

## 2012 Race Calendar Information

### JANUARY

1 – Hangover Run – Barneveld – 10 AM – Dave Reichert – Van’s Tavern

### FEBRUARY

4 - Beer & Chili 5K & 10K – Register 8 – 9:45 AM, Race 10 AM, Masonic Temple, 7408 Main St., Newport, John Slocum, Director - 315-845-8169, [jsloc@ntcnet.com](mailto:jsloc@ntcnet.com)

### MARCH

3 – America’s Greatest Heart Run & Walk – Utica, 315-266-5403 – Jim Stasaitis, Race Director [jstasaitis@boilermaker.com](mailto:jstasaitis@boilermaker.com)

24 – 2<sup>nd</sup> Annual Shamrock Shuffle 5k & Fun Run 8:30 AM – 8596 Westmoreland Rd., Whitesboro – Ryan Misencik – 315-768-2390, [misencik@metlife.com](mailto:misencik@metlife.com)

### APRIL

7 – Fort to Fort 5K & 10K – Rome, Cindy Reynolds [cinbad1958@aol.com](mailto:cinbad1958@aol.com)

15 – Save Our Switchbacks –Kathy Fuller, Director – Parkway Ski Chalet, 220 Memorial Parkway, Utica – 315-768-7561 [fu97jug@roadrunner.com](mailto:fu97jug@roadrunner.com)

21 – Hot Foot 5K, Stockbridge Valley, Register 7:30, Race 9AM, Ray Brych, 315-542-0312, [whitetower1960@yahoo.com](mailto:whitetower1960@yahoo.com)

?14 – 5K for Kidneys – Cass Park, Ithaca – 10 AM – Run or Walk – 518-533-7883 [www.firstgiving.org/NKF-NENY](http://www.firstgiving.org/NKF-NENY)

28 – 4<sup>th</sup> Annual OADCC Run for the Children 5K – 9 AM – Sayles St., Oneida 13421 – Joe Hatfield - 315-264-2055 [jhatfield@twcny.rr.com](mailto:jhatfield@twcny.rr.com)

28 – R.S. Community Center Run/Walk 5K/10K Run & 2 mi walk – 10 AM – The Vets Club 13 Lake St. Richfield Springs – Bill Kosina, Director – 315-749-3286 [jabkos@verizon.net](mailto:jabkos@verizon.net)

## MAY

6 – Mountain Goat – Syracuse – 10 miles – Dave Oja

?5 - Ted Moore Run – MVCC – Utica, 9 AM

12 – Run for the RACC – 5K, Rome Art & Community Center, Bloomfield St, Rome – Jason Pare, Director – 315-351-6830 [jaypare@adelphia.net](mailto:jaypare@adelphia.net) or RACC [www.romeart.org](http://www.romeart.org)

12 – 23<sup>rd</sup> Annual Towpath Trail Run 10K & 2 mile – St. Johnsville, 10K at 5:30 PM, 2 mi at 5:35 - John Geesler, 518-568-7509 - [kgeese@telenet.net](mailto:kgeese@telenet.net)

?12– ALS walk/Run – SUNYIT Marcy, 9 AM, [www.alsutica.org](http://www.alsutica.org)

20 - National Distance Running Hall of Fame Half Marathon & 5K – 114 Genesee St., Utica – 8 AM – Mary MacEnroe, 315-724-4524, [hofrace@distancerunning.com](mailto:hofrace@distancerunning.com)

27 - Cooperstown Sprint Triathlon, Mike Brych [www.cooperstowntri.com](http://www.cooperstowntri.com)

## JUNE

2 – KAC 5K and children's races, Clinton High School, Clinton, 6:15 PM, Moe LaLonde, 315-853-3073 [mlalonde@westmorelandschool.org](mailto:mlalonde@westmorelandschool.org)

3 – 10<sup>th</sup> Annual New Balance Girls on the Run 5K, Clark Sport Center, Sally Trosset [sallytrosset@yahoo.com](mailto:sallytrosset@yahoo.com) or Sherrie Kingsley [sherriekingsley@stny.rr.com](mailto:sherriekingsley@stny.rr.com)

9 – 17<sup>th</sup> Annual Lions Ramble – 10K 5:30 PM, 2 mi 5:35 – Haslett Park, Fort Plain, NY – John Geesler, 518-568-7509 [kgeese@telenet.net](mailto:kgeese@telenet.net)

?10 - Run for the Violets 5K – Dolgeville, Karin Gressler, [run4theviolets@yahoo.com](mailto:run4theviolets@yahoo.com)

16 – Patriot Run – Griffiss Park - Rome – Lou Marucci [espresso1@hotmail.com](mailto:espresso1@hotmail.com)

?16 – Miles for Missy 5K – Herkimer – 8:30 AM  
[www.wix.com/abbielynn619/milesformissy#!registration-form](http://www.wix.com/abbielynn619/milesformissy#!registration-form)

17 – Summer Sizzle, SUNYIT, Marcy, Suzanna Price, Director 315-731-5411 Utica Roadrunners [www.uticaroadrunners.org](http://www.uticaroadrunners.org)

