	44:08
3	John Vandish	36	Clifton Park	23:33	MALE AGE GROUP: 70 - 79				
4	Kyle Kriegbaum	35	Troy	24:20	1	Francisco Reyes Ram	76	Albany	30:58
5	Eric Davis	36	Wynantskill	25:59	2	Thomas Clements	71	Gansevoort	34:30
FEMALE AGE GROUP: 30 - 39					3	John Vavasour	70	Albany	38:20
1	Maria Oseser	37	Ballston Spa	26:35	4	Mukkai Krishnamoort	71	Troy	43:02
2	Laura Bull	38	Glenville	26:49	FEMALE AGE GROUP: 70 - 79				
3	Lisa Hoerz	32	Schenectady	28:15	1	Kathleen McMahon-Paulus	70	Troy	47:11
4	Jennie Law	32	Albany	30:38	2	Nancy Johnston	73	Ballston Lake	47:54
5	Jessica Guido	32	Mechanicville	31:24	MALE AGE GROUP: 80 - 89				
MALE AGE GROUP: 40 - 49					1	George Nagy	82	Troy	48:58
1	Jeffrey Marx	47	Castleton-on-Hudson	26:34	<i>Courtesy of Capital District YMCA</i>				
2	Darren Rowe	48	Schenectady	27:40					

15TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACES*October 27, 2019 • Thacher State Park, Voorheesville*

