

# splitimes

april 2015

The Official Newsletter of the Utica Roadrunners



## Boilermaker Training Takes It to the Streets!

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# splitimes

April  
2015  
Utica Roadrunners  
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**"LIKE" US  
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<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>



## 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)







## President's Message

April showers bring May flowers. As long as those showers are made of rain, I'll take them. Enough with that snow that showered us all winter. Welcome Spring!

The Club is experiencing some financial issues. We hate to cash in CDs before they are mature. The Awards and Banquet took a hunk out of our accounts. So if everyone would send in \$20 to help us, we would appreciate the gesture. That would give us a chunk of money to have as a pillow. I think you could consider it a charitable donation since we are a 501- C3 organization.

***The Fort to Fort Race in Rome on April 4th, starts the Club Challenge Cup series.*** Get your shoes ready and represent the Utica Roadrunners. The Fort to Fort has always been a good time. The Roman Runners have this race down to a science. From the courses to the awards, everyone goes home happy. You might just get some Grand Prix points to add to your repertoire, too.

***Towards the end of April the SOS Race will be on the 26th.*** Director, Jerry Tylutki, has made the course more interesting. Runners will be going through the Utica Zoo. Very cool in my book. Dennis and I have been Zoo supporters forever and this SOS will be benefitting the animals as well as the Switchbacks. The Save Our Switchbacks Project started in the late 90s and finished up in the spring of 2003. The grants and matching support added: the decorative gateway to the South Woods; replaced all of the 29 culverts along the 2.2 mile trail; drainage ditching was completed along the entire trail; rip-rap was installed to inhibit water runoff; and three layers of surfacing were applied. The SOS Race continues to raise funds so that every 5 years, the Club can donate \$5000 to the City of Utica for upkeep. So, in advance, Thank You for running the SOS!

I was glancing through some old SplitTimes issues for inspiration and I came upon the April 2003 issue. John Huther was the editor, Mary MacEnroe was the President, and we used to have a combination application. Runners could pay \$60 to register for four events: The Hall of Fame Race, The SOS, Summer Sizzle, and Falling Leaves. This combo app saved \$5 per race and Race Directors were able to have an early idea of participant numbers. Then to make it even better, if you completed all 4 races, you received a special "Four Race Sweatshirt." Cool. I had one of those.

Also in that 2003 issue, there were 31 Boilermaker Training Program participants, the Utica Roadrunners came in first at the Heart Run for Teams and Organizations, and we were holding regular Sunday morning Breakfast Runs from member homes. Those were the good old days.

Tom Joslin and JoAnn Willcox are running Boston this year. Keep them in your hearts and minds on Monday, the 20th! Good Luck JoAnn & Tom!

Oh, and that financial situation – April Fools!

There are lots of fools on the road, so BE CAREFUL OUT THERE!



# SAVE OUR SWITCHBACKS APRIL 26TH



Partnering with:



**Our kick off event! April 26, 2015**  
**7.5K Road Race (4.66 miles)**

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

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

*New course for 2015 will take runners through the Utica Zoo!  
Tired of running down the same hill as the Boilermaker, the  
Development Runs, and Falling Leaves? The 2015 SOS Course will take  
runners down African Alley and out the main gate of the Utica Zoo!*

[Register online today >>](#)



**VALLEY VIEW  
GOLF COURSE**

**Save Our  
Switchbacks  
is a Grand  
Prix Event**



**SWITCHBACKS!**

## Letter from the Editor

## My Top 5 Boilermaker Training Tips

When I ran my first Boilermaker in 2011, people lied to me! They told me that “if you can run 6 miles, you can run the whole thing” and that “the crowd would carry me through”. Negative. I realized how important full, committed training is the hard way...around mile six...when I know I should have trained harder.

I’ve ran a couple runs with the Boilermaker Training Group so far and it’s exciting to be around so many people who are tackling this big, awesome goal. I wanted to share my top 5 tips to help them – and anyone training for their first 15K this year. May my mistakes and misjudgments help you reach the finish line with grace and pride!

1

Run another race or two before the “big one”. Never underestimate what running in the midst of 14,000 people feels like. Throw in a 5K or 10K during training to get you use to running next to others, especially if you’re training solo.

2

Don’t think about “9 MILES!” every time you go out to train. It will mentally wreck you. You think you’ll NEVER get there when 3 miles feels so damn hard right now. Think only about the distance you’re tackling for that day and keep building.

3

Train *almost* up to 9 miles. Everyone differs in how close to the final race distance they train to, but I like going up to a mile or so less than the “real thing”. Then you reserve the full awesomeness for race day and it will be “the day I ran further than I’ve ever run in my life!” I trained to 8 for my 2nd Boilermaker, 12 for my first half marathon and we trained to 23 for the first full. That worked out great.

4

Train the course! We have an advantage that we LIVE RIGHT HERE and can run portions or the majority of the 15K course at any time. I don’t know why I didn’t train it more my first time! I’m an idiot.

5

Run hills. Period. I have a hill running “trick” - pick something that’s a short distance away from you (a crack in the sidewalk, a lamp post, dog poop, etc.) and run to THAT. Don’t think about the hill at all, just the “thing”. Then pick the next thing to stare at and run to... until you’re to the top! Works like a charm.

**Good luck!  
See you on the course!**

*Michelle*

### PS:

If you have any of your own Boilermaker tips to share with our readers, please email them to me at [michelle@484design.com](mailto:michelle@484design.com). We’ll put some in each issue of SplitTimes leading up to July!

## Boilermaker Training Runs



**We have about 30 new members  
and it’s still not too late to join!**

**Join our next 2.5 mile run  
April 4th at the Parkway Rec Center -  
7:30am sharp!**



# MEMBER SPOTLIGHT

## Rich Crandall

***He's a numbers guy.  
And he's rekindling his love with running.***

Twenty consecutive Boilermakers with a P.R. of 68:30. The Heart Run almost as many times. Six marathons with a P.R. of 3:45. A 4:23 to 3:57 marathon time decrease in one year. Numbers to be proud of. But there were also numbers that have plagued Rich over the years – weight gain, high cholesterol and high blood pressure numbers that served him a warning last October. Here's Rich's story...

Rich Crandall is an Actuary at Utica National (we told you he's a numbers guy!) He didn't participate in any sports in high school, but you could find him bowling quite a bit. He didn't start running until he was 27 when a friend of his that ran the Boilermaker put a training schedule together for him. He didn't tell anyone he was training for the 15K, and he quietly and diligently followed the training regiment all the way to the finish line. "Nothing was as exciting as finishing my first Boilermaker," he shares. It was such a monumental moment for him. Like so many Central New Yorkers, the Boilermaker was the race that got him hooked on running.

Rich fell in love with running because the running community was so supportive of people of all abilities. "I felt like every time I ran a race, everyone was cheering for me," he shares. "Additionally, it was a convenient sport, only requiring throwing on pair of sneakers and hitting the road any time I felt the urge. Finally, it is the therapy I need when I have had a stressful day at the office. Nothing clears my head better than going for a run."

Rich kept running every Boilermaker, along with many other local races. In 2005, he stopped exercising, his weight topped 200 pounds and he felt pretty awful overall. He discovered the book *Marathon... You Can Do It* by Jeff Galloway and right there, in his "worst shape ever" is when he decided to run a marathon. Starting his training at 205 pounds, he finished the 2005 Marine Corps marathon at 185 pounds in 4:23. Great numbers. The following year, his partner Rick made him a deal – he would run the Marine Corps with him if they stepped it up and ran it for TIME to finish in under 4 hours. Rich sweetened the challenge with mandatory speed and hill training and ended up shaving 25 minutes off his time from the previous year to finish comfortably under the four hour mark. Rick has since run five out of Rich's six marathons with him and serves as a great support system. (And Rich likes to talk while he's running... so it's great to have someone to listen as they put in the miles!)



