

LCRRRC

Newsletter

Oct. 2007

## FOOTRACE AT FORT TI

The 4th annual Footrace at Fort Ticonderoga was held on a warm and windy Saturday, the 22nd. of September. A group of 40 volunteers cheered the pack of 101 runners as they weaved their way around Fort Ticonderoga.



The men's overall 5K race was won by Matthew Haringa in 17:54, and Pamela DelSignore won the female's overall in 21:50. This year, a team competition was added to the race. A team consisted of 3 runners, and ages were totaled. Complete results can be found later in the issue.

Visit the web site which contains result and images from the race [www.footraceatfortti.com](http://www.footraceatfortti.com). Results and images can also be found on the [La Chute Road Runners website](http://www.lachute.com). The race was run on varied terrain of grass and gravel near the shores of Lake Champlain, on the historic Fort Ticonderoga peninsula, finishing on the Parade Grounds, inside the walls of the Fort. Race organizers are pleased that the Duane Crammond Memorial Scholarship fund is healthy and able to provide scholarships to athletes. This scholarship promotes running as a healthy lifestyle choice among our local youth but also to identify and recognize individuals who embody the spirit of running and the strong academic, athletic and character traits of Duane Crammond, valedictorian of the Ti High Class of 2000 and a section champion runner. It is a \$1,000 scholarship.

## TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$2,140.22. In the special savings account, (Scholarship Fund) we have \$8,178.49, as of September 27th.

## REACH THE BEACH

The Reach the Beach Relay, was held on September 14 to the 15th. The 200 mile run started at Franconia Notch and finished at Hampton Beach, NH. The Relay is the longest running relay in the US.



200 miles in 24 hours

The relay consists of a maximum of 12 persons, that rotate through 36 transitions. This year 350 teams participated. John McDonald, Matt Karkoski, Tracy Smith, Jay Wells and others competed on the Adirondack Flash team.

## ADIRONDACK MARATHON

The Adirondack Marathon was held on Sunday, September 16th.

Half marathon:			
36	7/27	1:41:34	7:45 Fred Herbst 52 M
Full Marathon:			
93	7/18	4:06:45	John Ockrin 18 M
156	8/8	4:51:16	Colleen A.M. Brown 35 F
157	18/21	4:51:16	George Brown, IV 37 M



### Races

Saratoga National Cross Country Classic  
10/14/07

Hartford Stewart's Spud Run  
0/20/07

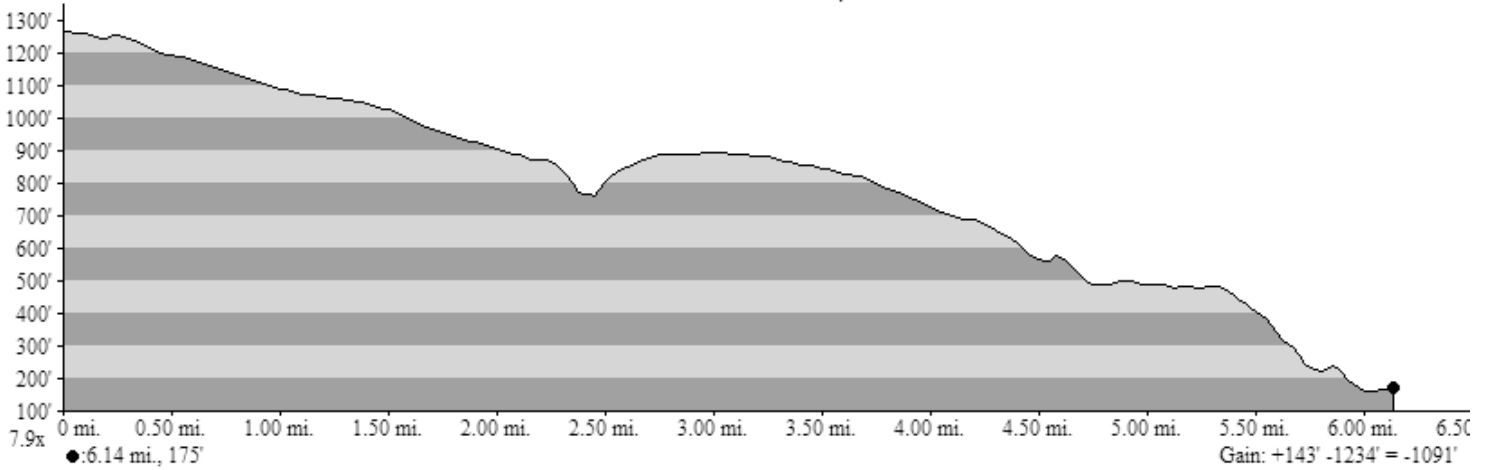
Goblin Gallop  
10/27/07

Reindeer Run  
12/08/07

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

# CHURCH TO CHURCH

Church to Church Race profile



Jim Cunningham	47:33	1st 60-65
Karen Costello	48:49	1st 50-59
Bill McDonough	48:49	1st 65& up
Chloe Orr	50:14	2nd 40-49
Dave Rutkowski	51:18	2nd 60-65
Donna Jerido	55:47	3rd 50-59
Kim Riley	57:15	1st 30-39

Twenty-three runners took part in the Church to Church 10K run. Last year, money went to get the church clock to move, this year money goes to making it accurate.

