

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners

April 2008

Get Ready For Springtime Running!



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NEW?!

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SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
April 2008

2008
Roadrunners
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(see page 13 for advertising rates)



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the winter months. We run from The Fitness Mill at 5:45 p.m. The Fitness Mill provides showers and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

THINK. *President's Ponderings*

Jim Fiore



First things first! I want to say thanks to everyone who came out for America's Greatest Heart Run and Walk! Whether you ran, walked, and/or volunteered, your efforts were greatly appreciated and just one more reason to be a proud Utica Roadrunner!

Don't forget, the annual club awards banquet will be held this year on Saturday, April 5th at Harts Hill Inn. For club members, the cost of the dinner is partially subsidized and only \$20. There will be a one hour "warm-up" from 6:00 to 7:00, the main event is at 7:00, and you're responsible for your own "cool down." Please contact Melissa Williams (melwilliams72@hotmail.com) to reserve your seats.

The Grand Prix schedule for 2008 has been decided and details can be found elsewhere in this issue and also on the club bulletin board under the Club Events forum. One new item to note is that this year our Summer Sizzle will be part of the USATF Adirondack Section's Grand Prix (as well as our own club GP). The USATF Adirondack GP series offers a total prize purse of \$5000. Details can be found at <http://www.usatfadir.org/HPLinks/USATFGrandPrixSeriesfor2008.pdf>

In other news, we now have online processing available for membership applications, renewals, and existing clothing inventory (singlets, short and long sleeve tees). All transactions are handled securely via PayPal and you can choose to pay via credit card, transfer, or e-check. Traditional check and cash transactions through the mail or in person are still accepted, of course. This is another example of how we're trying to make things easier for the club membership and reduce the demand on volunteers. You can get to the membership applications and renewals by clicking on the "Membership Application" link on the left side of the home page. A link for the clothing page may be found along the right edge of the home page.

As I mentioned in the prior issue of SpilTimes, we are looking at a considerable expansion of our club merchandise catalog. We are very close to a final deal on this exciting member benefit. The catalog will be available online and will go well beyond the usual shorts and singlets, and likely will encompass jackets, warm-ups, hats, etc., and perhaps casual attire as well, all emblazoned with the club logo. The logo will be screen printed or embroidered depending on the item. All club members in good standing will receive special reduced pricing on each and every item offered. We could still use a couple more volunteers to help decide on the catalog items, so if you're interested, contact me at urrpres@dissidents.com.

Run far, run fast, but above all, love your run,

-Jim

What is the The Grand Prix?



The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members (with annual dues for 2008 paid by 3/31/08). Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the Grand Prix awards are presented at the club's annual awards banquet.

2008 Grand Prix Races:

- Fort-to-Fort 10K – April 5
- Ted Moore 5K – May 3
- Hall of Fame Half-Marathon – May 18
- KAC 10K – May 31
- **UR Save Our Switchbacks (SOS) 5-Mile – June 15**
- **UR Summer Sizzle 5-Mile – June 22**
- The Battle of Oriskany 10K – August 2
- **UR Falling Leaves 14K – September 28**
- YWCA Freedom Run 5K – October 11

Scoring

Scoring will be based on the best 5 finishes of the 9 Grand Prix races. There is no minimum number of races needed to qualify.

Age Groups

There will be six age groups, Male & Female:
19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over
Age based on age as of 1/1/08.

Points will be awarded in each age group as follows:

- 1st place - 10 points
- 2nd place - 9 points
- 3rd place - 8 points
- 4th place - 7 points
- 5th place - 6 points
- 6th place - 5 points
- 7th place - 4 points
- 8th place - 3 points
- 9th place - 2 points
- 10th place - 1 points
- 11th place & higher - no points

For more information, contact Ted Petrillo at petrillo34@roadrunner.com or 768-7319.

April Races

21st Annual Fort to Fort 10k Run

To Benefit the American Red Cross Rome Area Chapter

Saturday, April 5th, 2008

Griffiss Business and Technology Park

Open 5k Run & Walk • Open 10k

1/2 Mile Fun Run - FREE!, Compliments of Roman Runners

Fun Run-8:45am • 5K Run & Walk-9:00am • 10k Run-9:05am

T-Shirts For the First 400 Entrants

For more information, see application on page 12

Stockbridge Valley Running Club's 1st Annual

Hot Foot



**"Hot Foot" 5k Run & Walk
Saturday, April 12th**

Stockbridge Valley Central School
Munnsville, NY
(7 miles south of Oneida, NY)

5k Run 9am • Walk 9:05am

Race Day Registration - \$20 - 7-8:30am

For more information, call Ray Brych @ 264-4016
or Corey Graves @ 761-8966

1st Annual OADCC

**"Run for the
Children
5k"**

Saturday, April 19th @ 8am

To Benefit the Oneida Area
Day Care Center
Oneida, NY

5k - 8am • 5k Walk - 8:10am
Fun Run (ages 6 & under) - 9am

T-Shirts for the first 100 registered

For more information,
see application on page 11

four

Weighing Your Options

Finding and Maintaining Your Ideal Weight in a World of Diets and Fads

By Jessie Charles

It's that time of year again! Spring flowers have officially begun to peek their heads through the mud and snow in my backyard, sidewalks are clear again, high school track has begun, and I have officially received my first spring race entry! The spring season certainly offers a breath of fresh air to runners as we can begin to pack away our spandex and bring out our shorts. Our shorter winter runs can be replaced with longer runs in preparation for the races ahead. Any New Year's promises of losing weight also get moved to the front burner, as thoughts of PR's race through our heads. Those thoughts, as nice as they may be, are rarely accompanied with the safety net of "Daily Value" percentages or the food pyramid allowances.

Whether you are looking to lose a few pounds, maintain a healthy diet for the spring season, or you are a parent watching closely over your child's spring season, there are many health precautions you should take to avoid running your systems dry.

Dare to be Different

As a teacher I try to stress the beauty in being different to my students. No one is exactly alike; we look different, we sound different, we enjoy different things. As adults it is just as important to stress this point and look at it in a more complex way: our bodies handle food and exercise in completely different ways. This fact makes it extremely important for all people, especially athletes, to choose and follow their own diet. This should especially be stressed in teenaged athletes. A 5'3" sprinter should have a completely different fuel intake than a 5'8" distance runner.

Before you can create your model diet, you need to find out your ideal weight. The most accurate way to determine your ideal weight is to find your body mass index, or BMI. The most precise way of determining your BMI is by going to your doctor or a physical therapist. It can also be done by using a simple calculation: multiply your current weight in pounds by 703. Take that amount and divide it by your height in inches squared. (For example: a 5'3" person who weighs 120 pounds would divide 84360 (or 120×703) by 3969 (63×63). The final answer would be about 21. This 21 represents the BMI of this person.



A BMI of 18.5 to 24.9 is considered healthy. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI of 30 or more is considered obese. Your BMI should give you a good place to start your diet (by diet I mean the food you are consuming). Runners with a BMI that is irregular (either too high, or too low) should begin changing their diets. Those runners who have a normal BMI can continue ingesting the same amount of calories, but possibly look into choosing healthier alternatives.

*Please note that athletes with a large muscle mass, large bone structure, or are under 5'0" tall will not have accurate BMI using this formula. Please see your doctor for the healthiest test.

Value Your Food

After finding your BMI you can safely figure out what your caloric intake should be. Again, the most accurate way is to see your doctor. You can also go to <http://www.mypyramid.gov/mypyramid/index.aspx> to personalize your caloric intake amount. After inputting your current weight, or your ideal weight, this online tool will calculate the amount of calories needed to stay at that weight.

After your caloric intake is figured out, it's time to go grocery shopping. Most nutrition labels on food containers are created for someone who needs to consume 2,000 calories to maintain their current weight. Be aware that if your caloric intake is less than 2,000 the daily value percentages on food labels will increase, whereas if your caloric intake is greater than 2,000 these percentage values will decrease slightly. A helpful tip to shopping for healthy food is to study these labels! Be wary of "low-fat" options as they often will contain more calories, or less nutritional value than their "fatty" counterparts.

