

March 2017

splitimes

The Official Newsletter of the Utica Roadrunners

Training is underway!



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March
2017
Utica Roadrunners
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UR members at the Lake Effect Half Marathon on Feb. 26th

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!).

Editor: Michelle Truett
michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)





President's Message

by Sybil Johnson

Hello Everyone. I thought I would include this picture of Dennis and me for this month. We were in Lake Placid over the Winter break. It seemed like Spring break with warm temperatures, rather minimal snow and lake ice that would be very iffy to walk across. It was sunny, so the only time I had to wear my Club hat was for walking and XC skiing – and I still perspired a bunch. The Saranac Lake Loppet venue for Saturday, February 25th, was changed in hopes of more snow. I hope they found some because driving home on Friday, until we got to Tupper Lake, the woods were pretty bare. In fact, from Tupper Lake to Alder Creek the scenery was appropriately winter-like. I loved the ride through the snow country. But then we had to come back to bare Utica. I hope we have some major snow before Spring arrives.

Mea culpa, my Roadrunner Heart Run volunteers. I screwed up! In my capacity as President of the Club, I have projects to complete each month. In January, I arranged the Race Directors meeting at the Brewery. At the beginning of February, I usually do the Heart Run Expo application and collect whatever we need for our booth. Well, I do not have to collect anything. We were closed out. When I went to the Heart Association office, I was told that all of the booths were full for this year. That probably happened because there were no charges for any group that wanted to display their business. This is the first time since the first Heart Run with an expo that we will not be included. So 'Thanks' to all of you who answered Wayne's email for volunteers. We will keep you in mind for the Boilermaker Expo! Still plan to run or walk The Heart Run/Walk, and use the Utica Roadrunners for your team under Organizations & Clubs. Have a good time.

Lucky for me, Melanie Crisino is in charge of the Awards Banquet. (She has all of her ducks in a row!) Everything is planned in plenty of time for the evening of March 4th. You can do the Heart Run, clean up your act, take a nap, and then head over to Aqua Vino for a very good time! Who knows, you may win an award for your running or volunteering efforts for 2016. Then, if you are really lucky, you may win one of the door prizes! Golly, if you wear your Club red jacket, you may have another present to add to your pile. Oh yeah, I should be promoting the dinner and awards, but those prizes are SO good! Just Be There!!! There will be open bar for an hour before dinner and for another hour after awards!

My March Club project is to complete the paperwork for RRCA insurance and/or City of Utica permission for our major events – SOS, Development Runs, Summer Sizzle, Falling Leaves and the Run to End Hunger. Much of that is done for the City. I just need to add our events to the RRCA calendar and apply for the additional insured groups. (That means getting coverage for all entities involved with our events.)

Here's to fine weather wherever you are.
Play nice, enjoy St. Patrick's Day, and BE CAREFUL OUT THERE!!

Upcoming Race

THE TED PETRILLO
SAVE OUR **7.5K**
SWITCHBACKS



HALF A BOILERMAKER • 4 | 23 | 17

Sunday, April 23, 2017

Run starts – 9am

Kid's Run – 8:30am

Registration is now open!

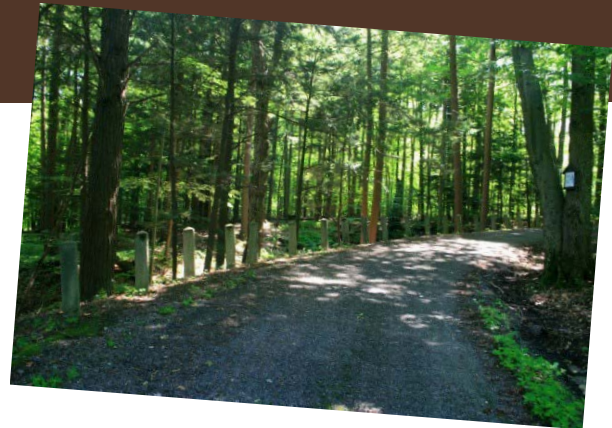
[Sign up now >>](#)

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.





FROM DAY ONE...

2017 BOILERMAKER TRAINING PROGRAM



... TO THE BIG DAY!

