

La Chute Road Runners May 2014

A meeting of the La Chute Road Runners was held on May 1st. at the Black Watch Library. Present were Tim Malaney, Matt Karkoski, Dave Rutkowski, Nancy Ockrin, Dave Burrows, Fred Herbst, Jim and Linda Cunningham. Tim called the meeting to order.

Fred reported on the Montcalm Mile. He will be ordering medals that have "Montcalm Mile" on them. If the medals from last year are found, they can be used for other races. A flyer advertising the race will appear in the "Rundown". "Adirondack Sports and Fitness" will run the ad. Denton Publishing will run the ad in all NY and VT papers for 4 weeks as their sponsorship of the race. Fred will e-mail the flyer to Matt at the Chamber of Commerce, and the Best 4th in the North committee. The flyer has been sent out to 37 clubs- 5 of them in Montreal.

Dave Rutkowski will measure a course as a preliminary for certification. Matt will get a wheel from the fort. The finish line will be at or just behind the intersection. After it is measured, someone from USAT will come to certify the course based on the preliminary measurement.

Power will be available from the utility poles at the start and finish. The plugs are 15 feet up. The Town Highway workers will set up drop down lines from the plugs the night before. We will need to know how many outlets are needed at each place. Jim will contact ARE for information.

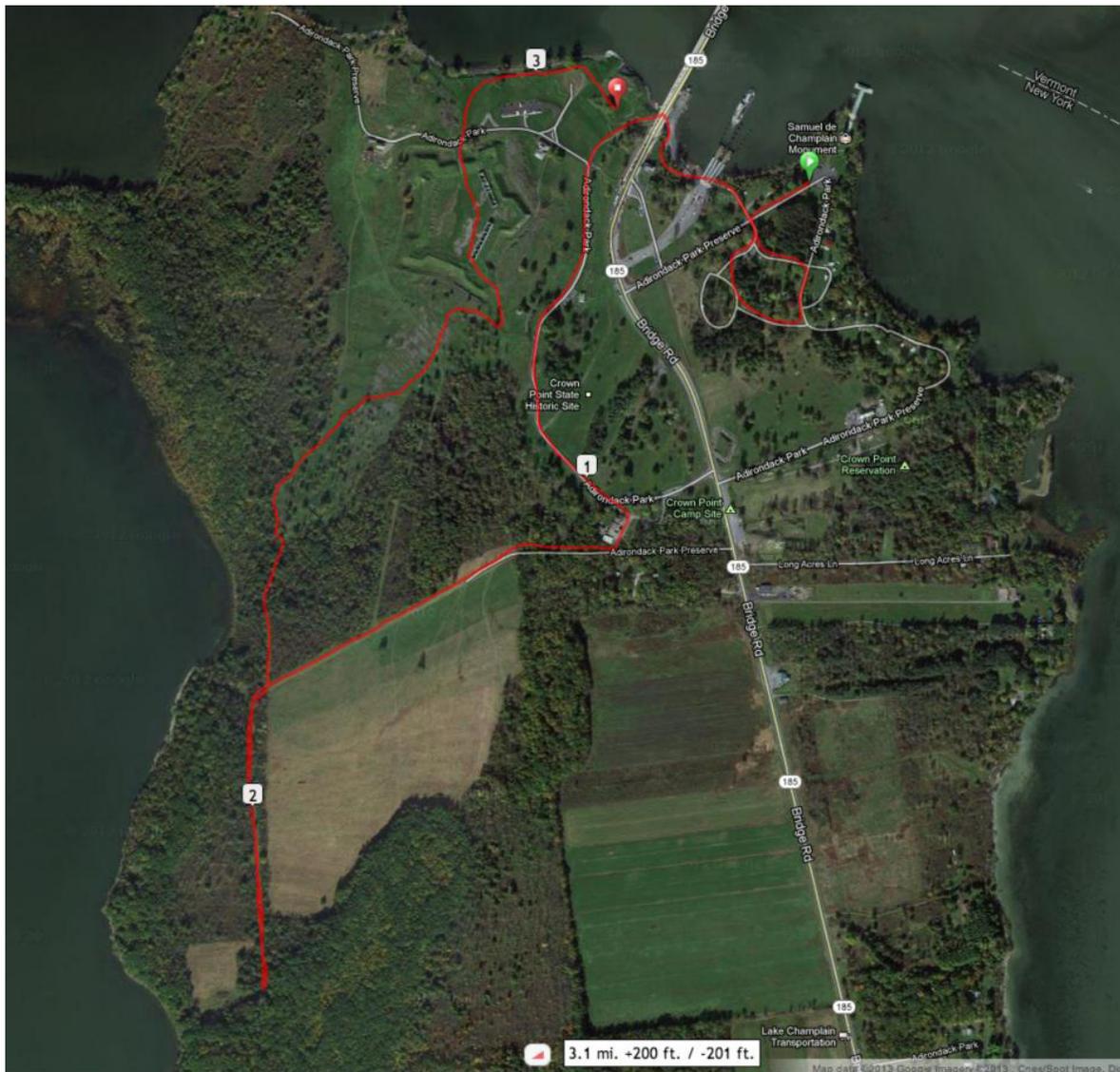
Nancy and Dave reported on the Bridge Run. So far there are about 15 runners registered - but most people may be planning on registering on race day. Fred has sent press releases out for this race. On the Friday before the race, Matt will take the day off and mark the course. Jim and

Dave R. will help in this. There may be a run through of the course. Jim will see Matt about getting clipboards from his garage for this race. Dave Burrows will contact the t-shirt company and see if there is a minimum number of shirts that we have to order. Tents will be needed at the start - Dave Burrows has two and Matt will see about the Club's tent.

A question arose about joining the Chamber of Commerce - this will be discussed next time.

We will have another meeting after the Bridge Run to work on the Montcalm Mile and the Footrace at the Falls.





The New York/Vermont 5k Champlain Bridge Run

Saturday May 17th, 2014

ACTIVE: Registration is also set up on active.com

TIME: 10:00 AM, Saturday, May 17, 2014

CHECK-IN: Packet-pick up and race day registration 8:30 AM-9:45 AM

LOCATION: On the grounds of the British fort ruins within the Crown

Point State Historic Site, Crown Point, NY 12928

ENTRY FEE: \$20.00 for pre-registered till May 1st, \$25 for later registrants. Family rate for those with children available, \$10.00 per child. A parent must register in order to get the family rate for children. (shirt availability only to those who pre register before May 1st.) Please make checks payable to: La Chute Road Runners and mail to Nancy Ockrin, PO Box 33, Crown Point, NY 12928

SHIRTS: To those who pre-register before May 1st

CLASSES: Male and Female, Age: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up.

AWARDS: 1st, 2nd, and 3rd in each age category for males and females and for overall male and female

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: _____

Name: _____

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

Address: _____

Membership type:

Family \$10.00 ()

New () Renewal ()

Individual \$5.00 ()

Student \$2.00 ()

Email: _____

