

RUNNING CLUB MEETING

Mid-June, the La Chute Road Runners held a meeting to take care of some loose ends. The meeting was at Jim Cunningham's house and the turn-out was very good. A fire glowed in the wood stove as the meeting progressed, definitely the last one for the year.

One item on the agenda was to discuss up-dating the Members Page on the club's site. It now contains updated information as to the location of race equipment and contact information.

At the meeting the application process for the Duane Crammond Scholarship fund was addressed and this year's applicants were processed. The scholarship will be available for 10 years. The intention is to keep the Footrace at Fort Ticonderoga going after that.

The Birthday Run will be discontinued. At that time of year there are many races for our school age runners and for adults. Also, spring break, which effects many weekends, draws many runners out of the area.

Plans were discussed for a replacement. One suggestion was to have a relay race. This would be offered as a challenge to The Adirondack Runners. In this relay, say 10 members would compete over a distance of say 20 miles.



"If I have to be at these boring meetings, I might as well get something out of it."

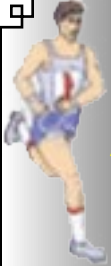
DUANE CRAMMOND SCHOLARSHIP

Congratulations to Lee Gabler, this year's winner of the scholarship.

Lee is entering his second year at Geneseo and competes on the cross-country team.

TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$2,136.54. In the special savings account, (Scholarship Fund) we have \$7,616.35, as of July 10th.



Races

- Race the Train 8/04/07
- Coles Woods 8/12/07
- Adirondack Nautlius 5K 8/12/07
- Heritage Day 10K 8/19/07

- [Triathlon web page](#)
- [The Adirondack Runners](#)
- [Albany Running Exchange](#)
- [Hudson Mohawk Road Runners Club](#)
- [La Chute Road Runners Club](#)

LAKE PLACID HALF MARATHON

June 10, 2007

Place	Div/Tot	Div	Nettime	Guntime	Name	Age	S	Race#	City/state
1	1/47	M2029	1:20:47	1:20:47	Kieran O'Connor	20	M	1102	Scotia NY
510	73/127	F2029	2:20:59	2:21:36	Meagan Tubbs	20	F	1328	Ticonderoga NY
649	79/112	F4049	2:45:04	2:45:41	Kathy Tubbs	48	F	1327	Ticonderoga NY
669	51/56	M5059	2:50:21	2:50:57	Bruce Tubbs	51	M	1325	Ticonderoga NY

808 runners participated

HALF MARATHON (one loop course): After the River Road turnaround, runners continued back through the Horseshow Grounds to the finish at the Olympic Speedskating Oval.

HERITAGE DAY 10K

The Heritage Day 10K will be contested on August 19th at 10:00 AM at Penfield..An application is attached. If you can help, [e-mail Dave Burrows](mailto:dave@burrows.com). If you haven't raced it, give it a try. It is a unique course and experience.

BATTENKILL 12K

1	60-69	Jim Cunningham	1:04:53
1	20-29	Julie Cunningham	1:02:11

NEWSLETTER INFORMATION

If you have any articles or race results to contribute to the newsletter, mail that information to Jim Cunningham.

PROSPECT MOUNTAIN ROAD RACE

Place	Div/Tot	Name	Age	City	St	Time	Pace
10	1/15	David Burrows	42 M	Ticonderoga	NY	43:13	7:38
174	3/5	Silver Bullet	74 M	Ticonderoga	NY	1:16:44	13:32

21ST MONTCALM MILE

Thanks to the 19 volunteers, the club had a successful running of the Montcalm Mile. The mantra for this year was to prepare for 200 runners. Next year organizers will be planning for 250. The article's background image provides a picture of the recent activity on the club's site. Besides results, Ellie had taken hundreds of pictures, covering almost everyone who ran. They are posted too!

The race committee, Linda and Jim, would like to thank all those who made suggestions for last year. One is to have the police officer lean longer on the siren. The front line was hesitant with subdued siren this year. Another was to use the track team's clock, benefiting spectators, runners, and officials.

Dave Rutkowski remarked that when we first started the race, parade spectators couldn't figure why people were running down the middle of the road. Now many of them come to watch the race and to take part! Many runners enjoyed this year's competition, and others also enjoyed the opportunity to reunite with friends.

Registration, though busy, went smoothly, with 5 people helping out. At the finish, each position had 2 people facilitating the quickly moving line of runners.

Again, the help provided made for a very smooth running race. Thank you!



MONTCALM MILE RESULTS

Place	Name	Time
1	Lee Gabler	4 : 1 3
2	Lee Berube	4 : 1 4
3	Jesse Berube	4 : 2 2
4	John DeVaney	4 : 3 6
5	Dave Burrows	4 : 4 7
6	Brian Mitko	4 : 5 4
7	David McCarey	4 : 5 5
8	John Carney	4 : 5 6
9	Luke Rogers	5 : 0 4
10	Jay Berube	5 : 0 9
11	Andy Bangert	5 : 1 3
12	Tony Gai	5 : 1 4
13	Jared Best	5 : 1 6
14	Jesse Rogers	5 : 1 8
15	Matthew Gewling	5 : 2 1
16	Shawn McQuiston	5 : 2 6
17	Joshua Cook	5 : 2 7
18	Matthew Nolan	5 : 2 8
19	Michael Reale	5 : 2 8
20	Jesse Berube	5 : 2 9
21	Jerry Chandler	5 : 2 9
22	Dale Abrahamson	5 : 2 9
23	Bill Jennings	5 : 4 1
24	Ed Aufuldish	5 : 4 2
25	Ed Boullianne	5 : 4 3
26	Michael Graney	5 : 4 4
27	Bill Quiinlisk	5 : 4 5
28	Kevin Boyle	5 : 4 8
29	Corey Trudeau	5 : 4 9
30	Paul Kent	5 : 5 1
31	Steven Pantazopoulos	5 : 5 2
32	Ed Boullianne	5 : 5 3
33	Joey Provoncha	5 : 5 5
34	Christopher Shaw	5 : 5 7
35	Ricky Osier	5 : 5 9
36	Katie Karkoski	6 : 0 2
37	Kevin Densmore	6 : 0 3
38	Weston Muench	6 : 0 4
39	Billy Holland	6 : 0 5
40	Johanna Strickland	6 : 1 0
41	Frank Jebb	6 : 1 1
42	Benjamin Karkoski	6 : 1 2
43	Matt Karkoski	6 : 1 2
44	Joe Wells	6 : 1 3
45	Klye Flack	6 : 1 4
46	Julie Cunningham	6 : 1 4
47	Chris Green	6 : 1 6
48	William Provoncha	6 : 1 7
49	Michael Rodecker	6 : 1 8
50	Joe Conway	6 : 1 9
51	Evan Glading	6 : 2 0
52	Alec Hay	6 : 2 1
53	Joseph Gilson	6 : 2 4
54	Steven Schriber	6 : 2 8
55	Julie Kent	6 : 2 9
56	Robert Bair	6 : 3 0
57	David Cook	6 : 3 2
58	P. K. Sudeep	6 : 3 3
59	Amy Chandler	6 : 3 6
60	Thomas Carey	6 : 3 7
61	David Zelanis	6 : 3 8
62	Jim Cunningham	6 : 3 9
63	Matthew St. Peter	6 : 4 0
64	Amanda Blanchard	6 : 4 1
65	Tom Reale	6 : 4 2
66	Elliott Shaw	6 : 4 5
67	Conner Backus	6 : 4 7
68	Dan Herrmann	6 : 4 8
69	Dane Francis	6 : 4 9
70	Benjamin Sterner	6 : 5 1
71	James Cook	6 : 5 2
72	Kevin Burr	6 : 5 3
73	Kimberly Rielly	6 : 5 4
74	Brittany Holt	6 : 5 5
75	Arlo Nadeau	6 : 5 5
76	Ryan Holder	6 : 5 7
77	Peter Hettrich	7 : 0 0
78	Sara Joubert	7 : 0 2
79	Connie Belkevich	7 : 0 5
80	Paul Jebb	7 : 0 6
81	Sara Tierney	7 : 0 8
82	Shawn Hayes	7 : 0 9
83	Ryan Price	7 : 1 0
84	Rebecca Lavin	7 : 1 6
85	Mary Beth Aufoldish	7 : 1 7
86	Christopher Gilson	7 : 1 8
87	Rachel Lavin	7 : 1 8
88	Cam Brown	7 : 1 9
89	Meagan Tubbs	7 : 2 3
90	Kaitlyn Pote	7 : 2 4
91	Laura Hitchcock	7 : 2 5
92	Cameron Davis	7 : 2 6
93	Heather Davis	7 : 2 7
94	Evan Graney	7 : 2 8
95	Farley Tierney	7 : 2 9
96	David Mallette	7 : 3 2
97	Marianna Schultz	7 : 3 3
98	Sam Petersen	7 : 3 3
99	Ron Pote	7 : 3 4
100	Deb Singer	7 : 3 5
101	Chandler Whitford	7 : 3 5
102	Lauren Burr	7 : 3 6
103	Maria Blanchard	7 : 3 8
104	Katy Provoncha	7 : 3 9
105	Jared Knowlton	7 : 4 3
106	Maura Jebb	7 : 4 4
107	Ellie George	7 : 4 4
108	Becky Barber	7 : 4 7
109	Markie teRiele	7 : 4 8
110	Hanna Herbst	7 : 4 9
111	Skyler Barber	7 : 5 0
112	Fred Herbst	7 : 5 1
113	Fred Provoncha	7 : 5 2



114	Beth Sterner	7 : 5 3
115	Lexi Bessett	7 : 5 4
116	Julie Bair	7 : 5 5
117	Rudd Fawcett	7 : 5 5
118	Molly Siebecker	7 : 5 6
119	Sabrina Nadeau	7 : 5 6
120	Katelynn Pettys	7 : 5 7
121	Tara Francis	7 : 5 9
122	Kayleigh Wade	8 : 0 3
123	Bill Venner	8 : 0 4
124	Kelly Woods	8 : 0 5
125	Melanie Crocini	8 : 1 7
126	Jordan Bright	8 : 1 8
127	Grayson Andrushko	8 : 1 9
128	Abigail Green	8 : 2 0
129	Joshua Boldue	8 : 2 2
130	Evan House	8 : 2 4
131	Nicole Sherwin	8 : 2 5
132	Chandler Kent	8 : 2 7
133	Kaleigh Malaney	8 : 2 9
134	Courtney Sherwin	8 : 3 1
135	Tracy Watson	8 : 3 5
136	Danielle Hanson	8 : 4 9
137	Blake Rathbun	8 : 5 0
138	Tammy Arthur	8 : 5 2
139	Meghan Green	8 : 5 6
140	Michael Graney	8 : 5 7
141	Robert Provoncha	9 : 0 0
142	John Provoncha	9 : 0 0
143	Makayla Wright	9 : 0 5
144	Erin Holder	9 : 0 6
145	Sierra Stacy	9 : 0 7
146	Gabe Vigliotti	9 : 0 8
147	Kris Kuhl	9 : 1 2
148	Flynn Jebb	9 : 1 3
149	Michelle Duprey	9 : 1 4
150	Sarah Bangs	9 : 1 5
151	Anna Gai	9 : 1 8
152	Katie Breitenbach	9 : 1 9
153	Michelle O'Connell	9 : 2 0
154	K. J. teRiele	9 : 2 7
155	Heidi teRiele-Karkowski	9 : 2 8
156	Annie Seichopin	9 : 2 9
157	Nathalie Smallidge	9 : 3 2
158	Dick Johndrow	9 : 3 3
159	Brittany Aylott	9 : 3 4
160	Anna Busick-Pound	9 : 4 3
161	Laney Strickland	9 : 4 4
162	Don Evans	9 : 4 5
163	Jim Whitford	9 : 4 6
164	Hollyann Provoncha	9 : 4 9
165	Page Rathbun	9 : 5 0
166	Gillian Rathbun	9 : 5 0
167	Meg Mc Donald	10 : 0 2
168	John Mc Donald	10 : 0 2
169	Deborah Collins	10 : 0 5
170	Douglas Baker	10 : 1 3
171	Tracey Cross-Baker	10 : 1 4
172	Hannah Collins	10 : 1 8
173	Megan Siebecker	10 : 1 9

174	Tim Siebecker	10 : 2 0
175	Elijah Collins	10 : 3 0
176	Kyleen Sweeney	10 : 3 2
177	Laurel Weiss	10 : 4 7
178	Shirley Venner	10 : 4 8
179	Susan Bartmon	10 : 5 0
180	Ira Fews	10 : 5 1
181	Kelsey Sweeney	10 : 5 2
182	Mary Collins	10 : 5 8
183	Dusty Bright	11 : 0 5
184	Kiana Nadeau	11 : 0 8
185	Mason Pound	11 : 1 8
186	Rachel Pound	11 : 3 0
187	Jenna Burr	11 : 3 1
188	Amy Burrows	11 : 5 9
189	Kathie Bright	12 : 0 7
190	Mackenzie Bright	12 : 0 8
191	Kristin Rathbun	12 : 2 6
192	Maddy Rathbun	12 : 2 6
193	Tristan Carey	14 : 0 4
194	Kelly Smallridge	14 : 0 5
195	Jenna Strickland	14 : 2 5
196	Shirley Evans	14 : 2 9
197	Taylor Stacy	15 : 2 8
198	Susan Ringer	19 : 2 9
199	Nicholas Watson	20 : 4 8





LAKE GEORGE TRIATHLON

Place Time Name Bib# Sex Group Place in Time All Sex Age Pace Run Type Time Penalty Place in: Time
 All Sex Age T2 Place in: Time All Sex Age Pace Bike Place in: Time All Sex Age T1 Place in:
 Time All Sex Age Pace Swim Place in: 100yd:

52 2:59:29 Wells, Joseph 88 Male 20-24 45 2 1:06:12 10:41 02576900:52 118191:27:11 17.21222401:13
 114160:24:01 01:3311922

58 3:07:58 Rutkowski, David M 72 Male 60-64 49 2 0:54:54 08:51 02485801:18 235431:37:11 15.52475302:54
 250610:31:41 02:0335566

71 3:54:10 Johndrow, Richard E 40 Male 70-74 59 1 1:16:57 12:25 01597102:45 156671:44:57 14.41566504:34
 158690:44:57 02:5416274



LAKE PLACID MINITRIATHLON MONDAY, JUNE 25, 2007

Hometown Age Group First Name Last Name # Sex Swim Swim+Bike Bike Run Total

Ticonderoga 60+ Dave Rutkowski 2 M 0:10:09 0:50:58 0:40:49 0:26:40 1:17:38
 Port Henry 60+ Red McDonough 53 M 0:11:01 0:55:43 0:44:42 0:29:51 1:25:34

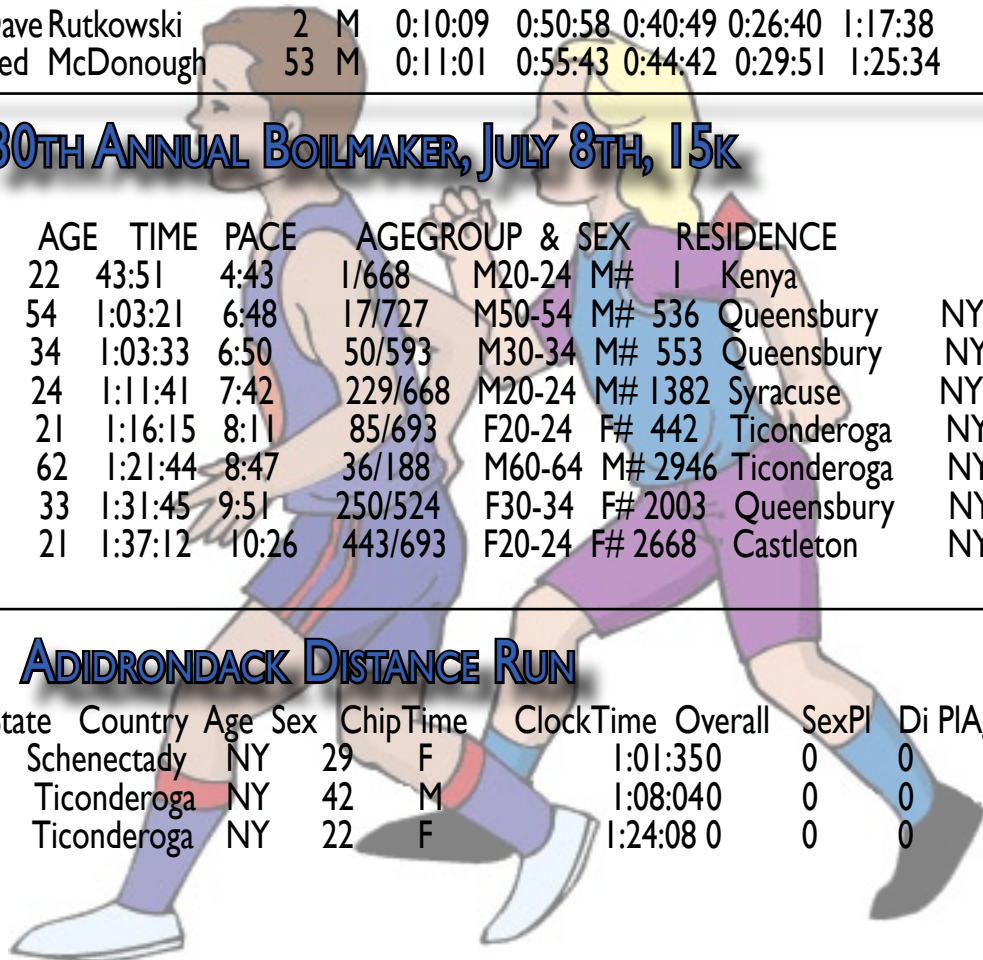
THE 30TH ANNUAL BOILMAKER, JULY 8TH, 15K

PLACE	NAME	AGE	TIME	PACE	AGEGROUP & SEX	RESIDENCE
1	Nicholas Kamakya	22	43:51	4:43	1/668 M20-24 M# 1	Kenya
600	Lee Pollock	54	1:03:21	6:48	17/727 M50-54 M# 536	Queensbury NY
617	Todd J. Eicher	34	1:03:33	6:50	50/593 M30-34 M# 553	Queensbury NY
1628	Jim Cunningham	24	1:11:41	7:42	229/668 M20-24 M# 1382	Syracuse NY
2484	Julie Cunningham	21	1:16:15	8:11	85/693 F20-24 F# 442	Ticonderoga NY
3811	Jim Cunningham, Sr.	62	1:21:44	8:47	36/188 M60-64 M# 2946	Ticonderoga NY
6465	Michele L. Eicher	33	1:31:45	9:51	250/524 F30-34 F# 2003	Queensbury NY
7761	Kimberly Worobey	21	1:37:12	10:26	443/693 F20-24 F# 2668	Castleton NY
10883 finishers						

ADIRONDACK DISTANCE RUN

Bib	FName	LName	City	State	Country	Age	Sex	ChipTime	ClockTime	Overall	SexPl	Di Pl	AgeGrad
4	Eileen	Combs	Schenectady	NY		29	F		1:01:350	0	0	80.7%	
402	David	Burrows	Ticonderoga	NY		42	M		1:08:040	0	0	69.4%	
350	Meaghan	Herbst	Ticonderoga	NY		22	F		1:24:080	0	0	59.	

524 runners



RESULTS - EVENT 13 BOYS 2 MILE RUN

C.F.P.I. Timing & Data

Nike Outdoor Nationals - 6/14/2007 to 6/16/2007

North Carolina A+T University, Greensboro, NC

Event 13 Boys 2 Mile Run

Name	Year/ School	Finals
1 Matthew Centrowitz	07 Arnold, MD	8:41.55#
2 Craig Forsys	07 Howell, NJ	8:44.53
3 Elliott Heath	07 Winona, MN	8:46.12
4 Evan Jager	07 Algonquin, IL	8:47.59
5 Hassan Mead	07 Minneapolis, MN	8:51.23
6 Paul Springer	07 Kennett Square, PA	8:52.77
7 Sean Keveren	08 Brentwood, TN	8:55.16
8 Dan Jackson	07 Ann Arbor, MI	8:55.60
9 Girma Mecheso	08 Lawrenceville, GA	8:56.58
10 Mark Amirault	07 Walpole, MA	8:56.84
11 Mike Fout	08 LaPorte, IN	8:58.79
12 Thomas Gruenewald	07 Manlius, NY	8:58.98
13 Robert Finnerty	08 Burnsville, MN	8:59.15
14 Maxwell O'Donoghue-McDon	07 Seattle, WA	8:59.19
15 Josh Mathis	07 Potosi, MO	9:00.16
16 Luke Puskedra	08 Ogden, UT	9:00.25
17 Andrew Hanko	07 Montville, NJ	9:01.42
18 Kyle Soloff	07 Rockaway, NJ	9:01.82
19 Dan Chenoweth	07 Geneseo, IL	9:01.91
20 Emil Heineking	07 Chardon, OH	9:03.54
21 Maverick Darling	08 Ovid, MI	9:05.21
22 Ryan Collins	07 Mansfield, MA	9:06.44
23 Ryan Hill	08 Hickory, NC	9:07.16
24 Joey Bywater	08 Lake Stevens, WA	9:07.50
25 Todd Gulizia	07 Omaha, NE	9:07.90
26 Graham Bazell	09 Columbia, MD	9:10.10
27 Matthew Mroczynski	07 Pulaski, WI	9:10.83
28 Peter Dorrell	08 Blacksburg, VA	9:11.43
29 Luke Grau	07 Chardon, OH	9:14.49
30 Matt Nichols	07 Mantua, OH	9:15.06
31 Corey Robinson	07 Rochester, NY	9:16.14
32 Max Kaulbach	08 Philadelphia, PA	9:16.49
33 Kevin Schwab	07 Mustang, OK	9:16.59
34 Lee Berube	08 Putnam Station, NY	9:16.79
35 Jacob Nusekabel	07 Cincinnati, OH	9:20.03
36 Andrew Springer	09 Westerly, RI	9:25.52
37 Tim O'Loughlin	09 Westerly, RI	9:25.54
38 James Grimes	07 Chatham, NJ	9:26.77
39 Matt Terry	08 Danbury, CT	9:33.48
40 Michael Perry	07 Cincinnati, OH	9:34.66
41 Mohamed Abdalla	08 San Jose, CA	9:34.77

**Congratulations to
Lee Berube
on his fast run at the
nationals!**

Led by Matt Centrowitz, 11 runners in the fast section turned in sub-9-minute times in one of the greatest prep distance races in history.

Centrowitz, son of the 1976 Olympian of the same name, finished first in 8:44.53 to obliterate the six-year-old meet record of 8:44.43. The Oregon recruit from Arnold, Md., tied legendary Steve Prefontaine for third place all-time on the high school list.

Luke Puskedra (Ogden, UT) set the early pace, taking the 17-man field through a 63-second first lap. Right behind him were Craig Forsys (Howell, NJ) and Evan Jager (Algonquin, WI). Puskedra still led at the halfway mark, passing the mile in 4:25.7 – still tailed by Forsys and Jager, with Centrowitz lurking in the background.

Jager took over the lead after five laps, leading a pack of seven with Centrowitz in fourth place. With two to go, Jager, Centrowitz and Forsys began pulling away. It was down to Forsys and Centrowitz at the bell. Forsys turned on the jets on the backstretch, which didn't seem to faze Centrowitz.

Coming around the final turn, it was Centrowitz's turn to go into high gear. Forsys couldn't keep pace and Centrowitz flew home unchallenged. "I knew the pace was going to be fast," said Centrowitz, "which is good because it helps me prepare for next season when I'm a freshman in college. When you have a pace that fast, your time will take care of itself."

Centrowitz wasn't sure the race was his until the final seconds. "I didn't think I had it until the last 50 meters or so," he said. "When I went past him [Forsys] and didn't hear his footsteps, I felt pretty good about the race. I really wasn't truly comfortable until about the last 25 meters."

Heritage Day 10K

August 19, 2007 10 a.m.

Location: The race will start and finish at the Penfield Homestead Museum and will be held in conjunction with the museum's annual Heritage Day. The museum is located in Ironville on County Route 2, approximately five miles west of the hamlet of Crown Point.

Check In: 8:30-9:45 a.m. on the museum porch.

Entry fee: \$5

Course: The course is 10 kilometers (6.2 miles) on country roads; about three miles on dirt roads. The first four miles are up and down with a very fast two-mile downhill finish.

Awards: Medals overall man and woman, age groups 19 and younger, 20-29, 30-39, 40-49, 50-59 and 60. There will be no duplicate awards.

Post race: Heritage Day at the Penfield Homestead Museum, 10 a.m. to 4 p.m. Chicken barbecue, live music, a craft fair, museum tours, pony rides, children's games and more.

Information: Call Dave Burrows of the La Chute Road Runners (lachute.us) at 518-926-8005

Mail entries to: Dave Burrow 9 George St.

Ticonderoga, NY 12883

Make checks to: La Chute Road Runners

NAME _____ AGE _____ GENDER _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself,

my heirs, executors and administrators, waiver and release all rights and claims for damages I may have against the La Chute Road Runners, the Penfield Homestead Museum, the town of Crown Point, Road Runners of America,

USA Track and Field, all sponsors, and co-sponsors, volunteers and workers, race organizers, their representatives,

successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. Athletes who participate in this competition may be subjected to formal drug testing in accordance with USA T&F regulations. Athletes found positive will be disqualified from the event and will lose eligibility for future competitions.

Signature _____

Signature of Parent _____

(If under age 18)

La Chute Road Runners Club

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



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 these 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 ()
- Student \$2.00 ()

Mail to:

Jim Cunningham
26 Amherst Avenue
Ticonderoga, NY 12883

Application

First name: _____ Mi.: _____ Last name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home phone: _____

Email: _____

Date of birth: _____

Family members: _____

LCRRC

LaChute.us