

SPLIT

TIMES

UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

January 2008

It's Time for Awards!
Nominate Today! p. 4



WHAT'S
NEW?!

- Post Holiday Party!, p. 3
- Award Nominations, Golden Shoe & Personal Mileage Forms, p. 4
- Running and Caffeine, p.7

SPLIT **TIMES**

The Official Newsletter of the Utica Roadrunners
January 2007

2007 Roadrunners Board of Directors:



President:
Jim Fiore

Vice Presidents:
Activities & Events
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Administration
& Finance
Meg Parsons

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Board Members:

Tom Bick
Mike Brych
Wendy Carbone
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Jim Stasaitis
Melissa Williams



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.



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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



THINK. *President's Ponderings*

Jim Fiore



It's hard to believe that a new year is upon us, but as they say "there it is." If you haven't made your plans for the holiday party to be held on Saturday, January 12, do so now! It is sure to be a good time as always. Join up with some old running pals or make new ones, share a few laughs, show off your latest presents, or even take the opportunity to harangue your president! Details on the party can be found elsewhere in this issue.

Two days later at the January 14 general meeting we will be voting on proposed changes to the club's by-laws. Copies have been posted on the club web site and on the bulletin board forums. Most of the changes are to update and clarify wording, and remove conflicting items. All club members are invited to vote at the meeting.

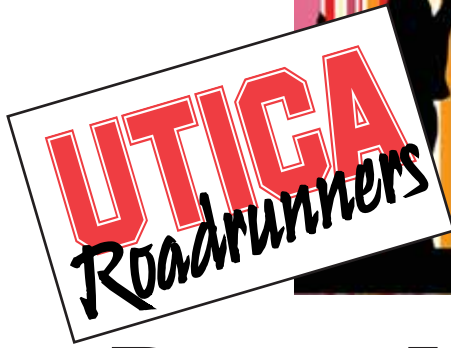
January is also the time to turn in your mileage logs, Golden Shoe volunteer point tallies, and nomination forms. Details can be found elsewhere in this newsletter but I just want to remind you that nomination forms and Golden Shoe totals should go to our PO Box 4141 address while mileage logs should be sent to Ted and Phyllis Petrillo. Speaking of which, after a great many years of service to the club, Ted and Phyllis will be retiring this year from handling the membership roles. If you see Ted or Phyllis, please be sure to thank them for all of their hard work over the years. They have this process down to a science. Further, I'm very pleased to report that Linda Turner has stepped up to take over this important job. I'm sure the transition will go smoothly.

Nominations forms are particularly important for recognizing those individuals in the club who have done outstanding work as well as individuals or groups outside of the club who have helped us during the past year. We all have people we wish to recognize and thank, but sometimes we forget to do so. Make a point to do it this week. You'll be happy you did.

See you at the party!

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

-Jim



Post-Holiday Party!

Saturday, January 12, 2008

7 p.m. – 11 p.m.

Piggy Pat's Pickled Pub, Washington Mills

\$10 per Person at the Door

MENU: Pulled Pork, BBQ Chicken, Baked Beans
Cole Slaw, Tossed Salad, Dinner Rolls, Soda

Door Prizes and Band

Cash Bar

Casual Dress

Come as you are • Bring a friend • Meet someone new.

Eat • Drink • Dance.

Find a running partner.

R.S.V.P. by January 8th

Call or e-mail Melissa Williams at 736-5985

or melwilliams72@hotmail.com

CELEBRATE!

Utica Roadrunners' Award Nomination Form

Return nominations to: Utica Roadrunners Nominations, P.O. Box 4141, Utica NY 13504; No later than 1/31/08

1. **Robert H. Carlson Distinguished Service Award** Awarded in honor of Bob (Coach) Carlson to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the Club.

Nominee: _____

2. **Bill Acquaviva Volunteer of the Year Award** Awarded in memory of Bill Acquaviva to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

Nominee: _____

3. **Distinguished Roadrunner Supporter Award** Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica area running. (This award is typically given to non-Club members.)

Nominee: _____

4. **Ed Bruni Sr. Inspiration Award** Awarded in memory of Ed Bruni Sr. to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

Nominee: _____

5. **Utica Roadrunner Hall of Fame Award** Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

Nominee: _____

6. **Roadrunner(s) of the Year Award (Female & Male, Open & Grandmaster)** Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards. The award was expanded in 1998 to recognize females and males in two age divisions, Open – under 50 years and Grandmasters – 50 years and over.

Nominee (Female Open): _____

Nominee (Male Open): _____

Nominee (Female Grandmaster): _____

Nominee (Male Grandmaster): _____

7. **Most Improved Roadrunners (Female & Male)** Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year for a number of races over a variety of distances.

Nominee (Female): _____ Nominee (Male): _____

8. **Frank D'Allesandro Training/Volunteer of the Year Award** Awarded in memory of Frank D'Allesandro to recognize an individual with the most enthusiasm, time and support to new members of the running world.

Nominee: _____

Golden Shoe Point Sheet

Name _____

Please circle or highlight each activity you participated in, total them at the bottom of the page and mail this form no later than January 31st to:

Utica Roadrunners
Golden Shoe
P.O. Box 4141
Utica, NY 13504

Holiday Party:

Social/Committee
Chairperson 5 points
General Volunteer 1 point

Development Runs (Must do at least ½)

Chairperson 10 points
General Volunteer 5 points

Hall of Fame Race

Chairperson 5 points
Committee Chair 5 points
General Volunteer 1 point

Scholarship Committee

Chairperson 5 points
Committee (3 people) 1 point

Track Workouts Chair 5 points
Serving as Web Master 5 points

Summer Sizzle

Chairperson 5 points
Committee Chair 5 points
General Volunteer 1 point

Falling Leaves Race

Chairperson 5 points
Committee Chair 5 points
General Volunteer 1 point

Training Committee Chairperson 5 points
Host a Breakfast Run 2 points
Host a Thursday Night Run 2 points

Serving on Board of Directors 5 points
Membership Chairperson 5 points

Roadrunners Booth at the Heart Run Expo

Chairperson 5 points
General Volunteer 1 point

Boilermaker Training Program

Chairperson 10 points
General Volunteer 5 points
(Must do a minimum of 10 hours)

Awards

Awards Chairperson 5 points
Social Chairperson 5 points
General Volunteer 1 point

Utica Roadrunners Booth at KAC

Chairperson 5 points
Volunteers 1 point

SOS Race

Chairperson 5 points
Volunteer Chair 5 points
Committee Chair 5 point
General Volunteer 1 point

Utica Boilermaker Packet Stuffing

Chairperson 5 points
General Volunteer 1 point

Run for Hunger

Chair 5 points
General Volunteer 1 point

SpliTimes

Editor 5 points
Writing a column 5 points
Fold & Prepare Monthly 5 points
Writing a general article 1 point

Serving as a Club Officer 5 points
Merchandise Chairperson 5 points

Total Points _____

five

Java Jolt

A study raises concerns about caffeine and exercise.
What's a coffee lover to do?

By Judi Ketteler

Wake up, make a beeline for the coffeepot. It's a routine most of us can relate to. In fact, nearly 60 percent of Americans drink coffee every day. And why not? A cup of joe has long been credited with stimulating the nervous system, helping us feel more alert, better able to concentrate—not to mention more energized for a five-miler. On top of that, coffee's high antioxidant content has been attributed to reducing the risk of diabetes and heart disease, and caffeine has been linked to aiding fat metabolism and easing postworkout pain.

Then last year a new study came out that struck fear in the hearts of java junkies everywhere. The study seemed to suggest that caffeine could actually hinder performance, and one of its authors was widely quoted as saying, "Do not drink coffee before doing physical activity." What, no joe? "Caffeine may not be as harmless as we thought," says Philipp Kaufmann, M.D., a professor of cardiology in Switzerland and one author of the study. Here's what all this means for those of us who can't get out the door without a caffeine connection.

