



LCRRRC

Newsletter

Nov. 2007

BROWN INVITATIONAL

The 25th Annual Brown Cross Country High School Invitational was held on Saturday, October 20, 2007. The Ticonderoga Cross Country team was in attendance. The boy's team entered the elite Championship race. The girls entered the Varsity race and another team of boy's entered the freshman race. There was a total of 13 races held at picturesque Goddard Park in East Greenwich, Rhode Island, beginning at 8:50 am with the Freshmen races. [Complete Results](#)

PLC	PLC	NO	LAST	FIRST	TEAM	TIME
4	4	1891	Berube	Lee	TICONDEROGA - N SR	15:22.6
65	57	1893	Carberry	Brendan	TICONDEROGA - N JR	17:54.0
71	63	1894	Lonergan	Mike	TICONDEROGA - N SR	18:04.3
82	74	1890	Berube	Jay	TICONDEROGA - N FR	18:29.2
83	75	1892	Best	Jared	TICONDEROGA - N JR	18:30.6
90	82	1895	Tierney	Eain	TICONDEROGA - N SR	19:49.9
91	83	1896	Walters	Alex	TICONDEROGA - N JR	20:01.4

Championship Boys

PLC	PLC	NO	LAST	FIRST	TEAM	TIME
82	72	819	Karkoski	Katie	TICONDEROGA - N SO	22:42.2
113	102	822	Ross	Miranda	TICONDEROGA - N SR	23:52.4
129	118	821	Perkins	Amber	TICONDEROGA - N JR	24:54.0
140	127	820	LaVoie	Brittney	TICONDEROGA - N JR	25:45.7
143	130	818	Holt	Brittany	TICONDEROGA - N SO	26:13.4
150	136	823	Walls	Colleen	TICONDEROGA - N JR	27:41.4
158	144	824	Ward	Rachel	TICONDEROGA - N SR	30:02.4

Varsity Girls

PLC	PLC	NO	LAST	FIRST	TEAM	TIME
28	25	1898	Cook	Josh	TICONDEROGA - N FR	15:10.7
64	57	1897	Barber	Mike	TICONDEROGA - N FR	16:07.3
84	75	1899	Densmore	Kevin	TICONDEROGA - N FR	16:33.3
90	81	1900	Lonergan	Pat	TICONDEROGA - N FR	16:46.5
107	96	1901	Nolan	Matt	TICONDEROGA - N FR	17:11.7

Freshman Boys

THE GREAT PUMPKIN CHALLENGE

Place Div/Tot Name Age S City St 10k Pace
 58 2/5 Jim Cunningham Sr 63 MTiconderoga NY24:05 7:45
 (322 5K runners)

Place Div/Tot Name Age S City St 10k Pace
 37 2/8 Julie Cunningham 22 FTiconderoga NY 48:34 7:49
 140 7/8 Kimberly Worobey 21 F Castleton NY 1:04:51 10:27
 (172 10K runners)



Races

- Saratoga National Cross Country Classic
10/14/07
- Hartford Stewart's Spud Run
0/20/07
- Goblin Gallop
10/27/07
- Reindeer Run
12/08/07

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

TREASURY REPORT

In the regular La Chute Road Runner's account we now have \$2,142.15. In the special savings account, (Scholarship Fund) we have \$9,556.23, as of October 22nd.

25TH MOHAWK-HUDSON RIVER MARATHON

Place	Div/Tot	No.	Name	Ag	S	City	St	Time	Pace
400	26/32	93	Colleen Brown	35	F	Ticonderoga	NY	4:26:19	10:10

MELANIE MEROLA O'DONNELL 1/2 MARATHON MEMORIAL RACE

Place	Name	Ag	S	Div/Tot	Div	Town	St	Finhm	Pace
198	KIMBERLY WOROBEY	21	F	11/12	F2024	CASTLETON	NY	2:15:33	10:21

2007 MINI TRIATHLON WORLD CHAMPIONSHIP

Ticonderoga	60+	Dave Rutkowski	0:08:44
0:50:30		0:41:46	0:26:34
Port Henry	60+	Red McDonough	0:09:58
0:54:06		0:44:08	0:27:41
			1:21:47

MONTCALM MILE UPDATE

Race officials are planning to add team categories based on family relationships. Also, officials have negotiated with the town to repave the course!



NEWSLETTER INFORMATION

If you have any articles or race results to contribute to the newsletter, mail that information to Jim Cunningham.

FIRST ANNUAL ADIRONDACK 5K RUN/WALK FOR HOPE

1 Brendon Carberry 19.52
9 Jim Cunningham 25.39

SYRACUSE FESTIVAL OF RACES

26/247	Julie Cunningham	22	21:24	6:54	14/58	F20-29	Ticonderoga	NY	10:33	10:51
67/293	Jim Cunningham	24	20:04	6:28	20/50	M20-29	Syracuse	NY	9:48	10:16
171/293	Jim Cunningham, Sr.	63	23:54	7:42	6/19	M60-64	Ticonderoga	NY	11:38	12:16

MAINE HALF MARATHON

Place	Name	Age	S	Div/Tot	Div	Town	Time	Pace	Nettime
312	MEAGHAN ARZBERGER	22	F	30/207	F2029	KENNEBUNK ME	1:46:48	8:09	1:46:19
374	FRED HERBST	52	M	31/73	M5054	TICONDEROGA NY	1:49:15	8:21	1:48:47

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



Club Membership/Application Waiver

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, and all sponsors from all claims or liabilities of any kind arising out of my participation in there club activities, even though that liability may arrive out of negligence or carelessness on the part of the person named in this waver.

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