

# splitimes

february 2016

The Official Newsletter of the Utica Roadrunners

**Boilermaker Training Group  
Starts THIS SATURDAY!**

**Annual Awards Banquet  
Saturday, Feb. 27th**

**SOS Run Registration  
is NOW OPEN!**



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from Clinton*



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February  
**2016**  
Utica Roadrunners  
Board of Directors



## President

Sybil Johnson

## Vice Presidents

### Administration & Finance

Stephanie Stark

### Activities & Events

Mike Kessler

## Secretary

Melanie Crisino

## Treasurer

Lisa Walchusky

## Board Members

Dan Alder

Sandy Arcuri

Anne Marie Latshaw

Wayne Murphy

George Searles

Jeremy West



Congratulations  
to Wayne Murphy  
for hitting 100 miles  
for the month of  
January last  
Saturday morning!

## Advertising

If you would like to advertise in Splitimes, please contact:  
Sybil Johnson email: [densyb@roadrunner.com](mailto: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](mailto:michelle@484design.com)



**"LIKE" US  
ON facebook!**

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







## President's Message

Well, January was a very good month in my estimation. We had a very successful Happy Hour at the Killabrew Saloon on the 8th. That get together, a membership renewal form and sort of a bribe has the Utica Roadrunners race director and committee head posts 99% filled. Hooray! There were a bunch of vacancies and the only one left to fill is the Director of the Run to End Hunger on Thanksgiving. We have a family that may be interested, but I have not called them yet. It is on my long list of 'to dos.'

Here are the members who will keep things going smoothly for 2016:

- **President** – Sybil Johnson
- **Vice President of Activities and Events** – Mike Kessler
- **Vice President for Administration and Finance** – Stephanie Stark
- **Treasurer** – Lisa Walchusky
- **Secretary** – Melanie Crisino
- **SOS** – Wayne Murphy and Lisa Spadafore
- **Summer Sizzle** - Dennis Johnson
- **Falling Leaves** – Ryan Orillio will be working with Mike Brych.
- **Race Team and Youth Training** – Jeremy West
- **Boilermaker Training Program** – Melanie Crisino
- **Development Runs** – Linda Turner and Mike Kessler
- **Grand Prix** - Fran Peruzzi and Gary LaShure
- **Volunteers** – Ann Marie Latshaw and Sandy Arcuri
- **Awards** – Melanie Crisino and Jim Moragne
- **Social** – Melanie Crisino, Ann Marie Latshaw and Sandy Arcuri
- **Merchandise** – Liz Casatelli
- **Equipment Rental** – Dennis Johnson
- **Membership** – Dave and Sue Paddock
- **Scholarships** – Ann Marie Latshaw
- **Media Releases** – George Searles
- **Public Relations** – Wayne Murphy
- **Facebook/social network** – Khristina 'Swann' Orillio
- **Newsletter** – Michelle Truett
- **Webpages** – Jerry Tylutki
- **RRCA & USATF Liaison** – Jeremy West

This is a great bunch of people doing great work for the Club. Thank You All Very Much! Please let me know if I missed anyone. Remember, anyone is welcome to attend Business Meetings. They are the second Monday of every month at my house.

Come one, come all. On February 5th, we are planning another Happy Hour. This one will be at Lukin's on Varick Street at 5:30 PM. If you want to arrive at 5 or 6, that's OK too. Buy your own beverages and we will see how hungry and rich we all are.

*continued* →

## Banquet

→ **At the end of this month we all can gather at Hart's Hill Inn for the Awards Banquet.** Club member and restaurant owner, Scott Lichorowic and his staff, are always good for delicious food and a pleasant atmosphere. Last year's attendees cost us way too much for drinks, so this year we will have a cash bar from 6 to 7 PM. This is still a great deal. Your \$20 dinner fee is considerably less than the actual cost. The difference is on the Club. Enjoy!

## 2016 Awards

→ **Dave Paddock sent everyone the list of the awards for which you can nominate a fitting member.** Businesses that support the Club used to be on the list as Athletic Supporters (I am joking about the title), but I do not see that award on the email list. If you do have a business in mind that went out of its way for the Club in 2015, let us know. We can consider them when we have our planning meeting. Please do make nomination suggestions. Last year we had like 5 nominations and 4 of them were for the same award. The committee had to come up with winners – that might be why the Athletic Supporter is not on this year's list. We don't have to give out all of these awards and we can create new categories if necessary.

## Boilermaker Training Program

→ **The BTP starts this first Saturday of February. If you or someone you know wants to become a Boilermaker finisher – 15 or 5K, bring them to the Fitness Mill bright and early Saturday, the 6th.** Melanie and her crew will knock your socks off with training tips, workouts and support. You will really appreciate the early start that gives more than 5 months of practice. Heck, back in the Dark Ages when I first trained, the guys in the Club just said "Run farther, run faster!" Join the 2016 BTP and do it right!

## Runner story in the OD

→ **Did you see the article in the OD's Sports section about the avid runner who had a heart attack that changed his outlook on health?** It seems that he, as a 'fifty-something' was doing all of the right things. He had run miles and miles – 88 marathons. Because runners his age were having heart attacks, he saw 2 cardiologists, passed all of their stress tests and was told that he had the heart of a 30-year-old. He also had a heart attack shortly thereafter. This runner, Tom Licciardello, had shoulder pain across his back that he attributed to weightlifting. At the hospital, the doctors found through a blood test that his blood protein Troponin was off the charts. Further testing showed that he had 3 major artery blockages, one at 70%, one at 80% and one at 100%! Most people would have had an attack way sooner, but Tom was in such good shape from running and exercising, his symptoms were masked. He said that it is not always dizziness, shortness of breath or chest pain that means your heart is in trouble. Maybe you are not impressed with this health situation. I am because I feel quite healthy – heart wise. But who knows? I could be typing away for this article and have an attack (more likely an attack of hunger). Lots of the runners we all see regularly at races are getting up there in age. I hope every one of them does this at their next checkup - ask their doctor what heart related tests would be appropriate for them. I will.

## Race Calendar

→ **I am gathering 2016 Race Calendar information for the Race Director meeting on February 1 at the Brewery.** I had 108 names on my group email list. When I sent out the info, I was sure that I would have a ton of mail failures. Surprisingly, I only had 6 to try to check out. Now I have to check on the newer events on last and this years' calendars on the website. The meeting is always interesting. I feel I should have some updated or different information to share with everyone. I know that I will think of some topic. I have 2 weeks from when I wrote this article until the meeting. I can't wait to see how full the calendar gets on our website. In 2015 I changed procedures so that race directors had to enter their own info for the calendar. There were fewer events than when I did all of the work!

Just thought of a new Race Director who I forgot - gotta send the Race Calendar info to Wayne Murphy for the SOS!

Enjoy your running in this winter weather... **BE CAREFUL OUT THERE!**



## Letter from the Editor

### What to wear... what to wear...

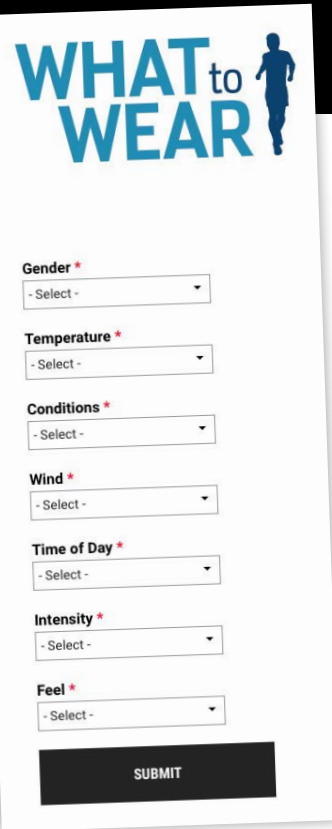
My crew and I went out at our usual Saturday 8am time a couple weekends ago and the thermometer showed a crisp 9 degrees. I thought I had dressed for it, but a couple miles in, my legs were going numb! I could have used a second pair of pants for sure. Duh. Lesson learned.

I know exactly what I like to wear and what feels comfortable at 30, 40, 50 degrees and warmer, but 9 degrees threw me.

As I was searching the internet looking for a guideline on layers, I found this handy "What to Wear" calculator from Runner's World where you can put in your weight, the temp and conditions, what time of day you're running and other factors that will help you dress appropriately.

That sure would have been helpful a couple weekends ago!

**Check it out** and enjoy your outdoor training runs - I know we are!



Last year  
we had  
**41 people**  
start and finish  
the program!

## Boilermaker Training Program



**HERE WE GO!**  
**Saturday, February 6th**  
**Fitness Mill**  
**7:30am**

***Are you new to running??***

***Is the Boilermaker 15K on your bucket list? or is the 5K?***

***Do you wanna train with a great group of encouraging/supportive people?***

If you answered yes to any of the above, come and join us!

We will be meeting at the Fitness Mill for 4 weeks (starting promptly at 7:30am). We will have a speaker and then you can run inside after. Then we will move to running outside starting at the Rec Center at 7:30am.

All you need to do is be a member of the Utica Roadrunners. If you are not a member, you can sign up online at [www.uticaroadrunners.org](http://www.uticaroadrunners.org) or sign up on February 6th at the Fitness Mill. We will have applications available that morning.

The price is as follows:  
under 18 - \$10, over 18 - \$20, new couple - \$25, family of 3 or more - \$30

If you have any questions..please feel free to email Melanie at [mcrisino@yahoo.com](mailto:mcrisino@yahoo.com)

# H.S. ATHLETE Q&A

## Aneesa Lewis

**School:** Clinton High School

**Grade:** 12

***When did you begin throwing?***

I began throwing during the spring season of outdoor track and field of my junior year, even though Coach Deep had been trying to recruit me since the fall of that year.

***What inspired you to start?***

I have always been an avid softball player, starting for the varsity team since I was in eighth grade, but my sophomore year we were not able to have a team due to not having enough girls who were interested in playing. During my junior year I decided I was going to join the track team, and immediately fell in love with throwing, and was very eager to continue to learn and get better.

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

Shot put: 34 feet 8 inches  
Discus: 86 feet 6 inches  
Weight Throw: 36 feet 8 inches

***What have been your biggest throwing accomplishments so far?***

At the section championship in the spring, I clinched the top spot for all events I took place in (both shot put and discus). I then attended the State Qualifier meet and came in second place, narrowly missing the opportunity to attend States. I also broke the school record for weight throw this year. I have been very thankful to accomplish these things so early on in my throwing career.

***Do you do any other sports aside from track?*** I have been playing softball and basketball ever since I could remember. I have played softball for multiple travel teams and teams in the area for many years and have a love for the sport. This year I made the tough decision to compete in indoor track and field in the winter instead of basketball with the intent of preparing myself for the outdoor season.

***What does the future hold for you and throwing?***

I plan to attend the State Qualifier and meets this year for indoor and outdoor, while attempting to earn a spot at States. At the moment my future college career for throwing is dependent on where I choose to attend school in the fall. It would be an amazing opportunity for me to throw at the collegiate level, and I will take advantage of the opportunities that are given to me.

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

During my second meet competing in outdoor, I was able to break Clinton's outdoor shot put record that had stood since '98. I also received recognition and was chosen to be a CSC all-star.



*continued* →



**What piece of gear can you not live without?**

Two things that I can't live without while throwing are my shoes and my headband. I am very superstitious and I would not be able to throw without wearing either of these things and throwing would not be the same.

**What is your favorite food to eat after a meet?**

My favorite food to eat after a meet is definitely pizza. Pizza is a food I can eat at any time of the day, hot or cold, and it can always hit the spot after a long meet.

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

When I'm not throwing you can find me spending time with my family and friends. I have a very large, close knit family, and we are always occupied with events and gatherings.

**What other activities are you involved with at school?** At school I am active in our Rachel's Warriors club and enjoy doing things for our community. I am also a very active member in my church parish. I take on a leadership role in the MYO (Maronite Youth Organization) and we do things for our parish and community. We often host break-fasts, visit nursing homes, and donate food to Rescue Missions.

**What movie could you watch over and over again?** One movie I could watch over and over again is definitely My Big Fat Greek Wedding. Ever since I was little I could watch this movie multiple times a week and not get tired of it. It can be a very relatable movie because I have such a big, ethnic family, and it's fun to watch and have so many similar characteristics.

**Do you have any pets?** Yes, I have a Brittany Spaniel named Holly. She is one year old and is the kindest puppy you will ever meet. No matter who comes to the door, she will greet you with her tail wagging and tongue out waiting to give you a kiss.

She is always moving around the house, so almost always if you are sitting on a chair or on the couch and you get up, when you come back you can find her sitting in your exact spot.



**What is your throwing mantra?**

I have yet to find myself with a throwing mantra. I always have the mentality of "Give it your best and know you gave it all you had, or don't do it at all." because I believe that if you don't try your best at something and give it all of your effort, you will never be able to succeed. So, I go into every throw hoping to get a new personal record, and if I don't, I know I tried my best, and if I do, I know I can do better.



# 2015 Dues

## The Dues Window for 2016 Has Opened

Dear Roadrunners Member,

**The Dues for 2016 are due by January 1, 2016.** From this point forward, pay your dues and you're good through the end of 2015 (really February 28, 2016 since we don't suspend member privileges until the end of the first quarter of any year).

