

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
February 2009

2009

Roadrunners
Board of Directors:

President:

Jim Fiore



Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

Secretary:

Christine McGlynn

Board Members:

Tom Bick
Mike Brych
Ray Brych
Paula May
Anita Moller
Dave Putney
Melissa Williams

Treasurer:

Sybil Johnson



Editor: Valerie Cognetto
Home Office: (315) 738-7717
cognettodesign@aol.com



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 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 last page for advertising rates)

Thank you,
The Utica Roadrunners' SpliTimes
Newsletter Staff

THINK. President's Ponderings

Jim Fiore



OK, it's mid-winter and it's cold. No news there, but we're "over the hump" and the days are getting longer! That means more time to get in those long runs for those of you training for a spring marathon. I know quite a few club members are planning to run Boston in April so we'll be well represented. Best of luck to each of you.

If you didn't catch the message in the January issue (or on the club bulletin board site), membership dues have been reduced for 2009. They are now \$18 for an individual, \$23 for a couple, and \$28 for a family. Also, there is a new \$10 student rate for students under 20 years old. Don't forget, you can make back most or even all of this through various member benefits including entry fee reductions at club races, free-for-members Parkway Development Runs (this year featuring improved timing), and discounts on apparel.

To make the job of our membership chairperson a little easier (Linda Turner is handing this important job over to Jim Moragne this year), we're asking that everyone renew right now instead of waiting for the usual "nagging" letter. This will save our membership volunteers a considerable amount of work. To make your life even easier, you can renew through the club website at: <http://www.uticaroadrunners.org/pages/application.html>. This is a secure transaction. You can pay via credit card, e-check, and bank or PayPal account transfer. Click the link above and renew now. With a few quick clicks and keystrokes, you'll be done. It's that easy.

I'm pleased to report our first new member to the club in 2009, namely Nolan Walker of Utica. Nice to have you with us!

Finally, don't forget to tally and send in your yearly mileage, volunteer points, and nominees for this year's awards. The annual awards banquet isn't that far away (end of March)!

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

-Jim

urpres@dissidents.com



Mark your calendars! America's Greatest Heart Run & Walk will take place Saturday, March 7th, at Utica College. You can choose to run one of the four distances, 18.6, 10, 5 or 3 miles or you can walk the 3 or 5 mile course. No matter what you do, you will be participating in one of the best winter running events in our area and the money you raise will help in the fight against the #1 and #3 killers in America. For more information you can call the American Heart Association office at (315) 266-5403 or logon to our website at www.uticarunwalk.org . Hope to see you there!

Want to Run the Boilermaker?

Sign Up for the 2009 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.

For more information go to www.train2run15k.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. 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.



How I Ran Around the World

By Sybil Johnson



Well there, I did it. By October 22nd, I had run the distance around the world, all 24,902 miles. In the time since I joined the Utica Roadrunners, 34 years ago, I counted every tenth of a mile. But wait, the Utica Roadrunners “rounded up” the distance around the world to be 25,000 miles for their Magellan patch (who thought of that?). Most years, another 98 miles would be a piece of cake. I would have done it in a month. These days, since my infrastructure has begun to fail, I have only been able to run a couple of miles at a time, a few days a week. I would just have to try to run more each week.

By December 14th, I had 12 miles to go. I can do this. December 23rd, done! What an adventure! I have jogged in 32 of the 50 states, 10 countries, and 3 continents (depending on how you count the Caribbean). Keeping track of all of this with anecdotes in my log brings back many, many great memories. A great deal of my out of New York State miles were completed while attending RRCA conventions. I’ve run with Don Kardong (he slowed down for some of us in Spokane), behind President Clinton (his bodyguards wear guns as they run along), and with Frank Shorter (oh well, we all started together in Portland, Oregon for that poker run). I am sure there were other notables along the way, but they do not count as much as my husband and all of my friends who accompanied me. Four years ago when I thought that I would be completing my circumnavigation sooner, I did not know that I would be walking hundreds of miles instead of jogging. Not to worry, patience won out.

I am sure that I will be jogging more miles as time goes by because “it’s in my blood.” After all of these years, I cannot imagine just logging walking miles. I keep thinking that modern technology will come up with something to make old joggers feel better in their knees, their backs, their necks, and of course, in their feet. See you out there!

–Sybil





By Meg Parsons

ABOUT THE MOVIE

In February 2000, a couple left home in Switzerland to run around the world...alone. A small crowd of friends and family gathered in the morning hours in the shadows of the Matterhorn in Sion, Switzerland. They were there to send Serge and Nicole Roetheli off with great fanfare to begin what would be an epic journey. With Nicole as his sole crew support, following him on a motorcycle towing a small trailer, Serge was setting off to run over 25,000 miles, on six continents and through 66 countries.

“Beyond the Epic Run” is a feature-length documentary reality film, written by **Paul Rutherford of Clifton Park, NY** and produced by Rutherford and Tom Sammon, about a Swiss couple who live their dream to run around the world. Together, Serge and Nicole Roetheli leave on an epic adventure that leads them out of Europe, through Africa, the Middle East, Asia and the United States, testing their boundaries, strengthening their minds and challenging their bodies. Running the equivalent of a marathon every other day, Serge the endurance sports runner runs nearly 25,400 miles in five years, while wife Nicole, using their personal camera as she rides her Yamaha motorcycle, captures the footage used in this film. Excerpts from her personal diary reveal experiences and accomplishments throughout their journey together.

The film is slated to be *Runner's World* magazine's featured film at the 2009 Boston Marathon.

WATCH THE TRAILER

Click on the link below:

<http://www.youtube.com/watch?v=n1C0a0jYTYQ>





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.