

october 2016

splitimes

The Official Newsletter of the Utica Roadrunners



Falling Leaves: The 42nd Year

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October
2016
Utica Roadrunners
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Melanie Crisino would like to send a HUGE thank you to the Utica Roadrunners for support on her quest to complete this year's Peak to Brew relay race!

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!).

Editor: Michelle Truett
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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](#)





President's Message

Wow, weren't the 2016 Falling Leaves Road Races the BEST?!? The work of Director Mike Brych and the Committee paid off and Higher Powers gave us a sunny, cool day that was perfect for racing. The kids looked like they all had fun. The 14K and 5K runners came across the finish line with big smiles on their faces. Just check out Michelle! Falling Leaves Perennial Paul Ohlbaum was at the start/finish area. This was the first year since the very first Falling Leaves in 1975 that Paul could not run. He had heart surgery that currently limits him to walking. It was still great to see Paul at the race. All in all I think everything went well - except that I forgot to buy cream cheese for the bagels. No complaints, just a few more bagels were left over than usual. We were lucky to have great sponsors for Falling Leaves this year. Check out the back of the shirts for the list. Thank You to all of them! The only problem is that overall sponsorship was down. I think we need to get someone to volunteer to head a sponsor committee. Add that to the 'to do' list for next year. Are you available?

In November we will have our Annual Meeting. We have to change the date from the usual second Monday of the month. The Brewery is happy to host our event, but the 14th is already booked. Check out the November Splitimes for the not yet determined date for this year. We will send out reminder emails, too. Most important for the Annual Meeting will be elections for the Board of Directors. We have vacancies on the Board that we need to fill. There has been one member who has thrown his hat in the ring and we need more of you toss yours too. Please, consider helping the Club out by being even more than a member. Send in a short bio. Who knows? You could be President!

October racing events include the AK5K on October 9th and the Deerfield Skeleton Run on October 16th. Both are the Club Grand Prix events that will finish out the 2016 Series! Check the website race calendar for more information on these races and the many others that fill the October list. Think about going to the Syracuse Festival of Races on the 2nd. Dave Oja and his crew put on a very good event. You may have seen Dave at Falling Leaves. He was handing out Festival flyers.

Our Merchandise Chairperson, Liz Casatelli, has been ordering some new clothing items. She has new tank tops and long sleeve shirts and she will have them at the annual meeting. Tell Liz if there are items that interest you. Those pieces just may end up in the inventory. Liz is always open to suggestions.

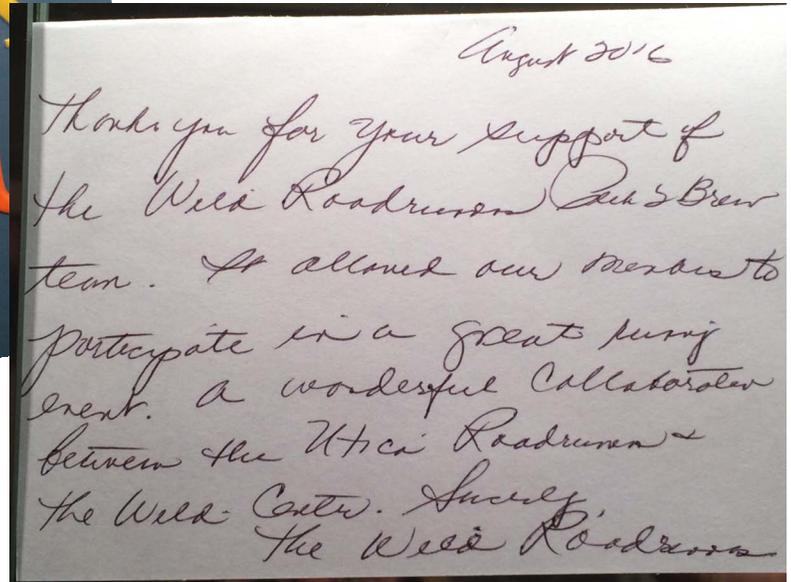
I have not gotten very far, but I have been trying to better organize the Club's filed belongings. We have mountains of paper. There are tax related folders where forms have to be held for 7 years. Race apps with liability clause signatures have to be held for 7 years also. Some of the Club's trophies and plaques are around here and then there are those photo albums. We have a BUNCH of those. Newer members wouldn't even know most of the faces. I do not have many pictures for the last 5 years or so. Modern technology has us saving on computers, discs and phones. We just don't put collections in albums where we can flip the pages. Well, the old albums are here and I will bring a few of them to the Annual Meeting so you can check them out.

