



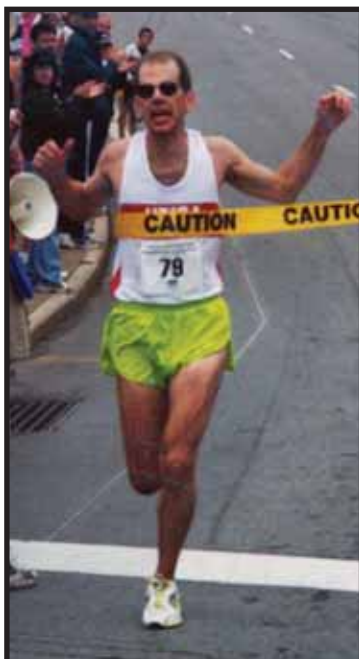
SPLIT

TIMES



The Official Newsletter of the Utica Roadrunners

December 2009



Jim Fiore Steps Down As Club President, p.3

Sybil Johnson to Replace

Scenes from Run for Safety, p.4

WHAT'S **NEW?!**

Upcoming Runs: Jingle Bell Run 5K, 12/5



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

SPLIT TIMES

The Official Newsletter of the Utica Roadrunners
December 2009

2009

Roadrunners Board of Directors:

President:

Sybil Johnson

Vice Presidents:

Activities & Events
Mike Kessler

Administration
& Finance
Meg Parsons

Secretary:

Christine McGlynn

Treasurer:

Paula May

**Board Members:**

Tom Bick
Mike Brych
Ray Brych
Jim Fiore
Kathy Fuller
Moe LaLonde
Dave Putney



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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



Join Now!

Visit: <http://www.uticaroadrunners.org>

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

2009 Rates:

Individual: \$18

Couples: \$23

Families: \$28

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



Holiday Gift Idea!

**Falling Leaves T-shirts
Only \$10.00!
Navy Blue Mid-Weight
Technical Fabric Great
For Layering!**

(All sizes available except small)
Email Mike Brych at
mbrych@nhart.org
or call 404-8130
Make great holiday gifts!

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SplitTIMES, please contact Meg Parsons at mparsons@twcny.rr.com or call (315) 337-7452. See last page for rates.

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.

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' SplitTIMES Newsletter Staff



This is my final President's Ponderings. Next month, our new club president, Sybil Johnson, will take over here. I have no doubt that Sybil will be a great president and will lead our club with the pragmatic, direct, and positive style that typified her work as Treasurer. Sybil has a long history with the club and has served on the board continuously for well over a dozen years. Few people have her depth and breadth of knowledge of the inner workings of the club. Also, I am happy to report that Sybil's prior position has been filled by Summer Sizzle Race Director Paula May. (We are still in need of a bookkeeper to assist with finances, so please consider helping your club with this important task.) The other club officers remain unchanged and in the very capable hands of: Meg Parsons, VP of Administration and Finance; Mike Kessler, VP of Activities and Events; and Christine McGlynn, Secretary. Finally, there have been some committee reassignments with the departure of Melissa Williams and Anita Moller, and the addition of new board members Kathy Fuller and Moe Lalonde. (And a double thank-you to Melissa and Anita for their years of service to the club and on the board.)

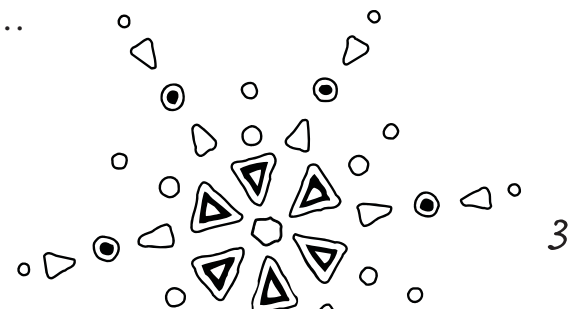
Some folks have asked why I chose not to run for president again. The reason is very simple: I don't believe that any one person should stay at the helm for too long. Inevitably, things will tend to get stale and routine, and fall into predictable patterns. New leadership brings new views and priorities, a breath of fresh air. New leadership tends to make everyone, board and general membership alike, a little more open to new ideas and ways of solving problems. And like any runner, without a dynamic component, the club would eventually stiffen and die. This is not just my personal crazy idea. The club bylaws state that the president may normally only serve two consecutive years, and any extension of this must be approved by a super majority of the board. I have been fortunate to have had sufficient confidence from the board to serve three consecutive years. One exception is fine under appropriate circumstances, two is pushing it. I won't really be "retiring" though as I will be continuing with other assignments on the board. Maybe I'll even be able to squeeze in a few more training runs.

In retrospect I guess all I can say is that I never really intended to become club president but it has been a lot of fun. I've met and worked with some very intelligent, thoughtful, talented, and committed people toward a common and worthy set of goals that benefit each of us and our community. It has required a bit of effort at times, but like our avocation, it is that precise labor that improves us. This is one "workout" that I heartily recommend to everyone.

And so for the final time, I'll leave you with this thought...

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

Jim



RUN FOR SAFETY

Scenes From the Third Annual RCIL Wonderland of Lights Run to Promote Runner Safety





221 Days until the 2010 Boilermaker !

Purchase your official
Boilermaker Merchandise
Thursday, December 3rd
5PM to 8 PM
at the
FX Matt Brewing Co.





Time to Eat

How to plan your plate for balanced meals

From the September 2009 issue of *Runner's World Magazine*

As a runner, you know you should eat the right mix of carbs, protein, and fats, but what do the ideal proportions look like? An easy solution is to think of your plate as a clock and divide it into minutes filled with quality protein, carbs (including grains, vegetables, and fruit), and healthy fats. Here's the best way to fill your time.

PROTEIN 15 MINUTES

CLOCK WISE: Protein is a main source of amino acids, compounds that help repair muscles and strengthen immunity. Choose sources low in saturated fat, such as chicken; lean cuts of beef and pork; fish (such as salmon and tuna); soy; dairy (like yogurt and cottage cheese); and beans and lentils. Most runners need between 60 and 90 grams of protein a day.

GRAINS AND STARCHES 15 MINUTES

CLOCK WISE: These foods are loaded with carbs to replenish glycogen stores. It's optimal to get fiber-rich whole grains, such as brown rice, quinoa, oatmeal, and whole-wheat pasta. Starchy root vegetables, like sweet and red potatoes, are also high-carb. Aim for at least six whole-grain servings (one serving equals a half cup of cooked grain or one slice of bread) a day.

VEGETABLES 15-20 MINUTES

CLOCK WISE: This low-calorie food group is a major source of antioxidants, vitamins, and minerals for muscle repair and energy metabolism. Pile on a rainbow of colors (dark greens, orange carrots, purple cabbage, yellow squashes, and red tomatoes) to get the widest range of nutrients. For variety, have two different kinds of vegetables per meal, totaling three cups daily.

FRUIT 10 MINUTES

CLOCK WISE: Besides providing glycogen-building carbs, fruits also pack antioxidants, vitamins, and potassium, which are all necessary for top running performance and healthy fluid balance. Select colorful fruits (berries, melon, peaches, grapes, apples, oranges), and eat the skin when possible for fiber and additional nutrients. Try to eat about three servings of fruit every day.

HEALTHY FATS 2 MINUTES OR LESS

CLOCK WISE: Heart-healthy fats that naturally occur in fish and nuts, along with cooking oils (such as olive and canola), provide nutrients that build a strong immune system and help lessen muscle soreness. Drizzle olive oil over vegetables and sprinkle nuts over hot cereal, pasta, and grilled fish. Aim for three to six teaspoons daily of these healthy fats.



JOIN US!

Mail in your registration or bring it in with your pledges and contributions on the day of the race.

Minimum Entry Fee/Pledge: \$25.00 (Received by November 30th)

Please make check payable to:

Roman Runners Miles for Meals

TO REGISTER BY MAIL

Mail your registration and check made payable to Roman Runners Miles for Meals to:

Roman Runners Miles for Meals Cindy Reynolds, President

1101 North George Street, Rome, NY 13440

5K RUN & 1 MILE WALK AT ROME FAMILY Y

REGISTRATION 7:30-8:45 AM

RUN STARTS 9:00 AM

WALK STARTS 9:05 AM

BREAKFAST 10:00-NOON

FREE POST-RACE PANCAKE BREAKFAST FOR REGISTERED RUNNERS & WALKERS

For Information Contact...