On March 11th, we're going outside!
7:30am • Parkway Rec Center
It's not too late to join!

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 4th right up to the Boilermaker on July 9th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$20 for the year for an individual (under 18 is \$10), \$25 for couples or only \$30 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website: <http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Melanie Crisino** a call at (315) 723-9202 or email her at mcrisino@yahoo.com. She's got you covered.

Letter from the Editor



This was February 25th
65 degrees!

What the WHAT, winter?!

The weather seems like such a trite thing to write about, but I thought I'd make mention so when I look back at this issue in 10 years, I'll remember it being 65 degrees on a Saturday in February. Aah... memories. We got so confused about what to wear, which reminded me of a good tip I heard along the way that I thought a lot of our new Training Program participants would find handy – dress like it's 20 degrees warmer than it really is outside. I always follow that tip and it always works out nicely. You may feel a bit chilly at the start, but once you're moving, you'll be good to go.

I'm sure we'll have a few more cold running days (Ahem... Syracuse Half!) so let's not get TOO comfy with the warm weather, but boy... did we enjoy it!

News

2017 Mileage Log

The 2017 Mileage Log is now available on www.uticaroadrunners.org.

The log is an Excel spreadsheet that will help you easily keep track of your running and walking miles, including monthly and annual totals.

Ribbon Cutting for Fitness Stations in the Switchbacks

Join Roadrunners members and Mayor Palmieri to celebrate the formal unveiling of 12 new fitness stations!

South Woods entry
Wednesday April 26th
11:30am





The Richfield Springs Community Center:

Community Center Run

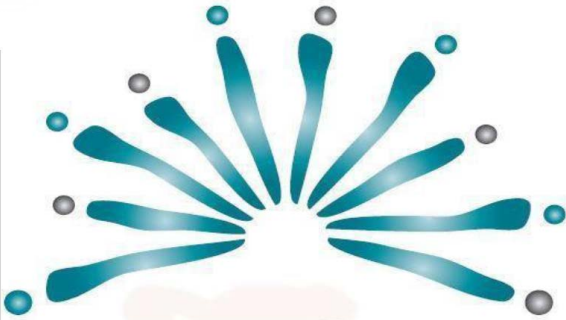
April 8, 2017

REGISTER ONLINE

10K • 5K • 2 Mile Walk • Kids Little Loop

Part of the Route 20 Series

Proceeds benefit: The Richfield Springs Community Center



(Formally known as the Zone). The Open 10K is a hilly course with its challenge at the start. The 5K is an “out and back” on rolling hills. The 2 mile Walk starts on Lake Street and proceeds “out and back” Cemetery and Butternuts. The kids “little loop” is approx. ½ mi. total (out and back), starting and ending at the start/finish line with ribbons given.

Day of Registration:

TIME: 8:00 - 9:45 on Race Day: April 8, 2017

PLACE: VFW – Lake St., 1/8 mile South from Route 20

START TIMES: Kids’ Fun Run: 9:45 AM, 5K, 10K and Walk: 10:00am

FEES:

Kids “Little Loop” (\$1.00) (Must Mail in App) Pre-registration postmarked on or before April 1, 2017 (Run or Walk)

Adults/ Students : \$20 Day of race: (Run or Walk): Adults/ Students: \$25

AWARDS:

- Tech -shirts to the first 75 entrants (5K/10K & 2mi.)
- Trophies - overall male/female (5K/10K)
- 1st-3rd place awards for age groups up to 80-89 (5K/10K)

DOOR PRIZES AND RAFFLES!

APPLICATION

Name: _____ Age on 4/8/17 : _____ Gender: M F (Circle One)

Phone #: _____ e-mail: _____

Choose your event: 10K run 5K run 2m Mile Walk Kids Little Loop Amount Enclosed: \$ _____

T-shirt size: (10K/5K/Walk Only) S M L XL

WAIVER

In consideration of acceptance of this application, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, administrators, and assigns waive any and all rights and claims for damages I may have against the Richfield Springs Community Center, their representatives and successors for any and all injuries suffered by me at the races to be held in Richfield Springs, on April 8, 2017. I verify that I am physically fit and have trained sufficiently for the competition.

