



SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
November 2008

2008

Roadrunners
Board of Directors:

President:

Jim Fiore



Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

Board Members:

Tom Bick
Mike Brych
Mike Massoud
Anita Moller
Ken Muzzy
Kelly Ann Nugent
Melissa Williams

Secretary:

Christine Sisting

Treasurer:

Sybil Johnson



Editor: Valerie Cognetto
Home Office: (315) 738-7717
cognettodesign@aol.com



Submit all Articles & Photos to:

SplitTIMES • c/o Paul D'Ambrosio
PO Box 4141 Utica, NY 13504
or e-mail Paul at:
p.dambrosio@nysha.org



To place advertising, contact:

Meg Parsons
E-mail: mparsons@twcny.rr.com
(See last page 20 for advertising rates)





Attention Race Directors!

If you have an upcoming race that you would like to advertise in *SpliTimes*, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452 and ask for Meg.

IMPORTANT: Do not send requests for advertising to the *SpliTimes* Editor – It will slow down the processing of placing your ad or race application and you may not be included in the issue that you have requested.

We want to insure that your race advertising gets the attention it needs and is placed in the issue(s) relevant to your race date.

DEADLINES:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in (ie; if your race is July 12th, your payment is due on May 1st in order for the ad to run in our June issue). Your copy/art/ads/race applications are due on the 10th of the month prior to the issue your ad will run in – no exceptions! (see page 20 for advertising rates)

**PLEASE PLAN AHEAD AND
WE'D LOVE TO HEAR FROM YOU!**

*Thank you,
The Utica Roadrunners' SpliTimes Newsletter Staff*

THINK. *President's Ponderings*

Jim Fiore



Before I get into this month's main theme, I just wanted to congratulate all the folks who made the 2008 Falling Leaves race so wonderful. Race Director Mike Brych and his crew of volunteers have really turned around our flagship race. For the first time since 2001 we had over 1000 finishers. Further, race income has risen considerably compared to the past few years and that means more money for club programs, events, and member benefits. You know, I always liked the traditional Falling Leaves cotton long sleeve race shirts, but this year's Mizuno long sleeve tech shirts are the hot ticket for cool morning runs. I love mine. Great job, people!

It's election time, folks! Of course, I'm not referring to national and local political contests, but to our own board of directors. By now you should have received a ballot in the mail and also emails listing the biographies of the board candidates. The bios may also be found on our club bulletin board: <http://uticaroadrunners.org/bb/index.php?showtopic=277>.

We have a slate of eight great candidates this year. The top six vote-getters each win a two-year term. Although I don't suggest this method, quite honestly, I think you could pick names with a dart board while blind-folded and still come up with a superb selection. Every candidate brings something of value to the table. Remember, it is the board's responsibility to set the budget and club priorities so please take a moment to consider each candidate, and then send in your ballot by November 5.

You can also vote in person at the annual meeting on Monday, November 10. This year the meeting will be held at the Brewery. The evening begins with in-person voting and socializing at the 1888 Tavern from 7:00 to 7:30. Food and beverages will be served. The main meeting, including the annual state-of-the-club address and election results, will take place in the large room downstairs from 7:30 to 8:30. We will finish off with socializing and discussion back in the Tavern until 9:00 PM. Please make every effort to attend. We will be looking for ideas and input from the membership for 2009 and beyond.

Finally, if you see fellow club member Paul Humphrey, give him a congratulatory pat on the back for winning the inaugural Century Marathon in Fulton, NY on October 12.

Run far, run fast, but above all, love your run,

-Jim



2008 Annual Business Meeting Monday, November 10th

ALL UR Members Welcome!

7:00p.m. - 9:00p.m.

F.X. Matt Brewery 1888 Tavern

Complimentary Finger Food & Beverages

If you have not voted for our Board of Directors for 2009 yet, you may do so at the meeting. Candidate's bios' can be found on the club website bulletin board <http://www.uticaroadrunners.org/bb/>
All club members aged 12 and older are eligible to vote.

Our annual meetings are a great way to get involved and stay informed with club news and events and meet old and future Board members.



