

# SEPTEMBER 2008 LA CHUTE ROAD RUNNERS



## Footrace at Fort Ticonderoga

Runners competing in the 4th annual Footrace at Fort Ticonderoga will again meet at the base of the fort on Saturday, September, 20th in anticipation of the start of this classic. The 5K race is run mostly on grass and finishes at the parade grounds inside the fort. If you would like to help out there are plenty of jobs. Volunteers are needed to help set up late Friday afternoon and also help is needed race day. Just send [Heidi an e-mail](#).

An entry for the race and past pictures and results can be found on the [La Chute site](#). Join us at the base of the fort for this fun race! This race benefits the Duane Crammond Memorial Scholarship fund which annually, honors a Ticonderoga High School graduate who has been

## New Race

Some of the La Chute Runners have been talking about starting a new race. However, the direction to take is not clear. We would like to have a new race that fulfills the club goals, draws runners, has a novel perspective, and helps economically.

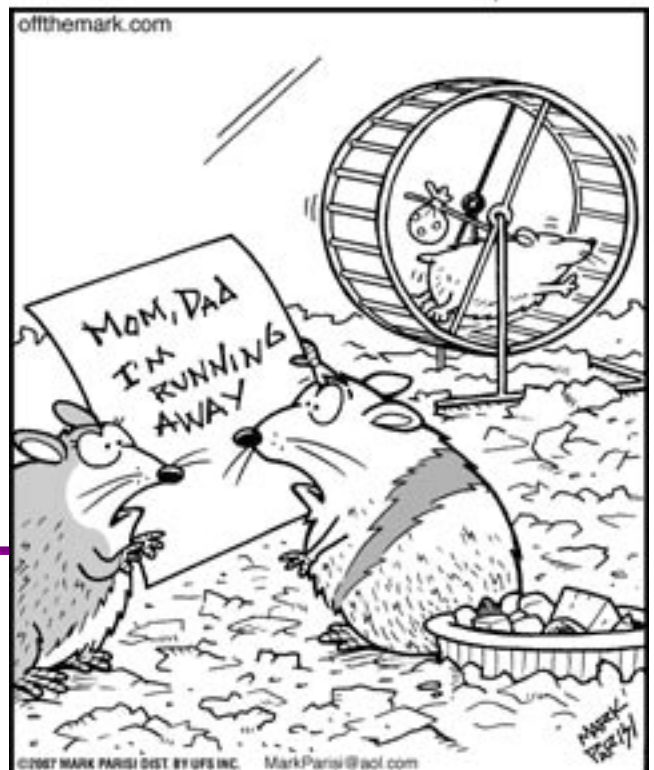
It was suggested to turn the Heritage Run into a relay, and have 2 runners do a 10K each. Another run was to capitalize on the historical nature of the area and have a relay that exchanges at one of the historical monuments in town. Exchanges for that relay could be on Mt. Deviance, The block house monument near Mossy Point, and Howe's Landing. Another idea was to do an adventure run that takes place partially on the trail near Cook's mountain. Stations could be set up and the arriving runner, chooses an envelope with a unique challenge. Some adventure races that are tied into a fund raiser, provide clues to challenges depending on how much funds are raised by the teams.

Do you have an idea! We will eventually be having a meeting to set up for the next year. Bring ideas to the next meeting and we can see if we can create a new race!

## Treasury Report

In the regular La Chute savings account, we have \$1,199.91, and in the scholarship fund we have \$9,494.89.

offthemark.com by Mark Parisi

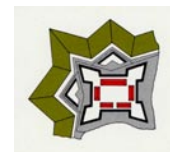


# Footrace at Fort Ticonderoga

Benefit: The Duane Crammond Memorial Scholarship Fund



## Saturday, September 20, 2008



Sponsored in part by:

Scenic cross-country 5K course: Varied terrain of grass and gravel near the shores of Lake Champlain, on the historic Fort Ticonderoga peninsula, finishing on the Parade Ground inside the walls of the Fort.

TIME: 10:00 am

CHECK IN: Packet Pickup and race-day registration 8:30 - 9:45 am  
Fort Ticonderoga

LOCATION: Fort Ticonderoga, Ticonderoga, New York  
Route 74, one mile east of the village of Ticonderoga

Mail form below to:  
Matt Karkoski  
25 Black Pt. Road  
Ticonderoga, NY  
12883

ENTRY FEE: \$15 Pre-registration Fee; \$17 Race-day Registration Fee  
Make checks payable to LaChute Roadrunners

TEAM CHALLENGE: Teams of three, individual places combined to find team score  
Awards to winning teams and team spirit award  
Submit forms together; no additional fee to run as a team

T-SHIRTS: Guaranteed to the first 100 registrants

AWARDS: Overall male & female, and top three in ten year age groups

EXTRAS: Runner and two spectators receive complimentary admission to Fort Ticonderoga and the King's Garden. New exhibit gallery. Fifers and Drummers will hail the finishers.

FACILITIES: Restrooms, ample parking, and primitive outdoor showers available. Log House Restaurant and museum store open at 8:30.

