

# LA CHUTE ROAD RUNNERS

JUNE 2008



## "In Birmingham, they love the gov'na"

By Jim Cunningham

**W**ow! It sounds like an exciting race. Dad and I will have to run the Mountain Goat!" My daughter, Julie, talked to my son Jim on the cell phone about one of his favorite races. I never considered doing it, but it looked like I was now going to run the Mountain Goat!

**W**hat is the Mountain Goat? As part of an early morning fitness class at the Downtown Syracuse YMCA, a small group of people started to jog around a few city blocks. As their fitness improved, distance was added to these daily runs. In 1978, a group decided to run four city parks during the same run, covering a distance of 17.5 miles. All those who completed the run, received a special ribbon recognizing them as "Super Goats." Later the distance was changed to 10 miles. The 30 year old race has grown to thousands of competitors, follows the outskirts of Syracuse, and hits every high elevation point, and hence Mountain Goat was born. This year was the 30th anniversary and 2400 started.

**T**he three of us have been training for this race and the Lake Placid Half-Marathon since November. We started running many 9 milers, moved to 10, then did a few 13 milers and a 14. Visiting Syracuse on a separate occasion, we even did part of the course, checking out the beginning and part of the end, running 8 miles of the course, checking out the water towers and the course at the north end of town. Fortunately, the course was marked a week early with blue paint placed before an intersection and afterwards. We kept looking for turns, and the

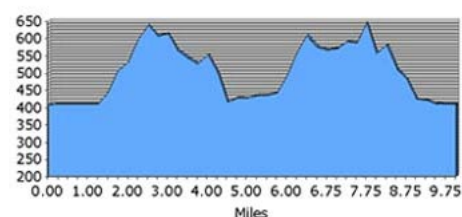
indicating blue stripe at the intersection.

**A**ctually, we were in town for a canoe race in Cortland and we ran and drove some of the running course on Saturday, the day before. The last time I had been to that particular canoe race was 28 years before. I asked someone about the canoe course: the running of the dam and the short cut near the triple silos. He looked at me with a blank expression and said the course must have changed in the interim. While running the south end of the Mountain Goat, we saw black, acrid smoke billowing from a house on the course. Later that evening on the news we learned that it was an arson fire and that 3 had been seen running from the premises. The Mountain Goat course has changed too. I still expect to hear a rap on the door!

**R**ace Day! We arrive an hour early; we picked up packets yesterday. Jim lines up in the second row. Julie and I in the 6th. My "satisfactory goal" was a under 9 pace. My "No way Jose!" goal was 8:42. I never did set a target goal. Gun! Pace after a half mile according to my GPS was 7:23. Julie and I were working together and had decided to run 8:30 for the first mile.

