



## **Footrace at Fort Ticonderoga**

**O**n Saturday September 26th, the 5th Annual Footrace at Fort Ticonderoga was contested by a field of 109 runners! Many of the runners were local athletes who for the first time were able to run they race, and they enjoyed it immensely!

The field of runner started near the lake and the cool air encouraged them up the initial 1/4 mile uphill. The race was started with a cannon shot from the fort; this year the cannon was reluctant to sound. Soon the “green mile” appeared and after a trip around the gardens, it was a sprint to the finish line, situated within the fort’s walls.

Then it was off again to the registration table, now

a food bar, replete with desserts compliments of the club members and parents of cross country runners. The refreshments were out done by the awards ceremony, with prize drawings, age group and overall awards, and team awards. The awards this year were metal drinking flasks. Runners enjoyed these and the newly designed shirts.

One of the most enjoyable aspects of the race was its reunion nature! Runners and community members, who had not seen each other of late, had an opportunity to chat and to reacquaint. The well-organized race, with its friendly competition and strong camaraderie, and perfect weather was a high point of the fall season.

The overall male leader of the race, for the

second year in a row, was Aaron Robertson, Rouses Point, NY (16:15), and the overall female leader was Kathy Duffy, East Poultney, Vt (20:32). Results and images can be found later in the issue and on the web site. Runners and organizers are looking forward to the 6th running of the Footrace at Fort Ticonderoga.

The race benefits the Duane Crammond memorial scholarship fund. Race organizes appreciate all those who contribute to this worthwhile cause.

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Hello Jim!

I was wondering if you would consider putting a link to our Fifty States HALF Marathon Club site on your website and possibly in your next news letter, and/or consider sending out an announcement to your members that we launched?

We are a club for RUNNERS and TRIATHLETES that want to challenge themselves and be awarded for accomplishing an endurance event of half marathon or longer in all 50 states by taking on the 50 STATE ENDURANCE CHALLENGE or a 100 HALF ANYWHERE CHALLENGE (in any state)! Our club and website caters

strongly to the HALF Marathon Runners.

Fifty State HALF Marathon Club [www.HalfMarathonClub.com](http://www.HalfMarathonClub.com)

I thought connecting with running clubs would go over great since you have a lot of camaraderie going already, and maybe your club members might enjoy doing some traveling together to reach their goal for either of our challenges!

Thank you!

Also here is a thumbnail logo that you can right click on and save if needed.

Regards,  
Nicole Blomgren, MBA  
Founder & CEO  
Fifty States HALF Marathon Club  
763-574-1211

[Nicole@HalfMarathonClub.com](mailto:Nicole@HalfMarathonClub.com)

[www.HalfMarathonClub.com](http://www.HalfMarathonClub.com)

Start your 50 STATE CHALLENGE or 100 HALF ANYWHERE CHALLENGE NOW!

## Lake George Triathlon

### Individual

Place	Time	Name	Bib#	Place in		Swim Time	Place in:				T1 Time	Place in:				Bike Time	Place in:				T2 Time	Place in:				Run Time	Place in:			
				Sex	Group		All	Sex	Age	Pace		All	Sex	Age	All		Sex	Age	Pace	All		Sex	Age	All	Sex		Age	Pace		
1	2:01:53	O'Keefe, Patrick	2	Male	30-34	0:17:35	2	2	2	01:01	01:15	4	4	3	1:04:00	4	4	3	23.2	00:37	5	5	3	0:38:26	11	10	5	06:12		
91	2:38:28	Kerr, Douglas W	440	Male	50-54	0:28:51	127	98	6	01:41	02:40	114	94	3	1:16:31	83	74	6	19.6	01:24	175	127	9	0:49:02	130	105	6	07:55		
75	2:34:01	Dunn, Patrick	169	Male	20-24	0:30:12	156	125	9	01:45	02:00	40	35	4	1:12:08	42	40	3	20.7	01:09	98	74	7	0:48:32	123	99	8	07:50		
119	2:43:06	Huseman, Marge	45	Female	25-29	0:27:10	91	19	4	01:35	02:11	55	7	1	1:19:01	129	15	3	18.8	01:05	85	20	5	0:53:39	210	46	11	08:39		
181	2:53:16	Dunn, Stephen	433	Male	50-54	0:36:06	298	219	13	02:06	02:10	53	47	2	1:16:24	78	69	4	19.6	01:29	195	139	10	0:57:07	274	208	11	09:13		
289	3:07:48	McDonough, William O	479	Male	65-69	0:37:58	323	238	2	02:12	03:19	187	144	2	1:28:40	280	232	2	16.9	01:38	226	162	2	0:56:13	254	195	2	09:04		



# 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](#)

Pictures from the Helper's Fund 10K



## Footrace Results 2009

M/F	OVER-ALL	TIME	NAME	AGE	CITYSTATE
M	1	16:15	Aaron Robertston	31	Rouses Point NY
M	2	17:50	Tony Casey	23	Morrisonville NY
M	3	18:21	Morgan Pellerin	21	Saranac NY
M	4	18:25	Jay Berube	16	Putnam NY
M	5	18:26	Jay Wells	30	Ticonderoga NY
M	6	18:42	Bob Baniak	25	Troy NY
M	7	18:54	Pete Warrington	27	Brighton NY
M	8	19:00	Joshua Cook	16	Putnam Station NY
M	9	20:17	Scott Weilacher	25	Ticonderoga NY
F	10	20:32	Katy Duffy	23	East Poultney VT
M	11	20:41	Andre Wade	20	Chestertown NY
M	12	20:58	Kevin Densmore	16	Ticonderoga NY
M	13	21:16	Donald Fuchs	50	Wyckoff NY
M	14	22:00	Jesse Berube Sr.	49	Putnam Station NY
M	15	22:07	Rosario Gallo	27	Ticonderoga NY
M	16	22:16	Jeff Andritz	28	Altamont NY
M	17	22:21	Michael Barber	16	Ticonderoga NY
M	18	22:31	James Kahler	40	Westport NY
M	19	22:44	Jacob Young	14	Ticonderoga NY
M	20	22:45	Matthew Karkoski	47	Ticonderoga NY
F	21	22:46	Samantha Deeley	29	Freeville NY
M	22	22:49	Will McGivney	47	Diamond Point NY
M	23	22:51	Frederick Culpepper	46	Sarasota FL
M	24	23:06	Doug Dukes	27	Troy NY
M	25	23:27	Patrick Lonergan	17	Ticonderoga NY
M	26	23:34	John-Eric Nelson	63	Milford CT
M	27	23:35	Silas Schrader	29	Glenville NY
M	28	23:57	Jason Arico	28	Woodstock Valley CT
M	29	24:10	Chuck Berube	44	Hartford NY
M	30	24:15	Tim Gedney	26	Clifton Park NY
M	31	24:19	Dean McLaughlin	22	Port Henry NY
M	32	24:21	Scott Yakey	55	Plattsburgh NY
M	33	24:26	Tracy Smith	52	Ticonderoga NY
F	34	24:30	Judy Rush	43	Saranac Lake NY
F	35	24:56	Joanna Zieno	27	Charlestown MA
M	36	25:08	Andrew McLaughlin	16	Port Henry NY
F	37	25:23	Teresa Casaburri	27	Brooklyn NY
F	38	25:30	Katie Karkoski	17	Ticonderoga NY
M	39	25:42	Red McDonough	68	Port Henry NY
F	40	25:47	Heidi teRiele Karkoski	43	Ticonderoga NY
M	41	26:14	John Sullivan	37	Albany NY
M	42	26:17	Jim Leavens	58	Ticonderoga NY
M	43	26:20	Chris Stroud	40	Clifton Park NY
M	44	26:21	Alan Leake	57	Bennington VT
F	45	26:22	Hannah Herbst	14	Ticonderoga NY
M	46	26:22	Fred Herbst	53	Ticonderoga NY
M	47	26:34	Glen Miller	50	Schuylerville NY
M	48	26:35	Eduardo Munoz	66	Olmstedville NY
M	49	26:52	Jeff Greer	28	Ballston Lake NY
F	50	27:00	Karen Costello	54	Hague NY
M	51	27:04	Tom Blaise	64	Crown Point NY
M	52	27:16	Jim Cunningham	64	Ticonderoga NY
F	53	27:24	Elizabeth Gormley	51	Porters Corners NY
F	54	27:24	Nicole George	18	Warwick NY
M	55	27:25	Erik Adler	20	Warwick NY
M	56	27:30	Dave Rutkowski	63	Ticonderoga NY
M	57	27:34	Evan Graney	9	Ticonderoga NY
M	58	27:34	Michael Graney Sr.	40	Ticonderoga NY
M	59	27:44	Joe Conway	28	Glens Falls NY
M	60	27:47	Nathan Walsh	29	Greenwich CT
M	61	28:01	David Scott	36	Albany NY
F	62	28:12	Lisabeth Brooks	46	Amsterdam NY
F	63	28:24	Kristen Murphy	30	Glens Falls NY
F	64	28:56	Tobi Calvin	35	Brandon VT
F	65	29:01	Markie teRiele	14	Ticonderoga NY
F	66	29:02	Ruth Crammond	28	Albany NY
M	67	29:02	Michael Winnick	28	Charlestown MA
F	68	29:05	Lindsay Homenick	27	Albany NY

