

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
December 2008

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTimes, please contact Meg Parsons at mparsons@twcnny.rr.com or call (315) 337-7452 and ask for Meg.

IMPORTANT: Do not send requests for advertising to the SplitTimes Editor – It will slow down the processing of placing your ad or race application and you may not be included in the issue that you have requested.

We want to insure that your race advertising gets the attention it needs and is placed in the issue(s) relevant to your race date.

DEADLINES:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in (ie; if your race is July 12th, your payment is due on May 1st in order for the ad to run in our June issue). Your copy/art/ads/race applications are due on the 10th of the month prior to the issue your ad will run in – no exceptions! (see page 12 for advertising rates)

**PLEASE PLAN AHEAD AND
WE'D LOVE TO HEAR FROM YOU!**

Thank you,
The Utica Roadrunners' SplitTimes Newsletter Staff

2008

Roadrunners
Board of Directors:

President:

Jim Fiore

Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

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To place advertising, contact:

Meg Parsons
E-mail: mparsons@twcnny.rr.com
(See last page for advertising rates)

THINK. President's Ponderings

Jim Fiore



Our annual meeting on Monday, November 10 was a great success. The atmosphere and company were first rate. It was good to see and talk with so many club members. Big thanks to Meg Parsons for arranging it all, and to everyone who attended. Now I'd like to welcome our new board members! Our "freshman directors" are Ray Brych, Paula May, and Dave Putney. Returning directors are Mike Brych, Meg Parsons, and Melissa Williams. Nate Donaleski and Jim Moragne will serve as alternates in case there is an unexpected retirement from the board in the next year. Club officers will be chosen at the December board meeting.

There were some good discussions at the meeting regarding the present and future of the club (along with lots of friendly banter, of course). Without a doubt, our club is a wonderful resource for our community and something all members can be proud of. We have many "irons in the fire," including our club races, Boilermaker and youth training programs, the Parkway Development Runs (both for the Boilermaker and the new Falling Leaves series), a scholarship program, racing teams, the SOS Project, the popular club Grand Prix and other awards, and our involvement with and support of many other local races and community events. But we're not resting on our successes. Our club still has plenty of opportunities for expansion to help our running community and the community at large.

Financially, the club is sound. While we are not dripping with income, we aren't bleeding red ink either, and in the current financial times that's very positive. Club membership has been flat in general and in some areas decreasing, but that may have something to do with our demographics (largely an older population). I believe we can turn this around and achieve rising numbers in the next few years. It's partly a matter of getting the word out and showing that membership is a great value. I am hopeful that we will have some wonderful news to report after the December budget meeting!

Besides the usual issues, this coming year the board will be looking at a revamp of our volunteer and awards system, as well as member benefits in general. We want to bring it to the point where joining the club is a "no-brainer" for any local runner. After all, the more members we have, the greater our abilities and the more we can do; and therefore the better we can serve our members (i.e., you). Your board is interested in any ideas you might have in these areas so don't hesitate to contact me or one of the other directors with your suggestions.

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

-Jim

urpres@dissidents.com



UTICA ROADRUNNER BOARD ELECTION RESULTS:

NEWLY ELECTED TO 2-YEAR TERMS:

★ RAY BRYCH ★ PAULA MAY
★ DAVE PUTNEY

RE-ELECTED TO 2-YEAR TERMS:

★ MIKE BRYCH ★ MEG PARSONS
★ MELISSA WILLIAMS

THEY JOIN THE REMAINING SIX
MEMBERS OF THE BOARD FOR 2009:

★ TOM BICK ★ JIM FIORE
★ SYBIL JOHNSON ★ MIKE KESSLER
★ ANITA MOELLER ★ CHRISTINE SISTING

OFFICERS FOR 2009 WILL BE PICKED
AT THE DECEMBER BUSINESS MEETING.

A HEARTY THANK YOU TO
EVERYONE WHO VOTED!

I'm Valerie Cognetto and I approve this message.

Social/Training Group Runs

Sunday Morning Brunch Runs Are Back!

Runs Start Promptly at 9:00 a.m.

Please bring a food item to pass (such as bagels, donuts, fruit, quiche) and a friend! Runs will offer a variety of distances. Bring your own towel if you'd like to shower after the run. If you would like to host a Brunch Run, email cognettodesign@aol.com. Please include your name, address, & date of run.

Calendar:

Sign Up!!



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, reflective vests 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.

Group Runs for Utica Roadrunners "Down in the Valley"



NOTE TIME CHANGE!

Mondays at 5:45 p.m. at Barringer School in Ilion

Wednesdays at 5:45 p.m. at MOVAC (next to the Mohawk-Herkimer bridge)

Saturdays at 8:00 a.m. at the Little Falls YMCA.

All are welcome to join us anytime!

We run from 3 to 10 miles depending on what we may be preparing ourselves for. There are both beginning and experienced runners. There are no showers or meetings for socializing after the runs at this point. For more information, email: casler1@peoplepc.com or jmoragn1@twcny.rr.com.





**Utica Roadrunners
Post Holiday Party**

Piggy Pats Pickled Pig Pub
Saturday January 17th
7PM til????

\$10.00 Per Person

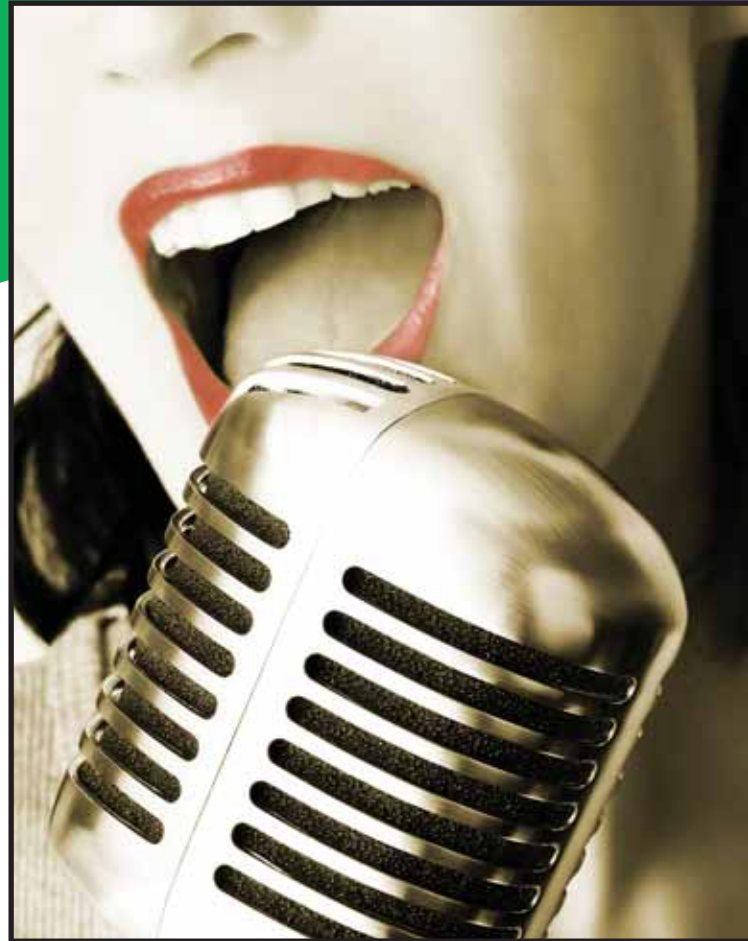
Food & Soda Included

Cash Bar (Alcoholic Beverages)

Music & Door Prizes!

Please Pay at the Door

RSVP Melissa Williams at 404-2134
by January 13th if you plan on attending



Cold-Weather Training

How to stick with training when it gets dark and chilly.

By Jeff Galloway

As the air chills, the roads get sloshy, and darkness intrudes on your morning and evening runs, you need to retool your routine. But with a little planning, you can maintain your workouts throughout the cold-weather season.

MAP IT

Scout out well-lit, traffic-free routes near your home, office, and kids' activities. Find two or three alternatives near each place so that you have options for different conditions and a little variety. Find a few indoor options, too. Many health clubs offer winter memberships, and some malls and arenas open their doors to runners after hours.

DO IT MIDDAY

If you can't find safe options for running in the dark, go out at lunch. At first you might feel sluggish exercising midday, but after two or three runs, you'll feel better. The break from your desk will leave you feeling refreshed and energized. Make sure to have a light snack one to two hours before your run.

HIT A HILL

Hills build leg and lung power. Find a moderately steep rise, or set the treadmill at a two- to four-percent incline. After a warmup, run up the hill for five to 10 seconds, then walk downhill. Next, run for 10 to 12 seconds, picking up the pace slightly, and take a one-minute walk break. For the last segment, run for 10 to 20 seconds. On each workout, add 15 to 30 seconds of running and a one-minute walk break. Be sure to cool down.

PICK IT UP

Speedwork can help you make the most out of your limited time. After a warmup, run for 20 seconds at a pace that's slightly faster than usual, then walk for 40 seconds. Do this twice more, picking up your pace slightly each workout.

Q+A

Q: Do I need to do a cooldown when it's cold outside?

