

Exploring New Waters

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20
Years!



SIX-YEAR-OLD NORA MAPES-REGAN AND HER GRANDMOTHER, CHAR MAPES, PADDLING ARCHER VLY NEAR LAKE DESOLATION.

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Greater Saratoga Area

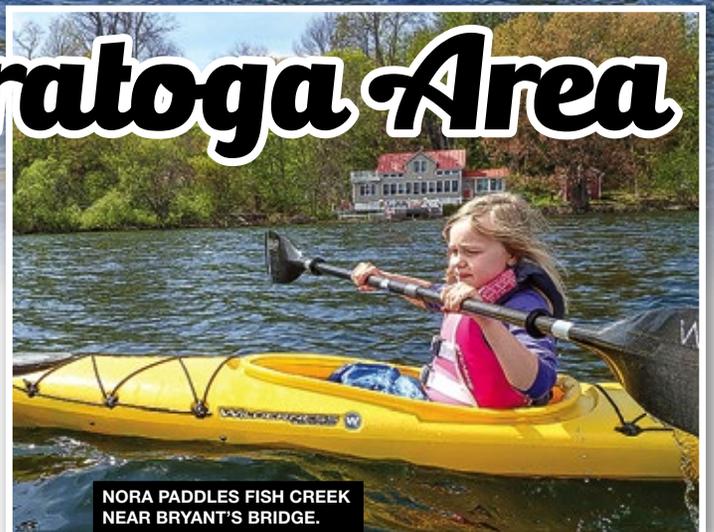
By Alan Mapes

It's fun to paddle familiar waters, but even better is the charge I get from exploring new paddling spots. A recent move from Delmar to the Saratoga Springs area gave me the perfect opportunity to check out new paddling opportunities. I am now nearly an hour closer to the Adirondack Park, but the current health situation has kept me closer to home. Here are some local places I've explored this spring and summer, some for the first time, a couple of them for the first time in a long time. Directions to these places are readily gotten through a map app or an internet search, so I will leave that mostly to the reader.

Hudson Crossing Park - Just north of Schuylerville village on the Hudson River, this launch is next to Lock 5 of the Champlain Canal. As you pass the lock buildings watch on your right for the kayak launch sign. Parking is not so well marked, but the short launch trail itself is quite nice. If you use a set of wheels to get your boat to the water, they should work nicely here. The launch puts you into a stretch of the Hudson River below the Lock 5 dam, and you can paddle without a barrier all the way to Lock 4 at Stillwater, 14 miles away.

Right across the river from the launch is the mouth of the Battenkill and it's worth a paddle up that tributary the short way until you come to shallows and a dam. Returning to the Hudson, we went south past the village. The river is split by an island where NY Route 29 crosses, and we took the western channel and found another launch with a nice low kayak dock (Schuyler's Canal Park just off Route 29). Opposite the downstream end of the island, Fish Creek joins the river from the west. This is the outlet of Saratoga Lake and offers a short paddle upstream until you find a pretty falls. Swift water enthusiasts will have fun playing in the current below the falls.

At about three miles downstream from the launch, we found a nice island with a picnic spot on the upstream end. We took advantage of a nice picnic table to have our sandwiches. As we



NORA PADDLES FISH CREEK NEAR BRYANT'S BRIDGE.
PHOTOS BY ALAN MAPES

landed, we found a sign warning against digging in the soils of the island. This reminded us that we were not far downstream from Fort Edward, the source of PCB pollution. Dredging was done on this stretch of the river to remove hot spots of the chemical. These signs were the only real clue we found to history, however. The chemical legacy that keeps people from eating any fish from this area of the river is otherwise hidden beneath the beautiful scenery.

The waters were quite clear on this stretch of the river - a change from the tidal Hudson that I'm used to, where suspended clays make the river quite brown. The current was slow, and we had no trouble when it came time to turn back upstream. We paddled about eight miles total. Post-paddle, you're near Amigos Cantina in Schuylerville; they're open for outdoor dining and takeout - refueling athletes since 2007!

Waterfront Park to Kayaderoseras Creek and Lake Lonely - This Saratoga Springs city park provides free launching for human powered boats. The park can be busy and you may not get one of the parking spots down by the water. If they are full, drop off your gear and park in the bigger lot up the hill. A series of stairs lead back down to the water. Port-a-johns and a few picnic tables are available. During spring and early summer, peek over

See **PADDLING 18** ▶

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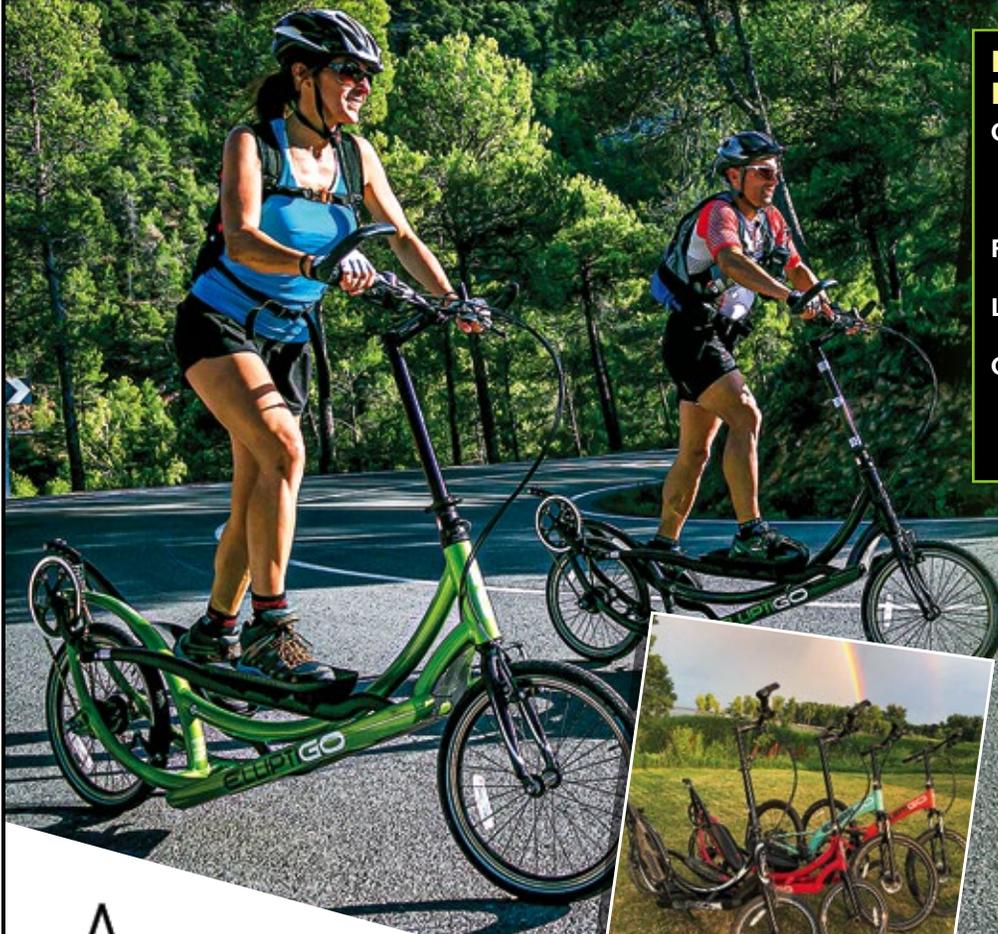
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Ididaride! Virtual Bike Tour

By Dave Kraus

After 14 years, it was time for a change for *Ididaride!* But not quite like this. The new 55-mile road route for 2020 was intentional. But the event's virtual status this season was prompted by an unexpected new participant named Covid-19.

Since 2006 *Ididaride!* had become a favorite of cyclists from all across New York, the Northeast and Canada. Over the years, the scenic route through the heart of the Adirondacks has played host to thousands of cyclists.

Ididaride! was originally started by the Residents' Committee to Protect the Adirondacks, according to Sunday Comine, who is the Annual Fund Manager for the Adirondack Mountain Club. ADK took over the ride when RCPA no longer wished to host it, and the event was a perfect match for ADKers' love of muscle-powered recreation. With its scenic route, well-supported rest stops, and post-ride party offering abundant food and live music, *Ididaride!* quickly grew into a major fundraiser for the club.

Until now, the route has changed little since the inaugural ride, which offered a 75-mile road loop through the central Adirondack Mountains starting and ending at North Creek's Ski Bowl Park, with a 20-mile option along a portion of the same course. In 2018, the shorter loop was replaced with a 23-mile partial gravel route to take advantage of the scenic unpaved roads in the area, and attract fans of the rapidly growing gravel riding community.

This year, ride organizers decided to change things up and give riders an opportunity to explore some new roads near Pottersville, Schroon Lake, Brant Lake and North Creek. Paul Abbess, one of the original *Ididaride!* volunteers, designed a new, figure-eight shaped 55-mile route that heads east to offer quiet forest roads, stunning views of Schroon and Brant Lakes, plus Beaver Pond and potential rest stops at some well-known local spots.

Then in early spring, a new rider named Covid registered unexpectedly for almost every cycling event in the country. "After a lot of discussion," Sunday said, "we made the decision in mid-May to transition to a virtual platform to protect the health of riders, volunteers, staff, vendors and the general public."

Excitement, fun, and appreciation for the beauty of the Adirondacks are still key elements of *Ididaride!*, but now riders can register until 5pm on Friday, August 28 at adk.org/idadaride. The proceeds support ADK's education, recreation and advocacy programs.

Download your route map from the website, complete the ride on your own schedule, then log your achievement by 5pm on Monday, September 7 (Labor Day) by uploading your route/distance using the Ride with GPS phone app, or manually by email to Sunday (sunday@adk.org). That gets you an event T-shirt and registration for the drawing for three \$100 gift certificates to the ADK store.

On Pavement – This year's paved route is on totally new roads for *Ididaride!* You will start your journey with a view of the Hudson River as you cross it northward on NY Route 28N, then take the first right onto Bird Pond Road, where you're immediately on the quiet country lanes that highlight this tour and will lead you to NY Route 9 and a climb over the hill to Pottersville.

From here it's only a few miles until you're cruising along the east shore of Schroon Lake past vacation homes on your right and spectacular views of the mountains to your left across the water. Enjoy the views, then watch for the Adirondack General Store just before mile 18, as you turn away from the lake. There you will find food and drinks before you continue on Johnson and Beaver Pond roads over to the north shore of Brant Lake.

When you get there, make a right on Palisades Road and enjoy more beautiful lake views, this time across Brant Lake



PAUL WINKELLER OF SLINGERLANDS ENJOYS THE VIEW ACROSS SCHROON LAKE NEAR THE HAMLET OF ADIRONDACK.



PAUL PASSES A SCENIC BARN AND GARDEN ON BIRD POND ROAD.



ERIC BRAVIN AND HIS DAUGHTERS RIDE THE GRAVEL LOOP IN 2019.



PAUL CROSSES THE HUDSON RIVER BACK INTO NORTH CREEK.



PAUL RIDES TOWARD MOXHAM MOUNTAIN ON BIRD POND ROAD.

PHOTOS BY DAVE KRAUS /KRAUSGRAFIK.COM

as you pedal on this quiet northern side of the lake. Eventually Palisades runs into NY Route 8, and two right turns bring you to your next rest stop at The Hub. Owner Drew Cappabianca has turned the former Horicon Town Hall into a mecca for cyclists and other outdoor enthusiasts, with food, drinks, local wine and craft beer, and a bike repair shop to take care of any emergency issues.

Leaving The Hub, a short ride on Horicon Avenue brings you to Schroon River Road, which will take you all the way back to Pottersville. A left, then a right put you on Olmstedville Road (County Route 19) for the steady climb up to Olmstedville. There you can stop at Sullivan's Store if you need a food or drink break, and there's a restroom across the street at the small park. From here it's only eight more miles back to North Creek and the finish line.

On Dirt – The 23-mile gravel grinder route was started in 2018 and offers a mixed surface loop suitable for gravel, mountain or fat bikes – or any bike with wide tires that can handle the dirt. Just make sure you bring plenty of water and some snacks. There are no stores for rest stops on this back-road odyssey that gets you into the woods and close to nature.

Starting from Ski Bowl Park, gravel grinder highlights include biking along North Creek and Mill Brook, passing through the hamlet of Riparius and its historic train depot, and a beautiful wooded section along the Hudson River as it flows toward Riparius. The conclusion takes you over a suspended boardwalk trail that passes under NY Route 28 in North Creek to return to Ski Bowl Park.

No matter which route you choose for this year's virtual *Ididaride!*, you're going to have a beautiful route through some of the best scenery in the Adirondacks. Plus, you'll get the satisfaction that comes from supporting an organization that has stood for the preservation of the Adirondacks and its environmental resources for the past 98 years.

Safety Notes – Keep this information in mind to make sure you have a fun and safe experience as you cycle the *Ididaride!* route.

Both routes – Even on this daylight ride, use the brightest rear flasher you can find and wear colorful, high contrast clothing. Plus, do we really need to say this? *Wear a helmet!*

55-Mile Road Route – There is ongoing construction on Beaver Pond Road as culverts are replaced, plus broken pave-

ment in several other locations. Also, be aware that several sections of the route are on highways, including Route 9, and CR 19 from Pottersville to Olmstedville, where you may encounter more local traffic at certain times.