M	69	29:13	Jason Farbman	27	Albany NY
M	70	29:30	William Powers	55	Diamond Point NY
M	71	29:42	Scott Monuteaux	27	East Greenbush NY
F	72	30:19	Jodi Thompson	32	Paradox NY
F	73	30:22	Christine Kawczak	25	Delmar NY
F	74	30:57	Cater Arico	28	Woodstock Valley CT
F	75	30:58	Sarah Long	19	Amsterdam NY
F	76	31:08	Alison Kerr	24	Latham NY
F	77	31:08	Tracy Watson	39	Johnsburg NY
M	78	31:41	Mark Carpenter	51	Chestertown NY
M	79	32:22	Michael Graney Jr.	13	Ticonderoga NY
F	80	32:47	Kathy Tubbs	51	Ticonderoga NY
M	81	32:50	John Warner	61	Cornwall ON
F	82	32:55	Jeannette Olsen	29	Albany NY
F	83	32:57	Leah Knauf	30	Albany NY
M	84	33:11	Jim Long	47	Amsterdam NY
F	85	33:44	Katy Parley	24	Delmar NY
F	86	33:59	Ruth Long	49	Amsterdam NY
M	87	34:27	Ben Long	13	Amsterdam NY
F	88	34:46	Stephanie Bitonti	27	New York NY
F	89	35:08	Susan Johnson	37	Ticonderoga NY
F	90	35:26	Rebecca Schrader	60	Cambridge MA
F	91	35:57	Shelly Young	43	Ticonderoga NY
F	92	36:07	Diane Graney	39	Ticonderoga NY
M	93	36:29	Robert Mancell	71	Cambridge MA
F	94	37:01	Jessica Lennon	31	Clifton Park NY
M	95	37:07	Richard Johndrow	77	Ticonderoga NY
F	96	37:37	Jessie Brooks	9	Amsterdam NY
M	97	37:37	Charles Brooks	46	Amsterdam NY
F	98	38:38	Flynn Jebb	24	Albany NY
M	99	39:01	Rob Carter	30	Latham NY
M	100	39:01	Alan Hutchins	45	Schodack Landing NY
F	101	40:10	Nancy Ockrin	54	Crown Point NY
F	102	42:36	Heather Fassell	30	Newburgh NY
M	103	42:36	Brad Benson	26	Wurtsburg NY
F	104	42:36	Coralyn Bhogte	26	Beltsville MD

F	105	42:36	Allison Benson	27	Latham NY
F	106	58:31	Susan LaFleur	44	Carmel NY
M	107	58:31	Alex Zemcov	65	Carmel NY
F	unoffici	34:36	Susan Bartmon	56	Ticonderoga NY





# Skinnyman Triathlon

## Individual

Place	Time	Name	Bib#	Sex	Group	Swim				TI	Bike				T2	Run													
						Place in:	Time	Place in:	Time		Place in:	Time	Place in:	Time															
1	1:05:24	Delia, Ben	24	Male	25-29	1	0:09:53	1	1	1	01:14	00:51	10	8	1	0:37:46	25	24	2	22.7	00:33	7	7	1	0:16:21	2	2	1	05:27
61	1:17:41	Cunningham, Jim	244	Male	25-29	52	0:15:18	129	90	15	01:55	01:56	240	143	19	0:40:06	74	65	8	21.0	01:00	159	105	16	0:19:21	34	31	5	06:27

## ADK Marathon

PLACE	BIB	NAME	A/S	HOMETOWN	13.1M	19.8M	NET	GUN	PACE
1	7	David Herr	44 M	Canaan, VT	1:18:53	1:56:58	2:35:38	2:35:40	5:56
49	97	David Burrows	44 M	Ticonderoga, NY	1:47:13	2:46:29	3:50:32	3:50:44	8:48

## ADK Half Marathon

PLACE	BIB	NAME	A/S	HOMETOWN	6.7M	NET	GUN	PACE
45	644	George B. Brown Iv	39 M	Ticonderoga, NY	54:17	1:47:34	1:47:50	8:14
136	643	Colleen A.m. Brown	37 F	Ticonderoga, NY	1:02:30	2:05:43	2:05:59	9:37
374	822	Susan Johnson	37 F	Ticonderoga, NY	1:19:14	3:02:43	3:03:09	13:59



## Helpers Fund 10K

Place	Name	City	Bib No	Age	Age Group	Time
1	Jeff Nastke	Saratoga Spring NY	255	28	1 M 20-29	38:33
38	Jim Cunningham	Ticonderoga NY	284	64	1 M 60-64	52:20
39	Karen Costello	Hague NY	245	54	1 F 50-59	52:28

## DeRuyter Lake General Store Triathlon 2009

Name	Town	Total Time	Place
Team: Three Dumb Contractors	Johnson City	1:09:57	First Place Team
Ryan Siebert	Long Island	1:11:17	First Place Male
Jim Cunningham and Brad Helmetzie	Ithica	1:16:26	



# 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: