

# splitimes

The Official Newsletter of the Utica Roadrunners

June 2017

## Tis the Season for Training and Racing!



Our next race!  
page 6



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# splitimes

June  
2017  
Utica Roadrunners  
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If you would like to advertise in Splitimes, please contact:  
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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](mailto:michelle@484design.com)

## Useful Links:

[Utica Roadrunners Facebook Page](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)



UR members at the Erie Canal Half (above)  
and the Volcano Run (below)





## President's Message

by Sybil Johnson

Hello Members. Michelle Truett, our SpliTimes editor, is a SAINT. She frequently has to wait until the very end of the month for me to submit my article. We have been very busy here on Forrest Street this spring with gardens, Track coaching, new solar panels, Dennis's retirement and readying the Summer Sizzle. Okay, a few rounds of golf have been squeezed in also.

### *Summer Sizzle*

So, I am reminded of races that go along with the June, and I start typing. So, we have the **30th Summer Sizzle** on the 17th. This will be a change for the date and venue from the last few years. The run will be at SUNY POLY in Marcy on the day before Father's Day this year. The race course will stay on the roads within the college boundaries. Dennis Johnson, the Race Director, has spent time on the computer and at the college, developing the perfect course. The awards are cool. Join us on the 17th!

### *Cooperstown Triathlon*

Club member, Mike Brych is directing the **Cooperstown Triathlon** on Saturday, June 3rd. The course has evolved over the years so that Glimmerglass State Park is the start and end of every leg. Dennis and I are volunteering, so we will be prepared for any weather that comes along – OK, the Weather Channel says rain. We all know how things change over the days. I will hope for thin clouds and fair temps.

### *The KAC Races*

**The KAC Races (Kirkland Art Center)** will be on the 3rd of June also. Since the run is later in the day, if you are so inclined, you can participate in the Triathlon and then the KAC Races. One or two of you ought to attempt to complete both of these events. Show everyone how tough you are. You just might need to skip the Ommegang beer after the tri if you do both.

### *Marcy 5K*

**The Marcy 5K Walk/Run** at the Marcy Town Park is being held on the 4th of June. If you are so inclined, here is a third event for the weekend for you.

### *Patriot Run*

In Rome, on June 10th, the **Patriot Run** will be held at the Wingate by Wyndham. Support the men and women who have done so much for our Country.

### *Run for the Violets*

An oldie, but goodie race is the **19th Run for the Violets** in Dolgeville. I will be held on June 11th.

### *Club History*

As Dennis and I escaped to Lapland Lake for the Memorial Day weekend this year, I was reminded of a little club history. Beginning in 1989, a group of members would do a 3-day bike ride to Burling-

ton, Vermont and then run the relay Marathon – or the whole 26.2 miles! Some runners are crazy – do you know what I mean?? Bob Ingalls started this tradition with his son, John a few years before '89. We kept it going for many years after. I rode only once, but not the whole way, I always ran one leg or another. In Burlington, we invaded restaurants, tasted local beers, and enjoyed the camaraderie. We'd have many, many laughs – like the one about a certain Boiler Company owner who rarely shifted gears. He was tough! There was usually a bunch of us who drove to the Adirondacks on the way home. Hiking a High Peak is a great way to help your legs recover. Ah, the good old days!

### *Youth Programs*

There are a couple of youth programs happening this summer worth mentioning. We have some great volunteers to direct them. Watch your emails for an 8-week Youth Running Program to be held

on Thursdays in Whitesboro by Nate Getman. 8 to 12-year-old runners can sharpen their skills to be ready for the 2017-18 cross country and track seasons. Rick Gloo will also hold a USATF Cross Country camp for students, grades 7 – 12, to be held in Ilion. As I said, details will come to you in separate emails.

No scholarship announcements this month. The committee is working hard to decide on winners. Short and sweet – that's my byline for this month. BE CAREFUL OUT THERE!



## Member News

Melanie Crisino (left) and Mike Kessler (right) presented the 2016 Distinguished Utica Roadrunners Supporter Award. Be sure to thank these guys at Development Runs!



# Letter from the Editor



## Let us know what you're doing!

I love that over the past few months, I've had a lot of people reach out to contribute to the SpliTimes. Runner-generated content makes for a great read and an excellent sense of community and I want to keep it going! Stalking you on Facebook to see what races you're doing is fun (!), but I can't catch them all. Submit something to us! Write a race review like Sara did this month for the Right to Run 19K. Write about a destination race and a great finish like Rochelle did at The Avenue of Giants in California. Even if you just took a photo of a bunch of Roadrunners at a race and loathe writing, I'll take the photo!

Let's keep building our running community!

## News

*Join us!*



### Club Happy Hour

**Friday, June 2, 2017**

**6:00pm**

**226 Genesee Street  
(next to Bank of Utica)**

## 2017 BOILERMAKER TRAINING PROGRAM

Saturday mornings at 7:30am

Join us! Keep an eye on the "People Who Run for Fun" Facebook page for weekly instructions from Melanie and Steph on the routes.

# Our Next Roadrunner Race

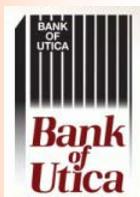
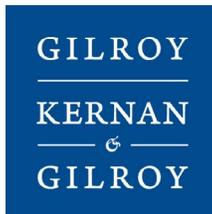


**Saturday, June 17, 2017  
at SUNY Poly  
5 Mile Road Race**

[Register now >>](#)

Paper AND online registration available

Thank you to our sponsors:



# Member Spotlight

## Alejandro (Alex) Gonzalez

**A new runner finds  
a sport and a city  
that feels like home.**



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**Originally from Columbia, Alex is a new face in Utica, having just moved here in November, 2016. One of the first things he did was to learn how to snowboard! And next... he discovered running.**

---

He's a new face on the running scene. UR member Danielle Bliss met Alex through a mutual friend and found out that he was interested in starting to run. She of course introduced him to the Roadrunners and the Boilermaker Training Program on Saturdays and a couple short months later, Alex is tackling the Switchbacks and is all signed up for what he calls "Utica's pride and joy" – the Boilermaker 15K.

The interesting thing is... Alex has never even SEEN a Boilermaker race! He's overflowing with anticipation and as veteran 15Kers know, he's in for a treat!

But Alex wasn't always a runner...

He grew up in Colombia and didn't play any organized sports. He was the self proclaimed "only Colombian who couldn't play soccer," but enjoyed anything outdoors including biking, hiking and camping. His family had farmland high in the mountains of Colombia for generations and were in the coffee business, so he was always outdoors. Leaving Colombia with his mother when he was 19, Alex resettled in Florida where he worked as a graphic designer for ten years as well as apprenticing in fine art restoration (Ask him about the Warhol painting in the back of his Jeep next time you see him!) He met his fiance in Florida. Her family is from the Utica area and after just a couple visits to Upstate, NY Alex knew in his heart that Utica would one day become his home. This past November, they made the haul up

*continued* →

the east coast and he started his new life. He now works as an electronics technician repairing equipment used for construction and other pieces, which he loves. Learning new skills is one of his favorite things to do.

What does he like best about Utica? The food! He has fallen in love with the various cuisine the city offers, from Vietnamese to Italian. Alex also loves the cold (true story) as well as the mountains. On top of that, he finds it unbelievable how much people care about other people here - something which he never felt living in Florida and something that fits perfectly with his nature - he's a very caring, supportive, positive guy. To him, Utica truly feels like home.

There were many factors leading him to start to run and he claims the "perfect storm" converged because he needed an outlet, he wanted to get in shape and he was looking to socialize more in his new city. Running fit the bill.

His first run was terrible. After two semi-hellish miles, everything hurt, he thought his heart was going to burst and he realized that his smoking habit would need to go immediately.

Alex quit smoking cold turkey and started asking other runners for advice on everything from shoes to stretching, nutrition and more. Through great feedback, and having people around him who are full of support and always challenging him, he's now conquering the 10K at Development Runs nicely and well on his way to a strong Boilermaker.

He has grown into a new relationship with himself through running. Where he used to sleep in until 10:30/11:00 in the morning, he now looks forward to waking up early and getting a run in. His fiancée and future in-laws see the shift and him getting up at 6:30am to get ready and realize "this kid is serious!" They are very supportive of his new passion.

Alex loves pizza, bread and cheese (especially cheese), but now is cognizant of how food fuels his body to run. Monday through Friday he is very careful about what he eats and then over the weekends he enjoys the things he just can't give up including the aforementioned cheese! He also has become very aware of how important water is to training.

In about a month, his training will be put to the test as he tackles the 15K route. He has heard that the Boilermaker is "bigger than you can imagine," and a "sea of people." He plays it over in his head every day what he thinks it's going to be like. He is running for the experience, but also would like to do well timewise. (We can't wait to hear what he thinks of it when he's crossed that finish line!)

What else is on his plate? You'll see him at the Summer Sizzle and he definitely wants to try for his 1,000 miles next year. Also, Alex might be up for a half marathon. (Editor's note: *we'll get him to do a half marathon!*) He'd also like to help give back to the running community through volunteering and eventually mentoring other new runners.

Please help us in welcoming this awesome newcomer to our local running family and cheer him on when you see him up in the Switchbacks. Good luck on your first Boilermaker, Alex! We're so glad you chose Utica as your home.





## The 2nd Annual Right to Run 19K in Seneca Falls

by Sara Hanna

A challenging distance, beautiful countryside and an emotional encounter with Kathrine Switzer; that's just part of what I experienced at the Right to Run 19K.

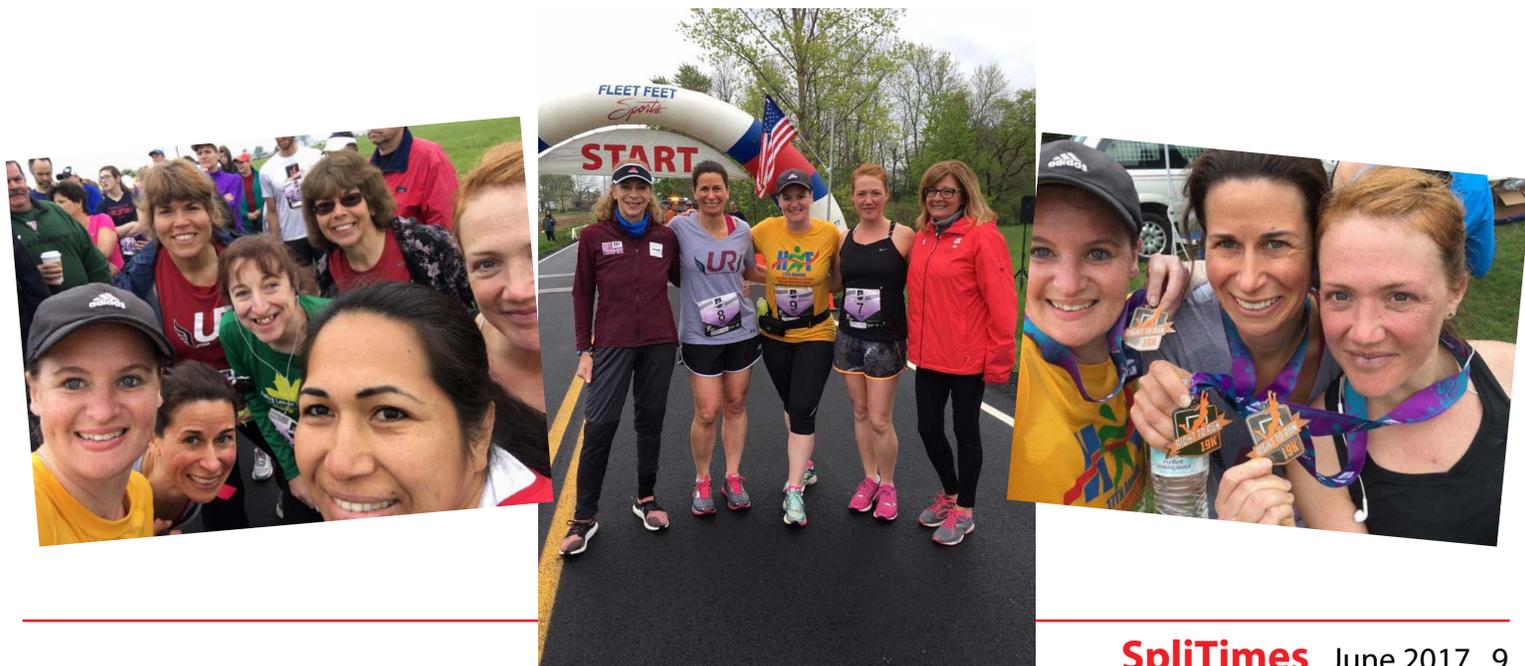
The Second Annual Right to Run 5K and 19K took place on May 13, 2017 in Seneca Falls. Several Roadrunners turned out for the event. The race pays tribute to the 19th Amendment to the U.S. Constitution which gave women the right to vote and the proceeds from the race benefit the National Women's Hall of Fame.

