

SPLIT TIMES



The Official Newsletter of the Utica Roadrunners
October 2008

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, 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 SplitTimes 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 16 for advertising rates)

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

Thank you,
The Utica Roadrunners' SplitTimes Newsletter Staff

2008

Roadrunners
Board of Directors:

President:

Jim Fiore

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Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

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Christine Sisting

Treasurer:

Sybil Johnson



Board Members:

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Mike Brych
Wendy Carbone
Mike Massoud
Anita Moller
Ken Muzzy
Jim Stasaitis
Melissa Williams



Editor: Valerie Cогnetto
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 for advertising rates)

THINK. President's Ponderings



Jim Fiore

It's a season of change. October brings thoughts of crisp fall mornings, runs through the park, and cross country races. It's also a time to reflect on the past year and consider what lies ahead. For the club, this means it's election time.

I have been fortunate to be on the club board of directors for the past three years, the last two as club president, and have worked with a fine and dedicated group of people. Without exception, each person has brought knowledge and enthusiasm, and an honest desire to improve our community in general and the running community in particular. Along side the board members are other folks; race directors, committee heads, and numerous volunteers, each doing their valuable part (a sincere thank you to each and every one).

I wish I could say that everything has been a bowl of cherries, but it hasn't. The last few years have been a season of change of another sort for our club. Unfortunately, change is something that many people fear. As president, I tend to be on the receiving end of many emails and communiqués. Some have been positive, some not so. There is a saying that for every comment you receive, there are ten people who feel the same way but never bothered to make the contact. So, I'd like to share a few with you and let you know where I stand on a few club issues.

A major initiative was the move to an all-electronic SpliTimes. I received many positive remarks about this move (and I'm sure, in no small part due to the excellent work provided by SpliTimes editor Val Cognetto). A few people have expressed some reservations and prefer a printed version. The split is largely generational with acceptance higher among the younger members. There can be no argument that the new format looks much nicer than the old, and it offers the added convenience of built-in web links. It's also nice that the electronic version is a "greener" approach, but the item that really swayed the board was the fact that we now save a few thousand dollars each year on printing and mailing costs. That's money that can be used for other programs and member benefits such as our new Youth Training Program.

The idea of a competitive club team has generated a few messages. A couple individuals have said that the new racing team devalued the average runner, that they felt "less worthy" because of it. This was never the intention when we created the team; rather, it was to serve as an outlet for the club's more competitive members, to raise the visibility of the club, and to attract younger runners. It's really just another service we offer to yet another segment of the membership, like our great Boilermaker and Youth Training Programs. No one is compelled to do any of these things. On the positive end, one individual indicated that although he was not interested personally, he thought it was a great step. Another said he joined the club specifically because our club didn't ignore this aspect, unlike his former club. For me, this a "big tent" issue. People run for a variety of reasons and I think the club should be responsive to as many of them as possible. It's all about "A place for every pace."

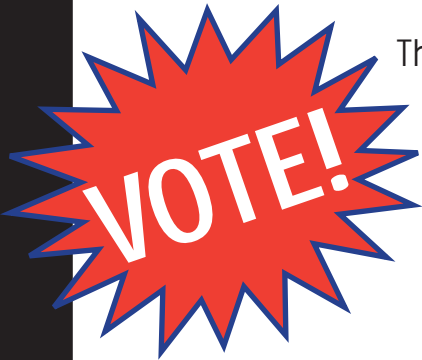
Finally, there has been some talk about the club being less "family friendly" than it used to be, specifically with the reduction in participation in Thursday evening runs, house runs, and breakfast runs. The board doesn't really have anything to do with this trend and in no way is the board ignoring these or setting up roadblocks. Perhaps this is merely reflecting the changing internal dynamics of the club as the membership evolves. Quite simply, if the members are not interested in either hosting or attending these events, for whatever the reason, they are just not going to happen. It has been said by all prior club presidents but it's worth repeating: This is your club. If you want to participate in, expand, or create specific events, then do it! The job of the directors is to support the needs and desires of the membership by creating programs, obtaining sponsorships, setting the budget, and seeing to the myriad details required to make this a great and useful community asset. We need to hear from you. Better still, the club needs your input and talent.

Please feel free to share your thoughts, ideas, and concerns on these and other club topics by emailing me at urrpres@dissidents.com. I welcome all comments whether positive, negative, neutral, or just plain weird.

Run far, run fast, but above all, love your run, *-Jim*



2008 Board of Directors Elections



This year's candidates for the Board of Directors are:

Michael Brych
Ray Brych
Nate Donaleski
Paula May

Jim Moragne
Meg Parsons
Dave Putney
Melissa Williams

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. You will be receiving a ballot in the mail shortly. You can either vote by mail (must be received by November 7) or at the annual meeting on Monday, November 10.

