

APRIL 2010

SPLIT
TIMES

TIMES



The Official Newsletter of the Utica Roadrunners

Step into Spring Running!

Development Runs/Walk

Begin May 5th, p. 4

New Grand Prix Series

USA Track & Field Adirondack, p. 7

Upcoming Runs: Fort-to-Fort 5k & 10k - 4/3

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



SpliTIMES

TIMES

APRIL 2010

2010 Board of Directors:

Attention Race Directors!

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

IMPORTANT: Do not send requests for advertising to the SpliTimes Editor – It will slow down the processing of placing your ad or race application and you may not be included in the issue that you have requested.

DEADLINES:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in (ie; if your race is July 12th, your payment is due on May 1st in order for the ad to run in our June issue). Your copy/art/ads/race applications are due on the 10th of the month prior to the issue your ad will run in – no exceptions! (see last page for advertising rates)

Thank you,
The Utica Roadrunners'
SpliTimes Newsletter Staff

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Ray Brych
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Kathy Fuller
Moe LaLonde
Dave Putney

2010 Dues Are Due!

Member renewal dues for 2010 are due and getting close to past due. Members need to be paid up by March 31st to be in good status after that date. Every member was sent a renewal notice in mid-January by first class mail. About half of these have been returned thus far, so there's still a whole lot of folks who need to rummage among their papers and get the 'check in the mail'. Dues are \$18 for an individual, \$23 for a couple (any two people sharing the same address) and \$28 for a family (any three or more people sharing the same address). If you've lost the form, go to the Roadrunners' web site <http://www.uticaroadrunners.org/pages/application.html> where you can download and print the form, or renew directly with Paypal. If there's any questions, please contact our membership chairman, Jim Moragne at jmoragn1@twcny.rr.com or call him at 315-894-5402.

– Thank you

JOIN NOW!

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

Greetings From Our President Sybil Johnson



As I sit and start this April article, it is with my foot elevated. I had some toe surgery and I am dying to be vertical and moving forward, preferably outdoors! Remember, you have to keep your feet healthy and happy. At yoga sessions, we stretch and flare our toes, we put our fingers between our toes, and we massage our arches. It feels great! Try it daily. Your feet will thank you.

Since it is April, I hope many of you are going to be in Rome on April 3rd, for our first Grand Prix event, the Fort-to-Fort Race. This is a great “get the season started” event. Rain, snow (who knows, this is the Mohawk Valley), or sun, the Roman Runners put on a first class event. If you don't preregister, the day begins at 7:30 am at the Griffiss Business Park.

In May, you can continue your training at the National Distance Running Hall of Fame Half Marathon and 5K. The course is virtually flat and the canal trail is easy on your legs and feet.

In my last article, I mentioned a change of venue for a race. It is for sure now, the Summer Sizzle will be held at SUNYIT! Jim Fiore and Jim Moragne have worked to map out a great course. Since I live so close to the college, I have used all parts of the course at one time or another. I am going to try out this interesting path as soon as I can.

I will be anxious to see all of you at the Awards Banquet. I am sure that this will be an interesting evening. Kathy Fuller and Meg Parsons are setting up a fun time and a delicious menu at Aqua Vino. Tom Bick will have some Club merchandise available for purchase and/or order. We will no longer be dealing with the Graphtex website to obtain Club clothing.

The Boilermaker Training Program has a strong group with sites at the Parkway, Fitness Mill, Ilion and Rome. I will be out there with them, on Saturday May 8th at 7:15 am (Who picked that hour?) to thank everyone for their participation. These trainers and participants are amazing for their weekly dedication.

Great job to all of you who volunteered and participated in the Heart Run and Walk. Ray Brych had the Club booth manned with 2 or 3 people all day and many of you volunteered at registration. We had lots and lots of members raising money for this worthy event. As you know, over \$1,000,000 was raised for heart research. Thanks.

We need someone to coordinate the member services at the Wednesday night Development Runs beginning in May. Jim Moragne gets all of the information together, but he should not have to do all of the work and no one can do it alone – especially the first night. Maybe some of you who run or watch could arrive early, help out, and still do your thing. Think about it, and call Jim at 894-5402.

If you are in the Boston area on April 19th, try to get to the Boston Marathon to cheer on the Utica Roadrunners teams. Dave Putney has collected runners for 3, maybe 4 teams. Look for the Club logo on the thousands of tank tops flying by. It isn't as difficult as it seems. Thanks for the organizing, Dave!

It is getting to be scholarship application time. This year's Paul Ohlbaum Scholarships will amount to two \$750 awards. Paul's friends and family honored his 80th birthday with donations to raise the scholarships from \$500 to \$750. Information will be sent to guidance counselors and coaches. If they do not know about our program, go to the Club website www.uticaroadrunners.org for the forms. Good Luck.

Time to wrap this up for another month. Remember, be careful out there.



Ray Brych, Rob Ichiana, and Jim Moragne volunteering at the Heart Run expo.

A handwritten signature of Sybil Johnson in black ink.

2010 Development Runs May 5th - September 15th

Registration: 5:30 p.m. (6:00 p.m. after 5/12)

Start times:

6:30 p.m. - 2.5 Mile Walk

Kids Fun Runs:

6:45 p.m. - 2/10 m (7 and Under),

6:50 p.m. - 1/2m (Ages 8-9)

6:55 p.m. - 1/2m (Ages 9-10)

7:00 p.m. (SHARP!) - 10K, 5K and 2 Mile



The annual Parkway Development Runs will start on Wednesday, May 5th and run for 20 weeks. If you have not renewed your membership to the Utica Roadrunners, please do so. By renewing your membership, not only will you run for free, but you will continue to receive other member benefits, like discounts off Utica Roadrunner races, discounts at the Sneaker Store, and our monthly newsletter, SpliTimes. You can join or renew your membership online or download the application at www.uticaroadrunners.org.

We are planning on a few more changes to our weekly runs in order to improve your experience on Wednesday nights:

- Anyone who is a member of the Utica Roadrunners will not need to complete a waiver. Your member application will be used as your waiver for the Development runs.
- There will be a table at the start line for Utica Roadrunners ONLY to pick up their tags for the run. Bring your Utica Roadrunner Membership card and this will make things go a whole lot faster. We will have a registration table inside for those who are not Utica Roadrunners and need to complete the waiver and pay.
- Trophies will be awarded to CHILDREN ONLY (Ages: 2 – 18) participating in 10 of the 20 weekly events, t-shirts will be awarded to ANYONE who participates in 15 weeks. Credit for participation includes those who run, walk or volunteer at the weekly events.
- Volunteers are always needed. Utica Roadrunners is a Not for Profit organization that exists because of the great volunteers in our community. We are currently looking for people to step up and help out in all areas and all levels of our committee. If you have family members or friends that don't want to run, bring them along and they can help out in one of the many areas where we need help. You can take a look at the list of activities that we need help with at <http://www.train2run15k.com/DevRunVolunteers.html>.
- Everyone will have a number assigned to them. You will use this number every time you come to one of the development runs. If you are a Utica Roadrunner bring your Membership card to the registration table and you will get a tag. If you are not a Utica Roadrunner, go to the registration table and pay the \$1.00 or family price of \$2.50 to get your tag. Once you have your tag, go to the table with pens and pins and write your number on the tag and pin the tag to your shirt. When you cross the finish line this tag will be pulled and put on a spindle and used to calculate the results. Results will be broken out in five year increments up to age 80. All results will be posted on the website. Please be patient with us for the first couple of weeks to work out any of kinks since this is all new system.

Hope to see you there!
2010 Development Run Committee

URR Racing Teams to Compete in Boston



The Utica Roadrunners will be sending three, and possibly four, racing teams to participate in the 114th running of the Boston Marathon on April 19, 2010. The Male Masters Team will include John Geesler (St. Johnsville), Rob Hudyncia (Fort Plain), Larry Reyes (Rome), Alan Rust (New Hartford) and Utica Roadrunners Board Members Moe LaLonde (Clinton) and Dave Putney (Newport). The Female Open Team will feature Jessica Charles (Oriskany), Jennifer Coughlin (Whitesboro) and Kate Mihevc (Little Falls). The Male Open Team will include Board Member Mike Brych (New York Mills) and Joel Sommers (Hamilton). Also invited, but not yet confirmed, is Jeremy West (Central Square). We are still working on organizing a Female Masters Team. Scoring is based on the top three finishers on each team, and each team may have up to 15 members. If you are registered to run the 2010 Boston Marathon and are interested in participating as a member of the Utica Roadrunners' Male Open, Female Open, Male Masters or Female Masters racing team, contact Dave Putney at (315) 891-3018.

2010 Awards Banquet

Did You Volunteer For Us Last Year?

You may be eligible for our "Golden Shoe" award

The "Golden Shoe Award" is presented to members who have contributed their time and talents to support the club during the year, volunteering help at races, hosting club runs, serving on committees, recruiting and welcoming new members, or contributing in numerous other ways to help the club achieve its goals. If you haven't submitted your Golden Shoe points for 2009 yet, please complete the form on page 11 and return it to me by mail or email by Monday, April 5, 2010, so that you can be recognized at our Utica Roadrunners Membership Dinner & Awards on Saturday, April 10, 2010 and in the May issue of our SpliTimes newsletter. If you have any questions, please contact me.

Meg Parsons, 7477 Rickmyer Road, Rome, NY 13440
337-7452 (home) • 335-4740 (cell) • 829-8213 (work)



Annual Awards Banquet

Saturday, April 10, 2010

6-9 p.m.

Aqua Vino (Formerly "Kitty's" By the Canal)

\$20 Per Person In Advance



Includes Buffet Dinner, Drinks, & Hors D'Oeuvres

D. J. Mike Brych crankin' the tunes!

50/50 Raffle & Club Merchandise Table

Make checks payable to: Utica Roadrunners

Mail to:

Utica Roadrunners

P.O. Box 4141

Utica, NY 13504

RESERVATIONS MUST BE RECEIVED BY APRIL 5TH!



Train the Right Way!

Register now to participate in the
Boilermaker Training Program!

For More Information,
Go To: www.train2run15k.com

Grand Prix Events



The 2010 Utica Roadrunners Grand Prix gets underway on Saturday, April 3rd with the Fort-to-Fort 10K race in Rome. The annual Fort-to-Fort, sponsored by the Roman Runners, now in its 23rd year, is the traditional kick-off to the local road racing season. The 10K race is the first of 10 events in the 2010 Utica Roadrunners Grand Prix Series, which also includes the club's own Summer Sizzle 5M, Save Our Switchbacks 4.2M and Falling Leaves 14K races. Look for more details on page 8.

Are You Ready For Another Grand Prix Challenge?



There's another Grand Prix you might want to check out. The USATF Grand Prix Road Race Series highlights many of the region's best running events with approximately one race per month from March to November, including our own Falling Leaves 14K. Many Roadrunners already participate in the Schenectady Stockade-athon 15K and Mohawk-Hudson River Marathon or Half Marathon, as well as the Falling Leaves, and Board Member and USATF Liaison Dave Putney has volunteered to organize a few road trips to USATF Grand Prix races for those interested in competing. You must be a USATF member to compete and you must participate in a minimum number of races. Top finishers in each age group are eligible for cash prizes. Our very own Paul Humphrey earned 4th place in the Male Masters last year, receiving a \$75 award. Congratulations, Paul!

For more information about the USATF Grand Prix, see page 9 in this issue of the Splitimes. For more information about USATF membership, visit their website at <http://usatfadir.org/Membership.asp>. For more information about carpooling to USATF events, contact Dave Putney (315) 891-3018.



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.

2010 Grand Prix Races:

- Fort-to-Fort 10k, April 3
- Ted Moore 5k, May 1
- Hall of Fame Half-Marathon, May 23
- KAC 10k, June 5
- Summer Sizzle 5-Mile, June 20
- Honor America Days 5k, July 31
- The Battle of Oriskany 10k, TBA
- Falling Leaves 14k, September 26
- YWCA Freedom Run 5k, TBA

Scoring:

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

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 1/1/10.)

Points:	1st place	10 points	6th place	5 points
	2nd place	9 points	7th place	4 points
	3rd place	8 points	8th place	3 points
	4th place	7 points	9th place	2 points
	5th place	6 points	10th place	1 points



Grand Prix Road Race Series for 2010

Goals:

- Offer a competitive series of races that is attractive to top tier regional athletes, including open, masters, and age-graded.
- Highlight many of the USATF Adirondack region's best running events at a variety of road race distances with approximately one race per month beginning with the Runnin' of the Green event in March and ending with the Troy Turkey Trot in November.
- Provide a tangible benefit for runners who purchase a USATF membership.

Eligibility:

- Must have a 2010 Adirondack USATF membership
- Must meet minimum age requirements for USATF

Category	Month/2010	GP EVENT
Open / Masters M & F Website: http://www.hmrc.com/View/PDFs/RaceApplicaitons/10Runnin_green.pdf	(Sat) March 06	Runnin' Green 4M (Green Island)
Open / Masters M & F Website: http://www.hmrc.com/View/PDFs/RaceApplicaitons/10Delmar_Dash.pdf	(Sun) April 11	Delmar Dash 5M (Delmar)
Masters M & F Website: http://www.hmrc.com/View/PDFs/RaceApplicaitons/MastersChampionship2010.pdf	(Sat) April 24	Bill Robinson 10K (Guilderland)
Open / Masters M & F Website: http://adirondackrunners.com/race_schedule.htm	(Mon) May 31	Memorial Mile (Glens Falls)
Open / Masters M & F Website: http://kinderhookrunners.org/	(Sat) June 12	OK Kinderhook 5K (Kinderhook)
Open / Masters M & F Website: http://adirondackrunners.com/Distance_run_info.htm	(Sun) June 27	ADIR Classic 10M (Lake George)
Open M & F Website: http://www.saajcc.org	(Sun) Sept 12	JCC Run on Dunkin' 5K (Albany)
Masters M & F Website: http://watervliet.com	(Fri) Sept 24	Arsenal 5K (Watervliet)
Open / Masters M & F Website: http://www.uticaroadrunners.org/fallingleaves/index.html	(Sun) Sept 26	Falling Leaves 14k (Utica)
Open / Masters M & F Website: http://www.hmrc.com/index.cfm?method=Race.mhrm	(Sun) Oct 10	MHR Half Marathon presented by USMC Reserves or MHR Marathon

Wednesday Night Development Runs/Walk

Our annual Development runs will begin on Wednesday, May 5th and run until September 15th (20 weeks). Registration starts at 5:30 p.m. Runs are free for current members and \$1.00 for non-members (\$2.50 per family). You must register to participate. 10K, 5K, & 2 mile runs are timed and t-shirts are awarded to those runners who complete 15 out of 20 runs and awards given to children who complete 10 out of 20 runs. Several distances are offered, along with kids' fun runs and a 2.5 mile walk. Start times are as follows:



6:30p.m. - 2.5 Mile Walk

Kids' Fun Runs:

6:45 p.m. - 2/10 m (7 and Under),

6:50 p.m. - 1/2m (Ages 8-9)

6:55 p.m. - 1/2m (Ages 9-10)

7:00 p.m. (SHARP!) - 10K, 5K and 2 Mile



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 5:15 p.m. at Hannaford's in Herkimer

Saturdays at 8:00 a.m. at the Ilion YMCA.

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



2009 Utica Roadrunners Club Golden Shoe Points

Name _____ Total Points _____

Board of Directors

- ___ President 15 points
- ___ Other Officer 12 points
- ___ Board Member 10 points

Standing Committees

- ___ Membership Chair 10 points
- ___ Volunteer Chair 10 points
- ___ Social Chair 10 points
- ___ Finance Chair 10 points
- ___ Public Relations Chair 10 points
- ___ Awards Chair 10 points
- ___ Merchandise Chair 10 points
- ___ Committee Member 2 points

Training

Boilermaker Training Program

- ___ Program Coordinator 10 points
- ___ Site Coordinator 5 points
- ___ Other BMTP Volunteer 1 point

Development Runs

- ___ Program Coordinator 10 points
- ___ Committee Chair 5 points
- ___ Other DR Volunteer 1 point

Student Training Program

- ___ Program Coordinator 10 points
- ___ Committee Chair 5 points
- ___ Other STP Volunteer 1 point

Community Events

Heart Run & Walk

- ___ UR Team Captain 5 point
- ___ UR Team Member 1 point
- ___ Expo Booth Volunteer 1 point

Boilermaker

- ___ UR Booth Volunteer 1 point
- ___ Event Volunteer 1 point

Scholarship

- ___ Committee Chair 2 points
- ___ Committee Member 1 point

Club Races

Summer Sizzle

- ___ Race Director 10 points
- ___ Committee Chair 5 points
- ___ Race Volunteer 1 point

SOS

- ___ Race Director 10 points
- ___ Committee Chair 5 points
- ___ Race Volunteer 1 point

Falling Leaves

- ___ Race Director 10 points
- ___ Committee Chair 5 points
- ___ Race Volunteer 1 point

Racing Team

- ___ Team Captain 10 points
- ___ Team Member 1 point

___ **Grand Prix Coordinator** 10 points

___ **Club & Org. Liaison** 10 points

Club Runs

Run to End Hunger

- ___ Event Chair 5 points
- ___ Event Volunteer 1 point

Run for Safety

- ___ Event Chair 5 points
- ___ Event Volunteer 1 point

House Runs

- ___ Thursday Night Run Host 2 points
- ___ Breakfast Run Host 2 points

Other Activities

- ___ Equipment Coordinator 10 points
- ___ Webmaster 10 points
- ___ SpliTimes Columnist 5 points
- ___ SpliTimes Contributor 1 point
- ___ Other: _____ 1 point
- ___ Other: _____ 1 point

Return to Meg Parsons by April 5, 2010 by email to mparsons@twcny.rr.com
or by mail to 7477 Rickmyer Road, Rome, NY 13440.

THE 23rd ANNUAL FORT TO FORT RUNS

for the benefit of the

American Red Cross - Rome Area Chapter

***** SATURDAY, APRIL 3, 2010 *****

1/4 Mile Fun Run - FREE compliments of Roman Runners

Open 5K Run and Walk - Course on Griffiss Park Grounds

Open 10K - Fort to Fort - Griffiss Business Park to Fort Stanwix and Back

CHIP TIMING by LEONE TIMING

The *Roman Runners* invite you to participate in the *Fort-to-Fort Runs*. Races will start at the Geiger Road Fitness Center, Griffiss Business Park. The Fun Run and 5K Run and Walk will take place in the Park. The 10K will start in the Park, proceed through Rome to Fort Stanwix National Monument, through the Fort and return to Griffiss Park. Finish line will be near the Fitness Center.

REGISTRATION: 7:30 - 8:45 am Race Day at Geiger Road Fitness Center
Griffiss Business and Technology Park

START TIMES: Fun Run - 8:45 am --- 5K Run and Walk - 9:00 am --- 10K Run - 9:00 am

AWARDS: T-Shirts to first 400 entrants
Awards for overall and 5 year age group winners
Refreshments

REGISTRATION FEES: Pre-registration on or before March 30, 2010 -- \$20.00
Morning of Race - 7:30 a.m. to 8:45 a.m. -- \$25.00
Student - \$15.00

Special thanks to:

NBT BANK * RBC Wealth Management
Thrivent Financial * Roman Runners * Price Chopper
Adirondack Bank * Englebert's * Freihoffers

In consideration of acceptance of this application, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators and assigns waive and release any and all rights and claims for damages I may have against Griffiss Business and Technology Park and the City of Rome, their representatives and successors for any and all injuries suffered by me at the races to be held in Rome, New York, on April 3, 2010. I verify that I am physically fit and have trained sufficiently for the competition of this race.

Printed Name: _____ Age (on 4/3/10): _____ Sex: _____

Address: _____

City: _____ State: _____ Zip: _____

Signature: _____

e-mail: _____

Parent Signature if under 18: _____

Event: Circle one

Shirt Size: Circle one

5K Walk 5K Open 10K Open

Small Medium Large X-Large

➤ Make checks payable to *Roman Runners* and mail to Cindy Reynolds, 1101 N. George St., Rome, NY 13440

or REGISTER ON LINE @ WWW.ACTIVE.COM

To make an additional donation to American Red Cross Rome Area Chapter

Check Here __\$10 __\$20 __ other amount

3rd Annual OADCC Run for the Children

Saturday, April 24th, 8:30a.m. • Oneida, NY

- Post Race Refreshments available to all runners immediately following race and walk
- Course is flat and fast!!
- USATF Certified # NY-08009-JG
- ASICS TECHNICAL SHIRTS



RACE DAY INFORMATION

- Walk Start 8:20 A.M.
- **5K Start Time: 8:30 A.M**
- Fun Run Immediately following the run
- Start Line: Oneida Area Day Care Center – 447 Sayles St. Oneida, NY 13421
- Packet pick-up/race day registration at Oneida Area Day Care Center 6:30 - 8 A.M
- Tech-Shirts guaranteed for all preregistered runners
- Split Times –Mile Markers and at Finish
- Water on Course @ mile 1 and 2
- Awards: Top Male & Female Overall + Top 3 in each age group
 - Award for all Fun Run Participants
- Baby Joggers and Strollers will only be allowed in 5K Walk

Age Groups

Men and Women	
14 & under	
15 to19	
20 to 29	
30 to 39	
40 to 49	
50 to 59	
60 to 69	
70 & un	

Fees:

5K Run Early Registration Fee-Postmarked on or before April 10	\$18
5K Run Registration Fee- Postmarked after April 10 & Race Day ***shirt not guaranteed***	\$25
Walk	\$10
Fun Run – Ages 6 and Under and 6 and Up	Free

OFFICAL ENTRY FORM OADCC – RUN FOR THE CHILDREN 5K

Make check or money order payable to: Oneida Area Day Care Center
To: OADCC 447 Sayles St. Oneida NY 13421

Last Name _____ First Name _____ M.I. _____

Street Address _____ City _____ State _____ Zip _____

Phone (____) _____ Male ___ Female ___ Birthdate _____ Age _____ Email _____
(Month/Day/Year) (Day of Race)

5K Run ___ Walk ___ Fun Run/Age ___ Shirt Size (5K Run Only):S ___ M ___ L ___ XL ___

Credit/Debit Card Info. # _____ Exp. Date _____ Master Card <input type="checkbox"/> Visa <input type="checkbox"/>
Cardholder Name _____ Signature _____

In consideration of my entry being accepted, I intend to be legally bound, and do hereby release, for myself, my heirs, executors and administrators waive and release rights and claims for damage which I may have or which may hereinafter accrue to me against the Oneida Area Day Care Center, its respective officers, agents, representatives, successors, assigns, and sponsors for any and all damages or injuries which may be sustained and suffered by me in consideration with my association with or entry of participation in this race. If I should suffer injury or illness, I authorize the officials of the race to use their discretion to have me transported to a medical facility and I take full responsibility for this action. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose whatsoever. **I have read the above release and understand that I am entering this event at my own risk.**

(Date)

(Signature)

(Parent or guardian signature if under 18)

2010 NATIONAL DISTANCE RUNNING HALL OF FAME RACE

1. CHECK THE RACES YOU ARE ENTERING

<input type="checkbox"/> HALF MARATHON 8:00am – 5/23/2010	<input type="checkbox"/> 1/2 MARATHON RELAY 8:00am – 5/23/2010	<input type="checkbox"/> 5K 8:15am – 5/23/2010
--	---	---

Team name _____

RACE USE ONLY

2. LAST NAME

3. FIRST NAME

M.I.

4. STREET ADDRESS/APARTMENT NUMBER

5. TOWN/CITY

6. STATE/PROVINCE

7. ZIP/POSTAL CODE

8. SEX – M/F

9. AGE – On 5/23/2010

10. DATE OF BIRTH
 /
 /

11. HOME TELEPHONE NUMBER

12. COUNTRY (If not USA)

13. WORK TELEPHONE NUMBER

14. EMAIL ADDRESS (Please print)

15. EDUCATION *(Last completed level, please enter appropriate number)

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

16. T-shirt Size S, M, L, XL

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

18. EARLY REGISTRATION FEES:

Entry postmarked on or before 4/23/10

½ MARATHON	\$25.00	<input style="width: 40px;" type="text"/>
RELAY	\$25.00	<input style="width: 40px;" type="text"/>
5K	\$25.00	<input style="width: 40px;" type="text"/>

LATE REGISTRATION FEES:

Entry postmarked 4/24/10 through 5/14/10

½ MARATHON	\$28.00	<input style="width: 40px;" type="text"/>
RELAY	\$28.00	<input style="width: 40px;" type="text"/>
5K	\$28.00	<input style="width: 40px;" type="text"/>

IN PERSON FEES SATURDY 5/22/10:

½ MARATHON	\$30.00	<input style="width: 40px;" type="text"/>
RELAY	\$30.00	<input style="width: 40px;" type="text"/>
5K	\$30.00	<input style="width: 40px;" type="text"/>

TOTAL FEE _____

NO ENTRIES POSTMARKED AFTER 5/14/2010 ACCEPTED!

Listed are specific occupations. Please select the code that is closest to your occupation. If your occupation is not specifically represented, please use OTHER (Number 32).

- | | | |
|-------------------------|--------------------------|-----------------|
| 01. Admin/Management | 12. Financial/Accountant | 23. Marketing |
| 02. Advertising | 13. Firefighter | 24. Medical |
| 03. Arts/Visual | 14. Government | 25. Military |
| 04. Business Owner | 15. Health & Beauty | 26. Real Estate |
| 05. Chief Executive | 16. Homemaker | 27. Religious |
| 06. Computers | 17. Insurance | 28. Retired |
| 07. Const./Architecture | 18. Labor/Warehouse | 29. Sales |
| 08. Consultant | 19. Law Enforcement | 30. Secr./Clerk |
| 09. Education | 20. Legal | 31. Student |
| 10. Engineering/Science | 21. Machinist/Mechanic | 32. Other |
| 11. Film/Radio/TV | 22. Manufacturing | |

19. METHOD OF PAYMENT (U.S. CURRENCY ONLY)

 Send check made payable to **NATIONAL DISTANCE RUNNING HALL OF FAME**

MASTERCARD ___ VISA ___ CHECK ___ CASH ___ MONEY ORDER ___

CARD NUMBER

EXPIRATION DATE

20. I know that running a road race is potentially a hazardous activity and I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all the risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, lightning, high winds and extreme cold, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the National Distance Running Hall of Fame Race, The Boilermaker Road Race, Inc., Utica Roadrunners, event volunteers, city of Utica, New York State Canal Corp. and their sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Entry fee will not be returned due to "acts of God. Further, I grant permission to all the foregoing to use my name and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

SIGNATURE _____ DATE _____

PARENTS SIGNATURE (If under 18 years) _____ DATE _____

21. MAIL TO: National Distance Running Hall of Fame Race – P.O. Box 512 – Utica, New York 13503-0512 – Phone: 315.724.4525

NO RACE DAY REGISTRATION
ALL ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE
UTICAROADRUNNERS.ORG/HALFMARATHON



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@gmail.com.

Advertising Deadlines & Terms:

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

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