

splitimes

July 2017

The Official Newsletter of the Utica Roadrunners

READY!!!



The 40th Boilermaker Road Race is Days Away!

In this issue:

A thank you to our volunteers
Happy Hour July 14
The #UnityMile
Article by Lauren Murphy
Cross Country Camp in Ilion

page 5
page 9
page 10
page 12
page 14

PLUS

Awesome Stuff
Development Run Info
Grand Prix Line Up
CNY Running Club Cup Report

page 11
page 13
page 13
page 15

2017 Student Scholarship Winners



page 4

Summer Sizzle Results!



page 6

Member Spotlight: Sharon Scala



page 7

July
2017
Utica Roadrunners
Board of Directors



President Sybil Johnson

Vice Presidents

Administration & Finance

Melanie Crisino

Activities & Events

Mike Kessler

Secretary Anne Marie Latshaw

Treasurer Lisa Walchusky

Board Members

Jim Latshaw

George Searles

Jim Mott

Stephanie Stark

Wayne Murphy

Joanne Willcox

Scott Neary



UR members at the Summer Sizzle
on June 17th at SUNY Poly

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

by Sybil Johnson

Short and sweet, that's the way my article is this month. June has been very busy for me.

First of all, many of you will remember **Fred Gachowski**. He passed away the weekend of the 24th. Fred was a runner and bicyclist, but his first love was hiking. Fred propelled Dennis and me through the Adirondack Mountains so that we could become 46ers in 2009. He and his girlfriend, Barbara McMullan, were around for countless Club house runs, Burlington trips, and RRCA convention forays. RIP Fred.

For Boilermaker 2017, most of you are mindful of adequate hydration, starting at a reasonable pace, don't wear new running shoes, sunscreen, wear a Club tank top, and smile for the camera. Whatever the weather, have a good time before, during and especially afterward at the Brewery. **Please show up across from the front of ECR for a group picture at 7:30 AM at the latest.** Get on an early bus or tell your chauffeur to pick you up earlier than usual. Last year, (or was it the year before) the group was small because the busses were slow to

deliver runners to the starting area. Stay safe and have a great run!

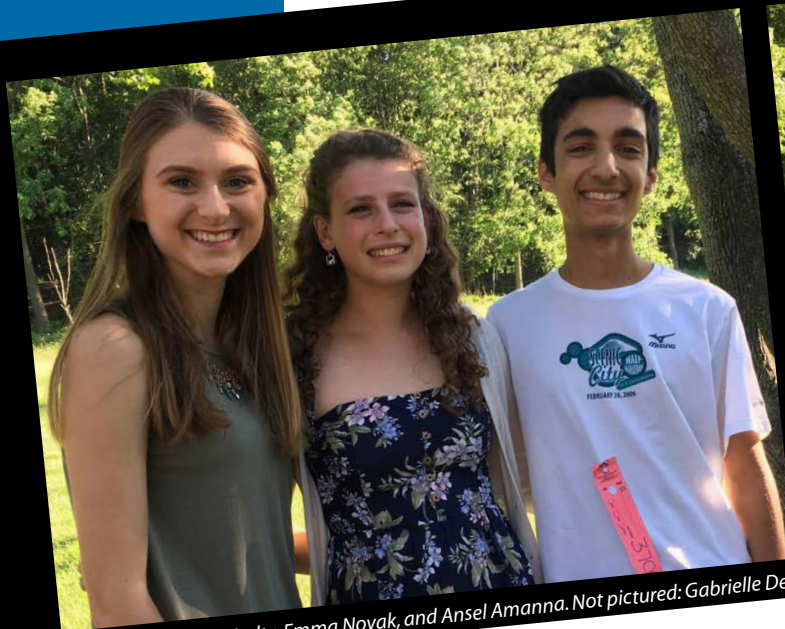
Check out the **Club website** and **Facebook** for all the upcoming July running and triathlon events. Mike Brych is holding the Lake Delta Tri the weekend after the Boilermaker. It is a great place to start your tri life if you are so inclined.

In closing, my thoughts are – at gyms, especially ones with PT services, why do members strive to park as close as possible to the front door? Can't the fit walk a little further?

Have a very good July and... Be careful out there!

Student Scholarship Winners

CONGRATULATIONS!



Left to right: Abby Schultz, Emma Novak, and Ansel Amanna. Not pictured: Gabrielle Dewhurst

The Utica Roadrunners' 2017 Student Scholarship Winners Announced

The Utica Roadrunners have as our primary mission the promotion of family health and fitness through running. Each year we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student athletes in our community. We are pleased to announce that this tradition will continue in 2017 with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

This year's winners:

Abby Schultz

Utica Roadrunners Scholarship

- Graduating from CVA
- Attending SUNY Poly
- Studying Mechanical Engineering

Gabrielle Dewhurst

Paul Ohlbaum Scholarship

- Graduating from Clinton High School
- Attending Cornell University
- Studying Nutritional Science, pre-med
- Will run in college

Emma Novak

Paul Ohlbaum Scholarship

- Graduating from Clinton High School
- Attending Swarthmore College
- Studying biology, history, music and is going pre-med
- Will run on college team

Ansel Amanna

Howard Rubin Scholarship

- Graduating from New Hartford High School
- Attending RIT
- Studying Management Information Systems
- Will run on college team

Letter from the Editor



A Shout Out to Our Volunteers

As we all get ready for the Boilermaker next week, how can we not stop to give thanks to those that got us ready for it!?



The water was always there, the Parkway shut down on Wednesdays right on time, our times were always calculated at the finish line and the constant encouragement (and sometimes Losay's dancing!) kept us going for miles upon miles. They woke up earlier than us on Saturday mornings to get ready for the training runs. They're there packing up after we've left on Wednesday nights. The great programs of the Utica Roadrunners wouldn't happen without this core group of incredible volunteers.



Volunteers are also working behind the scenes on the board, coordinating our student scholarships, directing the races and handling all of the paperwork, insurance and legalities that keeps the club running (no pun intended!)

It takes a small army to keep the Roadrunners vibrant and valuable to our members. It only takes a little time here and there to help out. We have Falling Leaves coming up and with it, weeks of Development Runs. We need you! Email Mike Kessler at mkessler1012@roadrunner.com to see what dates they have the most need.



Michelle



Race Results



NAME	AGE	TIME	PACE
------	-----	------	------

TOP 3 OVERALL MALE

1) Michael Polidori	31	29:41	5:57
2) William Callahan	40	30:05	6:01
3) Thomas Joslin	38	30:26	6:06

TOP 3 OVERALL FEMALE

1) Rebecca Metzler	35	31:15	6:15
2) Liane Zalewski	30	33:53	6:47
3) Kelly Colbert	45	34:21	6:53

MALE AGE GROUP: 1 - 18

1) Jazper Polidori	15	33:48	6:46
2) Andrew Salie	18	39:27	7:54
3) Robby Bauer	16	41:40	8:20

FEMALE AGE GROUP: 1 - 18

1) Kate Bauer	12	51:17	10:16
---------------	----	-------	-------

MALE AGE GROUP: 19 - 29

1) David Lewis	25	31:28	6:18
2) James Kuny	27	38:04	7:37
3) Casimir Misiaszek	19	38:12	7:39

FEMALE AGE GROUP: 19 - 29

1) Laurie Hennessy	28	34:29	6:54
2) Erica Freund	23	34:56	7:00
3) Rochelle Ferro	29	35:36	7:08

MALE AGE GROUP: 30 - 39

1) Josh Kuelling	35	31:49	6:22
2) David Saxe	32	34:37	6:56
3) Rick Gloo	36	36:18	7:16

FEMALE AGE GROUP: 30 - 39

1) Karen Randall	39	34:58	7:00
2) Jennifer Bachelder	39	38:15	7:39
3) Danielle Bliss	39	39:29	7:54

MALE AGE GROUP: 40 - 49

1) Paul Humphrey	49	32:32	6:31
2) Rob Bauer	45	35:08	7:02
3) Steve Eddy	44	35:22	7:05

NAME	AGE	TIME	PACE
------	-----	------	------

FEMALE AGE GROUP: 40 - 49

1) Sara Hanna	44	43:43	8:45
2) Mary Ann Lasher	49	44:20	8:52
3) Melissa Lanphier	45	48:12	9:39

MALE AGE GROUP: 50 - 59

1) Daniel Stedman	59	34:44	6:57
2) Tim Kane	58	35:24	7:05
3) Dale Hart	55	38:08	7:38

FEMALE AGE GROUP: 50 - 59

1) Elizabeth Miller	57	41:24	8:17
2) Gina Szczygiel	54	44:27	8:54
3) Beth Talbot	53	47:17	9:28

MALE AGE GROUP: 60 - 69

1) John Murphy	66	39:39	7:56
2) Ray Smith	67	40:48	8:10
3) Woody Woodworth	63	41:02	8:13

FEMALE AGE GROUP: 60 - 69

1) Susan Luley	63	41:50	8:22
2) Sharon Stedman	62	45:38	9:08
3) Joanne Campbell	63	1:10:12	14:03

MALE AGE GROUP: 70 - 99

1) Rich D'Accurzio	78	1:01:25	12:17
--------------------	----	---------	-------

FATHER-DAUGHTER TEAM

1) 1:34:32 Broccoli			
47:16 Alaina Broccoli		F 20	
47:16 Robert Broccoli		M 52	
2) 1:43:13 Shatraw/snitchler			
51:36 Caryn Snitchler		F 30	
51:37 Scott Shatraw		M 53	
3) 1:45:12 O'Jardin			
45:23 Kelley Obryan		F 33	
59:49 Mark Desjardins		M 67	

NAME	AGE	TIME	PACE
------	-----	------	------

MOTHER-DAUGHTER TEAM

1) 2:00:42 Team Vanvalkenburgh			
52:01 Jessica Vanvalkenburgh		F 34	
1:08:41 Jean Vanvalkenburgh		F 49	

FATHER-SON TEAM

1) 1:03:29 Polidori			
29:41 Michael Polidori		M 31	
33:48 Jazper Polidori		M 15	

MOTHER-SON TEAM

1) 1:20:51 Miller/salie			
39:27 Andrew Salie		M 18	
41:24 Elizabeth Miller		F 57	

BROTHER-BROTHER TEAM

1) 1:25:02 Hobaica			
41:00 Benjamin Hobaica		M 24	
44:02 Jordan Hobaica		M 26	

SISTER-BROTHER TEAM

1) 1:25:25 Tebo			
39:36 Michael Tebo		M 30	
45:49 Brandy Tebo		F 27	
2) 1:32:57 Team Bauer			
41:40 Robby Bauer		M 16	
51:17 Kate Bauer		F 12	

HUSBAND-WIFE TEAM

1) 1:11:07 Hennessy Squared			
34:29 Laurie Hennessy		F 28	
36:38 Michael Hennessy		M 30	
2) 1:20:22 Stedmans			
34:44 Daniel Stedman		M 59	
45:38 Sharon Stedman		F 62	
3) 1:30:34 Even Stephens			
41:59 Robert Stephens		M 50	
48:35 Leslie Stephens		F 49	
4) 1:37:36 Escape The Black Flies			
42:20 John Seigle		M 50	
55:16 Lisa Seigle		F 49	

Member Spotlight

Sharon Scala

A new hip and a determined attitude keep this runner going strong.



Even after a hip replacement in 2014, she couldn't be stopped! Sharon Scala shares her story and some great advice for runners that might be facing a major injury or set back.

You've probably seen Sharon out lately helping with water stations at the Boilermaker Training Program runs or you may know her from the popular Marcy 5K that she has co-directed for the past five years. Like any runner you see out on the course, she has a great story to share that will motivate our members.

First, a little background on Sharon – she has two grown sons (that really helped her get into running) and she juggles two jobs. She is a hair stylist at Clippers and also works for longtime photographer Ralph DeNicola in downtown Utica. She is a serious animal lover and also loves her 70s music which she can be seen singing along to as she runs. People may look at her a bit strangely, but she stands by what Jane Fonda said - "If you can

sing, you can breathe." It helps her keep on pace and motivated during runs.

Running didn't start out as her favorite activity, though.

Back in 2011, Sharon had to run 0.1 mile on the track as part of the Bootcamp class she was in. It barely happened. Then came the Falling Leaves 5K and by the time she got up Genesee to the Stanley Theater, she was DONE. The friend she was running with kept her going and the thrill of the finish moved her. Then she caught the running bug and still "can't believe I'm doing it"! Her running continued until about three years ago when she started getting pain in her hip. She started seeing PTs to

continued →

try to get to the bottom of it. Every time she took a step, it resulted in terrible pain and it was becoming unbearable. She ended up seeing an orthopedic doctor who diagnosed the issue as the worst case of arthritis he's ever seen, told her she had no cartilage left and that "the hip's gotta go". Shocked by the news and facing a hip replacement, Sharon readied herself for it.

Surgery took place on December 29, 2014 and went well. In just under a week, she was walking on a treadmill to get moving again. She wasn't about to sit around and be miserable, and she decided to get right to work in her healing. At her three week check up, her doctor told her to give up running. She took his suggestion and then ran her first 5K post surgery on St. Patrick's Day!

She is still scared when she's out running, as anyone would be after overcoming injury on one of a runner's most prized body parts, but she sets her goal to finish strong and not necessarily be fast. Staying steady and healthy is the name of the game.

Her biggest advice to others after going through a hip replacement is to "just move" and start moving *right away*. Having a determined mind set, having a will to continue what she loves and promising herself not to overdue it all factored in to her healthy recovery and hopefully enjoying longevity in the sport.

This year, she and her new hip ran the Disney Races where she accomplished a 5K, a 10K and a half marathon over the course of two days. That was a bucket list race for her and was something she never thought she could do. But she "loves glitter" *and* Disney, so off she went and had a great finish. Her husband, the former Marcy town supervisor, was kind enough to plan their Disney vacation around the races, another thing runners can absolutely relate to! What a long way she has come since that first Falling Leaves race!

Sharon now tries to hit a minimum of 100 miles per month by heading out almost every morning, six days a week for about four miles. She wants that red jacket bad this year...

and is well on her way to getting it. (Maybe we can add some glitter to it for her?!)

She's got a few fun races coming up this year. Aside from the Boilermaker, she'll be running The Hartford Marathon Relay in Connecticut (where one of her sons lives) and she's thinking about the Syracuse Half in November. The Disney Races are also on the list to tackle again.

Sharon is a joy to talk with and not only can she give you a great cut and style AND help make your children look adorable in their school photos, but she can help be your motivation to show you that even if bad news comes your way, you can still run and still enjoy the thrill of crossing the finish line... her favorite part of the race.



Helpful Boilermaker Links



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!

[pasta dinner](#)

[kid's run](#)

[15K start map >>](#)

[5K start map >>](#)

[race etiquette >>](#)

[water stations >>](#)

[expo info >>](#)

[ems stations >>](#)

News



Club Happy Hour

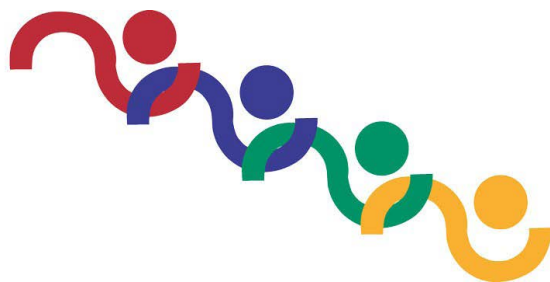
**Friday, July 14, 2017
6:00pm**

**226 Genesee Street
(next to Bank of Utica)**



**Save the Date!
14K, 5K and Kid's Run
Sunday, September 24th**

The Unity Mile



You're in for a treat at mile 2 of this year's Boilermaker 15K

Introducing the #UnityMile

Purpose: "To showcase the cultural diversity and tolerant views that make our city such a special and unique place."

Where: Mile 2 of the 15k race, between Albany Street and Sherman Drive

Participating Organizations:

Mohawk Valley Latino Association

Ritmo Caribeno Youth Dance Group

The Ride for Missing Children

La Banda Rossa

Butler-Sheehan Academy of Irish Dance

Team RWB

Upstate Cerebral Palsy

Child Care Council

- Cornell Cooperative Extension of Oneida County

United Way

Q Center Mohawk Valley - ACR Health

MAMI of CNY

Mohawk Valley Community Action Agency

Utica Municipal Housing Authority

- FX Matt, Adrean Terrace, N.D. Peters Manor

MVCC LGBTQ+ Committee & MVCC Gay Straight Alliance

Mohawk Valley Resource Center for Refugees



Awesome Stuff

One Fast Momma

Alysia Montañó ran the 800M in the U.S. Track and Field Championships while five months pregnant with her second child.



[Read More >>](#)

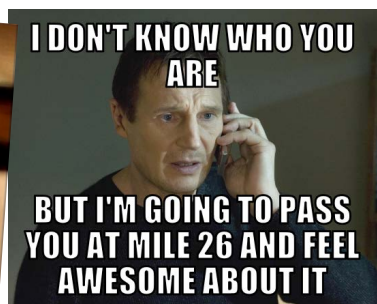
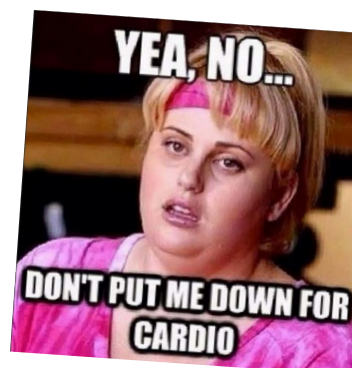
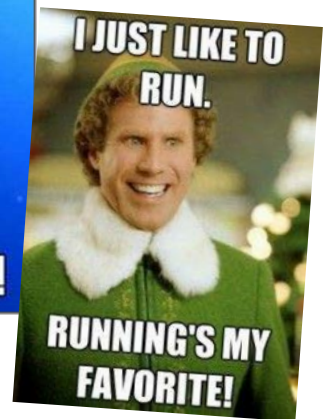
“Running has thrown me into adventures that I would otherwise have missed.”



– Benjamin Cheever,
American writer

Running Memes from Movies

They're a little lame. And a little hilarious. That's why we love them.



The 411 on H2O

by Lauren Murphy

The Boilermaker is right around the corner! As we all know July can be hot, humid, and sunny. And that weather is just in time for the Boilermaker. Hydration is key! Here are some tips to keep in mind while training and things to think about during the race:

Days Before:

Make sure that you are well hydrated in the days leading up to your race. You don't want to have to take in excess fluids on the day of the race, so it is important to maintain your hydration levels beforehand. The Institute of Medicine recommends that men consume approximately 3 liters of water per day and that women consume 2.2 liters of water. If you run in the days leading up to your race, weigh yourself before and after each run; consume an extra 16 ounces of fluid for each pound that you lose during the run.



Race Day:

Susan Powell of Runners World recommends drinking 16 to 24 ounces of fluids -- either water or a mixture of water and sports drinks -- two to three hours before a race. This will give you enough time for your body to process the water, so you

shouldn't need to go to the bathroom during the race.



About 30 minutes before the race begins, consume another 5 to 7 ounces of liquid. This should be your last intake of water before the race.

Alcohol Consumption:

Alcohol is a diuretic, meaning that it increases the level of water that the body excretes through urination. This can leave you dehydrated, so some nutritionists advise you not to consume alcohol at all in the 48 hours prior to a race. If you do drink alcohol in the days leading up to the race, Kristen Wolfe Bieler of Runner's World advises that you consume 8 ounces of water for each alcoholic beverage you consume.

Don't Overdo It:

It's sometimes recommended that runners should drink water whenever they're thirsty, but according to the *Journal of the American Academy of Physician Assistants* this can lead to over-hydration. Over-hydration can be lethal if your blood sodium drops below healthy levels, a condition called hyponatremia.

I hope these tips were helpful! Make sure to drink your water! And I wish everyone who is running on July 9th all the best!! See you out there!!

Development Runs

Every Wednesday Night at the Parkway!



**PLEASE SHARE THIS INFORMATION WITH
ALL YOUR FRIENDS WHO PLAN TO
RUN ON WEDNESDAY NIGHTS**

2017 Development Run Details:

The fee to run the development run is \$2.00 per person each week with NO family rate. Utica Roadrunner Members still run for Free! You can become a member of the Utica Roadrunners:

- \$10 for anyone under 18 years of age
- \$20 Individual • \$25 Couple • \$30 Family

Registration opens at 5:00. Be there early! Runs are at:

6:00 – 2.5 Mile Walk • 6:15 – 2/10 M Fun Run 1/2 M Fun Run
6:30 – 10 K / 5K / 2 Mile

Grand Prix



The 2017 Utica Roadrunners Grand Prix series is underway! The Grand Prix series of races is a friendly competition among all members registered as of March 31, 2017. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2017, determining the age group for the season. The best 6 performances among the 13 races will determine standings for awards, with a minimum of 3 races required to be eligible for an award.

The remaining Grand Prix races for 2017 are:

7/09/17Boilermaker 15K
8/05/17Bolder Inspiration 8K
8/18/17Woodsmen's 10K
9/16/17Living History 5K
9/24/17Falling Leaves 14K
10/08/17AK5K 5K
10/15/17Deerfield Skeleton Run 5K

Grand Prix details, results, standings, and reports can be found at the Club's website. If you have questions, please contact gslnus@yahoo.com.

Cross Country Camp

The Art of Running Youth One Day Running Camp

Wednesday, July 12

8:30am - 4:30pm

Russell Park - 111 Frederick Street, Ilion

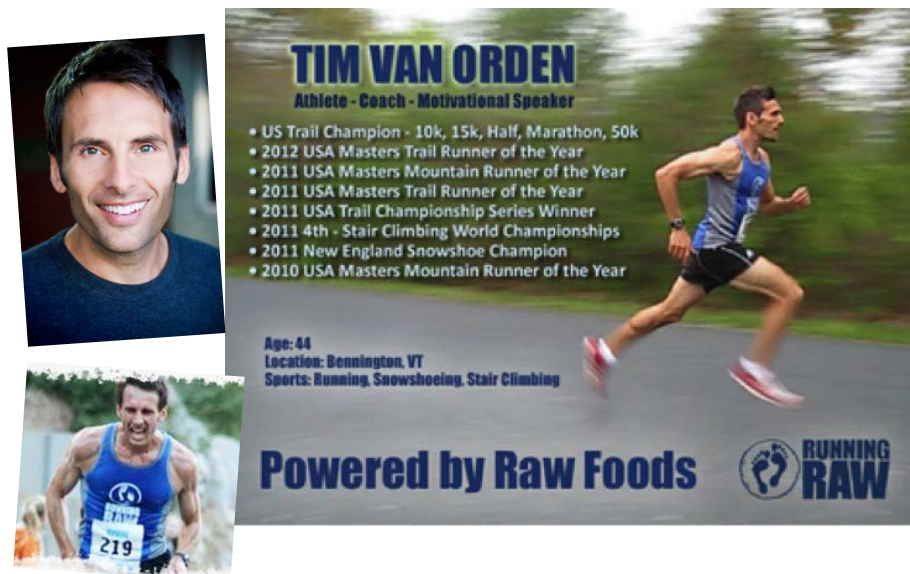
\$40

Registration ends July 7th

The Utica Roadrunners, in collaboration with local community members, will be bringing a cross country running camp to Ilion, NY on July 12th. It will be an active one-day camp in Russell Park in Ilion New York. The focus of this camp to train runners to enjoy running and grow stronger by realizing the potential of the mind to help improve training and athletic performance. There will be three professional coaches, two running and one strength and mobility.

The running coaches are **Tim Van Orden** (52:08 min 15K) and **Jamie Woolsey**. Both are nationally recognized athletes in Mountain running and Snowshoe running with strong coaching backgrounds. The strength and mobility coach, **Juliana Attilo**, is from CrossFit Mohawk Valley in Marcy. The day will consist of hikes with lecture style discussions accompanied by tactically focused drills, whether climbing, cornering, simulated starts, etc. Discussions will center around the mental aspects and techniques that can be used when approaching a hard workout or finding a challenging mental state within a competition. All coaches and staff have background checks through USATF and the camp is insured through USATF as well. Register now to get a t-shirt!

[Learn more or register](#)



CNY Running Clubs Cup 2017 Report



The Nate The Great 12K in Canastota on June 10th was the third event in the 2017 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. The Roman Runners and Toe Path Trekkers had partial teams there. Age-grading (AG) 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 much better weather than last year, we just edged the Kickers for first place.

Club	Graded Total	Cup Points	Season Standings
Utica Roadrunners	359.93	5	14
Kuyahoor Kickers	358.40	4	12
Roman Runners	225.41	3	10
Toe Path Trekkers	100.48	2	5
MV Hill Striders	0	0	2

* The percentage is the relative performance of a runner against the world standard by age and gender for that distance.

Our five contributing members were:

Member	Age	Time	Grade	AG Rank %*
Susan Luley	63	1:02:16	46:36	78.45
William Callahan	40	45:47	44:14	73.17
Joanne Willcox	54	1:01:04	51:29	71.04
Sharon Stedman	62	1:10:12	53:17	68.64
Bill Kosina	57	56:16	47:09	68.63
TOTAL			359.93	

Congratulations and thank you, all UR participants, and especially Susan, William, Joanne, Sharon and Bill!

Boilermaker Cup Change: In a change from previous years Cup competition, the Boilermaker will now be a stand-alone competition among the five clubs, without any bearing on the year-long results. There will be a plate on one side of the Cup trophy just to list each year's club Boilermaker winner. All the rules relating to age grading will be in force.

Next Regular Cup Race: That would be the Millers Mills Sundae Run 5K on Sunday, July 16th. The perfect cool down run after the Boilermaker, this out and back race is a classic country event, followed by an ice cream social. It usually gets a very good turnout. [For more info, click here.](#) For any questions about the Cup, please email Jim Moragne at jimmoragne@gmail.com.

Upcoming Clubs Cup Races:

July 16th:

Miller Mills 5K in Millers Mill

August 18th:

Woodsmen Field Days

10K in Boonville

September 24th:

Falling Leaves 14K in Utica

October 8th:

AK5K in Marcy

UTICA ROADRUNNERS 2017 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.

2017 Membership Renewal or New Member (circle one)

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

Street: _____

City: _____ State: ____ Zip: _____

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 more sharing the same address. Use a 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 Joe Crisino at members@uticaroadrunners.org or call him at (315) 866-2708.