



# La Chute Road Runners

October, 2015

## LaChute Road Runners Meeting Thurs. Oct. 8, 2015

**T**he members present were Tim Malaney, Adelaide Smallidge, Fred Herbst, Matt Karkoski, Brian Kiely, Karen Costello, Dave Rutkowski, Jim and Linda Cunningham.

**F**red reported that the spaghetti dinner at the K of C is set for Thursday, Nov. 5th at 5:00. The Ticonderoga and Schroon Lake cross-country teams will eat for free, everyone else will be \$10. Volunteers are needed to sell tickets, and handle the 50/50 raffle. People are needed to come at 4:00 to help the K of C workers to prepare the food and set-up. Others are needed to clean up afterwards. Volunteers so far

are Matt, Jim, Linda, Adelaide, Karen, and Fred. More are still needed. Also, it was suggested if anyone has old running shoes, they could be brought in case any high school runners could use them. Matt will also bring the yellow t-shirts in case anyone would like them. Everyone needs to publicize this dinner; use your Facebook network, etc.



**T**he Rogers Rangers Ramble Run will be held at 11:00 on Nov. 7th. at the golf course. The start will be at the mini-golf course. It was proposed to have the club pay for lunch at Libby's afterwards. This event will also serve as a membership drive as one must be a member to attend the lunch, and must run or volunteer at

the event. Individuals who wish to attend the RRRR/Libby event, can join the running club at Libby's. Runners are encourage to renew their membership at this time; it sure does help with paperwork! The membership fee is \$5 for an individual, \$10 for a family and \$2 for students.

**R**aceWire wants to know if we want them to do the Montcalm Mile again this year. It was decided to give them another try. Overall, they did a good job and before the race we can discuss with them any concerns we have. Tracey Smith has said he will be director of the race this year.



**J**im has gone to the Credit Union and now additional people's names can be put on the accounts, thereby facilitating treasury activities from Thanksgiving on. Possibly Heidi will serve as the new treasurer?

**T**he Chamber of Commerce would like representatives to attend their dinner on Oct. 22nd. The club is a member of the chamber. Matt will see if Heidi would like to go.

**T**he Resolution Run is set for Friday, Jan. 1st. It needs a race director. This item was tabled with no "resolution."

**T**he Freeze Your Gizzard Blizzard Run is set for Sat., Jan. 9th at 9:30 at the Rutkowski's house. More to follow.

**R**epresentatives of the Ragnar Re-

lay were very pleased with our exchange and we should get our money within 30 days. They are giving our club first shot at doing the exchange at the Crown Point school as well as our regular one for next year. The concern is whether we could get enough volunteers to do this.

**W**e need to finalize our list of races and events for the Road Runner application form for next year. Our first race for '16 is scheduled for January 1st. Would there be any interest in doing a 10K race on Black Road, starting and ending at the beach? Great facilities: it would start and end at the beach, plenty of parking, bathrooms, great vistas!

**T**he club would like to purchase stanchions. We found some that were 4/\$85. Fred will check with Ragnar to see where they got their's and what they paid. Fred also had information on a new tent from sportingequipment.com. The one we used this year belongs to Matt's niece and they have said we can borrow it whenever we wish.

**O**ur next meeting will be Thurs. Nov. 19th at the Library at 7:00.

---

Rogers Rangers Ramble Run



## 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