

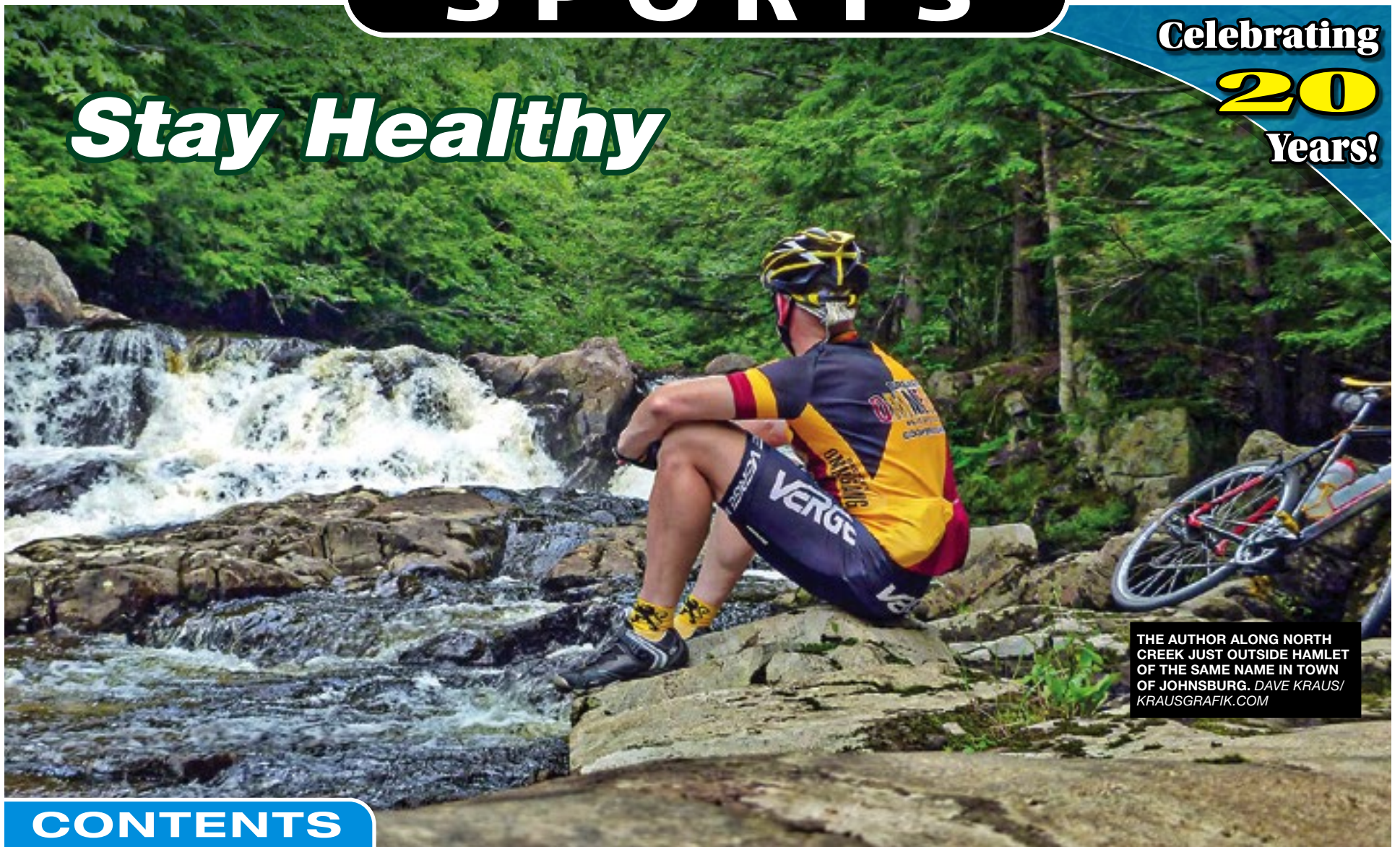
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## Stay Healthy



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## Cycling for Pleasure or Therapy

By Dave Kraus

**T**o ride or not to ride? Or ride alone? Or ride with friends? Or ride on roads? Or ride on bike trails? Or set up that trainer in your basement? Or just give up, crack a beer and get fat? The ongoing coronavirus (Covid-19) pandemic is serious business, but trying to decide whether to keep cycling and how during this difficult time is enough to frustrate any cyclist.

The safest option is obviously to stay home and don't go out for cycling or anything else that's "non-essential." But one cyclist's optional pleasure ride is another cyclist's mandatory therapy for Type A meltdown. If they can't ride, the results will not be pretty. Let's assume that you have decided you must go out for a ride or your head is going to explode. What are the choices?

**If You're Riding Alone** - Assuming you've decided to skip Zwift and actually go for a real ride, first do what you normally do when riding solo. Take your phone, carry ID, a spare, and let someone know where you will be going. Also practice extra care while riding. Take enough food and water to last through your ride. Take the easy route and avoid that 50 mph downhill you love. Don't crash, become a statistic, and add to the health care system overload. Ease off and just enjoy the simple feeling of riding. Maintain your base fitness and be patient. This pandemic won't last forever.

Also make sure you aren't overtraining, since it can suppress your immune system response, and leave you more susceptible to illness. Plus, if you don't feel good, or are experiencing fever, tiredness, and dry cough especially, *forget the ride and contact your health care provider!* Those are the preliminary symptoms of coronavirus.

Additionally, be mindful of where you go and what you touch. If that means nothing but your own bike and possessions, then you're probably fine. But are you stopping at the convenience store to pick up a snack? How many other people have touched

the door handle or the fixtures in the restroom? What about that crosswalk signal button? Bring and use hand sanitizer as any of these surfaces could have active coronavirus on them.

**If You're Riding with Friends** - The lack of available testing, and the reality of a one to 14-day incubation period for Covid-19 means that anyone you ride with could have coronavirus and not even know it - *so could you*. The decision on whether to ride with a few close friends must be yours. Consider the consequences of your individual actions before making your decision.

If you do decide to ride with friends, be aware of the risk, and be even more mindful than on a solo ride: do not share bottles, energy bars, bandanas, carpool, etc. No spitting or "snot rockets." Be alert whether any of your riding buddies are coughing or sneezing.

Also be aware that it's theoretically possible to spread the virus through simply breathing or talking near someone else through your *respiratory signature* - the cloud of moisture and other particles you create around yourself every time you breathe. As you ride, whatever you exhale spreads out behind and around you like a comet's tail including moisture, mucous, pollen, bacteria - and maybe coronavirus. The faster you go, the farther that tail extends behind or around you - or to the rider you are behind. Keep at least a ten-foot lateral distance and seek out backroads or other routes that let you keep that distance side by side. Don't draft!

**Roads or Trails?** - Normally a bike trail would be a safer option for an easy, safe ride. But these are not normal times. Before you go, consider what kind of workout you want, where you can do it best, and your own safety. With stay at home orders in effect for the foreseeable future, many back roads have little vehicle traffic, and finding some country roads nearby that are normally lightly traveled may mean you have the road to yourself - and can hammer the pedals.

See **BICYCLING 20** ▶

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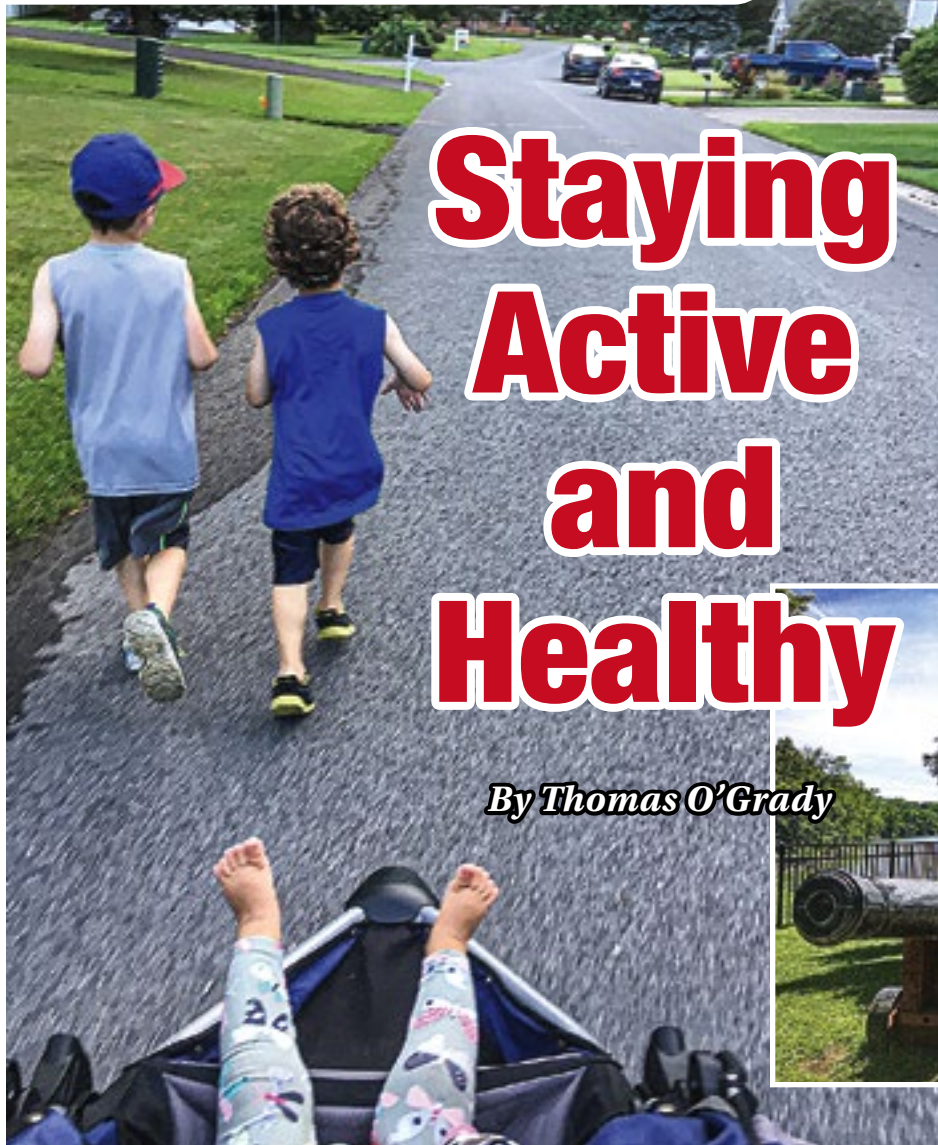
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## RUNNING & TRIATHLON



# Staying Active and Healthy

By Thomas O'Grady



◀ ENJOYING A QUICK JOG IN THE NEIGHBORHOOD WITH THE FAMILY. PHOTOS BY TOM O'GRADY

In early March many readers were likely diligently training and expecting to soon capitalize on all of their hard work. The spring racing season was about to be in full effect. Whether you were training for a 5K, half-marathon, USATF Adirondack Grand Prix, a triathlon or a bike race or tour, there was no shortage of races and events coming up.

As of March 8th, when the Celebrate Life Half Marathon and Guilderland YMCA Indoor Triathlon occurred, all things seemed to be business as usual. And then almost overnight, life in the United States and the world came to a standstill. The novel coronavirus, and its corresponding disease Covid-19, became a pandemic.

Initially there appeared to be mixed sentiment regarding the cancellation of races. Many people in the general public were not aware of how easily coronavirus can spread and how potentially dangerous infection can be. Initial reactions of anger over canceled races stemmed from preparation that goes into running a race. For many individuals a race can require significant individual investment of time, energy and money. Additionally, races are sources of competitive focus and a social event that many people attend with friends and family. The sense of loss when confronted with all of this on top of being thrown into a global health crisis is significant.

**My Race is Canceled - What Can I Do?** It is hard to tell at this point because of how fluid things seem to be. The first thought on people's mind seemed to be whether their race was going to be postponed or canceled. Hopefully most people are at least aware of the race's initial plan at the moment. The second question was, my race is canceled, do I miss out on my entry fee? Again, for many races the decision to refund has been made on a case-by-case basis.

The month from March to April was a particularly disruptive month for me to have

races canceled. I was planning on running three big races. The first race was the New Bedford Half Marathon in March, which was supposed to kick-off my racing for the season. The next race I planned to do was Cherry Blossom 10-Miler in Washington, DC. And the final race was the Boston Marathon in late April. Both New Bedford and Cherry Blossom were canceled. New Bedford was not able to offer refunds and Cherry Blossom gave runner's three options - refund, donate to the race, or donate to charity. In what must have been a herculean effort logistically, the Boston Marathon was able to postpone the race until Sept. 14. The Patriot's Day celebration would also be postponed until the same Monday.

Personally, I was unhappy with the change of race plans as I had prepared diligently for each, and was expecting to have a successful spring racing season. The public health and epidemiology training I have, made me realize the cancellations and postponements were the correct ones. I was happy the decision was not left to people to decide on their own.

My first thought was to complete some of the Adirondack or Catskill high peaks I haven't completed. I also planned to cut back my training load and discussed training cut backs with the athletes I work with as well. My goal was to make sure no one did "too much" and negatively impacted their immune system - making them more susceptible to the virus. Unfortunately, as travel restrictions and other restrictions to access were advised by state and local officials, my immediate plans seemed to be in constant flux. There were no good options!

What you can do is follow the guidelines on social (aka physical) distancing. While doing this, you can also enjoy a lot of the local parks and nature preserves in a safe fashion. I was actually surprised that many of them were crowded. It's important if vis-

iting these places to be careful and follow appropriate precautions. It can seem weird to go to a park or preserve and have to actively avoid people in an area that is usually not very crowded.

Another thing people can do is use their fitness to their advantage. Training for a race involves preparation, peaking, racing and recovery. Avoiding your peak race and entering the recovery phase during the pandemic is not a bad thing. This offers a time to have less stress, less structured training, and to enjoy other activities outside - at a safe social distance. While new guidelines are being provided, the plan can adjust to allow you to do more and adjust. When the worst of the crisis is over, and summer or fall races resume, then you'll be ready to continue with more rigorous training.

**Where to Go and What to Do** - The global health crisis coincided with spring in

when visiting any parks. One of the last runs I did prior to the pandemic beginning was on the Mohawk-Hudson Bike/Hike Trail. On a segment near Watervliet, there was a giant eagle perched in a tree near the Hudson River. It was quite a sight to see and one of the few times I've seen an eagle in the Capital Region. I also have seen many blue jays and robins out. It's a reminder that spring is here and birds are coming back.

If you enjoy bird watching, you may want to check out some of the local preserves and parks. In Albany County, the Five Rivers Environmental Education Center is known for its great informational bird displays. While you cannot go inside to see the displays you may be able to spot many different types of birds outside. The North Loop Trail is approximately two miles and has opportunities to view birds. In Saratoga County, Vischer Ferry Nature & Historic Preserve and Saratoga National Historical Park ("The Battlefield") are known to attract bird watchers. Another preserve with a nice two-mile option is Great Flats Nature Trail in Schenectady County.

If you are more interested in panoramic views, instead of watching for birds, there are also several options in the region. If you want a view of the Capital Region you can find one at John Boyd Thacher State Park. This park has many open fields, trails, and areas to walk so people can spread out, before or after enjoying the tremendous view from the overlooks. Farther north, Moreau Lake State Park offers overlooks with great views of the Hudson River and southern Adirondacks.

At the confluence of the Mohawk and Hudson rivers, Peebles Island State Park has a two-mile circuit that offers views of the rivers. Peebles Island also has a rich industrial history and is located in a former major manufacturing district. The park's visitor's center is the former Cluett, Peabody & Company powerhouse. The adjacent building is the old Bleachery Complex for Arrow Shirt Company, and is the headquarters of the Erie Canalway National Heritage Corridor. Cluett, Peabody & Company made shirt collars. It turns out they produced four million collars a week and were one of the most successful companies in the United States in the 1920s - 100 years ago!

**Final thoughts** - The global COVID-19 pandemic is an unprecedented event. It has led to a lot of disruption in daily life for nearly everyone. There are many businesses and organizations that are struggling and many people have found out they may no longer have a job. If you cannot physically be with people, make sure to give them a call and check-in on them if you can. Make sure to follow the guidelines that are being provided. Many of the social distancing protocols seem very strict but they were put in place with public health and safety in mind.

With the fluidity of the situation evolving at a rapid pace it's important to check with credible sources for updated information. This includes local, state, and federal health resources such as the Governor's Office, Centers for Disease Control and Prevention, or NYS Dept. of Health. The guidelines and mandate for self-quarantining, social distancing, and isolation are also fluid and rapidly changing. Make sure to follow all protocols set forth by the local, state, and federal entities when deciding on what exercise to participate in and deciding whether to visit a park. Visit the park websites, social media pages, or contact them for new updates regarding hours of operation and suggestions for visitation. 📍

the United States. We're seeing longer days, warmer temperatures and sunnier skies. One of the simplest things you can do in the coming weeks is take some time each day to get outdoors.

**Home Options** - Go for a short walk, jog or run around your neighborhood. Many housing developments are set up with linked circles and cul-de-sacs. These types of set ups offer opportunities to get out for a quick 30 minutes or so without much planning. As many posts on social media indicate, this is also a great way to see your neighbors, and wave or talk to them at a safe distance. Many neighborhoods also have easy connections to the local bike paths and parks if you want to wander a little farther.

If you want to mix things up, you can take out your bike and enjoy a quick ride with your children or significant other - possibly along the same route as described above. It may not be the most exciting route in the world but simply getting outside for some air and sun, as well as raising your heart rate can make a big difference in your overall mood and health.

While every race in the near term has been cancelled or postponed, many races are offering virtual options. This includes completing your race on your own locally either outside or on a treadmill. Some ask for you to send proof of completion via a picture of your Garmin, or treadmill, or by logging mileage through online websites such as Strava. Other opportunities are strictly on the honor system and no proof of completion is needed. Individuals who participate in these events are eligible for different awards and badges certifying their participation. If deciding on this option, make sure to follow social distancing guidelines.

**Close to Home** - Wildlife is more active and there have been many reports of animals in areas they normally would not inhabit. Make sure to be aware of your surroundings when venturing out and also

*Tom O'Grady, PhD, MPH (thomas.james.ograde@gmail.com) of Slingerlands is an avid runner, hiker and lover of the outdoors. Learn more at ogradystategies.com.*



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# News Briefs

## Plattsburgh Half Virtual Race

PLATTSBURGH - A virtual race option has been added for the Plattsburgh Half Marathon, 10K and 5K. The race will still be held on Sunday, May 3. Register online to receive a digital bib with your name on it to share socially. Then on May 3, run the half marathon, 10K or 5K on your own time. Once completed, submit your finishing photo with time and distance (must be shown through running app of your choice), and your results will be posted. This can be uploaded via the link on the confirmation email page. All runners will receive a finisher T-shirt and medal via mail for your accomplishment. Run this race from your own streets and help raise money for the Michael J. Fox Foundation for Parkinson's Research. Register at [PlattsburghHalfMarathon.com](http://PlattsburghHalfMarathon.com). 🌲



## Freihofer's Run Virtual 5K

ALBANY - With the importance of social distancing, Freihofer's Run for Women announced that the event's 42nd edition on Saturday, May 30 has been cancelled and a virtual 5K option offered to those interested. "Since 1979, the race has encountered snow, downpours, winds and heat, but never a global pandemic," said co-director Kristen Hislop. "While we're heartbroken to cancel and postponing wasn't an option, we found a way to keep it going," she continued. "As a result, we'll offer a virtual race. It's a great way for women to keep their streak alive and accomplish a personal goal, while supporting the race's local charities - The Community Foundation for the Greater Capital Region's COVID-19 Fund, Albany Medical Center Foundation, and Girls on the Run."

Those interested in signing up for the virtual 5K can do so online through May 5. All participants will receive a "virtual Freihofer's Run for Women" T-shirt, race bib, finisher's certificate, finishers' medal, and coupons for Freihofer's products. These



items will be mailed to participants by early June. Virtual runners/walkers will need to a 3.1-miler following social distancing guidelines, between May 23 at 6am through May 31 at 11pm. "You can run anywhere, in your neighborhood, or we'll provide several local certified 5K routes online" said co-director Patrick Lynskey. "Once runners complete the 5K, they'll submit their times via the link provided, along with a photo of their watch, GPS or RaceJoy map. Results must be submitted by May 31 at 11pm, and results will be posted on [freihoferstrun.com](http://freihoferstrun.com)."

Race organizers are also offering the Freihofer's Junior 3K in a virtual format, if more than 50 entrants are registered before May 1. All participants will receive a T-shirt, finisher's medal and certificate by mail. To register, visit [freihoferstrun.com](http://freihoferstrun.com). 🌲

## New Ownership of 90-Miler

WAITSFIELD, VT - The Northern Forest Canoe Trail and Adirondack Watershed Alliance are working towards a transfer of AWA events and activities, including the Adirondack Canoe Classic, to NFCT's care before the launch of the 2021 paddling season. AWA, managed by Brian and Grace McDonnell for over 20 years, currently coordinates the 'Round the Mountain Canoe/Kayak Race and Celebrate Paddling Invitational in Saranac Lake, Long Lake Long Boat Regatta, and Adirondack Canoe Classic, commonly known as the 90-Miler.

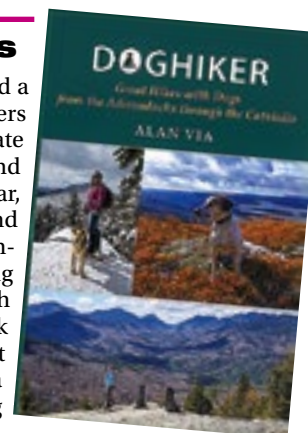
"We're excited by the prospect of this transition and confident that NFCT will provide a promising future for paddle sports in the Adirondacks," Brian McDonnell said. "NFCT's focus on stewardship and promotion of paddling make them a perfect fit for carrying on the events." The Northern Forest Canoe Trail is a nonprofit that maintains and promotes the 740-mile water trail that runs from Old Forge to Fort Kent, Me. It's the longest in-land water trail in the U.S., which consists of 23 rivers and streams, 59 lakes and ponds, 45 communities and 65 portages.



This year, AWA will manage events, with NFCT staff and volunteers observing and engaging. NFCT seeks to complete fundraising and officially purchase AWA in 2021, which will require event correspondence, registration, marketing and sponsorships. NFCT operates a number of successful events, including Waterway Work Trips along the canoe trail, Missisquoi Paddle-Pedal in Richford, Vt., annual Paddling Film Festival screenings, and the Northern Forest Explorers program. NFCT has worked with AWA for a number of years, providing stewardship before/after the 90-Miler, and aid station support during the race. For more info, visit [adirondack90miler.com](http://adirondack90miler.com) and [northernforestcanoeetrial.org](http://northernforestcanoeetrial.org). 🌲

## Doghiker: Great Hikes with Dogs

ALBANY - In March, SUNY Press: Excelsior Editions released a comprehensive guidebook for dog owners that shows readers great places to hike with their canine companions in upstate New York, "Doghiker" is a dog owner's operating manual and tool kit. Authored by lifelong dog owner, Alan Via of Delmar, the book makes a strong case for responsible ownership and offers guidance on selecting a canine hiking companion, training, safety, appropriate gear, canine first aid, and keeping your dog fit and healthy. Covering the Adirondacks through the Catskills, and areas in between, this unique guidebook includes 77 beautiful hikes that are great for dogs. Each hike has a custom topographic map showing parking areas, trails, viewpoints, water sources, and other points of interest.



Included are a peak-finder map and chart showing every hike and a summary of rating categories, as well as information on total mileage, elevation gain, ratings for views, difficulty level, dog safety and hazards, hiker traffic, trail conditions, and whether a leash is suggested or required. Detailed driving directions for each outing, including GPS coordinates for key intersections and trailheads, are also provided. Drawn from Alan's 40-plus years of hike leadership, readers can easily evaluate which hike fits their needs and get outside and explore the great outdoors with their four-legged friends.

"This is now one of my all-time favorite books... Even people who have no dog will love all the information packed in this well-written and informative book... It's clearly a love letter to hiking and especially to dogs." -Jack Rightmyer, Albany Times Union. Alan Via is also the author of "The Catskill 67," a hiker's guide to the Catskill 100 highest peaks under 3,500 feet. 🌲

## FROM THE PUBLISHER

### Bright Spots Amid the Virus

In a time of gloom, hope does exist, and it's important to stay resilient. Kindness is being celebrated as people are being nicer to each other, or maybe we're just noticing it more. Doctors and health workers are improvising and collaborating, and industries are trying to help. Research is moving at a breakneck speed as doctors are scrambling to find treatments and scientists worldwide are testing 50 drugs. This outbreak is bad but holds lessons, as innovations and new procedures may better prepare us for the future.

There is opportunity for us to do good, even from our homes. If you're among the fortunate who are financially solvent and not facing job loss, please consider donating your \$1,200 bailout to food banks or charities. Those who are now jobless and facing financial ruin desperately need help. As John Donne said, "No man is an island, entire of itself; every man is a piece of the continent, a part of the

main." Kindness is a start, but we have to start somewhere.

Out of tragedy may come a new perspective around the globe. We are ALL one. It's encouraging to see many people staying at home, practicing social/physical distancing, putting rainbows on their homes, or thanking healthcare workers, first responders and essential workers. Best wishes to each and every one of us.

We have dates reserved for our Summer Expo & Outdoor Fest, and once it's safe for gatherings we'll let you know - the perfect cure for coronavirus cabin fever! Thanks for your support of Adirondack Sports, our advertisers and exhibitors during this challenging time, it's appreciated and needed for us to survive. Enjoy the issue and stay well!



*Darryl*

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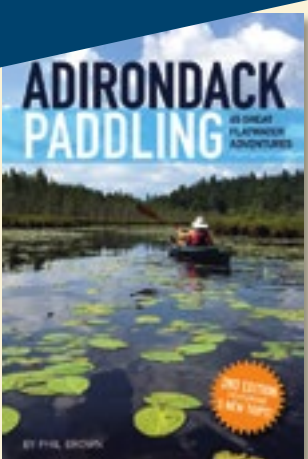
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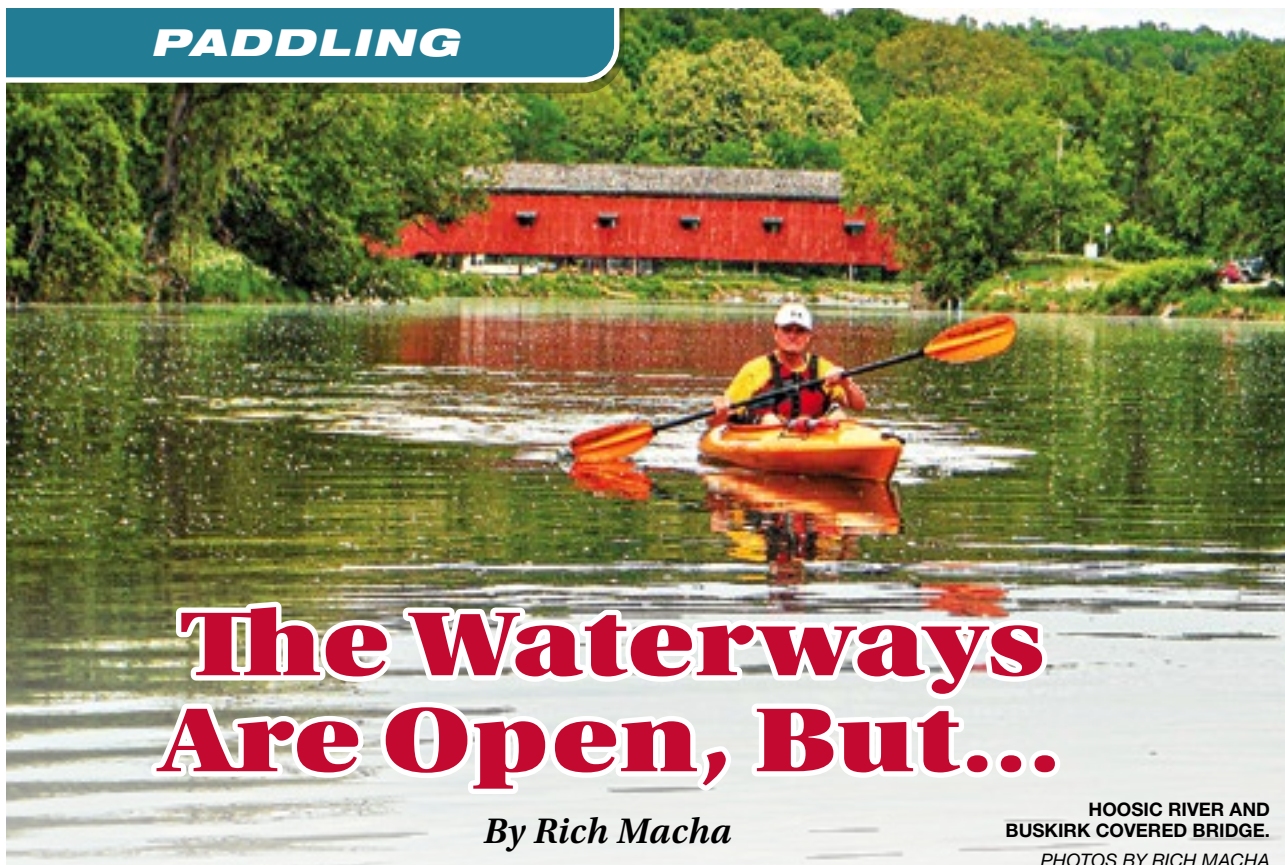
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## PADDLING



# The Waterways Are Open, But...

By Rich Macha

HOOSIC RIVER AND  
BUSKIRK COVERED BRIDGE.

PHOTOS BY RICH MACHA

For many of us, outdoor recreation is a priority. While our lives are on “pause,” we still feel the need to get out on the water and enjoy some paddling to soothe our souls, experience nature, breathe in some fresh air, and get some exercise while we are at it.

There are, however, some changes to how we can and should proceed with our paddling endeavors. We have been instructed to stay close to home, to keep some distance between ourselves and others, to avoid group activities, and to paddle conservatively so as to not require outside assistance in the event of a mishap. In compliance, most clubs, organizations, and businesses have canceled planned events, and meetups are not a good idea at this time.

Fortunately, in Upstate New York, we have many waterbodies throughout the region and you don't have to drive too far to get on the water. For some of us wilderness lovers who prefer to paddle on quiet waters, it may mean that we may have to settle for some road noise and/or other signs of civilization. Nature has few boundaries and we can enjoy its offerings most anywhere, even more so from on the water. Once on the water, it is fairly easy to maintain a physical distance from other paddlers and boaters.

Physical distancing is easily achieved if you paddle alone, but the solo paddler should tell someone where they are going, and when they expect to be back home. I have been practicing social distancing for decades and have no problems with going alone but others may not be as comfortable with it as I am. It is best for all participants if the planned trip is below the skill level of all involved – we do not want to require outside help from rescue personnel or rangers who are already stressed.

You may want to avoid popular boat launches, especially ones that cater to other user groups like motorboaters and fishermen, and don't expect restrooms to be open – bring along some toilet paper, sanitizer, and a zip bag for trash. Paddling is fine, but car shuttles and social events before and after are problem areas. Whitewater paddlers I know are doing shuttles on bike and on foot (it helps if you jog on a regular basis) and paddle rivers that are a step or two below your skill levels. Organizations, such as Outdoor Alliance and American Whitewater, are advising paddlers to “keep it in your zip code.” It is not a good idea to share snacks and drinks during breaks. Only handle your own gear and consider the consequences of helping someone carry their canoe or kayak to and from the water. The act of signing in at registers should be given some thought – again, if you bring along sanitizer and/or disinfectant wipes, the chances of spreading the virus can be minimized. That being said, any group activity other than ones with folks in your own household should be avoided.

**Spring Paddling Considerations** – Take note that the water in spring is still very cold so a capsize could be critical. If your head goes underwater, a gasp reflex will make you swallow water leading to the possibility of drowning. After just a few minutes of immersion, you will lose the functionality of your hands and the ability to help yourself. You can minimize the danger by wearing an approved and properly fastened PFD (Personal Flotation Device, aka a life jacket), dressed in a dry suit or wet suit, and staying close to shore. Practicing self and assisted rescues, as well as being extremely helpful, can be a mind-opening experience.



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Remember that in New York State all paddlers must WEAR a PFD during the colder months, specifically from November 1st through May 1st. At other times of the year, a PFD has to be readily accessible – wise paddlers will just wear one at all times of the year.

**Paddling News** – Most events that require any sort of gatherings have been canceled or postponed. The Hudson River Whitewater Derby, which usually takes place on the first weekend of May, has been postponed and a fall date is being considered. Rafting companies have delayed the start of the season to at least early May. Demo days are likely to be postponed.

Lows Lower Dam is being rehabbed this year so, if you are heading for the Bog River and Lows Lake, look for NYS DEC news and updates on access issues on [dec.ny.gov/outdoor/7865.html](http://dec.ny.gov/outdoor/7865.html). An alternate access is on Horseshoe Lake's outlet but there is little parking available. The Lower Dam area is also one of the most crowded access sites in the Adirondacks so it is best to go elsewhere until after the outbreak is over with.

Access to the Boreas Ponds has been made easier. Once Gulf Brook Road is opened after mud season – this may not be until June – you will be able to drive six miles on the dirt

road to a parking area within one-mile of the ponds, then paddlers will have to carry or wheel their boats to the ponds. Campers will be required to use a bear canister to store food – this regulation may not be enforced until next year though – check the new rules for the High Peaks Wilderness Area at [dec.ny.gov/lands/9164.html](http://dec.ny.gov/lands/9164.html). A new, accessible lean-to has been erected at the old lodge site. However, like the Lows Lower Dam area, the Boreas Ponds have seen much visitation in recent times and both would qualify as places to avoid until things get back to normal.

This year, I would expect the ice to be out on most Adirondack lakes and ponds by mid-April. Be aware that the weather can also be all over the place in spring – I will never forget the snow falling down on me on May 13th while I was camping out on Lake Lila!

Hopefully, things will be back to normal by summer. Until then, let's be cautious and unselfish, and enjoy the outdoors close to home. 🌲

*A lover of wild places, Rich Macha of Albany 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](http://northeastwild.blogspot.com).*

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## BICYCLING

# E-Bikes are Finding Their Place

By Jim Bethell

I was happy to see that the NYS Legislature passed the fiscal year 2020-21 Budget which included the legalization of e-bikes across the state.

Although still a bit confusing, here are the basics - The budget language designated three classes of e-bikes: *Class 1* is pedal-assisted with no throttle; *Class 2* is throttle-assisted with a maximum speed of 20 miles per hour; and *Class 3* is pedal-assisted with a maximum speed of 25 mph. E-scooters are capped at 15 mph, and riders under 18 years of age would be required to wear a helmet. Helmets are also required for riders of Class 3 e-bikes.

One source of possible confusion is that cities and municipalities were given the power to govern where and how e-bikes can be ridden within their jurisdictions. Another confusing disparity is that the industry recognizes a Class 3 motor as having a 28 mph maximum speed while the NY law recognizes it as 25 mph. Even with these limitations, the legislation is a start to begin a shift of our infrastructure to allow for less traffic congestion in our daily lives.

**What types of e-bikes are out there?** There are five main categories of e-bikes: Recreational Commuter, Urban Utility, Cargo, Road, and Mountain Bike.

The first three tend to be on the heavier side due to the motor and battery configuration but most are well-balanced due to the placement of those components. These bikes feature large width tires, front suspension, lots of electronics, and most usually come equipped with lights, fenders and a rack. Typical mileage rates per charge are 35-100 miles depending on your riding habits and assist level chosen.

With the lighter weight road and mountain bike types, less weight that comes with a tradeoff. Smaller motors and batteries which keep the mass down offer less power assist and shorter battery life. In some examples this may be 50% less depending on the wattage of the motor and output of the power pack.

**How does the typical e-bike work?** Well, it's magic. Just kidding, it only feels like magic. Most pedal assist bikes use the motor combined with gearing in the rear to aid in the efficiency of the bike and to save battery power. The motor usually has four settings: Eco, Sport, Tour and Turbo. The gearing can be like a regular bike that has a cassette, chain and derailleur; a variable or automatic type gearing; or internal geared hub with or without electronic shifting, and using a Gates belt drive system instead of a chain. A throttle-assist bike utilizes a grip handle like a motorcycle or minibike to control the speed of the bike. The throttle-assist will cut out at 20 mph.

**What are some of the things you can do with an e-Bike and essentially leave your car parked?**

- Personal School Bus - Avoid the car exhaust-filled chaos in the school pickup or drop off line.
- Grocery Shopping - Hit up the grocery, drugstore or farmers market without parking worries.
- Trips to the Library - Check out all the Harry Potter books and have enough power to get home.
- Trips to the Post Office - Mail is a breeze when you can load all your packages in a basket.
- Recycling Center - Bonus points for using an e-Bike to handle your household recycling.

**Where can you buy an e-bike?** Most of the larger bike brands such as Bianchi, Specialized, Trek have some sort of e-bike line now. There are also many brands new to the USA that have been making e-bikes for over 10 years. These include Gazelle, Bulls, Riese & Muller, Benno, Extracycle, and Tern. All e-bikes use batteries and motors from Bosch, Brose, Panasonic, Pinion, and Shimano.



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The e-bikes are available at local bikes shops and online from direct to consumer stores and outlets. Specialty e-bike stores are out there as well. Some stores may have the bike you want in stock and you can take it right home, or they can get it within a few days from a distribution warehouse. Some specialty bikes are built to spec, require a deposit, and can take 10-12 weeks to come in depending on the country of manufacture. You will find prices to be in a range of \$1,500 to over \$15,000 depending on quality, availability, and configuration of the bike you're looking for.

**Where should you buy an e-bike?** Finding a local retailer/small business owner is always your best bet. This is their livelihood and you will not only come out with more personalized service, but you'll be helping your community too. A qualified retailer will have knowledge of the products they are selling, service accreditation from the bike manufacturer, and motor/battery manufacturer. Bosch, the leading manufacturer of batteries and motors has a dedicated team of specialists that hold training seminars each year for e-bike technicians. In addition, a business owner may provide services such as delivery to your home or pickup and delivery when your bike requires service. They may also offer one-on-one sales appointments where they accompany you on a test ride.

**Research and test ride.** The best bet is to do research and really access your needs and how you plan to use your e-bike. Do you want to haul groceries, maybe start a delivery service, or do you just want to ride with your buddies but not get dropped on the hills? These are all valid reasons for considering an e-bike and there is a bike for every one of those purposes and more.

You will want to test ride several bikes in order to find one you are comfortable with and that will meet your needs. This process could take a few sessions, so it's best to make

an appointment, allow plenty of time, and take your time. Finally, write down the models you ride, along with what you liked or didn't like about them, since it could be tough to remember all those things over a period of a few weeks. 🌱

*Jim Bethell (jim@missionelectricbike.com) is an avid cyclist who has been riding in the Capital Region for many years. He runs Mission Electric Bikes in Ballston Spa, and is also director of operations for the relaunched Serotta Cycling.*



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## HEALTH &amp; FITNESS



SINGLE ARM PULL DOWN



PUSH BACKS ON ALL FOURS



# Exercise for the Immune System

By Andrea Henkel Burke

**P**hysical activity is a key element when we want to maintain and improve our immune system. We can take care of having the best nutrients in our diet (and we should), but our built-in healthcare system is not complete, without moving our muscles and exercising frequently. You probably are reading *Adirondack Sports* because you are an active person. When I'm talking about athletes in this article, I mean basically everyone, whether you're running or biking daily, or walking on a regular basis. I want you to know how different exercises affect your immune system in different ways. With this knowledge, you can design your workouts or activity depending on your situation, desire and goals.

**Cardio workouts** - While moving our muscles, we activate natural killer cells, which keep working a couple of hours after our workout ends. The more natural killer cells that get activated, the better our immune system is able to fight any illness, including viruses. Activating these cells does not happen with every workout. In fact, depending on the intensity of our exercise, it also can suppress our immune system. When our training plan or exercise mood is asking for a high intensity anaerobic session, we need to be aware that our immune system will not be in its best condition after those workouts.

Professional athletes and athletes with high performance goals, need those high impact workouts sometimes, as they need to stress their system in different ways in order to improve performance. The immune system of those athletes might be more often compromised than enhanced by this high impact training. That's why they often, especially in competition season, use hand sanitizer, avoid big crowds, cinemas, and skip a party, no matter if there is a virus around or not. Over the years of training, they still created a better immune system, but it doesn't show up all the time as virus protection. It often is busy with recovery from heavy workouts or big training blocks.

Even when not racing, it's healthy to trigger different metabolic systems by exercising the whole spectrum - from very slow/easy to



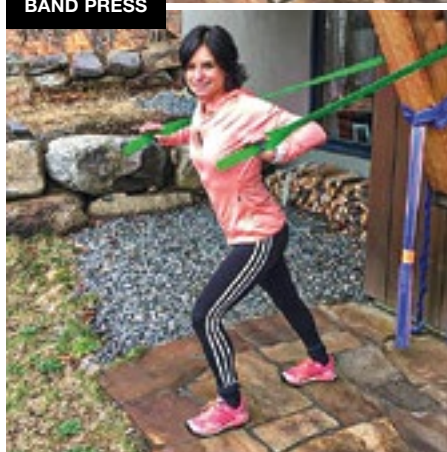
PULL DOWN



SIDE STEPS



BAND PRESS



very fast/hard. Slow and easy should still make up the majority of workouts. In the fitness world, you often see much less of a variety in training. I know, it doesn't sound logical that slow or easy training sessions can improve performance, people often view them as a waste of time. Physiologically, slow sessions make a lot of sense and I highly encourage you to include those sessions for better performance, well-being and overall health.

We all can use the time right now for setting up, improving or maintaining a great fitness foundation. I am obsessed with building and maintaining a solid base. You also would not start building a house without pouring a foundation. You probably heard before that our muscles can produce energy (ATP), with or without oxygen, also called aerobic or anaerobic. To build up our fitness base, and enhance our immune systems, we need to do aerobic sessions. Aerobic sessions are done at a lower intensity. In this training zone, our muscle cells use fat and carbohydrates to produce the energy we need for the workout.

As soon as we switch into the anaerobic zone, fat is not getting burned anymore, and

our muscles rely only on carbohydrates to keep us going. This happens at high intensity. Depending on how well our aerobic system is trained determines when we enter the anaerobic zone. Those anaerobic sessions lead to stress for the body, which is wanted in some cases, but doesn't support the immune system. I am not saying you should not work out in this zone at all, but right now it's important to know that different training affects our ability to fight pathogens differently.

We are able to train and extend our aerobic zone or fat metabolic system to support our immunity. Unfortunately, I cannot provide you with a formula, because everyone has their own metabolic system and everyone is able to change this system in six to eight weeks. Because of that, I usually offer a test, called Aeroscan, which shows specific and individual workout zones. Aeroscan accomplishes this by measuring how much fat and carbohydrates we are burning at a certain speed and heart rate. Some athletes, even trained ones, show very short fat burning zones, others have a very good fat burning metabolism, and can run relatively fast, while still supporting their immune



**BAND JUMP**



**BAND PULL**



system. Obviously, it's not possible to do an Aeroscan while social distancing.

Even without taking a test, I can give you two helpful markers which tell whether you workout in this immune supporting zone. First, when going for a walk or a run, you want to be able to continue to carry a conversation. You don't want to feel like you are short of breath and cannot talk. Secondly, when you are done with your session, you don't want to be hungry. If you are very hungry, you most likely were not burning fat as your primary fuel source during exercise. And don't forget, the better that we can burn fats, the more flexible our metabolic system. And by having a good, flexible metabolic system, we also have a flexible immune system. That's why it is important to keep moving!

Now we know that we can improve our immune system with light aerobic exercises. We also know that we should not stress our system, or get close to anyone (especially now), after a high intensity session. With those high intensity sessions, we create an open window in which we are not able to fight a virus as well. Make sure to take extra time to recover from these workouts, if you are still feeling the need to complete them during this time.

I don't really like to tell you, or my clients, to not do certain things or eat certain foods. I prefer to let you know what happens in your body while doing specific training, exercise and movement sessions. In this way, you are able to adjust your lifestyle in order to stay healthy. The same with eating. I don't want to dive too deep into this topic right now, but just imagine, your body is using what you provide through food and maybe supplements. It also cannot use what you don't provide. Here is just one example: To produce ATP - the energy we use for everything, not just working out - our cells need to have magnesium.

**Strength training** - I talked a lot about aerobic and anaerobic exercise. As a professional athlete in the sport of biathlon, I made my way to the top of the sport when I made significant increases to my strength training. General strength is also part of a good fitness foundation. Active muscles are very important for health and longevity. Unfortunately, but understandably, fitness facilities are closed to the public right now but we can do a lot at home.

I do have my personal training gym at home, but I also like bodyweight exercises and working with bands, which don't require a gym. I can practice both of these as regular "sitting breaks" for a couple of minutes when working in my office. Sitting breaks are very important for the immune system as well. Sitting for a long time creates low grade inflammation, which also is not helpful if we need to fight a virus or any other illness.

I want to finish this article by giving you some ideas with sitting break exercises. It's best to do them for two minutes every 45 to 60 minutes. Some I do right in my office. For others, I just step outside and catch some fresh air, while activating my muscles to fight low grade inflammation from sitting. And trust me, this article took me a while, and also a couple of sitting breaks! If you don't have any resistance bands, but would like to get some, go to flexvit.us. For more ideas for sitting breaks with those bands, visit instagram.com/flexvit.band. 🌱

*Andrea Henkel Burke is a four-time Olympic athlete, winning two Olympic gold medals, and eight World Championship titles. Originally from Germany, she is now working in Lake Placid as a personal trainer and consultant for health, training, nutrition and related fields. You can find her at andrea-burke.com.*



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**WHEN:** Saturday, May 30 from 10am-3pm

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## ATHLETE PROFILE

# Kevin Treadway

## A Nurse's Perspective during the Covid-19 Pandemic

By Tom O'Grady

There are stressful aspects to being a healthcare worker regardless of the times we are living in. Nurses often face several difficulties in their line of work because they serve many roles – and these roles often differ depending on whether they're interacting with a patient or a physician. In addition to the potential stressors and hazards of the jobs there are also certainly many rewards that come with the role. Even in the best of times managing your own health and stress takes effort.

