

September 2017

splitimes

The Official Newsletter of the Utica Roadrunners



The 43rd Year is Here!



In this issue:

- Student Scholarship Winner Thank You page 5
- Reverse Boilermaker page 9
- CNY Running Clubs Cup Update page 10
- Article by Lauren Murphy page 13

PLUS

- Development Run Info page 16
- Grand Prix Line Up page 16
- Volunteer Points page 17

Race News



The Roadrunners are now running the area's favorite Halloween-time race!

page 8

Member Spotlight:

Marylisa "M" Nolan



page 11

The Winning Peak to Brewers



Rob Trotta chronicles the adventure of this year's winning team

page 14

splitimes

September
2017

Utica Roadrunners
Board of Directors



President Sybil Johnson

Vice Presidents

Administration & Finance

Melanie Crisino

Activities & Events

Mike Kessler

Secretary Anne Marie Latshaw

Treasurer Lisa Walchusky

Board Members

Jim Latshaw

George Searles

Jim Mott

Stephanie Stark

Wayne Murphy

Joanne Willcox

Scott Neary

Advertising

If you would like to advertise in SpliTimes,
please contact: Sybil Johnson email:
densyb225@gmail.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!).

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](#)



Utica Roadrunners at the Bolder Inspiration
5 Mile Run on August 5 (above) and at the
Let's Light Up the Towpath on August 24 (below).





President's Message

by Sybil Johnson

Falling Leaves 2017, our premier fundraiser, will be on the fourth Sunday of September, the 24th. This event is 43 years old. By the first of August, on-line registered runners for this year far surpassed the total for the first Falling Leaves in 1975. More and more people are discovering the plus side of running with a large competitive group. It is usually not like their training runs. Please plan to be at the race to run or to volunteer. If you run you will really like the ¼ zip race shirts, and the post-race meal, awards, and door prizes will be very good. Mike Brych and his committee are striving to give you the best experience. Remember, packet pickup and registrations are on Saturday the 23rd at the Sneaker Store from 10AM to 4PM. Race day registration is early from 6:45 to 8:15 AM. Don't forget to bring the kids so that they can run too.

Part of the annual Falling Leaves Race preparation process for the committee, is to obtain sponsors. This year, I asked the members of the Board of Directors to try to each come up with some new sponsors. The results were quite good. The additional income helps with paying for race shirts, equipment, result computation, and awards. Our net profit should be better than last year.

The Road Runners Club of America, RRCA, is recommending 'Building a Network of Sponsors for Your Organization.' We kind of tried this approach at the beginning of this year. We wanted sponsors who would support us with an annual check. Our regular sponsors (like Gilroy, Kernan, & Gilroy,

McDonald's, Barone Howard, Bank of Utica, The Sneaker Store, Bick & Heintz, etc.) seem to prefer to support individual events. The RRCA recommends that a club think of businesses as club partners for the year, not just sponsors of an individual event. "Sponsor" implies a hierarchy, as if you are going to the *Bank of Mom and Dad* for another check. As a running club, we would not only have an equal relationship with our partners, but we would try to do more for them than they do for us.

This approach is far more intricate than just the previous paragraph. Our Club will need to work to gather the right members to study this whole article. The book, "The Little Red Book of Selling" was recommended to learn how to sell. The Utica Roadrunners should be able to Build a Network of Partners. Do you want to help? If so, we'd love to have YOU.

Let's have a look back at August. The 3rd Annual Peak to Brew relay event was amazing! Even after beginning 4 hours later than the first teams, Redemption Team came in FIRST. The team consists of mostly UR Club members Tom Joslin, Josh Kuelling, Joe Mashaw, Tim Fitzgerald, Jack Bernard, and Dan Pierson, with Rob Trotta doing the driving. The energy that these guys had after 28 hours and 27 minutes was amazing! Congratulations!

There were at least two 12-person teams with Utica Roadrunner members. Wayne Murphy's crew and Sharon Wise's Utica College bunch. Everyone

President's Message (cont.)



seemed to have a great time at the Brewery finish line area. For the most part, the runners still had energy to burn as everyone partied. Congratulations to all of YOU, too!

The American Heart Association sent the final check for the South Woods Exercise Stations grant. George Searles and David Jones wrote and presented the application. \$5000 was put toward the stations that are totally installed. I hope you are all stopping to do some extra work as you run through the Switchbacks. Even if you do the stations occasionally, they can make a big change for your trek through the South Woods.

Last, but certainly not least, our Vice President for Administration and Finance, Melanie Crisino, had her hip replaced on August 23rd. She is doing very well with her Physical Therapy and as usual Melanie's attitude is great. Send her a get better card. The Club sent a gift certificate for goodies from Victoria's Secret (she had enough flowers), but your individual thoughts and prayers will be appreciated. Melanie has done so much for the Development Runs, the Boilermaker Training Program, and the Board of Directors. She is the BEST!

You know what's coming... Be Careful Out There!!

Member Accomplishments

Roadrunner Ladies Rock the Woodmen's Field Days 10K



Second place female overall - **Rochelle Ferro** (left) (she also placed second overall female in the Bolder Inspiration 5 mile race in Trenton Falls)

Second place in the 25-29 age group - **Laurie Hennessy** (right)



First place in the 60-64 age group - **Sue Luley** (above)

First place in the 55-59 age group **Elizabeth Miller** (not pictured)

First place in the 35-39 age group - **Dani Bliss** (left)

Second place in the 40-44 age group - **Jen Bachelder** (right)

Sara Hanna (center) also had a great 5th place finish!

Student Scholarship Winner Thank You

THANKS

Dear Utica Roadrunners,

I am writing to thank you for the very generous Howard Rubin scholarship. I am honored to be the recipient this year. Next year I will be attending RIT with hopes to run for Cross Country, Indoor track and outdoor track. As an entering freshman we have to buy/rent countless textbooks thanks to you my job is made much easier. Thanks for everything you do for the community
Sincerely - Ansel Amann

Letter from the Editor



Tricia and I as Sparta High School cheerleaders in New Jersey, 1993.

Tricia and I at Tupper Lake during Peak to Brew, 2017.

I'm Ready to Talk About It Now... The Honey Badger

Peak to Brew serves both as the most personally challenging thing I do to myself all year AND the most anticipated "adventure vacation" I allow myself to take. One of my favorite spots in the world now is at the Tupper Lake Park after van one finishes our first legs and we get a chance to lay/nap under the trees on a Friday afternoon with *no one needing anything from me*.

This year, I had the infamous "Honey Badger" leg, which was 10 miles (the LAST of 4 legs when you're extra zonked) with hills so steep that I literally had to almost crawl at one point. There was a downhill so intense that I had to stop and get my bearings because it was making me dizzy. I felt like I was snowboarding down a double black diamond and plotting my next move so I didn't die. Except with running, I didn't have much choice but to go STRAIGHT DOWN.

That run caused me anxiety for weeks leading up to it. During it, it wasn't too bad. I felt pretty strong from training well, but needed mental strength to keep pushing. I made a promise to myself to run at least HALFWAY up each of the seven hills before I walked at all. I bargained with myself. Bribed myself. Cursed at myself.

The last mile, thunderstorms were rolling in and while Wayne lovingly followed along with the van in case of lightening, I mustered up every ounce of energy I had to kill that last mile. The last few hundred yards, the sky opened up and rain DUMPED on me. I turned the last corner to see my good friend Tricia (who I went to high school with in New Jersey and who came in from Salt Lake City, Utah to run with us!) under a tent holding the medal and my whole van cheering me on. It was a slow motion, Chariots of Fire-esque, epic finish. I couldn't have asked for anything better.

The lessons here? Do stuff that scares you a little. Don't hold back. Surround yourself with positive people that are willing to share a van for two days with you. Reach out to an old friend that you miss, because you never know.. they might hop on a plane and hit some cheerleading moves in the Adirondacks with you.

My personal motto has always been "Do good. Find adventure." Peak to Brew is a damn good adventure. If you haven't tried it... think about it for 2018!

Upcoming Race



**5K Race
14K Race**

Falling Leaves Road Race

SEPTEMBER 24, 2017. UTICA, NY. 5K/14K

**Kids 1K
Fun Run**

Sunday, September 24, 2017

REGISTER NOW

Registration Fees: 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. 23 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 Radisson Hotel, 200 Genesee Street in Downtown Utica.

Thank you to our sponsors:



Member Accomplishments

Congratulations to all Peak to Brew teams!

Left: "Team Redemption"

Below: "Wild Roadrunners"



Club News



The Deerfield Skeleton Run is now a Utica Roadrunners Race!

**Sunday, October 15, 2017
Kids Run, 3K Community Run
and a 5K Run**

REGISTER NOW

Price increase after Sept. 23rd!

Member Accomplishments



Reverse Boilermaker!

Roadrunner members tackled the Boilermaker 15K course – BACKWARDS – on August 13th. The event was held by the Mohawk Valley Hill Striders. Some of their members who are training for a marathon ran the course the traditional way AND in reverse, topping 19 miles!

The \$1,300 raised by Sunday's run will benefit the Boilermaker Urban Initiative, which includes things such as the Boilermaker Public Market, the Boilermaker Urban Garden, Boilermaker Kids in Training, the Boilermaker Charity Bib Program, the Boilermaker Scholarship Program and more.

[READ MORE](#)



CNY Running Clubs Cup 2017 Report



The Woodsmen's 10K in Boonville was the fifth event in the 2017 CNY Running Clubs Cup. The Roadrunners had a great turnout, especially for a Friday evening race. Same for the clubs, with four of the five clubs fielding full teams. The best five results by each club's members in the race were compared. As you would expect with a full field, the competition was close, but we eked out a win, with the Kickers, Trekkers and Roman Runners following in close order. The team results for the Woodsmen's 10K were:

Club	Graded Total
Utica Roadrunners	351.40
Kuyahooraa Kickers	340.44
Toe Path Trekkers	322.83
Roman Runners	319.21
MV Hill Striders	104.73

Upcoming Clubs Cup Races:

September 24th:

Falling Leaves 14K in Utica

October 8th:

AK5K in Marcy

Our top five performers at the Woodsmen's 10K were **Susan Luley** (76.44%), **William Callahan** (70.53%), **Rochelle Ferro** (68.42%), **Elizabeth Miller** (68.3%), **Ray Smith** (67.71%).

Congratulations, and thank you!

At this point in the 2017 Cup race, we have opened up a two point lead over the Kuyahooraa Kickers at 23-21, with two races to go. The Roman Runners have 15 points, the Toe Path Trekkers have 9 points and the MV Hill Striders 5 points.

Next Regular Cup Race: That would be the Falling Leaves 14K in Utica on Sunday, September 24th. At this point I don't need to tell you much about that venerable race, a fixture on the area's racing calendar for more than 40 years. Well, except maybe that this year's shirt is terrific! It's also in the UR Grand Prix race series, if that helps get you out. For info and registration, go here:

<http://uticaroadrunners.org/races/falling-leaves/information/>

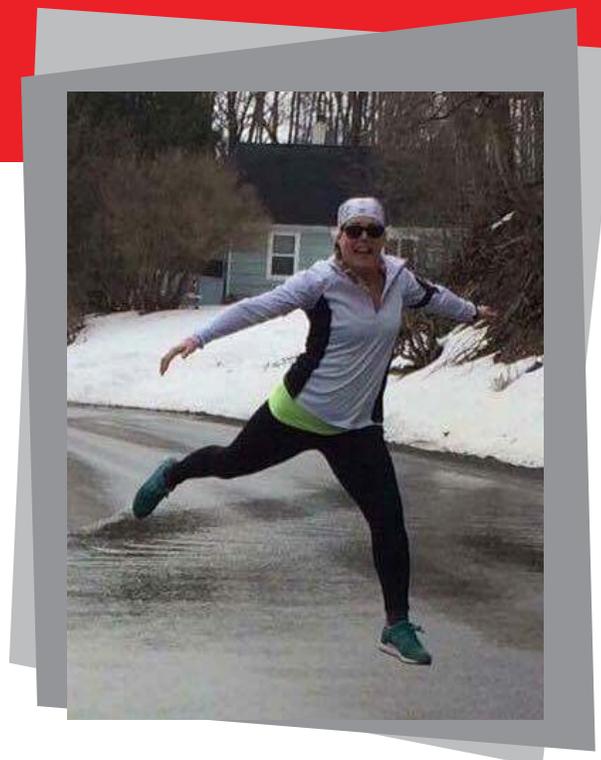
For any questions about the Cup, please email Jim Moragne at jimmoragne@gmail.com.

**The percentage is the relative performance of a runner against the world standard by age and gender for that distance.*

Member Spotlight

A Q&A with Marylisa “M” Nolan

The joyful, humorous owner of Jakes Bakes and Watch Dog Pet Services shares how a debilitating auto immune disease paved her way to becoming a runner... and a triathlete!



It's just “M”, huh?!

My name is actually Marylisa, however, my mom told me that at right around 6 weeks of age my then 7-year-old brother decided Marylisa was just too much... hence “M”.

Where you live:

I grew up in Clinton but was actually born in California where years later when my husband serving in the United States Marine Corps got stationed at Camp Pendleton in Oceanside.

We were actually home in Clinton visiting our families for Christmas as we did every year and my husband said, “maybe we should move home when I get out of the Marine Corp.” I guess I was caught up in the small town holiday cheer because I agreed. We came home and bought our lifetime “dream” farmhouse with a lifetime of renovations.



You used to be a surfer in California. What was that like?

While in California I worked as a lifeguard which was amazing and such an adventure. I learned to surf, which quickly became my favorite pastime, but I've gotta be honest – I wasn't ever going to Kona to chase the big wave! I did love it and hope to surf again... soon!

And now you're an entrepreneur! Tell us about your businesses - Jakes Bakes and Watch Dog.

Shortly after arriving home we started Jakes Bakes – a wheat free all fresh ingredients dog treat business. The funny thing is, we never intended to start a business. We actually had a dog that was sick with cancer and my husband came up with a fresh ginger/lemon treat for her. She loved them and it seemed to really make her feel better. This is now my 10th year and we offer a variety of flavors. I do a few local farmers markets and we are in many stores across the country. I just started Watch Dog pet services with my sister-in-law .. we will take care of and love your dog while you're out of town or at work. I absolutely love my job I'm very lucky to work each day with the kindest souls on earth.



You had a pretty big health scare about ten years ago, where you were told you might not WALK, let alone RUN. Tell us about that.

About a year after moving home I woke one morning with horribly swollen hands and quickly discovered by a local doctor that I have an auto immune disease. This doctor told me and my family that it is inevitable that I will end up in a wheelchair. I became very sick and very crippled. My parents found a

continued →



new doctor in Cooperstown and he literally saved me. After years of struggling I started getting stronger. I adore my doctor and although he says that unfortunately with an auto immune disease he can't "heal" me, he did promise to never allow me to become that sick ever again.

When did you start running?:

Shortly after I started getting stronger, I started walking with maybe a little jog here or there. I literally could not jog a block up my street... until one day I did. I remember so well telling my husband when he came home from work that I made it down the block jogging one way I had to walk back but was so proud. I look back at that girl and get emotional (which doesn't happen very often).

After saying you'll "never run more than a 5K", we hear you're now signed up for the Empire State Half Marathon in October! How did that happen?!

Last year my husband and I ran the Veterans Day run in Utica where I met Losay and Julie we hit it off and they invited me to start running with them ... I said I'm slow and will NEVER run more than a 5k.

The first time I ran with them we went 8 miles. After the run I drove home with the radio blasting singing loud feeling for the first time ever... *I'm a runner!!!*

I'm now training for my first 1/2 marathon in October with Losay and Julie and going for my red coat with the Utica Roadrunners. I'm currently at 705 miles that I've run since January 1. I have to get to 1000 miles by December 31. I think I've got this.

And you're a triathlete!

I started doing triathlons a few years ago ... they are truly my passion. I did my first tri on a Walmart bike with board shorts and a tank top. Oh... and I wore my glasses that were crooked the entire time. I stood there watching all of the triathletes running by me with all of the cool equipment looking down at their Garmins every two seconds and me with my crooked glasses and Walmart bike. Just then my husband put his arm around me and said, "don't forget when you cross the finish line, just like all the cool kids, your life changes... you become a triathlete." He was right and now I have a new "used" cool bike and a Garmin to look down at, but I'm still that girl with crooked glasses. I'm so excited about my next finish line.

