

splitimes

may 2015

The Official Newsletter of the Utica Roadrunners

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May
2015
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"I TOTALLY REGRET THAT RUN."
-SAID NO ONE EVER.

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



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ON facebook!**

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





President's Message

Happy May to Everyone! The weekends are filling up with running events for everyone to use for training for the Big Event. Our Boilermaker Training Program members can get the experience of running with bigger and bigger groups of runners. Of course, no race event happening around here before July 12th will compare. Who knows, maybe they will be traveling to cities with bigger races. I was looking at the Club Race Calendar and there are at least 13 races that are in or relatively close to Utica during May. Of course there is a full and half marathon and a 50 miler in that count. There would also be Mike Brych's Triathlons at Glimmerglass State Park. To be practical, the cost of all of these events would be well over \$300, and how many runners other than Kermit Cadrette run that many events in one month?



As with any club or organization, members come and go. Some stay forever, some are around, just not in our Club. Some have moved away and just come back to the Mohawk Valley for the Boilermaker. Along that line, I have a **picture of the crew getting together in May, 1997** at our house on Forrest Street in Deerfield for a Thursday night run. Dennis is giving directions for the courses that the runners will take for 3, 5 and 6.2 mile runs. I realize that almost everyone in the photo has their back towards us, but we still can identify almost all of them. It is interesting that most are still living around Utica. The kids have finished college or are almost graduated, Chuck Mix has moved to Florida, Bob Ingalls has passed away, and I believe that only 7 are current members. Ahhh, the good old days were very good. One of our current members would like to have a TNR (Thursday night run) this summer. Would you attend?

The Scholarship process has begun for 2015. Board member Anne Marie Latshaw has sent over 70 letters and applications to area school guidance counselors, cross country coaches and track coaches. I went to the Club mailbox on April 17th, hoping it would be stuffed with applications. Not so. If you have a high school senior who runs at your house, think about going to the Club website to fill out an app. I am sure that by the time you receive this newsletter, we will have some entries, but I want lots!

During April, the Club again sponsored the **Mott Marathon**. Haven't heard of that one? Want to run it? Can't. This marathon is only for seniors at Central Valley High in Ilion. The event raises money for a geology trip by having 40 seniors run around the school track for way too many

continued →

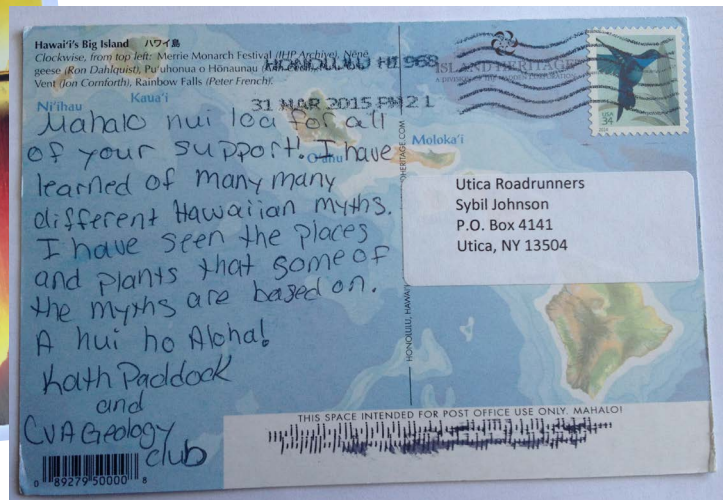
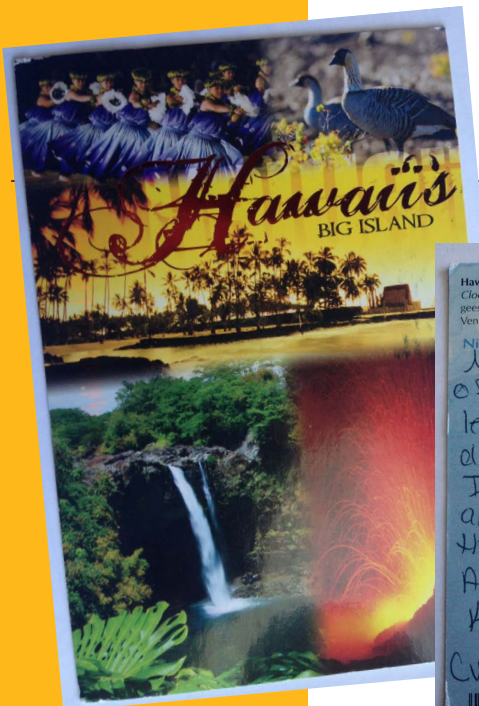
laps to complete the marathon distance. They begin at 3 PM and keep going until they finish. Yikes! Youth! Who thought of this? The Club clock is used and as soon as the last participant goes by the finish, Jim Moragne packs it up and heads home – that would be after midnight!

