

SPLIT The Official Newsletter of the Utica Roadrunners

TIMES

UTICA
Roadrunners



JUNE 2011

Time To Take Your Clothes Off!

(Outerwear, that is)

Development Run Updates
page 5

**Roadrunner Members Join
The Ride For Missing Children**
page 8

Can Hill Running Make You Faster?
page 11

June Runs:
KAC 5k 6/4
Summer Sizzle 5k 6/19



june 19, 2011

summer sizzle

For a complete race calendar, visit our website at
<http://www.uticaroadrunners.org>

SPLIT The Official Newsletter of the Utica Roadrunners

TIMES



JUNE 2011



Utica Roadrunner members Linda Turner, Mike Kessler and Linda's daughter, Jessica at the 15th Annual Ride for Missing Children

JOIN NOW!

VISIT: <http://www.uticaroadrunners.org>

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact:

Patrice May

email: patricem.may@gmail.com

or call (315) 368-8146

Payment arrangements must be made in advance with Patrice prior to submitting your advertising to our Editor.

DEADLINES:

All Payment, Copy, Advertisements and race applications are due **the 1st of the month prior to the month that your event takes place (NO EXCEPTIONS)**. (ie; if your race is on July 15th, submit your information by June 1st. **See last page of this newsletter for advertising rates.**

Thank you,

The Utica Roadrunners' SplitTimes Newsletter Staff

2011 Board of Directors:

President:

Sybil Johnson

Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Moe LaLonde

Secretary:

Christine McGlynn

Treasurer:

Paula May

Board Members:

Ray Brych
Jim Fiore
Kathy Fuller
Dennis Johnson
Patrice May
Suzanne Price
Dave Putney

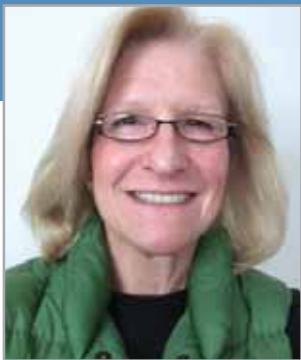


Editor: Valerie Cognetto

Home Office: (315) 738-7717

E-mail: cognettodesign@gmail.com

MAY 2011/2



President's Message

by Sybil Johnson

Ahhh... June, what's the weather going to do for us? I, for one, am hoping for sunny, cool mornings, breezy afternoons and bugless evenings so we can enjoy the roads as well as our deck and gardens. I loved the May days when I could go out to exercise in fewer layers with relatively clear skies over my head, and I hope that in June, I can be even more comfortable in just shorts and a tank top. Isn't spring great? The days in June will probably have us perspiring a bit more... we'll see. I can take it!

June is loaded with running events! Beginning with the Kirkland Art Center 5K on the 4th, you could participate in two or three events a weekend if you feel like driving around a bit (check our calendar or <http://www.rpmrunning.com>). You could also do the Development Runs on Wednesdays and really rack up your miles! We could have a whole new crop of Kermit's – he is famous for running multiple events in a weekend. Anyway, the 33rd Annual KAC Run is a 5K this year, and to celebrate the art center's 50th Anniversary, there is a commemorative glass to complement the run's tech shirt. The first place awards are beautiful, handmade wooden banks, so run quickly. Just be sure to check out the course map. There are changes and you do not want to run the wrong course! Pick up your packets at the High School and be there on the Clinton Village Green for the post-race party and awards!

Later in the month, on June 19th, is the Summer Sizzle 5 miler at SUNYIT. This race is one of the Utica Roadrunners' premier events, and I hope many of you are there. Race director Paula May reports that there are some changes this year. This year we are going to have the women and men run at the same time so that everyone can celebrate Father's Day a bit earlier. It will feel cooler for the guys if they have an earlier start time. An hour or so later makes a big difference in June. We will have the trail part of the course marked well and the guys were talking about mowing the trails themselves! If you know any local businesses that might want to support this event, let us know. One of the major sponsors has given their support to another very large event, so we could really use more financial support! Let Paula know if you need a sponsorship letter. It is never too late. More importantly, please plan to run this Club event. We want to see you there. Club members receive a \$2 discount! Just do it!

Our Boilermaker Training Program directors in Utica, the Valley and Rome, report that the trainees are building their mileage and running strength. They are all moving forward to complete the Boilermaker in great shape. The important part is that they continue running after the big event – not just for the Club's sake, but for their own health. It is good to see that many former program attendees come back every week to train with the new runners.

The Wednesday Development Runs continue to grow. The smiling faces and sweaty bodies crossing the finish lines attest to runners' happiness with their achievement. The volunteers throughout the course deserve kudos for their dedication to this weekly event. **THANK YOU VERY MUCH VOLUNTEERS AND RUNNERS!**

I received an email that looked interesting for a different sort of running event. I am telling you about it early so that you can do the training. On Saturday, July 23rd, there will be a 5K adventure race in New Berlin at the Unadilla Valley Sports Center. It will be an off road event with some obstacles thrown in. Since some members do those crazy Warrior events, this looks like something to mix it up with training. There should be some apps at the Development Runs soon, but you can also contact Carinda Ferrini at tuffscramblers@gmail.com if this appeals to you.

(...continued on next page.)

Since adventure races are not my cup of tea, I think I will mix up my training with some hiking in the Adirondacks. Even though we have hiked all of the High Peaks, we will be going to the top of a couple because they are there. A mountain top is just too beautiful to pass up. The bike will log a few miles when we go camping too. I would like to say that we rough it and set up a tent when we head up north, but times change. We do our adventures from a comfortable, dry camper. The Adirondacks are known for rain – especially when a campsite is being set up or taken down. We will be in Lake Placid, volunteering at the Ironman Triathlon in July. Did I tell you that already? Oh well, I am very excited about that vacation for the volunteering, for cheering on the friends who will be competing, and for the prospect of hiking/biking/kayaking and campfire sitting. Isn't summer wonderful?

Changing gears, I think that from time to time, you should know about Club finances. Paula has been keeping the books in order so that our accounts are all in the black. We spent some bucks on the awards and the Awards Banquet, but isn't that what members deserve? Our largest chunk of money is in the SOS account (\$18,923), but that is flagged for Switchback upgrades. The rest of our money is in checking and CD accounts (\$13,389). That does not mean that we are rich because that money finances the Development Run, Boilermaker Training Program, insurance, national Road Runner Club of America dues, scholarships, member benefits/incentives, equipment, supplies, newsletter, and other miscellaneous expenses – there are 27 line items on the expense side of our profit/loss statement. When you send in your dues, they are a great deal for you. If you run all of the Development Runs, and take advantage of the \$2 discount at our three main races, you receive \$26 of service for your \$20 dues. You also get the SplitTimes, awards, training programs, and now if you volunteer, you may earn tangible Golden Shoe rewards. You cannot beat that.

Another gear change... there is an issue that bears mentioning. When an organization places an ad or has information for the Club website or SplitTimes, it is essential that the event planner sends the correct information. It is a negative reflection on the Club if information is wrong, but we have to go with what we are given. If dates or times are incorrect, our webmaster and editor need to be notified in a timely fashion. You are probably wondering why I am telling you this. Our membership connects with a vast number of people. If any of your contacts is planning an event, please remind them. We had an incident with the HOF Half Marathon and we do not want this to happen again.

Well, the road, the weeds and the flowers are calling. I think I will do 5 miles and, as long as I am sweaty, I will do some weeding so the flowers will continue to look pretty. You get out too, but remember – Be careful out there.



Editor's Note: I know a lot of you have been receiving unwanted spam from my aol account. I'd like to take this moment to apologize to the entire club for this annoyance. I have since completely cancelled that account, removed the information from the yahho listserve and reset all of my passwords for all else. You should not have any issues corresponding with me using my gmail address. If you have any other concerns or see something that looks suspicious in the future, please make sure that I am aware of it so that I can address it properly. Thanks for your patience in this matter, and I hope that you continue to enjoy the club's newsletter for years to come! -Val Cognetto

New! Club Handbook

Our newly updated Utica Roadrunners Handbook is your complete guide to your membership benefits, annual events, and general information about the club. Download a pdf of the handbook here:

<http://www.uticaroadrunners.org/documents/UticaRoadrunners2011ClubHandbook.pdf>



Parkway Development Runs

Registration: 5:30 p.m. (6:00 p.m. after 5/11) - Parkway Recreation Center

Cost: \$1.00 per person, \$2.50 per family **FREE to all Utica RR Members**

Start times:

2.5 Mile Walk:	6:30 p.m.
Kids Fun Runs:	6:45 p.m. - 2/10 m (7 and Under)
	6:50 p.m. - 1/2m (Ages 8-9)
	6:55 p.m. - 1/2m (Ages 9-10)
10K, 5K & 2 Mile Runs:	7:00 p.m. (SHARP!)

Runners of all ages and abilities are encouraged to join us for this fun, yet challenging course. If you new this year, make sure that you have a number assigned to your name. You can get your number when you come to register at the recreation center. All of our runs are timed so that you can track your progress each week. If you are a new member, welcome!

There will also be a table at the start line for Utica Roadrunner MEMBERS ONLY to pick up their tags for the run. Bring your Utica Roadrunner Membership card and it will make things go a whole lot faster. Anyone who is a member of the Utica Roadrunners will not need to complete a waiver. Your membership

application will be used as your waiver for the development runs. We will have a registration table inside for those who are not Utica Roadrunners and need to complete the waiver and pay.

Trophies will be awarded to CHILDREN ONLY (Ages: 2 – 18) participating in 10 of the 20 weekly events. T-shirts will be awarded to ANYONE who participates 15 of the 20 weeks. Credit for participation includes those who run, walk or volunteer.

All results will be posted on:
<http://www.train2run15k.com/DevRunVolunteers.html>.

NEW • NEW • NEW • NEW

On the second Wednesday of each month we will have a door prize drawing for ANYONE who is wearing Utica Roadrunner apparel. You do not need to be a member to get into this drawing. Utica Roadrunners will now be selling apparel at the Chalet every Wednesday, so come check out all the new clothing.

We will also be starting our yearly Youth Program "Lottery Fundraiser." We will sell tickets from now till the Falling Leaves. Each ticket costs \$5.00 and gives you 2 chances to win through the entire month of October. Each evening in October when the NY Evening Lottery pick 3 is drawn that number is used as our lottery winner so if it is your number you win \$25.00. If your number is drawn on a Sunday, you win \$50.00 and \$100.00 on Columbus Day and Halloween.

We ALWAYS need volunteers at the Development Runs and all of the Utica Roadrunner Events. If you or someone you know wants to volunteer please let me know or contact Ray Brych at whitetower1960@yahoo.com. See page 4 of The May Splittimes (<http://www.train2run15k.com/files/splittimesmay2011.pdf>) for more information on how our volunteers earn points for discounts on membership, race entries and Utica Roadrunner apparel. Questions or suggestions? Contact Linda Turner at 796-4870 or train2run15k@roadrunner.com.

SPLIT

TIMES

UTICA
Roadrunners

5 mile road race



june 19, 2011

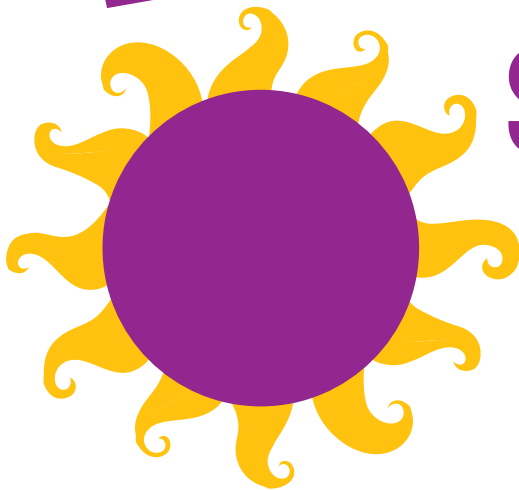
summer sizzle

5 Mile Road Race
SUNYIT, Utica, NY

June 19, 2011

Kid's Fun Run: 8:00 a.m.

5 Mile Race: 8:30 a.m.



Roadrunners Join 100-Mile Bicycle Ride For Missing Children

by Val Cognito

On May 20th several Utica Roadrunner members joined over 480 bicycle riders for the 15th Annual Ride For Missing Children. This event raises funds to support the National Center For Missing and Exploited Children. One hundred percent of the money raised is used for the distribution of posters of missing children nationwide. Over \$300,000 was raised this year to support poster processing which has been a key element in the recovery of many lost children.

Riders stop at elementary schools along their route where students are assembled beforehand and taught about ways in which to keep themselves safe. As the riders pull into each school, they are greeted by the students with smiles, cheering and thanks. This year, Edward Smart, the father of Elizabeth Smart, presented a speech at both the opening and closing ceremonies. Additional families and recovered children spoke and came along either on buses or rode their bikes amongst the group.

I have been a supporter of "The Ride" for the last 12 years (10 of which I rode) and was a volunteer this year. It is an emotional experience that leaves you full of joy for its successes, hope for families of missing children, and appreciation for all that you have. I encourage anyone who might be interested in volunteering or riding to become a part of this group of good people. If you are thinking of riding next year, be sure and apply early because there are a limited number of spots and attendance fills up quickly. If you would like to be placed on their email list, send an email request to: admin@therideformissingchildren.org.



2011 Boston Marathon

by Dave Putney

Wow, what a day for the Boston Marathon! Most of you have probably heard/read that the fastest 26.2 miles a human has ever run was this year at Boston. Geoffrey Mutai ran 2:03:02, a world best on the hilly Boston course. Ryan Hall also ran faster than any American ever, 2:04:58.

The Utica teams did great! Hats off to them! You can review them by following the link below. There are 2 ways to view them. Click the drop down and scroll down to Utica Roadrunners. For a full Listing, simply click the "finish" link under the drop down without actually selecting the drop down. This will list all teams.

<http://www.baa.org/races/boston-marathon/results-commentary/team-tracking.aspx>

In Summary (top 3 runners' scores for overall time):

Men's Open:

25th of 65 teams
Overall Time: 8:30:35
Siepiola, Adam 2:42:31
Brych, Mike R. 2:48:47
Tylutki, Jeremiah 2:59:17
Hudyncia, Ryan J. 3:01:30

Men's Masters:

41st of 73 teams
Overall Time: 9:39:27
Elleman, Michael L. 2:58:59
Hudyncia, Rob 3:11:37
Geesler, John 3:28:51
Palmer, Bruce M. 3:37:26
Siepiola, James W 3:39:14
Burak, Gary 4:10:27

Women's Masters:

28th of 37 teams
Overall Time: 12:08:41
Stange, Rebecca L. 3:45:03
Willcox, Joanne 3:47:14
Toth, Shirley A. 4:36:24

TOP 10

Top 10 Things to Do While Running the Boilermaker:

by Val Cognito

10. Wave to all of your friends
9. Wear a funny costume
8. Look for the Llama by the zoo entrance
7. Enjoy the many wonderful bands playing along the way
6. Discretely switch bib numbers with a Kenyan
5. Be a race bandit dressed as a bandit so people won't suspect
4. Throw your old bib numbers to your friends so that they can party with you later
3. Play a round of golf, skip to the finish, then meet up with your spouse all sweaty
2. Bring money to pay someone for their bike in case you get tired.
1. Throw apples at Joe when he holds up his ridiculous signs at mile .2



What is The Boilermaker Race without a Pasta Dinner?

What would you do? Here you are at the Boilermaker Health & Fitness Expo picking up your race packet and a sudden urge strikes you to eat pasta and meatballs. Do you panic? No, there is a solution!

The Boilermaker Race, Masonic Care Community, and Sodexo Senior Services continue to host an *all-you-can-eat* Pre- Race Pasta Buffet on Saturday, July 9 from 12:30pm to 5:00pm on the Masonic Campus during the Planet Fitness Health & Fitness Expo.

The buffet is in its 14th year and all proceeds from this event benefit the United Way of the Valley and the Greater Utica Area. Join fellow runners, walkers and families to “carb load” on a variety of pastas, fresh tomato sauces, hand-rolled meatballs, tossed salad, Italian bread, fresh baked cookies and beverages. New this year try some “Utica Greens” from area restaurants!

If you attend the pasta buffet be sure to notice the colorful bags on the tables. Students from Westmoreland Elementary School decorated them with running pictures and encouraging words. . . good job!

Besides great food, you can even catch last year’s race on the TV while you eat! So if the urge strikes you, remember

Boilermaker Pasta Buffet

Saturday, July 9

12:30PM to 5:00PM

Masonic Campus

All-you-can-eat Pasta Buffet

\$7.00 (tickets available at the Expo and at the door)

Proceeds benefit United Way of the Valley and the Greater Utica Area



14th Annual Boilermaker Pre-Race Pasta Buffet

July 9, 2011

At the Planet Fitness Health & Fitness Expo

On the **Masonic Care Community Campus**

12:30PM to 5:00PM

All-you-can-eat-pasta-buffet (featuring “**Utica Greens**”)

\$7.00

Watch 2010's race while you “carb load” for this year!

Sponsored by
The Boilermaker Race, Masonic Care Community
& Sodexo Senior Services
Benefiting the United Way of the Valley & Greater
Utica Area



Can Hill Running Make You Faster?

Some runners avoid hills because they can cause injuries and they're, well, hard. Time to reconsider

By Amby Burfoot

From the August 2004 issue of *Runner's World*

A few years ago, the *Runner's World* editorial offices were briefly moved to the other side of town. The new location was nestled at the foot of what we call "South Mountain," so I soon found my noontime runs steering up and over the mountain several times a week. A month later, I noticed that I was feeling stronger, quicker, and more light-footed on all my runs. Yes, the hills are alive with training benefits.

I am not the first to discover this. East Africans have been traipsing up and down the steep slopes of the Great Rift Valley for millennia, and in the last half-century have rewritten the distance-running record books. Today, they run the hills harder than ever. I experienced this first-hand on a 1998 trip to Kenya. One morning, I joined a handful of marathoners who were being coached by Dr. Gabriele Rosa as they tackled the infamous Fluorspar Hill (40 miles east of Eldoret) that rises nearly 4,000 feet in 13 miles.

Truth in editorial: I managed to hang on for only 10 minutes before bailing out. I hopped into Rosa's Jeep to watch the rest of the impressive workout, which ended 82 minutes after it started. Rosa likes his marathon runners to do strenuous hill running every 10 days during their marathon buildup. "Marathon running uses a lot of quadriceps muscle fibers, and this is the best way to build the quadriceps," Rosa told me recently. "In Italy, we use the gym also. But the Kenyans do not have any gyms, so we run hills."

Medical research isn't exactly brimming with hill-training studies, but I located several with impressive results. A 1977 article in the *European Journal of Applied Physiology* concluded that runners who followed an intense six-week program of hard uphill running enjoyed "significant improvements in training distances, anaerobic capacity, and strength." A chap-



ter in the International Olympic Committee's 1992 book *Endurance and Sport* reported a study of runners who did 12 weeks of regular training, plus "hill training with 'bounce running.'" After the 12 weeks, the subjects' running economy (or how efficiently they ran) increased by an average of three percent. That's a nice increase in a running variable that's not easy to improve. Of course, not everyone appreciates hills. Running up hills is not recommended for beginners because it puts too much stress on muscles and connective tissues that may not be ready to handle the load. It may also put extra stress on the knees and Achilles tendons.

Hill training made its first big impact in the early 1960s when runners from tiny New Zealand, including Peter Snell (three-time Olympic gold medalist), suddenly began winning a disproportionate number of big races. Their successes were based on the training philosophy of Arthur Lydiard, a marathoner-turned-coach. Lydiard broke from the generation of coaches before him who believed mostly in interval training. Who could blame them? They had just lived through the 1950s when runners like Roger Bannister and Emil Zatopek used mind-bending interval workouts to help them shatter the world records of that era.

(...continued on next page.)

But Lydiard believed even middle-distance runners should begin their seasons with marathon-like training, and then move into what he called “hill circuits.” Lydiard first described his program in the 1978 book *Running the Lydiard Way*, coauthored by Garth Gilmour. In its ideal form, Lydiard’s hill training takes place on a two-mile layout that includes a steepish uphill of 300 to 400 meters, a not-so-steep downhill of about 800 meters, and relatively flat stretches of 800 to 1,000 meters at the top and bottom. You begin by running the uphill stretch, in Lydiard’s words, “springing up on your toes, not running but bouncing. This gives you muscular development and flexibility.”

At the top of the hill, jog 800 to 1,000 meters to recover, then plunge into the downhill run. The idea now is to “run fast, with relaxed, slightly longer strides.” On Lydiard’s personally designed loop in Auckland, where the downhill was approximately 800 meters, it is said that Peter Snell once ran a 1:48 and regularly hit 1:50.

At the bottom of the hill, do several sprint repetitions, varying between 50 meters and 400 meters. Says Lydiard: “These sprint repetitions begin the development of your capacity to exercise anaerobically.” After six weeks of hill circuits, you’re ready for four weeks of track work to reach a competitive peak.

Every guru needs a disciple, and Nobuya Hashizume has ably filled that role for Lydiard. Growing up in Japan, Hashizume was inspired by Frank Shorter’s victories in the Fukuoka Marathon, and began reading every running book he could find. *Running The Lydiard Way* was “the first book I read in English,” he says. He was drawn to it because he liked how Lydiard “used science as the basis of his training programs.”

Hashizume traveled to Auckland to run the infamous 22-mile Waitakere Mountains course that once reduced Snell to tears. He also tackled the original hill circuit. “It was steeper than I expected,” says Hashizume, who now lives in the Twin Cities and maintains a Web site that promotes Lydiard’s training methods (fivecircles.org).

While New Zealand runners no longer rule the track, they have continued to excel on hills. A native of Wellington, Derek Froude followed Lydiard’s principles with zeal. He ran a 2:11 marathon, and in 1990 became the first person to break 60 minutes in the Mount Washington road race. Froude clocked 59:17 for the 7.6-mile course with “only one hill,” as participants like to say.

That record lasted until 1996, when it fell--no big surprise--to a Kenyan. When Daniel Kihara ran 58:21, onlookers termed his effort “awe inspiring.” Of course, they had not yet seen nor heard of Jonathan Wyatt.

Last June, Wyatt stormed up the Mount Washington road in 56:41, nearly two minutes faster than Kihara’s old record. That’s roughly the equivalent of someone taking four minutes off the marathon world record. Wyatt, also originally from Wellington, has won four World Mountain Running Championships in recent years, and deserves to be called the greatest hill runner of all time. When you bear a mantle like that, you get asked only one question: What’s your secret? “I think it’s just that I love the mountainous trails and have been running hills since I was 13,” says Wyatt, 32. “I seem to get stronger every year.”

Oh, c’mon Jonathan, that’s so lame. I ask him to plumb deeper into the subject, even though Wyatt is one of those plainspeaking Kiwis who would rather run up a mountain than rhapsodize about it. “Relaxation is one of the keys,” he says after a long pause. “You don’t ever want to go anaerobic. You need to push hard, but not go over the edge. I chop down my stride to become as efficient as I can, and I try to conserve arm energy. I don’t think you need to pump your arms to run well on the hills.”

Wyatt finished 21st in the Athens Olympic Marathon, a great performance, but not quite equal to the efforts of Americans Deena Kastor and Meb Keflezighi, both honed to an Olympic peak by the hill-training methods of Coach Joe Vigil. “Deena and Meb are always on the hills when they’re training in Mammoth Lakes [California], but we even use undulating hills when they train in San Diego,” says Vigil. “A quarter mile up, and a quarter mile down.”

Vigil has a Ph.D. in exercise physiology, so he views hill training through a technical lens. “We use oscillatory terrain to increase the athlete’s adaptation to stress, and to teach a more efficient use of glycogen,” he says. “It also gives them a nice reactive power that improves their running economy.”

This marks the first-ever use of the word “oscillatory” in a running-training context, but Vigil is a scholar, so he has earned the right. Here’s the second use: To improve your strength, endurance and speed, be sure to do hill training on an oscillatory basis. Your running will come alive.

2011 Race Director's Calendar for the Mohawk Valley by Sybil Johnson

(If you have any additions/deletions/corrections please email Sybil at densyb@roadrunner.com)

January 1	Hangover Run	Barneveld
February 5	Beer & Chili	Newport
March 5	Heart Run & Walk	Utica College
March 26	West Road's 1st Annual Shamrock Shuffle	Whitesboro
April 2	Fort to Fort	Rome
April 9	Hot Foot 5K	Stockbridge Valley
April 16	5K for Kidneys	Ithaca
April 23	4th Annual OADCC Run for the Children 5K	Oneida
May 1	Mountain Goat	Syracuse
May 7	Ted Moore Run	MVCC – Utica
May 7	The Zone Run 10K & 5K	Richfield Springs
May 7	23rd Annual Towpath 10K Trail Run & 2 Mile Run	St. Johnsville
May 14	ALS Walk/Run	SUNYIT
May 22	National Distance Running Hall of Fame Half Marathon & 5K	Utica
May 23	4th Annual OADCC Run for the Children 5K	Oneida
May 29	Cooperstown Sprint Triathlon	Otsego Lake
June 4	KAC 5K and Children's Races	Clinton
June 5	9th Annual New Balance Girls on the Run 5K	Cooperstown
June 11	16th Annual Lions Ramble	Ft. Plain
June 12	Run for the Violets 5K	Dolgeville
June 18	Miles for Missy	Herkimer
June 19	Summer Sizzle	SUNYIT Marcy
June 25	Yellow Brick Road Run 8K	Chittenango
July 6	Roadrunner Mile Invitational	Utica
July 7	Madison County Fair Run 5K	Brookfield
July 10	Boilermaker Road Race	Utica
July 16	3rd Annual 5K Race for the Children/1M Fun Run	Morrisville
July 17	Millers Mills Sundae Run	Millers Mills
July 23	Ilion Days 5K	Ilion
July 30	40th Annual Honor America Days 5K	Rome
July 30	Irish Fest 5K	Frankfort
July 31	Delta Lake Triathlon-Sprint/Olympic	Rome
August 5	Newport Field Days Kick Off 10,000 Meter Run	Newport

August 6	Bolder Inspiration of Trenton Falls 5 Mile Run & 1 Mile Walk	Barneveld
August 6	Battle of Oriskany	Oriskany
August 6	Madison County 5K	Nelson
August 7	Canal Fest	Rome
August 13	D.A.R.E. 5K Run	Herkimer
August 13	5th Annual Run for the RACC	Rome
August 13	Ruth Allen Memorial 4 Mile	Deansboro
August 13	Freedom Run 10K	Little Falls
August 14	Save Our Switchbacks	Utica
August 19	Woodsman 5K & 10K	Boonville
August 19 to 21	Turning Stone Races & Half Marathon	Verona
August 27	Snowmaker 5K	Woods Valley
September 10	Wing Thing 5K	Rome
September 17	Mary Cleary Memorial Run/Walk 5K	Waterville
September 17	Landis Arboretum 5K	Esperance
September 18	Delta Lake Half Marathon	Rome
September 24	Madison Hall 5K Run/Walk	Morrisville
September 24	West Winfield CROP Run/Walk	West Winfield
September 25	Falling Leaves 5K & 14K	Utica
October 1	Herkimer ARC 5K	Herkimer
October 1	22nd Copper Wire Run	Camden
October 1	CNS 5K	Hamilton
October 1	Red Ribbon Run-N-Fun	Utica
October 2	Festival of Races 5K	Syracuse
October 2	Pitt Run	Oneonta
October 2	Town & Country Run	Boonville
October 8	Maine Event 5K & 10K	Brookfield
October 15	Eaton 5K Run/Walk	Eaton
October 22	7th Annual DACC 5K Run/Walk	Delanson
November 12	Mohawk Turkey Trot 5K	Mohawk
November 17	Run for Safety	Utica
November 20	Gail Vernold Memorial Run	Oriskany
November 24	27th Annual Thanksgiving Day Run/Walk to End Hunger	Utica
November 24	Thanksgiving Day Prediction Run	Rome
December 3	Miles for Meals	Rome
December 10	Red Nose Run	

This list doesn't even really touch the Syracuse area! If you don't want to run alone, here is your chance to be with the crowds. Go for it!



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the winter months. We run from The Fitness Mill at 5:45 p.m. 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.

Group Runs for Utica Roadrunners "Down in the Valley"

Mondays at 5:30 p.m. at the GPO Credit Union in Illion

Wednesdays at 5:15 p.m. at Hannaford's in Herkimer

Saturdays at 8:00 a.m. at the Little Falls YMCA.

For more information, email: casler1@peoplepc.com or jmoragn1@twcnny.rr.com.



KAC Run Organizers Make Changes To The Event

The Kirkland Art Center Run will showcase several upgrades at its 33rd running on June 4th. The event will feature youth runs and a one mile race on the Clinton school grounds. In an effort to focus on a single, high quality road race, the 5K run and walk will be the only road race this year. Leone timing will be on site this year to ensure fast, accurate results.

Awards will be presented in five year age groups with special awards given for the first male and female overall, master and Clintonian. All participants will receive a commemorative glass and tokens for Utica Club or soft drinks. Youth run and mile run participants will get cotton t-shirts and 5K runners and walkers will receive short sleeve tech shirts.

More information and registration can be found at www.getentered.com or www.kirklandartcenter.org (KAC Registration application can be found on page 22)



What is the The Grand Prix?

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the Grand Prix awards are presented at the club's annual awards banquet.

IN ORDER TO QUALIFY FOR THE 2011 GRAND PRIX YOU MUST PAY YOUR ANNUAL DUES BY 3/31/11

Scoring

Scoring will be based on the best 5 finishes of the 10 Grand Prix races. There is no minimum number of races needed to qualify.

Age Groups

Age Group for the entire season based on age as of 1/1/11.

There are six age groups, Male & Female:

19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over

Points will be awarded in each age group as follows:

1st place - 10 points	4th place - 7 points	7th place - 4 points	10th place - 1 points
2nd place - 9 points	5th place - 6 points	8th place - 3 points	11th place & higher - no points
3rd place - 8 points	6th place - 5 points	9th place - 2 points	

2011 Races

Fort to Fort 10K	April 2	Summer Sizzle 5 Mile	June 19
Stockbridge Valley Hot Foot 5K	April 9	Millers Mills 5K	July 17
Ted Moore 5K	May 7	Honor America Days 5K	July 30
Hall of Fame Half Marathon	May 22	SOS 5 Mile	Aug 14
KAC 5K	June 4	Falling Leaves 14K	Sept 25



2011 Grand Prix Results

Male Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 15k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
M 0-19	Humphrey, Daniel			10								10
M 0-19	Tine, Connor	10										10
M 20-29												
M 30-39	Brych, Michael	10	10									20
M 30-39	Misenick, Ryan		8	10								18
M 30-39	Pare, Jason		9									9
M 30-39	Tylutki, Jeremiah	9										9
M 30-39	Peruzzi, Francis	8										8
M 40-49	Cohen, Richard	10	10									20
M 40-49	Clarey, Robert	8		10								18
M40-49	Neidhart, Michael	7	9									16
M 40-49	Esposito, Ronald			9								9
M 40-49	Humphrey, Paul	9										9
M 40-49	Draper, John			8								8
M 40-49	Steere, Sean			7								7
M 50-59	Siepola, James	6	10	8								24
M 50-59	Ruane, Mark	4	9									13
M 50-59	Bick, Tom	5		7								12
M 50-59	Bocko, David	3	8									11
M 50-59	Fiore, Jim			10								10
M 50-59	Kosina, Bill	10										10
M 50-59	Dickson, Stan	9										9
M 50-59	Rust, Alan			9								9
M 50-59	Johnson, Dennis	8										8
M 50-59	Geesler, John	7										7
M 50-59	Plunkett, Gary		7									7



2011 Grand Prix Results

M 50-59	Ichihana, Rob			6								6
M 60<	DesJardins, Mark	8	8	8								24
M 60<	Lenio, Ted	10	10									20
M 60<	Hahn, Richard	9		10								19
M 60<	Searles, George		7	9								16
M 60<	Cohen, Dan		9									9
M 60<	Madeira, Joe	7										7
M 60<	D'accurzio, Rich			7								7
M 60<	Alberico, Joseph			6								6

Female Age Group	Name	Fort to Fort 10k	Hot Foot 5k	Ted Moore 5k	Hall of Fame 13.1m	KAC 15k	UR Summer Sizzle 5m	Millers Mills 5k	Honor America Days 5k	UR SOS 7.5k	UR Falling Leaves 14k	TOTALS
F 0-19	Tine, McKenzie	10										10
F 0-19	Wilkinson, Justyna			10								10
F 0-19	Steere, Morgan			9								9
F 0-19	Humphrey, Bridget			8								8
F 0-19	Fisher, Alicia			7								7
F 20-29	Fisher, Jennifer	10										10
F 20-29	Price, Suzanna			10								10
F 30-39	Reilly, Christina	10		10								20
F 30-39	Manieri, Jessica	9										9
F 30-39	Sparacino, Colleen	8										8
F 40-49	Cognetto, Val		10									10
F 40-49	Wilkinson, Maryann			10								10



F 40-49	Willcox, Joanne	10										10
F 40-49	Buchman, Heather	9										9
F 40-49	Bramley, Julie			9								9
F 40-49	Kosina, Jean		9									9
F 40-49	Burke, Dawn	8										8
F 50-59	Bocko, Connie		10									10
F 50-59	Miller, Elizabeth	10										10
F 50-59	Truax, Virginia			10								10
F 50-59	Stephenson, Christy			9								9
F 50-59	Tucker, Susan	9										9
F 50-59	Fuller, Kathleen			8								8
F 50-59	Tommell, Eileen	8										8
F 50-59	LaLonde, Sarah	7										7
F 50-59	Fisher, Joyce	6										6
F 60<	Brown, Cornelia	10										10
F 60<	Deangelo, Barbara			10								10

24th Annual



June 19, 2011

summer sizzle

5 Mile Road Race
SUNYIT, Utica, NY

June 19, 2011

Kid's Fun Run: 8:00 a.m.

5 Mile Race: 8:30 a.m.



5 Mile Course:

This USATF certified 5 mile course runs through SUNYIT in Utica, NY. **Baby joggers, pets, headphones and roller blades are not allowed under USATF and RRCA rules.**

Kids Fun Run

(Free event, registration not required):

2-4 yrs run 1/4 mile • 5-8 yrs run 1/2 mile

9-12 yrs run 1 mile

Entry Fee:

Utica Roadrunners Members - \$15.00 Pre-registration

\$17.00 Pre-registration - Must be Postmarked by 6/15/11

\$20.00 Day of Race, Kids race is free.

Race Day Registration:

Registration is 7:30 - 8:30 am at the SUNY IT Campus Center Lower Lobby.

T-shirts: To all pre-registered runners
(Shirt size not guaranteed)

Refreshments:

Fruit and Beverages will be available after the race

Awards: Will be given to the top three finishers in age groups of 10 year increments

Special family team awards for the fastest combined times: Mother/Daughter • Father/Son
• Sister/Sister • Brother/Brother • Sister/Brother
• Mother/Son • Father/Daughter • Husband/Wife
• Grandparent/Grandchild

For More Information:

E-mail: Paula May at pmay@newyorkmills.org

Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Age (as of 6/19/11): _____ Sex: ____ M ____ F T-shirt size: M L XL

USATF # (if applicable): _____ (shirts run small)

Official Use Only

Family Team Entry - Please submit application together. (One team entry only)

Family Name: _____

Teammates Names: _____

____ Mother/Daughter ____ Father/Son ____ Sister/Sister ____ Brother/Brother

____ Sister/Brother ____ Mother/Son ____ Father/Daughter ____ Husband/Wife ____ Grandparent/Grandchild

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

Signature: _____ Date: _____

Signature of parent if under 18: _____

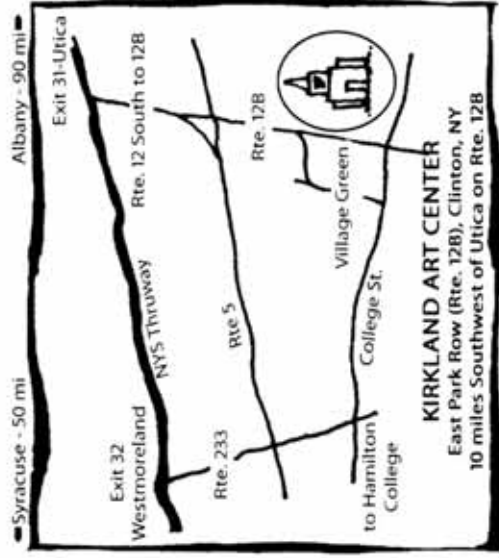
Please mail with your check payable to *Utica Roadrunners* to: Linda Turner, 152 Paris Rd., New Hartford, NY 13413

The Kirkland Art Center

For 50 years, the Kirkland Art Center has been serving the Mohawk Valley with a unique, community based multi-arts organization for adults and children to practice and appreciate the arts and much more.

