

WARREN COUNTY MTB TRAIL GUIDE

RIDE ON!

2019-2020

68 mapped trails

Also ...

future trails

local hot spots

youth riding & racing

... and much more!

FREE
TAKE ONE



decidedly uncommon



DRINK FRESH
SHARE WITH FRIENDS
ENJOY RESPONSIBLY

 **PROUDLY
BREWED IN
NEW YORK**

58 SARATOGA AVE, SOUTH GLENS FALLS NY • COMMONROOTSBREWING.COM



**COME
SEE HOW
WE ROLL**



**HIBACHI | SUSHI | ASIAN
OPEN YEAR ROUND**

Sushi Yoshi Lake George • Open Daily 11:30 a.m. 'til Close
Hibachi Reservations Accepted • Lunch & Dinner • Take-out & Delivery
1818 ROUTE 9, NY • (518) 668-4135 • LAKEGEORGESUSHI.COM



WARREN COUNTY SAFE & QUALITY BICYCLING ORGANIZATION, INC.

Advocating for Bicyclists in Warren County, NY Since 2002



OUR MISSION

To promote safe & quality bicycling in Warren County, NY.

OUR GOALS

- Improve roads and shoulders for safe on-road bicycling.
- Educate cyclists/motorists to respect safe "Rules of the Road."
- Develop and expand single-track/off-road biking trails.
- "Spread the Word" for bicycling opportunities in Warren County.

Join Us. Ride With Us. Support Our Efforts ...

Be an advocate for development, education, and promotion of bicycling.

Volunteer ... Send a Donation ... Make a Difference!

bikewarrenco.org

Contact: info@bikewarrenco.org

Photos courtesy of Dave Kraus/KrausGrafik.com



Ride On, Warren County!



This guide to the mountain-bike parks and trails in Warren County came about as the result of a post-ride beer at the trailhead for Green Mountain Trails, Vermont, last summer. Picking up a copy of *GRIP* — Rutland County's excellent guide to mountain-bike trail systems — made me think, "Why not our neck of the woods, Warren County, New York?"

And so talented journalist/daughter Alex Kochon and Hub/Brant Lake Bike Park entrepreneur Drew Cappabianca were enlisted as allies to put this guide together, knowing it was needed to help showcase and consolidate the wonderful efforts being made to build, ride and brag about the mountain biking that's available in Warren County.

If you're new to the region, you're in luck. With trail maps detailing the best that Warren County has to offer, *Ride On!* is for tourists and locals alike — really anyone looking for new trails to explore on their mountain bikes. There are trails for beginners to experts, pro-built singletrack, and winding, long climbs to mountain summits. There is flow-and-go, old-school singletrack and buffed cruisers, rock-face ledge, skills park challenges, and more. Surrounding all of this are the amenities of the region — historic Lake George, pristine Brant Lake, farmers markets, Hudson River rafting, downhill riding at Gore, ziplines, indoor rock climbing, and even America's own "Hometown USA", Glens Falls.

Of course this guide could not have become reality without the help of many folks. Besides Alex and Drew, a big thanks goes out to Steve Ovitt, owner of WPM Trails, Steve Lovering, director at Queensbury Parks & Recreation, Bob and Heidi Underwood, Jason Mikula and Siobhan Chase at *The Mountain Times*, Lisa Lehman for her design talents, and last but not least, my wife, Wendy, for all of her input and support. And finally, to all of our advertisers, or better yet, "supporters" of quality mountain biking in Warren County... THANK YOU!

Dave Matthews, Publisher

WHAT'S INSIDE:

- 7 Churney Gurney then and now
- 12 Warren County regional map
- 16 The man behind the trails
- 20 Gurney Lane Bike Park
- 22 Rush Pond & Hudson Pointe trails
- 26 Youth racing
- 30 Brant Lake Bike Park
- 34 Raising little riders
- 36 North Creek Ski Bowl
- 43 Garnet Hill Lodge trails
- 44 Cole's Woods trails
- 47 Future trails
- 48 Winter fat-bike info

Cover photo by Keri Jones

Annual Churney Gurney

Mountain Bike Races +
5-Mile Trail Running Race
Plus! FREE Kids Mt. Bike Race
And! Timed Single Track Downhill Race

COMPETITORS RECEIVE
FREE ENTRY
TO THE GURNEY LANE POOL
FOOD WILL BE SERVED
AT THE CONCLUSION OF THE RACES!

WHERE | GURNEY LANE MOUNTAIN BIKE PARK
WHEN | ANNUALLY, FIRST WEEKEND IN AUGUST
INFO | CHURNEYGURNEYWEBS.COM



saturday RUNNING RACE

Male/Female Overall Awards · Age
Group Awards [10-year Categories]
· Chip-Timed Race · Course Includes
Hills + Single-Track Trails

For more information and to register:
churneygurney5miletrailrace.itsyourrace.com

sunday MTN. BIKE RACE

Beginner to Pro/Open Classes · Categories
1-3 [Beginner to Expert] · Kids Race: Ages
12 & Under · Cash Awards to Top Male/
Female in Pro/Open Race! · Awards to Top
3 Males/Females in each Category!

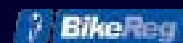
For more information and to register:
BikeReg.com/churney-gurney

saturday DOWNHILL RACE

Male/Female Awards Based on Entry
Numbers · Race on Tango [flows down-
hill] · Race Multiple Laps to Get the
Fastest Time!



ALL PROCEEDS BENEFIT THE UNDER THE WOODS FOUNDATION



Keri Jones photo

A Win-Win CHURNEY GURNEY PUTS QUEENSBURY ON THE MAP

By Alex Kochon

If you build it, they will come. That was the hope for the Gurney Lane Mountain Bike Park back in 2014, and with the help of a mountain-bike event called Churney Gurney, it became a reality.

Around that time, Heidi and Bob Underwood, president and vice president of Under the Woods Foundation, approached Queensbury Parks and Recreation Director Steve Lovering in search of a place for a mountain-bike-race fundraiser. Gurney was the perfect fit, between the terrain, trails being built there, and facilities (complete with a large field for the start/finish, pavilion, outdoor pool, and bathrooms), and it became a win-win for both parties.

“We LOVED the idea as we wanted as many people as possible to get as excited as we were about the park,” Lovering wrote in an email. “For far too long in this area there was no place to ride professionally designed and maintained trails.”

The first Churney Gurney was held that August of 2014. About 35 riders partici-

pated, and the next year, they were up to 60. By 2016, the event had 150 bikers, and the next year, it added a trail-running race and became a two-day festival.

“I think if you have a good event, the word gets out,” Bob Underwood said. “People really like the trails and also the race itself; there was a lot to it. There was good prizes, there was a good atmosphere, and having the pool ... a lot of the mountain-bike races you go to there are no facilities and things like that, and this is really nice.”

Proceeds from the festival, held the first Saturday and Sunday in August, go to the foundation’s Camp Under The Woods, an annual summer camp for children on the autism spectrum. Bob owns and operates Underdog Race Timing, so timing the races is a minimal cost, and the Churney Gurney T-shirts (for all entrants) and prizes (for top finishers in each category) are donated.

The 2018 event generated about \$8,000 dollars for Camp Under The Woods, with all of the proceeds going toward either expenses (such as buses, camp facility fees, and a rafting excursion) or scholarships for eligible children ages 3-15.

“We’ve never turned away a scholarship,” Heidi said.

Entering its sixth year in 2019, Churney Gurney is once again a weekend-long festival, with a 5-mile trail-running race on Saturday and a new singletrack, downhill-bike time trial, also on Saturday. “Downhill” racers will be clocked from the top to the bottom of the Tango trail. The fastest time wins, and participants can try as many times/do as many laps as they want.

Sunday will once again be the main event, complete with close to 30 categories ranging from Category 3 (beginner, one lap) to Cat. 2 (two laps) and Cat. 1/pro (three laps) on the six-mile race loop. There are also fat-bike, single-speed, and unicycle races, as well as a free kids’ race.

“It’s not a crazy, difficult trail so it’s really good for the beginners,” Bob said of the race course. “But if you’re riding really fast, it’s twisty, turny enough it’s really challenging.”

Hence the name: Churney Gurney.

“I think we stand out from some races in that everyone who enters, we’ve given

Continues on next page

Continued from page 7

them [something] for entering,” Heidi said.

In 2018 it was a mug. The year before, a towel. That’s in addition to moisture-wicking T-shirts donated by North Country Subaru. Category winners can pick an item from the prize table and also get a giant homemade cookie. And everyone is invited to the post-race cookout on Sunday.

According to Heidi, that “good, free food” (and Common Roots beer) is a big reason bikers keep coming back.

“Mountain bikers are very grateful for what you give them,” she said. “They’re very laid-back, easy people. ... I think if you treat people well, you put on a good event, you give things out within reason, people are going to want to be a part of that.”

WHAT: Churney Gurney Mountain Bike & 5-Mile Trail Running Race

WHERE: 118 Gurney Lane, Queensbury

WHEN: First weekend of August (Aug. 3-4, 2019). Saturday: trail run & singletrack downhill race. Sunday: rest of bike races, kids race.

WHO: All ages and abilities

WEBSITE: churneygurney.webs.com

MORE ABOUT CAMP UNDER THE WOODS: underthewoodsfoundation.org

Despite Churney Gurney being part of the New York State Mountain Bike Race series, it remains a festive and not-so-intense event.

“These guys are really serious about racing; they want to win and do well, but they also want to have fun,” Bob observed.

“If something happens and their bike breaks, they’ll stick around and cheer for their friends, and they’re just as happy to be there and be in that atmosphere. I like timing all of the different races, but this is just a different kind of atmosphere and it’s just a fun weekend.”

With 265 entrants in 2018 (between the trail run and bike races) from seven U.S. states and Canada, Churney Gurney is clearly doing something right. The Underwoods credit the Town of Queensbury and their sponsors for making it a hit year after year.

“The town’s been great with letting us use the park and making it a recreation event, and then having the pool open, letting families in to use the pool,” Bob said. “They’re really good about anything we need, they just will help us, within reason, to try to make it successful.”

The pendulum swings both ways. At one point in 2018, Gurney Lane was ranked the #1 trail system in New York on singletracks.com.

“The Churney Gurney is one of the primary reasons for the bike park’s overall success,” Lovering wrote. “Another reason for the success is the quality of the trails we have built are not matched anywhere in our area. ... Steve Ovitt and Wilderness Property Management have done a phenomenal job of building a network of trails that can be enjoyed by a wide range of ability levels.

“The early vision of a Gurney Lane Mtn. Bike Park (2012 & 2013) was not shared by many,” he added. “... To their credit, the Queensbury Recreation Commission and later John Strough and the Town Board began to see the benefits and advantages of both Gurney Lane and its regional appeal for outdoor recreation. Since then, it has gotten better and better each year. Where else can you ride in our area, whereby you can picnic, swim and shower after a ride?”

That’s another appeal of Churney Gurney, and why more and more people are traveling from all over (62 different New York towns/cities, to be exact) with their families to this annual event. ♦



Navigating your North Country Adventures and promoting an active outdoor lifestyle!

Best selling all-wheel drive brand in America

616 Quaker Road Queensbury NY 12804
518-798-1577

www.northcountrysubaru.com



Keri Jones photo

cannondale K. Bedford Oliver GIANT BMC



GREY
GHOST
BICYCLES



MORE THAN JUST A BIKE SHOP...

A TRUE CYCLING COMMUNITY

Weekly Mountain & Road Group Rides
(weather permitting)

Professional Sales, Service and Fitting

Full Service Repair Shop

Fat Tire Bike Rentals

GLENS FALLS, NY | 518.223.0148 | GREYHOSTBICYCLES.COM



There are more ways to have fun at LGRV Park than ever. Come and experience our new outdoor heated pool and spa as well as Cascade Cove Sprayground—the biggest addition in the Park's history! Don't forget, we're an easy 2 miles from Queensbury's Gurney Lane Mountain Bike Park. Take a spin!



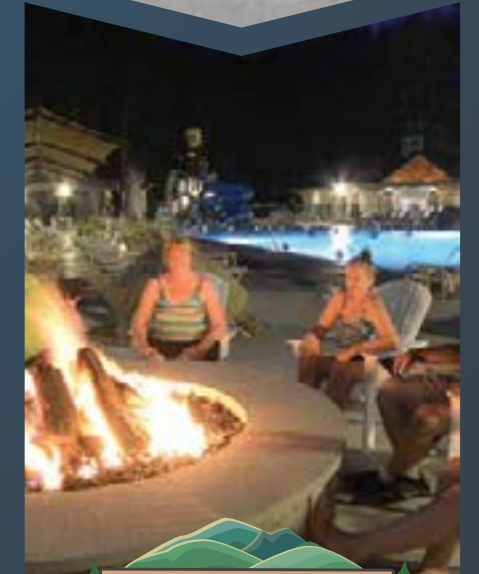
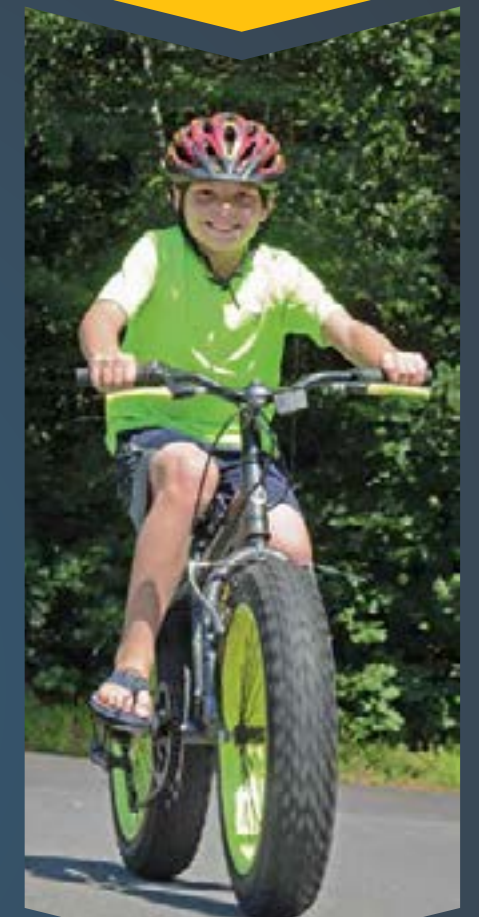
518.792.3775
LakeGeorgeRVPark.com
74 State Rte. 149, Lake George, NY



