

LCRRRC

Newsletter

July, 2007

### RUNNING CLUB MEETING

Mid June the club 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, hopefully the last one for the year



One item on the agenda was to up date 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 and this year's applicants for the Duane Cramond Scholarship fund were addressed. 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.

The club will also continue the Summer Series at the track on these nights: July 12th, 19th, 26th, and August 2nd.

### NATIONAL EMPLOYEES HEALTH AND FITNESS DAY

Two La Chute runners participated in this activity held at Ticonderoga Elementary/Middle School. The duo distributed race entry blanks and talked about fitness. Also participating were representatives of Curves, Weight Watchers, the Health Center, Adirondack Runners, a massage therapist and Bonnie Sprinkle from Achieve Fitness. (bonniesprinkle.com)

### TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$971.50. In the special savings account, (Scholarship Fund) we have \$7,527.46, as of May 1st.



#### Races

- Trail Series start 5/15
- Lake Placid Marathon 6/10
- North Country Tri 6/30
- Adirondack Distance Run 7/1
- Montcalm Mile 7/4
- Boilermaker 7/7

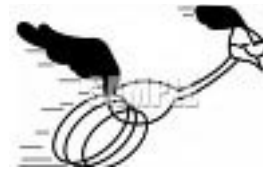
  

- [Triathlon web page](#)
- [The Adirondack Runners](#)
- [Albany Running Exchange](#)
- [Hudson Mohawk Road Runners Club](#)
- [La Chute Road Runners Club](#)

## CHARLES PRATT MEMORIAL ROAD RACE

The Charles Pratt Memorial Road race was contested on May 12th and 6 Ticonderoga runners participated in the 4.4 mile classic. Here is how they did:

Overall	Name	Place	Time
4	Jim Cunningham	2	28:48
20	Jim Cunningham Sr.	1	33:48
27	Dave Rutkowski	2	36:03
37	Megan Tubbs	1	37:27
51	Kathy Tubbs		46:38
53	Bruce Tubbs		47:03



The winning time was 24:51 and 69 runners participated

The race ran from Lewis to Elizabethtown and has been contested for decades. Results from the past years were posted on the porch. Participants were treated to a lunch. An new crew ran the race and encouraged participants to bring others next year.

### RODEO RUN 5K

Sunday May 6, 2007 Lake Luzerne, NY  
MALE OVERALL RESULTS

1 Jared Newell	19 Queensbury NY	17:42
2 David Burrows	42 Ticonderoga NY	17:56
3 Bill Venner	47 Granville NY	18:18

### PROSPECT MOUNTAIN

May 12, 2007 Lake George, NY

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
186 Runners			

### NEWSLETTER INFORMATION

If you have any articles or race results to contribute to the newsletter, mail that information to [Jim Cunningham](mailto:Jim.Cunningham@gsrs.com).

### MOUNTAIN GOAT

10 miles, Syracuse			
167 Male 20-24	1:12:29	Cunningham, Jim	155/ 953
12/ 48 Ticonderoga NY	07:15		
1380 Runners			

## FREIHOFFER RUN FOR WOMEN

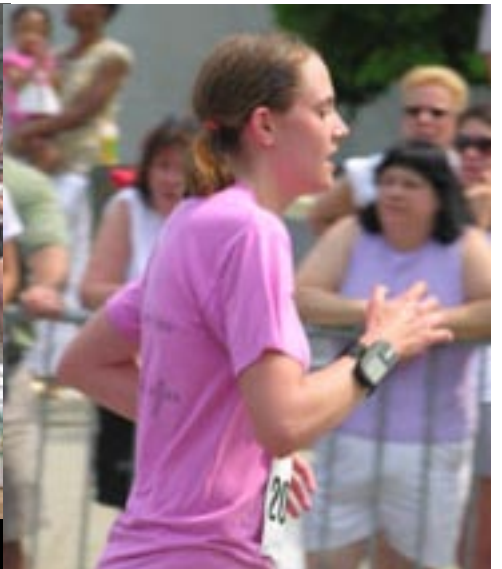
Freihofer's Run for Women 5K, now a 28-year old tradition, the event has grown to become one of the country's largest all-female races. The race again featured several of the best female athletes in the nation. They were joined by thousands of women of all ages and abilities, from Olympians to recreational joggers, who challenged themselves on the 5K course. This year 6 Olympians participated. Runners were represented from 13 countries. "In this race, the dads watch the kids!" (L.C.)

29th Freihofer's Run for Women  
USAT&F Certified #NY01024AM Timing by ChampionChip: [www.gsrs.com](http://www.gsrs.com)  
Empire State Plaza Albany, New York June 2, 2007 10:15 AM

Place	Div/Tot	Div	Time	Pace	Name	Age	City	State
1	1/271	F2529	15:22.0#	4:57	Benita Johnson	28	Richmond,	Austra
44	1/180	F5054	19:06.5*	6:09	Joan Benoit Samuelson	50	Freeport	ME
191	37/226	F2024	23:00.5	7:25	Julie Cunningham	21	Ticonderoga	NY
555	82/226	F2024	26:54.9	8:40	Meagan Tubbs	20	Ticonderoga	NY
884	105/226	F2024	28:57.6	9:20	Kimberly Worobey	21	Castleton	NY
1909	182/285	F4549	34:50.7	11:13	Kathy Tubbs	48	Ticonderoga	NY
2585	235/257	F3034	41:03.3	13:13	Rebecca Hutchins	33	Schodack Landing	NY
2586	256/271	F2529	41:03.9	13:14	Ruth Crammond	26	Albany	NY

2887 Finishers





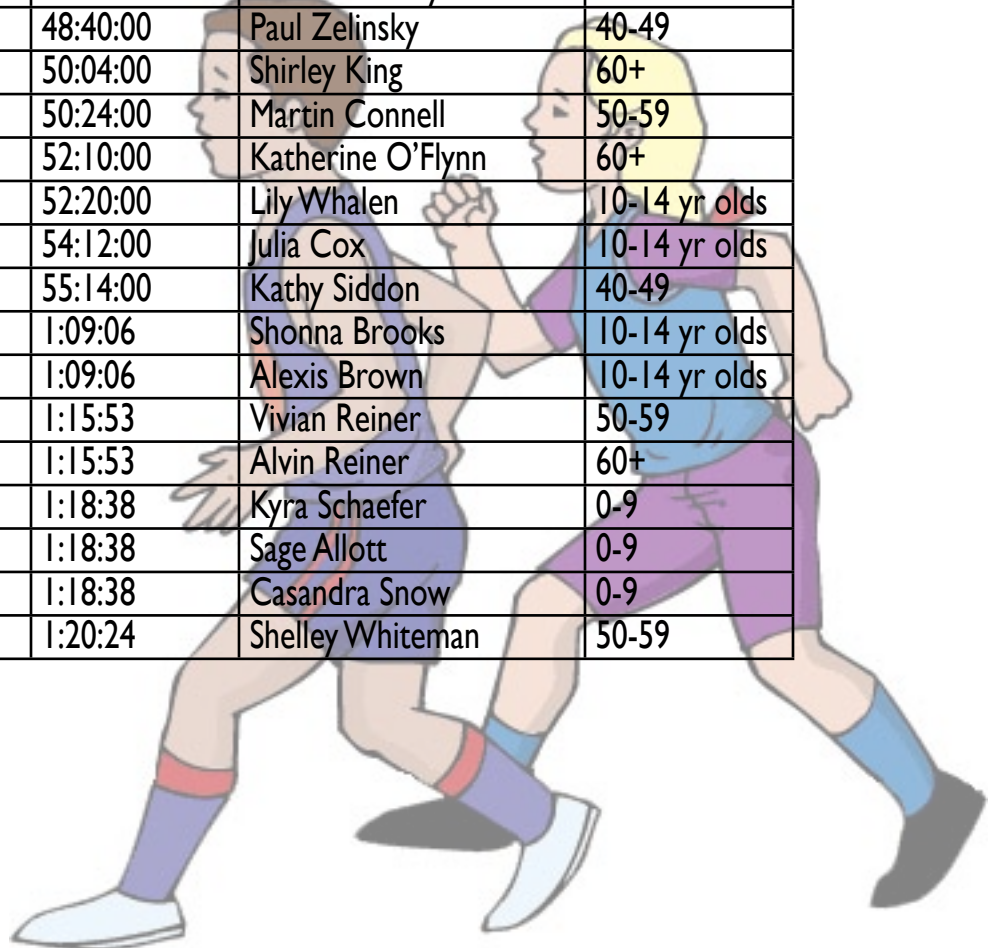
## CHARLES PRATT COMPLETE RESULTS

<b>Finish Order</b>	<b>Time</b>	<b>Name</b>	<b>Age Class</b>
1	24:51	Philippe Bertrand	40-49
2	26:27	Jeremiah Reiner	20-29
3	27:18	Bill Amberman	50-59
4	28:48	Jim Cunningham	20-29
5	28:56	Zach Allott	15-19
6	28:57	Mark Miner	40-49
7	29:47	Jim Kobak	30-39
8	30:18	Joe Ferris	15-19
9	30:49	Sean Davis	15-19
10	30:51	Timely Cox	15-19
11	31:22	Steven Benway	50-59
12	31:33	David West	30-39
13	31:40	Jerry Macner	30-39
14	31:47	Doug Ferris	40-49
15	32:02	Lynn Ohlsten	40-49
16	32:41	Stephan Schaefer	30-39
17	32:50	Leslie Podmore	15-19
18	32:55	Jim Ohlsten	40-49
19	33:03	Scott Yakey	50-59
20	33:48	Jim Cunningham Sr.	60+
21	33:53	Geoff Apthorp	40-49
22	34:20	Tim Singer	40-49
23	35:34	Tammy Apthorp	40-49
24	35:39	Paul Buehler	30-39
25	35:42	Jessica Buehler	30-39
26	35:47	Susan Allott	40-49
27	36:03	David Rutkowski	60+
28	36:05	Nate Allott	10-14
29	36:15	Jacob Egglefield	10-14
30	36:18	Mark Hummel	30-39
31	36:19	Luke Barns	10-14
32	36:57	Liam Davis	10-14
33	37:09	Jeff Allott	40-49
34	37:14	Hans Himelein	50-59
35	37:16	Barry Rauch	50-59
36	37:21	Alana Forcier	50-59
37	37:27	Meagan Tubbs	20-29





38	37:28	Dale Wells	40-49
39	37:32	Tamar Weerts	30-39
40	37:35	Mary White Ferris	40-49
41	38:27	Tyler White	10-14
42	39:05	Jessyka McGinn	10-14
43	39:24	Chelsea DeGross	10-14
44	41:19:00	Janice Kyle	40-49
45	41:30:00	Bobbi Reeves	50-59
46	42:49:00	Linda Sherman	40-49
47	43:41:00	Nichole Podmore	10-14 yr olds
48	44:30:00	Sierra Giraud	10-14 yr olds
49	45:25:00	Molly Wagner	15-19
50	46:35:00	Bob Wagner	50-59
51	46:38:00	Kathy Tubbs	40-49
52	46:46:00	Caite Decker	10-14 yr olds
53	47:03:00	Bruce Tubbs	50-59
54	48:29:00	Adam Zelinsky	0-9
55	48:40:00	Paul Zelinsky	40-49
56	50:04:00	Shirley King	60+
57	50:24:00	Martin Connell	50-59
58	52:10:00	Katherine O'Flynn	60+
59	52:20:00	Lily Whalen	10-14 yr olds
60	54:12:00	Julia Cox	10-14 yr olds
61	55:14:00	Kathy Siddon	40-49
62	1:09:06	Shonna Brooks	10-14 yr olds
63	1:09:06	Alexis Brown	10-14 yr olds
64	1:15:53	Vivian Reiner	50-59
65	1:15:53	Alvin Reiner	60+
66	1:18:38	Kyra Schaefer	0-9
67	1:18:38	Sage Allott	0-9
68	1:18:38	Cassandra Snow	0-9
69	1:20:24	Shelley Whiteman	50-59



## 21st Annual Montcalm Mile

Wednesday July 4, 2007

Ticonderoga, N.Y.

Join us in historic Ticonderoga to celebrate the Forth of July with the annual parade, celebration, and the running of the Montcalm Mile. The race is run on Montcalm Street, through Ticonderoga's main business district, a downhill course which precedes the annual 4th of July Parade, guaranteeing a course lined with spectators and good performances.



Entry Fee: \$8.00 Adult, \$4.00 Child (under 16)

Check In: 1:00-1:40 P.M. at Wicker Ford (Wicker Street)

Race Time: 1:45 (Just Prior to the Parade Start)

Awards: Overall awards. Medals to all finishers. Age group results posted on the web site. [www.lachute.us](http://www.lachute.us)

Divisions: Males and Female, Ages: 0-8; 9-11; 12-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and up.

Checks: La Chute Road Runners

Jim Cunningham  
26 Amherst Ave.  
Ticondeorga, NY 12883  
[jim4c4@yahoo.com](mailto:jim4c4@yahoo.com)

Name \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

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 Village and Town of Ticonderoga, The Fourth of July Committee, 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.

Signature \_\_\_\_\_

Signature of Parent \_\_\_\_\_  
(If under 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 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 ( )
- 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**