

CNY Running Club Cup 2015

In an exciting development for Central New York running, six area running clubs have joined together to create the **CNY Running Clubs Cup**, new for 2015. The six clubs are the Kuyahooraa Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, 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 a given race. There are no gender or age distinctions. The Cup is truly open to all of our 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. So, everyone, make sure you fill in our club name when you sign up for any of these races, and let the fun begin!

There are four races in the Cup thus far. A fifth race (TBA) will be added in September or October. The four announced races are:

April 4th: Roman Runners Fort to Fort 10K Race: *"The race starts on the Rome Free Academy campus and quickly goes down a gradual hill for 300 meters, then remains relatively flat for most of the run. The course follows Floyd Ave. toward downtown Rome and crosses Black River Blvd. Runners will be directed to run on sidewalks for a short distance to the fort. Runners then enter the Fort Stanwix grounds, following part of a perimeter gravel path then up a few stairs into the fort through an open door. A national park ranger will be there to remind you to duck and watch your head. You will exit the fort on another side and return to a concrete sidewalk then paved roads. The second half of the race is the same as the first in reverse. The 300 meter hill is a challenging ascent at the end of the race as you finish near the front entrance of RFA." - Eric Lauber, Roman Runners*

added > **May 9th: Towpath Trail Run St. Johnsville. 10K and 2 mile. 5:30 P.M.**
Registration starts at 4:30 P.M. This is a trail run on the bike path with a stone dust surface. Very smooth and flat and fast. The run will head west on the bike path. It will make a loop back and rejoin the bike path at the canal locks. T shirts for the first 100 people. Trophies for overall winners each race, top three places each age group, first three finishers each race in the Clydesdale division (180+ lbs).

June 21st: Utica Roadrunners Summer Sizzle 5 Mile Race: *"This is a fast 5 miles over roads and firm trails in the Town of Deerfield Wilderness Park on Walker Road in Deerfield. This is the same location as the Skeleton Run, but it will be primarily a road race. The course consists of rolling hills with beautiful views of the Mohawk Valley from Miller Road. As it's on Father's Day, we have unique competing categories, such as 'Father-Son/Daughter, Mother-Son/Daughter, Brother-Sister, Spouse Pair, plus the usual overall winners in men and women's categories. Post race, we'll have fruit, beverages and unique prizes outdoors at the Deerfield Park pavilion."* - Dennis Johnson, Utica Roadrunners

July 4th: July 4th Cazenovia Foot Races: 5K: *"Start your Independence Day off with a "bang" by running in this challenging USATF certified 5K road race through the streets of picturesque Cazenovia, New York which claims 27 sites on the National Register of Historic Places. This loop course has something for everyone...a steep and steady climb, a screaming downhill, stretches of flat and fast, ending with a gradual downhill finish right beside the lake inside Lakeland Park. Post-race refreshments include popsicles to help cool you down after this summertime holiday challenge!"* - Mickey Piscitelli, Syracuse Chargers

August 21st: Toe Path Trekkers Woodsmen's Field Days 10K Race: *"The 25th Annual NYS Woodsmen's 10K Footrace is a challenging run thru the village and countryside of Boonville NY. Cows and horses usually outnumber the human spectators at times on the course! We saved the big hill for the end of the run, after that it's all downhill!! Our 10K is held in conjunction with the 68th NYS Woodmen's Field Days, if you've never been you gotta see it at least once! Come back on Saturday for the 12th Annual Woodsmen's Classic Canoe & Kayak Race on the historic Black River feeder canal. Runners can qualify for the biathlon by pre registering on the 10K application or online. The 25th Annual NYS 10K Footrace.....where else can you get a bigger age group award!"* - Mike Green, Toe Path Trekkers

The **Fort To Fort 10K** is coming up in a hurry, so sign up for it soon. Register at: <http://www.getentered.com/Search/event.aspx?id=30096>. Look for updates, standings and individual results in the newsletter and at our web site as the year unfolds. Any questions about the Cup can be addressed to Jim Moragne at jmoragn1@twcnny.rr.com.