La Chute Runners Dec. 2023

La Chute Runners Meeting
Thurs. Dec. 14, 2023
Black Watch Library - 7:00

Members Present: Tim Malaney, Brian Kieily, Cam Brown, Matt Karkoski, Mike Quinn, David Hayes, Bridget Simpson, Jim and Linda Cunningham

Jim passed around a Thank-You note from Garrett Beebe - thanking the club for helping him go to the BOYS OPEN RACE 5K XC - NXR NEW YORK REGIONAL 2023 . Great Job Garrett!!!! Garrett finished in 7th place overall!

Tim summarized the financial aspect the Montcalm Mile. There will be some sort of reduction in price for those who were registered for the 2023 run at 2024 race. The fire interrupted the 2023 race; the fire hose didn't dampen any spirits! Plans are underway for the next Montcalm Mile and more information will be coming.

The Club is making donations to some of the local organizations: the K of C, the Best 4th in the North, the Ticonderoga BackPack program, and Pride of Ticonderoga. These organizations have been extremely helpful to the club.



Jim will be renewing the club's membership with the Road Runners Club of America. Here are some of the perimeters pertaining to our renewal. We will do at least 5 club runs this year. The club runs will be organized by volunteers and the course, day, and start time will be set. Of course, the Montcalm Mile and the Rogers Rangers Ramble Run are also set for next year.

The clubs looking for volunteers to suggest and direct other races. Club runs are just for club members and, of course our “races” have open registration. We will also be having “Challenges” or virtual runs which can be competed by anyone, club member or not, and at any location or time.

The first club run will be a run on New Year's Day up Mr. Defiance, a one mile distance. With the Montcalm Mile being a key club race, there will be a series of mile runs before the Montcalm Mile, to prepare for this 4th of July event. There will be more information coming.



Renew

At our club meeting, many members took the opportunity to renew their membership. If you are not a member or wish to renew, check out the link!

Now is a good time to renew membership to the club! If you are not a member, why not join? A membership application can be found here: http://www.lachute.us/Renew.pdf

Our Goals

-Encourage the youth the community to get involved in a beneficial activity.

-Provide competitive opportunities for its members.

-Provide the membership with educational and social opportunities