

August 2017

splitimes

The Official Newsletter of the Utica Roadrunners

MISSION: ACCOMPLISHED



CONGRATULATIONS to all Utica Roadrunners who ran the 40th Boilermaker!

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August
2017

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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!).

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](#)

Remember!

Send us photos and news
of the awesome things
you're doing this year –
races, how you placed in a race,
beautiful training runs,
destination races, etc.
(If you write an article, you get
TWO volunteer points!)





President's Message

by Sybil Johnson

August 1st – I always feel that this is the half way point for the summer. Must be all those years of teaching that I have under my belt. Speaking of teaching, Nate Getman and his crew are doing a great job of educating the 7 to 12-year olds in the **Cross Country Camp at Whitesboro**. From what I have seen, the participants are loving the experience. Kudos to Nate and his crew! The Utica Roadrunners provided insurance through the RRCA and we are paying for light backpacks for each student who completes the course this month.



Kudos to Rick Gloo with his **Art of Running One Day Running Camp** for high school runners. Rick, along with Tim Van Orden, Jamie Woolsey, and Juliana Atillo coached high school students so they can enjoy running and grow stronger.

More Kudos go out to the **Boilermaker Training Program Directors** and participants. Everyone completed the 40th Anniversary Boilermaker in great shape thanks to the guidance from Melanie Crisino, Stephanie Stark, Mike Kessler, and all the returnees from other years. I appreciate all the weekend time you have spent with these new

runners. Everyone looked very happy at the BTP tent after the finish.

Kudos to all of you who are at the **Development Runs** week after week to put together a first-class training venue for area runners. Linda Turner and Mike Kessler put the most time in and their regulars at the finish line and at the water stations deserve a round of applause.

How about kudos for our **SpliTimes** Editor, Michelle Truett, proofreaders, Sue and Bill Luley, all the wonderful article authors and all of the photographers who lend their expertise to our top-notch newsletter.

Our runners who continue to make it to the runs included in the **Club Cup Challenge** and to all of our **Grand Prix** events deserve kudos too. Jim Moragne keeps track of the Club Cup numbers and Gary LaShure is our Grand Prix keeper.

August usually brings very hot temperatures. After July's excessive rain, August may be off the charts for heat, storms and chills. Just hope that Wednesdays and the weekends have abundant sunshine and perfect running temps for the Development Runs and any race event. Dennis has plans for the Old Forge Tri, so if you are participating, see you then. Otherwise, keep adding those miles and...

BE CAREFUL OUT THERE!

Student Scholarship Winner

CONGRATULATIONS!

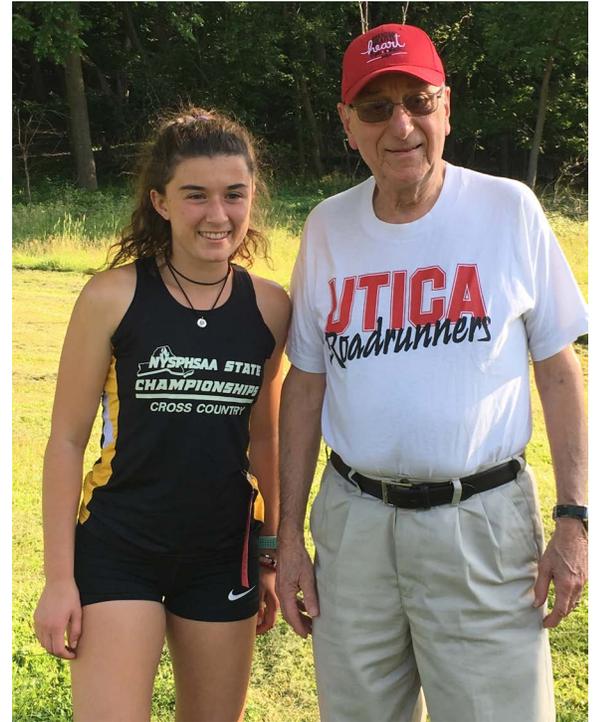
The Utica Roadrunners have as our primary mission the promotion of family health and fitness through running. Each year we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student athletes in our community. We are pleased to announce that this tradition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

(Gabby couldn't make our photo last month, but we caught up with her AND Paul for a great shot at a Development Run!)

Gabrielle Dewhurst

Paul Ohlbaum Scholarship

- Graduating from Clinton High School
- Attending Cornell University
- Studying Nutritional Science, pre-med
- Will run in college



Gabrielle Dewhurst and Paul Ohlbaum

Member Accomplishments



Member Tim Kane shared some shots of his recent race adventures

Left: Providence Marathon with Tim's wife Joan cheering him on at the finish on May 7th

Middle: Tim's wife greeting him at the end of North Face Endurance 10K Trail Race on June 10th

Right: Tim with his son after the Providence Marathon

Letter from the Editor



Above: the South Utica Hill Challenge route and elevation: Genesee > Higby > Arlington > Proctor > Master Garden
Below: how Scott Neary and I really feel about the hills...



Must. Train. Hills.

Hope everyone is having a great summer and getting in lots of good training runs and fun races! A handful of us are getting ready for our second Peak to Brew race on August 11-12 and with that comes... drumroll... HILL TRAINING.

I've been out tackling everything from Chapman (grrrr) to my annual run around Lake Mohawk in my hometown of Sparta, NJ. I'm usually a "just get out and run" girl, but I thought I'd look up a few professional tips for running hills and maybe learn a thing or two.

Here's a few "professional" tips from Running Bug that I thought were helpful:

- Don't lean too far forwards, keep looking to the top and keep yourself upright. If you look down, you'll lean into the hill, which is less efficient.
- Make your stride shorter and use a high knee drive.
- Keep your elbows close to your body.
- Push off the back foot - think antelope, not elephant. And run on the balls of your feet.
- Keep on running when you reach the top - only relax when you're over the top.

Here's a few "less professional" tips from yours truly:

- Use landmarks and mini milestones to break the hill into smaller wins - I use the 9 mailboxes up Valley View, the trees up the golf course, etc.
- Play "your jam": I have a dedicated song that I have played every time I've run the golf course for the last 3 years. (Thank you, Elastic Heart by Sia!)
- Think about someone else's problems. Surely that hill isn't worse than what other people are going through both home and around the world.

My challenge to you:

We luckily live in a great place that has plenty of hill options where you can add one or many into a single run. I recently lured my running partner-in-crime (and UR board member!) Scott Neary into a route I have lovingly christened "The South Utica Hill Challenge". It's a touch under 7 miles and incorporates four decent hills: Higby, Arlington, Proctor Boulevard and Master Garden (by the Forrest Hill Cemetery gate off of Oneida Street). It gives you a variety of incline levels and lengths, some sweet downhills, a tour through beautiful neighborhoods and plenty of places to stash water. I think we're going to tackle it again before Peak to Brew if anyone would like to join us. If you head out and run it on your own, let me know what you think. I love sharing a good challenge.

Best of luck in your training for whatever you have coming up and I hope to see you out there!

Upcoming Race



**5K Race
14K Race**



**Kids 1K
Fun Run**

Sunday, September 24, 2017

REGISTER NOW

Registration Fees: Before August 30: \$27.00 • Before September 22: \$29.00

8:15 AM – Kids Kilometer Fun Run • 8:55 AM – 5K Wheelchair Race • 9:00 AM – 5K and 14K Road Races

Packet Pickup

Race packets can be picked up on Saturday Sept. 23 from 10:00 AM to 4:00 PM at The Sneaker Store, and on race day from 6:45 to 8:15 am at the Radisson Hotel, 200 Genesee Street in downtown Utica.

Thank you to our sponsors:



Upcoming Race



September 9, 2017
8:30 AM
George T. Hildebrant
Recreation Center
225 North St.
Old Forge, NY US 13420

**A trail race
you'll want to
come back for!**



[**LEARN MORE**](#)

The full marathon, half marathon and 5K will take place on established bike (snowmobile in the winter) trails that run between the northeast portion of Old Forge, just north of the Water Safari, and work their way towards Eagle Bay. The trail course is mostly gravel and dirt roads. A true Adirondack experience. Fall foliage is estimated to be around 25% peak. A portion (30%) of the Race proceeds will benefit MAC's Safe Ride, a non-profit organization dedicated to getting bar patrons home safely after a night out and keeping drinkers out of the drivers seat in Old Forge and surrounding areas.