23-Mile Gravel Route – Gravel riding is fun, but don't be afraid to slow down, or stop and walk, if conditions exceed your riding abilities. There is a recent washout on Riverside Station Road near the Riverside Truss company in Riparius. Timeline on repairs is uncertain at this time. Also be alert on any gravel road for accumulations of sand in low spots that can grab your front tire and cause problems. 🌲

Dave Kraus (dbkraus@earthlink.net) is a longtime area cyclist, photographer, and writer who can say "I-did-this-ride!" a number of times. Visit his website at KrausGrafik.com.



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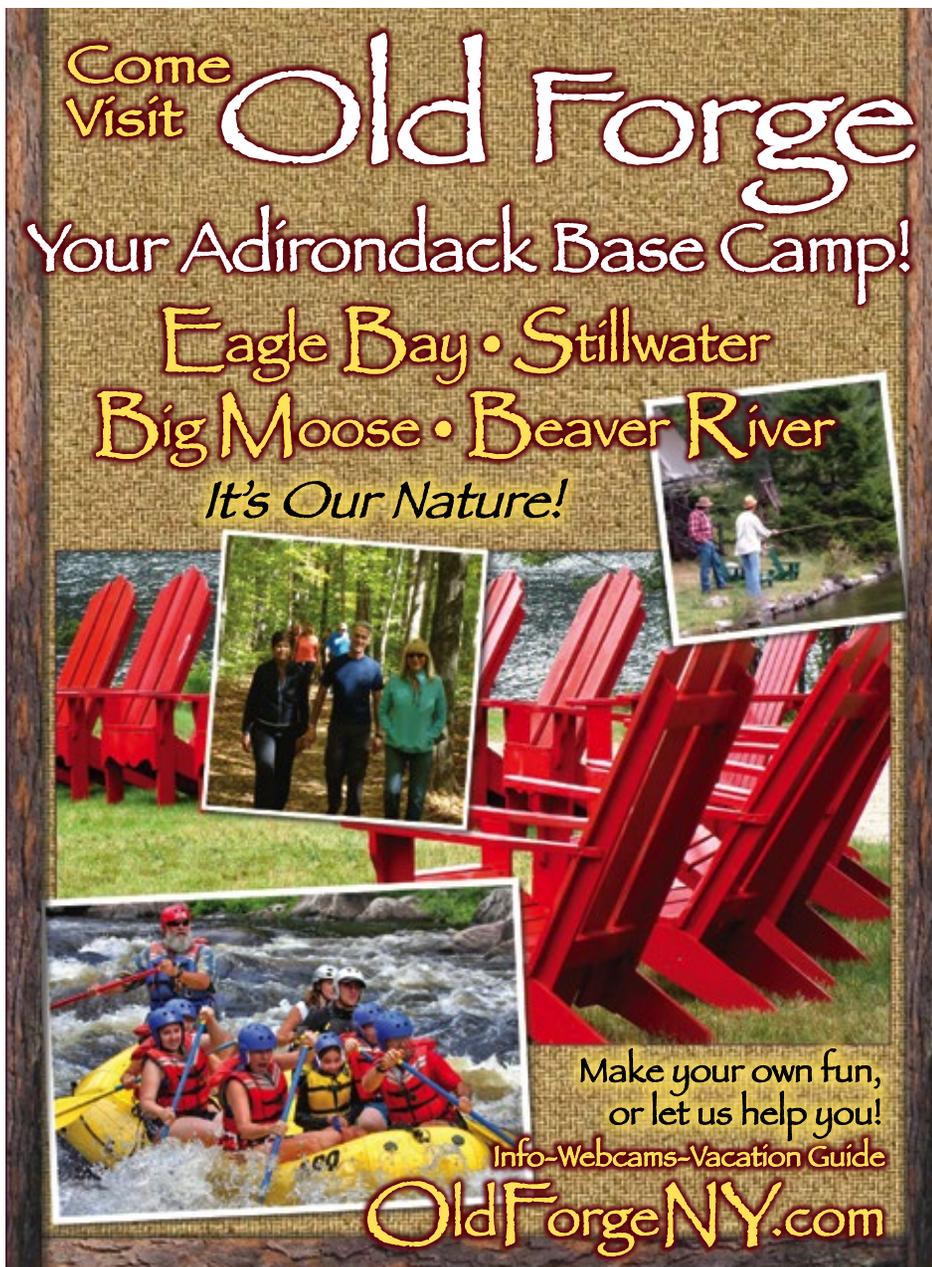
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NON-MEDICATED LIFE



Further Suggestions on the Lifestyle Approach to Covid-19



By Paul E. Lemanski, MD, MS, FACP

Editor's Note: This is the 95th in a series on optimal diet and lifestyle to help prevent and treat disease. Any planned change in diet, exercise or treatment should be discussed with and approved by your personal physician before implementation. The help of a registered dietitian in the implementation of dietary changes is strongly recommended.

In my last article on Covid-19, I argued for a more balanced approach to control the infection that would avoid repeated widespread, draconian lockdowns and stay-at-home orders with consequent further damage to the economy. I showed how such economic damage itself would have a significant health consequence. This more balanced approach relied on risk-stratifying the population, reserving targeted lockdowns, extensive testing, and stay-at-home orders only for those older and sicker individuals at higher risk. The majority of the population at lower risk would rely on proven lifestyle-based risk mitigation strategies including universal masking, social distancing, handwashing, targeted quarantine, and contact tracing to keep the rate of new infections low.

Such a low rate of infection would allow the economy to reopen, children to return to school, and Americans to return to a more normal life. I emphasized that such an approach would only work if the great majority of folks actually implemented such mitigation strategies.

Unfortunately, such lifestyle-based strategies are proving a challenge for many and rates of new infections are increasing in a number of states. Even more disturbing is a belief that such strategies – especially mandated masking – is somehow taking away our freedom. This belief is gaining hold despite increasing scientific evidence that masking works extremely well as a risk mitigation strategy. The CDC has estimated that if 90% of the population masked, then up to 70,000 lives could be saved by the end of this year. Moreover, if we adopted universal masking, within two months new infection rates could be reduced to the extremely low levels needed to safely open schools. I am speaking about a temporary adoption of mask wearing – and I don't like it either – as the price to pay to return us to some semblance of normality.

Freedom is NOT now and has never been “do whatever you like.” We are not free to scream fire in a theater, if there is no fire, despite a constitutional protection of free speech. We are not free to refuse to pay taxes. We are not free to drive cars without registration or license or at any speed we choose or with seat belts not buckled. In times of war or national emergency, if there is universal conscription, we do not have a right to refuse to be drafted. While a gross oversimplification, when I was young, we used to say your rights end at the end of my nose – meaning free speech, finger-pointing and gesticulating is fine, but you have no right to physically contact my nose or body and assault me. Yet, in the present circumstance, an unmasked infected individual, especially closer than six feet, may indeed be assaulting you to the extent of putting your life at risk.

In my opinion, until a vaccine is available, masking needs to be universal or nearly so. I do not like wearing a mask any more than anyone else, but I see no other reasonable option for a public health crisis that threatens to kill greater than 300,000 Americans this year, and has the potential to return us to the economic pain and suffering of the Great Depression. Is masking such a high price to pay to avoid those consequences? Those refusing to mask simply should not put others at risk by being in ANY indoors space with others or coming within six-feet of them outside. If they do so, local authorities will need to determine how the situation can be adjudicated. Certainly, reasonable accommodations for legitimate reasons should be considered such as drive through pickups at restaurants, pharmacies and grocery stores.

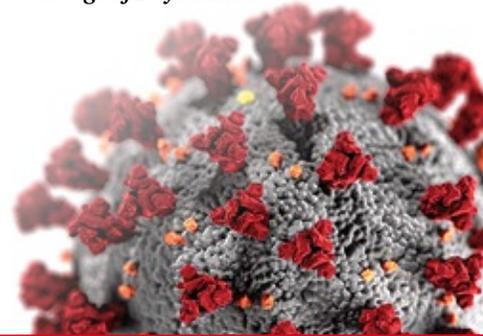
The implementation of masking has been botched badly by mixed messages. On the basis of the increasing, irrefutable scientific evidence of its profound bene-

fit as a risk mitigation strategy, we need to change the message. In my opinion, ALL Federal and state officials need to be seen masked in public under ALL circumstances. They need to lead by example. I am not – as a physician – in favor of arresting or fining those refusing to mask. Rather we should be appealing to their desire to avoid lockdowns, open up the economy as soon as possible, and open our schools. Because the scientific evidence on the benefit of masking, folks need to see masking as the way out of this nightmare for our country. In this way they become part of the solution.

In short, we need to appeal ultimately to their sense of patriotism and love of country. Far from being corny, if our elected officials made the wearing of masks a patriotic duty, similar to buying war bonds during WW2 or enlisting in the service after 911, Americans would respond as they have in any crisis-with a can-do attitude. Federal government officials from the President on down and state officials from the Governor on down must put the country – and not political considerations – first and request

explicitly and unequivocally that Americans mask for the good of the country. If asked by our leaders to sacrifice for the good of the country, I am confident the great majority of the American people will do so and put this nightmare behind us. 🇺🇸

Paul E. Lemanski, MD, MS, FACP is a board-certified internist practicing internal medicine and lifestyle medicine in Albany (centerforpreventivemedicine.com). Paul has a master's degree in human nutrition, he's an assistant clinical professor of medicine at Albany Medical College, and a fellow of the American College of Physicians.



FROM THE PUBLISHER

Be More Adaptable

We like to think of ourselves as being flexible and adaptable, a team player, and going with the flow. We're open to change and challenges. If adaptable, you're more likely to handle issues, not be thrown off by the unexpected – and be happier. However, most of us are more resistant to change than we think.

Adaptability is linked to resilience and perseverance so keep going, even when the going gets tough. Be willing to learn new ways of doing things and take on new tasks. Don't overthink and overly second-guess things; try to be spontaneous to take advantage of opportunities. Be flexible to think differently, deal with your emotions and those of others, be optimistic and try to be realistic.

Next time you're faced with change, build up your ability to adapt and respond positively – be enthusiastic, even when you don't feel like it. Try to smile and bounce back with positive actions. When problems occur, come up with creative solutions and cope with future challenges. Finally, have a survivor attitude by finding ways to control your responses. These steps will help make your life easier.

Thanks for reading us,



Darryl

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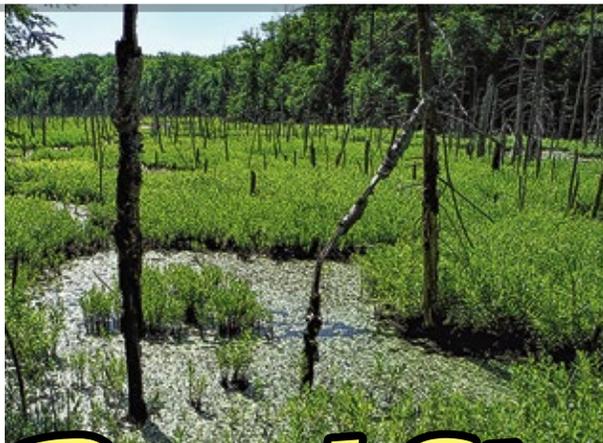
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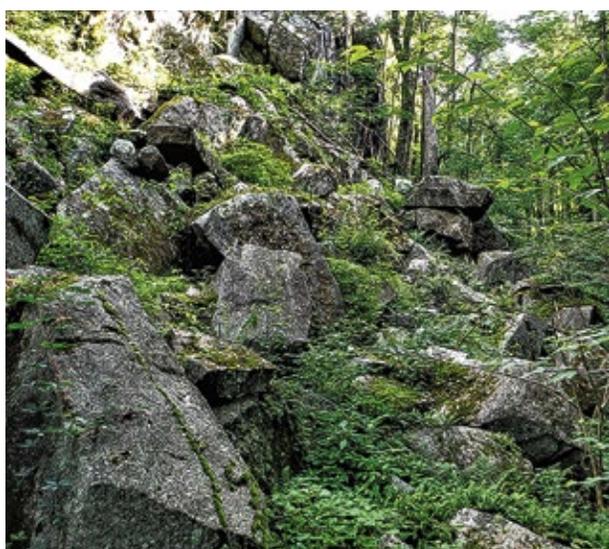


HIKING & MOUNTAIN BIKING



Daniels Road State Forest

A Good Place to get Lost for a Few Hours



By Rich Macha

A few years ago, The Nature Conservancy bought many tracts of land in and around the Adirondack Park from the Finch, Pruyn & Co., a lumber company, then later sold those lands to New York State. Places like the Boreas Ponds, Essex Chain Lakes, and OK Slip Falls got much of the publicity but the deal also included a fair number of smaller, less well-known areas. One of those areas is now the Daniels Road State Forest.

Daniels Road State Forest is located a little north of the city of Saratoga Springs and the campus of Skidmore College. While I am not very enamored with state forests in general – most state forests that I know of don't offer much of interest for the hiker – when I first visited Daniels, I had low expectations but I was very pleasantly surprised, especially with its ecological and geological aspects. The area has a history as a prime destination for expert mountain bikers – the Saratoga Mountain Bike Association had formerly leased the land from Finch Pruyn and The Nature Conservancy, and developed a complex of trails well before the state took it over (see the June 2016 issue of Adirondack Sports for more info from a biker's perspective: adksports.com/2016). While it's still popular with bikers, hikers and birders are slowly discovering the area as well, and I see great potential in the area as a cross country skiing destination for experienced skiers.

