

# SPLIT **TIMES**

**UTICA**  
*Roadrunners*

The Official Newsletter of the Utica Roadrunners

February 2008



## America's Greatest **Heart Run & Walk**

2008

SATURDAY,  
MARCH 8, 2008

**Join the Utica Roadrunners'  
Heart Run & Walk Club Team!**

(see President's Ponderings for more details)



### WHAT'S **NEW?!**

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- Winter running tips, p. 4
- Heart Run • Beer & Chili Run, p.6

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February 2008

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## 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*



Yes, it's cold and the snow may be deep, but that's just a good excuse to get in some cross training! Whether it's cross-country skiing, snowshoeing, skating, swimming at the pool, or attending an aerobics or yoga class, a change of scene does the body and brain some good.

Of course, there are some winter races to consider! Don't forget the annual Beer & Chili run/walk in Newport on Saturday, February 2nd at 10 AM. There are both 5k and 10k distances. Another possibility is the Chilly Chili 5k (are you noticing a theme here?) in Cazenovia on Sunday, February 10th at 1 PM.

But when it comes to running in the late winter, there's one big event that comes to mind for Central New York runners: America's Greatest Heart Run and Walk. This year, the event is in early March (the 8th). There are a great many distances to try and if you're going to run, please consider signing up on the Utica Roadrunners Club team (contact Jim Stasaitis for details @ 797-4949 or email jimnjan@verizon.net). This is a great cause and our community outstrips every other town in the country when you consider dollars raised versus community size.

At the January meeting, the latest revision of the club by-laws passed unanimously. They have been posted on the club bulletin board under the General Forum. We also started the ball rolling on updating our website so that we'll be able to handle orders for merchandise, renewals, and even club race entries, with secure transactions via PayPal. Keep an eye on the bulletin board for details.

We also approved the following new members for 2008: Timothy Reed and Danielle Abdoo, both of Utica; Isabella and Kathryn Brown of New Hartford; from Marcy, Ellen Karwacki II; Mia Mattia of Deerfield; and Bruce and Mercedes Moody of Newport. We're very happy to have you in the club!

If you haven't sent in your 2008 renewal, mileage record, volunteer points and nomination forms, please do so now! Don't leave your fellow club members hanging!

Finally, if you want to join the new listserv and either lost or didn't receive an email invite, just send an email to [UticaRoadrunners-subscribe@yahoogroups.com](mailto:UticaRoadrunners-subscribe@yahoogroups.com). The listserv is for club members only.

Hey, don't worry; it'll be spring before you know it!

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

*-Jim*

# Coach With A Heart

## Utica Roadrunner Receives Well-Deserved Praise From Student

By Maria Rabbia, 8th Grade Runner for New Hartford Spartan's Modified Cross Country Team

There is a person in our running community that I believe deserves a lot of recognition. That person is Ms. Kelly Ann Nugent. Ms. Nugent is the head coach of the New Hartford Modified Cross Country Team, and also part of the Utica Roadrunners. She also teaches tenth grade Honors English at New Hartford Senior High School. Everyone who has been on her team for however long will agree that under her leadership we have all become stronger, more disciplined runners and have all learned so much in the process.

"Coach" Nugent is probably one of the happiest, liveliest people you will ever meet. You are always greeted with a smile from her, and it is impossible to ever be in a bad mood around her cheerful personality. You never know what to expect from her—she always finds new ways to make our practices fun and interesting.

She is also very kind, compassionate, and giving. She is always willing to help us to better our form and technique. This year she did something very special which portrays how willing she is to reach out to others. Our team has really grown in the past few years—our girls' team went from just 7 last year to almost 20 this year! Anyway, Coach Nugent could not find a full-time assistant coach, and she did not want to make any cuts. We found a volunteer coach—Linda Turner—and we are all extremely grateful for having

her. So what Coach Nugent decided to do with her check since Coach Turner was volunteering was to donate it.



Coach Kelly Ann Nugent (Far left, kneeling) and the 2007 New Hartford modified cross country team.

In the end, \$1,000 went to the Refugee Center to help the refugees receive running shoes and clothing, and to influence the exercise of running to them.

Coach Nugent was also extremely loyal to her team. As we were running our races at the various meets, Coach was always on the course cheering us on. And I mean cheering. Just those few (very loud) words of wisdom helped us to get pumped and run even harder. Her attitude on all of this was to run your best; as she would take nothing less than that. Both boys' and girls' modified teams won Championships this year. All of that would not have been possible if she didn't have such a great work ethic.

