

April 2018

splitimes

The Official Newsletter of the Utica Roadrunners

2018 AWARDS!

page 22



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April
2018
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Useful Links:

[Utica Roadrunners Facebook Page](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)



Beary Cute!

We're loving this unique gift –

Lauren Murphy's new 1,000 mile bear!





President's Message

by Wayne Murphy

It is officially spring!

We are planning for a busy running season. We wanted to take this opportunity to introduce you to our board members. They are featured here in this issue. We appreciate all of their hard work throughout the year to make our events a success.

March was a good month with both the annual banquet and the Heart Run and Walk. The Utica Roadrunners had a team for the Heart Run and Walk and were able to raise money for a great cause.

Don't forget to sign up and run the Ted Petrillo Save our Switchbacks. We need your support to help fund the maintenance of the Switchbacks which are used for the developmental runs held every Wednesday evening beginning May 2nd and ending just before the Falling Leaves in September.

Be sure to join us on Saturday mornings at the Parkway Recreation Center at 7:30 am for the Boilermaker Training program. All are welcome to join in and run with the group!

Feel free to contact me with any ideas or suggestions wayne13413@yahoo.com

Happy Hour



Join us!

Club Happy Hour

Friday, April 6, 2018

6:00pm

Griffin's Pub (Downtown Utica)

226 Genesee Street

Upcoming Race

THE TED PETRILLO
SAVE OUR SWITCHBACKS
7.5K



HALF A BOILERMAKER • 4 | 22 | 18

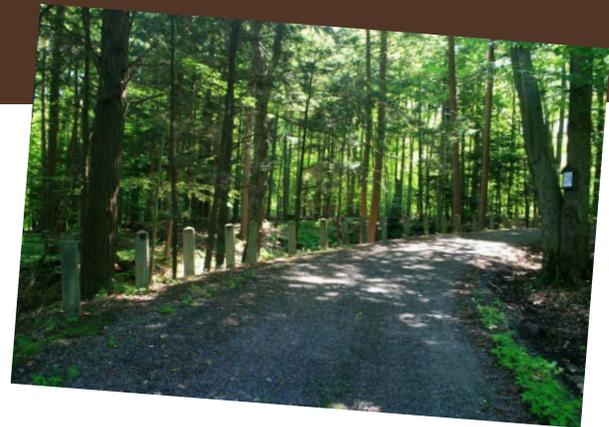
Sunday, April 22, 2018

Run starts – 9am

Kid's Run – 8:30am

Registration is now open!

[Sign up now >>](#)



7.5K Road Race
(4.66 miles)
\$25

**Help support the South Woods
Trails Project while running
"Half a Boilermaker"**

A Utica Roadrunners Grand Prix Event

Start and finish near the Utica Parkway Ski Chalet

The Save Our Switchbacks 7.5K road race is the long standing Utica Roadrunners kick-off event. The race marks the start of the weekly Development Runs held every Wednesday.

First CNY Runnings Cups Race



Fort to Fort 10K
THIS SUNDAY
April 8, 2018

[SIGN UP NOW](#)



Upcoming Roadrunners Race



Sunday, June 17, 2018
Registration is
now open!

[SIGN UP NOW](#)



Letter from the Editor

So much great news this month!

Take your time and read through this issue - we have SO MUCH info and I'm loving the increase in submissions from our members. Keep them coming - email me any time with an article, a review of a race or piece of gear, a blog post you wrote, or just results and a photo from a race you've just run.

Serious kudos go out to Melanie and Stephanie for running the Boilermaker Training Program again this year. We will need volunteers for safety and water - get your points and help out your fellow runners for a week or two. Email Mel at mcrisino@yahoo.com to see what dates are needed.

Thanks and go big, train safe, HAVE FUN!

2018 Student Scholarships

Do you know of any graduating high school seniors with a running background?

The Utica Roadrunners are pleased to announce that they will be continuing the tradition of awarding graduating seniors with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for these scholarships.

For more information and application, please go to <http://uticaroadrunners.org/about/scholarships/>

Member Accomplishments



NYC Half

Members Bill Callahan and Michael Polidori recently completed the United Airlines New York City Half Marathon.

Bill finished in 1:22:08 and in 281st place. Mike completed it in 1:21:31 (6:14 pace) in

242nd place out of 21,985 runners!



The Utica Roadrunners' Heart Run Team raised \$1,065



Member Jay Flemma had a blast at the Sleepy Hollow Half... and blogged about it!

[READ MORE](#)



Member Rick Gloop's latest podcast features Rob Richard. Rob took part in the 60 mile Georgia Death Race this past weekend.

[READ MORE](#)

USA Track & Field Masters Indoor Championships

by **Gary Burak**



Time was running out. What took 40 minutes yesterday had now taken 75 minutes and I was about to miss the race. It was only 8.5 miles from the Greenbelt Marriot to the Prince Georges Sports Center, but traffic and an extra pickup was putting the shuttle behind. My race wasn't for 3 hours but I had to see this event. As I entered the fieldhouse the bleachers were full. Yesterday they had been at about 30%, but this was the event everyone wanted to see.

It's day 2 at the USA Track & Field Masters Indoor National Championships and up next was the Women's 80-104 60 meters final. I headed to the finish line area of the bleachers and luckily there was Bill from Ohio and his wife who I met last night at the hotel. A record number of 1,219 athletes from all over the USA, as well as 40 international athletes, had come to compete in Landover, Maryland. In this field are six former Olympians, 114 returning National Champions and 43 American and World record holders.

