

splitimes

january 2016

The Official Newsletter of the Utica Roadrunners

*What does the
new year have
in store for you?*

See page 5 for 10 things you can do
with the Utica Roadrunners this year!

2016

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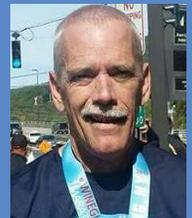
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splitimes

January
2016
Utica Roadrunners
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Roadrunners took part in the "It's A Wonderful Run" in Seneca Falls!

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: Michelle Truett
michelle@484design.com



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





President's Message

Happy New Year! I hope every one of you has a healthy, wealthy and fun twelve months with family and friends. If you are in perfect running shape, I hope you stay that way. If you are nursing an injury, I hope it heals well. I hope that you listen to your doctor and your body, before you sign up for an event that will put you on your butt instead of your feet. One quick correction for my December article - Paul Ohlbaum called to say that the original name for the Club was the **Utica YMCA Track Club**. That name was due to all of those guys who ran in ovals on the indoor track. Also, Paul was on that Track Ladder that I mentioned. He was in third place. Paul mentioned that women were not allowed to run at first because at the YMCA, the guys would swim sans suits. Once there was enough flack about getting women on the track, it was for only certain days. Men knew that they had to wear trunks on Tuesdays and Thursdays. Hmmm.

How about that Justyna Wilkinson? Justyna came in third at the USA Track and Field National Junior Olympic Cross Country Championships in Albuquerque, New Mexico. Her time was 20:06.1 in the 57-woman field of the 5,000 meter 17-18 year old division. Congratulations!

At the December Business Meeting, we held the election of officers. **Melanie Crisino, Mike Kessler** and I are keeping our old jobs. Thank You. **Stephanie Stark** will be the Vice President of Administration and Finance, but there were no volunteers for Treasurer. Our current Treasurer, **Tom Joslin** will stay on until December 31st. Thanks to Stephanie, we now have a volunteer who was not even at the meeting. Some texts were sent, and **Lisa Walchusky** said she would do the job. We have to get everyone together so Tom can explain everything to Lisa. Then Tom can get to his busy, busy job and his soon to be bigger family. Thank you very much Tom for your attention to detail and for getting the Club out of the red! Thank you Lisa, for stepping up to the plate. We also have a new Merchandise Chairperson. **Elizabeth Walchusky** will take over for **Sarah Elleman**. Sarah moved to New Jersey for a more lucrative teaching/coaching position. We are looking forward to that hoodie order that Sarah started. We will let you know the specifics for buying, probably by email messaging. In addition, **George Searles** will take over Media Releases and **Wayne Murphy** will take over Public Relations and the Club Facebook Page.

At the business meeting, the Board decided to try a Happy Hour to get members together. **So, on January 8, 2016, we want everyone to come up to the Kilabrew Saloon on Route 12B in New Hartford at 5 PM.** We decided that everyone should be responsible for their own drinks and maybe the Club may buy some appetizers. It will all depend on the number of members present. We will have an email go out to all members because I know there are lots of people who never read the SpliTimes.

Jim Moragne will be collecting all your miles and volunteer time so everything is in order for the Award Banquet on February 27, 2016. If you do not end up with jackets, patches and fun at the party, it will be your own fault. So get all your stats to Jim right after the New Year rings in at midnight.

continued →

Dave Jones may have retired from the Run to End Hunger, but he is still interested in working for the Club. Dave will be applying for an American Heart Association grant. Dave wants to go forward with the South Woods Project to add to exercise stations to the South Woods 2.2 mile path. The City will install the stations if we get the grant. Right now, the 13 stations cost \$6500, but the grant would total \$5000. Dave has ideas for obtaining those bucks and Tom Joslin suggested that \$500 of the Save Our Switchbacks profits go toward the need. A motion was made and all were in favor. Cool.

A Budget will be created for the Club in January and there will be lots of good times ahead next year. So get your stats in to Jim, Have a Happy New Year, and while you are out on the roads...

BE CAREFUL OUT THERE!



Upcoming Race

Letter from the Editor



Winter Training - the Skinny on the Rayhill Trail

When your friends talk you into doing a half marathon on April 3rd, you know that winter training is ahead of you! The weather has been in our favor for running outdoors, but inevitable the snow will fall, so we've been plotting where we will get some long runs in. I spoke with Mike Jeffrey at the Town of New Hartford about the Rayhill Trail and wanted to pass some info along to you – sounds like a great option for outdoor training.

