

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners September 2007



Battle of Oriskany Run

*David Putney and Jim Fiore
Take the Top Two Spots
at the 10k Finish;
Christine Sisting Nabs First Female*



WHAT'S **NEW?!**

- From Runner to Race Director: Vetran Roadrunner Jim Stasaitis reflects on running, p. 3
- September Races: Run for the Children 9/8
Falling Leaves 9/23 • Delta Lake Half Marathon 9/30
- Meet the Runner is Back! p.5
- Love Your Sportsbra! p. 11



Editor: Valerie Cognito
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



SPLIT **TIMES**

The Official Newsletter of the Utica Roadrunners
September 2007

2007
Roadrunners
Board of
Directors:



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Jim Fiore

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THINK.

President's Ponderings

Jim Fiore



September dawns and that can only mean one thing: The Falling Leaves Road Race is right around the corner. If you haven't mailed in your application, do it today! This year's race promises to be better than ever with chip timing thanks to Leone Timing. You can get an application on the club website or you can register online via Active.com. And if you're looking to add a few more volunteer points to your season total, this would be a great event to consider. Speaking of Falling Leaves, the new Falling Leaves Development Runs have been going smoothly on Wednesday evenings. We've had some great running weather and lots of smiling faces. Remember, as the sun is setting earlier, these runs will start at 6:30 rather than 7:00 after Labor Day.

In case you've been living under a rock and haven't heard, former club president, Falling Leaves race director, and all-around nice guy Jim Stasaitis has been named as the new race director of the Boilermaker Road Race. He has big shoes to fill, taking over for Bob Ingalls under whose direction the race grew and expanded considerably. Having worked with Jim over the past couple of years on the Board of Directors, I have great confidence in his abilities and know that if anyone can bring this premier road race to even greater heights, it's Jim.

I am pleased to report three new members to the club: Michael Corey of New Hartford, Colleen Krug of Whitesboro, and Kari Puleo of Utica. Nice to have you as members and welcome aboard! The club is now over 420 individuals strong.

As the fall approaches so does ballot time and our annual general membership meeting. The meeting will be held on October 15th. **As is always the case, six of the 12 board seats will be up.** We will also be considering some changes to the club by-laws. **If you are interested in either running for a seat or in helping with the election committee, please contact Melissa Williams (melwilliams72@hotmail.com).** Again, this is a great way to gain some volunteer points. Remember, board members ultimately decide the course of the club, so if you've got ideas, the club needs you!

The 2007 Grand Prix will be wrapping up soon. After the Falling Leaves 14k there will be one more race in the series: the YWCA Freedom Run 5k on October 13th. Remember, scoring is based on the best five of nine race results, so unless you've already scored five 10's, there's still room for improvement in the standings!

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

-Jim

From Runner to Race Director

Reflections from 30 years in the running community

by Jim Stasaitis



Our Newsletter Editor, Val Cогnetto, asked me to write a few lines about how it feels to be named the new race director of the Boilermaker. As I was thinking how excited and honored I was to be chosen, I couldn't help thinking of how I got here. I started training a quarter of a century ago to run the Boilermaker. Soon after, I ran my first Boilermaker. I got hooked on running and racing. I joined the premier running club in the area, the YMCA Roadrunners, and became involved in the management of the club. I was a board member, president, the race director of the Falling Leaves Race, etc. Over the years my involvement grew in the running community and included volunteering for the Boilermaker and the Heart Run (as it was known way back when). I attended RRCA Conventions where I learned about race management and had a chance to talk to other race directors and borrowed ideas from their races. Most of all I learned from our own local race committees and the runners themselves. It's been an interesting road, and all along the way, I've had the help and support of my family, (especially my wife, Jan), the Utica Roadrunners, local runners and the community. As I said before, I'm excited and honored to be the Boilermaker's next race director. At this point I don't plan on making major changes in the race. I have a great committee and thousands of dedicated volunteers to help me do my job, and I know that the Utica Roadrunners will be an integral part of the race. After 30 years the race runs smoothly but we're always looking for ways to improve it. If you have any ideas for the race, please let me know. I look forward to seeing you on the roads and even more so to seeing you at the start and finish of next year's Boilermaker.

Social/Training Group Runs

Falling Leaves Development Runs - Wednesdays - 6:30pm Parkway

The fall Development Run series continues at the Parkway at 6:30 p.m.. There will also be a water stop. There are some notable changes though. First, these runs are free and there is no registration. Because of this there will be no awards or finish chute. Also, there will be no kid's races. You will, however, have more options for distances. Besides the usual 2 mile and 10k courses, courses will also be mapped out for other distances such as 3 miles or 5 miles. So join your club mates and continue a Wednesday evening tradition! Even if you're not interested in running, volunteering for these runs will help you earn points for a club jacket.



Additional Group Runs:

- **Speed Work:**

Mondays, 6:30 p.m., Floyd, 4-6 miles. Floyd Town Hall on Old Floyd Road, just off Route 365.

- **Group Run:** Fitness Mill, Thursday nights at 5:45 p.m., 5 miles. Group meets for dinner following the run.

- **Group Run:** Saturdays, 7:30 a.m., Parkway

For more information on training/social running groups, contact Meg Parsons at mparsons@twcny.rr.com.



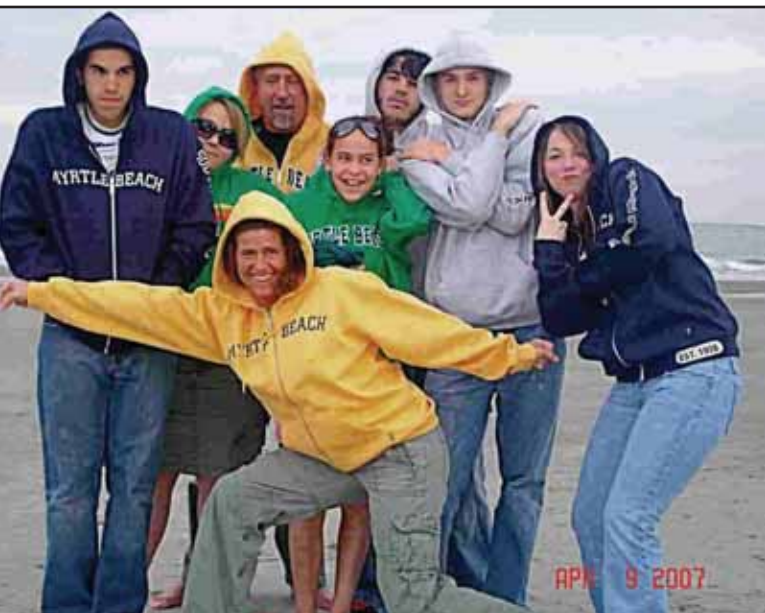
Going Global

- As in the U.S., most foreign runners said that they started running between 25 and 35. Italy was the only country where most runners started between 35 and 44.
- The U.K. and Australia were the only countries where stability outnumbered neutral-cushioned shoes.
- While the half-marathon is the top distance in most countries, the 10-K is the favorite race in the U.K., Belgium, and The Netherlands.
- Boston and New York aren't just baseball rivals. When asked to pick their "dream race," three times as many Americans chose the Boston marathon over the New York City marathon. Foreign runners, on the other hand, picked NYC.
- In South Africa, the top post run snack is the rusk – a hard, dried biscuit. British runners, meanwhile, crave bacon.
- Runners in Australia and New Zealand chose running (54%) over sex (46%).
- In Germany, Bill Clinton tied Emil Zatopek, the former Olympic great, for the person, dead or alive, that runners would most like to go for a run with. In Sweden, Elvis Presley ran a close second to Jesus.



TRIVIA
four

Runner's World's The American Runner, 2006



Linda's Family: (left to right) Justin, Autumn and Mike Kessler, Jessica, Nick, Matt & Kirsten. (Front and center) Linda

Linda Turner
New Hartford, NY
Age 46

When did you start Running? 1992

Why did you start Running?

I had smoked for 20 years and decided that I needed to quit. So I started out walking. But the more I walked the more I hurt. I felt like if I ran it would not hurt as much. As it turns out that was true. Running changed my life. I don't think I would have made it through the ups and downs in my life if I didn't have my running and my running friends!

How many Boilermakers have you run? 14

What advice would you give to someone just starting?

Get the right shoes. Start out slow, walk 5 minute/run 1 minute and do that for 20 minutes, as your body starts to adjust you can increase the running intervals and the length of time you are out there. Make sure you get a good stretch before and after you run. Don't increase the time too quickly to prevent injury. Find a training partner or a running group. Add some strength training on the off days of running. Most of all have fun and make it a life style change, not just finishing one race.

What was your most memorable moment about your Boilermaker?

I think your first Boilermaker is always the most memorable because you have trained for the race with this self doubt that you can actually complete it. There is such a feeling of accomplishment that you feel you can do anything you put your mind to. I have run 3 Marathon's since my first Boilermaker and it was a great feeling but still not compared to crossing that FIRST Boilermaker finish line.

If any, what challenges have you had to overcome in order to run?

After my first Boilermaker I did not listen to my body, I pushed myself too much and got an IT Band Injury. It took me a very long time to get over that injury. I gained weight and felt awful, but I made it back, I have had other injuries since then but I have learned the difference between physical pain and mental pain. The mental pain, you push through, talk yourself through every step if you have to. The physical pain you STOP and take care of yourself!

Any other comments?

I could never have accomplished all that I have without the support of my friends and family. I want to thank Bob, Judy and Sue for listening to me when we were running. I know you were running faster and faster to try and get away but it made me a better runner. I want to thank my partner in life Mike Kessler who had to take over for Bob, Judy and Sue. He has supported me in every adventure I have gotten him into! He is my hero and the person I admire the most. I want to also thank the Utica Roadrunners, the Boilermaker and Earle Reed for keeping running alive in our community! There is no better therapist, no better drug than a 5 mile run. The best part about it is when you stop.

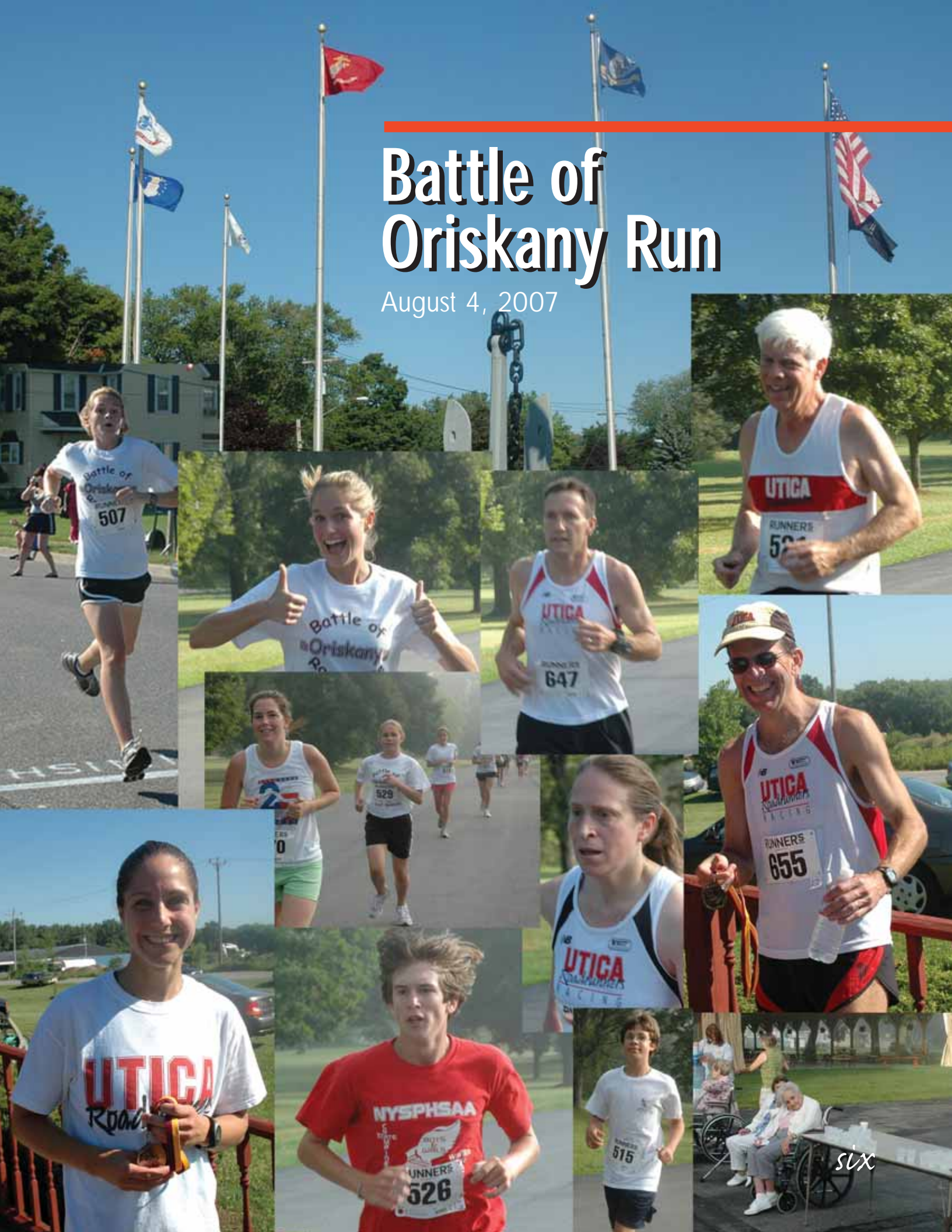
Community Involvement:

I have served on the Board of Directors for the Utica Roadrunners for 4 years, secretary for 2 years and membership chair for 2 years. Race director for Summer Sizzle for 2 years. KAC race director for 4 years, Training Program Director for 8 years. I have volunteered myself everyone of my family members, my kids and my kids friends for just about every race in our area. I have been a Big Sister in the Big Brother/Big Sister's program, I was matched with my Little Brother when he was turning 10 and he is now 24. We live in a wonderful community and it is a great feeling to be able to give back to it.



Battle of Oriskany Run

August 4, 2007



Battle of Oriskany Run Race Results

August 4, 2007

5k

1 TIMOTHY GREENBERG	M 17 ONEONTA NY	17:02	5:29
2 MATTHEW DOWNS	M 25 CLINTON NY	17:51	5:45
3 JESSICA CHARLES	F 25 ORISKANY NY	19:29	6:16
4 JERRY TYLUTKI	M 27 UTICA NY	20:43	6:40
5 ERIC LAUBER	M 45 ROME NY	20:54	6:44
6 RYAN FORD	M 16	21:04	6:47
7 STEVE CROWLEY	M 51 WHITESBORO NY	21:27	6:54
8 RICHARD NOWER	M 35 UTICA NY	21:54	7:03
9 PATRICK MURPHY	M 18 NEW HARTFORD NY	22:00	7:05
10 SCOTT ADAMS	M 41 ROME NY	22:01	7:05
11 MATTHEW BASCIOTTA	M 20 ORISKANY NY	22:35	7:16
12 COLEEN GEORGE	F 25 UTICA NY	22:44	7:19
13 GENE VELARDI II	M 12 ORISKANY NY	22:48	7:20
14 MICHAEL NEIDHART	M 41 ORISKANY FALLS NY	24:00	7:43
15 JEANNE BURROWS	F 37 WHITESBORO NY	24:21	7:50
16 ERIN CROWLEY	F 15 WHITESBORO NY	24:25	7:52
17 MARDEN LAUNDRY	M 43 ROME NY	24:41	7:57
18 APRIL VROMAN	F 24 UTICA NY	25:15	8:08
19 KIMBERLY MACERA	F 39 ORISKANY NY	25:24	8:11
20 JIM MILLER	M 47 ORISKANY NY	25:29	8:12
21 RYAN DEZALIA	M 13 CLINTON NY	25:31	8:13
22 KELLEY MILLER	F 15 ORISKANY NY	25:31	8:13
23 JOSEPH ZIMECKI	M 11 ORISKANY NY	25:35	8:14
24 KERMIT CADRETTE	M 69 ROME NY	25:43	8:17
25 DICK STANLEY	M 67 CLINTON NY	25:47	8:18
26 JOHN ARMSTRONG	M 55 WINTERSVILLE OH	26:14	8:27
27 HUCK DEPASQUALE	M 43 MARCY NY	26:15	8:27
28 KEVIN HOEHN	M 53 ROME NY	26:208:29	
29 MEGAN CROWLEY	F 13 WHITESBORO NY	27:56	8:59
30 STEPHANIE SMITH	F 43 WESTMORELAND NY	28:54	9:18
31 SCOTT DASKIEWICH	M 35 ORISKANY NY	28:57	9:19
32 JENNIFER ARCURI	F 17 ROME NY	28:59	9:20
33 LISA REITTINGER	F 31 ORISKANY NY	29:03	9:21
34 SARAH WALTERS	F 25 ARCHBALD PA	29:03	9:21
35 NICOLE VAN ETEN	F 15 SAUQUOIT NY	29:25	9:28
36 MARGARET MURPHY	F 16 ORISKANY NY	29:33	9:31
37 CATHERINE MURPHY	F 44 ORISKANY NY	29:33	9:31
38 ALEIGHA HAWKINS	F 10 ROME NY	29:40	9:33
39 NICOLE BUEHLER	F 14 ROME NY	29:53	9:37
40 DENISE CAVANAUGH	F 50 WHITESBORO NY	30:40	9:52
41 COURTNEY SPATTO	F 26 ORISKANY NY	30:56	9:57
42 BETHANY HUMPHREY	F 16 WESTMORELAND NY	31:02	9:59
43 LAWRENCE ARMSTRONG	M 56 ONEIDA NY	31:06	10:01
44 SUSAN VAN ETEN	F 42 WHITESBORO NY	31:06	10:01
45 BRITTANY NEIDHART	F 15 ORISKANY FALLS NY	31:08	10:01
46 AMANDA VAN ETEN	F 22 WHITESBORO NY	32:40	10:31
47 CARMEN RIVERA-MIRANDA	F 47 NEW YORK MILLS NY	32:52	10:35
48 TEIRA HAWKINS	F 12 ROME NY	33:14	10:42
49 RYAN WALLACE	M 15 ROME NY	35:04	11:17
50 JOE DOOLEN	M 39 ORISKANY NY	35:04	11:17
51 ALEXIS BRAVO	F 12 ROME NY	35:51	11:32
52 PAUL SCHIEBLE	M 47 ROME NY	38:04	12:15
53 CHRISTIAN COGNETTO	M 11 NEW HARTFORD NY	39:23	12:41

10k

1 DAVID PUTNEY	M 43 NEWPORT NY	37:49	6:05
2 JIM FIORE	M 49 UTICA NY	37:50	6:05
3 JASON PARE	M 34 ORISKANY NY	38:22	6:10
4 SCOTT SUBA	M 43 DEERFIELD NY	38:31	6:12
5 SEAN DEZALIA	M 15 CLINTON NY	39:36	6:22
6 DAN PIERSON	M 38 ORISKANY NY	39:46	6:24
7 JIM MCCANN	M 24 UTICA NY	41:56	6:45
8 MIKE PALMER	M 45 WHITESBORO NY	41:59	6:45
9 CHRISTINE SISTING	F 33 NORWICH NY	42:06	6:47
10 KEVIN BURR	M 17 ORISKANY NY	42:10	6:47
11 HEATHER VROMAN	F 16 UTICA NY	42:10	6:47
12 CHARLES WINDISCH	M 53 ESSEX JET VT	42:58	6:55
13 DAVID PESESKY	M 47 UTICA NY	44:07	7:06
14 SCOTT TRUITT	M 41 CLINTON NY	44:20	7:08
15 THOMAS BICK	M 56 FRANKFORT NY	44:40	7:11
16 TIFFANY LOTT	F 37 NEW HARTFORD NY	45:09	7:16
17 WILLIAM TYLUTKI	M 60 REMSEN NY	46:59	7:34
18 SHAYNE HUGHES	M 14 ORISKANY NY	47:13	7:36
19 TIA BULLARD	F 13 OSWEGO NY	48:34	7:49
20 MICHAEL DUNN	M 48 CHADWICKS NY	48:36	7:49
21 TRAVIS BASCIOTTA	M 15 ORISKANY NY	49:01	7:53
22 TYLER MCCORDUCK	M 15 ORISKANY NY	49:01	7:53
23 O. RIVERA-MALDONADO	M 55 WHITESBORO NY	49:17	7:56
24 CHARLES SILVERMAN	M 61 NEW HARTFORD NY	49:46	8:01
25 NORMAN DEZALIA JR	M 49 CLINTON NY	51:03	8:13
26 VALERIE COGNETTO	F 43 NEW HARTFORD NY	52:34	8:28
27 KEVIN SUTTON	M 39 ROME NY	52:58	8:31
28 ANDREW CLARK	M 26 WHITESBORO NY	53:44	8:39
29 ANDREA BULLARD	F 24 UTICA NY	56:07	9:02
30 JIMMY SHANNON	M 29 ORISKANY NY	57:13	9:12
31 DICK BOREK	M 49 POLAND NY	57:39	9:17
32 JOSEPH PENABAD	M 78 NEW HARTFORD NY	57:39	9:17
33 GEORGE OSWALD	M 55 OLD FORGE NY	58:10	9:22
34 SANDRA ARCURI	F 38 DEERFIELD NY	59:13	9:32
35 LUKE LUCAS	M 60 WHITESBORO NY	59:40	9:36
36 JANICE GRUENWALD	F 55 ORISKANY NY	1:01:11	9:51
37 MARK DESJARDINS	M 57 MARCY NY	1:02:05	9:59
38 MIKE DESJARDINS	M 27 MARCY NY	1:03:31	10:13
39 JED ROMAN	M 53 ORISKANY NY	1:04:02	10:18
40 MARION OSWALD	F 50 OLD FORGE NY	1:07:33	10:52
41 LESLIE SMITH	F 36 DEERFIELD NY	1:11:43	11:32
42 MARIE KUHN	F 37 MARCY NY	1:11:45	11:33
43 CHRISTINE SCHIEBLE	F 46 ROME NY	1:14:47	12:02



FALLING LEAVES ROAD RACE

5k & 14k Road Races
Kids Kilometer
September 23, 2007
Utica, New York

Registration:

Online: www.active.com

By Mail: (see reg. form on page 14.)

In Person: At packet pick up
at the Radisson Hotel - September 22nd
from 9 a.m. - 5 p.m.

On Race Day: From 6:45 - 8:15 a.m.

HSBC 
The world's local bank

Take a Lap of the Lake

Lake Delta Half Marathon

Oneida County is having a second half marathon in the fall to cap the local racing season, just as the National Distance Running Hall of Fame kicks off the distance running season in the spring. On Sunday, September 30, 2007, the Roman Runners will host the first, and hopefully, annual Lake Delta Half Marathon. The course, described by Roman Runners Club President Cindy Reynolds as "challenging, but beautiful" will run through Western, Ava, Lee and Rome, "with good views of the lake in many spots."

"The Roman Runners have talked about the Lake Delta Half Marathon for years," Reynolds says, because it's a perfect 13.1 miles around the lake. We also think a fall half marathon is good training for the many area runners participating in fall marathons."

Club member Ann Meisenhelder, will serve as race director. Tonia Vernold, a NYS Trooper based in Lee Center and daughter of the late Gail Vernold, an accomplished local runner and long-time member of the Roman Runners, will work with local law enforcement agencies to coordinate safety. Reynolds says that "the club is behind Ann and the Lake Delta Half Marathon 100%, and will be excited to see the race grow and become an annual event."



Information and a registration form is available on the Roman Runners web site at www.romanrunners.com.

eight



2007 Children's Miracle Network 5k & 12k Run for the Children

September 9, 2007 • 8:00 a.m.



Proceeds to benefit Children's Miracle Network at Faxton-St. Luke's Healthcare
Race starts at the St. Luke's Campus of Faxton-St. Luke's Healthcare

Register online at: <http://www.cmnrunforthechildren.com>

Registration: \$20.00

Deadline for mail-in registrations is August 31, 2007

Saturday, September 8th, at the Children's Health & Safety Expo: 7:30 a.m. – Noon
or on Race Day: 6:30 a.m. – 7:30 a.m.

Pledge forms are also available

All registered runners with a pledge of \$40 or more will receive a t-shirt while supplies last



2007 Miracle Mile Kids Fun Run

Saturday, September 8, 2007

Children's Health & Safety Expo.

Race starts at 9:30 a.m. – Kids 12 and under are welcome

Cost is \$1.00 per child

pledge forms are available

Sponsors:

Founding Sponsor – Wal-Mart

Presenting Sponsor – Beacon Federal

Miracle Mile Kids Fun Run Sponsor – Carbone Auto Group



nine

RACE CALENDAR 2007

RACE.

Date/Event	Time/Location	Phone	E-mail/Web Address
September			
Note: There is no Paul Revere 5k in 2007!			
2 Finger Lakes Monster Marathon & 1/2 Marathon	6:30 AM/8:15AM	607-659-4686	www.fingerlakesrunners.org
3 Skaneateles Labor Day Road Race			www.skanraces.com/roadrace.html
3 June Grigull Memorial 5k/10k Run	8:30 AM Rhinebeck, NY		maddashrace@aol.com
8 Lake Placid 1/2 Marathon	10:00 AM Lake Placid, NY		www.northelba.org/html/half_marathon.html
9 CMN Run for the Children 5k, 12k	8:00 AM St. Lukes Hospital	315-768-0150	cmnrunforthechildren.com
15 Bud Run for Charity	9:00AM Baldwinsville, NY		www.fleetfeetsyracuse.com/budrun/2007/bud.pdf
15 Adirondack Distance Festival 5/10k	9:30 AM Chestertown, NY		www.northwarren.com/index/siteevent-details-action/id.56/title.-5-10-k-races
16 Adirondack Festival Marathon & 1/2	9:00 AM Schroon Lake, NY		www.adirondackmarathon.org
16 Rochester Marathon	8:00 AM Rochester, NY		www.rochestermarathon.com/
23 Falling Leaves Road Race 14k, 5k, Kids run	8:15 AM Utica, NY		www.utaroadrunners.org
27 Roman Runners Kirk Mile			www.romanrunners.com
28 Geneseo Friday Knight 5k	6:00 PM Geneseo, NY	kem17@geneseo.edu	www.geneseotrack.com/homecoming
29 McQuaid Invitational XC 3M	8:30 AM Genesee Valley Park		
30 Delta Lake Half Marathon	9:00 AM Delta Lake-Rome, NY	315-725-9432	www.romanrunners.com
30 Syracuse Festival of Races 5k	9:00 AM Syracuse, NY		www.festivalofraces.com
30 Wineglass Marathon	9:00 AM Bath, NY		

October

6 Upstate NY XC Series 4M	11:00 AM Wheatland		http://peteglavin.com/_wsn/page2.html
6 Maine Event 10k/5k fun run	Brookfield, NY		www.hartfordtrackclub.org/htc_racecalendar.htm
7 The Burn Run 5k	10:00 AM E. Syracuse, NY	315-447-2812	www.eastsyracusefire.com
7 Mohawk Hudson River Marathon	8:30 AM Schenectedy, NY		
14 Saratoga Nat. Bank XC Classic	10:00 AM Saratoga Springs, NY		
14 Madison Hall 5k	Morrisville, NY		
20 YWCA Freedom Run 5k	9:00 AM Utica Marina, Utica, NY		www.ywcamv.org/
21 Ridgewalk & Run 5k, 10k, 14 mile road/trail	Wellsville, NY	585-593-5080	www.ridgewalk.com
27 Upstate NY XC Series 6k	11:00 AM Watkins Glen State Park		
27 Kim Ryan Memorial XC 5k	Sherburne, NY		

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!

FOR BEGINNERS

Love Your Sports Bra!

Here's how to shop and care for one of the most important pieces of running gear a woman can have.

When did buying a jog bra get so complicated? These days, choices run from crop tops to tanks, camis to shimmels. Then come the options: pockets, zippers, seamless construction, and antimicrobial fabrics. And whichever bra you choose, it needs to provide optimal support and a perfect fit. No wonder most women select the wrong bra.

When shopping for your next sports bra keep the following tips in mind:

Go for impact

Runners need bras designed for high-impact activity. That yoga bra may be adorable, but it probably won't provide the support you need. Look for a bra's activity level on its label or the maker's website.

Send sweat packing

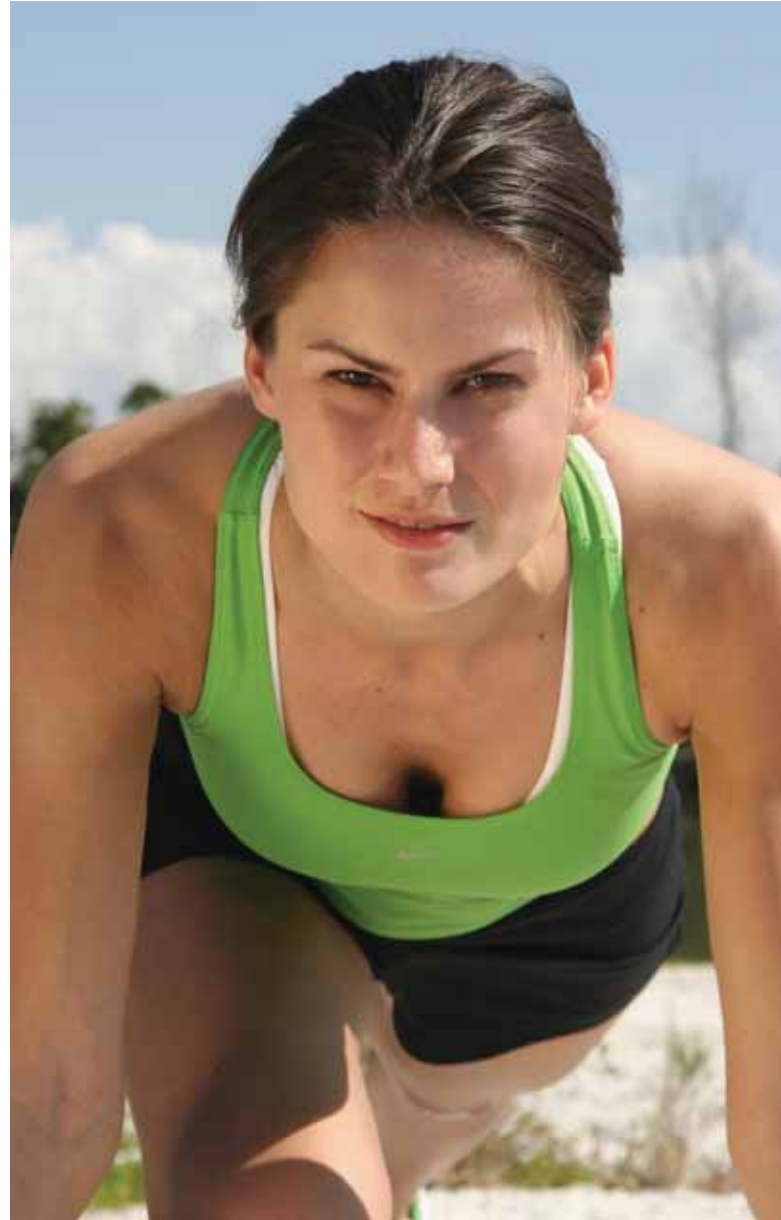
Select a jog bra made from technical materials touted to wick moisture away from the skin, such as CoolMax and Drylete. Seams with rolled edges and off-center stitching (to minimize chafing) are preferable.

Try 'em on

One brand's 36C can fit completely differently from another brand's 36C, so bring three bras into the dressing room with you – the cup size you normally wear, a smaller, and a larger one. If the material wrinkles or bunches, the bra is too big. And if there's skin bulging out in spots or if the seams are cutting into you, then it's too small. You should be able to fit two fingers under the straps. When you find a bra that feels good, run in place for 10 to 15 seconds. The bra should minimize breast movement and not twist while you move.

Make it last

Wash the bra in cold water with powder detergent, since liquids clog fabric pores, which inhibits moisture wicking. Tumble dry on low or let it air dry to prolong the life of the elastic. After about 72 washes-when the elastic starts to lose resilience – or if your weight changes, you should replace the bra. (www.runnersworld.com)





2007 Grand Prix

(Results are subject to change.)

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10k	Total Points
Sean DeZalia	M 1-19				10	10		10	30
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	10	49
Sandra Arcuri	F 30-39	10			9			9	28
Alyssa Palmieri	F 30-39			8		9			17
Lara Cook	F 30-39		10						10
Carol Zweifel	F 30-39			10					10
Melissa Abdo	F 30-39						9		9
Scott Suba	M 40-49	10		10		10	8	9	47
Bill Kosina	M 40-49	8		8		8	6		30
Jim Fiore	M 40-49				10		10	10	30
Mike Massoud	M 40-49	9			9		7		25
Norm DeZalia	M 40-49		9		6	5		7	27
Mike Dunn	M 40-49		10		7		2	8	27
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	10	49
Meg Parsons	F 40-49	7			10				17
Mary Ruckel	F 40-49	10							10
Ingrid Otto-Jones	F 40-49			10					10
Audrey Marcoux	F 40-49			9					9

2007 GRAND PRIX STANDINGS

twelve



2007 Grand Prix (cont.)

(Results are subject to change.)

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10k	Total Points
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	10	48
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	9	44
Chuck Silverman	M 60+			10	10		10	10	40
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:

- Falling Leaves 14k – September 23rd
- YWCA Freedom Run 5k – October 13th

2007 GRAND PRIX STANDINGS

Falling Leaves Registration Form

Courses

Both 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 switchbacks of Utica's beautiful South Woods.

Kids Kilometer

The annual Kids Kilometer Fun Run is sponsored by Anaconda Sports, 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 \$20.00
 Sept. 1 thru Sept. 15 \$22.00
 • *25¢ of each entry supports the Distance Running Hall of Fame*
 No applications postmarked after Sept. 15 will be accepted!

Online: Register at Active.com

In person: At Packet pickup at the Radisson:

Sept. 22 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 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. 22 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

T-shirts will be given to all participants.

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 Mike Brych at 315-404-8130 or email mrbrych@nhart.org.

Entry Form

Official Use Only

Last Name

First Name

M.I.

Address

City

State

Zip

Phone Number

Age as of 9/23/07

Sex

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 Seiselmeyer
 733 Deerfield Drive East
 Utica, NY 13502

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 also be posted at www.leonetiming.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. \$3300 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

Course Records

5k:	14k:
Male	14:29
Female	16:37
Male	42:56
Female	51:59
Male	19:55
Female	19:97

Paul Mbugua
 Alisa Hill

Leonoid Shvetsov
 Charleen Lyford