

April 2013

splitimes

The Official Newsletter of the Utica Roadrunners

Annual Awards Banquet April 6th

Grand Prix Picks For April:
Fort To Fort 10K 4/6 and
Save Our Switchbacks
(SOS) 7.5K 4/21

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



2013 Utica Roadrunners Board of Directors



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If you would like to advertise in Splitimes, please contact:

Patrice May email:

patricem.may@gmail.com or call (315) 368-8416. 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!). See last page of this newsletter for advertising rates.

Editor: Valerie Cognito
cognettodesign@gmail.com

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/UticaRoadrunners2013ClubHandbook.pdf>.





Letter From The Editor

When I first joined the Utica Roadrunners, it gradually became apparent to me who the “go to” people in the club were. I mean the die-hard runners who were born to move and shared the joy of this new found love that I had discovered. They volunteer a ridiculous number of hours each year so that others can participate in races, stay informed, and seek support. I have met so many good-hearted people over the years, many of which I consider my friends. To this day, they teach me so much and I soak up their stories and advice like a sponge. I feel blessed to be a part of such a wonderful group of down-to-earth folks where I am encouraged to just be myself.

Although I find it easy to approach others and socialize freely, not everyone shares my courage. So, in this issue you’ll get a chance to “meet” our Board of Directors and learn a little bit about them. I’m hoping that it will help you to identify *your* “go to” people with a little more ease than I had. They have joined the Board because they are giving people who want to help others, so feel free to approach them anytime with your questions.

You can find them on pages 10-12. If you are pressed for time (who isn’t?), at least take a quick look at their photos. That way you can put a face with a name later on.

In the meantime, move it, people!

-Val Cognito

Top 10 Springtime Events You Can Squeeze A Run Into:

1. Easter egg hunt or cross country race? You decide.
2. Earth Day: Pick a spot, run, recycle.
3. Track meets: Throw on a uniform and Whalla!
4. College hunting: Run through campus while your child looks around.
5. Walking the dog: Squirrel park—duh.
6. Cherry Blossom Festival: Use the trees as cones.
7. Baseball game: Bleachers, my friend.
8. Mother’s Day: Run from home to brunch with a pack of dry clothing on. Enjoy post run feast, yuuuummm!
9. Memorial Day: Run through a cemetery.
10. S.O.S. Running Race: Done.



President's Message

Hello fellow Roadrunners.

Well, it's finally Spring so let's talk races!

March was the quietest month for the Club Race Calendar on the website. April gets busier with the Fort to Fort Run hosted by the Roman Runners on the 6th. **You can run in the AM and then come to the Club Awards Banquet at 6 PM at Danielle's at Valley View.** After that first weekend, there are at least 10 more races during April. There is a bunch to do on April 13th. The Dan Barden Highland Mudfest in Deansboro sounds like fun. It is a first timer with lots of obstacles, fun, and entertainment. If you are not into mud, there is the Thrill of Victory at Onondaga Community College or the 5K and half marathon at Colgate. On the 14th, there is the Skunk Cabbage Classic. The following weekend, on Saturday, you could go to Oneida for the Run for the Children. But on the 21st, you **MUST** make the **SAVE OUR SWITCHBACKS** race at the South Woods in Utica. This is one of the Utica Roadrunners premier events. The proceeds help us to pay for the trail maintenance, and the distance is exactly $\frac{1}{2}$ of the **Boilermaker** distance! It is the perfect way to measure your progress for the big race.

Later in April, on the 22nd, you can run in Richfield Springs Community Center Run/Walk that is put on by Club members, Bill and Jean Kosina. The next day you could get ready for the triathlon season by doing the Duathlon at Vernon Downs. Club member Mike Brych will have you running, riding your bike, and then running again. How's that for early season masochism? At least you would not have to swim! Check out that Complete Race Calendar on the Club website <http://www.uticaroadrunners.org> for details and dates.

The Heart Run had another successful year. I volunteered at the Club booth and at registration. After seeing all of the different teams that Club members were registering for, I would love to add up the monies collected by all of us from the Utica Roadrunners. Ted Petrillo used to calculate that figure years ago, but participant numbers were smaller and so was the Club. We recognized member names more readily. Now, with 700+ members, the task would be monumental. Maybe one of the IT people at the Heart Association could figure it out. I cannot. Congratulations and Thank You to everyone who helped to raise more than \$1,100,000.

At the March Business Meeting, the Board of Directors discussed our upcoming race season. This includes not only the SOS Race and the Summer Sizzle, but also the Development Runs. A great deal of planning goes into these events. We have to obtain permission from the City of Utica and SUNYIT Marcy. Liability coverage from our parent RRCA insurance company has to be updated. Volunteers have to be organized and details like shirts, awards and post-race munchies have to be ordered. All we ask of you is your participation. If about 5% of our membership volunteer in one way or another, that would leave 600+ other members to run in these events. Wouldn't that be special! If we add in the other community runners with no affiliation to the Club, we would have one heck of an event. Don't just think about this – sign up to run the SOS and Summer Sizzle – NOW! Be at the Development Runs every Wednesday, starting May 8th, on the Parkway!

Every month, the Board also discusses the Administration and Finance issues for the Club. This includes our specific revenues and expenses for the previous month, merchandise (New logo stuff being ordered!), equipment, membership, public relations, national club

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liaisons (RRCA, USATF, TAC), and awards. If you have volunteered at the Development Runs in 2012, be at the Awards Dinner, because I have a special thank you for everyone. You must be at the party to be in on the fun.

Well, here is where I have to reiterate a one of my old pet peeves. Why can't people be friendly? Runners and walkers often pass me as I am on the roads. I always say hello – okay there is one chick that I never even smile to 'cause she is **really** unfriendly. But, so often others do not even glance or smile. Yikes! What is this world coming to? Can it be those earbuds negatively impact a person's awareness of their surroundings? Are there some new blinders that block out peripheral vision? I oftentimes say something unprintable under my breath after an unacknowledged hello – it makes me feel better. I will keep all of these stuck up people in my thoughts...

Fifty million years ago we had a bunch of runners in the Club who now seem to have disappeared. Lo and behold, two of them popped up in a local retirement village ad. Then, at least 4 of them were in the

newspaper in Florida at The Villages – a place for 'active' retirees. More of those old friends are at other warmer weather retirement sites. But – are they running? I got to thinking - these were people who were mainstays for race volunteers. Bob Carlson, our first Club president gave me some Falling Leaves photos from the 1980s. There were many of those runner/volunteers/retirees. What do you think the difference is from way back then and now? I think that we have many valuable volunteers right now, but proportionally, for a club of 700+ members, the percentage is lower. With many oldies but goodies retiring and moving away, we are getting desperate. Before you are old enough to retire, call (315-733-6216) or email densyb@raodrunner.com to volunteer at SOS, Summer Sizzle and the Development Runs. Don't wait until you get too old or go to a retirement village.

The ups and downs of the thermometer might be keeping the outside training interesting, so just remember....

BE CAREFUL OUT THERE
& TRUST NO ONE IN A VEHICLE.



Members' Help Needed!

We have a brand new Utica Roadrunners Board of Directors full of creative ideas, energy and initiative but we still need your help! Outgoing board member Patrice May handled several critical tasks so expertly and now we need people to fill her shoes in the following positions:

Public Information Point Person

Responsible for media contacts and press releases
Contact: Cory Battles, ctbny@hotmail.com

Advertising Director For Splitimes

Responsible for coordinating display advertising and payments, mostly for races.
Contact: Val Cognetto, cognettodesign@gmail.com

Social Events Coordinator

Responsible for coordinating our annual awards banquet and holiday parties.
Contact: Sybil Johnson, densyb@roadrunner.com

If you are interested in helping us out with any of the positions above, please contact the person indicated.

Volunteers Needed For SOS Race



The club needs about 15 volunteers to help with our **Save Our Switchbacks** race on April 21st. The total time commitment: 7:00 a.m. start until 10:30 a.m. (includes cleanup). Not only will you be helping out your running club with one of its signature events, but you'll earn volunteer points towards, among other things, an Extra Mile jacket and Golden Shoe awards, if that's a goal for you.

Also, to entice some help, Holland Farms has agreed to sponsor the volunteers and will provide coffee and donuts for the volunteers!

Anyone wishing to help out can email Doreen Cameron at dcameron@roadrunner.com, or call her at home: 315 798-4430 or her cell: 315 796-2050.



Please Join Us For The Utica Roadrunners'
Annual Awards Banquet

Saturday April 6, 2013 at 6 pm
 Daniele's at Valley View Memorial Parkway, Utica

There will be an Italian style buffet,
 2 hours of open bar
 and entertainment from Mike Brych
 A cash bar will be available after 8pm

**PLEASE RSVP BY
 TUESDAY, MARCH 28TH**

**HURRY!
 RSVP DEADLINE
 EXTENDED
 UNTIL
 APRIL 2ND!**



Please RSVP by sending
 \$20 per person by 3/28 to:

PO BOX 4141 Utica, NY 13504

RSVP's are needed for attendance

Any questions please feel free to contact

Sybil Johnson at (315) 335-2685



SAVE OUR SWITCHBACKS



The Official Kick-off Event Of The Weekly Development Runs! Half A Boilermaker!

Sunday, April 21st, 9:00 a.m.

Race Day Registration At The Parkway Ski Chalet

Opens At 7:00 a.m.

Kids Fun Run - 8:30 a.m. (no cost)

7.5K Road Race - 9:00 a.m.

Technical T-Shirts For First 200 registered!

First place overall male/female receive \$50 Sneaker Store gift card
2nd and 3rd place overall male/female get entry into 2013 Summer Sizzle

Top 3 in each age group receive White Pine Tree sapling:
1-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

New this year the Save Our Switchbacks has partnered with the
Arbor Day Foundation to care for the switchbacks and the trees!

\$20 before April 14th • \$25 April 14 thru race day

\$2 discount for Utica Roadrunner Club Members

Register online at www.raceroster.com

Paper registration available at www.uticaroadrunners.org





Still running strong, Ed wins the 70+ age group in the 1994 Boilermaker



Ed Buckley (left) volunteering at the Parkway Development Runs

We'll Miss You, Ed!

By Sybil Johnson

With heavy hearts, we're remembering long time Utica Roadrunner and Grandmaster Ed Buckley. Ed passed away on March 2nd at the age of 91. He was a true blue Club member. I believe that Ed joined the Club in the 1980s. He started running when he was 50, so his knees and legs lasted well into his 80s. Ed was active in our Club, the Roman Runners, the Syracuse Chargers and the USATF. He raced with the Chargers team most often and traveled to compete nationally and internationally. Ed also cross country skied. When the Buckleys had a Thursday night summer house run, we were able to check out Ed's collection of medals, plaques and trophies. His pictures from many award ceremonies and competitions covered the walls of his trophy room and extended throughout the house.

Ed was a long and lean racer who broke records as he ran through his 50s, 60s, 70s, and 80s. Ed spent time as a Board Member for our Club. He worked on the finish line to do the timing for most of our events. But, most runners remember Ed from the finish line of the Wednesday night Development Runs. For years, Ed was there on the Parkway, recording times long before we had computers to make the job easier. His wife Dorothy would be right next to him recording split times. They were quite a team. Ed also kept the Club marathon album up to date until just a few years ago. He mentored many a marathoner. Ed took the classes to certify race courses. He knew every tangent and measured every foot just in case any runner made a new USATF/TAC record.

I knew that Ed kept busy at Thanksgiving time because we would meet him when he was selling roasted chestnuts or hot pretzels at the Shoppers' Stroll in Clinton for the Lions or the Vets. Little did I know that he placed flags on Clinton village green and on veteran's graves for the national holidays. I did not know that Ed was a singer in the St. Mary's choir. The obituary list of Ed's involvements in community, veteran, and church groups was long! I knew Ed's daughters, Barb and Eileen, from high school and college, but I did not know he had 4 more kids. Ed has 18 grandchildren and 20 great-grandchildren. They could have started their own town!

Ed Buckley was a great guy. He had become less active only within the last year or two as he cared for his wife, Dorothy. He would make it to the Annual Banquet, and he was always ready to talk about current running stars, races, and records. We miss you, Ed. There will never be another Ed Buckley.



Healthy Hints



Chiropractic: Not Just for Back Pain

By: Dr. Timothy J. DelMedico

Everybody knows that Chiropractic care helps with back pain. Hundreds of studies have been published in medical journals that support this fact. I get referrals every week from medical doctors of all types who have read them. Chiropractic works. Did you know that chiropractic may also help with other health problems?

More and more data is showing that in addition to the traditional back pain, neck pain, headache relief that most patients traditionally see a Chiropractor for, Chiropractic adjustments can also help with other ailments. Asthma, allergies, high blood pressure, acid reflux, earaches, sinus trouble, irritable bowel disease, and reproductive problems all may respond favorably to Chiropractic care even when medicine has failed. For example, a double-blinded medical study was just performed last year that was published in a popular peer reviewed Orthopedic journal. The study concluded that regular Chiropractic adjustments to the upper cervical spine (neck) reduced the blood pressure of the patients in the study. How cool is that? Do I have your attention now?

The reason behind this is simple: Chiropractic adjustments affect your nervous system that runs every cell, tissue and organ in your body. By delivering an impulse to your spine, a well-trained Chiropractor can remove the interference that may be blocking precious nerve flow to an organ or system. These "roadblocks" are called vertebral subluxations and they can be detrimental to your body and your overall health. Chiropractors are skilled at detecting and removing these harmful subluxations in your spine, thus restoring your body's natural ability to heal.

If there is no nervous system interference in your body, your body can function optimally. This means no sickness, no disease, and surely no pain. Patients under regular Chiropractic care frequently report more energy, less sickness, and are generally happier and more focused. This goes for children too. If you have a spine, it should be checked regularly for subluxated vertebrae by a Doctor of Chiropractic. It makes sense to take care of it because it controls your entire body and ensures that you continue to live, breathe, heal, and thrive.

*Dr. DelMedico owns and operates DelMedico Chiropractic, PC at 2709 Genesee Street in South Utica. Call 797-1908 to set up an appointment.

Meet Our New Board Of Directors

Questions about the Club? Here are your "go to" people!



Sybil S. Johnson, President

Age 62,
Retired Speech Therapist, Utica Public Schools
Lives in Deerfield, NY

I have been running since 1975 (37 years!), but officially with the Club since 1976. At the time I joined the Club, my friends and I were looking for the chance to exercise and socialize with some new faces. I love being a Utica Roadrunner because have met tons of great people and the Club has instilled a decent exercise ethic. I used to love 1/2 marathons, but now I try to complete a 5K per month because I have been negatively impacted by spinal issues. I've never had the desire to do a marathon, but I have run over 25,000 miles. I chose to become a Board member because I want the Club to always be a driving force in the effort to keep people healthy for the Utica area.



Theodore G. Lenio, VP Administration & Finance

Age 62
Retired Secondary Social Sciences International Baccalaureate Instructor, Ethiopia
Lives in Rome, NY

I've been a runner for 38 years. I run for both mental and emotional clarity, tranquility, AND the fun of participating with others. Running helps me strive for a sharp mind, strong body, and a soft heart. I've run 13 marathons my best being at Seaside, Oregon, in 3:26:25. A highlight was completing four in five months back in 1984. As I've gotten older, definitely shorter distances are preferred.

This is my third year as a member of the club. I am very impressed by how dedicated some members have been to running and running the Club for so many years. I've come to realize that successful events and programs require much more than just showing up at races. To be part of a team of hard-working, organized folks is a privilege, and allows me to give back to a sport from which I've gotten so much.



Mike Kessler, VP Activities & Events

Age 55
Lives in New Hartford, NY

I've been running now for 11 years. It started with the Boilermaker Training Program where I found you can go farther than you imagine if you try. I also learned that running can help with weight management. I've been a Club member for 11 years and have met many good people. I've also made lots of friends I never would have met if I hadn't joined.

My average training distance is 3-5 miles, which is plenty for me to run on a regular basis. My first marathon was the Wineglass Marathon where I finished in 5:15. I am currently registered for Chicago Marathon next October and plan to beat 5 hrs.

I was nominated to become a board member so i thought I would see what help I could be. I believe everyone in an organization should involve themselves somehow and way. That makes a group great and an organization better.



Jim Fiore, Secretary

Age 54

Professor, Center for Mathematics, Engineering, Physical Science and Applied Technology, MVCC

Lives in Marcy, NY

I started running in junior high and joined the club in the late 1990s. I've been on the board for several years, including three as president, joining because I like running and felt the club was a positive influence in the community. My favorite distances range between 5k and half marathon. In my late 40s I won a bunch of local races and was running age-graded performances in the mid- to upper-80 per cent range. My Boilermaker time at age 48 was 53:46, for an age-graded equivalent of 48:05, and a 48:02 the following year. Since then I've been plagued by a series of injuries and have not been able to train at former levels. My best 2012 performance was 18:09 at Honor America Days 5k (age-graded to 15:22, or 84%). On the plus side, my injuries have allowed more time for music, since I play drums, mallet percussion, bass and guitar. Besides running, My wife, Karen and I enjoy bicycling, kayaking, XC skiing and hiking.



