

LaChute Road Runners

September, 2013

LaChute Road Runners Meeting **Tues., Sept 17, 2013 7:00pm**

Members Present: Tim Malaney, Brian Kiely, Dave Rutkowski, Matt Karkoski, Heidi Karkoski, Fred Herbst, Nancy Ockrin, Eric Stoddard, Jim Cunningham, Linda Cunningham

President Tim Malaney opened the meeting and called on Matt for a report of new members. Matt had membership forms from Jeff Greer, Eduardo Munoz, the Young Family, the Leavens Family, and the Bilow Family.

Jim reported on the finances. The General Fund has \$5,050.44, the Duane Crammond Fund has \$1,171.79 and the Scholarship Fund has \$9,661.14. The scholarship fund is good for another 10 years. Money is still coming in for the Footrace at the Falls so the net is not finalized but will be in excess of \$645. Uniform expenditures were discussed. The club offset some expenses. The club collected \$470 from participating members. The cost of the uniforms was \$1197. There was a discussion for creating a vehicle so that new and current members can still participate.

A check for \$50 needs to be sent to the Elks for their support at the Footrace at the Falls, and a check for \$100 to the Best Fourth in the North Committee.

Dave is investigating a clock for the club. It would be nice to have it by the Montcalm Mile and possibly by the Bridge Run.

It was suggested that the club membership application and the support application be placed on the Facebook page in addition to the club's web site. The support

application is a vehicle by which the club's financial support can be sought by interested individuals for running activities.

Heidi reported on the club uniforms, and she will bring an inventory to the next meeting. Some uniforms have yet to be picked up.

The Main order of business was to look at the four races that the club sponsors and plan for next year. Earlier planning will make for better events!

The Resolution Run: We will make an effort to get more kids at the race. The application form will have to be amended to include the Kiddie Run. That race is 1K. Fred would be glad to take entry forms to the schools to be given out to the kids. It will be investigated. The January 1st weather has been cooperative the last few years, but some days the weather may not be so benevolent. A suggestion was made to request that the Elks building be used for registration and follow-up. It was also proposed that new members who run the Resolution Run would be given free memberships as a way of increasing membership.

Nancy reported on The Bridge Run. This race has great potential and will get bigger each year. Everyone participating liked the race and the course. In 2014, the race will occur on May 17th. (Sat.) at 10:00. An effort will be made this year to get flyers out and advertise more in Vermont. There was a section where the grass had not been mowed but that can be taken care of this year. The application form should say that it is a cross country race; and also include a place for e-mail addresses.

The Montcalm Mile: New directions need to be created for this race: a signature club race and a race that grows yearly. A director will set up a committee and delegate specific jobs to people. Many ideas were discussed and all will be revisited at the next meeting - all information put out for the race will state that reg-

istration will close at 1:30, There will be on-line registration and early registration by mail. The early registrations will have a price incentive to encourage people register early. The price will be \$5 for kids and \$10 for adults - with an increase for adults on race day.; There may be two starts to allow the elite runners to get off without tripping over kids or slow runners. It was suggested to set up a booth the evening before at he 1888 Building, and there runners could sign up early and others could do a "packet-pickup." The idea was presented that shirts could be sold after the race at the finish line under the food tent. It would be nice to have Port-a-potties - possibly the Fourth Committee would set up some that would also be available for those lining up for the parade.

Footrace at the Falls: This race also will be revisited. The date, location, and course may be reworked. Matt will confer with those involved and the direction for this race will be discussed at the next meeting.

The next order of business was the club runs. The "Letsonville Dodge the Deer Training Run" will be in October. Dave will post a date and information.

The "Freeze your Gizzard Blizzard Run" will by Jan. 11th at 9:30 at Rut's Hut. This run is a pot luck breakfast brunch with distances between 4 and 10 miles.

The Thanksgiving Run at the Park will be on Thanksgiving morning - information to come.

The Next meeting will be in early Nov. - the date will be announced soon.



Whiteface Uphill Foot Race Results

(Top 10 finishers and local runners)

Runners climbed 3,500 feet up the Whiteface Mountain Veterans Memorial Highway to the top of New York's fifth-highest peak.

1, Jacob Malcomb, Canton, 01:02:44.75, 2, Jeremy Drowne, West Chazy, 01:03:20.75, 3, John Spinney, Waterbury, Vt., 01:05:17.57, 4, Jan Wellford, Keene, 01:08:47.30, 5, Jeff Dangate, Jersey City, N.J., 01:10:45:55, 6, Phil Lynch, Saranac, 01:11:35.06, 7, Joseph Sullivan, Schenectady, 01:12:44.31, 8, Patrice Beaulieu, Saint-anne-de-bell, Que., 01:13:21.80. 9, Bob Tysen, Lake Placid, 01:14:33.22, 10, Stanley Hatch, Cadyville, 01:16:41.06, 11, Matthew Karkoski, Ticonderoga, 01:17:14.80, 12, Erin Rasco, Cadyville, 01:17:57.11, 15, Cassie Sellars, Plattsburgh, 01:21:23.34, 20, Kevin Champagne, Plattsburgh, 01:24:14.55,



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, Bridge Run, 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 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: _____ Gender: M F

Date of Birth: _____ E-mail: _____



Membership type

Family \$10.00 ()

Individual \$5.00 ()

Student \$2.00 ()

New () Renewal ()

Mail to:

Matt Karkoski
25 Black Point Road
Ticonderoga, NY 12883

Checks:

La Chute Road Runners
Newsletters will be e-mailed

Family Members: