

splitimes

july 2016

The Official Newsletter of the Utica Roadrunners

Ready for

Boilermaker 2016!

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July
2016
Utica Roadrunners
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Melanie is the queen of running selfies! Her smiling face greets us at every Boilermaker Training Run (EVEN when she drives all the way back from Lake George to help us out!) We appreciate all of your time and love, Mel!



Advertising

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

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett
michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)





President's Message

Thank you to Club members and their families who ran or volunteered at the Summer Sizzle.

You are the best! The day was sunny, the race and awards went off without a hitch, and we were packed up and out of the Deerfield Town Park by 10:45 AM. Race Director, Dennis Johnson, is to be commended for an efficient event. Thank you to Dennis and all of the Summer Sizzle Sponsors!

The Boilermaker start is less than 2 weeks away. Are you ready?

The Club will have a booth at the Expo and we could use your help for a couple of hours. Contact Sandy Arcuri sarcuri3@roadrunner.com to volunteer to do a 2 hour stint at MVCC on Friday 7/8 from 12 to 7 PM or Saturday 7/9 from 8 AM to 4:30 PM. Your legs should be able to take that much standing before the race. Don't forget to stand around to have the Club picture taken at 7:30 before the start. I will be at the grassy knoll across from ECR main entrance as usual. Good luck everyone! When you have completed your 9.3 miles, come over to the beer trucks for a cold one. Dennis and I will be serving.

Other race-wise, July 2016 offers many events for those who keep running before and after the Boilermaker.

The traditional 44th Annual July 4th Foot Races in Cazenovia could give you one last practice race before the Big Event on the 10th. Do the 10 miler, not the 5K, so that when you do run the Boilermaker 15K it will go by faster cuz it's shorter than Caz! If you are expanding your racing experience, you can go off to Rome on the 16th for the Delta Lake Triathlon by ATCendurance, aka Mike Brych. The next day the Millers Mills Sundae Run 5K can help you cool down. Yum! You get to rest on the 23rd and 24th – unless you are doing the Lake Placid Ironman. Dennis & I will be volunteering on the bike course in Wilmington, so we can cheer you on there. Finish up July with the Honor America Days in Rome on the 30th and the Ilion Days Around Town 5K on the 31st. What a month that would be if someone did all of these events – well, maybe all but the Ironman!

The Utica Roadrunners Paul Ohlbaum and Howard Rubin Scholarships have been presented to 4 very deserving high school seniors.

In case you did not know, Paul is at the Sitrin Center recovering from bypass surgery. His wife, Billie stood in for him at the scholarship presentation. She read a letter from Paul to the winners. Please keep Paul in your thoughts and prayers. He is a very tough guy who has run tens of thousands of miles and he has financially supported these scholarships for a long time. Feel better, Paul!

Our merchandise is taking a new turn. Stephanie Stark and Melanie Crisino have a catalogue of goods that can be ordered one or more at a time with a fairly fast turnaround time. See them at the Development Runs by the finish line area. Prices are reasonable for a larger selection of goods. Thanks, girls.

Okay, here is a challenge for all of you. One of the Board members, not to be named, would like short paragraphs about weird running dreams. Yup, weird running dreams – worst or best – we want any running dream. Send them in to our editor, Michelle Truett at michelle@484design.com. The descriptions will show up in the SplitTimes. I don't really have any weird ones, just the kind where I am running forever and I do not know where I am. Oh yeah, lately I am walking, not running!

Good Luck at the Boilermaker and at all of your summer races! Just remember...

BE CAREFUL OUT THERE!

**DO YOU HAVE
DREAMS ABOUT
RUNNING?**



**WE WANT
TO HEAR
ABOUT THEM!**

Summer Sizzle 2016 Results

Overall Male Finishers

1 Richard Cohen	29:27
2 Michael Brych	29:45
3 Stephen Paddock	30:01

Overall Female Finishers

1 Karen Randall	35:07
2 Rochelle Ferro	36:32
3 Vasiliki Feggulis	39:23



For all results of the 2016 Summer Sizzle, [click here](#)



18 and under



1st	Cole Lane	35:20
2nd	Danny Humphrey	36:25
3rd	Jazper Polidori	39:14



1st	Bonnie Blom	56:24
2nd	Annika Heacock	59:02

19-29



1st	Paul Warmuth	33:32
2nd	James Kuny	38:18
3rd	Joey Campbell	41:21



1st	Hillary Holden	40:29
2nd	Brandy Tebo	43:15
3rd	Brittney Johannssen	45:14

30-39



1st	Jeremiah Tylutki	30:26
2nd	Michael Polidori	31:25
3rd	AJ Hameline	32:08



1st	Heather Raymond	43:58
2nd	Jennifer Reitinger	52:54
3rd	Heather Evans	54:27

40-49



1st	Paul Humphrey	32:31
2nd	Steve Eddy	35:05
3rd	Ryan Misencik	36:32



1st	Sara Hanna	43:36
2nd	Gretchen Kubera	48:52
3rd	Lindi Quackenbush	48:57

50-59



1st	Glen Miley	34:32
2nd	Jim Mott	35:31
3rd	Michael Stripp	35:59



1st	Karen Amanna	41:24
2nd	Heidi Chrisman	41:44
3rd	Sharon Scala	53:38

60+



1st	Gary Lashure	40:09
2nd	Ray Smith	40:57
3rd	Mike Sears	42:01



1st	Susan Luley	42:17
2nd	Virginia Truax	44:16
3rd	Sharon Stedman	46:56

Thank you to Melanie Crisino for the photos!

Letter from the Editor



Summer Training. Summer Reading.

I've always used reading in training and this year, as we train for the #BestBoilermakerEver2016, is no exception. I just finished Amby Burfoot's new book *First Ladies of Running*. Not only was it great because each chapter was about a different female pioneer runner (and I could read it in snippets in between work, running and life!) but it really gave me insight into the early days of the sport. I had always heard that women weren't allowed to run anything over 200m, but to hear it right from the women that fought to compete in the 800m and eventually the marathon was powerful.

As I'm out on my runs now I think about their stories, their triumphs and their SPEED and it gets me up the hills. They were amazingly fast and brave and they paved the way for us to enjoy the sport today.

If you need a great summer read or a spark in your training, pick it up. I promise you'll love it!

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

PS - If you'd like to write a book review for SplitTimes, it could count towards your volunteer hours! Hint, hint....



Boilermaker



There's a lot going on for Boilermaker Weekend, especially for first timers. They have provided excellent information and maps on their site to help you plan. Take a peek through everything before the big day!

[15K start map >>](#)

[5K start map >>](#)

[race etiquette >>](#)

[water stations >>](#)

[expo info >>](#)

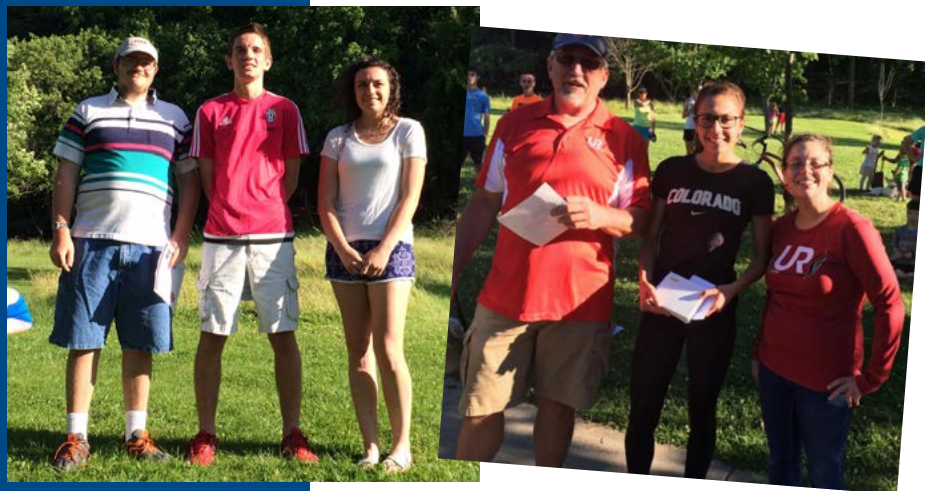
[ems stations >>](#)

Summer Sizzle 2016



Thank you to Melanie Crisino and Joanne Campbell for the photos!

2016 Student Scholarship Winners



CONGRATULATIONS

to this year's Paul Ohlbaum and Howard Rubin Scholarship Winners!

Mark Arcuri Jr.

Whitesboro High School

Ryan Jaquay

Cherry Valley Springfield Central School

Kaylee Turner

Camden high School

Sage Hurta

Hamilton Central School

Development Runs



***Join us on Wednesdays
up to the Falling Leaves race!***

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! \$2.00 per person (no family rate offered).

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](#)**

Member Story

He turned his passion for volunteering into a career. And he's loving every minute of it.



You see this guy everywhere and have probably accepted many a cup of water from him on Wednesday's Development Runs. But you might not know his name or his background. We're here to fix that. **This guy is Bill Dunham.**

Bill grew up in Rome and when he was younger, played hockey and soccer, then later got into cycling. In the early 1980s, you could catch him grinding out some triathalons and he did squeeze in one Boilermaker in 1994. He was also a trumpet player and has always been involved in drum and bugle corps, which is another passion of his. But it was really the other type of "running" races where he found his happy place – running the logistics and volunteering to make sure things go smoothly.

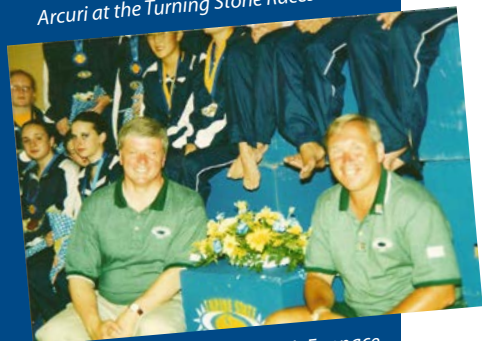
Bill started volunteering for local races and events because he simply loved it. One of the first was the Susan G. Koman 5K which he served on the operations committee for five years for. He helped with the opening ceremony and Olympic Village for the NY State Special Olympics in Utica, Glens Falls, Buffalo, Syracuse and Binghamton for over 5 years. You could see him at the Lake Placid Ironman for 4 years. He assisted with the Empire State Games for close to 15 years and the Boilermaker for over 20 years, helping at the Expo for the whole weekend and handling baggage check. He's helped Michael Brych from ATC Endurance with events at Lake Delta and Old Forge. You'll see him at the Great American Irish Festival. He's also a fixture at our local Roadrunner events, included Summer Sizzle, Falling Leaves and the Development Runs as well as many other local events. His favorite thing to volunteer at is definitely packet pick up, where runners are coming in bursting with excitement to tackle the race ahead of them.

continued —→

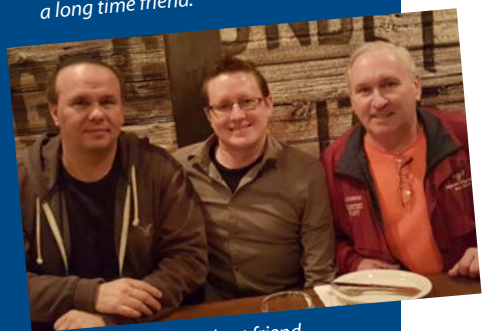
Member Story (cont.)



Bill and his "partner in crime" Mark Arcuri at the Turning Stone Races



Empire State Games with Ralph Eannace, a long time friend.



N.J. Events with Bill's best friend Eric and Scott.

As a playing member of the Mighty St. Joe's, Drum & Bugle Corps in Batavia, N.Y.



When someone told him about the Turning Stone races and he signed up to volunteer out there, everything changed. He was introduced to RSE Marketing and all of a sudden, the volunteering he was doing in his spare time became a full blown career.

Bill now works for RSE Marketing as Race Manager for the New York Region. RSE ("Races. Sports. Events.") organizes and runs multi sports event where there may be a 5K, 10K and a half marathon all in the same weekend. They have produced over 500

events in 3 decades. They also put on specialty events like the recent Survival Beach Race in Pulaski, the Half Full Races, Fort Myers Marathon, the Harvest Wine Run in Massachusetts and the Turning Stone Races. They have races all over the east coast from Vermont down to Naples, Florida. Bill is even looking forward to an upcoming event in the Grand Bahamas. We'll try not to be jealous.

Bill handles many of the things that runners don't even realize need to be handled for races. He covers the details so we have an enjoyable, safe day on the route. A big responsibility is actually securing the routes, which is also the hardest part for him. Getting approvals to close roads and working with municipalities can sometimes be tough. He also assures that there's police and ambulance along the course where needed, coordinates volunteers and many other logistics for the race, including being glued to the Weather Channel app on his phone to try to keep up to the minute on weather changes that will affect the races. And of course, he still volunteers his time with the local events.

Why does he do it? First reason - he gets to see all of his friends. Second - he gets to make new ones! He truly enjoys the camaraderie of the running community.

We asked him what makes a good volunteer and the recipe he believes in is actually quite simple. Those who show up and want to help, along with having a good time while doing it, are the best. Volunteering in a group works great - he shares that it's harder to find a single volunteer, but groups are easy to recruit. Being a good cheerleader for the runners is also a great thing to bring to the table - runners love positive reinforcement!

Bill just finished 4 days of Volunteering for the PGA National Championship at Turning Stone Casino as a walking scorer, working with the pros and their caddies (6 rounds of 18 holes = over 36 miles of walking!) Bill share, "Like I said - I am not a runner, but I am a great walker!"

Mott Marathon

by Jim Moragne

10th MOTT MARATHON WAS SPECIAL INDEED

The 10th Mott Marathon at the CVA track in Ilion on June 9th was a huge success. It set new records for both the amount raised for a cause and the number of CVA seniors completing the marathon. Each year for the Mott, the CVA seniors select a charity as the fund-raising target for the event. This year celebrates the life of 2011 Ilion graduate Jack Day, who waged a courageous battle with cancer before passing in August, 2015. Jack's example continues to impact the lives of students and faculty in a positive and meaningful way. In his honor, the seniors decided to dedicate this year's Mott Marathon to Relay for Life. At the end of "Jack's Day", a grand total of \$10,034.32 was raised and presented to Relay for Life at the relay event in Herkimer on Sunday, June 12th. The Utica Roadrunners co-sponsor the Mott, providing support with funding for the medals and donating the event clock, as well as helping get the word out to the running community.

The size of this year's Mott also broke new ground. There were 47 CVA seniors at the start, with 41 completing the marathon, and even the last place participant recorded a half marathon. The first place finisher, Chyanna Bernier, posted a 3:23:51. Her time shattered the previous Mott best of 3:45 and would have qualified her for Boston! In addition, eight CVA alumni returned and completed the full marathon. There were also 16 other entrants from the CVA staff, as well as the Utica Roadrunners. The UR duo of Stephen Paddock and Michael Polidori combined for a team time of 2:43:14, with each setting a half marathon PR.

Event director Jim Mott said "I want to thank you the entire Central Valley School District and community for their support of Jack's Day making the Tenth Annual Mott Marathon Challenge the most successful ever. The support of the administration, faculty, staff and student body has turned a little bet into something I could have never dreamed of. We had a record number of finishers with 41 and a new course record by Chyanna Bernier. The money raised is truly a testament to the type of community we have, their love for the Day family, and the memory of Jack. My personal marathon was by far my toughest of all 53. I was overcome with emotions as I ran circling the track seeing former students, friends, co-workers and family. As I ran with Eric Lachacz (the first Mott Marathoner, 10 years ago) for a few laps, I congratulated him on what he helped create. As hard as it was to run the marathon, it was the most rewarding thing I have ever been a part of and something I will never forget and always cherish."

Mott also added that the event would not be the same without the support of local running club, The Utica Roadrunners. "The Utica Roadrunners have made this event truly special. Their support has given us great credibility and visibility. This year we had very special medals made and the clock supplied by the group. The students were truly in awe that they would be joined by runners from the group. We are hoping to keep this tradition alive for many years to come"

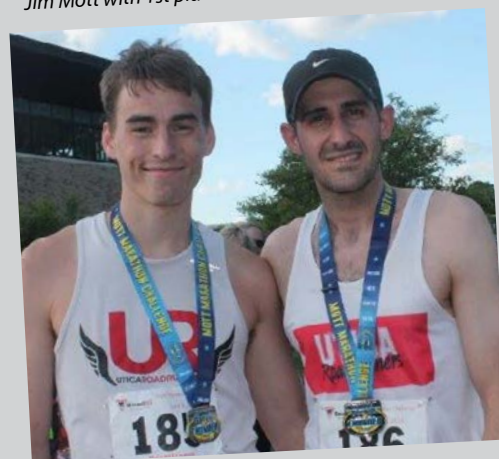
Another Mott, the biggest and best thus far is in the books. It set the bar high for next year's class, but why would we think they won't clear it? Each class has done so from the beginning. Give young people some leadership and a chance, and there's not much they can't do.



Jim Mott and Nick Netti



Jim Mott with 1st place finisher Chyanna Bernier (3:23)



Utica Roadrunner's Relay Team Stephen Paddock and Michael Polidori (2:34) - both PR'd for a half!



Jim presenting a check for \$10,034.32 to Relay for Life

Marissa Jones



School: Sauquoit Valley

Grade: 12

When did you begin running?

I began running when I was in 7th grade. What inspired me to start was one of my good friends was doing it, and his dad is the coach. So the both of them together convinced me to do it. Also, I figured that since I wasn't any good at anything else, I might as well try it out.

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've competed in a pretty wide range of events throughout my career. I've actually done every running event, with the exception of the 100 hurdles. When I was in 8th grade I was on the varsity track team, and all I ran was distance. The 3000m and 1500m were my main focus. Then as I got older, my energy changed toward sprinting. Now as a senior, I'm focusing on the 200m sprint and 400m dash.

What have been your biggest running accomplishments so far?

In my opinion the fact that I have gotten faster and stronger every season throughout high school is definitely my biggest accomplishment. All of my personal best times are from this year. It feels good knowing that I am progressing and getting better every year.

What does the future hold for you and running?

Next year I plan to attend Mohawk Valley Community College and run indoor and outdoor track. I'm hoping to learn new things so I can better myself as a runner. I think I have finally proved to myself that I am faster than I think I am, so I plan to use my newfound confidence to the fullest in college.

continued —→



Do you do any other sports aside from track?

I play basketball in the winter, because my high school doesn't have indoor track. I do enjoy playing basketball, however it's safe to say that my basketball career is over.

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

This season I broke four school records, the 100m, the 200m, the 400m and the 800m. The 400m and the 800m record already belonged to me from my Junior year. However, the 100m and the 200m are new this year. When I was a freshmen I longed to have my name on the record board. Now as a senior, my name will be on it four times, which is more than I ever imagined.

What piece of gear can you not live without?

I have a bow that wear in my hair every meet, I have had it since freshmen year. I haven't competed without it since, there's been a few occasions that I forgot

to bring it to a meet, and my mom has gone home to get it for me. When I started wearing it it was definitely just a fashion statement, but now I feel like if I don't wear it something will go wrong.

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

Oreo's are my weakness. I won't let myself eat them during the season, but every year I bring a whole package to the last track meet and eat them after I'm done running.

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

When I'm not running my spare time is pretty laid back. I like to hike, go camping, go to the beach, and I go to yoga classes. Yoga is something I really enjoy, and I'm hoping once I'm out of high school I'll have more time to practice it.

What other activities are you involved with at school?

With track and cross country being so demanding, I actually don't participate in any other activities in school. I do volunteer for school events when I can, like at our school carnival, our school fireworks, or the Witch Way 5k.

What movie could you watch over and over again?

My favorite movie is definitely Bridesmaids. My best friend and I have probably watched it 1,000 times. We even reference it in our daily conversations. No matter how many times we watch it, it's still funny.

Do you have any pets?

I have two cats and a dog. My cats' names are Kitty and Miss Puff, and my dog's name is Tanner. Our dog belongs to the whole family, but I like to refer to the cats as mine because I'm the only one who wanted them. Both cats are really friendly to people, but Miss. Puff and Kitty don't really like each other.





Boilermaker Pasta Buffet

Runner's Forum

Don't miss it!

Boilermaker **Pasta Buffet** & **Runners Forum** have joined forces.

