

July 2018

splitimes

The Official Newsletter of the Utica Roadrunners

We are...



#BoilermakerReady

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July
2018
Utica Roadrunners
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Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)



THANK YOU

to the South Utica fire department
for helping us cool down our
BTP runners on our June 30th run!





President's Message

by *Wayne Murphy*

I can't believe it is July already and time for the Boilermaker! Good luck to all of the runners. I also wanted to thank all of our volunteers for their hard work with the Boilermaker training program this year. Special thank you to Melanie Crisino, Stephanie Stark, Jessica and Jean VanValkenberg and Tracy and Cole Perkins. We need someone to volunteer to coordinate the training program next year.

Did you also take advantage of the development runs this year! Special thank you to Mike Kessler and Linda Turner for 10 years of coordinating. We are looking for some individuals to take over those responsibilities in 2019. We have had the runs for 50 years and plan on doing that for another 50 but need your help. The club had its first happy hour run in many years. We estimated we had about 50 members attend. Thank you to Stephanie and Dennis Stark for hosting the event. What a great event.

I saw club members out supporting the Mott Marathon at the CVA School district including this crazy President. What a wonderful event for a great cause. Were you able to run the 5 mile Summer Sizzle road race? Thank you to Jim Mott for the great job as race director. We look forward to his continued involvement both on the board and also as the race director. Jim had a very busy month.

On Wednesday evening June 20th we gave scholarships to local youth who have shown both academic and running talent. Great coverage by our friends at WKTV of the event. We also will be helping to sponsor the youth track program which begins June 28th and includes approximately 80 local youth.

Your club is doing a lot with the community! Thank you for all you do!

Lastly, I know it's early but start thinking about the Holidays! We will be having a bus trip to the "It's a Wonderful Run" in Seneca Falls in December. Hope to see you on the trip.

Hope to see you out there soon at a run or a race. Keep in touch. Let me know if you can help with the need for coordinators for the boilermaker training program and the development runs wayne13413@yahoo.com



Finishing the Mott Marathon!



Thank you to Stephanie and Dennis Stark for hosting Happy Hour!

2018 Student Scholarships



The Utica Roadrunners' 2018 Student Scholarship Winners Announced

The Utica Roadrunners have as our primary mission the promotion of family health and fitness through running. Each year we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student athletes in our community. We are pleased to announce that this tradition will continue in 2017 with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

Left to right: Trevor Kline, Briann Lohmann, Theresa Dristle, Paul Ohlbaum, and Anne Marie Latshaw (Utica Roadrunners Scholarship Chair)



BRIANN LOHMANN

*Paul Ohlbaum
Scholarship*

Graduate from Mount Markham High School. She will be attending Hobart and William Smith College and will be running on their cross country team.

THERESA DRISTLE

Utica Roadrunners Award

Graduate from Jordan Elbridge High School. She will be attending St. Bonaventure University and will be running on their cross country and outdoor track teams.

TREVOR KLINE

*Paul Ohlbaum
Scholarship*

Graduated from Vernon-Verona-Sherrill High School. He will be attending Le Moyne College and running on their cross country team.

THOMAS COLICCI

*Howard Rubin
Scholarship*

Graduated from Whitesboro High School. He will be attending University at Buffalo and running on their cross country team.

Letter from the Editor

Good Luck!

I'm writing this after finishing the last BTP run and it's 90+ degrees out, so my awesome ideas are waning! :) I'm just going to leave a big GOOD LUCK here for you this month. The Boilermaker is fantastic in so many ways and means something different to each runner out there. Some are running their 25th or 40th race. Others are running their very first race. Still others are coming off of injuries, running with loved ones or going for PRs. Whatever your motivation is this year, I hope you have the best time ever!

See you at the start line! (Or over by the popsicle stand at the end. I can't wait to get a banana one!)



Member Story

Why I Run

by Kelley O'Bryan

From when I can remember I would always attend races to cheer my dad on and as time went on I began to cheer for my brother too. I thought running would be a great way to spend time with them and looked fun so I decided to start. I made the goal of having my first race be the Falling Leaves 5k and they helped me with my training that year. Once I crossed the finish line I knew I caught the running bug and I would be running more the following year. Since then I haven't stopped.

Besides the obvious reasons, I run because I find it relaxing and a great way to clear my mind. It also is a great way to still spend time with my dad and brother. One last reason I run is to set an example for my daughter. While I was pregnant with her people always told me it would be hard to keep running after she was born. I haven't let her stop me from going as I take her with me. Last year she would take a nap but this year she takes in the sights. We always point out different things to her and even work on counting, whether it be flags, cars or trucks. She seems to always know when we can use some encouragement because all of a sudden, she will go high fives and puts her hand up. We recently began teaching her how to run races in the backyard and gets the biggest kick out of it! You never know maybe she will catch the running bug too!



Congratulations!



Mott Marathon



A Huge Success!

29 of 52 seniors finish the marathon and raised nearly \$5,000 for senior Marcus Sardina who not only beat cancer but ran the marathon in 5:59:55. He had his last chemo treatment in March.



Jim Mott congratulates Roadrunners Board President Wayne Murphy, who ran every lap of the **MOTT MARATHON**



A Sizzlin' Success! Over 100 Runners!

**Congratulations to all runners!
Thank you to Auyer Timing.**

[See the Results](#)



Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



Harry Campbell, Al Massinger, Sue Deluca, Jean Van Valkenburgh, Joselina Guantero, Karen Piccola, Joanne Campbell and Dorothy Massinger at the **FREIHOFER'S RACE**



Giorgio Varlaro, Lauren Murphy, Melanie Crisino, Wayne Murphy and Dani Bliss at the **WHISKEY RUN 10K**



The Annual Frankie Run with the BTP



Karen Piccola, David and Grace Saxe, Joanne and Harry Campbell and Bryn Davis at the **MONTEZUMA HALF!**



Ann Marie Latshaw runs with son Easton at the **SUMMER SIZZLE KIDS RUN**

Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



Roadrunners representing at the **MARCY 5K**



Jessica Van Valkenburgh and Sharon Scala tackled **THE HALF** at the Beak & Skill Apple Orchards.



Julie Buehner placed 2nd in her age group at the **NATE THE GREAT RACE**



(Left) Ashley Mancini, Matt Zawisza and Phil Trzcinski and (Right) Giorgio Varlaro and Dani Bliss at the **PATRIOT 10K**





JOIN US!

The Roadrunners are partnering with Levitt AMP Utica for a night!

Wear your UR gear for a group photo opp around 7:00pm (meet near the stage in Eagle Street). Those who would like to do a Boilermaker cool down run, some of us will be running 2 miles in downtown Utica during intermission, then coming back to the park to enjoy funk hip hop by Sophistafunk!

LEVITT AMP UTICA

presented by



**LEVITT
FOUNDATION**

THE FOUNDATION

**MONDAY, JULY 9
KOPERNIK PARK, UTICA
(ACROSS FROM MWPAI)**

**Opener (6:00pm) – Our Common Roots
Intermission/UR Photo Op – 7:00PM
Headliner (7:30pm) – Sophistafunk
Family friendly • Free • Bring chairs!**



CNY Running Clubs Cup 2018 Report

Third Race Down!

The 2018 Patriot 10K Race in Rome was the third event in the CNY Running Clubs Cup. A lot of the Roadrunners took advantage of the perfect racing morning and posted some great times! The best five results by each club's members in the race were compared, and the Roadrunners faced some serious competition! The participating teams' results for the Patriot 10K were:

Kuyahoor Kickers	354.65
Roman Runners	342.01
MV Hill Striders	326.53
Utica Roadrunners	316.34
Toe Path Trekkers	275.16

Our top five team members at the race were:

Tim Kane	(44:04)	73.75%
Philip Trzcinski	(44:31)	63.72%
Matthew Zawisza	(43:00)	62.13%
Andrea Murray	(50:31)	60.67%
David Saxe	(47:48)	56.07%



The percentage is the relative performance of a runner against the world standard by age and gender for that distance. Congratulations to all the runners, and thank you for supporting this event!

Next CNY Cup Race: The next race is the Boilermaker 15k! This race is scored as a standalone event and does not count toward the overall points for the 2018 race year.

