

La Chute Road Runners

April
2008

Nick

Jim Cunningham

He was there almost every morning, all 500 pounds of him! He traveled with his pod of four, all over Fripp Inlet. They were oblivious to the paddler in the outrigger, only interested in feeding. On one occasion, he did eyeball the interloper. Sometimes they fed as a team, broaching and diving in unison. During this team endeavor, their breathing was even more pronounced, with a heavy blow at every broach. Nick was easy to spot, for on his dorsal fin he had a nick, probably from a close encounter with a prop. No wonder he examines interlopers.

This La Chute Runner was fortunate enough to do some training in South Carolina for 3 weeks. During the first week I learned of a biathlon, that was to be contested on the adjacent island, Hunting Island. The biathlon consisted of a paddle and a run. It was kayak country, but an outrigger canoe was fine, and the only one in the race. The paddle started in a lagoon, home to barracuda and sea horses, and ventured out into Fripp Inlet, Nick's territory. While initially scouting the course in the days preceding the race, I first encountered Nick and his pod feeding under the Fripp Island bridge. During the race, he was not to be seen. The canoe leg was spectacular with strong winds and waves propelling the boat on the return leg.

With the return to the start, the running leg began. The biathlon was described as an "adventure" race. At the race meeting we were given the details. The adventure aspect developed because of the race's close proximity to Parris Island. There were some marines there. One had trouble keeping his kayak from running into shore. The running leg ran on trails that were

on top of wooded sand dunes, the very same area that the Viet Nam scene in Forest Gump was filmed. The course was as scenic as one can imagine; it ran past palm trees, palmettos, and live oaks draped in Spanish moss. On the return loop, I encountered the adventure aspect. At the first station, I had to do push-ups, at the next, jumping jacks, followed by a backwards run and finally, I was asked to do mountain climbers. When I shrugged my shoulders, the son of the person at the station demonstrated.

My daughter, Julie, flew down during spring break and in a 2 person canoe, we searched for bottlenose dolphins. Not finding them at the red buoy, where they usually congregate, we went down a channel. There they were! They followed a school and we followed them, and who was leading the hunt? Nick, of course! They day we drove back, my daughter and I entered a canoe race in Beaufort. Exciting race! Made exciting by sighting dolphins on three occasions. One dolphin approached and swam right under our canoe. He wasn't Nick.



A-Priority Race Training

Dave Rutkowski

The last few newsletters Claude has included info about some member's racing goals for the year. My goal of doing the Tinman Triathlon is still there. Hopefully, I'll get my act together and actually register before it is too late.

My training is going along OK. I have managed to get my long run out past 10 miles several times. In the past two weeks I have been able to start some repetitions. Remembering that these reps should be done with full recovery is usually hard. It is easy to get impatient and start the next rep without full recovery. I have already noticed some improvement in my running. It is getting just a tad easier to hit the pace that is needed to achieve my goal time. The key word here is patience. Next up is to increase the length of the rep.

Last year I started swimming in April with Bruce Tubbs. We secured memberships at the Vermont Sun Fitness Center in Middlebury. That seemed to work OK for me, and I'll go that route again this season.

Biking has been pretty consistent for me this winter. I have been doing a lot of spinning indoors which will pay off once I can get outside. Lately I have been using my heart rate monitor. It helps me to keep a good effort going and get away from just easy spinning all the time. The key here is to be sure not to over train. Hopefully, other La Chute members are progressing toward their goal or A-priority race.

Castleton Spring Invitational

April 26, 2008 10:00 A. M.

Race PDF

**Castleton State College and the La Chute Road Runners
New Spring Race!
Held on the campus of Castleton State College**

Location:

Castleton State College Athletic Fields

Course:

5K with a combination of pure trail running, open grass fields, crushed slate, and dirt. There will be two stream crossings over newly built bridges. Not one step on tar or concrete.

If you want to submit an article for the newsletter, email to:

jim@designden.us

Links

[La Chute Road Runners](#)

If you haven't updated your membership, click on the PDF below!

[Membership PDF](#)



Fred LaPann Road Race

4 miles, Hague, NY
17-Feb-07

Open 20-35

- 1 Tavish Costello 37:17
- 2 Julie Cunningham 40:52 Overall Female

Masters 36-49

- 1 Dave Burrows 32:23 Overall Male
- 2 Rich Pannell 40:28
- 3 Ken Parlin 53:25
- 4 Kristen Balouch 53:25

Seniors 50 and Up

- 1 Jim Cunningham 41:39
- 2 Karen Costello 41:52
- 3 Dave Rutkowski 46:11
- 4 Judy Taylor 46:48
- 5 Jeff Kelly 48:24