No sooner did I get my camera on my I phone set to video and the gun went off. Down the track they headed including the "The Hurricane" herself Julia Hawkins – 102 years young! The crowd exploded as she crossed the finish line and landed one of two world records she would set today. No sooner did they finish and all were whisked away for interviews, USATF TV and ESPN were in the house to cover today's events. I thanked Bill for saving me a spot and asked him how it was going? "OK not bad" was all he said. On the bench next to his wife was a USATF National Master Champion patch. I knew what it was – I have one like it on my Roadrunner jacket except for 2 things. Mine says Eastern Regional not National on it. Trust me there is a huge difference between the two, but one thing they have in common is there is only one way to get one – you need to win a gold medal at a championship.

Being here is like just making the qualifying time and getting into the Boston Marathon. EVERYONE here is as good as you or better. They had come from halfway around the world to compete here. Yep, even from Australia. They don't have a college sport program like we do, so they lack the facilities we do here in America. They can't win a medal but they don't care. They just want to run with the best. I wished Bill good luck and headed to drop my gear in the warm up area. Unlike smaller meets, NO one who's not in the current event touches the track. Felicia joined me by the time the men's events came up and the once again





the place came to a roar as the men's 90-104 walked to the start line.

90 year old Ed Cox – the last war horse of the Syracuse Charger Dynasty – smoked the field, but it was the rivalry between 97 year old George Scott and 100 year old Orville Rogers that ESPN was here to see. You can see a replay of the Sports Center video at ESPN.com. The newest - and oldest- rivalry on the track-ESPN Video. Inspiring to say the least, Orville would go on to set 3 world records in the 60 meters , 400 meters and 1500 meters. They earned it. There are no breaks here for age - just ask 97 year old George Scott who got DQed for stepping over the rail on the track looking at the clock as he started his last lap.

My second event was coming up soon, but ladies first here for the 1500 meters. I started warming up and had to stop to see Syracuse Tracks' Sascha Scott win the Woman's 30-44 1500 meters. I had meet Sascha and Ed at the All Comers meet in Syracuse a few weeks ago. After watching the men's 80-104 1500 meters it was time to get my lane number for the 1500. There were over 20 runners in the 60-64 age group final - a large field and I was ranked 18th.

Now maybe you are wondering what I've been talking about rankings and classes so let me explain. Over the last 30 plus years John at Masters Ranking has been putting

together a database of track meets throughout the USA and most of the world. On the sign up site for the National Championship you click on the selection of your best recent track meet. This time has been ranked against other runners' best times giving you your national ranking. This is used to seat you on the start line. Working with National Running News, they have also come up with a class system using the current world record for your age group and distance. They grade your time as a percentage same as age grading in road racing. At the 70-79% grade you are considered regional class winning medals at the association championship meets and racing with the leaders at a regional meet. 80-89% ranks you as national class winning regional championship medals and running in the lead pack at the nationals. 90-100 you are world class and probably a national champ and running with the best in the world. Over 100 you just set a world record. For the record, there were 15 world records set at this year's champion indoor meet.

As they took us out on the track my spot was 3rd from the inside. They seated the fastest runners outside. The gun fired sending a signal to activate the timing system on the finish line computer. 1500 meters is 7 ½ laps so you cross the finish line 8 times. Every time you cross the line, a camera takes a picture and records your time and a chip in



your bib tells them who you are. Almost instantaneously your name and time come up on a top to bottom list telling everyone what place you are currently in. The system counts your laps and on the last lap they ring a bell giving this lap the

name bell lap. The field was fast and I was hanging on just enough to not to get lapped by the leaders. Unlike yesterday's longer 3000 meter race there would only be one bell for the leader. With a field of only 15 yesterday the officials did a fantastic job counting every runners' laps ringing the bell for every runner so you knew it was for you. They would announce your name on the PA telling everyone you were on your bell lap. Hearing the bell for the runner in front of me as well as my name after my bell was a huge rush. Running the 6th fastest bell laps of the 15 runners in the 60-64 field I almost caught the 11th place runner and closed a 7 second

lead to 1 second. I took 15 seconds off my regional gold medal time set in Providence Rhode Island two months ago. I would place 18th in the 1500 meters and took 7 seconds off my regional bronze medal performance.

After grabbing an ice cold Gatorade from a cooler in the warm up area, it was time to head back to the hotel to clean up. Being St. Paddy's Day I made sure there was time for a Guinness at the M Blue Lounge before the runners meeting. We weren't there long before the belle of the ball "the Hurricane" herself showed up. There's a reason they call her The Hurricane – it's all her energy! She acts more like a 70 year old then someone who is 102.

It was a huge honor to be able to carry the Utica Roadrunners colors and experience the excitement of a running track at a National Championship. There are lots of exciting things happening in Masters Track and Field and the new USATF Masters Chairperson, Rex Harvey, has HUGE plans for masters track. I will pass along the details as soon as I get them all in a few months when they all come out. For now I'll just say this to all you master runners in the club – 2020 Outdoor World Championships in Toronto, ½ Marathon, Olympic Uniforms!!

Renew Your Membership!



Don't let this be your last issue of SpliTimes! Renew your Roadrunners newsletter today!

If you have not paid your 2018 dues by April 1st then you will be removed from the email list and also will not be eligible for the grand prix or corporate cup team.

[RENEW NOW](#)

H.S. ATHLETE Q&A

McKenzie Brush

School: Notre Dame Jr./Sr. High School

Grade: 9

When did you begin running?

