

SPLIT **TIMES**

UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

June 2008



Run in the Sun!

WHAT'S
NEW?!

- Marathon Tips, p. 6
- Development Runs in Jeopardy, p 4
- June Races: S.O.S. - June 15
Summer Sizzle - June 22

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners
June 2008

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452 and ask for Meg.

IMPORTANT: Do not send requests for advertising to the SplitTimes Editor – It will slow down the processing of placing your ad or race application and you may not be included in the issue that you have requested.

We want to insure that your race advertising gets the attention it needs and is placed in the issue(s) relevant to your race date.

DEADLINES:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in (ie; if your race is July 12th, your payment is due on May 1st in order for the ad to run in our June issue). Your copy/art/ads/race applications are due on the 10th of the month prior to the issue your ad will run in – no exceptions! (see page 17 for advertising rates)

**PLEASE PLAN AHEAD AND
WE'D LOVE TO HEAR FROM YOU!**

Thank you,
The Utica Roadrunners' SplitTimes Newsletter Staff

2008

Roadrunners
Board of Directors:

President:

Jim Fiore

Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

Secretary:

Christine Sisting

Treasurer:

Sybil Johnson



Board Members:

Tom Bick
Mike Brych
Wendy Carbone
Mike Massoud
Anita Moller
Ken Muzzy
Jim Stasaitis
Melissa Williams



Editor: Valerie Cогnetto
Home Office: (315) 738-7717
cognettodesign@aol.com



Submit all Articles & Photos to:

SplitTIMES • c/o Paul D'Ambrosio
PO Box 4141 Utica, NY 13504
or e-mail Paul at:
p.dambrosio@nysha.org



To place advertising, contact:

Meg Parsons
E-mail: mparsons@twcny.rr.com
(See last page for advertising rates)

THINK. *President's Ponderings*

Jim Fiore



We runners can be a spoiled lot. I can think of no other sport that is so simple and direct, requires hardly any equipment or lessons, can be done alone or in groups, performed either vigorous or laid-back, indoors or out, in the city or country, between snow drifts or amid fields of grass and wild flowers, and pretty much at a moment's notice with scant preparation. On top of it all, it turns out to be one of the most efficient and effective means of burning calories, in spite of what certain infomercials for expensive exercise equipment might otherwise claim. In fact, here's a very simple formula you can use to estimate your caloric expenditure while running: Calories burned per mile = .7 times your weight in pounds. This is reasonably accurate for most people at a variety of running speeds (the accuracy starts to fall off at the extremes, such as sprinting, or for those with out-of-the-ordinary biomechanics). While it's true that running faster burns calories faster, you cover a given distance more quickly so the overall energy usage is pretty much constant. All that really matters from a physics standpoint is the energy required to move a mass (your body) a certain distance. Think of it this way: it doesn't matter how fast you drink that typical bottle of soda. Whether you sip it over 20 minutes or gulp it down in two, when it's finished, you've downed perhaps 250 calories.

OK, so a 140 pound person burns about 100 calories per mile. If this person maintains a 9 minute/mile pace, they can cover 5 miles in 45 minutes and burn about 500 calories. When you consider the "extras," that's extremely efficient. Walking burns about 85% of the calories per mile as running, but the pace is much slower, so the calories-per-minute is probably less than half that of running. Sorry to say, but 45 minutes of golf ain't going to burn anywhere near 500 calories unless you've got an anvil strapped to your back. Neither will 45 minutes of easy peddling on a flat bike trail. Cross-country skiing is probably as effective but it's kind of hard to do without snow. What about swimming? Some good, solid lap swimming can provide a great workout, but it's not so easy to have a conversation with your pals while doing it, and, let's be honest, counting the tiles on the bottom of the pool isn't nearly as enjoyable as watching the fauna on your favorite trail.

Yep. Lots of sports require specific equipment, regular access fees, specialized facilities, and extra travel time that we runners don't have to consider. Maybe this is a tad obvious; we're spoiled. You really miss all of these aspects of running when you're injured and I know from conversations and emails that some of you, like me, are now on the inactive list. But don't let it drag you down. Keep your head up. It will pass. Been there, done that, got the tee-shirt. In most cases injuries will get better with proper attention and you'll be out there again, where you're happy, where you belong.

Run far, run fast, but above all, love your run, *-Jim*

Race Calendar

The official **RACE CALENDAR** for the Utica Roadrunner can be found on our website. Go to www.uticaroadrunners.org.

