



La Chute Road Runners

May, 2015

La Chute Road Runners Meeting

May 5, 2015 --7:00

Members present: Tim Malaney, Fred Herbst, Chuck Gijanto, Matt Karkoski, Nancy Ockrin, Cam Brown, Jim and Linda Cunningham

Tim called the meeting to order.

The first item of business was the upcoming Bridge Run and Nancy gave an update. The race is scheduled for May 16th. at 10:00. The Ti ambulance will be in place. Bathrooms will be open at 8:00. Nancy is meeting with the DEC - it would be good if no boats were launched at the beginning of the race. Matt will walk the course this weekend with some others to measure the

course and check for problems. The Friday before the race, Matt and Tim will set out stakes and mark the course. Forty-five runners have pre-registered so far. There are 50 t-shirts ordered. Matt will bring the box of supplies with clipboards and pens - and pins if there are any.

Dave Burrows has asked if anyone wants to help with an Invitational Track meet in Castleton, VT on May 9th.

Brian sent word he will be at the Bridge run with his stopwatch. Nancy wants to remind him to bring the megaphone.

Fred brought the group up-to-date on the Montcalm Mile. So far, there is \$500 in donations. He called to order more medals, and they still have the information from last year so the medals will all match. Heidi is working on a design for t-shirts. "The Times of Ti" will run advertising starting in June as their donation to the race. There are already 9 entries. RaceWire will contact us a month before to start plan-

ning. We will have a meeting in early June set up plans for the race.

The Duane Crammond Scholarship applications are due by May 15th. We will go over the application at the June 2nd. meeting.

We will again plan on running Exchange 19 for the Ragnar relay.

The Rogers Rangers Ramble Run is tentatively set for Nov. 7th - the first Saturday after the golf course closes. Tim is working on new adventures for the ramble.

Dave Rutkowski is planning a Letsonville Run for May 23rd.

The meeting adjourned at 8:15



The New York/Vermont 5k Champlain Bridge Run Saturday May 16th, 2015

TIME: 10:00 AM, Saturday, May 16, 2015
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
ENTRY FEE: \$20.00 for pre-registered till May 1st, \$25 for later

Scholarship

In awarding the Duane Crammond Memorial Scholarship, The La Chute Road Runners seek not only to promote running as a healthy lifestyle choice among our local youth but also to identify and recognize individuals who embody the spirit of running and the strong academic, athletic and character traits of Duane Crammond, valedictorian of the Ti High Class of 1999 and a section champion runner. The \$1,000 scholarship will be awarded upon challenge.

Eligibility Requirements:

- A Ticonderoga High School graduate who has participated in varsity cross-country and/or track & field.
- Committed to attend a fully accredited 2 or 4 year college or university on a full-time basis.
- Completion of an application.

Scholarship Information and Application

Thanks Lee!

Lee Berube spent much of March collating records from the Montcalm Mile. The race is now in its 29th year which made the task even more difficult.

Results began to be posted on the Internet in 1998 and the remainder of the results were in past copies of the newsletter. Thanks Lee!

Lee collected those copied and using Excel, put together comprehensive lists. The compilation is also posted on the Montcalm Mile Site.

Do you see a weak age group record? Go for it in the July 4th running of the Montcalm Mile!



Montcalm Mile Age Group Records

Age Group	Name	Time	Year
Male 0-9	Jesse Rogers	5:44	2003
Male 10-14	Jay Wells	4:24	1994
Male 15-19	Jay Wells	4:05	1997
Male 20-29	Lee Berube	3:54	2012
Male 30-39	John Underwood	4:07	1994
Male 40-49	John Underwood	4:06	1995
Male 50-59	Jim Robinson	4:17	2006
Male 60-69	Peter Hettrich	5:22	1995
	Gerard Vanheest	5:22	1995
Female 0-9	Emily Moro	7:01	2006
Female 10-14	Johanna Evans	5:26	1994
Female 15-19	Dana Ostrander	4:41	1997
Female 20-29	Kardyn Macy	5:21	1994
Female 30-39	Tracy Esposito	4:49	1995
Female 40-49	Gayle Wilson	5:25	1989
Female 50-59	Judy Maguire	6:10	1991
Female 60-69	Barabara Hennig	8:42	1996

Montcalm Mile Male Top 20 Times List			18	Brian Hickey	4:09	1993	8	Jay Berube	4:08	2013	
	Year						9	Brian Hickey	4:09	1993	
1	Lee Berube	3:54	2012	19	Jason Jabaut	4:09	2001	10	Jason Jabaut	4:09	2001
2	Lee Berube	4:01	2011 *	20	Mike Esposito	4:10	1993	11	Mike Esposito	4:10	1993
3	Jesse Berube	4:03	2012	20	Lee Gabler	4:10	2006	12	Derek Matusus	4:10	1994
4	Rick Bush	4:03	1997	20	Derek Matusus	4:10	1994	13	Thomas Ouellette	4:10	1993
5	Lee Gabler	4:03	2012	20	Thomas Ouellette	4:10	1994	14	David McCarey	4:11	2012
6	Lee Berube	4:05	2010	20	Jay Wells	4:10	1999	15	Ed Sparkowski	4:13	1988
7	Jay Wells	4:05	1997	**Course was modified in 2012, signifies fastest time on old course.			16	Kyle Watson	4:14	1990	
8	John Underwood	4:06	1994	Montcalm Mile Top 20 Male Individuals List			17	Corey Facteau	4:14	1991	
9	Lee Berube	4:07	2009		Year		18	Matt LaPiccolo	4:16	2001	
10	Matt Goette	4:07	1993	1	Lee Berube	3:54	2012	19	Zachary Yannone	4:16	1996
11	Lee Gabler	4:07	2013	2	Rick Bush	4:03	1997 *	19	Joe Bodenrader	4:17	1990
12	Joe McCloud	4:07	1997	3	Jesse Berube	4:04	2012	19	Jim Robinson	4:17	2006
13	John Underwood	4:07	1995	4	Lee Gabler	4:04	2012	19	Scott Slade	4:17	1995
14	Jay Berube	4:08	2013	5	Jay Wells	4:05	1997	**Course was modified in 2012, signifies fastest time on old course.			
15	Rick Bush	4:08	1998	5	John Underwood	4:06	1994		Year		
16	Lee Gabler	4:08	2009	6	Matt Goette	4:07	1993	Montcalm Mile Female Top 20 Times List			
17	Rick Bush	4:09	1999	7	Joe McCloud	4:07	1997		Year		
								1	Dana Ostrander	4:41	1997 *

2	Sara Dunham	4:43	2014
3	Dana Bush	4:45	2012
4	Sara Facticeau	4:45	2011
5	Dana Bush	4:46	2014
6	Dana Bush	4:46	2013
7	Dana Ostrander	4:47	1999
8	Tracy Esposito	4:49	1993
9	Sara Facticeau	4:51	2011
10	Patty McCormick	4:51	1992
11	Dana Ostrander	4:57	1998
12	Dana Bush	5:05	2011
13	Karen Erickson	4:55	1999
14	Danae Polsin	4:55	2014
15	Julie Dmochowski	4:58	2012
16	Danae Polsin	4:58	2012
17	Danae Polsin	5:00	2013
18	Irene Somerville	5:06	2014
19	Arien Baker	5:09	2001

19	Dana Bush	5:09	2003
19	Johanna Evans	5:09	1997

“*Course was modified in 2012, signifies fastest time on old course.”

Montcalm Mile Top 20 Male Individuals List

1	Dana Ostrander	4:41	1997 *
2	Sara Dunham	4:43	2014
3	Tracy Esposito	4:49	1993
4	Patty McCormick	4:51	1992
5	Karen Erickson	4:55	1999
6	Danae Polsin	4:55	2014
7	Julie Dmochowski	4:58	2012
8	Irene Somerville	5:06	2014
9	Arien Baker	5:09	2001
10	Johanna Evans	5:09	1997
11	Olivia Delia	5:16	2014
12	Emily Fisch	5:16	1997
13	Amanda DiPaolo	5:21	2008
14	Kardyn Macy	5:21	1994
15	Heather Spellman	5:22	2000
16	Alyssa Coffey	5:24	2008
17	Rebecca Lavin	5:24	2013
18	Kerri Shupur	5:25	1993
18	Gayle Wilson	5:25	1989
18	Elizabeth Jeffres	5:25	1993
18	Katie Underwood	5:25	1996

“*Course was modified in 2012, signifies fastest time on old course.”

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