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LAST YEAR'S START OF THE 67th ANNUAL TROY TURKEY TROT.
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HAVING A GOOD TIME AT THE 2014 OUR TOWNE BETHLEHEM TURKEY TROT.
OUR TOWNE BETHLEHEM

Turkey Trotters Show Community Spirit

By Laura Clark

While Ben Franklin was disappointed that he failed in his bid to appoint the turkey as the official United States bird, in the long run the turkey came out way ahead of the eagle. Turkeys have proven hardy avians with talented publicists, turning their defeat into a victory by becoming the symbol of Thanksgiving, and taking credit for the most popular activity day on the national menu. It all began in 1863 with Lincoln's Thanksgiving Day proclamation, followed in 1896 by the Buffalo Turkey Trot, the oldest continuous road race in North America.

There is an everyman appeal to Turkey Trots. It goes beyond our inbred Puritan guilt that urges us to atone before indulgence and finds its heart in the flock mentality. For this one day we are a community, celebrating together for the sheer joy of it. Is it any wonder then that the events profiled below, cling to traditional courses, offer the usual side dishes and marshal donations for community welfare?

The most established table in our region is set by the 68th annual **Troy Turkey Trot**, featuring the customary 5K, 10K for big eaters, as well as the Grade School Mile, and Turkey Walk. With almost 8,000 runners, expect serious competition in the 10K as this serves as the USATF Adirondack 10K Championship and club team competition. The rest of us will be scratching for Regional Food Bank of Northeastern New York canned good donations and preparing for the costume contest. This is more than a search mission for expired Halloween costumes as successful candidates will be judged on creativity, presentation and functionality, meaning you actually expect to run wearing your outfit.

To enhance the family emphasis, the Turkey Trot 5K, incidentally the 12th oldest road race in the nation, will be offering team competitions: mother/daughter or son, father/daughter or son, sister/sister, brother/brother, sister/brother and husband/wife. As turkeys prefer large family flocks, expect a wide variety of permutations, and some hefty debates over pairing choices. All races start from the Troy Atrium which also includes packet pick-up and last chance registration on Wednesday, 11/25 - no race day registration. Go to troyturkeytrot.com.

Weighing in at 34 years is Schenectady's **Cardiac Classic 5K** road race, plus two free events, the two-mile Wellness Walk and one-mile Duck Pond Fun Run. This is a perfect alternative for turkeys wishing to avoid huge crowds, get their exercise over quickly, and get on with the main event of the day.

The route around Central Park features paved paths and surrounding neighborhood roadways, with the traditional circle around Duck Pond. The playground will keep kids and caregivers busy while they await their own fun run. Turkeys, being sometimes overweight, are susceptible to heart attacks and as such are particularly motivated to raise money for Ellis Medicine's Wright Heart Center. Visit ellismedicine.org.

Twenty years ago the rural community of Arlington, Vt. began their celebration of the turkey trots of yore when bootie-clad turkeys were marched into market, lending particular meaning to the term "farm-to-market." The **Running of the Turkeys 5K Run/Walk** is no flat and fast tour through city streets, but a beautiful and hilly farm country experi-

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AROUND THE REGION **News Briefs**

Helping People with Disabilities Enjoy the Slopes

STILLWATER – Abigail Radliff was born with cerebral palsy but that has not dampened her desire for speed or her spirit for living life to the fullest.



Like many of us, she loves skiing down a freezing cold mountain, making sweeping turns in the white powder, and sharing food with family and friends in the warmth of a lodge. What makes this setting particularly challenging is that she and many other people with physical disabilities need specialized and expensive equipment in order to enjoy this cherished winter scenario.

Thanks to the adaptive ski program at Double H Ranch in Lake Luzerne, Abigail learned to ski at an early age, but like others she has aged out of their program. Now completely hooked on downhill skiing, Abigail and her family have been seeking alternatives, and they've been able to ski at Gore Mountain a few times in the last two years. However, she has had to ski on equipment borrowed from other mountains because Gore is in the early stages

KIRSTEN KEEFE, JIMMER HAYES, SARAH HOMKEY AND ABIGAIL RADLIFF.

of establishing its own adaptive ski program. In order to help people with different abilities enjoy a day skiing at Gore, Abigail is helping to raise \$7,500, so that Gore can firmly establish an adaptive ski program by purchasing a bi/mono ski – also called a sit-ski. The program and equipment would be available to anyone who has a need and wishes to participate. Learn more by visiting gofundme.com/fb5jh69s.

Local Ski Shops are Ready for the Season

LATHAM – The alpine, cross country, telemark and snowboard shops are ready for the season. The region has great locally owned and operated winter gear shops that provide outstanding “mom and pop” type customer service, and a range of quality gear. Now is the right time to visit your local shop to purchase or lease gear and apparel, or get an expert tune-up or repair. Play it Again Sports in Latham has been a premier ski and board destination for new and experienced gear for 20 years. Co-owner Dottie Vonk suggests, “Get out and play this winter, and outfit your family from head to toe while saving cash.”

Support the excellent ski shops also advertising in this issue, including Steiner's in Glenmont, Valatie and Hudson; High Adventure in Latham; Plaine and Son in Schenectady; Collamer House in Malta; Alpine Sport Shop in

Saratoga Springs; Inside Edge in Glens Falls; and Willard Mountain in Easton. Plus, these fine Nordic shops: Berkshire Outfitters in Adams, Mass.; High Peaks Cyclery in Lake Placid; Lapland Lake in Northville; Garnet Hill in North River; Cascade in Lake Placid; and Osceola Tug Hill in Camden.

The Philosophers' Camp in the Adirondacks

SCHENECTADY – After more than 150 years, the complete story of Ralph Waldo Emerson's first encounter with raw nature in the Adirondack wilderness has finally been told through Cornell University Press' release of “A Not Too Greatly Changed Eden: The Story of the Philosophers' Camp in the Adirondacks,” by the award-winning journalist James Schlett. The book tells the definitive story of the historic Philosophers' Camp, an August 1858 gathering at Follensby Pond of 19th century America's leading intellectuals, including Emerson, the Harvard scientist Louis Agassiz, and the Cambridge poet James Russell Lowell. They were led into the Adirondack wilderness by William James Stillman, a painter originally from Schenectady who cofounded the nation's first art journal, the Crayon. In following the political, cultural, economic, and scientific



trends that brought them together in Boston and to the Adirondacks, A Not Too Greatly Changed Eden does more than show an age in a moment; it provides vistas of a young nation's changing landscapes as it came of age in the latter half of the 19th century.

While the story of the Philosophers' Camp has been told in brief in countless history books, A Not Too Greatly Changed Eden, provides the most detailed account of Emerson's Adirondack adventures. To mark the release of the book's second printing this fall, AdkSports.com features “The Kayaker's Annotated Guide to the Philosophers' Camp,” which maps out the various places Emerson and his friends boated, such as the Saranac Lakes, Stony Creek Ponds, Raquette River, Follensby Pond and Big Tupper Lake. The guide also pairs these destinations with passages from essential writings about the Philosophers' Camp by Emerson, Stillman and the Concord lawyer Ebenezer Rockwood Hoar.

James Schlett's upcoming book tour events include a presentation for SUNY Adirondack's Writers Project series on Wednesday, Nov. 18 at 12:40pm at the Dearlove Visual Arts Gallery in Queensbury; a reading for the Schenectady Community of Writers on Sunday, Nov. 22 at 2pm at Schenectady County Public Library in Schenectady; and a presentation at Olana State Historic Site in Hudson on Saturday, Nov. 28 at 3pm. For more info, go to adksports.com.

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FROM THE PUBLISHER & EDITOR

This month's issue **Happy Thanksgiving!** should help you get

excited about winter! We've got our annual what's new on the slopes, by Jeff Farbaniec, for a full season of skiing and riding. If snowshoe adventures are more your speed, take a hike to Finch Mountain in the southern Adirondacks. Our athlete profile, Ironman Paul Murray, whose longevity in running, triathlon and cross country skiing will inspire and motivate us all to be active year-round!

In our health column, Dr. Alison Synakowski shares facts about pain and injury from a physical therapy perspective – to help you stay active and healthy longer. And it wouldn't be November without Laura Clark's preview of turkey-themed trots that are coming our way, so get registered for a run or walk, and be a part of the community!

Thank you for your loyal readership. As the holidays approach, enjoy time with family and friends, be safe on the roads and trails, and have a happy Thanksgiving!

Darryl and Mona

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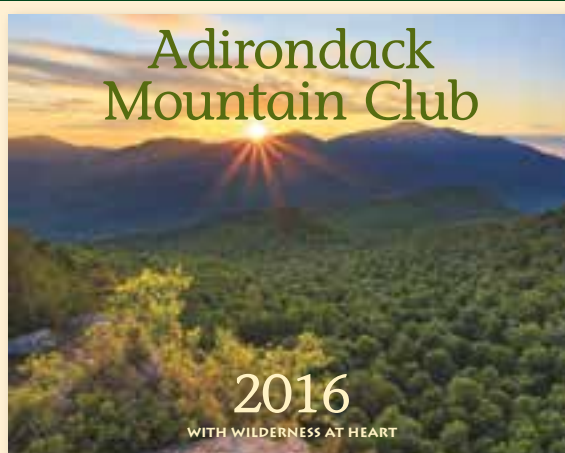
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Calendar of Events November 2015 - January 2016*

*Events beyond this range are advertisers in this issue.

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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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29	30						27	28	29	30	31			24 ³¹	25	26	27	28	29	30

ALPINE SKIING & RIDING ONGOING

Sat-Sun Annual Ski/Board Equipment & Apparel Sale: 11/7-8, 14-15, 21-22. 10am-4pm. 25% of proceeds to Willard Race Team. Willard, Easton. 692-7337. willardmountain.com.

NOVEMBER

- 7 **Warren Miller's "Chasing Shadows" Movie.** 7pm. Tickets: Alpine Sport Shop, Saratoga. Auditorium, Saratoga Springs MS, Saratoga Springs. Alpine: 584-6290. alpinesportshop.com.
- 6-8 54th Albany Ski & Snowboard Expo. Fri: 4-9pm, Sat: 10am-6pm, Sun: 10am-5pm. Empire State Plaza, Albany. 383-6183. albanywinterexpo.com.
- 12 West Express Chairlift Ribbon Cutting Ceremony & Grand Opening of East Slope Bar/Eatery. Family events. 4-9pm. West Mountain, Queensbury. 636-3699. westmnt.net.
- 13-14 **Warren Miller's "Chasing Shadows" Movie.** 8pm. Tickets: Play It Again Sports, Latham. Palace Theater, Albany. 785-6587. playitagainsportslatham.com.
- 13 Warren Miller's "Chasing Shadows" Movie. 7pm. Queensbury HS, Queensbury. skinet.com.
- 18 Warren Miller's "Chasing Shadows" Movie. 6pm Memorial Auditorium, Utica. skinet.com.
- 21 Warren Miller's "Chasing Shadows" Movie. 7:30pm. Lake Placid Center for the Arts, Lake Placid. 523-2512. lakeplacidarts.org.
- 28-29 **PSIA Instructor Training Course.** Gore, North Creek. Gail Setlock: 251-2411. goremountain.com.

DECEMBER

- 11 **Demo Day.** Gore, North Creek. 251-2411. goremountain.com.
- 14-20 **Take Your Kids to Gore Week.** 19-under ski free w/paying adult. Gore, North Creek. 251-2411. goremountain.com.
- 29-31 **Christmas Holiday Camp.** Gore, North Creek. 251-2411. goremountain.com.
- 30 **Twelve-30 Slopestyle.** Gore, North Creek. 251-2411. goremountain.com.
- 31 Torchlight Parade. 8pm. Fireworks, music. Oak, Speculator. 548-3606. oakmountainski.com.

JANUARY

- 1 **New Year's Day Ski Bowl Party.** Ski Bowl, Gore, North Creek. 251-2411. goremountain.com.
- 14-16 **Lake Placid FIS Freestyle Cup.** Whiteface, Wilmington. whiteface.com.
- 16-17 **MLK Holiday Camp for Kids.** Gore, North Creek. 251-2411. goremountain.com.
- 23 Berkshire East Rando Ski Mountaineering Race. 7.6M, 4,190ft. Berkshire East, Charlemont, MA. ussma.org.
- 23-24 **Alpine Skiing Clinic: Women Only.** Gore, North Creek. 251-2411. goremountain.com.
- 23-24 **Snowboarding Clinic: Women Only.** Gore, North Creek. 251-2411. goremountain.com.
- 30 Rally on Burke Ski Mountaineering Race. 4,300ft race/2,000ft rec. 8:30am. Burke, East Burke, VT. 802-723-6551. ussma.org.
- 30-31 **Master the Mountain: Alpine Skiing or Snowboarding Clinics.** Gore Mountain, North Creek. 251-2411. goremountain.com.

- 30-31 **Intro to Telemark Skiing Clinic.** Gore Mountain, North Creek. 251-2411. goremountain.com
- 31 Mad River Valley Ski Mountaineering Race. Sugarbush Skimo. Mad River Valley, VT. ussma.org.

BICYCLING & MOUNTAIN BIKING ONGOING

- Wed "Wednesday Night Worlds" Cyclocross Training Rides. 5:30pm. A & B groups. All welcome. Parking Lot H, Harriman State Office Campus, Albany. Dave Beals: davebeals@aol.com.
- Sat HRRT Fall Time Trial Series: 11/7 & 11/14. 10M. 9am. Town Hall, Charlton. 847-2419. hrrtonline.com.

NOVEMBER

- 8 Saratoga Spa Cyclocross: NYCROSS Series #4. 9am. Columbia Pavilion, Saratoga Spa SP, Saratoga Springs. Andrew Bernstein: 610-618-6272. nycross.com.
- 8 Dave Panella Memorial Cyclocross Race. 10am. Lions Park, Greene. 607-648-9551. tiogavelo.com.
- 14 SMBA Year-End Ride & Meeting. Ride: Luther Forest, 12:30pm. Meeting: The Mill, 3pm. saratogamb.org.
- 14 3rd Capital Region Bicycle Gala. 7pm. Edison Club, Rexford. 847-2419. hrrtonline.com.
- 14 Cross in a Maze. 9am. Long Acre Farms, Macedon. Gregg Griffo: 585-469-4212. crossinamaze.com.
- 15 **10th Bethlehem Cup Cyclocross: NYCROSS Series #5.** 9am. Elm Ave Town Park, Bethlehem. Dave Beals: 817-1641. nycross.com.
- 15 Cobb's Hill Cyclocross. Cobb's Hill Park, Rochester. fullmoonvista.com.
- 17 "The Rider & The Wolf" Premiere Party. Happy Hour, Henry St Taproom: 5-7pm. Film, Saratoga Arts Center: 7:30pm. Saratoga Springs. Jim Adams: 727-3131. industriousshijinx.com.
- 19 Food for Thought: Socially Relevant Cinema: "Bikes vs. Cars." 7pm. WAMC's The Linda, Albany. 465-5233 x4. thelinda.org.
- 21 Bicycle Engineering Symposium. 10am-4pm. Gravel bikes, pedaling mechanics, more. Raffle prizes. Free. Room 3303, Sage, RPI, Troy. cycling.union.rpi.edu/symposium. Larry Ruff: ruffl@rpi.edu.
- 21 9th Albany Cranksgiving Race/Ride & Food Drive. 6:30pm. Bring bike, helmet, lights, backpack, lock & \$13 cash/card. Use manifest to ride to area stores to collect & donate food to Homeless Action Network of Albany. Henry Johnson Monument, Washington Park, Albany. Preregister: deerintheheadlights@rocketmail.com.
- 21-22 Supercross Cup: UCI C2 Weekend. 8:15am. Anthony Wayne Rec Area, Stony Point. 631-255-9568. supercrosscup.com.
- 22 HRRT Sweat N' Ice Ride. 62 or 32M. 10am. Town Hall, Charlton. 847-2419. hrrtonline.com.
- 22 Turkey Cross at Markus Park. 10am. Markus Park, Honeoye Falls. 585-775-9504. cncyclocross.com.
- 26-27 HRRT Giving Thanks MTB Race. 5M. Central Park, Schenectady. 847-2419. hrrtonline.com.

DECEMBER

- 5 **Salsa Demo Day & Global Fat Bike Day.** 11am-4pm. Rides, BBQ, beer & SingleTrack Giveback (donate toys for raffles). Spa City Bicycleworks, Saratoga Springs. 587-0071. spacitybicycleworks.com.
- 6 Capital Holiday Lights in the Park Bicycle Ride. 4:45pm. Washington Park, Albany. albanycapitalholidaylights.com
- 20 HRRT Xmas Madness MTB Race. 12pm. Central Park, Schenectady. 847-2419. hrrtonline.com.

JANUARY

- 16 Rikert Fatbike Roundup. 10:30am & 1:30pm. Rickert Nordic Center, Ripton, VT. rikertnordic.com.
- 24 **Moose Brook Fat Bike Race.** 8M/16M. 10am. Gorham, NH. 603-631-1988. moosebrookfatbikerace.com.

CROSS COUNTRY SKIING NOVEMBER

- 7 **Volunteer Trail Work Day.** 9am-1pm. Dewey, Saranac Lake. 891-2697. deweymountain.com.
- 21 **Dewey XC & Snowshoe Swap.** 9-11:30am. Dewey, Saranac Lake. 891-2697. deweymountain.com.



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snowshoe sales. Lapland Lake, Northville. 863-4974.
laplandlake.com.
- 22 11th Kingston Rollerski Races. 5K classic: 12pm. 2K novice
freestyle: 12:30pm. 10K skate: 1:15pm. Miller MS, Lake Katrine.
Greg Malia: 845-518-8598. kingstonnordic.blogspot.com.
- 27-29 Craftsbury Junior/BKL Thanksgiving Camp.** Craftsbury
Outdoor Center, Craftsbury Common, VT. 802-586-7767.
craftsbury.com.
- 27-12/6 Cascade Thanksgiving 10-Day Ski & Snowshoe Sale.**
Cascade, Lake Placid. 523-1111. cascadeski.com.

DECEMBER

- 3-6, 10-13 Craftsbury Masters Ski Camp.** Craftsbury Outdoor Center,
Craftsbury Common, VT. 802-586-7767. craftsbury.com.
- 13 NYSEF Season Opener XC Ski Race. nyssranordic.org.
- 19 World Famous Osceola Pie XC Ski Race. Wilkinson Cup #1.
Skate. 5K: 11am. Bill Koch 2K: 10:30am. Osceola Tug Hill,
Camden. Jeff Moore: 315-939-2341. nyssranordic.org.
- 20 Rochester Classic Poronkusema Race. 7.5K, 3K, Bristol
Mountain, Canandaigua. rxcsf.org.
- 27-30 NYSEF Winter High School Camp. Mt. Van Hoevenberg, Lake
Placid. nysef.org.
- 30 NYSEF Junior Nationals Qualifier. Olympic Sports Complex,
Lake Placid. nysef.org.

JANUARY

- 3 Old Forge XC Ski Race. Wilkinson Cup #2. Old Forge.
nyssranordic.org.
- 3 HURT Mega-Relay XC Race. 10am. 3-8 skiers, 6-hour team
relay on 5K race loop. Garnet Hill Lodge, North River.
nyssranordic.org.
- 3-11 IPC Nordic Skiing Continental Cup & US Paralympic
Nationals.** Craftsbury, Craftsbury Common, VT.
802-586-7767. craftsbury.com.
- 9 Winter Trails Day: Try XC Skiing.** 2-4:30pm. Free. Lapland
Lake, Northville. 863-4974. laplandlake.com.
- 10 Old Forge Junior Nationals Qualifier. Old Forge.
nyssranordic.org.
- 16 Queensbury Invitational XC Ski Race. Wilkinson Cup #3.
Queensbury. nyssranordic.org.
- 17 HURT-athon XC Ski Race. 7.5K/5K/15K Classic. Coles Woods,
Queensbury. nyssranordic.org.
- 17 Rochester XC Ski Race. Skate. Rochester. nyssranordic.org.
- 23 Lapland Ladies Love to Ski: Classic.** 9:30am. All welcome.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 23 Full Moon Ski & Party.** Cascade, Lake Placid. 523-9605.
cascadeski.com.
- 23 ADK Vauthi Duathlon. 4K classic & 4K freestyle. Saratoga
Biathlon Club, Day. nyssranordic.org.
- 23-24 Rochester Youth Skiing Festival. U14. Sat: freestyle. Sun: classic.
Bristol Mountain, Canandaigua. 585-755-4432. nyssranordic.org.
- 24 Shenendehowa Classic XC Race.** 5K: U16, U18. 10K: open.
BKYSL. 11am. Saratoga Biathlon Club, Day. Eric Hamilton:
371-7548. nyssranordic.org.
- 30 Craftsbury Ski Marathon.** Classic. Adult 50K/25K. Student
(grade 9+) 50K/25K. Student (grade 8-)/BKL 25K. 9am.
Craftsbury Outdoor Center, Craftsbury Common, VT.
craftsbury.com.
- 30-31 ORDA Super Tour / Junior National Qualifier / Harry
Eldridge Memorial Races. Sat: Freestyle. Sun: Classic. Mt.
Van Hoevenberg, Lake Placid. nysef.org.

HEALTH & FITNESS ONGOING

- Daily Yoga Classes & Workshops.** True North Yoga, Schroon Lake.
810-7871. Schedule: truenorthyogaonline.com.
- Mo-Sa Strength, Speed & Rowing Classes.** Contemporary Athlete,
Halfmoon. 365-3890. contemporaryathlete.com.
- Mo-Sa Rock Your Fitness.** Next Session: 11/9-12/19 & 1/4-2/13.
M/W/F: 5:15am or 6:30am. Tu/Th: 9:30am. Sat: 7:30am.
Saratoga-Wilton Soccer Club, Malta. Becky Weyrauch:
522-9765. rockyourfitnessny.com.
- Tue Active Flow Class.** 9:30am. True North Yoga, Schroon Lake.
Debbie Philp: 810-7871. truenorthyogaonline.com.

- Fri Gentle Yoga Class.** 11am. True North Yoga, Schroon Lake.
Debbie Philp: 810-7871. truenorthyogaonline.com.
- Sat Beginner Hatha Class.** 11am. True North Yoga, Schroon
Lake. Debbie Philp: 810-7871. truenorthyogaonline.com.

NOVEMBER

- 7 Yoga Reaches Out: Shop for a Cause Event.** 12-4pm. 11am:
Vinyasa Flow class. Athleta, Albany. RSVP: 452-2190.
- 29 Tabatathon w/Live DJ.** 1hr blocks: 11am-3pm. All proceeds
to Leukemia & Lymphoma Society: Team In Training, Gym,
SAA Jewish Community Center, Albany. Register: pages.
teamintraining.org/uny/yourway16mstankovic.

HIKING, SNOWSHOEING & CLIMBING

NOVEMBER

- 7 Mt. Marcy Hike. 14.5M. 5am. Exit 9 Park & Ride, Clifton Park.
Bob Scaife: 439-7322. adk-albany.org.
- 14 Seward, Donaldson, & Emmons Hike. 17M. Claudia Warren:
364-3857. adk-albany.org.
- 14 Moreau Lake State Park Hike. 8M. Martha Waldman:
869-5109. adk-albany.org.

DECEMBER

- 5-6 Wilderness First Aid w/WMA.** Adk Loj, Lake Placid.
Adirondack Mountain Club: 523-3441. adk.org.
- 12 Fifth Peak/Tongue Mtn. Range Hike. 5.4M. Clay Mtn
Trailhead. Phil Seward: 527-1851. adk-albany.org.

JANUARY

- 2 Esther Mtn Hike.** 6.6M. 8am: Candyman Shop, Wilmington.
Adirondack Mtn Club: 523-3441. adk.org.
- 2 Starlight Guided Snowshoe Tour.** 6:30pm. Bring headlamp.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 9 Winter Trails Day: Try Snowshoeing.** 2-4:30pm. Free.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 10 Table Top Hike.** 10M. 8am. Adk Loj, Lake Placid.
Adirondack Mtn Club: 523-3441. adk.org.
- 23 Full Moon Guided Snowshoe Tour.** 6:30pm. Bring headlamp.
Lapland Lake, Northville. 863-4974. laplandlake.com.
- 29-31 Young Member Winter Adventure.** Ages 18-40. Heart Lake
Program Center, Lake Placid. Adirondack Mountain Club:
523-3441. adk.org.

ICE & SPEED SKATING

DECEMBER

- 4-6 Lake Placid Golden Skates Marathon. Olympic Speed Skating
Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.
- 18-19 Charles Jewtraw Allround Championship. Olympic Speed
Skating Oval, Lake Placid. lakeplacidspeedskating.
wildapricot.org.

JANUARY

- 22-23 Jack Shea Sprint Championship. Olympic Speed Skating
Oval, Lake Placid. lakeplacidspeedskating.wildapricot.org.

MOUNTAINEERING & WILDERNESS SKILLS

DECEMBER

- 5-6 Wilderness First Aid.** Heart Lake Program Center, Lake
Placid. Adirondack Mountain Club: 523-3441. adk.org.

JANUARY

- 3 GPS 101.** Classroom/outdoors. 9am. Member Service
Center, Lake George. Adirondack Mountain Club:
523-3441. adk.org.
- 16-18 Winter Teen Adventure.** Ages 14-17. Heart Lake Program
Center, Lake Placid. Adirondack Mtn Club: 523-3441. adk.org.
- 23-24 Winter Skills Weekend.** Heart Lake Program Center, Lake
Placid. Adirondack Mountain Club: 523-3441. adk.org.
- 28-2/3 Winter Mountaineering School.** Adk Loj, Lake Placid.
Adirondack Mtn Club: 523-3441. adk.org.

MULTISPORT: TRIATHLON & DUATHLON

NOVEMBER

- 8 Prospect Park Fall Duathlon, 5K & 10K Runs.Sprint, International,
Classic Du. Prospect Park, Brooklyn. 347-276-7523. citytri.com.

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11TH ANNUAL
ADIRONDACK
SPORTS & FITNESS
**SUMMER
EXPO**

MARCH 5 & 6

Saturday 10-5 • Sunday 10-4

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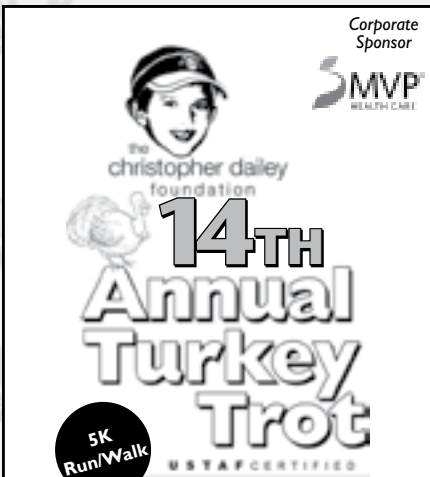
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14TH Annual Turkey Trot
5K Run/Walk
USAFCERTIFIED

Thursday, November 26 Thanksgiving Day • 8:30am

Saratoga Hilton, Broadway Saratoga Springs

Entry Fee: \$23 by 11/15 \$25 between 11/16-25

T-Shirt: To all registered by 11/15

Packet pickup/last chance to register Wed, Nov 25, 4-8pm at Saratoga Hilton
No "Day Of" Registration

All proceeds benefit Christopher Dailey Foundation

Register Online: ZippyReg.com or christopherdaileyfoundation.com
Online registration closes Tue, 11/24 at 12pm

SAVE THE DATE • IT'LL BE HERE BEFORE YOU KNOW IT!

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ADIRONDACK SPORTS & FITNESS SUMMER EXPO

MARCH 5 & 6
Saturday 10-5 • Sunday 10-4

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4th Annual
St. George's Turkey Trot
5K Family Run/Walk
Thursday, Nov. 26 • 8am
St. George's School & Episcopal Church
912 Rte 146, Clifton Park
Register: Active.com
Entry Form: stgeorgeschoolcp.org
● Kids' Fun Run (\$1 race day) • 9:05am

Benefits St. George's School



8TH ANNUAL
Shenendehowa Veterans Day Dash
5K Run/Walk
Wednesday, Nov 11 • 10am
Shen High School Track Clifton Park
Flat/fast course • T-shirts to first 350 runners
Open to all runners & walkers • USATF sanctioned
Veterans run free with mail-in registration
Prizes to top M/F, top M/F vets & age groups
Kids' Fun Run • 9am
Register & Entry Form: ShenRunners.com
Partial proceeds to STRIDE Adaptive Sports, Shen Track Booster Club & Clifton Park Track Club



8th Annual
Run Off That Turkey Trot 5K
Saturday, November 28 • 10am
Altamont Elementary School, Altamont
Out and back thru scenic country/village roads
Running gloves to all preregistered
Door prizes, refreshments, more...
Register: active.com
Phil Carducci: (518) 861-6350
turkeyrun5k@gmail.com
Proceeds benefit Helderberg Running Club

27 **ATC Endurance Black Friday Sale!** Register for Cooperstown, Delta Lake or Old Forge triathlons for \$65 or all three for \$180. Mike Brych: 315-404-8130. atcendurance.com.

JUNE

4 **6th Cooperstown Sprint Triathlon.** 800m swim, 18M bike, 3M run. 8am. Glimmerglass State Park, Cooperstown. atcendurance.com.

JULY

16 **7th Delta Lake Sprint, Intermediate & Delta Double Triathlon.** Sprint, 7:30am: 800m swim, 12M bike, 2.9M run. Int., 9am: 1500m swim, 24M bike, 5.8M run. Lake Delta State Park, Rome. atcendurance.com.

AUGUST

14 **5th Old Forge Triathlon.** 1000m swim, 22M bike, 4M run. 8am. Enchanted Forest Water Safari, Old Forge. atcendurance.com.

NORDIC: BIATHLON & ORIENTEERING

NOVEMBER

7 EMPO Club Championships. 10am-12pm. Pineridge XC Ski Area, East Poestenkill. empo.us.orienteering.org.

27-28 **Craftsbury Thanksgiving Biathlon Race.** Craftsbury Outdoor Center, Craftsbury Common, VT. 802-586-7767. craftsbury.com.

DECEMBER

20 **Ski Orienteering.** Fun for solo/groups. All welcome. Reg: 11am-1pm. Lapland Lake, Northville. 863-4974. laplandlake.com.

JANUARY

17 Ski-Orienteering Meet. 11am. Mendon Ponds Park, Honeoye Falls. empo.us.orienteering.org.

OTHER EVENTS

DECEMBER

5-6 Toboggan Making Workshop. Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.

7-8 Children's Pull Sled Workshop. Adirondack Folk School, Lake Luzerne. 696-2400. adirondackfolkschool.org.

11-13 Holiday Village Stroll. Jingle Bell Run, music, parade. Lake Placid. 523-2445. holidayvillagestroll.com.

JANUARY

2 **"Feelin' Long Lakey" Polar Bear Plunge.** 1pm. Benefits Wounded Warrior Project. Town Beach, Long Lake. 624-3077. mylonglake.com.

16 **Long Lake Winter Carnival.** Long Lake. 624-3077. mylonglake.com.

16 **Purple Tie Affair.** 7pm-midnight. Food, drink, live music, dancing, raffles, prizes. Benefit for Leukemia & Lymphoma Society TNT & Nick's Fight To Be Healed Foundation. National Museum of Dance, Saratoga Springs. purpletieaffair.org.

MARCH

5-6 **11th Adirondack Sports & Fitness Summer Expo.** Sat: 10am-5pm. Sun: 10am-4pm. Saratoga Springs City Center, Saratoga Springs. Darryl & Mona Caron: 877-8788. adksports.com.

PADDLING & ROWING

NOVEMBER

1-12/15 **Placid Boatworks Fall Sale.** 15% off boat price in Boatworks Bucks. Placid Boatworks, Lake Placid. 524-2949. placidboats.com.

18 Book Presentation w/James Schlett: A Not Too Greatly Changed Eden: Story of the Philosophers' Camp in the Adks. 12:40pm. SUNY Adk Writers Project. Dearlove Visual Arts Gallery, Queensbury. cornellpress.cornell.edu.

22 Reading w/James Schlett: A Not Too Greatly Changed Eden: The Story of the Philosophers' Camp in the Adks. 2pm. Schenectady Public Library, Schenectady. cornellpress.cornell.edu.

28 Book Presentation w/James Schlett: A Not Too Greatly Changed Eden: The Story of the Philosophers' Camp in the Adks. 3pm. Olana Historic Site, Hudson. cornellpress.cornell.edu.

RUNNING & SNOWSHOE RACING

ONGOING

Daily Registration for Walt Disney Marathon Weekend, 1/7-10. Team In Training. Albany. Leukemia & Lymphoma Society: 438-3583. teamintraining.org/uny.

Daily Nark Running Strategies: Marathon/Half Training. Mat Nark: 470-8659. narkrunningstrategies.com.

Daily Fleet Feet Distance Project: 10K/15K & No Boundaries 5K. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.

Wed Fleet Feet Running Club. 6pm. Locations vary. Fleet Feet Albany & Malta. 459-3338. fleetfeetalbany.com.

NOVEMBER

6 **Fun Run w/Olympian Frank Shorter.** 8am. Saratoga Spa SP, Saratoga Springs. Meet Frank Shorter at Fleet Feet Sports, Malta: 2-6pm. 400-1213. fleetfeetalbany.com.

7 **4th Saratoga Co Revolutionary Run for Veterans 5K.** 10am. Kids' Fun Run: 11am. Fort Hardy Park, Schuylerville. Saratoga Co Veterans Trust/Agency Fund: 884-4115. finishright.com.

7 15th Falling Colors 8K Run & 5K Walk. 10am. Emerald Green Entertainment, Rock Hill. 845-699-1034. sullivanstriders.org.

7 Run 4 the Hill. 10am. Cornell Cooperative Ext, Voorheesville. Kathy Taylor: 655-7811. runsignup.com.

7 Super Hero Sprint 5K. 12pm. University at Albany, Albany. Rainbow Doemel: 925-2533. zippyreg.com.

7 4th Mike Archer Memorial 5K Run/Walk. 10am. Memorial Park, Beacon. mhrrc.org.

7 **Stockade-athon Packet Pickup.** 9:30am-4pm. Meet Frank Shorter: 11am-4pm. Fleet Feet Sports, Albany. fleetfeetalbany.com.

8 **40th MVP Health Care Stockade-athon 15K Road Race.** 8:30am. 1M Kids' Run & 1K Kids' Fun Run: 11am. Special guest: Frank Shorter. Veterans Park, Schenectady. stockadeathon.com.

8 After The Leaves Have Fallen Half Marathon. 13.1M Carriage Trail Race. 11am. Minnewaska SP, Gardiner. 845-339-5474. shawangunkrunners.com.

11 **8th Shenendehowa Veterans Day Dash.** 5K: 10am. Kids' Run: 9am. Shenendehowa HS Track, Clifton Park. Beth Haig: 573-4595.shenrunners.com.

13-14 **3rd Fleet Feet Sports 24 Hour Fight Against Hunger.** 2pm-2pm. Registration begins: 10/13. Fleet Feet Sports, Albany & Adk. 459-3338. fleetfeetalbany.com.

14 1st Strides Against Sarcoma 3.5M Trail Run/Walk. 10am. Queensbury ES, Queensbury. underdogtiming.com.

14 NYRR NYC 60K Ultra. 60K. 8am. Central Park, Manhattan. nyrr.org.

15 Race to Eagle 5K Run/Walk. 10am. Benefits BS Troop 526. Burden Lake GC, Averill Park. raceto eagle.com.

19 NALMS Clean Lakes Classic 5K Run/Walk. 12pm. High Rock Park, Saratoga Springs. Greg Arenz: 608-233-2836.

21 **1st Girls on the Run 5K Run/Walk.** 9:30am. Corning Preserve, Albany. LuAnn McCormick: 635-0828. gotrcr.org.

21 Frostbite 5K Run/Walk. 10am. Mayfield HS, Mayfield. mayfieldcsd.org.

22 HMRRC Turkey One-Hour Raffle Run. 10am. Tawasentha Park, Guelderland. Barbara Sorrell: 495-7375. hmrrc.com.

22 21st Philadelphia Marathon & Half Marathon. 26.2/13.1M. Philadelphia, PA. philadelphiamarathon.com.

22 NYRR Pete McArdle Cross Country 15K. 11:30am. Van Cortlandt Park, Bronx. nyrr.org.

26 **68th Troy Turkey Trot.** 10K: 8am. Grade School Mile: 9:30am. 1M Walk: 9:35am. 5K: 10am. Troy Atrium, Troy. USATF-Adirondack: 273-5552. troyturkeytrot.com.

26 **34th Cardiac Classic 5K.** 2M Wellness Walk: 8am. 5K Run: 9am. 1M Duck Pond Fun Run: 10am. Central Park, Schenectady. 243-4600. cardiacclassic.org.

26 **14th Christopher Dailey Turkey Trot.** 5K Run/Walk. 8:30am. Saratoga Hilton, Saratoga Springs. 581-1328. christopherdaileyfoundation.org.



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HMRRC

• 40th ANNUAL •
Hangover Half-Marathon & Bill Hogan 3.5-Mile Run/Walk
Start the New Year right with a long run!
Friday, January 1 at 12 noon
Phys Ed Building, University at Albany
Register: Day of race – all welcome!
HMRRC: Free • Non-Members: \$5
Vince Wenger: VW1319@aol.com
www.hmrrc.com

Batten Kill Valley Runners
20th anniversary!



Running of the Turkeys

5K Run/Walk & Kids Fun Run

Thursday, Nov 26 • 9am

Fisher Elementary School • Arlington, VT

Beautiful course & friendly competition
Turkeyware to first 300 entered
Long-sleeved shirt (\$10) if ordered by 11/15
1K Kids Fun Run • 9:30am

Register: FinishRight.com
More Info & Entry Form: BKVR.net
Anita Gabalski: (518) 677-8333



Run with our girls in our Inaugural 5K!

Saturday Nov. 21 - 9:30am
Corning Preserve, Albany

Tech t-shirts to all runners
Chip timing by AREEP
Adults: \$25 thru 10/25 | \$30 after
Under 16: \$15 | \$20
Space is limited—register today!

To Register or Donate: GOTRCR.org



TURKEY TROT 2015

Thanksgiving Day
5K Fun Run/Walk

Bethlehem Middle School | 332 Kenwood Ave. Delmar

Benefits the
Bethlehem Food Pantry

Register at:
OurTowneBethlehem.com

Thanksgiving Day NOVEMBER 26

Central Park, Schenectady

34TH ANNUAL
CARDIAC CLASSIC 5K

Ellis... HEART2HEART

PROCEEDS TO BENEFIT ELLIS MEDICINE'S WRIGHT HEART CENTER.

Run. Walk. And Support Cardiac Care for Our Community.

3 GREAT EVENTS

2M Wellness Walk—FREE.....8:00am (day of event registration until 7:45 am)
5K Road Race—Runners Only.....9:00am (pre-register only, no day of registration)
1M Duck Pond Fun Run—FREE...10:00am (day of event registration until 9:45 am)

Register online @ www.cardiacclassic.org
Online registration closes:
Tuesday, November 24 at midnight.
You can also register by mail, fax or in person. Call 243.4600 for details.

SPONSORED BY:  Cardiology Associates of Schenectady, P.C. 

- 26 **6th OurTowne Bethlehem Turkey Trot.** 5K Fun Run/Walk. 9am. Bethlehem Middle School, Delmar. 598-3434. ourtownebethlehem.com.
- 26 **4th St George's Turkey Trot.** 5K Family Run/Walk: 8am. Kids' Fun Run: 9:05am. St. George's School & Episcopal Church, Clifton Park. stgeorgeschoolcp.org.
- 26 **20th Running of the Turkeys.** 5K Run/Walk. 9am. 1K Kids' Fun Run: 9:30am. Fisher Elementary School, Arlington, VT. Anita Gabalski: 677-8333. bkvr.net.
- 26 52nd Cohoes Turkey Trot. 9:30am. Kids Race: 8:30am. City Hall, Cohoes. ci.cohoes.ny.us.
- 26 5th James Hinchcliffe 5K Run/Walk for ALS. 8:30am. Glens Falls Civic Center, Glens Falls. 798-6152. jphals5k.com.
- 26 Erin Dewyea Turkey Trot. 5K & 10K. 8am. Train Station, Tupper Lake. 359-3328. tupperlake.com.
- 26 MHRRC Turkey Trot 25K, 5M, Kid's Run & 2M Fun Run. Arlington HS, Freedom Plains. mhrcc.org.
- 26 5th Blue Mountain Turkey Trot 5K Run/Walk. 9am. Grant Morse School, Saugerties. 845-246-0008.
- 26 Kingston 5K Turkey Trot. 9am. Forsyth Park, Dietz Stadium, Kingston. juniorleaguekingston.org.
- 26 Thanks4Giving 5K Run/Walk. 9am. Shuttleworth Park, Amsterdam. Robin Sise: 843-7128. amsterdamrun.com.
- 26 Thanksgiving Day Run for the Hall. 5K/10K. Sports Hall of Fame, Rome. romanrunners.com.
- 26 Watertown Family YMCA Turkey Day Run. 10am. Watertown. watertownymca.org.
- 26 Gobbler Gallop 5K Walk/Run. 9:45am. Heuvelton Fire Dept, Heuvelton. northernrunner.com.
- 26 New Paltz Turkey Trot. 5K, Fun Run/Walk & Mashed Potato 1/2M Run. 9:30am. Water Street Market, New Paltz. 845-255-7957. newpaltzturkeytrot.com.
- 26 Walkill East Rotary Turkey Trot 5K. 8am. Galleria at Crystal Run, Middletown. 845-926-6097. orangeturkeytrot.com.
- 26 Turkey Trot Prediction Run. 9am. Ithaca HS, Ithaca. fingerlakesrunners.org.
- 26 Baldwinsville Turkey Trot. 5K/10K. 9am. CW Baker HS, Baldwinsville. runsignup.com.
- 26 39th Turkey Trot 5K. 11am. Gutterson Field House, UVM, Burlington, VT. gmaa.net.
- 27 5th Turkey Trot 5K Trail Run/Walk. 11am. Strafford Nordic Center, Strafford, VT. 802-765-4309. straffordnordic skiing.com.
- 28 **Run Off That Turkey Trot 5K.** 10am. Altamont Elementary School, Altamont. Phil Carducci: 861-6350. active.com.
- 28 13th Canajoharie Turkey Trot 5K or 1.5M. 10am. Fitness Center, Canajoharie HS, Canajoharie. fmrrc.org.

DECEMBER

- 5 Jingle Bell Run/Walk 5K. 9am. Raymour & Flanagan, Clifton Park. Heidi Barcomb: 456-1203. arthritis.org.
- 5 ARE Adventure Race. 4-8M. 10am. Dippikill Wilderness Retreat, Warrensburg. areep.com.
- 5 Miles for Meals. 5K. Rome Family Y, Rome. romanrunners.com.
- 5 Jingle Bell 5K Snowshoe Race. 2pm. Paul Smith's College VIC, Paul Smiths. Jim Tucker: 651-6436. empirestatesnowshoe.org.
- 5 Ugly Christmas Sweater 5K. 9am. Fun Run: 8:30am. St. Mary's School, Cortland. doublekraces.com.
- 5 36th Knights of Columbus Holiday Run. 5K: 10:30am. 1M: 10am. Knights of Columbus, Wappingers Falls. mhrcc.org.
- 5 1st Tinsel Trot 5K Fun Run. 10am. Rock Hill. Tim Billias: 845-807-2685. mcsd.net.
- 6 **4-Mile Reindeer Run & Reindeer Run Jr.** 4M run/walk (new course!): 9am. 1M childrens' fun run: 10:15am. SUNY Adirondack, Queensbury. reindeerrun@adironackrunners.org. adironackrunners.org.
- 12 10th Santa Speedo Sprint. 800m. 2pm. Lark Street, Albany. albany.society.org.
- 13 **HMRRC Doug Bowden Winter Series #1: 3M & 15K.** 10am. UAlbany, Albany. hmrrc.com.
- 19 **19th Holiday Classic 5K Run/Walk.** 10am. Columbia-Greene Community College, Hudson. Phil Carducci: 861-6350. active.com.
- 19 19th Albany Last Run 5K. 5pm. Albany City Hall, Albany. 434-2032. albanyevents.org.
- 31 **18th First Night Saratoga 5K Run.** 5:30pm. Skidmore College, Saratoga Springs. Saratoga Arts: 584-4132. saratoga-arts.org.

- 31 New Year's Eve 5K. 2pm. Pavilion Building, Montpelier, VT. gmaa.net.
- 31 NYRR Midnight Run. 4M. 11:59pm. Dancing, costumes, fireworks. Central Park, New York. nyrr.org.

JANUARY

- 1 **40th HMRRRC Hangover Half Marathon & Bill Hogan 3.5M Run/Walk.** 12pm. Phys Ed Building, UAlbany, Albany. Vince Wenger: vw1319@aol.com. hmrrc.com.
- 1 Resolution Run. 5K & 2.5M Walk: 11am. 1K Kids Run: 11:30am. Heritage Museum, Ticonderoga. lachute.us.
- 1 Recover from the Holidays. Up to 50K. 9am. Norrie Point SP, Staatsburg. Pete Colaizzo: 845-309-3640. mhrcc.org.
- 2 Frozen Assets 5K Snowshoe Race. 10am. Harriet Hollister Spencer SRA, Springwater. roadsarepoison.com.
- 9 **Hilltop Orchards 5K Snowshoe Race.** 10am. WMAC Series. Hilltop Nordic Center, Richmond, MA. Tom Wright: 567-7201. capitalregionnordicalliance.org.
- 10 **HMRRRC Winter Series #3: 3M, 10K, 25K.** 10am. University at Albany, Albany. hmrrc.com.
- 10 **30th Winter Wimp.** 2.2M/4.4M. 1pm. Hagaman. Rick Vertucci: 857-9025. fmrrc.org.
- 10 Stone Wall 5K Snowshoe Race. 10:30am. Winona Forest RA, Mannsville. Matt Westerlund: 315-657-3480. winonaforest.org.
- 16 **Purple Tie Affair.** 7pm-midnight. Food, drink, live music, dancing, raffles, prizes. Benefit for Leukemia & Lymphoma Society TNT & Nick's Fight To Be Healed Foundation. National Museum of Dance, Saratoga Springs. purpletieaffair.org.
- 17 **HMRRRC Winter Series #4: 3M, 15K, 30K.** 10am. University at Albany, Albany. hmrrc.com.
- 17 Cock-A-Doodle-Shoe Showshoe Race. 10am. 10K men/women, 5K juniors/citizens, 0.5M kids. New Land Trust, Saranac. Jeremy Drowne: 376-1809. cockadoodleshoe.com.
- 17 Winterfest Snowshoe Race. 10K men/women: 11am. 5K juniors/citizens. Mendon Ponds Co Park, Honeoye Falls. roadsarepoison.com.
- 23 **Hoot Toot & Whistle 5K Snowshoe Race.** WMAC Series. Readsboro, VT. Bob Dion: 802-423-7537. dionsnowshoes.com.
- 24 NYRR Fred Lebow Manhattan Half Marathon. 13.1M. 8am. Central Park, New York. nyrr.org.
- 30 **Curly's 4M Snowshoe Race.** 4M. WMAC Series. Pittsfield SE, Pittsfield, MA. Theresa Apple: pacuterry@aol.com. runwmac.com.
- 31 **HMRRRC Winter Series #5: 4M, 10M, 20M.** 10am. University at Albany, Albany. hmrrc.com.

FEBRUARY

- 6 **Northfield 4M Snowshoe Race.** WMAC Series. Northfield, MA. Dave Dunham: dave.dunham@comcast.net. northfieldmountain.blogspot.com.
- 7 **17th Saratoga Winterfest 5K Snowshoe Race.** 11am. WMAC Series. Saratoga Spa SP, Saratoga Springs. Laura Clark: 581-1278. saratogastryders.org.
- 13 **12th Camp Saratoga 8K Snowshoe Race.** 10:30am. WMAC Series. Wilton Wildlife Preserve/Park, Wilton. Laura Clark: 581-1278. saratogastryders.org.
- 21 **Brave the Blizzard 5K Snowshoe Race.** 10am. WMAC Series. Guilderland ES, Guilderland. Claire Watts: cwatts@areep.com. areep.com.
- 28 **Bay State Games 10K Snowshoe Race.** WMAC Series. Savoy SE, Florida, MA. runwmac.com.

MARCH

- 6 **Greylock Glen 5K Snowshoe Race.** WMAC Series. Mt Greylock SR, Adams, MA. runwmac.com.


JUNE

- 12 **12th Lake Placid Marathon & Half Marathon.** 8am. Olympic Speed Skating Oval, Lake Placid. lakeplacidmarathon.com.


Bold listing = Advertiser in current issue of *Adirondack Sports & Fitness*. All area codes 518 unless indicated.

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What's New on the Slopes

By Jeff Farbaniec

It may seem like fall is reluctant to give up its grip on the Northeast, but ski season is just around the corner. Gore and Whiteface are targeting the day after Thanksgiving to start spinning their lifts, with most other New York ski areas following suit shortly thereafter. Here's a look at what's new for skiers and riders across the region.

Crews at **Gore Mountain** in North Creek have been busy with a slew of improvements slated to come on line for this winter. Three more trails have been added to the map, including Hudson, a black diamond run at the North Creek Ski Bowl; Peace Pipe, a connector that will provide a shortcut to the Pipeline Traverse; and Forever Wild, a "freestyle glade" accessible from Lower Sleighride that will combine natural terrain park elements with tree skiing.

Snowmaking crews are a skier's best friend, especially early in the season, and Gore continues to upgrade its snowmaking operation this year with three dozen new low-energy tower guns to be installed on Showcase and Wild Air. Crews have also installed water and air piping to allow snowmaking on both 46er and the new Hudson trail. Behind the scenes, variable drives have been installed on the snowmaking plant's pumps to increase their efficiency and effectiveness. These pumps provide the firepower that drives the entire snowmaking system.

Gore's lodge has gotten its share of upgrades too, including a reorganized rental shop area, and updated computer systems to modernize the rental process. The Bear Cub Den daycare has relocated to a quiet and secure location on the lower level of the base lodge, and Guest Services has been relocated to the resort entrance in the Northwoods Lodge. (goremountain.com)

Speaking of lodge improvements, wait till you see the new solarium that's been added to the base lodge at **Whiteface** in Wilmington. The solarium adds another 100 seats to the Base Camp Café and includes a full-service coffee bar complete with tap beer, wine, and a variety of organic natural food offerings. Aaron Kellett, Whiteface's general manager commented, "We want to offer healthier products for the wellness lifestyle, and the new solarium with its natural foods will fill that void. It's a beautiful setting and it's going to be a great place to hang out and have a cup of coffee or a glass of wine, look out at the slopes and enjoy the experience."

Skiers and riders will also appreciate the on-mountain improvements at Whiteface this year. Snow grooming and snowmaking have become a hallmark of the mountain over the last several years. This is due in large part to Whiteface's investments in state-of-the-art equipment. This summer, a new PistenBully 600 groomer was added to the mountain's fleet of ten groomers. And when it comes to snow, when Mother Nature isn't providing it, the low-energy, high-efficiency guns are. Fifty-five new guns have been added to the upper mountain trails along with two new mobile fan guns. (whiteface.com)

Gore and Whiteface are also both part of an exciting initiative to advance solar energy in New York State. Earlier this year, the Olympic Region Development Authority - which owns and operates Gore and Whiteface as well as Belleayre Mountain in the Catskills - committed to using solar power to operate the ski lift and snowmaking operations of all three ski areas. When the 25-year power purchase agreement with Borrego Solar goes online in March 2016, Belleayre will convert 100% of its power usage to solar, while Gore and Whiteface will convert 85% and 40%, respectively. The initiative will reduce the three ski resorts' carbon footprint, equivalent to removing over 46,000 cars from the road over the life of the agreement. Borrego projects savings of as much as \$14 million over the 25 year period for the three ski resorts.

Titus Mountain, located just north of the Blue Line in Malone, has been busy improving its snowmaking system over the summer with new pipelines, upgraded electric and new valve houses. All this behind-the-scenes work will allow crews to make more snow, more frequently, particularly on the upper mountain. With those snowmaking upgrades in place, Titus will be opening the upper mountain every day of the week. Historically the upper mountain has only been open Thursday through Sunday, but this year Titus's best skiing will be available daily. There's also a new double black diamond glade on the Upper Mountain that advanced skiers and riders will want to check out. (titusmountain.com)

Snow Ridge located on the Tug Hill Plateau in Turin, may not be a familiar name to Capital Region skiers, but its 230-inch annual snowfall - the most in New York - is legendary among diehard snow enthusiasts. Thanks to lake-effect wind that blows off Lake Ontario, the white stuff piles

up deep. Snow Ridge is under new ownership this year. Mother and son team Cyndy Sisto and Nick Mir plan to expand the mountain's operating hours and enhance its race programs. They also plan to add summer activities including mountain biking and concerts. (snowridge.com)

West Mountain in Queensbury, is entering its second year under new ownership. The new team has implemented a slew of improvements since taking over. This winter will see the opening of the new West Express triple chair lift, running from the lodge area to the summit of the mountain. Say goodbye to the old center-pole double chair! A ribbon-cutting ceremony for the new lift is planned for November 12. But wait, there's more! The Gnar Wall is a new black diamond trail that will follow the lift line of the West Express. Snowmaking upgrades will allow for snowmaking on Holy Mackerel, the new Gnar Wall trail, and The Cure, a steep black diamond that has only been open in the past when natural snow conditions allowed. And finally, lighting is being added to Holy Mackerel and Gnar Wall to allow night skiing. Over the next year LED fixtures will replace all lights on the entire mountain. (westmtn.net).

Royal Mountain in Caroga Lake, has invested over \$400,000 in snowmaking upgrades over the past four years. Crews have added one more tower fan gun this year, for a total of 16 new tower fan guns in the last four years and 24 guns total. That effort seems to be paying dividends, with skiers and riders enjoying Royal's longest season ever last year, opening the Saturday before Thanksgiving and closing in mid-April. Snowmaking now covers over 95% of Royal's terrain. Crews have also been hard at work improving Royal's glades and adding a seasonal locker room. (royalmountain.com).

For a low-key, throwback experience consider skiing or riding this year at **Big Tupper** (skibigtupper.org) in Tupper Lake, or **Hickory Ski Center** (hickoryskicenter.com) in Warrensburg. Despite both areas' reliance on natural snow and volunteers who run the lifts, groom the trails and sell lift tickets, both ski areas offer big mountain skiing with over 1,100 feet of vertical and 24 trails at Big Tupper and 1,200 feet of vertical and 19 trails at Hickory.

Jim LaValley, chairman of ARISE, the volunteer group that operates Big Tupper, reports that they will follow a weekends and holidays schedule similar to last year.

Cunningham's Ski Barn will operate Big Tupper's rental center, and lessons are available for skiers of all ages. At Hickory, crews have been busy cutting brush all fall to get the trails and glades ready for this winter. Hickory will also operate on a weekends and holidays schedule this winter. Hickory's legendary steeps and trees are considered some of the best in New York, and the gentler lower mountain slopes are quite friendly for beginners and families.

Close to the Capital Region, **Maple Ridge Ski Center** (mapleskiridge.com) in Rotterdam and **Willard Mountain** (willardmountain.com) in Easton will again offer skiers and riders a convenient and flexible close-to-home option for hitting the slopes. Both mountains are widely known for their excellent instructional programs for adults and kids alike. Willard offers 14 trails and a vertical drop of 500 feet. Popular learning programs like their six-week Little Colonel program fill up early, so don't wait for the snow to fly to sign up! Maple Ridge offers eight trails and a vertical drop of about 300 feet. Skiers and riders can get a lift ticket good from 3-9pm mid-week for just \$26.

Lastly, for a real Adirondack ski experience, check out **Oak Mountain** in Speculator (oakmountainski.com) and **McCauley Mountain** (mccauleyny.com) in Old Forge. Both are mid-sized mountains, with Oak offering 14 trails and a 650-foot vertical drop, and McCauley has 21 trails and 600 feet of vertical. McCauley lies in the snowbelt of the western Adirondacks and is home to one of the best deals in the North Country: \$12 lift tickets every Friday all season long, excluding holidays. At Oak, crews are wrapping up their latest snowmaking expansion: 5,200 feet of piping to cover the Kunjamuck trail. The owners plan to expand their seasonal race programs and ski school, and the mountain's Acorn Pub continues to grow with executive chef Lou Petrozza, finalist from Gordon Ramsay's Hell's Kitchen.

So tune your skis and clear your calendar for a full season of skiing and riding. The region's best season is just around the corner! 🌲

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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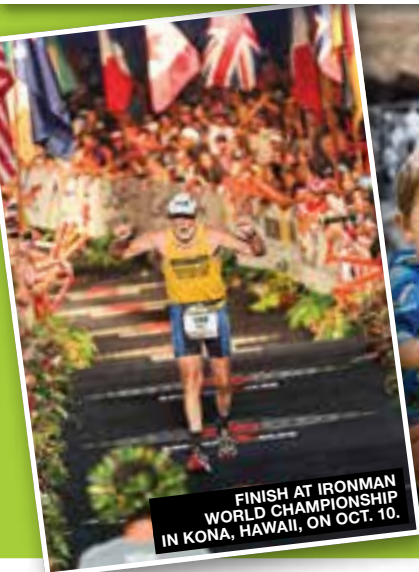
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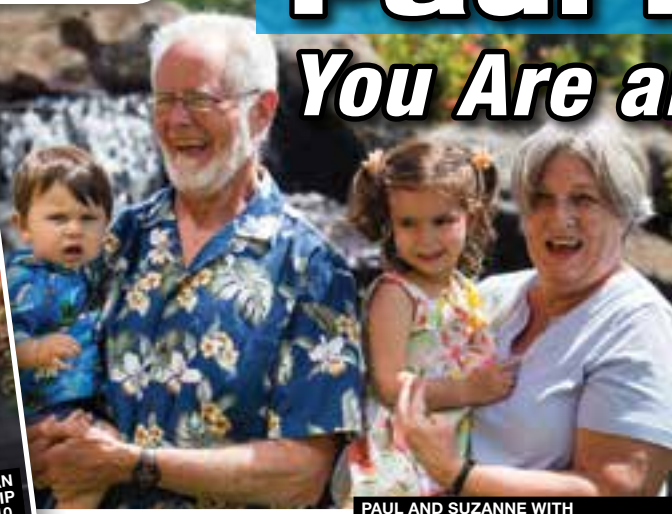
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BIKE AT IRONMAN WORLD CHAMPIONSHIP IN KONA, HAWAII, ON OCT. 10.



2007 CANADIAN SKI MARATHON.

Age: 71

Family: Wife, Suzanne; Children and sons-in-law: Rebecca Murray and David Diehl; Jessica and Sassin Pazirandeh; and Matthew Murray; Grandchildren: Leila and Lucas Pazirandeh

Residence: Albany

Occupation: Sociology Professor at Siena College, Loudonville

Sports: Triathlon, Running, Swimming, Bicycling, Cross Country Skiing

Hobbies: Reading

Community: Albany City Schools, Board of Education for five years

By Christine Bishop

Paul Murray, noted Siena College sociology professor, has athletic achievements that most experience only by reading in books or in an article like this. He has run marathons, placed in cross country ski races, finished triathlons, and celebrated his 50th year of long distance running by qualifying for the Holy Grail of triathlons, the Ironman World Championship competition in Kona, Hawaii. Then, on October 10, 2015, as he crossed the finish line at Kona, the race emcee bellowed out, "Paul Murray, you are an Ironman." No truer words were said.

Paul's start in sports was inauspicious. His family was not athletic, but was supportive. He grew up in Wausau, Wis., and Grosse Pointe, Mich. Paul played Little League and later joined basketball and football teams, but spent more time on the bench than in the field. When the coach made the team run laps, he was always the first one to finish. One of his friends told him he should try track and that was when he found his niche. He was not a sprinter and from the beginning distance was his forte. He also swam and his first distance race of any kind was a three-mile swim. The University of Detroit where he attended did not have a track team.

However, in his senior year, the university dropped the unsuccessful and expensive football team. In order to maintain its Division I status, it filled the void with the cheapest sport possible, cross country running. Paul was one of nine runners who donned the college tracksuit. The team was new and won none of its meets, but he got a taste of running at a higher level and loved it. In November 1965, exactly 50 years ago, he was in the best shape of his life from running cross country, and entered his first marathon at Belle Isle Park in Detroit on Thanksgiving Day. He finished in 3 hours 20 minutes, placing 20th overall. Paul thought it would be his last race, and it was for eight years. He earned his doctoral degree, married his wife Suzanne, and relocated to Mississippi in 1972 to accept a job as a college professor.

As his happiness expanded, so did his waistline. Instead of buying a new wardrobe, he decided to take up running again. He joined a club and trained with the goal of many serious runners, which was to compete in the Boston Marathon. He first qualified for Boston in 1976, a race that was among the hottest in its 119 year history. It was called at the time, the "Run for the Hoses." The temperature at the starting line was 95 degrees. Paul opted not to take a heat deferment and ran the race. His performance flagged but his spirits soared and he became hooked on marathons. He returned the following year and ultimately did six Boston Marathons and 25 other marathons including New York City.

In 1979, he accepted a position at Siena College, and relocated to Albany where he became an active member of the running community, joining the Hudson-Mohawk Road Runners Club. One person he got to know early on was Paul Rosenberg, an original HMRRC member. After a year, Paul Rosenberg showed up at his doorstep and asked him to take on the presidency of the HMRRC, which he did. In addition, he became race director of the Price Chopperthon, a 30K race that went from downtown Schenectady to Albany. During his tenure in the club, he was honored with its Distinguished Service Award in 1983. Paul also was inducted into the HMRRC Hall of Fame in 2010.

He came to triathlons by way of an injury. In his early 50s, his aching Achilles tendon began to limit the amount of serious training he could do. He consulted a physician who told him that if he operated, the success rate was only 50%. With odds like that, Paul decided to live with the problem, do physical therapy, and try other forms of exercise. His friend suggested that he try triathlons. Paul had the swimming and running component; all he needed for the cycling was a good bike, which was loaned to him.

Paul started training with the Capital District Triathlon Club and enjoyed it. He found that with alternating the sports, he could train with the same volume as he did

with the marathons, but without the pain. In 1999, the first year the Ironman was held in Lake Placid, he went as a volunteer. When he escorted a friend to the medical tent, he saw a row of dehydrated athletes stretched out with IVs in their arms. It looked like a MASH unit. It made him wonder why anyone would want to punish themselves like that. Fast forward to 2005, Paul entered Ironman Lake Placid, finishing second in the 60-64 age group.

An Ironman is a 2.4-mile swim, 112 miles of cycling, and a 26.2-mile marathon run. The triathlete covers 140.6 miles which must be completed in less than 17 hours! The training is grueling with the worst part being the "brick" workouts which combine two disciplines into a single outing, for example, a 50-mile bike ride followed by a 10-mile run.

His favorite race photo is of his daughter Jessica and himself holding hands as they cross the finish line at the 2006 Escape from the Rock triathlon in San Francisco. After taking a ferry to Alcatraz, they jumped off into the 55-degree water, and swam 1.5 miles to shore. Next, they pedaled 18 miles up and down San Francisco's notorious hills. The toughest part was the 8-mile run that included some deep sand and the dreaded "sand ladder" (400 uneven log steps up a cliff). At the end of the race, Jessica kindly held back her pace so father and daughter could finish together resulting in the picture Paul treasures.

His daughter Jessica shares his enthusiasm for running and triathlon and competed in track, cross country, swimming, and crew in high school and track and crew in college. His wife, Suzanne, enjoys cross country skiing with Paul, and she's supportive of his training and races. Though they do not participate, his older daughter and son are proud and supportive of their father's accomplishments. His students and colleagues are amazed that someone his age competes in such extreme events.

At age 71, Paul celebrated his 50 years of running at the 2015 Ironman Lake Placid, with a goal of qualifying for the Ironman World

Championship at Kona, Hawaii. He won his age group nailing a berth in October's race!

When he arrived in Kona, he found an international village united by the love of sports and spectacular abs. At registration there were entrants from so many countries that all athletes were asked if they needed an interpreter. The race started as athletes jumped into the warm water of the Pacific in 90-degree weather with humidity to match. It was absolutely crazy as the water churned with 2,300 bodies in motion. After the swim, there was a mad dash to the bicycles. They ride the Queen Kaahumanua highway out and back, which parallels the ocean through desolate lava fields. The lava fields increased the temperature and they had to contend with strong winds. Most of the marathon was run after sunset, so the course was dark and lonely, with temps still in the 80s. To combat the heat, Paul filled and refilled his cap with ice cubes. Finally, at 11:30pm, he was greeted by cheering spectators and declared an Ironman as he crossed the finish line!

After a triumph like this, what does the future hold for Paul? One thing for sure is a well deserved rest. This spring he is retiring from the job he loves at Siena College. He and his wife Suzanne will travel across America to ultimately visit their daughter's family in Oakland, Calif.

Paul plans to remain competitive in local races and enjoys cross country skiing during the winter, but the races he is looking forward to most are ones that he will do in the future with his grandchildren, Leila and Lucas, ages three and one. As when he ran past turkey trots with daughter Jessica, he looks forward to telling his grandchildren, "Wait for Grandpa. He's coming..." 🌲

Christine Bishop (cbishop2ny@gmail.com) of Schenectady is a retired media specialist who loves running, photography and bird watching.

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By Bill Ingersoll

SNOWSHOEING

Finch Mountain

A Winter Adventure for Snowshoers

The firm of Bradley & Underwood began lumbering along the West Branch Sacandaga River near the southern Adirondack hamlet of Wells in the 1870s, building an iron bridge over the stream near the home of Elias Kellogg. The town purchased this span, known as Black Bridge, from the lumbermen in 1880 for \$430. Today, Blackbridge remains a quiet residential neighborhood straddling the banks of the West Branch Sacandaga River; the current bridge, which is rust-colored instead of black, was built in 1991.

Although there are no state trails in the area, this does not translate into a shortage of places to explore. One of my favorite destinations is Finch Mountain, which stands to the southwest of Blackbridge. At roughly 2,010 feet in elevation, Finch is smaller than nearly all of the mountains that are visible from it. However, the ledges on its west face are so perfectly placed that they provide an eagle's perspective of the broad valley of the West Branch Sacandaga, the only such view to be found. An ascent of Finch Mountain from the east is an excellent way to spend a winter's day. Just be sure to arrive at the summit in the morning, before the sun moves westward into the view.

GETTING THERE

To find Blackbridge, turn west from NY Route 30 in Wells onto Algonquin Drive, within sight of the Algonquin Lake dam. West River Road is a left turn 0.7-mile later. Drive over West Hill and down the other side, reaching the junction with Blackbridge Road 1.8 miles from Wells.

The best year-round bushwhack route to Finch Mountain begins on Blackbridge Road. Cross the West Branch Sacandaga and continue south for 0.7-mile, to a point where the road crosses a small stream that flows through a corner of state land on the right. Note the NO PARKING signs that appear just beyond; there is a private residence at the end of the road that you should not block. Park on the side of the road near the stream.



A UNIQUE "EAGLE'S VIEW" OF THE WEST BRANCH SACANDAGA FROM THE WEST FACE OF FINCH.

BILL INGERSOLL

THE TRAIL

The land adjacent to the road was once a field, as attested to by the presence of hawthorn, shadbush, aspen, and stout white pine trees. Start by finding the small stream that flows through the parcel, being mindful of the remains of an old barbed wire fence nearby. This stream flows from the east side of Finch Mountain, and it is useful as a guide to the

mountain's foot. Follow the stream west, crossing a branch that flows in from the south, and not far beyond you reach the mouth of a deep ravine. Although the slope is steep, you will want to climb up to the south rim of the ravine, where the forest will be much more open and the walking much easier. The rim of the ravine is clearly defined, and you can follow it west for nearly half a mile. Where the stream and its valley start to arc more to the north, head due west toward the mountain. After about 45 minutes of walking you begin the final climb up the mountain's east side. Deadfalls and rock outcrops will be your biggest obstacles.

The summit is 925 feet above Blackbridge Road, and 1.2 miles west of it. Unlike many larger mountains, the top of this one is forested almost entirely with hardwoods. The summit itself has no open views, so you have to cross to the far west end and start to descend around the sequence of ledges you will find there. One upper ledge at about 1,950 feet in elevation offers so-so views of the valley, but if you continue down another 100 feet you should find an easily accessible ledge with the best views of all.

Here, the vista encompasses Dunham, Cutknife, Speculator, and Hamilton mountains to the north, Dugway and Swart above West River Road, and Three Sisters Mountain in the distant west. The valley of Ninemile Creek is clearly defined cutting through the ridge that borders the valley to the south. Not everything that you see is pristine wilderness; you can see parts of West River Road, a few houses, and some of the Scotch pine plantations that now occupy the old farm fields. A few offsprings of those Scotch pines have taken root on Finch Mountain.

Anyone who has ever spent any time exploring the West River Road area will find this perch very enlightening. Photographers need to get here early, before the sun moves into your field of vision. 🌲

Bill Ingersoll of Barneveld is publisher of the Discover the Adirondack's guidebook series (hiketheadirkondacks.com). For more on this region, consult Discover the Southern Adirondacks.

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RACE RESULTS

1ST ANNUAL TOUR DE FORCE CHARITY RUN August 23, 2015 • Point Au Roche State Park, Plattsburgh

CORRECTION

HALF MARATHON - 13.1 MILES			
MALE OVERALL			
1	Jeremy Drowne	37	West Chazy 1:19:33
2	Mark Stephenson	51	Esperance 1:29:22
3	Fabrice Ah-Waye*	44	Brossard, QC 1:32:31
*Corrected result. Congrats Fabrice!			
FEMALE OVERALL			
1	Kara Bonneau	35	Durham, NC 1:33:10
2	Amy Rice	38	Cornwall, VT 1:41:58
3	Tina Cukrovany	38	Rensselaer 1:44:58
3	Holli Nirsberger	38	Ballston Lake 1:44:58

Courtesy of Tour De Force NY

1ST ANNUAL GOOD KARMA 5K RUN & WALK September 12, 2015 • Halfmoon Town Park, Halfmoon

MALE OVERALL			
1	Greg Ethier	42	Cohoes 20:35
2	Tom Denham	48	Delmar 22:40
3	Larry Salvagni	41	Delmar 24:15
FEMALE OVERALL			
1	Brianne Egelston	14	Fonda 24:21
2	Kim Scott	46	Malta 24:24
3	Catherine Koumas	18	Huntington 26:39
MALE AGE GROUP: 1 - 12			
1	Taarak Ramamurthy	7	Clifton Park 32:54
2	Anish Balakrishnan	10	
FEMALE AGE GROUP: 1 - 12			
1	Sania Ayachit	11	Mechanicville 49:38
2	Kaaviya Pabmivel	9	
MALE AGE GROUP: 13 - 19			
1	Nathan Dorer	19	Glastonbury, CT 25:25
2	Varun Ravichandran	16	Clifton Park 25:59
3	Terry Nguyen	18	Middletown, CT 26:24
FEMALE AGE GROUP: 13 - 19			
1	Laxmi Tumati	13	Albany 46:24
2	Shantala Mehta	14	Loudonville 46:24
3	Shreya Bavdekar	13	Latham 49:36
MALE AGE GROUP: 25 - 29			
1	Zamiyad Dar	27	Troy 24:52
2	Shawn Waldon	25	Albany 30:21
3	Ananda Barua	29	Niskayuna 32:05
FEMALE AGE GROUP: 25 - 29			
1	Angela Tadden	29	Albany 27:50
2	Anudha Mittal	28	Albany 30:27
3	Amanda Alden	28	Clifton Park 39:15
MALE AGE GROUP: 30 - 34			
1	Sumanth Kini	32	Albany 29:50
2	Sathyaranayanan Raghavan	31	Clifton Park 33:49
3	Ravindranath Maddela	34	Albany 42:54
FEMALE AGE GROUP: 30 - 34			
1	Lori Finneran	34	Clifton Park 32:00
2	Uttara Dani	31	Niskayuna 32:04
3	Indumathi Madhavan	34	Schenectady 50:56
MALE AGE GROUP: 35 - 39			
1	Sharath Shivanna	36	East Greenbush 26:58
2	Jeremiah Fowler	36	Waterford 27:40
3	Manoj Khambete	35	Latham 30:44
FEMALE AGE GROUP: 35 - 39			
1	Jessica Egelston	38	Albany 26:45
2	Kristin Zielinski	35	Albany 27:51
3	Gayathri Seenumani	37	Niskayuna 32:55
MALE AGE GROUP: 40 - 44			
1	Nikhil Koratkar	41	Halfmoon 27:26
2	Amit Bhusri	42	Albany 27:30
3	Shashidhar Madadi	40	Albany 27:37
FEMALE AGE GROUP: 40 - 44			
1	Catherine Pierce	40	Clifton Park 31:59
2	Dashayahi Sangayan	41	Albany 32:47
3	Preeti Bavdekar	42	Latham 50:48
MALE AGE GROUP: 45 - 49			
1	Mukesh Khare	46	Albany 32:18
2	Vijay Oruganti	46	Albany 34:07
3	Kirthivasan Nagarajan	47	Albany 34:52
FEMALE AGE GROUP: 45 - 49			
1	Erin O'Keefe	49	Troy 31:52
2	Corine Houry-Kling	48	Galway 33:22
3	Sonia Shetty	47	Albany 50:01
MALE AGE GROUP: 50 - 54			
1	T. Ravichandran	53	Clifton Park 29:35
2	Nicholas Tallman	50	Albany 30:46
3	Naveen Achar	52	Albany 40:36
FEMALE AGE GROUP: 50 - 54			
1	Sherri Pignetti	52	Rotterdam Junction 27:03
2	Jill Spano	51	Albany 39:23
3	Patty Savino	53	Waterford 40:26
MALE AGE GROUP: 55 - 59			
1	Shashi Mehrotra	58	Niskayuna 36:44
2	PR Subramanian	59	Albany 40:24
FEMALE AGE GROUP: 55 - 59			
1	Annu Subramanian	55	Albany 40:25
FEMALE AGE GROUP: 60 - 64			
1	Namagiri Meenakshisundaram	62	
FEMALE AGE GROUP: 65 - 69			
1	Sheela Kulkarni	67	Latham 1:09:29
MALE AGE GROUP: 75 - 79			
1	Sudhir Kulkarni	77	Latham 1:10:11

Courtesy of AIM for Seva - Albany Chapter

DOUBLE H RANCH CAMP CHALLENGE 5K TRAIL RUN September 12, 2015 • Double H Ranch, Lake Luzerne

MALE OVERALL			
1	Jason Sullivan	25:01	11 Kevin Knapp 29:43
2	Alex Griffen	25:10	12 Brian Foust 29:44
3	Brandon Martindale	25:49	13 Bryan Corwin 29:48
4	Peter Gaibrois	26:28	14 Brian Woodfield 31:52
5	Lance Decker	26:35	15 David Wronowski 32:05
FEMALE OVERALL			
1	Luke Boughton	27:55	1 Fiona Shea 28:32
2	Mark Sager	28:00	2 Heather Bala 29:35
3	Casey Hayes	28:12	3 Lindsay Genier 32:14
4	Paul Stevens	28:36	4 Marisa Robillard 32:46
5	Jason York	28:36	5 Caitlin Mantica 32:52
6	Linda Sherman	33:45	
7	Nicole Polsinelli	33:58	
8	Deidra Knauth	35:20	
9	Amy Russell	35:24	
10	Nicole Gaibrois	35:27	
11	Tracy Romano	35:47	
12	Suzette Lescault	36:59	
13	Jessica Corwin	37:05	
14	Emily Gardner	39:39	
15	Jane Gardner	41:17	

Courtesy of Double H Ranch

KIRKLAND CYCLOCROSS: RACE #1 IN NYCROSS SERIES September 13, 2015 • Kirkland Town Park, Clinton

MEN 10-14 JUNIOR			
1	Tommy Servetas	NYCROSS	29:23
2	Trevor Dzikowicz	HRRT	31:36
3	Tyler Zierer	HRRT	34:07
4	Paul Perry		34:18
5	Zachary Shostack	Bike Loft East	34:54
MEN 35+ MASTERS			
1	Dan Harper	Team Overlook	41:30
2	Jurgen Beneke	DA Hanger	42:24
3	Eric Giehl	EFP Rotenberg Cycling	42:28
4	William Sprengnether	HRRT	42:56
5	Jesse Corum	EFP Rotenberg Cycling	43:54
MEN 45+ MASTERS			
1	Bret Young	NYCROSS	43:12
2	Jim Nicholson	Team 2 Cycling	44:20
3	Bryan Blake	Team 2 Cycling	44:32
4	Peter Pelychaty	EFP Rotenberg Cycling	45:16
5	David Faso	Bike Loft East	45:32
MEN 55+ MASTERS			
1	Colin Funk	First Capital Cycling	42:31
2	Brad Young	NYCROSS	43:47
3	Thomas Butler	CCC/Keltic/Zane's Cycles	44:01
4	Thomas Emrich		45:02
5	Brian Sanders	GS MVBC	46:01
MEN UNDER-19 JUNIOR			
1	Ethan Snyder	NYCROSS	47:45
2	Connor Singh	NYCROSS	49:44
3	Alexander Zierer	HRRT	49:58
4	Tommy Servetas	NYCROSS	51:59
5	Will Quackenbush	NYCROSS	42:42
MEN CAT 1/2/3/4			
1	Julian Geert		55:50
2	Craig Matern	Park Ave Bike Shop	55:52
3	Sam Dries	No. 22 CX Team	56:21
4	Daniel Vaughn	Cycle-Smart Grassroots	57:34
5	Scott Hock	No. 22 CX Team	57:56

continued

KIRKLAND CYCLOCROSS: RACE #1 IN NYCROSS SERIES continued

MEN CAT 3/4			
1	Roger Young	NYCROSS	41:58
2	Kevan Edwards	Mello Velo	41:59
3	Niles Gagnon	Blue Sky Bicycles	43:47
4	Elias Bennett	Mello Velo	43:57
5	Ryan Conley	NYCROSS	44:36
WOMEN 10-14 JUNIOR			
1	Grace Mattern		32:52
WOMEN CAT 1/2/3/4			
1	Katrina Walker	Park Ave Bike Shop	44:31
2	Rosanne Van Dorn	Team Placid Planet	45:42
3	Nancy Bailey	FinKraft Cycling	46:50
4	Sarah Krzysiak	NYCROSS	47:51
5	Jennifer Harvey	HRRT	49:55
WOMEN CAT 4			
1	Shylah Weber	HRRT	28:22
2	Marybeth Romagnoli	Team SOS	28:41
3	Victoria Harris	Mission in Motion	30:45
4	Kimberly Myers Celecki	MVBC	33:22
5	Carlie Pietsch		35:30
WOMEN UNDER-19 JUNIOR			
1	Grace Mattern		50:31

Courtesy of NYCROSS Race Series

11TH ANNUAL TEAL RIBBON 5K RUN September 13, 2015 • Washington Park, Albany

MALE OVERALL			
1	Matthew Flint	25	Queensbury 16:07
2	Tim Van Orden	47	Bennington, VT 16:59
3	Stephen Siebrecht	36	Delmar 17:49
FEMALE OVERALL			
1	Jamie Woolsey	32	Oneida 20:44
2	Beth Stalker	56	Burnt Hills 20:49
3	Joanne Burns	41	Queensbury 22:33
MALE AGE GROUP: 1 - 14			
1	Jared Kehma	14	Rensselaer 19:53
2	Shane Wyman	14	East Greenbush 22:50
3	Eric Bedell	14	Nassau 23:12
FEMALE AGE GROUP: 1 - 14			
1	Alexis Van Vorst	14	Rensselaer 23:19
2	Jessy Blackburn	14	Troy 24:00
3	Jenna Benjamin	14	Castleton-on-Hudson 25:02
MALE AGE GROUP: 15 - 19			
1	John Hope	17	Castleton 19:02
2	Andrew Curtin	16	East Greenbush 20:26
3	James Rozell	15	Whitehall 20:28
FEMALE AGE GROUP: 15 - 19			
1	Rachel Smith	15	Rensselaer 23:16
2	Renee Smith	15	Rensselaer 23:17
3	Hannah White	16	Castleton-on-Hudson 23:19
MALE AGE GROUP: 20 - 24			
1	Tyler Campbell	23	Middleburgh 19:19
2	Matthew Curtin	22	East Greenbush 19:24
3	Dillon Mysliwicz	24	Mechanicville 28:15
FEMALE AGE GROUP: 20 - 24			
1	Jessica Balthazar	20	Riverhead 23:25
2	Jamere Shelby	23	Albany 23:45
3	Lexi Williams	24	Waterford 25:23
MALE AGE GROUP: 25 - 29			
1	Kyle Mahar	27	Ballston Lake 21:47
2	Evan Chamberas	25	Cohoes 22:31
3	Matthew Smith	29	Rensselaer 23:17
FEMALE AGE GROUP: 25 - 29			
1	Sara Tamer	28	Cohoes 26:28
2	Lindsey Hoyt	28	Albany 26:39
3	Katie Kurtessis	25	Albany 26:48
MALE AGE GROUP: 30 - 34			
1	Josh Gregg	33	West Sand Lake 18:01
2	Joshua Hogan	32	Troy 23:16
3	David Skoney	32	Albany 24:14
FEMALE AGE GROUP: 30 - 34			
1	Kerry Burnett	32	Altamont 24:53
2	Leia Nardacci	32	Troy 25:15
3	Peggy Mazza	30	Albany 25:18
MALE AGE GROUP: 35 - 39			
1	Scott Estridge	36	Union, KY 22:46
2	Mark Ingemie	36	Albany 22:55
3	Alan Ng	36	Albany 22:58
FEMALE AGE GROUP: 35 - 39			
1	Jennifer Dean	37	Rensselaer 24:03
2	Lauren Koshykar	36	East Greenbush 26:01
3	Tara Rothenberger	35	Albany 26:15
MALE AGE GROUP: 40 - 44			
1	Brett Fajen	44	Nassau 20:01
2	Jeffrey Marx	43	Castleton 24:15
3	Larry Salvagni	41	Feura Bush 24:35
FEMALE AGE GROUP: 40 - 44			
1	Miel Fajen	43	Nassau 25:11
2	Alison Conaway	41	Albany 27:09
3	Maureen O'Brien	44	Pattersonville 27:33
MALE AGE GROUP: 45 - 49			
1	Mark Cotugno	46	Cohoes 19:10
2	Matt Lindemann	46	East Greenbush 20:37
3	James Davis	47	East Greenbush 21:56
FEMALE AGE GROUP: 45 - 49			
1	Bridget Cotugno	48	Ballston Spa 24:25
2	Kari Gathen	46	Albany 25:07
3	Jayne Panto	48	Delmar 25:13
MALE AGE GROUP: 50 - 54			
1	Michael Stalker	52	Burnt Hills 19:08
2	AJ Carner	53	Rexford 22:11
3	Robert Mysliwicz	52	Cohoes 23:14
FEMALE AGE GROUP: 50 - 54			
1	Sheila Golen	50	Delmar 23:27
2	Cheryl Tracy	50	Albany 25:07
3	Kim Williams	50	Saratoga Springs 25:27
MALE AGE GROUP: 55 - 59			
1	Neil McBride	57	Rensselaer 19:19
2	Geoffrey Wilk	55	Delmar 26:02
3	Anthony Calvagno	59	Delmar 29:44
FEMALE AGE GROUP: 55 - 59			
1	Kim Law	58	East Greenbush 23:03
2	Karen Gerstenberger	58	Albany 25:09
3	Martha Kemp	55	Schenectady 31:13
MALE AGE GROUP: 60 - 64			
1	James Costello	60	Valatie 23:49
2	Michael Ku	63	Slingerlands 23:51
3	Michael Wright	61	Albany 24:40
FEMALE AGE GROUP: 60 - 64			
1	Carolyn George	61	Albany 27:11
2	Benita Zahn	61	Albany 31:47
3	Cate Tully	60	Castleton 37:51
MALE AGE GROUP: 65 - 69			
1	Frank Greco	68	Albany 29:58
2	Robert Lahue	66	Rensselaer 33:30

44TH ANNUAL HMRRRC ANNIVERSARY RACES continued

FEMALE AGE GROUP: 60 - 69			FEMALE OVERALL			MALE AGE GROUP: 50 - 59					
1	Martha DeGrazia	64	49:54	1	Amber Goodspeed	20	20:42	1	Tom McGrath	53	24:29
2	Susan Burns	60	50:05	2	Justine Roth	18	22:41	2	Dale Broomhead	59	29:13
3	Joan Celentano	62	54:08	3	Jacqueline Tello	49	24:50	3	Dan Madison	52	37:32
MALE AGE GROUP: 70 - 79			MALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 50 - 59					
1	Jim Moore	75	55:30	1	Zachary Zinzow	11	29:58	1	Paula Boughtwood	54	28:29
2	Ray Lee	73	1:14:15	2	Nick Malette	8	34:41	2	Maria Nieves	56	29:45
FEMALE AGE GROUP: 70 - 79			FEMALE AGE GROUP: 1 - 19			MALE AGE GROUP: 60 - 69					
1	Eiko Bogue	78	1:23:40	1	Rachel Swyer	18	25:10	1	Mike Hannah	62	31:20
MALE AGE GROUP: 80 - 89			MALE AGE GROUP: 30 - 39			FEMALE AGE GROUP: 60 - 69					
1	Wade Stockman	80	57:35	1	Robert Wallace	38	25:10	2	John Bachandouris	47	34:37
2	Ed Doucette	85	1:08:48	2	Matt Malette	35	34:40	3	Dan Hanlon	45	32:40
FEMALE AGE GROUP: 80 - 89			FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 70 - 79					
1	Anny Stockman	83	1:15:10	1	Cynthia Zinzow	34	27:18	1	Jim Hotaling	75	27:59
2.95-MILE RUN			MALE AGE GROUP: 40 - 49			FEMALE AGE GROUP: 70 - 79					
MALE OVERALL			FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 40 - 49					
1	Chris Nowak	40	18:44	1	Sean Dietz	42	24:15	1	Bob Knouse	75	30:06
2	Christopher Gerard	36	21:25	2	Brandi Falcone	42	24:57	2	Don Gallagher	72	32:34
3	Enrique Tello	50	22:56	3	Muriel Church	43	25:18	3	Don Gallagher	72	32:34
			MALE AGE GROUP: 40 - 49			<i>Courtesy of Hudson-Mohawk Road Runners Club</i>					
			1 Leticia Ruderman 47 31:01								

13TH ANNUAL TY YANDON MEMORIAL 5K RUN
September 13, 2015 • Newcomb Overlook, Newcomb

MALE OVERALL			FEMALE AGE GROUP: 30 - 39											
1	Paul Ford	20	Ausable Forks	19:14	1	Olga Kirk	30	Potsdam	30:30					
2	Taylor Tanous	22	Long Lake	19:49	2	Jennifer Fifield	39	Newcomb	30:56					
3	Mike Smith	52	Argyle	20:22	MALE AGE GROUP: 40 - 49									
FEMALE OVERALL			FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 50 - 59								
1	Jenna Moen	22	Long Lake	20:36	1	Gene Poulin	44	Newcomb	25:51	1	Wayne Muphy	56	New Hartford	31:06
2	Jolene Hlavaty	39	Newcomb	23:22	2	Eric Piper	49	Minerva	26:26	2	Paul Roalsvig	56	Long Lake	32:12
3	Cecilia Poulin	26	Newcomb	24:58	FEMALE AGE GROUP: 50 - 59			MALE AGE GROUP: 60 - 69						
MALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 50 - 59			MALE AGE GROUP: 60 - 69								
1	Zachary Phelps	11	Newcomb	23:20	1	Denise Bolan	55	Newcomb	31:14	1	Stephen Warner	23	19:31	
2	Elliot Vaughn	12	Newcomb	30:29	2	Marie O'Brien	57	Altamont	37:23	2	Eric Bott	33	20:01	
FEMALE AGE GROUP: 1 - 19			FEMALE AGE GROUP: 60 - 69			MALE AGE GROUP: 1 - 19			FEMALE OVERALL					
1	Sarah Ford	15	Ausable Forks	30:14	1	Melanie Howard	61	Saratoga Springs	30:33	1	Susan Keely	50	23:57	
2	Lilly Vaughn	10	Newcomb	30:31	2	Joanne Howard	62	Schenectady	34:20	2	Alyssa May	26	24:08	
3	Dakota Winch	11	Queensbury	36:34	<i>Courtesy of Ty Yandon Memorial 5K Run</i>			MALE AGE GROUP: 20 - 29						
MALE AGE GROUP: 30 - 39						MALE AGE GROUP: 20 - 29			MALE AGE GROUP: 30 - 39					
1	Matt Kirk	32	Potsdam	20:50				1 Samuel Murphy 27 23:37						

GUILDERLAND YMCA BRENDA DEER MEMORIAL 5K RUN
September 19, 2015 • Guilderland YMCA, Guilderland

FEMALE OVERALL			MALE AGE GROUP: 30 - 39											
1	Brittany Burns	26	Watertown	18:41	1	Matt Clemens	34	Guilderland	23:32					
2	Leah Pranis	35	Hoboken, NJ	20:16	2	Steve Dearstyne	39	Schenectady	24:28					
3	Kari Deer	36	Slingerlands	20:44	3	Mark Rowland	35	Guilderland	28:54					
MALE OVERALL			FEMALE AGE GROUP: 40 - 49											
1	John Williams-Searle	47	Albany	18:54	1	Lara Cornithier	48	Greenville	28:22					
2	John Deer	33	Slingerlands	19:25	2	Leticia Ruderman	47	Guilderland	29:30					
3	Gary Brackett	55	Oneonta	19:38	3	Lorri Rafferty	43	Altamont	29:44					
FEMALE AGE GROUP: 1 - 9			MALE AGE GROUP: 40 - 49											
1	Hope Borkowski	9	Niskayuna	32:27	1	Jonathan Bright	45	Guilderland	20:55					
2	Olivia Deer	7	Slingerlands	34:10	2	Joe McCullen	45	Altamont	22:26					
3	Olivia Paniccia	9	Rotterdam	45:51	3	Joe Xu	44	Schenectady	25:50					
FEMALE AGE GROUP: 10 - 14			FEMALE AGE GROUP: 50 - 59											
1	Faith Borkowski	11	Niskayuna	25:11	1	Cathy Brackett	55	Oneonta	23:11					
2	Margaret Doolin	13	Berne	28:08	2	Sherrri Pignetti	52	Rotterdam Junction	25:56					
MALE AGE GROUP: 10 - 14			MALE AGE GROUP: 50 - 59											
1	Bryan Doolin	12	Berne	25:18	3	Ruth Long	55	Amsterdam	29:15					
2	Stephan Doolin	13	Berne	27:05	MALE AGE GROUP: 60 - 69									
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 60 - 69			MALE AGE GROUP: 60 - 69								
1	Rachel Pratt	18	Schenectady	22:57	1	Bill Grimaldi	50	Selkirk	22:55	1	Eric Macknight	26	Ballston Lake	1:09:11
2	Erin Pratt	16	Schenectady	27:14	2	Chet Pratt	51	Schenectady	23:04	2	Aaron Lozier	27	Albany	1:11:58
MALE AGE GROUP: 15 - 19			MALE AGE GROUP: 60 - 69			MALE AGE GROUP: 60 - 69			MALE AGE GROUP: 25 - 29					
1	Matthew Duncan	19	Altamont	21:42	3	Frank Deer	54	Milford, MA	23:45	1	Shaun Donegan	29	Malta	1:12:30
2	Nickolas Mykytyn	18	Oneonta	26:21	FEMALE AGE GROUP: 60 - 69			MALE AGE GROUP: 30 - 34						
FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 60 - 69			MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 30 - 34					
1	Casey Gerety	23	Albany	23:27	1	Lee Catella	63	Oneonta	23:11	1	Andrew Foxenberg	31	Kirkville	1:14:28
2	Allison Kline	25	Rensselaer	27:50	2	Susan Klim	60	Altamont	32:29	2	Robert Ordish	30	Glenmont	1:26:52
3	Sarah Tennant	25	Amsterdam	33:33	3	Sharon Close	61	Wynantskill	32:56	3	Ambrose Schaffer	32	Canajoharie	1:29:16
MALE AGE GROUP: 20 - 29			MALE AGE GROUP: 80 - 89			MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 30 - 34					
1	Brian Deer	22	Milford, MA	22:32	1	Kenneth Orner	85	Boynton Beach, FL	41:03	4	Christian Klueg	34	Northville	1:32:51
2	Benjamin Deer	27	Morris	26:09	2	Bill Ryder	86	Jamesville	42:40	5	Sean Rummy	32	Scotia	1:33:17
FEMALE AGE GROUP: 30 - 39			<i>Courtesy of Capital District YMCA</i>			MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 30 - 34					
1	Veronica Perez	39	Albany	27:34				1 Lindsay Choppy 31 Troy 1:29:40						
2	Kristin Zielinski	35	Altamont	33:26				2 Elizabeth Chauhan 31 Albany 1:32:15						
3	Erin Musto	33	Schenectady	47:51				3 Molly Casey 31 Albany 1:35:05						

6TH ANNUAL ARC IN THE PARK 5K RUN
September 19, 2015 • Rensselaer Technology Park, North Greenbush

MALE OVERALL			FEMALE AGE GROUP: 1 - 19											
1	Robert Ressler-Moyer	28	Boston, MA	18:52	1	Julia Hanlon	12	Averill Park	25:34					
2	Craig Bujold	33	Watervliet	22:48	2	Lilly Kronau	13	Poestenkill	33:30					
3	Douglas Secor	35	Scotia	23:02	3	Carynne Jewell	10	Averill Park	45:29					
FEMALE OVERALL			MALE AGE GROUP: 20 - 29											
1	Joleen McKenzie	32	Dania Beach, FL	23:57	1	Chad Silvernail	28	Poestenkill	26:14					
2	Heidi Schuman	16	Nassau	24:37	2	Dillon Mysliwicz	24	Guilderland	29:55					
3	Heather Silvernail	31	Poestenkill	24:56	FEMALE AGE GROUP: 20 - 29									
MALE AGE GROUP: 1 - 14			FEMALE AGE GROUP: 20 - 29			MALE AGE GROUP: 20 - 24								
1	Caden Jewell	12	Averill Park	38:00	1	Jena Case	29	Hoosick Falls	26:03	1	Eric Young	23	Latham	1:22:06
						2 Nicole Martin 26 Wynantskill 28:26			2 Matt Persons 20 Troy 1:31:48					
						3 Daphny Taitel 28 Troy 28:35			3 Patrick Thieringer 21 Highland Park, NJ 1:32:53					
						continued			4 Ryan Beierle 20 Lake Ronkonkoma 1:35:15					
									5 Andrew Suckles 24 Glenville 1:36:08					
									FEMALE AGE GROUP: 20 - 24					
									1 Kiersten Anderson 23 Albany 1:34:53					
									2 Brittany Pfaff 23 Saratoga Springs 1:37:21					

6TH ANNUAL ARC IN THE PARK 5K RUN continued

MALE AGE GROUP: 30 - 39			MALE AGE GROUP: 50 - 59											
1	Christopher Hayes	36	Rensselaer	24:03	1	John Curran	53	Rensselaer	31:04					
2	Tim Higgins	37	Altamont	26:02	2	Frederick Grant	59	Lansingburgh	36:15					
3	Shawn Pollucks	32	Troy	26:10	FEMALE AGE GROUP: 50 - 59									
FEMALE AGE GROUP: 30 - 39			MALE AGE GROUP: 50 - 59			FEMALE AGE GROUP: 50 - 59								
1	Theresa Felton	39	Wilton	32:30	1	Courtney Mahar	50	Rensselaer	25:27	1	Courtney Mahar	50	Rensselaer	25:27
2	Sara Kreiger	31	Troy	32:45	2	Susan Matthews	56	Troy	27:30	2	Susan Matthews	56	Troy	27:30
3	Angel Jewell	39	Averill Park	32:53	3	Regina Button	53	Troy	29:43	3	Regina Button	53	Troy	29:43
MALE AGE GROUP: 40 - 49			MALE AGE GROUP: 60 - 69			MALE AGE GROUP: 60 - 69								
1	Todd Bradley	47	Wynantskill	26:55	1	Frank Bender	64	Troy	27:34	1	Frank Bender	64	Troy	27:34
2	John Bachandouris	47	Rensselaer	29:51	2	Kirk Atwater	67	Montverde, FL	51:52	2	Kirk Atwater	67	Montverde, FL	51:52
3	Dan Hanlon	45	Averill Park	32:40	3	Gerry Decher	69	Delmar	1:02:13	3	Gerry Decher	69	Delmar	1:02:13
FEMALE AGE GROUP: 40 - 49			MALE AGE GROUP: 60 - 69			FEMALE AGE GROUP: 60 - 69								
1	Elisha Lyons	40	Hoosick Falls	25:10	1	Barbara Bender	61	Troy	28:13	1	Barbara Bender	61	Troy	28:13
2	Margaret Mann	43	Rensselaer	32:58	2	Debbie Baker	61	Hoosick Falls	47:13	2	Debbie Baker	61	Hoosick Falls	47:13
3	Sara Schumar	45	Nassau	36:39	3	Nancy Bergmann	66	Averill Park	57:26	3	Nancy Bergmann	66	Averill Park	57:26

38TH ANNUAL GREAT COW HARBOR 10K RUN
ROAD RUNNERS CLUB OF AMERICA 10K CHAMPIONSHIP RACE
September 19, 2015 • Laurel Avenue School, Northport

MALE OVERALL			FEMALE MASTERS							
1	Parker Stinson	23	Eugene, OR	29:11	1	Sheri Piers	44	Falmouth, ME	36:10	
2	Jacob Riley	26	Rochester, MI	29:27	2	Renee Tolan	40	Clifton Park	38:30	
3	Nicholas Kipruto	31	Copperas Cove, TX	29:57	3	Laura McKellar	42	Greenlawn	43:04	
FEMALE OVERALL			MALE SENIOR GRAND MASTERS							
1	Brianne Nelson	34	Golden, CO	32:53	1	Jaime Palacios	60	Fresh Meadows	38:31	
2	Alisha Williams	33	Golden, CO	33:49	FEMALE SENIOR GRAND MASTERS					
3	Mattie Suver	28	Colorado Springs, CO	33:57	1	Linda Ottaviano	60	Cold Spring Harbor	48:01	
MALE MASTERS			<i>Courtesy of Cow Harbor Race</i>							
1	Boyd Carrington	53	Amityville	36:00						
2	Keith Guilfoyle	48	Commack	36:27						
3	Timothy Murphy	44	Ronkonkoma	37:13						

3RD ANNUAL FLASHLIGHT 5K RUN
September 19, 2015 • Battlefield Park, Lake George

MALE OVERALL			FEMALE AGE GROUP: 15 - 19								
1	Stephen Warner	23	19:31	1	Justin Hallstead	19	24:41	2	Paul Pruiksmas	48	24:41
2	Eric Bott	33	20:01	FEMALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 40 - 49				
3	Matthew Lane	12	21:25	1	Melissa Phelps	16	25:19	1	Jane LaBombard	42	25:35
FEMALE OVERALL			MALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 50 - 59					
1	Susan Keely	50	23:57	1	Samuel Murphy	27	23:37	1	Kevin May	55	24:03
2	Alyssa May	26	24:08	2	Andrew Sheerer	24	23:37	2	Thomas Lane	53	24:36
3	Melissa Phelps	16	25:19	3	Christopher Pabis	29	25:29	3	Walter Bishop	52	27:43
MALE AGE GROUP: 1 - 10			FEMALE AGE GROUP: 20 - 29			FEMALE AGE GROUP: 50 - 59					
1	Aidan Harrington	10	29:26	1	Alyssa	26					

RACE RESULTS

10TH ANNUAL SARATOGA PALIO: MELANIE O'DONNELL MEMORIAL RACE *continued*

FEMALE AGE GROUP: 35 - 39			
1	Kara Defeo	35	Rensselaer 1:35:06
2	Rachel Krackeler	39	Saratoga Springs 1:37:48
3	Tina Cukrovany	38	Rensselaer 1:38:51
4	Elizabeth Collins	38	Saratoga Springs 1:39:30
5	Holli Mulholland	38	Ballston Lake 1:39:43
MALE AGE GROUP: 40 - 44			
1	Kristofer Johnson	42	Saratoga Springs 1:22:51
2	Dennis Vanlack	43	Duanesburg 1:23:09
3	Matthew Newcomb	40	Port Ewen 1:25:01
4	Michael Bracken	41	Saratoga Springs 1:25:07
5	Todd Smith	41	Voorheesville 1:29:22
FEMALE AGE GROUP: 40 - 44			
1	Colleen Murray	41	Slingerlands 1:40:09
2	Elizabeth Cwiakala	44	Johnstown 1:41:21
3	Virginia Larner	43	Malta 1:43:10
4	Sally Bratten	40	Niskayuna 1:43:45
5	Christine Decker	43	Saratoga Springs 1:44:24
MALE AGE GROUP: 45 - 49			
1	Jon Rocco	48	Colonie 1:22:55
2	Lawrence Poitras	49	Johnstown 1:26:11
3	Gil Chorbajian	45	Schenectady 1:34:46
4	Ken Tarullo	47	Delmar 1:35:35
5	Michael Cebula	48	Mechanicville 1:38:26
FEMALE AGE GROUP: 45 - 49			
1	Stacia Smith	45	Niskayuna 1:39:17
2	Carol Abbattisti	46	Queensbury 1:41:15
3	Suzanne Tomb	48	North Creek 1:41:27
4	Lisa Swedick	49	Johnstown 1:45:17
5	Rose Angerosa	49	Glenville 1:46:30
MALE AGE GROUP: 50 - 54			
1	Bob Radloff	51	Stillwater 1:23:30
2	John Sestito	52	Johnstonville 1:27:43
3	Jon Gurney	52	Saratoga Springs 1:31:08
4	Michael Howard	50	Canton 1:33:58
5	Richard Loud	50	Ballston Spa 1:34:45
FEMALE AGE GROUP: 50 - 54			
1	Lisa Nieradka	50	Clifton Park 1:35:05
2	Ellen Campion	51	Saranac Lake 1:41:57
3	Deborah Czech	51	Saratoga Springs 1:48:17
4	Deborah Wyld	52	Ballston Spa 1:51:10
5	Karen Davis	52	Clifton Park 1:52:59
MALE AGE GROUP: 55 - 59			
1	Patrick Culligan	55	Round Lake 1:33:43
2	Steve Vnuk	59	Delmar 1:36:29
3	Mark Smith	55	Clifton Park 1:37:17
4	David Peterson	56	Saratoga Springs 1:39:49
5	Michael Seeley	55	Scotia 1:43:28
FEMALE AGE GROUP: 55 - 59			
1	Kim Law	58	East Greenbush 1:43:16
2	Maureen Fitzgerald	57	Clifton Park 1:44:08
3	Peggy McKeown	57	Moreau 1:45:49
4	Gwen Williams	56	Scotia 1:47:29
5	Claudia Pfaff	57	Colchester, VT 1:53:05
MALE AGE GROUP: 60 - 64			
1	Matthew Meyers	64	Ramsey, NJ 1:39:31
2	Patrick Whelly	63	Tribes Hill 1:41:09
3	George Shurter	61	Middletown 1:41:56
4	Thomas Ventre	61	Gansevoort 1:42:09
5	William Smith	61	Voorheesville 1:48:26
FEMALE AGE GROUP: 60 - 64			
1	Joan Celentano	62	Schenectady 1:53:59
2	Myriam Santos	62	Mechanicville 1:58:16
3	Maryanne McNamara	61	Gansevoort 2:05:50
4	Adele Pace	62	Clifton Park 2:09:18
5	Jill Mehan	60	Troy 2:13:09
MALE AGE GROUP: 65 - 69			
1	Paul Forbes	65	Colonie 1:45:45
2	Joe Yavonditte	66	Schenectady 1:53:31
3	Roger Gorham	68	Rainbow Lake 1:55:49
4	Terry Smith	68	Galway 2:01:26
5	Leo DiPiero	65	Cherry Plain 2:10:50
FEMALE AGE GROUP: 65 - 69			
1	Claire Henderson	66	Saratoga Springs 1:57:28
2	Ginny Pezzula	69	Colonie 2:01:16
3	Judy Lynch	66	Castleton 2:10:37
4	Sally Gordon	65	Saratoga Springs 2:52:33
MALE AGE GROUP: 70 - 74			
1	Howard Jones	72	Clifton Park 2:00:06
2	Jim Callahan	70	Saratoga Springs 2:09:56
3	Ralph Santos	74	Mechanicville 2:10:39
4	Denis Brennan	70	Schenectady 2:23:20
5	William Long	74	Clifton Park 2:37:47
MALE AGE GROUP: 80 - 84			
1	John Sowa	81	Glenville 2:16:33
5K RUN			
MALE OVERALL			
1	Declan Hines	16	Saratoga Springs 16:36
2	Derrick Staley	56	Ballston Lake 17:04
3	Jack Arnold	52	Latham 18:27
FEMALE OVERALL			
1	Sarah Umphlett	13	Shaftsbury, VT 19:05
2	Kristin Green	32	Fayetteville 20:11
3	Deanne Webster	39	Albany 20:32
MALE AGE GROUP: 1 - 14			
1	Ryan Bush	11	Saratoga Springs 19:05
2	Douglas McAuliffe	14	Ballston Spa 24:22
3	Drew Douglass	14	Canajoharie 24:36

39TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON

September 20, 2015 • Airport, Great Barrington, MA to Tanglewood, Lenox, MA

27M BIKE, 5M PADDLE, 6M RUN			
ALL BERKSHIRE CANOE			
1	Josh Itch	2:39:20	
Brian Rabuse, Sue Purdy/Kurt Kuehnell, Stephen Foley			
2	Minkler Insurance	2:40:07	
Chuck Leach, Tim Minkler/Gary Quadrozzi, Nick Curelop			
3	Two Old Guys and Two Young Bucks	3:01:25	
Sam Herrick, Tom Whalen/Adam Whalen, Michael Staropoli			
MALE 39 & UNDER CANOE			
1	The Boss' Maine-ly Mass-ive Men	2:39:14	
AJ Piper, Kevin Boss/Nick Lysieux, Shawn Rumery			
2	Millbrook	2:41:13	
Jeb Fowler & Crew			
3	Minkler Insurance II	2:43:46	
John Baczek, Andrew Minkler/Tim Allen, Brandon Williams			
MALES 40 & OVER CANOE			
1	Irresistible Balding Men	2:52:35	
Steve Malin, Tom Ingersoll/Thom Whaley, Matt Cartier			
2	Team Bicycle Alley	3:02:25	
John Piscitelli, Jerry Madore/Eric Jones, Jay Barron			
3	Frankenstein's Monster	3:07:02	
Dave Wallace, Pete Cole/Josh Hasty, Brett Greenleaf			
ALL FEMALE CANOE			
1	Many Miracles Still Happen	3:26:54	
Susan Stack, Marjorie Cohan/Marie Raferty, Hilary Green			
2	Murphy's Law	3:27:04	
Sandy Superchi, Kristine Dorsey/Bonnie Sumner, Caitlin Smith			
3	One Non-Blonde	3:28:37	
Kira Payer, Karen Febey/Patti Jette, Katie Boudreau			
MASTERS 50 & OVER CANOE			
1	Maniacs	2:45:57	
Jeff Fisher, John Mathieu/John Casale, Rich Chalmers			
2	SEKS	2:51:55	
Stephen Meisl, Scott Dias/Ed Paquette, Matt Kinnaman			
3	Clarks Gamble	2:50:58	
Craig Robertson, Clark Gamble/Chris Gamble, Jim Prette			
GRANDMASTERS 60 & OVER CANOE			
1	Hawaii 50	2:56:51	
Peter Greer, Peter Heed/Tom Warner, Bob Dion			
2	Still Going	3:08:50	
Pete Wick, Jack Lareau/Bob Allen, Mike Murphy			
3	The Fugawie (Indians)	3:14:31	
Bob Birkby, Phil Tierney/Rich D'Elia, Bill Borla			
MIXED 39 & UNDER CANOE			
1	Allen Heights Mixed	2:27:29	
Josh Lipka, Tom Keefe/Laura Walton, Steve Munsulick			

FEMALE AGE GROUP: 1 - 14			
1	Norah Dempsey	12	Saratoga Springs 22:06
2	Amalia Culppepper-Wehr	12	Saratoga Springs 22:12
3	Emily Bush	8	Saratoga Springs 23:40
MALE AGE GROUP: 15 - 19			
1	Jacob Blank	19	Saratoga Springs 24:13
FEMALE AGE GROUP: 15 - 19			
1	Emma Hyatt	19	Saratoga Springs 26:53
2	Brianna Doughty	15	Mechanicville 28:31
3	Grace Dreyer	15	Saratoga Springs 29:47
MALE AGE GROUP: 20 - 24			
1	Joe Abed El Latif	24	Saratoga Springs 19:20
2	Samuel Schultz	23	Saratoga Springs 24:17
3	Aaren Tanner	22	Mechanicville 24:21
FEMALE AGE GROUP: 20 - 24			
1	Emily Chamberlain	21	Ballston Spa 24:54
2	Marissa Vollmer	23	Saratoga Springs 27:41
3	Alina Williams	20	Tampa, FL 27:34
MALE AGE GROUP: 25 - 29			
1	Greg Hart	27	Saratoga Springs 19:33
2	Matthew Curiano	26	Schenectady 20:18
3	Charles Baker	29	Saratoga Springs 20:47
FEMALE AGE GROUP: 25 - 29			
1	Kathryn Bernarde	28	Saratoga Springs 20:46
2	Lucy Gee	28	Albany 23:31
3	Ashley Weller	28	Gansevoort 24:03
MALE AGE GROUP: 30 - 34			
1	Charles Dolnik	30	Albany 20:58
2	Ronald Bucciero	31	Saratoga Springs 22:44
3	Mike Rocchio	30	Saratoga Springs 23:08
FEMALE AGE GROUP: 30 - 34			
1	Alyssa Greer	34	Ballston Lake 21:08
2	Emily Russell	32	North Bennington, VT 21:32
3	Elizabeth DiNuzzo	34	Saratoga Springs 22:47
MALE AGE GROUP: 35 - 39			
1	Jeremy Poirier	39	Saratoga Springs 19:34
2	Matt Cosoe	36	Saratoga Springs 22:17
3	Greg Goldstein	36	Somerville, MA 22:26
FEMALE AGE GROUP: 35 - 39			
1	Stephanie Poirier	38	Saratoga Springs 20:59
2	Monica Lester	36	Saratoga Springs 24:05
3	Jaime Farone	39	Saratoga Springs 24:08
MALE AGE GROUP: 40 - 44			
1	Michael DiNicola	40	Albany 18:39
2	John Umphlett	41	Shaftsbury, VT 18:46
3	Jeffrey Jones	41	Mechanicville 23:18
FEMALE AGE GROUP: 40 - 44			
1	Rebecca Conley	41	Northville 23:02
2	Heather Lafountain	41	Greenfield Center 23:23
3	Amy Kennedy	43	Irving, TX 24:55
MALE AGE GROUP: 45 - 49			
1	Mark Cotugno	46	Cohoes 18:53
2	Raymond Brown	49	Saratoga Springs 21:34
3	Stephen Dempsey	48	Saratoga Springs 22:05
FEMALE AGE GROUP: 45 - 49			
1	Cynthia Wian	45	Schuylerville 22:38
2	Julianne Claydon	45	Saratoga Springs 22:55
3	Jacqui Kotula	49	Ballston Spa 25:02
MALE AGE GROUP: 50 - 54			
1	Tom Marcellus	50	Ballston Spa 19:39
2	Sam Mercado	52	Saratoga Springs 19:56
3	William Colvin	51	Bennington, VT 20:08
FEMALE AGE GROUP: 50 - 54			
1	Lisa Nagle	50	Saratoga Springs 26:02
2	Milagros Figueroa	50	Saratoga Springs 27:05
3	Anne Van Acker	51	Saratoga Springs 28:45
MALE AGE GROUP: 55 - 59			
1	Thomas Rest	55	Clifton Park 20:15
2	Frank Lombardo	59	Saratoga Springs 21:15
3	Roy Mowrey	57	Gloversville 22:57
FEMALE AGE GROUP: 55 - 59			
1	Ann Blocher	56	Gansevoort 25:11
2	Catherine Gagnon	58	Gansevoort 26:04
3	Patti Clark	59	Gansevoort 27:00
MALE AGE GROUP: 60 - 64			
1	Jeff Taft	60	Scotia 24:51
2	John Ackley	64	Gansevoort 27:36
3	Joseph D'Agostino	62	Saratoga Springs 28:12
FEMALE AGE GROUP: 60 - 64			
1	Carolyn George	61	Albany 26:24
2	Pamela Howard	60	Greenfield Center 33:27
3	Janet Aliberti	64	Voorheesville 34:10
MALE AGE GROUP: 65 - 69			
1	Joseph Aliberti	65	Voorheesville 23:30
2	Jim Fiore	68	Latham 26:09
3	Joseph Scaringe	69	Latham 26:35
FEMALE AGE GROUP: 65 - 69			
1	Susana Hoffman	65	Saratoga Springs 38:39
2	Maureen Buckley	66	Ballston Spa 44:06
3	Patricia Wixson	65	Castleton 55:35
FEMALE AGE GROUP: 70 - 74			
1	Susan Fassett	70	Ballston Spa 38:52
2	Beverlee Patterson	70	Ballston Spa 44:04
3	Geraldine Ferris	73	Middle Grove 56:17
MALE AGE GROUP: 75 - 79			
1	Gerald Ferris	75	Middle Grove 56:17
FEMALE AGE GROUP: 75 - 79			
1	Kay Morrissey	79	Glens Falls 46:23

Courtesy of The Melanie Foundation

39TH ANNUAL JOSH BILLINGS RUNAGROUND TRIATHLON *continued*

IRONPERSON 50 & OVER CANOE			
1	Advil Espresso: Joe Sumner	3:05:05	
2	His Eye Twitched Involuntarily: Nick Marshall	3:20:19	
3	William Rowland	3:57:43	
IRONWOMAN CANOE			
1	Iron Woman Hear Me Roar: Jenny Giltitz	4:58:15	
VETERANS 70 & OVER			
1	The 3 Statesmen	3:35:15	
Bill Hart, Skip Greb, Vic Laport			
2	Old Guys Rule	3:52:52	
Peter Persoff, Dick Ulbrich/Alec Davis, Michael Rosenbaum			
3	Jayne's Guys		
Paul Murray, Dave Klausmeyer/Jock Burbank, Jayne Zinke			
20 & UNDER CANOE			
1	Beardie and the Boys	3:14:33	
Matt Wiseman, Ian Culnane/George Hedreen, Owen Brandriss			
2	FIT4First	3:15:46	
Tyler Harrington, Brandon Louison/Nick Gray, Michael Goretzi			
3	Tin Fins	3:31:33	
Nathan Kunsman, Kayla Dillon/Nathan Kunsman, Kayla Dillon			
FAMILY CANOE			
1	Here Comes the Jassens	2:58:19	
Alex Combes, Matt Jassen/Kerry Jassen, Erik Jassen			
2	Robbins Shred Fest	3:05:54	
Jay Robbins, Chris Robbins/Shawn Robbins, Todd Robbins			
3	Doctors Orders	3:06:00	
Samuel Piper, Andrew Piper, Andrew Piper			
CORPORATE/ORGANIZATION CANOE			
1	Team Pfizer	2:53:36	
Zane Wenzel, Robert Smith/Dennis Girard, Donald Tyszkiewicz			
2	Orchard Hill Breadworks	2:55:55	
Noah Elbers, Samuel Champ/Shane Powell, Kurt Hackler			
3	PACC	2:58:29	
Ben Piecuch, Brenda Loguicice/Kerry Klein, Amanda Rossolimo			
THREE FEMALE & ONE MALE CANOE			
1	Maxine	2:47:24	
William Caiigari, Susan Korte/Kathy Korte, Emily Gallin			
2	MaWRECKis	3:15:42	
Madeleine Marecki, Andy Marecki/Hazel Marecki, Lena Marecki			
3	Canyon Ranch Outdoor Sports	3:21:44	
Chalis Bird, Ginny Akabane/Leah Larmon, Gray Simons III			
IRONMAN 60 & OVER CANOE			
1	Sixty Something: Fred Tilden	3:30:21	
2	Kushi Institute: Olaf Fischer	4:04:34	
3	Mongoose: Buzz Hoagland	4:40:06	
ALL BERKSHIRE KAYAK			
1	PBJ and IPAs	2:50:52	
Jason Candee, Paul Monachina, Brock Anello			

22ND ANNUAL FAM 5K "FUND" RUN
September 26, 2015 • Cobleskill Fairgrounds, Cobleskill

MALE OVERALL			MALE AGE GROUP: 35 - 39				
1 Josh Edmonds	27	Cooperstown	15:42	1 Scott Handy	38	Richmondville	22:11
2 Anthony Giuliano	36	Albany	16:18	2 Frank Kennedy	35	Middleburgh	23:26
3 Peter Edmonds	25	Cooperstown	17:07	3 Jaime Ethier	39	Richmondville	24:17
FEMALE OVERALL			FEMALE AGE GROUP: 35 - 39				
1 Caitlin Abelseh	22	Voorheesville	19:17	1 Courtney Labarge	36	Cobleskill	22:27
2 Meghan Mortensen	30	Rotterdam	19:24	2 Tracy Yurkewicz	36	Fultonville	24:39
3 Denise Vanderwerken	43	Cobleskill	21:35	3 Sara Gaunt	38	Andover, MA	25:19
MALE AGE GROUP: 1 - 9			MALE AGE GROUP: 40 - 44				
1 Gehrig Miller	9	Cobleskill	22:57	1 Chris Palmer	41	Middleburgh	20:58
2 Sean Rose	9	Cobleskill	24:17	2 Joseph Kenyon	42	Cobleskill	22:09
3 Benjamin Yorke	8	Summit	24:28	3 Jeff Leblanc	40	Grafton, MA	23:03
FEMALE AGE GROUP: 1 - 9			FEMALE AGE GROUP: 40 - 44				
1 Morgan Johnson	9	Richmondville	28:20	1 Denise Smith	43	Richmondville	26:20
2 Chloe Armstrong	9	Esperance	31:06	2 Jillian Lapinel	44	Stamford	26:25
3 Jocelyn Valois	7	Schenectady	35:11	3 Cynthia Lockrow	43	Amsterdam	26:48
MALE AGE GROUP: 10 - 14			MALE AGE GROUP: 45 - 49				
1 Eric Strasser	14	Cobleskill	22:30	1 Richard Cummings	47	Schenectady	20:02
2 Jack Rose	11	Cobleskill	22:59	2 Rich Miller	45	Cobleskill	22:40
3 Jack Pryor	13	Cobleskill	23:43	3 Robert Mooney	45	Middleburgh	23:15
FEMALE AGE GROUP: 10 - 14			FEMALE AGE GROUP: 45 - 49				
1 Emily Johnson	12	Richmondville	23:36	1 Stacey Frazier	45	Unadilla	23:07
2 Ashley Fancher	14	Schoharie	24:04	2 Barb Vazquez	45	Saugerties	23:25
3 Kendyl Desroches	11	Richmondville	24:34	3 Erika Robert	48	East Berne	23:26
MALE AGE GROUP: 15 - 19			FEMALE AGE GROUP: 50 - 54				
1 Caleb Lapinel	17	Stamford	19:29	1 Nancy Nicholson	53	Queensbury	23:06
2 Andrew Hahn	15	Esperance	19:40	2 Ann Hay	50	Hudson	25:29
3 Tristan Strasser	17	Cobleskill	21:26	3 Sandy Graham	51	Cherry Valley	28:36
FEMALE AGE GROUP: 15 - 19			MALE AGE GROUP: 50 - 54				
1 Reilly Flood	17	Richmondville	23:44	1 Gary Longhi	51	Voorheesville	20:23
2 Jennifer Weingarten	17	Warnerville	29:12	2 Craig Mulligan	51	Albany	24:15
3 Julia Galasso	17	Cobleskill	34:20	3 Christopher Campbell	52	Clifton Park	24:58
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 55 - 59				
1 John Dzialo	22	Paris	19:05	1 Steven Philbrick	56	Cobleskill	20:03
2 Michael Badger	22	Cobleskill	19:37	2 Carl Urrey	55	Cobleskill	21:27
3 Benjamin Morris	20	Schenectady	25:06	3 Steve Palmer	58	Bainbridge	21:37
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 55 - 59				
1 Danielle Kiser	20	Cobleskill	24:09	1 Fran Pilato	56	Rensselaer	28:08
2 Maria Benedetti	22	Philadelphia	25:09	2 Anne Connor	55	Hudson	30:42
3 Emma Briceland	21	Malta	31:14	3 Lorinda Settle	56	St Johnsville	31:30
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 60 - 64				
1 Jason Van Luijen	27	Niskayuna	20:43	1 David Roy	60	Schoharie	20:08
2 Steven Busch	25	Selkirk	29:18	2 Robert Kordrupel	60	Niskayuna	27:25
3 David Kamp	27	Cobleskill	31:53	3 Joseph Luz	61	Schoharie	28:58
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 60 - 64				
1 Debra Hamilton	29	Oneonta	25:09	1 Erika Oesterle	64	Stamford	24:40
2 Valerie Dunn	25	Schenectady	26:38	2 Ellen Langenbahn	61	Schoharie	29:03
3 Emily Driscoll	29	West Fulton	26:42	3 Bev Putnam	64	Warrenville	30:51
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 65 - 69				
1 Eric French	33	Old Chatham	21:01	1 Ted Langenbahn	66	Schoharie	23:34
2 Murray Karer	30	Schoharie	22:53	2 John Silk	65	Stamford	24:22
3 RJ Proctor	32	East Worcester	26:55	3 Ed Carroll	65	Cobleskill	24:54
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 65 - 69				
1 Michelle Mara	32	Cobleskill	26:27	1 Diane Alvarez	66	Cobleskill	39:16
2 Mollie Burgett	31	West Fulton	26:42	2 Nancy Vandeußen	65	Cobleskill	42:21
3 Alissa Kordrupel	30	Niskayuna	29:18	3 Carolyn Melszer	65	Summit	43:22
			MALE AGE GROUP: 70 - 74				
			1 Walter Standhart	71	Rochester	27:00	

