



NRS founder Bill Parks ran his last rapid in March of 2023 when he passed away from natural causes at age 88. Bill was a businessman, river runner and educator, but he was foremost a humanitarian. He started NRS in 1972 with a vision of creating a company that cared for people and the planet, not just profit. Today, NRS employee-owners are dedicated to carrying on Bill's legacy. We're proud to support the Northern Forest Canoe trail in stewarding our waterways and expanding outdoor access for all. Let's celebrate Bill with every stroke, every portage, every laugh and hug throughout the weekend. Thank you, Bill. We'll see you in the next Eddy.



Scan to learn more about our work for people and the planet.

Welcome to the 40th Anniversary of the 90-Miler

Welcome to the 40th anniversary of the Adirondack Canoe Classic! It's an honor to mark this incredible milestone with this amazing paddling community. The 90-Miler was conceived by a small group of people at the Saranac Lake Area Chamber of Commerce in 1983. Since then, the 90-Miler has truly become what the original organizers hoped it would be: a paddling tradition like no other, connecting recreation, history and the splendor of the myriad waterways of the Adirondacks. The emphasis has always been on building friendships and community over competition.

During this race, you will paddle the original "highways" of the Adirondacks, from Old Forge to Saranac Lake, where you'll see splendid scenery, experience friendly competition and establish a bond with the entire 90-Miler community. The Northern Forest Canoe Trail (NFCT) is pleased to once again work with the New York State Department of Environmental Conservation (DEC), community leaders, business owners and an amazing army of volunteers to provide paddlers with a memorable experience.

You will be on the water with nearly 600 other paddlers and over 250 boats. You will either pass or be passed by other paddlers. Please be mindful and respectful of others. In the interest of good sportsmanship, when passing other boats the approaching team must communicate its intent to pass, and only pass when it is safe to do so. Paddlers being passed are asked to yield the right of way without compromising safety or negatively impeding forward progress. In all, there are 30 competitive classes — be courteous, communicate and play fair. Unsportsmanlike conduct is grounds for disqualification. Please follow directions provided by race officials. We're all in this together. Should the need arise, please come to the aid of fellow paddlers. When heeding "nature's call," please be discreet and out of view of others. Use the portable toilets when available. Do not litter. Please keep our waterways clean. Bring garbage to portages where we can deal with it responsibly.

The NFCT and the paddling community extends its condolences to the family of Thomas Bissell, who passed away this year. We thank Mr. Bissell for his long-standing support of the 90-Miler.

Day 1

Sponsored by the **Central Adirondack Association & the Town of Webb;** finish line sponsored by **Indian Lake & Blue Mountain Lake**.

- Start Time for Wave 1:8 am
- Cutoff Time, 8th Lake Carry: 1 pm (16 miles)
- Cutoff Time, Raquette Lake Bridge: 3:30 pm (22 miles)
- Cutoff Time, Marion River: 4:30 pm (29 miles)

Day 2

Sponsored by Long Lake Recreation; finish line sponsored by the Town of Harrietstown.

- Start Time for Wave 1: 8:30 am
- Cutoff Time, End of Long Lake: 1 pm (13 miles)
- Cutoff Time, Axton's Landing: 3:30 pm (24 miles)

Day 3

Sponsored by **ROOST & Explore Adirondack Frontier**; finish line sponsored by the **Saranac Lake Area Chamber of Commerce.**

- Start Time for Wave 1:8 am
- Cutoff Time, Route 3 Bridge: 1 pm (14.5 Miles)

Saturday, Sept. 23: Long Lake Long Boat Regatta



The NFCT will close out the 2023 Adirondack Race Series in partnership with Long Lake Recreation and Tourism by hosting the Long Lake Long Boat Regatta, featuring the North American Voyageur Canoe Championships, the Adirondack Kayak Championship, and the Northeastern College Cup race for co-ed (two male & two female) C-4 Stock teams.

The 10-mile figure eight course begins and ends at the Long Lake Public Beach. We welcome all NYPRA classes and an "anything goes" category. Registration time is from 9:30-10:30 am at the beach in Long Lake. Start Time on the beach at 11 am. Lots of fun in Long Lake!

Learn more: northernforestcanoetrail.org/get-involved/long-lake-long-boat-regatta

Our thanks to the DEC for ensuring safety in the Adirondacks at the 90-Miler and every day.

