

december 2015

splitimes

The Official Newsletter of the Utica Roadrunners

Annual Meeting

**Thank you to outgoing board members.
Welcome incoming members!**

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(Part 4)

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splitimes

December
2015
Utica Roadrunners
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<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?ref=ts>



One of our favorite shots of the year! Dorothy Massinger celebrates her Philly Half Marathon finish at Lambda Chi Alpha at Drexel (her husband Al's old fraternity!)

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





New board members:
George Searles and JoAnn Willcox
(missing: Wayne Murphy)

President's Message

'Tis the season to be jolly... Well, I for one am feeling happy about the Holidays. How about you? December 2015 is kind of quiet for the Club. We have some new Board members – **JoAnn Willcox, Wayne Murphy, and George Searles**. Welcome! That means officers will be changing for the Board of Directors, but that will not happen until the Business Meeting on the 14th. I will send out an announcement to let you know who is in the lineup. If we figure out committee heads and race directors at that time, I will include that list too. The dues and insurance that we pay to the RRCA has to be paid at this time. We have no special events unless a Christmas party suddenly pops up. I wonder how many members would show up for an impromptu Holiday Happy Hour. That could be fun. We wouldn't need a huge bar. 500+ members, but about 15 to 20 might show up. Hmmmm, I will let you know.

The Annual Meeting at the Brewery was a good time. There were 32 of our 580 members in attendance. That's about the usual number. We started out with beverages and some pizza and then moved into the meeting phase. I liked the way Mike Kessler changed things around a bit with asking what our vision was for the Club's future. Some of the comments included: We should have social engagements without a Board Meeting. We should host runs from member homes either on Sunday mornings and/or Thursday evenings. Some Themed Runs might be fun. Locations, times, etc., will be discussed at the Business Meeting on the 14th. Business meetings are always open to the membership. They are held at our house, 125 Forrest St., just outside of North Utica in Deerfield.

What's up with this black rectangle? Well, it is what a driver sees if you are not wearing reflective or light colored clothing at this time of the year. I guess some runners/walkers feel rather indestructible in their black and dark color clothes. Some must feel safe because they are in 'the neighborhood.' We have a woman on our streets who not only wears all black; she is usually running with traffic. Yikes!

I was going to direct you to check out the Race Calendar on the website for the traditional Decembers runs, but there are none listed. It is funny how we had many more race listings when I did all of the typing for the entries. Now that the race directors are supposed do the job, they don't! I hope that more events are posted on the 2016 race calendar. Jerry Tylutki proofs all of that information for us. Thank You. And anyway, the **Miles for Meals** in Rome is usually the first Saturday and the **Jingle Bell Run** is the second weekend of the month, I think.

Just one Club history thought. When the Club was brand new, we were the Utica YMCA Roadrunners. The guys (they did not include women in 1975) had a Track Ladder. That meant that they would run around the track in the Y and keep track of their mileage. 28 times around that track gave you a mile. Talk about dizzying! The first Track Ladder included: **Bob Carlson, Gerry Spazani, Lou Bianco, Mike White, Mike Kelly (from England), Vinny Zumbo, John Paul, Tom Clark, Peter Molesky, Bruce Scavo, Dennis Wilcox, Steve Walthall,**

Jim Rice, and Jim Smith. For what I know, the bold names are still around the area. The rest, I am not sure. In '76, when women were allowed in the Club, we joined the guys on the track, but not on the sacred ladder. That track had to be the craziest way to get your miles. Thank goodness we went outside for the most part after I joined.

Talking about miles reminded me that you have to remember to **send your mileage to Jim Moragne** jimmoragne@gmail.com right after the 31st. For those of you who are approaching 1,000 miles, get moving and Good Luck. Don't get injured.

I received an email that might be of interest. There is a product called the **High Performance Graduated Compression Calf Sleeve**. The producer of this sleeve says we can have our logo on this item and there is a discount for large orders. Any interest? Let me know. When we have a new Merchandise Director, we just might expand our offerings.

Happy Holidays! And, remember... **BE CAREFUL OUT THERE!**



Upcoming Race

Letter from the Editor



Deondre coming up for the win at the CNY Veteran's Outreach Center's Veterans Day 5K. Photo from: Observer Dispatch

Help Kids Fall in Love with Running

I keep telling my son, Deondre, that "while your friends are still sleeping, you're out here doing awesome things!" And by awesome things, of course, I mean running road races.

On Veteran's Day a couple weeks ago (a Wednesday - very interesting day for a race, but just over 40 people sure didn't mind!) Deondre cruised to a first place finish at the CNY Veterans Outreach Center's first Veteran's Day 5K. It was a small field and he didn't run his fastest, but it made it well worth getting out of bed that day!

I'm hoping that by involving him in races now at age 14 it will instill a habit of partaking, of good health and exercise and of trying harder in life. (If you're friends with me on Facebook, no doubt you've seen me throw out the hashtag #TryHarder quite a bit - it's our family mantra.) Too often I see running used with young people as punishment (i.e. "You're late! You owe me ten laps!") I've seen some kids fall into a loathing relationship with running and it's so unfortunate. We all know the benefits running can provide for us - one HUGE one for me is that you don't have to be the MOST athletic person in the room to be a runner. If you get out and RUN any distance at any speed, you're a runner. That's a great lesson for kids to embrace. Just get out there!

Have a wonderful holiday. My crew and I will be training throughout the winter for the Syracuse Half, so I'm sure I'll see you all out there!





Annual Meeting Notice

Monday, November 9 and the F.X. Matt Brewery



H.S. ATHLETE Q&A

Chyanna Bernier

School: Central Valley Academy

Grade: 12

When did you begin running?

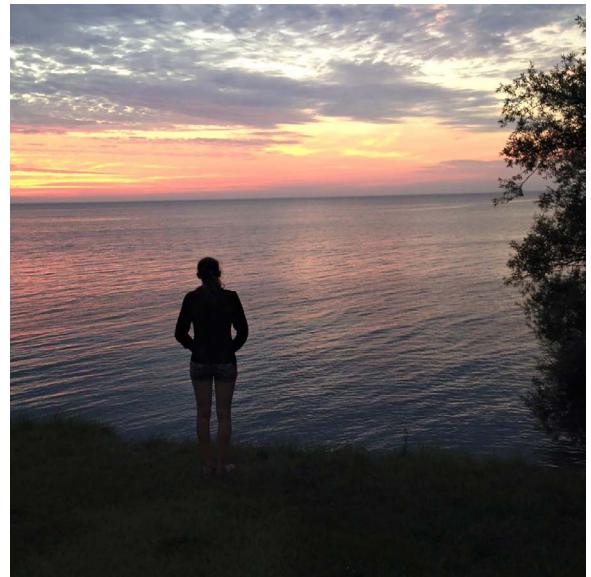
I began running cross country in 7th grade for the Ilion modified team.

What inspired you to start?

Back when I was in 6th grade my friend talked me into joining modified cross country. I was skeptical about it at first but I look back now and am so thankful to her for pushing me out of my comfort zone.

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

I only run the 5k distance in cross country and participate in some road races. I recently just participated in the Turkey Trot and I am donating the turkey I won to the Rescue Mission in Utica.



What have been your biggest running accomplishments so far?

One of my biggest accomplishments personally this year was breaking into the low 19s for a 5k race. I was also the first girl for CVA cross country to have the opportunity to go to states but sadly was a runner short of qualifying.

Do you do any other sports aside from track? This spring I will be trying out for the golf team. This will be my first time trying out for that sport. I have tried many sports through the years but none of them have stuck with me like cross country has.

What does the future hold for you and running?

I'm excited to be trying indoor track this year for my first time. I will be continuing cross country in college and hopefully start participating in marathons. After college, running will always be a part of my life and I will try to take part in as many road races as possible. I have thought about one day, hopefully being fortunate enough to become a cross country coach.