CAFFEINE JITTERS

Working at the University Hospital Zurich, Kaufmann and his colleagues found that 200 milligrams of caffeine (about two cups of coffee) decreased blood flow to the heart during exercise by 22 percent. That percentage increased to 39 for people exercising in a high-altitude chamber, which the researchers used to simulate the way coronary artery disease (CAD, or hardening of the arteries) limits the amount of oxygen that gets to the heart. No such effect occurred at rest. "When energy is used, a substance called adenosine opens the arteries to facilitate increased blood flow," says Kaufmann. "Caffeine partly blocks the effects of adenosine." Scientists have known about this relationship for a long time, but the Zurich team was the first to find that the effect was strong enough to measure, and it published the findings in the January 2006 issue of *Journal of the American College of Cardiology*.

Since an increase in blood to the heart is necessary for aerobic activity, the findings, theoretically, suggest that caffeine could slow you down. The study's purpose, however, wasn't to look at whether caffeine could help athletes go faster or farther. Instead, it set out to investigate the effect caffeine has on



blood flow to the heart. "Patients with CAD usually have decreased blood flow reserve already," says Kaufmann. "A further decrease could, in theory, be a problem for them." Furthermore, their findings suggest to Kaufmann that reduced blood flow "cannot be considered favorable" during exercise for anyone.

TAKE HEART

As frequently happens with nutrition news, the pendulum then swung back in caffeine's favor. An April 2006 *Journal of Sports Science* study found that caffeine had a positive impact on the performance of male distance runners. A group of caffeine drinkers, who downed 1.4 mg of caffeine per pound of body weight (a 12-ounce coffee for a 150-pound person), had a 1.2 percent improvement in an 8-K race. "They were able to maintain a higher intensity without undue fatigue," says study author Michelle Jones, Ph.D., an associate professor of exercise science at Edge Hill University in England. In the November 2006 issue of the same journal, a study examined whether or not caffeine could improve cyclists' times for a one-kilometer sprint (lasting about 60 seconds). The researchers reported a 3.1 percent improvement compared with a noncaffeinated group.

CAFFEINE + YOU

So is caffeine friend or foe? It can be both. The Zurich study does carry a message of caution, says Bernard Clark, M.D., a cardiologist at St. Francis Hospital in Hartford, Connecticut. People with CAD or those at a high risk for heart disease should avoid loading up on caffeine before a run, or at minimum, check with their doctors first. "If you're not a coffee drinker," says Jones, "studies that find a positive connection between caffeine and performance aren't meant to encourage you to start."

That said, if you're a regular latte sipper, there's probably no need to stop. Despite his findings on blood flow, Kaufmann says caffeine "seems not to be a problem for healthy people." And it doesn't turn 100 years of scientific research on caffeine's ergogenic properties on its head. "Caffeine's effect is both psychological and physiological," says Lawrence

(...continued on next page.)

Armstrong, Ph.D., a leading researcher on caffeine at the University of Connecticut. "Even a little bit can make a difference. Especially after the 18-mile mark of a marathon."

WHAT'S THE BUZZ?

A small amount of caffeine can give you a boost, but studies suggest you need more than 200 mg to aid performance. Use this caffeine tip sheet if you're looking for--or trying to avoid--a little legal lift.

COFFEE

Grande-size (16 oz) 260 mg
Starbucks coffee
Shot (1 oz) of espresso 30-50 mg

TEA

8 ounces black tea 40-70 mg
8 ounces green tea 25-40 mg

SODA

12-oz can Diet Coke 45 mg
12-oz can Coke 34 mg

ENERGY DRINKS

16-oz can SoBe 158 mg
No Fear
8.5-oz can Red Bull 80 mg

CHOCOLATE

1 oz milk 6 mg
1 oz dark 20 mg

SPORTS GELS

PowerBar Gel 50 mg
Double Latte
Clif Shot 100mg
Double Espresso

www.runnersworld.com

Take Note:

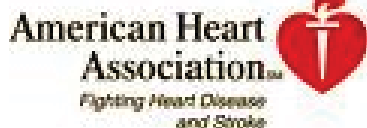
RACE CALENDAR

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

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.