- The trail IS plowed all winter (the stretch by 840 can get a little tricky because the road plows spew excess snow onto the trail, but they do the best they can) Overall, he said it stays pretty clear and will be good for running.
- The new section is open! You can park at the Fitness Mill and get right on the trail near McCraith Beverages.
- The whole stretch of the trail is 5.1 miles, so out and back, it's perfect for training for the half! Here's the points to guide you:
 - New York Mills ----> trailhead by Ramada
 - Ramada ----> Consumer Square crossing
 - Consumer Square ----> BOCES
 - BOCES ----> Whitesboro parking lot

You can see the map on the New Hartford town website, but they haven't added the new section to it yet.

If you have another favorite place in the winter to train, please let us know - we'd love to share some options with our members and have some good treadmill alternatives!



10 things to do with the Utica Roadrunners this year!

1

Join the Boilermaker Training Group - stay tuned for start date. It will be in February! First timers and seasoned Boilermaker runners welcome. This group is the best!

6

Volunteer!

So many opportunities: Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member; Development Runs, Awards Committee, Social Chairperson and more!

2

Attend our annual banquet on February 27th. Meet some new runner friends, get inspired by the Red Jacket ceremony and awards.

7

Development Runs on Wednesdays

What better way to train for the Boilermaker? Tackle the golf and the Switchbacks and get good and ready! Members run free, non-members are only \$1

3

Go for your own 1,000 mile jacket!

Join an exclusive club of goalsetters who don those awesome red jackets. Don't forget you need 10 volunteers points, too! Learn more:
<http://uticaroadrunners.org/about/club-events/mileage/>

8

Run the Falling Leaves this fall!

One of Utica's most popular races - choose between a fast, flatt 5K and a challenging 14K that includes the Switchbacks. A Kids 1 Kilometer Fun Run happens for the kids, too!

4

Run the Save Our Switchbacks Race!

A one-of-a-kind road race through the beautiful wooded trails of Roscoe Conkling Park and through the Utica Zoo!

9

Participate in the Grand Prix!

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group.
<http://uticaroadrunners.org/grand-prix/about/>

5

Sign up for the Summer Sizzle!
Our popular 5 miler run in Deerfield.

10

Join us for Holiday Runs!

The Run for Hunger on Thanksgiving morning and the Run for Safety in December through the Wonderland of Lights are fun runs that are great for the whole family!

H.S. ATHLETE Q&A

Ryan Humphrey

School: Whitesboro High School

Grade: 12

When did you begin running?

I began running in the seventh grade for the Whitesboro modified cross country team.

What inspired you to start?

My father, Scott Humphrey, inspired me to start running. He was a very successful runner at Ilion High School. He has pushed me and been the best coach I could ever have. My goals now are to beat his times he ran in college. (Including a 49.59 in the Boilermaker 15K)!

What distance(s)/event(s) do you compete in?

I run the 5k races in cross country. I do not run any other distances because Whitesboro does not have an indoor track team and I play baseball in the spring time. I do intend to run in indoor track meets out in Syracuse over this winter. I am training to run in the mile and two mile races.

What have been your biggest running accomplishments so far?

My biggest accomplishment in running was in 2013 when the school's boys cross country team won the Section III Class B Championship. We were able to run as one whole team and achieved our goal that we had from the first day of practice in August that year. It is a memory that will stick with all of us forever and can never be taken away.

Do you do any other sports aside from track? I play baseball in the spring and throughout the summer I prepare for the upcoming cross country season.

What does the future hold for you and running?

As college approaches, my decision on where I attend school revolves around running in college. My passion for the sport has grown to a point where I just simply can't give it up. I will also continue to run in the Boilermaker each year looking to get a personal record every year I run.

Have you received any special awards/recognitions or broke any school records?

In all four years of high school I was given acknowledgement for being a scholar athlete for performing in the classroom and out on cross country courses. I have received an award for an honorable mention in the Tri-Valley League for the past two seasons and in the two most recent seasons I was given first team all-star awards for my performances in the league meets. I was also able to break the school record for a 5K time on Whitesboro's home course at the Deerfield Town Park when I ran 17:38 this year.



Ryan and his dad, Scott

continued →



Ryan breaking the school 5k record on Whitesboro's home course at the Deerfield Town Park



What piece of gear can you not live without?