Oneida County Office for Aging

Race Information...

Mike Romano

Phone: 315-798-5456

Fax: 315-798-6444

e-mail: miromano@ocgov.net

Cindy Reynolds

Phone: 315-337-0753

ROMAN RUNNERS & ROME FAMILY Y

13th Annual Miles for Meals

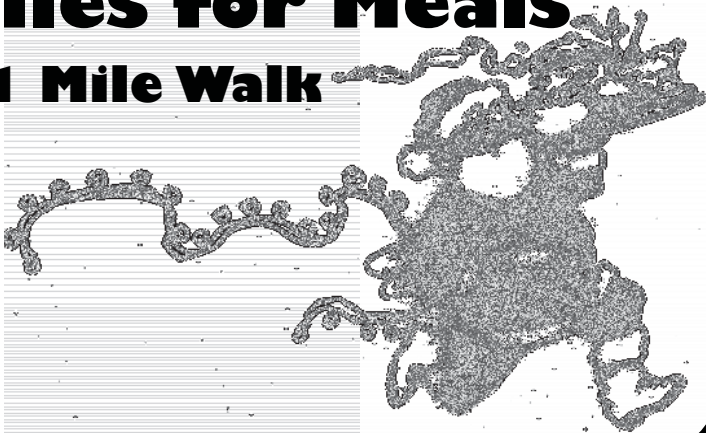
5K Jingle Bell Run & 1 Mile Walk

Saturday December 5, 2009

ROME FAMILY Y

301 W. Bloomfield Street

Rome, NY 13440



RACE REGISTRATION (Print)

LAST NAME _____ FIRST NAME _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____

5K RUN
 € I WILL WALK/RUN AS AN INDIVIDUAL
 € WITH TEAM _____

1 MILE WALK
 € I WILL WALK/RUN AS AN INDIVIDUAL
 € WITH TEAM _____

I AM UNABLE TO RUN OR WALK BUT WILL MAKE THE ENCLOSED DONATION:

€ \$100 € \$50 € \$25 € \$10

OTHER AMOUNT \$ _____

WAIVER & RELEASE OF LIABILITY

I hereby waive all claims against the Roman Runners Club, Rome Family Y, The Oneida County Office For Aging & Continuing Care, The City of Rome, and all sponsors or any personnel for any injury I might suffer in this event. I attest that I am physically fit and prepared for the event. I also grant full permission for organizers to use any photographs of me and quotations from me in legitimate accounts and promotions of this event.

SIGNATURE X _____
(parent/guardian if less than 18 years of age)

MINIMUM Entry Fee/Pledge \$25.00 (Received by November 30th)
\$30.00 (December 1st through day of event)

Mail your registration & check made payable to Roman Runners Miles for Meals to:
Roman Runners Miles for Meals Cindy Reynolds, President

PLEDGE SHEET	
NAME/ADDRESS (PRINT)	AMOUNT
	\$
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Join the **50 States Half-Marathon Club**

Take on our 50 STATE ENDURANCE CHALLENGE and finish a HALF marathon OR LONGER (or 70.3 HALF Iron distance triathlon or longer) IN ALL 50 STATES! We WILL ACCEPT Full Marathons and Ironman distance completions to count toward a State for this challenge. JOIN OUR RUNNING COMMUNITY! BECOME A CLUB MEMBER NOW!

Take on our 100 HALF ANYWHERE CHALLENGE and finish 100 Half Marathons and/or 70.3 Half Iron distance triathlons ANYWHERE in the U.S. This challenge will be an excellent match for those who don't have the time or the financial means to travel as much and is not exclusive to any specific state. This challenge is exclusive to HALFs only.

SOME OF OUR MEMBERSHIP PERKS:

RACE EVENT DISCOUNTS (Such as the Rock 'n' Roll Series of Races, the Mississippi Blues Marathon & Half Marathon, and more!)

NICE PERSONALIZED FINISHER AWARDS AND PERSONALIZED FINISHER CERTIFICATES FOR BOTH CHALLENGES

A "HALF WAY THERE" MILESTONE AWARD being implemented into awards in 2010!

ANNUAL SOCIAL & AWARD EVENT

DISCOUNTS, SUCH AS 20% OFF ON ROAD ID, AND MORE TO COME

Nicole Blomgren, Founder and CEO of the Fifty States HALF Marathon Club, has been a runner for over 20 years. Her desire to promote an active and healthy lifestyle and passion for fitness and the outdoors inspired her to start a business that can motivate, encourage and influence others. Her own personal goal of finishing a HALF marathon in all 50 states triggered an exciting decision to bring together others that would like to share that goal and camaraderie and have a Fifty States club and site that was catered towards HALF Marathoners, in addition to 70.3 Half Ironman distance triathletes. Join in Runners and triathletes, and come share your passion for endurance!

For more information visit www.halfmarathonclub.com

or

email: info@halfmarathonclub.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@gmail.com. Please include your name, address, & date of run.



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"

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.





2009 Grand Prix

What is the Grand Prix?

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. 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.

2009 Grand Prix Races:

- Fort-to-Fort 10k
- Ted Moore 5k
- Hall of Fame Half-Marathon
- KAC 10k
- Summer Sizzle 5-Mile
- Honor America Days 5k
- The Battle of Oriskany 10k
- S.O.S. 4.2 Mile (Half Boilermaker)
- Falling Leaves 14k
- YWCA Freedom Run 5k

Scoring

Scoring will be based on the best 5 finishes of the 9 Grand Prix races.

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 1/1/09.

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 | |



Grand Prix

2009 Standings:

M/F	Age	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10k	Sum. Sizzle 5mi	Honor Am. Days 5k	Battle of Orisk.10k	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
M	0-19	DeZalia, Sean	10			10				10			30
M	0-19	Szarek, Michael			10			10			10		30
M	0-19	Szarek, Walter			9			9			9		27
M	0-19	Cognetto, Christian								9			9
M	20-29	Donaleski, Nathan	10										10
M	20-29	Gigliotti, Robert									10		10
M	20-29	Wattles, Jeremy									9		9
M	30-39	Cohen, Richard	10		10	10	10			10	10		60
M	30-39	Pare, Jason	9		9							10	28
M	30-39	Bartkowiak, James					9				9		18
M	30-39	Van Duren, Stephen	8	10									18
M	30-39	Szeles, Chris						10					10
M	40-49	Suba, Scott		8		10	9	9		10		10	56
M	40-49	Kosina, Bill	9		9	9	8				7		42
M	40-49	Humphrey, Paul		9			10	10			10		39
M	40-49	Putney, Dave	10	10	10								30
M	40-49	Langlois, Joe		7						9		9	25
M	40-49	Swider, Dan				8	6			8			22
M	40-49	Cognetto, Norman				7	7				4		18
M	40-49	McGlynn, Thomas			7						5		12
M	40-49	Johnson, Dennis									9		9
M	40-49	Hodge, Leroy									8		8
M	40-49	Winter, Arthur	8										8
M	40-49	Austin, Scott									6		6
M	40-49	Steere, Sean		6									6
M	50-59	Palmer, Bruce	10		10	10				10	10	10	60
M	50-59	Bick, Tom			6	9	8			8	9		40
M	50-59	Ichihana, Rob	9		5	7		10				9	40
M	50-59	Dunn, Michael				8	7				8	8	31
M	50-59	Burak, Gary			9		10			9			28
M	50-59	DeZalia, Norm	6		4					7	7		24
M	50-59	Lichorowic, Scott			8		9						17
M	50-59	Desjardins, Mark		9			5						14

M/F	Age	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10k	Sum. Sizzle 5mi	Honor Am. Days 5k	Battle of Orisk.10k	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
M	50-59	Moragne, Jim	7								6		13
M	50-59	Stevens, Mike	4					9					13
M	50-59	Muzzy, Ken	8		3								11
M	50-59	Daley, Bruce				6					4		10
M	50-59	Fiore, Jim		10									10
M	50-59	Macintosh, Donald		8									8
M	50-59	Bocko, David				7							7
M	50-59	Nolan, David	2								5		7
M	50-59	Reed, Timothy					6						6
M	50-59	Mead, Joseph								6			6
M	50-59	McCann, Tim	5										5
M	50-59	Smith, Garry	3										3
M	60<	Mix, Charles					10						10
M	60<	Lucas, Luke	9		7		9				8		33
M	60<	Cadrette, Kermit		10	10			9					29
M	60<	Stanley, Richard		9								10	29
M	60<	Silverman, Charles			9	10					9		28
M	60<	Hahn,Richard	10							10			20
M	60<	Mix, Charles					10				10		20
M	60<	Brych, Ray						10					10
M	60<	Imundo, Paul								9			9
M	60<	Badger, Larry			8								8
M	60<	Searles, George		8									8
M	60<	Mannava, Venkata					8						8
M	60<	Grabo, Fred						8					8
M	60<	Clark, Dan					7						7
F	0-19	Steere, Morgan		8									8
F	0-19	Steere, Erin		7									7
F	0-19	Humphrey, Emily		9			9	10		10			38
F	0-19	Benn, Alex		10			10						20
F	0-19	Szeles, Cara					8	9					17
F	0-19	Steere, Morgan		8									8
F	0-19	Steere, Erin		7									7
F	0-19	May, Patrice					7						7
F	20-29	Duncan, Michelle	8	9				9					26
F	20-29	Charles, Jessica					10	10					20
F	20-29	Vroman, April		10			9						19
F	20-29	Ichihana, Kate	10										10
F	20-29	Smoulcey, Pamela	9										9
F	20-29	Caruso, Valerie		8									8

M/F	Age	Name	Fort to Fort 10k	Ted Moore 5k	Hall of Fame 13.1	KAC 10k	Sum. Sizzle 5mi	Honor Am. Days 5k	Battle of Orisk. 10k	S.O.S. 4.66 Miles	Falling Leaves 14k	YWCA Run 5k	Total
F	20-29	Szeles, Chris					8						8
F	20-29	Elsenbeck, Patricia		7									7
F	30-39	McGlynn, Christine			10								10
F	30-39	Smith, Leslie	10	10	9		9	10					48
F	30-39	Zumpano, Natalie					6	9				9	33
F	30-39	Arcuri, Sandra										10	30
F	30-39	McGlynn, Christine			10						10		20
F	30-39	Nugent, Kelly Ann					10				9		19
F	30-39	Guy, Marlee	9				7						16
F	30-39	Jory, Cheryl					8						8
F	30-39	Sperl, Mary Sara									8		8
F	30-39	Judd, Vicki									7		7
F	40-49	Cognetto, Valerie	9	10		10	7			9	5	9	68
F	40-49	Lindsey, Bettina			10		9			10	6	10	55
F	40-49	Nizzi, Michelle	10				10				10		30
F	40-49	Ingrid Otto-Jones			9		8				7		24
F	40-49	Durso, Judy		8				10					18
F	40-49	Vanderpool, Maryann	6		4					7	1		18
F	40-49	Marcoux, Audrey			8						9		17
F	40-49	Schaffer, Karen		9	6								15
F	40-49	Harrigan, Robin			7					8			15
F	40-49	Winter, Cassie	7				6						13
F	40-49	Hamlin Nasci, Susan				9							9
F	40-49	Rheinhardt, Brenda									8		8
F	40-49	Willcox-Ayoub, Joanne	8										8
F	40-49	Putney, Beth			5								5
F	40-49	Mattia, Lauren									4		4
F	40-49	Casler, Karen									3		3
F	40-49	LaLonde, Sarah									2		2
F	50-59	Savicki, Pearl					9			10	10		29
F	50-59	Lucas, Mickey	9		10		7						26
F	50-59	Cameron, Doreen		8			10						18
F	50-59	Fuller, Kathleen		10									10
F	50-59	Kapes, Donna											10
F	50-59	Leahy, Mary		10									10
F	50-59	Wright, Maryann					10						10
F	50-59	Ruckel, Mary	10										10
F	50-59	Tommell, Eileen											9
F	50-59	May, Paula Ann		9									9
F	50-59	Kapler, Susan					8						8
F	60<	Hosp, Rose						10					10



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.