

# SPLIT TIMES



The Official Newsletter of the Utica Roadrunners

May 2008

## See You at the 2008 Development Runs & Walks!!

(Now FREE to all Utica Roadrunner Members!) p.5



### WHAT'S *NEW?!*

- Awards Banquet Recap p. 6
- May Races:
  - Ted Moore 5K - May 3
  - Hall of Fame Half-Marathon - May 18
  - KAC 10K - May 31

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The Official Newsletter of the Utica Roadrunners  
May 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](mailto: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 be 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 18 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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Jim Fiore

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Mike Kessler  
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**To place advertising, contact:**  
Meg Parsons  
E-mail: [mparsons@twcny.rr.com](mailto:mparsons@twcny.rr.com)  
(See last page for advertising rates)



# THINK. President's Ponderings



*Jim Fiore*

If you missed it, the annual club awards banquet was a great success with over 50 attendees. Thanks go out to Melissa Williams for planning and directing, Meg Parsons for a great job as MC, Jim Stasaitis for handling the awards, and all of the other volunteers who made this happen. And of course, congratulations go to all of the award winners. For me, the highlights included Dave Putney's humorous yet deadpan account of his 131+ mile 24 hour run and Val Cognito's newbie triathlon "adventures." The food was great and the company was even better.

Now that spring is in full swing, it's great to be outside without the cocoon of winter clothing. Wildlife once again seems abundant along the numerous trails and parks in our area. I find this to be a happy time for many reasons, not the least of which is the lull between shoveling the driveway and mowing the lawn. While I love the sight of crocuses followed by daffodils and tulips, my favorite spring blossoms include the small, inconspicuous white petals from the garden which hint at the strawberries and black raspberries to come.

I am pleased to report two new members to the club. They are Beth Penfield from Brewerton and Stephen Kelly from New Hartford. Glad to have you with us!

The May events on the club Grand Prix schedule are the Ted Moore "None for the Road" 5k at MVCC on Saturday, May 3; the Distance Running Hall of Fame half marathon on Sunday, May 18; and the KAC 10k on Saturday, May 31. If you're wondering why the SUNYIT Scholarship 5k is absent after so many years on the GP calendar, it is because it was cancelled and will not be run this year.

Finally, I will be adding club members to our email listserv during the next few weeks. If you have changed your email address over the last year or so (or would like to use a different address), please send me an email at [urrpres@dissidents.com](mailto:urrpres@dissidents.com)

## **LATE BREAKING NEWS!!**

As part of our effort to increase club member benefits, the 10 week series of Parkway Development Runs starting on Wednesday, May 14 will be **free this year for all Utica Roadrunners members in good standing!**\* Check the club web site message board for details.

\*Linda Turner has set up a link for members to check on the status of their membership. Go to [www.train2run15k.com](http://www.train2run15k.com) or you can email Linda at [train2run15k@adelphia.net](mailto:train2run15k@adelphia.net), or call her at 796-4870.

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

*-Jim*



# Commercial Travelers

Celebrating Its 125th Year!

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**National Distance Running  
Hall of Fame & Commercial Travelers  
10th Annual Half-Marathon, Half-Marathon Relay, & 5k  
Sunday, May 18th, 2008**

Run Along the Beautiful, Scenic Erie Canal Trail

T-Shirts given to all pre-registered runners

Half-Marathon & Relay - 8am, 5k - 8:15am Register Early & Save!

\$2.00 Discount for Utica Roadrunner members (Sorry, no race day registration)

For more information, see application on page 11.

# 2008

## Utica Roadrunners' 2008 PARKWAY DEVELOPMENT RUNS/WALK

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

The 39th season of the Utica Parkway Development Runs/Walk will begin on Wednesday, May 14, 2008. The runs will be held every Wednesday evening through July 16th.

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

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

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

For further information, contact Howard Rubin (793-3287), Paul Ohlbaum (724-8451) or Ted Petrillo (768-7319).



### LATE BREAKING NEWS!!

As part of our effort to increase club member benefits, the 10 week series of Parkway ***Development Runs starting on Wednesday, May 14 will be free this year for all Utica Roadrunners members in good standing!***\* Check the club website message board for details.

\*Linda Turner has set up a link for members to check on the status of their membership. Go to [www.train2run15k.com](http://www.train2run15k.com) or you can email Linda at [train2run15k@adelphia.net](mailto:train2run15k@adelphia.net), or call 796-4870.

*Join Us!*  
**COMMUNITY.**

# 34th Annual Utica Roadrunners Awards Banquet

By: Melissa Williams



On April 5, 2008 the Utica Roadrunners held their 34th Annual Awards Banquet at Hart's Hill Inn in Whitesboro, NY. The banquet was well attended by Roadrunner members, award winners, family members and friends. The banquet was successfully organized by social chairperson Melissa Williams and MC'd by Meg Parsons. The 50/50 was conducted by Mike Brych. Tom Bick also donated his time that evening by selling Utica Roadrunner apparel. The club would also like to thank Char Coughlin for putting together the evening's awards program. Thank you for all of your help and dedication.

Many awards were handed out during the evening, from service awards, running awards, or just support for the running community. The President's Award was shared by two people this year: Meg Parsons and Mike Kessler, both VP's of the Club. Mike Kessler also received the Bill Acquaviva Volunteer of the Year Award. When it came to a corporation, group or individual support of the running community, the award was given to Rich Karaz of the Sneaker Store for his

dedication to the URR Racing Team. Other award winners were Kelly Nuggett (Ed Bruni Sr. Inspiration Award and the Frank D'Allesandro Training Volunteer of the Year Award), Mike Brych (Robert H. Carlson Distinguished Service Award), and Jim Fiore received the Utica Roadrunners Hall of Fame Award.

Awards were also given out for achievements made in the field of running over the last year. When it came to the infamous Utica Roadrunner "Red" jacket, Mike Brych and Mary Ruckel both earned their "1,000 Mile" jackets. Craig LaLonde and Jessica Charles each earned the title of Most Improved Runners. The Roadrunner of the Year awards were earned by Paul Humphrey and Jessica Charles (Open Male/Female) and Tom Bick and Donna Kapes (Grandmaster Male/Female). Numerous awards were also given out for volunteer work and the Grand Prix Winners. This year two people earned the Running Nuts Award: Dave Putney and Val Cognito. Believe me, the two of them sure earned that title this year between losing eye sight and trips to the ER during a triathlon. But that has not stopped either of them in their tracks. Keep up the good work!!

The banquet was an overall success. Everyone in attendance had a wonderful time meeting up with fellow runners, sharing stories about running or swimming over the last year and anticipation for the upcoming running season. We hope to see more familiar faces and even more new ones at next year's banquet!!

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## Race Calendar

The official **RACE CALENDAR** for the Utica Roadrunner can be found on our website. Go to [www.uticaroadrunners.org](http://www.uticaroadrunners.org).

## 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](http://www.uticaroadrunners.org).

# May/June Races

## 11th Annual Theodore "Ted" Moore 5k Run/3 Mile Walk **NONE** for the road

Saturday, May 3, 2008 • 9:00am • MVCC Utica Campus Gym

Race Day Registration starts at 7:15am - \$20 (Students \$10)  
Showers & light refreshments available post race A portion of the proceeds will go to area agencies whose mission is drug and alcohol abuse prevention and treatment  
For more information, call Deanna L. Ferro at 731-5797



## Benjamin Hill Memorial 5k to benefit the Cystic Fibrosis Foundation



Saturday, May 10, 2008 • 11:00am • SUNY IT Campus

Pre-Registration deadline extended to May 8th (postmarked)

for Utica Roadrunner Members only - \$15 (please indicate on form that you are a URR member)

Race Day Registration starts at 10am - \$20

For more information, call Michael DiGiovanni at 463-7965

(see registration application on pages 12-13).

## 30th Annual KAC Run & Walk

*to benefit the Kirkland Art Center*

Saturday, May 31, 2008



*10 mile, 10K & 5K runs, 5K fun walk, 1 mile run & kids fun runs*

The KAC Run is a challenging 10 mile, 10K and 5K all road course that loops through the charming village of Clinton, NY. The 10 mile and 5K courses are USTAF certified. In addition, the Utica Roadrunner's Club distinguishes the 10K race as a Grand Prix Racing Event.

(See application on page 14)



# May/June Races

## Central Adirondacks Deer Run



5k/10k Run • June 7, 2008  
Old Forge, NY  
(See race application on pages 16-17)



### NATE RACE

CANASTOTA  
NEW YORK

(see race application on page 15)



## 20th Annual St. Johnsville Towpath Trail Run

10k & 2 mile runs  
on bike path  
Saturday, May 10th  
5:30pm

St. Johnsville, NY  
\$10-Pre-registered  
\$12-Race day

For more information, call  
John Geesler at (518) 568-7509  
or email: [kgeese@telenet.net](mailto:kgeese@telenet.net)

## The Zone Run/Walk

To benefit the Richfield Springs "Zone" Teen Youth Activity and Mentoring Center

5k & 10k & 2mi Walk

Saturday, May 10, 2008 • VFW • Richfield Springs, NY

Start time: 10:00am

Race Day Registration: 8-9:45am-\$15/Students \$13

For more information, go to

<http://route20.syr.edu/> or contact Bill Kosina, email: [jabkos@verizon.net](mailto:jabkos@verizon.net)

# Take Note:

## Get Involved With the Utica Roadrunners' Brand New Youth Training Programs!

Committees are forming and programs are beginning to take shape but we still need your help! If you are interested in volunteering to promote youth running in our area, please e-mail Linda Turner at [train2run@adelphia.net](mailto:train2run@adelphia.net). You do not have to be a committee chair because there will be many other volunteer positions open as soon as the programs are in place. We will put your name on a list of volunteers and contact you when help is needed for a specific program.



Our mission is to develop programs for children and teens that provide a safe environment for training and competing. We want to help children who are interested in the sport of running to set realistic goals for themselves and strive to improve their individual performance and skills.

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

## Group Runs



### Thursday Night Social Runs

Our Thursday night social runs will continue throughout the summer months. We run from The Fitness Mill at 5:45 p.m. The Fitness Mill provides showers and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

### Find Running Partners

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

# 2008 NATIONAL DISTANCE RUNNING HALL OF FAME OFFICIAL RACE ENTRY FORM

## 1. CHECK THE RACE YOU ARE ENTERING

1/2 MARATHON 8:00am - 5/18/08    
  5K 8:15am - 5/18/08    
  1/2 MARATHON RELAY 8:00am - 5/18/08

RELAY TEAM NAME \_\_\_\_\_

Official Race Use Only

\_\_\_\_\_

## 2. LAST NAME

\_\_\_\_\_

## 3. FIRST NAME

\_\_\_\_\_

## MI

\_\_\_\_\_

## 4. STREET ADDRESS/APARTMENT NUMBER

\_\_\_\_\_

## 5. TOWN/CITY

\_\_\_\_\_

## 6. STATE/PROVINCE

\_\_\_\_\_

## 7. ZIP/POSTAL CODE

\_\_\_\_\_

## 8. COUNTRY (If not USA)

\_\_\_\_\_

## 9. E-MAIL ADDRESS (Please Print)

\_\_\_\_\_

## 10. HOME TELEPHONE NUMBER

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

## 11. SEX-M/F

## 12. AGE - on 5/18/08

\_\_\_\_/\_\_\_\_/\_\_\_\_

## 13. DATE OF BIRTH

\_\_\_\_/\_\_\_\_/\_\_\_\_

## 14. WORK TELEPHONE NUMBER

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

## 15. Early Registration Fees:

Postmarked on or before April 30  
 1/2 Marathon \$20.00 \_\_\_\_\_  
 5K \$20.00 \_\_\_\_\_  
 Relay \$20.00 ea. \_\_\_\_\_

## Late Registration Fees:

Postmarked between May 1 and May 9  
 1/2 Marathon \$23.00 \_\_\_\_\_  
 5K \$23.00 \_\_\_\_\_  
 Relay \$23.00 ea. \_\_\_\_\_

## 16. In Person at Packet Pickup:

Saturday, May 17, 2008, between 9am and 4 pm  
 National Distance Running Hall of Fame, 114 Genesee Street, Utica, NY  
 1/2 Marathon \$25.00 \_\_\_\_\_  
 5K \$25.00 \_\_\_\_\_ Relay \$25.00 ea. \_\_\_\_\_

Applications postmarked after May 9 will NOT be accepted! • Absolutely No Race Day Registration • No Refunds •

## 17. Registration Online: On or before May 12 at [www.Active.com](http://www.Active.com) - Online Applications after May 14 will not be accepted

## 18. Method of Payment

(\$2.00 Discount for Utica Roadrunners members who register on or before April 30)

Mastercard \_\_\_\_\_ Visa \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_ Money Order \_\_\_\_\_ ( Utica RR \_\_\_\_\_ )  
 Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

## 19. T-Shirt: (size not guaranteed)

Med  Large  XL

Make checks payable to: National Distance Running Hall of Fame  
 PO Box 512  
 Utica, NY 13503

Note: Sorry but no strollers, rollerblades, pets or headphones allowed. The finish line will close at 10:30 am.

All entrants are required to sign waiver below

## Waiver for all events

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 National Distance Running Hall of Fame, the Utica Roadrunners Club, the City of Utica, Marcy, Whitesboro, Whitestown 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

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parents Signature (if under 18 years) \_\_\_\_\_

Date \_\_\_\_\_

**Starting Times: May 18, 2008 (Official Warmup for Boilermaker 5K Run)** Half-Marathon & Relay - 8:00 am 5K - 8:15 am

**Courses:** The half-marathon, relay and 5K race courses are all accurately measured courses. The majority of the half-marathon race runs along the scenic banks of the historic Erie Canal. All races start and finish near the National Distance Running Hall of Fame.

**Packet Pickup:** Race packets can be picked up on Saturday, May 17 from 9:00 am to 4:00 pm, and on race day from 6:30 am to 7:30 am at National Distance Running Hall of Fame, 114 Genesee Street, Utica, NY. Runners are encouraged to pick up their packets on Saturday.

**T-Shirts:** T-shirts will be given to all pre-registered runners at packet pick up on Saturday and Sunday.

**Half-Marathon Relay:** Two persons per team is required to enter the relay. Be sure both team members have signed the entry form when the form is submitted. Both legs are approximately 6.5 miles. Relay change over at Water Stop by Route 291. Participants must provide own transportation.

**Information:** For additional information call 315-724-4525. You may e-mail [macenroe@dreamscape.com](mailto:macenroe@dreamscape.com).

We can be reached online at [www.distancerunning.com](http://www.distancerunning.com), or go to the Utica Roadrunners website at:

[www.uticaroadrunners.org](http://www.uticaroadrunners.org). You also may register online at [www.Active.com](http://www.Active.com)

**Post Race Refreshments:** Available to all runners after the race on the lawn of Commercial Travelers.

**Awards Ceremony:** Ceremony will start one half hour after the completion of each race. Computerized results will be posted as soon as they are compiled. Results will also be available on the Utica Roadrunners website at: [www.uticaroadrunners.org](http://www.uticaroadrunners.org).

**Awards for Half-Marathon & 5K:** Special commemorative awards will be presented three deep in the following male and female divisions:  
 Overall • 19 and under • 20-29 • 30-39 • 40-49 • 50-59 • 60-69 • 70+

**Special Awards for 5K Only:** Age Categories are 14 and under; and 15-19

**Half Marathon Relay:** Special Commemorative Awards will be presented for all team members on deep in the following divisions: Men's Open • Men's Masters \* Mixed Open • Women's Open • Women's Masters \* Mixed Masters. All masters team members must be a minimum of 40 years of age.

### Running For a Reason

Benjamin Hill was preparing to attend Syracuse University to study environmental law when Cystic Fibrosis took his life in July 2005. He earned degrees in both biology and psychology while successfully managing his disease as an undergraduate at LeMoynes College. He was a talented photographer and especially fond of the outdoors. Ben was 23 years old.

[www.benhillmemorial.com](http://www.benhillmemorial.com)

The BENJAMIN HILL MEMORIAL 5K is in its third year as a fundraising run for the Cystic Fibrosis Foundation. Money raised will be invested in research projects for the CF Foundation, benefiting over 30,000 children and young adults living with CF.

### Why Should You Get Involved?

The CF Foundation Is Efficient. In 2007, more than 90 cents of every dollar raised was available for investment in CF research, education and care programs. SmartMoney has recognized the CF Foundation as "a charity that won't waste your money."

The CF Foundation Is Innovative. Forbes has recognized the CF Foundation for its innovative approach to curing a disease. By offering milestone-driven research awards, the CF Foundation stimulates the development of new CF therapies that are having a profound impact on thousands of young lives.

### What is Cystic Fibrosis?

Cystic fibrosis (CF) is a genetic disease affecting approximately 30,000 children and adults in the United States. A defective gene causes the body to produce an abnormally thick, sticky mucus that clogs the lungs and leads to life-threatening lung infections. These thick secretions also obstruct the pancreas, preventing digestive enzymes from reaching the intestines to help break down and absorb food. The mucus also can block the bile duct in the liver, eventually causing permanent liver damage in approximately six percent of people with CF.

### What is the CF Foundation?

The mission of the Cystic Fibrosis Foundation--a donor-supported, nonprofit organization--is to assure the development of the means to cure and control cystic fibrosis (CF) and to improve the quality of life for those with the disease.

### To Learn More:

Visit the CF Foundation on the web:  
[www.cff.org](http://www.cff.org)

Visit the Central NY Chapter webpage:  
[www.cff.org/chapters/centralnewyork](http://www.cff.org/chapters/centralnewyork)

GREAT STRIDES on the web:  
<http://greatstrides.cff.org>



## Benjamin Hill Memorial 5K

Saturday, May 10, 2008  
SUNY IT Campus  
Registration 10:00am  
Run 11:00am

An event to benefit



*...adding tomorrows every day.*

# Prizes & Awards

## Race prizes

prizes will be awarded in these categories:

Overall Men                      Overall Women

Age Group prizes will also be awarded in the following divisions (1st place ONLY)

2-9, 9-29, 30-39, 40-49, 50-59, 60+

## Raise Funds to Help Fight CF

GREAT STRIDES is the CF Foundation's largest national fundraising event to find a cure for cystic fibrosis. Your assistance in fundraising will go towards achieving the following prizes

- 100: TEAM CF t-shirt (yours to keep for raising \$100)
- 250: TEAM CF Beach Tote Bag OR TEAM CF coffee mug
- 500: Team CF USB Flash Drive OR TEAM CF High Sierra Backpack OR TEAM CF woven blanket
- 1,000: M 3 layer OR M 3 docking station with speakers
- 2,500: 5.0 M Canon digital camera OR 5. GH Three-extension digital phone system
- 5,000: Mini DV camcorder
- 10,000 : iPod OR M 3 player with video, or two prizes from 2,500 category or lower

Learn more about GREAT STRIDES prizes at

<http://greatstrides.cff.org>

Although the outlook for a child born with CF today has improved tremendously over the years, it is not good enough. Your partnership with the CF Foundation is critical to ensuring that the momentum in CF research continues. Working together, we can a tomorrow see every day to the lives of all people with CF.

# Fundraising

Collect donations on behalf of the Cystic Fibrosis Foundation  
(Fundraising is encouraged, but not mandatory)

NAME                      AMOUNT

Example: Jim Smith, 23 Main St., Utica, NY 13502	20.00

Your donations to the Cystic Fibrosis Foundation are tax deductible. To learn how the CF Foundation invests your monetary contributions, visit [www.cff.org](http://www.cff.org) or call the Central New York chapter at (315) 3-7951 / (800) 925-3795

# Registration

Registration Fees:  
Postmarked by May 1, 2000                      5.00  
Race Day registration                                      20.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Team Name: \_\_\_\_\_  
(Only if a member of a GREAT STRIDES fundraising team)

Enclosed is my check for \_\_\_\_\_

Please bill my credit card (choose one):

ISA    MasterCard    AmE    Discover

Card #: \_\_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Return this form to:  
Cystic Fibrosis Foundation  
715 Morgan Road, Liverpool, NY 13090  
Fax: (315) 312-2233

CF Office Use Only:

MID: \_\_\_\_\_ BIB: \_\_\_\_\_

aid: \_\_\_\_\_

# 30th Annual KAC Run & Walk

to benefit the Kirkland Art Center

## Saturday, May 31, 2008



10 mile, 10K & 5K runs, 5K fun walk, 1 mile run & kids fun runs

The KAC Run is a challenging 10 mile, 10K and 5K all road course that loops through the charming village of Clinton, NY. The 10 mile and 5K courses are USTAF certified. In addition, the Utica Roadrunner's Club distinguishes the 10K race as a Grand Prix Racing Event.

### Registration:

Pre-registration must be postmarked by May 23. Register from 8 AM - 3 PM at the Kirkland Art Center on Race Day. T-shirt size not guaranteed after May 23 and while supplies last on race day. ↔↔↔

### Start Times:

1 Mile Race--3:00 PM    10 Mile Run--3:45 PM    5K Run--3:50 PM    10K Run--3:55 PM    5K Fun Walk--4:05 PM

### Team Categories for 5K & 10K Runs:

*Open Team Category:* Four member co-ed minimum and eight member maximum.

*Family Team Category:* Three member minimum and eight member maximum.

Medals are awarded to the top three teams with the fastest accumulative time for the top three finishers per team.

### Awards:

**5K Run:** 1st/2nd/3rd in five year increments for male/female. Overall Male & Female. 1st Clintonian Male & Female. 1st Clintonian Master (40+) Male & Female **10K & 10 Mile Run:** 1st/2nd/3rd in ten year increments for male/female. Overall Male & Female. 1st Clintonian Male & Female. 1st Clintonian Master (40+) Male & Female **5K Fun Walk:** 1st/2nd/3rd overall male & female

### Fees:

Pre-registration postmarked by May 23 -- \$18                      Race Day registration -- \$22                      18 & under -- \$15

**Waiver:** In consideration of the acceptance of this application by the Kirkland Art Center, I the undersigned, intending to be legally bound and hereby, for myself, my heirs, executors, administrators, and assign, waive and release all rights and claims for damages I may have against the Kirkland Art Center, race organizers, race sponsors, village of Clinton, the town of Kirkland, Clinton Central Schools, and their representatives and successors of any or all injuries suffered by me in the race to be held in the village of Clinton in the Town of Kirkland on May 31, 2008. I verify that I am physically fit, and have trained sufficiently for the completion of this race. I also grant permission for use of photographs of myself to be used for promotional use.

Printed Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Team Name: \_\_\_\_\_ # on Team: \_\_\_\_\_

Signature (Parent/Guardian if under 18): \_\_\_\_\_

Event: Circle one

10 Mile      10K      5K Run      5K Walk      1 Mile

Shirt Size: Circle one

S    M    L    XL

Make checks payable to KAC and mail to Kirkland Art Center, PO Box 213, Clinton, NY 13323



# 2008 OFFICIAL RACE ENTRY FORM

Make checks payable to:  
**Canastota Running Club**

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

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

Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Mid I. \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

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

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

Shirt Size  s  m  l  xl

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

**Team Name:** \_\_\_\_\_

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**Failure to date and sign will invalidate your entry.**

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if under 18 years)

This event is organized by:



**Kiwanis of the Central Adirondacks:**

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



**Central Adirondack Association:**

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

# Central Adirondacks



## Deer Run Road Race

5K/10K Run

June 7, 2008

In

Old Forge, NY





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

**Starting Time:** 10:00 a.m.

**Registration:**

Entry forms are available at the Old Forge Visitor Information Center or online at [www.oldforgeny.com](http://www.oldforgeny.com).

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

**Race Day** .....\$25

\* NO REFUNDS

\* \$25 FEE FOR RETURNED CHECKS

\* CHECK OR CASH ONLY

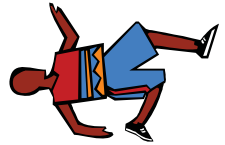
Registration on the day of Race will be at the Recreation Center on North Street in Old Forge beginning at 8:00 a.m.

**Packet Pick-Up:**

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

**T-shirts:**

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



**Information:**

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

**Dressing Facilities:**

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

**Food:**

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

**Awards Ceremony:**

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

**Awards:**

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

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

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

**Entry Form:**

**Race:**

\_\_\_5K \_\_\_Check  
\_\_\_10K \_\_\_Cash

Name: \_\_\_\_\_  
Gender: \_\_\_\_\_ Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
T-shirt size (circle one): S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks with the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Adirondack Association, the Kiwanis of the Central Adirondacks, Town of Webb and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's Signature if under 18 years \_\_\_\_\_ Date \_\_\_\_\_

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



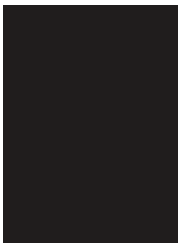
Official Use Only



# 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](mailto: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](mailto:mparsons@twcny.rr.com) or (315) 337-7452.