

La Chute

December, 2012
Road Runners

La Chute Club Meeting Tues. Nov. 13, 2012

Members Present: Tim Malaney, Matt Karkoski, Heidi Karkoski, Jessica Paradis, Eric Stoddard, Pat Hendrik, Dave Rutkowski, Nancy Ockrin, Brian Kiely, Karen Costello, Fred Herbst, Jim Cunningham, and Linda Cunningham

President Tim Malaney called the meeting to order.

Matt Karkoski said there were no updates on membership. There was discussion on getting everyone to join at the same time. Dave Rutkowski moved that Feb. 1st be set as a deadline for renewal of memberships. Heidi Karkoski seconded; All were in favor.

H Heidi has been in contact with a company for the singlets - will get back to them.

The web page has a new look and Facebook page is being effectively utilized - everyone approved.

Dave Rutkowski has some Adidas tree lights - Karen Costello will use them to put together a Christmas tree for the Hague holiday festivities.

Race reports:

Footrace at the falls - netted around \$500. There are still 60+ t-shirts left over. The kids race was very popular, Heidi did a great job with the weather. Because that is such a busy race weekend, a different weekend will be researched for next year. Possibly Oct. 15th. (see addendum to follow).

Resolution Run - will be held Jan. 1st. at 11:00. Ellie Berube is in charge.

Montcalm Mile - 4th of July - Jay Wells

Heritage Day Race - 18th of August. Dave Burrows (see addendum to follow).

Winterfest ?? This was a one mile fun run. It is unsure if the town will do a Winterfest this year.

Freeze your Gizzard Blizzard Run - Sat. Jan. 12th. at 9:30, at Rut's Hut. It is followed by brunch: bring something to share.

Thanksgiving Fun Run - 5k in the Park -10:00. Meet by the upper level of the falls

Bridge Run - Nancy Ockrin reported that she and Dave Burrows will organizing this run again. This time it would be on a Sat. morning, May 18th. Nancy would like this event to be co-sponsored by the Crown Point Chamber of Commerce. They would take charge of much of the organizing and ground work and split the proceeds with the club. Several possible ideas were discussed regarding the course and need for police support at the road crossings. More information will be forthcoming on this race.

Meeting Addendum

The Heritage Day 10K will not be held. Race organizers will devote efforts on the Champlain Bridge 5K. With that August weekend now open, The Footrace at the Falls will take place on Saturday, August 17th. This date will be in advance of the marathon and half-marathon season, affording the opportunity for more runners to participate.

The club has submitted a RRCA renewal applications for the 2013 year. The club was required to submit races, club training runs numbers, specify activities and include a roster. Last year's membership list was submitted. Club renewal is done on an on-line form. Part of the process is to list club races and links on the RRCA Calendar. Race directors are encouraged to update race applications so that the information is complete and accurate.



La Chute Road Runners Membership List



First Name	Name
Meaghan	Arzberger
Colleen	Brown
David	Burrows
Karen	Costello
Jim	Cunningham
Randy	Engler
Jeanne	Gabler
Shawn	Hayes
Fred	Herbst
Marge	Huseman
Jeff	Greer
Matt	Karkoski
Brian	Kiely
John	McDonald
Jay	Wells
Brian	Pelkey
Dave	Rutkowski
Markie	teRiele
Jessica	Paradis
Tim	Malaney
Nancy	Ockrin
Javeed	Nazir
Connor	Lawzon
Tracy	Smith
Shawn	Silliman
Peter	Jubie
John	Cook
Duncan	Bain
Dylan	Manning

Nicholas	Fitzgerald
Joel	Cook
Brandon	Charboneau
William	Terstegee
Jarod	Pike
Ryan	Price
Naomi	Forkas
Martin	Glazer
Cody Lynn	O'Hara
Alaina	Bevilacqua
Becky	Barber
Mike	Quinn
Rosairo	Gallo
Steve	Braun
Herbert	Jay
Hendrix	Patrick
Beuerlein	Maria
Gallo	Rosario
Braun	Steve
Stoddard	Eric

Membership Renewal

I have read and understand the [RRCA Insurance FAQs](#): *

Yes

I have read and understand the [Guidelines for Safe Event Management](#): *

[Read the Guidelines for Safe Event Management](#) before answering this question.

Yes

I have read and understand the [Race Director Code of Ethics](#): *

[Read the Race Director Code of Ethics](#) before answering this question.

Yes

I have read and understand the [Guidelines for Leading a Group Run](#): *

[Read the Guidelines for Leading a Group Run](#) before answering this question.

Yes

Liability Coverage Amount: *

\$1 million

Optional Insurance: Volunteer Medical Personnel Coverage: *

No

Is your club/event organized as a 501(c)3 nonprofit organization?: *

Yes

Total Number of Race Participants: *

470

Number of Club-Hosted Races: *

4

Number of Annual Group Training Runs: *

20

Number of Club Social Events and Meetings: *

6

Number of Households in Club: *

49

Insurance FAQs
Event Guidelines
Race Directors
Group Run Guidelines

Description	Price
Annual Dues for RRCA	\$111.23
Directors & Officers Insurance	\$175.00
Liability Insurance Premium	\$114.17

The amount due for your membership renewal is: \$400.40

Date: November 11, 2012

Gazette Stockade-athon 15k
COMPLETE STATISTICAL ANALYSIS

Distance: 15k

Participants	Total Finishers	Average Age	Average Time	Average Pace
All	1639	40.4	1:22:24	8:50
Male	847	42	1:16:56	8:15
Female	792	38.6	1:28:16	9:28
First Male	Christian Thompson	24	47:01	5:03
First Female	Maegan Krifchin	24	51:59	5:35

Bib: F. Name: L. Name: Sex: City: Age: Specific Age Group: All Age Search

[View All Finishers](#) [Basic Results View](#) [Age Group Results](#) [GRAPHICAL RENDERING - Click](#)

jump to page

#	Time	Pace	Bib	Name	Age	Sex	DivPlace	Div	City	State	5k	10k	Split3	ChipTime	ChipPace
660	1:18:32	8:26	386	Jim Cunningham	68	M	5	M6569	Ticonderoga	NY	25:26	51:58	26:35	1:18:26	8:25
931	1:24:34	9:05	225	Colleen Brown	40	F	35	F4044	Ticonderoga	NY	27:36	55:37	28:58	1:24:15	9:03

[Submit a Results Inquiry](#)

Cross Country places 5th in States

7th Annual SEACOAST HALF MARATHON
Nov. 11, 2012 Portsmouth, NH

Place	Div/Tot	Div	Guntime	Nettime	Pace	Name	Ag	S	Race#	City/state
111	38/141	M4049	1:42:26	1:42:21	7:49	David Burrows	47	M	527	Castleton

5.	114	Ticonderoga	(18:01.4)
1	9	Tyler Belden	JR 17:20.7
2	12	Javeed Nazir	SR 17:33.7
3	14	Shawn Silliman	SO 17:38.3
4	39	Kody Parrott	SO 18:43.4
5	40	Jacob Young	JR 18:50.5
6	(59)	Martin Glazer	JR 20:19.2
7	(63)	Milo Stricker	SO 20:48.7

Boilermaker

MALE AGE GROUP: 20 - 24

PLACE NAME	AGE	TIME	RESIDENCE
1 Brendan Martin	23	46:40	USA
2 Lee Berube	21	47:56	Geneseo

The James P. Hinchliffe Run for ALS

November 22, 2012 8:30 am
Glens Falls, New York 12801

Place	Div/Tot	Name	Ag	S	City	St	Time	Pace
1	1/23	Alex Benway	22	M	Reston	VA	15:58	5:09
2	2/23	Pat Carroll	21	M	Queensbury	NY	16:40	5:22
3	3/23	James Cunningham	29	M	Ithaca	NY	17:56	5:47
69	2/8	Jim Cunningham	68	M	Ticonderoga	NY	24:30	7:54

Mens 5k CLASS D

Bib#	Name	Yr	School	Time	Pace	Pts
22	Belden, Tyler	11	Ticonderoga	17:20.7	5:36	9
28	Nazir, Javeed	12	Ticonderoga	17:33.7	5:40	12
32	Silliman, Shawn	10	Ticonderoga	17:38.3	5:42	14
75	Parrott, Kody	10	Ticonderoga	18:43.4	6:03	39
76	Young, Jacob	11	Ticonderoga	18:50.5	6:05	40
109	Glazer, Martin	11	Ticonderoga	20:19.2	6:34	59
113	Stricker, Milo	10	Ticonderoga	20:48.7	6:43	63

Womens 5k CLASS D

Bib#	Name	Yr	School	Time	Pace	Pts
58	Forkas, Naomi	10	Ticonderoga	22:03.1	7:07	
96	Herbst, Hannah	12	Ticonderoga	25:04.7	8:06	
104	Teriele, Markie	12	Ticonderoga	26:12.9	8:28	

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.

LCRRC

Membership type

Family \$10.00 ()

Individual \$5.00 ()

Student \$2.00 ()

Mail to:

Matt Karkoski

25 Black Point Road

Ticonderoga, NY 12883

Signature _____ **Date** _____

First: _____ **Mi:** _____ **Last:** _____

Address _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Gender:** M F

Date of Birth: _____ **E-mail:** _____

Checks:

La Chute Road Runners

Newsletters will be e-mailed

Family Members: