

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
March 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@gmail.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



March. Sometimes I think it is the cruelest month, in spite of what T. S. Eliot wrote. It has the knack of holding out promise for spring and the tendency to quickly retract the same with winds and storms. But spring will come, no doubt. Two sure signs of spring: crocuses and a run wearing just a tee shirt and shorts in perfect comfort.

Much was discussed at the last board meeting, and I'd like to remind everyone that these are open meetings. Anyone in the club may attend. We meet the second Monday of each month at the Distance Running Hall of Fame at 7:00 PM. Plans are afoot for the annual awards banquet, scheduled for Saturday evening, April 4. I'm sure it will be as enjoyable as ever and I urge everyone to attend. Details will be coming.

With the assistance of new Grand Prix coordinator Nate Donaleski, the board has set the calendar and agenda for the 2009 GP. There will be a total of 10 races. Scores will be based on the best seven finishes of each entrant. The first race will be the Fort to Fort 10k on April 4 with the series concluding with the YWCA Freedom Run 5k in October. New to the calendar this year is the Honor America Days 5k in Rome which is a flat and fast out-and-back course.

More details may be found here: <http://www.uticaroadrunners.org/pages/grandprix.html>

Speaking of Grand Prix, Dave Putney, our USATF liaison, reports that two club races will be part of the 2009 USATF Adirondack Grand Prix. The Summer Sizzle 5 miler in June will be on the calendar for the second consecutive year, and new this year will be the Falling Leaves 14k. The USATF Adirondack GP carries a sizable prize purse for the series winners, but you must be a USATF member to qualify. You can join by following the USATF link on the club home page.

The board also approved eight new members to the club. They are Ken Bausch of Hamilton; Lara Cook of Ithaca; Patrick, Karina, Gabrielle, and Nolan Huther of Whitesboro; and from Clinton Quiness Williams and Brian Savicki. Glad to have you with us!

Finally, an archive of past SpliTimes issues is now available on the club web site. You can access all of the electronic SpliTimes from the inception in March 2007 through 2008. http://www.uticaroadrunners.org/pages/splitimes_archive.html The archive will be updated regularly.

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

urpres@dissidents.com

-Jim



UTICA *Roadrunners*

Annual Awards Banquet

Saturday, April 4, 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 and Turkey, Broiled Haddock Lemon Chicken Breast, Pasta Station (Bowties with Broccoli with Garlic & Penne Marinara) Oven Browned Potatoes, Rice Pilaf, Hot Vegetable, Tossed Garden Salad, Chef Seasonal Salad, Provolone Cheese, Italian Bread w/Butter, Ice Cream, Coffee & Tea

Followed by presentation of
Awards & Door Prizes

\$20 per Person in advance or at the door

Reservations required by March 31st

Contact Melissa Williams at 404-2134 or
melwilliams72@hotmail.com

*Make checks payable to Utica Roadrunners
and mail to:*

*Melissa Williams
462 Main Street,
New York Mills, NY 13417*



I Did a 16K in 50 Minutes...

By Rose Hosp

... twice a day on mountainous switchbacks with a beautiful view of small rectangular farmed plots on almost vertical slopes with patches of onion, carrot, peas, potatoes and corn way past its prime. The up and down climb in the morning ended at an altitude of almost 6,000 feet. Although it was January, short sleeves were just fine.



Once at the destination, a day of work began – house construction which involved carrying cement blocks or sand and stones in bags up or down the hillside, mixing mortar and filling the vertical cracks of the mason laid blocks. Lunch break came at noon, followed by more work until 4:00. Then it was the return 16K down the switchbacks to the hotel. This was the routine for four days – quite a workout.

OK. So the 16K in 50 minutes was in a motor vehicle with 7 other passengers. Why did it take so long to drive a distance of about ten miles? The paved road with hairpin curves and precipitous drop

offs with no guard rails wove through village streets heavy with traffic – motorized and pedestrian. Then the paved road gave way to a single lane road of dirt and rocks with plenty of dust, holes to avoid, and traffic to pull over for because the one lane road was

for two-way traffic. At times we could barely go 10 mph.

The setting was Sololá, Guatemala, around the volcanoes and mountains of Lake Atitlán. The group of 8 was part of 24 Americans doing a Habitat for Humanity Global Village project. Three vans took this 16K trip for 4 days to help three families – a total of 30 people (6 adults and 24 children) – build 3 cement block 4 room houses. Each house will be used for bedrooms to supplement the two room houses the families now occupy.

Through Habitat, the American volunteers donated the money to buy the materials for the three houses (\$350 per person), and paid their own room, board, and expenses. The families will pay back the money in a no-interest, 8-9 year mortgage. That money will be used to buy more materials for more houses.

Since 1979, when Guatemala became the first foreign country Habitat worked in, (now there are 100 countries) some 28,000 houses have been built. The need continues to be great.

This was my fourth Habitat Global Village trip to Guatemala, each in a different part of the country, each involving very appreciative, hardworking families who work alongside the volunteers to realize their dream of owning a decent home.

It was a great experience.



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

Q&A



Have a Question About Running?

*SpliTimes wants to know...
...what you want to know!!*

It can be a general question about running or specific to the club. Submit your inquiries to Valerie Congetto at cognettodesign@gmail.com and we'll try and help you out. Include your name, age, average pace, and number of years you've been running. Responses will then be featured in our new "Q&A" Section of the newsletter.

Thanks! -SpliTimes Staff



Can You Help?

Responding to mass emails

When you are responding to an email that has been sent from another member to the entire membership list, please try to be courteous to other members by responding only to the person with the inquiry. If you just hit "respond" when you have finished writing, your email automatically goes to the entire membership. If you think that it is relevant for all other members to see your response, be our guest! But if it's an email specifically for one member, start a new email letter with only his or her address as a recipient. This will help other members to have less clutter in their inboxes to sift through at the end of the day.

NOTE!! NEW MEMBERSHIP CHAIRMAN

Jim Moragne from Ilion is the new membership chairman. He is currently getting up to speed on what that entails, processing new memberships and 2009 renewals, and brushing up on his Excel skills. One goal is to comprehensively review the information on file for each member in terms of completeness, so he may be in touch to get a missing date of birth, phone number, etc. Also, for 2009 renewals he will have your new cards at the Heart Expo on March 6th. He will mail any that are not picked up then. If at any time you have a question about your membership, please call Jim at 894-5402 or email him at jmoragn1@twcny.rr.com.

Kuyahooraa Kickers' Beer & Chili Run/Walk

By the Kuyahooraa Kickers, Newport, NY

In 1981, the Kuyahooraa Kickers Running Club was born. Soon after the club was founded, we decided that we needed to sponsor our own running event, as all other running clubs did. The Kuyahooraa Valley and the West Canada Valley are one and the same, Kuyahooraa being an Indian name meaning rapid water. In the early 80s, from early spring to late fall, every weekend seemed to be filled with one or two running events, so the calendar was filled. We decided to take our chances on a winter run, placing it strategically between the Hangover Run and the Heart Run, serve some good winter food, chili of course, and try to make it more fun than competitive. After all it is February in upstate New York!

On the first Saturday of February 1982, the first Beer & Chili was run. This year, 2009, we celebrated our 25th year anniversary. Well, all right you math pundits, 1982-2009 is not 25 years. Actually we didn't hold the event for a couple of years due to insurance issues, but the Roman Runners bailed us out of that situation and we were back.

We have kept the event simple, no shirts, no running tags, no individual times given, and trophies are awarded only to the overall male and female finishers, keeping our entry fee to only a few dollars. To make up for the lack of trophies we always have a raffle table for the runners. Each entry is thrown into a box and drawn out one-by-one until all the items are gone. Be aware some of the items on that table are very nice, this year including running shoes provided by Precision Auto and Bike of West Winfield, hand made rustic window mirror donated by Korber Glass of Barneveld and a very nice SportHill article of clothing donated by the Sneaker Store. Over the years we could pretty much expect 80-100 runners, no matter what the weather. We've had blizzards, sleet storms, -8, wind-chill of -30 and even some nice days – we've had it all, and always 80-100 runners. It was in 2006 that our event changed, and became greater.

In 2006 we decided to have our event in support of the Kuyahooraa Valley Food Pantry and go out to our local businesses and request their support. In the beginning we had no idea what kind of response we'd receive as we timidly approached business after business. We were greatly surprised and delighted that in the first year we were able to contribute \$700.00 to the food pantry, to help those in need. Now, keep in mind that for each dollar spent, the food pantry can purchase approximately six dollars worth of food items, an incredible ratio. In 2007 we were able to contribute \$1,400.00, in 2008 \$3,165.00 and in 2009 we will be contributing approximately \$3,300.00. So you can see our growth has been phenomenal and for such a small rural community.

