

La Chute

Road Runners

January, 2010

Club Renewal

It is time to renew club membership! Only 2010 members will be getting the February newsletter. A renewal form follows on the last page of the PDF; if you haven't already, renew at the Gizzard Run. Dave Rutkowski is taking care of club renewals. Be sure and add your e-mail address so announcements can be sent.



I'M SORRY MR. GRONEWALD, BUT RUNNING RED LIGHTS DOES NOT COUNT AS AN EXERCISE PROGRAM.

2010 Membership

Ellie Berube
Coleen Brown
Josh Cook
Jim Cunningham
Fred Herbst
Marge Huesman
Brian Keily
Red McDonough
Dave Natale
Brian Pelkey
Dave Rutkowski
Tracy Smith
Jay Wells
(2010 La Chute members as of Jan. 1. Most names represent family membership)



"I realize you love to run, but can you limit the distance? You've been gone for over three days."

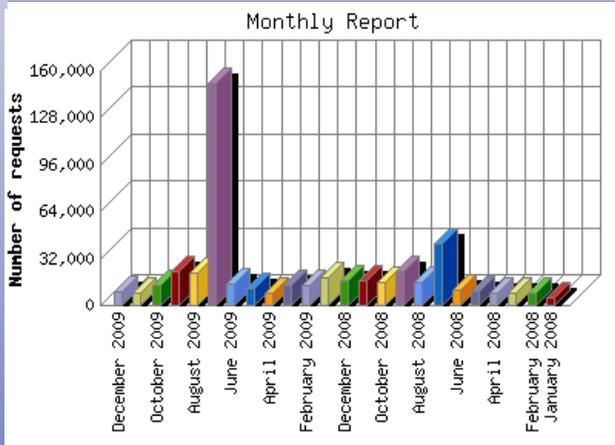
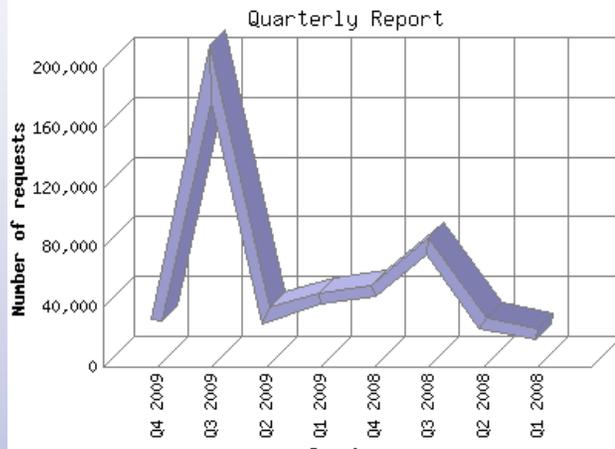
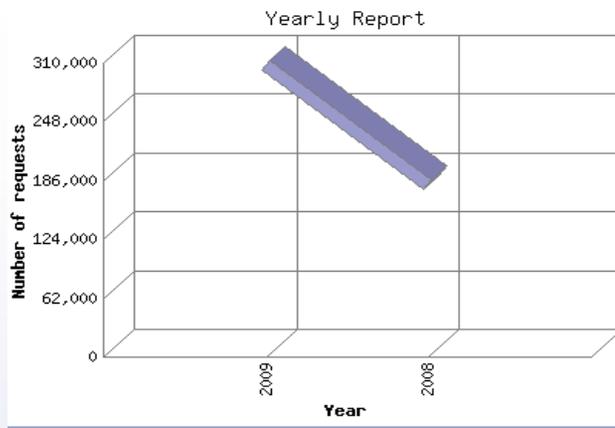
Cunningham Christmas Classic

The third annual classic is now history. It started as a 10 mile run years ago on the mill loop. Jim and Dave ran that course on the last day of school before the Christmas break. It has gotten longer and they have gotten slower! The runners completed the Baldwin/Black Point 13.1 mile course in 2:10 in a 9:55 pace.

On the way, they encountered other runners out on Christmas Day. Three were unknown, and three were known: Kathy Tubbs and Hannah and Pearl. Pleasant temperatures and road conditions greeted the runners. Next year, the course will change. It will be run on the Hague Road.



La Chute Web Site Report



Best Resolution Run in the North

Surprise! A pleasant, windless day greeted the runners of the 2010 Resolution Run. Roads were even bare and the starting area was shoveled free of slush. Twenty-six runners and seven walkers gathered at the starting line for this year's event. The first man in was Lee Berube, (16:30), and the first woman in was Kristen Forcier (24:59). She pushed a stroller. There was another stroller in the race and the occupant on the hill yelled, "Faster, Dad!" He did go faster and had to straight-arm the stroller up the never-ending hill. Paul Buehler was the stroller motor, (24:42).

Ellie Berube baked the awards: gingerbread men; very few of them made it home. Linda Cunningham registered for the race. Many members renewed their club membership at the time. The entry fee was a cash donation or canned food that went to the food pantry. Runners were generous. Thanks!

Runners commented that they were fortunate to have this event to initiate the 2009 running season! Also, it was a fine opportunity for runners to chat and make plans for the months ahead.

Jared Best is this year's recipient of the Duane Crammond Scholarship. 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 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. This is the time of year that the club makes the presentation. Congratulations Jared!





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



Photos by Jim Gabler

Portland Thanksgiving Day 4-Miler

Mike Griffin, 22, of Scarborough and Gretchen Chick, 28, of Brookline, Mass., paced a record field of 1,521 finishers at the 28th annual Portland Thanksgiving Day 4-Miler. Griffin completed the downtown course in 19 minutes, 36 seconds. Jeff Caron, 26, Watertown, Mass. (19:47) and Jonathan Wilson, 21, of Falmouth (19:52) also broke 20 minutes. Chick, a Gardiner native, posted a time of 23:30. Carry Buterbaugh, 37, of South Portland was next.

Place	No.	Name	Ag	Plc/Tot	S	Plc/Tot	Div	Town	St	Time	Pace
390	1390	Meaghan Arzberger	24	72/720	F	14/78	F2024	KENNEBUNK	ME	31:02	7:46
735	1394	Hannah Herbst	14	222/720	F	31/87	F-19	TICONDEROGA	NY	34:44	8:41
737	1395	Fred Herbst	54	514/800	M	52/85	M5054	TICONDEROGA	NY	34:45	8:42

Peru Turkey Trot

Jeremy Drowne and Michelle Kirby Post were the male and female winners, respectively, Thursday in the 10K event of the Peru Lions Club's 32nd Annual Turkey Trot.

Drowne ran a 34:37 and Kirby Post recorded a 42:09 for the 10K.

Overall winners in the 5K event were Matt Medeiros with a 16:37 for the males and Sara Facteau with an 18:51 for the females.

12, Jim Cunningham Jr., 41:03

78, Jim Cunningham Sr. 51:51

Freeze your 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! Bring something to share. Haven't renewed yet? Renewal apps will be there!

Dave lives on Corderoy Road in Chilson.

Dave Rutkowski <drut4@bluemoo.net>

Resolution Run 2010

Male Age 0 --> 11

Name	Time
1 Joel Cook	25:13
2 Jonathan Gay	28:26

Male - Age 12 --> 14

1 Ryan Price	25:47
2 John Cook	29:50

Female Age 12--> 14

1 Hannah Herbst	28:46
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MALE AGE 16 --> 19

1 Lee Berube	16:30
2 Jay Berube	18:13
3 Josh Cook	19:00

Male 20's

1 Jesse Berube	18:13
2 Lee Gabler	18:14
3 Lee Peters	18:38
4 Brian Pelkey	21:58
5 Shawn McBride	24:36

Female 20's

1 Marge Huseman	26:10
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Male 30's

1 Jay Wells	18:14
2 Paul Buehler	24:42

Female 30's

1 Kristen Forcier	24:59
2 Dawn Gay	26:20
3 Colleen Brown	31:26

Male 40's

1 Jerry Chandler	21:58
2 Shawn Hayes	33:2

Male 50's

1 Fred Herbst	33:29
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Female 50's

1 Kathy Tubbs	33:28
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Male 60's

1 Jim Cunningham	24:52
2 Red McDonough	24:58
3 Dave Rutkowski	30:36

WALKERS

	Time
1 Marie McDonough	36:49
2 Jessica Meehan	36:50
3 Toni Platoni	36:59
4 Susan Gravelle	38:09
5 Margy Pote	38:09
6 Natalie O'Neil	50:57
7 Nataliya O'Neil	50:57



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 these club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waiver.

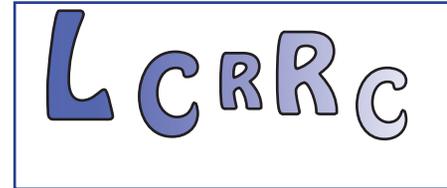
Signature _____ Date _____

First: _____ Mi: _____ Last: _____

Address _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Email: _____



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 e-mailed

List Family Members::