Daniels is at the southern end of the Palmertown Range, a mountain range that stretches northeast to Mount Defiance near Ticonderoga and includes the mountains on both sides of Lake George. The Open Space Institute, along with Saratoga PLAN, is promoting the Southern Palmertown Range, and a trail from Moreau Lake State Park to Daniels Road, via Lincoln Mountain State Forest and Greentree Lake, is planned – more information can be found at saratogaplan.org.

NYSDEC has marked about 12 miles of trails in the forest. Elevations vary from 450 feet to 700 feet. From the newer parking area at The Clearing, the Main Trail (red markers) wanders north for 3.3 miles. There are several trails (with blue or yellow markers) that connect with the Main Trail and offer a variety of loop options. The best map can be found at SMBA's website at saratogamtb.org/daniels-road, although a couple of the trails have changed names – Backstretch is now known as Lucy's Point Trail, and Putnam Dam is now the Putnam Brook Trail.

The forest consists of mixed hardwoods, primarily oaks, plus some areas of hemlock and white pine. Most trails feature rocks and tree roots but, thankfully, very little mud. What makes this area popular with advanced mountain bikers, as well as hikers, are the ridges where the bedrock is exposed. The trails are seldom flat and they snake through the woods with seemingly little purpose except to go over an interesting feature.

Another unique aspect of this forest is the extensive wet meadows – they may look like ponds on the map but only the southern one is currently a pond. The meadows were probably once beaver ponds, but it seems like the beavers have abandoned this forest for some reason. Whitetail deer do seem to like it here, though. One of my favorite nature moments was watching two green herons flying busily over the swamp on the Here to There trail (There to Here, if you do it in the other direction). Chipmunks and mosquitoes have been plentiful this summer. Mosquitoes attacked when I was moving but left me alone whenever I stopped for a break at the edge of a meadow – either they enjoy the chase or they are keying into my carbon dioxide output. Mushrooms have been plentiful and I have found at least four edible types.

Perhaps my favorite trail, The Rookery (yellow markers), and its extension, Dam Peninsula (older non-DEC markers), offer a variety of meadow views and spots where civilization seems far away – and where you can sit and relax in peace. There seems to be very little air traffic noise too. At the Lookout, you can see the trees that great blue herons once nested on, but there does not look like they have been nesting there in recent years. The Point also makes a nice spot for a break.

At the north end of the Main Trail is the Devils Den, a small canyon with loop trails around the tops of both rims. I wanted to get a closer look and enjoyed a short bushwhack over mossy boulders within the Den – the Devil must have been napping while I was there.

Lucy's Point Trail and Putnam Brook Trail can be combined to make a bigger loop – each has meadow views. Twizzler and Ridgeline Trails are high and dry and meander through pleasant hemlock woods. There are some unmarked paths that wander across the marked trails and some trails leave the state forest and enter conservation lands owned by Skidmore College, some of which have SMBA markers.

There are signs at most of the junctions in the state forest but it is still best to bring a copy of the map with you. That

TOP ROW: THE BEAVER POND • THE SWAMP ON THE HERE TO THERE TRAIL • MEADOW AND STREAM VIEW FROM THE DAM PENINSULA TRAIL.

MIDDLE ROW: A JUMBLE OF ROCKS AT DEVILS DEN • EXPLORING DEVILS DEN • WELL-PLACED ROCKS MAKE IT EASY TO CROSS WET AREAS.

BOTTOM: OPEN BEDROCK ON THE RIDGELINE TRAIL. PHOTOS BY RICH MACHA



being said, Daniels Road State Forest is a good place to get lost in for a few hours.

Directions – From Saratoga Springs, drive north on Clinton Street to Daniels Road – there is a parking area immediately across the road by a gate. Hike or bike past the gate and, after 0.1 miles, take a sharp left along a Carriage Trail, an old woods road. Soon after, the Carriage Trail splits and each of the two routes reaches Daniels Road State Forest in about a mile.

Optional – From the junction with Clinton Street, drive east on Daniels Road for 0.2 miles and look for a brown signpost (but no sign) on the north side of the road, and take a left on the second gravel driveway (the other driveway is the private Shadow Woods Way). If coming from the east, this is about a mile from NY Route 9. Drive up the gravel road for 0.5 miles to the parking area at The Clearing. 🌲

A lover of wild places, Rich Macha has led many trips for the Adirondack Mountain Club, and has spent 20 years in the paddlesport/snowsport business. More of Rich's adventures can be found at northeastwild.blogspot.com.



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ATHLETE PROFILE

Dallas DeVries

◀ HIS "LAST ROAD" WHILE HEATMAPPING THE TOWN OF COLONIE, WHICH IS THE LARGEST IN THE CAPITAL DISTRICT WITH 1,555 STREETS, 700 MORE THAN THE NEXT CLOSEST.

COMPLETED CAPITAL DISTRICT HEATMAPPING AREA.

A Technology Entrepreneur and Heatmapping Runner



AGE: 43

RESIDENCE: Latham

FAMILY: Wife, Kristin;
Kids, Denver, 10,
Ozzie, 7

OCCUPATION: SportSpyder

PRIMARY SPORT: Running

City of Troy, New York	510 streets
Town of Colonie, New York	1555 streets
City of Watervliet, New York	61 streets
City of Cohoes, New York	283 streets
Green Island, New York	35 streets
Village of Waterford, New York	33 streets
Colonie, New York	138 streets
Village of Menands, New York	68 streets
Town of Waterford, New York	158 streets
Herliopen Acres, Delaware	11 streets
Town of Clifton Park, New York	702 streets

By Tom O'Grady

Over the past several months many athletes have had their training and racing plans thrown to the wind because of Covid-19. Dallas DeVries, however, was not phased during the quarantine and continued with his training largely uninterrupted. Dallas's primary training goals in recent history have been related to heatmapping.

Heatmapping involves loading your GPS information from training onto a training platform and having the paths you have traveled highlighted. The color scheme generally goes from a pale green or yellow to a bright rich red color; the more frequently you visit a place the brighter and richer the color gets. The most common athletes to utilize heatmapping are cyclists and runners, though it is also used by hikers and other athletes who want to keep track of their travels.

Dallas utilizes the heatmapping function to create goals and to keep his run-training interesting by exploring places he has never visited before. In early May, he completed his biggest heatmapping accomplishment to date - running every mile of all 1,555 streets in the Town of Colonie. This was no small feat given the unique combination of the large number of streets involved and the fact that the town is spread out among a larger geographical area than nearby cities. The escalation to Colonie came after previously heatmapping the cities of Waterford, Green Island, Cohoes and Troy.

Dallas's background paints a great picture of the type of person who would enjoy heatmapping and how someone would be drawn to it from their past experiences. Dallas attended Rensselaer Polytechnic Institute from 1995-1999 and earned a degree in computer and systems engineering. Prior to attending RPI, he had only logged onto the internet once while he was in his Troy High School library. Once on campus, however, the major suited his analytical mind well, and he was able to secure

a job after graduation as a software architect and developer with Amici.

Though Dallas was not yet a runner he was a sports fan and was a particularly avid baseball fan. Using an entrepreneurial mindset, he wanted to find a way to apply his knowledge of computer science and engineering to help him retrieve updated NY Mets news. With the help of his brother, he conceptualized the idea of a sports aggregation website that synthesizes sports related tweets and news for readers' favorite sports, teams and athletes in one place.

With the idea in place the duo created the company SportSpyder (sportspyder.com) as a part-time hobby in 2004. In 2006 Amici was bought by Xerox, and Dallas continued working with them until 2017, when he decided to transition to work full-time on and grow SportSpyder.

In 1998 Dallas decided to begin running as a way to stay fit and reduce stress. This led to him completing the Marine Corps Marathon in 2002. As he was training in 2008, the community and social aspect became more important for him, and he decided to join Albany-based Team Utopia in 2010. Dallas now had a group of like-minded people to train with and hold him accountable as well as some direction from a coach. The change in training proved to be fun and the coaching was valuable so it wasn't long before he was distance running again.

In May 2010 he finished Vermont City Marathon in 3:44:54. Over the next several months, he continued to train with Team Utopia and lowered his personal best by 30 minutes to 3:13:49 at the Mohawk Hudson River Marathon. Dallas credits this 30-minute improvement in his personal best to joining the team and receiving guidance in training. Unfortunately, life and a ski injury would get in the way and Dallas would not toe the line of a marathon again until 2015, when he was again training for both Mohawk Hudson and Marine Corps.

◀ DALLAS, OZZIE, DENVER AND KRISTIN IN UTAH.

▲ FINISHING 2018 MOHAWK HUDSON RIVER MARATHON.

During his training in the fall of 2015, Dallas credits Ken Tarullo, another local runner, with sharing the concept of heatmapping with him. The idea of using this technology to instantly explore seemed appealing to his analytical mind.

The opportunity to explore and add excitement to his training was very important, as Dallas describes his training regimen at the time as being a little stale, consisting of running in one of only four places: his neighborhood, SUNY Albany, The Crossings or Corning Preserve. In addition to heatmapping to help explore while training, he also wanted to expand his social group, and joined Albany Running Exchange in 2016. It was at a group run over the summer with ARE that Dallas met his wife Kristin. With a consistent stretch of injury-free training he ran his life time best of 3:04:31 at the 2016 Mohawk Hudson River Marathon.

Dallas continued to incorporate heatmapping into his training to explore and keep track of the places he had visited. Eventually he learned about City Strides, which is a separate platform that pulls data from Garmin, Strava, and other GPS sources. Once into the City Strides application a person can track exactly where they have been within different geographical boundaries. Most commonly people track their progress on smaller cities and towns, but there are people who've taken on major projects, including the large metropolitan areas - and even the state of Rhode Island.

This was a turning point, when he realized with City Strides that he had finished Cohoes, Green Island and Watervliet as of summer 2018, and from there he planned to finish Troy, Waterford and Latham by the end of 2018. (If you're interested in his early experience

with heatmapping, read a July 2018 article in HMRRC's Pace Setter: hmrrc.com.)

Since 2018, Dallas has transitioned from training for races to primarily focusing on setting heatmapping goals. Through the use of Strava, the concept has caught on with more people, and he also started a Facebook "Capital District Heatmapping" group. The group now has over 30 people who share heatmapping stories in the Capital Region, technology updates, and other heatmapping aspects. He points out that the heatmappers he knows are a pretty even mix of analytical/tech-savvy people and those who are using it as a way to socialize.

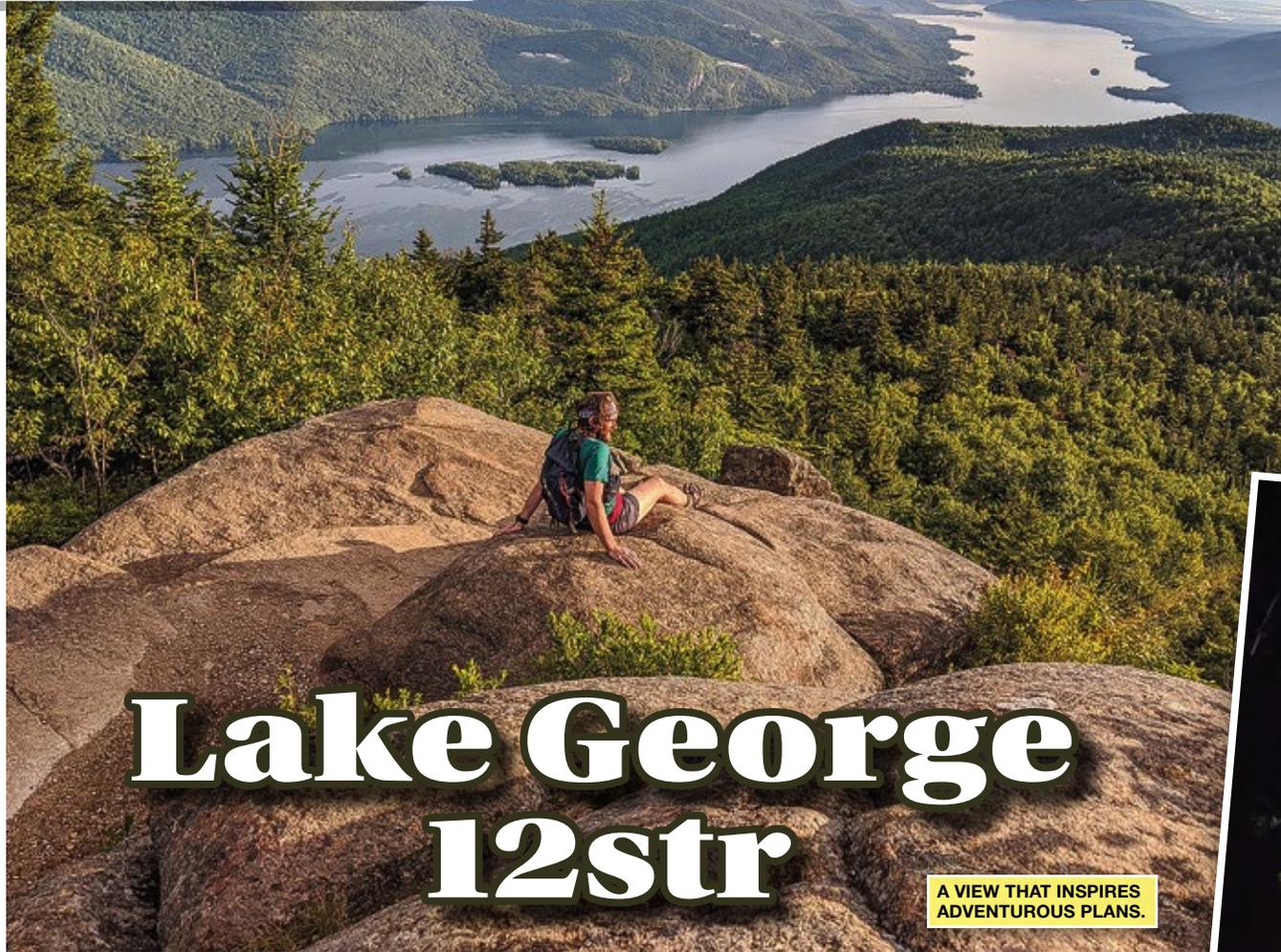
While not doing group runs during the pandemic, heatmapping helps Dallas seek out new running spots. It also provides short- and long-term goals and a sense of accomplishment when he's finished mapping someplace. Adding heatmapping as an aspect to running doesn't require excessive speed or competitiveness. Without the stress of time goals, running is more enjoyable and helps him accomplish one of his initial running goals - stress relief!