Less is More, but More is Less

To maintain a healthy weight a runner needs to eat three solid, healthy meals! That means no skipping breakfast, and no lunches of solely fried food! Often times people go

(...continued on next page.)

five

from breakfast at 8:00, to lunch at 1:00, then to dinner at 6:00; that's five hours in between periods of food intake! If you fall into this category and find yourself ready to eat your arm off at dinner, or even after dinner, try this simple fix to your diet: instead of eating three large meals a day, eat five small meals. This doesn't mean grab a turkey sub on your way home from work, but it does mean

eat half the sub for lunch, and then eat a healthy snack mid-afternoon. A banana and peanut butter, granola bar, or yogurt are all great snack choices. By eating more often (as long as you are decreasing the size of your main meals) you allow your body to metabolize food at a more consistent rate, feel full longer, have more energy, and most likely lose weight while you do it.

References:

Weight Control Information Network (<http://www.win.niddk.nih.gov/index.htm>)

Applegate, Liz. "A better bowl." *Runner's World* (<http://www.runnersworld.com>) 08/17/07

Lindenmuth, Jeffery. "The all-day buffet." *Runner's World* (<http://www.runnersworld.com>) 04/01/2004

Dikos, Jackie. "Fueling the runner." *Running Times* (<http://www.runningtimes.com>)

Jess is an avid runner and was a member of her high school and college running teams. She is currently a member of the Utica Roadrunners' competitive team.



National Distance Running Hall of Fame & Commercial Travelers 10th Annual Half-Marathon, Half-Marathon Relay, & 5k

Sunday, May 18th, 2008

Run Along the Beautiful, Scenic Erie Canal Trail
T-Shirts given to all pre-registered runners
Half-Marathon & Relay - 8am, 5k - 8:15am

Register Early & Save!

\$2.00 Discount for Utica Roadrunner members
(Sorry, no race day registration)

For more information,
see application on page 10.

Commercial Travelers

Celebrating It's 125th Year!

10th Annual Half-Marathon & 5K

Take Note:

Interested in Helping Area Youth to Learn More About the Sport of Running?

Get Involved With the Utica Roadrunners' Brand New Youth Training Programs!

Committees are forming and programs are beginning to take shape but we still need your help! If you are interested in volunteering to promote youth running in our area, please e-mail Linda Turner at train2run@adelphia.net. You do not have to be a committee chair because there will be many other volunteer positions open as soon as the programs are in place. We will put your name on a list of volunteers and contact you when help is needed for a specific program.

Our mission is to develop programs for children and teens that provide a safe environment for training and competing. We want to help children who are interested in the sport of running to set realistic goals for themselves and strive to improve their individual performance and skills.

It's a great way to promote a healthy lifestyle for children who may not be interested in participating in a traditional team sport.

If you would like more information about the program, go to: <http://www.train2run15k.com>



Want to Run the Boilermaker?

Sign Up for the 2008 Boilermaker Training Program

Goals of the program:

- To introduce new people to the sport of running
- To keep people motivated and focused on their goal of completing their first Boilermaker
- To promote the sport of running in the local community
- To help people make a permanent lifestyle change and live healthier



Is this program for me?

Programs are designed for people who are in good physical condition but may never have run before and would like to run the 15K or 5K Boilermaker. We will start out in week 1 walking just 15 minutes and will increase walking time and add short intervals of running until week 8 when we will be running continuously for 30 minutes.

How the program works:

Each session starts out with 4 weeks of speakers explaining the most important information for new and old runners. After the speaker each participant is given a training schedule to follow. Group runs will take place every Saturday starting the first Saturday in January and continue right up to the Boilermaker.

Training programs are being held at various locations, including The Fitness Mill, Ilion High School, YWCA Utica, Waterville and the YMCA in Rome.

