

august 2015

splitimes

The Official Newsletter of the Utica Roadrunners



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August
2015
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Advertising

If you would like to advertise in SpliTimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!). See last page of this newsletter for advertising rates.

Editor: Michelle Truett
michelle@484design.com



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ON facebook!**

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





President's Message

What a summer it has been for the two of us, Dennis & Sybil, and it is less than half over! The picture here shows us on Blackcomb Mountain in Whistler, British Columbia, Canada. We hiked over snow and rocky trails while wearing shorts and tees/tank tops. We viewed snowy peaks and the smoke from forest fires. We ran, biked, and walked on miles and miles of trails that are beautifully maintained. Okay, we consumed a bunch of great beers to rehydrate. After a week of that fun, we went on to Vancouver to do even more biking, running and walking. We saw the USA Women's Soccer Team because they stayed in our hotel and we partied with lots of friendly people as we watched the game and drank beer. If you ever have the chance to check out the western side of America, do it!

We came home to the Boilermaker frenzy of volunteering, running and partying. The participation for the Club picture for the morning of the race was negatively impacted by the slow bus issue, but I managed to take other pictures as I walked through the crowd at the starting area and at the post party. Check some of the pictures out in this issue.

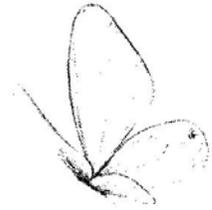
The ATCendurance triathlon at Delta Lake last month was kind of a surprise. Club members who I never imagined would be triathletes were competing in the Sprint and Intermediate events. Dennis did the Sprint and came in 13th overall. He thought he would be pretty rusty since last summer's IronMan, but he was flying. Board member Ann Marie Latshaw was flying with the help of her mechanic, husband Jim. The Arcuri family was volunteering at the finish line area. Lori Tibbitts and AnneMarie Ambrose had very good Sprint times as their husbands Steve and Mike volunteered. The guys competed in the IronMan in Lake Placid on the 26th of July and they had some bike training to do that day after the Delta Tri.

Now that it is August, first you have to do the **Bolder Inspiration at Trenton Falls**. Rich Karaz of the Sneaker Store puts on a great event. Please support his event the way he supports our Club. Then, there is the **Woodman's Races** in Boonville on Friday the 7th. This is one of our Challenge Cup events with the Tow Path Runners. Be there or be a parallelogram. If I could run I would do it. The next Challenge Cup event will be the **Falling Leaves**, so do the Woodman's first and you will be ready in September. Continuing in August, get your butts and running shoes over to Ralph Perry Junior High in New Hartford to run or help out at **Jeremy West's Cross Country Event**. Last year it was very fun to volunteer. Participants get to run on softer surfaces as well as paved surfaces. Cool.

Now what you have to really pay attention to is the **Peak to Brew Inaugural Relay Event**. Our Club has a team of 6 guys who are going to run from the top of Whiteface Mountain, through the Adirondacks to Inlet, down South Shore Road, down 28, over to Potato Hill, and to Utica. They and 5 other teams end up at the Saranac Brewery right here in Utica. The run begins on August 14th and they all expect to finish on the 15th from 3 to 6pm at the Brewery. Each one of our guys – Mike Elleman, Tom Joslin, Steven Paddock, Jim Owens, Bruce Palmer, and John Draper with Gary Burak as a backup runner will run about 39 miles. Yikes! Just Google Peak to Brew, go to watch along the way and then party at the Brewery on Saturday from 3-6 PM. This is really exciting! What an undertaking! Go West End Runaholics! These guys want to run sub 8 minute miles the whole way. Crazy, but Amazing! You Go Guys! See you on the way!

Wherever you do your running, try to make some of these events. Whenever you run –
Be Careful out there!

Thank you notes from our scholarship winners



Ms. Latshaw,

Thank you so much for the Dr. Ohlbaum Scholarship! It was a great honor to receive this award! The following week, I ran the developmental run 10K! It was challenging but extremely fun and I am excited to continue participating as a Utica Roadrunner! Thanks again!

Sincerely,
Taylor Watson

Your kindness
meant so much to me!

Dear Utica Roadrunners Committee,

I would like to take the time to say Thank You so much for awarding me this very generous scholarship. It was very special for me to see how my hard work and passion in both my running and my academics has paid off. Thank you for helping me to afford my dream college and to shoot for the stars.

Sincerely, Dean Hillman

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.

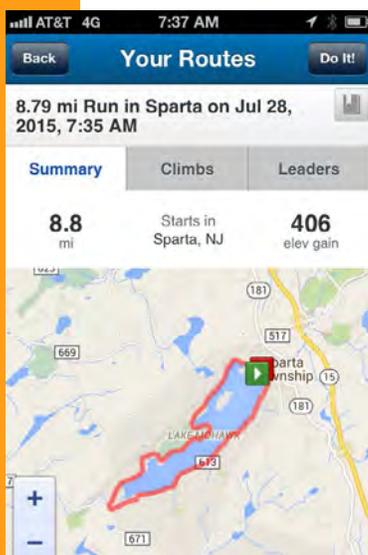
There will be water at the finish line, and various water stations set up throughout the courses.

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](#)

Running Around a Lake with an Old Friend



I'm from New Jersey originally. It's a cool little town named Sparta at the very top northwest corner of the state. To give people a visual, I say it's a great mix between Clinton and Boonville. In the quaint town center, there's Lake Mohawk. (On the outskirts of town where I grew up, there's cows). Whenever I get some time back in Sparta, I try to get out to "run the lake" as it's lovingly or loathingly called.

Last week, I was lucky enough to catch up with my high school friend Melissa and we battled the muggy, craptastic morning air and ran the 8+ miles around the lake. It's really a beautiful run. Melissa and I were cheerleaders together throughout high school. She started running, as I did, a bit later in life. She is the program coordinator for the New Jersey North chapter of Girls on the Run – a non-profit program for girls in the 3rd through 8th grade. The 24-lesson Girls on the Run curriculum combines training for a 5K running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions.

Melissa is a mentor, coach and overall bad ass. Having three girls herself (the oldest of which is turning 16 this week), she's a tremendous role model. I grew up in a very special town with wonderful people who have gone on to do amazing things. But hands down, what Melissa is doing is one of the most amazing. Molding our future female leaders, demonstrating strength through running and instilling confidence in these young ladies are so admirable.

Thanks for the work you do, girlfriend! Keep it up. And thanks for much for the great run :)

Michelle

Ask Coach West



Have a question about running?

Email 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 Races



Falling Leaves ROAD RACE

41ST ANNUAL RACE

Sunday, September 27, 2015

Races start at 8:15 AM

(9:00 AM) NYS RRCA 5K Championship Race

and

(8:50 AM) USATF Adirondack Region Grand Prix 14K Road Race

with

(8:15 AM) Kids 1 Kilometer Fun Run

Register before September 1st and SAVE! >>

Thank you to our sponsors:



Training Run Thanks

by *Melanie Crisino*

I would like to start out by saying CONGRATULATIONS to ALL of the Boilermaker Training Program participants for completing the Boilermaker!

You all did great and it was a privilege getting to know each and every one of you and seeing your improvement and strides week after week. I was glad to be a part of your success during the course of the program. Thank you to **Mike Kessler and Linda Turner** for your guidance, routes, programs, etc., your help made it easier for me to have a successful program. And also, thank you for the use of your house/pool for the Training Program family get-together.

I would also like to give a huge shout out to **Stephanie Stark** for being my “left leg”. You went the extra mile with me and I couldn’t ask for a better co-chair! You were there every Saturday to help in any way you could and during the week getting things ready for the weekend’s run. A special thank you to **Mark Arcuri** and **Nicole Cerrito** for showing up every week to help distribute water and do safety or anything else that was needed. If it wasn’t for you guys, we wouldn’t of pulled off such a great program this year. Also, thank you to **Dorothy Massinger, Dodi Stewart** and **Rebecca Aceto** for running the program on the days that Stephanie and I could not be there. I think I got everyone but if I missed someone, I am sorry and know that I am truly grateful for all your help. Looking forward to another successful program next year. A wise man once told me that “you will never have the same feeling as the first time you cross that finish line but the closest you can get is to get a friend involved and watch them finish their first Boilermaker”. So pay it forward and get a friend involved next year. Cant wait to see you all next year. Watch for the starting date of next year’s program in the SplitTimes and Facebook page.



Boilermaker Training Group 2015



Boilermaker 2015



A Training Program Story

Meet Justin and Tanya Beers – parents of three kids under six years old, one is an entrepreneur, one home schools and is a part time veterinary tech... and both are hobby farmers – and you thought YOU were busy?



Running is their thing... it's a time where they're free from the demands of their three small children, where they're away from the farm and work and they can just be together and have time for themselves.

Justin and Tanya met in college at SUNY Delhi. As they dated and balanced school work and jobs at a sub shop and grocery store, they found themselves overweight. Working late, eating late and not exercising had caught up with them. Once they got engaged, they decided that they would get in shape together and worked with a personal trainer leading up to their wedding in October, 2006. After they got married, they thought "let's keep this up!" and decided to start running. They signed up for the 2007 Boilermaker and got to work.

While Justin played football in high school and Tanya was a figure skater when she was young, they didn't take part in a lot of competitive sports. Running 9.2 miles was no small feat, but they did it and then went on to run their first half marathon that year as well. *Then came three kids.*

Their children are now 6, 3 and 2 and keeping them running (a different kind of running!). Tanya is a part time veterinary technician at New Hartford Animal Hospital and home schools the kids. Justin owns a general contracting business. And *one* more thing... together they run a hobby farm complete with chickens, meat turkeys and dairy goats. They grow much of what they need in terms of vegetables and Tanya cans and freezes items to have throughout the year.

Balancing all of that... they hadn't done a race since 2007. This year, they decided to "do something for us" and joined the Roadrunners' Training Group on Saturday mornings and got ready to tackle the Boilermaker once again. They figured that if they commit, and do it together, there's no holding them back. They were a steadfast presence on the runs - sometimes pounding out the miles while pushing a double stroller when they didn't have a babysitter, but many times they just ran together. They could be seen as well on Wednesday nights at the Development Runs. "It's our date night," shares Tanya. "It's our time for us." The Saturday and Wednesday runs were ideal for them – they prefer to run with groups to keep them accountable and committed.

Now... in almost an instant replay of 2007, they ran the Boilermaker and are now training together for the Lake Delta Half Marathon on September 20th. This half will be very special for Tanya. In 2007 while training for their first, her father passed away and didn't get to see her complete the race as he had hoped to do. She cried for most of the 13.1 miles. The Lake Delta half will be a redeeming race for her to finish strong.

Tanya and Justin have started a spin-off Saturday morning training group run that anyone is welcome to join. They meet at 8am on Saturday mornings at New Hartford High School. Justin started the Facebook group "**Lake Delta Half Marathon training runs**" - go give it a like to keep up with the routes and join them if you're in training yourself.



H.S. ATHLETE Q&A

Kelan McKenna

School: New Hartford

Grade: 12

When did you begin running?

I began running in the 3rd grade when my mother was the elementary track team coach.

What inspired you to start?

I had been wrestling for a few years and the conditioning that comes from that makes an easy transition to long distance running.

What distance(s)/event(s) do you compete in?

I compete in the one mile, the two mile and 5K.

What have been your biggest running accomplishments so far?

Being the Boilermaker 5K winner three times. I won the first time when I was 16 years old. This race I got a PR of 15:26, just 0:05 away from the record of 15:21.



What does the future hold for you and running?

I do not know at this point, we will find out.

Do you do any other sports aside from track? I wrestle.

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

I have achieved All State and All-American status three times each.

What piece of gear can you not live without?

My lucky shirt – I have worn it to every competition since I was in 3rd grade.

What is your favorite food to eat after a meet? Mountain Dew

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

Me and my brothers do landscaping around the village and the rest of the time you can find me in two places; weight room, wrestling room

What movie could you watch over and over again? The Rocky franchise... great movies

Do you have any pets? I have a beagle/dachshund hound mix - her name is Peanut.

What is your running mantra?

Every day you're not perfecting your mullet... I am.

What's up with the mullet?

I love my mullet! During wrestling season, my hair got pretty long. Instead of getting my usual buzz cut, I decided to go for something different and it became a thing. I did trim it up when I recently went to West Point for a visit, but I'm going to keep it rocking.

Extra

I like to thank my parents for giving me the opportunity to succeed and my coaches namely, Dave Caruso and Tom Wells, for guiding me .

***"The hard work paid off.
I'm out running on a
Saturday night. Some kids
are out there partying, I'm out
there working my butt off."***

**[Watch Kelan's
finish line finish
and post race interview
on wktv.com >>](#)**

Awesome Stuff

Top 10 Toughest Ultra - Marathons Around the Globe



From arctic tundra to desert heat... South Africa to Peru...

Just in case it's ever on your radar to run an Ultra, or even if you just want to look at these stunning photos and read about the toughest races on the planet.

[See more >>](#)

The bride wore her running sneakers...

At least Desirae Piccoli was running TOWARDS the alter and not away from it! Check out her cool wedding shots that tied in running at every corner.

[See more >>](#)



“Running has thrown me into adventures that I would otherwise have missed.”

- Benjamin Cheever, American writer



Photo from runnersworld.com

CNY Running Clubs Cup Report

See where we stand!

The Cazenovia 5K Race on July 4th was the fourth event in the 2015 CNY Running Clubs Cup. On a blessedly overcast morning, the Roadrunners were represented by 8 club members. Two other clubs had enough members there to qualify for the Cup, the Kuyahoora Kickers and the Mohawk Valley Hill Striders. The Roman Runners, 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 percentage is the relative performance of a runner against the world standard by age and gender for that distance. The best five results by each club's members in the Cazenovia 5K were compared and the results were as follows:

Kuyahoora Kickers	366.59%	6 points
Utica Roadrunners	365.54%	5 points
MV Hill Striders	305.86%	4 points
Roman Runners	3 runners	1 point
Syracuse Chargers	1 runner	1 point
Toe Path Trekkers	no runners	0 points

Our five best performers at the Cazenovia 5K were Rich Cohen 16:56 (with a spectacular age grade of 83.31%), Nicholas Ashton 16:58, Josh Kuelling 17:58, Richard Lane 21:05 and Cole Lane 21:51. Congratulations and thank you, all!

After four races, the Cup standings are the Kuyahoora Kickers in front with 23 points, followed by the Utica Roadrunners (20 points), the Roman Runners (14 points), the Mohawk Valley Hill Striders (10 points), the Toe Path Trekkers (4 points) and the Syracuse Chargers (3 points).

The next race...

The next Cup event is the Woodsmen 10K in Boonville on Friday, August 21st. All race information is in the registration form in this SpliTimes, or on web at <http://www.starinfo.com/woodsmen/10kwaiver.html>.

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



left to right: Mike Green (Toe Path Trekkers), Eric Lauber (Roman Runners), Jim Moragne (Utica Roadrunners), Mickey Piscitelli (Syracuse Chargers), Mike Emmerich (MV Hill Striders) and Dan Capron (Kuyahoora Kickers)



Upcoming Race

The NYS Woodsmen's Field Days Inc. Presents The
25th Annual 10K Foot Race & 5K Woodsmen's Walk
Friday, August 21th, 2015

Course: The 10K course starts at Adirondack Senior High School. Proceed west on Rte. 294, ½ mile to Lewis Road; right on Lewis Road, 1.2 miles to Miller Road; right on Miller Road, 1 mile to West Leyden Road; left on West Leyden Road to turn around, proceed on West Leyden Road, 2 miles to Summit Street in the village. Go right on Summit Street to Rte. 294, turn right and proceed back to the High School. The Woodsmen's Walk will also start from the High School grounds. "Fun Run" for children 12 and under to be held at High School during 10K race.

Course Certified by USATF.
Certification Code NY00029AM.
Computerized Timing.

Start Time:

The 10K will start at **6 P.M. sharp**

The 5K walk will begin immediately after the runners depart onto the 10K course.

Registration and Entry Fee:

10K Race: \$15.00 before August 14, 2015; \$25.00 after August 14, 2015. The Woodsmen's Walk is a flat fee of \$5.00.

On-line Registration/Entry Form:

To print an Entry Form to mail in [click here](#).

Packet Pickup: Race packet pickup from 4:30 pm to 5:30 pm at Adirondack Senior High on race day. No registrations accepted after 5:30 p.m.

T-Shirts: T-Shirts will be given to the first 200 10K pre-registrants. The first 75 registered walkers will receive a commemorative mug. Bandannas will be given to all "Fun Run" participants.

Awards/Awards Ceremony: Plaques will be awarded to the first place overall male and female finishers as well as the first three (3) finishers in each age group.

Certified Course Records:

Male - Dominic Luka, Tully, NY - 31:53

Female: - Emily Bryans of Schenectady, NY - 37:32

For More Information Contact:

NYS Woodsmen's Field Days, Inc.

P.O. Box 123

Boonville, NY 13309

Phone: (315) 942-4593

(mail all entries/make checks payable to above)

"Refreshments, dressing/shower facilities are available at the Adirondack Senior School"

Course Certified By USATF - Certificate Code NY00029AM.



CNY Running Clubs Cup 2015

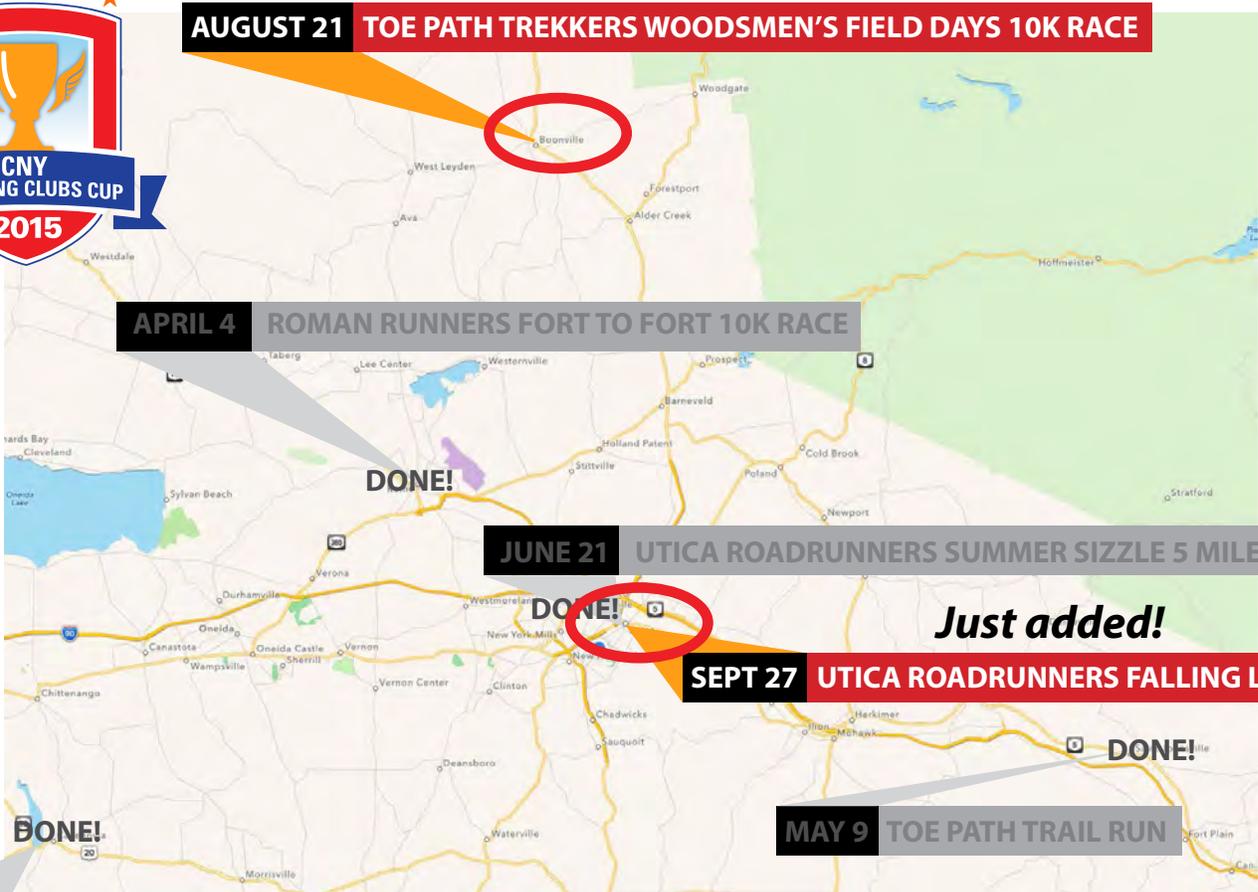


North Country
"Toe" Path Trekkers
Walk-Run Club



6
6 clubs. ~~X~~ races. 1 winner!
Only 2 races left! (Falling Leaves just added!)

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.



Upcoming Race

Register
Today!

Elite Field:
Free or 50% off

2015

The Oak Tree

Half Marathon 5k Run & Walk

September 6th
Geneseo, NY

[/OakTreeHalfMarathon](https://www.facebook.com/OakTreeHalfMarathon)
[@OakTreeRace](https://twitter.com/OakTreeRace)

www.geneseevalleyconservancy.org/race

The Oak Tree
Half Marathon & 5K

Volunteers Needed

The MVBC is hosting the NYS Time Trial Championship this August 30th. This is quite an undertaking for us and we will need lots of help! We are asking members to volunteer for at least an hour, or more if you can.

We also encourage everyone to take part in the time trial. Elite racers from across the state will be participating, but everyone starts and rides alone against the clock. This is for all levels of riders and your volunteer duties can be worked around racing.

We will need:

7:00 AM Set up venue - putting up banners, tents, signs, refreshments

7:30 to 10:00 Race registration - there will be no day-of registration, so this should be relatively easy

8:00 to 12:00 Refreshments - putting out food & drink for volunteers and riders

7:30 to 10:30 Parking Lot Help - direct people where to park and provide general information

9:00 to 12:00 Road Marshals - every intersection has to have someone with a flag to make sure cars don't pull out in front of riders. We need quite a few people and shifts can be split if necessary. The course is north on Rt 46 from Delta Lake park on a Sunday morning, so we don't anticipate a lot of traffic coming in from the side streets. Sit in a chair, relax and cheer the racers on!

11:30 or so Course take down - put everything away!

Each volunteer gets a specially made TT event T- shirt, so be sure to include your size. If you have any questions just ask. Email Barb Padula: padulabj@gmail.com.

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

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 or call him at (315) 867-0281.

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. The Fitness Mill provides showers, reflective vests and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

Down in the Valley

Mondays at 5:30 p.m. at the GPO Credit Union in Ilion
Wednesdays at 5:15 p.m. at 622 North Main St. in Herkimer
Saturdays at 8:00 a.m. at the Little Falls YMCA.
For more information, email Jim Moragne at jmoragn1@twcny.rr.com.

Parkway Rec Center

Saturdays at 7:30 a.m.
A mixed group with all speeds and abilities welcome.
Meets inside the rec center

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m. Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com. Dan can be called at 939-4572.

Useful Links:

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



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

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

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@gmail.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

If you would like to advertise in SplitTimes, please contact:

Sybil Johnson email: densyb@roadrunner.com or call (315) 733-6216.