

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners
September 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 23 for advertising rates)

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

Thank you,
The Utica Roadrunners' SplitTimes Newsletter Staff

2008

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(See last page for advertising rates)

THINK. *President's Ponderings*

Jim Fiore



September means Falling Leaves! If you haven't registered yet, do it now! Race director Mike Brych has some great incentives and is looking to get the total finishers count over the 1000 mark! For starters, there's a great new long sleeve technical (wicking) tee-shirt. Many people have said that they love the cotton shirts that have been a Falling Leaves staple for many years because of the long sleeves while others have said they really liked the limited-edition technical tee that was available last year (at extra cost). Well, Mike went one further and combined the best of both with help from the Sneaker Store, one of the race sponsors. Heck, this Mizuno top retails for more than the race entry fee! How can you go wrong? Further, there's chip timing and you've got a choice of the flat and fast 5k course (only two real turns) or the classic 14k which features beautiful views of the valley. Either way, you get to run right down the middle of Genesee Street with a fast, sweeping, downhill finish. How often do you get to do that? And besides, the weather is almost always better than the Boilermaker's weather! Also, new this year is a friendly competition with the Syracuse Chargers (in conjunction with the Syracuse Festival of Races 5k held the following weekend).

So call your friends, talk to your neighbors, harangue the folks at work, and let's see if we can top 1000 this year. The Falling Leaves is our club's flagship race, so let's show our stuff! I look forward to seeing everyone out there and lots and lots of club shirts and race singlets (and if you don't have a club race singlet or tee, you can order them online at <http://www.uticaroadrunners.org/pages/merchandise.html>). Finally, if you are injured or otherwise can't run, there are plenty of easy-to-do jobs for volunteers; just give Mike or me a shout.

I'm happy to report a slew of new members to the club, approved at the August business meeting. Please welcome Sean Steere from Deerfield, Paul Szczesniak of Whitesboro, Richard Cohen from Utica, Jennifer Boyer of Ilion, from Fankfort Cynthia Belmonte, David Toomey of Clinton, and from Utica Todd Lascurettes. Glad to have you as part of the club!

The annual election for the board of directors is upon us. Each year, six of the twelve seats are available. A director serves for a two year term. The board meets the second Monday of the month at the Distance Running Hall of Fame in downtown Utica for about an hour, starting at 7:00 PM. This is a great way to help steer the direction and budget of the club. If you have ideas on how to improve or expand local races, timing, youth training, development runs, or any aspect of club operations, you owe it to yourself and your club members to get involved. For example, this coming year there are plans to overhaul the volunteer points and incentives system. There is no better way to have your voice heard than becoming a board member. If you're interested, please send me an email at urpres@dissidents.com

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

Making the most of your Utica Roadrunners **YAHOO!** Group

The Utica Roadrunners Yahoo! Group is a great way for members to share information about club events and for the Board to involve more club members in decisions about club activities. But some people find the number of e-mails overwhelming or are confused about how to use the group to share their ideas with others. Here are a few tips you might find helpful.

YAHOO! GROUPS

[Change settings via the web](#) (Yahoo! ID required)

Change settings via email: [Switch delivery to Individual](#)

Frequency Options

Individual Emails

Messages are delivered one at a time to your email inbox. This is the best option if you want to keep up on the latest posts immediately. Email attachments included in a message will be sent directly to you.

Daily Digest

Messages are delivered in batches of 25 or daily, whichever comes sooner. This is the best option if you want to receive fewer email messages and don't need up-to-the minute posts in your inbox. But email attachments are not available in digests.

Only Special Announcements

If you choose this option you'll receive email messages only when the group moderator, club president Jim Fiore, posts a "Special Announcement" message. This is a good option if all you want to receive are official club announcements like the annual meeting notice and election of officers, but you'll be left out of the day-to-day discussions about local races, social events, and ways that the Utica Roadrunners can better meet the needs and interest of its members.

[Reply to sender](#) / [Reply to group](#) / [Reply via web post](#)

Reply Options

Reply to Sender

Choose this option to send an email reply to the person who sent the message but NOT to the entire group. You can also reply directly to the sender by clicking on his/her highlighted email address on the "Posted By" line of the message.

Reply to Group

Choose this option to send an email reply to the entire Utica Roadrunners group.

Reply via web post

This option takes you to a Post Message page that provides you with editing and display options you may not have in your own email, and the option to reply to either the group or the sender.

Posting a Message

Send an Email

To send a new message to the rest of the group, just address an email to:
uticaroadrunners@yahoogroups.com.

After you've signed in, go to the "Utica Roadrunners" group and click Post. Write your message and then click Send Message.

I found that learning to use the mail group was the opposite of running. Running looks easy, until you try to do it for a long time. Using the Utica Roadrunners Yahoo! Group looks hard, but gets easier the longer you do it.

HSBC  &

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UTICA
Roadrunners

present:

Falling Leaves

Road Race

5k & 14k Road Races
September 28, 2008
Utica, NY



register online @
active.com

Falling Leaves sponsors:

(See application on page 19.)



Media sponsor:

Galaxy Communications

Kids Kilometer sponsors:



NEWS!



Utica Roadrunners' Falling Leaves Development Runs/Walk



Can't get enough of the Development Runs? No problem! We will continue to meet on the parkway to train for the Utica Roadrunners' Falling Leaves Road Race! If you haven't registered yet, please do so! The Falling Leaves Race is just as challenging as the Boilermaker (some say more!) but it's COOL outside! Challenge yourself and others at this 14k!

Those who are interested in joining the Development Runs should take note of a few changes. The Falling Leaves Development Runs start one hour earlier, with the 2 mile walk starting at 5:30 p.m., the youth races beginning at 5:45 p.m. and both the 10K event and a new 5K event beginning at 6:00 p.m. New runners are asked to register, but runners who previously registered for the Boilermaker Development Runs are automatically registered. There is no registration fee. Each registered runner will be assigned an entry number, which they will use throughout the Falling Leaves series.



Social/Training Group Runs



The Race of a Lifetime

“Ironman” Mike Brych Shares His Story of the Day He Faced One of the Toughest Endurance Races in the World

Our very own Mike Brych competed in this year's Lake Placid Ironman triathlon race on July 20, 2008. It consisted of a 2.4 mile open water swim, a 112 mile bicycle course, and finished with a marathon distance run. Here, Mike gives us a recap of the highlights and lowlights of his quest to become an “Ironman” finisher.

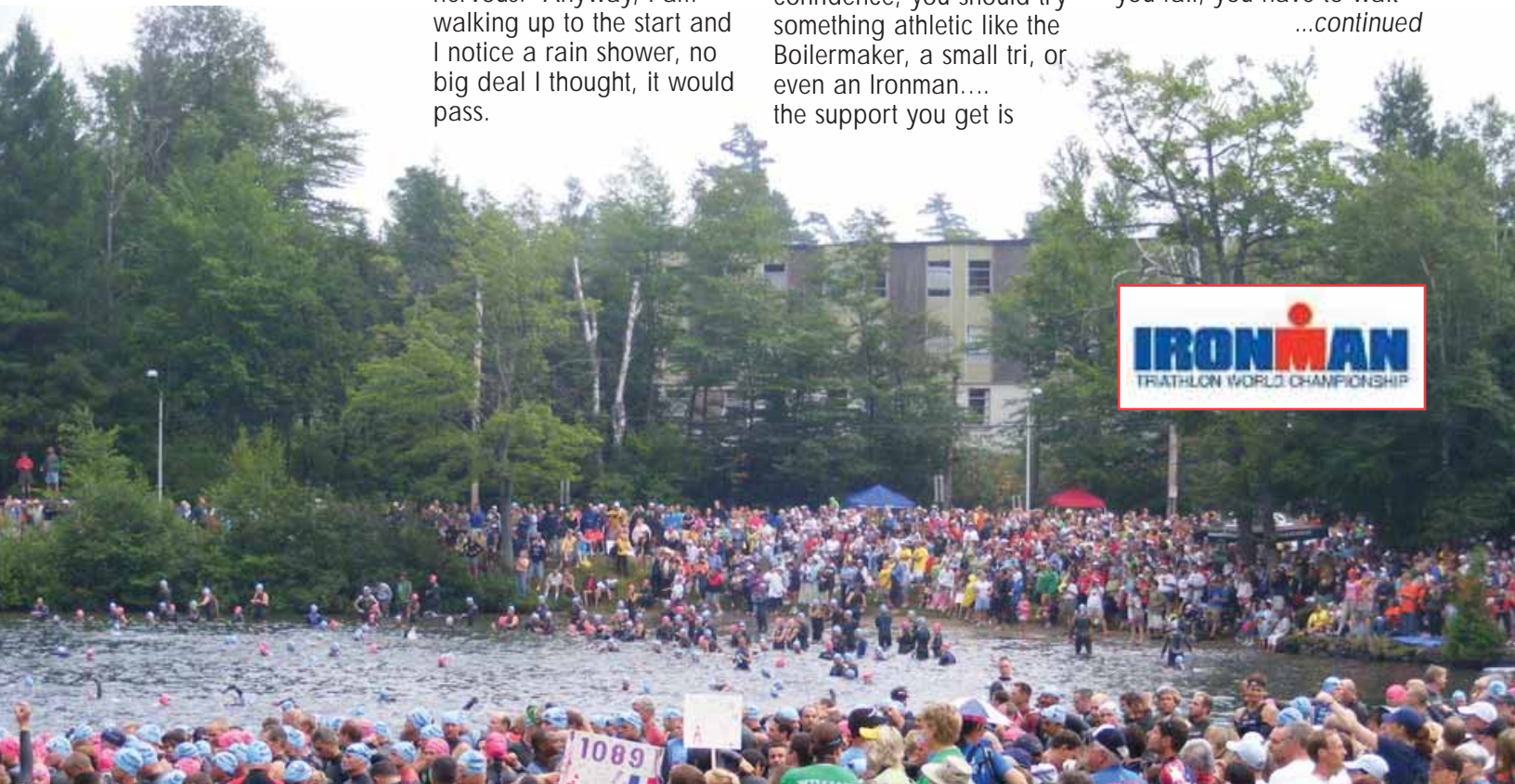
5:30 AM: Arrival in Lake Placid. You would never expect to see this many people awake in the sleepy little village of Lake Placid. The town is literally taken over by athletes and spectators, even at this hour. The hour before the start is a bit crazy. You have to get to your bike, leave your bottles, walk up about a half mile to drop off your special needs bags, lube up your armpits, neck, and feet for the wetsuit, and finally make your way to the lake for the start. All this took around 45 minutes, which was longer than expected and of course making me nervous. Anyway, I am walking up to the start and I notice a rain shower, no big deal I thought, it would pass.

Perhaps the most emotional part of the day is the few moments before the start. As I am kind of hanging around waiting to go in the water, I spot my family and friends. I've never been much of a crier or a guy who wears my emotions on my sleeve, but I was fighting back the tears. It's a great feeling to know you have that support from the people you love. I think seeing Nick in the backpack was probably the cutest thing I've ever seen in my life, so it was difficult to walk away from them at that time. I began to think that if you ever have a crisis of confidence, you should try something athletic like the Boilermaker, a small tri, or even an Ironman... the support you get is

phenomenal. So final hugs and kisses goodbye and it was off to the water.

For those of you who were there, or have ever watched an Ironman swim start, there really is nothing like it in all of sports. I'm not exaggerating. It's that impressive. Keep in mind, it's only 7 AM. There are 15-20,000 spectators on the lake. Music is blaring, the anthem is sung, athletes are nervously calculating their 140.6 strategies. At that moment, you can only think about the months worth of training you put forth into this one day. If you fail, you have to wait

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another year, train another year, convince your wife to let you try this for another year (oh wait, that's another story). Finally, the gun goes off, and the race begins.

You do get knocked around a little bit, but honestly after 5 minutes or so, you can settle into your pace and enjoy the swim. Ironically, when I signed up a year ago, I had figured swimming would be the most difficult discipline for me, however, it was actually pretty easy compared to the bike and run. There are some neat things in the water. There are scuba divers below to make sure you don't drown, which is reassuring, and there is a cable under the water for you to follow. In my practice triathlons, I was constantly off course as open water swimming is difficult. As for the view inside the water, it was great. I got into a rhythm and was moving along at my rather slow pace, but it was easy. As I exited the water to head to the bike, I noticed it was raining rather hard. Now I was getting nervous.



That passing shower now looked rather steady, and I honestly never really trained in the rain on my bike. Oh well, here goes nothing.



After a rather hectic transition area lasting 7 minutes (seems like a long time, but really you had a lot of ground to cover and things to do), I was biking. Apparently, this is the most difficult Ironman bike course there is. The first 10 miles of each loop are actually the hardest, it's a steep, slow climb, but you are quickly rewarded with the descent starting at mile 10 or so. This was nuts, that's all I can say. I was going probably 38-40 miles per hour in a driving rain. Rain hurts when it hits you that hard, and all the while you're just thinking "don't crash, hold on, easy" Luckily no one did crash, which is a miracle considering the downpour. So the rest of the first loop I was feeling pretty good, no real aches or pains. The last 12 miles of the bike I figured would be the hardest based on the elevation profile, but it's much more intimidating on paper.

If you want to know how great Julie is, here's proof. She had warned me that I should do something about my salt and electrolyte tablets before the race. They're little aspirin-like tabs that I had taped to my bike frame. Basically, these work like Gatorade

except for the massive amounts of sugar mixed in with the drink. Sure enough, when I got to my bike, they had pretty much disintegrated, leaving a salty mush on my bike tube. Luckily, I was able to salvage some tabs by wiping my finger along the tube and licking it to get to the precious salt. I was also able to get a few tabs from a fellow biker who was left stranded on the course. I pulled over to mix some of my Perpetuem, he asked me for an Allen wrench, which I had and he gave me some tabs.

A really cool part of the race is the time you ride into town on the first loop of the bike. Lake Placid is such a good host for an event like Ironman. There were people everywhere. On the final climb into town, I kind of felt like I was in the Tour de France. There are people screaming at you and they form a tunnel of people heading up the hill. Those folks were awesome, and picked me up a bit. Going through the village itself, there was music, the oval, tons of people, and of course my support crew which had overtaken the hay bales at the bottom of a very steep, dangerous downhill. I nodded at the crew and carried on to the second loop.

In my head, I knew this would be the toughest part of the day. During my training rides, I would always get to 3 hours and the fatigue would set in. My quads would cramp and it would feel like I could pedal no more. The good news was my legs felt great today. I slowed down, and my second lap

was 20 minutes slower than the first, but overall I still felt fresh heading into the run. I can remember looking at my bike's stopwatch and seeing that I had ridden for 4.5 hours. At that point, it just became mental. "You only have 1.5 hours to go" and that got me through the rest of the bike. It was also becoming pretty cold out there from all the rain and the headwind that is created when you are biking. Needless to say, I was pumped for the run.



Heading into the next transition, I grabbed my running gear bag, took what seemed to be an endless urine break in the change tent and headed out. Finally, it was off to the run. My first mile split was 6:23. I knew that was way too fast and had to settle in to my pace. The next mile was 6:35. I should be around 6:50, so that wasn't especially good news. Despite that, I did feel pretty good, so I tried to hold onto that pace and eventually did

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settle in. Another really neat part of the race for me was running through the spectators. As I was passing by the runners, they really seemed to notice that I was moving well. They could also cheer by your name since it was printed on your race bib. I also had a few people give some shout outs to Utica (as evident by my Utica Roadrunners race singlet). That personal attention really picked you up along the course.

Unfortunately, all good things must come to an end. For me, it was at the 12th mile of the run. There is a hill going back to the center of town that I would compare to going up Steele Hill Road on the Boilermaker. You go up one steep hill, take a left turn and go up another one. It was like a punch in the gut. I could start to feel my legs fatigue and sure enough by mile 15, I needed to walk. From that point, I walked at every aid station gulping water and taking in my Hammer gels. All I really wanted was some real food for a change, but that would have to wait. I settled for some oranges which were probably the best tasting food I have ever had in my life. My second loop split was 27 minutes slower than the first; all in all a bit disappointing, but hey, I had 127 miles behind me at that point, so I guess it's ok.

Heading back to the oval was obviously a highlight. The crowds were raucous and the music was blaring. I was able to spot my spectators (Julie actually yelled right in my ear which was a bit scary, but fun). I glanced at the clock, gave the old fist pump and enjoyed the last 100 yards of the race. I think I was passed by 4 people in that jog, but I was not going to kick to the finish. This was the



moment you trained months for and I wanted it to last.

Ironically, it stopped raining by the time I got out of the finisher's tent. Go figure. I was able to get to some dry clothes, warm up with my lovely silver mylar blanket and finally reunite with the family and friends who were there at the beginning of the day eleven hours, twenty-seven minutes and 49 seconds ago. A great race, great time, but most likely never again. It's time to focus on family, work, and for the next week or so, Utica Club.



Be On Our Board!

Soon we will be having our annual elections for the club board of directors. Six of the twelve seats will be available this fall. The board meets the second Monday of each month at the Distance Running Hall of Fame at 7:00 PM, usually for about an hour.

Many things are happening in the club and this is your chance to help guide operating decisions and its future direction.

If you are interested in running for a seat on the board, please send me an email at urpres@dissidents.com.

Thanks!
Jim Fiore, President

Weight Loss For Runners

THE

10 RULES OF WEIGHT LOSS

Nutritionist Nancy Clark shares 10 tips all runners should know if they want to drop some pounds.

By Nancy Clark

- 1.** To lose 10 pounds of body fat a year, you need to eat 100 calories less per day. Cutting too many calories from your daily intake will sap your energy level and increase your hunger, making you more susceptible to splurging on high-calorie foods.
- 2.** Don't skip breakfast. Eat within two hours of waking.
- 3.** In fact, eat more breakfast than you think you should. Trade in some of your dinner calories for more calories at breakfast.
- 4.** Don't allow yourself to get hungry. Eat at least every four hours, and split a meal in half to make sure you properly fuel up pre- and post-run. For example, eat part of your breakfast before your morning run (a banana) and the rest of your breakfast afterward (a bagel with peanut butter).
- 5.** Eat at least three kinds of food each meal from these four categories: breads, cereals, and grains; fruits and vegetables; low-fat dairy and soy; and lean meats, fish, and nuts. Breads, cereals, and grains should be the foundation of each meal, with protein as an accompaniment.
- 6.** Shoot for a gradual loss of body fat. You're more likely to put the weight back on (and more) if you drop weight too quickly.
- 7.** Liquid calories add up fast and can lead to weight gain. Minimize the amount of sodas, juices, store-bought smoothies, sports drinks, coffee drinks, and alcohol you consume.
- 8.** Eat closer to the earth, enjoying fruits, vegetables, and whole grains. Minimize the amount of processed foods you eat; they tend to offer less fiber and are less satiating.
- 9.** If you can't resist fast food, ask for nutritional information before you make your choices (or check in advance via restaurant Web sites). Avoid any menu items with the words "fried," "crispy," and "special sauce," which are guaranteed to be high calorie.
- 10.** Remember that the calories in the energy bars, sports drinks, and gels you consume during a run add up, even though you're running. Consume them only as needed.

EAT & RUN.

Social/Training Group Runs



Group Runs
Saturday Mornings @ 7:30a.m.
Parkway Switchbacks
All are Welcome!



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the fall 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.

Group Runs for Utica Roadrunners "Down in the Valley"

Mondays at 5:00pm at Barringer School in Ilion

Wednesdays at 5:00pm at MOVAC (next to the Mohawk-Herkimer bridge)

Saturdays at 8:00am at the Little Falls YMCA.

All are welcome to join us anytime!

We run from 3 to 10 miles depending on what we may be preparing ourselves for. There are both beginning and experienced runners (nothing to be intimidated by). There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcnny.rr.com.

The Last Hurrah

(Dedicated in Memory of Bob Ingalls)

By Bob Petrillo

Prelude to the Race

I live in Utica, N.Y., a city of around 70,000 located some 200 miles northwest of New York City. Like many cities in the Northeast, Utica has seen better times but one event unites the city every year – The Utica Boilermaker Road Race.

This race is the largest 15K in the U.S. with over 11,000 runners entered from 46 states and 11 foreign countries. The course consists of a series of punishing hills and, since the race is held on the second Sunday in July, it is frequently hot and humid.

Since I live in Utica and am a runner, my goal is to finish the race each year, hopefully somewhere in the middle of the pack. I have been able to do this 24 times. Last year was supposed to be my 25th but hip and sciatic nerve problems made it impossible. My goal, before I quit running, is to complete the run one last time.

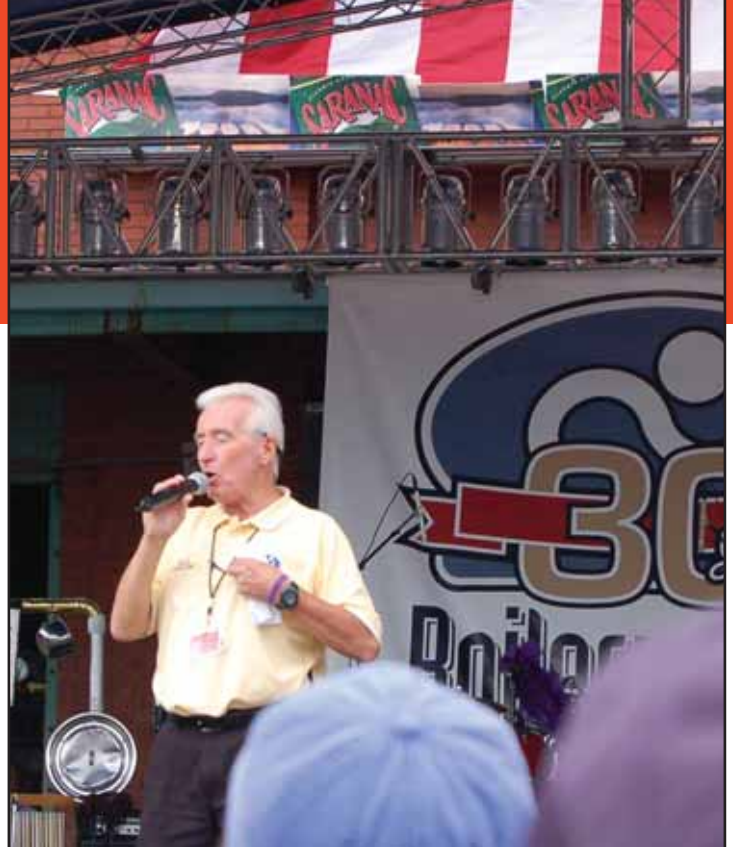
At the beginning of 2008, I am referred to a pain management specialist who recommends lidocaine injections to numb the pain. These shots provide enough relief so that I can once again begin running pain free – sort of.

I begin the year by running short distances on and off for the first three months. By the beginning of April, I realize that it's time to increase my mileage if I hope to complete the run this year. I eventually increase the distance of my weekly "long run" to six miles. Unfortunately, runs beyond this distance leave me sore for several days thereafter.

It is then that I develop my new strategy of just doing a long run once a week and adding a "brisk" 30 minute walk on the other days. My bright idea is to fall back on an old running theory that a jogger can run 1.5 times the distance of their longest weekly run. Bolstering this belief is the memory that, in the distant past, I completed two marathons using this same training technique.

With this training regimen in mind, I do several six mile runs concentrating on more hilly courses as the Boilermaker approaches. I also begin dieting, and, prior to the run, am pleased to note that I have lost 12 pounds!

Having logged a nice round figure of 100 miles for the year, I decide not to run for the 11 days preceding the race so that I can feel energized on race day. I drink plenty of water in the days prior to the race and, of course, increase my intake of carbohydrates.



The day of the race is finally here. The good news is that the weather has co-operated beautifully. Instead of the hot, humid day that was forecast, the early day rain has stopped and there is a refreshing breeze. The bad news is that, in my pre-race "jog", my legs feel like they are made of lead. Hopefully this will change as the race goes on.

I decide to line up towards the back of the pack, something I have never done before. The sight is breathtaking as 11,000+ runners are lined up in front of me for what seems like miles. Finally, the cannon goes off and the race begins – only it doesn't feel like a race as we walk along for five minutes and then begin a slow jog until we reach the starting line some five minutes later.

Observations During the Race

MILE 1

For the first mile, I feel that I am in the way of every runner who started behind me as they excuse themselves when passing. I also note that my legs are starting to feel better—somewhat better—and I start to pick up the pace.

At the one mile mark, I wave to my sister-in-law who promptly takes my picture. She and my brother Ted have been a great inspiration to me with pre-race comments ranging from "are you out of your mind" and "do you have your will in order."

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MILE 2

Around the 1 1/2 mile mark, disaster almost strikes as I suddenly feel a "twinge" in my left hamstring. This is my punishment for running faster than I have in any of my training runs. The pain is bearable but only if I slow down noticeably.

Shortly thereafter, I see one of my good friends who's watching the race and he yells that I should have stuck to golf – I respond by throwing ice at him.

MILE 3

At the three mile mark, I round a corner and am faced with a mile-long hill that winds its way through the municipal golf course. I am determined to run to the top but about 1/2 of the way to the top, I become demoralized when a walker passes me. My new strategy is to walk at a brisk pace, however, I notice the walker is still pulling away. I start running again but soon run out of steam and walk for "a bit."

MILE 4

At the top of the hill, a volunteer reminds me that it's downhill for the next mile. With this knowledge, my outlook improves and I "pick up my pace."

In so doing, I actually pass three participants; 1) An elderly woman who is overweight and way over dressed, 2) Another heavy-set woman who announces to me that she had foot surgery six weeks ago and hasn't been able to train since then and 3) the walker who passed me going up the hill. My spirits soar.

MILE 5

At the base of the downhill, a male jogger, well over 250 pounds, pulls up alongside me and starts telling me where he's from, how many times he's run the Boilermaker etc. He, too, is overdressed, sweating profusely with a smell that is almost overpowering.

Since I live in this section of Utica, several spectators yell out my name as I go by. This impresses my "new best buddy" who asks if I am a local celebrity. I respond no but encourage him to "go for the gold." He smiles and thankfully leaves me in the dust.

MILE 6

As I pass the six mile mark, another friend of mine, who is a former runner, yells encouragement by asking me if I'm sweeping the course to keep track of the stragglers. Since I can't run and talk at the same time, I merely throw ice at him. Once out of sight, I walk, for the third time, up another mile-long hill.

Suddenly, I realize that I'm approaching Utica College

where I am employed as a Professor. To make matters worse, I see the Dean of the business department picking up cups left by the runners. I need to look good, so I pick up the pace again, smile and wave as I go by as if I'm on a training run. This burst of speed is short-lived and the damned walker passes me again.

MILE 7

I start feeling somewhat energized as I cross the seven mile mark where the hill crests and I begin a wonderful mile long downhill!

As most runners know, pain is relative. I experience this first hand when going downhill the pain in my right foot starts to really bother me. I then realize that I am no longer jogging but rather just shuffling my feet. As a result, I feel the onset of the dreaded black toe. The good news is that I temporarily forget about all the other pain that I am experiencing. It's, at best, a small consolation.

MILE EIGHT

As I round the turn headed to the finish line, I am greeted with cheers that "it's all downhill to the finish." Any runner, who has previously completed the Boilermaker, knows this is a gross distortion of the truth. I smile and wave anyways.

Shortly thereafter, I'm passed by a female jogger who actually looks like a runner. She calls out to one of the water stands to "throw it on me" – obviously meaning some water. The young girl handing out cups of water obeys and throws the cup and all. She succeeds in hitting her in the head and for the first time I actually laugh.

MILE NINE

Mercifully, I cross the nine mile mark. This is where, in years past, I would begin sprinting to the finish line. This year, however, I'm doing everything possible to prevent my legs from buckling.

I am content to finish the race at a slow but steady pace, but, up ahead, looms the WALKER! At this observation, I actually do start running faster and pass him just before we cross the finish line. Hooray! Somehow I feel that I have saved face.

Aftermath

I am completely exhausted and nearly collapse as I cross the finish line. I have to be supported by the race official who removes my chip. I somehow make my way to the post race party area where I am fortunate to meet yet another friend. He gets me a chair to sit in and a couple of the local Matt's brewing company Saranac beers and says "drink these, you'll feel better," which I strangely do.

I am unable to walk for two days following the run without being in pain. A nice massage helps greatly and by the third day I am able to play golf – while riding in a golf cart. I lose two toenails on my right foot which nicely match the two missing on my left foot.

Back at work, I am viewed as a hero for my “gritty perseverance.” My finishing the race also goes over well with female friends. On the negative side, my golfing and running friends laugh hysterically when my finishing time is printed in the paper. I try to blame my slow time on the chip timing malfunction but they only laugh louder.

All I know is that, in years to come, I will be able to truthfully say that I finished the Utica Boilermaker 25 times.

Post Script:

It is my privilege to say that Bob Ingalls and I were friends for nearly 30 years. We both joined the Utica Roadrunners in the same year (1981) and did innumerable training runs and races together. Bob was president of our club and wrote many entertaining articles for our newsletter. The memory of these inspired me to write this article.

Bob had a great sense of humor and loved to tell running stories, especially about old races and the many RRCA running conventions we attended around the country. Our

motto was that we ran to party. Bob always had a smile on his face and would offer help to anyone he considered a friend.

Probably the best example of his unselfishness and pride in our community can be seen in his role as seven time director of the Boilermaker race. Bob helped the race become the great event it is today by spending countless hours at meetings and by coordinating the efforts of the 6,500 volunteers. Bob was never compensated for his efforts.

Bob was diagnosed with cancer just prior to last year's Boilermaker. As with every obstacle he faced in life, Bob fought this terrible disease to the best of his ability without complaint. Despite the best medical attention, Bob succumbed to cancer on July 2, 2008, 11 days prior to this year's 31st Boilermaker.

As I was running this year's race, I couldn't help but look for Bob somewhere on the course making sure all was going well. A month later, I still have difficulty coming to grips with the fact that our paths won't cross again and we can't relive the many good times we had together.

I know only two things: 1) I would not be able to handle things as gracefully as Bob did were I in his position over the last year and 2) When I arrive in heaven (hopefully), Bob will be there to greet me with the words “hurry, we tee off in 15 minutes.”

A Note of Thanks From Judy Ingalls:

**Your Kind Expressions of Sympathy and Friendship
Will Always Remain in Our Memories**

Bob was proud to be a member of the Utica Roadrunner's' club. Please keep his memory alive every time you run, volunteer, or simply enjoy life.

-Judy

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



2008 Grand Prix

(Results are subject to change.)

2007 GRAND PRIX STANDINGS

M/F	Age Group	Name	FTF - 10k	Ted Moore 5K	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
F	0-19	Benn, Alex		10				10			20
F	0-19	Humphrey, Emily		9				9			18
F	0-19	Rabbia, Maria				10					10
F	0-19	DeYulio, Courtney						8			8
F	20-29	Vroman, April	9	10	10	9		9			47
F	20-29	Charles, Jessica	10			10		10			30
F	20-29	Ichihana, Kate		8			10	8			26
F	20-29	Murray, Colleen	8	9							17
F	20-29	May, Pamela						7			7
F	30-39	Smith, Leslie	8	10				9			27
F	30-39	Sisting, Christine			10				10		20
F	30-39	Mattia, Lauren	10					10			20
F	30-39	Arcuri, Sandra				10		8			18
F	30-39	Coughlin, Jennifer			9						9
F	30-39	Kuhn, Marie	9								9
F	30-39	Regan, Melinda			8						8
F	30-39	Moody, Lori			7						7
F	40-49	Nizzi, Michele	10	10				10			30
F	40-49	Otto-Jones, Ingrid			10		10	9			29
F	40-49	Cognetto, Valerie	9		8			6			23
F	40-49	Lindsey, Bettina			9			8			17
F	40-49	Bashant, Brenda				8		7			15
F	40-49	Putney, Beth	8		7						15
F	40-49	Winter, Cassie				9		5			14
F	40-49	Swider, Theresa				10					10
F	40-49	Napoli, Debbie						4			4
F	40-49	DeYulio, Tracy						3			3
F	50-59	Elsenbeck, Patricia		10				9			19
F	50-59	Cameron, Doreen	9	9							18
F	50-59	Kappler, Susan				10					10
F	50-59	Leahy, Mary						10			10
F	50-59	Reese, Joanne	10								10
F	50-59	Bocko, Connie				9					9
F	50-59	Fuller, Kathleen						8			8
F	60-99	Hosp, Rose					10	10			20



2008 Grand Prix

(Results are subject to change.)

M/F	Age Group	Name	FTF - 10K	Ted Moore 5K	HOF 1/2 Mar	KAC 10K	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
M	0-19	DeZalia, Sean				10	10	10			30
M	0-19	Fitzgerald, Timothy			10						10
M	0-19	Tomasik, Matthew	10								10
M	0-19	Ash, Robert			9						9
M	0-19	DeZalia, Ryan						9			9
M	20-29	Donaleski, Nathan	10	10	8		10	10			48
M	20-29	Brych, Michael			10			8			18
M	20-29	Morse, Samuel				10					10
M	20-29	Gigliotti, Robert			9						9
M	20-29	Totman, Andrew						9			9
M	30-39	Jensen, Tim	10	10		10					30
M	30-39	Bartkowiak, James						10			10
M	40-49	Humphrey, Paul		10	10	10	10	10			50
M	40-49	Putney, David	10	9	9	9					37
M	40-49	Johnson, Dennis	8		8			8			24
M	40-49	Dunn, Michael		8		7	8				23
M	40-49	Suba, Scott					9	9			18
M	40-49	Swider, Daniel				6	6	6			18
M	40-49	DeYulio, James	6			8					14
M	40-49	Munson, Rob				5	7				12
M	40-49	Bashant, Thomas				4		5			9
M	40-49	Massoud, Michael	9								9
M	40-49	Austin, Scott			7						7
M	40-49	Burak, Gary						7			7
M	40-49	Kosina, William	7								7
M	40-49	Hodge, Leroy			6						6
M	40-49	McGlynn, Thomas			5						5
M	50-59	Bick, Tom		9		10	10	9	10		48
M	50-59	Ichihana, Rob		10	9		8	8			35
M	50-59	Lichorowic, Scott			10		9	10			29
M	50-59	McCann, Timothy			7		7	6			20
M	50-59	Murray, Ronald	9	7							16
M	50-59	Brych, Ray		8				7			15
M	50-59	DeZalia, Norman	10								10
M	50-59	Moragne, Jim			8						8
M	50-59	Mannava, Venkata					3	4			7