SEPTEMBER 9, 2017
www.willowhwc.com



A portion of the
proceeds to benefit
Mac's Safe Ride



Boilermaker Training Program



Thank you,
Melanie and
Stephanie!



Another great year for the Boilermaker Training Program!

Congrats to all the first time runners!! You guys all trained so hard and it paid off. Kudos!!! Thank you to all of our AWESOME volunteers. Without the volunteers this program would not exist. There are too many volunteers to list (And I don't want to forget anyone) but you know who you are.

Although Stephanie and I are stepping down from leading this program, I assure you this program is not going away. Next year, Scott Neary will be leading the way! Please come out and support the group, whether it's running or volunteering. Happy Running!!!

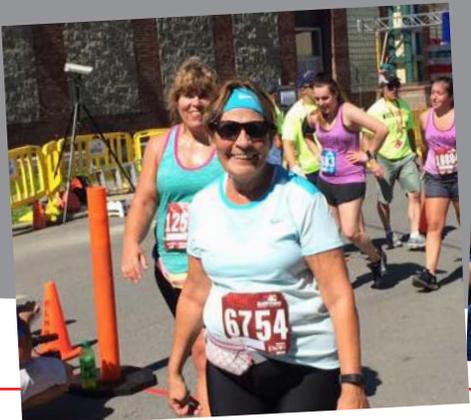
Thanks again to all of my awesome volunteers!! And congrats to all you first timers! You guys rock!!!
- Melanie



Scott Neary
will be running
the BTP
next year!



Boilermaker Photos



Member Spotlight

Margie LaNeve Hammell

**A new UR member
who lives in NJ trained
right alongside of us
for the Boilermaker...
from her treadmill!**



An iPad, a treadmill and Google Street View allowed Margie to see the route and program the inclines and the Roadrunner BTP schedule helped her get ready for her first Boilermaker 15K!

We only saw Margie in person once in June when she was in town seeing family and joined us on a Saturday training run. The other 4-1/2 months of training, she was diligently putting in miles on her treadmill in Pompton Lakes, New Jersey.

Margie grew up in Utica, attended Notre Dame High School and Lehigh University and then moved to New Jersey for a civil engineering job. She currently works for consulting firm Kleinfelder as a subject matter expert. While she played basketball and softball in high school, she “couldn’t run a mile” and never had a relationship with running.

A former athlete now in her thirties who had gotten wrapped up in college and working for many years, and who wasn’t

able to continue her former sports as an adult, she was eventually persuaded by some coworkers to do a 5K. That led to a five mile race and regular runs of five to six miles. Her inner athlete was pleased! She was doing it!

Being a native Utica, she had been a spectator at many Boilermakers as a kid with fond memories of watching the race with her family on the Parkway near the exit from the golf course. 2017 was the year that she decided she’d run it for herself and see how the experience was from a runner’s perspective. She contacted Melanie early in the year to inquire how she could work with the Boilermaker Training Program’s schedule and follow it from afar. She had recently gotten a Pro-Form 400i treadmill, snagged an iPod off the internet and installed the iFit

continued →



< Margie's treadmill view of the course

program, which through the use of Google maps and Street View, allowed her to program in the routes and actually SEE the street views of the course. Being an engineer, the technology was right up her alley, she was excited to see the streets she was familiar with and it gave her the confidence in knowing how the actual course looked and felt. She was prepared as July 9th came and Mother Nature blessed us all with 62 degrees and almost no humidity – a perfect mix for Margie's first 15K.

So how was the race for her?

Phenomenal!

A couple of memorable things happened for her. At the beginning, her JV basketball coach from Notre Dame – Mayor Rob Palmieri – was at the start line and as she yelled a hello out to him he saw her and was able to give some positive reinforcement right at the get go. Then, as she came down Steel Hill out of the golf course where she used to watch the race from as a kid, she got a bit choked up. With her family cheering her on along the Parkway, popsicles being handed out (which she thought was brilliant) and the course lined with people cheering the runners on, she was surprised to run into people that she knew from when she lived in Utica years ago. It was a homecoming in so many ways.

She does admit, and we can all agree, that the course is not the easiest 15K course out there and she was particularly concerned about the golf course, but completed it beautifully. She finished the race in an excellent time of 1:46:25 and is pretty certain she's going to give it another go next year.

So what now?

When runners tell other runners that they're doing certain races, there's a tendency to get nudged, encouraged and sometimes dragged into other adventures! The day after the Boilermaker, a coworker of hers texted her to see how it went and to see if she was ready for a *half marathon*. So Margie is currently contemplating putting in the 13.1 miles this fall.

We wish Margie ALL the best and are so thrilled she could join us as a new member and train with us in spirit AND in person (at least once!) See you next year!



CNY Running Clubs Cup 2017 Report



July was a big month for the CNY Cup and the Roadrunners. There were two races; the Boilermaker as a stand-alone “bragging rights” event, and the Millers Mills Sundae Run 5K as the next race in the yearlong Cup competition.

First, the ‘Big One’. The five clubs in the Cup (Kuyahooraa Kickers, Mohawk Valley Hill Striders, Roman Runners, Toe Path Trekkers and the UR) decided this year to take the Boilermaker out of the regular Cup competition and run it as a single event for Boilermaker bragging rights. The first year certainly didn’t disappoint, with a great fight among the clubs for the honor. The results for the 2017 Boilermaker were:

Club	Graded Total	Our top five runners:	
Utica Roadrunners	376.87 points	Nicholas Ashton	76.74%
Roman Runners	374.15	Susan Luley	76.70%
Kuyahooraa Kickers	361.72	Dan Stedman	75.61%
Toe Path Trekkers	339.96	Paul Humphrey	74.28%
MV Hill Striders	no report	Sharon Stedman	73.54%

A plaque will be mounted on the back side of the CNY Running Clubs Cup listing each year’s Boilermaker winner and the UR gets the privilege of the first entry. With age grading (AG*), any score above 50% is above average, and anything above 70% is exceptional. We were obviously well represented by these five!

The Sundae Run 5K in Millers Mills a week after the Boilermaker was the fourth event in the 2017 CNY Running Clubs Cup. This was a well-attended race, with all five clubs fielding full teams. The best five results by each club’s members in the race were compared. In another tight competition, the Kickers pulled out the win, with the UR in second and the Roman Runners in third. The team results for the Sundae Run were:

		Our top five runners:	
Kuyahooraa Kickers	347.45	Virginia Truax	69.49%
Utica Roadrunners	330.62	Bill Kosina	68.8%
Roman Runners	318.39	Rob Bauer	67.91%
MV Hill Striders	270.11	Susan Tucker	62.38%
Toe Path Trekkers	219.15	Gary Roback	62.04%

Congratulations, and thank you!

At this point in the Cup race, we just lead the Kuyahooraa Kickers by a slim point, 18-17. The Roman Runners have 13 points, the Toe Path Trekkers 6 points and the MV Hill Striders 4 points.

Next Regular Cup Race: That would be the Woodsmen’s 10K Foot Race at the Woodsmen’s Field days in Boonville on Friday evening, August 18th. This is a well-regarded and well-done race. It’s also a UR Grand Prix race, just to make it more enticing. Please consider spending a pleasant Friday evening in Boonville at the Woodsmen’s Field Days, which are in and of themselves pretty entertaining, while also representing the UR. The race registration form is in this edition of the SpliTimes, or [go here](#).

For any questions about the Cup, please email Jim Moragne at jimmoragne@gmail.com.

**The percentage is the relative performance of a runner against the world standard by age and gender for that distance.*

Upcoming Clubs Cup Races:

August 18th:

Woodsmen Field Days

10K in Boonville

September 24th:

Falling Leaves 14K in Utica

October 8th:

AK5K in Marcy

My Boilermaker Journey

by Lauren Murphy



Well another Boilermaker weekend has come and gone. What was different about this one? This year was the fortieth anniversary of this amazing local run. Also, it was the first time that I and a few of our other members ran this race for the very first time! I want to give a big CONGRATULATIONS to everyone that ran the 5k or the 15k!! We are all amazing!! I am so proud of all of us! I know that a big part of my success was this club and my family and friends. Everyone in my life has been super amazing and super supportive of me in this amazing journey and it doesn't stop here! This race has been a big part of my life for a long time.

I grew up in Utica and my family and I would go and watch the runners for as long as I can remember. My Uncle John was the only one of my family who would run the Boilermaker at first. They eventually added the kid's races and my cousins and I would run them every year. That was back when they had the kid's races on the actual course. We would start at the state hospital and run onto the road and through the Boilermaker finish line. Then when I aged out of the kid's races I would spectate with my family.

When they added the Boilermaker walk it was a 5-mile walk. My family and I did that together for a few years. Then they changed the walk from 5 miles to 3 miles. Eventually my brother Patrick joined my uncle and some of my cousins in running the Boilermaker. And then Wayne Jr., my youngest sibling, got the idea to run the Boilermaker 5k. He asked my father to train with him and eventually run the 5k with him. They did just that. After that first year my father never stopped running and he got my sister in law, Lisa, involved in quite a few races he ran. I always sat on the sidelines and cheered my family and friends on as they ran these races.

A few years ago, I said to myself "I'm going to start training to run this Boilermaker race". A couple years passed and it didn't

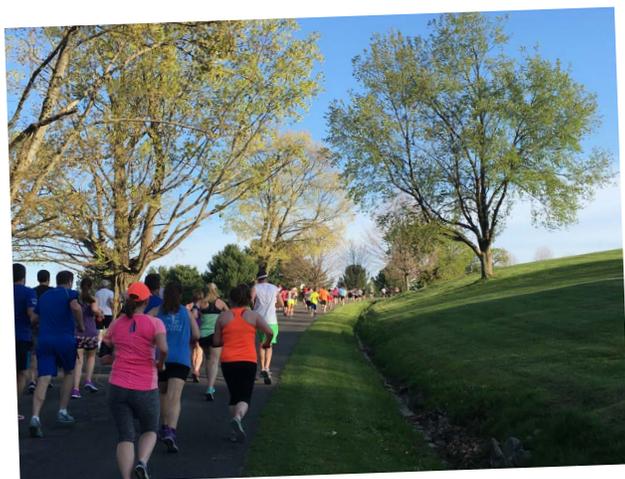
happen. Then I finally put my mind to it and decided to run the Boilermaker 5k. I started training and signed up for my race. I had some practice 5k's under my belt and I felt confident. I ran the 5k with my sister, Erin, and her father-in-law. We crushed that race! I then set my sights on running my first 4mile, 5mile, and then 10k. Finally, I set my sights on the Boilermaker 15k race. I signed up for the race in March when registration opened and immediately the nerves set in. But I trained and listened to all the veteran runner's advice and I started to feel more confident but still a bit nervous.

The big day finally arrived. We arrived at the start line and I tried to soak it all in. It was the most amazing experience I have ever had! Everything everyone had told me was true. The spectators were amazing! I took water and ice at every water spot, I took popsicles, I looked behind me on the very first hill to see the masses of people, and I looked up at people in the golf course and I looked down at the people on Valley View when I was in the golf course. I tried to soak in everything that I could. By the time I hit Faxton I was in shock that I had made it to the last 5k of the race. Training on the course and running the course during race day were two completely different things. I couldn't believe how fast it had gone by.

Then I hit mile 9 where my family and friends were sitting and it was the most amazing feeling. I just couldn't believe that I was running past the very spot where I had spent so many years spectating. After that, it was a short run down the hill to the most amazing finish line I have crossed so far. I had finally achieved my goal! I always sat on the sidelines thinking "Wow, I could never do that!". But anything is possible if you want it bad enough! So, if you have a goal or a dream, never give up on it! Never say never! Anything is possible if you put your mind to it!

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 – 2.5 Mile Walk • 6:15 – 2/10 M Fun Run 1/2 M Fun Run
- 6:30 – 10 K / 5K / 2 Mile

Grand Prix



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 remaining Grand Prix races for 2017 are:

- 8/05/17Bolder Inspiration 8K
- 8/18/17Woodsmen's 10K
- 9/16/17Living History 5K
- 9/24/17Falling Leaves 14K
- 10/08/17AK5K 5K
- 10/15/17Deerfield Skeleton Run 5K

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

OFFICIAL ENTRY FORM

27th Annual 10k Foot Race & Woodsmen's Walk Friday, August 18, 2017 • 6pm • Adirondack Senior High School



LAST NAME _____

FIRST NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

AGE (AS OF 8-18-17) _____ SEX _____

PHONE () _____

EMAIL ADDRESS _____

DO YOU WISH TO PARTICIPATE IN THE BIATHLON?? YES _____ OR NO _____

WILL YOU BE A SINGLE OR DOUBLE PADDLER?

SINGLE OR DOUBLE (PLEASE CIRCLE)

IF DOUBLE - WHO IS YOUR PARTNER?? _____

WALKER _____ OR 10K RACER _____

T-SHIRT SIZE: S _____ M _____ L _____ XL _____ 2XL _____

Running Club Affiliation _____

WAIVER:

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in this event including, but not limited to falling, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road and any contact with animals. All risks being known and appreciated by me, having read this waiver and knowing these facts and in consideration of your accepting this entry, I, for myself and anyone entitled to act on my behalf, waive and release the NYS Woodsmen's Field Days Corporation, The Town and Village of Boonville, the NYS Department of Transportation, Adirondack Central School System, Race Organizers and Sponsors, their representatives and successors from any and all claims and liabilities of any kind arising out of my participation in this event. I also give my permission to the event host and/or sponsors to use any or all photos taken of me in future advertising of the events(s).

NAME _____

DATE _____

If under 18, parent/legal guardian's signature is ALSO required: _____

The NYS Woodsmen's Field Days Presents

The 27th Annual 10k Foot Race & Woodsmen's Walk

Friday, August 18, 2017 • 6pm • Adirondack Senior High School

COURSE:

The 10k course starts at Adirondack Senior High School, proceeds out of the school driveway, and left hand turn onto Rt. 294. Proceed to Summit St. and make another left hand turn. Proceed across Summit until Summit and West St. intersect. Make another left hand turn onto West St. for approx. 2 ½ miles, do a turn-around. Proceed back to Miller Rd. on the right and take a right hand turn. Proceed on Miller Rd. to Lewis Rd. and make another left hand turn back onto Rt. 294. Proceed to the high school driveway; make another left hand turn to the finish line. The Woodsmen's Walk will start from the high school bus garage. Fun Run for children 12 and under to be held at the high school during the 10k race.

STARTING TIME:

The 10k will start at 6pm sharp. The Woodsmen's Walk will begin immediately after runners depart onto the 10k course.

REGISTRATION AND ENTRY FEE:

10k race: \$20.00 before August 11, 2017; \$25.00 after August 11, 2017.

The Woodsmen's Walk is a flat fee of \$5.00. Online registration available at runsignup.com

PACKET PICK-UP:

Race packet pick-up from 4:00pm to 5:30pm at Adirondack Senior High School on race day.
No registrations accepted after 5:30pm.

T-SHIRTS:

T-shirts will be given out to the first 225 10k pre-registrants.

The first 75 registered walkers will receive a commemorative souvenir.

Bandannas will be given to all fun run participants.

AWARDS/AWARDS CEREMONY:

Awards will be given to the first place overall male & female finishers as well as the first three (3) finishers in each age group (14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, & 75 and over).

CERTIFIED COURSE RECORDS:

Male – Dominic Luka, Tully, NY 31:53

Female – Emily Bryans, Schenectady, NY 37:32

If male or female overall winner breaks course record, they will receive a \$100 prize. Course certified by USATF. Certification code NY00029AM.

FOR MORE INFORMATION CONTACT:

NYS WOODSMEN'S FIELD DAYS, INC., PO BOX 123, BOONVILLE, NY 13309,
PHONE (315) 942-4593

VISIT US ON THE WEB: WWW.STARINFO.COM/WOODSMEN

RESTROOMS & REFRESHMENTS:

Available at the Adirondack Senior High School.

PARKING: Available in the front or rear of the Adirondack Senior High School.
PLEASE DO NOT PARK ON THE GRASS.

PLEASE REMIT YOUR APPLICATION AND PAYMENT TO:

NYS WOODSMEN'S FIELD DAYS, INC.,
PO BOX 123, BOONVILLE, NY 13309, PHONE (315) 942-4593

THANK YOU TO OUR SPONSORS!!!!



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HARDEN
from our forests to your home

UR grand prix

TOPS

Volunteer Points

Nearing your 1,000 miles for the year?

Remember you need 10 volunteer points for your jacket!

Here's how to accumulate points:



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.

splitimes



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)

- March 2017 June 2017 September 2017
- April 2017 July 2017 October 2017
- May 2017 August 2017 November 2017
- December 2017

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

Yes No

Total included: \$ _____

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 or call him at (315) 866-2708.