I would have to say my Garmin Forerunner 220 GPS watch. I have used it for the past two years and I wear it every time I tighten my shoes or spikes to train or to run in a race. The watch tells you your distance run, your mile pace, cadence, and heart rate all at the same time! It is a runner's dream watch and I honestly feel lost when I'm running because it gives you so much valuable information I find it really hard to run without.

What is your favorite food to eat after a meet?

I love to either eat pasta or to maybe even stop at McDonald's after a good race! It really depends on how well I do in my race.

When you're NOT running, what can we find you doing in your spare time?

I have always enjoyed going to my friends' houses for bonfires in the summer. Making memories with them is something that I love doing. When I am not out with friends and love playing video games also. With my family, we go to lakes and beaches to have picnics and to go kayaking. We can always find time to be with one another to keep us close all the time.

What other activities are you involved with at school? In school I am a part of the Varsity Club which brings together kids in school who play on varsity level sports. We get together to have events after school like volleyball tournaments with the schools Girls Athletic Association and with teachers. Once a year we get together to travel out to Syracuse to watch the men's basketball team play. I am also in the International Club at Whitesboro. We get together to fundraise for one day a year where foreign exchange students come from other schools to share their culture and customs with students.

What movie could you watch over and over again? I could watch the full Star Wars series over and over and over again! As a kid I used to watch them all the time and buy every little thing I could. Especially with the newest movie out it reminded me how much excitement I used to get when watching them. They brought a futuristic and action packed story that caught my eye as soon as I watched them.

Do you have any pets? I have an Australian Shepherd Border Collie mix and his name is Piper. He is a little over a year old and is the most energetic ball of fun you'll ever see in a dog. He is extremely obedient and very playful. You could be sitting on the couch at 11:30 at night when people are trying to sleep and he will bring you a ball when he wants to play. We got him from a neighbor down the street that owns many horses. Being a herding dog and chasing horses, he is always opening to chasing a ball and going for a run with me. I wouldn't trade him for anything.

What is your running mantra?

I have a few different mantras that I like to think about during a race. One mantra would be "The sky isn't the limit when there are footprints on the moon." I believe that sometimes we as people put limits on what we can achieve when something hasn't been done before. Others would be "one mile at a time," and "light and smooth". If you break the 5k into one mile at a time, mentally it helps plan out a game plan over the course of the whole race. Light and smooth is critical for runners to have a fast turnover type of stride and to be light on their feet. As everyone learned as kids, just run like the wind.



*Please join us for the
Utica Roadrunners
Annual Awards Banquet*



Saturday, February 27, 2016 at 6pm

Harts Hill Inn, Whitesboro

There will be a deluxe buffet
Entertainment * Awards
Door prizes * Fun
A cash bar will be available

Wear your red coat to be entered into a special drawing

Please RSVP by sending

\$20 per person by Feb. 13th to:

Melanie Crisino
10 N Richfield Street,
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions, please contact Melanie at 866-2708 or email mcrisino@yahoo.com

Awesome Stuff

The Spiritual Life of the Long-Distance Runner



THE NEW YORKER



Learn a bit about the Sri Chinmoy Self-Transcendence 3,100 Mile Race (5,649 laps around one city block!) and the man it's named after.. and also learn about the psychology behind ultra runners. A great read!

ILLUSTRATION BY KEITH NEGLEY

[Read more >>](#)

"Passion is pushing myself when there is no one else around – just me and the road."

- Ryan Shay,

American distance runner



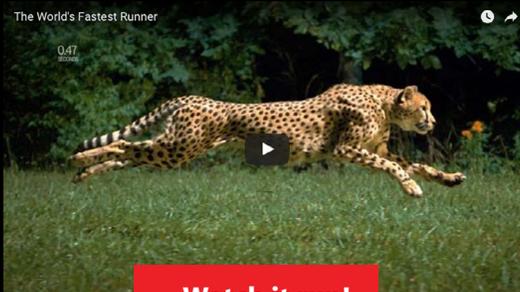
RUNNING IN THE NEWS

Astronaut Tim Peake is looking to run the London Marathon... FROM SPACE!



[Check it out](#)

A cheetah running captured in super motion HD. It's too cool to look away...



[Watch it run!](#)

USA TODAY

Amish man runs the Harrisburg Marathon in 3:05:45.... in slacks and suspenders!



