

OCTOBER 2010

SPLIT

TIMES



The Official Newsletter of the Utica Roadrunners

Annual Membership Meeting Scheduled For October 18th All Members Welcome!



Upcoming Runs:

New Hartford High School X-C Invitational & Community Run 10/16

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



SPLIT

TIMES

Cover Photo:
Summer Development Run

2010 Board of Directors:

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact Val Cognetto by emailing: 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'
SplitTimes Newsletter Staff

Editor: Valerie Cognetto
Home Office: (315) 738-7717
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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



Jim Morange at the Falling Leaves Road Race 2010

Board of Directors Officer Positions Open

Join the Utica Roadrunners Board of Directors today! In order to run for office, please submit a short paragraph ("bio") describing your experiences as a runner, and why you are interested in becoming part of our Board. The foundation of our club is supported by the efforts of our Board of Directors and we would love your input and fresh ideas! The Board meets on the second Monday of each month and each Board Officer is responsible for chairing an event. We are currently looking for club members who are passionate about the sport of running and interested in making a difference in our community. If you would like to serve on our Board or more information, please email Sybil Johnson at densyb@roadrunner.com or Meg Parsons at mparsons@twcny.rr.co. Deadline has been extended to Monday, October 11th to submit your bio.

JOIN NOW!

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

Greetings From Our President

Sybil Johnson



Whew! This summer was a busy one for me. How about all of you? Now that fall has arrived, I realize that I, as president, have a bunch to do to have our Club functioning smoothly.

To begin with, there is the annual meeting on Monday, October 18th. Please join the Board of Directors and committee heads so that we can review this year's accomplishments. Let us know what has worked and what has not. Please consider volunteering on a committee for anything from the Youth Training Program to one of our races. Or, just come to the annual meeting to have some snacks and a Saranac beverage. You know me, I am always saying that I would love to have a face to put with a name!

We have an issue that has not come up in the past. We need members to serve on the Board of Directors. Half of the twelve who are on the Board are elected for a two-year term every other year. This year, some of the currently serving members are taking a well-deserved break. Do any of you have the time and energy to be on the Board to keep our programs running? Contact Meg Parsons if you do. THANK YOU to all of the current Board of Directors for all of your time and effort.

A huge THANK YOU! to Linda Turner, Mike Kessler, Jim Moragne, Karen Casler, Mike Stevens, and Kelly Edick for their dedication to the Boilermaker Training Program. These wonderful people spent at least four and up to six months with various level runners to train for the Boilermaker. The coordinator, Jim Moragne, is stepping down to concentrate on the Club's ever growing membership, so we need someone for his job. Do you have the time?

Falling Leaves had a VERY successful run this year. Mike Brych and his committee have a great system going! I hope all of you ran, volunteered, or watched our biggest event. I volunteered and I ran the 5K! My only goal was to not walk, and I did it - mission accomplished. There were many, many familiar faces, and it was wonderful to see every one of them. Paul Ohlbaum was there to run for the 36th time. The Doctor has run in every one of the Falling Leaves Races. Falling Leaves is the Club's most important income generator. The race helps to keep our community programs running. THANK YOU Mike (who does more than anyone could imagine) and committee heads – Marie Seiselmyer, Bob Carlson, Tom Bick, Vincenza Bick, Ray Brych, Joyce Mix, Char Coughlin, Joe Johnson, Rob and Maryann Munson, and me!

Another big THANK YOU goes out to the Development Run Committee. Gosh, there are so many members who have shown up week after week from May to September. Do you know these names – Linda Turner, Mike Kessler, Paula May, Mary Ruckel, Ken Muzzy, Ray Brych, Corey Graves,

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

Jessica Turner, Andrew Cieply, Pamela Smoulcey, Pearl and Brian Savicki, Kathy Fuller, Dawn Ortlieb, and Moe and Sarah LaLonde? These people made it to the Parkway week after week so that many of you could train for the Boilermaker. They were there more than I was! THANK YOU again!

THANK YOU to the Utica Police and Fire Departments for keeping us safe on the Parkway and during any of our events!

Statistics... We have 662 members as of September 20, 2010. Jim Moragne keeps track of each and every one of you. Jim has ideas for 2011 that will streamline information gathering and dissemination. THANK YOU, Jim for such amazing organization skills!

I have to mention the SpliTimes problems with the September issue. I am sorry if you were unable to open the file. I had to wait forever, but I finally got it. Val Cognetto, our editor, Jim Moragne and Jim Fiore, our computer gurus do not know why there has been this problem. They are working on a new delivery system. Please be patient. THANK YOU to Val, Paul D'Ambrosio, Jim M., and Jim F. for all your efforts.

Wow, I keep thanking you and asking for your time! I guess it is because I have been attached to this Club for over 30 years. It is near and dear to my heart. People have come and gone. Many have done extraordinary jobs, many have given tons of support, and many are overtaxed for time. You see some of the same names repeated and repeated in this article. It is because those people have gone above and beyond for the Utica Roadrunners. Won't you do a bit more so they will not burn out? Please?

That's enough for now...Ciao and be careful out there.



New Hartford Cross Country Invitational

Saturday, October 16, 2010

Sponsored by the New Hartford Cross Country Team

Perry Jr. High School

12:00pm - Open Community & Alumni Runs



1:00 Modified Boys Race

1:20 Modified Girls Race

1:45 JV Girls Race

2:30 JV Boys Race

3:15 Varsity Girls Race

3:45 Varsity Boys Race

Come and Support Our Runners!!

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

- See You There!

**FREE
EVENT!**

UTIGA
Roadrunners

RCIL
RESOURCE CENTER FOR
INDEPENDENT LIVING
No Limits

Join the
Fun!

RUN FOR SAFETY

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



New Course This Year!

Thursday, November 18th

Registration is FREE & Begins at 5:00p.m.

Runs Starts at 5:30p.m.

1/2 Mile Walk & 2 Mile Run

Begins and Ends at the Masonic Home Gym

The entire run is on the campus and this year we will run a day before any cars are allowed through the display. The club will receive extra media attention helping us promote runner's safety.

D.J. Mike Brych With Music & Fun for All Abilities!

Refreshments for all immediately following in the gym.

IMPORTANT:

Please Wear Reflective Clothing, Flashing Lights, Santa or Reindeer hats, or Carry a Flashlight!

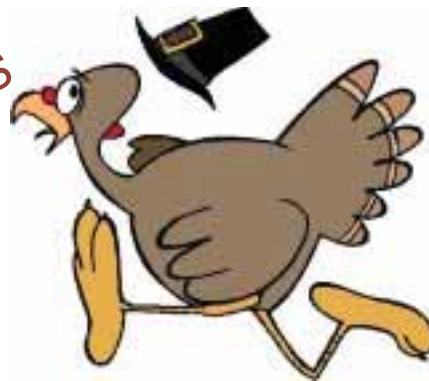
For more details, call Mike Kessler at 724-3315

See you there!!



Presents the 26th Annual

**"BRING YOUR CANS
AND YOUR CANS!"**



Thanksgiving Day Run & Walk to End Hunger

**Thursday, November 25
Utica Parkway Ski Chalet
220 Memorial Parkway • Utica, NY**

5K Run, 2 Mile Walk, 1/4 & 1/2 Mile Kids' Runs

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

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

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

DONATION: \$5.00 per person • \$15.00 family maximum

PLUS two non-perishable food items per person

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



UTICA
Roadrunners

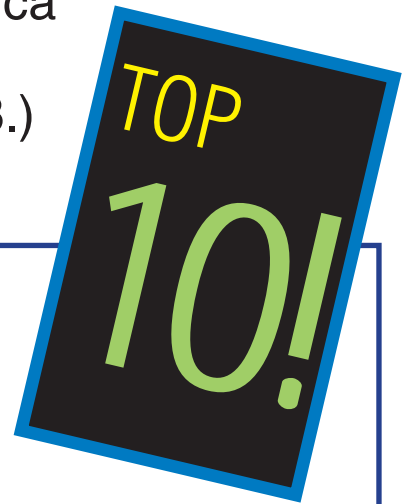


Red Ribbon Run-N-Fun

In Celebration of National Red Ribbon Week
For Drug Prevention

5k Run/Walk

10 a.m. Saturday, October 2, 2010
T.R. Proctor Park, Culver Ave., Utica
Registration starts at 8:30 a.m.
(See registration form on page 18.)



Top Ten Reasons to Run For the URR Board of Directors:

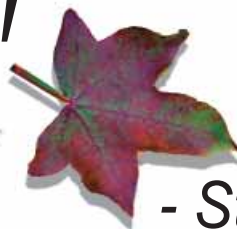
10. It's a great way to volunteer for the community!
9. To become a more active member and decision maker of the club.
8. You get to sit around a fancy conference room table.
7. So that you can make really important running decisions.
6. Snacks!
5. An excuse to get away from your children.
4. You'll get behind the scenes of this well-oiled machine.
3. Free pens!
2. To feel like a real city slicker attending meetings DOWNTOWN!
1. SYBIL JOHNSON!



Marathon Record Book

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

"Most people run a race to see who is fastest. I run a race to see who has the most guts."



- Steve Prefontaine
www.run-down.com



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.

For more information, email: casler1@peoplepc.com or jmoragn1@twcny.rr.com.



FALLING LEAVES 2010



“My Knee Aches”

Some Q & A's to suggest what may be your ailment.

By Deb Dellapena

From the August 2004 issue of *Runner's World*

Problem: “My knee aches.”

Q: Do you feel stiffness over the front or inner side of your kneecap, especially after sitting or kneeling? Does it hurt more walking down steps? Does the pain go away a few minutes into your run?

A. If the answer is yes you could be having Patellofemoral pain.

Patellofemoral pain can be caused by alignment problems, damage to kneecap cartilage, overpronation, or muscle/tendon weakness or tightness. You can run through most patellofemoral pain, says Robert Wilder, M.D., of the University of Virginia, but you may need to cut back on distance, hills, or intensity. (But be extra careful if you have chondromalacia, a form of arthritis that causes patellofemoral pain.) Strength training, wearing a knee brace, taping your arches or wearing an orthotic, and replacing worn shoes or wearing motion-control shoes can help.

Q: Is the outside of your knee achy, stiff, or tender? Do you run on a track regularly? Does it hurt during long runs and then fade afterward? Are you training for a marathon?

A. If the answer is yes you could have Iliotibial band syndrome (ITBS).

Iliotibial band syndrome (ITBS) occurs when the IT band, which runs from the buttocks down and across the knee becomes tight and inflamed. Overpronation and bow-leggedness can also contribute. If caught early, you can recover in one to four weeks. Take anti-inflammatories one to two hours prerun, and stretch and ice post-run, says Irene Davis, Ph.D., P.T., of the University of Delaware. Reduce mileage, hills, and intensity. When you run on a track, rotate laps (1 mile clockwise, 1 mile counterclockwise). Tape your arches or wear orthotics.



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

Q: Is the pain in the front of the knee below the kneecap? Does it get worse as you run? Have you recently added more mileage?

A. If the answer is yes you could have Patellar tendinitis.

Patellar tendinitis is inflammation of one of the knee-joint tendons. Tendinitis occurs when tissue breakdown outpaces regrowth, and is caused by increased mileage, hills (especially downhills), and pace. Running through tendinitis will make it worse and prolong your recovery, says Davis. But treated early, it can heal in a few weeks. Here's how: cross-train, ice, wear a patella strap, take anti-inflammatories, stretch, and do exercises to strengthen the joint and quadriceps, such as leg extensions.

Q: Do you feel achiness under your kneecap? Is your knee swollen? Have you logged more than 400 miles in your shoes?

A. If the answer is yes, you could have Osteoarthritis.

Osteoarthritis is the wear and tear of cartilage. The pain can flare up on a run or a leisurely walk, depending on the severity and your age. Good news: Moderate running is okay, Wilder says. Cut back on mileage, hills, and pace when symptoms occur. Consider getting new shoes after 300 miles instead of 400 to 500 miles. Include a good strengthening program that focuses on hamstrings, quads, shins, and gluteals. Wearing a knee brace and taking nutritional supplements of chondroitin and glucosamine also are recommended.

The suggestions for the treatment of common knee injuries stated above are in the opinion of the physicians quoted and assume that the athlete suffers from said condition. Always see your doctor if you are unsure of an injury or self care does not relieve the problem. Editor, SpliTimes Newsletter.



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.)

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



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	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
M	60-80	Ohlbaum, Paul						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
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	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	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
F	30-39	Smith, Leslie			6							6



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	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

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 and 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.



Awareness 5K Run



Course:

HARC's Heart & Sole 5K Run all-road course loops throughout the Village of Herkimer past various HARC locations. Visit 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, 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 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

Category	Month/2010	GP EVENT
Open / Masters M & F Website: http://www.bnrc.com/View/PDFs/RaceApplications/10Runnin_green.pdf	(Sat) March 06	Runnin' Green 4M (Green Island)
Open / Masters M & F Website: http://www.bnrc.com/View/PDFs/RaceApplications/10Delmar_Dash.pdf	(Sun) April 11	Delmar Dash 5M (Delmar)
Masters M & F Website: http://www.bnrc.com/View/PDFs/RaceApplications/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.ssnjcc.org	(Sun) Sept 12	JCC Run on Dunkin' 5K (Albany)
Masters M & F Website: http://waterliet.com	(Fri) Sept 24	Arsenal 5K (Watervliet)
Open / Masters M & F Website: http://www.aticaroadrunners.org/fallingleaves/index.html	(Sun) Sept 26	Falling Leaves 14k (Utica)
Open / Masters M & F Website: http://www.bnrc.com/index.cfm?method=Race.mhmr	(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.



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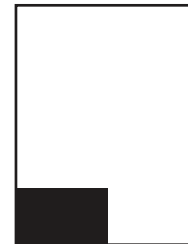
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QUARTER PAGE
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BUSINESS CARD
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PER ISSUE ADVERTISING RATES

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.

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 or (315) 337-7452.