

june 2015

# splitimes

The Official Newsletter of the Utica Roadrunners



## Boilermaker Training is Going Strong!

### In this issue:

- Development Runs page 4
- CNY Running Clubs Cup Report page 11
- Future Stars Meet Information page 19
- SISU Running Camp page 21

### PLUS

- Awesome Stuff page 10
- A Peak to Brew Opportunity page 18

### MEMBER STORY

*Dodi Murray*



page 9

### THE REPORT

*See where the Roadrunners stand in the cup*



page 11

### H.S. ATHLETE Q&A

*Gwen Proper  
Camden H.S.*



page 14

June  
2015  
Utica Roadrunners  
Board of Directors



## President

Sybil Johnson

## Vice Presidents

### Administration & Finance

Sarah Elleman

### Activities & Events

Mike Kessler

## Secretary

Melanie Crisino

## Treasurer

Tom Joslin

## Board Members

Dan Alder

Sandy Arcuri

Cory Battles

Anne Marie Latshaw

Jim Moragne

Stephanie Stark

Jeremy West



Karl Jones (center) hit his 500th mile for the year at the May 16th Training run!

## Advertising

If you would like to advertise in SpliTimes, please contact:  
Sybil Johnson email: [densyb@roadrunner.com](mailto: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](mailto:michelle@484design.com)



**"LIKE" US  
ON facebook!**

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





## President's Message

Hello June!! The weather had better be more consistent than it was in May. I would prefer warmer days and cool nights so that everyone is well rested and comfortable for their runs.

The **Summer Sizzle** is on Father's Day, June 21st. The Deerfield Town Park and surrounding thoroughfares are the venue again this year. Dennis Johnson has been busy doing most of the planning himself. I keep telling him to get a committee together, but with Track & Field coaching and end of the school year activities, he says it is easier to do it alone. The Summer Sizzle course will be the same, shirts are cool and awards are all set. Bring your father, son, mother, daughter, oh heck, bring the whole family to join us before you celebrate Dad's Day.

On June 13th, Jeremy West is hosting the **USATF Future Stars Grass Roots Track & Field Meet** at Ralph Perry Junior High in New Hartford. Try to volunteer with Jeremy. The kids will appreciate your help.

June 6th is the day for the **KAC Race** in Clinton, the **Miles for Missy** in Herkimer, and the **Spring Rush** in Catskill. You can do a morning and an evening race on the same day!

June 7th brings the **Marcy 5K** and the **Cooperstown Girls on the Run 5K**. You choose. June 13th is really busy! You can volunteer at Jeremy's event or go to the **Patriot Run** in Rome, **Nate the Great Race** in Canastota, the **Lions Ramble** in Fort Plain, or the **Splash Path** at the Pathfinder Village, North of Cooperstown. Whew, I'm tired just thinking about these races! On June 20, go to Ilion for the **Volcano Run** put on by the Paddock guys and probably the rest of their family. Help raise bucks to send the Geology Club to Hawaii.

Of course on the 21st, the Summer Sizzle starts early for your Father's Day celebration. You can round the month out with the **Yellow**

**Brick Road Race** in Chittenango on the 27th and the **Little Moe** in Cazenovia on the 28th.

Back in May, the runners at the **Hall of Fame Half Marathon** must have had a great run on the Canal Path. It would have been shadier in the morning, so they would have been very comfortable. I especially enjoy walking along the trail from Lock 20, west to the River Road Bridge in Oriskany. I can get in a pretty quick 5 miles. In the spring, there are maroon trillium, trout lilies, and lots of people fishing. On this particular day, the fish must have been frisky. There were big ones doing the carp tango until a big, big boat went by and muddied up the water. The wake went right up onto the trail! I have never seen a boat do that after all these years. If you did the half marathon, you got to see about 1.3 miles of my route. Go back to the trail again and again, especially if you are injured. You can slow down, look around and avoid hills.

Our **Boilermaker Training Program** continues to do well. These runners are building up their endurance every week. Melanie and Stephanie are keeping them on schedule. Melanie was there just a few days after her hip surgery to support and cheer the runners! I hope they all wear Utica Roadrunner tank tops for the Boilermaker so the photographers catch them all.

At the May Business meeting, we talked about the success of the **SOS Race**. A \$500 contribution was made to the Utica Zoo and some of the proceeds will stay with the Club. That is good because the Zoo is a great community asset, and the Club can always use the \$\$\$\$\$. Thank You, Jerry Tylutki!

Next month, I will share some of Bob Ingalls (RIP) Boilermaker Tips that are always timely. I found the info in with Club mementos. Until then, BE CAREFUL OUT THERE!!

**Lots of June races to choose from!**

# Development Runs



## ***Join us on Wednesdays!***

**2.5 mile walk starts at 6:00 PM.**

**The Kids Fun Runs (2/10 mile and 1/2 mile) start at 6:15 PM.**

**The 2 mile, 5K and 10K runs start at 6:30 PM.**

No cost for Utica Roadrunner club members! \$1.00 per person, \$2.50 per family.

Registration is 5:30 – 6:15 PM in the Ski Chalet on the Memorial Parkway.

There will be water at the finish line, and various water stations set up throughout the courses.

### ***Want to volunteer?***

Participation credit will be given to anyone that volunteers, runs, or walks at any of the weekly events.

**For course map, to look up your Utica Roadrunners ID number  
or to download the waiver,**

**[CLICK HERE](#)**

## Letter from the Editor

# Old Friends Become New Friends



*Amy and I at the Hall of Fame 5K*

So imagine my surprise when I show up at one of my first Saturday Boilermaker Training Runs and see my friend Amy from “back in the day”! I worked with Amy when we were both waitresses at Ruby Tuesday in Sangertown Mall SEVENTEEN YEARS AGO. (Man, that was a great job!) How cool to catch up, meet each other’s sons – who are also training with us and are almost the same age – and renew a relationship through running.

I honestly showed up to that first training run in the dead of winter to persuade someone to write a story for Splitimes and to run JUST that one week, but then I got hooked and have been going almost every week since. Seeing Amy and her son Eli each week, and seeing the same group of folks that are working so hard on their training is really fantastic. I’ve never been a die hard “group runner”, but this has definitely changed my mind. You read about “accountability partners” all the time, but when you have like TWENTY of them, you absolutely haul yourself out of bed on Saturdays for that 7:30 run.

Another thing about the runs - I’m grateful and impressed with those that are there like clockwork every Saturday morning to set up, sign everyone in, set up water stops, drive the course to make sure none of use has keeled over and bring ice pops. Melanie showed up with her crutches and newly surger-ied hip last week just because she loves us. :) The volunteers are very appreciated!!!

I wish all of our new Saturday morning friends the BEST of luck in the Boilermaker - no doubt you’ll all do great. I’ll see you Saturday morning - let’s do this!

*Michelle*

**Dave Jones has been the director of the Run to End Hunger for 35 years and he was instrumental in the Save Our Switchbacks effort. His mother passed away recently. The Utica Roadrunners Club has donated \$50 towards the Club scholarship fund in Maude Jones name. Maude was a great Lady. Rest in Peace.**

*Follow Club members  
Thank you for your  
donation to our scholarship  
funds in Maude's name.  
She was a big fan of  
Education for all. She also  
loved her volunteerism  
the BM Expo Corp cup back &*

*Thanksgiving Run/Walk*

*Your kind expression  
of sympathy  
is deeply appreciated  
and  
gratefully acknowledged  
The family of  
Maude H. Jones*

*Many thanks,  
Don, Ingrid & family*

# 2015 Hall of Fame Race



# 2015 Hall of Fame Race



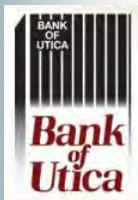
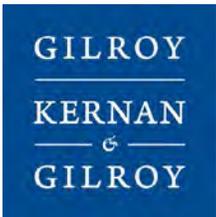