Being a nurse during a global health pandemic takes all of the difficult aspects of the occupation and amplifies them. With that in mind – it is a fair question to ask why anyone would want to volunteer for a more difficult position during such a crisis. And what does a person who is working in the field of nursing during a health crisis do to manage stress? The answer is likely someone who has a sense of duty, has the flexibility, and also the desire to learn more. Kevin Treadway is a currently living in New York City where his primary role is working as a nurse at an allergy clinic in lower Manhattan.

Kevin's duties until February were to provide allergy shots to individuals visiting one of the clinics three offices. When the Covid-19 pandemic began, work as usual slowed at the allergy clinic. When Kevin was contacted to work with the CDC on screening patients for Covid-19 at international ports of entry, he saw this as an opportunity. It was a chance to pick-up lost income, expand his nursing and healthcare knowledge, provide support, and be at the cutting edge of public health and medical knowledge.

After accepting a preliminary three-month contract, Kevin began to make trips to the airport where he was stationed. During his shifts he does a variety of tasks to assist the CDC with screening individuals including – taking temperatures, providing education, triaging to resources, and completing emergency management training. Understandably, due to the nature of the work that is going on, Kevin has asked to limit the specifics related to where he works and the extent of what he does on a daily basis.

The current climate in New York City is surreal. Places that are usually bustling with activity have little to no activity. There is certainly a different feel to the area that is hard to describe. Many people who live in the city for work or other reasons have left. So, one of the most populated and densely packed cities in the world, currently has an eerily empty feel to it.

Kevin notes, "It's been eye-opening to realize how far reaching and prominent the

disease is. Travelers returning from many different countries are at risk of turning up Covid-19 positive." I'm amazed at the way everyone who I've worked with is on-board and united in trying to stop the spread of the disease." When walking the streets or taking transportation to reach work, Kevin notes virtually everyone (19 out of 20 people) are wearing face masks, gloves, and other personal protective equipment just while navigating the streets. Kevin was training for running races more intensely prior to the pandemic and notes that much of his communication with his running club has ended.

Kevin kept up running and working out after the pandemic began, but has shifted his goals. He had planned to race this year, but with every event in the foreseeable future cancelled, he sees no reason to continue with hard workouts. Instead, he's lowered his mileage and is simply completing easy mileage and longer endurance runs to stay healthy and reduce his stress. The miles he puts in prior to work help provide him with focus and relaxation for the day ahead. Many of his shifts are in the mid-afternoon or evening. On his runs, he notices that many parks have been locked up and even if running tracks were accessible, he'd likely avoid them.

When completing a run, he jokes that his running clothes at least get preferential treatment – they get to come in the house. Like many healthcare workers in New York City Kevin takes his work clothes off and bags them prior to coming inside his house after a shift. This helps to control the possibility of bringing any pathogens into his house from the outside.

Besides the potential dangers involved in the work, Kevin finds it intellectually engaging and professionally satisfying. He intends to continue with the work for as long as the pandemic continues and plans to use running to help him stay healthy and manage stress in the process. When asked about stress he states, "I am comfortable with the illness assessment, although it's never pleasant when someone needs to seek medical care. The stressful part is realizing that I'm working under conditions which could affect hundreds or thousands of people if not handled properly." Kevin hopes that the change in his training regime will suit him well and that stepping back now and focusing on what matters will allow him to come back stronger when races start again. He's keeping an opti-

**RESIDENCE:** Manhattan  
**HOMETOWN:** Colonie  
**AGE:** 31  
**FAMILY:** Mom, Christine;  
 Brother, Brian, 29  
**CAREER:** Nursing  
**SPORT:** Running



SOME COLONIE XC TEAMMATES, EVERYONE HAS A BROTHER IN THIS PHOTO.



DARTMOUTH XC TEAM DURING SENIOR YEAR.

mistic outlook and hopes that the pandemic will end sooner than forecasted.

Kevin has a longtime connection to the Capital Region where he grew up, graduating from Colonie High School in 2006. He learned about his talent for running while in middle school when he joined the track team to prepare for soccer. He quickly realized that his talent in running exceeded his soccer abilities when he became one of the fastest eighth grade 1600-meter runners in state history. From there, it was running full-time, and he helped the Cross Country and Track & Field teams at Colonie improve their distance squad tremendously. By the time he was a senior he served as a captain all three seasons. Highlights from his high school running career include: sixth place at the 2005 Suburban Council meet in 15:23 at Saratoga Spa State Park (fourth fastest Colonie High School time ever on the course and a top 75 fastest time ever for high school), 3000-meter and 4x800-meter relay school records (since beaten), and several trips to state and national meets.

His good grades and running talent helped Kevin earn a spot at Dartmouth College where he continued to run and majored in biology. He wasn't academically sure what he wanted to pursue after college but knew he was interested in the healthcare field. He continued his running campaign, ended his time at Dartmouth as a team captain, and lowered his personal bests to: 4:11 in the mile, 8:24 in 3000 meters, and 14:31 in 5000 meters. After graduating, he returned home to the Capital Region. Kevin first considered medical school and continued running. While considering career pursuits, he began training seriously again and started road racing post collegiately.

Kevin started to work at Albany Medical Center as a patient care technician and this

heavily influenced his career choice. He saw the nurses there as dedicated and hardworking, and that made him look at the career. He kept working and running while matriculating into the Hudson Valley Community College/Albany Medical Center nursing program. The flexibility allowed

Kevin to work as a patient care technician while completing his degree requirements.

In order to manage stress and provide an outlet for his competitive drive Kevin continued to run. As you can imagine, someone with Kevin's background quickly took to road racing, and posted some impressive performances while living locally. Some of Kevin's highlights from 2010-2015 include: twice winning the 3.5-Mile CDPHP Workforce Team Challenge in 2012 (17:18) and 2014 (17:09), winning 2013 USATF Grand Prix at OK-5K in Kinderhook (15:15), winning 2012 USATF Grand Prix Troy Turkey Trot 10K (31:23), 48:51 at the HMRRRC Stockade-athon 15K, and 1:09:10 at the Hartford Half Marathon.

After finishing his nursing degree requirements, Kevin decided to move to New York City in 2017 with his girlfriend. This is where he found a position at the allergy clinic where he is now. Kevin's girlfriend began a legal career in the city after graduating from Albany Law School. Kevin's day-to-day treatment activities include providing allergy shots, testing, assisting with serum preparation, and conducting asthma tests. He decided to continue his education and began working on a master's degree in nursing through Excelsior College's distance learning program.

Ever the runner, Kevin noted that the pandemic has disrupted the daily routine of so many people's lives, "Something that runners in particular probably miss." The weekly track interval workout no longer exists or the ability to meet up for a group run. Those are the things that many people look forward to on a weekly basis and are a way for social connection that have vanished. He mentioned that his five to six weekly runs of four to eight miles provide him with a sense of control that he – and everyone – has lost in nearly every other aspect of life. Running continues to provide him with a time for pause and reflection, in a world where information is bombarding us with increasing speeds.

Staying healthy, through exercise and eating well are two things everyone can do, to keep mentally and physically fit during this time of stress. 🌲

Tom O'Grady, PhD, MPH ([thomas.james.ogrady@gmail.com](mailto:thomas.james.ogrady@gmail.com)) of *Slingerlands* is an avid runner, hiker and lover of the outdoors. Learn more at [ogradystategies.com](http://ogradystategies.com).

# CALENDAR OF EVENTS

APRIL TO JULY 2020\*

\*Events beyond this range are advertisers in this issue

## BICYCLING: ROAD

### ONGOING

**Daily Mohawk Hudson Cycling Club.** Group rides on hold. Capital Region. mohawkhudsoncyclingclub.org.

### MAY

- 1-3 Women's Cycling Grand Prix Race. Canceled. Woodstock. womenswoodstockcycling.com.
- 2 **Sean's Ride.** Canceled. Chatham Fairgrounds, Chatham. seansrun.com.
- 3 Hollenbeck's Spring Classic Road Race. 22M loop. 10am. Hollenbeck Cider Mill, Virgil. fingerlakescycling.org.
- 9 Tour of the Battenkill. Postponed to 9/12. 75M/40M/26M. 8am. Washington County Fairgrounds, Greenwich. tourofthebattenkill.com.
- 10 **Janey's Ride.** Check for updates. Road - Metric (62M, 8:30am), Recreation (30M, 10:30am), Family (17M, 11am). Gravel Grinder - Muddy Mother (75M, 8am). Grey Ghost Bicycles fundraiser for Breast Cancer Care & Research Fund at Glens Falls Hospital. Common Roots Brewing, South Glens Falls. bikereg.com.
- 16 **Pucks and Pedals Cycling Tour.** 40M/20M road rides. 9am. Glens Falls Civic Center, Glens Falls. bikereg.com.
- 17 **Team Billy.** Postponed to 9/27. 10M/25M/50M rides & 3M walk. Farmer's Market, Saratoga Springs. teambilly.org.

- 17 **Queen of the Lakes Cycling Weekend: Prospect Mountain Auto Road Hill Climb.** 5M. 10am. Fundraiser for Freedom Machines. Part of BUMPS Hill Climb Series. Prospect Mountain Veterans Memorial Highway, Lake George. bikereg.com.
- 30 Cazenovia Hillbender Cycling Festival. 38M. 9am. Cazenovia Ski Club, Chittenango. cazenoviahillbender.com.

### JUNE

- 7 **Whiteface Uphill Bike Race.** 11M, 8% grade. 8am. Whiteface Mountain Veterans Memorial Highway, Wilmington. whitefaceregion.com.
- 14 **Capital Region Tour de Cure.** Postponed to 9/13. Bike 10/30/50/62.5/100M & 5K run/walk. Saratoga County Fairgrounds, Ballston Spa. ADA: 518-218-1755 x3606. diabetes.org/capitalregion.
- 26-28 **Bike Adirondacks: Weekender.** Paul Smith's College, Paul Smiths. 518-524-4674. bikeadironacks.com.

### JULY

- 17 **9th Ride for the River.** Hungry Trout Resort, Wilmington. bikeadironacks.com.
- 26 **Ididaride: Adirondack Bike Tour.** 55M road (new route!): 9am. 23M gravel grinder: 10am. Gore Mountain Ski Bowl, North Creek. adk.org/ididaride.com.

## SEPTEMBER

- 13 **Capital Region Tour de Cure.** Bike 10/30/50/62.5/100M & 5K run/walk. Saratoga County Fairgrounds, Ballston Spa. ADA: 518-218-1755 x3606. diabetes.org/capitalregion.

## BICYCLING: OFF-ROAD

### ONGOING

**Daily Mohawk Hudson Cycling Club.** Group rides on hold. All abilities welcome. Capital Region. mohawkhudsoncyclingclub.org.

### APRIL

- 25 **Cross-Mountain Crusher Gravel Grinder.** Postponed to 10/24. 55M. Post-ride w/Catskill Brewery. Catskill Recreation Center, Arkville. catskillrecreationcenter.org.

### MAY

- 2 Hills of High-Tor Gravel Race. Naples Community Park, Naples. 585-747-2453. parkavebike.com.
- 10 **Janey's Ride.** Gravel Grinder - Muddy Mother (75M, 8am). Road - Metric (62M, 8:30am), Recreation (30M, 10:30am), Family (17M, 11am). Grey Ghost Bicycles fundraiser for Breast Cancer Care & Research Fund at Glens Falls Hospital. Common Roots Brewing, South Glens Falls. bikereg.com.
- 16 **TOBIE: Ultimate Adirondack Gravel Tour.** 35M/20M. Old Forge. 518-524-2292. cycleadironacks.com.



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- 16 Sweat N' Spring Gravel Adventure. 60M. 8am. Ballston Lake. bikereg.com.
- 17 Farmer's Daughter Gravel Grinder. Postponed to 9/13. 65M. Crellin Town Park, Chatham. farmersdaughtergravelgrinder.com.
- 30 NatiFo Forty Gravel Race. 11am. Hector. 607-342-6098. mainstreetbikeshop.com.
- 31 NYS MTB Series #1: Williams Lake Classic. Williams Lake, Kingston. 845-658-7832. trtbicycles.com.

**JUNE**

- 13 **25th Black Fly Challenge.** Canceled. Adirondack gravel grinder. Inlet to Indian Lake. blackflychallenge.com.

**JULY**

- 26 **Ididaride: Adirondack Bike Tour.** 55M road (new route!): 9am. 23M gravel grinder: 10am. Gore Mountain Ski Bowl, North Creek. adk.org/idadaride.com.

**HEALTH & FITNESS**

**ONGOING**

**Daily Rock Your Fitness: Total Body Training.** Temporarily on hold. Saratoga-Wilton Soccer Center, Malta. 518-522-9765. rockyourfitnessny.com.

**MAY**

- 30 **Living Without an Omentum.** 10am-3pm. Free online educational workshop for cancer survivors. Questions: theomentumproject@gmail.com. Register: theomentumproject.org.

**HIKING & CLIMBING**

**MAY**

- 3 **Hiking 101: Online Workshop.** Zoom. 9am. Adirondack Mountain Club. adk.org.
- 9 **Map & Compass Fundamentals: Online Workshop.** Zoom. 8:50am. Adirondack Mountain Club. adk.org.
- 16 **46er High Peaks: Online Workshop.** Zoom. 8:50am. Adirondack Mountain Club. adk.org.
- 17 **ADK Fire Tower Challenge: Online Workshop.** Zoom. 8:50am. Adirondack Mountain Club. adk.org.

**JULY**

- 5 **Lake George Land Conservancy: Hike-A-Thon.** 20 hiking sites & 2 paddles. Multiple locations. After Party: 11am-3pm. Charles Wood Festival Commons, Lake George Village. lakegeorgehikeathon.org.

**MULTISPORT: TRIATHLON, DUATHLON & SWIM**

**ONGOING**

- Tue **CDTC Summer Training Sessions.** 5/26-8/25. 6pm. Swim, bike, run on Crystal Lake Triathlon course. Crystal Cove, Averill Park. cdtriclub.org.
- Thu **BTC Summer Training Sessions.** 5/28-9/3. 6pm. Warner Lake, Berne. bethlehemtriclub.com.
- Wed **Vischer's Ferry Summer Time Trial Series.** 5/27, 6/3, 6/10, 6/24 (not 6/17). 6:30pm. Also, Sun, 8/9: 14.5M time trial. Vischer's Ferry, Clifton Park. facebook.com.

**APRIL**

- 26 **9th CDYMCA Delmar Duathlon.** Canceled. Elm Avenue Town Park, Delmar. cdymca.org/race2020.

**MAY**

- 3 **26th CDYMCA Anyone Can Tri Triathlon.** Canceled. Clifton Park. cdymca.org/race2020.
- 9 Schenectady County Pedal-Paddle-Run. Postponed. Aqueduct Park, Niskayuna. schenectadycounty.com.
- 16 The Rat Snake: Reverse Triathlon & Trail Run. Canceled. Cooperstown. theratsnake.com.
- 24 **16th Memorial Duathlon & 5K.** Canceled. Saratoga Springs. thememorialduathlon5k.com.
- 30 Cooperstown Triathlon. Check for updates. Sprint & aquabike. Glimmerglass State Park, Cooperstown. coachmarkwilson.com.

