

# LaChute

## Road Runners

July, 2009

**Montcalm Mile**  
On July 4th, not only was Montcalm Road busy but our site as well, with 31,731 page requests that day! I didn't check today.

Busy day! Successful day, thanks to all who helped out!

Arriving at the start area, a group that was part of the parade asked what the schedule was. I said that I didn't know and that they needed a web site. Then, it got busy at the start. Fortunately, the showers stopped and we had a towel for the table. Runners came. Matt distributed clipboards containing entry blanks, directing them to fill them out and then head to Heidi. Heidi was on the cash box. Jim the P. T. asked afterward if she was an accountant. She was fast. If one of the 3 registrars was idle, she

immediately send down runners and filled-out entries, to be processed.

Runners toed the line. Chief Johns jumped out of the car, directing a lady with a stroller off to the side, then jumped back in and sounded the siren, and the runners charged off!



Spectators called out names of runners as they passed. The clock came into view. Runners streamed into the chute. Envelopes were passed out, collected and medals distributed.

Later, times were ascribed to runners, results



put into Excel, data sorted, and results dispatched, bringing an end to the busy day.

Results and pictures can be found on our site. Also, on the site we now have a

table with the top finishers.

Thanks again to all those who helped out.

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## Congratulations to Jared

Jared Best is this year's recipient of the Duane Crammond Scholarship. This year's applicants had excellent credentials, and the committee agreed that Jared best (no pun intended) fulfilled the scholarship's parameters.

Jared says, "I do not see fun in a leather football, a baseball glove or bat, or in a set of golf clubs. My mind is and will always be focused on shoes: not on the typical dressy shoes or sneakers, but on my Asics trainers and Nike racers."

Jared, a resident of Hague, has recently graduated from Ticonderoga High School, and he plans on attending Clarkson University in the fall and majoring in environmental engineering. He enjoys challenges and he hopes one day to tackle an array of environmental problems.

Jared says about running, "I run not only because I want to conquer my old personal times and records, but I run for various other reasons. When I run, I feel completely tranquil, and all my troubles and stresses seem to vanish....it is more about the journey rather than the destination that truly matters."

The scholarship is for \$1000, and the money was raised by donations to the Duane Crammond Scholarship Fund and by proceeds from the Footrace at Fort Ticonderoga.

The La Chute Road Runners wish Jared the best in all his journeys!

## Foam Roller for Runners

By Lara Rosenbaum

<http://www.runnersworld.com/article/0,7120,s6-241-285--11556-0,00.html>

Using a foam roller can provide similar benefits as deep-tissue massage. By increasing flexibility and decreasing muscle tension, it can help prevent injury and improve performance. Make the following foam-roller exercises part of your regular running routine—run, roll, then stretch. Place your body on the roller and slowly roll up and down (for about 10-15 seconds) along the muscle group you are targeting. If you find a particularly tight area, pause on that spot. Putting pressure on a tight area can help release the tissue.

### Gluteal Muscles, Piriformis

Lie on your right side with the foam roller under your right gluteal area and your right leg extended straight out. Bend your left knee and rest your left foot behind your right. Place both hands on the floor for support. Roll your right gluteal muscles, then repeat on the other side.

### Illofibial Band

Lie on your right side with the foam roller just below your hip bone. Extend your right leg straight out, and bend your left leg and place it in front of your right leg. Place your right hand on the floor for balance, and roll along your outer thigh from the below your hip bone to just above your knee. Repeat on the other side.

### Quadriceps

Lie face down with the foam roller under your right thigh. Put your forearms on the ground. Keep your left foot off the ground by stacking your feet on top of each other (toe of left foot on heel of right foot). Supporting your body weight with your forearms, roll up and down from the bottom of the hip to the top of your knee. Repeat on the other side.

### Hamstrings

Sit with the roller under your right thigh. Place the palms of your hands on the ground (fingers pointing toward your body). Keep your left foot off the ground by stacking your feet on top of each other (heel of left foot on toe of right foot). Supporting your body weight with your hands, roll up and down from the bottom of your hip bone to the top of your knees. Repeat on the other side.

### Calves

Sit with the roller under your right calf. Place the palms of your hands on the ground (fingers pointing toward your body). Keep your left foot off the ground by stacking your feet on top of each other (heel of left foot on toe of right foot). Supporting your body weight on your hands, roll up and down from the along your calf. Repeat on the other side.

Mooseman Half Ironman course description: Swim: 1.2 mile fresh water lake swim in pristine Newfound Lake, one of the cleanest lakes in the world. Bike: 56 mile spectacular, scenic two-loop course on the shores of Newfound Lake. Run: 13.1 mile Run is a scenic double out and back course along the shores of Newfound Lake with rolling hills, passing by the majestic Granite Ledges. Marge and Dave are prepping for Ironman Lake Placid. Preceding this half ironman, they had raced a marathon.