You won a "triathlon coach for a year"- so cool!

How did you win that and how was the experience?

That story of my first tri actually won me an Ironman tri coach for a year and my famous Garmin. I learned so much this past year and managed to take 20 minutes off of my finish time.

What is your philosophy for life (and for running) after such an incredible journey?

I love my new lifestyle and the amazing friends I've met along this journey. I have no intention of changing anything. I always tell people that when you're told to prepare to be in a wheelchair, train for a triathlon! This disease may get me some day... *but that day is NOT today.*

Safety Tip Refresher for Runners

Compiled by Lauren Murphy

With all the stories on the news lately about runners and walkers being harassed I thought this information would be very useful. Even if you were already aware of some of these tips it always helps to refresh your memory.

- **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
- Run against traffic so you can observe approaching automobiles. By facing oncoming traffic, you may be able to react quicker than if it is behind you.
- Look both ways before crossing. Be sure the driver of a car acknowledges your right-of-way before crossing in front of a vehicle. Obey traffic signals.
- Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe. Include any medical information.
- Always stay alert and aware of what's going on around you. The more aware you are, the less vulnerable you are.
- Carry a cell phone or change for a phone call. Know the locations of public phones along your regular route.
- Trust your intuition about a person or an area. React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right," it isn't.
- Alter or vary your running route pattern; run in familiar areas if possible. Know where open businesses or stores are in case of an emergency.
- Run with a partner.
- Write down or leave word of the direction of your run. Tell friends and family of your favorite running routes.
- Avoid unpopulated areas, deserted streets, and overgrown trails. Avoid unlit areas, especially at night. Run clear of parked cars or bushes.
- Ignore verbal harassment and do not verbally harass others. Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
- Wear reflective material if you must run before dawn or after dark. Avoid running on the street when it is dark.
- Practice memorizing license tags or identifying characteristics of strangers.
- Carry a noisemaker. Get training in self-defense.
- When using multi-use trails, follow the rules of the road. If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
- **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary. It is important to report incidents immediately.



I hope that you found these tips helpful. I know some of these may seem like common sense but it's amazing how many people I have seen running on the wrong side of the road. I have seen a lot of people wearing dark or non-reflective clothing in dark areas. So, please keep these tips in the back of your mind! Be aware, Stay Safe!

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

by Rob Trotta

A Team Redeemed— The 2017 Peak to Brew Relay



Before I get into the guts of this article, allow me briefly to enlighten you about a race dubbed “The Ultimate Relay Experience”—the annual Peak to Brew Relay put on by Bark Eaters LLC each August. This relay race, informally called “The P2B”, begins at Whiteface Mountain just north of Lake Placid and ends at the F.X. Matt Brewery in Utica. Either a six- or twelve-person team must run the 230-mile route in the shortest time possible. This is sheer lunacy for casual runners like me, but fortunately for the last three years I’ve only served in the capacity of team driver (for a team called the West End Runaholics for the first two years and then for a new team this past race).



To appreciate what I experienced with my new team last month, I need to recap some drama from last year’s P2B. I drove for the West End Runaholics, a six-person ultra-team partially sponsored by the Utica Roadrunners. For well more than half the race, the Runaholics’ fiercest competitor was another ultra-team, Five Men and a Lady. These two teams were nearly matched leg for leg and pace for pace, oftentimes with the team vans being parked at the same exchange points together. (Just a side note: the competition was always friendly. Often times runners from both teams socialized and exchanged P2B horror stories while waiting at the exchanges.) But two-thirds of the way to the finish line, Five Men and a Lady hit a wall; they had to drop out of the race at the South Lewis High School exchange point. The West End Runaholics would go on to win their second P2B.