**JUNE**

- 7 **11th Hudson Crossing Triathlon.** Canceled. Hudson Crossing Park, Schuylerville. hudsoncrossingtri.com.

**JULY**

- 11 Guilderland Duathlon. Guilderland YMCA, Guilderland. cdymca.org/race2020.
- 26 Ironman Lake Placid. 2.4M swim, 112M bike, 26.2M run. 7am. Lake Placid. ironman.com.

**AUGUST**

- 15 **20th Crystal Lake Triathlon & Aquabike.** 0.5M swim, 18M bike, 3M run. 8am. Crystal Cove, Averill Park. cdtriclub.org.
- 16 **8th Peasantman Steel Distance Triathlons.** Full, half, relay, intermediate, aquabike, sprint & new duathlon. Indian Pines Park, Penn Yan. 315-670-7191. peasantman.com.

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# CALENDAR OF EVENTS

CONT. FROM PG 15

**22 Duaneburg YMCA Triathlon.** 9am. Duaneburg YMCA, Duaneburg. [cdymca.org/race2020](http://cdymca.org/race2020).

## SEPTEMBER

**5-6 15th Lake George Triathlon Festival.** Sat: Lake George Tri (Olympic) & Aquabike. Sun: Big George Tri (70.3) & Aquabike. King George: Olympic & 70.3. Prince George: Olympic & 70.3. Battlefield Park, Lake George. [adkracemgmt.com](http://adkracemgmt.com).

## OTHER EVENTS

### MAY

1 Unique Culinary Journey to benefit To Love A Child. Postponed. Wild game & fish dinner w/cooking demos. Knights of Columbus, Saratoga Springs. 518-859-4424. [toloveachild.net](http://toloveachild.net).

**1-3 Mother Daughter Weekend.** Canceled. YMCA Camp Chingachgook, Kattskill Bay. [camp.cdymca.org](http://camp.cdymca.org).

2 NYS Parks: I Love My Park Day. Canceled. NYS Parks. [parks.ny.gov](http://parks.ny.gov).

23 2020 Geocache Challenge: Kick-Off. 5/23-11/11. NYS Parks in Capital-Saratoga Region. [geocaching.com](http://geocaching.com).

**31 Women's Getaway Weekend.** YMCA Camp Chingachgook, Kattskill Bay. [camp.cdymca.org](http://camp.cdymca.org).

## PADDLING: CANOE, KAYAK & ROW

### ONGOING

**M/Tu/F Adult Learn to Row.** Check for updates. Sessions: 5/4-29, 6/1-26, 8/3-28. 5:30-7am. ARC Boathouse, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

**Mo-Fr Junior Rowing Summer Camps.** Check for updates. June-August. Ages 11-18. ARC Boathouse, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

Wed Summer Duathlons. 1.25M run, 1.25M paddle, 1.25M run. Little River Boat Launch, Canton. [slvpaddlers.org](http://slvpaddlers.org).

## APRIL

**19 Little River Ramble Race.** Canceled. Canton. [slvpaddlers.org](http://slvpaddlers.org).

**25 Albany Rowing Center: Open House.** Canceled. ARC Boathouse, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

25 Middleburgh Slaughter Paddling Regatta. Canceled. [middleburghrotaryny.org](http://middleburghrotaryny.org).

25 50th Wappingers Creek Water Derby. Canceled. Poughkeepsie. [aquaticexplorers.org](http://aquaticexplorers.org).

**25-26 Saratoga Paddlefest.** Canceled; hosting smaller demos this summer. Mountainman Outdoors, Saratoga Springs. 518-584-0600. [mountainmanoutdoors.com](http://mountainmanoutdoors.com).

## MAY

**2-3 63rd Hudson River Whitewater Derby.** Postponed. North Creek. 518-251-0829. [whitewaterderby.com](http://whitewaterderby.com).

**2-3 59th Canton Canoe Race Weekend.** Canceled. Taylor Park, Canton. [cantoncanoeweekend.org](http://cantoncanoeweekend.org).

9 'Round the Mountain. 10.5M. 11am. Lake Flower, Saranac Lake. [adironack90miler.com](http://adironack90miler.com).

**9-10 Adirondack Lakes & Trails Outfitters: Demo Days.** Postponed to June. Lake Colby Beach, Saranac Lake. 518-891-7450. [adironackoutfitters.com](http://adironackoutfitters.com).

**15-17 Adirondack Paddlefest.** Canceled; hosting smaller demos this summer. Mountainman Outdoors on Moose River, Old Forge. 315-369-6672. [0mountainmanoutdoors.com](http://0mountainmanoutdoors.com).

22-25 General Clinton Canoe Regatta. Canceled. Bainbridge. [canoeregatta.org](http://canoeregatta.org).

## JUNE

**6 National Learn to Row Day.** ARC Boathouse, Albany. [albanyrowingcenter.org](http://albanyrowingcenter.org).

**6 Paddle the Mohawk Valley.** Canceled. Erie Canalway NHC. Schoharie Crossing to Amsterdam. 518-237-7000 x204. [eriecanalway.org](http://eriecanalway.org).

6 Feeder Canal Canoe/Kayak Race. 5M. 10am. Feeder Dam, Queensbury to Hudson Falls. 518-225-1310. [feedercanal.org](http://feedercanal.org).

**12-14 Adirondack SUP Festival.** SUP demos/sales, on-water clinics, fitness & yoga, pooch race, guided tours, long/short course races. Saranac Lake. Adirondack Lakes & Trails Outfitters: [adironacksupfestival.com](http://adironacksupfestival.com).

13 Madrid Canoe/Kayak Regatta. 10am. Madrid Community Park, Madrid. 315-322-4041. [slvpaddlers.org](http://slvpaddlers.org).

18 Donald Patneau Memorial Towpath Regatta. 4.5M. 6:30pm. Gateway Landing Park, Schenectady to Aqueduct Park, Niskayuna. 518-331-2761. [nypra.org](http://nypra.org).

**19-21 2nd Adirondack Paddling Symposium.** Beginner, intermediate & advanced tracks for kayakers, canoeists, pack boaters & stand-up paddleboarders. 6/22: Guided Tour. Mountainman Outdoors, Old Forge. [adkpaddlingsymposium.com](http://adkpaddlingsymposium.com).

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**APRIL**

- 27 Tupper Lake 8-Miler Canoe/Kayak/SUP Race. 11am. Boat Launch on Simon Pond, Tupper Lake. 518-354-8377. tupperlake.com.
- 28 Celebrate Paddling Invitational. 10am. 1M, 3M family/novice, 10M races. Lake Flower, Saranac Lake. adirondack90miler.com.

**JULY**

- 5 **Lake George Land Conservancy: Hike-A-Thon.** Paddling on Jabe Pond & Northwest Bay. Hiking at 20 sites. Registration closes: 6/12. After Party, 11am-2pm: Bolton Conservation Park, Bolton Landing. lakegeorgehikeathon.org.
- 11 Electric City Regatta. 1M, 3M, 12M. 10am. Mohawk River/Erie Canal Lock 9 Rotterdam Junction. Ed/Kim Greiner: 518-421-2947. eleccityrace.org.
- 12 Barge Chaser Canoe/Kayak Race. 3M, 10M. 10am. Kiwanis Park, Rotterdam Junction. Linda & Bob Cooley: 518-393-9201. nypra.org.
- 26 BluMouLA-BuFuRa: BML Buoy Race. 1.5M, 7M, 14M. 10:30am. Town Beach, Blue Mountain Lake. bmlbuoyrace.com.

**RUNNING, TRAIL & SNOWSHOE RUNNING**

**ONGOING**

- Tu/Th/Sa Roundabout Runners Club: Group Runs.**  
Suspended. Tue & Thu, 5:15am: Starbucks. Sat, 7am: Wired Coffee. Malta. roundaboutrunnersclub.com.
- We/Sa Fleet Feet Running Club.** Suspended. Fleet Feet, Albany (518-459-3338) & Malta (518-400-1213). fleetfeetalbany.com.

- 18 **Countryman Challenge.** Canceled. 5K obstacle race. West Mountain, Queensbury. westmtn.net.
- 18 2nd Helderberg to Hudson Half Marathon. Postponed to 8/29. Albany County Rail Trail, Voorheesville to Albany. helderbergtohudsonhalf.com.
- 18 Furry Fun 5K for People & Dogs. Postponed. Saratoga Spa State Park, Saratoga Springs. peppertree.org.
- 18 Rock and Snow "Bridge 2 Bridge" 5-Mile Run. Virtual Run: complete 5/15-22. mohonkpreserve.org.
- 18 The Maple Run: Half Marathon & 5K Run/Walk. Virtual Race. Canton. themaplerun.com.
- 18 42nd Rollin Irish Half Marathon. Canceled. Essex, VT. gmaa.run.
- 19 HMRRRC Delmar Dash 5-Miler. Canceled. Bethlehem Middle School, Delmar. hmrrc.com.
- 19 SHAPE & Health Women's Half Marathon. Canceled. Central Park, New York. nyrr.org.
- 19 24th Mutt Strut. Virtual Race. 3M with dog. Waterbury, VT. cvrunners.org.
- 20 124th Boston Marathon. Postponed to 9/14. Hopkinton to Boston, MA. baa.org.
- 25 **8th Bacon Hill Bonanza Road Race.** Postponed. 5K & 10K. USATF-Adk 10K GP Race. Bacon Hill Reformed Church, Schuylerville. baconhillbonanza.com.
- 25 **40th HMRRRC Bill Robinson Masters 10K.** Canceled. Guilderland High School, Guilderland. hmrrc.com.
- 25 4th Together We Shall 5K Run/Walk. Canceled. Galway. ainsleysangels.org.

- 25 Rotary 5K Corporate Challenge. Postponed. SUNY Adirondack, Queensbury. adirondackrunners.org.
- 25 Joseph Manupella Memorial 5K Run. Postponed. Lansingburgh. lbgcfundraisers.org.
- 25 12th Grace 5K Race/Walk for Youth. Canceled. Schoharie. fieldsofgraceoutreach.org.
- 25 Earth Day 7K. Check for updates. 10am. Canton. 315-229-5704. natureupnorth.org.
- 26 38th Kiwanis Kingston Classic 10K/5K. Canceled. Kingston. kiwaniskingstonclassic.com.
- 26 Ted Petrillo Save Our Switchbacks. Postponed to 8/16. 7.5K road race. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 27 FLRC Virtual COVID-19 Mile Fund Run. Wherever you want to run. fingerlakesrunners.org.

**MAY**

- 2 **Have A Drink on Me 5K.** 10am. Postponed to 10/24. SingleCut Brewery, Clifton Park. singlecut5k.com.
- 2 **13th Joan Nicole Prince Home 5K Run & 1M Walk.** Virtual Race. Central Park, Schenectady. 518-346-5471. joannicoleprincehome.org.
- 2 Mindful Mile & Fight Hunger 5K. Canceled. SUNY Albany, Albany. 518-442-5956. ualbanydining.com.
- 2 Shark Shuffle 5K & Fun Run. Check for updates. 8:30am. Cook Park, Colonie. runsignup.com.
- 3 **Plattsburgh Half Marathon, Relay, 10K & 5K.** Virtual Races. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

continued

**NOW A VIRTUAL RACE!**

Register today to receive a digital bib to share socially with your name on it. Then on Sunday, May 3, run the half marathon, 10K or 5K on your own time. Once completed, submit your finishing photo with time and distance (must be shown through running app of your choice) and your results will be posted. This can be uploaded via the link on your confirmation email page. All runners will receive a finisher T-shirt and medal for your accomplishment via mail. You can run this race from your own streets!

Join in the fun and help raise money for the Michael J. Fox Foundation for Parkinson's Research.

Register at [PlattsburghHalfMarathon.com](http://PlattsburghHalfMarathon.com). Stay healthy!

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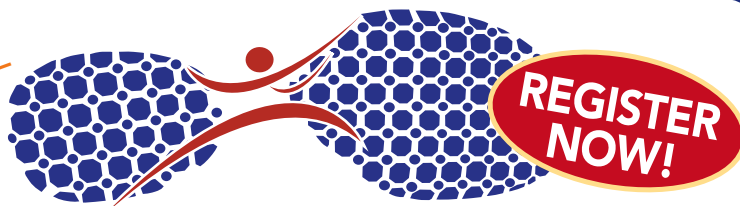
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11th ANNUAL



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Jeremy Drowne (1:15:54) • Carrie Pomainville (1:32:40)



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# CALENDAR OF EVENTS

CONT. FROM PG 17

- 3 **Sean's Run Weekend: Sean's Run & Meghan's Mile.** Canceled. Chatham High School, Chatham. seansrun.com.
- 3 **Literacy 5K Run/Walk.** Postponed. Guided nature walk, story walk & youth mile. Schodack Island State Park, Schodack Landing. Ivorc.org.
- 3 Run to the Hills 5K & 10K. Check for updates. Town Hall, Kingston. 845-332-0563. letsdothis.com.
- 3 Steve Zemianek Road Race. Postponed. 3.8M & 10K. Bennington, VT. runreg.com.
- 3 Middlebury Maple Run Half Marathon. Canceled. Middlebury, VT. middleburymaplerun.com.
- 9 **Summer Smith 5K Addiction Awareness Memorial Run.** Check for updates. 9:45am. Zumba Warmup: 9:20am. Guilderland High School, Guilderland Center. summersmith5k.com.
- 9 **14th CCRC 5K Run/Walk/BBQ.** Postponed. USATF-Adk Grand Prix Series. CCRC, Clifton Park. ccrc-cpny.org.
- 9 **31st Prospect Mountain Road Race.** Canceled. Prospect Mountain Memorial Highway, Lake George. adirondackrunners.org.
- 9 Towpath Trail Run 10K & 2M. 5:30pm. Marina, St. Johnsville. 518-568-7509. fmrrc.org.
- 9 Schoharie 5K Run/Walk. 9am. Court House, Schoharie. 315-427-3856. runsignup.com.
- 9 Camp Hill 5K Run/Walk. Postponed. Copake. camphillvillage5k.org.
- 9 The Stampede 5K/10K. 10am. Maple City Trail, Ogdensburg. 315-355-1363. fredericremington.org.
- 9 Adamant Half Marathon. Canceled. Adament, VT. cvrunners.org.

- 10 Mother-Lovin' 5K Run/Walk. Virtual Race. Saratoga Spa State Park, Saratoga Springs. kellysangelsinc.org.
- 14 Lion Dash Family Fun Run. Canceled. Loudonville. northcolonie.org/loudonville-elementary.
- 16 **10th Kerry Hustle 5K - Color Run. 9am. Kids' Dash: 10am.** SMSA School. Glens Falls. active.com.
- 16 **2nd Malta Mile.** Canceled. Town Hall, Malta. roundaboutrunnersclub.com.
- 16 **2nd Apple Blossom 5K Run/Walk.** Canceled. Saratoga Apple, Schuylerville. saratogaplan.org.
- 16 Earth Day Half Marathon, Relay & 5K. 8am. Emmi Farms, Baldwinsville. willowhwc.com.
- 16 Thom B Trail Runs. 7am. Hammond Hill State Forest, Dryden. fingerlakesrunners.org.
- 16 13th Ryan's Run 5K. Canceled. Saratoga Springs. saratoga.com.
- 16 Champlain Bridge 5K Cross Country Run. Canceled. Crown Point. lachute.us.
- 16 Women's Run 5K & 10K. 8am. Van Wyck Rail Trail Parking, Wappingers Falls. mhrrc.org.
- 17 **Team Billy Walk & Ride.** Postponed to 9/27. 3M walk & bike rides. Farmer's Market, Saratoga Springs. teambilly.org.
- 17 Run Like the Wind 5K Run/Walk. 10:30am. Liberty Square, Ellenville. ellenvillerunlikethewind.com.
- 17 Steel Rail Half Marathon & 8K. Postponed: 10/11. Adams, MA. steelrailhalfmarathon.com.
- 17 Erie Canal Half Marathon, Relay & 5K. Virtual race. Utica. eriecanalhalf.com.

