



2017
Information
Handbook

www.uticaroadrunners.org



PO Box 4141
Utica, NY 13504
www.uticaroadrunners.org

Welcome!

As President of the Utica Roadrunners and on behalf of the over 500 club members, I am happy to welcome you as one of the newest members of the Utica Roadrunners and the Road Runners Club of America. The Utica Roadrunners not only run together but also volunteer together. We are a highly-motivated group, both in running and community activities. We are very proud of our record of promoting health, personal fitness and athletic achievement through running.

We have a diverse membership, which includes the ultramarathoner to the noncompetitive recreational runner, the sub-5:00 minute mile runner to the weekend jogger who enjoys running a mile in ten or twelve minutes. We have some walkers, too. We are husbands, wives, children, teachers, doctors, secretaries, and retired persons – and much more. You will find that from the very fast to the not so fast, from the very young to the not so young – **“There’s a place for every pace” in the Utica Roadrunners.**

You will have the opportunity to craft your membership into the level you wish. Some of us join several times per week to run and volunteer. Other club members may only join in weekly or monthly and that’s ok too. We have several activities that carry us through the year. These include working on our Boilermaker Training Program and our continuing trail renovation project in the South Woods portion of the Utica Park system. We help other community events such as the Boilermaker Road Race and America’s Greatest Heart Run and Walk. We also have our own races and we help other groups with their races.

One of our traditional activities is our Thursday Night Run. We run at 5:45 PM every Thursday from the Fitness Mill, located at the intersection of Main St. and Burrstone Rd. in New York Mills. We used to have 20 to 30 members at these weekly events. Now we have our Thursday Night Regulars who always welcome new faces. After the Thursday Night runs, we always get together socially for food, beverages and running conversation at the Black Cat on French Road. Many of us travel to local running events and to several races throughout the East Coast each year.

Again, welcome to the Utica Roadrunners. Look for more on our web site at www.uticaroadrunners.org, including our member forum and comprehensive Race Calendar. Business meetings are held on the second Monday of the month. If you plan to attend, call Sybil at 315-733-6216. Feel free to e-mail me at densyb225@gmail.com if you have any questions.

Sincerely yours,

Sybil Johnson
Club President

UTICA ROADRUNNERS CLUB 2017 INFORMATION SHEET

BOARD OF DIRECTORS: a board of 12 directors who are elected for a two-year staggered term with six members elected each year governs the club. Final approval of the selected candidates is by a general election called by the board and held at a general membership meeting.

Board members currently serving during 2017 are listed below with the date of their term expiration:

Sybil Johnson	12/17	Melanie Crisino	12/18
Mike Kessler	12/17	Ann Marie Latshaw	12/18
Jim Latshaw	12/17	Jim Mott	12/18
Wayne Murphy	12/17	Scott Neary	12/18
George Searles	12/17	Stephanie Stark	12/18
Joanne Willcox	12/17	Lisa Walchusky	12/18

CLUB OFFICERS: Five officers are elected annually for a one-year term by the incumbent board of directors following the general election. Officers for 2017 are:

President	Sybil Johnson
Vice-president for Activities & Events	Mike Kessler
Vice-president for Administration & Finance	Melanie Crisino
Secretary	Anne Marie Latshaw
Treasurer	Lisa Walchusky

COMMITTEES: There are several permanent committees, each headed by a chairperson or director. The officers and committee chairpersons are responsible for the day-by-day management of the club business and report to the Board of Directors at the monthly business meetings. Committee chairpersons may, or may not be Board members, and are appointed by the Board for a one-year term. Committee chairpersons for 2017 are:

Events / Programs / Committees Contacts

Erie Canal Races	Jim Stasaitis	jstasaitis@boilermaker.com
Save Our Switchbacks	Wayne Murphy	wayne13413@yahoo.com
Summer Sizzle	Dennis Johnson	densyb225@gmail.com
Falling Leaves	Mike Brych	atcendurance@gmail.com

Committee/Group	Name	Contact
Newsletter	Michelle Truett	michelle@484design.com
Race Calendar & Webpage	Jerry Tylutki	Add Your Event to Race Calendar on Website jtylutki@gmail.com
SOS Project	David Jones	davidjones0422@gmail.com
Membership	Joe Crisino	members@uticaroadrunners.org

Committee/Group	Name	Contact
Youth Development		
Finance	Lisa Walchusky	Lwalchusky@mwpai.org
Merchandise	Liz Casatelli	liz_casatelli@uhc.com
Equipment Rental	Dennis Johnson	densyb225@gmail.com
Developmental Runs	Linda Turner	Train2Run15K@adelphia.net
Photography		
Grand Prix	Gary LaShure	gslnus@yahoo.com
Facebook, Media releases and PR	Khristina "Swan" Orillio, Wayne Murphy George Searles	khristinaswan@gmail.com wayne13413@yahoo.com gsearles@mvcc.edu
USATF Liaison		
Email Address Change	Jim Moragne	jimmoragne@gmail.com
Racing Team	Gary Burak	gfburak@roadrunner.com
Scholarships	Anne Marie Latshaw	axdzieko@yahoo.com
Awards	Melanie Crisino	mcrisino@yahoo.com
Boilermaker Training Program	Melanie Crisino Stephanie Stark	mcrisino@yahoo.com stephjean2977@gmail.com
Volunteers	Jim Latshaw	jimbosteelersfan1@gmail.com

Anyone interested in serving on any of the committees, *especially as Photographer*, should contact the committee chairperson or the Club President – Sybil Johnson densyb225@gmail.com

CLUB EVENTS CALENDAR

MEETINGS: Business meetings are held on the second Monday of the month at the president's home or at a place TBA by the president. If you plan to attend, call Sybil at 315-733-6216. Check the monthly *SpliTimes* Newsletter to make sure in case of unforeseen date changes. All members are invited to attend. All officers and board members are expected to attend all business meetings.

GRAND PRIX: GRAND PRIX: 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 age group for the season. The best

6 performances among the 13 designated races will determine standings for awards, with a minimum of 3 races required to be eligible for an award. The Grand Prix races for 2017 are:

4/01/17 Fort to Fort 10K
4/23/17 Save Our Switchbacks 7.5K
5/14/17 Volcano Run 5K
5/21/17 Erie Canal 1/2 marathon
6/04/17 Marcy 5K
6/18/17 Summer Sizzle 5 Mile
7/09/17 Boilermaker 15K
8/05/17 Bolder Inspiration 8K
8/18/17 Woodsmen's 10K
9/16/17 Living History 5K
9/24/17 Falling Leaves 14K
10/08/17 AK5K 5K
10/15/17 Deerfield Skeleton Run 5K (tentative)

Grand Prix details, results, standings, and reports can be found at the Club's website and monthly *SpliTimes* newsletter. For more information, please contact Gary LaShure at gslnus@yahoo.com.

CNY RUNNING CLUBS CUP: This friendly competition is held annually among the Kuyahooraa Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Team RWB, Toe Path Trekkers and the Utica Roadrunners. In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in any given race. There are no gender or age distinctions. The Cup is truly open to all members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year. To make this work, the race registrations for a Cup race will now include a question about club affiliation, and that information will be included in the race results. People who are members of more than one Cup club should be aware that the first club you compete for in a year is the club you will represent for the rest of the year. NOTE: UR members renewing after March 31st are ineligible for the club's Cup team for that year. The club's Cup roster is locked for the year as of April 1st. For information, contact Jim Moragne at jimmoragne@gmail.com.

CLUB RUNS: Thursday Night club runs are held every week throughout the year. Shower and changing facilities are provided at the Fitness Mill at no charge for club members. These runs start promptly at 5:45 pm at the Fitness Mill. We meet at the Black Cat Café afterwards (about 7 pm) for rehydration, socializing and food (off the menu).

Our members come in all sizes, ages, and running abilities, so you are sure to find several running companions to match your preferred distance and pace. Remember, our motto is, "**There's a place for every pace!**"

NEWSLETTER: Our club newsletter, *SpliTimes*, is published monthly. A link is e-mailed to each member household. It contains a calendar of up-coming club events, meetings, club runs, a schedule of area races, race results, running articles, and many other news items of interest to members.

If you have any articles, announcements, or news items that you would like to have included in the newsletter send them to Michelle Truett, c/o Utica Roadrunners, P.O. Box 4141, Utica NY 13504 or email Michelle at michelle@484design.com. Submittal deadline for articles is two to three weeks prior to publication date. Deadline for race announcements is the first of the month before the race month.

DUES: Our dues are \$20 for an Individual Membership, \$25 for a Family Membership of two, or \$30 for three or four. A "Family Membership" means three or more members sharing the same address.

Dues are payable on a calendar year basis and are due January 1st. Deadline for payment is January 31st. Membership privileges (including the Newsletter!) may be discontinued if dues are not received by the deadline, and those

delinquent after February 28, 2017 are removed from the membership list, ineligible for the Grand Prix until dues are paid, and discontinued from receiving the *SpliTimes*.

New members joining after August 31st are allowed a \$5 reduction in their initial membership fee. Those joining after Falling Leaves pay the full membership fee, but will not be re-assessed for the following year.

CLUB CLOTHING: Club merchandise, including tank tops, shorts, tech shirts and more is available at many Club events and by contacting the Merchandise Chairperson, Liz Casatelli liz_casatelli@uhc.com. Our club jacket is a red micro-fiber shell with a lining and carries the club name and logo on the front. The member's name or nickname can be custom embroidered on the front. It is the same jacket that is awarded to the 1000-Mile Club members or Extra Mile members.

JACKET AWARDS: Members of the club who complete at least 1000 miles of running as a member during a single calendar year for the first time **and** have accumulated 10 volunteer points are awarded a special club jacket with "1000 MILE CLUB" and their name or nickname embroidered on the front. An Extra Mile Jacket can be earned by earning 30 volunteer points in a single year. The point system for earning a club jacket will be based on the Points Program. One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exceptions of the Boilermaker Training Program and the Development Runs which each have a maximum of 10. Members earning both awards will have the second award as a patch on the original jacket.

Members of the 1000-MILE CLUB who complete 1000 miles or more during subsequent calendar years after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100-mile increments from 1000 to 2000 miles, and in 500-mile increments above 2000 miles.

Mileage must be verifiable from a personal running log, and must be reported by January 31st of the following year. A form for reporting mileage will be provided in the December newsletter or can be obtained from Jim Moragne at jimmoragne@gmail.com. A handy running log that can be down loaded from our web site can be used to keep track of mileage during the year.

POINTS PROGRAM: In addition to a Golden Shoe (see page 6, "Annual Awards Banquet"), you may earn tangible rewards for accumulating volunteer points: Points may be earned for:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: 30 points

Serving on the Board of Directors non-officer: 20 points

Membership Chair: 20 points

Merchandise Chair: 20 points

2. Director of Club race or training program: 20 points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs

3. Director of Club event (non-race/training) or ongoing project: 20 points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: 10 points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger, Wonderland of Lights, and similar.

5. Committee Chair of club event (non-race/training) or special committee: 10 points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: 10 points

Racing team captain: 10 points

Racing team member: 1 point per race start with team scoring

Writing a regular column for SpliTimes: 10 points

Proof Reading monthly SpliTimes for a year: 10 points
Writing a single article for SpliTimes: 2 points
Authoring a grant application for the club: 10 points

7. General volunteer for a single race or training event: 1 point.

This includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): 1 point.

This includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

Members must keep track of their own points and turn them in annually before January 15th. Points can accumulate for more than a year.

ANNUAL AWARDS BANQUET -- usually held in February or early March. At this time members nominated by the Awards Committee are recognized for their outstanding achievement and their dedication to running.

Volunteer Service Awards

Distinguished Service Award – Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the Club.

Volunteer of the Year Award – Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

Distinguished Roadrunner Supporter Award – Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica-area running. (This award is typically given to non-Club members.)

Inspiration Award – Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

President's Award – Awarded at the discretion of the Club's President.

Extra Mile Jacket – Earn 30 volunteer points.

Golden Shoe Award (patch) is presented to members who have contributed their time and efforts toward the Club on at least 3 occasions during the year. This includes volunteering help at races, hosting club runs, serving on committees, recruiting and welcoming new members, or contributing in numerous other ways toward furthering the club's goals. Golden Shoe points may also be cashed in for prizes.

Running Merit Awards

Utica Roadrunner Hall of Fame Award – Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

Roadrunner(s) of the Year Award (Female and Male, Open & Grandmasters) – Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards. The award was expanded in 1998 to recognize females and males in two age divisions: Open (under 50 years) and Grandmaster (50 years and over).

Training / Volunteer of the Year Award – Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

Most Improved Roadrunners (Female and Male) – Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year(s) for a number of races over a variety of distances.

Grand Prix Race Series Awards (patch for five-year age-group first place, certificates to second and third; awards for maximum points in five races; highest cumulative points top five; family award)

1000 Mile Club Jacket (1000 miles and 10 volunteer points)

Chevrons: Members of the 1000-MILE CLUB who complete 1000 miles or more during subsequent calendar year and earned 5 volunteer points, after earning their jacket will receive mileage chevrons that may be sewn on their jacket

sleeve. Chevrons are awarded in 100-mile increments from 1000 to 2000 miles, and in 500-mile increments above 2000 miles.

Marathon Patch: A marathon runner patch is awarded to any club member who completes an organized marathon race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the marathon patch to indicate several completed marathons: Blue Star - 5 marathons; Red Star - 10 marathons. Marathon information including name, date and location of the race; completion time, place, and any awards received should be reported by January 31st. Please include a running photo of yourself to include in the club record book and in the *SpliTimes*.

Magellan Patch: Awarded to Club members who have accrued 25,000 miles as a member of the Utica Roadrunners.

NOTE: Only current members in good standing are eligible to receive club awards. This means that all club dues and club purchase charges must be paid by January 31st of the year that the award is received. This is to allow time for the Awards Committee to complete special custom orders before the Awards Banquet.

MEMBERSHIP CARDS: Members receive a membership card certifying that they are an active member in good standing. Some area sport stores will allow a 10% discount on running items for club members, so be sure to have your card with you! The Sneaker Store offers this discount on running shoes.

NATIONAL AFFILIATIONS: Our club enjoys the benefits of membership in both USA TRACK & FIELD (USATF) and the ROADRUNNERS CLUB of AMERICA (RRCA), the two major national running organizations in the United States. The Club is also a Founding Member to the National Distance Running Hall of Fame.

USA Track & Field "USATF", is the national governing body for the sport of long distance running, track & field, and race walking; and as such, is the United States' member of the INTERNATIONAL AMATEUR ATHLETIC FEDERATION (IAAF). USATF's responsibility and purpose are to develop interest and participation in the sport, to minimize conflict in race scheduling, and to establish rules for competition.

RRCA - The ROADRUNNERS CLUB of AMERICA (RRCA) is a national organization of over 500 clubs located in 50 states, and represents over 120,000 individual members. Our club is a member club (club number 175) within the Eastern Region of the RRCA. The RRCA is not a governing body like USATF, but was formed by runners and for runners to promote the sport and to establish guidelines for the conduct of sanctioned races.

The RRCA publishes *ClubRunning*, a quarterly newsletter that is emailed to all members in February, May, August, and November. If you are not receiving your copy, contact the Membership Director

The ADIRONDACK ASSOCIATION of the USATF is one of 56 regional associations, which comprise USATF. Our club is one of about 27 member clubs that makes up the Association. We are club number 213. You will need to know this if you plan to apply for an individual USATF number for competition. You will need one if you plan to compete for awards in USATF Championship races and some of the larger marathons require applicants to have a USATF number.

ADDITIONAL INFORMATION: The Secretary records all club business activity and is the official record keeper of the by-laws and club policy. The Membership Director maintains a complete file of all membership records. Questions regarding membership can be directed to Joe Crisino at (315) 866-2708 or members@uticaroadrunners.org. The Club keeps all records of members' race results and 1000-MILE CLUB mileage records. Be sure to report your race results so that they can be entered in the Newsletter and the computer file. Race results can be reported to or Gary LaShure at gslnus@yahoo.com. If you have any further questions about our club, please call any officer or board member. They will be glad to help make your membership in the UTICA ROADRUNNERS club a rewarding activity.