

August 2018

splitimes

The Official Newsletter of the Utica Roadrunners

Another 15K in the Books!

Congratulations to All!

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August
2018
Utica Roadrunners
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If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)

Remember!

Send us photos and news of the awesome things you're doing this year – races, how you placed in a race, beautiful training runs, destination races, etc. (If you write an article, you get TWO volunteer points!)





President's Message

by *Wayne Murphy*

I hope you are all having a great summer. I look forward to additional good weather as I attempt to train for this Ultra I am running in August at Green Lakes. Good luck to all of the runners at the Ultra and all of those participating in local races and triathlons.

In addition to the great local races we continue to be a part of some special fitness and training sessions. I attended a yoga class at the Sneaker Store and enjoyed that very much. I did my best during the class even though I am not the best at yoga! I am also planning on attending a workshop with Climb Chiropractic in August to learn how to keep myself safe from injuries. Hope you can join me there!

We are looking forward to the fall to continue the club sponsored races. The Falling Leaves registration is open and I plan on doing the 14K again this year. The race is the longest running road race in Utica.

Please join us during our social events also. We are having another happy hour run on August 3rd.

As always, keep in touch wayne13413@yahoo.com. Thank you for all you do and Happy Running!



Wayne running the Boilermaker volunteer run

Event for Roadrunners

Tuesday, August 14 at 6:30-8:30 PM
Climb Chiropractic Sports Health
421 Broad St., Utica, NY 13501

This series has been developed to give athletes, students and future clinicians tools and strategies to understand, evaluate and manage musculoskeletal complaints, depending on their activities of choice. If you want to gain some applicable knowledge of your own body and biomechanics, this is for you!



Due to space concerns, we are limiting this event to 20 participants. Only \$15 per person! Reserve your spot by reaching out to us at naunkst@climbchirosportshealth.com, or by phone at (315) 733-0590

A New Kind of Happy Hour

Our first Happy Hour Run was such a huge success (Thanks Steph and Denny) we thought we would do another! Phil had graciously offered up his home for the get together.

He set up 2 - 3 mile routes...one is hilly (who doesn't like a challenge) and one is "almost" all flat.

The club will provide hamburgers and hot dogs. Please bring a dish to pass and your drink of choice. Also, the pool will be open so bring your swimming attire.

Please RSVP to this event so we know how many to plan for.

Join us!

Happy Hour RUN

Friday, August 3, 2018

6:30pm

510 Melvin Road, Deerfield

[RSVP HERE](#)

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!



Letter from the Editor



Beyond the Run

I love local restaurants and getting together with running friends regularly lets me enjoy TWO things I love! There comes a point in your running group(s) where people have things going on in their lives - they're having babies, taking a break, training for something pretty intense, have an injury or any one of a million things that life brings us. At those times, it's more important than ever to let your hair down, slap some make up on, retire your running clothes for the night and enjoy some food, camaraderie and sangria (ahem...) with your friends. It keeps everyone close and reminds you why you love each other, even if you're not putting in the miles with them every weekend.

PS - Mi Casa is one of the best restaurants in the city. If you haven't been there, you must get there.

Member Story

Joining the 21st Century

by Kelley O'Bryan

Throughout the years I have watched as technology has changed our lives and also impacted the running world. There was a time when we would have to wait a long time to see results and now within a few short minutes of finishing a race your time is posted. I remember the first time using a time chip bib and most everyone, including myself, was nervous that our times would be messed up. In the end it seemed to work.

A few years back it was prohibited to have any earbuds or ear-phones during races as a safety concern, but nowadays there are a small percentage of runners who don't have them.

Another change I have noticed is more and more people are using fitness watches. I have to admit when first seeing people wearing them I thought it would be bothersome as I was never one to wear

watches. Well this past Mother's Day my husband and daughter surprised me with a Garmin. I was really unsure about it at first and was ready to take it back as I was thinking it was too high tech and like I said bother me while running. My husband told me to give it a week or so and try it out. I slowly began to figure it out and now I am addicted to it! I have used it for a few races now and it really helps with pacing myself. There aren't always mile markers on courses and I would always try to guess how far we would be, but now I always know. It is also a fun way to see how many miles a day I do that aren't included in my daily run keeping up with a two year old!

I am looking forward to see how technology will change the sport of running in the future.

Congratulations!

Boilermaker!



Another Successful Year for the Boilermaker Training Program



CONGRATULATIONS to all of our first time Boilermaker runners/finishers! You all did amazing! We are very proud of each and every one of you.

