

La Chute Road Runners

February
2008

A Run Shared

by Fred Herbst

Meaghan has always wanted to run a marathon. In college her coach urged the girls to wait until they graduated — which was last spring. She's now in grad school in Maine, which is a running hot bed. There are some really good runners, especially women runners, living in the Kennebunk-Portland area. Maybe it's the Joan Benoit Samuelson factor.

Anyway, she started doing some decent training when she moved there in July and ran the Maine Half Marathon in October. She ran 1:45, crushing me, and felt great. If she hadn't run with me the first 10 miles she could have run under 1:40 easily. I had run 1:41 at the Schroon Lake half a couple of weeks earlier.

A few days later Meaghan asked me to run Burlington marathon. I declined, noting my marathon days are long behind me. Her mother then became involved and urged me to run it with Meaghan. Foolishly, I agreed.

We're following a 10-day training cycle based on workouts from her college coach. It's basically a speed day, two easy days, a tempo run, two easy days, a long run, two easy days..... Meaghan was home for New Year's and we did a 16-mile run on New Year's Eve at 8:37 pace. It felt good, but we know there's another 10.2 to go — not to mention five months of training.

The main goal is to finish Meaghan's first marathon (I've run 6 of them). If things go really well, Meaghan needs a 3:40 - 8:23 a mile - to qualify for Boston. If things go incredibly well, I need a 3:35 - 8:13 a mile - to qualify for Boston. First marathons are tricky things; a lot can go wrong. Years ago I was a pretty serious runner with some limited success. When I got married and we had Meaghan I got away from running. When Meaghan became interested - with the help of Dave Rutkowski, whom she still loves like a father - I got back into regular running.

Running has been something Meaghan and I have shared the past 10 years or so and hope to share for many more. We run together whenever we can and virtually train together via Email and phone when we can't be physically together. Running has been a great thing for Meaghan and me. The years and miles of running have brought us closer and given us plenty of quality time to discuss life's issues.

Treasury Report

As of mid January, the club has \$617.47 in its regular savings account. In the scholarship fund there is \$9,474.72.



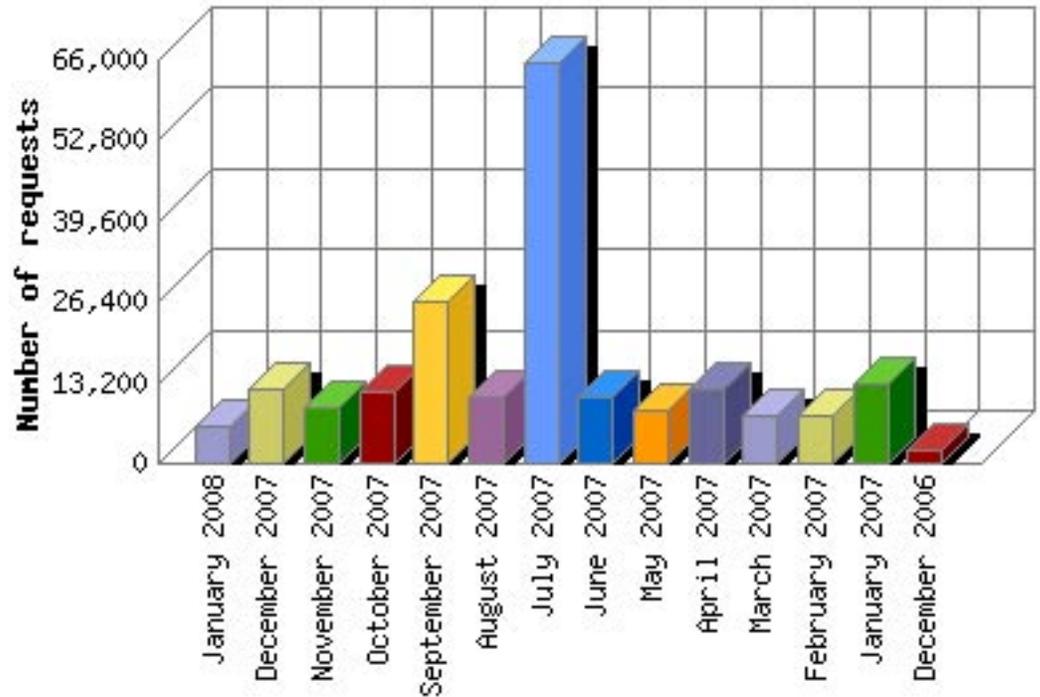
The Adirondack Runners
Albany Running Exchange
Hudson Mohawk Road Runners
La Chute Road Runners Club
Northern Lights Track Club

