

# SPLIT



# TIMES



**UTICA**  
Roadrunners

The Official Newsletter of the Utica Roadrunners

January 2009

## Train in the Winter? Yes, You Can! p. 6

Join Utica Roadrunners  
At Our New Reduced  
Club Rates!! p. 2

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

- Utica Roadrunners' Post Holiday Party, p.5
- Winter Training, p.6
- Hangover Run 1/1, p. 8

For a complete race calendar, visit our website at  
<http://www.uticaroadrunners.org>

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January 2009

## 2009

Roadrunners  
Board of Directors:

**President:**

Jim Fiore



**Vice Presidents:**

Activities & Events  
Mike Kessler

Administration  
& Finance  
Meg Parsons

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Tom Bick  
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Paula May  
Anita Moller  
Dave Putney  
Melissa Williams

**Treasurer:**

Sybil Johnson



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**Submit all Articles & Photos to:**

SpliTIMES • 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@twcny.rr.com  
(See last page for advertising rates)

## Join the Utica Roadrunners at Our Newly Reduced Rates!!

Dues have been reduced by \$7 for all categories!

**2009 Rates:**

Individual: \$18

Couples: \$23

Families: \$28

New! Student (20 and under): \$10

Join Now! Visit

<http://www.uticaroadrunners.org>

## Attention Race Directors!

If you have an upcoming race that you would like to advertise in SpliTimes, please contact Meg Parsons at [mparsons@twcny.rr.com](mailto:mparsons@twcny.rr.com) or call (315) 337-7452

**IMPORTANT:** Do not send requests for advertising to the SpliTimes 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.

**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 9 for advertising rates)

Thank you,  
The Utica Roadrunners' SpliTimes  
Newsletter Staff

# THINK. President's Ponderings

*Jim Fiore*



The December board meeting produced the following slate of club officers for 2009: Sybil Johnson, Treasurer; Christine (Sisting) McGlynn, Secretary; Mike Kessler, VP Activities & Events; and Meg Parsons, VP Administration & Finance. I am pleased to be president once again and look forward to working with the fine individuals on this year's board to expand and enhance our club.

Now for the great news: At the December budget meeting the board voted to reduce annual club dues. While we are not flush with cash, given the recent economic downturn and the increasing successes of some of our events, it was felt this would be a smart move. Dues have been reduced by \$7 for all categories. Individual memberships are now \$18, couples are \$23, and families \$28. Also, we created a new Student level membership for students under the age of 20 for just \$10. Hopefully, this will expand our membership base and allow us to do even more down the road. You will be receiving a membership renewal reminder letter shortly. Although you can always pay the traditional way through the mail, you also have the option of renewing through the club website at: <http://www.uticaroadrunners.org/pages/application.html> This is a secure transaction through PayPal (owned by eBay). You can pay via credit card, e-check, and bank or PayPal account transfer. No one in the Utica Roadrunners will see or handle your financial information. Get a jump on it! Click the link above and renew now. You'll be done in a few clicks and keystrokes. It's that easy.

Speaking of membership, I'm pleased to report four new members to the club. They are Joe Langlois of Ilion, David Nolan of Rome, and from Whitesboro, John Vergis and Kristine Grogan. Glad to have you aboard!

Don't forget the annual post-holiday party at Piggy Pat's on Saturday, January 17 at 7:00 PM. There will be music, door prizes, food, and fun for everyone. Look for the ad in this issue for details.

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

*-Jim*

urpres@dissidents.com

# 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](mailto: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](mailto:casler1@peoplepc.com) or [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).





