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12 Reasons to Check Out Six Adirondack Ski Areas

By Jeff Farbaniec

he Adirondack region is home to a wide variety, from destination resorts to local learning hills. Large or small, each ski area has its own unique trails, programs and character. Here are 12 reasons to check out six of my favorite Adirondack ski areas.

GORE MOUNTAIN

Nine Sides of Four Peaks - With over 100 trails and glades, a 2,500-foot vertical drop and nearly 450 skiable acres, Gore is New York's largest ski area. But what really sets Gore apart is the variety of terrain available, from quiet, natural snow trails on the North Side, to intermediate cruisers on the lower mountain, to black diamond expert trails like Rumor and Lies that are among the steepest in the east. Seven distinct terrain pods allow skiers to spread out, which means lift lines are rare and the trails are relatively uncrowded.

Glades - Gore Mountain was one of the first eastern ski areas to develop gladed terrain for its skiers, and now boasts nearly 30 named glades on its trail map. Skiing the trees offers challenge, adventure, diverse terrain, and the opportunity to find untracked natural snow in quiet woods. Every one of Gore's seven terrain pods offers opportunities for glade skiing. Lower mountain glades like Otter Slide and Chatterbox feature gentler terrain in open hardwoods. Upper mountain glades are typically steeper and tighter, but often shelter caches of untracked powder days after a storm. Be sure to check out the Cave Glade, a

delight for advanced skiers. Visit: goremountain.com. **MAPLE SKI RIDGE** Convenience - Located in Rotterdam, Maple Ski Ridge is

the closest ski area to the Capital Region. If you're looking for

a chance to get in a few runs after work or on a busy weekend,

Maple Ridge's convenient location, extended hours (lifts spin

until 9pm), and flexible four-hour passes make it easy. Maple Ski Ridge features a variety of trails on approximately 300 feet of vertical.

Family-Friendly – Under the same family ownership for 53 years, Maple Ski Ridge provides an ideal environment for families to enjoy snow sports together. The Snow Sports School has added more multi-week programs for this year, including walk-in lessons. Adult lessons and children's lessons can be scheduled for overlapping times so parents can learn to ski or snowboard at the same time as their kids. And seniors aged 70 and over ski for free! Go to: mapleskiridge.com.

MCCAULEY MOUNTAIN

230 Inches of Snow - That's the average annual snowfall at McCauley Mountain, in Old Forge. Located in the snowbelt region of the western Adirondacks, McCauley benefits from frequent lake effect snowfall. If you want to ski powder, McCauley is one of your best bets.

\$12 Crazy Fridays - McCauley Mountain offers one of the best deals in skiing - \$12 lift tickets every Friday throughout the season, excluding holidays. Even at full price (\$30 adult lift tickets on weekends), McCauley is a bargain with 21 trails, a 600' vertical drop, and fantastic views of the Fulton Chain of Lakes. Experts will enjoy Helmer and Olympic, two of the black diamond runs accessed from the top of the double chairlift. Click on: mccauleyny.com.

OAK MOUNTAIN

Classic Adirondack Trails - If you find yourself longing for a low-cost alternative to the big mountains, be sure to check out Oak Mountain in Speculator, in the accessible and snowy central Adirondacks. Oak Mountain is a family-owned, throwback ski area with narrow, twisty trails, yet it also features modern

See ALPINE SKIING, 18



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ADK Presents Winterfest

LAKE PLACID - Adirondack Mountain Club will be hosting Winterfest, part of National Winter Trails Day on Saturday, Jan. 10, from 10am through the evening, at Heart Lake Program Center in Lake Placid. ADK's Winterfest is a



free, family-friendly event with the goal of helping participants discover the many forms of winter recreation. Visitors can check out and participate in winter activities, demo snowshoes and cross country skis, enjoy live music and food. This includes telemark lessons, ski waxing clinics, Nordic ski workshops, guided snowshoe hikes, ice skating, a ski race, curling, a kid's activity area, and family scavenger hunt. Local retailers and national gear vendors will have tents with equipment to demo and purchase.

Winter Trails Day is a nationwide event, allowing children and adults the opportunity to try snowshoeing and cross country skiing for free, with the goal of helping participants discover these winter sports and their many benefits. Approximately 11,000 participants in 100 locations will get out on the snow this year on January 10 in the 20th annual Winter Trails Day. ADK's Winterfest activities will be free of charge thanks to the generosity of sponsors and partners.

Adirondack Mountain Club, founded in 1922, is a nonprofit membership organization dedicated to protecting the NYS Forest Preserve, other wild lands and waters through conservation and advocacy, environmental education and responsible recreation. For more info, call (518) 523-3441 or visit adk.org.

Adirondack International Mountainfest

KEENE VALLEY - The 19th annual Adirondack International Mountainfest will take place January 16-18. Mountainfest is an annual celebration of ice climbing and mountaineering, featuring guest athletes who entertain with tales of climbing adventures, instructional clinics taught by visiting climbers and local guides, demo gear, and a chance to gather with the climbing community for an exciting winter weekend.

Mountainfest 2015 has an excellent lineup of speakers, including Marmot and CAMP/Cassin athlete Fabrizio Zangrilli, and Patagonia

alpine climbing ambassador Kitty Calhoun. Their slide shows on Saturday and Sunday evenings will be interesting and also offer a chance to win raffle gear and free giveaways.

Organizers are offering more clinics than ever this year, including many ice climbing courses, snow and alpine climbing, snowshoe mountaineering, avalanche safety, and wilderness first aid. Many of the event sponsors will be present with the latest gear for participants to take and climb with on Saturday and Sunday.

Whether you go for the clinics or just climb on your own and check out the evening entertainment, Mountainfest is a place to be Martin Luther King weekend. For details and registration, call (518) 576-2281 or go to mountaineer.com. 🜲

Empire State Winter Games Registration Open

LAKE PLACID - Organizers of the 2015 Empire State Winter Games have announced that athlete registration is now open. Competitors and teams are asked to visit empirestatewintergames.com to officially enter the winter sport festival. Over 1,400 athletes participated in 2014. The annual winter games will begin with a torch run through the northern region on Feb. 4-5, culminating at the Olympic Center in Lake Placid, site of the Opening Ceremony and Parade of Athletes.



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ISSUE #169

AROUND THE REGION News Briefs

The gathering of competitors will occur Thursday, Feb. 5 at 6pm in the Herb Brooks Arena, and will feature a keynote address by 1994 US figure skating Olympian, Karen Courtland-Kelly, of Lake Placid. Competition starts Friday, Feb. 6.

Now in its 35th year, the Empire State Winter Games will feature a mix of traditional winter events including adaptive races, with a sprinkling of sports that have been introduced in recent years. Events will be held in Lake Placid, Wilmington, Saranac Lake, Paul Smith's College Visitors Interpretive Center (snowshoeing), and Tupper Lake (women's ice hockey). Athletes, families and spectators can use the website for event details, updates, and all event results. For lodging, visit lakeplacid.com. The Empire State Winter Games are a community-organized event, courtesy of a partnership between ROOST; towns of North Elba, Harrietstown, Brighton, Wilmington, Tupper Lake and Jay; villages of Lake Placid, Tupper Lake and Saranac Lake; Essex and Franklin counties; Olympic Regional Development Authority; and state senator Betty Little. 📥

DEC Seeks MTB Trail System in Moose River Plains

ALBANY - The NYS Dept. of Environmental Conservation is seeking comments to amend the Moose River Plains Wild Forest Unit Management Plan to improve its mountain bike trail system, regional director Robert Stegemann announced Dec. 5. The 2011 UMP called for DEC to create a working group consisting of mountain bikers, local governments, and interested parties to develop a comprehensive mountain bike plan for Moose River Plains," said director Stegemann. "A meeting of stakeholders in July 2013 resulted in DEC contracting with IMBA to create a mountain bike trail system concept plan, which has been completed." The next step in the process is to consider an amendment to the UMP.

DEC is initiating a public review to determine which elements of the concept plan to adopt in a UMP amendment, which will also define how a mountain bike trail system will be implemented on the ground. Mountain biking has become very popular in many places. Residents and

local government officials near Moose River Plains seek to improve their local economies by developing quality trail systems to attract bikers. Comments can be provided by Jan. 30 in writing to: McCrea Burnham, 625 Broadway, Albany, NY 12233 or emailed to adirondackpark@dec. ny.gov. The UMP and

conceptual plan can be read on dec.ny.gov. 🜲





the pages of this issue, we challenge you to try something new for yourself - a new activity, a new race or distance, a healthier diet, get active in a new club, or one new thing to add some excitement... It's too easy to let routine run your life!

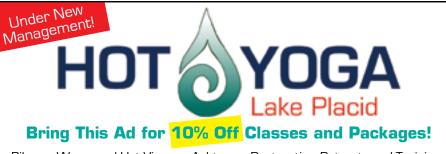
Speaking of new, you'll learn more about fat biking and an active couple in our Athlete Profile. Another great way to embrace the snow, by riding over or through it... Our cross country ski article, from a new contributor and 40-year skier, conveys her passion and enthusiasm for snowy fun and making memories. With beautiful scenery, groomed trails, many events and races - plus new Lake Placid Nordic Fest, there's something for all ages and abilities!

If we still haven't convinced you to like winter and snow, the running feature challenges you to an ultra this year! Start upping your mileage, enjoy the freedom of running, forge lifetime friendships, and experience the adventure. All this, plus Adirondack ski areas, snowshoeing Big Pisgah, saturated fat in a healthy diet, huge calendar of events, 20 race results - and our 'best of' mix of advertisers!

We have a lot to celebrate in 2015 at Adirondack Sports & Fitness. It's been 15 years since Darryl created and sustained this magazine, and this March 7-8 we'll be hosting our tenth annual Summer Expo in Saratoga Springs. Thank you for reading us and attending the expos for all these years! In addition to our own persistence and hard work, we owe our existence to the readers and attendees, our advertisers and exhibitors for their support. our contributing writers, distributors, vendors, and especially Karen Chapman who makes the magazine look great each month. It's a team effort!

And on the personal side, it will be 20 years of marriage for us. Two kids, a house, a business, schoolwork, multiple sports, a wonderful extended family, and lots of great friends along the way - we have been blessed!

Thanks and Happy 2015!



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Calendar of Events January-March 2015*

	JA	NU	ARY	20	15		FEBRUARY 2015							MARCH 2015						
S	М	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28
25	26	27	28	29	30	31								29	30	31				

ALPINE SKIING & SNOWBOARDING

DECEMBER

- Kids Fun on the Run Race. Fun obstacle course & scavenger hunt. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Holiday Camp. Ages 4-12. Gore, North Creek. 251-2411. goremountain.com.
- Demo Day: Goldstocks. Gore, North Creek. 251-2411. goremountain.com.
- Twelve-30 Log Freestyle Rail Jam. 12:30pm. Gore, North Creek. 251-2411. goremountain.com.
- Oak Torchlight Parade, Fireworks & Music. 8pm. Oak Mountain, Speculator. 548-3606. akmountainski.com.

JANUARY

- New Year's Day Ski Bowl Party. 11am. Skiing, tubing. Ski Bowl, North Creek. 251-2411. goremountain.com. 1
- Lesson Programs Begin. 9am. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- Gail's Bump Camps. 9:45am or 1:15pm. Gore, North Creek. 251-2411. goremountain.com.
- Island Madness Super Sunday Party. Whiteface, Wilmington. 946-2223. whiteface.com.
- USASA Slopestyle. 8:30am. Whiteface, Wilmington. 924-2223. whiteface.com.
- Walt's Bump Contest. 11am. Gore, North Creek. 251-2411.
- goremountain.com. Rail Jam Series #1. 12:30pm. Oak Mountain, Speculator.
- 548-3606. oakmountainski.com.
- MLK Holiday Camp. Ages 4-12. Gore, North Creek. 251-2411. goremountain.com.
- USASA Boarder/SkierCross. Ski Bowl, North Creek. 19 251-2411. goremountain.com.
- 24-25 Ladies Skiing & Snowboard Clinic. Gore, North Creek. 251-2411. goremountain.com.
- Oak Runner Snowshoe Race. 5K/10K. 9am. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Sacandaga Challenge Giant Slalom Race. 1pm. Oak
- Mountain, Speculator. 548-3606. oakmountainski.com. Trees & Steeps Telemark Clinic. 8:30am. Gore, North Creek.
- 251-2411. goremountain.com.
- 31-2/1 Master the Mountain Alpine Skiing & Snowboarding Clinics.
- 8:30am. Gore, North Creek. 251-2411. goremountain.com. 31-2/1 Intro to Telemark Skiing Clinic. 8:30am. Gore, North Creek. 251-2411. goremountain.com.

FEBRUARY

- Football Super Sunday Party. Whiteface, Wilmington. 946-2223. whiteface.com.
- It's All About Love Ski/Ride, rail jam, dinner benefit for Breast Cancer. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- Rail Jam Series #2. 1pm. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- $\textbf{Glades \& Glory-Skiing and Snowboarding Clinics}. \ 8:30 am.$ Gore, North Creek. 251-2411. goremountain.com.
- 14-15 Presidents' Weekend Camp. Ages 4-12. 9:30am. Gore, North Creek 251-2411 goremountain com
- Rail Jam Series #2. 1-2pm. Oak Mountain, Speculator.
- 548-3606, oakmountainski.com. **Under the Lights Rail Jam.** 7-9pm. All ages/ability. Maple
- Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.

- Snow Box Derby. Build a race sled from cardboard. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.

 Master the Mountain: Alpine Skiing/Snowboarding Clinics.
- 8:30am. Gore, North Creek. 251-2411. goremountain.com. **Under the Lights Rail Jam**. 7-9pm. All ages/ability. Maple
- Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- Mini-Shredders Jibfest. Freestyle competition. Ages 1-10. Jibland, Gore, North Creek. 251-2411. goremountain.com.
- 28-3/1 Alpine Skiing & Snowboarding Clinics for Women. 8:30am.
- Gore, North Creek. 251-2411. goremountain.com. 28-3/1 Mardi Gras at Whiteface. Races, music, Whiteface, Wilmington. 924-2223. whiteface.com.

MARCH

- Big Air at Little Gore. Freestyle competition. Ages 22 & Under. 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- $\textbf{Glades \& Glory Skiing \& Snowboarding Clinics.}\ 8:30 am.$ Gore, North Creek. 251-2411. goremountain.com.
- Trees & Steeps Telemark Clinic. 8:30am. Gore, North Creek.
- 251-2411. goremountain.com. Intro to Telemark Skiing Clinic. 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- Shamrock Super Sunday Party. Whiteface, Wilmington. 946-2223. whiteface.com.

BICYCLING, MTB & CYCLOCROSS

ONGOING

- Daily Spinning Classes. Tue/Wed: 6pm. Thu: 5:30pm. Sat: 8am. Sun: 9am. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Winter Spin Class w/Kevin Crossman: 11/12-1/28.7pm. Grey Ghost Bicycles, Glens Falls. t3coaching.net.

JANUARY

- Uberwintern Fat Tire Day. Demos, prizes, lunch. Sushi Yoshi, Stowe, VT. mtbvt.com.
- First Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 1st Fattenkill. 11am. 3-4M circuit. Cambridge. 413-314-3478. anthemsports.com

FEBRUARY

- 1st Saratoga Fat Bike Rally. 9:30am. Group rides on groomed trails, geocaching race, demos, clinic, food. Victoria Pool Bldg., Saratoga Spa SP, Saratoga Springs. saratogafatbikerally.com.
- Snowball Express Century. 8am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com.

MARCH

- 10th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, health, travel. 125 exhibitors, sales, demos, seminars/ clinics, family activities, prizes. Free. Saratoga City Center,
- Saratoga Springs. 877-877. adksports.com. **Downhill Mountain Bike Slalom**. 1-2pm. Oak Mountain, Speculator, oakmountainski.com.
- Saratoga Brevet 200K. 7am. 7 Pearl St, Schuylerville. John Ceceri: 583-3708. adkultracycling.com

CROSS COUNTRY SKIING

ONGOING

- Ladies Tea & Ski Days: 1/7-2/11.9:30am. Garnet Hill Lodge & XC Ski Center, North River. 251-2444. garnet-hill.com. Wed/Sat Snow Angels: Instruction for Women. 10am-12pm. Mt.
- Van Hoevenberg, Lake Placid. orda.org.

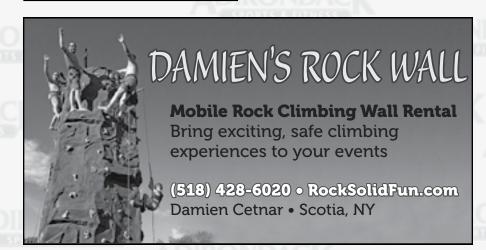
 Youth Nordic Ski Program: 1/5-2/2. Ages 5-16. 10:30am12:30pm. Garnet Hill Lodge & XC Ski Center, North River.

251-2444. garnet-hill.com. **DECEMBER**

- Ladies Love to Ski. Classic technique, beginner level. 9:30am-2:30pm. Lesson, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Adirondack Vauhti Skiathlon. 4K classic & freestyle. 12pm. Saratoga Biathlon Club, Day. 853-1396. nyssranordic.org.

JANUARY

- Family Moonlight Ski. 7-8:30pm. Weather permitting. Vischer Ferry Nature Preserve, Clifton Park. mohawktowpath@gmail.com.
- Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.



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- Full Moon XC Ski & Snowshoe Party. 6:30-8:30pm. Garnet Hill Lodge & XC Ski Center, North River. 251-2444. garnet-hill.com.
- Polar Bear Nordic JNQ. Sat: Freestyle. Sun: Classic. 10K/5K. McCauley, Old Forge. 315-369-3240. nyssranordic.org.
- HURT Mega-Relay. 6-hour team relay; 3-8 skiers. 10am-4pm. Garnet Hill, North River. nyssranordic.org.
- ADK Winterfest: National Trails Day. 10am-eve. Demo snowshoes, XC skis, live music, food. Telemark lessons, ski waxing clinics, nordic ski workshops, guided snowshoe hikes, ice skating, ski race, curling, kids' activity area, kids' scavenger hunt. Free. Heart Lake, Lake Placid. 523-3441.
- Winter Trails Day. 2-4:30pm. Beginner lessons.
 Lapland Lake, Northville. 863-4974. laplandlake.com.
 Pineridge Ski Fest. Free lessons for beginners: 11am & 1pm.
 Free XC DH clinic: 12pm. Pineridge, East Poestenkill.
 283-3652. pineridgexc.com.
- Glens Falls Freestyle Race. Men: 7.5K. Women: 5K. 9am. Crandall Park, Glens Falls. 656-3127. nyssranordic.org.
- Paintball Biathlon. 9:30am. 3 or 5km snowshoe, 3km run/ walk or classic/freestyle ski. Pineridge, East Poestenkill.
- 283-3652. pineridgexc.com. Cayuga Nordic Classic. 10K/5K Citizen Race/1K Kids Race. 18 10:30am. Hammond Hill SF, Dryden. 607-275-9090.
- nyssranordic.org. **HURT-athon.** 7.5K/5K/15K Classic. Coles Woods,
- Queensbury. nyssranordic.org.

 Ladies Love to Ski. Classic technique. 9:30am-2:30pm.
 Lesson, lunch. Lapland Lake, Northville. 863-4974.
 laplandlake.com.
- 24-25 Harry Eldridge Memorial Races. Sat: Classic 7.5K. 12pm. Sun: Freestyle 10K/5K. 9:3am. Mt. Van Hoevenberg, Lake Placid. 946-7001. nysef.org.
- Higley Hustle. Classic 5K: U16/U18, 10K Open, Masters: 10am. Bill Koch 2.5K: 12pm. Freestyle 5K, 2.5K: U14. 1pm. Higley Flow SP, Colton. Higley Association: 315-262-2362.
- nyssranordic.org. National Masters Championships 10K Freestyle Race. Craftsbury, Craftsbury Common, VT. 802-586-7767.
- Family Moonlight Ski. 7-8:30pm. Weather permitting. Vischer 29
- Ferry NP, Clifton Park. mohawktowpath@gmail.com. Moonlight XC Ski/Snowshoe. 6-9pm. Moonlight & lighted 30
- trails w/bonfire. 283-3652. pineridgexc.com. USSA SuperTour 20K/30K Mass Start Classic Race. Craftsbury, Craftsbury Common, VT. 802-586-7767.
- craftsbury.com. 34th Craftsbury Ski Marathon 25K/50K Classic Race. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- Wolverine Classic Race. Men: 10K. Women: 7.5K. Bill Koch race. 10:30am. Trenton Fish & Game Club, Holland Patent. wolverineskiclub.com.

FEBRUARY

- USSA SuperTour Classic Sprint Race. Craftsbury, Craftsbury
- Common, VT. 802-586-7767. craftsbury.com. Glenville Hills Classic. Men: 9.5K. Women: 6K. Bill Koch:
- 1K. 10am. Ridge Road, Scotia. Glenville Hills Nordic: 723-0337. skireg.com.

 Polar Bear Nordic Freestyle Race. 10K/5K. 12pm.
- McCauley, Old Forge. 315-369-3240. nyssranordic.org. Full Moon XC Ski & Snowshoe Party. 6:30-8:30pm. Garnet Hill Lodge & XC Ski Center, North River. 251-2444. garnet-hill.com.
- Empire State Games. Nordic, biathlon races. Olympic Sports
- Complex, Lake Placid. empirestatewintergames.com.
 Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.
- Shenendehowa Classic Race. 10K/5K. 11am. Saratoga Biathlon
- Center, Day. Eric Hamilton: 371-7548. nyssranordic.org.
- Sacandaga Mini-Marathon Race. 30K/15K freestyle. Saratoga Biathlon Center, Day. saratogabiathlon.com.
 Children Learn to Ski Week. Ages 6-12. Pineridge, East
- Poestenkill. 283-2652. pineridgexc.com. Cookie Clash Race. 10K/5K freestyle. 11am. Dewey Mt Rec
- Center, Saranac Lake. Jim Kobak: 643-0821. nyssranordic.org.
- Ski Bowl, North Creek. goremountain.com. Ladies Love to Ski. Classic technique. 9:30am-2:30pm. 21 Lesson, lunch. Lapland Lake, Northville. 863-4974.

- Hoffman Notch XC Ski. 8M. Intermediate backcountry. Rich Macha: 346-3180. adk-albany.org. Santanoni Preserve XC Ski. 9M. 6am. Mike Becker: 253-3359.
- adk-albany.org
- 27-3/1 1st Lake Placid Nordic Festival. Fri: SLU Winter Carnival. Sat: LP 12.5K XC Challenge. Sun: LP Loppet XC Marathon. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com. Winona Forest Tourathon. 12.5K/25K/37.5K/50K classic. 8am. Keith McKittrick: 315-668-8329. nyssranordic.org.
- 28-3/1 Mid Atlantic Bill Koch Festival. Races, relays, games. 9:30am. Osceola Tug Hill XC Center, Osceola. 315-338-3638.

MARCH

- Lake Placid Loppet XC Ski Marathon. 50K Loppet or 25K Kort-Loppet: classic & skate. Open to all racers & recreational skiers. Mt. Van Hoevenberg, Lake Placid. lakeplacidnordicfestival.com.
- Wood-n-Ski Rendevous. 5K race, vintage clothing/gear, live band. Cascade, Lake Placid. 523-9605. cascadeski.com. Full Moon Poker XC Ski & Snowshoe Party. 6:30-9pm. Garnet Hill Lodge & XC Ski Center, North River. 251-2444.
- garnet-hill.com. Full Moon XC Ski Party. Bonfire, food, music. Cascade, Lake Placid. 523-9605. cascadeski.com.
- NYSSRA Champions Cup Weekend: State Nordic
 Championships. Biathlon sprint & pursuit championships,
 ski orienteering championship, club relay championship,
 17k classic NYSSRA Champions Cup & Awards Party. Mt. Van Hoevenberg, Lake Placid. Schedule: nyssranordic.org.
- Ladies Love to Ski. Skate technique. 9:30am-2:30pm. Lesson, lunch. Lapland Lake, Northville. 863-4974. laplandlake.com.

HEALTH & FITNESS

ONGOING

- Daily Bikram, Warm & Hot Vinyasa, Ashtanga & Restorative yoga classes. Hot Yoga, Lake Placid. 837-5036.
- hotyogalakeplacidny.com. Yoga Classes & Workshops. True North Yoga, Schroon Lake. 810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Rock Your Fitness Classes. Next Session: 1/5-2/20. M/W/F: 5:15am or 6:45am. Tu/Th: 9:30am & Sat: 6:15am or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. rockyourfitnessny.com.
- Active Flow Class. 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Gentle Yoga Class. 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- **Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

HIKING, SNOWSHOEING & CLIMBING

JANUARY

- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. Lapland Lake, Northville. 863-4974. laplandlake.com. Ampersand Mtn Hike: Saranac 6. 5.4M. ADK: 523-3441.
- 2nd ADK Winterfest: Winter Trails Day. 10am-8pm.
- Snowshoeing, XC skiing, ice skating. Heart Lake, Lake Placid. 523-3441. adk.org.
 Gothics, Armstrong, Upper Wolf Jaw, Lower Wolf Jaw Hike. 17M. Claudia Warren: 364-3857. adk-albany.org.
 Winter Teen Adventure Trip. Ages 14-17. Hiking, camping. ADV: 523-3441. adk. org.
- ADK: 523-3441. adk.org. 25
- Historic Snowshoe Hike. 2-3hrs. 10:30am. Beginners welcome. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- Esther Mountain Hike. 6.6M. 8am. Candyman Shop, Wilmington. ADK: 523-3441. adk.org. Moonlight XC Snowshoe/Ski. 6-9pm. Moonlight & lighted 25
- trails w/bonfire. 283-3652. pineridgexc.com.
- Table Top Hike. 10M. Adirondac Loj, Lake Placid. ADK:
- 523-3441. adk.org. Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

FEBRUARY

- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.
- Wilmington. ADK: 523-3441. adk.org.
- Esther Mountain Hike. 6.6M. 8am. Candyman Shop,

So many things to do, you just may forget to go home

Our mountains, rivers and lakes offer an abundance of activities for all ages, in every season. Swim, boat, fish and play golf. Trails for hiking, mountain biking, skiing and snowmobiling await. Accommodations and restaurants are easily accessible throughout the area. Visit our website for lodging, dining, events, maps and more.



Chamber of Commerce/Office of Tourism, Routes 30 & 8, Box 184, Speculator, NY At the crossroads of two Scenic Byways speculatorchamber.com

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WINTER PROGRAMS

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REGION

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laplandlake.com.

Sunday, February 1 at 11am Saratoga Spa State Park

Saratoga Springs

Camp Saratoga 8K

Sunday, February 15 at 10:30am Wilton Wildlife Preserve & Park, Wilton

U.S. Snowshoe Championship qualifier

Register Online/Entry Form: www.saratogastryders.org Fee: \$15 w/shirt or \$20 race day w/shirt if available

Pre-registered only: Age 65-over & 12-under Free (shirt \$10)

Pre-register only: \$25 for both races (one shirt) • Runners & hikers welcome! Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series

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

WELCOME ALL



Summer training sessions on the Crystal Lake Triathlon course Tuesdays June 2-August...

Details: www.cdtriclub.org







Haystack Mtn Hike: Saranac 6. 6.6M. ADK: 523-3441. adk.org.

MARCH

- Snowshoe Tour by Moonlight. Tour, dinner, dessert. 5pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Phelps Hike. 8.8M. 8am. Adirondack Log, Lake Placid. ADK: 523-3441. adk.org.
- St. Regis (elev. 2,874'), 6.6M. 8:30am. Routes 86 & 30, Paul Smiths. ADK: 523-3441. adk.org.
- Street & Nye Mtn Hikes. 9M. 8am. Adirondak Loj, Lake Placid. ADK: 523-3441. adk.org.

ICE & SPEED SKATING

JANUARY

Jack Shea Speed Skating Sprint Championships. Olympic Speedskating Oval, Lake Placid. 523-1655. lakeplacidspeed.com.

31-2/2 North American Marathon & End-to-End Lake Skate. Lake Memphremagog, Newport, VT. marathonskating.org.

FEBRUARY

13-14 Irving Jaffee Single Distance Championships. Olympic Speedskating Oval, Lake Placid. lakeplacidspeed.com.

27-3/1 Marathon Finale. Olympic Speedskating Oval, Lake Placid. lakeplacidspeed.com.

MOUNTAINEERING & WILDERNESS SKILLS

JANUARY

- Intro to Snowshoeing & Animal Tracking Tour. 10-11am. Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974, lanlandlake.com.
- Wilderness First Responder/SOLO Certified w/ Clark Hayward. 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 19-22 Wilderness First Responder/SOLO Certified w/ Clark Hayward. 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 29-2/4 61st ADK Winter Mountaineering School. Day, weekend, weeklong. Adirondak Loj, Lake Placid. 523-3441. winterschool.org.

FEBRUARY

- Wilderness First Responder/SOLO Certified w/ Clark Hayward. 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- Intro to Snowshoeing & Animal Tracking Tour. 10-11am. Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Backwoods Tracking & Winter Survival Snowshoe Trek w/Jim Bruchac. Adult & Teen. 9am-4:30pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- Wilderness First Responder/SOLO Certified w/ Clark Hayward. 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 14-16 Intro to Winter Camping: Backpacking. 9am. Adirondack Loj, Lake Placid. ADK: 523-3441. adk.org.
- 16-18 Winter Wilderness Adventure & Storytelling Camp. Ages 6-8. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- Winter Wilderness Adventure Camp. Ages 9-12. 10am-4pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- ${\bf 21\text{-}22\ \ Wilderness\ First\ Aid\ Course/SOLO\ Certified/WFR\ Resert\ w/}$ Clark Hayward. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- $\textbf{Intro to Snowshoeing \& Animal Tracking Tour.}\ 10\text{-}11 am.$ Rental, guided tour. Age 12+. Lapland Lake, Northville. 863-4974. laplandlake.com.

MARCH

- Wilderness First Responder/SOLO Certified w/ Clark Havward, 72-80 Hours, Adult & Teen, 8am-5pm, Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 16-19 Wilderness First Responder/SOLO Certified w/ Clark Hayward. 72-80 Hours. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.
- 28-29 Wilderness First Aid Course/SOLO Certified/WFR Resert w/ Clark Hayward. Adult & Teen. 8am-5pm. Ndakinna Center, Greenfield. 583-9958. ndakinnacenter.org.

MULTISPORT: TRIATHLON & DUATHLON

JANUARY

- Baxter Brewing Winter Triathlon. Run, XC ski, snowshoe. Solo/team. Craftsbury Nordic Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- CDTC Winter Lecture Series: Swim & Transitions w/Kevin Kearney & Alan Finder. 6-8pm. Center Square Asset Management office, Schodack. cdtriclub.org.
- Swim Clinics w/Kevin Crossman. Experienced: Sat: 8am & Sun: 7:15am. Novice: Sat: 10am. Glens Falls HS, Glens Falls.
- t3coaching.net.

 CDTC Cabin Fever Bash. 7pm. Italian American Community Center, Albany. Lee Hilt: 452-5701. cdtriclub.org.

FEBRUARY

CDTC Winter Lecture Series: All About Bikes w/Andy Ruiz & Tim Bonnier. 6-8pm. Center Square Asset Management office, Schodack. cdtriclub.org.

- CDTC Winter Lecture Series: Running w/ Pat Cullen. 6-8pm. Center Square Asset Management office, Schodack. cdtriclub.org.
 Prospect Park Spring Duathlons & 5K/10K Runs. 7:30am.
- Prospect Park, Brooklyn. citytri.com. March Madness Duathon. 2M run, 12M bike, 2M run. Central Park, New York. 845-247-0271. nytc.org. 29

APRIL

CDTC Winter Lecture Series: Planning for the Season & Nutrition w/Judy Torel. 6-8pm. Center Square Asset Management office, Schodack. cdtriclub.org.

NORDIC: ORIENTEERING & BIATHLON

ONGOING

Be a Biathlete. Session #1: 1/3-2/7 & Session #2: 2/14-3/31. Ages 10-13. XC skiing, rifle marksmanship. Mt. Van Hoevenberg, Lake Placid. orda.org.

DECEMBER

Ski Orienteering "Try It" Event. Mount Van Hoevenburg, Lake Placid. skio.nyssranordic.org.

JANUARY

- 1 New Year's Resolution Sprint Biathlon. McCauley Mountain Ski Center, Old Forge. saratogabiathlon.com.
- Mendon Ponds Ski-O. Mendon. skio-nyssranordic.org.
- Saratoga Sprint & Pursuit Races. Saratoga Biathlon Club, Day. saratogabiathlon.com.
- 24-25 Biathlon Sprint & Pursuit Races. Hadley. saratogabiathlon.com.

FEBRUARY

- Old Forge Sprint Biathlon. McCauley Mountain Ski Center, Old Forge. saratogabiathlon.com.
- Lake Placid NorAm Sprint & Pursuit Races. Olympic Sports
- Complex, Lake Placid. saratogabiathlon.com. Shenendehowa Classic Race. 10K Classic. Saratoga Biathlon
- Club, Day. saratogabiathlon.com. Great Sacandaga Mini Marathon. Saratoga Biathlon Club,
- Day. saratogabiathlon.com. Saratoga Individual Biathlon. Saratoga Biathlon Club, Day.
- saratogabiathlon.com

OTHER EVENTS **DECEMBER**

"Feelin' Long Lakey" Polar Bear Plunge. 1 pm. Jump in the water's cold to benefit Wounded Warrior Project. Town Beach, Long Lake. 624-3077. mylonglake.com.

JANUARY

- 16-18 Long Lake Winter Carnival. Cardboard box sled derby, broomball, skating. Long Lake. 624-3077. mylonglake.com.
- 19th Adirondack International Mountainfest. Ice climbing & mountaineering. Guests, clinics, demos, slide shows. Mountaineer, Keene Valley. 576-2281. mountaineer.com.
- 2nd Purple Tie Affair to Benefit Leukemia & Lymphoma dancing & Team in Training. National Museum of Dance, Saratoga Springs. purpletieaffair.org. Happy New Year Masters Swim Meet. 2:30pm. Mohonasen
- HS, Rotterdam. Bill Motta: 356-8240. adms.org.



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4-Mile Run Saturday, February 7 • 10am

Lake George Forum, 2200 Rte. 9

Entry: \$20 (\$15 TAR) / \$25 race day

Gender/size NB tech shirt to first 200 by 1/10 After 1/10 we'll try but can't guaranteed size

adirondackrunners.org



1/14: Swim/Transitions w/Kevin Kearney, Alan Finder 2/4: All About Bikes w/Andy Ruiz, Tim Bonnier **3/4: Running** w/Pat Cullen **4/2: Planning/Nutrition** w/Judy Torel

6-8pm: Center Square Asset Management 1651 Columbia Turnpike, Castleton All welcome & free (CSAM sponsor) Reserve space w/Frank Bender: winterseries@cdtriclub.org



Jan. 25 - Sun

HMRR Winter Series

University at Albany

Jan. 1 – Thu 12noon Winter Series #2 – Hangover Half Marathon & Bill Hogan 3.5M Run/Walk

Winter Series #4 - 3M, 15K, 30K

Winter Series #3 – 3M, 10K, 25K Jan. 11 – Sun 10am

Feb. 1 – Sun Winter Series #5 – 4M, 10M, 20M 10am

10am

Day of Race Sign-Up Only ● HMRRC Members: Free ● Non-Members: \$5 More info at www.hmrrc.com or Ed Thomas: et392@math.albany.edu

Polar Plunge Benefit for Cystic Fibrosis. 1pm. Grafton Lakes SP, Grafton. Peggy Phillips: 479-3739. nysparks.com.

FEBRUARY

- Ice Fest. Raquette Lake & Long Lake. 624-3077. mylonglake.com. 35th Empire State Winter Games. Lake Placid, Wilmington, Saranac Lake, more. empirestatewintergames.com.
- Raquette Lake Winter Carnival. Ladies frying pan toss, youth activities. Raquette Lake. 624-3077. mylonglake.com.
- Winter Carnival. Ski/scavenger hunt, dog-sled competitions, kayak slalom. Oak Mountain, Speculator. 548-3606.
- oakmountainski.com.

 Frozen Fire & Lights. Sledding, skating, snowshoeing, skiing, cardboard sled race, fireworks. Fern & Arrowhead parks, Inlet. 315-357-5501. inletny.com.

MARCH

10th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, health, travel. 125 exhibitors, sales, demos, seminars/ clinics, family activities, prizes. Free. Saratoga City Center, Saratoga Springs. 877-877. adksports.com.

RUNNING, TRAIL RUNNING & WALKING **DECEMBER**

- Kids Fun on the Run Race. 1pm. Obstacle course & scavenger hunt. Oak Mountain, Speculator. 548-3606. oakmountainski.com.
- CRNA Hilltop Nordic Center 5K Snowshoe Race. 10am. WMAC Dion Series #1. Hilltop Nordic Center, Richmond, MA. Tom Wright: 567-7201. runwmac.com.
- 17th First Night Saratoga 5K Run. 5:30pm. Skidmore College,
- Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org. NYC Midnight Run. 4M. 11:59pm. Dancing, fireworks. Central Park Inner Loop, New York. nyrr.org. 31

JANUARY

- HMRRC Winter Series #2: 39th Hangover Half & Bill Hogan 1 3.5M Run/Walk. 12pm. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- 27th FirstRun Burlington. 11am. Memorial Auditorium,
- Burlington, VT. 802-836-8412. runvermont.org. Resolution Runs. 5K & 2M Walk: 11am. 1K Kids Run:
- 11:30am. Heritage Museum, Ticonderoga. lachute.us. Big A's 5K Run. 10am. Glens Falls HS, Glens Falls. Rebecca
- Smith: 338-8444. adirondackrunners.org. Tortoise & Hare 5K. Kinderhook Village, Kinderhook.
- kinderhookrunnersclub.com.
- Savoy/Hawley Area 4M Snowshoe Race. 10:30am. WMAC Dion Series #2. Savoy/Hawley, MA. runwmac.com. 29th FMRRC Winter Wimp Foot Race. 4.4M/2.2M. 1pm. Hagaman Fire House, Hagaman. Rick Vertucci: 857-9025.
- HMRRC Winter Series #3: 3M, 10K, 25K. Phys Ed Bldg,
- UAlbany, Albany. hmrrc.com. **Prospect Mountain 5K Snowshoe Race**. 10am. WMAC Dion Series #3. Prospect Mountain Nordic Ski Center, Woodford, VT. Tim Van Orden: 802-681-5956. runwmac.com.
- 11th Chilly Chili 5K Run/Walk. 1pm. Emory St, Cazenovia. 315-655-5437. chillychili.com.
- Team In Training Information Session: Run & Cycle. 6pm. Fleet Feet Sports, Plattsburgh. Gail Deuso: 802-233-0014.
- teamintraining.org/uny.

 Team In Training Information Session: Run & Cycle. 12pm. 15 Leukemia & Lymphoma Society, Albany. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.
- Team In Training Information Session: Run & Cycle. 6pm. Fleet Feet Sports, Essex Junction, VT. Gail Deuso: 802-233-0014. teamintraining.org/uny. Cock-A-Doodle Shoe Snowshoe Race. 5K/10K. New Land Trust,
- 17 Saranac. Jeremy Drowne: 376-1809. cockadoodleshoe.com.
- Mendon Ponds Winterfest Snowshoe Race. 5K/10K. Mendon Ponds Park, Rochester. Tim Ratowski: 585-690-2090. roadsarepoison.com.
- Hoot-Toot & Whistle 5K Snowshoe Race & Hike. 10:30am. WMAC Dion Series #4. Readsboro School, Readsboro, VT. Bob Dion: 802-423-7537. runwmac.com.
- 13th Colton Winterfest 10M Road Race. 9am. Colton-
- HMRRC Winter Series #4: 3M, 15K, 30K. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- Sidehiller 4M Snowshoe Race. 11am. WMAC Dion Series #5. 25 Center Sandwich, NH. runwmac.com.

- Stone Wall 5K Snowshoe Race. 10:30am. Winona Forest CCC Camp, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.com
- ESSRA NYS Snowshoe Championships. 5K/10K. Paul Smiths. 25
- empirestatesnowshoe.org. Fred Lebow Manhattan Half Marathon. 13.1M. 8am. Central 25
- Park, New York. nyrr.org.

 Team In Training Information Session: Run & Cycle. 29 5:30pm. Salty's Pub & Bistro, Clifton Park. Liz Spaide: 438-3583 x2557. teamintraining.org/uny.
- Oak Runner Snowshoe Race. 5K & 10K. 10am. Kids 1M Race: 11am. 9am. Oak Mountain Ski Center, Speculator. 548-3606. oakmountainski.com. hcswcd.com.

FEBRUARY

- 16th Saratoga Winterfest 5K Snowshoe Race & Hike. 11am. WMAC Dion Series #6. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- HMRRC Winter Series #5: 4M, 10M, 20M. 10am. Phys Ed Bldg, UAlbany, Albany. hmrrc.com.
- Northern Vermont Snowshoe Challenge. Smuggler's Notch Resort,
- Jeffersonville, VT. Zeke Zucker: 802-238-8464. getevent.com. Team In Training Information Session: Run & Cycle. 5:30pm. Greater Burlington YMCA, Burlington, VT. Gail Deuso: 802-233-0014. teamintraining.org/uny.
- Northfield Mountain 5M Snowshoe Race. 9am. WMAC Dion Series #7. Northfield, MA. runwmac.com.
- 14 Notchview Reservation 5K Snowshoe Race. 10am. WMAC Dion Series #8. Windsor, MA. runwmac.com.
- Healthy Heart Hustle. 5M. North Country Community
- College, Saranac Lake. Sarah Keyes: 637-8233. McCauley Snowshoe Classic. 6K. 10am. McCauley Mountain, Old Forge. 617- 834-1232. runreg.com.
- Camp Saratoga 8K Snowshoe Race & Hike. 10:30am. WMAC Dion Series #9. Wilton Wildlife Preserve & Park, Wilton. Laura Clark: 581-1278. saratogastryders.org. 15
- **42nd HMRRC Winter Marathon & Marathon Relay.** 10am. University at Albany, Albany. Dana Peterson: 331-5490. 15 hmrrc.com.
- Prospect Mountain 10K Snowshoe Race. 10am. WMAC Dion 21 Series #10. Prospect Mountain Nordic Ski Center, Woodford, VT. Tim Van Orden: 802-681-5956. runwmac.com.
- Brave the Blizzard 5K Snowshoe Race. 10am. Pancake breakfast. WMAC Dion Series #11. Guilderland ES, Guilderland.
- Lake Effect Half Marathon & Moose Mile Fun Run. 13.1M: 22 $9:30 am.\ On ond aga\ Park,\ Liverpool.\ lake effect half mar athon. com.$
- $Highland\ Forest\ Snowshoe\ Race.\ 5K/10K.\ Fabius.$ Chary Griffin: 315-655-2524. bikeloft.com.

MARCH

- 10th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Run, cycle, hike, paddle, triathlon, ski, health, & travel. 125 exhibitors, sales, demos, seminars/clinics, family activities, prizes. Free. Saratoga City
- Center, Saratoga Springs. 877-877. adksports.com. Prospect Mountain Snowshoe Race. 10am. WMAC Dion Series #10. Prospect Mountain Nordic Ski Center, Woodford, VT. Tim Van Orden: 802-681-5956. runwmac.com.
- Celebrate Life Half Marathon. 13.1M. 10am. The Sullivan, Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.
- 6th Schenectady Firefighter's Run For Your Life 5K Run/ 28 Walk. 9:30am. Kids Fun Run. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.
- 5th Ice Breaker Challenge. 5K. 9am. Corning Preserve, Albany. 439-9964. albanyrowingcenter.org.
- Wurtsboro Mountain 30K Road Run & Relay. 9am. Emma 28
- Chase School, Wurtsboro. sullivanstriders.org.
- 27th Delmar Dash. 5M. 9am. Bethlehem MS, Delmar. Aaron & Diana Knobloch: 831-6699. hmrrc.com.
- 5th West Point Half Marathon Fallen Comrades Run. 13.1M. 29 9am. US Military Academy, West Point. westpoint.edu.

JUNE

Lake Placid Marathon & Half. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

All area codes 518 unless indicated.

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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info@lakeplacidmarathon.com

March 28 9:30 am Central Park, Schenectady

Schenectady Firefighters' 6th Annual



5K Run/Walk Kids' Fun Run 10:30am (free)

To benefit American Heart Association

FREE Chowderfest w/competition!

\$20 by 3/1, \$25 by 3/22, \$28 race day T-shirt for first 1,000 registrants

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

schenect a dy fire fighters run 4 your life.com

sfddemdem232@yahoo.com Brian Demarest 365-3883







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So You Don't Like Winter? **FIT GO... And Let it Snow!**

By Jan Mares

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

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

I have been cross country skiing for 40 years. Yikes I am getting old. It all started with my high school team when I joined as a sophomore. And I've skied ever since. We wore wool knickers and our skis were very long, stiff and wooden. But we had fun.

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

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

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

For me I enjoy the outdoors. In the winter, skiing lets you experience the outdoors. Skiing excites the senses. I can hear the birds in the bushes and the river flowing in the distance sounds calm. I can feel the wind playing with the tassel on my hat. I can notice the scent of the pine trees. I can smell the fire in the wood stove that will warm me afterwards. The trees are beautiful with the snow on the branches. The red fox is a stunning contrast against the white snow. And when I am done skiing, there is the awaiting taste of hot chocolate!

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

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

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

There are local areas around town to get out and ski. Wilton Wildlife Preserve & Park, Saratoga Spa State Park, Cole's Woods in Glens Falls, other state parks or your own backyard are good options. I can even call a friend and we can ski during a snow storms at night. Sometimes these places are groomed and sometimes not. These local areas keep vou going during the week.

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

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

So take a lesson. Lapland Lake's Intro to Skiing Ladies Day for first-timers is Dec. 20. Lapland Ladies Love to Ski clinics for

beginner to intermediate skiers in classic technique are Jan. 24 and Feb. 21, and skate technique is March 14. Full-day clinics for women taught by women with lessons, games, lunch and a group ski. It is always fun.

Garnet Hill will host Ladies Tea

& Ski Days on Wednesdays for six weeks starting on Jan. 7. Ski in small groups with an instructor to polish your technique, get more enjoyment from the sport, and learn new skills. Classic and skate weekly (choose your preference), with three backcountry sessions, and includes lunch and equipment. Do one or all six.

Mt. Van Hoevenberg has launched their Snow Angels to help foster a love of Nordic skiing for women through a social, instructional and positive team environment. The program meets on Wednesdays and Saturdays and is open to all abilities. If participants choose to ski in the Lake Placid 12.5K Challenge or Lake Placid Loppet they will be supported.

Cascade hosts their popular Full Moon Ski Parties with night skiing, bonfires, food and hot chocolate. Dates for 2015 are Jan. 3, Feb. 7 and March 7.

Pineridge has their annual Ski Fest on

Jan.10-11 with free lessons for beginners and free XC downhill clinic. Reservations required. See the Calendar for more events.

Dewey hosts Friday Night Ski Jams every other Friday starting on Jan. 16, featuring music, food and lighted trails. It's free and open to the public thanks to their sponsors.

Osceola is dedicated to the best cross country skiing possible. They only offer skiing - no snowshoeing, tubing or pets - just 40K of trails groomed daily for classic and skate technique.

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

Jan Mares (scrimper78@gmail.com) of Saratoga Springs has been a XC ski instructor for seven seasons and is certified through Professional Ski Instructors of America. She works full-time as a Radiation Therapist at Glens Falls Hospital. Jan has been married to Phil for 29 years, and they have four children, Carissa, Alicia, Patsy and Seth.



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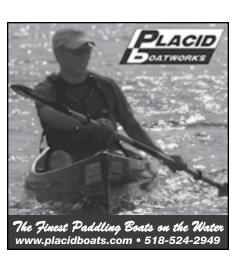
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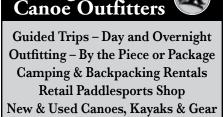
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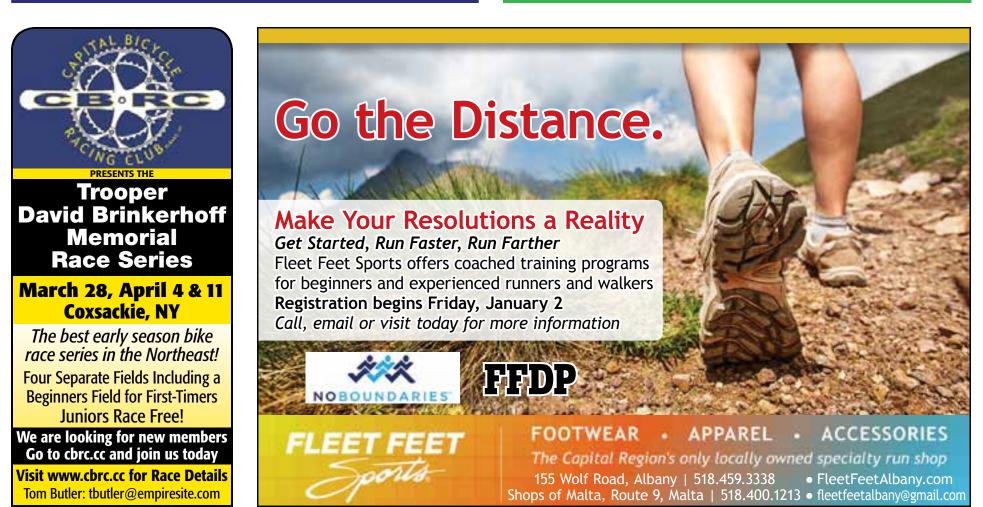












www.AdkSports.com JANUARY 2015



Many cyclists get into the sport to get thinner. But Shawne and Janay Camp are actually having more cycling fun since they've gotten fatter.

While others are skiing, snowshoeing, or sweating it out in spin classes at the gym, the Malta couple continues their dedication to cycling into the winter by using their fat bikes. "Fat" mountain bikes with super wide tires are the latest trend in off-road cycling. The low-pressure, wide tread tires – up to five inches – lets riders roll over obstacles and ride in conditions such as snow or sand that would defeat regular mountain bikes.

The couple's year-round fat biking activities only started in 2012, but cycling originally brought them together in 2009, and both had been avid riders before meeting through Janay's cycling-centered personal ad in the San Francisco Bay area.

Shawne started cycling first in 2000, after moving to Grand Junction, Colo. Shortly after arriving he suffered a spontaneous pneumothorax – a sudden, unexpected collapsed lung. After spending three weeks in the hospital he was sent home to an empty apartment in a new city with no friends or family nearby. Loneliness turned to depression, and then to abuse of the pain medication he had been given for his recovery.

One day while out walking, he went by a local bike shop and saw a mountain bike in the window. "When I saw this thing I though how wonderful it would be to just get that bike and ride and go explore," he remembers.

He came back, bought the bike and started riding. It helped him to come out of his depression and overcome his medication addiction. Five months later he entered his first race. He finished, and he didn't come in last. After that there was no looking back.

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FAMILY: Goldendoodle (golden retriever-poodle cross) named Rango

OCCUPATION: Shawne, Assistant Manager at Mountainman Outdoors

 Shawne, Assistant Manager at Mountainman Outdoors in Saratoga Springs; Janay, Applications Manager at KLA-Tencor in Malta

PRIMARY SPORT: Fat biking and mountain

biking

SECONDARY SPORT: Standup paddleboarding, snowshoeing, hiking

In 2001, almost a year to the day after his first incident, he suffered another collapsed lung. But now he had friends and a support network because of his cycling, and he had surgery to permanently fix the health problem. "It's important to know there are outlets out there that will bring you out of whatever bad place you're in and help you get back on track," he says today. "If it wasn't for cycling I honestly don't think I'd be here today."

Janay got a later start, moving to the San Francisco Bay Area in 2006 from her Canadian home to do post-doctoral work in physics at Stanford University. One of the first things she noticed was how many cyclists there were on the roads, so she got on her old mountain bike and started exploring. Casual jaunts soon turned into serious riding on a Trek 5000 road bike. "I couldn't get enough of it," she says. "I was getting interested in climbing higher, going farther and started training for my first century, and that turned into training for my second century. I had a very high stress job and cycling was my escape."

Soon she was doing large events like the Death Ride, a challenging 129-mile course with over 15,000 feet of climbing over five different passes in the Sierra Nevada mountain range. But she wanted to share that passion for riding, so she posted a personal ad on the

local Craigslist.

Not long after she met Shawne, who was planning a fundraising ride for the American Lung Association from San Francisco to Washington, DC in the summer of 2009. She helped him train and flew to meet him as he finished at the Washington Monument. By 2011 they were married – after riding 1,700 miles together from the Bay Area to Manitou Springs, Colo., for their wedding – at the base of Pikes Peak.

Now living in Malta, Shawne and Janay continue to get outdoors whenever they can to hike, paddleboard and bike. For the past two years cycling has meant riding their fat bikes almost exclusively, while the rest of their cycling stable hangs on the wall.

In December 2012 they headed out on vacation and stopped in Portsmouth, N.H., for lunch. Wandering into a local bike shop, they saw two Surly brand "Pugsley" fat bikes on display.

Janay remembers thinking, "This is really cool! I need that." So she took a test ride in the parking lot. "There was fresh snow and it was amazing! I transformed back into an 8-year-old riding my bike."

Out came the credit card, and with Janay's new bike in the bed of their pickup truck, they headed down the street to a local brewpub to eat. After some food and a beer, they were back in the shop to buy the other Pugsley for Shawne.

Today they ride their fat bikes year-round, and the Pugsley's have been joined by a pair of bikes from Colorado custom builder Twenty-Two Cycles, with a steel frame for Shawne and titanium for Janay. This past summer they rode their fat bikes on the 400-mile RAGBRAI ride across Iowa, notching 100-mile days several times on the weeklong tour.

The secret to fat bikes is their wide, low-pressure tires (as low as three psi) that kiss the ground gently, letting riders negotiate obstacles without as much shock, and float over surfaces where narrow tires would sink. With tread from 3.8 to 5 inches wide, a fat bike excels on snow, sand or other soft ground, and particular in winter expands the choice of where to ride. Shawne uses a 3.8-inch tire on the back, with a larger 5-inch on the front for more shock absorption and added traction in corners so the front doesn't

The frame on a fat bike is also specially built to handle the wider tires, and Janay points out that they use flat pedals in the winter so they can pedal with snow boots. Most tire gauges don't read accurately at low pressures, so a special gauge is needed, and "pogies" help out in the winter. The bicycle handlebar mittens fit over the handlebars and help keep hands toasty warm on snowy rides.

The couple often goes out on their "back-yard trail" in Luther Forest or in the Albany Pine Bush Preserve. They also head into Vermont to Pine Hill Park (trails closed in winter) in Rutland and to Kingdom Trails in the Northeast Kingdom. Or they seek out snow-mobile trails and other local areas where they could never go on regular mountain bikes. A weeknight ride may only be five miles, while a "long" weekend ride on snow may only go eight or nine miles.

But wherever they go, they get noticed, says Janay. "Everybody wants to pick up your bike. We get a lot of attention. They say, 'Dude, those are big tires!'"

Dave Kraus (info@krausgrafik.com) of Schenectady is a longtime area cyclist, photographer, and writer who now desperately wants a fat bike.



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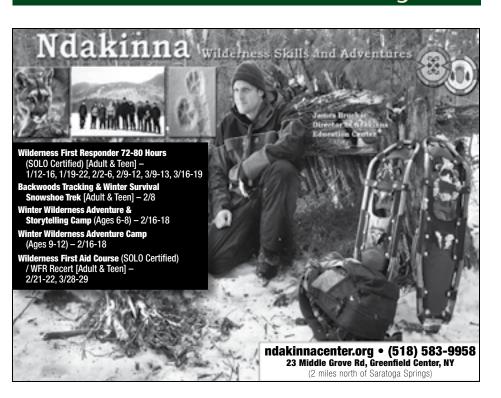
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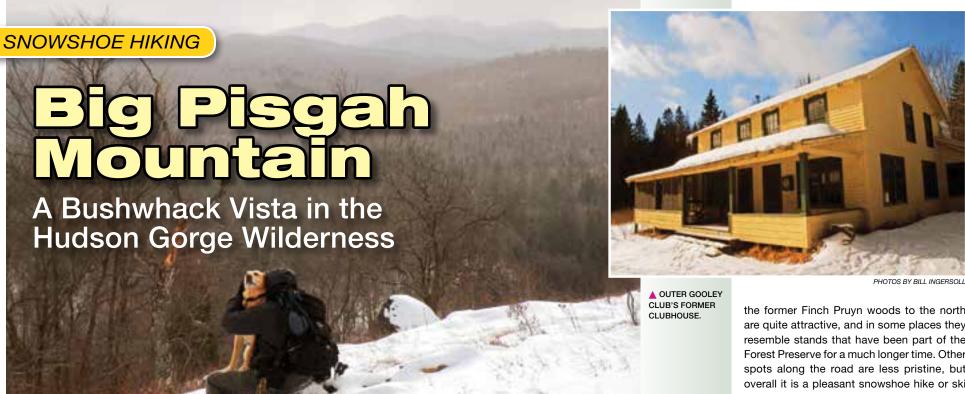








www.AdkSports.com JANUARY 2015



By Bill Ingersoll

Dy now all Adirondack explorers should be well aware of the state's recent acquisition of Forest Preserve lands along the Hudson River near Indian Lake, in the central Adirondacks. Formerly owned by the logging company Finch Pruyn, this 2013 purchase has been mostly celebrated for the new destinations it has opened to the public: the Essex Chain of Lakes, the Gooley Steps, and OK Slip Falls.

Less attention has been given to some of the older parcels of state land that have been made more accessible by this acquisition. however. The old Hudson Gorge Primitive Area used to consist of several blocks of state land extending from Big Pisgah Mountain in the west almost to the Boreas River in the east. Bearing an uncanny resemblance to a C-clamp (complete with handle), these lands were contiguous when viewed on a map, but the presence of the Finch Pruyn lands and the unfordable Hudson River kept some of the more outlying areas out of reach to the public.

Big Pisgah Mountain, located in the handle of the C-clamp, was one such place. The state acquired this mountain, which stands on lots 3 and 4 of T&C Township 16, at tax sales in the years 1885, 1890 and 1895. Although a road originating near Indian Lake leads past its base, public access was blocked for many years by the Outer Gooley Club, near the confluence of the Hudson and Indian rivers. Only a single strip of state land near Clear and Corner ponds provided legal

I regarded Big Pisgah as a highly desirable destination because of the bald patches on its rounded summit, which I expected to be quite scenic. In February 2013, a few months before the Outer Gooley property was opened to the public, I attempted to snowshoe-bushwhack the one legal corridor via the Elm Island trail near the Cedar River. Although it was highly scenic, it was also very hilly and very long. I did make it to the foot of the mountain, but by that point the hour was so late that there was no time left for the ascent. I turned back and exited the woods exhausted by the long miles through unbroken snow, and the numerous small hills that haunted the Elm Island trail.

By contrast, I found the new access afforded by the Finch Pruyn purchase to be far more reasonable. In January 2014, I organized an outing with the Adirondack Wilderness Explorers (meetup.com) to Big Pisgah, this time following the road through Outer Gooley. We were able to follow the unplowed road past the former clubhouse to the foot of the mountain, dramatically reducing the amount of bushwhacking required. There were indeed good views from the summit, making the mountain well worth the effort.

If you are looking to explore this new area without following the crowds to the other well-publicized destinations, then you too may enjoy a winter snowshoe bushwhack up

Access to the Outer Gooley tract and Big Pisgah Mountain is via Chain Lakes Road, which begins on NY Route 28 at a junction 1.3 miles east of Indian Lake. The road leads past the town dam at Lake Abanakee and into state land. A new public parking area was opened in 2014 at the site of the Outer Gooley Club at 4.2 miles. However, it remains to be seen whether plowing will be extended this far. When I visited in January 2014, only the first two miles of the road were being plowed by local government. This left a pleasant but lengthy hike along the unplowed road to reach the Outer Gooley clubhouse.

SUMMIT

MOUNTAIN.

As a point of reference, this route description begins at the new parking area near the former Outer Gooley clubhouse, 4.2 miles from NY Route 28 along Chain Lakes Road. Plowing may or may not be extended this far. If not, what my companions and I found last year was a hilly road that was easy to walk, but which would be challenging for novice cross country skiers. It rises and dips through the hills above the Indian River, reaching the boundary of the new state lands at 1.5 miles, and the clubhouse at 2.2 miles. The old yellow building still stands, although it is now unoccupied, and its future is doubtful. From its front porch you can enjoy a view of the Hudson River.

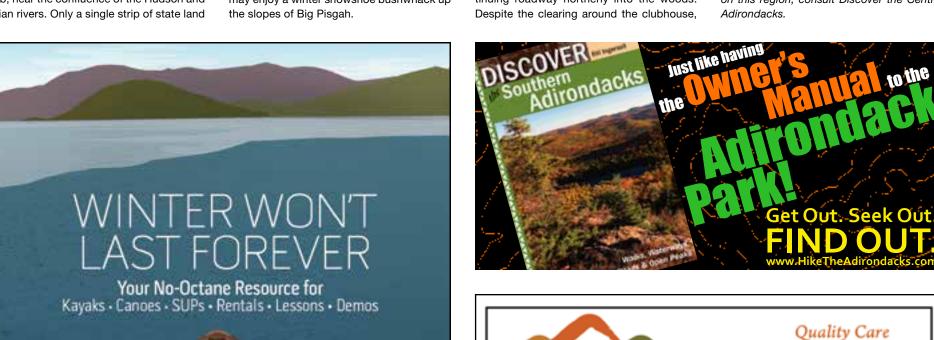
From the clubhouse, follow the continuing roadway northerly into the woods. the former Finch Pruyn woods to the north are quite attractive, and in some places they resemble stands that have been part of the Forest Preserve for a much longer time. Other spots along the road are less pristine, but overall it is a pleasant snowshoe hike or ski trip north, then northwest, toward the foot of the mountain.

At about 1.2 miles you reach the start of the unmarked trail to Clear Pond, and at 1.5 miles an interior parking area catering to hunters in the fall. Either of these landmarks is a good place to leave the road and start the bushwhack climb. Your strategy should be to head northeast toward the saddle between Big and Little Pisgah, and then follow the ridge southeast toward the summit of Big Pisgah. The densest woods occur in the low-lying coniferous forest between the road and the mountain. Once you rise above this area, you will find open hardwoods across most of the slopes.

All of the summit views come from a series of bald patches, presumably created by past forest fires. There are no cliffs or ledges that we saw. The multiple vistas include Blue Mountain to the west and Snowy Mountain to the southwest, with the ski slopes on Crow Hill visible in the middle distance. Little of the Hudson River can be seen despite its proximity. The summit is not completely bald, but these open areas are quite extensive and fun to explore.

To add variety to your route, you can descend eastward from the summit toward the Hudson River and follow it downstream. USGS topo maps show a gauging station located near the mouth of Clear Pond's outlet brook; although the station is gone, there is still a clear footpath leading from the site back to the access road a short distance north of the Gooley Club.

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondacks guidebook series (hiketheadirondacks.com). For more on this region, consult Discover the Central





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RACE RESU

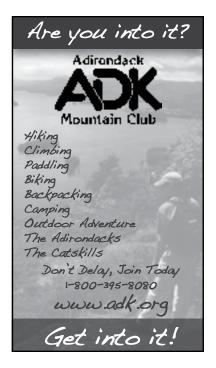
43RD ANNUAL HMRRC ANNIVERSARY RACES September 14, 2014 • University at Albany, Albany MALE AGE GROUP: 50 - 59 FEMALE OVERALL 35:56 38:59 Christian Lietzau Paul Guilmette 40:40 FEMALE AGE GROUP: 50 - 59 41 Sally Drake Albany 40:23 MALE OVERALL 41:18 Albany Mike Roda 31:07 Nancy Taormina Albany Thomas O'Grady 45:10 Nassau MALE AGE GROUP: 60 - 69 25 32:45 42:44 MALE AGE GROUP: 1 - 19 Wynantskill 19 Daniel Post Albany 40:18 Paul Forbes 44:12 1:03:00 Troy 44:15 FEMALE AGE GROUP: 60 FEMALE AGE GROUP: 1 - 19 Malta 46:06 Sydney Smith 47:14 Niskayuna Martha DeGrazia Slingerlands Glenmont Flushing 50:23 63 47:55 MALE AGE GROUP: 20 - 29 53:18 MALE AGE GROUP: 70 - 79 Thomas Dansereau 39:55 47:32 Tarrytown Rotterdam FEMALE AGE GROUP: 20 - 29 Ed Bown Broadalbin Rensselaer 49:26 54:32 Rensselaer Shylah Weber FEMALE AGE GROUP: 70 - 79 Schenectady 45:32 MALE AGE GROUP: 30 - 39 Schenectady Schaghticoke 1:14:06 1:17:50 Chuck Terry David Tromp Dallas Devrie 32 38:59 Albany MALE AGE GROUP: 80 - 89 1 Ed Doucette 84 **FEMALE AGE GROUP: 80 - 89** Bennington, VT 1:09:09 **FEMALE AGE GROUP: 30 - 39** Liz Chauhan Stephanie Wille Albany Voorheesville 1:10:20 41:31 Rensselaer 2.95-MILE RUN MALE OVERALL Jessica Northan 38 Guilderland 50:55 MALE AGE GROUP: 40 - 49 Kyle McCormack Luis Ferreira 19 18 31 17:04 36:00 17:09 Chong-Hwan Son Albany Kenneth Plowman 40 Cohoes Albany 19:03 FEMALE OVERALL 39:00 FEMALE AGE GROUP: 40 Poughkeepsie 22:48 Aileen Eagleton 42:42 Stacia Smith Niskayuna Sharee Gritsavage Albany Averill Park 26:06 Penny Tisko Heather Machabee Courtesy of Hudson-Mohawk Road Runners Club

	KIRK	LAND CYCLOCR					
1 2 3 4 5	EN CAT 1/2/3/4 Christian Favata Dan Staffo Jonah Meadvancort Alec Hoover Aaron Oakes EN CAT 3/4 Elias Bennett Kevan Edwards Scott Hock	September 14, 20 Favata's TRT Bicycles Verge sport/Velo NRS KMS Cycling Table Rock Tours NYCROSS/Craft Mello Velo Mello Velo NYCROSS/Craft	56:37 58:33 58:59 59:06 59:18 45:07 45:38 46:03	M 1 2 3 4 M 1 2 3	EN JUNIOR BOYS U19 Christopher Welch Ethan Snyder Tommy Servetas Jacob Tarbay EN MASTERS 35+ Timothy O'Shea Christopher Delisle Mark Miller		45:44 49:57 45:16 45:17 53:17 53:26 53:29 53:31
4	Jonathan Favata Daniel John Vaughn EN CAT 4/5	TRT Bicycles CyclocrossWorld.com	46:17 46:24	4 5 M	Dan Harper Eric Giehl EN MASTERS 45+	EFP Rotenberg Cycling	56:06
1 2 3 4 5	Matt Smitley Jesse Corum Brian Hupe Robert Shostack Corey Dubois	Full Moon Vista Twin Line Velo Houlton Farms Dairy Bike Loft East CNYC	39:02 39:27 40:07 40:17 40:47	1 2 3 4 5 M	Andrew Ruiz Bret Young Paul Wojciak Jim Nicholson Gregory Drumm EN MASTERS 55+	CCC/Keltic/Zanes NYCROSS/Craft Pawling Cycle & Sport Team 2 Cycling Empire Brewing	53:54 54:42 55:44 55:59 56:53
1 2 3 4 5	EN CAT 5 Theodore McLean Corey Dubois Jeff Frutchey Rudy Szymanski Jonathan Rodriguez EN JUNIOR BOYS 10-1	Hamilton College CNYC Corning/NoTubes Race Bert's Bikes Paceline	28:07 28:08 29:34 30:05 30:06	1 2 3 4 5	Brad Young Colin Funk Thomas Butler Thomas Emrich Brian Sanders EN SINGLESPEED	NYCROSS/Craft First Capital Cycling CCC/Keltic/Zanes Trailblazers Racing GS MVBC	54:57 55:34 55:54 56:56 58:59
1 2 3 4 5	Tommy Servetas Connor Singh Will Quackenbush Trever Dzikowicz Zachary Shostack	NYCROSS/Craft NYCROSS/Craft NYCROSS/Craft HRRT Bike Loft East	31:04 34:41 38:18 39:48 42:46	1 2 3 4 5	Brad Young Christopher Delisle Kevan Edwards Bret Young Kevin Ballou	NYCROSS/Craft NYCROSS/Craft Mello Velo NYCROSS/Craft Bikeman.com	36:29 36:51 37:07 38:35 39:10 continued