Dear Utica Roadrunners,

Did you know that over the past 20 years, the Utica Roadrunners have raised over half a million dollars for America's Greatest Heart Run & Walk? To be exact, our team's 20 year total is \$501,408. That's something we can all be proud of. This year's event will take place Saturday, March 8, 2008. Last year we were the "Top Fundraising Team"! Our Team of 78 members raised \$37,050 for the American Heart Association. This year, I'd like to see if we can grow the team to 85 members and raise \$40,000. You can signup for the team online at <http://heartwalk.kintera.org/uticany/jimstasaitis> and click on "My Team Page," or just call me, and I'll add you to the roster. If you can't participate please consider pledging one of our team members. The money we raise will help fund education and research that will save countless lives. I look forward to hearing from you and seeing you at Utica College.

- Jim Stasaitis



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

FR 5K

Total Points

Sean DeZalia	M 1-19				10	10		10		10	40
Mike Szarek	M 1-19	8					10		10		28
Nick Cognito	M 1-19	9				9					18
Kelsey Barra	M 1-19					8	9				17
Josh Szarek	M 1-19	10									10
Walter Szarek	M 1-19								9		9
Christian Cognito	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 Abdoo	F 30-39						9				9
Scott Suba	M 40-49	10		10		10	8	9	10		49
Mike Dunn	M 40-49		10		7		2	8		10	37
Norm DeZalia	M 40-49		9		6	5		7	4	9	36
Bill Kosina	M 40-49	8		8		8	6				30
Jim Fiore	M 40-49				10		10	10			30
Norm Cognito	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 Cognito	F 40-49	9	10	7		10	10	10	9	9	49
Audrey Marcoux	F 40-49			9					10		19

2007 GRAND PRIX STANDINGS

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nine



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

FR 5K

Total Points

Gail Burke	F 40-49								8	10	18
Meg Parsons	F 40-49	7			10						17
Mary Ruckel	F 40-49	10									10
Ingrid Otto-Jones	F 40-49			10							10
Elaine Wojciechowski	F 40-49						9				9
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	10	50
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
Dan MacCracken	M 50-59			9					9		18
Mark DesJardins	M 50-59		8							8	16
Bub Barra	M 50-59					8	7				15
Ray Brych	M 50-59						6			9	15
Ken Muzzy	M 50-59	7		6							13
Scott Ferguson	M 50-59					7	5				12
Rich Hahn	M 50-59			5		6					11
Garry Smith	M 50-59	5		4							9
Les Cortright	M 50-59				9						9
Venkata Mannava	M 50-59					5	4				9
John Murphy	M 50-59								8		8
Larry Badger	M 50-59								7		7
Joe Mead	M 50-59									7	7
Ed Jekel	M 50-59			2					5		7
Dave Simon	M 50-59						3				3
Donna Kapes	F 50-59			9		10	10			10	39
Micky Lucas	F 50-59		9	8					10	9	36
Jill Barra	F 50-59					9	9				18
JoAnn Russo	F 50-59						7			8	15
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
Chuck Silverman	M 60+			10	10		10	10	10		50
Luke Lucas	M 60+	9	9	9		8	8	9	7	9	36
Dick Stanley	M 60+		10			9	9			8	36
Paul Ohlbaum	M 60+		8			7	7			7	29
Gian Carlo Mangano	M 60+					10			9		19
Joe Kappler	M 60+	8			9						17
Kermit Cadrette	M 60+									10	10
Chuck Mix	M 60+	10									10
Larry Zacher	M 60+								8		8
Don Baum	M 60+									6	6
Dolores Quinn	F 60+		10			9	9			10	38
Rose Hosp	F 60+					10	10				20

2007 GRAND PRIX STANDINGS

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