

splitimes

april 2016

The Official Newsletter of the Utica Roadrunners



The course

Sign Up
Today!

SAVE OUR **7.5K**
SWITCHBACKS



April 24th

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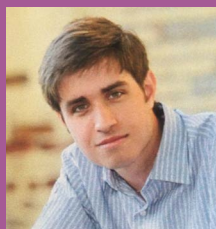
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April
2016
Utica Roadrunners
Board of Directors



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Roadrunners could be seen volunteering at our table at the Expo, running or walking AND just having fun!



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Advertising

If you would like to advertise in Splitimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!). See last page of this newsletter for advertising rates.

Editor: Michelle Truett
michelle@484design.com



**"LIKE" US
ON facebook!**

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





President's Message

Howdy, Partners! You all gotta get down to Texas! Dallas is quite a city. There's a lot to do, plenty of trails and quiet areas for running, and nice people. Dennis and I had a quick but fun time as we waited for the Road Runners Club of America Convention Banquet where we would collect Michelle Truett's Award. Michelle, our Splitimes editor, won the RRCA 2015 Outstanding Club Newsletter Award. Michelle truly deserves this national honor. Our issues of Splitimes are better than ever. That is not to say that previous editors did not do enough work – they were all great. Mark Williams won this award over 20 years ago. Michelle's approach to producing the Splitimes is special. She goes out of her way to find interesting people and subjects. We have links at our fingertips to learn more about running and we have a place to share our triumphs and missteps through words and pictures. Michelle puts everything together in an exceptional fashion. Well done Michelle!

April brings the start of the 2016 Grand Prix season. Put on your running shoes and get yourself to Rome for the Roman Runners Fort to Fort 10K on Saturday, April 2, rest a little, and then go to the Parkway for the Save Our Switchbacks 7.5K on April 24th. In between those two events there are at least 9 races where you can work on your speed, your pace and your running etiquette. Check out the Club website calendar for specifics.

I mentioned Running Etiquette. One thing that I learned at the RRCA Convention (by way of a pamphlet) was that in the interest of promoting an enjoyable running and racing experience for everyone, the RRCA encourages good runners' etiquette. I want to say that every member of our Club follows the rules all of the time, but we all know better. There are numerous bullet points for each area in this brochure. Here are points where I have seen infractions:

Guidelines for Running – Read and follow rules of the event outlined on the entry form or website. Never swap numbers – it is considered trespassing (yes, trespassing!) to swap or buy a number without race director approval. Pay attention to pre-race instructions because this is not the time to be blaring music or talking to friends.

Aid Station Etiquette – Plan ahead to move toward the right as you approach water and don't barge your way in front of other runners. Don't stop suddenly to drink and be careful of how you dispose of your cup. Thank the volunteers.

Race Etiquette on Course – Allow faster runners to line up first. Run no more than two abreast. Don't stick out your elbows and push your way through the crowd. Pay attention to your surroundings so you stay on course and watch for oncoming traffic. Yield way to wheelchair athletes, police and emergency vehicles. Wear just one earbud so you can hear what is happening around you. Don't cheat!

Finish line Etiquette – Take your headphones off. Follow instructions of officials at the finish line. Exit the chute in a timely manner. Enjoy the refreshments, but remember it is not an all you can eat buffet!

continued →

Award Winner Etiquette – If you won an award, stay for the ceremony. If there is a discrepancy, discuss with a race official, not the announcer.

Rules of the Road or Trail – Run against traffic! Don't be a road or trail hog. Alert pedestrians or slower runners of your approach – Say "on your left/right." Don't assume cars will stop for you – even at a crosswalk.

Go to www.rrca.org/education-advocacy/ for more details because what I have listed is less than a quarter of the Etiquette information.

The **Boilermaker Training Program** is blooming. Melanie, Stephanie, and Mike have the recruits out on the roads. They meet at 7:15 AM to take off at 7:30 at the Parkway Rec Center every Saturday morning from now until the Boilermaker. Join them and give verbal and moral supports to the newbies. Just check in with Melanie and Stephanie.

Speaking of the Rec Center, we have a month yet before the **Wednesday Evening Development Runs** begin on May 4th. Please consider contacting Mike Kessler mkessler1012@roadrunner.com to volunteer. You know what a pain it would be to carry water for the Development Runs because none was offered on the course. That's where we need YOU! Certainly you can miss one evening of running to help. Just run earlier or use one of these Wednesdays as your day to rest your bod. Maybe your family would like to man that water stop for a few weeks. For many years, I used to volunteer at the golf course water stop for the whole season with Pete and Cindy Molesky. I am sure that some of you are thinking that we should continue to man that spot. Well, we put in the time - lots of it! It is your turn. Just think of the volunteer points that you could rack up.

Remember... SOS, April 24th, register early, have fun and... BE CAREFUL OUT THERE!



You can
still join
the group!

Boilermaker Training Program



NEXT RUN (3 MILES)
Saturday, April 2
7:30am SHARP
The Parkway Rec Center

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?

We have a GREAT group this year!

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

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

Letter from the Editor



Race Season is Here!

Hey there, fellow runners! Sybil touched on the RRCA newsletter award in her letter, so I won't belabor it here. I'm very thankful Sybil and Dennis could travel to Texas to accept it for us – it's quite an honor!

In other news... it's race season in the Mohawk Valley! So many good ones to choose from and so many distance options – Fort 2 Fort, S.O.S., Ted Moore 5K at MVCC, Erie Canal Half, Summer Sizzle... of course the Boilermaker... and some of us are pondering a Peak to Brew team. It should be an exciting year! Hope training is going (or starting) great for everyone.

Do me a huge favor - if you're out running races, snap a photo and shoot it over to me so we can share what our Roadrunner members are out there doing! We love to see everyone involved and who knows - your photo might inspire someone to try that race next year!

And as always... if you'd like to share your running story with us, give me a holler!

Have fun. Train hard.

A handwritten signature in cursive script that reads "Michelle".

Roadrunners' Racing Team

The Racing Team is looking for new athletes to join its men's and women's roster.

The Racing Team is a competitive team that competes at cross country and road races to represent the Utica Roadrunners in team competitions. It consists of some of the fastest Open and Masters runners in the area. Anyone that's interested in joining the Racing Team should email Jeremy West at coachjeremywest@gmail.com expressing your interest. Please include any recent PRs from 5k up to the marathon to be considered. Anyone that qualifies will receive a Racing Team jersey to wear during races and will be eligible to have their race registration fees reimbursed for races if they meet the required criteria.

2016 Race Schedule

Sunday, September 11th-Sunday, November 20th - Pete Glavin XC Series

Saturday, July 23rd - Utica Roadrunners XC Invitational 1.5 mile/5k

Sunday, October 2nd - Syracuse Festival of Races 5k

Sunday, November 13th - Stockadeathon 15k

* Do you know of any other races that have a team competition? Let us know!

H.S. ATHLETE SPOTLIGHT

Angus Armstrong

New Hartford High School

How joining cross country and being part of a team helped this autistic teen shine.

Written by Donna Armstrong

Angus first got serious about running when he was in 7th grade. We still remember the phone call from Coach West one Sunday evening asking if Angus wanted to join the Modified team. It was his first year as the cross country coach for New Hartford. Since we lived out of the district we really weren't sure who to contact. We told Angus, at the end of his 6th grade year, to sign up for cross country but hadn't heard anything from the school. Angus' father had even put a call into the Athletic Director but still hadn't heard anything. Apparently, one of the issues was that when Angus signed up for cross country, he only put down his first name. So he was hard to track down. It never occurred to him to put his last name on the sign-up sheet.

Angus has autism. He has gone to the New Hartford DDP program and subsequently the BOCES program in NHCS since kindergarten. He is integrated into regular classes with an aide and has support systems in place for reading, writing and test taking. We are very proud that Angus will graduate this spring with a Regents diploma.

Cross country has opened up so many things for Angus. He has become part of a team, something he was never a part of before. People think running is an individual sport, but to Angus it became a brotherhood with the other athletes. I know running helps him not only relieve stress, but helps him control and channel the multitude of stimuli that bombard him on a daily basis. The challenges of focusing on tasks and processing information has improved with running. The team and coaches have always accepted him and all his idiosyncrasies, like his awkwardness and obsessing over things. They watched over him to make sure he would go the right way, pace himself and even helped tie his spikes if we hadn't gotten there early enough. Angus was a "middle of the pack" runner on the team. He would have fast and slow races depending on his concentration.

"you need to think of this race as a test and you need to ace the test!"

He was one of the three captains his senior year, thanks to Coach West and Coach Byrd. Although he didn't have the responsibilities of the other captains, he was very proud to give many of the "pep" speeches before big races. He always would give the same speech, but he believed it motivated the team to not only win the League Championship but also Sectionals. His line was always "you need to think of this race as a test and you need to ace the test!" He won the Coaches Award during his modified and senior year.

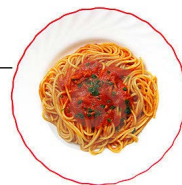
Some other cool things about Angus:



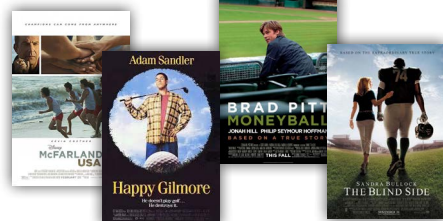
He is an avid Syracuse basketball fan. We have season tickets and he enjoys going to the games. He can tell you the score of most games even from past seasons (one of his special traits).



He has two older sisters. Although they live out-of-state, they remain close friends with Angus.



His favorite food to eat before and after races is spaghetti and he loves all kinds of rolls.



He enjoys many movies especially when they involve a sport! Here's a few of his favorites.

Our 2016 Kick Off Race!

SAVE OUR SWITCHBACKS



HALF A BOILERMAKER • 4 | 24 | 16

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"

Sunday, April 24, 2016

Run starts – 9am

Kid's Run – 8:30am



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 >>](#)

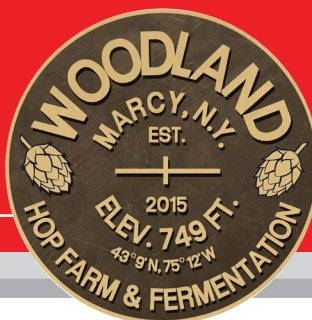


Happy Hours!



March's Happy Hour brought the Roadrunners to Swifty's in Downtown Utica!

Join us!
Club Happy Hour
April 1, 2016 • 5:00pm
Woodland Hop Farm
and Fermentation
6002 Trenton Rd, Marcy



Member Spotlight



Falling Leaves 14K, 1:12 finish

Joanne Reese was recently awarded the coveted Magellan Award at our annual banquet, celebrating 24,900 lifetime miles.

Let's just say that's like running around the globe... she ran over 1,600 in 2015 alone! She's been a Roadrunner since 1996 and is only the second woman to achieve the Magellan Award (the other was our fearless leader Sybil Johnson). We caught up with Joanne to learn more about how she got into running, what she's logging these days and to get some advice for running strong and safely in your sixties!

At age 33, Joanne was feeling the stress. A mother of two, with a full time career in human resources and a bad habit of never being able to say "NO!"; her doctor told her that she should start thinking of an outlet. This was 1986. She started walking, which made her feel much better. She then realized that if she RAN, she could get the loop by her house done *faster*. So she started run/walking a three mile loop until she could finish the whole thing with no problem. Then Dick Stanley had a chat with her. Dick was the high school principal in Westmoreland at the time and they were having a five mile fundraiser race that he absolutely thought she should run. Seeing her finish and seeing her impressive time, he also thought she should start entering more races and win the Roadrunners' Grand Prix that year. So she did. And she started running five miles all the time. Then her brother Gerry talked her into running the Boilermaker and they have run it together now for the past 13 years. A running career blossomed.

Joanne has also been very involved with the Heart Run for many years, running in memory of her father who died of heart disease at age 62, and her loving husband Gordie who has had two stents put in. With all of the money raised for research by the Heart Run each year, she believes wholeheartedly that Gordie was saved by new treatments that weren't available to save her father.

Joanne truly loves running. Running leaves her feeling like "someone gave me a shot of happy medicine". Gordie says he wants her to run for HIM as well, because she always comes back in a much better mood.

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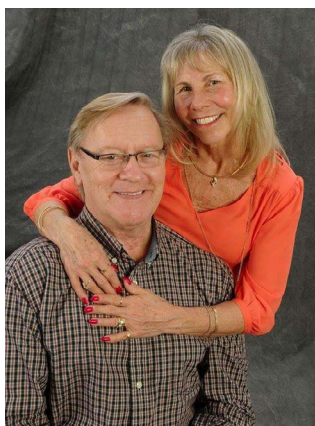
Member Spotlight (cont.)

She mostly runs solo on the roads near her home in Westmoreland and enjoys the stress reducing affects it has – where sometimes her mind will race while trying to fall asleep at night, out on the road her mind goes blank and she can relax. She is very fortunate that she has not had any major running-related injuries all these years. She was diagnosed with spinal stenosis in 2009 and underwent surgery that November after finding a great doctor in the Rochester area. She was out running again by December 20th. She was also able to get back to country line dancing, a favorite pastime that she and Gordie have shared since 1994.

She never got upset turning 40, 50 or 60. She thinks “why waste your life worrying about how old you are – enjoy the NOW.” She continuously tells that to her two daughters, who are getting into running themselves. Her grandkids are even getting in on the action! She has four young grandchildren and with her conditioning through many years of running and strength training, she’s that awesome grandma that can keep up with the ever-on-the-move youngsters! “They do, I do!” she laughs, even if it means crawling through playground tunnels!

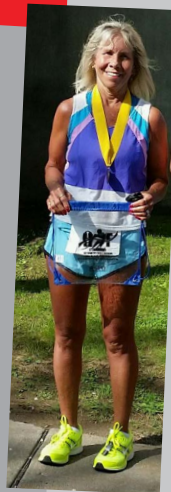
When asked if there’s one piece of running gear she can’t live without, she says it has to be a comfortable pair of sneakers. She found a pair of New Balance sneakers that worked so well for her, that when he found out that they were discontinuing the style, she bargained with the company to sell her the last NINE PAIRS in her size for a great rate (and free shipping!) Joanne doesn’t mess around when it comes to her sneakers.

Another great story of running apparel is her very first pair of running shorts. They were bright pink and she wore them until her daughters had to have an intervention to get rid of them. They may have thrown them out, but Joanne fished them out of the garbage and lo and behold, the girls saw the second coming of the shorts when Joanne presented them with beautiful quilts made from running shirts and... pieces of those bright pink shorts.



Joanne’s goal is to run well into her 80s and 90s, be an example for her kids to stay active and healthy, to inspire others and to just continue doing what she loves - running!

Lastly, Joanne gives credit to “my biggest support and cheerleader, my entire life... my husband, Gordie!!!” He’s always at the races and helps at home so she can get her runs in. They’ve been married for 42 years – they met when she was 13 and he was 15 years old.



First in her age group (62) Go the Distance 5K Run, 24:32



Grandkids Abrianna and Easton Metz (4 and 6 years old) running while camping at the St. Lawrence River



2015 Boilermaker with her nephew Tom Schaller, brother Gerry Schaller and daughter Andrea Metz.



Joanne with her two daughters Andrea Metz and Katrina Nortz running the Run for the River race



Grandbabies accepting medal for Grammy at the Run for the River – 1st in her age bracket!

