

September 2013

splitimes

The Official Newsletter of the Utica Roadrunners

Utica Roadrunners Shine at the Boulder Inspiration Five Miler!



Woodsmen's 10K New Addition
To Grand Prix Series, p. 6

Bolder Inspiration 5K A Beautiful Course, p. 8

Falling Leaves 14K, 9/22



Eight of the top ten finishers at the Trenton Falls Bolder Inspiration 5 mile road race were Utica Roadrunner members— Congratulations! Left to right: Nick Bandel, Nick Ashton, Aaron Carey, Jeremy West, Tim Fitzgerald, Matt Migonis, Mike Brych and Cory Battles. Cover photo by Sybil Johnson.

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

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Spectators enjoy a cool beverage at the Woodsmen's 10K in Boonville, N.Y.

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If you would like to advertise in SpliTimes, please contact:
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All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!). See last page of this newsletter for advertising rates.

Editor: Valerie Cognito
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<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>





Letter From The Editor

Recently I've been helping out a friend who signed up for her first marathon. As her "trainer" I send her a weekly running schedule along with useful information regarding things like nutrition, pacing, rest and gear considerations. I have to say, she has been the perfect "student," entrusting me and taking direction with much enthusiasm. The experience has been such a pleasure thus far and rewarding in so many ways.

We have done a few runs together and I must say that my traditional Sunday morning long runs have been more enjoyable in her company. I had always had a goal finish time for past marathons. This one has a different purpose, which makes the process feel fresh as I am seeing it through the eyes of a beginner. It's definitely been a lot less stressful and worrisome—and that's a good thing.

I am registered for the same marathon as she, and will stay with her throughout as promised. We will be running the *Wine Glass Marathon* in Corning, N.Y. on October 6th and hopefully both receive a finishers medal (which I understand is made of glass—pretty cool!) In all, I've completed six marathons, an accomplishment I cherish and am grateful for. I have a whole slew of medals tucked in a box somewhere. They all hold memories of a time when I was more competitive. Something tells me that the one placed around my friend's neck on race day will be the most special and memorable yet.

-Val Cognito



president's message

August was a good month. At the beginning, Dennis and I headed up to the Trenton Falls Bolder Inspiration Run. First of all, the setting is beautiful to me, the artist. To many of the runners, the 5 mile course is challenging. In the end, most of the first ten finishers were Utica Roadrunners (See cover photo). Pretty cool.

August was good for the old Thursday Night Regulars. Ted and Phyllis Petrillo hosted the first summer house run since 2006. Gary Burak thought it had been 10 years since the last house run, but I went to my trusty datebooks (Yes, I have kept all of them.) I found that the last TNR was from the Mattia's on September 6, 2006. We thought that some of the newer members might be interested in attending this August event, but just Wendy Bowers joined us. That's OK; Wendy listened to the 35 of us who were there share tons of excellent memories – reinforced by 19 picture albums put together by Cindy Molesky. I counted 6 different hairstyles for me. Some of the guys made regular hair changes too! There are lots of great chuckles in those albums. Back then, these weekly get togethers were perfect because they were where race details were confirmed, volunteers were gathered, and upcoming events were announced. Check out some of the pictures that I took:





On to September... It's that time of the year for thinking about Club elections. The Board of Directors consists of 12 members who serve term of 2 years or more. Each year, 6 of them are up for re-election or retirement. If you are interested in serving in these volunteer positions, let us know. Write a short story about yourself as a runner and tell us what you would like to do for the Club. Send your info to me at densyb@roadrunner.com Please think about this. **WE NEED YOU!**

Along this line, our membership chairperson, Jim Moragne has submitted July 31, 2014 as his resignation date. That gives us a year to fill his shoes. Jim keeps track of all of the information that Rich Crandall puts into the Club database. Jim mails membership cards, orders and sends out new member shirts and distributes all of those group emails that fill you in on important Club happenings. He also submits monthly membership reports for the business meetings. Since Jim is not a member of the Board, he attends many, but not all of those meetings. If you have the time and desire, please think about helping the Club in this way. Jim is willing to help train any interested member.

The FALLING LEAVES RACES and September are synonymous. Mike Brych is directing the 39th year's 5K, 14K and Kid's races. The committee is working with Mike to put on another first class event. We can still use some help, so please **VOLUNTEER**. Back in July, Mike opened online registration with the early price offer. We had over 600 entrants by the end of the July! Amazing. There are still lots of spots available, because Mike has ordered 1500 shirts. The shirts have a great logo that has been created by the MVCC graphic art students. As for the lower price, it's too late, but you can still get your \$2 Club discount online or with an app from the Club website. We do have some changes this year. The biggest one is that on Saturday, packet pick-up and registration will be at **The Sneaker Store** on Commercial Drive.

Rich Karaz is planning to have more than just packet pick-up. So, come on over to see us. Remember, if you cannot run this year, we can use YOU. Please **VOLUNTEER!** We need people for water stops, registration/packet pickup both Saturday and Sunday, and for the post-race meal. Let Doreen Cameron know if you have some time for the Club. cameronadoreen@yahoo.com

Speaking of races, the **SUNYIT Fund 5K** is being resurrected on Sunday, September 29th. The race is at 8 AM on the campus. Nick Grimmer, at grimmen@sunyit.edu, is the director. More information and apps can be obtained at www.sunyit.edu/5k. You will probably be familiar with the course seeing that the roads are used for the Summer Sizzle and the ALS 5K. I walk and jog at the college at least once a week and it is one of my favorite places to exercise.

Check the Club Race Calendar on the website. There are many events for September. We have no excuses to sit on our butts. So....

Be careful out there!

Sybil Johnson
President, Utica Roadrunners



Woodsmen's 10K Is A Hit as New Addition to 2013 Grand Prix Series!

Text and photos by Ted Lenio, Grand Prix Coordinator



The 23rd running of **Woodsmen's 10K** in Boonville, on Friday evening, August 16, was just one of many events highlighting the weekend's 66th Annual New York State Woodsmen's Field Days. With 56 more runners than last year (34 of them Utica Roadrunners), race officials surmised that its inaugural inclusion into the 2013 Grand Prix series spurred the increase. After pre-race info and instructions provided by race director and ToePath Trekker Al Salmon, the 231 participants set out on what appeared to be a nicely rolling rural route, that is until Mile 5. Depending on one's fitness, racers encountered either mounds or mountains that would challenge a lumberjack for more than a mile. Thankfully, the bulk of spectator and water (even beer!) support helped runners endure the exhausting escarpment.

Utica Roadrunners were at the top of their race podiums in four divisions, mostly in Grandmasters and Masters categories, receiving lovely Harden Furniture plaques. Taking first and second, respectively, were: **Susan Luley** and **Cornelia Brown** (F60-69); **Tina Lindsey** and **Liz Miller** (F50-54); and **Mike Massoud** and **Bill Kosina** (M50-54); **Cory Battles** and **Josh Kuelling** (M30-34); and **Justyna Wilkinson** capturing first in F1-14. **Richard Cohen** and **John Draper**, finished second and third, respectively, in M40-44. Third place race age group finishes were turned in by: **MaryAnn Wilkinson** (F45-49), **Tom Bick** (M60-69), and **Kermit Cadrette** (M70-99).

In age-graded performance, **Mike Massoud** turned in a remarkable 76.41%, best Utica Roadrunner result and second best overall to race winner Zakaria Adam Djouma, whom we have gotten used to leading the 10K pack at our weekly development runs. Our next best age-graded performance was **Susan Luley's** 73.55% (tenth best overall among the 231 finishers), with **Richard Cohen** right behind with 72.60%. Those also included in the regional class of 70-79.99% were: **Cory Battles** (71.93%), **Bill Kosina** (71.28%), **John Draper** (71.13%), **Liz Miller** (70.6%), **Tina Lindsey** (70.39%), and **Stephen Paddock** (70.23%).

As a result of this new and ninth race of the 2013 series of twelve events, Grand Prix standings predictably shifted. Moving into first place in their respective GP age groups were: **MaryAnn Wilkinson** (F45-49); **Susan Luley**, breaking their previous



Bill and Susan Luley, and Cornelia Brown, celebrate their race and Grand Prix success.



tie and pulling just ahead of **Cornelia Brown** (F60-64); and **Kermit Cadrette**, moving into a tie with **Joseph Madeira, Jr.** (M>70). Moving into second place in their GP age groups were: **Bill Luley** (M60-64), **Jolene Nonemaker** (F35-39), **Liz Miller** (F50-54), and **Rich Crandall** (M45-49), who is also one of only two members who have run all Grand Prix events thus far! And jumping into third place in their GP age groups were: **Terry Draper** (F40-44); **Erich Salie** (M50-54); **Fred Roth** (M>70), who joined **Bruce Harris** and **Scott Daskiewich** in running their first Grand Prix events of the year; and **Richard Cohen** (M40-44), returning to racing after prudent recovery from an injury.

Finally, hats off to **Gary Roback** who interrupted his race to assist and stay with a younger male runner downed by a shin injury until medical help arrived. Gary displayed inspiring, rare spirit in sacrificing his own time for a fallen fellow runner on the challenging course. Despite giving up numerous minutes, Gary rallied to regain his tempo and, only fittingly, held onto his second place position in GP M50-54.

The tenth and next race in the Grand Prix series is the **Herkimer ARC Heart and Sole 5K** on Saturday, September 7th. For registration info and to learn about course changes due to summer flooding go to < <http://www.herkimerarc.org/page/herkimer-arcs-heart--sole-5k-awareness-run>>

Until then, **stay strong, train safe, and race swift!** ~ *Ted Lenio, GP Coordinator, 8/17/13*

At the (Other) Races:

Congratulations to Utica Roadrunners receiving age-group awards at this past weekend's **Turning Stone Races**. In the 5K, **Scott Suba** was second overall out of 165 runners in 19:36, and first of 15 runners in the M40-49 age group (even at the ripe age of 49!) Scott's age-graded performance was a very impressive 74.61%! In the half-marathon, **D. Joanne Willcox-Ayoub** was first of 22 runners in the F50-59 age group in 1:43:04 (72.34%), with **Bill Kosina** third of 30 runners in M50-59 with 1:35:02 (72.3%). Also participating were Club members **Gary Burak** and **James Siepiola**.

Utica Roadrunners also fared well at the **12th Snowmaker 5K** at Woods Valley Ski Area on August 24th. **Kermit Cadrette** took first in M70-79 with 28:06 and **Richard Hahn** third in M60-69 with 26:22.

In the Roman Runners' **42nd Annual Honor America Days Parade 5K Run** on July 27th there were numerous Club podium age-group achievements. **Tina Lindsey**, first in F50-59 in 23:07 and 8th female overall; **Paul Humphrey**, first in M40-49 in 19:22 (sixteenth overall); **Bruce Palmer**, first in M50-59 in 20:34 (24th overall); and **Kermit Cadrette**, first in M70-79 in 28:56. Finishing third in their respective age groups were **Cory Battles** (M30-39) in 17:38 (ninth overall); **Richard Hahn** (M60-69) in 26:41; and **Paul Ohlbaum** (M70-79) in 41:17. With age-group fourth place results: **Thomas Joslin** (M30-39) in 18:15 (thirteenth overall) and **James Siepiola** (M50-59) in 22:44. Also participating at the HAD 5K were **Bridget** and **Daniel Humphrey**, **Rob Ichihana**, and **Karl Jones**.

(Members mentioned according to membership roster of those paying dues by 3/31/13 Grand Prix eligibility deadline.)



Grand Prix's Bolder Inspiration 5 Mile ~ The Most Beautiful Course in the . . .