[Read more](#)

Member Story

From zero to marathon in 5 years...

MEET WAYNE MURPHY

Wayne Murphy has been a steadfast presence at local races, training groups and more this year and we thought we should sit him down and get to know him better. And we're sure glad we did!

Wayne is a licensed respiratory therapist by trade – a graduate of MVCC and holds a BA and a Masters in Health Services from the New School in New York City. He now works for The Joint Commission as a field director. The Commission accredits hospitals, home care facilities, behavior health centers, long term care and more. He has been with them for 23 years and he works from home, traveling as needed for work. Running helps break the routine of working solo from home and that's one of the things he likes most about it – he can run by himself when he needs to unwind or focus and he can also team up with a group of people to enjoy the camaraderie.

When we asked how he got started with running, it didn't stem back to high school sports or even "finding the sport" in his 20s or 30s. Wayne was 50 years old by the time he tackled his first Boilermaker 5K in 2010, which he trained for with his youngest son. Coming into running later in life makes Wayne quite an inspiration to many and shows that it's *never* too late to start. He claims that "getting older" should never be the story you tell yourself to get out of something. He wants to show people that "they can do whatever they want to do whenever they want to do it."

That first 5K left him with a feeling of great achievement and a new way to stay healthy. And so it began. Wayne starting running all the local races - 5ks, 10ks, the Summer Sizzle and the S.O.S. run (one of his favorite races ever). The races have become a "family affair" – his wife Kathy never misses a race and many times if the race includes a walk, she's right there participating with him. Wayne has two sons and two daughters, who are also great supporters and/or running buddies.

It came to a point where his nephew dropped the ultimate challenge on him (one that we think a lot of Utica area folks hear!) and opened up the door to longer races – "If you can run six, you can run *nine!*" Enter the Boilermaker 15K. And then one of his daughter's friends followed up with an encouraging "if you can run nine, you can run *thirteen!*" 2013 turned out to be quite the break-away year for Wayne. He completed his first full Boilermaker that summer as well as the Niagara Falls Half that fall. Runners often joke about how they get "persuaded" by friends and family to push themselves and sign up for races at new distances, but Wayne believes that's a natural tendency of runners. We encourage each other to work on our current goals, but also push each other to take chances and try things we might not have otherwise. That's important to Wayne and he truly knows that it's something we should do for each other... it's our responsibility.



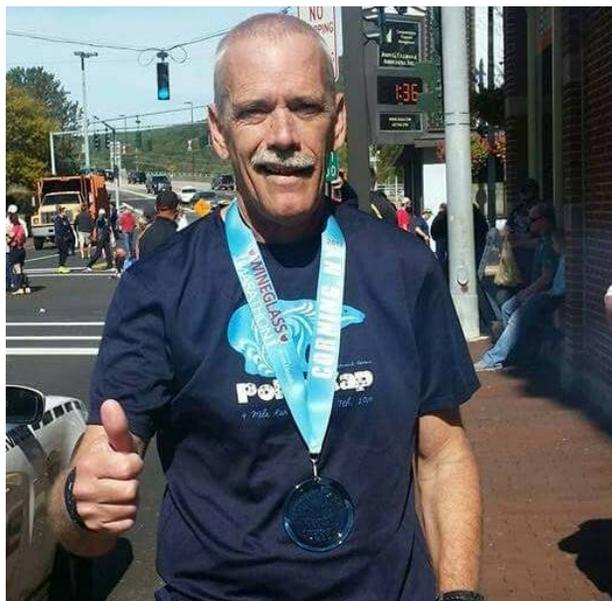
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“I want people to know that they can do whatever they want to do whenever they want to do it.”

This past summer, Wayne pushed himself yet again and completed the Wineglass full marathon with his oldest son and a friend. He shared what a great experience it was (although tiring!) and gives this advice to first time marathoners: “Relax and enjoy it. It’s not about the time - it’s about the feeling of completing something that not everyone will ever do. It’s such a sense of accomplishment.”

Looking ahead to 2016, we asked Wayne what he’s got planned so far. He’s *already* got a half marathon planned for January, February, March AND April and is pretty sure the Chicago Marathon in October will be on the list. He’s also thinking about logging in 1,000 miles for the year - he actually thinks he might have been close to 1,000 THIS year, but wasn’t diligent in writing it all down. (Note to fellow Road-runners - if you see Wayne out and about this year, give him a gentle reminder to log his hours so he can get that red jacket!)

