

# SPLIT TIMES



THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

**FEBRUARY 2012**

## Join Our Team!

America's Greatest Heart Run & Walk,  
Saturday, March 3rd

### GOAL DRIVEN-MORE OR LESS

Ted Lenio reflects on setting running goals  
PAGE 7

### TURF TREASURES

Fellow Roadrunner Shares His Roadside Finds  
PAGE 9

### REAL RUNNERS

The Paddock Family  
PAGE 10

### CROSS TRAINING

The cross country skiing way  
PAGE 11





# SPLIT TIMES

FEBRUARY 2012

**UTICA**  
Roadrunners

2012

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## REMINDER:

- ✓ Renew Your Utica Roadrunners Membership (This will be your last newsletter if you do not renew your membership for 2012.)
- ✓ Heart Run & Walk
- ✓ Boilermaker Registration
- ✓ Buy Valentines

## ATTENTION RACE DIRECTORS!

If you have an upcoming race that you would like to advertise in SPLITimes, 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)**. (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' SPLITimes Newsletter Staff*

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



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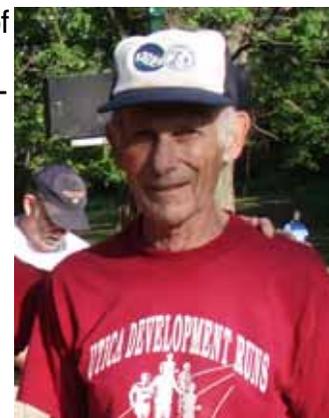
## **PRESIDENT'S MESSAGE**

by Sybil Johnson

Whoa! Did January fly by or what? I must be in some kind of time warp where many of my days are just totally compressed so that we do breakfast; I do my exercising, a little housework, some painting, and a little time on the computer and BAM! Dennis is home from work. I have to at least say that during January I stayed true to exercising every single day. I entered all of the information for the Club Race Calendar on the website (I feel important because I now have a website password.) I finally composed my SplitTimes article (How about those new graphics! Thanks, Val!). Our Christmas decorations are packed away, we XC skied a few times, and we did a short trip to Lake Placid. Good bye January!

Last month, I forgot to tell all of you that for 2011, I completed 1010.3 miles. Of course, 183.1 were jogging miles and 827.2 were fast walking. My walking miles take about 15 minutes each and my jogging miles are at the pace of about 10 minutes each. Now, if all the miles could be jogging miles, I could have saved about 68.9 hours. That's almost 3 days! Just think what can be done with 3 days – and I am not counting sleep time here. In any case, this is all leading to something else. In the good old days, there were many years where 1000 miles were a definite chore to accumulate. What with work and the rest of life, December was crunch time. Well, an acquaintance has recently announced that she is going to run 2012 miles for 2012. (She still has a job, spouse, house, etc.) Having known lots and lots of runners through the years, 1000 miles can be hard enough to complete. I figured that 5.5 miles have to be covered each and every day to get to 2012 miles. Good luck and best wishes.

Now, here is someone who knows about running lots of miles! Longtime Utica Roadrunner Howard Rubin has been named to the USATF Masters Hall of Fame. Howard's award is in the old-timers masters division. An outstanding distance and cross-country runner, Howard has been a key member of the Syracuse Chargers masters national medal-winning teams throughout the 1980s and 1990s. Howard currently holds 23 Charger records in 5 different age groups ranging from 55-59 to 75-79 and in distances ranging from 800 meters to 30 kilometers. He still holds 12 Chargers age group records in the 55-59 age group alone! You may not know who Howard is. The Utica Roadrunners did not have a racing team in the past. Howard always held memberships in both the Utica and Syracuse running clubs. He was one of the original members of the Utica Pacesetters, a former local running club. He had been volunteering his time to the Development Runs from the very first year they happened, until just a few years ago. Howard was always at the finish line in his quiet, unassuming manner.



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Howard still keeps up his Roadrunner membership. He lives right in New Hartford. Congratulations, Howard, for an outstanding running career and for your well-earned induction into the USATF Masters Hall of Fame!

