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JOE BABCOCK

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TIME TO SNOWSHOE!

By Laura Clark

While the rest of the Northeast is gearing up for a long winter's nap, sports enthusiasts are anxiously scanning the sky for more significant snowfall. With so many cold weather sports options, the path of least resistance just might be snowshoeing. If you can walk, hike or run, there is a two-minute learning curve when transitioning to snowshoes. There is no need to feel self-conscious about hiking - unless you intend to be the winner, most folks transition to a run/hike combo, content to be outdoors in the woods.

Here in the Northeast the sport has evolved into a series-heavy calendar, which has the advantage of proven brand-name appeal. Moreover, the same folks tend to frequent the same events, so the takeaway from each event tends to be camaraderie and good-natured competition.

Four key events are the *Dion WMAC Snowshoe Series* (dionwmacsnowshoe.com), *Gore Mountain Citizens' Races* (goremountain.com), *Nor'east Trail Runs Series* (netrailruns.com), and *Adirondack Snowshoe Festival* (adksnowshoefest.com). Cooperation is paramount between these three entities with the larger Dion Series showcasing some events from each series. Anyone selecting these events will be assured of a quality, professional experience where directors and seasoned veterans are eager to share pointers and outfitting suggestions.

The Dion Snowshoes (dionsnowshoes.com) sponsored series offers rentals and advice for those new to the sport or seeking to upgrade equipment. If you are already a runner, you will happily discover that the sneakers and winter running gear you already own will mesh perfectly.

A good place to start is at **Gore's Tuesday Evening Citizen Races** at the Gore Nordic Center in North Creek from Jan. 14 to

Feb 18, with the first and last events listed as Dion Series competitions as well. The atmosphere is low-key and down-home inviting. Pay \$10 at the door and snowshoe or cross-country ski (classic and skate welcome) a loop course of up to 4.8K in length. Many families participate and most get-together afterwards around the fireplace for some great raffle prizes, ranging from local chocolate and restaurant certificates to homemade scarves, Adirondack calendars and fresh eggs! I have thoroughly enjoyed my winter Tuesday nights and the personal challenge of trying to better my time from week to week.

While Gore is, unsurprisingly, always at Gore Mountain, the **Nor'east Trail Runs** range throughout southern Vermont, with the snowshoe portion of this husband and wife operation concentrated at the Viking Nordic Center in Londonderry and the Merck Forest & Farmland Center in Rupert. Events in this series range from 5K and 10K, all the way up to half marathon, 25K and 50K, with the 10K and half on February 1 - as well as the March 7 evening event listed on the Dion schedule. If you have never snowshoed under the stars, it is truly a magical experience, especially with old-fashioned kerosene lanterns to light the way. Awards, again, are low-key with Vermont Maple Syrup occupying the place of honor, flanked by Nor'east knit caps and free race entries. For a true challenge, head out to Merck Forest for two (or more!) round trips up and down Antone Mountain. Last year we were treated to a scene out of *Frozen*, with the ridge trees encased in sparkling ice crystals.

This year, the US Snowshoe Association Nationals (snowshoeracing.com) will be held at high-altitude Leadville, Colo. from Feb. 28-March 1. New this year, USSSA athletes must qualify at a

See **SNOWSHOE RUNNING** 19 ▶

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Nordic, Alpine Touring & Telemark Demo Weekend
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Saturday, December 14
 10am-3pm Nordic Day at Mt. Van Hoevenberg
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Sunday, December 15
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CROSS COUNTRY SKIING

High Peaks Wilderness from Upper Works

By Rich Macha

APPROACHING WALLFACE ON THE INDIAN PASS TRAIL.

PHOTOS BY RICH MACHA

The trailhead at Upper Works is the most popular access to the High Peaks from the south, however, it is nowhere near as busy as most access points are from the north. The trailhead is reached after a scenic ten-mile drive north of Newcomb on County Route 25. Before reaching the parking area at the end of the road, the route passes remnants of historic iron and titanium mining activity, including a blast furnace at the former community of Adirondac. The Open Space Institute owns the parking and furnace areas and, over the next year, plans to expand the parking area as well as preserve some of the area's history.

The Indian Pass Trail heads north from the trailhead and other trails fan out from it to the west and east to destinations such as Duck Hole, Flowed Lands, Mount Marcy, and many other peaks. The mountain scenery is outstanding and the area does get more than its fair share of snow. I have skied many of these trails over the years and reexplored them in February 2019 when there was about three to four feet of snow on the ground. On a sunny winter weekend, the parking lot can fill up but can be deserted on a weekday.

INDIAN PASS TRAIL - The start of the wide trail is on an old logging road - the beginning of the Hudson River, a rocky stream at this point, is crossed on a good bridge at the 0.2-mile mark. Soon after, a short spur to the left leads to a spot above the dam on Henderson Lake. Continuing north, the Indian Pass Trail is washed-out in spots and was not fun to ski. In retrospect, it is easier and much more scenic to ski along Henderson Lake, and rejoin the trail at the northeastern end of the lake.

The Henderson Lean-To is passed at 1.7 miles, and soon after the trail turns to cross Indian Pass Brook on a bridge. Last winter, the snow was piled three to four feet deep and narrow on top - none of the group risked skiing across and we all dropped onto the brook and skied across on solid ice and snow.

Soon after the bridge, the narrow, twisty trail goes up and over a hill before coming out near the brook again. A short spur to the left leads to the Wallface Lean-To at the 2.7-mile mark. The trail was then fairly level except for a few dips in and out of small frozen streams. Glimpses of Wallface's almost 1,000-foot cliff came into view. The trail crosses Indian Pass Brook at 3.9 miles, then climbs 500 feet in 0.5 miles to Summit Rock.

It's too steep for skis, so we decided to climb off-trail toward the foot of the cliff, to a lunch spot at 2,300 feet elevation.

On the way out, we skied out onto Henderson Lake and enjoyed the mountain views under a cobalt blue sky. Be sure to check out the icefall on the lake's east shore, and as you turn toward the dam, there is an awesome view of Mount Colden. Then, turn around to get a look at Santanoni Peak rising up behind the shoulder of Henderson Mountain.

DUCK HOLE - The route to Duck Hole via Henderson Lake and the Preston Ponds is resplendent with mountain views. Ski to the northwest end of Henderson Lake and pick up a path to the right of a cascading inlet. A lean-to is seen to the right - this one was erected while the land was owned by Open Space Institute so it is a bit different than the typical NYSDEC lean-tos. Past the lean-to, you pick-up the red trail to Duck Hole. At first, the terrain is rolling but after about a mile the trail makes a long uphill climb, gaining 370 feet, before dropping slightly. On the return, I have found it better to ski downhill off-trail a little north of the actual trail - the woods are open and you can pick a slightly gentler route.

A little before reaching Upper Preston Pond, the trail makes a right turn. Skiers should continue straight and ski out onto the pond. After passing by a point, a cabin can be seen on the south shore - Open Space Institute still owns the cabin plus a small parcel of land around it.

At the far end of the Upper Pond, to the left of the outlet, an unmarked path soon leads in 100 yards to Lower Preston Pond. Out on the pond, there are views toward the Seward and Sawteeth ranges. Ski to the west and find the outlet behind an island. If the outlet is frozen over you may be able to ski along it, otherwise, find a path to the right of the outlet. Look for a path to the left of the outlet and ski that down to Duck Hole. Cross the pond to the lean-tos for a deserved break before making the trip back.

It took me three attempts before I finally made it as far as Duck Hole on skis - I suggest an early start, especially if you have never been there before. However, a shorter ski trip to either of the Preston Ponds is rewarding in itself.

FLOWED LANDS - The Calamity Brook Trail leaves the Indian Pass Trail 0.4 miles



CROSSING UPPER PRESTON POND.



ICEFALLS ON HENDERSON LAKE.



LUNCH BREAK ON UPPER PRESTON POND.

from the Upper Works trailhead. After some ups and downs through a logged-over area, the route goes generally uphill, gaining almost 1,000 feet in 4.6 miles before reaching Flowed Lands. Again, the mountain views are outstanding and there are several lean-tos to choose from for a scenic lunch stop.

Most often, I have skied the Calamity Brook Trail on through trips from the north via Avalanche Pass. Coming down from Flowed Lands there are some nice cruising sections with gentle to moderate curves. I only remember one steep section that needed a fair amount of caution as a rock or two were showing. Many years ago, I was bar-

reling down too fast for my skills to make a sharp turn and felt a fall was inevitable, so I closed my eyes, and when I opened them a few seconds after making the turn I was still upright - sometimes you get lucky!


An up-and-back trip allows the skier the opportunity to take in the scenery while skiing slowly uphill - on the downhill, you have to pay attention to the skiing and not-so-much the scenery.

In conclusion, the south side of the High Peaks Wilderness has much to offer the intermediate or better skier, while novices can enjoy the breathtaking views with an easy ski around Henderson Lake. 🌲


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

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News Briefs

Adirondack Diversity Initiative Hires Director

SARANAC LAKE – The Adirondack Diversity Initiative has hired its first director. Nicole Hylton-Patterson of the Bronx, will take on the leadership position for the Initiative, which aims to make the Adirondack region a more welcoming and inclusive place for all residents and visitors. Formerly acting director of a Westchester County college's social justice center, she began serving as ADI's diversity director on December 2, and will be based at the Adirondack North Country Association's office in Saranac Lake.

Nicole brings a unique cultural perspective to her new position. Born in Jamaica, she spent her formative years in Northern Norway as part of a gifted child program. She has 20 years of experience leading activities and programs geared toward advancing diversity, equity and inclusion. In addition to her previous role as acting director of the Mary Clark Center for Religion and Social Justice at Manhattanville College, she served as program coordinator for the college's Center for Inclusion. She has also instructed and coordinated programs in Arizona, Syracuse, and Elmira that focus on race and gender studies, justice, diversity and advocacy.

Hylton-Patterson holds a master's degree in Pan African Studies from Syracuse University, a master's degree in Industrial and Organizational Psychology from the Chicago School of Professional Psychology University, and a bachelor's degree in African & African American Studies and Philosophy from Mount Holyoke College. She is currently pursuing a PhD in Afro-LGBTQI+ Justice with Arizona State University.

"I am deeply excited to be taking on this role with the Adirondack Diversity Initiative," Nicole said in an announcement issued by ANCA. "As someone who understands the challenges facing spaces that are perceived as lacking aspects of human diversity, I look forward to working with Adirondack communities and New York State. "The opportunity to expand our understanding of the region and the way we welcome and celebrate differences is one that requires a willingness to first make ourselves vulnerable. Yet, it is only when we see ourselves for who we are, that we can ask the same of others. I'm looking forward to putting these principles into action in my new role in the Adirondacks."

Hylton-Patterson is expected to help the Initiative achieve its objectives through a research and process-driven effort, that is hoped will bring social and economic benefits. ADI's goals are driven by two guiding principles: the Adirondack region should be welcoming and inclusive to everyone, and the region should be relevant to and supported by an increasingly diverse state and national population.

Formally organized in 2015, the ADI is a volunteer-run collaboration of organizations and individuals. In May 2019, New York State announced that \$250,000 of its 2020 budget would go to the ADI as part of the \$300 million Environmental Protection Fund. The new grant funding has allowed ANCA, which now serves as a home to the Initiative, to hire a director and expand outreach and programming.



Adirondack Diversity Advisory Council affiliates are Adirondack Almanack, Adirondack Council, Adirondack Foundation, Adirondack Futures, Adirondack North Country Association, Adirondack Park Institute, Adirondack Research Consortium, Adirondack Wild, CAP-21, Common Ground Alliance, Indian Lake Chamber of Commerce, John Brown Lives!, Paul Smith's College, Regional Office of Sustainable Tourism, SUNY-ESF's Northern Forest Institute, and The Wild Center.

Adirondack Rail Trail Needs Your Support

SARANAC LAKE – The Adirondack Rail Trail is in the last stages of getting the legal approvals needed to build the trail from Lake Placid to Tupper Lake. Once more, possibly for the last time, Adirondack Rail Trail needs your support. Please submit a written letter of support if you can (public hearings have already been held).

The NYS departments of Environmental Conservation and Transportation are seeking comment on a Draft Amendment to the 1996 Remsen-Lake Placid Travel Corridor Unit Management Plan and Draft Supplemental Environmental Impact Statement. The deadline for comments is December 20, 2019. DEC and DOT are taking public comment. Comments may be emailed to adirondackpark@dec.ny.gov, or mailed to John Schmid, NYSDEC, 625 Broadway, Albany, NY, 12233-4254.

Once the written comments are reviewed, DEC and DOT will submit a final UMP to the Adirondack Park Agency for approval, after which construction of the Adirondack Rail Trail can begin. You can track progress online at Adirondack Rail Trail Advocates (thearta.org) or Adirondack Rail Trail (adirondack-railtrail.org). ARTA is optimistic and hopeful that, with your support, we can see construction of the Adirondack Rail Trail begin in 2020.

Thanks from the ARTA board – Tupper Lake: Hope Frenette, Chris Keniston, Maureen Peroza, Jack Delehanty; Saranac Lake: Dick Beamish, Lee Keet, Joe Mercurio; Lake Clear: John Brockway;

Keene: Tony Goodwin; Lake Placid: Jim McCulley; Beaver River: Scott Thompson; Rome (NYS Snowmobile Assn.): Jim Rolf; and Special Board Advisor, Carl Knoch.

Adirondack 46ers Support ADK's Stewardship Programs

LAKE PLACID – In 2018, Adirondack Mountain Club and the Adirondack 46ers entered a three-year joint commitment to promote stewardship and conservation throughout the High Peaks Wilderness. The 46ers committed \$71,000 in funding to protect trails and summits with ADK in 2018, \$34,000 in 2019, and will provide \$41,000 in 2020. Last year, their support made trail projects in Avalanche Pass and on Mt. Colden possible. This funding is essential for ADK's stewardship efforts in the High Peaks Wilderness. Here the projects being supported by this funding over the summer of 2020:

ADK and Adirondack 46ers continue working together to protect Alpine Summits – The 46ers have pledged another \$15,000 to support the Adirondack High Peaks Summit Stewardship Program, a partnership of ADK, Adirondack Chapter of the Nature Conservancy, and NYS Dept. of Environmental Conservation. Support from the 46ers will help summit stewards continue their efforts in protecting rare alpine plants by educating hikers to be responsible recreationists. "Thirty years of alpine stewardship have shown how critical the Summit Stewardship Program is to protecting fragile alpine plants through educational outreach," says Summit Steward Coordinator Kayla White. "As visitor use increases in the High Peaks Wilderness, we are thankful for the generous support of the 46ers, which allows us to continue to educate, protect our alpine summits, and preserve the quality of the summit experience."

Adirondack 46ers support trail projects in Avalanche Pass and on Haystack – The 46ers have committed \$41,000 to ADK's Professional Trail Crew for training, spring patrols and trail projects in Avalanche Pass and on Mt. Haystack. ADK's Professional Trail Crew performs intensive trail reconstruction using primarily hand tools and native materials. ADK's trail work protects the natural resource along the sides of the trail by creating a corridor of durable surfaces for hikers to travel on.

The Adirondack 46ers have always been committed to the stewardship of the Adirondack High Peaks. Since 2002, the 46ers have contributed over \$350,000 to ADK's Professional Trail Crew and the High Peaks Summit Stewardship Program. "Once again, we see the incredible commitment of the Adirondack 46ers to stewardship in the High Peaks," said Michael Barrett, Executive Director of ADK. "As we continue to reconcile promoting responsible outdoor recreation with the challenges presented by high use, this ongoing partnership between ADK and the 46ers is one reason to be optimistic."



PAUL BUCKOWSKI/TIMES UNION

Pat Glover Cruises at Troy Turkey Trot 10K

TROY – The 72nd annual Troy Turkey Trot on Nov. 28, featured Pat Glover of Clifton Park, whose passion for the Turkey Trot wasn't deterred by a handicap. An above-the-knee amputee, he was given a three-minute head start on the other 1,496 competitors in the 10K, negotiating the 6.2-mile course on a handcycle. Pat competed in the Turkey Trot 47 times as a runner, and he didn't let his handicap keep him from enjoying Troy's Thanksgiving tradition. "I was coming down the straightaway," said Glover, who won the 1981 Turkey Trot, "and one of my buddies said to me, 'Pat, it's your second victory.' I count it as a victory. I had it a lot easier than they did. Riding this, it looks like it's tough, but it's so much easier than running."

Pat approached race officials about racing again after he lost part of his right leg. "About 2-1/2 years ago, I went into the hospital," he said. "I had some internal bleeding in my abdomen, which I didn't realize. I had been running and training and swimming and biking right up until then. They went and addressed the internal bleeding, but I lost circulation in my right leg while they were doing that and some blood clots set in. They tried to save the leg for about two weeks, then infection set in. They said, 'We can save your life, but we can't save your leg.' They took the leg. I've had good help, a lot of physical therapy, a lot of personal training, a lot of group support from church, family, friends and runners. I've been lucky." -Pete Dougherty/Times Union

FROM THE PUBLISHER

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Darryl

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▼ TEACHING THE NEXT GENERATION OF RIPPERS AT WHITEFACE. WHITEFACE

In North Creek and Wilmington, Gore Mountain and Whiteface have made more improvements for the 2019-20 season.

At Gore Mountain, they are excited about new direct-to-lift gates at the ski lifts. All lift access, including day tickets, season passes and frequent skier cards, are now applied to new SKI3 Cards, which skiers will keep tucked away in your jacket. No more worrying about losing your ticket or pass on the mountain or having to present it to the attendants before your rides. The new SKI3 cards can be renewed online for several years so hang onto it. The card will allow you to renew passes and tickets online, therefore you can go directly from your car to the slopes.

Gore has completed a new competition-level free-style course. The Pot Luck and Wild Air trails are joining forces to deliver a premier competition course. Look for a prime jump line and new earthen features that mean serious action on event days, and all-around extra fun and big air the other days. Gore will be hosting the Hole Shot NorAm Snowboard/Skicross on Monday-Friday, February 3-7 on this new course.

