

La Chute Road Runners, April Update 2013

April LCRRC Meeting

The April meeting of the La Chute Road Runners was held Monday, the 8th, at 7:00 at the Black Watch Library. The meeting was chaired by President Tim Malaney. Also present were Matt and Heidi Karkoski, Fred Herbst, Brian Kiely, Jim and Linda Cunningham, Dave Rutkowski, Nancy Ockrin, Eric Stoddard, Jessica Paradis, and Dave Burrows by computer.

The main order of business was a report on the upcoming Bridge Run by Nancy Ockrin and Dave Burrows. There are 15 people preregistered and about 100 are expected. The race will be Sat. May 18th. at 10:00. There was some discussion about the course and a walk-through is planned for this Sat. (April 13th) at 10:00 to finalize plans. The D.E.C. has approved the permit, and Nancy will contact the Essex County Sheriff about a car for traffic control. There will be an emergency vehicle. T-shirts will be ordered for those who have registered by May 1st. Registration and finish will be in the parking lot by the french fort. The race will be advertised in the local papers in the next week or so. Nancy and Dave would like about 12 - 20 volunteers for the race. There will be another meeting of the club in May before the race to iron out any last minute issues.

In other business, Matt has four new membership forms - Mike Graney, the Arzbergers, Jay Hebert, Jay Wells.

Tim has drafted a form to help track funds that go out - this form is available on line for anyone who is requesting funding. Everyone approved the form. In connection with this, a Thank-You note has been received from Jay Hebert. The club gave him \$200 to help cover expenses for the New Balance Track Championships.

Heidi is working on ordering singlets for the club - and has several leads.

The Race at the Falls has been moved up this year and will occur Aug. 17th. The next Club meeting will deal with finalizing the Bridge run, and working on the Montcalm mile and the Race at the Falls.

The meeting was adjourned at 8:30.



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 the Falls

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

Checks:

La Chute Road Runners

Newsletters will be e-mailed

Family Members:

Signature _____ **Date** _____

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

Address _____

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

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

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