

january 2015

splitimes

The Official Newsletter of the Utica Roadrunners

**NEW YEAR
NEW TRAILS
NEW COURSES
NEW RACES
NEW GEAR
NEW GOALS**

**WHAT DOES
YOUR
2015
LOOK LIKE?**

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January
2015
Utica Roadrunners
Board of Directors



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Anne Marie Latshaw

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Stephanie Stark

Jeremy West



**"LIKE" US
ON facebook!**

<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

**Fresh Start 5K Run
and 1 mile walk
New Year's Day
9 AM Clinton, NY**

**Sponsored by The Sneaker Store
and 8 Fresh at 8 College St, Clinton
Registration from 8 - 8:45 AM at 8 Fresh
\$12. Check the Club race calendar
online for pre-registration
info and more details.**

Advertising

If you would like to advertise in Splitimes, please contact:
Sybil Johnson email: densyb@roadrunner.com
or call (315) 733-6216.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!). See last page of this newsletter for advertising rates.

Editor: Michelle Truett
michelle@484design.com





President's Message

Buon Natale! Szczęśliwego Nowego Roku! Shona Bhliain Nua! Feliz Ano Nuevo!

Since I have been wishing all of you Happy New Year in English for all of these years, I thought I would throw in a few other language greetings. Some of the diacritical markings are missing. I did not know how to find those and the marks would not help me pronounce them anyway. Do you have any interesting resolutions for this year? I used to like the one – Don't get hurt. Like injuries can be totally prevented. My resolution, as if I could keep it, would be to run 1,000 miles. In 2014, I did run the few miles I needed to make it to 26,000 miles over my running lifetime. Too bad I did not record my miles from the first step. I started writing the numbers once I joined the Utica YMCA Roadrunners in 1976. Bob Carlson made us newbies feel that it was only logical to record every tenth!

Since the Hangover Run in Barneveld is history, will some of you make it to Clinton for the Fresh Start 5K Run & 1 mile walk or to Boonville Boonville for the Tow Path Trekkers New Year's Day Run? Check the website calendar for specifics. Times change, and that includes races and venues. We used to have a Spring Sting 5K. The Roman Runners had the 12 mile race that went from Fort Stanwix to the Oriskany Monument. There was the Schuyler Lake to Herkimer Adam Helmer Marathon. So many races have popped up and fallen to the wayside... Yikes, I sound old. Oh yeah, I am. One constant is that January is a quiet month for races here in snow country.

The New Year brings new ideas and the renewal of old commitments.

- **Jim Moragne** has contacted Central New York running clubs for an Interclub Competition Cup. Each club's races will be promoted by the other participating groups, there will be age-graded scoring and based on that, the runners will be considered for the ICC. Jim will continue as our USATF and RRCA contact too.
- **Jeremy West** is going to a Coaches Training Class to hone his skills for the Youth Training activities that the Club promotes. He is also working with our editor, Michelle Truett, to begin a High School Athlete of the Month column. Jeremy will also work with Sarah Elleman to coordinate the Racing Team members and events.
- The Club will continue our scholarship program with **Ann Marie Latshaw** taking over for Jerry Tylutki. Thanks for all the work and updating to the program, Jerry.
- We will continue the **Race Director Meeting Program** with a meeting in January at the Brewery. TBA
- You may receive an email from **Sandy Arcuri** or **Ann Marie Latshaw** to enlist your help at Club events. Don't forget that there will be one big party for all volunteers at Club events in September. Thank You, **Mike Kessler** for coordinating this and your commitment to the Development Runs.
- **Dave and Sue Paddock** will be expecting your dues renewals before February 28, 2015. We have changed that renewal date to facilitate the Grand Prix and general efficiency. Why wait until June to renew? It does not make sense to me.

continued →

- **Cory Battles** will continue to organize the Facebook stuff. 'Stuff' is the technotard in me talking. I did not know about the whole process of having plenty of likes for posts. (Cory explained the process.) We had a good return for the Run to End Hunger post. Cory will be our MRPR man – Media Releases Public Relations – go to guy.
- **Tom Joslin** will continue to keep track of our \$\$\$s. Tom will also be contacting the area Hash House Harriers - Runners who have rather informal gatherings that end up with some beer drinking. That could be a very good new idea.
- **Dan Alder** will be helping Dennis Johnson to make the Summer Sizzle better than ever. Our other flagship races will continue with the leadership of **Jerry Tylutki** for the SOS, **Mike Brych** for the Falling Leaves, **Dave Jones** for the Run to End Hunger (2015 is Dave's last year, so someone should step up to the plate to check out the process and join Dave and his crew this year.) **Mike Kessler** will continue the Run for Safety – I am pretty sure...
- **Sarah Elleman** will be maintaining the merchandise and ordering some new running attire. If you have suggestions, contact Sarah – but wait until February. The baby is due in January!
- **Melanie Crisino** will be wearing many hats. She will continue as Secretary, continue Awards Banquet scheduling for the February 28, 2105 event with **Stephanie Stark**, AND Melanie is taking over the Boilermaker Training Program! Stephanie will be supporting the BTP coordination, too.
- **Jerry Tylutki** will continue as our Webmaster. Send any info you want on the website to Jerry.
- I will keep checking the mailbox. I was told not to list how I keep busy for the Club. No one would want my position in the future if I did!

I thought I would have a short article for this month. It is amazing how the words just keep adding up. Please enjoy your winter running, BUT BE CAREFUL OUT THERE!



*Save
the
Date!*

**Utica Roadrunners
Awards Banquet**

Saturday,
February 28th
at Danieles Valley View
Utica, NY

Boilermaker Training Runs

**Boilermaker
2015K**
UTICA, NY - JULY 12TH

HERE WE GO!

**The first Boilermaker Training Run
will be held at the Fitness Mill at 7:30am
on Saturday, February 7th.**

Letter from the Editor

5 ways to make sure your 2015 running goals stick.

I love setting goals. I **also** love when other people tell me THEIR goals so I can nudge (or pester... or support) them about it until they complete it. Here's my top five ways to make a goal and stick to it.

1

Put it on the fridge.

Sign up for your next race (or races) and put the receipt right on the fridge out in plain daylight. It'll be a daily reminder that you signed up for it and even a reminder to eat right as you're continuously opening the fridge - a win-win scenario.

2

Tell someone.

"Putting it out there in the universe" is a great way to keep accountable for your goals. My good friend Val Cognetto taught me that one. One you tell someone, "I'm going to run a marathon this year!" it gets real... real quick.

3

Find unique motivation.

Joining running groups and reading through issue after issue of Runners World are fantastic, but look for motivation in other arenas, too. When I was training for Wineglass, I read tough autobiographies of survivors of horrific events - weird, but I could take tackle hills like a champ thinking about the hardship others had gone through.

4

Visualize the end.

During your training runs, visualize yourself crossing the finish line of your goal race. Think about the sense of accomplishment you'll feel, see your family there cheering you on, think about the bagel you'll get to eat... whatever works for you. I sometimes visualized a cheeseburger from Five Guys. I earned it!

5

Book the hotel.

Nothing makes you reach a goal like knowing you could be out CASH if you don't! Book your hotel early (good practice anyway) and put THAT on the fridge right with your race sign up sheet!

Get those goals set!



MOVIE TIME!

"UNBROKEN" COMING OUT ON CHRISTMAS DAY

The incredible life of Olympic track star and war hero Louis "Louie" Zamperini who, along with two other crewmen, survived in a raft for 47 days after a near-fatal plane crash in WWII—only to be caught by the Japanese Navy and sent to a prisoner-of-war camp.

[Watch the trailer >>](#)

Thank you!

Thank You!!!

My family and I would like to thank the Utica Roadrunners for their generosity and kindness while I recovered from my strokes. So many of the members sent get wells, called, sent Facebook messages or came to visit. The benefit that was given for me and my family was such a wonderful, amazing event. I do not have words that will ever be enough, to thank everyone who organized, donated and gave their time. I am proud to be a member of such a kind, caring community. Being a runner and a volunteer

is rewarding in the fact that I have made so many great friends. I owe you all a debt of gratitude that I hope to repay someday... As I work to complete my road to recovery, I always will remember; life is a gift that's why it is called the present. I am humbled and fortunate to have such great people in my life.

Thank you,
Sandy Arcuri, Mark Arcuri, Mark Arcuri Jr & Cassandra Arcuri



CONGRATULATIONS!

We'd like to extend our congratulations to our aren's young runners that recently competed in the Regional and National Junior Olympic XC Championships. We are proud of you!

USATF Region 1 Junior Olympic XC Championships Cony High School, Augusta, ME



15-16 Girls 5k

1st - Justyna Wilkinson 19:56.83*
10th - Alyssa Suits 21:41.15*

13-14 Girls 4k

65th - Elizabeth Haddad 17:37.55

11-12 Boys 3k

121st - Alex Wilkinson 14:37.92

* Qualified for nationals

USATF National Junior Olympic XC Championships Whispering Pines Golf Course, Myrtle Beach, SC on Saturday, December 13



Justyna Wilkinson

12th Place
18:23.5

Alyssa Suits

59th Place
20:27.5

H.S. ATHLETE Q&A

Daniel Hillman

School: Notre Dame H.S.

Grade: 12

When did you begin running?

I began running Cross Country in fourth grade at St. Mary's Elementary School

What inspired you to start?

St. Mary's was a very small school, and so Cross Country was the only fall sport offered. Most everyone ran cross country and as soon as I tried it, I knew that I loved to compete and challenge myself.

What distance(s) do you compete in?

I primarily run the 5K distance because that is what I have always raced at in Cross country. I have only run cross country and road races. (Notre Dame does not have a track team, however this year I will be running as an individual to represent Notre Dame in Indoor Track and I'm excited to experiment with shorter distances).

What have been your biggest accomplishments so far?

The past two years (as a Junior and Senior) in a row I have individually qualified for and ran at the State Championship, with this year coming in the top 25. As a sophomore, I was one runner short of qualifying for States. Racing at the State Championship has always been one of my big goals that constantly motivated me to improve. I reached a personal goal of mine this season by breaking the 17 minute 5K barrier and running in the 16s. This year I came in second place in the Tri-Valley League Championship. I definitely think that race was one of my best, if not my best race because I knew that I wanted to run a bold race and the plan worked even better than I had hoped.

What does the future hold with you and running?

In the immediate future, this winter I am happy that I am fortunate enough to be able to run indoor track for my first time representing Notre Dame as an individual. This will actually be my first time running track in either outdoor or indoor, so I am very excited to see what I can do. I definitely plan to run in college, for all three seasons. I am unfamiliar with the distances that are run in college and so I don't know yet what my goals will be. After college, I know that running will always be a part of my life, in one form or another. I like the idea of one day coaching a cross country team.

Do you do any other sports?

Yes, I downhill ski recreationally in the winter and in the spring I have played 1st Singles for Notre Dame Varsity Tennis the past three years.

Have you received any special awards/recognitions or broke any school records?

I have received the Tri-Valley League First Team All-Star award the past three years in a row for my performance in our league meets. I have qualified individually the past two years for the New York State Championship.



Qualifying for the State Championship as an individual at Sectionals.



Winning First place for the second year in a row at the 26th annual Martha's Vineyard 5k.

continued →

H.S. ATHLETE Q&A



What gear can you not live without?

I would have to say that my **Garmin GPS watch** has been one of my most important pieces of gear. Almost every time you see me running during Cross Country season, I'll be wearing it to keep track of my mileage and pace. It is such a great training tool for doing workouts on the trails where it is hard to measure distances. It also gets different paces synced with my body so that I know how fast I am running and what my goal race pace feels like.

What is your favorite food/drink to have after meet or race?

Whether it is right after a race, or the next morning, I love to eat a lot of pancakes. I know this does not sound like the healthiest recovery food, but you just have to celebrate a little. Plus, you get to replenish your carbohydrate stores for the next run!



When you're NOT running, what can we find you doing in your spare time?

I like to go to indoor tennis clinics, have friends over for a bonfire, or go out skiing with a group of people on Saturday nights. I'm often involved in community service projects, either through National Honor Society or through my local parish. Camping trips have been a big thing with my family. We go on several annual camping trips. This past summer we went on a cross country trip out west with our travel-trailer to various national parks out in Utah and Colorado. I love the outdoors in all forms - hiking, biking, or even kayaking.

What movie could you watch over and over again?

I would actually have to go with a trilogy ;The Lord of the Rings movies are a favorite of mine. The movies were filled with suspenseful action, daring adventures and imaginative fantasy that just intrigued me.



Do you have any pets?

Yes, I have a German Shepherd named Winnie. She is the most energetic and playful 10 year old dog you will meet. She still chases after tennis balls just as fast as she did when she was 2. We like to say that she is too smart for her own good, because she can sometimes find her way into trouble. One time she found out how to unlatch our above ground pool gate and she tight-rope along the pool edge to escape and wander around the neighborhood.



What is your running mantra?

I don't have one single running mantra, but I have kind of developed various mantras depending on the race and course that I am running on. For example, if the course I run on has a big hill, when it comes to that part in the race, I will tell myself **"What hill?"** over and over again. This can make a big difference because a lot of times you slow down just because you see a hill coming and are afraid of burning out. In general when I start a race I like to think simply **"Get out"**. As I approach the end of the race, I like to think **"Nothing Left!"** because I want to make sure that I give my all. One of my coaches used to say "It's 70% mental, and the rest is in your head!"

UPDATE:

**On December 16, Dan ran at his first indoor track meet representing Notre Dame.
1st in the 1000m - 2:51
3rd in the 1600m - 4:45**

**In his 2nd meet on December 18
1st in the 3200m - 10:15**

He has already qualified for Sectionals in his first 2 meets!

A THANK YOU TO THE CLUB



Your Neighbors, Inc.
108 Utica Road
Clinton, NY 13323
315.235.7149 | yourneighborsinc@yahoo.com

Friday, December 05, 2014

Mr. David Jones
Utica Roadrunners
P.O. Box 4141
Utica, NY 13504

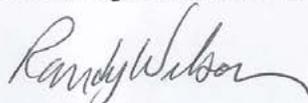
Dear Dave:

On behalf of Your Neighbors, Inc., I wish to extend our most heartfelt gratitude for your extremely generous contribution of \$6,510 to our organization as the sole beneficiary of your 30th Annual Thanksgiving Day Run/Walk to End Hunger event. Particularly during the holidays, the need is felt so strongly; your gift means so much and will assist us substantially in our efforts to provide for the individuals we care deeply about.

As you know, Your Neighbors is community volunteers dedicated to serving the frail, elderly & those with limited independence in the greater Utica area by offering welcome companionship, medical & personal transportation, friendly assistance, healthy, home-cooked meals and so much more. With the continued compassion and encouragement of caring people like the Utica Roadrunners, together we can make the lives of the people who rely on us that much brighter.

Once again, our sincerest appreciation for your very kind and generous donation to Your Neighbors, Inc. and may you enjoy a truly Happy Holiday Season!!

Warmest regards and Best wishes,


Randy Wilson
Board President, Your Neighbors, Inc.

*Dave -
Many Thanks!!
RW.*

A Neighbor's Independence is in Our Hands!!

MEET THE 2015 BOARD



DAN ALDER

Hometown: Clinton, NY

If you're not running, we can find you... walking, hiking, biking, or exercising at the Fitness Mill Gym.

Years you've been running: 12

Age you started again: 40

Favorite race distance: 15k Boilermaker, as I have completed 6 of them.

What are your running goals for 2015?: Decrease my 5k times to less than 22 minutes.

Running background: I joined the Utica Roadrunners Club three years ago after my job with General Electric moved to South Carolina, and we decided to not relocate. I've been running for 12 years now and started at the age of 40 for all the better health reasons that apply. I really enjoy running and it has become my favorite hobby. I have completed 2 Boilermaker 5k races so far and will continue with the 5k races as there are less aches and pains involved.

On the board:

I became a board member to help give back to the Club that helped my wife and I change our way of life to be more healthy with exercising. As a board member, I will help Dennis Johnson with the many improvements coming up for the Summer Sizzle Race.

What do you think is the biggest benefit of being a Utica Roadrunners member? Being part of the people themselves in this club. It truly is a wonderful organization!



SANDY ARCURI

Hometown: Deerfield, NY

Where do you work? Billing Solutions Medical Biller/Coder

If you're not running, we can find you... Spending time with my family and helping where I am needed.

Years you've been running: I was a runner in high school. But stopped. I started running again almost 10 years ago

Age you started again: 33

Favorite race distance: 10k

What are your running goals for 2015?: 2014 goals were to complete 6 half marathons and do at least one under 2 hours. Unfortunately due to a brain aneurysm bursting and 2 strokes I was happy just to be walking on my own again. 2015 holds lots of promise and I am not sure how much I can complete. I do want to do my first full marathon but unsure if 2015 or 2016 will be the year only time will tell.

Running background: I ran track and cross country in high school. Had I run this year's Boilermaker, 2015 would have been 10 years.. 2015 Boilermaker I am going to run with a charity bib to raise awareness and funds for the Brain Aneurysm Foundation if I am able.

On the board:

I help with the volunteer aspect with Jim Morange

What do you think is the biggest benefit of being a Utica Roadrunners member? The biggest benefit to being a Utica Roadrunner is I am part of a very special community that really cares about each other. The kindness shown to me and my family during my illness was incredible and wonderful!!!

MEET THE 2015 BOARD



CORY BATTLES

Hometown: Utica

Years you've been running: well over 20 years

Age you started: in elementary school

Favorite race distance: 15K Boilermaker!

On the board:

I decided to become a UR Board member because I thought it was a great opportunity to finally become an active member and contribute to the sport I enjoy.

Board responsibilities include running the club's Facebook page, media releases and public relations.

What do you think is the biggest benefit of being a Utica Roadrunners member?

The best part is the camaraderie at the races.



MELANIE CRISINO

Hometown: Mohawk

Where do you work? MetLife - Appeals Specialist

If you're not running, we can find you... Spending time with my family, traveling, skiing, snowmobiling

Years you've been running: a little over 3 years

Age you started: 38

Favorite race distance: Half Marathon

What are your running goals for 2015?: I ran 10 half marathons in 2014 and ran my first full marathon. For 2015, my goal is to continue with Half marathons and a triathlon.

Running background: I started running to better my health. I have talked several friends into joining me along my "crazy" running journey. They have since continued running :)

On the board:

I am the Secretary, Chairperson of the Boilermaker training program and I plan the annual awards banquet.

What do you think is the biggest benefit of being a Utica Roadrunners member?

Meeting new people. I have met so many people that I can honestly call my close friends :)

MEET THE 2015 BOARD



SARAH ELLEMAN

Hometown: Utica

Where do you work? Head Field Hockey Coach, Utica College

If you're not running, we can find you... Taking care of my son, cross training, reading.

Years you've been running: 14

Age you started: 17 I began running to get ready to play collegiate field hockey

Favorite race distance: Recently, 5K.

What are your running goals for 2015?: To get back in shape after having my second child and have a decent showing in the Boilermaker.

Running background: Running is a family thing for me. I grew up with my dad running and going to races with him. My mom and brother both run off and on. I met my husband in a running club!

On the board:

Merchandise and women's racing team (let me know if you want to join!)

What do you think is the biggest benefit of being a Utica Roadrunners member?

Meeting lots of different people who all love to run!



SYBIL JOHNSON

Hometown: Utica

Career: Retired from the Utica Schools as a Speech Therapist after 33 years of service

If you're not running, we can find you... I run very little - 95 or so miles in 2014, but I do 2 spinning, 2 yoga, & 2 Pilates classes most weeks. I also walk about 20 miles a week and attend 2 watercolor painting classes a week

Years you've been running: Have run for about 40 years, starting at 24, and I liked half marathon distance races the most

Running background:

Have run 22 Boilermakers, too many to count 5Ks and 10Ks and about 17 half marathons. Started running for exercise. Met Dennis through the Roadrunners.

On the board:

As President, I get my fingers in too many jobs. I check the Club mailbox weekly, sometimes more often, write monthly articles for the SpliTimes, Treasurer for Falling Leaves, Team Chair for the Heart Run, Set dates and make arrangements for the Annual Meeting, Race Director Mtg, Membership Mtgs - usually held at the Brewery, Insurance contact for the RRCA liability insurance, order Club incentives and handouts like mugs, pencils, pens, gloves, put together door prizes for events, volunteer at many Club races and events

What do you think is the biggest benefit of being a Utica Roadrunners member?

Great friends who have similar values, exercise habits and spirit of volunteerism.

MEET THE 2015 BOARD



TOM JOSLIN

Years you've been running: 22 years

Age you started: 13 years old my first Falling Leaves

Favorite race distance: 15km of course!

What are your running goals for 2015?: finish 2015 Virgil Crest 100-miler

Running milestone:

2015 will be my 20th Boilermaker!

On the board:

Treasurer

What do you think is the biggest benefit of being a Utica Roadrunners member?

Being part of the local community and participating in something I love!



MIKE KESSLER

Hometown: Rome NY

Where do you work? Transportation @ Masonic Care Community

If you're not running, we can find you... biking, hunting, anything outdoors & drinking beer

Years you've been running: 11

Age you started: 45

Favorite race distance: 5k

What are your running goals for 2015?: Stay vertical

Running background: I started running after I started dating Linda Turner, she introduced me into running via the Boilermaker Training Program, Utica Roadrunners. The only time I would run prior was when a coach made me take a lap, or we threw snowballs and the cops were coming. I was amazed at how I could keep reaching distances that I never thought were possible from 1 to 26.2 miles! I tell folks to celebrate each of those milestones I did! I believe if you can stay injury free, you can maintain your weight, and improve your health through running more than any other means. I'll never win a race, so I run for the fun of doing things with like minded people. I have met some amazing people and cherish the friendships forged.

On the board:

Vice President Activities and Events

What do you think is the biggest benefit of being a Utica Roadrunners member?

Diversified group of people who have somewhat common goals. As with anything you get out what you put in! The opportunity to meet and make friends (some for life), reach milestones, have fun and maybe give a little back to the community is at your fingertips.

MEET THE 2015 BOARD



ANNE MARIE LATSHAW

Hometown: Clinton, NY

Where do you work? Utica City School District, Speech Pathologist

If you're not running, we can find you... Watching hockey -

My husband and I have season tickets for the Comets and Utica College!

Years you've been running: Consistently for four years

Age you started: Dabbled in running since high school, consistent running for past 4-5 years

Favorite race distance: Tough question, depends on the race - probably 10K

What are your running goals for 2015?: Would like to complete a sprint tri

Running background: Joined weight watchers in January of 2010, lost 50+ pounds and made a life change with exercising, became a lifetime Weight Watchers member and ran my first Boilermaker. From there I have completed many races, including three half marathons and one marathon. I run to stay healthy and even though I'm not particularly fast, I try to be consistent. I am very thankful for my health and want to pay it forward to others.

On the board:

I'm going to help with scholarships and coordinating volunteers

What do you think is the biggest benefit of being a Utica Roadrunners member?

Meeting new people and paying it forward for all the benefits I have achieved from changing my health and fitness through running



JIM MORAGNE

Hometown: Born in New Orleans; grew up in Massena; live in Ilion

Where do you work? Retired manager, NYS

If you're not running, we can find you... Doing volunteer work, reading, biking

Years you've been running: 8

Age you started: 56

Favorite race distance: Half Marathon - 27 to date

What are your running goals for 2015?: Full marathon in the fall (4th)

Running background: I try to nurture the running community in the eastern part of the area (Herkimer County) via a weekly e-letter with about 100 primary addressees.

On the board:

Admin and Finance VP; Clubs and Organizational Liaison

What do you think is the biggest benefit of being a Utica Roadrunners member?

Staying involved with the running community in Central New York - great bunch of people

MEET THE 2015 BOARD



STEPHANIE STARK

Hometown: Utica

Where do you work? BNY Mellon

Years you've been running: 3 Years

Age you started: 34

Favorite race distance: Boilermaker

What are your running goals for 2015?: I have slacked in the last few months. So I just want to get back on track.

Running background: I started running 3 years ago when someone told me to meet at the Fitness mill with the Utica Roadrunners. I was hooked after that. I meet a lot of great people that have supported each other a great deal. Which makes the club what it is. I have made a lot of new friends that I would never have meant if not for the group. With that said I have been talked into "MANY" runs. I have completed many 5k, 10k and 2 Boilermakers. And I achieved a goal that I thought I would never have done was start and finish a half marathon. Without joining the group I would never have imagined starting and finishing any of these runs.



JEREMY WEST

Hometown: Vernon, NY

Where do you work? Madison-Oneida BOCES, 1:1 Teacher Aide; New Hartford CSD, XC/T&F Coach; Sisu Athletic Development, President

If you're not running, we can find you... kayaking and hiking during the summer. Anything outside.

Years you've been running: 15 years

Age you started: 13

Favorite race distance: Marathon

What are your running goals for 2015?: Another sub-60 Boilermaker

Running background: I coach cross country, indoor track, and outdoor track at New Hartford. I direct a summer cross country training program (Sisu XC Development) and summer running camp (Sisu Running Camp).

On the board:

Youth Training, Men's Racing Team, Utica Roadrunners XC Invitational Race Director

What do you think is the biggest benefit of being a Utica Roadrunners member?

Training and racing with the Racing Team and free Development Runs (and the awesome newsletter!)

The Casual Runner: Words on Running for the Rest of Us

by Rob Trotta

13.1

My First Time



Get your head out of the gutter; that's not what I meant. I'm referring to the first time I donned a race bib and ran competitively. But more on that later.

Anyway, Happy 2015! Hopefully you've been keeping active and limber despite the temperamental weather. I'd be lying if I told you I've been out there running and keeping my legs loose, but I haven't been totally idle either. Soon enough, however, I'll be in the proper mindset to raise the bar once again in order to further my so-called running career. In this season of resolutions, goal-setting, and absolution of the previous year's indulgences, I'll share with you one of my running goals for the New Year, and those of you that know me personally are expected to hold me to it. If all goes as planned, I'll finally make the leap and run a half-marathon.

Granted, most who are reading this have probably already run many, but for me it's a rather lofty goal. I've made no secret of my lackadaisical approach to the discipline in running, although I tend to be a bit melodramatic in my self-deprecating articles. Regardless, it's my intention to take the next step past the Boilermaker in terms of distance, and the few half-marathons I have my eyes on for this spring will make it possible. Only eleven years ago I said, "I'll never run more than a mile." And then before long I was running my first 5K (again, more on that later). Then I said, "I'll never run a 10K since the 5K's are good enough for me." Sure enough, I was running a 10K soon after. During all of this, I emphatically kept saying, "I'll never run the Boilermaker. It's just too long." I've since run three of them. Lastly, I said as recently as last summer, "I'm good with the Boilermaker as my longest race. Nothing farther."

Well, this spring it'll be time for my first half-marathon.

