



SPLIT **UTICA** *Roadrunners* **TIMES**

The Official Newsletter of the Utica Roadrunners

November 2009

Run To End Hunger Thanksgiving Day, p.12



Kermit Cadrette:
Man or Machine?, p.4



Join Us to Promote
Safe Night Running!, p.11

WHAT'S
NEW?!

Upcoming Runs:
Run to End Hunger 5K Run/Walk, 11/26
Run For Safety 2 Mile, 11/20

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

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
November 2009

2009

Roadrunners Board of Directors:

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Jim Fiore

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Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

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Christine McGlynn

Treasurer:
Sybil Johnson



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Tom Bick
Mike Brych
Ray Brych
Paula May
Anita Moller
Dave Putney
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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:

Share Your Story!

We'd like to hear about your amazing running adventures! Submit your story to our Editor, Valerie Cognito.

E-Mail: cognettodesign@gmail.com

Annual Business Meeting

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. If you have not voted for your Board, you may do so at the meeting.

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTIMES, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452. 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 time for the annual November meeting! This year it's November 2, from 7 to 9 at the F.X.Matt Brewery. We'll start with a social gathering in the 1888 Pub with pizza and some other finger foods, adjourn to the tour center for the general meeting, and wrap up in the pub. The election results for the board of directors seats will be announced (and if you didn't send in your ballot, you can vote in person at the meeting). There will also be reports from the vice presidents as well as the president's "state of the club" address. Last year's meeting was well attended and most enjoyable, so show up early if you can. The annual meeting is a great way to mingle with fellow club members and bounce around ideas for next year and where you'd like to see the club focus its energies.

Falling Leaves race director Mike Brych reports that there are still a few Falling Leaves 2009 shirts available for purchase. These are long sleeve Brooks technical (wicking) shirts. They make a great top for cool days and a comfortable and effective base layer for colder days. They'd be a bargain at \$20, but Mike is only asking \$10 so they're almost a steal. And with the holidays coming up, they make a good stocking stuffer for that non-runner who skis or snowshoes.

I want to remind everyone of the club's annual Run to End Hunger on Thanksgiving morning. This year is a major anniversary event and race director Dave Jones promises something special. Donation is \$4 per person with two non-perishable food items (\$15 max per family). This event has become a tradition for many club members and it's good to see so many of you there each year. Besides helping those in need it's also fun to convince yourself that a morning 5k run really will compensate for the upcoming "indulgence." Well, OK, maybe it will compensate for that third slice of pie.

Friday, November 20 will be the third annual RCIL Wonderland of Lights run to promote runner safety. Registration is free and starts at 4:45 PM with 5:00 start. Make sure that you wear reflective clothing, a blinky light, or bring a flashlight.

Speaking of runner safety, I can't say enough about the small, head-mounted flashlights favored by hikers. They're bright, adjustable, easy to use, and leave your hands free. And some are so lightweight that you might forget that you've got one on (I know I have). Remember, a runner or walker will **always** lose an argument with a wayward car or truck. Don't take a chance. Be seen and be safe. We want to see you back at next year's races.

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

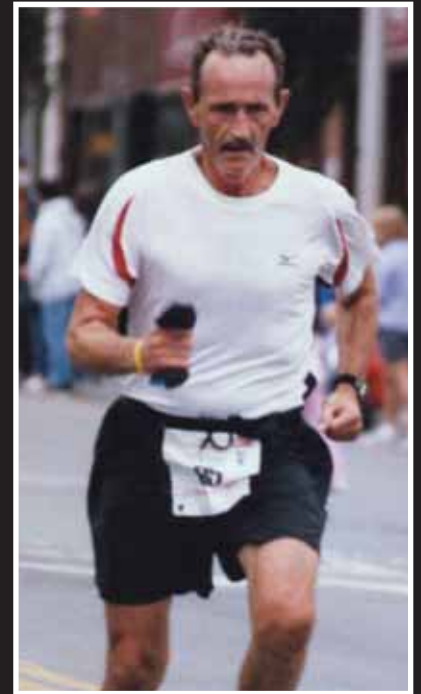
-Jim

urpres@dissidents.com

With A Name Like Kermit He *Has* to Be Good!

Over the past 22 years, fellow Roadrunner Kermit Cadrette has made quite a name for himself in the sports community. Kermit began his running career at the age of 49, but it didn't stop there. Since then, he has competed in and won events in the javelin, pole vault, discus, shot put, long jump, snowshoeing, swimming, 100-mile foot races, cycling, mountain racing, kayaking and orienteering. He has accumulated more than 150 Empire State Games medals, with at least half of them being gold in field events, sprints, distance races and triathlon. At the 2007 winter games, he won the U.S. Championships for the 10K snowshoe event in Vermont. In 2008, Kermit's running team won the National Championships in their 5K road race and in 2008 and he won 24 medals in 26 events at the Empire State Games – a state record for his age group.

When I found out that he had been inducted into the Rome Sports Hall of Fame, I thought an interview for SpliTimes was in order. Here's what I got....



THE INTERVIEW

UR: What was your motivation to start running?

K: I had gained some weight when I quit smoking, so I thought running would help me to maintain a healthy body.

UR: What was your first race?

K: The Hangover Run 10k.

UR: Which is your favorite race and why?

K: The Boston Marathon because you have to qualify.

UR: Which is your favorite local race and why?

K: The Interlaken Steeple Chase 5k because the home made post-race meal is out of this world!

UR: You were recently inducted into the Rome Sports Hall of Fame. What are some of the criteria to be included?

K: Good sportsmanship, community service, athletic accomplishments and a positive influence on running community.

UR: How many marathons have you run and what was your best time?

K: I've run 70 marathons and my best time was 3:22:55.



**MORE
KERMIT** 

UR: Which marathon was your greatest challenge?

K: In 1996 I ran 6 marathons in 4 weeks—First I flew to L.A. and ran its marathon, then flew to London 2 weeks later and ran one, then did Boston 2 weeks after that, then drove to Ottawa 3 weeks later, and finally ran the Burlington, VT marathon.

UR: How many miles do you run in an average year?

K: 2,000.

UR: What is the longest distance you've run in a single day?

K: 30 miles when I was 60 years old. I ran the New York City Marathon, went through the finish, and then ran 4 miles back to the hotel. I ate 3 hot dogs along the way and the people on the streets continued to cheer me on.

UR: Do you listen to music while you're training? What style?

K: Yes, mostly jazz and big band music.

UR: Finish this sentence: "The best part of running is....."

K: That it keeps you healthy and....winning races!

UR: Favorite carb the night before a race?

K: I got so tired of pasta, I switched to burritos!

UR: Any tips for running faster? Injury prevention? Diet?

K: I never do speedwork— just long, slow distances. I've never had an injury caused by running and I avoid alcohol, fried foods, and red meat.

UR: And finally, Where did you get the name Kermit from?
Is it a nickname?

K: No, it's not my nickname. When my mother was pregnant with me, my parents went to the county fair. At the fair, there was a big bull who did not have a name yet, so they had a contest to "NAME THE BULL." The winner named him "Kermit" and my parents thought it would be a perfect name for me because somehow they knew I'd be bullheaded.





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 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. 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

(continued on next page.)

(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?).



Join the **50 States Half-Marathon Club**

Take on our 50 STATE ENDURANCE CHALLENGE and finish a HALF marathon OR LONGER (or 70.3 HALF Iron distance triathlon or longer) IN ALL 50 STATES! We WILL ACCEPT Full Marathons and Ironman distance completions to count toward a State for this challenge. JOIN OUR RUNNING COMMUNITY! BECOME A CLUB MEMBER NOW!

Take on our 100 HALF ANYWHERE CHALLENGE and finish 100 Half Marathons and/or 70.3 Half Iron distance triathlons ANYWHERE in the U.S. This challenge will be an excellent match for those who don't have the time or the financial means to travel as much and is not exclusive to any specific state. This challenge is exclusive to HALFs only.

SOME OF OUR MEMBERSHIP PERKS:

RACE EVENT DISCOUNTS (Such as the Rock 'n' Roll Series of Races, the Mississippi Blues Marathon & Half Marathon, and more!)

NICE PERSONALIZED FINISHER AWARDS AND PERSONALIZED FINISHER CERTIFICATES FOR BOTH CHALLENGES

A "HALF WAY THERE" MILESTONE AWARD being implemented into awards in 2010!

ANNUAL SOCIAL & AWARD EVENT

DISCOUNTS, SUCH AS 20% OFF ON ROAD ID, AND MORE TO COME

Nicole Blomgren, Founder and CEO of the Fifty States HALF Marathon Club, has been a runner for over 20 years. Her desire to promote an active and healthy lifestyle and passion for fitness and the outdoors inspired her to start a business that can motivate, encourage and influence others. Her own personal goal of finishing a HALF marathon in all 50 states triggered an exciting decision to bring together others that would like to share that goal and camaraderie and have a Fifty States club and site that was catered towards HALF Marathoners, in addition to 70.3 Half Ironman distance triathletes. Join in Runners and triathletes, and come share your passion for endurance!

For more information visit www.halfmarathonclub.com

or

email: info@halfmarathonclub.com



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

**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**

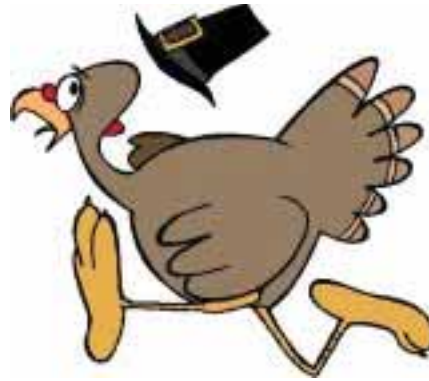
Runners will travel through the Wonderland of Lights. Each display will illuminate for the first time this season, one at a time as the runners pass by. The purpose of this event is to promote the use of reflective clothing and lights to those who run in the dark and send a message for drivers to use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





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 | Sum. Sizzle 5mi | Honor Am. 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 | | | 10 | | 30 |
| M | 0-19 | Szarek, Walter | | | 9 | | | 9 | | | 9 | | 27 |
| M | 0-19 | Cognetto, Christian | | | | | | | | 9 | | | 9 |
| M | 20-29 | Donaleski, Nathan | 10 | | | | | | | | | | 10 |
| M | 20-29 | Gigliotti, Robert | | | | | | | | | 10 | | 10 |
| M | 20-29 | Wattles, Jeremy | | | | | | | | | 9 | | 9 |
| M | 30-39 | Cohen, Richard | 10 | | 10 | 10 | 10 | | | 10 | 10 | | 60 |
| M | 30-39 | Pare, Jason | 9 | | 9 | | | | | | | 10 | 28 |
| M | 30-39 | Bartkowiak, James | | | | | 9 | | | | 9 | | 18 |
| M | 30-39 | Van Duren, Stephen | 8 | 10 | | | | | | | | | 18 |
| M | 30-39 | Szeles, Chris | | | | | | 10 | | | | | 10 |
| M | 40-49 | Suba, Scott | | 8 | | 10 | 9 | 9 | | 10 | | 10 | 56 |
| M | 40-49 | Kosina, Bill | 9 | | 9 | 9 | 8 | | | | 7 | | 42 |
| M | 40-49 | Humphrey, Paul | | 9 | | | 10 | 10 | | | 10 | | 39 |
| M | 40-49 | Putney, Dave | 10 | 10 | 10 | | | | | | | | 30 |
| M | 40-49 | Langlois, Joe | | 7 | | | | | | 9 | | 9 | 25 |
| M | 40-49 | Swider, Dan | | | | 8 | 6 | | | 8 | | | 22 |
| M | 40-49 | Cognetto, Norman | | | | 7 | 7 | | | | 4 | | 18 |
| M | 40-49 | McGlynn, Thomas | | | 7 | | | | | | 5 | | 12 |
| M | 40-49 | Johnson, Dennis | | | | | | | | | 9 | | 9 |
| M | 40-49 | Hodge, Leroy | | | | | | | | | 8 | | 8 |
| M | 40-49 | Winter, Arthur | 8 | | | | | | | | | | 8 |
| M | 40-49 | Austin, Scott | | | | | | | | | 6 | | 6 |
| M | 40-49 | Steere, Sean | | 6 | | | | | | | | | 6 |
| M | 50-59 | Palmer, Bruce | 10 | | 10 | 10 | | | | 10 | 10 | 10 | 60 |
| M | 50-59 | Bick, Tom | | | 6 | 9 | 8 | | | 8 | 9 | | 40 |
| M | 50-59 | Ichihana, Rob | 9 | | 5 | 7 | | 10 | | | | 9 | 40 |
| M | 50-59 | Dunn, Michael | | | | 8 | 7 | | | | 8 | 8 | 31 |
| M | 50-59 | Burak, Gary | | | 9 | | 10 | | | 9 | | | 28 |
| M | 50-59 | DeZalia, Norm | 6 | | 4 | | | | | 7 | 7 | | 24 |
| M | 50-59 | Lichorowic, Scott | | | 8 | | 9 | | | | | | 17 |
| M | 50-59 | Desjardins, Mark | | 9 | | | 5 | | | | | | 14 |

| M/F | Age | Name | Fort to Fort 10k | Ted Moore 5k | Hall of Fame 13.1 | KAC 10k | Sum. Sizzle 5mi | Honor Am. Days 5k | Battle of Orisk.10k | S.O.S. 4.66 Miles | Falling Leaves 14k | YWCA Run 5k | Total |
|-----|-------|--------------------|------------------|--------------|-------------------|---------|-----------------|-------------------|---------------------|-------------------|--------------------|-------------|-------|
| M | 50-59 | Moragne, Jim | 7 | | | | | | | | 6 | | 13 |
| M | 50-59 | Stevens, Mike | 4 | | | | | 9 | | | | | 13 |
| M | 50-59 | Muzzy, Ken | 8 | | 3 | | | | | | | | 11 |
| M | 50-59 | Daley, Bruce | | | | 6 | | | | | 4 | | 10 |
| M | 50-59 | Fiore, Jim | | 10 | | | | | | | | | 10 |
| M | 50-59 | Macintosh, Donald | | 8 | | | | | | | | | 8 |
| M | 50-59 | Bocko, David | | | | 7 | | | | | | | 7 |
| M | 50-59 | Nolan, David | 2 | | | | | | | | 5 | | 7 |
| 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 | 60< | Mix, Charles | | | | | 10 | | | | | | 10 |
| M | 60< | Lucas, Luke | 9 | | 7 | | 9 | | | | 8 | | 33 |
| M | 60< | Cadrette, Kermit | | 10 | 10 | | | 9 | | | | | 29 |
| M | 60< | Stanley, Richard | | 9 | | | | | | | | 10 | 29 |
| M | 60< | Silverman, Charles | | | 9 | 10 | | | | | 9 | | 28 |
| M | 60< | Hahn,Richard | 10 | | | | | | | 10 | | | 20 |
| M | 60< | Mix, Charles | | | | | 10 | | | | 10 | | 20 |
| M | 60< | Brych, Ray | | | | | | 10 | | | | | 10 |
| M | 60< | Imundo, Paul | | | | | | | | 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 | Steere, Morgan | | 8 | | | | | | | | | 8 |
| F | 0-19 | Steere, Erin | | 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 |
| F | 20-29 | Smoulcey, Pamela | 9 | | | | | | | | | | 9 |
| F | 20-29 | Caruso, Valerie | | 8 | | | | | | | | | 8 |

| M/F | Age | Name | Fort to Fort 10k | Ted Moore 5k | Hall of Fame 13.1 | KAC 10k | Sum. Sizzle 5mi | Honor Am. Days 5k | Battle of Orisk. 10k | S.O.S. 4.66 Miles | Falling Leaves 14k | YWCA Run 5k | Total |
|-----|-------|-----------------------|------------------|--------------|-------------------|---------|-----------------|-------------------|----------------------|-------------------|--------------------|-------------|-------|
| F | 20-29 | Szeles, Chris | | | | | 8 | | | | | | 8 |
| F | 20-29 | Elsenbeck, Patricia | | 7 | | | | | | | | | 7 |
| F | 30-39 | McGlynn, Christine | | | 10 | | | | | | | | 10 |
| F | 30-39 | Smith, Leslie | 10 | 10 | 9 | | 9 | 10 | | | | | 48 |
| F | 30-39 | Zumpano, Natalie | | | | | 6 | 9 | | | | 9 | 33 |
| F | 30-39 | Arcuri, Sandra | | | | | | | | | | 10 | 30 |
| F | 30-39 | McGlynn, Christine | | | 10 | | | | | | 10 | | 20 |
| F | 30-39 | Nugent, Kelly Ann | | | | | 10 | | | | 9 | | 19 |
| F | 30-39 | Guy, Marlee | 9 | | | | 7 | | | | | | 16 |
| F | 30-39 | Jory, Cheryl | | | | | 8 | | | | | | 8 |
| F | 30-39 | Sperl, Mary Sara | | | | | | | | | 8 | | 8 |
| F | 30-39 | Judd, Vicki | | | | | | | | | 7 | | 7 |
| F | 40-49 | Cognetto, Valerie | 9 | 10 | | 10 | 7 | | | 9 | 5 | 9 | 68 |
| F | 40-49 | Lindsey, Bettina | | | 10 | | 9 | | | 10 | 6 | 10 | 55 |
| F | 40-49 | Nizzi, Michelle | 10 | | | | 10 | | | | 10 | | 30 |
| F | 40-49 | Ingrid Otto-Jones | | | 9 | | 8 | | | | 7 | | 24 |
| F | 40-49 | Durso, Judy | | 8 | | | | 10 | | | | | 18 |
| F | 40-49 | Vanderpool, Maryann | 6 | | 4 | | | | | 7 | 1 | | 18 |
| F | 40-49 | Marcoux, Audrey | | | 8 | | | | | | 9 | | 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 | Rheinhardt, Brenda | | | | | | | | | 8 | | 8 |
| F | 40-49 | Willcox-Ayoub, Joanne | 8 | | | | | | | | | | 8 |
| F | 40-49 | Putney, Beth | | | 5 | | | | | | | | 5 |
| F | 40-49 | Mattia, Lauren | | | | | | | | | 4 | | 4 |
| F | 40-49 | Casler, Karen | | | | | | | | | 3 | | 3 |
| F | 40-49 | LaLonde, Sarah | | | | | | | | | 2 | | 2 |
| F | 50-59 | Savicki, Pearl | | | | | 9 | | | 10 | 10 | | 29 |
| F | 50-59 | Lucas, Mickey | 9 | | 10 | | 7 | | | | | | 26 |
| F | 50-59 | Cameron, Doreen | | 8 | | | 10 | | | | | | 18 |
| F | 50-59 | Fuller, Kathleen | | 10 | | | | | | | | | 10 |
| F | 50-59 | Kapes, Donna | | | | | | | | | | | 10 |
| F | 50-59 | Leahy, Mary | | 10 | | | | | | | | | 10 |
| F | 50-59 | Wright, Maryann | | | | | 10 | | | | | | 10 |
| F | 50-59 | Ruckel, Mary | 10 | | | | | | | | | | 10 |
| F | 50-59 | Tommell, Eileen | | | | | | | | | | | 9 |
| F | 50-59 | May, Paula Ann | | 9 | | | | | | | | | 9 |
| F | 50-59 | Kapler, Susan | | | | | 8 | | | | | | 8 |
| F | 60< | Hosp, Rose | | | | | | 10 | | | | | 10 |

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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!



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Promoting Competitive, Fitness and Recreational Running

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