- 21 CDPHP Workforce Team Challenge. Postponed. Empire State Plaza, Albany. cdphpwtc.com.
- 23 **Glens Falls Urban Assault Obstacle Run Canceled.** 3.5M w/20 obstacles. 5pm. Teams welcome. Glen Street, Glens Falls. adkracemgmt.com.
- 23 Tyner Trail Run. 5K run/walk. Cole's Woods, Glens Falls. 518-791-7910. facebook.com/sodakyl.
- 23 45th Voorheesville Memorial Day 15K. 12:15pm. Plus, 3.2K Run/Walk. Voorheesville. 518-505-6991. hmrrc.com.
- 24 **16th Memorial Duathlon & 5K.** Canceled. Saratoga Springs. thememorialduathlon5k.com.
- 24 Woodstock Races. 15K: 8am. 5K: 8:45am. 1700 Sawkill Road, Woodstock. onteorunners.org.
- 24 Vermont City Marathon & Relay. Postponed to 10/25. Burlington, VT. runvermont.org.
- 30 **42nd Freihofer's Run for Women 5K & Junior 3K.** Virtual Race. freihofer'srun.com.
- 30 Run 4 Garrett. 5K, 10K & 13.1M. Canceled. Sackets Harbor. garrettsfund.org.
- 30 Cayuga Trails 50M & 50K Trail Runs. Robert Treman State Park, Ithaca. rednewtracing.com.
- 31 Kelsey's Promise 5K Run/Walk. Canceled. Averill Park. kelseyspromise.org.
- 31 Tortoise & Hare Trail Runs. 9am. Buttermilk Falls State Park, Ithaca. fingerlakesrunners.org.

## JUNE

- 6 **9th Tuff eNuff 5K Obstacle Course Challenge.** Teens & Adults 5K: 9:15am. Kids 1M Obstacle Fun Run: 8:30am. Teams/Individuals. BOCES Campus, Saratoga Springs. Jill Fahey: 518-581-1230. preventioncouncil.org/tuff-enuff.
- 6 LifeSong Dash 5K. 9am. Halfmoon Town Park, Halfmoon. lifesonginc.org.

**4TH ANNUAL SASHA'S SUPERHERO RUN**  
**5K Run/Walk**  
 Sunday, June 21 - 10:30am  
 Tallmadge Park, Mechanicville  
 Kids' Fun Run at 10am (10-under free)  
 Bring your superhero attitude or wear superhero-inspired attire!  
 - Performance shirts to first 300 -  
 USATF certified · Groups/teams welcome  
 Albany Ronald McDonald House fundraiser to support families of ill children and honor parents of kids lost too soon  
 Entry & Info: [Sashasrun.com](http://Sashasrun.com)

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**Silks & Satins 5K**  
 SARATOGA SPRINGS, NY  
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 Saturday, July 18 • 8am Start  
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 415 East Avenue  
 Register at [silksandsatins5k.com](http://silksandsatins5k.com)  
 \$25 by 7/1 or \$30 race day  
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 BEAST Relay: WHITEFACE MT > SARANAC BREWERY  
 SPRINT Relay: TUG HILL PLATEAU > SARANAC BREWERY  
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 OCTOBER 17, 2020  
 SPRINT Relay: GREEK PEAK > HERITAGE HILL BREWERY  
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- 6 Kinderhook OK-5K Run. Canceled. Kinderhook. Ok5krace.com.
- 6 Run the Runway 5K. 9am. Schenectady County Airport, Schenectady. zippyreg.com.
- 6 The PRIDE Rainbow Run 5K. 9am. Jennings Landing, Albany. 518capitalpride.com.
- 6 Toys for Tots 5K. 9am. Warming Hut, Saratoga Spa State Park, Saratoga Springs. facebook.com.
- 7 **Capital Region Heart Walk & Run.** Virtual race. capitalregionheartwalk.org.
- 7 13th Cantina Kids Fun Run. Congress Park, Saratoga Springs. saratogahospital.org.
- 7 Girls on the Run 5K Run/Walk. Virtual race. Albany. gotrcr.org/5K.
- 13 **Spring Into Summer 5K.** 8:30am. Coxsackie-Athens High School, Coxsackie. Greene County YMCA: cdymca.org/race2020.
- 13 **6th Good Karma 5K Run/Walk.** Canceled. Crossings Park, Colonie. 518-429-9068. goodkarmany.org.
- 14 **Capital Region Tour de Cure: 5K Run/Walk & Bike Rides.** Postponed to 9/13. Saratoga County Fairgrounds, Ballston Spa. 518-218-1755 x3606. diabetes.org/capitalregion.
- 14 **Vermont Sun Half Marathon, 5K & 10K.** 9am. Branbury State Park, Salisbury, VT. vermontsun.com.
- 20 **3rd Adirondack 15K Race to the Lakes.** 8am. SUNY Adirondack, Queensbury to Battlefield Park, Lake George. active.com.
- 20 Strides 4 STRIDE Run, Walk 'n' Roll. 5K: 10am. Walk: 9am. Jennings Landing, Albany. stride.org.

- 21 **4th Sasha's 5K Run/Walk.** 10:30am. Wear superhero-inspired attire. Free Kids' Fun Run: 10am. Tallmadge Park, Mechanicville. sashasrun.com.
  - 27 18th Dodge the Deer 5K & Kids Races. Schodack Island State Park, Schodack Landing. dodgethedeer.com.
- JULY**
- 
- 4 **14th Firecracker 4 Road Race.** 9am. 4M w/ entertainment along course. Saratoga Springs City Center, Saratoga Springs. firecracker4.com.
  - 4 Finger Lakes 50s. 25K/50K/50M. 6:30am. Finger Lakes National Forest, Hector. fingerlakesrunners.org.
  - 4 32th Montcalm Mile Road Race. 1:45pm. Ticonderoga. lachute.us.
  - 11 6th Friends of Wilton Recreation Park Fest 5K Run/Walk. 8am. Saratoga Springs. friendsofwiltonrec.com.
  - 11 Turtle Trot Walk-Run. 3.4M. 10am. Whalen Park, Massena. 315-764-1289.
  - 18 **24th Silks & Satins 5K Run/Walk.** 8am. Jeff Clark memorial race. Fasig-Tipton Pavilion, Saratoga Springs. silksandsatins5k.com.
  - 25 18th Run for the River 5K/10K. 9am. Downtown, Clayton. savetheriver.org.
- AUGUST**
- 
- 7-8 **Peak 2 Brew Relay: Adirondack Beast.** 220M. 6-12 runners. Whiteface Mountain, Wilmington to Saranac Brewery, Utica. 10% off: p2brelay.com.
  - 8 **Peak 2 Brew Relay: Adirondack Sprint.** 60M. 3-6 runners. Tug Hill, Turin to Saranac Brewery, Utica. 10% off: p2brelay.com.

- 15 **Camp Chingachgook Challenge Half Marathon & 10K.** 8am. YMCA Camp Chingachgook, Kattskill Bay. cdymca.org/race2020.
- 19 **Hump Day 5K Run/Walk.** 6:15pm. Southern Saratoga YMCA, Clifton Park. cdymca.org/race2020.

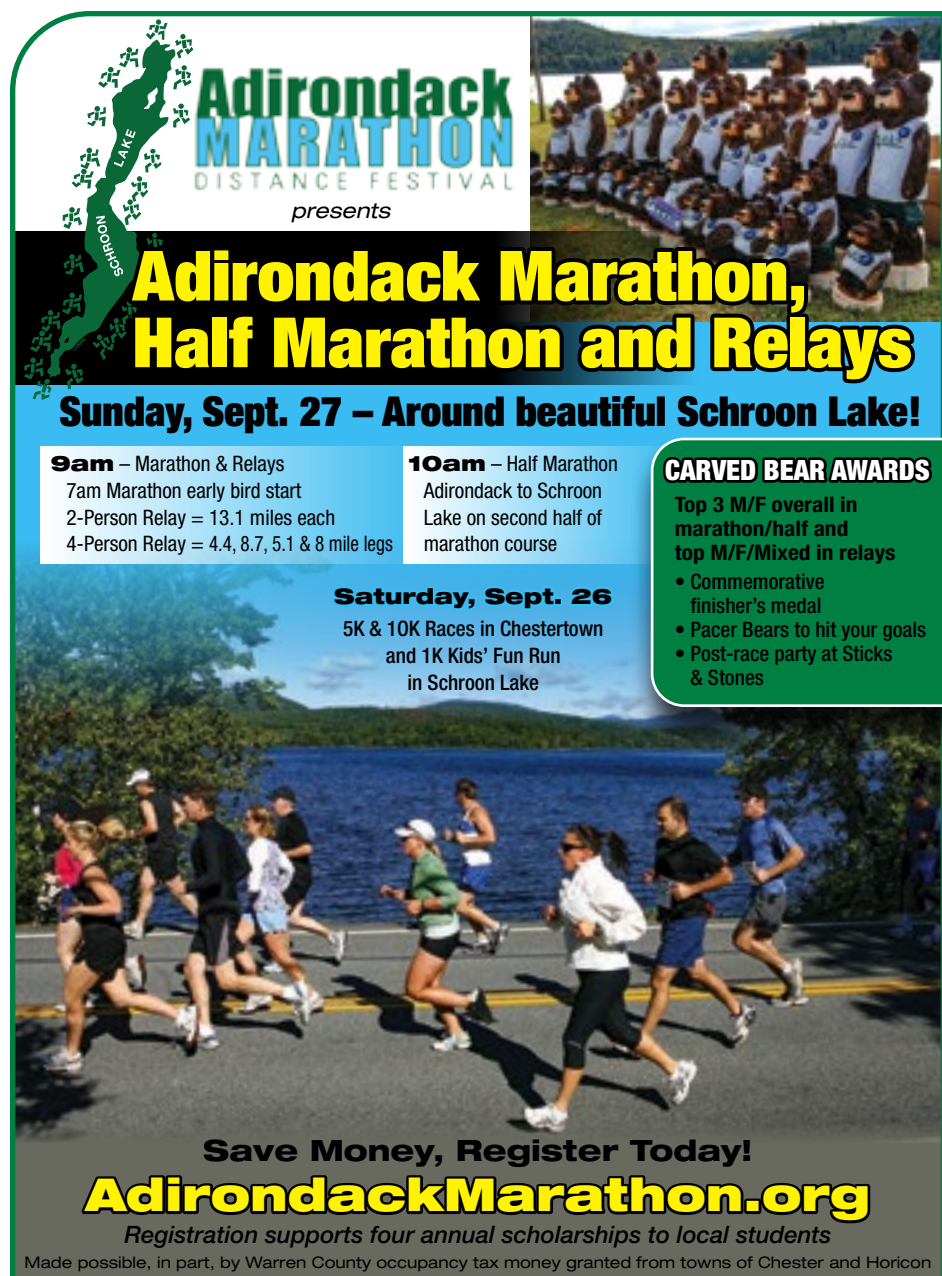
**SEPTEMBER**

- 13 **Capital Region Tour de Cure.** 5K Run/Walk. Bike - 10M 10am; 30M 9am; 50M 7:30am; 62.5M 7:30am; 100M: Saratoga County Fairgrounds, Ballston Spa. ADA: 518-218-1755 x3606. diabetes.org/capitalregion.
- 19 **ADK 5K.** 10am. Save \$5 w/code by 3/28: ADKSPORTS. Adirondack Pub & Brewery, Lake George. adk5k.com.
- 20 **Saratoga Palio Half Marathon & 5K Run/Walk.** 8am. Melanie Merola O'Donnell memorial race. Saratoga Springs. themelaniefoundation.com.
- 26 **Adirondack Marathon Distance Festival: 10K & 5K road races.** Municipal Center, Chestertown. adirondackmarathon.org.
- 27 **Adirondack Marathon Distance Festival: Adirondack Marathon, Half Marathon & Relays.** Around beautiful Schroon Lake, Schroon Lake. adirondackmarathon.org.

**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.
- 18 **Peak 2 Brew Relay: Catskills.** Windham Mountain, Windham to Brewery Ommegang, Cooperstown. 10% off: p2brelay.com. ■

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



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# Adirondack Marathon, Half Marathon and Relays

**Sunday, Sept. 27 – Around beautiful Schroon Lake!**

**9am** – Marathon & Relays  
7am Marathon early bird start  
2-Person Relay = 13.1 miles each  
4-Person Relay = 4.4, 8.7, 5.1 & 8 mile legs

**10am** – Half Marathon  
Adirondack to Schroon Lake on second half of marathon course

**CARVED BEAR AWARDS**

- Top 3 M/F overall in marathon/half and top M/F/Mixed in relays
- Commemorative finisher's medal
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- Post-race party at Sticks & Stones

**Saturday, Sept. 26**  
5K & 10K Races in Chestertown and 1K Kids' Fun Run in Schroon Lake

**Save Money, Register Today!**  
**AdirondackMarathon.org**  
*Registration supports four annual scholarships to local students*  
Made possible, in part, by Warren County occupancy tax money granted from towns of Chester and Horicon

The Melanie Foundation presents  
**THE SARATOGA PALIO**



**The Final Race**

Melanie Merola O'Donnell Memorial Race  
Half Marathon & 5K Run/Walk  
**SUNDAY, SEPTEMBER 20**  
**TheMelanieFoundation.com**

3RD ANNUAL  
**Adirondack 15K Race to the Lakes**  
Registration Temporarily Suspended

**Saturday, June 20 – 8am**  
SUNY Adirondack, Queensbury to Warren Co. Bike Path to finish at Battlefield Park, Lake George!

**Limited to 300 runners • Active.com**

Technical, gender-specific shirts to all by 5/30. Buses back to SUNY Adk starting at 10am.  
Benefits Adirondack Community Outreach Center's Backpack Program

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JOHN GILLIVAN OF COLONIE AND TIM LIPPERT OF BERNE, KEEPING SOCIAL DISTANT IN NEAR BERNE. PHOTOS BY DAVE KRAUS/KRAUSGRAFIK.COM



TIM LIPPERT CLIMBS ON BEAVER ROAD IN SOUTHERN ALBANY COUNTY.



ART GOEDEKE OF DELMAR RIDING IN SOUTHERN RENSSELAER COUNTY.

By contrast, if you have a local multiuse trail available, it's going to be busier than usual with so many people using it for moderate exercise. Can you use it at off hours? Is the trail wide enough for you to practice proper social distancing? Every person you pass will have their own respiratory signature you must ride through, and literally anyone you see could be infected and not know it. Do you feel safe riding in those circumstances? Again, make the decision you feel is best for you and others - we're all in this together.

If you are riding on local trails, keep in mind that with so many new users, you will likely encounter walkers or riders who are not familiar with the usual trail etiquette. Avoid excessive speed and call out "Behind you!" or similar as you overtake other trail users. No reaction? They may be wearing earphones, so slow down and stay safe as you pass them. Make sure to speak up and let them know your intentions for "passing left" or "passing right." Don't miss this chance to be a positive ambassador for all cyclists.

