

SPLIT The Official Newsletter of the Utica Roadrunners

TIMES

UTICA
Roadrunners



SEPTEMBER 2011

Falling Leaves 5K & 14K Road Race Sept. 25th



**Open Your Running
Group To Others**
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Trenton Falls Race Review
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September Runs:
DELTA LAKE HALF-MARATHON 9/18
FALLING LEAVES 5K & 14K 9/25

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

SPLIT TIMES



SEPTEMBER 2011



Race start of the Boulder Inspiration of Trenton Falls 5 Mile Road Race

JOIN NOW!

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

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact:

Patrice May

email: patricem.may@gmail.com

or call (315) 368-8416

Payment arrangements must be made in advance with Patrice prior to submitting your advertising to our Editor.

DEADLINES:

All Payment, Copy, Advertisements and race applications are due **the 1st of the month prior to the month that your event takes place (NO EXCEPTIONS)**. (ie; if your race is on July 15th, submit your information by June 1st. **See last page of this newsletter for advertising rates.**

Thank you,

The Utica Roadrunners' SplitTimes Newsletter Staff

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Sybil Johnson

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President's Message

by Sybil Johnson



Ah, September, where did the summer go? Our summer went camping and golfing, and biking and hiking. But, I am actually glad for September. I will probably be richer. How so? In September, the kids go back to school. They stand at their bus stops and they play with their lunch money. Invariably, they drop some of it and when I am walking, I get it! Ha! There is never enough to buy any real treat, but it isn't just pennies. I end up rolling it up and donating the bucks and then some more to the Run for Hunger.

Triathlons seem to have been the rage this summer. The newer ones like the Delta Lake Tri more than doubled in size, and the more established ones, like Cazenovia, closed out quickly. My place in the triathlon world will always be to volunteer or observe. When we were at the Lake Placid Tri, we were pleasantly surprised to see Andrew Totman cruise by in his Club tank top, and then we saw Cory Graves trotting right along too. I did not even know any members were participating! Training for an Ironman takes such a huge part of your life! Congratulations Ironmen Andrew and Cory! Not to minimize the effort of other triathletes, the people in the lesser distances put in plenty of practice also. Whether athletes compete in a Sprint, an Olympic, or a Half Ironman, they have to be dedicated. Congratulations to all of you who have participated in triathlons! I admire your efforts.

FALLING LEAVES!!! Our flagship event is on September 25th this year. This is the 37th anniversary for the only 14K around. In 1975, some of the local runners from the Utica YMCA like Bob Carlson, John Morrow, and Steve Walthall decided to create a run from the Y, up through the switchbacks of the South Woods and back. It measured 14K and they decided to keep that distance because it was 1/3 of a marathon. The 5K distance was added a few years later – Carlson would remember exactly when – but I know I ran that first 5K with Lou Roberts and Barb Monroe when I was a newbie runner. Gosh, that was a long, long time ago. Anyway, I urge all of you to be there to run the 5K, the 14K, or to volunteer. Remember, this year the Saturday packet pick up is at the Brewery, not at the Radisson. Day of race we will be at the Radisson on Genesee Street.

Money, money, money. What does it get you? At this time of the year, the Utica Roadrunners have a financial bottom line that is often at its lowest. Historically, this time of the year is when we use more than we receive. Paula May, our Treasurer was worried, but there have been years when we were really scraping. This year, we are probably in the best shape ever. That is not because of me or any one person. It is because our Club has so many successful programs and so many dedicated volunteers. Our races, especially Falling Leaves, make some profit, but events like the Development Runs, the Youth Raffle, and the membership dues help to boost our coffers, too.

If you were ever wondering what we do with Club monies, here's a list of programs that our club supports:

- Scholarships – Our annual donation of \$1000 is often supplemented by friends and family of a member so that two seniors can receive \$500 each. Paul Ohlbaum's family has been donating dollars so that the scholarship has been in Paul's name.
- The Development Runs are the best deal. These runs help fulfill our purpose to promote and encourage long distance running as a competitive sport and as a means of healthful exercise. The Club is not getting rich here. Members run for free for 20 weeks if they so desire. That would be worth \$20. Dues are \$20 annually. Figure it out. Of course, the numbers are much lower after the Boilermaker, but the volunteers are still there for everyone.

(...continued on next page.)

- On Thanksgiving Day, the Run to End Hunger is held at the Parkway. All of the profits and canned goods are disseminated to area food pantries. We do not keep a red cent. Dave Jones gets donations for every door prize and morsel of runners' food!
- The Boilermaker Training Program has helped tons of runners achieve the goal of completing the Boilermaker! Their registration fees support the weekly practice sessions, provide shirts for the participants, and reward them with a party after they run the Boilermaker. Volunteers seem to be more essential than bucks for this to be successful.
- We have an annual Race Directors meeting to formulate the Race Calendar for the following year. It is so great to meet the people who are holding all of the events in the greater Central New York area. We try to eliminate date conflicts, and share some management info. The Club absorbs the entire cost.
- There is the annual Member meeting each fall. Any member can come to the event (usually at the Brewery) to vote for directors, learn about changes in bylaws, races, training programs, or to just rub elbows with other runners while snacking and clinking glasses.
- The autumn Youth Raffle money helps to finance our Youth Programs. Mike Kessler (724-3315) has tickets printed and ready to sell for this year's October event. Call him.
- The awards banquet in the spring is a deal. The Club charges a set fee that is below cost and then pays the difference. If you do not attend this banquet, you are missing a great time. Between the awards power point program, the DJ, the door prizes, and the food, it is even better than a deal.
- How about the equipment that we make available to area races for a small fee? The fees never will cover the cost of the timers, clocks, bullhorns, signage, or chute materials, but the Utica Roadrunners help many events save money.
- With the help of the Sneaker Store, we are able to clothe a Utica Roadrunners Racing Team. These guys and gals are some of our best runners. Jim Fiore keeps them organized.
- Through the Road Runners Club of America, we pay for dues and insurance. The insurance is essential for liability coverage for Board Members, Club races and their directors and other Club events. Our butts are covered just in case.
- Few take advantage of the facilities at the Fitness Mill. The owner, Al Calogero, allows the Club to use the facility on Thursday nights for a small fee. The Club pays that fee. Just sign in and go out for a run at 5:45pm. You can use the showers, the machines and the indoor track if you are so inclined.
- And then there are the website fees, USATF membership, Newsletter fees, postage, and supplies that have to be paid for through Club revenues.

What do you think? Are we spending money for the right things? Does anyone think not? Does that person care to become a Board member to guide us in ways other than those we now follow??? Let us know. Jim Moragne has sent each of you an email urging you to consider a spot on the Board of Directors. I hope that many of you responded by sending a brief bio to Kathy Fuller fu97jug@roadrunner.com. We will be anxiously anticipating your information so that the annual voting and meeting can be conducted.

On that note, Keep Happy, Stay Healthy, Run and Be Careful Out There!





Same Time, Same Place? Looking For More People?

The club gets inquiries several times a year from runners who have just moved into the area, or have just taken up running, or have finally decided they want to run with a group. The question's always the same: "Do you know of any regular group runs in (insert town, village, city) that I might join?" And you're reading this thinking (maybe) that "we run every (insert M-T-W-Th-F-S-Su) and would welcome some new blood". So why not put the two parties together and make everyone happier?

We're asking that anyone who has a regular run, solo or group, and who is looking for more partners, to let us know. We will publish those runs in the SpliTimes each month, and will look into putting them in a section on the club's webpage. Give us the day(s) of the week, where, when and contact information. Also, indicate if the group is open to all comers, goes a specific distance, is training for something like a marathon, is targeted towards faster runners, runs year-round, etc. If you would like to just have the information shared on a one-to-one basis and not be publicized, we won't publish it, but instead just give the contact info to those individual callers/e-mailers looking for partners.

If you're interested, please e-mail the information about your run to the club's Membership Chairman, Jim Moragne, at jmoragn1@twcny.rr.com, or call him at (315) 894-5402. C'mon – do a fellow runner a favor and make a new friend – you never can have too many of those.



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 5:30 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 or jmoragn1@twcny.rr.com.



Falling Leaves Race Updates

Mike Brych

The Falling Leaves Road Race is filling up fast. We are 100 people over last year's numbers so far. You won't get closed out, but you may miss the shirt. Sign up today!

Due to a mistake at the Nike factory, we are getting their top of the line shirt (same price to you). The shirt will be a Nike Pro Combat long sleeve shirt, which retails at \$35. Think of a high quality long sleeve Under Armor type of shirt.

Also Saturday packet pick up has moved to the FX Matt Brewery, not the Radisson Hotel. All Sunday events will take place at the Radisson as in year's past.

Dear Utica Roadrunners,

I wanted to thank you for considering me and choosing me for the Paul Ohlbaum/Utica Roadrunner Scholarship. It was very generous and will be a large help. I plan to keep in touch and participate in not only the club but the many local road races. I will keep in touch to let you know how my year at MUCC is going - Especially my track season!

*Sincerely,
 Trevor Roorda*



Parkway Development Runs

Registration: Wednesdays until Sept. 21st, 5:00 p.m. Parkway Rec. Center

Cost: \$1.00 per person, \$2.50/family
FREE to all Utica RR Members

Start times:

2.5 Mile Walk: 5:30 p.m., Kids Fun Runs: 5:45 p.m., 10K, 5K & 2 Mile Runs: 6:00 p.m.

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 15 of the 20 weeks. Credit for participation includes those who run, walk or volunteer. For results and updated Development Run information go to: <http://www.train-2run15k.com/DevRunVolunteers.html>.



Running Quote of the Day:

“Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up.”

Amby Burfoot,
The Runner's Guide to the Meaning of Life



Bolder Inspiration of Trenton Falls Race Nicely Done

by Val Cognito

The Bolder Inspiration 5 mile road race was held on Sunday, August 6th. Although I usually run the Battle of Oriskany Race, I wanted to give this one a shot. Knowing that the course was near Trenton Falls, I anticipated that it would be quiet and scenic, and I was right. Parts of the course took place on tree-lined dirt roads. There were a couple of hills in the beginning but the majority of the course was relatively flat. Mid-race roads took us through beautiful rural scenery and enthusiastic onlookers. The last two miles consisted of a winding, gradual descent through the countryside and finished on a downhill to a flat with more than enough water stops for the journey. The atmosphere pre and post race was warm and friendly with plenty of food, including fresh blueberries, yogurt, muffins, iced-tea, and chocolate milk. Medals were awarded in 5 year increments, 4 deep. Fourth place winners received a professional matted photo of the falls. Overall, an enjoyable event and I would encourage you to try it next year.

TOP 10

Top 10 Reasons to Run the Falling Leaves Road Race

by Val Cognito

10. To support our club and the sport of running.
9. It's a similar distance to the Boilermaker yet a whole lot cooler outside.
8. For the long sleeve technical t-shirt for the first 1100 people registered.
7. To test out the new path along Valley View Drive.
6. Because you have enough elbow room to run your best for a middle distance race.
5. To be able to run clear down the middle of Genesee St. without getting hit by a car.
4. You can always tack on another 9 miles and add on the canal trail, just for kicks.
3. 'Cause you know you can't get enough of those "Switchbacks!"
2. Warm coffee inside the Radisson post race—Wahoo!
1. Mike Brych and his honkin' megaphone!

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)

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	Woodsmen 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 10	Herkimer ARC 5K	Herkimer
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	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!



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:

1st place - 10 points	4th place - 7 points	7th place - 4 points	10th place - 1 points
2nd place - 9 points	5th place - 6 points	8th place - 3 points	11th place & higher - no points
3rd place - 8 points	6th place - 5 points	9th place - 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

2011 Grand Prix Results



A Message From Nate Donaleski

Our Grand Prix Results Coordinator

Congratulations to everyone who has been competing in the Grand Prix this year! We have a total of 122 club members who have competed in at least one race this year. This is an increase from the past two years' participation. The last Grand Prix event will be the Falling Leaves 14k on September 25th. Please be sure to sign up and get those last few points to boost your age group ranking. Just a reminder, the Grand Prix's final results will be based upon your 5 best finishes out of the 10 races. On a side note, the average mean temperature slowly drops throughout the month of August in Utica. What does that mean? Now is a perfect time to boost up the miles and get ready for the fall races.

Keep running!
 -Nate

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 5k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
M 0-19	Murphy, Travis						10	8	10			28
M 0-19	Tine, Connor	10					9		9			28
M 0-19	Humphrey, Daniel			10				10				20
M 0-19	Humphrey, John					9		9				18
M 0-19	Sparacino, Ryan						8			9		17
M 0-19	Cognetto, Christian									10		10
M 0-19	Huther, Travis					10						10
M 20-29	Horan, Sean				9		10					19
M 20-29	Zutter, Matt				10							10
M 30-39	Tylutki, Jeremiah	9			10	10	10			10		49
M 30-39	Brych, Michael	10	10		8				8			36
M 30-39	Joslin, Thomas				7		9		10			26
M 30-39	Misenick, Ryan		8	10			7					25
M 30-39	Battles, Cory				6		8		9			23
M 30-39	Pare, Jason		9			9						18
M 30-39	Misencik, Ryan							10	7			17
M 30-39	Peruzzi, Francis	8			5							13
M 30-39	Totman, Andy				9							9

2011 Grand Prix Results

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 5k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
M 40-49	Cohen, Richard	10	10		10	10	10					50
M 40-49	Humphrey, Paul	9				8	9		10	10		46
M 40-49	Clarey, Robert	8		10	7	6	5					36
M 40-49	Draper, John			8	8		8			9		33
M 40-49	Esposito, Ronald			9			7		9	8		33
M40-49	Neidhart, Michael	7	9		5	5						26
M 40-49	Suba, Scott					7	6	10				23
M 40-49	Elleman, Mike				9	9						18
M 40-49	Salie, Erich							9		6		15
M 40-49	Crandall, Rich				6		4					10
M 40-49	Munson, Rob					3				7		10
M 40-49	Nasci, John								8			8
M 40-49	Steere, Sean			7								7
M 40-49	Sparacino, Patrick									5		5
M 40-49	Durso, Thomas				4							4
M 40-49	Huther, John					4						4
M 40-49	Swider, Dan						3					3
M 40-49	Salie, Erich						2					2
M 50-59	Siepola, James	6	10	8	7		8		9			48 (42)
M 50-59	Kosina, Bill	10			10	9			10			39
M 50-59	Johnson, Dennis	8				8	10			9		35
M 50-59	Burak, Gary				9	7	9			8		33
M 50-59	Fiore, Jim			10		10				10		30
M 50-59	Bick, Tom	5		7	4	5	7					28
M 50-59	Ichihana, Rob			6					7	7		20
M 50-59	Ruane, Mark	4	9		3							16
M 50-59	Dickson, Stan	9			6							15
M 50-59	Gunn, Ed				8	6						14
M 50-59	Plunkett, Gary		7						6			13
M 50-59	Ruane, Mark					3		10				13
M 50-59	Dunn, Mike					4			8			12
M 50-59	Bocko, David	3	8									11