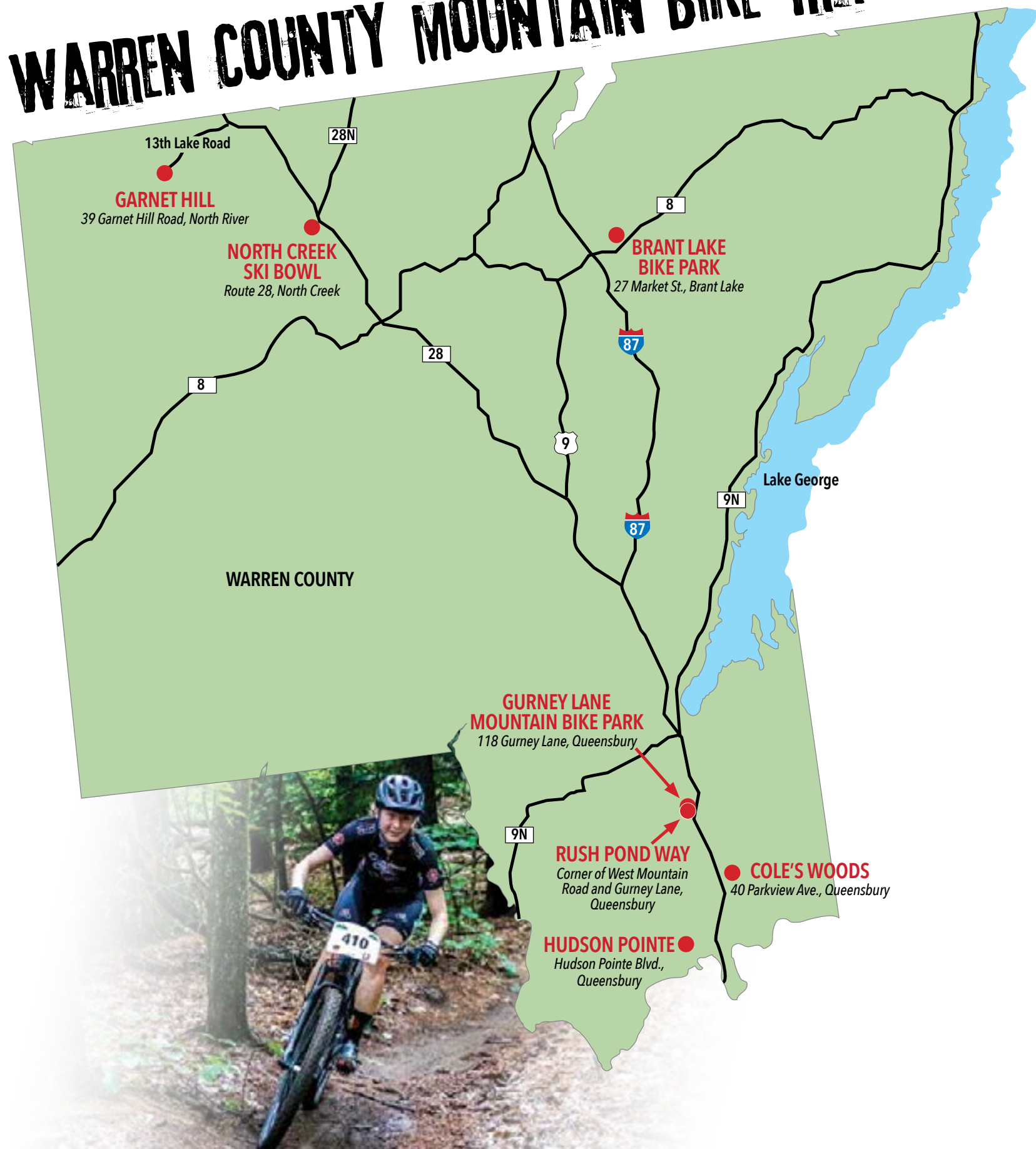
FUN — IN — SITE

- BIKE-FRIENDLY PAVED ROADS THROUGHOUT PARK
- "BIG RIG FRIENDLY" CAMPSITES
- 6 PICKLEBALL COURTS
- PULL-THRU & BACK-IN SITES
- FITNESS CENTER
- DOG PARK
- FREE WIFI
- ADIRONDACK STYLE LODGE
- INDOOR HEATED POOL
- 30 & 50 AMPS, WATER, SANITARY & CABLE TV ON ALL 390 CAMPSITES
- TROLLEY SERVICE TO OUTLETS/RESTAURANTS (AVAIL. SUMMER & MOST WEEKENDS)
- AND MORE!

10/10★/10: RATED IN
THE TOP 1% OF U.S.
CAMPGROUNDS
SINCE 1966!



WARREN COUNTY MOUNTAIN BIKE TRAILS



BEFORE YOU GO:

Tips for Riding Warren County Trails

If you're fortunate enough to check out all of the MTB parks featured in this guide, you'll probably notice they share a similar feel despite very different terrain. That's because five out of seven of these trail systems were designed by the same guy: Steve Ovitt of Wilderness Property Management (WPM). His trails have a particular "flow" (see page 16 for more on him), and he wants riders to get the best possible experience while exploring them. So with that in mind, when you're riding Gurney, Brant Lake, the Ski Bowl, and Garnet's new trails, just "go with the flow."

That means follow the natural flow of the trail when crossing other trails. At intersections, look for a smooth continuation of the trail you're on and the same-color trail marker to affirm that you're on the same trail. Take note of speed-control signs (like an uphill approach) on some of the trails approaching an intersection for a cue to look for other riders.

What about trail etiquette? Who has the right of way on a two-way, single-track trail? Nobody, really. You should look up and make eye contact with approaching riders (and hikers) to get

a sense of where they're headed and smile, says Ovitt, who loves single-track trails because they're "great for society." Slow down and ride to the right side of the trail. Generally, both parties can pass and continue riding without much hassle. If you stop to chat, pull off to the side so others can easily pass.

And on a downhill, consider yielding to the downhill rider. Let them enjoy it, give yourself a little breather by pulling off to the side, and hopefully the next time you meet someone on a downhill, they'll do the same for you.

RIDE ON! PARK INFORMATION


PARK NAME, ADDRESS	FEE	MANAGED BY	PHONE, WEBSITE	DOG POLICY	CLOSEST BIKE SHOPS
GARNET HILL LODGE BIKE TRAILS 39 Garnet Hill Road, North River	No	Garnet Hill Lodge	518-251-2150 (bike shop/outdoor center); 518-251-2444 (lodge) www.garnet-hill.com	Dogs allowed	On-site bike shop for rentals
NORTH CREEK SKI BOWL Route 28, North Creek	No	Town of North Creek	518-251-2240 www.visitnorthcreek.org	Must be leashed	The Hub, Brant Lake (18 miles); Garnet Hill Outdoor Center (10 miles)
BRANT LAKE BIKE PARK 27 Market St., Brant Lake	No	The Hub	518-494-4822 www.facebook.com/brantlakebikepark/	Must be under owner's control	The Hub (on site)
GURNEY LANE MTN. BIKE PARK 118 Gurney Lane, Queensbury	No	Queensbury Parks & Recreation	518-761-8216 https://recreation.queensbury.net	Must be under owner's control	Rick's Bike Shop, (5 miles); Grey Ghost, (5 miles); Inside Edge, (4 miles)
RUSH POND WAY Corner of West Mountain Road & Gurney Lane, Queensbury	No	Queensbury Parks & Recreation	518-761-8216 https://recreation.queensbury.net	Must be leashed	Rick's Bike Shop (5 miles); Grey Ghost (5 miles); Inside Edge (4 miles)
HUDSON POINTE NATURE PRESERVE Hudson Pointe Blvd. Queensbury	No	Queensbury Parks & Recreation	518-761-8216 https://recreation.queensbury.net	Must be under owner's control	Grey Ghost (5 miles); Rick's Bike Shop (6 miles); Inside Edge (6 miles)
COLE'S WOODS 40 Parkview Ave., Queensbury	No	Glens Falls Recreation Dept.	518-615-0446 www.cityofglensfalls.com/25/Recreation-Department	Must be leashed. Not allowed in winter.	Inside Edge (borders park); Grey Ghost (1.5 miles); Rick's (2.5 miles)

none who
wander
SHOULD GET LOST

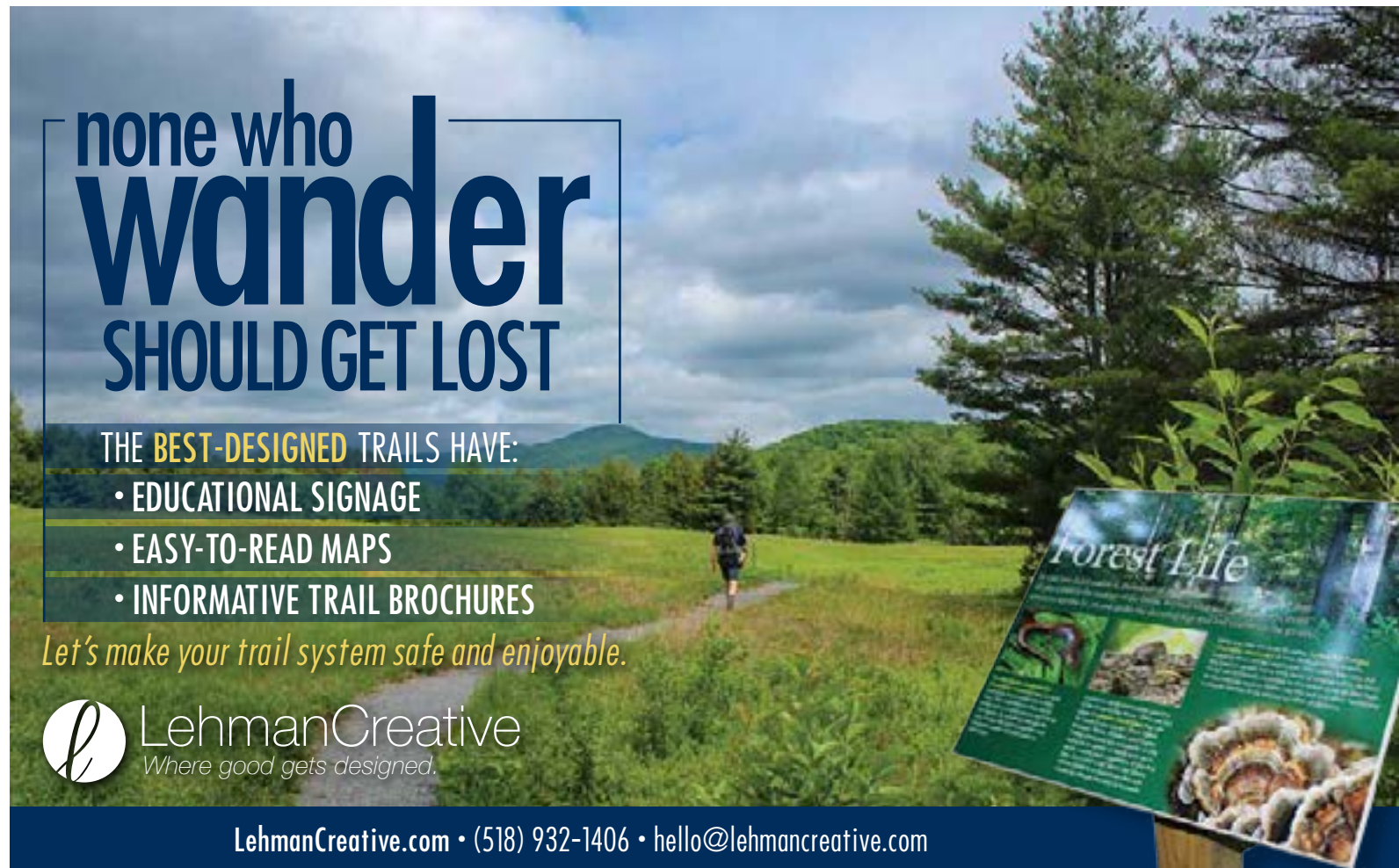
THE **BEST-DESIGNED** TRAILS HAVE:

- EDUCATIONAL SIGNAGE
- EASY-TO-READ MAPS
- INFORMATIVE TRAIL BROCHURES

Let's make your trail system safe and enjoyable.

 LehmanCreative
Where good gets designed.

LehmanCreative.com • (518) 932-1406 • hello@lehmancreative.com




Dave Kraus/KrausGrafik.com photo

awesome food for awesome people
PIZZAJERKS™
www.pizzajerks.com

ROOM SERVICE
518.668.4411

PIZZA wings WRAPS
SALADS SUBS **GARLIC**
cheesy bread **KNOTS**
BONELESS WINGS
Stromboli CALZONES
GLUTEN FREE, Vegetarian
AND **VEGAN** OPTIONS

FULL MENU & ORDER ONLINE at:
WWW.PIZZAJERKS.COM

518.668.4411
59 IROQUOIS ST.
LAKE GEORGE, NY






Meet the Man

AN INTERVIEW WITH
TRAIL BUILDER
STEVE OVITT



Courtesy photo/WPM

Steve Ovitt built his first trail when he was 12 — with a John Deere 40 bulldozer — on his parents' land in Argyle. A year later, at age 13, he roughed out a wilderness path with hand tools in West Stony Creek. Forty-some-odd years later, Ovitt is the region's resident expert in trail design, with a special knack for mountain-bike trails.

For the avid biker, skier, surfer, and outdoorsman who went to school for forestry and surveying and had a long career as a New York State forest ranger, Ovitt's outlook on building trails is relatively straightforward.

"The whole thing is to make people smile and to not make them frown, and to not negatively impact the environment," Ovitt told *Ride On!* in February 2019. That month marked the seven-year anniversary of his company, Wilderness Property Management (WPM), which he runs with his wife, Sylvia, out of their home in Wevertown. Their daughter also works for WPM, along with a few other key employees Ovitt calls his "trail guys".

Ovitt's thirty-plus years with New York's Department of Environmental Conservation (DEC) and college education before that make protecting the environment an uncompromisable given. By doing so, he's proud of his ability to create sustainable trails that are fun for riders — or backcountry skiers or hikers — of all levels.

And he's done that across Warren County, all in the last five years. Ovitt and WPM are responsible for most of the purpose-built, mountain-bike trails in the county — from the Gurney Lane Mountain Bike Park and Hudson Pointe in Queensbury, to the Brant Lake Bike Park, the North Creek Ski Bowl, and Garnet Hill Lodge's bike trails in North River.

In addition to designing and building trail systems for municipal and private clients alike from as far south as Putnam County all the way up to Westport, Ovitt is an adjunct professor at SUNY Adirondack in Queensbury, where he teaches backcountry skills and skiing, and Wilderness First Responder.

Behind Gurney, Garnet, Brant Lake, the Ski Bowl, and more

Ride On! Can you tell us about your background with the DEC and how you got into building trails?

Steve Ovitt: I grew up working on the family dairy farm, went to college at the SUNY ESF [Environmental Science and Forestry] ranger school for forestry and surveying, and I have been working construction my whole life. ... As a New York State ranger, I specialized in national wildland fire operations, directing field operations around the nation, and search-and-rescue operations in the Adirondacks. The fire experience allowed me to build hundreds of miles of fire trails with hand crews, bulldozers, graders, and explosives in all of the western mountain states.

The last 15 years of my DEC career, I put a large effort into planning trail systems that would connect communities and create loops. At the same time, the DEC trail crews in the area were basically eliminated so I was able to start trail building after the planning process was complete. The support I received from the people recreating in the area was incredible. We were able to create the Siamese Ponds Trail Improvement Society volunteer group to assist with construction and do maintenance. This group is still doing a great job today and has over 50 active members. I decided that trail development was the most satisfying part of my ranger career and would leave a lasting legacy.

RO: Did you start off with hiking trails, and how did your trail-design business take off from there?

SO: I started off building backcountry ski trails in the [Adirondack] wilderness and expanded to the adjacent Wild Forest Areas. ... The skiing and the biking is really the major trail emphasis for us. Building bike trails is about 50 percent of our business, the other 50 percent is broken up between walking, hiking and skiing trails.

“Seeing folks on the trails truly enjoying themselves and sharing the experience with their family and friends while I am working outside and getting some fresh air and exercise is about as good as life gets.”

RO: How did you get into building MTB trails?

SO: We really like to bring, we call it “recreational development,” that consulting, that recreational-development thinking, to our clients, whether it's a town or private landowner or county, that kind of thing. So that we look at it big picture, and that's what [Queensbury Park and Recreation Director] Steve Lovering and the Town of Queensbury did [in 2013]. They first hired us to look at all their parts and say, ‘What kind of recreation are we lacking where, and what would be best suited where?’ And I looked at all the parts and came up with Gurney — it's right there by the [highway] exit, it's got the soils, it has some topography, it has all the infrastructure — as the focus for the mountain-bike park development.

RO: Which projects are you most proud of?

SO: It's hard to get past Gurney. Developing the Gurney Lane Mountain Bike Park from concept through design to constructing the trails into a top-three bike park in New York in less than five years has been an amazing experience. ... We've been able to build such neat trails like Rock Buster and the new machine-built stuff, and then just the

classic, flowy, hand-built [trails], and then adding the skills park in, it hits such a cross-section...

The Brant Like Bike Park was a really challenging build. ... This isn't where there's a lot of soil. As a matter of fact, Bartonville [Mountain] barely has any [soil], but what a great ride with all the rock-riding there. ... We got the park up and running last spring [2018]...

The satisfying part [at Garnet Hill Lodge was] ... to develop a smooth, flowy, low-end intermediate, accessible-to-all and fun-for-all trail in basically the interior Adirondacks, that was a real challenge, but at Garnet Hill it came out. ... You can take a mixed group there and ride, and everybody can have a good time...

Being able to make the lives of my friends and community members better and more enjoyable has to be the highpoint. Seeing folks on the trails truly enjoying themselves and sharing the the experience with their family and friends while I am working outside and getting some fresh air and exercise is about as good as life gets.

RO: How do you go about designing and then building MTB trails? What does that process involve?

SO: We spend some time talking [with our clients], drink some coffee together, talk about what the intent is, what they're looking for, what they think they're looking for, and then we'll provide that recreational consulting thing... ‘If you think this is the audience that you're targeting, this is what you need for trails,’ and that will be blended with the knowledge of the land that they have...

Once we do the initial sit-down with the clients and have that discussion, and we sort out how difficult the trails are, what kinds of features, because each trail needs to be harmonious in its presentation. It shouldn't be this yin-and-yang experience of flow into old-school,

Continues on next page

narrow, crooked, fast into rough, those kind of things. Each one should maintain its nature throughout, but yet each trail should be different. So once we get through all this other stuff, then I'll go out and walk it, but the design, I put on the ground using [hand] instruments. As much as I have a lifetime of construction work and running grades and doing all that, the reason we're successful and our trails are sustainable, is its grades are measured, distances are measured, turn radiuses are reviewed to actually hit an established standard. ... We apply everything that IMBA [International Mountain Bicycling Association] has plus a lot deeper knowledge of our environment and a deeper education in surveying and forestry and geology.

RO: What kind of soil or terrain do you look for, and what equipment do you use?

SO: Successful layout is really about avoiding certain terrain, soils, and vegetation, such as spring seeps, large roots, organic soils, zero soil with bad-shaped rock. ... We use specific and expensive hand tools for each site. If possible, we use a small excavator just over 3 feet wide, as you can build better and more sustainable trail with an excavator.

RO: How can someone tell they're riding on a "Steve Ovitt" or WPM-made trail? What are some of the characteristics of your trails?

SO: Our climbs are rides. You may climb a thousand feet on the Long Trail, but you're having fun while you're doing it, it is actually a ride. At Garnet Hill and Gurney and Brant Lake and Ski Bowl, there's trails that are easier, but if you ride them as an expert, if you push, you'll find that there's gap rollers, there's bermed banks, there's rock-riding features, there's parallel lines in there, so that you can have an expert rider having just as good a time as that intermediate [rider].

RO: What are some of the principals that guide your company?

SO: We're named Wilderness Property Management, or WPM Trails, for a reason, and we introduce as much wilderness philosophy into all of our trail building. Especially with bike trails, which can require more adjustment of the site, you have to be really careful so that it doesn't just become some big excavated deal. And that is a value to us and honestly, our clients, and providing an Adirondack experience. It's not supposed to be Vermont. It's not supposed to be Pennsylvania or California. It's Adirondacks, and that means we have some pretty unique features to ride here...

Probably the single, biggest thing is the risk management. If we went in and just did work that didn't adhere to a solid risk-management deal, risk-management assessments, difficulty ratings and things like that, there would be a lot more accidents and that would mean people don't get hurt doing this; there's an inherent risk. What it means is that we're responsible about the way we create our trails. ... We do test rides, and it's not just for us to have fun. It's for a reasonable rider, riding a reasonable speed with enough sight distance, to be able to see and brake. Even riding features that you have the opportunity to ride around. ... If you don't want to ride it, ride around it. It was only your choice; it's not our responsibility. Because we don't want to deny people the opportunity for challenge...

[We think trails] should be built for the majority of riders, which are intermediate. ... When it comes to sports as a professional and recreationist, nobody stays a beginner. You either go out, do it, like it, and get better, or you quit. So you need to have just a little bit of green/easy and a lot of intermediate and then the advanced, expert, that challenge on the other end, because the focus should be on making the most people have the best time and smile the

greatest.

RO: Of all the MTB trails you've built, which is your favorite?

SO: Hands down my favorite ride is the Long Trail at Ski Bowl Park. It's over three miles long and has 1,000 feet of elevation gain, yet as a rider in my late 50's, I can enjoy a nonstop ride to the top. The descent is so long that you think about stopping, but the riding is too fun to stop.

RO: Are bike trails and parks particularly fun to build?

SO: Building a mountain bike trail is the most fun because it's the most challenging. ... With skiing and mountain biking, the turns need to be right to do the sport right. Even with skiing you can sort of herky-jerky around, but with mountain biking if you get the grade wrong, you get direct feedback. All of a sudden somebody's off their bike or that step up is too big or if there's no flow. And the sustainability, if you don't build with all the right sustainable standards, then ... the wear and abuse [takes a toll]...

RO: What kind of maintenance do your trails need?

SO: We do less than a week of improvements at Gurney every year. You think about the level of use, and we'll do less than a week of improvements there every year and it's just where the natural soils in certain areas, they just can't take it. So we have to harden and we go through and where that flow line can get interrupted, where certain rocks or roots are exposed, and it only takes us two or three days, and in those same two or three days, we're putting in berms, banks, rollers, all that stuff. So really a day or two a year, for the amount of riding we get. And the Ski Bowl, I don't think we've ever put in more than a day or two a year of maintenance, all the rest was just improvements. As a business we don't do maintenance per se, we go out and do improvements because that's what you want. ♦

Welcome to
Top of the World Golf Resort

For years guests have been coming to our resort to golf, relax and revitalize with friends and family in the heart of the Adirondack Mountains. Enjoy all the rustic charm the Adirondacks has to offer with a breathtaking view from Top of the World.

Tucked away in the heart of the Adirondack Mountains with spectacular views of Lake George and the surrounding countryside, Top of the World Resort offers a challenging eighteen hole golf course and the complete Adirondack Inn experience, with fine dining at our restaurant and a charming bed & breakfast. Available for weddings and events.

The View from The Top of the World Golf Course is truly the best kept secret in the Adirondacks. The course sits on the top of French Mountain. From this point you can see the mountains of Vermont to the east as well as beautiful Lake George.

Please check us out at www.topoftheworldgolfresort.com or call 518-668-3000

SPRINGBROOK
— FARM DISTILLERY —
hollow

Handcrafted "Adirondack Mountain Spirits" made with pure and unprocessed spring water and NYS grains.

Free Tours and Tastings.
Come up for a visit —
Open Tuesday through Sunday
12 to 5 pm.

"The Proof is in the Hollow"

133 Clements Rd., Queensbury NY • 518-338-3130
www.springbrookhollow.com



Steve Lovering photo

GURNEY LANE MTN BIKE PARK

ABOUT: This 150-acre bike park for all ability levels was created in 2014 and lies within the Gurney Lane Recreation Area, managed by Queensbury Parks & Recreation. Eighteen singletrack trails were built in stages over four years by Steve Ovitt/WPM and feature both machine-built flow and technical, hand-built trails. On the east side of the system are two one-way, expert, flow trails with berms and table tops. A skills park for all levels of riders was added in 2018. For 2019, expect to see a new climbing trail next to Coaster, and a connector trail at the south end of the system to the Rush Pond multi-use trail. There are also an additional 4 miles of double-track, multi-use trails. Picnic pavilion, 6,200-square-foot outdoor pool, playground. Dogs are welcome but must be under the owner's control.

BUILDER NOTES: "Developing the Gurney Lane Mountain Bike Park from concept through design to constructing the trails into a top-three bike park in New York in less than five years has been an amazing experience. ... We've been able to build such nice trails like Rock Buster, and the new machine-built stuff, and then just the classic, flowy, hand-built [trails], and then adding the skills park in, it hits such a cross-section..." — Steve Ovitt, Principal, Wilderness Property Management (WPM)

SUMMER MTB EVENTS:

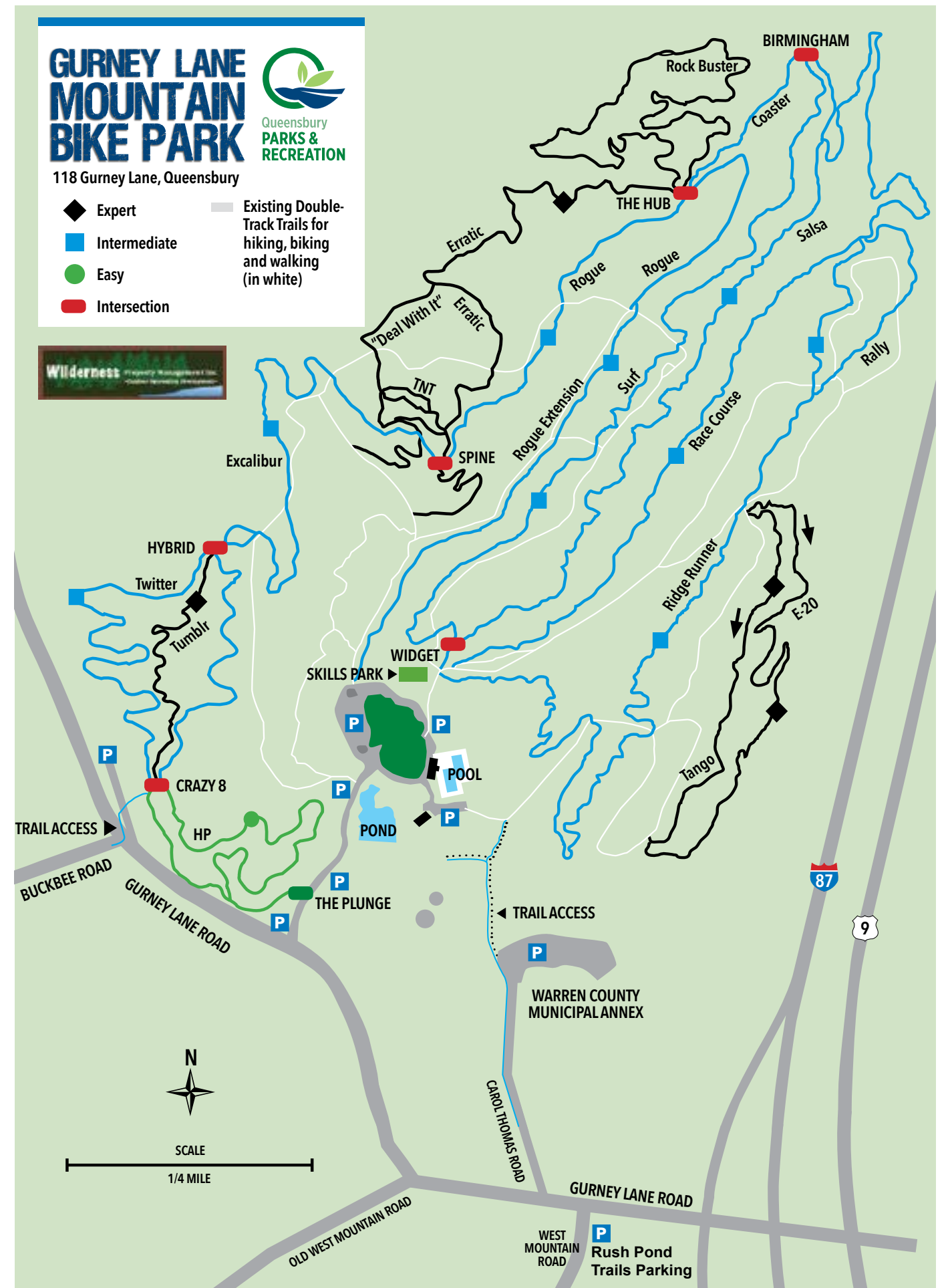
- Churney Gurney Mountain Bike Festival: first weekend in August (see page 7)