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WOMEN CAT 1/2/3/4			2	Helene Schmid	Veloved Multisport	31:36
1 Anna Dingman	Unattached	38:13	3	Heidi Baks	Pawling Cycle & Sport	32:26
2 Katina Walker	Bike Loft East	38:26	4	Victoria Harris	Mission in Motion Cycling	32:56
3 Vanessa McCaffery	Stan's NoTubes	38:43	5	Devon Fitzgerald	NYCROSS/Craft	33:47
4 Elizabeth Lukowski	NYCROSS/Craft	40:48	W	OMEN JUNIOR GIRLS	5 10-14	
5 Jennifer Harvey	SCC/HRRT	42:36	1	Kayla Dzikowicz	HRRT	29:25
WOMEN CAT 4			2	Ruby Slyer	HRRT	34:05
1 Nancy Bailey	Pittsford Painting Cycling	31:22		Courtes	y of NYCROSS & MVBC	

	5K RU	N		MALE AGE GROUP: 40	- 49		
MALE OVERALL				1 Kyle Johnson	40	Niskayuna	21:2
1 John Deer	32	Slingerlands	19:05	2 Anthony Chayka	47	Albany	24:2
2 John Williams-Searle	44	Albany	19:39	3 John McCarthy	42	Albany	24:5
3 Jonathan Bright	44	Guilderland	20:08	FEMALE AGE GROUP:		7 liburiy	24.5
FEMALE OVERALL				1 Ann Marie Gray	49	Schenectady	26:0
1 Kari Deer	35	Slingerlands	20:33		49		28:1
2 Rachel Pratt	17	Schenectady	21:41	Jessica Sterling		Albany	
3 Tara Joyce	25	Altamont	21:54	3 Baochun Zhu	48	Slingerlands	30:0
FEMALE ÁGE GROUP: 1	- 9			MALE AGE GROUP: 50			
1 Hope Borkowski	8	Niskayuna	28:52	1 Chet Pratt	50	Schenectady	23:3
2 Trinity Kenney	9	Albany	30:49	2 John Deer	53	Guilderland	26:4
MALE AGE GROUP: 10 -	14	,,		3 Robert Michalak	52	Albany	27:0
1 Ben Drake	13	Albany	22:50	FEMALE AGE GROUP:	50 - 59	,	
2 Bryan Doolin	11	Berne	25:18	1 Kathleen Buchanan	52	Altamont	28:3
3 Stephan Doolin	12	Berne	26:02	2 Ruth Long	50	Amsterdam	28:4
FEMALE AGE GROUP: 1	0 - 14			3 Ines Nieves	56	Altamont	20.4
1 Faith Borkowski	10	Niskavuna	24:25	MALE AGE GROUP: 6	50	Altamont	25.3
2 Maggie Doolin	12	Berne	26:03		64 64	Calmana	21:1
FEMALE AGE GROUP: 1	15 - 19			1 Kenneth Klapp	٠,	Schenectady	
1 LeeAna Doolin	15	Berne	26:44	2 Leroy Bynum	61	Schenectady	22:5
MALE AGE GROUP: 20 -	29			3 Chester Tumidajewicz		Amsterdam	24:1
1 Zachary Crossett	26	Greenville	24:26	FEMALE AGE GROUP:	60 - 69		
2 Benjamin Deer	26	Tampa, FL	26:41	 Nancy Johnston 	68	Ballston Lake	36:3
3 Jon Buvl	21	Colonie	29:22	2 Janet Jones	62	Schenectady	39:4
FEMALE AGE GROUP: 2	0 - 29			MALE AGE GROUP: 80	- 89	,	
1 Bethany Deer	24	Guilderland	26:41	1 Bill Ryder	85	Jamesville	41:0
2 Alicia Snolenski	23	Slingerlands	28:09		3K WA	I V	
3 Stephanie D'Aguino	27	Guilderland	28:20	MALE OVERALL	JK WA	LN	
MALE AGE GROUP: 30 -	39					1.475	22.5
1 Alex Steele	38	Schenectady	22:14	1 Frank Deer	52	Milford, MA	32:5
2 Douglas Rosenberg	36	Latham	26:11	2 Brian Deer	21	Milford, MA	32:5
3 Tim MacTurk	39	Rotterdam	28:12	FEMALE OVERALL			
FEMALE AGE GROUP: 3	0 - 39			1 Evelyn Deer	50	Milford, MA	32:5
1 Iill McDonnell	36	Schenectady	25:34	2 Noreen House	60	Schenectady	36:5
2 Olga Dovgel	37	Albany	26:32	3 Marianne Pelletier	51	East Berne	36:5
3 Tricia Rossi	35	Ballston Lake	32:21	Courte	v of Guild	erland YMCA	

M	ALE OVERALL				FE	EMALE AGE GROUP:	20 - 29		
1	James Faraci	14	Troy	20:15	1	Crystal Kimball	22	Watervliet	31:41
2	Douglas Secor	34	Scotia	22:45	2	Nicole Martin	25	Wynantskill	31:48
3	Michael Taglione	46	Albany	24:19	3	Hongwei Zhang	24		37:55
FE	MALE OVERALL		,		M	IALE AGE GROUP: 30	- 39		
1	Jena Case	28	Hoosick Falls	26:54	1	Jason Martin	33	Wynantskill	29:41
2	Courtney Mahar	49	Rensselaer	27:21	2	Michael Jewell	39	Averill Park	30:21
3	Isabella Cardillo	9	ricrisseraer	29:18	3		38	Colonie	34:36
_	MALE AGE GROUP: 1 -	-		25.10	FE	EMALE AGE GROUP:			
1	Isabel Tique	6	Fast Berne	45:11	1	Angel Jewell	38	Averill Park	30:21
CE	MALE AGE GROUP: 15	-	Last beine	45.11	2	Sadrina Burney	31	Delmar	31:34
7 E	Abby Kronan	15	Poestenkill	35:53	3	Linda Doyle	37	Wynantskil	34:48
1		18	Poestenkill	39:30	M	IALE AGE GROUP: 40			
2	Emily Kronan				1	Mark Hames	46	East Greenbush	25:55
3 	Cortney Bonesteel	18	Troy	1:06:53	2	Lewis Shart	44	GA	36:58
M.	ALE AGE GROUP: 20 - 2				FE	EMALE AGE GROUP:	40 - 49		
1	Brian Waite	23	Watervliet	24:54	1	Danielle Lumia	47	Greenwich	36:00
2	Maksim Sirota	26	Troy	43:16	2	Amanda Serafini	43	Nassau	36:41
3	Zachary Filarecki-Ogden	24	Averill Park	46:54	3	Victoria Bills	45	Clifton Park	40:10 continue



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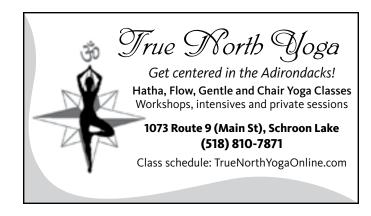


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5	TH AN	NUAL ARC I	N THE	PA	RK 5K RAC	E cont	inued	
MALE AGE GROUP: 5	0 - 59			MA	LE AGE GROUP: 60	0 - 69		
1 Frederick Grant	58	Lansingburgh43:14			Frank Bender Joe Cardillo	63 60	Troy	27:32 34:35
2 Jeffrey Smithson	52	Rexford	49:34		Hanns Meissner	62	West Sand Lake	52:20
FEMALE AGE GROUP	: 50 - 59			FEN	MALE AGE GROUP:	60 - 69		
1 Regina Button	52	Troy	30:39		Barbara Bender Kim Burns	60 61	Troy Loudonville	29:53 31:57
2 Chris Chuley	50	Poestenkill	31:17	_	Benita Zahn	60	Albany	34:46
3 Jill Faraci	56	Troy	31:56		Courtesy o	f ARC of Re	ensselaer County	

					INUAL FLASH						
		Sep	tembe	r 20), 2014 • Battlef	ield P	ark, La	ke (George		
м	ALE OVERALL			FE	MALE AGE GROUP: 1	5 - 19		FE	MALE AGE GROUP:	10 - 49	
1	Jason Limendoll	17	18:07	1	Marissa Towers	15	23:57	1	Chris Gow	40	22:59
2	Nick LaPlaca	45	21:05	2	Laura Kenyon	15	24:58	2	Colleen Geczy	44	24:02
3	Timothy Thomas	47	21:09	3	Megan Goodwin	15	26:36	3	Kim Fisler	47	25:12
FE	MALE OVERALL				ALE AGE GROUP: 20 -		20.30	_	ALE AGE GROUP: 50		23.12
1	Kerri Thomas	38	21:07	IVI				IVI			
2	Melanie Laflamme	30	22:54	1	Kory Darfler	25	22:04	1	Nick Lamando	56	21:22
3	Kerry Giumarra	36	22:55	2	Matthew Roberts	23	22:11	2	Mark Schachner	59	22:53
M	ALE AGE GROUP: 1 -	-		3	Timothy Holzhauer	22	22:32	3	Michael Rozel	57	23:41
1	Carson Rath	9	28:53	FE	MALE AGE GROUP: 2	0 - 29		FE	MALE AGE GROUP: !	50 - 59	
2	Aidan Harrington	9	29:11	1	Chelsea Desalvatore	28	25:36	1	Genevieve O'Neill	54	28:07
3	Sullivan Pirozzolo	7	45:02	2	Jessica Agnew	25	26:18	2	Chris Vanderzyden	50	30:36
FE	MALE AGE GROUP: Hazel Crossman		31:09	3	Sarah Hill	24	27:01	2	Colleen Ackley	50	31:13
1	Ava Pirozzolo	9	31:09 32:39	-			27.01	3	,		31.13
3	Jerusha Fairbanks	7	35:49	IVI	ALE AGE GROUP: 30 -			IVI	ALE AGE GROUP: 60		
	ALE AGE GROUP: 10	,	35.49	1	Eric Schwenker	33	23:08	1	Joseph Liotta	64	23:49
1	TI Bearor	12	22:05	2	Greg Porter	34	23:11	2	Charles O'Neill	62	28:07
2	Joshua VanDeloo	12	24:31	3	Matt Brunke	35	25:34	3	Tucker Etu	60	37:05
3	Ryan Hill	14	25:56	FE	MALE AGE GROUP: 3	0 - 39		FE	MALE AGE GROUP:	60 - 69	
	MALE AGE GROUP:		25.50	1	Heather Jett	36	23:07	1	Sue Pierce	60	49:11
1	Julia Mannix	14	24:59	2	Jennifer Canale	36	27:00	2	Kyle Haynes	62	49:12
2	Sophia McAvey	12	25:11	3	Jamie Bearor	37	27:01		ALE AGE GROUP: 70	- 79	
3	Anna Bearor	10	27:00		ALE AGE GROUP: 40 -	٥,	27.01	1	Carl Berkhout	70	36:291
М	ALE AGE GROUP: 15	- 19		171			22.27	1			
1	Michael Gavin	15	22:58	- 1	Ron Bessette	48	22:27	2	Kenneth George		57:31
2	Noah Buckingham	15	25:50	2	Mike Scheid	47	22:29		Courtesy of Adiron	dack Ra	ce
3	Matthew Walton	16	26:36	3	James VanDeloo	44	23:00		Manageme	nt	

					COW HARBOR I Avenue School			
M	IALE OVERALL				FEMALE MASTERS			
1	Aaron Braun Jonathan Peterson	27 25	Alamosa, CO Minneapolis, MN	29:00 29:28	1 Sheri Piers	43	Falmouth, ME	35:40
3	Bobby Mack	29	Raleigh, NC	29:33	MALE SENIOR GRAI	ND MASTER	S	
FI	EMALÉ OVERALL Brianne Nelson	33	Golden, CO	33:06	1 Bill Fisher	60	Levittown	40:38
2	Renee Metivier-Baillie	32	Bend, OR	33:43	FEMALE SENIOR GR	AND MASTI	ERS	
3 M	Leonora Petrina	32	Bayport	33:45	1 Susan Keogh	61	Bellmore	51:02
1	Boyd Carrington	42	Amityville	34:45	Courtesy	of Great Cow	Harbor 10K Race	

	UNCLE	SAM CYCLOCROS September 20-1					
м	EN JUNIOR 10 - 14 C			6	Mark Walters	Mac5Bikes	44:49
1	Tommy Servetas	NYCROSS/CRAFT	27:10	7	Kevan Edwards	Mello Velo	44:49
2	Connor Singh	NYCROSS/CRAFT	28:16	8	Gregg Griffo	Team ROG	44:59
3	Aiden Mapel	Northampton Cycling	30:15	M	EN OPEN CAT 4/5		
4	Zachary Shostack	Bike Loft East	34:38	1	Jeb Fowler	Linen/BCA	38:23
М	EN JUNIOR 15 - 18 C	AT 3/4		2	Robert Crescitelli	Elite Endurance Training	38:30
1	Ethan Snyder	NYCROSS/CRAFT		3	William Sprengnether	SCC/HRRT	38:37
2	Isaac Allen	Bicycle Depot		4	Shawn Jackson	Teambikeway.com	38:40
М	EN MASTER 35+ CAT			5	Chris Thormann	TCB Courier	38:48
1	Jamie Belchak	First Stop/VERMONT Castings	43:01	6	Daniel Patterson	CRCA/VeloOrigin	39:05
2	Christopher Delisle	NYCROSS/CRAFT	43:10	7	Sean Gilooly	Unattached	39:06
3	Dave Freifelder	Westwood Velo	43:40	8	Dave Seissen	1K2GO Coffee/Burris	39:46
4	Mark Miller	TRT Bicycles	43:40		EN OPEN CAT 5 Ionathan Lazzara	HRRT	24:35
5	Jared Nelson	Team Rockford	45:39	1	Corey Dubois	CNYC	24:35
6	Christopher Yates	Elevate Cycles	47:29	3	Robert Anderson	HRRT	24:41
7	Christian Baks	Bikeman.com	48:07	4	Brian Rautio	Bike Loft Fast	25:32
8	James Giorgio	Unattached	48:16	5	Jason Stilson	HRRT	25:32
	EN MASTER 45+ CAT			6	Jonathan Rodriguez	Paceline	26:01
1	Tom Horrocks	X-Men/Squadra Flying Tigers	43:11	7	Joe Allen	Bicycle Depot	26:02
2	Bret Young	NYCROSS/CRAFT	43:18	8		SCC/HRRT	26:25
3	David Connery	1K2GO Coffee/Burris	43:24	_	EN OPEN CAT1/2/3	3CC/TIMIT	20.23
4	Geoffrey House	Northampton Cycling Club	43:24	1	Aaron Oakes	NYCROSS/CRAFT	55:27
5	Mark Stotz	NYCROSS/CRAFT	43:55	2	Matt Timmerman	Cannondale	55:31
6	Matthew Domnarski	Horst Engineering Cycling	44:08	3	Coop Willsev	CvclocrossWorld.com	55:38
7	Michael Ward	BCA/Linen	44:08	4	Dan Staffo	Verge Sport/Velo NRS	57:40
8	Paul Nyberg	Horst Engineering Cycling	45:10	5	Tom Horrocks	X-Men/Squadra Flying Tigers	57:45
	EN MASTER 55+ CAT			6	Colin Reuter	CrossResults.com	57:57
1	Brad Young	NYCROSS/CRAFT	44:56	7	Jamie Belchak	First Stop/VERMONT Castings	58:02
2	Thomas Butler	CCC/Keltic Const/Zanes Cycles	45:34	8	Julian Georg	Syracuse University	58:06
3	Brian Sanders	GS MVBC	48:25	М	EN SINGLEŠPEED CA	Γ1/2/3	
4	Don Rice	CCB Racing	48:50	1	Kevan Edwards	Mello Velo	45:44
5	Ken Coleman	BCA/Linen	49:06	2	Christopher Delisle	NYCROSS/CRAFT	46:02
6	Dave Beals	NYCROSS/CRAFT	49:33	3	Bret Young	NYCROSS/CRAFT	46:40
7	Jeffrey Rosch	CBRC	-1 lap	4	JosephO'Brien-Applega	ite Unattached	47:12
8	Tim Leonard	NYCROSS/CRAFT	-1 lap	5	Brad Young	NYCROSS/CRAFT	48:39
	EN OPEN CAT 3/4			6	Chris Thormann	TCB Courier	48:54
1	Cory Kuhns	Team Towpath/GVCC	43:50	7	Jason Selwitz	Unattached	48:54
2	Simon Koster	CRCA/JL Velo	43:53	8		North American Velo	49:24
3	Richard Soffar	KruisCX	43:55		OMEN OPEN CAT 4		
4	Scott Hock	NYCROSS/CRAFT	43:15	1	Jennifer Dean	Unattached	26:44
5	Lucas Van Drunen	Unattached	44:49	2	Fanny Bourdais	CRCA/Rockstar/Signature	26:50 continue

