



SPLIT TIMES

The Official Newsletter of the Utica Roadrunners

July 2007



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Utica Roadrunners Racing Team



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Larry Reyes
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WHAT'S NEW?!

- Racing Team Places at Nate the Great 5k
- Save Our Switchbacks Dedication Ceremony & Race
- Annual Vermont City Marathon
- July Races: Boilermaker 7/8, Millers Mills 5k 7/15
- Strategies For Running in the Heat

THINK. President's Ponderings

Jim Fiore



How can I write the July newsletter column and not mention the Boilermaker? It seems like only yesterday that we were digging out from under the snow (and seeing how the weather changes around here...). The second Sunday in July is always a special time for area runners as we get to play host for the greatest 15k in the country. If you get a chance, please consider volunteering to help out! Don't know what to do? Then give board member and volunteer coordinator Ken Muzzy a call or an email. Contact info for all board members can be found on the club website under "Contacts."

Speaking of the Boilermaker, do your best to "show your club colors" at this year's edition, and at any race for that matter. We have club logo Cool-max racing singlets available (men's and women's styles), plus short and long sleeve tees made of Dri-Release. Both of these materials are much more comfortable than cotton when you're working up a sweat. The tees come in either black or white and have either a large logo in the center or a small logo on upper left chest. Pictures and pricing can be found on the club website at <http://www.uticaroadrunners.org/pages/merchandise.html>. Items are available at the Distance Running Hall of Fame or contact Tom Bick at 724-7432.

With the warm weather and racing season upon us, it's great to see people out in the city, towns, and villages putting in their miles. But please, folks, play it safe! I cannot emphasize this enough. My heart sinks every time I see someone running on a city or village road when there's a perfectly good sidewalk just a few feet away. Besides making it difficult for drivers, it's downright dangerous; there's no winning an argument between a human body and several thousand pounds of steel. Granted, there are areas where running on the shoulder is the only option, but if sidewalks are available and safe, use them! I've heard some people say that asphalt is softer than concrete and therefore it's a better surface to run on. That might be true if you're running barefoot, but most of us have a slab of carbon runner and EVA foam between our soles and the pavement that does most of the shock absorbing, so I think it's fair to conclude that the differences are minor are best, and outweighed by the safety factor.

"Sidewalks versus roads" makes a compelling argument for using some of the great trails in the area. If you haven't run on the local trails, you're missing out on a lot. Many are asphalt paved while others are stone dust (reminds me of old cinder tracks from my high school days). You never have to worry about cars and traffic lights and you just may see some interesting scenes of nature. I've seen Snow and Canada geese, great blue herons, woodchucks, beavers, turtles, you name it. Some good trails to consider include the new stretch that parallels route 840 and the sections that comprise part of the Canalway Trail system. There is a seven mile stretch between North Genesee Street and River Street in Oriskany (with alternate trailheads at Barnes Avenue and route 291). There is a six mile stretch between Oriskany and Stanwix, much of it stone dust, and another stretch on the west side of Rome starting at the Erie Canal Village. Give them a try.

I am pleased to report six new members added to our roster. They are: Ray Brych of Munnsville; Scott Austin, Timothy Fitzgerald and Andy Totman of Utica; Katie Luker of New Hartford; and Karen McDaniel of Clinton. It's great to have you in the club!

Finally, a quick reminder that a new series of development runs will be offered for folks training for the Falling Leaves race (and other fall events). It will pick up after the Boilermaker series has concluded in July.

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

-Jim

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Utica, NY 13504 or e-mail Paul D'Ambrosio at: p.dambrosio@nysha.org.

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RACING TEAM NEWS



Left to right, front row: Karen McDaniel, Jessica Charles, Kelly Ann Nugent. Back row: Andy Totman, Mike Brych, Jim Fiore, Sam Morse, Moe Lalonde, Craig Lalonde, Larry Reyes. Not pictured: Mike Massoud.



Craig Lalonde strides for the tape!

