

La Chute

LCRRC

Newsletter

April, 2007

BIRTHDAY RUN

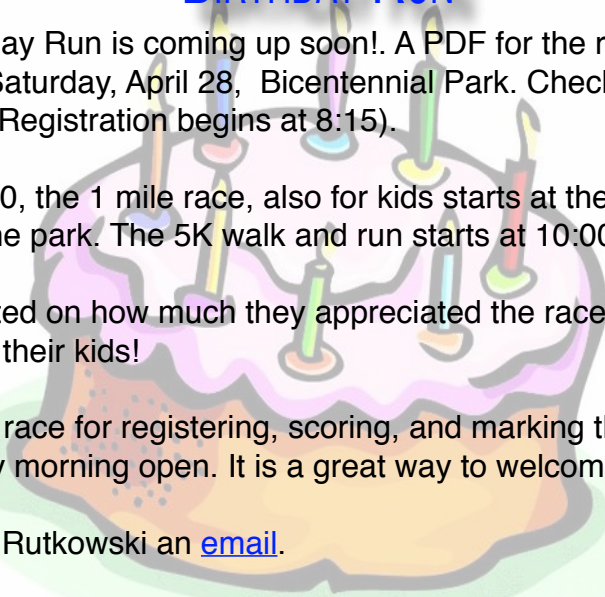
The Ticonderoga Birthday Run is coming up soon!. A PDF for the race can be found [here!](#) The races take place on Saturday, April 28, Bicentennial Park. Check in for the race is at the Bicentennial Park Pavilion (Registration begins at 8:15).

The 1 Km race starts at 9:00, the 1 mile race, also for kids starts at the conclusion of the 1K. Both of those races take place in the park. The 5K walk and run starts at 10:00, and loops through the village.

Last year parents commented on how much they appreciated the race because of the social and athletic opportunities it affords their kids!

Helpers are needed for the race for registering, scoring, and marking the course. Of course, you can run too! Keep that Saturday morning open. It is a great way to welcome in the spring phase of the running season.

If you can help, send Dave Rutkowski an [email](#).



MEMBERSHIP RENEWAL

It is time to renew your membership to the La Chute Road Runners. Thanks to everyone to has done so. Good news! Checks made it to the bank.

Jim Cunningham
26 Amherst Ave.
Ticonderoga, NY 12883

TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$ 919.73. In the special savings account, (Scholarship Fund) we have \$ 7,513.64, as of March 11th.

Races

Shamrock Shuffle
5 mi March 18th

E'town Run for Hope
March 24th

Birthday Run

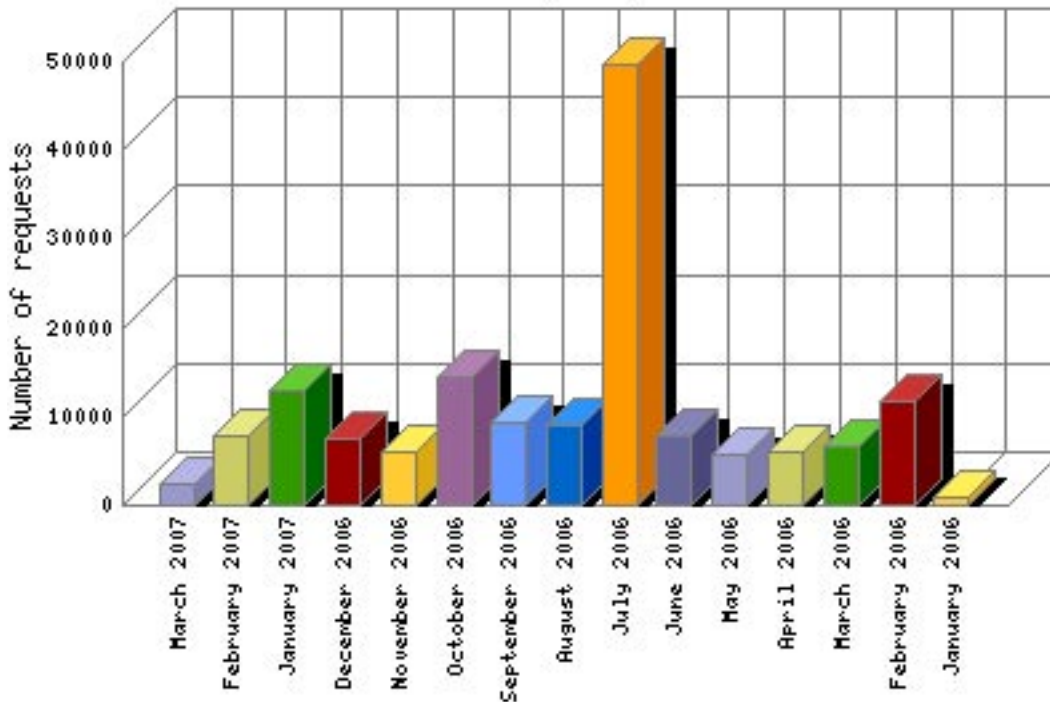
THE RUNNIN' OF THE GREEN (ISLAND)
 FOUR MILE ADIRONDACK USATF CHAMPIONSHIP
 GREEN ISLAND, NY MARCH 10, 2007 10:00 A.M.



Place	Time	Name	Age	S	City	State
1	19:57	Nick Conway	31	M	Albany	NY
175	29:54	Julie Cunningham	21	F	Ticonderoga	NY
191	30:38	Jim Cunningham	62	M	Ticonderoga	NY

416 total runners [Results](#)

Monthly Report



[LCRRC Website Statics](#)

The Monthly Report identifies activity for each month in the report time frame. Remember that each page hit can result in several server requests as the images for each page are loaded.

1ST ANNUAL LAKE GEORGE WINTER CARNIVAL 5K
 SHEPARDS PARK
 LAKE GEORGE, NY
 SUNDAY, FEBRUARY 25, 2007



PLACE	NAME	AGE	S	CITY	St	5k	Pace
1	Joel Gordon	35	M	Hammond	NY	16:41	5:23
6	David Burrows	41	M	Ticonderago	NY	18:31	5:58
24	Patrick Longergan	15	M	Ticonderago	NY	23:53	7:42
28	Jim Cunningham	62	M	Ticonderago	NY	24:12	7:48
31	Beth Pantzer	21	F	Castleton	VT	24:39	7:56
83	Andrew Burrows	15	M	Ticonderago	NY	41:41	13:25

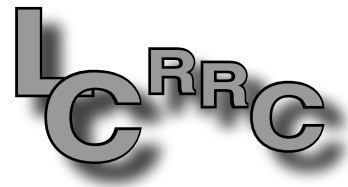
86 Participants [Results](#)

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: _____ Home Phone: _____ Email: _____ Date of Birth: _____ Family Members _____

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