

march 2015

splitimes

The Official Newsletter of the Utica Roadrunners



Utica Roadrunners Awards Banquet

– awards on pages 6 & 7, photos on pages 9 & 13 –

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splitimes

March

2015

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**“LIKE” US
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<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?ref=ts>

April 26
Save Our Switchbacks

May 17
**Hall of Fame Half
Marathon and Relay**

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
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President's Message

Good-Bye February! Yikes, was that enough snow and ice cold for all of you? I kept praying to the ice gods to make sure no one was hurt by the huge icicles – hanging from gutters and curling back on to windows. I thought of creating a watercolor of a historic Utica building with those mammoth icicles hanging off, but I had some walls to paint instead! On those real cold days, I kept warm stripping wallpaper, washing walls and then painting them. Upstairs looks pretty, it still needs more work and I need to get outside...

For one of the first times ever, we had to cancel the February UR business meeting. Monday, February 9, was just too snowy and blowy. I hope this does not mean we are turning into woeses. It was my call, but I did not have to do the driving. I was worried that everyone would have to spend the night at the Johnson's because they could not leave! I think we would have had everyone covered with blankets and off the floor if need be.

And then in February....I had to also cancel the annual Race Calendar/Director Meeting at the Brewery on the 2nd. There was more than one snowy Monday in February. Darn. At least we could switch that meeting to February 23rd. Since there was a possibility of 111 race directors showing up from Cooperstown to Old Forge and Dolgeville to Cazenovia, I did not want them to have to sleep over on Varick Street. Actually, I send out 111 notices. About 25 or 30 directors usually show up for this meeting and we have a great time talking about what is to come in the 2015 racing season.

The last day of February was the Awards Banquet at Daniele's at Valley View. Sorry to those of you who did not want to be there. \$20 for dinner (the Club covers the additional bucks for what it really costs) and 2 hours of open bar is the best deal. Awards were great too.

Finally for February... the accountants who prepare the Club's 990 Tax form, which is usually due between April 15th and May 15th for charitable organizations, wanted our revenue/expense info ASAP. Their tax business was slow, so couldn't we just get our stuff all together??? Naturally, Tom had all the monthly reports neat and tidy. I just had to enter everything into QuickBooks. Did it. Got it done. It is all ready for submission any time between now and May 15th. That and a \$50 check will make everything wonderful between us and the NYS Office of the Attorney General.

Now for March, will it be a lion or lamb beginning? If the Heart Run/Walk is so early in the month, I choose Lamb! I hope all of the runners and walkers have sunshine and clear roads for their travels. So far this winter, day to day predictions have not always come true, so wish for the best! I hope the monies raised equal or surpass the goals set by the Heart Association. The most distance that I ever ran for this event was 13 miles. That distance is not an option these days. I just could never convince myself that I needed to run further anyway. And...this year, I just may go to the 5 mile run start early and do my own thing. I like that course better than the 5 mile walk route.

MARCH 21st, have your fingertips on your keyboards because Boilermaker 2015 registration begins at NOON. Registration closes when caps are reached – 14,000 for the 15K and 4,500 for the 5K. Good Luck to all of you who want to run. Dennis says I cannot register with the first wave because I did not run last year. We should take bets on when registration closes – can charitable organizations do that?

You have probably received an email through our Gmail about the Mohawk Valley Bike Club's interest in Triathlons. If this does tickle your fancy, please respond. This may be a way to train with like-minded athletes. I know Dennis did lots of his training alone while I was home praying that he was all right – especially while biking. I say, 'Do it with friends!'

continued →

Happy St. Patrick's Day! Back in the Good Old Days, we used to watch the parade and then head to Varick Street. I wonder if we will do that this year. There are some running events happening, like the run for Dennis in Oswego, but none right in Utica. We were never able to pull off a run before the parade. Well, go out with the BTP (Boilermaker Training Program) runners and remember to wear green. Erin Go Bragh!

The calendar says March 20th will be the first day of Spring. Let's all cross our fingers and hope that spring arrives as fiercely as this cold weather has. We can all use some balm^y weather for running and walking. But, whatever you do, remember to....

BE CAREFUL OUT THERE!

Boilermaker Sign Up Details



MAKE SURE YOU MARK YOUR CALENDARS!

REGISTRATION FEES

(Online processing fees included)
15K Race \$53.00
5K Race \$38.00
3M Walk \$15.00

DEFERRED RUNNERS

SATURDAY, MARCH 7TH AT NOON
(15K runners who requested a deferral to the 2015 race)

Deferred Runners will have two (2) weeks to register. Deferred registration will close at 11:59 pm March 20th.

PREFERRED RUNNERS

SATURDAY, MARCH 14TH AT NOON

(All official finishers of the 2014 races who finished in the allotted time frame)
Preferred Runners will have one (1) week to register. Preferred Runners MUST use the exact name that they registered with for the 2014 race and can only register for the race they ran. (Registration can be corrected after registration process is complete.) Your DOB will also be used to verify your identification. Preferred Registration will close at 11:59 pm March 20th.

OPEN REGISTRATION (ALL OTHERS)

SATURDAY, MARCH 21ST AT NOON

Open registration will close once the caps are reached for each race.

Race Caps: 15K = 14,000 5K = 4,500

WAIT LIST

Wait List will open once the race reaches its cap. Runners have the option to be placed on the wait list if they get closed out of either the 15K or 5K race. Runners will be notified if a spot opens up. After being notified, the runner will have 48 hours from the time the email was sent to register. If they don't register they will lose their chance and the next person on the list will be notified. Wait List will close at 11:59 pm on May 31st.

TRANSFERS

(A registrant offers their registration to another user, and upon that user's paid registration, the original registrant receives a refund.) The Transfer Process will open April 13 at noon. All transfer requests must be made online. Transferee (new runner) will incur the cost of \$63 which includes registration and transfer fee. The Transfer Process will close 11:59pm June 24th. There are no Race Weekend Transfers.

DEFERRALS

All deferral requests must be made online. Deferrals will open April 13th at noon. Deferrals will close at 11:59pm July 12th.

Letter from the Editor

McFarland, USA's Lasting Impression



Shanequa and I – one of the ONLY times you'll catch her in a skirt and heels!

As the credits start rolling after McFarland, USA, I hear "makes me look forward to track!" My mentee Shanequa Lewis is a freshman at Proctor High School and she joined me, my son and her friend Namir (also a track star) during a snowstorm to watch the movie. It was so bad out, I was debating whether to make the trek, but I'm so glad we did.

Shanequa's tiny and crazy fast and has been going back and forth about doing track or softball this year. I keep telling her that she has been given a gift and to waste it would be tragic. You never know where it may take you. Running is an individual sport as WELL as a team sport and nothing illustrated that better than McFarland USA. We followed their individual struggles and triumphs and cheered for each one as they ran the first ever California State Cross Country meet. Yet we were overjoyed seeing them dive into the ocean for the first time ever as a team, pray as a team and put in miles and miles in practice...as a team.

I hope the movie left a lasting impression on Shanequa. I'm very much looking forward to cheering her on from the sidelines at Proctor this season. If you have kids...I highly recommend going to see the movie. Even if they're not into running, the movie will still move them and show them so much more than the sport.

I wanted to mention as well that I'm really enjoying interacting with the students that we've been featuring in the High School Q&A section. (There's another great one in this issue for you.) These kids are stellar – the Q&As show how their love for the sport enhances their lives, gives them a wonderful maturity, helps them set really big goals for themselves and assists them in developing lifelong skills. I'm so impressed by them all so far and can't wait to meet more.

Boilermaker Training Runs



**Boilermaker
2015K**
UTICA, NY • JULY 12TH

We have about 30 new members and it's still not to late to join!

No training run on March 7th due to the Heart Run

March 14th starts outside runs - meet at the Parkway Rec Center 7:30am sharp!

