

La Chute Road Runners June 2014

La Chute Meeting

The LaChute Road Runners held a meeting on Thurs. June 5th, at 7:00 at the Library. Members present were Fred Herbst, Dave Rutkowski, Brian Kiely, Dave Burrows, Matt and Heidi Karkoski, Nancy and Dan Ockrin, Jim and Linda Cunningham

The First item of business was the Montcalm Mile. Fred had copies of the "Adirondack Sports and Fitness" and the "Times of Ti" with the race ads - they look good.

Medals -- the club has 318 medals from last year. Fred will order 300 more to insure there are enough. They can be used next year

Police -- They will close the roads at 1:30 on the 4th.

Highway Department -- They will take care of the electricity needs and will run lead cord off the poles. They will reserve a spot on the left side of the finish for the ARE van.

Wicker Ford -- (Treadway Motorsports) Jeremy has no problems with us using the area for the start. He will clear the parking lot so there is parking and will help if we need access to the building.

ARE -- Jim will find out about what we need to do to enter those who have registered on Active, and those who have mailed in registration form. What should we do about assigning numbers? What do they require for a spread sheet? When will they arrive on Race day? Will they have a chute? Do they need WiFi or have a Verizon Hot spot?

Pre-registration at the Park -- Thurs -- we will need cash for change (Jim to get 5's and 10's) Race fee - Adults- \$10. Kids- \$5, Elite- \$15. We will have a tent set up - at the entrance way to the Park and will also sell t-shirts. If those paying and registering require a receipt, can tear off the top of the registration form and write paid.

Drinks at start -- We will have a water jug instead of bottles - and small paper cups. Matt will take care of this - and fill jug with ice and water. At the finish, the jug will be filled with Gatorade. Jim has the club's water jug, Brian has one, Ellie may have 2

Tent-- Dave Burrows has a pop-up that can be used for the pre-registration at the Park. Matt has one that can be used for the food area at the finish. That one can be set up Friday morning - will require about 4 people to set up. Brian also has one.

T-shirts -- Heidi will order 100 Adult shirts and 55 children's shirts. They will cost \$7.50 and will sell for

\$10.00. We will sell them Thursday night, at Registration, and at the Finish.

Start -- ARE will have a sound system there for music. Brian will start the runners and jump in police car. Ellie will take pictures (?) There will be a rope separating the Elite class from the Recreational. Matt will bring yellow rope. Announce at start that prizes will be given out at 2:15 at food tent.

Registration -- will be set up at noon. A chute will be used to keep registrants in line. Matt will hand out clipboards with registration forms and pens. Heidi will be at the first table to take money; a worker at the next table will take the registration form and write the race number on it, and hand the number to the runner. We need to be sure there are pins. The registration forms will be handed to the computer people. There will be five people on computers - Meaghan, Hannah, Linda, Jim, and Erik (and ARE?) The computers may need to be inside the building with power (Fred will check with Jeremy) Jim will check with ARE as to their needs - do they have a Verizon Hot spot?, can they use Google docs? can we use the same spread sheets and flash drives? There will be another table and volunteer to sell t-shirts. Portajohns will be at wagon wheel.

Course-- has been measured and marked by Dave R.

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, Champlain Bridge 5K, Footrace at the Falls, Support a LCRRC provide a Point Championship Series, hold an annual Awards Banquet , provide a newsletter, and organized training opportunities.

Club Membership Waiver of Participation

I agree that I am a member of the La Chute Road Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

Membership type:

Family \$10.00 ()

New () Renewal ()

Individual \$5.00 ()

Student \$2.00 ()

Mail to:

Matt Karkoski

25 Black Point Rd.

Ticonderoga, NY 12883

Checks:

La Chute Road Runners

Newsletters will be e-mailed

Name: _____

Address: _____

Email: _____