Paula Ann May, Treasurer

Lives in Utica, NY

I began actively running when I turned 50. That was 6 years ago! I always wanted to run the Boilermaker and thought, "What better time to start than when you turn 50!"

I have been a member of the Utica Roadrunners for 6 years. I enjoy running on Main Street in New York Mills but also the Boilermaker training runs. My longest race was the Boilermaker, but I also run many 5K races. The best thing about our club is the encouragement and support given to each person and the surrounding community, whether it's the encouragement and supportive words that you CAN run any race with proper training, or the support given to the community assisting with the local food banks, the VETS, and the American Heart Run & Walk.

I became a board member because I wanted to give back to a program that helped me.



Dennis Johnson

Age 52

Math Department Head and Instructor, Holland Patent Schools

Lives in Deerfield, NY

I have been running since high school, where I ran XC and track, and have been a member of the Utica Roadrunners for 25 years. My favorite distance to train for and race is the marathon. I have run 12 marathons, including 2 Boston's. My best time is 3:11 and all of them have been below 3:30. My most recent is the 2011 Marine Corps. Doing a marathon is a feeling that you do not get running any other distances.

What I like the most about the club is having friends that have a common interest of running. It is great talking about old times and competing against each other.

I chose to become a board member to give back to the club because the Utica Roadrunners has been a huge factor in what I have been able to accomplish as a runner. I'm hoping that more members will get involved and volunteer because it is usually the same 20-30 members doing a majority of the work. Without those people there would not be a club.



Jerry Tylutki

Age: 33

Director of Computer Science Laboratories at Hamilton College
 Owner, TNT Timing Race Timing Company
 Lives in Utica, NY

I have been running for 22 years. I run to clear my mind and forget whatever is troubling me. When I run everything melts away.

I have been a member of the Utica Roadrunners for 3 years. It's great being part of something bigger than me. It's a great feeling to know there are 700+ other people in the Utica area that wake up and go for a run on the weekend.

My favorite workouts are on the track- It hurts so much yet feels so good when I'm done. My favorite races are marathons. There is no other race distance that I feel as accomplished. I have run 4 marathons - Wineglass (2010), Boston (2011, 2012), and NYC (2011). My PR is NYC at 2:55:17.

I joined the Club because I felt I could help. It got to be frustrating always standing on the sidelines asking myself, "Why isn't the club doing this or that?!" Now I can influence decisions.



Doreen I Cameron

Lives in Utica, NY
 Retired Short Term Disability
 Case Manager, Metlife

Six years ago I started running to lose weight and became a Utica Roadrunner at the same time. I enjoy being a club member because it offers me a friendly brother and sisterhood. I train mostly for 5K races and that distance suits me well. I became a board member because I enjoy volunteering and the socialization it gives me.



Cory Battles

Age 33
 Lives in Utica, NY

I've been running since elementary school. It has always been my favorite form of competition because it's a competition against myself and my previous best efforts.

I've been a member of the Utica Roadrunners for 3 years. The best part is the camaraderie at the races. My favorite distance is a 15K (Boiler-maker!!) I completed my first marathon last fall and finished in 3:05:26.

I decided to become a UR Board member because I thought it was a great opportunity to finally become an active member and contribute to the sport I enjoy.



Karl J Jones

Age 45
 Policy Service Rep. at The Hartford
 Lives in New Hartford, NY

I've been running for 3-1/2 years now and I run because now I can. I've been a Club member for a little over a year and have met a lot of great people. My favorite training is for 1/2 marathons. I've completed 1 Marathon so far, which was in Buffalo, NY.

I became a board member because I wanted to pay it forward.



Honorine Wallack

Financial advisor at
 M Griffith investment inc



Jeremy West

Lives in Utica, NY
 XC & Track Coach,
 New Hartford Schools

Personal/Private Coach and
 Training Program
 & Running Camp Director
 at Sisu Athletic Development

Professional substitute teacher



2013 Grand Prix

On Your Mark, Set . . . Let the Racing Begin!

Well, we've finally arrived at the beginning of our **Grand Prix** racing season with our first of twelve races Saturday, the Fort to Fort 10K in Rome. We hope you've paid your Club dues, which makes you eligible to accrue points for some new great year-end awards. For changes in some of our rules, new race schedule, and a full explanation of the 2013 Grand Prix, check out the link at our Club website.