The KAC's serious commitment to cultivate, promote and encourage art is achieved through high quality classes and workshops, exhibitions, Coffeehouse Series, Added Attractions series and KAC for Kids & Families performances.

It is said that running changes people's lives. This statement has never been more true than for this special event. Proceeds from the 2011 KAC Run & Walk will be used to continue our mission to provide quality multi-cultural opportunities to people of all ages in the Mohawk Valley. **Any additional donations are appreciated!**



The Kirkland Art Center

315-853-8871 • www.kirklandartcenter.org

Major Sponsors:



Bassett Healthcare Network

MONUMENTS

Burdick & Enea Memorials



Triathlon Sponsors:

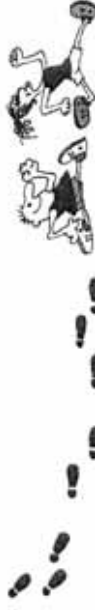


The Burns Agency Insurance



presents
33rd Annual

Run & Walk



June 4, 2011
Clinton, New York

**5K run, 5K fun walk,
1 mile run & kids fun runs**

- USTAF Certified 5K (USTAF Course Certification #NY10066JG)
- quality tech shirt
- commemorative glass
- chip timing by Leone Timing
- special overall awards donated by Anniversary Banks

Register online at www.getentered.com

Course

The KAC Run is a challenging 5K all road course that loops through the charming village of Clinton, NY. The 5K course is USTAF certified. In addition, the Utica Roadrunner's Club distinguishes the 5K race as a Grand Prix Racing Event.

Youth Fun Runs

The youth fun runs are held at the Clinton Schools soccer field at 5:00 PM. Participants (ages 4 - 10) run a short distance and receive participant ribbons, as well as ribbons for placing 1st, 2nd, 3rd and 4th. T-shirts are available to the first 100 kids who register at the Clinton Schools soccer field at 4:30 PM. There is no entry fee but donations are appreciated.

One Mile Race

The cost for this event is \$5 for the race only and \$10 for the race and a cotton T-shirt. Prizes are awarded for 1st/2nd/3rd overall male and female. T-shirt size is not guaranteed after May 20 and distributed while supplies last on race day.

Starting Times

Youth Fun Runs	5:00 PM
1 Mile Race	5:30 PM
5K Run & Walk	6:15 PM

Pre-Registration -- \$20.00

Must be postmarked by May 20*

You can also register in person at the **Kirkland Art Center**, East Park Row, Clinton, NY or online at **www.getentered.com**. We accept cash, checks, Visa, MasterCard and Discover.

***T-shirt size not guaranteed after May 20**

Registration after 5/27 -- \$25.00

Race day entries will be accepted at the **Clinton High School**, 75 Chenango Ave, Clinton, NY, from **3:00 - 5:45 PM**.

***T-shirt while supplies last.**

Additional race applications can be found online at www.kirklandartcenter.org

Number & Packet Pickup

Pre-registered runners can pick up materials from **3:00 - 5:45 PM** at the **Clinton High School** on race day.

Technical shirts

Pre-registered runners/walkers will receive a 2011 KAC Run & Walk technical shirt. Shirt sizes are small, medium, large and x-large. Shirt sizes are not guaranteed after May 20 and will be distributed while supplies last on race day.

Hospitality/Dressing Facilities

Please note that there are dressing facilities available at the Clinton High School and showers are available. All registered participants are invited to the hospitality tent for refreshments after their event.

Race Regulations

Race and walk regulations prohibit the use of the following by participants in timed events: baby strollers/joggers or similar wheeled devices, in addition to headphones, roller blades, roller skates and bicycles.

Awards

5K Run: 1st/2nd/3rd in five year increments for male/female. Overall Male & Female. 1st Clintonian Male & Female. 1st Master (40+) Male & Female. No duplicate awards!

Awards Ceremony

1 Mile Race: Immediately after at the course.
5K Run & Fun Walk: 7:15 sharp at the Clinton Village Green.

Race Results

Race results are posted on the Village Green on race day. All race results are submitted to the Observer-Dispatch and Clinton Courier for use at their discretion. Complete results will be posted at www.kirklandartcenter.org.

Course Maps

Course maps will be included in the race program which is provided during packet pickup or can be located on the web at www.usatf.org/routes/search or at www.kirklandartcenter.org. Course maps are also posted on race day at the Kirkland Art Center. Please familiarize yourself with the courses -- **the KAC is not responsible for runners or walkers who complete the wrong course.**

Course Records

The male course record was set in 1986 by Brian Fullum with a time of 15:14.

The female course record was set in 1997 by Christine Sising with a time of 18:02.

Parking

Please park in the Clinton Schools parking lots on Elm Street. Parking is restricted on certain roads on race day for the safety of our runners and walkers.

Directions

From Utica: Take the arterial (rts 5/8/12) south to Route 12B into the village of Clinton.

From the NYS Thruway: Exit 32, Westmoreland. Take Route 233 South, 5 miles to Clinton.

Application Mailing Address

Please mail the completed entry form and all entry fees to Kirkland Art Center, PO Box 213, Clinton, NY 13323.

Make check payable to: Kirkland Art Center
For more information please call (315) 853-8871.



1st Annual Miles for Missy 5K Walk/Run In Memory of Melissa 'Missy' Richvalsky Lasowski Saturday, June 18th, 2011

Course:

This challenging 5K course will start and finish at Herkimer Elementary School's Pine Grove entrance and the runners/walkers will travel the streets of East Herkimer. To view the race route go to <http://www.wix.com/abbielynn619/milesformissy>

***5K Run begins at 8:30 AM**

***5K Walk begins at 8:40 AM**

Registration:

Pre-Registration (Free t-shirt included):

- Elementary, High School, and College Students: \$15
- Adults: \$20

Registration on Race Day (T-shirt and size not guaranteed):

- Elementary, High School, and College Students: \$20
- Adults: \$25

Race-Day registration- 7:30 am-8:15 am

Race Number/Bib Pick-Up:

- Friday, June 17th from 3:00 pm-6:00 pm at Herkimer Elementary School Cafeteria
- Race Day, Saturday, June 18th starting at 7:30 am

Race Regulations:

Run regulations prohibit the use of the baby strollers/joggers or similar wheeled devices, headphones, roller blades, skates, and bicycles. No pets allowed.

Award Ceremony & Post Race:

There will be an awards and remembrance ceremony at 10:00 AM on the Herkimer Elementary School Track.

Parking & Restrooms:

Park behind HES in either lot. Overflow parking in BOCES. Restrooms will be available inside HES. ***All Walkers and Runners must be parked by 8:30 am sharp**

Questions:

Race Director- Abbie Sutliff (315)-868-6671 or milesformissy@yahoo.com

Waiver. In consideration of the acceptance of this application by Herkimer Elementary PTA, I the undersigned, intending to be legally bound and hereby, for myself, my underage children, my heirs, executors, administrators, and assign, waive and release all rights and claims for damages I may have against the Herkimer Central School district, race organizers, race sponsors, Town of Herkimer, and Herkimer County, and their representatives and successors of any or all injuries suffered by me or my family members running in the run to be held in the Town of Herkimer on June 18th, 2011. I verify that I am physically fit, along with my family members (if applicable) and I/we have trained sufficiently for the completion of this race. I understand that participation in road racing events carry with it inherent risks. I also grant permission for the use of photos of myself and my family to be used for Herkimer's PTA promotional use or by the media.

Signature: _____

Signature of Parent/Guardian of runners under 18: _____

Please indicate the runners name(s), male or female, age as of 6/18/11, the t-shirt size needed (Adult Sizes-Small, Medium, Large, Extra-Large, 2X), and if you will be walking or running:

Runners/Walkers Names:

1) _____

Sex: () M () F Age: _____ T-shirt Size _____

Running _____ Walking _____

2) _____

Sex: () M () F Age: _____ T-shirt Size _____

Running _____ Walking _____

3) _____

Sex: () M () F Age: _____ T-shirt Size _____

Running _____ Walking _____

Address: _____

City/State/Zip: _____

Phone: _____

_____ @ \$15 per student = \$ _____

_____ @ \$20 per adult = \$ _____

_____ Total \$ _____

Cash or check: Pre-registration can be made out and mailed to: Herkimer Elementary PTA-Miles for Missy
255 Gros Blvd. Herkimer, NY 13350

***Must be postmarked by May 21st**

Sponsored by the Herkimer PTA

All proceeds will go to the Missy Richvalsky Lasowski scholarship funds at HES and MHS and The American Cancer Society
(split equally between all three)



PRESENTS 28TH ANNUAL

Chris Thater Memorial

DEDICATED TO CHRIS THATER WHO WAS KILLED BY A DRUNK DRIVER.

5K RUN

August 28, 2011

10 a.m.

**Recreation Park,
Binghamton, New York**

Compete in one of the Northeast's Top 5k runs.



gift certificates
for age group winners

To register
on-line visit

sportsbaseonline™

On-line registration
opens June 1.

For more information
visit www.bcstopdwi.com

Elite Athlete assistance
call 607-722-8744
or email gtabeek@stny.rr.com



**Gold
Medal
Sponsors**



Press & Sun-Bulletin
pressconnects.com



Eighth Annual Yellow Brick Road 8K Run & 5K Walk

Course through Scenic Chittenango!

Info on Chittenango Lions Website

<http://www.chittenangolions.org/>

Sponsored By The Chittenango Lions Club and many other volunteers

June 25, 2011

Check In At 7:30 a.m.

Free Fun Run at 8:30

Race to Start at 9:00 a.m.

Starting and ending at the Chittenango Fire Barn

Pre-registration \$20

Day of the Race Registration \$25

Free Fun Run for Youths Under 16

T Shirts and Refreshments for All Runners

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 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.

Mail to: Stephen D. Waite

6990 Bolivar Road

Chittenango, N.Y. 13037

Checks Payable to: Chittenango Lions Club

315-687-7114

<Waite30@hotmail.com>

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

				Age
				as of
				June 25, 2011

Signature: _____

Parent Signature (under 18): _____

Email address (optional): _____



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen.

Club Benefits
You will receive **SPLITIMES**, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. First time members get a club t-shirt with the Utica Roadrunners logo. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. After that, each 1000 mile year will be awarded with a mileage chevron. Members get a discounted entry fee into club races and free entry in the Development Runs.

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for a couple and \$30 for a family. Mail the completed form and check to:

Utica Roadrunners, P. O. Box 4141,
Utica, NY 13504

Questions: Jim Moragne at 834-5402 or
mailto:jmoragne1@twcny.rr.com

2011 Membership Renewal or New Member (circle one)

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

Primary Phone: _____ Secondary Phone: _____

DOB: _____ E-mail address: _____

Development Run Number (if known): _____

T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: ☐ Public Relations ☐ Membership
☐ Training ☐ Newsletter ☐ Merchandise ☐ Race Volunteer ☐ Board of Directors ☐ Social ☐ Development
Runs

Signature _____
(parent or guardian if under 18)

Date _____

Additional (Couple or Family) Renewal or New Member (circle one)

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

DOB: _____ E-mail address: _____

Development Run Number (if known): _____

T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: ☐ Public Relations ☐ Membership
☐ Training ☐ Newsletter ☐ Merchandise ☐ Race Volunteer ☐ Board of Directors ☐ Social ☐ Development
Runs

Signature _____
(parent or guardian if under 18)

Date _____

Additional (Couple or Family) Renewal or New Member (circle one)

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

DOB: _____ E-mail address: _____

Development Run Number (if known): _____

T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: ☐ Public Relations ☐ Membership
☐ Training ☐ Newsletter ☐ Merchandise ☐ Race Volunteer ☐ Board of Directors ☐ Social ☐ Development
Runs

Signature _____
(parent or guardian if under 18)

Date _____

Club Membership Application Waiver (applies to all persons on this form)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Utica Roadrunners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Please return entire form with dues payment.



UTICA Roadrunners

Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & 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

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.

To place an ad or for more information contact Patrice May at patricem.may@gmail.com or (315) 368-8146.