

# LCRRC

*La Chute Road Runners Club  
Winter, 2020*

## Around the Block

In the mid-90s, coach Rutkowski, having just finished XC season was confronted with a gap. The gap was a huge time gap between XC and Outdoor Track and Field. Solution? Run during that gap; students were invited to participate. It was informal. Often we would run to the beach and chat with the students on the way. When it was very cold, we would run around the block.

It grew and developed; it developed into an Indoor Track and Field season and team! Even today, the warm-up is the same, a run around the block!

Does the team train only outside? No, of course not. When not outside, the team trains in the high school; one key feature of this training facility is that it has three floors, giving a new dimension to the concept of "hill training." There is also a cafeteria. That space is providing ample space for long jumpers and runners. There is even enough space to share with the shot putters.

This indoor crowd is very young, very spirited and very talented! They even have meets, and those are held at SUNY Plattsburgh's field house. The latest results are attached to the email that delivered this newsletter. Congratulations to the teams and coaches!

## Freeze Your Gizzard Blizzard Run

The run was attended by a record numbers and experienced conditions that were unexpectedly pleasant!

Eighteen runners participated in this years event. The distances ranged from 10 mile to 7 miles.

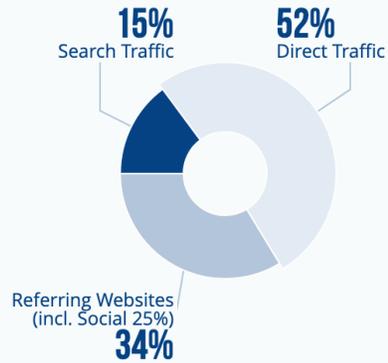
As bundled runners drifted back into the kitchen they were greeted by warm food, pleasant conversation, and a crackling fire.

Retro: Newsletter from 10 years ago: [January, 2010 Newsletter](#)



## Traffic

Sources **Came From** Keywords



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## Exit Links

<a href="https://www.facebook.com/groups/16223133...">https://www.facebook.com/groups/16223133...</a>	149
<a href="https://racewire.com/register.php?id=9241">https://racewire.com/register.php?id=9241</a>	95
<a href="https://my.racewire.com/results/35074/40709">https://my.racewire.com/results/35074/40709</a>	46
<a href="http://connect.garmin.com/jsPlayer/96827926">http://connect.garmin.com/jsPlayer/96827926</a>	41
<a href="https://my.racewire.com/results/35074/40710">https://my.racewire.com/results/35074/40710</a>	33

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## Pages

Popular **Entry** Exit

La Chute Road Runners ( <a href="http://www.lachute.u...">http://www.lachute.u...</a> )	149
Rogers Rangers Ramble Run ( <a href="http://www.lachut...">http://www.lachut...</a> )	97
La Chute Road Runners ( <a href="http://lachute.us/">http://lachute.us/</a> )	58
THE DUANE CRAMMOND MEMORIAL SCHOLAR...	27
La Chute Newsletters ( <a href="http://www.lachute.us/n...">http://www.lachute.us/n...</a> )	25
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## Engagement

Returning Visits **Visit Lengths** Downloads

<a href="http://www.lachute.us/duane/Scholarship%20F...">http://www.lachute.us/duane/Scholarship%20F...</a>	10
<a href="http://www.lachute.us/rogers_rangers/rrrr-cours...">http://www.lachute.us/rogers_rangers/rrrr-cours...</a>	8
<a href="http://www.lachute.us/newsletter_pdf/2019/Wint...">http://www.lachute.us/newsletter_pdf/2019/Wint...</a>	7
<a href="http://www.lachute.us/race_pdf/RRRR%20ENTRY...">http://www.lachute.us/race_pdf/RRRR%20ENTRY...</a>	6
<a href="http://www.lachute.us/newsletter_pdf/2019/Spri...">http://www.lachute.us/newsletter_pdf/2019/Spri...</a>	2
<a href="http://www.lachute.us/newsletter_pdf/2017/Nov...">http://www.lachute.us/newsletter_pdf/2017/Nov...</a>	2

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## Website Review

Occasional, it is good to checkout website. This information may give direction to the following running year.

Traffic: People have the link on their machine

Exit Link: People, generally, left the site and connected with our Facebook page or went to RaceWire.

Pages: There was much interest in the RRRR.

Engagement: Students are interested in the scholarship.

## Renew

Now is a good time to **renew membership** to the club! If you are not a member, why not join? A membership application can be found here: <http://www.lachute.us/Renew.pdf>

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### Duane Crammond Scholarship

What is this scholarship and who is eligible? Here are some details. Any Ticonderoga High School graduate is eligible who has participated in varsity cross-country and/or track & field, or a student that may not have attended TCS, but has shown meritorious service to the club and running community (the scholarship is not just available for recent high school graduates, but also for students already pursuing a degree).

Here is a link to information about Duane: <http://www.lachute.us/scholarship.htm>

Also, here is a link to the **scholarship PDF**: <http://www.lachute.us/duane/Scholarship%20Fund.pdf>



## Future Plans

The club is hoping to add a run at Fort Ti, thereby, creating an off-road series, and a unique challenge for runners. There would be prizes for total time in all 3 club events (The RRRR, 5 Nations 5K and the new run)! This new fort run would gather at Ferry Landing, then run into the pavilion area and back out. There is quite a trail network that runs roughly along the shore of Lake Champlain. It would be a super fast course. Trail running has many benefits for the runner, as opposed to just running on the roads. A targeted time and date for this event would be 8 am on a Saturday morning, June 13th. This event is very tentative!



### Calendar

**Scholarship Deadline, May 13th**  
**Bridge Run, May 16th**  
**Fort Ticonderoga Trail Challenge,**  
**tentatively on June 13th**  
**Montcalm Mile, July 4th**  
**Five Nations 5K, August 6th**  
**Rogers Rangers Ramble Run, Nov. 7th**

See you around the "block!"