Text and photos by Ted Lenio, Grand Prix Coordinator

No matter how you complete the above statement, it's true! The wooded, winding, climbing and descending roads of this route in and around Trenton Falls, NY, make this road race among the most scenic one could ever run or walk. Moreover, the numerous aid stations and cheering residents made the long and winding road whiz by, assisted by signage and course marshals directing at critical junctures. Fourteen male and twelve female Utica Roadrunners took off amongst a field of 152 on Saturday morning, August 3rd, with an early, sustained, somewhat steep ascent through a shaded canopy of greenery under perfect temperatures and mostly cloudy, then sunny skies.

Sporting their new UR-logo race kits, Club members **Jeremy West**, **Cory Battles** and **Thomas Joslin** swept seventh through ninth places overall, with **John Draper** in thirteenth and **Scott Suba**, seventeenth. But, the best age-graded performance was turned in by **Susan Luley** with 72.01% (calculated using her 43:26 time for 60-year-old females), followed by defending champion West's 70.45% and Battes' 70.24%, all in the regional class category.

Race directors and Club members **Rich and Pam Karaz** of The Sneaker Store rolled out the green carpet with their trademark ebullient hospitality, welcoming and acknowledging both kids and adults at a post-race awards ceremony that presented medals and commemorative

drinking glasses. In its fourth year, the race was founded after the couple's visit to Bolder, Colorado, where they experienced an aesthetically beautiful community enthusiastically engaged in physical recreation of all kinds.



In race age-group awards, the following Utica Roadrunners took honors: **Susan Luley**, **Cornelia Brown**, and **Dorothy Massinger**, who swept the podium in the F60-99 group; **Ingrid Otto-Jones**, first in F40-49; **John Draper** and **Scott Suba**, first and second in M40-49; **Cory Battles** and **Thomas Joslin**, second and third in M30-39; and **Jeremy West**, first in M19-29.

As of August 7th press time, this eighth and first new event in the **2013 Grand Prix** series yielded ongoing shake-



ups in the five-year standings, where two members are already beginning to use their best seven finishes, though not necessarily advancing their positions. Three members were added to the rolls leaving only the oldest female age group still unfilled.

For the first time, **Sandy Arcuri** won her GP age group and moved into a tie for third to challenge **Mary Wilson** and **Melanie Crisino's** domination of F40-44 age group, with **Terry Draper** also moving up in the standings. **John Draper** broke his tie with **James Latshaw** in M40-44 and pulled ahead with his age group award at Bolder Inspiration, and **Susan Luley** moved into a tie with **Cornelia Brown** in the hotly contested F60-64 age group. **Ingrid Otto-Jones** surged to the top of the F45-49 standings with her age group first place race effort and **Sue Tucker** moved into second in F50-54. **Dennis Johnson's** fourth place race age group award corresponded to the same position in the GP M50-54 group, as did **Gary LaShure's** effort to fortify his second place standing in M55-59. Finally, **Jim Moragne's** GP entry resulted in maximum points in the M60-64 standings, with **Bill Luley's** effort moving him up in the same age group.

With only one-third of the Grand Prix series remaining, our next race will be the certified **Woodsmen's 10K** in Boonville on Friday evening, August 16, followed by the



Herkimer ARC Heart and Sole 5K (with modified race route following recent flooding) on Saturday, September 7. Paper applications are available at our weekly Wednesday developmental run registration located at the Val Bialas Sports Center, 210 Memorial Parkway, Utica.

~ *Ted Lenio, Grand Prix Coordinator, 8/7/13*





**39th Annual Falling Leaves 5K & 14K Road Race
Sunday, September 22nd**

Kids Fun Run: 8:15 a.m.

14K Race: 8:50 a.m.

5K Wheelchair Race: 8:55 a.m.

5K Race: 9:00 a.m.

All races start and finish on Genesee Street in downtown Utica adjacent to the Radisson Hotel.

The USATF Certified 5k runs on the flat and fast streets of Utica.

The Scenic 14k course winds through the hilly switchbacks of Utica's beautiful South Woods.

Kids Kilometer

The annual Kids Kilometer Fun Run is sponsored by The Fitness Mill and McDonald's.

Applications will be available at area McDonald's and the Radisson Hotel during race day packet pick-up.

Ages 2-7 will run 1/2k. Ages 8-12 will run 1k. There is no fee.

Registration

Online at: www.uticaroadrunners.org

By Mail: Before Sept. 1 \$24.00

Sept. 1 through Sept. 17 \$26.00

25¢ of each entry supports the Distance Running Hall of Fame

No applications postmarked after Sept. 17 will be accepted!

In person: At Packet pickup at The Sneaker Store Sept. 21 from 9 am to 4 pm \$30.00

Day of Race from 6:45 am to 8:15 am \$32.00

NO REFUNDS • \$25.00 FEE FOR RETURNED CHECKS

Runners are encouraged to pick up their packets on Saturday.



SUNYIT Fund 5K

**Sunday, September 29th • 8 a.m.
SUNYIT Campus • Utica, N.Y.**

Free T-Shirt For First 150 Registrants

Complimentary Post Race All-You-Can-Eat Pancake Breakfast

Additional breakfast tickets are \$5.00 for guests. Children 12 and under are free.

Race Day Registration: 6:30 a.m. - 7:45 a.m.

Pre-Register at: www.sunyit.edu/5K

\$20 (Before 9/25), \$30 (Race Day)

Student Registration Discounts:

\$10 (Pre-register before 9/25), \$20 (Race Day)

(Must have a valid student I.D.)

Please note: Baby joggers, headphones, pets, bicycles and non-registered runners are strictly prohibited from the course. Restrooms and shower facilities will be available.

The top overall male and female finisher will receive a free pair of running shoes (up to \$100 value), compliments of The Sneaker Store.

**Paper entry forms and all checks
(made payable to the 'SUNYIT Foundation') can be mailed to:**
SUNYIT Fund 5K c/o SUNYIT Alumni Office
100 Seymour Rd., Utica, NY 13502

Thank you to our event sponsors:

Liberty Mutual Insurance, Clifford Fuel, Sodexo Dining Services,
The Sneaker Store and the SUNYIT Alumni Association.

2013 Grand Prix Standings - MALE

Age Group	Name	Fort to Fort 10K	Save Our Switch- backs 7.5K	Rome Art & Comm. Center 5K	N.D.R. Hall of Fame 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Millers Mills 5K	Bolder Inspiration Tren. Falls 5M	Woodsmen's 10K	Herkimer ARC Heart & Sole 5K	BEST SEVEN RACES (Total Points)
M 0-14	Cohen, Noah			12				12				24
M 0-14	Humphrey, Daniel			10				10				20
M 0-14	Huther, Travis					12						12
M 0-14	Wilkinson, Alex							8				8
M15-19	Paddock, Stephen		12			12			12			36
M15-19	Paddock, Will					10	12					22
M15-19	Dunlap, Adam		10									10
M15-19	Salie, Andrew							8				8
M20-24	Fund, Andrew		12				12					24
M25-29	Jeremy West								12			12
M30-34	Battles, Cory	12	12	12	10		12		12	12		82
M30-34	Kuelling, Josh	10		10	7		10	12		10		59
M30-34	Joslin, Thomas	8	10		8				10			36
M30-34	White, Alexander		8				8					16
M30-34	Tylutki, Jerry				12							12
M35-39	Kozik, Benjamin		10	12		12	10	12				56
M35-39	Nonemaker, Scott		8			10	8	10		12		48
M35-39	Mashaw, Joseph	12	7		12							31
M35-39	Gould, Nathaniel		12		10							22
M35-39	Misencik, Ryan				8		12					20
M35-39	Peruzzi, Francis A.	10										10
M40-44	Draper, John		12	12		12			12	10		58
M40-44	Latshaw, James		6		10	10	10		10	7		53
M40-44	Cohen, Richard	12	10							12		34
M40-44	Cohen, Paul		7				12					19
M40-44	Crompt, Bill	10	8									18
M40-44	Bartkowiak, James	8					8					16

Age Group	Name	Fort to Fort 10K	Save Our Switch- backs 7.5K	Rome Art & Comm. Center 5K	N.D.R. Hall of Fame 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Millers Mills 5K	Bolder Inspiration Tren. Falls 5M	Woodsmen's 10K	Herkimer ARCHeart & Sole 5K	BEST SEVEN RACES (Total Points)
M40-44	Eddy, Steve				12							12
M40-44	Daskiewich, Scott									8		8
M45-49	Suba, Scott		10	10	10	12	10	10	12			74
M45-49	Crandall, Rich	8	7	8	8	10	7	7	10	12		63 (77)
M45-49	Humphrey, Paul		12	12	12		12	12				60
M45-49	DeYulio, Jim	12	8				8	8				36
M45-49	Paddock, David	7	6			7	4			10		34
M45-49	Durso II, Thomas	6	5		7							18
M45-49	Novak, Mark	10					6					16
M45-49	Jones, Karl	5			6							11
M45-49	Huther, John					8						8
M45-49	Schnier, Alan						5					5
M50-54	Kosina, Bill	10		12	12	12		12		10		68
M50-54	Roback, Gary	8	8			10				6		32
M50-54	Salie, Erich		7		8			6		7		28
M50-54	Massoud, Mike	12								12		24
M50-54	Kulis, Gary		12				12					24
M50-54	Johnson, Dennis		10						12			22
M50-54	Munson, Rob					8	8					16
M50-54	Dunn, Mike							10				10
M50-54	Swider, Dan						10					10
M50-54	McGlynn, Thomas				10							10
M50-54	Harris, Bruce									8		8
M50-54	Wilkinson, Larry							8				8
M50-54	Henderson, Mark							7				7
M50-54	Neumann, Tom					7						7
M50-54	Kane, Charles	7										7
M55-59	Palmer, Bruce	12	12	12		12	12	12				72
M55-59	LaShure, Gary	8	8	8			8	10	12			54
M55-59	Gunn, Ed	10		10		10	10					40
M55-59	Ruane, Mark	7	7					8				22
M55-59	Murphy, Jim		6					7				13
M55-59	Burak, Gary		10									10
M55-59	Reddy, Anil		5									5

Age Group	Name	Fort to Fort 10K	Save Our Switch- backs 7.5K	Rome Art & Comm. Center 5K	N.D.R. Hall of Fame 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Millers Mills 5K	Bolder Inspiration Tren. Falls 5M	Woodsmen's 10K	Herkimer ARC Heart & Sole 5K	BEST SEVEN RACES (Total Points)
M60-64	Bick, Tom	10	12		8	12	12	12		12		78
M60-64	Luley, Bill		6			8	8	10	10	10		52
M60-64	Lenio, Ted	3	5	7	5	6	7	7	7	8		47 (55)
M60-64	Bennett, Lance	7	8	12		10	10					47
M60-64	DesJardins, Mark	4	7	10			6	8	8			43
M60-64	Dickson, Stan	12			10							22
M60-64	Knapp, Patrick	5		8		7						20
M60-64	Ichihana, Rob	8			6							14
M60-64	Moragne, Jim								12			12
M60-64	Murphy, John				12							12
M60-64	Savas, Gregory		10									10
M60-64	Siepiola, James				7							7
M60-64	Peruzzi, Francis J.	6										6
M65-69	Hahn, Richard	10	10			12	12	12		12		68
M65-69	VanDenbergh, Bob	12	12		12							36
M65-69	Kappler, Joe		8			10		10				28
M65-69	Imundo, Ralph		7									7
M >70	Cadrette, Kermit							12		12		24
M >70	Madeira, Joseph Jr.			12			12					24
M >70	Roth, Fred									10		10
M >70	D'Accurzio, Rich						10					10
M >70	Cohen, Dan			10								10