I have been at the Boilermaker office sorting through **old Club stuff**. There is still room for some of our Club stuff at the offices, just not as much. Anyway, there were boxes of old age group trophies from past races and records that were 8+ years old. We had 8 huge Heart Run trophies that the Club won for raising the most \$\$\$ in the Tavern or Clubs and Organizations Divisions. I was able to whittle things down to 2 cases of photo albums that stayed in the Boilermaker basement. I brought home some things to sort through. But in our cellar, there is still a 4 drawer file cabinet of Club records like race apps that have to be saved for 7 years, tax records and Club history. We also have 2 more totes with albums full of pictures. We have lots of pictures! I know many of those photographed faces, but I am pretty sure that our current members do not. Something will have to be done with all of this. Anyone have ideas?

The CNY Running Clubs Cup is off to an interesting start. I am sure that Jim will have specifics in this issue, but it was nice to hear Jim's report that the Utica Roadrunners had the best turnout at the Fort to Fort. Remember, if you run any of the Cup Events, indicate your club affiliation when you register for the Towpath Trail 10K, Summer Sizzle, July 4th Cazenovia 5K Footrace or the Woodsman's 10K.

Enjoy your May training runs, think about volunteering at the Development Runs and...
BE CAREFUL OUT THERE

Sybil



The club received a great postcard from Hawaii from Kathy Paddock. The club supports the Volcano Run, put on by her brothers Steven and Willie, to help out the Central Valley Academy in Ilion's Geology Club's trip to Hawaii.

#RaceLocal



My son Deondre and I at Summer Sizzle last year. We're looking forward to this year's race!

We live in a great racing community, with so many options for races of all different distances. We're the "15K Mecca" and almost every weekend you can find a 5K to partake in within a pretty close drive. You can push yourself and do quite a few half marathons locally as well.

It's important to support local races. Many benefit charities or causes right in our backyard and others support local running clubs and the hard working folks that run them – like ours! There's a lot of beginner runners who take part in local races that could use the push and support that our seasoned athletes can provide. And it's sometimes just awesome to bypass the mountains of logistics of a destination race. (Don't get me wrong - I LOVE destination races... I'm doing a 10-miler in Philly this weekend. The course is going to be outstanding, but the logistics of catching the SEPTA to the start line is giving me heart palpitations!*) I have a friend who lives in a loft apartment in Bagg's Square and can literally walk to the start of our Hall of Fame race, run the full race and walk home. That's local racing at its best!

One last thing that's great about local races... if your kids show an interest in running, the races we have to offer are awesome. The Boilermaker Kids Runs graduate them from 0.25 to 0.5 and up to a full mile. The 5Ks are a great next step, and when they're ready to take a slight step up from that, our Summer Sizzle 5 miler is perfect. My son ran it last year and seriously can't wait to run it again. He doesn't run cross country or track, but he's getting opportunities that will set him up with a love for running for life.

#RaceLocal - I'll see you out there!

** My buddy Dorothy Massinger told me it will be ok and to "just follow the other 30,000 people!" Hope you're right, Dorothy, and hope to see you at the start line!!!*



Attention Graduating Seniors!

The Utica Roadrunners will be once again awarding the Paul Ohlbaum and Howard Rubin Scholarships to outstanding male and female runners.