- HMRR Winter Series 3M, 15K, 30K, 1/27/08
- Polar Cap, 4.0 mi, 02/02/08
- The Winter Carnival 5k Run, 02/2008
- Fred LaPann Memorial, 5 mi, 02/16/2008
- Celebrate Life Half Marathon, 03/2/2008
- Shamrock Shuffle, 5 mi, 03/2008

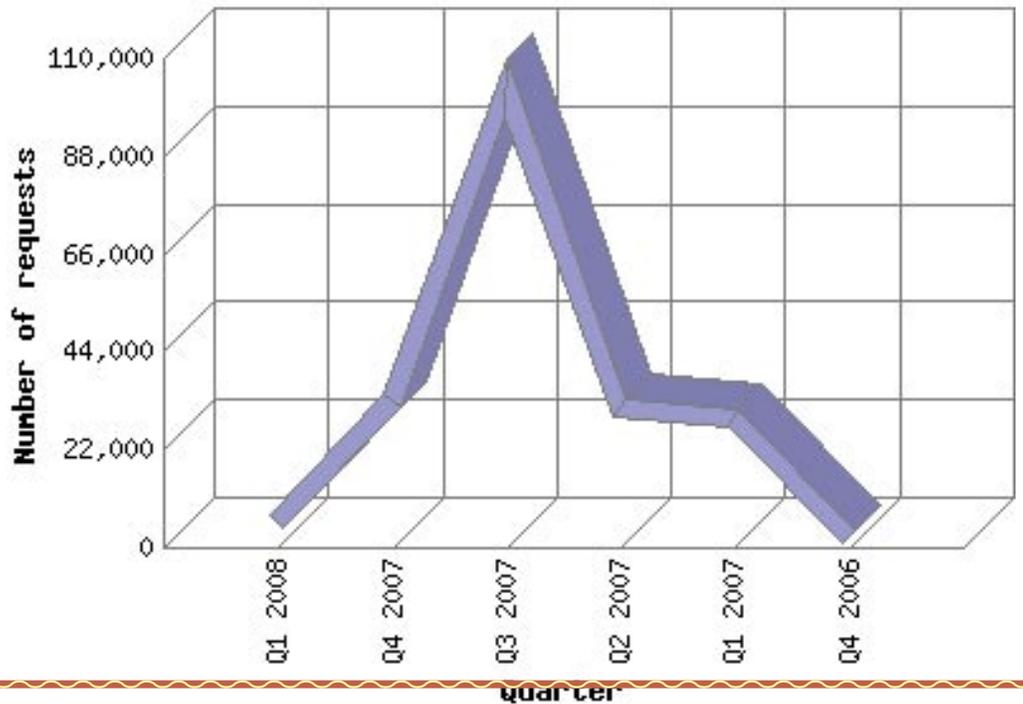
**Time
to
Renew
Your
La Chute
Membership**

Website Summary

Monthly Report



Quarterly Report



Mail to:

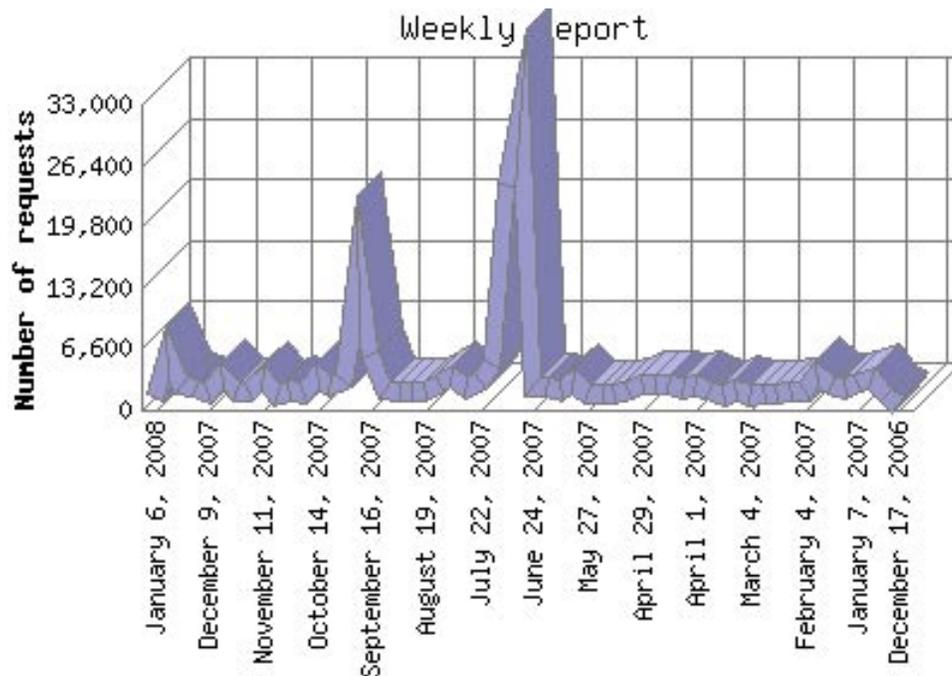
**Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY
12883**

Form on last page

Website of the Month

<http://crossfit.com/>

Cross Fit contains hundreds of workouts and videos for athletes in many sports. You can find videos on running technique, weight training, lifting techniques, nutrition, and there is the workout of the week.



	Directory Name	Number of requests	Percentage of the bytes
1.	www.lachute.us/	173,828	84.07%
2.	/montcalm/	10,882	5.21%
3.	/pictures/	8,457	2.64%
4.	/pdf_files/	731	1.18%
5.	[root directory]	3,347	1.02%
6.	/duane/	786	0.98%
7.	/GeneratedItems/	363	0.93%
8.	/lapann/	1,228	0.85%
9.	/newsletter_pdf/	128	0.75%
10.	/race_pdf/	245	0.43%
11.	/birthday/	752	0.40%
12.	/resolution/	560	0.29%
13.	/members/	151	0.25%
14.	/issue/	217	0.18%
15.	/classic/	61	0.14%
16.	/Links/	201	0.13%
17.	/heritage/	254	0.12%

Running Plans

Here are some of the plans some of the La Chute runners have made for the season. Dave Rutkowski is planning on doing the Tin Man. Dave Burrows is intending to do the Burlington marathon on a team; John McDonald is thinking of doing the Burlington marathon. Jim, Julie, and Jim Cunningham are plan on doing the early summer half-marathon at Lake Placid.

Website

The web site has been updated. Over four hundred orphaned files have been deleted from the web server. "Are you sure you want to delete all those files." was the message received after the button was hit. You should see my basement. If that was only so easy! Our site has plenty of files left: 2024 to be exact.

The above graphics trace the site for the year. PDFs and images are popular. The total number of site hits has increased from year to year, especially at race time.

La Chute Road Runners Club

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 Resolution Run
- Sponsor the Heritage Run
- Sponsor the Footrace at Fort Ticonderoga
- Support a LCRRRC 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 out of negligence or carelessness on the part of the person named in this waver.

Signature _____ Date _____

Membership type:

- Family \$10.00 ()
- Individual \$5.00 ()
- Student \$2.00 ()

Mail to:

Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883

Application

First name: _____ Mi.: _____ Last name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home phone: _____

Email: _____

Date of birth: _____

Family members: _____

LCRRRC

LaChute.us