**Bike Maintenance** - Local bike shops have been designated "essential services" under shutdown orders in New York State, so many local stores remain open for service and sales. If you're an experienced cyclist, that means you can still probably schedule your spring tune-up with your favorite local mechanic with a few changes to the usual process.

Tim Bonnier at Tomhannock Bicycles in Pittstown, said that his store is currently averaging three days in shop for repairs, and curbside drop-off and pickup is available. Safe distancing is being practiced, and all staff use gloves and disinfect bikes before and after test rides.

Farther north, Steve Fairchild at Grey Ghost Bicycles in Saratoga Springs and Glens Falls said his two stores are likewise keeping interaction to a minimum with disinfecting and curbside service. Service times are changing almost daily in both stores due to varying business.

In Lake Placid, Kenny Boettger at Placid Planet Bicycles in Lake Placid has been disinfecting "whatever is touchable" and is making service arrangements "pretty much however someone's comfortable with it" including outside drop-off. He added they are able to get to most service requests by the next day.

All three dealers urged customers to call first to find out current repair times and make an appointment for bike drop off.

For riders who may be renewing their interest with bikes that have been stored in attics or garages for long periods, Tim stressed the importance of a safety check before trying to ride a bike that has been in storage for years. "First, check to make sure tires and tubes hold air," he said. "But after you inflate them, look and check around the sidewall of the tire and the tread to see if there's any splitting or cracking of the rubber." Lubing the chain is also mandatory, he added. "The rollers and links should move freely. If they don't it's never going to work right again, and it's better to just replace it."

Steve agreed, and added brakes to the list; "You gotta be able to stop and you gotta be able to roll." Make sure the brake pads are installed correctly, are not worn or dried out, and will easily bring the bike to a stop.

Kenny also added that moisture can wreak havoc with a stored bike, especially one that's been stored in an outside shed or just left outdoors. Steel can rust, aluminum can corrode, and if water gets inside the frame and freezes, it can burst the tube exactly like frozen plumbing. Be safe everyone. 🌲

*Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer, and writer who is looking forward to riding with all his friends again someday. Visit his website at krausgrafik.com.*



JOHN GILLIVAN (AND A MAILBOX RIDING COMPANION) ON RIVERVIEW ROAD IN CLIFTON PARK.

**RUNNING**



# Running Life Resiliently

By Ben Heller

I originally wrote this article before the Covid-19 pandemic started. Little did I realize that this article would acquire extra meaning as America and the world deals with the virus. I hope that these words can provide you with a little bit of encouragement during these trying times. Don't worry, I struggle just as much to keep myself together, but if there was ever a good test of resiliency, these next few months certainly fit the frame.

For myself, 2020 is all about emotional and personal growth. That is quite a daunting topic for someone who has 30 years of unhealthy emotional practice ingrained in their being. It can sometimes look like trying to scale up a mountain with no visible peak. I can say with clarity that my unhealthy behaviors and emotional outlooks have hurt some people in my life and subjected my

friends in the running community to some precarious situations. I try to live life in the lead pack and not as a straggler. Emotionally, I've been a straggler and still find myself in that part of the pack in the race of life.

Even recently, I have emotionally dealt with setbacks akin to rolling an ankle in a 5K. It pains me to write that, but to be accountable to myself and this world, I must confess this with a clear mind. I have stumbled processing some complex issues during my time.

You're reading this saying to yourself, 'Ben, you have problems but how is this relevant to running and what can I learn from reading about your darn problems?' This is relevant to running because to enact the changes I am trying to make within myself, I am calling on behaviors, traits and aspects of a successful running practice to guide me.

**Using Resiliency as a Building Block** – If we look at running and life like baking a fresh loaf of bread, then resiliency is the gluten. It is that substance that binds the molecules together to generate that consistency. Resiliency binds the mind, body and soul in a way, so that when we face challenging circumstances, our lives can go on... It may take days, weeks, months and sometimes even years. Whatever the time frame, a resilient being will always get back up when knocked down.

Have you ever had a bad race, like I mean a really bad race? A race so bad that you don't even want to look at yourself in the mirror for a few days because of the disappointment you feel. We may have been in those shoes to a certain extent. I can name several races in my own past that fit this framework. The feelings are still fresh in mind, as I watched my competition gallop away from me, I chase them ever so distantly in vain. Maybe I am alone, but I have had races that discouraged me so much that I've questioned whether I should do it again. Well as long as I am blessed to remain healthy, I will keep lacing my racers up and showing up to the start line.

If you're reading this article it's likely that you didn't just hang your shoes up and quit running because you had a bad race. No, you called on something to get you back out the door, to line up on another starting line,

◀ THE AUTHOR AT THE 2019 HELDERBERG TO HUDSON HALF MARATHON.  
CHRISTINE BISHOP

despite the fear that a repeat of the disaster race could happen. All of us as runners take that risk when we lace up the racers and show up to a race.

You wouldn't have the ability to take that step without calling on your own resiliency. Maybe you never realized it, but for you to take that step, you called on that trait to keep going. Do you see how this can come back 360 degrees?

Life's problems are in many ways no different than that bad race. You take some time to reflect on what happened. What were the circumstances that led to what you perceived to be an under performance? Were there factors you could control, factors that you couldn't control? You analyze the results and chart a new path forward. There are no promises that you won't face another disappointment, but you don't let that fear stop you. This resiliency, this boldness is a trait we all have.

The inertia of our lives can sometimes be totally overwhelming. Just like a bad race, life can throw us circumstances that knock us down. Maybe these circumstances will generate those same bad race emotions and reactions. But if you can lace up the shoes after a bad race, then you can bounce back from anything that happens in life. We all get a chance to practice resiliency every day that we're fortunate enough to breathe.

So, take these words with hope and optimism. When life is dark and gloomy, remember that in running there are lessons that we can carry with us. If you can remember the resiliency of running, then you can navigate through any fog you encounter in this world.

In our lives, we will all face risks, we all will face dealing with failure, we all will deal with pain and trauma to a certain extent. I am thankful that I can always look towards running as both a guide and an inspiration. If resiliency is the gluten, then running is the yeast. It raises the best traits in all of us. 🍄

*Ben Heller (benjaminrheller@gmail.com) is a local road racing enthusiast who lives in Troy. He enjoys racing distances from 5Ks to marathons. He is a member of the Albany Running Exchange racing team.*

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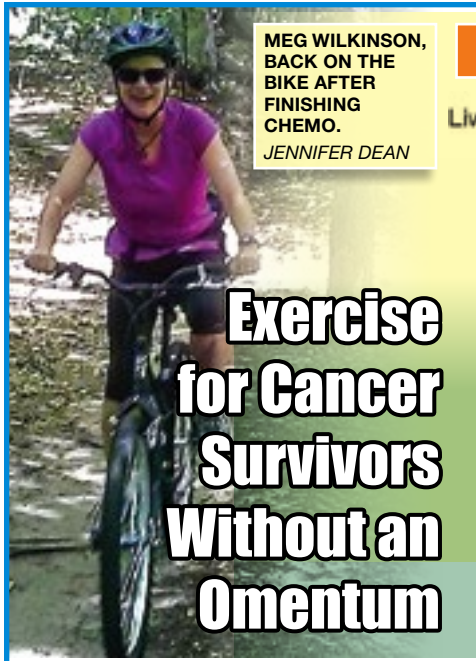
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**MEG WILKINSON,  
BACK ON THE  
BIKE AFTER  
FINISHING  
CHEMO.**  
JENNIFER DEAN

## Exercise for Cancer Survivors Without an Omentum

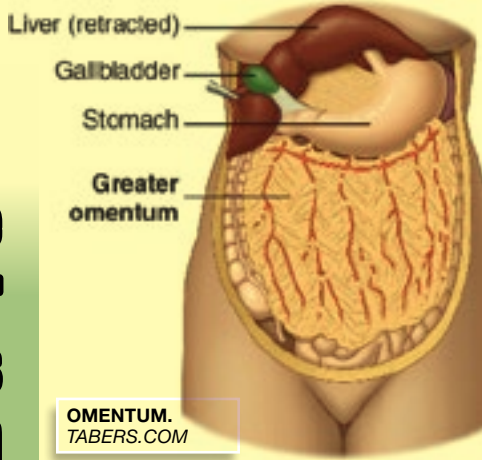
By Meg Wilkinson

The omentum? Most people I speak with about the omentum have never heard of this organ surrounding the stomach and other abdominal organs. My omentum was removed during ovarian cancer staging surgery five years ago. The challenges of living “omentum-less” are not widely known or discussed, but I have found that exercise can be a crucial part of managing the impacts.

The omentum has been referred to as the “quirkiest” organ in the body and the “policeman” of the abdomen. It is part of the immune system and also part of the lymphatic system. As part of the immune system, it has an ability to collect cancer cells. Hence, it is standard protocol to remove the organ during ovarian cancer staging surgery, and sometimes with other cancer surgeries – especially uterine, colon and appendix. Most cancer survivors need to check their surgical report to find out if the omentum was removed.

The omentum role as part of the lymphatic system is why exercise may play a key role in helping omentum-less cancer survivors. The lymphatic system, unlike the circulatory system, is an open system with no pump. Lymph fluid moves through the body by gravity, muscle contractions and diaphragmatic breathing. As Jillian Mertzluft, a certified personal trainer explained to me, “Exercise promotes the

## HEALTH & FITNESS



OMENTUM.  
TABERS.COM

movement of lymph fluid via the contractions of the muscles and the deep, diaphragmatic breathing. The best thing someone can do is move frequently and in a variety of ways.”

I have learned how important exercise is for me in my new life living without an omentum. Aerobic exercise, and exercises that leverage gravity such as yoga and Pilates, have been helpful for managing the adverse effects. And aquatic exercise, which leverages water pressure, has been especially helpful for me.

Together with a small team of dedicated volunteers from several different professions including a physical therapist, a holistic health/healing coach and personal trainers, a free educational workshop will be offered via webinar on Saturday, May 30. This is a wonderful opportunity for cancer survivors living without an omentum to learn about: a) its role in human physiology, b) strategies such as exercise to help the body manage without it, and c) connecting with other cancer survivors.

If you or someone you know has experienced ovarian, uterine, colon or appendix cancer, and are now living without an omentum, then please join us for this special free online workshop, “Together We Can Learn About Living Without an Omentum.” Learn more and register at theomentumproject.org.

Meg Wilkinson (theomentumproject@gmail.com) of Rexford is an ovarian cancer survivor and advocate. She's the founder of The Omentum Project.



## NON-MEDICATED LIFE

# A Lifestyle Medicine Approach to Preventing Transmission of Covid-19

By Paul E. Lemanski, MD, MS, FACP

The Covid-19 pandemic is threatening the health of our population in an accelerating and dangerous way. Because it may be possible to shed virus for 10 days with no symptoms, prevention of transmission is key and should include the following:

- ✓ Social distancing or staying at least six feet away from other individuals, whenever possible.
- ✓ Everyone, even those without symptoms, wearing a mask at all times when in the presence of others.
- ✓ Practiced avoidance of touching your face, rubbing your eyes, and scratching your nose.
- ✓ Hand washing on a schedule and after touching anything that could have been touched by someone else.
- ✓ Hand sanitizing (60-95% alcohol) when hand washing is not practical.
- ✓ Quarantine yourself per most recent CDC recommendations.

Social distancing is important because not everyone will wear a mask and a sick individual coughing into a mask may still release some virus particles around the mask. Additionally, even talking can aerosolize Covid droplets in those who have no symptoms.

Masking is critical to protecting others because you can transmit the virus (aerosolize droplets) by talking. The mask will capture 99% of such droplets. It also may offer some protection to you (air and droplets can still be breathed in by coming around the sides of your mask), and so will best protect you when combined with social distancing which lowers droplet exposure. Thus, by each of us protecting others, we protect ourselves.

It is NOT necessary to have a store-bought mask. Two pieces of paper towel, masking tape, aluminum foil, and rub-

ber bands may be used to construct a high-quality mask as good as anything you can buy. Please see YouTube: \$0 DIY Face Mask and #Masks4All.

The N95 respirators have to be fit to individuals to be effective in protecting from high concentration of droplets in surrounding air. (Homemade masks, described above, and social distancing are effective for lower concentration droplets outside of healthcare settings). N95 masks need to be reserved for healthcare workers exposed to high concentrations of droplets, so they may continue to care for those who become sick. Reserving them in this way is in everyone's best interests, not just healthcare workers.

Avoidance of touching your face takes practice. It should be practiced even when you are home and alone. Use a cotton swab or Q-tip to scratch a facial itch and carry it with you everywhere. Handwashing should be practiced at least five times a day, last two to three minutes, using soap, running warm water, and should include a set pattern. Please see YouTube: Hand Washing Steps Using the WHO Technique. Hand sanitizer should be used when you cannot wash.

Follow these guidelines to keep you and your family safe so we can all get back to doing the things we enjoy.

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.

# RACE RESULTS

## GORE MOUNTAIN TUESDAY CITIZEN XC SKI & SNOWSHOE RACES February 11 & 25, 2020 • Gore Nordic Center (Ski Bowl), North Creek

CITIZEN RACE #1 - FEB. 11			MALE SNOWSHOE			MALE SKATE SKI		
<b>MALE CLASSIC SKI</b>			1 Matthew Miczek	4 laps	31:25	1 Oliver Ingram	4 laps	13:24
1 Karl Coplan	4 laps	23:11	2 Mike Howard	4 laps	43:32	2 Mike Morrisey	4 laps	14:46
2 Ed Orr	4 laps	23:50	3 Tom Helstern	2 laps	23:08	3 Terry Allard	4 laps	16:48
3 Dick Carlson	3 laps	17:54	<b>FEMALE SNOWSHOE</b>			<b>FEMALE SKATE SKI</b>		
<b>FEMALE CLASSIC SKI</b>			1 Christine Natalie	4 laps	29:39	1 Heidi Underwood	4 laps	16:17
1 Julie West	4 laps	22:13	2 Jennifer Ferriss	4 laps	31:12	2 Rebecca Terry	4 laps	18:27
2 Beth Maher	3 laps	19:40	3 Laura Clark	4 laps	42:42	3 Michelle Pearsall	3 laps	16:49
3 Emily Stanton	2 laps	17:48	<b>CITIZEN RACE #2 - FEB. 25</b>			<b>MALE SNOWSHOE</b>		
<b>MALE SKATE SKI</b>			<b>MALE CLASSIC SKI</b>			1 Matthew Miczek	4 laps	32:03
1 Oliver Ingram	4 laps	12:40	1 Dick Carlson	4 laps	18:23	2 Jamie Howard	4 laps	42:28
2 Brian Northan	4 laps	14:13	2 Darrell Rickert	4 laps	19:34	3 Casey Dwyer	2 laps	17:29
3 Scott Patton	4 laps	16:20	<b>FEMALE SNOWSHOE</b>			<b>FEMALE SNOWSHOE</b>		
<b>FEMALE SKATE SKI</b>			1 Julie West	4 laps	25:15	1 Christine Natalie	4 laps	27:21
1 Emily Burns	4 laps	16:18	2 Beth Maher	3 laps	19:46	2 Laura Clark	4 laps	47:04
2 Jessica Northan	4 laps	17:24	3 Judi Powers	2 laps	17:15	3 Tracy Watson	3 laps	28:39
3 Michele Pearsall	2 laps	11:09						