For more information go to <http://www.train2run15k.com>

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An Interview with Rich Karaz

Owner and operator of the Sneaker Store

Rich Karaz is the owner of the Sneaker Store in New Hartford. It is hard to resist the temptation to use myriad bad “foot” puns when describing how Rich got into the business. You know, “following in his father’s footsteps” or “getting his foot in the door” or, well, you get the picture. Let’s just say that Rich’s father, Albert, began part-time work in a shoe store while attending aeronautical engineering classes at UCLA. Instead of becoming an engineer, he gravitated to the shoe business and moved back to Utica where things took off (hey, I said no foot puns – I didn’t say anything about aeronautical engineering puns). Rich credits his dad and brother Paul with the idea of the Sneaker Store. It was one of the very first stores signed up for the (then) new Sangertown Square in 1980. Later, it moved to its current location on Commercial Drive, across from the Price Chopper plaza. In 2007, The Sneaker Store became the founding local sponsor of the Utica Roadrunners racing team.



A runner himself, Rich also enjoys “pretty much anything with two wheels or involves skis,” particularly masters bike racing. He lives with his wife Pamela (check out her wildlife art at www.PamelaUnderhill.com), two dogs, and one cat. Rich was kind enough to share his thoughts with us regarding running and the area in general.

The Interview

SpiTimes: What are your favorite running events (races or distances, local or elsewhere)?

Rich Karaz: My favorite running event is one I have yet to participate in, and that would be the Big Sur Marathon in northern California. Highway 1, Monterey...wow.

ST: Are there any particular elites that you follow, have met, or are particularly impressed by?

RK: How about Dick Beardsley (early 1980’s marathon great). Pam and I had the opportunity to hear him speak in front of a small audience at an Elite New Balance Dealer’s Meeting. What a super nice, honest and tough person. Why Dick was not inducted into the Distance Running Hall a few years ago is beyond me. Someday, maybe. His story is very inspiring. I’m a fan.

ST: If you had unlimited funds and a time machine, what race(s) would you love to see or create?

RK: A race to create? There would be a lot of interesting line-ups. Putting some of the all-time greats on the track or on the road when they were at their best is the stuff of many a bench-race. In a way though, it is still unfair to, say, put Shorter against Meb because of the different periods in time and the training that was the standard for that time.

ST: What is the craziest running-related story you have ever heard at your store?

RK: Lately, it has to be something Dave Putney related. The guy just keeps outdoing himself with a pain tolerance that is unbelievable...or crazy. I think you need to ask Dave yourself and have his interview for the next issue!

(...continued on next page.)

ST: What's the most inspiring story you've heard?

RK: I've been privileged to hear many, many inspiring stories especially from newer runners who overcame emotional or physical adversity and running literally saved their lives. I can say I value those inspiring stories so much. It adds to the value of the sport.

ST: What's the most outrageous request you've ever had from a customer?

The most outrageous requests weren't legal! More so pre-internet days, I would get phone requests from people with a variety of foreign accents asking if I was willing to order big quantities of Nike product (usually Nike) and have them shipped out of the country. It is a serious breach of the business policy to 'trans-ship' because it cuts out the distributor in that area of the world. It happens though.

ST: If you had a magic wand, what's the one thing that you would change or enhance in the Mohawk Valley?

How about putting Utica, NY on the map by convincing Nike that they have to do some, even if it is insignificant compared to the overall Nike picture, US manufacturing. Magic wand you say? Get me to Mark Parker, president of Nike, and get him to buy a few of the Broad Street buildings. Start small and build just football shoes. How can it NOT work? Football? This is America! He needs management? He'll find it here or bring it here. He needs assemblers and packers and QC people? I'll

bet my life on it that there will be a line out the door and around the block with qualified people that would love to work there. A giant swoosh painted on the bricks as you pass by on Route 5? I ask you, why can't Utica pull it off? After that, you've got momentum.

What a huge image builder it would be for Nike. I think it would mean so much more than an athlete endorsement. Besides, does LeBron really need a \$100,000,000 + contract? People want to work, at least I think they do, and with US manufacturing going away quickly, what a huge coup it would be if this became a reality.

ST: A couple years ago, The Sneaker Store fielded a competitive team sponsored by New Balance. What prompted this and do you think it was successful?

Credit for the creation of the store's race team goes to a former employee and former MVCC and SUNY Geneseo track/xc standout, Josh Belisle. It is not unusual for a specialty store like ours to have a store team; it is expected, really. Although we have lost a few guys like Lucas and Josh, we still have Aaron Sirtoli when he is home for the summer, plus we have Adam Harding, Bill Champion, and Marty Johnson. If I can get Aaron's little brother Jordan on the payroll, he'll be a very strong addition.

ST: In 2007, the Sneaker Store signed on as founding local sponsor of the Utica Roadrunners racing team. What was your motivation for doing so?

RK: My motivation for stepping forward was to

support the idea in such a way that the members have a sense of team. Truly, every member can afford their own gear, but it is a nice morale booster to have a quality race kit and be recognized at competitions.

Why any company chooses to sponsor an event or team is for a positive image. When the team does well, and I don't mean just in results, it looks good. For instance, take Kelly Nugent. I honestly can't recite any of her results but I can tell you she gives back so much to her athletes at New Hartford Central as well as giving to other causes that I am proud to see her as a member of your team which we support. She really is an unsung hero regardless of race results. Image can go either way, but let's keep it going the right way.

ST: Do you have any final advice for the newbie runner?

RK: You must be willing to enter The Chamber of Pain. What I mean is you must be

willing to make sacrifices in diet, strength training, and the overall commitment to living healthy. At times it won't be easy. If anyone told you, "It's easy! Anyone can do it!!" they lied. Yes, anyone can run, but you have to do it, you can't just keep coming up with excuses to skip a workout. It is yours to lose, so stick with it. In the beginning, running can be miserable. One amazing thing though is how the human body reacts to the strain of exercise. Make the commitment and keep the iron will.

ST: Thanks for taking some time with us Rich.

RK: My pleasure.

The Sneaker Store offers a 10% merchandise discount to all Utica Roadrunners. Stop by and be sure to say "Hi" to Bosco the talking bird while you're there. Look for articles by Rich on new gear and other items in upcoming issues of SpliTimes.



The Sneaker Store in New Hartford

2008 NATIONAL DISTANCE RUNNING HALL OF FAME OFFICIAL RACE ENTRY FORM

1. CHECK THE RACE YOU ARE ENTERING

1/2 MARATHON 8:00am - 5/18/08
 5K 8:15am - 5/18/08
 1/2 MARATHON RELAY 8:00am - 5/18/08

RELAY TEAM NAME _____

Official Race Use Only

2. LAST NAME

3. FIRST NAME

MI

4. STREET ADDRESS/APARTMENT NUMBER

5. TOWN/CITY

6. STATE/PROVINCE

7. ZIP/POSTAL CODE

8. COUNTRY (If not USA)

9. E-MAIL ADDRESS (Please Print)

10. HOME TELEPHONE NUMBER

_____-_____-_____

11. SEX-M/F

12. AGE - on 5/18/08

____/____

13. DATE OF BIRTH

____/____/____

14. WORK TELEPHONE NUMBER

_____-_____-_____

15. Early Registration Fees:

Postmarked on or before April 30
 1/2 Marathon \$20.00 _____
 5K \$20.00 _____
 Relay \$20.00 ea. _____

Late Registration Fees:

Postmarked between May 1 and May 9
 1/2 Marathon \$23.00 _____
 5K \$23.00 _____
 Relay \$23.00 ea. _____

16. In Person at Packet Pickup:

Saturday, May 17, 2008, between 9am and 4 pm
 National Distance Running Hall of Fame, 114 Genesee Street, Utica, NY
 1/2 Marathon \$25.00 _____
 5K \$25.00 _____ Relay \$25.00 ea. _____

Applications postmarked after May 9 will NOT be accepted! • Absolutely No Race Day Registration • No Refunds •

