

October 2013

splitimes

The Official Newsletter of the Utica Roadrunners

Annual Club Meeting

Monday, November 11th • All Members Welcome!



Save the Date!
Run For Safety 5K
Wednesday, 11/27
5:30 p.m.
Masonic Community

Herkimer ARC Heart and Sole 5K Recap, p. 6
Utica Roadrunners at the Falling Leaves, p. 7



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

2013 Utica Roadrunners Board of Directors



Cover Photo:
Thirty-two Utica Roadrunners
represented one-third of the
field at the HARC 5K.
Photographer: Ted Lenio

President

Sybil Johnson

Vice Presidents

Administration & Finance

Ted Lenio

Activities & Events

Mike Kessler

Secretary

Jim Fiore

Treasurer

Paula May

Board Members

Cory Battles

Doreen Cameron

Dennis Johnson

Karl Jones

Jerry Tylutki

Honorine Wallack

Jeremy West



Utica Roadrunner Justyna Wilkinson (left) takes Fourth Place at the New Hartford Cross-Country Invitational with a 5K finish time of 21:09.

Advertising

If you would like to advertise in SpliTimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

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
cognettodesign@gmail.com



**"LIKE" US
ON facebook!**

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





Letter From The Editor

It is less than a week before my seventh marathon and I am very proud of the progress my friend has made to prepare herself for her first. I am confident that she will finish and earn the medal that she's been working so hard for. On the other hand, it's going to be a bit trying for me. I must confess, my mileage numbers haven't been the greatest (not to mention I am almost 10 years her senior). All in all it feels good to have given her the tools she will need to complete a day in her life that she will not soon forget.

For most, the evening before a marathon is filled with excitement and anticipation of what lies ahead. I haven't really thought about what it might feel like to *not* finish because I always *have*. I know several people who've been pulled or dropped out of a race due to their bodies shutting down. That has never happened to me and hopefully it won't this time.

When something is important to me I have a hard time leaving it unfinished. I want to believe that I have given it my best. There are very few things that live up to that distinction (high on the importance scale) but for sure I will put in every effort to finish this task. I need to remind myself of what that is – *to get my friend through the finish line in one piece* – and that's what I intend to do, if not physically then mentally. Because, let's face it, if she doesn't finish I'm going to have to do yet *another* marathon, and I'm not so sure that's something my body would be too happy with!

-Val Cognito

Falling Leaves "Mini" Report

by Race Director Mike Brych



We had about 1360 runners this year, just shy of our peak number of 1410 in 2012. Perhaps the biggest stunner was Women's winner Megan Hogan taking second place overall and narrowly missed the overall title by 2 seconds. It was a close race! She also smashed the women's course record by three minutes!

I think everyone braved the cold and rainy start and ended up having a good time. New this year was the packet pick up and Tailgate Party hosted by the Sneaker Store and Brooks. Runners got to enjoy great deals on shoes and apparel, had a few bites to eat from Rio Grande Tex Mex and even had a few UC drafts.

All in all another great event enjoyed by all for the Utica Roadrunners!



president's message

Well, the leaves were falling and the runners were flying at the 39th Annual Falling Leaves races! What a bunch! We had a great time organizing and presenting another premier Club event. Mike Brych gets all aspects moving smoothly. He is a Pro at this race director job. Thanks Mike. How about those Chobani tubes of yogurt! Talk about making eating and clean up easy. Cool. And then, all too cool – the weather. Mother Nature certainly put a damper on those of us volunteering and watching. The runners had good temperatures for their races. Leif Schmidt from Waterford, at 16:49, gave the other guys in the 5K a run for the money. So did Victoria Campanian from Glenfield, at 19:49 for the first gal to finish the 5K. For the 14K, Thomas O'Grady of Latham got it done in 48:59. That's a pace of 5:38! Right on his heels was the first female finisher, Megan Hogan of Saratoga Springs with a time of 49:01 - same pace. Yikes, they were flying at a pace that was just a tad longer than the 5K winners. That's amazing to me. Every single one of the finishers has my admiration. Thanks for participating at our event. For next year, we definitely need a better PA system for the awards ceremony. Any other suggestions to make the 40th Anniversary for the Falling Leaves perfect just let Mike or me know. Read more about the Falling Leaves results in Ted Lenio's article.

