

NOVEMBER 2008 LA CHUTE ROAD RUNNERS



Steamtown

Jim Cunningham

On October 12 at 11:32 AM, I staggered across the finish line of my first marathon! I vaguely remember being asked if I was OK. "Yes." Apparently convinced, the volunteer draped a space blanket over my shoulders, and I was funneled out of the finish area along with the crowd.

The race itself began 3.5 hours earlier, kicking off with the blast of a civil war cannon. The start, Forest City, is approximately 26 miles to the north, and 900 feet higher than, the final destination of Scranton. Most of this elevation is lost during the first 7 miles. The middle of the course is flat, with 2 miles of dirt "rail trails." The last 5k had several significant hills. All of this I knew heading into the race.

The first 13.1 miles were very enjoyable, and I found myself several minutes ahead of my target time. At one point, while plummeting down from Forest City, I fleetingly considered a BQ attempt. I stuck to the plan. I did manage to catch my parents at several points, and made sure to smile for the camera. They are the best pit crew I could ask for! Up to this point, only one error in planning was made. I placed my electrolyte pills in the back pocket of my fuel belt. They dissolve!

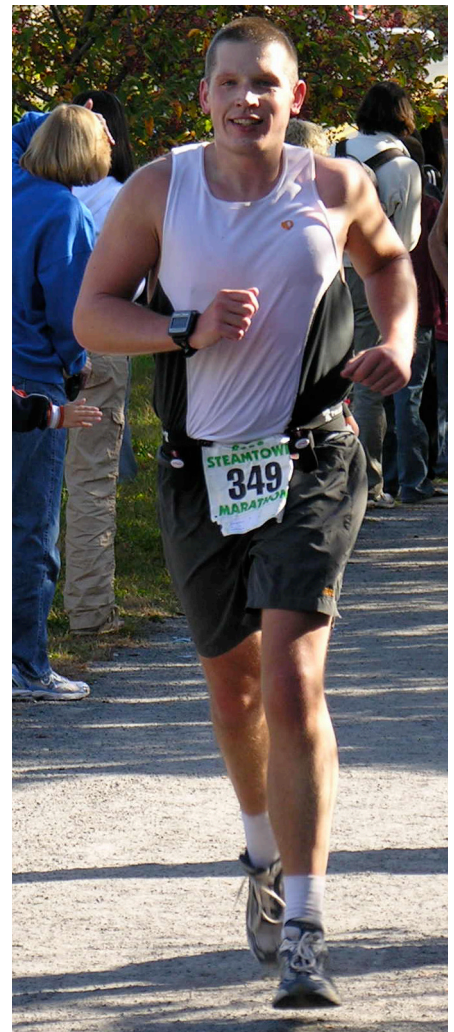
Apparently, like canoe racers, runners develop a herd mentality. Even though we had the whole road to ourselves, I was one of the few to consistently use both lanes to run the tangents. It felt strange to stray from the pack, and I did confer with a few nearby runners to see if we could, indeed, cut corners!

Just after the halfway point, we veered off of the highway and onto the trails. The softer surface was definitely easier on the feet, but it was no longer effortless to maintain my target pace. Still, no major issues, and I even had a few more smiles for the camera.

Around 17 or 18 miles the race returned to the roads for good. I was definitely feeling the effort of maintaining my goal pace. I still had Hammer Gel left, and kept telling myself that there were only about 8 miles left. Not even an hour on fresh legs. I was thinking about escaping Steamtown unscathed.

I was wrong! Somewhere along mile 22 I began to experience the dreaded toe flexor cramp. Actually, I don't know if this particular cramp is prevalent enough to deserve that title, but I do know that it involves running on claw feet. I found that by abandoning correct running form, and adopting a modified scissor-kick shuffle, that I was able to stay under 10:00 min/mile. Of course, as a physical therapist, I was equally fascinated by the numerous other gait deviations that runners around me were beginning to show.

The last mile was a challenge—mostly uphill, with a slight dip to the finish. Despite this dip, I was too cooked for the traditional Cunningham finishing kick. Ten feet remained, then five, and then I crossed the finishing mat. I made it! The experience, training through event, was amazing!