**F**irst hill...the water tower appears...the band on top plays "Sweet Home Alabama!"...

Mountaingoat 10 Mile Elevations

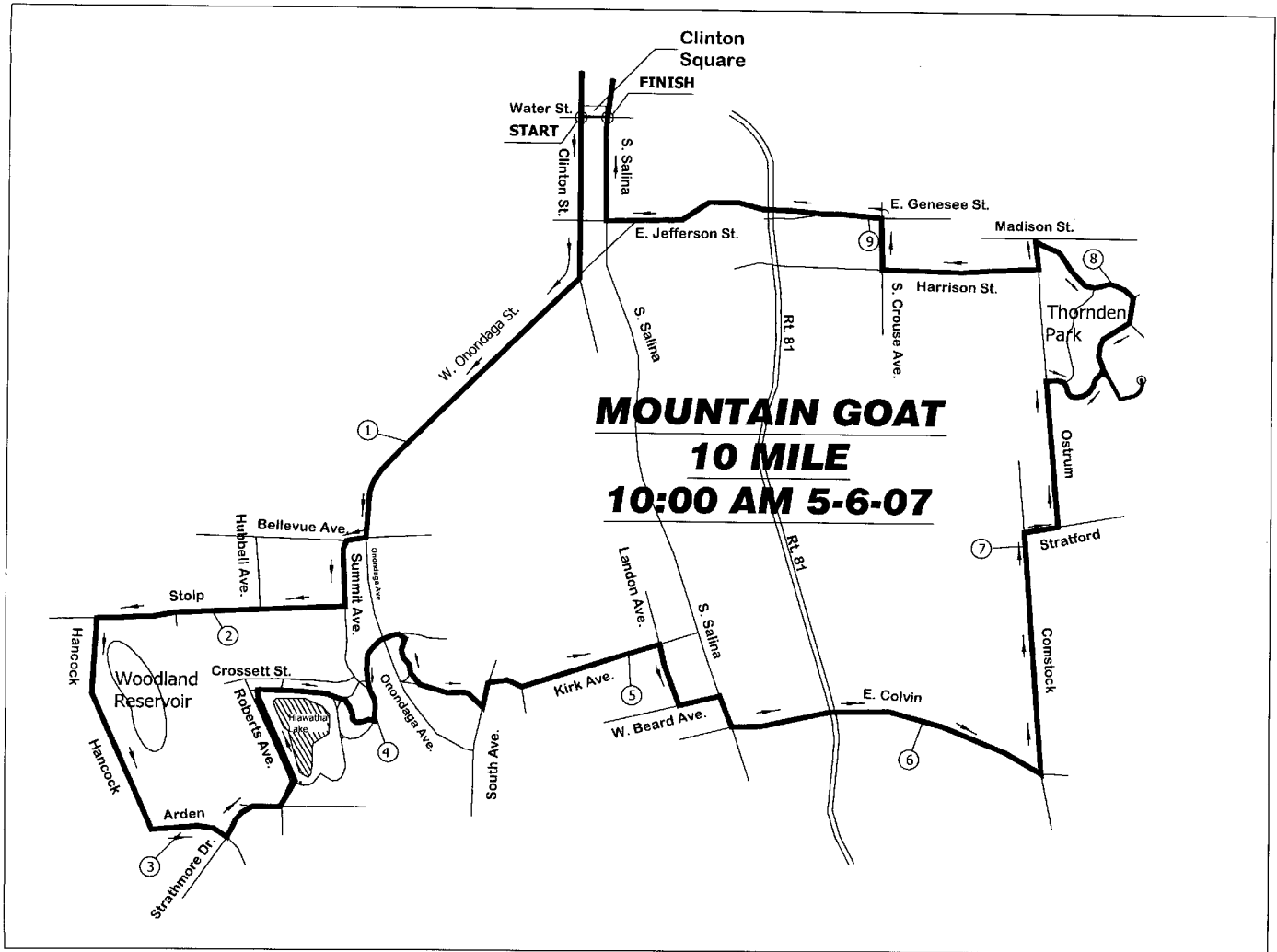


Julie laughs...she is heading to grad school in Alabama...I think, who is the governor...we descend...I lose Julie's shoulder...hit the valley and regain...hit Corvin and begin the second climb...follow the orange cones... "Dad, I am going to cruise"...I blink...Julie is gone...2.5 miles left...second water tower...steep...pace drops to 12:23 per mile on my GPS...crest...drop...gravity...pace now 7:23...hammer...finish line.

The three of us had "PRs." Jim ran under 70 minutes and got a silver pin. Results from the race can be found on the **Fleet Feet** web site.

Googled the lyrics; the governor of Alabama at the time the song was written was George Wallace.

stick out the shoe to have the chip cut off. I apologize, I stuck out the wrong foot and tell him that during the last race it was on this foot.



## Links

### [La Chute Road Runners](#)

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

### [Membership PDF](#)

**Race Links**  
**The Adirondack Runners**  
**Albany Running Exchange**  
**Hudson Mohawk Road Runners**  
**Northern Lights Track Club**  
**La Chute Road Runners Club**

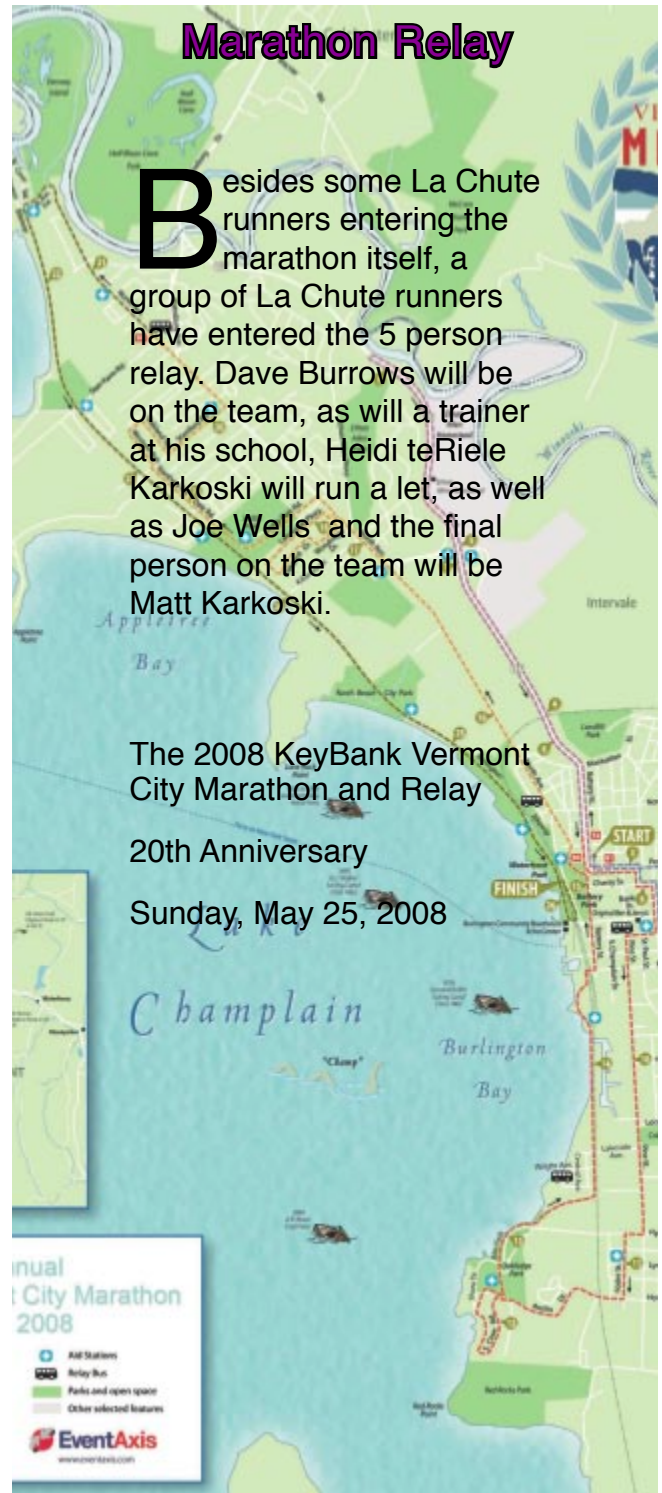
**Charles Pratt Memorial Route 9  
Road Race**

- Date:** Saturday May 10, 2008
- Time:** 10:00 am
- Registration:** 8:30 – 9:45 at the Social Center or pre-register by mail. If application is received by April 29, 2008, you will receive a free t-shirt.
- 4.4 Miles:** Former Burpee's Store in Lewis to the Social Center in Elizabethtown
- Course:** Uphill 4/10 mile and 4 miles gentle downhill
- Entry Fee:** \$20 Adults, \$10 under 12, or \$50 family
- Awards:** First, Second, and Third in each division  
(0-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, and 60+)
- Transport:** Transportation for runners from the Social Center to Lewis will be provided.
- Lunch:** A buffet lunch is included in the entry fee (Non-runner buffet -- \$10)
- Fun Walk:** One-mile fun walk. Same fee as road race (includes lunch). No awards are given.

**Marathon Relay**

Besides some La Chute runners entering the marathon itself, a group of La Chute runners have entered the 5 person relay. Dave Burrows will be on the team, as will a trainer at his school, Heidi teRiele Karkoski will run a leg, as well as Joe Wells and the final person on the team will be Matt Karkoski.

The 2008 KeyBank Vermont City Marathon and Relay  
20th Anniversary  
Sunday, May 25, 2008



**Castleton State College  
CASTLETON MUD RUN - 4/26/2008**

Event 1 Mixed 5k Run CC

17-24 Results - Women

1	Disessa, Lauren	23:45.78
2	Pulkinen, Dana	23:56.87
3	Cosgrove, Lauren	25:22.51
4	Horvath, Nicole	25:34.10
5	Pantzer, Beth	25:39.41
6	Austin, Molly	26:51.44
8	Durand, Christie	27:38.41
9	Connors, Shannon	28:51.20
10	Bergeron, Amber	29:28.26
11	Decker, Stephanie	30:36.81
12	Parker, Ashley	30:54.81

30-34 Results - Women

1	barrett, Christina	21:44.78
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50-54 Results - Women

1	DiSessa, Suzanne	26:49.91
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55-59 Results - Women

1	Schnaars, Gail	26:10.87
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17-24 Results - Men

1	Paul, Jeffrey	19:58.32
2	Campbell, Mike	20:17.28
3	Lewis, Jake	20:47.62
4	Hicks, Andrew	21:58.25
5	Shapiro, Sam	22:48.53
6	Guzman, Adam	23:54.86
7	Naumowicz, Stefan	28:51.60

30-34 Results - Men

1	Bergeron, William	20:36.51
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35-39 Results - Men

1	Scovil, Ryan	25:39.87
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40-44 Results - Men

1	Burrows, Dave	21:06.26
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**Castleton State College  
CASTLETON MUD RUN - 4/26/2008**

Mixed 5k Run CC

Comp#	Name	Time
1	15 Paul, Jeffrey	19:58.32
2	10 Campbell, Mike	20:17.28
3	31 Bergeron, William	20:36.51
4	23 Lewis, Jake	20:47.62
5	9 Burrows, Dave	21:06.26
6	30 Barrett, Christina	21:44.78
7	12 Hicks, Andrew	21:58.25
8	7 Shapiro, Sam	22:48.53
9	19 Disessa, Lauren	23:45.78
10	11 Guzman, Adam	23:54.86
11	6 Pulkinen, Dana	23:56.87
12	3 Cosgrove, Lauren	25:22.51
13	20 Horvath, Nicole	25:34.10
14	8 Pantzer, Beth	25:39.41
15	24 Scovil, Ryan	25:39.87
16	17 Austin, Molly	26:07.52
17	21 Schnaars, Gail	26:10.87
18	29 DiSessa, Suzanne	26:49.91
19	4 Huchinson, Molly	26:51.44
20	26 Durand, Christie	27:38.41
21	2 Connors, Shannon	28:51.20
22	28 Naumowicz, Stefan	28:51.60
23	1 Bergeron, Amber	29:28.26
24	18 Decker, Stephanie	30:36.81
25	5 Parker, Ashley	30:54.81

**Congratulations  
to the orgainzers and  
athletes  
who competed in the race!**