



La Chute Newsletter

January
2007

Club Meeting by Claude La Chute

Congratulations to Dave Burrows who is now the club's new president. The term for club positions is 4 years. Also, congratulations to Jay Wells, the club's new membership chairman. The membership chair is a new position which fosters new membership. The Membership renewal will still be done through the treasurer. Since it is topical, here are the other 3 club positions: newsletter, webmaster, and training camp manager, now making for 5 positions. The December 5th club meeting also discussed a running camp and developed a plan for 2007.



Dave Burrows introduced the idea of having a running camp. Dave is a cross country runner at Castleton State College. His team is expecting a large turn-out next season and team-building strategies would be helpful. Such a running camp would be open to all athletes: any age, from this area or out of this area. The issue was insurance. Emails to RRCA indicate that the camp can be insured, as long as the camp is managed by the La Chute Road Running Club. Dave Burrows will manage the running camp. *(Continued)*

Resolution Run

On January 1st, the Resolution Run will be held. The race will start near Bicentennial Park and will feature a 5KM run and 2.5 mile walk. The events go off at 11:00 AM.



Registration begins at 10:15. The race is for the benefit of the Ticonderoga Food Pantry. Please bring 1 or 2 canned goods. Additional information can be found on the web site, LaChute.us

Membership Renewal

It is time to renew your membership to the La Chute Road Runners. Mail or print out and bring to the Resolution Run.

Jim Cunningham
26 Amherst Ave.
Ticonderoga, NY 12883

Races

[Polar Cap](#)
4 Miles
02/03/07

[Resolution Run](#)
5K Run and Walk
1/1/07

[9th Annual First Night Saratoga](#)
5K
December 31, 2006 at 5:30 pm

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 December 7th.

Tentative plans have been made for the running camp. The camp will be 4 days long, from Monday, August 13th, until Thursday August 16th, preceding the cross country season. The group from Castleton plans on camping at Putts Pond campsite, at the group area. A fee of \$20 to \$30 was discussed for the camp. Participants would take care of their own food. There would be 2 workouts a day, with possible seminars. Other suggestions were as following: having a picnic on the last day, providing a T-shirt for participants, and hosting some athletes on an individual basis. Coach Blair from Castleton State College will be invited to future planning sessions. The group will run on courses in Ticonderoga and on Chilson.

The next topic of the meeting was the schedule for 2007. The first run slated is the Resolution Run which takes place at 11:00 am on January 1st. It was decided to keep this informal run and make it even more informal. The race will be timed, but we may not offer baked goods as prizes.

The Birthday Run will take place this year on Saturday, April 28th. A change in format was discussed, but the original will be retained, with different sponsorship. The Birthday Run offers a 1K, 1 mile, and a 5K. Parents, during the race last year, commented on how much they appreciated the activity for their kids.

On July 4th the Montcalm Mile will be contested. Again the race will be 1 mile in length. Organizers are planning for 200 runners this year. Last year, Independence Day was not on the 4th, and a surprising number turned out—the largest field ever.

The Heritage Day 10K, a popular and challenging race, will be held on Sunday, August 19th, in conjunction with the Penfield Celebration.



The final race of the year, the Fort to Fort Footrace is scheduled for October 6th. Since club membership renewal and event information must be submitted before the club's first race, January 1st, the Oct. 6th date was tentatively selected. If another date is chosen, an addendum can be easily filed with RRCA.

Again, the club will be sponsoring breakfast runs and training runs for the coming year. Four club meetings have also been added to the list of activities submitted to [RRCA](#). The roster was emailed to RRCA along with the application, and the insurance and membership fee of \$251.00.

Links

–[FOOTNOTES](#) is the quarterly magazine of the RRCA.

–By using standard values for running economy and by having a timed Performance over at least one running distance, a fitness (“[VDOT](#)”) value can be assigned to you for training and race-prediction purposes.

–[Running Research News](#) is a monthly newsletter which keeps sports-active people up-to-date on the latest information about training, sports nutrition, and sports medicine.



Breakfast Run Report

A breakfast run was held at Rut's Hut on December 9. The group ran 10.4 mile loop course (splits 9:34, 9:41, 10:18 10:05, 9:44, 10:10, 9:22, 9:50, 9:17, 9:45, 5:18 [.45 miles]) in 1:43:10, for a 9:52 pace. A GPS was used; the GPS agreed with the already-set-up course. Dave Natal once said, “You really don't need a watch or a cycle computer—if you run with Dave Rutkowski!”

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 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