

SPLIT **TIMES**

UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

November 2007

Run Safe!

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Fun Run to Promote
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NEW?!

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November 2007

2007
Roadrunners
Board of
Directors:



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Jim Fiore

Vice Presidents:
Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

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Wendy Carbone
Mike Massoud
Ken Muzzy
Larry Reyes
Jim Stasaitis
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Christine Sisting

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THINK. President's Ponderings

Jim Fiore



The annual general membership meeting was held at MVCC on October 15. For those of you who could not attend, here's an overview of the proceedings. The meeting opened with the president's State of the Club report followed by specifics from our two hard-working vice presidents, Mike Kessler and Meg Parsons.

In a word, the state of the club is good. We are on solid financial ground with positive cash flow. Membership is stable. Currently we have over 400 club members, around where we were last year. Our visibility in the community is high and we have received some excellent coverage in the local media this year, both in terms of programs and initiatives that our club is sponsoring and in the achievements of individual club members. Club races have experienced a nice pick-up over last year. Congratulations are in order to our new race directors Terri Sullivan (Summer Sizzle) and Mike Brych (Falling Leaves). These directors and their committees produced outstanding events. I have no doubt that these races are nicely positioned to see considerable growth in the coming years.

We have embarked on new initiatives this year and have also seen the fruit from past efforts. The SOS project culminated this June with the dedication of the entrance plaque to the switchbacks and an announcement of a further state grant in excess of \$15,000. Ted Petrillo and his crew deserve a huge round of thanks for seeing this project through. Without it, running in the South Woods would be just a memory, and both the Falling Leaves 14k and the summer development runs would be entirely different (assuming they'd even exist). Speaking of which, the summer development runs continue to be the hallmark series of training runs for experienced runners in the area. The apparently "timeless" crew of Ed Buckley, Paul Ohlbaum, Ted Petrillo and Howard Rubin have offered another great year, and although it won't be exactly the same without them, we can all agree that after so many years of exemplary service to the running community, a rest is well deserved and it is time to turn the reins over to the next generation. 2008 will serve as the transition and mentoring period. For new runners, the Boilermaker Training Program continues to be the premier training experience in Central NY. Linda Turner and her army of volunteers can be justly proud of their graduates, over 80 this year alone. There are plans afoot to extend this success to a youth training program (more on this in future issues of SpliTimes).

One of the most visible changes this year has been switching from a paper newsletter over to our new electronic pdf newsletter. Not only has the club saved considerable money on printing and mailing costs, but far fewer volunteer hours are needed to handle the newsletter. Val Cognito, with assistance from Paul D'Ambrosio, has produced a top-flight publication. The newsletter is more timely than it has ever been and has a great, fresh look to it. Judging from the comments I have heard at races and other club events, the membership agrees. As president, I receive numerous newsletters from clubs all over New York and surrounding areas and I can honestly say that not a single one that I have seen approaches the level of SpliTimes. Along with the newsletter, we have also picked up the pace regarding the club website and email communications. The club bulletin board has seen far more traffic this year than ever before and email has become our dominant intra-club communication medium. Invaluable thanks go out to webmaster Mark Williams and Don Pierno, email coordinator.

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Another major initiative this year was the creation of the club racing team. We managed a full roster for men's open and masters, and women's open. In the first venture of the season, the men's team captured the title at the Nate the Great 5k in Canastota and teammates Craig Lalonde, Sam Morse, and Mike Brych placed first, second, and fourth respectively. Alongside other local races, team members also made an impact on the Boilermaker, grabbing several age group awards including fourth in women's 35-39 (Anita Moller), fourth in men's 40-44 (Paul Humphrey), first and third in men's 45-49 (Jim Fiore and Moe Lalonde), and first in men's 55-59 (Larry Reyes). The team is sponsored by Rich Karaz's Sneaker Store and New Balance who have done an outstanding job with their support of this fledgling effort. The only cost to the club was the screen printing of the uniforms. We can now honestly say that the club offers "a place for every pace," from newbie jogger to social/fitness runner to competitive athlete. Hopefully, this will prove to be an effective avenue to increase the club's visibility and attract new (especially younger) members. So far, so good!

After the ballots for the board of directors were counted (thanks to Melissa Williams for heading the re-election), the top six vote-getters were announced. In alphabetical order they are: Tom Bick, Jim Fiore, Sybil Johnson, Mike Kessler, Anita Moller, and Christine Sisting. They will join with Mike Brych, Wendy Carbone, Mike Massoud, Ken Muzzy, Meg Parsons, and Melissa Williams to create the 2008 board of directors. Club officers will be decided at the November meeting.

The final item of note was the announcement of a new collaboration between the club and the Resource Center for Independent Living. The club will be kicking off the annual Wonderland of Lights with a fun run on opening night, November 20. All club members are invited to participate and please wear reflective clothing or lighting. The fun run will be led by racing team members and the lighting will be activated as the group runs past each display. The course will be between 2.5 and 3 miles. Hot beverages will provided at the close of the run. We are currently working on obtaining LED wristbands or similar visibility aids for participants. This is a great way to both help RCIL and gain some visibility (no pun intended) regarding night time runner safety. Hope to see you there!

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

-Jim

RACE CALENDAR 2007

RACE.

Date/Event	Time/Location	Phone	E-mail/Web Address
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November

4	Niagara vs Adirondack XC Challenge	12:00 PM	VVS High School
11	Stockade-a-thon 15k	10:30 AM	Schenectady, NY
18	Upstate NY XC Series 6/8k	10:00 AM	Finger Lakes CC
22	Run for Hunger 5k, 2mi walk & kids	9:00 AM	Utica Parkway Rec Ctr 735-2316

BOLD RACES = GRAND PRIX EVENTS

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 2007!

**FREE
EVENT!**

UTICA
Roadrunners

**Join the
Fun!**

RUN FOR SAFETY

**Kicking Off the RCIL
Wonderland of Lights to Promote
Runner Safety**



Tuesday, November 20th

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

Enjoy Hot Cocoa, Coffee, & Cookies After the Run

The Utica Roadrunner's racing team will lead the run which 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. The first 100 entrants will receive an item of reflective gear.



Suzie's Sweets
of Oriskany

four



*"Come On!
You Need to Earn
That Pie & Stuffing!!"*

UTICA
Roadrunners

Present the 23rd Annual
Thanksgiving Day
Run & Walk to End Hunger
Thursday, November 22
Utica Parkway Ski Chalet
5K Run, 2 Mile Walk
1/4 & 1/2 Mile Kid's Runs

Door prizes to be drawn after the run/walk.
Proceeds to benefit local nonprofit food pantries.

Registration on 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.

For more information, call: 735-2316

Bring the Whole Family & Be Thankful!

HELP THOSE IN NEED

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RUNNING & WALKING SAFELY

10 Basic Rules For Safety on the Roads

By Terry Mackintosh

Long, cold, winter nights mean that the majority of you will be forced to exercise in the dark. By taking note of the following safety rules you will increase your level of enjoyment and pleasure out on the roads.



- 1. Face the traffic:** If your running or walking routes do not have bike paths or sidewalks and you are forced to run or walk on the road, always walk in the direction facing oncoming traffic.
- 2. Dress correctly:** If you are training when it is still dark, ensure that you are dressed to be seen. Drivers at night or early mornings are rarely on the lookout for runners and walkers, so you need to advertise your presence as vividly as possible. Wear light-colored or reflective clothing like shocking-pink, yellow, or brilliant orange. Many brands of walking shoes have reflective material on the heels, and tracksuits, bibs and rainsuits can now be purchased with reflective strips. Reflective belts are also extremely useful as they are easily noticed by drivers, and can be worn with little or no discomfort. If you don't have reflective gear or light colored clothing, pull a white T-shirt on over your tracksuit.
- 3. Never run or walk alone:** If at all possible train with a partner. Not only does this increase your safety, it also makes your training so much more enjoyable. In the absence of a training companion, always tell someone which route you will be using and what time you expect to return.
- 4. Run/Walk defensively.** Don't simply assume that all road-users know about the 'pedestrian has right-of-way' rule. Many of them don't.
- 5. Lose the jewelry:** Leave the valuables back home. I am always aghast at how many individuals go out literally dripping with jewels. The only accessory you need is a wristwatch with a stopwatch function.
- 6. Vary your routes:** Don't establish regular patterns by using the same route at the same time every day. Keep one step ahead of any would-be muggers by randomly varying your routes and the times that you go out. Not only is it safer, but it's a lot more interesting!
- 7. Self-defense:** Some individuals carry hand-held spray devices that contain mace or something similar. These are designed to fit comfortably in your hand, are very light and easy to use. Just make sure that if you do need to use it, the wind is not blowing into your face at the time.
- 8. Carry ID:** Always carry some form of identification in case of an accident or medical emergency. If you are away from home on holiday or business, make a note of the address where you are staying.
- 9. Keep right:** If you're on a cycling or pedestrian path, always run or walk on the right hand side so that faster walkers, runners and cyclists can easily pass. If you're walking with one or more companions, don't hog the path and prevent others from easily overtaking.
- 10. Leave the walkman at home:** That way you will be alert to any potential dangers, be it a dog, a fast-approaching car, or the sound of other people around you.



2007 Grand Prix

(Results are subject to change.)

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10k	Falling Leaves 14k	Total Points
Sean DeZalia	M 1-19				10	10		10		30
Nick Cognetto	M 1-19	9				9				18
Mike Szarek	M 1-19	8					10		10	28
Kelsey Barra	M 1-19					8	9			17
Josh Szarek	M 1-19	10								10
Walter Szarek	M 1-19								9	9
Christian Cognetto	M 1-19					7				7
Kelly Murray	F 1-19	10		10						20
Emily Humphrey	F 1-19					10				10
Mike Brych	M 20-29	10	10				10			30
Jay Barra	M 20-29					10	9			19
Colleen Murray	F 20-29	10	10	9						29
Jessica Charles	F 20-29			10			10			20
Paul Humphrey	M 30-39		10	10	10	10	10		10	50
Jim DeYulio	M 30-39		9				9		9	27
Jason Pare	M 30-39	10			9					19
Jim Bartkowiak	M 30-39						8		8	16
Greg Lang	M 30-39	9								9
Christine Sisting	F 30-39			9	10	10	10	10	10	50
Sandra Arcuri	F 30-39	10			9			9	8	36
Alyssa Palmieri	F 30-39			8		9				17
Lara Cook	F 30-39		10							10
Carol Zweifel	F 30-39			10						10
Meghan Mazloom	F 30-39								9	9
Melissa Abdo	F 30-39						9			9
Scott Suba	M 40-49	10		10		10	8	9	10	49
Norm DeZalia	M 40-49		9		6	5		7	4	31
Bill Kosina	M 40-49	8		8		8	6			30
Jim Fiore	M 40-49				10		10	10		30
Mike Dunn	M 40-49		10		7		2	8		27
Norm Cognetto	M 40-49	6		3		7			9	25
Mike Massoud	M 40-49	9			9		7			25
Tom McGlynn	M 40-49			5	8	4			7	24
Mike Ambrose	M 40-49	7		4			3		6	20
Tim Decker	M 40-49			7			4		8	19
Rob Munson	M 40-49	5				9				14
Gary Burak	M 40-49			6			5			11
Brian Roemer	M 40-49					6			5	11
Richard Zweifel	M 40-49			9						9
Moe LaLonde	M 40-49						9			9
Pete Smith	M 40-49									8
Tom Bashant	M 40-49				5					5
Mike Morrissey	M 40-49						1			1
Valerie Cognetto	F 40-49	9	10	7		10	10	10	9	49
Audrey Marcoux	F 40-49			9					10	19
Meg Parsons	F 40-49	7			10					17
Mary Ruckel	F 40-49	10								10
Ingrid Otto-Jones	F 40-49			10						10

2007 GRAND PRIX STANDINGS

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...continued on next page.



2007 Grand Prix (cont.)

(Results are subject to change.)

2007 GRAND PRIX STANDINGS

Name	Age Group	FTF - 10k	SUNY IT 5k	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk 10k	Fall Leaves 14k	Total Points
Elaine Wojciechowski	F 40-49						9			9
Gail Burke	F 40-49								8	8
Sue Appler	F 40-49	8								8
Janice Williams	F 40-49			8						8
Tom Bick	M 50-59	9		8	10	10	9	10	10	49
Tim McCann	M 50-59	8	10	7		8	8		6	41
Larry Reyes	M 50-59	10		10			10			30
Ron Murray	M 50-59	6	9	3						18
Bub Barra	M 50-59					8	7			15
Ken Muzzy	M 50-59	7		6						13
Rich Hahn	M 50-59			5		6				11
Garry Smith	M 50-59	5		4						9
Dan MacCracken	M 50-59			9					9	18
Les Cortright	M 50-59				9					9
Venkata Mannava	M 50-59					5	4			9
Mark DesJardins	M 50-59		8							8
Scott Ferguson	M 50-59					7	5			12
John Murphy	M 50-59								8	8
Larry Badger	M 50-59								7	7
Ray Brych	M 50-59						6			6
Ed Jekel	M 50-59			2					5	7
Dave Simon	M 50-59						3			3
Donna Kapes	F 50-59			9		10	10			29
Micky Lucas	F 50-59		9	8					10	27
Jill Barra	F 50-59					9	9			18
Joanne Reese	F 50-59	10								10
Ginny Truax	F 50-59		10							10
Nancy Castellano	F 50-59			10						10
Sandra Lee Penske	F 50-59						8			8
JoAnn Russo	F 50-59						7			7
Chuck Silverman	M 60+			10	10		10	10	10	50
Luke Lucas	M 60+	9	9	9		8	8	9	7	44
Dick Stanley	M 60+		10			9	9			28
Paul Ohlbaum	M 60+		8			7	7			22
Gian Carlo Mangano	M 60+					10			9	19
Joe Kappler	M 60+	8			9					17
Chuck Mix	M 60+	10								10
Larry Zacher	M 60+								8	8
Dolores Quinn	F 60+		10			9	9			28
Rose Hosp	F 60+					10	10			20