2007 GRAND PRIX STANDINGS



2008 Grand Prix

(Results are subject to change.)

M/F Age Group Name FTF - 10K Ted Moore 5K HOF 1/2 Mar KAC 10K SOS 5 mile Sizzle 5 mile Battle/Orisk. 10K Falling Leaves Total Points

M	50-59	Cortright, Leslie					6				6
M	50-59	Kessler, Mike					5				5
M	50-59	Mead, Joseph						5			5
M	50-59	Daly, Bruce					4				4
M	60-99	Ohlbaum, Paul		7		9	9	6			31
M	60-99	Badger, Lawrence	10		10						20
M	60-99	Mix, Charles	9					10			19
M	60-99	Silverman, Charles			9			9			18
M	60-99	Cadrette, Kermit		10				8			18
M	60-99	Stanley, Richard		9				7			16
M	60-99	Kappler, Joe				10					10
M	60-99	Hahn, Richard					10				10
M	60-99	Searles, George		8							8



2008/2009 Youth Miles Challenge



STUDENT TRAINING PROGRAM

Goal: The "Miles" Challenge is designed to motivate and reward young people between the ages of 1-18 to get regular daily exercise.

When: Miles are logged between July 1st and June 30th.

Rewards: Will vary depending on age and distances. An awards ceremony will be held following the Falling Leaves Youth Run each year. Some rewards require volunteer points. (see rules for more information)

Registration: You must have a signed registration form in order to be eligible to receive any of the rewards.

Fee: FREE

SIGN UP TODAY AND START LOGGING YOUR MILES

Ages	Miles	Times per Mo	Total Miles	Prizes
9-10	3/4	15	135	T-shirt
11-12	1M	16	192	T-shirt
13-14	2M	17	306	T-shirt
15-16	3.5M	18	756	Jacket
17-18	4.02M	18	870	Jacket

RULES

You must complete registration form and have Parent signature in order to participate.

Prizes and incentives: Recommended age appropriate distances are listed in the table. Ages 1-8 will log **Meters** by coloring shapes for each Meter completed. Example Age 1-2 will color 1 Star for every **100 Meters** they complete. Ages 3-4 will color 1 Heart for every **200 Meters** they complete, And so on. Completed sheets can be turned in for prizes at any of the Youth Runs. Ages 9-18 will log Miles in the Log Book. Log books must be turned in No later than 8/30/09, they must be signed by an adult.

Volunteer Points 5 Volunteer Points are required for Jacket point structure: TBA
Yearly Prizes (T-Shirts and Jackets) will be awarded after the Falling Leaves Youth Run

2008 Falling Leaves Race Application

Courses

All races start and finish on Genesee Street in downtown Utica adjacent to the Radisson Hotel.

The **USATF Certified 5k** runs on the flat and fast streets of Utica. The **Scenic 14k** course winds through the hilly switch-backs of Utica's beautiful South Woods.

Kids Kilometer

The annual Kids Kilometer Fun Run is sponsored by The Fitness Mill and McDonald's. Applications will be available at area McDonald's and the Radisson Hotel during packet pick-up. Ages 2-7 will run 1/2k. Ages 8-12 will run 1k. There is no fee.

Starting Times

Kids Kilometer Fun Run: 8:15 am
 14k Race: 8:50 am
 5k Wheelchair Race: 8:55 am
 5k Race: 9:00 am

Registration

By Mail: Before Sept. 1
 Sept. 1 thru Sept. 19 \$20.00
 Sept. 1 thru Sept. 19 \$22.00
 • *25¢ of each entry supports the Distance Running Hall of Fame*
 No applications postmarked after Sept. 19 will be accepted!

Online: Register at Active.com

In person: At Packet pickup at the Radisson:

Sept. 27 from 9 am to 5 pm \$25.00
 Day of Race from 6:45 am to 8:15 am \$30.00

NO REFUNDS • \$25.00 FEE FOR RETURNED CHECKS

If you arrive at registration and your application has not yet been received, you must pay that day's rate. You will be reimbursed once your original payment is received.

Packet Pickup

Race packets can be picked up on Saturday Sept. 27 from 9:00 am to 5:00 pm, and on race day from 6:45 to 8:30 am at the Radisson Hotel, 200 Genesee Street in downtown Utica. Runners are encouraged to pick up their packets on Saturday.

T-Shirts

Mizuno long sleeve technical t-shirts brought to you by the Sneaker Store. Runners are encouraged to pre-register for proper sizes.

Expo

The Expo will be at packet pick-up and features sport vendors such as National Running Center.

Information

For additional information visit www.uticaroadrunners.org, call the Brych at 315-404-8130 or email mbrych@nhart.org.

Dressing Facilities

Showers and dressing facilities are available at the Radisson Hotel from 7:00 am to Noon. Bring your own towel and soap.

Food

A post race brunch is available to all runners.

Awards Ceremony

Ceremony will start shortly after the race. Computerized results will be posted as soon as they are compiled. Results will be posted at www.score-this.com.

5k Awards

Awards will be presented three deep in the following male and female divisions:

Overall	Under 13	13-17	18-24	25-29
30-34	35-39	40-44	45-49	50-54
55-59	60-64	65-69	70-74	75-79
80+				

Wheelchair: First overall male and female.

14k Awards

Awards will be presented three deep in the following male and female divisions:

Overall	Under 18	18-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70+		

Prize Money

Awarded to male and female in each race. \$3400 total.

Place:	5k	14k
1st Overall	\$350	\$350
2nd Overall	175	175
3rd Overall	100	100
1st Master (40+)	100	100
New Course Record	100	100
Wheelchair	50	

Course Records

5k:			
Male	14:19	Alene Reta	2006
Female	16:37	Alisa Hill	1997
14k:			
Male	42:56	Leonid Shvetsov	1995
Female	51:59	Charleen Lyford	1997

Entry Form

Official Use Only

Last Name

First Name

Address

City

State

Zip

Phone Number

Race: 5k 14k Wheelchair 5k
Helmet Required

T-Shirt Size: (S, M, L, XL) T-shirt size not guaranteed

Email:

Entry Fee: (see Registration on left panel) \$ _____
 Utica Roadrunners Member Discount (-\$2.00) \$ _____
Total \$ _____

Note: Sorry but no strollers, pets or headphones allowed. Due to time restrictions walkers are discouraged from participating in the 14k race, the finish line will close at 10:30 am.

Waiver

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 Radisson Hotel, 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

Parent's Signature if under 18 yrs.

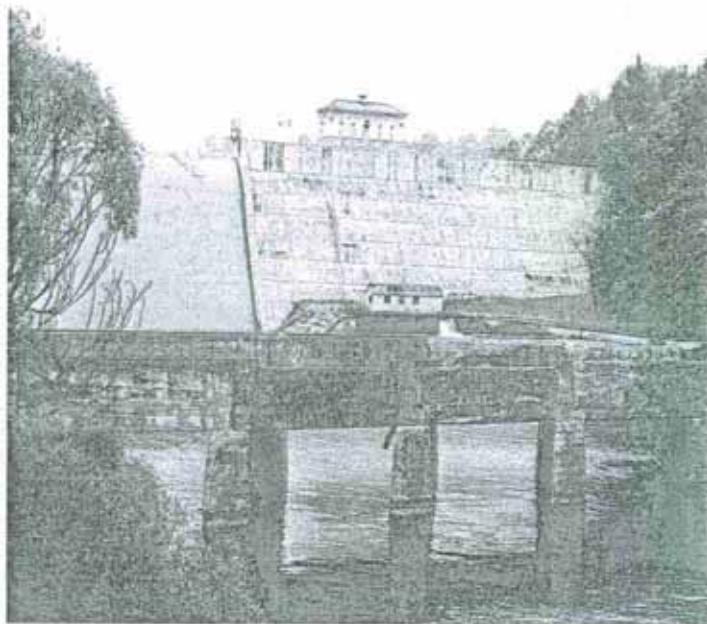
Date

Make checks payable to: Utica Roadrunners

Mail to: Utica Roadrunners
 c/o Marie Seislimyer
 733 Deerfield Drive East
 Utica, NY 13502

DELTA LAKE HALF MARATHON

SEPT 21, 2008 9:00am



"Best half marathon by a dam site"



"Think Rink"

To support Kennedy Arena renovations

COURSE

An accurately measured course starting and ending at the DELTA LAKE STATE PARK. Circling Lake Delta, the rolling, scenic course follows rural country roads through the towns of Westernville and Lee with a view of Delta Dam before returning to the park. *Please, baby joggers, head phones, roller blades are not allowed*

T- SHIRTS

Available to the first 150 registrants

FACILITIES

Bathrooms and showers will be available at the park

REFRESHMENTS

Will be available at the park for runners. Water stops will be every 2 miles on the course.

AWARDS

Awards given in ten year age groups
Finisher medals will be given to runners

ENTRY FEE

\$25.00 preregistered (post marked by Sept 10)
\$28.00 race day Sept 21 2008
checks payable to Roman Runners

REGISTRATION

By mail DELTA LAKE HALF MARATHON
c/o Cindy Reynolds
1101 N.George St.
Rome, NY 13440

or at active.com or form on www.romanrunners.com
Race day at the Delta Lake State Park 7:30 to 8:30am

INFORMATION

If you need more information contact Ann Meisenhelder at (315) 337-3658 e-mail ameisenh@twcny.rr.com or Dan Abbuhl at (315) 336-3478 e-mail daniel.abbuhl@gte.net

ENTRY FORM

Name _____

Address _____

Phone _____ Age as of 9-21-08 Sex M F T-shirt size m l xl

E-mail _____

Waiver

All runners are required to assume all risks by signing the general release. In consideration of your acceptance of my application, I, for myself, my personal representatives, heirs, and next of kin hereby release and discharge the Delta Lake Half Marathon, its organizers, sponsors, directors, and agents, New York State Parks, for all liability to me, my personal representatives, and theirs for all loss, damage, or any claim or demands on account of personal injury, death or property damage arising out of my participation in the Delta Lake Half Marathon. I am fully aware of the risks inherent in participating in said event and event area and voluntarily assume all risks of loss and injury which I may sustain. I am physically fit and properly conditioned for this event.

Signature (Participant or Parent/ Guardian

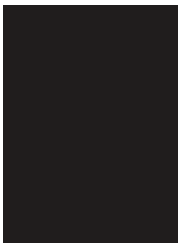
Date



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.