“It’s all down hill from here!” was the mantra of spectators. Listening to a spectator, one competitor in the over-60 age group, considered the mantra’s existential aspect.

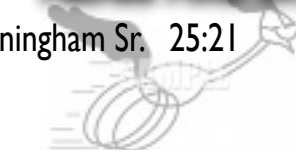
Donna Jerido and Bill Mc Donough and a host of others, put on a wonderful run, and considered every detail. Even the twist ties were taken off the loves of bread, and mustard jar seals were removed for the post race meal that followed. Awards were baked goods—pies. Suggestions were requested for next year’s race.

## NEWSLETTER INFORMATION

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

## HELPERS FUND 5K

1/7 Jim Cunningham Sr. 25:21



## SKINNYMAN TRIATHLON

800-yard swim, 14-mile bike, 3.0-mile run  
470 competitors

64th 1:24:01 Jim Cunningham swim: 17:32, bike, 43:13, run 20:15



## LAKE GEORGE TRIATHLON

1 mile swim / 24.8 mile bike / 6.2 mile run  
270 competitors



26th overall, 2:22:00 total time, 3rd place, Joe Wells, Swim: 24:12, bike: 1:08:37, run 47:16  
29th overall, 2:22:42 total time, 3rd place, Topher Robinson, Swim: 25:53, bike: 1:01:10, run: 44:53  
92nd overall, 2:28:38 total time, 12th place, Dave Natal, swim: 26:05 bike: 1:16:04, run: 52:00  
68th overall, 2:33:43 total time, 11th place, Jeff Greer, swim: 31:56, bike: 1:14:26, run: 43:49  
97th overall, 2:39:58 total time, 1st place, Marge Huesman, swim: 25:08, bike: 1:16:11, run: 55:01  
263rd overall, 3:40:12 total time, 1st place, Dick Johndrow swim: 54:35, bike: 1:28:27, run: 1:08:56

			Footrace at	Fort Ticonderoga			
bib#	M/F	OVER-ALL	TIME	NAME	AGE	CITY STATE	
71	M	1	17:54	Matthew Haringa	23	Brighton, MA	
70	M	2	18:27	Bob Baniak	23	Troy, NY	
23	M	3	18:44	Stephen Lorenc	29	Harleysville, PA	
99	M	4	18:57	Keith Weiss	25	Loudonville, NY	
48	M	5	19:47	Peter Warrington	25	Jamaica Plain, MA	
100	M	6	20:18	Joe Mello	25	Amsterdam, NY	
15	M	7	20:46	Jeff Greer	26	Ballston Lake, NY	
91	M	8	20:46	Michael Winnick	26	Albany, NY	
55	M	9	21:14	Anthony Kenney	39	Ticonderoga, NY	
38	M	10	21:27	Chris Shaw	13	Delmar, NY	
65	M	11	21:36	Cole Hickland	52	Ballston Spa, NY	
82	M	12	21:45	George Brown	37	Ticonderoga, NY	
98	F	13	21:50	Pamela DelSignore	38	Gansevoort, NY	
88	M	14	21:59	Joseph Wells	22	Ticonderoga, NY	
14	F	15	22:04	Alyssa Greer	26	Ballston Lake, NY	
31	M	16	22:11	Mike Quinn	41	Mt.Vernon, NY	
56	M	17	22:18	Tom Pike	33	Ticonderoga, NY	
93	M	18	22:30	Jason Farbman	25	Albany, NY	
60	M	19	22:39	Peter Veverka	41	Schroon Lake, NY	
2	M	20	22:41	Ed Afuldish	42	Crown Point, NY	
72	M	21	23:03	Will McGivney	45	Diamond Point, NY	
104	M	22	23:05	Matthew Drowne	26	Plattsburgh, NY	
12	F	23	23:20	Julie Cunningham	22	Ticonderoga, NY	
101	M	24	23:25	Chris Nerney	52	Ballston Spa, NY	
66	M	25	23:33	Willie Lorenc	26	Burnt Hills, NY	
54	M	26	23:46	Tim Gedney	24	Clifton Park, NY	
18	F	27	23:53	Marge Huseman	26	Ticonderoga, NY	
68	F	28	23:56	Meaghan Arzberger	22	Kennebunk, ME	
62	M	29	23:58	James Kahler	38	Westport, NY	
50	M	30	23:59	Scott Yakey	53	Plattsburgh, NY	
8	M	31	23:59	Dale Christie	33	Proctor,VT	
58	M	32	24:01	Christopher Veverka	13	Schroon Lake, NY	
47	M	33	24:01	Nathan Walsh	27	Greenwich, CT	
87	M	34	24:01	Tracy Smith	50	Ticonderoga, NY	
22	M	35	24:01	Eric Leskovec	51	Fort Edward, NY	
96	M	36	25:01	Matthew Bondurant	36	Plattsburgh, NY	
105	M	37	25:01	Larry Navatka	50	Queensbury, NY	
17	F	38	25:01	Heidi teRiele Karkoski	41	Ticonderoga, NY	
74	F	39	25:01	Teresa Casaburri	25	Brooklyn, NY	
29	M	40	25:01	John-Eric Nelson	61	Milford, CT	
28	M	41	25:01	Eduardo Munoz Jr.	64	Olmstedville, NY	

67	M	42	26:01	Eric Arzberger	23	Kennebunk, ME	
41	F	43	26:01	Debbo Spannagel	13	New Hampton, NY	
109	M	44	26:01	Joe Conway	26	Ticonderoga, NY	
95	F	45	26:01	Patricia Greene	41	Troy, NY	
21	M	46	26:01	Alan Leake	55	Bennington, VT	
89	F	47	26:01	Amanda Blanchard	19	Mayfield, NY	
102	M	48	26:01	Brendan Nerney	48	Rutland, VT	
9	F	49	27:01	Karen Costello	52	Hague, NY	
69	M	50	27:01	Doug Dukes	24	Troy, NY	
42	M	51	27:01	Jim Spannagel	64	New Hampton, NY	
53	M	52	27:01	Benjamin Karkoski	13	Ticonderoga, NY	
52	M	53	27:01	Matthew Karkoski	45	Ticonderoga, NY	
39	M	54	27:01	Elliot Shaw Jr.	48	Delmar, NY	
107	F	55	27:01	Andrea Staepel	27	Saratoga Springs, NY	
97	M	56	27:01	Steve Dunn	48	Ticonderoga, NY	
37	M	57	27:01	Dave Scott	34	Albany, NY	
61	M	58	27:01	Will Lowe	13	North Hudson, NY	
44	F	59	27:01	Lorraine Stroud	36	Clifton Park, NY	
46	F	60	27:01	Rhonda Trombley O'Hagan	48	Chazy, NY	
1	M	61	28:01	Chris Aiello	28	Troy, NY	
32	M	62	28:01	Dallas Rich	41	Port Henry, NY	
78	F	63	28:01	Sarah Gabler	25	Albany, NY	
36	M	64	28:01	Dave Rutkowski	61	Ticonderoga, NY	
103	M	65	28:01	Jeff Nerney	51	Middletown Springs, VT	
92	M	66	28:01	Alan Hutchins	43	Schodack Landing, NY	
33	F	67	29:01	Kimberly Rielly	39	Ticonderoga, NY	
81	F	68	29:01	Sarah Tierney	28	Ticonderoga, NY	
94	F	69	29:01	Stacy Bondurant	28	Plattsburgh, NY	
84	F	70	29:01	Jill Pederson	56	Lake George, NY	
6	F	71	29:01	Stephanie Bitonti	25	New York, NY	
10	F	72	29:01	Ruth Crammond	26	Albany, NY	
76	M	73	29:01	Andrew Heilakka	27	Hastings, NY	
80	F	74	29:01	Chelsey Perron	20	Ticonderoga, NY	
7	M	75	29:01	Tom Blaise	62	Crown Point, NY	
16	M	76	30:01	John Hamm	55	Star Lake, NY	
79	F	77	30:01	Nicole Fosco	27	Albany, NY	
35	M	78	30:01	Tom Robbins	44	Schuylerville, NY	
108	F	79	30:01	Jeanette Olson	27	Albany, NY	
90	F	80	30:01	Amanda Brennan	21	Troy, NY	
85	F	81	30:01	Catherine Seaman	50	Warrensburg, NY	
75	M	82	31:01	Matthew Toback	27	Troy, NY	

34	F	83	31:01	Jill Robbins	38	Schuylerville, NY	
106	F	84	31:01	Colleen Staepel	25	Malta, NY	
64	M	85	31:01	Mark Carpenter	49	Chestertown, NY	
4	F	86	31:01	Heather Benson	28	Troy, NY	
5	F	87	32:01	Coralyn Bhogte	24	Beltsville, MD	
3	F	88	32:01	Allison Benson	25	Troy, NY	
43	F	89	32:01	Rebekah Spannagel	13	New Hampton, NY	
83	F	90	32:01	Candi Schermerhorn	61	Diamond Point, NY	
49	F	91	32:01	Tracy Watson	37	Johnsburg, NY	
13	F	92	32:01	Ellie George	52	W. Charlton, NY	
27	M	93	33:01	Scott Monuteaux	25	East Greenbush, NY	
20	M	94	34:01	Richard Johndrow	75	Ticonderoga, NY	
45	F	95	34:01	Markie teRiele	12	Ticonderoga, NY	
63	F	96	34:01	Hannah Herbst	12	Ticonderoga, NY	
86	M	97	35:01	William Powers	53	Diamond Point, NY	
51	M	98	36:01	Shawn Hayes	44	Ticonderoga, NY	
77	F	99	37:01	Elizabeth McCormack	26	Hastings, NY	
73	M	100	38:01	Tom Fassell	27	Albany, NY	
40	F	101	38:01	Stefani Smith	27	Schenectady, NY	





# 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**