

Cross Country State Championship



Lee Berube got off to a strong start on a cold Saturday at Norwood-Norfolk Central School and cruised to a 45.4-second victory over Letchworth's Frank Johnson to claim the boys Class D individual title. Congratulations to Lee the team, and Brian Kiely!

Lee finished the 3.1 mile course in 16 minutes, 14.5 seconds. Ticonderoga finished fifth in the Class D team standings with 118 points.

5th Place Ticonderoga				
ind	team	number	name	time
1	1	708	Lee Berube-12	16:14.5
52	23	710	Mike Lonergan-12	18:33.0
56	26	709	Brendan Carberry-11	18:41.3
62	30	711	Jared Best-11	18:53.5
73	38	712	Jay Berube-9	19:15.8
81	44	713	Josh Cook-9	19:27.9
84	46	714	Eian Tierney-12	19:31.6

Ticonderoga Girls State Competitors

Katie Karkoski	Ticonderoga	22:25.9
Amber Perkins	Ticonderoga	24:25.1

[Resolution Run](#)
January 1st

La Chute Road Runners Club Meeting

There will be a club meeting on December 14, Friday, at 7:00 PM, at Jim Cunningham's house. We will set up for the coming year. Bring race dates. Bring new directions and activities. We will have coffee: regular and decaffeinated and snacks.

The house is green and yellow, 26 Amherst Ave. We will keep a light on.


Great Pumpkin Challenge

Place Div/Tot Name Age S City St 5k Pace
 58 2/5 Jim Cunningham Sr 63 M Ticonderoga NY 24:05
 7:45
 (322 5K runners)

Place Div/Tot Name Age S City St 10k Pace
 37 2/8 Julie Cunningham 22 F Ticonderoga NY 48:34
 7:49
 140 7/8 Kimberly Worobey 21 F Castleton NY 1:04:51
 10:27

Treasury Report

In the regular La Chute Road Runner's account we now have \$2,145.20. In the special savings account, (Scholarship Fund) we have \$9,699.55, as of December 5th.



Races

Reindeer Run
12/08/07

Saratoga First Night Run
12/31/2007

Resolution Run
1/12008

[The Adirondack Runners](#)
[Albany Running Exchange](#)
[Hudson Mohawk Road Runners Club](#)
[La Chute Road Runners Club](#)
[Northern Lights Track Club](#)

2007 SECTION 7 CROSS COUNTRY CHAMPIONSHIP
COBBLE HILL GOLF COURSE
ELIZABETHTOWN, NEW YORK
3.05 MILES
SUNNY, 45 DEGREES

Boys						Results
Class B		Class C		Class D		
1. Plattsburgh	35	1. Saranac Lake	16	1. Ticonderoga	3	0
2. Beekmantown	41	2. Ausable Valley	46	2. Lake Placid	4	8
3. Northeastern Clinton	73			3. Seton-Plattsburgh	5	0
4. Peru	92			4. Chazy	1	N
5. Saranac	1				0	C

Merged	Team	Results
1. Ticonderoga	6	5
2. Plattsburgh	7	4
3. Beekmantown	8	4
4. Saranac Lake	1	0
5. Lake Placid	1	3
6. Seton-Plattsburgh	1	3
7. Northeastern Clinton	1	5
8. Ausable Valley	2	0
9. Peru	2	0
10. Saranac	2	1
11. Chazy	1	N

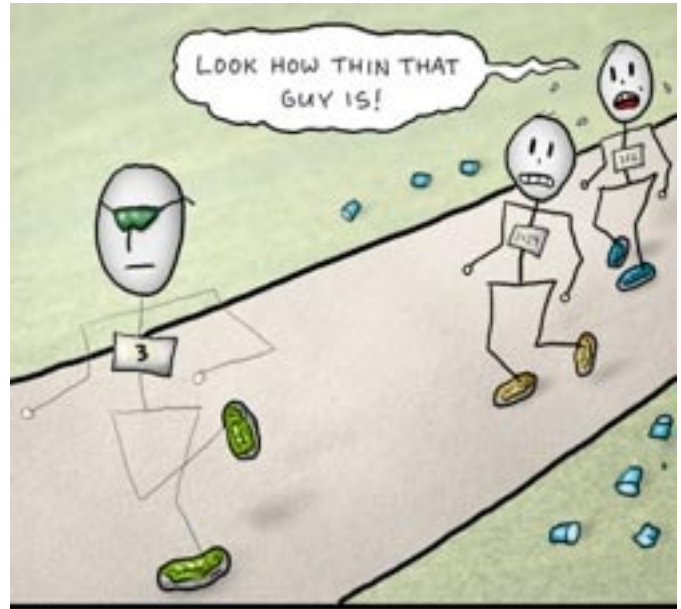
Individual Results (One boys race)

1. Lee Berube	Ticonderoga	14:29	D
2. Pat Stewart	Lake Placid	15:28	D
3. Michael Champagne	Seton	15:33	D
4. Brendan Courneene	Beekmantown	15:55	B
5. Brian Ellsworth	Plattsburgh	15:56	B
6. David Ellsworth	Plattsburgh	16:08	B
7. Matt Holden	Plattsburgh	16:10	B
8. Aidan Bickford	Saranac Lake	16:17	C
9. Zander McClelland	Lake Placid	16:34	D
10. Brendan Carberry	Ticonderoga	16:38	D
11. Michael Lonergan	Ticonderoga	16:41	D
12. Doug Osborne	Peru	16:45	B
13. Jon Coupal	Northeastern Clinton	16:48	B
14. Greg Bowler	Saranac Lake	16:53	C
15. Zack Ziemer	Seton	16:53	D
16. Josh Mesec	Northeastern Clinton	16:54	B
17. Justin Collier	Beekmantown	16:59	B
18. Jared Best	Ticonderoga	16:59	D
19. Garrett Peterson	Beekmantown	17:00	B
20. Nick Tallon	Beekmantown	17:02	B
21. Nathan Caudill	Plattsburgh	17:05	B
22. Mike Rush	Saranac	17:07	B
23. Matt Saulpaugh	Lake Placid	17:09	D
24. Ethan Waite	Beekmantown	17:15	B
25. Jay Berube	Ticonderoga	17:17	D
26. Jordan Bryant	Saranac Lake	17:22	C
27. Jacob DeWitt	Seton	17:26	D
28. Sam Racette	Saranac Lake	17:28	C
29. Mike Brassard	Northeastern Clinton	17:28	B
30. Nate Muzzy	Ausable Valley	17:31	C
31. Josh Cook	Ticonderoga	17:32	D
32. Eamon Kemp	Saranac Lake	17:33	C
33. Eian Tierney	Ticonderoga	17:36	D
34. Alex Beideck	Saranac Lake	17:39	C
35. Jeff Donlan	Plattsburgh	17:42	B



"The wear pattern on your running shoes suggests that you watch too much TV."

36. John Cordes	Peru	17:43	B
37. Kurt Whitford	Ausable Valley	17:44	C
38. Erik Young	Saranac Lake	17:44	C
39. Corey Devins	Ausable Valley	17:45	C
40. Zach Young	Saranac Lake	17:49	C
41. Jesse Toohill	Plattsburgh	17:50	B
42. Alex Walters	Ticonderoga	17:50	D
43. Brian Wolff	Saranac Lake	17:52	C
44. Austin Waid-Jones	Peru	17:58	B
45. James Racette	Saranac	18:04	B
46. Rheinart Meisenheimer	Seton	18:11	D
47. Peter Frenette	Saranac Lake	18:13	C
48. Zach Hamilton	Ausable Valley	18:14	C
49. Alex Ryan	Saranac	18:18	B
50. Sam Beguin	Plattsburgh	18:19	B
51. Jon Streker	Northeastern Clinton	18:23	B
52. Robbie Woodland	Saranac Lake	18:28	C
53. Matt Nolan	Ticonderoga	18:36	D
54. Justin Bresette	Seton	18:37	D
55. Koda Fountain	Lake Placid	18:42	D
56. Pat Lonergan	Ticonderoga	18:42	D
57. Bryan LaRoe	Saranac Lake	18:44	C
58. Patrick Duprey	Ausable Valley	18:45	C
59. Josh Thomas	Peru	18:49	B
60. Tom Sherman	Saranac Lake	18:54	C
61. Alex Goff	Lake Placid	18:59	D
62. Tejinder Gill	Plattsburgh	19:06	B
63. Chad Piche	Northeastern Clinton	19:07	B
64. Adrian Rockefeller	Saranac	19:17	B
65. Tom Titherington	Plattsburgh	19:18	B
66. Alastair Russell	Plattsburgh	19:26	B
67. Taren Frechette	Beekmantown	19:28	B
68. Dalton Mitchell	Saranac	19:31	B
69. Chase Pellerin	Seton	19:31	D
70. Mike Barber	Ticonderoga	19:35	D
71. Dylan Dubrey	Plattsburgh	19:35	B
72. Josh Herron	Saranac	19:37	B
73. Matt Moccia	Lake Placid	19:43	D
74. Charles Payson	Beekmantown	19:46	B
75. Dustin Farrell	Ausable Valley	19:53	C
76. Sean Masten	Seton	19:55	D
77. Gus Rietsema	Plattsburgh	19:58	B
78. Kevin Densmore	Ticonderoga	20:01	D
79. Will Pellerin	Seton	20:01	D
80. Quinten Gillillan	Seton	20:07	D
81. Alex Hall	Lake Placid	20:24	D
82. Ravi Ross	Peru	20:33	B
83. John Crepeau	Beekmantown	20:33	B
84. Maxx Hipko	Northeastern Clinton	20:33	B
85. Nate Kienert	Ausable Valley	20:48	C
86. Ryan Hapeman	Ausable Valley	20:58	C
87. Noah Englehart	Ausable Valley	20:59	C
88. Nick Lavigne	Chazy	21:22	D
89. Will Rhino	Ausable Valley	21:25	C
90. Tyler Grant	Seton	21:48	D
91. Joe Hutti	Saranac	21:53	B
92. Rob Bonham	Saranac Lake	22:10	C
93. Ben Chapman	Ticonderoga	22:20	D
94. Paul Laughlin	Plattsburgh	22:41	B
95. Calvin LeClair	Ausable Valley	22:59	C
96. David Cook	Ticonderoga	23:18	D
97. A.J. Osborne	Ausable Valley	23:21	C
98. Thomas Ryan	Seton	24:39	D
99. Dan Coffrin	Lake Placid	24:45	D
100. David Mallon	Ticonderoga	25:15	D
101. Travis Farmer	Saranac Lake	25:18	C
102. Matt Craig	Beekmantown	25:33	B



An elite runner at the Stickman Marathon



103. Ryan Blaise	Ausable Valley	25:34	C
104. Louis Racette	Saranac	26:35	B

Girls Results

Class B		Class C		Class D			
1. Peru	46	1. Saranac Lake	19	1. Seton-Plattsburgh	2		3
2. Northeastern Clinton	47	2. Ausable Valley	42	2. Ticonderoga	4		1
3. Saranac	62			3. Chazy	5		6
4. Plattsburgh	92			4. Lake Placid	1	N	C
5. Beekmantown	9						6

Merged Team Results

1. Peru	7						5
2. Northeastern Clinton	7						7
3. Saranac Lake	7						8
4. Saranac	1			0			2
5. Seton-Plattsburgh	1			1			7
6. Plattsburgh	1			5			2
7. Beekmantown	1			6			7
8. Ausable Valley	1			8			6
9. Ticonderoga	2			0			3
10. Chazy	2			6			3
11. Lake Placid	1			N			C

Individual Results (One girls race)

1. Mary Kate Champagne	Seton	16:34	D
2. Genna Hartung	Seton	17:29	D
3. Mari Walsh	Saranac Lake	18:36	C
4. Abi Lajti	Peru	19:00	B
5. Heidi Baumbach	Lake Placid	19:05	D
6. Bailey Weightman	Beekmantown	19:23	B
7. Monique Arvisais-Anhalt	Plattsburgh	19:33	B
8. Brittany Woodring	Ausable Valley	19:37	C
9. Sarah Rasco	Saranac	19:38	B
10. Kendra Leonidas	Saranac Lake	19:39	C
11. Brittany Trahan	Northeastern Clinton	19:40	B
12. Meghan Rainville	Northeastern Clinton	19:49	B
13. Erin Duffy	Northeastern Clinton	19:51	B
14. Justine Hastings	Peru	19:52	B
15. Brittany Maulding	Peru	19:55	B
16. Morgan Kelly	Saranac	20:02	B
17. Sophie Deshaies	Plattsburgh	20:05	B
18. Katie Karkoski	Ticonderoga	20:08	D
19. Becca Goddeau	Peru	20:09	B
20. Liz LaRosa	Saranac	20:13	B
21. Hillary Pond	Saranac Lake	20:20	C
22. Alyssa Hicks	Northeastern Clinton	20:23	B
23. Harriet Pedersen	Saranac Lake	20:26	C
24. Alanna Cruz	Northeastern Clinton	20:42	B
25. Emily Martin	Saranac Lake	20:44	B
26. Persephone Turetsky	Ausable Valley	20:46	C
27. Ally Burdick	Peru	20:48	B
28. Mary Glynn	Seton	21:00	D
29. Andrea Nye	Saranac Lake	21:04	C
30. Charlotte Hackett	Saranac	21:14	B
31. Lill Holmes	Saranac Lake	21:15	C
32. Emily Crawford	Saranac	21:19	B
33. Amber Perkins	Ticonderoga	21:20	D
34. Courtney Difiore	Ausable Valley	21:25	C
35. Julie Bowler	Saranac Lake	21:27	C
36. Megan Boumil	Northeastern Clinton	21:29	B
37. Amanda Maynard	Plattsburgh	21:32	B
38. Alexis Sims	Beekmantown	21:37	B
39. Stephanie Pepper	Chazy	21:40	D
40. Carleigh Roush	Northeastern Clinton	21:43	B
41. Dana Chapman	Seton	21:45	D
42. Geanette Orton	Saranac Lake	21:51	C



43. Chelsey Beaudet	Beekmantown	21:52	B
44. Ashley Lavery	Lake Placid	21:53	D
45. Kasy Heil	Saranac Lake	21:54	C
46. Miranda Ross	Ticonderoga	21:56	D
47. Parker Sims	Beekmantown	22:01	B
48. Maxine Rock	Saranac	22:01	B
49. Camille Piche	Northeastern Clinton	22:04	B
50. Kristy Duguay	Saranac Lake	22:07	C
51. Celeste Bickford	Saranac Lake	22:08	C
52. Anne-Marie Manor	Beekmantown	22:10	B
53. Emily Duffy	Northeastern Clinton	22:11	B
54. Savannah Moore	Plattsburgh	22:15	B
55. Mary Polhemus	Peru	22:21	B
56. Rebecca Phillips	Beekmantown	22:29	B
57. Kelly Rogers	Northeastern Clinton	22:30	B
58. Kathryn VanHerp	Seton	22:41	D
59. Shannon Passno	Beekmantown	22:50	B
60. Emily Manchester	Plattsburgh	22:57	B
61. Ashley LaPoint	Saranac	22:57	B
62. Leah Short	Plattsburgh	22:59	B
63. Carissa Boire	Plattsburgh	23:00	B
64. Valet Facelli	Saranac Lake	23:01	C
65. Alys Lyons	Chazy	23:04	D
66. Alexis Zagres	Northeastern Clinton	23:06	B
67. Maureen Pellerin	Saranac	23:07	B
68. Anna Kelting	Saranac Lake	23:19	C
69. Heather Rivers	Chazy	23:20	D
70. Gen Hill	Saranac	23:22	B
71. Erin Tuthill	Saranac Lake	23:28	C
72. Sylvia Horne	Northeastern Clinton	22:30	B
73. Danielle Tuthill	Saranac Lake	22:32	C
74. Liz Mills	Saranac Lake	22:37	C
75. Shevaun Bouchard	Saranac	22:40	B
76. Brittney LaVoie	Ticonderoga	22:43	D
77. Brittany Holt	Ticonderoga	22:48	D
78. Olivia Guay	Chazy	22:57	D
79. Samantha Morse	Chazy	24:06	D
80. Megan Boyer	Northeastern Clinton	24:09	B
81. Maria Anderson	Lake Placid	24:10	D
82. Lita Fountain	Beekmantown	24:19	B
83. Kenya Lovill	Saranac Lake	24:20	C
84. Rachel Crepeau	Beekmantown	24:28	B
85. Jen Manning	Ausable Valley	24:30	C
86. Victoria Whitney	Ausable Valley	24:41	C
87. Emily Rice	Saranac Lake	25:22	C
88. Colleen Walls	Ticonderoga	25:24	D
89. Emmalee Kelting	Saranac Lake	25:25	C
90. Brandie Rivers	Northeastern Clinton	25:36	B
91. Annelieke Rietsema	Plattsburgh	25:46	B
92. Bekah Grim	Northeastern Clinton	25:52	B
93. Diana LeClair	Ausable Valley	26:34	C
94. Rachel Ward	Ticonderoga	26:39	D
95. Julie Micanko	Peru	26:50	B
96. Jessica Favro	Northeastern Clinton	27:58	B
97. Phalon Nolan	Ausable Valley	28:03	C
98. Keri Noonan	Beekmantown	28:54	B
99. April Yeane	Ausable Valley	30:49	C
100. Corrine Giroux	Chazy	33:18	D



11/04/07 23RD ANNUAL "GRUNT" RUN 10K

23	Cunningham, Jim	Syracuse, NY	M	24	7:04	43:52.05
57	Cunningham, Julie	Ticonderoga, NY	F	22	8:10	50:42.55
58	Cunningham, Jim	Ticonderoga, NY	M	63	8:10	50:42.75



THE 2007 NEW YORK STATE FEDERATION CROSS COUNTRY CHAMPIONSHIPS

November 17 Held at Bowdoin Park, Wappingers Falls
BOYS RACE - 5000 METERS

PLACE	NAME	PLACE	TEAM	TIME	PACE
1	Pat Dupont	SR 1	Fairport	15:52.1	5:07
2	Kyle Merber	SR 2	Half Hollow Hills West	15:55.9	5:08
3	Zach Rivers	SR 3	Victor	15:58.6	5:09
4	Colby DelBene	SR 4	Pawling	16:03.5	5:11
5	Giovanni Signoretti	SR 5	Smithtown	16:05.0	5:11
6	Julian Sheinbaum	SR 6	Scarsdale	16:09.8	5:13
7	Lee Berube	SR 7	Ticonderoga	16:13.7	5:14
8	Dimitri Goutos	JR 1	Saratoga	16:15.0	5:14

OPERATION SANTA

MALE AGE GROUP: 60 - 64

1	31 Jim Werthmuller	64 Diamond Pt	NY	23:33
2	32 Jim Cunningham	63 Ticonderoga	NY	23:42
3	33 Herb DuFour	62 Granville	NY	23:48
4	57 Dave Rutkowski	61 Ticonderoga	NY	25:42
5	68 David Mousaw	62 Queensbury	NY	27:15
6	135 Gregg Hoag	61		53:09



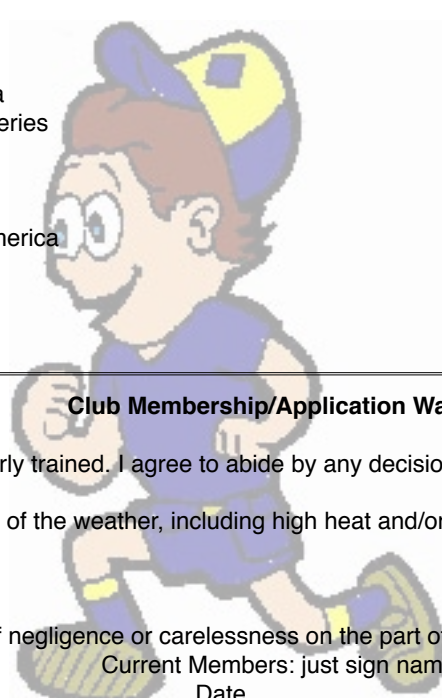
La Chute Road Runners Club

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
- Sponsor the Birthday Run
- Sponsor the Resolution Run
- Sponsor the Heritage Run
- Sponsor the Footrace at Fort Ticonderoga
- Support a LCRRC Point Championship Series
- Hold an annual Awards Banquet
- Provide a newsletter
- Provide organized training opportunities
- Membership in Road Runner's Club of America



Club Membership/Application Waiver

I know that _____
ties unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to sagely
complete t_____
contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on
the _____
of yo_____
Chute Road_____
even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

Current Members: just sign name

Signature _____ Date _____

Membership type:

- Family \$10.00 ()
- Individual \$5.00 ()
- Student \$2.00 ()

Mail to:

Jim Cunningham
26 Amherst Avenue
Ticonderoga, NY 12883

Application

First name: _____ Mi.: _____ Last name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home phone: _____

Email: _____

Date of birth: _____

Family members: _____

LCRRC

LaChute.us

Announcing: Resolution Run
Date: Jan 1, 2007
Benefit: Ticonderoga Food Pantry
Location: Bicentennial Park, Ticonderoga, NY
Check in: Ticonderoga Bicentennial Park (Registration begins at 10:15)
Race Start: 5 Km and 2.5 mile Walk 11:00
Course: The race begins and end near the Heritage Museum.
**Entry Fees: 5 Km & Walk \$2.00 (Checks payable to La Chute Road Runners),
or 2 canned goods to be donated to the Ticonderoga Food Pantry.**
Mail To: Ellie Berube
17514 Rt. 22
Putnam, NY 12861
518-585-8974
dearrun@capital.net

Resolution Run
Jan 1, 2007

Race entered: 5 Km ___ 2.5 Mile ___

NAME _____ AGE _____ GENDER _____
ADDRESS _____
CITY _____ STATE ___ ZIP _____

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waiver and release all rights and claims for damages I may have against the La Chute Road Runners, the Town of Ticonderoga, Road Runners of America, USA Track and Field, all sponsors, and co-sponsors, volunteers and workers, race organizers, their representatives, successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race. Athletes who participate in this competition may be subjected to formal drug testing in accordance with USA T&F regulations. Athletes found positive will be disqualified form the event and will lose eligibility for future competitions.

Signature _____