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

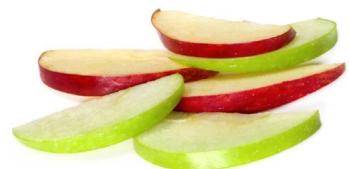
Back in modified I beat the girls course record time with 10 minutes flat. This year in cross country I was shocked that I beat our girls' varsity course record with 21:11 and then beat my own record with 20:28.

What piece of gear can you not live without?

During Cross country season I can't go without my watch, I feel naked without it.

What is your favorite food to eat after a meet?

An apple after a race tastes like a piece of heaven to me. I always bring my own sliced apple because of my braces. My all time favorite food the morning after a race would have to be pancakes. I really would love to participate in a pancake eating competition one day to see how many I could eat.



continued →

CROSS COUNTRY: Area pair runs well at Whitesboro Invite

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Central Valley Academy's Chyanna Bernier runs the course at the Whitesboro Invitational Saturday. Photo Courtesy of Bob Critzer, digitalsportphotograph.net

By TIMES TELEGRAM STAFF REPORTS

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

When I'm not running I'm usually hanging out with my group of friends or spending time with family. I also travel a little bit with family and go camping and hiking. For my birthday my friends and I hiked up to the local falls and camped out overnight. Recently my family and I went to see the Niagara Falls, which was beautiful. We camped nearby at a lake, and the sky over the water was gorgeous. In a couple weeks we are taking a bus trip down to New York City for my first time. I am very excited to see the city all lit up for Christmas.



What other activities are you involved with at school? I am involved in ecology club, outdoor adventure club and book club. I also volunteer for concession stands at sporting events.

What movie could you watch over and over again? For the past couple years, my favorite movie would have to be Zombieland but, ever since I was little I could always watch Scooby Doo over and over again. Now I have my niece and nephew watching it with me every time they come over. We buy Scooby Doo snacks so we can eat them together while we watch it.



Do you have any pets? Yes, I have 3 dogs. I have a Maltese named Kibbles, a Lhasa Apso named Molly, and a white Siberian husky named Bella with gorgeous baby blue eyes. We always compare kibbles to a grumpy old man, always doing his own thing but will come to you when he wants attention. Molly is the most loveable dog you will ever meet, she always need to be cuddling or touching you in some way. Bella is a big dog but still just a puppy. She has so much energy and is super cuddly but is always getting into trouble.

What is your running mantra?

I have a few running mantras that I never realized I had until I thought about this question. When the gun goes off at the start of the race, I immediately think to myself "get out, don't get stuck behind the pack". Every time I come to a hill during a race I keep my eyes down instead of looking forward. This makes it seem to go by faster and less intimidating. My biggest mantra would have to be remembering what one of my coaches said to me "your mind will try to give up way before your body will". This has always pushed me to give it my all during a race.



**Start thinking about who
you'd like to nominate
for this year's awards!**

- Distinguished Service
- Volunteer of the Year
- Inspiration Award
- Hall of Fame Award
- Training/Volunteer Award
- Roadrunner of the Year
- Most Improved Runner
- Distinguished Roadrunner Supporter

Save the Date! Roadrunner Banquet

**Saturday, February 27, 2016
Harts Hill Inn**

A favorite event of the Roadrunners!
Join us for food, awards, presentation
of the 1,000 mile red jackets and a
celebration of another great
season of running!



Run for Safety

at Masonic Care Community, November 24, 2015



My Pursuit of a Red Jacket (Part 4)



by Dorothy Massinger ←

November 24, 2015...at the UR Wonderland of Lights Run, while running with some amazing RoadRunner friends, I met the qualifications for earning a UR Red Jacket: 1,000 miles and 10 volunteer points! I applaud anyone who can run 1000 miles in one year. It takes time, dedication, physical ability and record keeping skills, to say the least. I'm so proud to be part of the 1000 mile club.