My family doctor recently suggested that I try running again. Since my back is pretty screwed up, I was surprised. But I miss jogging, so I tried and it felt good to run and walk. Later in the evening, it was not the same story. Ice and the Tenz Unit were in order. Yikes, what was he thinking? What was I thinking? I will stick to walking briskly - I think. You never know. At any speed I will Be Careful Out There. You do that, too!

Thank Yous from Peak to Brew



The Wild Roadrunners sent us a thank you for sponsoring their Peak to Brew team - they ran 239 miles from Whiteface Mountain to the Saranac Brewery, representing the Utica Roadrunners and The Wild Center in Tupper Lake.



Board of Director Openings

The club's Board of Directors election will be November 7th. Every year we fill six of the 12 seats on the Board. We are always looking for members who want to help out the club by serving on the Board and 2016 is no exception. There are four current members running for re-election, so there will be at least two positions truly "open". If you've wanted to give back to the UR, or simply don't like the way things are done and want to fix that, going on the Board for a two-year term is an excellent way to accomplish either objective.

If you wish to run, please email me your one paragraph bio by next Thursday evening, October 6th. Or just email me if you have questions. My address is jimmoragne@gmail.com.

Letter from the Editor



Storytime

I love meeting runners. And I love telling their stories. It helps us connect as a community, even allowing a glimpse into the lives of those you may run with every Saturday morning but were too shy or nervous to talk to.

As I ask people if I can feature their story in Splitimes, a lot of times people don't think their story is "interesting enough" or "motivating enough". Malarkey! EVERY runner story is relatable and special... and waiting to be told.

Won't you be next?

Just drop me a line at michelle@484design.com. We can meet up for coffee and you do the talking and I'll do the writing. Let your story be told. Or let me know if there's a friend whose story should be told - a.k.a. "throw them under the bus!". (I never would have met the phenomenal Dorothy Massinger if Jim Moragne hadn't slipped me a piece of paper with her name on it many moons ago as someone that should be interviewed!)

Look forward to talking with you!

PS - Enjoy Annika's article this month.
She's one of my favorite interviews yet!

Happy Hour

Tom Cavallo's
Restaurant ~ Banquet ~ Bar

Join us!

Club Happy Hour

Friday, October 14, 2016 • 5:00pm

Cavallo's

in the Village of New Hartford

Member Spotlight

One of our youngest members is also one of the toughest (and busiest!) Meet **Annika Heacock.**

We're sure you've seen her and her wonderful family at Development Runs, Boilermaker Training Runs and our local races. We thought it was about time to get to know this phenomenal teenager better!



Annika (or "Ani" for short) is a 14-year-old freshman at Whitesboro High School. She experimented with many sports when she was younger including gymnastics, dance and soccer, but has stuck to her two main loves – ice skating and track/cross country. She has been ice skating since she was six years old. Running competitively came a bit later in seventh grade. She started track because she thought steeplechase and pole vault looked super fun and because she loves running through puddles! Then she found out that you needed to be 115 pounds to pole vault (she's only 97 pounds!). She's hoping to compete in the steeplechase next year as a sophomore.

Today, she finds herself on the varsity cross country team, ranked third out of ten, and gaining. Her fastest 5K this year has been a 23:08.

We asked her what she liked most about running with adults and her answer was gracious. "The people there WANT to run, everyone is happy to be there. No one is goofing off," she shares. From her older running mentors in the Roadrunners, she has learned the important lesson that it's not all about being first every single time. It's important to show up, do your best, improve gradually and not get hurt. Although she's been quite the "queen of injuries" this year (she hobbled into our interview on crutches) she is trying to heed the advice. She's stopped worrying about what others are doing during a race. She tells herself "don't worry... just go."

She received her red jacket for running 1,000 miles in 2015 and squeezed that in amongst a heavy competition season, schoolwork and volunteering. A week in the life of Annika might exhaust mere mortals, but this young superstar handles practice four times a week, two race days, honors French, English, Social Studies and Science, yearbook club, concert and jazz band (she plays 1st trumpet), pep band, chorus and volunteers at Dunham Library and at the Utica Zoo. For a career, she's unsure yet - she enjoys working with kids and animals, so her volunteer duties help her gain experience in both of those areas. She also enjoys working with the disabled community and she can be seen helping out at Special Olympic events with her sister Alex.

For her, running is a way to keep balanced and to relieve stress when she needs to. Her mom Nicole, always a huge supporter, will ride along her routes to keep an eye on her and meet her at checkpoints. She knows her mom does it because she is so young and she doesn't want anything happening to her out on the road, but she laughs and says, "if something's going to happen, I'll just run! I'm a runner!"

Advice from Annika

“Don’t Stop”

“Just Go.”

“Be free for half an hour of your life.”

“If you can... why not?”

On hills: “Pain is only temporary. At the end of the race, you can tell yourself it’s going to be ok.”

“Trust your body.”

“All it takes is half an hour to be great.”

Annika has run all of the local races, including her first half marathon this year at the Erie Canal Half. That race was her favorite because the course was quiet and peaceful. Her goals before she graduates high school are to do a full marathon and the Peak to Brew relay race and is adamant that she is “going to make it work”. She’s already recruiting team members AND coaches for P2B. She receives a bit of skepticism from adults who think she is “wasting it all too soon” and she easily shrugs them off. She is young, but figures “If you *can*, why not?” (Editor’s note: I ran the first half of the Erie Canal race close to Annika and she sure CAN!)

If she ever gets a spare moment, you can find her listening to music or reading a book. She has a favorite tree that she’ll climb and watch YouTube videos because she claims the wifi is better in the tree than in the house! She also loves to draw and appreciates abstract art and oil paintings quite a bit. When she gets older, she is looking forward to traveling and seeing great things and if we know her, she’ll most likely be grabbing a run wherever she visits!

There’s a polished, positive, eloquent young woman behind that curly ponytail (that most of us FOLLOW because she’s so fast!) We all love her company on training runs, love her good nature and her goal setting. She’s become a great role model to other young runners and we are so lucky to be able to witness her journey.



CNY Running Clubs Cup 2016 Report

I'll kill the suspense right here – we won the 2016 CNY Running Clubs Cup!

The Falling Leaves 14K Race in Utica on September 25th was the sixth and final event in the Cup this year. We had a huge turnout of UR members (too many to list here) on a near perfect day for running, and it showed. Our total team score of 380.87 was the highest score of the seven teams entered in the race, including the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Team RWB and Toe Path Trekkers.



Our five best performers in the Falling Leaves 14K were:

Member	Age	Race Net Time	Age Grade %	Total
Lindsey, Bettina	55	1:06:32	77.63	
Luley, Susan	63	1:14:30	77.14	
Palmer, Bruce	58	1:00:20	75.90	
Humphrey, Paul	49	0:56:01	75.52	
Miller, Elizabeth	56	1:10:03	74.68	
				380.87

The team totals for the Falling Leaves 14K were:

Utica Roadrunners	380.87
Kuyahoorra Kickers	361.04
Roman Runners	315.62
Toe Path Trekkers	189.78
MV Hill Striders	incomplete
Team RWB	no report
Syracuse Chargers	no report

Because of the team standings going into the Falling Leaves, all of the other teams besides the UR and the Kickers had been mathematically eliminated. As we out-pointed the Kickers in the last race, we win the Cup and will be defending it in 2017. We will also be responsible for the Cup's overall administration next year (no prize money, but more work is our reward).

There will be at least one new wrinkle in next year's Cup. It has become very evident that by mid-season our sheer size nearly overwhelms all the other clubs. Consequently, we will be voluntarily freezing our Cup member pool as of April 1, 2017. That is, if you are a member in good standing of the UR on April 1st, you will be eligible to run for the club in the 2017 Cup competition. Also, we won't be adding members to the Cup eligible list if they renew after April 1st. Just one more reason to get your renewal in timely!

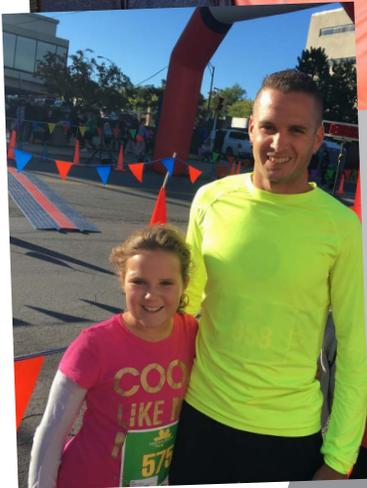
It was a fun year in the Cup and I'd be remiss if I didn't thank the other clubs' Cup captains for their sportsmanship, energy and good humor as we continue to build this event. They are **Dan Capron** (Kickers), **Jason Cheramie** (Team RWB), **Nancy Dukett** (Trekks), **Mike Emmerich** (Hill Striders), **Eric Laufer** (Roman Runners) and **Mickey Piscitelli** (Chargers).