2011 Grand Prix Results

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 5k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
M 50-59	Rust, Alan			9								9
M 50-59	Geesler, John	7										7
M 50-59	Reddy, Anil						6					6
M 50-59	Gorton, Timothy						5					5
M 50-59	Murphy, John				5							5
M 60<	Lenio, Ted	10	10		10	10	10	10	10	10		80 (50)
M 60<	Hahn, Richard	9		10			9	9		9		46
M 60<	DesJardins, Mark	8	8	8			8	8				40
M 60<	Searles, George		7	9		8						24
M 60<	Madeira, Joe	7							9			16
M 60<	Stevens, Mike					9			7			16
M 60<	D'accurzio, Rich			7						8		15
M 60<	Stanley, Dick					7			8			15
M 60<	Ohlbaum, Paul					6			6			12
M 60<	Cohen, Dan		9									9
M 60<	Mannava, Venkata Rao						7					7
M 60<	Alberico, Joseph			6								6
F 0-19	Humphrey, Bridget			8		10	6		10			34
F 0-19	Humphrey, Emily						9	10		10		29
F 0-19	Tine, McKenzie	10					7		10			27
F 0-19	Wilkinson, Justyna			10			10					20
F 0-19	Harrigan, Nicole					9						9
F 0-19	Steere, Morgan			9								9
F 0-19	Whittaker, Kristin						8					8
F 0-19	Fisher, Alicia			7								7
F 20-29	Price, Suzanna			10			10					20
F 20-29	Bergmann, Sarah					10						10

2011 Grand Prix Results

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 5k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
F 20-29	Clark, Stephanie							10				10
F 20-29	Fisher, Jennifer	10										10
F 20-29	Trinkaus, Michele					9						9
F 30-39	Sparacino, Colleen	8			9		9			10		36
F 30-39	Reilly, Christina	10		10	10							30
F 30-39	Mansaas, Susan					10			10			20
F 30-39	Manieri, Jessica	9					10					19
F 30-39	Fletcher, Amanda							10				10
F 30-39	Smith, Kim				8							8
F 40-49	Willcox, Joanne	10			9		10		10			39
F 40-49	Cognetto, Val		10				8			10		28
F 40-49	Wilkinson, Maryann			10			9					19
F 40-49	Murphy, Barbara						5	9	7			21
F 40-49	Mattia, Lauren					10			9			19
F 40-49	Kosina, Jean		9						6			15
F 40-49	Cabelus, Laura							10				10
F 40-49	Otto-Jones, Ingrid				10							10
F 40-49	Buchman, Heather	9										9
F 40-49	Burak, Felicia					9						9
F 40-49	Bramley, Julie			9								9
F 40-49	Burke, Dawn	8										8
F 40-49	DeYalio, Tracy					8						8
F 40-49	Tine, Michelle								8			8
F 40-49	Reddy, Aruna						7					7
F 40-49	Huther, Michele					7						7
F 40-49	Whittaker, Mary						6					6

2011 Grand Prix Results

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 5k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
F 50-59	Truax, Virginia			10		9	7	9				35
F 50-59	Fuller, Kathleen		9	8		6			8			31
F 50-59	Miller, Elizabeth	10					10	10				30
F 50-59	Tucker, Susan	9			10			8				27
F 50-59	LaLonde, Sarah	7				8	9					24
F 50-59	Shields, Linda					7			10			17
F 50-59	Tommell, Eileen	8					8					16
F 50-59	Fisher, Joyce	6					5					11
F 50-59	Bocko, Connie		10									10
F 50-59	Luley, Susan									10		10
F 50-59	Lindsey, Bettina					10						10
F 50-59	DeCarlo, Laurie								9			9
F 50-59	Stephenson, Christy			9								9
F 50-59	Leahy, Mary						6					6
F 60<	Brown, Cornelia	10				10						20
F 60<	Deangelo, Barbara			10								10
F 60<	Hosp, Rose								10			10
F 60<	Johnson, Sybil					9						9

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>



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 **SPLITIMES**, 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 834-5402 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
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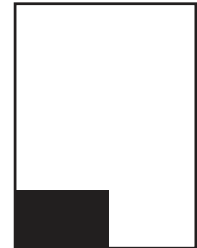
HALF PAGE-H
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HALF PAGE - V
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QUARTER PAGE
3.5" X 5"



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.

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 Patrice May at patricem.may@gmail.com or (315) 368-8416.