

# SPLIT TIMES



THE OFFICIAL NEWSLETTER OF THE UTICA ROADRUNNERS

**DECEMBER 2012**



## Happy Holidays!

### **RUN TO END HUNGER RAISES RECORD NUMBERS**

Local runners help food kitchens  
on Thanksgiving day

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### **FRESH NEW FACES**

Utica Roadrunners elect new board members

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### **RUN FOR SAFETY PICS**

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**UTICA**  
*Roadrunners*

# SPLIT TIMES

DECEMBER 2012

WHAT'S NEW?

Logo Contest Deadline  
January 1, 2013 (see  
page 8 for details)



Area children join in for our annual "Run For Safety"

## ATTENTION RACE DIRECTORS!

If you would like to advertise in SplitTimes, please contact:

Patrice May

email: [patricem.may@gmail.com](mailto:patricem.may@gmail.com) or call (315) 368-8416

Payment arrangements must be made in advance with Patrice prior to submitting your advertising to our Editor.

## DEADLINES:

All Payment, Copy, Advertisements and race applications are due **the 1st of the month prior to the month that your event takes place (NO EXCEPTIONS)**. (If your race is on July 15th, submit your information by June 1st.) **See last page of this newsletter for advertising rates.**

Thank you, *The Utica Roadrunners' SplitTimes Newsletter Staff*

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

**UTICA**  
Roadrunners

2012

**BOARD OF DIRECTORS:**

### PRESIDENT:

Sybil Johnson

### VICE PRESIDENTS:

Administration &

Finance:

Vacant

Activities & Events:

Mike Kessler

### SECRETARY:

Suzanna Price

### TREASURER:

Paula May

### BOARD MEMBERS:

Doreen Camerona

Jim Fiore

Kathy Fuller

Dennis Johnson

Ted Lenio

Patrice May

Dave Putney



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## *Happy Holidays to One and All!!!*

*We had a great November weather-wise, and I hope the Weather Gods are good to those of us who still have a few miles to go before we have our 1,000 miles for 2012. I was hoping to finish my 1,000 by the end of November, but that did not happen. If you are in the same boat, just do not wait until the last few days of December to complete them. If you like to run with a crowd, there are just a few organized events for December. In Rome on the first, there is the **Miles for Meals 5K** to benefit the Oneida County Senior Meals Program. In Old Forge on the 2nd, there is the **Let It Snow 5K**. On the 8th in Little Falls, you can run the **Red Nose Reindeer Run**. Check the calendar on the Club website for details.*

*Last month, the **Utica Roadrunners 28th Thanksgiving Day Run & Walk to End Hunger**, directed by Dave & Ingrid Jones, was the biggest success! The Rescue Mission received 3000 pounds of great food items. The Seeds of Hope Food Pantry and the Thea Bowman Food Pantry each received \$3363! There were 826 participants and bunch of them received great door prizes. We all got to eat more since we exercised early, so - Perfect! Everybody wins. Thank You to all of the volunteers, walkers and runners who help to make this annual event such a success!*

*Last month many of you missed the Club's Annual Membership Meeting at the Brewery. As stated in the Club's Bylaws, the purpose of the annual meeting shall be to elect Board members, and to hear annual reports from the officers and standing committee members. In the past few years, we have held the meeting at the Brewery*



*so that we can have time to socialize before and after the order of business. Our newly elected Board Members pictured here are: Dennis Johnson, Honorine Wallack, Karl Jones, Doreen Camerona, Jeremy West, Jerry Tylutki, and Cory Battles. Doreen is filling the seat left empty by Christine McGlynn. Thank you to everyone who voted and Welcome to all of the Board Members. I look forward to working with you.*

*(...continued on next page)*

Have all of you told Santa what you need for Christmas along the lines of clothing and/or equipment to make your running/walking/biking/swimming life more pleasant? Places like **The Sneaker Store** and all of those wonderful catalogs have many, many ideas. Think twice about **The Sneaker Store**, because Rich Karaz is a big supporter of our Club. I would prefer if you do like the ads have said and try to shop local, even if it is at a bigger chain store. Personally, I ask for diamonds and gold. I always tell Dennis that he will never go wrong if he follows that gifting rule for me. Since my birthday is on Christmas, Dennis has to spend twice as much anyway - Right? Oh, and if you have not paid for your 2013 Club dues, maybe a loved one or a friend can gift that for you!

I just completed some emails to make sure that Dawn LaScala-Wheeler has Club insurance for the winter youth running program. Dawn is a Whitesboro Modified Coach and Teacher. The group will be using Whitesboro School as a starting place and last year the program extended to running on the SUNYIT campus. MaryAnn Wilkinson helped with the program and seeing the way her daughter Justyna has run, I think the program did a great job!

**Club History:** There have always been the TNRs. That stands for Thursday Night Runners. I talked about the summer house runs before this, and now I will tell you about where we hung out after winter runs. We would run from the YMCA and then...For the longest time, Uncle Lou, at the Kirk Bar on Charlotte Street, let us hang out at his place. We would collect \$2 or \$3 and order pizza from Gregorios. Chris Midlam became the pizza fetcher. Uncle Lou charged us \$1 per beer bottle, and we would eat and drink and share

our running experiences. Coach Carlson, the president would bring us up to date on the running calendar, and everyone (there would be 20 to 30 of us) had a great time. Uncle Lou even let us start a Mug Club. For each beer ordered, he gave us 10 cents back to help defray the costs of traveling to the annual Road Runners Club of America Conventions. We also had weekly 50/50 drawings to cover registration fees. Gosh, those were the good old days.

Unfortunately, Uncle Lou got sick and the bar changed hands. After about 16 years, we had to find a new TNR home. It was not easy. For a while, we tried Tiny's. We ate at the Columbia for a couple of years and then we went to Charlie's in New York Mills. That was convenient because we started using the Fitness Mill for our runs. The pizza was good, but I guess we were too noisy for them. In 1996, we started to meet at Funion's, across from Twin Ponds on Main Street in New York Mills. That was convenient, but they closed and we went to the Bungalow on Campbell Ave in Yorkville. Mark, the chef was very creative with salads and pizzas. The TNR crowds grew for the time we were there. Our 50/50s and the camaraderie kept most of us happy. We were regulars for about 4 years until 2004. Then the restaurant inspections in the paper made us decide to try Vista Lanes on Oriskany Boulevard. We could get pizzas from the pizzeria there, or from across the street. We did stay there a couple of years, but all of us disliked the amount of smoke those bowlers produced. Yuk!

We were not to be stopped, so we had a vote with about 4 places to choose from and we decided to check out Nino's on Genesee Street (Raspberries now). We really liked Nino's pizza, but the owner was called to active

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(...continued from page 4)

duty in the service, and we were looking again. Yikes! This was getting to be a pain. In September 2006, we ate at the Black Cat. We decided that we would order off the menu. I guess that is when the number of runners really declined. Paying a few bucks for pizza was more appealing to some, but those who complained did not search out another establishment where we could carry out the tradition. Oh well, those of us who visit the Black Cat on French Road each Thursday are happy. The management and wait staff are great. The food is always interesting because there is a special dish, a salad, pasta or a burger to be had. We do not do the 50/50 raffles anymore because we

do not go to the National RRCA conventions, and 50/50s are not as much fun when there are 12 or fewer runners. And it is okay, if you do not go to the Mill first. I do not run or walk from the Mill. I exercise early in the day and meet everyone for dinner. Those of us who are true-blue will continue to enjoy The Black Cat. Why don't you think about stopping in one of these Thursdays? I usually make some cookies or a cake for dessert!

Enjoy the Holidays and...Be Careful  
Out There!

## Run/Walk To End Hunger

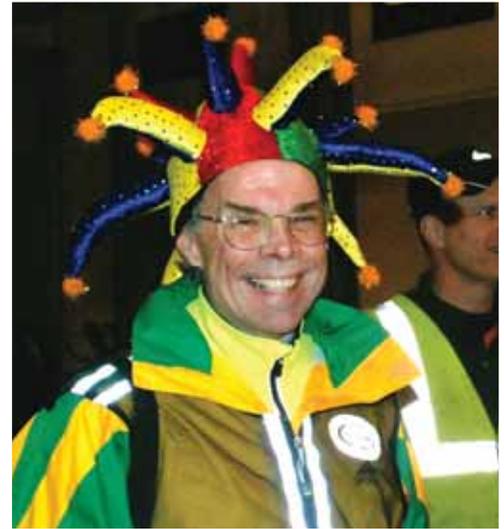


# *Utica RoadRunners Holiday Happy Hour*



*Join us to celebrate  
on January 4<sup>th</sup>  
5:30-8 at Swifty's  
257 Genesee Street  
\$10 per person for  
Finger Foods &  
First 3 Drinks on Us!*

*Please RSVP to Patrice by 12/30  
(315) 368-8416 or email  
[patricem.may@gmail.com](mailto:patricem.may@gmail.com)*



## Run For Safety

Thanks again to Masonic Care Community and RCIL for hosting our sixth annual Run for Safety. We had an unofficial count of 298 runners and walkers! Everyone was in good spirits, and smiles were flashing as much as the lights. The message is spreading: be responsible when running. Be seen, be careful, wear reflective clothing and/or some lights for visibility. Inform your motorist friends that we are out there early and late sharing the roads and please be alert and aware. Thanks also to our volunteers who helped with traffic, parking, registration and refreshments.

Let's do it again next year....Merry Christmas! - Mike

## The Dues Window for 2013 Has Opened



Every year I try to give club members adequate notice (aka reminders) that the club dues are payable annually and are due by January 1st. That usually entails at least two separate emails and four monthly notices in the SpliTimes starting in December. For those who do not have email, they get two separate mailings via the Post Office. Yet, every Spring I get complaints from delinquent members (usually when they try to register for the Development Runs for free, or are omitted from the Grand Prix series) that they didn't get a dues notice. So this year, so I can point to eight different reminders by email or newsletter (instead of a measly six), I'm posting the third notice in the December edition of the SpliTimes.

From this point forward, pay your dues and you're good through the end of 2013 (really March 31st, 2014 since we don't suspend member privileges until the end of the first quarter of any year). Dues are the same: \$20 for an individual, \$25 a couple, \$30 for a family up to four and \$2 each for family members 5, 6, 7, etc. You can pay via the club web site at: <http://www.uticaroadrunners.org/pages/application.html> using Paypal or print the club renewal form from the same location and mail it in with a check. Do it now and you can read this same notice next month with a smug sense of satisfaction that I'm not talking to you.

Questions? Email me at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com). Thanks.....Jim Moragne, Membership Chairman.



### Logo Contest Update!

We are running a contest for a new logo for the Utica Roadrunners. If you have any ideas, there is still time to submit your artwork. Send a pdf to Sybil Johnson: [densyb@roadrunner.com](mailto:densyb@roadrunner.com). Please label it "Utica Roadrunners Logo Contest Submission" and include your full name and a telephone number where we can reach you. All logo entries must be created as a vector graphic. The winner of the chosen logo will be awarded a Sneaker Store gift card. Good luck!

**Deadline for submissions: January 1, 2013**

### Top 10 Holiday Songs For Runners:

10. I'm Dreaming Of A Well Plowed Road
9. Rudolf The Red Nosed Runner
8. All I want for Christmas Is A Gift Card From The Sneaker Store
7. Rockin' Around The Icy Spots On The Street
6. Running in a Winter Wonderland
5. Silver Bells, My Tights Smell
4. I Saw Mommy Kissing Her Shorts Goodbye
3. Frosty The Under Dressed Runner
2. All I Want For Christmas Is A Little More Daylight
1. Silent Night...Until Spring!



Tommy TenPin, mascot from the AMF Pin-O-Rama on Genesee Street, joined Ted Lenio at the Utica Roadrunners' table during the Oneida Nation Employees' Health Fair held at the Turning Stone on November 9th.

## The More the Merrier!

We're asking that anyone who has a regular run, solo or group, and who is looking for more partners, to let us know. We will publish those runs in the Spltimes each month, and will look into putting them in a section on the club's webpage. Give us the day(s) of the week, where, when and contact information. Also, indicate if the group: goes a specific distance, is training for something like a marathon, is targeted towards faster runners or the general pace, runs year-round, etc. If you would like to just have the information shared on a one-to-one basis we won't publish it, but instead just provide the contact info (telephone or email) for those individuals looking for partners.

If you're interested, please email the information about your run to the club's Membership Chairman, Jim Moragne, at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com), or call him at (315) 794-4034.

## Club Handbook

Our newly updated Utica Roadrunners Handbook is your complete guide to your membership benefits, annual events, and general information about the club. Download a pdf of the handbook here: <http://www.uticaroadrunners.org/documents/UticaRoadrunners2012ClubHandbook.pdf>

## Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. 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 Those "Down in the Valley"

**Mondays** at 5:30 p.m. at the GPO Credit Union in Illion  
**Wednesdays** at 5:15 p.m. at 622 North Main St. in Herkimer  
**Saturdays** at 8:00 a.m. at the Little Falls YMCA.  
 For more information, email Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).





THE SEA IS CALLING  
ANSWER IT ROYALLY™



**READY, SEA, GO:  
THE ROYAL 5K**

Pack your running shoes and get ready to set sail! Lace up for the Royal 5K - taking place in Philipsburg, St. Maarten in December 2012 and Falmouth, Jamaica in March 2013.

When you're not racing, explore our groundbreaking Oasis® class ships - each featuring seven incredible neighborhoods packed with first-at-sea experiences: the oceanside AquaTheater, Starbucks®, Broadway hit musicals Chicago and Hairspray, 3D movie theater, zip line, designer shopping at Coach® and GUESS® stores, and much more.

**In addition to the 5K race, the entire week will be full of activities such as:**

- Private meet-and-greet sessions with high-profile racing athletes
- Seminars & lectures with high profile athletes
- Personal training tips from experts
- Speed tests onboard the track on your ship

***Oasis of the Seas®***

**7-NIGHT EASTERN CARIBBEAN**  
December 1, 2012

Fort Lauderdale, Florida • Nassau, Bahamas  
Charlotte Amalie, St. Thomas • Philipsburg,  
St. Maarten • Fort Lauderdale, Florida  
*Race will take place in St. Maarten.*

***Allure of the Seas®***

**7-NIGHT WESTERN CARIBBEAN**  
March 10, 2013

Fort Lauderdale, Florida • Labadee®, Haiti  
Falmouth, Jamaica • Cozumel, Mexico  
Fort Lauderdale, Florida  
*Race will take place in Falmouth, Jamaica*

*Royal 5K Package Price: \$ 25\*\* | Child's Royal 5K Package Price: \$ 15\*\**



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**RESERVE YOUR ROYAL CARIBBEAN VACATION WITH US TODAY!**

\*Prices are per person, cruise only, double occupancy, and in U.S. dollars. All itineraries and prices are subject to change without notice. Certain restrictions apply. Government taxes and fees are additional. \*\*\$25 adult and \$15 children Royal 5K fee includes registration for the race and all other activities listed that take place throughout the week. Child's price is for children 10-17 years old. Children under 10 years old are not allowed to book. Must sign up and pay the fee to participate. After booking your cruise sign up for the Royal 5K on [RoyalCaribbean.com](http://RoyalCaribbean.com) under Before You Board - Shore Excursions. ©2012 Royal Caribbean Cruises Ltd. Ship's registry: The Bahamas. 1026907 • 1/10/2012

*Limited Availability*



### 3<sup>rd</sup> Annual Royal 5K Race

Falmouth, Jamaica

Special AAA Rates

### Royal Caribbean Cruise lines

#### “Allure of the Seas”

March 10 – March 17, 2013

Eastern Caribbean

Category L	Inside Cabin	\$1129 per person
Category B2	Boardwalk-view	\$1337 per person (Balcony)
Category D5	Balcony OV	\$1445 per person
Category D4	Balcony OV	\$1469 per person

\*Third and Fourth passenger rates confirmed at time of deposit/additional categories may be available upon request. Above rates include all current port taxes and government fees and could be subject to change prior to final payment. Fuel surcharges have been suspended at the present time but may be reinstated should fuel costs increase. All credit card payments will be accepted over the phone. No cabin or pricing can be guaranteed until full deposit is received.

DEPOSIT of \$250 per person due by November 7, 2012

FINAL payment due December 18, 2012

To make your reservation today please contact AAA Group Travel Services at 800-927-8805 or email [grouptravel@aaanv.com](mailto:grouptravel@aaanv.com). AAA Travel, 1415 Kellum Place, Garden City, NY 11350

**UTICA ROADRUNNERS 2013 MEMBERSHIP FORM  
(PAGE 1 OF 2, please submit both pages)**



**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. Members get a discounted entry fee into club races and free entry in the Development Runs.

**2013 Membership Renewal or New Member  
(circle one)**

Last Name (please print): \_\_\_\_\_

First Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Second Phone: \_\_\_\_\_

DOB: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

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

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

Last Name (please print): \_\_\_\_\_

First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

DOB: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

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

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

Last Name (please print): \_\_\_\_\_

First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

DOB: \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

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

**(Use second form for additional family members.)**

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for a couple and \$30 for a family of 3 or 4. **For new families only**, there's an additional fee of \$2 for each family member after 4 members. Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504

**Please complete page 2 on the following page - both pages must be submitted in order for your application to be valid-Thank You**

## UTICA ROADRUNNERS 2013 MEMBERSHIP FORM VOLUNTEERING FORM (PAGE 2 OF 2)

URR Volunteer Categories (check any that interest you) Participation earns you Roadrunner Points!				
1 <sup>st</sup> Member	2 <sup>nd</sup> Member	3 <sup>rd</sup> Member	Committee	Duties
			Membership	Maintenance of records and membership list, membership cards, information to new members
			Club Races	Helps plan URR races such as SOS, Summer Sizzle, Falling Leaves
			Racing Team	Helps with recruitment of Team members, organize Racing Schedule and Team registration coordinates transportation
			Training	Boilermaker Training Program and other Youth Training Programs, Development Runs
			Volunteer	Solicits club members to volunteer for various club races and activities
			Social Activities	Annual Awards Banquet, Fun Runs and parties, other special events promoting fellowship
			Awards	Determine qualifications, criteria and appropriate awards for the URR Grand Prix and other club awards
			Public Relations	Newsletter, Website, Email, Media releases, Use of URR lo, other means of promoting the Club
			Finance	Submission of a proposed annual budget to the Board, establish reimbursement policy
			Merchandise	Design, purchase, marketing and sale of Club merchandise

### Club Membership Application Waiver (applies to all persons on 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.

1st Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

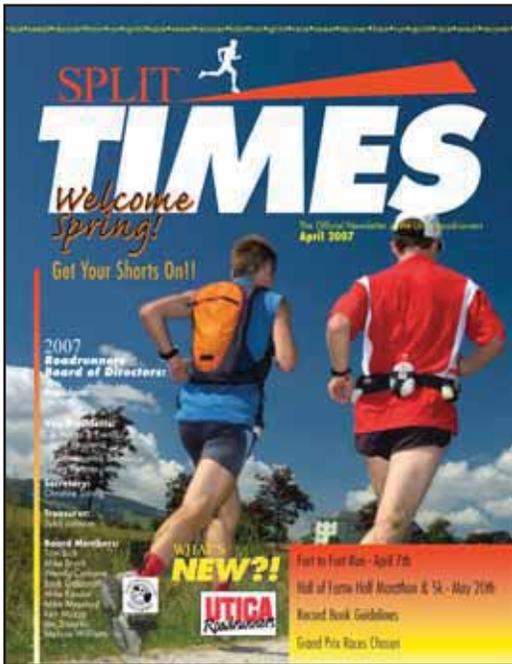
2nd Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

3rd Member's Signature: \_\_\_\_\_  
(parent or guardian if under 18)

Date \_\_\_\_\_

Questions? Please email Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com) or call him at (315) 894-5402.



# 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.



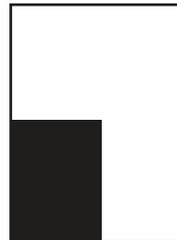
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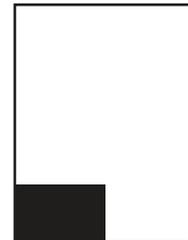
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HALF PAGE - V  
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QUARTER PAGE  
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BUSINESS CARD  
3.5" X 2.5"

### PER ISSUE ADVERTISING RATES (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@gmail.com](mailto: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 Patrice May at [patricem.may@gmail.com](mailto:patricem.may@gmail.com) or (315) 368-8416.