The next race that will count towards the Utica Roadrunner's overall points status will be the Millers Mills Sundae 5K event which will be held the weekend after the Boilermaker on July 15th. To register for the event, follow the link below:

<https://runsignup.com/Race/Events/NY/WestWinfield/MillersMillsSundaeRun>

CNY Runnings Clubs Cup 2018

**Kuyahoora
Kickers**

Melbank Valley Hill Striders

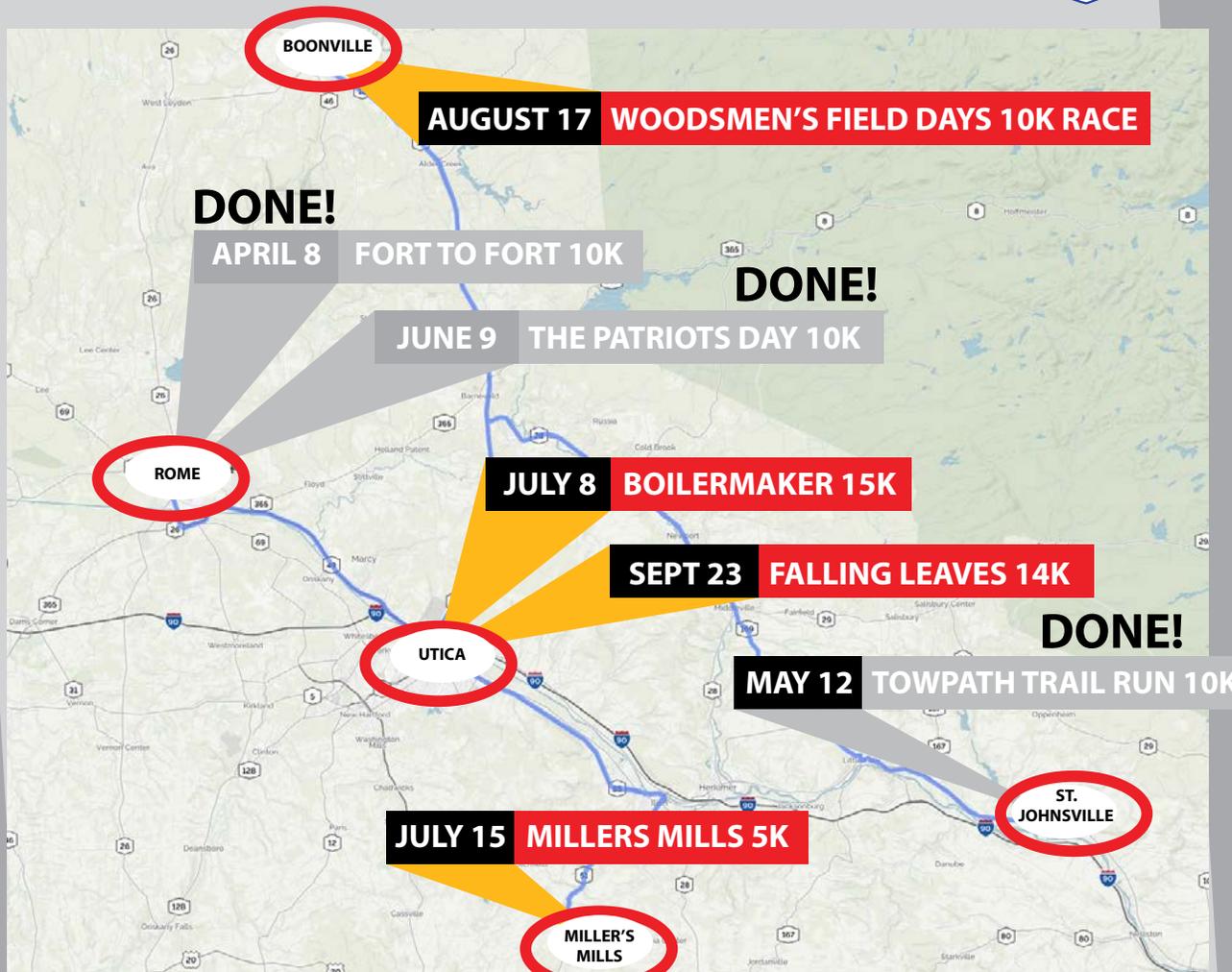


North Country
"Toe" Path Trekkers
Walk-Run Club



2018 Races - Mark Your Calendars!

If you are interested in participating on the Utica Roadrunner's Cup Team, please send an email to laurie.hennessy@aol.com.



Member Spotlight

At one point it seemed
“mind blowing”
to him to run 13 miles.

Now he’s training for his second Ironman.

Get to know more about...

