

La Chute Road Runners

December, 2009

Club Renewal

Membership List

Club Meeting

It is time to renew club membership! Some members asked if they were paid-up. A membership list follows.

It was decided at the meeting that some were not paid-up for last year, and that this year we will start with a "clean slate."

Also, the email list is long, and some recipients many not want to get it, so only paid up members will be getting the newsletter. Everyone on the list will get the January newsletter, but only members will get it hence forward.

A renewal form follows. Bring it to the Resolution Run or mail it to Dave Rutkowski. Be sure and add you email address so announcements can be sent.

	2009	2010
Berube, Ellie		
Brown, Colleen		
Burrows, David		
Costello, Karen		
Cunningham, Jim P.	pd	
Gabler, Jeanne	pd	
Graney, Mike	pd	
Greer, Jeff	pd	
Hayes, Shawn	pd	
Herbst, Fred	pd	pd
Huseman, Marge	pd	
Karkoski, Matt & Heidi		
Kiely, Brian	pd	pd
Leavens, Jim	pd	
Lonergan, Craig	pd	
Natale, Dave	pd	
Rutkowski, Dave	pd	
Sherman, Linda	pd	
Smith, Tracey		pd
Wells, Jay	pd	

A successful La Chute meeting was had at Fred Herbst's house. Everyone was so engrossed in the meeting that the brownies on the kitchen counter were neglected. Joining Fred were Dave Rutkowski, Jim Cunningham, Heidi and Matt Karkoski and Dave Burrows. The members reviewed the races of the past year, worked on the club renewal application for the following year, and made additional plans to further the club's goals.

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Report

The first of the past year's races that was discussed was the Montcalm Mile. After the race, volunteers were asked to make suggestions and state problems. One issue was the entry fee. It was decided to keep the entry fee the same for this year. The finish area was further discussed and suggestions were made concerning communication from the start to the end, and the nature of the finishing chute.

The Footrace has set the date for next year; the race will be on September 25th, a Saturday. The race achieved their goal of raising \$1,000 for the scholarship fund. The relay is becoming popular and enhancements are being considered.

The Heritage Run 10K is growing in popularity. The entry fee for the past year was \$5.00; it was decided to raise the entry fee to \$10.00 to cover costs. Runners enjoy the circular pastoral route. Next year's race will be on Sunday, August 15th. Also the Resolution Run was addressed. It will be the club's next race, and we will hold it on January 1st, of course, and at 11:00 AM. The race usually draws about 30 runners, and is a popular way to start off the new running year.

This year, the club will give special attention to membership. A key goal of the club as stated

in the mission statement is to "encourage the youth of the community to get involved in a beneficial activity." To that end, efforts will be made to encourage young runners and their parents to join the club. The club is planning on hosting running events for the youth of the community at the fort during the summer. It was also suggested to have a "Meet and Greet" event at the beginning of cross country season.

Also, club renewal was discussed. Some members are not sure if they are members in good standing with paid-up dues. This year, members will be notified about their club status. Newsletters will then only be sent out to club members. The club fiscal year is from January 1st to December 31st.

It was also suggested to have a club singlet. Matt is looking into this. The Cunningham Christmas Classic will be on December 25th at 10 AM. Finally, the next installment of the Freeze your Gizzard Blizzard Run will be held on January 9th, at 10:00 at Rut's Hut in Chilson. Members left the meeting satisfied with the direction of the club for the next running year!

The paperwork has been submitted to RRCA. The club is all set for 2010. Our races and activities are planned and insured.

In our regular account we have \$1,526.78, and in the scholarship fund, we have \$11,239.15. Thanks to those who made recent donations to the scholarship fund!

Race Numbers

"So, you are a folder!" said Lee Pollock, at Operation Santa, a 5K run in Hudson Falls. I looked down at my number, guiltily. Lee keeps his race number flat and just uses 3 pins!

I tried 3; it worked nicely!

So what are you?

Take this survey.

Results will be in the January Newsletter.



"Exercise without pain?
But what would the point be?"

New Hampshire Half Marathon

as reported by Heidi and Matt on [facebook](#)

Heidi and I finished the half marathon. Great day Great weather Great race. About 400 runners. Heidi was 147 and 11 in her division 1:52 about 8:47/mile, great time. I was 21st overall 6th age group 1:30 about 7:01/mile. The race is very well run with a nice lunch afterwards. We each had a 15 minute massage after the race which was gratis.

We are still in NH. Great race, very well run and nice course. Matt was 21st with 1:31 and 7:01 pace. I was 147 in 1:52+chg and 8:47 pace. I am very happy with this. And as a bonus, the massage therapist put my sacrum back in place afterwards!!! They put on a great feed, nice shirts



David Burrows reports on [facebook](#) :
Seacoast 1/2 marathon: 46th out of 1200,
9th place age group finish with a 1:33:33.
Feelin' mighty good right now.

The starting and finish line for this out-and-back race is the Eastern Slope Inn in North Conway, located in the northeastern portion of the state, just over 5 miles from the Maine border. The course has only a few hills (and no big hills) and the race starts at 9:30 AM

Stockade-athon

Place	Div	Tot	Div	Bib	Name	Age	Sex	City	State	1mSplit	5kSplit	10kSplit	Time	Pace	Split1	Split2	Split3
1	1/51	M2529	2		Fernando Cabada	27	M	Boulder	CO	5:00	15:27	30:55	46:35.7	5:00	15:27	15:29	15:42
141	18/51	M2529	716		Jim Cunningham	26	M	Ithaca	NY	6:27	20:25	41:49	1:03:56.1	6:52	20:25	21:24	22:08
575	5/12	M6569	717		Jim Cunningham Sr	65	M	Ticonderoga	NY	8:11	25:34	52:13	1:18:54.7	8:28	25:34	26:39	26:43



Freeze you Gizzard Blizzard Run

The next installment of the Freeze Your Gizzard Blizzard Run will be held on January 9th, at 10:00 at Rut's Hut in Chilson.

Don't miss this event!

Dave lives on Corderoy Road in Chilson. More information will follow.

McHUMOR.com by T. McCracken



Fred jogs his memory.

Cunningham Christmas Classic

Join us for this annual post-present 13.1 mile run.

The Date is December 25th and the time is 10:00.

The group will run down Baldwin and then down Black-point road. Start anywhere along the way.

Jim Cunningham
26 Amherst Ave



McHUMOR.com by T. McCracken



"I wasn't walking, officer. I was jogging."

Announcing: **Resolution Run**
Date: Jan. 1

Benefit: Ticonderoga Food Pantry

Location: Bicentennial Park, Ticonderoga, NY

Check in: Ticonderoga Bicentennial Park (Registration begins at 10:15)

Race Start: 5 Km run and 2.5 mile walk 11:00

Course: The race begins and end near the Heritage Museum.

Entry Fees: 5 Km & Walk \$2.00 (Checks payable to [La Chute Road Runners](#)), or 2 canned goods to be donated to the Ticonderoga Food Pantry. No pre-entries; enter the day of the race.

Contact: Ellie Berube
17514 Rt. 22
Putnam, NY 12861
518-585-8974
dearrun@capital.net

Race entered: 5 Km _____ 2.5 Mile _____

NAME _____ **AGE** _____ **GENDER** _____

ADDRESS _____

CITY _____ **STATE** ____ **ZIP** _____

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 Town of Ticonderoga, 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.

Signature _____

Signature of Parent _____ (If under 18)



La Chute Road Runners

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, Resolution Run, Heritage Day 10K, Footrace at Fort Ticonderoga
Support a LCRRC 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 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 these 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 claims or liabilities of any kind arising out of my participation in their club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waiver.

Signature _____ Date _____

First: _____ Mi: _____ Last: _____

Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Email: _____

Date of Birth: _____ Gender: M F Email: _____



Membership type

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

Mail to:

Dave Rutkowski
253 Corduroy Road
Ticonderoga, NY 12883

Checks:

La Chute Road Runners
Newsletters will be emailed

Family Members: