



SPLIT

# TIMES



The Official Newsletter of the Utica Roadrunners

May 2009

## Development Runs/Walk Start Wednesday, May 6th

**Awards Banquet  
Recap, p.9**

WHAT'S  
**NEW?!**

**Track & Field Event for Children** Coming to Illion!, p. 11  
**Upcoming Runs:** None For The Road 5k, 5/2 • ALS 5k, 5/9  
Hall of Fame Half Marathon, 5/17, KAC Run, 5/30

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

# SPLIT TIMES

The Official Newsletter of the Utica Roadrunners  
May 2009

## 2009

### Roadrunners Board of Directors:

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Jim Fiore

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or e-mail Paul at:  
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### Join Now!

**Visit:** <http://www.uticaroadrunners.org>

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

### 2009 Rates:

Individual: \$18

Couples: \$23

Families: \$28

New! Student (20 and under): \$10

## Dues Are Due.



Members' annual dues are up for renewal for 2009.

By now, each member active in 2008 should have received a renewal notice, either by email or snail mail. If you haven't and want to renew now, a renewal application can be found on the Roadrunners web page: <http://www.uticaroadrunners.org/index.html>. Dues are inexpensive for a club like ours (\$18 single, \$23 couple, \$28 family), and you get benefits like this high quality monthly newsletter, discounts on Roadrunner races, no fee for the Development Runs, opportunities to meet fellow runners for training and social activities, and programs to reach young people as well as beginning runners of all ages. If you haven't already renewed, please consider doing so soon. Any questions can be directed to the club's membership chairman, Jim Moragne, at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com) or by calling him at 894-5402."

### Join the Utica Roadrunners!

**Visit:** <http://www.uticaroadrunners.org>

## Attention Race Directors!

If you have an upcoming race that you would like to advertise in SpliTIMES, please contact Meg Parsons at [mparsons@twcny.rr.com](mailto:mparsons@twcny.rr.com) or call (315) 337-7452. See last page for rates.

**IMPORTANT:** Do not send requests for advertising to the SpliTIMES 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' SpliTIMES Newsletter Staff

# THINK. President's Ponderings

*Jim Fiore*



As I mentioned in last month's column, the Save Our Switchbacks project has completed all of its goals. The obvious question, then, is "What's the status of the Save Our Switchbacks club race?" Right now, the board has decided to keep the race going although with some changes. First, we're moving the date. The race will not be run in June this year, partly due to logistical problems. Further, we thought it would be a good idea to spread out the club races a bit more instead of having SOS and Summer Sizzle on back-to-back weekends. We are planning on having the 2009 running some time in August as the area race calendar is somewhat thin around then and we'll have good spacing between Summer Sizzle, the Boilermaker, and Falling Leaves. The second large structural change is a major alteration to the course. While the plan still is to use the switchbacks, the new course will offer considerable variation over the old course (which was very similar to the Wednesday night Development Run circuit). Keep an eye open for future announcements concerning Save Our Switchbacks.

Speaking of the Development Runs, the 2009 series is right around the corner! The opening date this year will be Wednesday, May 6. As usual, this is a 10-week series. Unlike prior years though, the series ends the Wednesday *before* the Boilermaker rather than the week after, so effectively, you can get in one more training run/race before that glorious 15k. Registration begins at 6 PM. The 2 mile walk begins at 6:30 PM and the 10k, 5k, and 2 mile run begin at 7:00pm. Kids Fun Runs for ages 10 and under start at 6:40 PM. Price remains \$1 per entrant per race, however, **Utica Roadrunners run for FREE!** Trophies will be awarded to those participating in 6 of the 10 weekly events. T-shirts will be awarded for those who participate in 8 of the 10 weeks, and a commemorative pin will be awarded for the completion of all 10 weeks. If you know runners who are not club members, let them know about this great club member benefit. A family can easily cover their annual dues just on savings from this series. Also, there will be a new scoring/timing system in place. It will make registration easier and results will be available much faster. And if you can't run, we're always in need of volunteers to help out. The jobs are easy but important and your help, even for just one evening, will be appreciated by the hundreds of runners who attend this series each week. I hope to see everyone there.

At the April board meeting the board approved several new members to the club. They are Sarah Bergmann of Utica, John Geesler of St. Johnsville, Rob Hudyncia from Fort Plain, Bill Moody of Newport, Denise Smith from Marcy and from Boonville, Dawn Yager. A warm welcome to all!

The club apparel web site is now up and running. See the article in this issue for details.

And finally, a rousing congratulations to all club members who recently completed the Boston Marathon (and in less than ideal conditions)! In particular, I'd like to point out the club men's masters team that finished 20<sup>th</sup> out of 66 teams. The team included Dave Putney, Mark Daley, Paul Humphrey, John Geesler, Bill Moody, Bill Kosina and Rob Hudyncia. Great job!

Run far, run fast, but above all, love your run, *-Jim*

urpres@dissidents.





# 2009 Grand Prix

## *What is the Grand Prix?*

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. 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.

## *2009 Grand Prix Races:*

- Fort-to-Fort 10k
- Ted Moore 5k
- Hall of Fame Half-Marathon
- KAC 10k
- Summer Sizzle 5-Mile
- Honor America Days 5k
- The Battle of Oriskany 10k
- Falling Leaves 14k
- YWCA Freedom Run 5k

## *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 1/1/09.

## *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 |



# Grand Prix

## 2009 Standings:

M/F	Age	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10k	Summer Sizzle 5mi	Honor Amer. Days 5k	Battle of Orisk.10k	Falling Leaves 14k	YWCA Run 5k	Total
M	0-19	DeZalia, Sean	10									10
M	20-29	Donaleski, Nathan	10									10
M	30-39	Cohen, Richard	10									10
M	30-39	Pare, Jason	9									9
M	30-39	Van Duren, Stephen	8									8
M	40-49	Putney, Dave	10									10
M	40-49	Kosina, Bill	9									9
M	40-49	Winter, Arthur	8									8
M	50-59	Palmer, Bruce	10									10
M	50-59	Ichihana, Rob	9									9
M	50-59	Muzzy, Ken	8									8
M	50-59	Moragne, Jim	7									7
M	50-59	DeZalia, Norm	6									6
M	50-59	McCann, Timothy	5									5
M	50-59	Stevens, Mike	4									4
M	50-59	Smith, Garry	3									3
M	50-59	Nolan, David	2									2
M	60-69	Hahn, Richard	10									10
M	60-69	Lucas, Luke	9									9
F	20-29	Ichihana, Kate	10									10
F	20-29	Duncan, Michelle	9									9

(...continued on next page.)



# Grand Prix

F	30-39	Smith, Leslie	10							10
F	30-39	Guy, Marlee	9							9
F	40-49	Nizzi, Michelle	10							10
F	40-49	Cognetto, Valerie	9							9
F	40-49	Willcox-Ayoub, Joanne	8							8
F	40-49	Winter, Cassie	7							7
F	40-49	Vanderpool, Maryann	6							6
F	50-59	Ruckel, Mary	10							10
F	50-59	Lucas, Mickey	9							9

## 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](http://www.train2run15k.com)

# Utica Roadrunners' 2009 PARKWAY DEVELOPMENT RUNS/WALK Begin Wednesday, May 6th

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 6:40 p.m. followed by 2 sections of the half-mile fun run for ages 8-9 and 10-12. A walk of about 2 miles will start at 6:30 p.m. The 10k, 5k, & 2 mile start all together at 7:00 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.

**ALL UTICA ROADRUNNER MEMBERS 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 commemorative pin 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@twcny.rr.com](mailto:mparsons@twcny.rr.com) or Linda Turner at [train2run15k@adelphia.net](mailto:train2run15k@adelphia.net).

*Join Us!*  
**COMMUNITY.**



## 35th Annual Utica Roadrunners Awards Banquet

*By: Melissa Williams*

On April 4, 2009 the Utica Roadrunners held their 35th 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 Jim Stasaitis. The 50/50 was conducted by Nate Donaleski and Kate Ichihana. The club would also like to thank Char Coughlin for putting together the evenings awards program. Thank you for all of your help and dedication.

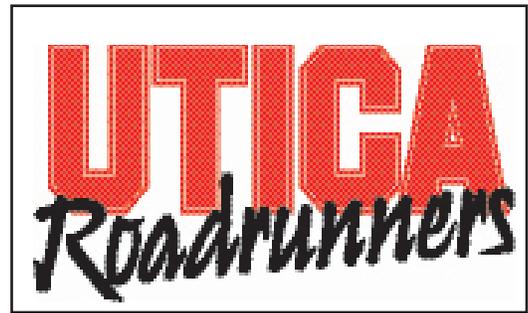
### AWARD WINNERS:

1. Bill Acquaviva Roadrunner Volunteer of the Year: Jim Stasaitis
2. Frank D'Allesandro Training/Volunteers of the Year Award: Ray Brych
3. Distinguished Roadrunner Supporter Award: New York Beef Council
4. Ed Bruni Sr. Inspiration Award: Dave Putney
5. Hall of Fame Award: Paul Humphrey
6. Bob Carlson Distinguished Service Award: Melissa Williams
7. Best Friend Award: Meg Parsons
8. Most Improved Female: Kelly Ann Nugent
9. Most Improved Male: Nate Donaleski
10. Female Roadrunner of the Year: Jessica Charles
11. Male Roadrunner of the Year: Mike Brych
12. Female Grandmaster Roadrunner of the Year: Dolores Quinn
13. Male Grandmaster Roadrunner of the Year: Gary Burak

Numerous awards were also given out for volunteer work (The Golden Shoe Awards) as well as the Grand Prix Winners (best times for 7 out of 10 designated races). This year Nate Donaleski won the "Running Nuts Award." Mike DesJardins received the 10,000 mile award. Two Roadrunners also earned their Magellan Awards: Sybil Johnson and Kermit Cadrette. Thirteen cheverons were handed out for running anywhere between 1000 miles to 2000 miles in a calendar year. Keep up the great work everyone.

The banquet was an overall success. Everyone in attendance had a wonderful time meeting up with fellow runners and sharing stories about running (especially the Fort to Fort earlier in the day). We hope to see more familiar faces and even more new ones at next year's banquet!!

# ACCOMPLISH.



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 16-17.**

**Run. Jump. THROW!**

**Reach for your best!**

**HERSHEY'S Track & Field Games are coming to**

**Ilion, NY**



If you are a kid between 9 and 14 who loves to run, jump and throw, these games are for you! Come on out and join in the fun by competing in basic track and field events and have a chance of a lifetime to receive an all expense paid trip to compete in the annual North American Final Meet held in Hershey, PA each year. Beginners and track enthusiasts all welcome. Everyone's a winner because you are making the choice to get fit!

The Hershey's Track and Field Games is endorsed by the National Recreation and Park Association, USA Track & Field, and Athletics Canada, and has been solely funded by The Hershey Company since 1978.

**Ilion High School Track  
1 Golden Bomber Drive - Ilion, NY 13357  
May 30, 2009 - 10:30 AM**

Visit [www.hersheystrackandfield.com](http://www.hersheystrackandfield.com) for details.

For volunteer information and to pre-register: Contact Dave Williams at 235-7671.





# Train Your Brain

Knowing how you think on the run can improve your workouts—and your mood.

By Gigi Douban

Running is the ultimate power vacation—no BlackBerrys, no kids, no bosses. But all's not quiet in the brain while you're pounding the pavement. In fact, you're performing mind acrobatics: problem-solving, making your to-do list, even drifting to a calm state. "Running gives you the freedom to access those inner processes that the busy outer world often robs you of," says James P. Brennan, Ph.D., an adjunct professor of human behavior at Muhlenberg College in Allentown, Pennsylvania.

Studies show that elite runners tend to stay focused on the run—on things like form, pace, and the way their bodies feel. The rest of us flit around four major thought bubbles: organizing, problem-solving, wandering, and pondering. "A lot of people will shift back and forth during a run, or depending on the day," says Michael Sachs, Ph.D., professor of kinesiology at Temple University in Philadelphia. Each thought pattern has its pros and cons. Recognizing them will help you get the most out of your workouts.

## Think About It: Organizing

Most days, Lindsay Decken, 24, a buyer for an engineering firm in Greenville, South Carolina, wakes up at 5 a.m. to run five to eight miles. By the time she's through, she has a pretty clear idea what she'll be doing the rest of the day. Between 10-hour days at work and evenings and weekends packed with volunteering gigs and a home remodeling project, her runs provide a much-needed chance to see the big picture. "It's just a time to get away from everything," she says. "I have complete solitude."

It's great when the organizing leaves you with a sense of accomplishment. But experts say that if taking inventory starts to be a source of tension, then you've taken it too far. Set a time limit, maybe 15 minutes, to think about all the tasks that are piling up. "You don't want to shackle yourself when one of the things that you get out of running is a great release," Brennan says.

## Think About It: Problem Solving

Jim Mallory, a 42-year-old network technician in Denver, often spends several frustrated hours at his desk trying to figure out what's tripping up a customer's data network. Then he'll put in a 10-miler at lunch. "While running, or shortly afterward, I'll think of some new angle and end up fixing it right away," he says.

Running has a way of untying some huge brain knots. Because we're stepping out of our task-oriented days during a run, we're subconsciously turning off creativity-killers like distractions, rationalization, and blame. Add in feel-good brain chemicals triggered by running, and your brain is at its best. What's more, experts say, running is a right-brain activity. Most of the day, whether we're poring over documents at work or shopping lists at home, we're in left-brain territory. "If you're working your left side really hard, you might not give the right side a chance to come up with something," Sachs says.

...continued on next page.

## Think About It: Wandering

If you were to listen in on Aaron Cunningham's thoughts during his five-mile loops through Seattle, you might hear this: Oh, there's the China Harbor Restaurant. I wonder if it's good. That runner looks fast. There's the Northwest Outdoor Center. I haven't been kayaking in a long time.

Cunningham, a 36-year-old software engineer, says letting his mind roam keeps him relaxed when he wants to maintain a moderate pace. "If I start thinking fast thoughts, I'll run too fast and start pushing harder than I should," he says. Plus, a wandering mind helps him pass the time. "Part of it is just being in the moment," Cunningham says.

Sachs says that letting your mind go loosey-goosey offers a tremendous release—part of the reason many of us run. Rather than taxing your brain by focusing on work stress or the kids' busy schedule, "you're giving it a chance to meditate or float," Sachs says. "It's rejuvenating."

That's not a pass to stay in la-la land for the duration of your run. Doing so can detract from your performance, Sachs says, so check in with your body every few minutes. Otherwise, you risk blowing your workout—failing to maintain a certain pace for tempo runs, for example, or not feeling pain from an injury.

## Think About It: Pondering

When she's facing a packed day at work, Lindsay Decken postpones her morning run until afternoon. By then, the day, with all its stresses, is well under way. And rather than building a to-do list, she spends a lot of her quiet time with raging thoughts about work pressures. "I'll get frustrated, go for a run, and talk myself down," she says. "You don't necessarily solve anything, but everything that bothered me at work is erased from my memory, at least until the next day."

Experts say it's okay to feel anxious or angry during a run, but if it consumes you, set it aside. "Put your life in compartments," Sachs suggests. "Say to yourself, 'I'm going to take this stuff that happened at work, put it in a drawer, and I'm not going to think about it.'" After all, ruminating endlessly won't just suck the fun out of your run. Those negative vibes can also compromise your performance.

## Wrong Headed

How to figure out—and avoid—mind problems

Letting your thoughts turn a stellar run into a drag? Human performance consultant James Brennan gives three signs it's time to switch head gears.

**You're Not Happy:** We run to feel good. So if you notice your thoughts bringing you down, give yourself permission to leave your woes behind until after your run. "If our thoughts are negative, we're going to be in a poorer physiological state," Brennan says. That means you're more likely to huff up that hill or putter out early on a long run.

**You're Tense:** Running provides a release, but over-thinking a problem can start to show in your form—shoulders up to your ears or shallow breathing, for example. Brennan recommends taking a mental inventory of your body, starting at your head and working down. **You're Slower:** Who doesn't love a little daydream on a run? That's fine, but if you have goals, don't stay on autopilot the entire time. Check in every few minutes, or tell yourself you'll let your mind go after this split. Until then, stay focused on your pace, Brennan says.

*www.runnersworld.com*

# 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](mailto: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](mailto:jmoragn1@twcny.rr.com).

# 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](mailto: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.

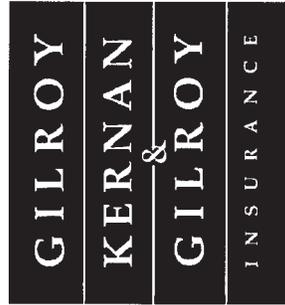
## Group Runs for Utica Roadrunners "Down in the Valley"

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](mailto:casler1@peoplepc.com) or [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).



# Our Proud Sponsors



## Commercial Travelers

11th Annual Half-Marathon & 5K

### Half Marathon

### Half Marathon 2-Relay

### 5K Race

### May 17, 2009

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

Non-Profit Org.  
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Utica, NY



# 2009 NATION DISTANCE RUNNING HALL OF FAME DELTA LAKE HALF MARATHONS

**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	<input type="checkbox"/> HALF MARATHON 9:00am – 9/20/2009	
--	---	---	--	--

**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)**

		1. ELEMENTARY SCHOOL    2. HIGH SCHOOL    3. JR. COLLEGE    4. COLLEGE    5. GRADUATE SCHOOL
--	--	--

**16. t-shirt Size M, L, XL**

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

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<p><b>18. EARLY REGISTRATION FEES:</b> Entry postmarked on or before 4/29/09</p> <table style="width: 100%;"> <tr><td>½ MARATHON</td><td>\$25.00</td><td>_____</td></tr> <tr><td>RELAY</td><td>\$25.00</td><td>_____</td></tr> <tr><td>5K</td><td>\$25.00</td><td>_____</td></tr> <tr><td>LAKE DELTA</td><td>\$25.00</td><td>_____</td></tr> </table>	½ MARATHON	\$25.00	_____	RELAY	\$25.00	_____	5K	\$25.00	_____	LAKE DELTA	\$25.00	_____	<p><b>LATE REGISTRATION FEES:</b> Entry postmarked 4/30/09 through 5/10/09</p> <table style="width: 100%;"> <tr><td>½ MARATHON</td><td>\$28.00</td><td>_____</td></tr> <tr><td>RELAY</td><td>\$28.00</td><td>_____</td></tr> <tr><td>5K</td><td>\$28.00</td><td>_____</td></tr> <tr><td>LAKE DELTA</td><td>\$25.00</td><td>_____</td></tr> </table> <p><b>IN PERSON FEES SATURDY 5/16/09:</b></p> <table style="width: 100%;"> <tr><td>½ MARATHON</td><td>\$30.00</td><td>_____</td></tr> <tr><td>RELAY</td><td>\$30.00</td><td>_____</td></tr> <tr><td>5K</td><td>\$30.00</td><td>_____</td></tr> <tr><td>LAKE DELTA</td><td>\$25.00</td><td>_____</td></tr> </table>	½ MARATHON	\$28.00	_____	RELAY	\$28.00	_____	5K	\$28.00	_____	LAKE DELTA	\$25.00	_____	½ MARATHON	\$30.00	_____	RELAY	\$30.00	_____	5K	\$30.00	_____	LAKE DELTA	\$25.00	_____
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5K	\$30.00	_____																																			
LAKE DELTA	\$25.00	_____																																			

**Entry Fee From Above**  
National Distance Running Hall of Fame Donation    \_\_\_\_\_  
**TOTAL FEE**    1.00 \*

**NO ENTRIES POSTMARKED/FAXED DATED AFTER 6/29/2009 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**

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**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, the Delta Lake Half Marathon, Utica Roadrunners, the Roman Runners 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**

**ALL ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE**



# UTICA Roadrunners

## Promoting Competitive, Fitness and Recreational Running

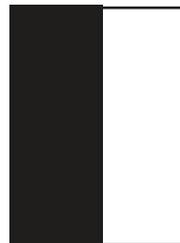
Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



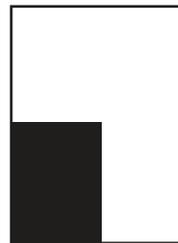
FULL PAGE  
7.5" X 10"



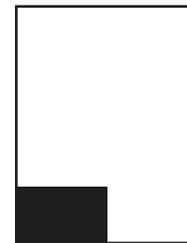
HALF PAGE-H  
7.5" X 5"



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.