## 2009 MOOSEMAN Half-Ironman Results

Nice Race, well organized, good course

Place	Bib#	Name	Div	Rank	Swim	Pace	Tran1	Rank	Bike	Rate	Tran2	Rank	Run	Pace	Penalty	Final
286	691	Marge Huseman	F25-29	165	32:50	27:22	2:23	305	2:57:54	18.9	1:47	355	1:57:14	8:57		5:32:05
371	492	Dave Natale	M40-44	248	34:33	28:47	2:40	386	3:06:17	18.0	1:57	427	2:03:48	9:28		5:49:13

### MOOSE 2009 RUN SPLITS - RELAYS ARE LISTED BELOW THE INDIVIDUALS

Place	Bib#	Name	G	Ag	Div	City	St	Runfin	1:	2:	3:	4:	
353	691	Marge Huseman	F	28	F25-29	TICONDEROGA	NY	1:57:14	1: 27:22	2: 27:47	3: 30:35	4: 31:31	27:22 55:09 1:25:43 1:57:14
424	492	Dave Natale	M	40	M40-44	TICONDEROGA	NY	2:03:48	1: 29:09	2: 30:36	3: 31:27	4: 32:37	29:09 59:45 1:31:12 2:03:48

## Lake Placid Marathon

Place	Div/Tot	Div	Nettime	Guntime	Pace	Name	Ag	S	Race#	City/state
60	12/47	M4049	3:43:55	3:43:59	8:33	David Burrows	44	M	52	Ticonderoga NY







## North Country Triathlon

### Olympic

Place	Time	Name	Bib#	Place in		Swim				T1				Bike				T2				Run							
				Sex	Group	Time	All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace	
1	2:13:24	fronhofer, paul	445	Male	30-34	1	0:25:17	6	5	2	01:28	00:31	2	2	1	1:07:46	2	1	1	23.7	00:28	1	1	1	0:39:22	10	10	3	06:21
26	2:38:04	Robinson, Tophet	503	Male	30-34	23	0:28:46	29	25	6	01:40	01:09	15	14	4	1:19:24	18	17	3	20.1	00:40	14	13	4	0:48:05	51	41	7	07:45
27	2:39:18	Dunn, Patrick K	430	Male	15-19	24	0:32:57	72	59	1	01:55	01:30	39	32	1	1:18:58	14	13	1	20.4	00:34	4	4	1	0:45:19	37	31	1	07:19

### Relay - Olympic

Place	Time	Name	Bib#	Sex	Group	Place in		Swim				T1				Bike				T2				Run					
						All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace		
1	2:08:03	Team Hyland, Relay	489	Relay		1	0:20:19	1	1	1	01:11	00:26	2	2	2	1:09:53	1	1	1	23.0	00:40	13	13	13	0:36:45	1	1	1	05:56
2	2:47:03	db enterprises, Relay	545	Relay		2	0:32:58	7	7	7	01:55	00:36	9	9	9	1:32:20	9	9	9	17.3	00:55	16	16	16	0:40:14	2	2	2	06:29

### Relay - Olympic

Place	Time	Name	Bib#	Sex	Group	Place in		Swim				T1				Bike				T2				Run					
						All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace		
1	2:08:03	Team Hyland, Relay	489	Relay		1	0:20:19	1	1	1	01:11	00:26	2	2	2	1:09:53	1	1	1	23.0	00:40	13	13	13	0:36:45	1	1	1	05:56
2	2:47:03	db enterprises, Relay	545	Relay		2	0:32:58	7	7	7	01:55	00:36	9	9	9	1:32:20	9	9	9	17.3	00:55	16	16	16	0:40:14	2	2	2	06:29

### Sprint

Place	Time	Name	Bib#	Sex	Group	Place in		Swim				T1				Bike				T2				Run					
						All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace	Time	All	Sex	Age	Time	All	Sex	Age	Pace		
113	2:15:39	Johndrow, Richard	627	Male	75-79	75	0:39:29	127	81	1	04:35	05:10	120	78	1	0:52:29	73	60	1	14.4	02:29	117	74	1	0:36:02	114	76	1	11:37

## Tinman Triathlon

Place	Name	City	Bib#	Time	Category	Category Place	Gender	Place	1.2mi SWIM		56mi BIKE		13.4mi RUN		Tr1	Tr2						
									Cat	Ovr	Time	/100m	Cat	Ovr			Time	mi/hr	Cat	Ovr	Time	/mi
243	Marge HUSEMAN	Ticonderoga	630	5:50:18	W25-29	11/15			5	87	33:29	2:48	14	357	3:13:25	17.4	8	220	1:59:44	8:57	1:50	1:52
402	William MCDONOUGH	Port Henry	615	6:39:46	M65-69	3/5			3	415	44:49	3:45	3	400	3:20:03	16.8	3	408	2:29:11	11:08	3:06	2:39

## Adirondack Distance Run

Place	Bib	First Name	Last Name	Age	Sex	City	State	Time	Pace
1	381	Aaron	Robertson	31	M	Rouses Point	NY	53:12	5:20
125	201	Fred	Herbst	53	M	Ticonderoga	NY	1:17:18	7:44
289	113	Jim	Cunningham	64	M	Ticonderoga	NY	1:29:59	9:00
292	106	Ruth	Crammond	28	M	Albany	NY	1:30:13	9:02
296	142	Michele	Eicher	35	F	Queensbury	NY	1:30:30	9:03
314	31	Meaghan	Arzberger	24	F	Kennebunk	ME	1:32:30	9:15



# LCRRc

## Running Clubs

- [La Chute Road Runners](#)
- [Adirondack Runners](#)
- [Albany Running Exchange](#)
- [Hudson Mohawk Runners](#)
- [Northern Lights](#)
- [Saratoga Stryders](#)

## Links

- [gmap.com](#)
- [Results ARE](#)
- [Cool Running](#)
- [Membership PDF](#)
- [RunningAHEAD](#)

Lake Placid Marathon Pictures



# 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 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 claims or liabilities of any kind arising out of my participation in there club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

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:

