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JOOSE KÄHKÖNEN LEADS HIS BROTHER, JASO HANNUA, HIS MOTHER, ERIKA KÄHKÖNEN, AND RICK COSTANZA, ALL OF LAKE PLACID, DOWNHILL ON THE SPRUCE TRAIL AT THE OLYMPIC SPORTS COMPLEX AT MOUNT VAN HOEVENBERG.

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Downhill and Cross-Country Skiing Get Started and Enjoy Winter!

By Jeff Farbaniec

I don't know how people get through the winter by hibernating indoors. If you're reading this, chances are pretty good you're already an active, outdoors-minded individual. Maybe you snowshoe, hike, or even run or bike during the winter. If you're not a downhill or cross-country skier, or are considering reentering the sport after a long absence, the prospect of learning can be intimidating.

Here are some tips to get you pointed in the right direction. You'll be rewarded with a lifetime sport that you can enjoy with your friends and family, sharing the joy of soaring or gliding through a beautiful winter landscape.

DOWNHILL SKIING

Instruction – The rule of thumb is that friends shouldn't teach friends how to ski, and significant others shouldn't teach their partner how to ski either. Instead, beginning skiers should take a lesson from a qualified ski instructor, preferably one who has been certified through the Professional Ski Instructors of America. Individual or group lessons can be arranged through the ski school at any ski area. Many ski areas offer discounted ski lessons for first-timers, often with rental gear included. Sign yourself up. If you're really serious

about learning this sport, you'll want to consider a multi-week program, or at least multiple lessons.

To get the most out of your lesson, make sure you're dressed in non-cotton layers, warm mittens or gloves, a wind- and water-proof outer layer, helmet and goggles. You may also want a neck gaiter and air-activated hand warmers if you get cold easily.

Large resorts like Gore Mountain and Whiteface offer a complete range of instructional programs tailored to all levels of skiers, from never-ers to experts. At Gore, for example, specialty clinics are offered nearly every weekend, covering topics like Master the Mountain, For Women Only, and Trees, Steeps and Bumps. But smaller, local ski hills like Willard Mountain, Maple Ski Ridge or Oak Mountain are also very well-established as teaching areas. They offer quality instructional programs in a low-key environment that beginning skiers may find to be less intimidating.

Gear – There is a mind-boggling array of ski equipment available, but there's no need to be intimidated or confused about gear choices. Above all, don't borrow equipment from friends or family that could be outdated, unsafe or incorrectly

See **Downhill & Cross-Country Skiing, 19** ▶

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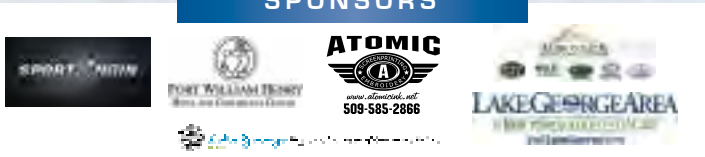
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CROSS-COUNTRY SKIING

Skiing Across Three Lakes

to a Former Lake



By Tony Goodwin

■ BUNNY GOODWIN OF KEENE AND FRANK KRUEGER OF JAY CROSS A BRIDGE ON THE CARRY TRAIL TO UPPER PRESTON POND.
 ■ TONY GOODWIN GLIDES ACROSS LOWER PRESTON POND.
 © 2013 NANCIE BATTAGLIA

These days about the only thing that seems constant in the Adirondacks is change in both land ownership and terrain. Both are evident in this newly-legal ski tour from Upper Works to Duck Hole, a destination that many consider to be the epitome of Adirondack wilderness.

In 2003, the Open Space Institute purchased 10,000 acres from the owner of the now-dormant titanium mine. Of the 10,000 acres, OSI transferred 6,800 acres, including this route, to New York State for inclusion in the Forest Preserve. By the marked trail, it is 6.8 miles from Upper Works to the Duck Hole lean-tos, including a steep climb to Hunter Pond to get around Preston Ponds. Skiing via the lake and ponds, however, the distance is only approximately 5.0 miles with only a few moderate climbs.

The one catch is the ice conditions. Of course the ice must be thick enough to be safe, but the greater problem is slush under the snow. At a minimum, the slush ices up your skis, but even on perfectly safe ice the slush can go over the top of your boots. The weight of the snow pressing down on the ice causes water to seep up through cracks. The surface snow then insulates the water next to the ice and prevents it from freezing. Thus, this trip is best done after a thaw has melted the insulating snow layer, allowing the ice to become even thicker. Then, with a fresh layer of snow, conditions are right for a scenic glide.

Starting from the parking area at Upper Works, you ski the wide trail for 0.2-mile to a crossing of the outlet to Henderson Lake. Immediately beyond, take the road leading left 200 yards to the shore of the lake. (If your first foray out onto the ice indicates bad slush conditions, there is always a ski to the base of Indian Pass or to Flowed Lands as an alter-

native.) Assuming good conditions, however, ski along the narrow bay to the main lake and turn right. The impressive cliffs of Wallface Mountain soon come into view as you head for the lean-to on the northwest shore of the lake.

As you get closer, you can barely make out the lean-to through the trees just to the right of an obvious inlet at 1.3 miles from the start. Just past the lean-to, you join the marked trail, turn left, and ski mostly on the flat with several brook crossings on good bridges. After a few short rises, you begin the first of three short, moderate climbs before a short downhill leads to flat going under steep cliffs to the left. Soon, you cross the almost imperceptible divide between the Hudson River and St. Lawrence River watersheds and descend gently to a junction.

At the junction, the sign points to Duck Hole via Hunter Pond, but bear left to the now obvious shore of Upper Preston Pond. Once on the pond, follow the right shore past two points to the far end. To your left on the south shore a small camp that belonged to the Preston Ponds Club remains as a private inholding and is not available to the public.

Just left of the outlet, a newly-cleared trail leads briefly up and then down to Lower Preston Pond. From this pond, the shortest connection – about 0.2-mile – to Duck Hole is via the outlet, which is found at the southwest corner of the pond by following the left shore. However, recent experience has found that the outlet is often open water with poor options on the shore. The alternative is to follow the right shore to the northwest corner, and join the hiking trail for about 0.3-mile (depending on exactly where you pick it up), to the east shore of the now-drained Duck Hole – the dam failed after Tropical Storm Irene in August 2011.

Now it is just another 0.3-mile across the open expanse with its views of the Santanoni Range to the lean-tos. Currently, NYS DEC has no plans to rebuild the dam at Duck Hole to restore the pond. Not surprisingly, the current standards for dams are far more stringent than they were in the 1930s when the Civilian Conservation Corps originally restored the earlier lumber dam. Add those stringent standards to the difficulty of doing any heavy construction in the heart of a designated wilderness area, and it should be obvious why we'll just have to enjoy these views while we can. And if the example of Flowed Lands (drained in 1981) is any guide, it will be many years before Duck Hole becomes a forest again.

IF YOU GO – Trailhead: From Exit 29 on the Adirondack Northway (I-87) travel 18 miles west on Blue Ridge Road (Co Rte 84). Turn right on Tahawus Road (Co Rte 25), which is followed for 4.5 miles to a sharp left at a sign for "Mt. Marcy and the High Peaks." Follow this road to Upper Works in another 3.5 miles.

What to bring: In addition to the usual winter gear, a map, and compass are essential should you have to navigate on the lakes in poor visibility. A facemask and goggles could also be useful should there be high winds and blowing snow.

Skis: None of the hills are long or steep, so ordinary touring skis without metal edges will work for most skiers, and will be much faster on the long flat lake sections. Wider skis with metal edges will also work, but none of the hills require heavy "mountain" skis. 📌

Tony Goodwin (tgoodwin@kvvi.com) of Keene has been skiing the Adirondacks for 40 years. He is the author of *Ski and Snowshoe Trails in the Adirondacks and High Peaks Trails*, both published by Adirondack Mountain Club. As executive director of the Adirondack Ski Touring Council, Tony has helped create and maintain the Jackrabbit Ski Trail linking Keene, Lake Placid and Saranac Lake.

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Calendar of Events February – April 2013*

*Events beyond this month are advertisers in this issue.

FEBRUARY 2013							MARCH 2013							APRIL 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28			24 ³¹	25	26	27	28	29	30	28	29	30				

ALPINE SKIING & SNOWBOARDING ONGOING

Wed **Coca-Cola Why Not Wednesdays.** Gore & Whiteface. goremountain.com. whiteface.com.

FEBRUARY

- 7-10 33rd Empire State Winter Games. Olympic Venues, Lake Placid. 523-2445. empirestatewintergames.com.
- 8 **10th "Chicks on Sticks" Bus Trip.** Bromley, Manchester, VT. Alpine Sport Shop: 584-6290. alpinesportshop.com.
- 9 **Hickory Historical Ski Day.** Family activities & après party w/vintage-retro skiwear theme. 9am-4pm. Hickory, Warrensburg. 623-5754. hickoryskicenter.com.
- 9 **Founders' Day Celebration.** Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 9 Rail Jam Series #2. Oak, Speculator. 548-3606. oakmountainski.com.
- 9 **Slopestyle.** 11am. Brookside Terrain Park, Whiteface, Wilmington. 946-2223. whiteface.com.
- 9-10 **Burton Snowboard Clinic: Coed for Beginners.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 9-10 **Adult Alpine Racing Clinic.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 9-10 **Glades & Glory Adult Ski/Snowboard Camp.** 8:30am. Gore, North Creek. 251-2411. goremountain.com.
- 10 **Festival for Kids & Family Race.** 10am. Gore, North Creek. 251-2411. goremountain.com.
- 15-24 **President's Week Sale.** Steiner's Ski & Bike: Glenmont, Valatie, Hudson. steinersskibike.com.
- 16 **Ridge Fest Celebration & Snowbox Derby.** Maple Ski Ridge, Rotterdam. 381-4700. mapleskiridge.com.
- 16-17 **President's Weekend Holiday Camp.** 9:30am. Gore, North Creek. 251-2411. goremountain.com.
- 16-17 Winter Carnival. Snow castle contest & fireworks. Oak, Speculator. 548-3606. oakmountainski.com.
- 23 **Saturday Night Skins Race.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 23-24 **Master the Mountain: Alpine Skiing/Snowboarding Clinics.** Gore, North Creek. 251-2411. goremountain.com.
- 24 **Ski Bus Trip: Okemo, Ludlow, VT.** Alpine Sport Shop: 584-6290. alpinesportshop.com.

MARCH

- 2 **6th Hickory Telemark Festival.** Tour de Trees, clinics for all, gear demos, climbing skins challenge race, après party. 9am-4pm. Hickory, Warrensburg. Martha VanVleet: 798-3962. hickoryskicenter.com.
- 2 **Mini-Shredders Jibfest.** Age 10 & under. 12pm. Gore, North Creek. 51-2411. goremountain.com.
- 2 **Skier/Boardercross.** 11am. Wolf Run Cross Course, Whiteface, Wilmington. 946-2223. whiteface.com.
- 2 Famous Cardboard Race. 1-3pm. Bunny Hill, Oak, Speculator. 548-3606. oakmountainski.com.
- 9 **Big Air at Little Gore.** Big Air/Slopestyle. Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 9-10 **Telemark Clinic: Trees, Steeps & Bumps.** Gore, North Creek. 251-2411. goremountain.com.
- 9-10 **Glades & Glory Adult Ski/Snowboard Camp.** Gore, North Creek. 251-2411. goremountain.com.

- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 9-10 **Steiner's Ski & Road Bike Sale at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Steiner's Ski & Bike: 784-3663. steinersskibike.com.
- 10 **Super Sunday: Shamrock Sunday.** Discounts, games, events. Whiteface, Wilmington. 946-2223. whiteface.com.
- 16 **Gail's Bump Clinics.** Gore, North Creek. 251-2411. goremountain.com.
- 17 **Walt's Bump Contest.** Gore, North Creek. 251-2411. goremountain.com.
- 23 **Maple Festival.** Music, specials, maple fare. Gore, North Creek. 251-2411. goremountain.com.

APRIL

- 6 **Pond Skimming Contest.** Bullfrog Bog, Gore, North Creek. 251-2411. goremountain.com.
- 7 **Pond Skimming Contest.** Whiteface, Wilmington. 946-2223. whiteface.com.

BICYCLING & MOUNTAIN BIKING ONGOING

Daily **Group Bike Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

FEBRUARY

- 16 **Snowball Express Road Ride.** 100M. 8am. Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.

MARCH

- 3 4th Frozen Onion Winter Bike Race #3. 11am. Hubbard Park, Montpelier, VT. 802-229-9409. onionriver.com.
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 9-10 **Steiner's Road Bike & Ski Sale at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Steiner's Ski & Bike: 784-3663. steinersskibike.com.
- 23 **Trooper David Brinkerhoff Memorial Race Series #1.** 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.
- 24 **BattenSpring Classic: Preview Circuit Race.** 39-65M. 11am. Cambridge. 275-6185. tourofthebattenkill.com.
- 24 3rd Pedaling Toward the Pink Cure. 7am-12pm. Nolan Gym, College of St. Rose, Albany. buildingstrongsurvivors.org.
- 24 200K Brevet Ride. 7am. Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.
- 30 **Trooper David Brinkerhoff Memorial Race Series #2.** 24-60M. 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.

APRIL

- 6 **Trooper David Brinkerhoff Memorial Race Series #3.** 24-60M. 11am. Coxsackie-Athens H.S., Coxsackie. 281-3710. cbrc.cc.
- 7 **Tour of the Battenkill: Spring Preview Ride.** 10am. 3 paces: 65M. Cambridge. 275-6185. tourofthebattenkill.com.
- 13 300K Brevet Ride. 7am. Schuylerville. John Ceceri: 583-3708. adkulttracycling.com.
- 13-14 **Tour of the Battenkill: Pro/Am Races.** 14-82M. Cambridge. Anthem Sports: 413-314-3478. tourofthebattenkill.com.
- 14 **Tour of the Battenkill: Challenge Gran Fondo.** 65M. Cambridge. Anthem Sports: 413-314-3478. tourofthebattenkill.com.
- 21 Check Your Legs Road Race. 26-38M. 11am. Garrattsville. 607-432-1633. centralnycycling.com.
- 27-28 **Sean's Run Weekend.** Sat, 10am: 20M Bike Ride. Sat, 8:30am: 50M County Tour Bike Ride. Sun, 12pm: 12th Sean's Run 5K & Community Walk. Sun, 11:30am: Meghan's Mile Youth Race & 1M Walk. Chatham HS, Chatham. seansrun.com.
- 28 Binghamton Circuit Race. Kirkwood Industrial Park, Binghamton. tiogavelo.com.

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- Daily** Nordic/Backcountry Ski, Snowshoe, Ice Climb. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
Tue Graymont Tuesday Night Races. Kids: 5:30pm. HS/Adults: 6pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
Thu Soup-er Seniors Ski/Snowshoe Day. Discount/free soup. 65+. Lapland Lake, Northville. 863-4974. laplandlake.com.
M/Tu/Sa Backcountry Ski Lessons. Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.
Fri, Sat Cross-Country Ski Lessons. Adirondack Paddle N Pole, Colonie. 346-3180. onewithwater.com.

FEBRUARY

- 9** Lapland Ladies Love to Ski. Classic technique, lessons. 9:30am-2:30pm. Lapland Lake, Northville. 863-4974. laplandlake.com.
9-10 Canadian Ski Marathon. 100M. North America's oldest, longest ski tour: 10 sections over two days for all ages/abilities w/feed stations. Lachute to Montebello to Gatineau, QC. 877-770-6556. csm-mcs.com.
10 Winter Carnival XC Ski Races. Dewey, Saranac Lake. 891-2697. deweymountain.com.
17 Shenendehowa Classic XC Race. 12:30-1:30pm. Saratoga Biathlon Center, Day. nyssranordic.com.
19-22 Kids' Learn to Ski Week. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
22 Moonlight Snowshoe/XC Ski. Pineridge, East Poestenkill. Reserve: 283-3652. pineridgexc.com.
23 Cascade Full Moon Party. Bonfires, food, music. Cascade, Lake Placid. 523-1111. cascadeski.com.
23 Dewey Cookie Clash Freestyle XC Ski Race. Dewey, Saranac Lake. 891-2697. deweymountain.com.
23 32nd Winona Forest Tourathon 13K/25K/38K & Walter Chapman 50K XC Ski Race. 8am. CCC Camp, Mannsville. 315-243-5235. skireg.com.

MARCH

- 2-3** 11th Adirondack Backcountry Ski Festival. Guided tours, presentations, clinics. The Mountaineer, Keene Valley. 576-2281. mountaineer.com.
2-3 Mid-Atlantic Bill Koch Festival. Bristol, Canandaigua. nyssranordic.com.
9 2nd Wood 'N' Ski Rendezvous. 5K XC ski race, vintage clothing, music. Cascade, Lake Placid. 523-1111. cascadeski.com.
9-10 NYSSRA Nordic Champions Cup Weekend. Biathlon sprint/pursuit, ski-orientering, club relay ski race, 21K freestyle ski race. Saratoga Biathlon Center, Day. nyssranordic.com.
9-10 8th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
10 Trapps to Bolton Backcountry Race & Tour. Trapp Lodge, Stowe to Nordic Center, Bolton Valley, VT. 802-864-5794. catamounttrail.org.
16-17 NYSEF Nordic Kids Festival. Sun: Paintball biathlon. Lake Placid. nysef.org.
22 Moonlight Snowshoe. 7-8:30pm. Dinner: 5pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

HEALTH & FITNESS

ONGOING

- Daily** Real Ryde Cycling Class. Various times. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
Daily RPM Indoor Cycling Classes. 1st class free. Core Revolutionary Group Fitness, Glens Falls. 409-4111. coreglensfalls.com.
Mo-Fr Boot Camp Challenge. Malta 6-week camp starts: 3/4 & 4/29. Other camps: Saratoga, Schenectady, Rensselaer, Albany counties. 366-1901. makeitfittraining.com.
Mo-Fr Capital District Adventure Boot Camp for Women. Starts: 2/4 (2wk), 2/25 (4wk), 3/25 (4wk). Colonie, Guelderland, East Greenbush. 444-8060. cdbootcamp.com.
Mon Express Ryde Cycling Class. 5:30am. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
Tue Active Flow Class. 9:30am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

- Tu/Th** Let's Ryde Plus Cycling Class. 7:15pm. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
Thu Express Ryde Cycling Class. 5:45am. Total Ryder in Motion, Colonie. 937-3902. totalryderinmotion.com.
Fri Gentle Yoga Class. 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
Fri Hatha Yoga. 8:30am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.
Sat Beginner Hatha Class. 11am. True North Yoga, Schroom Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.
Sat Hatha Yoga. 10am. High Peaks Cyclery, Lake Placid. Brittany Phelps: 523-3764. highpeakscyclery.com.

MARCH

- 9-10** 8th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

HIKING, SNOWSHOE HIKING & CLIMBING

ONGOING

- Daily** Nordic/XC Ski, Snowshoe, Ice Climb. High Peaks Cyclery, Lake Placid. 523-3764. highpeakscyclery.com.
Fri Finn-Friday Snowshoe Trek: 1/11-3/22. Lapland Lake, Northville. 863-4974. laplandlake.com.

FEBRUARY

- 10** Esther Mountain Trailless Hike. 9.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
17 Tabletop Trailless Hike. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
19-21 Winter Wilderness Adventure & Storytelling Camp. Ages 6-8. 10am-4pm. Ndashina, Greenfield Center. 583-9958. ndcenter.org.
19-21 Winter Wilderness Adventure & Storytelling Camp. Ages 9-12. 10am-4pm. Ndashina, Greenfield Center. 583-9958. ndcenter.org.
22 Dinner & Full Moon Snowshoe Tour. 6pm Lapland Lake, Northville. 863-4974. laplandlake.com.
22 Moonlight Snowshoe/Ski. 6-9pm. Guided tour, bonfire. Pineridge, East Poestenkill. 283-3652. pineridgexc.com.
23 Street & Nye Trailless Hike. 8.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

MARCH

- 2** Phelps Mountain Hike. 7M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
4 Esther Mountain Trailless Hike. 9.5M. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
9 "Four More Feet" Documentary about blind hiker Randy Pierce. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
9-10 8th Adirondack Sports & Fitness Summer Expo. Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
16 Tabletop Trailless Hike. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
23-24 Wilderness First Aid. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

APRIL

- 2-4** Spring Tracking, Native Legends, Awareness Skills & New Ropes Challenge w/James Bruchac. Ages 6-8 & 9-12. Ndashina, Greenfield Center. 583-9958. ndcenter.org.
6-13 Wilderness First Responder. Heart Lake, Lake Placid. ADK: 523-3441. adk.org.

MAY

- 3-5** 12th Waterfall Hiking Weekend w/Barbara Delaney & Russell Dunn. Coon, Roaring Brook Falls, more. Trail's End Inn, Keene Valley. 576-9860. trailsendinn.com.

ICE SKATING & SPEEDSKATING

FEBRUARY

- 16-17** Lake Placid All-Around Speedskating Races. 500m/1500m/1000m/3000m. Sheffield Speedskating Oval, Lake Placid. Tom Miller: 304-3039. lakeplacidoval.com.

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MULTISPORT: BIATHLON & ORIENTEERING

ONGOING

- Ongoing Be A Biathlete Clinics:** 2/16, 17, 18, 19, 20, 21; 3/2, 3, 9, 10. Ages 12+. 1pm. Olympic Sports Complex, Lake Placid. 523-4436. whiteface.com.
- Sun Adirondack Paintball Biathlon.** 1/13: Dewey Mountain; 1/20: Mt. Van Hoevenburg; 2/3; 2/17; 2/24; 3/9. Dewey Mountain, Saranac Lake. 891-2697. deweymountain.com.

FEBRUARY

- 16-17 Biathlon: Sprint/Individual. 8:30am. Garnet Hill Lodge, North River. 861-8020. capitalregionnordicalliance.org.
- 23 Ski-Orienteering Meet. 10am -12pm. Pineridge, Petersburg. capitalregionnordicalliance.org.
- 23 Nor-Am Biathlon. Olympic Sports Complex, Lake Placid. 523-2811. whitefacelakeplacid.com.

MARCH

- 9 Paintball Biathlon. Dewey, Saranac Lake. 523-1900. nysef.org.
- 9-10 **NYSSRA Nordic Championship.** Biathlon, orienteering. Saratoga Biathlon Center, Day. nyssranordic.com.

MULTISPORT: TRIATHLON & DUATHLON

ONGOING

- Daily Group Tri Training Sessions.** 5:45pm & 7:30pm. Revolutionary Velo-Watts, Clifton Park. 256-9818. velowatts.com.

FEBRUARY

- 7 **Planning for Your Season Clinic w/Dr. Todd Shatynski.** 6:30pm. Ciccotti Center, Colonie. Reserve: jstahl@ciccotticenter.org. cdtriclub.org.
- 10 **Craftsbury Winter Triathlon #3.** Run/bike/XC ski. 11am. Craftsbury, Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 24 23rd YMCA Indoor Triathlon. 15min swim, 20min bike, 20min run. YMCA Ulster Co, Kingston. 845-338-3810. ymcaulster.org.
- 25 **Triathlon Training Program: 10 weeks.** Ciccotti Center, Colonie. Jenny Stahl: 867-8920. ciccotticenter.org.

MARCH

- 7 **Alternate Forms of Training Clinic w/Adam Cernauskas.** 6:30pm. Ciccotti Center, Colonie. Reserve: jstahl@ciccotticenter.org. cdtriclub.org.
- 8 Clark Sports Center Indoor Triathlon #3. 6:30pm. CSC, Cooperstown. 607-547-2800. clarksportscenter.com.
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 16 Prospect Park Spring Duathlon. 5K run, 14M bike, 5K run or 10K run, 27M bike, 5K run. Prospect Park, Brooklyn. 347-276-7523. citytri.com.
- 24 27th March Madness Duathlon. 2.2M run, 12M bike, 2.2M run. Central Park Boathouse, New York. nytri.org.

APRIL

- 4 **Q&A w/USAT Certified Coaches.** 6:30pm. Ciccotti Center, Colonie. Reserve: jstahl@ciccotticenter.org. cdtriclub.org.
- 27 Spring Dual Against CF Duathlon. 2M run, 12M bike, 2M run. 9am. New Paltz Reformed Church, New Paltz. 845-863-9595.
- 28 **1st Vernon Downs Treads & Threads Duathlon & 5K.** 3.1M run, 20M bike, 3.1M run. Casino, Vernon. 315-404-8130. atcendurance.com.

MAY

- 5 **20th Anyone Can 'Tri' Triathlon.** 350yd swim, 11M bike, 5K run. 7:30am. Southern Saratoga YMCA, Clifton Park. 371-2139. cdymca.org.
- 5 2nd Delmar Duathlon. 2M run, 10M bike, 2M run. 8am. Elm Avenue Town Park, Delmar. cdymca.org.
- 6-10 **Diamond Mills Tri-Camps.** Diamond Mills Hotel & Tavern, Saugerties. 845-247-0700. hitstriathlonseries.com.
- 26 **9th Saratoga Lions Duathlon.** 5K run, 30K bike, 5K run. 8am. Saratoga Casino & Raceway, Saratoga Springs. Greg Dixon: 696-4450. saratogalions.com.

JUNE

- 29 **31st Tupper Lake Tinman Triathlon.** 1.2M swim, 56M bike, 13.1M run. Sprint: 0.6M, 18.6M bike, 6.6M run. 8am. Municipal Park, Tupper Lake. Ted Merrihew: 359-7571. tupper-lake.com.
- 29-30 **HITS North Country Triathlon.** Open, Sprint, Olympic, Half, Full. Town Beach, Hague. 845-246-8833. hitstriathlonseries.com.

SEPTEMBER

- 21-22 **HITS Hunter Triathlon.** Open, Sprint, Olympic, Half, Full. Haines Falls. 845-246-8833. hitstriathlonseries.com.

OTHER EVENTS

ONGOING

- Jan/Feb Team In Training Info Meetings: Vermont City Marathon, America's Most Beautiful Bike Ride, Rock N Roll San Diego Marathon, Lake Placid Half Marathon, Philadelphia Triathlon.** 2/5, 6pm: Mocha Lisa's Café, Clifton Park. 2/12, 5:30pm: Mahoney's Pub, Poughkeepsie. 2/12, 5:30pm: Burlington YMCA, VT. 2/16, 9:30am: Warming Hut, Saratoga Spa S.P. Leukemia & Lymphoma Society. 438-3583 or 802-233-0014. teamintraining.org/uny.

FEBRUARY

- 8-9 **Viessmann Luge World Cup.** Olympic Sports Complex, Lake Placid. 523-4436. whitefacelakeplacid.com.
- 8-9 **Ice Fest.** Ice art sculpting. Raquette Lake & Long Lake. 624-3077. mylonglake.com.
- 16 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 16-17 **Classic Ice Fishing Derby.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 17 **Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 19-21 **Winter Wilderness Adventure & Storytelling Camp.** Ages 6-8. Snowshoeing, animal tracking. 10am-4 pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 19-21 **Winter Wilderness Adventure Camp.** Ages 9-12. Snowshoeing, animal tracking. 10am-4 pm. Ndakinna, Greenfield Center. 583-9958. ndcenter.org.
- 23 **Winter Wonderland Family Day.** YMCA Camp Chingachgook, Kattskill Bay. 656-9462. lakegeorgecamp.org.
- 23 **Inlet's Frozen Fire & Lights.** Fern Park, 10am-5pm: Bonfire, treats, sledding, skating, XC skiing, snowshoeing. Arrowhead Park, 5pm: Bonfire, fun & 7pm: Fireworks. Inlet. 315-357-5501. inletny.com.

MARCH

- 3 **Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.
- 9 **Winter Family Weekend.** Heart Lake, Lake Placid. ADK: 523-3441. adk.org.
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.

APRIL

- 14 **Discover Scuba.** Rich Morin's Professional Scuba Centers, Glens Falls. 761-0533. richmorinsproscubacenters.com.

PADDLING: CANOE, KAYAK & SUP

FEBRUARY

- Wed Kayak Rolling & Rescues: Instruction, Practice & Rentals.** 8-9:30pm. Schenectady JCC, Niskayuna. ADK Albany & Adirondack Paddle N Pole. Reserve: 346-3180. onewithwater.com.

MARCH

- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 9-10 **Saratoga Paddlefest Preview Show at Adirondack Sports & Fitness Summer Expo.** Saratoga City Center, Saratoga Springs. Mountainman Outdoors: 584-0600. saratogapaddlefest.com.

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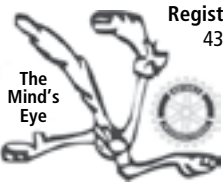
34th Annual Salem APRIL FOOL'S RACE Saturday, April 6

Run in scenic and historic Salem, NY
Start/finish: Salem High School

10:00am 1-mile children's race (14 & under)
10:05am 10K race & 11:00am 5K race/walk

Application: AprilFoolsRace.com

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APRIL

- 7 **40th Tenandeho Whitewater Derby.** 4.5M. 12pm. Coons Crossing Rd, Tenandeho Creek, Stillwater to Mechanicville. John Casey: 810-7579. canoejr@msn.com.
- 13-14 **Saratoga Paddlefest.** Canoe, kayak & SUP sale. Mountainman Outdoors on Fish Creek, Saratoga Springs. 584-0600. saratogapaddlefest.com.

RUNNING, WALKING & SNOWSHOE RACING FEBRUARY

- 5 **Good Form Running Clinic w/Julie Nabozny & James O'Connor, Fleet Feet.** 6-7pm. Fleet Feet Sports, Albany. RSVP: fleetfeetalbany@gmail.com.
- 9 **10th Camp Saratoga Snowshoe Race.** 8K. 10:30am. Wilton Wildlife Preserve/Park, Wilton. Jeff Clark: 581-7550. saratogastryders.org.
- 9 Frozen Foote #3: 4M. 10:30am. Appleton Arena, St. Lawrence University, Canton. 315-229-5105. northernrunners.org.
- 9 Winterfest Snowman Fun Run. 1M. 10:45am. Montcalm Street, Ticonderoga. lachute.us.
- 9 Cupid's Chase 5K. 10am. Onondaga Lake Park, Liverpool. active.com.
- 10 **Northfield Mtn Snowshoe Race.** 10K. 9am. WMAC Dion Series. Northfield Mtn V.C., Northfield, MA. runwmac.com.
- 12 **Strength Training & Injury Prevention for Runners Clinic w/AJ Allen, Siena coach.** 6-7pm. Fleet Feet Sports, Albany. RSVP: fleetfeetalbany@gmail.com.
- 16 **Moore Snowshoe Race.** 5K. 10am. WMAC Dion Series. Moore S.P., Paxton, MA. runwmac.com.
- 17 **Moody Spring Snowshoe Race.** 5.5M. 10am. WMAC Dion Series. Dubuque S.F., West Hawley, MA. runwmac.com.
- 17 40th HMRRRC Winter Marathon & Marathon Relay. 26.2M. 10am. Phys Ed Bldg, UAlbany, Albany. 331-5490. hmrrc.com.
- 23 **Moby Dick Snowshoe Race.** 7.2M. 9:30am. WMAC Dion Series. Mt Greylock Reservation, Lanesborough, MA. runwmac.com.
- 24 **Hallockville Orchard Snowshoe Race.** 3.8M. 10am. WMAC Dion Series. Dubuque S.F., West Hawley, MA. runwmac.com.
- 24 Lake Effect Half-Marathon & Moose Mile Fun Run. 9:15am. Onondaga Lake Park, Liverpool. lakeeffecthalfmarathon.com.
- 25 **Nutrition & Hydration for Endurance Athletes w/Katherine Kilrain, Hayes Clinic.** 6-7pm. Fleet Feet Sports, Albany. RSVP: fleetfeetalbany@gmail.com.
- 26 **A Running Revolution is Coming 2/27: adidas Premiere Gala.** 7:30pm. Fleet Feet Sports, Albany. 459-3338. fleetfeetalbany.com.

MARCH

- 2 **Hawley Kiln & Notch Snowshoe Race.** 5M. 9am. WMAC Dion Series. Hawley, MA. runwmac.com.
- 3 Adirondack Indoor Track & Field Championships. SEFCU Arena, UAlbany, Albany. 273-5552. usatfadir.org.
- 3 **Battle Against the Bounce.** 7-9pm. A fun evening w/reps for expert sports bra fitting. Donate used sports bra & save off new one. Fleet Feet Sports, Albany. 459-3338. RSVP by 2/15 w/name, sports bra style/size: ffbalyevents@yahoo.com.
- 7 Cystic Fibrosis Stair Climb. 6pm. Corning Tower, Albany. Rebecca Santoli: 783-7361. cff.org.
- 9-10 **8th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga City Center, Saratoga Springs. 877-8788. adksports.com.
- 16 14th Runnin' of the Green (Island). 4M: 10am. Kids' runs: 11:30am. American Legion, Green Island. hmrrc.com.
- 18 **3rd Freihofer's Run for Women 5K Training Challenge.** 10wk program for runners & sport walkers. Albany. freihoferstrun.com.
- 23 Robert C Parker 5K Trail Run. 10am. Parker School, Wynantskill. parkerschool.org.
- 24 Wurtsboro Mountain 30K Road Run & Relay. 9am. Emma Chase School, Wurtsboro. sullivanstriders.org.
- 24 **27th Shamrock Shuffle.** 5M: 11am. Leprechaun Leap kids' 7/8M fun run: 10am. Glens Falls HS, Glens Falls. Kevin Sullivan: 798-9593. adirondackrunners.org.
- 24 Syracuse Half-Marathon. 13.1M. Oncenter, Syracuse. Ken Hammond: 315-558-3727. syracusehalf.com.
- 30 **4th Run 4 Your Life 5K Run/Walk.** 9:30am. Kid's Fun Run. Central Park, Schenectady. Brian Demarest: 365-3883. schenectadyfirefightersrun4yourlife.com.

- 30 **3rd Ice Breaker Challenge.** 9am. Corning Preserve, Albany. Kathy Johnston: 439-9964. albanyrunningcenter.org.
- 30 **19th Rabbit Rumble 4M Run/2M Walk.** 10am. Guilderland H.S., Guilderland Center. 861-6350. active.com.

APRIL

- 6 **34th 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.
- 6 11th Dodge the Deer 5K. 10am. Schodack Island S.P., Schodack. Josh Merlis: 320-8648. areep.com.
- 13 6th Peppertree's Furry Fun Run 5K. 9am. Warming Hut, Saratoga Spa S.P., Saratoga Springs. 435-7425. peppertree.org.
- 13 Rotary Five 5K. 10am. SUNY Adirondack, Queensbury. Jim Goodspeed: 793-8223. adirondackrunners.org.
- 13 Schoharie 5K Run/Walk. 10am. Schoharie ES, Schoharie. David Roy: 295-7162.
- 13 **1st Bacon Hill Bonanza 5K Road Race.** 10am. Bacon Hill Church, Schuylerville. baconhillbonanza.com.
- 14 25th Delmar Dash 5M. 9am. Bethlehem M.S., Delmar. 831-6699. hmrrc.com.
- 14 Kingston Classic 10K & 2.1M Fun Run. 1pm. Kingston. 585-749-5712. kiwaniskingstonclassic.com.
- 14 More/Fitness Magazines Womens' Half-Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 14 Save Our Switchbacks 7.5K Road Race. 9am. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 20 **34th St Peter's Keys Run.** 10K: 9am. 5K: 11am. Kids' 1M: 10:30am. Saratoga Spa S.P., Saratoga Springs. saratogastryders.org.
- 20 **33rd Bill Robinson Masters 10K.** 9am. Guilderland H.S., Guilderland. Jim Tierney: 869-5597. hmrrc.com.
- 20 35th Rollin Irish Half-Marathon. 13.1M. 9am. Memorial Hall, Essex Center. Jim Farrington: gmaa.net.
- 21 **3rd Lake George Half-Marathon.** 13.1M. Fort William Henry Resort, Lake George. usrahalf.com.
- 21 Red Cross 5K Road Race. 10:30am. Crossings Park, Colonie. 229-8689. sienna.edu.
- 27-28 **Sean's Run Weekend.** Sat, 10am: 20M Bike Ride. Sat, 8:30am: 50M County Tour Bike Ride. Sun, 12pm: 12th Sean's Run 5K & Community Walk. Sun, 11:30am: Meghan's Mile Youth Race & 1M Walk. Chatham HS, Chatham. seansrun.com.

MAY

- 4 **1st Greenwich Urban Assault.** 4M Obstacle Run. 10am. Greenwich. adkracemgmt.com.
- 19 **Cape Cod Half Marathon.** 13.1M. Cape Cod, MA. usrahalf.com.

JUNE

- 1 **35th Freihofer's Run for Women.** 5K Run: 9:45am. Kid's Run: 11am. Junior 3K: 11:30am. Community Walk: 12-1pm. CapitalCare Expo: Fri-Sat. Empire State Plaza, Albany. 273-5552. freihoferstrun.com.
- 2 **Worcester Half Marathon.** 13.1M. Worcester, MA. usrahalf.com.
- 8 **2nd Glens Falls Urban Assault.** 4.6M Obstacle Run. 5pm. Glen Street, Glens Falls. adkracemgmt.com.
- 9 **Lake Placid Marathon & Half-Marathon.** Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.

OCTOBER

- 13 **31st Mohawk Hudson River Marathon & 12th Mohawk Hudson River Half-Marathon.** Albany. mohawkhudsonmarathon.com.

SWIMMING

FEBRUARY

- 24 Glens Falls Swim Meet. Glens Falls H.S., Glens Falls. Bob Eagle: 793-3878. adms.org.

MARCH

- 9 Cabin Fever Swim Meet. Ballston Spa HS, Ballston Spa. Heidi Larkin: 366-5247. adms.org.

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.

AROUND THE REGION News Briefs

North Country Triathlon with a New Twist

HAGUE - HITS Triathlon Series will present "a distance for everyone" at the HITS North Country Triathlon, June 29-30 in Hague. Swim, bike



and run through Lake George and over the Adirondack hills. Offering five distances, including Sprint, Olympic, Half, Full and the popular HITS Open, the weekend will be one for the whole tri-family. HITS Triathlon Series is including the North Country Triathlon in their mission to reinvent the sport. They are the first national series to produce a year-round race schedule and offer five distances during a single weekend. North Country was added to the 2013 schedule and will be one of nine races at destination locations throughout the US. As race day approaches, HITS will be engaging with local communities to secure volunteers. To get involved, email info@hitstriathlonseries.com. Register at hitstriathlonseries.com before February 25 and save 75% on registration.

Adirondack 46ers Documentary by Local Film Student

LATHAM - A 19-year old filmmaker and 46er to be, Blake Cortright, is in preproduction stages of a documentary about the



legendary 46ers. This film will tell the story of the individuals who have climbed to the top of the 46 High Peaks in the Adirondacks. Over 7,000 people; young, old, male and female have accomplished this feat. Who are these people? What compels them to venture into the wilderness to pursue a goal? How did this challenge change them? And what can we do to help preserve the Adirondacks for future generations? Blake, who first produced a televised documentary in high school, touted his project to Mountain Lake PBS in Plattsburgh, and has received a letter of interest for the film. The primary filming is to take place this summer and the film's release will occur sometime in 2014. Check out a short promo video at 46ersdoc.com and see how you can get involved. 🌲

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Glens Falls High School, Glens Falls

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ALPINE SKIING & SNOWBOARDING

Where to Go Glade Skiing

By Jeff Farbaniec

Glade skiing has seen a tremendous growth in popularity over the past decade, and for good reason. "Skiing the trees" offers challenge, adventure, diverse terrain, and the opportunity to find untracked natural snow in quiet woods away from crowded slopes and trails.

There's also been a parallel growth curve in sales of backcountry and off-piste ski equipment including telemark, alpine touring and randonee boots, bindings and skis, split snowboards and climbing skins. But you don't need specialized gear to enjoy the inbounds glades that many ski areas feature, because all-mountain skis will do just fine.

If you're new to skiing, or are an experienced skier who has shied away from skiing in the trees, you should consider trying this fast-growing part of our sport.

Gore Mountain in North Creek was among the first Eastern ski areas to develop gladed terrain for its skiers, and now boasts 20 diverse glades on its trail map. Every one of Gore's terrain pods has opportunities for glade skiing. This extensive gladed terrain is one of Gore's features that set it apart from other ski resorts. I've been skiing Gore for nearly 30 years, so I know its trails, trees, nooks and crannies well, and can make some specific recommendations to help you explore its woods.

In general, glades on the lower mountain feature gentler terrain with open hardwoods. For beginners, the Otter Slide Glade is Gore's easiest – it's short and low-angled. Otter Slide Glade can be accessed from Sunway, near the top of the Sunway double chair. If you're comfortable with Otter Slide, try Chatterbox next. Located next to the Wild Air trail, Chatterbox is considerably longer than Otter Slide, but offers opportunities to bail out mid-glade. Chatterbox is mostly low-angled, although there are a handful of short, slightly steeper drops. Twister Glade is another favorite, comparable in length and difficulty to Chatterbox. Near the end of Twister Glade, where it exits onto Echo, there is a short steep pitch that is a notch higher in difficulty.

For experienced glade skiers, the Cave Glade is a must-do. Accessed from Ruby

Run, the Cave Glade drops all the way down into the Straight Brook valley and features nicely spaced evergreens with alternating steeper – but never really steep – and moderate pitches. Halfway down, on skier's right, is the cave for which the glade is named. Explore the cave, but be careful of the smooth-as-glass ice that flows from seeps within the cave. It's a great spot to stop with a thermos of hot chocolate and some snacks, especially for families.

All of the upper mountain glades in the Straight Brook and High Peaks terrain pods come highly recommended for advanced skiers. Many of these glades feature multiple lines and interesting terrain features. In general, these woods are steeper and tighter. If you only have time to sample a handful of these glades, try the Straight Brook, Mineshaft, and Dark Side Glades.

One more glade deserves special mention: Cirque Glades, the longest glade in the East. Located on Burnt Ridge, the Cirque can be accessed from either Sagamore or Echo. The Sagamore entrance is recommended for its dramatic drop-in through a notch in the cliffs that run parallel to Echo. Be prepared for a long but beautiful tour, as these glades extend all the way to the base of the mountain. Visit goremountain.com.

Gore's northern sibling, **Whiteface** in Wilmington, also has some interesting glade options. Cloudsplitter Glades and 10th Mountain Glades feature tight trees and steep lines for advanced skiers. An exciting new addition to the mountain is the Sugar Valley glades, which opened as part of the Lookout Mountain expansion several years ago. These expansive – something like 60 acres – hardwood glades can be accessed from multiple points along the Wilmington Trail. And despite Whiteface's reputation as an expert's mountain, there's a pair of nice beginner glades that are part of Whiteface's learning area, the Kids Kampus. Go to whiteface.com.

When there is sufficient natural snow, **Hickory Ski Center** in Warrensburg offers outstanding opportunities for glade skiing. One hint: some of the best tree shots aren't on the trail map. If you're a telemark skier – or even if you're not – consider visiting on Saturday, March 2 for Hickory's Telemark Festival and Tour de Trees! Check out hickoryskicenter.com.

In Vermont, **Mad River Glen** and **Jay Peak** are two ski areas that are synonymous with tree skiing. Like Gore, both mountains feature glades that are appropriate for all ability levels. Although I haven't logged anything close to the number of days that I've skied at Gore, I can still make some recommendations. At Jay Peak, advanced skiers will enjoy Everglade, Kitz Woods and Timbuktu. For intermediates, Bonaventure and Show-Off are recommended, and Moon Walk and Bushwhacker for beginners. At Mad River Glen, despite its reputation as an advanced skier's mountain, beginners and intermediates will find plenty of choices off the Birdland and Sunnyside chairlifts. For experts, Paradise is not to be missed – with its waterfall drops and tight trees it is considered by many to be Mad River's signature run. Visit madriverglen.com or jaypeakresort.com.

▲ SKIERS IN TWISTER GLADE AT GORE MOUNTAIN ON JANUARY 1, 2013. PHOTO BY JEFF FARBANIEC

At **Stowe**, they offer fine tree skiing on Bypass, Lookout, Nosedive, Tres Amigos, and many other unmarked glades. At **Bromley** in southern Vermont, skiers can invigorate their senses on Avalanche Glade, The Plunge, The Glade or The Everglade. Go to stowe.com or bromley.com.

As you explore the glades and woods, ski safe and keep the following precautions in mind: Always wear goggles and a helmet; Remove pole straps from around your hands; Be alert for sudden terrain changes and unmarked obstacles; Respect ski area boundaries and closures; Ski with a partner and a group of three is better; Look carefully before exiting the woods; Consider taking a lesson or clinic to bolster your confidence in the trees; Be confident in your own ability before taking children or less experienced skiers into a glade. 🌲

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

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ATHLETE PROFILE

Esther Munoz

AGE: 15
RESIDENCE: Lake Placid
OCCUPATION: 9th-Grader at Lake Placid High School
FAMILY: Arte and Loretta, Parents; Briana, 19, Sister
PRIMARY SPORT: Long Track Speedskating
SECONDARY SPORTS: Short Track Speedskating, Track and Field
OTHER INTERESTS: Violin

■ COACH TOM MILLER WITH ESTHER.
 ■ ESTHER WON GOLD ALL-AROUND AT THE 2012 LONG TRACK AGE GROUP NATIONALS IN MILWAUKEE. PHOTOS BY JANIT GORKA



By Janit Gorka

German-born speedskater Esther Munoz came to the United States speaking mostly German, without a speedskating club and missing her friends in Worms, Germany. She was 10 years old and very shy. Her older sister, Briana, was a competitive figure skater, and the family, including military/civil employee father Arte and mother Loretta, decided Lake Placid was a good fit for the winter sports enthusiasts to live.

It almost sounds like the plot from a Disney movie: German girl goes to American school and is bullied (she was). German girl doesn't quite fit in with "traditional" sports at the school (she didn't). German girl had problems with English class (she spoke very little English at the time). German girl gets tough (but in a very quiet way).

"I was very much an oddball," says Esther.

It sounds a bit tragic and challenging, and if you ask Esther she will tell you it was. But what she won't tell you is that it also fostered tremendous emotional strength in the "German girl" who can now skate endless laps on the Sheffield Speedskating Oval on Main Street in Lake Placid.

Esther has piercing blue eyes that only reveal the sweet and still-shy teenager, not the fierce competitor. But that enigma might have something to do with her unique path to the top of the podium at the US Long Track Age Group Nationals last year.

Esther's father Arte is an Army GS-13 Logistics Aviation Representative, which despite its military-sounding title, is actually a civil service position closely linked to Army flight operations. Arte and Loretta had gone to Germany on what they expected to be a three-year commitment, but it turned into almost 18 years. Both Briana, 19, and Esther, 15, were born in Germany.

A short track speedskating friend of Loretta's said that Esther might like speedskating, so at five years old, Esther started skating at Club Mannheim in Germany. "She wasn't very good at it," shares her mother Loretta. "The club was a family environment. They would go to races together in a bus – it was

a close group. They "inlined" (roller skate training and racing) during the summer, and spent a lot of time together," she explains. Both girls went to German schools starting in preschool, not schools on the US base. They were immersed in their German life.

When the girls moved to the United States, "It was culture shock," said Esther. Her father Arte had taken a job at Fort Drum in Watertown, and they were looking for a place where the girls could train close to home, and Arte could still commute to work. They chose Lake Placid. The 1980 Olympic village is a winter sport haven, but shares Esther who can see the long-track oval from her high school classrooms, "Most of the kids in my school play hockey."

Esther started her American speedskating participation with the Saratoga Winter Club. Her mother drove two hours south on Tuesdays and Thursdays to participate at club sessions in the Weibel Avenue rink in Saratoga Springs. The club at the time is mostly a 'short track' club, and Esther spent her first years in the US racing and training short track – the sport is on indoor hockey rinks.

In middle school, the willowy Esther had a growth spurt that made her more suited for the long-track 400-meter oval. "I feel like I am going to go somewhere in long-track," she says, emphasizing the "go somewhere." Traditionally a sport of the long and powerful European skaters – think of the plentiful orange suits of the Dutch skaters in the Olympics. Esther grew into that mold, and last year, stopped racing short track entirely. She still goes to club practices on Tuesdays, "they get me, Katy gets me...," she says of her SWC friend Katy Toth, an up-and-comer from Stephentown.

"My body is better suited for long track," she admits, or embraces.

Now, on the iconic track that made Eric Heiden a national hero, Esther trains, often alone. As it turns out, the Lake Placid Speedskating Club is mostly masters and recreational skaters, with a few kids from Saratoga Springs coming up on weekends. After school, it is solitary diligence.

"Esther will go where Esther wants to go," says her coach, Tom Miller. Tom and his brother Mike are local US National Team skaters

who have lived in the chill of Lake Placid and Saranac Lake most of their lives.

"Wherever she goes, she will be racing in better ice," Tom says. "Here we train on hard ice that is difficult to grip, there is wind... But at every race up here she does personal records, because she wants to," he explains of Esther's personality.

"I pretty much train every single day for two hours, and four hours on the weekend," Esther says. "I get Wednesdays off usually," she shares. "On Monday it is 'dryland' in the Olympic Training Center; Tuesdays I'm at Saratoga; Thursdays coach Tom Miller gives me a quick tempo workout; Friday we do long laps for endurance" She has it all in her head. "On the weekend it is great when Katy Toth and Greta Stahl (another young up-and-comer and the author's daughter), and Mike Brooks a SWC skater, and the Ottawa, Ontario team comes here. I love it when other people come to Lake Placid to train," she says.

What motivates her to do this solitary training? "Mostly the Nationals races," she says. "I really want to do well at Junior Nationals and get my Category 1 skin," she says. The "Cat 1 skin" is instant validation and a stretchy, Lycra badge of honor for young skaters. US Speedskating, the national governing body of speedskating, gives qualified skaters that finish in the top-five of Esther's race in the Junior B category, and in other National events, a US "skin" which is what skaters call the Lycra

speed suits they wear. Esther was interviewed before US Nationals, and when she returned from the weekend, she had earned her "skin" with a second-place overall in Junior Nationals.

"When she races Age Group Nationals it will be indoors at the Petit Center in Milwaukee, the ice is so much faster, a skater can improve up to five seconds on a 500-meter race," Tom Miller says, and that is a big drop in time. Last year Esther won the US Long Track Age Group Nationals in her age category, this year she is going up an age group to qualify for Category I status at the Junior Nationals in Roseville, Minn. One week later, she flies south to Milwaukee, and competes within her age group to defend her title as the best in her age in the US.

"Esther has adjusted to her growth spurt better than most I know, and she is getting used to her longer limbs... she has a lot of self-discipline," Tom explains of her fast improvement. "She does well because she wants to, that's Esther."

Esther traveled to US Junior Long Track Nationals on Feb. 2-3, and US Long Track Age Group Nationals Feb. 8-9, again in Roseville, Minn. and Milwaukee, to defend her all-around gold medal she won last year. 🌱

Janit Gorka is a Wilton-based freelance writer and photographer with three amazing, athletic children. She can be reached at saratogaoutdoorjg@gmail.com.



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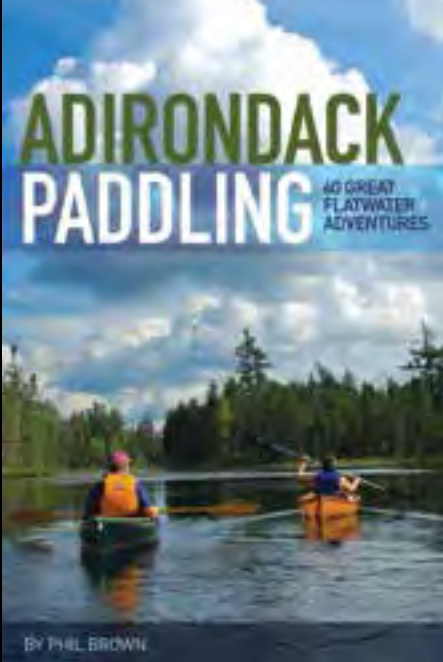
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CONCENTRATION CREDIT:
 Course No. PED 149 Whitewater II



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RACE RESULTS

ADIRONDACK MARATHON: HELPERS FUND 5K & 10K RACES September 22, 2012 • Municipal Center, Chestertown

5K RUN				
MALE OVERALL				
1 Lane Oehler	14-19	Warrensburg	20:19	
2 William Yarmowich	14-19	Warrensburg	20:51	
3 John Kelly	10-13	Warrensburg	21:00	
FEMALE OVERALL				
1 Susan Keely	40-49	Glens Falls	22:58	
2 Cecilia Powlin	20-29	Newcomb	24:16	
3 Kendra Houston	14-19	East Nassau	24:54	
MALE AGE GROUPS				
1 Byron Greivous	1-9	Westport, CT	25:14	
1 Brandon Olden	10-13	Chestertown	21:24	
1 Luke Bryant	14-19	Warrensburg	23:20	
1 Scott Montgomery	20-29	Glens Falls	24:11	
1 Miljan Plavic	30-39	Astoria	22:35	
1 Mike Nicholas	40-49	Johnstown	22:44	
1 Jerry Lannino	50-59	Maplewood, NJ	23:24	
1 Larry Merkel	60-69	Arlington, VA	21:38	
1 Donald Winslow	70-74	Corinth	31:51	
1 Walt McConnell	75-79	Bolton Landing	37:20	
FEMALE AGE GROUPS				
1 Matilda Latour	1-9	St Jean, QC	32:25	
1 Chelsea Yarosh	10-13	Pottersville	26:02	
1 Marnie Chancey	14-19	Warrensburg	26:14	
1 Danica Ehmann	20-29	Troy	27:02	
1 Angela Manekas	30-39	Ozone Park	24:59	
1 Amy Allen	40-49	Arlington, VA	29:38	
1 Julie Cochran	50-59	Westport, CT	25:15	

10K RUN				
MALE OVERALL				
1 Rik Jordan	60-64	South Otselic	28:12	
1 Dorothy Seagle	70-74	Delmar	45:09	
1 Rosemarie Trainer	75-79	Schroon Lake	37:09	
FEMALE OVERALL				
1 Rik Jordan	40-49	Glens Falls	37:05	
2 Tim Russell	20-29	Greenfield Center	38:20	
3 Patrick McGarvey	30-39	Brooklyn	40:40	
FEMALE OVERALL				
1 Meghan O'Brien	30-39	Maplewood, NJ	46:19	
2 Anne Atwell-McLeod	20-29	Washington DC	47:12	
3 Catherine Thompson	30-39	Burlington, VT	47:23	
MALE AGE GROUPS				
1 Jarred Green	14-19	Los Angeles, CA	48:24	
1 Luke Merkel	20-29	Washington DC	40:44	
1 Michael West	30-39	Warrensburg	41:12	
1 Jim Van Ess	40-49	Castleton-On-Hudson	42:43	
1 James McElroy	50-59	Saratoga Springs	42:01	
1 Lawrence Mokhiber	60-64	Albany	1:01:50	
1 George Stump	75-79	Cincinnati, OH	1:05:31	
FEMALE AGE GROUPS				
1 Eve Larose	10-13	Marieville, QC	53:59	
1 Christina Kitlinski-Hon	14-19	Saratoga Springs	48:33	
1 Molly Feldmann	20-29	New York	53:27	
1 Tonya Egan	30-39	North Bangor	49:39	
1 Lorraine Brown	40-49	Oakland Gardens	47:47	
1 Diane Litynski	50-59	Saranac Lake	49:34	

Courtesy of Adirondack Marathon Distance Festival

HITS TRIATHLON SERIES: HUNTER MOUNTAIN II continued

FEMALE AGE GROUP: 25 - 29				
1 Emily Swan	26	3:22:33		
2 Meredith Dundin	29	3:28:03		
3 Leigh Parker	30	1:42:51		
MALE AGE GROUP: 30 - 34				
3 Matt Leach	33	3:16:45		
1 Adam Barcan	34	2:49:39		
2 Ken Kurszewski	34	3:05:15		
FEMALE AGE GROUP: 30 - 34				
1 Gravity Goldberg	33	3:14:59		
2 Sarah Rebal	31	3:16:40		
MALE AGE GROUP: 35 - 39				
1 Paul Curtis	35	2:43:16		
2 Miguel Merino	38	3:11:54		
3 Andrew Brady	38	3:16:30		
MALE AGE GROUP: 40 - 44				
1 Chris Marketo	44	3:04:58		
2 Tom Friesen	41	3:09:32		
3 Rodolfo Saenz de Ugarte	44	3:18:55		
FEMALE AGE GROUP: 40 - 44				
1 Emily Mellow	42	3:10:08		
2 Debra Sheridan	42	3:24:06		
MALE AGE GROUP: 45 - 49				
1 Patrick Dicerbo	45	3:08:28		
2 Tim Crow	45	3:11:57		
3 Don Markoe	48	3:20:22		
MALE AGE GROUP: 50 - 54				
1 Glenn Herbert	53	2:58:40		
2 Daniel McCarthy	50	3:02:05		
3 Carl Howard	53	3:17:58		
MALE AGE GROUP: 55 - 59				
1 Raymond Canals	55	3:06:11		
MALE AGE GROUP: 60 - 64				
1 John Martin	60	3:07:40		
CLYDESDALE: 40 & OVER				
1 Peter Helling	46	2:43:56		
RELAY TEAMS				
1 Harold Bravo/Alfonso Naranjo		3:06:52		
2 Gary Walters/Emil Barbosa/James Kamlet		3:07:28		
3 John Altieri/Deborah Pia/Brian Pia		3:22:06		
SPRINT - 0.47M SWIM, 12M BIKE, 3.1M RUN				
MALE OVERALL				
1 Joel Vann	52	1:19:05		
2 Kevin Miles	16	1:20:18		
3 Chad Duffy	34	1:22:08		
FEMALE AGE GROUP: 45 - 49				
1 Brenda Ross	46	6:33:13		
2 Veronique Doyon	47	7:02:13		
3 Marcela Pouliot	39	7:02:54		
FEMALE AGE GROUP: 50 - 54				
1 Michele Yasson	52	7:16:39		
MALE AGE GROUP: 55 - 59				
1 Barry Siff	56	5:46:39		
2 Tony Maddaloni	59	5:51:12		
FEMALE AGE GROUP: 60 - 64				
1 Nancy Cattabiani	63	9:27:59		
OLYMPIC - 0.9M SWIM, 24.8M BIKE, 6.2M RUN				
MALE OVERALL				
1 Edward O'Malley	34	2:26:18		
2 Michael Halstead	45	2:30:23		
3 John Gimblette	40	2:34:36		
FEMALE OVERALL				
1 Dot Martin	51	2:56:53		
2 Bridget Corso	23	3:06:37		
3 Elizabeth Bassett	35	3:08:12		
MALE AGE GROUP: 1 - 19				
1 Matthew Canals	16	3:05:25		
MALE AGE GROUP: 20 - 24				
1 Benjamin Cohen	21	3:08:32		
2 Eric Epstein	23	3:14:03		
FEMALE AGE GROUP: 20 - 24				
1 Jessica Wood	24	3:17:07		
2 Rhynn Malloy	24	3:25:36		
MALE AGE GROUP: 25 - 29				
1 Sebastien Gauthier Perron	27	2:39:21		
2 Jordan Leach	25	2:41:59		
3 Andrew Skelly	26	2:47:17		

continued

HITS TRIATHLON SERIES: HUNTER MOUNTAIN II September 22-23, 2012 • North/South State Campground, Haines Falls

FULL - 2.4M SWIM, 112M BIKE, 26.2M RUN				
MALE OVERALL				
1 Kent Damon	44	11:31:21		
2 Alexander Kowalsky	26	11:37:07		
3 Chuck Kreger	41	12:09:11		
FEMALE OVERALL				
1 Deborah Battaglia	44	13:43:31		
2 Rachel Wasilewski	29	15:07:24		
3 Susan Haag	45	15:55:24		
MALE AGE GROUP: 30 - 34				
1 John Muoio	34	13:39:02		
2 Dmitry Pikman	31	13:54:03		
3 Dan Kopsco	33	15:54:47		
MALE AGE GROUP: 35 - 39				
1 Nick Schewtschenko	39	12:43:18		
2 James Lawrence	35	12:55:10		
3 Morten Nielsen	35	13:15:14		
MALE AGE GROUP: 40 - 44				
1 Shane Cunningham	40	12:23:52		
2 Flavio Pardo	44	12:56:57		
3 Jonas Shoor	41	13:58:14		
MALE AGE GROUP: 45 - 49				
1 Tom Beausang	47	14:16:52		
2 Patrick Garrett	46	14:20:56		
MALE AGE GROUP: 50 - 54				
1 Stephen Redwood	53	13:13:34		
2 Eddie Turner	53	13:56:09		
3 William Markunas	51	14:31:59		
MALE AGE GROUP: 55 - 59				
1 Bill Romas	57	17:19:10		
MALE AGE GROUP: 60 - 64				
1 John Wragg	61	16:12:00		

HALF - 1.2M SWIM, 56M BIKE, 13.1M RUN				
MALE OVERALL				
1 Jason Toth	34	4:46:32		
2 Allan Guiney	25	5:14:22		
3 Tim Neil	42	5:19:26		
FEMALE OVERALL				
1 Kierann Toth	28	5:36:12		
2 Pamela Thomas	46	6:22:52		
3 Natalie Pilon	37	6:31:27		
MALE AGE GROUP: 20 - 24				
1 Todd Herman	24	6:13:14		
MALE AGE GROUP: 25 - 29				
1 Philip Lee	28	6:47:25		
2 Walter Ward	27	6:54:46		
3 Aris Anastasakis	29	7:17:35		
FEMALE AGE GROUP: 25 - 29				
1 Freda Ready	29	6:36:56		
2 Holly Lape	28	6:45:38		
3 Marcy Duffy	32	7:26:26		
MALE AGE GROUP: 30 - 34				
1 Chad Duffy	34	7:26:27		
2 Damien Morvidelli	33	7:38:28		
FEMALE AGE GROUP: 30 - 34				
1 Lyndsey Dore	34	6:53:16		
2 Jennifer Crawford-Doodly	34	7:23:24		
MALE AGE GROUP: 35 - 39				
1 Justin Hayes	36	5:44:41		
2 Keith Wick	39	5:53:00		
3 Bill Denehy	37	5:58:19		
MALE AGE GROUP: 40 - 44				
1 Herb Terns	43	7:53:58		
MALE AGE GROUP: 45 - 49				
1 Jordan Waxman	47	5:24:13		
2 Emmanuel Doyon	45	5:27:49		
3 Donald Thurston	45	5:33:06		

continued



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SPRINT: Swim .6M / Bike 18.6M / Run 6.6M

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Info, Ted Merrihew, race director: **Tinman@Tupper-Lake.com** or (518) 359-7571

RACE RESULTS

HITS TRIATHLON SERIES: HUNTER MOUNTAIN II *continued*

FEMALE AGE GROUP: 40 - 49		MALE AGE GROUP: 1 - 19		MALE AGE GROUP: 30 - 39	
1 Olga Ceresnak	48 27:28	1 Paul Zogg	12 24:25	1 James Barnard	32 24:42
2 Jamie Sheppard	45 28:01	2 Jacob Bennett	14 26:48	2 Shane Fullington	32 34:27
3 Jennifer Wittick	46 28:03	3 Ryan Sheppard	10 28:00	3 Justin Rivera	35 42:53
FEMALE AGE GROUP: 50 - 59		MALE AGE GROUP: 20 - 29		MALE AGE GROUP: 40 - 49	
1 MaryEllen Gallagher	55 29:14	1 Albert Gray	26 30:05	1 Doug Zogg	42 28:49
2 Melodye Serino	55 41:41			2 Michael Rempe	49 31:49
3 Joyce Pinero Gorman	50 43:57				

Courtesy of HITS Triathlon Series

9TH ANNUAL CROSSINGS 5K CHALLENGE

September 30, 2012 • Rudy Ciccotti Family Recreation Center, Colonie

MALE OVERALL		FEMALE AGE GROUP: 40 - 44		MALE AGE GROUP: 15 - 19	
1 Christopher Bouchar	15 Watervliet 18:18	1 Liz Kelsey	43 Loudonville 22:00	1 Ryan Assini	15 Latham 19:31
2 Andy Reed	41 Niskayuna 18:51	2 Jennifer Farney	41 Niskayuna 22:21	2 Peter Crumme	15 Albany 19:33
3 Derek Peterson	36 Cohoes 19:14	3 Kristin Ward	43 East Greenbush 24:20	3 Brandon Ng	16 Albany 20:43
FEMALE OVERALL		MALE AGE GROUP: 45 - 49		FEMALE AGE GROUP: 15 - 19	
1 Mackenzi Hillard	30 Rochester 19:24	1 Steve Cummings	47 Ballston Spa 19:28	1 Angela Artini	11 Latham 21:58
2 Leah Jachym	33 Albany 20:50	2 Dan Shyne	45 Selkirk 20:23	2 Kelly Artini	13 Latham 22:07
3 Lori Schmidt	39 Loudonville 21:12	3 Michael Crown	46 Athens 21:05	3 Joia Canete	13 Watervliet 22:09
MALE AGE GROUP: 1 - 14		FEMALE AGE GROUP: 45 - 49		MALE AGE GROUP: 15 - 19	
1 Andrew Bennett	12 Latham 21:29	1 Brenda Lennon	46 Troy 22:43	1 Ryan Assini	15 Latham 19:31
2 Zachary Ogden	13 Niskayuna 22:14	2 Colleen Denio	46 Troy 23:43	2 Peter Crumme	15 Albany 19:33
3 Nick Sutton	13 Schenectady 24:22	3 Margaret Burke	49 Schenectady 23:57	3 Brandon Ng	16 Albany 20:43
FEMALE AGE GROUP: 1 - 14		MALE AGE GROUP: 50 - 54		FEMALE AGE GROUP: 15 - 19	
1 Angela Artini	11 Latham 21:58	1 Tom Pierson	50 Latham 20:24	1 Angela Deciani	18 Green Island 24:35
2 Kelly Artini	13 Latham 22:07	2 Jerry Pittz	53 Schenectady 23:00	2 Taren Riley	17 Albany 25:04
3 Joia Canete	13 Watervliet 22:09	3 Roger Manion	53 Ballston Lake 23:42	3 Lynn Fein-Schaffe	17 Delmar 25:18
MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 50 - 54		MALE AGE GROUP: 15 - 19	
1 Ryan Assini	15 Latham 19:31	1 Tom Pierson	50 Latham 20:24	1 Ryan Assini	15 Latham 19:31
2 Peter Crumme	15 Albany 19:33	2 Jerry Pittz	53 Schenectady 23:00	2 Peter Crumme	15 Albany 19:33
3 Brandon Ng	16 Albany 20:43	3 Roger Manion	53 Ballston Lake 23:42	3 Brandon Ng	16 Albany 20:43
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 55 - 59		FEMALE AGE GROUP: 15 - 19	
1 Angela Deciani	18 Green Island 24:35	1 Chester Tumidajewicz	58 Amsterdam 22:04	1 Angela Deciani	18 Green Island 24:35
2 Taren Riley	17 Albany 25:04	2 Jeffrey Cohn	55 Albany 26:25	2 Taren Riley	17 Albany 25:04
3 Lynn Fein-Schaffe	17 Delmar 25:18	3 Steve Klob	55 Albany 28:22	3 Lynn Fein-Schaffe	17 Delmar 25:18
MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 55 - 59		MALE AGE GROUP: 20 - 24	
1 Brandon Hufelt	20 Albany 23:46	1 Donna Lustenhower	58 Altamont 25:42	1 Brandon Hufelt	20 Albany 23:46
2 Alan Eskandar	23 Albany 25:36	2 Jill Mehan	57 Troy 25:46	2 Alan Eskandar	23 Albany 25:36
3 David Prime	22 Albany 32:28	3 Tricia Moreland	58 Latham 27:16	3 David Prime	22 Albany 32:28
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 60 - 64		FEMALE AGE GROUP: 20 - 24	
1 Kelly Landers	21 Latham 21:40	1 Dennis Fielmore	60 Ballston Spa 19:50	1 Kelly Landers	21 Latham 21:40
2 Jenna Hooper	22 Slingerlands 23:32	2 John Darsinos	60 Niskayuna 20:27	2 Jenna Hooper	22 Slingerlands 23:32
3 Elizabeth Burke	23 Schenectady 25:21	3 Leo Dipiero	62 Cherry Plains 25:07	3 Elizabeth Burke	23 Schenectady 25:21
MALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 60 - 64		MALE AGE GROUP: 25 - 29	
1 Timothy Martin	27 Cheverly, MD 19:26	1 Kathie Hillard	60 Latham 28:04	1 Timothy Martin	27 Cheverly, MD 19:26
2 Kris Kowalczyk	26 Troy 23:33	2 Phyllis Fox	60 Loudonville 28:22	2 Kris Kowalczyk	26 Troy 23:33
3 Demitrios Papapetro	25 Latham 26:57	3 Jo-Ann Garrison	60 Albany 31:34	3 Demitrios Papapetro	25 Latham 26:57
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 65 - 69		FEMALE AGE GROUP: 25 - 29	
1 Nicole Clark	26 Troy 22:44	1 Douglas Fox	67 Loudonville 23:43	1 Nicole Clark	26 Troy 22:44
2 Ashley Hillard	28 Middletown, CT 23:31	2 David Bundy	66 Loudonville 26:22	2 Ashley Hillard	28 Middletown, CT 23:31
3 Regina Mesick	26 Latham 25:33	3 Jim Whelan	66 Slingerlands 31:41	3 Regina Mesick	26 Latham 25:33
MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 65 - 69		MALE AGE GROUP: 30 - 34	
1 Ian Coan	31 Troy 21:29	1 Roberta Solomon	68 Clifton Park 27:29	1 Ian Coan	31 Troy 21:29
2 Will Salvi	34 Watervliet 22:00	2 Christine Bishop	68 Schenectady 37:33	2 Will Salvi	34 Watervliet 22:00
3 Jeremy Rundell	34 Loudonville 22:54	3 Cindy Ginsburgh	65 Albany 37:35	3 Jeremy Rundell	34 Loudonville 22:54
FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 70 - 74		FEMALE AGE GROUP: 30 - 34	
1 Jennifer Merritt	34 Rensselaer 21:24	1 Greg Benson	70 East Nassau 28:49	1 Jennifer Merritt	34 Rensselaer 21:24
2 Carrie Barown	33 Albany 22:12	2 Richard Laliberte	70 Watervliet 34:09	2 Carrie Barown	33 Albany 22:12
3 Jennifer Lamay	30 Troy 25:11	3 Fred Pfeffer	71 Greenwich 44:53	3 Jennifer Lamay	30 Troy 25:11
MALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 70 - 74		MALE AGE GROUP: 35 - 39	
1 Steven Imbriaco	36 Rensselaer 19:39	1 Susan Richardson	70 Albany 50:55	1 Steven Imbriaco	36 Rensselaer 19:39
2 Matt Abatto	39 Clifton Park 19:55	1 Armand Langevin	75 Cohoes 29:50	2 Matt Abatto	39 Clifton Park 19:55
3 Matt Jachym	36 Albany 21:38	2 Charles Bishop	76 Schenectady 34:22	3 Matt Jachym	36 Albany 21:38
FEMALE AGE GROUP: 35 - 39		MALE AGE GROUP: 75 - 79		FEMALE AGE GROUP: 35 - 39	
1 Samara Anderson	39 Saratoga Springs 22:18	3 Man Szeto	75 Latham 36:42	1 Samara Anderson	39 Saratoga Springs 22:18
2 Danielle Pesta	37 Albany 22:37	MALE AGE GROUP: 80 - 99		2 Danielle Pesta	37 Albany 22:37
3 Diana Ashline	38 Schenectady 24:51	1 Donald McBain	80 Troy 41:50	3 Diana Ashline	38 Schenectady 24:51
MALE AGE GROUP: 40 - 44		2 Ken Orner	82 Albany 41:51	MALE AGE GROUP: 40 - 44	
1 Anthony Guidi	44 Watervliet 21:01			1 Anthony Guidi	44 Watervliet 21:01
2 Matt Lesintak	44 Albany 21:22			2 Matt Lesintak	44 Albany 21:22
3 Eddie Guidi	44 Watervliet 21:57			3 Eddie Guidi	44 Watervliet 21:57

Courtesy of Colonie Youth Center

NICK'S FIGHT TO BE HEALED 5K RUN

September 30, 2012 • Clifton Commons, Clifton Park *continued*

MALE OVERALL		FEMALE AGE GROUP: 35 - 39		MALE AGE GROUP: 40 - 44	
1 Justin Van Epps	16 Clifton Park 17:11	1 Angie Silipigno	37 Rexford 24:52	1 Jeff Loukmas	41 Clifton Park 19:12
2 Chris Herbs	19 Rexford 17:23	2 Jacinda Conboy	38 Slingerlands 27:46	2 Jim Leggett	43 Mechanicville 22:38
3 Frank Horn	42 Albany 17:55	3 Sarah Keyes	37 Mechanicville 28:24	3 Ron Nemeth	43 Clifton Park 23:00
FEMALE OVERALL		MALE AGE GROUP: 40 - 44		FEMALE AGE GROUP: 40 - 44	
1 Jaclyn Romano	16 Clifton Park 21:03	1 Sandy Graves	40 Clifton Park 26:04	1 Sandy Graves	40 Clifton Park 26:04
2 Jody Hayes	42 Wilton 21:26	2 Hope Powell	42 Rexford 26:07	2 Hope Powell	42 Rexford 26:07
3 Heather Martin	41 Clifton Park 22:03	3 Monika Standa	43 Clifton Park 26:34	3 Monika Standa	43 Clifton Park 26:34
MALE AGE GROUP: 1 - 14		MALE AGE GROUP: 45 - 49		FEMALE AGE GROUP: 45 - 49	
1 Jerry Lewandowski	14 Clifton Park 20:44	1 John Graf	47 Ballston Lake 18:55	1 Fran Matson	46 Clifton Park 24:56
2 Nick Cosgrove	13 Clifton Park 21:02	2 Bill Street	49 Syracuse 19:46	2 Kristie Aussicker	46 Clifton Park 25:30
3 Meyer Aviles	14 Ballston Spa 21:33	3 Daniel Korff	46 Clifton Park 20:21	3 Cheri Rosen	46 Clifton Park 26:33
FEMALE AGE GROUP: 1 - 14		MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 45 - 49	
1 Emily Fraser	14 Ballston Lake 25:02	1 Kieran Rock	17 Albany 18:23	1 Fran Matson	46 Clifton Park 24:56
2 Morgan Van Epps	14 Clifton Park 25:02	2 Nick Matson	15 Clifton Park 18:52	2 Kristie Aussicker	46 Clifton Park 25:30
3 Ava Katinas	13 Clifton Park 26:33	3 Justin Dickenson	15 Schenectady 19:39	3 Cheri Rosen	46 Clifton Park 26:33
MALE AGE GROUP: 15 - 19		FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 15 - 19	
1 Kieran Rock	17 Albany 18:23	1 Iuliana Parzych	18 Niskayuna 23:03	1 Kieran Rock	17 Albany 18:23
2 Nick Matson	15 Clifton Park 18:52	2 Kara Gullie	15 Clifton Park 27:24	2 Nick Matson	15 Clifton Park 18:52
3 Justin Dickenson	15 Schenectady 19:39	3 Ashlynn Gullie	16 Clifton Park 30:41	3 Justin Dickenson	15 Schenectady 19:39
FEMALE AGE GROUP: 15 - 19		MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 15 - 19	
1 Emily Fraser	14 Ballston Lake 25:02	1 Tim Ela	22 Greenville 19:03	1 Emily Fraser	14 Ballston Lake 25:02
2 Morgan Van Epps	14 Clifton Park 25:02	2 Anthony Albin	20 Clifton Park 21:19	2 Morgan Van Epps	14 Clifton Park 25:02
3 Ava Katinas	13 Clifton Park 26:33	3 Zachary Goodman	20 Clifton Park 21:28	3 Ava Katinas	13 Clifton Park 26:33
MALE AGE GROUP: 20 - 24		FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 20 - 24	
1 Tim Ela	22 Greenville 19:03	1 Jessica Watson	23 Albany 23:40	1 Tim Ela	22 Greenville 19:03
2 Anthony Albin	20 Clifton Park 21:19	2 Michelle Burdge	24 Clifton Park 25:47	2 Anthony Albin	20 Clifton Park 21:19
3 Zachary Goodman	20 Clifton Park 21:28	3 Kara Parnett	24 Clifton Park 32:57	3 Zachary Goodman	20 Clifton Park 21:28
FEMALE AGE GROUP: 20 - 24		MALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 20 - 24	
1 Jessica Watson	23 Albany 23:40	1 Bryan Grygus	28 Clifton Park 22:23	1 Jessica Watson	23 Albany 23:40
2 Michelle Burdge	24 Clifton Park 25:47	2 Gregory Chandler	26 Ballston Spa 22:42	2 Michelle Burdge	24 Clifton Park 25:47
3 Kara Parnett	24 Clifton Park 32:57	3 Dave Globerson	27 Saratoga Springs 23:46	3 Kara Parnett	24 Clifton Park 32:57
MALE AGE GROUP: 25 - 29		FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 25 - 29	
1 Bryan Grygus	28 Clifton Park 22:23	1 Allison Yoho	28 Clifton Park 22:23	1 Bryan Grygus	28 Clifton Park 22:23
2 Gregory Chandler	26 Ballston Spa 22:42	2 Sara Lanese	26 Troy 22:49	2 Gregory Chandler	26 Ballston Spa 22:42
3 Dave Globerson	27 Saratoga Springs 23:46	3 Michelle Buonanno	27 Clifton Park 24:26	3 Dave Globerson	27 Saratoga Springs 23:46
FEMALE AGE GROUP: 25 - 29		MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 25 - 29	
1 Allison Yoho	28 Clifton Park 22:23	1 Eric Bott	30 Warrensburg 19:58	1 Allison Yoho	28 Clifton Park 22:23
2 Sara Lanese	26 Troy 22:49	2 Raymond Quell	32 Mechanicville 20:28	2 Sara Lanese	26 Troy 22:49
3 Michelle Buonanno	27 Clifton Park 24:26	3 Nick Whaley	32 Clifton Park 20:54	3 Michelle Buonanno	27 Clifton Park 24:26
MALE AGE GROUP: 30 - 34		FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 30 - 34	
1 Eric Bott	30 Warrensburg 19:58	1 Jackie Hoffman	32 Clifton Park 24:53	1 Eric Bott	30 Warrensburg 19:58
2 Raymond Quell	32 Mechanicville 20:28	2 Elizabeth Fox	33 Clifton Park 26:40	2 Raymond Quell	32 Mechanicville 20:28
3 Nick Whaley	32 Clifton Park 20:54	3 Rebecca Grosso	32 Ballston Lake 27:17	3 Nick Whaley	32 Clifton Park 20:54
FEMALE AGE GROUP: 30 - 34		MALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 30 - 34	
1 Jackie Hoffman	32 Clifton Park 24:53	1 Greg Ethier	39 Cohoes 19:04	1 Jackie Hoffman	32 Clifton Park 24:53
2 Elizabeth Fox	33 Clifton Park 26:40	2 Matt Zappen	36 Clifton Park 20:45	2 Elizabeth Fox	33 Clifton Park 26:40
3 Rebecca Grosso	32 Ballston Lake 27:17	3 Corbin Gosier	35 Schenectady 21:13	3 Rebecca Grosso	32 Ballston Lake 27:17
MALE AGE GROUP: 35 - 39		FEMALE AGE GROUP: 35 - 39		MALE AGE GROUP: 35 - 39	
1 Greg Ethier	39 Cohoes 19:04	1 Erin Fioretti	Gloversville 44:16	1 Greg Ethier	39 Cohoes 19:04
2 Matt Zappen	36 Clifton Park 20:45	MALE AGE GROUP: 40 - 49		2 Matt Zappen	36 Clifton Park 20:45
3 Corbin Gosier	35 Schenectady 21:13	1 Chris Coyne	North Creek 27:12	3 Corbin Gosier	35 Schenectady 21:13

Courtesy of Nick's Fight to be Healed Foundation

GORE LEAF CRUNCHER 5K TRAIL RUN

September 30, 2012 • Gore Mountain, North Creek

MALE OVERALL		FEMALE AGE GROUP: 30 - 39		MALE AGE GROUP: 40 - 49	
1 Pascal Tropper/20-29	GER 23:51	1 Erin Fioretti	Gloversville 44:16	1 Chris Coyne	North Creek 27:12
2 Joseph Cotrofeld/40-49	Ballston Spa 24:36	MALE AGE GROUP: 40 - 49		2 George Ball	Lake Placid 27:20
3 Paul Matson/40-49	Adirondack 24:57	1 Chris Coyne	North Creek 27:12	3 Robert Bibler	Bolton Landing 28:55
FEMALE OVERALL		MALE AGE GROUP: 40 - 49		FEMALE AGE GROUP: 40 - 49	
1 Jen Taft/20-29	Queensbury 25:21	1 Michele Lake	Johnstown 29:43	1 Michele Lake	Johnstown 29:43
2 Lauren Rhatigan/40-49	Ship Bottom, NJ 27:03	2 Julie Ball	Lake Placid 33:19	2 Julie Ball	Lake Placid 33:19
3 Ann Marie Sick/50-59	Milleville, PA 29:23	3 Jennifer Audette	Glens Falls 33:30	3 Jennifer Audette	Glens Falls 33:30
MALE AGE GROUP: 12 & UNDER		MALE AGE GROUP: 50 - 59		FEMALE AGE GROUP: 50 - 59	
1 Nate Ball	Lake Placid 26:59	1 Scott Sick	Milleville, PA 25:14	1 Michele Pearsall	Lake George 34:03
FEMALE AGE GROUP: 13 - 19		MALE AGE GROUP: 20 - 29		FEMALE AGE GROUP: 50 - 59	
1 Kendyl Morse	North Creek 36:29	1 James Brown	North River 29:27	2 Donna Hooson-Coleman	Franklin Springs 45:25
2 Lexie Thompson	Saratoga Springs 42:02	2 Chris Repka	Clifton Park 20:43	MALE AGE GROUP: 60 - 69	
MALE AGE GROUP: 20 - 29		FEMALE AGE GROUP: 20 - 29		1 Eduardo Munoz	Olmstedville 34:24
1 James Brown	North River 29:27	1 Amanda Repka	Porters Corners 34:43		
2 Chris Repka	Clifton Park 20:43	MALE AGE GROUP: 30 - 39			
3 Jeffery Brown	Clifton Park 31:32	1 Scott Sweetman	Johnstown 28:29		
FEMALE AGE GROUP: 20 - 29		2 Paul Warren	Schenectady 30:02		
1 Michele Pearsall	Lake George 34:03	3 Timothy Fioretti	Gloversville 30:12		
2 Donna Hooson-Coleman	Franklin Springs 45:25				
MALE AGE GROUP: 30 - 39					
1 Scott Sweetman	Johnstown 28:29				
2 Paul Warren	Schenectady 30:02				
3 Timothy Fioretti	Gloversville 30:12				

Courtesy of Gore Mountain

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18TH ANNUAL SUSAN G. KOMEN RACE FOR THE CURE 5K RUN
October 6, 2012 • Empire State Plaza, Albany

MALE OVERALL				FEMALE AGE GROUP: 40 - 44					
1	Alexander Paley	26	Albany	15:54	1	Jill Borgos	41	Queensbury	22:38
2	Jaime Julia	28	Amsterdam	16:41	2	Denise Vanderwerken	40	Cobleskill	23:14
3	Erik Carman	23	Albany	17:52	3	Kristen Burke	41	Ballston Spa	23:20
FEMALE OVERALL				MALE AGE GROUP: 45 - 49					
1	Terri Artese	46	Scotia	20:19	1	Keith Guilfoyle	45	Commack	17:59
2	Renee Smith	12	Rensselaer	20:32	2	Christopher Hogan	47	Delmar	20:39
3	Erin Corcoran	38	Schenectady	20:52	3	Michael Crown	46		21:16
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 45 - 49					
1	Joseph Kebbekus	13	Quechee, VT	20:45	1	Diane Tenenbaum	46	Selkirk	22:53
2	Kyle Stockman	12	Stuyvesant	21:30	2	Andrea Hanlon	46	Wynantskill	24:10
3	Brian Davis	12	East Greenbush	22:09	3	Courtney Mahar	47	Rensselaer	24:26
FEMALE AGE GROUP: 1 - 14				MALE AGE GROUP: 50 - 54					
1	Tara Josberger	13	Coxsackie	21:40	1	Vladimir Ilin	54	Albany	18:28
2	Maggie Borgos	12	Queensbury	23:09	2	Patrick Guilfoyle	53	New York	18:42
3	Sara Alamprese	13	Rensselaer	23:49	3	James Schaad	53	Ballston Spa	23:41
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 50 - 54					
1	Ben Graham	17	Stuyvesant	19:02	1	Nancy Williams	50	Camden	24:31
2	Evan Goodspeed	15		20:52	2	Joanne Nolette	52	Rensselaer	25:58
3	Daniel Hodgkinson	18	Delmar	21:14	3	Mikki Ensslin	52	Loudonville	26:21
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 55 - 59					
1	Katie Guilbo	15	Rensselaer	21:36	1	Jack Nabozny	56	Valatie	21:01
2	Leah Triller	16	Glenmont	22:16	2	Tom Degenero	55	Averill Park	22:19
3	Claire Triller	18	Glenmont	22:17	3	Kevin Rose	59	Latham	23:35
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 55 - 59					
1	Ben Heller	23	Albany	20:02	1	Lisa Barry	57		25:16
2	Andy Gilchrist	20	Cropseyville	20:06	2	Peggy Papanastasio	55	Stow, MA	26:38
3	Elliott Stanley	24	East Greenbush	21:58	3	Mary Carrigan-Peek	55	Schenectady	27:59
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 60 - 64					
1	Caitlin Brauer	20	Clifton Park	21:18	1	Tony Maddaloni	60	Slingerlands	20:27
2	Jessica Watson	23	Albany	24:07	2	Bob Ellison	64	Slingerlands	22:43
3	Kara Michaels	24	Latham	25:39	3	Seamus Hodgkinson	63	Delmar	23:52
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 60 - 64					
1	Josiah Deeb	28	Troy	20:31	1	Susan Wong	64	Glenmont	23:42
2	Jonathan Loudon	28	Troy	21:27	2	Mary Wilsey	60	Albany	25:56
3	Joseph Swierzowski	25	Albany	21:50	3	Sharon Fenno	61	Albany	29:14
FEMALE AGE GROUP: 25 - 29				MALE AGE GROUP: 65 - 69					
1	Caitlin Doherty	26	New York	22:03	1	Michael Ricci	65	Latham	26:29
2	Megan Shaughnessy	25	Albany	22:06	2	William Hasselbach	65	Glenmont	28:35
3	Kelly Grace	25		22:23	3	Brian Walton	67	Syracuse	30:15
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 65 - 69					
1	David Newman	32	Albany	19:22	1	Linda Simkin	65	Delmar	32:05
2	William Berglund	34	East Greenbush	22:25	2	Ginny Parsons	69	Clifton Park	36:10
3	Michael Dicarlo	33	Albany	22:43	3	Elizabeth Miller	66	Berlin	38:54
FEMALE AGE GROUP: 30 - 34				MALE AGE GROUP: 70 - 74					
1	Eileen O'Connor	33	Sand Lake	22:27	1	Jim Hotaling	72	Niverville	27:36
2	Stacy Snell	33	Guilderland	23:10	2	Robert Knouse	72	Voorheesville	30:17
3	Nicole McCutcheon	32	Altamont	23:47	3	Kenneth Skinner	72		31:22
MALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 70 - 74					
1	Sean Sweeney	37		18:07	1	Liz Milo	71	Altamont	37:11
2	Sean Madden	38	Albany	18:44	2	Lois Smith	71	Glenmont	40:57
3	Keith Murray	38	Wynantskill	19:54	MALE AGE GROUP: 75 - 79				
FEMALE AGE GROUP: 35 - 39				1 Jim Owens 77 Latham 40:37					
1	Shannon Pinkowski	37	Albany	22:25	FEMALE AGE GROUP: 75 - 79				
2	Christina Froehlich	36	Niskayuna	22:46	1	Mary Nagle	77	Nassau	47:22
3	Lynette Panarese	37	Albany	23:54	MALE AGE GROUP: 80 - 99				
MALE AGE GROUP: 40 - 44				1 Ken Orner 82 Albany 42:35					
1	Jeff Loukmas	41	Clifton Park	19:25	2	Donald McBain	80	Troy	42:35
2	Mark Cotugno	43		19:44	<i>Courtesy of Komen Northeastern New York Affiliate</i>				
3	Brett Fajen	41	Nassau	20:21					

18TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY 5K APPLE RUN *continued*

MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 45 - 49					
1	Peter Schulte	24	Canton, MA	19:32	1	Karen Hackenberg	47	Ballston Lake	25:16
2	Murphy Potter	23	Glens Falls	21:45	2	Laynie Loeffler	49	Ballston Lake	26:16
3	Patrick Trow	20	Glenville	50:45	3	Cindy Calderone	47	Latham	28:36
FEMALE AGE GROUP: 20 - 24				MALE AGE GROUP: 50 - 54					
1	Christina Elliott	24	Clifton Park	21:26	1	Chris Buckley	51	Burnt Hills	19:11
2	Jessica Lord	24	Sharon, MA	29:09	2	Rick Knipper	52	Niskayuna	20:59
3	Sarah O'Sullivan	20	Bay Shore	29:10	3	Frank Mueller	53	Glenville	21:14
MALE AGE GROUP: 25 - 29				FEMALE AGE GROUP: 50 - 54					
1	Paul Mueller	28	Delmar	18:07	1	Janice Phoeix	51	Schenectady	22:14
2	Joe Pericone	25	Scotia	18:27	2	Patricia Butcher	51	Stockholm, NJ	22:35
3	Joel Patrie	28	Scotia	18:45	3	Joyce Goodrich	54	Glenville	23:03
FEMALE AGE GROUP: 25 - 29				MALE AGE GROUP: 55 - 59					
1	Erin Rightmyer	28	Delmar	21:46	1	Rob Picotte	59	Malta	20:19
2	Jessica O'Sullivan	26	Bay Shore	22:05	2	Jeff Col	57	Voorheesville	22:01
3	Sarah Pennings	25	Watervliet	25:05	3	Trevor Schneider	57	Burnt Hills	23:17
MALE AGE GROUP: 30 - 34				FEMALE AGE GROUP: 55 - 59					
1	Matt Johnson	32	Glenville	21:02	1	Kim Farrow	55	Charlton	25:42
2	Peter Bednarek	34	Amsterdam	22:36	2	Jill Mehan	57	Troy	25:56
3	Stephen Aldi	33	Burnt Hills	22:49	3	Judith Mango	55		28:05
FEMALE AGE GROUP: 30 - 34				MALE AGE GROUP: 60 - 64					
1	Marta Hallgren	34	Galway	21:54	1	David Rowell	60	Albany	22:38
2	Jenn Bradt	32	Glenville	27:21	2	Christopher Trow	61	Glenville	24:10
3	Colleen Heiner	33	Burnt Hills	29:18	3	George Schwab	61	Schenectady	26:18
MALE AGE GROUP: 35 - 39				FEMALE AGE GROUP: 60 - 64					
1	Brian Watts	38	Clifton Park	20:00	1	Susan Lohnas	60	Niskayuna	28:22
2	Matt Zappen	36	Clifton Park	21:18	2	Diana Graziano	60	Clifton Park	30:08
3	Chad Bradt	36	Glenville	21:40	3	Alice Carpenter	62	Delmar	30:38
FEMALE AGE GROUP: 35 - 39				MALE AGE GROUP: 65 - 69					
1	Rebecca Bednarek	35	Amsterdam	22:14	1	Richard Theissen	68	Round Lake	27:28
2	Faye Reynolds	39	Porters Corners	22:25	2	Don Marshall	65	Burnt Hills	27:58
3	Melissa Smolen	35	Mechanicville	23:49	3	Lewis Riccetto	68	Scotia	33:32
MALE AGE GROUP: 40 - 44				FEMALE AGE GROUP: 65 - 69					
1	John Furgele	44	Delmar	18:51	1	Nancy Johnston	66	Ballston Lake	33:10
2	Scott Fisher	43	Ballston Spa	20:36	2	Rosemary Browne	69	Mechanicville	50:20
3	John McGuinness	44	Glenville	22:53	3	Catherine Caine	69	Albany	51:58
FEMALE AGE GROUP: 40 - 44				MALE AGE GROUP: 75 - 79					
1	Pam Gordon	42	Queensbury	22:09	1	Norm Marinic	77	Saratoga Springs	29:26
2	Kristen Cameron	43	Scotia	26:24	2	Joe Kelly	79	Albany	35:46
3	Brittani Benjamin	43	Greenfield Center	28:02	3	Barry York	77	Burnt Hills	36:02
MALE AGE GROUP: 45 - 49				MALE AGE GROUP: 80 - 84					
1	Michael Stalker	49	Burnt Hills	19:01	1	Joseph Corrigan	81	Clifton Park	43:35
2	Samuel Mercado	49	Wilton	19:33	<i>Courtesy of Burnt Hills-Ballston Lake Rotary</i>				
3	Patrick Hackenberg	48	Ballston Lake	21:57					

30TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 11TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON
October 7, 2012 • Central Park, Schenectady & Town Park, Colonie to Riverfront Park, Albany

MARATHON - 26.2 MILES										
<i>Top 5 Overall & Top 20 Age Group Finishers</i>										
MALE OVERALL				FEMALE OVERALL						
1	Kyle Smith	24	Linden, MI	2:30:41	1	Vicky Jaspardo	39	Fredericksburg, VA	2:56:11	
2	Mike Roda	36	Albany	2:33:26	2	Erin Davis	33	Gansevoort	2:58:05	
3	Sean Gallagher	30	Clearwater, FL	2:34:11	3	Melanie Staley	31	Saratoga Springs	3:00:27	
4	Jon Chesto	41	South Boston, MA	2:36:01	4	Karen Dolge	42	Valatie	3:06:46	
5	Eric Bofinger	27	Langhorn, PA	2:36:55	5	Katherine Frey	37	Bayville	3:08:03	
MALE AGE GROUP: 15 - 19				FEMALE AGE GROUP: 15 - 19						
1	Brendan Sullivan	19	Malden, MA	4:56:09	1	Magen Bissell	19	Rutland, VT	3:54:02	
FEMALE AGE GROUP: 15 - 19				MALE AGE GROUP: 20 - 24						
1	Lily Stalter	19	Franklin	4:41:12	1	Adam Bross	23	Troy	2:43:34	
2	Simone Feldman	19	Brookline, MA	4:56:09	2	Kellen Henderson	22	Schenectady	3:16:54	
3	Alex Whisenhunt	17	Niskayuna	6:08:32	3	Justin Pedersen	23	Oneonta	3:18:37	
MALE AGE GROUP: 20 - 24				FEMALE AGE GROUP: 20 - 24						
1	Adam Bross	23	Troy	2:43:34	1	Natalie Peckham	24	Buffalo	4:34:42	
2	Kellen Henderson	22	Schenectady	3:16:54	2	Priyanka Kancharla	22	Poughkeepsie	4:56:17	
3	Justin Pedersen	23	Oneonta	3:18:37	<i>continued</i>					
4	Sam Cialek	23	Brooklyn	3:22:45						

18TH ANNUAL BURNT HILLS-BALLSTON LAKE ROTARY 5K APPLE RUN
October 6, 2012 • O'Rourke Middle School, Burnt Hills

MALE OVERALL				FEMALE AGE GROUP: 1 - 14					
1	Bryce Wilk	27	Spotsylvania, VA	16:57	1	Deirdre Rafferty	12	Burnt Hills	22:24
2	Jordan Ahrons	17	Fort Plain	17:28	2	Emma Pausley	11	Burnt Hills	24:23
3	Joel Gordon	41	Queensbury	17:47	3	Katarina Lichak	14	Nassau	25:19
FEMALE OVERALL				MALE AGE GROUP: 15 - 19					
1	Megan James	23	East Syracuse	19:38	1	Austin Vanavery	16	Fort Plain	19:09
2	Beth Stalker	53	Burnt Hills	20:19	2	George Brenner	15	Burnt Hills	19:13
3	Jessica Kelly	26	Arlington, VA	20:59	3	Ruben McFarlane	16	Canajoharie	19:55
MALE AGE GROUP: 1 - 14				FEMALE AGE GROUP: 15 - 19					
1	Andrew Hanifin	14	Fort Plain	21:34	1	Katherine Quinn	16	Niskayuna	22:25
2	Nathan Kumm	12	Clifton Park	22:12	2	Abby Boyer	16	Fort Plain	24:05
3	Andrew Wade	8	Malta	22:39	3	Karli Russell	16	Burnt Hills	25:17

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RACE RESULTS

30TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 11TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

MALE AGE GROUP: 25 - 29			
1 James Davis	25	Ottsville, PA	2:46:45
2 Ian Cadieu	28	Norwalk, CT	2:52:26
3 Andrew Pacholec	28	Gloucester, MA	2:52:38
4 Denis Mikhaylov	28	Fort Lee, NJ	2:58:57
5 Brian Woods	27	Saratoga Springs	3:00:14
6 Kevin Parks	25	New York	3:00:40
7 Ken Little	26	Ballston Lake	3:02:21
8 Stuart Guthrie	28	St James	3:03:33
9 Matthew Sherman	29	Gloversville	3:08:33
10 Stephen Wendt	28	Gloversville	3:13:04
11 Jamie Strollo	27	Wappingers Falls	3:14:42
12 Jeffrey Hayes	29	Niskayuna	3:15:32
13 Christopher Renadette	25	Rensselaer	3:17:20
14 Simon Bradbury	29	Charlestown, MA	3:19:16
15 Joseph Crowe	29	Schenectady	3:21:58
16 Mike Coffey	28	Hopewell Junction	3:25:09
17 Dustin Brugmann	25	Brooklyn	3:26:15
18 Lance Jordan	27	Greenwich	3:28:37
19 Aaron Griggs	26	Susquehanna, PA	3:33:33
20 Christian Del Toro	29	Bronx	3:37:35
FEMALE AGE GROUP: 25 - 29			
1 Regan Colestock	25	New York	3:27:34
2 Maria Compton	28	Glens Falls	3:28:49
3 Molly Casey	28	Albany	3:29:15
4 Jennifer Wilson	29	Liverpool	3:34:09
5 Samantha Stringham	25	North Arlington, NJ	3:39:11
6 Kelly Virkler	28	Albany	3:39:18
7 Melissa Brandt	28	East Greenbush	3:39:36
8 Sharon Wong	28	Pittsfield, MA	3:44:23
9 Meredith Jeffers	29	Boulder, CO	3:47:43
10 Jessica Wilson	29	New York	3:51:21
11 Jessica Kostek	27	Schenectady	3:53:36
12 Jessica Duran	29	Rockville, MD	3:54:22
13 Leah Schaffer	28	Canajoharie	3:54:35
14 Elise Castillo	26	Brooklyn	3:59:22
15 Kiyah Campeta	26	Hudson	4:00:10
16 Leslie Johnston	25	Boston	4:01:05
17 Rita Longworth	26	Williamstown, MA	4:01:36
18 Abigail Browning	27	Boston, MA	4:04:53
19 Jennifer Bates	28	Albany	4:05:20
20 Linnea Edwardson	26	Delmar	4:12:21
MALE AGE GROUP: 30 - 34			
1 Jim Sweeney	31	Albany	2:37:27
2 Chuck Terry	30	Albany	2:43:06
3 Shawn Spriggs	33	Potsdam	2:48:31
4 Nolan Graham	32	Troy	2:56:42
5 Matthew Harper	32	Brooklyn	2:58:58
6 Steve Miller	34	Cincinnati, OH	3:03:21
7 Eric Alvarez	30	New Bern, NC	3:03:57
8 Vincent Filion	30	Quebec City, QC	3:04:09
9 Jeff Laguzza	34	New York	3:04:57
10 Robert O'Connor	32	New York	3:05:06
11 Cory Gregg	32	Schenectady	3:08:10
12 Jeffrey Gonzalez	31	Washington, DC	3:13:54
13 Philipp Pohlmann	31	New York	3:16:40
14 Matthew Iglar	30	Saratoga Springs	3:23:26
15 Matthew Imberman	33	Brooklyn	3:23:49
16 James Kavanagh	32	Troy	3:24:32
17 Albert Faller	34	Delmar	3:24:51
18 Bryan Shults	34	Schenectady	3:25:09
19 Joseph DiGaudio	32	Clifton Park	3:26:48
20 John Evansky	34	Hudson Falls	3:28:03
FEMALE AGE GROUP: 30 - 34			
1 Erin Ramsay	33	Shelburne, VT	3:15:18
2 Aroline Seibert Hanson	32	State College, PA	3:19:57
3 Marie-Syrien Daigneault	33	Montreal, QC	3:26:00
4 Nicole Beckwith	34	Sidney	3:27:41
5 Patricia Layton	34	Sackets Harbor	3:27:54
6 Mary Jane MacPherson	32	Latham	3:27:58
7 Louise Corrigan	30	New York	3:29:43
8 Leah Jachym	33	Albany	3:33:51
9 Stephanie Viloria	30	East Greenbush	3:38:21
10 Emily Kindlon	32	Brooklyn	3:39:30
MALE AGE GROUP: 35 - 39			
1 Larissa Binkley	33	Coatesville, PA	3:40:07
2 Anne Kubasiak	34	Averill Park	3:40:15
3 Nicola Phelan	34	Catskill	3:42:37
4 Magali Couture	32	Gatineau, QC	3:43:37
5 Sumiko Forrest	32	New York	3:45:02
6 Amanda Beecher	33	New York	3:47:07
7 Laura Allen	34	Ashville	3:50:37
8 Carol Buonanno	30	New York	3:54:54
9 Rebecca O'Reilly	30	Burlington, VT	3:55:07
10 Melissa Hasan	33	Latham	3:58:40
FEMALE AGE GROUP: 35 - 39			
1 Jeremy Drowne	35	West Chazy	2:42:10
2 James O'Connor	38	Troy	2:50:08
3 Justin Vianese	39	Saratoga Springs	2:51:37
4 Scott Layton	36	Rockport, ME	2:54:33
5 Jordan Young	35	Brooklyn	2:55:52
6 Patrick O'Sullivan	38	Brooklyn	2:59:20
7 Columbia Warren	35	Ithaca	2:59:45
8 Brian Northan	37	Guilderland	3:03:30
9 John Lock	38	Wenonah, NJ	3:04:12
10 Justin McLean	37	Bedminster, NJ	3:08:10
11 Thomas Fraser	39	Old Chatham	3:10:50
12 Christopher Matthews	39	Westford, VT	3:11:35
13 Todd Smith	38	Voorheesville	3:14:00
14 Matthew Dunn	38	Kingston	3:14:23
15 Matthew Tornaiainen	37	Fultonville	3:16:51
16 Greg Ethier	39	Cohoes	3:19:48
17 Gabriel McGarry	36	Slingerlands	3:19:53
18 Richard Stacey	38	Saratoga Springs	3:20:08
19 Shawn Decenzo	38	Glennville	3:20:23
20 Otto Lam	38	Wayne, NJ	3:21:28
FEMALE AGE GROUP: 35 - 39			
1 Angel Turnbow	36	Houghton, LA	3:21:17
2 Aya Leitz	35	Jersey City, NJ	3:21:24
3 Nellie Cederger	35	Champlain	3:25:03
4 Yung Hae Cho	37	Brooklyn	3:29:51
5 Lynn Vasconcelos	37	Fairhaven, MA	3:31:28
6 Gretchen Parmentier	35	Berkley, MA	3:31:28
7 Tina Greene	39	Scotia	3:33:11
8 Deanne Webster	36	Albany	3:33:42
9 Shantelle Leonard	37	Manhattan	3:35:20
10 Gabriella Wood	36	Germantown, MD	3:36:13
11 Christine Kopcha	37	Old Saybrook, CT	3:38:13
12 Julia Savacool	37	New York	3:39:23
13 Sarah Reed	35	Saratoga Springs	3:44:16
14 Audrey Burt	39	Candiac, QC	3:44:28
15 Stephanie Graddon	37	Candiac, QC	3:48:25
16 Liana Prosonic	39	Syracuse	3:49:25
17 Stefanie Pitts	38	Schenectady	3:49:32
18 Stacey Kelley	36	Albany	3:53:26
19 Brandi Falcone	39	Albany	3:54:17
20 Carolyn Kirby	36	Marshfield, MA	3:54:19
MALE AGE GROUP: 40 - 44			
1 Shawn Molloy	43	Central Square	2:56:14
2 Randall Cannell	40	Broadalbin	2:59:42
3 Timothy McQueen	41	Ogdensburg, NJ	3:03:56
4 Daniel Pierson	43	Oriskany	3:04:25
5 Paul Sorace	40	Bayonne, NJ	3:06:49
6 Michael Hayes	44	Argyle	3:06:56
7 Michael Lescarbeau	41	Agawam, MA	3:07:32
8 Daniel Foster	43	Sharon, CT	3:10:51
9 Robert Bauer	40	Marcy	3:13:23
10 Ryan O'Connell	40	North Haven, CT	3:14:29
11 Tom Frost	42	New Paltz	3:15:34
12 Steve Oliver	41	Melbourne, FL	3:15:55
13 Stephen Roberts	41	New York	3:17:56
14 Paul Nelson	42	Brooklyn	3:19:32
15 Robert Ghazal	44	Montreal-West, QC	3:20:57
16 Daniel Phelan	40	Loudonville	3:23:07
17 Gil Chorbajany	42	Schenectady	3:24:28
18 David Brenner	42	New York	3:24:54
19 John McBride	42	Plainsboro, NJ	3:25:08
20 Glenn Lankowski	44	Bluffton, SC	3:25:22

continued

30TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 11TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

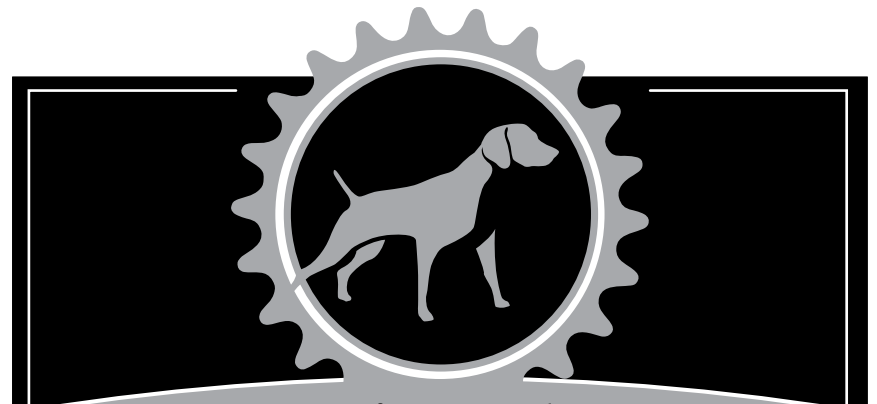
FEMALE AGE GROUP: 40 - 44			
1 Stephanie Rogers	43	Potsdam	3:13:38
2 Jennifer Jankowski	40	Kingston	3:16:52
3 Marcy Sacks	43	Albion, MI	3:18:21
4 Sungwon Hwang	42	New York	3:26:37
5 Karen Bronstein	44	Englewood, NJ	3:26:47
6 Kelle Santa	41	North Syracuse	3:30:37
7 Mary Klee	43	Syracuse	3:33:24
8 Kristen Schreer	43	Glennville	3:41:31
9 Bonnie Barr	43	Malta	3:42:01
10 Michelle Scott	40	Red Hook	3:42:04
11 Christina Friedman	43	Niskayuna	3:42:17
12 Stacia Smith	42	Niskayuna	3:44:33
13 Colleen Smith	42	Glennville	3:44:45
14 Jean Foti	43	Niskayuna	3:44:52
15 Sheila Couch	41	Castleton	3:46:02
16 Melissa Lin	42	Sinking Spring, PA	3:48:58
17 Marcy Beard	43	Albany	3:49:42
18 Mary Ibbotson	43	Selkirk	3:51:29
19 Vicki Dingman	41	Clifton Park	3:52:59
20 Theresa Klos	41	Rexford, NY	3:52:59
MALE AGE GROUP: 45 - 49			
1 Sean Severance	45	Central Square	2:57:33
2 Karl Sindel	48	Niskayuna	2:59:30
3 Craig Dubois	49	Sprakers	3:01:43
4 Christian Lietzau	49	Delmar	3:04:02
5 John Stadtlander	47	Clifton Park	3:07:44
6 Loren Davies	45	Liverpool	3:10:45
7 Dan DiFonzo	49	Rockville, MD	3:13:31
8 Bill Street	49	Syracuse	3:13:37
9 Richard Homenick	48	Schenectady	3:13:49
10 Thomas Storey	48	Wappingers Falls	3:17:03
11 Tomo Miyama	47	Valatie	3:18:05
12 Karl Leitz	46	Jersey City, NJ	3:18:18
13 Stuart Palczak	48	Amsterdam	3:18:24
14 Theodore Resnikoff	48	Boston, MA	3:19:34
15 Edward Primeau	49	Mount Laurel, NJ	3:20:13
16 Paul Bode	47	Smithtown	3:20:41
17 Philippe Belanger	45	Mount Royal, QC	3:20:46
18 Steve Derks	49	West Henrietta	3:22:16
19 Jeff Weidenaar	46	Norwood, MA	3:23:15
20 William Boyer	49	Great Barrington, MA	3:23:54
FEMALE AGE GROUP: 45 - 49			
1 Christine Capuano	45	Altamont	3:13:49
2 Kayllyn Azer	48	Niskayuna	3:25:50
3 Judi Chiavetta	46	Arlington, MA	3:29:21
4 Nancy Herbert	48	Kingston	3:31:38
5 Justine Lease	45	Newburgh	3:44:13
6 Joanne Willcox	49	Utica	3:44:56
7 Robin Auerbach	45	Knoxville, TN	3:47:48
8 Kathleen Kemp	48	Niskayuna	3:48:33
9 Hilary Goodman	49	Spring House, PA	3:49:34
10 Lisa Plume	49	North Andover, MA	3:51:32
11 Joyce Bridgman	49	Pierrefonds, QC	3:54:41
12 Jill Kardane	45	Perkasie, PA	3:55:53
13 Kristen Hislop	48	Clifton Park	3:56:36
14 Karen Carrans	49	Westfield, MA	3:56:58
15 Stephanie Dubyk	45	Furlong, PA	4:01:36
16 Christine Cunningham	46	Old Chatham	4:02:46
17 Joanne Grant	47	Baltimore, MD	4:03:29
18 Joan Colarusso	49	Latham	4:08:46
19 Teresa Warner Mairuri	47	Ghent	4:09:02
20 Allison Lasso	49	Sheffield, MA	4:09:47
MALE AGE GROUP: 50 - 54			
1 Adrian Scarafia Morla	53	Lima, OH	3:16:46
2 John Couch	53	Malta	3:18:37
3 John Whitfield	51	New York	3:20:08
4 Gary Chandler	52	Chittenango	3:21:17
5 Mark Condolora	53	East Syracuse	3:21:50
6 Antoine Bourgeois	54	Westmount, QC	3:22:19
7 Warren Corman	50	Stewartsville, NJ	3:23:03
8 Brian Coyne	50	Averill Park	3:24:08
9 Joseph Jones	54	New York	3:25:33
10 Timothy Hadel	53	New York	3:27:49
11 James Piper	52	Ashby, MA	3:28:10
12 Timothy Feeney	51	Niskayuna	3:30:57
13 Eliot Lee	50	Croton-On-Hudson	3:32:01
14 David Fernkes	54	Poughkeepsie	3:33:42
15 Daniel Esper	51	Slingerlands	3:34:59
16 David Bladdek	53	Little Falls	3:36:12
17 Frank Ruggiero	53	Lunenburg, MA	3:36:55
18 Bhasker Sharma	54	Bangalore, IND	3:40:11
19 Mark Canary	52	Broadalbin	3:40:11
20 Gerard Exley	53	Baltic, CT	3:41:26
FEMALE AGE GROUP: 50 - 54			
1 Mary White	53	Syracuse	3:30:20
2 Andrea Cameron	52	Toronto, ON	3:47:53
3 Reyna Franco	50	New York	3:52:11
4 Constance Cullen	50	Allen, TX	3:55:44
5 Ann Alessandrini	52	Johnstonville	3:57:02
6 Kimberlee Scott	52	Kingston	3:57:27
7 Laura Monroe-Duprey	51	Winter Haven, FL	3:57:56
8 Nancy Dorn	53	Plymouth, MA	3:58:20
9 Nancy Duguay	50	Ile Perrot, QC	4:00:49
10 Jenny Lee	52	Selkirk	4:00:51
11 Gloria Shepherd	54	Silver Spring, MD	4:05:47
12 Claudia Klaver	50	Fayetteville	4:05:51
13 Linda Owens	54	Liverpool	4:07:25
14 Carol Varano	54	Harrisburg, PA	4:09:18
15 Susan Brookman	50	Lebanon, NJ	4:10:20
16 Caroline Chant	51	Stone Ridge	4:17:22
17 Harriet Jaffe	53	Delmar	4:19:45
18 Christine Feeney	53	Niskayuna	4:23:52
19 Kathleen Franz	52	Cazenovia	4:24:25
20 Alison Peters	51	Hinsdale, MA	4:25:44
MALE AGE GROUP: 55 - 59			
1 Kevin Dollard	57	Hopewell Junction	3:07:29
2 Andreas Werder	58	New York	3:16:20
3 David Roy	57	Schoharie	3:17:32
4 John Abbate	57	Yorktown Heights	3:23:01
5 Paul Joseph Bergman	58	Fairhope, AL	3:24:38
6 Richard Clark	58	Feeding Hills, MA	3:27:02
7 George Estes	57	Dover, MA	3:36:27
8 Jeffrey Yost	55	Glenwood, WV	3:37:48
9 Nelson Furiano	59	Canaan	3:39:31
10 Andrew Fitzgerald	55	Potomac, MD	3:39:51
11 William Romito	58	Leeds, MA	3:43:31
12 George Nelson	58	Cos Cob, CT	3:44:21
13 John Puleo	59	West Granby, CT	3:49:49
14 Daniel Doak	55	Albany	3:50:00
15 Seth Jacobs	57	Dixon, CA	3:54:08
16 Walter Pacosa	55	West Springfield, MA	3:56:24
17 Rob Criger	55	Ottawa, ON	3:57:07
18 Chester Tumidajewicz	58	Amsterdam	3:57:10
FEMALE AGE GROUP: 55 - 59			
1 Kim Law	55	East Greenbush	3:46:53
2 Michele DeAngelo	58	Stoneham, MA	3:57:25
3 Susan Worrall	56	Melrose, MA	4:00:31
4 Joanne Fitzgerald	55	Clifton Park	4:10:19
5 Gaye McCannell	55	Pointe Claire, QC	4:14:57
6 Andrea Robinson	57	Bear, DE	4:19:29
7 Helen Glenn	59	Dollar Des Ormeau, QC	4:23:53
8 Sharon Desrochers	57	Ballston Lake	4:24:49
9 Jill Behr-Medved	55	Rochester	4:38:22
10 Cindy Michelin	57	Slingerlands	4:47:37
11 Kathy Kass	55	New York	5:17:14
12 Annette Lewis	55	Malta	5:26:42
13 Kathleen Orsak	59	Queensbury	6:11:03
MALE AGE GROUP: 60 - 64			
1 Rich Tanchyk	60	Saratoga Springs	3:44:32
2 Ray Ernst	60	Buff	3:47:49
3 David Dempsey	63	New York	3:49:32
4 Timothy Fisher	60	Ballston Spa	3:50:24
5 Randall Craig	61	Glenmont	3:55:31
6 Richard Roth	61	Aurora, CO	3:58:11
7 Kevin Donohue	61	Troy	4:01:14
8 Pat Monroe-Duprey	62		

30TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 11TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

FEMALE AGE GROUP: 25 - 29			
1 Elizabeth Chauhan	28	Albany	1:33:20
2 Brieanne O'Hearn	27	Cohoes	1:47:06
3 Lisa Rohrs	26	Suffern	1:47:22
4 Nicole Viscusi	27	Albany	1:48:48
5 Jennifer Newman	28	Albany	1:52:36
6 Lynn Verhagen	27	Brattleboro, VT	1:55:41
7 Tracey Conboy	27	Albany	1:58:14
8 Ann Marie Leifer	28	Clifton Park	1:59:35
9 Jennifer Kehn	25	Burnt Hills	2:00:09
10 Rachel Selsky	27	Brattleboro, VT	2:01:47
11 Erin Thurman	28	Mechanicville	2:03:15
12 Nicole Runyon	27	Albany	2:03:32
13 Molly O'Brien	27	Johnson City	2:05:38
14 Christin Dibelius	26	Altamont	2:06:01
15 Caroline Grasso	25	Albany	2:08:58
16 Roxanne Formoe	29	Albany	2:09:18
17 Molly Trevall	29	Rensselaer	2:10:33
18 Mirinda Gecaj	28	Troy	2:15:37
19 Deanne Sapel	29	Delmar	2:16:26
20 Michelle Simpson	27	Clifton Park	2:17:22
MALE AGE GROUP: 30 - 34			
1 Anthony Giuliano	33	Albany	1:16:50
2 Jeremiah Tylutki	32	Utica	1:21:48
3 Joe Benny	34	Albany	1:31:37
4 Douglas Secor	32	Scotia	1:33:07
5 Michael McClure	31	Albany	1:33:18
6 Corey Kruse	31	Latham	1:36:47
7 Bradley Anderson	33	Binghamton	1:37:52
8 Greg Rashford	34	Niskayuna	1:40:56
9 Andrew Kinley	34	Albany	1:41:56
10 Todd Palmer	34	Albany	1:46:08
11 William Salvi	34	Watervliet	1:49:51
12 Jason Olszowy	30	Scotia	1:58:48
13 Christopher Lipe	32	Rome	1:59:01
14 Tom Palmer	33	Syracuse	2:02:15
15 John Souza	34	Niskayuna	2:10:39
16 Spencer Martin	32	Niskayuna	2:12:01
17 Cody Abernethy	32	Malta	2:12:35
18 Dan Dickinson	33	Schenectady	2:16:21
19 Matthew Thorne	31	Schenectady	2:20:34
20 Christopher Moore	33	Mechanicville	2:21:22
FEMALE AGE GROUP: 30 - 34			
1 Laura Zima	32	Schenectady	1:33:45
2 Kimberly Morrison	33	Wynantskill	1:40:08
3 Elle Green	32	New York	1:40:14
4 Melissa West	32	Scotia	1:43:03
5 Caryn Szezkalski	31	Brooklyn	1:44:44
6 Jamie Lynn Carter	32	Troy	1:47:19
7 Tea Zegarac-Pollock	34	New York	1:49:05
8 Heidi Nark	32	Clifton Park	1:51:44
9 Melissa Deluca	34	East Greenbush	1:53:51
10 Kristin Zielinski	32	Altamont	1:55:01
11 Jennifer Currey	34	Cohoes	1:57:06
12 Jaimie Dorfman	31	Troy	1:57:16
13 Jessica Mokhiber	32	Albany	1:57:36
14 Melissa Montalto	33	Latham	1:58:02
15 Jessica Charles	30	Oriskany	1:58:03
16 Shawna Hussey	31	New York	1:58:55
17 Jessica Stewart	31	Voorheesville	1:59:04
18 Melissa Mueller	30	Castleton-On-Hudson	1:59:48
19 Kaitlin Bagramian	31	West Sand Lake	2:00:23
20 Dawn Brennan	34	Albany	2:00:58
MALE AGE GROUP: 35 - 39			
1 Jim Eaton	37	Castleton	1:18:12
2 Jeff Andrews	35	Delmar	1:20:34
3 Eric Zenner	36	Ballston Lake	1:24:35
4 David Tromp	37	Glenmont	1:25:26
5 Daniel Gracey	35	Albany	1:26:51
6 Matthew Lindow	35	West Sand Lake	1:34:45
7 Cory Metler	39	Mechanicville	1:35:57
8 Jonathan Golden	39	Slingerlands	1:38:36
9 George LaMarche III	37	Waterford	1:38:37
10 Matthew Ryan	39	Loudonville	1:38:41
11 Jeffrey Frey	38	Bayville	1:43:01
12 Chuck Brousseau	37	Ellicott City, MD	1:47:57
13 Patrick Ryan	39	West Sand Lake	1:47:57
14 Tom Joseph	36	Wynantskill	1:50:13
15 Rory Swaine	37	Albany	1:50:54
16 David Gilson	37	Niskayuna	1:51:06
17 Tim Keegan	36	Rock Tavern	1:52:58
18 Stephen Young	38	Clifton Park	1:53:00
19 David Burns	37	Castleton-On-Hudson	1:53:33
20 Roger Lin	36	New York	1:53:42
FEMALE AGE GROUP: 35 - 39			
1 Sally Drake	39	Albany	1:33:44
2 Tina Cukrovany	35	Rensselaer	1:34:58
3 Estelle Burns	37	Troy	1:35:42
4 Jessica Northan	36	Guilfordland	1:37:01
5 Karin Peterson	36	Cohoes	1:42:14
6 Isabelle LeClerc	37	Mont St-Gregoire, QC	1:42:35
7 Allison Bradley	36	Albany	1:42:44
8 Lisa Monaco	39	New York	1:44:23
9 Candice Panichi	38	Albany	1:44:32
10 Jamie Donsbach	35	Loudonville	1:45:01
11 Amanda Sheehan-Zenner	37	Ballston Lake	1:45:57
12 Cybelle Nicholens-Pach	39	Glenmont	1:46:07
13 Shayne Johnson	39	Schenectady	1:47:52
14 Erika Beardsley	35	Castleton	1:48:09
15 Liz Carr	37	Clifton Park	1:49:34
16 Melody York	36	Schenectady	1:49:39
17 Colleen Murray	38	Loudonville	1:49:58
18 Rachel Toolan	36	Castleton	1:50:52
19 Karli Taylor	35	Schenectady	1:51:14
20 Aiysha Lovell	38	West Sand Lake	1:51:15
MALE AGE GROUP: 40 - 44			
1 Sean Johnson	41	New York	1:24:27
2 Craig Weidman	41	Selkirk	1:27:58
3 Dale Miller	43	Schenectady	1:29:33
4 Edward Hampston	44	Voorheesville	1:29:59
5 Jerry Rock	40	Clifton Park	1:32:32
6 John Williams-Searl	44	Albany	1:33:42
7 Neil Sergott	40	Clifton Park	1:35:37
8 Patrick Kenneally	41	Wynantskill	1:38:50
9 Brian Hawley	40	Albany	1:39:46
10 Carson Fiske	41	Slingerlands	1:40:00
11 Vincent Pedone	44	Glenville	1:41:47
12 Daniel Filuta	43	West Sand Lake	1:41:47
13 Aaron Couture	42	Schenectady	1:45:36
14 Dennis Beardsley	40	Castleton	1:48:08
15 Adam Carrasco	41	San Antonio, TX	1:48:09
16 Andrew Rapport	44	Valatie	1:48:11
17 Jeffrey Marx	40	Castleton	1:49:10
18 Lee Stetzer	41	Albany	1:50:12
19 Noel Pezzolesi	40	Burnt Hills	1:52:07
20 Robert Rausch	43	Guilfordland	1:52:48
FEMALE AGE GROUP: 40 - 44			
1 Dawn Valera-McGarry	42	Cohoes	1:36:09
2 Laurie Machung	44	Tillson	1:38:12
3 Shanley Alber	40	Clifton Park	1:39:30
4 Regina McGarvey	42	Castleton	1:42:45
5 Alexandra Oakley	42	Loudonville	1:46:14
6 Laura Nesbit	43	Bennington	1:47:00
7 Felice Devine	42	Wynantskill	1:47:12
8 Sarah Dahl	41	New York	1:48:25
9 Deborah Donohue	44	Argyle	1:48:57
10 Karen Skiba	41	Troy	1:49:35
11 Marcie Alexander	41	Ballston Lake	1:49:48
12 Vanessa Teitelbaum	41	Bethesda, MD	1:51:37
13 Jenny Setareh	44	Croton-On-Hudson	1:51:37
14 Ronda Poirier	42	Ballston Spa	1:54:13
15 Regina Kane	42	Mechanicville	1:55:42
16 Robin Dailey	43	Delmar	1:57:34
17 Amy Piper	43	Niskayuna	1:59:04
18 Jenae Kinne	40	Moreau	1:59:51
19 Ally Kelly	40	Ballston Lake	1:59:59
20 Eileen Raposa	44	West Sand Lake	2:00:23
MALE AGE GROUP: 45 - 49			
1 Jon Rocco	45	Colonie	1:20:55
2 Brian Debraccio	46	Scotia	1:24:01
3 Jack Arnold	49	Latham	1:28:07
4 Mark Stephenson	48	Esperance	1:29:02
5 Norris Pearson	46	Troy	1:32:05
6 Matthew Canavan	48	Schenectady	1:34:20
7 Rob Paley	48	Schenectady	1:35:06
8 Kevin Whitehead	46	Clifton Park	1:35:46
9 David Padula	47	Niskayuna	1:36:10
10 John Santoleri	49	New York	1:36:39
11 Anthony Stefanelli	46	Loudonville	1:37:31
12 Matthew Kawola	48	Latham	1:38:23
13 Richard Marsan	49	Niskayuna	1:39:49
14 Paul Bohl	47	Voorheesville	1:40:10
15 Matthew Paul	46	Saranak Lake	1:41:14
16 James Chung	46	Glenmont	1:41:20
17 Jim Daley	48	Delmar	1:42:04
18 John Sestito	49	Johnsonville	1:42:30
19 Bill Lichtinger	46	Cicero	1:42:46
20 Michael Griegas	45	Schenectady	1:44:28
FEMALE AGE GROUP: 45 - 49			
1 Christine Varley	48	Albany	1:33:56
2 Anne Gullickson	48	Kingston	1:37:17
3 Maria Barton	46	Delanson	1:38:50
4 Denise Iannizzotto	49	Lake Katrine	1:40:14
5 Peggy Egan	47	Albany	1:42:55
6 Ingrid Koenig	45	Ottawa, ON	1:42:58
7 Andrea Lieblein	46	New York	1:43:57
8 Deborah Meyer	47	New York	1:48:33
9 Michelle Hayes	45	Schaghticoke	1:48:39
10 Cheryl Feder	47	Malta	1:48:50
11 Kathy Baril	49	Concord, NH	1:49:13
12 Kathleen Dougherty	48	Troy	1:50:31
13 Jennifer Treacy	46	Malta	1:51:55
14 Heather Marcellis	46	New York	1:52:04
15 Christine Chung	45	Glenmont, MA	1:52:25
16 Martha Gohlke	45	Voorheesville	1:52:55
17 Denise Mormino	47	Slingerlands	1:52:56
18 Gail Doering	47	Loudonville	1:52:58
19 Sheryl Hamel	46	Ballston Lake	1:54:55
20 Kirsten Leblanc	49	Broadalbin	1:54:56
MALE AGE GROUP: 50 - 54			
1 Steven Conant	54	Glenmont	1:33:56
2 Carl Urrey	52	Cobleskill	1:35:04
3 Paolo Tartamella	52	New York	1:36:04
4 Ray Gamino	52	Clifton Park	1:40:07
5 John Parisella	54	Schenectady	1:41:10
6 Mark Howe	51	East Greenbush	1:41:23
7 Fred Cassin	50	Loudonville	1:41:33
8 Louis Donato	53	Pointe-Claire, QC	1:44:06
9 Stuart Mesinger	53	South Glens Falls	1:45:45
10 Carl Korn	51	Niskayuna	1:50:58
11 Tom McDermott	52	Albany	1:51:30
12 David Dlugolecki	54	Valatie	1:51:34
13 Todd Gray	50	Voorheesville	1:52:33
14 Bill Marinello	53	Slingerlands	1:52:39
15 Dave Gustafson	51	Clifton Park	1:52:49
16 Gerry Senechal	51	Ste-Anne-De-Belleveue, NB	1:53:39
17 Timothy O'Connor	54	Loudonville	1:57:31
18 Charlie Katz	52	New York	1:58:14
19 Chuck Wager	54	Schenectady	1:59:27
20 J Sipos	51	Albany	2:00:49
FEMALE AGE GROUP: 50 - 54			
1 Linda Kimmey	53	Clifton Park	1:37:02
2 Nancy Taormina	53	Albany	1:39:07
3 Alison Muse	51	Saratoga Springs	1:39:23
4 Joyce Goodrich	54	Glenville	1:44:14
5 Lauren Herbs	50	Rexford	1:49:57
6 Suzanne Vrana	54	Pointe-Claire, QC	1:54:08
7 Zovinar Chahinian	51	Pierrefonds, QC	1:56:57
8 Barb Flynn	50	Valatie	1:59:45
9 Anne Halpern	52	New York	2:01:28

30TH ANNUAL MOHAWK HUDSON RIVER MARATHON & 11TH ANNUAL MOHAWK HUDSON RIVER HALF MARATHON *continued*

MALE AGE GROUP: 60 - 64			
1 Richard Rocco	64	Averill Park	1:38:51
2 George Jackson	63	Schenectady	1:47:50
3 Paul Forbes	62	Colonie	1:52:20
4 Robert Rogers	62	Potsdam	1:55:19
5 John Andescavage	63	Sinking Spring, PA	1:55:45
6 James Moragne	61	Ilion	1:59:35
7 Stephen Kerwin	62	Slingerlands	1:59:37
8 Martin Rowley	64	Latham	2:11:47
9 Sean Robbins	62	Wynantskill	2:16:28
10 Ronald Robinson	64	Johnstown	2:20:03
11 Henry Murphy	60	Melrose, MA	2:20:39
12 Theodore Close	61	Wynantskill	2:21:32
13 Lawrence Mokhiber	64	Albany	2:22:29
14 Mike Reger	63	Rensselaer	2:24:01
15 Michael Gerrish	61	Troy	2:26:20
16 David Sheridan	63	Delmar	2:27:01
17 Daniel Finn	62	Albany	2:27:56
18 Andrew Gunther	60	Troy	2:33:50
19 Russell Newkirk	62	Albany	2:34:29
20 Richard Marni	60	Loudonville	2:48:17
FEMALE AGE GROUP: 60 - 64			
1 Carole Bieber	61	Slingerlands	2:03:54
2 Frances Enchin	61	Toronto, ON	2:04:49
3 Katherine Ambrosio	62	Delmar	2:04:51
4 Linda Anne Meier	64	Schenectady	2:20:31
5 Cheryl Pashlin	60	Montreal, QC	2:46:32
6 Candace Groudine	60	Silver Spring, MD	2:47:10
7 Lydia Booth	61	Chatham	2:53:54
8 Harriet Kang	63	Hartsdale	2:54:40
9 Elisa Pruden	60	Schenectady	3:02:40
10 Carol Gerrish	62	Troy	3:11:53
11 Kathleen Darby	63	Chatham	3:18:17
MALE AGE GROUP: 65 - 69			
1 Norman Dvoberg	66	Slingerlands	1:39:31
2 William Tylutki	65	Remsen	1:58:03
3 James Fiore	65	Latham	2:01:31
4 David Booth	68	Chatham	2:07:59
5 Frank Greco	65	Albany	2:19:16
6 Michael Rosenthal	69	Arlington, VT	2:33:42
FEMALE AGE GROUP: 70 - 74			
1 Jim Moore	72	Niskayuna	1:55:38
2 Ron Nadeau	72	Cohoes	2:53:33
3 Hing Ching Lam	73	Wayne, NJ	2:57:04
FEMALE AGE GROUP: 70 - 74			
1 Marva Nadeau	70	Cohoes	2:53:33
FEMALE AGE GROUP: 75 - 79			
1 Eiko Bogue	75	Schaghticoke	3:00:52
MALE AGE GROUP: 80 - 99			
1 Austin Nagell	88	West Charlton	1:54:32

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Whether you are fishing, boating or cross country skiing, Brookfield reminds you that dangers exist on water any time of the year, and that conditions can change quickly and without notice. Avoid areas such as dams, intake and water conveyance structures, gates, powerhouses and substations. Use only designated recreation areas, and respect all warning signs, buoys, sirens, booms, barriers and fences.

Always check water conditions before you recreate. One source is Waterline www.h2oline.com.

Brookfield www.brookfieldrenewable.com

* New York State Department of Health Study



DOWNHILL & CROSS-COUNTRY SKIING *cont. from page 1*

sized. If you've got skis stored in your attic that were yours when you were in college 20 years ago, leave 'em there. The rental shop at the ski mountain will be able to outfit you with skis, boots and poles that fit well. Everyone should wear a helmet to protect from falls and collisions. While most ski areas rent helmets, you might as well own one.

If you're considering buying gear, work with your local ski shop to put together a package that suits your needs. Beginners will probably want to start with a ski that is designed for all-mountain terrain. Today's skis are relatively wide, short and shaped for turning, so learning is much easier than even a decade ago. Boots should fit snug, with your heel remaining in place when you flex forward in the boot. A knowledgeable boot fitter will be able to help you select boots that fit well and are comfortable.

While it's generally more convenient to own your ski equipment than to rent, don't overlook the possibility of a seasonal rental. Many local ski shops and some ski areas offer season-long equipment leases for adults and children, typically starting at around \$100 to \$150 for skis, poles and boots. I recommend the locally-owned ski shops that appear in this magazine, such as Alpine, Goldstock's, High Adventure, Inside Edge, Plaine's, Play It Again Sports, Sports Page, Steiner's and Viking.

Tips for Families and Kids – There are a few special considerations if you have a child who is beginning skiing or if you are skiing as a family. Keeping kids warmly dressed is critical. Children often do not recognize that they are cold until it is too late. Bring along extra socks, gloves or mittens, and air-activated hand warmers. Consider bringing along a friend for your child, or skiing with another family. Take a hot cocoa break, and carry snacks in your pocket for an on-slope or gondola treat. Gummi Bears are a bit hit with my kids.

If you're considering teaching your child to ski, that's probably fine as long as you're comfortable. Early on, the most important factor is for the child to simply log hours and get comfortable on the snow. Eventually, you'll reach a point where professional les-

sons will help them improve their technique. Willard's "Little Colonel" and Gore's "Mountain Adventure" are both excellent multi-week children's programs that I can personally recommend, but just about every ski area has similar multi-week learning programs. You'll be amazed at how much your child has progressed by the end of one of these programs!

Focus on getting kids to make turns. You can play follow-the-leader, but what has worked for my kids is getting them into some easy glades. Stick to terrain that you're comfortable with. If you're struggling, it'll be nearly impossible for you to help other family members.

Have a designated meeting place if you become separated. Don't be afraid to ask Ski Patrol or a Mountain Host for directions or terrain suggestions. Also, don't forget to let ski lift operators know if you need them to slow down a lift so that you can help a child load or unload.

Skiing doesn't have to be expensive. Look for discounts and deals. Remember that kids' age six and under ski for free at most ski areas. You may be able to take advantage of school programs or town recreation programs. Ultimately, you may find that a season pass offers your family the best value.

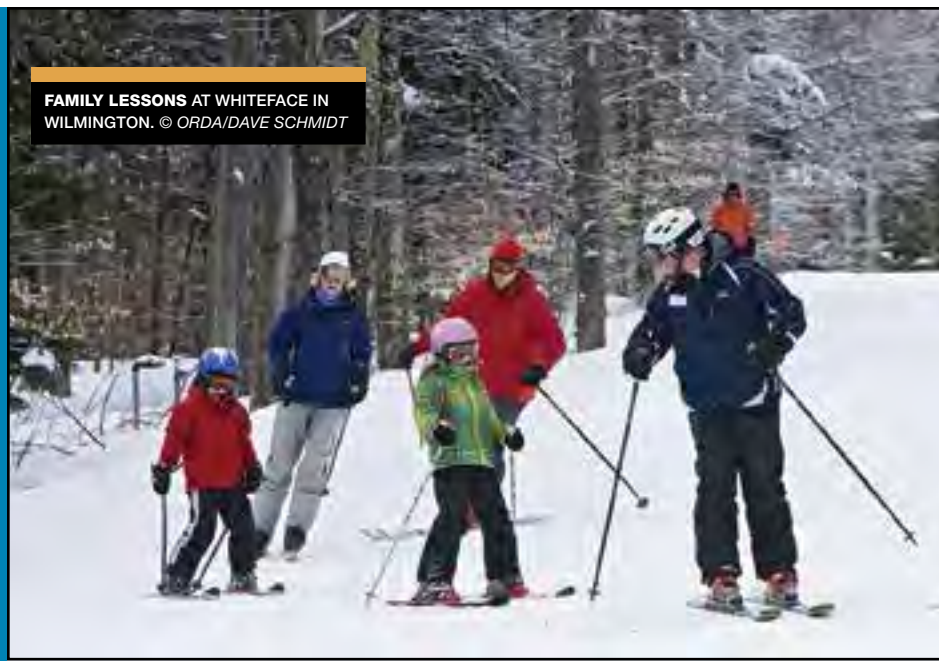
CROSS-COUNTRY SKIING

Perhaps you're more interested in Nordic or cross-country skiing than downhill skiing. Widely recognized as one of the best whole body workouts, cross-country skiing is an excellent complement to running and cycling.

While cross-country skiing can be enjoyed just about anywhere there is snow, cross-country ski centers like Cascade, Dewey, Garnet Hill, Lapland Lake, Osceola, Pineridge and the Olympic Sports Complex, offer trails that are groomed and track-set daily – which makes a huge difference in the quality of the experience. Plus, they have excellent instruction, equipment for rent and sale, and expert advice.

As with downhill skiing, start with a lesson from a qualified instructor. You will quickly pick-up the right way to kick and glide along the trails and through the woods. You'll also learn more about equipment, such

FAMILY LESSONS AT WHITEFACE IN WILMINGTON. © ORDA/DAVE SCHMIDT



as waxable or no-wax skis, and the differences between touring, racing and back-country skis. There are also two different techniques, classical and skating, and you'll receive important instruction on climbing and descending hills.

Cross-country ski centers typically have a very cozy and friendly atmosphere. The sport is also a great family value with inexpensive trail and season passes, and value packages with trail pass, ski rental and lessons included. Most of the shops men-

tioned earlier carry cross-country ski equipment, plus there are Nordic specialists like Adirondack Paddle 'N' Pole, High Peaks Cyclery and the shops at the ski centers.

All that's left now is to get started... and, THINK SNOW!!! ❄️

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

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RUNNING & WALKING

Adirondack Marathon Distance Festival
Adirondack Recreation Trail Advocates
Double H Ranch/Camp Challenge Run
Firecracker 4 4M Road Race
Freihofer's Run for Women 5K
Greenwich & Glens Falls Urban Assaults
Hudson-Mohawk Road Runners Club
Susan G Komen NE NY Race for the Cure
Lake George Half Marathon
Leukemia & Lymphoma Society/Team in Training
Malta Business & Professional Association 5K
Mastodon Challenge 15K, 5K & Fun Run
Mohawk Hudson River Marathon & Half Marathon
Mohawk Towpath Scenic Byway
Mountain Goat/Ron Houser, Certified Pedorthist (4)
Newton Natural Running (Blue Sky Bicycles)
Run 4 Your Life 5K Run/Walk
Saratoga Stryders Running Club
Special Olympics NY-Silks & Satins/rUNDEAD
Survive the Farm 5K Challenge
USA Track & Field-Adirondack
Vernon Downs 5K-Duathlon/ATC Endurance

BICYCLING & MOUNTAIN BIKING

Adirondack Recreation Trail Advocates
Adirondack Ultra Cycling
Ididaride! Adirondack Bike Tour/ADK
American Diabetes Association/Tour de Cure
Bicycle for Humanity-Adirondack
Blue Sky Bicycles
Broadway Bicycle Co
Capital Bicycle Racing Club
Double H Ranch/Camp Challenge Bike
Grey Ghost Bicycles
High Peaks Cyclery (3)
Leukemia & Lymphoma Society-Team in Training

Leadville Race Series/Whiteface 100-LifeTime Fitness
Mohawk Towpath Scenic Byway
Mohawk-Hudson Cycling Club
Placid Planet Bicycles
Plaine & Son Bike-Ski Warehouse (2)
Podium Finish Cycles
Revolutionary Velo-Watts Indoor Riding Center
RoadFox Bicycles & Wheels
Saratoga Century Weekend/MHCC
Saratoga Mountain Bike Association
Stan's NoTubes Great American Cycling Series/Anthem
Steiner's Ski & Bike (10)
Tomhannock Bicycles (2)
Tour of the Battenkill, Dragons & Catskills/Anthem
Victory Cycle Works

TRIATHLON & DUATHLON

Bethlehem Tri Club
Blue Sky Bicycles
Broadway Bicycle Co
Capital District Triathlon Club
Cooperstown-Delta Lake-Old Forge Triathlons/ATC
Crystal Lake Triathlon/CDTC
Glens Falls Lions Duathlon
Grey Ghost Bicycles
Fronhofer Tool Triathlon
High Peaks Cyclery (3)
Lake George Triathlon Festival
Leukemia & Lymphoma Society/Team in Training
Mohawk Towpath Byway Duathlon
Placid Planet Bicycles
Plaine and Son Bike-Ski Warehouse
Podium Finish Cycles
Revolutionary Velo-Watts Indoor Riding Center
RoadFox Bicycles & Wheels
Saratoga Lions Duathlon
Saratoga Triathlon Club

Steiner's Ski & Bike (10)
Team LUNA Chix Albany Triathlon
Tomhannock Bicycles (2)
TOUGHKids Syracuse Triathlon/ATC Endurance
Tupper Lake Tinman Triathlon
Vernon Downs Duathlon-5K/ATC Endurance
Victory Cycle Works

KAYAKING, CANOEING, SUP & ROWING

Adirondack Mountain Club (2)
Boats By George/Patty's Watersports (2)
David Fisher Upper Hudson Heroes/Watervliet
Hudson River Whitewater Derby/Gore Region
Lake George Kayak Co (4)
Mountainman Outdoor Supply Co (12)
Moonlight Marine Custom Wood Kayaks (2)
Placid Boatworks (2)
Saratoga & Adirondack PaddleFests/MOSC
Saratoga Rowing Association
Slipstream Watercraft/Canoes
Steiner's Ski & Bike (10)
Watervliet Hudson Shores Park

HIKING, CLIMBING & SKILLS

Adirondack Mountain Club (2)
Adirondack Recreation Trail Advocates
Fountain Square Outfitters (2)
High Peaks Mountain Guides/High Peaks Cyclery
Leukemia & Lymphoma Society/Team in Training
Mountain Goat/Ron Houser, Certified Pedorthist (4)
Mountainman Outdoor Supply Co (12)
New York State Outdoor Guides Association
NYS Parks, Recreation & Historic Preservation
Rock Solid Fun Climbing Wall
SUNY Adirondack-Adventure Sports
Wilton Wildlife Preserve & Park
YMCA Camp Chingachgook on Lake George

HEALTHY LIVING

Adirondack Sports & Fitness Magazine
Arbonne
Asea Dietary Supplement
Back in Balance Therapeutic Massage
Brains & Brawn Exercise Puzzle Game
Capital District YMCA
Clear Water Pools of Greenwich
Concord Pools & Spas (4)
Girlfriends Getaway Wellness Weekend-Bolton
H2O Solutions
Heavenly Hollow/Herbal Packs-Magnetic Jewelry
Northeast Foot Care/Dr. David Lambariski
Proactive Chiropractic/Active Release Technique
Real Goods Solar
Rich Morin's Professional Scuba Centers (2)
Saratoga Hospital/Regional Therapy Center
Saratoga Photobooth Co
Saratoga Regional YMCA
Sportique Brands Natural Skin Care
Tierra Farm Organic Nuts, Seeds & Fruits

TRAVEL DESTINATIONS

Adirondack Adventure Festival/Gore Region
Adirondack Museum
Bolton Landing Chamber of Commerce
Central Adirondack Association
Enchanted Forest Water Safari
Gore Mountain
Gore Region Chamber of Commerce
New York State DEC Campgrounds
NYS Parks, Recreation & Historic Preservation
Old Forge Camping Resort
Town of Inlet-Information
Tupper Lake Chamber of Commerce
Warren County Tourism
Washington County Tourism (2)
Water's Edge Inn & Conference Center
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