NEW YORK STATE OF OPPORTUNITY

Department of Environmental Conservation

2023 Adirondack Canoe Classic Start Order

Wave 1

Gold Canoe (paddlers who have finished 20 or more 90-Milers and choose Open Touring), sponsored by Mac's Canoe Livery Super Veterans (over 75 years of age who choose Open Touring), sponsored by Adirondack Bank SUPs, sponsored by Fountain Square Outfitters

Solo boats in Open Touring (noncompetitive C-1, Touring Kayaks & Solo Recreation), sponsored by Hornbeck Boats

Wave 2 — Thumbs up for Pete Clark

One Person Guideboats, sponsored by Adirondack Guideboats Two Person Guideboats sponsored by Adirondack Experience

Wave 3

- C-1 Stock, sponsored by Nori's
- C-1 Open Racing, sponsored by Adirondack Health

Touring Kayak, sponsored by Adirondack Lakes & Trails Outfitters

Wave 4

Solo Recreation, sponsored by Placid Boatworks

Wave 5

C-2 Recreation, sponsored by Raquette River Brewing

C-2 Open Touring, sponsored by Lake Placid Pub & Brewery

Wave 6

- C-2 Stock Women, sponsored by Adirondack Watershed Institute
- C-2 Stock Mixed, sponsored by LL Bean
- C-3 Stock, sponsored by St Joseph's Addiction Treatment Center

Wave 7

- C-2 Stock Men, sponsored by Matt Burnett Guiding
- C-2 Open Racing, sponsored by NY Paddlesports Racing Association

Wave 8

- C-4 Stock Men, sponsored by Wenonah
- C-4 Stock Women, sponsored by The Wild Center
- C-4 Stock Open Touring, sponsored by Vert Outdoors

Standard Voyageur Canoes, sponsored by Krapf Coaches

Wave 9

C-4 Mixed, sponsored by Town of Inlet

Wave 10

C-4 Open Racing, sponsored by Old Forge Hardware Tandem Kayaks, sponsored by Hyde Mobil Unlimited Kayaks, sponsored by The Crew Stop

PLEASE NOTE: DAY 3 IS DIFFERENT!

Boat classes stay in the same wave and start in the following order:

Wave 1 Wave 2 Wave 10 Wave 9 Wave 8 Wave 7 Wave 6 Wave 5 Wave 4 Wave 3

TRUST US: IT WORKS!

Adirondack Canoe Classic: Tips, Rules & More

Cut-off times are established for each day of racing to ensure that all racers are off the water before dark. Paddlers failing to make the cut-offs will be required to pull out of the race for that day. Racers will receive a "did not finish" (DNF) on the timesheet for that day, but will be able to paddle the following days in Wave 1.

Tips for basic first aid. During the 90-Miler, common first-aid problems for participants include blisters, cuts, insect bites, dehydration, sunburn and hypothermia. We recommend that all racers wear light, drainable protective footwear; carry one-inch regular cloth tape to wrap palms, fingers and toes; and use Moleskin or band-aids, kept in a waterproof bag, to prevent blisters. Sun protection and synthetic long sleeve shirts and hats are helpful. Weather depending, layers for wind, rain and cold may also be needed. If any health problems arise during the race, let an official or DEC personnel know.

If you must leave the race for any reason, please notify an official with a radio immediately and tell them your boat number. We track every racer participating in this event; we will keep looking for you until we know your whereabouts. Please save us the time and worry by informing us if you must leave the race.

All racers must wear a Coast Guard-approved life vest at all times. Failure to do so will result in disqualification. Inflatable PFDs are acceptable.

Upgrading equipment during the race is not permitted. Only broken or malfunctioning gear may be replaced. Racers should bring just the gear and clothes they need for the day. Wheels can be a useful tool and can be especially helpful on Day 1. Paddlers in competitive classes who opt to use wheels must carry the wheels and all associated equipment with them during the entire race.



PERSONALIZED SERVICE SINCE 1898

We strive to get to know you and understand your needs, that's why we offer the best banking products and even better service. Our mission is to exceed your expectations as well as those of the communities that we serve. We are your complete banking partner, providing you everything from everyday accounts and lending, to financial education and fraud protection.

For more information visit: ADKbank.com





Pit Crews are invaluable. They may provide food, fluids and psychological support at any point. They may not carry the racer's boat or gear, or upgrade equipment during the course of a day's racing. Pit crews should come with their own supplies; do not raid the official water stations. Pit Crews will need to stay in contact with their teams. A list of boats that did not make cut-off times will be posted at the finish line each day so pit crews can attend to them.

Mandatory walk zones. We require your cooperation to maintain a safe course and to allow the Adirondack Watershed Institute staff to inspect boats for invasive species. Each day, you will see areas designated with traffic cones, signage and volunteers imploring you to take it easy in those specific sections of the course. All participants will be asked to walk through these areas — not run. Failure to do so is grounds for disqualification. The specific locations are as follows:

Day 1: On the Brown's Tract Carry for an AWI inspection; the entire length of the boardwalk at the end of the Brown's Tract Carry (wheels off except two person kayaks and Voyageur Canoes); and halfway across the Marion River Carry for an AWI inspection.

Day 2: The first 300-yard section of the Raquette Falls Carry. No wheels until end of walk zone.

Day 3: The carry trail from the Bartlett Carry Road to the Middle Saranac Lake put-in; the entire carry around both the Upper Locks and the Lower Locks. Please be respectful of other paddlers and volunteers and do not cut the trail at the end of the Lower Locks.

Welcome Paddlers!

ENJOY YOUR PADDLE THROUGH THE COMMUNITIES OF THE



www.visitmyadirondacks.com

We Have Information Centers In:

<u>Inlet</u> 1-866-Go-Inlet www.InletNY.com <u>Long Lake</u> 1-518-624-3077

1-518-624-3077 www.LongLake-NY.com

<u>Old Forge</u>

1-877-Old-Forge www.OldForgeNY.com

Where adventurers find home.

ADIRONDACK FRONTIER

Explore Adirondack Frontier's many peaks and lakes make it an outdoor lover's paradise. In the Explore Adirondack Frontier Region, you can breathe easy while embarking on new adventures and taking in the natural beauty of the region. When you visit, you get a taste of our incomparable lifestyle. So go ahead, picture your lunch break at the lake, your early morning workout on the mountains, or your weekends in the wilderness.



www.exploreadirondackfrontier.com

90-Miler: Registration Day, Thursday, Sept. 7

CHECK-IN: 4-10 pm at the Old Forge Information Center. You will receive your shirts, boat numbers, meal tickets, a printed copy of our paddlers guide, pre-purchased merchandise and more.

DINNER: There are many fantastic places to eat in Old Forge. Check them out!

BOAT NUMBERS: Attach the numbers to both sides of the bow. To put numbers on, make sure the boat is dry. If we will be transporting your boat from the day's finish line to the next day's start line, please put the red dots provided by us on the bow of your boat.





Our mission is to promote the growth and adoption of paddlesports in New York State, while embodying excellence in sportsmanship and fair play. We are an all-inclusive group, welcoming SUPs, kayaks, canoes, and any human powered craft to participate in NYPRA sanctioned events. We strive to provide and support well-organized events to ensure the smooth, timely, safe and accessible operation of on-water competitions.

Learn more: nypra.org

Old Forge Base Camp Welcome Paddlers Like you, we always Look on the Bright Side **Our Communities:** Eagle Bay **FOWN** of Big Moose Stillwater Beaver Ríver Come back and enjoy our Lakes, Rivers, and Communities OldForgeNY.com

Adirondack

90-Miler: Day 1, Friday, Sept. 8

LATE CHECK-IN: Old Forge Information Center, 6-7 am.

PADDLERS' MEETING: 7:30 am at the Start Line at the Old Forge Beach. All racers must attend. Course descriptions, last minute announcements, safety procedures and special considerations for the day will be presented.

RACE START: First wave will start at 8 am, barring weather-related delays. All published start times are estimated. Please pay attention to the on-deck call and start order.

PIT STOPS: At the carry from Fifth to Sixth Lake, at the Brown's Tract Carry and the Marion River Carry.

SAFETY: If there is any question as to whether the race can continue safely, the Race Officials will make the call at the bridge going into Raquette Lake. In the event of thunder and lightning at any point during the three days of the race, paddlers must exit the water and wait out the storm at the safest available spot.

FINISH: The Finish Line for Day 1 is at the public beach in Blue Mountain Lake. Parking is available at the ball field on Durant Road, a field on Rt. 28, and behind the diner in Blue Mountain Lake. Please do not park along Route 28 or Durant Road. Curry's Cabins has granted us permission to use their beach for boat pick-ups. Please assist shuttle drivers in moving boats and equipment.

CANOE TRANSPORTATION: Participants are welcome to move their own boats. Please do not block the road at the Finish Line. Boats with a Red Dot will be transported to Bissell's Field on Long Lake, where they will be secured for the start of Day 2. Please assist the boat loaders by taking care of your paddles, PFDs and other gear, and by helping load the boat on the trailer. While we take every precaution to handle your boat safely and with care, we are not responsible for minor damage that occurs during transport.

DINNER: All those with meal tickets can proceed to the Adirondack Hotel in Long Lake for dinner.



THE HEART OF THE ADIRONDACKS BEATS HERE &

#PaddleACanoe

The Adirondack Experience bridges the past and present, fostering the curious side in all of us. Discover unexpected stories, engaging exhibits and an amazing collection of artwork and artifacts. Explore our **NEW** exhibit Artists & Inspiration in the Wild celebrating art in the Adirondacks.

ADIRONDACK EXPERIENCE^{TT} The Museum on Blue Mountain Lake

THEADKX.ORG



Welcome to Blue Mountain Lake



Parking and Shuttle Bus Information

There is no parking on the north (lake) side of Durant Road. Cars Parked on this side wil be towed by order of the New York State Police!

Please use designated canoe race parking areas. One is located by the school tennis courts at the east end of Durant Road, and another is located at the field between Durant Road and the Routes 28 and 30 intersection.

Green vest traffic guides can also assist you in parking on the south side only of Durant Road.

Please use our free shuttle service, provided by the Town of Indian Lake, which will take you directly to the finish area.

90-Miler: Day 2, Saturday, Sept. 9

PADDLERS' MEETING: 8 am at the Start Line at Bissell's property on Endion Lane on the west side of Long Lake. Follow the signs and direction of race personnel. All racers must attend. Last minute announcements, course descriptions, safety procedures and special considerations for the day will be presented.

RACE START: 8:30 am. Boats will mass start in waves by class. Please pay attention to the on-deck call and start order. We will check to make sure all boats start at the appropriate time. On Day 2, we check-in boats going down the path to the start line.

The NFCT and the 90-Miler community extend our thanks to the Bissell Family for their support. We ask that racers be respectful of private property and use the porta-potties and not the surrounding woods. Thank you!

PIT STOP: At the far end of Raquette Falls Carry. This site is not accessible by car. The outlet of Stony Creek can be reached by turning down the Coreys Road from Rte. 3. Follow the road to the horse assembly area on the right, past the steel bridge. Follow the trail to the right for ½ mile to the Raquette River.

FINISH LINE: Day 2 Finish Line is at The Crusher, the DEC Raquette River Fishing Access Site on Rte. 3/30, about 3 miles east of Tupper Lake. To assist Race Officials, please do not park cars in The Crusher parking lot. People transporting their own boats can pick them up at the designated location at the entrance to The Crusher. Pit Crews: Please park along Rte. 3/30, make sure you are to the right of the white line. Please be safe and aware when walking along the highway.

CANOE TRANSPORTATION: Participants are welcome to move their own boats. Please do not block the road at the Finish Line. All boats with a red dot will be transported from The Crusher to Fish Creek Campsites near site 230 for the start of Day 3. Please assist the boat loaders by taking care of your paddles, PFDs and other gear.



90-Miler: Day 3, Sunday, Sept. 10

BREAKFAST: The Trading Post at Fish Creek Ponds will be open at 6 am, serving hot breakfast.

PARKING: Parking at Fish Creek, especially around the start area, is at a premium. There are several parking areas on the way in. Take advantage of them for a quick exit. If you must park on the road, please park only on the non-campsite side of the road.

PADDLERS MEETING & ON-DECK CALLS: Site 230, Fish Creek, 7:30 am.

RACE START: 8 am at the cove at Site 189. Wave order on Day 3 will be partially reversed: Wave 1, Wave 2, Wave 10, Wave 9, Wave 8, Wave 7, Wave 6, Wave 5, Wave 4, Wave 3.

PIT STOPS: Boat at Saranac River on Lower Saranac Lake near Bluff Island.

PIT CREWS NOTE: Do not drive into Bartlett Carry past the bridge. Please walk in to assist participants. The New York State Police have requested that we please stay off the Route 3 Bridge at Second Pond. High speed traffic here makes for a very dangerous situation.

FINISH & AWARDS CEREMONY: Riverfront Park on Lake Flower in Saranac Lake. The Awards Ceremony will be held here as soon as results are available.

POST RACE MEALS & DRINKS: Provided by food trucks at Riverfront Park; a beer garden will also be onsite.

PROTESTS: Protests may be lodged any of the three days of the race, within one hour of the protester's boat crossing the Finish Line. There is a \$25 fee to file an official protest. Official protests must be in writing and must be turned in at the Race Command Headquarters at the Finish Line. Judges will investigate the matter and attempt to render expedient decisions. All decisions are final and may not be appealed.



WELCOME PADDLERS

Come for the race. stay for the lakes OGGI AGE RACUETE CAKE



Welcome to the 91st Mile

Food, Drinks & Festivities

There's no better feeling than drifting past the buoys at Riverfront Park in Saranac Lake. Once you've got your land legs again, use your meal tickets to refuel with one of our food vendors:

ADK Street Eats (onsite) Barley Sandwich (onsite) Green Goddess (onsite) Toque Taino (onsite) Saranac Waterfront Lodge (pop up BBQ tent)



And don't miss our beer garden at the finish line, featuring:

Switchback • 1911 Cider • Saranac • Big Slide Brewery • Polar Seltzer

Please drink responsibly. Thank you to all of our food and drink partners for teaming up with us this year, and special thanks to NFCT Trustee and 90-Miler racer Brandon Devito for quenching our collective thirst!



