La Chute Runners

Spring 2023

2023

We survived multiple snow storms, and multiple feet of snow. Twenty twenty three, bring it on, you have nothing that we can't handle!

We had plenty of Challenges along the way and we look forward to some more, and to some racing and club runs also in our future.

Our club has numbers! We presently have 35 members signed up to our club. Do you have friends that like to run? Get them to join. There is plenty to do with regard to the club. Meetings? Of course, we hold them in the Black Watch Library, no lie! (Have you noticed that most watches and bands are black!) Head on over! Do you have an idea for a Challenge? Bring it forward! New ideas are always interesting. Can you help with a race or host a Club run? Jump in! Do you have anything for the newsletter? Write it up and send it in. Apparently, any thing goes.



Stuff

What is going on? Well! Claude is on the verge of initiating a new challenge, a challenge that probably has to do with April. What is the challenge exactly? Who knows! Probably just Claude! Apparently it has to do with a tree! Whatever!

On the horizon, we do have the Montcalm Mile. Again, it will be just a one mile race! Whatever! The date is, believe it or not, July 4th! (Who would have thought!) Help! Help is needed: registration, food, awards, numbers, registration, evening before, and misc.

We also will be doing our Rogers Rangers Ramble Run, and Five Nations, 5K. Any other ideas for races?

Past Challenges

So, what were they? Well, here they are!

January 2023 - Kick off: Run or Walk 2.3 miles each day of the two weeks.

Flying into February: Picking up the distance! Run (or walk) at least 2.8 miles anywhere (28 days in February).

Pi Day: You get a unique number for every 3.14.

Montcalm Mile

Plans for this year's Montcalm Mile are underway!

Contact has been made with our normal crew Race Wire. They will be back and will conduct their timing services.

Sponsors are being addressed. One company Sylvamo, will be providing tee shirts for the race. We thank them for the support.

We will be having organizational meetings in the future for that race. There are ample opportunities to help out with the race. We will be needing help at the start and finish and the evening before. Your help will be greatly appreciated! The more help, the more successful the race.

New Challenge

Claude sent a letter through the post office, no less! It came, timely, as the newsletter was being formulated.The first thing he wrote was an apology! Pi Day (3.14), as we so designate, starts with the month (3), then the day (14). Curiously, Claude mentioned that most of the rest of the world expresses dates starting with the day, then the month, then the year. So our Pi Day is also expressed as 14/3/23. He did say that it is not necessary for us to delete our running data for that month!

The rest of the letter alluded to the challenge for April, and Earth Day. Earth Day is celebrated on April 22 in the United States and on either April 22, or the day the spring equinox occurs throughout the rest of the world. So you see Claude's problem! In the letter he insisted that he will resolve the problem by the beginning of April.

Join/Renew

Do you need to renew membership or would you like to join the La Chute Runners. It is easy enough to do, though it may not appear so. (Basically, download a PDF and email it. Here are the directions as seen on our webpage, and here is a link to that page: *Join/Renew.*

"Click on the membership link; the file will download or open up in the browser (depending on browser).

Either fill out the downloaded file and return email, or if it opens in the browser, fill it out there then, usually in the top right corner, you would see link to download, and chose "download with changes" then return email (which is jim4c4@gmail.com)

Renewal fee? At this time, hand in the fee at a meeting, race, etc; we are exploring a future membership/renewal method with a 3rd party entity (phones would need the Form Filler app)."

Calendar

Races? There are plenty! Here are coming up races with active links:

Here is a possibility. The Glens Falls Rotary Community Wellness 5K Run/Walk will take place on Saturday, April 22, 2023 at 9:30 AM. This year's races will be back at SUNY Adirondack and use the new course.

Link

A week later, this race will be held, The Doctor Lopez Run for Health, Sun April 30, 2023. The 13.1-mile half marathon is for the hardy and takes participants through Keene Valley in the heart of the Adirondack Mountains into Elizabethtown for food and awards. The 5K is a fun alternative with a great crowd for runners and walkers. The 5K run/walk starts at 10:00 AM in Elizabethtown.

Link

On our club webpage we have a collection of links to local races.

Link