**Utica Roadrunners  
Post Holiday Party**

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

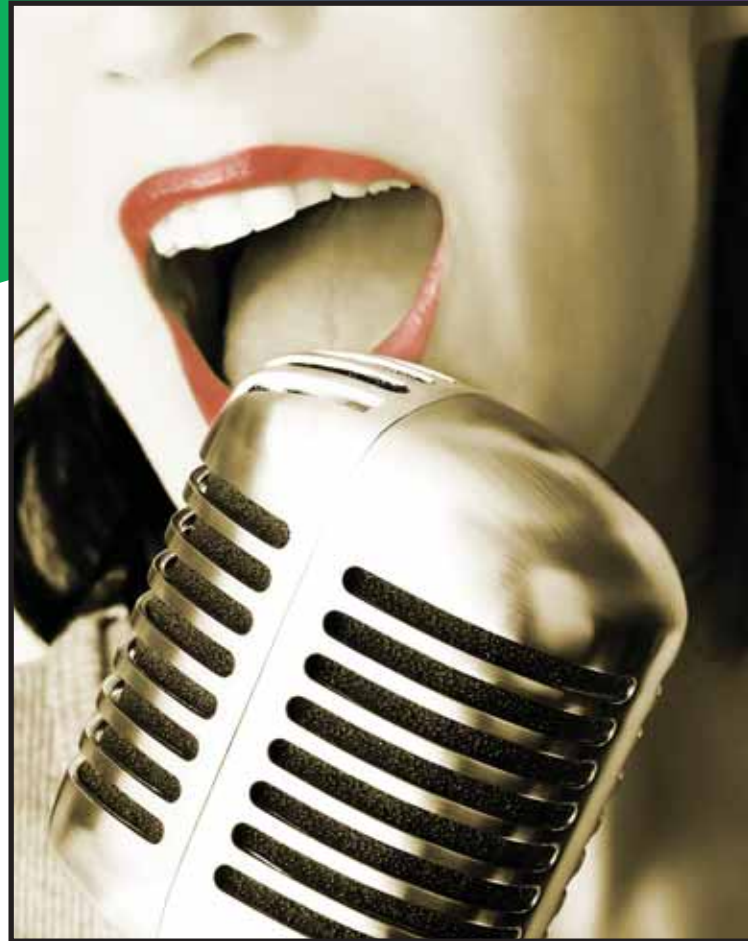
\$10.00 Per Person

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



# Keeping Your Fitness Level Up As the Temperature Goes Down

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## Four Keys to Cross Training for Runners

By Ed Eyestone

1. Choose workouts that are closest to running in terms of muscles used and aerobic systems taxed. Good options include elliptical trainers, cross-country ski machines, stationary bikes (try a "spinning" class), and water running. For outdoor enthusiasts choose cross-country skiing, mountain climbing (there are many trails available for novices), snow shoeing (at a fast pace), and ice-skating (vigorous).
2. When cross-training, keep your heart rate at or above 70 percent of your maximum heart rate (220 minus your age) most of the time. In other words, you should be working hard and sweating a lot.
3. Check your morning heart rate regularly. An elevated morning heart rate is a sign of overtraining, which can occur if you add too much cross-training too soon.
4. Combine cross-training with running to maximize running fitness with lower actual mileage. You can substitute 25 to 30 percent of your weekly "mileage" with cross-training.



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## 30-Minute Winter Workouts

By Jeff Galloway

Come December, it's dark when you get up and dark when you get home, making it tough to run in daylight. So why not run at lunch? Yes, it can be hard to break away, but with a little advance planning, it's possible. Stash a few running outfits, including shoes, at work. Schedule your run on your calendar so your boss and colleagues know you have an appointment (better yet, make a running date with one of them). Have a midmorning snack to keep your energy high. Then try one of these two efficient and effective 30-minute workouts.

**30-30-60** Run easy for five minutes to warm up, then accelerate for 30 seconds, reduce the pace for 30 seconds, then run fast again for 60 seconds. This last segment should be faster than the first acceleration, but not a sprint; gradually increase your pace until you're running about as fast as you'd want to in your next race. The middle segment is not a jog; simply ease up your pace to give yourself a short reprieve before the faster push. Do this 30-30-60 cycle four times, separating each with two minutes of walking or jogging. Finish with two 30-second accelerations (with 60 seconds rest) at the pace of the last fast segment. Add or subtract a 30-30-60 cycle for longer or shorter workouts.