Signature: _____

Parent Signature (if under 18): _____

Please make Checks payable to: “RSCC” Mail in with application to: Bill Kosina, 1434 Cty Hwy 25, Richfield Springs, NY 13439

Questions:
Bill Kosina
315-749-3286
jabkos@verizon.net



Newbie Tips from Scott Neary

***Tackling your very first race this year?
Scott has a few tips to share with you!***

Now that the Boilermaker training program has started, here are a few tips that can help your race be a little easier.

1

Train for your upcoming race. Signing up for a race and just run on the day of, probably isn't the best way to go about it. Whether it be a 5K, 10K, 15K or half marathon, you should get your runs and mileage in. You will get the best results with the work you put in.

2

Stay hydrated. Try and make it daily routine to drink your water. Being hydrated is key, it can prevent cramping and fatigue.

3

Don't use new running shoes on race day. Using new shoes could lead to blisters and not fit correctly right away. Go to your "go to" running shoes til the new ones are broken in.

4

Get a running buddy. Find a friend to run with and sign up for a race together, this way you can motivate each other to finish your race.

5

Mix up your running locations. It will make your training more interesting and make you more comfortable when a race takes you down a turn you might not have expected.

6

Maintain a steady pace. At the start of the race its easy to get excited. You can get caught up running a lot faster than you are typically used to when you run on your own. Run like you have practiced, to set yourself up for a great race day experience!

Prevent Common Winter Injuries

by *Lauren Murphy*

For this month's article, I contacted a physical therapist to get some information about common winter running injuries and how we can prevent them. This physical therapist also happens to be my cousin, Jen Boyle, PT, DPT. Besides being a Physical Therapist, she is also a runner – she ran cross country, indoor, and outdoor track competitively during high school. She also runs year-round while training for races of various distances from 5ks to half marathons. I contacted her and asked her a couple of questions about winter running. The questions I asked her were as follows: What kind of injuries are common with runners who run in the winter? What can runners do to prevent these injuries? Are there any exercises to strengthen certain areas that are affected by these injuries? Jen's answers to my questions are below.

Running on unstable or uneven surfaces could cause a change in your gait pattern put runners at increased risk for injury. Running in the snow, for example could cause a change in your stride length and/or ankle instability. This could contribute to injuries such as peroneal tendinitis, Achilles tendinitis, ankle sprain or plantar fasciitis. It could also contribute to muscle strains, such as a hamstring strain.



Running on flat surfaces, running on a treadmill, and decreasing your mileage can help to reduce your risk of injury. A shoe that has good traction can also help to decrease likelihood of injury by lessening your risk of slipping and falling. There is mixed research on whether warming up helps to reduce the risk of injury; however, doing a 5-10-minute light jog or other cardio followed by stretching will help to warm up soft tissues including your muscles, tendons and ligaments prior to running.

Stretching is always important for all runners. It is important to hold each stretch for a minute at a time. Hamstring and calf muscles are often particularly tight in runners, so stretching these muscles will be helpful as part of your warm up and cool down.

Core exercises are important to help with overall stability. Planks and side planks are good core stabilization exercises to strengthen your abdominal muscles. Bridges and side leg lifts will help with your hip strength which is important for good running form. Heel raises will help with your calf strength. Single leg exercises such as single leg squats and single leg heel raises are also good strengthening exercises that help with balance and stability.

I hope that whoever is reading this found this article as informative as I did. I also hope that you can take something away from this article. And I hope that maybe you learned something that you didn't know already. Be safe out there and know your limits!

CNY Running Clubs Cup 2017



2017 Races are Announced

After a tight 2016 competition that came down to the last race of the year, the Falling Leaves 14K, the Utica Roadrunners will open 2017 as the defending champions of the CNY Running Clubs Cup. While the Syracuse Chargers have left the Cup, we still have a robust field: the Kuyahooraa Kickers, Mohawk Valley Hill Striders, Roman Runners, Team RWB, the Toe Path Trekkers and the UR. 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 (with a catch – see below*) of our members. The results of up to five members of a club 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. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

* One big change specifically for the UR is that we will voluntarily cap our Cup-available roster to just those members who are in good standing as of April 1st. The UR in mid-season is as big as the other five clubs combined, so to maintain a fair competition we are making our eligible pool smaller. So, if you want to compete for the UR in the Cup, please make sure you've renewed your 2017 membership by March 31st.