Another USATF note – February 17 is the deadline for entering the USA Masters Indoor Track & Field Championships, which will be held March 16-18 at Indiana University in Bloomington, Indiana. Then, the entry deadline for the World Masters Athletics Championships Indoor is February 12. This event is being held April 3-8 in Jyvaskyla, Finland. Visit the USATF website [www.usatf.org](http://www.usatf.org) for more information. If anyone from the Club goes, I can write about you in my monthly article!

In March, we can count on America's Greatest Heart Run & Walk happening at Utica College. On Friday the 2nd, the Health Expo will be at the college gymnasium and on Saturday, March 3rd, we all can go any distance from 3 to 18 miles. As always, the Utica Roadrunners will have a booth at the expo. Ray Brych can always use more volunteers. Give him a call if you have a couple of hours to spare. There is always room for another happy face. Also, if you have pictures of any Roadrunner 2011 events, let Ray know so we can update the picture boards. For the Heart Run, there will be a Utica Roadrunners Team if you wish to have your donations accumulate there. Just write Utica Roadrunners as your organization/club and write my name, Sybil Johnson, as the team captain. As always, if you have another team that you wish to be part of, we understand. The important thing is to support the Heart Run & Walk!

The Club is growing with renewals and new memberships. The Boilermaker Training Program had 49 new members at its first session at the Fitness Mill. That is a record! Linda and Mike have some ideas for keeping the group more motivated than ever before. I love those [People Who Run for Fun (Utica Roadrunners)] weekly articles by Linda. And... returning trainees will be good for bolstering any self-confidence issues with the newbies.

The Grand Prix events will include the Rome Art & Community Center 5K to be held on May 12th this year. The other 10 events will be: The Fort-to-Fort 10K, Stockbridge Hot Foot, SOS, The Ted Moore, Hall of Fame Half Marathon, KAC, Summer Sizzle, Honor America Days, Millers Mills, and Falling Leaves 14K. Check out the website Race Calendar for specifics. Now everyone can have a chance to win age group awards that have nothing to do with the actual race results. The competition is among Club members. Go to it!!!

I have another travel idea for you. There is a business called Running Wild based in the north of Ireland. They are set up to provide running, walking, and touring holidays for those who like going off the beaten track. The group visits local landmarks that include the world famous giants causeway, rope bridge, the Bushmills distillery, and much more. Visit the website: <http://runningwild-ireland.com/default/about> When you get home, let us know how Running Wild did.

Okay, that's all I have for this issue. Keep healthy and stay hydrated.  
Most of all – Be careful out there!



**MEMBERSHIP RENEWAL PAYMENT IS PAST DUE  
DEADLINE WAS JANUARY 1, 2012**

“Members dues are due on January 1st each year, and can be paid by using either the form in this edition of the SplitTimes, printing out the same form from the club website at <http://www.uticaroadrunners.org/pages/application.html>, or using Paypal at the same Web address. Thank you”.



FOOTHILLS RURAL COMMUNITY MINISTRY

Thank you

\$2359

Dear Utica Roadrunners

I want you to know how much we appreciate the magnitude of your check.

It will buy a large truckload of food from the Food Bank of Central N.Y. and it will keep us going for well over a month. So,

On behalf of the many needy people who will benefit from your kindness,

thank you for your donation.

Bonnie Church

Treasurer, Foothills Rural Community Ministry

Half of the proceeds from our annual Run To Stop Hunger go to the Foothills Rural Community Ministries and half goes to Your Neighbors, Inc. The food collected goes to The Rescue Mission.

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## SHARE YOUR EXPERIENCES!

Have a story to share about a running experience? Is there a member you know that has done something special who might be too shy to tell us about it? Our club is made up of many extraordinary people doing extraordinary things. Even if it's not about running, we want to hear stories about our members and the great things they do!

If you or a member you know has a story to tell, we'd like you to share it. Fellow Roadrunner Paul Marshall has offered to write human interest stories for the Splitimes newsletter. If you would like to share your story or suggest another member's story be included, email Paul at [MileMarkerStories@gmail.com](mailto:MileMarkerStories@gmail.com). You do not have to write the article, just contact Paul with your name, phone number and the subject of the article and he will do the rest!



## WANTED:

The Utica Roadrunners are looking for a current photography student who is interested in shooting action sports and building his/her portfolio. Student must be reliable, organized, available on weekends and be able to meet copy deadlines. This is an unpaid, volunteer position but a great opportunity to gain experience working in a real life editorial environment with art direction and mentoring. If you, or someone you know may be interested, contact Val Cognetto at [cognettodesign@gmail.com](mailto:cognettodesign@gmail.com).

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## Interested In Becoming A Race Director?

After a few years of being race director for the Summer Sizzle, Paula May is passing the baton. Thanks Paula for the improvements and changes made! Who wants to step up and help the club? Now is your chance! If you are interested in taking on the challenge of directing the "perfect" race and earning a volunteering patch, drop us an email! You can email Mike Kessler at [mkessler1012@adelphia.net](mailto:mkessler1012@adelphia.net).



## 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/index.html>.



## Goal Driven—More Or Less

by Ted Lenio

Goals drive us runners, more or less. More speed and less time. More muscle and less fat. More flexibility and less injury. More vitality and fun, less fatigue and stress. More races, miles and medals, less . . . well, you get the point. But above all, more satisfaction and less disappointment.

So, just how was I to eclipse last year's 44 races, 29 medals, and 1,339 miles? In other words, doing more and better. I was determined and disciplined to achieve my goals, but not necessarily smart.

I figured that starting the race season as early as possible would give me a "leg up" on last year. What better way than the Hangover 10K in Barneveld on New Year's Day! Feeling pretty good and not having slowed down too much since December 2009's Old Tyme Christmas Run in Weedsport and It's a Wonderful Run in Seneca Falls, I decided I could race during winter's ice and cold. But, I wasn't quite ready for what followed: the 5-below at Cazenovia's Chilly Chili, Onondaga Lake's gale at Cupid's Chase, and the inaugural DeRuyter Whiteout, literally true to its name.

I took Utica Roadrunners Club President Sybil Johnson's SpliTimes challenge to heart. "Now everyone knows that there are lots of runs to do. . . You could even do 2 in a day or 3 in a weekend . . . We could have a whole new crop of Kermit's – he is famous for running multiple events in a weekend," she suggested. I had already done two doubles the previous year – that is, two races on a single day, with as many as three or four events in a weekend. Racing every weekend had pretty much become routine for me as I spanned the state in search of the best events. In looking for opportunities for doubles, afternoon and evening races were a must, travel time, distance, and gas prices notwithstanding, not to mention the Empire State Senior Games (ESSG) in Cortland, where holding many road, track and field events on a single day is commonplace.

The first chance I had was with Team 2 Beat and two bookended, bicycle-interrupted, 5K trail legs of the Du the Lakes Duathlon at Green Lakes one fine May morning, followed by the Towpath 10K Trail Run in St. Johnsville that evening. Three in as many days came next, with the Wilbur Duck Mile in Oneida, CROP 5K in West Winfield, and the concluding Hall of Fame Half-Marathon in Utica. My second double came on June 4<sup>th</sup> with Paige's Butterfly 5K in Syracuse, followed by the Kirkland Art Center 5K that evening in Clinton. Four races in two days occurred at the ESSG, with the 5K run and 5K race walk road races the first day, and the 10K road and 1500m the next day, yielding two firsts and a second place medal in my 60-64 age group. The fifth double was the Nate the Great Titledown in Canastota and the Lions Ramble in Ft. Plain, both on June 11<sup>th</sup>, tallying six races in three consecutive days. The sixth and final double was on September 25<sup>th</sup> with the Falling Leaves 14K

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in Utica in the morning followed by Syracuse's Strathmore Parks 4-Mile Run in the afternoon, thus completing four races in as many days. When the dust had settled, I had tripled my doubles from the previous year and met Sybil's challenge!

At the risk of immodesty, three exhilarating accomplishments took me beyond the familiar age-group podium when I was first overall male at the 3<sup>rd</sup> Annual CROP Run in West Winfield (yes, I was beaten by the swift Karen Huxtable, race director for Millers Mills), was first overall at the Roman Runners' Kirk Mile, and first overall among all 50+ age groups at the Empire State Senior Games 5K Race Walk, thanks to some fine coaching from Bob Nicholson.

I was pleased again to be among eight runners throughout the region who earned this year's Route 20 Road Challenge Series warm-ups (to match last year's earned hoodie) for completing a minimum of eight races. Similarly, I was able to complete all six races in the Syrathon, twice needing to run a second race in one day, earning a coveted medal and shirt for the Syracuse series. And, completing the minimum seven races for the Oswego County Runaholics garnered a similar memento. These far-flung race series were all motivating goals that got me out on days I might have resorted to reasonable rest, however better or worse for wear.