*First Boilermaker, 1995*



*Marine Corps Marathon, 2008*

4:23



3:57

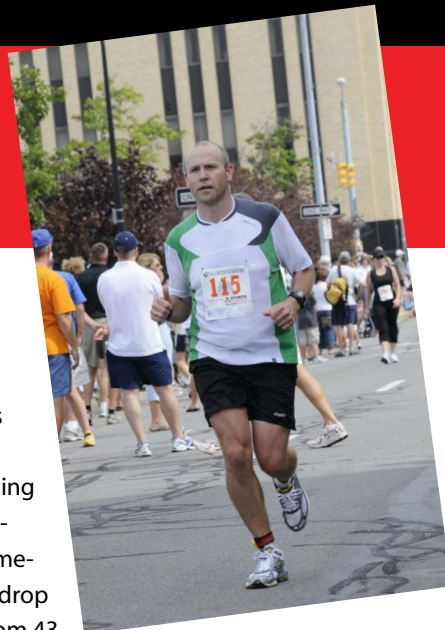
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In October 2014, Rich found himself back at around 200 pounds and got news that his cholesterol and blood pressure were both at risky levels. He was told that changes needed to be made and decided to heed the advice and adopt serious lifestyle changes that would turn things around. He started by walking their dog, Elliot and showshoeing 4-5 miles at a time throughout the winter. That and making better dietary decisions (eating

natural foods, staying away from processed items and shopping the perimeter of the grocery store) helped him drop 20 pounds and decrease his waist from 43 to 38 inches in a few short months. He set a consistent but pretty fun rule for himself – Monday through Friday he eats well, being very cognizant of meals and food selections. On the weekends, he allows himself some leeway – beer and pizza included!

Now, Rich is poised and ready to bring it on in 2015. He has some solid goals for local races – Fort to Fort, Hall of Fame, Boilermaker and maybe the Lake Delta Half – and is enjoying “rekindling myself with running.”

Rich’s story reminds us that running serves as that friend who is always there for you no matter what shape you’re in mentally or physically. It welcomes you with open arms. Just throw on some sneakers and go meet up with it whenever you need to.



## Rich’s Rituals:

Lay all running clothes out the night before, bib pinned, in “human shape”



The morning of the race, Eat Ego waffles (made in the microwave!) topped with peanut butter and banana



## Rich’s top 6 ways to make a healthy lifestyle change

- 1 Shop the perimeter of the store (grains, fruits and vegetables).
- 2 Snack on fruits and nuts instead of candy.
- 3 Everything in moderation.
- 4 No food or drink after 8:00pm.
- 5 Drink lots of water! (Drink water first... then if you’re still hungry, go ahead and eat).
- 6 COMMIT! A lifestyle change is a long term commitment. Making the commitment is the most important thing you can do.



Marine Corps Marathon, 2008. Despite a PR, Rick still prevails with a PR of his own.



# Awesome Stuff

## Why 26.2?

What did the British royal family have to do with setting this iconic distance?

[Read the full article >>](#)



**If you don't want to read the article, skim these cool facts from it:**

**1908**

The year the distance increased at the London Olympic Games

**1,100**

The number of marathons available per year in the United States

**1972**

Female competitors were allowed into the Boston Marathon

**1976**

25,000 runners finished marathons

**2013**

541,000 runners finished marathons

## Saturday Mornings Rock!

The Boilermaker Training program is going strong - join us! No one ever regretted waking up early to get a run in with some awesome people...





