

**SPLIT** The Official Newsletter of the Utica Roadrunners

# **TIMES**

**UTICA**  
Roadrunners



**APRIL 2011**

## **Happy Spring!**

**Never Too Old!**

Fellow Roadrunner Shares Triumphs and Tribulations, Page 5

**2010**

**Award Winners**

Page 9

**April Runs:**

Fort to Fort 4/2

Hot Foot 5k 4/9

**OADCC Run For The Children 4/30**

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

# SPLIT TIMES



APRIL 2011



## 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*

## JOIN NOW!

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

**Editor:** Valerie Cognetto  
Home Office: (315) 738-7717  
E-mail: [cognettodesign@gmail.com](mailto:cognettodesign@gmail.com)

## 2011 Board of Directors:

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## President's Message by Sybil Johnson

Happy Spring! Isn't it great? Even if it rains or snows, you still know that warmer weather is on its way to the Mohawk Valley. As we run, we will all be basking in air that's gotta be warmer than last month.

As for last month, how about that Heart Run?!! Over a million dollars raised by a whole bunch of runners, walkers, and do-gooders. The weather cooperated with us, so the walking and running was just about perfect. And how about that Ray Brych? He put together a great team of volunteers to man the Club booth at the Friday Heart Health Expo. They were there to sell the Club and all of our heart healthy exploits. Many, many THANKS to Ray and his crew.



*left to right: Ray Brych, Suzanna Price and Rob Ichihana man the Roadrunners information booth at the Heart Health Expo*

If you missed the Awards Banquet, you missed a more than pleasant Saturday evening. Kathy Fuller and Paula May kept us chuckling and DJ Mike Brych kept us bouncing off the walls. Awards were awarded, food was consumed, liquids were downed and dancing was danced. Runners have such great moves! Check out who won what later in this issue.

As for Awards, you know those Golden Shoes that very few of you try to earn these days? I know that I have a bunch of them going up the front of one of my older Club jackets. When we first began collecting them, they seemed to be special, but now, not so much. I don't really want to sew them on my newest jacket, (I have been around so long, I have earned 3!) so, they are in an envelope. Anyway, Jim Fiore has developed a point system that goes a bit further than the old Golden Shoe list. We will publish it in a near future SpliTimes as soon as we refine the points a little more. You will not only receive one of those little shoes, but your points might earn bucks off race fees, membership, or banquet costs. Those points might even earn enough for a sporty running cap or a new Club tee-shirt. We figured that the fairest way to do it would be that points earned from January 1, 2011 going forward would count. They could accumulate from year to year. Like I said, specifics will be in a future newsletter. All you need to do is volunteer and keep track of points earned. By the way, Ray Brych needs some people for the Development Runs this summer. The runs begin in May, so just set some time aside on Wednesdays. You could run some weeks and volunteer the other weeks. Or, this would give you a good excuse to skip those hills, save your energy for the Boilermaker, and you would earn volunteer points!

Did any of you get to the Uptown for the movie about the Hood to Coast Relay? A few years ago,  
*(...continued on next page.)*

some of us had heard about this event at the Road Runners Club of America Conventions in Portland, Oregon and Spokane, Washington. To get the necessary people, gear and monies together seemed to be a major project. Now, your team needs to be chosen in a lottery! Yikes! A Club member named Pat seems quite interested. If you are too, I will give him your name. Just give me a holler. Remember, that's 197 miles from Mt. Hood in Oregon, to the Pacific Ocean. I have been there. It is not flat! You



run during the day and night. Someone has to drive a support van. Pat seems to be pretty excited. We could let you take the Utica Roadrunners banner for the van and give you a few hearty 'Atta Boys!' Maybe the Club could find a few bucks for you if your team has our name in it! Maybe we could create some fund raising events. Oh Pat, look at what you have started!

The Boilermaker Training Program is going full blast again this year. The groups in Ilion, Rome and at the Fitness Mill are out on the roads, starting to rack up the miles. They have planned interesting programs for the new runners so they can learn about sensible running, good shoes, nutrition, safety, and running support. The Program Directors and Mentors are really special people. Thanks to everyone who is involved with this absolutely great program!

Ray Brych told us about a program – Soles 4 Souls - where used, but clean running shoes are collected and given to people in areas around the world that have been hit by some sort of devastation. Actually, after going to the website, I saw that the organization collects any kind of footwear – new or used – to distribute to needy people all over. Efforts now are towards those affected by the earthquake in Japan (Do you think any women in Japan wear size 9 ½?). Anyway, Ray is hoping to collect 1000 pairs of clean, used running shoes at his event at the Hot Foot 5K Run & Walk, on April 9, 2011. I think the running community could do it. We could easily collect that many pairs of shoes. Just remember to wash them before you bring them to the Race at Stockbridge Valley Central School!

I hope you have enjoyed my ramblings this month. Get yourselves out there in the fresh spring air. Get to the Fort to Fort Run on the 2nd. I will be a Road Guard, so wave or give me a shout out. Be careful out there!



## New! Club Handbook

Our newly updated Utica Roadrunners Handbook is your complete guide to your membership benefits, annual events, and general information about the club. Download a pdf of the handbook here:

<http://www.uticaroadrunners.org/documents/UticaRoadrunners2011ClubHandbook.pdf>



## Improvement Can Come at Any Age...

### Ted Lenio's 2010 Running Recap

After 35 years of running for the love and health of it, I have just had the year of a lifetime. Despite having pursued the sport recreationally with annual enthusiasm, rubbed shoulders with elite Ethiopian runners while living and teaching in Africa for 17 years, coaching a private school cross-country team, and announcing the Great Ethiopian Run to 35,000 participants, I have never been competitive in my age group, and never won a medal in any race of any distance. That is, until this past year.

Forty-four (44) both short and longer races and 1339 miles later, an avalanche occurred after a chronic drought in the form of 29 medals, with 18 first-place finishes, 8 seconds, and 3 thirds (not to mention 2 fourths and 4 fifths). In other words, medals in two-thirds of the races I entered. And, most of them came as a 59-year-old, and oldest in either my five-year or ten-year age group.

Even though race and weather conditions varied, my times pretty much stayed consistent and improved, with personal bests of: 21:19 at the Syracuse Festival of Races 5K; 46:08 at the Battle of Oriskany 10K; 1:10:59 at the LaFayette Apple Festival 15K; and 1:40:51 at the ARC Half-Marathon at Onondaga Lake.

This year I did a double-double – that is, twice running two races on a single day. The first was October 2nd with the Chenango Nursery School Waddle Toddle 5K in Hamilton, followed by the Red Ribbon Run in Utica less than an hour later, where the race director kindly left the finish line open. Some might think this remarkable, but it's merely nearly equivalent to what competitive swimmers regularly experience when running multiple heats at a meet.

I was able to complete enough races in the Utica RR Grand Prix Series, placing second in my age group, as well as earn the Route 20 Series sweatshirt for completing 8 of the 15 races.

Though starting the year unremarkably, my first half-marathon of the year at the National Distance Running Hall of Fame was more than 20 minutes faster than the Delta Lake Half two years earlier.

In reviewing the year, I can remember how astonished I was to win my first medal ever, in a driving rain with thunder and lightning at the 15th Annual Nate the Great Titledown 5K in Canastota, trailing Bill Poglitch for third! My 23:02 kept a 7:25 pace, and it was 25 seconds faster than the previous year's Woods Valley Snowmaker and my first time just nipping Kermit Cadrette at the tape, another historic moment for me. It ignited me to think that for the first time in my life I could be an age group medal contender.

My next medal, though, wouldn't come for five more races, until the heat of the Madison County Fair 5K, where I took silver in my age group, but came in fifth overall (albeit due to the small field!)

Thereafter it was three first-place age-group finishes in a row (Seneca River, Ilion, and Millers Mills) as I completed my first dozen races, still among the oldest in my age group at 59. (In fact, I wouldn't "graduate" to the 60+ age group until the halfway mark with race #22 of the 44.

After my halfway mark, it was three firsts in a row, a series of mixed top five finishes, then four firsts in a row once I turned 60. Six first place finishes ensued (my longest stretch of golds), leading up to my best 5K of the summer at the Syracuse Festival of Races 5K where I ran a 21:19.

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

It was fitting that my last day of racing on December 11th should be my second double-double, with the Olde Tyme Christmas 5K at Weedsport in the morning, and the Seneca Falls It's a Wonderful Run 5K later that afternoon, bringing my total to 44 races between 5k and marathon distances.

There were friendly rivalries and great camaraderie established, nemeses pursued, consistent running and sustained training, and a feeling that I was among the "most improved" runners, though coming so late in one's life. Best of all I feel even more motivated this year to run further and faster, and am confident I can do so!

Proud as I feel, I know that no one's success is singular, but results from a team of supportive friends and acquaintances. For this memorable year I am indebted to Kermit Cadrette, the most amazing all-around athlete I've ever known, who continues to run fast, inspire, and prove that aging runners can be competitive; Larry Reyes, my elite running mentor and training coach; Cindy Reynolds and Nate Donaleski for their inexhaustible encouragement; and most of all, Deb O'Shea, the most motivational companion and best cheerleader anyone could hope for!

## TOP 10

### Top 10 Races You Shouldn't Miss

by Val Cognito

10. <http://muddy-buddy.competitor.com/>
9. <http://runrocknroll.competitor.com/>
8. <http://www.genesisadventures.com/v4/main.php?left=runfest&center=traumarun>
7. [http://www.nyara.org/nyara\\_races/annual/mn-race-longest.php](http://www.nyara.org/nyara_races/annual/mn-race-longest.php)
6. <http://espnwos.disney.go.com/events/rundisney/princess-half-marathon/>
5. <http://krispykremechallenge.com/>
4. <http://www.whitefaceace.com/footraceinfo.html>
3. <http://www.mayorsmarathon.com/>
2. <http://www.athensmarathon.com/>
1. <http://www.boilermaker.com/>



## 2011 Race Director's Calendar for the Mohawk Valley by Sybil Johnson

(If you have any additions/deletions/corrections please email Sybil at [densyb@roadrunner.com](mailto:densyb@roadrunner.com))

January 1	Hangover Run	Barneveld
February 5	Beer & Chili	Newport
March 5	Heart Run & Walk	Utica College
March 26	West Road's 1st Annual Shamrock Shuffle	Whitesboro
April 2	Fort to Fort	Rome
April 9	Hot Foot 5K	Stockbridge Valley
April 16	5K for Kidneys	Ithaca
April 23	4th Annual OADCC Run for the Children 5K	Oneida
May 1	Mountain Goat	Syracuse
May 7	Ted Moore Run	MVCC – Utica
May 7	The Zone Run 10K & 5K	Richfield Springs
May 7	23rd Annual Towpath 10K Trail Run & 2 Mile Run	St. Johnsville
May 14	ALS Walk/Run	SUNYIT
May 22	National Distance Running Hall of Fame Half Marathon & 5K	Utica
May 23	4th Annual OADCC Run for the Children 5K	Oneida
May 29	Cooperstown Sprint Triathlon	Otsego Lake
June 4	KAC 5K and Children's Races	Clinton
June 5	9th Annual New Balance Girls on the Run 5K	Cooperstown
June 11	16th Annual Lions Ramble	Ft. Plain
June 12	Run for the Violets 5K	Dolgeville
June 18	Miles for Missy	Herkimer
June 19	Summer Sizzle	SUNYIT Marcy
June 25	Yellow Brick Road Run 8K	Chittenango
July 6	Roadrunner Mile Invitational	Utica
July 7	Madison County Fair Run 5K	Brookfield
July 10	Boilermaker Road Race	Utica
July 16	3rd Annual 5K Race for the Children/1M Fun Run	Morrisville
July 17	Millers Mills Sundae Run	Millers Mills
July 23	Ilion Days 5K	Ilion
July 30	40th Annual Honor America Days 5K	Rome
July 30	Irish Fest 5K	Frankfort
July 31	Delta Lake Triathlon-Sprint/Olympic	Rome
August 5	Newport Field Days Kick Off 10,000 Meter Run	Newport

August 6	Bolder Inspiration of Trenton Falls 5 Mile Run & 1 Mile Walk	Barneveld
August 6	Battle of Oriskany	Oriskany
August 6	Madison County 5K	Nelson
August 7	Canal Fest	Rome
August 13	D.A.R.E. 5K Run	Herkimer
August 13	5th Annual Run for the RACC	Rome
August 13	Ruth Allen Memorial 4 Mile	Deansboro
August 13	Freedom Run 10K	Little Falls
August 14	Save Our Switchbacks	Utica
August 19	Woodman 5K & 10K	Boonville
August 19 to 21	Turning Stone Races & Half Marathon	Verona
August 27	Snowmaker 5K	Woods Valley
September 10	Wing Thing 5K	Rome
September 17	Mary Cleary Memorial Run/Walk 5K	Waterville
September 17	Landis Arboretum 5K	Esperance
September 18	Delta Lake Half Marathon	Rome
September 24	Madison Hall 5K Run/Walk	Morrisville
September 24	West Winfield CROP Run/Walk	West Winfield
September 25	Falling Leaves 5K & 14K	Utica
October 1	Herkimer ARC 5K	Herkimer
October 1	22nd Copper Wire Run	Camden
October 1	CNS 5K	Hamilton
October 1	Red Ribbon Run-N-Fun	Utica
October 2	Festival of Races 5K	Syracuse
October 2	Pitt Run	Oneonta
October 2	Town & Country Run	Boonville
October 8	Maine Event 5K & 10K	Brookfield
October 15	Eaton 5K Run/Walk	Eaton
October 22	7th Annual DACC 5K Run/Walk	Delanson
November 12	Mohawk Turkey Trot 5K	Mohawk
November 17	Run for Safety	Utica
November 20	Gail Vernold Memorial Run	Oriskany
November 24	27th Annual Thanksgiving Day Run/Walk to End Hunger	Utica
November 24	Thanksgiving Day Prediction Run	Rome
December 3	Miles for Meals	Rome
December 10	Red Nose Run	

This list doesn't even really touch the Syracuse area! If you don't want to run alone, here is your chance to be with the crowds. Go for it!



## Utica Roadrunners 2010 Award Winners

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**Robert H. Carlson Distinguished Service Award**

Jim Moragne

**Ed Bruni Sr. Inspiration Award**

Gary Burak  
Bill Acquaviva

**Volunteer of the Year Award**

Ray Brych

**Utica Roadrunner Hall of Fame Award**

Jason Pare

**Frank D'Allesandro Training/Volunteer of the Year**

Doreen Cameron

**Distinguished Roadrunner Supporter Award**

Chobani

**Roadrunner of the Year**

Female Open – Valerie Cognetto

Male Open – Richard Cohen

Female Grandmaster – Susan Tucker

Male Grandmaster - Jim Ciepiola

**Most Improved Roadrunners**

Female – Jessica Charles

Male – Mark Desjardins

**President's Award**

Meg Parsons

**Lifetime Membership**

Peter Molesky

National Distance Running

Hall of Fame Race

Register online

at

[distancerunning.com](http://distancerunning.com)



13th Annual Commercial Travelers  
Half Marathon, Half Marathon Relay and 5K

before April 9

and

save!!

Join us May 22



## What is the 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.

**IN ORDER TO QUALIFY FOR THE 2011 GRAND PRIX YOU MUST PAY YOUR ANNUAL DUES BY 3/31/11**

## Scoring

Scoring will be based on the best 5 finishes of the 10 Grand Prix races. There is no minimum number of races needed to qualify.

## Age Groups

Age Group for the entire season based on age as of 1/1/11.

There are six age groups, Male & Female:

19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over

**Points will be awarded in each age group as follows:**

<b>1st place</b> - 10 points	<b>4th place</b> - 7 points	<b>7th place</b> - 4 points	<b>10th place</b> - 1 points
<b>2nd place</b> - 9 points	<b>5th place</b> - 6 points	<b>8th place</b> - 3 points	<b>11th place &amp; higher</b> - no points
<b>3rd place</b> - 8 points	<b>6th place</b> - 5 points	<b>9th place</b> - 2 points	

## 2011 Races

Fort to Fort 10K	April 2	Summer Sizzle 5 mile	June 19
Stockbridge Valley Hot Foot 5K	April 9	Millers Mills 5K	July 17
Ted Moore 5K	May 7	Honor America Days 5K	July 30
Hall of Fame Half Marathon	May 22	SOS 5 mile	Aug 14
KAC 5K	June 4	Falling Leaves 14K	Sept 25

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## 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.

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

**Mondays** at 5:30 p.m. at the GPO Credit Union in Illion  
**Wednesdays** at 5:15 p.m. at Hannaford's in Herkimer  
**Saturdays** at 8:00 a.m. at the Little Falls YMCA.  
For more information, email: [casler1@peoplepc.com](mailto:casler1@peoplepc.com) or [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).



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## Stockbridge Valley Running Club's 4th Annual Hot Foot 5k Run & Walk



Saturday, April 9th  
Stockbridge Valley Central School  
Munnsville, NY  
(7 miles south of Oneida, NY)

Wheelchair 8:55am

5k Run 9am • Walk 9:05am

Fun Run Following Completion of Walk

Pre-Registration - \$20, Student - \$15

Race Day Registration - \$25 - 7-8:30am

For more information,

see race application on next page.



# \$100 AWARD

For overall fastest Male and Female



The Stockbridge Valley Running Club's  
4th annual

## Hot Foot

5k Run and Walk

Saturday April 9, 2011

Wheelchair 8:55 start - 5k run 9:00 am - Walk 9:05

Race Expo start 8 am

**Directions:** From Route 5, Oneida take the turn onto Route 46 and drive 7 miles south into the village of Munsville. Turn right at Stockbridge valley foods onto Williams road and follow the signs to Stockbridge Valley Central School.

### Entry Form

Run or Walk (circle one)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Age as of 4/9/11 \_\_\_\_\_ Sex \_\_\_\_\_ T Shirt Size S M L XL

**Waiver:** I have that racing a road race is a potentially hazardous activity. I should not take part in an activity unless I am medically able and properly trained. I agree to abide by any decision of the official relating to my ability to safely complete the race. I assume all risks associated with racing in all cases including, but not limited to: falls, contact with other participants, the effects of weather, including high heat/cold, sun, and the condition of the road, all such risks being known and appreciated by me. Having read the waiver and knowing the facts and its consequences of my accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Stockbridge Valley Running Club, SVRC, the Village of Munsville, Town of Stockbridge, and all sponsors, the race organizers and everyone from all claims or litigation of any kind arising out of my participation here through. But liability may arise out of negligence or recklessness on the part of the person named in this waiver.

Signature \_\_\_\_\_

Parents Signature under 18 \_\_\_\_\_

Please mail with payment to: Ray Brych, 32 Old Boume Drive Apt J3, Clinton, NY 13323

### Entry Fee

\$20 Pre-Registration - Must be received by April 1

\$15 Student

\$25 Day of Race registration from 7 until 8:30 am

Make Checks payable to Stockbridge Valley Running Club - no refunds

### TECH Tee Shirts

Guaranteed to all pre-registered runners.

Size and quantity not guaranteed on race day.

### Race Packets

Packet pickup begins at 7 am on April 10 in the school cafeteria

### Facilities

Restrooms available inside from 7 am until noon.

### Soles 4 Souls

Donate your gently used sneakers for charity.

### Awards

Awards will be given to the top three finishers in these categories

Overall Men and Women

Under 15 \* 15-19 \* 20-24 \* 25-29 \* 30-34 \* 35-39

40-44 \* 45-49 \* 50-54 \* 55-59 \* 60-64 \* 65-69 \* 70+

No duplicate awards

### Awards Ceremony

Ceremony will begin as soon as possible in the school cafeteria

### Information

If you need more information, call Ray Brych at (315)796-0819 or Corey Graves at (315)761-6966



# The UC Shepherd's Run

Distance: 5K or 3.1 Miles

When: Sunday, May 1<sup>st</sup>, 2011 at 10am

Where: Proctor Park

1259 Culver Ave

Utica, NY 13501

**\$20 per Runner**

**\$10 for Utica College Students**

**Sign up online at:**

[www.wix.com/kmgalbraith/ucshepherdsrun](http://www.wix.com/kmgalbraith/ucshepherdsrun)

**Come support a child like your own who needs  
a helping hand**



**Who We Are**

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen.

**Club Benefits**

You will receive SPLITTIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. First time members get a club t-shirt with the Utica Roadrunners logo. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. After that, each 1000 mile year will be awarded with a mileage chevron. Members get a discounted entry fee into club races and free entry in the Development Runs.

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for a couple and \$30 for a family. Mail the completed form and check to:

Utica Roadrunners, P. O. Box 4141,  
Utica, NY 13504

Questions: Jim Moragne at 894-5402 or  
mailto:jmoragn1@twcny.rr.com

**2011 Membership Renewal or New Member  
(circle one)**

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

DOB: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

T-shirt Size (new members)\_\_\_\_ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees:  Public Relations  Membership  
 Training  Newsletter  Merchandise  Race Volunteer  Board of Directors  Social  Development  
Runs

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(parent or guardian if under 18)

**Additional (Couple or Family) Renewal or New Member  
(circle one)**

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

DOB: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

T-shirt Size (new members)\_\_\_\_ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees:  Public Relations  Membership  
 Training  Newsletter  Merchandise  Race Volunteer  Board of Directors  Social  Development  
Runs

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(parent or guardian if under 18)

**Additional (Couple or Family) Renewal or New Member  
(circle one)**

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

DOB: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

T-shirt Size (new members) \_\_\_\_ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees:  Public Relations  Membership  
 Training  Newsletter  Merchandise  Race Volunteer  Board of Directors  Social  Development  
Runs

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(parent or guardian if under 18)

**Club Membership Application Waiver (applies to all persons on this form)**

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities 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 risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Utica Roadrunners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

**Please return entire form with dues payment.**



# 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"



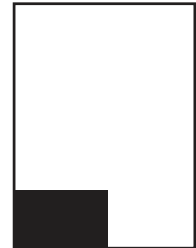
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3.5" X 10"



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@gmail.com](mailto: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 Sybil Johnson at [densyb@roadrunner.com](mailto:densyb@roadrunner.com) or (315) 733-6216