HAIRY GORILLA - 13.1 MILES					FEMALE AGE GROUP: 40 - 49				
MALE OVERALL					1	Danielle Bliss	41	Ilion	2:06:14
1	Daniel Rogers	23	Rensselaer	1:34:50	2	Amanda Damjanovic	44	Halfmoon	2:08:36
2	Brian White	41	Altamont	1:38:45	3	Catherine Keating	45	Williamstown, MA	2:12:27
3	Craig Tynan	49	Schenectady	1:39:20	4	Jenny Debellis	41	Latham	2:21:29
FEMALE OVERALL					5	Spring McNicol	40	Ballston Spa	2:25:55
1	Sarah Governale	26	Glenville	1:48:39	6	Allison Grove	42	Albany	2:32:47
2	Catherine Ziemendor	27	Burnt Hills	1:50:32	7	Ellen Gauthier	46	Schenectady	2:42:38
3	Christina Scharmer	27	Albany	1:55:29	8	Mandy Mayer	44	West Rupert, VT	2:44:53
MALE AGE GROUP: 15 - 19					9	Missy Scanlon	48	Herkimer	2:54:01
1	Conrad Becker	17	Slingerlands	2:11:32	MALE AGE GROUP: 50 - 59				
2	Gaven Gorney	19	Auburn	2:14:45	1	Bill Hoffman	52	Clifton Park	1:53:22
MALE AGE GROUP: 20 - 29					2	Frank Woods	58	Rensselaer	1:55:32
1	Anthony Pasqualino	29	Albany	1:47:20	3	Bart Trudeau	56	Latham	1:55:42
2	Kyle Jordan	21	Broadalbin	1:50:35	4	Yanni Lambropoulos	53	Durham, NC	2:03:19
3	Logan Landrum	23	Rensselaer	1:53:14	5	Jim Devine	59	East Berne	2:04:08
4	Andrew Burkhardt	24	Albany	1:55:20	6	Matt Smith	52	Chatham	2:06:09
5	Nicholas Castaldi	29	Sparta, NJ	2:08:04	7	Daniel Esper	59	Slingerlands	2:09:36
6	Patrick Fleming	22	Troy	2:09:12	8	Andrew Tanzillo	50	Hudson	2:12:19
7	Chris Castaldi	28	Troy	2:28:39	9	Dan Shyne	52	Selkirk	2:12:43
FEMALE AGE GROUP: 20 - 29					10	John Butler	52	Latham	2:14:56
1	Mia Rogers	22	West Islip	1:56:50	FEMALE AGE GROUP: 50 - 59				
2	Sarah Halvorson	20	Houghton	2:14:45	1	Cheryl Steiner	51	Castorland	1:59:12
3	Danielle Moroukian	29	Albany	2:25:25	2	Joanne Shurter	59	Middletown	2:30:44
4	Meri Disessa	25	Westfield, MA	2:28:46	3	Laurie Fronhofer	51	Salem	2:45:00
5	Victoria Roberts	24	Albany	2:32:49	4	Sarah Reed-Esper	54	Slingerlands	2:57:05
6	Sophia Theodorou	20	Garnerville	2:36:43	MALE AGE GROUP: 60 - 69				
7	Cassandra Scott	27	Troy	2:37:07	1	Jimski Allott	60	Wilton	1:59:41
MALE AGE GROUP: 30 - 39					2	Steven Sweeney	64	Delanson	2:04:26
1	Daniel Kelly	31	Schenectady	1:40:48	3	George Shurter	65	Middletown	2:09:09
2	Kevin Rowe	36	Sand Lake	1:45:21	4	Jeff Clark	61	Glenmont	2:12:56
3	Ryan Ventre	34	Saratoga Springs	1:49:59	5	Robert Williams	63	Burnt Hills	2:13:30
4	Tim Ela	30	Clifton Park	1:53:06	FEMALE AGE GROUP: 60 - 69				
5	Robert Ordish	34	Guilderland	1:53:21	1	Suzanne Disessa	62	Westfield, MA	2:34:02
6	Chad Colarusso	36	Westerlo	1:55:01	MALE AGE GROUP: 70 - 79				
7	Christian Klueg	38	Northville	1:56:59	1	Seamus Hodgkinson	70	Delmar	2:40:09
8	Carson Thurber	35	Bennington, VT	1:57:07	SQUIRRELLY SIX - 6 MILES				
9	Alexander Newell	35	Berne	1:59:56	MALE OVERALL				
10	Rick Gloo	38	Mohawk	2:00:19	1	Ryan Fox	22	Albany	40:06
FEMALE AGE GROUP: 30 - 39					2	Gerard Colling	38	Schodack	41:37
1	Margaret Distefano	33	Syracuse	1:56:06	3	Jonathan Guthan	42	Scotia	46:11
2	Shannon O'Meara	37	Rensselaer	2:02:04	FEMALE OVERALL				
3	Ana Ventre	33	Saratoga Springs	2:09:07	1	Danielle Eckler	26	Troy	47:16
4	Janna Neitzel	32	Troy	2:10:49	2	Kim Seabury	52	Old Chatham	51:53
5	Melinda White	38	Altamont	2:11:38	3	Nicola MacNeil	45	Rotterdam Junction	54:42
6	Mary Kathryn Gilday	33	Rosendale	2:11:49	MALE AGE GROUP: 1 - 14				
7	Kristy Ventre	32	Saratoga Springs	2:12:52	1	Ryan Keating	13	Williamstown, MA	48:43
8	Pam Teneyck	37	Moreau	2:25:55	FEMALE AGE GROUP: 1 - 14				
9	Erin Porambo	32	Troy	2:27:11	1	Clarissa Simpson	12	South Glens Falls	56:54
10	Lindsay O'Brien	30	Cohoes	2:29:14	2	McKenna Childs	13	Ware, MA	57:15
MALE AGE GROUP: 40 - 49					3	Merrin Brick	14	Voorheesville	57:46
1	Jim Eaton	44	Castleton	1:46:12	4	Aubrey Childs	11	Ware, MA	1:10:50
2	Michael Letzing	42	Schuylerville	1:47:17	MALE AGE GROUP: 15 - 19				
3	Leon Shelhamer	41	Albany	1:47:21	1	Charlie Dobson	16	Bennington, VT	49:40
4	Eric Bergin	47	Albany	1:47:59	2	Luke Leach	17	Wellsboro, PA	1:08:50
5	William Dodds	45	Albany	1:48:32	MALE AGE GROUP: 20 - 29				
6	Matthew Sharp	42	Albany	1:52:02	1	Cameron Warner	24	Troy	48:06
7	Clay Lodovice	44	Voorheesville	1:54:19	2	Roland Graves	29	Albany	50:48
8	Jonathan Laird	40	Johnstown	1:57:00	3	Fabio Carvalho	25	Castleton-on-Hudson	52:00
9	Rob Whittaker	47	Northville	1:57:00	4	Quinn Douglas	26	Hudson	1:01:11
10	Trey Dobson	47	Bennington, VT	1:57:09	5	Henry Kwarteng	25	Albany	1:04:25

*continued***15TH ANNUAL HAIRY GORILLA HALF MARATHON & SQUIRRELLY SIX MILE TRAIL RACES** *continued*