1000 MILES

But what may be harder to achieve than running 1000 miles, is putting in the volunteer points. Running is an individual activity: it's you, your running shoes, and the pavement. But volunteering takes a different kind of planning, and sometimes you have to step out of your comfort zone. It's the "passing the torch" part of running. It's looking for ways to reach out to others - either to introduce them to the sport or to encourage those that are already taking part in it to continue, to improve, or to challenge themselves.

When you decide to volunteer, there is always the feeling: "Do they really need me?" "Can I help or will I just be in the way?" "What am I supposed to do?" and the big question "Will I fit in?" And that's when it could feel like high school all over again. But as you start to get to know the other UR members, you start to make friends and begin to look forward to the next time. This year I volunteered for the Boilermaker Training Program, the Heart Run & Walk Expo, the Developmental Runs, and the Boilermaker Expo. The best part of it was the people I met.

The Utica Roadrunners are a diverse and dedicated group of marathon runners, 5-K runners, people that don't race but run for health and fitness, and those that don't run. Utica Roadrunners that put in 30 hours of volunteering a single year can earn an "Extra Mile" Red Jacket without logging in the 1000 miles. There is lot of good information about the point program in our UR Handbook.

So, volunteer for an event. And if you're told that they have it covered, then ask when you can volunteer again. Tell them you want a Red Jacket. Tell them you want a job to do. Then show up wearing your favorite UR or running shirt and start getting some points. I think a UR Red Jacket will look really nice on you, too.



Remember! Contributing an article or two or three to *SpliTImes* counts towards your volunteer points! (Hint, hint...) Email michelle@484design.com to get something going!

Call for Utica Roadrunners' 2015 Mileage and Marathon Awards

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the annual Awards banquet on February 27, 2016. This includes data about annual running mileage and volunteer work for the Red Jackets and chevrons as well as specifically any marathons or ultras run by the club members. Reports must be submitted by January 15, 2016. Dues for the year must also be paid by January 31st for award eligibility as a member in good standing. All reports should be submitted to Jim Moragne at jimmoragne@gmail.com or mailed to him at 63 Falcon Trail, Pittsford, NY 14534.the address on the reporting form. The form follows this article and is available on the club's webpage at www.uticaroadrunners.org.

Important: For the **1000 Mile Club Jacket** (1000 miles and 10 volunteer points) Award, you **must** have accumulated at least 10 volunteer points in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2015 (unlike the miles, all of which had to be run in 2015). For the **Extra Mile Club Jacket Award**, you **must** have earned 30 volunteer points and they must all be earned in calendar year 2015. The point chart is at the end of this article.

Chevrons: Members of the 1000 Mile Club who complete 1000 miles or more during a subsequent calendar year after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100 mile increments from 1000 to 2000 miles, and in 500 mile increments above 2000 miles. Mileage totals are rounded down (i.e. 1,378 miles will result in a 1,300 mile chevron).

Marathon/Ultra Patches: A marathon or ultra patch is awarded to any club member who completes an organized marathon or ultra race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the patch to indicate several completed marathons or ultras: Blue Star 5 completed; Red Star 10 completed. Marathon/Ultra information including name, date and location of the race; completion time, place, and any awards received should be reported.

There will be a separate email in January asking for nominations to the club's various named awards. For now, we just need your mileage and marathons, as well as volunteer points for the Red Jacket Awards. Please send questions to Jim Moragne at jimmoragne@gmail.com.