17. Registration Online: On or before May 12 at www.Active.com - Online Applications after May 14 will not be accepted

18. Method of Payment (\$2.00 Discount for Utica Roadrunners members who register on or before April 30)

Mastercard _____ Visa _____ Check _____ Cash _____ Money Order _____ (Utica RR _____) Expiration Date _____

Card Number _____

19. T-Shirt: (size not guaranteed)

Med Large XL

Make checks payable to: National Distance Running Hall of Fame
 PO Box 512
 Utica, NY 13503

Note: Sorry but no strollers, rollerblades, pets or headphones allowed. The finish line will close at 10:30 am.

All entrants are required to sign waiver below

Waiver for all events

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the National Distance Running Hall of Fame, the Utica Roadrunners Club, the City of Utica, Marcy, Whitesboro, Whitestown and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons

Signature _____

Date _____

Parents Signature (if under 18 years) _____

Date _____

Starting Times: May 18, 2008 (Official Warmup for Boilermaker 5K Run) Half-Marathon & Relay - 8:00 am 5K - 8:15 am

Courses: The half-marathon, relay and 5K race courses are all accurately measured courses. The majority of the half-marathon race runs along the scenic banks of the historic Erie Canal. All races start and finish near the National Distance Running Hall of Fame.

Packet Pickup: Race packets can be picked up on Saturday, May 17 from 9:00 am to 4:00 pm, and on race day from 6:30 am to 7:30 am at National Distance Running Hall of Fame, 114 Genesee Street, Utica, NY. Runners are encouraged to pick up their packets on Saturday.

T-Shirts: T-shirts will be given to all pre-registered runners at packet pick up on Saturday and Sunday.

Half-Marathon Relay: Two persons per team is required to enter the relay. Be sure both team members have signed the entry form when the form is submitted. Both legs are approximately 6.5 miles. Relay change over at Water Stop by Route 291. Participants must provide own transportation.

Information: For additional information call 315-724-4525. You may e-mail macenroe@dreamscape.com.

We can be reached online at www.distancerunning.com, or go to the Utica Roadrunners website at:

www.uticaroadrunners.org. You also may register online at www.Active.com

Post Race Refreshments: Available to all runners after the race on the lawn of Commercial Travelers.

Awards Ceremony: Ceremony will start one half hour after the completion of each race. Computerized results will be posted as soon as they are compiled. Results will also be available on the Utica Roadrunners website at: www.uticaroadrunners.org.

Awards for Half-Marathon & 5K: Special commemorative awards will be presented three deep in the following male and female divisions:

Overall • 19 and under • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70+

Special Awards for 5K Only: Age Categories are 14 and under; and 15-19

Half Marathon Relay: Special Commemorative Awards will be presented for all team members on deep in the following divisions: Men's Open • Men's Masters * Mixed Open • Women's Open • Women's Masters * Mixed Masters. All masters team members must be a minimum of 40 years of age.



1st Annual OADCC "Run For The Children" 5K

SATURDAY April 19th 8 A.M
447 SAYLES ST.
ONEIDA, NEW YORK

- Post Race Refreshments available to all runners immediately following race and walk
- Course is flat and fast!!
- USATF Certified, pending

RACE DAY INFORMATION

Parking:

- Suggested parking on Sayles St., Lincoln St, Morgan Lane, Cleveland Ave, Birchwood Dr or St. Paul's Church Parking Lot

Race Facts:

- 5K Start Time: 8 A.M
- 5K Walk 8:10 A.M.
- Fun Run 9 A.M
- Start Line: Oneida Area Day Care Center – 447 Sayles St. Oneida, NY 13421
- Packet pick-up/race day registration at Oneida Area Day Care Center 6 - 7:30 A.M
- T-Shirts for the first 100 runners registered
- Split Times –Mile Markers and at Finish
- Water on Course @ mile 1 and 2
- Awards immediately following Fun Run. Top 3 in each age group + award for all Fun Run Participants
- Baby Joggers and Strollers will only be allowed in 5K Walk