IMPORTANT!



Development Runs May Be Cancelled as of 2009!

Development Runs Will Not Continue Without Your Help!

As you have probably heard, Howard, Ed, Paul, Ted, & Phyllis are retiring from heading up the Development Runs as of 2009. This year, they have kindly offered to teach some of the newer volunteers the ropes in order to make the transition a smooth one for next year. Currently, we do not have enough volunteers to continue the runs without the crew that is retiring. We're assuming that many of you shy away from volunteering on Wednesday nights because you want to participate in the run itself – no problem! If we can gather enough volunteers, you will only have to miss 1 or 2 runs out of the 10 that are offered (Many hands make light work!)

This is YOUR club, so let's give the dozen or so people who always show up to help a well deserved break (because *they'd* like to run it too). We already have a few people who are willing to organize and make improvements to the registration process and finish line procedures so as to make it easier for those who volunteer. The idea is to have anyone interested in helping sign up for 1 or 2 weeks out of the 10 to do a job. This way we will have plenty of "back up" people to call if someone can't make it for their shift. Our goal is to have a list of 20-25 people by next spring signed up to help. The jobs are easy to learn and you can choose the week that's good for you or even switch spots with another volunteer at the last moment if they are willing.

The Development Runs have grown and become the highlight of Wednesday nights for many runners and families in our community. It would be a shame to lose them. Many runners in our club today started out in the half mile kid's run and grew to love the sport and join the club. By keeping the Development Runs alive, we do more than provide a training run for the Boilermaker, we offer fun, fitness (and a little competition) for the entire community.

If you are interested in volunteering for the Development Runs, contact Valerie Cогnetto by emailing her at cognettodesign@aol.com with your name, email address, and home telephone number. We will contact you as soon as possible, so that you can start learning the ropes now in preparation for next year.

Thank You For Your Interest!

-The Utica Roadrunners' Development Run Committee

HELP.

2008

Utica Roadrunners' 2008 PARKWAY DEVELOPMENT RUNS/WALK

Join us for the 2008 season of Parkway Development Runs and Walks! It's a wonderful community event that welcomes runners and walkers of all abilities. Bring the family to promote good health and sportsmanship.

Utica Parkway Development Runs/Walk began on Wednesday, May 14, 2008 and will run every Wednesday evening through July 16th.

Distances: Two-tenths of a mile fun run for ages 7 and under at 6:45 p.m. followed by 2 sections of the half-mile fun run for ages 8-9 and 10-12. The 10-kilometer run starts at 7:00 p.m. and the 2-mile run at 7:05 p.m. A walk of about 3 miles will start at 6:30 p.m.

Trophies will be awarded for participating in six weekly runs/walk, a T-shirt for eight weeks, and a certificate for all ten weeks. Every 2008 participant who has completed all ten weeks will also receive a pin designating that accomplishment.

Registration will take place at the Ski Chalet of the Parkway Recreation Center starting at 5:30 p.m. the first two weeks and at 6:00 p.m. thereafter. There will be a charge of \$1.00 per person (\$2.50 maximum per family) each week. You will receive a card that will be stamped on each of the weeks you attend (be sure and bring it with you each week). A liability waiver must be signed and a parent or guardian's signature is required for those under eighteen. Water will also be available, as well as a time clock.

For more information, contact Howard Rubin at 793-3287.



LATE BREAKING NEWS!!

As part of our effort to increase club member benefits, ***the 10 week series of Parkway Development Runs starting on Wednesday, May 14 will be free this year for all Utica Roadrunners members in good standing!**** ***If you are a Utica Roadrunner member, bring in your membership card to receive a special punch card indicating that you are a member and your registration will be free from there on.***

Members can email Linda Turner at train2run15k@adelphia.net, or call 796-4870 to check the status of their membership dues.

Join Us!
COMMUNITY.

Marathon Madness

Want to Run a Marathon? Some Quick Tips on Getting Started

By Jessie Charles

The 2007 racing year saw more marathon runners than any previous year. With this in mind it is no wonder that the 25,000 runner limit for the renowned Boston Marathon was capped in late February, two months before the race. Marathoning, as proven in the sheer number of people competing in them, is a sport all its own. Ask any athlete to describe the 26.2 miles of road (or trail) they covered and their answer will be both glorious and mystifying. Running a marathon, is indeed, an ultimate runner's high.

This past April 21, Boston, Massachusetts, opened its city gates to over twenty-thousand runners. The Boston Marathon is a unique marathon in that it is one of the most famous marathons (if not the most famous), one of the oldest (this year was the 112th running of it), and also one of the few marathons that you have to qualify to get into. Even with its grueling "heartbreak hill" and quad-killing down hills, Central New York sends some of its finest to Boston yearly to compete with the best. Newport resident David Putney and Norwich resident Christine Sisting are two of the area's top distance runners, and proved their status this year in Boston. Putney finished the 26.2 miles in 2:54:16; good enough to place him 641st overall for males. Sisting, who placed 1650 overall for females, finished in 3:34:57. Quite a showing, especially when considering there were over 11,000 men and over 9,000 women!

With such accomplished runners living in our backyard, along with all the hype about marathoning (it's all true, too!), many feel an itch to try a marathon for themselves. My advice: GO FOR IT! I have run three marathons; each time I become more addicted to marathoning. Before you start on your quest to 26.2 miles there are a few simple, but extremely important, guidelines marathoners should follow.

- **Pick your race.** Ideally, you should look for a race that will allow you at least sixteen weeks of solid training. This will allow you to have plenty of time to train for a healthy, and happy, marathon. Sixteen weeks may seem like a long time, but you will certainly be surprised at how quickly it goes by. One of the best resources to find a marathon is www.marathonguide.com. It has the majority of the nation's marathons, complete with runners' reviews.



- **Train. Train. Train.** The worst thing a marathoner can do is come to the race improperly trained. There is a reason that running experts all swear by an extended training period: it's the best way to find your way to an enjoyable experience. Two great online resources for finding a training plan are www.runnersworld.com and www.marathontraining.com.
- **Go shopping.** While training seriously one should find shoes and clothing that fits their body perfectly (or as close to as possible). Sneakers are the most important piece of equipment a runner owns. Training for a marathon requires many (hundreds) of miles of preparation. Fortunately for runners, sneaker companies make shoes designed for every shape and size foot. If you have yet to find your "perfect" pair of sneakers, stop by The Sneaker Store to have someone study your feet. They can help you find the perfect size and shoe for your feet and body type. Nearly as important is the clothing you wear. Find shorts and shirts that allow for maximum breathing. Sweat-wicking hats are also a good idea for summer runs.
- **Eat, drink and be merry.** A happy runner is one who is well hydrated and well fueled. This is especially important for those who are training for a marathon. While training for a marathon be sure to stay well hydrated on your runs and during everyday activities. The average person requires sixty four ounces of water a day for proper hydration; marathoners need much more than that. Be careful, however, not to over hydrate. This may cause hyponatremia, a condition in which the sodium levels in your blood drop to dangerously, even deadly, low levels. Marathon training is also the best time to change your diet to an extremely healthy one that is filled with carbohydrates! While training for a marathon 65% of your diet can be healthy carbohydrates. Just be sure you are eating enough; marathon training is not the time to diet.

References:

Fixx, James F. *The Complete Book of Running*. New York: Random House, 1977.
Galloway, Jeff. *Galloway's Book on Running*. Bolinas, California: Shelter Publications, 1984.
www.runnersworld.com
www.marathontraining.com
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.



June Races



presents:

**Summer Sizzle
5 Mile Road Race
Sunday, June 22, 2008
MVCC Gym**

Start Times:

Kid's Race (1/4, 1/2 mile & 1 mile): 7:30am
Women's Race: 8:00am
Men's Race: 9:00am

Registration:

Women & Kids Runs: 7:00 - 7:30am
Men's Run: 7:30-8:30

OR

Pre-register by June 13th using the application found on page 13.



presents:



**S.O.S. (Save Our Switchbacks)
5 Mile Road Race
Sunday, June 15, 2008
Parkway Development Runs Course
Memorial Parkway, Utica, NY**

1/4 & 1/2 Mile Children's Fun Runs

Start Times: Fun Runs: 8:40am • 5 Mile Race: 9:00am

Registration: Parkway Ski Chalet, 7:00am

OR

Pre-register by June 11th using the application found on page 11.

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.

The official **RACE CALENDAR** for the Utica Roadrunner can be found on our website. Go to www.uticaroadrunners.org.

Take Note:

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 email 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.

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

Group Runs



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the summer 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.