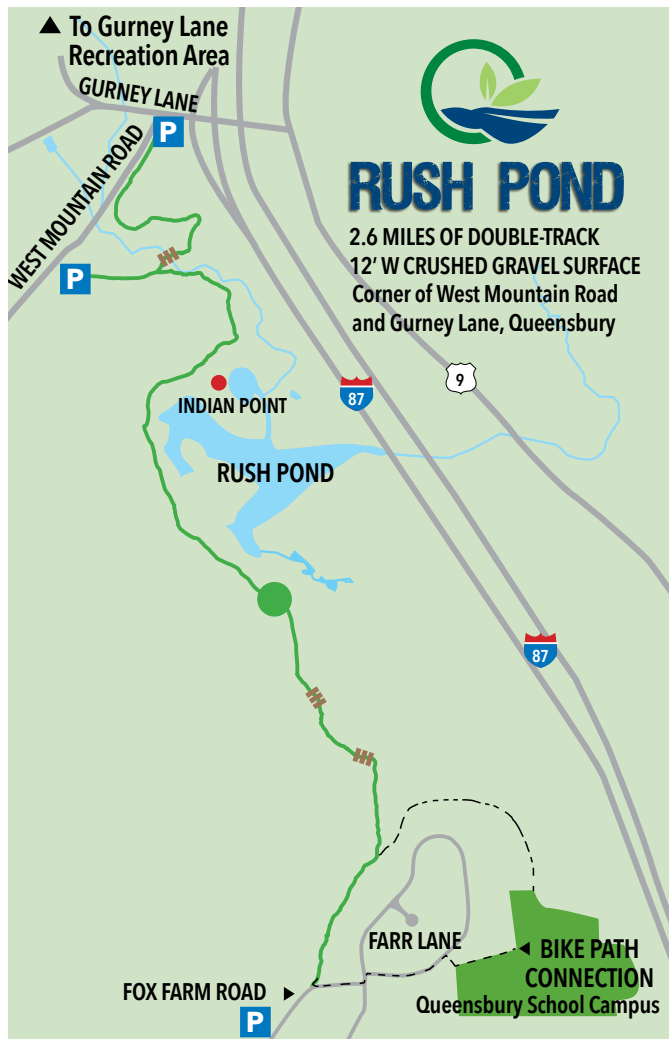


Keri Jones photo



Michael Hebert photo





Note: Both Hudson Pointe and Rush Pond Way are easy, multi-use, and town-owned recreation trails.

RUSH POND WAY TRAIL

ABOUT: The Rush Pond Way Trail is a 2.6-mile, crushed stoned/double-track trail through the Rush Pond wetland area. Created in 2013, this trail was a result of a decades-long vision of Queensbury Town Supervisor John Strough. The 12-foot wide, multi-use trail connects West Mountain and Fox Farm roads, and also features a matrix of unmarked singletrack trails to explore, including one that connects to the 3.1-mile, multi-use Queensbury Schools trail system. Dogs must be leashed on Rush Pond Way.

HUDSON POINTE NATURE PRESERVE

ABOUT: There are slightly more than 3 miles of double-track, multi-use trails on this 83-acre nature preserve overlooking the Hudson River and managed by Queensbury Parks & Rec. These trails are rated as easier and named by colors (Blue, Green, Navy, Orange, and Yellow). The Green trail crosses a plank bridge overlooking Big Bay on the Hudson River, where logs were once stored on the river for sorting prior to going to the mills at Glens Falls. Dogs are welcome but must be under the owner's control.



BEYOND THE TRAILS QUEENSBURY

Whether the weather's not cooperating or you just want to spend a little time out of the saddle, Queensbury and its surroundings have a lot to offer. The Gurney Lane Recreation Area and mountain-bike park is centrally located: just off exit 20 on I-87, it takes less than 10 minutes to drive from there to Lake George, and less than five minutes to the shopping outlets (if you go north on Route 9) and Six Flags Great Escape (south on Rt. 9). And if you can't get enough of the riding, check out some other nearby trails: behind the Queensbury Elementary School (open to public when school's not in session), Van Dusen Preserve (1.5 miles south of Gurney on West Mountain Road), and Sullivan's Preserve (on Sullivan Road, via Glen Lake Road).



Courtesy photo/Six Flags Great Escape



Amanda Metzger/Lake George Regional Chamber of Commerce

HAVE A BANANA SPLIT:

at Martha's Dandee Creme (1133 Rt. 9 in Queensbury, just up the road from the Great Escape). This place is literally world famous — it was featured on The Today Show in 2009 — and it's been a local landmark for more than 50 years. Summer nights equal long lines at Martha's, but take our word for it, their soft serve is worth it!

SHOP 'TIL YOU DROP:

at the Lake George Factory Outlets (1475 Rt. 9 in Lake George). Even if you're not a shopper, it feels good to score a deal. This stretch of outlet stores just north of Gurney and south of Lake George Village has everything from Under Armour and L.L. Bean to Merrell and Coleman (and much, much more). Open year-round.

TOUR LAKE GEORGE:

on the Minne Ha Ha steamboat (57 Beach Road, Lake George). The best way to see the "Queen of American Lakes", this area's 32-mile long, spring-fed, natural wonder, is to get out on the water. Hop aboard one of the Lake George Steamboat Company's three ships — the Minne Ha Ha, Mohican or Lac du Saint Sacrement — for a guided tour, ranging from one to six hours (!) in length.

CATCH A RIDE:

at the Great Escape (89 Six Flags Drive, Queensbury). If amusement parks are your thing (or your family's thing), be sure to make a day of visiting this Six Flags theme park and its updated-and-renamed water park, Hurricane Harbor (formerly Splashwater Kingdom).

GO FOR A DIP:

at Gurney Lane pool or one of Lake George Village's public beaches (Gurney Lane Rec. Area; Shepard Park Beach on Canada St., Usher Park Beach on Rt. 9L, and Million Dollar Beach on Beach Road). After crushing a ride, cool off at a nearby watering hole. The public pool at Gurney is open daily in the summer (July 1–Aug. 23) from 1:20 p.m. to 7 p.m. Admission for children and adults ages 5 and older is \$5. Children under 5 and seniors over 60 are free. Lake George's public beaches are free, but Million Dollar Beach charges \$10 per car for parking. (Looking for dog-friendly AND free? Check out the dog beach across from Battlefield Park on Beach Road.)

DRIVE, RIDE OR HIKE TO THE TOP:

of Prospect Mountain (Prospect Mountain Highway, 989 State Rt. 9, Lake George). Pay \$10 to drive (or \$2 to ride your bike) 5.5 miles to the summit 2,030 feet above Lake George and soak up the panoramic views of the lake and the Adirondacks. Open daily Memorial Day through Labor Day, 10 a.m. to 6 p.m., and 9 a.m. to 5 p.m. Sept. 3 through Columbus Day (weather permitting). Prospect's summit can also be reached on foot via a 3.2-mile roundtrip hiking trail that can be accessed on Smith St. in Lake George Village. Park there then ascend the stairs to a bridge across I-87. Note that the trail has some steep sections and is not recommended for young children.



Amanda Metzger/Lake George Regional Chamber of Commerce



FLY LIKE AN EAGLE:

on the Eagle Flyer zipline at Wild West Ranch (5 Mill Rd., Lake George). Soar above the trees at speeds of up to 50 miles per hour, while dropping 1,000 vertical feet from the top of French Mountain to the ranch-themed property below. While the ranch is now primarily used for private functions (weddings, anniversaries, etc.), it's still a cool setting for a one-of-a-kind thrill. And bring friends; up to four people can race side by side on separate ziplines.

GET SCHOOLED:

with a history lesson at Fort William Henry (48 Canada St., Lake George). Lake George is sizzling with juicy history from the French and Indian War (for instance, a French missionary named the lake "Lac du Saint-Sacrement," and that name was scrapped about 1,000 years later in 1755 when the British moved in and named the lake after King George II). Get the full story at the Fort William Henry Museum, open daily, early May through late October.

Lake George TRIATHLON Festival

LAKE GEORGE TRIATHLON FESTIVAL

Labor Day Weekend

- OLYMPIC - Saturday -

- HALF - Sunday -

Interested in Volunteering?
Email us @
ARMvolunteers@gmail.com

www.AdkRaceMgmt.com



Steven Shattuck photo

Youth Racing: Feeling Pro Without Pressure

By Alex Kochon

In a world where school sports are becoming more like full-time jobs for both kids and their parents (how can doing one activity year-round be healthy, anyway?), it's nice to know there's something out there for the casual athlete. Or the kid who's not sure whether they want to compete. Or the multi-sport athlete who just really wants to mountain-bike race without dropping any other commitments.

The Queensbury/Glens Falls area has a team for that. Attracting kids from towns as far as 30 miles away, the Grey Ghost Bicycles Youth Mountain Biking Team (for students in grades 6-12) had its inaugural season in the spring of 2018 after gaining traction as a Queensbury Middle and High School club. The Queensbury school club, which began in 2015 under the leadership of coach and teacher Jerry Hicks, joined the National Interscholastic Cycling Association (NICA) to participate in races all over New York State. That required Hicks to organize school transportation to race venues more than three hours away, like Long Island.

Two buses (one for the students and another for their bikes), 4:30 a.m. departures from the school, and parents driving their own vehicles two to three hours each way to watch their kids race wasn't making a ton of sense, so Hicks turned the NICA club over to Grey Ghost Bicycles, a Glens Falls bike shop which had shown an interest in the program. The Queensbury

school club removed itself from the race scene and catered to students who simply wanted to ride after school and focus on the skills and adventure aspects of mountain biking.

At the start of its second season, the Grey Ghost youth MTB team was expected to have 25 to 30 members from schools north of the Capital Region. Those middle-school and high-school riders would participate in up to five races between April and June 2019. The season was slated to start on Long Island, feature the ADK invitational at home at Gurney Lane in Queensbury, and end with the league championships at Windham. Team members could participate in as many or as few of the races as they wanted, and practices were just one night a week at Gurney. Best of all, because the Grey Ghost team isn't school-affiliated, the kids could carpool with parents; no buses necessary.

"The cool thing about NICA is the races are all on Sunday ... [and we] don't have mandatory practices," explained Steve Fairchild, a team coach and Grey Ghost's operations manager. "Like, if someone's playing lacrosse or baseball or whatever and want to race, I don't care, as long as you go ride your bike, if you want to show up and race on the weekends, great, do it."

The team is led by Fairchild, Niles Gagnon (another Grey Ghost employee), and Hicks, who continues to coach the Queensbury school club as well. They're assisted by several other volunteers, including Chad Seeley and Allison Gubala.

Practices are Tuesday nights starting around 6 p.m. at Gurney Lane, and the group gets together for weekly rides even after the NICA season ends in early June.

In 2018, the Grey Ghost team saw Hailey Logan, a Queensbury student, finish the season as the sophomore-girls points leader in the New York NICA league. She also won the sophomore girls championship race. Andrew Summers, another racer from Queensbury, placed fourth in the sophomore boys championship race, and Amanda Grimes, of Hudson Falls, took fourth in the eighth-grade girls championship.

That's even more impressive considering there are between 300 and 500 racers in grades 6 through 12 at a given invitational. But Fairchild or any other coach on the team will tell you, the team is about way more than results. The emphasis is on participation (the more racers a team has, the more team points they score), and the main goal is getting kids on bikes.

"We have kids that are just like, race, race, race," Fairchild noted. "We've got kids that ... if there's a rock on the side of the trail, all they want to do is get their two wheels in the air. And then we've got kids that barely know how to ride bikes and at the beginning of the year could barely get through an easy section of trail and by the end of the season they're riding most of the trails at Gurney."

While most sports have some element of the "haves" and "have-nots," the price tag of the bike doesn't matter at NICA races.

"There's kids that are showing up with Chuck Taylors and \$275-dollar bikes that are barely held together, and they're just having a blast," he said. "And no one cares. It's just like, ride your bike, have a blast."

The Grey Ghost youth team is always looking for more coaches and riders. For more info, including practice and race schedules, go to greyghostbicycles.com/nica-page

Every invitational has a professional feel, as NICA brings its own timing truck and trailer and rolls out the red carpet, so to speak. The host team simply needs to set up the course (usually a three-mile loop) and round up some volunteers, which isn't hard, Fairchild said.

"If there's 400 kids there, there's 400 parents, too," he explained. "... When you go to these races, it's like, 'Wow, I'm at the national championships.' It's the real deal. Finishing chutes, the timers, it's very well and professionally run."

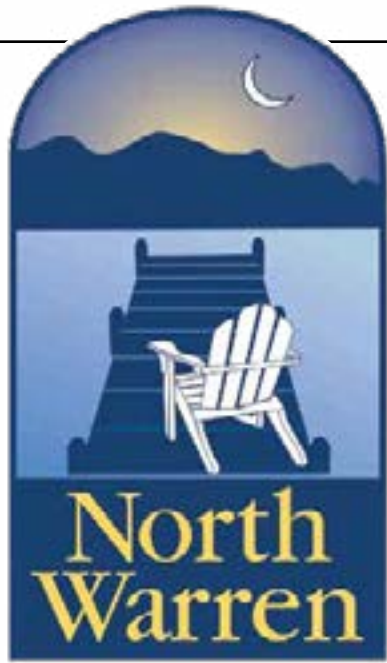
Races are broken down by grade and gender, for a total of 14 races per invitational. The number of loops in each increases with age, up to three laps, and most of the races take an hour or less.

And like Fairchild said, if a kid isn't really into racing, there's no pressure. The team separates into smaller groups at practices and plans to spend quite a bit of time on Gurney's new skills course.