R.S.V.P. to Meg Parsons, Vice President
337-7452 or mparsons@twcny.rr.com
For mor information, contact Jim Fiore, President
at 797-0343 or urpres@dissidents.com

Social/Training Group Runs

Sunday Morning Brunch Runs Are Back! Runs Start Promptly at 9:00a.m.

Please Bring a Food Item to Pass (such as bagels, donuts, fruit, quiche) and a Friend! Runs will offer a variety of distances. Bring your own towel if you'd like to shower after the run. If you would like to host a Brunch Run, email cognettodesign@aol.com. Please include your name, address, & date of run.

Calendar:

Sunday, November 2nd
Dennis & Sybil Johnson's Home
125 Forrest St., Deerfield.

Sunday, November 9th
Dick & Lauren Mattia's Home
720 Ravine Dr. Deerfield



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"



NOTE TIME CHANGE!

Mondays at 5:45pm at Barringer School in Ilion

Wednesdays at 5:45pm at MOVAC (next to the Mohawk-Herkimer bridge)

Saturdays at 8:00am at the Little Falls YMCA.

All are welcome to join us anytime!

We run from 3 to 10 miles depending on what we may be preparing ourselves for. There are both beginning and experienced runners. There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcny.rr.com.



**FREE
EVENT!**

UTICA
Roadrunners

**Join the
Fun!**

RUN FOR SAFETY

**Second Annual RCIL Wonderland of Lights Run
to Promote Runner Safety**



Wednesday, November 26th

Registration is FREE & Begins at 4:30p.m.

Runs Starts at 5:30p.m.

2.5 Mile Run Begins and Ends on Bleecker Street
in the Old Diorio's Parking Lot

Door Prizes, Music & Fun for All Abilities!

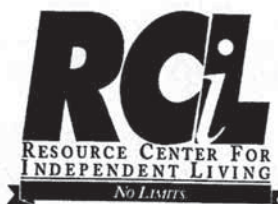
Refreshment Provided By Daylight Donuts

Please Wear Reflective Clothing, Flashing Lights or Carry a Flashlight

Runners will travel through the Wonderland of Lights. Each display will illuminate for the first time this season, one at a time as the runners pass by. The purpose of this event is to promote the use of reflective clothing and lights to those who run in the dark and send a message for drivers to use caution when they see us.



HUMAN TECHNOLOGIES CORPORATION
Creating Opportunities ★ Cultivating Independence

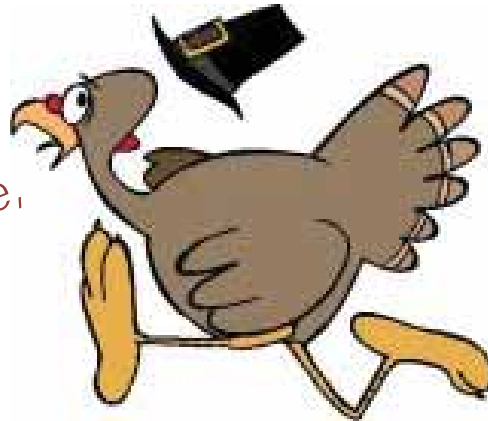


**DAYLIGHT
DONUTS**



Presents the 24th Annual

*"If you can catch me,
you can eat me!"*



Thanksgiving Day Run & Walk to End Hunger

Thursday, November 27
Utica Parkway Ski Chalet
220 Memorial Parkway • Utica, NY

5K Run, 2 Mile Walk, 1/4 & 1/2 Mile Kid's Runs

Registration Race Day Only: 7:30-8:45 a.m.

Start Times: Kids' Run 8:50 a.m.

5K Run & 2 Mile walk 9:00 a.m.

DONATION: \$5.00 per person • \$15.00 family maximum

PLUS two non-perishable food items per person

Door prizes to be drawn after the run/walk.

Proceeds to benefit local nonprofit food pantries

For more information, call: 793-0955

Record Turnout For the Annual Falling Leaves Road Race

Despite a rather gloomy weather forecast, the 2008 Falling Leaves road race was a success beyond anyone's imagination. The race committee's goal of getting 1000 runners was smashed, with 1163 registered, and 1015 combined runners finishing. It was the first time in several years the race saw over 1000 finishers. Such growth can be attributed to many factors, the most of which being local runners coming out in droves to participate in the local tradition.