INFORMATION: Phone Matt Karkoski, (518) 585-7206 evenings or [mhski@verizon.net](mailto:mhski@verizon.net)  
More at [www.lachute.us](http://www.lachute.us) or [www.footraceatfortti.com](http://www.footraceatfortti.com)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ M or F Preferred Shirt Size: S M L XL

Team Challenge divisions:  Family  Business  Civic  Faculty

Team Challenge open:  Male  Female  Mixed *Circle age group below for open teams*

\* Add ages of open team members to find age group: 0 - 49 50 - 124 125+

TEAM NAME \_\_\_\_\_ (Each member must fill out a form!)

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waiver and release all rights and claims for damages I may have against the La Chute Road Runners, the Fort Ticonderoga Association, Road Runners of America, USA Track and Field, all sponsors, and co-sponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. Athletes who participate in this competition may be subjected to formal drug testing in accordance with USA T&F regulations. Athletes found positive will be disqualified from the event and will lose eligibility for future competitions. (web)

Signature \_\_\_\_\_

Signature of Parent (If under age 18) \_\_\_\_\_

## Heritage Day 10K

The Heritage Day 10K took place on Sunday, August 17, starting at the Penfield Homestead Museum in Ironville. Ironville! A fitting location to start the tough, hilly, 10K. Brian called it correctly. The Heritage Day 10K is the antithesis of the Montcalm Mile, long and uphill. And the races is becoming more and more popular, with 37 entered, coming from Saratoga, Albany, Rouses Point, Tupper Lake, Ithaca, and Newcomb. Of course, we can't forget Ticonderoga and Putnam! Results and images have been posted on the website; check them out! Dave Burrows did an outstanding job getting the race organized!

Organizers speculated as to what drew runners to the emerging-in-popularity race. Perhaps it is "small town" atmosphere; perhaps it is the remoteness of location; or perhaps it is the challenging nature of the course. What ever the reason, runners have a venue to practice their sport.



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### Links

#### [La Chute](#)

Home page of the La Chute runners.

#### [gmap.com](#)

Mark out your running route.

#### [Membership PDF](#)

Renew here!





Heritage	Day	10K	2008
Overall Male			
Lee Berube	33:53		
Overall Female			
Jennifer Frapwell	50:22		
Male		Female	
	0-19		
Jay Berube	42:30		
Thomas Hartnett	43:14		
Pat Dunn	46:14		
	20-29		
Jesse Berube	35:01	Angie Snye	60:56
Jim Cunningham	42:48	Lindsay Gajewski	62:56
Michake Root	49:42		
	30-39		
Aaron Robertson	34:06	Lorraine Stroud	52:57
Dave Natale	51:43	Vanessa Verrill	53:41
Eric Lowder	75:51	Doreen Bazile	53:47
		Deanne Webster	54:32
		Joline Hlavaty	54:41
		Lisa Lowder	75:51
	40-49		
Dave Burrows	41:30	Linda Sherman	55:11
Paul Mattson	44:58	Colleen Delcore	56:33
Jesse Berube	45:34	Tina Armstrong	58:54
John Curtiz	53:41	Tammy Moffitt	75:51
Steve Dunn	58:26	Diane Tyrell	86:43
	50-59		
Paul Manning	51:35	Karen Costello	52:39
	60 and up		
Dave Rutkowski	53:17	Marilyn Fairman	66:31
Robert Fairman	53:33	Elaine Dill	66:46
Jim Cunningham	54:03		



## Champy Challenge

**P**ort Henry - Mountain Lake Services held the 2008 Champ Chase on Saturday, August 2nd. Eighteen athletes took part in the 2.5 mile race through the village of Port Henry and six children took part in the 1/2 mile Kid's Fun Run. Festivities following the race included a barbecue lunch and the musical stylings of Mountain Lake Services' agency band, *Generations*. Thank you to: New York State Police, Trooper Cliff Bearor; Moriah Town Police, Chief Steve Stahl and Officer Willard Baker; Mary Rodriguez; Moriah Chamber of Commerce; Kathy and David Rutkowski; Elizabeth Duval; Ariel Beebe; Rachel Woods; Jack Woods; Tonya Vassar; Ronnie Cunningham; Lucy Carpenter and Kathy Wagstaff for helping make this event memorable and fun.

Results Include:

### Champ Chase

Brian Pelkey: 17:30

Bob Stahl: 20:19

Emily Stahl: 20:38

Michelle Gadreau: 20:48

Linda Sherman: 20:49

David Rutkowski: 20:50

Alec Hay: 20:55

Megan Bethel: 21:28

Lindsey Gajewski: 23:07

Mike Stahl: 23:32

Kyla Becker: 23:37

Jeanine Hay: 23:37

Lauren Hay: 23:37

Bruce Gellar: 26:43

Morris Underwood: 26:44

Andrew King: 30:30

Megan Bethel: 39:14

Traves Bethel: 39:14

### Kid's Fun Run

Troy LaBounty: 2:37

Connor Anderson: 3:01

Megan Bethel: 3:02

Karen King: 5:06

Sarah Anderson: DNF

Erica Anderson: DNF

