La Chute Runners
November, 2022

Rogers Rangers Ramble Run

Blue skies and warm temperatures greeted the gathering runners at the golf course, the sight of the famous Battle on Snowshoes, though, certainly, snowshoes were not needed this year. The Battle on Snowshoes occurred on March 13, 1758, during the French and Indian War. Rogers led a band of about 180 rangers and regulars out to scout French positions. Runners and walkers, at the conclusion of the race, reported that no French troops were present on the golf course, though at the start/finish line, they did observe some diggings from a skunk.

There were two courses, a 5K a 2 mile course, both of which wound around the very scenic golf course.

At the conclusion of the run, the athletes gathered for a delicious lunch. Just before the lunch an awards ceremony was conducted. Unique awards were given, and some of them were distributed by way of a random drawing, conducted by two of our youngest racers.

Runners departed, looking forward to next year's ramble!





Rogers' Rangers Ramble Run November 5, 2022
5K results

Time	Runner	Age	Place
22:42	Ollie Porter	13	1st Overall M
23:24	Exekiel Visser	14	2nd Overall M
23:49	Brady Leerkes	15	3rd Overall M
24:00:00	Carter Mack	13	M
24:12:00	Avery Blanchard	16	1st Overall F
25:08:00	Jedidah Visser	13	M
25:57:00	Jay Wells	43	M
25:59:00	John Wilson	37	M
26:28:00	Dee Donohue	48	2nd Overall F
26:45:00	Tim Malaney	65	M
27:25:00	Ellie Berube	62	3rd Overall F
32:30:00	Glen Chapman	67	M
32:32:00	Matt Karkoski	60	M
34:55:00	Henry Mack	10	M
35:10:00	Kristen Mack	40	F
35:58:00	Liam Donohue	15	M
36:44:00	Cam Brown	50	F
37:00:00	Seanna Porter	45	F
43:15:00	Jim Cunningham	78	M
48:50:00	David Rutkowski	76	M
48:50:00	Chris Mallon	62	M



2 Mile Walk - Rogers' Rangers Ramble Run 11/5/22

20:27	Theo Alexander	8 1st Overall M
23:44	Maven Alexander	6 1st Overall F
23:44	Ash Alexander	41 M
24:53:00	Heidi Karkoski	55 F
34:12:00	Janet Mallon	65 F
34:12:00	Melinda Chapman	65 F






SNOWSHOE BATTLE


SNOWSHOE BATTLE
WASHINGTON




SNOWSHOE BATTLE
5693


Chute
Road Runners
Ticonderoga, NY

Retro

by Jim Cunningham

A conversation with Dave Rutkowski had me dive into our retro files. These files were newsletters that began in 1987. The newsletters were of a cellulose version and this method lasted to 1995. For, at that time the World Wide Web was under development, and became readily available to the public in 1995, at which time, our club went “digital” with the newsletter going online. Our paper version sometimes contained 5 “stapled” pages much to the dismay of the post office. I believe they asked us to tape over the staples!

So, this newsletter is a newsletter about retro newsletters! So, here goes!

The Adirondack Runners were a very active group when we were getting organized; so we modeled much of our preliminary structure after that organization. Here is a link to our first by-laws, and here is a link to our first document, which was not as yet a newsletter. Also, here is our first formal newsletter.

WINTER TRAINING RUN REPORT

The color was blue. If we were skiing, it would have been green--hard green wax. The fullest can of spray paint was blue. I drove down Blackpoint Road to paint the mile markers, and found Jim Barnes, not wearing a La Chute runner's uniform, but NIMo's, not jogging the course, but grooming it. He was cutting branches near the powerlines, but said that he would rather be running. Line painting is easier with crusty snow. I didn't feel as guilty painting large blue numbers in the snow.

There were five of us. Tim Malaney and Terry Schmidt quickly left the "pack", which consisted of Dave Rutkowski, Jim Cunningham, and Mike Beehner. The near-windless, 12 degree, blue-skied December day turned out to be a perfect day for a 15K run. During the "aprez-run", it was hot chocolate and cookies.

Tim Malaney	53:07
Terrt Schmidt	53:37
Dave Rutkowski	73:28
Jim Cunningham	74:39
Mike Beehner	75:06

The final mile for Tim was 5:37, and for Dave was 6:59.

Early on in our clubs’ pre-covid history, we were able to have many interesting activities. One was a 15K run, a run down Black Point Road, generally on a Saturday afternoon. A report from one of those 15K runs is just to the left. Generally, a covered dish lunch followed the run.

Besides holding activities during a school year, we also had an activity in the summer: a track meet, rather a collection of them. The meet was not open just to our club, but to high school students, and to students of other schools. I remember running a 100, with kids from other schools, and not appreciating my 16 second finishing time!

One aspect that we copied from TAD runners was a club championship. Following their model, we posted mandatory and optional races that would yield points for that championship.

Then, coupled with the high school runners dinner at the Elks, we would hold, conjointly our “ceremony”! Our points system is at the right. Points were achieved within ones’ age group

La Chute
3/12/90

'90 POINT SYSTEM

Every year the LCRR experiments with its point system. This year the Point Championship Committee has come up with a few new wrinkles. To qualify, you must run in five races, one of those races must be the Montcalm Mile or the Ticonderoga Birthday Run, as was the case last year. Additionally, you must participate in one of the LCRR'S 5K summer runs, and one of the summer developmental track meets. The summer program of races does not count for points.

Awards, when they are tabulated in December, will now be five deep! For the past year, there was only one award; it happened to be a polyproplene hat. Keep records of your placings and times and send this information to Fred LaPann. Here are the points assigned to placing:

place	points
1	12
2	10
3	9
4	8
5	7
6	6
7	5
8	4
9	3
10	2
finish	1

If you got a 5th in the masters age group, or in the open, or in any age group, it counts for 7 points. The system is not age or gender biased. Everyone competes against everyone else.

LACHUTE
6/10/88

SUMMER PROGRAM
Starting on Wednesday, June 29th, the club will start holding activities at the track. The activities will start at 6:30; the program itself will last until the fall. Here is the schedule. On the first and third Wednesdays of each month, the club will have workouts at the track. Thr nature of the workouts would be determined by those in attendance. On the second and third Wednesdays of the month, the club will have a race or races. The races can be on the track for distances from 100 meters to 3000 meters, or on the road for a 5 or 10K. The activity on June 29th will be a race. On the first Wednesday of July there will be a workout.

Finally, here is a description of the summer program, which was opened to the club, Ticonderoga students, and students from other school.

Who knows, possibly the next addition of the newsletter may deal with newsletters that were posted on the world wide web!

Renew

If you are not a member, why not join? A membership information can be found here: Membership/Renewal