Speaking of awards, I hope everyone is attending Saturday's Utica Roadrunners Awards Banquet at Daniele's at Valley View starting at 6 P.M. Besides the perennial awards, we have 75 Grand Prix age-group winners who will be receiving laminated certificates for their achievements last season, not to mention 25 members who will be receiving cool medals sporting our new Club logo for "Fab Fifty," Paramount Points, and Family categories!

And, we have an incentive for all our **Club walkers**. The **Rome Art and Community Center 5KRun** on Saturday, May 11th, will once again offer a **separate walking race** and awards at the NYS School for the Deaf Track. Look for details from race director and Club member Jason Pare, who'll be distributing registration brochures, as well as available online.

And finally, the Utica Roadrunners will be awarding 2013 total annual **mileage chevrons for walkers** who cover a minimum of 500 miles. The chevrons will be awarded in 100-mile increments over 500, with reversed white numeration on a red field. So, if you're recovering from an injury, or can't run anymore, or just prefer walking, start logging your miles this year! Also, check out the **Masonic Care Community's** event celebrating **National Walking Day** on Wednesday, April 3, from 5-7 P.M. And, as always, stay strong, train safe, and race swift!

~ Ted Lenio, 3/15/13

Grand Prix races for 2013 are (with Club races in boldface and new races bold italicized):

Fort to Fort 10K	Sat. April 6, 2013
Save Our Switchbacks 7.5K	Sunday, April 21st
Rome Art and Community Center 5K	Sat., May 11th
National Distance Running Hall of Fame 21K	Sun., May 19th
Kirkland Art Center 5K	Sat., June 1st
Summer Sizzle 5 Mile	Sunday, June 9th
Millers Mills 5K	Sunday, July 21st
Bolder Inspiration 5 Mile	Sat., August 3rd
Woodsmen's 10K	Friday, August 16th
Herkimer ARC Heart & Sole 5K	Sat., Sept. 7th
Falling Leaves 14K	Sunday, Sept. 22nd
Deerfield Skeleton 5K	Sunday, Oct. 13th

Grand Prix details, results, standings, and reports can be found at the Club's website and monthly Splitimes newsletter once the season is underway. Confirmed race dates can be found at the Utica Roadrunners website: <http://uticaroadrunners.org/bb/index.php?&act=calendar> (with successive months accessible at page's bottom). For questions / more information, contact Ted Lenio, TeLeTalk50@aol.com, 335-0090.

Social/Group Runs



The More the Merrier!

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: 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, or call him at (315) 794-4034.

Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. 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.



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 Main St. in Herkimer

Saturdays at 8:00 a.m. at the Little Falls YMCA.

For more information, email Jim Moragne at jmoragn1@twcny.rr.com.

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m. Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com. Dan can be called at 939-4572.

Parkway Rec Center

Saturdays at 7:30 a.m. A mixed group with all speeds and abilities welcome. Meets inside the rec center.



2013 ALS of Utica Walk/Run

When: May 18th, 2013

Registration begins at 8:30 am

(Pre-registration 5pm-8pm on 5/17/13 at campus center)

Run begins at 10:00 am.

Where: Fieldhouse at SUNY IT in Marcy, NY

What: A 5K run or 2 mile walk through the SUNY campus.

Registration is \$20.00 minimum.

Run brochures will be available at www.alsutica.org

Run or walk as an individual or put a team together. Prizes, Raffles, Entertainment, Refreshments, Kids Corner and announcement of the "Luckiest Fan" winner!

The run course is 5k and begins at the end of the walking bridge on Wildcat Drive in the center of the campus and follows a figure eight around the perimeter of the campus roads ending back at the bridge.

Corner marshalls will point you in the right direction and there will be plenty of water on the course, as well as entertainment along the route. There is no individual timing however there will be a running timeclock to note your time. This is a "fun run" and hope everyone has a great time!! Check us out on Facebook for more details. See you there!!

2nd Annual Ilion Foundation 5K Run/Walk

Saturday May 18th 9:00AM Starting time @ Ilion High School

Course

Run & Walk will start & end at Ilion High School, and include a somewhat challenging route through the Village. Professional timing by TNT timing!