Dallas also credits the more conservative training pace with helping avoid further injury. It's a safe way to social distance but get outside to do something. He's currently working on finishing Schenectady (31%) and Albany (36%), so he'll have all of Albany, Troy and Schenectady completed. He's also been working on Niskayuna and Clifton Park. His long-term goal is to heatmap the entire Capital Region and we discuss that in his June 2020 Pace Setter article: hmrrc.com.

For those interested in a new and interesting way to train or explore while running or biking, it's clear from talking with Dallas that heatmapping can provide variety and break up the monotony that many people experience. 🌲

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

TRAIL RUNNING



Lake George 12str

A VIEW THAT INSPIRES ADVENTUROUS PLANS.

By Bill Hoffman
& Jake Stookey

Ad-ven-ture (ad'ven(t)SHər) – Engage in hazardous and exciting activity, especially the exploration of unknown territory. “They had adventured into the forest.”

At 1am on August 7, 2020, Tim Ela, Jake Stookey and Bill Hoffman, set out on an adventure over three years in the making. Many groups and individuals have completed the Lake George 12ster Challenge by climbing 12 of the most prominent mountain peaks in the area, some having completed the ‘ultra’ version of the challenge by doing all of the peaks in a 24-hour period, typically by driving to each trailhead. Tim came up with the idea of forgoing the driving portion and doing the ultra 12ster challenge

completely self-powered by swimming across the lake using only what we carried with us on the 56-mile journey.

In the spring of 2019, the three of us planned an attempt at the self-powered 12ster. Jake packed a wetsuit and went for a run on the Tongue Mountain Range, bushwhacked down to the water’s edge, put on his wetsuit and made it less than five minutes in the icy water. We ended up opting to run to New York City from Bear Mountain instead that year, but that’s another story.

Between all of our races getting canceled due to Covid-19 and this year’s hot summer, the stars aligned and we were ready to give it a go. We performed a few practice swims in the middle of our runs including a swim across Lake George, and another run with a swim across the Hudson River near Moreau Lake State Park. The gear had been tested and the run/swim across Lake George had been proven possible, so the mission was clear to move forward.

Bill’s very kind and patient wife Naomi drove the team to the Buck Mountain trail-

head for a 1am Saturday start. The idea would be to reach the swim around 7am avoiding heavy motor boat traffic.

With everything we would need for the long day on our backs we headed up the trail to summit Buck Mountain, which took an hour. The moon was out and the lights lined the lake shore like Christmas lights. We reached the top of the second peak, Sleeping Beauty, three hours into the trip. This summit lives up to its name even more so in the night with a beautiful view of the lake and the star-filled sky. After a few minutes enjoying the peak we moved on toward the next mountain, Erebus. Jake quipped, “What is an Erebus anyway?” None of us knew at the time, but it comes from Greek mythology representing the personification of darkness, born of Chaos or a place of darkness between earth and Hades. When we reached Erebus, the tree-covered peak was indeed very dark.



MAP OF THE ROUTE.

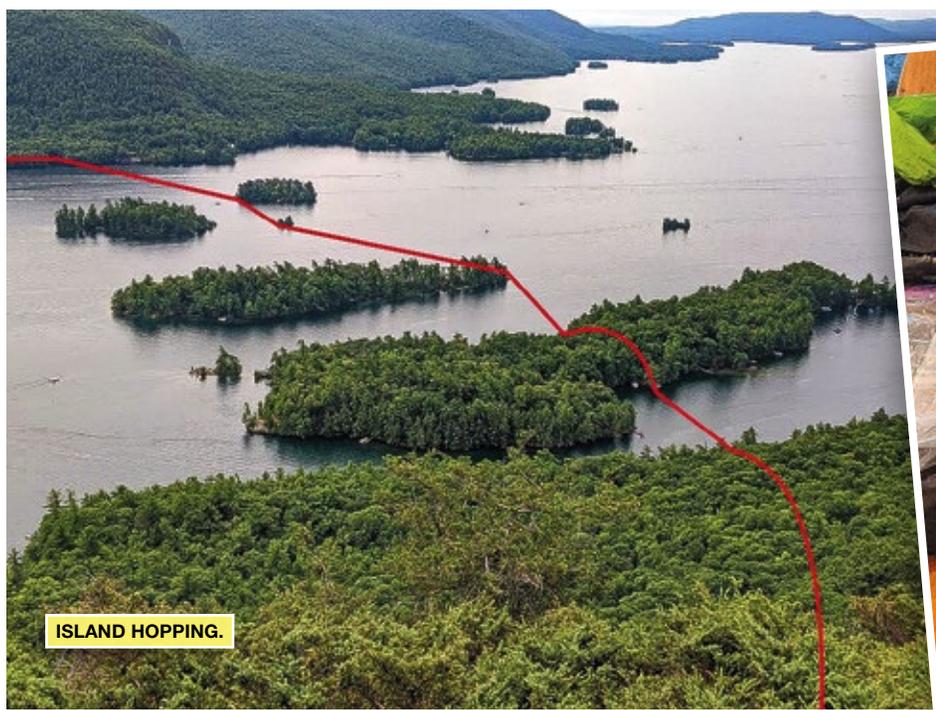


GEARING UP TO START THE ADVENTURE.

Shortly after Erebus, Bill’s headlamp started to fade due to a dying battery, and he remembered that he had charged a spare one that was still sitting safely by his bed at home. However, the sun started to rise and light soon filled the forest. We made the peak of Black Mountain at 6am. Low clouds carpeted the rolling mountains. We enjoyed one of the trip’s best views of the lake, and the nearby Tongue Mountain Range, while we refueled with a hearty breakfast.

The trail to the lakeshore from Black is a steep and fun running trail. However, general confusion from a lack of sleep started to show up when Bill passed Tim without noticing. When Jake slowed down and said he was waiting for Tim, Bill was pretty sure Tim was way ahead - until Tim showed up from behind. Once we reached the waterline, only about 5K remained before the swim. After six hours of running over four mountains, this flat and easy 5K was harder than we anticipated. Along the way we encountered an unexpected gate with a “No Trespassing” sign, forcing us to get in the lake a little bit earlier than planned. We took a moment on shore to put the entire contents of our backpacks, including the backpack itself, into our packable floating swim buoys. We were all running in Luna sandals so there was no need to pack our shoes. In fact, they stayed on the whole day.

We skirted the shoreline to the closest point from the shore to Ranger Island. This is the longest segment of our swim and crosses an active boat lane.



ISLAND HOPPING.



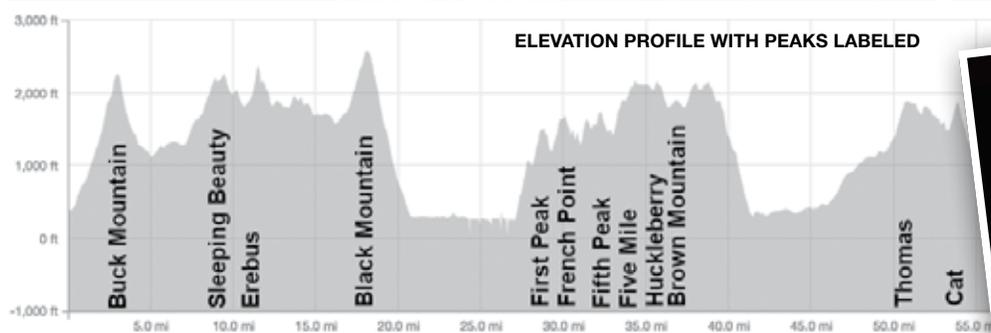
GEAR PACK PREPPED FOR SWIMMING, NIGHT RUNNING, AND DAY RUNNING.



LUNCH ON THE TONGUE RANGE.



SUNRISE ON THE WAY TO BLACK.



About halfway across, a DEC boat pulled up and said it was a good time for our swim since it was overcast and the boat traffic was low. Then he stumped us by asking, “Where are you at?” As in, “Where is your base camp?” We gave him blank stares, not knowing what to say as we mentally retrace our steps back to our nearest connection to anything, which would be our homes back in Clifton Park. Where are we at? We are here in the lake, three swimming hobos, our bindles floating behind us. After a few more questions and suggestions, he left us to finish our swim.

Jake and Bill, teeth chattering from the cold, scrambled desperately to shore at Ranger Island while Tim, the cold showerer, content as could be in the cool lake, claimed the water to be warmer than the air. As the group swam past Bouquet Island to Mohican Island, Bill’s calf muscle cramped up like it had been plugged into the wall. He had never before experienced his calf muscle get that rock hard, and assumed his adventure was over for the day, as the muscle was likely going to rip away from the bone. With a bit of mediation and relaxation he was able to coax his calf into unclenching.

From here it was a short swim to Turtle Island. Tim had plotted a masterful course touching the tip of each island, and entering Turtle at just the right spot to cross, and then swim to the Tongue Mountain Range. Once on Turtle Island, Tim obtained permission to cross a campsite from two guys breaking camp. They enjoyed hearing about our adventure and granted us passage. The last swim was short and we finally had made it! As the Doors would say “Break on through to the other side, yeah.”

OK, the hard part was over, all we had to do now was run an ultra-marathon over eight mountains. As we bushwhacked up the steep slope, we smelled the distinct odor of feces. “That’s bear poop,” declared Tim. Sure enough, as we kept walking, we soon saw massive mounds of bear scat. Around this time, Tim started to have trouble eating due to stomach issues. We proceeded along a trail we had run many times before,



AFTER THE SWIM.

but never after running nearly a marathon, and swimming over a mile.

After climbing what felt like countless peaks, including the lean-to at Fifth Peak and Five-Mile Mountain, Tim’s stomach issues hadn’t subsided and the lack of fueling caught up with him so he wasn’t going to be able to continue. We arranged contingency plans (Naomi to the rescue) and Jake and Bill continued on, visiting the next two peaks, then hammering down the Tongue trail, super thankful to see the trail register come into view, signifying the end of this long and challenging section.

With only two peaks and 15 miles to go, we proceeded to run along busy NY Route 9N, and up the steep Bolton Landing-Riverbank Road. We started walking most of the uphill and running in short spurts, like “to the next telephone pole,” until we reached the trailhead to Cat and Thomas mountains.

Our optimism peaked as we cruised up the easy gravel road toward the top of Thomas. Then suddenly we took a wrong



ENJOYING A FEW WELL-EARNED COMFORTS AFTER FINISHING.



BILL'S PACK UNLOADED AFTER THE RUN.

turn and confusion and chaos ensued just as darkness descended, eventually finding the top of Thomas (twice actually), and continuing along the very technical trail to Cat Mountain. Bill’s headlamp died and he borrowed Jake’s spare which wasn’t much better, so Bill spent the rest of the trip using the flashlight on his cell phone.

The trail to Cat seemed to be never ending. At the top we had a decision to make, take the shorter trail or the easier one. After so many miles of challenging terrain, we decided it would be much faster to bomb down an easy gravel road rather than face any more technical singletrack. Running down a smooth and easy hill was a great way to finish the run on a high note. Tim and Naomi were at the finish waiting for us. We stopped our watches after a total of nearly 22 hours, then enjoyed a celebratory beer and sandwich, before hopping in the car and making our way back home. After three years

of planning, what a spectacular feeling of closure, knowing that the self-propelled 12ster is in fact possible!

What’s next? “Don’t worry I got a lot more ideas,” quipped Tim on the car ride home. 📌

Bill Hoffman (bill.a.hoffman@gmail.com) started running 10 years ago and hasn’t stopped. He’s completed 40 marathons and ultras including two Leadville 100s. He lives with his wife and two sons, 16 and 19, in Clifton Park. Bill’s working with Tim Ela to create Mountain Dog Running where they hope to host unique mountain races including Buck Mtn. 50K. Jake Stookey (jakestookey@gmail.com) is a Clifton Park trail and road runner who enjoys foraging, bike rides, fishing, and anything that involves the potential for outdoor adventure. Visit his blog at jstookey.com.