As the season went on, the team (the girls especially) became very attached to her. We would strive to do good not only for ourselves, but Coach Nugent. At Championships, the girls unanimously decided to run for Coach Nugent. On that course, if we were with another New Hartford girl, we were saying, "c'mon guys, let's do this for Coach!"

We also ended up dedicating our whole season to her. At all the races we would run to our limit, just so we could please her.

Because of that, both teams did outstanding overall. The boys went 8-0 in the Tri-Valley League while the girls went 7-1. We also did great at Invitationals: the girls placed second at the E.J. Herrmann, and first at Rome, South Lewis and Championships. The boys placed second or third at those meets, and won Championships.

Coach Nugent was definitely one of our greatest sources of motivation. Before each meet, she gave us meaningful pep-talks. These really helped us. Because of Coach's high standards

and our immense will to please her, nothing was ever good enough for us. She was an inspiration to all; a role model who was always there to give us support. Practices were sometimes brutal, but we made it through with constant high spirits. Laughter that came from Coach was common: we always had a great time with her.

One of the most important traits that Coach Nugent possessed was heart. Running truly is her passion, and she always put her best effort into everything she did for us this season. She was also always telling us that if we had heart, that was one of the most important things you could have going for you as a runner. Her dedication and support has provided us a positive experience—one that we will never forget.

So let's congratulate Coach Nugent on a job well done, in coaching and in her running career in general. She truly deserves the infinite recognition in return for all that she has done for us.

# Now You See Me, Now You Don't

Finding ways to safely navigate your dark winter runs

By Jesse Charles

For the majority of the running population in upstate New York winter brings two things: cold weather running and running in the dark. From October until April many of us lace up our sneakers and head out into the dark, whether it is in the morning or in the evening. Although we have won the motivation battle of getting out the door, our dedication to the sport does not win the war of safety in the dimly lit (or unlit) streets of our towns and villages.



## The Problem

I meet each morning's quiet darkness with the hum of my breath and the beat of my stride. Unfortunately, morning commuters don't always agree with my mental tune, and I am often found leaping onto snow banks to avoid unaware drivers, falling on my butt (literally) after hitting a patch of ice, or wrenching an ankle on an unseen pothole. The problems sleepy or unaware drivers cause, combined with the dreaded black ice, rough footing, and occasional loose dog, can be frustrating and downright dangerous.

## The Solution

Many runners take to the gym during the cold, dark months of New York's winter. The regulated temperature makes for a safe and favorable environment to conduct daily runs, along with the occasional cross-training workout. Some runners have the golden opportunity to run during the daytime. Flexible scheduling that allows for daytime running is ideal, and should not be passed up.

**For those of us whose schedule takes us from dusk to dawn, and who enjoy running in the cold blasts of winter, there are solutions to safer running in the dark:**

- **Be noticed.** This winter alone has shown me drivers who seem to think scraping their windshields is a thing of the past, drivers who believe that buckling up while talking on their cell phone, and holding their coffee cup is perfectly safe (regardless of what side of the road or shoulder their car should stray to), and the all-too-common driver who only needs to look one way while turning or backing out of their driveway. I'm sure we all understand that the occasional "tired driver" syndrome is inevitable; however, when a body part is almost taken off by a large, gas-powered vehicle this syndrome is inexcusable. To help wake up drivers there are plenty of things that we can do to be seen in the dark.

A reflective safety vest is a must have for dark-time runners. These vests can be purchased online through [amazon.com](http://amazon.com), [roadrunnersports.com](http://roadrunnersports.com), and other large retail stores. The Sneaker Store in New Hartford also carries them; plus Utica Roadrunners get a discount (just show them your membership card)! They carry everything from simple slip-on vests to a vest that is adjustable and lights up (my personal favorite). Prices range from about \$10.00 all the way up to \$20.00; a reflective doggie vest can also be purchased for \$12.00.

Don't stop your reflective outerwear with the vest. For a few dollars more (about \$8) you can purchase a clip-on light that flashes at various intervals. The more you can be seen, the better. Remember that the golden rule of "if you can see them, they can see you" does NOT apply during the darkness of morning and night.

Other articles of clothing that can be purchased are gloves, hats, and adhesive strips that you are able to place on most articles of clothing (The Sneaker Store also carries most of these, including reflective belts). There are also jackets, vests and pants that are partially, or entirely reflective. Be smart in your winter purchases; choose clothing that serves two purposes: warmth and reflection.

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Finally, safety on the roads can be achieved when, if possible, you can run on a sidewalk. The recent warm spell de-iced many sidewalks, leaving them bare and smooth to run on. Until they are once again covered, take advantage of them. You will be safer from drivers, and can focus more on your run.

• **Know your route.** Running in the dark is not a good time to experiment with new routes. In the daylight you are able to see dips in the road, narrowed shoulders, and uneven terrain. Running in the dark takes all of those advantages away and many times leaves you running blindly through your miles. Running the routes that are most familiar to you takes away many of these surprise elements.

• **Keep an eye on the ground.** Even if you know your route like the back of your hand, the darkness and winter weather can change the footing with each passing minute. The unevenness of sidewalks and roads can sneak up on you and trip you before you are able to catch yourself. Slush can easily freeze to form icy patches, or uneven ground. Black ice can catch you completely off guard, and is especially dangerous going downhill and around corners.

Choosing routes that are well lit would also help make your routes safer. They will provide drivers with a better view of you, and provide you with a better view of the road and the footing ahead.

Another option is to purchase a headlamp (I got mine at Gander Mountain for about \$13). This small, adjustable device is easy to get used to, and allows you to see directly in front of you. If you choose to go it light-free, take it slow! Bruised and swollen body parts will slow you down more in the long run than a naive attitude towards the footing on your run. If the headlamp is not an option to you, I would strongly suggest running routes that are lit by street lights.

Winter running certainly has its negative traits, but the positives of going outside for a run far outweigh them. Following a few simple, yet sometimes inconvenient, tips can help you enjoy the remaining dark and cold runs of the winter. Before we know it the Boilermaker will be knocking at our doors, and we will be wishing for cooler weather! Until that time, I hope to “see” you on the roads, enjoying a safe and refreshing run in the dark.

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We'd like to welcome Jesse Charles to our Splitimes newsletter staff. Jess is an avid runner and was a member of her high school and college running teams. She is currently a member of the Utica Roadrunners' competitive team.



## Want to Run the Boilermaker? Sign Up for the 2008 Boilermaker Training Program

### Goals of the program:

- To introduce new people to the sport of running
- To keep people motivated and focused on their goal of completing their first Boilermaker
- To promote the sport of running in the local community
- To help people make a permanent lifestyle change and live healthier



### Is this program for me?

Programs are designed for people who are in good physical condition but may never have run before and would like to run the 15K or 5K Boilermaker. We will start out in week 1 walking just 15 minutes and will increase walking time and add short intervals of running until week 8 when we will be running continuously for 30 minutes.

### How the program works:

Each session starts out with 4 weeks of speakers explaining the most important information for new and old runners. After the speaker each participant is given a training schedule to follow. Group runs will take place every Saturday starting the first Saturday in January and continue right up to the Boilermaker.

Training programs are being held at various locations, including The Fitness Mill, Ilion High School, YWCA Utica, Waterville and the YMCA in Rome.

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# Take Note:



## America's Greatest Heart Run & Walk

2008



SATURDAY, MARCH 8, 2008

[www.uticaheartrunwalk.org](http://www.uticaheartrunwalk.org) • (315) 266-5403 • E-mail: [heartofutica@heart.org](mailto:heartofutica@heart.org)

## Utica Roadrunners' Youth Committee

The first meeting of the Utica Roadrunners' Youth Committee will be on Tuesday, February 12th. This committee consists of people who have knowledge in youth sports and development. They will be responsible for having Youth Runs at each of the URR Races and the Development Runs at no charge. If you are interested in being part of this committee to promote youth running in our area, please join us.



If you would like more information, go to:

[www.train2run15k.com/urryouthcommittee](http://www.train2run15k.com/urryouthcommittee) or e-mail [train2run@adelphia.net](mailto:train2run@adelphia.net).



## KICKERS/ROMAN RUNNERS BEER & CHILI RUN

**Masonic Temple**

**7408 Main St., Newport, N.Y.**

**10k, 5k, & 5k Walk**

**Saturday, February 2nd**

**Run Starts at 10 am**

**Registration 8am-9:45 am**

**\$7.00 - Registration Fee Includes**

**Beverages & Chili**

**For more information, call 845-8169**

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