A: Yes. A five to 10-minute cooldown gradually brings your body back to a resting state, which helps protect your heart and reduce muscle soreness. While you're running, blood is being pumped quickly between the leg muscles and the cardiovascular system. If you abruptly stop, the blood pools in the legs, which can put extra stress on the heart. For a cooldown, slow your running pace for five minutes, add walk breaks, then walk for five minutes.

LAYER UP; HOW TO DRESS SMART

Wear several thin layers of clothing when it's cold out, so you can shed them as you warm up. Start with a base layer of a technical shirt that "wicks," or carries sweat away from your body. Your outer layer should be a jacket with a zipper that you can unzip to vent. Head out the door feeling slightly cool because you'll get warm in 10 to 15 minutes.



What is the The Grand Prix?



The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members (with annual dues for 2008 paid by 3/31/08). Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the Grand Prix awards are presented at the club's annual awards banquet.

2008 Grand Prix Races:

- Fort-to-Fort 10K – April 5
- Ted Moore 5K – May 3
- Hall of Fame Half-Marathon – May 18
- KAC 10K – May 31
- **UR Save Our Switchbacks (SOS) 5-Mile – June 15**
- **UR Summer Sizzle 5-Mile – June 22**
- The Battle of Oriskany 10K – August 2
- **UR Falling Leaves 14K – September 28**
- YWCA Freedom Run 5K – October 11

Scoring

Scoring will be based on the best 5 finishes of the 9 Grand Prix races. There is no minimum number of races needed to qualify.

Age Groups

There will be six age groups, Male & Female:
19 & Under • 20 to 29 • 30 to 39 • 40 to 49 • 50 to 59 • 60 & Over
Age based on age as of 1/1/08.

Points will be awarded in each age group as follows:

- | | |
|-------------------------|-----------------------------------|
| • 1st place - 10 points | • 7th place - 4 points |
| • 2nd place - 9 points | • 8th place - 3 points |
| • 3rd place - 8 points | • 9th place - 2 points |
| • 4th place - 7 points | • 10th place - 1 points |
| • 5th place - 6 points | • 11th place & higher - no points |
| • 6th place - 5 points | |

For more information, contact Ted Petrillo at petrillo34@roadrunner.com or 768-7319.

The official **RACE CALENDAR** for the Utica Roadrunner can be found on our website. Go to www.uticaroadrunners.org.



2008 Grand Prix

(Results are subject to change.)

2008 GRAND PRIX STANDINGS

M/F	Age Group	Name	FTF - 10k	Ted Moore 5K	HOF 1/2 Mar	KAC 10k	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
F	0-19	Benn, Alex		10				10			20
F	0-19	Humphrey, Emily		9				9			18
F	0-19	Rabbia, Maria				10					10
F	0-19	DeYulio, Courtney						8			8
F	20-29	Vroman, April	9	10	10	9		9			47
F	20-29	Charles, Jessica	10			10		10			30
F	20-29	Ichihana, Kate		8			10	8			26
F	20-29	Murray, Colleen	8	9							17
F	20-29	May, Pamela						7			7
F	30-39	Smith, Leslie	8	10				9			27
F	30-39	Sisting, Christine			10				10		20
F	30-39	Mattia, Lauren	10					10			20
F	30-39	Arcuri, Sandra				10		8			18
F	30-39	Coughlin, Jennifer			9						9
F	30-39	Kuhn, Marie	9								9
F	30-39	Regan, Melinda			8						8
F	30-39	Moody, Lori			7						7
F	40-49	Nizzi, Michele	10	10				10			30
F	40-49	Otto-Jones, Ingrid			10		10	9			29
F	40-49	Cognetto, Valerie	9		8			6			23
F	40-49	Lindsey, Bettina			9			8			17
F	40-49	Bashant, Brenda				8		7			15
F	40-49	Putney, Beth	8		7						15
F	40-49	Winter, Cassie				9		5			14
F	40-49	Swider, Theresa				10					10
F	40-49	Napoli, Debbie						4			4
F	40-49	DeYulio, Tracy						3			3
F	50-59	Elsenbeck, Patricia		10				9			19
F	50-59	Cameron, Doreen	9	9							18
F	50-59	Kappler, Susan				10					10
F	50-59	Leahy, Mary						10			10
F	50-59	Reese, Joanne	10								10
F	50-59	Bocko, Connie				9					9
F	50-59	Fuller, Kathleen						8			8
F	60-99	Hosp, Rose					10	10			20



2008 Grand Prix

(Results are subject to change.)

M/F	Age Group	Name	FTF - 10K	Ted Moore 5K	HOF 1/2 Mar	KAC 10K	SOS 5 mile	Sizzle 5 mile	Battle/Orisk. 10K	Falling Leaves	Total Points
M	0-19	DeZalia, Sean				10	10	10			30
M	0-19	Fitzgerald, Timothy			10						10
M	0-19	Tomasik, Matthew	10								10
M	0-19	Ash, Robert			9						9
M	0-19	DeZalia, Ryan						9			9
M	20-29	Donaleski, Nathan	10	10	8		10	10			48
M	20-29	Brych, Michael			10			8			18
M	20-29	Morse, Samuel				10					10
M	20-29	Gigliotti, Robert			9						9
M	20-29	Totman, Andrew						9			9
M	30-39	Jensen, Tim	10	10		10					30
M	30-39	Bartkowiak, James						10			10
M	40-49	Humphrey, Paul		10	10	10	10	10			50
M	40-49	Putney, David	10	9	9	9					37
M	40-49	Johnson, Dennis	8		8			8			24
M	40-49	Dunn, Michael		8		7	8				23
M	40-49	Suba, Scott					9	9			18
M	40-49	Swider, Daniel				6	6	6			18
M	40-49	DeYulio, James	6			8					14
M	40-49	Munson, Rob				5	7				12
M	40-49	Bashant, Thomas				4		5			9
M	40-49	Massoud, Michael	9								9
M	40-49	Austin, Scott			7						7
M	40-49	Burak, Gary						7			7
M	40-49	Kosina, William	7								7
M	40-49	Hodge, Leroy			6						6
M	40-49	McGlynn, Thomas			5						5
M	50-59	Bick, Tom		9		10	10	9	10		48
M	50-59	Ichihana, Rob		10	9		8	8			35
M	50-59	Lichorowic, Scott			10		9	10			29
M	50-59	McCann, Timothy			7		7	6			20
M	50-59	Murray, Ronald	9	7							16
M	50-59	Brych, Ray		8				7			15
M	50-59	DeZalia, Norman	10								10
M	50-59	Moragne, Jim			8						8
M	50-59	Mannava, Venkata					3	4			7

2008 GRAND PRIX STANDINGS



2008 Grand Prix

(Results are subject to change.)

M/F Age Group Name FTF - 10K Ted Moore 5K HOF 1/2 Mar KAC 10K SOS 5 mile Sizzle 5 mile Battle/Orisk. 10K Falling Leaves Total Points

M	50-59	Cortright, Leslie					6				6
M	50-59	Kessler, Mike					5				5
M	50-59	Mead, Joseph						5			5
M	50-59	Daly, Bruce					4				4
M	60-99	Ohlbaum, Paul		7		9	9	6			31
M	60-99	Badger, Lawrence	10		10						20
M	60-99	Mix, Charles	9					10			19
M	60-99	Silverman, Charles			9			9			18
M	60-99	Cadrette, Kermit		10				8			18
M	60-99	Stanley, Richard		9				7			16
M	60-99	Kappler, Joe				10					10
M	60-99	Hahn, Richard					10				10
M	60-99	Searles, George		8							8



2008/2009 Youth Miles Challenge



STUDENT TRAINING PROGRAM

Goal: The "Miles" Challenge is designed to motivate and reward young people between the ages of 1-18 to get regular daily exercise.

When: Miles are logged between July 1st and June 30th.

Rewards: Will vary depending on age and distances. An awards ceremony will be held following the Falling Leaves Youth Run each year. Some rewards require volunteer points. (see rules for more information)

Registration: You must have a signed registration form in order to be eligible to receive any of the rewards.

Fee: FREE

SIGN UP TODAY AND START LOGGING YOUR MILES

Ages	Miles	Times per Mo	Total Miles	Prizes
9-10	3/4	15	135	T-shirt
11-12	1M	16	192	T-shirt
13-14	2M	17	306	T-shirt
15-16	3.5M	18	756	Jacket
17-18	4.02M	18	870	Jacket

RULES

You must complete registration form and have Parent signature in order to participate.

Prizes and incentives: Recommended age appropriate distances are listed in the table. Ages 1-8 will log **Meters** by coloring shapes for each Meter completed. Example Age 1-2 will color 1 Star for every **100 Meters** they complete. Ages 3-4 will color 1 Heart for every **200 Meters** they complete, And so on. Completed sheets can be turned in for prizes at any of the Youth Runs. Ages 9-18 will log Miles in the Log Book. Log books must be turned in No later than 8/30/09, they must be signed by an adult.

Volunteer Points 5 Volunteer Points are required for Jacket point structure: TBA
Yearly Prizes (T-Shirts and Jackets) will be awarded after the Falling Leaves Youth Run



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.