Awards Banquet



1,000 MILE CLUB JACKET RECIPIENTS

Melanie Crisino, Bernadette Erlichman,
Ryan Misencik and Steve Tibbits



FRANK D'ALLESANDRO TRAINING AWARD

Doreen Camerona



MOST IMPROVED ROADRUNNER DEVELOPMENT RUN - MALE

William Luley



ED BRUNI, SR. INSPIRATION AWARD

Rich D'Accurzio



MOST IMPROVED ROADRUNNER DEVELOPMENT RUN - FEMALE

Dorothy Massinger



DISTINGUISHED ROADRUNNER SUPPORTER AWARD

The Sneaker Store, Rich Karaz

Awards Banquet



UTICA ROADRUNNER HALL OF FAME AWARD

Dennis Johnson



CLUB PRESIDENT'S AWARD

Kermit Cadrette



FEMALE ROADRUNNER OF THE YEAR

Melanie Crisino



MALE ROADRUNNER OF THE YEAR

Tom Joslin

Other awards, recipients not present for photos:

MOST IMPROVED ROADRUNNER - FEMALE

Losay Jones

MOST IMPROVED ROADRUNNER - MALE

Michael Swalgin

GOLDEN SHOE AWARDS

Melanie Crisino Ryan Misencik
Bernadette Erlichman Steve Tibbits
MaryBeth Erlichman

**BILL ACQUAVIVA VOLUNTEER
OF THE YEAR AWARD**

Jerry Tylutki

**ROBERT H. "COACH" CARLSON
DISTINGUISHED SERVICE AWARD**

Mike Brych

2014 MILEAGE CHEVRONS

<u>1000 Miles</u> Melanie Crisino Bernadette Erlichman Dennis Johnson Steve Tibbits	<u>1100 Miles</u> Karl Jones Ryan Misencik Jim Siepola	<u>1200 Miles</u> MaryBeth Erlichman	<u>1300 Miles</u> Gary Burak	<u>1700 Miles</u> Stephen Paddock Cathleen Willy	<u>2200 Miles</u> Joanne Wilcox	<u>2300 Miles</u> Tom Joslin
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**FIRST TIME
MARATHONER**

Melanie Crisino
Niagara Falls
International Marathon

ULTRA MARATHONER

Tom Joslin
*TARC Spring Classic 50K
Wakely Damn Ultra 55K
Comrades Marathon Ultra 90K
Green Lakes Ultra 100K*

IRONMAN

Dennis Johnson
Steve Tibbits

VALLEY MARATHON CLUB

By Jim Moragne

Since the mid 2000s, an informal distance group has been making tracks in the eastern part of the Mohawk Valley. Called imaginatively the "Marathon Club" and centered in southern Herkimer County, the club has brought together people doing or wanting to do marathons, half marathons, triathlons, duathlons, and other forms of outdoor self-abuse involving feet, arms, bikes, torsos, land, sand, mud and water (note no mention of brain or sense). A primary goal of the club is to give first timers a low key and supportive environment to pursue that bucket list check-off, usually one's first half or full marathon.

As the group goes forward in each year, members share with the group what they're planning on doing, look at what others are doing, maybe hook up for some training, maybe travel together to a common event and in general, have a good time. Central to all this is an Excel spreadsheet with everyone's probable schedule that is updated regularly and sent to all members. Usually, a specific marathon and half marathon rises to the top and many of the group will pick that as their big Fall event. In 2014, a dozen people did the Wineglass Full and Half Marathon in Corning and had a great time, as also happened with the Maine Marathon in 2013. Once the Boilermaker is past, the idea is to get as many people together as possible for the weekly long runs and rotate the hosting responsibilities. In the past, we've had fun circling lakes like Canadarago and Piseco, covering the canal trails, doing the Death March, and visiting some of the wind turbines outside Dolgeville as part of the Brockett Hill Run.

If you have a hankering to do any of these type of events, you will find people here who have been there, done that. Just ask for amateur advice, sympathy or a suggestion for your next event and you will get it. Also note there are no formal meetings, no dues (monetary – there are other dues you'll pay along the way), no by-laws, no 501c(3) – just a group of friendly people with a common interest. If you think you'd like to join, or have any questions, just email **Jim Moragne at jmoragn1@twcny.rr.com.**

SAVE OUR SWITCHBACKS APRIL 26TH



Partnering with:



**Our kick off event! April 26, 2015
7.5K Road Race (4.66 miles)**

**Help support the South Woods Trails Project
while running "Half a Boilermaker"**

A Utica Roadrunners Grand Prix Event

Start and finish near the Utica Parkway Ski Chalet

*New course for 2015 will take runners through the Utica Zoo!
Tired of running down the same hill as the Boilermaker, the Development Runs, and Falling Leaves? The 2015 SOS Course will take runners down African Alley and out the main gate of the Utica Zoo!*

Register online today >>

Awards Banquet



H.S. ATHLETE Q&A

Nicholas Ashton

School: Whitesboro High School

Grade: 12

When did you begin running?

I began running in 7th grade for Whitesboro's Modified Cross Country and Track teams.



What inspired you to start?

My dad ran when he was in school, so I decided to follow his footsteps and give cross country a try. I loved it and then continued into track and, later, road races. To this day me dad and I always look back at his times to compare to mine which has always driven me to run and work hard since day one!

What distance(s) do you compete in?

In Cross Country I compete in the 5K, but in track I run a wide range of events. I have developed into a 400m and 800m runner, but will also run the 1600m, 3200m, and steeplechase.

What have been your biggest accomplishments so far?

In 2011, I was selected to represent New York in the Hershey's Track and Field Games North American Final. I ran the Boys 13-14 800m and finished 9th with a 2:11. In May 2013, my track team won the Section III Class A1 title, which was then followed with a Section III Class B team title that November. Also, I have run three Boilermaker 15Ks and have run all three in 59 minutes. I was part of the Whitesboro team that won the Boilermaker 15K School Challenge last year.

What does the future hold with you and running?

After a successful track season and hopefully a trip to the State Championships, I will continue my running career with one of my three top choices for college (Canisius, SUNY Cortland, or Utica College) to run Cross Country and Indoor/Outdoor Track. After college, I will continue to run daily and hopefully competitively for as long as my body will let me and maybe one day become a successful Cross Country and Track coach.

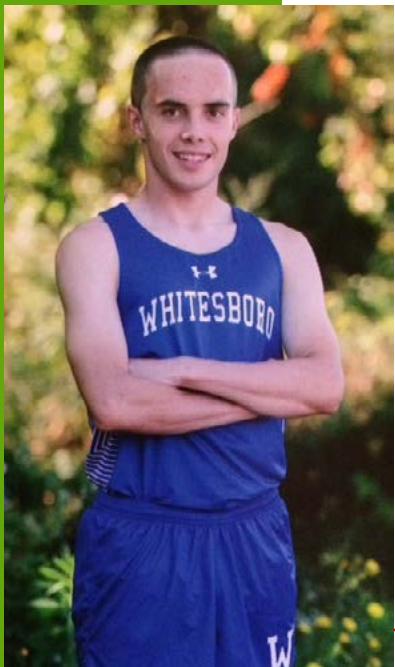
Do you do any other sports aside from running?

I do not currently play any organized sports aside from running and have not since my freshman year, but in my spare time I play whatever I can get my hands on. Frisbee, basketball, soccer, football, volleyball, floor hockey...If I have available friends and we have the equipment, there is a good chance I will be out playing something somewhere!

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

Anything awesome and notable...

I have received First Team All Star in my last four Cross Country seasons and in my last three track seasons. I currently hold the school record on our current cross country course (17:44) as well as on our previous cross country course (17:32), both of which are at the Deerfield Wilderness Park. My best 5K time however is 16:48. In track, I was part of the 4x1600m relay my freshman year that currently holds the school record (I ran a 4:39 split).



continued →



What piece of running gear can you not live without?

My favorite piece of running gear has to be my socks. I want to look good when I run and in order to stand out, I like to race and practice in crazy socks. I've run many styles from traditional high, black Nike socks, to neon green socks, to socks featuring an Indian-style print that I wore all throughout my last cross country season.

What is your favorite food to eat after a meet/race?

I always crave take-out food after a meet. Usually I want an order of hot chicken wings for myself, but sometimes (and I am not afraid to admit it) I want to splurge and eat McDonalds or Taco Bell. Every year, there is one track meet where our team orders pizza afterwards and every two people split a large pizza on the bus ride home. That's always a favorite of mine!

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

When I am not in school, doing extracurricular activities, or running, I am either working at B&F Ice Cream in Whitesboro, doing something sports-related like watching my Syracuse Orange or my New York Rangers on TV, attending Utica College hockey games, or doing something related to Boy Scouts. I became an Eagle Scout last year and I do volunteer work with my troop as well as attend both weekly meetings and monthly camping trips.

What movie could you watch over and over again?

I have always grown fond of The Miracle. I am a huge hockey fan and I have seen it at least 50 times probably.

Do you have any pets? (include name/kind/anything special about them)

I have two distinctly-different cats named Cinnamon and Aurora. Cinnamon is a tan, short-haired who likes to sleep downstairs and meows constantly. She also likes to chase laser pointers around the house. Aurora is a long-haired cat whose fur is different shades of brown, but she has black paws that look like she is wearing little black boots. Aurora likes to sleep in my bed mostly; however, unlike Cinnamon, she is a very quiet cat and does not care for the thrills of the laser pointer.

What is your running mantra?

I really do not have a mantra that gets me through a race. However, I have a race strategy where I get off the start line really fast and hard, settle into a rhythm, and plan for a very fast kick in the closing stages. My coaches have worked that strategy with me for years and it always seems to work like a charm.

I also have to add that I am very superstitious with racing. Before every major race, I get a haircut (I have found that I run my best performances after a fresh haircut), and the night before every race, I eat vanilla ice cream and slushies (Why? It just seems to correlate with great performances as well). And lastly, I cannot forget my socks!!



Utica Little Black Dress Run – Saturday April 4, 2015



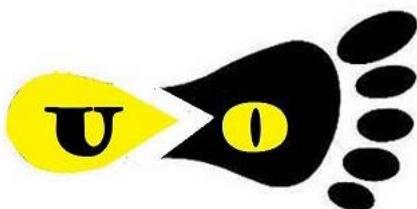
Come be a part of the premiere early April Central NY area Little Black Dress Run!!!

Sign in and Utica Club starts pouring at 1:29 pm. Hares Away at 2:30 pm(ish)
Start Location: Gerber's 1933 Tavern, 16 Liberty St, Utica, NY 13502

Rego at <http://www.uticabtnh3.com> before April 1 gets you guarantee of an amazing glitter tutu giveaway day of run! Cost until Mar 1: \$29.69; cost until Apr 1: \$34.69, Apr 1 to day of event: \$39.69.

What to expect:

- Everyone, guys and girls alike, in little black dresses. Else you can't run with us and we will be sad
- Beer
- Glitter tutu giveaway if you rego'd early enough
- A place to store bags, etc. inside the tavern
- Tags
- Glitter faeries getting you looking glittertastic in glitter zone outside the tavern
- Opening circle where we explain the markings for our 3-5 mile fun, untimed, noncompetitive course that can be walked or run and has several exciting surprises including beer. Yes, there will be walkers doing this
- Once everyone is back, closing circle with more beer.
- After party at Gerber's including more beer, delicious fried bologna or grilled cheese sandwich and side.
- Other awesome surprises.



This year's designated charity is Mohawk Valley Perinatal Network, additional donations can be made at time of registration. Additional/alternate food and drink available for purchase at venue as well as other Utica H3 items.

Utica Better Than Nothing H3, <http://www.uticabtnh3.com>

Awards Banquet



The Casual Runner: Words on Running for the Rest of Us

by Rob Trotta

A Paradoxical Winter Race



Early in February I ran the Newport Beer and Chili Run, as I'm sure some of you did as well. For reasons that will be explained soon enough, this is the only race I do between the months of November and March. Indeed, it's one of the few times in winter when I run on a surface other than a treadmill, period.

Over the last few years I've become more competitive with myself and more meticulous about my racing record keeping, but the Beer and Chili Run is my one and only "I Don't Give a Crap" race. The main reason for this, as explained last month, is because I'm not a huge fan of running outside in the winter. But there's also a simple paradoxical nature to this odd little race that forces me out of my winter cocoon.

First, a few of my reflections on running in the wintertime. Most emphatically, it's just too cold for my tastes. Many people run freely in the winter with no issues. But I find it more of an effort than an enjoyable experience. The dry air bothers my throat and sometimes makes breathing feel a bit weird. Plus my nose runs way too much. Respiratory woes aside, running on a snowy, slippery, and unpredictable surface can get a little dicey. The roads on which the Beer and Chili Run took place were main roads, but there was still a slippery layer of packed snow that isn't too friendly to normal running sneakers (no, I don't have those fancy detachable spikes). As a result I found myself having to shorten my strides, which is counterintuitive to what my long legs were designed to do. This slowed me down, but it was preferable to slipping and falling. Finally, it's uncomfortable running in anything but shorts and a sleeveless top. The trick with winter running is finding a balance between layers that are thin enough so I'm not overheating while running, yet thin enough so you turn into a popsicle while not moving.

But I digress. I ran the race anyway and I enjoyed doing it.

So, why do I give myself a mental chuckle when I think about this particular race? Well, start first with the title. What better way to entice runners than to dangle life's little indulgences in front of us at the finish line? While it's hard to pass up beer and chili after a cold race, don't the consumptions of items like that negate the whole purpose of running in the first place? It seems like whatever few calories I burned during the race were immediately replaced with the spoils afterwards. (Yes, there were a few other options besides the beer and chili. For instance, I forewent the beer and had coffee instead.) Also, this is a race with no bibs, no chips, and not even a clock at the finish line. All we had was someone with a stopwatch yelling a somewhat accurate time as we finished. In fact, he had to ask me if his stopwatch was correct by confirming it with my own watch as I crossed.

The craziness of this race aside, all I wanted was to finish my measly little 5K in under thirty minutes. Fortunately I did (with time to spare) and then started my cold walk back to where the chili was, longing for the spring weather.





CNY Running Clubs Cup 2015

**Kuyahoora
Kickers**



North Country
“Toe” Path Trekkers
Walk-Run Club



In an exciting development for Central New York running, six area running clubs have joined together to create the CNY Running Clubs Cup, new for 2015.

The six clubs are the Kuyahoora Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are four races in the Cup thus far. A fifth race (TBA) will be added in September or October. The four announced races are:

APRIL 4 ROMAN RUNNERS FORT TO FORT 10K RACE

“The race starts on the Rome Free Academy campus and quickly goes down a gradual hill for 300 meters, then remains relatively flat for most of the run. The course follows Floyd Ave. toward downtown Rome and crosses Black River Blvd. Runners will be directed to run on sidewalks for a short distance to the fort. Runners then enter the Fort Stanwix grounds, following part of a perimeter gravel path then up a few stairs into the fort through an open door. A national park ranger will be there to remind you to duck and watch your head. You will exit the fort on another side and return to a concrete sidewalk then paved roads. The second half of the race is the same as the first in reverse. The 300 meter hill is a challenging ascent at the end of the race as you finish near the front entrance of RFA.” - Eric Lauber, Roman Runners

JUNE 21 UTICA ROADRUNNERS SUMMER SIZZLE 5 MILE RACE

“This is a fast 5 miles over roads and firm trails in the Town of Deerfield Wilderness Park on Walker Road in Deerfield. This is the same location as the Skeleton Run, but it will be primarily a road race. The course consists of rolling hills with beautiful views of the Mohawk Valley from Miller Road. As it's on Father's Day, we have unique competing categories, such as 'Father-Son/Daughter, Mother-Son/Daughter, Brother-Sister, Spouse Pair, plus the usual overall winners in men and women's categories. Post race, we'll have fruit, beverages and unique prizes outdoors at the Deerfield Park pavilion.” - Dennis Johnson, Utica Roadrunners

continued →

JULY 4**JULY 4TH CAZENOVIA FOOT RACES: 5K**

"Start your Independence Day off with a "bang" by running in this challenging USATF certified 5K road race through the streets of picturesque Cazenovia, New York which claims 27 sites on the National Register of Historic Places. This loop course has something for everyone...a steep and steady climb, a screaming downhill, stretches of flat and fast, ending with a gradual downhill finish right beside the lake inside Lakeland Park. Post-race refreshments include popsicles to help cool you down after this summertime holiday challenge!" - Mickey Piscitelli, Syracuse Chargers

AUGUST 21**TOE PATH TREKKERS WOODSMEN'S FIELD DAYS 10K RACE**

"The 25th Annual NYS Woodsmen's 10K Footrace is a challenging run thru the village and countryside of Boonville NY. Cows and horses usually outnumber the human spectators at times on the course! We saved the big hill for the end of the run, after that it's all downhill! Our 10K is held in conjunction with the 68th NYS Woodmen's Field Days, if you've never been you gotta see it at least once! Come back on Saturday for the 12th Annual Woodsmen's Classic Canoe & Kayak Race on the historic Black River feeder canal. Runners can qualify for the biathlon by pre registering on the 10K application or online. The 25th Annual NYS 10K Footrace.....where else can you get a bigger age group award!" - Mike Green, Toe Path Trekkers

The Fort To Fort 10K is coming up in a hurry, so sign up for it soon. Register at: <http://www.getentered.com/Search/event.aspx?id=30096>. Look for updates, standings and individual results in the newsletter and at our web site as the year unfolds.

Any questions about the Cup can be addressed to Jim Moragne at jmoragn1@twcny.rr.com.

Awesome Stuff

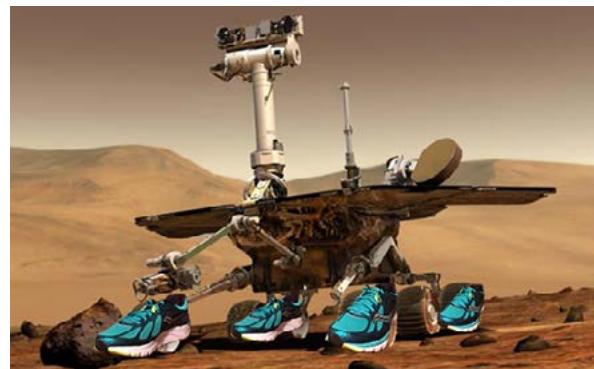


Marathoner hits the wall -- keeps going

In a moment that's as hard to watch as it is inspiring, Hyvon Ngetich crawls to the finish line at the 2015 Austin Marathon.

- CBS NEWS

[Watch the video >>](#)



NASA's Mars Rover Will Soon Finish A Marathon

Scientists celebrate as the robotic explorer, which has been on the Mars surface for 11 years, approaches 26.2 miles.

[Read the full article >>](#)

UTICA ROADRUNNERS 2015 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. 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.

2015 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): _____ T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

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): _____ T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

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Annual dues are \$10 for a student under 20, \$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.

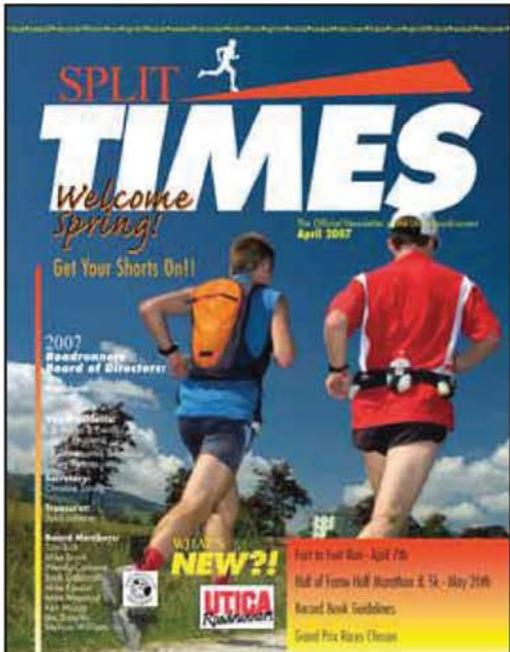
Useful Links:

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

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

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



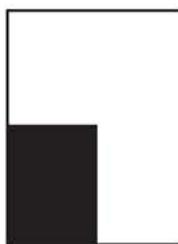
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HALF PAGE-H
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HALF PAGE - V
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QUARTER PAGE
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BUSINESS CARD
3.5" X 2.5"

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.