



# La Chute Road Runners

August, 2015

## La Chute Road Runners Meeting Thurs. 8/6/15

**M**embers present: Tim Malaney, Brian Kiely, Fred Herbst, Adelaide Smallidge, Mike Quinn, Jim and Linda Cunningham

Tim opened the meeting to set a timeline for the rest of the year. The first item was a recap of the Montcalm Mile. Fred will put a "Thank You" in the paper for Sponsors. Matt Drowne wants to make a point series next year and would like the Montcalm Mile to be part of it.

The Ragnar Relay is on Sept 26th to the 27th. The club will be manning a stop on Friday Night. We will be arranging workers for this. We will man the same station as last year, hopefully at the Aaron's lot instead of the

car wash.

Tim has talked to Jay Wells about having a "5 Nations 5K" in conjunction with a cross-country practice, and then have a social for the club and cross-country members afterwards. Possible date - Oct. 10th. More information will be coming.

The Rogers Rangers Ramble Run will be on Sat. Nov. 7th, with a social gathering afterwards.

The Bridge Run next year will be on May 21st - the third Sat. in May.

The K. of C. will sponsor a spaghetti dinner for the La Chute Runners. Last year it was the Thursday before Sectionals. Fred will get more information at the next K of C meeting.

The Resolution Run is looking for a new director. It is a low key run- possibly Matt and Heidi will have input.

The question arose as to whether the

club should purchase a new tent? or a timer? or a clock? Matt will be looking into a new tent. Jim will look into finding caution tape with "Montcalm Mile - International Paper" on it.

Jim will e-mail the membership roster to Tim, and also put out an e-mail to Facebook members to see if they want to be members.

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### Addendum

The club will be stationed at Aaron's parking lot for the Ragnar Relay instead of the car wash.

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## 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, and other races. 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 ( )

Name: \_\_\_\_\_

### Mail to:

Matt Karkoski

25 Black Point Rd.

Ticonderoga, NY 12883

Address: \_\_\_\_\_

Email: \_\_\_\_\_

### Checks:

La Chute Road Runners

Newsletters will be e-mailed