

# La Chute

LCRRRC  
NEWSLETTER  
MARCH, 2007

## FOOTRACE AT FORT TICONDEROGA REPORT

The race date is set for 2007--September 22nd at 10am (not 11 am). Race details can be found on the [website](#).

I have a commitment from Citizen's Bank again this year for \$200 t-shirt sponsor and support at the registration tent. AT Morette Electric has also already contributed \$200 towards t-shirt sponsorship for 2007. We will see the first \$100 from Citizen's this spring and the remainder later in the year.

Anyone who wants to put the name and race date out there on various message boards and running websites, please go ahead and do that. Send me a list of where the race is posted so I can make sure we have covered the usual ones. We can try to line up some PR at local races. If you are going to a race and want to bring along copies of the registration form, let me know so I can get you some copies. Anyone going to Shamrock Shuffle???

The proceeds of the race went to the Duane Crammond Scholarship.

[Heidi\\_eveweallski@yahoo.com](mailto:Heidi_eveweallski@yahoo.com).

## POLAR CAP

4 Mile Race

Lake George, NY 02/03/2007

1	1/9	Robert Irwin	34 M	Guilderland	NY	21:11	5:18
13	1/16	David Burrows	41 M	Ticonderoga	NY	25:24	6:21
105	4/10	Jim Cunningham	62 M	Ticonderoga	NY	33:27	8:22

There were 208 runners.

Complete [results here](#).



## MEMBERSHIP RENEWAL

It is time to renew your membership to the La Chute Road Runners.

Jim Cunningham  
26 Amherst Ave.  
Ticonderoga, NY 12883

## TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$ \$966.18. In the special savings account, (Scholarship Fund) we have \$8,243.43, as of February 14th.

### Races

Fred LaPann  
5 miles Feb. 17, 9:00AM

Shamrock Shuffle  
5 mi March 18th

Birthday Run  
Saturday, April 28

# HMRRRC WINTER SERIES

## SUNDAY JAN. 28<sup>TH</sup>

Throughout the winter, the [Hudson-Mohawk Road Runners Club](#) have been hosting a winter series, in conjunction with the Albany Running Exchange at the University at Albany. Races from 3 miles to 30K are held almost every weekend. The races start and end at the University's sports complex and travel onto the NY State Office campus. No traffic, but plenty of runners.

Two La Chute runners ventured onto to the campus, initially standing on the wrong line—the softball sign-up line! Julie Cunningham came in 18 place and 5<sup>th</sup> in her class, with a time of 23:32 for the 5K course, and with a pace of 7:36. Jim Cunningham finished in 27<sup>th</sup> place and 2<sup>nd</sup> in his class with a time of 24:30. Seventy-eight runners participated in the 5K.

The races are very informal. At the finish you are given a card, you have to remember your time and write it down with your name. The cards are then posted on double-sided tape. The prizes were loaves of bread donated by Bountiful Bread. Some of the Adirondack Runners ventured down for the event.

### RACE DIRECTORS

Check the website for race detail accuracy. All race information is in PDF format.

<b>Resolution Run</b>			
<b>January 1st, 2007, 5K</b>			
Overall Male		Overall Female	
Lee Berube	18:16	Megan Herbst	25:51
Jesse Berube	18:16		
Age Group Male		Age Group Female	
15 and Under			
Jay Berube	23:32		
Pat Lonergan	25:43		
16-19			
Lee Gabler	18:35		
Mike Lonergan	19:27		
Lee Peters	19:27		
Shawn McBride	20:32		
Matt Chadbourne	24:55		
20-29			
Jay Wells	18:25		
30-39			
George Brown	22:47	Kimberly Rielly	26:12
		Cam Brown	29:08
40-49			
Dave Burrows	19:15		
Kevin Boyle	20:13		
Tim Malaney	21:14		
Ron Pote	29:08		
50-59			
Scott Chadborne	24:48		
Fred Herbst	28:52		
60 and Up			
Jim Cunningham	25:24		
Dave Rutkowski	28:52		
2.5 Mile Walk			
Sue Peters	35:06		
Andy Burrows	35:22		
Margy Pote	37:58		







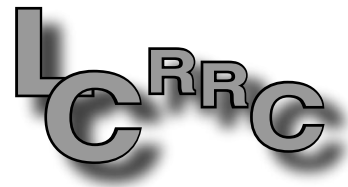


### Goals

- 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 careless-

Membership type:	Application
Family \$10.00 ( ) Individual \$5.00 ( )	First name: _____ M.I.: _____ Last name: _____ Address _____
Mail to:  Jim Cunningham 26 Amherst Avenue Ticonderoga, NY 12883	City: _____ State: _____ Zip: _____
<b>LCRRC</b>  <b>LaChute.us</b>	Home Phone: _____ Email: _____ Date of Birth: _____ Family Members _____