Wayne is determined to continue running and see what new adventures await him, what new people are out there to meet and to reach out to new runners to help push them to reach *their* goals. Thank you for being a great inspiration, Wayne!



Boilermaker Training Group



Family and friends who finished the Boilermaker 5K or 15K



After Wayne finished the Half Marathon in Niagara Falls, CA - Patrick, Wayne and Wayne Jr.

Development Run Records

Compiled by Howard Rubin, updated by George Searles

2 MILE

MALE

Brian Fullem	9:16 (1986)
Jerry Lawson	9:29
Pete Pazik	9:32
Scott Humphrey	9:33
Ed Bruni	9:38
Dave Buskey	9:41
Mike Bronson	9:42
Dave Garner	9:46
John Soggs	9:50
John Thorpe	9:53

FEMALE

Beth Hart	11:34 (1987)
Ellen Hull	11:39
Ellen Kissane	11:39
Jackie Kosakowski	11:50
Gina Abraham	11:57
Beth Herder	12:01
Kathleen Billington	12:04
Laura Candido	12:11
Samantha Stedman	12:26
Najda Okanovic	12:30
Stacy Tyksinski	12:30
Debbie Szalko	12:31

MALE MASTERS

John Thorpe	10:12 (1992)
Jim Fiore	10:50
John Ford	11:14
Kevin Morrisroe	11:22
Brian Brooks	11:32

FEMALE MASTERS

Sue Sievers-Corrigan	13:01 (2000)
Shirley Oddy	13:17
Kim Goodson	14:11
Marisa Greer	14:13
Brenda Bashant	14:16

MALE GRAND MASTERS

Jim Dever	11:56 (2000)
Rob Walker	12:26
Glenn Reaves	12:55
Bill Guglielmo	12:57
Jim Lomonaco	13:11

FEMALE GRAND MASTERS

Gail Vernold	14:09 (1999)
Virginia Truax	14:23
Ellen Tommell	16:07
Connie LaSalle	16:37
Ellis Searles	16:37
Mickey Lucas	16:45

5K

MALE

Nick Ashton	16:28 (2009)
Jordan Angerosa	16:43
Robert Inglis	16:49
Lawrence Minor	17:26
Jeremy Ruston	17:35
Adam Zakaria	17:36
Robert Gigliotti	17:50
Aaron Burke	18:17
Jerry Krauss	18:17
Michael Brooks	18:18

FEMALE

Dana Cooreman	17:57 (2009)
Hannah Bushey	18:50
Claire Rady	18:50
Kelly Zegarelli	18:59
Amy Robinson	19:21
Dominique Bevivino	19:58
Zam Zam Adam	20:17
Courtney Kinne	20:46
Clare Halpin	20:53
Savannah Boucher	20:55
Brianna Byers	20:59

Development Run Records

Compiled by Howard Rubin, updated by George Searles

MALE MASTERS

Eric Kasper	20:52 (2013)
Steven Eddy	21:54
Lenny Rodriguez	22:57
David Giglio	23:29
Michael Elleman	23:58

FEMALE MASTERS

Stephanie Flack	24:49 (2013)
Kathleen Gates	26:58
Debra Ruggio	27:09
Mary Ann Wilkinson	27:28
Lesia Roback	27:50

MALE GRAND MASTERS

Jim Owens	21:47 (2013)
San Alder	24:04
Gary Roback	24:18
Gary LaShure	24:23
Tim Decker	24:30

FEMALE GRAND MASTERS

Sue Luley	26:47 (2013)
Terry Kupiec	26:56
Rita Lewis	28:43
Pam Fess	28:52
Mary Ann Atkinson	30:01

10K

MALE

Jerry Lawson	31:56 (1986)
Ed Bruni	33:13
Dave Brucker	33:18
Dave Garner	33:32
Mike Rinko	33:37
Pete Pazik	34:07
Henry Rono	34:08
Jay Frisillo	34:09
Lance Denning	34:11
Dave Buskey	34:12

FEMALE

Patti Weigand	37:05 (1995)
Shana Ruskowski	37:13
Heidi Gerken	37:39
Lisa Spina	38:47
Barbara Griggs	39:09
Meghan Furner	39:34
Cathleen Willy	39:36
Nicole Branck	39:43
Amy Netzband	39:45
Ellen Hull	40:10

