

september 2015

splitimes

The Official Newsletter of the Utica Roadrunners

Get ready for:



September 27th

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Read about the adventure!



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splitimes

September
2015
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Falling Leaves, 2014

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If you would like to advertise in Splitimes, please contact:
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All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!). See last page of this newsletter for advertising rates.

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President's Message

Hello, Everyone. September is here again, but it doesn't seem like a year has passed us by. It is time for the school year to begin, for leaves to become colorful and for the 41st edition of **Falling Leaves!** We will be enlisting your help in one way or another. We always need volunteers and if you are running too, that's another way to help. The shirts are neat – a fall color. The sponsor support is good, but we would always accept new sponsors. Let Mike Brych know if you or someone you know wants to support Falling Leaves. Also let us know if you know someone who wants to be one of the FOOD BOUNCERS. This will be an official position so that people do not pig out and eat everything (or carry it home) before the runners finish.

How about that **Peak to Brew Relay** on August 14th and 15th? The West End Runaholics– Mike Elleman, Tom Joslin, Bruce Palmer, Jim Owens, John Draper, and Steven Paddock – covered the 234 mile route from the top of Whiteface Mountain to the Saranac Brewery, the fastest. Check out their amazing relay work in Rob Trotta's article. Rob did the driving for much of the route, so he has the best insight.

Besides the Falling Leaves, the Race Calendar for the whole month of September is rather quiet. There are probably more events if you want to check the internet and travel. For the Mohawk Valley, we have five events on the 12th alone! **There's the 4th Annual Stars and Stripes Run & Walk at SUNY POLY. The HARC Heart & Sole 10K & 5K is in Herkimer. Go to Malta for the 5K there. Celebrate the 24th Annual General Montgomery 8K in Montgomery. Or...you can run a 5K or a Half Marathon in Old Forge.** All of these races are early in the day, so given the distances between; you cannot pull a 'Kermit' and run 2 races in one day. But, you could run the next day at the **Falling Footsteps Mini Mudder in Richfield Springs.** That gives you 2 weeks to rest up for the Falling Leaves! Be there or be a parallelogram!

The Utica Roadrunners are now the proud owners of a double sided LED finish line clock created by Eversan Inc. Mike Evke and his crew created our newest piece of equipment. Now if you are waiting for a friend or family member to cross the finish line you can stand behind the finish line and get a face view picture of them with their finishing time. Then, at the same time, they can see their time and give an extra push to finish a few seconds faster. Isn't modern technology wonderful? By the way, is anyone good at stitching together clock cases? We should have covers for this clock and for our other LED finish line clock.

I was talking to Dave Jones, the Director of the **Thanksgiving Day Run to End Hunger.** I thought it was only Dave who was retiring after 31 years. Yikes! His whole crew will be retiring. We need to get a whole new committee together. Dave says that they have lists of all of the

continued →

organizations who donated food and prizes, so that piece will still in place. If we could have a bunch of volunteers offer to take over in 2016, they could go to the 2015 meetings – there are only a few. The new volunteers could shadow the professionals this year and be ready for 2016. Do you think that could happen? I am wishing that it would. Do YOU have it in YOU to do this for the hungry people of Utica? Please consider how you can be a part of this effort. The Board of Directors cannot be the only ones to volunteer. I wish there would be a group of runner friends who would step up.

Here is another new concept and opportunity. ***The Red White and Blue Rome-Utica National Non-Profit Veteran Organization is looking for our help.*** Jason Cheramie, the Chapter Captain for Team RWB Rome-Utica is hoping to partner with our Club for local run/walk events. He is coming to the September Business Meeting to give us an idea of what he has in mind. Right now, the group gets together to run/walk at SUNY POLY on many Mondays and Jason would like to see us partner with them. I will gather the specifics and let you will know what is happening.

Well, I do not have any more news or major gripes to share, so let this be the end of this month's letter to all of you. Thanks for being members of this great Club and... BE CAREFUL OUT THERE!



Development Runs

Three More Wednesdays! Sept 2, 9 and 16

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](#)

Age Ain't Nothing But a Number



40 is barreling towards me this November. I'm psyched because I'll jump up an age group at races (!) but I'm also pumped because it's a chance to get some things done that "I want to do before I turn 40" or randomly sign up for things BECAUSE I'm turning 40. Like Ragnar ADK on Sept. 25-26. Why not?! And the Lake Delta Half this month. And who knows what else will pop up... I'll sign up for it "just because I'm tuning 40". Non-running related goals include doing a back tuck on a trampoline and snowboarding in Maine (already got my lift tickets!) to celebrate my 10th year snowboarding and check off Maine as the 7th state we've snowboarded in.

In this issue of SplitTimes, we asked Roadrunners members to share some of their age-related goals with us (see their answers on page 7) and we also have a great member spotlight from Amy Creedon (see page 8), who will be turning 40 this month. These stories will give you great motivation to realize that age truly is just a number.

Enjoy... and we hope that you're making some great goals for yourself! As always, if you do something awesome and want to share it with us, we'd be happy to feature you in SplitTimes (AND you could rack up volunteer points!)

Have a great fall. Run hard.

Ink Spotting!



We ran into Mike and AnneMarie Ambrose after their 14-mile training run a couple weeks ago and couldn't help but ask them about their tattoos!

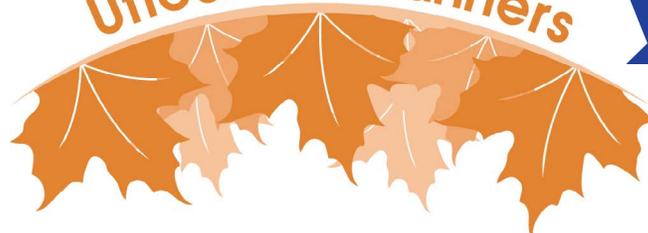
Mike's (left) celebrates the Chicago and Marine Corps Marathons while AnneMarie's (in case you couldn't tell!) showcases Wineglass.

Good luck at Empire, guys!

Upcoming Races



Utica Roadrunners



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:



Age Goals

We asked some of our members to share any milestones they tackled when they reached a certain age. Here's what they said!

Gary Burak

15 plus years of racing and weekly track workouts had taken their toll. So in my late 40's I had cut my mileage down to 20 a week and was racing only 3 races a year. When I turned the big 50 I told my wife Felicia "I would make one last come back. Pick up my milage, kick butt in the 50 year old age group and win the Utica Roadrunners Male Grand Master of the Year award. Then I would retire on top". Seven and a half years, 150 races and about 10,000 miles later I think I forgot to do something!

Cheryl O'Connell Jory

I ran my first 15K Boilermaker at age 29 which I wanted to accomplish before age 30!! Since then I have run 9 more 15K races for a total of ten.

James Latshaw

I did my first marathon at 40! Since then my running has steadily improved as I approach 43!!!

Amanda Nicole Perri

I wanted to win a race before I turned 25 and this past weekend I was the first female to cross the finish line at this years Turning Stone Races 5k! It's always been a goal since I started running 5ks at age 16. I worked my butt off all summer and it completely paid off and my boyfriend was right next to me telling me to "keep going" he's one of my biggest supporters, and I was finally able to run through the ribbon at the finish line and claim a gold medal!

Michael Polidori

I've set a goal this year to complete my first marathon 4 days after I turn 30. It is my birthday present to myself smile emoticon. Also, my family are avid Boilermaker runners, finishing around 60 as a whole. In 2014 my son set out to be the youngest "Polidori" to run and finish the 15K Boilermaker at age 12. He did it and returned for his second this past year!

Gail Valette

I've been living in the Mohawk Valley for 15 years and only participated in the Boilermaker race in 2013 at the age of 40 running the 5K. It was such a positive experience (and short) that I decided to do the 15K two years in a row. I've also influenced my two teens and a friend to join the race. Experiencing the race gave me the chance to try running a half marathon. I've had three since last year and one more this Oct, the Wineglass half. On my bucket list is a full Marathon next year but an opportunity presented this year. I am doing the Marine Corps Marathon also this October.

Anne Marie Latshaw

I ran my first Boilermaker at 31, my first half marathon at 32, my first (and only so far) marathon at 33, and completed my first (and only so far) triathlon at 34!

Sybil Johnson

Goals - When I joined the Club in 1976, I was 25, and my goal was to run 3 or 4 times a week. No Problem. Once I ran the Boilermaker 15K in 1980, my goal was to run the Heart Run 10 miler, but that didn't happen until about 1986 or so. Then, my goal was to run 1000 miles a year and that finally happened in 1989. I ran 1000+ miles per year for 14 years. The last big goal was not connected to an age. Eventually, I wanted to round up my mileage to 26,000 miles. I finally did so in 2014. I always keep a copy of my mileage years in my purse to remind me of how influential the Utica Roadrunners have been in my life.

Mary MacEnroe

I completed the Marine Corps Marathon 10k after tearing 2 discs in my back finished in 72 minutes.

Sandy Arcuri

I was going to run my first marathon when I turned 45 but that is not going to happen until next year. I was just excited to cross the finish line at this years Boilermaker, considering the year before I could not walk without assistance. So that's my story. I lived first and foremost, I recovered and finished this year's Boilermaker. I would say that was a true accomplishment. I have been invited back to Niagara Falls to run a half marathon in October.

A Member Story

Meet Amy Creedon – she’s turning 40 this month. And the girl’s got goals.



Amy with her brother-in-law Rire, nephew Tega, and son Eli.

6 years ago I ran my first Boilermaker.
6 years ago I trained for my first half marathon.
It would have been the Delta Lake Half and it would have been on my 34th birthday.

Queue baby. Bring on the morning sickness. Say goodbye to the Delta Lake Half and to running for years. Bring on the excuses. The million reasons that got in the way of doing anything other than what I “thought” I had to do. Eventually realizing that “everything” wasn’t “anything” if I didn’t find an outlet. I needed to show my now 5-year-old daughter and 14-year-old son what mommy could do. I needed to find the strength to push, to fight and to feel strong again. I needed the Training Program. I needed to set a goal. I needed to show myself what I could do.

Boilermaker here I come.

I stopped with the excuses. I started acting strong (even if I wasn’t). I showed up. I couldn’t let the group down. I couldn’t let my 14-year-old son down. After all I convinced him to run his first Boilermaker with me. Eventually I wasn’t letting myself down.

The closer it came to the Boilermaker the more I realized that my real dream was to finish both the Boilermaker and the Delta Lake Half – for real this time. It was even on my birthday again! But this year I would be turning 40. Ugh. 40. It was on my mind every run. Isn’t 40 like a “Bucket List” Birthday? A milestone? How amazing would it be to be able to actually cross both Boilermaker and Half Marathon off my list of “maybe some day”!

But, my Bucket List also had a Ragnar on it.....

As fate would have it, not only did the training program introduce me to an amazing group of truly encouraging and supportive people but, it brought me back in touch with an old friend and co-worker who is also turning 40 this year. After a training run one day I joked around that it would be really amazing to do a Ragnar for our 40th birthdays. She looked at me like sure that would be cool but also CRAZY! The running gods would have it no other way and she got a call the very next day inviting her and two friends to join a team running the Ragnar ADK. Of course we signed up. Cause she’s crazy too.

This year I ran the Boilermaker with my son.
This year I will run the Delta Lake Half.
This year I will run the Ragnar ADK.

But, this year, what I really learned is that you can do anything if you are open to it. You can do anything if you train. That life will always present you with opportunities as long as you’re looking. That you can accomplish whatever you set out to do if your surrounded by people who are willing to support and push with you. No runner ever runs alone, there is always a community and family behind them.

After all, once you’ve gone farther than you ever have before... what’s one more mile?

The Casual Runner: Words on Running for the Rest of Us

by Rob Trotta



A team, a race, an adventure – The 2015 Peak to Brew Relay



I thought I'd seen it all last year at the 100-mile Virgil Crest Ultra, but little did I know that upstate New York foot racing can get even crazier.

Six of our fellow Utica Roadrunners helped to pioneer the first running of what will become the annual Peak to Brew Relay Race—a road and trail relay race organized by Bark Eater Events, LLC out of Boonville. This relay race begins at the top of Whiteface Mountain and ends in front of the F.X. Matt Brewing Company after following a convoluted and often grueling course covering a total of 234 miles. This year was the exhibition race, so our intrepid six runners tackled new territory and unfamiliar frontiers, all to claim the glory of saying that they did so.

I'll confess right now: I was not one of the runners in this relay. I still cherish what sanity I have left so instead I supported the team by being their driver for the race's second half from McCauley Mountain in Old Forge down to the brewery (this is the better half of the course since it culminates in some free beer at the end). The whole story of this adventure, however, begins some thirteen hours before I even met the team at McCauley. Representing the Utica Roadrunners as a team calling themselves the **West End Runaholics were John Draper, Mile Elleman, Tom Joslin, Jim Owens, Stephen Paddock, and Bruce Palmer**—all brave and avid runners in their 20s, 30s, 40s, and 50s, eagerly positioned at the top of Whiteface to begin their odyssey. Their competition was four other teams from other parts of the state, the fiercest of which was the Fleet Feet team out of Albany. The race went off at 8 AM on the morning of Friday, August 14 with the West End Runaholics mentally framed to become a formidable running force.

But trouble developed only minutes after the starting gun.

Fortunately, the trouble had nothing to do with the runners physically. Since this was a relay, the five “off shift” runners were piled into Mike's Dodge Caravan (in which I would eventually serve as chauffeur), driving to the next exchange point. Stephen started off while Mike drove everyone down Whiteface to the first exchange point. The road down the back of Whiteface is long and steep and braking often is required. But due to the length of the road and the weight of five bodies and running gear, the tough little minivan's brakes were stressed beyond their limits. By the time it reached the bottom of the mountain, the Caravan's right front brake pad had burned clean away, leaving hot smoke coming from the wheel well. From this point on the minivan made deep and ghastly scouring noises as metal abraded metal every time the brakes were applied (and sometimes even when the brakes weren't applied). In fact, most of us were sure the brakes would eventually fail completely. The grinding would soon become the signature sound of our ride as we braked during our approach to an exchange point. But the brakes had to be overlooked, for Stephen barreled down Whiteface (the length of a 10K) with a staggering time of 32:30.



continued →

Peak to Brew (cont.)

Tom sent me a few texts on Friday (when cell reception permitted) updating the team's progress. I was initially scheduled to meet the team at McCauley around 11 PM Friday night, but the team's faster-than-anticipated pace landed them there around 9:00. Luckily I was able to get there in time and assume my duties as driver. The team looked good considering they'd run a combined 119.3 miles so far. McCauley was the 24th relay exchange point of a total of 46 spots on the course where runners and drivers met to switch off. The exchange of runners happened at specific spots marked by a sign and involved the current runner passing off a reflective slap-bracelet to the new runner. It was a seamless with nobody stopping. The new runner was waiting at the sign with his hand outstretched to receive the bracelet, immediately taking off afterwards. All the runners had this down to a science since there wasn't a second to spare.

Now my 114.6-mile part of this trek began.

It was dark when we left McCauley and began the second half of the race that would follow Route 28 south out of town, cut over to Port Leyden, up and around part of Tug Hill, down through Boonville and Steuben Valley, and finally through Holland Patent and along the Erie Canal towards downtown Utica. It was dark during my first seven hours as driver and it was then that I found myself fascinated by how the runners combatted not only the blackness of the wilderness but the wildlife on the course (mainly bears, of course). All the runners were required to wear a lightweight reflective vest and an LED headlamp that shined a white beam from the front and a blinking red light in the back. Some also ran with a jingling bell to alert nearby animals that might have nefarious intentions towards unprotected runners. I was amused at the exchange points where I could stand in the road and see when one of our runners was coming, sometimes from a mile away. Out of a silent nothingness a tiny speck of white light would come bouncing up in down in the abyss as it approached.

Rest was not for the weary in this race.

The minivan, though easily able to accommodate seven passengers, had little room for one to lay back and get some comfortable sleep. It was just too full of bodies and gear to do double-time as a camper (and don't even get me started on how badly it smelled after a while).

Instead, the minivan was more of a base of operations: as I drove, whoever was in the passenger seat navigated to the exchange points by reading the 100-page booklet that mapped every foot of the course. If the runners wanted to sleep,

they had to do it outside, and sometimes our team members did just that. They dragged their sleeping bags out and cocooned themselves for forty-five minutes or so in the weeds near the road at the exchange point. I found it difficult to do this, so instead decided simply to stay awake the whole time.



The minivan's brakes aside, another problem came up while we were amidst the ominously towering and monolithic windmills of the Tug Hill Plateau. It was here, where the race was three-quarters done, that we were told to stop and wait for almost two hours. That's right—stop running and wait. The reason seemed logical at first: the West End Runaholics and Fleet Feet were simply running too fast. At their current pace they would end up arriving at state road crossings before a required scheduled state trooper would be present there. The Fleet Feet team, which was proving a daunting competitor, had been about five

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Peak to Brew (cont.)



to twelve minutes behind us at every exchange point and was in danger of overtaking us, so this sudden halt seemed disastrous. Our team argued our case that we didn't want to lose the lead we had on Fleet Feet, and, after different ways of explaining it, the race officials finally understood. Regardless, the momentum of the race was all but destroyed. From 5 AM to 7 AM we sat still at the Flat Rock Inn on Tug Hill in Lowville, our runners cramping up and crashing as their fatigue caught up with their idle bodies. It was at this time that one of our runners had to drop out; his muscle fatigue was just too much. Now we were down to five runners and still had sixty miles to go.

But shortly after sunrise the race resumed with our runners assuming their lead.

Saturday brought with it mostly sunny skies and brutal heat and humidity. Despite this, our five runners fought onward, finally netting an overall drop in elevation from Boonville, but still having to battle annoying hills along the trails south of Boonville and steep uphill bursts in Steuben. Fleet Feet was still on our tails, but Tom pulled off an impressive 6.3-mile leg that brought him down to the parking lot of his alma mater, Holland Patent High School. This would be Tom's last leg of the relay and he certainly finished strong: he widened the gap between us and Fleet Feet by running a 7:04 pace on this leg and racking up an impressive total of 55 miles of running. Only two more legs remained in the race as the route entered the canal trail in Whitesboro and then into downtown towards the brewery. The heat was insufferable, but we made frequent stops mid-leg to give water to whoever was running. John was our penultimate runner and Stephen would take the last leg to the finish line.

Although not running myself, I felt exhilarated and anxious as the team approached the brewery. Their lead was staggering; Fleet Feet was nowhere close anymore. The final route was parallel to the Boilermaker's last leg and involved the runners passing the Dunkin Donuts on Schuyler Street, wrapping around the back of the Brewery, crossing onto Varick and then finishing at the Boilermaker arch in the reverse direction. As a symbol of their perseverance, resolve, and most important—their solidarity, all the West End Runaholics decided to cross the finish line together. I dropped off the five off-shift runners a block away from the finish line where they joined Stephen and ran the last thousand feet as a team. It was a very moving moment in my running career as I gathered with the runners' families to watch them end their victorious journey.

It was 3:20 Saturday afternoon. The West End Runaholics had killed the race. Fleet Feet, despite being a worthy adversary for 234 miles, didn't cross the finish line until about forty-five minutes later. But all was good at the end as we enjoyed a few beers with each other and our competitors. Looking back, the West End Runaholics had moved their feet for 29 hours and finished with an overall team pace of 7:26 per mile. I can only dream of getting to that in my measly little 5K races.

But racing isn't always about the numbers. Even though I didn't run this race, I still got the privilege of being able to feel the spirit of what it means to be a team and work towards a goal that seems infinitely far away. True, the numbers were extraordinarily monumental in a race of this magnitude and they finished first, but I think our team got something more out of it...

They got to run as one.



Awesome Stuff

20 Things You Know When You're Dating a Runner

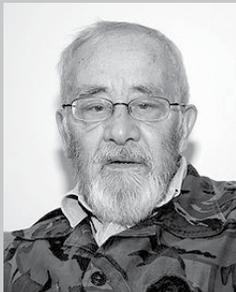
Are your vacations often in conjunction with a destination race? You may be dating a runner! Check out these 20 telltale signs, accompanied by fun animated GIFs.



[See more >>](#)

"It's a treat, being a long-distance runner, out in the world by yourself with not a soul to make you bad-tempered or tell you what to do."

- Alan Sillitoe, author of *Loneliness of the Long-Distance Runner*



Why More Women are Running Half Marathons

Roughly 1.2 million women finished a half marathon last year..a record high.
Find out why!



[Read the article >>](#)

CNY Running Clubs Cup Report

See where we stand!

The Woodsmen's 10K Race on August 21st was the fifth and penultimate race in the 2015 CNY Running Clubs Cup. On a Friday night as part of the NYS Woodsmen's Field Days in Boonville the Roadrunners were represented by at least a dozen club members. Five other clubs were there to compete for the Cup: the Kuyahoorra Kickers, the Mohawk Valley Hill Striders, the Roman Runners, the Syracuse Chargers and the Toe Path Trekkers. 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 Woodsmen's 10K were compared and while we're still waiting for results from two clubs, the partial results were as follows:

| | |
|---------------------------|-------------------|
| Utica Roadrunners | 355.99% |
| Kuyahoorra Kickers | 353.71% |
| Roman Runners | 338.81% |
| MV Hill Striders | 288.45% |
| Toe Path Trekkers | incomplete |
| Syracuse Chargers | incomplete |

Our five best performers at the Woodsmen's 10K were (in age grade order) Rich Cohen 33:24, Elizabeth Miller 43:23, Josh Kuelling 38:21, Gary LaShure 38:59, and Ray Smith 39:22. Congratulations and thank you, all!

After five races, the Cup standings are the Kuyahoorra Kickers in front with 28 points, followed by the Utica Roadrunners (26 points), the Roman Runners (18 points), the Mohawk Valley Hill Striders (13 points), the Toe Path Trekkers (4 points) and the Syracuse Chargers (3 points).

The next (and last!) race...

The next and final Cup event race is our own Falling Leaves 14K on September 27th. All race information is in the registration form in this SpliTimes, or on the web at <http://uticaroadrunners.org/races/falling-leaves/registration/>.

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



CNY Running Clubs Cup 2015

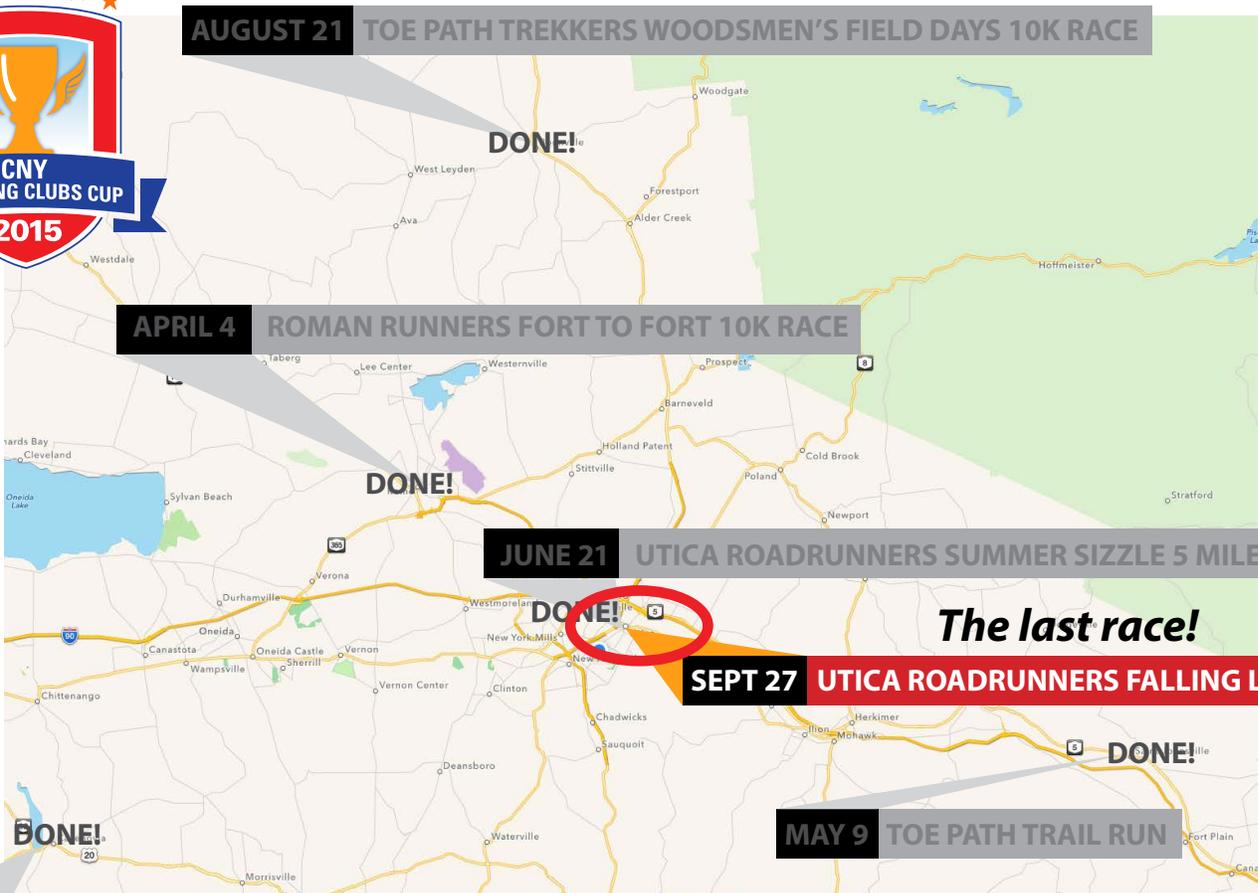


North Country
"Toe" Path Trekkers
Walk-Run Club



6 clubs. ~~6~~ races. 1 winner! Only 1 race left! (and it's our own Falling Leaves!)

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



The Oak Tree

Half Marathon



5k Run & Walk

September 6th
Geneseo, NY

 /OakTreeHalfMarathon

 @OakTreeRace

www.geneseevalleyconservancy.org/race



Roadrunners Website

Remember to visit the Utica Roadrunners' website for information you need on the club!

**Register
for
Falling Leaves**

**Renew
your
membership**

**Learn more
about the
Roadrunners**

**Submit your
race to our
calendar**

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.



FULL PAGE
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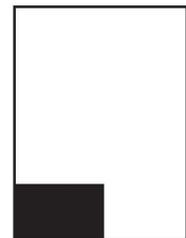
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QUARTER PAGE
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PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

| 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.