

La Chute Road Runners

January
2008

Meeting



I want a refund. They only shuffle.

The La Chute Running Club had an organizational meeting on December 7th, during which the club reviewed the year and set up races and events for the coming year. We will no longer be holding the Birthday Run, and in its place, we will hold a 5K trail race which will be on April 26th, and held in conjunction with the Castleton State College athletic department. The Resolution Run will again be held on January 1st, next year. The Montcalm Mile is, of course, on July 4th. There was discussion of adding a team competition, and a free entry to club members. After discussion, those proposals were dropped. The Footrace at Fort Ticonderoga will be held on September 20th. There is a possibility of the race being included in TAR Grand Prix series this year and next year. The Heritage 10K will be held on August 17th.

The Scholastic athlete's Providence Road Island trip was a huge success. The club intended to contribute a large sum to help with the XC race expenses, but the team sold tee shirts which covered much of the cost. The club will contribute

for the cost of the driver. The club will be contributing some money to a warm-up top for these athletes. Individuals on the team will contribute to some of the cost. The cost for the top is around \$25. There was a discussion of quotes on running shirts. Matt voiced one he had seen, "Your Punishment is Our Sport!"

The club is all set for next year! It cost around \$300 to insure our race and club activities. Running club activities include group runs and a summer series. There was discussion of increasing the club membership size.

Dave Rutkowski will be taking care of club membership. When you renew, send the envelope to Dave. You can find a renewal form attached and a PDF is also available on the website.

Treasury Report

The club has \$834.20 in its regular savings account. In the scholarship fund there is \$9,467.75.



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

- Winter Wimp, 4.4 or 2.2 miles, 01/12/08
- HMRR Winter Series 3M, 10K, 25K, 1/13/08
- 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

Christmas Day Half Marathon

Four La Chute Road Runners participated in the event. Runners ran from 10.2 to 13.3 miles with a pace around 9:43. Ideal conditions greeted the runners.

Scholarship Winner

Congratulations to Lee Gabler, this year's winner of the Duane Crammond Memorial Scholarship. The award was presented at the Resolution Run. The La Chute Runners wish Lee both academic and athletic success!

Resolution Run

The Resolution Run, a race held "between two waters," almost made it between two storms. The snow and temperature did not dissuade attendance. Registration was done in heated cars as snowplows scraped by. Team "Florescent Yellow" caused some commotion at the start, as did a runner in Yaktraks.

Ellie Berube put the race together and supplied the awards: muffins and gingerbread men. After the awards ceremony, Lee Gabler was given the award from the Scholarship program. Congratulations to Lee and Heidi, Matt, and Jeff for all their hard work making the Footrace and this award possible.



Runners were not in a hurry to leave, but eventually did, returning the road back to the snowplows. Results and pictures of the event are found on our site and latter in the issue.

Website

Race directors should check the website for correct information. That part of the site has been updated. Of course, with an additional race in the works, that information will be eventually included too. The Footrace information, for instance, will have to be updated further for team competition and Grand Prix inclusion. Send update in Word format, which will be the basis for an uploaded PDF file.

Membership

Runners are reminded that it is now time to renew membership. Attached is a renewal form. One can also be found on line at lachute.us.

Dave Rutkowski will be keeping track of club renewals, so send the information to this address:

Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883

And of course, those that have registered are all set. Print out an extra copy of the form and invite some one to be come a member! If they want to know what the club is about, there is some info on the copy and plenty more on our site.

Resolution Run Results

MALE		15 and under		FEMALE
Jay Berube	21:55		Katie Karkoski	25:43
Joshua Cook	23:27		Brittany Holt	28:52
		16-19		
Jesse Berube	20:14			
Lee Berube	20:15			
Lee Gabler	20:25			
		20-29		
Jay Wells	20:17		Julie Cunningham	25:59
Joe Thomas-Train	32:37		Lindsay Gajewski	33:48
John Piestrzynski	39:50			
		30-39		
George Brown	23:07		Colleen Brown	31:00
		40-49		
Dave Burrows	20:56		Chloe Orr	33:48
		60-69		
Jim Cunningham	26:59			
William Sezna	35:43			
		WALKERS		
		15 and Under		
Riley Hayes	53:32		Emily Hayes	54:09
		16-19		
Andy Burrows	38:50			
		40-49		
Shaun Hayes	56:11		Rose Hayes	56:11





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 c□ 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