

SEPTEMBER 2010

SPLIT

# TIMES



The Official Newsletter of the Utica Roadrunners

## Falling Leaves 14k & 5k Road Race September 26th



**Upcoming Runs:** Falling Leaves 14k & 5k, 9/26,  
Delta Lake Half Marathon 9/19

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



SPLIT

# TIMES

Cover Photo:  
2010 S.O.S. Road Race

## 2010 Board of Directors:

### Attention Race Directors!

If you have an upcoming race that you would like to advertise in SpliTimes, please contact Val Cognetto by emailing: [cognettodesign@gmail.com](mailto:cognettodesign@gmail.com).

#### DEADLINES:

**IMPORTANT:** Please be prepared! Plan on submitting your information or race application **the 1st of the month prior to the month that your event takes place.** (ie: if your race is on July 15th, submit your information by June 1st.)

#### Payment:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in.

#### Copy:

Your copy/art/ads/race applications are due on the 1st 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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Sybil Johnson

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Activities & Events  
Mike Kessler  
Administration & Finance  
Meg Parsons

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**Treasurer:**  
Paula May

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Tom Bick  
Mike Brych  
Ray Brych  
Jim Fiore  
Kathy Fuller  
Moe LaLonde  
Dave Putney



### Volunteers Needed

Volunteers and Runners are needed to make the 2010 Red Ribbon Run-N-Fun a success. For more information about MVCAA, contact Samantha McCarthy at [Samantha@mvcaa.org](mailto:Samantha@mvcaa.org). For more information about volunteering, contact Meg Parsons at [mparsons@twcny.rr.com](mailto:mparsons@twcny.rr.com).



### Tree Contest Results

Thanks to all of our members who entered our "Where's This Tree?" contest. Michelle Hogan (formerly Michelle Duncan) was the first person to know where the tree was located and who continues to decorate it. However, we still don't know who started the tree before one of our members, Doreen Camerona discovered it. It seems that Doreen noticed the tree in the switchbacks with it's ornaments on the ground around it. She picked them up and placed them on the tree again and each year she adds more. Perhaps at Christmas time our members should visit the tree and add some of their own personal touches? Thanks Michelle!

**JOIN NOW!**

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

# Greetings From Our President Sybil Johnson



Buon giorno! Molto bene! What a vacation we had in Italy and Greece! I would say 'Good Day' in Greek, but it sounded something like 'Kali Mara' and half of the time I thought they were talking about squid. In both Italy and Greece, we did so much trekking in 95 to 100+ degree weather that the only time we ran was in Olympia. The first Olympic Games took place there in 776 BC and we were able to run 285 meters from the original (so they said) marble starting blocks and on the original track. Luckily, we did not have to run naked like those Greeks did. They even trained without clothes! Since it was over 100 degrees in July, I can see why. Men were the only participants and observers at these events, so I guess it did not matter. The Olympic sites for the recent games were interesting, but those ancient stadiums, tracks and gymnasiums were amazing – especially since they are still around after more than 2000 years!

On to Club info...The Utica Roadrunners are a group of 660 strong!!! I think it would be nice if we could collect pictures of all the members. I know what many of you look like, but there are all of those names with no faces. Well, thanks to everyone for being in the Club. Maybe lots of you can make it to the Annual Meeting. We will hold it on October 18th. It will be held at the Brewery at 7 p.m. (with a social hour at 6pm and 8pm). We will be asking for nominations for the Board of Directors before then. You can nominate yourself, but remember, we need people who can be active while on the Board.

Thanks to everyone who made it to the SOS. The race committee had their act together well before I arrived. I was supposed to volunteer at the finish line, but ended up in the woods, directing traffic. That Rich Cohen was flying up the hills (he said he was taking it easy). David Lewis was just behind, but he did not get past Rich. There were not many happy faces as they came up that first hill, those runners were working hard! Thankfully, once I got to the finish line area, everyone seemed to be in a good mood. Kudos to Mary Ruckel and everyone involved in the SOS in any way.

Our flagship Race, Falling Leaves is September 26th. The Race is older than the Boilermaker! I did not run in the first Falling Leaves, but I did do the 5K the second year. The 5K used to go up Oneida Street, around the tennis courts and back down Oneida Street. Back then, after the awards were presented, we would all go over to the Kirk Grill and there were more creative awards. Best legs – for both men and women – was always fun. Ah, but I digress... Mike Brych and his committee are working to be sure the Race is first class. Be on Genesee Street at 8:00 a.m. that morning to first watch those cute little kids and then run 5 or 14 kilometers. People have their opinions as to whether the 14K is harder than the Boilermaker. Personally, anytime I ran the 14K, those Switchbacks killed me. At least the weather in September is usually more amenable for running. If you cannot run, please let Ray Brych know when you can



(.....continued on next page.)

help out. He needs volunteers on Saturday the 25th and early on Race day. Oh, and look for the fire sale with old race shirts. You might get a really good deal.

In October, our Youth Program will again have a raffle to support their programs. Mike Kessler will have ticket books. If you have not bought some tickets, call Mike, or me, or one of the Board of Directors. We will get tickets to you. Check the front pages of the SpliTimes for our numbers. There are daily prizes in October, with weekend and holiday specials. Mike does a great job with the kids.... and here I go again... Mike needs some people to take on some of the work. He could use some time off from all he does for the Club. Do you realize that Mike and Linda are at the Parkway every Wednesday for 20 weeks? They do the finish line and registrations for many, many races. They do the Youth Program. Get the picture? We need more of you to take over for them. Do more than think – ACT!

Keep this in mind - in January, yes January, we are having a Race Director meeting at the Brewery. Jason Pare, a Race Director who belongs to our Club as well as the Roman Runners, and I have been discussing the feasibility of planning a race calendar. If we are able to have all or most of the area races represented, maybe we can organize a schedule so that there are fewer conflicts. Ideally, there could be at least one event a weekend throughout the race season. In the past, there were some races on Friday evenings. Possibly that could be an option on a weekend when there is a popular Sunday race. Who knows!?! The historic events such as the Heart Run, Boilermaker and Falling Leaves will not change their time slots, and most other races will stay in their familiar spots. I just think that we can be flexible enough to put together an equitable calendar. Fleet Feet in Syracuse does this and I think we can do it for the Mohawk Valley too. So if you know of any race directors for any Mohawk Valley running event, send me their name, address, and email address. I want to get this list going now.

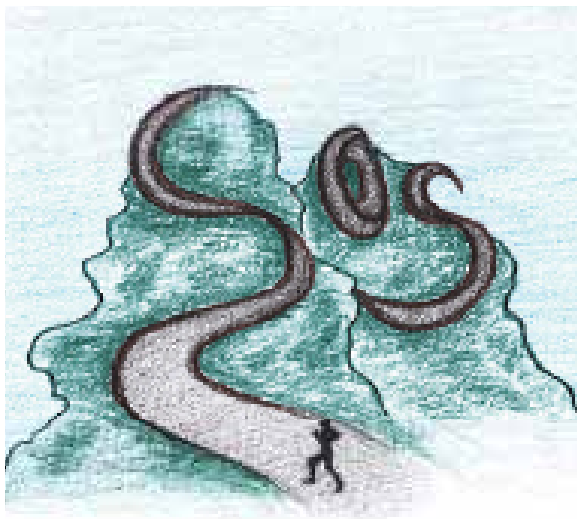
Ciao, and be careful out there



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## To All the SOS Volunteers and Runners:

By Mary Ruckel



The Save Our Switchbacks (SOS) Race for 2010 was terrific. The weather was beautiful, the volunteers were wonderful, and the runners were outstanding. This was the second year for the new course & new date, so I was very appreciate of everyone that helped make it a success. A big thank you to Jim Moragne who has taken responsibility for the course, the radios and the signs for the past two years. Ted and Phyllis Petrillo have been the force behind this project, and continue to stand by my side so I can pursue the work that was started. The money that we raise through the race is used for improvements along the Parkway and through the South Woods. This year, my daughter Amy Ruckel who attends Pratt Institute in New York City, designed the logo on the SOS shirts & registration forms. As always, please remember the sponsors that make these races possible: Grace Furniture Store, Meehan Insurance, Gilroy, Kernan & Gilroy, Cohen and Cohen Esq., Collinite, Mark Schug, D.P.M., and JPJ Electronics. I hope to see you all next year for the SOS 2011 with the new trail completed along Valley View Road.

**UTICA**  
Roadrunners

## Utica Roadrunners Annual Membership Meeting

All Utica Roadrunners Members Invited!  
Monday, October 18, 2010  
F.X. Matt/Saranac Brewery Tour Center  
6-7 Social Hour  
7-8 Business Meeting  
8-9 Social Hour  
Pizza, Cheese & Veggie Trays  
and Beverages Provided

- Business Meeting and Elections
- Question and Answer Session

Social Hours Before & After the Meeting.

Our Annual Member's Meeting is a Good  
Way to Get to Know Your Fellow Members in  
a Relaxed, Non-Race Atmosphere

See You There!



## Red Ribbon Run-N-Fun

In Celebration of National Red Ribbon Week  
For Drug Prevention

5k Run/Walk

10a.m. Saturday, October 2, 2010

T.R. Proctor Park, Culver Ave., Utica

Registration starts at 8:30a.m.

(See registraion form on page 20.)

### Top Ten Reasons For Water Stops:

10. To hydrate during a race.
9. So you can stop and talk to your friends.
8. An excuse to slow down.
7. The volunteers are lonely.
6. To snub your nose at it and pretend you are super human.
5. So you can punk your competitors with vodka.
4. You can dump it over your head and pretend it's raining.
3. It's fun to play obstacle course around the used ones.
2. Cool McDonalds souvenir cups!!
1. Volunteers get thirsty too.



# 2010 Development Runs May 5th - September 15th

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

## Start times For September:

5:30 p.m. - 2.5 Mile Walk

### Kids Fun Runs:

5:45 p.m. - 2/10 m (7 and Under),

5:50 p.m. - 1/2m (Ages 8-9)

5:55 p.m. - 1/2m (Ages 9-10)

**6:00 p.m. (SHARP!) - 10K, 5K and 2 Mile**



The annual Parkway Development Runs started on Wednesday, May 5th and will 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](http://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.

**2010 Development Run Committee**



# Call For Nominations 2010 Board of Directors Elections

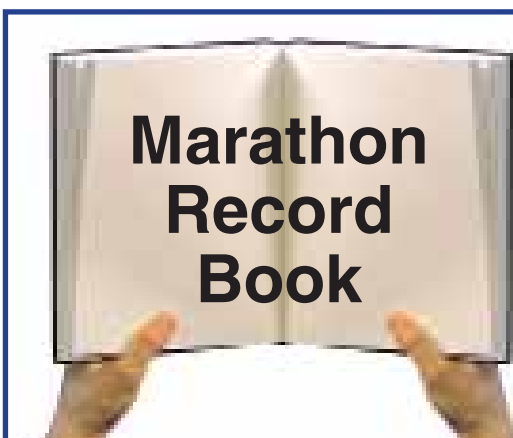


If you've got ideas about how to grow and strengthen the Utica Roadrunners Club, and changes you'd like to see made in our club races, training programs, social or community service activities, we hope that you'll consider running for a position on the Utica Roadrunners Board.

The Board of Directors consists of 12, with 6 members elected each year to serve two-year terms. Board members are elected by a plurality of the mail and in-person votes cast before or at annual meeting. Candidates who are not elected are considered alternates, and are often called upon to fill vacancies on the Board. The 2010 ballots will be distributed to members by September 18. Our Annual Meeting will be held on Monday, October 18 at the Saranac Brewery Company Tour Center.

If you are interested in playing a leadership role in the Utica Roadrunners Club and would like to be a candidate for election to the Board of Directors, please contact Sybil Johnson at [densyb@roadrunner.com](mailto:densyb@roadrunner.com) or Meg Parsons at [mparsons@twcnyny.rr.com](mailto:mparsons@twcnyny.rr.com) by September 10.

The following Board Members were elected last year, and have 1 more year on their terms: Tom Bick, Jim Fiore, Sybil Johnson, Mike Kessler, Moe LaLonde and Christine McGlynn.



The club marathon record book is being updated. All members are encouraged to submit your marathon times, the name of the marathon and the date it was run. At the annual award banquet, special recognition is given for your first, fifth and tenth marathons. Our record book currently covers marathons run through November 2006. Please submit any run since then as well as any run prior to that which you may not have already submitted. This information can be sent to Moe Lalonde at the following address: [mlalonde@westmorelandschool.org](mailto:mlalonde@westmorelandschool.org)

## Running Quote of the Month

*"You only ever grow as a human being if you're outside your comfort zone."*

**Percy Cerutti**  
- Running Coach

[www.runnersworld.com](http://www.runnersworld.com)



# Letter of Appreciation

## Scholarship Thanks

To the Utica Roadrunners,

Thank you so much for the scholarship, membership application, and other goodies. I really appreciate everything,. Your support, both monetarily and through your recognition of my accomplishments as a runner and athlete, will go far toward helping me and my future. I look forward to participating in future events with the Utica Roadrunners.

Though I do have college in the upcoming year, I do hope to join the Utica Roadrunners during my time between trimesters.

Again, thanks so much, and if there is any way I can be of service, feel free to e-mail or call me.

Peter Donnelly, Jr.





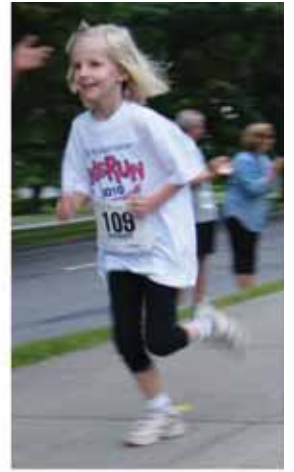
S.O.S.



S.O.S.



# S.O.S.





# Falling Leaves

## ROAD RACE

SEPTEMBER 26, 2010

Sunday, September 26th

Kid's Run: 8:15a.m.

14k Race: 8:50a.m.

5k Wheelchair Race: 8:55a.m.

5k Race: 9:00a.m.

For more information  
and application go to:

<http://www.uticaroadrunners.org/fallingleaves/index.html>

## 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. Last run is September 15th.



Start times for September:

5:30p.m. - 2.5 Mile Walk

Kids' Fun Runs:

5:45 p.m. - 2/10 m (7 and Under),

5:50 p.m. - 1/2m (Ages 8-9)

5:55 p.m. - 1/2m (Ages 9-10)

6:00 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 Illion 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@twcnyc.nyrr.com](mailto:jmoragn1@twcnyc.nyrr.com).





## 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, August 7
- 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.)

<b>Points:</b>	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



# URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America Days 5k	Battle of Oriskany 10K	Falling Leaves 14k	YWCA 5K	Total Points
M	0-19	Cognetto, Nicholas			10							10
M	20-29	Totman, Andrew		10								10
M	20-29	Jordan, Jeremy		9								9
M	30-39	Cohen, Richard	10		10	10	10		10			50
M	30-39	Brych, Michael			9		9	10				28
M	30-39	Joslin, Thomas				9	8	9				26
M	30-39	Pare, Jason	9		8							17
M	30-39	Battles, Cory				8	7					15
M	30-39	Graves, Corey		10								10
M	30-39	Brown, Paul		9								9
M	30-39	Williams, Mike	8									8
M	30-39	Gould, Nathan			7							7
M	40-49	Crandall, Richard	4			10	8					22
M	40-49	Putney, David	10	10								20
M	40-49	Draper, John				8	9					17
M	40-49	Langlois, Joe		9	8							17
M	40-49	Neidhart, Michael	5			9						14
M	40-49	Clarey, Rob	6		7							13
M	40-49	Humphrey, Paul			10							10
M	40-49	Johnson, Dennis							10			10
M	40-49	Nasci, John						10				10
M	40-49	Suba, Scott					10					10
M	40-49	LaLonde, Moe	9									9
M	40-49	Hudyncia, Rob			9							9
F	40-49	Garg, Bhisham							9			9
M	40-49	Steere, Sean		8								8
M	40-49	Bartkowiak, James					8					8
M	40-49	MacDonald, Steve	8									8
M	40-49	Munson, Rob					7					7





# URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America Days 5k	Battle of Oriskany 10K	Falling Leaves 14k	YWCA 5K	Total Points
M	40-49	Massoud, Mike	7									7
M	40-49	Cognetto, Norman			6							6
M	40-49	McGlynn, Thomas			5							5
M	50-59	Dunn, Mike		7		7						14
M	50-59	Siepiola, James	6	8	6	9	9	10	6			54
M	50-59	Bick, Tom	5	9	4	8	8					34
M	50-59	Kosina, Bill	8		9	10						27
M	50-59	Lenio, Ted	2				7	9	7			25
M	50-59	Rust, Alan		10	10							20
M	50-59	Palmer, Bruce	9						10			19
M	50-59	Dunn, Mike		7		7						14
M	50-59	Dickson, Stan	7		7							14
M	50-59	Burak, Gary			5				8			13
M	50-59	Gunn, Ed	4						9			13
M	50-59	Ichihana, Rob	3	6					4			13
M	50-59	Lashure, Gary			2		6		5			13
M	50-59	Fiore, Jim					10					10
M	50-59	Geesler, John	10									10
M	50-59	Sweet, Stephen			8							8
M	50-59	Bocko, David				6						6
M	50-59	Daly, Bruce				5						5
M	50-59	Decker, Timothy			3							3
M	50-59	Curley, Mark			1							1
M	50-59	Feener, Steve	1									1
M	60-80	DesJardins, Mark	10	8			9	9				36
M	60-80	Cadrette, Kermit		10	10			10				30
M	60-80	Brych, Ray		9			10					19
M	60-80	Silverman, Charles			9	10						19
M	60-80	Lucas, Luke	9				7					16



# URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America Days 5k	Battle of Oriskany 10K	Falling Leaves 14k	YWCA 5K	Total Points
M	60-80	Ohlbaum, Paul						8				8
M	60-80	Stevens, Mike					8					8
M	60-80	Grabo, Fred						7				7
M	60-80	Searles, George		7								7
F	0-19	MacDonald, Lauren	10									10
F	0-19	Benn, Alexandra		10								10
F	0-19	Humphrey, Emily							10			10
F	0-19	Humphrey, Bridget							9			9
F	0-19	Steere, Morgan		9								9
F	0-19	Commisso, Danielle		8								8
F	20-29	Weigand, Kristin			10							10
F	20-29	Charles, Jessica					10	10				20
F	20-29	Duncan, Michelle		10	9							19
F	20-29	Weigand, Kristin			10							10
F	20-29	Gage, Amanda	10									10
F	20-29	Hartman, Audrey		9								9
F	20-29	Usyk, Crystal					9					9
F	30-39	Herringshaw, Sara			8							8
F	30-39	Draper, Terry				10	9					19
F	30-39	Sparacino, Colleen					8		10			18
F	30-39	Reilly, Christina	9		7							16
F	30-39	Hartman, Maureen		10								10
F	30-39	McGlynn, Christine			10							10
F	30-39	Seward, Amy	10									10
F	30-39	Snow, Jennifer					10					10
F	30-39	Nugent, Kelly Ann			9							9
F	30-39	Brown, Michelle		9								9
F	30-39	Herringshaw, Sara			8							8
F	30-39	Hill, Amy	8									8



# URR Grand Prix Results

Male/Female	Age Group	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10K	Summer Sizzle 5m	Honor America Days 5k	Battle of Oriskany 10K	Falling Leaves 14k	YWCA 5K	Total Points
F	30-39	Smith, Leslie			6							6
F	40-49	Reddy, Aruna					8					8
F	40-49	Cognetto, Valerie		9	7	10	9					35
F	40-49	Willcox, Joanne	9	10	8							27
F	40-49	Lindsey, Bettina	10						10			20
F	40-49	Otto-Jones, Ingrid			9		10					19
F	40-49	Reddy, Aruna					8		9			17
F	40-49	Vanderpool, Maryann	7		5							12
F	40-49	Burak, Felicia						10				10
F	40-49	Casatelli, Jolene			10							10
F	40-49	Deyulio, Tracy		8								8
F	40-49	Putney, Beth	8									8
F	40-49	Sweet, Judy		7								7
F	40-49	Peyton, Leah		6								6
F	40-49	Winter, Cassie			6							6
F	50-59	Tucker, Susan	9		9		10		10			38
F	50-59	Miller, Elizabeth	10		10							20
F	50-59	Elsenbeck, Patricia		10			8					18
F	50-59	Fuller, Kathleen		8				10				18
F	50-59	Savicki, Pearl					9			8		17
F	50-59	Bocko, Constance				10						10
F	50-59	Fiorentino, Maria		9								9
F	50-59	Reedy, Anil								9		9
F	50-59	Moore, Carol			8							8
F	50-59	Mannava, Uma					8					8
F	60-70	Lucas, Micky	10				10					20
F	60-70	Hosp, Rose						10				10



# Red Ribbon Run-N-Fun



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

Special Agent Camarena was a marine and an 11-year veteran of the DEA assigned to the Guadalajara Mexico office where he was on the trail of the country’s biggest cocaine traffickers. In 1985, he was extremely close to unlocking a multi-billion dollar drug pipeline.

On February 7, 1985 , Special Agent Camarena was kidnapped, brutally tortured and murdered by Mexican drug traffickers. His tragic death opened the eyes of many Americans to the dangers of drugs and the international scope of the drug trade.

### 5k Run/Walk in Celebration of Red Ribbon Week

**Date:** Saturday, October 2nd

**Location:** TR Proctor Park on Culver Ave.

**Registration:** 8:30-9:30 a.m. \$20 per adult, \$15 per student

**Race Start:** 10 a.m.

**Children’s Activities:** 9:00-11:30 a.m.

*Activities for children ages 6-12 are FREE with a registered runner!*

Contact Samantha McCarthy at the Council with questions (733-1709) or [Samantha@mvcaa.org](mailto:Samantha@mvcaa.org)

#### Entry Form

#### WAIVER FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ Sex: (circle one) M F

Are you registering any children for the Free Activities?  
YES NO

Please Provide the Name and Age of each child to be registered:

Name: \_\_\_\_\_ Age \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_

I know that running in a road race is a potentially hazardous activity. I should not enter 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 this race. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, effects of the weather, including heat and/or humidity, cold, traffic and the conditions of the road, all 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 Mohawk Valley Council on Alcoholism/Addictions, Utica Roadrunners Club, the City of Utica, all officials, sponsors, and 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 the waiver.

Signature

Date

Parent/Guardian Signature  
(if under 18)

Date

Please make checks payable to :  
MVCAA  
502 Court Street, Suite 401  
Utica, NY 13502

Empowering People... Enriching Lives.



The Herkimer ARC is the second largest employer in Herkimer County, NY, with over 400 full and part-time staff helping to fulfill the mission of enabling persons with disabilities and others in the community to achieve their full potential and to live enriched lives. Each day, over 600 consumers participate in vital and meaningful programs in Day and Clinical, Residential, Recreation and Respite Services, Family Education and Support, Family Care, Employment Services, Senior Center, a Vocational Work Center, the Goodwill-HARC Store & Donation Center, and Transportation Services. For more information regarding the Herkimer ARC, call: (315) 574-7000 or

visit [www.herkimerarc.org](http://www.herkimerarc.org) and [herkimerindustries.com](http://herkimerindustries.com).



Herkimer Area Resource Center  
P.O. Box 271  
Herkimer, NY 13350



While you're in town, look for some upscale bargains at our Goodwill-HARC Store at 129 East Albany St. in Herkimer. Open Sat. 9:30 a.m. - 8 p.m.  
Info.: (315) 866-1212

# Saturday, October 2, 2010

**Run Begins at 9 a.m. Rain or Shine!**

**Start: 420 East German Street, Herkimer (Corners of East German Street & Route 28)**

Register by September 10th for T-Shirt Race Day Entertainment includes: Bug Country DJ and The Utica ZooMobile

HARC enables people with disabilities and others in our community to achieve their full potential and to live enriched lives.



## Course:

HARC's Heart & Sole 5K Run all-road course loops throughout the Village of Herkimer past various HARC locations. Visit [www.herkimerarc.org](http://www.herkimerarc.org)!

## Cost:

Pre-paid registration until Sept. 10: \$10 per person  
Pre-paid registration Sept. 11 - Oct. 2: \$15 per person  
Day of Race Oct. 2: \$20 per person

## Special Family Discount: \$25

Up to four runners, registered and pre-paid by Sept. 10.

## Registration:

Runners can register with a check or cash in person at HARC's Reception Area at 350 S. Washington Street in Herkimer, NY, 9 a.m. to 3 p.m., Monday through Friday, until Friday, October 1. All pre-paid mail registrations must be postmarked by Monday, Sept. 27. (Sept. 10 for a T-shirt!)

*All runners who register by September 10, will get a T-shirt. Every runner gets a Goody Bag!*

## Race Day Registration:

Runners may register Race Day at a cost of \$20 per runner, from 7:30 a.m. to 8:30 a.m. at the Race Site, 420 East German Street, Herkimer.

## Number & Goody Bag Pickup:

Pre-registered runners can pick up materials from 7:30 a.m. to 8:30 a.m. on race day.

## T-Shirts:

Pre-registered runners (by Sept. 10) will receive a 2010 Heart & Sole Run T-shirt. Shirt sizes are small, medium, large and x-large.

## Award Divisions:

### TOP OVERALL - \$50 CASH - Male & Female TOP THREE FINISHERS - Male & Female (First Trophy, Second & Third Certificates)

- AGES 10 & UNDER - Male & Female
- AGES 11—19 - Male & Female
- AGES 20—29 - Male & Female
- AGES 30—39 - Male & Female
- AGES 40—49 - Male & Female
- 50 AND OVER - Male & Female

## Race Regulations:

Run regulations prohibit the use of the following by runners: baby strollers/joggers or similar wheeled devices, headphones, roller blades and skates, and bicycles.

## Award Ceremony & Post Race

HARC will host an Awards Ceremony at 10:15 a.m. with refreshments. Enjoy music by Bug Country FM, and animals from The Utica ZooMobile.

## Directions:

**State Route 5:** Going East in the Village of Herkimer, follow signs to Route 28 North (you will see Hannafords Store), at second light make a left onto East German Street.

**New York State Thruway:** Take Exit 30. At light make a right. Next light make a left onto South Caroline Street. Next light make a right onto State Route 5, and follow directions above.

## Parking & Restrooms:

There will be plenty of parking and portable restrooms available.

## Questions:

Race Director Audrey Hartman/e-mail:

[ahartman@herkimerarc.org](mailto:ahartman@herkimerarc.org), or call (315) 574-7864.

## Family-Group Registration

If you are running as a family, please complete the names (family rate of \$25 is only available until 9/10) of family runners who will be joining you. Bib number will be filled in by race officials.

Runner 2: \_\_\_\_\_ Bib# \_\_\_\_\_ Age on 10/2: \_\_\_\_ M/F: \_\_\_\_\_

Runner 3: \_\_\_\_\_ Bib# \_\_\_\_\_ Age on 10/2: \_\_\_\_ M/F: \_\_\_\_\_

Runner 4: \_\_\_\_\_ Bib# \_\_\_\_\_ Age on 10/2: \_\_\_\_ M/F: \_\_\_\_\_

## Bib #

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Runner 1/Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Sex: ( ) M ( ) F Age as of 10/2/10: \_\_\_\_\_

\_\_\_\_\_ @ \$10 per person (pre-paid until 9/10) = \$ \_\_\_\_\_

\_\_\_\_\_ @ Family Rate of \$25 (Max. 4, pre-paid by 9/10) = \$25 \_\_\_\_\_

\_\_\_\_\_ @ \$15 per person (pre-paid until 10/1) = \$ \_\_\_\_\_

\_\_\_\_\_ @ \$20 per person (pre-paid until 10/2) = \$ \_\_\_\_\_

Enclosed is a check (please do not mail cash) for: = \$ \_\_\_\_\_

Make check payable to the Herkimer Area Resource Center. Mail to:  
P.O. Box 271, Herkimer, NY 13350.

T-shirt Sizes (T-shirts are only available until September 10, 2010 with pre-registration and payment (please designate # of each size)):

\_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ Xtra Large \_\_\_\_\_

**Waiver:** In consideration of the acceptance of this application by the Herkimer Area Resource Center (HARC), I the undersigned, intending to be legally bound and hereby, for myself, my underage children, my heirs, executors, administrators, and assign, waive and release all rights and claims for damages I may have against the Herkimer Area Resource Center, race organizers, race sponsors, the village of Herkimer, Town of Herkimer, and Herkimer County, and their representatives and successors of any or all injuries suffered by me or my family members running in the run to be held in the Village of Herkimer in the Town of Herkimer on October 2, 2010. I verify that I am physically fit, along with my family members (if applicable), and I/we have trained sufficiently for the completion of this race. I understand that participation in road racing events carry with it inherent risks. I also grant permission for the use of photos of myself and my family to be used for HARC's promotional use or by the media.

Signature: \_\_\_\_\_

Signature of Parent/Guardian of runners under 18: \_\_\_\_\_

For a detailed map of the 5K course, visit [www.herkimerarc.org/upcoming](http://www.herkimerarc.org/upcoming) events - Click on the October 2nd event.



## 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

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



# 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  
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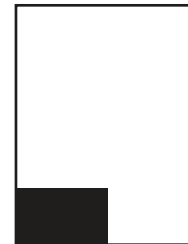
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7.5" X 5"



HALF PAGE - V  
3.5" X 10"



QUARTER PAGE  
3.5" X 5"



BUSINESS CARD  
3.5" X 2.5"

### PER ISSUE ADVERTISING RATES

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@twcnycn.rr.com](mailto:mparsons@twcnycn.rr.com) or (315) 337-7452.