

La Chute

December, 2011
Road Runners

Occupy the Chute

A general meeting was held at Fred's house on November 7 to discuss directions for the La Chute Road Runners. We didn't wave "fingers up" or "fingers down," but we did reach some conclusions.

We first prepared the RRCA document for club membership renewal. This year we will sponsor 5 races: the Resolution Run, the Bridge Run, the Montcalm Mile, the Heritage Day 10K, and the Footrace at Fort Ticonderoga. Yes, the LCRRRC will be directing the 26th running of the Montcalm Mile. On the application we have included club runs and developmental runs for new runners. Emphasis was directed to not just competition, but participation.

The race directors will remain the same, except for the Montcalm Mile, which now will be directed by Britney McCarthy and Jay Wells. The Footrace this year will incorporate a high

school cross country invitational event. That event will run in conjunction with the Footrace, but not under the LCRRRC "banner."

Club rolls were discussed. It was agreed that diversification and greater communication would foster club goals. Matt and Jay will head a newly-created membership committee. It was discussed that entry blanks and membership forms be available at club activities. Tim Malaney was voted in as the club president, and Dave Burrows was elected the vice president. Thanks guys! Term limits were discussed. A suggestion was made to limit a term to 2 years; club positions tend to be long-term. Tim thought that the creation of a board of directors would be helpful with the communication goal. Those present agreed to be on that board: Fred Herbst, Dave Rutkowski, Dave Burrows, Tim Malaney, Britney McCarthy, Brian Kiely, Ellie Berube, Jay Wells, Matt Karkoski, and Jim Cunningham.

The Footrace/Scholarship Committee discussed a new direction. The fund now has \$11,600. That money will be applied toward fu-

ture scholarships. Additional money raised by the Footrace would be used to support club activities: running camps for student runners, meal subsidies for away events for student runners, and other similar items. It was suggested that 2 scholarships be given: one for a male cross country runner/track and field athlete, and another for a female cross country runner/track and field athlete.

It was decided that the club have regular meetings. In the past, plans have been made without follow-through. A suggestion was made to meet every 2 months. At the meetings, individuals and committees can report on progress. It was also decided that 2 runners on the high school team attend the meetings as student reps. It was further decided that the next meeting take place on January 9th at 7:00. This meeting will take place at the Library on Montcalm Street. Come and occupy the Black Watch!

Freeze your Gizzard Blizzard Run

Despite the earlier scheduling, the annual run promises cold temperatures and icy roads. When you come, bring something to share. The run will be at Dave Rutkowski's house on Corduroy Road. The distances will vary; people run between 3 and 10 miles. The run will be on Saturday, December, 10th, at 9:00 am. The more snow, the longer they go! Directions: from the traffic light near Wal*Mart, go up Chilson Hill, route 74, for 5 miles, make a right on to Corduroy Road and head down the road about a mile. Rut's Hut is on the left.

Gym Bag

Scott Woodard said, "As soon as I saw the Peru Turkey Trot gym bag, I knew Jim Cunningham was here!" He came down with Sara Facteau for the Goblin Gallop. Sara came to work on her speed for the Stockadeathon. Sara had hoped to get under the qualifying standard for the Olympic marathon trials at the Schenectady Marathon. It was warm that day and she just missed it. Her speed wasn't missing for today's race; she ran a 17:02. Sara was a very close second overall.

Before the race Marcy Dreimiller asked me what finishing time I wanted her to post

on the result sheet. She was a race official and came up to Linda and I carrying her stopwatch. We compared club notes. She mentioned that The Adirondack Runners membership numbers were dropping, and the average age of the membership was increasing. Also, there were plenty of young runners around, but they didn't want to commit to a club, especially one that runs so many races. Marcy mentioned that the area triathlon club was growing, and was big enough to "farm-out" the running of their races.

Only one zipper still works on the turkey trot gym bag. The others are frozen in place. It still will go to the next race.

Next Club Meeting

The next La Chute Road Runners general meeting will take place on January 9th at 7:00. This meeting will take place at the Library on Montcalm Street. This meeting is open to anyone who is interested in running. Bring a friend.



MEN'S CROSS COUNTRY – Genesee

Senior Lee Berube won his third straight individual championship in leading the Blue Knights to the team title at the SUNYAC Championships for the third consecutive year and 11th overall. The Knights finished with 17 points to runner-up Cortland with 60. The 17 points is the second best team finish in the history of the SUNYAC Championship as the Knights totaled a perfect score of 15 in 2003. Berube covered the eight kilometers in Bowdoin Park in Wappingers Falls in a time of 25:24, which was 27 seconds ahead of the second place finisher. Berube's individual win marks the third time in SUNYAC history an individual has won three straight (Bob Lalley, Cortland – 63, 64, 65 and Art Gunther, Binghamton – 90, 91, 92).

Video: 2011 SUNYAC

Bridge Run

Dave Burrows has placed the Bridge Run on active.com. Runners who want to register for the race, can do so [here](#).