Adirondack Canoe Classic Awards

TERRY HEALEY AWARD — Selected by DEC staff involved in the 90-Miler. Presented in memory of one of the original DEC employees who cajoled, prompted, rewarded and had the most fun with the organizing of the 90-Miler. Awarded to the person who best exemplifies the spirit of the Adirondack Canoe Classic.

PETE CLARK AWARD — Selected by current year guideboat participants. Presented in memory of a long time 90-Miler guideboat participant who even in the face of tremendous personal adversity found multiple ways to have fun and inspire all who had the pleasure of his company on and off the water. Awarded to the rower who best exemplifies the spirit of fun and camaraderie during the 90-Miler.

THE REYNOLDS CUP — Selected by event organizers. Presented in memory of Dick Reynolds, who loved paddling the 90, especially with his daughter Holly. Awarded to a parent-child team that plays hard, plays fair and has fun together on and off of the water.

THE GOLDSTEIN PADDLE — Presented to the winners of the super veteran's (SV) class — paddlers over 75 years of age — in the 90-miler. Awarded in memory of Norm Goldstein, a 29-time finisher, 2013 Terry Healey Award recipient and principal instigator of the SV class. Norm portrayed the true spirit of the 90 — soft spoken words of encouragement, infective enthusiasm and eagerness to help anyone and everyone. His joie de vivre and spirit will live on.

THE GOLD CANOE CLUB — Must be earned. Recipients of the Gold Canoe have participated in and completed 20 Adirondack Canoe Classics. It's a symbol of a significant achievement. Our hearty congratulations go to all who have accomplished membership in The Club.

MILEAGE PINS — Awarded annually to all finishers of the event. To earn the pin, paddlers must successfully complete all three days of the offered miles of the year's event.

THE ADIRONDACKS HISTORIC HOTEL





Award Winning Customer Service, Beautiful Rooms and Suites and Amenities You'll Love.

100 Main Street, Saranac Lake, NY 12983 (518) 891-6900 | hotelsaranac.com





THE 90-MILER GOLD CANOE CLUB

There is a special group of people who have made paddling and the 90-Miler a central part of their lives. To paddle in and complete 20 adventures from Old Forge to Saranac Lake is an accomplishment worthy of recognition. The **Gold Canoe Club** has gained a few members each year since it was formed. Congratulations to all of you who've made it, and good luck to those of you who aspire to earn your very own 90-Miler Gold Canoe.

Adam Wheeler Alec Davis Anne Gill-Wood Ben Hanson Ben Rochon Bill Pollock Bill Webster Bill Miller Blue Hannon Bob Davis Bob Pierson Bob Wood Brian Finn Brian Watson Bruce Braman Bruce Kennedy Celia Evans **Chris Donner** Clyde Yarnell Craig Benson Dan Tickner, Jr. Dan Tickner, Sr.

Dave Thomas David Donner David Drum David Hunter David Paddock David Hauber **David Ware** Donna Abbott Donna Walsh Ed Greiner Francis Gallagher Franz Haas Fred Goodnough Gene Newman George Bellerose Glen Vandewinckel Grace McDonnell Holly Crouch Howie Dower Jack Hyden Jack Semler Jas Yolles

Jeanne Galvin Jeff Shultis Jim Kiefer Jim Mattingly Jim Normandin Joanna Faloon Joe Clauss John Jackson John Potter Jon Santor Ken Gerg Kerry Newell Kevin Berl Larry Sweeney Larry Thomas Lorraine Turturro Lydia Kosinski Marlene Hyden Marvin Mattingly Michael Trump Michael Zegarelli Nat Tickner

Norm Goldstein Paul Olney Paul Repak Phil Millspaugh **Pierre Pinard** Randy Blakeman **Rav Morris Richard Harrison** Robert Wood **Robin Learv Roger Dempster** Roger Henry **Russell Rayot** Steve Sweeney Susan Kapnik **Tim Elmer Tim Henning** Tom Kime Tom Conroy **Yvon Ranger**



Easy to find on Rte. 30, near the Fish Hatchery in Lake Clear, NY. Proud sponsor of the Gold Canoe Club.Call to learn more about canoeing in the Adirondacks. Ultralight Aramid canoes available for purchase and pick up at the 90-Miler finish line. Call Brian for details.



macscanoeadk.com

Preventing the Spread of Aquatic Invasive Species

The waterways that make up the 90-Miler route are critical for our region's environment health, recreational access and economy. Many of the lakes, rivers and ponds that constitute the 90-Miler course are invasive-free, but some are infested with several non-native plants and animals that can be harmful to native ecosystems. It is a delicate balance we seek: to provide protection for these water bodies while still supporting this historic race.

In an effort to control the spread of invasive species during the 90-Miler, there will be two Paul Smith's College Adirondack Watershed Institute (AWI) boat inspections on Day 1. The first will be at the Brown's Tract Carry, and the second at the Marion River Carry. Inspection zones will be marked with signs and cones; **they are mandatory walk zones** to allow inspectors to give boats, rudders and shoes a quality inspection as participants go by. Inspectors have been instructed that they are not to impede paddlers forward progress, but if they find something on your boat they would appreciate your cooperation so they can quickly remove it. Inspectors are there to recognize and remove aquatic invasives if and when they see them. We thank the AWI crew for their involvement in the 90-Miler and request the cooperation and support of participants.

The Trading Post welcomes 90-Miler paddlers!

> Pizza & BBQ available for purchase Saturday night.

Hot Breakfast on sale Sunday morning starting at 6 o'clock.

Good luck!

4426 State Route 30 Saranac Lake, NV

AMPERSAND BAY

RESORT & BOAT CLUB

PROUDLY SUPPORTING PADDLING IN THE ADIRONDACKS

AMPERSANDBAY.COM | 518.891.3001

PROTECT YOUR WATERS FROM INVASIVE SPECIES

CLEAN, DRAIN, DRY

www.adkcleanboats.com



PAUL SMITH'S COLLEGE ADIRONDACK WATERSHED INSTITUTE

Look and Feel Your Best!



Dr. Henri P. Gaboriau

- V-FORM skin-tightening
 treatment
- Eyelid surgery
- Nose reshaping surgery
- Face & neck lift
- Brow lift
- Ear reshaping
- Laser skin resurfacing

- Led by Dr. Henri P. Gaboriau, our **Cosmetic and Reconstructive Surgery Center** offers a variety of services, including:
 - Plastic/reconstructive surgery
 - Injections of neurotoxins such as Xeomin[®], Botox[®], and Dysport[®] – and fillers – such as Juvederm[®], Volbella[®], Radiesse[®], and Beletero[®] – to reduce and prevent wrinkles
 - Skin cancer screening & excision
 - Scar revision
 - Liposuction
 - Facial feminization
 surgery
 - Dog bite reconstruction
 - Treatment of acne, rosacea and psoriasis

Cosmetic and Reconstructive Surgery

ADIRONDACK HEALTH Better Health, Better Lives

adirondackhealth.org/cosmetic • 518-891-0563





Fast, Close & Convenient. Whatever you need, Hyde Mobil stores have it!

Stop by the next time you're in the neighborhood.We're sure you'll find exactly what you were looking for.

Locations:

75 Main St, Tupper Lake, NY 615, Lake Flower Ave, Saranac Lake, NY 196 Broadway, Saranac Lake, NY

hydemobil.com

HYDE MOBIL

Good Luck Paddlers ... Enjoy the Chocolate Milk, You Earned it!

Family owned and operated. Stop by to see what we have to offer.

Learn more: stewartshops.com

EXPLORE YOUR WORLD Travel With Us





KRAPF

Aiport & Event Shuttles

WEDDINGS

Contract Pricing

For Info : 610-431-1500 krapfbus.com





Warm up with our broth at the finish, then come dine with us!

8814 NY-30 Blue Mountain Lake bluemtdiner.com The Spirit of Recovery

ST JOSEPH'S ADDICTION TREATMENT & RECOVERY CENTERS

Providing Compassionate & Comprehensive Addiction Treatment for Over 50 Years.

St. Joe's is proud to sponsor the Adirondack Canoe Classic. Congratulations on 40 years.

Good luck to all racers & a special thank you to the volunteers.

Learn more: stjoestreatment.org





REALTOWN. REAL BEER.

Serving Lunch & Dinner Daily

813 Mirror Lake Drive Lake Placid, NY 12946 (518) 523-3813

www.ubuale.com



Lakefront Cabins and Motel

1049 Deerland Rd Long Lake NY, 12847 (518) 624-3861 stay@paddlersrestlonglake.com www.paddlersrestlonglake.com

Open Year Round

Long Lake, N

Private Beach, Complimentary Canoes and Kayaks, Fire Pits and Grills, Rec Room, Laundromat, WiFi



Paddler's Rest is the perfect destination for your next Adirondack vacation. Whether you're looking for a motel stay, a cozy cabin, or a historic home, we've got you covered. In the heart of the Adirondacks nestled among towering pines and boasting lakeside views, we are within walking distance of the village of Long Lake.







To the 90-Miler Community: Thank You!