Club Elections are going on as soon as we hear from some of you who want to volunteer on the Board of Directors. We have a great crew, but 3 of those up for re-election are declining. I want to thank **Jim Fiore, Paula May, and Ted Lenio** for their work and support over their terms. I will miss them. **Honorine Wallack** has to step down also, so that makes 4 posts to fill. Mike Kessler, Doreen Cameron and I will run for re-election. Karl Jones, Cory Battles, Jerry Tylutki, Jeremy West and Dennis Johnson have another year for their terms. **Please consider volunteering on the Board.** The Business Meetings are the second Monday of every month at 7 PM. Meetings last for about an hour and a half. Please send me a short message about yourself if you want to serve on the Board densyb@roadrunner.com. I am anxiously anticipating those emails.

Our Annual Meeting as directed by the Club Bylaws will be on Monday, November 11th from 6:30 to 9:30 PM, at the Saranac Brewery Tavern. All members and their guests are welcome. We will conduct some business and you may vote for Board Members ahead of time or at the meeting. Election results will be announced. Munchies, brewskies, and door prizes will be free. Everyone will receive an email 30 days before the meeting. We will have a list of names for you to consider for Board members. It would be great if we had 25% of the membership show up for this event. The Brewery never runs out of beer!

Back on Friday the 13th of September, I was reading the Today in History section in the Observer Dispatch. On September 13, 1970, the *first* New York City Marathon was held. I somehow thought that the marathon was older. The first marathon course was entirely in Central Park. Yikes! That must have been a bit boring after mile 10 or so. When Dennis ran in 1997, the course was the current route through the 5 boroughs. I was able to see him a few times. No cell phone tracking way back (sic) then. We just went to a few spots hoping that Dennis's estimated times would be close. It rained cats and dogs towards the end. I never did find him by the finish line. I went back to the hotel, and eventually he showed up. Oh, I go off on a tangent so easily. My point of mentioning the NYC Marathon is because it is not as old as I thought and because Fall and Spring used to be the marathon seasons. Lots of Utica Roadrunners would be training. Weekends were for long runs in groups. Sometimes a bunch of us would get together to go to New York, Wineglass, Burlington, Buffalo, Chicago, or Connecticut to run relays or the whole thing, and cheer on our friends. For a few years, we would always have the first Sunday Breakfast Run of the season on NYC Marathon Sunday. We would hang out until the marathon was done, hoping to see friends. Those were the good old days because now you cannot count on the event to be on TV at the time it is being held.

This year, a bunch of members are going out to Chicago to run that marathon on October 13th. Mike Kessler and Linda Turner are organizing that entourage. Sounds like fun. Too bad it will not be on local TV.

I hope all of you who are running a fall marathon have plenty of energy, healthy bodies, and the finishing times that you would like. I wish I could be around to cheer you on!

The local Race Calendar for October is pretty busy, but calmer than the summer months. October always starts out with the **Copper Wire Run** in Camden. Dave Oja's **Festival of Races** happens in Syracuse on October 6th. A new event is the **AK5K**. That's the Alexandra Kogut 5K. This memorial event started out to be in New Hartford, but it will now be held at SUNYIT - traffic issues in New Hartford changed the venue. The **Deerfield Skeleton Run** will be on October 13th. Besides these runs, there are at least 13 more events around this area for you to run. Just think, if someone did all of the events listed on our Race Calendar for October, they would probably have 17 new shirts!

At the September business meeting, Mike Kessler told us that the Comets Hockey Team offered to host a Utica Roadrunners Hockey Night at one of our local games. There will be reduced ticket prices. Sometime in January or February we will do that. Watch for the announcement.

Okay, this is long enough. Keep happy and...
BE CAREFUL OUT THERE!



Sybil Johnson
President, Utica Roadrunners



Masters Only – 2013 USATF Phidippides Award

If you are a masters age (40 or older) runner, man or woman, you may be eligible for the USA Track & Field (USATF) 2013 Phidippides Award. The award is named for the masters age runner that legendarily ran 26 miles from Marathon to Athens with news of the Greek victory over the Persians in 490 BC.

Points are awarded based on the number and distance of verifiable races that you have run during the 2013 calendar year. The longer the race, the higher the point value, so a marathon is worth 4 points, a half marathon or 10 miler 3 points down to a 5K that's worth 1 point. There's also age brackets: 40-59, 60-79 and 80+. Each older bracket requires fewer points for the gold, silver and bronze awards. Note: you must be a current member of the USATF to apply for the award. Anyone not already a member can go here to join: <http://www.usatf.org/Products---Services/Individual-Memberships.aspx>.