# CNY Running Clubs Cup 2015

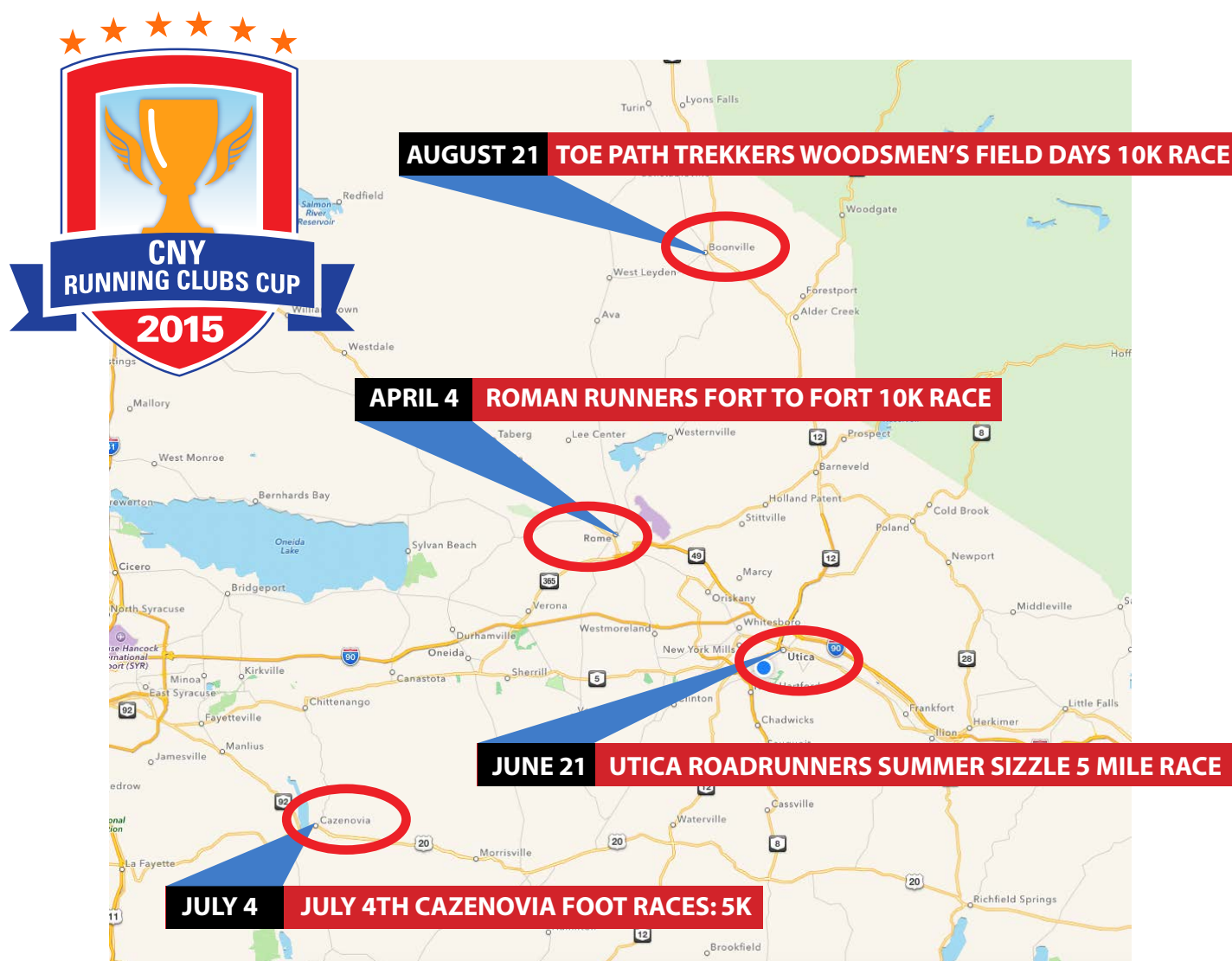


North Country  
"Toe" Path Trekkers  
Walk-Run Club



## Let the fun begin! 6 clubs. 4 races. 1 winner!

In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. There are no gender or age distinctions. The Cup is truly open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results.



# H.S. ATHLETE Q&A

## Mariah Mays

**School:** Rome Free Academy

**Grade:** 12

**When did you begin throwing?**

I was pulled up on varsity as an 8th grader by my coach who inspired me, and that's when I became a thrower.

**What inspired you to start?**

I started throwing in 8th grade. My dad (Boys track head coach) wanted me to go throw for coach Ted Swavely on varsity (who is now my throwing coach) and I refused! I didn't want anything to do with it and I remember I was scared out of my mind to go up with high school kids and practice. But I can never thank my coach and my dad for pushing me to go on the team because without them I wouldn't be where I am today



*Coach Ted Swavely and Mariah.*

**What events do you compete in?**

I throw the shot put, discus, weight throw, and the hammer. In indoor I throw shot put, the weight throw and in outdoor I throw discus, hammer, and shot put.

**What are your best distances you've thrown so far?:**

Shot put: 43 ft 8 inches  
Discus: 148 ft 2 inches  
Weight Throw: 52 ft 1 inch  
Hammer: 136 ft

**Tell us a bit about how you train:**

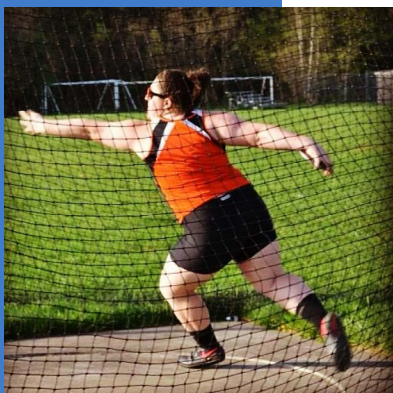
I train all summer long and during track season I usually have a weight lifting schedule. On a normal week, I work out Monday, Tuesday, Thursday, and Friday. After I work out I throw, and on Wednesdays we just throw. Weekends we have off and we go through the cycle again the next week.