Contact: Ted Lenio • TeLeTalk50@aol.com • (315) 335-0090

2013 Grand Prix Standings – FEMALE

Age Group	Name	Fort to Fort 10K	S.O.S. 7.5K	Rome Art & CC 5K	N.D.R. Hall of Fame 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Millers Mills 5K	Bolder Inspir.Tren. Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	BEST SEVEN RACES (Total Points)
F 0-14	Cohen, Emma			12				10				22
F 0-14	Cohen, Rachel							12				12
F 0-14	Huther, Sienna					12						12
F15-19	Wilkinson, Justyna		12				12	12		12		48
F15-19	Humphrey, Bridget							10				10
F15-19	McIntyre, Shelby		10									10
F20-24	Fess, Ashley	12	12	12	12	10	12	12		12		84 (94)
F20-24	Franco, Brittany					12						12
F20-24	Gorzynski, Stephanie						10					10
F25-29	Furnari, Ellen	12	10	12		12	12					58
F25-29	White, Dina		8				10					18
F25-29	Furner, Meghan		12									12
F25-29	Yanuk, Marina		7									7
F30-34	Latshaw, Anne Marie		10		12	12	12	10	12	10		78
F30-34	Manieri, Janine	12					10	8	10			40
F30-34	Elleman, Sarah			12				12		12		36
F30-34	George, Colleen		12									12
F35-39	Manieri, Jessica	12					12	12	12			48
F35-39	Nonemaker, Jolene							10		12		22
F35-39	McGlynn, Christine				12							12
F35-39	Aceto, Rebecca	10										10
F40-44	Wilson, Mary	12	12	12		12	12	12	10			82
F40-44	Crisino, Melanie	8	7				8	10	8	12		53
F40-44	Draper, Terry					8			7	10		25
F40-44	Arcuri, Sandra						10		12			22
F40-44	Reilly, Christina				12	10						22
F40-44	Paddock, Sue	10	10									20
F40-44	Dunlap, Jennifer		6				7					13
F40-44	Crompton, Jennifer		8									8

Age Group	Name	Fort to Fort 10K	Save Our Switch- backs 7.5K	Rome Art & Comm. Center 5K	N.D.R. Hall of Fame 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Millers Mills 5K	Bolder Inspiration Tren. Falls 5M	Woodsmen's 10K	Herkimer ARC Heart & Sole 5K	BEST SEVEN RACES (Total Points)
F45-49	Wilkinson, MaryAnn	12	10				10	12		12		56
F45-49	Otto-Jones, Ingrid		12		12		12		12			48
F45-49	Roback, Lesia	10	7			10		10		10		47
F45-49	Carney, Lynn		6		10		7					23
F45-49	Murphy, Leisa					12	6					18
F45-49	Vanderpool, Maryann	8	4									12
F45-49	Alder, Jill						8					8
F45-49	Cognetto, Valerie		8									8
F45-49	Reddy, Aruna		5									5
F50-54	Lindsey, Tina	10	10	12		12	12	12		12		80
F50-54	Miller, Liz		12		12	10		10		10		54
F50-54	Tucker, Sue	8	8		8		10		12			46
F50-54	Willcox, Joanne	12										12
F50-54	Erlichman, Mary Beth				10							10
F50-54	Chrisman, Heidi							8				8
F50-54	Kulis, Susan						8					8
F50-54	Cabelus, Laura					8						8
F50-54	Schaffer, Karen		7									7
F55-59	Fess, Pamela		12		12	12	12					48
F55-59	Leahy, Mary	12					10					22
F60-64	Luley, Susan		10			12	12	12	12	12		70
F60-64	Brown, Cornelia	10	8		12	10	8		10	10		68
F60-64	Truax, Virginia		12				10					22
F60-64	Reese, Joanne	12										12
F60-64	Massinger, Dorothy								8			8
F65-69	Peterson, Maggie					12						12