Racing at Nate the Great

By: Jim Fiore

The club teams had a great showing at the Nate the Great 5k in Canastota on June 9th. The men's team won the overall team award and included Craig Lalonde, overall winner in 16:01; Sam Morse, 2nd overall and 1st male 20-24; Mike Brych 4th overall and 1st male 25-29; Jim Fiore 1st male 45-49; and Moe Lalonde, 2nd male 45-49. Other team members included Larry Reyes, 1st male 55-59; Andy Totman; and Mike Massoud. Although we didn't field a complete women's team, we were well represented by Jessica Charles, 4th overall and 1st female 25-29; Kelly Ann Nugent, 5th overall and 1st female 30-34; and Karen McDaniel, 2nd female 40-44.

UTICA
Roadrunners
R A C I N G

The 2007 Save Our Switchbacks Project Dedication Ceremony & 5-Mile Road Race

by Ted Petrillo



In the spring of 1996, following an exceptionally cold and snowy winter, the South Woods Trail in Utica's Roscoe Conkling Park experienced several major washouts from the melting snow runoff. The city of Utica then informed the Utica Roadrunners, among other users, that the trail would be permanently closed due to the hazardous conditions of the road. In an attempt to regain use of the trail, the Utica Roadrunners received approval from the city's Mayor to initiate a project to rehabilitate the South Woods Trail. Thus was born the Save Our Switchbacks Project.

A committee of five Utica Roadrunners took on the responsibility of completing the project. The five were Jim Bartkowiak, Dave Jones, Ted Petrillo, Brian Sanders and George Searles. As conceived by the committee, the Save our Switchbacks Project was to consist of three phases: #1) construction of an attractive pedestrian friendly gate system at the entrance to the trail; #2) replacement of 29 drainage culverts and cleaning of drainage ditches throughout the trail; and #3) resurfacing of approximately 2½ miles of road to a width of 10 feet. We are very proud to proclaim that the Save Our Switchbacks Project is now complete.

On Sunday, June 17, 2007, the Save Our Switchbacks Project committee celebrated the completion of the project with a dedication ceremony. The ceremony was held at the Parkway Recreation Center Ski Chalet following the conclusion of the Save Our Switchbacks 5-Mile Road Race. On display were several items of memorabilia from the project as well as the unveiling of a permanent dedication plaque that will be installed on a new pavilion that the city of Utica plans to construct at the beginning of the South Woods Trail.

This year's Save Our Switchbacks 5-Mile Road Race, the 11th race held by the Utica Roadrunners for the Save Our Switchbacks Project, was blessed with ideal running weather for the middle of June. A field of 123 runners competed on the challenging course through the Valley View Golf Course and included the improved 2.2-mile switchbacks section of the South Woods Trail. The first overall male was Utica Roadrunner Sean DeZalia, 15 years old from Clinton, who had a time of 31:11 and the first overall female was Gina Richard, 36 years old from Barneveld, who had a time of 35:36. The 123 registered runners was the largest number over the past four years. ■

2007 Vermont City Marathon

The annual Vermont City Marathon took place on Sunday, May 27th. Each year at this time, a group of Roadrunners head out to Burlington, Vermont for the annual Vermont City Marathon. Some of them ride, some of them run, and some of them do both! That's not to say that I've met anyone yet who's cycled all the way to Vermont, woke up that Sunday and ran the marathon but I'm sure we have diehards who've thought about it.

Our cycling group left for Vermont on Thursday morning and rode between 60-80 miles each day until Saturday afternoon when they reached Burlington. On Sunday, some of those who rode the entire way still participated in the marathon as part of a relay team. They include Dennis & Sybil Johnson, Lauren Mattia, Sue & Frank Simonelli, Judy Marris, Mark Williams, Vincenza Bick, and Nick Cognito to name a few. Each person on the team ran around 5 miles. Four of us in the group ran a half marathon as part of two teams.