Minimum qualifications the Scholarship Board will consider include the applicant's running achievements, academic achievements and extracurricular activities. These are each a one-time award to be used for tuition, fees, or residential costs at an accredited college or university.

Runners who have received a full ride scholarship are not eligible for these scholarships.
Applications must be received by Saturday, May 30, 2015.

[Download the application >>](#)

Boilermaker Training Runs



Every Saturday Morning. 7:30am. Snow, sun or fog.



You can still join the Saturday morning group!

Join our next run

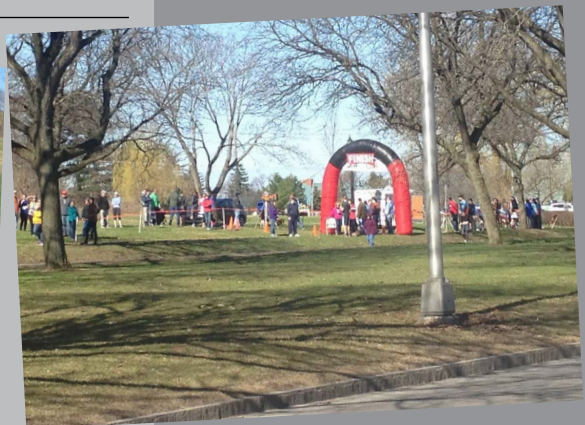
May 2 at the Parkway Rec Center - 7:30am sharp!

2015 SOS Run



**Thank you to everyone that
participated and ran a
HALF OF A BOILERMAKER
at our SOS Run on April 26th!**

*Thank you to Dorothy Massinger
for taking photos!*





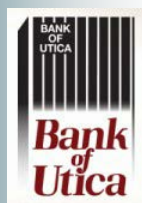
**Sunday, June 21, 2015
DEERFIELD TOWN PARK!
5 Mile Road Race**

Register now >>

Paper AND online registration available

————— Thank you to our sponsors: —————

GILROY
KERNAN
&
GILROY



My Pursuit of a Red Jacket



by Dorothy Massinger

While attending my first UR Awards Banquet last February and witnessing the Red Jacket Ceremony, I was impressed when the new Red Jacket members were joined by the current Red Jacket members for a proud group picture. I was inspired to make earning a Red Jacket my goal for 2015. I never even considered or thought I could get one of those coveted jackets until I saw so many people at the dinner wearing theirs. I knew at that point that it was within my reach.

I decided that if I wanted to be part of this elite group, the 1000 Mile Club, I would need to start logging my miles and volunteering with the Utica Roadrunners to help others meet their goals. Logging miles is easy because my husband, Al, gave me a beautiful, hi-tech, purple garmin running watch for Christmas. With Al's coaching and support, we developed a running plan to reach the goal of running 1,000 miles by the end of December. A few weeks ago, I hit 300 miles as I ran past the Christmas Tree at the top of the Switchbacks. It was a real special run because I did it with a couple of new runners who now love, and hate, the switchbacks as much as I do.

To earn a Red Jacket, you also need volunteer points. Every Saturday morning at 7:30 am I meet up with the 2015 Boilermaker Training Group. We have a Facebook page: "People Who Run For Fun (Utica Roadrunners Training Programs)" where we make announcements, post pictures and brag a little. While volunteering I have met some very determined new runners, each with their own unique stories and dreams. Together we run the streets of Utica chasing our goal of running and finishing the Boilermaker 15K.

If you want to pursue a Red Jacket, start logging your miles and contact Sandy Acuri, sarcu3@roadrunner.com. She will be glad to help you with your volunteering points. Then you, too, can be in the Red Jacket -1000 Mile Club picture at the 2016 UR Awards Banquet.

Dorothy's on her way to be in THIS photo at the awards banquet next year! Are you?



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

Awesome Stuff

Nike Women TV Spot, 'Better for It: Inner Thoughts'



We can all relate to the self doubting inner voices of the ladies featured in Nike's new ad. It's a great spot showing how uncertainty and the environment around us can turn into motivation.

Nike's #BetterForIt movement encourages everyday athletes to remember one thing: **They got this.**

[Watch the video >>](#)

Monks Run for 1,000 Days



In their quest for enlightenment the legendary monks of Mount Hiei put themselves through an excruciating endurance challenge: 1,000 days of long-distance running.

[Learn more >>](#)

71 Year Old Runs her 81st Marathon

Dream of running well into your 70s?

Barbara Brady's story will surely get you motivated!



Need New Tunes?

Need some new tunes to stay motivated during training? This **"Kick-Butt Boston Marathon" Playlist** Carrots 'N Cake may have a few new ones you'll love on it!



CNY Running Clubs Cup Report

See where we stand!

The Fort 2 Fort 10K Race in Rome on April 3rd was the first event in the 2015 CNY Running Clubs Cup. The Roadrunners were represented wonderfully by 28 members who registered for the race as club members. We were by far the largest contingent there of the six clubs competing in the Cup. The other five clubs are the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, and Toe Path Trekkers. Age-grading was applied to make sure anyone in a club could find themselves contributing to the club's success in the race. With age grading there are no gender or age distinctions. The best five results by each club's members in the F2F were compared and the results were as follows:

Kuyahoorra Kickers	359.47%	6 points
Roman Runners	347.30%	5 points
Utica Roadrunners	339.87%	4 points
MV Hill Striders	301.08%	3 points
Toe Path Trekkers	299.38%	2 points
Syracuse Chargers	incomplete	0 points

Our five best performers at the F2F were Tim Kane (70.99%), Virginia Truax (70.46%), Joan Kane (67.28%), Joe Mashaw (67.05%) and Dorothy Massinger (64.09%). Congratulations, all! The percentage is the relative performance of a runner against the world standard by age and gender for that distance.

***The next Cup event is the Towpath Trail Run 10K
in St. Johnsville on Saturday May 9th at 5:30 PM.***

All race information is in the registration form in this SplitTimes, or you can email Jim Moragne for a PDF version of the form at jmoragn1@twcny.rr.com. As the Towpath was just added to the Cup, it was too late to add the club affiliation question to the race registration form. Members who plan on doing the Towpath are asked to email Jim so he can look for your names in the race results.

The race registration form is on the next page. There is no online registration.



A RUNNING CLUBS CUP RACE!



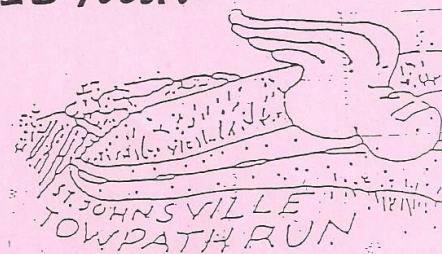
27th ANNUAL TOWPATH TRAIL RUN

Date: May 9th, 2015

Time: 10K 5:30 P.M. 2 Mile 5:35 P.M.

Fee: \$15.00 preregistered \$20.00 day of the race

FAMILY PLAN: Sign up 2 at regular price, 3rd and 4th are ½ Price. (2=\$30.00, 3=\$37.50, 4=\$45.00) Preregistered only.



Registration starts at 4:30 P.M. at the village marina, located by the river just off Bridge Street.

Directions: From the east; Exit Thruway at Canajoharie, turn right, go to light turn right, cross bridge and turn left at light. Approx. 9 miles on rte 5 to center of St. Johnsville turn left on Bridge St. left at Marina on bridge.

From the west; exit Thruway at Little Falls, cross river to rte 5, turn right. Approx. 10 miles to center of Town turn right on Bridge St. left at the Marina on bridge.

This is a trail run on the bike path with a stone dust surface. Very smooth and flat and fast!! The run will head west on the bike path. It will make a loop back and rejoin the bike path by the Canal Locks.

