

october 2015

splitimes

The Official Newsletter of the Utica Roadrunners



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PLUS

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SAVE THE DATE!

The End of the Year
Banquet will be
February 27th, 2016
at Harts Hill Inn.

Put it on your
calendar NOW!

HIGH SCHOOL Q&A
Sage Hurta from Hamilton



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splitimes

October
2015
Utica Roadrunners
Board of Directors



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Activities & Events

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**"LIKE" US
ON facebook!**

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

**Member
Spotlights
Needed**

Our members have GREAT stories and we'd like to share them! If you are a member and would like to do a Q&A-style interview for SpliTimes, please contact Michelle Truett at michelle@484design.com

Advertising

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

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

Editor: Michelle Truett
michelle@484design.com





President's Message

It's inevitable. The trees are changing color and dropping leaves, daylight hours are shorter and temperatures are cooler. Yep, FALL is here. October is packed with Autumn and Halloween related events. I am definitely volunteering at the Boolermaker. Last year I had fun dressing up as a werewolf runner and working at the finish line.

Speaking of finish lines, how about the 41st Falling Leaves finish line with that huge arch?! Thank you to all the volunteers, especially Director, Mike Brych! We could not have asked for better weather. Thank You Weather Gods! I think everyone had all they could ask for except a flat 14K course. We may not have had as many runners or made quite as much money as in the past, but overall, the 41st Falling Leaves was one for the record books.

Let's see, the list of October running events have many well established 5Ks, 10Ks, half marathons and marathons. There are some new-to-me events too. Go to the calendar on the Club website for details about:

10/4 – OktoberQuest 5K – Frankfort, NY at the St Francis Club

10/4 – Run Sherlock Run – Utica

10/11 – AK5K at SUNY Polytech in Marcy

10/17 – Running Colors – Old Forge

10/18 – Deerfield Annual Skeleton Run – Deerfield Town Park

10/18 – Hambletonian Marathon & Good Time Trotters Relay – Goshen

10/24 – Rylie J's Boo & Brew 5K Geneva

10/25 – Monster Scramble 5K & 10K – North Star Orchards, Clinton

10/25 – Witch Way is the 5K – Sauquoit Valley High School

10/31 – Little Falls 2K/5K/10K for Kidneys – Little Falls YMCA

So, get your costume on and have some fun!

Team RWB – That's Team Red, White & Blue, a group dedicated to enriching the lives of America's veterans by connecting them to their community through physical and social activity. Jason Cheramie, head of the local chapter came to the September Business meeting with 2 veterans to ask for the Club's help and to brainstorm. If you care to join them, on Mondays, a group gets together at SUNYPOLY at 6PM to walk /run and on Thursdays they walk/run in Rome at the Griffiss Trail. The RWBs volunteer at the Rome Rescue Mission on Saturdays and they are working to connect with the Utica Rescue Mission. Jason and his crew would like to establish a running event to benefit their cause and a local vets group within the next 6 months. The UR Board of Directors wants to support this effort. We will keep you in the loop.

Safety - Did you see the spot on WKTV News about the female runners who were stopped as they were jogging in the morning? Men pulled alongside or into a driveway in front of

continued →

them and started asking questions. Needless to say the police were called, but the guys were long gone. One of the recommendations for better safety was to wear headsets in just one ear or not at all. I just leave the music off. It is a good time to meditate.

Club Merchandise – Our Merchandise Maven, Sarah Elleman, has added some great long sleeve dark red shirts, gray hats and visors to the inventory. We always sell items at cost, so you have the opportunity to obtain men's and women's sized shirts and head gear at the annual meeting in November.



Sleep Deprivation – the bane of my existence for about 7 weeks beginning in mid-August. How do parents with crying babies or people on third shift do it? It began with a tickle in my throat at night. Wake up, cough, cough, and cough. Turns out I have a respiratory infection that is slowly getting better – now that I am taking drugs and doing inhalers (aren't inhalers for asthmatics???) Exercise that includes any lying on my back, like yoga and Pilates positions, still get the cough going. Some people suggest that I have GERD - that reflux disorder. Hope not. I just want pleasant dreams with one pit stop a night.

Club Annual Meeting & Board Nominations – It is that time of the year. The Annual Meeting will be on November 9th at the Brewery. Send your nominations for the Board of Directors to Jim Moragne. Come to the meeting, talk with friends, listen to us give year end reports, eat, drink, & check out results. See you then. There will be a reminder in the November SpliTimes.

Keep on running, walking, and moving forward! Most of all.....
BE CAREFUL OUT THERE!

A handwritten signature in black ink, appearing to read 'Sarah Elleman'.

Annual Meeting Notice

**Utica Roadrunners
Annual Meeting and Elections
Monday, November 9
6 p.m.
F.X. Matt Brewery**

All members and guests are welcome to attend
Beverages and snacks provided
Join us to meet the Board of directors
and to find out how our finances stand

The things we do for running!