Come "Eat with the Experts"

Saturday, July 9 at the **Planet Fitness Health & Wellness Expo**

Mohawk Valley Community College, Alumni Center

Runner's Forum – Free 1:00-2:30pm

Panel Discussion with World- Renowned Runners **Katherine Switzer** and **Bill Rodgers** joined by Award Winning Journalist **Roger Robinson**, Registered Dietitian, **Cindy Chan Phillips** & Licensed Physical Therapist, **Patricia Wolber**.

Our panel will address all your running questions and concerns.

All-You-Can-Eat-Pasta Buffet 12-3pm

\$7.00

All proceeds benefit The United Way of the Valley and the Greater Utica Area



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."

Lessons Learned from Hiking a Mountain

I recently hiked New York States tallest mountain with my sister and the Utica Roadrunners.. while hiking my mind as usual started wandering and I began thinking about how the adventure was comparable to our lives.

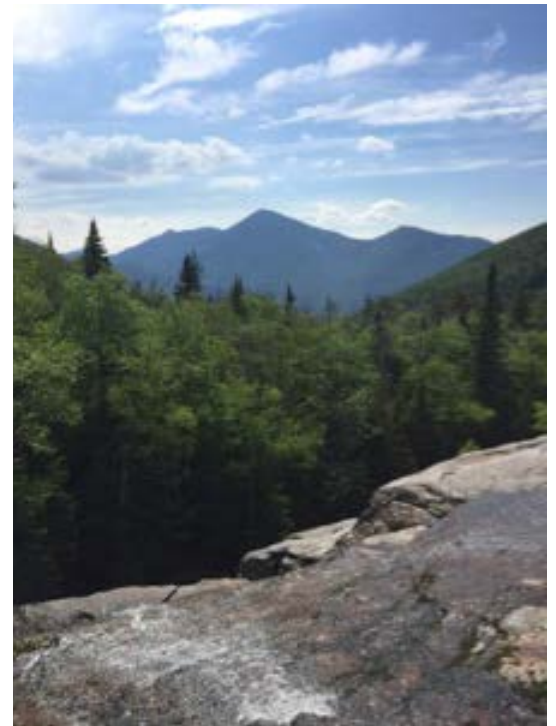
Preparation

I first thought about the preparation and all that goes into getting ready for a hike...preparation includes gathering your hiking attire, comfortable footwear, a good backpack, water, food, first aid, etc. When packing your bag you want to ensure that you have all of your essentials but also have to remember that you are going to be the one carrying all this stuff ..

Lesson: Do not carry more than you need, do whatever you can to lighten your load and go in prepared! We face many different adversaries in life and need to ensure that we are prepared to face them.

The Journey

While hiking there are going to be parts of the trail that have you feeling invincible ... parts that are so amazing and beautiful you're not going to want to do anything but stand in awe and then you are going to have parts of the trail that have you panting, sweating and ready to quit. The beautiful part about hiking is being able to take one step at a time and being able to enjoy and appreciate the journey and know that you are headed in the right direction.



CNY Running Clubs Cup 2016 Report

The Nate The Great 12K in Canastota on June 11th was the third 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 Kuyahooras Kickers. The Roman Runners, Syracuse Chargers, Team RWB and Toe Path Trekkers 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 very difficult weather conditions, we finished second to a tough Kickers contingent.

Our five best performers at the Nate The Great were:

Member	Age	Graded	Time	Age %
Bruce Palmer	58	53:26	44:23	72.94
Bettina Lindsey	55	1:00:26	50:19	72.68
Josh Kuelling	34	46:41	46:27	69.68
Jim Owens	53	55:18	48:01	67.41
Jim Moragne	65	1:14:27	57:54	55.91
TOTAL			338.62	



Club	Graded Total	Cup Points	Season Standings
Kuyahooras Kickers	351.44	7	20
Utica Roadrunners	338.62	6	19
Toe Path Trekkers	257.51	5	13
Roman Runners	143.35	3	12
Team RWB	151.18	4	8
MV Hill Striders	0	0	5
Syracuse Chargers	76.74	2	3

Upcoming Clubs Cup Races:

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 Boilermaker 15K on July 10th!

Just for this race, the Cup has a special rule: all clubs must turn in a roster of club members on its Cup team by July 6th. ONLY members on that roster will have their Boilermaker performance counted towards the Cup competition. If you want to represent the UR in the Cup, please email Jim Moragne at jimmoragne@gmail.com. And remember, this is age-graded, so you don't have to be an elite runner to contribute, and the more members on our roster, the better the club's chances will be. Don't wait to email Jim, as the club's Cup roster for the Boilermaker must be turned into the Cup administrator on July 6th!



Awesome Stuff

80 Year Old Couple Finishes their Last Marathon Together



In 1986, Kay and Joe O'Regan crossed the finish line of the London Marathon, their first one together, hand in hand. Thirty years later on June 6, 2016 – at 80 years old – they did it again for the last half-mile of the Cork City Marathon.

[Read more >>](#)

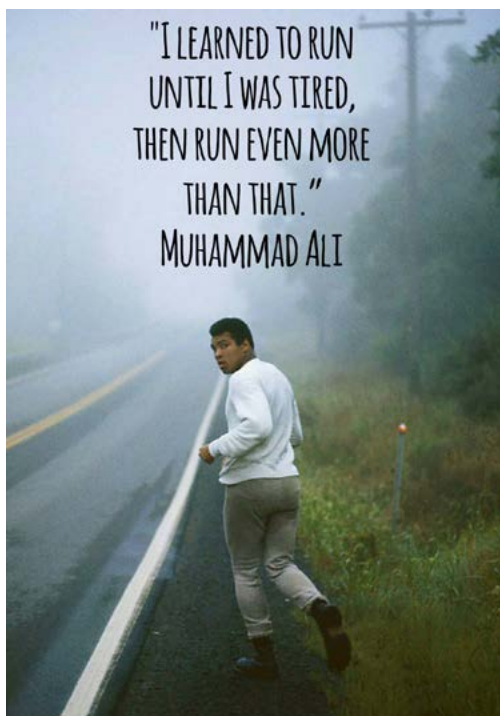
The Ideal Race... the 5K?



"...by focusing on the 5K, you're optimizing health benefits and minimizing injuries, and if you're deliberate about your training, you can maximize your fitness gains too..."

What do you think?

[Read more >>](#)



*It's never too early to save
the date for fall's best race!*

Utica Roadrunners
Falling Leaves
ROAD RACE

September 25th

SISU XC DEVELOPMENT

CHAMPIONS ARE MADE IN THE SUMMER

JULY 11 – AUGUST 5 | MWF | 6:00-7:30 PM

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.

SISU XC DEVELOPMENT STARTS JULY 11TH AND FINISHES AUGUST 5TH. THE TRAINING PROGRAM MEETS THREE DAYS PER WEEK ON MONDAY, WEDNESDAY, AND FRIDAY FROM 6:00-7:30PM. 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.

NOTE: THE PROGRAM MUST HAVE AT LEAST 5 REGISTERED RUNNERS TO BE RUN.

SISU XC DEVELOPMENT IS THE PROUD SUMMER TRAINING PROGRAM OF 4 TRI-VALLEY LEAGUE INDIVIDUAL XC CHAMPIONS AND 7 TRI-VALLEY LEAGUE ALL-STARs SINCE 2013.

Participant Name: _____ Sex: M F DOB: _____ Age: _____ Grade: _____

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

Shirt Size: ____ S ____ M ____ L ____ XL Session: ____ Full (\$75) ____ Weekly (\$20) Utica Roadrunners Membership: ____ Y (+\$10) ____ N

Parent/Guardian Name(s): _____ Emergency Contact Name(s): _____

Parent/Guardian Phone(s): _____ Emergency Contact Phone(s): _____

Parent/Guardian Email(s): _____ Emergency Contact Relationship: _____

Waiver: 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 Accident Waiver and Release of Liability 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, 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 the above waiver, understand its content, and consent to it.

Participant Signature: _____ Date: ____ / ____ / ____

Waiver: The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian. I hereby certify that I have read the above waiver, understand its content, and consent to it.

Parent/Guardian Signature: _____ Date: ____ / ____ / ____

Make checks payable to: Sisu Athletic Development c/o Jeremy West / 4810 Jenkins Road / Vernon, NY 13476

SISU XC DEVELOPMENT

CHAMPIONS ARE MADE IN THE SUMMER

JULY 11 – AUGUST 5 | MWF | 6:00-7:30 PM

TRAINING INFORMATION

How many years have you been running? _____

What is your greatest amount of miles/minutes ran in one week? _____

How many miles/minutes are you currently running per week? _____

How many days per week are you currently running? _____

Personal records

800m _____ 5K _____

1500/1600m _____ 8K _____

1.5 Mile _____ 10K _____

3000/3200m _____ 15K _____

Medical information

Allergies: _____

List any medical conditions that we should be aware of and a brief description:

Special dietary needs:



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**

50m Exhibition (1-6 M)

1 st	Ian Bliss	Ilion	10.7
2 nd	Nolan Decker	Endicott	11.9
3 rd	Chase Mosher	Ilion	29.5
4 th	Riley Dote	Marcy	35.8

200m (7-8 M)

1 st	David Dunckel	Oxford	37.4
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200m (9-10 M)

1 st	George Bryant	Norwich	32.0
2 nd	Nathan Hanna	Sauquoit	33.3
3 rd	Aleksander Smietana	Norwich	33.8
4 th	Draden Benedict	Norwich	33.9
5 th	Julien Smith	Oxford	34.6
6 th	Grant Winter	New Hartford	38.3
7 th	Troy Bond	Norwich	40.5

200m (11-12 M)

1 st	Gabe Sutton	Norwich	29.9
2 nd	Micky Walker	Ilion	30.2
3 rd	Matt French	New Hartford	30.7
4 th	Matthew Hanna	Sauquoit	32.8
5 th	Zach Owens	New Hartford	33.6
6 th	Alexander Whiteman	Rome	34.0
7 th	Brian Harrington	New Hartford	49.7

200m (13-14 M)

1500m (9-10 M)

50m Exhibition (1-6 F)

1 st	Kaylee Mosher	Ilion	20.6
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200m (7-8 F)

1 st	Amanda Smietana	Norwich	36.8
2 nd	Allie Philipkoski	New Hartford	38.2
3 rd	Annie Ward	New Hartford	38.9
4 th	Megan Loomis	Malta	44.6
5 th	Alex French	New Hartford	47.8

200m (9-10 F)