Falling Leaves 2015



[View results online >>](#)



Falling Leaves 2015



[View results online >>](#)

Falling Leaves 5K Results



Overall

- | | |
|-----------------------|-------|
| 1 William Hoyne | 15:58 |
| 2 David Slater | 16:51 |
| 3 Matthew Cross | 18:19 |
| | |
| 1 Amy Robinson | 20:58 |
| 2 Amanda Perri | 21:12 |
| 3 Stephanie Bergstrom | 22:00 |

12 and under



13-17



18-24



Masters

- | | |
|------------------|-------|
| 1 Gary Radford | 18:57 |
| 2 Eric Kasper | 20:54 |
| 3 Jame Mlasgar | 20:54 |
| | |
| 1 Heidi Manzano | 22:16 |
| 2 Heather Devitt | 22:32 |
| 3 Amy Rizzuto | 24:29 |

25-29



30-34



35-39



40-44



45-49



50-54



55-59



60-64



65-69



70-74



75-80



Wheelchair



For all results of the 2016 Falling Leaves 5K, [click here](#)

Falling Leaves 14K Results

1 Drew Nesbitt 47:58
 2 Richard Messineo 48:17
 3 Justin Weiler 50:59

1 Rochelle Ferro 1:00:39
 2 Lauren Dunn 1:01:06
 3 Christine McGlynn 1:01:34

Masters

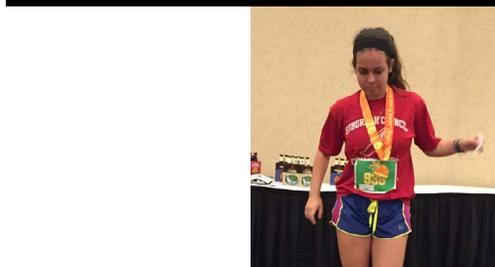
1 Paul Humphrey 56:01
 2 Rob Richard 58:42
 3 John Draper 58:46

1 Dorothy Collison 1:03:31
 2 Kara Rusch 1:03:31
 3 Bettina Lindsey 1:06:36

Overall



17 and under



18-24



25-29



30-34



35-39



40-44



45-49



50-54



55-59



60-64



65-69



70-74



For all results of the 2016 Falling Leaves 14K, [click here](#)

Upcoming Race



**Presents the 32nd Annual
Thanksgiving Day
Run & Walk to End Hunger**
*Proceeds to benefit
local food pantries*



**Thursday, November 24, 2016
Utica Parkway Gymnasium
220 Memorial Parkway**

Door prizes & 50-50 raffle to be drawn after the event.

**Race Day Only Registration
Parkway Gym - 7:30-8:45a.m.
5k run and 2 mile walk - 9:00a.m.
1/4 and 1/2 mile kids run - 8:50a.m.**

**Minimum donation -
\$7 per person, \$20 for families
PLUS two non-perishable food
items per person.**

Call 225-2286 for more info.

Brianna Wilbur

School: New Hartford High School

Grade: 12

When did you begin running?

I began running competitively as a sophomore on the Varsity Indoor Track Team. Surprisingly, I actually used to hate running, and only ran because I had to for other sports I was involved in at the time, such as field hockey and lacrosse. I used to dread having to run the timed two-mile training runs every other day during our preseason sessions in August at the beginning of the field hockey season, and groaned at the endless sprints we did on the turf. Although, once I started track, I discovered my passion for it.

What inspired you to start?

I had some friends on the Indoor Track Team who were seniors, and told me how much they loved being on the team and competing in Indoor meets. They kind of nudged me into joining the team because it would be my last chance to ever be on a team with them before they graduated. Once they gave me the idea, I thought it would be good to stay in shape and try to train to be an overall better athlete, but I really didn't expect to ever become competitive, or really like it. Once I began however, I realized how much I loved running and the atmosphere of runners, and that it is so hard to stop once you start.