Goals and Finding Balance



Willijah Dawson

Full time insurance customer advocate, full time student and lover of running (in her spare time!) With numerous 5Ks and two Boilermaker 15Ks under her belt she claims "running is my therapy."



As an adult you realize that finding balance is one of life's biggest struggle. We have many roles to play, endless to do lists and our own personal goals. I've found in my 30 years after many failed attempts that doing it ALL at the same time is difficult.

You need to know what your "KEY" priorities are and focus on a few things at a time. Once you've determined your priorities you then need to get organized and develop systems to ensure these goals are achieved before moving on to the next.

I've found that in order to be successful you need to first take a look at the big picture and evaluate what your day to day looks like and ensure that while working towards your goals you not neglecting the other important areas of your life.

Lets look at life's main categories:

Health: Your health needs to be a priority... your body is what carries you through life. If its not performing optimally you will not be able to function at your best. Getting in proper rest, nutrition and exercise should be at the forefront of your life.

Career: As some people say money does not buy happiness but lets face it in the society we live in it definitely does give you the things you need. A home, food, a bed to sleep in, etc. Point being you need to make money somehow so doing your best at work and ensuring you are educated in the fields you desire to work in are important to your overall success.

Relationships: We all have roles we play; mother, father, daughter, son, sister, brother ,husband, wife etc. I understand that if you are a parent your children's needs come first and they are now your full responsibility but since I do not have children of my own I cannot speak on this from experience. I've found however that managing all other relationships in my life can be a job in itself due to the many demands. I've learned in my 30 years that in order to successfully manage these relationships I had to first take care of myself, know my boundaries, know when to say no and learn how to nurture these relationships without losing myself and being taken advantage of.

Spiritual: No matter what your religion is making time to practice your spiritually is so important. Meditation, prayer, and participating in your spiritual communities will help you find the calm and serenity we all need.

After taking a look at the big picture you can then determine where and when you can make time for your goals.

"A happy life is a balanced life"

REGISTER NOW, DON'T GET SHUT OUT!

HALF MARATHON/RELAY • 5K RUN • CITY OF UTICA

ERIE CANAL HALF

May 22, 2016 • Utica, NY



EVENT

TIME

Half Marathon *Utica Roadrunners Grand Prix Event*
Cap 220

8:00am EDT



2-Person 1/2 Marathon Relay
Cap 75 teams

8:00am EDT

5k Race
Cap 150

8:10am EDT

SAME GREAT START AND FINISH

START: Whitesboro Street near PJ Green

FINISH: Genesee Street near Commercial Travelers

**PREREGISTRATION SPECIAL:
\$2 DISCOUNT FOR ALL
UTICA ROADRUNNERS.**

- Enjoy the race that begins at the "up and coming" Bagg Square District and proceeds down Genesee Street to the historic Erie Canal.
- Runners must preregister either online by May 13th or in person on May 21st at 805 Court Street, Utica, NY from 9am - 4pm.
- Performance shirts to the first 500 registered runners. Finisher Medals for all events.
- Post Race Party held on the grounds of Commercial Travelers

FOR MORE INFORMATION GO TO: BOILERMAKER.COM

BRAND NEW NAME, SAME GREAT RACE

CNY Running Clubs Cup 2016

2016 Races are Announced

After a great first year with the CNY Running Clubs Cup in 2015, competition resumes in 2016. The original six clubs, the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Toe Path Trekkers and the Utica Roadrunners are joined this year by Team RWB. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the six 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 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 seven points to the best, six 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. 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!

There are six races in the Cup thus far. A seventh (TBA) may be added in October. We are excited to add two new races to the Cup in 2016: the Nate the Great 12K in Canastota on June 11th, and the queen of them all, the Boilermaker 15 Road Race in Utica on July 10th. The six announced races are:

April 2nd: Fort to Fort 10K Race in Rome

May 7th: Towpath Trail 10K in St. Johnsville

June 11th: Nate the Great 12K Race in Canastota

July 10th: Boilermaker 15K in Utica

August 19th: Woodsmen Field Days 10K in Boonville

September 25th: Falling Leaves 14K in Utica

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.



The Mott Marathon

June 9th: The Mott Marathon Opens To Utica Roadrunners!

This year's 10th running of the Mott Marathon at the CVA track in Ilion will be like no other. Since the first Mott Marathon in 2006, 137 CVA seniors have completed the 105 lap journey to 26.2 miles. Each year they have raised money for local causes. This year, all monies raised will go to Relay for Life, in memory of 2011 CVA graduate Jack Day. The event will feature food and drinks and music. The event will again be sponsored by The Utica Roadrunners and the CVA Student Council. The Roadrunners have sponsored the event for the past four years supplying shirts for the finishers and an official clock.

This year to commemorate the 10th running, all past participants are being invited back. Past participants can run the whole distance to try and better their time or they can form a relay team of four or six runners. Central Valley Academy administration, faculty, and staff are also being invited to participate this year.

Members of the Utica Roadrunners are invited to participate as well. We can send as many as 5 solo runners and 2 relay teams (either 4 or 6 persons). Details about registering will be released soon.

To sponsor a runner or get more information about the event contact Jim Mott at jmott@cvalleycsd.org or check out the CVA Facebook page.

Save the Dates

It's never too early to save the dates for your favorite Roadrunners' races!



June 19th



September 25th

Awesome Stuff

RUNNER'S WORLD

They worked together to lose weight, start running and get healthy



The before and after photos almost speak for themselves, but we'll give you the highlights: Willie and Angela Gillis made a pact with each other, lost a combined 407 pounds and are logging an amazing amount of half and full marathons. Quite the inspirational story!

[Read more >>](#)

2015 Dues

The Dues Window for 2016 Has Opened

Dear Roadrunners Member,

The Dues for 2016 are due now.

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! >>](#)

UTICA ROADRUNNERS 2016 MEMBERSHIP APPLICATION/RENEWAL



Who We Are

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

2016 Membership Renewal or New Member (circle one)

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

Mailing Address: _____

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Annual dues are \$10 for anyone under 18, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.

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

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

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

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

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

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

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

Questions? Please email Dave Paddock at sdpaddock@aol.com or call him at
(315) 867-0281.

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. The Fitness Mill provides showers, reflective vests and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

Down in the Valley

Mondays at 5:30 p.m. at the GPO Credit Union in Ilion
Wednesdays at 5:15 p.m. at 622 North Main St. in Herkimer
Saturdays at 8:00 a.m. at the Little Falls YMCA.
For more information, email Jim Moragne at jmoragn1@twcny.rr.com.

Parkway Rec Center

Saturdays at 7:30 a.m.
A mixed group with all speeds and abilities welcome.
Meets inside the rec center

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m.
Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com.
Dan can be called at 939-4572.

Useful Links:

Utica Roadrunners FB Page: <https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?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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HALF PAGE - V
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QUARTER PAGE
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PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

| ADVERTISING SPACE & FREQUENCY | SINGLE ISSUE | ADDITIONAL ISSUES | 12 ISSUES |
|---|--------------|-------------------|-----------|
| FULL PAGE RACE APPLICATION | \$25 | \$25 | \$300 |
| FULL PAGE (OTHER THAN RACE APPLICATION) | \$75 | \$50 | \$625 |
| HALF PAGE | \$50 | \$25 | \$325 |
| QUARTER PAGE | \$25 | \$15 | \$190 |
| QUARTER PAGE (MEMBER) | \$20 | \$10 | \$130 |
| BUSINESS CARD (NON-MEMBER) | \$10 | \$5 | \$65 |
| BUSINESS CARD (MEMBER) | \$5 | \$5 | \$60 |

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@gmail.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

If you would like to advertise in SplitTimes, please contact:

Sybil Johnson email: densyb@roadrunner.com or call (315) 733-6216.