RYAN MISENCIK



You can see Ryan Misencik’s smile coming from a mile away. You can hear him on the radio, see him do The Ride and laugh with him as he helps out with the UR banquet every year.

Ryan has worked in radio for 25 years – Rock 107, Hot 107, WOW 105 and KISS FM. You can listen to him (as Brian Lakes) on Sundays from 7am - 11am. He’s also worked as a DJ for over 25 years and on top of it all has a day job as a Project Analyst at First Source Federal Credit Union. He was introduced to the Roadrunners around 15 years ago and has since helped out with the annual banquet and has volunteered at Development Runs.

His running career began back in high school when he ran cross country and track, competing in the 400, 800, 1600 and long jump. He grew up in a small school district so track was a kind of “try whatever you want!” experience. When he was 18 in 1993, he decided to run his first Boilermaker 15K and he made a goal to run ten consecutive 15Ks. That was 25 years ago and he’s run every single one since. It wasn’t until the last 8 or 9 years that Ryan really got more involved in running. At first it seemed “mind blowing” to him to run 13 miles, but now that’s nothing!

His first half marathon was the Lake Delta Half. His first full was Wineglass. He DJed a wedding the night before, woke up at 4am to head down to the start the next day and finished in an impressive 3:44. After he hit those longer milestone distances, he starting thinking setting his sights on an Ironman and thinking “maybe I can do this.” Last year, he finished the Chattanooga Ironman and

continued →



Ryan says there's no words to really describe it. It's such an accomplishment and amazing what your body and mind can absorb to push you past your pain threshold. Ryan had over 20 family members cheering him on in Chattanooga that gave him the extra push he needed.

We talked to Ryan about the training.

You have to wholeheartedly be ready to commit to at least six months of training and you have to be ok with not being present at some family functions and events...because you're most likely going to be running, biking, swimming or sleeping through them! The training is intense, but completely doable. Ryan can be found running 30-40 miles per week, biking 100-200 miles and swimming three hours per week during training, sometimes out there up to seven hours in one day.

With the advice from friend, fellow Ironman and Utica Roadrunner Steve Tibbits, Ryan is following Don Fink's book *Be Iron Fit*, which lays out programs for three levels: "Just finish," "Intermediate" and "Competitive". Ryan is following the Competitive plan, but he is being smart about it.

Overcoming a patella tendon injury and getting a bit older (which he admits "kinda sucks!") his mindset is to be smart and take every day and live it to the fullest. He wants to look back at his accomplishments and be happy with what he's done. He's adding yoga into his regiment and is taking time to allow his body to heal when it needs to.

The running part has never been an issue for Ryan, nor has the biking. He has taken part in the Ride for Missing Children for the past seven years and knew that he can handle at least the 77 miles easily. The swimming on the other hand, needed a little love. About 5 or 6 years ago, he did the Lake Delta Triathlon and had trained only in his in-laws pool leading up to the big day, doing as many laps as needed to cover the distance. After he dove into Lake Delta and his goggles immediately fogged up, he realized the difference. It played with his mind that he couldn't see the bottom and the seaweed catching his legs was an unexpected annoyance. He would swim from canoe to canoe and rest and was the second to last out of the water that day. Lesson learned.

For the Ironman swim, he was lucky to have some guidance from Vicky Brown - the Herkimer College swim coach - to get a baseline of where he was at and to get pointers on his technique and controlling his breathing. It took him about three months to get really comfortable in the pool. He was getting good, motivational advice from other athletes that "something's going to click in your head" and after getting to eight laps (800M) he finally felt that "you can go on forever" feeling. (On the morning of our interview, he has put in 2500M of swimming and it was only 8am!) Now, getting into open water for a race, he takes the first three or four minutes to get comfortable and then he knows he's got it.



His first Ironman race was a very warm day. After the swim was completed, the bike ride felt great. At mile 96, he got a flat tire and at that point he looked at his watch and knew that he had plenty of time for the run. He approached the marathon as a walk/run,

continued →

Member Spotlight (Cont.)

running to every aid station, taking in fluids and food and putting ice in his hat. Along the way, since Ironman bans headphones, he'd strike up conversation with other runners to make the time go faster and to build camaraderie. At mile 25 of the run, he started getting goose bumps – all the training and all of the things he missed out on were about to become worth it. The home stretch was about a football field of people cheering him on. It was exhilarating. He felt good. His heart rate was solid. And he was DONE!

We can't write an article on Ryan without giving some love to his wife, Becky! You see her super supportive Facebook posts as she follows Ryan's adventures, but day-to-day and race-to-race, she's a rock for him. His freshman-to-be daughter Emily also cheers him on and now in the mix is their 4 month old daughter Maddie. The Misencik ladies are a motivation for Ryan, not only cheering him on from the sidelines, but keeping him company in his mind through the miles and hours of training.

This year, Ryan has the Marine Corps and Philadelphia Marathons leading up to Ironman. Three big events for 2018! Some bucket list races for him are the Lake Placid Ironman in two years, qualifying for Boston, running the Chicago Marathon and other destination races like Hawaii, Alaska, London and Paris. He's also like to do Big Sur and the Goofy runs in Disney, where you do a 5K, 10K, a half and a full. The biggest goal is to stay injury free and train smart.

We wish Ryan tons of luck as he gets ready for Ironman. We'll all be cheering you on!



Help Needed for Development Runs

ATTENTION MEMBERS:

Mike Kessler and Linda Turner are looking for replacements to take over the Development Runs beginning next year. 2019 will be the 50th year for the Development Runs, but if someone does not step up this will be the last year for them. We can train anyone who is interested – please reach out!



Post Race Recovery

Melissa Barlett, PhD.



So the Boilermaker is now right around the corner. We are ready, we are trained, and we are prepared to feel like utter nonsense afterwards. What does science say about recovery? I'm here to give you all the info you need to feel better on Monday, July 9th!

First of all, we need to talk about what happens to the body during an endurance running event to understand how to recover. Running activates both the skeletal/muscular and cardiovascular systems. The muscles require energy to move, which is made from sugar and oxygen. The sugar and oxygen travel via the bloodstream, and since they are needed at higher rates, the heart pumps faster to provide them quickly. The muscle fibers are constantly contracting and the connective tissues are being moved stretching between the joints. This can cause protein fibers from both muscles and joints to be injured or broken. Finally, the enhanced heat production associated with running causes loss of body fluids.

Starting with the loss of body fluid, even if you drink a good amount of water, your body is going to lose liquid during an endurance run, and the blood specifically loses liquid plasma.

In fact, most of the weight loss post-run comes from the blood plasma, with runners losing from 6-12% of their blood plasma after a marathon (Maughan et al. 1985). The problem with blood plasma is that it takes time to recover, the liquid drank immediately following a run doesn't all immediately replenish it, so you should make an effort to remain hydrated for 24-48 hours following a race. PS - beer does not count as hydration since alcohol is a diuretic and will dehydrate you!

Along with fluids, other blood factors are shifted with distance running, including increases in white blood cells and platelets, increases in proteins especially myoglobin (muscle protein that helps use oxygen), and decreases in some ions possibly including sodium, potassium, chloride, and magnesium (Kratz et al. 2002). Some of these changes are due to an inflammatory response to the tissue injuries in the muscles and joints, as white blood cells will increase with inflammation to help clean up damaged cells. The increase in proteins is both related to the decrease in plasma and to the use and release of these proteins from the tissues, like the muscle in which they are being used. One of the things that does appear to help with the effects of muscle damage is compression sleeves. Medium grade calf sleeves were shown to decrease proteins in the blood more quickly and decreased perceived pain the next day (Struhár et al. 2018). Unfortunately,

continued →

massage post-race showed no improvements in muscle swelling, though people did feel better (Dawson et al. 2004). In general, muscles were inflamed for 8-11 days after a half-marathon, so expect to be sore for about a week post-boilermaker.

So, how about replacement of the used sugars and proteins? Carbohydrate replacement is definitely important post-run, and specifically as soon as possible afterwards. Muscle glycogen (the stored energy in the muscles) is used up by distance running, and it is replenished fastest when carbs are ingested soon after and about every 1-2 hours for 4-6 hours after the race. There is some evidence that very high carb intake can help with muscle glycogen - but that balancing the carbs with some protein may be better for overall muscle recovery by both filling glycogen stores and signalling the body to rebuild muscle fibers. If you've heard that you should drink chocolate milk after exercising - that's because it has about the right 3:1 ratio of carbs to proteins that seems to be optimal. However, a 150lb person is looking at 2 cups of chocolate milk an hour (~0.8g carb/kg/hr), so you might want a more dense option. If you are into protein shakes, whey is the most accessible protein and signals the most muscle rebuilding (Beelen et al. 2010).

A final note on recovery, your speed during the run is likely to affect your total recovery time. Faster athletes put more stress on all of the above, and take a longer time to recover versus slower athletes (Polak et al. 1993). In general, listen to your body, don't push too hard post-run, and feed your body appropriately, then your body will recover effectively.

Beelen M, Burke LM, Gibala MJ, van Loon LJC. Nutritional Strategies to Promote Postexercise Recovery. *Int. J. Sport Nutr. Exerc. Metab.* 2010, 20:515-532

Dawson LG, Dawson KA, Tiidus PM. Evaluating the Influence of Massage on Leg Strength, Swelling, and Pain Following a Half-Marathon. *J Sports Sci Med.* 2004, 3:37-43

Kratz A, Lewandrowski KB, Siegel AJ, Chun KY, Flood JG, Van Cott EM, Lee-Lewandrowski E. Effect of Marathon Running on Hematologic and Biochemical Laboratory Parameters, Including Cardiac Markers. *Am J Clin Pathol* 2002, 118:856-863

Maughan RJ, Whiting PH, Davidson RJ. Estimation of plasma volume changes during marathon running. *Br J Sports Med.* 1985, 19:138-141

Polak AA, van Linge B, Rutten FL, Stijnen T. Effect of intravenous fluid administration on recovery after running a marathon. *Br J Sports Med.* 1993, 27:205-208

Struhár I, Kumstát M, Králová DM. Effect of Compression Garments on Physiological Responses After Uphill Running. *J Hum Kinet.* 2018, 61:119-129

All the Gear You Need at One Location!

**GET
YOUR
GEAR!**

**the Sneaker
Store**

Utica Roadrunners apparel is available for purchase at The Sneaker Store at 4490 Commercial Drive in New Hartford. They can put the UR logo on other pieces available in the store as well!



Member Article

GET READY!

It's a Wonderful Run Roadrunners' Bus Trip

Register for the Race

Saturday, December 8th, 2018
Race starts at 4:40 pm

\$30 per person - non-refundable
First Pay, First Serve - capped at 55

Send check made payable to:
Utica Roadrunners to:
Jennifer Bachelder
30 Imperial Dr
New Hartford, NY 13413

Please include email address so she can send you back a confirmation once payment is received.

****You are responsible for registering for the run...
registration is currently open****

More specific details to follow: But tentatively leaving Utica at 11:30am (looking at picking up in the Home Depot off of Burrstone Rd or Exit 31)

Any questions - please email Jennifer at jmbachelder11@yahoo.com



About the race:

Join us on a 5K Run/Walk through the beautiful, illuminated, historic Village of Seneca Falls, NY at dusk.

A unique start to this USATF Certified 5K Course places the field atop the famous Bridge Street Bridge which many believe was the inspiration for the bridge scenes in the holiday movie classic 'It's A Wonderful Life'. The run/walk will take you past the decorated Christmas Tree display, the lighted storefronts and shops of downtown Seneca Falls, and past historic village homes decked out and lit-up for the holiday season. The course concludes in the shadow of the Bridge Street Bridge in People's Park along the Seneca Falls Canal Harbor.

SEPTEMBER 8, 2018



"A Unique ADK Running Experience for Runners of all Levels"



Register Now!

<https://runsignup.com/OldForgeMarathon>



Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

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

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

Membership Chair: **20** points

Merchandise Chair: **20** points



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

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

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar.

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

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

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

Racing team captain: **10** points

Racing team member: **1** point per race start with team scoring

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

Proof Reading monthly SpliTimes for a year: **10** points

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

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

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

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

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

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Advertise your race with us!

Our monthly newsletter is emailed to over 400 runners in the Mohawk Valley who love to take part in races throughout New York and beyond!

For just **\$25 per issue**, you get a full page ad (8.5" x 11"). **For \$40**, get the full page ad PLUS we'll post the flier and a link to your race registration page on our Utica Roadrunners Facebook page (1,400+ likes)



SpliTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email SpliTimes editor Michelle Truett at michelle@484design.com to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

Payment: Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.

Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month(s) you would like your ad to run (\$25 per month)

- August 2018
- September 2018
- October 2018

Would you like to add a UR Facebook post for just \$15 (per month)?

- Yes No

Total included: \$ _____