This is a self-nominating award. You have to turn in an application to the USATF with a list of your races, distances and times, as well as a web location where your participation in each race can be independently verified. If your application is approved, you will receive the nifty plaque pictured above and your name will appear with the other 2013 Phidippides Award winners on the USATF web site. Anyone interested in more information and downloading an application should go here: <http://www.usatf.org/Resources-for---/Masters/LDR/Phidippides-Award.aspx>.

Good luck! - Jim Moragne, Clubs and Associations Liaison



Residents and staff at a Herkimer ARC community home turned out to cheer on race participants near the finish line.

Susan Luley Tops All Runners in Age-Graded Performance at Herkimer ARC Heart and Sole Awareness 5K Run!

Text and photos by Ted Lenio, Grand Prix Coordinator

Thirty-two Utica Roadrunners Grand Prix participants turned out Saturday, September 7th for **Herkimer ARC's Heart and Sole Awareness 5K Run**, comprising one-third of those finishing! With generous goody bags and donut holes distributed at bib and T-shirt pickup, it boded well for what would be a glorious morning of racing with ideal weather conditions. The course provided an eclectic blend of rolling, curved open roads and circuitous residential streets peppered with a proliferation of political primary lawn placards in and around East Herkimer Elementary and the Herkimer ARC Senior Center. Race director **Audrey Piccione** and her helpful staff at registration and out on the course created an almost flawless environment for serious and fun runners alike.

In age-graded performance, **Sue Luley** topped all 101 participants with a remarkable 77.83%, with **Tina Lindsey's** 74.8% and **Bill Kosina's** 73.31% also qualifying for regional classification. Nine Utica Roadrunners finished in the top 21 places, with **Bill Kosina** third overall and fastest Club member at 20:38!

In race age-group awards, the following Utica Roadrunners stepped onto the podium, receiving HARC client-crafted plaques: **Francis A. Peruzzi**, first place in M30-39; **Mary J. Wilson**, first in F40-49; **Susan Luley**, first and **Dorothy Massinger**, second in F60-99; **Tina Lindsey**, first and **Sue Tucker**, third in F50-59; **Bill Kosina**, first and **Gary Roback**, third in M50-59; **Nick Netti**, second in M11-19; **Jim Roach**, second and **Rob Ichihana**, third in M60-99, just nipping **Francis J. Peruzzi** by less than a second; **Melanie Crisino**, third in F30-39; and **Scott Suba**, third in M40-49 (though Scott was a victim of course marshal misdirection).



Scott Suba was among the leaders before veering off-course due to a marshaling lapse.

Five Club members ran their first 2013 Grand Prix event at the HARC race, bringing the total to 143 participating in the series (86 men and 57 women). Standings continue to vacillate after this tenth of twelve events, several more members now able to use their best seven finishes for points allocation. (Remember, one need *not* run a *minimum* of seven races to qualify for awards.) As a result of the HARC 5K, two Club members moved up to firmly secure first place in their respective five-year age groups: **Lesia Roback** (F45-49) and **Scott Nonemaker** (M35-39).

Finally, there were a number of fine raffle prizes presented in post-race ceremonies, cinema tickets and WalMart gift cards among them. But, receiving the grand prize of four tickets to the Boston Red Sox and Toronto Blue Jays game later this month was our own **Mark DesJardins!**

Our last two 2013 Grand Prix events will be the Club's **Falling Leaves 14K** on Sunday, September 22nd and the **Deerfield Skeleton 5K Trail Run** on Sunday, October 13th.

Until then, may everyone *stay strong, train safe, and race swift!* ~ **Ted Lenio, 9/9/13**



Rob Ichihana was the fastest guy among five others in the UR Grand Prix M60-64 division, shown here receiving his third place M60-69 race plaque.



Tina Lindsey continued her winning ways taking first in F50-59, shown here receiving her plaque from race director Audrey Piccione.



Sue Luley topped all 101 participants with a remarkable 77.83% age-graded performance!



Bill Kosina was fastest among Utica Roadrunners, finishing third overall!



A silo and sign beacon the way home in East Herkimer.