Me, Amy and Lara



The whole Ragtastics team at the start line!

There I was at 4am on some back road in Who Knows Where, NY running in 36 degrees with no other runners in site donning nothing but a head lamp and a prayer that a mountain lion didn't find me. It was Ragnar ADK. And I was runner #1 in van #1.

The things we do for running. And for good friends.

As hard as it was, as sleep deprived as we were and as hard as we tried to find real food and real bathrooms, it was one of the best experiences ever. There's nothing like trying something hard or something you've never done before. That's the beauty of running - there's always a new adventure waiting for you. When you add good people in the mix, that's ever better. I joked at one point in the middle of the night that there was no one I wanted to punch in the face by hour 28 (!) - we had a van of six tremendously cool, funny, motivating people and I'm very grateful to have shared the adventure with you all!

There's still time to jump into a crazy adventure this fall - see Sybil's letter for a list of local races. And maybe think about getting a van-ful of friends for next year's Ragnar! I just might see you there. I'll be the one in the head lamp.

Grand Prix



LAST 2015 Grand Prix Event:
Deerfield Skeleton 5K Sunday, October 18

[Learn more about the Grand Prix >>](#)



We are working on updating the 2014 Grand Prix standings and club results. If you would like to volunteer and help with the blog entries or help update the results you can contact a board member for more information.

Please be patient as all of the Grand Prix work is done by current volunteers who work on these standings in their spare time!

H.S. ATHLETE Q&A

Sage Hurta

School: Hamilton Central School

Grade: 12

When did you begin running?

I started running in third grade for a club track team near where I lived in New Jersey. →

What inspired you to start?

When I was little, my parents were very into running. We often watched track meets on television, and I got dragged around to all their races. To me, running seemed super fun, and when I had the opportunity to participate in a more organized way, it was beyond exciting.

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

While I would typically simplify by saying that my focus is the 800 or 1500, I run cross country, and compete in distances from the 200 to the 3000 in track.

What have been your biggest running accomplishments so far?

Section III 800 meter record. Division II state championships in the 1500 (2014) and 800 (2015). Class D cross country state championships in 2010 (7th grade!) and 2014 (11th grade).

What does the future hold for you and running?

Right now I'm ramping up for a successful senior year cross country and track campaign, and figuring out where I want to go to college. If all goes well, I will continue to greatly improve in college, and see what I can do with running.

Do you do any other sports aside from track? Casually, yes, but no. In the past I've played soccer, basketball and volleyball, and like to play whenever I can.



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

I have the school record in the 200, 400, 800, 1500, 3000 and 2000 meter steeplechase, and am a member of the school record 4x400 and 4x200 teams. ←

What piece of gear can you not live without?

I'm pretty flexible. Shoes are pretty important, and socks help prevent blisters. For the sake of ritual, I like to have a ribbon in my hair when competing.

What is your favorite food to eat after a meet?

After the last race of a season, I like to eat a pint of Ben & Jerry's ice cream to make up for the ice cream that I didn't eat in the months before. Other than that, I have no regular post-race food.

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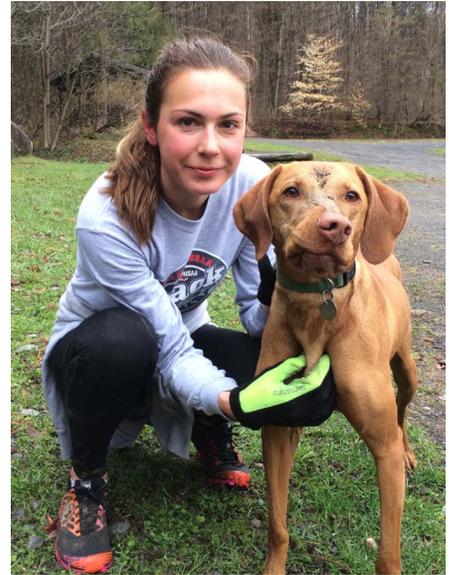
When you're NOT running, what can we find you doing in your spare time?

Most of my non-running time is spent doing school-work, but when I do have spare time, I like to spend it with friends. I also enjoy cooking, baking, reading and watching Netflix (but only when there's a show I'm hooked on).

What other activities are you involved with at school? I am a member of National Honor Society, Amnesty International and Mathletics. In the past, I've been involved in the school newspaper, Model U.N., and a couple of other groups at school.

What movie could you watch over and over again?

Whiplash. I do watch it over and over again. It gets me fired up! Andrew Neiman's (Miles Teller) commitment to excellence in drumming inspires me to push myself in whatever I'm doing.



Do you have any pets? I have a dog named Lynah, and two cats, Snitch and Firebolt, whose names are Harry Potter-inspired. Lynah is a Vizsla, and goes running with me when I do long runs at the Brookfield State Forest. He is, by far, the most in-shape dog I have ever encountered. He's jacked and has more energy than he can control.

What is your running mantra?

Typically I don't rely on a mantra, but there're probably some things that I consistently tell myself to get me through a tough effort. Most of it has to do with telling myself how strong I am and to stay calm. Whenever I get scared before or during a race, I remind myself that having courage is not the absence of fear, but the ability to be brave when fear presents itself.



Results are almost done...

The final CNY Running Clubs Cup results will be in our November issue - we're finalizing the numbers from this awesome, inaugural event!

Any questions about the Cup may be emailed to Jim Moragne at jmoragn1@twcny.rr.com.

Facebook Runner Poll

We asked some members and local runners to share:
“What is the weirdest thing you have seen on the ground while running?”

For months, there was a naked Barbie doll on the side of Route 12 with one arm and one leg. I missed her when she was suddenly gone.

A bat head. No body, just the head.

A dismantled gas mask...

I ran by a rooster sitting on the porch railing of a house in Utica.



Crows all over the south woods by the pavilion. A seen from the movie.

Bottle of used IV steroids. With a bag next to it labeled “from Dr. Feelgood”... you can’t make this stuff up!



A dead deer with a “get well soon” balloon tied around its neck..... maybe it was just resting.

A smart car coming at me at well over 40 miles per hour. Has to be some sort of smart car world record.

A homeless guy sleeping under a tree on our way up toward the Erie Canal bridge just out of downtown Rome.

A pair of dirty tights whites!!!



I have seen board games (Monopoly exploded all over the road), hypodermic needles (eek!) and a pregnancy test. Crazy.

During a summer Dev Run, as a group of us were making our way up to The Eagle, we came across a film crew using the woods near the zoo as a setting for a horror scene. We took a little break and visited with them...found out they were from NYC, California, and Texas. We never got the name of the film they were shooting, so we made up our own “Zombies of the Switchbacks”, and the one that ran the fastest became the hero.



A whole helping of peas on the sidewalk outside of St. E’s - like someone took their hospital food to go and then had a change of heart!

It has to be when training with a partner for a marathon, watching her husband run ahead of us and clean up roadkill with his bare hands, so his sweetie wouldn’t be assailed with the stink. It was really endearing.



A used baby diaper....on a trail in the woods.

Besides the numerous dead animals along the road, lots of change, (I always stop to pick it up) purse was found one day. The lady who owned it was very happy to get it back.

A dead fish.

Falling Leaves 2015



[View results online >>](#)

Falling Leaves 2015



[View results online >>](#)

Falling Leaves 2015



[View results online >>](#)



Awesome Stuff

Heading Out for a City Run?

Here's a new do's and don'ts for the next time you take a run in a city you're visiting.

Bottom - be aware, be smart and don't get hit by a car!



[See more >>](#)

"In running, every step you make and every push forward changes you – it transforms you into a different person. Every single run adds something to you and then it also takes something away. You are not the same person you have been at the starting line, and by the time you come to the finish, your inner self has been reinvented and reimaged."

- The Zen of Running

[This shirt's okay! >>](#)



He's 100 Years Old!

Don Pellmann is the man. The 100 year old man that broke record after record at the San Diego Senior Olympics.



[Read the article >>](#)

UTICA ROADRUNNERS 2016 MEMBERSHIP APPLICATION/RENEWAL



Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen. **Club Benefits** You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. Members get a discounted entry fee into club races and free entry in the Development Runs.

2016 Membership Renewal or New Member (circle one)

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

Mailing Address: _____

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Additional Renewal or New Member (circle one)

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

E-mail address: _____

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

Development Run Number (if known): _____

Annual dues are \$10 for anyone under 18, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use second form for additional family members.

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

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

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

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

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

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

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

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

Social Group Runs/Useful Links

Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. The Fitness Mill provides showers, reflective vests and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

Down in the Valley

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

Parkway Rec Center

Saturdays at 7:30 a.m.
A mixed group with all speeds and abilities welcome.
Meets inside the rec center

SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m. Send questions to Peter Angelini at handmsdad@aol.com or Dan Aubert at danaubert79@yahoo.com. Dan can be called at 939-4572.

Useful Links:

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

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

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

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



Promoting Competitive Fitness and Recreational Running

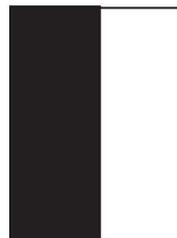
Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



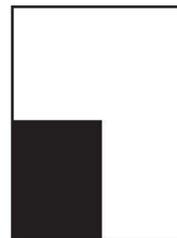
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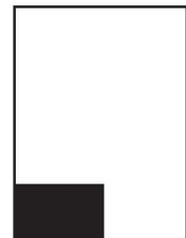
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HALF PAGE - V
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QUARTER PAGE
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BUSINESS CARD
3.5" X 2.5"

PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to cognettodesign@gmail.com.

Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

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