I began running in 7th grade at New York Mills.

What inspired you to start?

When I was nine, I went to one of my cousins cross country meets and seeing him run made me realize that I wanted to do something like that. Also my father and brother have always been very athletic and into sports so I knew cross country would be a fun experience for me.

What distance(s)/event(s) do you compete in?

For cross country, I compete in the girls varsity 5k. When I was involved in track at New York Mills, I participated in the 1600 meter (1 mile) run, and the high jump. During the summer I enjoy doing races such as the color run and the Boilermaker.

What have been your biggest running accomplishments so far?

One of my biggest accomplishments so far has been being asked to be on the varsity team when I was in 8th grade. Varsity is typically for grades 9 through 12, so being in 8th grade on the team was a big accomplishment. Another accomplishment of mine was at the Bill Coughlin Run Along the Mohawk race, when I made the second team of all-stars.

What does the future hold for you and running? I am planning on running until the end of high school, and if possible, I would love to run in college. Also I want to complete a half marathon and a marathon eventually. By the end of high school I am determined to go to states.

Do you do any other sports aside from track?

I do volleyball in the winter. I have tried soccer, but that wasn't my thing!

What other activities are you involved with at school?

At school I am in the NJROTC unit and this year we made it to nationals in Pensacola, Florida. When I am old enough, I plan on joining national honor society and campus ministry.

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

I was awarded the Tri-Valley League Second Team All Star and hope to be on the First team next year.



continued →



photo by JB3 Sports Photos

What piece of gear can you not live without?

My sneakers, which are the Saucony Ride 10, Everuns. They have the perfect cushioning inside of them and light weight which is good for running distance.

What is your favorite food to eat after a meet?

After a race I always have an apple and water. In the summer, popsicles after a race are the best! The day before a race I like to eat a lot of carbs and protein.

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

In my spare time I like to focus on my academics and spend time with my family and friends. I also like going on hikes and swimming. During the summer I enjoy going on vacations and every year we play a kickball game with my whole family.



What movie could you watch over and over again?

I could watch Pitch Perfect over and over again and still laugh every time! The movie is extremely funny and it has great music that I love to listen to!

Do you have any pets? I do not have any pets currently, but I used to have a guinea pig named Carmela and she was adorable! I enjoyed taking her outside and letting her eat the grass!

What is your running mantra?

Whenever I start getting tired or bored during a run I always like to say "Breathe it in. Run it out." and that helps me get the run done. During races I like to say "This will not kill you" and it makes me push myself as hard as I can.

I would like to give a huge thanks to my coaches for being huge motivators and for helping me perform to the best of my abilities. Another thank you to my dad for making me workout, even when I didn't want to, because it made me stronger!

Meet the Board



Jennifer Bachelder

Years on the Board: This is my 1st year as a board member.

Live in: New Hartford

Board responsibilities: So far I have been tasked with organizing our Heart Run Team and researching ideas for a possible club destination run. I am also on the Scholarship Committee.

Your running story: I ran a little in school, nothing serious, and on and off through adulthood. I rekindled my relationship with running in 2011 and started to get more serious, then became pregnant with baby #1. I ran my first Boilermaker 15k just 7 weeks post partum with a friend and a couple other races here and there with friends. I always felt like I had more in the tank and was curious just how much. Then came baby #2 and I needed to get back in shape, so I laced up, that is when the bug really bit me...and HARD. I registered for my 1st half marathon, Erie Canal and ran that in 2016 finding out I was pregnant with baby #3 the day before the race. It was that Spring that I found the Roadrunners and joined the Club. I ran through my entire pregnancy in 2016 and hit the ground running in 2017. I had my baby in January and a killer racing year to follow, including training for and running my first Marathon, Wineglass, last fall. Excited to see what comes my way this year!!

What race are you currently training for?:

As I mentioned, the running bug bit me hard and somehow I've managed to sign up for 13 races this year and it's only March!!! My big goals for the year are to PR my long distance races. I'm shooting to run a sub1:45 Half and a BQ time when I run the Mohawk Hudson Marathon this fall. Oh boy, now that this is in writing and public I better train hard and make it happen!!!

Why do you love the Utica Roadrunners Club?: The running community we have here is second to none. The people I have met through this club will be friends for life. There truly is "a place for every pace" and we all support each other unconditionally. I tell people all the time, it's the best twenty bucks I ever spent!!!



Melanie Crisino

Years on the Board: six

Live in: Mohawk

Board responsibilities: VP Admin/Finance

Your running story: I started running in 2010 and ran my first official race in 2011, that was the 5k Boilermaker. After that I was determined to do the 15k. So I joined the training program under Mike and Linda and I finished the 15k, all thanks to them! From then, I went on to run numerous races including 20+ half marathons, 18:12, and I completed my first (and only) marathon.

What race are you currently training for?: Pro Football Hall of Fame Half Marathon in Canton, Ohio at the end of April.

Why do you love the Utica Roadrunners Club?: I am very fortunate to have found the Utica Roadrunners. Thanks to the club I have made some great friendships and have received encouragement along the way. I have also been fortunate to pay it forward and offer the encouragement and fundamentals as others start their running journey through the training program.

Meet the Board



Rocco Fernald

Years on the Board: Two months

Live in: Marcy

Board responsibilities: Sponsorship development

Your running story: After sustaining a couple of basketball-related injuries six years ago, I turned to running as a new hobby to keep me healthy, motivated and competitive. It's taken some time, but it's now something that I truly enjoy doing whether it's a casual run or competitive race. It gives me a sense of freedom and relaxation, and also a feeling of accomplishment when I have met or exceeded my goal.

What race are you currently training for?: Erie Canal Half

Why do you love the Utica Roadrunners Club?: The club welcomes any level of runner, from beginner to elite. It's comforting to know that no matter your skill set, we will have some event, training or race that will ultimately help you improve as a runner.



Anne Marie Latshaw

Years on the Board: four

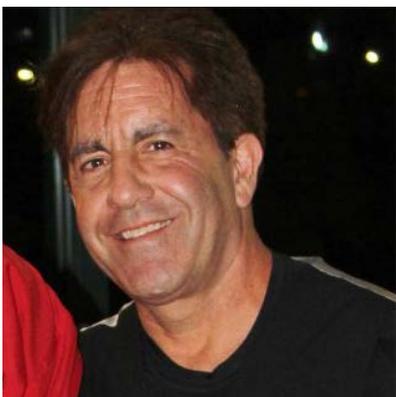
Live in: Clinton, NY

Board responsibilities: Scholarship Committee and I'm the secretary

Your running story: Running became a way of life when I incorporated exercising to my weight loss. I lost 70 pounds from my heaviest to my lightest. Eventually, I began running more. I completed my first Boilermaker at 30, my first half at 31, my first marathon at 33, and my first sprint triathlon at 34. Losing weight and exercising including running has become a way of life for me. I was able to run for 38 weeks when I was pregnant with my son and did a race each month I was pregnant, an accomplishment I'm very proud of. I also have pushed a running stroller in races with him. I hope he grows up and understands the importance of movement.

What race are you currently training for?: Seneca 7, Boilermaker and I am signed up for the Syracuse Half Marathon (I haven't done a half in a while)

Why do you love the Utica Roadrunners Club?: I love the camaraderie of the club and seeing others succeed.



Jim Mott

Years on the Board: 2 years

Live in: New Hartford

Board responsibilities: Director of Summer Sizzle, committee member, Scholarship Committee, Twitter Administrator

Your running story: Running has defined and shaped all aspects of my life. It has made me a better father, teacher, coach and person overall. I started running officially after my college soccer career ended. I ran my first official Boilermaker in 1992 and I have not missed the race since. I have run 53 marathons, including Boston nine times. I direct a race at my school for our seniors and school community called the Mott Marathon. We are in our 12th year. People circle our track 105-26.2 miles. I have helped nearly 300 high school seniors complete a marathon and our community has raised over \$30,000 for charitable local causes. One of my greatest honors happened just recently when I received the Hall of Fame Award from The Roadrunners at our recent banquet. There is nothing greater than getting recognition from your peers.

Meet the Board

What race are you currently training for?: I have the New York City Marathon coming up this November.

Why do you love the Utica Roadrunners Club?: The Roadrunners are Utica and the running community owes them everything. From the races, volunteers and community pride - I am honored to be a member.



Wayne Murphy

Live in: New Hartford

Board responsibilities: I am President of the Board of Directors for the Utica Roadrunners and Race Director of the Ted Petrillo Save Our Switchbacks run.

Your running story: I love running and started to run so I could run the Boilermaker. I have run many half marathons and three full marathons to date. I hope to be able to run the New York City Marathon in the future.

What race are you currently training for?: I am currently training for an Ultra Marathon.

Why do you love the Utica Roadrunners Club?:

The Utica Roadrunners is a great organization that not only promotes running but health within the community. The club also believes in giving back to the community.



Sharon Scala

Years on the Board: 1 year

Live in: Marcy

What race are you currently training for?: Disney Dark Side Challenge, Middleton 10 miler and Mountain Goat

Your running story: I've only been a runner for 7/8 years. I got into it originally to do things with my sons. My dream race was anything Disney and I did it last year and I'm registered again for next month. This year will be my 5th Boilermaker 15k, something I never thought I could do.

Why do you love the Utica Roadrunners Club?: The Roadrunners are supportive of all levels of runners. Not only is it a running group that is involved in the community but a social group that brings all of us together.



Stephanie Stark

Years on the Board: 3 years

Live in: Utica, ny

Board responsibilities: Assist Melanie Crisinio with the Saturday morning training program.

What race are you currently training for?: 15k Boilermaker.

Why do you love the Utica Roadrunners Club?: I love the support and the friendships I have made through the years. Always a great time when you get this group together.

To Stretch or Not to Stretch

Melissa Barlett, PhD.



When I was in college, I joined the crew team briefly. Actually, we only had a crew team briefly, as we never did manage to convince the college to buy us a boat, but anyway. One of the things we did as a crew team was a stretching circle, where each person picked a stretch and then we all held them

for 30-45 seconds. This was always before a morning run. I hated the stretching circle. Therefore, when I started to hear that stretching was now actually bad for exercises like running, I jumped right on it. No stretching needed! However, until now, I've never actually checked the literature out for myself, so I finally read some articles and I'm here to present you with the final word on stretching.

Unfortunately, that word is "maybe?"

The theory behind stretching is that moving the muscle to a full extension will increase range of motion and decrease stiffness, making that muscle easier to move during the actual exercise. The opposite camp suggests that trying to put a muscle into a full extension prior to any activity that increases the blood flow

to that muscle will cause damage to the muscle fibers. It turns out that neither of these extremes seems to hold true consistently. In fact, a review of studies on stretching seems to have more results that show insignificant effects than either a clear positive or a clear negative.

The factor that holds true for stretching is that done over time it will increase flexibility. Not necessarily pre-activity stretching, but daily stretching. However, the interesting thing I discovered in my reading about stretching and endurance runners specifically - endurance runners are not overly flexible. In fact, it appears that those with the best stats for endurance running - efficient control of energy expenditure, are actually less flexible than the general public. The prevailing hypothesis is that less flexible muscles are more stable, and therefore less energy is expended maintaining stability over a long-distance event. In general, since most endurance runners are not even coming close to using their joints full range of motion, stretching seems to not play a role in performance. Can't touch your toes but you can run 15K? You are apparently in good company.

There have also been some long term questions about stretching and overuse injuries. Would regular stretching decrease these? It is true that stretching can decrease injuries related to

continued →

acute injuries, such as strains of muscles and tendons that are more common in sprinting, and if you are prone to those injuries, daily stretching may work for you. Most running injuries, though, fall into a different category of overuse, being caused by fatigue or ongoing stress. In these cases, stretching shows no effect and does not help prevent such injuries.

So it doesn't appear that stretching is useful to endurance runners, but is it harmful? Static stretching, the type where you hold an extended position for a period of time, may cause some trouble when done immediately before an event. Specifically, holding stretches for longer than 60 seconds did show a significant decrease in running performance. Shorter stretches did have this detrimental of an effect, and dynamic stretches, the kind where you keep moving through the range of motion instead of holding still, may even show a very slight positive effect. One study on elite runners showed that a rapid movement dynamic stretching program increased the time to exhaustion in an endurance event - they could run for longer without getting tired.

So the good news is that if you like to stretch - it is probably not actually hurting you. The bad news is that it's probably not

helping you either. My suggestion after reading these articles - stretch if it feels good, but don't hold anything for longer than 30 seconds, and don't feel bad if you prefer to just get up and go for it (I know I do!).

I'm enjoying writing these articles, but I'd love to look up topics of interest to you! Please email me at docbarlett@gmail.com and let me know.

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All the Gear You Need at One Location!



**GET
YOUR
GEAR!**

**the Sneaker
Store**

Utica Roadrunners apparel is available for purchase at The Sneaker Store at 4490 Commercial Drive in New Hartford. They can put the UR logo on other pieces available in the store as well!



Mott Marathon

Save the Date June 7, 2018

Central Valley Academy will be hosting the 12th Annual Mott Marathon Challenge on Thursday, June 7 at 3 pm at the Herkimer Elementary School Track on Gros Boulevard in Herkimer, New York. The event is a tradition for high school seniors at CVA to attempt a marathon by completing 105 laps around the track. Each year money is raised for a worthy cause. This year students are raising money for CVA senior Marcus Sardina who is battling cancer.

Last year, 48 seniors completed the distance. The event is open to all Mohawk, Ilion and CVA alumni as well. It is also open to all CVA faculty and staff. The event is sponsored by the Utica Roadrunners as they supply the clock and other equipment for the event. All Roadrunner members are invited to participate as well. Runners may run the entire distance or form a relay team of two-six runners. Each runner will receive a commemorative medal.

Shirts will cost \$12 and participants are encouraged to raise money for the Sardina family as there is no registration fee.

Entry deadline is April 20

and there is no race day registration. Contact Jim Mott at jmott@cvalleycsd.org for more information and necessary paperwork.

THE RUNNER'S REMEDY

An 8 week supplement to your **Boilermaker** preparation

www.climbchirosportshealth.com

Facebook: [Climb Chiropractic Sports Health](#)

Instagram: [@climbchiroutica](#)

Training for the **Boilermaker** this year? Utica's world famous 15K is coming! July 8th, 2018 runners from across the world will visit our beautiful slice of Central New York for a grueling, fast-paced and action packed 15K race to the finish.

Race-training, as we know, takes a tremendous toll on our bodies, minds and spirits. From early morning solo runs to evening group trainings, we hit the pavement with all of the passion of race-day on a routinely basis. "The Runner's Remedy" provided by **Climb Chiropractic Sports Health**, is a way to ensure that we're implementing enough 'other' types of physical functions, fitness and movements into our race preparation.

When: An 8 week program, Wednesday evenings, from May 16th through July 3rd, taking place during the preparation period leading up to the Boilermaker.

What: Each session to include varying degrees of all ancillary running needs including: targeted mobility, yoga, flexibility, core strengthening, running education, and more.

Where: Climb Chiropractic Sports Health at 421 Broad St. Ste #4, Utica, NY 13501

Perfectly suited for running groups and communities, let **The Runner's Remedy** be a part of your training schedule this year.

Spots are limited, so if interested contact us through our website at www.climbchirosportshealth.com, or by phone at (315) 733-0590.

Did you know?
85% of runners report experiencing any type of "overuse injury" at some point in their training career?

**CLIMB CHIROPRACTIC
SPORTS HEALTH**

CNY Runnings Clubs Cup 2018

**Kuyahoora
ickers**

Melbank Valley Hill Striders

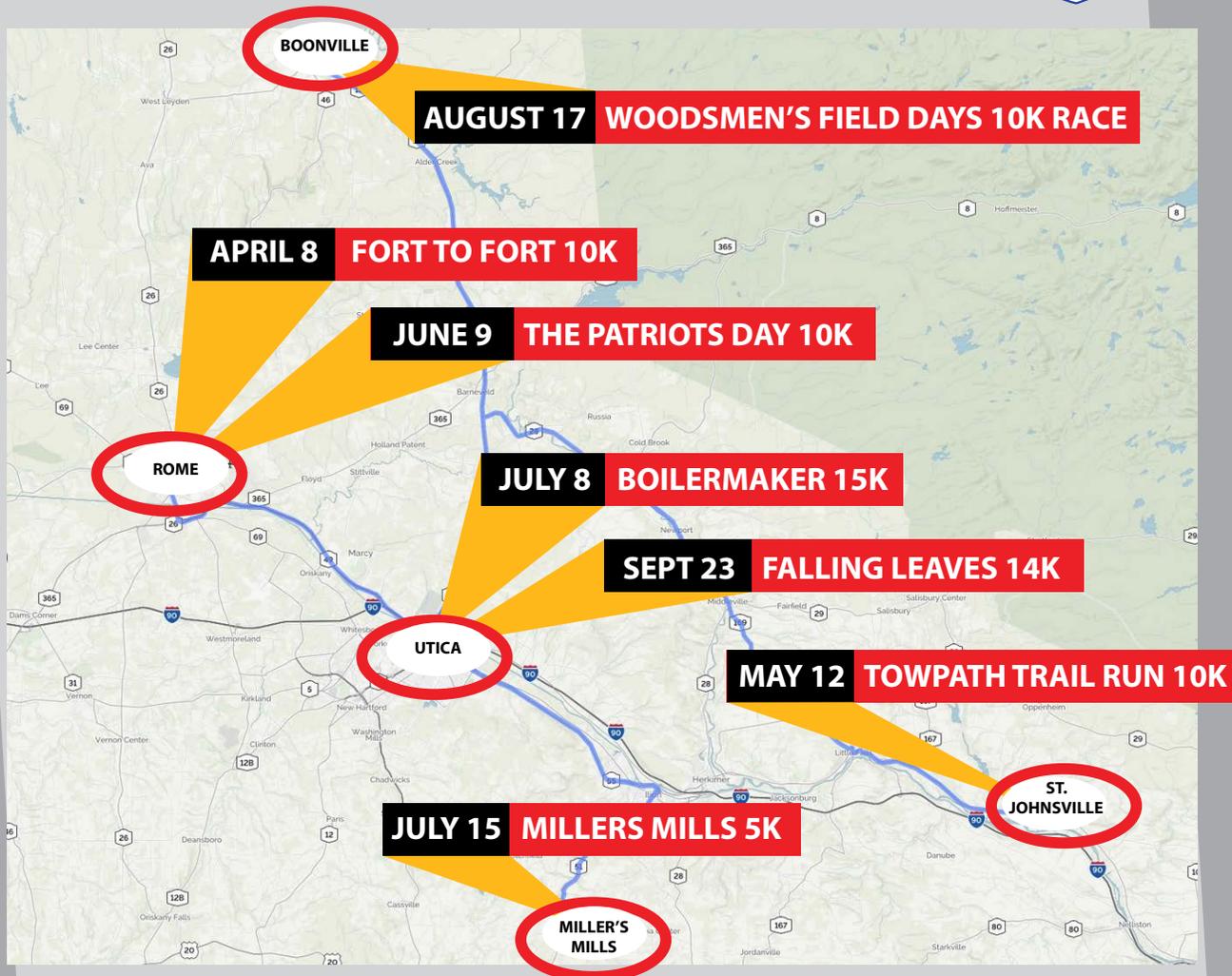


North Country
"Toe" Path Trekkers
Walk-Run Club



2018 Races - Mark Your Calendars!

If you are interested in participating on the Utica Roadrunner's Cup Team, please send an email to laurie.hennessy@aol.com.



Member Spotlight



*Running
has been her
"Saving Grace"*

Meet Rebecca Aceto

Running has brought Rebecca Aceto through some rough times, including postpartum depression and a family tragedy. Running is where she found herself again, can be herself and can challenge herself. We're excited to share her story with you.

Rebecca had her son Brady just before she turned 34 – he's the adorable redhead that you see volunteering or running sometimes with her! She found herself in a bit of a culture shock leaving a full time job and staying home to care for him and also suffered from postpartum depression. She was faced with what many women face after having children – a loss of their own identity. Running was the thing that filled the void and gave her sense of self.

In high school, Rebecca didn't do any sports, but was a self proclaimed tomboy and you could always find her fishing, snowmobiling, 4-wheeling and camping. You can find her doing the same now! After Brady was born, she chose running to pursue the Boilermaker - something she always thought was such a "big thing" in Utica and a nice, big goal to set for herself to tackle. She loves a challenge. It gave her the drive, got her out of the house and gave her time for herself. She doesn't remember how she found out about the Roadrunners – possibly from TV or online - but the important thing is, she found us! The Boilermaker Training Program was the perfect place for her to start her journey. It was there she ran into (no pun intended!) Mike Kessler, Linda Turner, Melanie Crisino and Karl Jones. She was comfortable immediately and the group just clicked and is still close.



continued →

Member Spotlight – Rebecca Aceto (cont.)

The first Boilermaker she trained for was in 2011. July 4th came, two days before the race, and her course was forever changed. Her husband Anthony was celebrating Independence Day with his father and two brothers on a boat on Oneida Lake. His brother hit a buoy and Anthony was the only survivor of the accident. It was devastation for the family and Rebecca's priority immediately shifted from the Boilermaker to her husband.

Although he was encouraging her to go ahead and run, she just couldn't. Her Roadrunner friends went right to work, making sure her bib was deferred for next year, attending calling hours and being there for support. As we know, runner bonds run deep and Rebecca's running friends showed up to help her through. In her words, "The support I received through this club during several hard years was amazing and something I will never forget. I created friendships that will last a lifetime."

The following year, she trained again and completed the 15K (ON her birthday!) with friends and fellow Roadrunners by her side. The second Boilermaker she completed in 2013 was done with Anthony by her side through to the finish, a wonderful way to honor his family.

Fast forward to today, and Rebecca is now fighting a couple plaguing injuries - plantar fasciitis and an issue with her S-1 joint - so she is keeping it to about three miles per run to maintain her fitness and limit pain. She was really gung ho about races for quite a while (we wonder if Melanie had *anything* to do with that!), but now she's taking it easy a bit. She started out really competitive, and now doesn't keep her time as closely as she used to. She runs for exercise now and also does about four cardio and strength training classes each week. She took third place in Body By Design's Challenge Group in October/November, losing a total of 12.5" and is revving up to do another challenge in April/May. She is debating whether to do the 5K or the 15K this year and is feeling it out.

We always love to find out runner's routines, traditions, superstitions and what keeps them motivated. While running, you can catch her listening to a mix of tunes from modern country and pop to old school rap like Biggie and 2Pac. She starts almost every run with a cup of coffee and she carries a credit card knife for safety. Ask her to see it next time you see her out - it's brilliant!

When she not putting in the miles, Rebecca is attending Utica College part time, pursuing her BA in fraud prevention with a minor in child psychology. She is a huge reader, charging through 25-30 books a year. She keeps a close eye on recommendations from Reese Witherspoon's Book Club and is a fan of local author Erin Maine.

To tie her two loves together, if she had to title her running autobiography, it would be called "My Saving Grace". Running has gotten her through rough patches along with one of the worst times of her family's life and it helped her find and redefine herself. Running provides time to clear her head, time to be free and appreciate nature. It created lifelong friendships for her and she looks forward to running forever. As she says, "Once you're a runner, you're always a runner."



**"Once you're
a runner,
you're always
a runner."**

Awards Banquet 2018



In Memory of Kermit Cadette & Fred Garhowzski

Golden Shoe Awards

Melanie Crisino
Bill Callahan
Rick Gloo
Sybil Johnson
Mike Kessler
Susan Luley
Jim Latshaw
Jennifer Bachelder
Bill Luley
James Bartowiak
Joe Crisino
Scott Neary
Linda Turner
Dennis Johnson
Wayne Murphy
Sharon Scala
George Searles
Annie Wafer
Laurie Hennessy
Sara Hanna
Melissa Lanphier
Lauren Murphy
MaryLisa Nolan
Dan Stedman
Sharon Stedman
Jennifer Szatko

New 1,000 Mile Jacket Recipients

Rick Gloo
Laurie Hennessy
Lauren Murphy
Scott Neary
MaryLisa Nolan
Sharon Scala
Daniel Stedman
Sharon Stedman
Annie Wafer

2017 Mileage Chevrons

1000 Miles
Liz Casatelli
Leroy Hodge
MaryLisa Nolan
Joanne Reese
Tara Seigle
Charles Silverman
Myron Thurston

1100 Miles
Scott Ferguson
Tom Joslin
Susan Luley
Lauren Murphy

Scott Neary
Sharon Scala

1200 Miles
Jennifer Bachelder
Annie Wafer

1300 Miles
Sara Hanna
Laurie Hennessy
Wayne Murphy

1500 Miles
James Latshaw
Ryan Misencik

1800 Miles
Gary Burak
Sharon Stedman

2000 Miles
Bill Callahan

2200 Miles
Rick Gloo
Dan Stedman

Awards Banquet 2018

Marathon Runners

Anne Marie Ambrose – Empire State Marathon
Mike Ambrose – Empire State Marathon
Jennifer Bachelder – Wineglass (1st)
Bill Callahan – Chicago (1st)
Harry Campbell – Marine Corps (1st)
Liz Casatelli – Empire State Marathon, Marine Corps & Old Forge
Mary Beth Erlichman – Rochester Marathon
Scott Ferguson – Chicago (10th)
Sara Hanna – Wineglass
Laurie Hennessy – Wineglass
Mike Kessler – Marine Corps
Dorothy Massinger – LA Marathon
Mark Mattson – Hartford Marathon
Ryan Misencik – Marine Corps
Wayne Murphy – Niagara Falls Marathon
Caitlin Ruggiero – Buffalo Marathon (1st)
Tara Seigle – Philadelphia Marathon (1st)
Daniel Stedman – Buffalo, Marine Corps & Philadelphia Marathon
Sharon Stedman – Buffalo, Marine Corps & Philadelphia Marathon
Lorrie Tibbits – Marine Corps Marathon
Steve Tibbits – Marine Corps Marathon
Annie Wafer – Vermont City Marathon & Wineglass Marathon

CONGRATULATIONS LAURIE HENNESSY FOR QUALIFYING FOR BOSTON 2019

Ultra Marathoners

Rick Gloo – Green Lakes 50K (10th marathon or Ultra)
Tom Joslin – Pilot Mtn to Hanging Rock Ultra
Annie Wafer – Wakely Dam Ultra

Ironman

Ryan Misencik

Distinguished Roadrunner Supporter Award

McDonald's

Awarded in appreciation and recognition of a corporation, group or individual whose support has made a significant contribution to Utica-area running (This award is typically given to non-club members)



Hall of Fame Award

Jim Mott

Awarded to an individual who has excelled for many years in the sport of running and has distinguished himself/herself through racing achievements and/or support of the running community.



Past Hall of Fame Award Recipients

2016 – Susan Luley
2014 – Dennis Johnson
2013 – Linda Turner
2012 – Dan Cohen
2011 – Paul Humphrey
2010 – Jason Pare
2009 – Ted Petrillo
2008 – Paul Humphrey
2007 – Jim Fiore
2006 – Christine Sisting
2005 – Kermit Cadrette
2004 – Janice Williams
2003 – Sybil Johnson
2002 – Dennis & Sybil Johnson

Awards Banquet 2018



Frank D'Allesandro Training Volunteer Award

Harry Campbell

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.



Volunteer of the Year

Sharon Scala

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.



Ed Brunni, Sr. Inspiration Award

Karen Piccola

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his/her talents has had a positive influence on other runners throughout the year.



Robert H. "Coach" Carlson Distinguished Service Award

Bill Luley

Established in 1987 in honor of Bob (Coach) Carlson, to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing and running events, social events and helping to run the club.



Most Improved Roadrunner Development Run

Rochelle Ferro Jeff George

Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from week to week at the Development Run.



Most Improved Roadrunners

Jessica VanValkenburgh Alex Gonzalaz

Awarded to the female and male Utica Roadrunner who has had the greatest improvement in times from the previous year(s) for a number of races over a variety of distances.



Roadrunners of the Year

Laurie Hennessy Bill Callahan

Awarded to the Utica Roadrunner who has the most outstanding season of running in road races, on the basis of finishing using times and awards.

Awards Banquet 2018



2017 Grand Prix Awards

Top Female Finishers

Female 20-24

- 1 – Caitlin Ruggiero
- 2 – Leila Rekić

Female 25-29

- 1 – Laurie Hennessy

Female 30-34

- 1 – Rochelle Ferro
- 2 – Kelley O'Bryan
- 3 – Crystal Overstreet

Female 35-39

- 1 – Krista Harwick
- 2 – Danielle Bliss
- 3 – Jessica VanValkenburgh

Female 40-44

- 1 – Jennifer Bachelder
- 2 – Sara Hanna
- 3 – Jennifer Szatko

Female 45-49

- 1 – Melissa Lanphier
- 2 – Lindi Quackenbush
- 3 – Colleen Lamb

Female 50-54

- 1 – Jean VanValkenburgh
- 2 – Michele Sandock

Female 55-59

- 1 – Elizabeth Miller
- 2 – Joan Kane
- 3 – Sue Tucker

Female 60-64

- 1 – Susan Luley
- 2 – Sharon Stedman
- 3 – Joanne Campbell

Female 65-69

- 1 – Dorothy Massinger
- 2 – Julie Buehner

Top Male Finishers

Male 0-14

- 1 – Anthony Crisino

Male 15-19

- 1 – Andrew Salie

Male 20-24

- 1 – Stephen Paddock

Male 25-29

- 1 – James Kuny
- 2 – Matthew Zawisza

Male 30-34

- 1 – Michael Polidori
- 2 – David Saxe
- 3 – Michael Hennessy

Male 35-39

- 1 – Rick Gloo
- 2 – Thomas Joslin
- 3 – Myron Thurston

Male 40-44

- 1 – William Callahan
- 2 – Phil Trzcinski
- 3 – Jim Latshaw

Male 45-49

- 1 – Rob Trotta
- 2 – John Draper
- 3 – Rob Bauer

Male 50-54

- 1 – Jim Mott
- 2 – Paul Humphrey
- 3 – Scott Neary

Male 55-59

- 1 – Daniel Stedman
- 2 – Tim Kane
- 3 – Dale Hart

Male 60-64

- 1 – Gary LaShure
- 2 – Rob Ichihana

Male 65-69

- 1 – Ray Smith
- 2 – William Luley
- 2 – Mark L DesJardins

Male 70+

- 1 – George Searles
- 2 – Richard Hahn
- 3 – Richard D'Accurzio

Top 3 Grand Prix Overall Points

- 1 – 132 pts – Susan Luley
- 2 (T) – 120 pts – Michael Polidori
- 2 (T) – 120 pts – Rochelle Ferro
- 3 – 103 pts – Dan Stedman

Completed 10+ Grand Prix Races

- Susan Luley (11 races–1st place in all)
Michael Polidori (10 races–1st place in all)
Rochelle Ferro (10 races–1st place in all)
Bill Luley (10 races)

Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: **30** points

Serving on the Board of Directors non-officer: **20** points

Membership Chair: **20** points

Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar.

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **10** points

Racing team captain: **10** points

Racing team member: **1** point per race start with team scoring

Writing a regular column for SpliTimes: **10** points

Proof Reading monthly SpliTimes for a year: **10** points

Writing a single article for SpliTimes: **2** points

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

splitimes



Advertise your race with us!

Our monthly newsletter is emailed to over 400 runners in the Mohawk Valley who love to take part in races throughout New York and beyond!

For just **\$25 per issue**, you get a full page ad (8.5" x 11"). **For \$40**, get the full page ad PLUS we'll post the flier and a link to your race registration page on our Utica Roadrunners Facebook page (1,400+ likes)



Splitimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email Splitimes editor Michelle Truett at michelle@484design.com to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

Payment: Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.

Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month(s) you would like your ad to run (\$25 per month)

May 2018

June 2018

July 2018

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____