

# La Chute

## Road Runners

April, 2010

### Shamrock Scamper

Inverness, Florida, from the Citrus County Chronicle

(I had the opportunity to race this 5K in Inverness, Florida, around St. Patrick's day; fun race and interesting reactions to "cold." Jim Cunningham)

It didn't matter that it felt like Minnesota. Saturday, there were about 300 runners taking part in the 12th Annual Shamrock Scamper 5K at Citrus High School.

Some of them dressed like they were running on the North Pole. Others wore shorts even though the temperature was in the 30s, the coldest day ever for a Citrus Road Runners Club event.

The cold may have forced the runners to move faster so they could start breathing and finish it up.

"Actually, it (the cold) slowed me down a little bit," said Vilardi. "I couldn't feel my arms. Last April, I blew my calf while I was running. It has taken me a year to get back. No pain. I did very well. I am happy with this morning. You have to take into consideration all the outside factors, the weather. It has been really cold this season. To be able to come out here and run it, a 20 minute mile, it's a great feeling afterwards."

"They don't understand up North," said Epstein. "It's a lot colder down here. It's a humid cold. I ran with Sheri Vilardi. I knew that if I could run with someone, it would help and Sheri helped me through. Ben (Epstein's son) ran today and my wife (Colleen) ran.

"It was really hard to breathe," said Nichols. "The whole race, my feet felt really numb. In the beginning, it was harder because you are breathing all that cold air in your lungs. My goal today was to get under 22:30 and I got just over 21 minutes. I'm pretty excited."

There were 600 Citrus County students who ran a little over a mile after the Scamper. For them, they were finishing the last leg of a marathon they have been running during the school year. "They have been running throughout the school year," said Five Points of Life director Brite Whitaker. "They will complete the marathon." Race director Chris Moling was impressed with the crowd.

"It's cold out here," Moling said. "There were a lot of people out here. We have a good crowd.

It's going to be a fantastic day. If the weather were just a little warmer, it would be an even better day. I'm not complaining. It's not a record crowd but close to a record crowd. We thought with the kid's marathon, we might lose some runners. We are right at 300. It's the coldest race we have had so far. It was 32 (degrees) when I got here.

<http://www.citrusroadrunners.org/races/>

## Shamrock Shuffle

24th Annual Shamrock Shuffle  
March 28th, 2010 11:00am  
5 Mile Road Race Glens Falls, New York

The following Ticonderoga runners participated on the Shamrock Shuffle: Fred Herbst, Jaco Young, Dave Natale, Marge Huseman, Jim Leavens, Hannah Herbst, Shelly Young, Britney McCarthy, Kathy Tubbs

<http://www.adirondackrunners.com/images/SS10Overall.pdf>

## Doctor's Day 10K

Tuscaloosa, Alabama

Results

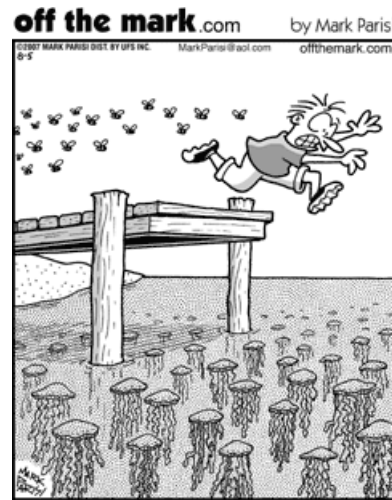
## Run for Hope

The 30th annual Run for Hope was held Saturday, March 20. The event attracted 65 runners and raised \$2,000 for the Cystic Fibrosis Foundation.

Sara Facticeau of Peru was the top overall finisher in the 20-kilometer (12.4 mile) race with her time of 1:20.

Brian Wilson of Cadyville led the male runners, finishing at the 1:21:40 mark.

20K  
Fred Herbst 1:35:28  
Marge Husemann 1:49:52  
Dave Natale 1:51:18



© Mark Parisi, Permission required for use.

## North Country Triathlon

Want to help but not interested in actually racing? The North Country Triathlon organizers are looking for volunteers! We need folks that are just as excited and motivated about helping out as the athletes are to race in the event.

As if volunteering for such a great event wasn't cool enough, all volunteers will be admitted free to the post-race party. So come out and enjoy the fun!

2010 Schedule of Events (Subject to change)

Friday, June 25

Course Safety Meeting & Race-Packet Pick-Up (Olympic & Sprint participants)  
When: 5:00pm-6:00pm

Where: Silver Bay, YMCA - Morris Hall  
(87 Silver Bay Road, Silver Bay NY-  
Directly off Rt. 9N, approximately 3  
miles south of the town of Hague)

Race-Packet Pick-Up (Olympic  
& Sprint participants)  
When: 5:30pm-7:30pm

Where: Silver Bay, YMCA - Morris Hall  
(87 Silver Bay Road, Silver Bay NY-  
Directly off Rt. 9N, approximately 3  
miles south of the town of Hague)

North Country Tri Site



# L C R R C

## 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



# 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: