



ADIRONDACK

SPORTS & FITNESS

JANUARY 2014

FREE!
22,000 CIRCULATION

COVERING UPSTATE NEW YORK SINCE 2000



GETTING SOME AIR AT WHITEFACE IN WILMINGTON.
© ORDA/DAVE SCHMIDT

Visit Us on the Web!
AdkSports.com
Facebook.com/AdirondackSports

Alpine and Cross-Country Skiing

Family, Stay-cations, Backcountry, Snowshoeing By Darryl Caron

CONTENTS

- 1** **Alpine & Cross-Country Skiing**
Deals, Discounts, Events & Lodging
- 3** **Around the Region News Briefs**
- 3** **From the Publisher & Editor**
- 4-7** **CALENDAR OF EVENTS**
January to March Events
- 9** **Snowshoe Hiking – Peaked Mountain: An Enjoyable Climb**
- 10** **Non-Medicated Life – Maintaining Independence & Health with Aging**
- 11** **Athlete Profile**
Olympic Biathlete Annelies Cook
- 13** **Running & Walking**
Let Your Fingers Do the Running
- 14-19** **RACE RESULTS**
Top Finishers in 25 Events

The ski centers offer many opportunities for outdoor adventures, including adult and family oriented programming, overnight trip destinations not too far from home, plus backcountry skiing and snowshoeing.

Garnet Hill Lodge & Nordic Center in North River is an authentic Adirondack resort with a beautiful log house lodge, elegant fireside dining, and 55K of groomed cross-country ski trails, and dedicated snowshoe trails. They are getting children outside this winter with reduced trail fees, lessons, ski shop, Kids Club, ski tours, guided snowshoe hike to the Hooper Mine, and pancakes at the sugarhouse. It's an overnight trip destination that's not too far from home, so spend your money on fine food, lodging, and fun activities – instead of putting it in the gas tank!

Garnet Hill also offers guided backcountry trips and is a gateway to the Siamese Ponds Wilderness Area. With the reopening of several historic ski trails, the area is becoming a more popular destination for backcountry excursions (see Peaked Mountain, page 9). One classic trip is Gore to Garnet, starting near the summit of Gore Mountain and skiing to Garnet. Visit: garnet-hill.com.

Gore Mountain in North Creek has 103 trails with 15 lifts on four peaks, 2,537 vertical feet, and the most skiable acreage in the state. Their snowmaking spans 98% of the resort, so you can enjoy winter's beauty with or without big dumps. Take Your Kids to Gore Weeks, where kids 19 and under ski, ride and tube free with full paying parent all week, are Jan. 21-26 and March 17-23. Learning highlights include: For Women Only alpine skiing and snowboarding clinics; Master the Mountain (skiing/riding) clinics; Intro

to Tele clinics; Glades & Glory (ski/ride the trees) clinics; Trees, Stumps & Bumps tele clinics.

And now for something completely different: Saturday Night Rush Hour on Feb. 22 is a new race for nordic and backcountry skiers and snowshoers at the North Creek Ski Bowl. The course ascends and descends about 125 feet vertical in three divisions: advanced nordic, recreational nordic and snowshoe. Visit: goremountain.com.

Lapland Lake Nordic Vacation Center near Northville combines Adirondack splendor and Finnish hospitality since 1978. They offer ladies' days on Jan. 25, Feb. 8 and March 1. Plus, snowshoe-dinner tours, lessons, ski shop, great kids ski programs, and other winter activities. Non-holiday Thursdays are seniors ski/snowshoe days; those 65-plus can enjoy free cup of soup and discounted facility use. In addition to 45K of groomed ski trails, they offer 12K of dedicated snowshoe trails.

Lapland Lake winter lodging in their Adirondack cabins includes complimentary use of trails, children's tubing hills and ice skating pond, discounted lessons, and use of the Finnish wood-fired sauna. The Benson trailhead of the Northville-Placid Trail is one-mile away for wilderness snowshoeing and cross-country skiing. Visit: laplandlake.com.

Whiteface in Wilmington has 87 trails (one-third are expert), 11 lifts, and at 2,430 feet – the greatest vertical drop in the East. It's the state's fifth-highest peak, set apart from the other High Peaks, so the summit offers a 360-degree view of the Adirondacks and Vermont and Canada on a clear day. If conditions permit and the elusive Slides are open, you can experience

See **SKIING**, 12 ▶



9TH ANNUAL

ADIRONDACK SPORTS & FITNESS

Presented by
STEINER'S
SteinersSkiBike.com

SUMMER EXPO & SALE

March 8 & 9 • Saturday 10-5 & Sunday 10-4
Saratoga Springs City Center • 522 Broadway

Everything You Need For Summer Sports!
Running • Cycling • Triathlon • Hiking • Paddling • Healthy Living • Travel

Free Admission • 125 Exhibitors • Sales on Summer/Winter Gear, Clothing, Footwear
\$5,000 in Prizes • Pool & Floor Demos • Seminars & Clinics • Family Activities

To Become an Exhibitor: (518) 877-8788 • Info@AdkSports.com





SKI THE FACE

NEW FOR 2013-2014

New Glade Trail on Lookout Mountain, 35 new energy efficient snow guns, revamped deck at top of Little Whiteface



230+ TRAILS
800+ ACRES
7,300'+ VERTICAL
1 PASS
www.nySKI3.com

2014 SPECIALIZED SHOWCASE

How does a **\$10,000** Specialized S-WORKS Roubaix Dura-Ace Di2 bike earn its keep? It rides for Charity - S-WORKS for Charity! Every mile it rides we will donate money!

**S-WORKS Frames • Complete Bikes
Shoes • Helmets • Tires**

We need your old bike! Big demand for bikes and top dollar for trades
2014 Specialized Wheels and Tires - Faster, Lighter and In-Stock

Rider Involved Tech Assembly Personalized Session - Learn fine details on your new bike, choose seat, handlebar, wheel upgrades and more before your first ride.

Aero Road Roval Wheelsets - CLX 60 and CLX 40
Tires - New Turbo, New Rubber Compound - **GRIPTON** - with Blackbelt Puncture Protection - Upgrade now with **FREE** installation!



Atomic, Salomon and Elan Skis
All Priced to Sell at 20-50% Off!
Special Savings on All K2 Snowboards!

Inventory Reduction on 2013 Carbon Fiber Specialized

Tarmac, Roubaix, Shiv, Venge, Ruby & Amira • 29ers and dual suspension

Top dollar paid for your trade-in during this event!

Skiing and Snowboarding

Junior Ski Package Rentals: \$99 • Adult Ski Package Rentals: \$139
Snowboard Package Rentals: \$139
New K2 Snowboard/Binding Packages
New Atomic, Elan, Salomon Skis and Ski Packages
New Atomic Dalbello and Salomon Ski Boots

Performance and fit guarantee on all ski and snowboard equipment
One-year free tuning on all new ski and snowboard purchases



plaineandson.com • facebook.com/plainenson
1816 State St, Schenectady • (518) 346-1433
Mon-Fri 10am-8pm, Sat 10am-6pm, Sun 12-5pm • #PlaineandSon

Get Ready to Go Outdoors!



Downtown Saratoga's Best Selection of Quality Outdoor Clothing & Footwear

Mountainman Outdoor Supply Company
www.MountainmanOutdoors.com
490 Broadway, Saratoga Springs • (518) 584-3500

TAKE YOUR KIDS TO GORE WEEKS

January 21-26 & March 17-23

Kids 19 and under ski, ride, and tube free with a full paying parent

FESTIVAL FOR KIDS

February 2

Kids 12 and under ski, ride, and tube free with a full paying parent - plus family race, kid-friendly treats, and live entertainment!



GORE MOUNTAIN (518) 251-2411
GoreMountain.com

CROSS COUNTRY SKIING

GARNET HILL

Come up to the mountains!

- 55km trails with daily grooming
- Wilderness skiing and snowshoeing
- Ski school, lessons daily, kids ski program
- Unique 'ski down, ride back' shuttle bus
- Lodge, restaurant, ski center open daily

We always have snow!

GARNET HILL LODGE

13th Lake Rd, North River, NY 12856
518-251-2150 • www.garnet-hill.com

FROM THE PUBLISHER & EDITOR

Use Olympics as Incentive for Winter Sports



With the Winter Olympics a few weeks away, the alpine and cross-country ski centers are geared up for more skier visits, and the mid-winter conditions make for excellent skiing and snowshoeing – whether it's at a resort, a state or local park, or in the back-country. Even with a thaw and some rain, there is still plenty of snow on the ground in upstate New York. There are some wonderful events of all kinds coming up this and next month, and we are looking forward to continuing what has already started out as a great season. While Olympic athletes compete in Sochi this February, you can ski, snowshoe, skate, climb – and even bike or run, so get outside and enjoy winter!

Have a happy, healthy and safe New Year!

Darryl and Mona

AROUND THE REGION **News Briefs**

Valentine's Day Weekend Getaway

BOLTON LANDING – This Valentine's Day make a quick getaway to enjoy an active, fun, romantic weekend. On Friday-Sunday, February 14-16, Mena Zarrelli and Dave Trahan will host a Couples Yoga and Fitness Retreat weekend at The Sagamore Resort on Lake George. Prices start at \$395 per person with each couple enjoying a beautiful room at the Sagamore's historic hotel or lake lodge. In addition to spectacular views and luxurious accommodations, each couple will receive three gourmet meals, two yoga classes, two challenging fitness classes, an informative wellness lecture by Dr. David Weck, and comedy entertainment by Boston's StageCoach Improv. Escape with your loved one and return feeling rejuvenated and restored. To register or for more information, visit yogawellnessretreats.com. 🌲



WINTER WON'T LAST FOREVER

Your No-Octane Resource for
Kayaks • Canoes • SUPs • Rentals • Lessons • Demos




Boathouse and Paddle Shop:
5 Boathouse Lane Bolton Landing, NY

518-644-9366
lakegeorgekayak.com

Locally Owned and Operated for 17 Years!

PLAY IT AGAIN SPORTS

January Sale!

30-50% Off New Skis, Snowboards, Coats, Sweatshirts, Snowshoes, X-C Gear, Electric and Smith Goggles, XC Skis, Snowshoes and Ski Boots – and Much More...

Alpine Skis • Snowboards • Boots • Bindings • Poles
Cross-Country Skis • Ice Skates • Snowshoes • Sleds • Coats • Pants

Expert Ski & Board Tech Services

Buy, Sell, Trade New & Used Gear™

952 Troy-Schenectady Road, Latham
Peter Harris Plaza, 1.6 miles west of I-87
(518) 785-6587 • PlayItAgainSportsLatham.com
Monday-Saturday: 10am-9pm & Sunday: 11am-5pm

Like Us On  facebook.com/Playitagainsportslatham

BURTON • SALOMON • MARKER • ARMADA • ELECTRIC • DEMON • BERN • FLOW • VOLKL • ATOMIC • FULL TILT • ROME • UVEX • LINE • ALPINA • ANON • RED • FISCHER • GIRO • UA • SMITH • ELAN • TRESPASS • DALBELLO • SCOTT • TRANSPACK • K2

ADIRONDACK SPORTS & FITNESS

Locally Owned & Independent
Adirondack Sports & Fitness, LLC
15 Coventry Drive, Clifton Park, NY 12065
(518) 877-8788 • Fax (518) 877-0619
AdkSports.com • info@AdkSports.com

AdkSports.com
Facebook.com/AdirondackSports

Publisher/Managing Editor: Darryl Caron
Editor/Marketing Manager: Mona Caron
Contributing Writers: Laura Clark, Mim Franz, Bill Ingersoll, Dr. Paul E. Lemanski
Contributing Photographers: Bill Ingersoll, Dave Schmidt
Web Designer: Hillary Mann
Circulation: Sheela Kulkarni, Sudhir Kulkarni, Brian Teague, Lindsay Waters
Graphic Design: Karen Chapman, Cummings Advertising Art, Clifton Park, NY
Adirondack Sports & Fitness is published 12 times per year with a monthly circulation of 22,000 copies. ©2014 Adirondack Sports & Fitness, LLC. All rights reserved.
♻️ Please recycle. **ISSUE #158**



Kiwanis Kingston Classic

presented by **HITS ENDURANCE**
A distance for everyone!™

Kingston, NY • April 27, 2014

Experience “a distance for everyone!™” as you race through one of the Hudson Valley’s most historic cities!

>Friends & Family Mile >5K >10K
>Half Marathon >Marathon

REGISTER EARLY AND SAVE AT
KiwanisKingstonClassic.com & HitsRunning.com

HITS ENDURANCE
HitsEndurance.com | 845.247.7275
319 Main Street, Saugerties, NY 12477

 /KiwanisKingstonClassic
 /KiwanisKingstonClassic

Dr. Chris Barnes Photography



Craftsbury
SKI MARATHON

February 1, 2014
25/50k Classic Race
Scenic Point to Point Course
On-site lodging available

For full details go to:
www.craftsbury.com

CASCADE Cross Country Ski Center

- Great prices on cross-country skis and snowshoes
- Backcountry, telemark and racing items available
- Terrific package discounts
- **Season Pass with purchases over \$200!***
- Nordic Shop and ski lessons • Groomed trails
- Connected to Jackrabbit & Olympic trails
- Ski & snowshoe rentals • Restaurant & bar
- Dorm-style lodging • Full Moon Parties with bonfires, food/drink, live music: Saturday, Jan 18, Feb 15, March 15

The Adirondacks No. 1 Nordic Ski Shop

3rd annual
Wood 'N' Ski Rendezvous
Saturday, March 8 - 5K race, vintage clothing, live band

*EXPIRES 12/24/13

4833 Cascade Rd (Rte 73) - 5 miles southeast of Lake Placid
(518) 523-1111 • www.CascadeSki.com • xcski@cascadeski.com



NYSSRA Champions Cup Weekend

State Nordic Championships

March 1-2, 2014
Mt. Van Hoevenberg, Lake Placid

Biathlon Sprint & Pursuit Championships, Ski Orienteering Championship, Club Relay Championship, 21km Freestyle NYSSRA Champions Cup, & "Tri-It for Charity" Family Ski Event

nyssranordic.org

Calendar of Events

January - March 2014

Events beyond this range are advertisers in this issue.

JANUARY 2014							FEBRUARY 2014							MARCH 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31	23	24	25	26	27	28	23 ³⁰	24 ³¹	25	26	27	28	29		

ALPINE SKIING & SNOWBOARDING

ONGOING

Tue **Adult Night Ski Races: 1/7-2/11.** 6pm. Willard, Greenwich. 692-7337. willardmountain.com.

JANUARY

- 18-19 MLK Holiday Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 20 USASA Boarder/Skier Cross.** Ski Bowl, North Creek. 251-2411. goremountain.com.
- 21-26 Take Your Kids to Gore Week #1.** Gore, North Creek. 251-2411. goremountain.com.
- 25 West Rail Jam.** 10am. West, Queensbury. 636-3699. westmtn.net.
- 25-26 Alpine Ski/Ride Women's Clinics.** Gore, North Creek. 251-2411. goremountain.com.

FEBRUARY

- 1 Sacandaga Challenge Giant Slalom Race.** Oak, Speculator. oakmountainski.com.
- 1 Willard Cup Fun Race #3.** 2pm. Willard, Greenwich. 692-7337. willardmountain.com.
- 1-2 Master the Mountain Ski/Ride Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 1-2 Intro to Telemark Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 2 Family Fun Festival & Family Race.** Gore, North Creek. 251-2411. goremountain.com.
- 2 "Football" Super Sunday.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 8 Rail Jam Series #2.** 2-4pm. Oak, Speculator. oakmountainski.com.
- 8 Glades & Glory Ski/Ride Clinics.** Gore, North Creek. 251-2411. goremountain.com.
- 14 Full Moon Party.** 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 14-16 AcroBag at Willard Weekend.** Willard, Greenwich. 692-7337. willardmountain.com.
- 17 Willard Cup Fun Race #4.** 2pm. Willard, Greenwich. 692-7337. willardmountain.com.
- 17 USASA Boarder/Skier Cross.** Ski Bowl, North Creek. 251-2411. goremountain.com.
- 18-20 Presidents' Weekend Holiday Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 22-23 Master the Mountain Ski/Ride Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 22 Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Races.** 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.

MARCH

- 1 Mini-Shredders Jibfest.** Ages 10-under. 10am. Gore, North Creek. 251-2411. goremountain.com.
- 1 Willard Cup Fun Race #5.** 10-11am. Willard, Greenwich. 692-7337. willardmountain.com.
- 1-2 Women Only Snowboard Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 8 Big Air at Little Gore Halfpipe Competition.** Ski Bowl, North Creek. 251-2411. goremountain.com.
- 8-9 Glades & Glory Ski/Ride Clinics.** Gore, North Creek. 251-2411. goremountain.com.

- 8-9 Trees, Steeps & Bumps Telemark Clinics.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 16 Willard Cup Fun Race #6.** 10am. Willard, Greenwich. 692-7337. willardmountain.com.
- 16 "Shamrock" Super Sunday.** Whiteface, Wilmington. 946-2223. whiteface.com.

APRIL

- 6 "Retro" Super Sunday.** Whiteface, Wilmington. 946-2223. whiteface.com.
- 12 Pond Skimming Contest at Bullfrog Bog.** Gore, North Creek. 251-2411. goremountain.com.

BICYCLING & MOUNTAIN BIKING

ONGOING

- Tu/Th Spin Class.** 6pm. Tomhannock Bicycles, Pittstown. 663-0083. tomhannockbicycles.com.
- Wed Spin Class w/T3 Coaching.** 12/4-2/11. Grey Ghost Bicycles, Glens Falls. greyghostbicycles.com.
- Sat Spin Class.** 9:15am. Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.

JANUARY

- 31 Champlain Thaw CompuTrainer Race #1: Time Trial.** 6pm. Burlington, VT. idlefast.com.

FEBRUARY

- 22 Snowball Express Century Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 28 Champlain Thaw CompuTrainer Race #2: Hill Climb.** 6pm. Burlington, VT. idlefast.com.

MARCH

- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 15 Trooper David Brinkerhoff Memorial Race #1.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 22 Trooper David Brinkerhoff Memorial Race #2.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 23 Tour of the Battenkill Spring Preview Ride.** 65M. 10am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 29 Trooper David Brinkerhoff Memorial Race #3.** 11am. 24-60M. Coxsackie-Athens HS, Coxsackie. Tom Butler: 857-0502. cbrc.cc.
- 30 Saratoga 200K Brevet.** 7am. Schuylerville. John Ceceri: 583-3708. adkultracycling.com.
- 30 BattenSpring Classic Circuit Race.** 39-65M. 11am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

APRIL

- 5-6 10th Tour of the Battenkill: Pro/Am Races.** 65M. 8am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.
- 6 Tour of the Battenkill: Gran Fondo.** 65M. 10am. Cambridge. Dieter Drake: 275-6185. tourofthebattenkill.com.

CROSS-COUNTRY & BACKCOUNTRY SKIING

ONGOING

- Tue Graymont Night Races: 1/7-3/4.** 2.5K/5K. 5:30pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- Tu/Th Youth Ski League.** 4-5pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- Thu Soup-er Seniors Ski/Snowshoe Day.** Non-holiday. Lapland Lake, Northville. 863-4974. laplandlake.com.
- Fri Friday Night Ski Jam.** 6:30-9pm. Music, food. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- Sat Finn-tastic Saturdays.** Ski/snowshoe & Finnish dinner. Lapland Lake, Northville. 863-4974. laplandlake.com.

JANUARY

- 16 Full Moon Ski/Snowshoe.** 6:30pm. Garnet Hill Lodge, North River. 251-5825. garnet-hill.com.
- 18 Full Moon XC Ski Party.** Cascade, Lake Placid. 523-9605. cascadeski.com.
- 18 Backcountry Ski Tour.** 9:30am. Garnet Hill Lodge, North River. 251-5825. garnet-hill.com.

OSCEOLA TUG HILL

Cross-Country Ski Center

Most Snow East of the Rockies!

40 km trails groomed daily for skating & classic skiing

- * 1/2K new trail & pond *
- * Trailside Camp for Rent *
- * "Rentaflexibility" ski rentals *
- * Ski Shop: \$180,000 inventory *

Camden (40 mi NW of Utica)
(315) 599-7377 • uxcski.com
uxcski@gmail.com
Open 7 Days - 10am to 5pm

9TH ANNUAL

ADIRONDACK

SPORTS & FITNESS

SUMMER EXPO & SALE

FREE ADMISSION

Presented by **STEINER'S** SteinersSports.com

\$5,000 IN PRIZES

MARCH 8 & 9
Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
522 Broadway (next to Saratoga Hilton)

Everything You Need For Summer Sports!

Running • Cycling • Triathlon • Hiking
Paddling • Healthy Living • Travel

125 Exhibitors • Prizes/Giveaways

Sales on Summer/Winter Gear, Clothing, Footwear

Heated Pool: Paddling

Expert Seminars & Clinics

Demos & Fun Family Activities

AdkSports.com
To Become an Exhibitor:
(518) 877-8788 • Info@AdkSports.com

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.

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


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

518-548-4521

ADIRONDACKS

SPECULATOR REGION

Speculator, Lake Pleasant, Piseco, Arietta, Morehouse, Wells



THE CENTER FOR PREVENTIVE MEDICINE


Paul Lemanski, MD, FACP • Laurie Burton-Grego, MS, RD, CDE • Amy Milstein, MS, RD, CDE

Optimally Reduce Cardiovascular Risk with Cutting Edge Complementary Medicine

- CARDIOFIT weight reduction program
- Mediterranean Cooking Classes
- Acupuncture with Angela Stritt, L. Ac, Dipl. Ac, North Country Acupuncture, LLC • 518-210-6081

More info: CenterforPreventiveMedicine.com and NorthCountryAcupuncture.com

The Center for Preventive Medicine • Prime Care Physicians, PLLC
400 Patroon Creek Blvd, Suite 100, Albany • 518-618-1100



PLACID
BOATWORKS

The Finest Paddling Boats on the Water
www.placidboats.com • 518-524-2949

PINERIDGE

CROSS-COUNTRY SKI AREA

*"the largest
in the Capital Region"*

- 50km trails including 35km groomed
- Night skiing by reservation
- Season rentals for children
- Snowshoe rental, trails & organized hikes
- Complete ski rentals & sales

Life looks good from here
Rensselaer County www.renso.com



1509 Plank Road, East Poestenkill, NY
(518) 283-3652 • www.pineridgexc.com

All of Your Favorite Brands! Plus, Great Prices & Expert Service

GET READY TO SKI!

Helmets • Gloves • Boot Heaters • Parkas • Pants
Skis • Boots • Bindings & More for Men, Women and Children

- * Specializing in All Boot Fitting & Custom Footbeds *
- * Alpine Touring & Backcountry Department *
- * Full Service Ski Tuning and Mounting *

Rt. 7, Latham
2 Miles West of
Northway Exit 6
785-0501
www.HighAdventureSBP.com

HIGH
ADVENTURE
SKI & BIKE

STORE HOURS:
Mon.-Fri. 10-7
Sat. 10-5
Sun. 12-5

- 18 Glens Falls Freestyle. 7.5K/5K. 9am. Crandall Park, Glens Falls. Bob Underwood: 656-3127. skireg.com.
- 19 **Historic Snowshoe Hike.** 10:30am. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 19 **Beginner Backcountry Skiing.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 19 "I Have a Dream" XC Ski Race. 10am. 10K Freestyle. VIC, Paul Smiths. 716-525-0566. adirondackvic.org.
- 25 **Lapland Ladies Love to Ski: Classic Lessons.** 9:30am. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 25 Challenging XC Ski: Advanced Skiers. 9:30am. Cat/Thomas Mts Preserve, Bolton Landing. 644-9673. lglc.org.
- 25 CRNA XC Ski Race #1. 5K/10K. 10am. Hilltop, Richmond, MA. 861-8020. capitalregionnordicalliance.org.
- 26 **Saranac Lake Nordic 5K Freestyle.** 10am. Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 26 Higley Hustle XC Ski Race. 2.5K/5K. 10am. Colton. 315-262-2362. higleyflow.org.
- 26 Get Out & Backcountry Ski Festival. 10am. Nordic Center, Bolton Valley, VT. catamountrail.org.

FEBRUARY

- 1 **33rd Craftsbury Ski Marathon.** 25K/50K Classic Race. 9am. Highland Lodge, Greensboro to Craftsbury Outdoor Center, Craftsbury Commons, VT. 802-586-7767. craftsbury.com.
- 1 **Adk Vauhti Duathlon.** 10K classic/10K skate. 10:30am. Garnet Hill Lodge, North River. 853-1396. skireg.com.
- 2 **Paintball Biathlon.** 3K/5K ski/snowshoe or run/walk. 10:30am. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 7 **ESG Freestyle Sprint Races.** 1pm. Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 8 **Lapland Ladies Love to Ski: Classic Lessons.** 9:30am. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 8-9 Canadian Ski Marathon. 100M. Lachute to Montebello to Gatineau, QC. 877-770-6556. csm-mcs.com.
- 14 **Romancing the Snow.** Ski/snowshoe & candlelit dinner. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 14 **Moonlight Snowshoe/Ski.** 6-9pm. Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 15 **Ski Patrol Benefit BBQ.** Support volunteers. Prizes. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 **Full Moon XC Ski Party.** Cascade XC Center, Lake Placid. 523-9605. cascadeski.com.
- 15 Great Sacandaga Mini Marathon Ski Race. 30K/15K. 12pm. Saratoga Biathlon, Day. 696-5495. saratogabiathlon.com.
- 15 CRNA XC Ski Race #2. 5K/10K. 10am. Hilltop, Richmond, MA. 861-8020. capitalregionnordicalliance.org.
- 16 **Shen Classic XC Race.** 5K/10K. 11am. Saratoga Biathlon, Day. Eric Hamilton: 371-7548. skireg.com.
- 18-21 **Children Learn to Ski Week.** Lessons: Tue/Wed. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 22 **Cookie Clash 10K & 5K Bill Koch XC Ski Races.** Dewey, Saranac Lake. 643-0821. deweymountain.com.
- 22 **Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Races.** 5pm. Ski Bowl, North Creek. goremountain.com.
- 22 Winona Forest Tourathon: 12.5K/25K/37.5K/50K classical. 8am. CCC Camp, Mannsville. 315-243-5235. winonaforest.com.

MARCH

- 1 **Lapland Ladies Love to Ski: Skate Lessons.** 9:30am. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 1-2 **NYSSRA Championship Weekend.** XC Ski, Biathlon & Ski-Orienteering racing. Sat: 10am Individual Biathlon Sprint Biathlon Championship. Sat: 1pm Club Championship Relay. Sun: 9am Championship Individual XC Race. Sun: 12pm Championship Ski-O. Sun: 12pm "Try-It for Charity" 5K Family Ski Event. Olympic Sports Complex, Lake Placid. David Paarlberg-Kvam: 585-944-1610. nyssranordic.org.
- 1-2 12th Adirondack Backcountry Ski Festival. Clinics/tours. Keene Valley. 576-2281. mountaineer.com.
- 2 **NYSSRA Ski to End Alzheimer's "Try-It for Charity" 5K Family Ski Event.** 12pm. Olympic Sports Complex, Lake Placid. David Paarlberg-Kvam: 585-944-1610. skireg.com.
- 8 **32nd Lake Placid Loppet XC Ski Race.** 50K classic: 9am. 25K classic: 9:15am. 50K freestyle: 10am. 25K freestyle: 10:15am. Olympic Sports Complex, Lake Placid. 523-2811. whiteface.com.
- 8 **3rd Wood-n-Ski Rendezvous.** 5K Race & vintage. Cascade, Lake Placid. 523-9605. cascadeski.com.

- 9 Catamount Trail Classic. 7am. Bolton Valley Resort to Trapp Family Lodge, Stowe, VT. catamountrail.org.
- 15 **Moonlit & Illuminated Skiing, Tubing, Skating, Dinner.** Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 **Full Moon XC Ski Party.** Cascade, Lake Placid. 523-9605. cascadeski.com.
- 15 CRNA XC Ski Race #3. 5K/10K. 10am. Hilltop, Richmond, MA. 861-8020. capitalregionnordicalliance.org.
- 22-23 NYSEF Nordic Kids Festival. Sat: Skate race/sprints. Sun: paintball biathlon. Lake Placid. 523-1900. nysef.org.

HEALTH & FITNESS

ONGOING

- Mo-Sa Rock Your Fitness Classes: TRX, kettlebell, weights.** 224-4/4. M/W/F 5:15 or 6:45am. Tu/Th 5:15 or 9:30am. Sat 6:15 or 7:30am. Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch: 522-9765. beckyrocks@nycap.rr.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

FEBRUARY

- 14-16 **Couples Fitness & Yoga Retreat.** Classes, lecture, live comedy, gourmet meals, spa treatments. Sagamore Resort, Bolton Landing. yogawellnessretreats.com.

MARCH

- 8-9 **9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, SNOWSHOEING & CLIMBING

ONGOING

- Tue Snowshoe Frolics: 2/4-25. 1pm. Naturalist-led treks. Adirondack VIC, Newcomb. 582-2000. esf.edu/aic.

JANUARY

- 17 **Moonlight Snowshoe/XC Ski.** 6-9pm. Tour: 7pm. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
- 18 **Dewey Family Fun Snowshoe Stomp.** 5:30-7pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- 18 **Tabletop Mtn Hike.** 9.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 18-20 18th Adirondack International Mountaineering Festival. Keene Valley. 576-2281. mountaineer.com.
- 19 **Women's Snowshoe Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 25 **Street & Nye Snowshoe Hike.** 9M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 26 **Map & Compass Fundamentals.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 31-2/3 **ADK Winter Mountaineering School.** Day hiking, backpacking. Adk Mtn Club: 523-3441. winterschool.org.

FEBRUARY

- 1 **ADK Family Snowshoe Day.** 10am & 1pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- 1 **Esther Mtn Hike.** 6.6M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 1 **Winter Survival Basics & Snow Shelter Construction.** Adult/teen. 10am. Ndakinna, Greenfield Center. 583-9958. ndakinnacenter.org.
- 2 **Backwoods Tracking/Winter Survival Snowshoe.** 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 8 **Beginner Backcountry Skiing.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 8-9 **Wilderness First Aid Course/WFR Recert.** 8am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 9 **Tabletop Mtn Hike.** 9.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 15 **Snowshoe by Light of the Moon.** 7pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 Snowshoe/XC Ski to Dome Island on Lake George. 10am & 2pm. 644-9673. lglc.org.

EXPLORE THE ADKS

Cross Country Ski or
Snowshoe 50km of
expertly groomed terrain



OLYMPIC SPORTS
COMPLEX

JOIN US ON FACEBOOK @
MT VAN HOEVENBERG

VISIT WHITEFACELAKEPLACID.COM
TO SEE ALL OF OUR 2013-2014
WINTER PROGRAMS

Rick's Bike Shop



Mountain, Road, Hybrid, Kids, BMX
**TREK • SPECIALIZED
EASTERN • STOLEN**
Expert Repair Work on All Brands
Corner of Quaker Rd and Ridge Rd
Queensbury
www.ricksbikeshop.com
(518) 793-8986



Facebook.com/AdirondackSports

Receive our latest posts on Facebook
Share your feedback, comments,
events and pictures
Help your friends discover ASF
by recommending us

ADIRONDACK THANKS FOR
SPORTS & FITNESS YOUR SUPPORT!

Godfrey Financial Associates, Inc.

www.godfreyfinancial.com

Objective, Professional, Independent



Kathleen Godfrey, President

Serving New York's Capital District since 1995

- ✓ Unbiased, independent financial advice
- ✓ Investment management
- ✓ Retirement planning



Godfrey Financial
ASSOCIATES

(518) 220-9381



TRY SNOWSHOEING

15th annual

Saratoga Winterfest 5K

Sunday, February 2 at 11am
Saratoga Spa State Park
Saratoga Springs

Register Online/Entry Form: www.saratogastryders.org
Fee: \$20 w/shirt or \$25 race day w/shirt if available
Pre-registered only: Age 65-over & 12-under Free (shirt \$10)
Pre-register only: \$30 for both races (one shirt) • Runners & walkers welcome!
Loaners (\$5): Dion Snowshoes (call/email to reserve) • Part of Dion Snowshoe Series
More info: Laura & Jeff Clark • laura@saratogastryders.org or 518-581-7550



11th annual

Camp Saratoga 8K

Saturday, February 8 at 10:30am
Wilton Wildlife Preserve & Park, Wilton
U.S. Snowshoe Championship qualifier

WELCOME ALL



Members train on Crystal Lake Tri course
Tuesday Training Series: June 3 - Aug 25
Details: www.cdtriclub.org

The Adirondack Runners



4-Mile Run

Saturday, February 1 • 10am

NEW LOCATION: Lake George Forum

Entry: \$20(\$15 TAR) / \$25 race day
Gender-specific tech shirt prior to Jan 4,
Unisex tech shirts after Jan 4 (first 200)

adirondackrunners.org



SUNDAY • JUNE 8 • 2014
LAKE PLACID • NEW YORK
10th ANNUAL
**MARATHON
HALF MARATHON**



ENTER NOW!

2014 Registration via
www.lakeplacidmarathon.com
or
www.marathonguide.com

info@lakeplacidmarathon.com



Winter Lecture Series

FEB 6
Judy Torel, *Training for
Long Distance Tri Events*


MAR 6
Dr. Craig Nelson,
*Active Release Technique
(ART)*

Ciccotti Center, 30 Aviation Rd, Colonie
6:30-8:30pm – CDTC members free
Non-members: \$5/session or four for \$15
Preregister req: Frank Bender-winterseries@cdtriclub.org

March 29 - 9:30 am
Central Park, Schenectady
Schenectady Firefighters' 5th Annual

**New: Cash Prizes
& Chowder Fest**

**5-Person
Team Entries!**



RUN 4 YOUR LIFE

5K Run/Walk • Kids' Fun Run (free)

To benefit American Heart Association
\$18 by 1/14, \$20 by 3/8, \$25 by 3/25, \$28 race day
T-shirt for first 500 registrants

Register Online or Entry Form: ZippyReg.com
schenectadyfirefightersrun4yourlife.com
sfdedem232@yahoo.com
Brian Demarest 365-3883

- 15-17 Intro to Winter Camping.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- 17-19 Winter Wilderness Adventure/Storytelling Camp.** Age 6-8. 10am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 17-20 Winter Wilderness Adventure Camp.** Age 9-12. 10am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 19 Family Hike.** 1.5M. 9:30am. Amy's Park, Bolton Landing. Sarah Hoffman: 644-9673. lgcl.org.
- 22 Street/Nye Hike.** 9M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 23 Intro to Backcountry Snowshoeing.** Heart Lake, Lake Placid. Adk Mtn Club: 523-3441. adk.org.
- MARCH**
- 1 Phelps Mtn Hike.** 8.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 2 Street & Nye Hike.** 9M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 8 Esther Mtn Hike.** 6.6M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 15 Tabletop Mtn Hike.** 9.8M. Trailhead. Adk Mtn Club: 523-3441. adk.org.
- 15 Snowshoe by Light of the Moon.** 7pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
- 15 Owl Prowl Hike.** 1.5M. 7:30am. Last Great Shoreline Preserve, Putnam. 644-9673. lgcl.org.
- APRIL**
- 14-16 Spring Tracking/Adventure Camp.** Age 6-8. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 14-17 Spring Tracking/Adventure Camp.** Ages 6-8/9-12. 9am. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Tue CDTC Crystal Lake Training Series: 6/3-8/25.** Crystal Lake, Averill Park. cdtriclub.org.
- JANUARY**
- 26 Craftsbury Winter Triathlon #2.** Snowshoe/ski/ice skate. 11am. Craftsbury Common, VT. craftsbury.com.
- FEBRUARY**
- 6 CDTC Winter Lecture Series: Training for Long Distance Tri Events w/Judy Torel.** 6:30pm. Ciccotti Center, Colonie. cdtriclub.org.
- 8 Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.
- MARCH**
- 2 Ulster YMCA Indoor Triathlon.** 15min swim, 20min bike, 20min run. YMCA, Kingston. 845-338-3810. ymcaulster.org.
- 6 CDTC Winter Lecture Series: Active Release Techniques w/Craig Nelson.** 6:30pm. Ciccotti Center, Colonie. cdtriclub.org.
- 8 Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.
- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- JUNE**
- 21-22 HITS North Country Triathlon.** Sat: Full/Half. Sun: Olympic/Sprint/Open. Hague. hitstriathlonseries.com.

NORDIC: BIATHLON & ORIENTEERING

ONGOING

- Ongoing "Be a Biathlete" Clinics: 1/18-19, 26; 2/2, 15-16, 22-23; 3/2, 8-9, 15-16.** 1pm. Olympic Sports Complex, Lake Placid. whiteface.com.
- JANUARY**
- 18-19 Saratoga Sprint Biathlon.** 11am. Saratoga Biathlon Club, Hadley. nyssranordic.org.

- FEBRUARY**
- 1 Osceola Sprint Biathlon.** Osceola Tug Hill, Camden. nyssranordic.org.
- 23 Saratoga Individual Biathlon.** 11am. Saratoga Biathlon Club, Hadley. nyssranordic.org.
- MARCH**
- 1 NYS Biathlon & Ski-O Championships.** Olympic Sports Complex, Lake Placid. nyssranordic.org.
- 8 Snowgain Ski-Orienteering Meet.** Berne. empou.orienteering.org.
- 14-16 US Ski-Orienteering Championships.** Trapp Family Lodge, Stowe, VT. neskio.com.