Our very own Tom Bick and Janice Williams ran the entire marathon and we are all very proud of their accomplishment. They share their stories on the following pages. Kelly, Colleen, & Ron Murray also ran the full marathon.



Joe Rizzo, Kathleen Purtell, Val & Norm Cognito made up two teams, completing a half marathon each.



Group shot of cyclists who rode to Vermont over a 3 day period, many of whom are Utica Roadrunners who also ran as part of a relay team in the marathon.



2007
Vermont
City
Marathon
Finisher

Tom Bick

Age: 56
Finish time: 3:56:37

The 2007 Vermont City Marathon took place on May 27th. This was the second time that I ran Vermont City and my ninth marathon overall. One of the best things about this marathon is that it is very spectator friendly. The start and finish are in the same area, and there are several out and back loops so that family and friends can be there for lots of support.

Winter marathon training presents its own challenges. I trained with my good friend Janice Williams. Doing long runs with a training partner, especially when you get past about 12-14 miles, helps break the boredom. Our first Sunday

training run in mid January was 10 miles in blustery -6° weather. As mild as the winter was overall it always seemed to be cold, snowy or rainy every Sunday, but we trudged through it, logging 40-45 miles per week. Marathon training is really a part time job and can be difficult to fit into a busy schedule. But you really need to try and stick with your schedule and keep your long runs on the same day of the week as the marathon. Janice had a personal goal of breaking 4 hours, and we ran a 3:56.

(continued on next page.)

four

Tom Bick

continued...

My next marathon challenge will probably be to train and run again with my older daughter Melissa Abdo, who has run four marathons of her own. Melissa planned on running Vermont City with me, but was unable to because she was pregnant with her first child. My younger daughter Vincenza also has her future sights set on a marathon.

Most important of all I would like to thank my wife Annette again for putting up with my rigid training schedule for 4 1/2 months. ■



2007 Vermont City Marathon Finisher Janice Williams

Age: 41

Finish time: 3:56:37

What was your initial goal for the marathon?

My initial goal was to finish in less than four hours. Tom Bick looked up our Boston qualifying times. Mine was 3:50 and his was 3:45. We decided that 3:45 might be attainable (definitely in Tom's case; perhaps a little lofty for me).

How did your training go?

Tom and I began our training at the end of January at my house run. We started our 10-mile run at 7:00 A.M; it was six degrees below zero. Almost all of our long runs were done through cold, snow, sleet, rain and heat. Having a training partner is key, especially in poor weather conditions. The long runs seem to go by faster when you have someone running with you.

How were you able to fit longer runs into your schedule?

We did our long runs early on Sunday mornings. That way, we still had the afternoon and evening free.

Was this your first marathon? How did you like the course?

This was my fourth marathon, having completed the Boston, Marine Corps and New York City marathons prior. However, I had ran every leg of the Vermont City Marathon (except the first) as part of a

Utica Roadrunners' team every year since 1999, so I knew the course fairly well. It's a challenging course, but not particularly difficult.

Did you encounter any physical or mental challenges?

The physical/mental challenge for me was being four years older since my last marathon. However, I found that my body and mind still remembered what to do and it was not as large of a challenge as I imagined.

Did you reach your personal goals?

My finishing time did meet my personal goal. It would have been great to qualify for Boston, but perhaps I will next marathon.

Did you do anything different during your training or on race day that made a difference?

Tom had suggested that I try some caffeinated gels during my training, something I had never used before. Not only did I train using a caffeinated gel late in our long runs (between miles 18 and 20), but Mark (my husband) introduced me to a caffeinated electrolyte drink that I used during training as well. I seemed to have more energy, especially later into a long run. On race day, I carried my drink with me, another suggestion from Tom. He pointed out that by

carrying a bottle, I would be able to take a drink when I needed it with gel and food. Not only did I use it for that purpose, but also the water stops in Burlington were not as plentiful as I would have liked, especially early in the race. At least with my bottle, I could drink whenever I needed.

Another product I tried during training was electrolyte chewable "blocks" (another suggestion from Mark). I took one of these every four miles during the marathon. They certainly helped stave off hunger.

