



# La Chute Road Runners

Winter, 2017

## *I Don't Know* *by Jim Cunningham*

**H**eidi took off; Matt and I tried to keep up. It was her run. We followed. It was an "I Don't Know Run." We didn't know where we were going; we followed. We went north and down hill.

**H**eidi said, "I hope you have trail shoes!" I didn't. It didn't matter. We crossed the snow covered Frasier Bridge, made a left towards the police station, up a dirt road, then back south, onto the river trail, and finally made it back to the start and to the reproachful eyes of two resident hens.

**T**hat was the name of one of our runs when I was coaching cross country. We would gather in the gym, runners would ask, "Where are we going?" I replied, "I don't know? That became the mantra of the run.

**W**e left; I lead; they followed. If someone asked if we were going to make the next left, I replied accordingly. I watched and took my course cues from the observing runners and went the opposite way. Fun run!

**T**hen there was the Baja Run. I didn't name it. The runners did and even selected the route. It was a trail run. A trail ran along the La Chute Riv-

er, crossed over route 22, and then ran, undulating, on the bank toward the mill.

**I**t was hilly, and the team loved hills, they loved hills because the competition didn't have many, and the Baja Run was their advantage.

**A**n awesome run was the Puddle Run! On a rainy day, both the boy's and girl's team had the same workout and ran together. Conversation ensued. The rain was forgotten. Splash! A waffle bottom impacted a puddle.

**O**f course, it was one of the boys that did the splashing, when they

were running next to one of the girls! The girl shrieked, and laughter ensued from the boys and recriminations from the girls! When all was forgotten, and conversation was reinstated, of course, another waffle bottom found a puddle.

**T**hen there was the Mill Run. That run is 9 miles long starting and ending at the high school. There was an alternative distance. We usually chose that one. One afternoon there XC runners piled into the second dismissal bus at 3:35. We got dropped off at Street Road.

**T**he cross country boys headed north; the girls delayed, and surprisingly arrived back at the high school before the boys! Three of the XC girls knew a short-cut through a near-by farm! Returning girls didn't laugh, gloat, or even appear guilty!

## *Freeze Your Gizzard Blizzard Run*

**T**his is an annual gathering of La Chute Road Runners Club! Members and new to join members welcome.

**M**ark your calendar, get out the woollens. The FYGBR is scheduled for 1/7/16 at 9:30 at Rut's Hut. Pot Luck Brunch to follow. Please bring something to share. Possibly a short LCRR meeting will be held as well.

**S**tart the year right. This is a "not-to-miss" event featuring a authentic Adirondack Winter Fun Run with friends. Run or walk any distance. The die-hards will run 10.3, some others only a couple of miles. The best part is the brunch and conversation after the run in the cozy confines of Rut's Hut on the Corduroy Rd. Bring a friend or spouse, food to share and join in what is becoming a January tradition.

## *Club Renewal*

The new year and a new season of racing and running is upon us!

Don't miss out.

Don't forget to renew your membership to the LCRRRC.

Are you going to the FYGB? If so and have not renewed an application is found at the end of the newsletter.

A renewal PDF can be found here:

LCRRRC Renewal

### *Race Links:*

La Chute Road Runners

Adirondack Runners

Albany Running Exchange

Hudson Mohawk Road Runners

Saratoga Striders

# 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: \_\_\_\_\_

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

## Mail to:

Fred Herbst

13 Lindbergh Landing

Ticonderoga, NY 12883

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

## Checks:

La Chute Road Runners