Another targeted goal this year was to improve on last year's age-group second place in the URRC Grand Prix series. Though I could only schedule nine of the 10 races, I managed to take first in all of them among my age group mates, realizing this was likely my only year to prevail given Jim, Tom and formidable others soon to dominate the division.

Other personal highlights through the year included finishing 2<sup>nd</sup> out of 54 guys in my age group at the Boilermaker 5K, climbing into the top 4% of men 60-64, and putting my 70.6% age-graded results into the "regional class" category; the thrill of teaming with Larry Reyes and Jason Pare to capture second place team behind the Camden Cross-Country boys at the 22<sup>nd</sup> Copper Wire 5K,

with me running faster than Camden's third kid; setting an age group cross-country course record at the Making Tracks for Celiacs 5K at Jamesville Beach, according to race director Jay Brandt; and warming up with the great Fred Joslyn at Padre's Pace for the Pantry prior to his Olympic Marathon team trials in Houston.

My fortieth race on the Fourth of July was a tipping point, of sorts, when I rediscovered the joy of running at the back of the pack of the Cazenovia 10-mile lake loop, after silver medaling in the earlier 5K. Finishing mud-slathered at the Deerfield Skeleton cross-country run was my taste of today's trend of endurance/survival events. And several times making it to the overall finishers' podium, often while beating winners and medalists in younger age groups, all while being part of a large, intensely competitive elder cohort, made me feel part of something much larger than myself. To this last point, do we all, regardless of age, size up the pre-race field routinely thinking at least half the participants are in our age group?! Finally, though by far most of my races were 5Ks, I did attempt and complete the inaugural Empire State Marathon, my first marathon in 27 years and thirteenth lifetime, though the strain aggravated a chronic hamstring pull, precipitated iliotibial band syndrome and hobbled me to snail's pace in subsequent weeks.

When all was said and done, 2011 bested my previous year in nearly all categories. Sixty-four (64) times I reached the podium in my age group out of 77 races (83%, and as high as 89% in late September), which topped last year's 29 awards for 44 races (66%), with the number of firsts this year at 33 (43% of total medals) exceeding last year's 18 (41%). I expanded my race distances from the mile to the marathon, track to trail to road, covering 1,414 miles and exceeding the previous year's 1,339.

Yet, however notable the quantitative accomplishments might have been, it was the more qualitative sensations and perceptions that trumped the numbers. While only occasionally beating my fiercest age-group rivals, I was humbled by mature men better than I, carrying on proud, enduring traditions of top-level performance. I reveled in

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their superiority, felt honored to be amongst them, and celebrated their victories as much as my own. For lest we let our hubris get the best of us, there are always those faster and more prolific. Our comparative success is usually parochial, contextual and relative, depending on who shows up on any given day and how they feel. But, as one since childhood never comfortable with competition, winning's luster gradually tarnished, for how can one pleasure in another's defeat? And in befriending nemeses, I was reminded how benign adversaries motivate the best qualities in

us, compatriots with whom we share recreational enthusiasm for a beloved sport.

The extrinsic incentives of trophies and medals gave way to gratitude for the intrinsic engagement in the process and the present moment -- the striving in the striding, not the firsts by however many seconds. The goals served a purpose, not as ends in themselves, but as beginnings to self-awareness, with failure often more illuminating than achievement. Indeed, goals to develop do drive us. But they can be more and less, with less often more. ■

## TURF TREASURES

by Norm Cognito

Do you ever notice all of the things on the side of the road while you are running? I do, and those things bring up lots of questions. I see lots of car parts; mostly nuts & bolts. They are usually pretty big and I would think if they are that big, they probably do something important. So there are a lot of cars missing some important pieces. That can't be good.



I found a perfect red long stem rose still in the cellophane wrapper like they sell at grocery stores. Did someone leave it on a car roof? Did someone try to make up for an indiscretion and it was thrown out the window? Should I bring it home to my wife?