Sear								
A Maybeth Romagnoi Ram SOS 27.14 7 Jonafhan Favata 1 1 1 1 1 1 1 1 1								
5 Stylah Weber HRRT 27:21 8 Lucas Van Drunen Unattached 45:44 7 Madeline Smith War on Earth 33:04 1 Chris Thormann TCB Courier 39:03 1 Jenny Nes Verge Sport/Test Pilot 46:50 3 Dave Seissen 18:06 Coffee@urins Logistics 39:03 2 Anna Dingman TRTB Bicycles 46:55 3 Dave Seissen 18:06 Coffee@urins Logistics 39:13 3 Byna Blanchard 40 Vickie Monahan NCROSS/Craft 49:24 7 Riley Joinnides CRCA/NebOrigin 39:22 5 Christin Reuter NYCROSS/Craft 49:24 7 Riley Joinnides RPI Cycling 40:23 6 Elizabeth Lukowski RCRAN A Robert Hilderbandt								
6 Kaien Lynn 7 Madeline Smith 8 Mana Dingman 8 Mana Dingman 8 Mark Mate 8 Machandard 8 MycRoSS/Craft 9 MycRoS								
Wodeline Smith Wear on Earth 33-04 1 Chris Thormann TCB Courier 38-54 1 Chris Thormann TCB Courier 38-54 2 Daphan Perker CAC/IlVelo NYC 39-03					_		Unattached	45:44
Jenny Ner Verge Sport/Test Pilot 46.50 3 Dave Seisen 120G OrffeetPuris Logistics 39:13 2 Anna Dingman 3 Para Seisen 120G OrffeetPuris Logistics 39:13 3 Rayna Blanchard Anth American Velo 47.01 5 Daniel Patternon CRA/VeloOrigin 39:12 4 Vickie Monahan NYCROSS/Craft 47.50 6 Chance Wilk Capital Bicycle Racing Club 39:22 5 Christin Benter NYCROSS/Craft 49:24 8 Robert Hildebrandt C4 Racing 40:33 6 Raiballe Koch NYCROSS/Craft 49:34 8 Robert Hildebrandt C4 Racing 40:33 8 Natalle Koch NYCROSS/Craft 49:34 8 Robert Hildebrandt C4 Racing 40:33 8 Natalle Koch NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 1 Novo Nordisk S2:12 1 Niles Gagnon Inside Edge Ski & Bike 24:25 2 Connor Singh NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon Inside Edge Ski & Bike 24:25 3 Maggie Payne NYCROSS/Craft 29:25 1 Niles Gagnon 1 Niles Gagnon 1 N							TCP Courier	20·E1
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2 Anna Dingman				46.50				
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4 Vickie Monahan ANYCROSSVCraft 49.24 6 Ilizabeth Lukowski NYCROSSVCraft 49.35 Robert Hildebrandt C4 Racing 40.37 New Nordisk S2.12 1 Miles Gapnon JUNIOR 15 - 18 CAT 4 1 Tommy Servetas NYCROSSVCraft 29.25 2 Connor Singh MYCROSSVCraft 33.25 3 Maggie Payne NYCROSSVCraft 33.25 5 Tim Bartham C6RC 33.336 6 Tevor Dzikowicz 7 Firin Payne S7 Firin Payne S8 Syndey Tolokorsky Firin Payne Firin Fir								
5 Christin Reuter NYCROSS/Craft 49:24 7 Riley Inimides RPI Cycling 40:28 40:28 CARCING CREATED 40:37 7 Kaina Walker Bike Loft East 49:35 MRM PROPEN CAT S Inside Edge Ski & Bike 24:25 1 Niles Gappon Inside Edge Ski & Bike 24:25 24:25 Junton Ts - 18 Cat 4 4 1 Dimmy Servetas 1 Nice Gappon Inside Edge Ski & Bike 24:25 24:25 Junton Ts - 18 Cat 4 4 1 Dimmy Servetas 1 Agost Brand Norriguez Reckling Ts - 18 Cat 4 24:25 1 Nice Gappon 1 Agost Brand Norriguez Preckling 24:25 24:25 1 Nice Gappon 1 Agost Brand Norriguez 24:25 3 Jacan Stato 24:25 4:25 3 Jacan Stato 24:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25 4:25					_			
6 Elizabeth Lukowski NYCROSS/Craft Natina Walker Natin					-			
N Natalia Koch Bike Loft East 49:35 MEN OPEN CAT 5 JUNIOR 15 - 18 CAT 4 24:25 JUNIOR 15 - 18 CAT 4 22:00 and 18 (see Sagnon) Inside Edge Ski & Bike 24:25 JUNIOR 15 - 18 CAT 4 22:00 and 18 (see Sagnon) Inside Edge Ski & Bike 24:25 JUNIOR 15 - 18 CAT 4 25:00 and 18 (see Sagnon) Inside Edge Ski & Bike 24:25 1 Tommy Servers NYCROSS/Craft 29:25 degree 4 Jason Silson HRRT 25:45 3 Maggie Payne CRRC 33:36 et Eric Feder Unattached 26:00 5 Zachary Shostack Bike Loft East 35:03 7 John Malcowieth RP Cycling 26:28 6 Time Payne NYCROSS/Craft 31:30 8 Sydney Flokonsky Firm Team Cycling 1-11ap 1 Alec Donahue JAM Fund 56:11 MEN JUNIOR 10-18 CAT 3/4 46:21 3 Aaron Oakes NYCROSS/Craft 45:11 1 Ale Donahue JAM Fund 56:11 L Christopher Delisle CBRC 46:27 4 Matt Timmerman Canonodale 56:15 L Christopher Delisle MYCROSS/Craft<					8			
Novo Nordisk 52.12 1 Miles Gagnon Inside Edge Ski & Bike 24.25							e i nacing	10.57
JUNIOR 15 - 18 CAT 4 2 Jonathan Lazzara HRRT 24.25							Inside Edge Ski & Bike	24:25
1 Tommy Servetas NYCROSS/Craft 28.01 3 Jonathan Rodriguez Paceline 25.09 2 Connor Singh NYCROSS/Craft 29.25 4 Jason Stilson HRRT 25.45 3 Maggie Payne NYCROSS/Craft 33.25 5 Tim Bantham SCC/HRRT 26.00 Lattached 26.00 2 Jason Stilson Lattached 26.00 2 Jason	JU	INIOR 15 - 18 CAT 4			2			
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5 Zachary Shostack Bike Loft East 35.03 7 John Malcoviech RP Cycling 26.28 7 Finn Payne SCC/HRT 35.50 8 Chris Bryant Laurel Bicycle Club 26.28 7 Finn Payne RyCROSS/Craft -1 lap 1 lacob Tarbay 1 lacob Tarbay JAMF Fund 56.11 MEN JUNIOR 10-18 CAT HRRT 46:21 3 Aaron Oakes NYCROSS/Craft 56:15 2 Luke Tanner CBRC 46:57 4 Matt Timmerman Cannondale 56:42 3 Evan Williams Farm Team Cycling 48:45 5 Scott Smith JAM Fund 57:20 4 Matt Boobar Farm Team Cycling 48:45 5 Scott Find JAM Fund 57:20 4 Matt Boobar First Stop/Vermont Castings 44:04 4 Revised 8 Devin Wagner NYCROSS/Craft 59:51 5 Scott Hanan Empire Brewing/Syracuse Bicycle 46:24 3 Tom Horrocks X-Men/Squadra Flying Tigers 47:03 Y-Men/Squadra Flying Tigers 47:03 6 Kevin Ballou Bikeman.com 46:54 4 Brad Young NYCROSS/Craft 47:23					6			
6 Trevor Dzikowicz SCC/HRRT 35:50 8 Chris Byant Laurél Bicycle Club 26:28 Nydney Tolokonsky NYCROSS/Craft -1 lap 8 Sydney Tolokonsky Farm Team Cycling -1 lap 1 Alec Donahue JAM Fund 56:11 MRN JUNIOR 10-18 CAT 3/4 2 Dan Staffo Verge Sport/Velo NRS 56:12 1 Jacob Tarbay HRRT 46:21 3 Aaron Oakes NYCROSS/Craft 56:15 2 Luke Tanner CBRC 46:57 4 Matt Timmerman Cannondale 56:42 3 Evan Williams Farm Team Cycling 48:45 5 Scott Smith JAM fund 57:20 MEN MASTER 35-1 1 Christopher Delisle NYCROSS/Craft 43:21 7 Colin Reuter CrossResults.com 57:46 First Stop/Vermont Castings 44:04 8 Devin Wagner NYCROSS/Craft 59:51 3 Mark Miller ART Bicycles 44:04 8 Devin Wagner NYCROSS/Craft 59:51 5 Scott Hannan Empire Brewing/Syracuse Bicycle 45:41 2 Christopher Delisle NYCROSS/Craft 40:50 1 Jamie Belchak First Stop/Vermont Castings 47:13 5 Scott Hannan Empire Brewing/Syracuse Bicycle 45:41 2 Christopher Delisle NYCROSS/Craft 47:29 8 Alex Roskin Balbu Bikeman.com 46:24 3 Tom Horrocks X-Men/Squadra Flying Tigers 44:04 8 Christian Balk Bikeman.com 46:44 4 Brad Young NYCROSS/Craft 47:29 8 Alex Roskin Balbu NYCROSS/Craft 44:04 8 Christian Sandel Adirondack Velo Club 50:12 NYCROSS/Craft 44:04 8 Christian Sandel Adirondack Velo Club 50:12 NYCROSS/Craft 44:04 8 Christian Sandel Adirondack Velo Club 50:12 NYCROSS/Craft 44:05 1 Alie Glaime CRCA/KruisCX 28:13 Bret Young NYCROSS/Craft 44:05 1 Alie Glaime CRCA/KruisCX 28:13 NYCROSS/Craft 44:05 1 Alie Glaime CRCA/KruisCX 28:13 NYCROSS/Craft 44:05 1 Alie Glaime CRCA/KruisCX 28:39 NYCROSS/Craft 44:04 1 Alie Glaime CRCA/KruisCX 28:39 NYCROSS/Craft 44:04 NICROSS/Craft 44:05 1 Alie Glaime CRCA/KruisCX 28:39 NYCROSS/Craft 45:25 5 Lucia Deng CRCA/Rockstar/Signature 29:43	5		Bike Loft East	35:03	7	John Malcoviech		26:28
8 SydneyTolokonsky	6	Trevor Dzikowicz	SCC/HRRT	35:50	8	Chris Bryant		26:28
MEN JUNÍJOR 10-18 CAT 3/4	7	Finn Payne	NYCROSS/Craft	-1 lap	M	EN OPEŃ CAT1/2/3	,	
1 Jacob Tarbay	8	Sydney Tolokonsky	Farm Team Cycling	-1 lap	1	Alec Donahue	JAM Fund	56:11
1 Jacob Tarbay	M	EN JUNIOR 10-18 CAT	3/4		2	Dan Staffo	Verge Sport/Velo NRS	56:12
Sevan Williams	1	Jacob Tarbay	HRRT	46:21	3	Aaron Oakes		56:15
NYCROSS/Craft	2	Luke Tanner	CBRC	46:57	4	Matt Timmerman	Cannondale	56:42
1 Christopher Delisle 2 Jamie Belchak 2 Jamie Belchak 3 Mark Miller 3 Mark Miller 4 Matt Boobar 5 Scott Hannan 5 Empire Brewing/Syracuse Bicycle 6 Kevin Ballou 8 Devin Wagner MYCROSS/Craft 59:51 5 Matthew Demnarski 6 Tim Noel 7 David Faso 8 Michael Tucker MEN MASTER 55+ 1 Brad Young 1 NYCROSS/Craft 1 Kayla Dzikowicz 8 WOMEN JUNIOR 15 - 18 CAT 4 1 Kayla Dzikowicz 8 WOMEN OPEN CAT 3/8 1 Bred Young 1 NYCROSS/Craft 1 Kayla Dzikowicz 8 Carol-Lynn Mills CCC//Keltic Constr/Zanes Cycles 8 Dave Beals 1 NYCROSS/Craft 4 St.25 1 Don Rice 1 CCC/Reltic Constr/Zanes Cycles 1 Don Rice 1 CCC/Reltic Constr/Zanes Cycles 1 Tom Reuter 1 CrossResults.com 5 7:46 8 Devin Wagner 1 NYCROSS/Craft 44:04 8 Devin Wagner 1 NYCROSS/Craft 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 47:13 47:13 47:13 47:13 47:13 7 Colin Reuter 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 7 Christian Baks 8 Devin Wagner 1 NYCROSS/Craft 47:13 7 Colin Reuter 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 7 Christian Baks 8 Devin Wagner 1 NYCROSS/Craft 47:13 7 Colin Reuter 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 7 Christian Baks 8 Devin Wagner 1 NYCROSS/Craft 47:13 7 Colin Reuter 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 7 Christian Baks 8 Devin Wagner 1 NYCROSS/Craft 47:13 7 Colin Reuter 45:05 1 Jamie Belchak First Stop/Vermont Castings 47:13 7 Christian Baks 8 Devin Wagner 1 Aftopher Delisle NYCROSS/Craft 47:13 7 Christian Badel 8 Devin Wagner 1 Aftopher Delisle NYCROSS/Craft 40:24 1 Brad Young 1 NYCROSS/Craft 40:45 1 Brad Young 1 NYCROSS/Craft 40:40 1 Kaylong 1 NYCROSS/Craft 40:41 1 Kayla Dzikowicz 4 Women Junior 15 - 18 CAT 4 1 Kayla Dzikowicz 4 NYCROSS/Craft 4 Heidi Baks 4 Pawling Cycle & Sport 4 Heidi Baks 4	3	Evan Williams	Farm Team Cycling	48:45	5		JAM Fund	57:20
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7 Craig Walton BCA/Linen 52:25 2 Bryna Blanchard North American Velo 47:57 8 Tim Leonard NYCROSS/Craft -1 lap 3 Elizabeth Lukowski NYCROSS/Craft 49:45 MEN OPEN CAT 3/4 4 Jenny Ives Verge Sport/Test Pilot 50:36 1 Cory Kuhns Team Towpath/GVCC 43:58 5 Vickie Monahan NYCROSS/Craft 51:28 2 Mark Walters MacSBikes 44:13 6 Paige Williams Verge Sport 51:38 3 John Ford Verge Sport 44:23 7 Renee Salerno Unatached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS	-							47:55
8 Tim Leonard NYCROSS/Craft -1 lap 3 Elizabeth Lukowski NYCROSS/Craft 49.45 MEN OPEN CAT 3/4 4 Jenny Ives Verge Sport/Fiest Pilot 50:36 1 Cory Kuhns Team Towpath/GVCC 43:58 5 Vickie Monahan NYCROSS/Craft 51:28 2 Mark Walters MacSBikes 44:13 6 Paige Williams Verge Sport 51:38 3 John Ford Verge Sport 44:23 7 Renee Salerno Unattached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS	-							
MEN OPEN CAT 3/4 1 Cory Kuhns Team Towpath/GVCC 43:58 5 Vickie Monahan NYCROSS/Craft 51:28 2 Mark Walters MacSBikes 44:13 6 Paige Williams Verge Sport 51:38 3 John Ford Verge Sport 44:23 7 Renee Salerno Unattached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Verge Sport 50:36								
1 Cory Kuhns Team Towpath/GVCC 43:58 5 Vickie Monahan NYČROSS/Craft 51:28 2 Mark Walters MacSBikes 44:13 6 Paige Williams Verge Sport 51:38 3 John Ford Verge Sport 44:23 7 Renee Salerno Unatached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS				- 1				
2 Mark Walters MacSBikes 44:13 6 Paige Williams Verge Sport 51:38 3 John Ford Verge Sport 44:23 7 Renee Salerno Unattached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Verge Sport Verge Sport 52:28			Team Towpath/GVCC	43:58	5			
3 John Ford Verge Sport 44:23 7 Renee Salerno Unattached 52:15 4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS	2			44:13	6			51:38
4 Ian Clarke Killington Mountain School 44:45 8 Natalie Koch Novo Nordisk 52:28 5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS	3			44:23	7			52:15
5 Scott Hock NYCROSS/Craft 44:58 Courtesy of NYCROSS	4	lan Clarke		44:45	8	Natalie Koch	Novo Nordisk	52:28
	5	Scott Hock		44:58				
9TH ANNUAL SARATOGA PALIO: MELANIE MEROLA O'DONNELL								
9TH ANNUAL SARATOGA PALIO: MELANIE MEROLA O'DONNELL								
		9TH ANN	UAL SARATOGA P	ALIO:	: M	ELANIE MER	OLA O'DONNELL	

	HALF M	ARATH	ON: 13.1M		2	Allison Connor	24	Troy	1:41:56
М	ALE OVERALL				3	Olivia Fryt	20	Midland, TX	1:47:44
1	Eric MacKnight	25	Ballston Lake	1:08:14	4	Kelsey Ögden	24	Albany	1:48:13
2	Andrew Foxenberg	30	Kirkville	1:10:01	5	Kelsey Hoar	23	Shaftsbury, VT	1:49:47
3	Thomas O'Grady	29	Latham	1:11:51	M	ALE AGE GROUP: 25			
FE	MALE OVERALL				1	Shaun Donegan	28	Malta	1:14:47
1	Megan Hogan	26	New York	1:14:51	2	Richard Messineo	25	Nassau	1:17:36
2	Kristina Gracey	31	Albany	1:24:28	3	Matthew Medeiros	29	Saranac	1:17:45
3	Jessica Bashaw	31	Cambridge	1:26:30	4	Jeff Goupil	27	Ballston Lake	1:22:14
м	ALE AGE GROUP: 1 - 1	4			5	David Jones	28	Albany	1:22:46
1	Mitchell Barton	14	Schoharie	2:00:39	FE	MALE AGE GROUP: 2			
2	Allen Graulich	14	Cobleskill	2:20:30	1	Meghan Louden	28	Troy	1:37:34
3	Calum Wessman-Froese	13	Albany	2:51:45	2	Kathryn Bernarde	27	Latham	1:38:22
FE	MALE AGE GROUP: 1	- 14			3	Angela Bernarde	27	Kingston	1:38:5
1	Eve Schoen	14	Clifton Park	2:05:36	4	Samantha McBee	28	Saratoga Springs	1:39:04
2	Leah Smisloff	14	Saratoga Springs	2:15:47	5	Amanda McAdams	28	Philadelphia, PA	1:40:28
_	ALE AGE GROUP: 15 -		saratoga springs	2.13.47	M	ALE AGE GROUP: 30			
1	Conor Newton	16	Clifton Park	1:32:32	1	Brian Wilson	31	Dannemora	1:25:53
2	Justin Peabody	17	Ballston Lake	1:42:01	2	Michael Camarota	32	Latham	1:26:53
3	Ethan Schoen	16	Clifton Park	1:42:30	3	Jeffrey Greer	33	Ballston Lake	1:27:17
4	Michael Ladd	17	Saratoga Springs	1:47:40	4	Brandon Barcomb	31	Clifton Park	1:28:20
5	Michael Statt	19	Ithaca	1:52:46	5	Seth Johnson	34	Needham, MA	1:32:2
_	MALE AGE GROUP: 15		itilaca	1.52.40		MALE AGE GROUP:			
1	Sierra Weiss	19	East Setauket	1:42:31	1	Mary Kate Curran	31	Canton	1:28:34
2	Margaret Roberts	19	Saratoga Springs	1:51:47	2	Lindsay Choppy	30	Troy	1:28:37
3	Katrina Teal	19	Mechanicville	1:58:01	3	Erin Lopez	33	Saratoga Springs	1:30:3
э 4	Grace Kaplan	19	Lexington, MA	2:07:00	4	Crystal Perno	33	Clifton Park	1:31:44
4	Johanna Hentnik	16	Fonda	2:14:12	5	Kristen Quaresimo	30	Ballston Lake	1:31:54
) 84	ALE AGE GROUP: 20 -		ruilua	2.14.12		ALE AGE GROUP: 35			
1 VI 1	Brendan Connor	24 21	Hudson	1:24:07	1	David Chatt	37	Ballston Lake	1:31:13
2	Ron Ta	23	Camillus	1:24:07	2	Scot Starr	38	Saratoga Springs	1:32:13
2					3	Gabe Anderson	37	Saratoga Springs	1:32:40
_	Mike Donovan	21	Rensselaer	1:29:56	4	Zachary Hill	39	Saratoga Springs	1:35:03
4	Tim Jackson	24	Boston, MA	1:33:43	5	Patrick Sorsby	38	Albany	1:36:35
5	Patrick Thieringer	20	Highland Park, NJ	1:33:56		MALE AGE GROUP: 3		0 1	4.24 **
_	MALE AGE GROUP: 20		5.11.	4 22 46	1	Sereena Coombes	38	Queensbury	1:31:43
1	Samantha Cocca	24	Ballston Lake	1:33:16	2	Deanne Webster	38	Albany	1:34:55 continu

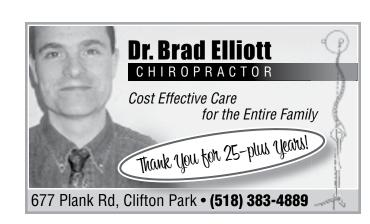
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RACE RESULTS

9TH ANNU	AL			: MELANIE MERC	LA	O'DONNELL	
3 Tina Cukrovany	37	Rensselaer	1:36:04	MALE AGE GROUP: 15 -			
4 Estelle Burns 5 Jessica Chapman	39 37	Troy	1:36:42 1:37:54	1 Sethnna Schreifels 2 Andrew Teal	16 16	Mechanicville Mechanicville	22:20 24:32
MALE AGE GROUP: 40 - 4		Bennington, VT	1.57.54	3 Declan Hines	15	Saratoga Springs	26:26
1 Mathew Nark	41	Clifton Park	1:22:25	FEMALE AGE GROUP: 15		saratoga springs	20.20
2 Thomas Fraser	41	Schodack Landing	1:24:09	1 Madison Fancher	15	Gloversville	33:18
William Hamel Michael Bracken	43 40	Clifton Park Saratoga Springs	1:26:12 1:26:27	2 Leigha Kosakowski MALE AGE GROUP: 20 - 2	15 •4	Selkirk	37:41
5 Craig Weidman	43	Selkirk	1:28:13	1 Mitchell Todorov	22	Clifton Park	21:11
FEMALE AGE GROUP: 40				2 Sean Whitty	23	Amsterdam	21:54
1 Mary Hallett	41	Gloversville	1:33:08	3 Zachary Hecox	22	Schenectady	23:49
Heather Hieronymi Amy Pollard	41 40	Saratoga Springs Clifton Park	1:38:31 1:42:07	FEMALE AGE GROUP: 20 1 Justina Bruno	- 24 24	Saratoga Springs	23:34
4 Linda Paulsen	40	Saratoga Springs	1:43:22	2 Cassandra Izzo	22	Albany	23:49
5 Claudia Greco	41	Clifton Park	1:44:36	3 Kaitlin Trimboli	21	Middleport	26:45
MALE AGE GROUP: 45 - 4		CITY D. I	4 40 00	MALE AGE GROUP: 25 - 2 1 Greg Hart	2 9 26	Waterford	20:04
John Stadtlander Lawrence Poitras	49 48	Clifton Park Johnstown	1:18:06 1:26:34	1 Greg Hart 2 Daniel Mahoney	28	Schenectady	20:04
3 Todd McAuley	46	Colonie	1:28:40	3 Charles Dolnik	29	Albany	24:24
4 Frank White	49	East Hampton, CT	1:30:47	FEMALE AGE GROUP: 25			24.42
5 Mike Hamel	49	Castleton	1:30:59	Justine Tesiero Amanda Rose	27 29	Amsterdam Fultonville	24:42 26:14
FEMALE AGE GROUP: 45 1 Suzanne Tomb	49	North Creek	1:44:00	3 Julia Leonard	29	Saratoga Springs	26:14
2 Lisa Nieradka	49	Clifton Park	1:44:25	MALE AGE GROUP: 30 - 3			
3 Rose Angerosa	48	Glenville	1:44:28	1 Robert Chapman	34 34	Cohoes Glenville	20:06
4 Liz Kelsey 5 Diane Montes Harris	45 46	Loudonville Troy	1:46:51 1:48:41	2 Joseph Dugan3 Darryl Slater	32	Hoboken, NJ	22:47 23:36
MALE AGE GROUP: 50 - 5		поу	1.40.41	FEMALE AGE GROUP: 30		riobokeri, ro	25.50
1 Craig Dubois	51	Sprakers	1:26:40	1 Katie Jones	31	Clifton Park	23:21
2 Paul Guilmette	50	Niskayuna	1:31:03	2 Amy Oldenburg	34	Bronxville	23:21
3 Jon Gurney 4 Patrick Culligan	51 54	Saratoga Springs	1:31:23	3 Katie Nemer MALE AGE GROUP: 35 - 3	32 1 9	Saratoga Springs	24:55
4 Patrick Culligan 5 Sam Mercado	51	Round Lake Saratoga Springs	1:32:07 1:33:01	1 Mike O'Toole	39	Mechanicville	22:44
FEMALE AGE GROUP: 50		Saratoga Springs	1.55.01	2 Michael Smith	38	Waterford	24:12
1 Catherine Farrell	50	Binghamton	1:39:02	3 Daniel Wagner FEMALE AGE GROUP: 35	39	Ballston Lake	24:31
2 Christine Varley	50	Albany	1:40:05	1 Rebecca Tull	36	Saratoga Springs	24:41
3 Anne-Marie Fitzgerald 4 Donna Walsh	50 51	Saratoga Springs Clifton Park	1:46:16 1:50:15	2 Kelly Jones	39	Mechanicville	25:04
5 Deborah Czech	50	Saratoga Springs	1:52:30	3 Sara Diane Nolan	38	Cambridge	26:22
MALE AGE GROUP: 55 - 5	9	3 J		MALE AGE GROUP: 40 - 4		Chaftalana NT	20.27
1 Ronald Green	55	Gloversville	1:34:26	1 John Umphlett 2 Jamie Myers	40 40	Shaftsbury, VT Niskayuna	20:37 22:52
2 Ken Schwartz 3 David Peterson	56 55	Saratoga Springs Saratoga Springs	1:34:52 1:35:02	3 Jay Carruthers	44	Saratoga Springs	23:55
4 Rick Lesiak	55	Galway	1:35:02	FEMALE AGE GROUP: 40			
5 Steve Vnuk	58	Delmar	1:40:54	1 Cynthia Wian	44	Schuylerville	22:26
FEMALE AGE GROUP: 55				2 Christine Alexander-Deck3 Carly Hamilton-Jones	er 42 41	Saratoga Springs Saratoga Springs	22:55 24:03
1 Kim Law	57 56	East Greenbush	1:44:01	MALE AGE GROUP: 45 - 4		Saratoga Springs	24.03
Maureen Fitzgerald Linda Kimmey	55	Clifton Park Clifton Park	1:45:18 1:50:45	1 Daniel Maloney	47	Gansevoort	22:10
4 Andrea Peterson	55	Saratoga Springs	1:57:56	2 Derick Kopff 3 Kent Wian	46 47	Slingerlands	22:43
5 Sharon Desrochers	59	Ballston Lake	1:59:41	3 Kent Wian FEMALE AGE GROUP: 45		Schuylerville	22:58
MALE AGE GROUP: 60 - 6 1 Lee Pollock	4 62	Queensbury	1.20.41	1 Jenn Dempsey	45	Saratoga Springs	24:47
2 George Baranauskas	60	Scotia	1:29:41 1:37:05	2 Kim Eisler	47	Ballston Spa	25:06
3 Paul Forbes	64	Colonie	1:40:25	3 Alicia Crowther	45	Ballston Spa	26:40
4 Will Smith	60	Voorheesville	1:51:12	MALE AGE GROUP: 50 - 5 1 Thomas Rest	54	Clifton Park	20:59
5 Matt Melsert	60	Burnt Hills	1:51:50	2 Russell Howe	50	Ballston Spa	22:30
FEMALE AGE GROUP: 60 1 Myriam Santos	61	Mechanicville	2:01:49	3 Denis Hurley	51	Delmar	24:15
2 Cheryl Olsen	61	Niskayuna	2:03:34	FEMALE AGE GROUP: 50		Dallaton Coo	24.45
3 Dorothy Stevens	63	Waterford, VT	2:04:23	Allison Howe Mary Lee Smaldone	50 52	Ballston Spa Gansevoort	24:45 26:36
4 Stephanie Edwards	61	Morristown, NJ	2:05:32	3 Lisbeth Brooks	51	Amsterdam	27:29
5 Carol Gerbing MALE AGE GROUP: 65 - 6	62 a	Ballston Lake	2:07:01	MALE AGE GROUP: 55 - 5			
1 Terry Smith	67	Galway	1:56:49	1 Frank Lombardo	58	Saratoga Springs	21:02
2 Daniel Berry	65	Delmar	1:58:40	2 Larry Toole 3 Jeffrey Hines	56 59	Saratoga Springs Saratoga Springs	21:32 22:41
3 Joe Yavonditte	65	Schenectady	2:03:54	FEMALE AGE GROUP: 55		saratoga springs	22.71
4 Jesse Dinkin 5 Joseph Scaringe	67 68	Schenectady Latham	2:08:06 2:10:34	 Nancy Splonskowski 	56	Niskayuna	26:41
FEMALE AGE GROUP: 65		Laulalli	2.10.34	2 Tamra Lynch	56	Saratoga Springs	30:49
1 Margaret Henderson	65	Saratoga Springs	2:00:59	3 Carmen Gero MALE AGE GROUP: 60 - 6	55 4	Schenectady	31:28
2 Ginny Pezzula	68	Colonie	2:06:22	1 John Viola	62	Malta	26:26
3 Virginia Mosher-Sweeney 4 Linda Plante	68 66	Delanson Middle Grove	2:35:15 2:45:00	2 John Ackley	63	Gansevoort	27:31
5 Linda Plante 5 Linda Keeley	69	Waterford	2:45:00 3:13:42	3 Willie Stevens Sr.	63	Waterford, VT	35:17
MALE AGE GROUP: 70 - 7				FEMALE AGE GROUP: 60 1 Carolyn George	- 64 60	Albany	26:04
1 Howard Jones	71	Clifton Park	1:58:06	2 Terry Fernet	61	Troy	30:04
2 Ralph Santos	73	Mechanicville	2:07:50	3 Diana Graziano	62	Ballston Lake	30:05
3 Jim Moore MALE AGE GROUP: 80 - 8	74 9	Niskayuna	2:22:57	MALE AGE GROUP: 65 - 6		Lath	24:40
1 John Sowa	80	Glenville	2:20:04	Jim Fiore Michael Bucek	67 65	Latham	24:49 31:46
	5K R			Michael Bucek William Taafel	65	Queensbury Greenfield Center	38:19
MALE OVERALL		A II-	455:	FEMALE AGE GROUP: 65	- 69		
1 Louie Dinuzzo 2 Ryan Beierle	32 19	Albany Lake Ronkonkoma	16:24 18:01	1 Roseann Wakulenko	66	Cohoes	46:07
3 Chase Baker	28	Saratoga Springs	18:52	2 Joann Todd3 Cathy Goldstein	69 67	Gansevoort Syracuse	49:46 52:31
FEMALE OVERALL		3- 3Pr33		MALE AGE GROUP: 70 - 7		J _f .ucusc	32.31
1 Mesha Brewer	35	Saratoga Springs	18:26	1 Tom Gould	71	Middle Grove	33:51
2 Jessy Montrose	28	Ballston Lake	20:00	2 Gerald Ferris	74	Middle Grove	54:22
3 Erin Rightmyer MALE AGE GROUP: 1 - 14	30	Delmar	21:25	3 James Walker FEMALE AGE GROUP: 70	73 - 74	Syracuse	56:16
1 Hugh Dempsey	13	Saratoga Springs	21:17	1 Peggy McEvoy	70	Gansevoort	49:44
2 Josh Germain	11	Mechanicville	23:17	2 Geraldine Ferris	72	Middle Grove	54:22
3 Samuel Umphlett	9	Shaftsbury, VT	23:37	3 Brigitte Lehmann	72 70	Victor	1:02:27
FEMALE AGE GROUP: 1 - 1 Norah Dempsey	14 11	Saratoga Springs	23:54	FEMALE AGE GROUP: 75 1 Kay Morrissey	- 79 78	Glens Falls	45:49
2 Jessie Brooks	14	Amsterdam	24:34	2 Yolanda Paolocelli	79	Gansevoort	1:02:27
3 Amelia Culpepper-Wehr	11	Saratoga Springs	25:12		he Me	lanie Foundation	
GO	RE	MOUNTAIN	LFAF	CRUNCHER 5K TR	ΔII	RUN	

	G				CRUNCHER 5K TF re Mountain, North			
М	ALE OVERALL	-			FEMALE AGE GROUP: 40	0 - 49		
1	Robert Underwood	54	Kattskill Bay	20:23	1 Lisa Seigle	47	Cold Brook	33:40
2	Mike Morrissey	51	Queensbury	21:15	Catherine Reina Schutta	46	Monmouth Jct., NJ	49:59
3	Fred Kitzrow	58	Delmar	22:57		43	•	
FE	MALE OVERALL				3 Leigh Ann Clark		Clinton, CT	50:00
1	Heidi Underwood	45	Kattskill Bay	24:02	MALE AGE GROUP: 50 -	59		
2	Renay Dippert	33	Saratoga Springs	28:56	1 Jeffrey Farbaniec	51	Saratoga Springs	24:41
3	Taylor Norton	23	New York	28:58	William McGivney	52	Diamond Point	26:22
M	ALE AGE GROUP: 13							
1	Justin Pellegrino	14	Cicero	28:00	3 William Norton	54	West Haven, CT	36:25
FE	MALE AGE GROUP: 2	20 - 29			FEMALE AGE GROUP: 50) - 5 9		
1	Cecilia Poulin	25	Newcomb	29:10	1 Beth Gelber	51	Saratoga Springs	34:22
M	ALE AGE GROUP: 30						3 , 3	
1	Jonathan Boston	34	Diamond Point	28:16	2 Marion Oswald	57	Old Forge	38:32
2	Jonathan Dippert	33	Saratoga Springs	29:02	MALE AGE GROUP: 60 -	69		
FE	MALE AGE GROUP:				1 George Oswald	63	Old Forge	33:10
1	Jennifer Fifield	38	Newcomb	36:48	MALE AGE GROUP: 70 -	79	,	
M	ALE AGE GROUP: 40						Delleten Con	44.47
1	Joe Skufca	47	Niskayuna	25:21	1 Peter Hettrich	79	Ballston Spa	41:17
2	John Seigle	47	Cold Brook	29:27	Courtes	y of Gor	e Mountain	

		-				K "FUND" RU		kill			
М	ALE OVERALL	•		FEMALE AGE GROUP: 10 - 14							
1	Josh Edmonds	26	Cooperstown	15:43	1	Ashley Kubat	14	Cobleskill	22:00		
2	Anthony Giuliano	35	Albany	16:01	2	Virginia Magdziuk	14	Cobleskill	23:37		
3	Nick Webster	25	Albany	16:34	3	Larissa Bruyette	12	Carlisle	23:52		
FE	MALE OVERALL				M	ALE AGE GROUP: 15 -	19				
1	Megan Hogan	26	New York	16:03	1	Joseph Baron	17	Cobleskill	17:08		
2	Karen Bertasso	30	Albany	17:56	2	Noah Valvo	15	Delanson	17:54		
3	Heidi Edmonds	14	Cooperstown	20:22	3	Brett Hotaling	17	Cobleskill	19:49		
M	ALE AGE GROUP: 1 -	9			FE	MALE AGE GROUP: 1	5 - 19				
1	Carson Engstrom	9	Delanson	23:30	1	Reilly Flood	16	Richmondville	24:15		
2	Gehrig Miller	8	Cobleskill	24:23	2	Katherine Seipel	17	Yorktown	30:59		
3	Sean Rose	8	Cobleskill	26:07	3	Jennifer Weingarten	16	Warnerville	32:21		
FE	MALE AGE GROUP:	1 - 9			M	ALE AGE GROUP: 20 -	24				
1	Haeley Spohn	9	Cobleskill	25:44	1	Michael Badger	21	Cobleskill	20:32		
2	Caitlyn Acompora	9	Hamilton	26:43	2	Patrick Hostetter	23	Canton	20:52		
3	Morgan Johnson	8	Richmondville	29:54	3	Colin Hostetter	23	Cobleskill	25:27		
М	ALE AGE GROUP: 10	- 14			FE	MALE AGE GROUP: 2	0 - 24				
1	Joel Briggs	13	Cobleskill	22:14	1	Carmen Martin	22	Cobleskill	29:53		
2	Matthew Galasso	14	Cobleskill	23:14	2	Catie Feuker	23	Cobleskill	32:28		
3	Joe VanDeValk	11	Richmondville	23:49	3	Crystal Zetti	23	Cobleskill	34:43		

					"FUND" RUN d			
	ALE AGE GROUP: 25 -				FEMALE AGE GROUP:			
1	Jason VanLuipen	25	Niskayuna	20:00	1 Sharon Cacciola	54	Cobleskill	27:2
-	Steven Filmer	25	Lake Havain City, AZ		2 Elisabeth Gundlach	52	Schenectady	27:2
3	Stephen Huse	27	Waterford, CT	26:20	3 Sandy Graham	50	Cherry Valley	29:3
Έ	MALE AGE GROUP: 25	- 29			MALE AGE GROUP: 55			
	Katie DeRusso	29	Cobleskill	20:22	1 Steve Palmer	57	Bainbridge	22:0
2	Amanda Rose	29	Fultonville	25:55	2 Aaron Harrison	55	Richmondville	26:5
3	Jillian Smith	25	Cobleskill	27:08	3 Gregory Capobianco	55	Cobleskill	27:2
VI.	ALE AGE GROUP: 30 -	34			FEMALE AGE GROUP: !			
	Kyle Settle	30	St. Johnsville	25:27	1 Fran Pilato	55	Rensselaer	28:3
2	Kory Yorks	33	Cobleskill	26:47	2 Lorinda Settle	55	St. Johnsville	32:4
3	RJ Proctor	31	East Worcester	28:36	3 Linda Russell	56	Fort Myers, FL	36:0
	MALE AGE GROUP: 30		Eddt Wordester	20.50	MALE AGE GROUP: 60			
Ī	Renee Swartout	34	Richmondville	29:29	1 Paul Bennett	63	Latham	21:5
2	Amy Robinson	31	Cobleskill	30:15	2 Bob Donnelly	61	Cherry Valley	24:3
3	Amanda Mae	31	Schoharie	33:21	3 John Silk	64	Stamford	25:2
	ALE AGE GROUP: 35 -		Scrionarie	33.21	FEMALE AGE GROUP: (
V1,	Jeff LeBlanc	39	Grafton, MA	21:35	1 Erika Oesterle	63	Stamford	24:1
					2 Ellen Langenbahn	60	Schoharie	29:3
2	John Rose	39	Cobleskill	22:52	3 Bev Putnam	63	Warnerville	29:4
3_	Jason Gaunt	39	Andover, MA	23:39	MALE AGE GROUP: 65			
	MALE AGE GROUP: 35				1 Dave Glass	68	Glenville	22:3
	Courtney LaBarge	35	Cobleskill	21:54	2 Ted Langenbahn	65	Schoharie	23:3
2	Meka Osterhoudt	36	Cobleskill	22:58	3 Jim Cochran	65	Rensselaer	26:3
3	Rebecca Maroney	36	Rhinebeck	23:18	FEMALE AGE GROUP: 0			
	ALE AGE GROUP: 40 -				1 Elizabeth Montario	67	Howes Cave	36:1
ı	Chris Zaba	44	Warnerville	21:27	2 Diane Alvarez	65	Cobleskill	41:2
2	Richard Miller	44	Cobleskill	21:42	3 Connie Britton	66	Windsor	48:2
3	Joe Kenyon	41	Cobleskill	22:31	MALE AGE GROUP: 70			
Ε	MALE AGE GROUP: 40	- 44			1 Thomas Adams	70	Schenectady	24:0
	Denise VanDerwerken	42	Cobleskill	21:10	2 Richard Schopinsky	74	Macedon	33:4
2	Barbara Vazguez	44	Saugerties	22:40	3 Michael Montario	72	Howes Cave	42:4
3	Stacey Frazier	44	Unadilla	24:06	FEMALE AGE GROUP:		5.11.	20.2
VI.	ALE AGE GROUP: 45 -	49			1 Marge Rajczewski	74	Ballston Lake	29:3
	Richard Cummings	46	Schenectady	19:31	2 Carol Joslyn	72	Richmondville	43:3
2	Stephen Strasser	47	Cobleskill	24:42	3 Betty Nozer	70	Cobleskill	55:0
3	Brian Maillard	45	Cobleskill	25:08	FEMALE AGE GROUP: 7			40.4
	MALE AGE GROUP: 45			_5.00	1 Eileen Gundlach	77	Howes Cave	40:4
_	Cathy DeWitt	48	Middleburgh	24:00	2 Cornelia Daubioul	77	Gilboa	52:0
2	Lorraine Stevens	47	Howes Cave	26:26	3 Yvonne Capobianco	78	Albany	1:00:0
3	Lisa Himme	47	Cobleskill	28:37	MALE AGE GROUP: 80			20.2
	LISA HIMME ALE AGE GROUP: 50 -		CODIGOVIII	20.37	1 Richard Gundlach	82	Howes Cave	39:3
			F	17.57	2 Guy Garrett	80	Schoharie	1:01:3
	Mark Stephenson	50	Esperance	17:57	FEMALE AGE GROUP: 8		6 11 13	4.05 :
2	Gary Longhi	50	Voorheesville	19:56	1 Esther Weaver	. 80	Cobleskill	1:03:1
3	Carl Urrey	54	Cobleskill	22:38	Courtesy of Fe	enimore A	Asset Management	

					IKING OBSTACL Resort & Golf Cou			
_	•		OBSTACLES	illiy mili	MALE AGE GROUP: 35		eenvine	
М	ALE OVERALL	ES & 35	OBSTACLES		1 Matthew Puntin	- 39	Lee. MA	1:10:04
1	David Olson	31	Keene, NH	53:50	2 Daniel Blenis	38	Ravena	1:24:58
2	Ryan Hall	33	New Milford, CT	55:34	3 Jim Petti	36	Islip Terrace	1:33:56
3	Alex Nicholas	33	New York	1:02:23	FEMALE AGE GROUP:		isilp lefface	1.55.50
_	MALE OVERALL	22	New TOIK	1.02.23	1 Shelley Field	39 39	Rutland, VT	1:24:28
1	Karlee Whipple	29	New York	1:07:29	2 Tonya Madison	39		1:24:28
2	Ehren Curbelo	29 35	Stamford	1:18:10	3 Kerri Brennan	39	East Barre, VT Gansevoort	1:48:16
_		23					Gansevoort	1:48:10
3	Melissa McGough		Remsen	1:18:16	MALE AGE GROUP: 40		Deleted ACT	1.26.10
	ALE AGE GROUP: 15 - Albert Tiburcio		Allegan	1.12.27	1 Brian Ladeau	43	Bristol, VT	1:26:10
1		18	Albany	1:13:27	2 Julian Peploe	44	Meridale	1:32:32
2	Connor Wescott	15	Saratoga Springs	1:48:18	3 Fred Hinrichsen	44	Coxsackie	1:35:12
3	Cerid Ricks	19	Ballston Lake	2:36:42	FEMALE AGE GROUP:			
	ALE AGE GROUP: 20 -				1 Barbara Bass	40	Keene, NH	1:25:35
1	Devin Tokarz	24	Long Lake	1:12:41	2 Kimberley Donovan	43	Slingerlands	1:31:41
2	Quinn Kelly	22	Greenville	1:18:16	3 Leslie Badger	42	Waitsfield, VT	1:38:31
3	Nick Schuler	23	Greenville	1:24:02	MALE AGE GROUP: 45			
FE	MALE AGE GROUP: 20				1 Mark Premo	46	Winooski, VT	1:08:24
1	Abby Pollock	20	Mississauga	1:18:36	2 David Carpenter	46	Orwell, VT	1:17:42
2	Julie Halsdorf	24	Albany	1:30:20	3 Erik Jackson	46	New York	1:35:12
3	Kaleigh Ricks	21	Ballston Lake	2:36:57	FEMALE AGE GROUP:			
M	ALE AGE GROUP: 25 -				1 Cheryl DeBow	49	Danbury, CT	1:22:31
1	Jeremy Andrzejewski	29	Miami, FL	1:11:21	2 Kathy Kennedy	49	Troy	2:30:06
2	Jon Bunnell	29	Ravena	1:23:45	MALE AGE GROUP: 50	- 54		
3	Jonathan Wilgus	25	Catskill	1:26:36	 Robert Landman 	51	Danbury, CT	2:02:41
FE	MALE AGE GROUP: 25	5 - 29			2 Richard Gillette	50	Hurley	2:20:17
1	Jyl Bamberg	26	Wallkill	1:42:45	FEMALE AGE GROUP:	50 - 54		
2	Julie Grassi	28	Hamden, CT	2:15:20	1 Terri Inzitari	53	Danbury, CT	2:06:13
3	April Willetts	29	Troy	2:17:29	MALE AGE GROUP: 55	- 59	, ,,	
M	ALE AGE GROUP: 30 -	34	,		1 Brent Ricks	59	Ballston Lake	2:37:12
1	Steven Beckwith	33	Middlebury, VT	1:14:53	FEMALE AGE GROUP:	55 - 59		
2	Kevin Grassi	30	Hamden, CT	1:20:13	1 Karen Root	59	Charlotte, VT	1:27:55
3	Chris Chmielewski	34	Menands	1:20:33	MALE AGE GROUP: 60		2110110110, 11	
FE	MALE AGE GROUP: 30	0 - 34			1 Bill Root	60	Charlotte, VT	1:27:55
1	Patty Sullivan	32	Delhi	1:32:32	MALE AGE GROUP: 65		Chanotte, vi	
2	Tamara Titch	32	Andes	1:48:12	1 Robert Nanz	67	Port Fwen	2:20:18
3	Cristina Kumka	31	Rutland, VT	2:58:18		٠,	esort & Golf Course	

		3RI	D ANNUAL N	MARIO) ZI	EOLLA '97 5K	RUN		
	September	27, 20	014 • Albany Co	ollege d	of P	harmacy & Heal	th Sci	ences, Albany	
M	ALE OVERALL				FE	MALE AGE GROUP: 35	5 - 39		
1	Josh Myers	23	Ballston Spa	15:05	1	Shelly Graves	35	Scotia	25:12
2	Tony Merola	44	Waterford	16:43	2	Christian Zeolla	38	Rensselaer	26:35
3	Larry Frederick	40	Niskayuna	17:54	3	Krissy Mazmanian	37	Delmar	27:57
FE	MALE OVERALL		,		M	ALE ÁGE GROUP: 40 -	44		
1	Taylor Sullivan	21	Troy	21:42	1	Todd Pikor	41	Ballston Lake	20:32
2	Kelsey Brown	24	Albany	21:52	2	Sanjay Gandhi	43	Caledon, ON	21:11
3	Maya Julia Gandhi	13	Caledon, ON	24:09	3	Joe Ferrara	40	Rensselaer	21:51
FE	MALE AGE GROUP: 1	1 - 14			FE	MALE AGE GROUP: 40	- 44		
1	Ava Zeolla	8	Rensselaer	26:35	1	Krista Mustico	40	Scotia	24:49
2	Poppy Shishik	10	Greenfield Center	31:29	2	Tracey Faulds	43	Amsterdam	25:44
3	Jordyn Langlais	9	East Schodack	33:46	3	Amanda Serafini	43	Nassau	30:51
	ALE AGE GROUP: 15	- 19			M	ALE AGE GROUP: 45 -	49		
1	Richard Dennis	15	North Syracuse	20:55	1	Jeffrey Sitzer	48	Slingerlands	21:36
2	Daniel Dennis	18	Albany	21:45	2	Chuck Pluckrose	45	Green Island	22:53
3		18	Albany	22:31	3	Jim Hopsicker	46	Scotia	25:44
	MALE AGE GROUP: 1		Alburiy	22.31	FE	MALE AGE GROUP: 45	- 49		
1	Abigail Healey	17	Argyle	26:39	1	April Ovellett	45	South Meriden, CT	25:39
2	Jordyn Bilow	18	Malone	27:43	2	Deanna Ennello-Butler	45	Saratoga Springs	28:03
3		18	Melrose	31:55	3	Kate Wantuch	47	Nassau	29:06
_	ALE AGE GROUP: 20		IVICIIOSE	31.33	M	ALE AGE GROUP: 50 -	54		
1	Andy Gilchrist	- 24 22	Cropseyville	18:02	1	Julius Pasquariello	54	Schenectady	19:45
2	Michael Beyer	21	Clifton Park	19:04	2	John Murphy	54	Niskayuna	24:43
3		27	Albany	20:58	3	Frank Young	52	Guilderland	28:28
_	MALE AGE GROUP: 2		Albany	20.36	FE	MALE AGE GROUP: 50	- 54		
1	Rachael Spina	20 - 24	Wallingford, CT	24:39	1	Teresa Kane	52	Glenmont	28:18
	Nive Sivakumar	20	Clifton Park	24.39	2	Renee Vickery	52	Glenmont	28:51
2		20	Broadalbin	24:54	3	Pam Bilow	50	Malone	38:59
			BIOdudiDIII	24.54	M	ALE AGE GROUP: 55 -	59		
	ALE AGE GROUP: 25		Alban.	10.27	1	Andrew Campbell	57	Albany	19:09
1	Aaron Young	27	Albany	18:27	2	Timothy Perry-Coon	59	Latham	21:43
2	Charles Dolnik	29	Albany	21:20	3	Luigi Tarquinio	59	Schenectady	22:40
3		27	Syracuse	22:48	FE	MALE AGE GROUP: 55	- 59		
	MALE AGE GROUP: 2		-	24.00	1	Cindy Dewey	56	Albany	25:40
1	Tiffany Hammond	29	Troy	24:09	2	Kim Zebrowski	56	Mechanicville	29:08
2	Rachel Sharron	25	Schenectady	24:14	3	Patty Stempsey	56	Delmar	30:28
3		27	Cohoes	24:35	M	ALE AGE GROUP: 60 -	64		
	ALE AGE GROUP: 30				1	John Denio	60	Glenmont	21:02
1	,	30	Albany	18:51	2	Martin Patrick	60	East Greenbush	21:32
2	Scott Lucia	34	Ballston Spa	25:08	3	Gregory Dewey	61	Albany	23:46
	MALE AGE GROUP: 3				FE	MALE AGE GROUP: 60	- 64	•	
1	Laura Putnam	31	Delanson	25:12	1	Kris Tarquinio	61	Schenectady	41:31
2	Amber Gross	34	Schenectady	25:44	2	Connie Thurston	60	Endicott	47:00
3	Tina Cardettino	31	Delmar	25:51	3	Evelyn Maney	61	Cohoes	50:32
M	ALE AGE GROUP: 35	- 39			M	ALE AGE GROUP: 65 -	69		
1	Charles Bergeron	36	Albany	20:23	1	Jim Maney	67	Cohoes	31:32
2	Tim MacTurk	39	Rotterdam	24:32	2	John Vavasour	65	Albany	33:34
3	Kevin Ludlam	37	Albany	24:50		Courtesy of Albany Coll	ege of P	harmacy & Health Scie	ences

ADIRONDACK MARATHON DISTANCE FESTIVAL September 27-28. 2014 • Schroon Lake & Chestertown

		Septe	mber 27-28, .	2014 • 30	nrc	on Lake & Chest	ertov	vn	
	M	ARATHON:	26.2M		M	ALE AGE GROUP: 15 -	19		
	Top 3 Overall, Top	1 Age Gro	up & Regional Finis	shers	1	Karl Meier	19	Troy	3:29:01
M	ALE OVERALL				FE	MALE AGE GROUP: 15	- 19		
1	Bryan Morseman	29	Bath	2:26:59	1	Natalie Poremba	18	Chesterland, OH	4:11:46
2	David Herr	49	Canaan, VT	2:42:21	м	ALE AGE GROUP: 20 -	24		
3	Ryan Shanley	31	Brooklyn	2:45:10	1	Kenneth Hammond	24	New York	3:01:51
FE	MALE OVERALL								
1	Kyle Ann Inda	39	Naples	3:27:44	2	Kenneth McNaughton	24	West Carthage	4:07:41
2	Dot Martin	53	Montpelier, VT	3:28:20	6	Chris McNamara	21	Fort Drum	4:48:08
3	Heather Morgan	31	New York	3:30:11	7	William Shelefka	23	Gansevoort	4:59:55 continued

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ADIRO	NDA	CK MARAT	HON D	ISTANCE FESTIVAL continued	
EMALE AGE GROUP: 20 Anna Dunsworth	- 24 23	Erie, PA	3:39:34	HALF MARATHON: 13.1M MALE OVERALL	
Christine Coffey Sarah Mead	23 21	Pleasant Valley Albany	4:11:59 4:34:45	1 2:11:47 Paul Allison 28 Jericho, VT	
Shay Mailloux	24	Chateaugay	4:49:35	3 2:17:40 Kevin Emblidge 30 Lake George	
VALE AGE GROUP: 25 - 2 Erik Reed	26	East Liverpool, OH	2:57:45	FEMALE OVERALL 1 2:31:49 Jenn Donohue 35 Saranac	
Michael Hamilton Jared Whalen	27 29	Oneonta Elizabethtown	3:01:42 3:52:30	2 2:33:59 Brigid Heenan 23 Liverpool 3 2:37:56 Clare Veverka 13 Schroon Lake	
Collin Gillenwater Nickolas Powell	27 29	Guilderland West Point	3:53:40 4:52:44	FEMALE AGE GROUP: 1 - 14	
9 Jack McCulley	26	Delmar	5:10:01	1 1:38:01 Sarah Kern 13 Monroe MALE AGE GROUP: 1 - 14	
1 Michael Walser EMALE AGE GROUP: 25	27 - 29	Saratoga Springs	5:13:40	1 1:39:15 Branden Olden 13 Chestertown FEMALE AGE GROUP: 20 - 24	
Brett Harris Michelle Garvie	29 26	Albany Ghent	3:40:53 3:43:11	1 1:41:05 Andrea Maynard 23 Plattsburgh	
Hannah Morgan	26	Delmar	3:51:16	2 1:45:18 Kerri Whelan 23 Katonah 3 1:45:58 Tara Shelley 23 Rockville Centre	
Rebekah Sykes Monica Macro	28 29	Saratoga Springs Burnt Hills	4:16:15 4:21:47	4 1:47:16 Delaina Smith 20 Morrisville, PA MALE AGE GROUP: 20 - 24	
MALE AGE GROUP: 30 - 3 Robert Jackman	32	Warwick, RI	2:55:01	1 1:24:53 Ian Shultis 22 Poughkeepsie	
Ryan Kleitz	32 32	Kingston	3:26:37	2 1:34:45 Yanick Brunette 24 Alfred, ON 3 1:36:19 Mike Duma 21 Mogadore, OH	
Ryan Heritage	34	Ogdensburg Glenville	3:49:12 3:52:56	FEMALE AGE GROUP: 25 - 29 1 1:41:23 Christine Sadlik 28 Brooktondale	
0 Matthew Dunn 1 Jeremiah Velez	30 30	Schenectady Sackets Harbor	3:57:49 4:04:28	2 1:43:52 Lauren Woodcock 25 Lake George	
2 Gabriel Valdez 3 Trent Brunson	30 33	West Point New Hartford	4:08:32 4:15:37	3 1:45:54 Joy Stanistreet 27 Beaufort, NC 4 1:46:06 Alex Townes 29 Wappingers Falls	
4 Peter Giorgio	30	Monroe	4:24:02	5 1:47:29 Cassandra Conety 26 Shushan MALE AGE GROUP: 25 - 29	
7 Nicholas Parrotte 9 Mike Lomaestro III	32 32	Mechanicville Saratoga Springs	4:49:08 5:04:17	1 1:18:27 Timothy Kramer 26 New York	
O Mike McGuire O Luke Dosiek	32 32	New Berlin Vernon Center	5:06:56 6:50:53	2 1:19:35 Alessio Asaro 25 Forest Hills 3 1:29:48 Edward Harvey 26 Ridgewood	
EMALE AGE GROUP: 30	- 34			4 1:32:11 John Burke 27 Glenmont 5 1:40:08 Andy Reagan 25 Burlington, VT	
Renee Hites Brooke Yanke	33 33	New York Greenfield Center	3:57:25 4:20:02	FEMALE AGE GROUP: 30 - 34	
Heather Hogle Danielle Parrotte	33 34	Stillwater Mechanicville	4:48:55 4:49:08	1 1:44:09 Kate Hafer 32 Salt Lake City, UT 2 1:51:59 Cori Witkiewicz 30 Wappingers Falls	
ALE AGE GROUP: 35 - 3	9			3 1:54:04 Jane Hicks 33 Glens Falls 4 1:55:16 Karen Pollak 34 Montclair, NJ	
Jay List Marc Galvin	37 38	Holland Lake Placid	3:00:03 3:00:45	5 1:55:18 Amanda Lockwood 31 Chatham, NJ	
Matthew Torniainen Shawn Martin	39 35	Fultonville Lake Luzerne	3:13:50 3:53:34	MALE AGE GROUP: 30 - 34 1 1:31:27 Eric Piazza 32 Bronx	
Ryan Cannon	37	Greenwich	3:57:06	2 1:33:16 James Neu 31 Brooklyn 3 1:35:59 Adam Heath 30 New York	
D Bobby Powell D Nicholas Tichich	35 38	Albany Saratoga Springs	4:10:57 4:15:24	4 1:37:42 Justin Casey 34 Watertown	
Bruce Hansen Michael Stanet	39 39	Munnsville Hopewell Junction	4:16:41 4:18:42	5 1:38:32 Eric Bott 32 Warrensburg FEMALE AGE GROUP: 35 - 39	
EMALE AGE GROUP: 35 Jessica Northan		Guilderland		1 1:45:33 Karen Maciariello 38 Fort Edward 2 1:47:49 Susan Cooley 39 Rutland, VT	
Elizabeth Bishton	37	Oneonta	3:45:31 4:20:47	3 1:50:00 Anna Montgomery 38 Charleston, SC	
Jennifer Loria Jane Seymour-Smith	36 37	Burnt Hills Schenectady	4:21:46 4:35:37	4 1:52:13 Kristy Hackel 36 Rexford 5 1:54:26 Monica Gonzalez 36 Wheaton, IL	
Kristie Robleno Sarah Hackett	37 37	Burnt Hills Peru	4:41:11	MALE AGE GROUP: 35 - 39 1 1:21:54 Glenn Cowan 39 Montreal-West, QC	_
Crystal Wells	36	Peru Glens Falls	5:10:22 5:13:10	2 1:23:13 Robert Bragoli 37 Chatham, NJ	_
ALE AGE GROUP: 40 - 4 Kenneth Morgan	4 40	Chicago, IL	3:00:59	3 1:31:42 Stephen Siebrecht 35 Delmar 4 1:37:33 Christopher Neidl 37 Brooklyn	
Seth Appert Christopher Petteys	40 41	Niskayuna Hudson Falls	3:52:36 4:01:23	5 1:41:00 Gregory Smith 39 Bear, DE FEMALE AGE GROUP: 40 - 44	
Chris Coyne	44	North Creek	4:23:10	1 1:42:30 Laura Neish 41 New York	
Shinro Ota Joe Faul	41 42	Pleasant Valley Ballston Spa	4:30:54 4:53:54	2 1:49:35 Meghan O'Brien 40 Maplewood, NJ 3 1:53:04 Sallie Genevich 44 Saratoga Springs	
Jason Twombly Joseph Lemons	40 44	Mechanicville Highland Falls	5:09:55 5:12:37	4 2:00:23 Beth Douglas 44 Newton, NJ	
Roderick Layug	44	Ballston Spa	5:28:46	5 2:02:44 Alison Conaway 40 Albany MALE AGE GROUP: 40 - 44	
EMALE AGE GROUP: 40 Justyna Babcock	- 44 41	Rainbow Lake	4:07:37	1 1:20:13 Timothy Murphy 43 Ronkonkoma 2 1:50:01 Chris Wacker 44 Rochester	
Lisa Loughran Jennifer Durenberger	44 42	Red Hook Saratoga Springs	4:22:18 4:22:58	3 1:56:37 Eric Hedman 41 Carmel	
Samantha Stobert	44	Hopewell Junction	4:29:03	4 2:00:58 John Mattox 43 Cohoes 5 2:01:41 Daniel Lang 44 Castleton-on-Huds	son
Lisa Gorton Laurie Halbohm	43 41	Glens Falls Ballston Spa	4:29:37 4:41:11	FEMALE AGE GROUP: 45 - 49 1 1:45:26 Patty Moore 48 Queensbury	
Rachel Lauber Eileen Lindemann	42 41	Valley Falls Greenfield Center	5:13:42 7:06:53	2 1:49:48 Kate Donnelly 46 Shelburne, VT	
ALE AGE GROUP: 45 - 4	9			3 1:51:25 Christine Williams 45 Corning 4 1:52:58 Robin Murray 46 Clifton Park	
Paul Young John Genevich	49 45	North Andover, MA Saratoga Springs	3:01:34 3:30:01	5 1:54:10 Shiobhain Harding 45 Lancaster, PA MALE AGE GROUP: 45 - 49	
Steve Hanagan Richard Loud	47 49	Ballston Lake Ballston Spa	3:31:52 3:49:16	1 1:32:27 Pascal Girouard 45 St-Jean-Sur-Richelie	eu, C
Todd Gunter	46	Schuylerville	4:13:15	2 1:37:14 Daniel Mercer 48 East Northport 3 1:43:28 Edward Dinardo 48 Underhill, VT	
3 Larry Sack 3 Christopher McCullough	46 45	Fort Drum Schenectady	4:31:20 4:50:20	4 1:45:29 Stacey Brooks 47 Plattsburgh 5 1:46:06 Bradley Armour-Garb45 Slingerlands	
FIGURE AGE GROUP: 45 Pierrette Gauthier	- 49 49	Montreal, QC	3:31:19	FEMALE AGE GROUP: 50 - 54	
Roseanne Murphy Tara Kern	48 47	Ballston Lake Monroe	4:20:55 4:34:40	1 1:41:59 Alison Muse 53 Saratoga Springs 2 1:48:23 Laura Athey 50 Lancaster, PA	
Stacey Piel	45	East Greenbush	5:04:17	3 1:51:29 Erika Emigh 52 Wallkill 4 1:53:08 Sandy Adams 54 Shushan	
Francine Buser Lenore Barber	45 45	South Glens Falls Lake George	5:31:33 5:35:44	5 1:56:14 Donna Horton 53 Cambridge	
ALE AGE GROUP: 50 - 5 Joe Gorberg		nceton Junction, NJ	3:22:25	MALE AGE GROUP: 50 - 54 1 1:25:43 Bob Radliff 50 Stillwater	
Michael Massoud	53	Sauquoit	3:35:48	2 1:41:25 Gregory Calnan 53 Stittsville, ON 3 1:50:17 Richard Peters 54 Hinsdale, MA	
Brian Borden ! Keith Murray	51 51	Altamont Stillwater	4:06:21 4:27:21	4 1:54:41 Jeff Lapell 54 Queensbury	
3 Jack Armitage 1 John Evans	54 51	Latham Ballston Spa	4:34:07 4:39:07	5 1:57:10 Fred Dunaway 54 Constable FEMALE AGE GROUP: 55 - 59	
Joseph Healt	54	Fort Plain	4:52:16	1 2:05:04 Elizabeth Herkenham57 Ballston Lake 2 2:17:06 Rose Bergeron 58 Essex, VT	
Kevin Bechtel Steve Janack	54 52	Amsterdam Scotia	5:23:18 5:25:11	3 2:17:26 Susan Loucks 56 South Glens Falls	
MALE AGE GROUP: 50 Allison Lassoe	- 54 51	Sheffield, MA	3:59:03	4 2:19:44 Nancy Driscoll 55 Glastonbury, CT 5 2:35:49 Joanne Loudermilk 57 Marcellus	
Judith Torel	51 54	Clifton Park	4:54:03	MALE AGE GROUP: 55 - 59 1 1:42:28 Christopher Kunkel 57 Pottersville	
Debbie Tierney Sandra Stoquert	53	Troy Camden	5:04:17 5:30:30	2 1:50:48 James Scott 57 Vergennes, VT	
! Mary Healt ! Tina Armstrong	53 51	Forestport Schroon Lake	6:48:43 6:57:40	3 1:50:59 Richard Lockwood 59 Manlius 4 1:54:49 Stuart Mesinger 55 South Glens Falls	
Diane Tyrrell ALE AGE GROUP: 55 - 5	51 9	Schroon Lake	6:57:41	5 1:57:57 Kevin Casey 55 Altamont FEMALE AGE GROUP: 60 - 64	
Peter Davis	55	Skaneateles	3:18:54	1 1:53:17 Missy Foote 61 Bridport, VT	
MALE AGE GROUP: 55 Ovral Wynter	56	New Rochelle	4:35:11	3 2:16:47 Kristi Rymph 60 Plymouth, MI	
Lisa Meissner Joyce Porter	59 58	Tupper Lake Ballston Spa	5:26:16 6:08:27	4 2:23:47 Suzanne Nealon 64 Troy 5 2:31:58 Susan Feyrer 62 Schenectady	
ALÉ AGE GROUP: 60 - 6		Wynantskill	3:32:39	MALE AGE GROUP: 60 - 64	
Steven Benway	60	Willsboro	3:57:07	1 1:52:37 Frank Broderick 62 Ballston Lake 2 1:54:32 Norman Chester 60 Oradell, NJ	
John Carboni Dave Walsh	61 60	Schenectady Delmar	5:16:27 5:49:22	3 1:56:22 Stephen Page 64 Binghamton 4 1:56:36 John Martin 62 Montpelier, VT	
Thomas Constantine EMALE AGE GROUP: 60	63	Amsterdam	7:10:54	5 2:03:33 Paul Manning 61 Schroon Lake	
Karyn Harkrader	60	Northglenn, CO	3:59:07	FEMALE AGE GROUP: 65 - 69 1 2:04:04 Ginny Pezzula 68 Albany	
Diana Graziano ALE AGE GROUP: 65 - 6	62 9	Ballston Lake	6:14:45	2 2:13:57 Janet Balderston 66 Little Falls 3 2:37:44 Diane Wagner 66 Bolton Landing	
Robert Coyne Ed Swanson	66 65	Albertson Ballston Lake	6:12:19 6:14:46	4 3:06:03 Bobbi Storey Reeves 67 Piercefield MALE AGE GROUP: 65 - 69	
ALE AGE GROUP: 70 - 7	4			1 1:42:37 RJ Harper 68 Portland, ME	
Michael Lafontaine Ray Lee	72 72	Champlain Clifton Park	4:50:52 7:06:53	2 2:16:13 Ray Brych 66 Madison 3 2:22:25 Frank Short 68 Saint Albans, VT	
EMALE AGE GROUP: 70 Helma Clavin	71	Ronkonkoma	5:45:26	4 2:38:55 Joseph Charnetski 69 North Wales, PA 5 2:41:22 Joe D'Agostino 65 Holtsville	
NO-PERSON MALE TEAP Angel Ortega/Daniel Tirell	ΛS			MALE AGE GROUP: 70 - 74	
Kristopher Renadette/Dere	ek Payne		2:58:36 3:16:28	1 2:30:05 Leayard Kershaw 73 Bolton Landing MALE AGE GROUP: 75 - 79	
William Drapeau/Tony Lup NO-PERSON FEMALE TE			3:22:11	1 2:25:54 Scott Stone 75 Upper Jay	
Shondel Boyden/Shannon	Kenny		3:25:38	MALE AGE GROUP: 80 - 84 1 3:33:21 Howard Kestenbaum83 Plainview	
Kristen Betrus/Margie Har Kristina Hubert/Sarah Wir	slow		3:28:14 3:45:52	HELPER'S FUND 10K	
NO-PERSON MIXED TEA Jeff Dengate/Elena Rossi-S	MS		3:28:47		37:0
Louise McMullin/Daniel La			3:37:44	2 Kevin Thorpe 28 Spotswood, NJ	37:2 42:3
Amy Drag/Chris Mason DUR-PERSON MALE TEA			3:55:50	FEMALE OVERALL	
William Rosenfeld/Paul Ros DUR-PERSON FEMALE T	senfeld/Jo	e Lenoff/Tom Chiantia	3:47:39		42:4 46:0
Pamela Delsignore/Mary (auren Herbs/	2.42.55		46:3
Mary Fenton Emily Rosenfeld/Rachel Ro	senfeld/C	aitrin Herdic/	3:43:55	1 Willa McKinley 19 Westport	50:1
Erin Conners Suzanne Griesmer/Pam Bi			4:03:30 4:08:49	2 Rachele Beckley 18 Valhalla MALE AGE GROUP: 15 - 19	54:5
OUR-PERSON MIXED TE	AMS				51:1
leff Realion Doal Marril	леирен Кө	u	3:24:39		
Jeff Rea/Jon Rea/Mary Vel Frederic Larose/Madeleine Chloe Larose			3:27:41		50:3 53:2

			ACK MAKA			TANCE FESTI		Continueu	
	LE AGE GROUP: 20 -					MALE AGE GROUP: 1		D 'III	2.
	Marc-Andre Vincelette	27	Montreal	49:19	1	Chelsea Yarosh	14	Pottersville	25
2	Gregory Carafello	27	Hoboken, NJ	53:25	2	Gloria Liang	18	Mississauga, ON	28
3	Jacob Loyst	26	Schenectady	58:38	3	Ashley Walker	14	New Canaan, CT	28
EI	MALE AGE GROUP: 30					ALE AGE GROUP: 14			
	Bethany Wolfe	35	Burlington	48:03	1	Jack Corbett	17	Sandy Hook, CT	23
2	Kirsten Kortz	36	Somerville, MA	48:08	2	Michael Sheridan	14	Stamford, CT	23
1	Rebecca Tennyson	31	Troy	49:35	3	Will Corbett	15	Sandy Hook, CT	25
NΑ	LE AGE GROUP: 30 - :	39			FE	MALE AGE GROUP: 2			
	Nathan West	33	Lake George	48:15	1	Cecilia Poulin	25	Newcomb	26
	Andrew Klein	33	New York	48:40	2	Suzanne Obrou	28	Rochester	26
	David Coon	32	Nassau	50:51	3	Jessica Breeman	26	Randolph, NJ	26
ΈI	MALE AGE GROUP: 40	- 49			M	ALE AGE GROUP: 20	- 29		
	Susan Keely	49	Glens Falls	46:50	1	Matthew Breeman	23	Randolph, NJ	27
	Lorraine Browne	44	Bayside	50:55	2	Leland Gagnon	27	Schenectady	27
	Monette McCarthy	43	Lake Pleasant	52:53	3	Matthew Jones	24	Warrensburg	29
	LE AGE GROUP: 40 - 4		Lake rieasaill	32.33	FE	MALE AGE GROUP:	30 - 39		
VI.F	Jim Van Ess	49	Castelton	45:07	1	Rvan Nastasi	30	Cold Spring	26
					2	Jaynie Nafziger	35	Dover, NH	29
	Ted Dominy	44	Parishville	45:07	3	Eileen Jacoby	36	Houghton	29
	Danny Anderson	42	Burnt Hills	45:17	_	ALE AGE GROUP: 30		riougiitori	
	MALE AGE GROUP: 50				1	Patrick Beckley	33	Poughguag	26
	Karen Costello	59	Hague	55:34	2	,	36	Castleton-on-Hudson	
	Marion Oswald	57	Old Forge	1:05:24	3	Michael Wiley Rob Parks	36	Olmstedville	28
	Martha Bolster	52	Trenton, NJ	1:06:01	_			Oimsteaville	20
NΑ	LE AGE GROUP: 50 - !	59				MALE AGE GROUP: 4	40	Marris Marila	29
	Chris Hunsinger	54	Lake George	50:52	1	Rebecca Bauman		New York	
	David Skinner	54	Albany	1:01:18	2	Sonja Rossi	45	Saratoga Springs	29
Έľ	MALE AGE GROUP: 60	- 69	,		3	Susan Dodds	44	Parishville	29
	Rochelle Holden	61	Westbury	1:16:29		ALE AGE GROUP: 40			
л	LE AGE GROUP: 60 -	69	,		1	Yves Latour	40	St-Jean-Sur-Richeliu, QC	2
•••	George Oswald	63	Old Forge	57:58	2	Craig Brown	42	Chestertown	30
	David Scranton	63	Broomall, PA	1:08:57	3	Marc Lambert	44	Glens Falls	30
	Ralph Scena	61	Lake Grove	1:16:28		MALE AGE GROUP: 5			
	LE AGE GROUP: 70 - :		Lake Glove	1.10.20	1	Sherry Carlson	50	Ferrisburgh, VT	2!
"	Eduardo Munoz	71 71	Olmstedville	52:00	2	Terry Peck	55	Glenmont	32
					3	Beth Davenport	53	Santa Fe, NM	32
	Dave Delorenzo	73	Scotia	1:08:23	М	ALE AGE GROUP: 50	- 59		
		PER'S	FUND 5K		1	Mark Schachner	59	Lake George	23
VI A	LE OVERALL				2	Larry Lannino	54	Maplewood, NJ	24
	Kevin Lafleche	16	Ballston Lake	17:36	3	Scott Vogel	55	Forest Hills	2
	Philippe Lasnier	43	St-Jean-Sur-Richelieu,	QC 21:28	FE	MALE AGE GROUP:	60 - 64		
	Ronald Zielinksi	56	Schenectady	22:03	1	Mary Jane Kruegler	64	Latham	39
ΈI	MALE OVERALL		,		2	Roberta Beckley	63	Nags Head, NC	5
	Paige Stolen	17	Ferrisburgh, VT	22:33	_	ALE AGE GROUP: 60		rags rieda, rec	٠.
	Caroline Lafleche	44	Ballston Lake	23:51	1	Jim Goodspeed	63	Queensbury	24
	Amelia Robbins	15	Chestertown	24:49	2	Mark Mindel	62	Ballston Lake	3
	MALE AGE GROUP: 1 -		C. C	24.43	3	Ed Beckley	64	Nags Head, NC	3!
	Mathilde Latour	11	St-Jean-Sur-Richelieu,	OC 33.33		MALE AGE GROUP: 6		ivays neau, ivc	5
	Jocelyn Scribner	12	Willshoro	43:29			65	A aliza a ala ali	2
		10			1	Kathleen Naumowicz		Adirondack	34
	Jenna Scribner		Willsboro	51:23	2	Nadine Magee	68	Chestertown	43
	LE AGE GROUP: 1 - 1					ALE AGE GROUP: 65			
	Elijah Yarosh	11	Pottersville	22:54	1	Robert Gossen	68	Willsboro	3
	Brody Olden	8	Chestertown	25:41		ALE AGE GROUP: 70			
	Derrick Loiselle	12	Olmstedville	25:42	1	Peter Oberdorf	76	Adirondack	5
	Daniel Veverka	11	Schroon Lake	25:42		Courtesy of Adiron	dack M	arathon Distance Festival	I

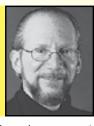
ВЛ	ALE OVERALL			-	MALE AGE GROUP: 2	5 - 20			MALE AGE GROUP: 4	15 - 10	
1	Derrick Staley	56	16:45	1	Caitlin O'Brien	29	23:10	1	Cristi Shuhart	49	24:44
2	Brandon Barcomb	31	17:54	2	Michelle Buonanno	29	24:46	2	Tracy Bayley	49	26:09
3	Liam O'Brien	17	18:06	3	Cyrilla Suker	27	28:27	3	Kristie Aussicker	49	26:58
_	MALE OVERALL	.,	10.00		ALE AGE GROUP: 30		20.27	_	ALE AGE GROUP: 50		26:58
1	Jessica Scharoun	37	20:55	1	Graeme Dinnen	30	25:00		Mike Martin		22:06
2	Heather McKenna	43	21:42	2	Paul Hussey	33	26:43	1		51	
3	Jennifer Hussey	33	22:02	3	Richard Graham	32	27:45	2	Timothy Landis	50	23:07
M	ALE AGE GROUP: 1 - 1	14		_	RICHARO GRANAM EMALE AGE GROUP: 3		27:45	3	John Spencer	50	25:03
1	Oliver Mathison	12	21:47	1		30 - 34	25:03	FE	MALE AGE GROUP: !		
2	Bryce York	14	22:19	1	Celia Ganey			1	Anne Strock	50	23:07
3	Patrick Edwards	12	23:25	2	Veronica Schiavone	32	27:43	2	Nancy Casellini	52	27:06
FΕ	MALE AGE GROUP: 1	- 14		3	Elizabeth Stern	32	29:30	3	Annette Romano	50	27:26
1	Madison Lilienthal	12	22:57	M	ALE AGE GROUP: 35			M	ALE AGE GROUP: 55	- 59	
2	Rebekkah Dean	14	25:39	1	Peter Loslein	37	21:17	1	David Edwards	56	26:14
3	Olivia Faul	13	25:44	2	Jake Rybak	37	22:40	2	Gerardo Rocha	55	29:21
M	ALE AGE GROUP: 15 -			3	Lee Hayward	36	24:12	3	Thomas McClain	57	31:16
1	Nick O'Brien	17	19:21	FE	MALE AGE GROUP:			-	MALE AGE GROUP:	55 - 59	51.10
2	Charles DeTillio	15	19:39	1	Teri Mostoller	39	23:04	1	Christine Feeney	55	27.54
3_	Felix Abongo	19	19:44	2	Kristen Mortensen	36	25:33	1	Cecilia McClain	58	28:33
	MALE AGE GROUP: 1		25.50	3	Angie Silipigno	39	25:59	2		50	28.33
1	Nicole Pigliavento	17	25:58	M	ALE AGE GROUP: 40	- 44			ALE AGE GROUP: 60		
2	Sarah Coffey	16	27:11	1	Jody Mostoller	40	19:51	1	Rit Tepper	61	30:20
3	Lexie Holmes ALE AGE GROUP: 20 -	19	27:41	2	Greg Ethier	41	19:55	2	Scott McDonald	60	30:49
IVI/			26:39	3	Neil Kelsey	44	20:08	3	Dan Kelly	62	33:52
i Eci	Daniel Pigliavento MALE AGE GROUP: 2	23	26:39	FE	MALE AGE GROUP: 4	10 - 44		FE	MALE AGE GROUP: (
1	Lisa Buonanno	24	28:37	1	Amy Milazzo	42	24:48	1	Kate Barnhart	60	31:08
2	Kat Landry	24	30:07	2	Jennifer Lunman	40	26:12	M	ALE AGE GROUP: 65	- 69	
3	Katie Miecznlkowski	24	31:23	3	Debbie Zelker	44	26:12	1	John Finn	67	32:07
_	ALE AGE GROUP: 25 -		31.23	м	ALE AGE GROUP: 45	- 49		2	John Vavasour	65	38:00
1	Ken Dagles	25	26:21	1	Scott McNamara	46	20:09	3	Thomas Samuelson	65	38:32
2	Paul Bolanos	28	27:25	2	Dan Clemens	48	21:06		Courtesy of Nick		
3	Stephen Mayer	28	27:37	3	Bob Marro	47	21:08		to be Healed Fou		

11TH ANNUAL CROSSINGS 5K CHALLENGE September 28, 2014 • Rudy Ciccotti Family Recreation Center, Colonie MALE OVERALL FEMALE AGE GROUP: 40 - 44 Michael Cuke Rick Munson Albany Prattsville Genevieve Chornyak Melissa Maguire 23:44 25:11 25:32 17.38 Latham 41 42 Loudonville 57 44 19:33 Albany 19:34 Nassau FEMALE OVERALL MALE AGE GROUP: 45 - 49 Harry Hartman Drew Hanchett Mechanicville 21:28 39 19:53 Estelle Burns Schenectady Loudonville 22:04 23:08 Lynn Hall 46 21:12 15 Colonie 21:32 Steve Clapper Albany FEMALE AGE GROUP: 45 - 49 1 Jeanne Teale 49 MALE AGE GROUP: 1 - 14 Albany Colonie 10 22:38 Getachew Hayes Loudonville 2 Jack Mateja 10 24:28 Julie Novkov 47 26:19 Loudonville 26:33 Rensselaer 26:24 3 Monica Gee TO MALE AGE GROUP: 50 - 54 1 Tim Hartman 52 FEMALE AGE GROUP: 1 - 14 Shayna Lenney Ariana Yeager East Greenbush Glens Falls Niskayuna 22:14 13 12 24:09 Tim Hartman Richard Ribet 52 Albany Colonie 23:20 24:40 Robert Baugh 24:36 Ally Matrassi Latham 24:40 FEMALE AGE GROUP: 50 - 54 FEMALE AGE GROUP: 15 - 19 Albany 24:20 Debbie Kilmer 50 54 Camryn Iftiger Loudonville 23:34 2 Nancy Stevens 5 3 Marye Chardavoyne 5 MALE AGE GROUP: 55 - 59 Latham Glenmont Courtney Iftiger Katie Sidford Loudonville 24:28 15 Slingerlands 28:49 MALE AGE GROUP: 20 -55 Latham Jeff Mello 20:56 Francisco Hernande 23 Colonie 20:40 Rick Vara Jerry Pittz Loudonville Schenectady 21:36 25:02 John Kosowsky Brian Oberther Clifton Park 23 22:50 23:50 Albany **FEMALE AGE GROUP: 55 - 59** FEMALE AGE GROUP: 20 - 24 Scotia Schenectady 23:55 Julie Halsdorf Laryssa Hebert 22.58 Cohoes 23:40 Gail Perry 55 Latham 27:44 Kelly Landers 23 Latham 24:08 MALE AGE GROUP: 60 - 64 MALE AGE GROUP: 25 - 29 Chester Tumidajewicz Joseph Clark 23:48 27 Niskayuna 23:02 Joe Sgarlata 63 Albany Latham 33:42 2 Adam Willetts 29 26:37 Franklin Hecht 33:51 3 Robert Ragone FEMALE AGE GROUP: 25 Selkirk 26:48 FEMALE AGE GROUP: 60 - 64 26:14 Latham Claire Houle Amy Wdzieczny Sarah Bowman 26 Waterford 24:20 Tricia Moreland Schenectady Feura Bush 60 Latham 28:54 24:33 24:36 Loudonville Phyllis Fox 62 29:04 26 MALE AGE GROUP: 65 MALE AGE GROUP: 30 - 34 66 24:21 Peter Cowie Schenectady Michael Ruger Paul Gasper East Greenbush 20:31 Richard Baluch 69 Delanson 24:45 3 Jim Fiore 67 FEMALE AGE GROUP: 65 - 69 33 Albany 22:48 Latham 25:14 Patrick Bender 32 Albany 23:58 FEMALE AGE GROUP: 30 34:32 Linda Meier Schenectady Ballston Spa 22:16 2 Kathleen Paulus 6 3 Karen Reichl 6 MALE AGE GROUP: 70 - 74 36:54 41:46 Ali Skinner 65 65 2 Lauren Richmond 31 Somerville, MA 22:47 3 Andrea Breen MALE AGE GROUP: 35 - 39 1 Roland MacPhee 35:56 50:23 Loudonville 20:09 36 Delmar Loudonville 20:40 21:11 Joseph Altobello Green Island FEMALE AGE GROUP: 70 - 74 Christine Bishop Natalie Nussbaum 36:29 3 Christopher Gerard 35 **FEMALE AGE GROUP: 35 - 39** Albany Schenectady Cohoes Latham 70 71 39:04 Jolene Hlavaty 23:34 52:49 3 Carol Curtis 7 MALE AGE GROUP: 75 - 79 Lindsey Pensabene 36 Latham 24:35 Mechanicville 78 Kelly Jones 39 24:36 Schenectady 35:14 MALE AGE GROUP: 40 - 44 MALE AGE GROUP: 80 - 84 Guilderland 19:54 80 Albany 39:31 Jonathan Bright 1 Richard Eck 2 Ken Orner Richard Eckhardt Brett Faien 43 Nassau 20:02 84 Albany Courtesy of Colonie Youth Center 43 Fultonville

NON-MEDICATED LIFE

The Role of Saturated Fat in a Healthy Diet By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 63rd in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.



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

In the first 62 installments of the Non-Medicated Life, informed diet and lifestyle have been shown to accomplish naturally for the majority of individuals, many, if not most of the benefits of medications in the treatment of chronic medical conditions. Moreover, informed diet and lifestyle as a medical intervention may accomplish such benefits at lower risk for side effects, and at a lower cost. In prior columns I have suggested that an informed diet is low in saturated fat, which lowers LDL or the "bad" cholesterol, and lowers heart disease risk. Within the last year, however, the recommendation of lower saturated fat in a healthy diet has been questioned. There is the suggestion that butter and high saturated fat containing oils such as coconut oil are not only "not bad," but are healthy.

The rationale upon which the suggestion is based rests in part upon the recently published book, "A Big Fat Lie," by Nina Teicholz, as well as new research by Dr. Rajiv Chowdhury published in the "Annals of Internal Medicine." Ms. Teicholz calls into question the lipid hypothesis, which suggest a connection between fat consumption, cholesterol and heart disease. She contends the observational study, "The Seven Countries Study," by research scientist Ancel Keys was badly flawed and suggesting that much subsequent research based on Keys work, therefore, is also flawed - thus with saturated fat incorrectly identified as the cause of increased cardiovascular risk.

Dr. Chowdhury's research falls into the category of meta-analysis, a systematic review of 27 randomized clinical trials and 49 observational studies, and attempts to draw statistical conclusions from the review. He concludes that there is not "clearly supportive evidence for current cardiovascular guidelines" suggesting the benefit of a "low consumption of saturated fat."

In my opinion, the conclusions reached by these authors unfortunately are not supported by the facts as they present them, or represent an attempt to extrapolate data beyond the facts. In the case of Ms. Teicholz, I would argue for the large body of evidence from randomized, prospective clinical trials (the gold standard of research) showing that lowering LDL cholesterol – by a variety of means – lowers the risk of cardiovascular disease. There is also a large body of evidence showing that lowering saturated fat consumption lowers LDL levels.

In the case of Dr. Chowdhuri, a metaanalysis, however well done, does not and cannot call into question the results of randomized, prospective clinical trials. Moreover, notable experts in the field believe that Dr. Chowdhury's analysis is compromised by omission of certain important studies, and including incorrect data from other studies.

I, for one, have never suggested saturated fat is the only or even main cause of cardiovascular disease and should be avoided at all costs. Rather I have suggested that it should be consumed in a reasonable fashion consistent with a pattern of eating a predominately plant-based diet. Historically, recommendations for healthy diets have included recommendations as to composition. You find recommendations for the percent of saturated fat, total fat, carbohydrates and protein. Because the total number of daily calories consumed may vary from individual to individual, the total grams of saturated fat, total fat, carbohydrates and protein are left to the individual to calculate. Thus, recent guideline recommendations from the American Heart Association and the American College of Cardiology to reduce saturated fat intake to five-to-six percent of total calories for those who need to reduce their LDL or "bad" cholesterol, and to seven percent for the rest of the population.

In my opinion it is more practical and helpful to assume a healthy maintenance

daily caloric intake of 2,000 calories, and then the recommendation becomes to consume 11-13 grams of saturated fat per day if you want to lower LDL cholesterol, and no more than 15 grams per day otherwise. My recommendation for reducing cardiovascular risk is to eat: a) a predominately plant-based (unrefined) diet; b) 11-15 grams of saturated fat per day; c) no more than 2,000 calories per day; d) maintain a normal or near normal body mass index (BMI); e) exercise daily for 30-60 minutes; and f) don't use tobacco. You cannot focus on any one part of the diet, or diet to the exclusion of lifestyle, and expect to reduce cardiovascular risk maximally.

The suggestion that a reduction in the excess consumption of saturated fat has no evidence for reducing cardiovascular disease is wrong and wrongheaded in my opinion. It attempts to shock us with the proposition (grab headlines), appeal to our conspiratorial and question-the-expert tendencies (we've been lied to again), soothe our concerns, and encourage our desire to eat fat-laden products that, in excess, are bad (minimize guilt).

The simply truth is you can't have it all, as much as you want, without consequence. Health is, first and foremost, about balance, common sense and moderation. If you can embrace a healthy diet and lifestyle as described above, cardiovascular health in general improves, as does the probability of avoiding the proverbial bottle of pills to prevent and treat some of our most significant health problems.

Paul E. Lemanski, MD, MS, FACP (paul. lemanski@primecarepc.com) is a board certified internist with a master's degree in human nutrition. He is director of the Center for Preventive Medicine, Albany Associates in Cardiology, Prime Care Physicians, P.C. Paul is an assistant clinical professor of medicine at Albany Medical College and a fellow of the American College of Physicians.

ALPINE SKIING continued from page 1

amenities including a quad chairlift, updated lodge and snowmaking. There are 14 trails on 650 feet of vertical drop.

Ski School – Oak Mountain's ski school has an excellent reputation. Away from the crowds and pressure of a big mountain, learning at Oak is less intimidating and less expensive. Oak's ski school offers private and group lessons as well as season-long programs. Visit: oakmountainski.com.

WHITEFACE

Bear Den Mountain – Whiteface may be the Olympic Mountain, but even Olympians were once beginners. Whiteface Mountain's learn-to-ski area for youngsters has been renamed and rebranded for 2014-15 as Bear Den Mountain. The Bunny Hutch chairlift serves gentle terrain that is fun to ski and provides easy access to the rest of mountain. With its own base lodge (newly renovated this year) and parking area, Bear Den Mountain makes an ideal base for families.

The Slides – Unlike any other lift-serviced ski terrain in the eastern United States, The Slides at Whiteface give expert skiers an opportunity to experience double-black diamond terrain in a wilderness setting. There's no snowmaking and no grooming on this series of steep, narrow chutes. Natural features abound including ledges, drop-offs, tight trees, and even a frozen waterfall. The Slides are accessed via a short hike from the top of Whiteface's Summit Quad, and are open only when the Ski Patrol determines snow conditions to be safe. Go to: whiteface.com.

WILLARD MOUNTAIN

Little Colonel Program – Willard Mountain is well known for its excellent learning programs. One of the most popular is the Little Colonel, a six-week program for skiers aged four to seven. Check into Willard's instructional programs soon, because popular times often sell out by early winter. There's also a \$49 Learn-to-Ski program that includes a learning center lift ticket, ski rentals, and three one-hour lessons that go off at differ-

ent times through the day. General manager Jeff Fitzgerald calls the program "one of the best deals in the ski industry. We lose money on it, but we need to convert people to the sport to ensure its future growth."

Loose Moose Ski Shop – Willard's ski shop is one of the best around. The shop offers full ski tuning services, and their knowledgeable staff can outfit you with any equipment you need at excellent prices. Don't overlook the possibility of a season-long equipment lease (skis, boots and poles) starting at \$115. Click on: willardmountain.com.

Jeff Farbaniec is an avid telemark skier and Adirondack 46er who writes The Saratoga Skier & Hiker (saratogaskier.blogspot.com), a blog of his primarily Adirondack outdoor adventures.





www.AdkSports.com JANUARY 2015

By Laura Clark

is common knowledge that the half marathon is the new 5K. And the new half? Obviously, that would be the marathon, long a bucket list item. But what comes next? In logical progression that would be the ultra distance, by definition anything beyond the standard 26.2 miles. With 26.3 miles begging the question, 50K or 31.06 miles is well on its way to becoming the new 26.2? And with a measly five-mile differential, how difficult could that be? No matter if you choose a 50K or 100K, a 50-miler or 100-miler or somewhere beyond, as coach Bob Glover comments, "You'll be wistful for the wall of the marathon when you hit the death grip of the ultra." In other words, you will truly earn your bragging rights.

With all the hype, it almost seems as if ultrarunning is a recent invention. In reality, we follow in the footsteps of the 19th century pedestrian movement, where betting was rampant, and hundreds packed stadiums and lined roads to cheer. As race fixing became more common, spectator enthusiasm waned. Here we are again, full circle, but with a grassroots focus, where winning is on a more personal level as defined by one of my favorite George Sheehan quotes, "Eventually you'll learn that the competition is against the little voice inside you that wants you to quit."

Saratoga Stryder and Adirondack Sports & Fitness contributing writer, Jen Ferriss, fits the new mold. Although she swore she would never run a marathon, as she kept upping her mileage in the WMAC Trail Series (runwmac. com), Jen discovered she enjoyed the freedom of running in the woods, she progressed from Ragnar Relay Adirondack Ultra team (Sept. 2013) and Stone Cat Marathon Trail Race (Nov. 2013), to Blues Cruise 50K Trail Ultra (Oct. 2014). For her debut, Jen partnered with fellow Stryder Pam DelSignore, providing the benefits of crewmate, cheerleader and training companion. They resolved to stick together as a team and respect the silences that come with a strong effort. This worked because they were evenly matched in ability, lived close enough to meet for training runs, and shared similar expectations. It is not for everybody, but adds a new dimension of support, especially for a first attempt.

In a similar vein, Rowly Brucken of Norwich University and an Adirondack Marathon pace-setter, urges newbies to consider that "Ultras are team efforts above all, and when you think of how many people are on your team, that's inspiring!" Bring along a photo from your partner or friend to give you a boost and remember to thank all those nameless volunteers who are giving their day to help you. Once you settle into your pace, Rowly encourages you to simply let go of time and miles, and enjoy the experience – reveling in the final mile of accomplishment and all the miles in between.

Training for a 50K effort is quite similar to

• Post-Race Party – Free Post-Race Massage

Michael Schram (1:13:13) and Sara Dunham (1:20:00)

2014 Winners:



preparing for a marathon. But as you climb the distance ladder, the same rules no longer apply. While it is "easy" enough to schedule a 20-mile confidence run before a marathon, average athletes would never consider running 90 miles before a 100-miler. You need to know your body and what it can reasonably sustain. Otto Lam, another Adirondack Marathon pacer, advocates back-to-back long efforts to mimic the tired feeling you get at the end of an ultra. Otto also plans walking breaks at regular intervals to recruit different muscles and maintain an even pace to the finish. You need to accept the fact that there is a steep learning curve, factoring in weather, your body requirements, aid station strategy, and trail reading expertise. DNFs (Did Not Finish) – come with the territory.

From an elite perspective, Albany Running Exchange's Jim Sweeney recommends maintaining weekday track, tempo and hill repeats, along with a 30- and 50-mile weekend run pattern. For everyone, a key part of training is learning how to deal with the low moments that will occur when the finish is not minutes, but *hours* away.

As with "normal" events, there is a wide variance in options: point-to-point, loop, out and back, road, trail and a mixture. Thatcher State Park, near Albany, features a variety

International, Warren Tire

Service Center and

City of Plattsburgh

Recreation Dept

of distances on a loop course. This is ideal if you want to avoid the hassle of preparing drop bags, especially if this is your first ultra, and you are unsure what you will need. The pitfall is, of course, that you are repeatedly tempted to quit at each go-around. You need to steel yourself ahead of time, so that it will not be an option. Many loop races allow you to stop at one of their shorter distances and still get credit, while many also permit you to add to your chosen distance if you are having a good day. With point-to-point events you recognize that you are in it for the long haul and your attitude shifts into endurance, rather than "what-if" mode.

Trail ultras are currently more numerous than those that are road events, like Can Lake 50 in Canandaigua, as dirt is easier on your legs than 50 miles of hard pavement. That much said, trails are rutted and rooty, so while sketchy footing will keep you alert, it will increase your time on task. Some, like the JFK 50 Mile in Maryland, mix steep trails, pavement, and dirt access roads. Others, like Vermont 100 Endurance Run, blend typical New England trails, dirt roads – and it's the only race in the country where people run and horses ride the same trail at the same time. Needless to say, it pays to do your homework, and be comfortable with your chosen

terrain. Sometimes overlooked is the dark and scary night. If your miles include darkness, get out there and practice nighttime running – it is a skill with an entirely different set of requirements.

Added to the mix are multiday stage races, Ragnar Relay ultras, FTKs or "fastest known times" on a particular route, and snowshoe ultras. For mind-blowing extreme quests, visit Andy Weinberg's newly formed endurancesociety.com, partnering with the Green Mountain Club and Special Olympics Vermont, to create unique endurance offerings both for hardcore and somewhere-between adventurers.

For me, though, what makes ultras

unique are all the friends from far-flung states you meet! Visit the websites for Finger Lakes 50s Trail Race (fingerlakesrunners.org) or Pineland Trail Running Festival - 5K to 50 miles - in Maine (pinelandtrails.com), and the scene will look more like a picnic in the park with kids, dogs, Frisbees, guitar jams and bonfires. This is where lifetime friendships are forged and where spectators get to play too! Additional Resources – "Deep Survival: Who Lives, Who Dies and Why" by Laurence Gonzales - Insights into attitudes needed to get the job done, whatever the sport. "Hal Koerner's Field Guide to Ultrarunning" -Everything you need to know to get started, refine your craft, and have fun in the process. "A Step Beyond: A Definitive Guide to Ultrarunning" edited by Don Allison, former publisher of UltraRunning magazine. UltraRunning magazine: ultrarunning.com. Irunfar.com - Stories, interviews, tips, gear and reflections. Run100s.com - Race schedules, blogs, podcasts and many links.

You Know You're An Ultrarunner When...
You regard a marathon as a good middle-distance effort. You finish the race on a different day as the winner. When you run farther than most folks drive in a day. You don't think twice about eating food you've picked up off the ground. When you run a 5K and wonder why everyone is in such a hurry. When you teach your dog how to drink out of a water bottle.

Fairly Local Ultras – Josh Merlis of ARE Event Productions believes there is a lot of potential for eastern upstate NY ultras, but it may be a while before someone wants to take it on... Race directing anyone? The North Face Endurance Challenge (thenorthface.com); Can Lake 50 (canlake50.org); Finger Lakes 50s (fingerlakesrunners.org); Frigus Ski Race, Snowshoe Race and Sled Run – or combine for winter triathlon (endurancesociety.org); Jay Peak Trail Running Festival (jaypeaktrailrun.com); Thatcher Park Running Festival (thacherparkrunningfestival.com); and Virgil Crest Ultras (virgilcrestultras.com).

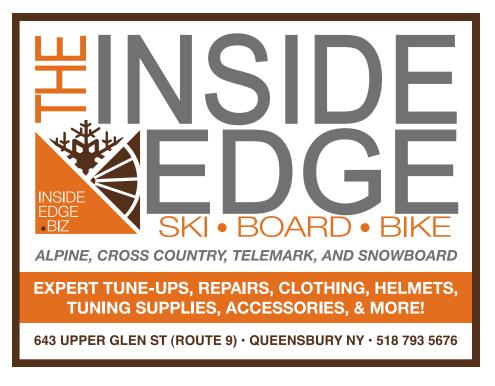
Laura Clark (snowshoegal33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and crosscountry skier. She is a children's librarian at the Saratoga Springs Public Library.















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