

DECEMBER 2008 LA CHUTE ROAD RUNNERS



FB5

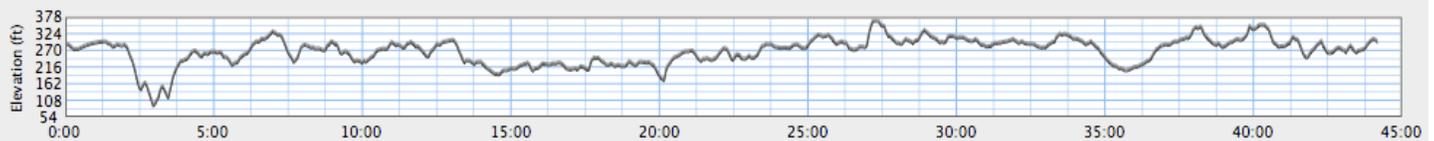
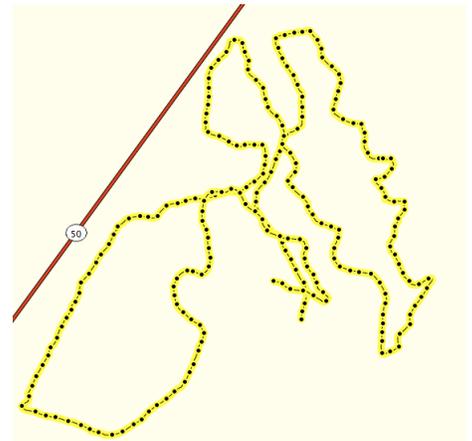
by Jim Cunningham

Wet heel! She didn't clear. I'm next. I thought they were kidding. We do cross a stream! Dry heel! Made it. What next? We are on single-track and approaching a ridge. No traverse. We go straight up, running on toes. And on top, it is straight down.

It was a cross country race. The FB5; the Fall Back Five. Oh, where does the name come from? It is a 5 miler, and it happens in the fall, the morning the clocks go back. The announcer at the start described the course. It was flagged, painted in red or white, and at every turn-arrow, were the initials FG5. One hundred and three of us started. I didn't want to get lost, so I didn't get gapped.

The race took place in Saratoga Spa State Park and the ARE group put on the race. They also prepped the course, which entailed ranking leaves off the trail, painting, and setting flags. The day? It was cold; about 34 degrees. There was frost on the grass and ice on the pond. There were no Hairy Gorillas on the course.

The course consisted of 3 loops. The map was confusing, with many colors and interconnecting trails, and there was really no point in studying it. Just don't get gapped! There was muck, there were hills, there were flats, there were roots, there was single-track, and there were enthusiastic cross country runners, enjoying the run through the late fall woods!



Treasury Report

As of November 8th, we have \$ 1,326.16 in the La Chute's regular savings account, and in the Scholarship fund we have \$ 10,940.05.



Interview with Matt Karkoski

by Annie Cunningham

The day before, I ran Mt. Defiance, so today I was content to go to the track with the La Chute runners, and watch them run around in circles. Another runner wearing shorts and a baseball cap entered the track and began doing laps. It was Matt Karkoski. When he slowed, I trotted along side and asked him about his race: the Hairy Gorilla Half-Marathon. He ran it in a 7:21pace; not bad for an “old guy” as Matt referred to himself as.

Annie: Dog gone it; you had an amazing race!

Matt: It was fast, and it was fun!

Annie: Rain?

Matt: It rained 3.5 inches the day before. It was a trail run. We started on a field, and I thought I was going to keep my feet dry. Then we hit the trails!

Annie: And the rest of the course, had it gone to the dogs, was it muddy?

Matt: In spots the trail was knee deep in water. At one point, I fell into a pond and I was chest deep in water.

Annie: And it was fun?

Matt: Yes! It was fun because the course was challenging and competitive.

Annie: How so?

Matt: In the middle of the race, I was with a group of runners. There were five of us in all. The trail was narrow, muddy, full of stumps, and puddles. We charged through, changing places.

Annie: It is a dog eat dog world; how did that turn out?

Matt: With 3 miles to go, I made my break. It was a muddy downhill; no one pursued me! Fun race!

Matt finished the race 18th out of 213 runners, and with a time of 1:36:16. The event was put on by the Albany Running Exchange. The event is held at Thacher Park State in Voorheesville, New York. To prepare for the race the club advises the runners to “Get in touch with your inner gorilla!”

La Chute Club Meeting

Here are some items to discuss: this year’s races, next year’s races, summer program, training opportunities, and club concerns.

The date will be Friday, Nov 21, at 7:00 PM.

The place is Jim Cunningham’s house, at 26 Amherst Ave. The house is green and yellow.

Links

La Chute Road Runners

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

Membership PDF

Announcing: Resolution Run
 Date: Jan 1
 Benefit: Ticonderoga Food Pantry
 Location: Bicentennial Park, Ticonderoga, NY
 Check in: Ticonderoga Bicentennial Park (Registration begins at 10:15)
 Race Start: 5 Km and 2.5 mile Walk 11:00
 Course: The race begins and end near the Heritage Museum.
 Entry Fees: 5 Km & Walk \$2.00 (Checks payable to La Chute Road Runners), or 2 canned goods to be donated to the Ticonderoga Food Pantry. No pre-entries; enter the day of the race.

Contact: Ellie Berube
 17514 Rt. 22
 Putnam, NY 12861
 518-585-8974
 dearrun@capital.net

Race entered: 5 Km _____ 2.5 Mile _____

NAME _____ AGE _____

GENDER _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

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 Town of Ticonderoga, 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 18)

