

LA CHUTE ROAD RUNNERS

JULY 2008

LCRC

Montcalm Mile Update

Thanks to Road Id, 300 numbers on the way. Thanks to Trophy Depot, 225 medals are also on the way. Last year we had 200 runners; this year, with the 4th on a Friday, we may have more. Today, a few more people in town promised to run in the race. Gas price won't be a deterrent, since the runners will be in town for other reasons. I just finished "Pre," a book on Prefontaine. In a town in Europe during the summer, he and 2 running friends were bored and went to the mayor, and challenged the entire town to a track meet. Let's have Lee and Jay visit Bob Dedrick to present a Montcalm Mile challenge!

Here is a recap of the previous race. Last year, despite the large numbers, registration and the starting area went smoothly. We used cell phones which helped the 2 ends communicate. The chute at the finish line was also lengthened. No bandits made it through the chute, which presented a problem the previous year. We should be in good shape for larger numbers with a couple of tweaks.

Some notes were made at the conclusion of the race. The chute was taken down too early; runners were still out there. Runners need to move faster in the chute. A series of steps were identified to move things along: such as giving out medals after the envelopes were collected, placing numbers on both sides of the envelope, and writing times on the envelope.

Six people helped out at the start last year. Four did the registering and 2 handed out clipboards with applications. Eleven people helped out at the finish. This year we need 2 more, one for the clock, and one acting as a pusher, moving the runners along; people working their tasks in the chute, didn't have time to "push."

So there it is! This year's event may have more runners, as judged by community discussion. So keep your cell phones on in anticipation a call from the race committee. You can also e-mail **Jim** if you have a area you would like to help at. The race PDF can be found [here](#).

Treasury

In the scholarship fund there is \$ 9,487.75.

In the La Chute club fund there is \$ 738.46.

Rock 'n' Roll

Marathon

Kimberly Worobey

Clock Time	5:01:32
Chip Time	4:51:37
Overall Place	8131 / 16760
Gender Place	3203 / 8637
Division Place	497 / 1218
Age Grade	46.4%
Pace	11:08
Ttldiv	1218
Ttlsex	8637
10K	1:08:19
Half	2:22:54
21 Mi	3:53:25



GO LEE

Lee Berube competed in the 3,200-meter run Friday at the state championships. He finished second, overall, and first in Div. II. Time: 9:08.37

8th overall Lee Berube, 1600 meter run 4:20.86

Help Running Races

Hi,

I'm on the board of the Adk Marathon and we're reaching out to area residents and some running clubs to see if anyone wants to join us in helping run the races either as one of our team members or assisting on race day only. Could you send out an email to your members via your newsletter and have them contact us if interested?? Thanx, Paul Manning, Schroon Lk

Paul Manning, Adirondack Marathon

pcm1201@hotmail.com

Hi,

Please let me know if you would send out a note on behalf of the North Country Triathlon that is coming up in Hague on June 28th. We had a great race last year and would love to have some of the road-runners out there this year.

Information can be found at: www.northcountrytri.com

Best,

Randy Engler

Founder, NCT

North Country Triathlon

www.northcountrytri.com

randy@engler.com

Membership

Brown, Colleen

Burrows, David

Costello, Karen

Cunningham, Jim P.

Gabler, Jeanne

Greer, Jeff

Hayes, Shawn

Herbst, Fred

Kiely, Brian

Leavens, Jim

Lonergan, Craig

Rutkowski, Dave

Sherman, Linda

Here is a list of the current members of the La Chute Road Running Club.

Welcome to Linda Sherman, our newest member!

One name may represent an entire family.

Links

La Chute Road Runners

If you haven't updated your membership, click on the PDF below!

Membership PDF

Race Links
The Adirondack Runners
Albany Running Exchange
Hudson Mohawk Road Runners
Northern Lights Track Club
La Chute Road Runners Club

Vermont City Marathon

Men's Results

32. Jay Wells, 28, Ticonderoga, N.Y., 2:51:15

817. Mike Graney, 39, Ticonderoga, N.Y., 4:11:37

out of 1450

Women's Results

696. Meaghan Arzberger, 23, Ticonderoga, N.Y., 4:52:15

out of 929

Mixed Open Relay

8. Castleton Cruisers, Ticonderoga, N.Y. (David Burrows, Chad Quirion, Joe Wells, Matthew Karkoski, Heidi Karkoski) 3:06:58

out of 446