CALENDAR OF EVENTS

AUGUST TO NOVEMBER 2020

Events in **BOLD** are happening (as of 8/12)

BICYCLING: ROAD

ONGOING

Fr-Su Small Group Road & Gravel Tours. Professionally guided, 2-3 day weekends. Adirondacks. BIKE ADK: bikeadironacks.com.

Daily Mohawk Hudson Cycling Club. Group rides in the Capital Region. All abilities welcome. Join: mohawkhudsoncyclingclub.org.

AUGUST

15-29 Jailhouse Rock 5K Run/Walk or 10M/25M/50M Bike Rides: Virtual. Ballston Spa. Chris Armer: 518-527-6786. brooksidemuseum.org.

16 Lake George Bike/Boat Ride. Canceled. Lake George. 518-668-5777. lakegeorgesteamboat.com.

16 MHCC Empire Cyclefest. Canceled. 30M, 50M, 62M, 100M. Mabee Farm, Rotterdam Junction. bikereg.com.

28-9/7 Ididaride! Virtual Bike Tour. Ride the route or your favorite 55M paved or 23M gravel roads. Reg by 8/28 & ride by 9/7. Proceeds support ADK's education, recreation & advocacy programs. North Creek. adk.org/ididaride.

SEPTEMBER

1-26 7th Harry Elkes Ride. Now virtual: ride Thu-Sun, 9/1-26. 50 & 32M scenic lake rides or 15M Brant Lake ride. Ride, pick-up shirt & eat/drink from The Hub, Brant Lake. Info/register: bikereg.com.

5 Adirondack ElliptiGO Day. Safe ride, lunch, rentals available. Plattsburgh. 518-310-7030. facebook.com/adirondackelliptigo.

6 Catskill Mountain Cycling Challenge Road Rides. 29M, 57M, 99M. Catskill Recreation Center, Arkville. bikereg.com.

12 Tour of the Battenkill. Canceled. 75/42/26M. Washington Co. Fairgrounds, Greenwich. tourofthebattenkill.com.

12-13 15th Adirondack Sports Outdoor Expo. Saratoga Springs. 518-877-8788. adksports.com/expo.

13 Capital Region Tour de Cure. VIRTUAL. Bike: 10M, 30M, 50M, 62.5M, 100M. Run/Walk: 5K. Ballston Spa. To benefit American Diabetes Association. 518-218-1755 x3606. Diabetes.org/capitalregion.

19 Tour de Farms. 30M/10M. 8:30am. Vergennes Union High School, Vergennes, VT. 802-989-6980. acornvt.org/tourdefarms.

20 13th Tour of the Catskills. 75M, 52M, 24M. Tannersville. bikereg.com.

26 9th Drops to Hops Race & Ride. 43M & 23M. Brewery Ommegang, Cooperstown. clarksportscenter.com.

28-30 20th Pat Stratton Ride. VIRTUAL. 28M, 56M & 100M routes marked 8/27; ride anytime. Saranac Lake. Details/register: bikeadironacks.com.

OCTOBER

4 19th Whiteface Uphill Bike Race. Canceled. 11M. Whiteface Ski Center, Wilmington. bikereg.com.

BICYCLING: OFF-ROAD

ONGOING

Fr-Su Small Group Road & Gravel Tours. Professionally guided, 2-3 day weekends. Adirondacks. BIKE ADK: bikeadironacks.com.

Daily Mohawk Hudson Cycling Club. Group rides in the Capital Region. All abilities welcome. Join: mohawkhudsoncyclingclub.org.

AUGUST

15 "Do It Yourself" D2R2: Deerfield Dirt Road Randonnée. VIRTUAL. Deerfield, MA. bikereg.com.

15 EPIC Farmall Hill MTB Challenge. Canceled. Fairport. bikereg.com.

23 Pharsalia Woods Widowmaker Race. Canceled. Plymouth. nysmtbseries.com.

28-9/7 Ididaride! Virtual Bike Tour. Ride the route or your favorite 55M paved or 23M gravel roads. Reg by 8/28 & ride by 9/7. Proceeds support ADK's education, recreation & advocacy programs. North Creek. adk.org/ididaride.

29 Bale Kicker Gravel Grinder. 25M & 40M. 10am. S&S Farm Brewery, Nassau. balekicker.com.

SEPTEMBER

4-6 Wilmington Mountain Bike Festival. Canceled. Wilmington. wilmingtonmtbfestival.com.

12-13 15th Adirondack Sports Outdoor Expo. Saratoga Springs. 518-877-8788. adksports.com/expo.

13 Farmer's Daughter Gravel Grinder. Canceled. 65M. Crellin Town Park, Chatham. farmersdaughtergravelgrinder.com.

OCTOBER

3 Wilmington Whiteface MTB Race. Canceled. 100K Leadville qualifier or 50K. Whiteface, Wilmington. wilmingtonwhitefacemt看.com.

3-4 Adirondack Mountain Bike Festival. McCauley Mountain, Old Forge. adirondackmountainbikefestival.com.

24 Cross Mountain Crusher Gravel Grinder. Catskill Recreation Center, Arkville. bikereg.com.

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NOVEMBER

7 **MHCC Gravel Gopher Gravel Grinder.** Virtual. To benefit Regional Food Bank of NE NY. S&S Farm Brewery, Nassau. mohawkhudsoncyclingclub.org.

HEALTH & FITNESS

ONGOING

M-F **Rock Your Fitness: Total Body Training.** Zoom Classes: M/W/F 6:30am & 9am. Outdoor Boot Camp (8/4-27): Tu/Th 5:30am & 9:30am at Malta Community Park, Malta. 518-522-9765. facebook.com/rockyourfitnessllc.

SEPTEMBER

12-13 **15th Adirondack Sports Outdoor Expo.** Saratoga Springs. 518-877-8788. adksports.com/expo.

HIKING & CLIMBING

ONGOING

Daily **Summer Naturalist Series.** Walks, hikes, talks. Adirondack Mountain Club. adk.org.

AUGUST

- 14 **Trailless Peak Day Hike: Mt Marshall.** Elev. 4,360', 15.5M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 17 **Trailless Peak Day Hike: Seward Mtn.** Elev. 4,361', 14M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 21-23 **Trailless Backpacking: Cliff & Redfield.** 19.8M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 23 **Advanced Map & Compass Bushwhack: McKenzie & Haystack Mtn Trailhead.** Adirondack Mountain Club: 518-523-3480. adk.org.
- 24 **Trailless Peak Day Hike: Tabletop Mountain.** Elev. 4,427', 9.8M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 28-30 **Trailless Backpacking: Dix Range.** 23.2M. Adk Mountain Club: 518-523-3480 x111. adk.org.

- 31 **High Peak & Fire Tower: Hurricane Mtn.** 7:30am. Adk Mountain Club: 518-523-3480 x111. adk.org.
- 31 **Trailless Peak Day Hike: Seward Mtn.** Elev. 4,361', 14M. Adk Mountain Club: 518-523-3480 x111. adk.org.

SEPTEMBER

- 3 **High Peak & Fire Tower Day Hike: Phelps.** Elev. 4,160', 8.2M. 7:30am. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 4 **Trailless Peak Day Hike: Mt Marshall.** Elev. 4,360', 15.5M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 6 **Trailless Peak Day Hike: Seymour Mtn.** 14.4M. 7:30am. Route 3 & Coreys. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 7 **Trailless Peak Day Hike: Iroquois.** Elev. 4,840', 9.4M. Adk Mountain Club: 518-523-3480 x111. adk.org.
 - 12-13 **15th Adirondack Sports Outdoor Expo.** Saratoga Springs. 518-877-8788. adksports.com/expo.
 - 21 **Trailless Peak Day Hike: Dix & Hough.** Elev. 4,857' & 4,400', 13.7M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 24-28 **Backpacking: Thru-Hiking 101.** Wakely Dam to Long Lake. Adirondack Mountain Club: 518-523-3480 x120. adk.org.
 - 25-27 **Trailless Peak Backpacking: Allen Mt.** 18M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 26-27 **Map & Compass Bushwhack.** Education Yurt Village, Lake Placid. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 28 **Trailless Peak Day Hike: Street & Nye.** Elev. 4,166' & 3,895', 9M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- OCTOBER**
- 1 **High Peak & Fire Tower: Phelps Mtn.** Elev. 4,160', 8.2M. 7:30am. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
 - 5 **Trailless Peak Day Hike: Macomb, South Dix & Grace.** Elev 4,405', 4,060' & 4,012', 12.3M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.

- 3 **Trailless Peak Day Hike: Iroquois.** Elev. 4,840', 9.4M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 4 **Trailless Peak Day Hike: Esther Mt.** Elev. 4,240', 6.6M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 5 **Guided Hike: Macomb, South Dix & Grace.** 12.3M. 7:30am. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 8 **Trailless Peak Day Hike: Tabletop Mtn.** Elev. 4,427', 9.8M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 9 **High Peak & Fire Tower: Sawteeth Mtn.** 12.8M. 7:30am. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 11 **High Peak & Fire Tower: Hurricane Mtn.** 7:30am. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 11-13 **Trailless Backpacking: Santanonis.** 18M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.
- 12 **Trailless Peak Day Hike: Street & Nye.** Elev. 4,166' & 3,895', 9M. Adirondack Mountain Club: 518-523-3480 x111. adk.org.

MULTISPORT: TRIATHLON, DUATHLON & SWIM

ONGOING

Tue **CDTC Summer Training Sessions.** 7/6-8/25. 6pm. CDTC members only for safety. 0.5M or 1M swim, 18M bike, 3M run on Crystal Lake Tri course. Crystal Cove, Averill Park. president@cdtriclub.org. Join: cdtriclub.org.

Wed **SkyHigh Swim Training Sessions.** 7/7-8/26. 6pm. All welcome. 0.5M or 1M swim on Crystal Lake Tri course. Crystal Cove, Averill Park. 518-674-0369. skyhighadventures.com.

AUGUST

1-9/30 **Virtual Lake George Marathon Swim.** Eight-week, 32M challenge across the "Queen of American Lakes." Solo/teams. Register 7/20-9/15, swim 8/1-9/30. Supports Lake George Association. Lake George. lakegeorgeswim.com.

15 20th Crystal Lake Triathlon & Aquabike. Canceled. 0.5M swim, 18M bike, 3M run. Crystal Cove, Averill Park. cdtriclub.org.

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CALENDAR OF EVENTS

CONT. FROM PG 13

15-9/13 44th Josh Billings RunAground Triathlon: Virtual. Fundraiser for Berkshire United Way & Berkshire Humane Society. 27M bike, 5M paddle (or swim), 6M run - do it anywhere you want. Great Barrington to Lenox, MA. joshbillings.com.

- 16 8th Peasantman Steel Distance Triathlons. Canceled. Full, half, intermediate, aquabike, sprint, duathlon. Indian Pines Park, Penn Yan. peasantman.com.
- 16 Lake Dunmore Triathlon. Canceled. Olympic. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.
- 16 Vermont Sun Triathlon. Canceled. Sprint. Branbury State Park, Salisbury, VT. 802-388-6888. vermontsun.com.
- 22 Duanesburg YMCA Triathlon. Canceled. Duanesburg YMCA, Duanesburg. cdymca.org/race2020.

SEPTEMBER

- 5-6 15th Lake George Triathlon Festival. Canceled. Olympic & 70.3. Battlefield Park, Lake George. adkracemgmt.com.
- 12 Greene County Y Triathlon. Canceled. Coxsackie. cdymca.org/race2020.
- 12-13 15th Adirondack Sports Outdoor Expo. Saratoga Springs. 518-877-8788. adksports.com/expo.
- 13 Ironman 70.3 Lake Placid. Canceled. Olympic Speedskating Oval, Lake Placid. ironman.com.

OCTOBER

- 10 HITS Triathlon Races. Williams Lake, Kingston. hitstriathlonseries.com.

OTHER EVENTS

SEPTEMBER

- 26-27 Great Adirondack Moose Festival. Indian Lake. indian-lake.com.

PADDLING: CANOE, KAYAK & ROW

AUGUST

- 15-16 Madrid Canoe Regatta. 3M/6M rec races, 9M/13M amateur/pro races. Grasse River, Madrid Municipal Park, Madrid. slvpaddlers.org.
- 19 Run-Paddle-Run Du. 1.25M run, 1.25M paddle, 1.25M run. 6:30pm. Little River Boat Launch, Canton. slvpaddlers.org.
- 24 Seneca River Paddle. 10am-2pm. Montezuma Wildlife Center, Seneca Falls. ADK-Genesee Valley. adk-gvc.org.

SEPTEMBER

- 5 Remington II Race. 6M downstream. 9am. Oswegatchie River, Rensselaer Falls to Heuvelton. slvpaddlers.org.
- 11-13 38th Adirondack Canoe Classic: 90-Miler. Canceled. Old Forge to Saranac Lake. adironack90miler.com.
- 12 10th Kayaking 4 Meso: Virtual. Paddle and contribute your miles to collective goal of 2,500 miles. Mark Wells: 518-495-6099. kayaking4meso.com.
- 12-13 15th Adirondack Sports Outdoor Expo. Saratoga Springs. 518-877-8788. adksports.com/expo.