Grand Prix Utica Roadrunners Climb to Success at Falling Leaves 14K

By Ted Lenio, Grand Prix Coordinator

Club member and Falling Leaves Race Director **Mike Brych** and his crew of volunteers put on another fantastic edition of the Falling Leaves races, even managing to produce a bit of blue sky and calmer winds on Sunday, September 22nd. There were quite a few notable performances among the 63 Club and eligible Grand Prix members who participated in the 14K, with five runners in the top sixteen and numerous age-group podium finishes.

Richard Cohen was fastest UR male at 52:28 (4th overall and third male), with **Meghan Furner** fastest female at 60:08 (25th overall, and fifth fastest woman)! Utica Roadrunners' best included **Paul Humphrey** (11th overall), **Mike Massoud** (13th), **Joseph Mashaw** (14th), and **John Draper** (16th), and **Christine McGlynn** sixth fastest female and 33rd overall out of 371 finishers.

Nine Club members took first place in their respective age groups: **Robert Vandenberg** (M65-69), **Susan Luley** (F60-64), **John Murphy** (M60-64), **Virginia Truax** (F55-59), **Tina Lindsey** (F50-54), **Mike Massoud** (M50-54), **Ingrid Otto-Jones** (F45-49), **Paul Humphrey** (M45-49), and **Chris McGlynn** (F35-39). Six Club members were fast enough for silver in their age groups: **Rich D'Accurzio** (M70-99), **Richard Hahn** (M65-69), **Gary Burak** (M55-59), **John Draper** (M40-44), **Joseph Mashaw** (M30-34), and **Meghan Furner** (F25-29). And **Elizabeth Miller** reached her podium for bronze in F50-54.

Highest Club GP age-graded performances, all in the "regional classification," were: **Mike Massoud**, 78.52%; **Richard Cohen**, 78.06%; **John Murphy**, 76.19%; **Susan Luley**, 75.45%; **Paul Humphrey**, 75.11%; **Robert Vandenberg**, 74.47%; **John Draper**, 73.08%; **Christine McGlynn**, 72.9%; **Tina Lindsey**, 72.28%; **Virginia Truax**, 72.05%; **Meghan Furner**, 71.75%; **Ingrid Otto-Jones**, 71.72%; and **Gary Burak**, 70.8%.

Eleven members ran their first Grand Prix race of the 2013 series and contributed to some age groups, such as the tied-for-largest M60-64, nearly using up all points available for a single race. Now in the home stretch, podia are cinched in most Grand Prix age groups, though the race in some groups for medals, patches, certificates and some special prizes are still hotly contested and will come right down to who shows up at the final race of the season, the **Deerfield Skeleton 5K** on Sunday, October 13th. Though permutations for who will emerge victorious aren't quite as complex as golf's FedEx Cup, the scenarios are fluid. Examples are F45-49, where **Lesia Roback**, **MaryAnn Wilkinson**, and **Ingrid Otto-Jones** have but six points separating them, and F50-54, where **Liz Miller** and **Sue Tucker** are deadlocked for second and third. M35-39 and M45-49 are similarly tight! Also, vying for most points are **Ashley Fess** with 106, and **Tina Lindsey** right behind at 104. With perfect "Superlative Seven" first-place finishes in at least seven races are **Ashley Fess**, **Tina Lindsey**, **Susan Luley**, and **Mary Wilson**. And **Rich Crandall** is on his way to a "Grand Prix-mier" medal, having completed all eleven races, thus far. Let's hope it's not too muddy at Deerfield's Skeleton 5K, and may everyone **stay strong, train safe, and race swift!**

~ Ted Lenio, Grand Prix Coordinator, 9/24/13

Grand Prix Standings – MALE

Male Age Group	Name	Fort to Fort 10K	Save Our Switchbacks 7.5K	RACC 5K	Hall of Fame Half Mara. 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Miller's Mills 5K	Bolder Insp. Trenton Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	Falling Leaves 14K	Deerfield Skeleton 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	Williams, Travis											12		12
M15-19	Netti, Nick										12			12
M15-19	Dunlap, Adam		10											10
M15-19	Salie, Andrew						8							8
M20-24	Fund, Andrew		12				12							24
M25-29	West, Jeremy							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				8		64
M35-39	Nonemaker, Scott		8			10	8		10	12	12			60
M35-39	Mashaw, Joseph	12	7		12									43
M35-39	Gould, Nathaniel		12		10									32
M35-39	Peruzzi, Francis A.	10									12			22
M35-39	Misencik, Ryan				8		12							20
M40-44	Draper, John		12	12		12			12	10		10		68
M40-44	Latshaw, James		6		10	10	10		10	7				53
M40-44	Cohen, Richard	12	10							12		12		46
M40-44	Crompt, Bill	10	8									6		24
M40-44	Eddy, Steve				12							8		20
M40-44	Cohen, Paul		7				12							19
M40-44	Bartkowiak, James	8					8							16
M40-44	Daskiewich, Scott								8		8			8
M40-44	Corbett, David											7		7

