

LA CHUTE ROAD RUNNERS

MAY 2008

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Corn Island

Jim Cunningham

The squall hit on the north shore. It came in quickly from the ocean. Everyday one or more hit. It was six in the morning and hot. The rain was a welcomed relief. Soggy shoes for four more miles. The loop was 6.4 miles. A near perfect 10K, with the blue Atlantic Ocean at it's edge. They didn't call it the Gulf of Mexico, nor the Caribbean, but the Atlantic, This was Corn Island, Nicaragua.



Most mornings, I took this route. It was cobbled, a loop, and I knew I could get back. The mornings runs were the same. The island was waking up. People brushed teeth in their backyards, fishermen bailed their boats, the butcher lady chopped, throwing bones to her dogs. The dogs looked, but didn't chase or bark. One sniffed my calf and sat down. People waved. One kid looked at me and drew a circle in the air. I nodded yes, hoping he was asking if I was doing the loop. After runs, in the town, I am not sure it has a name, people recognized me. I was the only one who ran on the island of 4,000.

Images of Corn Island

Corn Island is 50 miles off of the coast of Nicaragua, accessible chiefly by Atlantic Airlines, a subsidiary of Oceanic Airlines. We flew the on "duct tape queen." Corn Island is the most affluent region of the country. Its worker's earn \$5.00 a day, if they get work. Most of the island is owned by Morgan. He is the biggest employer, making money from the laguna lobster, a clawless variety. He has the fanciest house, which occasionally is visited by Noriaga, that's right, Ollie's buddy.

Curiosity lead me to a different run, on trails and past Morgan's place. I left the cobble loop and started climbing on the trail. Morgan's place stood on a cliff and a guard sat at the gate, rifle in lap. "iHola!" I said. He smiled. At the west end of the island was the bunker, armed by soldiers. The Sandinistas are in power. Binoculars look west for approaching "Contra" boats. Again I said, "Hola!" No reply. The trail dropped to the beach. On the beach were the naval facilities. The island is a convenient stop for drug boats from Columbia. A crew was on standby for interdiction. Seeing the 2, 250 horse engines, I later asked someone, "Do they get them?" "No!" he replied, "They have 2, 350 horse engines!" There was no squall that day.



Run for Hope

ELIZABETHTOWN March 22

Half-marathon:

Men's Winner: John Ehntholt - 1:17:43.

Women's Winner: Phyllis Clookey - 1:28:57

Men's Open (16-29): Matthew Medeiros - 1:17:44; Brian Wilson - 1:22:28; Jim Cunningham - 1:28:11.

Women's Open (16-29): Deirdre Forcier - 1:39:17; Kari Haddock - 1:41:05; Marge Huseman - 1:57:39.

Men's Submaster (30-39): PJ Higgins - 1:25:10; Arthur Graves - 1:27:22; Jay Macier - 1:45:31.

Men's Master (40-49): Doug Kerr - 1:22:42; Daniel Courneene - 1:28:06; Jim Paulsen - 1:33:18.

Women's Master (40-49): Dorine Peregrin - 1:42:34; Tammy Apthorp - 1:52:26.

Men's Veteran (50 plus): Steven Benway - 1:40:41; William "Red" McDonough - 1:44:09; Jim Cunningham - 1:50:38.

Women's Veterans (50 plus): Linda Hudson.

5K:

Men's Winner: Korey Davins - 20:22.

Women's Winner: Sandy Rasco - 23:06.

Junior Men (under 16): Andrew Kerr - 20:27; Hunter Mowery - 21:49; Cortland Mowery - 24:05.

Junior Women (under 16): Jessyka Michelle McGinn - 25:30; Ashli Canabush - 32:24; Kaitlin Coats - 41:19.

Men's Open (16-29): John Morris - 21:00; Josh Mowery - 21:38; Scott Morris - 21:41.

Women's Open (16-29): Erin Pelkey - 24:25; Emma Nye - 27:27; Mary Beth LaRose - 39:11.

Men's Submaster (30-39): Paul Buehler - 29:42; Eric Bretthauer - 30:55.

Women's Submaster (30-39): Margot Roemischer - 25:25; Shannon Hagadorn - 25:40; Sawn Gay - 27:20.

Men's Master (40-49): Smitty Marvin - 27:54; Alan Thompson - 27:58; Geoff Apthorp - 34:18.

Women's Master (40-49): Diane Crawford - 29:38; Juliann Olsen - 27:51; Linda Lowe - 38:09.

Men's Veteran (50 plus): Michael Morris - 23:38; Bob Wagner - 24:50; John Hamm - 25:26; Dave Rutkowski 26:46.

Women's Veteran (50 plus): Alana Forcier - 26:48; Kathy Miller - 37:51; Nancy Wilson - 48:30.



Links

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

[La Chute Membership PDF](#)

[Nancy Clark, nutritionist](#)

[Mike Boyle, strength and conditioning](#)

[Dr. McDougall, health and medical center](#)

[La Chute Road Runners](#)

Note Pad

If you happen to be going by Wal*Mart, at the check-out there are note pads. Why don't you fill out a request for a decent bike rack.



Castleton Spring Invitational

[Race PDF](#)

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.

Hi Everyone:

As you know, I put on a triathlon each summer on Lake George in upstate New York benefiting a number of regional and national charities. Volunteers are a big part of any race and the role of volunteer is crucial to the race's overall success. We recently lost our volunteer coordinator due to family illness and as such she will not be able to join us this year.

I am reaching out to all of you to see if you know of a high-energy, friendly and focused individual who is familiar with multi-sport events (either having volunteered, or actually participated in marathons, triathlons, etc.) that would be interested in heading up our volunteer efforts this summer. The role would be to coordinate various volunteer teams before, during and after the race and work closely with me to help make the race as great of a success as it was last year.

If you know of anyone, please forward this e-mail with my contact information and have them contact me directly at their earliest convenience. This year's race is on June, 28th at 7:30am.

Thanks in advance for your help!

Randy Engler



North Country Triathlon

randy@engler.com

22nd Annual Shamrock Shuffle

1	1/59	MATTHEW FLINT	18 M Queensbury	NY	25:59	5:12
30	17/59	Jay Berube	14 M Putnam Station	NY	32:23	6:29
31	2/26	Todd Eicher	35 M Queensbury	NY	32:31	6:31
40	1/22	David Burrows	43 M Ticonderoga	NY	32:55	6:35
70	7/20	JEFF GREER	27 M BALLSTON LAKE	NY	34:51	6:59
56	3/28	Fred Herbst	52 M Ticonderoga	NY	33:59	6:48
143	3/22	Eleanor Berube	47 F Putnam Station	NY	38:37	7:44
208	8/12	JIM CUNNINGHAM	63 M TICONDEROGA	NY	41:11	8:15
269	18/34	RUTH CRAMMOND	27 F ALBANY	NY	43:20	8:40
271	12/26	Michele Eicher	34 F Queensbury	NY	43:23	8:41

466 runners



Jimmy Olsen

Wanted:
Cub reporter.

Have a "breaking news story?"

Email it here!



Race Links

[The Adirondack Runners](#)
[Albany Running Exchange](#)
[Hudson Mohawk Road Runners](#)
[Northern Lights Track Club](#)
[La Chute Road Runners Club](#)