OTHER EVENTS

JANUARY

- 15 Team In Training Info Meeting.** 12pm. Leukemia & Lymphoma Society, Albany. 423-3583. teamintraining.org/uny.
- 16 Team In Training Info Meeting.** 6pm. Fleet Feet Sports, Essex Jct., VT. Leukemia & Lymphoma Society: 802-233-0014. teamintraining.org/uny.
- 18 A Purple Tie Affair.** 7pm. Silent auction, food, dancing for Leukemia & Lymphoma Society. National Museum of Dance, Saratoga Springs. Danny Arnold: 495-2594. purpletieaffair.org.
- 18 Long Lake Winter Carnival.** 12pm. Frying pan toss, cardboard sled derby, snowball golf. Mt. Sabattis Geiger Arena, Long Lake. 624-3077. mylonglake.com.
- 24-27 Adirondack Ice Bowl.** Pond hockey tournament. 8am. Woods Inn, Inlet. 315-853-5426. adirondackicebowl.com.
- 25 Grafton Lakes Winterfest Polar Plunge.** 1pm. Grafton Lakes SP, Grafton. Margaret Phillips: 479-3739. nysparks.com.
- 29-2/1 Wilderness EMT Module.** 8am. Ndakinna, Greenfield Center. Clark Hayward: 378-5623. adkwildmed.com.
- 31-2/9 Winter Carnival.** Ice palace, snowshoe, skiing, skating, fun run. Saranac Lake. saranaclakewintercarnival.com.

- FEBRUARY**
- 1-23 Lake George Winter Carnival.** Sat/Sun. Lake George. lakegeorgewintercarnival.com.
- 1 Team In Training Info Meeting.** 10:30am. Warming Hut, Saratoga Spa SP, Saratoga Springs. Leukemia & Lymphoma Society: 423-3583. teamintraining.org/uny.
- 1-3 Winter Weekend.** YMCA Camp Chingachgook, Catskill Bay. 656-9462. lakegeorgecamp.org.
- 5 Team In Training Info Meeting.** 5:30pm. Greater Burlington YMCA, Burlington, VT. Leukemia & Lymphoma Society: 802-233-0014. teamintraining.org/uny.
- 6-9 34th Empire State Winter Games.** Lake Placid. 523-2445. empirestatewintergames.com.
- 8 Northville Winter Carnival.** 10am. Waterfront Park, Northville. 863-4602. adirondacknorthville.com.
- 15 2nd Winter Carnival.** Fireworks, music, dogsled races, MTB slalom. Oak, Speculator. oakmountainski.com.
- 15-16 Raquette Lake Winter Carnival.** Raquette Lake. 624-3077. mylonglake.com.
- 16 Winter Wonderland Family Day.** YMCA Camp Chingachgook, Catskill Bay. 656-9462. lakegeorgecamp.org.
- 16 Discover SCUBA.** Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 22 Frozen Fire & Lights.** Fern Park, 10am-5pm. Bonfire, treats, sledding, XC skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire. 7pm: Fireworks. Inlet. 315-357-5501. inletny.com.
- 22 Krazy Downhill Derby.** 9am. Cardboard sled race. Dynamite Hill, Chestertown. 494-2722. northwarren.com.
- 23 Winter Wonderland Family Day.** YMCA Camp Chingachgook, Catskill Bay. 656-9462. lakegeorgecamp.org.


MARCH

2 Discover SCUBA. Rich Morin's Pro Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

PADDLING: CANOE, KAYAK & SUP

MARCH

- 8-9 9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.



DAMIEN'S ROCK WALL

Mobile Rock Climbing Wall Rental
Bring exciting, safe climbing experiences to your events

(518) 428-6020 • RockSolidFun.com
Damien Cetnar • Scotia, NY

ADIRONDACK
SPORTS & FITNESS
magazine

INCLUDES SUNDAY TIMES UNION
Home Delivery or eEdition!*

1 yr (12 issues) \$17.95
 2 yrs (24 issues) \$32.95 – save 10%
 3 yrs (36 issues) \$44.95 – save 20%

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

I picked up my current issue at _____
Comments _____

Mail check to: Adirondack Sports & Fitness, 15 Coventry Drive, Clifton Park, NY 12065
Or, subscribe online: www.AdkSports.com (Visa, MC, Disc, Amex, eCheck)
*If outside Times Union home delivery area, get access to an exact replica of print Times Union online seven days a week.

SUBSCRIBE



2014 DION SNOWSHOE SERIES
World's Largest Snowshoe Series
US National Championships
 Bennington, VT • Feb 28-Mar 2
 Information: dionsnowshoes.com
 Made in Vermont
Celebrating 13 years!

Swim • Bike • Run
 New members welcome



BTC
 BethlehemTriClub.com

HMRRRC Winter Series
University at Albany

Jan. 12 - Sun
 10am Winter Series #3 - 3M, 10K, 25K

Jan. 26 - Sun
 10am Winter Series #4 - 3M, 15K, 30K

Feb. 2 - Sun
 10am Winter Series #5 - 4M, 10M, 20M

Day of Race Sign-Up Only • HMRRC Members: Free • Non-Members: \$6
 More info at www.hmrrc.com, 518-273-5552, or Ed Thomas: et392@math.albany.edu

APRIL

- 6 **41st Tenandeho Whitewater Derby.** 12pm. Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579.

RUNNING, SNOWSHOE RACING & WALKING

JANUARY

- 18 **Hoot Toot & Whistle 3.3M Snowshoe Race.** 10am. Readsboro, VT. WMAC Dion Racing Series. runwmac.com.
- 18 **Full Moon 5K Run/Walk.** 9:15pm. Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 18 **Cock-A-Doodle-Shoe 5K/10K Snowshoe Race.** New Land Trust, Saranac. cockadoodleshoe.com.
- 19 **Winona Stone Wall 5K.** 10:30am. CCC Camp, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.com.
- 25 **SideHiller 4M Snowshoe Race.** 11am. Center Sandwich, NH. WMAC Dion Racing Series. runwmac.com.
- 26 **Curly's Record Run 4M Snowshoe Race.** 11am. Pittsfield, MA. WMAC Dion Racing Series. runwmac.com.
- 26 **HMRRC Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. hmrrc.com.
- 26 **Fred Lebow Manhattan Half-Marathon.** 13.1M. 8am. Central Park, New York. nyrr.org.

FEBRUARY

- 1 **Polar Cap 4M Run.** 10am. Lake George Forum, Lake George. adirondackrunners.org.
- 1 **Oak Runner Snowshoe Race.** 10K/5K. 10am. 1M kids fun run. Oak, Speculator. 548-3606. oakmountainski.com.
- 1 **Northfield Mtn 5M Snowshoe Race.** 9am. Northfield, MA. WMAC Dion Racing Series. runwmac.com.
- 1 **Winter Carnival Fun Run.** 4M. 10am. Free. Ice Palace, Saranac Lake. 304-5041. saranacklakewintercarnival.com.
- 1 **30th Beer & Chili 10K Run & 5K Run/Walk.** 10am. Massonic Temple, Newport. 315-725-7240. kuyahoorakickers.com.
- 2 **14th Saratoga Winterfest 5K Snowshoe Race.** 11am. Saratoga Spa SP, Saratoga Springs. WMAC Dion Racing Series. Jeff Clark: 581-7550. saratogastryders.org.
- 2 **HMRRC Winter Series #5: 4M, 10M, 20M.** 10am. University at Albany, Albany. hmrrc.com.
- 2 **Pete Sanfilippo Winter 5M Run.** 10am. Baird SP, Pleasant Valley. Keith Melara: 845-891-5631. mhrrc.org.
- 8 **11th Camp Saratoga 5M Snowshoe Race.** 10:30am. Wilton Wildlife Preserve/Park, Wilton. WMAC Dion Racing Series. Jeff Clark: 581-7550. saratogastryders.org.
- 8 **Plaza Fitness Performance Series #2: Correcting Your Movement Deficiencies.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.
- 8 **Fight for Air Snowshoe Shuffle 5K.** 9am. Bolton Valley Nordic Center, Bolton, VT. 802-876-6860. lungne.org.
- 16 **Woodford Whiteout/Prospect 6M Snowshoe Race.** 11am. Woodford, VT. WMAC Dion Series. runwmac.com.
- 16 **3rd Charlotte Harbor Half-Marathon.** Charlotte Harbor, FL. runcharlotteharbor.com.
- 16 **41st HMRRC Winter Marathon & Marathon Relay.** 10am. Albany, Albany. Dana Peterson: 331-5490. hmrrc.com.
- 22 **Moby Dick 7M Snowshoe Race.** 9:30am. Lanesborough, MA. WMAC Dion Racing Series. runwmac.com.
- 22 **Saturday Night Rush Hour: Nordic/BC Ski & Snowshoe Race.** 5pm. Ski Bowl, North Creek. 251-2411. goremountain.com.
- 23 **10th Brave the Blizzard 5K Snowshoe Run/Hike w/Pancakes.** 10am. Guilderland ES, Guilderland. Jeff Andritz: 542-9939. albanyrunningexchange.org.
- 23 **Herby Waterman ORC 5K Race.** 10:30am. Middletown CC, Middletown. 845-551-2638. sullivanstriders.org.
- 23 **Lake Effect Half-Marathon & Moose Mile Fun Run.** 9:30am. Onondaga. lakeeffecthalfmarathon.com.
- 28-3/2 **2014 Dion Snowshoes US Nationals Snowshoe Championships.** 10K champs, 5K juniors, 5K citizen's race, 1K kids' race, uphill challenge & relay races. Prospect, Woodford, VT. ussnowshoechampionships.com.

MARCH

- 8 **Plaza Fitness Performance Series #3: Implementing Strength Training for Endurance Athletes.** 8am. Plaza Fitness, Albany. 482-2266. plazafitness.net.
- 8-9 **9th Adirondack Sports & Fitness Summer Expo.** Sat: 10-5. Sun: 10-4. Exhibitors, sales, demos, clinics, prizes. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

- 9 **Ed Erichson Memorial Races.** 5M: 9am. 10M: 9:15am. LaGrange Town Hall, LaGrange. mhrrc.org.
- 9 **11th Celebrate Life Half-Marathon.** 10am. Post Office, Rock Hill. 845-866-1345. celebratelifehalfmarathon.com.
- 15 **15th Runnin' of the Green (Island).** 4M. 10am. Kids Runs: 11:30am. American Legion, Green Island. hmrrc.com.
- 15 **1st Horseshoe 5K Run.** Fire House, Ghent. emilyeckstrom.org.
- 22 **3rd Sap Run 5K.** 10am. Town Hall, Knox. Dawn Jordan: 872-1390.
- 22 **34th Doc Lopez Run for Hope.** 5K run/1M walk, 10am: Elizabethtown Lewis School, Elizabethtown. 13.1M run, 9am: Keene Valley Lodge, Keene Valley. Susan Allott: 962-4898.
- 23 **35th Kaynor's Sap Run.** 10K. 12pm. Westford School, Westford. 802-324-0919. gmaa.net.
- 29 **5th Schenectady Firefighters' Run 4 Your Life 5K Run/Walk.** 9:30am. Central Park, Schenectady. Brian Demarest: 365-3883. zippyreg.com.
- 29 **4th Ice Breaker Challenge.** 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964.
- 29 **Wurtsboro Mountain 30K Road Run/Relay.** 9am. Emma Chase School, Wurtsboro. 845-866-1345. sullivanstriders.org.
- 30 **28th Shamrock Shuffle.** 5M: 11am. Kids Fun Run: 10am. Glens Falls High School, Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.

APRIL

- 5 **35th Salem April Fool's Race.** 10K race: 10:05am. 5K race/walk: 11am. 1M Kids Race: 10am. Salem HS, Salem. Dan Sheldon: 854-9262. aprilfoolsrace.com.
- 12 **2nd Bacon Hill Bonanza 5K/10K.** Bacon Hill Church, Schuylerville. Jen Thomas: 695-6116. baconhillbonanza.com.
- 27 **4th Lake George Half-Marathon & 5K.** Fort William Henry, Lake George. runlakegeorgehalf.com.
- 27 **Kiwanis Kingston Classic.** Half-Marathon & Marathon: 7am. 5K: 12pm. 10K: 1pm. 1M: 3pm. Dietz Stadium, Kingston. 845-247-7275. kiwaniskingstonclassic.com. hitsrunning.com.
- 27 **5th Plattsburgh Half-Marathon & Two-Person Relay.** 8am. City Recreation Center, Plattsburgh. plattsburghhalfmarathon.com.

JUNE

- 1 **5th Worcester Half-Marathon & 5K.** Worcester, MA. worcesterhalf.com.
- 8 **10th Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

OCTOBER

- 12 **Mohawk Hudson River Marathon & Half-Marathon.** Albany. mohawkhudsonmarathon.com.

SPEEDSKATING & NORDIC SKATING

FEBRUARY

- 1-2 **Irving Jaffee Single Distance.** Olympic Speedskating Oval, Lake Placid. usspeedskating.org.
- 14-15 **Lake Placid Ice Marathon.** Olympic Speedskating Oval, Lake Placid. usspeedskating.org.

SWIMMING

JANUARY

- 19-2/2 **Kevin's Swim School.** 1:10pm. College of St. Rose, Albany. Kevin Kearney: 250-9363. kevinswimschool.com.
- 25 **Grafton Lakes Winterfest Polar Plunge.** 1pm. Grafton Lakes SP, Grafton. Margaret Phillips: 479-3739. nysparks.com.

FEBRUARY

- 16-23 **Kevin's Swim School.** 1:10pm. College of St. Rose, Albany. Kevin Kearney: 250-9363. kevinswimschool.com.

Bold listing = Advertiser in current issue of *Adirondack Sports & Fitness*.
 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.

Back in Balance
THERAPEUTIC MASSAGE
Better Than EVER!

Don't forget! We moved across the street from the Tire Warehouse to **1427 Route 9.**

Enjoy \$10 OFF
 your first 60 minute, 90 minute or Hot Stone Massage Session.
 Valid through March 31, 2014

Proudly Serving the Capital District Since 1996

Call us Today to Schedule Your Session!
518-371-6332
 Open 7 Days a Week • 1427 Route 9 • Clifton Park
BIBTherapeuticMassage.com

9TH ANNUAL
ADIRONDACK SPORTS & FITNESS
SUMMER EXPO & SALE

Presented by **STEINER'S** SaratogaSpa.com

FREE ADMISSION **\$5,000 IN PRIZES**

MARCH 8 & 9
 Saturday 10-5 • Sunday 10-4

SARATOGA SPRINGS CITY CENTER
 522 Broadway (next to Saratoga Hilton)

Everything You Need For Summer Sports!
 Running • Cycling • Triathlon • Hiking
 Paddling • Healthy Living • Travel

125 Exhibitors • Prizes/Giveaways

Sales on Summer/Winter Gear, Clothing, Footwear

Heated Pool: Paddling

Expert Seminars & Clinics

Demos & Fun Family Activities

AdkSports.com
 To Become an Exhibitor:
(518) 877-8788 • Info@AdkSports.com

Announcing Website Services!
 If you've been disappointed with your website developer, give us a call. We make sure you're comfortable and involve you in every step of the process. You maintain control of your website during development and after. We take a limited number of projects for great customer communication and interaction. *Space is filling up fast. Call today and let us show you what we can do!*

Integrated Technology Resources
 26F Congress St 209, Saratoga Springs • (518) 796-6951
 10% off special for Adirondack Sports & Fitness magazine readers

SARATOGA PHOTOBOOTH COMPANY

Take Your Photos in 6 Different Poses

518.584.6473 | www.SaratogaPhotobooth.com
 51 Caroline Street, Saratoga Springs, New York

The Original Provider of Photobooth Rentals for the Capital Region & Adirondacks



It's Ski & Ride Season!

HUGE SELECTION of Ski/Ride Clothing
The North Face, Spyder, Obermeyer, Under Armour

Top Ski & Snowboard Brands
Nordica, Volkl, Rossignol, Full Tilt, Head, Lange, Line, Goode, GNU, Ride, Burton, ThirtyTwo

Season Rentals - \$99.99 Jr • \$149.99 Adult

Expert Factory Trained Staff
Custom Boot Fitting • XC Skis

382-2037

98 Freeman's Bridge Rd, Scotia
GoldstocksSportingGoods.com
Mon-Fri 9am-8pm, Sat 9am-5pm, Sun 12-4pm



patagonia

KEEN OR OUTDOOR RESEARCH

DARN TOUGH HORNY TOAD

MAMMUT GSI

FOUNTAIN SQUARE OUTFITTERS

Facebook.com/FountainSquareOutfitters @FSOutfitters
01 Ridge Street Downtown Glens Falls, NY (518) 932-8355



Kevin's Swim School

Get your child ready for summer!
Small group lessons in **Albany (St. Rose)** and **Schenectady (Sunnyview Wellness Center)**

For more info and to register:
kevinswimschool.com
info@kevinswimschool.com
(518) 250-9363



MOHAWK HUDSON RIVER MARATHON AND HALF MARATHON

SUNDAY, 10.12.2014
REGISTRATION OPENS MARCH 1

Visit www.mohawkhudsonmarathon.com for registration and race details, sponsorship opportunities, and volunteer information.

Directed by: **HMRRC**

Race Expo presented by: **ADIRONDACK SPORTS & FITNESS**

USA TRACK & FIELD

FLEET FEET Sports

adidas

Adirondack Splendor & Finnish Hospitality

LAPLAND LAKE Nordic Vacation Center

Ranked BEST XC Resort for Families & BEST in the Mid-Atlantic Region
— Best XC Ski Resort Poll



Ladies' Days, Snowshoe-Dinner Tours & Great Kids' Programs!
See Online Calendar of Events

SINCE 1978

139 LAPLAND LAKE ROAD
NORTHVILLE, NY 12134-3962
518-863-4974 (8am - 8pm)
vacation@laplandlake.com

www.laplandlake.com

* Kids 17 & under receive **FREE** season passes with parent's pass purchase (see website for details)

Where Winter goes to Play

OLD FORGE... Adirondack Base Camp



McCaughey Mountain



500 Sq. Miles of Trails Professional Grooming



OldForgeNY.com

NY Rt. 28...Central Adirondack Trail

SNOWSHOEING

Peaked Mountain

By Bill Ingersoll

One of the Most Enjoyable Adirondack Climbs

Peaked Mountain is a steep scramble nearly all the way from the pond at its foot to the rock ledges at its top – a steepness that justifies the mountain's name, yes, but just remember that it is all in good fun. The classic view of the mountain as seen from the pond is reciprocated from the summit, where the focal point of the sweeping vista is the pond way below the cliffs. Pick a good day for this ascent – preferably one in which you are free to spend as much time on the summit as you like, and are under no obligation to cut short a highly rewarding experience.

The trail leading to Peaked Mountain and its namesake pond is also a joy, with recurring glimpses of the summit as you pass the various open wetlands along the way. The route's biggest difficulty is that it crosses Peaked Mountain Brook four times between Thirteenth Lake and the pond; these are often impassable during a winter thaw or in early spring.

This is a 3.5-mile hike (one way) with a 570-foot vertical rise to Peaked Mountain Pond, followed by a 675-foot climb to the summit. Reaching the mountain may require three or more hours.

GETTING THERE

Thirteenth Lake Road starts on NY Route 28 in North River, and traces a winding course through Christian Hill, and alongside

Thirteenth Brook. At 3.3 miles you reach a junction with Beach Road, the gravel spur that leads in 0.6-mile to the large trailhead parking area at the end of the road, just a few hundred feet from Thirteenth Lake.

