



La Chute Road Runners

June, 2015

LaChute Road Runners Meeting June 2nd, 2015 7:00

Members present were Tim Malaney, Fred Herbst, Dave Rutkowski, Matt and Heidi Karkoski, Jim and Linda Cunningham, Adelaide Smallidge, and Karen Costello.

The first order of business was to review the applications for the Duane Crammond Scholarship. There were six excellent candidates this year. Because it was such an outstanding field, it was decided to award two scholarships. After much discussion, two candidates were selected. Matt will notify the winners, and stress that they must successfully complete the first semester of college before getting the scholarship.

The next item of business was the Montcalm Mile. Heidi has ordered t-shirts from Finney's in Plattsburgh. They will be sold for \$10. Fred has ordered 450 bibs. Dave and Fred will make sure the course is accurate. Race promotion has started - there will be ads running in the local papers, and at the Chamber of Commerce; people should promote it on Facebook as much as possible.

One problem last year was the lack of Port-a-Johns. They were supposed to be set up in the triangle across from the Wagon wheel. We need to make sure they arrive this year - check with Chamber.

Help will be needed to set up the Finish at 9:00 on Sat. (race day) to set up the tents, tables, water and cups, etc. Matt, Jim, Dave and Tim will be there to help Fred.

From there, they will move up to the start. There will again be a chute to funnel the runners to the tables to fill

out forms, pay money and receive a bib. RaceWire will do all the input from their van, but we will have electricity and an indoor location just in case.

Jim and Linda will bring the money for change. prices are Kids 12 and under - \$5; adults \$10 pre-race, \$12 on race day; Elite runners \$18 pre-race and \$20 on race day. Workers are needed to help register.

There needs to be a larger gap between the Elite runners and the Rec runners at the start- stress that the race is chip timed. Strollers and small kids must be at the back. It must be stressed that runners cannot cross the finish line twice.

We need food items for the food table at the finish.

Bruce will take pictures of the finish and have them showing on TV at the food table.

We need to encourage people to reg-

ister on line - we get a \$1 rebate from RaceWire for each runner who registers on-line, plus it reduces the confusion on race day. Cut off for on-line registration is noon on Friday (July 3rd)

At the next meeting, we will discuss having a table at the Park on Friday before the race to sign up runners and sell t-shirts.

Reminder to runners that the Nun Run will be held on June 13th. at 10:00. We will have some applications there for the Montcalm Mile

The next meeting will be June 23rd at 7:00 at the Library.

Montcalm Mile

Join us in historic Ticonderoga to celebrate the Fourth of July with the annual parade, celebration, and the running of the Montcalm Mile.

Cost:

Recreation Class \$10 (race day \$12.00); Child (12 and under) \$5.00 (same race day); \$18 Elite (\$20.00 race day)

Awards:

Elite Class: Open Elite, M/F, 1st \$300, 2nd \$200, 3rd \$100, Masters Elite: (40-49), M/F, 1st \$150, 2nd, \$100, 3rd \$50 Veterans Elite: (50 and older), M/F, 1st \$150, 2nd, \$100, 3rd \$50

Recreational Class: Male and Female; 5 Year Age Groups No special awards (age group finishing posted.) Medals to all Recreational Finishers.

Register at Racewire.com



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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