Age Groups

Men and Women
14 & under
15 to 19
20 to 29
30 to 39
40 to 49
50 to 59
60 to 69
70 & up

Fees:

5K Run Early Registration Fee-Postmarked on or before April 12	\$15
5K Run Registration Postmarked after April 12 & Race Day	\$20
5K Walk	\$10
Fun Run – Ages 6 and Under (200 yards) 6 - 10 (1/4 mile)	Free
Students	\$10

OFFICAL ENTRY FORM OADCC – RUN FOR THE CHILDREN 5K

Make check or money order payable to: Oneida Area Day Care Center
To: OADCC 447 Sayles St. Oneida NY 13421

Last Name _____ First Name _____ M.I. _____

Street Address _____ City _____ State _____ Zip _____

Phone (____) _____ Male ___ Female ___ Birthdate _____ Age ___ School/Team _____
(Month/Day/Year) (Day of Race)

5K Run ___ 5K Walk ___ Student ___ Fun Run/Age ___ Shirt Size (5K Only): Youth ___ M ___ L ___ XL ___ 2X ___ 3X ___

Credit/Debit Card Info. # _____ Exp. Date _____	Master Card <input type="checkbox"/>	Visa <input type="checkbox"/>
Cardholder Name _____	Signature _____	

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Oneida Area Day Care Center, its respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

(Date)

(Signature)

(Parent or guardian signature if under 18)

eleven

THE 21 st ANNUAL FORT TO FORT RUN

for the benefit of the

American Red Cross Rome Area Chapter

***** SATURDAY, APRIL 5, 2008 *****

Distances!

1/2 Mile Fun Run – FREE compliments of Roman Runners

Open 5K Run and Walk – Course on Griffiss Park Grounds

Open 10K – *Fort to Fort* – Griffiss Business Park to Fort Stanwix and Back

CHIP TIMING by LEONE TIMING

The *Roman Runners*, Air Force Research Lab/Information Directorate at Rome, and the City of Rome cordially invite you to participate in the *Fort-to-Fort Runs*. Races will start at the Geiger Road Fitness Center, Griffiss Business Park. The Fun Run and 5K Run and Walk will take place in the Park. The 10K will start in the Park, proceed through Rome to Fort Stanwix National Monument, through the Fort and return to Griffiss Park. Finish line will be near the Fitness Center.

REGISTRATION: 7:30 - 8:45 am Race Day at Geiger Road Fitness Center *Griffiss Business and Technology Park*

START TIMES: Fun Run - 8:45 am --- 5K Run and Walk - 9:00 am --- 10K Run - 9:05 am

AWARDS: Long-Sleeve T-Shirts to first 400 entrants
Trophies for overall and 5 year age group winners
Refreshments - Limited shower facilities available after the race

REGISTRATION FEES: Pre-registration on or before March 28, 2007 -- \$20.00

Morning of Race - 7:30 a.m. to 8:45 a.m. -- \$25.00

High School Students - \$10.00

SPONSORS!

RBC Dain Rauscher

Felice Moving & Storage - Roman Runners - Subway

Boosters Imprinted Sportswear



In consideration of acceptance of this application, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Griffiss Business and Technology Park and the City of Rome, their representatives and successors for any and all injuries suffered by me at the races to be held in Rome, New York, on April 5, 2008. I verify that I am physically fit and have trained sufficiently for the competition of this race.

Printed Name: _____ Age (on 4/5/08): _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Signature: _____

Parent Signature if under 18: _____

Event: *Circle one*

Shirt Size: *Circle one*

5K Walk

5K Open

10K Open

Small

Medium

Large

X-Large

➤ Make checks payable to *Roman Runners* and mail to Cindy Reynolds, 1101 N. George St., Rome, NY 13440

OR

REGISTER ON LINE @ WWW.ACTIVE.COM

twelve



UTICA Roadrunners

Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



FULL PAGE
7.5" X 10"



HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@aol.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

To place an ad or for more information contact Meg Parsons at mparsons@twcny.rr.com or (315) 337-7452.