THE TRAIL

The red-marked trail to Peaked Mountain Pond begins at the Beach Road trailhead. Follow the graded path through a camping area, bearing right at the register. It narrows into a rugged foot trail and begins a 0.9-mile trek along the northwestern shoreline of Thirteenth Lake. Winter hikers routinely bypass this section by striking out across the frozen surface of Thirteenth Lake, where the views are better and the walking is much easier.

At 0.9-mile, the trail drops to a small canoe landing next to a large rock, and a marker indicating campsite #9. If you are snowshoeing across the lake, this spot marks the most convenient place to reenter the woods and access the trail.

Now angling northwest, you reach a junction beside Peaked Mountain Brook where the trail to Hour Pond turns left at 1.0 mile. The trail to Peaked Mountain Pond stays to the right beside the stream, beginning the climb away from Thirteenth Lake. You will find several cascades here as the stream tumbles quickly out of the higher country. The grade

eases, and at 1.6 miles you reach the first of the four crossings. This one is a simple rock-hop affair in the summer, but it can be impassable in the winter if "ice bridges" have not yet formed or have started to thaw.

The trail circles wide around the south side of a large open wetland, located where two fault valleys intersect like a giant "X" etched into the landscape. This is the first in a chain of vleys on Peaked Mountain Brook, and the trail will weave around each one. The second creek crossing comes at 2.0 miles, after which you pass around the north side of the next vly, where there is a view of Hour Pond Mountain. There is a third creek crossing at 2.3 miles, followed moments later by the third vly. This beaver meadow can be a real treat, because it is here that you have your first good glimpse of Peaked Mountain looming on the horizon. Massive boulders stand upright in the woods, and the trail zigzags between some of them. These twists are not all well-marked, so it is easy to lose the trail.

One final ascent leads up to the outlet of the pond at 2.8 miles, where a rock ledge borders a small bay. Peaked Mountain is clearly in view, and this could very well be the pond's most photogenic scene.

The trail continues to the right, but winter hikers have the option to take the easier and

more scenic route across the pond. Follow the east shore toward the foot of the mountain, which rises imposingly above you. Hike into the pond's northeastern corner and cut into the woods, looking for the red-marked trail just as it starts to climb the mountain. The lower woods are filled with white birch, but spruce becomes more prevalent with elevation. The trail does much zigzagging as it works its way up the mountain's western slopes, with a few eroded sections, and one ledge that requires a long step. There are a few early openings on the upper slopes, but none of these compare to what you will find on the summit.

About 45 minutes from the pond, you emerge on the summit ledges from behind. Despite its rocky appearance from the pond, you may be surprised to find that the summit is not completely bald. Nevertheless there are few blind spots, and in fact the view is quite inclusive. You can see the mountains beyond Indian Lake, and the High Peaks beyond Ruby, Davis, and Casey mountains to the north. You can also look past Slide Mountain toward Gore Mountain, with the old Barton Mine in plain sight on its midslopes. The chain of vleys along Peaked Mountain Brook leads your eye toward the one small wedge of Thirteenth Lake that can be seen between the small mountains on its west shore. But of course the centerpiece of this vista is Peaked Mountain Pond, which appears like a watery triangle at the foot of Hour Pond Mountain. Bullhead and Puffer are the two large mountains rising behind them.

This is a rewarding winter climb, but not one that is made frequently. Prospective snowshoers should plan a day during a run of cold weather to ensure that Peaked Mountain Brook will be solidly frozen, and be prepared to break trail up the steep slopes. 🌲

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

◀◀ VIEW OF PEAKED MOUNTAIN FROM THE THIRD VLY.
▶ LEXIE AND PEAKED MOUNTAIN POND FROM THE SUMMIT.
PHOTOS BY BILL INGERSOLL

SARATOGA'S SKI SHOP!



IT'S WORTH THE TRIP...

399 Clinton Street, Saratoga Springs
alpineshop.com • 518 584 6290

New York's Coolest Little Ski Area!

EASTON, NY

Willard Mountain

SKI • RIDE • SLIDE

- Outstanding Ski School
- 100% Snowmaking
- Night Skiing & Riding
- Full Service Retail Shop
- Cafeteria & Lounge
- Tubing Park

Terrific Lesson Programs for Groups or Individuals of All Ages!

Our 1 Hour Guarantee assures satisfaction!

518-692-7337

WWW.WILLARDMOUNTAIN.COM



Kayak, Canoe & SUP Clearance Sale!

Seek Adventure - Make Tracks

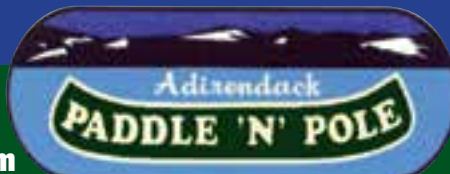
Cross-Country Skis for Trails & Backcountry Including Metal Edge Skis & 3-Pin Bindings!

Great Selection of Canoes, Kayaks, SUPs & Accessories!



Dagger • Wenonah • Swift • Wilderness Systems
Current Designs • Perception • Mad River

2123 Central Ave (Rte 5), Colonie
4.25 miles west of Northway Exit 2W
(518) 346-3180 • OneWithWater.com



THE INSIDE EDGE

SKI • BOARD • BIKE

ALPINE, CROSS COUNTRY, TELEMAR, AND SNOWBOARD

EXPERT TUNE-UPS, REPAIRS, CLOTHING, HELMETS, TUNING SUPPLIES, ACCESSORIES, & MORE!

643 UPPER GLEN ST (ROUTE 9) • QUEENSBURY NY • 518 793 5676

NON-MEDICATED LIFE

Maintaining Independence & Health with Advancing Age

By Paul E. Lemanski, MD, MS, FACP



Editor's Note: This is the 58th 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.

in ways that medications alone cannot provide.

By the age of 60 the average person in the United States is taking five medications on a regular basis. To a large extent these medications are treating chronic medical conditions such

as hypertension, high cholesterol, elevated blood sugar, gastro-esophageal reflux disease (GERD) and obesity. In turn these conditions are many times caused by poor dietary composition, excess salt, excess sugar, excess saturated fat, excess calories, a lack of daily exercise and excessive body weight – all that may be addressed successfully for the majority without medication or at least with fewer medications and smaller doses of medication.

Medications have a cost that is both financial and experiential. While generic drugs have decreased medication's financial burden, generics do not work for all patients, and the cost of even one branded medication may be prohibitive. Moreover, paying for multiple drugs with multiple copayments can place a burden on older individuals especially those on fixed income. Multiple drugs as well as the higher doses required when diet and exercise are not optimal also increase the risk of drug interactions and side effects. Such drug interactions and side effects can degrade the quality of life especially with age.

For example, diuretic drugs are used to treat hypertension and work by increasing the amount of salt the kidneys excrete. Unrestricted intake of salt, however, in a salt sensitive individual may negate the

benefit of diuretics for blood pressure control. Moreover, high dose diuretics may also cause potassium depletion, which may cause muscle weakness and heart arrhythmias, and require the use of potassium supplementation and repeat blood tests.

In another example, statin drugs are used to lower cholesterol in the blood. In an individual with high cholesterol, unrestricted intake of saturated fat, however, may raise the LDL or "bad" cholesterol and negate the benefits of statins – or may require higher doses of statins than otherwise needed. Such higher doses may cause muscle pain or muscle weakness not seen at lower doses, and may lead the individual and the physician who cares for that individual, to conclude erroneously that the drug cannot be used at all. The result may be a risk for heart attack and stroke not addressed by either diet or medication. It is important to emphasize that when heart attack and stroke are avoided not only is mortality reduced, but also morbidity. A stroke for example may be survived, but leave an older individual less functional, and more likely to lose their independence through placement in a nursing home.

In other circumstances the independence and ability of seniors to navigate the tasks of daily living – bathing oneself, feeding oneself, and getting out of a chair or bed to walk – may be compromised by a progressive withdrawal from and avoidance of meaningful aerobic and strength training. Exercise is not just for the young. Exercise is even more important for individuals as we age because it combats frailty – the progressive loss of muscle mass and balance, which exchanges dependence for the independence we all desire. Without exercise, after age 30 an individual will lose 1% of their muscle mass every two years.

In the elderly, it is not unusual to have lost enough muscle mass that the ability to get out of a chair or walk is compromised. Balance and safe ambulation, as well as the ability to recover after stumbling, and thus avoid falling and fractures is absolutely dependent on muscle mass. But maintaining muscle mass requires daily exercise using body weight as the resistance. Even the elderly who have not exercised previously can increase muscle mass with resistance training supervised by physician and physical therapist.

A study at Tufts University done over 20 years ago established that weight training of 80-year-old people could significantly increase muscle mass and functionality. Individuals who through frailty were in wheelchairs or used walkers or canes were more likely to "graduate" to a less dependent device or become device free with weight training. To graduate safely from a wheelchair to a cane is a huge increase in independence for any individual. It is important not just to live longer, but to live better.

Diet and lifestyle also may slow cognitive decline and reduce dementia. Observational studies of physical exercise in older individuals support its use in reducing dementia. From a mechanical sense, exercise contributes to improved vascular flow and function, lowers blood pressure and body weight, and reductions in vascular disease-associated dementia. But less convincing is the evidence for exercise-induced reductions in the incidence of Alzheimer's disease. From a nutritional perspective, diets which reduce vascular disease, such as a predominately plant-based diet and a Mediterranean diet, have also some evidence to suggest potential benefit in slowing cognitive decline.

In summary, pursuing the Non-Medicated Life as we age may significantly improve our independence and overall health. Minimizing medications we do not need and allowing the use of reasonable amounts and doses of medications we do benefit from can reduce the financial burden of medication, reduce side effects, and preserve quality of life. Working with physicians and physical therapists to help increase both aerobic exercise and muscle mass can improve balance and combat frailty as well as cognitive decline. As such a pursuit of the Non-Medicated Life may avoid the proverbial bottle of pills and help keep us independent and healthy as we age. 📌

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.

Dewey Mountain Recreation Center Town of Harrietstown ~ Saranac Lake NY

Located just outside the Village of Saranac Lake, Dewey offers skiers groomed trails for both skate and classic skiing, ungroomed trails to the summit for skiers and snowshoers, and four nights of lighted skiing.



Graymont Tuesday Night Races ~ NYSSRA Cookie Clash 10K
Saranac Lake Winter Carnival Ski & Snowshoe Races and more!

For more information on Dewey visit www.deweymountain.com or 518-891-2697



Dewey Mountain is managed by
Adirondack Lakes & Trails Outfitters
www.adirondackoutfitters.com



Follow us on
Facebook & Twitter!

REAL TECHNOLOGY TESTED BY REAL ATHLETES.
THE BEST RX SPORTS LENS IN THE WORLD!

madeinitaly

eye peek
eyepeekoptical.com • 518.523.1530
2237 Saranac Avenue Lake Placid, NY 12946

unique eyewear
unlimited possibilities
unparalleled service

eye exams
contact lenses
sun wear

LAKE PLACID LOPPET

MARCH 8

NEW DATE!

One of the most challenging citizen races of its kind in the Country, the 50k Loppet or 25k Kort-Loppet is run on a slightly modified course built for the 1980 Winter Olympics. Open to all--racers and recreational skiers alike.

REGISTER TODAY! www.whitefacelakeplacid.com

ATHLETE PROFILE

Annelies Cook

By Mim Franz

In her 15th year of training in the sport of biathlon, Annelies Cook has realized a childhood dream. This past December she qualified for her first Winter Olympic Games and will be representing the United States of America in Sochi, Russia this February. Annelies earned an early nomination by having the top US result in the December 2013 World Cups of those not qualified.

"I am very relieved to be named to the Olympic Team; it is something I have dreamed of since I was a kid," Annelies said. "I grew up in Saranac Lake, a small town in the Adirondack Mountains. I have spent most of my life skiing and running around in the woods with my family, and I was lucky enough to grow up in a region that supports and values many Olympic dreams. Most of my teammates on the US Biathlon team are people that I have known my entire life and have spent countless hours trying to keep up with as a child," she added.

Members of the US Biathlon team that have already been named earlier in the season include her longtime friends and training partners, Lowell Bailey of Lake Placid and Tim Burke of Paul Smiths, who have been "like big brothers to me" throughout her career. Lowell, Tim and Annelies all began their racing careers with the Wilmington-based New York Ski Educational Foundation training program. They have been skiing together since a very young age, starting at Dewey Mountain and Mt. Van Hoevenberg. In December, Dewey named its newest trail "Cookie Monster" for Annelies.

Annelies cross-country skied in high school and that's when she was introduced to biathlon – and got hooked! Even before her days as a NYSEF athlete, Annelies grew up enjoying all kinds of sporting adventures with her active parents and three siblings, "My parents were the type who would go everywhere with a car packed ridiculously full of bikes, hiking boots and poles, and kayaks. I still look forward to the day when we go to a family reunion without making such a scene with all the crap we drag with us. Even this last reunion, we fought over which types of bikes to bring," Annelies described.



Even now, she spends days off from her training, running 20 miles and 6,000 feet up mountains with her sister, or mountain biking with her Jack Russell terrier, Luca, riding on her back.

Needless to say, Annelies is an elite and driven athlete but her humble demeanor, sense of humor and happy-go-lucky attitude have kept it fun for her through all of these years of training. Her mother, Marijke Ormel-Cook, a nurse practitioner at Adirondack Medical Center, remarked, "Annelies always can see the good point in everything and this has really helped her stick with biathlon for all of these years, even at low times when I suggested why don't you stop – is this still fun for you – she always has had a very optimistic outlook on things."

She continued, "We always thought here at home if we did something outdoors it would have to be fun. When all four of our children raced, if they came across the finish line disappointed and might sometimes cry, we would remind them what they say in the Bill Koch Youth Ski League – 'We compete to be our best, not to be better than the rest.' If it wasn't fun they shouldn't do it. Skiing and athletics are optional and should always be fun." Her dad, Dr. George Cook, is a pediatrician at North Country Family Physicians.

Although Annelies spends much of the year on the World Cup circuit and training on the road, she still considers home in Saranac Lake to be her favorite place in the world,



• CROSS-TRAINING WITH LUCA ON HER BACK.



• MATT, ANNELIES, JESSICA AND MARLIJNE.

and she enjoys reading, cooking, sewing and painting. Her Facebook page includes race results and beautiful landscapes in the Dolomites, Finland, Utah and more. Recently Annelies titled a post from Sweden, "Arts and Crafts in Östersund," where she celebrated borrowing a sewing machine from a local athlete to make quilts, neck warmers and booties for a little nesting, and a taste of home.

Her downtime activities are in harsh contrast to the elite training regime that she has endured since being named to the US Biathlon team in 2009. A typical three to six hour training day consists of two intense sessions that include a ski or run for cardiovascular fitness, and land or weight training for strength. Biathlon athletes like Annelies are some of the finest conditioned athletes in the world.

Biathletes ski distances varying from six to 20 kilometers, and stop at the rifle shooting range to shoot two or four times, with both the ski distance and number of shooting bouts depending on the type of competition (individual, relay and sprint). The skiing is in the "skate-style" that requires incredible exertion, stamina, strength and cardiovascular endurance. In contrast, the shooting requires stillness, focus, concentration and accuracy. Biathlon has its origins as an alternative exercise for the Norwegian military in the 1800s. It's a lesser known sport in America, but in Norway the champion biathletes are celebrated national heroes. In the

HOMETOWN: Saranac Lake
AGE: 29
FAMILY: Father, George Cook; Mother, Marijke Ormel-Cook; Sisters, Jessica and Marlijne, and Brother, Matt
SPORT: Biathlon

Winter Olympics, men's biathlon debuted in 1960 and women's biathlon debuted in 1992.

Annelies has spent countless hours and years of her life training, but doesn't feel that it has been any kind of a sacrifice. To her skiing is a way of life. "Pretty much every decision in my life is based on skiing and how I could continue to do it," she describes. She received some recognition skiing well in regional races at a young age and at the age of 14 she did well at the Junior Olympics – which earned her a spot at a biathlon recruitment and development camp.

After high school, Annelies spent four years as a Maine Winter Sports Center athlete and raced full-time on the junior circuit from age 17 to 21. She was a little disappointed not to make the 2006 Olympic Team, and at that point she enrolled at the University of Utah and immersed herself in college, earning her degree in International Studies. She said, "I loved living out west and said it was one of the best decisions of my life because I got to cross-country ski race, finish my education, make really great friends, and explore part of the country that was really different from where I grew up."

After graduating, she moved back to the Lake Placid region and joined the US Biathlon Nation Team. In 2010 she failed to qualify for the US Olympic team at the Olympic trials and describes this as a low point in her career. This crossroad is where many people would have given up, but Annelies continued to dig deep with training and continuing to improve with her sights on 2014. She continued, "I feel very lucky to have so many people in my life while I train to compete at higher levels in biathlon. It has been a fantastic experience with many ups and downs, and after getting to race my first World Cups in 2011, I am really fired up to keep pushing it!"

Today she feels confident and comments, "If I had qualified for the Olympics before now, it would have been a pleasant surprise, now it is part of the trajectory. As exciting as it is, I have earned it, and it feels like 'Of course, I am going to the Olympics.'"

When asked if she sees the Olympics as the pinnacle of her career, she explains that it will likely not be the end for her, "I am still improving, so as long as I continue to improve, I want to continue to train and race." 🌱

Mim Frantz (juniper@roadrunner.com) of Lake Placid is a freelance journalist, event coordinator and yoga instructor. When she's not writing, planning or in a warrior pose, she can be found enjoying outdoor adventures with her husband and three young sons.



HIGH PEAKS CYCLERY

NORDIC

SPECIALISTS

Rentals • Lessons • Tours

Performance Rental Center

Demo Skis Available

Experience the Very Best!

Great Selection of Winter Gear,
Handpicked Clothing & Accessories!

Fischer, Salomon, Atomic, Alpina, Swix, Toko,
Madshus, Black Diamond, Patagonia,
Arc-Teryx, Pearl, Craft, Dyafit, Scarpa, Petzl

Professional Services

Stone Grinding • Ski Tune Race Room
Digital Flex Testing & Hot Boxing
Custom Boot Fitting

2733 Main Street • Lake Placid, NY 12946
518-523-3764 • highpeakscyclery.com

HIGH PEAKS



BASE CAMP LODGING

NEW DOWNTOWN LODGING! 3 Grouped lodges, room for 30

- Lodging • Yoga Studio • Meeting Rooms • Off Street Parking
- Bike Storage • Decks, Pavillion • Shuttle Service
- Wax Room • 1/2 Block to Mirror Lake



Reserve Now!



