La Chute Runners Meeting
Wed. 12/14/22 7:00
Black Watch Library

Members Present: Tim Malaney, Brian Kiely, Matt Karkoski, Dave Rutkowski, Jim and Linda Cunningham

At the end of a year, it is time to review the club activities and plan for the 2023 season. Part of the process is renewing our association with the Road Runners Club of America. That organization provides services including insurance for our activities for the following year.

At the meeting we discussed plans for 2023. Here is the general meeting consensus:

There will be 4 races with a total of 500 runners:

1. The Montcalm Mile - 7/4/23
2. The 5 Nations 5K - Aug 5, 2023 (This date is tentative, dependent on scheduling with race-site approval.)
3. The Rogers Rangers Ramble Run - Nov. 11 (This date is tentative, dependent on scheduling with race-site approval.)
4. To Be Determined: The club entertaining the idea of including an additional race: suggestions are welcomed! (If you have an idea, email the suggestion.)
   One suggestion made at the meeting is to possibly have a run at the Fort, or the in Bicentennial Park. Our club has a historical theme with regard to the races promoted.

   It was decided that in 2023 that there will be six Club runs. Club runs are not races, but group runs conducted by club members. Covid has limited our development of these group runs. There was an expressed wish to re-institute them. It was decided to have 6 of these runs. It was felt that this consistency of training would benefit club members.

   Do you have an idea for a club run? Suggestions are welcomed!

   Here are some tentative ideas for Club runs: a run at Letsonville, a Freeze Your Gizzard run which we have done in the past, a run on Baldwin (this run would have the advantages of a dip in a pool at the conclusion of the run, another possibility is to conduct a run on Mt. Defiance. Another suggestion was made to hold a club run at the Beach. Another possibility was to hold a club run at Ft. Crown Point to explore the trails.

   It was also mentioned that mid-week may be a good time to hold these group runs. How would that fit into your schedule? There would be two distances for these walk/run events.

   Do you have an idea for a club run? A club run is not a challenge or a virtual run, but a run conducted at a specific time and place. Do you have an idea for a club run? Again, we are planning on having 6 Club runs next year. Email the suggestion.

At the meeting, we also discussed our Challenges. Our Challenges or virtual runs, have been very popular. We plan on doing many next year. Do you have an innovative idea for a Challenge? These runs are done on your own at your chosen location and time. If you do have an idea, email that suggestion. Suggestions are welcomed!

At the meeting, there was a review of the Montcalm Mile. Tim is working on donations for next year. It would be appreciated if Silvamo would sponsor t-shirts for the runners. A request is being made. (As an aside, does anyone remember the 10K race that the mill put on? It began and ended at the mill and did the big loop. The finish line was denoted with upright rolls of paper!) Perhaps Walmart would donate the food at the finish. Last Year it worked well to have packet pick-up on the 3rd. There was also day-of-race "registration" on site at an increased rate, with a medal at the end, but no official time. Tim is investigating timing services.

At the meetings, it was also discussed how to involve the youth of the community into our running activities. The idea of running camps was explored. The idea of a track meet was also explored.

Our meeting was very productive, and set the stage for 2023!

A formal date for the next meeting has not as yet set. There may be a virtual possibility for members.