For our 25th anniversary we decided to add a couple of new features. For the first time, we offered t-shirts, and had a great rendition of the national anthem played by local high school student Jeff Humphrey. Thanks to the local running community, and a great weather forecast, 2009 brought in a record number of runners: 165. Our previous high turnout was, as memory serves, 109. You see we keep no written records of turnouts or times, so we have only approximate memories of past turnouts and pretty much no idea regarding what the course records are and who may hold them. I do think, however that the number 165 will be remembered.

If you haven't run the Beer & Chili before, see ya in February 2010! T-shirts may be available again, but don't worry. We give runners an option; they can enter at a fee to include the t-shirt or enter with a much reduced fee for with no shirt. Regardless of fee paid, you get to have as much chili as you want. So relax and have a nice hot bowl of chili and a drink after the run. Share a few running stories with your buddies while you're at it!

A hearty THANK YOU the Utica Roadrunners for use of your clock, as well as to those Roadrunners that have participated in Beer & Chili runs.

– *The Kuyahooraa Kickers*

Race Reviews

Submit Your Reviews!

If you'd like to review a race, send it in. We'd love to hear from you! Tell us about it – the good, bad, & ugly! It will help readers make more informed decisions about their race choices. It can also be helpful to the race director when they are planning for the next year's event. Please include your name, age, & average pace, along with the race name, date, & location.

(Let us know if you would not like us to print your name.)

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@gmail.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!

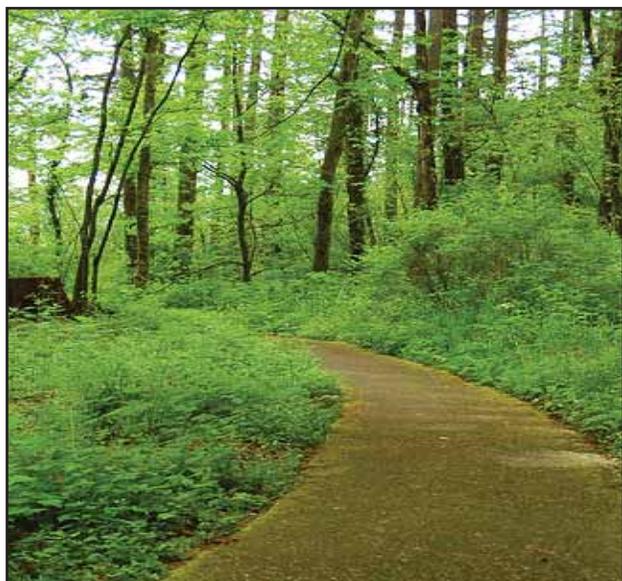
Mondays at 5:45 p.m. at Barringer School in Ilion

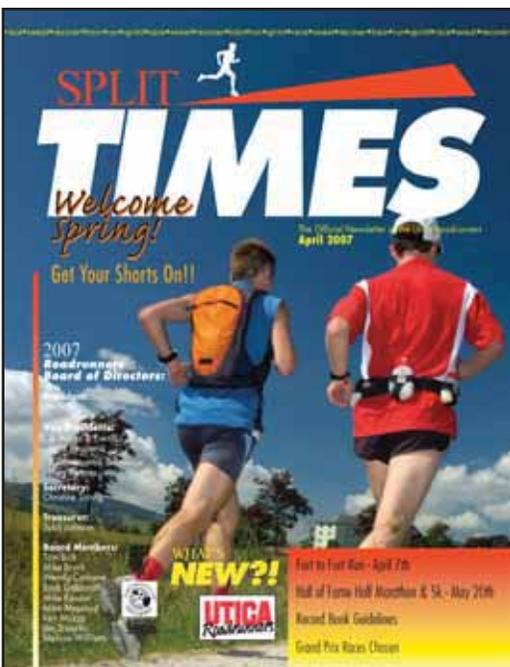
Wednesdays at 5:45 p.m. at MOVAC (next to the Mohawk-Herkimer bridge)

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

Promoting Competitive, Fitness and Recreational Running

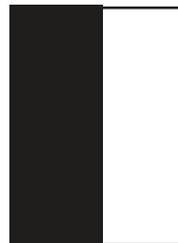
Our monthly e-publication reaches 400+ readers in member households throughout central New York with news about club activities & community events, training tips, member profiles, local race results & photos, and race applications.



FULL PAGE
7.5" X 10"



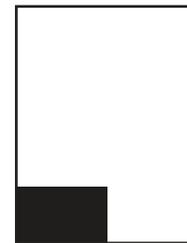
HALF PAGE-H
7.5" X 5"



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.