Another change for everyone involves the Boilermaker 15K. That will now be a stand-alone competition among the six clubs, using the same format as the Cup, but the results won't count towards the season-long Cup competition. A separate plaque will be mounted on the back of the Cup showing each year's Boilermaker winner.

There are seven races in the Cup this year. We are excited to add two new races to the Cup in 2017: the Millers Mills Sundae Run 5K in July and the AK5K at SUNYIT in October. The Cup schedule is:

DATE	RACE	LOCATION
April 1	Fort 2 Fort 10K	Rome
May 6	Towpath 10K	St. Johnsville
June 10	Nate the Great 12K	Canastota
July 16	Millers Mills 5K	Millers Mills
August 18	Woodsmen 10K	Boonville
September 24	Falling Leaves 14K	Utica
October 8	AK5K	Marcy

The Fort To Fort 10K is coming up in a hurry, so sign up for it soon. Paper registration is available at: www.romanrunners.com. Online register at: <https://runsignup.com/Race/NY/Rome/Fort2FortRuns>. Look for updates, standings and individual results in the newsletter and at our web site as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at jimmoragne@gmail.com.

H.S. ATHLETE Q&A

Elizabeth Haddad

School: New Hartford

Grade: 11

When did you begin running?

I began running cross country in 7th grade. When I was in 9th grade, I decided to run outdoor track because I enjoyed cross country and wanted to be able to compete more.

What inspired you to start?

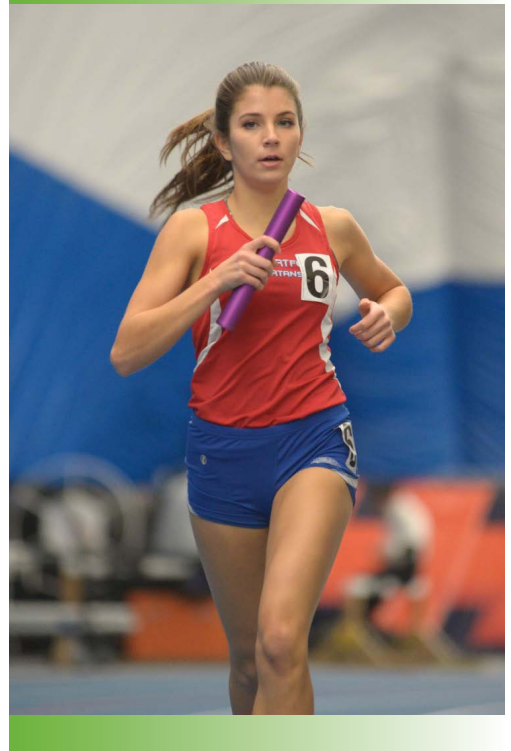
My brother inspired me to start running. When I was little I would go to his track meets. I immediately fell in love with the sport and knew it was something that I would want to do when I was older.

What event(s) do you compete in?

During indoor season, I run the 300m and the 600m. The 600 is my main event and is my favorite event to run. I also run the 400m, 800m, and 4x400 relay during outdoor track.

What have been your biggest running accomplishments so far?

At the sectional championship meet, I won the 600m two years in a row. I also ran at the state qualifier meet and ended up taking third place.



I will be attending the State meet this year to compete on the intersectional medley relay team. Last year during the outdoor sectional championship I won the 800m. I have been very grateful for my coaches and family who have supported me and helped me accomplish these things.

What does the future hold for you and running?

This outdoor track season I plan to focus on the 400m and 800m and hope to land a spot at the State meet. I'm excited to see what the future holds for me. After this year I have one more year left of running high school track I am going to enjoy every moment because I know it will fly by. After high school I plan on running track in college because my love for running and competing keeps on growing and I can't see myself giving it up anytime soon.

Do you do any other sports aside from track?