Our training program was also different from any I had used before. Every week, our long run increased in distance until we reached our longest run of 23 miles one month before the marathon. Other schedules I had used added distance to the long run for two consecutive weeks, then backed distance off every third week. Also, we always ran a mid-distance run (i.e. seven miles) the day before our long run, which was usually a rest day in my old schedules. The new schedule did make me feel more prepared.

Are you planning on running any marathons in the future?

I will probably do at least one more at some point, but I haven't decided which one or when. ■

Take Note:

Runners Forum: "Ask the Experts"

Sponsored by:



Partners Trust Bank provides the opportunity to find out more about your running, including injuries, nutrition and training.

AND IT'S FREE!

Saturday, July 7th 2007
1:00 PM to 2:30 PM

Health & Fitness Expo Tent

The Masonic Care Community
2150 Bleeker Street, Utica, New York

Our panels of experts include:

Jim LaFountain

Physiologist, columnist for Gannet News

Tom LaFountain

Chiropractor, PGA medical doctor

Kathrine Switzer

First woman to run Boston Marathon

Roger Robinson

Elite long distance runner, writer

Bill Rodgers

4 time winner Boston and New York Marathons

Mark Wolber

Attorney and Moderator

Ted Mohr

Coordinator, Runners Forum



Attention! All Utica Roadrunner Boilermaker Participants:

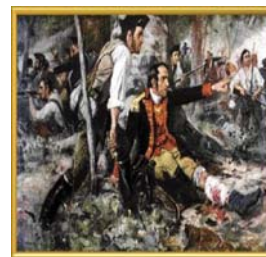
There will be a group photo of all Utica Roadrunners running the Boilermaker road race at 7:15 a.m. day of the race at the start, across from the Utica Boiler building on the lawn. Look for Cindy or Peter Molesky. They will also be taking pictures along the route so stay to the right of the street and they will be at the start of the race, then at about the 5 mi. area near Elm St. and the Parkway and just before the finish line. Wear your Utica Roadrunner shirts or singlets so they can see you in the crowd. Have a good race and enjoy.

Falling Leaves Development Runs

"No Frills" Group Training Runs
Wednesdays @ 7pm • Parkway
Starts July 18th



A great way to train for the Falling Leaves Road Race in September or a fall marathon! Remember, the 14k races through the switchbacks and there's nothing like some good hill work to help prepare for a marathon. Unlike the traditional Development Runs, there will be no awards or t-shirts, but you'll still get to train on the same great course in a group setting. Come join your friends and fellow club members!



Battle of Oriskany 5k & 10k Run 5k Walk & Kids Run

August 4th • 8:00a.m.
Trinkaus Park • Oriskany, NY

A Utica Roadrunners Grand Prix Event

(For further information and an application,
see pages 12-13 of this newsletter)



Don't Run on Empty!

Fuel up with Pasta, Meatballs and More At

The 10th Annual Boilermaker Pasta Buffet

Saturday, July 7, 2007

12:30PM – 5:00PM

Masonic Care Community Administration Building

at the

CDPHP Health and Fitness Expo

All-You-Can-Eat-Buffer

\$6.00

All proceeds benefit the United Way of Greater Utica

Assorted Pastas and Sauces, Italian Bread, Crisp Salad,
Homemade Meatballs, Freshly Baked Cookies and Beverages!

Sponsored by:

The Masonic Care Community, Sodexho Senior Services,
and the Boilermaker Road Race

HOT TIPS FOR COOLER WORKOUTS

Alternative training for rising temperatures

STAY COOL.



ADJUST YOUR BODY TEMPERATURE:

If it's really hot but you have to run, try dousing your head and neck with cold water before and during your run. This will lower your body temperature & heart rate and make for a more comfortable experience.

CHECK THE MAP

Think about alternative running routes with more shade like park trails.

RISE EARLIER

Try getting up earlier in the summer for your training. It's quiet, there's less traffic, and most importantly, the temperature is much lower.

GET IN THE DIRT

Asphalt and concrete tend to radiate heat. Try running in the grass, dirt or gravel.

COOL DOWN WITH ESSENTIAL OILS

Peppermint and eucalyptus oils provide a cooling effect. Dab some on the back of your neck or temples before you head out the door.

PROTECT YOUR HEAD

A mesh hat or visor helps to shield your face from the sun, while still allowing excess heat to escape.

TRY YOGA

If you've never tried yoga before, summer is a good time to start. Since your body temperature is warmer, it will be more conducive to accept the poses.

SUMMERIZE YOUR INTERVALS

Do your regular cardio at a slightly slower pace but add 30 second speed bursts every three to five minutes.

REFUEL WITH FRUIT

They're more than 80% water, so fruits such as grapes and melon are a tasty way to replenish fluids and boost your energy post-workout.

CROSS TRAIN

If you don't do well running in hot temperatures, try alternative ways to keep up your fitness level. Swimming, cycling, climbing, kyaking, & mountain biking, are all good choices but anything that gets your heart rate up for 20minutes/3x a day will do the trick!

Fitness Magazine, July 2007

RACE CALENDAR 2007

RACE.

Date/Event	Time/Location	Phone	E-mail/Web Address
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July

4	Cazenovia July 4th Races 5k,10mile	8:00 AM	Cazenovia, NY		http://www.cazenovia.org/
4	Firecracker 4 - 4 Mile Road Race	5:00 PM	Saratoga Springs, NY	518-744-5646	maryd@telescopecasual.com
8	Utica Boilermaker 15k	8:00 AM	Utica, NY		www.boilermaker.com
11	URR Parkway Development Runs	7:00 PM	Parkway		www.uticaroadrunners.org
15	Millers Mills 5k Sundae Run	10:30 AM	Millers Mills	315-822-3851	
21	Ilion Days 5k Run/Walk	8:00 AM	Ilion, NY	315-894-2308	bjpost1@netzero.net
21	Lake Moraine 5 mile run	TBD	Hamilton, NY	315-263-6275	
28	Stoney's Harborfest 5k/10k,5k Walk	8:30 AM	Oswego, NY		www.oswegoymca.org

August

4	Battle of Oriskany 5k/10k & 5k Walk	8:00 AM	Oriskany	315-269-9341	
4	Hershey's Track & Field Games 5k Run/Walk	8:00AM	Hershey, PA	http://www.hersheystrackandfield.com/5k/	
18	Willow Bay 5k Run/Walk for Women	9:00 AM	Onondaga Lake Park, Liverpool		www.syracusechargers.org/willow
25	Adirondack Spintacular 5k,6m,12m	10:00 AM	Mayfield, NY Fairgrds	518-661-6005	www.adirondackspintacular.com

September

9	CMN Run for the Children 5k,12k	8:00 AM	St. Lukes Hospital	315-768-0150	http://cmnrun4thechildren.com
23	Falling Leaves Road Race 5k,14k,5k, & Kids Fun Run	8:15 AM	Downtown Utica Radison		www.uticaroadrunners.org

October

13	YWCA Freedom Run 5k	8:00 AM	Proctor Park, Utica,NY		
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BOLD RACES = GRAND PRIX EVENTS

Additions? Contact Mike Massoud @ 315-737-5143, **e-mail:** mmassoud@adelphia.net

If I were YOU....I'd call ahead to check out these dates and times!

Please note – Only the races with dates & times are confirmed for 2007!



2007 Grand Prix

(as of May 1, 2007 - Results are subject to change.)

2007 GRAND PRIX STANDINGS

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Total Points
Sean DeZalia	M 1-19				10	10		20
Nick Cognetto	M 1-19	9				9		18
Mike Szarek	M 1-19	8					10	18
Kelsey Barra	M 1-19					8	9	17
Josh Szarek	M 1-19	10						10
Christian Cognetto	M 1-19					7		7
Kelly Murray	F 1-19	10		10				20
Emily Humphrey	F 1-19					10		10
Mike Brych	M 20-29	10	10				10	30
Jay Barra	M 20-29					10	9	19
Colleen Murray	F 20-29	10	10	9				29
Jessica Charles	F 20-29			10			10	20
Paul Humphrey	M 30-39		10	10	10	10	10	50
Jason Pare	M 30-39	10			9			19
Jim DeYulio	M 30-39		9				9	18
Greg Lang	M 30-39	9						9
Jim Bartkowiak	M 30-39						8	8
Christine Sisting	F 30-39			9	10	10	10	39
Sandra Arcuri	F 30-39	10			9			19
Alyssa Palmieri	F 30-39			8		9		17
Lara Cook	F 30-39		10					10
Carol Zweifel	F 30-39			10				10
Melissa Abdoo	F 30-39						9	9
Scott Suba	M 40-49	10		10		10	8	38
Bill Kosina	M 40-49	8		8		8	6	30
Mike Massoud	M 40-49	9			9		7	25
Jim Fiore	M 40-49				10		10	20
Norm DeZalia	M 40-49		9		6	5		20
Mike Dunn	M 40-49		10		7		2	19
Tom McGlynn	M 40-49			5	8	4		17
Norm Cognetto	M 40-49	6		3		7		16
Rob Munson	M 40-49	5				9		14
Mike Ambrose	M 40-49	7		4			3	14
Tim Decker	M 40-49			7			4	11
Gary Burak	M 40-49			6			5	11
Richard Zweifel	M 40-49			9				9
Moe LaLonde	M 40-49						9	9
Pete Smith	M 40-49							8
Brian Roemer	M 40-49					6		6
Tom Bashant	M 40-49				5			5
Mike Morrissey	M 40-49						1	1
Valerie Cognetto	F 40-49	9	10	7		10	10	46
Meg Parsons	F 40-49	7			10			17

(continued on next page.)

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2007 Grand Prix (cont.)

(as of June 29, 2007 - Results are subject to change.)

2007 GRAND PRIX STANDINGS

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Total Points
Mary Ruckel	F 40-49	10						10
Ingrid Otto-Jones	F 40-49			10				10
Audrey Marcoux	F 40-49			9				9
Elaine Wojciechowski	F 40-49						9	9
Sue Appler	F 40-49	8						8
Janice Williams	F 40-49			8				8
Tom Bick	M 50-59	9		8	10	10	9	46
Tim McCann	M 50-59	8	10	7		8	8	41
Larry Reyes	M 50-59	10		10			10	30
Ron Murray	M 50-59	6	9	3				18
Bub Barra	M 50-59					8	7	15
Ken Muzzy	M 50-59	7		6				13
Rich Hahn	M 50-59			5		6		11
Garry Smith	M 50-59	5		4				9
Dan MacCracken	M 50-59			9				9
Les Cortright	M 50-59				9			9
Venkata Mannava	M 50-59					5	4	9
Mark DesJardins	M 50-59		8					8
Scott Ferguson	M 50-59					7	5	8
Ray Brych	M 50-59						6	8
Dave Simon	M 50-59						3	3
Ed Jekel	M 50-59			2				2
Donna Kapes	F 50-59			9		10	10	29
Jill Barra	F 50-59					9	9	18
Micky Lucas	F 50-59		9	8				17
Joanne Reese	F 50-59	10						10
Ginny Truax	F 50-59		10					10
Nancy Castellano	F 50-59			10				10
Sandra Lee Penske	F 50-59						8	8
JoAnn Russo	F 50-59						7	7
Luke Lucas	M 60+	9	9	9		8	8	43
Chuck Silverman	M 60+			10	10		10	30
Dick Stanley	M 60+		10			9	9	28
Paul Ohlbaum	M 60+		8			7	7	22
Joe Kappler	M 60+	8			9			17
Chuck Mix	M 60+	10						10
Gian Carlo Mangano	M 60+					10		10
Dolores Quinn	F 60+		10			9	9	28
Rose Hosp	F 60+					10	10	20

Remaining 2007 Grand Prix Races:

- The Battle of Oriskany 10k – August 4th
- Falling Leaves 14k – September 23rd
- YWCA Freedom Run 5k – October 13th

elevan

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 running course, 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 Village of Oriskany, Oriskany Central Schools, Eastern Star Campus, Race Directors and 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

twelve

TIMES

- 5k Run - 8:00 A.M.
- 10k Run - 8:20 A.M
- 5k Walk - 8:30 A.M
- REGISTER BY MAIL
- The Walk - \$10.00 Ind.
- The Walk - \$12.00 Family

5K and 10K and Kid's Run

Mail-In Rates

- \$15.00 Before June 30th
- July 1st - Aug. 1st \$17.00
- Race Day Registration - \$20.00 until 7:30 A.M.
- KID'S RUNS \$3.00
- ABSOLUTELY NO REFUNDS

Packet Pick-up at

ORISKANY FIRE DEPARTMENT
708 Utica St, Oriskany, 4-8 PM
August 3rd

AND AT THE
MEMORIAL PARK PAVILION
ON RACEDAY

MAIL CHECKS TO:

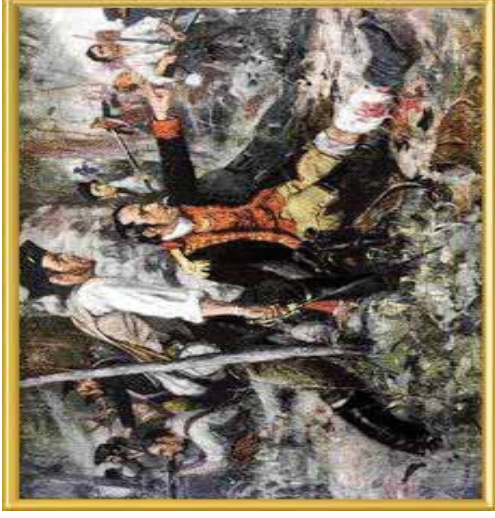
BATTLE OF ORISKANY
5728 VALLEY ROAD
WHITESBORO, NY 13492

FOR MORE INFO:
CALL KARL HUMPHREY
315-269-9341

Battle of Oriskany

5k / 10k

5k Walk



"The Battle Rages On"

AUGUST 4th, 2007
AT TRINKAUS PARK



THANK YOU TO OUR SPONSORS

RUNNERS WORLD MAGAZINE
HOLLAND FARMS BAKERY & DELI
FAYS TWO
EASTERN STAR CAMPUS
HUMPHREY APPRAISALS
ORISKANY VILLAGE BOARD
ORISKANY CENTRAL SCHOOL

GIFT DONATIONS MADE BY



MEDAL CATEGORIES

GOLD, SILVER AND BRONZE IN BOTH RACES
FOR MALE AND FEMALE
(OVERALL FINISHERS)

GOLD, SILVER AND BRONZE MEDALS
IN THE FOLLOWING AGE GROUPS

- 10 AND UNDER
- 11-15
- 16-19
- 20-30
- 31-40
- 41-50
- 51-60
- 61 AND UP

THE SAME APPLIES IN THE WHEELCHAIR DIVISION

PLEASE PRINT NEATLY &
ANSWER ALL QUESTIONS
FOR APPLICATION TO BE VALID

1 APPLICATION FOR EACH RUNNER

NO STROLLERS, HEADPHONES OR
PETS ALLOWED

CIRCLE RACE 5K 10K WALK
KID'S RUN

PRE-REGISTERED T-SHIRT SIZE
S M L XL (Not Guaranteed)
Pre-Registered means applications
Post marked no later than 8/1/07

Wheelchair participant YES NO

First name _____ M.I. _____

Last name _____

Age as of 8/4/2007 _____ Sex _____

Phone Number _____

Street _____

Address _____