



# La Chute Newsletter

February  
2007

## Resolution Run

by Claude La Chute

Forty degree temperatures greeted participants in the popular Resolution Run of 2007. Twenty-four runners participated, some of these “regulars” hitting every one of the January 1st classics. A new runner to the race explained why he came to run, “What else is there to do this morning?” Certainly nothing else better! Here are some of the results:

### Overall Male

Lee Berube 18:16  
Jesse Berube 18:16

### Overall Female

Megan Herbst 25:51

### Walk Overall

Sue Peters 35:06

Yep, there was a tie and the rest of the race was just as fast! To see the complete results and pictures, go to [LaChute.us](http://LaChute.us).

Canned food was collected as an entry fee and these items went to the food pantry. Ellie Berube made gingerbread men trophies. Ellie also made 3 apple pies for the three overall winners, but with the tie there were 4 overall winners, so the two 5K male winners, shared a pie and the tie, fortunately it wasn't a bow!

## Current Membership

Thanks to all those who have mailed in an early club membership for 2007. So far we have received entries from the following: Brian Kiely, Fred Herbst, Grayson Andrushko, Mike Graney, Jim Leavens, John McDonald.



Let me know if you sent in an application and were left off the list:  
[jim@designden.us](mailto:jim@designden.us)

## Membership Renewal

It is time to renew your membership to the La Chute Road Runners. A renewal form is attached: Jim Cunningham  
26 Amherst Ave.  
Ticonderoga, NY 12883

## Treasury Report

In the regular La Chute Road Runner's account we now have \$ 918.09.

In the special savings account, (Scholarship Fund) we have \$ 7,500.27, as of January 7th.

## Races

**Polar Cap**  
4 Miles  
02/03/07

**Fred LaPann**  
5K Run and Walk  
2/17/07

Lake George 5K  
2/25/07

## Lake George Winter Carnival

Claude La Chute recently received some race information from the [Lake George Winter Carnival](#). Here are the details:

These are new events for the Lake George Winter Carnival. It is hoped that they will be annual events.

The Bicycle Race is on Sunday, 2/11/2007 at noon.

Registration will start at 10:00 am at King Neptunes Pub.

The 5K Run is on Sunday, 2/25/2007 at noon.

Registration will start at 10:00 am at King Neptunes Pub.



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## Fred LaPann Run



On Saturday, February 17th, a five-mile road race, the [Fred LaPann Memorial Road Race](#), will be contested. The race will start and finish at the Visitor's Center at the Hague beach. The five mile course will be an out-and-back race on route 9N, heading south. Race registration will start at 8:45 a.m. and the run begins at 9 a.m.

Race sponsors promise sub-zero temperatures, but blue skies and sunshine. There is a breakfast at the new fire house. Great event!

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## Scholarship Report

The Duane Crammond Memorial Scholarship seeks not only to promote 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.

Recently, Lee Gabler, this year's winner of the scholarship, was awarded a check for \$1,000. Lee, during his years in high school and now at Geneseo, certainly embodies these characteristics. Congratulations Lee!

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## Dartmouth Relays

### 1 Mile Run (37 entries)

1 Wheating, Andy	Unattached	4:12.10
13 Gabler, Lee	Unattached	4:30.40
14 Garcia, Mark	Umass Lowell	4:31.31
15 O'Reilly, Ian	Middlebury	4:32.80
16 Colle, Stepane	Fleur de Lys	4:33.99
17 Boucher, Alain	Ottawa Lions	4:34.16
18 Berube, Jesse	Unattached	4:34.49
19 Carrasco, Matias	Umass Lowell	4:34.77
20 Fauteux-Breault, Guillau	Sherbrooke TC	4:36.31
21 Wells, Jay	LaChute RR	4:36.42

[Complete Results](#)  
including  
Ticonderoga High School  
Runners

## 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.

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## 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



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## 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 carelessness on the part of the person named in this waver.

Membership type:

- Family \$10.00 ( )
- Individual \$5.00 ( )

Mail to:

Jim Cunningham  
26 Amherst Avenue  
Ticonderoga, NY  
12883

### La Chute Road Runners

First: \_\_\_\_\_ Mi: \_\_\_\_ Last: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Family Members: \_\_\_\_\_

**LCRRC**

**LaChute.us**