

February 2017

splitimes

The Official Newsletter of the Utica Roadrunners

*We're ready
to get YOU ready!*

Boilermaker Training Group starts Feb. 4th

See page 5 for all the details!

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splitimes

February
2017
Utica Roadrunners
Board of Directors



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George Searles
Stephanie Stark
Joanne Willcox



UR members at the Hang Over Run on January 1st - starting the year off right!

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!).

Editor: Michelle Truett
michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)





President's Message

Here we are, at about the midpoint of winter, and we have had weather that has been like every season except summer. It was the end of January and I had a hyacinth popping out of the dirt! Oh well, there have been some very pleasant days for running (or walking) outside. People were wearing shorts for a couple of days in January. Speaking of running clothes, The Midtown Utica Cultural Center was the recent recipient of some leftover shirts from last year's Falling Leaves. While speaking to the director, Christopher Sunderlin, he mentioned that if our members had any used sports clothes or shoes that they might want to donate, the MUCC members would be interested in using them. I am not sure whether the Club should do this. Many years ago, we collected just running shoes to donate to refugee runners at Proctor. Lots of the pairs were not washed when donated and I ended up doing quite a few loads. Maybe we could ask members to bring clean shoes to the Awards Banquet. Hmmmm, that might be a plan. I will let you know.

February 4th will be the beginning of the BEST Boilermaker Training Program in the Mohawk Valley! Melanie Crisino, Mike Kessler, and Stephanie Stark will lead the newbies and returnees through a thorough plan to train body, mind and soul for a great 9.3 mile experience. On the first Saturday, Al Calogero, owner of the Fitness Mill, will lead everyone through stretches and exercises that we all do not do enough of before and after we run. A week or two after that, Rich Karaz, from The Sneaker Store, will be presenting info about running gear to make your journey more pleasant. Every week will get runners more prepared for July 9th. Now, Melanie should not be at the first meeting because she is having surgery on February 3rd, the day before the first BTP session. But, with Melanie, you just never know! She will probably make Joe drive her over!

Start thinking about your role in the Greatest American Heart Run on March 4th!

You can volunteer, run and/or raise some money for a wonderful cause. Our Club will have a booth at the Expo on Friday and you can volunteer for a couple of hours by talking up the Club. You can also submit your registration with your pledges. Write my name, Sybil Johnson, as the contact person and write the Utica Roadrunners as your Club/Organization. For a couple of weeks ahead of the Heart Run, you can hit up all of your friends, family, and employers for pledges. On Saturday, the 4th, depending on the distance that you will run or walk, you can plan your strategy for getting to the Utica College Gym. After that, it is easy. Get on the bus, ride to your start and Go! Just Do It!

When you are finished with the Heart Run and any associated partying, go home, take a nap and then get your body to the **Awards Banquet!** Aqua Vino in North Utica, right on the Barge Canal will be the place to be. There is an hour of open bar before dinner and then an

continued →

hour after the awards are presented. If you wear your red Club jacket, there will be a special drawing. I do not know the prize. Melanie did not tell me. The door prizes will be super and there will probably be a special raffle for something like last year's Garmin watch. The \$25 ticket price is a deal. So, can I plan on seeing you in the evening on the 4th of March? Hope so.

Lisa Walchusky, our Treasurer, got a few of us together to pound out a Club budget for 2017.

If we are able to follow this new financial plan, we will be in shape for anything that comes our way. We always have been generous in the community (Run to End Hunger donation, SOS Race & Project, etc.) and with our members (reduced price for banquet tickets, free Development Runs, \$2 off Club races, etc.). Despite our classification as a not for profit organization, when we end the year with a balanced budget and not a loss, we can plan for even more charitable deeds and contributions during the following year. The Club does have some rainy-day money, but we cannot just throw it away. Good thing that we have Lisa to keep us in the black. Thank You, Lisa!