**Sunday, June 21, 2015  
DEERFIELD TOWN PARK!  
5 Mile Road Race**

**Register now >>**

Paper AND online registration available

————— Thank you to our sponsors: —————



# A Comeback Story

**110 pounds and thousands of miles of running down,  
Dodi isn't slowing down anytime soon...**

by **Dodi Murray** ←

## **Before**



## **After**



Everybody has to start somewhere; on December 8, 2008 I had a serious car accident, which involved 5 broken ribs, dislocated hip, and a cracked acetabulum. I was in traction for three days and had surgery for my hip on the fourth day. They had to remove chipped bone and repair the crack which required me to have a metal plate and four screws in my right hip. While in recovery I gained 80 pounds on top of the 40 extra pounds I was already carrying. I decided that before I turned 40 years old I needed a lifestyle change. I wanted to be more comfortable in my own body, be more active, and set an example for my two daughters.

So in July of 2011 I had gastric bypass surgery, in the following months after the surgery was the most challenging and most eye opening for me. It was a time that pushed me to my limits yet didn't break me.

I lost 110 pounds and gained more energy than any one person should have. My very persistent work friends had tried in the past to get me involved in running but I always refused. After I had gastric bypass and lost some of the weight they tried again I decided that I should give it a try since I had all of this energy to burn. I was a little reluctant due to the metal plate in my hip, however it didn't take me long to be drawn into the hype of running. It has now become my addiction.



Now, four years later I have still maintained and kept my weight off and have run thousands of miles. While doing so I have met many people I can call friends. I have been part of the Utica Roadrunners for 3 years and met some of the most wonderful, supportive, motivated people. I also run with work friends. It is very exciting when we all sign up for the same race. Look for us at the Boilermaker we will all be dressed alike wearing bright colored pants. Over the past four years I have ran many 5Ks and 10Ks, two 10 mile Mountain Goats, 12 half marathons, and two full marathons. I am hoping for many more years of running and making new friends to come.



**Remember!** Contributing an article or two or three to *SplitTimes* counts towards your volunteer points! (Hint, hint...) Email [michelle@484design.com](mailto:michelle@484design.com) to get something going!

# Awesome Stuff

## 7 year old runs half marathon to help a friend who just had a kidney transplant



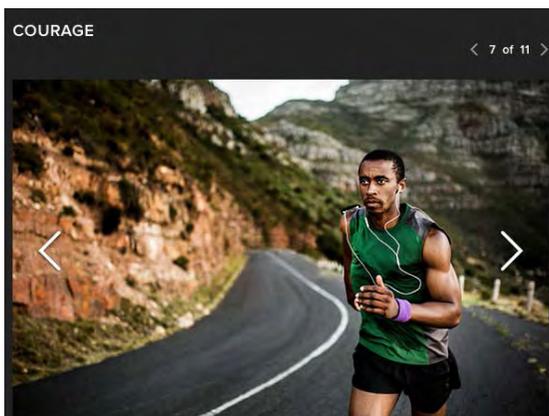
He's running the Cleveland Half Marathon with his mom (although he says she runs too slow!) to raise money for a friend in his school who had a kidney transplant.

[Watch the video >>](#)

## 10 Motivational Running Quotes to Keep You Inspired

"There will be days when I don't know if I can run a marathon. There will be a lifetime knowing that I have."  
- Unknown

[See more >>](#)



## Running in the **HEAT**

It's that time of year...summer's coming, the heat's coming and the Boilermaker's coming. Training in the heat is good to get yourself ready for the big race, but be smart and safe when you do. Here's a couple articles to help give you some pointers including a semi-snarky one from "Shut Up and run".



## The Beginner's Guide to Running in the Heat

[Read >>](#)

## Running in the Humidity

[Read >>](#)

## How to Run in the Heat and Not Die

[Read >>](#)

# CNY Running Clubs Cup Report

## See where we stand!

The Towpath Trail 10K Race in St. Johnsville on May 9th was the second event in the 2015 CNY Running Clubs Cup. On a hot and humid evening, the Roadrunners were well represented by 15 club members. Two other clubs had enough members there to qualify for the Cup, the Kuyahoorra Kickers and the Roman Runners. The Mohawk Valley Hill Striders, Syracuse Chargers and Toe Path Trekkers didn't have the minimum five runners to get Cup points in the race. Age-grading was applied to make sure anyone in a club could find themselves contributing to the club's success in the race. With age grading there are no gender or age distinctions. The best five results by each club's members in the Towpath were compared and the results were as follows:



<b>Kuyahoorra Kickers</b>	<b>342.21%</b>	<b>6 points</b>
<b>Utica Roadrunners</b>	<b>324.22%</b>	<b>5 points</b>
<b>Roman Runners</b>	<b>295.59%</b>	<b>4 points</b>
<b>MV Hill Striders</b>	<b>incomplete</b>	<b>0 points</b>
<b>Toe Path Trekkers</b>	<b>incomplete</b>	<b>0 points</b>
<b>Syracuse Chargers</b>	<b>incomplete</b>	<b>0 points</b>

Our five best performers at the Towpath were Stephen Paddock (70.71%, and also won the race), Scott Suba (66.86%), Dorothy Massinger (66.33%), Bruce Harris (60.27%) and Shelby McIntyre (60.05%). Congratulations and thank you, all! The percentage is the relative performance of a runner against the world standard by age and gender for that distance.

After two races, the Cup standings are the **Kuyahoorra Kickers** in front with a perfect 12 points, followed by the **Roman Runners** (9 points), the **Utica Roadrunners** (9 points), the **Mohawk Valley Hill Striders** (3 points), the **Toe Path Trekkers** (2 points) and the **Syracuse Chargers** (0 points).

## **The next race...**

**The next Cup event is our own Summer Sizzle in Deerfield on Sunday, June 21st. All race information is in the registration form in this SplitsTimes, or on the club's web site [www.uticaroadrunners.org](http://www.uticaroadrunners.org).**

Any questions about the Cup may be emailed to Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).

# A LETTER OF THANKS



## UTICA ZOO

ONE UTICA ZOO WAY, UTICA NY 13501  
P: 315.738.0472 F: 315.738.0475

   UTICAZOO.ORG

### Board of Trustees

Robert Jubenville, PhD  
*Board President*

Andrew F. Biernat

Alaine Canestrari

Joseph DeTraglia, Esq.

Joan M. Sinnott, PhD

Philomena Sosso

John Sullivan, MD

Jim Viggiano

Kevin Wiegand

William T. Winsman, Sr

Andria Heath  
*Executive Director*

May 15, 2015

Utica Roadrunners Inc.  
P.O. Box 4141  
Utica, NY 13504

Dear Utica Roadrunners,

On behalf of the staff and patrons of the Utica Zoological Society, we would like to thank you for the generous donation of \$500 made on 5/14/15 for the Save Our Switchbacks run that went through the Zoo. We were impressed by the preparation and organization of the run, and would love to do it again next year. A sign has been ordered and will be hung at the Serval exhibit on African Alley. Every dollar donated is used to enhance the quality of life for the animals in our collection. We are able to expand and develop our educational programs, and allow for the continued maintenance and upgrades to our beautiful Zoo.

With your support, we are able to offer our visitors a great place to visit, and enjoy nature in a unique and intimate setting. It is also a great opportunity for guests to gain an understanding and appreciation of many wildlife species we share our planet with. We are so happy to see others with the same compassion for our community and for the animals who call the Utica Zoo home. We sincerely hope that you will continue to think of the Utica Zoo and know that **every gift given is greatly appreciated.**

Best wishes,

*I heard great feedback, thank you!!*  
*Andria*

Andria Heath  
*Executive Director*

*Michael Beck*

Mike Beck  
*Communications Coordinator*

*Jerry - this event was perfect. Your team is amazing. Thanks again!*  
*-MRB*

This letter serves as the tax receipt for your gift. The Utica Zoological Society is a tax-exempt, nonprofit organization as described in section 501(c)(3) of the IRS Code for 1984, as amended. Our tax identification number is 16-0915407. Adequate records will be maintained and made available to the IRS upon request. In accordance with IRS regulations, no goods or services were provided to the donor by the Utica Zoo as part of this contribution. Your gift may be recognized in future Utica Zoo publications. If you prefer your gift to remain anonymous, or would like to learn more about the services that the Utica Zoo has to offer, please call (315) 738-0472 Ext. 41.

# CNY Running Clubs Cup 2015



North Country  
"Toe" Path Trekkers  
Walk-Run Club



## 6 clubs. 5 races. 1 winner!

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.

## Remaining races:



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

**APRIL 4 ROMAN RUNNERS FORT TO FORT 10K RACE**

**DONE!**

**JUNE 21 UTICA ROADRUNNERS SUMMER SIZZLE 5 MILE RACE**

**DONE!**

**MAY 9 TOE PATH TRAIL RUN**

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

# H.S. ATHLETE Q&A

## Gwen Proper

**School:** Camden High School

**Grade:** 12

**When did you begin running?**

My mother occasionally signed me up for road races since I was in 3rd grade. I started track my 7th grade year and I tried out cross country for my first time this past fall. My passion for running started around my sophomore/junior year.

**What inspired you to start?**

I was inspired to start running after being the first overall female in a hometown race. I loved the feeling of earning my 1st place finish and finishing a race with nothing left.

**What distance(s) do you compete in?**

In cross country and road races, I have only raced in 5k races. For track, I compete in the 1500m and the 800m.



**What have been your biggest running accomplishments so far?**

I am very proud of my 800m record of 2:24 last spring. I had to work very hard to come back from a previous injury and that was a big accomplishment to me.

**What does the future hold for you and running?**

I will be attending SUNY Cortland, where I will become part of the cross country, indoor and outdoor track teams. I will be taking a dual major of adolescence education for Spanish and French with a major in coaching as well. I want to become a coach so I can help future runners reach their potential.

**Do you do any other sports aside from track?**

Other than track, I play basketball during the winter and have been apart of AAU basketball teams during the spring. I have also played soccer during the fall and spring AYSO.

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

I have received the Boilermaker scholarship this year and last year I received the 800M TVL all star award. Last spring I broke the 800m record for my school. Two years ago I broke the 4x400m and 4x800m record with my fellow teammates.

**What piece of gear can you not live without?**

If you ever see me running, or even just walking around, you can count on me wearing tall socks. Wearing my tall socks is worth having the tan lines on my shins.

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

After a race, I instantly crave cold thick chocolate milk. Thankfully lots of road races offer free chocolate milk afterwards.

*continued* →



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

During my spare time, I enjoy lifting with my dad. Other than that, I enjoy my house on the lake. My family spends the summer on our boat, jetskiing, or wakesurfing.

***What other activities are you involved with at school? (ROTC, honor society, clubs, etc.)***

I am part of the national honor society where I have become actively involved in the community. I am also part of the foreign language club, where we plan cultural dinners, activities and field trips.

***What movie could you watch over and over again?***

I could watch Finding Nemo over and over again. Dory can always make me smile and the fishes are so colorful and pretty.

***What is your running mantra?***

During cross country races I remember clearly what I tell myself when I come to a hill. My coach once told me that you can't just reach the top of the hill, you have to go up and over it. Everytime I have to conquer a hill, I remember that saying and make sure I keep pushing until I get completely over the hill.

***Bonus:***

I would like for any athlete to know, that challenges were given to us for a reason, and they are meant to be overcome. When younger kids see their idols challenging themselves and doing things with passion, that inspires them to be their best.

## Ask Coach West



### ***Have a question about running?***

Email [CoachWest@sisuathletic.com](mailto:CoachWest@sisuathletic.com)  
to have your question answered  
and featured in the next issue of Splitimes!

---

*Coach West is an RRCA, USTFCCCA, and USATF Level 1 Certified Coach. He currently holds the titles of Head Varsity Boys' Cross Country Coach, Assistant Varsity Boys' & Girls' Indoor Track & Field Coach, and Head Varsity Girls' Track & Field Coach at New Hartford CSD.*

*He is also the owner of Sisu Athletic Development, which specializes in training programs, running camps, clinics, and personal coaching services.*

# Upcoming Race



## THE VOLCANO RUN 5K ROAD RACE To benefit the CVA Geology Club June 20, 2015

**Races:** 200m and 400m Kids Runs start at 8:40 a.m.; 5k starts at 9:00 a.m.

**Location:** Central Valley Academy, 111 Fredrick St., Ilion, NY 13357

**Pre- Registration:** Registration forms can be mailed to Race Directors, Stephen and Will

Paddock at: Volcano Run, 46 Newton St., Ilion, NY 13357

or you can register at <https://www.getentered.com> Search= Volcano Run

**Race Day Registration:** Registration will be open from 7:30– 8:30 race day at CVA High School

**Cost:** \$15 for students, \$20 for adults, Kids Runs are free.

**Make Checks Payable to Central Valley Academy**

**T-Shirts:** Moisture Wicking shirts will be given to all participants with paid registration

Postmarked by June 5, 2015.

**Course Description:** The 5k is made up of roads throughout Ilion with a 200 meter section of paved path. The course starts and finishes at CVA High School.

**Contact:** Please contact Stephen and Will Paddock with any questions regarding the race.

**Email:** [PaddockSteph@gmail.com](mailto:PaddockSteph@gmail.com)

**Phone:** (315) 219-3427



Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F T-Shirt Size: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Race: 5k 200m 400m Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_ Developmental Run #: \_\_\_\_\_

Emergency Contact Info: Name: \_\_\_\_\_ Number: ( ) \_\_\_\_\_ Relation: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian Signature if Under 18: \_\_\_\_\_

# Upcoming Race

## Twelfth Annual 8K Run and 5K Walk Beautiful Course through Scenic Chittenango!

### Info on Chittenango Lions Website

<http://chittenangolions.org/Events/YBRR/YBRR.html>

ATF Certified NY12076JG

Sponsored By The Chittenango Lions Club and Community Volunteers

**Sat. June 27, 2015**

Check In At 7:30 a.m.

Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango Fire Barn

Pre-registration \$20 - Day of the Race Registration \$25

Online Registration: [http://www.chittenangolions.org/Events/YBRR/Online\\_Reg\\_Form.html](http://www.chittenangolions.org/Events/YBRR/Online_Reg_Form.html)

Free Fun Run for Youths Under 16

Electronic Timing by Chittenango Cross Country Club

Age Group Awards: 3 awards, male and female in the following age groups

12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above

In consideration of accepting this entry, I the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, race officials and volunteers, and assignees, for any and all injuries suffered by me in said event. I also attest to and verify that I am physically fit and have trained sufficiently for the completion of this race.

T shirts for all paid runners.

Refreshments for all runners.

Mail to: Stephen D. Waite

6990 Bolivar Road

Chittenango, N.Y. 13037

Checks Payable to: Chittenango Lions Club

315-687-7114

<Waite30@hotmail.com>

-----

_____	_____	____	____	____	
<i>Last Name</i>	<i>First Name</i>	<i>MI</i>	<i>Sex</i>	<i>Shirt Size</i>	
_____		_____	____		
<i>Street Address</i>		<i>City</i>	<i>State</i>		
____	( ) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	____
<i>Zip</i>	<i>Phone Number</i>	<i>Fun Run</i>	<i>8K Run</i>	<i>5K Walk</i>	<i>Age (as of June 28, 2015)</i>

Signature:

Parent Signature (under 18):

Email address:

\*\*\* Donations gratefully accepted to the Town of Sullivan Food Cupboard \*\*\*

# Want to get a team together?



## PEAK TO BREW RELAY RACE

The Peak to Brew Relay is the Northeast's most scenic long distance, van supported, team running relay event. The race will start on the Peak of Whiteface Mountain, New York State's fifth highest mountain and it will finish at the F.X. Matt Brewery, founders of the Saranacline of beer in Utica NY. In between Whiteface Mt. and the Brewery you will experience 234 miles of some of the most beautiful and challenging running routes that New York State has to offer.

**The Utica Roadrunners have been invited to put a team of 6 or 12 runners together for this unique relay at no cost! If you are interested, please contact Sybil at [densyb225@gmail.com](mailto:densyb225@gmail.com)**

**Learn more about the event at [www.p2brelay.com](http://www.p2brelay.com)**

### EVENT OVERVIEW

#### Peak to Brew Relay Race Overview:

- New York's longest Overnight Van Supported Team Running Relay Race
  - Full Relay = 234 miles (Whiteface Mt. to Saranac Brewery)
  - Half Relay = 113 miles (McCauley Mt. to Saranac Brewery)
- 14-15 August 2015 → Exhibition Race (*Maximum 5 Teams*)
  - 12-13 August 2016 → Inaugural Race open to the public
- The 'Peak to Brew Relay' Race will be a team running relay race connecting the Adirondack Mountains, Tug Hill, Black River, and Mohawk Valley Regions of northern and central New York
  - Start at the summit of the historic winter games Whiteface Mountain and traverse through the heart of the Adirondack Park
  - Finish at the nations 2<sup>nd</sup> oldest family owned brewery, F.X. Matt Brewing Company (a.k.a. Saranac Brewery), for a post race celebration





**SUNDAY, JUNE 14, 2015 - 9:00 AM**

**3<sup>RD</sup> ANNUAL USATF FUTURE  
STARS  
NEW HARTFORD GRASS ROOTS  
MEET**

**HOSTED BY THE UTICA  
ROADRUNNERS**

**NEW HARTFORD HIGH SCHOOL  
TRACK**

**REGISTRATION**

Please complete entry form and mail in by Thursday, June 11  
or register online at <http://uticaroadrunners.org/races/usatf-future-stars-meet/registration/>

**MEET DAY REGISTRATION** will be accepted until 8:30 AM

**\*\*THIS IS A FREE EVENT OPEN TO ALL YOUTH\*\***

**DIVISIONS**

<b><u>Age Group*</u></b>	<b><u>Year of Birth</u></b>
7-8 years old (boys/girls)	2007-2008
9-10 years old (boys/girls)	2005-2006
11-12 years old (boys/girls)	2003-2004
13-14 years old (boys/girls)	2001-2002

\*as of December 31, 2015

**EVENTS**

<b><u>Age Group</u></b>	<b><u>Track</u></b>	<b><u>Field</u></b>
7-8 years old	100m, 200m, 400m, 800m	Standing broad jump, TurboJav
9-10 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav
11-12 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav
13-14 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav

**MEET INFORMATION**

- Participants may compete in 3 events (1 running + 2 field or 2 running + 1 field).
- Participants may not wear shoes designed for spikes or any shoes designed for turf sports are not allowed.
- Starting blocks will not be permitted.
- A participant may be disqualified for unsportsmanlike conduct and cannot participate further in the meet and may also lose any previous awards received.
- There will be a RunJumpThrow Clinic held prior to the meet at 8:00 AM to practice each event  
Register online at <http://runjumpthrow.usatf.org/event.cfm?id=101109>

**AWARDS**

- Top 6 finishers in each age and gender division will receive a ribbon.

**FOR MORE INFORMATION**

- Visit <http://uticaroadrunners.org/races/usatf-future-stars-meet/information/>
- Volunteers, please contact Jeremy West, Meet Director at [coachjeremywest@gmail.com](mailto:coachjeremywest@gmail.com)



SUNDAY, JUNE 14, 2015 - 9:00 AM

3<sup>RD</sup> ANNUAL USATF FUTURE STARS NEW HARTFORD GRASS ROOTS MEET

HOSTED BY THE UTICA ROADRUNNERS

NEW HARTFORD HIGH SCHOOL TRACK

PREREGISTRATION PREFERRED AND RECOMMENDED BY THURSDAY, JUNE 11 REGISTRATION WILL BE ACCEPTED THE DAY OF THE MEET UNTIL 8:30 AM

PARTICIPANT INFORMATION

Name, DOB, Age, Sex, Address, City, State

EVENT ENTRIES (participants may only compete in 3 events – 2 running + 1 field OR 2 field + 1 running)

Table with 4 columns: 7-8 YEARS OLD, 9-10 YEARS OLD, 11-12 YEARS OLD, 13-14 YEARS OLD. Rows include distances (100M, 200M, 400M, 800M, 1500M) and events (STANDING BROAD JUMP, TURBOJAV).