Once on a very hot day I saw a \$1 bill. I pick up coins all the time, but this was a \$1 bill. Yippee! It was tightly rolled up. Unrolling it, I found it covered with white powder. Great, now I'm thinking that I have some type of illegal substance on my hands! What if I get it in my eyes? Somehow with my brain oxygen deprived from running, I had myself convinced it would temporarily make me blind, someone would call 911, and then I would have to explain to the police how I "found it."

While running with my wife I saw a DVD case. I stopped to pick it up—she always keeps running. It was a XXX movie about "Construction worker" girls. Seemed like that shouldn't be where kids could find it so I kept it and caught up to my wife. Huffing and puffing I said, "Look what I found." She was not impressed. Then I thought, I could just carry it home, but I would probably run into someone I know and have to explain what I had in my hand. Now what do I do? I could leave it in my friend's roadside mailbox. What if his wife gets the mail? Not good. I could give it to one of the old people sitting outside the nursing home as we pass.... I ended up running all the way home with it and hiding it in the bottom of the garbage can so as to avoid trying to explain it to one of my kids.

One day "down by the river" I came across a bunch of newly hatched snapping turtles. I thought my son would love to see one so I picked it up. After a few minutes running with a turtle and not moving my arm, I remembered our family rule—*You kill it, you eat it*. Needless to say, I put him back near his siblings.

So what have you found on the side of the road?



## Real Runners: The Paddock Family\*



When Suzanne Paddock began training to run her first Boilermaker 15K in 2008, she hadn't anticipated the sense of accomplishment crossing the finish line would bring, nor the passion it would ignite. It had been many years since her last run, and although she walked several miles each week to stay in shape, Suzanne knew there was a world of difference between walking and running. She found the transition challenging. To stay motivated she joined the Boilermaker training program in Ilion.

The Boilermaker training program is a great help for new and experienced runners who have never gone the distance of a 15K. It starts out with more walking than running and gradually increases the distance and intensity of each workout. By the end of the program most runners have built up the confidence and endurance needed for the Boilermaker and have no problem crossing the finish line.

On the morning of the race Suzanne was excited and ready. As she ran those first few miles, confidence replaced any self-doubt she may have had. Cheering spectators helped her bear the heat and the incline around mile seven, but she knew that there was still a ways to go.... Running the Boilermaker was the most physically challenging thing Suzanne had ever done. "To realize I actually made it the whole way was amazing. Once you get past the finish line and into the crowd it really hits you, and you realize all the work you put into training was worth it," Suzanne said.

Suzanne's accomplishment ignited a passion within her family. She and two her sons, Stephen and Will, have twice run the Boilermaker 15K together. Stephen is considering his first marathon. And while vacationing over Thanksgiving, Stephen and Suzanne's daughter Abbie represented the Utica Road Runners at San Francisco's Annual Turkey Trot in Golden Gate Park.



*\*\*"Real Runners" is written by Utica Roadrunner Paul Marshall highlighting stories about fellow Utica Roadrunner members. If you have a story about yourself or another member, email Paul at MileMarkerStories@gmail.com. Your story does not have to be about a running experience. Maybe you or another member has made a difference in our community or received an award for a great accomplishment—we want to hear about that too!*

# Cross Country Skiing

An excellent cross training alternative to running during the winter

www.coolrunnings.com, September, 1997

It's an endurance activity, it's a distance exercise, and it works many of the same muscle groups as running. All that, without the pounding of the road, makes cross-country skiing an ideal cross-training option when the weather turns cold. You only need two or three inches of snow, but if the ground is bare, indoor ski machines can provide a workout nearly identical to the real thing.

Cross country skiing is an excellent aerobic exercise and can actually help you increase your oxygen intake beyond what your running does. On top of that, the gliding action stretches your hamstrings, calves and lower-back muscles. All in one activity, you promote flexibility, muscle fitness and cardiorespiratory endurance. This, of course, translates to improved performance when you get your running shoes back on your feet.

The basics of cross-country skiing aren't too tough, but it helps to have a lesson; it can take a little while to get the hang of it. At a rudimentary level, though, it's not all that different from walking on skis. Keep your ski tips down, lean forward on your skis and glide along. Once you get the hang of it, faster skiing is a reasonably good approximation of the running motion; you push off stronger and the steps, or glides, are longer. The faster you go, the more you push your weight forward and lift the back of the skis out of the snow.

Use of the poles can give you a good workout in your arms and shoulders, especially on uphill climbs. For particularly steep slopes, though, you have to switch to the herringbone approach, making a V-shape with the back of your skis, and placing your poles behind the skis.

"Skating" means that you push off to the sides with your skis rather than straight back, and you use your poles more. It's more demanding than traditional cross-country technique and will do more to



work your quadriceps, abdominals and lower back muscles.

To get the same workout as running, you have to ski about twice as much time. To approximate a ten-mile run, for example, you have to ski for around two hours. But go easy at first, or the next day you'll be sore everywhere. Because cross-country skiing requires your legs to be closer together and your back more bent than when running, you might find that your inner thighs and lower back get particularly sore until you get used to skiing.

If you do a lot of cross-country skiing in your off season, be aware that it could take you some time to get your running form back. You might want to avoid skiing during the week of a big race. ■

# 2012 GRAND PRIX



## 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 2012 Grand Prix you must pay YOUR annual dues by 3/31/12

## Scoring

Scoring will be based on the best 5 finishes of the 11 Grand Prix races. Current standings will be published in SpliTimes and appear at <http://www.uticaroadrunners.org/pages/grandprix.html>

## Age Groups

Age Group for the entire season based on age as of 1/1/12.  
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	

<b>2012 Races:</b>	Fort To Fort 10K	April 7th
	Save Our Switchbacks (S.O.S.) 4.7 Mile	April 15th
	Stockbridge Hot Foot 5K	April 21st
	Ted Moore 5K	May 5th
	Rome Art & Cultural Center (R.A.C.C.) 5K	May 12th
	Hall of Fame Half-Marathon 13.1 Mile	May 20th
	Kirkland Art Center (K.A.C.) 5K	June 2nd
	Summer Sizzle 5K	June 17th
	Millers Mills 5K	July 15th
	Honor America Days 5K	July 28th
	Falling Leaves 14K	September 23rd

## Top 10 Valentine Sentiments From Runners

by Val Cognito

10. I love you...ALMOST as much as running.
9. Let's go out to dinner for Valentine's Day, then we'll take an ice bath!
8. You are so beautiful...Like my new running shoes.
7. Of course I know when Valentine's Day is, it's a week before spring training starts.
6. Be mine...And be in bed by 9:00, I have a race tomorrow morning.
5. Chocolate covered granola bars; *just because*.
4. Let's do something romantic. How about I give you a 5 minute lead?
3. Nothing says "I love you" like the gift of *Thorlos*.
2. How about a foot massage?
1. Yay! It's Valentine's Day—Only 146 days 'till the Boilermaker!

## Look Sharp in Utica Roadrunners Apparel!



**Singlets**  
**UTICA ROADRUNNERS**  
 or Circular Logo  
 100% polyester  
**\$15**

**Ladies** - Double panel front  
 Small, Medium, Large, X-Large  
**Mens** - Small, Medium  
 Large, X-Large



**Short Sleeve Tech Shirts**  
 Cool-N-Dry 100% polyester  
**\$20**

**Ladies V-neck**  
 Red or White  
 Small, Medium, Large,  
 X-Large  
 (Ladies shirts run small,  
 order one size up.)  
**Mens Crew neck**  
 Red or White  
 Small, Medium, Large,  
 X-Large



**Shorts - Boxer style**  
 100% polyester  
**\$15**

**Ladies** -Red or Black  
 Small, Medium, Large, X- Large  
**Mens** - Black  
 Small, Medium, Large, X-Large



**To order merchandise,**  
 Please e-mail Mary Ruckel at  
[townclerk@roadrunner.com](mailto:townclerk@roadrunner.com)



## The More the Merrier!

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?"

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 SplitTimes 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: goes a specific distance, is training for something like a marathon, is targeted towards faster runners or the general pace, runs year-round, etc. If you would like to just have the information shared on a one-to-one basis we won't publish it, but instead just provide the contact info (telephone or email) for those individuals looking for partners.

If you're interested, please email the information about your run to the club's Membership Chairman, Jim Moragne, at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com), or call him at (315) 894-5402.

### WANTED: SUNDAY MORNING RUNNING PARTNERS

Cornelia Brown's looking for one or more running partners for a regular Sunday run between Clinton and New Hartford. Country roads, averaging 10-12 miles at a pace of 9:00-9:30 a mile. She can be reached at [cbrownmami@gmail.com](mailto:cbrownmami@gmail.com) or (315) 732-2271.



## 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 Those "Down in the Valley"

**Mondays** at 5:30 p.m. at the GPO Credit Union in Illion  
**Wednesdays** at 5:15 p.m. at 622 North James St. 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).





**UTICA ROADRUNNERS 2012 MEMBERSHIP FORM  
(PAGE 1 OF 2, please submit both pages)**



**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. Members get a discounted entry fee into club races and free entry in the Development Runs.

**2012 Membership Renewal or New Member  
(circle one)**

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

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

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

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

Primary Phone: \_\_\_\_\_ Second Phone: \_\_\_\_\_

DOB: \_\_\_\_\_

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

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

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

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

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

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

DOB: \_\_\_\_\_

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

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

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

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

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

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

DOB: \_\_\_\_\_

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

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

**(Use second form for additional family members.)**

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for a couple and \$30 for a family of 3 or 4. **For new families only**, there's an additional fee of \$2 for each family member after 4 members. Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504

**Please complete page 2 on the following page - both pages must be submitted in order for your application to be valid-Thank You**

## UTICA ROADRUNNERS 2012 MEMBERSHIP FORM VOLUNTEERING FORM (PAGE 2 OF 2)

URR Volunteer Categories (check any that interest you) Participation earns you Roadrunner Points!				
1 <sup>st</sup> Member	2 <sup>nd</sup> Member	3 <sup>rd</sup> Member	Committee	Duties
			Membership	Maintenance of records and membership list, membership cards, information to new members
			Club Races	Helps plan URR races such as SOS, Summer Sizzle, Falling Leaves
			Racing Team	Helps with recruitment of Team members, organize Racing Schedule and Team registration coordinates transportation
			Training	Boilermaker Training Program and other Youth Training Programs, Development Runs
			Volunteer	Solicits club members to volunteer for various club races and activities
			Social Activities	Annual Awards Banquet, Fun Runs and parties, other special events promoting fellowship
			Awards	Determine qualifications, criteria and appropriate awards for the URR Grand Prix and other club awards
			Public Relations	Newsletter, Website, Email, Media releases, Use of URR lo, other means of promoting the Club
			Finance	Submission of a proposed annual budget to the Board, establish reimbursement policy
			Merchandise	Design, purchase, marketing and sale of Club merchandise

### 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.

1st Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

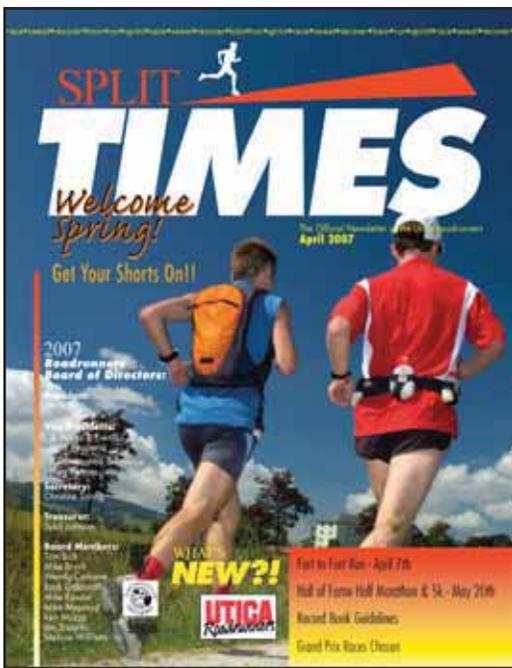
2nd Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

3rd Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

Questions? Please email Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com) or call him at (315) 894-5402.



# 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.



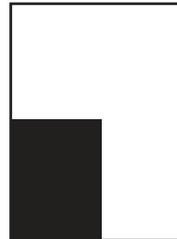
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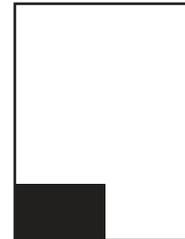
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HALF PAGE - V  
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QUARTER PAGE  
3.5" X 5"



BUSINESS CARD  
3.5" X 2.5"

### PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

#### Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to [cognettodesign@gmail.com](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 Patrice May at [patricem.may@gmail.com](mailto:patricem.may@gmail.com) or (315) 368-8416.