6	Kevin Montano	25	Troy	1:05:48	3	Julie Neugebauer	40	Niskayuna	1:02:18
7	Robert Nilsen	22	Staten Island	1:11:21	4	Allison Russell	45	Albany	1:07:13
FEMALE AGE GROUP: 20 - 29					5	Jennifer Gaies	44	Niskayuna	1:10:02
1	Sydney Dennison	22	Queensbury	57:13	6	Aixa Toledo	47	Glenmont	1:10:56
2	Maddie Steinmetz	22	Troy	58:03	7	Laura Smith	46	Sheffield, MA	1:11:01
3	Ashley Miller	24	Little Falls	1:10:23	8	Lenore Marentette	46	Sammamish, WA	1:12:01
4	Francesca Digiorgio	24	Slingerlands	1:12:12	9	Ashlie Becke	48	Ballston Lake	1:12:16
5	Katlyn Westhoven	24	Menands	1:12:41	10	Sarah Platak	41	Slingerlands	1:12:52
6	Amanda March	22	Chelmsford, MA	1:13:29	MALE AGE GROUP: 50 - 59				
7	Amelia Ekert	24	Albany	1:13:53	1	Steve Seabury	51	Old Chatham	47:38
8	Janelle Jarvis	29	Highland	1:14:17	2	Todd McAuley	50	Colonia	49:38
9	Lindsey Carpenter	22	Paramus, NJ	1:17:26	3	Chuck Heaphy	56	Brooklyn	49:44
10	Katherine Pochini	29	Albany	1:19:00	4	Tomo Miyama	54	Valatie	50:05
MALE AGE GROUP: 30 - 39					5	Thomas Surrette	57	Cupertino, CA	51:18
1	Joe Sgarlata	32	Niskayuna	46:47	6	Steve Reddy	54	Stuyvesant Falls	55:25
2	Scott Surrette	31	Niskayuna	50:54	7	Tom Mack	55	Wynantskill	1:00:38
3	Cory McWilliams	35	Albany	56:30	8	Rob Gray	50	Glenmont	1:01:05
4	Marc Phillips	37	Schenectady	57:49	9	Al Bills	58	Waterford	1:01:19
5	Kevin McDermott	32	Freehold	58:50	10	Gerardo Mendoza	55	Albany	1:03:15
6	Patrick Teora	31	Albany	1:01:08	FEMALE AGE GROUP: 50 - 59				
7	Joseph Spencer	33	Amsterdam	1:05:29	1	Tammy Simpson	52	South Glens Falls	1:00:19
8	Michael Van Flur	37	Troy	1:06:03	2	Lisa Dennison	54	Queensbury	1:02:25
9	William Banks	31	Glenville	1:06:20	3	Dawn Harrington	53	Averill Park	1:04:22
10	Matthew Patterson	30	Rotterdam	1:06:41	4	Carole Gensicki	52	Rensselaer	1:04:46
FEMALE AGE GROUP: 30 - 39					5	Mary Christensen	54	Troy	1:10:07
1	Heather Senecal	38	Albany	56:30	6	Anne Hurley	56	Delmar	1:13:06
2	Raelee Grimm	37	Altamont	59:31	7	Kathy VanValen	50	Delanson	1:14:10
3	Lisa Sawtelle	37	Voorheesville	1:00:46	8	Laurie Scheuing	53	Saratoga Springs	1:18:53
4	Amanda Carpenter	30	Albany	1:01:08	9	Terri Bills	51	Waterford	1:19:17
5	Danielle Krizan	33	Fonda	1:02:57	10	Cindy Bernard	51	Ballston Spa	1:25:34
6	Brittney Kajdacs	30	Troy	1:04:52	MALE AGE GROUP: 60 - 69				
7	Tina Cardettino	36	Delmar	1:05:05	1	John Caffry	61	Glens Falls	1:03:09
8	Theresa Pospisil	34	Clifton	1:06:47	2	Randy Goldberg	60	Schenectady	1:09:06
9	Anya Rozanova	39	Clifton Park	1:08:22	3	David Heyward	65	Wynantskill	1:10:20
10	Katie Johnson	38	Delmar	1:08:38	4	Leo Dipiero	69	Cherry Plain	1:13:54
MALE AGE GROUP: 40 - 49					5	Larry Peleggi	62	Colonia	1:31:18
1	Ian Prater	44	Schenectady	46:18	FEMALE AGE GROUP: 60 - 69				
2	Martin Gordinier	49	Delmar	47:01	1	Dawn Herrick	66	Saratoga Springs	1:08:45
3	Hank Tripp	41	Glenmont	48:29	2	Kathleen Goldberg	60	Schenectady	1:09:06
4	Tommy Neutron	46	Pittsfield, MA	48:36	3	Stephanie Brown	66	Albany	1:10:56
5	Vasil Koleci	43	Albany	49:55	4	Nancy Botting	66	Johnson City	1:23:22
6	Denis Cote	49	East Berne	50:01	5	Sheri Steele	61	Ballston Spa	1:25:33
7	Steven Jankowski	45	Amsterdam	56:08	MALE AGE GROUP: 70 - 79				
8	Jason Zeliph	43	Voorheesville	1:00:01	1	Richard Baluch	74	Delanson	1:05:07
9	Carlos Aquino	41	Albany	1:00:59	2	Louis Disessa	75	Westfield, MA	1:19:01
FEMALE AGE GROUP: 40 - 49					FEMALE AGE GROUP: 70 - 79				
1	Sara Graham	43	Ballston Lake	55:17	1	Laura Clark	72	Saratoga Springs	1:34:20
2	Denise Kay	43	Rensselaer	1:00:59	<i>Courtesy of ARE Event Productions</i>				

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