You can spend more time on Burnt Ridge Mountain this season because now there's a little cabin for warming up between laps. This new cabin has been completed in partnership with NY Ski Education Foundation and the Town of Johnsbury.

There's a new Gore Mountain logo with some hidden features - it's in the shape of a sideways "G" with four peaks depicted, along with a nod to the ORDA logo.

More Gore means more snow to enjoy so making more of it faster is and will continue to be their priority. They essentially rebuilt the snowmaking system over the last 12 months. The newly increased snowmaking capabilities are now better matched to its expanse of varied Adirondack terrain. They have integrated the most updated snowmaking technologies, added hundreds more of the latest guns, and have developed a new infrastructure for increasing and improving water pumping capacity and distribution.

Gore now makes more snow in less time, which is better for the environment and your skiing experience. The crews now work smarter, faster and more efficiently,



with new abilities to control key snowmaking areas remotely.

There are six new ChargePoint electric car charging stations in Lot C so charge your car as you recharge on the mountain. Thanks to drivers of electric cars for your commitment to renewable energy and environmental sustainability.

Gore has built a large two-level addition to the Base Lodge that has doubled the size of the Tannery Pub & Restaurant, which also received a complete renovation and expanded kitchen. With this added space, Tannery seats up to 435 people and offers year-round facilities for special events including banquets, weddings and conferences. The lower level addition now houses the headquarters for the popular season-long Mountain Adventure programs for kids, plus more seasonal lockers.

Gore was recently presented with the Golden Eagle Award for Overall Environmental Excellence. These awards are overseen by a partnership between SKI Magazine and National Ski Areas Association and are the industry's most prestigious honor for recognizing resort environmental programs and projects. Gore's sustainability efforts are led by 25-year solar energy power purchasing agreements. They've constructed 14,589 ground-mounted solar panels on 20 acres; those panels started producing energy in 2016 and offset most of their energy needs.

Gore Mountain offers the most terrain in New York and 2,537 feet of vertical, which makes 42 miles and 439 acres a better skiing and riding experience.



At Whiteface mountain, they've made a number of snowmaking, grooming and trail upgrades. They have a new grooming tractor so corduroy lovers can rejoice. They've made major updates to the main pump house, and purchased 100 new snow guns, increasing their capacity by 25% for this season. They have also widened several trails on the mountain, including Broadway, Brookside and Easy Street.

Whiteface is growing their learn-to-ski facilities and programs with an expansion of the Bear Den Lodge. This includes a new bar and restaurant with a bird's eye view of the slopes for parents to relax and watch their kids on the hill. Bear Den also features two new conveyor lifts, including the Coyote Cruiser, perfect for beginner skiers who are new to the sport.

At the Main Base Lodge, they continued renovations and installation of a new elevator to improve accessibility and traffic flow. There's also an improved Guest Services desk located across from the J. Lohr Wine Bar & Café.

As you've probably heard, there was a structure fire that destroyed the beloved Mid-Station Lodge on November 30, leaving Whiteface without its only upper mountain rest stop to meet, warm up, and eat a meal. Thankfully no one was injured and it won't affect the resort's ability to welcome skiers. 🌲

See you on the slopes!



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CROSS COUNTRY SKIING

Let it Snow!



IT'S A WINTER WONDERLAND AT GARNET HILL LODGE IN NORTH RIVER.
GARNET HILL LODGE

By Jan Mares

I like snow. I get excited with the winter weather. I like to play in it. I look forward to the snow. I am grumpy in January if there is no snow. In fact snowflakes adorn my ears, my Christmas cookies, my Christmas tree, my wall décor, and even my bumper sticker. And yes my tote bag and water bottle. I like snow.

What? Why? What do I do in the snow? I cross country ski. And I like it so much I am an instructor at Lapland Lake Nordic Vacation Center.

I have been cross country skiing for 45 years. Yikes I am getting old. It all started with my high school team when I joined as a sophomore. And I've skied ever since. We wore wool knickers and our skis were very long, stiff and wooden. But we had fun.

I continued the hobby of cross country skiing into my adult life. With marriage and four children, skiing was an affordable family pastime. And it still is affordable. Recreational skiers can buy a pair of skis, boots, poles that should last many years. As a family, we were able to make memories with our sport. For example, every Thanksgiving we would go skiing in the morning before our holiday dinner. We also entered a fun festive relay race on New Year's Day. Some snowy fun. My son and I have also skied under the light of the full moon. The light from the moon made the snow sparkle. Wonderful memories!

As the children grew older I was able to volunteer for the high school team. I learned to coach. I learned more technique teaching skills. And I enjoyed watching young adults learn a lifelong sport.

So what is so fun about cross country skiing? No, it isn't like running through knee high snow! With proper technique (HINT): Take a lesson or two - cross country skiing is quite enjoyable.

For me I enjoy the outdoors. In the winter, skiing lets you experience the outdoors. Skiing excites the senses. I can hear the birds in the bushes and the river flowing in the distance sounds calm. I can feel the wind playing with the tassel on my hat. I

can notice the scent of the pine trees. I can smell the fire in the wood stove that will warm me afterwards. The trees are beautiful with the snow on the branches. The red fox is a stunning contrast against the white snow. And when I am done skiing, there is the awaiting taste of hot chocolate!

There is no traffic in the woods. A chipmunk or two. My knees enjoy the smooth gliding motion of skiing versus the pounding of the pavement. The snowy conditions are a welcome sight for skiing. No slippery roads, just slippery skis.

I have learned to instruct so that I can pass along the opportunity to experience cross country skiing. I want my students to enjoy a wonderful lifelong sport. A lesson can help you get some basics in your "skill set." This will help alleviate any fears you may have in regards to sliding around on those skinny skis. Technique. Technique. Technique. HINT: A lesson is so worth it! I have given lessons to people of all ages, shapes, sizes and abilities. All have skied away with the something new learned.

Encouragement and excitement are key in my lessons. "Nice glide. That's it. Wow look at that poling action. Bend those ankles. Try again. Excellent. Relax. You can do it" ...are some of the statements heard as the students apply the lesson. Games on skis are also helpful with instructing. Playing a game of "freeze" tag gets you moving and stopping before you even have time to think that you are on skis. You will see me with my bag of tricks out in the lesson area. Balls, hula hoops, Frisbees, and cones are used to create a lesson full of fun. The curiosity of what we will do with all the stuff is a great motivator.

There are local areas to get out and ski on groomed trails. Cole's Woods in Glens Falls, Wilton Wildlife Preserve & Park, Garnsey Park in Clifton Park, Brookhaven in Greenfield Center, Saratoga National Historical Park, Fern Park in Inlet, Paul Smith's College VIC, other state parks or your own backyard are good options. I can even call a friend and we can ski during a snow storms at night. Sometimes these places are groomed and sometimes not.

These local areas keep you going during the week.

But nothing compares to a daily, well-groomed trail! **Lapland Lake Nordic Vacation Center** (laplandlake.com) near Northville does a super job at grooming and maintaining the snow. Other regional ski areas groom daily as well. **Garnet Hill Lodge and Nordic Ski Center** (garnet-hill.com) in North River; **Pineridge Cross Country Ski Area** (pineridgeexc.com) in East Poestenkill; **Mt. Van Hoevenberg Ski Center** (mtvanhoevenberg.com) in Lake Placid; **Cascade Cross Country Ski Center** (cascadeski.com) in Lake Placid; **Dewey Mountain Recreation Center** (deweymountain.com) in Saranac Lake; and **Osceola Tug Hill Cross Country Ski Center** (uxcski.com) in Camden. These centers have groomed trails, lessons, rentals and more.

If racing is your interest, there are some ski clubs you can join. I am a member of the ski club Hudson United Racing Team (hurt-nordicskiing.com). Peru Nordic (windbriefs.wordpress.com) is a friendly rival club. I'll try a few races this season. **NYS Ski Racing Association - Nordic** (nyssra-nordic.org) supports the development of Nordic ski sports across the state including biathlon, cross country skiing and ski orienteering. Visit their website for membership, schedule of programs and races, list of all NYSSRA clubs and more information.

Take a lesson. Lapland Ladies Love to Ski clinics for beginner to intermediate skiers in classic technique are Jan. 25 and Feb. 8, and skate technique is February 29. Full-day clinics for women taught by women with lessons, games, lunch and a group ski. It is always fun.

Garnet Hill has group tours that meet daily at 10am and 2pm, plus classic, skate and backcountry ski lessons by appointment. Their Kid's Club for ages 5-12 meets on Saturday and Sunday from 10am-2pm.

At Mt. Van Hoevenberg, if you're looking to improve on your skiing skills, Snow Dogs is your best bet. This six-week program covers ski skills and builds a base for exploration and personal growth. Instructors lead



ONE OF MANY HAPPY SKIERS AT LAPLAND LAKE IN EARLY DECEMBER.
LAPLAND LAKE

this group in two different sessions, classic technique and skate skiing. It meets on Fridays, January 3 to March 1 from 10am-12pm.

Cascade hosts their popular Full Moon Ski Parties with night skiing, bonfires, food and hot chocolate. Dates for 2020 are Jan. 11, Feb. 8 and March 7.

Dewey Mountain hosts the Tuesday Night Race Series, Saranac Lake Winter Carnival ski and snowshoe races, and the Adirondack Snowshoe Festival on Feb. 22-23 (Sunday events at Paul Smith's College VIC).

Osceola is dedicated to the best cross country skiing possible. They offer skiing with plenty of Tug Hill snow on 40K of trails groomed daily.

With this wintery weather upon us, consider cross country skiing this season. Try a lesson. And maybe you will be asked these questions: Where were you over the holidays? What did you do after work? Where were you this past weekend? And you can answer with, "I CROSS COUNTRY SKIED!" See you out there on the snow! ❄️

Jan Mares (scrimper78@gmail.com) of Saratoga Springs has been a XC ski instructor for 12 seasons and is PSIA certified. She works full-time as a radiation therapist at Glens Falls Hospital. Jan has been married to Phil for 34 years, and they have four children, Carissa, Alicia, Patsy and Seth.

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CDYMCA - GUILDERLAND BRANCH

By Mona Caron

We're a few weeks away from 2020. Are you thinking about your New Year's resolutions? "Staying Fit and Healthy" and "Losing Weight" are the top two resolutions to be made and broken. After the holiday revelry, we all resolve to eat better, exercise, lose a few pounds, etc. Make 2020 the year you achieve your fitness and health goals!

One way to ensure success is to make goals reasonable and attainable. A goal of "losing weight" is too open-ended, but if you decided that losing five pounds the first month was your goal, you would have an easier time reaching it.

Another way to ensure your success is to not go it alone. It's easy to get pulled away with family and work obligations and not work out. Especially when the daylight hours are so short. Accountability to someone at the start of a fitness regimen is a key to meeting your goals. The social aspects of gyms and classes will motivate you during your workout and keep you coming back.

If you're not making resolutions, you can still change things up from your normal routine. Eliminate the following from your vocabulary: I'm not fit enough (to try spinning if you're a runner); it's scary (to try TRX); I don't have time (to go to yoga) - you get the idea. Now is the perfect time to try something new, because many others are also joining in at this time of year!

Join a gym or fitness studio or register for a boot camp or personal training sessions. Many of these options will have

introductory offers or a complimentary personal training session for new members.

In the Greater Capital Region, there are nearly two dozen branches of YMCA networks such as the **Capital District YMCA**, **Saratoga Regional YMCA** and **Glens Falls Family YMCA**, and **Fulton County YMCA**. Membership at a YMCA offers fitness and community support for individuals and families. Most facilities include group fitness classes, yoga and Pilates, free weights, cycling classes, cardio equipment such as treadmills, elliptical or stair climbers. Some branches have pools with open swimming, masters swim classes, aqua aerobics and more.

Plus, the YMCA offers the "SilverSneakers" fitness program, a proven, results-oriented program for older adults. It improves overall well-being and strength, offers a social calendar, and is provided by health plans at no additional cost. SilverSneakers includes kettlebell, boxing, an array of swimming and water aerobics classes, and much more.

YMCA memberships include child care, nutrition and wellness professionals, locker rooms and showers, so there are no excuses to be made. Check out cdymca.org, srymca.org, glensfallsymca.org and fultoncountyyymca.org.

If a full service health club is not what you're looking for, a great option for you is a fitness or boot camp style workout. These cardiovascular and strength training workouts offer variety, motivation, and calorie and fat burning exercises that can supplement other sports you do.

Rock Your Fitness in Malta is one such example of a terrific total body, high energy workout. Instructor and owner of Rock Your Fitness, Becky Weyrauch, incorporates kettlebells,

medicine balls, TRX, battling ropes and more, alongside traditional pushups, jump ropes, running, squats and lunges for a unique, fun and sweaty workout in every class. For newbies or anyone who's nursing an injury, there's always a modification provided for each exercise. Participants of all ages, abilities and interests can build strength, use different muscle groups, and improve cardiovascular health while working out to music.

As a longtime "Rock Fitter," this cross-training class has happily kept me coming back for nearly 10 years, helping me stay injury-free while running weekly. Sessions are six weeks long, with options to join one, two or three sessions a week. Visit rockyourfitnessny.com.

Yoga is much more accessible than ever before - it's a physical, mental, and spiritual practice and discipline that originated in India. The most well-known types of yoga are hatha and vinyasa, however there are different varieties of schools, practices and goals - including 'yoga for athletes,' so find something to suit your needs. The expertise of a trained yoga instructor can also help improve the physical and mental aspects of running, bicycling or any sport you do. You'll find a schedule of yoga classes at the YMCAs and most gyms.

Socializing with fitness friends can be a lot of fun. Anyone who has experienced the social aspect of training together, working toward conquering difficult physical feats and challenging yourself, understands that this fosters a community spirit. Work hard and play harder. Use this new year to improve your health, reach fitness or race goals, or try something new. Happy 2020! 🌱

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NON-MEDICATED LIFE

STENTS and Prevention of Heart Attacks



By Paul E. Lemanski, MD, MS, FACP

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

In the first 91 installments of the *Non-Medicated Life*, certain dietary practices and a healthy lifestyle have been shown to accomplish naturally for the majority of individuals most of the benefits of medications in the prevention and treatment of chronic medical conditions such as hypertension, high cholesterol, pre-diabetes, diabetes and heart disease. For those at highest risk, including those with documented established coronary artery disease, maximal lifestyle improvement as well as medication has been the general recommendation of this column.

Recently, the results of a new study of stable heart patients comparing optimal medical therapy (OMT) of coronary artery disease with the invasive approach of STENT placement corroborates this general recommendation. OMT includes optimal medications to reduce cholesterol and blood pressure, aspirin, and diet and lifestyle improvement including daily exercise, weight loss when obese and tobacco cessation.

Indeed, the study, called the ISCHEMIA trial, suggests that with respect to cardiovascular outcomes including heart attack, and heart attack death, OMT alone is no different than OMT and STENT placement. Thus, contrary to popular belief, the invasive approach of STENT placement in the coronary arteries of stable heart patients does not help prevent a heart attack or heart attack death beyond what can be accomplished with diet, exercise and medication alone.

While a significant majority of coronary artery disease patients fall into this stable category, it is important at the onset of the discussion to describe what a coronary artery STENT is, and emphasize that STENT placement in an unstable patient (someone having increasing symptoms or presenting with a heart attack) can be life-saving and even in a stable patient can have a major impact on quality of life, due to a reduction or elimination of exercise-induced chest pain. Only the assessment of one's cardiologist and primary care physician can reliably determine who may or may not be an appropriate candidate for a STENT.

A coronary artery STENT is an expandable metal lattice resembling a short, thin tube which is introduced into a narrowed heart artery to re-establish normal blood flow past a cholesterol plaque. Cholesterol plaques grow within the walls of diseased heart arteries and may narrow the lumen or central space of the artery where blood flows.

Prior to placement, the STENT surrounds a collapsed balloon at the end of a long thin tube known as a catheter. A cardiologist threads the catheter through the arteries of the leg or arm back toward the heart and finally down the arteries of the heart itself to the area of narrowing. Once in position, the balloon is inflated thereby expanding the metal lattice to flatten the cholesterol plaque. (Alternatively, the flattening may first be done by a balloon without STENT, and repeated by a balloon with STENT.) The balloon is then deflated, the catheter removed, and the expanded STENT remains to continue flattening the plaque, thereby reducing the narrowing and re-establishing normal blood flow.

The ISCHEMIA trial failed to show that a STENT reduced cardiovascular death, heart attack, unstable chest pain, or heart failure among patients with stable coronary artery disease. More specifically, stable disease meant the frequency of exertion-induced

Editor's Note: This is the 92nd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

chest pain and the degree of activity required to induce the pain was similar week to week. Stable disease was also defined as moderate to severe ischemia (the heart muscle downstream from a plaque not getting enough blood) on stress testing.

The ISCHEMIA trial corroborated the findings of the COURAGE trial from 2007 that also found no survival benefit to STENT placement over OMT. COURAGE, however, had flaws in study design that called some of its conclusions into question. Those design flaws were addressed by the ISCHEMIA trial.

From a pathophysiological perspective, however, the ISCHEMIA trial makes some sense. It has been known for years that the majority of heart attacks occur from blood clots that form on smaller rather than larger cholesterol plaques. For example, a cholesterol plaque that narrows the artery lumen (where the blood flows) by 30% is much more likely to be the cause of a heart attack than one that narrows the artery 90%. This is because the smaller plaque is compositionally different than the larger plaque, the former containing more oxidized extracellular lipid, the latter containing more smooth muscle cells and calcium. Oxidized lipid may make plaque more likely to crack and tear the inner most cell layer of the artery wall allowing platelets to form a clot on top the tear.