"The word's out," Fairchild said of the team's growing popularity (it nearly doubled in size from 2018 to 2019). "It's not coaches yelling at you five days a week, pulling you out of the game because you didn't do something. ... We want to encourage the kids to just ride their bikes." ♦



Renee Gordon photo



Four Seasons of
Fun & Adventure

northwarren.com



Delectable Casual Dining
The Odd Duck Restaurant
6332 State Route 9 Chestertown NY
518-494-8226
OddDuckChestertown.com



ADIRONDACK RUSTIC FINDS FOR HOME & CABIN
6283 State Route 9 | Chestertown, NY 12817
518.494.8477
www.panthermountaintraders.com

210191



natural Stone Bridge & Caves Park

Adk Natural Wonder—LARGEST Cave Entrance in the East

Explore self-guided above-ground nature trails with optional descents into lighted marble caves, rushing waterfalls & tranquil pools. **Explore with over 14 miles of snowshoe trails in Winter!**

Rock & Fossil Shop * Gemstone Mining * Dino Dig * 18 Hole Disc Golf * Climbing Walls * Adventure Tours * Weddings * Lodging *



CAVES OPEN mid May -- mid Oct
Snowshoeing December-March
518-494-2283 I-87 exit 26, Pottersville, NY

StoneBridgeAndCaves.com



PROFESSIONALLY
BUILT
SINGLETRACK



THE VIEW



HIKING
TRAIL

CANOE/KAYAK
ACCESS TO
BRANT LAKE



BIKE
REPAIR



7 LOCAL CRAFT
BEERS AND
2 CIDERS ON TAP



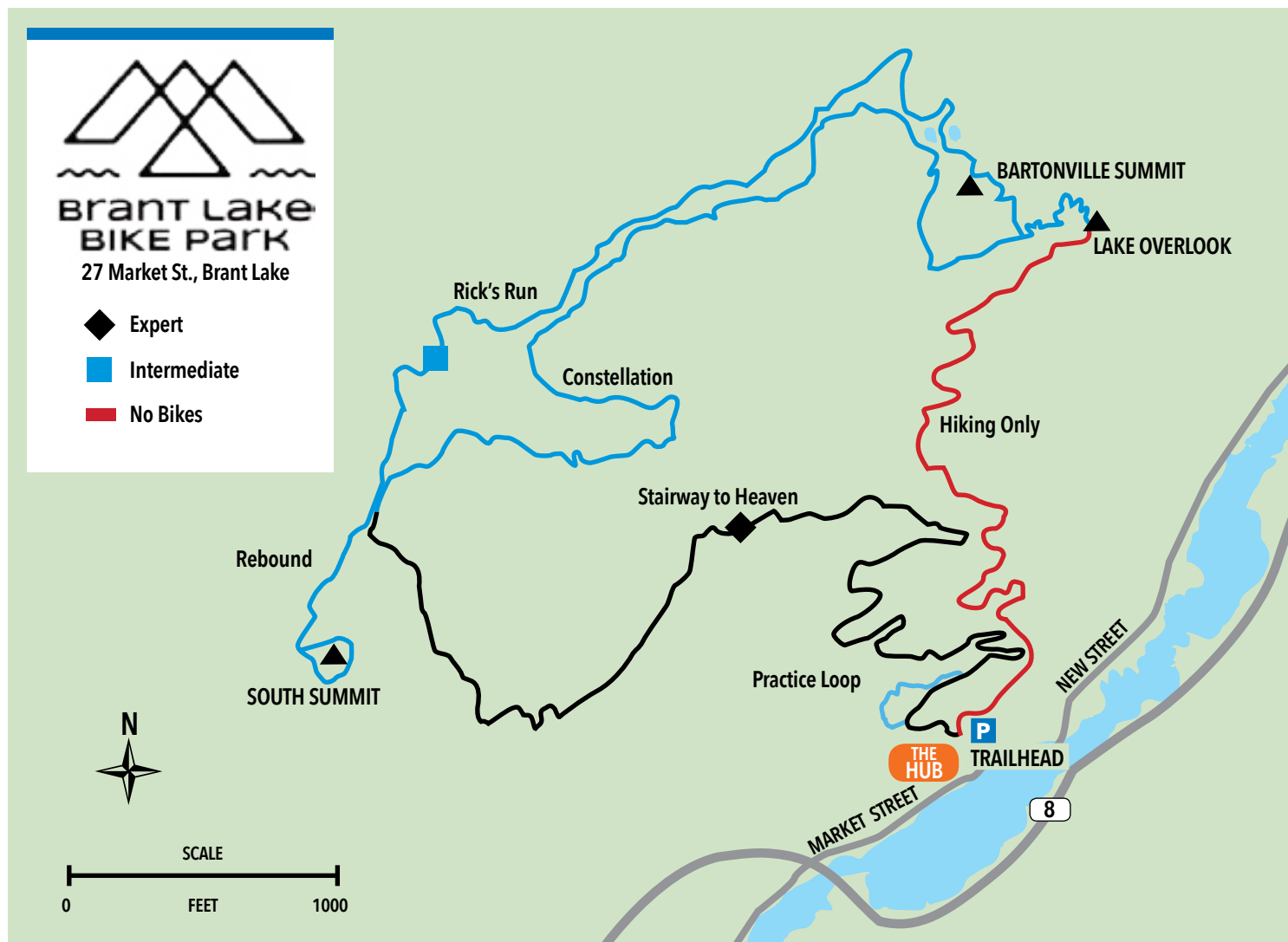
CAFE
BIKE REPAIR
BEER
CIDER & WINE



MARKET STREET
BRANT LAKE, NY

518.494.4822





BRANT LAKE BIKE PARK (AT THE HUB)

ABOUT: This singletrack trail system (designed and built by Ovitt/WPM) had its grand opening in June 2018. The 207-acre bike park has more than 6 miles of singletrack for intermediate and advanced riders, with trails reaching the summit of Bartonville Mountain for a scenic view of Brant Lake. Hub owner/founder Drew Cappabianca runs a bike shop for repairs and serves lunch and dinner along with a local assortment of craft beers.

DREW'S RIDE: Stairway to Heaven > Rick's Run > Constellation > Rebound. If you're in for more riding, Rebound sets you up perfectly to ride Constellation and Rick's Run in reverse before heading back down the mountain. Plans for summer 2019 included an additional machine-built flow trail to add to the fun. Dogs must be under owner's control.

BUILDER NOTES: "The Brant Like Bike Park was a really challenging build. ... but what a great ride with all the rock-riding there. ... The very first trail that we built for the

bike park was actually a hiking trail to the summit of Bartonville to overlook Brant Lake, because there wasn't a single place in the community of Horicon where you could climb to a mountain top of a public trail and look down on the very namesake of your community. That helps everybody, and in our Adirondack communities, every kid in that town should have the opportunity to walk up and look down on where they live..." — *Ovitt*

HIKING TRAIL: from the parking lot to the summit of Bartonville Mountain, approximately 1.5 miles roundtrip (2/3 of a mile to the view; 3/4 of a mile to the summit). Challenging but suitable for "determined children", says Drew. Takes about 60-80 minutes (or more, depending on how long you want to enjoy the view). For those that want a longer hike, feel free to use mountain-bike trails, just yield to riders.

SUMMER MTB EVENTS:

- Season Starter Party: third week in May
- Season Send-Off Party: Columbus Day weekend

(All proceeds from these events go toward keeping the trails free and for future trail development.)



Ted Battesh photo

A Message from the Founder:

In 2014, Drew Cappabianca started The Hub, a cafe, bar and bike shop in Brant Lake. It's like a ski lodge or golf clubhouse, but for cycling. While the dream was to create an oasis for all types of riders, The Hub catered mostly to road cyclists due to a lack of mountain-bike trails in the area. However, a literal mountain of potential was situated directly behind The Hub...

Two years later Drew was able to purchase Bartonville Mountain and 200-plus surrounding acres. Located directly behind The Hub, it was the perfect property to develop singletrack mountain-bike trails. The journey to build Brant Lake Bike Park had begun.

To ensure a world-class experience for users, professional trail builder Wilderness Property Management was hired

to lay out the trails. You may be familiar with their work at Gurney Lane in Queensbury or at the Ski Bowl Park in North Creek. However, with professional work comes professional fees, so funds needed to be raised to see the project through completion.

In addition to Drew's purchase of the property, Brant Lake Bike Park was funded by a combination of Occupancy Tax grant awards, sponsorships from local businesses, a Kickstarter campaign and additional crowd-funding efforts, and a donation by the Warren County Safe and Quality Bicycling Organization. This financial support in conjunction with many hours of volunteer work make the trails a true community effort. This support allows the trails to be free and open to the public.

Trail building began in the spring of 2017 with the creation of a hiking trail to the summit and layout of the main climbing trail for bikes. With the trails flagged, volunteer work days were held to clear the brush and rock so the trail builders could work their magic. More trail was flagged, brushed, and built in the spring of 2018. The trails officially opened on June 10, 2018.

Drew would like to thank Rick's Bike Shop, Common Roots Brewing Company, Fountain Square Outfitters, Trampoline Design, North Country Subaru, the Town of Horicon, and all the volunteers and donors for their commitment to making his vision become reality. Be sure to attend the season opening and closing parties at The Hub to keep the trails free and support future trail development!

BEYOND THE TRAILS BRANT LAKE

There's something about places like Brant Lake, a hamlet in the Town of Horicon, just 20 miles north of Lake George Village, that speaks to people who love the Adirondacks. It's free of tacky T-shirt shops and tourist traps, and while it doesn't have many stores or restaurants (The Hub can literally be your one-stop shop while biking in Brant Lake), it's close enough to several other towns that are well worth a visit: Chestertown, Pottersville and more.

GRAB A BITE: at The Hub (27 Market St., Brant Lake). Located right at the base of Brant Lake Bike Park, this full-service bike shop/restaurant/meeting spot has pretty much thought of it all. The Hub caters to both MTB and road riders, and serves up an assortment of lunch items (think flatbread pizzas, sandwiches, paninis, and ice cream) with all local craft beers and ciders on tap (and wine!) Open May–October; see website for hours: thehubadk.com.



Dave Kraus Photo/KrausGrafik.com

GET HIP TO LOCAL HISTORY: at the Horicon Historical Society (6696 Rt. 8, Brant Lake). These hills once had much more than trails! Check out the fascinating history of the towns, lakes, and surrounding industry and farms. Located just a short walk or ride from Brant Lake Bike Park, this town museum offers a plethora of information on Brant Lake and its surroundings.



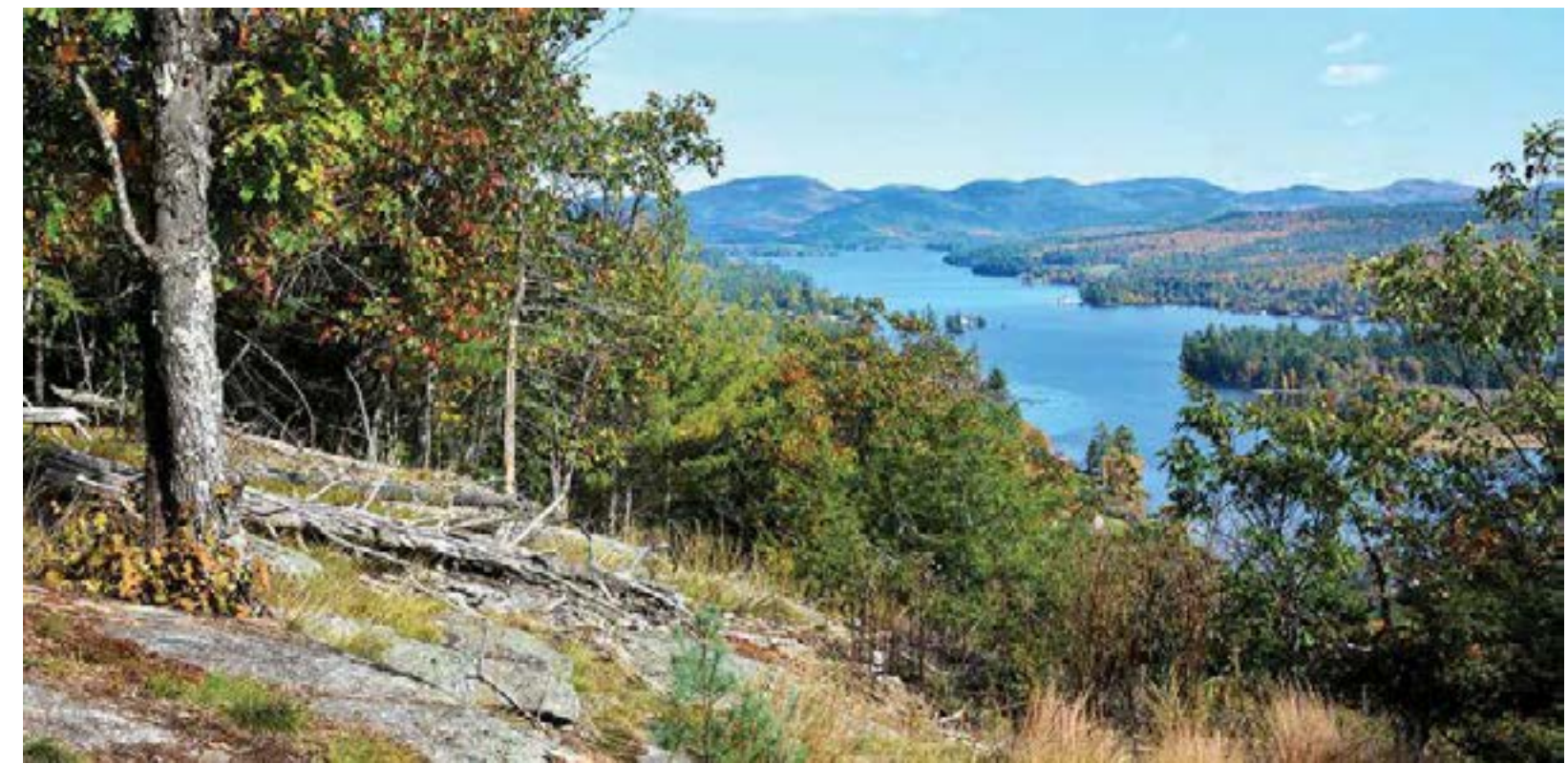
Dave Kraus Photo/KrausGrafik.com

GET ON THE WATER: via fishing/paddling access on the north side of Mill Pond (body of water in front of Brant Lake Bike Park & The Hub). Either fish the pond right from the walkway or launch a canoe or kayak at The Hub's dock on Brant Lake. Want to get wet? Enjoy the town beach located on Route 8, across the pond from the trails. Feeling more adventurous? Drive 15 minutes northeast of The Hub along Rt. 8, turn right onto Lily Pond Road, drive another mile, and take a short walk into Lily Pond for even better fishing.