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

I just began my first season of Cross Country this fall, and love competing in the 5k races. I have grown to love trail running, and pushing myself while being able to enjoy nature and the environment of all the different courses. During Indoor and Outdoor Track, I usually compete in the 3000, 1500, and 4 by 800 meter races. My favorite is the 3000, because I feel like it is the perfect distance to get your speed up and challenge yourself to see how long you can push it. Almost everyone else on the track team hates the 3000, but I think it's a true test of endurance and your mental strength; once I started racing it I became obsessed with it!

What have been your biggest running accomplishments so far?

Last year during Indoor Track, I won the Section III title for the 3000 meter race, and was lucky enough to compete at State Quals. I am so thankful to have that opportunity because racing with people who have so much talent just pushes you so much harder, and helps you to really improve your time and strive to be the best possible athlete you can be. I also ran the Boilermaker 15k for the first time this past July, and came in 2nd for my age group. I was the 44th finisher overall for women, and ran the race in an hour and three minutes. I was lucky enough to receive a nice medal from the Boilermaker coordinators, and felt blessed to have the opportunity to run in such a big community event. I love how every year it brings so many people together from around the community, and even from around the world, and the overwhelmingly positive attitude through the whole thing. I was lucky enough have my whole family participate somehow; my dad also running the 15k for the first time, and my mom, twin brother, and grandfather also



continued →

all running the 5k race. I plan on doing it many more times, to try to improve my time, and enjoy the sense of community!

What does the future hold for you and running?

I hope to continue my running career in college, and hope to participate on the Cross Country and Track teams at whatever college I end up deciding to attend. Even after college, I will always run as a hobby and to experience the joy and thankfulness I get from it. In the future, I hope to one day be able to complete a marathon, and even an Ironman.



Do you do any other sports aside from track?

I currently only run Cross Country, and Indoor and Outdoor Track. I used to play field hockey during the fall and lacrosse during the spring, but have gradually switched sports so I can keep running all year. Indoor Track is definitely my favorite season, because it's where I really discovered running, and the atmosphere is my favorite. Everyone is always so nice and friendly at the meets, and it's always so much fun meeting new people from different schools who you begin to race against every Friday night. Indoor forces me to enjoy the cold weather, because even though it is called "Indoor" Track, we practice outside almost every day unless it feels like -200 degrees. I never expected to really love track or running, but after having so much fun as a sophomore, and training hard before my Junior season, I realized how much I could achieve with the right mindset and drive to be the best I can be.

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

My Junior year of Indoor and Outdoor track, I was voted the Most Improved Player for the team, and that meant a lot to me. I trained hard before Indoor, and it was so nice to see that my coaches and teammates recognized that. I really had no idea what I was doing as a sophomore on both the Outdoor and Indoor teams, and ran almost every type of race; from sprinting the 200 meter, to running the longest race, the 3000. I really wasn't competitive until I was a Junior, and until I figured out that my talent lies in distance races. Ever since Coach West forced me to run the 1500 and 3000 in the same day at an Indoor meet last year, I can't escape distance running. The wonderful feeling and intensity I get after and during my races is indescribable and so addicting.

What piece of gear can you not live without?

For my races, I always have to wear pink underarmour spikes that match my racing spikes. If my whole outfit does not match, I automatically think my race is going to end up sloppy and not put together, just like my style.

What is your favorite food to eat after a meet?

I am actually very superstitious with my races, and I always have to eat multigrain Cheerios before I race. I actually probably would not get on the start line without having eaten them. I think they just give me the perfect boost of energy before a race, and they never make me feel sick when I am pushing my hardest. After most Indoor Track meets, I also have to have the "Berry Veggie" type of Naked smoothie. I feel like it's so refreshing after I run, and I always crave something cold and fruity, to rehydrate.

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

I love to hike with my family and friends, go to kickboxing classes with my grandpa and mom, and just be outside. I am usually a very active person and love to go walking, swimming, and

continued →

just work around my house gardening or spending time on my trampoline. I am also an avid singer and dancer, although my talents in those areas are kind of subpar.

What other activities are you involved with at school?

I am involved in National Honor Society, Key Club, Tri-M Music Honor Society, and the co-president of a club called Students for Justice and Equality at my high school. I love to volunteer and spend time meeting people in the community, and am very passionate about working with children. I love to watch them grow, and hope to work with them as a profession one day.