Contact: Ted Lenio • TeLeTalk50@aol.com • (315) 335-0090

Social Group Runs/Useful Links

Wednesday Night Parkway Development Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish shoots, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



Useful Links:

Utica Roadrunners FB Page: <https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

People Who Run For Fun FB Page: <https://www.facebook.com/groups/89667583324/?fref=ts>

Utica Roadrunners Wednesday Night Development Runs: <https://www.facebook.com/groups/102503856458013/?fref=ts>

Club Handbook: <https://www.uticaroadrunners.org/documents/UticaRoadrunners2013ClubHandbook.pdf>

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@twcnyc.nyrr.com.

Parkway Rec Center

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

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.



2013 Falling Leaves Race Application

Name: _____ Phone: _____

E-mail Address: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Date of Birth: _____ Race (circle one) 5K 14K

Tech Shirt Size: S-XL, guaranteed to first 1500 runners: _____ Note: Size not guaranteed

USATF Member # _____ for Adirondack Grand Prix Series. You do not need to be a member to run, only to count for series scoring.

Please make checks payable to **Utica Roadrunners** and send to:
Utica Roadrunners, c/o Marie Seiselmeyer, 733 Deefield Dr East, Utica NY, 13502

Waiver

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Radisson Hotel, the Utica Roadrunners Club, the City of Utica and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date: _____

Parent's Signature if under 18 yrs. _____ Date: _____



Courses

All races start and finish on Genesee Street in downtown Utica adjacent to the Radisson Hotel. The USATF Certified 5k runs on the flat and fast streets of Utica. The Scenic 14k course winds through the hilly switchbacks of Utica's beautiful South Woods. To be a part of the USATF Grand Prix, you must be a member of USATF. To join, go to www.usatf.org, or call 518-273-5552

Kids Kilometer

The annual Kids Kilometer Fun Run is sponsored by The Fitness Mill and McDonald's. Applications will be available at area McDonald's and the FX Matt Brewery during packet pick-up. Ages 2-7 will run 1/2k. Ages 8-12 will run 1k. There is no fee but t-shirts are limited to the first 100 registered.

Information

For additional information visit www.uticaroadrunners.org or email atcendurance@gmail.com

Food

Post race food is available to all runners.

Starting Times

Kids Kilometer Fun Run 8:15 14k Race 8:50 5k Wheelchair Race: 8:55 5k Race: 9:00

Registration

By Mail: Before Sept. 1 = \$24 Sept. 1 thru Sept. 15 = \$26
No applications postmarked after Sept. 15 will be accepted!

Register at getentered.com until Sept 19

You may also register at the Sneaker Store on Saturday Sept 21 for \$30 and on race morning at the Radisson for \$32

Awards Ceremony

Ceremony will start shortly after the race. Computerized results will be posted as soon as they are compiled. Results will be posted at www.leonetiming.com.

Sneaker Store gift cards are awarded to the top three male and female finishers in each race and to first place winner in each division. Awards will be presented three deep in male and female divisions in 5 year age groups. (with exception to under 13, under 18, and 18-24 age groups)

Packet Pickup

Race packets can be picked up on Saturday September 21 from 9:00 am to 4:00 pm at the Sneaker Store, and on race day from 6:45 to 8:30 am at the Radisson Hotel, 200 Genesee Street in downtown Utica. Runners are encouraged to pick up their packets on Saturday.

T-Shirts

Brooks long sleeve technical t-shirts to the first 1500 runners are brought to you by the Sneaker Store. Runners are encouraged to pre-register for proper sizes. Shirt sizes are not guaranteed.

Course Records

5k: Male 14:19, Alene Reta (2006) Female Alisa Hill 16:37 (1997)
14k: Male Leonoid Shvetsov (1995) Female Laurel Burdick (2009)

**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.



FULL PAGE
7.5" X 10"



HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



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.

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

Sybil Johnson email: densyb@roadrunner.com or call (315) 733-6216.