



# La Chute Newsletter

December  
2006

## Club Meeting

by Claude La Chute

**E**lection time! It is time to elect a new club president. Ellie has been president for 7 years. The club thanks Ellie for her dedication. We also have to set up races and activities for 2007, (necessary information for insurance). The meeting will take place on Tuesday, Dec. 5th, 6:30 at Jim Cunningham's house (address below).

## Breakfast Run

by Dave Rutkowski

**I** am hosting a breakfast run here at Rut's Hut on December 9. We will start at 9 am. Participants can run just about any distance. I'll be looking to do 8 to 10 miles, but will mark off other distances for others. Walkers are more than welcome. The more the merrier. It is pot luck affair and usually some interesting food shows. [drut4@capital.net](mailto:drut4@capital.net)

## Resolution Run

**O**n January 1st, the Resolution Run will be held. The race will start near Bicentennial Park and will feature a 5KM run and 2.5 mile walk. The events go off at 11:00 AM.

**R**egistration begins at 10:15. The race is for the benefit of the Ticonderoga Food Pantry. Please bring either \$2.00 or 2 canned goods. Additional information can be found on the web site, [LaChute.us](http://LaChute.us)

## Membership Renewal

**I**t is time to renew your membership to the La Chute Road Runners. Mail or print out and bring to the Resolution Run.

Jim Cunningham  
26 Amherst Ave.  
Ticonderoga, NY 12883

## Treasury Report

**I**n the regularly La Chute Road Runner's account we now have \$ 1,216.05.

In the special savings account, (Scholarship Fund) we have \$8,235.98, as of November 20th.

## Races

[Polar Cap](#)  
4 Miles  
02/03/07

[Resolution Run](#)  
5K Run and Walk  
1/1/07

[Reindeer Run](#)  
5 K  
12/09/06

### Goals

- Encourage the youth of the community to get involved in a beneficial activity.
- Provide competitive opportunities for its membership.
- Provide membership with educational and social opportunities.

### Activities

- Sponsor the Montcalm Mile
- Sponsor the Birthday Run
- Sponsor the Resolution Run
- Sponsor the Heritage Run
- Sponsor the Footrace at Fort Ticonderoga
- Support a LCRRC Point Championship Series
- Hold an annual Awards Banquet
- Provide a newsletter
- Provide organized training opportunities
- Membership in Road Runner’s Club of America



### Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing there facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all claims or liabilities of any kind arising out of my participation in there club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

Membership type:

- Family \$10.00 ( )
- Individual \$5.00 ( )

#### La Chute Road Runners

First \_\_\_\_\_ Mi \_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_

Mail to:

Jim Cunningham  
 26 Amherst Avenue  
 Ticonderoga, NY  
 12883

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Family Members \_\_\_\_\_

**LCRRC**

**LaChute.us**