

SPLIT TIMES



UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

October 2007



Lake Placid Half Marathon

Anita Moller Catches
Third Place Female Overall
@1:33:03

WHAT'S **NEW?!**

- It's Time to Vote! p. 4
- October Races:
YWCA 5k Freedom Run, 10/20
Upstate NY XC Series 6k, 10/27
Kim Ryan Mem. XC 5k, 10/27
- Are There Benefits to
Running in the Dark? p. 8

eliminating racism
empowering women
ywca

NEW
Course location



3RD ANNUAL
5k run & walk
Freedom
from running
Raising awareness about domestic violence

October 20, 2007

New Location!

Utica Marina

16 Harbor Lock Rd.

Off of North Genesee St.

5k Run 9:00 a.m.

5k Walk 9:05 a.m.

USATF Certified

Proceeds to benefit the YWCA
of the Mohawk Valley
Domestic Violence &
Sexual Violence Services

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
October 2007

2007 Roadrunners Board of Directors:

President:
Jim Fiore

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Activities & Events
Mike Kessler
Administration
& Finance
Meg Parsons

Secretary:
Christine Sisting

Treasurer:
Sybil Johnson



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Tom Bick
Mike Brych
Wendy Carbone
Mike Massoud
Ken Muzzy
Larry Reyes
Jim Stasaitis
Melissa Williams



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THINK.

President's Ponderings

Jim Fiore



As I prepare this month's column, our club's premiere road race, the Falling Leaves, has yet to be run. I have little doubt that it will be (was) a rousing success. A great deal of effort has been put in by new race director Mike Brych, all of the race committee members, and the numerous race volunteers. It is no exaggeration to say that hundreds or even thousands of man-hours of effort have already gone into this event. Every runner who participated owes a debt of gratitude to these dedicated people and the sponsors who made it happen. Congratulations to everyone involved!

The final race in the 2007 Grand Prix will be the YWCA Freedom Run 5k on October 20th, now on a new USATF certified course along the Canalway Trail in North Utica. Area racing is by no means finished though! There are other good opportunities in the immediate area and some only a modest drive away. For a change of pace (no pun intended), you might consider a cross-country race. A couple of possibilities include the 6k at VVS on November fourth, part of the Upstate Cross Country Series, and for those of you with a USATF membership it's the Adirondack region versus Niagara region championship. Another possibility is the Kim Ryan 5k XC in Sherburne on October 27. Cross country was my first love in running and remains so today. There is nothing quite like the feeling of running along fields, through wooded trails, and bounding small creeks on a crisp fall afternoon with the sun on your shoulders. And for those of us raised during the first running boom of the 1970s, "cross country" will always be abbreviated as "CC" (at least in our minds) over today's preference for "XC."

I am pleased to report four new members to the club: Camille Dillard of Rome, Maureen Dooley of Utica, and Christina and Emily Rothwell of Poland. Please join me in giving them a warm welcome to the club.

October means ballot time and our annual general membership meeting. This year's meeting will be held on Monday, October 15th at the Utica campus of MVCC in room 225 of the IT/Theater Building from 7:00 p.m. to 9:00 p.m. This is the large building with the sloping roof directly opposite of the main Sherman Drive parking lot. Room 225 is on the second floor toward the left as you come in the main entrance of the building. Light refreshments will be served. We have a great slate of candidates for this year's election and I think every candidate brings something positive to the table. If for some reason you were not able to send in your ballot, please remember that you can vote at the meeting.

With the shortening of the available daylight, please take extra care when you take to the streets in the morning or evening. Remember that just because you can see a driver does not mean that the driver can see you. Make sure to wear bright clothing with reflective elements, and if possible, consider some form of active lighting such as an LED armband or, if you run in areas with minimal street lighting, a headband flashlight.

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

Jim

two

Social/Training Group Runs

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

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



RACE CALENDAR 2007

RACE.

Date/Event	Time/Location	Phone	E-mail/Web Address
October			
6 Upstate NY XC Series 4M	11:00 AM Wheatland		
6 Maine Event 10k/5k fun run	Brookfield, NY		
7 The Burn Run 5k	10:00 AM E. Syracuse, NY	315-447-2812	www.eastsyracusefire.com/index.html
7 Mohawk Hudson River Marathon	8:30 AM Schenectady, NY		
14 Saratoga National Bank XC Classic	10:00 AM Saratoga Springs, NY		
14 Madison Hall 5k	Morrisville, NY		
14 Alyssa's Run 5k Run, walk, kids run	1:00 PM Cortland, NY	607-753-6124	www.ferroplusferro.com/alyssasrun
20 YWCA Freedom Run 5k	9:00 AM Utica Marina		www.ywcamv.org/
20 Great Pumpkin 5k, 10k, kids fun run	7:30 AM Saratoga Springs State Park		www.saratogabridges.org/
21 Ridgewalk & Run 5k,10k,14mi 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		
27 Red Dragon Halloween 5k	9:00 AM SUNY-Cortland		www.reddragontrack.com/roadrace/reddragon5k.pdf
November			
4 Niagara vs Adirondack XC Challenge	12:00 PM VVS High School		
11 Stockade-a-thon 15k	10:30 AM Schenectady, NY		
18 Upstate NY XC Series 6/8k	10:00 AM Finger Lakes CC		
22 Run for Hunger 5k, 2mi walk & kids	9:00 AM Utica Parkway Rec Ctr	735-2316	

BOLD RACES = GRAND PRIX EVENTS

Additions? Contact Mike Massoud @ 315-737-5143, **e-mail:** [mmassoud@adelphia.net](mailto:massoud@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!



Annual Business Meeting & Elections

**Monday, October 15, 2007, 7-9 p.m.
Room IT 225, IT/Theater Building
Mohawk Valley Community College**

Light Refreshments

**Election of Six (6)
Board Members to serve 2-Year Terms**

**All members in good standing and at least 12 years of age
are eligible to vote.**

**Members may vote in person at the
Annual Business Meeting on October 15th**

Mail-in ballots must be returned by October 1st to:

**Utica Roadrunners
P.O. Box 4141
Utica, NY 13504**

For more information or to RSVP contact:

**Meg Parsons at 337-7452 or
mparsons@twcny.rr.com**

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VOTE FOR YOUR BOARD!

Meet the Candidates Who Are Running for the Utica Roadrunners Board of Directors For 2008:

TOM BICK Tom has been a club member for the last 12 years. As a member, Tom has served on the Board for the last four years. During this time, he has served as the Merchandise contact for the club. He has also been on the committee for the annual Falling Leaves race for a total of three years. His favorite large race would be the Boilermaker, of course. And another of his favorite races is the Falling Leaves 14K. Tom recently joined the Utica Roadrunner competitive racing team. He is part owner and President of Bick & Heintz Inc.

JIM FIORE A club member since the late 1990s, Jim was elected to the board in 2005 and became president in 2006. He has won the Male Open Roadrunner of the Year twice, and also the Ed Bruni Sr. Inspiration Award. For several years he handled the club race calendar and wrote the "Top Ten List" for Splitimes. Currently, outside of his duties as president, Jim helps to maintain the club bulletin board. In 2007 he introduced the concept of club competitive teams with full support of the board of directors and serves as de facto team captain and coordinator. If re-elected, he is dedicated to continuing and expanding opportunities for runners of all interests and abilities, be they first timers, social runners, or competitive athletes; promoting healthy lifestyle choices in the community; and in raising community awareness of the club.

SYBIL JOHNSON Sybil has been a member of the Utica Roadrunners since 1976, as well as a Board member during this time. She has held the position of Secretary and Treasurer for 10 plus years each. Sybil is looking in the future to enjoy her retirement even more. She would like to serve for another term and then pass the torch to a new Treasurer in 2009. Her duties have included monthly finances (profit/losses), annual and race budgets, paying the club's bills, check writing, attending monthly Board of Directors' Meetings and event meetings, and keeping track of annual finances for the NYS Charities Bureau, just to name a few.

MIKE KESSLER Best described as a "recreational runner," Mike started running five years ago and has run five Boilermakers, won zero! He started with the Training Program and has become one of Linda Turner's assistants. Mike has volunteered and or run most of the area races. He has found volunteering for them to be very demanding. Mike says "I enjoy the people I have met since running, the physical and mental rewards, stress and weight reduction. I would like to help grow the club and more importantly get others involved." Mike also expresses that "if you want to get to know me come help at a finish line, water station, coarse, and let's crack some jokes."

LARRY REYES A native of Rome, Larry has been running since junior high school, some 40 years ago. While serving in the military, he competed on six Air Force track

teams. During that time he ran bests of 4:09 in the mile, 14:36 at 5000 meters, and a 2:18 marathon. Still running fast times in his 50's, Larry won his 55-59 age group at the Boilermaker this year and would be happy to continue his service on the Utica Roadrunners Club board of directors.

CHRISTINE SISTING Christine has been a Utica Roadrunner member since 2005. She has been an active Board member and Club Secretary for the past 2 years. She has also been an active runner for over 20 years, running varying distances from the mile to the marathon. Christine attended SUNY Geneseo where she ran on the cross country and track teams. Upon graduating, she ran her 1st marathon in just under 2:49:00. This allowed her to qualify for the 2000 Olympic Trials. She has also run a Boilermaker PR of under 55 minutes. She is currently a member of the Utica Roadrunner competitive team. Christine has also been an active volunteer for the club by donating her time at various races and being a committee chair for races in the area. She would like to continue to be on the board and would enjoy being the Secretary once again to help the club in some way.

KAREN MCDANIEL Karen has been involved with the club since the mid 1980's. Running achievements include being a top 10 female Boilermaker finisher, record holder for many of the local events, repeat winner of the Falling Leaves 5k, and most recently as a masters runner, she was the national title holder for the women's 40-45 indoor 3000 meter run. Karen won the silver medal for the Masters 8k Cross Country National Championship. A track and cross country enthusiast, Karen hopes to bring more club members to these types of running events. Karen has been a volunteer for the Heart Run, Boilermaker, and Falling Leaves Road races. She would greatly appreciate a chance to serve the running community as a board member.

ANITA MOLLER A member of the Utica Roadrunners since 1998, Anita is a self proclaimed running addict who also has a deep commitment to our community. Serving on the Board of Directors would provide an ideal opportunity to bring these two interests together. Anita is a veteran of 15 marathons and countless other races from the 5k to half marathon distance, and she is currently a member of the Utica Roadrunners Competitive Team. When not on the roads of CNY logging mile after mile, Anita can be found studying (currently working on her nursing degree) or baking (what better way to fuel all those miles?).

COLLEEN MURRAY Colleen is 22 years old and has been running for twenty of them, and ran her first race when she was 2. Running has always been an important part of her life. She ran cross country and track from 7-12th grade, as well as two years in college. In her sophomore year in college she was named All-Region in the NJCAA Regionals for cross country, and ran in NJCAA National Cross Country race. She runs many road races a year and also volunteers at a few races each year. "I would like to be a board member to bring more younger runners into the club and actively participating, as well as give younger runners a more active voice in the club. I think being on the board would help me to become more dedicated to the club and help more actively promote running as a way of life."

USE BALLOT ON NEXT PAGE

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VOTE! VOTE! VOTE!



Utica Roadrunner 2007 Ballot

Vote for up to six (6). If more than six, the ballot will be voided. Ballots must be returned no later than October 12, 2007. You may also vote in person at the Annual Meeting, October 15, 2007. Board members serve a two (2) year term. Nominees who are not selected will serve as alternates.

Please DO NOT sign ballot. Separate ballot at dotted line and mail it in an envelope with your name on the outside of the envelope. Ballots returned with no name on the envelope will be voided. Copies of this ballot may be reproduced for additional family members. Ballots should be mailed to the following address:

Election Committee
Utica Roadrunners
P.O. Box 4141
Utica, NY 13502-4141

BALLOT

- | | |
|--|--|
| <input type="checkbox"/> Tom Bick | <input type="checkbox"/> Christine Sisting |
| <input type="checkbox"/> Jim Fiore | <input type="checkbox"/> Anita Moller |
| <input type="checkbox"/> Sybil Johnson | <input type="checkbox"/> Karen McDaniels |
| <input type="checkbox"/> Mike Kessler | <input type="checkbox"/> Colleen Murray |
| <input type="checkbox"/> Larry Reyes | |

Write ins: _____

Lake Placid Half Marathon

September 8, 2007



Run To The Dark Side

New research says there are benefits to running before dawn or after dark—even if you don't have to.

By David Abel



Night Moves

For years, runners have been warned to forgo working out too close to bedtime because exercise interferes with sleep. The American Academy of Sleep Medicine advises avoiding strenuous exercise for as long as six hours before hitting the sack. "The idea is to prevent the body from producing endorphins and other stimulants that can disturb sleep or lead you to wake up in the middle of the night," says academy spokeswoman Kathleen McCann. But recent research by Shawn D. Youngstedt, Ph.D., an assistant professor in the department of exercise science at the University of South Carolina, suggests that this is a misleading generalization. In two studies, subjects exercised at a moderately high intensity for one or three hours and had no trouble nodding off a mere half hour later. "Evening exercise doesn't disrupt sleep in most people, and sleep quality can improve following exercise," says Youngstedt.

In fact, Youngstedt says that some athletes may benefit from evening workouts, citing recent research among a group of swimmers whose performance peaked between 6 p.m. and 11 p.m. Although the responsible mechanism isn't yet understood, Youngstedt says there are several potential contributing factors. One is body temperature, which tends to be higher later in the day and has been linked to increased strength and reaction time. Another is the release of two hormones important for energy metabolism, cortisol and thyroptopin, which are at their highest levels in the evening. "We all have internally generated body rhythms that dictate when we feel and perform our best," Youngstedt says. "You have to find what works for you."

Merrill, whose nighttime training prepares her for endurance events lasting four to five days, had to experiment to discover her optimal schedule. "If I run hard at night, then I have trouble sleeping," she says. "So my runs in the evening are easy. I call them shake-off runs; they help quiet my mind for sleep. I save speedwork for the morning."

Early Risers

Of course, night running isn't the only kind of dark running. In some parts of the country, the sun rises as late as 8 a.m. between December and February, so early morning runners may clock all their miles before the sky is light. Phillip Pizzo, M.D., the dean of Stanford University's School of Medicine, sets his alarm for 4 a.m. so he can get in an eight-miler before getting to the office around 6:30. Dr. Pizzo has trained for 20-plus marathons—often in the dark—for the past 30 years; November's New York City Marathon is next. "My job does not have much time flexibility, and if I don't run before beginning my work day, I simply am not likely to find any other exercise time," he says. Dr. Pizzo runs on the well-lit and familiar Stanford campus, and to avoid injury he recommends choosing a route based on road visibility ("scenery this time of day is irrelevant") and predictability ("learn where curbs, changes in terrain are"). He runs with two lights, one secured to his head and another to his waist, as well as an illuminated vest to ensure that he can see and be seen. For other safety precautions, see "Light up the Night," above.

If you have to choose between staying up late to run or setting the alarm for a predawn rise, some experts say you should hit the hay. "At the end of a long day, you're likely to be less

TRAIN.

...CONTINUED ON NEXT PAGE.

eight

coordinated and more prone to falling," says Phyllis Zee, Ph.D., a professor of physiology and director of the Sleep Disorder Center at Northwestern University in Chicago. "Wait to run until your body has an opportunity to rest. Besides, running enhances mood and productivity, so a morning run could help you function during the day."

Unfortunately, few runners have the luxury of heading out whenever they want to. "When athletes run is usually a function of their life," says running coach Greg McMillan. "The ideal scenario is if your schedule will allow you to train and race at the same time as your body likes to run."

Goulet's lucky that way. With stiff winds blowing off the Charles River, the father of three—whose schedule rarely lets him run before 11 p.m.—lopes toward the lights of the skyline melting into the dark water. "I do my best thinking at this time," he says. "There aren't any distractions."

Light up the Night

They call themselves Nighthawks, and like the nocturnal birds, they keep a close watch for others prowling through the dark, especially cougars and porcupines. For the past four years, running through the foothills of Mount Baker in Washington state, Dean Taylor and a dozen of his buddies have sidestepped the beady eyes, following only the beam of their headlamps. "We actually delay our

runs—the darker the better," he says. Taylor, 52, who runs up to 200 miles at night a year, has discovered other benefits of night-owl running. Taylor says his pace has improved since taking up night running, especially on hill climbs. "I can't see the top, and therefore I don't worry about how much farther I have to go," he says. He also finds that his senses become more finely tuned in the dark. "You are paying more attention to your surroundings and appreciate them." For prospective nighttime runners, Taylor advises:

Ease into it. It takes time to get accustomed to running in darkness, so keep initial outings short. Try a few loops in your neighborhood before you head out for longer runs or venture onto trails.

Follow common sense. Wear reflective apparel. Leave the iPod at home. Carry a cell phone. Let someone know when you're leaving, where you're going, and what time you expect to be back.

"Safety in numbers" applies. A group makes you more visible to approaching vehicles and deters would-be threats. On the trails, running partners can warn you of changes in terrain.

Get used to a headlamp. Just focusing on the circle of light can cause tunnel vision and feelings of nausea. Taylor spreads out his beam and takes his eyes off the light for brief periods.

WWW.RUNNERSWORLD.COM



**"Come On!
You Need to Earn
That Pie & Stuffing!!"**

Presents the 23rd Annual Thanksgiving Day Run & Walk to End Hunger

Thursday, November 22
Utica Parkway Ski Chalet

Door prizes to be drawn after the run/walk.
Proceeds to benefit local nonprofit food pantries.

5K Run, 2 Mile Walk, 1/4 & 1/2 Mile Kid's Runs

Registration Race Day Only: 7:30-8:45 a.m.

Start Times: Kid's Run 8:50 a.m.

5K Run & 2 Mile walk 9:00 a.m.

DONATION: \$5.00 per person • \$15.00 family maximum
PLUS two non-perishable food items per person.

For more information, call : 735-2316

ywca membership

Support our programs year-round.



**BECOME A MEMBER OF THE YWCA
AND PAY ONLY \$10.**

Only fill out shaded portion below if different from entry form on reverse side.

Last Name		First Name	
Street Address			
City	State	City	Zip
Daytime Phone		E-mail	

Memberships:

Check one: Included \$10 with entry fee
 Charge my credit card

If paying by credit card, please fill out below:

Visa Mastercard

Account No. _____

Expiration Date / / Total to charge credit card: \$ _____

Registration by CHARGE cannot be processed without your signature. I hereby authorize the YWCA to use my credit card to process my membership/registration in the Total Amount shown above.

Signature X _____

ten

eliminating racism
empowering women
ywca

NEW
Course location



Raising awareness about domestic violence

October 20, 2007

Location: Utica Marina

16 Harbor Lock Rd. • off of North Genesee St.

Start Time: 9:00 am (run)

9:05 am (walk)

USATF Certification # NY-07069-JG

YWCA of the Mohawk Valley

1000 Cornelia Street, Utica, NY 13502

Tel: (315) 732-2159 Fax: (315) 732-8760

24-hour Hotline: Oneida County: (315) 797-7740

Herkimer County: (315) 866-4120

www.ywcamv.org

Proceeds benefit the **YWCA of the Mohawk Valley**
Domestic Violence & Sexual Violence Services



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

2007 GRAND PRIX STANDINGS

eleven



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
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	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

2007 GRAND PRIX STANDINGS

Remaining 2007 Grand Prix Races:

- YWCA Freedom Run 5k – October 13th

twelve