Race Director Mike Brych also credits several other factors in increasing the participation. For one, the Falling Leaves development runs which picked up where the Boilermaker runs left off, kept people interested in running through the summer and into the fall. Linda Turner and Mike Kessler did an outstanding job keeping the new summer tradition going with new electronic timing equipment. The race also debuted the new long sleeve technical running shirt (compliments of the Sneaker Store) which gave runners a nice memoir from the race. When you add in the perks of the shirt, chip timing, Manzella hats as age group awards, and the great courses, it all makes for a first-class event.

Club members should also note that the bottom line for the race has nearly doubled from last year's race



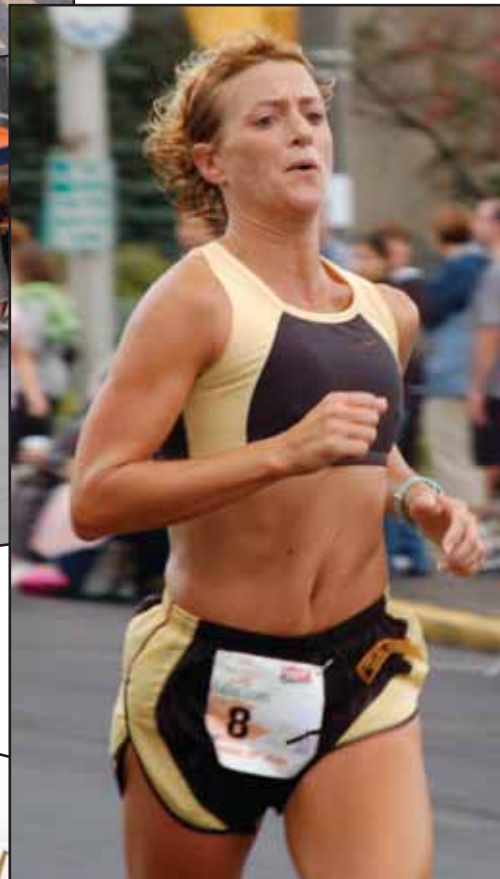
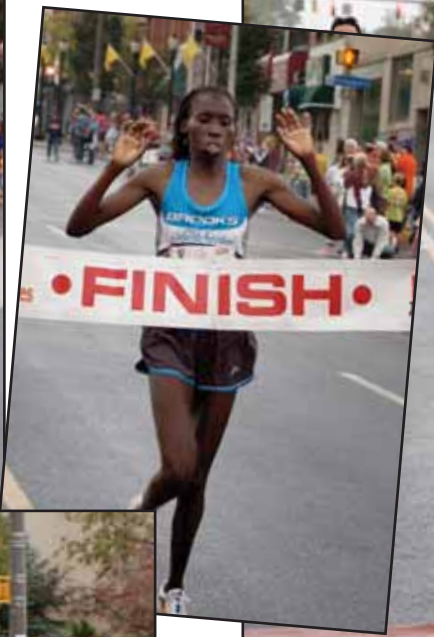
as a result of the increased entries (843 registrations last year, as opposed to 1163 for 2008). With the Falling Leaves being the major club fund raiser, the Roadrunners look to continue to offer the many great programs they offer to everyone in the local running community.



Planning for 2009 has already begun, and once again, we are setting the bar pretty high. Brych's goal for next fall is to see the race eclipse the 1500 runner mark. With a bit of hard work, race promotion, and continuing to offer "the best deal in road racing" that number should be reached quite handily. All we need from every person who ran the race this year is to bring one friend along with them next year. If all goes well, the Falling Leaves will continue to thrive as one of Central New York's premiere races.

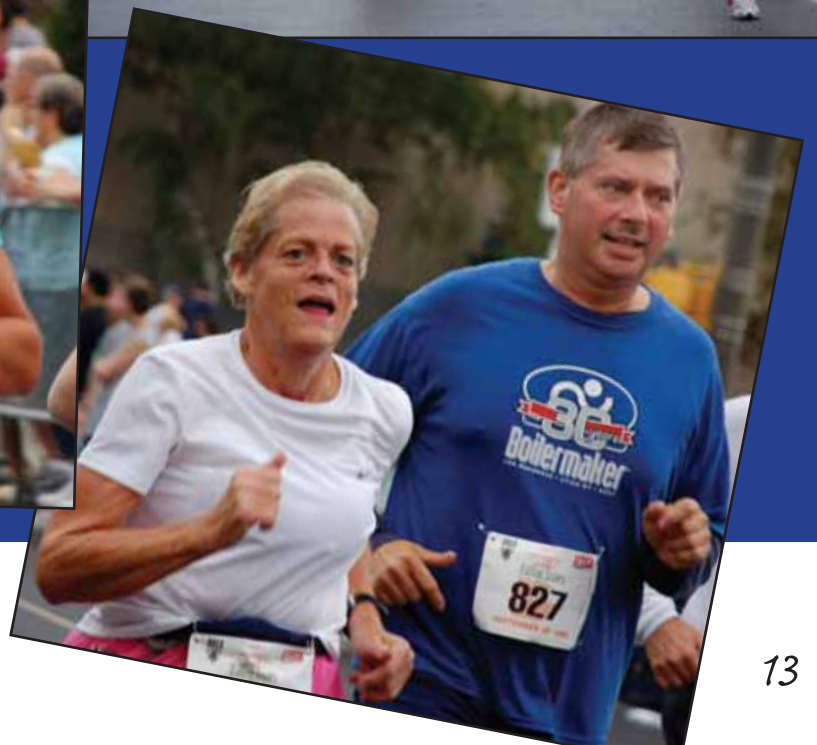


2008 FALLING LEAVES ROAD RACE ALBUM









Racing:

*What it
does for the
spirit.*



*What
makes
it fun!*



*What it's
sometimes
about.*



What it's all about.

Making the most of your Utica Roadrunners **YAHOO!** Group

The Utica Roadrunners Yahoo! Group is a great way for members to share information about club events and for the Board to involve more club members in decisions about club activities. But some people find the number of emails overwhelming or are confused about how to use the group to share their ideas with others. Here are a few tips you might find helpful.

YAHOO! GROUPS

[Change settings via the web](#) (Yahoo! ID required)

Change settings via email: [Switch delivery to Individual](#)

Frequency Options

Individual Emails

Messages are delivered one at a time to your email inbox. This is the best option if you want to keep up on the latest posts immediately. Email attachments included in a message will be sent directly to you.

Daily Digest

Messages are delivered in batches of 25 or daily, whichever comes sooner. This is the best option if you want to receive fewer email messages and don't need up-to-the minute posts in your inbox. But email attachments are not available in digests.

Only Special Announcements

If you choose this option you'll receive email messages only when the group moderator, club president Jim Fiore, posts a "Special Announcement" message. This is a good option if all you want to receive are official club announcements like the annual meeting notice and election of officers, but you'll be left out of the day-to-day discussions about local races, social events, and ways that the Utica Roadrunners can better meet the needs and interest of its members.

[Reply to sender](#) / [Reply to group](#) / [Reply via web post](#)

Reply Options

Reply to Sender

Choose this option to send an email reply to the person who sent the message but NOT to the entire group. You can also reply directly to the sender by clicking on his/her highlighted email address on the "Posted By" line of the message.

Reply to Group

Choose this option to send an email reply to the entire Utica Roadrunners group.

Reply via web post

This option takes you to a Post Message page that provides you with editing and display options you may not have in your own email, and the option to reply to either the group or the sender.

Posting a Message

Send an Email

To send a new message to the rest of the group, just address an email to:
uticaroadrunners@yahoogroups.com.

After you've signed in, go the "Utica Roadrunners" group and click Post. Write your message and then click Send Message.

I found that learning to use the mail group was the opposite of running. Running looks easy, until you try to do it for a long time. Using the Utica Roadrunners Yahoo! Group looks hard, but gets easier the longer you do it.

What is the The Grand Prix?



The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members (with annual dues for 2008 paid by 3/31/08). 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.

2008 Grand Prix Races:

- Fort-to-Fort 10K – April 5
- Ted Moore 5K – May 3
- Hall of Fame Half-Marathon – May 18
- KAC 10K – May 31
- **UR Save Our Switchbacks (SOS) 5-Mile – June 15**
- **UR Summer Sizzle 5-Mile – June 22**
- The Battle of Oriskany 10K – August 2
- **UR Falling Leaves 14K – September 28**
- YWCA Freedom Run 5K – October 11

Scoring

Scoring will be based on the best 5 finishes of the 9 Grand Prix races. There is no minimum number of races needed to qualify.

Age Groups

There will be six age groups, Male & Female:
19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over
Age based on age as of 1/1/08.

Points will be awarded in each age group as follows:

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

For more information, contact Ted Petrillo at petrillo34@roadrunner.com or 768-7319.

The official **RACE CALENDAR** for the Utica Roadrunner can be found on our website. Go to www.uticaroadrunners.org.



2008 Grand Prix

(Results are subject to change.)

2008 GRAND PRIX STANDINGS

M/F	Age Group	Name	FTF - 10k	Ted Moore 5K	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
F	0-19	Benn, Alex		10				10			20
F	0-19	Humphrey, Emily		9				9			18
F	0-19	Rabbia, Maria				10					10
F	0-19	DeYulio, Courtney						8			8
F	20-29	Vroman, April	9	10	10	9		9			47
F	20-29	Charles, Jessica	10			10		10			30
F	20-29	Ichihana, Kate		8			10	8			26
F	20-29	Murray, Colleen	8	9							17
F	20-29	May, Pamela						7			7
F	30-39	Smith, Leslie	8	10				9			27
F	30-39	Sisting, Christine			10				10		20
F	30-39	Mattia, Lauren	10					10			20
F	30-39	Arcuri, Sandra				10		8			18
F	30-39	Coughlin, Jennifer			9						9
F	30-39	Kuhn, Marie	9								9
F	30-39	Regan, Melinda			8						8
F	30-39	Moody, Lori			7						7
F	40-49	Nizzi, Michele	10	10				10			30
F	40-49	Otto-Jones, Ingrid			10		10	9			29
F	40-49	Cognetto, Valerie	9		8			6			23
F	40-49	Lindsey, Bettina			9			8			17
F	40-49	Bashant, Brenda				8		7			15
F	40-49	Putney, Beth	8		7						15
F	40-49	Winter, Cassie				9		5			14
F	40-49	Swider, Theresa				10					10
F	40-49	Napoli, Debbie						4			4
F	40-49	DeYulio, Tracy						3			3
F	50-59	Elsenbeck, Patricia		10				9			19
F	50-59	Cameron, Doreen	9	9							18
F	50-59	Kappler, Susan				10					10
F	50-59	Leahy, Mary						10			10
F	50-59	Reese, Joanne	10								10
F	50-59	Bocko, Connie				9					9
F	50-59	Fuller, Kathleen						8			8
F	60-99	Hosp, Rose					10	10			20



2008 Grand Prix

(Results are subject to change.)