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

I've been lucky enough to go to the state meet every year since 8th grade, I've placed every year since freshman year. I've also been lucky to have made it to nationals and placed almost every year since freshman year. As a freshman, I was the New York state discus champion, and my junior year I came in 2nd. I've been sectional champion almost every year, and I have won state qualifiers almost every year as well. I believe that my biggest accomplishment of all is becoming the thrower that I am today, I couldn't be more happy or thankful on how my high school throwing career has been these past 5 years.

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

I plan on going to states and nationals this year and hitting some big throws in the future. Another state championship title sounds nice! After that, I plan on continuing my throwing career through college. I also plan on majoring in nursing.



*continued* →





***Do you do any other sports aside from track?:***

I played soccer when I was 5 years old, until junior year. I decided not to play soccer my senior year, in order to train for my senior year in throwing.

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

I have broken every school record in every event I can possibly break from 8th grade up to senior records. I hold the Section 3 record in all four of my events. Also, at the indoor state meet I was awarded the sportsmanship award for Section 3.

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

I actually don't have just one thing that I can't live without. I can't live without my wrist straps/throwing glove, throwing shoes, or my implements. My wrist wraps keep my wrist from hurting when throwing shot put, and my throwing glove keeps my fingers from getting blisters or bruises on my fingers from the hammer or weight throw. I can't do anything without my throwing shoes, they are my babies when it comes to throwing and I can't throw

without them. If I didn't have my implements (what I throw with) I wouldn't even be considered a thrower, without them I'm useless.

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

A meatball sub, or any sub for that matter! As a thrower, I really don't have to watch what I eat before or after I compete because it doesn't bother me. Since I use so much energy in throwing, I'm usually always hungry after I throw so any food will do. Throwers love food!

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

I love spending time with my family, my friends, and I love watching movies. If I'm not doing that, you can find me drawing or painting. I love listening to 80s music and painting a nice picture. Painting is a fun way for me to relax and an easy way to create something meaningful for someone all at once.

***What movie could you watch over and over again?:***

The Amazing Spiderman 2 movie is one of my favorites! I've probably watched that movie 15 times in the first week that I had it on DVD, now I watch it at least once a week. I'm a big geek when it comes to anything with superheros and movies about them. I do love all the Spiderman movies, but this movie has such a great background story that just keeps you amazed, surprised, and inspired all at once!

***Do you have any pets?:***

I have one dog, she is a 6 year old Beagle named Violet. She is the most loving dog you can possibly have, who is also very smart. We have jingle bells attached to both my front and back door. When Violet wants to go outside, she will reach on her hind legs and ring the jingle bells with her nose to let us know she needs to go outside.

***What is your throwing mantra?:***

I always tell myself before I throw "You can only throw so far then the rest you just have to believe in yourself, and you can only believe so much, then the rest you just have to impress your self by throwing." I go into every meet confident, and come out of every meet saying I can do better than my best. I always like to give myself hope, and to realize that you can always improve. The key to being not just good but great, is the demeanor, determination, and the heart you put into anything you do. If you give all three of the those things your all, you should never be disappointed in the person you become. My coach Ted Swavely taught me that.



# Utica Little Black Dress Run – Saturday April 4, 2015



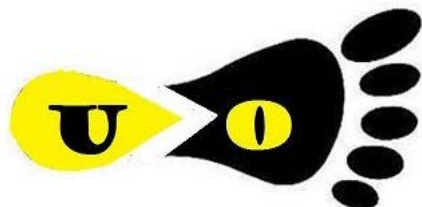
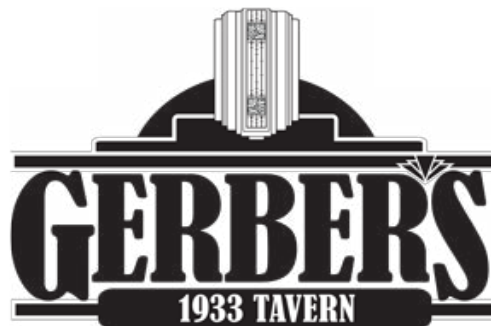
**Come be a part of the premiere early April Central NY area Little Black Dress Run!!!**

Sign in and Utica Club starts pouring at 1:29 pm. Hares Away at 2:30 pm(ish)  
Start Location: Gerber's 1933 Tavern, 16 Liberty St, Utica, NY 13502

Rego at <http://www.uticabtnh3.com> before April 1 gets you guarantee of an amazing glitter tutu giveaway day of run! Cost until Mar 1: \$29.69; cost until Apr 1: \$34.69, Apr 1 to day of event: \$39.69.

What to expect:

- Everyone, guys and girls alike, in little black dresses. Else you can't run with us and we will be sad
- Beer
- Glitter tutu giveaway if you rego'd early enough
- A place to store bags, etc. inside the tavern
- Tags
- Glitter faeries getting you looking glittertastic in glitter zone outside the tavern
- Opening circle where we explain the markings for our 3-5 mile fun, untimed, noncompetitive course that can be walked or run and has several exciting surprises including beer. Yes, there will be walkers doing this
- Once everyone is back, closing circle with more beer.
- After party at Gerber's including more beer, delicious fried bologna or grilled cheese sandwich and side.
- Other awesome surprises.



This year's designated charity is Mohawk Valley Perinatal Network, additional donations can be made at time of registration. Additional/alternate food and drink available for purchase at venue as well as other Utica H3 items.

*Utica Better Than Nothing H3, <http://www.uticabtnh3.com>*



# A RUNNING CLUBS CUP RACE!



## THE 28th ANNUAL FORT TO FORT RUNS

*To benefit the*

**American Red Cross - Rome Area Chapter**

**\*\*\* SATURDAY, APRIL 4, 2015 \*\*\***

**\*\*\*Rome Free Academy, 95 Dart Circle, Rome, NY \*\*\***

**CHIP TIMING by LEONE TIMING**

**REGISTRATION:** 7:30 - 8:45 am Race Day

**START TIMES:** Fun Run - 8:45 am --- 5K Run and Walk - 9:00 am --- 10K Run - 9:00 am

**AWARDS:** Special Wicking T-Shirts (men's and women's cut) to first 500 entrants!  
5-Year age groups  
Refreshments!

**REGISTRATION** Pre-registration on or before April 1, 2015 - \$20.00

**FEES:** Morning of Race - \$25.00  
Student - \$15.00

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 and release any and all rights and claims for damages I may have against Rome City School District, Griffiss Business and Technology Park and the City of Rome, their representatives and successors for any and all injuries suffered by me at the races to be held in Rome, New York, on April 4, 2015. I verify that I am physically fit and have trained sufficiently for the competition of this race.

Printed Name: \_\_\_\_\_ Age (on 4/4/15): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ e-mail: \_\_\_\_\_

Parent Signature if under 18: \_\_\_\_\_

**Event: Circle one**

**Shirt Size: Circle one**

5K Walk    5K Open    10K Open    Small    Medium    Large    X-Large

➤

➤ Make checks payable to *Roman Runners* and mail to Cindy Reynolds, 1101 N. George St., Rome, NY 13440

➤

**REGISTER ONLINE @ [www.getentered.com](http://www.getentered.com)**

# UTICA ROADRUNNERS 2015 MEMBERSHIP APPLICATION/RENEWAL



## Who We Are

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

### 2015 Membership Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_ T-shirt Size (new members) \_\_\_\_ (mens' sizes S, M, L, XL, XXL)

### Additional Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_ T-shirt Size (new members) \_\_\_\_ (mens' sizes S, M, L, XL, XXL)

### Additional Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_ T-shirt Size (new members) \_\_\_\_ (mens' sizes S, M, L, XL, XXL)



**Additional Renewal or New Member (circle one)**

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_ T-shirt Size (new members) \_\_\_\_ (mens' sizes S, M, L, XL, XXL)

**Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.**

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

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

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

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

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

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

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

Questions? Please email Dave Paddock at [sdpaddock@aol.com](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@twcny.rr.com](mailto: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](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
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](mailto: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](mailto:densyb@roadrunner.com) or call (315) 733-6216.