Yes, I run cross country in the fall. I also played basketball ever since I was in 5th grade, but when I was in 9th grade I decided to give it up and run indoor track. It was a very hard decision to make, but I still love it and play for fun sometimes.

continued →



What piece of gear can you not live without?

I would not be able to run without my track spikes. I have had these shoes since freshman year, and I have ran every track race in them. I am very superstitious and I would not be able to run a race without them. They are very worn out but I don't plan on replacing them anytime soon.

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

This year I recently broke the school record for the 600m. I broke the record earlier in the season and then at the State Qualifier meet I ran 1:39.54 and I broke my own record. I also broke the 500m record this year and ran a time of 1:23.

What is your favorite food to eat after a meet?

After I race, my favorite thing to eat is pizza. I usually eat really healthy the week of my race, so after I run I always look forward to eating some pizza.



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

When I'm not running I'm usually outside, or spending time with my family and friends. Hiking is my favorite thing to do besides running. I also like kayaking, biking, and swimming. Traveling new places with my friends is something I do a lot.

What other activities are you involved with at school?

At school, I'm the President of Project Purple. This club is dedicated to organizing events that are safe and substance free for all teens. Our goal is to help kids understand that they don't need drugs and alcohol to face life's challenges and try to show them they are perfect the way they are. I'm also apart of Ecology Club, and Physical Science Club.

Favorite movie:

One movie that I can watch over and over again is Elf. Even though it's a Christmas, movie I find it hilarious every time I watch it. I've seen it so many times but it still makes me laugh.

Do you have any pets?

Yes, I have two Labrador Retrievers. I have a six year old black lab named Daisy, and a 2 year old yellow lab named Duke. They are the most friendly dogs you will ever meet. They love going on runs with me, playing fetch, and swimming in the pool. They both are obsessed with the ball and frisbee. Once you start playing with them they won't leave you alone.

What is your running mantra?

Since I run shorter distances I don't really think during the race. I just run. Until I get to the end of the race when my legs are heavy and I feel like I can barely move, I tell myself "don't give up you are stronger than this" and that helps push me to the finish line. I also tell myself to focus on my form and that helps push me. The hardest part of the race is at the end and that's where my running mantra helps me the most. Running is all mental if you think you can do it you will do it.

Member Article

Editor's note: Lauren's February article was inadvertently left out of the newsletter, so this month, you're lucky and get TWO articles from Lauren!

March = Nutrition!

by Lauren Murphy

For this month's article I thought I would focus on nutrition. The reason for this is because March is National Nutrition Month. Proper nutrition is very important to a runner, along with proper hydration, exercise, and sleep. While browsing the supermarket you may find yourself looking at food prices and seeing a pretty steep price tag. There are however some cheaper foods that will help fuel you and your run.

Bananas • Bananas are high in vitamin B6, fiber and vitamin C. Their high potassium content helps protect against heart disease and decreases cramps. Because of their peel, bananas are low in pesticides and easy to grab-and-go.

Eggs • While egg yolks do contain cholesterol, they are high in protein and omega-3 fatty acids, which are important in heart disease prevention and brain development. Eggs are inexpensive, easy to prepare and versatile.

Black beans • An excellent source of protein, omega-3 fatty acids, iron and fiber, black beans also contain several antioxidants that help protect from heart disease, cancer and age-related memory loss. For optimal flavor and cost, buy dried black beans and simmer with onion and garlic until the beans are soft.

Chicken breasts, bought in bulk • Boneless, skinless chicken breast is loaded with protein and low in calories. For a quick dinner, defrost a chicken breast the night before, season it with a little bit of pepper or herbs, and bake or grill it.

Oatmeal • Very high in fiber, oatmeal helps to remove bad cholesterol from the blood stream and to clean out the GI tract for anyone suffering from constipation. Optimize your health (and save money) by choosing plain, steel-cut oatmeal for the highest fiber and lowest sugar content.

Carrots • Easy to prepare and eat, and packed with vitamins A, C and K, folate and fiber, carrots are a great addition to any meal or snack.

National Nutrition
Month



Canned tuna • Eating water-packed tuna is a low-calorie way to get lean protein, omega-3 fatty acids, B vitamins, selenium and vitamin D. It also helps reach the recommended minimum of two servings per week of fish.

