



SPLIT

TIMES



The Official Newsletter of the Utica Roadrunners

June 2009

Summer Sizzles!

22nd Annual Summer Sizzle 5 Mile Road Race
Sunday, June 21st

Q&A:
Running After
Cancer, p.9

**THE PACK RULES:
TOUGH IT OUT**

Essential advice from
runners and readers,
p. 10-11

WHAT'S
NEW?!

Upcoming Runs:
Nate the Great 5k: 6/13
Summer Sizzle 5 mile: 6/21

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

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
June 2009

2009

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Submit all Articles & Photos to:
SpliTIMES • c/o Paul D'Ambrosio
PO Box 4141 Utica, NY 13504
or e-mail Paul at:
p.dambrosio@nysha.org

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

On Our Cover: Utica Roadrunner, John Huther runs with his son at Wednesday nights development run.

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>. 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 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 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



June is here and we're rolling into the height of the local running and racing season. We've already got several events in the club Grand Prix series behind us. The start of May saw the Ted Moore 5k which offered winning performances from club members Alex Benn and Dave Putney (with Dave setting a new course record in the process), and an increase in overall club participation to nearly 30 members. It was nice to have some great weather for racing. Meanwhile, the Hall of Fame 5k and half marathon also saw cool temps but served up a whipping west wind to go along with it. The 5k was won by club members Tim Fitzgerald and Alex Benn. The half marathon saw record breaking performances as the first three finishers smashed Tom Smith's event record of 1:15:05, with Josh Arthur of South Lewis breaking the tape in 1:09:01. (Tom's 1:15:05 still stands as the master's event record though.) The fourth GP race, the KAC 10k on May 30, should also be recent history by the time you read this, meaning that the series is almost half over!

The Summer Sizzle 5 miler is coming up fast on June 21. It's always a great race and I'm sure this year will be no exception. Once again, the USATF Adirondack Section has selected Summer Sizzle to be on its Grand Prix schedule so the races promise to have great competition. It's a beautiful course and you just have to love the separate men's and women's races. I hope to see you there!

We had a large influx of new members voted in at the May board meeting. New members to the club include: James Charuzuk from Barneveld; Dana Cooreman of Whitesboro; Matt and Paul Huening of Utica; from New Hartford, the Paap-Gray family of David, Kristen, Avery and Ian; Mary and Ronald Kaye; Pamela and Tyler Piliero; from Clinton, Jim Owens and Joe Rizzo; Jason and Jessica Skutnick from NY Mills; new additions to the Szarek family of Cold Brook, Harley, Irene, and Kimberly; from Deerfield, the Wilkinson's, Mary Ann, Larry, Justyna, and Alex; and the Zurek family of Utica, Louis, Lisa, Olivia, and Louis Matthew. It's great to have you in the running family!

After a somewhat shaky start on May 6th (nothing like a carnival taking up most of the available parking to make people cranky), the Wednesday Parkway Development Runs are in full swing. Remember, club members run for free while it's \$1 per race for everyone else. The walk starts at 6:30 with kid's races at 6:45 and the 2 mile/5k/10k at 7:00. Volunteers are always needed so lend a helping hand if you're not running that evening. More information (including results and volunteer info) can be found at <http://www.train2run15k.com/DevRun.html>.

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

-Jim



Summer Sizzle

5 Mile Road Race
June 21, 2009
MVCC Campus (Gym)
Kid's Race 7:30 a.m.
Women's Race 8:00 a.m.
Men's Race 9:00 a.m.

Registration: 7:00 - 7:30 for Kids and Women;
7:30 - 8:30 for Men

(See race application on page 15 for more details.)





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	Van Duren, Stephen	8	10								18
M	30-39	Cohen, Richard	10									10
M	30-39	Pare, Jason	9									9
M	40-49	Putney, Dave	10	10								20
M	40-49	Humphrey, Paul		9								9
M	40-49	Kosina, Bill	9									9
M	40-49	Suba, Scott		8								8
M	40-49	Winter, Arthur	8									8
M	40-49	Langlois, Joe		7								7
M	40-49	Steere, Sean		6								6
M	50-59	Fiore, Jim		10								10
M	50-59	Palmer, Bruce	10									10
M	50-59	Desjardins, Mark		9								9
M	50-59	Ichihana, Rob	9									9
M	50-59	Macintosh, Donald		8								8
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

(...continued on next page.)

Grand Prix

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	50-59	Nolan, David	2									2
M	60-69	Cadrette, Kermit		10								10
M	60-69	Hahn, Richard	10									10
M	60-69	Lucas, Luke	9									9
M	60-69	Stanley, Richard		9								9
M	60-69	Searles, George		8								8
F	0-19	Benn, Alex		10								10
F	0-19	Humphrey, Emily		9								9
F	0-19	Steere, Morgan		8								8
F	0-19	Steere, Erin		7								7
F	20-29	Duncan, Michelle	8	9								17
F	20-29	Ichihana, Kate	10									10
F	20-29	Vroman, April		10								10
F	20-29	Smoulcey, Pamela	9									9
F	20-29	Caruso, Valerie		8								8
F	20-29	Elsenbeck, Patricia		7								7
F	30-39	Smith, Leslie	10	10								20
F	30-39	Guy, Marlee	9									9
F	40-49	Cognetto, Valerie	9	10								19
F	40-49	Nizzi, Michelle	10									10
F	40-49	Schaffer, Karen		9								9
F	40-49	Durso, Judy		8								8
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	Leahy, Mary		10								10
F	50-59	Ruckel, Mary	10									10
F	50-59	Lucas, Mickey	9									9
F	50-59	May, Paula Ann		9								9
F	50-59	Cameron, Doreen		8								8
F	60-69	Fuller, Kathleen		10								10

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 inquires 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.

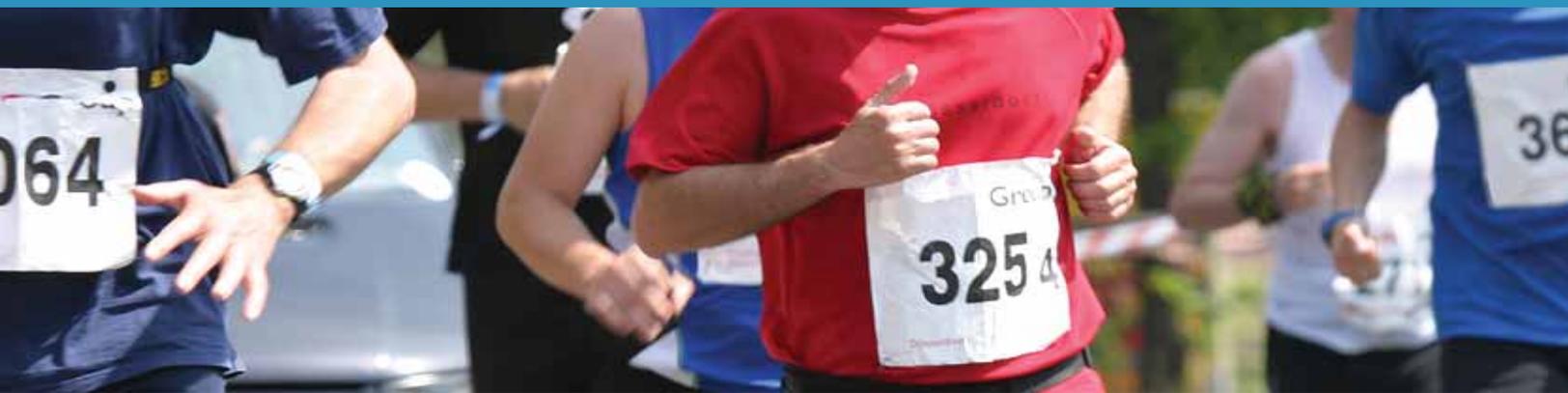
Thanks! -SpliTimes Staff

Dear SpliTimes Readers,

I am a 55 year old runner (4 years now) and in March of 2008, I was diagnosed with and had surgery for colon cancer. I've been on chemotherapy every two weeks since June of 2008. My doctors say that I can run during my chemotherapy to a level that feels comfortable to me. Right now, I can manage to run during my second week off of the chemo. I feel like I need some advice about learning to run again. Has anyone gone through similar circumstances who can offer some suggestions?

- David

Send your responses to: cognettodesign@gmail.com and we will post them in our next issue.



THE PACK RULES: TOUGH IT OUT

Essential advice from runners and readers.

By Yishane Lee

From the February 2009 issue of Runner's World

1. Break It Down

Forget the big picture; think small. "When things get tough, I know I can always run just one more mile," says Jess Norton of Seattle. Or try something shorter. Adrienne Ramsey of Hingham, Massachusetts, tells herself, "You can do anything for one more minute." Jeff Rothman of Los Angeles targets landmarks. "I say to myself, 'Get to that building 300 meters from here.' Then, 'Now get to that tree 200 meters ahead...'" Harry Thompson of Charlotte, North Carolina, uses moving targets. "I make a game of trying to pick off people who are ahead of me one by one," he says. "I think, If I stop running, how am I going to get home?" -Josh via runnersworld.com

2. Repeat a Mantra

Follow the lead of elites, and tap into the power of words. "My favorite saying is 'Do or do not; there is no try.' It's from Star Wars," says Brian Sell, 2008 U.S. Olympic marathoner. Steve Prefontaine's "Pure guts race" inspires Octavius Bonacquisti of Austin, Texas, while Kellana Hindert of Cincinnati invokes Ryan Hall's "Run the mile you are in." A runner who wishes to be known simply as Jeff repeats Lance Armstrong's "Pain is temporary; quitting lasts forever." Heidi McIlroy of Kent, Washington, takes a different approach, talking trash to herself. "I say things like, 'Legs, you're fine. No big deal. That hill? Hardly anything. Don't be such wimps, just keep moving.' Works like a charm."

3. See Success

Cara Hawkins of Murfreesboro, Tennessee, imagines she's racing against Bernard Lagat, Alan Webb, or Kara Goucher and winning. Says a runner who calls herself Bunny of Ann Arbor, Michigan, "I think about the last guy that broke my heart-then I think about passing him." A runner named Vince, in training

to go to Iraq, imagines outrunning an insurgent in a combat situation: "Any improvement now will have life-saving effects later." Police officer Katie, who patrols an urban area, reenacts foot pursuits on her runs. "The adrenaline kicks in, and I forget about the pain," she says. **The Tough Keep Going** 85% have never dropped out of a race 70% say a bad run doesn't ruin their day 63% would never take a pill to PR 46% say their brains give out before bodies on long runs 40% have never cried during or after a race Based on respondents to runnersworld.com polls

4. Think Hard

"I've learned that when I really focus on one thing, I won't think about what hurts," says James of Fort Worth, Texas. Lindsey Schaffer of Pullman, Washington, says, "I make sure my shoulders aren't tense, my footfalls are straight and firm, my back is straight, and that each breath is deep. The miles have passed before I know it." Patrick Gerini of Cedar Grove, New Jersey, says he concentrates on the sound of his footfalls and breathing: "I hypnotize myself this way." Ric Stewart of Lyons, Georgia, suggests thinking about body parts that don't hurt: "My index finger feels great!"

5. Remember the Reward

"I bargain with myself-I don't have to do anything for the rest of the day, and I can eat whatever I want," says Ashleigh Griffin of Midland, Texas. Margaret Turner thinks about her postrun steak and big glass of red wine. Kendra Pudlowski of Jefferson City, Missouri, reminds herself that she lost 118 pounds in the past year through diet and exercise. "I recently won my age division at a local 5-K," she says. "Running is what sets me apart from others around me struggling to be healthy."

(...continued on next page.)

6. Listen Up “The best thing to keep me going is a song in my head,” says Nathan Gringras of Richmond, Virginia. Like many runners, Joel Harrison of Fair Oaks, California, goes for the theme song to Chariots of Fire. “Mos Def & Massive Attack’s song ‘I Against I’ helps me remember that it is only a battle between my mind and my body,” says Cathryn Windham of Austin, Texas. John Frenette of San Francisco, likes all kinds of aggressive music. “It helps me dig deeper and re-channel energy,” he says. Jean Owen prefers the spoken word. “When I feel like I’m about to give in, I switch to an audiobook,” she says. “I like thrillers and mysteries-they keep me on edge.”

7. Work Your Brain Remi Hoffman of Berline Heights, Ohio, counts footsteps, while Simon Moyses of Snohomish, Washington, says he simply counts to 10 repeatedly. “Before you know it, you’ve done that 60 times and you’re 10 minutes closer to your goal.” Some smart runners make their minds really work. “I do mental math, like long division or multiplication,” says Christine Cruz of Rockledge, Florida. “It’s an easy way to keep my mind from thinking about how much longer I have to run.” “I conjugate the verb ‘to run’ in Spanish in as many tenses as I can remember,” says Jess Christensen of Earlring, Iowa. “Corro, corres, corre, corremos, correis, corren...”

8. Don’t Embarrass Yourself “There’s nothing worse than looking like a sucker walking down the road all sweaty six miles from home,” says Joshua Lundin of Portsmouth, New Hampshire. “Having people around

witnessing my run is like being accountable-as if I’m thinking about walking as soon as they’re out of sight,” agrees Ali Collier of Lancaster, Pennsylvania. “I form a mental picture of my proud family and their big grins at the finish line,” says Julie Bledsoe of Greenwood, South Carolina. “It gets me through every time.” “I dedicated each mile in a marathon and kept running so I wouldn’t have to fess up to walking anyone’s mile!” -Annie Tindall Birmingham, Alabama

9. Keep It in Perspective “I think about how I made it through delivering a nine-pound baby-twice!” says Griffin of Texas. “I remember when I went through a divorce, and when my house burned down,” says Doug Widowski of Rockford, Illinois. “I remember how I have had surgeries on both my knees,” says Noah Brooks-Motl. “And I’ve made it this far.” Says Krista Englert of Rochester, New York, “I survived two combat tours to Iraq. Pain on a run is nothing that I can’t handle.”

10. Count your Blessings “I remind myself that any kind of running is a luxury I am afforded,” says Brenda Carawan of Virginia Beach, Virginia. “There are too many people who wish they had two legs to run on. I am thankful for the body I’ve been given.” Kathie Cheswick of Thunder Bay, Ontario, works in an outpatient physiotherapy clinic. “I run a mile for the patients who have touched me the most,” she says. “I usually run out of miles before I run out of patients to run them for.”



What is The Boilermaker Race without a Pasta Dinner?

What do you do when you are at the Health & Fitness Expo picking up your race packet and a sudden urge to eat pasta and meatballs strikes you? Do you panic? No, there is a solution!

The Boilermaker Race, Masonic Care Community, and Sodexo Senior Services will once again host an *all-you-can-eat* Pasta Buffet on Saturday, July 11 from 12:30pm to 5:00pm at the Planet Fitness Health & Fitness Expo on the Masonic Campus.

The buffet is in its 12th year and all proceeds from this event benefit the United Way of the Valley and the Greater Utica Area. Join fellow runners, walkers and families to “carb load” on a variety of pastas, fresh tomato sauces, hand-rolled meatballs, tossed salad, Italian bread, fresh baked cookies and beverages.

If you attend the pasta buffet be sure to notice the centerpieces on each table. Students from Clinton Central School worked hard to create this unique design. You can even catch last year’s race on the TV while you eat!

So if the urge strikes you, remember

12th Annual Boilermaker Pre-Race Pasta Buffet
Saturday, July 11
12:30PM to 5:00PM
All-you-can-eat Pasta Buffet
At the CDPHP Health & Fitness Expo
On the Masonic Campus
\$6.00 (tickets available at the Expo and at the door)

**Sponsored by The Boilermaker Race,
Masonic Care Community & Sodexo Senior Services**
**Proceeds benefit United Way of the Valley
and the Greater Utica Area**

NEW!! We will be collecting non-perishable food items to stock the local food banks of Utica. Containers will be available at the buffet.

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 6:40 p.m. followed by a half-mile fun run for ages 8-12 at 6:50 p.m. 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@twcnny.rr.com or Linda Turner at train2run15k@adelphia.net.

Join Us!
COMMUNITY.

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.



22nd Annual



5 Mile Road Race June 21, 2009

Kid's Race 7:30 a.m.
Women's Race 8:00 a.m.
Men's Race 9:00 a.m.



5 Mile Course

This USATF certified 5 mile course starts on Sherman Dr. near Mohawk Valley Community College, proceeds down South Park Dr. to Proctor Park, loops through the park and returns to MVCC along the bicycle path.
Baby joggers, pets, headphones and roller blades are not allowed under USATF and RRCA rules.

Kids Race

2-4 yrs run 1/4 mile • 5-8 yrs run 1/2 mile • 9-12 yrs run 1 mile

Entry Fee

Utica Roadrunners Members - \$15.00 Pre-registration.
\$17.00 Pre-registration - Must be Postmarked by June 13, 2009.
\$19.00 Day of Race
There is no registration fee for the Kids Race
Make checks Payable to the Utica Roadrunners. • No refunds

Race Day Registration

Registration is 7:00—8:30 am at the MVCC gymnasium.
7:00—7:30 for Kids and Women; 7:30—8:30 for Men

T-shirts

Available to all pre-registered runners. (Shirt size not guaranteed)

Facilities

Dressing and Shower facilities are available at the MVCC gym from 7:00 am to 12:30 pm.

Refreshments

Fruit and Beverages will be available after the race.

Awards

Awards will be given to the top three finishers and age group winners in the Women's and Men's Races:

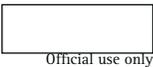
Under 15 • 15-19 • 20-29 • 30-34 • 35-39 40-44 • 45-49 • 50-59 • 60-69 • 70+
Special team awards sponsored by Babe's Macaroni Grill & Bar will be awarded for the fastest combined times in the following Family categories:
Mother/Daughter • Father/Son • Sister/Sister • Brother/Brother
Sister/Brother • Mother/Son • Father/Daughter • Husband/Wife
Grandparent/Grandchild

Information

For more information contact Paula May at 4pmay@roadrunner.com

USATF Adirondack Association Grand Prix Road Race Series Event

Entry Form



Name _____

Address _____
Street City State Zip Code

Phone _____ Age (as of 6/21/09) _____ Sex M F T-shirt size: Medium Large X-large
 Kid's X-Small Small Medium Large

USATF # _____ if applicable

Family Team Entry - Please submit applications together. (One team entry only)

Family Name _____
Teammates Name _____

Mother/Daughter Father/Son Sister/Sister Brother/Brother
 Sister/Brother Mother/Son Father/Daughter Husband/Wife Grandparent/Grandchild



Waiver

I know that running a road race is 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 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 MVCC, the Utica Roadrunners Club, the City of Utica, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parents Signature if under 18 _____

Please mail with payment to: Linda Turner, 152 Paris Road, New Hartford, NY 13413

**STOP
DWI** New York
BROOME COUNTY

PRESENTS 26TH ANNUAL

Chris Thater Memorial

DEDICATED TO CHRIS THATER WHO WAS KILLED BY A DRUNK DRIVER.

5K RUN

August 30, 2009

10 a.m.

**Recreation Park,
Binghamton, New York**

\$20,000 IN CASH PRIZES!



Premier Sponsors



SEFCU



gift certificates
for age group winners

To register
on-line visit



For More Information, Visit:

<http://www.bcstopdwi.com>

Elite Athlete assistance
call 607-722-8744

or email gtabeek@stny.rr.com



**Gold
Medal
Sponsors**





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.



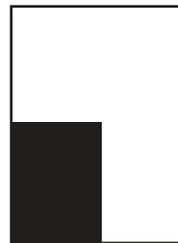
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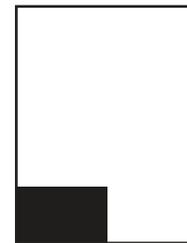
HALF PAGE-H
7.5" X 5"



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.