GO CAVING: at Natural Stone Bridge & Caves Park (535 Stone Bridge Rd., Pottersville). Self-guided exploration of surface caves, waterfalls, a gorge, and a massive stone arch, plus disc golf, bouldering walls and a rock shop. Open late May through Columbus Day, with snowshoe tours in the winter.

HIKE INTO THE PHARAOH LAKE WILDERNESS: (Pharaoh Rd. via Beaver Pond Rd., Brant Lake). Get a glimpse of this 46,283-acre Wilderness, part of the Adirondack Forest Preserve, by way of the Pharaoh Lake Trail. From the trailhead and parking lot on Pharaoh Road, you can hike 3.3 miles in to reach the southern base of Pharaoh Lake, and if that's not enough, you can follow the Pharaoh Lake Loop Trail for another 6 miles around the lake's shoreline. There's also an option to hike Pharaoh Mountain (the highest mountain in the Wilderness at 2,551 feet), which is another 1.2 miles to the summit and accessed via the loop trail.



CHECK OUT CHESTERTOWN: In addition to historical buildings filled with shops and restaurants, Chestertown has a bustling farmers market on Wednesdays (10 a.m. to 2 p.m., mid-June through late September) in front of the town hall (6307 Rt. 9). If local fruits and veggies (and other homegrown/homemade goodies), live music, and supporting local are your jam, then you've got to get to Chestertown. While you're there, check out Rustic Charm (an Adirondack artist co-op that offers classes and workshops), Panther Mountain Traders (for rustic, vintage and Adirondack decor), and the Main Street Ice Cream Parlor (for a nostalgic '50s setting and the best-dang ice cream and sandwiches in town!), all located on or close to Main St.



Dave Kraus/KrausGrafik.com photos

How to Get Your Kids into MTB: One Family's Story

By Alex Kochon

The day after winning the tandem division in the 2018 Black Fly Challenge (a.k.a. the Adirondack Gravel Grinder) between Inlet and Indian Lake, N.Y., Paul Fronhofer and his son Max took their bikes to a terrain park in Wilmington. Not long into their ride, Paul rode up over a knoll and suddenly saw Max, who was 8 at the time, sprawled out on the ground.

"The bike went over backwards on him," Paul recalls during an interview nine months later. "He's laying on his back, and he's like, 'I lost my tooth!'"

Max didn't miss a beat. With his feet in the air, he proclaimed, "But I found it!"

Max, his twin sister, Shelby, and their mom, Mara, all laugh as Paul tells the story in their Moreau home. Despite sheering off half of his front tooth (an adult tooth, no less), Max didn't cry in pain. He put the tooth in his pocket, and the two kept riding for another four hours.

"He put it in his pocket and then I took it and put it in my pocket," Paul says with a laugh. "We went to the dentist the next morning and they glued it back on."

It should be noted that 1) Max usually wears a full face mask when he mountain bikes, and 2) and he isn't your average third-grader (second-grader at the time). One day this past winter, he rode his bike 22 miles alongside

his dad, who's training for a 100-mile trail run.

The Fronhofers also aren't your average family. Paul, a co-owner of Grey Ghost Bicycles and owner of Fronhofer Tool, has raced 15 Ironmans, two Ironman World Championships and two XTERRA (off-road triathlon) World Championships. Mara, a school teacher, also conquered an Ironman, is an accomplished mountain-bike racer, and raced at XTERRA World Championships.

Yet their 9-year-old twins seem to have genuine love for the outdoors and actually like biking with their parents.

What's their secret? Max is more of the competitive spirit; he wants to do the full loop at Churney Gurney this year. Shelby is a bit more conservative when it comes to mountain biking, yet she's been known to beat her brother to the top of some "how long can you stay on your bike" climbs (proven by a video from their family vacation in Moab, Utah, last year). Yes, the Fronhofers took their mountain bikes across the country (thanks to Paul's dad who drove the RV) for a family trip last year, and yes, the kids loved it so much, they planned to go back this April.

So how did they get their kids into MTB and what are a few tricks of the trade? Paul and Mara didn't take them on actual mountain-bike trails until they were about 7 — about four years

Continued from page 33

after they learned to ride — when they knew they'd be strong enough. The twins first learned to balance on a pair of Striders, which they got for their second birthday. After a lot of time ripping around Fronhofer Tool's 60,000-square foot warehouse on weekends, around their yard and on trails around their neighborhood, the twins were pedaling on two wheels a little over a year later without ever using training wheels. Fast-forward to Christmas of 2017, they got their first geared mountain bikes.

"The big thing was when we got those bikes for them and took them to Moab and just said, 'Let's see how they do,' and they were rock stars," Mara reflects.

Paul remembers that trip as the turning point.

"It probably started more as, we wanted to go, Mara had never been, I wanted to take Mara to Moab. We'll take the kids, we'll have a little family thing. My dad was gonna go; he would ride with them some ... [but the kids] picked it up like that.

"It turned into just riding with them all week and not even doing our own thing," he continues. "It just became so fun to watch them progress over the week. And now they come back here and they asked to go out again this year, so we're going."

Not everyone has the opportunity to go to Moab, where the trails are wide open, free of intimidating trees. The Fronhofers get that. But to them, it's always been about exposing their kids to an active, healthy lifestyle, and doing things they enjoy as a family.

"For us, it's just figuring out how to continue to do what we like to do, but incorporate them," Paul explains. "And if you want to do it, you can. ... We like to show them that it's a priority in our lives to be healthy. Whether we overdo it or not, who knows?"

Here are their top tips for riding with kids:

- **Know your kid:** "The hard part is, they have different personalities," Paul explains. "Shelby is, you give her a goal and she'll try to do it. Max is, we call him, 'The Dude'. If we're gonna race, he's game on, but if we're just noodling around and he's tired, he's glazed over and like, 'All right what are we doing here?' So you have to keep him engaged a little bit; try different trails..."

- **Bring snacks:** "They see us training, and we'll have a gel or something, and they'll ask, 'Can we bring a gel or a waffle?'" Paul says with a laugh. "If it makes it entertaining and good for them, why not? We always have a granola bar or something, and, be like, 'OK, when we get to the top of this hill, we'll have a granola bar.'"

- **Divide and conquer:** If you have multiple kids, figure out who rides best with whom, and which combination will make for the best experience for everyone. Often, Paul rides with Max, and Mara rides with Shelby.

"A lot of times we separate. Their abilities are not that far apart, but their pace is quite different," Paul explains.

By riding one-on-one with kids, parents can also teach technique and skills by leading.

"Last year, [Max and I] started racing tandem mountain bike, and that's really brought a whole new dynamic to the enjoyment of it," Paul says. "One, because he can see when I'm controlling the bike, like, 'Oh, this is what real biking is, and what real racing is.'"

But kids should also ride their own bikes to avoid getting "lazy", Paul jokes.

- **But also keep the kids together:** "Just listening to them giggle and talk ... it's just pure joy."

- **And keep the conversation going:** "For the most part if you keep them talking to you, they forget that they're

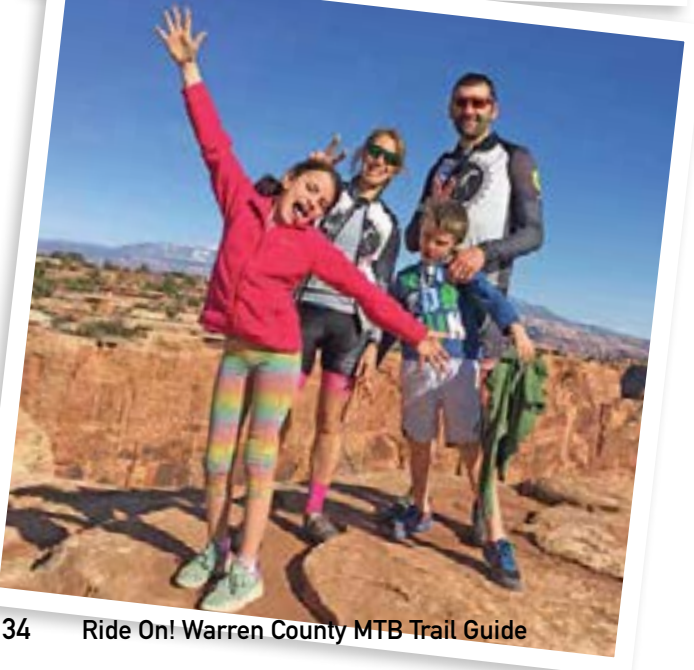
on the trail. We have conversation the whole time that they're out there."

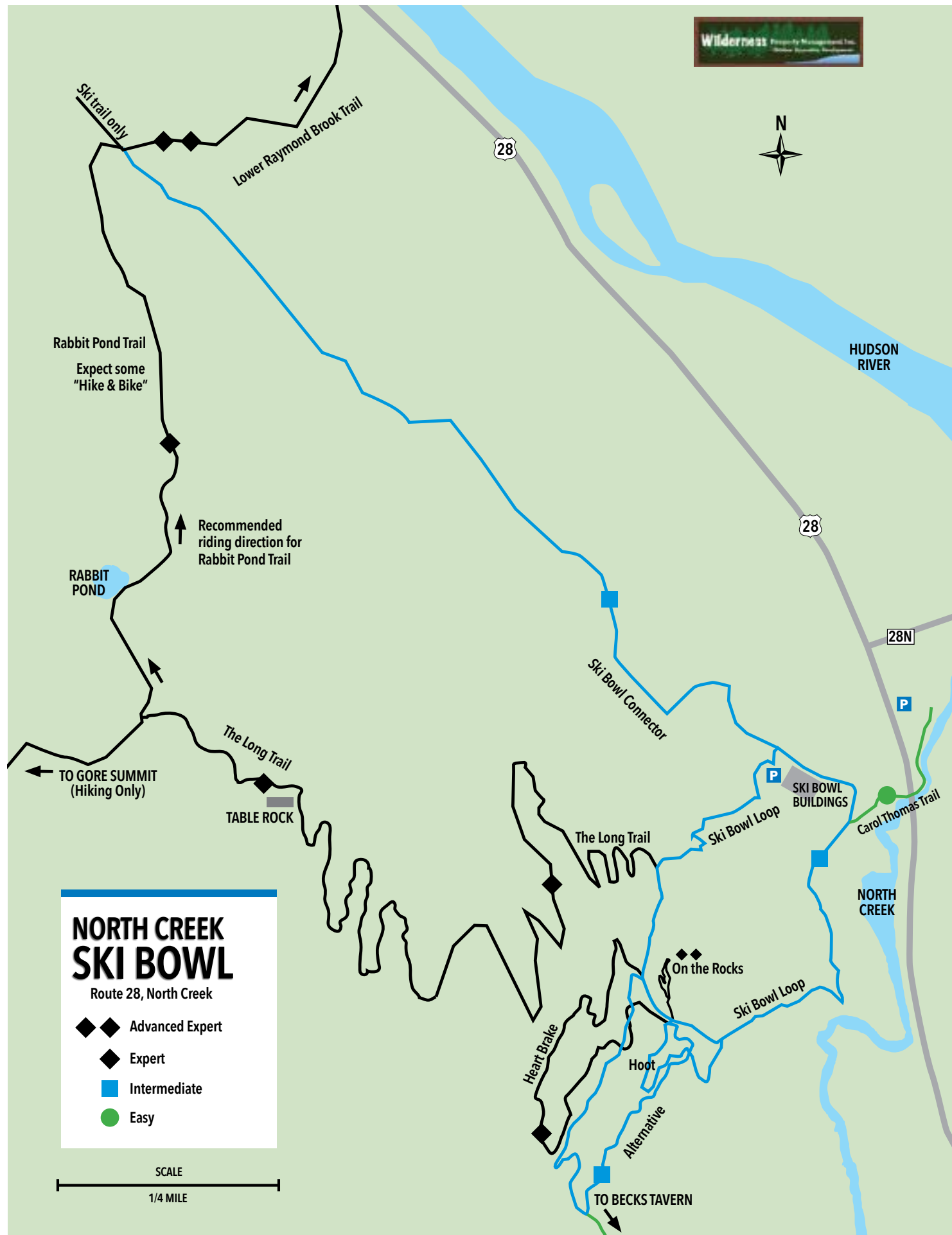
- **Be patient, with both them and yourself:** Wait until they're strong enough to succeed before you take them for a day at a MTB park. Even a place like Gurney has enough elevation change that it's hard on little legs (and lungs). Once a beginner rider gets comfortable, decide when it's time to start encouraging them to challenge themselves.

"The tendency you have to fight is to want to push your kids to be an extension of you," Paul says. "If you just keep doing it, eventually they'll be good bikers, but they're not going to be good bikers if they don't enjoy it."

And that can be hard when you drive all that way and want to get a workout in.

"I think the hardest part is tempering your expectations," Paul continues. "Especially us as, we'll call it, Type-A triathletes that always regimented our training, it's hard to be like, going out for a five-minute ride is OK ... and not being like, 'You should be out here for 10 minutes!' ... it's like, OK, hold that back a little bit. So it's a balance." ♦





NORTH CREEK SKI BOWL BIKE PARK

ABOUT: The North Creek Ski Bowl (998' base elevation) offers more than 20 kilometers (12.5 miles) of professionally built singletrack trail winding throughout Little Gore Mountain and just a mile from the village of North Creek. The signature trail here is the 3-mile Long Trail, which begins near the top of the Village chairlift and climbs a winding path to near the top of the Hudson chairlift at 1900' elevation. Advanced riders can continue past the big "flat rock" on hand-built trail to the junction of the Rabbit Pond trail, a gnarly, old-school style downhill trail that eventually reaches the junction of the Raymond Brook and Ski Bowl Connector trails. Experts can then take the thrilling Lower Raymond Brook trail down to its terminus at Rt. 28 and ride back to the Ski Bowl for an 8-mile loop. Or, for an easier ride back, take the intermediate singletrack Ski Bowl Connector trail for a cruise descending to the Ski Bowl parking lot and trailhead. (Note: there's another parking lot on the other side of Rt. 28 at the beginning of the Carol Thomas Trail, which connects to the trail system via a tunnel.) Dogs must be leashed.

BUILDER NOTES: "Hands down my favorite ride is the Long Trail at Ski Bowl Park. It's over three miles long and has 1,000 feet of elevation gain, yet as a rider in my late 50's, I can enjoy a nonstop ride to the top. The descent is so long that you think about stopping, but the riding is too fun to stop." — *Ovitt*

EXTRAS: Adjacent to the mountain-biking area, the town park also has tennis courts, baseball diamonds, hiking, community gardens, playgrounds, a beach area, pavilion, and bathrooms.