While more heart attacks occur with smaller plaques, it is the larger plaques that significantly narrows the artery that causes symptoms of exertion induced chest pain or angina. STENTS are only approved for use with larger plaques, thus they do not treat the actual cause of heart attack in stable patients.

What then does successfully treat the smaller plaques that are the actual cause

of heart attacks? Preventing heart attacks requires maximally reducing the LDL or bad cholesterol, reducing the blood pressure, stopping tobacco, and improving metabolic parameters. All part of optimal medical therapy (OMT) with medication and aggressive lifestyle improvement, including improvement of body weight when elevated, a heart healthy diet and daily exercise. Indeed, the Lyon Diet Heart Study using a high omega-3 Mediterranean diet, as compared to a prudent Western diet, reduced cardiac death and non-fatal heart attack by 70%.

In summary, the prevention of heart attacks requires maximally aggressive lifestyle improvement, and in those with established coronary artery disease maximal lifestyle improvement and medication. STENTS do not prolong life or prevent heart attacks in those with stable disease, but may be life-saving in those with unstable disease or those presenting with a heart attack. STENTS will, however, reduce exertion-induced chest pain frequency and severity, and thereby improve the quality of life.

Lifestyle improvement, medication, and STENTS are part of the armamentarium for the treatment of coronary artery disease, but invasive treatment should be reserved for those for whom it is most appropriate. 🌱

Paul E. Lemanski, MD, MS, FACP (plemanski3@gmail.com) is a board-certified internist practicing internal medicine and lifestyle medicine in Albany. Paul has a master's degree in human nutrition, he's an assistant clinical professor of medicine at Albany Medical College, and a fellow of the American College of Physicians.

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 **ATHLETE PROFILE**

Andrew Weibrecht

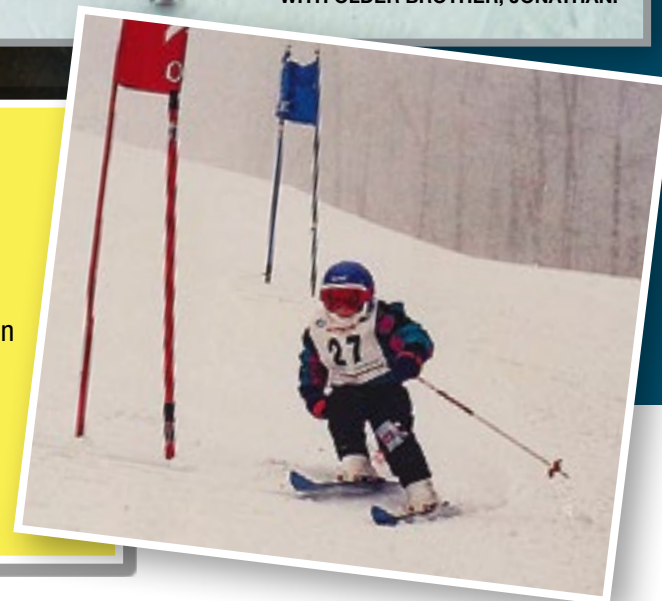


ADALINA, ANDREW, DENJA AND SILJE.



WITH OLDER BROTHER, JONATHAN.

RESIDENCE: Lake Placid
AGE: 33
FAMILY: Wife, Denja; Daughters, Adalina and Silje
CAREER: Retired three-time Olympian and World Cup skier
PRIMARY SPORT: Alpine skiing
SECONDARY SPORTS: Fishing, hunting, hiking, biking



By Sandy Caligiore

It's Wednesday afternoon and Andrew Weibrecht can be found on the first floor of his family's Mirror Lake Inn Resort and Spa, behind the front desk and the display of his two Olympic medals, learning the hotel's reservation system.

But if it's Friday, the Olympic silver and bronze medalist enters the weekly marketing meeting and takes his seat with six other colleagues, including wife Denja, whose father, Jay, was an Olympic ski jumper. Together, the group plots the resort's future course and branding initiatives.

On the weekend, husband and wife move about The View Restaurant inside the Mirror Lake Inn during breakfast hours, meeting, greeting and seating guests, pouring a fresh refill and engaging visitors on topics ranging from skiing (naturally) to hiking to fishing to just chilling out.

But it could be any day of the week when Andrew can be found skiing with hotel guests at nearby Whiteface Mountain, guiding them around the greatest vertical drop in the East. It's where the 33-year-old learned his craft together with brothers Jonathan and Ethan, and where Andrew started his ski racing career with the NY Ski Educational Foundation as a grade school student.

He's also keen on spending time at Whiteface Mountain with Denja and oldest daughter, Adalina, now approaching her fourth birthday. And one day soon, they will be joined on the slopes by 18-month-old, Silje.

This hardly sounds like retirement. Rather, it's the new life of the War Horse, as he was known in his racing days. Sixteen years with the United States Ski Team, highlighted by the two Olympic medals in Super G, ended in the spring of 2018 after his third Olympic appearance. Time away from a growing family and numerous injuries (shoulders, knees and ankles) that prevented him from training and preparing properly, made the decision easy.

The years of rehabbing, racing, packing, traveling and moving in and out of hotels took their toll; his competitive skiing days ended shortly after the 2018 Winter Games in South Korea.

Andrew followed that decision with the completion of his bachelor's degree at Dartmouth College. At 31 years of age at the time, he pondered sitting in classrooms with 18- and 20-year-olds. "I'm anxious to see what's going on in that world," he quipped at the time. He completed his degree just fine and graduated in 2018 with a degree in Earth Sciences.

However, even before receiving his diploma, Andrew was beginning to transition, taking a more prominent role in the

iconic Four Diamond inn that has been nurtured by his parents Ed and Lisa Weibrecht since the late 1970s. "I'd been involved at the Mirror Lake Inn in a small capacity prior to retiring when I was off the road," he said. "Since I've retired, I've picked up on that and started doing some really interesting stuff with the crew here, helping out with marketing and guest services."

But retired or not, skiing is never far from his reach. Andrew continues to offer summer clinics at Mt. Hood in Oregon, in collaboration with his friend and former teammate Ted Ligety, himself a winner of two Olympic gold medals. Andrew can also be found in far-flung places such as Sugar Mountain in North Carolina where he conducts clinics each December. He has also been hired as a personal racing coach in the summer for American youth in the Southern Hemisphere.

But it's the special "Ski with Andrew" program, started by the Mirror Lake Inn last winter, that is most near and dear to him. The resort partners Andrew with hotel guests – at a premium charge – for an exclusive skiing experience at Whiteface Mountain. Guests can book him for a full or half day, in groups not greater than five. You see, at the family inn, personal experiences and exclusivity are integral to the brand. Ski with Andrew is no different. His skiing guests, with all that one-on-one time at Whiteface Mountain with Andrew, inevitably want the reluctant celebrity to regale in his competitive past.

Andrew introduced himself to the ski racing world on Nov. 30, 2006 with a hell-

bent run in the Beaver Creek, Colo. World Cup downhill. Starting near the end of the field, Andrew plunged and launched his way down the Birds of Prey course to a 10th place finish. The War Horse had arrived.

Andrew qualified for his first Olympic berth four years later in Vancouver. While the Olympic media was transfixed on established team stars Lindsey Vonn, Bode Miller and Ted Ligety, Andrew went about his own business as he has most of his life – that is, under the radar.

On the day of the Super G, Andrew wore bib number 3 and promptly raced into the early lead. "Then I watched the best ski race I've ever seen," he chuckled. Andrew's lead held up for the next seven racers until Bode Miller bolted down the Whistler course just .02 of a second ahead of him. Andrew held second place for another seven skiers, and then watched the legendary Norwegian Aksel Lund Svindal defeat everyone.

Nevertheless, Andrew was an Olympic medalist. When he returned home, Lake Placid feted him with a Main Street parade; Sports Illustrated included him on a post-Games cover; and the Mirror Lake Inn displayed his bronze medal behind the front desk for all guests to see. Then the picture changed.

The blonde charger missed most of the following season with injuries to both shoulders. It marked the start of four seasons where he was beset by physical problems that impacted his training and racing. As the 2014 Games approached, Andrew was an after-thought. So much so, that his selection



GROWING UP SKI RACING.

to the American ski team was not guaranteed. However, the coaching staff had faith in his current form and brought him to Sochi.

As those high-priced Olympics in Russia drew near, Andrew, in a pre-event camp with Ted Ligety, seemed to find something and brought it to the Olympic Super G on a warm, sunny morning. However, four years after wearing number 3, his ranking dropped and Andrew wore bib 29 on race day.

As he stood in the start house awaiting his run, the top three were already being celebrated in the finish area: first was Kjetil Jansrud of Norway, in a second-place tie were Bode Miller and Jan Hudec of Canada. As he looked up the hill, Miller, standing next to Jansrud, then stunned the Norwegian, "Weibrecht could win this right now." Jansrud responded, "You're not kidding, are you?"

Miller was dead serious and as Andrew attacked the course, he was faster than everyone at each intermediate time. An Olympic gold medal was in sight. But the warm, soft snow at the end of the track at Rosa Khutor created slower conditions and cost him precious fractions of a second. Nevertheless, Andrew was firmly in the silver medal position, and once again, shared an Olympic podium with his friend, Bode Miller.

The Sochi shockwave was palpable. The athlete considered to have no chance thrust himself onto the medal stand once again. In the post-race press conference adjacent to the race hill, Andrew was asked, "In light of all the injuries since Vancouver, did you ever contemplate retirement?" He responded, "Yes. As recently as last night."

In the aftermath of the race, the Los Angeles Times wrote, Andrew "is only 28 but has had more body work done than a rent-a-wreck." He was healthy enough, however, to receive another Main Street parade and have his silver medal placed next to the bronze behind the inn's front desk.

It seemed the achievement, coupled with better health, created a second wind, of sorts, for the embattled ski racer. Over

the next two seasons, he was a fixture in the top five of World Cup Super G events, highlighted by third place at Beaver Creek, and a runner-up finish on the famous Streif in Kitzbuehel, Austria. In fact, Andrew contended for the overall World Cup title in the discipline.

His career was such that he has been admired as a big-event athlete. Andrew is part of a small group of athletes who have won multiple Olympic medals. For his achievements, he was inducted last April into the U.S. Ski and Snowboard Hall of Fame and Museum. In addition, Andrew was also inducted into the Lake Placid Hall of Fame, joining the likes of the 1980 U.S. Hockey Team, figure skater Scott Hamilton, and others of similar repute.

In the meantime, he has further immersed himself in the Mirror Lake Inn that he came to know so well in his youth. Under his parents' guidance, the property has expanded and flourished over the years, ultimately achieving the AAA Four Diamond Award of "Excellence" for the past 35 consecutive years. Similarly, the inn's signature restaurant, "The View," has earned the prestigious Four Diamond Award for 12 straight years.

While skiing has taken him to every corner of the globe, it was his longing for home that always brought him to this place, making significant contributions in various aspects of the family business with each passing week. When you call in your reservation, please pay attention. You never know who will be on the other end of the line. 🌲

Sandy Caligiore (sandy@mirrorlakeinn.com) is Mirror Lake Inn's PR representative, who also handles the same chores for the U.S. Luge Team. He's been to seven Winter Olympics in various media roles dating back to 1980, and witnessed Andrew's two Olympic medals in person.

Ski with an Olympian

Learn race techniques from Andrew Weibrecht ... then try to beat him.

Learn how to race from three-time Olympian and two-time Olympic medalist Andrew Weibrecht at Whiteface Mountain.

Register to free ski on March 15 from 10-11:30 a.m., then compete in a recreational dual giant slalom race from 1:30-3 p.m. (Yes, Andrew's in it.) The cost to participate is \$100 per skier (\$75 for season ticket holders); the free ski and race are limited to the first 50 registrants. Call 518-456-9474.

Included in the registration is a lift ticket, free ski, race, and post-race reception.

Just want to ski? Get a half-priced lift-ticket for March 15 with a \$10 donation to Make-A-Wish® Northeast New York.

Lake Placid's world-famous Mirror Lake Inn will be offering a special rate to participants. And ask about the raffle!

The day of skiing is made possible by ORDA, Whiteface Mountain and Andrew Weibrecht, who serves as a member of the Make-A-Wish Northeast New York Board of Trustees.



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CALENDAR OF EVENTS

DECEMBER 2019 TO FEBRUARY 2020*

*Events beyond this range are advertisers in this issue.

ALPINE SKIING & SNOWBOARDING

ONGOING

Wed "Why Not Wednesdays." Bring unopened Dasani bottled water (donated to food pantry) & ski for \$52. Gore, North Creek. 518-251-2411. goremountain.com.

Sa-Su January Recreational Racing. 10am-2pm. Free. Ski/ride carve course on Arena. Gore, North Creek. 518-251-2411. goremountain.com.

DECEMBER

15 High Peaks Cyclery's Alpine Touring & Telemark Skiing Demo Day at Whiteface. 9am-4pm. Free demos of new AT & Tele boots, skis. Free clinics throughout the day. Must have a lift ticket. Whiteface, Wilmington. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.

15 Santa's Ski/Ride Free & Toy/Coat Drive. Dress as Mr./Mrs. Claus (ski free) or bring a new/gently-used winter coat or a new toy (\$10+ value) (ski or gondola ride 50% off). Santa's group photo (10am). Boy Scouts & Saranac Lake Key Club. Whiteface, Wilmington. 518-946-2223. whiteface.com.

21 Adirondacker's Log Jam. Skier, boarder, M/F, age group prizes. Costume prizes for flannels, beards, overalls & Adk attire. Gore, North Creek. 518-251-2411. goremountain.com.

27-31 Willard Holiday Race Camp. Willard Mountain, Easton. 518-692-7337. willardmountain.com.

JANUARY

18-19 MLK Holiday Weekend Camp. Ski/ride fun with skills for kids age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

19 Torchlight Parade & Fireworks. Dusk. Food/drink/music. Gore, North Creek. 518-251-2411. goremountain.com.

21-26 Take Your Kids to Gore Week. Age 19-under DH or XC ski/ride/snowshoe free w/full-paying parent. Gore Mountain & Nordic Center, North Creek. 518-251-2411. goremountain.com.

25-26 Skiing/Riding Clinics for Women. All levels welcome. Gore, North Creek. 518-251-2411. goremountain.com.

FEBRUARY

1-2 Master the Mountain: Skiing/Riding Clinics. Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.

3-7 Hole Shot NorAm Snowboard/Skicross. Freestyle competitions on new Wild Air cross course. Gore, North Creek. 518-251-2411. goremountain.com.

7 "Chicks on Sticks." Benefit ski bus trip to Bromley w/dinner for Southwestern Vermont Regional Cancer Center. Alpine Sport Shop: 518-584-6290. alpinesportshop.com.

7 "Women of Willard." Benefit ski bus trip to Bromley w/dinner for Southwestern Vermont Regional Cancer Center. Willard Mountain: 518-692-7337. willardmountain.com.

8 Mini-Shredders Jibfest. 12pm. Family-friendly ski/ride freestyle competition for age 10-under on Jibland terrain park. Free. Gore, North Creek. 518-251-2411. goremountain.com.

8-9 Master the Mountain: Skiing/Riding Clinics. Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.

15-16 President's Weekend Holiday Camp. Two days of skills/fun for age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

17-21 Willard President's Week Race Camp. Willard Mtn., Easton. 518-692-7337. willardmountain.com.

18-20 President's Week Holiday Camp. Three days of skills/fun for kids age 4-12. Gore, North Creek. 518-251-2411. goremountain.com.

22-23 Skiing/Riding Clinics for Women. All levels welcome. Gore, North Creek. 518-251-2411. goremountain.com.

29-3/1 Master the Mountain: Skiing/Riding Clinics. Explore new terrain, overcome fears. Gore, North Creek. 518-251-2411. goremountain.com.

MARCH

15 Ski with Olympian Andrew Weibrecht. Ski w/Andrew: 10-11:30am. Recreational Dual GS Race w/Andrew: 1:30-3pm. \$100/skier (\$75 season passholders); all proceeds benefit Make-A-Wish Northeast NY. Limited to first 50 skiers. Just want to ski? Get half-price lift ticket for 3/15 w/\$10 donation to Make-A-Wish. Whiteface, Wilmington. Register: 518-456-9474. neny.wish.org.

BICYCLING: ROAD, MOUNTAIN & FAT

ONGOING

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

Thu GGB Movie Night Workout. 6pm. Bring bike/trainer. Casual spin & movie. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

Sat GGB Morning Workout. 8am. Bring bike/trainer. 90min high intensity. Grey Ghost Bicycles, Glens Falls. 518-223-0148. greyghostbicycles.com.

DECEMBER

19 A Night with USA cycling, Olympic-hopeful Emma White. Meet, greet, live SENS Fitness podcast. 6:30pm. Hosted by CDTC & CBRC. RSVP required. Infinity Athletics, Albany. facebook.com/events.

JANUARY

11 Gurney Lane Fat Bike Day & 5K Snowshoe Run/Walk. Fat Bike Day: Fun Group Ride (12pm), 10M & 5M Races (1pm), Frozen Ring Donut Race (2:30pm). Snowshoe race (10am). Grey Ghost Bicycles: demos available. Dion Snowshoes: rentals available. Gurney Lane Recreation Area, Queensbury. bikereg.com. runreg.com.

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CROSS COUNTRY SKIING & NORDIC SPORTS
ONGOING

- Tue Gore Citizen XC Ski/Snowshoe Race Series.** 1/14-2/18. 6pm. XC ski (classic/skating) or snowshoe run/walk. Gore Nordic Center, North Creek. goremountain.com.
- Tue Tuesday Night Race Series.** Dewey Mountain, Saranac Lake. 518-891-2697. deweymountain.com.
- Wed Outdoor & Active for Adults XC Ski & Snowshoe.** Dewey Mtn., Saranac Lake. 518-891-2697. deweymountain.com.
- Thu Dewey Youth Ski League.** Dewey Mountain, Saranac Lake. 518-891-2697. deweymountain.com.
- Sa-Su Winter Weekend Backcountry Ski Guided Tours.** Fun outings to learn local history & discover new trails. Garnet Hill Lodge, North River. Info/Register: 518-251-2444. garnet-hill.com.

DECEMBER

- 14 Ski Orienteering Season Opener.** Lapland Lake, Northville. Eric Hamilton: 518-371-7548. skio.nyssranordic.org.
- 14 High Peaks Cyclery's Nordic Ski Demo Day at Van Ho.** 10am-3pm. Free demos of this year's ski equipment. Learn to Nordic/cross-country ski. Mt. Van Hoevenberg, Lake Placid. High Peaks Cyclery: 518-523-3764. highpeakscyclery.com.
- 14 Open House at High Peaks Cyclery.** 4-6pm. Food/drink & fun. High Peaks Cyclery, Lake Placid. 518-523-3764. highpeakscyclery.com.
- 15 Gore 5K Snowshoe Race & 2.5K Snowshoe Fun Run/Walk.** 2pm. Gore Nordic Center, North Creek. 518-251-2411. skireg.com.
- 16 Dewey Ski Prep & Waxing Clinic.** 5:30pm. Dewey Mtn., Saranac Lake. 518-891-2697. deweymountain.com.
- 21 Van Ho Citizen XC Ski Race Series #1.** 1pm. Mt. Van Hoevenberg, Lake Placid. mtvanhoevenberg.com.
- 21-22 Harry Eldridge NYSEF XC Ski Races & JNQ.** 9am. Sat: classic. Sun: skate. Mt. Van Hoevenberg, Lake Placid. skireg.com.
- 29 Lapland Lake Sprint XC Ski Races.** 10am. Classic. Lapland Lake, Northville. skireg.com.
- 29 Polar Bear New Year's Resolution XC Ski Race.** 12pm. 5K/10K freestyle & Bill Koch Youth Ski League. McCauley Mountain, Old Forge. 315-369-3240. skireg.com.

JANUARY

- 4 Shenendehowa Classic XC Ski Race.** 10K: 11am. 5K citizens race & Bill Koch Youth Ski League: 12:30pm. Hosted by Shen Nordic Club. Saratoga Biathlon Club, Hadley. (No snow backup location: Gore Nordic Center.) Eric Hamilton: 518-371-7548. skireg.com.
- 4 Saturday Bus Trip: Cascade & Van Ho.** Capital Area Ski Touring Assn. Cascade & Mt. Van Hoevenberg, Lake Placid. Signup: carolebms@gmail.com. nycasta.org.
- 4-5 Gore Learn to XC Ski Weekend.** 11am & 1pm. Includes trail pass, rental & lesson. Gore Nordic Center, North Creek. 518-251-2411. goremountain.com.
- 5 GHN-ADK Vauhti XC Skiathlon.** 11am. 5K classic, followed by 5K skate. Saratoga Biathlon Club, Hadley. skireg.com.
- 10 Full Moon Party.** 7pm. XC skiing & snowshoeing. Gore Nordic Center, North Creek. 518-251-2411. goremountain.com.
- 11 HURT Mega Relay XC Ski Race.** 10am. Garnet Hill Lodge, North River. hurtnordicskiing.com.
- 11 Moonlight XC Ski & Snowshoe.** 6-9pm. Wilton Wildlife Preserve & Park, Wilton. 518-450-0321. wiltonpreserve.org.
- 11 Full Moon Ski Party.** 8pm-2am. XC ski, bonfire, food/drink, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 18 Van Ho Citizen XC Ski Race Series #2.** 1pm. Mt. Van Hoevenberg, Lake Placid. mtvanhoevenberg.com.
- 18-19 NYSSRA-Nordic Ski Races & Mid-Atlantic JNQ.** 9am. Gore Nordic Center, North Creek. goremountain.com.
- 25 Lapland Ladies Love to Ski: Classic Clinic.** 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 25 Saturday Bus Trip: Garnet Hill.** Capital Area Ski Touring Assn. Garnet Hill Lodge, North River. Signup: carolebms@gmail.com. nycasta.org.
- 25 Charles Lamendola Classic XC Ski Race.** 10:30am. 10K/7.5K classic & Bill Koch Youth Ski League. Trenton Fish/Game Club, Holland Patent. skireg.com.

FEBRUARY

- 1 Saturday Bus Trip: Mountain Top.** Capital Area Ski Touring Assn. Mountain Top, Chittenden, VT. Signup: carolebms@gmail.com. nycasta.org.

- 8 Lapland Ladies Love to Ski: Classic Clinic.** 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.
- 8 Full Moon Ski Party.** 8pm-2am. XC ski, bonfire, food/drink, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.
- 9 Nino Manzella Memorial HURTathon XC Ski Race.** 10am. Brookhaven Golf Club, Greenfield. hurtnordicskiing.com.
- 16 Glenville Hills Classic XC Ski Race.** 10am. Adult, teen & Bill Koch Youth Ski League. 2977 Ridge Rd, Glenville. skireg.com.
- 22 Van Ho Citizen XC Ski Race Series #3.** 1pm. Mt. Van Hoevenberg, Lake Placid. mtvanhoevenberg.com.
- 22-23 NYSSRA Champs: Great Sacandaga Mini-Marathon XC Ski Races.** 11am. Sat: 30K/15K freestyle. Sun: 3x3K freestyle club relay. Saratoga Biathlon Club, Hadley. saratogabiathlon.com.
- 29 Lapland Ladies Love to Ski: Skate Clinic.** 9:30-2:30. Beginner/intermediate female skiers. Age 18+. Lapland Lake, Northville. 518-863-4974. laplandlake.com.

MARCH

- 7 Saturday Bus Trip: Viking.** Capital Area Ski Touring Assn. Viking, Londonderry, VT. Signup: carolebms@gmail.com. nycasta.org.
- 7 Full Moon Ski Party.** 8pm-2am. XC ski, bonfire, food/drink, music. Cascade, Lake Placid. 518-523-1111. cascadeski.com.

HEALTH & FITNESS
ONGOING

- Daily Rock Your Fitness: Total Body Training.** 12/2-1/18 & 1/20-2/29. Saratoga-Wilton Soccer Center, Malta. 518-522-9765. rockyourfitnessny.com.

DECEMBER

- 15 Poses & Pints for the Community: Yoga & Beer @ Unified.** 10:30-11:30am. Proceeds to St. Catherine's School for Children. All level yoga class in taproom, followed by craft beer. Lexee Marini, certified yoga teacher. All welcome, bring a mat. Unified Beerworks, Malta. facebook.com/events.

MARCH

- 21-22 15th Adirondack Sports Summer Expo.** Sat: 10-5. Sun: 10-4. 150 exhibitors. Free. Saratoga City Center, Saratoga Springs. adksports.com.

continued

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CALENDAR OF EVENTS

CONT. FROM PG 15

HIKING, CLIMBING & SNOWSHOEING

ONGOING

Sa-Su Winter Weekend Snowshoe Guided Tours. Sat, 1pm: Balm of Gilead (2hrs). Sun, 10am: Hooper Mine (1.5hrs). Fun outings to learn local history & discover new trails. Garnet Hill Lodge, North River. Register: 518-251-2444. garnet-hill.com.

DECEMBER

15 Winter 46 High Peaks Workshop. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
21 Map & Compass Fundamentals. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.

JANUARY

4-5 Wilderness First Aid. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
11 Moonlight Guided Snowshoe Tour. 5:45-8:30pm. Moonlight tour w/lakeside campfire w/food/drink. Age 18+. Lapland Lake, Northville. RSVP: 518-863-4974. laplandlake.com.
11-12 Winter Survival 101. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
 18 Adirondack International Mountain Festival. Ice climbing & mountaineering w/guest athletes, clinics (ice climb, mixed climb, alpine climb, snowshoe, avalanche awareness & slide climb), demos. Evening slideshow w/raffle-swig. Mountaineer, Keene Valley & Adk Rock/River, Keene. 518-576-2281. mountaineer.com.
18-19 Winter Survival 101. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
 18 SOLO Wilderness First Aid w/AWM. Nadinna Education Center, Greenfield Center. 518-378-5623. adkwildmed.com.
20 Map & Compass Fundamentals. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
25 Winter 46 High Peaks Workshop. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
26 Guided Day Hike: Sawteeth Mtn. 8am. 4,100' 12M. St. Huberts parking lot. ADK: 518-523-3480. adk.org.

FEBRUARY

8 Moonlight Guided Snowshoe Tour. 5:45-8:30pm. Moonlight tour w/lakeside campfire w/food/drink. Age 18+. Lapland Lake, Northville. RSVP: 518-863-4974. laplandlake.com.
8 Backcountry Snowshoeing for Beginners. 9am. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.
9 Guided Day Hike: Hurricane Mtn. 8am. 3,694' 6.8M. Hurricane Trailhead, Keene Valley. ADK: 518-523-3480. adk.org.
15 Guided Day Hike: Phelps Mtn. 8am. 4,161' 8.8M. Adirondak Loj, Lake Placid. ADK: 518-523-3480. adk.org.
 22 SOLO Wilderness First Aid w/AWM. Nadinna Education Center, Greenfield Center. 518-378-5623. adkwildmed.com.
23 Guided Day Hike: Esther Mtn. 8am. 4,240' 6.6M. Ausable Two Fly Shop, Wilmington. ADK: 518-523-3480. adk.org.

MARCH

7 Moonlight Guided Snowshoe Tour. 5:45-8:30pm. Moonlight tour w/lakeside campfire w/food/drink. Age 18+. Lapland Lake, Northville. RSVP: 518-863-4974. laplandlake.com.
14-15 Leave No Trace Workshop. Yurt Village, Lake Placid. ADK: 518-523-3480. adk.org.

ICE SKATING & SPEEDSKATING

DECEMBER

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

JANUARY

4-5 Charles Jewtraw All-Around Speedskating Championships. Olympic Oval, Lake Placid. lakeplacidsspeed.com.
 11-12 Irving Jaffee Speedskating Championships. Olympic Oval, Lake Placid. lakeplacidsspeed.com.

FEBRUARY

8-9 Jack Shea Sprint Speedskating Championships. 8am-12pm. 500m/1000m. Olympic Oval, Lake Placid. lakeplacidsspeed.com.
 29-3/1 1st Eric Heiden Speedskating Challenge. 500m-5000m races. Olympic Oval, Lake Placid. lakeplacidsspeed.com.

MULTISPORT: TRIATHLON & SWIMMING

DECEMBER

19 A Night with USA cycling, Olympic-hopeful Emma White. Meet, greet, live SENS Fitness podcast. 6:30pm. Hosted by CDTC & CBRC. RSVP required. Infinity Athletics, Albany. facebook.com/events.

SEPTEMBER

5-6 Lake George Triathlon Festival. Sat: Olympic, aquabike, relay. Sun: 70.3, aquabike, relay. Battlefield Park, Lake George. Register by 12/31 to avoid price increase: adkracemgmt.com.

OTHER EVENTS

ONGOING

Daily Camp Chingachgook. Summer adventure trips, overnight camp, day camp, teen leadership programs. Registration open: 518-656-9462. lakegeorgecamp.org.

DECEMBER

28 Horse Drawn Sleigh Rides. Along a scenic, private road, passing beautiful Woods Lake. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.

JANUARY

4 Horse Drawn Sleigh Rides. Along a scenic, private road, passing beautiful Woods Lake. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.

18 Horse Drawn Sleigh Rides. Along a scenic, private road, passing beautiful Woods Lake. Lapland Lake, Northville. Register: 518-863-4974. laplandlake.com.

30-2/2 40th EMPIRE STATE WINTER GAMES. Adaptive alpine, adaptive biathlon, adaptive bobsled, adaptive XC skiing, adaptive sled hockey, alpine skiing, alpine combi race, Titus ski race, biathlon, bobsled, XC skiing, e-sports open tournament, figure skating, women's hockey, luge, skeleton, ski/board cross, ski/freestyle moguls, ski jumping, Nordic combined, ski orienteering, snowshoeing, speedskating. 518-523-2445. empirestatewintergames.com.

FEBRUARY

7-9 McCauley Mountain Winter Carnival. Main Street parade & ice skating party. King/queen coronation, torchlight skiing, daredevil jumpers, fireworks & dance at McCauley Mtn., Old Forge. 315-369-6983. oldforgeny.com.



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17-21 Camp Chingachgook Winter Camp. Winter break fun for age 7-15 exploring the great outdoors and relaxing in cozy lodges. Snow tubing, crafts, cooking, snowshoeing, music, games, ice fishing, gaga ball & fireside time with friends. Camp Chingachgook on Lake George, Kattskill Bay. lakegeorgecamp.org.

29 Inlet's Frozen Fire & Lights. Free sledding, ice skating, snowshoeing & XC skiing at Fern Park. Bonfires, king/queen coronation, cardboard sled race, kite flying, fireworks, live music, food/drink, happy hour. American Kitefliers Association w/kite decorating workshop & learn correct way to fly kites. 315-357-5501. inletny.com.

MARCH

21-22 15th Adirondack Sports Summer Expo. Sat: 10-5. Sun: 10-4. 150 exhibitors. Free. Saratoga City Center, Saratoga Springs. adksports.com.

RUNNING, TRAIL & SNOWSHOE RUNNING ONGOING

Tue Citizen Snowshoe/XC Ski Race Series. 1/14-2/18. 6pm. Snowshoe run/walk or XC ski (classic/skate). Gore Nordic Center, North Creek. goremountain.com.

Wed FFRC: Evening Runs. 6pm. Confirm location. Fleet Feet, Albany & Bailey's, Saratoga. Fleet Feet: 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

Sat FFRC: Morning Runs. 8am. 20% off apparel. Confirm location. Fleet Feet, Albany & Malta. 518-459-3338 & 518-400-1213. fleetfeetalbany.com.

DECEMBER

14 Jingle Bell 5K Run/Walk. 8am. Festive race for charity. Halfmoon Town Park, Halfmoon. events.arthritis.org.

15 Ugly Sweater 5K Run/Walk. 1pm. Ugly sweaters encouraged. Post-race refreshments. Also, Kids' Fun Run. Benefit for Schuylerville (Central Schools) Drama Club. Warming Hut, Saratoga Spa State Park, Saratoga Springs. finishright.com.

15 Gore Ski Bowl 5K Snowshoe Run/Walk. 2pm. Gore Nordic Center, North Creek. goremountain.com.

21 ARE Adventure Race. 4-8M. 10:15am. Dippikill Wilderness Retreat, Warrensburg. areep.com.

31 Saratoga Arts' First Night 5K Run/Walk. 5:30pm. Family-friendly way to start your New Year's celebration. Athletic Complex, Skidmore College, Saratoga Springs. saratoga-arts.org.

JANUARY

1 **HMRR Winter Series #2: Hangover Half Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. University at Albany, Albany. hmrrc.com.

1 10th Big A's 5K Run/Walk. 10am. Glens Falls High School, Glens Falls. 518-798-0345. active.com.

4 Slippery Slope 5K Run/Walk Series #1. 9am. Hosted by LP XC Team. Lake Placid Middle/High School Gym, Lake Placid. 518-637-1250. active.com.

5 Get Rec'd 8K Snowshoe Race. Stratton Recreation Area, South Londonderry, VT. 801-843-2350. runreg.com.

11 **Gurney Lane 5K Snowshoe Run/Walk & Fat Bike Day.** Snowshoe Race (10am). Fat Bike Day: Fun Group Ride (12pm), 10M & 5M Races (1pm), Frozen Ring Donut Race (2:30pm). Dion Snowshoes: rentals available. Grey Ghost Bicycles: demos available. Gurney Lane Recreation Area, Queensbury. runreg.com. bikereg.com.

11 **34th FMRR Winter Wimp Foot Race.** 1pm. 4.4 or 2.2M snow or shine. Hagaman Fire House, Hagaman. 518-857-9025. zippyreg.com.

11 Nor'east Snowshoe 5K/10K Race. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com.

12 HMRR Winter Series #3: 3M, 10K, 25K. 10am. Phys Ed Bldg., UAlbany, Albany. hmrrc.com.

18 Nor'east Snowshoe 5K/10K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com.

19 Cock-A-Doodle-Shoe 5K & 10K Snowshoe Races. 10:30am. Kids' 0.5M Snowshoe Scramble: 10am. New Land Trust, Town of Saranac. cockadoodleshoe.com.

19 HMRR Winter Series #4: 3M, 15K, 30K. 10am. Phys Ed Bldg., UAlbany, Albany. hmrrc.com.

25 Mt Tom Snowshoe Scramble 5K & 10K Race. Mt. Tom State Reservation, Holyoke, MA. runreg.com.

25 Nor'east Snowshoe 5K Night Race. 6:30pm. Viking Nordic Center, Londonderry, VT. netrailruns.com.

26 Vermont Snowshoe for the Cure 5K Run & 3K Walk. Grafton Ponds, VT. graftonponds.com.

FEBRUARY

1 Polar Cap Run. 4M. 10am. Sacred Heart Parish Hall, Lake George. active.com.

1 Nor'East Trail 10K & 13.1M Snowshoe Race. 8am. Viking Nordic Center, Londonderry, VT. netrailruns.com.

2 **Saratoga Winterfest 5K Snowshoe Run/Walk.** 11am. Administration Bldg., Saratoga Spa State Park, Saratoga Springs. Laura Clark: 518-581-1278. saratogastryders.org.

2 HMRR Winter Series #4: 4.5M, 10M, 20M. Phys Ed Bldg., UAlbany, Albany. hmrrc.com.

8 **Camp Saratoga 8K Snowshoe Run.** 10:30am. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 518-581-1278. saratogastryders.org.

8 Slippery Slope 5K Run/Walk Series #2. 9am. Hosted by LP XC Team. Lake Placid Middle/High School Gym, Lake Placid. 518-637-1250. active.com.

14-15 Peak Snow Devil Snowshoe Races. 100M, 26.2M, 13.1M, 10K. Pittsfield, VT. peakraces.com.

16 Stone Bridge Caveman 6K & Extreme Caveman 15K Snowshoe Race. 10:30am. Stone Bridge & Caves, Pottersville. stonebridgeandcaves.com.

22 **32nd CF Climb.** First responders & relay: 8:30am. Team relay: 9:30am. Individuals: 10:30am. Benefits Cystic Fibrosis Foundation of Northeastern NY. Save \$5 w/ discount code: ADKSPORTS. Corning Tower, Albany. 518-453-3583. Register/Info: fightcf.cff.org/climbalbany.

22 Hoot Toot & Whistle 5K Snowshoe Race. 10:30am. Readsboro, VT. dionwmacsnowshoe.com.

22-23 **Adirondack Snowshoe Festival.** Sat, 1pm: 5K/10K Snowshoe Races & family activities at Dewey Mountain, Saranac Lake. Sun, 10:30am: 5K/15K Snowshoe Races & family activities at Paul Smith's College VIC, Paul Smith's. adksnowshoefest.com.

29 **Garnet Hill 5K Snowshoe Run/Walk.** Plus, 3K Citizen Snowshoe Run/Walk. Food/drink & free XC skiing. Garnet Hill Lodge, North River. garnet-hill.com.

MARCH

21 **40th Doc Lopez Run for Health: Half Marathon, 5K & 1M Walk.** A family-friendly event to benefit UVM Health Network/Elizabethtown Community Hospital. 13.1M: 9am - Keene Valley to Elizabethtown. 1M Walk: 10am & 5K: 10:30am - Elizabethtown. doclopezrun.com.

OCTOBER

11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** 8am. Expo: 10/10: 10am-5pm, Albany Capital Center. 26.2M: Schenectady to Albany. 13.1M: Colonie to Albany. mohawkhudsonmarathon.com.

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

32nd Annual CF Climb
To benefit the Cystic Fibrosis Foundation of Northeastern New York

Saturday, February 22 Corning Tower, Albany
Check-in Begins: 7:30 AM

First Responders: Individual & Relay - 8:30 AM
Team Relay - 9:30 AM
Individuals - 10:30 AM

Check-in one hour prior to race time
\$150 Fundraising Minimum

Register/Info: <http://fightcf.cff.org/climbalbany>
518.453.3583 ne-ny@cff.org

\$5 off registration fee with discount code ADKSPORTS

CF CLIMB
CYSTIC FIBROSIS FOUNDATION



Race Up 42 Floors Individually or Relay Team

DOC LOPEZ RUN for HEALTH

40TH ANNUAL **Half-Marathon, 5K and 1-Mile Walk**
Saturday, March 21 • Elizabethtown, NY

13.1M: 9am - Keene Valley to Elizabethtown via NY Rt. 73 & 9N
*Bus leaves Elizabethtown at 8:30am for Keene Valley

1M Walk: 10am & **5K:** 10:30am - Elizabethtown

Each participant receives a gift!
A family-friendly event • No pets please

Register: RunSignup.com

More Info: **DocLopezRun.com**
Register before March 8 to receive a race T-shirt and beat the fee increase.
To benefit the University of Vermont Health Network / Elizabethtown Community Hospital

MOHAWK HUDSON RIVER AND HANNAFORD HALF MARATHON
10.11.2020


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2020 Race the River Series!
Helderberg to Hudson Half (April 18) and Mohawk Hudson Marathon or Hannaford Half



Race Expo presented by: **ADIRONDACK SPORTS**

44th Annual **Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk**
Start the New Year right with a long run!
Wednesday, January 1 • 12noon
Phys Ed Building, University at Albany
Register: Day of race - all welcome!
HMRR: Free • Non-Members: \$5
Lee Hilt: LHHAGR@earthlink.net
www.hmrrc.com

Fulmont Roadrunners Club's 34th Annual **WINTER WIMP FOOT RACE**
Saturday, January 11 1:00 pm
4.4 or 2.2 miles • Snow or Shine!
Hagaman Fire House, 126 S. Pawling St, Hagaman (just north of Amsterdam)

Register online: zippyreg.com
Info/Entry Form: www.fmrrc.org
Day of race registration: 11am to 12:30pm
Special race souvenirs to first 100 registered
Questions? Rick Vertucci 518-857-9025
Portion of entry fee to James Dem Memorial Scholarship Fund.

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SNOWSHOE RUNNING *cont from 1*

designated event (many offer \$5 off registration for USSA members) or by running one of the ATRA trail races (trailrunner.com).

Locally, the Dion Snowshoe Series boasts five National Qualifier events. Early birds can attend the **Get Rec'd Snowshoe Race 8K** on January 5 at the Stratton Recreation Area in South Londonderry, Vt., featuring a mix of groomed ski trails and technical singletrack, all with significant Vermont hill-style climbs and descents - good practice for Leadville! Bring the family as there will be a free kids' dash afterwards (runreg.com).

Next up on January 19 is the **Cock-A-Doodle-Shoe 5K & 10K** at the New Land Trust in the Town of Saranac (not Saranac Lake). Trails are a mix of breezy open fields and wooded wide and narrow trails with a few steep ups and downs. This event has a reputation for being one of the coldest and snowiest on our calendar, so come prepared! Carpooling is recommended and those who desire collector's item rooster tees are encouraged to preregister, snail mail only. Enjoy a cozy fire-heated cabin and top-notch raffle prizes featuring plenty of warm socks! Kids have their own free half-mile race beforehand (cockadoodleshoe.com).

The last chance to qualify in January is the no-frills **Mt. Tom Snowshoe Scramble 5K & 10K** on Jan. 25 in Holyoke, Mass. Expect a two-loop hilly, singletrack route for the 10K, with permission to decide after the first go-around if you're game to hang on for the second. New this year will be a team competition with the fastest four scoring (runreg.com).

On February 8, Wilton Wildlife Park & Preserve's **Camp Saratoga 8K**, near Saratoga Springs, has a mix of groomed ski trails and hilly singletrack - and afterwards enjoy a buffet spread for runners and friends in a woodstove heated cabin. As a special bonus, Wilton boasts heated his/her flush bathrooms - a big deal in the woods in wintertime (saratogastryders.org)!

Get in some Leadville training at the **Stone Bridge Caveman 6K & 15K** on February 16 at Natural Stone Bridge & Caves in Pottersville. Both races begin on



2019 SARATOGA WINTERFEST 5K AT SARATOGA SPA STATE PARK, DION SNOWSHOES

ADIRONDACK SNOWSHOE FEST AT DEWEY MOUNTAIN. ROOST

a steep uphill over a course replete with equally challenging ascents and descents. To get an idea of the terrain, view the mini-series *Escape at Dannemora*, which utilized the area to film the outdoor scenes. Afterwards, take the short hike to view the icicled Stone Bridge, home of the largest marble cave entrance in the East (stonebridgeandcaves.com).

Although not part of the Dion Snowshoe Series, the **Adirondack Snowshoe Fest** on February 22 with a 5K and 10K at Dewey Mountain Recreation Center in Saranac Lake, and the following day a 5K and 15K at Paul Smith's College VIC is also a qualifier (adksnowshoefest.com). Dewey features twists and turns up and down the mountain, while the VIC showcases Adirondack ecosystems including ponds, open forests and swampland. This is a true family weekend with clinics, nature hikes, marshmallow roasts, scavenger hunts and snowshoe building crafts!

Good prep races for qualifiers include the **Gore Ski Bowl 5K** on December 15 at 2pm in North Creek. Do not let the early date stop you as the Gore Nordic Center has snowmaking. Use this as golden ticket to test out your gear and preview sections of the evening Citizens' Race Series (goremountain.com).

The **Gurney Lane 5K Snowshoe Race & Fat Bike Day**, on the groomed trails at Gurney Lane Recreation Area in Queensbury, greets the new year on January 11. Trails are typical curvy bike routes featuring ups and downs and mostly singletrack (runreg.com). Bring the family as there is a playground and sledding hill for the kids! Afternoon brings a fat bike Fun Group Ride, 10M and 5M Races, and Frozen Ring Donut Race (yes, ride lap, eat donut and repeat!), and Grey Ghost Bicycles will be there with some fat bike demos available (bikereg.com).

On February 2, head to the Saratoga Spa State Park for the **Winterfest 5K**, featuring a fairly easy run/walk route followed by a pot luck luncheon with plenty of time left for your evening Super Bowl festivities (saratogastryders.org). February 22 is the **Hoot, Toot & Whistle 5K** in Readsboro, Vt., a rolling out-and-back along the old narrow-gauge railbed on the Catamount Ski Trail. Age-group awards are genuine railroad spikes (dionwmacsnowshoe.com)! Stay tuned for ARE's **Brave the Blizzard Snowshoe Race** sometime in February at Tawasentha Park in Guilderland. Enjoy a mix of challenging

slanted field trails, wooded singletrack, and finish with a pancake breakfast in a heated cabin (areep.com).

Top off February with the **Garnet Hill Snowshoe 5K** on February 29 at the Garnet Hill Lodge & Nordic Ski Center in North River, on a combo of groomed ski trails and narrow singletrack - and beautiful Adirondack views. The main 5K is followed by a 3K citizen race, and afterwards all are welcome to cross-country ski on the trails - and enjoy delicious food and drink (garnet-hill.com)!

If there is scanty snow, some of the events will forge ahead as trail races. And because conditions vary widely from one town to another, check websites or Facebook beforehand for updates. Meanwhile, think snow! ❄️

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.

GURNEY LANE SNOWSHOE & FAT BIKE DAY
Saturday, January 11
Gurney Lane Recreation Area, Queensbury

GURNEY LANE 5K SNOWSHOE RACE
10AM
Dion WMAC Snowshoe Series • Overall and age group awards
Dion rentals available
Register: RunReg.com

GURNEY LANE FAT TIRE BIKE DAY
12pm - Fun Group Ride (30-45min): No-drop intermediate (limit 25, pre-reg.)
1pm - 10M long & 5M short races: Overall and age group awards
2:30pm - Frozen Ring Donut Race (3 laps): Ride lap, eat donut... repeat!
Sponsored by Grey Ghost Bicycles - Some demos available
Register: BikeReg.com

All ages/abilities welcome • Heated warming area with bathrooms
Playground/sledding hill for kids • Funds for Gurney fat bike groomer
Presented by Queensbury Parks & Recreation

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TRY SNOWSHOEING

21st annual

Saratoga Winterfest 5K

Sunday, February 2 at 11am

Saratoga Spa State Park Saratoga Springs

17th annual

Camp Saratoga 8K

Saturday, February 8 at 10:30am

Wilton Wildlife Preserve & Park, Wilton

Register Online: RunSignup.com \$15 preregistered or \$20 day of race

Pre-registered only: Free for age 65-over & 12-under • Free lunch for all
Pre-register only: \$25 for both races • Runners & hikers welcome!
Loaners (\$5): Dion Snowshoes (call/email to reserve) • Dion Snowshoe Series

More info: Laura Clark • laura@saratogastryders.org or 518-581-1278

RACE RESULTS

8TH ANNUAL SARATOGA COUNTY REVOLUTIONARY RUN FOR VETERANS 5K

November 2, 2019 • Fort Hardy Park, Schuylerville

FEMALE OVERALL

1 Karen Bertasso	35	Albany	18:01
2 Diane Ryan	37	Ballston Spa	18:13
3 Sara Buckley	25	Slingerlands	18:52

MALE OVERALL

1 John Busque	27	Albany	15:23
2 Shaun Donegan	33	Ballston Spa	16:29
3 Anthony Giuliano	40	Niskayuna	16:30

MALE AGE GROUP: 1 - 14

1 Gavin Winacott	10	Saratoga Springs	22:53
2 Nicholas White	9	Ballston Spa	22:56
3 Carter Wood	14	Saratoga Springs	23:43
4 Diego Clark	14	Old Chatham	24:43
5 Gregory Courtney	12	Delmar	25:20

FEMALE AGE GROUP: 1 - 14

1 Kiera Rogan	12	Saratoga Springs	24:54
2 Olivia Deer	11	Slingerlands	24:59
3 Rose Loomis	12	Waterford	25:58
4 Taylor Brown	12	Saratoga Springs	26:54
5 Juli Loomis	9	Waterford	28:11

MALE AGE GROUP: 15 - 19

1 Zachary Soden	17	Waterford	18:54
2 Patrick McGloine	16	Schuylerville	19:10
3 Zachary Payant	15	Saratoga Springs	19:18
4 Jaycen Janusz	16	Waterford	21:39
5 Joseph Barcher	15	Troy	21:58

FEMALE AGE GROUP: 15 - 19

1 Adrianna Drindak	15	Middle Grove	23:42
2 McKenna McLaren	16	Schaghticoke	36:49

MALE AGE GROUP: 20 - 24

1 Jacob Fetterman	24	Sugarloaf, PA	17:13
2 Addison Monroe	24	Richmond, KY	20:49
3 Liam Kane	24	Saratoga Springs	23:24
4 Dashiell Chrisner	24	Troy	23:25
5 David St. Pierre	21	Troy	23:49

FEMALE AGE GROUP: 20 - 24

1 Allison Thayer	24	Schenectady	19:31
2 Danielle Sauve	23	Troy	23:50
3 Jessica Sauve	23	Troy	24:46
4 Emily Grey	23	Schenectady	26:53
5 Katherine Kashinsky	24	Albany	41:31

MALE AGE GROUP: 25 - 29

1 Matt Ninneman	26	Albany	17:51
2 Raymond Farinella	25	Albany	18:47
3 Eric Young	28	Latham	18:57
4 Michael Ferraro Jr.	43	Clifton Park	20:45
5 Andrew Krupski	29	Ballston Spa	21:38

FEMALE AGE GROUP: 25 - 29

1 Olivia Beltrani	25	Troy	19:05
2 Lauren Scarupa	28	Clifton Park	19:46
3 Jordan Leclair	26	Fort Edward	21:32
4 Jacqueline Boyce	25	Schaghticoke	24:48
5 Alexandra Cervini	27	Mechanicville	26:42

MALE AGE GROUP: 30 - 34

1 Thomas O'Grady	34	Slingerlands	17:06
2 Greg Hart	31	Saratoga Springs	18:51
3 Matthew Clements	30	Mechanicville	20:59
4 Nick Lanzillo	32	Wynantskill	23:23
5 Steven Hallenbeck	30	Albany	24:43

FEMALE AGE GROUP: 30 - 34

1 Stephanie Marotta	34	Saratoga Springs	22:27
2 Katherine Guilfoyle	33	Mechanicville	22:51
3 Amber Coppola	30	Saratoga Springs	22:54
4 Tricia Longo	30	Waterford	22:57
5 Amanda Siy	33	Clifton Park	25:30

MALE AGE GROUP: 35 - 39

1 Alejandro Gauna	36	Delmar	17:19
2 Eamon Dempsey	39	Delmar	17:19
3 Christopher Chromczak	35	Delmar	17:49
4 Christopher McCloskey	38	Glenmont	17:56
5 Michael Austin	37	Delmar	17:58

FEMALE AGE GROUP: 35 - 39

1 Ann Marie Moskal	39	Ballston Spa	21:04
2 Liz Chauhan	35	Albany	21:18
3 Erin Lopez	38	Saratoga Springs	22:34
4 Laura Rickmyre	35	Schenectady	22:55
5 Susan McBride	37	Clifton Park	23:57

MALE AGE GROUP: 40 - 44

1 Aaron Knobloch	43	Niskayuna	17:41
2 Michael Dinicola	44	Malta	17:47
3 Jake Stookley	43	Clifton Park	16:35
4 Clay Lodovice	44	Voorheesville	18:30
5 Josias Sanabria	43	Queensbury	19:07

FEMALE AGE GROUP: 40 - 44

1 Marta Dauphinee	41	Glenville	21:00
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2 Danielle Kollarus-Maslowsky	40	Ballston Lake	21:24
3 Jaime Farone	43	Saratoga Springs	21:36
4 Kari Deer	40	Slingerlands	22:59
5 Beth Harvey	41	Amsterdam	23:21

MALE AGE GROUP: 45 - 49

1 Volker Burkowski	48	Gansevoort	18:03
2 Robert Irwin	46	Guiderland	18:23
3 Andrew Reed	48	Schenectady	18:45
4 Randall Cannell	47	Broadalbin	19:11
5 Neil Sergott	47	Clifton Park	21:44

FEMALE AGE GROUP: 45 - 49

1 Renee Tolan	45	Clifton Park	19:48
2 Tina Greene	46	Schenectady	21:25
3 Amy Drag	48	Waterford	24:12
4 Jill Filuta	47	West Sand Lake	24:38
5 Demantra Constantine	49	Schenectady	25:36

MALE AGE GROUP: 50 - 54

1 Tim Van Orden	51	Bennington, VT	17:26
2 Ben Greenberg	50	Slingerlands	17:53
3 John Stadlander	54	Clifton Park	18:14
4 Doug Girling	52	Greenfield Center	19:02
5 Brian Debraccio	53	Schenectady	21:03

FEMALE AGE GROUP: 50 - 54

1 Emily Bryans	52	Delanson	19:58
2 Anne Benson	54	Clifton Park	21:33
3 Cory Heyman	51	Glens Falls	23:20
4 Kim Scott	50	Broadalbin	23:33
5 Theresa Newton	54	Halfmoon	24:46

MALE AGE GROUP: 55 - 59

1 Thomas Kracker	55	Delmar	18:35
2 Mark Stephenson	55	Esperance	18:44
3 Paul Partridge	55	Delmar	18:58
4 Brian Borden	56	Altamont	19:56
5 Sam Mercado	56	Albany	20:35

FEMALE AGE GROUP: 55 - 59

1 Colleen Brackett	58	Albany	22:00
2 Kristen Hislop	55	Clifton Park	22:12
3 Tracey Delong	55	Queensbury	23:46
4 Renee Mack	59	Poestenkill	25:40
5 Nancy Nicholson	57	Queensbury	25:53

MALE AGE GROUP: 60 - 64

1 John Noonan	60	Malta	19:23
2 Jamie Casline	60	Ballston Lake	20:55
3 Gary Burak	61	New Hartford	23:28
4 Richard Lynch	63	Saratoga Springs	23:55
5 William Martin	63	Gansevoort	24:26

FEMALE AGE GROUP: 60 - 64

1 Beth Stalker	60	Ballston Spa	21:01
2 Margaret McKeown	61	Moreau	22:45
3 Jean Loewenstein	61	Malta	27:26
4 Hilda Hardy	62	Schenectady	28:19
5 Hollys Kozlowski	64	Valley Falls	29:04

MALE AGE GROUP: 65 - 69

1 Mike Fazioli	68	Wynantskill	22:09
2 Joe Aliberti	69	Voorheesville	24:17
3 George Baranauskas	66	Scotia	24:24
4 Harry Matrese	65	Troy	25:40
5 Martin Patrick	65	East Greenbush	25:51

FEMALE AGE GROUP: 65 - 69

1 Martha DeGrazia	68	Slingerlands	26:11
2 Suzy Nealon	69	Glens Falls	33:29
3 Janet Aliberti	68	Voorheesville	35:53
4 Beth Stacy	65	Hoosick Falls	40:46
5 Michelle Schultz	65	Troy	41:31

MALE AGE GROUP: 70 - 74

1 Dave Glass	73	Glenville	22:17
2 Robert Lee Rivers	72	Saratoga Springs	28:52
3 Jim Callahan	74	Saratoga Springs	29:16
4 Edward Fertik	73	Philmont	31:17
5 Leon Tettle	71	Ballston Spa	34:29

FEMALE AGE GROUP: 70 - 74

1 Doe Warland	70	Castleton	35:18
2 Laura Clark	72	Saratoga Springs	35:45
3 Nancy Johnston	73	Ballston Lake	48:29

MALE AGE GROUP: 75 - 79

1 Norman Stevens	77	Moreau	27:31
2 Richard Brewer	77	Cohoes	38:20
3 Ray Lee	77	Halfmoon	44:12

MALE AGE GROUP: 80 - 84

1 Jim Moore	80	Schenectady	33:13
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FEMALE AGE GROUP: 80 - 84

1 Pricilla Mueller	83	Stillwater	46:00
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Courtesy of FC4, Raven Events, Fleet Feet & Saratoga County Veterans Trust and Agency Fund

"FALL BACK 5" 5-MILE TRAIL RACE

November 3, 2019 • Saratoga Spa State Park, Saratoga Springs

MALE OVERALL

1 Kevin Emblidge	35	Lake George	31:23
2 Jonathan Guthan	42	Scotia	35:29
3 Stone Jennings	24	Ballston Spa	35:47

FEMALE OVERALL

1 Sara Dunham	43	Peru	32:22
2 Elizabeth Emblidge	34	Lake George	36:56
3 Erica Goodman	35	Saratoga Springs	37:46

MALE AGE GROUP: 1 - 14

1 Ethan Hickland	13	Salem	39:39
2 Ethan Adams	12	Salem	42:05
3 Oliver Hickland	11	Salem	42:07
4 Max Vogel	11	Saratoga Springs	45:40
5 Theron Rose	12	Gloversville	57:28
6 Matthew O'Toole	12	Mechanicville	1:08:15

MALE AGE GROUP: 15 - 19

1 Alex Bonacio	17	Greenfield	45:10
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FEMALE AGE GROUP: 15 - 19

1 Jenna Urbanski	17	Stillwater	39:00
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MALE AGE GROUP: 20 - 24

1 Patrick Fleming	22	Troy	39:26
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FEMALE AGE GROUP: 20 - 24

1 Katherine Lefever	24	Gloversville	51:48
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MALE AGE GROUP: 25 - 29

1 Jason Chicoine	28	Rensselaer	42:30
2 Joshua Fajen	28	Schaghticoke	43:19
3 Kevin Montana	25	Troy	49:52
4 William Culp	27	Denver, CO	55:24

FEMALE AGE GROUP: 25 - 29

1 Vicky Tiberia	29	Ballston Lake	43:59
2 Abby Thomas	29	Albany	46:23
3 Tung Maltsev	25	Waterford	56:46
4 Terri Anne Willman	26	Gloversville	58:01

MALE AGE GROUP: 30 - 34

1 Brian Nowiki	34	Schenectady	37:18
2 Christopher Auffredou	32	Queensbury	41:42
3 Zak Hill	34	Saratoga Springs	42:52

4 Seth Engel	30	Round Lake	47:33
5 Conor Gillis	31	Albany	50:48

FEMALE AGE GROUP: 30 - 34

1 Kelly Seymour	33	Burnt Hills	43:29
2 Jamie McBain	32	Troy	45:17
3 Jillian Smith	30	Warnerville	47:25
4 Tiffany Petrosino	31	Schenectady	50:47
5 Jennifer Nilan	30	Gloversville	57:34

MALE AGE GROUP: 35 - 39

1 Jean-Baptiste Laloe	38	Saratoga Springs	36:54
2 Jonathan Dippert	38	Saratoga Springs	45:12
3 Mark Hover	37	Saratoga Springs	51:48
4 Russell Matteson	36	Fort Edward	54:02
5 Jim Oliver	37	Schenectady	54:19

FEMALE AGE GROUP: 35 - 39

1 Megan Boyak	35	Burnt Hills	44:27
2 Megan Wordelmann	39	Saratoga Springs	45:18
3 Patty Bassett	37	Shushan	46:41
4 Kimiko Uchida	36	Green Island	47:41
5 Renay Dippert	38	Saratoga Springs	47:48

MALE AGE GROUP: 40 - 44

1 Adam Bassett	40	Shushan	38:24
2 Gabe Anderson	42	Saratoga Springs	38:57
3 Anthony Luciano	43	Gloversville	40:58
4 Mike O'Toole	44	Mechanicville	45:21
5 Neil Tyrrell	44	Saratoga Springs	45:47

FEMALE AGE GROUP: 40 - 44

1 Sara Graham	43	Ballston Lake	40:53
2 Rebecca Evansky	40	Hudson Falls	43:55
3 Amanda Rose	40	Gloversville	46:04
4 Lee Briggs	41	Ballston Spa	48:02
5 Katarina Evans	43	Saratoga Springs	48:44

MALE AGE GROUP: 45 - 49

1 Brian Cuneo	48	Saratoga Springs	39:13
2 Seth Dunn	48	Saratoga Springs	39:23
3 Zack Vogel	48	Saratoga Springs	45:41
4 Matthew Miczek	47	Saratoga Springs	46:43
5 Jason DiPierro	45	Cherry Plain	46:45

continued

44TH ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE *continued*

3 Jon Krell	28 Green Island	48:30	12 Stephen Siebrecht	40 Albany	58:27
4 Ian Thane	27 Amsterdam	55:15	13 Cory Battles	40 Liverpool	58:55
5 Matt Ninneman	26 Albany	55:44	14 Kevin Vaillancourt	42 Mt. Pleasant, MI	1:00:32
6 James Sommer	25 Albany	57:12	15 Todd Weiss	41 Watervliet	1:01:18
7 Alex Gilgore	26 Scotia	58:04	16 Wei Ma	41 Clifton Park	1:01:32
8 Jonathan Wilmot	27 Marcy	58:18	17 Oswaldo Rodriguez	41 Clifton Park	1:01:34
9 Owen Strong	27 New York	1:00:28	18 Ryan McCann	44 Albany	1:02:46
10 Richard Homenick	25 Schenectady	1:00:30	19 Cory Wajda	44 Sand Lake	1:03:37
11 Christopher Herbs	26 Somerville, MA	1:00:46	20 Jonathan Guthan	42 Scotia	1:03:56
12 Chris Soufleris	25 Albany	1:00:49			
13 Scott Pierce	25 Deerfield, IL	1:00:49			
14 Ryan Recchia	25 Lake Placid	1:02:16			
15 Brad Schierhorn	27 Boston, MA	1:02:23			
16 Dylan Hedderman	27 Latham	1:03:36			
17 Eric Young	28 Latham	1:03:37			
18 Justin Donohue	26 Schenectady	1:04:39			
19 Anthony Pasqualino	29 Albany	1:07:18			
20 Daniel Bruton	29 Albany	1:07:20			
FEMALE AGE GROUP: 25 - 29					
1 Danielle Winslow	26 Queensbury	57:47	1 Dana Bush	41 Saratoga Springs	56:03
2 Erin Hutton	29 Troy	58:42	2 Meg Versteegen	40 Schenectady	1:03:27
3 Christie Macfarlane	25 Delmar	58:51	3 Sara Versteegen	43 Saratoga Springs	1:06:28
4 Olivia Beltrani	25 Troy	59:42	4 Marta Dauphinee	41 Glenville	1:06:43
5 Elizabeth Izzo	27 Lake Placid	1:03:07	5 Danielle Kollarus-Maslowsky	40 Ballston Lake	1:07:41
6 Kim McBride	27 Troy	1:03:11	6 Colleen Ottalagano-McGarry	42 Slingerlands	1:09:00
7 Emily Boerger	25 Albany	1:03:15	7 Erin Gregory	43 Clifton Park	1:10:06
8 Lauren Scarupa	28 Clifton Park	1:03:34	8 Kotek Ammerlaan	41 Wedel	1:10:28
9 Irene Somerville	26 Wyncottskill	1:04:11	9 Deanne Webster	43 Albany	1:12:31
10 Brittany Winslow	26 Malta	1:06:18	10 Keely Cheslack-Postava	43 Hastings-on-Hudson	1:12:50
11 Fiona Recchia	27 Ballston Spa	1:06:21	11 Lisa May	43 Brunswick	1:12:54
12 Kelly Pommer	27 Schenectady	1:09:59	12 Melissa Tesh	41 Pleasant Valley	1:13:07
13 Emily Mackey	26 Averill Park	1:10:38	13 Allison Bradley	44 Albany	1:13:34
14 Leanne Dombrowsky	28 Selkirk	1:10:41	14 Cailin Brennan	41 Valatie	1:14:04
15 Ashley Wheeler	28 Rexford	1:11:14	15 Amy Smyth	42 Melrose	1:15:04
16 Moira Hilt	27 Albany	1:11:30	16 Megan Cocci	41 Voorheesville	1:15:13
17 Geneva Furlano	27 Albany	1:12:06	17 Melissa Willis	44 Ballston Lake	1:15:37
18 Courtney Osaheni	27 Malta	1:12:30	18 Melissa Grandjean	40 Glenville	1:15:44
19 Lauren Williams	29 Troy	1:13:40	19 Evan Kujawski	41 Delmar	1:16:03
20 Heidi Proper	25 Kinderhook	1:13:47	20 Abby Watson	40 Niskayuna	1:16:09
MALE AGE GROUP: 30 - 34					
1 Shaun Donegan	34 Malta	52:12	1 Matthew Gokey	45 Delmar	56:08
2 Geoffrey Hale	30 Rome	53:19	2 Volker Burkowski	48 Gansevoort	56:42
3 Brian Woods	34 Albany	54:21	3 Andrew Reed	48 Niskayuna	57:15
4 Bradley Lewis	33 Troy	55:38	4 Kristofer Johnson	47 Saratoga Springs	57:20
5 Alan Finder	31 Albany	56:10	5 Robert Irwin	46 Guiderland	58:17
6 Ben Heller	31 Troy	56:19	6 Randall Cannell	47 Broadalbin	1:00:13
7 Alexander Perry	30 Albany	56:36	7 Greg Ethier	46 Clifton Park	1:00:37
8 Jared Desrochers	34 Ballston Lake	56:41	8 Bill Hamel	48 Clifton Park	1:02:04
9 Peter Katic	33 Niskayuna	57:57	9 Tom Fraser	46 Schodack Lndg	1:02:44
10 Ben Jordan	32 Ballston Spa	58:57	10 Dean Geesler	46 Slingerlands	1:03:22
11 Jared Whalen	34 Keene Valley	59:13	11 Rick Zachog	49 Rexford	1:03:58
12 Joe Mansour	32 Whitestone	59:44	12 William Dodds	45 Albany	1:04:35
13 Greg Hart	31 Saratoga Springs	59:53	13 Leonard Leonidas	46 Castleton	1:04:47
14 Greg Potosio	33 Delmar	1:00:43	14 Albert Fisas	46 Saratoga Springs	1:06:11
15 Matt Becker	34 South Glens Falls	1:02:21	15 Martin Gordinier	49 Delmar	1:06:16
16 Peter Conboy	30 Albany	1:03:03	16 Brian Dillenbeck	49 Alplaus	1:07:09
17 Christopher Parks	34 Ballston Lake	1:03:06	17 Neil Sergott	48 Clifton Park	1:07:35
18 Brian Van Epps	33 Essex Junction, VT	1:04:12	18 Bob Miller	45 Scotia	1:08:19
19 Thomas Hartnett Jr.	31 Schenectady	1:04:41	19 Mike Bracken	45 Saratoga Springs	1:08:26
20 Brian Sadosis	33 Troy	1:04:49	20 Brian Wood	49 Glenmont	1:08:38
FEMALE AGE GROUP: 30 - 34					
1 Megan James	30 Charlton	59:37	1 Beth Ruiz	46 Delmar	1:04:57
2 Meghan Mortensen	34 Glenville	1:00:37	2 Tina Greene	46 Scotia	1:05:42
3 Brittany Griffin	31 East Haddam, CT	1:01:33	3 Virginia Lupo	47 Malta	1:08:54
4 Nicole Moslander	32 Rotterdam	1:01:37	4 Patty Canfield	47 Halfmoon	1:11:50
5 Whitney Bouchard	32 Albany	1:04:17	5 Janice Balogh	48 Averill Park	1:12:39
6 Hailey Fremante	32 Lake Placid	1:08:29	6 Stephanie Selmer	46 Castleton On Hudson	1:13:00
7 Allison Konderwicz	30 Valatie	1:09:16	7 Krystal Gallagher	47 Pleasant Valley	1:13:28
8 Amanda Carpenter	30 Albany	1:10:06	8 Laura Kelly	46 Albany	1:13:36
9 Michelle Davis	31 Niskayuna	1:10:31	9 Stacia Smith	49 Niskayuna	1:15:25
10 Erica Gauthier	33 Niskayuna	1:11:52	10 Nicola MacNeil	46 Rotterdam Junction	1:15:33
11 Ashley Cahill	32 Slingerlands	1:12:51	11 Hannah Barry	47 Glenmont	1:16:28
12 Jane Lee	32 Whitestone	1:13:09	12 Catherine Gilbert	47 Niskayuna	1:16:52
13 Brett Harris	34 Albany	1:13:22	13 Melissa Maguire	46 Loudonville	1:17:17
14 Caitlyn Edmundson	31 Delmar	1:13:33	14 Meghan Stiehr	45 Ballston Spa	1:18:16
15 Jennifer Kehn	32 Albany	1:13:58	15 Carolann Koleci	47 Albany	1:19:01
16 Melissa Carriero	32 Albany	1:14:08	16 Robyn Easton	47 Delmar	1:20:42
17 Sara Lanese	33 Gansevoort	1:14:16	17 Sarah Pechar	46 Niskayuna	1:21:21
18 Chelsea Smith	31 Valatie	1:14:42	18 Wei Cai	46 Niskayuna	1:22:02
19 Hilary Therrien	32 Saint Albans, VT	1:15:18	19 Shannon Pageau	46 Rensselaer	1:22:23
20 Emily Chromczak	32 Delmar	1:15:21	20 Sarah Vogel	49 Slingerlands	1:22:34
MALE AGE GROUP: 35 - 39					
1 Louie DiNuzzo	37 Saratoga Springs	52:38	1 Michael Slinsky	50 Hopewell Junction	57:30
2 Dan Jordy	36 Glenville	54:17	2 John Stadlander	54 Clifton Park	57:56
3 Chuck Terry	37 Albany	54:18	3 Patric Brew	50 Kinderhook	1:02:02
4 Alejandro Gauna	36 Delmar	55:08	4 Brock Davis	51 Brockville, ON	1:02:05
5 John Deer	37 Slingerlands	58:40	5 John Genevich	50 Saratoga Springs	1:02:42
6 Gerard Colling	38 Schodack	59:02	6 Gil Chorbajian	50 Schenectady	1:02:52
7 Jordan Ryan	35 Cohoes	1:01:10	7 Paul Humphrey	52 Deerfield	1:03:19
8 Paul Mueller	35 Delmar	1:01:25	8 Ken Tarullo	51 Delmar	1:04:14
9 Thomas Kaczmarek	35 Glenville	1:04:10	9 Bill Hoffman	52 Clifton Park	1:04:24
10 David Newman	39 Albany	1:04:43	10 Brian Griffin	51 Clifton Park	1:05:06
11 Brian Lusignea	35 Glenmont	1:05:06	11 Mark Blanchfield	53 Schenectady	1:05:09
12 Neal Norton Jr.	36 Niskayuna	1:05:24	12 John Williams-Searle	51 Albany	1:07:33
13 Mike Winkler	37 Utica	1:05:32	13 Steven Tinkler	54 Clifton Park	1:07:40
14 Ryan Legere	36 Ballston Spa	1:05:45	14 Charles Maurer	54 Saratoga Springs	1:08:49
15 Svitazar Fokshay	37 Troy	1:05:51	15 Jim Leggett	50 Mechanicville	1:09:35
16 Kyle Denniston	37 Albany	1:06:21	16 Peter Pochily	52 Cobleskill	1:09:43
17 Vincent Speenburgh	37 Burnt Hills	1:06:39	17 Dan Leonard	52 Scotia	1:10:39
18 Andrew Babbitts	38 North Greenbush	1:07:36	18 Tom Jablonowski	51 Voorheesville	1:10:40
19 Pete Nabozny	35 Rochester	1:07:37	19 William Krisher	54 Scotia	1:11:01
20 Rock Travis	37 Clifton Park	1:07:55	20 Peter Guzzo	51 Niskayuna	1:11:10
FEMALE AGE GROUP: 35 - 39					
1 Diana Tobon-Knobloch	38 Niskayuna	1:02:10	1 Paula Wiltse	52 Brockville, ON	1:01:38
2 Megan Harrington	35 Cambridge	1:04:13	2 Judy Guzzo	52 Niskayuna	1:06:02
3 Elizabeth Chauhan	35 Albany	1:05:18	3 Alison Heaphy	52 Troy	1:06:34
4 Melissa Patneade	39 Glenville	1:06:34	4 Patty Moore	53 Queensbury	1:12:50
5 Sarah Parks	39 Troy	1:07:09	5 Sue Thompson	53 Schenectady	1:12:59
6 Dana Wivczar	38 Ballston Spa	1:07:53	6 Alyssa Risko	54 Schenectady	1:13:43
7 Erica Goodman	35 Saratoga Springs	1:08:05	7 Kim Scott	50 Broadalbin	1:14:01
8 Abigail Chaloux	39 Shaftsbury, VT	1:09:37	8 Teresa Warner Maiuri	54 Ghent	1:14:49
9 Tara Soraghan	38 Lancaster, NH	1:09:51	9 Mary Fenton	54 Ballston Spa	1:14:56
10 Laura Zima	39 Albany	1:10:13	10 Natalie Shea	54 Amherst, MA	1:15:02
11 Tantra O'Neil	37 Fonda	1:10:24	11 Diane Montes Harris	52 Troy	1:15:53
12 Lindsay Larose	37 Liverpool	1:10:35	12 Lonnie Halusic	51 Malta	1:16:54
13 Erin Murphy	39 Albany	1:10:36	13 Jill Rembetski	50 Averill Park	1:16:55
14 Dana Cooremam	35 New Hartford	1:10:49	14 Joann Lynch	53 Dalton, MA	1:16:56
15 Krista Harwick	39 Mohawk	1:11:22	15 Joanna Tremper	50 East Chatham	1:17:09
16 Frances Ness	39 Schenectady	1:11:56	16 Christina Yager	52 Troy	1:17:11
17 Jennifer Bergeron	39 Delmar	1:11:58	17 Denise Mormino	54 Slingerlands	1:18:31
18 Briannan Bintz	39 Harrisville, RI	1:12:19	18 Ruth Sadinsky	52 Albany	1:18:52
19 Carrie Lenic	39 Schenectady	1:12:37	19 Theresa Newton	54 Halfmoon	1:19:49
20 Ami Jo Benny-Rielly	38 Schenectady	1:14:24	20 Julie Urbanski	50 Stillwater	1:19:53
MALE AGE GROUP: 40 - 44					
1 Anthony Giuliano	40 Niskayuna	50:16	1 Mark Stephenson	55 Esperance	59:52
2 Jake Stookey	40 Clifton Park	52:27	2 Christian Lietzau	56 Delmar	1:00:41
3 Michael DiNicola	44 Malta	54:47	3 Craig Dubois	56 Sprakers	1:01:07
4 Joseph Sullivan	40 Schenectady	55:42	4 Ed Menis	55 Schenectady	1:02:38
5 Matt Conant	43 Ballston Spa	56:02	5 John Sestito	56 Johnsonville	1:03:46
6 Jordan Varano	40 Vestal	56:27	6 Michael Stalker	57 Ballston Spa	1:07:02
7 Thomas Joslin	40 Yorkville	56:55	7 Jay Seney	59 Vernon Rockville, CT	1:07:57
8 Todd Shatynski	43 Altamont	57:26	8 Sam Mercado	56 Albany	1:08:03
9 Colin Crowley	42 Ballston Spa	57:33	9 Bill Bean	59 Scotia	1:08:41
10 Shawn Spriggs	40 Potsdam	57:58	10 Doug Landon	56 Amsterdam	1:08:42
11 Clay Lodovice	44 Voorheesville	58:11	11 John Raymond	56 Cooperstown	1:08:57
			12 Russ Hoymer	59 Voorheesville	1:09:07
			13 Glenn Hamlin-Berninger	56 Kinderhook	1:09:36
			14 Matthew Bell	56 Wyncottskill	1:09:46
			15 Scott Prescott	55 Amherst, NH	1:10:08
			16 Laudric Maxwell	59 Schenectady	1:10:43
			17 Tim Hartman Sr.	57 Niskayuna	1:11:07
			18 Mark Dolan	55 Albany	1:11:25
			19 Wayne Richardson	55 Altamont	1:11:33
			20 Juan Rivelo	56 Clifton Park	1:11:36

44TH ANNUAL MVP HEALTH CARE STOCKADE-ATHON 15K ROAD RACE *continued*

FEMALE AGE GROUP: 55 - 59					
1 Kristen Hislop	55 Halfmoon	1:10:48	10 Chip Button	67 Saratoga Springs	1:24:07
2 Christine Varley	55 Albany	1:11:09	11 Martin Patrick	65 East Greenbush	1:24:57
3 Mary Buck	56 Mechanicville	1:13:29	12 Martin Touhey	66 Albany	1:24:59
4 Margaret Burke	56 Schenectady	1:17:08	13 Jim Pepin	69 Glenmont	1:25:35
5 Kelley Vite	59 Clifton Park	1:18:28	14 Dominick Delorio Jr.	69 Clifton Park	1:26:23
6 Audrey Witter	55 North Adams, MA	1:18:29	15 Gary Dansfield	65 Schenectady	1:26:41
7 Lauren Herbs	57 Rexford	1:18:44	16 Michael Wright	65 Albany	1:26:44
8 Kim Baker	58 Pittsfield, MA	1:19:30	17 Ray Scaringe	66 Clifton Park	1:27:39
9 Deborah Czech	55 Saratoga Springs	1:19:44	18 Curt Woodcock	66 Johnstown	1:28:34
10 Janice Phoenix	58 Schenectady	1:21:15	19 John Carboni	66 Schenectady	1:29:47
11 Susan Coyner	56 Glens Falls	1:21:32	20 Leo DiPiero	69 Cherry Plain	1:30:26
12 Lisa Pleban	55 Gansevoort	1:21:49	FEMALE AGE GROUP: 65 - 69		
13 Areta Pidwerbetsky	56 Schenectady	1:22:26	1 Erika Oesterle	68 Stamford	1:20:14
14 Linda Ferguson	58 Middle Grove	1:24:48	2 Martha DeGrazia	68 Slingerlands	1:21:42
15 Kristin Kehmna	56 Rensselaer	1:25:37	3 Carolyn George	65 Albany	1:24:36
16 Heidi Glazier	57 Slingerlands	1:27:55	4 Anne Lytwynec	65 Delmar	1:25:49
17 Valerie Kline	57 Amsterdam	1:27:57	5 Cheryl Olsen	67 Schenectady	1:27:04
18 Maureen Florio	56 Rotterdam Junction	1:28:52	6 Deb Goedeke	66 Delmar	1:30:59
19 Kathleen Kemp	55 Niskayuna	1:29:59	7 Joan Celentano	66 Schenectady	1:32:41
20 Tracy Dilauro	56 Clifton Park	1:30:13	8 Kris Thorne	69 Clifton Park	1:34:32
MALE AGE GROUP: 60 - 64					
1 Daniel Edelstein	62 Saranac Lake	1:03:44	9 Darlene Cardillo	66 Delmar	1:36:49
2 Brian Sherras	62 West Rupert, VT	1:04:23	10 Katherine Ambrosio	69 Delmar	1:37:21
3 Jamie Casline	60 Ballston Lake	1:04:50	11 Suzanne Nealon	69 Glens Falls	1:40:47
4 Rick Munson	62 Prattsville	1:07:52	12 Donna Rostenhouwer	65 Altamont	1:41:20
5 Edward Gravelle	61 Ballston Lake	1:08:25	13 Sally Rogers	68 West Chester, PA	

RACE RESULTS

12TH ANNUAL SHENENDEHOWA VETERANS DAY DASH 5K *continued*

FEMALE AGE GROUP: 55 - 59

1 Anette Romano	55	24:19
2 Maureen Spence	59	30:50

MALE AGE GROUP: 60 - 64

1 Christopher Murphy	62	21:28
2 Robert Wilson	61	23:14
3 Vincent Kirby	63	27:23

FEMALE AGE GROUP: 60 - 64

1 Melanie Cenci	61	32:01
2 Karen Gerety	63	49:25

MALE AGE GROUP: 65 - 69

1 Reigh Walling	67	26:27
2 David O'Brien	69	34:54

FEMALE AGE GROUP: 65 - 69

1 Terry Cuomo	65	29:10
2 Diane Thompson	65	32:29
3 Benita Zahn	65	33:43

MALE AGE GROUP: 70 - 74

1 James Larkin	72	26:35
2 Rich Daley	72	50:49

FEMALE AGE GROUP: 70 - 74

1 Nancy Johnston	73	46:35
2 Kathleen Zegarelli	71	50:48

MALE AGE GROUP: 75 - 79

1 Richard Theissen	75	35:47
2 Tom Collins	75	37:58

MALE AGE GROUP: 80 - 89

1 Joe Kelly	86	44:29
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MALE AGE GROUP: 90 - 99

1 Bill Ryder	90	49:24
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Courtesy of Shen Track Booster Club & Clifton Park Track Club

GIRLS ON THE RUN CAPITAL REGION FALL 5K

November 23, 2019 • Jennings Landing, Albany

FEMALE OVERALL

1 Ariana Nilsson	35	22:31
2 Stephanie Puckett	39	24:12
3 Donna Stoliker	51	24:42

MALE OVERALL

1 Louis Finley	30	23:20
2 Yanni Lambropoulos	53	24:21
3 Theodore Kuhn	9	25:01

FEMALE AGE GROUP: 1 - 14

1 Amelia Kuhn	13	25:21
2 Anna Purdy	10	27:07
3 Kasey Purdy	12	28:09
4 Brittany Tetlack	9	29:16
5 Maya Packer	7	30:13
6 Karington Agostino	10	36:57
7 Pacyline Reinhardt	13	42:47
8 Sammi Smith	10	44:29
9 Mackenzie Frazier	7	46:20
10 Fiona Geurin	6	49:03

MALE AGE GROUP: 1 - 14

1 Nathan Devoe	12	44:10
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FEMALE AGE GROUP: 15 - 19

1 Samantha Young	16	26:12
2 Hannah Young	17	32:33
3 Layla Burkhouse	16	33:42
4 Taylor Horan	18	36:19
5 Abigail Warrender	16	41:30

FEMALE AGE GROUP: 20 - 24

1 Shelby Mack	22	27:45
2 Courtney Denton	21	27:46
3 Emily Steere	23	28:42

FEMALE AGE GROUP: 25 - 29

1 Laura Buell	25	27:47
2 Cassandra Diorio	27	31:03
3 Emily Joyce	25	32:00

MALE AGE GROUP: 25 - 29

1 Matt Barron	29	30:26
2 Peter Roma	27	31:03
3 Ed Taroc	27	31:04

FEMALE AGE GROUP: 30 - 34

1 Jessica Guido	32	31:42
2 Britalena Murello	32	32:22
3 Meaghan Lacona	34	32:22

MALE AGE GROUP: 30 - 34

1 Patrick Glickman	34	34:17
2 Justin Higgins	31	39:09

FEMALE AGE GROUP: 35 - 39

1 Kara Gokoy	38	29:00
2 Kristin Tetlack	37	29:43
3 Lisa Packer	39	30:19

MALE AGE GROUP: 35 - 39

1 Josh Kapczynski	36	35:28
2 Sherman Banker	36	41:18
3 Joshua Lalima	35	42:47

FEMALE AGE GROUP: 40 - 44

1 Val Rhodes	41	25:27
2 Shannon O Sullivan	41	29:00
3 Cara Morocco	42	31:01

MALE AGE GROUP: 40 - 44

1 Ian Raydo	41	35:34
2 Ronald Gibson	40	42:15
3 Dallas Kubisch	41	43:40

FEMALE AGE GROUP: 45 - 49

1 Rana Meehan	45	32:25
2 Jennifer Hebrer	45	35:33
3 Cathy Krom	49	38:16

MALE AGE GROUP: 45 - 49

1 John Davitt	48	25:13
2 Rick Hengstorn	49	33:14
3 David Sala	49	34:15

FEMALE AGE GROUP: 50 - 54

1 Kim Lockridge-Hetko	54	32:03
2 Michele Ceello	52	32:28
3 Anita Deciani-Brown	54	33:29

MALE AGE GROUP: 50 - 54

1 Gene Coogan	52	34:26
2 Robert Little	53	53:05

FEMALE AGE GROUP: 55 - 59

1 Judy Litt	57	31:31
2 Stephanie Perry	56	33:16
3 Mary Juedes	57	40:17

MALE AGE GROUP: 55 - 59

1 James Krege	57	41:01
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FEMALE AGE GROUP: 60 - 64

1 Ann Dillon	61	45:42
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FEMALE AGE GROUP: 65 - 69

1 Mema DiPiero	66	44:17
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MALE AGE GROUP: 65 - 69

1 Greg Rickes	69	30:45
2 Jim Sheehan	67	33:34
3 Poppa DiPiero	69	39:48

Courtesy of Girls on the Run Capital Region

72ND ANNUAL TROY TURKEY TROT *continued*

3 Alyssa Risko	54	Schenectady	48:53
4 Jill Rembetski	50	Averill Park	49:51
5 Lori Petersen	51	Nassau	49:59

MALE AGE GROUP: 55 - 59

1 Matt Gallagher	55	Burlington, VT	38:46
2 Charles Stewart	59	Clifton Park	39:44
3 Brian Borden	56	Altamont	41:33
4 John Sestito	56	Johnsville	42:28
5 Michael Stalker	57	Ballston Spa	42:51

FEMALE AGE GROUP: 55 - 59

1 Mary White	56	Rochester	51:13
2 Darlene Feldmaier	56	Clifton Park	51:48
3 Kari Sharry	56	Ridgewood, NJ	53:35
4 Katherine Myers	56	Williamstown, MA	53:40
5 Brooke Lenkei	55	Canton, MA	56:18

MALE AGE GROUP: 60 - 64

1 Ronald Dunn	64	Albany	48:32
2 Robert Williams	63	Burnt Hills	49:59
3 Frank Lanzillo Jr.	64	Troy	51:37
4 Carmelo Rao	62	Burnt Hills	52:27
5 John Parisella	61	Ballston Lake	52:47

FEMALE AGE GROUP: 60 - 64

1 Beth Stalker	60	Ballston Spa	43:13
2 Cathy Howe	62	Hopkinton, MA	49:24
3 Cathy Sliwinski	64	Albany	53:39
4 Jean Quattrocchi	63	Albany	58:36
5 Alba Jordan	60	Albany	59:19

MALE AGE GROUP: 65 - 69

1 Mike Fazioli	68	Wynantskill	46:24
2 Lee Pollock	67	Queensbury	46:46
3 Tom McGuire	68	Slingerlands	47:20
4 Mike Brinkman	65	Troy	52:16
5 Martin Touhey	66	Albany	52:51

FEMALE AGE GROUP: 65 - 69

1 Judy Phelps	68	Myrtle Beach, SC	49:26
2 Carolyn George	65	Albany	54:04
3 Martha DeGrazia	68	Slingerlands	58:33
4 Darlene Cardillo	66	Delmar	59:06
5 Debra Kelley	66	Albany	1:00:05

MALE AGE GROUP: 70 - 74

1 Seamus Hodgkinson	70	Delmar	55:53
2 Richard Baluch	74	Delanson	58:47
3 Jeff Anderson	71	Troy	1:05:52
4 Martin Rowley	71	Latham	1:06:33
5 Tim Leonard	71	Clifton Park	1:07:39

FEMALE AGE GROUP: 70 - 74

1 Ginny Pezzula	74	Colonie	58:39
2 Susan Harris	71	Albany	1:06:56
3 Doe Warland	70	Castleton-on-Hudson	1:11:03
4 Kathleen Paulus	70	Troy	1:15:48

MALE AGE GROUP: 75 - 79

1 Raymond Lee Jr.	77	Halfmoon	1:25:13
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FEMALE AGE GROUP: 85 - 89

1 Anny Stockman	87	Rensselaer	1:26:31
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5K ROAD RACE

1 Kyle Gronostaj	23	East Greenbush	14:24
2 Conor Cashin	27	Brighton, MA	15:26
3 Andrew Tarjo	24	West Sand Lake	15:32

FEMALE OVERALL

1 Hannah Reinhardt	21	Albany	16:19
2 Maura Tyrrell	34	Buffalo	18:13
3 Courtney Breiner	22	Troy	18:22

MALE AGE GROUP: 1 - 14

1 Alec Hansen	14	Wynantskill	18:30
2 Carter Norton	13	East Greenbush	18:47
3 Timothy Abbott	13	Rotterdam	19:15
4 Jonathan Waters	14	Clifton Park	19:34
5 G. Diamante	12	Beacon Falls, CT	20:00

FEMALE AGE GROUP: 1 - 14

1 Kaleigh Higgins	14	Watervliet	19:39
2 Lily Czub	14	Schaghticoke	19:48
3 Logan Barsalov	14	Averill Park	19:55
4 A. Keller	12	Albany	21:30
5 Allison Rambo	13	Flanders, NJ	21:47

MALE AGE GROUP: 15 - 19

1 Alex Hislop	18	Clifton Park	16:11
2 Francisco Mendonca	19	Albany	16:26
3 Daniel Pavelec	16	Loudonville	16:32
4 Vinny Levchenko	16	Cohoes	16:52
5 Joseph Simeone	15	Slingerlands	17:02

FEMALE AGE GROUP: 15 - 19

1 Natalie Penna	17	Albany	19:36
2 Madelyn Miles	15	Albany	19:41
3 Olivia Miles	17	Albany	19:52
4 Kirsten Long	18	Williamsburg, VA	20:32
5 Catherine Carley	17	Clifton Park	20:55

MALE AGE GROUP: 20 - 24

1 Drew Burns	22	Slingerlands	16:27
2 Jake Colangelo	21	Salt Lake City, UT	16:39
3 Jacob Johnson	22	Albany	16:59
4 Nick Fazzino	20	Latham	16:59
5 Patrick Schumacher	23	Seymour, TN	17:53

FEMALE AGE GROUP: 20 - 24

1 Emily Burns	22	Slingerlands	18:44
2 Wade Lacey	22	Albany	18:58
3 Amanda Chambers	20	Schenectady	19:52
4 Rachael Shine	24	Clifton Park	20:15
5 Shannon Fitzpatrick	21	Albany	20:23

MALE AGE GROUP: 25 - 29

1 Ian Meyer	25	Weston, MA	17:37
2 Patrick Burke	27	Seaforth	18:20
3 Matthew Blair	29	Troy	19:19
4 Patrick Derocher	29	New York	19:39
5 Scott Richardson	27	Troy	19:46

FEMALE AGE GROUP: 25 - 29

1 Elizabeth Predmore	25	Ballston Lake	18:57
2 Caitie Meyer	28	Albany	18:58
3 Caitlin Abelseth	26	Brighton, MA	19:27
4 Bianca Jordan	26	Troy	20:42
5 Julia DiFiore	29	Carrboro, NC	20:58

MALE AGE GROUP: 30 - 34

1 Brendan Curran	34	Charlestown, MA	18:13
2 Jason Martuscello	31	New York	18:34
3 Daniel Kelly	31	Schenectady	18:57
4 Teodoro Popolizio	30	Rexford	19:39
5 Jon Cline	30	Brooklyn	19:52

FEMALE AGE GROUP: 30 - 34

1 Carly Dillen	34	Baltimore, MD	20:57
2 Hailey Fremante	32	Lake Placid	21:00
3 Lauren Williams	33	Arlington, VA	21:52
4 Lindsey Swedick	30	New York	21:52
5 Stefanie Devito Martin	31	Oxford, PA	22:35

MALE AGE GROUP: 35 - 39

1 Louie Dinuzzo	37	Saratoga Springs	16:05
2 Randy Thur	37	Centerville, VA	17:55
3 Jakob Irvin	39	Troy	17:57
4 Edward Bullock	37	Boulder, CO	18:05
5 Saturnino Fernandez	39	Slingerlands	19:10

FEMALE AGE GROUP: 35 - 39

1 Melissa Hershey	36
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17ND ANNUAL TROY TURKEY TROT *continued*

MALE AGE GROUP: 6 - 7				MALE AGE GROUP: 10 - 11					
1	P. Ruppe	7	Troy	7:34	1	J. Clyne	11	Clifton Park	6:40
2	A. Ellis	7	Albany	8:15	2	B. Burnane	11	Clifton Park	6:40
3	M. Laliberte	7	Averill Park	8:18	3	L. Meilhede	10	Queensbury	6:47
FEMALE AGE GROUP: 6 - 7				FEMALE AGE GROUP: 10 - 11					
1	J. Phillips	6	Rensselaer	9:14	1	A. Bacht	10	Latham	7:21
2	V. Cramer	7	Ballston Spa	9:18	2	L. Hall	11	Poestenkill	7:21
3	K. Dinan	6	Troy	9:35	3	H. Murphy	11	Altamont	7:49
MALE AGE GROUP: 8 - 9				MALE AGE GROUP: 12 - 13					
1	M. Finney	9	Rensselaer	7:20	1	Ethan Sheldon	13	Valley Falls	6:14
2	J. Buccini	9	Albany	7:24	2	J. Fraser	12	Troy	6:36
3	D. Lynch	9	Delmar	7:31	3	M. Hoey	12	Albany	6:39
FEMALE AGE GROUP: 8 - 9				FEMALE AGE GROUP: 12 - 13					
1	C. Rapport	9	Valatie	7:45	1	Peyton Morris	13	Stillwater	7:10
2	M. Carrig	8	Averill Park	7:59	2	D. Tripp	12	Glenmont	7:16
3	M. Higgins	8	Watervliet	8:19	3	Sydney Kimball	13	Troy	7:33

Courtesy of Troy Turkey Trot

38TH ANNUAL CARDIAC CLASSIC 5K ROAD RACE

November 28, 2019 • Central Park, Schenectady

MALE OVERALL				FEMALE AGE GROUP: 40 - 44					
1	Louis Serafini	28	Somerville, MA	14:36	1	Jennifer Bennice	40	Rexford	21:02
2	Matt Lange	24	Schenectady	15:13	2	Melissa Grandjean	40	Glenville	23:57
3	Otis Ubrico	26	Lancaster, PA	15:37	3	Jenny Debellis	41	Latham	24:25
FEMALE OVERALL				MALE AGE GROUP: 45 - 49					
1	Samantha Roecker	28	Ballston Lake	17:53	4	Elizabeth Whitney	40	Altamont	24:46
2	Allison Fernandez	22	Ballston Lake	18:19	5	Meaghan Lansley	42	California, MD	24:46
3	Heidi Stears	27	Ballston Spa	19:09	1	Robert Irwin	46	Guilderland	18:13
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49					
1	Troy Dibble	13	Montclair, NJ	19:58	2	Bob Miller	45	Scotia	20:33
2	Jacob Gilson	14	Niskayuna	20:47	3	Brian Bennett	49	Schenectady	21:31
3	Maxwell Wang	12	Schenectady	21:09	4	Ian Quinn	45	Concord, MA	21:43
4	Jackson Bennice	13	Rexford	21:44	5	Adam Zawilinski	47	Schenectady	22:29
5	Basil Gutch	14	Schenectady	22:17	FEMALE AGE GROUP: 45 - 49				
FEMALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49					
1	Olivia Armenia	14	Schenectady	20:44	1	Renee Tolan	45	Clifton Park	19:26
2	Emma Lupe	13	Schenectady	21:31	2	Tina Greene	46	Schenectady	21:13
3	Emily Miller	13	Scotia	23:44	3	Nicola Macneil	46	Rotterdam	24:21
4	Ashlee Greene	13	Schenectady	23:49	4	Stacia Smith	49	Niskayuna	24:39
5	Lily Harrow	11	Schenectady	25:18	5	Brian Cestaro	46	Niskayuna	25:45
MALE AGE GROUP: 15 - 19				MALE AGE GROUP: 50 - 54					
1	Isaac Menis	18	Schenectady	16:41	1	Kevin Curley	52	Schenectady	20:11
2	Nick Grock	15	Schenectady	17:14	2	Joseph Chiang	53	Schenectady	20:33
3	Matthew Sinnenberg	18	Burnt Hills	17:37	3	Mark Blanchfield	53	Schenectady	20:49
4	Tony Comanzo	19	Schenectady	18:12	4	Paul Young	54	North Andover, MA	20:54
5	Jack Schiavo	16	Schenectady	18:15	5	Jon Atwell	54	Loudonville	22:35
FEMALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 54					
1	Kerry Flower	19	Schenectady	19:16	1	Judy Guzzo	52	Niskayuna	20:56
2	Charlotte Kokernak	18	Schenectady	20:09	2	Laurie Hoyt	53	Schenectady	23:47
3	Billie McClosky	17	Schenectady	21:17	3	Bernice Ruzzo	50	Schenectady	26:01
4	Beth Irvin	15	Guilderland	22:31	4	Mary Lockshin	54	Lexington, MA	26:43
5	Skyler Smith	15	Niskayuna	23:07	5	Marna McMorris	50	Guilderland	28:28
MALE AGE GROUP: 20 - 24				MALE AGE GROUP: 55 - 59					
1	Holden Maynard	20	Schenectady	16:49	1	Ed Menis	55	Schenectady	19:21
2	Michael Buyaskas	22	Clifton Park	17:39	2	Johan Bosman	59	Schenectady	20:50
3	Daniel Westman	22	Fultonville	18:43	3	Michael Murtagh	59	Glenville	21:51
4	Charlie Ragone	21	Schenectady	19:21	4	Seth Leon	56	Marina Del Rey, CA	22:22
5	Matthew Forshey	22	Scotia	19:35	5	Tim Hartman Sr.	57	Schenectady	22:41
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 55 - 59					
1	Amelia Kokernak	20	Schenectady	19:57	1	Linda Brown	58	Schenectady	24:27
2	Danielle Gajewski	23	Danville, NH	20:57	2	Bridgett Frary	59	Niskayuna	24:52
3	Elizabeth Gallagher	23	Washington, DC	21:50	3	Lauren Roecker	58	Ballston Lake	25:06
4	Erica Wasserbach	20	Schenectady	21:59	4	Betsy Henry	58	Schenectady	25:26
5	Alice Menis	20	Schenectady	22:20	5	Suzanne Baumgarten	58	Ballston Spa	25:26
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 60 - 64					
1	Alex Gilgore	26	Scotia	17:47	1	Andrew Campbell	62	Albany	21:30
2	Richard Homenick	25	Schenectady	18:38	2	Rocco Serafini	60	Schenectady	21:55
3	Brad Schierhorn	27	Schenectady	18:50	3	Tom Crane	62	Plainview	23:40
4	Neil Desiderio	29	Dedham, MA	19:56	4	Peter Butryn	62	Schenectady	24:03
5	Thomas Kolman	29	Boston, MA	20:20	5	John Furry	62	Schenectady	24:21
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 60 - 64					
1	Emily Taft	29	Albany	20:11	1	Gwen Williams	61	Schenectady	26:01
2	Gabi Drummond	26	Somerville, MA	22:29	2	Anna Maxwell	62	Schenectady	29:58
3	Ashley Forshey	25	Killeen, TX	22:31	3	Peggy Flannely	61	York, PA	31:25
4	Matt Damiano	29	Somerville, MA	22:38	4	Margaret Trench	60	Charlton	31:39
5	Gabrielle Mazzucco	28	Schenectady	24:02	5	Shaula Rickmyre	62	Schenectady	32:47
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 65 - 69					
1	Peter Rowell	30	Albany	17:30	1	James Forbes	65	Valley Falls	22:16
2	Michael Ryan	31	Schenectady	18:40	2	David Rowell	67	Albany	23:51
3	Scott Crane	31	Huntington Station	18:59	3	George Baranuskas	66	Schenectady	24:33
4	Timothy Ryan	31	Schenectady	19:14	4	Andrew Craop	68	Schenectady	27:45
5	Richard Sheward	34	Brookline, MA	19:29	5	Robert Colborn	65	Niskayuna	27:48
FEMALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 65 - 69					
1	Megan James	30	Charlton	19:16	1	Joan Celentano	66	Schenectady	29:13
2	Margot Rogers	32	Jamaica Plain, MA	23:52	2	Jean Russell	65	Ballston Spa	33:51
3	Sarah Ferreira	30	Troy	24:07	3	Stephanie Holley	67	Ballston Lake	35:55
4	Sara Russell	33	East Greenbush	24:32	4	Frances Reynolds	65	Pattersonville	36:27
5	Sarah McPartlon	33	Schenectady	24:34	5	Loretta Grimm	65	Schenectady	38:07
MALE AGE GROUP: 35 - 39				MALE AGE GROUP: 70 - 74					
1	Chris Camp	36	Hillsdale, NJ	18:16	1	Dominick Delorio Jr.	70	Clifton Park	27:55
2	Shawn Roth	38	Ballston Lake	19:28	2	Joe Yavonditte	70	Schenectady	29:58
3	Jason Bull	38	Schenectady	20:33	3	William Vacca	70	Schenectady	33:00
4	Greg Stevens	35	Charlton	20:34	4	Thomas Boltzer	72	Greenfield Center	34:13
5	Gabe Tabak	35	Washington, DC	21:06	5	Douglas Conlan	70	Clifton Park	34:19
FEMALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 70 - 74					
1	Erin Rightmyer	35	Delmar	22:32	1	Suzanne Forbes	70	Valley Falls	36:40
2	Ami Jo Benny-Rielly	38	Schenectady	22:37	2	Nancy Johnston	73	Ballston Lake	46:56
3	Laura Rickmyre	35	Pattersonville	22:42	MALE AGE GROUP: 75 - 79				
4	Samm Bodenstab	37	Ballston Lake	24:01	1	John Dowley	76	Kingston	34:25
5	Danielle Giovannone	38	Niskayuna	25:52	2	Rich Daley	75	Schenectady	42:47
MALE AGE GROUP: 40 - 44				MALE AGE GROUP: 80 - 84					
1	Michael Cooley	40	Delmar	17:23	1	Jim Moore	80	Niskayuna	32:59
2	Jeremy McNamara	40	Albany	18:45	2	Christopher Rush	83	Schenectady	35:05
3	Brien Ragone	43	Schenectady	19:22	3	John Moroney	82	Latham	36:45
4	Jonathan Guthan	42	Scotia	19:44	<i>Courtesy of Ellis Medicine</i>				
5	Adam Mazel	43	Schenectady	20:25					

Courtesy of Ellis Medicine

18TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K

November 28, 2019 • Saratoga Hilton, Saratoga Springs

MALE OVERALL				MALE AGE GROUP: 15 - 19					
1	Shea Weilbaker	19	Saratoga Springs	15:24	1	Ezra Ruggles	18	Saratoga Springs	16:27
2	Travis Briggs	24	Rochester	15:58	2	Peter Moller	18	Middle Grove	18:25
3	Jack Vite	23	Clifton Park	16:21	3	Max Fredette	16	Saratoga Springs	19:03
FEMALE OVERALL				MALE AGE GROUP: 20 - 24					
1	Dana Bush	41	Saratoga Springs	17:55	4	Willard Gideon	18	Ballston Spa	19:12
2	Mercedes Planavsky	20	Malta	19:08	5	Ryan Bush	15	Saratoga Springs	19:14
3	Stefanie Berggren	27	Clifton Park	19:46	FEMALE AGE GROUP: 15 - 19				
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 15 - 19					
1	D. McCauley	14	Saratoga Springs	19:27	1	Carley Vetter	19	Greenfield Center	20:58
2	Jacob Bernd	13	Saratoga Springs	19:29	2	Cristina Demeo	16	Saratoga Springs	21:16
3	Owen Mansfield	14	Greenfield Center	21:06	3	Ella Kurto	15	Ballston Spa	21:16
4	Owen Mongan	11	Gansevoort	21:15	4	Catherine Mongan	15	Gansevoort	21:16
5	Ryan Healy	14	Glens Falls	21:15	5	Mackenzie Hart	15	Wilton	21:17
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 20 - 24					
1	Sheridan Wheeler	14	Greenfield Center	21:16	1	Kevin Gideon	21	Ballston Spa	17:04
2	Anya Belisle	13	Gansevoort	21:16	2	Spencer Swoboda	20	Ballston Spa	17:05
3	Emily Bush	13	Saratoga Springs	21:16	3	Justin Klotz	21	Ballston Spa	18:22
4	McKinley Wheeler	14	Greenfield Center	21:16	4	Blaise Wichrowski	21	Gansevoort	18:26
5	Callie Neils	14	Brentwood, NH	21:26	5	Chase Collins	21	Saratoga Springs	18:44
FEMALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 20 - 24					
1	Mariellen Penzer	20	Saratoga Springs	20:57	1	Janelle Rothacker	22	Ballston Spa	21:06
2	Janelle Rothacker	22	Ballston Spa	21:06	3	Heather Keniry	21	La Grande, OR	21:57
3	Heather Keniry	21	La Grande, OR	21:57	<i>continued</i>				

18TH ANNUAL CHRISTOPHER DAILEY TURKEY TROT 5K *continued*

4	Jane Cragger	22	Saratoga Springs	21:58	3	Laura Bartels-Peculis	52	Malta	26:30
5	Meghan Hampton	23	Saratoga Springs	22:02	4	Natalie Lopasic	54	Rexford	27:11
MALE AGE GROUP: 25 - 29				MALE AGE GROUP: 55 - 59					
1	Dylan Thayer	28	Troy	16:53	1	Sam Mercado	56	Albany	21:19
2	Ryan Burch	25	Denver, CO	17:30	2	Eric Feder	57	Saratoga	22:29
3	Jonathan Cusick	29	Somerville, MA	17:43	3	Chris Goodness	56	Ballston Spa	23:05
4	Kenneth Hammond	29	Plainsboro, NJ	19:02	4	Mike Smith	56	Argyle	23:13
5	Mark Kiley	28	Brooklyn	19:10	5	Thomss Vishneowski	55	Ballston Spa	23:51
FEMALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 55 - 59					
1	Lauren Scarupa	28	Clifton Park	20:18	1	Kelley Vite	59	Clifton Park	26:09
2	Michelle Riley	27	Cambridge, MA	22:01	2	Jody Tabner Thayer	59	Chevy Chase, MD	26:23
3	Alexandra Burtnick	26	Brooklyn	22:14	3	Carolyn Hampton	59	Saratoga Springs	26:41
4	Mia Fredricks	25	New York	22:17	4	Mary Lee Smaldone	57	Gansevoort	28:15
5	Leigh Ann Labate	25	Saratoga Springs	22:31	5	Mary Hutton	59	Rexford	28:33
MALE AGE GROUP: 30 - 34				MALE AGE GROUP: 60 - 64					
1	Aaron Lozier	31	Albany	17:02	1	Lawrence Fein	63	Saratoga Springs	17:59
2	Jason Cebula	34	North Haven, CT	17:57	2	Jimbo Allott	60	Wilton	21:56
3	Douglass Endrizzi	31	Madison, WI	18:10	3	Jon Weilbaker	61	Saratoga Springs	23:10
4	Andy Wegman	33	Rush	18:17	4	Mike Carbino	62	Malta	24:27
5	Chase Baker	33	Saratoga Springs	18:35	5	Dan Thomson	60	Saratoga Springs	24:37

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