I'd like to thank all of our volunteers who have helped us out over the last 5 years. Without the wonderful volunteers, this program would not exist. You all rock! And to Stephanie, we make a great team! You truly are the best! You were there by my side from the first day I twisted your arm to join me on this crazy adventure! (Didn't have to twist too hard).

Stephanie and I will no longer be running the Training Program but don't worry we are not going anywhere and we are leaving you in good hands. We will continue to be there on Saturdays to run and to help out when needed.

We would like to welcome our new Training Program Directors, *Tracy & Cole Perkins*. They were truly amazing this year helping us week after week. We excused them one Saturday, so they could run off and get married. Congratulations again!!

Remember to pay it forward! Introduce a friend, a family member or even a co-worker to the training program. See you all next February!



Upcoming Race



**5K Race
14K Race**

Falling Leaves Road Race

SEPTEMBER 23, 2018. UTICA, NY. 5K/14K

**Kids 1K
Fun Run**

Sunday, September 23, 2018

REGISTER NOW

Registration Fees: Before August 30: \$27.00 • Before September 22: \$29.00

8:15 AM – Kids Kilometer Fun Run • 8:55 AM – 5K Wheelchair Race • 9:00 AM – 5K and 14K Road Races

Packet Pickup

Race packets can be picked up on Saturday Sept. 22 from 10:00 AM to 4:00 PM at The Sneaker Store, and on race day from 6:45 to 8:15 am at the Delta Hotels by Marriot, 200 Genesee Street in downtown Utica.

Thank you to our sponsors:



Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



UR members rocked the **ILION DAYS 5** including Michael Polidori's blazing 17:40 first overall male finish. On right: Orion and Dani Bliss, Melanie Crisino and Jen Bowman

Jim Mott ran the **ATLANTIC CITY VEGAN FOOD FESTIVAL 10K** in NJ and ran into ultra marathoner Scott Jurek!



A fun downtown Utica pose on a recent training run!



Jay Flemma sportin his UR gear while covering a story at the USGA U.S. Open



Roadrunners at the **MILLERS MILLS**

Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



Dan and Sharon Stedman showing off their well earned hardware - Dan placed 1st in his age group and Sharon finished 2nd at the **POTTSTOWN HALF MARATHON. Their daughter Liz joined them and ran her first half!**



Gary Burak hanging with Kathrine Switzer and Roger Robinson **BOILERMAKER EXPO**



Roadrunners representing at **HONOR AMERICA DAYS**

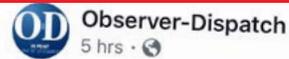
(LEFT) Sharon Scala, Stephanie Stark, Colleen Lamb and Jessica and Jean Van Valkenburgh tackled the **CHOCOLATE CHALLENGE 10K**

Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



Lynn Kraszewski, Willijah Dawson, Petal Lobban, Tricia Heston and ML Nolan after finishing strong at the **LAKE DELTA TRI**



"No place is better than Utica during the Boilermaker," said 15K runner Valeria Sargrad of Niskayuna, New York.



Who's the girl in the OD?
Our own Jen Bachelder graced an OD article on the Boilermaker on social media.

LEVITT AMP UTICA

presented by



The Roadrunners partnered with Levitt AMP Utica for their July 9th concert with a "Boilermaker cool down run". Some members ran a few miles downtown and came back to the park to enjoy funk hip hop by Sophistafunk! Thank you to Mike Kessler for sharing what the Roadrunners offer with the audience!

Member Spotlight

Meet Speedy Petite-y... *Rochelle Ferro*



Running for Remsen H.S.



Running this year's Boilermaker

She's tiny. She's fast. You've seen her grace the top of the podium at many races the past couple of years. We've wanted to know more about the "Speedy Petite-y" runner Rochelle Ferro for a while, and finally caught up with her. (No pun intended.)

Rochelle is a Remsen girl who played soccer from age four up through high school and also ran track in high school. Along with pole vault, she ran the 800, 4x100, 4x400 and 4x800. She went off to Herkimer County Community College to study business and fashion, and then SUNY Oneonta to continue her studies in apparel, textiles and fashion. She didn't run in college, perhaps one of her bigger regrets that has left her with the big "what if" question. But trust us, she's MORE than making up for it now!

She is coming up on her tenth year as a Project Director for Youth Build at the Workforce Development Board, working with at-risk individuals ages 18-24 in a variety of life-elevating ways. The program assists them with earning their high school equivalency, learning hands on construction skills, leadership development, gaining employability skills and more. She is also a jewelry maker and owner of RLF Designs, which provides her with a creative outlet and a bit of art therapy and allows her to make beautiful pieces. Her specialty is leather and bead rhythm bangles. (Check out her page on Facebook!)

When she worked at the Brewery, when she was younger, she got her first taste of live music and got hooked, especially after hearing moe. on stage. They're now her favorite band, they fill her running playlist and she has seen them perform live 81 times. Other favorites you can catch her listening to as she runs are Phish, Fleetwood Mac, Joni Mitchell and Smashing Pumpkins. She was big into going to music festivals, traveling, selling her jewelry there and having a blast for many years. Life transitioned a bit for her and running has now taken a front seat, offering a more healthy lifestyle and allowing her to rediscover her passion for running and for a little bit of competition.

continued →

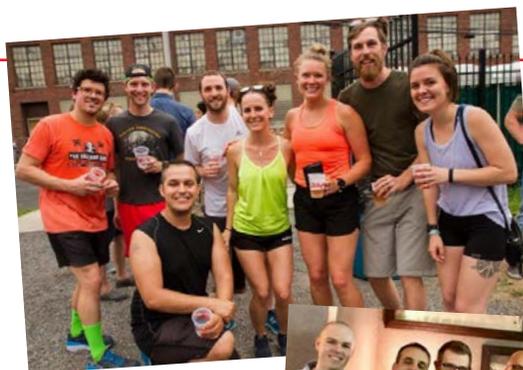
Member Spotlight (Cont.)



moe.down festival in Turin, NY.



Collection of leather bead wrap bracelets made with Czech glass beads.



*run
hard*

*play
hard*



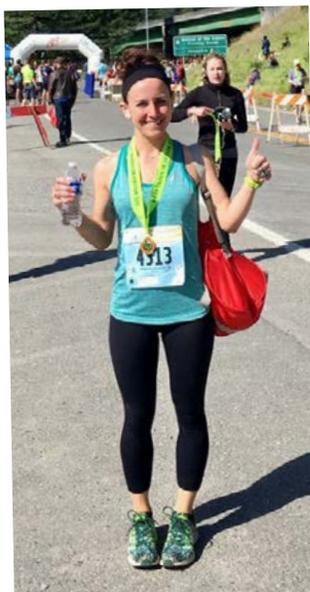
Rochelle's sister, Deanna, got her into her first run, which was the Warrior Dash at Windham Mountain back in 2011. She has a bit of running legacy in her family - her dad, who was an electrician at the Brewery for 30 years, was a marathoner and ran the Boilermaker. It's always been a family affair.

I can't imagine
my life without
running

Her next 5K wasn't for a while after that at the Spring Farm Cares 5K. In the past few years, she's been racking up impressive PRs on her favorite distances: 5K, 10K and 15K - see the chart below. She's completed three Boilermakers so far, with a PR this past month of 68:45 and she did her first half-marathon at Erie Canal last year. She's out there running about five times a week with mileage varying by what she has coming up. She's also doing some speed work. She'll bike or hike to give her body some cross training and will "run hard, play hard" with her close knit group of runner comrades, who she connected with through the Utica Roadrunners. She *loves* running. She says it's extremely

challenging, but we keep going back for more. It takes your breath away (literally!) and it's invigorating. You run with people you can laugh and joke with, you see wildlife and the beauty of nature, and you meditate. It offers so much.

Rochelle's running advice to others is to a) have a great running mix of music and b) surround yourself with positive people who are mood boosters. She gives credit to Laurie Hennessy, her running mentor, who is always positive whether training or having fun outside of running. Having people who are around that are upbeat, supportive and encouraging is magic.



She has a few races coming up this year including the Woodsmen's Field Days 10K (one of her favorites), Falling Leaves and Honor America Days. Her bucket list isn't definitive, but she does want to do some out-of-state races because they're a tiny bit scary but also it's intriguing not to know the course and refreshing to see new scenery.

We're excited to follow Rochelle's running career to see where it takes her. If you can't keep up with her during runs, keep up with her accomplishments here in the SpliTimes!

DATE	RACE	DISTANCE	PACE	TIME	PLACE
10/8/17	AK5K	5K PR	6:26	19:56:05	1st Overall Female
5/7/17	Avenue of Giants, CA	10K PR	6:56	43:04:00	1st Overall Female
7/8/18	Boilermaker	15K PR	7:22	1:08:45	138th Female, 937th Overall
8/30/17	Development Run	10K PR	7:33	45:15:00	
9/25/16	Falling Leaves	14K	6:59	1:00:39	1st Overall Female

Post race photo after the Avenue of Giants 10k where Rochelle was the first place overall female- one of the best races of her life!

CNY Running Clubs Cup 2018 Report

More Races Complete!

The **Boilermaker 15k** is treated as a stand alone event and does not count towards our overall Cup points. The Utica Roadrunners had a great day that morning and many of our runners posted some fast times! The Roadrunners who scored for our team were the following:

Name	Time	Age Grade
Stephen Paddock	51:57	78.76%
Dan Stedman	1:04:40	77.5%
Sue Luley	1:21:23	77.04%
Bill Callahan	57:54	74.06%
Ray Smith	1:14:54	72.32%

We only had three of our Cup members run the **Millers Mills 5k**, and here are the following individuals who scored for our team:

Ray Smith with an age-grade score of 68.91%
Jay Flemma with an age-grade score of 57.02%
Jim Latshaw with an age-grade score of 52.27%.



The percentage is the relative performance of a runner against the world standard by age and gender for that distance. Congratulations to all the runners, and thank you for supporting this event!



Next CNY Cup Race:

The next race is the Woodsmen's Field Days 10K on August 17 **sign up now!**

CNY Runnings Clubs Cup 2018

**Kuyahoor
ickers**

Melbank Valley Hill Striders

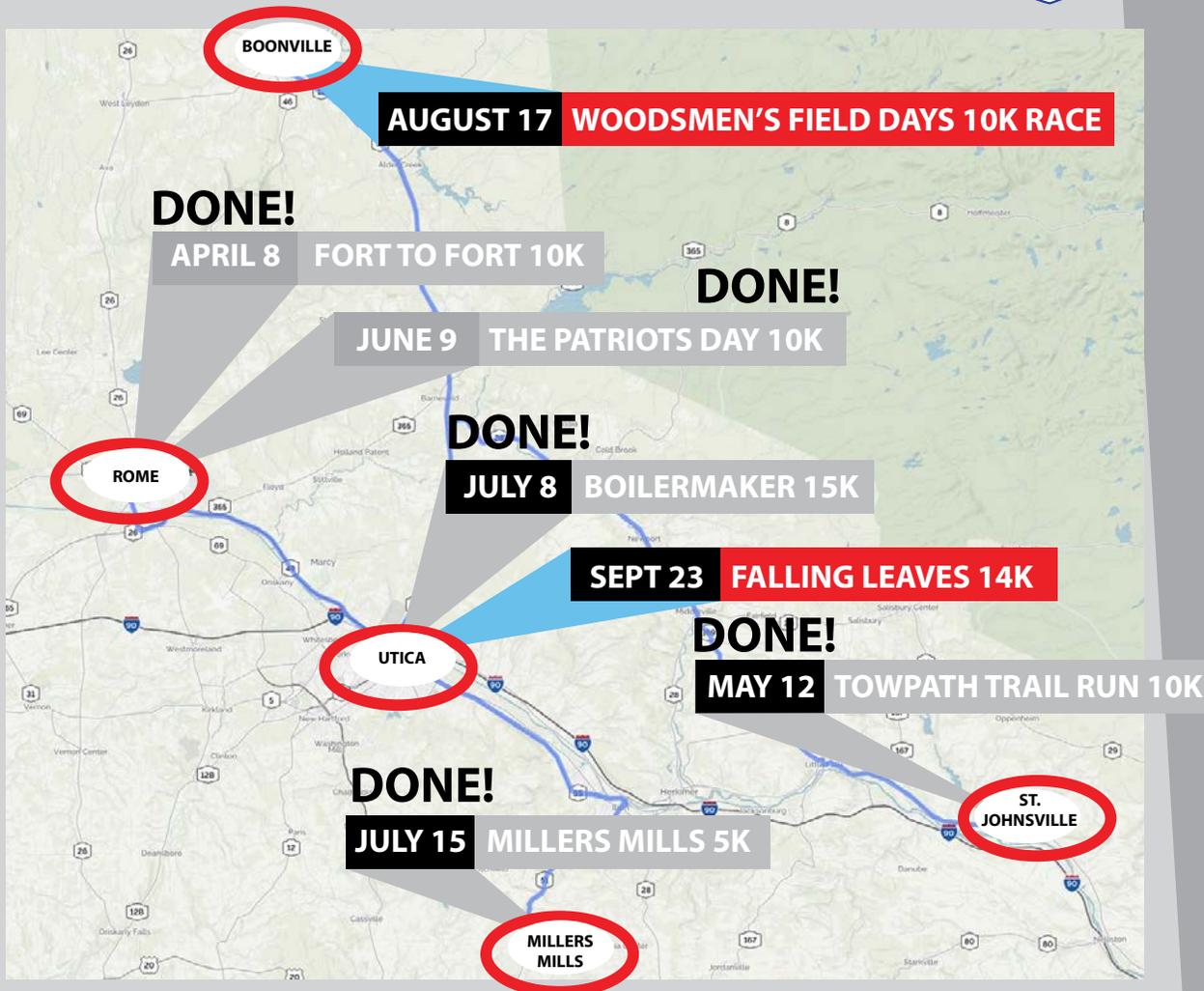


North Country
"Toe" Path Trekkers
Walk-Run Club



2018 Races - Only TWO left!

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



Awesome Stuff

And the Triple-Stroller Pushing Record in A Half Marathon Goes To...

Cynthia Arnold, 34, from Polson, Montana, showed ultimate mom power last weekend when she crushed the women's half marathon race in the Missoula Marathon with a time of 1:29:08 while pushing her three children, ages 6, 3 and 11 months)

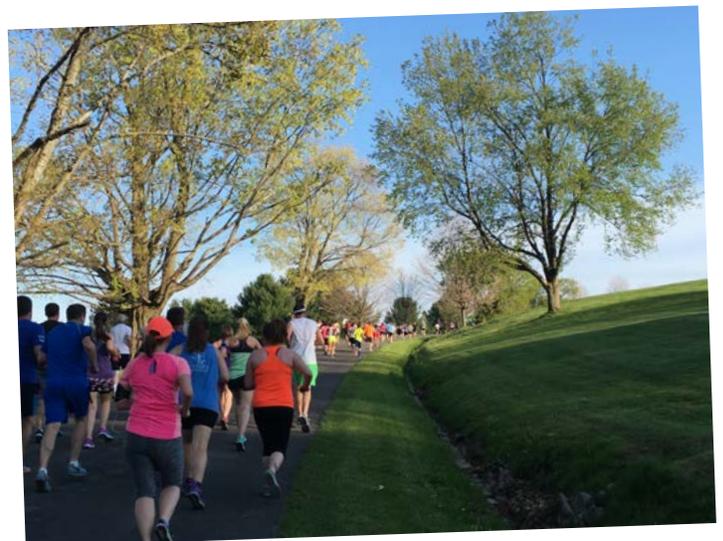
[READ MORE](#)



Help Needed for Development Runs

ATTENTION MEMBERS:

Mike Kessler and Linda Turner are looking for replacements to take over the Development Runs beginning next year. 2019 will be the 50th year for the Development Runs, but if someone does not step up this will be the last year for them. We can train anyone who is interested – please reach out!



Road Trip!

GET READY!

It's a Wonderful Run Roadrunners' Bus Trip

Register for the Race

**Saturday, December 8th, 2018
Race starts at 4:40 pm**

\$30 per person - non-refundable
First Pay, First Serve - capped at 55

Send check made payable to:
Utica Roadrunners to:
Jennifer Bachelder
30 Imperial Dr
New Hartford, NY 13413

Please include email address so she can send you
back a confirmation once payment is received.

****You are responsible for registering for the run...
registration is currently open****

More specific details to follow: But tentatively
leaving Utica at 11:30am (looking at picking up
in the Home Depot off of Burrstone Rd or Exit 31)

Any questions - please email Jennifer at
jmbachelder11@yahoo.com



About the race:

Join us on a 5K Run/Walk through the beautiful, illuminated, historic Village of Seneca Falls, NY at dusk.

A unique start to this USATF Certified 5K Course places the field atop the famous Bridge Street Bridge which many believe was the inspiration for the bridge scenes in the holiday movie classic 'It's A Wonderful Life'. The run/walk will take you past the decorated Christmas Tree display, the lighted storefronts and shops of downtown Seneca Falls, and past historic village homes decked out and lit-up for the holiday season. The course concludes in the shadow of the Bridge Street Bridge in People's Park along the Seneca Falls Canal Harbor.

SEPTEMBER 8, 2018



"A Unique ADK Running Experience for Runners of all Levels"



Register Now!

<https://runsignup.com/OldForgeMarathon>



Upcoming Race



Sunday, October 14, 2018

6329 Walker Rd., Utica

Join us for a Fall Festival and 1/4 mile kids race, 1.5 mile community run, or 5K race - all within the beautiful Deerfield Town Park Wilderness trails - it could get muddy!! On-course excitement has potential for ghouls and zombies! 5K Race awards for overall winners and age group winners. The 5K is part of the Utica Roadrunner's Grand Prix. Goodie bag will be provided for kids and t-shirts for 5K race and random surprises for all participants. Costumes (run safe) encouraged! Also join us for a pancake breakfast!

[**SIGN UP**](#)

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)

September 2018

October 2018

November 2018

Would you like to add a UR Facebook post for just \$15 (per month)?

Yes No

Total included: \$ _____