T-shirts for the first 100 people

AWARDS

Trophies for overall male and female in each race

Trophies for the first three finishers in each race
in the Clydesdale division (180+lbs)

Trophies for top three places in each age group

Trophies for top three parent child teams. (teams consist of two runners, one in 10K one in 2 mile
Child must be 19 or younger)

Trophies for each member of the top three teams
In the 10K race (teams consist of three people)

Race Records: 10K Boo Christman 33:20 (1988) Michele Nizzi 40:21 (1995)
2 Mile: Travis Lambert 10:31 (1991) Melanie Swartz 12:19 (1993)

Questions? Call John Geesler (518) 568-7509 e-mail- johngeesler@frontier.com

In consideration of your acceptance of this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs executors, and administrators waive and release any and all rights and claims for damages I may have against the following organizations: The village of St. Johnsville, The Chamber of Commerce, The Town of Minden, N.Y. Parks and Recreation, their representatives, successors, and assigns; for any and all injuries suffered by me in said event on May 9th, 2015 verify that I am physically fit and have sufficiently trained for competition of the race I have entered. I am fully aware of such dangers as are inherent in an event of this nature, and am willing to accept the same.

SIGNATURE _____ PARENT SIGNATURE _____

NAME (print) _____ DATE OF BIRTH _____ SEX _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

E-MAIL ADDRESS _____

LONG SLEEVE _____ (circle one) small medium large x-tra large
T-SHIRT

CLYDESDALE DIV. (180+lbs) _____ TEAM NAME _____

10K AGE GROUP: 0-19 20-29 30-39 40-49 50-59 60-69 70+

2MILE RUN/WALK: 0-14 15-19 20-29 30-39 40-49 50-59 60-69 70+

Make checks payable to: St. Johnsville Chamber of Commerce
Mail entries to John Geesler 7803 St Hwy 5 St. Johnsville N.Y. 13452

CNY Running Clubs Cup 2015



North Country
"Toe" Path Trekkers
Walk-Run Club



6 clubs. 5 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.

Remaining races:



AUGUST 21 TOE PATH TREKKERS WOODSMEN'S FIELD DAYS 10K RACE

APRIL 4 ROMAN RUNNERS FORT TO FORT 10K RACE

DONE!

JUNE 21 UTICA ROADRUNNERS SUMMER SIZZLE 5 MILE RACE

MAY 9 TOE PATH TRAIL RUN

JULY 4 JULY 4TH CAZENOVIA FOOT RACES: 5K

H.S. ATHLETE Q&A

Hilda Jordan

School: Thomas R. Proctor High School

Grade: 12

When did you begin running?

I began running in elementary school in the annual elementary races. Since the fourth grade I have never really stopped. I ran all throughout middle school and I am currently the captain for Proctor's Varsity team.

What inspired you to start?

Believe it or not, I began running with Harvard in mind. From a young age I knew I wanted to be an Ivy League student and saw playing 3 sports as a way of getting there. Running always came naturally to me so I decided why not. Little did I know, I would fall in love with the sport.

What distance(s) do you compete in?

I am a sprinter, a jumper, and as of recently a hurdler. I run the 100m, 200m, 400m, 4x100m, 4x400m, and 100m High Hurdles. I also long jump and triple jump. My favorite race by far is the grueling 4x400m relay. Everyone who runs a 400m race understands the love hate relationship with the race, but the relay is so special because it's not just you and the beast, but three other teammates who are just as dedicated and motivated to conquering it as you are.

What have been your biggest running accomplishments so far?

As a freshman, I qualified for the state qualifiers, but came short of states by just two seconds. My sophomore year I went to the States Championship and ranked 7th in the State for the 200m Dash as well as winning one Sectional title. As a junior I was a four time individual Sectional Champion and competed in the States Championship in the 100m and 200m dashes. As a senior, I pray I recover quickly enough from an ankle injury to reach my full potential and show what I am really capable of.

What does the future hold for you and running?

I am officially attending Harvard University in the fall of 2015, but I still remain undecided as to whether or not I want to compete as a Varsity Division I Athlete. However, regardless of what I decide I know that I will always keep running.

Do you do any other sports aside from track?

Yes, I actually played soccer for 5 years, 3 years on the varsity team. I also played Volleyball, my second love, for 6 years: two of which were spent on the Varsity team as captain.

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

For the past three years in all of my sports I have received the Honorable Student Athlete Award for maintaining a 4.0 average during all of my sport seasons. As well I have also received the Tri-Valley First Team All-Star Award in Track and Field for the past two seasons, as well as my senior season as a volleyball player. I was also a four time sectional champion as a junior in track and field.



continued —→



"Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it.

Impossible is not a fact.

It's an opinion.

Impossible is not a declaration.

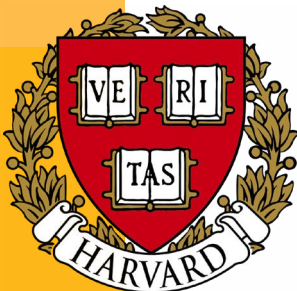
It's a dare.

Impossible is *potential*.

Impossible is *temporary*.

Impossible is *nothing*."

- MOHAMMED ALI



What piece of gear can you not live without?

I absolutely cannot live without my lime green trainers. Whether I'm warming up before a race, doing a workout on the track, or even running on a hotel treadmill you will not find me without those shoes. At any given time in the day I can give the exact location of those sneakers, 9 times out of 10 they're on my feet.

What is your favorite food to eat after a meet/race?

I absolutely love fruit and pasta! Fruit it is a quick, clean, and easy way to get my energy and sugar up in between races. I love a big bag of grapes on a hot May race day. And of course, what runner doesn't love pasta? Macaroni and Cheese or chicken with any kind of pasta is my go to before race day and after I've won a couple events.

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

I just about live on the track and in the courtroom. My aspiration is to attend Harvard Law School and become a corporate lawyer. So as such I devote a lot of my time to my Mock Trial Team, shadowing judges, interning in law offices, and doing community service to better understand the people I will one day represent.

What other activities are you involved with at school? (ROTC, honor society, clubs, etc.)

I am the President of Student Council, the student representative on the Board of Education of the Utica City School District, the president of the Junior Frontiers, youth chapter Vice President of the NAACP, Mock Trial captain and lead lawyer, a Utica Youth common councilwoman, and a member of Young Scholars, National Honor society, Best Buddies, Key Club, Proctor's Orchestra, Athletics team.

What movie could you watch over and over again?

I am a little of a type A nerd, I take all the AP classes I can, play the violin, and of course love musicals even though I cannot sing. My favorite all time movie is the all-time classic Grease. There's nothing like a good hand jive and some poodle skirts to get me singing along quicker

What is your running mantra?

My favorite running mantra is actually my life mantra, which is Muhammad Ali's quote that says: "Impossible is just a big word thrown around by small men who find it easier to live in the world they've been given than to explore the power they have to change it. Impossible is not a fact. It's an opinion. Impossible is not a declaration. It's a dare. Impossible is potential. Impossible is temporary. Impossible is nothing." Whenever I'm in the middle of a difficult workout or about to start a race, I remember the fact that nothing is impossible, everyone starts from somewhere, and every stride forward is a step towards a brighter future. I may not be as gifted as my other competitors, but I can always outwork them.

A bit more about Hilda:

This past summer, I had the blessing of attending the Harvard Summer Program a feat that I at one point had deemed impossible. Getting there was an impossible task that was achieved through hard work, great support, and a lot of faith. Once I arrived I stayed focused, worked diligently in my classes, and ran and I was able to earn 8 credits with a 4.0 GPA. I am and always will be eternally grateful to all of those who believed in my dream and helped it come true because as I've learned through running and life, nothing is possible without faith.

Upcoming Race



THE VOLCANO RUN 5K ROAD RACE To benefit the CVA Geology Club June 20, 2015

Races: 200m and 400m Kids Runs start at 8:40 a.m.; 5k starts at 9:00 a.m.

Location: Central Valley Academy, 111 Fredrick St., Ilion, NY 13357

Pre- Registration: Registration forms can be mailed to Race Directors, Stephen and Will

Paddock at: Volcano Run, 46 Newton St., Ilion, NY 13357

or you can register at <https://www.getentered.com> Search= Volcano Run

Race Day Registration: Registration will be open from 7:30– 8:30 race day at CVA High School

Cost: \$15 for students, \$20 for adults, Kids Runs are free.

