

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners

April 2009



Prevent Runner's Knee, p.10

WHAT'S *NEW?!*

Granola 101, p. 8

Upcoming Runs: Fort to Fort 5k & 10k 4/4, Hot Foot 5k 4/11,
Run for the Children 5k 4/25, AIDS Hike for Life 5k 4/26

For a complete race calendar, visit our website at
<http://www.uticaroadrunners.org>

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
April 2009

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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



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

Join the Utica Roadrunners at Our Newly Reduced Rates!!

Dues have been reduced by \$7 for all categories!

2009 Rates:

Individual: \$18
Couples: \$23
Families: \$28
New! Student (20 and under): \$10

Join Now! Visit:

<http://www.uticaroadrunners.org>

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTIMES, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452

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.

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 last page for advertising rates)

Thank you,
The Utica Roadrunners' SplitTIMES
Newsletter Staff

THINK. *President's Ponderings*

Jim Fiore



At the March board meeting the board heard from Ted Petrillo concerning the Save Our Switchbacks project. The SOS committee was established back in 1996 after a particularly nasty winter left the South Woods trails in such poor condition that the City of Utica was considering closing them. Headed by Dave Jones, Project Coordinator, and Ted Petrillo, Finance Coordinator, the committee set about the very ambitious task of reclaiming and rebuilding these trails. Slowly but surely the project advanced piece by piece. Grants and donations were secured from agencies and private donors. A race, the 5 mile Save Our Switchbacks Road Race, was created to support the project, with Ted as Race Director. Over the past few years these efforts have paid great dividends and the South Woods trails are once again in fine condition. Ted announced that this nearly 13 year long project has met all of its original goals. Not only that, the project has established funds for continued maintenance and updates of the trails. Thus, the project is officially complete. Ted also announced that he is stepping down as director of the SOS race.

When all is said and done, the project will have been responsible for about \$200k worth of work on the trail system. I can't think of a single item that so clearly demonstrates what a handful of hard working and committed individuals can do for their community in their so-called "off hours." It really is a great example of a can-do attitude that we need more often. Dave, Ted, and all of the other members of the SOS committee should be rightly proud of their accomplishment. Without this effort, roadrunners would be sitting around saying "Remember when...we used to run the switchbacks?" or "Remember when...we had summer development runs?" Applause all around.

The board also approved eight new members to the club. Please welcome Elizabeth Abdo and Patrice May of Utica; Kevin Stewart of New Hartford; and from Clinton, Jeremy Wattles and Anna, Jenny, Nancy, and Todd Rayne. Welcome aboard!

Finally, after considerable effort, the new Utica Roadrunners online shop is rapidly nearly completion. Hopefully, it will be ready by the time you read this, but in any case, we'll be sending out an email to announce it. You will be able to buy a variety of club-branded merchandise ranging from the usual shorts and shirts to club jackets, performance outerwear, and even casual wear such as yoga pants, sweats, and polo shirts. All club members in good standing will receive a pricing break.

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

-Jim

urpres@dissidents.com

2009

Utica Roadrunners' 2009 PARKWAY DEVELOPMENT RUNS/WALK

Join us for the 2009 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 40th season of the Utica Parkway Development Runs/Walk will begin on Wednesday, May 6, 2009. The runs will be held every Wednesday evening through July 8th.

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.



Registration will take place at the Ski Chalet of the Parkway Recreation Center at 6:00 p.m. each Wednesday. 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.

Utica Roadrunners run for FREE. For everyone else, it's just \$1. Every participant regardless of age, will be assigned a registration number, which will be linked to their name, address, gender and age. They will be given the same runner number every week. This will speed up registration and allow us to report finish times and places by gender and for multiple age groups within minutes following the run.

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 2009 participant who has completed all ten weeks will also receive a pin designating that accomplishment.

A second, 10 week series of runs will begin on Wednesday, July 15th and continue until Wednesday, September 16th to prepare for the Falling Leaves Road Race in September.

For further information, email Meg Parsons at mparsons@twcnny.rr.com or Linda Turner at train2run15k@adelphia.net.

Join Us!
COMMUNITY.



UTICA Roadrunners

Annual Awards Banquet

Saturday, April 4, 2009
Harts Hill Inn, Whitesboro, NY

Social Hour at 6 pm

Cocktails, Beer, Wine, Soft Drinks & Fruit Juices
Fresh Vegetable Tray

Buffet Dinner at 7 pm
Followed by presentation of
Awards & Door Prizes

\$20 per Person at the door

Contact Melissa Williams at 404-2134 or

22nd Annual Fort to Fort 10k Run

To Benefit the American Red Cross Rome Area Chapter

Saturday, April 4th, 2009

Griffiss Business and Technology Park

Open 5k Run & Walk • Open 10k

1/4 Mile Fun Run - FREE!, Compliments of Roman Runners

Fun Run-8:45am • 5K Run & Walk-9:00am • 10k Run-9:05am

T-Shirts For the First 400 Entrants

Register at www.active.com (\$20) Or On Race Day: 7:30am-8:45am (\$25)
Students (\$10)



**National Distance Running Hall of Fame
& Commercial Travelers 11th Annual
Half-Marathon, 2 Person Half-Marathon Relay, & 5k
Sunday, May 17th, 2009**

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! (Sorry, no race day registration)
For more information, see application on pages 14-15.

Want to Run the Boilermaker?

Sign Up for the 2009 Boilermaker Training Program

Goals of the program:

- To introduce new people to the sport of running
- To keep people motivated and focused on their goal of completing their first Boilermaker
- To promote the sport of running in the local community
- To help people make a permanent lifestyle change and live healthier



Is this program for me?

Programs are designed for people who are in good physical condition but may never have run before and would like to run the 15K or 5K Boilermaker. We will start out in week 1 walking just 15 minutes and will increase walking time and add short intervals of running until week 8 when we will be running continuously for 30 minutes.

How the program works:

Each session starts out with 4 weeks of speakers explaining the most important information for new and old runners. After the speaker each participant is given a training schedule to follow. Group runs will take place every Saturday starting the first Saturday in January and continue right up to the Boilermaker.

For more information go to www.train2run15k.com



AIDS Community Resources
A Multicultural
AIDS Service Agency

AIDS Hike For Life

5k Walk • 5k Run

11:00a.m.

Sunday, April 26, 2009

Hamilton College Campus

198 College Hill Road

Clinton, NY

Registration: 10:00a.m.

<http://www.aidscommunityresources.com/aidswalk/utica>

Stockbridge Valley Running Club's 2nd Annual

Hot Foot



**“Hot Foot” 5k Run & Walk
Saturday, April 11th**

Stockbridge Valley Central School
Munnsville, NY
(7 miles south of Oneida, NY)

Wheelchair 8:55am

5k Run 9am • Walk 9:05am

Fun Run Following Completion of Walk
Race Day Registration - \$20 - 7-8:30am

For more information,
see race application on pages 12-13.

2nd Annual OADCC

**“Run for the
Children
5k”**

Saturday, April 25th

To Benefit the Oneida Area
Day Care Center
Oneida, NY

5k Run - 8:30am

5k Walk - 8:35am

Fun Run - 9:30am

T-Shirts for the first 100 registered

For more information,
see application on pages 16-17.



Granola 101

By Joanne; a fellow runner

Granola. This is what the “Urban Dictionary” has to say about it: “An adjective used to describe people who are environmentally aware (flower child, tree-hugger), open-minded, left-winged, socially aware and active,”“anti-oppressive/discriminatory (racial, sexual, gender, class, age, etc.) with an organic and natural emphasis on living, who will usually refrain from consuming or using anything containing animals and animal by-products (for health and/or environmental reasons), as well as limit consumption of what he or she does consume, as granola people are usually concerned about wasting resources.”

That certainly isn't what the majority think of when discussing “Granola.” But it is a modern world so let it be and read on for the more familiar version of “Granola.”

When attending the Health Expo for the Heart Run and Walk on March 6th, the Bassett Healthcare table was offering granola and yogurt as the 9 - 11a.m. snack for attendees of the Expo. What a great snack as running fuel!

Granola can be a very healthy way to fuel ourselves before and after a run. It contains nuts, seeds, whole grains... all those good things that sometimes fall short in our diets. Granola can also be very high in sugars, fat, and calories so care should be taken regarding the ingredients when this sometimes candy-like treat is consumed. It is for that healthy, carbohydrate rich granola snack that this recipe, Nutty Granola, is offered. It is so tasty, you probably won't even realize (or your family won't realize) that you are doing something good for your body.

Sure you could buy it. One of the most popular, marketed as a “Low Fat” choice, contains a lot of ingredients we just don't want to see in our foods: processed sugar, corn syrup, modified corn starch, palm oil, high fructose corn syrup.... where is all the natural goodness in this box?!

Here is a recipe from a book for healthy eating called “The Food You Crave” by Ellie Krieger. A personal version is posted on my food and life blog at <http://applecrumbles.wordpress.com/2009/02/19/cimb-nutty-granola/>.

Nutty Granola

- * Cooking Spray
- * 3 cups old-fashioned rolled oats
- * 1/2 cup chopped walnuts
- * 1/2 cup chopped almonds
- * 1/2 cup chopped pecans
- * 1/2 cup pure maple syrup
- * 1/4 tsp salt
- * 1/4 tsp ground cinnamon
- * 1/2 cup raisins (optional)

Preheat oven to 300F. Coat a large baking sheet with cooking spray. In a medium bowl, combine all ingredients, mixing well to coat everything with the maple syrup. Spread on the baking sheet and bake until golden brown, stirring occasionally, about 30 minutes. Transfer the sheet to a wire rack and let cool completely. Store in the refrigerator in an airtight container for about 2 weeks.

You can add coconut, dried cranberries, a variety of dried fruits, even chocolate chips. Another suggestion would be, omit 1 cup of any of the nuts and replace with peanut butter. Roll into balls, chill and you have a great little granola-peanut butter ball for your run!

Serving Suggestions:

1. A cold cereal with milk. 2. A hot cereal with hot water / hot milk. The oats are in there, just cook like oatmeal! 3. Put on top of your favorite plain, low fat yogurt or ice cream. 4. Mix it with a crab topping for fish or chicken and bake (see the blog for that one). 5. Eat it right out of hand or from a little baggy in your pocket for a quick “grab and go” snack. So next time you are wondering what your stomach would tolerate for that next run, reach for something easily digestible that offers a quick carbohydrate release. After that long run, replenish those glycogen stores by having a bowl of granola with some soy or 1 % milk.

Here's to your health and run smart!

Q&A



Have a Question About Running?

*SpliTimes wants to know...
...what you want to know!!*

It can be a general question about running or specific to the club. Submit your inquiries to Valerie Congetto at cognettodesign@gmail.com and we'll try and help you out. Include your name, age, average pace, and number of years you've been running. Responses will then be featured in our new "Q&A" Section of the newsletter.

Thanks! -SpliTimes Staff



Can You Help?

Responding to mass emails

When you are responding to an email that has been sent from another member to the entire membership list, please try to be courteous to other members by responding only to the person with the inquiry. If you just hit "respond" when you have finished writing, your email automatically goes to the entire membership. If you think that it is relevant for all other members to see your response, be our guest! But if it's an email specifically for one member, start a new email letter with only his or her address as a recipient. This will help other members to have less clutter in their inboxes to sift through at the end of the day.

NOTE!! NEW MEMBERSHIP CHAIRMAN

Jim Moragne from Ilion is the new membership chairman. He is currently getting up to speed on what that entails, processing new memberships and 2009 renewals, and brushing up on his Excel skills. One goal is to comprehensively review the information on file for each member in terms of completeness, so he may be in touch to get a missing date of birth, phone number, etc. If at any time you have a question about your membership, please call Jim at 894-5402 or email him at jmoragn1@twcny.rr.com.

Patellofemoral Pain Syndrome ("Runner's Knee")

Here's how to prevent and treat one of the most common running injuries.

By Shelley Drozd



Forty-two percent of all overuse injuries affect the knee joint, and patellofemoral pain syndrome (PFPS), or simply "runner's knee," is the most common overuse injury among runners. It occurs when a mistracking kneecap (patella) irritates the femoral groove in which it rests on the thighbone (femur). Pinpointing a single cause is difficult, says Stephen Pribut, DPM, a sports podiatrist who specializes in running injuries. It could be a biomechanical problem—the patella may be larger on the outside than it is on the inside, it may sit too high in the femoral groove, or it may dislocate easily. Also, worn cartilage in the knee joint reduces shock absorption, high-arched feet provide less cushioning, and flat feet or knees that turn in or out excessively can pull the patella sideways. There are also muscular causes. Tight hamstring and calf muscles put pressure on the knee, and weak quadriceps muscles can cause the patella to track out of alignment. Just the repetitive force of a normal running stride alone can be enough to provoke an attack.

PFPS can affect one or both knees. It strikes mostly younger, recreational runners and twice as many women as men, according to the British Journal of Sports Medicine. (Women tend to have wider hips, resulting in a greater angling of the thighbone to the knee, which puts the kneecap under more stress.)

Symptoms include tenderness behind or around the patella, usually toward its center. You may feel pain toward the back of the knee, a sense of cracking or that the knee's giving out. Steps, hills, and uneven terrain can aggravate PFPS.

To prevent PFPS, run on softer surfaces, keep mileage increases less than 10 percent per week, and gradually increase hill work in your program. Visit a specialty running shop to make sure you're wearing the proper shoes for your foot type and gait. Also, strengthening your quadriceps will improve patellar tracking, and stretching your hamstrings and calves will prevent overpronation.

At the first sign of pain, cut back your mileage. The sooner you lessen the knee's workload, the faster healing begins, says Pribut. Avoid knee-bending activities, canted surfaces, and downward stairs and slopes until the pain subsides. As you rebuild mileage, use a smaller stride on hills. Consider orthotics if new shoes don't fix the problem. "If your feet have good form, your knees will follow," says Pribut. See a doctor if the pain persists, to rule out another condition.

Work these moves into your routine to help prevent runner's knee

Hamstring Stretch:

Stand in front of a chair, bench, or high step and place your left heel on it. Keep your back straight and lean forward from the hips until you feel a stretch down the back of the leg. Hold for 30 to 60 seconds, switch sides, and repeat. Perform two or three stretches per leg.

Straight Leg Lifts:

Lie down, bend your left knee, and plant your left foot on the ground. Take two to four seconds to raise and lower your right leg (30 to 60 degrees), keeping the knee relatively straight with a slight bend. Do 10 repetitions, switch legs, and repeat the sequence to complete one set. Work up to 10 sets of 10 reps each.

Social/Training Group Runs

Sunday Morning Brunch Runs Are Back! Runs Start Promptly at 9:00 a.m.

Please bring a food item to pass (such as bagels, donuts, fruit, quiche) and a friend! Runs will offer a variety of distances. Bring your own towel if you'd like to shower after the run. If you would like to host a Brunch Run, email cognettodesign@gmail.com. Please include your name, address, & date of run.



Thursday Night Social Runs

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

Group Runs for Utica Roadrunners "Down in the Valley"

Mondays at 5:45 p.m. at Barringer School in Ilion
Wednesdays at 5:45 p.m. at MOVAC (next to the Mohawk-Herkimer bridge)
Saturdays at 8:00 a.m. at the Little Falls YMCA.

All are welcome to join us anytime! We run from 3 to 10 miles depending on what we may be preparing ourselves for. There are both beginning and experienced runners. There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcnny.rr.com.



Many thanks to our sponsors

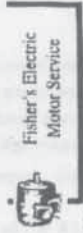


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Stockbridge Valley FFA

NEW! \$100 AWARD

For Overall fastest Male and Female



The Stockbridge Valley Running Club's 2nd annual

Hot Foot

5k Run & Walk Saturday

April 11, 2009

Wheelchair 8:55 start - 5k run 9:00 am

5k Walk 9:05 - Fun Run following
completion of walk

Stockbridge Valley Running Club
Stockbridge Valley Central School
Williams Road
Munsville, NY 13409

Entry Form

Run or Walk (circle one)

Name _____

Address _____

Phone _____ Age as of 4/11/09 _____ Sex _____ Tee Shirt Size S M L XL

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 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 weather, including high heat/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 Stockbridge Valley Running Club, SVCS, the SVCS, the Village of Munnsville, Town of Stockbridge, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Parents Signature under 18 _____

Please mail with payment to: Ray Brych, 32 Old Bourne Drive Apt J3, Clinton, NY 13323

Make checks payable to the Stockbridge Valley Running Club

NEW Run and Walk Course!

Flat and fast with a 400 meter downhill finish!
Start and finish at Stockbridge Valley Central School parking lot. Access road right onto route 46 South to Phillips Drive turn around to 46 North and left onto Williams road and right to access road.

Catch the Cougar Kids Fun Run

Our wily mascot leads the 10 & under crowd.

Law Enforcement Challenge Cup

Madison County Sheriffs vs NYS Troop D.

Tee Shirts

Guaranteed to all pre-registered runners.
Size and quantity not guaranteed on race day.

Photography

Once again, Sports Photography by Kathy will take photos of the race to benefit the Stockbridge Youth Running Club. Prices range from \$2.50 to \$10. Previews available in the school cafeteria.

Facilities

Restrooms available inside from 7 am until noon.

Refreshments

Food and drink will be available after the race.

Course Records

2008 Overall male - Michael Brych - 16:52
Overall female - Amy Scharhtler - 21:23

Entry Fee

\$15 Pre-Registration - Must be received by April 1
\$10 Student
Free Fun Run for ages 10 & under
\$20 Day of Race registration from 7 until 8:30 am

Race Packets

Packet pickup begins at 7 am on April 11 in the school cafeteria

Awards

Awards will be given to the top three finishers in these categories

Overall Men and Women

Under 15 * 15-19 * 20-24 * 25-29 * 30-34 * 35-39
40-44 * 45-49 * 50-54 * 55-59 * 60-64 * 65-69 * 70+
No duplicate awards

Awards Ceremony

Ceremony will begin as soon as possible in the school cafeteria

Directions:

From Route 5, Oneida take the turn onto Route 46 and drive 7 miles south into the village of Munnsville. Turn right at Stockbridge valley foods onto Williams road and follow the signs to Stockbridge Valley Central School.

Information

If you need more information, call Ray Brych at (315)264-4016 or Corey Graves at (315)761-8966

2009 NATIONAL DISTANCE RUNNING HALL OF FAME RACE

1. CHECK THE RACES YOU ARE ENTERING **NO ENTRIES POSTMARKED/FAXED DATED AFTER 5/10/2009** RACE USE ONLY

<input type="checkbox"/> HALF MARATHON 8:00am – 5/17/2009	<input type="checkbox"/> 1/2 MARATHON RELAY 8:00am – 5/17/2009	<input type="checkbox"/> 5K 8:15am – 5/17/2009	Team name
--	---	---	-----------

2. LAST NAME **3. FIRST NAME** **M.I.**

--	--

4. STREET ADDRESS/APARTMENT NUMBER

--

5. TOWN/CITY **6. STATE/PROVINCE** **7. ZIP/POSTAL CODE**

--	--	--

8. SEX – M/F **9. AGE – On 5/17/2009** **10. DATE OF BIRTH** **11. HOME TELEPHONE NUMBER**

--	--	--	--	--	--	--	--	--	--

12. COUNTRY (If not USA) **13. WORK TELEPHONE NUMBER**

--	--

14. EMAIL ADDRESS (Please print) **15. EDUCATION** *(Last completed level, please enter appropriate number)

	<input type="checkbox"/> 1. ELEMENTARY SCHOOL <input type="checkbox"/> 2. HIGH SCHOOL <input type="checkbox"/> 3. JR. COLLEGE <input type="checkbox"/> 4. COLLEGE <input type="checkbox"/> 5. GRADUATE SCHOOL
--	---

16. T-shirt Size M, L, XL

17. OCCUPATION* (See codes, to the right)

18. EARLY REGISTRATION FEES: Entry postmarked on or before 4/29/09 ½ MARATHON \$25.00 _____ RELAY \$25.00 _____ 5K \$25.00 _____	LATE REGISTRATION FEES: Entry postmarked 4/30/09 through 5/10/09 ½ MARATHON \$28.00 _____ RELAY \$28.00 _____ 5K \$28.00 _____
IN PERSON FEES SATURDAY 5/16/09: ½ MARATHON \$30.00 _____ RELAY \$30.00 _____ 5K \$30.00 _____	

Entry Fee From Above _____
TOTAL FEE _____
NO ENTRIES POSTMARKED/FAXED DATED AFTER 5/10/2009 ACCEPTED.
 *Suggested amount. Donations to the National Distance Running Hall of Fame are optional.
 Send check made payable to NATIONAL DISTANCE RUNNING HALL OF FAME.
U.S. CURRENCY ONLY

Listed are specific occupations. Please select the code that is closest to your occupation. If your occupation is not specifically represented, please use OTHER (Number 32).

01. Admin/Management	12. Financial/Accountant	23. Marketing
02. Advertising	13. Firefighter	24. Medical
03. Arts/Visual	14. Government	25. Military
04. Business Owner	15. Health & Beauty	26. Real Estate
05. Chief Executive	16. Homemaker	27. Religious
06. Computers	17. Insurance	28. Retired
07. Const./Architecture	18. Labor/Warehouse	29. Sales
08. Consultant	19. Law Enforcement	30. Sec./Clerk
09. Education	20. Legal	31. Student
10. Engineering/Science	21. Machinist/Mechanic	32. Other
11. Film/Radio/TV	22. Manufacturing	

19. METHOD OF PAYMENT
MASTERCARD ___ **VISA** ___ **CHECK** ___ **CASH** ___ **MONEY ORDER** ___

CARD NUMBER

EXPIRATION DATE / /

20. I know that running a road race is potentially a hazardous activity. I should not enter and run 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 the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of 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 Race, Utica Roadrunners and their 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. Entry fee will not be returned due to "acts of God. I consent to the use of my likeness for Boilermaker promotional materials.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 years) _____ DATE _____

21. MAIL TO: National Distance Running Hall of Fame Race – P.O. Box 512 – Utica, New York 13503-0512 – Phone: 315.724.4525 – Fax: 315.734.9281

NO RACE DAY REGISTRATION
ALL ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE
UTICAROADRUNNERS.ORG/HALFMARATHON

Race application continued on next page



2nd Annual OADCC "Run For The Children" 5K

SATURDAY April 25th 8:30 A.M
447 SAYLES ST.
ONEIDA, NEW YORK

- Post Race Refreshments available to all runners immediately following race and walk
- Course is flat and fast!!
- USATF Certified # NY-08009-JG

RACE DAY INFORMATION

Parking:

- Suggested parking on Upper Sayles St., Morgan Lane, Birchwood Dr or St. Paul's Church Parking Lot

Race Facts:

- **5K Start Time: 8:30 A.M**
- 5K Walk 8:35 A.M.
- Fun Run 9:30 A.M
- Start Line: Oneida Area Day Care Center – 447 Sayles St. Oneida, NY 13421
- Packet pick-up/race day registration at Oneida Area Day Care Center 6:30 - 8 A.M
- T-Shirts for the first 100 runners registered
- Split Times –Mile Markers and at Finish
- Water on Course @ mile 1 and 2
- Awards immediately following Fun Run. Top Male & Female Overall + Top 3 in each age group
 - Award for all Fun Run Participants
- Baby Joggers and Strollers will only be allowed in 5K Walk

Age Groups

Men and Women

- 14 & under
- 15 to19
- 20 to 29
- 30 to 39
- 40 to 49
- 50 to 59
- 60 to 69
- 70 & up

Fees:

5K Run Early Registration Fee-Postmarked on or before April 18	\$15
5K Run Registration Fee- Postmarked after April 18 & Race Day	\$20
5K Walk	\$10
Fun Run – Ages 6 and Under and 6 and Up	Free

Race application continued on next page

OFFICIAL ENTRY FORM OADCC – RUN FOR THE CHILDREN 5K

Make check or money order payable to: Oneida Area Day Care Center
To: OADCC 447 Sayles St. Oneida NY 13421

Last Name _____ First Name _____ M.I. _____

Street Address _____ City _____ State _____ Zip _____

Phone (____) _____ Male ___ Female ___ Birthdate _____ Age _____ Email _____
(Month/Day/Year) (Day of Race)

5K Run ___ 5K Walk ___ Fun Run/Age ___ Shirt Size (5K Run Only): Youth ___ M ___ L ___ XL ___ 2X ___

Credit/Debit Card Info. # _____ Exp. Date _____ Master Card <input type="checkbox"/> Visa <input type="checkbox"/>
Cardholder Name _____ Signature _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Oneida Area Day Care Center, its respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

(Date)

(Signature)

(Parent or guardian signature if under 18)



**Utica Roadrunners
Heart Run Team**



UTICA Roadrunners

Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



FULL PAGE
7.5" X 10"



HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@aol.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

To place an ad or for more information contact Meg Parsons at mparsons@twcny.rr.com or (315) 337-7452.