1 st	Sumayah Brown	Vestal	35.0
2 nd	Ella Dischiavo	Utica	37.5
3 rd	Taegan Manwarren	Norwich	39.1
4 th	Jocelyn Finch	Oxford	40.6
5 th	Alyssa Dunckel	Oxford	41.1
6 th	Lily Mirabelli	Rome	42.9

200m (11-12 F)

1 st	Milla Gonzalez	Oxford	31.5
2 nd	Angelena Walker	Clayville	32.0
3 rd	Kate Winter	New Hartford	32.7
4 th	Emma Burke	New Hartford	33.7
5 th	Mia Mirabelli	Rome	34.0
6 th	Melia Couchman	Herkimer	34.1
7 th	Mia Roberts	New Hartford	35.3
8 th	Katie Loomis	Malta	35.4
9 th	Sarah Davis	Norwich	37.7
10 th	Abigail Polus	Herkimer	39.0
11 th	Faithlyn Gray	Norwich	39.6

200m (13-14 F)

1 st	Abbigail Durgan	Turin	32.9
2 nd	Hannah Ielfield	Glenfield	34.5
3 rd	Lauren Davis	Norwich	35.3

1500m (9-10 F)

1st Patrick LaCreta New Hartford 6:45.5

1500m (11-12 M)

1st Andrew Durr New Hartford 6:18.4
2nd Nate Winn New Hartford 6:41.2
3rd Ryan Harrington New Hartford 7:57.3

1500m (13-14 M)

400m (7-8 M)

1st Jack Burke New Hartford 1:40.0
2nd Andrew Bashant Clinton 1:44.2

400m (9-10 M)

1st Logan Hewitt Ilion 1:25.6
2nd Patrick LaCreta New Hartford 1:28.1

400m (11-12 M)

1st Gabe Sutton Norwich 1:10.5
2nd Aleksander Smietana Norwich 1:20.3
3rd Zach Owens New Hartford 1:22.0
4th Connor Eberly Mt. Upton 1:46.8

400m (13-14 M)

100m Exhibition (1-6 M)

1st Ian Bliss Ilion 22.3
2nd Nolan Decker Endicott 25.6

100m (7-8 M)

1st David Dunckel Oxford 17.8
2nd Jack Burke New Hartford 17.9
3rd Andrew Bashant Clinton 18.1

100m (9-10 M)

1st George Bryant Norwich 15.2
2nd Logan Hewitt Ilion 15.6
3rd Draden Benedict Norwich 16.1
4th Nathan Hanna Sauquoit 16.3
5th Julien Smith Oxford 16.4
6th Grant Winter New Hartford 17.1
7th Orion Bliss Ilion 17.3
8th Troy Bond Norwich 19.8

100m (11-12 M)

1st Matt French New Hartford 15.0
2nd Mickey Walker Ilion 15.1

1500m (11-12 F)

1st Emma Burke New Hartford 6:14.8

1500m (13-14 F)

1st Olivia Skylstad Ballston Spa 5:26.3
2nd Alex Hong Ilion 6:32.1

400m (7-8 F)

1st Megan Loomis Malta 1:43.1

400m (9-10 F)

1st Ella Dischiavo Utica 1:28.4
2nd Natalie Decker Endicott 1:29.3

400m (11-12 F)

1st Kate Winter New Hartford 1:16.5
2nd Jada Reynolds Norwich 1:19.1
3rd Angelena Walker Clayville 1:20.3
4th Katie Loomis Malta 1:22.5
5th Mia Roberts New Hartford 1:23.5

400m (13-14 F)

100m Exhibition (1-6 F)

100m (7-8 F)

1st Amanda Smietana Norwich 17.2
2nd Allie Philipkoski New Hartford 17.8
3rd Annie Ward New Hartford 18.5
4th Alex French New Hartford 19.6

100m (9-10 F)

1st Sumayah Brown Vestal 16.6
2nd Taegan Norwich 17.2
Manwarren
3rd Natalie Decker Endicott 17.5
4th Jocelyn Finch Oxford 18.0
5th Lily Mirabelli Rome 19.6

100m (11-12 F)

1st Milla Gonzalez Oxford 15.2
2nd Melia Couchman Herkimer 16.0

3 rd	Matthew Hanna	Sauquoit	16.2
4 th	Nate Winn	New Hartford	17.4

3 rd	Mia Mirabelli	Rome	16.2
4 th	Jenna Deep	Waterville	17.0
5 th	Mia Roberts	New Hartford	17.0
6 th	Katie Loomis	Malta	17.4
7 th	Rachel Farnsworth	Frankfort	17.8
8 th	Sarah Davis	Norwich	18.1
9 th	Abigail Polus	Herkimer	18.5
10 th	Faithlyn Gray	Norwich	19.4

100m (13-14 M)

100m (13-14 F)

1 st	Trinity Clark	Rome	14.9
2 nd	Jasmine Martin	New Hartford	17.4
3 rd	Lauren Davis	Norwich	17.4

800m (7-8 M)

800m (7-8 F)

1 st	Megan Loomis	Malta	3:52.4
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800m (9-10 M)

800m (9-10 F)

1 st	Brynn Bernard	Boonville	2:53.8
2 nd	Georgia Deep	Waterville	3:36.4
3 rd	Alyssa Dunckel	Oxford	3:52.5

800m (11-12 M)

1 st	Andrew Durr	New Hartford	3:00.9
2 nd	Alexander Whiteman	Rome	3:04.2
3 rd	Connor Eberly	Mt. Upton	4:08.0

800m (11-12 F)

1 st	Lexi Bernard	Boonville	2:48.0
2 nd	Jada Reynolds	Norwich	3:34.0

800m (13-14 M)

800m (13-14 F)

1 st	Olivia Skystad	Ballston Spa	2:39.4
2 nd	Hannah Ielfield	Glenfield	2:51.7
3 rd	Abbigail Durgan	Turin	2:53.1

1500m RW (9-14 M)

1500m RW (9-14 F)

Standing Broad Jump (1-6 M)

1 st	Ian Bliss	Ilion	4'1.5"
2 nd	Sawyer Dote	Marcy	3'3.25"
3 rd	Riley Dote	Marcy	2'1"

Standing Broad Jump (1-6 F)

Standing Broad Jump (7-8 M)

1 st	David Dunckel	Oxford	5'3.75"
2 nd	Andrew Bashant	Clinton	4'7.5"

Standing Broad Jump (7-8 F)

1 st	Annie Ward	New Hartford	5'2.5"
2 nd	Amanda Smietana	Norwich	5'2"
3 rd	Allie Philipkoski	New Hartford	4'7.5"

Standing Broad Jump (9-10 M)

1 st	George Bryant	Norwich	5'11"
2 nd	Julien Smith	Oxford	5'9.5"
3 rd	Draden Benedict	Norwich	5'3.5"
4 th	Orion Bliss	Ilion	5'3.5"
5 th	Troy Bond	Norwich	5'1"

Standing Broad Jump (9-10 F)

1 st	Brynn Bernard	Boonville	5'7.5"
2 nd	Georgia Deep	Waterville	5'2.5"
3 rd	Ella Dischiavo	Utica	4'11"
4 th	Jocelyn Finch	Oxford	4'8.75"
5 th	Taegan Manwarren	Norwich	4'7.5"
6 th	Lily Mirabelli	Rome	4'3"

Standing Broad Jump (11-12 M)

1 st	Gabe Sutton	Norwich	6'10.25"
2 nd	Zach Owens	New Hartford	6'8.25"

Standing Broad Jump (11-12 F)

1 st	Mia Mirabelli	Rome	6'4.5"
2 nd	Emma Burke	New Hartford	6'3.5"

3 rd	Alexander Whiteman	Rome	6'6.75"
4 th	Andrew Durr	New Hartford	6'4.75"
5 th	Matt French	New Hartford	6'3"
6 th	Aleksander Smietana	Norwich	6'1"
7 th	Andy Walker	Ilion	5'10.25"

3 rd	Lexi Bernard	Boonville	6'2.75"
4 th	Jada Reynolds	Norwich	6'2"
5 th	Melia Couchman	Herkimer	6'1.5"
6 th	Jenna Deep	Waterville	6.0'75"
7 th	Rachel Farnsworth	Frankfort	5'11"
8 th	Angelena Walker	Clayville	5'9"
9 th	Kate Winter	New Hartford	5'8.5"
10 th	Sarah Davis	Norwich	5'3.25"
11 th	Mia Roberts	New Hartford	5'2"
12 th	Milla Gonzalez	Oxford	4'11"
13 th	Faithlyn Gray	Norwich	4'3"

Standing Broad Jump (13-14 M)

1 st	Nolan Tovkatly	New Hartford	5'11.5"
2 nd	Eli Ward	New Hartford	5'3.75"

Standing Broad Jump (13-14 F)

1 st	Alex Hong	Ilion	6'1"
2 nd	Lauren Davis	Norwich	5'11.5"
3 rd	Rebecah Bashant	Clinton	5'5"
4 th	Jasmine Martin	New Hartford	5'4.5"

TurboJav (1-6 M)

1 st	Chase Mosher	Ilion	5'1"
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TurboJav (1-6 F)

1 st	Kaylee Mosher	Ilion	2'1.5"
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TurboJav (7-8 M)

1 st	Jack Burke	New Hartford	33'8.25"
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TurboJav (7-8 F)

1 st	Annie Ward	New Hartford	20'0"
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TurboJav (9-10 M)

1 st	Grant Winter	New Hartford	37'11.5"
2 nd	Nathan Hanna	Sauquoit	32'4.75"

TurboJav (9-10 F)

1 st	Georgia Deep	Waterville	34'8"
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TurboJav (11-12 M)

1 st	Nate Winn	New Hartford	64'5.5"
2 nd	Ryan Harrington	New Hartford	53'10.25"
3 rd	Matthew Hanna	Sauquoit	40'4.25"

TurboJav (11-12 F)

1 st	Jenna Deep	Waterville	48'9.5"
2 nd	Rachel Farnsworth	Frankfort	41'8.5"

TurboJav (13-14 M)

1 st	Nolan Tovkatly	New Hartford	50'5.5"
2 nd	Eli Ward	New Hartford	33'10.5"

TurboJav (13-14 F)

1 st	Alex Hong	Ilion	50'5.75"
2 nd	Jasmine Martin	New Hartford	37'8.5"

SUNDAY, JUNE 5, 2016 - 11:00 AM

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