Male Age Group	Name	Fort to Fort 10K	Save Our Switchbacks 7.5K	RACC 5K	Hall of Fame Half Mara. 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Miller's Mills 5K	Bolder Insp. Trenton Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	Falling Leaves 14K	Deerfield Skeleton 5K	BEST SEVEN RACES (Total Points)
M45-49	Suba, Scott		10	10	10	12	10	10	12		12			76 (86)
M45-49	Humphrey, Paul		12	12	12		12	12				12		72
M45-49	Crandall, Rich	8	7	8	8	10	7	7	10	12	10	8		66 (95)
M45-49	DeYulio, Jim	12	8				8	8				10		46
M45-49	Paddock, David	7	6			7	4			10				34
M45-49	Durso II, Thomas	6	5		7							7		25
M45-49	Jones, Karl	5			6						8	6		25
M45-49	Novak, Mark	10					6							16
M45-49	Huther, John					8								8
M45-49	Schnier, Alan						5							5
M50-54	Kosina, Bill	10		12	12	12		12		10	12			80
M50-54	Roback, Gary	8	8			10				6	10	7		49
M50-54	Massoud, Mike	12								12		12		36
M50-54	Salie, Erich		7		8			6		7		5		33
M50-54	Johnson, Dennis		10						12			10		32
M50-54	Kulis, Gary		12				12							24
M50-54	McGlynn, Thomas				10							6		16
M50-54	Munson, Rob					8	8							16
M50-54	Dunn, Mike							10						10
M50-54	Swider, Dan						10							10
M50-54	Roemer, Brian											8		8
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			10			82
M55-59	LaShure, Gary	8	8	8			8	10	12		12	10		68 (76)
M55-59	Gunn, Ed	10		10		10	10							40
M55-59	Burak, Gary		10									12		22
M55-59	Ruane, Mark	7	7					8						22
M55-59	Murphy, Jim		6					7						13
M55-59	Erlichman, James											8		8
M55-59	Netti, Nick									8		8		8
M55-59	Reddy, Anil		5											5
M60-64	Bick, Tom	10	12		8	12	12	12		12		10		80 (88)
M60-64	Luley, Bill		6			8	8	10	10	10	8			60

M60-64	DesJardins, Mark	4	7	10			6	8	8		6			49
M60-64	Lenio, Ted	3	5	7	5	6	7	7	7	8	5	2		47 (62)
M60-64	Bennett, Lance	7	8	12		10	10							47
M60-64	Knapp, Patrick	5		8		7					7	3		30
M60-64	Ichihana, Rob	8			6						12			26
M60-64	Murphy, John				12							12		24
M60-64	Dickson, Stan	12			10						10			22
M60-64	Savas, Gregory		10									8		18
M60-64	Moragne, Jim								12			6		18
M60-64	Peruzzi, Francis J.	6									10			16
M60-64	House, David											7		7
M60-64	Siepiola, James				7									7
M60-64	Abel, William											5		5
M60-64	Bocko, David											4		4
M65-69	Hahn, Richard	10	10			12	12	12		12		10		78
M65-69	VanDenbergh, Bob	12	12		12							12		48
M65-69	Kappler, Joe		8			10		10				8		36
M65-69	Roach, Jim										12			12
M65-69	Imundo, Ralph		7											7
M >70	Madeira, Joseph Jr.			12			12				12			36
M >70	Cadrette, Kermit							12		12				24
M >70	D'Accurzio, Rich						10					12		22
M >70	Roth, Fred									10				10
M >70	Cohen, Dan			10										10
Contact: Ted Lenio TeLeTalk50@aol.com (315) 335-0090														