Find Running Partners

Looking for a running partner? Linda Turner has added a web page to her site that lists people who are looking for someone to run with or to join a group. If you are interested in posting your information or looking for others to run with, go to <http://www.train2run15k.com./findarunningpartner.html?1206363704064>.

Gold Sponsors:



PO Box 4141
Utica, NY 13504

UticaRoadrunners.org



proudly presents



5-Mile Road Race

Sunday, June 17, 2007

Parkway Development Runs Course
Memorial Parkway, Utica, New York

Children's Fun Runs

- 1/2 Mile (8 to 12 years old)
- 1/4 Mile (3 to 7 years old)

*All net proceeds will go to the
South Woods Switchbacks
Rehabilitation Project!*

Non Profit Org
US POSTAGE
PAID
Permit No 26
Utica NY

Silver Sponsors:

MARK SCHUG, D.P.M.

Collinite



OBSERVER DISPATCH

Save Our Switchbacks Project

In the Spring of 1996, following a particularly harsh winter, the 2-mile South Woods trail through the Roscoe Conkling Park had deteriorated to the extent that City of Utica intended to close it down as a safety hazard. Responding to the imminent loss of the South Woods trail, the Utica Roadrunners prevailed upon the city to allow the club to temporarily repair the most severely damaged sections, reopen the trail and embark on a long term plan to restore the South Woods trail. Thus was born the Save Our Switchbacks Project.

The Save Our Switchbacks Project was broken down into three parts. First, to restore the entrance to the South Woods by constructing a pedestrian friendly gate system and repairing the roadway. Second, to correct the water runoff problem by replacing culverts where necessary and improving

the drainage ditches. Third, to repave the entire 2-mile stretch of the South Woods trail. All three parts of the S. O. S. Project are now completed and the application of a sealer is scheduled for the future. Approximately \$170,000 in cash contributions and donated services has been dedicated in support of the Save Our Switchbacks Project to date.



Entry Form

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone: _____
 Age as of 6/15/07: _____

Sex: (circle one) M F

Race: (circle one) 5-Mile Fun Run

T-Shirt Size: (circle one) YL S M L XL

Waiver Form

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 this race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all 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 Utica Roadrunners Club, the City of Utica, all officials, 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 named in this waiver.

Signature _____

Date _____

Parent or Guardian Signature _____

Date _____

(if under 18)

T-Shirts

T-shirts are guaranteed to all those whose registration forms are received on or before June 11th. As quantities permit, t-shirts will be given for registrations received after June 11th and on race day. This includes children registered for the Fun Runs.

Awards

Awards will be given to the first place female and male overall, and also to the top three females and males in the following age groups:

Under 20	30-39	50-59
20-29	40-49	60 & over

(There will be no duplicate awards)

Ribbons will be given to all participants in the Children's Fun Runs.

The awards ceremony will start no later than 11 am at the Parkway Ski Chalet. Computerized race results will be posted as soon as they are compiled.

Post Race Refreshments

Refreshments will be available after the race at the Parkway Ski Chalet.

Starting Times

5-Mile Race: 9:00am Fun Runs: 8:40am

Course

The 5-Mile S.O.S. race course is similar to the Wednesday night Parkway Development Runs 10-K course except that it omits the leg around the Eagle.

Entry Fees

\$15.00 if received on or before June 13th
 \$17.00 if received after June 13th and on race day
 FREE for Children's Fun Runs

Registration

By mail to: Ted Petrillo
 34 Cheyenne Crescent
 Whitesboro, NY 13492

Please make all checks payable to:
 Utica Roadrunners SOS Fund

On race day: starting at 7:00am
 at the Parkway Ski Chalet





SMITHVILLE

DAY 5K Run and Walk

Saturday, June 14, 2008, 9:30 a.m.

Fire Station

Smithville Flats, NY 13841

E-mail: info@SmithvilleDay.org

Web site: SmithvilleDay.org

Phone: (607) 656-7680, Tim Hanna

This 5K run/walk kicks-off a day-long celebration in Smithville. There are a wide variety of events, activities and eating opportunities available. Visit SmithvilleDay.org for details.

The local volunteer fire department is providing the majority of labor resources in an effort to have a successful race that will contribute its proceeds to a building-fund for a new fire station.

This race is sponsored by The Town of Smithville and Genegantslet Fire Company, Inc.

Age-Groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70 and over

Awards: Overall (Cash) and age-group, 3 deep, no double awards

Course Certification: 5 Kilometers (3.1mi) USATF NY05018AM

Race location:

Fire Station
State Hwy 41
Smithville Flats, NY 13841

Race Format:	5K Run or Walk
Race Date:	June 14, 2008
Race Starts at	9:30 a.m.
Registration and Packet Pick-up	8:15 - 9:15 a.m. at the fire station
Cost	\$13 Through 5/31 \$15 after 5/31

Make Check Payable to:
Genegantslet Fire Company, Inc

Mailing Address:

Smithville Day 5K
C/O Genegantslet Fire Company, Inc
PO Box 151
Smithville Flats, NY 13841

Last Name	
First Name	
Middle Initial	
Street Address	
Town or City	
State or Province	
Zip or Postal Code	
Country	
Gender - Male/Female	
Age - On 6/14/08	
Date of Birth	
Phone Number	
E-mail Address	
Amount Enclosed	

I know that participating in a road race is potentially a hazardous activity. I should not enter and participate 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 event. I assume all the risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of 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 Genegantslet Fire Company, Inc., the Town of Smithville, members of the Smithville Day Committee, Smithville Day 5K Race organizers, 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 named in this waiver. Entry fee will not be returned due to "acts of God."

SIGNATURE _____ DATE _____

PARENT'S SIGNATURE _____ DATE _____

(If under 18 years)

21st Annual

SUMMER SIZZLE



5 Mile Road Race * June 22, 2008

June 22, 2008

Kids Race 7:30 am

Women's Race 8:00 am • Men's Race 9:00 am



5 Mile Course

This USATF certified 5 mile course starts on Sherman Dr. near Mohawk Valley Community College, proceeds down South Park Dr. to Proctor Park, loops through the park and returns to MVCC along the bicycle path. **Baby joggers, pets, headphones and roller blades are not allowed under USATF and RRCA rules.**

Kids Race

4-6 years run 1/4 mile • 7-9 years run 1/2 mile • 10-12 years run 1 mile

Entry Fee

Utica Roadrunners Members - \$13.00 Pre-registration.
\$15.00 Pre-registration - **Must be Postmarked by June 13, 2008.**
\$17.00 Day of Race

There is no registration fee for the Kids Race

Make checks Payable to the Utica Roadrunners. •No refunds

Race Day Registration

Registration is 7:00-8:30 am at the MVCC gymnasium.
7:00-7:30 for Kids and Women; 7:30-8:30 for Men

T-shirts

Available to all pre-registered runners. (Shirt size not guaranteed)

Facilities

Dressing and Shower facilities are available at the MVCC gym from 7:00 am to 12:30 pm.

Refreshments

Fruit and Beverages will be available after the race.

Awards

Awards will be given to the top three in each race and in these categories:
Under 15 • 15-19 • 20-29 • 30-34 • 35-39
40-44 • 45-49 • 50-59 • 60-69 • 70+

Special team awards sponsored by Babe's Macaroni Grill & Bar will be awarded for the fastest combined times in the following Family categories:
Mother/Daughter • Father/Son • Sister/Sister • Brother/Brother
Sister/Brother • Mother/Son • Father/Daughter • Husband/Wife
Grandparent/Grandchild

Information

For more information contact Paula May at 4pmay@roadrunner.com

USATF Adirondack Association Grand Prix Road Race Series Event

Entry Form

Official use only

Name _____

Address _____
Street City State Zip Code

Phone _____ Age (as of 6/22/08) _____ Sex M F T-shirt size: Medium Large X-large

USATF # _____ if applicable

Family Team Entry - Please submit applications together. (One team entry only)

Family Name _____

Teammates Name _____

- | | | | |
|------------------------------------------|-------------------------------------|------------------------------------------|------------------------------------------|
| <input type="checkbox"/> Mother/Daughter | <input type="checkbox"/> Father/Son | <input type="checkbox"/> Sister/Sister | <input type="checkbox"/> Brother/Brother |
| <input type="checkbox"/> Sister/Brother | <input type="checkbox"/> Mother/Son | <input type="checkbox"/> Father/Daughter | <input type="checkbox"/> Husband/Wife |
- Grandparent/Grandchild



Waiver

I know that running a road race is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of 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 MVCC, the Utica Roadrunners Club, the City of Utica, 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 named in this waiver.

