La Chute Runners spring 2022

Montcalm Mile

After a two year hiatus, the Montcalm Mile has returned!

The committee has been working on producing a competitive and fun event.

Athletes are once again happy that they will be able to "burn up" the one mile down hill course. The course parameters are the same. We will start at Ti Automotive LLC (Wicker Street and Race Track Road, the same location of the Wicker Ford Building). Also the race will finish near the Community Building, downtown, Ticonderoga.

We do have some changes to our normal format. **There will be no race day entry**. Runners must enter online at **RaceWire.**

Again, there will be no race day possibility to enter the race. Also, bandits will not be allowed to run.

Number pickup? Early number pickup will be conducted, the day before the race at the Knights of Columbus Pavilion on Montcalm Road {153 Montcalm St}. The Pavilion is located behind the Knights of Columbus building. There is plenty of parking behind the building. The time for pickup is 3:00 PM to 7:00 PM, Sunday before the race. There will be an opportunity to pickup before the race on race day.

So get training! Hit some downhills! How fast can you go?

When you register online, do notice that the cost for signing up with RaceWire has already been included with the price.

Here is a link to the race website for the **Montcalm Mile** for more details.

Also, again, here is a link to register for the race at **RaceWire**.

A good source of information as the race develops is our **Facebook** page.

Renew

It is never too late to renew or join the La Chute Runners!

Here is a link to our **Webpage**.

We have been busy conducting a series of “challenges” and we are now looking forward to, once again, sponsoring races.

If you would like to join our group, here is a link to the **Membership PDF**.

Periodically, we hold meeting to discuss club plans; you are welcomed to attend!

“Happy Runnings!”



We do plenty of trail running, besides, of course, road running, and racing. Occasionally, on a trail, we encounter an“interloper,” when, actually, we are the interlopers, as was the case when one La Chute Runner came across about 200 goats! The goats were working, unlike the runner. They were eating grass, grass that could potentially cause fires, as in this case, in California. They were working, and performing a community service. They glared, at the interrupting runner, and with the insistence of a trailing border collie, moved along to “greener pastures.”