Points: One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

Board of Directors and Similar

1. Serving on the Board of Directors as an officer: **30 points**
2. Serving on the Board of Directors non-officer: **20 points**
3. Membership Chair: **20 points**
4. Merchandise Chair: **20 points**

Director of Club race or training program: **20 points** (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs)

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)

Committee Chair of club race or training program:

10 pointss (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger, Wonderland of Lights, and similar)

Committee Chair of club event (non-race/training) or special committee: **10 points** (Includes Awards Committee, Scholarship Committee, Social Chairperson)

Unique: Hosting a Breakfast Run, Thursday Night Run or the like: **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: **10 points**
Writing a single article for SpliTImes: **2 points**

General volunteer for a single race or training event:

1 point (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event)

General volunteer for other club events and committees

(non-race/training): 1 point (this includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member other than chairperson)

Utica Roadrunners Personal Mileage and Race Record for 2015

NAME: _____

Total Miles Run in 2015:

Total Miles Run as a Utica Roadrunner:

Personal Volunteer Information for Red Jackets (Check all that apply):

- Host Thursday Night Run Club
 - Falling Leaves
 - S.O.S. Race
 - Summer Sizzle
 - Developmental Runs
 - Club Board Member Club Social Event
 - Club Officer Boilermaker Packets
 - Club Committee Head Thanksgiving Run SpliTImes Article
 - Club Race Director Hall of Fame Races Other (list:)

Please return this form (**no later than January 15, 2016**) to: **Jim Moragne – URR Mileage Info, 63 Falcon Trail, Pittsford, NY 14534** or email it to Jim at jimmoragne@gmail.com.



Run for Hunger

Thanksgiving Day, November 26, 2015



Awesome Stuff

He started the NYC Marathon with the big dogs

Writer Matthew Futterman convinced the New York Road Runners to let him impersonate the fastest men and women in the NY City Marathon by starting the race with them and keeping up with them for exactly... well, read on!



[Read more >>](#)

"Running gives a new meaning to spiritual, and it can bring you to that place"

- Sister Marion Irvine, who qualified at the age of 54 or the

Women's Olympic Marathon Trials



GIFTS FOR RUNNERS

We love great gifts for runners! Check out a few creative options from Etsy



8x10 Running Art Print

[Check it out](#)



Personalized Boston Marathon Print

[Gotta have it](#)



Personalized Ornament

[Cool!](#)



Only Half Crazy Half Marathon Bracelet

[Must have](#)

Title?



UPSTATE NEW YORK CHAPTER
3300 Monroe Avenue, Suite 319
Rochester, NY 14618
Tel (585) 264-1480
Fax (585) 419-6920

WILLIAM G. DUNHAM (Bill)
The GUY

4 Tharratt Pl.
Whitesboro, NY 13492-1616
315-507-9999 Cell.Ph.
williamgdunham@gmail.com

November 24, 2015

Mr. William Dunham
4 Tharrat Place
Whitesboro, NY 13492

Dear Bill,

First and foremost I must thank you on behalf of myself and the Arthritis Foundation of the Upstate New York Region for your absolute unwavering dedication to the Syracuse Jingle Bell Run for the past two years and year prior. Since I can only speak of working with you the past years, I can say, without a shadow of a doubt, that your knowledge and hard work before and during race day is what made this event a success. You took into consideration all feedback from 2014 and utilized your understanding of 5k races and made 2015 amazing! We successfully brought the Syracuse Jingle Bell Run back to Onondaga Lake Park and the runners were so excited. Thank you so much for encouraging us to do so and for doing all the leg work to make it happen.

May this letter also serve as a recommendation for anyone that will be working with Bill..... When his business cards says "He is the guy" HE IS! His experience and skills to pull off a successful race, run, marathon are second to none. I am very impressed with how fast and effortlessly he gets things done. He was crucial to the success of our event and I recommend him for any job, position, etc.... he would be interested in pursuing. He truly is the guy to get the job done!!

Bill, thank you so much for also being so friendly and approachable through the entire process. You are leader!!

Sincerely,

Michelle Palermo Vercruyse

Champion of Yes

arthritis.org

UTICA ROADRUNNERS 2016 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.

2016 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): _____

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 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?ref=ts>

People Who Run For Fun FB Page: <https://www.facebook.com/groups/89667583324/?ref=ts>

Utica Roadrunners Wednesday Night Development Runs: <https://www.facebook.com/groups/102503856458013/?ref=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
7.5" X 10"



HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

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.