



# SPLIT **TIMES**

**UTICA**  
Roadrunners

The Official Newsletter of the Utica Roadrunners

October 2009

## **Vote • Vote • Vote • Vote • Vote** **Board of Directors' Elections** **& Annual Meeting November 2nd**

**Club Members  
Become 46'ers p.8**

WHAT'S  
**NEW?!**

### **Upcoming Runs:**

**New! MVCAA Red Ribbon Run 5k: 10/24**  
**YWCA Freedom Run 5k: 10/24**  
**Run For Safety Family Fun Run: 11/20**  
**Run For Hunger 5k: 11/26**

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

# SPLIT TIMES

The Official Newsletter of the Utica Roadrunners  
**October 2009**

## 2009

### Roadrunners Board of Directors:

**President:**  
Jim Fiore

**Vice Presidents:**  
Activities & Events  
Mike Kessler

Administration  
& Finance  
Meg Parsons

**Secretary:**  
Christine McGlynn

**Treasurer:**  
Sybil Johnson



**Board Members:**  
Tom Bick  
Mike Brych  
Ray Brych  
Paula May  
Anita Moller  
Dave Putney  
Melissa Williams



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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



## 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

## FOOTNOTES:

### Vote for Your Board!

Our annual meeting is scheduled for Monday, November 2nd at the F.X. Matt's Brewery and is open to all members. Everyone is encouraged to attend. It's a great way to introduce yourself to other members and become more informed. Hope to see you there! See page 4 for further details.

This month you will receive a mailing that will include information on our annual board meeting and ballot for voting. Please follow the instructions carefully, make your choices, and vote. You can find a brief description of each candidate on page 5.

## Attention Race Directors!

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

**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



It's October and the 2009 edition of the club's premiere race, the Falling Leaves, is just behind us. I'd like to thank all of the volunteers who made it possible, from race director Mike Brych and his committee personnel, all the way to the loneliest course marshal. And in spite of some difficult economic times, we had great support from our sponsors. Without each of them, this event wouldn't be as wonderful as it is, and a big *thank you* and congratulations to all of the runners who participated. And finally, a double *thank you* to all of the club members who helped with the Falling Leaves Development Runs at the Parkway. While still not as crowded as the first 10 week series that hundreds of folks use for Boilermaker training, the Falling Leaves series is growing nicely and has a flavor of its own. If you didn't take advantage of them this year, be sure to do so next year.

But October doesn't mean that the racing season and other running events are behind us. Far from it! We still have the Freedom Run on the Grand Prix and other runs on the calendar. Once again, the club will be participating in the RCIL run (see the announcement on page 13). We'll be promoting runner safety. This is particularly important now that the days are getting shorter. The cool mornings give me a second reason to wear one of my favorite shirts, a club logo long sleeve in safety yellow with Illuminite trim. Cars can see this a mile away and the Illuminite reflects car headlights like a million tiny mirrors. If a driver doesn't see you in one of these, they must be blind. You can purchase one from the club web site either for yourself or as a gift for your favorite running partner.

I would be remiss if I didn't remind everyone of the club's annual Run For Hunger on Thanksgiving morning. This year is a major anniversary event and Race Director Dave Jones promises something special, so mark your calendar.

Membership chairperson Jim Moragne reports seven new members this past month. They are Jack Ireton-Hewitt and Todd Jeneen, both of Utica; and from New Hartford, Harold, Nicholas and Eric Meyers, Grace Vento-Zogby, and Liz Gustavson. Welcome aboard!

Election ballots for the board of directors will be out shortly. Votes will be tabulated at the annual meeting held on Monday, November 2nd.

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

*-Jim*

urpres@dissidents.com



# Utica Roadrunners Annual Business Meeting

**All UR Members Welcome!**

Monday, November 2, 2009

F.X. Matt/Saranac Brewery Tour Center

7-9pm

Pizza, Cheese & Veggie Trays &  
Beverages Provided

Join us for our annual  
business meeting and social hour

# 2010 UR Board of Directors Elections Candidates:

**Tom Bick**    **Kathy Fuller**    **Jim Fiore**    **Ralph Imundo**    **Mike Kessler**  
**Moe Lalonde**    **Christine McGlynn**    **Sybil Johnson**    **Anita Moller**

All club members aged 12 and older are eligible to vote. You will be receiving a ballot and information on our annual meeting in the mail shortly. You can either vote by mail or at the annual meeting.



## Meet the Candidates!

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

**JIM FIORE** A club member since the late 1990s, Jim was elected to the Board in 2005 and has served as President for the past three years. He has won Male Open Roadrunner of the Year twice, the Ed Bruni Sr. Inspiration award, and the Utica Roadrunners Hall of Fame award; and also serves as de facto captain of the men's racing team and club web master. He is employed as a professor in the The Center for Science, Technology, Engineering and Mathematics at MVCC. at MVCC. Along with running, Jim follows many other pursuits with his wife, Karen, including bicycling, kayaking, and hiking.

**KATHY FULLER** Kathy would love to become more involved in the Utica Roadrunner program. She is a Utica native and a Special Education teacher at Oneida County BOCES. Kathy first became involved 3 years ago when she started the Boilermaker training program. She started running with her family and continues to run, even after her family stopped! With the help of the training program, Kathy has found out that she loves running and even more so, the friendships that she has developed. Currently, Kathy volunteers with the Boilermaker training program as well as various races (when she is not running them!) and you can usually find her at the finish line at the Wednesday night Development runs collecting your numbers! For the Saturday morning training program, you can usually find Kathy in the back of the pack. She feels that doing this allows her to encourage new runners. Kathy continues to be very dedicated to the Utica Roadrunners and would love to see the club and its programs further develop!

**RALPH IMUNDO** got involved with the Utica Roadrunners through the Boilermaker training program. "I loved it," he says. "I run for the physical, mental and social aspects of it, to live

## (Candidates, cont.)

a long life and enjoy it more day-to-day.” Ralph is interested in continuing to promote running in the Utica area, and the sense of community it helps to build. “I’d like to work on building up the social aspects of the club, for the camaraderie and to bring people together as a cohesive group.” Ralph lives in South Utica and is a lifelong resident of the Mohawk Valley. He has had extensive experience working on community boards and committees. Currently serving on the Upstate Cerebral Palsy and Heritage Home Foundation boards, Ralph is also a past president of the Board of Directors of Leadership Mohawk Valley, the Family Nurturing Center, the South Utica Little League and the Utica Rotary Club. Ralph works at Mohawk Limited, where he has served in numerous positions, including Plant Manager, Personnel Manager and Vice President of Plant Operations.

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

**MIKE KESSLER** Best described as a “recreational runner,” Mike started running eight years ago and has run eight Boilermakers, winning none! He started with the Training Program and has become one of Linda Turner’s assistants. Mike has volunteered and or run most of the area races. Mike says “I enjoy the people I have met since running, the physical and mental rewards, stress and weight reduction. I would like to help grow the club and more importantly get others involved.” Since serving on the board I have seen our club grow and reduced the membership costs. We have an active youth program, and all races are free for kids. Results like this make me believe your board is working with the clubs best inter-

ests in mind. Mike also expresses that “if you want to get to know me, come help at a finish line, water station, course, and let’s crack some jokes.”

**MOE LaLONDE** Moe has been a club member for five years along with his wife, Sarah and their two children. A member of the Roadrunner Racing Team, he has run several marathons and recently completed his first ironman distance triathlon. He is an avid fitness walker and has racewalked competitively. Moe has worked with high school runners for many years and volunteers regularly at community events including the Parkway runs. He is a teacher of middle school science in the Westmoreland School District.

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

**ANITA MOLLER** A member of the Utica Roadrunners since 1998, Anita is a self proclaimed running addict who also has a deep commitment to our community. She has served on the Board of Directors for the past two years. Anita is a veteran of 17 marathons and countless other races from the 5k to half marathon distance, and she is currently a member of the Utica Roadrunners Competitive Team. When not on the roads of CNY logging mile after mile, Anita can be found at Faxton-St. Lukes, where she works as a Registered Nurse, or baking (what better way to fuel all those miles?).



# TIME FOR A CHANGE

## Utica Roadrunners in Need of a New Treasurer/Bookkeeper

I have been the Treasurer for the Utica Roadrunners for a long, long time (since 1995). Before that, I was the secretary. Now, it has come to the point where I need to take a break and resign as of December 31, 2009. It has been a great ride, and now I want to give more time to my watercolor painting. I have already said that I would run for a position on the Board again. I will not totally abandon the Club.

Let me give you an idea of what the position has become:

- There are monthly profit and loss statements to prepare.
- There are monthly business meetings to attend.
- The club mailbox gets checked on a regular basis.
- The checks and deposits are kept on Quickbooks for the accountant.
- Financial information is organized for the accountant at tax time.
- Vouchers are written, bills are paid and deposits are made.
- Summer Sizzle and Falling Leaves balance sheets and financials are kept.
- Scholarship monies are kept track of and disbursed.
- Development Run monies are collected and deposited.
- Run for Hunger monies are collected, deposited and disbursed.
- Thank you notes are written when appropriate.
- Checking, savings, credit card, CD and Pay pal accounts are maintained.
- A budget is prepared annually.
- Tax exempt forms are maintained and distributed appropriately.
- ... There may be more.

Now, I never had any accounting background. This position fell into my lap when the previous bookkeeper became ill. At that time the bookkeeping job was separate from the Club Treasurer. For lack of another body to share the work, the two positions were combined and grew and grew and grew. My methods are not necessarily what a trained accountant would do. But, the job gets done. Someone else might have more computer expertise than I, and the job might be easier.

So, since it is October and elections are next month, something has to be done. I will have all of the tax info ready for 2009. I will share my expertise or lack thereof with interested parties. Maybe more than one person can do the job. The person in charge of the monies does not have to be on the Board. I think there is room for flexibility. Of course, since I am old fashioned, I think the persons to take over should have a little history with the organization.

Please let Jim Fiore or me know if you are an interested party.

Thanks,  
Sybil S. Johnson

# Runners and Climbers Tackle All 46

by Sybil Johnson

This summer, Dennis and I completed hiking the 46 High Peaks of the Adirondack Mountains. We are now "46ers." We began our hikes 9 years ago. Some people choose to hike all of the peaks in one season. Not us. We have too many other interests.

There are many of our fellow runners who have also completed the hikes. We have shared the high and low points of our endeavors. As different as runners are, so are hikers. Some of us (me) prefer to sleep in cabins, on cots rather than in lean-tos. Others prefer Thermarest mattresses, and some sleep on the ground (ugh). Dennis and I did not rough it for any of our trips. Day trips were our method of travel. Some were 6 to 8 hours, and many were 13 to 14 hours. Sometimes we bagged one peak, sometimes four. Occasionally, we stayed in one of the Adirondack Mountain Club cabins. Our good friend Fred Gachowski is working on his 4th round of the 46, and he has accompanied us for many of the hikes. Dennis and Dave are very good at orienteering and I am very good at following. Trails are usually quite obvious, but there are some trailless peaks where the herdpaths are obscure (to me). Where do they get that sense of the way to go?

Hiking up to the top of a mountain is very good for your cardiovascular health. Boy, it can be very tough though, especially if the people leading you are able to walk and negotiate the rocks in an effortless manner. Once you are at the top, the effort is worth the hike. Even in a cloud, at the top of a mountain (as per the usual Adirondack weather), it is exhilarating to know that you are above 4000 feet! On a sunny, clear day, man is it ever gorgeous! What a thrill. After oogling and picture taking and lunch, you get to



hike down. Some people, like Dennis and Fred, seem to dance over the boulders almost like flying. As for me, I plod along from rock to rock but that's all right, because we are going down. Thank God and L.L. Bean for hiking poles. Since adding them to our gear, hiking is better for those of us with less than great balance (me).

Yes, we have gotten somewhat lost at times. That has been rare. For the most part, the Adirondack trails are well marked. If you are prepared with a compass, if you have reviewed maps and trail descriptions, and if you go along with experienced hikers when needed, you will have a great time. The GPS gadgets are a great help too.

I have pages and pages of notes for each hike. I enjoy the flowers, the trees, the streams, the deer, the beavers, the birds and even the rocks. I feel lots of pain and I feel lots of joy. I am sure that we will cover many of the trails again. There are some that I never need to see again. I could add up the distance covered. Maybe I will one of these days.

So, if inclined, get your gear together, head north and enjoy our Adirondack peaks. Oh yeah, there are some people who RUN up and down. I will *never* understand that!



# Race Reviews



**Race:** Delta Lake Half Marathon

**When:** September 20, 2009

**Where:** Rome, NY

**Reviewer:** Valerie Cognetto

Two weeks ago I participated in the Delta Lake Half Marathon and I have to say, those Roman Runners should give themselves a pat on the back! I've done several half marathons at different locations but I think this one is my favorite so far. Call me old-fashioned but I like getting medals, and every finisher received one. The course was generally flat with a few rolling hills and one steep hill around mile 12. I was pleasantly surprised that they offered Gatorade at every other water station so I was able to leave my fuel belt in the car. Along the course you will find beautiful countryside and glimpses of the lake and it was all well marked. Upon post-race they offered a nice assortment of food, including grilled hot dogs, yogurt, and fresh apple cider. Waiting for the results was a relaxing treat as I laid on a park bench in the autumn sun on the beach at the lake. There was even a masseuse offering massages to the athletes' tired legs. I'm happy to say that I won third place in my age group, 20-29. Winners were given hand-made wooden plaques—nice touch! ★ ★ ★ ★ 1/2

## Submit Your Reviews!

If you'd like to review a race, send it in. We'd love to hear from you! Tell us about it – the good, bad, & ugly! It will help readers make more informed decisions about their race choices. It can also be helpful to the race director when they are planning for the next year's event. Please include your name, age, & average pace, along with the race name, date, & location. Also, give it a score from 1 to 5 stars, 1 being the lowest.

(Let us know if you would not like us to print your name.)

# People will be Running All Over Utica on October 24th

Feel like a run along the Canal Trail? Or is a walk through Proctor Park more to your liking? Either way, we have a run/walk for you on Saturday, October 24<sup>th</sup>. We usually try to avoid scheduling more than one community running event on the same day, but sometimes two great events just happen at the same time.

## 5<sup>th</sup> Annual YWCA Freedom From Running 5K Run/Walk

This year marks a very special milestone for the Freedom From Running 5K - the fifth successful year of joining hundreds of community members in the movement to raise awareness of domestic violence and interrupt the cycle of it in our communities. In recognition of the 5<sup>th</sup> anniversary of this event, First Lady Michelle Paige Paterson will participate in the 5K running event. A survivor of domestic violence and strong advocate for women, First Lady Paterson brings her influence to help the YWCA raise this critical issue to the forefront of our communities' conscience.

The Run/Walk is Saturday, October 24 at the Utica Marina off North Genesee Street in Utica. The run begins at 9am and the walk begins at 9:05. Pre-Registration is \$20 and registration after October 21 is \$25. Pre-registered participants are guaranteed a t-shirt and race packet. You can register online at [www.ywcamv.org](http://www.ywcamv.org) or at the YWCA Main Office. For more information, contact Mary at [mdavidson@ywcamv](mailto:mdavidson@ywcamv), 732-2159 ext. 235.

## 1st Annual MVCAA Red Ribbon Run-N-Fun 5K Run/Walk

Red Ribbon Week is the oldest and largest drug prevention program in the nation, reaching millions of Americans during the last week of October every year. By wearing red ribbons and participating in community anti-drug events, young people pledge to live a drug-free life and pay tribute to DEA Special Agent Enrique "Kiki" Camarena.

Special Agent Camarena was a marine and an 11-year veteran of the DEA assigned to the Guadalajara Mexico office where he was on the trail of the country's biggest cocaine traffickers. In 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline. On February 7, 1985, Special Agent Camarena was kidnapped, brutally tortured and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

The Red Ribbon Run-N-Fun 5K Run/Walk, sponsored by the Mohawk Valley Council and Alcoholism and Addictions will also be held on Saturday, October 24 in Proctor Park off Rutger Street in Utica. The run/walk begins at 10am. Pre-Registration is \$15 and registration after October 21 is \$20. There will be prizes for the top male and top female age group finishers. There will also be games and prizes for children ages 6-12 from 9am – 11:30 am, which are free with a walk/run registration. Registration forms are available at [www.mvcaa.org](http://www.mvcaa.org). For more information, contact Samantha McCarthy at 733-1709.

5k Run/Walk 5th Annual  
**Freedom**  
from **Running**

Raising awareness about **domestic violence**

**Saturday, October 24, 2009**

**Utica Marina, Harbor Lock Road**

**Run - 9:00am • Walk - 9:05am**

**Pre-Registration: \$20 • Race Day: \$25**

All proceeds benefit the YWCA Mohawk Valley's Domestic  
Violence and Sexual Violence Services

For more information, call (315) 732-2159, ext. 235

To register online, go to <http://www.ywca.org/mohawkvalley>

## **New Hartford Cross Country Invitational**

**Saturday, October 17, 2009**

**Sponsored by the New Hartford Cross Country Team**

**12:00pm - Open Community & Alumni Runs - 1.5 mile and 5k**



1:00pm - Modified Boys and Girls Races

1:45pm - JV Girls Races

2:30pm - JV Boys Races

3:15pm - Varsity Girls Races

3:45pm - Varsity Boys Races

# *Red Ribbon Run-N-Fun*

## 5K Run/Walk



*Saturday, October 24th, 2009*

Location:

Proctor Park—Rutger Street, Utica

*Run &  
Walk  
for  
those  
12  
years  
of age  
and  
older!*

Registration:

8:30-9:30 AM \$20 per runner  
Register by October 21st @ \$15

Race Start:

10:00 AM

*Prizes to the top  
male and top  
female runners in  
each age bracket!*

Children's Activities:

9:00—11:30 AM

*\*Activities for children ages 6—*

*12 are FREE with a regis-  
tered runner/walker!*

*Games and prizes for  
kids ages 6-12!*

Sponsored by:

Mohawk Valley Council on Alcoholism/Addictions & Utica Roadrunners

**FREE  
EVENT!**

**UTICA**  
Roadrunners

**Join the  
Fun!**

# **RUN FOR SAFETY**

**Third Annual RCIL Wonderland of Lights Run  
to Promote Runner Safety**



**Friday, November 20th  
Registration is FREE & Begins at 4:45p.m.  
Runs Starts at 5:00p.m.**

2.5 Mile Run Begins and Ends on Bleecker Street  
in the Old Diorio's Parking Lot near the Masonic Home  
Music & Fun for All Abilities!

Refreshments

**IMPORTANT: Please Wear Reflective Clothing, Flashing Lights, Santa or  
Reindeer hats, or Carry a Flashlight**

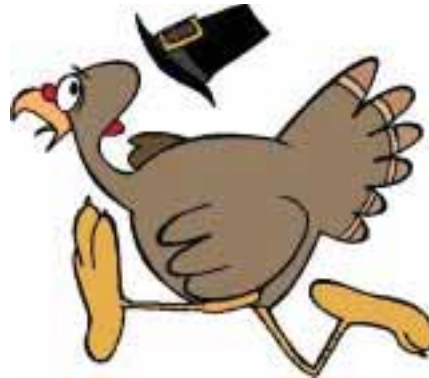
Runners will travel through the Wonderland of Lights. Each display will illuminate for the first time this season, one at a time as the runners pass by. The purpose of this event is to promote the use of reflective clothing and lights to those who run in the dark and send a message for drivers to use caution when they see us.





Presents the 25th Annual

*“More running means  
more stuffing!!”*



# Thanksgiving Day Run & Walk to End Hunger

Thursday, November 26  
Utica Parkway Ski Chalet  
220 Memorial Parkway • Utica, NY

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

Registration Race Day Only: 8:00-8:45 a.m.

Start Times: Kids' Run 8:50 a.m.

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

**DONATION:** \$4.00 per person • \$15.00 family maximum

**PLUS** two non-perishable food items per person

Door prizes to be drawn after the run/walk.  
Proceeds to benefit local nonprofit food pantries  
For more information, call: 793-0955

# 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"

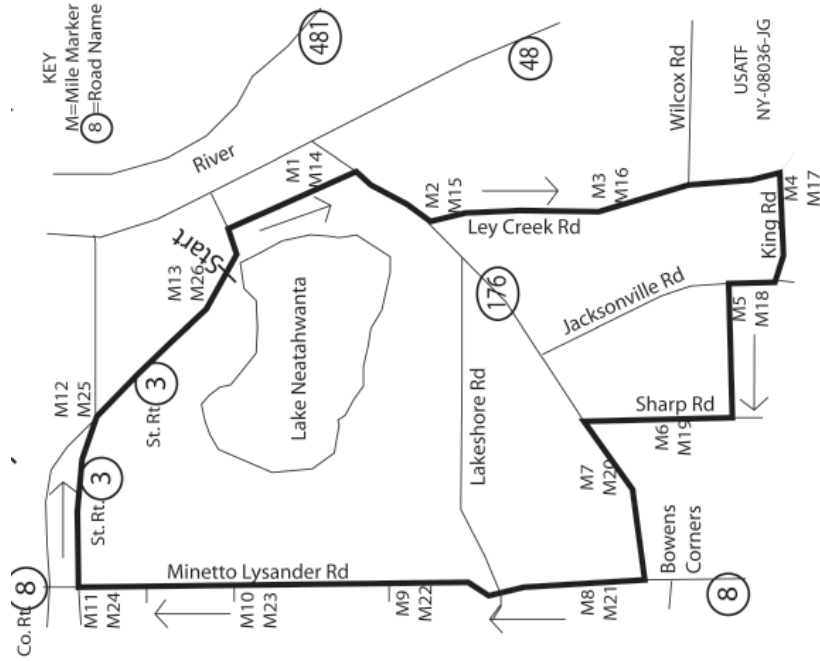
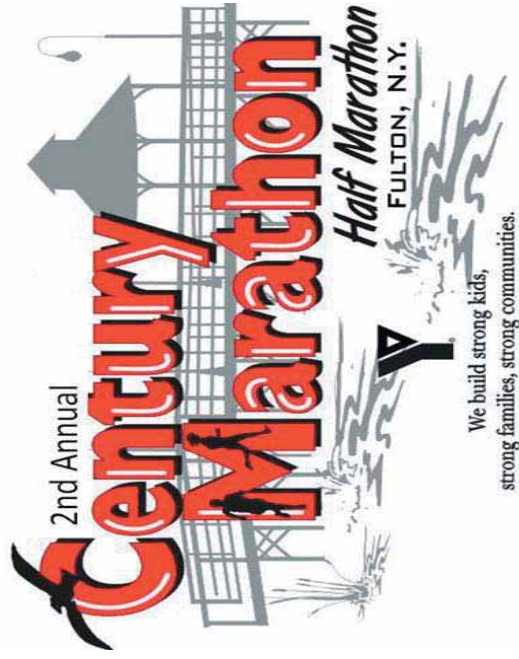
Mondays at 5:45 p.m. at Barringer School in Ilion  
Wednesdays at 5:45 p.m. at MOVAC (next to the Mohawk-Herkimer bridge)  
Saturdays at 8:00 a.m. at the Little Falls YMCA.

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@twcnny.rr.com](mailto:jmoragn1@twcnny.rr.com).



## How the Race Originated

Ruth Ripley completed 100 marathons, celebrating her 100th in Fulton with the first "Century Marathon" in 2008. Ruth started running local races with friends at age 40, and was hooked. Five years later, her goal was the New York City Marathon, then the Boston Marathon. Next her goal was a marathon in all 50 states in the US. After breast cancer struck in 2002, she beat the cancer and started running several marathons a month in different states. Ruth completed a marathon in her 50th state in 2004. With 100 marathons are under her race belt, Ruth has returned to running local races with friends, and is helping to plan the 2009 Century Marathon.



For marathon or training run information, call the Fulton YMCA at (315) 598-9622. Email [RUNNSEW@aol.com](mailto:RUNNSEW@aol.com) for training run mileage, time and meeting place.

Fulton Family YMCA  
715 West Broadway  
Fulton, NY 13069  
(315) 598-9622



Century Marathon and Half Marathon,  
Bullhead Point, Near Fulton YMCA  
Sunday, October 11, 2009 7:00 am

Email: [RUNNSEW@aol.com](mailto:RUNNSEW@aol.com)  
For training run information.

Join us October 10 5-7pm at  
Tavern on the Lock for a Buffet  
Spaghetti Dinner. \$12 per adult,  
\$8 for kids, 5 & under free

2009 Century Marathon  
and Half Marathon

Full Marathon (26.2 miles)  
Half Marathon (13.1 miles)  
Wheelchair

**Bullhead Point: Near Fulton YMCA,  
715 West Broadway/State Route 3,  
Fulton NY 13069**

**Sunday, October 11, 2009**

7:00 am start time

Please note: there will not be any  
"day of" registration



EVENT (check one):  Marathon  Half Marathon  
 Wheelchair Marathon  Wheelchair Half Marathon

Last Name: \_\_\_\_\_  
 First Name: \_\_\_\_\_

Gender (circle one):  Male  Female

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

Phone: ( \_\_\_\_\_ ) \_\_\_\_\_  
 Email: \_\_\_\_\_

Birth Date (MM/DD/YY) \_\_\_\_\_ Age on race day: \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_  
 Emergency Contact Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Tech shirt size Small Medium Large X Large XXL  
 Cotton shirt size Small Medium Large X Large XXL

\*Shirts are unisex, so sizes may run a little big.  
 \*Half Marathon: Add \$10 to upgrade to technical shirt  
 Check here if getting the technical shirt upgrade

**WAIVER**  
 I am aware that running or walking a road race is a potentially 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 marathon and half marathon. I am participating at my own risk and waive all claims of every nature against the organizers, official's sponsors, and any other participating agencies with respect to any personal loss, illness, bodily injury or death resulting from participating in these activities. I assume all risks associated with participating in this event, including, but not limited to, falls, contact with other participants, effects of weather, including high heat 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 Century Marathon, and its race officials, the Fulton and Oswego YMCA's, the municipalities through which the race is run, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I understand that any entry fees are non-refundable. Entries received without proper signature or payment will not be processed. Entry fees are non-refundable. Once registered for either race, you may switch between the full and half for a change fee of \$10.00.

**PAYMENT METHOD: \$ \_\_\_\_\_ Enclosed**  
 Check made payable to: **Fulton Family YMCA** (715 W. Broadway, Fulton, NY 13069)  
 Payment made by Credit Card (circle one)  
 MasterCard  Visa  AmEx  Discover

Credit Card Acct# \_\_\_\_\_  
 Expiration Date: \_\_\_\_\_  
 Name on card: \_\_\_\_\_  
 Authorized Signature \_\_\_\_\_

**SPAGHETTI DINNER** \$12 x \_\_\_\_\_ people + \$8 x \_\_\_\_\_ children  
 = \$ \_\_\_\_\_ **Separate check payable to Fulton YMCA.**

**COURSE DESCRIPTION** - all on paved roads, this course loops twice around the lake, with lots of gently rolling hills and beautiful views. Walkers Welcome.

**TIME LIMIT ON THE COURSE:** 6 hour time limit. You must be off the course by 1:00 pm.

**PARKING AREAS:** Fulton War Memorial and Onondaga Community College/Tractor Supply parking lot. Absolutely no parking at Bullhead Point. You must be at the YMCA parking lot before 6:30 as the road to the YMCA will then be shut down.

**RACE START:** 7:00 am for the Full and 1/2 Marathon at the West entrance to Bullhead Point parking area.

**EARLY START GUIDELINES:** We will be offering an early start at 6:00 am for marathon participants who can not finish the course in the six-hour time frame. If you are an early starter you must time yourself and it will exclude you from qualifying for any awards. Due to safety concerns, you must be off the course by 1:00 pm.

**RACE FINISH:** Bullhead Point. Refreshments and water will be at the finish.

**PACKET PICK-UP** 10/7 through 10/10 at Fulton YMCA from 7:00 am -6:30 pm. **RACE DAY** - 10/11/09 5:30am - 6:30am at Bullhead Point. We encourage early packet pick up.

**ENTRY FEES:** On or before

9/12/09 to	9/11/09	10/9/09
FULL MARATHON	\$50	\$60
Entry Fee	\$30	\$40
Student (with valid school ID)	\$25	\$30
HALF MARATHON (run or walk)	\$15	\$20
Entry Fee		
Student (with valid school ID)		

Shirts guaranteed to those who register by 9/18/09. Half Marathon add \$10 to upgrade to a Technical shirt.

**REGISTRATION:** Fill out the entire entry form and mail with payment today to the Fulton Family YMCA, 715 W. Broadway, Fulton, NY 13069.

**ONLINE REGISTRATION:** www.active.com until 10/8/09.

**IN PERSON:** Register at Membership Counter at the Fulton Family YMCA until 10/9/09.  
**NO SAME DAY REGISTRATION**

**ENTRY FEES ARE NON-REFUNDABLE.** Event will take place in snow, rain or shine.

**SHIRTS:** Long sleeve technical t-shirts to full Marathon participants and long sleeve cotton t-shirts to Half Marathon participants. **Guaranteed shirt size by 9/18/09.** If registered by 10/1/09 you might get a shirt, but size not guaranteed. Half Marathon participants add \$10 to upgrade to a technical shirt.

**WATER:** Water stations every two miles with PowerAde and fruit. Refreshments at the finish line. Porta-potties on the race route about every 3 miles. Finish Line photography

**APPROXIMATE STOPS:**  
 1.5 mile Water and Gel (also mile 14 area for full marathon), 2.5 mile Water, 4.5 mile Water and Powerade, 5.6 Mile Water, Porta Potty, 7.4 Mile Water and Gel Mile 7 and 20 area), 8.4 mile Water, 9.9 Water, Powerade and Porta Potty, 10.8 Water, 12.1 Water and Powerade, 13.1 Water (finish line).

**BATHROOM AND SHOWER FACILITIES:** The Fulton YMCA has bathroom and shower facilities available. Bathroom facilities also at race site.

**TIMING CO:** Yellow Jacket Racing, Rochester

**SAFETY ALONG THE COURSE:** Please be cautious to traffic, share the road as they will not be shut down for this event. Listen to the verbal cues coming from the course sentries. Your safety is our main concern! All runners must stay inside the cones, anyone running outside of the cones will automatically be disqualified. This will be enforced.

**PRIZES:** Will be awarded to the 1st, 2nd and 3rd place overall male and female finishers for the full marathon, half marathon and top three overall male and female for wheelchair participants.

**SPECIAL AWARDS:** For the 1st place male and female from Oswego County, also given for both events.

**AGE GROUP AWARDS:** 1st through 3rd places for ages: 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+ for both events.

**APPROXIMATE AWARDS TIME:** 10:00am for 1/2 Marathon and 12:00pm for full Marathon.

**HOST HOTEL:** Riverside Inn 930 S 1st St, Fulton. Call 315-593-2444 for rates www.riversideinnonline.com.

**SPAGHETTI DINNER:** Buffet dinner at Tavern on the Lock 5-7pm on 10/10/09, 24 South 1st St, Fulton. \$12 per adult, \$8 for kids, 5 & under free (menu at www.fultonymca.com in marathon information).



# 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
- S.O.S. 4.2 Mile (Half Boilermaker)
- Falling Leaves 14k
- YWCA Freedom Run 5k

### **Scoring**

Scoring will be based on the best 5 finishes of the 9 Grand Prix races.

### **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 |
| • 6th place - 5 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	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
M	0-19	DeZalia, Sean	10			10				10			30
M	0-19	Szarek, Michael			10			10					20
M	0-19	Szarek, Walter			9			9					18
M	0-19	Cognetto, Christian								9			9
M	20-29	Donaleski, Nathan	10										10
M	30-39	Cohen, Richard	10		10	10	10			10			50
M	30-39	Van Duren, Stephen	8	10									18
M	30-39	Pare, Jason	9		9								18
M	30-39	Szeles, Chris						10					10
M	30-39	Bartkowiak, James					9						9
M	40-49	Suba, Scott		8		10	9	9		10			46
M	40-49	Kosina, Bill	9		9	9	8						35
M	40-49	Putney, Dave	10	10	10								30
M	40-49	Humphrey, Paul		9			10	10					29
M	40-49	Swider, Dan				8	6			8			22
M	40-49	Langlois, Joe		7						9			16
M	40-49	Cognetto, Norman				7	7						14
M	40-49	Winter, Arthur	8										8
M	40-49	McGlynn, Thomas			7								7
M	40-49	Steere, Sean		6									6
M	50-59	Palmer, Bruce	10		10	10				10			40
M	50-59	Bick, Tom			6	9	8			8			31
M	50-59	Ichihana, Rob	9		5	7		10					31
M	50-59	Burak, Gary			9		10			9			28
M	50-59	DeZalia, Norm	6		4					7			17
M	50-59	Lichorowic, Scott			8		9						17
M	50-59	Dunn, Michael				8	7						15
M	50-59	Desjardins, Mark		9			5						14
M	50-59	Stevens, Mike	4					9					13

# 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	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
M	50-59	Muzzy, Ken	8		3								11
M	50-59	Fiore, Jim		10									10
M	50-59	Macintosh, Donald		8									8
M	50-59	Moragne, Jim	7										7
M	50-59	Bocko, David				7							7
M	50-59	Daley, Bruce				6							6
M	50-59	Reed, Timothy					6						6
M	50-59	Mead, Joseph								6			6
M	50-59	McCann, Tim	5										5
M	50-59	Smith, Garry	3										3
M	50-59	Nolan, David	2										2
M	60<	Cadrette, Kermit		10	10			9					29
M	60<	Lucas, Luke	9		7		9						25
M	60<	Hahn, Richard	10							10			20
M	60<	Silverman, Charles			9	10							19
M	60<	Mix, Charles					10						10
M	60<	Brych, Ray						10					10
M	60<	Imundo, Paul								9			9
M	60<	Stanley, Richard		9									9
M	60<	Badger, Larry			8								8
M	60<	Searles, George		8									8
M	60<	Mannava, Venkata					8						8
M	60<	Grabo, Fred						8					8
M	60<	Clark, Dan					7						7
F	0-19	Humphrey, Emily		9			9	10		10			38
F	0-19	Benn, Alex		10			10						20
F	0-19	Szeles, Cara					8	9					17
F	0-19	Steere, Morgan		8									8
F	0-19	Steere, Erin		7									7
F	0-19	May, Patrice					7						7
F	20-29	Duncan, Michelle	8	9				9					26
F	20-29	Charles, Jessica					10	10					20
F	20-29	Vroman, April		10			9						19
F	20-29	Ichihana, Kate	10										10



# 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	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
F	20-29	Smoulcey, Pamela	9										9
F	20-29	Caruso, Valerie		8									8
F	20-29	Szeles, Chris					8						8
F	20-29	Elsenbeck, Patricia		7									7
F	30-39	Smith, Leslie	10	10	9		9	10					48
F	30-39	Guy, Marlee	9				7						16
F	30-39	Zumpano, Natalie					6	9					15
F	30-39	Nugent, Kelly Ann					10						10
F	30-39	McGlynn, Christine			10								10
F	30-39	Jory, Cheryl					8						8
F	40-49	Cognetto, Valerie	9	10		10	7			9			45
F	40-49	Lindsey, Bettina			10		9			10			29
F	40-49	Nizzi, Michelle	10				10						20
F	40-49	Durso, Judy		8				10					18
F	40-49	Vanderpool, Maryann	6		4					7			17
F	40-49	Ingrid Otto-Jones			9		8						17
F	40-49	Schaffer, Karen		9	6								15
F	40-49	Harrigan, Robin			7					8			15
F	40-49	Winter, Cassie	7				6						13
F	40-49	Hamlin Nasci, Susan				9							9
F	40-49	Marcoux, Audrey			8								8
F	40-49	Willcox-Ayoub, Joanne	8										8
F	40-49	Putney, Beth			5								5
F	50-59	Lucas, Mickey	9		10		7						26
F	50-59	Savicki, Pearl					9			10			19
F	50-59	Camerona, Doreen		8			10						18
F	50-59	Wright, Maryann					10						10
F	50-59	Fuller, Kathleen		10									10
F	50-59	Leahy, Mary		10									10
F	50-59	Ruckel, Mary	10										10
F	50-59	May, Paula Ann		9									9
F	50-59	Kapler, Susan					8						8
F	60<	Hosp, Rose						10					10

# New Club Apparel Website Open for Business!

Are you looking for some great attire with the club logo? Need some new shorts, a singlet, a jacket, or running hat? You can find all of that and more at the new club online apparel catalog. The Utica Roadrunners has teamed up with local company Human Technologies Corporation (AKA Graphtex) to offer a variety of products, each with the club logo. You may already be familiar with HTC as they are a supplier for Boilermaker branded gear. You can get to the online catalog through the club website (select the merchandise link) or you can go to it directly: <http://www.shoputicaroadrunners.com>.

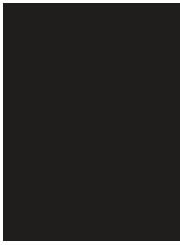
The catalog features a variety of items from race singlets and shorts to training jackets and pants; and also casual wear such as polo shirts, zip sweatshirts, twill full button shirts and club jackets. Run safely with the high-visibility Illuminite gear or relax in women's yoga pants or fleece. Shop in the convenience of your own home and rest assured with secure payment options. Finally, you can choose to have the items sent directly to your house or you can save shipping charges by picking up the items at HTC yourself. Check it out!



# 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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### 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.