

splitimes

june 2016

The Official Newsletter of the Utica Roadrunners

Development Runs

Every Wednesday Night

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Our next race!
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June
2016
Utica Roadrunners
Board of Directors



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Congratulations of all of our Roadrunners who ran the Erie Canal Half Races...in costume or not!

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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

Well, here we go! June is upon us! We have lots of running events every weekend and the training runs on Wednesdays, Mondays and/or Saturdays for the month of June. If you are a runner who is in shape, you have no excuse for not being ready for the biggest 15K next month. On the 19th the Summer Sizzle, takes off at 8:30 for a fine Father's Day 5 miler. Apps are on the club website if you want to print one out, or you can sign up online from the website also. Dennis Johnson, the Race Director, can use some help, so consider volunteering by calling or texting him at (315) 335-8230. I helped choose the shirts and awards so they will be wonderful, of course.

UPCOMING RACES

For the rest of June, there are familiar runs and some new events.

On **JUNE 4TH**, you have choices in: Syracuse - The Dolphin Dash at the Henniger Athletic Center, Otsego Lake - The Cooperstown Triathlon at Glimmerglass Park, or on Lake Ontario at Southwick - The Survival Beach event.

The next day, **JUNE 5TH**, there is the Marcy 5K Walk/Run at the Town Offices.

Saturday, **JUNE 11TH**, The Nate Race, formerly the Nate the Great Event, is in Canastota, and there is the Race the Lake in Cooperstown.

On **JUNE 12TH**, just head over to Marist College for the Walkaway Marathon Festival.

Tired Yet? NO, ?! Then the next weekend...

JUNE 18TH at Long Branch Park, do the Gay 5K or go to Rome for the Patriot 5K and 10K Races.

Save some energy for the Summer Sizzle on Sunday, **JUNE 19TH**.

One more weekend in June, so you can rest your feet a bit with the new Veteran's RWB Duathlon (run, bike) on **JUNE 25TH**.

On Sunday, **JUNE 26TH**, head over to the Montezuma Half Marathon & 5K. (This is when I miss running. I would love to jog through the animal refuge at Montezuma.)

Add the weekly Development Runs on Wednesday nights and your body is just about ready for the Boilermaker!!

ERIE CANAL HALF

At the new Erie Canal Half Marathon and 5K on May 22nd, there was a healthy crowd of runners and supporters. Mother Nature did one of her changing weather days. It rained on and off, got humid, and the sun came out a little. At least it was not cold for the runners and spectators. There were many, many familiar faces with whom to reconnect, especially Ted & Phyllis Petrillo! Ted has had a bout with health issues, but now he is slimmed down, feeling better and smiling. Check him out! It was good to see and talk with many Club members who were running, volunteering and spectating. I also got to see John Draper, Adam Kelly and Cory Zlatniski,



Phyllis and Ted Petrillo
at the Erie Canal Half

continued →

members of the Peak to Brew elite team of six. Wayne Murphy is putting together a team of 12 to cover the 230+ miles. Cool. The Club is supporting both teams. Unfortunately, on a sad note, many of us at the Half spoke of a member who passed away just the day before. Luke Lucas, a guy who has been in the running/biking scene for years, had participated at a bike event in Buffalo on Friday the 20th. He had an attack that night. Luke, with his Texas accent, was dedicated to running. He and his wife Micky joined the Roman Runners as well as the Utica Roadrunners, so we crossed paths often. Our thoughts and prayers go out to Micky and their daughter.

2016 SCHOLARSHIPS

The Scholarship Committee members had their work cut out for them this year. They received 34 applications from high school runners who had excellent credentials. What a job they had deciding who deserved our financial help. Kudos go to the committee for making their choices. I cannot mention the winners here because the presentations may not have been made by June 1st. Kudos must especially go to Anne Marie Latshaw, the Scholarship Committee leader. She was overdue for delivering her baby, but she still plugged away at the apps. (Baby Latshaw has arrived! See page 9).

CLUB RACING TEAM

Hey, Runners! Where are all of you when it comes to the Club Racing Team? Jeremy West is looking for members – both female and male to be part of the team. You do not have to run real fast, you just have to do some scheduled training workouts and run wearing the Club logo for the events the team has chosen. We'll even pay your race entry fee. Like Nike says, Just Do It! Jeremy is at coachjeremywest@gmail.com. Send him an email and be a part of the TEAM!!!

SOUTH WOODS PROJECT

That South Woods Project I mentioned recently is going strong. David Jones and George Searles are now creating a proposal for the Community Foundation for additional funds for exercise stations to go along the 2.2 miles of pleasant exercise trails. Can't wait to get this project going. Can't wait to see it done.

Last but not least, Thank You to members who volunteer for the running events hosted by our Club and by other groups in the area. You are immensely appreciated.

And, as you run, **BE CAREFUL OUT THERE!**



Roadrunners at the Zoo!



Last month, Dennis and I went to the Utica Zoo for a member event. We were happily surprised to see the Club's name on a donation plate by the Serval enclosure. A portion of SOS Race revenues has gone to the zoo to keep this cat happy for two years now. This year, a portion of the Summer Sizzle proceeds will make this cat even happier!

Letter from the Editor



"I'm not a writer."

That's what I've heard from every one of you when I've asked you to write an article for Splitimes. And when I DO twist your arm to write it (and I always twist!) your articles turn out to be heartwarming, genuine and inspirational. Not an event or race goes by without someone coming up to me and saying "I loved reading about Joanne Reese - holy cow that's a lot of miles!" or "I didn't know Harry was in the military!" People are reading and we look forward to learning about each other. Our stories build community.

So think about writing. I can help you think of a topic or we can have coffee and I can just interview you and write your story for you if there's something you want to tell.

Here is a handy list of topics that might spark you:

- Nutrition
- Coming back from injury
- Getting Faster
- What you've learned by being a race director
- Running technology
- How running is a part of your family
- Great workout tips
- Your favorite running route
- Running while traveling for work
- Tips on running gear
- Science of your body while running
- Why running has changed your life

See you out there as I'm training for my #BestBoilermakerEver2016

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

Sad News to Share

Club member, Luke Lucas has passed. He and his wife Micky were in Buffalo to ride in a charitable event. They rode, cleaned up, had dinner and beers, and went to sleep. Unfortunately, Luke had a medical emergency during the night. He will not be around to tell his jokes or talk about any and every thing. I will remember Luke as a tall Texan who was a perfect, gentle, running, man who never got upset. Gonna miss You, Luke. Rest in Peace. Micky, our thoughts and prayers go out to you.

More sad news to share. **Our Club Secretary, Melanie Crisino's father-in-law has also passed.** Now Joe, Melanie's husband is a doll. He puts the Awards Banquet Power Point together and Joe is going to be the next Membership chairman. His Dad must have been a very good Dad cause Joe turned out to be a great guy. Rest in Peace, Mr. Crisino.

Club News

Boilermaker Training Program



NEXT RUN (4 MILES)

Saturday, June 4

7:30am SHARP

(Please check the "People Who Run for Fun" Facebook page for details on route each week)



**THE GROUP IS GOING STRONG
EVERY SATURDAY MORNING!**

They Did It Again!



Members Sharon Stedman, Susan Luley and Virginia Truax swept the podium again at the Erie Canal Half (left) and the Volcano Run (right) in the 60-69 age group.

They have placed 1-2-3 in all four Grand Prix races to date!

Our Next Roadrunner Race



Sunday, June 19, 2016
DEERFIELD TOWN PARK!
5 Mile Road Race

[Register now >>](#)

Paper AND online registration available

Thank you to our sponsors:

GILROY
KERNAN
&
GILROY



A Member Story

Faster. Thinner. Stronger. Tougher. Sara Hanna's checked all those off her list this year as she prepares for the Wineglass Marathon. We asked her to share some of her tips!

by Sara Hanna



Disclaimer: I am not a nutritionist or a running expert. I am just a woman who recently lost some weight and was asked to write about how I did it. In my opinion, there is no mystery on how to lose weight. I counted calories, exercised and had a support system.

COUNTING CALORIES: I have used the app **Lose It!** for a few years. Lose It! is a free app, but you can also access it online (www.loseit.com). When you join Lose It!, you enter statistics about yourself, your weight loss goal, and the rate at which you would like to lose weight. The program calculates the number of calories you are allowed each day. Most foods are



Lose It!

preloaded into the program. Barcodes on food packaging can be scanned using your phone if an item is not in the

program. Users can enter their exercise, so calories are adjusted. There are challenges that you can join for motivation and virtual badges are awarded for weight loss, exercise and nutritional milestones. If you use an activity tracking device, you can sync it to the application. There are many other features to the application. Most are free but some require premium membership (\$29.99 for the year). I believe the program has worked for me because I log in EVERY morsel I put in my mouth. I prepare and measure all of my foods and plan ahead for eating out.

Since I am a busy mom, I also find **Balanced Chef** (www.balancedchef.com) helpful. This is not a paid endorsement! Balanced Chef is a local company in which the "chef and dietitian create wholesome, nutritious and great tasting meals that support a healthy lifestyle". Each week I order a few meals or snacks from Balanced Chef and pick them up at the location I choose. Calories, carbs, protein and fat are already calculated. Just grab, go and heat. They are perfect for me to bring to work on the mornings when I am too busy or forgot to prepare my lunch. Visit their website or Facebook page to learn more!



EXERCISE: I exercise every day. On my "rest" days I walk, but most days I really break a sweat. Increasing the intensity of my workouts has helped me to lose weight. I commit to exercising every day. I start most days at 4:45 am with a run. For me, it's the best time to get my workout in because of the demands of my work and familial schedules. If I am traveling or have other life commitments, I plan my workouts around them. Even when I had the flu this winter, I did not run, but I walked. I have already penciled in my running log through the Wineglass Marathon in October. Seeing the runs in my log ahead of time helps me to plan my schedule and commit to the distance or workout.

SUPPORT SYSTEM: What really got me motivated this spring was a Wellness Challenge at work. A Phys. Ed. teacher at work

continued —————>

Member Story (cont.)

facilitated the challenge. She created a Google + Community for members to share tips, ask questions and share recipes. I am a very competitive person and I wanted to win! I was one of four winners out of 52 participants. Besides winning money, I lowered my BMI into the low range and lost 13 pounds.

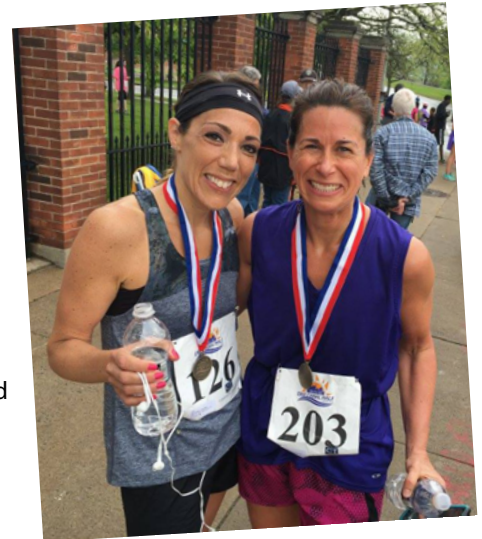
Another support system I have are my running friends. Before I even started the weight loss challenge, I began running with a group of friends on Saturday mornings. We ran together all winter. Making a commitment to meet them for a run, motivated me to get up and get moving on those cold winter mornings. Having friends to support me on my weight loss and fitness journeys has made a tremendous difference.

I also have a very supportive spouse and family. My husband makes adjustments to his schedule to allow me to train for

races and exercise. My children ask me almost daily, "How was your run, Mom?" Just trying to be an example to my children motivates me to eat healthy and exercise.

Losing weight has allowed me to adjust and set new personal goals. It has definitely helped me to improve my running speed and endurance. Just last weekend I crushed my half marathon personal record!

See you on the road and at the races!!



Great Member News



**WELCOME TO OUR
RUNNING FAMILY**

EASTON JAMES LATSHAW

**ARRIVED 5/26/16, 2:48AM.
6LB. 3OZ.**

Katja Meyer

School: Vernon-Verona- Sherrill H.S.

Grade: 11

When did you begin running?

I began running/ jumping in 8th grade. It was my first time ever running track.

What inspired you to start?

In 7th grade I went to a school in Rochester and played lacrosse in the spring. I moved to Verona the following year, they didn't have a lacrosse team and I needed something to keep me active so I ran track my 8th grade year. From then on I loved the feeling of being on a team but individually competing in events.

What distance(s) do you compete in?

I mostly compete in triple jump, the 800meter and the 4x800. In previous seasons I competed in the 1500 meter and the 400meter. This year our school brought back indoor track and that's when I picked long jump just for something new and fun. My coach and I never expected I would do so well in that event.

What have been your biggest running accomplishments so far?

My biggest accomplishments would be my first year of varsity track I competed in the 4x800 relay and we broke the school record at sectionals. Also competing in sectionals every season is very exciting. This past indoor track season I went to the State Championship and competed in long jump. My coach and his family came along as well as my mom and two of teammates. It was a great experience and being able to watch all the amazing runners and jumpers.

What does the future hold for you and running?

In the near future I hope to go to the States championship the season for at least one event. In college I have considered running but I'm not sure if that's defiantly what I want to do.

Do you do any other sports aside from track?

Yes, I play soccer in the fall for my high school. And I play year around for Odyssey Sport Soccer Club. When I was younger my mom put me in multiple recreational sports but soccer is the only one that really stuck.

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

I have helped break the school record in the 4x800 meter relay my freshman year of high school. This past indoor track season I broke the long jump school record and the triple jump school record.

What piece of gear can you not live without?

There's nothing too specific but I always wear fun socks for a meet or invite.

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

I don't know if there's something specific I eat every time but I love eating fruit. Strawberries are my favorite and sometimes I'll make it into a smoothie.

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

At a meet or invite when I'm not warming up for an invite or participating in it. I cheer on my teammates in the events they are doing. Encouraging them to do there best. And watching all the talent that is there that day.

continued —————>

What other activities are you involved with at school?

At school I actively participate in Interact club, which is a club that helps our community. I recently applied for honor society and hope to make accepted into that. I participate in orchestra and do extra circular activities with younger musicians.

What movie could you watch over and over again? I love the Harry Potter series, I don't have a favorite one though. They are all so well made as the actors and actress are amazing.

Do you have any pets? I have a husky named Seth and he's turning 4 this year. I also have a cat named Brandy who is also turning 4. We got them at the same time so they grew up together. They play a lot together until Brandy runs away then Seth knows to stop. The cat is more my mom's even though Brandy is always in my room. But Seth is mine. He's like my best friend. We go on runs together once the weather is a bit nicer.

What is your running mantra? I don't really have a running mantra. But my coach does. Every day at practice he has the best stories to tell with the best inspiring quotes.

Mott Marathon

A day celebrating the life of Jack Day – All proceeds will be going to The Relay for Life

After ten years, the unique event has raised money and awareness for several causes impacting our communities and school district. This year we celebrate the life of 2011 Ilion graduate Jack Day. Jack impacted the lives of the young and old in an unforgettable positive and meaningful way. Jack lost his fight this past August but his legacy lives on as his fighting spirit will be personified by the Class of 2016 at the Central Valley Academy Track.

Since the first Mott Marathon in 2006, 137 senior students have completed the 105 lap journey to complete the task of running 26.2 miles. The first marathon was started as a bet between Eric Lachacz and his teacher, Jim Mott in 2006. After giving Mott a hard time about his slow time at the Boston Marathon of 3 hours and 51 minutes, Lachacz was challenged to complete the feat on the flattest course on the best day of the year. That challenge was met when Lachacz completed the event in 5 hours and 45 minutes. Every year that followed found more seniors wanting to meet the challenge. Last year, 33 seniors covered the distance raising money in honor of gym teacher Jane Connors. The Class of 2015 raised \$2,000 in her honor.

This year to commemorate the 10th running, all past participants were invited back including Lachacz. 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 were also invited to participate this year. They may run the whole distance or form a relay team of their own.

This year, there will be a record of 48 seniors from the Class of 2016 attempting the marathon. Thirteen past participants are coming back to run again. There will also be 18 relay teams. Teams include a team consisting of the Day family. CVA Faculty and Staff are sending 10 teams. The CVA Board of Education has organized a team and event sponsor, The Utica Roadrunners will be sending two teams and one solo runner. Lachacz is also coming back to the event as he has formed a team with family and friends. Mott has also accepted the challenge and will run the whole distance attempting to complete his 53rd marathon. Overall, there will be over 150 participants. All schools in the district will participate on some level and Jarvis Middle School will be sending students to kick things off at 3 pm for The Middle School Mile Challenge.

Two of the runners this year are people that students once ran for. Physical Education teacher Jane Connors will be running with one of the relay teams this year. Just

last year she was battling cancer as the Class of 2015 ran to support her fight. She now has a clean bill of health. Also running with a relay team is former Ilion student Kayleigh Coupe. Back in 2012 Coupe had her own battle with cancer and the school responded with the Run to Cure Kayleigh. She now is also living with a clean bill of health and recently finished her first half marathon.

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 they will be donating customized medals for each and every participant. The event will feature food and drinks and music. Supporter shirts are currently for sale for \$10. There will also be marathon magnets and bracelets available. Participants are encouraged to pick up their packets at CVA on Tuesday, June 7 and Wednesday, June 8 from 2-4 pm in the school's main lobby.

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. All checks should be made out to The Relay for Life.

Awesome Stuff

Greatist

The Best and Worst Things to Say to a Runner During a Race



A great collection of ways to be encouraging to runners and how to be DIScouraging!

[Read more >>](#)

THE WALL STREET JOURNAL.

Women Taking Over the World of Running



57% of the 17 million U.S. race finishers in 2015 were...
WOMEN!

[Read more >>](#)

Running Quotes...



RUN HAPPY
RUN GRUMPY
RUN SPEEDY
RUN SLOW
RUN A LITTLE
RUN A LOT

JUST RUN

Development Runs



Join us on Wednesdays!

2.5 mile walk starts at 6:00 PM.

The Kids Fun Runs (2/10 mile and 1/2 mile) start at 6:15 PM.

The 2 mile, 5K and 10K runs start at 6:30 PM.

No cost for Utica Roadrunner club members! \$1.00 per person, \$2.50 per family.

Registration is 5:30 – 6:15 PM in the Ski Chalet on the Memorial Parkway.

There will be water at the finish line, and various water stations set up throughout the courses.

Want to volunteer?

Participation credit will be given to anyone that volunteers, runs, or walks at any of the weekly events.

**For course map, to look up your Utica Roadrunners ID number
or to download the waiver,**

[CLICK HERE](#)

Upcoming Race

Chittenango Lions **Yellow Brick Road** **8K Run & 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 many other volunteers

Sat. June 25, 2016

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 High School
Pre-registration \$20 - Day of the Race Registration \$25 - 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 and walkers • Refreshments for all runners and walkers

Mail to: Stephen D. Waite • 112 Boyd Avenue, Chittenango, N.Y. 13037 • Checks Payable to: Chittenango Lions Club
315-687-7114 • waite30@hotmail.com

Last Name _____ First Name _____ MI _____

Sex ☐ Male ☐ Female Shirt Size ☐ Small ☐ Medium ☐ Large ☐ XLarge

Street Address _____ City _____ State _____ Zip _____

Phone Number _____ Fun Run ☐ 8K Run ☐ 5K Walk Age(as of June 27, 2015 _____

Signature: _____

Parent Signature (under 18): _____

Email address: _____

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

Member Story



Annie Wafer

Annie is a Nurse Practitioner with Prenatal Care Services at Rome Memorial Hospital who lives in Deansboro. She is a single mom of a 10 and 7 year old and is training for her first full marathon this fall.

NO EXCUSES!

5 Tips to Finding the Time to Run

1. Get organized. You will need to either become very good at using your calendar on your phone or you can purchase a regular paper planner/calendar. If you choose the latter, I would go for a larger sized one. If you are anything like me and have an extremely busy schedule you will need all of that space! Put in all of your regular weekly activities, work schedule, and any additional commitments (appointments, kid's soccer games, etc). Now spend some time looking at your calendar to see where you may have any open spots of time.

2. Make a plan. Whether you want to train for a race, run for fun, or lose a few pounds, you will need a plan. If completing a race is your goal, decide what training plan you would like to use or come up with one yourself. If running for fun or to try to lose weight, figure out how many days a week you would like to run and what types of runs you would like to do. Put the training plan into your calendar.

3. Be creative. Many of us will need to think outside of the box to get miles in. Sometimes you will need to run a few times a day if you have a tight schedule and are trying to get higher miles in. Run a few miles in the morning and then more on your lunch break, after work, or after the kids go to bed. I have run laps around the park when my kids are playing or around the soccer field when they are practicing. Every mile counts!

4. Get help. Family, friends and babysitters have all been essential to my running plans. Being organized, you will know which days of the week you will need help, and for how long, and will then be able to plan accordingly. I have a friend babysit for me Wednesday evenings and Saturday mornings so I can go on group runs. Being able to plan on this weekly makes it easier for anyone who is willing to help you.

5. Get out there. Treat your scheduled workouts and runs as you would any other appointment on your calendar. You wouldn't skip your dentist appointment because plans came up to do something more enjoyable. You wouldn't reschedule a work meeting because you were feeling a little tired that day. Make your runs a priority. Being accountable to all of those friends and family helping you out also gives you a push to get out there. Also, make plans to run with a group. On those days when you really don't feel like running, friends will help to push you on. Good conversation always makes those miles go by quicker too! Keeping your goal in mind helps you to stay focused and motivated.

Willijah's Corner



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."

Managing Stress

"Stress can kill" I've heard this saying so many times throughout my life and never realized how much truth were in these words until my later years.

According to Webster's dictionary stress is "a state of mental tension and worry caused by problems in your life, work, etc; something that causes strong feelings of worry or anxiety; physical force or pressure."

No matter how much we may try to avoid it we all experience different forms of stress throughout our lives. Some of the most common causes of stress include work, relationships, school, finances, death of a loved one, home management and illnesses. There is good and bad stress; Good stress allows you to finish exams or important tasks/projects by its expected deadline it is temporary and motivates you to reach your goals.

Bad stress on the other hand is the type of stress that wreaks havoc on your health. According to the WebMd "The human body is well adapted to deal with short-term stress, but if it remains on orange alert for an extended period of time, you can grow vulnerable to some serious health problems." Stress can effect your nervous, endocrine, respiratory, reproductive, immune, digestive and musculoskeletal systems. I was surprised to learn just how damaging stress really is.

Since we cannot avoid stress we have to learn to be intentional in finding healthy ways to better manage stress..some of the strategies that I have read about and try to implement in my own life are as follows:



1. Move! Get out there and start exercising; Run, Join a Zumba class or practice yoga. Exercise has been proven to decrease tension, release endorphins; improve your mood, and improve your sleep cycles.

2. Eat a healthy diet! As delicious as junk food is it does not serve your body any purpose other than to satisfy your cravings. Be sure you are getting in your macros! Veggies, Protein and Carbs.

3. Get enough sleep! Getting in 7-9 hours of sleep each night is idea. Proper rest allows you to function better

4. Do simple things you enjoy; Making time for activities you enjoy can be an instant mood booster when you are down. Read a book, Take a bubble bath, Listen to good music etc.

5. Learn to be more positive, flood your mind with affirmations. You are what you think!

6. Learn to say no and know your limits; We can only do so much in a day. Do not take on more than you can bare.

7. Accept things you cannot change; Some things in life are beyond your control. Learn to know the difference.

"A diamond is just a piece of charcoal that handles stress exceptionally well"



HOSTED BY THE
UTICA ROADRUNNERS

SUNDAY, JUNE 5, 2016 - 11:00 AM

**4TH ANNUAL UTICA ROADRUNNERS
USATF FUTURE STARS YOUTH TRACK
MEET**

**NEW HARTFORD HIGH SCHOOL TRACK
33 OXFORD ROAD
NEW HARTFORD, NY 13413**

REGISTRATION

Please complete entry form and mail in by Thursday, June 2 or register online at
<https://raceroster.com/events/2016/5678/usatf-future-stars-new-hartford-grass-roots-meet>

*** MEET DAY REGISTRATION will **NOT** be accepted ***

****THIS IS A FREE EVENT OPEN TO ALL YOUTH AGES 1-14****

DIVISIONS

<u>Age Group*</u>	<u>Year of Birth</u>
7-8 years old (boys/girls)	2008-2009
9-10 years old (boys/girls)	2006-2007
11-12 years old (boys/girls)	2004-2005
13-14 years old (boys/girls)	2002-2003
*as of December 31, 2016	

EVENTS

<u>Age Group</u>	<u>Track</u>	<u>Field</u>
Under 7 years old	Exhibition 50m, 100m	Standing broad jump
7-8 years old	100m, 200m, 400m, 800m	Standing broad jump, TurboJav
9-10 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav
11-12 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav
13-14 years old	100m, 200m, 400m, 800m, 1500m, 1500m race walk	Standing broad jump, TurboJav

MEET INFORMATION

- Participants may compete in 3 events (1 running + 2 field **or** 2 running + 1 field).
- Participants may not wear shoes designed for spikes or any shoes designed for turf sports are not allowed.
- Starting blocks will not be permitted.
- A participant may be disqualified for unsportsmanlike conduct and cannot participate further in the meet and may also lose any previous awards received.

AWARDS

- Top 6 finishers in each age and gender division will receive a ribbon.

FOR MORE INFORMATION

- Visit <http://uticaroadrunners.org/races/usatf-future-stars-meet/information/>
- Volunteers, please contact Jeremy West, Meet Director at coachjeremywest@gmail.com



SUNDAY, JUNE 5, 2016 - 11:00 AM

**4TH ANNUAL UTICA ROADRUNNERS
USATF FUTURE STARS YOUTH TRACK
MEET**

**HOSTED BY THE
UTICA ROADRUNNERS**

**NEW HARTFORD HIGH SCHOOL TRACK
33 OXFORD ROAD
NEW HARTFORD, NY 13413**

**PREREGISTRATION PREFERRED AND RECOMMENDED BY THURSDAY, JUNE 2ND
*** REGISTRATION WILL NOT BE ACCEPTED THE DAY OF THE MEET *****

PARTICIPANT INFORMATION

Name _____ DOB _____ Age _____ Sex _____ M _____ F
*as of December 31, 2016
Address _____ City _____ State _____ Zip _____

EVENT ENTRIES (participants may only compete in 3 events – 2 running + 1 field OR 2 field + 1 running)

1-6 YEARS OLD	7-8 YEARS OLD	9-10 YEARS OLD	11-12 YEARS OLD	13-14 YEARS OLD
50M	100M	100M	100M	100M
100M	200M	200M	200M	200M
	400M	400M	400M	400M
	800M	800M	800M	800M
		1500M	1500M	1500M
		1500M RW	1500M RW	1500M RW
STANDING BROAD JUMP	STANDING BROAD JUMP	STANDING BROAD JUMP	STANDING BROAD JUMP	STANDING BROAD JUMP
	TURBOJAV	TURBOJAV	TURBOJAV	TURBOJAV

PARENT/GUARDIAN INFORMATION & CONSENT

Name _____ Phone _____ Email _____

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteer in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: JEREMY WEST, SISU ATHLETIC DEVELOPMENT, UTICA ROADRUNNERS, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releasees or otherwise I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event. I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns. I agree to allow my testimonials and opinions to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and or assigns. This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document, and I understand its content.

Parent/Guardian Signature _____ Date _____

**MAIL COMPLETED AND SIGNED ENTRY FORM TO:
UTICA ROADRUNNERS C/O JEREMY WEST
4810 JENKINS RD VERNON, NY 13476**

CNY Running Clubs Cup 2016 Report

The Towpath Trail 10K Run in St. Johnsville on May 12th was the second event in the 2016 CNY Running Clubs Cup. Despite the distance from the Utica area, the Roadrunners had a full team (at least five members) for the race, as did the Kuyahoor Kickers and the Toe Path Trekkers. The MV Hill Striders and Roman Runners had partial teams there. 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 race were compared. In a reversal from the results at the Fort 2 Fort, we finished second to a tough Kickers contingent. The results were as follows:

Club	Graded Total	Cup Points	Season Standings
Utica Roadrunners	335.42	6	13
Kuyahoor Kickers	351.17	7	13
Roman Runners	127.41	4	9
Toe Path Trekkers	303.50	5	8
MV Hill Striders	55.71	3	5
Team RWB	0	0	4
Syracuse Chargers	0	0	1



Our five best performers at the Towpath were:

Member	Age Graded Time	Age %
Stephen Paddock	0:37:34	71.12
Michael Polidori	0:39:49	67.1
Richard Lane	0:46:14	66.66
Bruce Harris	0:47:53	65.5
Cole Lane	0:41:56	65.04

Upcoming Clubs Cup Races:

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

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 NatetheGreat 12K in Canastota on Saturday June 11th.

All race information is in the registration form on the next page, or you can register online at

<https://runsignup.com/Race/NY/Canastota/NatetheGreatRace>. Please write "Utica Roadrunners in the entry for "Running Club". Please email Jim Moragne at jimmoragne@gmail.com with any questions.

Upcoming Race

2016 ENTRY FORM

NATE RACE 2016 . SATURDAY, JUNE 11th



2016 SCHEDULE & PRICING:

		thru 3.9.15	thru 5.1.15	thru 6.10.15	RACE DAY
▶ NATE RACE 12K	8:30am	\$25	\$30	\$35	\$40
▶ NATE RACE 5K	8:30am	\$20	\$25	\$30	\$35
▶ KIDS FUN RUN	9:55am	FREE - donations are appreciated			
▶ AWARDS	10:15am	AGE GROUP - 5 year age groups @ post race party			

4 PERSON 5k TEAM - REGISTRATION ONLINE ONLY

Please print and include all information. We cannot enter illegible or incomplete applications.

Make checks payable to: **Canastota Running Club**

Mail checks and entry form to: **PO BOX 391 • Canastota, NY 13032**

Last Name _____

First Name _____

Address _____

City/State/Zip _____

Email _____ Phone _____

Emer. Contact _____ Phone _____

Running Club _____

Age as of 6/11/16 Gender(circle) Male Female

☐ 5k Run ☐ 12k Run ☐ Fun Run ☐ Canastota Alumni ☐ I can not run, but please accept my donation.

Shirt Size ☐ xs ☐ s ☐ m ☐ l ☐ xl ☐ 2x Race shirts guaranteed for the first 550runners

In consideration of your accepting this entry, I the undersigned intending to be legally bound, hereby, for myself, me heirs, executors and administrators, waive and release any and all rights and claims I may have against the Canastota Running Club, its race committee and its volunteers, its sponsors, their representatives, successors and assigns for any and all injuries suffered by me in said events. I attest and verify that I am physically fit and have trained sufficiently for the competition of this race. For reasons of liability and safety we prohibit the use of strollers, baby-joggers, roller blades, or pets in this race.

Failure to date and sign will invalidate your entry.

Signature _____ Date _____

Parent Signature _____ Date _____
(if under 18 years)

Visit us on the web: **NateRace.com** • Like us on facebook: **facebook.com/NateRace5k**

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.



FULL PAGE
7.5" X 10"



HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

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.