RUNNING & WALKING

AUGUST

- 14-16 Sarcoma Strong 5K: Virtual. Global. sarcomastrong.com.
- 15 Landis Arboretum 5K Forest Run. 9am. Landis Arboretum, Esperence. zippyreg.com.
- 15-29 Jailhouse Rock 5K Run/Walk or 10M/25M/50M Bike Rides: Virtual. Ballston Spa. Chris Armer: 518-527-6786. brooksidemuseum.org.
- 15 Camp Chingachgook Challenge: Half Marathon & 10K. Canceled. YMCA Camp Chingachgook, Kattskill Bay. cdymca.org/race2020.

- 16 Ted Petrillo Save Our Switchbacks. 7.5K. Roscoe Conkling Park, Utica. uticaroadrunners.org.
- 19 Hump Day 5K Run/Walk. Canceled. Southern Saratoga YMCA, Clifton Park. cdymca.org/race2020.
- 23 Thacher Park Running Festival. 10K, 13.1M, 26.2M, 50K. 8:30am. The event has been modified due to COVID-19 to meet CDC and NYS guidelines and requirements. Thacher Park, Voorheesville. thacherparkrunningfestival.com.
- 23 15th Lake Placid Marathon & Half. Canceled. Olympic Speedskating Oval, Lake Placid. lakeplacidmarathon.com.
- 29 2nd Druthers Helderberg to Hudson Half Marathon. Reinvented within CDC/NYS guidelines. Altamont Fairgrounds, Altamont. helderbergtohudsonhalf.com.
- 27-9/6 Towpath Trail Run: Virtual. 10K & 5K. St. Johnsville. runsignup.com.
- 29 23rd Altamont 5K Run/Walk. Canceled. Bozenkill Park, Altamont. altamont5k.org.

SEPTEMBER

- 1-13 Utica Boilermaker 15K & 5K Races. VIRTUAL. Utica. boilermaker.com.
- 4 New Balance 5th Avenue Mile: Virtual. 1M. Anywhere, Free. nyrr.org.
- 5 Slate Valley Scramble Trail Run. 13.1: 8:30am. 8K: 9:30am. Slate Valley Fairgrounds Trails, Poultney, VT. 303-507-8791. slatevalleytrails.org.
- 5 5K Run & Walk-N-Roll for Spina Bifida: Virtual. 7:15am-12pm. Central Park, Schenectady. runsignup.com.
- 7 Labor Day 5K Run. Canceled. Harriman Office Campus, Albany. hmrrc.com.
- 8-15 Suffrage Scramble 5K Run/Walk: Virtual. cvrunters.org.
- 11-12 Old Forge Marathon, Half, 10K & 5K. Hildebrandt Recreation Center, Old Forge. runsignup.com.
- 12 Malta 5K & 10K. 8:15am. Check for updates. HVCC Tec-Smart, Malta. 518-290-7202. Malta5k.com.
- 12 Groton Forest 26.5M/15M/6.5M Trail Runs. Boulder Beach State Park, Groton, VT. cvrunters.org.



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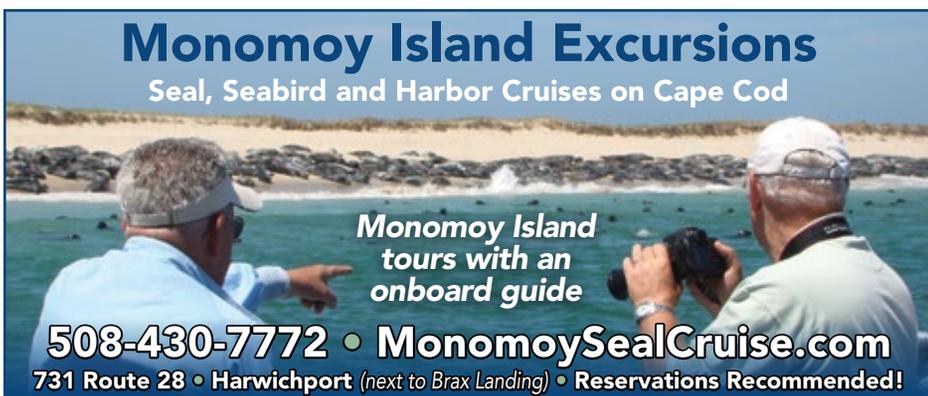
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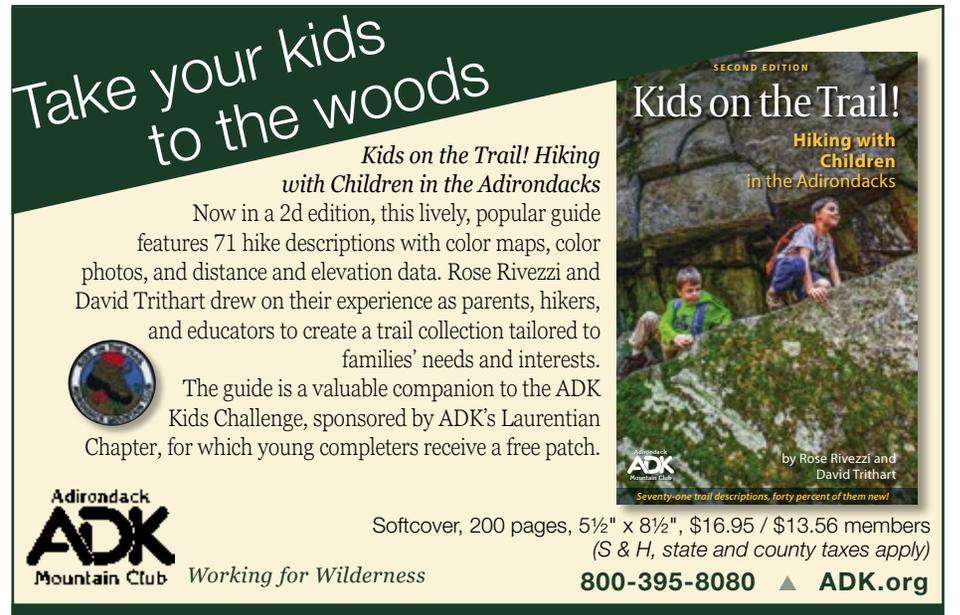
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- 12 **Charlotte Covered Bridge 5K/10K & Half Marathon.** Shelburne Orchards, Shelburne, VT. 802-316-7142. racevermont.com.
- 12 **7th Cops & Joggers 5K Run: Virtual.** Amsterdam Police Benevolent Assoc. zippyreg.com.
- 12-13 **15th Adirondack Sports Outdoor Expo.** Saratoga Springs. 518-877-8788. adksports.com/expo.
- 13 **19th Teal Ribbon Run/Walk: Virtual.** 5K run & 1M walk for ovarian cancer. Washington Park, Albany. Kelly Quist-Demars: 518-866-1147. runsignup.com.
- 13 **Capital Region Tour de Cure.** VIRTUA. Run/walk: 5K. Bike: 10M, 30M, 50M, 62.5M, 100M. ADA: 518-218-1755 x3606. diabetes.org/capitalregion.
- 13 **Shark Shuffle 5K, Fun Run & Virtual Option.** 8:30am. Cook Park, Colonie. runsignup.com.
- 13 **Hop on Home Rabbit Sanctuary 5K Run/Walk or Virtual Run.** 9:15am. Children's Hopathon: 10am. Hudson Crossing, Schuylerville. active.com.
- 13-20 **Dutchess County Classic: Marathon, Half, 5K & Kids' Fun Virtual Run.** Poughkeepsie. dutchesscountyclassic.org
- 17 **CDPHP Workforce Team Challenge.** Canceled. Empire State Plaza, Albany. hmrrc.com.
- 18-28 **15th Saratoga Palio Half Marathon/5K.** VIRTUAL. Melanie Merola O'Donnell Memorial Race. Saratoga Springs. thesaratogapalio.com.
- 19 **Literacy Run/Walk 5K and Youth Mile: Virtual.** Schodack Landing SP, Schodack Landing. Ivorc.org.
- 19 **ADK 5K Run/Walk.** 10am. Adirondack Pub & Brewery, Lake George. adk5k.com.
- 19 **Race the Lake Marathon, Half Marathon & 5K.** Canceled. Clark Sports Center, Cooperstown. clarksportscenter.com.
- 19 **23rd Charlton Heritage 5K Run/Walk.** Canceled. 1M Fun Run. Old Red School House, Charlton. 518-399-3797. zippyreg.com.
- 19-10/12 **Adirondack Marathon, Half Marathon, and 2 & 4 Person Relays.** VIRTUAL. Run anywhere between 9/19-10/12. Schroon Lake. adirondackmarathon.org.
- 20 **TAM Trek.** 19M, 10K, 2M fun run. 7am. Trail Around Middlebury, Middlebury, VT. 802-388-1007. maltvt.org.

- 26 **Helper's Fund 10K/5K.** Canceled. Municipal Building, Chestertown. adirondackmarathon.org.
- 26 **FAM 5K "Fund" Run/Walk.** Canceled. Cobleskill Fairgrounds, Cobleskill. fam5k.com.
- 27 **1st Montgomery County Half Marathon & 5K Race.** Canceled. Tribes Hill Community Park, Tribes Hill. zippyreg.com.
- 27 **Muddy Sneakers 5K Trail Run.** Canceled. Glenville YMCA, Glenville. cdyymca.org/race2020.
- 27-10/11 **46th Falling Leaves 5K & 14K Run/Walk: Virtual.** uticaroadrunners.com.

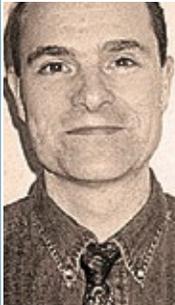
OCTOBER

- 2-11 **NYRR Staten Island Half: Virtual.** 13.1M. Anywhere, Free. nyrr.org.
- 3 **4th Amy's Adventure Race for the Lake.** 4.5M trail run. 9am. Amy's Park, Bolton Landing. lglc.org.
- 4 **Cantina Kids Fun Runs.** 1M & 1/4M. Congress Park (near the Carousel), Saratoga Springs. zippyreg.com.
- 4 **Pfalz Point Trail Challenge.** 10M. 8am. Mohonk Preserve's Spring Farm Trail Head, High Falls. zippyreg.com.
- 10 **Lake Placid Classic Half Marathon & 10K.** Canceled. Lake Placid. lakeplacidclassic.com.
- 10-24 **Fall Foliage 5K and Cider Run: Virtual.** Heart and Sole Running Club. zippyreg.com.
- 11 **10th Fall Foliage Half Marathon & 5K.** 10am. Rhinebeck. fallfoliagehalf.com.
- 11 **Mohawk Hudson River Marathon & Hannaford Half Marathon.** Canceled. Schenectady & Colonie to Albany. mohawkhudsonmarathon.com.
- 17 **Peak 2 Brew Relay: Finger Lakes.** Sprint Team Relay. Greek Peak, Cortland to Heritage Hill Brewery, Pompey. p2brelay.com.
- 17 **Spud Run.** 5K run: 10am. 1M fun run: 9am. Hartford Central School, Hartford. adirondackrunners.org.
- 17-11/1 **TCS New York City Marathon Run For The Love of Running: Virtual.** 26.2M. Anywhere, Free. nyrr.org.

- 18 **Peak 2 Brew Relay: Catskills.** Canceled. Windham Mountain, Windham to Brewery Ommegang, Cooperstown. p2brelay.com.
- 18 **20th Ghostly Gallop 5K and Fun Run.** 10:30am. Hudson High School, Hudson. ghostlygallop.info.
- 18 **CHAD HERO Races: 13.1M, 5K Run/Walk, 1M Fun Run, Hike.** 35M/50M bike ride. Dartmouth Green, Hanover, NH. Hanna Snyder: 603-308-2236. chadhero.org
- 20 **Race Away Stigma 5K.** Hudson Hall, Hudson Valley Comm College, Troy. Larry Ellis: 518-629-7175. hvcc.edu/cct/race.html.
- 24 **Trick or Trek 5K.** 9am. 1K Kid's Run: 8:30am. Oakwood Cemetary, Troy. cdyymca.org/race2020.
- 25 **Have a Drink on Me 5K.** 10am. Singlecut North Brewery, Clifton Park. greatamericanbreweryruns.com.
- 25 **Saratoga Cross Country Classic 5K & 8K.** 2K & 3K Develpmental XC Runs. 10am. Saratoga Spa State Park, Saratoga Springs. saratogaxcclassic.com.
- 24 **Trick-or-Trek 5K.** 9am. Oakwood Cemetery, Troy. zippyreg.com.
- 26 **Goblin Gallop 5K.** 9am. Halloween Hop 1K Kid's Run: 10am. Abraham Wing School, Glens Falls. adirondackrunners.org.
- 31 **Hairy Gorilla Half Marathon and Squirrely Six Trail Races.** 6M/13.1M: 9:30am. Gorilla Chase Kids Race: 9am. JB Thacher SP, Voorheesville. zippyreg.com.