Signature _____ Date _____

Parents Signature if under 18 _____

Please mail with payment to: Phyllis Petrillo, 34 Cheyenne Crescent, Whitesboro, NY 13492



2008 OFFICIAL RACE ENTRY FORM

Make checks payable to:
Canastota Running Club

Mail checks and entry form to:
Pat Liddycoat
6844 Forbes Road
Canastota, NY 13032

Please print and include all information.
We cannot enter illegible or incomplete applications.

Last Name _____

First Name _____ Mid I. _____

Address _____

City _____

State _____ Zip Code _____ Phone _____

Email _____

Age as of 6/7/08 Gender(circle) Male Female

5k Run Fun Run Canastota Alumni I can not run, but please accept my donation.

Shirt Size s m l xl

Team Info Only: Gender(circle) Male Female Type(circle) Scholastic Open

Team Name: _____

A team must consist of 5 male or 5 female runners. Team winners decided by total times.
Please list each team member and age below.

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby, for myself, me heirs, executors and administrators, waive and release any and all rights and claims I may have against the Canastota Running Club, its race committee and its volunteers, its sponsors, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have trained sufficiently for the competition of this race. For reasons of liability and safety we prohibit the use of strollers, baby-joggers, roller blades, or pets in this race.

Failure to date and sign will invalidate your entry.

Signature _____ Date _____

Parent Signature _____ Date _____
(if under 18 years)

This event is organized by:



Kiwanis of the Central Adirondacks:

Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time



Central Adirondack Association:

The purpose or purposes for which it is to be formed to promote, to foster and to develop in every way the commercial, industrial and civic interests of the Central Adirondacks.

Central Adirondacks



Deer Run Road Race

5K/10K Run

June 7, 2008

In

Old Forge, NY



Courses: Both events start and finish at the George T. Hildebrant Recreation Center at 225 North Street in Old Forge, NY. The 5K/10K courses run on flat road. The course is surrounded by the beauty of the Central Adirondacks.

Starting Time: 10:00 a.m.

Registration:

Entry forms are available at the Old Forge Visitor Information Center or online at www.oldforgeny.com.

By Mail: Received before June 1st.....\$20

Race Day\$25

* NO REFUNDS

* \$25 FEE FOR RETURNED CHECKS

* CHECK OR CASH ONLY

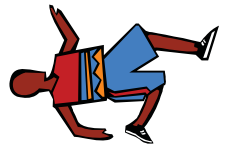
Registration on the day of Race will be at the Recreation Center on North Street in Old Forge beginning at 8:00 a.m.

Packet Pick-Up:

Pre-registrants are encouraged to pick up their race packets on Friday, June 6th from 9 a.m.—5 p.m at the Old Forge Visitor Information Center.

T-shirts:

T-shirts will be given to the first 125 runners to register.



Information:

For additional information, call the Old Forge Visitor Information Center (315) 369-6983 or log on to www.oldforgeny.com.

Dressing Facilities:

Dressing facilities will be available at the Recreation Center on North Street beginning at 8:00 a.m.

Food:

A post race BBQ is sponsored by Malloy's Restaurant.

Awards Ceremony:

The Awards Ceremony will be held at the post race BBQ.

Awards:

Cash prizes will be awarded in the following categories: Women's 5K, Women's 10K, Men's 5K, Men's 10K. Prizes will be as follows 1st-\$100, 2nd-\$50, 3rd-\$25.

*In addition, North Woods Inn and Rivett's Marine Recreation & Service will give the first place winners of the Women's and Men's 10K races a weekend's accommodation for next year's race on June 6, 2009 and a half-day rental of a pontoon boat.

*Old Forge Camping Resort and Tickner's Moose River Outfitters will give the first place winners of the Women's and Men's 5K races a weekend's accommodation in a camping cabin for next year's race on June 6, 2009, and a one-day rental of two canoes.

Entry Form:

Race:

___5K ___Check
___10K ___Cash

Official Use Only

Name: _____

Gender: _____ Age: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

T-shirt size (circle one): S M L XL

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 with 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 Central Adirondack Association, the Kiwanis of the Central Adirondacks, Town of Webb 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 named in this waiver.

Signature _____ Date _____

Parent's Signature if under 18 years _____ Date _____

Make Check Payable to: Kiwanis of the Central Adirondacks
CAA
PO Box 68
Old Forge, NY 13420





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.