



# SPLIT TIMES

2007

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The Official Newsletter of the Utica Roadrunners  
**Premier Electronic Issue March 2007**

**UTICA**  
Roadrunners

*We've Got A Fresh New Look!*



**WHAT'S  
NEW?!**

Utica Roadrunners Competitive Racing Team!

Keep Track of PR's in Our New Record Book

Join Our Team At the Heart Run!

Don't Miss the Annual Awards Banquet  
Saturday, March 31st @ Hart's Hill Inn, 6pm

# THINK.

## President's Ponderings

*Jim Fiore*

If moving snow from one place to another counts as cross-training, then I'm sure many of us have logged a few hundred miles worth during February! Just try to remember these days some hot afternoon this coming July. And while shoveling tons of the white stuff might not cut a minute from your 5k PR, it at least gives you bragging rights for years to come. No doubt that Valentine's Day 2007 was a true test of endurance.

The warm, balmy afternoons of Spring may not be here yet, but the days are getting noticeably longer, and that means more times to run and to run safer. Before you know it, the Spring racing season will be here. Many club members kick off the season with the Fort to Fort run. The prior weekend (March 31) is our annual club awards banquet. The venue and times will be the same as last year: Hart's Hill Inn, social hour beginning at 6:00 PM and dinner at 7:00. It promises to be an entertaining and worthwhile event, so make sure that you save the date (see announcement on page 3).

Speaking of racing, the board has established guidelines for the new competitive racing teams project (found on page 2). If you haven't heard about it, we will be establishing racing teams to represent the club at various events such as the upstate cross country series. We plan on offering men's and women's teams for both open and master's (40 and over) divisions. If you are interested or have questions about the teams, please check out the Team Racing forum on the club web site. Speaking of the club web site, if you have not created an account (required to post questions or comments), please send me an e-mail at [urrpres@dissidents.com](mailto:urrpres@dissidents.com). We have disabled the automatic account creation facility due to excessive spam postings.

Another new item that we are instituting this year is a club record book. The record book will record the top three individual performances for a variety of distances across several five-year age groups. Don't worry about someone "hogging all the slots," because as the book records top individual performances, a person can only appear on a given age-distance combination once. There will be plenty of opportunity for some friendly rivalry and competition! All you'll have to do is forward your top performances to the records coordinator and they'll take care of the rest. More details on this will be in the next issue of *SpliTimes*.

Of course, the major item regarding *SpliTimes* is our move to an electronic version. This issue (March, 2007) will be our final print edition. It is also available as an electronic version so that you can see what will be involved and how much nicer the issues will appear. If you are having any difficulty either accessing the newsletter PDF file or viewing it, please contact our editor, Val Cognetto. Now is the time to make sure that you can access and read the electronic version of *SpliTimes*. Once April comes, all issues will be in electronic form. We are very interested in your comments regarding the electronic version. Please feel free to e-mail me, or better yet, post a message to the club bulletin board at [www.uticaroadrunners.org](http://www.uticaroadrunners.org).

Run far, run fast, but above all, run smart. - *Jim*



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# Utica Roadrunners Competitive Team Guidelines:

As an aim of the Utica Roadrunners is to foster athletic achievement through running, the club has embraced the concept of competitive teams to represent the club at team racing events and as an avenue for club members interested in the competitive side of the sport. The club and the team members have certain rights and responsibilities to each other. The guidelines are as follows:

**1. Membership Requirements:** Any member of the Utica Roadrunners in good standing may apply for acceptance on an appropriate club team. All team members must be members of the Utica Roadrunners.

**2. Team Structure:** There will be four potential teams: men's and women's open, and men's and women's masters (40 years of age and up). Each team will be comprised of no fewer than five individuals and no more than eight. If fewer than five are available, that particular team will not be offered for the calendar year. If significantly more than eight individuals are capable for a given category, a "B" team may be offered, as considered by the club's board of directors. Otherwise, those over the eight may serve as alternates in the case of injury or other absence.

**3. Team Composition and Selection:** Team members will be selected based on past performance and potential for the coming year. Selection input may come from members of prior teams, the club's board of directors, or the founding local sponsor.

**4. Member Responsibilities and Rights:** Team members will join and participate in good conscience. Members abusing their responsibilities and privileges may forfeit all benefits of team membership and may be banned from future teams. It is expected that as representatives of the club, team members will act to uphold a positive image of the club. It is expected that team members will make an honest effort to participate in team planning sessions, races, and the like, when feasible. It is recognized that as club running is an avocation, job and family commitments take precedence over the team.