Dues are the same as last year: **\$20** for an individual, **\$25** a couple, **\$30** for a family up to four and **\$2** each for family members 5, 6, 7, etc.

You can pay via the club web site using Paypal or print the club renewal form from the same location (or from page 14 of this newsletter) and mail it in with a check.

If you have any questions feel free to email (sdpaddock@aol.com) or call 315-857-0281

Thanks

Dave and Sue Paddock

**Renew NOW! >>**

*Please join us for the  
Utica Roadrunners  
Annual Awards Banquet*



Saturday, February 27, 2016 at 6pm

Harts Hill Inn, Whitesboro

There will be a deluxe buffet  
Entertainment \* Awards  
Door prizes \* Fun  
A cash bar will be available

**\*Wear your red coat to be entered into a special drawing\***

Please RSVP by sending  
\$20 per person by Feb. 13th to:

Melanie Crisino  
10 N Richfield Street,  
Mohawk, NY 13407

*Check payable to: Utica Roadrunners*

**Any questions, please contact Melanie at 866-2708 or email [mcrisino@yahoo.com](mailto:mcrisino@yahoo.com)**



# Awesome Stuff

## For the newbies: 11 Truths New Runners Must Accept



***"Welcome to the family, weirdo.  
We're glad you're here."***

With some beginners getting ready to start the Boilermaker Training Program on February 6th, this article from competitor.com will give you a few great pointers. The other pointers you'll need are going to come from your seasoned new friends who will show up to show you love at 7:30am on Feb 6th!

[Read more >>](#)

***"I often hear someone say,  
'I'm not a real runner.'  
We are all runners, some just  
faster than others. I never  
met a fake runner."***

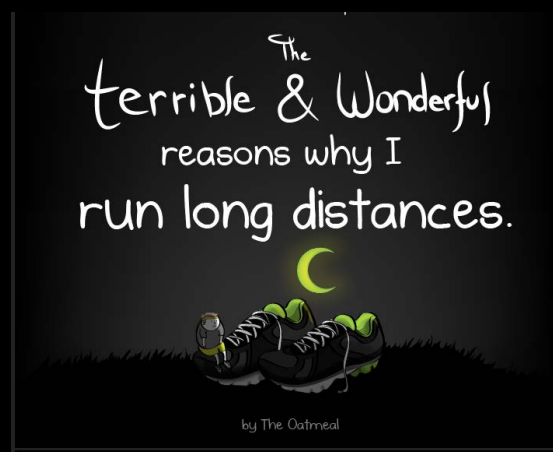
- Bart Yasso, Runner's World chief running officer



### ***RUNNING IN THE NEWS***

**A delightful read/comic strip  
from The Oatmeal**

[Read more >>](#)



# Member Story

## A TRUE LOVE FOR THE RUNNING COMMUNITY

### MEET MARY MACENROE

Mary MacEnroe has been a steadfast presence at many races over many years. We decided to share her story!

Mary was born on Long Island, but grew up in New Hartford. A great influence for her getting into life long volunteering with running came from her grandfather, who was the Knights of Columbus track meet director at Madison Square Garden in Manhattan in the late 1930s when there was a big push for the 4-minute mile. He directed the famed “typographical error mile” of 1936 when Glen Cunningham was timed at 4:46.8 because of the strategically slow race run by Gene Venzke and Joe Mangan.

Flash forward to the 1980s and Mary’s introduction to running was being deemed the “team manager” for her brother and his friends when they ran the Boilermaker in 1981 – dropping them off at the start line, holding their stuff, etc. Mary’s sister Maureen was a big runner and Roadrunners member, and that brought Mary closer to the group. In 1984, she got a 35mm camera and took photos of the Falling Leaves Race. In 1988, she began timing races. Her brother-in-law (Sam Mallette, second president of the Roadrunners) wrote a timing program that used space bar tracking and Mary jumped right in.

Her volunteering and timing expertise led her to covering a race or two each weekend from about April through the Boilermaker in July. When asked why she does it, she replies: “I’m not going to change the world, but I’ll make my little section of the world a bit better.”

Mary shares that back in the 80s, the Roadrunners was a small, close group where there were a lot of “old time members”. There would be many a Thursday night where the group could run from the YMCA Downtown and end up at Kirk Grill on Charlotte Street drinking \$0.90 Matts Beer, leaving dimes behind on the counter. The “mug club” started there, collecting money to defer the cost for the RCAA convention. She recalls holding race committee meetings in her garage, pancake breakfasts in conjunction with Falling Leaves, a party AFTER Falling Leaves, Boilermaker parties and many more great memories. She served on the board of the Roadrunners for about a decade from the early 1990s until about 2004, served as social chairman for a long time and also served as the organization’s first female president.

Mary’s first race herself was a five mile Women’s Day race from the YMCA Downtown down Rutger Street and back. In 1990, she ran her first Boilermaker where she completed it in around 90 minutes.



*Maureen and Mary running the  
Marine Corps Marathon 10K*

*continued* —→



In 2001, Mary was in a car accident and was told she'd never run again. After multiple back surgeries and recuperation, she DID indeed run again, finishing the Marine Corps 10K in 2007 in 1:14:28. That same year she ran the Festival of Races in Syracuse with her sister and they can in second in the sister/sister team division.

Today, Mary works for the Boilermaker Road Race, taking care of all of the little things behind the scenes that people might not see – web updates, ordering pins and glasses,

emails, customer service, answering the phones. The Boilermaker headquarters opened its door at 114 Genesee Street in Bagg's Square on March 23, 1999 and then moved to their new home on Court Street near the finish line in 2014.

**"We are a small town that puts on a world class event."**

— MARY ON THE BOILERMAKER

She also runs the Hall of Fame races (5K, half marathon and half marathon relay.) She has been involved in the Heart Run for many years and has also mentored many

people who want to put together and run a race of their own. She's truly a behind the scenes force that has made many race days smooth for all of us.

On thing she loves about running is that "you can do it anywhere". She has ran during vacations in Australia, England and Italy to name a few, as well as at many RCAA conventions around the country. Another thing she loves is that "you meet so may tremendous people that are all positive."

In her "spare" time, Mary enjoys photography, loves recreation and spending time with her six year old nephew.

## MARY'S AWARDS AND RECOGNITION

1990 Volunteer of the Year

1996 RRCA National Volunteer

1999 Robert Carlson Distinguished Service

2003 Robert Carlson Distinguished Service

President Placque 2001- 2003

First female president of the Utica Roadrunners

## COMING UP

Hall of Fame Race

- Plans have started to add a kids race in the next couple years  
- Upped the cap this year on the relay from 50 to 75

Boilermaker

Early Access Registration will open at noon on Thursday March 10th and will close at noon on March 18th.

Open registration will start at noon on Saturday March 19th

## VOLUNTEER

If anyone would like to volunteer for the Boilermaker this year, go to a committee coordinator or email [cindy@boilermaker.com](mailto:cindy@boilermaker.com) (They are always particularly looking for massage therapists and medical volunteers!)



> 1994 RRCA Convention in Washington DC.

>> Hospitality suite at the 2002 Convention hosted by the Utica Roadrunners and the Boilermaker.



< 2002 RRCA Convention in Norfolk, VA





# Our 2016 Kick Off Race!

**Sunday, April 24, 2016**

**Run starts – 9am**

**Kid's Run – 8:30am**

## **2016 Save Our Switchbacks**

**7.5K Road Race (4.66 miles)**

**\$20**

**Price increases April 15, 2016**

**Help support the South Woods Trails Project while running  
"Half a Boilermaker"**

**A Utica Roadrunners Grand Prix Event**

**Start and finish near the Utica Parkway Ski Chalet**

*The Save Our Switchbacks 7.5K road race is the long standing  
Utica Roadrunners kick-off event. The race marks the start of  
the weekly Development Runs held every Wednesday.*

**[Register Now >>](#)**



# Happy Hours!



*January's Happy Hour brought the Roadrunners crew to the Killabrew!*

*Join us!*

## **Club Happy Hour**

**February 5, 2016 • 5:00pm**

**Lukin's Bar**

**Varick Street, Utica**



# 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](mailto: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@twcnr.com](mailto:jmoragn1@twcnr.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](mailto:handmsdad@aol.com) or Dan Aubert at [danaubert79@yahoo.com](mailto:danaubert79@yahoo.com).

Dan can be called at 939-4572.

## Useful Links:

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

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

**Utica Roadrunners Wednesday Night Development Runs:** <https://www.facebook.com/groups/102503856458013/?fref=ts>

**Club Handbook:** <https://www.uticaroadrunners.org/documents/UticaRoadrunners2013ClubHandbook.pdf>



## Promoting Competitive Fitness and Recreational Running

Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



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

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

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