HIGH PEAKS CYCLERY

(518) 523-3764 2739
Main Street, Lake Placid, NY
highpeakscyclery.com



2537 Main St, Lake Placid • (518) 523-5310 • TheFallenArch.com

**Your Complete Running Store
in the Adirondacks**



NEWTON injinji TYR [Foot] PEARL IZUMI



Sabine Weber, MS, RDN, CDN
Integrative Nutrition Consultant

Specializing in:

- Sports Performance
- Functional Nutrition
- Disordered Eating
- Professional Quality Supplements



For Appointments **518-523-0157**
adknutrition@frontier.com

adirondacknutritionconsulting.com • 183 Newman Road, Lake Placid
Now Two Locations! 59 Court Street, Plattsburgh 518-561-9900

SKIING *continued from 1*



A SUN-SPLASHED DAY AT LAPLAND LAKE IN NORTHVILLE. LAPLAND LAKE NORDIC VACATION CENTER

true double black diamond skiing – if you’ve got the judgment and skills to match. Once you’re done skiing the Face, Lake Placid is just 13 miles away with Olympic venues and history, lodging, restaurants, shops, and plenty of activities: bobsled, skeleton, tubing, tobogganing, skating, climbing and more.

Across Whiteface’s four terrain parks the crew maintains 30 rails and boxes, a dozen jumps ranging from ten to 55 feet, and a skier/boarder cross course. New this season is Whiteface’s US AirBAG to improve freestyle/freeride skills. This 50x50-foot pillow of air softens landings to practice maneuvers before taking them into the park. The Whiteface Park Series continues with Ladies Slopestyle on Feb. 2, Big Air on Feb. 23, Air Bag Big Air on March 16, and Grommet Jam on March 23. Visit: whiteface.com.

Olympic Sports Complex at Mt. Van Hoevenberg near Lake Placid offers world-class groomed cross-country ski trails on 50K of rolling terrain. Step into a pair of skis or snowshoes, and explore the woods at your

own pace. Lessons are available at the ski shop. The Lake Placid Loppet on March 8 is one of the most challenging citizen races in the world. The 50K Loppet or 25K Kort Loppet is run on a modified course built for the 1980 Winter Olympics. With separate classic and freestyle starts, it’s open to all – racers and recreational touring skiers alike – register today!

If you’re curious about biathlon, the Olympic sport that combines cross-country skiing and target shooting, come down to the range and give it a shot on Jan. 18-19, 26; Feb. 2, 15-23; and March 2, 8-9, 15-16. You’ll get a primer on gun safety and then line up against the same targets the world’s

best Olympic biathletes face. Visit: whiteface.com.

Willard Mountain in Easton is just 30 minutes from most of the Capital-Saratoga Region. “New York’s Coolest Little Ski Area” is still about the people and kids are treated like family. It’s a place to learn to ski/ride in a relaxed environment, cruise down trails on varied terrain – on a weeknight or weekend – at a price that’s affordable. Non-holiday Thursday nights are two-for-\$30 from 4-9pm, and Tuesdays are \$20 adult nights. Visit: willardmountain.com.

Pineridge Cross-Country Ski Area in East Poestenkill is just a short drive east of the Capital Region. It is nestled in the foothills of the Taconic and Berkshire mountains, providing 35K of groomed woodland trails, and 15K of ungroomed trails for snowshoeing and skiing. Pineridge offers lessons, ski shop, a historic snowshoe hike on Jan. 18, and moonlight snowshoe/ski events on Jan. 17 and Feb. 14. If you take three group lessons or one private lesson, you receive a season pass for the remainder of the season. Visit: pineridgecc.com.

Maple Ski Ridge in Rotterdam is minutes from anywhere in the Capital Region. It’s a perfect place to have fun with terrain for beginners and intermediates of all ages and attitudes. The Ridge has ski/ride lessons by Schenectady Ski School with weekend and after-school programs. Tuesday-Friday 3-9pm lift tickets are \$24 and Saturday-Sunday 2/4/7 hour passes are \$31/\$35/\$38. Visit: mapleskiridge.com.

Cascade Cross-Country Ski Center near Lake Placid maintains 20K of groomed trails for skiers and separate snowshoe trails. The lodge has a ski shop, restaurant, bar, and dorm-style lodging. Cascade’s trail system connects with the Olympic and Jackrabbit trails, with an interconnect ticket. They have Full Moon Parties on Jan. 18, Feb. 15 and March 15, and Wood N’ Ski Rendezvous on March 8 with a 5K ski race and vintage clothing. Visit: cascadeski.com.

Oak Mountain in Speculator – the Adirondack’s best kept secret – has terrain for everyone in the family at an affordable rate. Oak is open Friday-Sunday and holidays, offering full-day, four-hour and ski/ride/tubing combo tickets. The terrain park has a number of features, with rail jams scheduled Jan. 18, Feb. 8 and March 8. Snowshoeing on Oak’s trails is free; just sign-in before 2pm. Visit: oakmountainski.com.

Dewey Mountain Recreation Center just outside Saranac Lake offers cross-country skiers groomed trails, ungroomed trails to the summit for skiers and snowshoers, and four nights of lighted skiing. Events include the Tuesday night ski races, NYSSRA Cookie Clash 10K/5K ski races on Feb. 22, Saranac Lake Winter Carnival ski races on Feb. 9, and snowshoe races on Feb. 5. Local Olympians who learned to ski at Dewey include Bill Demong, Tim Burke and Annelies Cook (see Athlete Profile on page 11). Dewey is managed by Adirondack Lakes & Trails Outfitters. Visit: deweymountain.com.

McCauley Mountain is just outside Old Forge

with terrain of a “big mountain” to easily find a challenge. They provide skiing/riding for all without long lift lines and high prices, and they have cross-country ski trails accessible from the base lodge. On Crazy Fridays (non-holiday) lift tickets are \$12. McCauley gets a lot of lake-effect snow so go play in their snow. Visit: mccaulleyny.com.

Osceola Tug Hill Cross-Country Ski Center in Camden, 40 miles northwest of Utica, is well-known for their snow, long ski season and happy skiers. Talk about timing: An Ontario Winter Lake-Effect Systems study started on Dec. 5, and so far the Tug Hill has received over ten feet of snow! Among the initial findings: Tug Hill lake-effect snow is drier, more powdery than snow in Utah, and probably has the most intense (inches per hour) snows in the world. Osceola has 40K of groomed trails, complete ski shop, and a trailside camp for rent. Visit: uxcski.com.

Think Snow! ❄️

Getting to Gore is a Steal!

Buy your ski ticket with a Snow Train pass at amazing savings and leave driving to us! Free shuttle from train station to Gore Skip the traffic, parking, lines and walking

\$58 Gore Mountain lift ticket with SNCR Snow Train package



Purchase: **SNCSnowTrain.com**

Maple Ski Ridge

Learn to Ski and Have Fun at The Ridge!

Perfect Terrain for Beginners to Intermediates of All Ages and Attitudes

Lessons by Schenectady Ski School Weekend and After-School Programs

2725 Mariaville Rd, Rotterdam • (518) 381-4700 • MapleSkiRidge.com

Full Moon 5K Run/Walk!
Sat, Jan 18, 9:15pm
“A fun adventure!”
RunReg.com

Just Minutes from Anywhere in the Capital Region!

OAK MOUNTAIN
WWW.OAKMOUNTAINSKI.COM

January 17-20

SALE

10%-25%

Winter Hardgoods & Footwear

the Mountain Goat
Outdoor Clothing & Gear
Manchester, Vermont

4886 Main Street
802.362.5159

mountaingoat.com
Open Daily @ 10am

STEINER'S
SteinersSkiBike.com

Bike – Ski – Kayak Specialists

PROFESSIONAL SKI BOOT FITTING AND BALANCING

Steiner’s is certified “America’s Best” by Masterfit University Training Centers for boot fitting and custom footbeds

Skier biomechanic assessment
Under binding lifts & cants
Custom orthotics

Boot sole modifications & lifts
Stance balancing (canting) & footbeds

FISCHER VACUUM FIT
The first ski boot that really has a 100% fit!

Now Available in Valatie!

All Skis on Sale!
Rossi, Fischer, K2 & Blizzard

VALATIE
3455 Route 9
(2 miles south of I-90 Exit 12)
(518) 784-3663

GLENMONT
329 Glenmont Rd (Rte 9W)
(3 miles south of Thruway Exit 23)
(518) 427-2406

SteinersSkiBike.com

COUPLES FITNESS & YOGA RETREAT

Friday-Sunday, February 14-16

The Sagamore Resort
on Lake George, Bolton Landing

Valentine’s Day Weekend at The Sagamore Resort
Couple’s yoga and fitness classes • Lecture and live comedy
Healthy, gourmet meals • Schedule a spa treatment
Meet new or longtime friends • One fun, romantic weekend!

Register by January 31 and save \$50 off your package
Info and Register: yogawellnessretreats.com
Questions: Filomena Zarrelli, Niskayuna: info@yogawellnessretreats.com

RUNNING & WALKING



◀ FLEET FEET SPORTS' NO BOUNDARIES 5K RUNNERS AND WALKERS AT THE GREAT PUMPKIN CHALLENGE ON OCT. 19, 2013 IN SARATOGA SPRINGS. COURTESY OF FLEET FEET SPORTS

By Laura Clark

Let Your Fingers Do the Running

Does it seem as if everyone is running a half marathon? Do you have your choice of several 5Ks on any given weekend? Are elementary school kids routinely beating you to the finish line? Is the competition for women's bathroom stalls becoming serious? According to runningusa.org which keeps track of these things, in 2012 there were 26,370 running events held in the US with females registering 8.6 million finishers, males lagging behind at 6.8 million, and an overall 54% of total participants booked between 25 and 44 years of age.

What is going on here? Are we worried about our health coverage? Is the simplicity of going for a run anytime, anyplace more compatible with our frenetic lifestyles? Do we want to indulge in the occasional guilt-free donut? Definitely "all of the above," but I would place my bets on our addiction to mobile devices and social media.

One of the more frustrating aspects of the "second running boom" is the fact that it is almost as tough to score an entry as it is to do the actual training. Granted, most of our standby local events still accommodate those who roll out of bed and decide, "Today is a good day to race." But even fringe distances are prone to surprises. Two years ago, Christine Reynolds, Finger Lakes 50s Ultra race director, moved to online registration and hinted that spots might fill up. She promptly went from hosting a race that welcomed day-of participants to one that maxed out way before post time. Instantly sold-out events feature multiple teams of hopeful competi-

tors and friends, fingers poised above their computers, waiting for GO. We have become victims of our own media obsession, signing up for races to bookmark a place just in case.

While inexpensive local running clubs have long provided friends, training partners and venues, we are moving from having clubs with websites to having Facebooks with free, nontraditional alliances. NYC Bridge Runners (twitter.com/BRIDGERUNNERS) meet Wednesday evenings to tackle scenic bridges and enjoy the view. New England Spahntens (nespahntens.com), a group of obstacle race enthusiasts, compete in major mud races throughout the Northeast. Their website features weekly workouts and a Facebook link to join members at upcoming races. Most organized is the November Project (november-project.com) with branches in seven major cities. Tribe members meet three mornings a week for a boot camp style workout and lots of hugs and encouragement. While all ages are welcome, these groups tend to attract Gen Y 20s and 30s folks who are drawn to emerging underground trends. Most seem to be city-based, but that is not to say that an enterprising upstate New York resident couldn't dream up a variant. All you need is a device!

Another media-dependent phenomenon is the increasing attention paid to "FKT" or Fastest Known Times. Basically you pick route and then see if you can beat the fastest known male or female time, either supported or unsupported. For example, if you wanted to challenge the Grand Canyon Rim-to-Rim FKT, post your intentions, take photos, blog

along the way, and consider using a SPOT tracker. Not in the top 2% of this nation's runners? No problem. If you have a Facebook account you could set up your community's own FKT. How about an FKT from the Saratoga Springs Library to Ballston Spa Fairgrounds? Chances are you could own that record for at least a few days. Or, how about an FKT push-

ing a double-wide baby stroller occupied by two fussy toddlers? With a certain amount of whimsy you could be your own hero plus acquire an admiring squad of Facebook friends.

While Running USA ranks half-marathons and 5Ks as the most popular events, they also note the growing trend toward theme races like Ugly Sweater Runs, Mud Runs, Zombie Runs and Warrior Dashes. Topping the list are Color Runs, now the largest 5K event series. With no timing and an emphasis on joyful participation, the "Happiest 5K on the Planet" is perfect for newbies, families, or those who want a break from PR pressure. Simply enough, you begin the race wearing a white tee, and at designated spots along the course you get color sprayed – an updated version of a do-it-yourself hippie tie dye.

Just eyeballing it, I have noticed an upsurge in elementary school kids competing in 5Ks. More families are participating, perhaps due to the current obesity worries, or maybe in response to the "Last Child in the Woods" philosophy. Whatever the case, the quirky events seem to have attracted a segment of the population previously untouched by the loneliness of the long-distance runner. This is something families can do together regardless of their mixed fitness profile. And while the adults may technically have more endurance, it is the kids who end up dancing mud circles around them.

And finally, we all use our fingers when it comes to researching the next pair of shoes, especially now that there are sneakers to fit

every body type, every venue and every season. At \$110 on up, footwear is getting to be a major investment warranting research worthy of a major purchase. For several years now we have been swayed by the promise of barefoot running, then minimalist shoes, then transition shoes with a lower heel-to-toe ratio. And guess what? We are still getting injured!

Enter the Hoka brand at the opposite end of the pendulum. Currently Hokas are a better fit for my achy body parts with their incredible cushioning yet lightweight feel. On the final loop of a 50K, I donned this model, and it felt as if my feet were taking a vacation. There is, however, a definite lack of trail feel, and I am not yet ready to wear them for a faster 5K. I suspect that follow-up versions have somewhat rectified this issue. And if these models bear a surprising resemblance to the trainers we all wore ten years ago, blame the pendulum once again. The bottom line is as running writer George Sheehan stated, "We are each an experiment of one."

If you are into winter running and snowshoeing, *Runner's World* gear guy, Jeff Dengage, while admitting to resorting to the occasional plastic grocery bag for waterproofing, does have several shoe recommendations for us. The first is Under Armour's FTNR Shield TRC Storm with a high collar and football-style cleats. Another is Altra's Lone Peak 1.5 with a Velcro patch on the heel that keeps your snowshoe gaiters firmly in place.

If you have been reading between the lines, you may have deduced one of the reasons for the upsurge in women's participation. Being the chattier sex, we are more inclined to run with friends and then Facebook everyone to share our latest accomplishments. What could be more natural than to round out the experience online? And while some of us enjoy competition, many more are in it for the warm fuzzies and revel in the casual, we-are-all-in-this-together atmosphere of the prevalent themed events.

But whatever your preference, with the advent of online discoveries there are so many more options open to us all! 🌲

Laura Clark (snowshoega33@gmail.com) of Saratoga Springs is an avid trail runner and ultramarathoner, snowshoer and cross-country skier. She is a children's librarian at the Saratoga Springs Public Library.



Tomhannock BICYCLES
Sales & Service


- Giant
- Felt • Blue
- Phat Cycles
- Co-Motion

ROAD • MOUNTAIN • TRIATHLON • TANDEM • BMX • KIDS

Men's & Women's Bike & Triathlon Clothing and Gear
Louis Garneau • Gizmo • Yakima Racks/Accessories
Expert Tune-Ups and Best Service Prices in the Area!

3149 Route 7, Pittstown (10 minutes east of Troy)
(518) 663-0083 • TomhannockBicycles.com
Mon/Tue/Wed/Fri 10-6, Thu 10-7, Sat 10-5, Sun closed





Rock
YOUR FITNESS
The time is now • bekyrock@nycap.rr.com

Becky Weyrauch, certified personal trainer

beckyrocks@nycap.rr.com • 522-9765
Register: **RockYourFitnessNY.com**

In-home private training • Small group classes
First class/consultations free (Cannot be combined with other offers)

Total Body Workout and Motivation for ALL Fitness Levels

TRX – Kettlebell – Weights
Battle Ropes – Medicine Balls

SMALL GROUP TRAINING CLASSES

Six Weeks: Feb 24 to Apr 4

M/W/F - 5:15 or 6:45am
Tu/Th - 5:15 or 9:30am
Sat - 6:15 or 7:30am

Saratoga-Wilton Soccer Club
(formerly Charboneau)
2381 Route 9, Malta

TRX | INSIDE

Go the Distance.

Fleet Feet Distance Project offers expert coaching to take you farther and faster than ever before. Programs from 5K to Marathon.

FFDP
FLEET FEET Sports

FLEET FEET
Sports

FOOTWEAR • APPAREL • ACCESSORIES
The Capital Region's only locally owned specialty run shop

155 Wolf Rd, Albany | 518.459.3338 | FleetFeetAlbany.com
The Shops of Malta, Rte 9 | 518.400.1213

Berkshire
OUTFITTERS
OUTDOOR SPECIALISTS

Celebrating 40 Years!

NORDIC SKIING & RACING CENTER

Featuring:
Rossignol
Fischer
Atomic
Salomon

Backcountry and Alpine Touring Gear



Super Selection Super Service

(413) 743-5900 • BerkshireOutfitters.com
Route 8, Grove St • Adams, MA
Only One Hour from Albany/Troy

RACE RESULTS

ADIRONDACK 540 RAAM QUALIFIER BICYCLE RACE

September 13-14, 2013 • Alpine Country Inn & Suites, Wilmington

RACE ACROSS AMERICA QUALIFIER - 544M

1	Raymond Greenlaw	52	Hope, RI	41:27:00
2	David George	54	Fredericksburg, VA	46:35:00

SILVER SOJOURN - 272M

1	John Jenkins III	40	Absecon, NJ	19:34:00
2	Peter Phillips	62	Wynnewood, PA	33:12:00

BRONZE BLAST - 136M

1	John Noble	50	Guilford, CT	7:15:00
2	Pat McFalls	54	Pennellville	9:26:00
3	Larry Kolb	62	Red Creek	9:52:00

Courtesy of Adirondack Ultra Cycling

12TH ANNUAL CARING TOGETHER TEAL RIBBON 5K RUN

September 15, 2013 • Washington Park, Albany

MALE OVERALL

1	Justin Van Epps	17	Clifton Park	15:35
2	Anthony Giuliano	34	Colonie	16:11
3	Matthew Flint	23	Queensbury	16:51

FEMALE OVERALL

1	Trista Griffith	31	Washington, DC	20:12
2	Joanne Burns	39	Queensbury	21:23
3	Lauren Smith	29	Colonie	22:28

MALE AGE GROUP: 1 - 14

1	Kellen Chowenhill	12	Voorheesville	21:17
2	Benjamin Shah	13	Slingerlands	22:52
3	Ryan Mulholland	14	Rensselaerville	24:52

FEMALE AGE GROUP: 1 - 14

1	Emily Roloson	14	Castleton	23:05
2	Breanna Palmatier	13	Middleburgh	25:12
3	Renée Russo	14	Schenectady	27:44

MALE AGE GROUP: 15 - 19

1	Travis Fairlee	17	Delanson	17:59
2	Scott Martin	15	Slingerlands	18:48
3	Kyle Anderson	16	Berne	18:59

FEMALE AGE GROUP: 15 - 19

1	Lindsay Mannion	16	Castleton	23:05
2	Sabrina Sepowski	15	Castleton	23:06
3	Kerry Golden	15	Delmar	23:06

MALE AGE GROUP: 20 - 24

1	Ben Heller	24	Albany	18:55
2	Dillon Wade	24	Schenectady	21:44
3	Jordan Marrone	21	Westerlo	23:21

FEMALE AGE GROUP: 20 - 24

1	Bryanna Kiselauskas	23	West Sand Lake	26:42
2	Tori Cashman	22	East Greenbush	27:38
3	Brittany Marrone	23	Westerlo	28:01

MALE AGE GROUP: 25 - 29

1	Nick Lanzillo	26	Troy	19:33
2	Kyle Mahar	25	Amsterdam	23:07
3	Matthew Smith	27	Scotia	23:31

FEMALE AGE GROUP: 25 - 29

1	Jenne Pearson	28	Schenectady	23:52
2	Peggy Mazza	28	Guilderland	25:28
3	Laura Puls	27	Pueblo, CO	25:55

MALE AGE GROUP: 30 - 34

1	Stephen Siebrecht	34	Delmar	17:35
2	Mike Reeves	34	Schenectady	19:52
3	Michael Hodgkins	32	Niskayuna	20:55

FEMALE AGE GROUP: 30 - 34

1	Nicole McCutcheon	33	Altamont	22:40
2	Nicole DiGiovanni	31	Voorheesville	25:30
3	Taryn Vanaskie	32	Albany	25:40

MALE AGE GROUP: 35 - 39

1	David Tromp	38	Glenmont	18:06
2	Sean Madden	39	Albany	18:28
3	Brenan Tarrier	35	Albany	20:34

FEMALE AGE GROUP: 35 - 39

1	Melanie Nedeau	39	Burnt Hills	23:53
2	Sarah Rickard	35	Albany	24:36
3	Rachel Shapiro	35	Schenectady	25:34

MALE AGE GROUP: 40 - 44

1	Brett Fajen	42	Nassau	19:29
2	Jeff Loukmas	42	Clifton Park	19:31
3	Ed Doodian	43	Delmar	24:14

FEMALE AGE GROUP: 40 - 44

1	Kelly Archambeault	41	Duanesburg	26:12
2	Kristen Cameron	44	Scotia	27:45
3	Michele Becker	44	Sharon Springs	28:25

MALE AGE GROUP: 45 - 49

1	Brian DeBraccio	47	Scotia	18:46
2	Edward Hampston	45	Voorheesville	19:42
3	Chris Hogan	48	Delmar	20:19

FEMALE AGE GROUP: 45 - 49

1	Cheryl DeBraccio	48	Scotia	24:23
2	Sue Shah	47	Slingerlands	26:51
3	Elvira Brankov	48	Albany	26:57

MALE AGE GROUP: 50 - 54

1	Jack Connor	54	Hudson	20:14
2	AJ Carrier	51	Rexford	21:32
3	Jim Giglio	51	Albany	23:24

FEMALE AGE GROUP: 50 - 54

1	Barbara Bishop	51	Schenectady	25:03
2	Mary Signorelli	51	Castleton	25:48
3	Suzanne Travis	53	Clifton Park	28:32

MALE AGE GROUP: 55 - 59

1	James Murphy	59	Burnt Hills	26:25
2	Bill Herkenham	55	Charlton	26:28
3	Charles Adams	58	East Berne	27:06

FEMALE AGE GROUP: 55 - 59

1	Karen Gerstenberger	56	Albany	24:31
2	Elizabeth Herkenham	56	Charlton	26:28
3	Jeane Colaneri	56	Troy	27:29

MALE AGE GROUP: 60 - 64

1	Paul Turner	64	Delmar	24:14
2	Larry Bopp	64	Schenectady	29:03
3	Tim Doherty	60	East Berne	29:04

FEMALE AGE GROUP: 60 - 64

1	Dianna Bopp	64	Schenectady	29:02
2	Frances Brown	63	Albany	32:19
3	Marilyn Pusatere	61	Delmar	34:52

MALE AGE GROUP: 65 - 69

1	James Larkin	65	Clifton Park	21:59
2	Kenneth Tracy	69	Greenwich	29:34
3	Jim Whelan	69	Slingerlands	31:22

MALE AGE GROUP: 70 - 74

1	James Aurelia	70	Albany	34:40
2	Henry Peyrebrune	75	Delmar	35:56
3	Richard Eckhardt	79	Albany	37:43

Courtesy of Caring Together

KIRKLAND CYCLOCROSS - RACE #1 IN NYCROSS.COM SERIES

September 15, 2013 • Kirkland Town Park, Clinton

CATEGORY 4 MEN

1	Richard Serton	Central NY Cyclist	32
2	John-Paul Koenig	Road Warriors	17
3	Paul Wojciak	Pawling Cycle & Sport	46
4	Michael Wentland	Team SCARR	36
5	Keisuke Inoue	Ommegang/Syracuse Bicycle	38
6	Mark Daley	Unattached	
7	Steve Gates	Unattached	
8	Yohsuke Takakura	RR Cycling	33
9	Joseph Bell	Unattached	26
10	Adam Liegaer	Unattached	

CATEGORY 4 WOMEN

1	Dana Cooreman	Mission in Motion/TVC	27
2	Heidi Baks	Pawling Cycle & Sport	42
3	Kim Celecki	Mission in Motion/Tioga Velo	
4	Jackie Hendrickson	Mission in Motion/TVC	42
5	Cynthia Schneideker	Velo Bella	52

JUNIOR BOYS

1	Harrison White	Capital Bicycle Racing Club	10
2	Stevy Falso	Unattached	11

JUNIOR GIRLS

1	Julia Sante	Farm Team Cycling	14
---	-------------	-------------------	----

MASTERS 35+

1	Christopher Delisle	NYcross.com/CBRC	41
2	David Yacobelli	Ommegang/Syracuse Bicycle	41
3	AJ Finkelstein	Team Ommegang/Syracuse Bicycle	43
4	Bryan Blake	MaxPowerCycling.com	43
5	Jason Dellilo	Unattached	38
6	Richard Rutishauser	Sonne's Racing	44
7	David Ferrett	Team CF	40
8	John Ormsby	Sonne's/Rudy/Crankskins	38

MASTERS 45+

1	Brad Young	Tinney's Tavern Cycling	53
2	Ad Stabel	Central NY Cyclist	51
3	Danny Goodwin	NYcross.com/CBRC	46
4	Gregory Drumm	Ommegang/Syracuse Bicycle	46
5	Thomas Butler	Clinton Cycling Club	51
6	Charles Quackenbush	Capital Bicycle Racing Club	50
7	Thomas Emrich	Traiblazers/Kona	51
8	Gene Primomo	Capital Bicycle Racing Club	54
9	David Faso	MaxPowerCycling.com	46
10	Joe Magliocca	Great Pumpkin Racing	50

MASTERS 55+

1	Karl Faruzel	Ommegang/Syracuse Bicycle	55
2	Dave Beals	NYcross.com/CBRC	60
3	Paul Speranza	Ommegang/Syracuse Bicycle	56
4	Tim Leonard	NYcross.com/CBRC	59
5	Mark Shenstone	Chris Cookies/Swan Cycles	56

6	Arthur Goedeke	Capital Bicycle Racing Club	59
7	Steven Speno	Mohawk Valley Cycling Club	57
8	Jack Rueckheim	Finger Lakes Cycling Club	56
9	David Burnside	Team Pedalers/GVCC	62
10	Philip Thompson	Dick Sonne's Racing/MVBC	67

CATEGORY 3/4

1	Nicholas Quesnel	Northampton Cycling Club	21
2	David Devine	Grove St Velo	22
3	Nathan Schiele	RPI Cycling	27
4	Jason White	Favata's TRT & Bikes	27
5	Christopher Jones	RUUD Racing/TVC	29
6	Cody Madigan	Tinney's Tavern Cycling	29
7	Bret Young	Tinney's Tavern Cycling	41
8	Brian Nilsson	Mello Velo Bicycles/Middle Ages	53
9	Daniel FitzGibbons	Unattached	25
10	Richard Serton	Central NY Cycling	32

CATEGORY 1/2/3/4 WOMEN

1	Emma White	NYcross.com	14
2	Vicki Thomas	DisasterRecovery.com	39
3	Vanessa McCaffery	Tioga Velo Club	30
4	Shana Lydon	Full Moon Vista	35
5	Madeleine Bonneville	Team Elevate Cycles	30
6	Tamara Lewis	Mission in Motion/TVC	47
7	Lilynn Graves	Corning Racing/Swan Cycles	55
8	Julia Sante	Farm Team Cycling	14
9	Kate Stewart	VeloBella	49
10	Elizabeth Lukowski	NYcross.com/CBRC	34

SINGLE SPEED

1	Mukunda Feldman	Wheelhouse/NCC	32
2	Brad Young	Tinney's Tavern Cycling	53
3	Bret Young	Tinney's Tavern Cycling	41
4	Anthony Devanzo	Unattached	36
5	Jason Selwitz	Unattached	34
6	David Spore	Capital Bicycle Racing Club	40
7	Douglas Mayer	Mello Velo Racing	26

PRO 1/2/3 MEN

1	Jeremy Durrin	Wheelhouse/NCC	23
2	Alec Donahue	Wheelhouse/NCC	35
3	Wayne Bray	Genesee Valley Cycling Club	34
4	Sylvain Jean	KONA/Bio-Max	33
5	Daniel Chabanov	NYcross.com/CBRC	23
6	Christian Favata	Favata's TRT & Bikes	33
7	Brian Lawney	Cambridge Bicycle	28
8	Dan Staffo	Queen City Cyclists	40
9	Mark Stotz	Cyclonauts Racers	44
10	Mukunda Feldman	Wheelhouse/NCC	32

Courtesy of NYCROSS.com & Mohawk Valley Bicycle Club

42ND ANNUAL HMRC ANNIVERSARY DAY RACES

September 15, 2013 • University at Albany, Albany

5.9-MILE RUN

1	Chuck Terry	31	Albany	33:14
2	Nick Webster	24	Latham	34:00
3	Robert Irwin	40	Guilderland	34:02

FEMALE

42ND ANNUAL HMRRRC ANNIVERSARY DAY RACES continued

Table with columns for race category (e.g., Female Age Group: 60-69), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 20-29.

ARC IN THE PARK 5K RACE continued

Table with columns for race category (e.g., Male Age Group: 1-19), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 40-49.

BRENDA DEER MEMORIAL 5K RUN

September 21, 2013 • Guilderland YMCA, Guilderland

Table with columns for race category (e.g., Male Overall), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 40-49.

36TH ANNUAL GREAT COW HARBOR 10K RUN

September 21, 2013 • Laurel Avenue School, Northport

Table with columns for race category (e.g., Male Overall), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Masters Overall.

ADIRONDACK MARATHON DISTANCE FESTIVAL

September 21-22, 2013 • Schroon Lake & Chestertown

Table with columns for race category (e.g., Male Overall), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 35-39.

32ND WATERVIET ARSENAL CITY RUN 5K ROAD RACE

September 20, 2013 • City Hall, Watervliet

Table with columns for race category (e.g., Male Overall), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 40-44.

ARC IN THE PARK 5K RACE • September 21, 2013 • Rensselaer Tech Park, Rensselaer

Table with columns for race category (e.g., Male Overall), rank, name, and time. Includes sections for Male Overall, Female Overall, and Male Age Group: 40-44.

BUSINESS DIRECTORY

THE INN at COOPERSTOWN. 16 CHESTNUT ST, COOPERSTOWN. Cooperstown is a fantastic area for riding with beautiful scenery and peaceful rural roads.

SHULMAN HOWARD & MCPHERSON LLP ATTORNEYS AT LAW. 17 OLD ROUTE 66 AVERILL PARK NEW YORK 12018. 518-674-3766

Are you into it? Adirondack ADK Mountain Club. Hiking, Climbing, Paddling, Biking, Backpacking, Camping, Outdoor Adventure. The Adirondacks, The Catskills. Don't Delay, Join Today! 1-800-395-8080 www.adk.org

GREEN GROCER. YOUR ORGANIC GROCERY STORE. Specializing in Organic... Fresh produce • Nuts and dried fruits • Trail mixes PLUS, energy/recovery drinks and much more!

Dr. Brad Elliott CHIROPRACTOR. Cost Effective Care for the Entire Family. Thank you for 25-plus years! 677 Plank Rd, Clifton Park • (518) 383-4889

CLASSIFIEDS. CLASSIFIEDS – Run your ad in next month's issue for \$.50/word, minimum 30 words. Mail check with ad text for receipt by 25th of month.

RACE RESULTS

ADIRONDACK MARATHON DISTANCE FESTIVAL *continued*

8 3:37:14 Steve Hanagan 46 Ballston Lake	2 1:44:50 Pirjo Harjunen 53 Sipoo, ES
9 3:43:23 Kaoru Maekawa 47 Waterford	3 1:45:39 Felicia Dailleboust 52 Kahnawake, QC
FEMALE AGE GROUP: 50 - 54	4 1:49:27 Annette Burke 54 Goshen
1 3:45:21 Ruth Mora 54 Curridabat, SJ	5 1:51:19 Debbie Wyld 50 Ballston Spa
2 4:30:27 Christine Feeny 54 Schenectady	MALE AGE GROUP: 50 - 54
9 4:53:17 Debbie Tierney 53 Troy	1 1:31:48 Hugh Davis 53 Saratoga Springs
MALE AGE GROUP: 50 - 54	2 1:37:32 Michael Delisle 54 Kahnawake, QC
1 2:58:30 Stanley Larkin 54	3 1:37:46 Scott Moreau 51 Westford, VT
3 3:37:06 Ian Erne 53 New Paltz	4 1:41:03 Stuart Mesinger 54 South Glens Falls
10 4:13:02 Kurt Lozier 54 Albany	5 1:48:34 Mark Howe 52 East Greenbush
FEMALE AGE GROUP: 55 - 59	FEMALE AGE GROUP: 55 - 59
1 4:24:43 Melody Hoffmann 56 Coeymans Hollow	1 1:53:01 Sharon McMillan 57 Ottawa, ON
MALE AGE GROUP: 55 - 59	2 2:02:23 Sue Patla 55 Matawan, NJ
1 3:29:13 Fernando Bosseloo 56 Oceano, CA	3 2:05:17 Jackie Beattie 58 Bay Shore
6 4:28:35 Randy Siri 56 Little Falls	4 2:05:31 Ronni Travers 56 Glenville
10 5:04:19 Robert Wood 56 Whitesboro	5 2:06:29 Oval Wynter 55 New Rochelle
FEMALE AGE GROUP: 60 - 64	MALE AGE GROUP: 55 - 59
1 5:58:35 Donna Cramond 64 Monroe, CT	1 1:32:27 Dean Bryant 58 Stony Creek
MALE AGE GROUP: 60 - 64	2 1:38:26 Harry Broere 58 Northport
1 3:30:48 Ron Wightman 64 Wellsville	3 1:39:13 Christopher Kunkel 56 Pottersville
FEMALE AGE GROUP: 65 - 69	4 1:42:24 David Dulong 57 Rye, NH
1 4:22:02 Jean Smith 66 Vineland, NJ	5 1:45:15 James Scott 56 Vergennes, VT
MALE AGE GROUP: 65 - 69	FEMALE AGE GROUP: 60 - 64
1 3:59:46 Bob Kennedy 65 Durham, NH	1 2:01:33 Joan Fucillo 61 Schenectady
MALE AGE GROUP: 70 & OVER	2 2:01:43 Maureen McLeod 60 Delmar
1 4:37:07 Michael Lafontaine 71 Champlain Clifton Park	3 2:21:39 Suzanne Nealon 63 Troy
4 6:16:01 Ray Lee 71	4 2:26:03 Nancy Reisig 62 Keene, NH
	5 2:28:25 Marilyn Williams 60 Bridgeport, CT
	MALE AGE GROUP: 60 - 64
	1 1:45:48 Don Lavictoire 60 Orleans, ON
	2 2:01:24 Paul Manning 60 Schroon Lake
	3 2:05:40 Charles McGuire 63 Keene
	4 2:08:49 Anthony Guadagno 61 Preston Hollow
	5 2:09:55 John Feyrer 63 Schenectady
	FEMALE AGE GROUP: 65 - 69
	1 2:00:47 Ginny Pezzula 67 Colonie
	2 2:30:35 Margaret Mangano 66 Saratoga Springs
	3 2:42:59 Diane Wagner 65 Bolton Landing
	4 2:53:45 Pamela Art 67 Williamstown, MA
	MALE AGE GROUP: 65 - 69
	1 2:00:42 John Allman 65 Chestertown
	2 2:01:30 Douglas Fox 68 Albany
	3 2:11:22 Frank Short 67 Saint Albans, VT
	4 2:22:29 Anthony Inzillo 68 Selden
	5 3:19:31 James Manning 66 Pompton Lakes, NJ
	MALE AGE GROUP: 70 - 74
	1 2:16:40 Scott Stone 74 Upper Jay
	2 2:24:48 Joseph Richardson 73 Slingerlands
	3 2:24:50 Leonard Kershaw 72 Bolton Landing
	MALE AGE GROUP: 75 - 79
	1 3:50:54 James Lindblade 77 Warrensburg
	TWO-PERSON RELAY
	MALE TEAMS
	1 3:12:33 Derek Payne/Kristopher Renadette
	2 3:19:25 Russell Michalak/Gregory Smith
	3 3:41:57 Josef Jesse/Unknown
	FEMALE TEAMS
	1 3:05:04 Nikki O'Meara/Sonya Pasquini
	2 3:24:31 Kristen Betrus/Margie Harmer
	3 3:26:21 Shondel Boyden/Shannon Kenny
	MIXED TEAMS
	1 2:44:28 James O'Connor/Renee Tolan
	2 3:07:24 Kim Martineau/Ethan Rouen
	3 3:13:04 Elizabeth Allison/Paul Allison
	FOUR-PERSON RELAY
	MALE TEAM
	1 Hugo Houde/Yvan Houde/Leandre Houde-Labrecque/Huy Labrecque 4:29:47
	FEMALE TEAMS
	1 Jennifer Drohan/Pamela Drohan/CC Rottger/Amy Taylor 4:03:01
	2 Lisa Godfrey/Marie McMahon/Mary Roderitice/Kathleen Wiley 4:03:24
	3 Karen Armstrong/Patricia Friedlander/Lora Grant/Kim Rath 4:11:20
	MIXED TEAMS
	1 Jennifer Ferriss/Gary Paschal/Richard Staley/Kim Zimbal 3:27:51
	2 Bill Rosenfeld/Emily Rosenfeld/Paul Rosenfeld/Rachel Rosenfeld 3:41:54
	3 Nicolette Moran/Peter Moran/Andrea Staepel/Becky Tennyson 3:49:51
	10K RUN
	MALE OVERALL
	1 41:52 Michael West 37 Warrensburg
	2 42:08 Sam Mercado 50 Saratoga Springs
	3 42:26 Thierry Larose 16 Marieville, QC
	FEMALE OVERALL
	1 46:52 Christine Tokarz 37 Melrose
	2 48:26 Catherine Thompson 34 Burlington, VT
	3 49:50 Eve Larose 13 Marieville, QC
	FEMALE AGE GROUP: 14 - 19
	1 57:45 Sandy Pelchat 19 Ottawa, ON
	2 1:00:17 Andranne Lajoie 16 Mont-Royal, QC
	3 1:08:19 Elizabeth Lasnier 14 St-Jean-Sur-Richelie, QC
	FEMALE AGE GROUP: 20 - 29
	1 52:20 Maria Alonso 29 San Jose, PR
	2 55:32 Jen Cariello 23 New York
	3 55:43 Nicole Johnson 25 New York

continued

ADIRONDACK MARATHON DISTANCE FESTIVAL *continued*

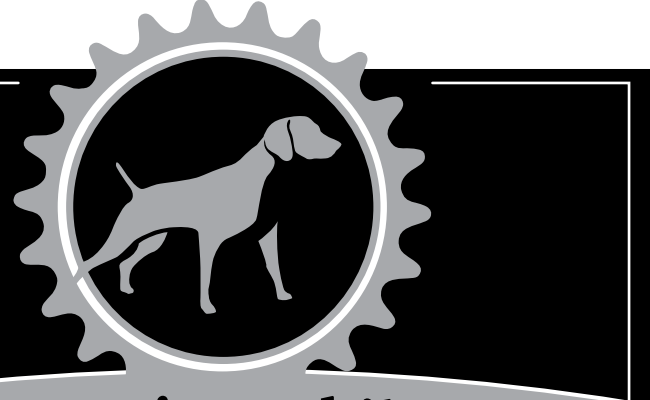
MALE AGE GROUP: 20 - 29	23 New York	1 19:47 Alec Pelton 16 Underhill, VT
1 47:20 Bryce Bell	24 New York	2 20:53 Daniel Johnson 15 Hamilton
2 48:48 Greg Barshied		3 25:45 John Corbett 16 Sandy Hook, CT
FEMALE AGE GROUP: 30 - 39		FEMALE AGE GROUP: 20 - 29
1 51:57 Amanda West 33 Warrensburg		1 29:25 Jessica Breeman 25 Randolph, NJ
2 54:48 Allison Gillette 32 Lake George		2 30:05 Madeline Keegan 21 Scotia
3 55:17 Jennifer Pulver 37 Kinderhook		3 30:26 Amanda Eckhardt 29 Providence, RI
MALE AGE GROUP: 30 - 39		MALE AGE GROUP: 20 - 29
1 47:29 Nathan West 31 Warrensburg		1 23:37 Ryan Shipley 24 Newport, RI
2 49:33 Andrew Hall 37 Arlington, MA		2 30:26 Brendan Campbell 28 Randolph, NJ
3 1:00:30 Nathan St John 39 Queensbury		3 32:46 Andrew Surrency 24 Pleasanton, CA
FEMALE AGE GROUP: 40 - 49		FEMALE AGE GROUP: 30 - 39
1 50:33 Colleen Delcore 42 Chestertown		1 27:43 Colleen Taliaferro 36 Albany
2 Catherine Walker 45 New Canaan, CT		2 28:47 Stacy Collins 37 Caldwell, NJ
50:36		3 30:31 Heidi Laramie 39 Glens Falls
3 Tracy Watson 43 Johnsbury 54:40		MALE AGE GROUP: 30 - 39
MALE AGE GROUP: 40 - 49		1 24:42 Eric Allard 38 Otterburn Park, QC
1 43:57 Ted Dominy 43 Parishville		2 25:46 John MacVane 35 Rye, NH
2 44:14 Paul Matson 44 Adirondack		3 25:55 Michael Wiley 35 Castleton On Hudson
3 47:22 Dean McCarthy 44 Lake Pleasant		FEMALE AGE GROUP: 40 - 49
FEMALE AGE GROUP: 50 - 59		1 23:53 CC Rottger 40 Porter Corners
1 50:33 Francine Dery 59 Saint Ferreol, QC		2 24:05 Susan Keely 48 Glens Falls
2 54:16 Diane Litynski 51 Saranac Lake		3 30:31 Denise O'Dea 42 Chestertown
3 1:14:39 Rose Naylor 56 Fort Edward		MALE AGE GROUP: 40 - 49
MALE AGE GROUP: 50 - 59		1 21:31 Philippe Lasnier 42 St-Jean-Sur-Richelie, QC
1 49:29 Mark Schachner 58 Lake George		2 21:46 Anthony Kenney 45 Pottersville
2 49:47 Jim O'Connor 52 Buffalo		3 23:11 Rob De Muro 43 Elizabethtown
3 50:26 Louis Belzile 55 St-Ferreol, QC		FEMALE AGE GROUP: 50 - 59
FEMALE AGE GROUP: 60 - 69		1 26:35 Sharon McMillan 57 Ottawa, ON
1 1:00:02 Janet Stein 62 Saranac Lake		2 35:40 Rose Tokarz 59 Melrose
2 1:06:10 Darlene Cardillo 60 Delmar		3 36:29 Evelyn Breeman 57 Randolph, NJ
3 2:03:10 Elizabeth Appel 66 Parkville, MD		MALE AGE GROUP: 50 - 59
MALE AGE GROUP: 70 - 79		1 26:59 Keith Whiting 55 Glens Falls
1 54:47 Eduardo Munoz Jr 70 Olmstedville		2 30:58 Tim Breeman 54 Boonton, NJ
		3 31:26 Michael Speshock 52 Mineville
	5K RUN	FEMALE AGE GROUP: 60 - 69
MALE OVERALL		1 33:08 Patricia Morehouse 60 North Creek
1 17:50 Solomon Kariuki 46 Granby, MA		2 38:45 Mary Jane Kruegler 63 Latham
2 18:00 Brett Merkel 28 Brant Lake		3 41:24 Nadine Magee 67 Pottersville
3 18:56 Kellen Henderson 23 Queensbury		MALE AGE GROUP: 60 - 69
FEMALE OVERALL		1 23:04 Don Lavictoire 62 Orleans, ON
1 20:05 Acadia Dinardo 16 Underhill, VT		2 24:42 Jim Goodspeed 60 Glens Falls
2 23:10 Emma De Muro 14 Elizabethtown		3 26:48 Jim Cunningham 68 Ticonderoga
3 23:13 Hannah Kenney 14 Pottersville		FEMALE AGE GROUP: 70 - 79
FEMALE AGE GROUP: 13 & UNDER		1 33:55 Dottie Langworthy 72 Warrensburg
1 23:36 Sarah Snyder 13 Moriah		2 49:22 Anne Durkee 70 Olmstedville
2 24:46 Maggie Fisher 13 Killingworth, CT		MALE AGE GROUP: 70 - 79
3 25:55 Sydney Gagnon 12 Chestertown		1 28:10 Richard Poplaski 70 Ballston Lake
MALE AGE GROUP: 13 & UNDER		2 30:02 Jim Jennisson 71 Adirondack
1 23:55 Jean-Christophe Lasnier 11 St-Jean-Sur-Richelie, QC		3 33:30 George Dutcher 71 Schodack
2 25:43 Jack Jenner 9 Chestertown		MALE AGE GROUP: 80 - 89
3 26:25 Carl Halter 12 Budd Lake, NJ		1 39:26 Walt McConnell 81 Bolton Landing
FEMALE AGE GROUP: 14 - 19		
1 25:43 Amelia Robbins 16 Chestertown		
2 33:19 Anna Buzzanca 15 Newtown, CT		
3 33:32 Emily Sheerer 15 Queensbury		

Courtesy of Adirondack Marathon Distance Festival

2ND HITS TRIATHLON SERIES: HUNTER MOUNTAIN

September 21-22, 2013 • North/South State Campground, Haines Falls

FULL - 2.4M SWIM, 112M BIKE, 26.2M RUN	MALE AGE GROUP: 25 - 29	CLYDESDALE: 39 & UNDER
MALE OVERALL	1 Blake Cox 29 5:08:08	1 Peter Foster 39 6:59:29
1 Brian Folts 27 10:45:46	2 Allan Guiney 27 5:27:23	CLYDESDALE: 40 & OVER
2 Anthony Guarini 27 12:03:45	3 Kurt Lindboom-Broberg 27 5:32:19	1 Andrew Miceli 43 7:25:08
3 David Ricciuti 45 12:10:18	FEMALE AGE GROUP: 25 - 29	RELAY TEAMS
FEMALE OVERALL	1 Melissa Saulenas 27 6:41:05	1 Jason Williams/Gina Franceschini/Linda Franceschini 5:08:42
1 Joanne Orce 40 12:09:00	2 Brianna Drexler 25 8:06:43	2 Crystal Ivy/Jamie Celentano/Mike Celentano 5:31:39
2 Perry Moody 43 13:07:48	3 Melina Koridis 27 9:00:14	3 Tiffany Smith/Christopher DeLeo/David Krueger 6:15:00
3 Francine Amyot 49 13:33:46	MALE AGE GROUP: 30 - 34	HALF AQUATHON - MALE OVERALL
MALE AGE GROUP: 25 - 29	1 Dana Spencer 34 5:01:21	1 Troy Weaver 47 3:49:09
1 David Sievers 28 13:35:19	2 Derek Sbrogna 31 5:19:02	2 Terry Ryan 56 4:08:10
MALE AGE GROUP: 30 - 34	3 Peter Scordillis 33 5:33:41	3 Alexander Zingher 51 4:50:33
1 David Newman 33 12:15:37	FEMALE AGE GROUP: 30 - 34	HALF AQUATHON - FEMALE OVERALL
2 Jacob Gidich 31 13:46:31	1 Sheri Aceto 33 6:54:31	1 Rebecca Ryan 57 4:25:17
3 Aris Anastasakis 31 14:02:19	2 Samantha Chin 34 6:59:49	OLYMPIC - 0.9M SWIM, 24.8M BIKE, 6.2M RUN
FEMALE AGE GROUP: 30 - 34	MALE AGE GROUP: 35 - 39	MALE OVERALL
1 Monica Guy 31 14:04:15	1 Gordon Keller 38 4:59:44	1 Michael Halstead 47 2:16:34
MALE AGE GROUP: 35 - 39	2 Aaron Major 35 5:08:34	2 Patrick Cade 29 2:17:01
1 Jay Smith 35 13:53:46	3 Mark Eisenhandler 39 5:15:25	3 Bruce Cadenhead 49 2:17:10
2 Edgar Rico 37 13:59:56	FEMALE AGE GROUP: 35 - 39	FEMALE OVERALL
3 Tim Elsner 36 14:08:46	1 Angela Delude 38 6:00:57	1 Elizabeth Bassett 37 2:45:14
MALE AGE GROUP: 40 - 44	MALE AGE GROUP: 40 - 44	2 Jane Cervone 49 2:56:45
1 Frederick Thurston 42 12:21:39	1 John Meyerle 44 5:04:35	3 Andrea Schieck 39 3:04:05
2 Philip Nashel-Watts 42 13:11:29	2 Craig Hills 41 5:16:08	MALE AGE GROUP: 16 - 17
MALE AGE GROUP: 45 - 49	3 Kristofer Johnson 41 5:22:04	1 Daniel Talbert 17 2:35:44
1 Gregory Noonan 48 13:56:56	FEMALE AGE GROUP: 40 - 44	MALE AGE GROUP: 20 - 24
2 Alex Bykov 45 15:40:55	1 Candice Yuca 40 5:05:03	1 Josh Wolin 24 3:16:05
3 Jim Buckham 48 15:49:55	2 Victoria Harris 43 6:17:35	MALE AGE GROUP: 25 - 29
FEMALE AGE GROUP: 45 - 49	3 Lara Shore-Sheppard 44 6:18:47	1 Marc Siffre 29 2:41:00
1 Deidre Miller 47 14:34:10	MALE AGE GROUP: 45 - 49	2 Ben Kessel 28 2:55:50
MALE AGE GROUP: 50 - 54	1 Dan Benschoff 48 5:17:37	3 Jason Barton 28 3:40:42
1 Michael Byl 52 13:59:56	2 Chris Yard 47 5:18:03	FEMALE AGE GROUP: 25 - 29
2 Gerard Leigh 50 14:12:30	3 John Slyer 48 5:34:21	1 Bridget Corso 25 3:08:57
3 Alan Mowrey 52 14:37:15	FEMALE AGE GROUP: 45 - 49	2 Esmeralda Stuk 28 3:09:14
FEMALE AGE GROUP: 50 - 54	1 Ann Bowers-Evangelista 45 6:17:12	MALE AGE GROUP: 30 - 34
1 Sharon Hobbs 54 15:33:20	2 Karen McCormack 45 6:54:30	1 Chris Gibbs 30 2:43:55
MALE AGE GROUP: 55 - 59	MALE AGE GROUP: 50 - 54	2 Ricky Angier 33 2:59:42
1 Michel Gagne 57 13:57:05	1 John Hendy 53 5:36:50	3 Gabriel Githens 31 3:00:04
CLYDESDALE: 40 & OVER	2 Daniel Davin 53 5:43:45	FEMALE AGE GROUP: 30 - 34
1 Thomas Butler 49 16:48:02	3 Steve Morse 50 6:21:40	1 Elizabeth Madden 32 3:04:41
FULL AQUATHON - MALE OVERALL	FEMALE AGE GROUP: 50 - 54	2 Danielle Linder 30 3:07:33
1 Tim Russell 24 6:17:41	1 Carol Anne Anzalone 50 7:02:57	3 Gehres Paschal 31 3:39:32
2 Roland Goodell 46 8:24:26	2 Kimberly Murphy 51 7:24:04	MALE AGE GROUP: 35 - 39
HALF - 1.2M SWIM, 56M BIKE, 13.1M RUN	3 Jean Drexler 54 8:06:43	1 Francesco Lopez 35 2:21:10
MALE OVERALL	MALE AGE GROUP: 55 - 59	2 Michael Bassett 37 2:25:14
1 Chris Nocera 28 4:17:51	1 Tom DeLuca 58 5:35:59	3 Matthew Palmer 39 2:36:11
2 Peter Konecny 50 4:49:41	2 Dale Rothenberger 56 5:44:13	MALE AGE GROUP: 40 - 44
3 Gary Snow 38 4:58:41	3 David Fernekes 55 5:45:47	1 Patrick Ryan 41 2:31:26
FEMALE OVERALL	FEMALE AGE GROUP: 55 - 59	2 Peter Sarnes 41 2:32:28
1 Monica Bishop 27 5:13:35	1 Elizabeth Deutsch 55 6:49:32	3 Marcin Mrowka 44 2:41:54
2 Amy Sarnes 37 5:50:21	2 Leslie Deutsch 55 7:42:59	<i>continued</i>
3 Kathryn Flodquist 47 5:55:40	MALE AGE GROUP: 60 - 64	
MALE AGE GROUP: 16 - 17	1 Parker Wellington 65 9:07:58	
1 Dan Fleming 17 7:21:45		



More than just a bike shop.
The start of a true cycling community.

GREY GHOST BICYCLES

EXPERT SALES & SERVICE | PROFESSIONAL FITTING
MTB, ROAD & TRIATHLON SPECIALISTS

206 Glen Street ■ Glens Falls, NY ■ 518.223.0148
greyghostbicycles.com ■ facebook.com/greyghostbicycles

Ndakinna Wilderness Skills and Adventures

James Bruchac
Director of Ndakinna
Education Center

- 2/1 Winter Survival Basics & Snowshelter Construction (adult/teen)
- 2/2 Backwoods Tracking & Winter Survival Snowshoe Trek (adult/teen)
- 2/8-9 Wilderness First Aid Course / WFR Recertification (adult/teen)
- 2/17-19 Winter Wilderness Adventure & Storytelling Camp (ages 6-8)
- 2/17-20 Winter Wilderness Adventure Camp (ages 9-12)

Private Classes Available

www.ndcenter.org (518) 583-9958
23 Middle Grove Rd, Greenfield Center, NY 12833
(3 miles North of Saratoga Springs)

2ND HITS TRIATHLON SERIES: HUNTER MOUNTAIN continued

Table with 3 columns: Rank, Name, Time. Categories include Female Age Group (40-44, 45-49, 45-49, 50-54, 55-59), Male Age Group (20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54), and Athena (39 & Under). Includes SPRINT and MALE OVERALL sections.

THE DUNKIN' RUN 5K & 10K continued

Table with 3 columns: Rank, Name, Time. Categories include Male Age Group (60-64, 60-64, 65-69, 70-74, 80 & Over), Female Age Group (25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64), and Male Age Group (10K Run, 15-19, 20-24, 25-29).

THE DUNKIN' RUN 5K & 10K

September 22, 2013 • Sydney Albert Jewish Community Center, Albany

Table with 3 columns: Rank, Name, Time. Categories include Male Overall, Female Age Group (30-34, 35-39, 40-44, 45-49, 50-54), Male Age Group (1-14, 15-19, 20-24, 25-29, 30-34), and Male Age Group (20-24, 25-29, 30-34).

ADIRONDACK CYCLOCROSS - RACE #2 NYCROSS:COM SERIES

September 22, 2013 • Johnstown High School, Johnstown

Table with 3 columns: Rank, Name, Time. Categories include 35+ Masters Men, Category 4/5 Men, 45+ Masters Men, 55+ Masters Men, Category 3/4 Men, Girls 10-14, and Junior Boys 10-14.

Advertisement for THE CENTER FOR SPORTS MEDICINE. Includes logo of a runner and contact information: 530 Liberty St., Schenectady 382-7200; 1201 Nott St., Ste. 302, Schenectady 243-4684; 3757 Carman Rd., Ste. 104, Schenectady 355-3980; 103 Sitterly Rd., Ste. 2400, Clifton Park 373-1436.

Advertisement for Schenectady Regional Orthopedic Associates, P.C. Providing Orthopedic and Sports Medicine Services to the Athletes of the Capital Region. Contact: Eric R. Aronowitz, M.D.; James M. Boler, M.D.; Daniel J. Bowman, M.D.; G. Robert Cooley, M.D.; Richard J. D'Ascoli, M.D.; Robert G. Leupold, M.D.; Tina Maxian, M.D., Ph.D.; Gary A. Williams, M.D.; Rory D. Wood, M.D.

Advertisement for SPACITY BICYCLEWORKS. Since 2011. Serving Cycling Daily. Located in the Beekman St. Arts District. We service all makes and models of bikes. Scott UnoVelo Turner. Ski Tuning. 79 Beekman St. Saratoga Springs, NY 518.587.0071. spacitybicycleworks.com. Service and a smile. No stinky attitude.

Advertisement for St. Regis Canoe Outfitters. Guided Trips - Day and Overnight Outfitting - By the Piece or Package. Camping & Backpacking Rentals. Retail Paddlesports Shop. New & Used Canoes, Kayaks & Gear. New Adk Paddler's Map - South. 73 Dorsey St, Saranac Lake (518) 891-1838 • (888) 775-2925 www.canoeoutfitters.com

Advertisement for ADIRONDACK SPORTS & FITNESS. Enjoy what you're reading? SUBSCRIBE TODAY! Have each issue mailed to you for only: \$17.95 (1 year) \$32.95 (2 years) \$44.95 (3 years). Use form on page 14 or AdkSports.com

RACE RESULTS

ADIRONDACK CYCLOCROSS – RACE #2 NYCROSS:COM SERIES *continued*

JUNIOR BOYS U19		2 Christopher Delisle		NYcross.com	44:10
1	Julia Sante	Farm Team Elite	48:05		
OPEN WOMEN		3 Bret Young		NYcross.com	44:15
1	Jenny Ives	Verge Sport/Test Pilot	46:57		
2	Katina Walker	Crankskins.com	47:55		
3	Natalie Koch	NYcross.com	51:27		
4	Rosanne Van Dorn	Unattached	51:50		
5	Renee Salerno	Unattache	53:40		
6	Julia Sante		53:52		
7	Stacy Beneke		-1 lap		
SINGLE-SPEED		20 Scott Hock		AVC	48:43
1	Jeff Walker	Crankskins.com	43:00		
				WOMEN 19 & UNDER	
				1	Paige Williams
					Farm Team Elite
					45:52

Courtesy of NYCross.com

39TH ANNUAL FALLING LEAVES ROAD RACE 5K & 14K September 22, 2013 • Radisson Hotel, Utica

MALE OVERALL		31 16:49		Waterford, PA
1	Leif Schmidt			
2	Matthew Roberts	29	17:14	Williamson
3	Sam Morrett	18	17:25	Herkimer
FEMALE OVERALL		18 19:49		Glenfield
1	Victoria Campanian			
2	Elizabeth Lucason	9	20:03	Holland Patent
3	Pamela Donnelly	39	20:29	Vernon
MALE MASTERS OVERALL		42 17:41		Boonville
1	Jack Bernard			
FEMALE MASTERS OVERALL		51 22:43		Whitesboro
1	Susan Gustafson			
MALE WHEELCHAIR OVERALL		23 13:50		Utica
1	Hermin Garcia			
2	Vincent Bevivino	22	24:47	Utica
3	Jason Robinson	10	27:28	Rome
MALE AGE GROUP: 1 - 12		12 21:18		Whitesboro
1	Samuel Stuhlman			
2	Noah Cohen	9	22:44	Utica
3	Nicholas Despines	12	22:55	New York Mills
FEMALE AGE GROUP: 1 - 12		11 21:21		Holland Patent
1	Gabrielle Williamson			
2	Morgan Lucason	10	21:48	Holland Patent
3	Grace Stuhlman	10	25:09	Whitesboro
MALE AGE GROUP: 13 - 17		15 18:12		Utica
1	Benjamin Kilian			
2	Nicholas Julian	14	19:42	Utica
3	Gennaro Durso	15	19:53	Utica
FEMALE AGE GROUP: 13 - 17		14 20:47		New Hartford
1	Alyssa Suits			
2	Hermina Garcia	16	22:18	Utica
3	Danielle Caivana	14	22:20	Frankfort
MALE AGE GROUP: 18 - 24		21 17:36		Holland Patent
1	Rob Baird			
2	Erick Febus	18	18:07	Hannibal
3	Brandon Rawson	18	19:11	Herkimer
FEMALE AGE GROUP: 18 - 24		19 23:58		Frankfort
1	Amanda Perri			
2	Tianderah Twitchell	19	24:05	Richfield Springs
3	Alyssa Klossner	20	24:28	Remsen
MALE AGE GROUP: 25 - 29		29 19:03		New Berlin
1	David Slater			
2	Daniel Krawczyk	29	20:54	Syracuse
3	Phillip Boyd	26	21:24	Illion
FEMALE AGE GROUP: 25 - 29		28 22:58		Williamson
1	Ashlie Roberts			
2	Kristen Slater	29	24:32	New Berlin
3	Julie Delmedico	29	24:45	Utica
MALE AGE GROUP: 30 - 34		33 17:38		Utica
1	Jerry Tylutki			
2	Thomas Joslin	34	18:01	Yorkville
3	Brian Holtslag	30	20:11	Utica
FEMALE AGE GROUP: 30 - 34		31 20:39		Dolgeville
1	Tantra O'Neil			
2	Robin Affinati	32	22:06	West Monroe
3	Lindsey Stoller	32	23:29	Rochester
MALE AGE GROUP: 35 - 39		36 19:19		Rome
1	Brad Lewthwaite			
2	Jason Valenti	35	20:21	Marcy
3	James Davis III	38	22:31	New Hartford
FEMALE AGE GROUP: 35 - 39		39 22:14		Herkimer
1	Heather Devitt			
2	Lydia Berez	38	23:33	Barneveld
3	Teresa Harvey	35	25:01	Poland
MALE AGE GROUP: 40 - 44		44 21:05		Sauquoit
1	Michael Flack			
2	Michael Bassett	43	22:05	Marcy
3	Scott Hoag	40	22:19	Rome
FEMALE AGE GROUP: 40 - 44		40 22:58		New Hartford
1	Melissa Raux			
2	Christine Loveric	43	24:08	Remsen
3	Andrea Rachia	43	25:17	Holland Patent
MALE AGE GROUP: 45 - 49		49 18:23		Esperance
1	Mark Stephenson			
2	Paul Turner	47	20:32	Herkimer
3	Eric Kasper	46	20:57	Clark Mills
FEMALE AGE GROUP: 45 - 49		49 23:38		Frankfort
1	Dorri Derollo			
2	Liz Korrie	48	25:15	New Hartford
3	Edith O'Rourke	47	25:26	Boonville
MALE AGE GROUP: 50 - 54		54 19:28		Kingston, ON
1	Rick Royce			
2	James Mlasgar	50	21:06	Hamilton
3	Leroy Hodge	53	21:56	Morrisville
FEMALE AGE GROUP: 50 - 54		53 23:03		New Hartford
1	Heidi Manzano			
2	Jean Williams	53	24:01	Clinton
3	Joanne Reynolds	53	25:00	Mohawk
MALE AGE GROUP: 55 - 59		55 23:03		New Hartford
1	Lester Manzano			
2	Jim Siepiola	59	23:52	Clinton
3	Marc Ritter	55	24:15	Clayville
FEMALE AGE GROUP: 55 - 59		55 24:58		Hartwick
1	Ann Lewicki			
2	Bonnie Gehringer	57	27:21	Chadwicks
3	Susan Stockman	56	27:39	Barneveld
MALE AGE GROUP: 60 - 64		60 20:15		Boonville
1	Thomas Crowley			
2	Richard Stankivitz	63	20:28	Canastota
3	Kevin Kelly	62	21:45	Fayetteville
FEMALE AGE GROUP: 60 - 64		60 26:20		Sauquoit
1	Lenore Valuckas			
2	Patricia Femia	62	27:38	New Hartford
3	Carol Szatko	62	29:51	Whitesboro

continued

39TH ANNUAL FALLING LEAVES ROAD RACE 5K & 14K *continued*

MALE AGE GROUP: 65 - 69		65 23:49		Madison
1	Ray Brych			
2	Jim Roach	69	26:37	Illion
3	Tom Schafer	66	28:01	Whitesboro
FEMALE AGE GROUP: 65 - 69		66 26:58		Brewerton
1	Mary Dasilva			
2	Nancy Salm	65	27:48	Waterville
3	Donna Cornacchia	65	33:01	Hannibal
MALE AGE GROUP: 70 - 74		72 30:19		Deerfield
1	Robert Malecki			
2	William Streeter Sr	70	39:12	Winter Haven, FL
FEMALE AGE GROUP: 70 - 74		71 24:13		Verona
1	Sue Gardinier			
2	Kathy Bacher	72	38:43	Herkimer
3	Rose Hosp	71	39:47	New Hartford
MALE AGE GROUP: 75 - 79		76 27:05		Rome
1	Kermit Cadrette			
2	Wayne Decker	77	35:38	Whitesboro
3	Paul Ohlbaum	79	45:44	New Hartford
MALE AGE GROUP: 80 - 84		84 36:27		Clinton
1	Hart Anway			
14K RACE		28 48:59		Latham
1	Thomas O'Grady			
2	Peter Edmonds	23	51:13	Cooperstown
3	Richard Cohen	42	52:28	Utica
FEMALE OVERALL		25 49:01		Saratoga Springs
1	Megan Hogan			
2	Kristina Gracey	30	54:43	Albany
3	Meghan Mortensen	28	56:14	Rotterdam
MALE MASTERS OVERALL		47 54:31		Marcy
1	Scott Humphrey			
FEMALE MASTERS OVERALL		49 1:01:57		Farmington
1	Rosemary Lowden			
MALE AGE GROUP: 1 - 17		14 1:02:55		Syracuse
1	Evan Gantley			
2	Vishnu Kakuturi	17	1:10:39	New Hartford
3	John Kaminski	16	1:12:48	Holland Patent
MALE AGE GROUP: 18 - 24		22 53:17		Massena
1	Tyler Hayes			
2	Brandon Tibbitts	27	56:52	New Hartford
3	Sorin Portase	26	58:40	Martinsburg, WV
FEMALE AGE GROUP: 18 - 29		29 56:21		New Hartford
1	Cathleen Willy			
2	Meghan Furner	25	1:00:08	Whitesboro
3	Katie Tuthill	26	1:03:24	Verona
MALE AGE GROUP: 30 - 39		32 55:08		Rome
1	Nathan Donaleski			
2	Joseph Mashaw	34	56:41	Marcy
3	Marcos Locke	35	58:24	Whitesboro
FEMALE AGE GROUP: 30 - 39		39 1:00:48		Whitesboro
1	Christine McGlynn			
2	Jamie Woolsey	30	1:03:45	Oneida
3	Karen Randall	35	1:03:48	Utica
MALE AGE GROUP: 40 - 49		41 55:18		Hamilton
1	Joel Sommers			
2	Paul Humphrey	46	56:17	Deerfield
3	John Draper	44	56:56	Remsen
FEMALE AGE GROUP: 40 - 49		42 1:02:42		Mount Upton
1	Melissa Swislosky			
2	Ingrid Otto-Jones	49	1:07:18	Utica
3	Kara Rusch	46	1:07:39	Hamilton
MALE AGE GROUP: 50 - 59		52 56:34		Sauquoit
1	Mike Massoud			
2	Michael Leonard	50	1:00:33	Freeville
3	John Raymond	50	1:00:45	Cooperstown
FEMALE AGE GROUP: 50 - 59		53 1:09:19		Utica
1	Tina Lindsey			
2	Audrey Marcoux	53	1:10:04	New Hartford
3	Elizabeth Miller	53	1:13:08	Utica
MALE MASTERS OVERALL		62 1:03:41		Utica
1	John Murphy			
2	Mike Green	60	1:06:51	Boonville
3	Bradford Gould	63	1:07:38	Utica
FEMALE AGE GROUP: 60 - 69		60 1:13:54		Sauquoit
1	Susan Luley			
2	Martha DeGrazia	62	1:15:57	Slingerlands
3	Janice Grunewald	62	1:21:44	Oriskany
MALE AGE GROUP: 70 - 79		71 1:16:34		West Edmeston
1	David Linder			
2	Rich D'Accurzio	74	1:35:14	Utica

Courtesy of Utica Roadrunners

2ND ANNUAL RAGNAR RELAY ADIRONDACKS

September 27-28, 2013 • 196.2 Miles from Saratoga Springs to Lake Placid

REGULAR MEN CORPORATE/PUB		19 Michael Scott's Dunder Mifflin		Scranton	34:19:53	9	League of Extraordinary	26:04:43
1	Teufel Hunden					10	Saratogians	26:26:33
2	Covington Capital	28:20:45				11	Dozen Make Sense	26:29:38
3	Teufel Hunden II	29:26:49				12	Midriffs and Mustaches	26:29:46
4	Team DTOM	32:24:48				13	Kitware	26:29:46
REGULAR MEN MASTERS		25:35:04 <th>26:46:32 <th>14 <th>Run Anyway</th> <th>26:32:12</th> </th></th>		26:46:32 <th>14 <th>Run Anyway</th> <th>26:32:12</th> </th>	14 <th>Run Anyway</th> <th>26:32:12</th>	Run Anyway	26:32:12	
1	Toga Party					15	Power Ragnars	27:09:40
2	Screaming Geckos	30:03:43				16	TRI (Tenacious Running Idiots)	27:09:41
REGULAR MEN OPEN		24:33:38 <th>24:57:54</th> <th>17 <th>Mistakes on the Lake <th>27:11:20</th> </th></th>		24:57:54	17 <th>Mistakes on the Lake <th>27:11:20</th> </th>	Mistakes on the Lake <th>27:11:20</th>	27:11:20	
1	To Be Determined					18	H-Wing Runners	27:22:52
2	Show Us Your Splits Too	24:57:54				19	Mixed Nuts	27:30:55
3	The White Hots	25:23:39				20	Chafing a Dream	27:39:47
4	We're not happy til you're not happy	26:12:28				21	Just Keep Running	27:43:28
5	Strong Hearts Vegan Power	26:43:44				22	Runcovey	27:47:56
6	Team Last Minute	26:49:57				23	Zero Running Ability	28:01:33
7	Unlimited Juice	27:05:53				24	Internal Piggdog 3.0	28:01:42
8	Racksman & Friends!	28:04:25				25	Velci-Ragnar	28:04:58
9	(Insert Witty Team Name Here)	28:30:47				26	Running Afoul of the Law	28:07:18
10	Six Degrees of Kevin Mayne	28:46:51				27	Dark & Sweet	28:09:42
11	Hasbeens	29:24:03				28	My Other Legs are Kenyans	28:18:10
12	Got the Runs Tool	29:43:20				29	Wahoo's Your Daddy?	28:19:06
13	Wheelabrator Power Runners	29:50:10				30	Blue Monkey	28:19:10
14	We Need More Parties	29:55:52				31	Is it Still Uphill?	28:22:35
15	Speed Kills Regular	30:37:25				32	Got the Runs	28:23:48

2ND ANNUAL RAGNAR RELAY ADIRONDACKS continued

Table with 3 columns: Rank, Name, Time. Lists participants and their times for the 2nd Annual Ragnar Relay Adirondacks.

20TH ANNUAL FAM 5K "FUND" RUN continued

Table with 3 columns: Rank, Name, Time. Lists participants and their times for the 20th Annual FAM 5K "Fund" Run.

20TH ANNUAL FAM 5K "FUND" RUN
September 28, 2013 • Cobleskill Fairgrounds, Cobleskill

Table with 3 columns: Rank, Name, Time. Lists participants and their times for the 20th Annual FAM 5K "Fund" Run.

2ND ANNUAL MARIO ZEOLLA '97 5K RUN

September 28, 2013 • Albany College of Pharmacy & Health Sciences, Albany

Table with 3 columns: Rank, Name, Time. Lists participants and their times for the 2nd Annual Mario Zeolla '97 5K Run.

1ST ANNUAL SUNNY HILL RESORT VIKING 5-MILE OBSTACLE RACE

September 28, 2013 • Sunny Hill Resort & Golf Course, Greenville

Table with 3 columns: Rank, Name, Time. Lists participants and their times for the 1st Annual Sunny Hill Resort Viking 5-Mile Obstacle Race.

DISCOVER INLET, NY AND ALL THE BEAUTY THAT SURROUNDS US. FREE CROSS-COUNTRY SKI & SNOW-SHOE TRAILS. FREE ICE SKATING RINK. WITH WARMING HUT. FREE SLEDDING HILL. GREAT FOOD, COZY ACCOMMODATIONS, GROOMED SNOWMOBILE TRAILS, FUN FOR THE WHOLE FAMILY.

Team In Training logo and photos of runners. Text: Team In Training: for 25 years, the people who run, walk, swim and cycle to raise funds for lifesaving treatments.

LEUKEMIA & LYMPHOMA SOCIETY TEAM IN TRAINING CELEBRATING 25 YEARS logo.

SAVILE ROAD THE TAILORED BICYCLE logo.

The most advanced bicycle fitting facility in the region. Time • LeMond • Pegoretti • Alchemy K. Bedford • Lynskey • Lightweight. Expert service on all road, tri, cyclocross and mountain bikes.

257 Delaware Ave, Delmar 518-439-4766 www.savileroad.com

CAPITAL BICYCLE RACING CLUB logo.

Trooper David Brinkerhoff Memorial Race Series

March 15, 22 & 29 Coxsackie, NY Excellent Spring Racing! Four Separate Fields Including a Beginners Field for First-Timers Juniors Race Free! New Club Members Welcome - Join Us! Visit www.cbrcc.org for Race Details Tom Butler: butlet2@gmail.com

HANDS-ON SEMINARS FOR RUNNERS AND TRIATHLETES

PLAZA FITNESS PERFORMANCE

2014 PERFORMANCE SEMINARS

*Register via Eventbrite at www.PlazaFitness.net

SAT. 1/11/14, 8 AM **PREVENT 5 Common Running Injuries**

SOLD OUT

Speakers: Jason Brown, DC
Mat Nark, SFG II, ISCRS, FMS

SAT. 2/08/14, 8 AM **IDENTIFY and CORRECT the two most important performance movements**

Speakers: Korey McCoy, MS, SFG II, FMS
Mat Nark, SFG II, ISCRS, FMS

SAT. 3/08/14, 8 AM **IMPLEMENTING STRENGTH TRAINING PROGRAMS FOR ENDURANCE ATHLETES**

Speakers: Mat Nark, SFG II, ISCRS, FMS
Anthony Demetriou, MS, SFG II, FMS

SAT. 4/12/14, 8 AM **CONDITIONING PROGRAMS FOR ENDURANCE ATHLETES**

Speaker: Joey Adams, MS
Intelligent Fitness



*VO2, AT, and RMR Metabolic Testing All Day (by appt.)



PLAZA FITNESS PERFORMANCE

Stuyvesant Plaza, 1475 Western Ave, Albany
PlazaFitness.net • 518.482.2266

USRA HALF MARATHON SERIES EVENT!

4TH ANNUAL

LAKE GEORGE HALF MARATHON

NEW YORK

Part of



RunLakeGeorgeHalf.com

April 27, 2014

Half Marathon • 5K • Fun Run/Walk

- Awesome course along Lake George
- Finish Line Party with Music
- Refreshments
- Runners & Walkers Welcome
- Commemorative Shirts/Medals
- Hydration stations, medical support

Run the 5K with The Point's Justin Mallow!

SPONSORS



MORE GREAT RACES FROM USRA!



February 16, 2014

RunCharlotteHarborHalf.com



Sunday, June 1, 2014
RunWorcesterHalf.com



9TH ANNUAL

ADIRONDACK SPORTS & FITNESS

SUMMER EXPO

& SALE



**RUNNING • CYCLING • HIKING • PADDLING
TRIATHLON • HEALTHY LIVING • TRAVEL**

**FREE
ADMISSION!**

MARCH 8 & 9

Saturday 10-5 • Sunday 10-4

Saratoga Springs City Center • 522 Broadway

**\$5,000
IN PRIZES!**

EVERYTHING YOU NEED FOR SUMMER SPORTS!

**125 Exhibitors • Sales on Summer/Winter Gear, Clothing, Footwear
Pool & Floor Demos • Seminars & Clinics • Family Activities**

For More Info or to Become an Exhibitor:

AdkSports.com • (518) 877-8788 • Info@AdkSports.com