NOVEMBER

- 1 **50th New York City Marathon.** Canceled. New York. nyrr.org.
- 7 **9th Revolutionary Run for Veterans 5K.** Fort Hardy Park, Schuylerville. runsignup.com.
- 7 **Rogers Rangers Ramble Run.** 5K trail run. 10:30am. Ticonderoga Golf Course, Ticonderoga. lachute.us.
- 8 **MVP Stockade-athon 15K.** 8:30am. MVP, State St, Schenectady. hmrrc.com.
- 20-22 **Girls on the Run 5K Run/Walk: Virtual.** gotrcr.org.
- 23 **Our Towne Turkey Trot 5K Run/Walk.** Bethlehem Middle School, Delmar. ourtownebethlehem.com.
- 26 **73rd Troy Turkey Trot.** 10K, 5K, Grade-school Mile, Walk. 8am. Downtown Troy. troyturkeytrot.com. ■



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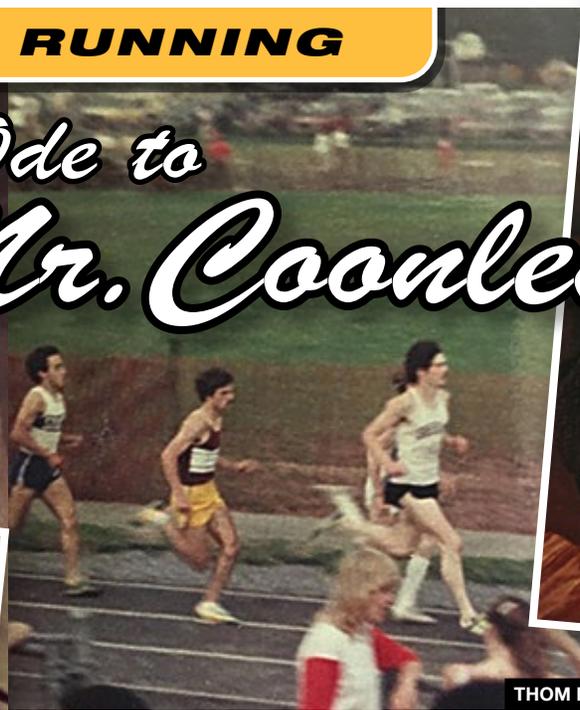
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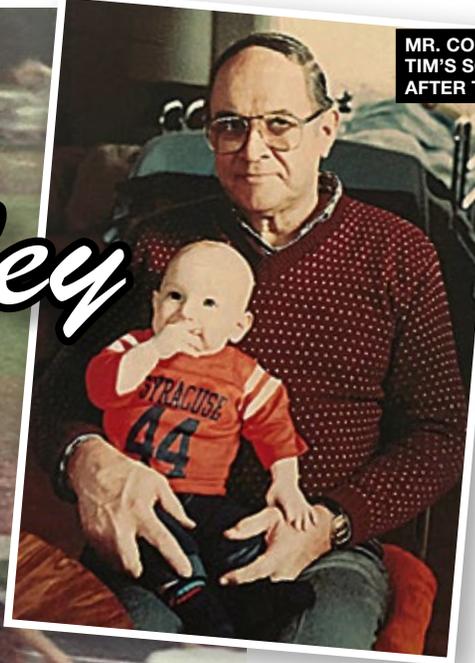
RUNNING

Ode to
Mr. Coonley

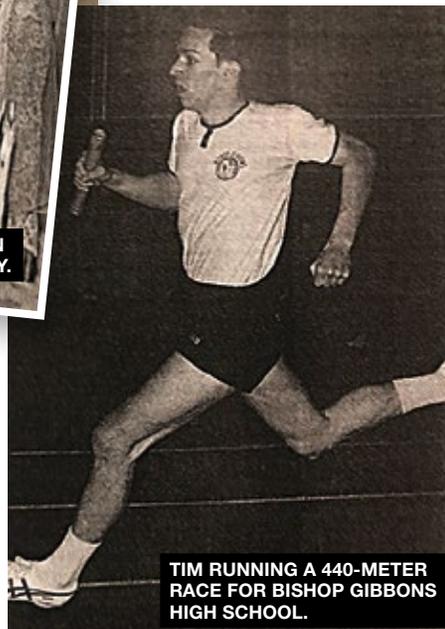
MR. COONLEY ON HIS WEDDING DAY.



THOM DAY WINNING A RACE, 1983.



MR. COONLEY HOLDING TIM'S SON, WHO WAS BORN AFTER TIM HAD DIED.



TIM RUNNING A 440-METER RACE FOR BISHOP GIBBONS HIGH SCHOOL.

By Jack Rightmyer

Having been an athlete most of my life and a high school track and cross-country coach for over 30 years, it's hard for me to describe how much I'm missing the local sports scene. Since 1974 I've attended just about every William F. Eddy High School Track Meet as a competitor, a coach and as a spectator. The meet was cancelled this year because of the pandemic, and the day of the race I went out for a run and thought about some of my favorite Eddy Meet memories. My favorite occurred back in 1983, and it involved my best friend's father Mr. Norm Coonley, who passed away a few years ago.

Mr. Coonley was one of those "Greatest Generation" guys. He served in World War II, was honorably discharged, moved back to Schenectady, got a sales job, fell in love, got married, and eventually had five children. As his family got larger, he built on to his house to make it fit, and he supported his children in all they did. I spent many nights and afternoons at the Coonley house listening to his funny stories. He was the father many of us wished we had.

Mr. Coonley was the kind of guy who saw the worth in everyone. I started hanging out at his house when I became friends with his son Jim, a track teammate of mine. This was a family that talked together at the dinner table. Conversation was important to them, and the conversation was quick and witty. You had to be on your toes to eat at that house, and you had to be ready to laugh at any second.

Mr. Coonley loved sports. He was a semi-pro baseball pitcher in his youth, and I loved when he came to our track and cross-country meets. He always had a kind and supportive word for us when we ran. He knew running was a tough sport. His son Tim, who was five years older than me, had once been a track star at our high school. Tim's name was on the school record board in the hallway. I'd pass by that every day walking to class and wish my name was up there.

Mr. Coonley always welcomed all of his son's friends back when we'd come home from college. He'd want us to sit and tell him

all about where we were and what college was like. Mr. Coonley never went to college, but all his children did, and he was proud of how hard they worked to accomplish all they did.

After college I got a job teaching English and coaching the track and cross-country team at Notre Dame Bishop Gibbons, my old high school. I was 22 years old and coaching some top-level high school runners and loving every second of it. Mr. Coonley not only knew who my good runners were, but he even stopped by some of our biggest area meets to watch them run, and I wasn't even his son.

It was 1982, the year I got married, when his son Tim was diagnosed with brain cancer. Tim was in the prime of his life with a great job, happily married and about to become a father. His older brother Craig was a doctor and was able to get Tim the best care possible, but it wasn't enough and he died in the spring of 1983.

This was the worst time ever in the life of Mr. Coonley, who had grown up as a poor kid in the Depression and had suffered the loss of his parents. "I'm worried about my dad," Jim would tell me over the phone from Connecticut, where he was living at that time. "Tim's death has hit him hard. The life has really gone out of him."

I felt so bad for Mr. Coonley and the entire family. I had gotten to know Tim pretty well in the past five years, and it was hard to imagine that someone as young and as lively as him was no longer here. It made me appreciate how good my life was at that moment. I had only been married for eight months. I was teaching English at my old high school and loving every bit of my coaching.

Our biggest meet of the year was coming up soon the William F. Eddy Meet, and one of my top runners Thom Day had a chance to win the 800 meters. All the area newspapers had written extensively about the number of quality runners that would be coming to the meet and Thom Day's name was mentioned as someone from the area who had a shot to win.

About 30 minutes before Thom's race I looked down at the Union College track and there was Mr. Coonley standing amidst the throng of spectators. I thought of what Jim had recently said, "I'm worried about my dad... The life has really gone out of him."

I climbed down from the bleachers, walked up behind him, and placed my arm over his strong shoulders. "Mr. Coonley, I'm so glad to see you." "Hi, Coach," he said. "I'm here to see this 800-meter race."

"It should be a fast race. How are you doing?" He was quiet for a few seconds but tried to pull himself together. "Not so good." His eyes were a bit moist. "But I'm happy to be here today and watch your boy run." "I'm glad you're here," I said, trying not to tear up myself. I gave him a pat on the back and we chatted for a few minutes, and then I went to look for Thom to give him a few last-minute instructions.

I could see in Thom's eyes, minutes before that race, that he was petrified, and why not, he was an area kid with a chance to win going up against the top runners in the state. Everyone in the area, fellow coaches, fellow athletes, local track fans, were rooting for him.

When the gun went off Thom settled in to the top pack of five runners. This was not going to be one of those run slow in the beginning and then kick it in with 200 meters to go. These five runners were racing from the start.

In the bleachers I followed every move Thom made, and I occasionally glanced down at Mr. Coonley as he screamed encouragement when they raced by for their first lap. Thom had never gone out so fast in his life and I worried that he would fade in the last stretch.

On the backstretch, with a little over 200 meters to run, he seemed to dip his head down just a bit as if to say, "I'm done. You guys take it." He fell off the pace just a bit and four runners zoomed ahead of him, by a step then two. I knew winning the race would have been hard for him, but I was expecting that he'd be in the top three, and now it looked like he was going to settle for fifth.

As the runners came around the last turn with a little over 100 meters to go, Thom seemed to pick up his head and lengthen his stride just a tiny bit. He went by one runner, then another. He was barreling down the

straightaway like a car out of control. He was in third place, then second and with 15 yards to the finish he erupted into first with a personal best time by over two seconds – and an area best time that would stand for over 20 years.

The crowd was going crazy, jumping up and down and screaming, and Mr. Coonley was beaming and pointing up in the bleachers at me. I ran down and gave him a hug and then made my way to the track to congratulate Thom who was being hugged by his mom and dad.

Amidst all the excitement, I never did see Mr. Coonley after that race. There were reporters to talk to and other coaches and by the time I looked for him, he had left. Through the years when we saw each other Mr. Coonley always used to say, "That was the greatest track race I ever saw, and I went back home happy for the first time in many months."

I've remained friends with Thom Day for these past 30 years. A few years ago, we reminisced about that glorious race, and I told him about Mr. Coonley.

Thom got sort of quiet when I told him that story. "You know I've always felt there was something not normal about that race," he said. "I was beaten, but in that last 100 yards something happened to me and I just took off like it was so easy. I've never felt anything like that ever again. Now I know that it must have been Tim or something, but I was supposed to win that race that day."



MR. COONLEY HOLDING THOM'S EDDY MEET TROPHY AFTER IT'S GIVEN TO HIM.

A year before Mr. Coonley died, Thom visited with him and they talked about the war, and how both of them came from large families, and about baseball and running. They spent a lot of time remembering that 1983 Eddy Meet race. Thom gave Mr. Coonley his enormous trophy he won that day.

"I can't take this," said Mr. Coonley.

"It's yours," said Thom. "I think I won that race because you were supposed to have it that day." 🌲

Jack Rightmyer (jackxc@nycap.rr.com) was a longtime cross-country coach at Bethlehem High School and today is an Adjunct English Professor at Siena College. He has written two books "A Funny Thing About Teaching" and "It's Not About Winning."

PADDLING *continued from 1*

the fence on the western corner of the shoreline and check for purple martins. They nest in the neighbor's martin house. This is the only reliable spot I know to find them in our area.

Going south (to the right from the park) along the north shore of the lake for about one-mile, you come to the mouth of the Kayaderosseras Creek, the main inlet of the lake. The current is usually quite slow in the creek, but take care around fallen trees in the water. These deadfalls, or "strainers" often have a good current of water going over, under and through them, posing an entrapment hazard. It's hard to predict how many such deadfalls you may find, as they wash away during high water and new ones fall each year. This year, I found the stream pretty clear all the way up to the Lake Lonely outlet, and that smaller stream was also quite passable up to that small lake, a nice quiet place to paddle. If you'd like a shorter paddle trip, you can launch right at that lake. Lake Lonely Watersports, 378 Crescent Avenue, Saratoga charges a small fee to park and launch.

Fish Creek, Saratoga - From Waterfront Park, you can paddle north (left) along the shore a short distance and go under the NY Route 9P bridge into the mouth of Fish Creek. Stay well to the side to avoid the numerous motor boats. From the bridge, it is about six miles down the creek to the dam near Grangerville. The current is very slow near the lake, but gets a bit stronger the farther down you go. Paddling back against it is usually not hard, and you can turn around at any point. Motor boats become less evident the further down the creek you go.

Nice wetlands border the creek along much of its path. Muskrats, beaver and waterfowl can be found here. There are several alternate launching spots for Fish Creek. The NYS Parks boat launch is on the south side of the creek, right by the Route 9P bridge. Be sure to pay your fee at the parking kiosk. The Kayak Shak at Stafford Bridge Road is one mile down the creek, and rents kayaks and standup paddleboards. You can launch your own here for \$10. Mountainman Outdoor Supply Company has a paddling shop at this same location, with boats and all sorts of paddle gear. Also, at this same spot, be sure to sample the wood-fired pizza at Harvest & Hearst - it's the best!

Archer Vly - For a quieter experience, try this small impoundment in northwestern Saratoga County. Part of Lake Desolation Road Conservation Easement Tract, the lands are private, but open to the public. There is a parking area on the south end of the lake with a sign-in register, hand launch and access to trails. Four designated campsites are on the lake - these are primitive sites with level pads for tents and a "thunder box" for sanitation (basically an outhouse without the walls or roof). When we paddled on the Thursday, only one campsite was in use, but I expect they may all be taken on summer weekends. This year we found signs of beavers and got quite close to a female hooded merganser.

