

SPLIT The Official Newsletter of the Utica Roadrunners

TIMES



JANUARY 2011

Time For Membership Renewal

**Renew Your Membership Now to Receive Future Issues of Splitimes
and Other Benefits For Club Members Only!
(See page 5 for details)**

Hangover Run

New Year's Day 1/1

Holiday Party!

January 7th

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

TIMES



JANUARY 2011

2011 Board of Directors:

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Sybil Johnson

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Activities & Events
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& Finance
Meg Parsons

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Board Members:
Tom Bick
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Jim Fiore
Kathy Fuller
Moe LaLonde
Dave Putney



Cover Photo: Santanoni Peak, one of the 46 "High Peaks" in the Adirondack mountain range. Photo by Norm Cognito

Attention Race Directors!

If you have an upcoming race that you would like to advertise in SpliTimes, please contact Val Cognito by emailing: cognettodesign@gmail.com.

DEADLINES:

IMPORTANT: Please be prepared! Plan on submitting your information or race application **the 1st of the month prior to the month that your event takes place.** (ie: if your race is on July 15th, submit your information by June 1st.)

Payment:

Payment for advertising is due on the 1st of the month prior to the issue you would like to advertise in.

Copy:

Your copy/art/ads/race applications are due on the 1st 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

Editor: Valerie Cognito
Home Office: (315) 738-7717
E-mail: cognettodesign@gmail.com

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

JOIN NOW!



President's Message

by Sybil Johnson

Happy New Year!!! Keep Healthy and Keep Moving Forward!!!

2011, here we are – ready to rack up more miles, hoping to stay injury free, and trying to keep optimistic for sunny workout weather!

I hope everyone received the presents they were wishing for from Santa. Dennis and I found some great cross training gear under the tree. Santa left Microspikes and 'elevator' snowshoes for each of us. We will be whizzing up snowy trails and over icy peaks with no problem. Well, I might still have a few problems with the up of it all, and I do prefer to do the snowshoeing on sunny days. Since the chances of that type of weather are rare in the Adirondacks, we will be wearing the Gortex, goggles, and warm boots with our new toys! As for the elevator snowshoes, they help with uphill going. Norm Cognito says his pair broke, but he is an animal who goes up steeper slopes, faster than we do. Oh yeah, he probably has a heavier pack too. Norm carries gear for sleeping in tents in the winter. Being of sound (sic) mind, I sleep in motels in the winter and thus have a lighter pack.

I went through my exercise diary to see how often I exercised and to check my methods of producing sweat. I know there are many of you who run every day of the year. Since I am forced to cross train, I try to do some kind exercise for about an hour a day. I thought I did more, but I exercised 310 days in 2010. Of those days, I managed to walk or jog 221 times. Many days I had more than one activity. Like, I went to 69 spin classes. I skied or went snowshoeing 18 times (darn weather). I biked 17 times – not nearly enough. I kayaked only 3 times and played only 11 rounds of golf. I spent more hours building a deck with Dennis than I spent in the garden – well, maybe it just seemed like it. We were able to do a few hikes, but there were far fewer hikes than in other years. Of course, we walked all over parts of Italy and Greece, and in the airports going and coming. It is amazing when you write everything down. This year, maybe I will keep track of the loads of laundry, vacuuming, mowing, shoveling, and grocery trips – not really.

On to Club business:

The Club received a thank you letter from the Founding Director, Deacon Gil, at Mother Marianne's West Side Kitchen. Half of the money raised at the Thanksgiving Run to End Hunger will be used to feed the poor and needy at the soup kitchen. Since opening in 2008, the kitchen has served over 70,000 meals. The volunteer program will be able to purchase tons of food with our donated funds. Thank you to all of you who were able to participate.

At the December Business meeting, we took care of electing officers and most committee heads. For the most part, many of us volunteered to continue our current posts. I will continue as President. Mike Kessler will continue as VP of Activities and Events. Moe LaLonde will be our VP of Administration and Finance. Paula May will continue to be the Treasurer and Chris McGlynn will continue as Secretary. Committee heads include: Summer Sizzle = Paula May, SOS = Mary Ruckel, Falling Leaves = Mike

Brych, Racing Team = Jim Fiore, Boilermaker Training Program = Linda Turner and Jim Moragne, Development Runs = Mike Kessler and Linda Turner, Grand Prix = Nate Donaleski, Volunteers = Ray Brych, Social = Kathy Fuller, Equipment Rental = Dennis Johnson, Membership = Jim Moragne, Public Relations = Patrice May, Webpages = Jim Fiore, Clubs and Organizations Liaison = Dave Putney, and Awards = Kathy Fuller. Committee heads do not need to be on the Board of Directors. We still have openings for Sponsorship, Youth Training, and Merchandise. Jim Moragne is still looking for a few good people for the Membership committee. Please consider helping the Club out by volunteering for one of these areas.

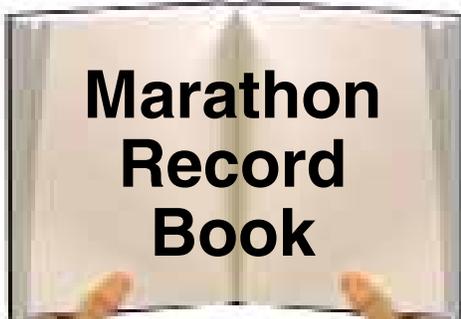
The Boilermaker Training Program will be starting on January 15th. If you are aware of anyone who would like to run the Greatest 15K in July but does not feel ready, let them know about the program. If you are in need of some training for the Boilermaker, talk to Linda Turner or Jim Moragne. They may be able to use you and help you log some miles.

To prepare for this year's awards banquet, please get your mileage, race results and volunteer reports in to Jim Moragne and Kathy Fuller. If you do so by the end of January, we would be very appreciative! There should be some forms on the web site. Think about who you might nominate for the annual awards – Robert H. Carlson, Frank D'Allesandro, Bill Acquaviva, Ed Bruni, Sr., Hall of Fame and Distinguished Roadrunner Supporter Award. It seems to me that many of you know or admire someone for what they do for the sport of running in the Mohawk Valley. Let us know who they are!

January 7th is our Holiday party. It is a deal at \$10 per person. It will be at the Brewery's 1888 Tavern and there will be Saranac beverages, food, desserts and music. This will actually cost more than \$10, but all that you have to pay is \$10! The Roadrunners will cover the remaining cost. That is one of your member benefits – enjoy. I hope to see you at the Brewery on the 7th!

I hope January is full of snowy nights and sunny days. I like jogging or walking with a blue sky, snow clinging to the branches, and cool, not frigid temperatures. We shall see.

Please, be safe out there!



The club marathon record book is being updated. All members are encouraged to submit your marathon times, the name of the marathon and the date it was run. At the annual award banquet, special recognition is given for your first, fifth and tenth marathons. Our record book currently covers marathons run through November 2006. Please submit any run since then as well as any run prior to that which you may not have already submitted. This information can be sent to Moe Lalonde at the following address: mlalonde@westmorelandschool.org

Renew Your Membership to Continue Receiving Our Newsletter, Free Development Runs, Grand Prix Inclusion and More!!

“There’s always a Grinch at the holidays and this year it is me. All club memberships (except Life members) expire December 31st each year, so it’s time to renew your membership in the Roadrunners for 2011. You can find the renewal form on the next page of this newsletter. You also should have received it via email or where necessary, by snail mail. You can complete and mail it with your check to the club at “Utica Roadrunners Membership, PO Box 4141, Utica, NY 13504”. Alternatively, if you want to use Paypal, you can go to: <http://www.uticaroadrunners.org/pages/application.html> and follow the prompts. Please note the dues for 2011 are \$20 for an individual, \$25 for a couple (two persons sharing a common address) and \$30 for a family (three or more persons sharing a common address). A full-time student under the age of 20 can renew for \$10.

By renewing, you’ll continue to receive the monthly Splitimes, discounts on entry fees to races run by the club, free participation in the Development Run Series, eligibility for running incentive awards such as the Grand Prix, and infinite opportunities to meet hundreds of runners like yourself. Some of your dues go towards a robust youth development program that includes promoting a healthy lifestyle among our young people. We also are working on a new line of club clothing for members. At these rates, club membership remains a bargain, and we’d love to have you renew for another year.

If you have any questions, please email me at jmoragn1@twcny.rr.com or call me at 315-894-5402. Thank you.”

Jim Moragne
Membership Chairman



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen.

Club Benefits

You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. First time members get a club t-shirt with the Utica Roadrunners logo. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. After that, each 1000 mile year will be awarded with a mileage chevron. Members get a discounted entry fee into club races and free entry in the Development Runs.

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for a couple and \$30 for a family. Mail the completed form and check to:

**Utica Roadrunners, P. O. Box 4141,
Utica, NY 13504**

**Questions: Jim Moragne at 894-5402 or
mailto:jmoragn1@twcny.rr.com**

**2011 Membership Renewal or New Member
(circle one)**

Last Name (please print): _____ First Name: _____

Mailing Address: _____

Primary Phone: _____ Secondary Phone: _____

DOB: _____ E-mail address: _____

Development Run Number (if known): _____

T-shirt Size (new members)___ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: Public Relations Membership
 Training Newsletter Merchandise Race Volunteer Board of Directors Social Development
Runs

Signature _____ Date _____

(parent or guardian if under 18)

**Additional (Couple or Family) Renewal or New Member
(circle one)**

Last Name (please print): _____ First Name: _____

DOB: _____ E-mail address: _____

Development Run Number (if known): _____

T-shirt Size (new members)___ (mens' sizes S, M, L, XL, XXL)

I would be interested in participating on the following committees: Public Relations Membership
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Signature _____ Date _____

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 Training Newsletter Merchandise Race Volunteer Board of Directors Social Development
Runs

Signature _____ Date _____

(parent or guardian if under 18)

Club Membership Application Waiver (applies to all persons signing this form)

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Utica Roadrunners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Do Not Stress Over Your Competition

By: Stan Popovich

Many runners sometimes get anxious when they go against a tough opponent. They get nervous on who they are competing with and they get so worked up that they lose focus on their own running. In the end, they make mistakes and end up beating themselves up if they do not win. As a result, here is a list of techniques that a runner can use to help manage the stress of going against the competition.

The first step is to learn as much as you can on your opponent. Although this may seem obvious, some runners may think they already know what they need to know. Remember there is always something to learn about your competition. Read the reports about your opponent and watch him or her performance. Try to figure out an angle on how you can beat your competition. The more you know about your competition the better your chances are you will win. This will also help to reduce your worries in the future.

Do not assume anything about your competition whether they are stronger or weaker than you. Every athlete has his good and bad times and just because you may be facing a stronger opponent does not mean that you will lose. Remember that you and your opponent both have an equal chance of winning. You are both starting from scratch. This should help you to give you confidence going into your next event.

Focus on how you can best strive for perfection in your own running instead of worrying about your opponent. For instance, you are going against the number one athlete in the tournament and you are nervous. Instead of focusing on how good your competition is, focus on your performance. Concentrate on how you can perform your event and how you can best improve on your problem areas.



Realize that you can't win all of the time and that also includes your competition. You may be the best athlete in the world, however you will still sometimes lose. No one can win all of the time. When facing a tough competitor, use this fact to your advantage. Even the best athletes will make some mistakes.

It is not uncommon to get nervous when you go against a better opponent. All you can do is to focus on your skill sets and do the best you can. This will help you in the long run.

"Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" For more information go to: <http://www.managingfear.com/>.

If there is a book or article that has helped you run faster, longer, with less injuries or with more enjoyment, let us know, so we can share it."

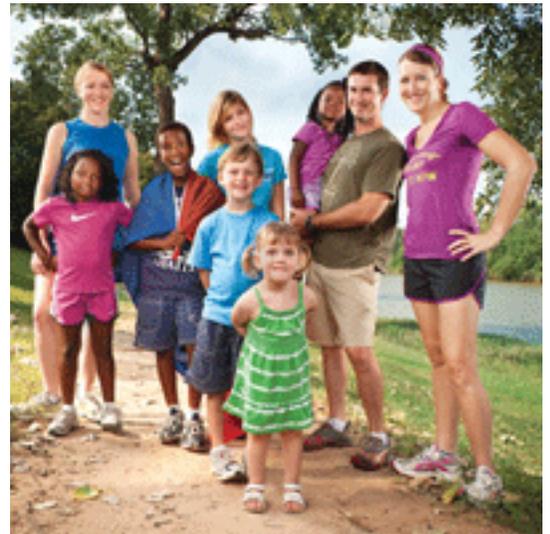
The Humanitarian: Tara Livesay

Through running, Livesay has raised more than \$180,000 for the people of Haiti.

By Michelle Hamilton

Image by Sarah Wilson

From the December 2010 issue of Runner's World



When Tara Livesay goes for a run in Port-au-Prince, Haiti, she does her best to ignore the stares from locals who can't understand her need to exercise when life itself is so hard. But Livesay dodges buses, donkeys, and potholes in the 100-degree heat for a larger purpose: Through running, she has raised more than \$180,000 to help care for the people of Haiti.

Livesay, 38, has long been invested in the country's welfare. She and her husband, Troy, adopted two Haitian children in 2002, and moved from the Twin Cities in Minnesota to Haiti in 2006 to volunteer for Christian nonprofit organizations. Livesay also ran two marathons, in October 2009 and January 2010, through which she raised \$129,000 to purchase an ambulance and medicine for her community.

When the devastating 7.0-magnitude earthquake hit on January 12, six of the Livesay's children were evacuated to Texas, where their oldest attends college. Tara and Troy stayed behind and worked at a medical clinic. Two weeks later, Livesay was back on the road. "Running was the only thing that made sense to me, that had an element of control to it," she says. "But I can't even describe the experience. To see how the quake had taken what was already a tough place and just wrecked it further..."

The tragedy made a deep impression on her daughter, Paige, 15. This summer, she followed her mom's example and ran her first half-marathon, and with her mom's help, she raised \$52,600, which will provide prefab homes to 42 Haitian families.

Despite all she has accomplished, Livesay deflects the recognition she receives to those who inspire her: the Haitian people. "To live in the conditions they live in with such grace," she says, "it's amazing."

To read about more "Heroes of Running" got to www.runnersworld.com

To the Utica Roadrunners Club,

Another thank you and an update from your 2010 scholarship award winner Peter Donnelly. (A gesture of appreciation)

I have finished my first Trimester at Union College, and I wanted to once again thank the Utica Roadrunners for their support.

My grades for my first Trimester came back with an A for public speaking, A- for Differential Calculus Honors and A- for my Freshman Preceptorial Honors class.

My Cross Country Season was also very good. I started the season with a 31:30 (for five miles) and finished with a 27:17, placing me in the top five for the team.

Overall, my first Trimester was very awesome, and I've settled in well. Thank you once again Utica Roadrunners for helping me with college.

*I wish you all a Happy Holiday and Happy New Year!
Peter, Jr.*



Utica Roadrunners Holiday Party!!!

Friday, January 7, 2011, 6:00 p.m.

1888 Tavern @ the Saranac Brewery, Varrick Street, Utica

D.J. Mike Brych, Food, Beverages, 50/50,

Door Prizes & Friends!

\$10.00 per person

R.S.V.P. Kathy Fuller by Monday, January 3rd

Email: fu97jug@roadrunner.com or call 292-4457

Pay at the door or send a check payable to Utica Roadrunners to:

Utica Roadrunners Holiday Party

P.O. Box 4141 Genesee St., Utica, NY 13504

Come and relax with friends after a hectic holiday!



Membership Services Committee Forming In 2011

by Jim Moragne

The club has grown enormously in the last couple of years and currently has nearly 700 active members in the region centered by Utica. That many members would demand a lot of service just by size alone. However, the Membership Committee that would provide those services is one in name only with just the Membership Chairman as the lone participant. People, let's change that. There are so many areas that need work and which would be a rewarding experience if you're so inclined, plus be valuable to the continued growth and vibrancy of your running club. For example, if you like sales and people, a club this big should be getting all kinds of discounts and shoppers' deals from businesses throughout the region – join the committee and sell the club.

We need to do a comprehensive survey of all members about their likes, dislikes, and aspirations for the club. And yes, ask in what areas they would be willing to volunteer their time to help the club. We could use someone with some basic computing skills (Excel in particular) to help manage the club database and perhaps someday succeed the current chairman (no, I do not plan on doing this forever). I'm sure there are many other possibilities in membership services that would make our club even better than I haven't considered here.

If you enjoy the benefits of being a Utica Roadrunner and have thought you'd like to find a way to give back, please consider joining the Membership Services Committee. I hope to convene a first meeting of interested people sometime in the first quarter of 2011. If you are interested, please call me at 315-894-5402 or email me at jmoragn1@twcny.rr.com. I would be happy to discuss this with you and answer any questions you have.

Thanks.....Jim.

TOP 10

My Personal Top Ten New Year's Running Resolutions:

by Val Cognetto

10. I will always run against the traffic.
9. I will only wave when I get a look of approval.
8. I promise to rest when I'm injured unless I can hobble through it and no one's looking.
7. I will limit my running stories to 4 minutes in mixed company.
6. I resolve to invent a system to ensure that no gu or gel residue will remain on my hands after I've consumed it during a race.
5. I won't eat more calories than I've just burned.
4. No more marathon sign ups until I talk to my therapist.
3. I will stop lying to my less experienced running friends about the ease and distance of the course I have chosen for us to partake in.
2. I will stop telling my husband that he runs funny.
1. I will only give a sopping wet sweat hug to my enemies.



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 5:15 p.m. at the GPO Credit Union in Illion
Wednesdays at 5:15 p.m. at Hannaford's in Herkimer
Saturdays at 8:00 a.m. at the Little Falls YMCA.
For more information, email: casler1@peoplepc.com or
jmoragn1@twcny.rr.com.



HANGOVER 10K & 5K RUN/WALK

New Year's Day 1/1/11
Andee's Tavern, Mappa Ave., Barneveld
10a.m.

Registration: 8:30a.m. - 9:50a.m.
\$5.00 - Adults, \$3.00 - 18 and under

Prizes for top 10K male and female finishers

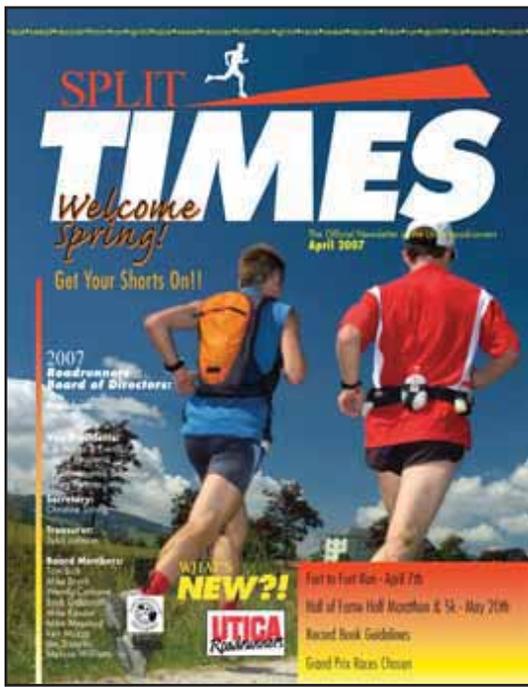
Hot cider, coffee & post run snacks

Door Prizes & 50/50 Raffle

Directions:

Approaching from the south, take the Mappa Ave exit off Route 12, go around .7 miles to the business district; Andee's is on the right. From the west, take Route 365 east to Barneveld; turn right at the stop sign and Andee's is 150 feet on the left.

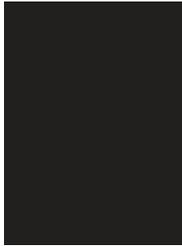
Park wherever your car fits.



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.



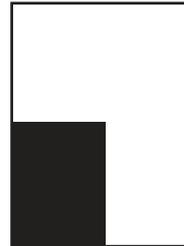
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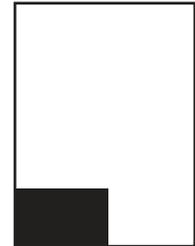
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HALF PAGE - V
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QUARTER PAGE
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BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES

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@gmail.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 Mea Parsons at mbarsons@twcnv.rr.com or (315) 337-7452.