## STONE BRIDGE CAVEMAN 6K & 15K SNOWSHOE RACES February 16, 2020 • Natural Stone Bridge & Caves, Pottersville

6K CAVEMAN			15K EXTREME CAVEMAN		
<b>MALE OVERALL</b>			<b>MALE OVERALL</b>		
1 Eric Sambolec/43	32:45		1 Tim Van Orden/51	1:54:23	
2 Michael Dacosta/33	48:44		2 Stephan Fowlkes/50	2:09:05	
3 Gary Guilfoyle/56	53:16		3 Alan Bates/71	2:10:25	
4 Lance Decker/49	53:57		4 Tim Russell/30	2:22:24	
5 Daniel Smith/61	1:01:12		5 Michael Greco/42	2:24:35	
6 Mike Dolan/61	1:06:09		6 Matthew Miczek/48	2:36:33	
7 Dave Heyward/66	1:26:38		7 Ray Wright/68	3:18:22	
8 Don Van Wely/70	1:32:18		<b>FEMALE OVERALL</b>		
<b>FEMALE OVERALL</b>			1 Jennifer Ferriss/49	2:56:34	
1 Christine Natalie/31	49:41		2 Laura Clark/73	3:36:19	
2 Aubrey Schulz/41	55:33		3 Christine Skubish/43	2:47:49	

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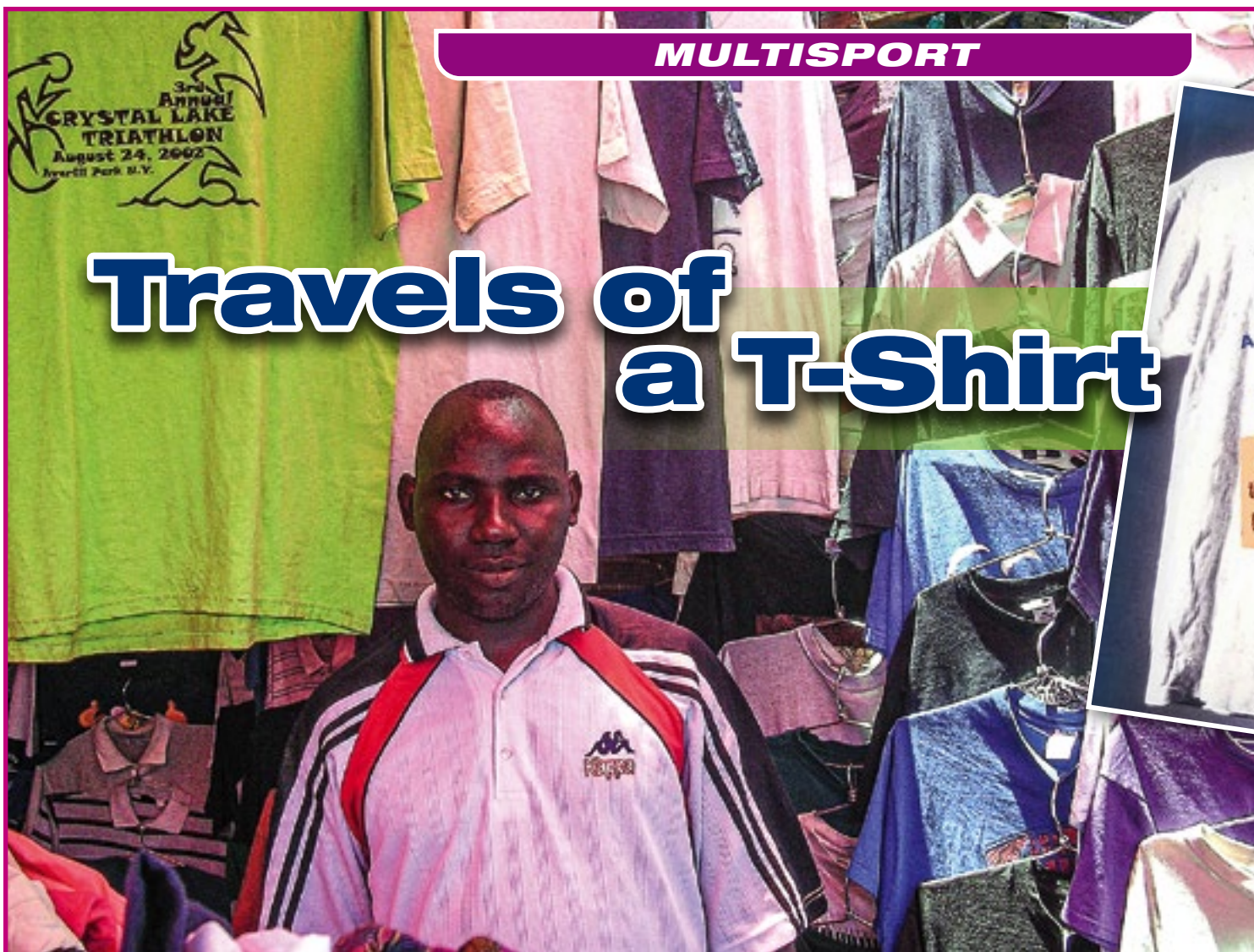
February 22, 2020 • Corning Tower (42 Floors), Empire State Plaza, Albany

INDIVIDUAL			
<b>MALE OVERALL</b>			
1 Stephen Marsalese	54	Rye Brook	5:37
2 Mark Haggan	30	Albany	5:59
3 Arturo Velazquez	45		6:00
<b>FEMALE OVERALL</b>			
1 Erin Rightmyer	35	Delmar	7:23
2 Madalynn Planty	18	Clifton Park	7:24
3 Sally Kalksma	57	Pine Beach, NJ	8:15
<b>MALE AGE GROUP: 1 - 14</b>			
1 Daniel McAlonie	10	Sand Lake	9:03
<b>FEMALE AGE GROUP: 1 - 14</b>			
1 Savannah Lukaszewicz	9	Plattsburgh	12:25
<b>MALE AGE GROUP: 15 - 19</b>			
1 Daud Sadiq	18	Rensselaer	7:24
2 Jake Plumley	19	East Greenbush	11:35
<b>FEMALE AGE GROUP: 15 - 19</b>			
1 Camryn McHale	19	Rensselaer	9:33
2 Jenna Benjamin	19	Castleton-on-Hudson	12:17
3 Brianna Nagengast-McHale	18	Troy	13:09
<b>MALE AGE GROUP: 20 - 24</b>			
1 Meaghan Duker	24	Selkirk	9:11
2 Leann Hennessey	24	Delmar	10:26
3 Caitlin Devoe	24	Albany	14:36
<b>FEMALE AGE GROUP: 25 - 29</b>			
1 Francesca Fontanelli	29	Latham	10:21
<b>MALE AGE GROUP: 30 - 34</b>			
1 Ryan Sickles	34	Rexford	6:23
2 Dan Rigney	32		8:04
3 Joseph Peluso	34	East Greenbush	8:18
<b>FEMALE AGE GROUP: 30 - 34</b>			
1 Molly Novakowski	30	Rensselaer	9:16
2 Caitlin Todd	30	Ballston Spa	10:17
3 Maeve Murray	30	Colonie	10:48
<b>MALE AGE GROUP: 35 - 39</b>			
1 Matthew Fryer	39	Clifton Park	6:50
2 Svitozar Fokshy	38		7:04
3 John Santana	39	Slingerlands	7:23
<b>FEMALE AGE GROUP: 35 - 39</b>			
1 Leia Nardacci	36	Troy	8:25
2 Courtney King	36	Brighton, MA	8:38
3 Ann Santana	38	Slingerlands	9:29
<b>MALE AGE GROUP: 40 - 44</b>			
1 Joe Cetnar	42	Fort Johnson	6:38
2 Stephen Lapolla	41	East Greenbush	7:35
3 Seth Johnson	40	Cohoes	8:04
<b>FEMALE AGE GROUP: 40 - 44</b>			
1 Bridget Quinlan	41	Cohoes	9:38
2 Wendy McAlonie	44	Sand Lake	12:26
3 Danielle Lu Lukasiewi	42	Plattsburgh	13:28
<b>MALE AGE GROUP: 45 - 49</b>			
1 Scott Newcombe	47	Catskill	6:29
2 Michael McNeany	45	Altamont	8:36
3 Daniel Batchner	45	Rensselaer	11:54
<b>FEMALE AGE GROUP: 45 - 49</b>			
1 Deonna Bernard	47	Wynantskill	10:03
2 Emily Avery	45	Schuyler Falls	17:34
<b>MALE AGE GROUP: 50 - 54</b>			
1 Dabien Furnace	54	Glenville	13:03
<b>FEMALE AGE GROUP: 50 - 54</b>			
1 Katie Fuller	50	Granger, IN	11:33
2 Stephanie Hennessey	50	Delmar	16:55
<b>MALE AGE GROUP: 55 - 59</b>			
1 Jeffrey Gingold	59	New York	6:06
2 Richard Morris	55	Clifton Park	8:38
3 Mark Perry	57	Cohoes	14:01
<b>FEMALE AGE GROUP: 55 - 59</b>			
1 Leesa Lewon	56	Grisswood, CT	11:55
<b>MALE AGE GROUP: 60 - 64</b>			
1 M. Fujita	60	Albany	10:38
2 Rocco Granato	63	Rensselaer	13:09
3 Robert Asche	61	Waterford	13:21
<b>MALE AGE GROUP: 65 - 69</b>			
1 Stewart Dutfield	65	Delmar	7:57
<b>MALE AGE GROUP: 70 - 74</b>			
1 Frederick Eames	71	Delmar	8:02
<b>FIREFIGHTER'S CHALLENGE</b>			
<b>MALE OVERALL</b>			
1 George Genthner	43	Troy	9:52
2 Mason Albert	17	East Greenbush	10:16
3 Michael Badger	27	Schenectady	10:30
<b>MALE AGE GROUP: 15 - 19</b>			
1 Ryan Tubbs	16	East Greenbush	13:40
<b>MALE AGE GROUP: 20 - 29</b>			
1 Nino Tortorici	21	Schenectady	34:29
2 David Deyo	27	Schenectady	34:47
3 Jordan Alburger	24	Schenectady	35:00
<b>MALE AGE GROUP: 30 - 39</b>			
1 Jarred Collins	30	Troy	11:14
2 Dan Cunningham	37	Troy	15:58
<b>RELAY TEAMS</b>			
<b>MALE TEAMS</b>			
1 DOCCS			3:16
2 Kellens Mighty Warriors 2			6:58
<b>FEMALE TEAMS</b>			
1 Her Strength #1			6:29
2 Her Strength #3			6:43
3 Her Strength #2			7:54
<b>COED TEAMS</b>			
1 Drea's Dream Team			7:52
2 Harmony Hill			8:25
3 Homestead Funding 1			9:04

Courtesy of Cystic Fibrosis Foundation

## MULTISPORT

# Travels of a T-Shirt



◀ GEOFFREY MILONGE, A YOUNG TANZANIAN ENTREPRENEUR, DISPLAYING T-SHIRTS AT HIS CITY'S MANZESE MARKET IN DAR ES SALAAM. COURTESY OF PIETRA RIVOLI

By Paul Murray

Like most triathletes and competitive runners, I accumulate more race T-shirts in one year than a normal person can wear in a decade. Occasionally, a special shirt is a “keeper,” like my Kona Ironman World Championship finisher tee, but most wind up on a shelf in the back of my bedroom closet. That was the destination for the 2002 CDTC Crystal Lake Triathlon shirt. The design was not my favorite, and I didn’t like the color, so it landed on the reject pile.

Years later, I would discover that my discarded T-shirt wound up halfway around the world – in an open-air market in Tanzania.

You may ask, how did this happen? Read on and learn how this rejected shirt’s travels exemplify international connections among diverse people.

By December 2002, the stack of unwanted tees threatened to become an avalanche of multicolored cotton; it was time to clean house. I bundled the castoffs and hauled them to the HMRRRC Hangover Half Marathon. The race was a collection point for unwanted T-shirts and used running shoes.

When the last runner crossed the finish line and race director Ken Skinner presented the awards, he loaded the donated clothing into the trunk of his Toyota. Terry Rooney’s barn was the next stop. There the accumulated shirts and shoes rested for the winter and spring. By June, Terry had gathered more than a thousand shirts and several hundred pairs of running shoes – enough to fill a small Penske rental truck.

Terry transferred his cargo to an Albany warehouse operated by the Orphan Grain Train, an international Lutheran relief agency. Runners’ contributions were merged with clothing gathered by Capital District church groups. Volunteers

sorted and packed the goods into a container that was trucked to the port of Newark for shipment by sea to Africa. Months later, when the freighter arrived in Durban, South Africa, its cargo was auctioned off to wholesalers from several nations.

Geoffrey Milonge, a young Tanzanian entrepreneur, purchased one giant bale of surplus American shirts, and transported them to his home in Dar es Salaam. Soon my shirt was on display in his city’s Manzese market.

So, how did I discover the unlikely destination of my donated T-shirt?

Fast forward to winter 2010. My wife and I were spending a weekend at a Stratton Mountain Resort condo with three other couples. None of us are avid downhill skiers, so we spent most of our time lounging around a cozy fireplace, reading, and enjoying each other’s company. My friend, Dick Shirey, an economics professor, was absorbed in an academic monograph. “Doing research for one of his courses,” I thought. Before long, Dick walked over, book in hand, to the couch where I was reclining.

“Paul, I think you’ll be interested in this,” he announced, passing his volume to me. Its cover displayed a plain white T-shirt bearing the book’s title, “The Travels of a T-Shirt in the Global Economy.”

“Interesting, but not exactly my cup of tea,” I answered, eager to get back to my John Grisham best-seller. But Dick persisted. He explained how the author, Georgetown University professor Pietra Rivoli, traced the life of a T-shirt from a Texas cotton field to a Chinese factory to a used clothing market in Africa. It was a clever device to demonstrate global economic interdependence, I agreed. But why was Dick insisting that I examine the page he held open?

When I examined the page more closely, I saw a photo of a serious-looking African vendor sur-

rounded by a host of colorful shirts. Dick pointed to the photo’s upper left-hand corner, to the only shirt where lettering was visible. It read, “3rd Annual Crystal Lake Triathlon, August 24, 2002.”

“Holy cow. That’s my shirt!” I exclaimed. I was astonished. “How in the world did it get to Africa?”

Now I had to learn more. I eagerly snatched the book from Dick’s hand.

“The Travels of a T-Shirt” explained how my shirt became an international traveler, and how the markets, power and politics of global trade are linked in a web of economic interdependence. My triathlon tee’s temporary abode in my closet was only an intermediate stop on its long-distance journey.

I still marvel at the series of coincidences that helped me trace the journey of my cast-off T-shirt from an Averill Park triathlon to an Albany warehouse, to an Africa-bound freighter, to a Tanzanian bazaar, to a book by an American economist.

“The Travels of a T-Shirt in the Global Economy: An Economist Examines the Markets, Power, and Politics of World Trade” was selected as the best scholarly book of 2005 in the category of Finance and Economics by the American Association of Publishers. It has been translated into 14 languages.

If you’d like to donate race T-shirts (or lightly-used running shoes), please bring them to Fleet Feet in Albany or Malta, iRun Local in Saratoga Springs, or the Mohawk Hudson River Marathon Expo in Albany on October 10. 🌲

*Paul Murray (murray@siena.edu) of Albany is a retired sociology professor at Siena College in Loudonville. While Paul’s Ironman days are behind him, he continues training for shorter events.*



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