Favorite movie: I could watch the Lion King over and over again. I am very sappy, and love Disney movies, and the story of rising up and being the best you can be can help people of all ages get through anything. My Cross Country team actually loves the Lion King so much that we chant the beginning of the African song that opens the movie in the beginning of our cheer to pump us up before our races.

Do you have any pets? I love to cuddle with my little Shih-Tzu dog, Duffer, and my two very fat cats Ginger and Gilligan. We have had Ginger and Gilligan since I was about three, and they are perfect to just lay around and be lazy with. Although, we just got my dog about two years ago, and he definitely helps keep me active! He is always running around and loves to play and go on walks, but he is definitely not a running dog; his short little legs could hardly take a half-mile jog with me the other day!

Thoughts on running

I am so thankful to have found running as a passion and great hobby in my life. I have met so many amazing coaches and teammates who have inspired me, and I'm sure there will be many more to come. The feeling after a good race, and sense of accomplishment is like no other, and I hope everyone gets to experience the true sense of happiness and appreciation for life that I have after a good run.

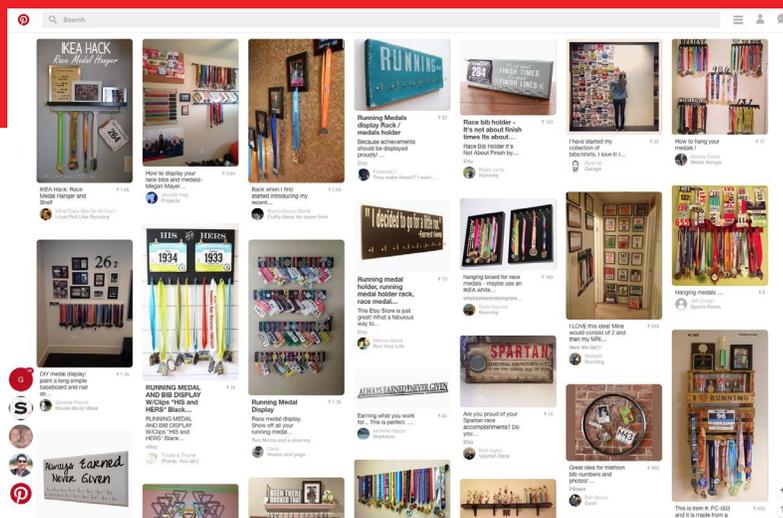
Awesome Stuff

RUNNER'S WORLD

Bucket List: 10 Races to Do With Your Best Girlfriends



[Read more >>](#)



Hmmm... what to do with all these medals?!
Pinterest is your hero for display ideas...

[Read more >>](#)

Willijah's Corner



Willijah Dawson

Full time insurance customer advocate, full time student and lover of running (in her spare time!) With numerous 5Ks and two Boilermaker 15Ks under her belt she claims "running is my therapy".

Try Again

Last month I wrote an article about failure... this month I am going to piggy back off that article and talk about the next action step that comes after failure. Trying again.

Aaliyah released a soundtrack to a hit movie that was released in 2000... the name of this song was "Try Again". Like many others at that time I was rocking out to that song and had the catchy hook on repeat in my head. Even today if I face failure I start singing this song and its stuck in my head all over again. The chorus reads " If at first you don't succeed, dust yourself off, and try again, you can dust it off and try again try again" (repeats).

The words are so simple yet profound... I recently put these words into action. Prior to turning 30 (in 2015) I had set out a goal for myself to run a half marathon for my 30th birthday. I felt that that would be a great "crossing a milestone" event. Something challenging and rewarding and a way to say to myself I have arrived. (Lol)

When the day of the race had finally come I wound up getting sick. I ignored my better judgement which told me to stay in bed and rest and was determined to go anyway.

I later regretted this decision.

Around the 3 mile mark I began walking because I was in so much pain.. I was throwing up and was just feeling awful. I told myself that's okay I'm still going to walk it. Around 5-6



miles I finally said okay Willijah enough is enough lets have someone drive you to the finish.

Although I know I had no control over the situation I was very disappointed. I felt like a quitter/loser. All the things we tend to think about ourselves when we don't accomplish something we set out to do.

But I didn't let this "failure" stop me.

In 2016 I set out to try again for my 31st birthday... This time around I finished!

Moral of the story.. Don't give up just because you have a set back. If you are you determined to accomplish a goal you've set out for yourself and don't get it on your first shot keep trying! If you are consistent and keep working towards your goal you are bound to reach it.

"Never let a stumble in your road be the end of your journey!"