5k Run/Walk 4th Annual **Freedom** from **Running**

Raising awareness about **domestic violence**

Saturday, October 25, 2008

Utica Marina, Harbor Lock Road

Run - 9:00am Walk - 9:05am

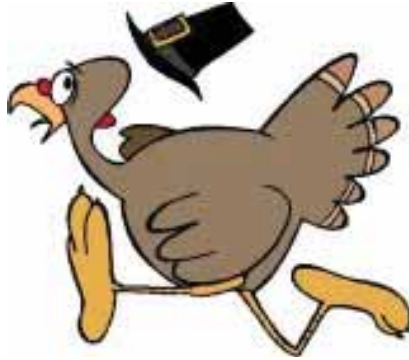
All proceeds benefit the YWCA Mohawk Valley's Domestic Violence and Sexual Violence Services

To register online, go to <http://www.ywcamv.org>



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: Kid's 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

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 e-mails 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.

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

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

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Only Special Announcements

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[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 to 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.

Your Winter Running Plan

Try this 3-point plan over the winter months and come back strong in the spring

By Ed Eyestone

Winter is one of my favorite times to run. I'll take the beauty of fresh tracks on new snow over slogging through heat and humidity any day. But not everyone agrees. During my first year as a college coach, I had a freshman who raced in the NCAA cross-country championships but then disappeared for the next six weeks. When he returned, I asked where the heck he'd been. "Coach," he said, "in high school I always took a few months off after cross-country." My exasperated reply was "This ain't high school!"

Needless to say, this freshman was a nonfactor in the track season. The fact is, maintaining a base over the winter is critical to successful spring running. During a long training hibernation, the principle of reversibility kicks in: When exercise ends, detraining begins. One study showed that with just seven days of not training, blood volume dropped sharply. Loss of blood volume directly affects your ability to perform aerobic work. Within three to six weeks of inactivity, your fitness can drop to pretraining levels.

Today, when I send my guys off for the winter break, I give them a gift: a three-point plan to stay fit and come back fresh in spring. So can you.

Maintain Miles:

The less activity, the quicker the free fall into detraining, so keep a running base of at least three nonconsecutive days a week of no less than 50 percent of your usual mileage. Cross-training can help keep your fitness high, but remember that only running makes you running fit.

Run Fast:

A week or two off from quality runs can be beneficial physically and mentally. But extending a break



longer than that can slow you down faster than a frigid north wind. Even if your next race is months away, tempo runs will keep you inoculated against the ravages of lactic acid. And fartlek sessions—my winter speedwork of choice—will help you maintain your VO₂ max. These fast-paced runs also recruit fast-twitch muscle fibers that would otherwise remain dormant when only doing easy miles. And doing strides will help keep your sprint mechanics in working order.

Plan Ahead:

Put the date of your first spring race on your calendar. Then your second. These forecasted races provide motivation. And they let you know when your training should begin, which might be well before spring.

www.runnersworld.com

Race: Run for the RACC

When: August 23, 2008

Where: Rome, NY

Reviewer: Valerie Cognito

The second annual Run for the RACC was held on a sunny Saturday morning in August. The run included a 5k run with a wheelchair division, a 1 mile walk and a kids' fun run. The event started and finished at the Rome Art and Community Center which the registration fee was supporting. I had signed up early for this run mainly to support fellow artists but also to receive the cool t-shirt offered. I'd been training for the Chicago marathon with my new pace gadget and wanted to test out my legs and the gadget as well. When I arrived, I ran into both familiar faces and just plain old friendly folk. It was nice to see many of our Utica Roadrunners there volunteering to help with timing. Before the run, I went into the arts center to take a look. There were many beautiful displays to look at.

The run started on North George Street and was a mainly flat out and back that finished up in front of the arts center. There were plenty of refreshments post run and awards given for the top 3 finishers from 13 and under up through 70 and over, separated by 10 year increments. The metals given out were very nice, donning a gold raised cut out of the arts center on the front with the place and division on the back. I won't lie, I love the bling! But we know what it's really all about—staying healthy and helping good causes. To top it off, there were door prizes, a 50/50, and an acoustic guitar player to enjoy upon waiting for the results to be posted.

As I was milling around, I couldn't help but speak with the one wheelchair participant who was enjoying the sunshine. He was a little upset that his competitors didn't show up but seemed happy to join our group. He said that he was a late bloomer to these events but likes the newfound fitness that it provides. It was interesting to me to hear about his endeavors as a wheelchair racer. His wheelchair wasn't fancy and he wasn't young and buffed like the elite wheelchair racers you see at the Boilermaker, he had the spirit that we all share as runners, with wheels or without.

I did my best 5k that day and took home 3rd place in the old lady division and a new PR to boot—but mostly, I went home grateful that I am a runner. I had a great time and highly recommend this run. Check it out next year!

Submit Your Reviews!

If you'd like to review a race, send it in. We'd love to hear from you! Tell us about it – the good, bad, & ugly! It will help readers make more informed decisions about their race choices. It can also be helpful to the race director when they are planning for the next year's event. Please include your name, age, & average pace, along with the race name, date, & location.

(Let us know if you would not like us to print your name.)

Social/Training Group Runs



Group Runs
Saturday Mornings @ 7:30 a.m.
Parkway Switchbacks
All are Welcome!



Thursday Night Social Runs

Our Thursday night social runs will continue throughout the fall months. We run from The Fitness Mill at 5:45 p.m. The Fitness Mill provides showers 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 5:00pm at Barringer School in Ilion

Wednesdays at 5:00pm 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 (nothing to be intimidated by). There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcnyc.nyrr.com.

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.

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

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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 to 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.