Adirondack Marathon Distance Festival

Adirondack Marathon

24/26 5:41:01 13:01 5:41:06 Tasha Braisted 25 F Albany NY

28/29 5:41:01 13:01 5:41:06 Robert McLoughlin 25 M Albany NY

Adirondack Half Marathon

25/45 2:13:16 10:10 Colleen Brown 36 F Ticonderoga NY

16/21 2:13:16 10:10 George Brown 38 M Ticonderoga NY

Castleton 5K

Dave Burrows 2nd overall 20:10

Adirondack 540

The Adirondack 540 is an entire weekend of ultra cycling fun, that will test every level of rider. It's held on a beautiful and challenging 136 mile course that travels along Lake Champlain and through the High Peaks region of the Adirondack Park. Rolling hills, long climbs, thrilling descents and breath taking views are a staple of this course.

We'll start the race in Ticonderoga and travel north along Lake Champlain before heading west into the heart of the Adirondacks. We'll have a second checkpoint in Wilmington at the 61 mile mark to offer assistance and to keep tabs on riders.

Once again, we'll offer races that cover one, two, three and four laps of this scenic and demanding course. We even offer a one lap over two days event for riders that want to maximize their enjoyment of this event, and partake in everything the area has to offer. The Adirondack 540 RAAM Qualifier was held September 12 – 14. Jay Petervary came all the way from Wilson, Wyoming to claim the men's title in 35H 01M. Jay is also the former record holder of the Great Divide Race and races mostly off road. In second place at 40H 35M was Tim Carroll, who was doing the RAAM qualifier after setting our three lap (408 miles) record last year. Pat Mc Falls came in at 49H 05M for third place and Bob Anderson placed fourth with a time of 50H 45M. And in fifth place at 52H 52M, was 74 year young Lew Meyer!

The women's race was won by Nancy Guth at 52H 01M with Jessica Eckhardt finishing just 12 minutes later at 52H 13M. Both were avenging previous DNFs.

We also had records set in the two lap race (272 miles) by Brett Walker and the one lap race (136 miles) by Brian Donohue.

Links

[La Chute Road Runners](#)

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

[Membership PDF](#)

Steamtown Marathon

PLACE	GROUP	FINISHER	18M TIME	CHIP TIME	FINAL TIME	PACE
391/ 1582	27	Jim Cunningham, 25, Ticonderoga, NY	2:21:45	3:32:16	3:32:26	8:06

Maine Marathon

Place	Name	Age	S Div/Tot	Town	St	Guntime	Pace	Nettime
380	DAVE NATALE	38	M 44/77	TICONDEROGA	NY	4:04:39	9:20	4:03:28
528	MARGE HUSEMAN	27	F 65/86	TICONDEROGA	NY	4:29:20	10:17	4:27:50

USMC Reserves Half-Marathon

Place	Name	Age	S	City	St	Time	Pace
345	GEORGE BROWN IV	38	M	TICONDEROGA	NY	1:57:38	8:59
394	COLLEEN BROWN	36	F	TICONDEROGA	NY	2:01:48	9:18
659	STANISLAV ZAKHARIN	39	M	TICONDEROGA	NY	2:58:00	13:36
660	CATALINA ALCARAZ-GU	29	F	TICONDEROGA	NY	2:58:00	13:36

MOHAWK TOWPATH BYWAY 6 TH ANNUAL DUATHLON

Plc	DIV	NAME	TOWN	ST	AGE	S	RUN 1		BIKE		RUN 2		OVERALL		
							Plc	Time	Plc	Time	Plc	Time	Plc	Time	
1	1/32	Mark	Mc Kenzie	Shaftsbury	VT	46	M	3	12:47	1	41:10	3	00:13:41	1	01:07:38
		Mike	Spangenberg	Shaftsbury	VT	40	M	team							
8	4/10	Scott	Woodward	Port Kent	NY	53	M	24	15:19	3	45:35	34	00:17:06	8	01:17:59
40	1/1	Jim	Cunningham	Ticonderoga	NY	64	M	57	17:20	30	55:32	66	00:19:52	40	01:32:43

Hairy Gorilla Half Marathon

Place	Bib	Name	Age	Sex	City	State	Split 1	Split 2	Time	Pace
18/213	142	Matthew Karkoski	46	M	Ticonderoga	NY	44:08	52:09	1:36:16	7:21
73	105	Mike Graney	39	M	Ticonderoga	NY	54:35	1:04:20	1:58:55	9:05
112	293	Heidi Teriele Karko	42	F	Ticonderoga	NY	1:00:01	1:11:36	2:11:36	10:03

Squirrely Six Mile

Place	Bib	Name	Age	Sex	City	State	Time	Pace
125	323	Kimberly Worobey	22	F	Castleton	NY	1:13:03	12:11
128	322	Michael Worobey	54	M	Castleton	NY	1:13:53	12:19