23 – Yellow Brick Road Run 8K, 9 AM - Chittenango, Steve Waite, 315-687-7114 [waites30@hotmail.com](mailto:waites30@hotmail.com)

27 – Boilermaker Roadrunner Mile Invitational – Memorial Parkway, Utica  
[www.boilermaker.com](http://www.boilermaker.com)

## JULY

?5 – Madison County Fair Run 5K, Brookfield, Craig North 315-824-2839,  
[southof20@wheelweb.com](mailto:southof20@wheelweb.com)

8 – Boilermaker Road Race, Utica, 15K - 8 AM, 5K 7:15 AM, Jim Stasaitis, Director 315-797-5838 x229 [jstasaitis@boilermaker.com](mailto:jstasaitis@boilermaker.com) [www.boilermaker.com](http://www.boilermaker.com)

?14 – 4<sup>th</sup> Annual 5K Race for ChildRUN! 1M Fun Run Morrisville, Jennifer Britton  
[britt@morrisville.edu](mailto:britt@morrisville.edu)

15 – Millers Mills Sundae Run, 5K & 2 Mi. Fun Walk – 9:15 AM – Millers Mills, off St. Rt. 51, northeast of West Winfield Karen Huxtable, 315-858-2855, [karenhuxtable@live.com](mailto:karenhuxtable@live.com)

21 – Ilion Days 5K, BettyJean Postiglione 894-2308 [info@iliondoodah.com](mailto:info@iliondoodah.com)

27 – Newport Firemen’s Field Days Kick-Off Run – 5K – 7PM - Bill Moody, Director  
[wenmoodyus@yahoo.com](mailto:wenmoodyus@yahoo.com)

28 – 41<sup>st</sup> Annual Honor America Days Parade Run 5K – Rome – Cindy Reynolds, 315-337-0753, [cinbad1958@aol.com](mailto:cinbad1958@aol.com)

?28 – Irish Fest – 5K – Herkimer Fair Grounds, Gail Burke, [gburke591@verizon.net](mailto:gburke591@verizon.net)

29 – 3<sup>rd</sup> Delta Lake Triathlon – Olympic - 1500m swim, 24 mi bike, 10K run/Sprint – 750m swim, 12 mi bike, 5K run - Mike Brych, Director – [www.atcendurance.com](http://www.atcendurance.com)

## AUGUST

4 – Bolder Inspiration of Trenton Falls 5 Mile Open Race & 1 Mile Kids Race – Rich Karaz, Director - [rkarak@gmail.com](mailto:rkarak@gmail.com) & Pam Karaz [pkarak@gmail.com](mailto:pkarak@gmail.com)

4 – Mad. Co. W 5K Run/ Walk, 9 AM – Nelson Town Office Bldg, 4085 Nelson Rd, Nelson, Dick Benner, Director 315-655-8591, [windmillr1@twcnny.rr.com](mailto:windmillr1@twcnny.rr.com)

5 – Rome Canal Fest – 2K kayak & 5K Run, Cindy Reynolds [cinbad1958@aol.com](mailto:cinbad1958@aol.com)

11 – Freedom Run 10K – Little Falls, Tony DeLuca 823-1740 [tdeluca@lfymca.com](mailto:tdeluca@lfymca.com)

11 – Silver Scorcher 10K & 5K – 11 AM – E. Hamilton Ave., Sherrill 13461 – Joe Hatfield, Director – 315-264-2055 – [jhatfield@twcny.rr.com](mailto:jhatfield@twcny.rr.com)

?11 – D.A.R.E. 5K Run – Herkimer – Officer Anthony Brindisi, 315-866-4330 – [herkimerdare@yahoo.com](mailto:herkimerdare@yahoo.com)

?11 – Ruth Allen Memorial 4 Mile, Deansboro, Janet Dangler, 315-841-4707, [jdangler@oneidaboces.org](mailto:jdangler@oneidaboces.org)

17 – Woodsman 5K & 10K – Boonville – 6 PM – Al Salmon, Director – [asalmon@twcny.rr.com](mailto:asalmon@twcny.rr.com)

?17 – 19 Turning Stone Races & Half Marathon [www.turningstone-races.com](http://www.turningstone-races.com)

19 – Run for the Fallen – [sunray57@dreamscape.com](mailto:sunray57@dreamscape.com)

25 – Snowmaker 5K – Woods Valley – Dick Swan, Director [rswan@reverecopper.com](mailto:rswan@reverecopper.com)

26 – Old Forge Triathlon – 1000m swim, 22 mi. bike, 4 mi. run – individual or team relays – Mike Brych, Director [www.atcendurance.com](http://www.atcendurance.com)

## SEPTEMBER

8 – Herkimer ARC Heart & Sole Awareness 5K Run, Herkimer – Audrey Piccione, Director 315-574-7000 [apiccione@herkimerarc.org](mailto:apiccione@herkimerarc.org)

?8 – Wing Thing 5K, 9 AM, Rome, Jennifer Balog, 315-335-3921 [jbalog@syrdiocese.org](mailto:jbalog@syrdiocese.org)

?15 – Mary Cleary Memorial Run/Walk 5K, Waterville, Dick Zweifel, 315-841-8918 [mcleary5k@aol.com](mailto:mcleary5k@aol.com)

?15 – Landis Arboretum 5K, Esperance, Jonathan DiCesare [jdicesere@realtyusa.com](mailto:jdicesere@realtyusa.com)

16 – Delta Lake Half Marathon – 9 AM – Delta Lake State Park, St. Rt 46, Rome 13440 – Ann Meisenhelder, Director - 315-337-3658, [ameisenh@twcny.rr.com](mailto:ameisenh@twcny.rr.com) Dan Abbuhl 315-366-3478 [dannyva@twcny.rr.com](mailto:dannyva@twcny.rr.com)

?22 – Madison Hall 5K Run/Walk, Morrisville, Rich Carreno [carrenrj@morrisville.edu](mailto:carrenrj@morrisville.edu)

?22 – West Winfield CROP Run/Walk, MaryLou Pustay 315-822-5237 [copper700@aol.com](mailto:copper700@aol.com)

23 - Falling Leaves 5K & 14K, 8:50 AM, Radisson Hotel, Genesee St., Utica, Mike Brych, Director 315-404-8130 [www.atcendurance.com](http://www.atcendurance.com)

27 – Kirk Mile – Rome – Cindy Reynolds [cinbad1958@aol.com](mailto:cinbad1958@aol.com)

## OCTOBER

6 – 23<sup>rd</sup> Copper Wire Run – Camden, Matt Johns, Chamber of Commerce – 315-245-5000

?6 – CNS 5K – Hamilton, Donna Jarcho, [djarcho@twcny.rr.com](mailto:djarcho@twcny.rr.com)

?6 – Red Ribbon Run-N-Fun – Utica – Samantha McCarthy, 315-733-1709  
[Samantha@mvcaa.org](mailto:Samantha@mvcaa.org)

7 – Festival of Races - 5K – Syracuse, Dave Oja, 315-446-6285  
[daveoja@festivalofraces.com](http://daveoja@festivalofraces.com)

7 – Pitt Run, Oneonta, 10K

7 – Town & Country Run – Boonville

?13 – Maine Event 5K & 10K – Brookfield – Charlie Cowen 315- 899- 6281

?13 – Eaton 5K Run/Walk - Craig North 315-824-2839 [southof20@wheelweb.com](mailto:southof20@wheelweb.com)

13 – Coughlin Run

14 – Deerfield Skeleton Run 5K – 9 AM The wilderness Park, 6329 Walker Rd., Deerfield  
Karen Day, Director [drfldskeletonrun@aol.com](mailto:drfldskeletonrun@aol.com)

20 – 3<sup>rd</sup> Annual 5K Run/walk for Johnson Park Center – 9 AM – SUNYIT Campus Center,  
Katie Molanare [molanak@sunyit.edu](mailto:molanak@sunyit.edu) Marques Phillips  
[mphilips@johnsonparkcenter.org](http://mphilips@johnsonparkcenter.org)

?20 – 7<sup>th</sup> Annual DACC 5K Run/Walk – Delanson, Darcie Adams 518-895-9500 x 114  
[dadams@dacc.com](mailto:dadams@dacc.com)

28 – The Coop Loop 5K – Clark Sports Center, Cooperstown, Rich Jantzi  
[Jantzi@clarksportscenter.com](mailto:Jantzi@clarksportscenter.com)

## NOVEMBER

3 – 3<sup>rd</sup> Annual Mohawk Turkey Trot 5K, Mohawk, Vicki Judd, Director 315-868-9368  
[vicki.coffin@us.ibm.com](mailto:vicki.coffin@us.ibm.com)

10 – Fall Flurry 10K, Little Falls, Tony DeLuca, Director 315-823-1740  
[tdeluca@lfymca.com](mailto:tdeluca@lfymca.com)

18 – Gail Vernold Memorial Run, Oriskany, Cindy Reynolds [cinbad1958@aol.com](mailto:cinbad1958@aol.com)

20 – Run for Safety - Utica, Masonic Home, Mike Kessler, 315-724-3315  
[mkessler1012@adelphia.net](mailto:mkessler1012@adelphia.net)

22 – 28<sup>th</sup> Annual Thanksgiving Day Run/Walk to End Hunger, 5K, Utica, 9AM David & Ingrid Jones 315-793-0955 [ottojones@verizon.net](mailto:ottojones@verizon.net)

22 – Thanksgiving Day Run for the Hall – Rome Sports Hall of Fame, Cindy Reynolds,  
[cinbad1958@aol.com](mailto:cinbad1958@aol.com)

## DECEMBER

1 – Miles for Meals – 5K, Run - 9 AM, Walk – 9:05 Rome Family YMCA - Mike Romano,  
Director 315-798-5456 [mromano@ocgov.net](mailto:mromano@ocgov.net)

8 – Red Nose Reindeer Run – Little Falls, Chris VanMeter 315-823-9200  
[dcvan4004@aol.com](mailto:dcvan4004@aol.com)