This was the first year I participated in the Right to Run. The weather was perfect for running: low 50s, cloudy and no wind. When my friends and I arrived at the starting line, we were excited to meet and take a photo with Kathrine Switzer, who wished us good luck in the race. We also met State Senator, Pamela Helming, the first female to represent New York's 54th District. To kick off the race, runners sang the National Anthem a cappella, which I found to be very moving. That tradition started last year when they had AV equipment issues and looks like it stuck!

Then we were off! The first 7 miles of the course were fast and flat through rural areas south and east of Seneca Falls. At the 7 mile mark, there was a small downhill and a quick left turn to run along Cayuga Lake for 2 miles. The views of the lake were lovely, and I was very tempted to stop and take photos with my phone. Just before mile 9, runners take another left for a climb up a trail to the New York Chiropractic College. There was a short jaunt through the campus, and then on to small rolling hills for the last 2 miles into downtown Seneca Falls. The course was well marked throughout the run and one lane was closed to traffic for runners. There were plenty of water stations; about every two miles.

At the finish line, there were cheering crowds and an announcer, calling out the runners as they approach. I was lucky enough to meet Kathrine Switzer again at the finish line as she put my race medal around my neck. When I became emotional, she put her arm around me and told me, "I'm so proud of you." That is a moment I will never forget!

I would highly encourage others to run the Right to Run 19K next year. It will take place on May 12, 2018. You can find more information about the event at [righttorun19k.org](http://righttorun19k.org). You will not be disappointed in this well organized event!



# Member Accomplishments



## A First Place Finish at an Iconic Race

by Rochelle Ferro

I was on vacation from May 2nd - May 13th and during that time I took part in a 10k road race in Weott, California. The Avenue of the Giants Marathon is one of the most scenic courses in the country. Staged on 'The Avenue of the Giants' in Humboldt Redwoods State Park, located in rural Northern California, the paved course winds through giant old growth redwoods. I was the 1st place female finisher and came in 4th overall out of 530 runners. It was one of the most beautiful races I've had the chance to take part in. As I came to the turnaround point during my race, I began to pass all of the half/full marathon runners. I was pleasantly surprised when they began to clap and cheer me on. It was such a humble feeling, especially because I was in a different state on an unfamiliar, yet beautiful course. My time was 43:04 with a 6:56 pace.



## Sneaker Guidelines

by *Lauren Murphy*

**We all know to avoid injury we should change our running sneakers. But there are many opinions on how often we should change them. Here are just a few guidelines on how to know when to replace your sneakers:**

### **1. The mileage on your shoes is high**

A good rule of thumb is to replace your running shoes every 300-400 miles, depending on your running style, body weight, and the surface on which you run. Where you run also determines how soon you'll have to replace your shoes. If you run on rough roads or trails, you'll need to replace your shoes sooner than if you do primarily treadmill running. If you have trouble tracking when you bought your shoes and how many miles they have on them, write the date on the inside of your shoe when you buy them. By knowing the exact date you bought them, you should be able to roughly estimate how many miles you've run in them.

### **2. You're feeling pain**

If you've been feeling muscle fatigue, shin splints, or some pain in your joints -- especially your knees -- you may be wearing shoes that have lost their cushioning. When you're feeling pain on both sides -- both knees, for example -- that's often an indication that you need new running shoes.



### **3. Your shoes fail the twist test**

If you hold your running shoes at both ends and twist the shoe, it should feel firm. An old shoe or one that doesn't have proper support will twist easily.