So, for February, you have a few things to do:

1. Get pledges for the Heart Run.
2. Plan to run the Heart Run.
3. Sign up to volunteer at the Club Heart Run booth.
4. Send in \$25 for your place at the Awards Banquet by 2/22/17 at the latest.
5. Start your Boilermaker Training with this year's BTP group on Saturday, February 4th at the Fitness Mill. This will also get you going for the Heart Run.
6. Be Careful Out There! THANKS!



The Ted Petrillo SOS Race

**SAVE
OUR
SWITCHBACKS** **7.5K**



**Never too early to commit!
April 23rd
Registration is now open!**

[Sign up now >>](#)



FROM DAY ONE...

2017 BOILERMAKER TRAINING PROGRAM



... TO THE BIG DAY!

Starts Saturday, February 4th, 7:30am at The Fitness Mill, New York Mills

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 4th right up to the Boilermaker on July 9th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$20 for the year for an individual (under 18 is \$10), \$25 for couples or only \$30 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website: <http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Melanie Crisino** a call at (315) 723-9202 or email her at mcrisino@yahoo.com. She's got you covered.

Letter from the Editor



Lara and I at about mile 10 of the 2016 Syracuse Half

“Attitude is the difference between an ordeal and an adventure.”

That’s one of my favorite quotes along with my friend Lara’s famous, “Make peace with it...” She said that as we started last year’s Syracuse Half when our feet were soaked and freezing from the first step to the last. Sometimes you need to let go and enjoy the journey, the struggle, the company and the adventure. Mental training is immensely important when running. We’d love to hear stories from UR members on how you keep tough and keep going. Email me (michelle@484design.com) and share. I’d like to do a feature in an upcoming issue on mental training.

Train hard. Go big,

A handwritten signature in cursive script that reads "Michelle".

UR Racing Team



Are you an average, everyday runner or maybe even a little slower? Are you the last runner to cross the finish line? GREAT! My name is **Gary Burak** and I’m the new **Utica Roadrunners Racing Team Director**. I would like to talk to you about joining our racing team.

That’s right, the racing team. And no, I am not drunk, and I’m not crazy. (Well, maybe just a little crazy, but please keep reading and hear me out.) I’ve been running for 27 years. That’s a lot of miles, a lot of races and I’ve met a lot of runners. I even know Mark Corbet. “Mark Corbet who?!” you say. Understandable. Mark is not an elite runner. He is just like most of you – an average, everyday runner. Mark doesn’t have a large collection of race awards. In fact, he probably has just one. But what an award! Mark has a USA Track and Field National Championship silver medal. Now, you’re probably wondering how someone who runs an 8:30 pace for a 5K won one of these. Simple. Mark crossed a finish line. That’s right, something everyone does at a race. Now, Mark did have 4 teammates, and what teammates they were – national class if not almost world class runners – but no one was more important than Mark. See, without Mark they would not have a team, and without Mark their runs would not matter. You should have heard them cheering Mark – “Go Mark!” “Great job Mark!” “Yay Mark!” It didn’t matter that Mark was 4 to 5 minutes behind them, Mark was the hero of the day. Like all running teams, the boys from Lowell knew the hardest thing about team racing is getting a full team to the start.

So, to all of you Marks or Markettes out there, give me an email at gfburak@roadrunner.com or text or phone me at **315-292-3517**. I would love to talk to you about joining our race teams. I can’t guarantee you’ll win a championship medal like Mark, but I’ll guarantee you will have fun, make new friends, and yes, you will be a hero. We have some very talented runners in this club and I know they would love to have you join them. After all, without you, we can’t have a TEAM!!! Hope to hear from you all soon!