Grand Prix Standings – FEMALE

Female Age Group	Name	Fort to Fort 10K	Save Our Switchbacks 7.5K	RACC 5K	Hall of Fame Half Mara. 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Miller's Mills 5K	Bolder Insp. Trenton Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	Falling Leaves 14K	Deerfield Skeleton 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
F 15-19	Wilkinson, Justyna		12				12	12		12				48
F 15-19	Humphrey, Bridget							10						10
F 15-19	McIntyre, Shelby		10											10

Female Age Group	Name	Fort to Fort 10K	Save Our Switchbacks 7.5K	RACC 5K	Hall of Fame Half Mara. 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Miller's Mills 5K	Bolder Insp. Trenton Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	Falling Leaves 14K	Deerfield Skeleton 5K	BEST SEVEN RACES (Total Points)
F20-24	Fess, Ashley	12	12	12	12	10	12	12		12		12		84 (106)
F20-24	Franco, Brittany					12								12
F20-24	Gorczynski, Stephanie						10							10
F25-29	Furnari, Ellen	12	10	12		12	12							58
F25-29	Furner, Meghan		12									12		24
F25-29	White, Dina		8				10							18
F25-29	Yanuk, Marina		7											7
F30-34	Latshaw, Anne Marie		10		12	12	12	10	12	10		12		80 (90)
F30-34	Manieri, Janine	12					10	8	10		12			52
F30-34	Elleman, Sarah			12				12		12				36
F30-34	George, Colleen		12											12
F35-39	Manieri, Jessica	12					12	12	12		12	10		70
F35-39	Nonemaker, Jolene							10		12	8			30
F35-39	Aceto, Rebecca	10									10	8		28
F35-39	McGlynn, Christine				12							12		24
F40-44	Wilson, Mary	12	12	12		12	12	12	10		12			84 (94)
F40-44	Crisino, Melanie	8	7				8	10	8	12	10	7		63 (70)
F40-44	Arcuri, Sandra						10		12			12		34
F40-44	Reilly, Christina				12	10						10		32
F40-44	Draper, Terry					8		7	10					25
F40-44	Paddock, Sue	10	10											20
F40-44	Stewart, Dodi										8	8		16
F40-44	Dunlap, Jennifer			6				7						13
F40-44	Crompton, Jennifer		8											8
F45-49	Roback, Lesia	10	7			10		10		10	12	8		67
F45-49	Wilkinson, MaryAnn	12	10				10	12		12		10		66
F45-49	Otto-Jones, Ingrid		12		12		12		12			12		60
F45-49	Carney, Lynn		6		10		7							23
F45-49	Murphy, Leisa					12	6							18
F45-49	Cognetto, Valerie		8									7		15
F45-49	Vanderpool, Maryann	8	4											12
F45-49	Alder, Jill						8							8
F45-49	Casler, Karen											6		6
F45-49	Bowens, Wendy											5		5
F45-49	Reddy, Aruna		5											5

Female Age Group	Name	Fort to Fort 10K	Save Our Switchbacks 7.5K	RACC 5K	Hall of Fame Half Mara. 21K	Kirkland Art Center 5K	Summer Sizzle 5M	Miller's Mills 5K	Bolder Insp. Trenton Falls 5M	Woodsmen's 10K	Herk. ARC Heart & Sole 5K	Falling Leaves 14K	Deerfield Skeleton 5K	BEST SEVEN RACES (Total Points)
F50-54	Lindsey, Tina	10	10	12		12	12	12		12	12	12		84 (104)
F50-54	Miller, Liz		12		12	10		10		10		10		64
F50-54	Tucker, Sue	8	8		8		10		12		10	8		64
F50-54	Willcox, Joanne	12												12
F50-54	Erlichman, Mary Beth				10									10
F50-54	Netti, Cheryl									8				8
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					10		58
F55-59	Leahy, Mary	12					10					8		30
F55-59	Bogan, Patrice											12		12
F55-59	Doran, Katheryn											7		7
F60-64	Luley, Susan		10			12	12	12	12	12	12	12		84 (94)
F60-64	Brown, Cornelia	10	8		12	10	8		10	10		8		68 (76)
F60-64	Truax, Virginia		12				10					10		32
F60-64	Massinger, Dorothy								8		10	7		25
F60-64	Reese, Joanne	12												12
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@twcnny.rr.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.

**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 SPLIT TIMES, please contact:

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