

SPLIT



TIMES

UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

December 2007



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The Official Newsletter of the Utica Roadrunners
December 2007

2007
Roadrunners
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Editor: Valerie Cognito
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



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 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.

THINK. *President's Ponderings*

Jim Fiore



It is hard to believe that the holiday season is upon us and another year of racing is in the past. While some people like to take a bit of time off during the winter or switch gears to other sports such as cross-country skiing or snow-shoeing, I know many club members will still be out hitting the roads. Now that we have changed the clocks, after-work hours of daylight are at a minimum and it's more important than ever to make sure that you can be seen by drivers. While it's generally better to run in daylight, if you find that you have no other option but to be out after sunset, make sure that you're sticking out like the proverbial sore thumb. Brightly colored clothing such as "high visibility yellow" is great. It's even better if it has reflective piping, stripes, patches, or the like. Of course, you can also supplement it with reflective arm, wrist, or ankle bands; reflective hats; LED blinkers; or even small, lightweight LED headlamps. I have heard some people say that they don't want to "look like a clown," but remember it's always better to be a living clown than a dead duck. Wearing a dark jacket and tights on an evening run is simply inviting disaster. On more than one occasion while driving at night I have come across runners wearing dark clothing (and running in the road instead of on a nearby sidewalk as well), and it scares the living heck out of me because sometimes I don't see them until I'm just seconds away. Add an inattentive or drowsy driver, a cell phone or other distraction, and you've got a recipe for tragedy. Just because you can see them doesn't mean that they can see you. Look on page 3 for a review of a couple of LED headlamps useful for runners.

I am pleased to report several new members to the club: Cassie, Arthur, Nathan and David Winter of Taberg; David and Connie Bocko of Waterville; Lindsey Bettina of Utica; Robert Gigliotti also of Utica; and Katheryn Doran of Clinton. Welcome aboard folks!

As part of our continuing effort for improved communication within the club, we will be starting a listserv at the suggestion of our webmaster, Mark Williams. If you have used traditional listservs, this will be familiar; however, it contains further capabilities. For those of you who are not familiar with the concept, a listserv is sort of like a group public e-mail. In essence, you can send messages to the list, and everyone on the list will receive it. The convenience is that you don't have to maintain a list of club contacts; it's done for you and unlike a bulletin board system, messages are delivered to you with your regular e-mail, so you don't have to actively surf to and search the bulletin board. This is a great way for folks to send out announcements about upcoming races, group runs, and the like. We see this as augmenting the club bulletin board, not replacing it. Shortly, you will be receiving an e-mail message inviting you to join the listserv. You have three options: 1) Ignore it, 2) Join at a basic level, or 3) Join at an enhanced level. In the basic version, you just get to see and send group e-mail. In the enhanced version you can also access photos, files, polls, member contacts, and more. It's totally free of course. If you don't want to wait for the invite (or if you changed your e-mail address recently) you can subscribe yourself by simply sending a blank e-mail to UticaRoadrunners-subscribe@yahoo.com (to combat spam, all subscribe messages have to be OK'd by the moderators). This list is private and strictly for club members only.

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

two

Lightweight Headlamps Review

Jim Fiore

Running at night can be hazardous to your health. Not only do you risk being an inadvertent target of drivers, but you can't always see the footing ahead of you. While reflective clothing helps with the former, nothing but an active light source will help with the latter. Generally, running with a flashlight is cumbersome and not recommended. Fortunately, powerful yet lightweight headlamps are now available. I bought two different units last year for my wife and I, and now that we have used them many times I'd like to share what we have discovered.



The two units are the Princeton Tec Eos (amazon.com) and the Petzl Tikka XP (rei.com). They generally cost around \$40 to \$45, but I managed to pick them up for \$35 each on sale. Both units offer similar features and are a step up from the very basic units. Both use a single high brightness white Luxeon/Maxbright LED. Less expensive units often use a cluster of three or four standard white LEDs. The single LED produces a nice, well defined beam. Both units integrate the LED, controls, electronics, and three AAA batteries into a small plastic enclosure that sits on your forehead, secured by an elastic strap. The units are very light, about 100 grams (a little over three ounces) without batteries. I would slip mine over a baseball hat and wouldn't even notice it. In fact, on more than one occasion I finished my morning run, pulled off my hat, and

the headlamp went bouncing across the road because I had forgotten about it as the sun had risen. This points up an advantage over traditional lights. As LED are solid-state devices, they are very rugged and have very long lifetimes, usually measured in tens of thousands of hours of use.

These devices have four modes of operation: High, Medium, Low, and Blink. Burn time varies depending on the setting, but you can probably expect somewhere around 50 hours with good quality batteries and the Low or Blink setting. Even at High, these units are not as bright as a good multi-D cell flashlight, but they offer plenty of light while out on a run, and you can guarantee that a driver will see you from a great distance away. Both units also offer several levels of tilt so that you can adjust the beam illumination from right in front of your feet to straight ahead, and any position in between.

The Tikka XP has a few features over the Eos, including a sliding lens diffuser to create a larger wide-angle beam, a special 20 second boost mode that extends the beam from 35 meters (the High setting) out to 50 meters, and a system to warn you as the batteries begin to reach the end of their life (warnings at 70% and 90% discharge). The Eos, on the other hand, is waterproof to one meter (versus the Tikka XP's "splash proof"), uses a current regulator for constant brightness as the batteries drain, and I prefer the controls (a single large, well placed button versus the smaller buttons on the Tikka XP). It's pretty much a toss-up. Either one would perform well for the average runner. They are also great for cross country skiing and snow shoeing, because if you're like me, you probably find yourself hurrying back to the car in the twilight after trying to squeeze in that extra loop. It's great to have one of these in your pocket or pack. As a side note, I have pretty much abandoned use of normal flashlights around the house or while camping. The great thing about these headlamps is that the light is always where you're looking and both hands are free! Granted, they cost more than the average flashlight, but once you try one, you'll love it.

GEAR UP.

three.

RACE CALENDAR

Please visit www.uticaroadrunners.org for race calendar updates.

"Save the Date!"

The Utica Roadrunner's holiday party is set for Saturday, January 12th. Watch for more details in our January newsletter.

UTICA Roadrunners

Help is Needed Maintaining Membership Database

After many years of dedicated service to the club, Ted and Phyllis Petrillo are stepping down from their duties of taking care of the membership rolls. They've done a great job. If you're interested in helping to maintain the membership database, please contact the president or one of the board members.

Out of Towner Enjoys Thanksgiving Day Run & Walk to End Hunger

My name is Rick Cleary and I'm from Wellesley, Massachusetts. Every Thanksgiving morning I run the hilly Thanksgiving Day 5K to end hunger in Utica, New York. This year I did it in 21:58, not bad for the up 2.5K (in 12:12) down 2.5K (in 9:46) course. Conditions were very foggy, the usual beautiful view on the way down (which is mile five of the Boilermaker course) was not part of the event. The footing was good for a change, no ice or snow. Since 2001 the number of minutes in my time (real time, note ClearNote(TM) time) has gone 19-20-21-22-23-22-21. Let's see if next year's sabbatical can get me back to a time starting with 20.



Old pal Dave Jones is the race organizer for this event and he does a great job. It's a wonderful community event and fun run that's really fun and sticks to the basics. Entry fee is \$5 (max \$15 for a family) and canned goods for a local shelter. No age groups, no results, just a big clock so you can see your time at the finish. I still compete hard, but with no pressure. (and I like to count ... though no results are kept I know I was 26th after being 34th at the turn around.) Dave gets a huge number of nice door prize gifts which are awarded by a random drawing right after the race. It's a 9 AM race that you can arrive at 8:45, run the race, do a cooldown, enjoy some post-race companionship, win a baseball cap that says "Upstate Cerebral Palsy" and leave for home just after 10; really my type of event!

- Rick Cleary, Wellesley, MA

New Year's Eve & New Year's Day Runs

First Night Saratoga 5k
Part of Saratoga's
New Year's Eve Celebration
Monday, December 31, 2007
5:30p.m.

Register at www.active.com
Skidmore College Athletic Complex
Saratoga Springs, NY
www.ymcasaratoga.org/firstnight

Due to the overwhelming success of this run, and having to close-out registration 5 years in a row, there will be no day of race registration.

Run is limited to the first 1,000 registrants.
Register Early: By November 23, 2007: \$15.00 for early registration discount and a guaranteed long-sleeved shirt. After November 23, 2007: \$20.00. Entry fees are non-refundable and non-transferable.

First Night Buttons; For your convenience, you can purchase your First Night button(s) when you register for the 5K run. Your button(s) will be in your race packets. Buttons are \$13 each. Buttons allow you access to all First Night festivities, and children's activities.

Check-In Packet pickup 3:30-5:00 PM the day of the race at Skidmore College Athletic Complex. Parking, restrooms, and showers are available. Refreshments after the race.

For further information, call the YMCA Development Office at (518) 583-9622 ext 131 or email jallen3nycap.rr.com.



Emeral Nuts
4 Mile Midnight Run
Central Park, New York City
New Year's Eve 2007
Monday, December 31, 2007
www.nyrr.org

DJ Music and Dancing • Costume Parade and Contest • Fireworks and 4M Race • Costume Contest

Usher in 2008 with speedy style! Featuring a costume parade, dancing, and fireworks, this four-miler is more of a party than a race. Count down the minutes 'til midnight and then count down the miles 'til the finish line.

Number Pick-up/Registration

Advance check-in is required for entrants to pick up their race materials. Check-in/registration will be at New York Road Runners on • Saturday, December 29, 11:00-4:30 p.m. • Sunday, December 30, 11:00 a.m.-3:00 p.m. • Monday, December 31, 11:00 a.m.-10:30 p.m.

For registration and information, visit:
www.nyrr.org/races

SOMETHING TO TRY.

five



PO Box 161
Utica, NY 13503
315-793-3723
Hope4Food@aol.com
Web: hopehouseutica.com

November 28, 2007

David Jones, Event Coordinator
Utica Roadrunners
C/O Hanger Prosthetics and Orthotics
286 Genesee Street
Utica NY 13502

Dear David and Roadrunners:

Words are inadequate to express our gratitude AGAIN for your contribution to our efforts here on Eagle Street. As you know, we will carefully husband every penny of the \$2,227 which you have sent our way to help us feed Utica's hungry and homeless. Our meals numbers have been averaging well over 6000 meals per month and, even with our special sources, costs have been rising steadily. Your gift will help a lot.

We thank each generous runner for helping us to help our neighbors most in need. Our guests are healthier and better cared for because we can be here for them and we are able to do that because our generous community makes it possible.

May your holidays be filled with love.

Sincerely yours,

Rose White,
Executive Director

You're wonderful!

Feeding the Hungry in God's Name

GIVE THANKS.

Owning a Home Treadmill Can Have its Distinct Advantages.

By Amby Burfoot

For many years, most treadmills were ugly, clunky, mechanical devices that tempted few runners. By the early 1990s, however, manufacturers had awakened to the huge potential market and began making sleeker, smoother machines that suddenly made the treadmill's many advantages clear to everyone. The treadmill boom was on, and it has continued to build momentum through the years.

Many runners now consider the treadmill one of the best lifetime fitness purchases they can make. While a few purists still hold treadmills in contempt, insisting that running outdoors is the only true path, most runners can see that a home treadmill offers a wonderful advantage. And when you have a treadmill, it's amazing how those occasions can add up. Cold weather. Hot weather. Rain and snow. Allergies. Darkness.

Parents with young children have found that a treadmill allows them to watch their kids and get in a workout at the same time. When doing a long run, you have a ready supply of sports drinks and energy bars. Or, you can watch an instructional video or listen to language tapes while running safely on a treadmill. Some cognitive psychologists have even suggested that the mind is particularly receptive to new materials while you're running.

To buy a treadmill, visit an equipment warehouse, where you can actually run on several different models to see which you like best. Look first for stability—you don't want to be rocking and rolling while you run. Ask about the motor, to make sure it's powerful enough for the amount of running and walking you might do on it. You'll know the treadmill is powerful enough if it operates smoothly and steadily while you're running on it. The best treadmills have motors rated at 2 horsepower or greater.

Also, find out if the treadmill deck has any shock-absorbing properties. Many runners have found that they can run on a treadmill without the pain they encounter on the roads, because treadmills are softer. This is also a great way to recover from certain injuries. Note, however, that a treadmill can be too soft.

Running on a treadmill takes practice, but no particular skills. Start out very slowly with your normal running stride



and only increase speed after you feel totally comfortable. Run at the front of the tread, where you can easily reach the controls and a bottle of sports drink (many treadmills have drink holders). When finished, get off slowly and carefully, as you may feel slightly dizzy for a moment.

Treadmills are unparalleled for hard, scientific training, since you can vary your speed precisely and monitor your heart rate at once. This gives you a chance to do great progressive workouts, in which you increase either the distance or the intensity of your run.

5 Principles of Running on a Treadmill

1. Use the treadmill to increase the frequency of your workouts. Without cold and darkness as excuses, you should be able to fit in more training and get yourself in better shape.
2. Try out several treadmills before choosing the one you like best. Pay particular attention to the smoothness and stability of the "ride." The treadmill shouldn't make you wobble from side to side or feel herky-jerky when you run on it.
3. Explore the treadmill's shock-absorbing abilities. If a treadmill lowers your risk of injury, as it should, then you have another strong reason for buying one.
4. Make sure the treadmill's top speed, and its elevation incline, are appropriate for your level. You don't want to get home and discover that you've bought a treadmill that doesn't go fast enough or has speed you can't use.
5. A treadmill can let you do the ultimate in precise training. You can know your speed and heart rate at all times, and vary them according to any formula you want to follow.



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.)

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

2007 GRAND PRIX STANDINGS