

FEBRUARY 2010

SPLIT

# TIMES



THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

# Vote!

*Recognize Your Fellow Members!, p.10*

*(Personal Mileage Form, p. 11)*



**Breakfast Run!, p. 9**

*Upcoming Runs:*

Beer & Chili Walk/Runs 2/6  
Heart Run//Walk 3/6

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

SPLIT

# TIMES

THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

## 2010

### Board of Directors:

**President:**

Sybil Johnson

**Vice Presidents:**

Activities & Events

Mike Kessler

Administration & Finance

Meg Parsons

**Secretary:**

Christine McGlynn

**Treasurer:**

Paula May

**Board Members:**

Tom Bick

Mike Brych

Ray Brych

Jim Fiore

Kathy Fuller

Moe LaLonde

Dave Putney



FEBRUARY 2010

### 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



**Editor:** Valerie Cognetto

Home Office: (315) 738-7717 • [cognettodesign@gmail.com](mailto:cognettodesign@gmail.com)

**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](mailto:p.dambrosio@nysha.org)

**JOIN NOW!**

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

# Greetings From Our President: Sybil Johnson



**Hello Everyone!** Here goes February's contribution. Hopefully, I am able to keep my comments time sensitive so there is not the snafu like last month. When I hoped everyone at the Hangover Run had a good time, I thought modern technology would never deliver the newsletter before the first of the month. But then, maybe some of you might not have gone if not for that snafu. Anyway, a good time was had by all as we walked, ran, jogged or rode through the course. The Steuben Striders had one of their biggest turnouts! Lots of money was raised for scholarships.

**Okay, Awards Banquet**... usually there are forms in the January SpliTimes to fill out for the recognition of your work at the event which will happen in March or April. Considering that we are a club of almost

500, we receive very few responses. What's the story? Don't you want us to know of your accomplishments? Just as few people come to the banquet. The food is always good and reasonably priced. Possibly in the past we talked about the miles, feats, work and sweat, but did not have enough fun. We will have to see whether that can change. So, the forms for the mileage, race info, and award nominations are in this month's issue. There are some changes, so please fill these out accurately and send them to the people or places that are indicated. We need to order chevrons and other patches in a timely manner – get the forms back to us. If the Golden Shoe info is not here, it will be on the website or in March's newsletter. We had to do some tweaking. See forms on pages 10 & 11. This year's awards banquet will be on Friday, April 9th from 6pm-9pm at Aqua Vino (the old Kittys on the Canal), please save the date.

**Onward.** The **Heart Run** is the first weekend in March. We have had a great response from our Club members in the past to raise money, to run or walk and to volunteer. Volunteering can be in the form of working at the registration Friday and/or Saturday, putting in some time at our Club booth (2 hour shifts, call Ray Brych at 264-4016), or working on the course. Plan to do *something* for this very worthy cause. Even running and raising bucks will work. See you there. And...we have a deal for you. You can sign up for one, some or all of our races at the Club booth. You will receive your Club discount, save a stamp, and be ready for the racing season. Paula will try to have some of the Summer Sizzle shirts there. That way you can wear it and advertise the June race for us – if you sign up.

**Membership** – I want to welcome some new members to the Club. They are Anne Gates of Deerfield, Kathleen Gates of Utica and Michael Williams of Whitesboro. Five members of the first 2010 Boilermaker Training Group are automatically members also. Club stats are a total membership of 493 people – amazing. We hope to have that number over 500 as you all complete your renewals. Jim Moragne and I spent 4 hours collating and stuffing envelopes to remind you to renew. We mailed everything first class just in case some of you moved or changed emails. You can renew through PayPal, snail mail, or even at the Heart Run. It is up to you, just do it so that your data is accurate. Scott Ferguson of Georgia gets the high five for being the first to renew in 2010. Thanks, Scott!

**Races and Runs** – Please pay attention to the Development Run information you will be receiving from Linda Turner. Read and follow directions to facilitate a smooth start on May 5<sup>th</sup>. This is another Club benefit. You can run for free. Beer & Chili – Saturday, February 6<sup>th</sup> is the date to usually freeze your butt or whatever, and heat your belly. 10K and 5K distances for runners and walkers. I like the camaraderie and door prizes even though I have to walk these days. Bundle up and join us.

(...continued on next page.)

The **Boilermaker Training Program\*** is up and going at the Fitness Mill. The Valley and Rome programs will begin soon. If you or someone you know wants to train to run the best 15K in the country, check out the Club website. Some of the group members get together at Raspberries on Genesee St. afterwards and you are welcome to join them. There will even be a brunch run on Saturday, March 20<sup>th</sup> at Meg Parsons'. Anyone can join in to run various length courses. Just bring a breakfast item. If you want to run on your own, come over to Meg's to eat.

**Web Page** – Jim Fiore would like Club members to submit your race records for the site. That way, you could see who did what where and when and you could try to beat their time. That could be good for some friendly competition. Fast runners are not the only ones who want to whoop someone else. Jim will have a spot on the web page with details.

I am at the end of my contribution for this month. There is only **one more thought** I have for all of you. I am not a shining example of a **Running** Club President. I think the president should be a runner. I cannot race any longer. Those miles amassed to get around the world really wore out my spine. Okay, maybe some other activities may have had a little to do with that too, but consider for the future... there are people out there who are runners and leaders. You have the year to think about it.

I have yet to think of a catchy ending for this article.

Until then, **Be safe on the roads!**



---

**\*Boilermaker Training Has Begun!**  
Next session starts on Feb.28th  
Go to [www.train2run15k.com](http://www.train2run15k.com) for details.

---

## **Post Holiday Party**



On January 9, 2010, the Utica Roadrunners held their annual Post Holiday Party at Piggy Pat's. About 46 members, friends and family attended this year's event. There were many new faces as well as many veteran members. As usual, the food, drinks, music and company was great. The buffet consisted of pulled pork, BBQ chicken, salt potatoes, baked beans and cole slaw.

Members also received their first drink on the club. Music was performed by Frank Cannistra. Door prizes were provided by various Board Members with most going home with something. The 50/50 raised additional money for the club with half being won by Aileen Viel. Thanks to Melissa Williams for planning this year's event again. Thanks also go out to Meg Parsons, Kathy Fuller and Kate Donaleski for helping distribute door prize tickets and selling 50/50 tickets. If anyone has additional ideas for social events which may interest the club members, please contact a Board Member.

---



# Join the Fun at Our Annual Awards Banquet!

Why you should attend and what you can do *this year* to be recognized *next year*

by Valerie Cognito

This month's President's message mentions the fact that the club offers recognition to many of our members each year at our annual awards banquet. It also states that submissions of mileage and volunteering stats have declined over the years. I personally think that this is partly due to the lack of knowledge within the membership about what they need to do throughout the year to be able to complete the forms for the awards committee come January.

If you are thinking of a way to get to know your fellow members, our banquet is a good start. Many of those who attend the banquet have a long history of running accomplishments, are wonderful resources for your questions about running and have many colorful stories to tell. It's a pleasant evening to share drinks and dinner in a relaxed atmosphere where people smell good for a change! The banquet is also a great place to address any questions or concerns you may have about club activities, volunteering, and events that we are responsible for throughout the year. The food is usually quite yummy as well!

So, if you look at the awards banquet announcement each year and think, "I'm not going, I don't know anyone and I'm not receiving an award anyway" – THINK AGAIN! Instead, say "Hmm, I think it would be fun and rewarding to track my mileage and volunteer at club events this year in preparation for eligibility for an award at next year's banquet."

By becoming more involved, you will automatically become a better runner as a result of the contagious enthusiasm of other members. You will form new friendships and be able to share your own personal stories, injuries, and concerns about running with people who just plain "get it."

We encourage ALL MEMBERS to attend this year's awards banquet on Friday, April 9th from 6pm-9pm at Aqua Vino. So save the date now and look for more information regarding reservations for the banquet in our March newsletter.

Save the Date!  
Friday, April 9th  
6-9pm ■ Aqua Vino

## How can I get an award???

### What You Can Do During 2010 In Preparation For Next Year's Awards Banquet:

You can begin by recording your running mileage now (the miles that you run on each of your running days in 2010). If you can't remember exactly what you ran in January, no worries, just write down a good estimate. On our website ([www.uticaroadrunners.org](http://www.uticaroadrunners.org)) you will find a pdf that you can download and track your miles on throughout the year called a "Mileage Log." Come next January you will find the same forms you see in this issue on pages 10 and 11. Not only can you participate in nominating others to recognize their achievements, hard work, and dedication to the club, but you can also submit YOUR accomplishments! Remember to record your race times as well, along with any volunteering you do.

Some of the awards include certificates, patches, trophies, and the coveted red Utica Roadrunners' 1,000 mile jacket. (I am most proud of the "Running Nut" trophy I received last year of a runner made up of nuts and bolts). Of course it's not all about the bling, it's about becoming more involved in our club and running community.

Hope to see you there!

January, 2010

To all the Road Runners: (c/o David Jones)

First, I apologize for the great tardiness of this thank you note. My procrastination always gets me in troubling and embarrassing situations.

Secondly, my overwhelming gratefulness for choosing St. John's Food Pantry to receive \$1976 of your proceeds from your 25<sup>th</sup> Annual Thanksgiving Day Run/Walk to End Hunger.

At Christmas time, in addition to our regular food bank customers, we provided 250 families not only food for Christmas dinner, but a few days beyond that as well. The need seems to be ever present and God helps us to meet these needs with generous donations like yours.

I'm so happy your run was such a success. It must be exhilarating not only to run on such a day, but to realize you are assisting so many hungry people and hungry hearts!

Again, my deepest thanks for assisting us help others!

God Bless All of You!

Sincerely,  
Father Buehler, Pastor



**America's Greatest  
Heart Run & Walk 2010 – DO IT!  
SATURDAY, MARCH 6, 2010  
Volunteer! • Run! • Walk!**

**The Utica Roadrunners have been a part of this event for many, many years.**

**Volunteers are needed for our Club Booth.**

**When you register to run or walk, enter as the  
"UTICA ROADRUNNERS TEAM"  
Sybil Johnson, Captain  
Check at the Club Booth for the team photo time on  
Saturday morning.**

**See you there!**



**KICKERS/ROMAN RUNNERS  
BEER & CHILI RUN**

**Masonic Temple  
7408 Main St., Newport, N.Y.**

**10k, 5k, & 5k Walk  
Saturday, February 6th  
Run Starts at 10 am • Registration 8am-9:45 am**

**Fee is \$7 without shirt or \$18 with shirt by 1/31/10. Race day fee  
is \$8 without shirt or \$20 with shirt.**

**Registration Fee Includes Beverages & Chili  
For more information, call 845-8169**



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

or

email: [info@halfmarathonclub.com](mailto:info@halfmarathonclub.com)



# Social/Training Group Runs



## BREAKFAST RUN!

**Event:** Group "Breakfast" Run

**Date:** Saturday, March 20

**Time:** 9:00 am

**Host:** Meg Parsons

**Distance:** 3.4 mile out & back route  
(shorter or longer, if you like.)

**What to bring:** Breakfast food items to share such as bagels, fruit, quiche, donuts, muffins, etc.

**Address:** 7477 Rickmyer Road, Rome, NY 13440.  
Look for the log home.  
If you need directions, call Meg at 337-7452.



## Thursday Night Social Runs

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

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

Mondays at 5:45 p.m. at Barringer School in Ilion

Wednesdays at 5:45 p.m. at MOVAC (next to the Mohawk-Herkimer bridge)

Saturdays at 8:00 a.m. at the Little Falls YMCA.

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



# Nomination Form

Return nominations to: Utica Roadrunners Nominations, P.O. Box 4141, Utica NY 13504; No later than 2/28/10

- 1. Robert H. Carlson Distinguished Service Award** - Awarded in honor of Bob (Coach) Carlson to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the Club.

Nominee: \_\_\_\_\_

- 2. Bill Acquaviva Volunteer of the Year Award** - Awarded in memory of Bill Acquaviva to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running Community.

Nominee: \_\_\_\_\_

- 3. Distinguished Roadrunner Supporter Award** - Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica area running. (This award is typically given to non-Club members.)

Nominee: \_\_\_\_\_

- 4. Ed Bruni, Sr. Inspiration Award** - Awarded in memory of Ed Bruni, Sr. to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

Nominee: \_\_\_\_\_

- 5. Utica Roadrunner Hall of Fame Award** - Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

Nominee: \_\_\_\_\_

- 6. Frank D'Allesandro Training/Volunteer of the Year Award** - Awarded in memory of Frank D'Allesandro to recognize an individual with the most enthusiasm, time and support to new members of the running world.

Nominee: \_\_\_\_\_

- 7. Roadrunner(s) of the Year Award (Female & Male, Open & Grandmaster)** - Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards. The award was expanded in 1998 to recognize females and males in two age divisions, Open – under 50 years and Grandmasters – 50 years and over. (Although mainly based on stats, suggestions are welcomed.)

Nominee (Female Open): \_\_\_\_\_

Nominee (Male Open): \_\_\_\_\_

Nominee (Female Grandmaster): \_\_\_\_\_

Nominee (Male Grandmaster): \_\_\_\_\_

- 8. Most Improved Roadrunners (Female & Male) Awarded** to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year for a number of races over a variety of distances.

Suggestions are welcome since we may not have complete timing information.

Nominee (Female): \_\_\_\_\_ Nominee (Male): \_\_\_\_\_

# Personal Mileage and Race Record for 2009

NAME: \_\_\_\_\_

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2009: \_\_\_\_\_ Total Miles Run as a Utica Roadrunner: \_\_\_\_\_

**Personal Volunteer Information for Red Jackets (Check all that apply):**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Host Thursday Night Run   | <input type="checkbox"/> <u>Club Race Volunteer</u> | <input type="checkbox"/> <u>Other Club Activities</u> |
| <input type="checkbox"/> Host Sunday Breakfast Run | <input type="checkbox"/> Falling Leaves             | <input type="checkbox"/> Developmental Runs           |
| <input type="checkbox"/> Club Board Member         | <input type="checkbox"/> S.O.S. Race                | <input type="checkbox"/> Club Social Event            |
| <input type="checkbox"/> Club Officer              | <input type="checkbox"/> Summer Sizzle              | <input type="checkbox"/> Boilermaker Packets          |
| <input type="checkbox"/> Club Committee Head       | <input type="checkbox"/> Thanksgiving Run           | <input type="checkbox"/> SpliTimes Article            |
| <input type="checkbox"/> Club Race Director        | <input type="checkbox"/> Hall of Fame Races         |   |

Please return this form (no later than February 28<sup>th</sup>, 2010) to:

**Jim Moragne – URR Mileage Info**  
**26 Forge Hill Drive**  
**Ilion, NY 13357**  
**[jmoragn1@twcny.rr.com](mailto: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. 4.7 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





# UTICA Roadrunners

## Promoting Competitive, Fitness and Recreational Running

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



FULL PAGE  
7.5" X 10"



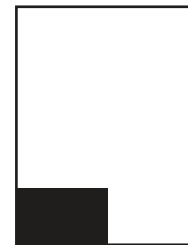
HALF PAGE-H  
7.5" X 5"



HALF PAGE - V  
3.5" X 10"



QUARTER PAGE  
3.5" X 5"



BUSINESS CARD  
3.5" X 2.5"

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

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

#### Mechanical Requirements:

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

#### Advertising Deadlines & Terms:

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

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