MALE MASTERS

Tom Smith	35:49 (1999)
John Thorpe	35:51
Steve Walrath	36:30
Jim Fiore	37:00
Lennie Martin	37:02

FEMALE MASTERS

Sue Sievers-Corrigan	42:02 (1999)
Felisa Houck	42:17
Nancy Frisillo	43:59
Sandy Lind	45:40
Shirley Oddy	45:52

MALE GRAND MASTERS

Tom Smith	36:20 (2003)
Jim Andrews	40:11
Jim Dever	40:14
Jim Newlove	40:20
Larry Reyes	41:05

FEMALE GRAND MASTERS

Nancy Frisillo	45:34 (1997)
Virginia Truax	45:43
Carol Kogut	46:19
Ann Robinson	47:45
Gail Vernold	49:05

Start 2016 Off Right! New Year's Day Local Race...

BOONVILLE

5K



10K

3rd Annual Hangover Run

Friday, January 1, 2016

Registration 8:30-9:45am

Race start time: 10 am

Harland J. Hennessey VFW Post 5538

108 Park Ave, Boonville, New York 13309

Presented by the "Toe"Path Trekkers

Registration: \$10 morning of race at VFW starting at 8:45am till 9:45am.

Race starts across Rt. 12 on the Moose River Road at 10am. Course is out and back for both the 5k and 10k. Runners and walkers welcome. Pre and Post Refreshments, Food and Snacks offered. Water stations at each turnaround, along with some special drinks to cure any "Hangover". Bar at VFW open at 10am. Door prizes and 50/50 raffle after race.

http://www.lewisfirst.com/toepathtrekkers/event_info/3rd_Annual_Hangover_Run.pdf

Awards: Top Male /female finishers 5k and 10k

Refreshments, food and snacks pre and post race. Water stations at each turn around along with some special drinks to cure that "hangover".



Utica Roadrunners to Receive 30% off on all events at the Great Binghamton Marathon

They are offering all running clubs a discount price for running in their event. They would also like to encourage running clubs to wear their club colors as a group.

Use code: URR to get 30% off

Event: DICK'S Greater Binghamton Marathon

Distances: 26.2 | 13.1 | Relay 26.2 | 5K | Free Kids fun run 1k

Date: 9/18/2016

Time: 7:30am

Location: Vestal, NY

Address: 3000 Old Vestal Rd, Vestal, NY 13850

Website: <http://GreaterBinghamtonMarathon.com>

Registration opens: January 1st, 2016 at noon

Join us!

Club Happy Hour

January 8, 2016 • 5:00pm

Killabrew Saloon

Route 12B, New Hartford



USATF Region 1 Junior Olympic XC Championships

Deerfield Park, Smithfield, Rhode Island • Sunday, November 22, 2015

CONGRATULATIONS to our area's young runners at their great performances at the Junior Olympic XC Championships!

BOYS 13-14 4K

Jason Green | 36th | **13:53**
New Hartford, NY | Sisu Athletic Development

Timmy Owens | 91st | **15:07**
New Hartford, NY | Sisu Athletic Development

GIRLS 15-16 5K

* **Liz Haddad** | 8th | **20:08**
Frankfort, NY | Sisu Athletic Development

* **Stephanie Webster** | 16th | **20:28**
Clinton, NY | Sisu Athletic Development

BOYS 15-16 5K

* **John Durr** | 30th | **17:56**
New Hartford, NY | Sisu Athletic Development

Ryan Brooks | 50th | **19:10**
New Hartford, NY | Sisu Athletic Development

GIRLS 17-18 5K

* **Juliet Hull** | 5th | **20:24**
New Hartford, NY | Sisu Athletic Development

* **Justyna Wilkinson** | 9th | **21:48**
Deerfield, NY | Utica Roadrunners

BOYS 17-18 5K

* **Nolan Durr** | 7th | **16:41**
New Hartford, NY | Sisu Athletic Development

* **Kenny Burdick** | 10th | **17:08**
Sauquoit, NY | Sisu Athletic Development



* **Nick Valenti** | 19th | **18:32**
New Hartford, NY | Sisu Athletic Development

* **Ansel Amanna** | 22nd | **18:50**
New Hartford, NY | Sisu Athletic Development

USATF National Junior Olympic XC Championships

Balloon Fiesta Park, Albuquerque, New Mexico
Saturday, December 12, 2015

GIRLS 15-16 5K

Stephanie Webster | 65th | **23:29.0**
Clinton, NY Sisu Athletic Development

GIRLS 17-18 5K

Justyna Wilkinson | 3rd | **20:06.1**
Deerfield, NY Utica Roadrunners



* qualified for the USATF National Junior Olympic XC Championships.