Jump ahead nine months to late spring of this year. Four of the six members of Five Men and a Lady (Josh Kuelling, Joe Mashaw, Jack Bernard, and Tim Fitzgerald) decide to regroup and form a somewhat modified ultra-team. Asked to fill the two open spots were Dan Pierson and the team captain of last year’s West End Runaholics, Tom Joslin (the West End Runaholics didn’t have a team this year). And, being a friend of Tom’s and familiar with the logistics of transporting a P2B team, I was once again asked to be the driver. So was born Team Redemption, captained by Josh Kuelling and containing a member from his team’s toughest 2016 competitor. It was the perfect fusion of runners with speed and resilience. On Friday, August 11th, we set out to the top of Whiteface Mountain for the first leg of the 2017 Peak to Brew.

This year there were 30 twelve-person standard teams and four six-person ultra-teams. The start times of all the teams were staggered over a five-hour period depending on the teams’ reported average pace. Naturally, being a six-person team, Team Redemption’s true competition was from the three other ultra-teams. Team Redemption was the last team to start at 10 AM, with all the other standard and ultra-teams already far ahead (the first teams set out at 5 AM). It should be noted, if it’s not obvious, that a team’s start time is totally irrelevant; the actual overall running time from start to finish is what determines the winner, but more later on why I find it necessary to mention that.

Unlike last year’s race during which the weather was oppressively hot, humid, and punctuated with ferocious thunderstorms, this year the temperatures were reasonably cooler and the skies mostly sunny. With this in their favor, our team remained optimistic

continued →

and had high hopes of finishing competitively. Lessons learned from past experiences of both the West End Runaholics and Five Men and a Lady helped each runner master an average of about a total of 38 miles each. Their first goal was to run fast enough to catch up with some of the other teams that started earlier, even some of the twelve-person teams, just to make the race seem less “lonely”. Needless to say, Team Redemption’s discipline and determination allowed them to begin catching other teams while still only in the High Peaks region of the P2B route.

By midmorning on Saturday we noticed that we were passing most of the standard and ultra-teams. Everyone felt good (relatively speaking) and morale was high. It was the segment between Lowville and Boonville where we noticed that our greatest competition was not from another ultra-team, but a twelve-person team from Canada. Again, it should be noted that our team and theirs weren’t true competitors and technically in different race categories, but noticing this Canadian team keeping pace with us during each leg gave Team Redemption an incentive to run even faster (the Canadian team, in addition to being a twelve-person team, started from Whiteface an hour and half ahead of us). The race was truly on—not just to beat this Canadian team, but also to beat all of the other teams regardless of when they started. In other words, to cross the finish line first.

But the *pièce de résistance* came around midday on Saturday as our team descended out of Boonville and towards the Remsen/Holland Patent area (by this time there were only about 37 miles of the race left). It was time for one of our runners to negotiate the most brutal segment of the race known as the Honey Badger. This ten-mile leg began at the Potato Hill Farm in southern Boonville and ran to the Baron Von Steuben Memorial Park on Starr Hill Road in the town of Remsen—a leg with a total of 2,320 feet of elevation change and classified with a difficulty level of “insane” in the race course book (let’s just say that the long, steep, and rolling hills were difficult even to drive, to say nothing about run). Joe Mashaw was the lucky one to get this leg, and not only did he do it nonstop with minimal water bottle assistance, he did it fast. If there was ever time when I was glad I was only the driver and not a runner, it was now.

By the time our team reached the last leg from Marcy down to the brewery, we were neck-and-neck with the Canadian team. We’d been keeping pace with each other for most of the day, so now it was time to pull ahead. First Tim passed the Canadian’s penultimate runner and then Tom took the last leg from SUNY Polytechnic into the brewery. Just as things were looking like Team Redemption would be the first team to reach the finish line, Tom took a wrong turn in southern Marcy! Due to misreading a turnoff, Tom briefly headed down the wrong road and actually added more distance to his leg before quickly correcting his route. By now the Canadians had pulled ahead. But just as he reached the final few blocks before the finish line, Tom caught and passed the Canadian runner and brought Team Redemption to the finish line first with the other five guys in our team running as a group right behind him. The Canadians finished a minute later.

Team Redemption crossed the finish line at 2:29 PM on Saturday with a total running time of 28 hours, 22 minutes and an average team pace of 7:31. So, not only had Team Redemption won the race with the fastest running time, they passed every single standard and ultra-team, some of whom had started the race five hours earlier than us.

Team Redemption had chosen the perfect name, but this was more than just redemption. These six guys set out to reclaim this unforgiving race, but went beyond that by absolutely crushing it. As for me, you might ask? True, I was “just the driver”, but I was the only one of the seven of us who had to stay awake for two days straight and remain diligent to the team’s safety in the van along every road, paved or not. This also was my third year driving for a team that had won. Now come on...can we just entertain the possibility that I might be a good luck charm?

Get Involved!

Do you love Utica's parks?

Think about volunteering for this
new initiative from the
Central New York Conservancy!



Also... get the app!

Explore over 700 acres
of public parkland located
in beautiful Utica, NY.

- Enjoy trail maps that highlight monuments
- Detailed information for each specific park
- Ways to get involved and give back



Central New York
CONSERVANCY

CELEBRATING UTICA'S OLMSTED PARKS

Consider becoming a
Park Patrol Volunteer! ...
If you walk, jog, ride, and play
in Utica's Olmsted Parks

**Volunteers in FT & TR Proctor
Parks, the Switchbacks, and
Roscoe Conkling Park enhance
park enjoyment and safety for
everyone during daylight hours.**

- 🌿 **No schedules or required shifts – volunteer when you're normally in the park**
- 🌿 **Identify/notify when you see park issues**
- 🌿 **Report emergencies appropriately**

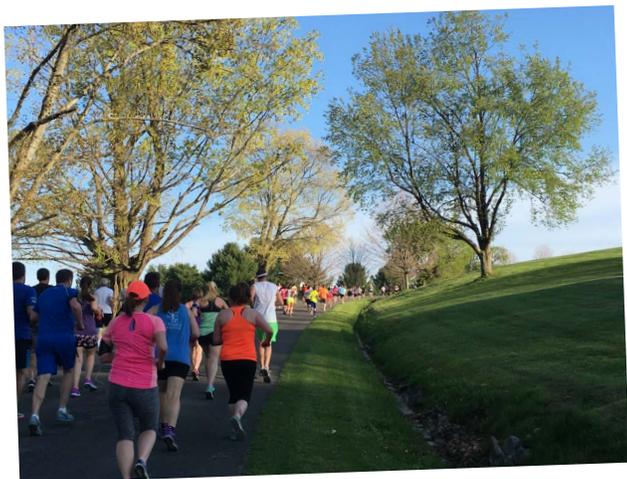
[LEARN MORE](#)



**Sponsored by the
Central New York Conservancy
and the Utica Police Department**

Development Runs

Only two Wednesdays left!



**ONLY A COUPLE MORE CHANCES TO
GET THE HILLS IN BEFORE
FALLING LEAVES!**

2017 Development Run Details:

The fee to run the development run is \$2.00 per person each week with NO family rate. Utica Roadrunner Members still run for Free! You can become a member of the Utica Roadrunners:

- \$10 for anyone under 18 years of age
- \$20 Individual • \$25 Couple • \$30 Family

Registration opens at 5:00. Be there early! Runs are at:
6:00 – 2.5 Mile Walk • 6:15 – 2/10 M Fun Run 1/2 M Fun Run
6:30 – 10 K / 5K / 2 Mile

Grand Prix



The 2017 Utica Roadrunners Grand Prix series is underway! The Grand Prix series of races is a friendly competition among all members registered as of March 31, 2017. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2017, determining the age group for the season. The best 6 performances among the 13 races will determine standings for awards, with a minimum of 3 races required to be eligible for an award.

The remaining Grand Prix races for 2017 are:

- 9/16/17Living History 5K
- 9/24/17Falling Leaves 14K
- 10/08/17AK5K 5K
- 10/15/17Deerfield Skeleton Run 5K

Grand Prix details, results, standings, and reports can be found at the Club's website. If you have questions, please contact gslnus@yahoo.com.

Volunteer Points

Nearing your 1,000 miles for the year?

Remember you need 10 volunteer points for your jacket!

Here's how to accumulate points:



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)

October 2017

November 2017

December 2017

Would you like to add a UR Facebook post

for just \$15 (per month)?

Yes No

Total included: \$ _____