

BIRTHDAY RUN

Congratulations to all the runners who took part in the Ticonderoga Birthday Run! The 1 Mile and 1 K were popular, with runners signing up at the last minute. The 5K drew a competitive crowd. Complete results can be found later in this issue.

Kevin Beck (16:58), now residing in Ticonderoga, was the first runner in for the 5K and Bianca Fritze (21:49), from Hudson Falls, was the first female.

Pleasant running condition greeted the runners. Many club members turned out to compete and to assist with the race.

Next year, race organizers are planning a course change with the 5K event ending inside of Bicentennial Park.



MONTCALM MILE

Prepare for 200 runners! That is one of the conclusions made by the Montcalm Mile Committee that met at the conclusion of last year's race. The race is getting bigger each year. During the races first few years, there were only about 30 runners. Registration was done at the tailgate of a pick up truck. Now a hundred runners sign up in the hour before the race. Registrars can barely look up and say hello. With Independence Day not on the Fourth of July, last year the speculation was that with the race on the 4th, people would not have the day off and attendance would drop.

The Committee addressed the problem of bandits that made the finish line busy. This year the chute will be extended to accommodate the runners. Again this year, all finishers will receive a medal, as they leave the chute. With the parade, many runners left before the awards ceremony.

But the race will be again a mile in length, and down hill. Keep the date open July 4th. Help will be needed at the finish line and at registration. If you can help, e-mail [jim.cunningham](mailto:jim.cunningham@montcalmmile.com).



Races

- Charles Pratt Memorial 5/12
- Prospect Mountain 5/12
- Trail Series start 5/15
- Adirondack Distance Run 7/1
- Montcalm Mile 7/4
- Boilermaker 7/7

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

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.

DODGE THE DEER

The Dodge the Deer trail run took place in Schodack Island State Park which is 15 minutes south of Albany. The race was held on April 15th the day of our last snow storm of the year, a "taxing" day indeed! Rain followed by snow covered the trail, but Dodge, the deer was happy and frolicked through the woods with his animal friends. The ARE hosted the event, setting up 5 tents, and posting numerous humorous signs along the trail, one of which was "DODGE THE DEER!" That, and most of the humor was lost on the runners. Dodge and his friends put on a musical skit before the awards ceremony, rated, as they said, NC 17, for violence. Dodge was punned!



Two La Chute runners ventured down and ran the slip-and-slide course, finishing third in their respective classes. Results can be found [here](#). Interestingly, if a name is clicked on, a page opens to that runner's other race finishes. College students ran the show, both of them, the race and the entertainment. As a runner finished, his bar code was scanned at the end of the chute. Results were quick. Fun race!

NORTH COUNTRY TRIATHLON

[Triathlon web page](#)

What: Olympic Distance Triathlon 1.5K Swim - 40k Bike - 10k Run

When: Saturday, June 30, 2007 (7:30 am Start)

Where: Hague Town Beach on Beautiful Lake George

Course: SWIM: Start at Hague Beach swimming south towards Jenkin's Point and then back to Hague beach.
Exit at Hague Beach and continue through park into transition area.

BIKE: From transition area at Hague Beach ride north (right out of transition area) along 9N to intersection of 9N & Rt 74. Proceed West on Rt. 74 (left) for a steep, slow ascent (turnaround at 13.1 miles) and fast, long descent with an amazing view of the Lord Howe Valley looking south. Head south back the way you came to end at transition at Hague Beach.

RUN: Exit transition area at Hague Beach left (South) towards Silver Bay. There will be aid stations posted every 1.5 miles throughout the run.

(Some area athletes are planning on competing. Support is appreciated for this race, if you can help, contact Randy Engler, on the race site.)

CHARLES PRATT MEMORIAL

Saturday May 12th, 10:00 AM 4.4 miles

Registration is at the Elizabethtown Social Center

Start: Former Burpee Store in Lewis

Transportation is provided

NEWSLETTER INFORMATION

If you have any articles or race results to contribute to the newsletter, mail that information to [Jim Cunningham](#).



"I'm looking to clean up in the Over 100 category."

TICONDEROGA BIRTHDAY RUN



1 Kilometer

Justin Granger	4:47
Brendon Lauzon	5:05
Jarod Pike	5:39
Emily Pike	5:41
Caleb Pike	5:47
Makayla Stockwell	7:00
Doug Baker	7:45

1 mile

Jarryn Granger	6:35
Jacob Young	6:40
Jaelyn Granger	7:10
Seth Hunsdon	7:41
Cody Stockwell	7:57
Connor Lauzon	8:00
Kyle Stockwell	8:51
Kaylee Malaney	10:05
Kasi Wendell	10:54

5 Kilometers

Kevin Beck	16:58
Dave Burrows	18:31
Zane DeJoseph	20:34
Andrew Muller	20:43
Tom Pike	21:03
Jay Berube	21:39
Bianca Fritze	21:49 1st Female
Jim Cunningham	24:58
Karen Costello	24:58
Jeff Cahill	25:10
Megan Tubbs	25:55
Chloe Orr	26:09
Dave Rutkowski	26:12
Fred Herbst	26:13
Chris McNulty	26:28
Ellie George	29:12
Kathy Tubbs	31:25
Dick Wilson	31:57
Bruce Tubbs	32:14

5K Age Groups

13-15		20-29		30-39		40-49		50-59		60-69	
1	Jay Berube	21:39	M	1	Bianca Fritze	21:49	F				
				1	Chris McNulty	26:28	M				
1	Kevin Beck	16:58	M	1	Dave Burrows	18:31	M	1	Karen Costello	24:58	F
2	Zane DeJoseph	20:34	M					2	Ellie George	29:12	F
3	Andrew Muller	20:43	M								
4	Tom Pike	21:03	M								
5	Jeff Cahill	25:10	M								
1	Fred Herbst	26:13	M								
2	Bruce Tubbs	32:14	M								
1	Jim Cunningham	24:58	M								
2	Dave Rutkowski	26:12	M								
3	Dick Wilson	31:57	M								

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

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 website. 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

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)