### **4. Your treads are worn-out**

One tell-tale sign that you need new running shoes is if the treads, especially on the soles, are worn-out. The soles last longer than the shoe's cushioning and shock absorbency, so if the soles are worn down, it's definitely time for new ones. You should never run in shoes that have worn-down soles.

### **5. Newer shoes feel much better**

Some experts recommend that runners rotate two pairs of running shoes. If you get a new pair of running shoes about half-way through the life of your old ones, they can serve as a reference to help you notice when your old ones are ready to be replaced. If you notice a big difference in the cushioning of the newer pair, then it's probably time to retire the old ones.

# Development Runs

## Every Wednesday Night at the Parkway!



**PLEASE SHARE THIS INFORMATION WITH  
ALL YOUR FRIENDS WHO PLAN TO  
RUN ON WEDNESDAY NIGHTS**

### **2017 Development Run Details:**

The fee to run the development run is \$2.00 per person each week with NO family rate. Utica Roadrunner Members still run for Free! You can become a member of the Utica Roadrunners:

- \$10 for anyone under 18 years of age
- \$20 Individual
- \$25 Couple
- \$30 Family

Registration opens at 5:00.

Be there early! Runs are at:

- 6:00 – 2/10 M Fun Run 1/2 M Fun Run
- 6:30 – 10 K / 5K / 2 Mile

## **Volunteers Needed**

***A message from Melanie***

VOLUNTEERS NEEDED: Saturday mornings for the next 5 weeks for the training program.

Here are the dates and number of volunteers we need:

- June 3 (4 people)**
- June 10 (5 people)**
- June 17 (6 people)**
- June 24 (8 people)**
- July 1 (7 people)**

Volunteers will be handing out water/directing runners. Melanie will provide everything you will need (water, cups, etc.)

If you can help or know of anyone, please have them contact me. Also, this is a great opportunity to earn points for your red jacket. Email [mcrisino@yahoo.com](mailto:mcrisino@yahoo.com).

Thank you! Without volunteers this program would not be successful!!

# The Mott Marathon Challenge

## June 8th: The Mott Marathon Challenge!

This year's 11th running of the Mott Marathon Challenge at the CVA track in Ilion will go off at 3:30pm on June 8th. Since the first Mott Marathon in 2006, 178 CVA seniors have completed the 105 laps journey to 26.2 miles, raising money for local causes. Last year the total raised was \$10,034.32. This year all monies raised will go to Relay for Life. The event will feature food, drinks and music. The challenge will again be sponsored by The Utica Roadrunners and the CVA Student Council. The Roadrunners have sponsored the event for the past five years, providing shirts, funds towards the finishers' medals and an official clock.

Official participants include CVA seniors (62 signed up thus far), CVA alumni, staff and faculty as well as members of the community in relay teams. Members of the Utica Roadrunners are invited to participate as well. We can send as many as 5 solo runners and 2 relay teams (either 4 or 6 persons). UR Board member Jim Mott will add to the excitement by trying for an ultra, simultaneously running the track, while also stopping at the finish line to congratulate every finisher in person. Talk about stop and go!

The public is encouraged to attend and cheer on the participants in what has become a terrific community event. To sponsor a runner or get more information about the event contact Jim Mott at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org) or check out the CVA Facebook page.



# CNY Running Clubs Cup 2017 Report



The Towpath Trail 10K Run in St. Johnsville on May 13th was the second event in the 2017 CNY Running Clubs Cup. Despite the distance from the Utica area, the Roadrunners had a full team (at least five members) for the race, as did the Kuyahooro Kickers. The Toe Path Trekkers and Roman Runners had partial teams there. 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 race were compared. The Kickers stormed back from a third place finish at the Fort 2 Fort to win the Towpath, while we finished second. The results were as follows:

Club	Age Graded Total
Kuyahooro Kickers	354.14
Utica Roadrunners	302.53
Roman Runners	115.41
Toe Path Trekkers	49.73
MV Hill Striders	0.0

#### After two races the Cup standings are as follows:

Utica Roadrunners	9 points
Kuyahooro Kickers	8 points
Roman Runners	7 points
Toe Path Trekkers	3 points
Mohawk Valley Hill Striders	2 points

#### Our five contributing members were:

Member	Age	Time	Grade
William Callahan	M40	37:24	74.11
Dale Hart	M55	48:00	65.35
Melissa Lanphier	F45	58:09	55.80
Robert Scanlon	M52	58:10	52.52
Wayne Murphy	M58	58:49	54.75
		TOTAL	302.53

The percentage is the relative performance of a runner against the world standard by age and gender for that distance. Congratulations, all, and thank you for representing the UR so well!

**The next Cup event is the Nate the Great 12K in Canastota on Saturday June 10th.** Please consider coming out and running for the club at the Nate. After all, it isn't every day you can run with members of the Boxing Hall of Fame! All race information is in the registration form in this SpliTimes, or you can register online at <https://runsignup.com/Race/NY/Canastota/NatetheGreatRace>. Please write "Utica Roadrunners in the entry for "Running Club". Please email Jim Moragne at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com) with any questions.

#### Upcoming Clubs Cup Races:

**June 10th:**

**Nate the Great 12K Race in Canastota**

**July 16th:**

**Miller Mills 5K in Millers Mill**

**August 18th:**

**Woodsmen Field Days 10K in Boonville**

**September 24th:**

**Falling Leaves 14K in Utica**

**October 8th:**

**AK5K in Marcy**

# NATE RACE 2017 . SATURDAY, JUNE 10th

# 2017 ENTRY FORM



2017 SCHEDULE & PRICING:		thru 3.9.17	thru 5.1.17	thru 6.09.17	RACE DAY
▶ NATE RACE 12K	8:30am	\$25	\$30	\$35	\$40
▶ NATE RACE 5K	8:30am	\$20	\$25	\$30	\$35
▶ KIDS FUN RUN	9:55am	FREE - donations are appreciated			
▶ AWARDS	10:15am	AGE GROUP - 5 year age groups @ post race party			

Please print and include all information. We cannot enter illegible or incomplete applications.

Make checks payable to: **Canastota Running Club**

Mail checks and entry form to: **PO BOX 391 • Canastota, NY 13032**

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emer. Contact \_\_\_\_\_ Phone \_\_\_\_\_

Running Club \_\_\_\_\_

Age as of 6/10/17   Gender(circle) Male Female

5k Run  12k Run  Fun Run  Canastota Alumni  I can not run, but please accept my donation.

Shirt Size  xs  s  m  l  xl  2x Race shirts guaranteed for the first 550runners

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby, for myself, me heirs, executors and administrators, waive and release any and all rights and claims I may have against the Canastota Running Club, its race committee and its volunteers, its sponsors, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have trained sufficiently for the competition of this race. For reasons of liability and safety we prohibit the use of strollers, baby-joggers, roller blades, or pets in this race.

Failure to date and sign will invalidate your entry.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_  
(if under 18 years)

Visit us on the web: [NateRace.com](http://NateRace.com) • Like us on facebook: [facebook.com/NateRace5k](https://facebook.com/NateRace5k)

# This year's races



The 2017 Utica Roadrunners Grand Prix series is underway! The Grand Prix series of races is a friendly competition among all members registered as of March 31, 2017. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2017, determining the age group for the season. The best 6 performances among the 13 races will determine standings for awards, with a minimum of 3 races required to be eligible for an award.

## ***The Grand Prix races for 2017 are:***

- 6/04/17 ..... Marcy 5K
- 6/17/17 ..... Summer Sizzle 5 Mile
- 7/09/17 ..... Boilermaker 15K
- 8/05/17 ..... Bolder Inspiration 8K
- 8/18/17 ..... Woodsmen's 10K
- 9/16/17 ..... Living History 5K
- 9/24/17 ..... Falling Leaves 14K
- 10/08/17 ..... AK5K 5K
- 10/15/17 ..... Deerfield Skeleton Run 5K (tentative)

Grand Prix details, results, standings, and reports can be found at the Club's website. If you have questions, please contact me at [gslnus@yahoo.com](mailto:gslnus@yahoo.com).

# 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](mailto:members@uticaroadrunners.org) or call him at (315) 866-2708.