

LCRRRC

Newsletter

Sept. 2007

## FOOTRACE AT FORT TI

The 3rd annual Footrace at Fort Ticonderoga is going to be held this year on Saturday, September 22nd. This race benefits the Duane Crammond Memorial Scholarship fund which annually, honors a Ticonderoga High School graduate who has been inspired by the sport of running and dedicates himself or herself to academic excellence. Attached a copy of this year's race application. We promise to have another exciting day with the Fife and Drum Corps hailing the finishers, the "green mile," a canon start, tons of awards & give aways, and free admission into the Fort and the Kings Garden for the racer and 2 spectators (a \$36+ dollar value!). Please visit our web site (which will be continually updated prior to the race and includes



images from last years race): [www.footraceatfortti.com](http://www.footraceatfortti.com) We are also looking for any race day volunteers. If you are interested please let me know. It's a great way to score a race tee-shirt if you don't want to run or walk.

[Jeff Greer](#)

The men's overall 5K race last year, was won by Jay Wells in 17:46. and Caroline Lamy won the female's overall in 20:17. This year the race will be held on a new weekend so as not to compete with other area races. Again the 5K course will be challenging and competitive, and a good way to start

## HERITAGE DAY 10K

This year's Heritage Day race was held on Sunday, August, 19th, under blue skies and cool Chilson air!

Sixteen runners comprised the talented field for the hilly 10k.

Lee Berube was the overall male winner in a time of 36:15, and Colleen Delcore was the overall female winner in a time of 49:41. Complete results can be found latter in this issue and on our web site.

Runners remarked that they enjoyed the run and were particularly happy with the medal selection.

## Races



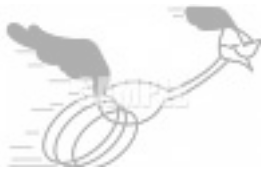
- Church to Church 9/2/07
- Maple Leaf Half Marathon and 5k Run 09/08/07
- Bruegger's 5k Bagel Run 09/08/07
- The Helpers Fund Chestertown 5k & 10k 09/15/07
- The Footrace at Ft. Ticondergoa 09/22/07
- Lake Placid Half Marathon 09/2007

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

## TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$2,138.22. In the special savings account, (Scholarship Fund) we have \$7,623.47, as of August 19th

# ADIRONDACK DISTANCE RUN



AGE-GROUP RESULTS  
 31st ANNUAL ADIRONDACK DISTANCE RUN  
 ADIRONDACK USATF 10 MILE CHAMPIONSHIP  
 July 1, 2007 10 Miles Lake George, NY

Place	O'AllTime	Name	Age	Sex	Race#	City/state
2	51 1:08:04	David Burrows	42	M	402	Ticonderoga NY
4	244 1:24:08	Meaghan Herbst	22	F	350	Ticonderoga NY

## CHURCH TO CHURCH

We are having our second annual "Church to Church" run on Sept. 2. The route has changed so it may be less pounding on the knees! Our 2nd Annual run is at 11:00. Our route has changed! We will NOT be going down Pelfischer Road. We will start at Church of All Saints, down to Moriah Center, up over the small hill to Moriah Corners, down Tarbell Hill, to Port Henry, (546-7254). The run will benefit steeple reconstruction at the St. Patrick's Church in Port Henry. Great food follows!  
 Thanks. Donna Jerdo

## COLE'S WOODS RUN

9 Todd Eicher  
 42:41 7:0743:07 7:12  
 (6 miles)

## NEWSLETTER INFORMATION

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

## NAUTILUS 5K

2/7 Jim Cunningham 23:54 7:41

## RACE THE TRAIN

29	5/29	David Burrows	42 M	Ticonderoga NY	58:31 6:58	<u>8.4 miles 260 competitors</u>
233	1/5	Richard Johndrow	75 M	Ticonderoga NY	1:35:11 11:20	

## 2007 Ryka Iron Girl Columbia Women's Triathlon

0.62mi Swim - 17.5mi Bike - 3.3mi Run  
 Sunday, August 19, 2007 - Columbia, Maryland

### [Iron Girl Triathlon Complete Results](#)

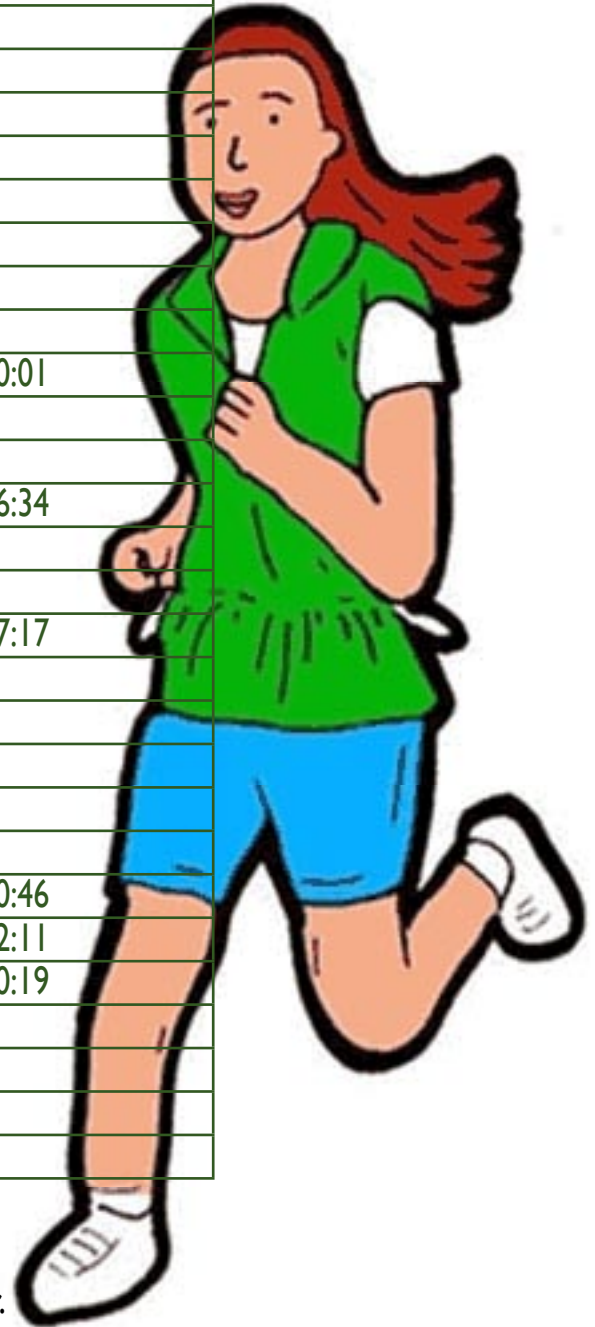
Over-Place	All Name	Age	City/State	Finish Time	Swim Plc	Swim Time	Trn1 Plc	Trn1 Time	Trans #1	Bike Plc	Bike Time	Bike Cum Rate	Cum Plc	Cum Time	Trn2 Plc	Trn2 Time	Trans #2	Run Plc	Run Time	Pace /mile
1	64 ASHLEY HIGGS	23	WOODSTOCK MD	1:49:58.30	10	18:12	46	4:16	7	59:29	17.7	5	1:21:57	62	2:24	3	25:39	7:33		
18	266 <b>MEAGAN TUBBS</b>	20	TICONDEROGA NY	1:59:10.80	62	24:38	6	2:26	10	1:00:31	17.4	17	1:27:33	49	2:02	15	29:37	8:43		



# Heritage Day 10K

August 19th, 2007

Overall Male			
Lee Berube	36:15		
Overall Female			
Colleen Delacore	49:41		
Male		Female	
Up to 19		Up to 19	
1 Jesse Berube	40:11		
20 to 29		20 to 29	
		1 Julie Cunningham	50:01
30 to 39		30 to 39	
		1 Maureen Moore	66:34
40 to 49		40 to 49	
1 Dave Burrows	41:27	1 Lisa Bover	57:17
2 Paul Matson	44:02		
3 Matt Karkoski	46:50		
4 Dan Morgan	54:36		
50 to 59		50 to 59	
1 Fred Herbst	46:49	1 Karen Costello	50:46
2 Jim Leavens	57:22	2 Ginny Stelman	62:11
		3 Susan Matton	70:19
60 and Up		60 and Up	
Jim Cunningham	54:05		



## YOU MIGHT BE A CROSS COUNTRY RUNNER IF

- ...your toenails are black.
- ...you need a magnifying glass to see your name in the paper.
- ...people say, "You run three miles...at once?"
- ...you run farther in a week than your bus travels for meets.
- ...the dogs have to hurry to keep up.
- ...the most enjoyable time you've had all month is a day off from practice.
- ...your coach won't give you a ride home.
- ...the first day of practice you run 5 miles but your coach says you only ran 2.
- ...you go to a golf course to run.
- ...your friends go on the elevator and you beat them on the stairs.

# The Foot Race at Fort Ticonderoga

Benefit: The Duane Crammond Memorial Scholarship Fund

*Saturday, September 22, 2007*

Scenic cross-country 5K course: Varied terrain of grass and gravel near the shores of Lake Champlain, on the historic Fort Ticonderoga peninsula, finishing on the Parade Ground inside the walls of the Fort.

Sponsored in part by:

TIME: 10:00 am—NOTE NEW TIME FOR 2007  
CHECK IN: Packet Pickup and race-day registration 8:30 – 9:45 am  
LOCATION: Fort Ticonderoga, Ticonderoga, New York  
Route 74, one mile east of the village of Ticonderoga



Fort Ticonderoga

ENTRY FEE: \$15 Pre-registration Fee  
\$17 Race-day Registration Fee



T-SHIRTS: Guaranteed to the first 100 registrants  
AWARDS: Overall male & female, and top three in ten year age groups  
EXTRAS: Runner and two spectators receive complimentary admission to Fort Ticonderoga and the King's Garden. Fifers and Drummers will hail the finishers.  
FACILITIES: Site opens at 9 am. Restrooms, ample parking, and primitive outdoor showers available. Restaurant open to the public for breakfast and lunch.  
INFORMATION: Phone Matt Karkoski, (518) 585-7206 evenings or [mhski@verizon.net](mailto:mhski@verizon.net)  
More at [www.lachute.us](http://www.lachute.us) or [www.footraceatfortti.com](http://www.footraceatfortti.com)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ M or F Preferred Shirt Size: S M L XL

***Make checks payable to The LaChute Roadrunners.***

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 Fort Ticonderoga Association, 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. Athletes who participate in this competition may be subjected to formal drug testing in accordance with USA T&F regulations. Athletes found positive will be disqualified from the event and will lose eligibility for future competitions.

Signature \_\_\_\_\_

Signature of Parent \_\_\_\_\_  
(If under age 18)

htr

Mail to: Matt Karkoski  
25 Black Pt. Road  
Ticonderoga, NY 12883

# 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**