Canned diced tomatoes • Canned tomatoes have all of the benefits of raw tomatoes, and have a more active form of the antioxidant lycopene. Diced tomatoes sautéed with a little olive oil, garlic and onions make a delicious, healthy pasta sauce.

Sweet potatoes • A sweet potato contains twice the recommended daily amount of vitamin A, almost half of the recommended daily amount of vitamin C and, if you eat the skin, more fiber than oatmeal.

Water • The cheapest and best beverage is water. Spruce it up by adding sliced fresh oranges, lemons, or cucumbers to your water pitcher.

We should all be conscious of what we are putting into our body. We should look for foods that will help us get through our day and our daily workouts. Let's make sure we all take the very best care of our bodies. Stay safe out there and enjoy every run!



Information found on: http://womensrunning.competitor.com/2014/04/nutrition/10-healthy-foods-eat-cheap_24060#g3otqW3AoHbfyzg5.97

Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: **30** points

Serving on the Board of Directors non-officer: **20** points

Membership Chair: **20** points

Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar.

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **10** points

Racing team captain: **10** points

Racing team member: **1** point per race start with team scoring

Writing a regular column for SpliTimes: **10** points

Proof Reading monthly SpliTimes for a year: **10** points

Writing a single article for SpliTimes: **2** points

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

Awesome Stuff

78 year old ends running streak of 52 years & 39 days



[Read More >>](#)

High School Student Shovels Entire Track to Avoid Treadmill

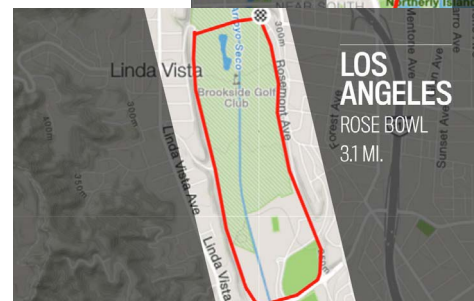
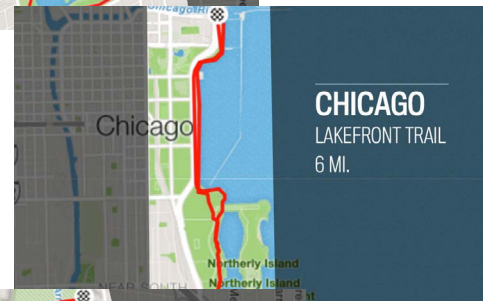


[Read More >>](#)

RUNNER'S WORLD® + STRAVA™

The two running super powers partnered to showcase the most popular running routes in major U.S. cities

[Read More >>](#)



Dues Notice!

The Dues Window for 2017 Has Opened

The Dues for 2017 are due now! From this point forward, pay your dues and you're good through the end of 2017 (really March 31st, 2018 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 of three or more at the same address.

You can pay via the club web site at: <http://uticaroadrunners.org> using Paypal or print the club renewal form (available online AND on the next two pages of this newsletter!) and mail it in with a check. Mail completed applications to Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504.

If you have any questions feel free to email (members@uticaroadrunners.org) or call Joe 315-866-2708

Happy Hour



Join us!

Club Happy Hour

Friday, March 3, 2017

6:00pm

The Sanctuary

728 Court Street

UTICA ROADRUNNERS 2017 MEMBERSHIP APPLICATION/RENEWAL



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen. **Club Benefits** You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. Members get a discounted entry fee into club races and free entry in the Development Runs.

2017 Membership Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

Street: _____

City: _____ State: ____ Zip: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): ____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): ____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): ____

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

Last Name (please print): _____ First Name: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____

Annual dues are \$10 for anyone under 18, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or more sharing the same address. Use a second form for additional family members.

Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504.

Club Membership Application Waiver (application will not be accepted without signatures of all persons on this form, or that of their parent/guardian if under 18 years of age)

I agree that I am a member of the Utica Roadrunners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Utica Roadrunners, the city of Utica, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

First Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Second Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Third Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Fourth Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Questions? Please email Joe Crisino at members@uticaroadrunners.org or call him at (315) 866-2708.