

SPLIT

TIMES

UTICA
Roadrunners

The Official Newsletter of the Utica Roadrunners

March 2008



Who's Nuts About Running?

Attend Our Annual
Awards Banquet & Find Out!



WHAT'S
NEW?!

- Awards Banquet, p. 3
- The Health Benefits of Running, p. 4
- Heart Run - 3/8, Fort to Fort Run - 4/5, p.5

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
March 2008

2008
Roadrunners
Board of
Directors:



President:
Jim Fiore

Vice Presidents:
Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

Secretary:
Christine Sisting

Treasurer:
Sybil Johnson



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



To place advertising, contact:
Meg Parsons
E-mail: mparsons@oneida-nation.org
(see page 7 for advertising rates)



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



America's Greatest Heart Run and Walk is right around the corner, March 8th. No matter what distance you plan to run, please consider signing up on the Utica Roadrunners Club team. Contact Jim Stasaitis at 797-4949 or jimnjan1@verizon.net for details. This is a wonderful community event and our club has always been well represented in the past. If you're injured, consider walking. If you can't walk, consider volunteering.

The annual club awards banquet will be held this year on Saturday, April 5th. The board decided to hold the event at Harts Hill Inn again this year as everyone had such a great time there in years past. Be sure to mark your calendars so you can have some fun and catch up with some friends and fellow runners. And of course, it's time to place your bets on who will receive this year's coveted "Running Nut!"

I'm pleased to report the following new members to the club: Alex Benn of New Hartford, Brian Paul of Utica, and from Ilion, Keith and Andrew Roach. Welcome aboard everyone!

As spring approaches, the board is currently looking at some ideas for club clothing and merchandise. First of all, plans are in the works to have everything available through the club website, including secure transactions via credit card, with shipping direct to your door. Second, we are trying to get a handle on our catalog of offerings. We'd like to offer a wide variety of items to suit a range of needs, but we don't want to just guess at it. We need to hear from you. What sorts of running clothing or casual items are you interested in? Please feel free to contact Tom Bick, our merchandise director (tnabick@yahoo.com), or me (urrrpres@dissidents.com) with your ideas and suggestions.

Finally, if you haven't sent in your 2008 renewal, consider this your final "warning." According to club rules, if you are not a member in good standing (i.e., dues paid for 2008), you will not be eligible for any member benefits (club race entry fee reductions, Sneaker Store 10% off, monthly Splitimes newsletter, email listserv, etc.) nor will you be able to score in the 2008 Grand Prix series or be eligible for annual club awards. Like the commercial says, so you don't forget, do it before midnight tonight!

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

-Jim



UTICA Roadrunners

Annual Awards Banquet

Saturday, April 5, 2008

Harts Hill Inn, Whitesboro, NY

Social Hour at 6 pm

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

Buffet Dinner at 7 pm

Buffet featuring Chef Carved Beef, Ham & Turkey,
Lemon Chicken Breast, Italian Meatballs, Sausage & Peppers,
Pasta Station, Oven Brownd Potatoes, Rice Pilaf, Hot Vegetable,
Tossed Garden Salad, Chef Seasonal Salad, Provolone Cheese,
Italian Bread w/Butter, Sherbet, Coffee & Tea

Followed by presentation of Awards & Door Prizes

\$20 per Person in advance or at the door

Reservations required by April 1st

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*

Have a Heart to Heart With Running

The Many Health Benefits of Running

By Jesse Charles

The month of March marks America's Greatest Heart Run and Walk, an event that raises thousands of dollars annually to help fight heart disease. Hundreds of local citizens brave the chilly streets of central New York to walk or run in sponsorship of this cause. Many people, however, don't realize that their running (or walking) does a lot more than show their support for one of the area's largest events.

Running has long been 'the' stereotypical activity that burns fat and helps you get in shape. Although this is true, running offers your body a lot more than a trim waist. Each time your feet take to the road (or trail) your heart, body, and soul thank you for some of running's greatest benefits; some of which you may not know.

Bad to the Bones?

Most runners have heard it time and time again, "Running is going to destroy your knees!" Can running be harmful to your knees, bones, joints, and ligaments? Sure; poor training may cause stress fractures or tendonitis, while poor luck or coordination may cause sprained ankles or sore bums.

The truth of the matter is that running actually helps prevent the wearing down of bones and knee cartilage. Osteoarthritis, the breaking down of the cartilage that cushions bones and joints, is the cause of most knee pain. Running often gets the cold shoulder to bone and joint health because of the constant pounding that our bodies take each run. Runners, however, help their knees with their daily runs. Running provides an extra amount of oxygen to cartilage, which helps get rid of waste that builds up in problematic areas such as our knees.

Those most at risk for knee problems are probably the same people who tell you that your knees will go bad from running. People who don't exercise and are overweight are forty-five percent more likely to develop Osteoarthritis.

The Disease Defense

People who are physically fit and exercise regularly have a stronger immune system than those who are sedentary. Runners, and those who exercise regularly, fight off more than the common cold.



In 2002 the Journal of Nutrition evaluated 170 epidemiological studies that focused solely on exercise (running included) and cancer. The most astounding results came about in several different forms of cancer. Of fifty-one colon cancer studies, forty-three showed a forty to seventy percent risk reduction in getting colon cancer. Twenty-two of the forty-four breast cancer studies showed a risk reduction of thirty to forty percent. Of the eleven lung cancer studies, eight of them showed a risk reduction of thirty to forty percent! Half of the prostate cancer studies showed a risk reduction of ten to thirty percent.

Have a Heart

One of running's largest benefits is its effect on our hearts, specifically the lowering of blood pressure. The arteries in everyone's heart are constantly working; expanding and contracting as they deliver blood to every part of your body. A runner's blood pressure drops to a healthier level than most sedentary individuals because this process occurs three times as often while a person is running, improving the elasticity of their artery walls and overall strength of their heart.

Athletes are 45% less likely to have heart related problems and diseases than those who are sedentary. Runnings' benefit to heart health is so dramatic that doctors sometimes put heart attack patients on specific, doctor-monitored running routines. Carefully monitored exercise routines (which include treadmills and stationary bikes) have even shown to improve oxygen utilization in heart attack survivors as old as 91!

...continued on next page. *four*

Mind Over Matter

Stress has the ability to overwhelm and depress just about anyone. Whether you are suffering from Seasonal Affective Disorder, had a recent fight with a friend or co-worker, or possibly just had a bad day at work, running can help battle the stress and depression that comes with everyday life.

When you go out for a run it is your time. You can think, or not think, about any or all events that are plaguing you. This ability to vent through physical actions is a form of psychotherapy. Studies have shown that running helps that body become more relaxed, more energized and less depressed.

Running also increases the body's release of endorphins, causing runners to have a feeling of euphoria. This 'runner's high' leaves people with an awesome sense of happiness.

As America's Greatest Heart Run and Walk celebrates yet another successful year, lace up those shoes and join

the hundreds of local participants in a good cause. While you run, think about how strong you are becoming: in body, mind and soul!

References:

- Burfoot, Amby. "Does Running Lower Your Risk of Cancer?" *Runner's World*.
- Fixx, James F. *The Complete Book of Running*. New York: Random House, 1977.
- Galloway, Jeff. *Galloway's Book on Running*. Bolinas, California: Shelter Publications, 1984.
- Ketteler, Judi. "The Benefits of Running." *Runner's World*.
- McLeod-Sadler, Elizabeth. "The Benefits of Running." Vanderbilt University, Nashville, TN.

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.





America's Greatest Heart Run & Walk

2008



SATURDAY
MARCH 8, 2008
www.uticaheartrunwalk.org
(315) 266-5403
E-mail: heartofutica@heart.org

The 21st Annual Fort to Fort Run To Benefit the American Red Cross Rome Area Chapter Saturday, April 5th, 2008

1/2 Mile Run - FREE, Compliments of Roman Runners

Open 5k Run & Walk • Open 10k

Griffiss Business and Technology Park

Fun Run-8:45am • 5K Run & Walk-9:00am • 10k Run-9:05am

T-Shirts For the First 400 Entrants

Pre-Registration on or before March 28th-\$20

Race Day Registration 7:30am to 8:45am-\$25

High School Students -\$10

Registration forms can be found on the Roman Runner's website: www.romanrunners.com
or Register online at www.active.com

Take Note:

Interested in Helping Area Youth to Learn More About the Sport of Running?

Get Involved With the Utica Roadrunners' Brand New Youth Training Programs!

Committees are forming and programs are beginning to take shape but we still need your help! If you are interested in volunteering to promote youth running in our area, please e-mail Linda Turner at train2run@adelphia.net. You do not have to be a committee chair because there will be many other volunteer positions open as soon as the programs are in place. We will put your name on a list of volunteers and contact you when help is needed for a specific program.

Our mission is to develop programs for children and teens that provide a safe environment for training and competing. We want to help children who are interested in the sport of running to set realistic goals for themselves and strive to improve their individual performance and skills.

It's a great way to promote a healthy lifestyle for children who may not be interested in participating in a traditional team sport.

If you would like more information about the program, go to: www.train2run15k.com/urryouthcommittee



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.

For more information go to www.boilermaker.com/training

six



UTICA Roadrunners

Promoting Competitive, Fitness and Recreational Running

Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



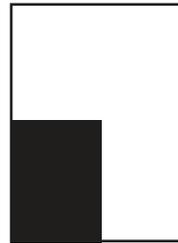
FULL PAGE
7.5" X 10"



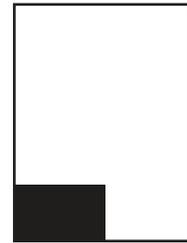
HALF PAGE-H
7.5" X 5"



HALF PAGE - V
3.5" X 10"



QUARTER PAGE
3.5" X 5"



BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@aol.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

To place an ad or for more information contact Meg Parsons at mparsons@twcny.rr.com or (315) 337-7452.