The team at the NFCT loves getting together with paddlers across the Northeast for races, community paddles, guided trips and other events and activities — but the heart and soul of our work as an organization will always be stewardship.

It takes a big effort and an army of staff, volunteers, trail stewards, business and corporate sponsors, state agencies and other partners to maintain the 740-mile waterway trail that begins in Old Forge and ends in Fort Kent, Maine. Since taking over the Adirondack Race Series in 2021, the NFCT has been able to use revenue generated by these races to help fund our stewardship work in the Adirondacks and New York. This additional revenue also frees up resources to enhance and expand our work in Vermont, Quebec, New Hampshire and Maine. In short, simply by paddling in the 90-Miler, you're creating a ripple effect that ensures safe and environmentally responsible access to the woods and waters of the entire Northern Forest region. We hope you take pride in this.

This year, our stewardship crew replaced an aging bridge on Indian Carry, which connects Stony Creek and Upper Saranac Lake. We also conducted additional maintenance along this historic portage, and rehabilitated campsites on Upper Saranac. In downtown Saranac Lake, with support from the village government and Explore Adirondack Frontier, our crew built and installed two community boat racks: one at the DEC boat launch at Riverfront Park — the finish of the 90-Miler — and another at the NFCT takeout above the Lake Flower Dam. These racks are already being used by paddlers in Saranac Lake and folks paddling through. Finally, our team returned to Valcour Island once again to continue campsite and access rehabilitation on this historic Lake Champlain Island. To learn more, visit **northernforestcanoetrail.org**.



Premium handmade row boats, fishing boats, lake and river cruisers. A perfect kayak and canoe alternative. Made from kevlar and cedar.

Learn more: adirondack-guide-boat.com



The Town of Harrietstown is proud to sponsor the Adirondack Canoe Classic. We can't wait to join you at the finish line to celebrate 40 years of the 90-Miler.



Good luck to all racers! norisvillagemarket.com

OLD FORGE HARDWARE The Adirondacks' Most General Store



Visit in Person or Shop Online (315) 369-6100 At the Busy Corner - 104 Fulton St. www.OldForgeHardware.com

Yarns & Notions • Fishing & Camping Gear Gourmet Foods • Clothing • Hardware • Furniture Bookstore • Cards • Toys • Souvenirs • Housewares



TO OUR SAFETY BOAT CREWS & VOLUNTEERS: THANK YOU FOR KEEPING US SAFE.

LONG LAKE MARINA SARANAC LAKE MARINA LONG LAKE ASSOCIATION OLD FORGE KIWANIS UPPER SARANAC FOUNDATION RAQUETTE LAKE PRESERVATION FOUNDATION BLUE MOUNTAIN LAKE WATER WATCH







Helping people fall in love with wild places since 1984.

St. Regis Canoe Outfitters offers full outfitting packages, canoe and kayak rentals, guided trips, transportation and a full retail store.

> 73 Dorsey St, Saranac Lake (518) 891-1838 canoeoutfitters.com

> > adirondacks, usa

DISCOVER WHAT YOU'VE BEEN MISSING!

From new shops to old favorites, find it all at TupperLake.com!

Connect & Discover

Serving the of Adirondack Lake Country since 1983

Raquette River Outfitters

WE RENT AND SELL Canoes, Kayaks, SUPs, Camping Gear, Lightweight Pack Canoes, Paddles, Maps, Accessories, and more

Raquette River Outfitters Tupper Lake at Rt. 30 bridge • 518-359-3228 info@raquetteriveroutfitters.com RaquetteRiverOutfitters.com





Meticulously maintained AAA, smoke-free green property. WIFI, breakfast, HDTV, microwave/fridge & in-room coffee. Handicap accessible rooms, outdoor pool, recreation & picnic/playground areas. Walk to The Wild Center, hiking and restaurants nearby. Direct snowmobile trail access. 314 Park Street Tupper Lake, NY (518) 359-3384 (800) 474-2445

"Well appointed, immaculately clean, incredibly comfortable beds, met all of our expectations. Very impressed."





ATHLETIC BREWING CO® NON-ALCOHOLIC BREWS

BEER, FIT FOR ALL TIMES

Whether you're looking to cut out alcohol for life or just for a night, you shouldn't have to sacrifice your ability to be healthy, active and at your best, to enjoy great beer.

Proud to sponsor the Adirondack Canoe Classic. See you at the finish line!

athleticbrewing.com





Premium ultralight pack canoes handcrafted in Lake Placid, NY



Southern Tier Canoe www. southerntiercanoe.com Jeff & Laurie Pedersen • 32 Vale Street • Gilbertsville • NY • 13776 • 607-783-2880 New and Used Canoes, Paddles and Accessories We-no-nah See us in Old Forge, Lake Eaton, Bissell's Field,

Fish Creek and The Finish Line On site canoe and paddle repairs!