Cost

18 AND OLDER \$20 , 17 AND YOUNGER \$10, FAMILY RATE \$50

**If you work for Remington Arms or bank with First Source your admission is \$5 off!

Registration

- Stop in or mail form to State Farm 62 Central Avenue, Ilion, NY 13357
- Fri. May 17th at Ilion High School 3:00 – 6:00PM, Sat. May 18th 7:30 – 8:30AM
- Online at www.ilioncsdfoundation.org

Packet Pick-Up

- ALL paid participants will receive a “goodie bag” compliments of Fidelis Care, a t-shirt compliments of First Source, and be eligible for prizes at post race event
- Pick up on May 17th at Ilion High cafeteria 3:00 -6:00PM or
- May 18th, race day starting at 7:30AM

Also provided

- Deejay service, cold water, fruit, and numerous door prizes

Last Year's Winners

OVER 18 MALE: Sean Laubenstein (Mohawk) 17:30.5
OVER 18 FEMALE: Lisa Yerina (Ilion) 24:10.7
UNDER 18 MALE: Brandon Rawson (Ilion) 18:13.3
UNDER 18 FEMALE: Lauren Belfast (Ilion) 22:31.5

This Year's Divisions

UNDER 18 (male & female), 19-39 (male & female), 40+ (male & female)

WAIVER: In consideration of the acceptance of this application by the Ilion Foundation, I, the undersigned, intending to be legally bound and hereby, for myself, my underage children, my heirs, executors, administrators, and assign, waive and release all rights and claims for damages I may have against the Ilion Central School District, race organizers, race sponsors, the Village of Ilion, the Town of German Flatts, and Herkimer County, and their representatives and successors or any or all injuries suffered by me or my family members running or walking in this event to be held in the Village of Ilion, Town of German Flatts on May 18, 2013. I verify that I am physically fit along with my family members (if applicable) and I/we have trained sufficiently for the completion of this race. I understand that participation in road racing events carry with it inherent risks. I also grant permission for the use of photos of myself and family to be used by the Ilion Foundation or by the media.

Signature: _____

signature required from parent if UNDER 18

Runners/Walkers Name(s): _____

Home Address: _____

E-Mail Address: _____

CHECK ONE: 5K RUN _____ or 2M WALK _____

GENDER: _____ Race Day Age _____

_____ @ \$20 (18 & over) _____ @ \$10 (17 & under)

_____ @ \$100 for a sports team of 10-20 youths

Work @ Remington? _____ Bank@1stSource? _____

Ilion CSD employee? _____ TOTAL COST: _____

T-Shirt Size(s): _____

Make Checks payable to: Ilion CSD Foundation

Questions??? Call race director Scott Grates
868-7842 or via e-mail: scott@scottgrates.net

**UTICA ROADRUNNERS 2013 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.

**2013 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 2013 MEMBERSHIP FORM VOLUNTEERING FORM (PAGE 2 OF 2)

URR Volunteer Categories (check any that interest you) Participation earns you Roadrunner Points!				
1 st Member	2 nd Member	3 rd 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 _____

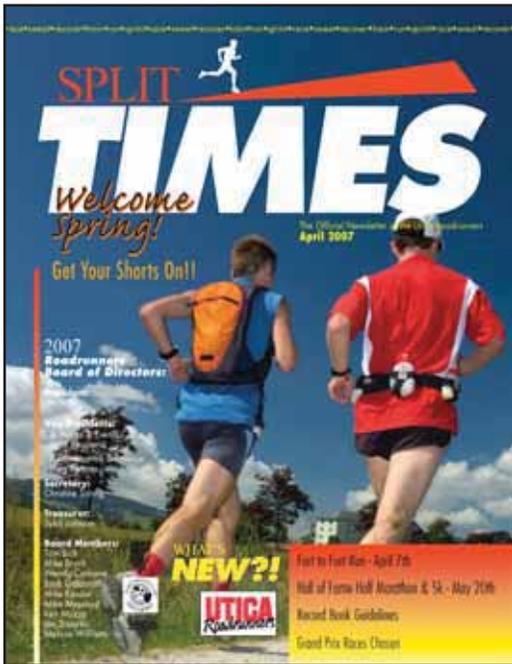
2nd Member's Signature: _____
(parent or guardian if under 18)

Date _____

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

Date _____

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



Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



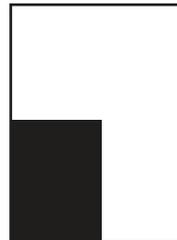
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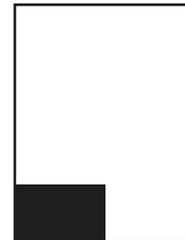
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QUARTER PAGE
3.5" X 5"



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.

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.