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



Saturday, March 4, 2017

6:00pm

at Aqua Vino

16 Harbor Lock Road, North Utica

Two hours open bar and buffet

Please RSVP by sending
\$25 per person by Feb. 13th

Melanie Crisino
10 N Richfield Street
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions, please contact Melanie at (315) 723-9202 or email mcrisino@yahoo.com

MEET THE 2017 BOARD



MELANIE CRISINO

Hometown: Mohawk

Where do you work? Appeals Approver at MetLife

If you're not running, we can find you... Spending time with my kids
Traveling, Snowmobiling, Skiing

Years you've been running: 6

Age you started: seriously!?!?! 29! (Wink wink) haha

Running background: When I first started with the Utica Roadrunners in the training program (which is the best btw LOL) my only goal was to complete the 15k Boilermaker and then I thought I would be done running. Wrong! I was hooked thanks to the great group of people I met along the way. Since then I have completed over 20 half marathons (including the New England Half Marathon challenge), a full marathon, 4 Boilermakers, numerous mud obstacle runs, 3 Seneca 7 relays and proud to say I completed the most grueling Peak2Brew run last year.

What are your running goals for 2017?: Just getting back out there running.

What do you do on the board? VP (admin & finance), banquet chair, training program chair, social events co-chair with Steph

What do you think is the biggest benefit of being a Utica Roadrunners member? The people you meet are amazing. Very supportive and encouraging no matter your speed :) I am glad to call them my FRIENDS! ;)



SYBIL JOHNSON

Hometown: We live in the Town of Deerfield, but have a Utica mailing address.

Where do you work? I am a retired Speech Therapist. I used to work for the Utica City Schools.

Years you've been running: I started running in 1974 with friends. We joined the Utica Roadrunners in 1976 when I was 25 years old.

Favorite race distance: 10k

What are your running goals for 2017?: 26,000+ miles of running, but I am restricted to walking because of arthritis and spinal issues. There have been hundreds of races, but my favorite was the September Lake Placid Half Marathon. I never had the desire to run a full marathon. The only time I ran half-fast was when my husband and I were dating. Looking forward to volunteering at races and to walking 1000 miles.

If you're not running, we can find you... attending yoga, pilates, spinning, and watercolor painting classes. Also doing a great deal for the Utica Roadrunners.

On the board: As president, I preside over the monthly Business Meetings, plan the Race Director/Calendar Meeting, do the paperwork, buy the treats and volunteer for the Heart Run and Boilermaker Expos, check the Club mailbox a couple times a week, store lots of Club paperwork and materials in our home, help with any Social Activity, proofread the SpliTimes, volunteer at almost all of our events, especially the Falling Leaves Race where I am the Treasurer, plan the Annual Meeting, write a monthly article for the SpliTimes, and more.

What do you think is the biggest benefit of being a Utica Roadrunners member? The biggest benefit of being a Utica Roadrunner is Friendship. There are tons of people that I have met since first joining the Club. Happily, many, many have become very good friends.

MEET THE 2017 BOARD



MIKE KESSLER

Hometown: Rome NY

Where do you work? Transportation @ Masonic Care Community
If you're not running, we can find you... biking, hunting, anything outdoors & drinking beer

Age you started: 45

What are your running goals for 2017?: Stay vertical

Running background: I started running after I started dating Linda Turner, she introduced me into running via the Boilermaker Training Program, Utica Roadrunners. The only time I would run prior was when a coach made me take a lap, or we threw snowballs and the cops were coming. I was amazed at how I could keep reaching distances that I never thought were possible from 1 to 26.2 miles! I tell folks to celebrate each of those milestones I did! I believe if you can stay injury free, you can maintain your weight, and improve your health through running more than any other means. I'll never win a race, so I run for the fun of doing things with like minded people. I have met some amazing people and cherish the friendships forged.

On the board: Vice President Activities and Events

What do you think is the biggest benefit of being a Utica Roadrunners member?

Diversified group of people who have somewhat common goals. As with anything you get out what you put in! The opportunity to meet and make friends (some for life), reach milestones, have fun and maybe give a little back to the community is at your fingertips.



ANNE MARIE LATSHAW

Hometown: Clinton, NY

Where do you work? Speech language pathologist for the Utica City School District

If you're not running, we can find you... Going to hockey games and taking care of little Easton.

Years you've been running: Dabbled in running in high school. Became a more dedicated runner in 2010

Age you started again: Some running in high school. More serious - age 26

What are your running goals for 2017?: Completing a second sprint triathlon and being able to complete the Boilermaker again after having a baby.

Running background: Ran for fun one year in high school. Made a lifestyle change prior to getting married and incorporated running into my fitness. Never have looked back since.

On the board:

Secretary and Scholarship Committee

What do you think is the biggest benefit of being a Utica Roadrunners member?

I enjoy being active in the community and meeting others. I have met many people through roadrunner events including development runs, volunteering, and races. Being a member also helps to maintain my fitness goals by keeping exercise in the forefront of my mind.

MEET THE 2017 BOARD



JIM LATSHAW

Hometown: Clinton, NY

Where do you work? Accountant at DFAS in Rome

If you're not running, we can find you... I'm usually hanging out with my wife Anne Marie and our son, Easton. We can also be regularly found at the Aud from October through April for Comets hockey games!

Years you've been running: seriously for about 7 years

Age you started: 36 or 37

What are your running goals for 2017?: I wasn't going to have many goals this year after a killer 2016, but January may suggest otherwise. I am signed up for the Lake Effect and Syracuse half marathons and am looking at doing the Montezuma half this year as well. A good goal I think would be to continue to keep my body healthy and injury free all year.

Running background: I started running because I had always wanted to get into the sport. Losing weight and getting healthy was a huge part of pushing me to start. Now I don't know what I would do without running in my life!

On the board:

I am the volunteer coordinator and have been on the scholarship committee. I'm new to the board this year.

What do you think is the biggest benefit of being a Utica Roadrunners member?

I think it's all the awesome people and friends you meet along the way! We have a great group of runners, and it's neat seeing so many of us at different races throughout the year.



JIM MOTT

Hometown: Sauquoit

Where do you work? English teacher and Boys Varsity Soccer Coach at Central Valley Academy

If you're not running, we can find you... If I am not running, I am running after my two kids. I have two daughters, 14 and 12, that keep me beyond busy. Other than that you can see me on the sidelines coaching soccer as I am entering my 28th season.

Years you've been running: 30

Age you started: 21- I started running races when I stopped playing collegiate soccer and baseball as I needed to stay active and competitive.

What are your running goals for 2017?: I am hoping to do my first ultra - a 50k. I want to do more trail races and stay healthy.

Running background: Running has been a huge part of my adult life. I have run hundreds of races from 5k to marathon. The marathon is the race I enjoy the most because of the training and suffering required in order to get the reward of finishing. I have done 53 marathons in 23 states. The Boilermaker is the reason that running became a passion of mine. I have done the 15k 25 straight years and would like to keep that streak going as long as I can.

On the board:

As a new member to the board I am hoping to help with the Scholarship Committee and I am hoping to help with races.

What do you think is the biggest benefit of being a Utica Roadrunners member?

The biggest benefit is being part of a wonderful group with a history of giving back to the community. Running has given me so much in life. Through the Roadrunners, I am hoping to give back something as well.

MEET THE 2017 BOARD



WAYNE MURPHY

Hometown: New Hartford, NY

Where do you work? The Joint Commission

If you're not running, we can find you... Hiking, cross country skiing

Years you've been running: 9

Age you started again: 49

What are your running goals for 2015?: Hoping to break a 9 minute pace on a 5K!

Running background: Have run 5K, 10, 15K, Half Marathons and Full

On the board:

Publicity, Facebook, SOS race director

What do you think is the biggest benefit of being a Utica Roadrunners member?

All of the information, support and networking.



SCOTT NEARY

Hometown: Utica, NY

Where do you work? Mailroom associate at Metlife

If you're not running, we can find you... gym, group classes, concerts and attending baseball games

Years you've been running: 2

Age you started again: 48

What races are you looking forward to this year? Syracuse Half and Fort to Fort

On the board:

I help with the volunteer aspect with Jim Morange

What do you think is the biggest benefit of being a Utica Roadrunners member?

All the information being talked about and listening to the great ideas.

MEET THE 2017 BOARD



GEORGE SEARLES

Hometown: Clinton, NY

If you're not running, we can find you... full-court basketball, reading, writing (poetry & textbooks), European travel

Years you've been running: Started in '79 at age 34

What are your running goals for 2017?: Complete my 29th B'maker and continue to snag age-group awards in the 70-79 geezer division (21 first-place finishes since turning 70...not too many geezers left around here! I often have to settle for 2nd or 3rd in Florida, though.)

Running background: Have run over 500 races--mostly 5Ks but also two marathons (Steamtown & Boston), six halves, and 28 Boilermakers.

On the board:
grant writer

What do you think is the biggest benefit of being a Utica Roadrunners member?
Meet people, socialize, "give back"



STEPHANIE STARK

Hometown: Utica, NY

Where do you work? Production Coordinator for the Multi Currency Investigation Unit at Bank of New York Mellon

If you're not running, we can find you... spending time with the family

Years you've been running: 5 years

What are your running goals for 2017?: Boilermaker!

On the board:
Assist where I am needed.

What do you think is the biggest benefit of being a Utica Roadrunners member?
meeting some amazing individuals that I am honored to call friends now.

MEET THE 2017 BOARD



LISA WALCHUSKY

Hometown: Holland Patent

Where do you work? Munson-Williams-Proctor Arts Institute

If you're not running, we can find you... hiking, camping, snowmobiling, traveling

Years you've been running: 4

What are your running goals for 2017?: I want to run the Boilermaker 15K for a second time and improve on my finish time.

Running background: My 3 daughters all ran cross country so I thought it would be fun to run 5K's together. I joined the Boilermaker Training Program to help with my running and I ended up meeting a lot of great people. I have also persuaded my husband and son to run in several races. It has been a fun family activity and it keeps us healthy.

On the board:
Treasurer

What do you think is the biggest benefit of being a Utica Roadrunners member?
Meeting other people who enjoy running.



JOANNE WILLCOX

Hometown: Utica

Where do you work? Owner, C-Flex Bearing in Frankfort

If you're not running, we can find you... Working or walking my two dogs or maybe both since they come to work with me on occasion.

Years you've been running: about 14

Age you started again: around 40

What are your running goals for 2017?: Getting my 7th Boston Marathon medal, running a scenic Utah marathon (hopefully St. Georges) and remaining positive in spite of a broken wrist.

Running background: Started running to escape some "demons". It worked!! Ran my first marathon (Wineglass) in 2010 and qualified for Boston. I've been running Boston ever since, 6 consecutive years. The marathon is my favorite distance (after the race has been run).

On the board:
Still hoping to find my niche and be helpful.

What do you think is the biggest benefit of being a Utica Roadrunners member?
The information available from other club members. Whether it's training tips or race venue experience, there is someone in URR with helpful information.

H.S. ATHLETE Q&A



Giuseppe Battista



School: New Hartford

Grade: 12

When did you begin throwing?

I would go to see the modified meets and one of my friends finally convinced me to do it.

What inspired you to start?

My dad ran cross country in high school, so hearing his stories and seeing his passion really inspired me to try it out.

What event(s) do you compete in?

I compete in shot put, discus, and weight throw.

What have been your biggest running accomplishments so far?

State quals for weight throw, and competing in sectionals for shot and weight and possibly making it to states for weight throw and shot put state quals for indoor this year.

What does the future hold for you and throwing?

For throwing, I plan on competing at the collegiate level but I haven't made a decision on where.

Do you do any other sports aside from track?

I played football in the fall.

What piece of gear can you not live without?

I can't live without my lucky socks, shorts, and my spinning shoes.

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

I received MIP in indoor my junior year for a 12 foot PR in weight throw. And I currently hold the school weight throw record at 50 and will continue to make it higher.