SARANAC LAKE, NY @ 55 Main Street

Proud partner of the 90-Miler since 1994!

Open 7 days a week at 7:30 am.

A gathering place in Saranac Lake since 1997.

Our full service coffee bar features our proprietary blends of arabica coffee, Harney and Sons Fine Teas and a variety of specialty beverages to enjoy with our homemade baked goods.

We offer unique light or full breakfast choices and a diverse lunch menu. Imported and locally produced cheeses are complimented by our selection of craft beer, wine and cocktails.

Serving



Handcrafted in Washington State Since 1965

wernerpaddles.com



Explore the Adirondacks. Swim at the beach, kayak, hike the high peaks, take a seaplane ride, visit buttermilk falls, snowmobile in the winter, or simply sit back and enjoy the picturesque scenery.

Proud to host 90-Miler racers in downtown Long Lake!

Online: adirondackhotel.com



<u>Handmade Cedar Strip Canoes by Trevor Tait</u> Original Designs • Tandem and Solo Boats www.taitcanoe.com. • taitcanoe@gmail.com

Wenonah

If you're lucky enough to be a paddler ... you're lucky enough.

For 50 years, we've handcrafted the world's most innovative canoes. Each is purpose-built to take your experience further, no matter the destination.

www.wenonah.com



PADDLE NOW - WORK LATER!

THE FINEST IN CANOES, KAYAKS, SUP, OUTDOOR GOODS & SERVICES. ACROSS THE STREET FROM THE FINISH LINE

ADIRONDACK LAKES & TRAILS OUTFITTERS 8 CHURCH STREET - SARANAC LAKE NY 581-891-7450 WWW.ADIRONDACKOUTFITTERS.COM

f 0

5

All of us at Hornbeck Boats would like to wish the paddlers and their pit crews the best of luck in the Adirondack Canoe Classic. We'd also like to thank the NFCT staff and volunteers who make this event possible. See you at the finish line! Hornbeck Boats Olmstedville, NY (518) 251-2764 www.HornbeckBoats.com



MULLING of Melling Low William

The NFCT and the greater paddling community extends its gratitude to Matt Burnett for his dedication to fostering the next genertion of paddlers through our Northern Forest Explorers program. Thank you for everything that you do, Matt ... we hope to see some of your paddlers out racing!

We believe renewable electricity produced right here in the North Country should be available to local businesses and residents like you. Buy local, be sustainable, we've got you covered. Scan the QR code to learn more, or visit **www.NPandL.com**



POWER & LIGHT

RENEWABLE ELECTRICITY FOR THE NORTH COUNTR

Save the Dates for 2024

The paddling season may be nearing its end, but there's plenty to look forward to next year. Mark your calendars for these great events:

'Round the Mountain May 11, Saranac Lake, NY

Adirondack Paddling Symposium June 14-17, Saranac Lake, NY

Rangeley Regatta June 29-30, Rangeley, Maine

Celebrate Paddling ADK Entire Month of June

Missisquoi Paddle-Pedal July 13, Richford, Vermont

Adirondack Canoe Classic Sept. 13-15, Adirondacks, NY

Long Lake Long Boat Regatta Sept. 21, Long Lake, NY

For more information on events, visit **bit.ly/nfctevents.**



"Whether it is to buy or sell, I am ready to work hard on your behalf."—Anne Brewer MERRILL L. THOMAS, INC.

AGENT REVIEW



Anne Brewer, licensed salesperson

Submitted by: Margaret G.

I can't say enough great things about Anne Brewer, who recently assisted me with buying property in the St. Regis Lakes area. Anne is sincere, hard-working, professional, and an excellent communicator with keen listening skills and discerning judgement. Anne's knowledge of the area and her network of local resources were invaluable in procuring the information I needed to feel confident in my decision to purchase. She patiently fielded the many questions I had and diligently followed up to find answers when she didn't have them herself. As a testimony to her dedication, on one occasion when we planned to visit a water-access only property where motorized transport wasn't available, she stoically kayaked there with several newly broken ribs so as not to cancel our appointment. In short, Anne was an absolute pleasure to work with and I recommend her enthusiastically to anyone looking to buy or sell real estate in the Adirondacks!

anne@adirondackestates.com www.adirondackestates.com

L.L.Bean

Proud supporter of the Northern Forest Canoe Trail and the Adirondack Canoe Classic

Designed To Help You Experience The Restorative Power Of The Outdoors. Expertly Crafted, Field Tested Gear – Designed to Last, Since 1912. Great gear. Unbeatable quality. Legendary service.

Ilbean.com