**5. Club Responsibilities and Rights:** The club will support the teams in good conscience. It will budget money for the teams to help defray operational costs such as team uniforms, entry fees, travel expenses, etc. The club can expect full cooperation from team members for participation in public relations endeavors and the like designed to further the aims of the club.

**6. Sponsorship:** The Sneaker Store is recognized as the founding local sponsor of the club teams and as such, its logo will appear on the team uniform, secondary to the primary logo of the Utica Roadrunners so long as it wishes to stay associated with the teams. The Sneaker Store will make every effort, through its industry contacts and other means, to help defray operational costs of the teams. Examples include team uniforms, training or racing flats, warm-ups, etc. at no or reduced cost.

**7. Prize Money and Awards:** Any prize money earned by teams will be returned to the club to help defray operational costs of the team. All non-monetary team awards will be distributed as the team members see fit. Awards based on individual performance are not bound by this guideline.

**8. Team Uniform:** Team members will be provided with a race uniform consisting of a singlet and shorts. This uniform will be unique from apparel offered to non-team club members. The uniform will include the Utica Roadrunners logo as the primary logo and the Sneaker Store logo secondary. A major apparel sponsor logo may also be attached, secondary to the club logo. It is assumed that the uniform will be provided free of charge to team members through sponsor donations, club budgeting, or similar means. Availability of no-cost team uniforms to "B" team members and alternates is up to the club's board of directors and the team sponsors.

# JOIN.



# Annual Awards Banquet

Saturday, March 31, 2007  
Hart's Hill Inn, Whitesboro, NY

## Social Hour at 6 pm

Cocktails, Beer, Wine, Soft Drinks & Fruit Juices  
Fresh Vegetable Tray



## Dinner at 7 pm

Buffet featuring Chef Carved Beef, Ham & Turkey, Baked Chicken, Italian Meatballs, Sausage & Peppers, Bow Ties Alfredo, Penne Marinara, Oven Browned Potatoes, Rice Pilaf, Hot Vegetable, Tossed Garden Salad, Chef Seasonal Salad, Genoa Salami, Provolone Cheese, Italian Bread w/Butter, Sherbet, Coffee & Tea

## Followed by presentation of Awards & Door Prizes

Dry release Club T-shirts will be available for purchase  
Long Sleeved for \$11 and Short Sleeved for \$8  
Available in white or black

\$20 per Person in advance or at the door  
Reservations required by Saturday, March 24th  
Contact Melissa Williams at 736-5985 or melwilliams72@hotmail.com

## Make checks payable to Utica Roadrunners and mail to:

Melissa Williams  
462 Main Street  
New York Mills, NY 13417

RECOGNIZE.

*Join Us!*

*three*

**Sunday Morning Breakfast Runs**



Our Sunday Morning Breakfast Run season began in early November and runs through April. The hosts provide the course, coffee, juice and a warm kitchen & dining area for 10 to 25 participants. The participants bring a smorgasbord of breakfast items. If you are interested in hosting a Breakfast Run call Valerie Cognito at 738-7717 to schedule.

PLAY.

**Run 5 miles With Us Every Thursday Night!**

Fitness Mill  
Thursdays @ 5:45 pm  
Use of Locker rooms, showers, and reflective vests compliments of the Fitness Mill.  
Runners will meet after the run for a bite to eat.  
All are welcome!

GIVE.



**Saturday, March 3rd • Utica College**

**Health & Fitness Expo. & Pre-registration: Fri., March 2nd, 9a.m.-9p.m.  
Registration: Sat., March 3rd, 6a.m. - 9a.m.  
Clark Athletic Center, Utica College**

**30k, 10, 5, & 3 mile runs • 3 & 5 mile walks  
www.uticaheartrunwalk.org • Call 266-5403 for more information**

**Sign Up to Be on the  
Utica Roadrunners Heart Run Team!**

*Dear Club Members,*

America's Greatest Heart Run & Walk will be taking place in less than a week. Last year we were the "Top Team"! Our Team consisted of 57 members and we raised \$35,904 for the American Heart Association. This year, I hope we can grow the team to 75 members and raise \$40,000. If you are participating, our team is "Utica Roadrunners" and our team captain is Jim Stasaitis. I hope to see you all there. Good luck with your fund raising and have a good run!

Jim Stasaitis



# RACE.

## RACE CALENDAR 2007

Date/Event	Time/Location	Phone	E-mail/Web Address
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### MARCH 2007

03	America's Greatest Heart Run	7:30 am	Utica College	266-5403	uticaheartrunwalk.org
04	Salmon Hills 12hr snowshoe	Noon	Redfield, NY	315-599-7008	info@salmonhills.com
10	Tipp Hill Shamrock Run	11:00 am	Syracuse, NY		www.tippillrun.com
10	Running of the Green 4 mile	10:00 am	Green Island, NY	518-435-4500	hmrrc.com
16	Syr Chargers All-Comers Meet	5:30 pm	Manley FH Syracuse		syracusechargers.org
18	Shamrock Shuffle 5 mile	11:00 am	Glens Falls	518-798-9593	adironackrunners.com
25	More Marathon (women 40+)	8:00 am	New York		nyrr.org/moremorathon
25	Forks XV 15k	2:00 pm	Chenango Forks	570-663-2030	Hamlin918@cs.com

### APRIL 2007

01	Skunk Cabbage Classic 10k,1/2 Mar		Ithaca,NY		fingerlakesrunners.org/races/forms/Skunk
07	Fort to Fort 5k/10k	9:00 am	Rome, NY	315-337-0753	www.romanrunners.com
07	Rabbit Ramble 4 mile	10:00 am	Guilderland Center	518-861-6350	RabbitRamble@nycap.rr.com
	Spring Run-off 5k/10k	8:30 am	Albany	518-482-9091x15	stjohnsstanns.org
15	Dodge the Deer 5k	10:00 am	Schodack Is. St Pk	518-320-8648	josh@albanyrunningexchange.org
16	Boston Marathon		Boston, MA		bostonmarathon.org
21	St Peter's Keys Run	9:00 am	Saratoga Springs	518-581-1278	laura@saratogastryders.org
28	SUNYIT 5k Scholarship Run	9:00 am	Marcy, NY	(315) 792-7341	Wassileh.Moore@sunyit.edu

### MAY 2007

05	West Winfield Runaround	9:00 am	West Winfield, NY	315-794-2849	roymadden1@yahoo.com
06	Mountain Goat Run 10m, 5k	10:00 am	Syracuse, NY		mountaingoatrun.com
06	Literacy Run 5k	10:00 am	Troy, NY		lvorc.org/LitRun06.htm
12	RACC 5k & 1m Kids run	9:00 am	Rome, NY	jpore@adelphia.ne	www.romeart.org/run
	Zone Run 5k/10k	10:00 am	Richfield Springs	858-0442	jabkos@verizon.net
19	Central NY Race for the Cure 5k	9:00 am	Syracuse	216-623-9933	hermesccleveland.com
19	The Energy 5K/10k Run 5k Walk	8:30 am	Oswego Middle School	343-1981	mmcpfers@twcny.rr.com
20	Hall of Fame 5k/half marathon	8:00 am	Utica	796-4524	uticaroadrunners.org/halfmarathon
	Fayetteville 10k Classic		Fayetteville, NY		
	Mudslinger 5 mile trail	10:00 am	Saratoga Spa Park	518-584-2000x111	John.Orsini@oprhp.state.ny.us
	Memorial Mile	9:40 am	Glens Falls	518-656-3127	coachunderwood@aol.com

### JUNE 2007

02	Freihofers Run for Women 5k	10:15am	Albany, NY	518-273-5552	info@freihofersrun.com
02	KAC 5k/10k/10 mile	3:45 pm	Clinton	315-796-4870	kirklandartcenter.org
09	Nate the Great Tiletown 5k	8:30 am	Canastota	457- 5220	doug_r_holdridge@adp.com
10	Lake Placid Marathon/1/2/Relay		Lake Placid, NY		www.LakePlacidMarathon.com
16	Vestal XX 20k	8:00 am	Vestal	570-663-9296	fbostrom@stny.rr.com
16	Vestal XX 20k	8:00 am	Vestal	570-663-9296	fbostrom@stny.rr.com
17	SOS 5 Mile Race	8:00 am	Utica Parkway Rec Ctr		www.uticaroadrunners.org
24	Summer Sizzle 5 Mile Race	8:00 am	MVCC Utica		www.uticaroadrunners.org

**BOLD RACES = GRAND PRIX EVENTS (info. to come)**

**Additions?** Contact Mike Massoud @ 315-737-5143 e-mail: mmassoud@adelphia.net

If I were YOU....I'd call ahead to check out these dates and times! **Please note** – Only the races with dates & times are confirmed for

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