Speaking of first times and New Years' goals, I'm reminded of the first road race I ran—the Yankee Homecoming 5K in Newburyport, Massachusetts. It was a warm July evening and I registered on-site after years of never having run more than a few hundred yards at a time. Obviously, running this race was not my idea; I was coerced into running it and I vaguely recall trying to use any excuse not to run it. My only training for this race was a vain attempt at a three-mile jog the day before—a day that was blistering hot and humid. My friend who dragged me into this took me out on some country roads for what was supposed to be a painless three-mile training session, but I barely made it two miles before angrily walking off the last mile while pouting in my head. There was no way I would be a properly functional runner the next day.

Nevertheless, at race time I was queued up at the start line, heart pounding and adrenaline flowing, and then I was off. I ran the whole thing without feeling as close to death as I thought I'd feel and I actually finished with a respectable 27:27 time. The rest is history.

Now as 2015 unfolds, it's time for another "first time" at a race that I said I would never do. Once my 13.1 is over, I will never bump it up to a full marathon. As I've said countless times before, enough is enough.



Rob's first time.... running a race!

2015 Dues

The Dues Window for 2015 Has Opened

Dear Roadrunners Member,

The Dues for 2015 are due by January 1, 2015. From this point forward, pay your dues and you're good through the end of 2015 (really February 28, 2016 since we don't suspend member privileges until the end of the first quarter of any year).

Dues are the same as last year: **\$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 using Paypal or print the club renewal form from the same location (or from page ___ of this newsletter) and mail it in with a check.

If you have any questions feel free to email (sdpaddock@aol.com) or call 315-857-0281

Thanks

Dave and Sue Paddock

[Renew NOW! >>](#)

Inspiration...



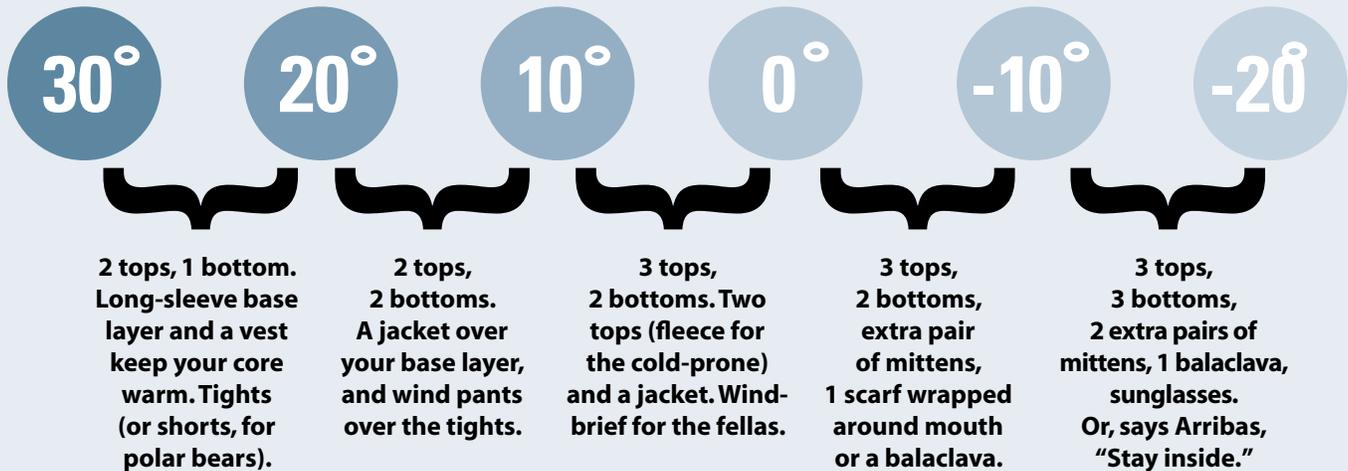
Running quotes - we love them. We Pin them. We inundate our Facebook walls with them. Check out the blog post "15 Motivational Quotes For Runners" from the Loyal to the Run blog - a "RUNspirational blog by GoneforaRun.com



[Check out these and more >>](#)

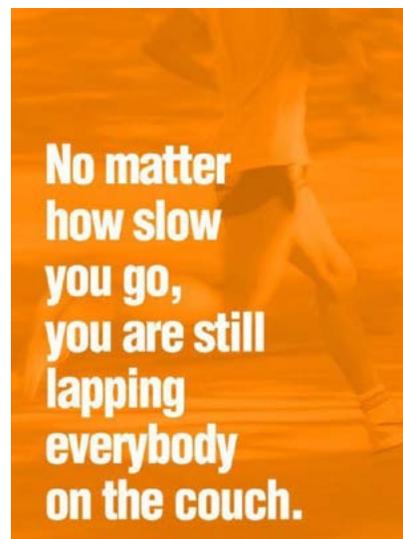
Be Smart About the Cold

How you dress in the winter months can mean the difference between a great run and a chilly disaster. Here's an excerpt from **Runner's World's** article "**10 Tips For Running In The Cold**" to help you dress just right during the Upstate winter.



[Read the whole article >>](#)

Truth...



Awesome Stuff

14 of The Funniest Running Styles

We usually give you a moving and inspiration video... but we found something a little humorous for you this month.

What's your running style?
The Shuffle? The Swimmer? The Pretty Girl?
The Am I Running Fast Enough?
Let this guy break down some different styles for you...

[Watch it >>](#)



WHY RUNNING ISN'T HELPING YOU LOSE WEIGHT!

from:

POPSUGAR



5 reasons why you might not be getting the results you're looking for.

[READ THE ARTICLE >>](#)

RUNNING TATTOOS

We see them. We have them.
We wish we had the guts to get one.
Enjoy a a cool gallery of running tattoos...
and maybe get inspired to get your own!



[See the rest >>](#)



UTICA ROADRUNNERS 2015 MEMBERSHIP APPLICATION/RENEWAL



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.

2015 Membership Renewal or New Member (circle one)

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

Mailing Address: _____

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

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

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

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

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) ____ (mens' sizes S, M, L, XL, XXL)

Additional Renewal or New Member (circle one)

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

E-mail address: _____

Primary Phone: _____ DOB: _____ Gender (M/F): _____

Development Run Number (if known): _____ T-shirt Size (new members) _____ (mens' sizes S, M, L, XL, XXL)

Annual dues are \$10 for a student under 20, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.

Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504.

Club Membership Application Waiver (application will not be accepted without signatures of all persons on this form, or that of their parent/guardian if under 18 years of age)

I agree that I am a member of the Utica Roadrunners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Utica Roadrunners, the city of Utica, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

First Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Second Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Third Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Fourth Member's Signature: _____ Date: _____
(parent or guardian if under 18)

Questions? Please email Dave Paddock at sdpaddock@aol.com or call him at (315) 867-0281.

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout

the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



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.

Down in the Valley

Mondays at 5:30 p.m. at the GPO Credit Union in Ilion

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.

Parkway Rec Center

Saturdays at 7:30 a.m.

A mixed group with all speeds and abilities welcome. Meets inside the rec center

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m.

Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com.

Dan can be called at 939-4572.

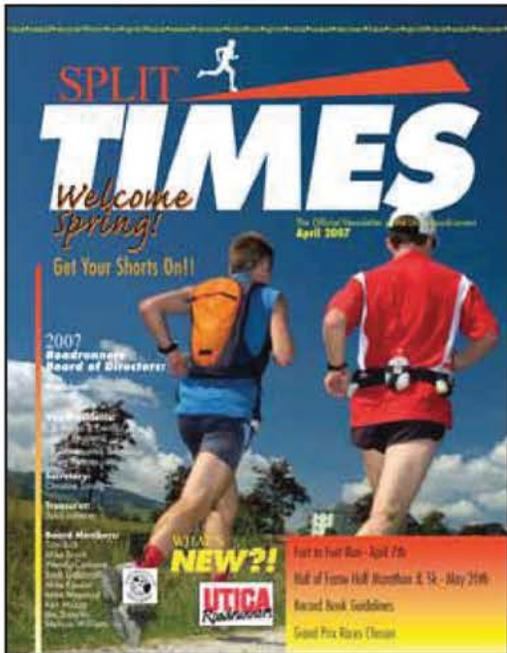
Useful Links:

Utica Roadrunners FB Page: <https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

People Who Run For Fun FB Page: <https://www.facebook.com/groups/89667583324/?fref=ts>

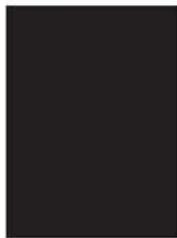
Utica Roadrunners Wednesday Night Development Runs: <https://www.facebook.com/groups/102503856458013/?fref=ts>

Club Handbook: <https://www.uticaroadrunners.org/documents/UticaRoadrunners2013ClubHandbook.pdf>



Promoting Competitive Fitness and Recreational Running

Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



FULL PAGE
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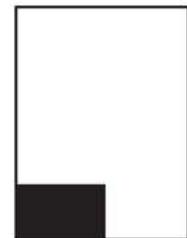
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QUARTER PAGE
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BUSINESS CARD
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PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

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.

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.

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

Sybil Johnson email: densyb@roadrunner.com or call (315) 733-6216.