**Speed Loop** Find a traffic-free loop that takes you three to five minutes to run at an easy pace. Warm up, then run a loop, noting your time. On the second loop, try to beat your time by five to 10 seconds. Walk or jog for one minute, then go around again, trimming another five to 10 seconds. Do three to five more loops, taking another five to 10 seconds off each. Cool down.



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## Get stronger and more flexible this winter

By Christie Aschwanden

The cold temperatures and short days of winter can dampen the desire to lace up and head outside. You can give into this urge by hibernating with Ben & Jerry or by adopting a flexibility- and strength-building routine. (Guess which one we recommend?) Practicing Pilates, yoga, or the newly popular Gyrotonics can remedy muscle imbalances, prevent injuries, and get you primed



for spring running, says Mark Plaatjes, a physical therapist and coach in Boulder, Colorado. But since all three techniques provide overlapping benefit—gains in flexibility and strength—it’s hard to determine which is worth your time. Here’s a breakdown of each method to help you select the best one for your mind and body.

### The Method: Pilates

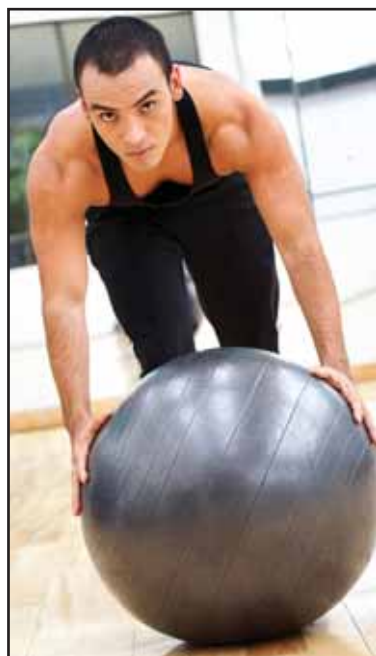
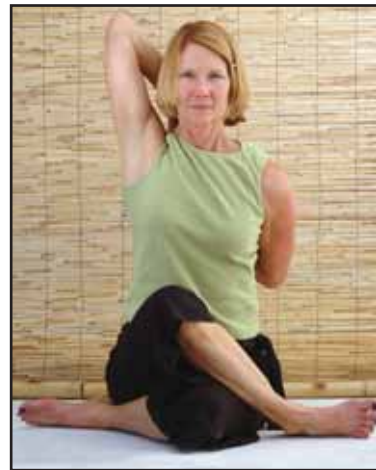
Pilates is a system of exercises that emphasize strength, flexibility, breathing, and body awareness. Many signature Pilates moves require a pulley-based “reformer” machine, but there are floor exercises (some incorporating stability balls) that provide similar benefits. The Payoff: Great abs and better performance. “Pilates helps you visualize and access your core muscles and make them relevant to running,” says Wendy Puckett, of Steamboat Pilates & Fitness in Steamboat Springs, Colorado. At mile 16 of last April’s Boston Marathon, a tired Puckett invoked a Pilates trick—lengthening the torso by lifting up from the belly button and activating the core—to pull her slumping upper body upright. Best For: Those who are too fidgety for concentrated yoga poses and would like a do-it-yourself option. Yoga can also be done sans instructor, but Pilates is easier to pick up on your own. Not For: Those looking for a strong meditative component. Though it does use visualization, Pilates is generally more active and less contemplative than yoga.

### The Method: Yoga

Yoga teaches mental focus, awareness of movement, and balance through a series of postures. Countless varieties of yoga exist. Some focus on relaxation, while others link poses in a fast-paced series. They all share a spiritual component that focuses and calms the mind. The Payoff: Flexibility, physical and mental strength. Yoga teaches you to relax your mind and body so you can run more efficiently, says runner Julie Southwell of Bend Yoga Center in Bend, Oregon. One student told Southwell that yoga’s mindful breathing exercises taught him mental concentration skills he needed to finish an ultramarathon. Yoga also helps runners overcome tight leg muscles—especially the hamstrings. Best For: Those who get overwhelmed with prerace jitters, struggle to stay focused and positive in race situations, and find touching their toes to be nearly—or completely—impossible. Not For: Those looking for instant gratification or an endorphin high. It takes practice for yoga moves to flow fluidly, and you finish feeling relaxed, rather than buzzed.

### The Method: Gyrotonics

Gyrotonics develops muscle strength and flexibility through flowing, circular movements drawn from dance, tai chi, and swimming. Gyrotonic machines use an elaborate pulley system to work muscles and joints through their entire range of motion. The Payoff: Stronger, more stable joints. “Gyrotonics incorporates moves that simulate running, so you build functional strength,” says Alice Diamond of The Body Connection in Boulder. Exercises that take the joints through the motions they follow while running help you develop running-specific muscle strength. The moves build your big muscle groups as well as tendons and supporting muscles, resulting in stable joints and fewer injuries. Best For: Those who have been plagued by injuries and for whom building strong joints is a top concern. Also good for those who are simply looking for a fresh alternative to the weight room. Not For: Those outside urban areas, where instructors can be sparse (find one at [www.gyrotonic.com](http://www.gyrotonic.com)). To achieve maximum results, you should first learn from a pro.



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## Wii Fit

By Jenny Everett

When the Wii Fit, the Nintendo video game, told me my “fit age” was 41—a decade older than I actually am—I took it personally. After all, I run 20 miles a week and weight train twice a week. As I stood on its wireless balance board, Wii Fit gauged my BMI and had me

perform stability tests. Though I was a half-pound underweight, my balance scores were apparently pathetic enough to age me. So I tackled Wii's fitness games for a week. Here's what I learned.

**Yoga-The Routine:** Four poses initially. Master these, and 11 more are "unlocked." Best For: Stretching slackers. Pros: My tight hamstrings could certainly benefit from yoga, if I had the time and courage. With the Wii, I was able to confidently work on my poses in private. And because the four-pose routine lasted only 10 minutes, I did it five days a week. Cons: My den isn't exactly Zen, so it was easy to get distracted. And I have to think doing Warrior I with one leg elevated on the board would appall yoga traditionalists. After a week, I was bored with the same poses—and you do them one at a time, without the flow of a normal yoga routine. Score: 3.5 stars.

**Cardio-The Routine:** Choose from nine workouts, lasting up to 30 minutes. Best For: Cross-training. Pros: Of the games (jogging, dancing, step aerobics, etc.), boxing was my favorite. I burned some calories—and some steam. Cons: Running in place in front of my TV was torture. I could never stand it long enough to get in any semblance of a legit training run. Score: 2 stars.

**Balance-The Routine:** Four initial exercises; five advanced available. Best For: Improving posture and overall body alignment. Pros: Heading soccer balls, walking on a tightrope, and weaving down a ski course were fun ways to hone motor skills. Plus, the Wii gave specific feedback—I favor my right side and lean forward slightly. My balance scores shot up after a half hour of practice. Cons: While the games kept me entertained for a week, I imagine I'd soon be sick of them and the postworkout evaluations by the virtual trainer who has a revolving script of tiresome one-liners. Score: 4 stars.

**Strength-The Routine:** Five initial exercises; 10 advanced available. Best For: Starting a strength-training routine. Pros: This category has the best variety of activities, ranging from push-ups to lunges. Cons: Wii sends you back to the main menu after doing only one set when I could've easily banged out two or three sets. And it's a far cry from a living, breathing trainer. The Wii gives you the basics, but it's not customized to your individual needs, especially if you have injury issues. Score: 3 stars.

[www.runnersworld.com](http://www.runnersworld.com)

# get a healthy start for 2009! annual hangover run at van's tavern in barneveld 5 & 10k runs new year's day

Unofficial Info from the good folks at Van's Tavern in Barneveld is that the 5 & 10k runs are being held as usual on the 1st at 10:00 a.m. at Van's. Registration is at 9:00 a.m. (we do not have fee informaion as of yet). There will be coffee & donuts and then pizza & other goodies after the run.





FOOTHILLS RURAL COMMUNITY MINISTRY

P. O. Box 156 Holland Patent, NY 13354 (315) 865 – 5854 [frmin@gmail.com](mailto:frmin@gmail.com)

Rev. William Mudge,  
Executive Director

Barbara Race,  
Thrift Shop Coordinator

December 3, 2008

David M. Jones  
Utica Roadrunners  
P.O. Box 4141  
Utica, NY 13504

Council Members

Bonnie Churcher  
Mary Currie  
Rebecca Ferris  
Kathleen Hughes  
Carleen Johnson  
Brenda Lavallee  
John MacLean  
Patricia MacLean  
James Manning  
Kelly Merrill  
Marilyn Racha  
Joseph Rowlands  
John Secor

Dear Mr. Jones,

Thank you and the Utica Roadrunners members very much, on behalf of Foothills, for your donation of \$1300 from your 24<sup>th</sup> Annual Thanksgiving Day Run/Walk to End Hunger. Please know that we will use the money wisely and carefully for our food pantry.

This year we have seen more than a 30% increase in the number of food pantry clients. That also means that we gave out over 100 turkeys at Thanksgiving and will also see an increase in the number of Christmas baskets we will distribute. We expect the need to increase as we go further into the heating season.

Your contribution helps us do these things and more to better the lives of our rural needy. We appreciate your support of Foothills Rural Community Ministry.

Sincerely,

Bonnie Churcher, Treasurer  
Foothills Rural Community Ministry



POST OFFICE BOX 564

NEW HARTFORD, NEW YORK 13413

TELEPHONE 315-732-6804

Coor. David Jones  
P.O. Box 4141  
Utica, NY 13504

Dear David:

In response to your recent gift to Your Neighbors Inc., thank you for your generosity of \$1,300.00. \* Our records indicate that your total contribution in 2008 is \$1,300.00 .

As I write, the situation in the greater Utica area is changing by the day. We are witnessing an increasing population of seniors who are trying to maintain their homes as well as independent residency while living here. At YNI, we are increasingly supportive of those homebound people who continue to need our help with medical transportation, grocery shopping, and ongoing companionship.

The good news is that you are helping us. But, we are in need of greater financial support to keep our programs running, to keep our volunteers active to the needs of our clients, and to sustain staffing, and other valuable directives, that will keep YNI running smoothly without sacrificing its greatest assets to our most needy, elderly clients. Your Neighbors Inc. is a most valuable non-profit service in the Utica area, and with continued financial donations, and the help of our many faithful and caring volunteers, it will continue.

During the past year, per month, we averaged 42 medical rides, 15 shopping trips, and delivered 87 meals, besides countless visits to our homebound clients. Many of our volunteers and clients have become good friends, enjoy each others' company, and provide the companionship that is necessary for every person.

If you have a question, please feel free to call me at 732-6804. I'm in and out of the office, so if I miss your call, I'll will get back to you as soon as possible. I'll be eager to get to know you better and I will welcome your call.

I join our Board of Directors at Your Neighbors, in wishing you a prosperous and safe year. Thank you again for your support.

Sincerely,

Roberta Schiavi  
Program Director

\* If your donation to further our work indicated that you wish to honor a person or put in memory of a person, an acknowledge of this will be made in our newsletter, and the person will be notified if you so indicated.

**Your Neighbor's is an affiliate of The Lutheran Home of C.N.Y.**



# 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.



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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](mailto: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](mailto:mparsons@twcny.rr.com) or (315) 337-7452.