

LAKE PLACID INSIDER

Your community event summary.

Sat, Jul 21st to Fri, Jul 27th

Downtown Zip Line Fundraiser

Sat, Jul 21st, 11:00am



TOUR TIMES: IRONMAN WEEKEND FRIDAY, SATURDAY, SUNDAY - ANYTIME - 11AM-4PM FUNDRAISER
DETAILS Help Support the Educational Opportunity Fund for the Lake Placid Central School District at Adirondack Foundation this year during Ironman weekend by coming zip lining with us downtown Lake Placid. Fund History: In 2016 a group of alumni, parents, educators, and community members established the Educational Opportunity Fund for the Lake Placid Central School District at Adirondack Foundation with an overriding mission: to enhance the learning and life-chances of LPCSD children. To date we've recommended awards totaling more than \$20,000 in support of this mission. You can make a remarkable and immediate impact on children's lives right here in our community through your support of the Educational Opportunity Fund for the Lake Placid Central School District at Adirondack Foundation and the life-changing opportunities we provide each year. Zip Tours begin at the Top of the Crowne Plaza Hill downtown Lake Placid!! WHATS INCLUDED 2 ZIP LINES DOWNTOWN 1 RAPPEL REALLY COOL GUIDES FULL BODY HARNESS, HELMET & GLOVES

Ironman Lake Placid

Sun, Jul 22nd



Centered amidst the northern beauty of the Adirondack region, Lake Placid is a solid choice as host for the Ironman Lake Placid Triathlon. The Lake Placid course presents challenging sections on both the bike and run courses that gave last year's nearly 2,000 competitors a workout to remember. Famous champions include Thomas Hellriegel, Heather Fuhr, Melissa Spooner, Steve Larsen, and Cameron Widoff. The course is nothing short of spectacular. The swim takes place in the pristine Mirror Lake. The challenging bike course winds through the Adirondack Mountains, and is both scenic and tough - what more could a triathlete want? The run is no picnic, either, and offers up some more great scenery, along with some more challenging hills. Put it all together and you have the essence of Ironman ... a race that captures both the beauty and the challenges of the area, and the sport. 2.4 mi. swim - 112 mi. bike - 26.2 mi. run.

Lake Placid Sinfonietta Concert: American Dreaming

Sun, Jul 22nd, 7:30pm



We celebrate the 100th birthday of legendary American icon Leonard Bernstein's with this concert that, at its heart, is his rarely performed nocturne Halil for Flute Percussion and Orchestra. Also featured are his contemporaries, his influences and his friends, most notably Aaron Copland. Ron in his last season performs on Trumpet with Cynthia Watson on English Horn in the haunting "Quiet City" and Concert Master Daniel Szasz blends his "expressive, rich and warm sound" in "Strings and Threads Suite" by Marc O'Connor. Tickets: \$25 adults, \$5 youth 18 and under Tickets are available online and at the LPCA box office 518.523.2512 For more information call 518.523.2051 or go to www.LakePlacidSinfonietta.org

The Architecture of William Prescott

Mon, Jul 23rd, 10:00am



Architect William Prescott (1926-1971) was educated at Princeton, then worked at the architectural firm of Howell, Lewis & Shay in Philadelphia before becoming principal of W. H. Prescott Associates in Plattsburgh. His distinctive style—gently sloped roofs, large overhangs, wide chimneys, vertical wood siding and large expanses of glass—is evident across a wide range of residential, commercial, and municipal properties in the Adirondacks. This outing, led by AARCH's Steven Engelhart, Morris Glenn, and Susan Prescott Buck, daughter of William Prescott, will take us to Keeseville, Essex, Jay, and Keene for an in-depth look at Prescott's work, including stops at the several residences, and a rare opportunity to see the former Paleface Ski Center lodge. The tour begins at 10:00 am and ends around 4:00 pm. The fee is \$55 for AARCH Members and \$65 for non-members. REGISTER at AARCH

Songs at Mirror Lake Music Series

Tue, Jul 24th, 7:00pm



Our 2018 lineup is set! All shows are 7-9 p.m. at Mid's Park in downtown Lake Placid. Tuesday, June 26: Acoustic Folk Night with Rhiannon Giddens and special guest Amythyst Kiah Tuesday, July 3: Blues Night with Vanessa Collier Tuesday, July 10: Soul Night with James Hunter Six Tuesday, July 17: Southern Rock Night with Devon Allman Project and special guest Duane Betts Tuesday, July 24: Local Reggae Night with JT Cubbanah and Brethrens Tuesday, July 31: Funk Night with West End Blend Tuesday, August 7: Americana Jam Night with Hayley Jane and the Primates About Songs at Mirror Lake Songs at Mirror Lake (SAML) is a free summer concert series, held Tuesday evenings at Mid's Park Bandshell in downtown Lake Placid. We are an all-volunteer, nonprofit community organization whose mission is to introduce residents and visitors to a diverse range of musical offerings and to provide regional artists with a platform for exposure and experience. SAML is made possible by a generous grant from the New York State Council on the Arts Decentralization Program, with support of Governor Andrew Cuomo and the New York State Legislature and administered by the Adirondack Lakes Center for the Arts.

Lake Placid Sinfonietta Park Concerts

Wed, Jul 25th, 7:00pm



Bring your own seating to enjoy these "concerts-with-a-view" in a relaxed, family-friendly atmosphere. Children's dancing is encouraged! If it is below 65 or raining, the concert moves to St. Agnes Church, a nearby venue with ample parking and terrific acoustics. July 4 - Champlain National Bank Lights Up the Sky July 11 - Going Coastal July 18 - Oh the Drama! July 25 - Journey to... August 1 - Passing the Torch August 8 - NBT Bank Presents Ron's Faves The Lake Placid Sinfonietta receives support from the Village of Lake Placid and the Town of North Elba, from the Essex County Arts Council Cultural Assistance Program Grant, supported by the Essex County Board of Supervisors, and public funds from the New York State Council on the Arts with the support of Governor Andrew Cuomo and the New York State Legislature.



CAN-AM Rugby Tournament

Fri, Jul 27th

Over 100+ teams converging on the Adirondacks. CAN-AM Rugby Tournament in Lake Placid and Saranac Lake, Bloomingdale. Make sure to register for the 2018 Can-Am Rugby Tournament. Spots fill up quickly so don't wait until the last minute.

Local Notice



Adirondack Experience - Local Residents Days

Sun, Jul 22nd

Adirondack Experience currently offers free admission to local residents the 2nd and 4th Sunday of each month. In an effort to have more seasonal, front line employees experience the museum, The Adirondack Experience team would like to extend the offer by allowing regional staff free admittance on the 2nd and 4th Sundays by showing a pay stub.

Weekly Promotions / Dining

Adirondack Riverwalking

Sat, Jul 21st, 8:30am

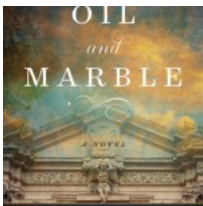
ADIRONDACK RIVERWALKING Slow down, unplug and immerse your senses in nature. Picture it now: You're wading through an Adirondack river on a beautiful summer's day. The sky is blue. You're surrounded by lush greenery and the only sounds are the bubbling of the river, the birds calling out to each other, and your Adirondack Riverwalking guide opening your eyes to seeing nature in a new light. Don a pair of waders and step into the Ausable River to take a new kind of journey. Riverwalking will allow you to discover the joy of being in moving water, feel the flowing current, and take in the sounds of the river and the beauty of the Sentinel Range of the Adirondack Mountains. Our guides will be there every step of the way to assist in opening your senses to the sights, sounds, smells, textures and tastes of the river. Take the time to slow down, unplug, and disconnect; let the river take over, its calming sounds clearing your mind, as you slowly become invigorated, yet relaxed during this unique nature experience in the Adirondack Mountains. More than two decades of research studies describe a wide range of health benefits from the practice of sensory immersion practices including lowered blood pressure, reduced stress, a stronger immune system, reduced anxiety and greater attention and concentration. Pre-registration is required and all trips must be booked a minimum of 24 hours in advance. Upon registration, you'll receive an email confirmation including information about our meeting location, directions, what to bring, and what to wear. Riverwalking groups are limited to a maximum of eight people.



The Bookstore Plus Hosts Author Signing Event with Stephanie Storey!

Sat, Jul 21st, 1:00pm

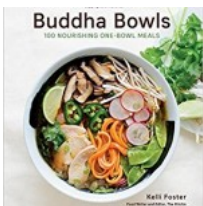
Saturday, July 21st, 2018| 1-3 PM| The Bookstore Plus is excited to host author Stephanie Storey for a book signing event. Stephanie will be at The Bookstore Plus on Saturday, July 21st, 2018, from 1 to 3 PM to autograph copies of her newest book "Oil and Marble: A Novel of Leonardo and Michelangelo". About The Book: Oil and Marble is the story of their nearly forgotten rivalry. Storey brings early 16th-century Florence alive and has entered with extraordinary empathy into the minds and souls of two Renaissance masters. The book is an art history thriller. About The Author: Stephanie Storey is a writer and art fanatic. She has a degree in fine arts from Vanderbilt University and an MFA from Emerson College. When not writing fiction and screenplays, she works as a television producer. Oil and Marble is her debut novel. She lives in Los Angeles with her husband, an actor and Emmy-winning comedy writer. For more information please contact The Bookstore Plus| 518-523-2950



The Bookstore Plus Hosts Author Signing Event with Kelli Foster!

Sat, Jul 21st, 1:00pm

Saturday, July 21st, 2018| Author Signing Event with Kelli Foster The Bookstore Plus is pleased to host author Kelli Foster for a book signing event. Kelli will be at The Bookstore Plus on Saturday, July, 21st, 2018, from 1:00 to 3:00 PM to autograph copies of her new book "Buddha Bowls". About The Book: It would be hard to find a hotter current food trend than Buddha bowls. Pinterest has more than a thousand Buddha bowl thumbnails and recipes. In Google Trends during 2017, Buddha bowl searches indexed (versus the entire universe of search terms) at 15 times where they were at the beginning of 2016; indeed, for much of 2017 the search string "Buddha bowls" was indexing at 100, meaning that the search term was in the top 1% of search terms globally--all terms, not just food terms. Buddha bowls are best seen as either Asian or Asian-inspired ("fusion") one-bowl meals. The concept is loosely based on guidance from Chinese medicine, that a meal should have vegetables, protein, and grain. Although there would be many, many foods that meet this criterion, such as many pizzas or casseroles, Buddha bowls are a spin on the common Asian thick soup, such as a Vietnamese pho or a Chinese hot and sour soup, where there is a high ratio of ingredients to broth and where the ingredients are whole or in large pieces and not blended or pureed. Both bowl food and one-dish meals are strong-selling categories in the current cookbook market, and Buddha bowls is as strong a subtopic as any in both of those categories. Kelli Foster is a staff writer and editor for The Kitchn, one of the most widely read online destinations in the world for recipes and kitchen wisdom. A triathlete and a devoted fan of healthy eating, she is a graduate of the French Culinary Institute and lives in New York City For More Information please contact The Bookstore Plus| 518 523 2950

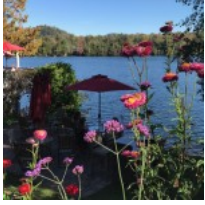




Sunday Brunch

Sun, Jul 22nd, 10:00am

Big Slide Sunday Brunch! Every Sunday from 10am-1pm enjoy a farm to table brunch, variety of bloody marys, and the ever popular "bottomless mimosas!"



Brunch at The Cottage

Sun, Jul 22nd, 10:30am

Join us for Sunday brunch at the Cottage! Food and drink specials every Sunday.



Sangria Sundays at Taverna

Sun, Jul 22nd, 5:00pm

Every Sunday night enjoy the Vibes of Summer at Taverna. We'll be serving Sangria Drink Specials all night long!



Monday Storytime at The Bookstore Plus!

Mon, Jul 23rd, 10:00am

The Bookstore Plus will be hosting a weekly Summer Storytime for children on Mondays at 10 AM at the store from July 2nd - August 28th, 2017. Monday, July 23rd, our storyteller will read "Great Kapok Tree" and "Tree of Wonder". Storytime is geared towards children ages 3 and up, but all children are welcome! The storytime will be followed by a story themed craft. We will make paper plate snakes. All supplies will be provided at no cost. Let your child(ren) join the fun! For more information, call us at 518-523-2950.



Mondays at Taverna All Night Happy Hour

Mon, Jul 23rd, 5:00pm

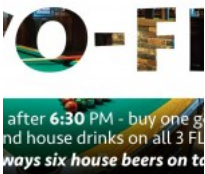
Join us every Monday Night at Taverna for All Night Happy Hour! Food and Drink specials include... \$2 16oz Utica Club Cans \$5 Draft Beers \$6 House Wines \$10 Gyro, Chicken Kabob, Falafel or Steak Wrap with house cut fries We look forward to seeing you here!



High Peaks Cyclery Mini Triathlon Series

Mon, Jul 23rd, 5:30pm

35th Annual Mini Triathlon Series 400 yd Swim - 12 mi Bike - 3 mi Run Every Monday until August 13th! (weather depending) 5:30 pm Registration on Mirror Lake Beach 6:30 pm Race Start All ages and abilities welcome! *Kids race on July 16th and August 13th at 3:00 pm



Two for Tuesdays at The Pub

Tue, Jul 24th

Two for one Tuesdays! Buy your first pint, get a token for your second! Remember that we also have a NEW drink special, with two-for-one house liquors from 6:30pm until 2am. See you at The Pub.



LIBRARIES ROCK! Geology of the Adirondack Mountains

Tue, Jul 24th

Naturalists from the Adirondack Mountain Club will share information about the history and geology of the Adirondack Mountains. For families with children in Pre-K through grade 5. Free and open to the public.



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Sour Hour at Big Slide Brewery & Public House

Wed, Jul 25th, 5:00pm

Wednesdays are for Sour Hour. Join us at the bar beginning at 5pm for buy one get one Sour Beers! Always two sour beers to choose from and a non-sour rotator.



Pizza & Pint Night

Thu, Jul 26th, 4:00pm

Free pizza with beer? That's right! Every Thursday starting at 4pm at the bar! Purchase a pint and get a 6 inch cheese pizza for free! Make it pepperoni for a buck if ya want! This is a bar only special, so get there early and grab a stool!



Oyster Fridays!

Fri, Jul 27th, 5:00pm

Oyster Fridays at Big Slide! Shuckin' starts at 5pm and goes 'til they're gone! Get here early, they go fast!

For more information or to signup online visit <http://insider.lakeplacid.com>

Powered by Lake Placid Insider and the Regional Office of Sustainable Tourism.