Dunham Bay Marsh - For a taste of the Lake George without the motorboats, I recently paddled this marsh inlet to Dunham Bay on the big lake's southeast end. The launch is near the intersection of Bay Road and NY Route 9L, and is at a small private marina. A \$10 fee gives you a secure place to park and launching at a small ramp with nice low docks on the sides. From there, you can go under Route 9L and into the bay, with access to the outer lake.

We paddled the other way, exploring the stream as it winds through a large peat marsh. The vegetation is lush in summer, with water lilies and pickerel weed in bloom. Some online articles refer to dead end channels along the stream that may lead you astray, but we did not find any. Perhaps they are further upstream. In early August, the underwater weed growth limited how far upstream we could go - we made it just under two miles before turning around.

It was a satisfying two miles, though. Great blue herons and eastern kingbirds were active along the way. Our best birds of the trip were two young merlins, members of the falcon family and a little smaller than a pigeon. They were zipping around the marsh, chasing nothing in particular that we could see (they feed on smaller birds). We found one perched in a small tree and sat in our canoes watching it preen its feathers for a good 20 minutes. Merlins were not known to nest in our state until around the late 1980s. Now they are quite widespread, especially in the Adirondacks.

Moreau Lake - A nice paddle spot for beginners, Moreau Lake State Park offers a small lake with no motor boats. You may have to share the lake with a good number of other visitors, but the park has nice amenities - a launch area, good parking, restrooms and picnic area. When we last visited in early July, the beach and picnic area were modestly busy, and



GREG LOAN OF QUAKER SPRINGS PADDLES DUNHAM BAY MARSH, LAKE GEORGE.

we found a dozen kayaks out on the lake. A late-lingering common loon was also enjoying the lake.

Carters Pond - For a short paddle with lots of wildlife, try this NYSDEC Wildlife Management Area near Greenwich. The small lake has a winding outlet channel on the south end that's open all season. On the north end are marsh channels that can be explored in spring and fall, but fill with weed growth during summer. Fishing looks like it should be good here - I constantly had fish swirl away from near the surface as I paddled. I followed the perimeter of the pond and down the south channel to another landing by the dam. Bird life included osprey, common raven, pied-billed grebe, American bittern, belted kingfisher, tree swallow and great blue heron. Plants were colorful around the edges of the pond, with white and yellow water lilies and loads of water willow in full bloom with small pink flowers. An osprey nest was visible in the swamp woods to the north.

That wraps up my Saratoga area paddling list for the season so far, but there are many more places on my list. I hope that readers will share their favorite places to canoe or kayak. See you on the water! 🌲

Alan Mapes (alanmapes@gmail.com) is a kayak instructor and guide, certified by the American Canoe Association. He lives near Saratoga Springs and offers kayak instruction through Capital District Kayakers Meetup.

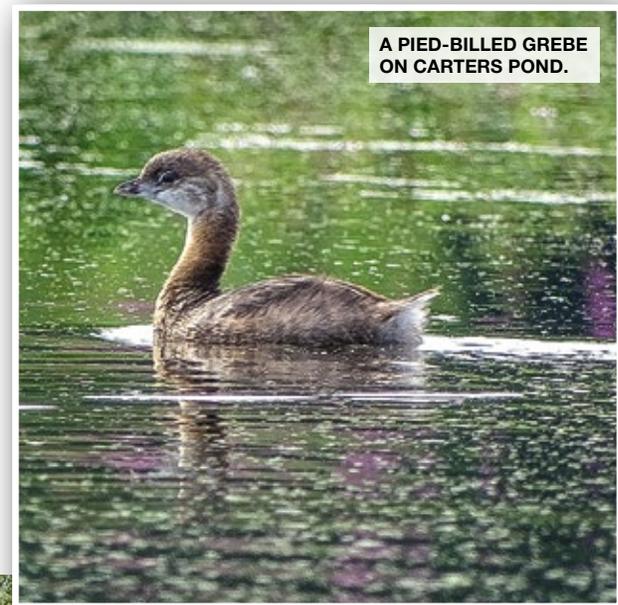


DAVE MUNRO OF DELMAR PLAYING IN THE SWIFT WATER OF FISH CREEK NEAR SCHUYLerville.

LANDING NEAR THE DAM ON CARTERS POND NEAR GREENWICH. PHOTOS BY ALAN MAPES



A PIED-BILLED GREBE ON CARTERS POND.



News Briefs

DEC Reminds Hikers to Follow Outdoor Rules

ALBANY – With the recent increase in outdoor recreation leading to record numbers of visitors to areas of the Adirondack and Catskill parks and issues with trash and unprepared hikers causing impacts to natural resources, NYS DEC reminds hikers and other visitors to the High Peaks Wilderness to follow the common-sense rules and recommendations in place to protect public safety and the sensitive plants and wildlife. These measures are in place to promote a shared respect for the resources, as well as respect for other visitors and the workers and volunteers tasked with protecting the Adirondacks, Catskills, and the forests, trails, lakes, and rivers throughout the state.

DEC recognizes the need to protect the Adirondack and Catskill parks and promote sustainable use and is working with local partners to implement several actions, including long- and short-term improvements to promote sustainable use, particularly in the High Peaks. Examples include creation of the High Peaks Strategic Advisory Group, which continues to meet and last month issued interim report recommendations: delineating parking on Route 73; working with DOT, State Police and the towns, reducing congestion in areas around the High Peaks; highlighting the great, underused opportunities elsewhere in the park and trying to reveal the hidden gems; and promoting sustainable use with partners through Leave No Trace to help visitors understand how their actions affect the resource and learn how they can protect it.

Protecting the Uniqueness of the High Peaks – The Adirondacks contain some of NY’s rarest plants. They are found in tundra-like habitats resembling those of the Arctic. This condition is encountered on the state’s highest peaks and the total area covered by alpine vegetation approximates 40 acres on 19 peaks, 18 of which are in DEC’s High Peaks Wilderness.

To protect this ecosystem, DEC reminds visitors to the High Peaks Wilderness of the rules and recommendations in place that include but are not limited to: No campfires in the Eastern Zone of the High Peaks Wilderness; Day trip group maximums are 15 people and overnight maximums are eight people. Permits for oversized groups are not available in the High Peaks Wilderness; No camping on summits; No camping above 3,500 feet (except at lean-to); No camping in areas with “No Camping” signs present; Whenever possible, camp in designated sites. If necessary, at-large camping is permitted as long as campsites are at least 150 feet from any road, trail, water body or waterway. Place your tent on a durable surface, such as hardened soil, leaf litter or pine duff. Don’t place your tent on vegetation. Bear canisters are required for all overnight campers in the Eastern Zone of the High Peaks Wilderness.

Carry out what you carry in. Properly dispose of waste and pack out all gear and garbage. Don’t leave waste at trailheads. Dogs must be leashed at all times in the Eastern Zone of the High Peaks Wilderness and at trailheads, campsites and above 4,000 feet. If accessing the High Peaks from the Adirondack Mountain Reserve trailheads, dogs are not allowed on AMR property. Bikes, drones and ATVs are prohibited. No fixed anchors for climbing on Forest Preserve at this time. Adirondack Mountain Reserve: specific rules for this property include no camping, no dogs, no drones, and no off-trail travel.

Avoid visiting crowded areas. For visitor safety and the safety of others, don’t park on roadsides and only park in designated parking areas. If parking lots are full, please choose a different area to visit, or return another time or day when parking is available.

Leave No Trace – Ensuring trash and other litter is removed from natural settings is another way to show respect to fellow visitors and the environment. Litter is both an eyesore and poses a danger to local wildlife and delicate ecosystems. DEC is encouraging visitors to the natural areas and facilities to keep the environment clean by properly disposing of waste.

Follow these tips to Leave No Trace: Carry out what you carry in. Don’t leave trash, food, gear, or any other personal belongings behind. Trash your trash. Use designated receptacles when available or carry your trash in a small bag so you can throw it out at home. Never put trash in outhouses or porta-potties. Use designated bathroom facilities when available. If traveling, use the rest areas closest to your destination before you arrive. Learn how to dig a cat hole and properly dispose of human waste for the times when nature calls and a bathroom is not available. During Covid-19, take extra precautions when picking up trash you find on the trail. Wear gloves and make sure to hand sanitize when you are done. 🌲

What’s New at Gore, Whiteface & Belleayre

LAKE PLACID – Gore is installing two new lifts this season, as well as making snowmaking and trail improvements. They’re replacing the Sunway Chair and High Peaks Chair with new quads that extend further up the mountain. The High Peaks Quad will deliver skiers to Gore’s true summit at the top of the Cloud trail, offering improved access to the entire Straight Brook Valley. The Sunway Chair will offer a modern, conveyor-style loading area that’s perfect for beginners and families. In addition, they’re improving and expanding the reservoir for snowmaking to add to water capacity, and making several terrain enhancements.

At Whiteface, the gondola received a facelift with 60 new gondola cabins. The Mid-Station rebuild is going very well and they’re excited for this new 10,000s.f. lodge overseeing the High Peaks vistas. The slight shift in placement will allow skiers of all abilities to more easily access this Adirondack great lodge. This rest spot was missed last year and they’re thrilled to have it back bigger and better. Services will be limited the first year, but the space will be open. The Bear Den Lift is being replaced with a quad that uses a conveyor loading system for the family learning center. They continue to improve the snowmaking system, pump house, and increase efficiency to make more snow faster.

At Belleayre, the recently expanded Discovery Lodge was a success last season and now an additional 2,700s.f. of space has been added to the third floor. They’re improving snow making with investments in new pumps and compressors for snow quality. Last year they replaced the double lifts #1 and 2 with the new Lightning Quad Lift, a great improvement.

At all three areas, they built assurances into their season passes to help add confidence and purchase protection during uncertain times. 100% SKI3 Assurance – They want skiers to feel comfortable with their pass purchase and understand things could change between the Sept. 2 deadline and the upcoming winter. For any reason, skiers may request a 100% SKI3 Assurance purchase credit for your 2020-2021 season pass through Dec. 1, they’ll transfer the full amount of the pass purchase onto a Snow Guarantee Card valid toward season pass, lift ticket and/or lesson purchases through spring 2022. That means the credit is valid for the remainder of the upcoming winter as well as all of next season.

Closure Credits – The mountains are looking forward to a long season ahead that’s full of great snow days, however, if they need to fully close any day due to Covid-19 between Dec. 1 and March 15, 2020-21 passholders will receive a proportional purchase credit based on the total number of days that were closed and your pass was valid. This credit will be automatically issued to each passholder at the end of the season in the form of a Snow Guarantee Card valid through Closing Day, Spring 2022. Free Payment Plan – Try their complimentary financing plan, available through Sept. 2 to break the pass purchase into four monthly payments with 25% down. For more info, visit goremountain.com, whiteface.com or belleayre.com. 🌲

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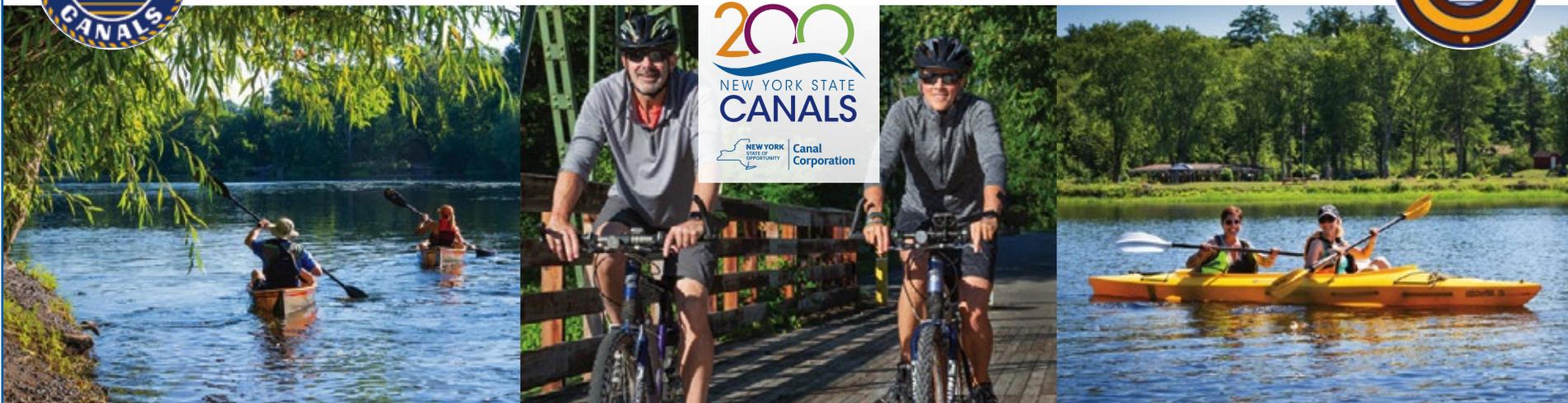

- **Walk-Up Hourly Rentals** – Mohawk Harbor (Schenectady), Waterford Boat Launch (Waterford)
- **Self-Serve Rental Hubs** – Round Lake (Malta), Alcathy’s Boat Launch/“Flight of Locks” (Waterford), Crescent Park (Halfmoon), Klamsteam Kayak Launch (Clifton Park), Corning Preserve Boat Launch (Albany), Henry Hudson Park (Bethlehem), Coeymans Landing (Coeymans)

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