What is your favorite food to eat after a meet?

Can't ever go wrong with pizza!

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

I'm always trying to improve physically. I love to lift because I know what I'm getting out of it and it's always a nice relaxer.

What other activities are you involved with at school?

I write for the New Hartford school newspaper and discuss sports and other topics even politics.

Favorite movie:

Forrest Gump is my favorite movie of all time to the point where I can recite most of it.

Do you have any pets?

My two cats are Marvin and Nikki. Nikki can never be touched because she'll get angry and Marvin is small and dog-sized and loves to hunt.

X FIT IN SOUTH WOODS



12 New Fitness Stations in the Switchbacks

By Dave Jones

Our club coordinated the purchase and installation of 12 fitness stations around the 2.2 mile perimeter of The South Woods Switchback trail. During the extensive renovation of The Switchback pavement in the mid-90s, Ted Petrillo and I shared a vision that our community would benefit by having fitness stations that would attract a larger population of residents in promoting fitness and X-training. The 12 stations are specifically designed exercises for both walkers and runners to provide a well-balanced fitness routine for the entire body. The stations are spaced throughout the South Woods loop so participants can go from one station to the next performing specific exercises, which are well illustrated with attractive signage.

With the help of **George Searles** we secured a \$5,000 community impact grant from **The American Heart Association** and a second \$2,900 grant from **The Community Foundation of Herkimer & Oneida Counties**. **Our Club** kicked in \$1,000 to complete all funding and thanks to **Mayor Palmieri** and **Parks Commissioner Dave Short** the stations were installed this past November.

I have always been amazed to meet people who live within one mile of Roscoe Conkling Park but have never been exposed to the beauty of The South Woods. Since moving here from Burlington in 1982, I've told dozens of people that in my first year in Utica I saw more wildlife within the South Woods than in my 5 years in Vermont! The Switchbacks trail is indeed a gem within our community and now, with these new fitness stations and recently built pavilion, we hope this becomes a destination for walkers, runners, and families to enjoy the outdoors close to home.

A formal ribbon cutting ceremony is scheduled for this spring. Stay tuned!

Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: **30** points

Serving on the Board of Directors non-officer: **20** points

Membership Chair: **20** points

Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs

3. 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

4. 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 and similar.

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **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 for a year: **10** points

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

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

Awesome Stuff

A Runner's Guide to Etiquette

A few good reminders for training runs



[Read More >>](#)

Running Half Marathons in 50 States... with Cancer

Get inspired! On November 5, 2016, Joan Hannah Darell crossed her 50th half marathon finish line despite her diagnosis of stage 3 colon cancer.



[Read More >>](#)

competitor.com ///

7 Ways My Dog is a Better Runner than Me

[Read More >>](#)



“You have to forget your last marathon before you try another. Your mind can’t know what’s coming.”

– Frank Shorter,
1972 Olympic
Marathon
Champion



Dues Notice!

The Dues Window for 2017 Has Opened

The Dues for 2017 are due by January 1, 2017. From this point forward, pay your dues and you're good through the end of 2017 (really March 31st, 2018 since we don't suspend member privileges until the end of the first quarter of any year).

Dues are the same as last year:

\$20 for an individual

\$25 a couple

\$30 for a family of three or more at the same address.

You can pay via the club web site at: <http://uticaroadrunners.org> using Paypal or print the club renewal form (available online AND on the next two pages of this newsletter!) and mail it in with a check. Mail completed applications to Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504.

If you have any questions feel free to email (members@uticaroadrunners.org) or call Joe 315-866-2708

Happy Hour



Join us!

Club Happy Hour

Friday, February 3, 2017

6:00pm

Black Cat Restaurant

470 French Road

UTICA ROADRUNNERS 2017 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.

2017 Membership Renewal or New Member (circle one)

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

Street: _____

City: _____ State: ____ Zip: _____

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 more sharing the same address. Use a 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 Joe Crisino at members@uticaroadrunners.org or call him at (315) 866-2708.