Make Checks Payable to Central Valley Academy

T-Shirts: Moisture Wicking shirts will be given to all participants with paid registration

Postmarked by June 5, 2015.

Course Description: The 5k is made up of roads throughout Ilion with a 200 meter section of paved path. The course starts and finishes at CVA High School.

Contact: Please contact Stephen and Will Paddock with any questions regarding the race.

Email: PaddockSteph@gmail.com

Phone: (315) 219-3427



Name: _____ Age: _____ Sex: M F T-Shirt Size: _____

Address: _____ City: _____ State: _____ Zip: _____

Race: 5k 200m 400m Phone: () _____ Email: _____ Developmental Run #: _____

Emergency Contact Info: Name: _____ Number: () _____ Relation: _____

Please Read Carefully and Sign Below: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Valley Academy Geology Club, Village of Ilion, Central Valley School District and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ Date: _____ Parent/Guardian Signature if Under 18: _____

Upcoming Race

Twelfth Annual 8K Run and 5K Walk

Beautiful Course through Scenic Chittenango!

Info on Chittenango Lions Website

<http://chittenangolions.org/Events/YBRR/YBRR.html>

ATF Certified NY12076JG

Sponsored By The Chittenango Lions Club and Community Volunteers

Sat. June 27, 2015

Check In At 7:30 a.m.

Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango Fire Barn

Pre-registration \$20 - Day of the Race Registration \$25

Online Registration: http://www.chittenangolions.org/Events/YBRR/Online_Reg_Form.html

Free Fun Run for Youths Under 16

Electronic Timing by Chittenango Cross Country Club

Age Group Awards: 3 awards, male and female in the following age groups

12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above

In consideration of accepting this entry, I the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, race officials and volunteers, and assignees, for any and all injuries suffered by me in said event. I also attest to and verify that I am physically fit and have trained sufficiently for the completion of this race.

T shirts for all paid runners.

Refreshments for all runners.

Mail to: Stephen D. Waite

6990 Bolivar Road

Chittenango, N.Y. 13037

Checks Payable to: Chittenango Lions Club

315-687-7114

<Waite30@hotmail.com>

_____	_____	____	____	____
_____ Last Name	_____ First Name	_____ MI	_____ Sex	_____ Shirt Size
_____		_____		____
_____ Street Address		_____ City		_____ State
_____	(____) _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____ Zip	_____ Phone Number	_____ Fun Run	_____ 8K Run	_____ 5K Walk
Age (as of June 28, 2015)				

Signature:

Parent Signature (under 18):

Email address:

*** Donations gratefully accepted to the Town of Sullivan Food Cupboard ***

A Fun Run...



If you saw a crew of people around Downtown Utica wearing little black dresses on April 4th, it was just the Utica Better Than Nothing Hash House Harriers! Money raised benefited the Mohawk Valley Perinatal Network. Keep up with them at www.uticabtnh3.com



A bit on caffeine...



RUNNER'S WORLD

How does caffeine affect exercise?
Can you get too much of a good thing?
How might caffeine help high-intensity workouts?

If you love your java, this is a read for you!

[Watch the video >>](#)

Upcoming...



29TH ANNUAL FUTURE STARS ELITE TRACK MEET (formerly the NYS West Hershey's Track and Field Games Finals)

OPEN TO ALL CHILDREN, FREE OF CHARGE

**CENTRAL VALLEY ACADEMY (FORMER ILION HS) TRACK
SATURDAY, MAY 30, 2015 - Track Meet Begins at 10:00 a.m.**

*All participants MUST register online at: <http://www.tajames.com/future-stars-tf.html> no later than May 27th, no exceptions.

DIVISIONS (there will be divisions for both boys and girls)

Age Groups	Year of Birth	
07 – 08 year olds	2007, 2008	A participant's age is as of December 31, 2015
09 – 10 year olds	2005, 2006	
11 – 12 year olds	2003, 2004	
13 – 14 year olds	2001, 2002	

RULES

- A participant must compete in his/her age group and gender division.
- Running Events include the 100M, 200M, 400M and 800M (7-14 age groups).
- 1500M Run and 1500M Walk (9-14 age groups).
- Field Events include Standing Long Jump and Turbojav.
- Participants may not wear shoes designed for spikes. In field events, any shoes designed for turf sports are not allowed. Participants may not compete in bare feet, slippers or socks. Jewelry, hair beads and decoration, sunglasses (except prescription) shall not be allowed during competition. Starting blocks will not be permitted.
- Participants may compete in 3 events (1 running + 2 field or 2 running + 1 field).
- A participant may be disqualified for unsportsmanlike conduct. He/she may not participate further in the meet and may also lose any previous awards received.
- Run-Jump-Throw practices will be held Thursdays, May 21 and 28 at the CVA Track from 6:00-7:00pm. Register online at <http://runjumpthrow.usatf.org/event.cfm?id=66336&cart>

AWARDS

Each participant will receive a Certificate of Participation and a Ribbon for each event entered, plus Medals for the top three. USATF Hershey Youth Outdoor Championships, Benedictine University - Lisle, IL June 30- July 5

MEET DIRECTOR: Dave Williams, DaveWilliams.ny@gmail.com

SISU RUNNING CAMP

MAKE THIS THE BEST SUMMER YET

AUGUST 9-13, 2015

ANTLERS ON RAQUETTE LAKE

SISU
ATHLETIC DEVELOPMENT



**Get more
information
and
register
online >>**

5 Days. 7-12th graders.

August 9 - 13, 2015

SISU RUNNING CAMP IS A TRAINING GET-AWAY FOR JUNIOR HIGH AND HIGH SCHOOL RUNNERS ENTERING GRADES 7-12 LOCATED AT ANTLERS ON THE SHORE OF BEAUTIFUL RAQUETTE LAKE. IT IS A 5-DAY CAMP (OUR LONGEST CAMP YET!) REGISTRATION IS \$400 UNTIL AUGUST 1 THEN INCREASES TO \$425 THEREAFTER.

*** ENTER ROCKSTAR AT CHECKOUT FOR \$25 OFF SISU RUNNING CAMP**

SISU XC DEVELOPMENT

CHAMPIONS ARE MADE IN THE SUMMER

JULY 13 – AUGUST 7 : MWF : 5:00-6:30 PM

\$75 IN FULL UTICA ROADRUNNERS MEMBERSHIP +\$10
\$20 PER WEEK

About

THE HARDEST PART ABOUT RUNNING IS TAKING THE FIRST STEP OUT THE DOOR. SISU XC DEVELOPMENT AIMS TO CHANGE THAT BY GETTING OUR YOUNG LOCAL RUNNERS TOGETHER TO BUILD A SOLID BASE DURING THE SUMMER FOR A SUCCESSFUL CROSS COUNTRY SEASON WHILE MAKING NEW FRIENDS WITH RUNNERS FROM OTHER SCHOOLS THAT THEY NORMALLY COMPETE AGAINST.

Pricing

REGISTRATION IS \$75 WITH AN OPTION TO BECOME A MEMBER OF THE UTICA ROADRUNNERS FOR AN ADDITIONAL \$10. WEEKLY PAYMENTS ARE ALSO ACCEPTED AT \$20 PER WEEK. REGISTRATION INCREASES AFTER JULY 12 TO \$85 FOR THE SESSION OR \$25 PER WEEK.

Proven Results

SISU XC DEVELOPMENT IS THE PROUD SUMMER TRAINING PROGRAM OF THE 2013 TRI-VALLEY LEAGUE MODIFIED AND VARSITY GIRLS INDIVIDUAL XC CHAMPIONS, LIZZIE HADDAD AND JUSTYNA WILKINSON. SXCD PREVIOUSLY TRAINED THE 2012 TRI-VALLEY LEAGUE MODIFIED BOYS AND MODIFIED GIRLS INDIVIDUAL XC CHAMPIONS, JULIAN JOYCE AND ALYSSA SUITS

Get more information
and register online today >>

ENTER **CHAMPION** AT CHECKOUT FOR
10% OFF SISU XC DEVELOPMENT

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 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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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.