The hamlet of North Creek (in the Town of Johnsburg) is best known for Gore Mountain, a four-peak alpine ski area with more than 100 trails and 2,500 vertical feet. But what happens when the snow melts? Locals will tell you that's when they have the most fun. In addition to hiking and downhill riding on the mountain, there's free mountain biking at the Ski Bowl town park, lots of hikes nearby, white-water rafting, a bucolic Main Street, and much more. It takes a little work to get to North Creek, but man, is it worth it once you get there. If you're driving from the south, it's about 25 minutes north of Warrensburg (exit 23 on I-87) by way of Route 28, and from the north, it's about 20 minutes west of Pottersville (exit 26).

TAKE A SUMMIT RIDE:

to the top of Gore Mountain (793 Peaceful Valley Road, North Creek). Gore keeps its gondola rolling during the summer and fall. Take a scenic sky ride on the Northwoods Gondola and hike or bike down, or simply soak up the views at the top then ride the gondola back down. Gore has singletrack and open ski trails for downhill riding, and an easy warmup loop and skills park at the base. Must bring your own bike. Bonus: winter season-pass holders can ride the gondola and bike for free. More info: goremountain.com



EARN YOUR BEER AT BECKS:

by riding there, via a trail from the Ski Bowl to Becks Tavern (881 Peaceful Valley Road, North Creek). Coast down the Ski Bowl's intermediate Becks trail from the southern end of Alternative trail to reach the tavern, which serves drinks and German food. Then it's less than a mile to ride back to the Ski Bowl on the pavement via Peaceful Valley Road and Rt. 28 — that is, if you're not buzzed. Summer hours are noon to 10 p.m. seven days a week, June 25 to Labor Day weekend.



RIDE THE RAPIDS:

with various outfitters in North Creek and North River. Choose from a more-thrilling or less-intense ride on the upper Hudson on a guided, whitewater-rafting trip with one of several companies. The whitewater season starts in April and typically lasts through October, but the earlier you go in the spring, the wilder the experience (the river rises again in the fall). More info: visitnorthcreek.org/project/whitewater-rafting-outfitter-directory/



Courtesy Photo/Live More Adventures

STRIKE IT RICH:

at Garnet Mine Tours (1126 Barton Mines Road, North River). Did you know the hardest garnet in the world is found in Gore Mountain? Explore Garnet Mine on a guided tour and learn all about Barton garnet, New York State's official gem stone. Recommended for all ages. Typically open seven days a week, late June through Labor Day.

GO RAIL-BIKING:

with the Revolution Rail Co. (3 Railroad Place, North Creek). It's like tandem recumbent biking on a railroad. Sit back and pedal with friends or family along an out-and-back section of the North Creek Railroad (just under 7 miles roundtrip; takes about two hours). All ages welcome on guided tours starting at 10:30 a.m. on weekends in May. Open seven days a week June 17-Sept. 2, and Thursday through Monday Sept. 5-Oct. 27.

GRAB A SCONE:

at Cafe Sarah (260 Main St., North Creek). Get a cup of joe and a bakery treat, or a heartier, gourmet sandwich. Open for breakfast and lunch starting at 7 a.m.; closed Tuesdays and Wednesdays.



881 PEACEFUL VALLEY ROAD NORTH CREEK, NY



RIDE RETREAT RELAX

GOREMOUNTAINLODGE.COM

PHONE: 855-846-7365

NORTH CREEK! *Mt. Bike!*

3 Mt. Bike Centers!



Trails Info, Lodging, Dining, Shop! ▶ VisitNorthCreek.org

Gore Mt.

Downhill Mt. Biking!

Ski Bowl Park

Dedicated Mt. Bike Trails!

Garnet Hill

New Flow Trails!

Discover a great day on the mountain! Lift access downhill mt. biking at Gore Mt. Thursday thru Sunday, late June thru August, and Fall weekends.

▶ GoreMountain.com

Enjoy 20K of great trails designed just for mt. biking, single track and flow trails! Near North Creek Village, ride to shops, bars, restaurants, & lodging!

▶ VisitNorthCreek.org

Get out on Cross Country Ski Trails and a new system of flow and single track trails - great riding for everyone! Bike shop, rentals, lodging, dining. 10 mi. No. Creek

▶ Garnet-Hill.com



"Mt. Bike Riding for everyone!"

Enjoy a great day on the trails! New single track and flow trails at Garnet Hill Lodge rounds out the 3 North Creek mt. bike venues. Ski Bowl Park has 20K of great riding for every ability and Gore Mt - famous for skiing - has a great network of lift access downhill mt. bike trails.



▶ VisitNorthCreek.org

▶ VisitGoreRegion.com

visitnorthcreek.org | visitgoreregion.com | info@visitnorthcreek.org



Gore Mountain photo

Nick Zachara photo



LLAMA HOUSE ADK

<< WEVERTOWN • NY >>

Instagram icon @LLAMAHOUSEADK

LESS THAN 15MIN TO THE HUB & SKI BOWL PARK TRAILS!

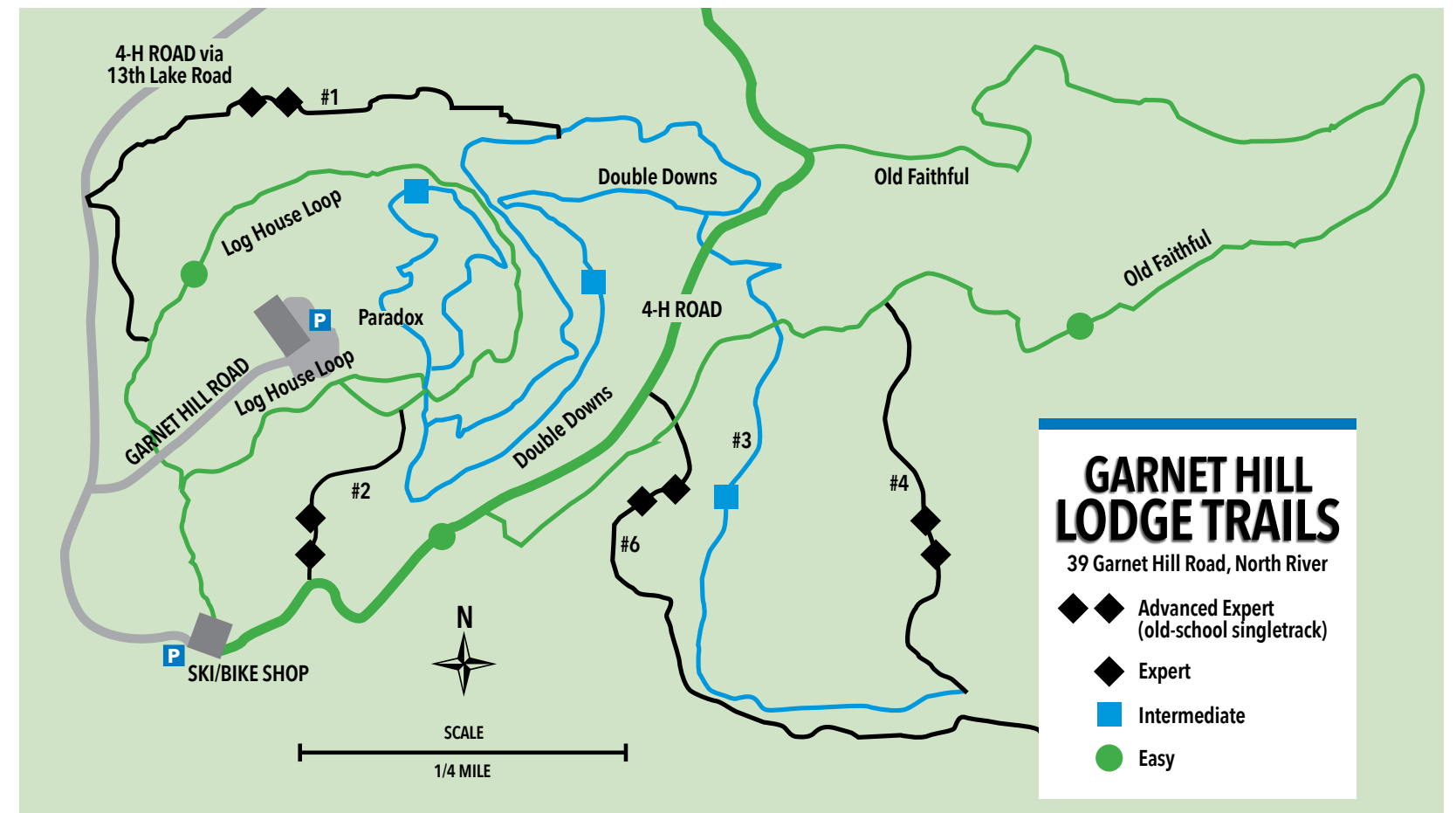


- ♦ PRIVATE & SHARED ROOMS ♦ FULL AMENITIES ♦
- ♦ MEET OTHER ADVENTURERS ♦
- ♦ KITCHEN, FIREPLACE, GAME ROOM & MORE ♦

WWW.LIVEMOREADVENTURES.COM/STAY



Garnet Hill Outdoor Center

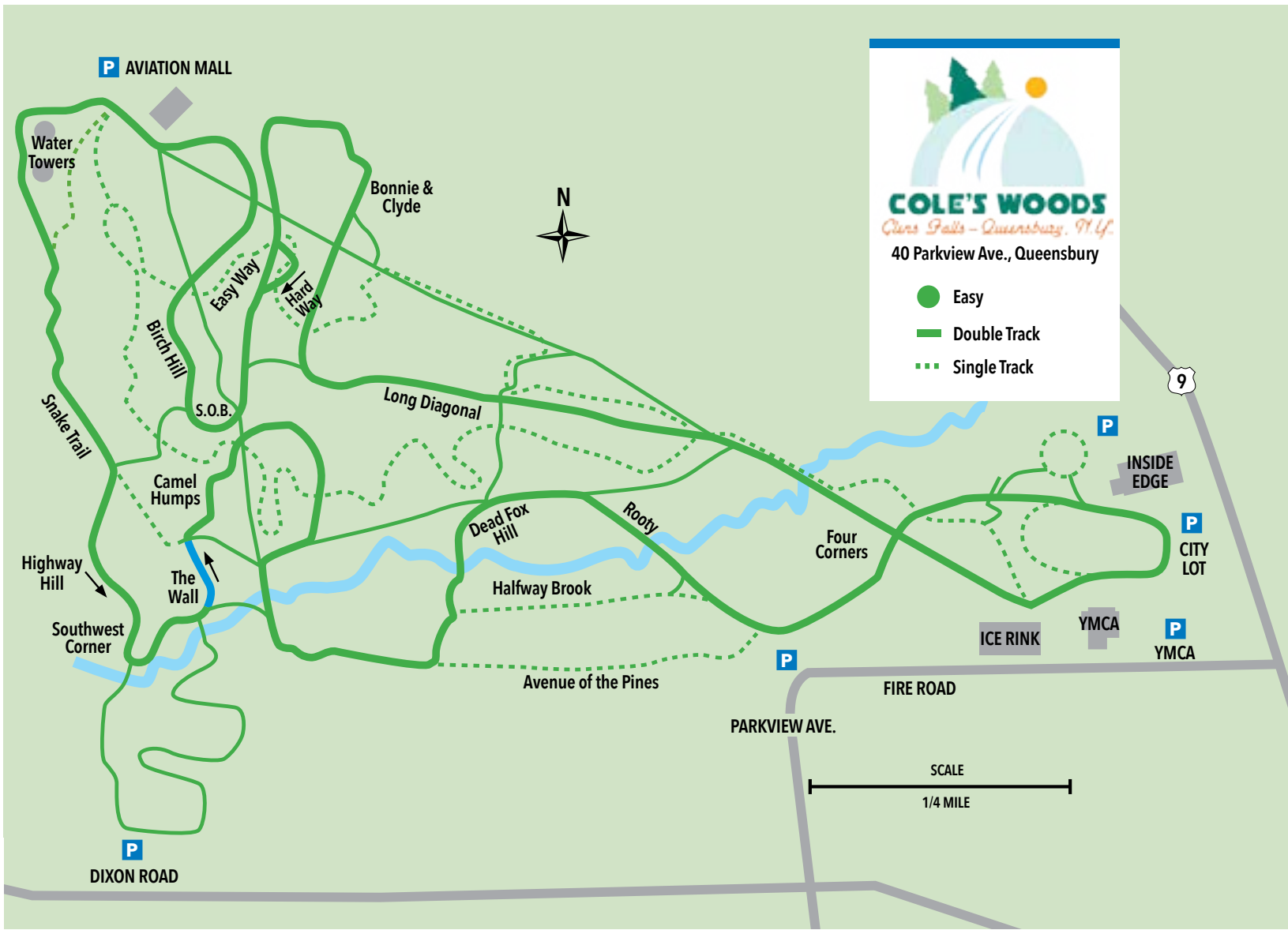


GARNET HILL LODGE MTN. BIKE TRAILS

ABOUT: Just 10 miles beyond North Creek (north on Rt. 28, then left on 13th Lake Road in North River), Garnet Hill Lodge is known for its vast cross-country ski trail system but recently constructed 7 kilometers of purpose-built singletrack in 2018. When added to the original hand-built singletrack, the system offers more than 10 kilometers of singletrack riding and at least another 10 km of double-track ski trails that are dry enough to be ridden. In addition, one can stay overnight at the Log House or other lodging offerings on the property, and dining is also available. After the ski season ends, the ski shop reverts to a full-service bike shop with rentals. No charge to ride the trails in 2019.

BUILDER NOTES: “To develop a smooth, flowy, low-end intermediate, accessible-to-all and fun-for-all trail in basically the interior Adirondacks, that was a real challenge, but at Garnet Hill it came out. ... You can take a mixed group there and ride, and everybody can have a good time.” — *Ovitt*

TAKE A LOCAL'S WORD FOR IT: “The mountain bike trails at Garnet Hill Lodge are beautiful, smooth and flowing. As a timid mountain biker, mostly a backroad rider, I enjoyed the Paradox loop with its open feel and clear sight lines. Rare rocks dot the trail making it a non-jarring ride for the novice. Once this ride felt comfortable I tackled the Log House Loop a somewhat longer trail with a bit more twisting turns, smooth track and more speed. Finally the last trails I rode include Double Down west and east. Both have more ups and downs with a similar flowing feel, with a few more rocks and technical elements. I do have to tap down more on this trail due to lack of skill, intermediate mountain bikers will find this trail enjoyable. Trail Number 3 is a steep downhill trail which I have only hiked. All the dirt roads at the Nordic Center are quite bikeable for new bikers and give beautiful views from the open gravel pit at the top of Skullbuster ski trail. Highly recommended.” — *Ellen Deprey, North Creek*



COLE'S WOODS

ABOUT: The trails in Cole's Woods are primarily easy double-track and are great for novice mountain bikers and young families. The public park is owned by the City of Glens Falls, and in winter, its trails are maintained and groomed for cross-country skiing by volunteers for the nonprofit "Friends of Cole's Woods". The "snowshoe" trails within the park make for winding singletrack excursions on this 35-acre property.