Call for Utica Roadrunners' 2015 Mileage and Marathon Awards

DEADLINE:
January 15,
2016

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the annual Awards banquet on February 27, 2016. This includes data about annual running mileage and volunteer work for the Red Jackets and chevrons as well as specifically any marathons or ultras run by the club members. Reports must be submitted by January 15, 2016. Dues for the year must also be paid by January 31st for award eligibility as a member in good standing. All reports should be submitted to Jim Moragne at jimmoragne@gmail.com or mailed to him at 63 Falcon Trail, Pittsford, NY 14534. The address on the reporting form. The form follows this article and is available on the club's webpage at www.uticaroadrunners.org.

Important: For the **1000 Mile Club Jacket** (1000 miles and 10 volunteer points) Award, you **must** have accumulated at least 10 volunteer points in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2015 (unlike the miles, all of which had to be run in 2015). For the **Extra Mile Club Jacket Award**, you **must** have earned 30 volunteer points and they must all be earned in calendar year 2015. The point chart is at the end of this article.

Chevrons: Members of the 1000 Mile Club who complete 1000 miles or more during a subsequent calendar year after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100 mile increments from 1000 to 2000 miles, and in 500 mile increments above 2000 miles. Mileage totals are rounded down (i.e. 1,378 miles will result in a 1,300 mile chevron).

Marathon/Ultra Patches: A marathon or ultra patch is awarded to any club member who completes an organized marathon or ultra race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the patch to indicate several completed marathons or ultras: Blue Star 5 completed; Red Star 10 completed. Marathon/Ultra information including name, date and location of the race; completion time, place, and any awards received should be reported.

There will be a separate email in January asking for nominations to the club's various named awards. For now, we just need your mileage and marathons, as well as volunteer points for the Red Jacket Awards. Please send questions to Jim Moragne at jimmoragne@gmail.com.

Points: One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

Board of Directors and Similar

1. Serving on the Board of Directors as an officer: **30 points**
2. Serving on the Board of Directors non-officer: **20 points**
3. Membership Chair: **20 points**
4. Merchandise Chair: **20 points**

Director of Club race or training program: 20 points (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs)

Director of Club event (non-race/training) or ongoing project: 20 points (Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix)

Committee Chair of club race or training program:

10 points (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger, Wonderland of Lights, and similar)

Committee Chair of club event (non-race/training) or special committee: 10 points (Includes Awards Committee, Scholarship Committee, Social Chairperson)

Unique: Hosting a Breakfast Run, Thursday Night Run or the like: **10 points**; Racing team captain: **10 points**; Racing team member: **1 point** per race start with team scoring

Writing a regular column for SpliTimes: **10 points**

Proof Reading monthly SpliTimes: **10 points**

Writing a single article for SpliTimes: **2 points**

General volunteer for a single race or training event:

1 point (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event)

General volunteer for other club events and committees

(non-race/training): 1 point (this includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member other than chairperson)

UTICA ROADRUNNERS 2016 MEMBERSHIP APPLICATION/RENEWAL



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. 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.

2016 Membership Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

Mailing Address: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____

Annual dues are \$10 for anyone under 18, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.

Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504.

Club Membership Application Waiver (application will not be accepted without signatures of all persons on this form, or that of their parent/guardian if under 18 years of age)

I agree that I am a member of the Utica Roadrunners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: 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. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Utica Roadrunners, the city of Utica, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

First Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Second Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Third Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Fourth Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Questions? Please email Dave Paddock at sdpaddock@aol.com or call him at (315) 867-0281.

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental 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 chutes, 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>



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 Ilion
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.

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.

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>



Promoting Competitive Fitness and Recreational Running

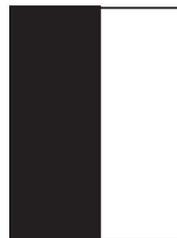
Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



FULL PAGE
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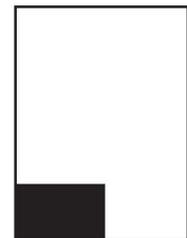
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QUARTER PAGE
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BUSINESS CARD
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PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

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 SplitTimes, please contact:

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