continued

22ND ANNUAL FAM 5K "FUND" RUN continued

2 Charlie Keese	71	Schoharie	32:53	FEMALE AGE GROUP: 75 - 79		
3 Charlie Matlock	70	Averill Park	40:58	1 Eileen Gundlach	78	Howes Cave
				2 Betty Langevin	75	Cohoes
				3 Cornelia Daubioul	78	Gilboa
				MALE AGE GROUP: 80 - 84		
				1 Richard Gundlach	83	Howes Cave
				<i>Courtesy of Fenimore Asset Management</i>		

1ST ANNUAL SPATEN SPRINT 5K
September 26, 2015 • Wolff's Biergarten, Albany

FEMALE OVERALL			MALE AGE GROUP: 40 - 44				
1 Hannah Davidson	25	Saratoga Springs	17:03	1 Kenneth Plowman	41	Cohoes	18:06
2 Lisa Danielle	29	Albany	19:50	2 Brian Northan	40	Guilfordland	18:07
3 Gretchen Oliver	41	Guilfordland	20:38	3 Alfonso Prieto	44	Slingerlands	25:41
MALE OVERALL			FEMALE AGE GROUP: 40 - 44				
1 Dylan Lowry	23	Albany	15:42	1 Missy Stewart	44	Selkirk	24:37
2 Aaron Lozier	27	Albany	15:47	2 Michelle McCabe	43	Selkirk	24:55
3 Shaun Donegan	29	Ballston Spa	15:52	3 Nikki Depasquale	42	Averill Park	27:27
MALE AGE GROUP: 20 - 24			MALE AGE GROUP: 45 - 49				
1 Josh Myers	24	Ballston Spa	18:40	1 Martin Gordinier	45	Delmar	19:46
2 Grady McBride	23	Albany	19:49	2 Phil Janack	48	Scotia	21:18
3 Christian Richter	20	Newark Valley	20:38	3 David Tobey	45	Schenectady	23:41
FEMALE AGE GROUP: 20 - 24			FEMALE AGE GROUP: 45 - 49				
1 Iris Collins	22	Albany	20:56	1 Karen Heath	46	Schenectady	27:27
2 Bridget Flynn	23	Philadelphia	22:29	2 Debbie Hourigan	49	Troy	29:44
3 Angela Richter	22	Newark Valley	23:08	3 Claudia Decastro	47	Albany	30:04
MALE AGE GROUP: 25 - 29			MALE AGE GROUP: 50 - 54				
1 Peter Rowell	26	Albany	16:41	1 Russell Lauer	53	Troy	19:08
2 Jeff Goupil	28	Ballston Lake	16:46	2 Steve Janack	53	Scotia	22:52
3 Bradley Lewis	28	Troy	17:18	3 Eric Schwenzfeier	50	East Greenbush	24:03
FEMALE AGE GROUP: 25 - 29			FEMALE AGE GROUP: 50 - 54				
1 Traci Cornwell	27	Troy	21:58	1 Sharon Fellner	54	Schenectady	27:46
2 Emily Taft	25	Albany	22:19	2 Kerry Miller	51	Catskill	28:24
3 Kelly Patterson	25	Schenectady	22:57	3 Christine McCann	52	Glenmont	29:24
MALE AGE GROUP: 30 - 34			MALE AGE GROUP: 55 - 59				
1 Louis Dinuzzo	33	Saratoga Springs	16:30	1 John Parisella	57	Schenectady	19:58
2 Dan Jordy	31	Schenectady	16:34	2 Lee Hilt	59	Albany	26:35
3 James Sweeney	34	Albany	17:34	3 Mike McLean	58	Albany	27:50
FEMALE AGE GROUP: 30 - 34			FEMALE AGE GROUP: 55 - 59				
1 Kim Donegan	34	Ballston Spa	22:32	1 Jean Tickell	58	Philadelphia	31:51
2 Holly Rousseau	32	Albany	22:51	2 Ellen Benoit	59	Jersey City	35:19
3 Elizabeth Dinuzzo	34	Saratoga Springs	22:52	3 Cameron McLean	57	Albany	37:46
MALE AGE GROUP: 35 - 39			MALE AGE GROUP: 60 - 64				
1 Todd Weiss	37	Watervliet	18:40	1 Douglas Tucker	60	Rensselaer	26:59
2 Josh Heimroth	37	Albany	21:46	2 Michael Hannah	62	Schenectady	30:11
3 Chris Chmielewski	35	Albany	25:27	MALE AGE GROUP: 65 - 69			
FEMALE AGE GROUP: 35 - 39			FEMALE AGE GROUP: 65 - 69				
1 Laura Zima	35	Albany	21:15	1 Tom Benoit	67	Schenectady	30:26
2 Carrie Jewett	36	Albany	24:09	FEMALE AGE GROUP: 65 - 69			
3 Kendra Farstad	36	Greenwich	26:43	1 Donna McKendree	68	Clinton	35:47
			2 Harriet Kang			65	Hartsdale
						68	41:36

Courtesy of Spaten Sprint 5K

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In addition to practicing law, Mr. Schillinger is director of NYCross.com, a CBRC bike racer, and a skiing enthusiast

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RUNNING continued from page 1



SCHENECTADY'S CARDIAC CLASSIC RAISES MONEY FOR ELLIS MEDICINE'S WRIGHT HEART CENTER. TRENT HERMANN

ence requiring a certain level of fitness and determination. In the same spirit, the walk is not a mere stroll through the park, but a serious effort attracting some race walkers who are guaranteed to pass the casual runners. Awards are presented in both runner and walker categories, a noteworthy departure from other area events. Race walkers must be committed - no waffling with Jeff Galloway's run/walk method.

This is homemade community at its best, where members who bear goodies for the groaning buffet table, will be entered in a raffle for Batten Kill Valley Runners apparel. Pre-registered family flocks are rewarded for their commitment with a discounted group entry fee by 11/15, and those who prefer to save their cash for later celebrations can forego the pre-ordered long-sleeved

T-shirt. This is the perfect city turkey/country turkey venue where turkeys of all ability levels can line up with a clear view of the start and can proceed without fear of ruffled feathers. Check out bkvr.net.

In a similar move, 14 years ago a flock of suburban cousins balked at carving yet another flight path to Troy and Schenectady. They longed for an event that would propel them to the menu a lot faster. Enter the annual **Christopher Dailey Turkey Trot 5K Run/Walk** lifting off from the Saratoga Hilton in downtown Saratoga Springs, circling the hilly Skidmore campus, and concluding with a fast forward steep skid back onto the Broadway landing zone. The sense of community at this race is palatable as it honors sports-loving Chris Dailey who died unexpectedly at Thanksgiving time. Mom and Dad are the race directors, brother Brendan sings the Star Spangled Banner, and sister Laura Rose works registration and runs in the race.

Proceeds benefit the Christopher Dailey Foundation, which built a much-needed youth gym and has now supports a wide spectrum of youth sports activities. This year proceeds are targeted towards Double H Ranch's adaptive ski program and a curtain for Christopher's gymnasium to partition floor space. It seems as if the entire community either runs, walks or volunteers, eager to contribute to the future

of their youth and support the Healthy Saratoga grassroots movement. In fact, the results list does not tell the entire story as many walkers decline to record their finishing time, letting their participation define their experience. My favorite part is the initial lineup where the usual pre-race instructions are overlooked, replaced by a non-denominational blessing by a St. Clements priest, and a touching rendition of the National Anthem, which deflect our focus from race goals to what really matters on this special day. Go to christopherdailey-foundation.com.

Taking the 'purpose over time' concept one step further, the motto of the sixth annual **OurTowne Bethlehem Turkey Trot 5K Fun Run/Walk**, is "The only *time* that will matter is the *good time* that you'll have." That's correct... no timing chips, no race results, just a good time celebrating with friends. According to race director John Guastella, "The focus is on giving back to those less fortunate in OUR community. For one day, it is not about a PR or winning a trophy." Now a Bethlehem tradition, entire flocks walk and run together on the flat course, which tours the older neighborhoods of Delmar. Participants are requested to bring a canned good to help the Bethlehem food pantry overflow once more.

Dithering turkeys enjoy a special procrastination registration the day before. There's also a Wednesday evening

fireworks display - Tom Turkeys, who incidentally see in full color, especially appreciate this opportunity to display their feathers. On the day, however, they encourage all to come in costume to avoid an untimely demise. Visit ourtowne-bethlehem.com.

The new kid on the chopping block is the fourth annual **St. George's Turkey Trot 5K Run/Walk**, based at St. George's School in Clifton Park, and benefitting their scholarship fund. This event gets lots of support from the community's turkeys who favor local hops instead of filing extended flight plans.

The 5K is flat, perfect for family groups of varying abilities, strollers and chariots, and parents who may end up toting their offspring. Early birds are assured of a turkey T-shirt to dress up their dinner attire. Check out stgeorgeschoolcp.org.

What is the turkey's favorite day

of the year? The day after Thanksgiving, of course! Expect to see a record number of lucky turkeys congregate at Altamont Elementary School in Altamont for the eighth annual **Run Off that Turkey 5K** on Saturday, November 28. According to race director Phil Carducci, this event will give turkeys an opportunity to go for the double drumstick, and stretch their legs after feeling penned in by the crowds at the popular Thursday events.

In anticipation of the cold weather, gloves will be given to all pre-registered runners. The USATF-certified course has all the normal rises and falls to keep things interesting, but is easy enough to be negotiated by those still feeling slightly stuffed. In a show of respect for aging flock members, awards go all the way through the 80-plus age group, one of a growing number of events to do so. Register at active.com.

With so many options to choose from, participating in a community Thanksgiving race is becoming the new normal. For many, it will be the one time they will claw the line each year. 🦃

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



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HEALTH & FITNESS

I Wish I Knew That

Facts about Pain and Injury from a Physical Therapy Perspective

By Alison Synakowski

Working as a physical therapist with an active population day in, day out is such a pleasure. People are motivated, excited and anxious to participate in their activity; be it running, cycling, hiking or soccer. It can also be challenging, as many times people are in the office with an injury and pain. They are defeated, frustrated and just do not understand why they hurt. If you are active, you know that once you are told you need to “rest,” your world can become a very different place. Those of us that are active often depend on our workouts or activities to relieve stress, maintain our body image, and connect with other people. If you take away our workouts, more than just our bodies suffer.

Often times in a physical therapy office you hear the words, “I wish I knew this a long time ago.” People are typically referring to understanding their injury, understanding how the body works, and understanding what they can specifically do to help heal their injury. For example, somebody says “I have IT band syndrome.” Okay, so you have pain over the outside of your knee. IT band syndrome is a very common diagnosis, however it does not tell us WHY you are oversteering this area. Many times for this diagnosis you may self-treat, follow a friend’s advice, or look up some treatment online. Now three months into having pain, you’ve been foam rolling like crazy, stretching, and not participating in your activity.

Then, as soon as you return, BAM, pain returns. Not every IT band syndrome happens for the same reason. Maybe you need to tweak your running form or get your bike properly fitted. Maybe you need to build hip and core strength or stretch or roll other muscle groups. Each individual is so different, there is no way to know what you should do until you have been evaluated and know exactly where you are limited or restricted.

Here are the top three statements where people are constantly saying “I wish I knew that a long time ago.” Simple tweaks in your movement, strength, endurance, and mostly knowledge can allow you to stay active and healthy longer.

- Location of pain does not allow us to understand WHY it is happening.
- Immobilization or “resting” is typically not enough.
- Training with improper form may be making you worse.

Location of pain does not allow us to understand WHY it is happening - Unless you have had an acute injury, a blatant event that caused injury (example: sprained ankle, sprained knee, fractured ankle), the true “problem” is likely not at the site of pain. Examples could be plantar fasciitis, tendonitis in your ankle, knee pain (bursitis, tendonitis), and IT band syndrome. If there is not a KNOWN cause, you likely need to be addressing deficits not only in this area, but other areas as well. How your body is moving may be causing you to overuse or overload the painful area. You can (and need to) treat the specific area of pain, but if you do not get to the root cause, it will likely continue to come back or never fully go away.

Immobilization or “resting” is typically not enough - While short term you may do great, if you have had an injury that lands you on crutches, in a boot or in a cast, you need some type of specific intervention to return to your body’s pre-activity level. Too often individuals return to their activity before their body is ready to handle it, leading to yet another injury. One of the best examples of this phenomenon is the fact that spraining your ankle is associated with immediate loss of hip strength. You sprain your ankle: maybe you need to use crutches for a few days as it is painful to put weight on it, or you needed to be in a boot to assist with healing. You wait a week or so, return to your activity, and despite some ankle soreness you are alright.

However, three months later you develop knee pain for “no known reason.” The knee pain is likely due to a deficit you acquired secondary to that ankle sprain. Oftentimes you may not realize the ankle joint never got back its proper movement, the whole leg from the ankle to the hip is weaker compared to the non-affected side, or even your movement pattern has changed to protect you from stressing that ankle. This is crucial for people to know, especially our young



kids, who are so resilient and bounce back quickly. Ensuring you or your child gets back proper strength and movement is essential to reduce the risk of FUTURE injury.

Training with improper form may be making you worse - If you are an avid cyclist, runner, rower or team sport athlete, and you are also working on strength and core training, kudos to you! You recognize this is an important supplement to support your body during the activities you love the most. It is good to be cautious and ensure you are using, and are educated on proper form for your exercises. If you are moving or working incorrectly during an exercise, you are building a pattern of movement, improper movement that can, over time, cause you to overstress and break down tissues.

A great example is SQUATS. We all know they are good for us, as much as we hate them. Things to watch for include rounding your back, your knees coming in together (should be in line with your hips), and your feet staying in a neutral position (not “pronating”) when you are at the bottom. There are many other components to a squat, however watching out for these three things are crucial to not build bad habits.

For runners, soccer players and hikers, if you are working on squats, and your knees are consistently falling in (picture) you are creating a painful and dangerous movement pattern. This will lead to increase stress on structures throughout legs and potentially put you at increased risk for injury. Simply backing off weight and working on form first, you will likely see and feel better results.

There are so many reasons that pain or injury occur, it is impossible to talk about them all in one article. However if you understand that pain is a signal of some-

Functional Squat



correct



incorrect

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thing, you are far ahead of the game. Pain is a way for our bodies to protect us and tell us something is wrong. It does not have to be your job to understand what is going wrong, there are health care providers that can help you determine that, and more importantly set goals to help you change it!

This is one of the many reasons physical therapy has evolved into an important and autonomous profession. Now you can see a physical therapist without a prescription. Physical therapists can be part of the medical team to help you understand the “why” behind what is going on. They also assist you in goal setting, and changing movement or deficits, so you can return to your activity as soon as possible - and as safe as possible. I always encourage you to seek understanding and ask WHY! 🙌

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