Parking is available at the bend off Fire Road, the Glens Falls YMCA, and behind Inside Edge. Approximately 6-8 miles of trails are rideable surrounding historic Halfway Brook. Dogs must be leashed and are not allowed on the trails during the winter. Cole's Woods is just over a mile north of downtown Glens Falls.



A trail to lift your spirits!
 Visit all 25 craft beverage makers.

BEER | WINE | SPIRITS | CIDER | SODA
 adkcrafterbev.com | (518) 668-5755 | @adkcrafterbev



140 GLEN ST. GLENS FALLS, NY



It takes a special kind of place to earn the name “Hometown USA”. First settled in 1763 (back then it was “Wing’s Falls”) and incorporated as a city in 1908, Glens Falls lies just south of the Adirondack Park. Among its claims to fame are the first lighted cross-country ski trails in North America = night skiing on the public trails in Cole’s Woods. In the summer, these trails are free for walkers, runners, and bikers, and they’re just a mile and a half from downtown Glens Falls. Downtown, you’ll find shopping, restaurants, two theaters (Charles R. Wood and The Park), an impressive public library, and the Cool Insuring Arena (formerly the Civic Center).

JUMPSTART YOUR DAY:

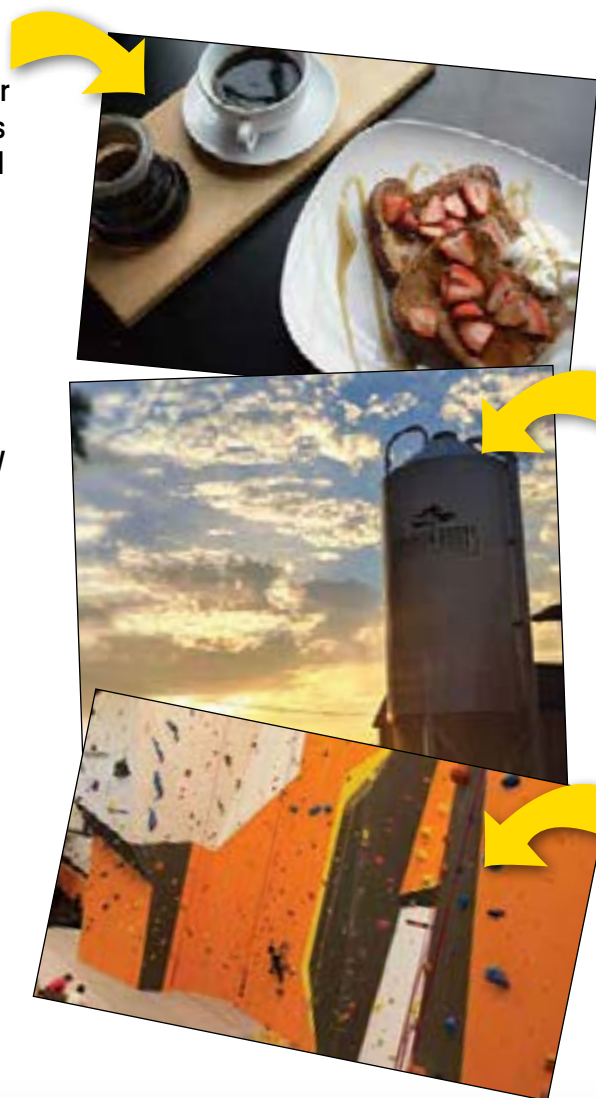
with a bulletproof coffee (or latte or chai) at Spektor Coffee (140 Glen St., Glens Falls). Every town needs a coffee shop that’s both cool and comfortable, and this place is it. Located on Centennial Circle (parking lot in the back) and serving delicious breakfast and lunch.

TAKE A BITE:

with cheap food from local restaurants on Wednesday nights, June through mid-August (downtown Glens Falls, Glen & Ridge streets). For eight weeks starting in early June, the main streets of GF come alive with music, entertainment and outdoor food vendors offering “small plates” for \$5 or less, from 5-7 p.m. Bring family or friends, some cash and an appetite.

SUPPORT LOCAL ARTISTS:

Support local artists and businesses at the galleries and shops at The Shirt Factory (71 Lawrence St. & 21 Cooper St., Glens Falls). This historic building houses an eclectic group of shops, services, classes, and original artwork, and hosts an outdoor farmers/flea/craft market on Thursday nights (complete with food trucks!) May 16-Sept. 12, 4:30-8 p.m.



RAISE A GLASS:

and support Common Roots’ comeback. In March 2019, the Common Roots Brewing Company, one of New York’s premier breweries and winner of multiple national and international awards, suffered a devastating fire at 58 Saratoga Ave., South Glens Falls (just south of downtown Glens Falls, across the bridge on Rt. 9). Soon after, they moved to a temporary taproom at 30 Saratoga Ave. (two blocks closer to Glens Falls). We know they’ll come back stronger than ever, so be sure to check on their progress as they rebuild.

SHOP THE FRESHEST:

produce and handmade goods at the South Street farmers market. Locally grown and made products, kids activities and live music, all underneath the South Street Pavilion in Glens Falls. Saturdays, May-October, 8 a.m. to noon.

CLIMB TO THE CEILING:

50 feet high at Rockport, a 10,000-square foot indoor climbing facility (54 Carey Road, Queensbury). Don’t let a rainy day get you down; get vertical at this gym (which also has a yoga studio), just 3 miles west of downtown Glens Falls. No climbing experience necessary.



Courtesy photo/City of Glens Falls

Dreaming of Future Trails ...

By Dave Matthews

So here’s my MTB vision... I meet my pals on a crisp late September morning at the Glens Falls YMCA lot. We head out and warm up on the Cole’s Woods singletrack, connecting eventually to the new Halfway Brook Trail, that although not singletrack, is wide and graveled, a multi-use trail passing through the formerly forbidden Glens Falls lower watershed property. We’re riding in the low gears as the terrain is mellow and then connect to Rush Pond Way, still heading north. Adjacent to the Rush Pond corridor is newly built, meandering singletrack that follows the esker left by the glacier eons ago. We pedal past historic Indian Point, scene of Iroquois ambushes during the French & Indian War. We pop out at Gurney Lane Bike Park and ride the new 3 km machine-built, flowy perimeter loop. Our mileage is now at 9. From Gurney, we connect via road for a short stint to the paved Warren County Bike Path, eventually connecting to the wooded Lake George Elementary School XC ski and running trails. The real fun is about to begin.

Crossing Bloody Pond Road, we hit the purpose-built switchbacks climbing the new trails in French Mountain Park. To our left is the southern basin of Lake George, and the sun is now overhead. The view is magnificent. Climbing still, we shoot the gap on narrow ledges east of the lake and now connect to the new singletrack built at Top of the World Golf Resort property. From there, we ride the pro-built trails, looping through hardwoods on flow and berms and arrive at the golf course clubhouse by early afternoon, grab lunch and a cold one. I check the mileage... close to 15.

My other dreams include Brant Lake Bike Park and riding from the top of Bartonville Mountain all the way to Ches-

tertown, again on pro-built singletrack. Drew Cappabianca will be adding a new flow trail with berms in 2019, just below the summit. This will add some fun kilometers to his already exhilarating bike park. Up in North Creek and North River, the trail system could double to 50 km, encompassing the lower Raymond Brook Valley, a result of cooperative community input – a human powered recreation plan (the Johnsbury Recreation Plan) for backcountry skiers, mountain bikers, and hikers. The vision here includes yurts, warming huts, restrooms, and even bike repair stations. Garnet Hill’s trails could potentially be connected with those at the Ski Bowl and Gore Mountain. Johnsbury would be the first town in the Adirondacks to have a recreation plan based on the town’s input. Wilderness Property Management and the Chazen Group are working on this proposal... imagine the possibilities!

Of course the trails on French Mountain, owned by both the towns of Lake George and Queensbury, are not yet reality. But the planning and design has begun, according to Lake George Town Supervisor Dennis Dickinson. And at the privately owned Top of the World, co-owner Kim London has been researching mountain-bike trail development with professional builders and potentially could create a trail system that attracts riders to this picturesque plateau with some of the best views of Lake George.

At Gurney Lane, reality in 2019 will mean a new trail adjacent to Coaster, to create one-way climbs and descents, and eliminating the potential for collisions (Coaster is currently two-way). A short connecting trail also will be built at the southern end of Gurney, allowing bikers to safely access the northern terminus of Rush Pond Way. In the Rush Pond corridor, the plan is to create a couple of singletrack trails that parallel the 2.5-mile main trail, allowing mountain



Keri Jones photo

bikers to explore the terrain without having to ride totally on the graveled multi-use surface (the Rush Pond trail is really popular with walkers and runners). Queensbury Parks & Recreation Director Steve Lovering notes that “Gurney Lane is pretty built out.” However, he noted the possibility of adding one longer outer perimeter trail to the system, perhaps in 2020.

Finally, Queensbury Town Supervisor and trails enthusiast (and creator) John Strough is optimistic about the Halfway Brook Trail and Phase 2 connection to the Feeder Connector Trail and Phase 3 connection to the Feeder Canal Trail in Glens Falls. There are \$100,000 dollars in grants available for Halfway Brook development, while \$150,000 has been earmarked for the Feeder Connector Trail. And so planning and design continues to potentially create a network of linked multi-use trails in the Glens Falls/Queensbury region several miles in length.

“It’s a long process, but we’re making progress,” says Strough.

The vision is there. Trails benefit us all. They add value to our lives and our communities. A networked system of both multi-use and singletrack trails could even place Warren County on the map as a destination for mountain bikers, much as our neighbors in Rutland County, Vermont, have done. ♦

RIDE ON ALL YEAR. Winter Fat Biking

By Dave Matthews

As mountain biking continues to grow, some riders want to ride their mounts year-round and this is where fat biking over the long North Country winter season comes in. The fat bike has tires wider than 3.5" (some are studded for frozen-granular trail conditions) and lower tire pressures, less than 10 psi.

More than half of the Gurney Lane Mountain Bike Park is designed exclusively for mountain bikers, and in the winter an enthusiastic group of volunteers groom the trails with a motorized machine designed specifically for fat biking.

Led by Bob Underwood of Underdog Race Timing and supported by Grey Ghost Bicycles and North Country Subaru, the "SnowDog" groomer was purchased in 2019 as a result of an inaugural fat-bike and snowshoe event held in January. As a result, about half of the trail system is being groomed on a volunteer basis, weather permitting. The groomer can pack soft snow and even recondition old snow into a rideable surface.

Winter riding can be a hoot – flatter conditions as rocks and roots are covered, giving the rider a feeling of silent serenity. Some folks even ride at night, using headlamps and bike lights. Biking in the offseason can be challenging as well, since temperatures and snow conditions are constantly changing.

Some simple rules to follow:

- If the snow is too soft with temps above freezing, ruts will develop and the snow will refreeze, making for tough, bumpy conditions. If you leave a rut, it's too soft to be on the trails.

- If you have to get off and push your bike, it's also too soft. The best conditions are cold enough for a hard, flat surface with perhaps a light dusting of new snow on top. The groomer can resurface old snow as long as it's not frozen ice.

And by April, the fat-bike season is over and it's mud season for a few weeks, and the trails at Gurney are closed. By late April, the mountain-bike season is back! ♦

TRY BEFORE YOU BUY:

Fat-bike demos available at Grey Ghost in Glens Falls and the Garnet Hill Outdoor Center in North River:

- greyghostbicycles.com
- garnet-hill.com/outdoor-center/winter-sports/fat-tire-bikes/

KNOW BEFORE YOU GO:

Updated winter-fat bike conditions posted on facebook.com/gurneymtbike/

SAVE THE DATE:

The 2020 Gurney Lane Fat Tire Bike Day is tentatively set for Jan. 11. Proceeds will go toward purchasing additional grooming equipment/attachments. For race updates closer to the event, check facebook.com/churneygurney/ and facebook.com/underdogtiming/



Chad Seelye photo



Scott Wheeler photo

ROCKSPORT

Indoor Climbing Facility and Outdoor Guiding Service

54 Carey Road
Queensbury, NY 12804
Rocksportny.com

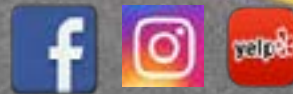
518.793.4626

Albany, NY

Mobile Bike Shop

Serving Warrensburg to Kingston, NY
(including So. VT and W. MA)

5% off parts
and services
Promo code:
WARMTB20



Book your service at your
front door!
Call, Text, or Email
518-859-9568
karl.miller@velofix.com



Professional
**OUTDOOR RECREATION
DEVELOPMENT**

- Recreation Consulting
- Trail Design
- Trail Construction

WildernessPropertyManagement.com



(518) 683-2005 • wpmtrails@gmail.com

PROUDLY SELLING AND SERVICING BICYCLES SINCE 1995

Rick's Bike Shop



SPECIALIZED TREK



RicksBikeShop.com

518-793-8986 • 368 Ridge Road, Queensbury, NY 12804

ALL MAJOR CREDIT CARDS ACCEPTED. FINANCING AVAILABLE

**"Best trail network in
NEW YORK
hands down!!!"**
singletracks.com review

**NEW!
SKILLS PARK**

GURNEY LANE MOUNTAIN BIKE PARK

118 GURNEY LANE, QUEENSBURY NY 12804 • I-87 EXIT 20

**Professionally designed and installed
mountain biking trails on 152 acres**

13 miles/22 km of trails

15 km of single track • 7 km of double track

Public bike repair stand

Winter riding on groomed trails

**FROM BEGINNER TO ADVANCED ...
THE ADVENTURE BEGINS HERE!**



**Queensbury
PARKS &
RECREATION**

(518) 761-8216 • recreation.queensbury.net