M/F	Age Group	Name	FTF - 10K	Ted Moore 5K	HOF 1/2 Mar	KAC 10K	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
M	0-19	DeZalia, Sean				10	10	10			30
M	0-19	Fitzgerald, Timothy			10						10
M	0-19	Tomasik, Matthew	10								10
M	0-19	Ash, Robert			9						9
M	0-19	DeZalia, Ryan						9			9
M	20-29	Donaleski, Nathan	10	10	8		10	10			48
M	20-29	Brych, Michael			10			8			18
M	20-29	Morse, Samuel				10					10
M	20-29	Gigliotti, Robert			9						9
M	20-29	Totman, Andrew						9			9
M	30-39	Jensen, Tim	10	10		10					30
M	30-39	Bartkowiak, James						10			10
M	40-49	Humphrey, Paul		10	10	10	10	10			50
M	40-49	Putney, David	10	9	9	9					37
M	40-49	Johnson, Dennis	8		8			8			24
M	40-49	Dunn, Michael		8		7	8				23
M	40-49	Suba, Scott					9	9			18
M	40-49	Swider, Daniel				6	6	6			18
M	40-49	DeYulio, James	6			8					14
M	40-49	Munson, Rob				5	7				12
M	40-49	Bashant, Thomas				4		5			9
M	40-49	Massoud, Michael	9								9
M	40-49	Austin, Scott			7						7
M	40-49	Burak, Gary						7			7
M	40-49	Kosina, William	7								7
M	40-49	Hodge, Leroy			6						6
M	40-49	McGlynn, Thomas			5						5
M	50-59	Bick, Tom		9		10	10	9	10		48
M	50-59	Ichihana, Rob		10	9		8	8			35
M	50-59	Lichorowic, Scott			10		9	10			29
M	50-59	McCann, Timothy			7		7	6			20
M	50-59	Murray, Ronald	9	7							16
M	50-59	Brych, Ray		8				7			15
M	50-59	DeZalia, Norman	10								10
M	50-59	Moragne, Jim			8						8
M	50-59	Mannava, Venkata					3	4			7

2008 GRAND PRIX STANDINGS



2008 Grand Prix

(Results are subject to change.)

M/F Age Group Name FTF - 10K Ted Moore 5K HOF 1/2 Mar KAC 10K SOS 5 mile Sizzle 5 mile Battle/Orisk. 10K Falling Leaves Total Points

M	50-59	Cortright, Leslie					6				6
M	50-59	Kessler, Mike					5				5
M	50-59	Mead, Joseph						5			5
M	50-59	Daly, Bruce					4				4
M	60-99	Ohlbaum, Paul		7		9	9	6			31
M	60-99	Badger, Lawrence	10		10						20
M	60-99	Mix, Charles	9					10			19
M	60-99	Silverman, Charles			9			9			18
M	60-99	Cadrette, Kermit		10				8			18
M	60-99	Stanley, Richard		9				7			16
M	60-99	Kappler, Joe				10					10
M	60-99	Hahn, Richard					10				10
M	60-99	Searles, George		8							8



2008/2009 Youth Miles Challenge



STUDENT TRAINING PROGRAM

Goal: The "Miles" Challenge is designed to motivate and reward young people between the ages of 1-18 to get regular daily exercise.

When: Miles are logged between July 1st and June 30th.

Rewards: Will vary depending on age and distances. An awards ceremony will be held following the Falling Leaves Youth Run each year. Some rewards require volunteer points. (see rules for more information)

Registration: You must have a signed registration form in order to be eligible to receive any of the rewards.

Fee: FREE

SIGN UP TODAY AND START LOGGING YOUR MILES

Ages	Miles	Times per Mo	Total Miles	Prizes
9-10	3/4	15	135	T-shirt
11-12	1M	16	192	T-shirt
13-14	2M	17	306	T-shirt
15-16	3.5M	18	756	Jacket
17-18	4.02M	18	870	Jacket

RULES

You must complete registration form and have Parent signature in order to participate.

Prizes and incentives: Recommended age appropriate distances are listed in the table. Ages 1-8 will log **Meters** by coloring shapes for each Meter completed. Example Age 1-2 will color 1 Star for every **100 Meters** they complete. Ages 3-4 will color 1 Heart for every **200 Meters** they complete, And so on. Completed sheets can be turned in for prizes at any of the Youth Runs. Ages 9-18 will log Miles in the Log Book. Log books must be turned in No later than 8/30/09, they must be signed by an adult.

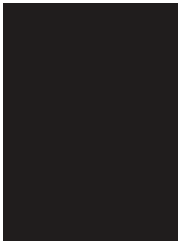
Volunteer Points 5 Volunteer Points are required for Jacket point structure: TBA
Yearly Prizes (T-Shirts and Jackets) will be awarded after the Falling Leaves Youth Run



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"



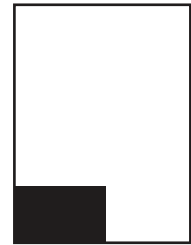
HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

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@aol.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 Meg Parsons at mparsons@twcny.rr.com or (315) 337-7452.