PARENT/GUARDIAN INFORMATION & CONSENT

Name, Phone, Email

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteer in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event. THE FOLLOWING ENTITIES OR PERSONS: JEREMY WEST, SISU ATHLETIC DEVELOPMENT, UTICA ROADRUNNERS, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releasees or otherwise I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns. I agree to allow my testimonials and opinions to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and or assigns. This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document, and I understand its content.

Parent/Guardian Signature, Date

MAIL COMPLETED AND SIGNED ENTRY FORM TO: UTICA ROADRUNNERS C/O JEREMY WEST 4810 JENKINS RD VERNON, NY 13476

# SISU RUNNING CAMP

MAKE THIS THE BEST SUMMER YET

AUGUST 9-13, 2015

ANTLERS ON RAQUETTE LAKE

SISU  
ATHLETIC DEVELOPMENT



Get more  
information  
and  
register  
online >>

**5 Days. 7-12th graders.**

**August 9 - 13, 2015**

SISU RUNNING CAMP IS A TRAINING GET-AWAY FOR JUNIOR HIGH AND HIGH SCHOOL RUNNERS ENTERING GRADES 7-12 LOCATED AT ANTLERS ON THE SHORE OF BEAUTIFUL RAQUETTE LAKE. IT IS A 5-DAY CAMP (OUR LONGEST CAMP YET!) REGISTRATION IS \$400 UNTIL AUGUST 1 THEN INCREASES TO \$425 THEREAFTER.

\* ENTER **ROCKSTAR** AT CHECKOUT FOR \$25 OFF SISU RUNNING CAMP

# SISU XC DEVELOPMENT

**CHAMPIONS ARE MADE IN THE SUMMER**

**JULY 13 – AUGUST 7 : MWF : 5:00-6:30 PM**

**\$75 IN FULL      \$20 PER WEEK**  
**UTICA ROADRUNNERS MEMBERSHIP +\$10**

## **About**

THE HARDEST PART ABOUT RUNNING IS TAKING THE FIRST STEP OUT THE DOOR. SISU XC DEVELOPMENT AIMS TO CHANGE THAT BY GETTING OUR YOUNG LOCAL RUNNERS TOGETHER TO BUILD A SOLID BASE DURING THE SUMMER FOR A SUCCESSFUL CROSS COUNTRY SEASON WHILE MAKING NEW FRIENDS WITH RUNNERS FROM OTHER SCHOOLS THAT THEY NORMALLY COMPETE AGAINST.

## **Pricing**

REGISTRATION IS \$75 WITH AN OPTION TO BECOME A MEMBER OF THE UTICA ROADRUNNERS FOR AN ADDITIONAL \$10. WEEKLY PAYMENTS ARE ALSO ACCEPTED AT \$20 PER WEEK. REGISTRATION INCREASES AFTER JULY 12 TO \$85 FOR THE SESSION OR \$25 PER WEEK.

## **Proven Results**

SISU XC DEVELOPMENT IS THE PROUD SUMMER TRAINING PROGRAM OF THE 2013 TRI-VALLEY LEAGUE MODIFIED AND VARSITY GIRLS INDIVIDUAL XC CHAMPIONS, LIZZIE HADDAD AND JUSTYNA WILKINSON. SXCD PREVIOUSLY TRAINED THE 2012 TRI-VALLEY LEAGUE MODIFIED BOYS AND MODIFIED GIRLS INDIVIDUAL XC CHAMPIONS, JULIAN JOYCE AND ALYSSA SUITS

**Get more information**  
**and register online today >>**

**ENTER CHAMPION AT CHECKOUT FOR  
10% OFF SISU XC DEVELOPMENT**

# 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): \_\_\_\_\_

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)

**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](mailto: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](mailto: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](mailto:handmsdad@aol.com) or Dan Aubert at [danaubert79@yahoo.com](mailto: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  
7.5" X 10"



HALF PAGE-H  
7.5" X 5"



HALF PAGE - V  
3.5" X 10"



QUARTER PAGE  
3.5" X 5"



BUSINESS CARD  
3.5" X 2.5"

### PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

#### Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to [cognettodesign@gmail.com](mailto: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](mailto:densyb@roadrunner.com) or call (315) 733-6216.