

December 2017

splitimes

The Official Newsletter of the Utica Roadrunners



“ There’s no such thing as bad weather, just soft people.”

- Bill Bowerman

Oregon running coach and founder of Nike

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March 3, 2018

December
2017

Utica Roadrunners Board of Directors



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Joanne Willcox

Scott Neary



It's Sybil's last issue! She has been with the club since 1976 and has been an officer of the board for all but two years! We thank her for her dedication over the decades – she will be missed!

Advertising

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](#)





President's Message

by Sybil Johnson

Hello Utica Roadrunners!

This is my last President's article for SpliTimes.

From month to month, I have almost always made Michelle wait for my article because I don't like to write. There are all kinds of topics in my head as I walk outdoors, but the minute I sit in front of the computer most of them disappear. Yes, I have carried my phone or a paper and pencil to write these ideas down but heck, who wants to stop and write when they have a quick pace going? I am sure that the Club's next President will have a better handle on the task!

December is not usually a busy month for running competition, so let's go back to the Thanksgiving Day Run to End Hunger held at the Parkway. Our Director, Dave Morehouse, had just short of 500 runners and walkers who donated just about \$5,000. Yes, we did have some generous sponsors whose bucks are included in the final tally, and we thank them very much. At 9:00am, Mayor Robert Palmieri gave everyone his Thanksgiving thoughts, and then it was 'Hit the Road!' I stayed back at the Rec Center to count the donations with the folks from the Compassion Coalition. Rachael and her crew were amazed at the generosity of the participants. The Compassion Coalition crew collected the 50/50 monies that one young fellow had the luck to win. I never wrote his name down, but he was very happy to get the \$171 prize and hand it to his parents. By 10:45, the Rec Center was quiet. Everyone had headed home for their turkey dinner.

December's Club Business Meeting will be interesting. Any and every one can attend to check out who will be the slate of Officers for 2018. The monthly meetings are held at the Boilermaker

Offices the second Monday of each month at 7:00pm. Talk among the Board members is that some positions are already taken, but I have to say that there have been some surprises through the years. You never know who will change their mind.

The Club has taken on some new causes like the two Youth Track/Running Programs and the Skeleton Run. They have directors in place, but there will be other changes as Board members want to try other jobs or just take a break. You do not have to be on the Board of Directors to head a run or a program. I am sure the Club can use all volunteers.





So, here I am on my way off the Board. I have been in the Club since 1976. I have been an officer all but two years. Over the last six years, I think I have made the Presidency a bigger job than it has to be. Since everyone else on the Board was employed and not retired, I would take care of many of the little jobs that popped up. That will change. For the coming year, I will try to make all of the Board meetings except this month as Past President. I will not vote on any issues. I will try to keep my big mouth closed and just quietly observe. If asked, I will offer my opinion. Having watched how the younger Board members completed their jobs over the last six years, I am sure that they will do just fine with any job ahead. I will probably keep some of my volunteer positions with events like Falling Leaves and the other Club races. I will turn in my post office box keys, take my name off the Club credit card, and let the incoming President do interviews or pose for pictures to be used in the OD and on TV. Someone else can order pens, pencils, coffee cups and whatever is needed to promote the Club. Man, I am gonna have a bunch of free time. Maybe more of my time will be spent painting and framing! Who knows where Dennis and I will travel? Who knows if I will ever write the Club history that Jim Moragne wants.

No matter where I end up, no matter what I do, I will never forget all of the friends I have made because of the Utica Roadrunners! Thanks very much Everyone and always... Be Careful Out There!

Sybil



SAVE THE DATE!



**Utica Roadrunner's
Annual Banquet
March 3, 2018
Aqua Vino,
North Utica**

You don't want to miss this year's awards!



FROM DAY ONE...

2018 BOILERMAKER TRAINING PROGRAM



**Starts Saturday, February 3rd, 7:30am
at The Fitness Mill, New York Mills**

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 3rd right up to the Boilermaker July 8th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$20 for the year for an individual (under 18 is \$10), \$25 for couples or only \$30 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website: <http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Scott Neary** a call at (315) 731-7714 or email him at smn315n@yahoo.com. He's got you covered.

Letter from the Editor



After finishing a cool 7-mile run with the Saturday crew. Photo credit: John Gilligan

2018 is going to be GREAT!

It's the happiest time of year for many reasons...one is looking back at this year and all of your great accomplishments. The other is deciding what races you're going to sign up for for the next year!

Having said that, be sure that you **submit your mileage** for the year to Jim Moragne at jimmoragne@gmail.com. There's a form on our web page or just send it in whatever format you have it in.

Also - be sure to **let Melanie know** if you have run any half or full marathons, ultra, triathlons, etc. this year so she can include you in the Powerpoint at the annual banquet. She's at mcrisino@yahoo.com

Good luck with your 2018 planning - go big, train safe, HAVE FUN!

The Perfect Gift for the Roadrunner on Your List!



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!



I Ran 1,000 Miles and You Can, Too!

Part 1

By Lauren Murphy

For this article I asked our club members to answer a few simple questions that had to do with running and their routines. I decided to do the article this way because I wanted to give some insight into some of our runners and to also show that many of us have the same thoughts and feelings.

What words do you use to motivate yourself to get out of the house and get a run done?

- I tell myself, I know every mile will be worth my while. There are days I just don't want to run, but when I tell myself you know how good you feel after and psych myself up for that I get excited to go.
- I am a creature of habit. Morning is my time, up and at it before the family is up. If I don't do it then, it doesn't get done and if it doesn't get done... I can get grouchy. Meeting up with friends is a definite added incentive to keep me going.
- Dedication, willpower, determined, focus
- "Trust the training" - signing up for a race and having a training plan gets me out the door.
- Just need to get started. As I am running I think about some of the great runners I know and have seen.

How do you motivate yourself while you are out running?

- The first mile for me is always the worst. I tell myself "why are you running?"; "you're too old!"; "what are you trying to prove?"; "no one will know if you walk!" Then once I get going I honestly start to tell myself "you got this!"; and "you are so much stronger than you give yourself credit for!" When a dog barks I always throw a little smile because that is my cheerleader telling me to move it. I talk to myself for a while, "wow look at how far you have come," and I always thank God while running too, I am fortunate I am able to run as so many people can't. Running really makes me appreciate nature and life.
- Listening to music, chatting with friends or challenging myself to get faster. I love to see results on my Garmin after pushing myself. Always striving for improvement.



- When I have a bad run, I think about the reason I started running about four years ago. It was my daughter Isabella and the fact that I couldn't keep up with her because of my poor health. When I started running I couldn't even run a quarter mile let alone a marathon which I completed my first on Oct 1st (Wineglass). I look forward to growing old and seeing my four kids ages 8, 4, 3 and 3 months grow up. If I didn't make the changes in my lifestyle I'm not sure I would be around to see it.
- If I run with others, it's the energy of the other runners that motivates me. I try to connect with the environment. I listen to rhythms around me. I ask myself: What are 5 things I hear? 5 things I see? 5 things I feel?
- I remind myself that running has taught me that I'm capable of so much more than I imagined! So quitting is not an option!
- I hate to quit ever! Just not in me.

A HUGE thank you to Robin DeMarco, Jennifer Bachelder, David Saxe, Dorothy Massinger, Wayne Murphy, and Jessica Van Valkenburg!!!!

Time to Submit Your Mileage!

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the Annual Awards Banquet on March 3, 2018. This includes data about annual running mileage and volunteer work for the Red Jackets and chevrons as well as specifically any marathons or ultras run by the club members. Reports must be submitted by January 15, 2018. Dues for the year must also be paid by January 31st for award eligibility as a member in good standing. All reports should be submitted to Jim Moragne at jimmoragne@gmail.com or mailed to him at 63 Falcon Trail, Pittsford, NY 14534. The form is available on the club's webpage at www.uticaroadrunners.org.

Important: For the **1000 Mile Club Jacket** (1000 miles and 10 volunteer points) Award, you **must** have accumulated at least 10 volunteer points in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2016 (unlike the miles, all of which had to be run in 2016). For the **Extra Mile Club Jacket Award**, you **must** have earned 30 volunteer points and they **must** all be earned in calendar year 2017. The point chart is at the end of this article.

Chevrons: Members of the 1000 Mile Club who complete 1000 miles or more during a subsequent calendar year after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100 mile increments from 1000 to 2000 miles, and in 500 mile increments above 2000 miles. Mileage totals are rounded down (i.e. 1,378 miles will result in a 1,300 mile chevron).

Marathon/Ultra Patches: A marathon or ultra patch is awarded to any club member who completes an organized marathon or ultra race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the patch to indicate several completed marathons or ultras: Blue Star 5 completed; Red Star 10 completed. Marathon/Ultra information including name, date and location of the race; completion time, place, and any awards received should be reported.

There will be a separate email in January asking for nominations to the club's various named awards. For now, we just need your mileage and marathons, as well as volunteer points for the Red Jacket Awards. Please send questions to Jim Moragne at jimmoragne@gmail.com.

Points: One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

Board of Directors and Similar

1. Serving on the Board of Directors as an officer: **30 points**
2. Serving on the Board of Directors non-officer: **20 points**
3. Membership Chair: **20 points**
4. Merchandise Chair: **20 points**

Director of Club race or training program: 20 points (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs)

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)

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, Safety Run, and similar)

Committee Chair of club event (non-race/training) or special committee: 10 points (Includes Awards Committee, Scholarship Committee, Social Chairperson)

Unique: Hosting a Breakfast Run, Thursday Night Run or the like: **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**

Proofreading monthly SpliTimes: **10 points**

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

General volunteer for a single race or training event: 1 point (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event)

General volunteer for other club events and committees (non-race/training): 1 point (this includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member other than chairperson)

Member Spotlight

**He wins local races with ease.
He runs a sub-three hour marathon.
You'd think he has been running
all his life, but you'll be surprised.
Meet the speedy family man...**

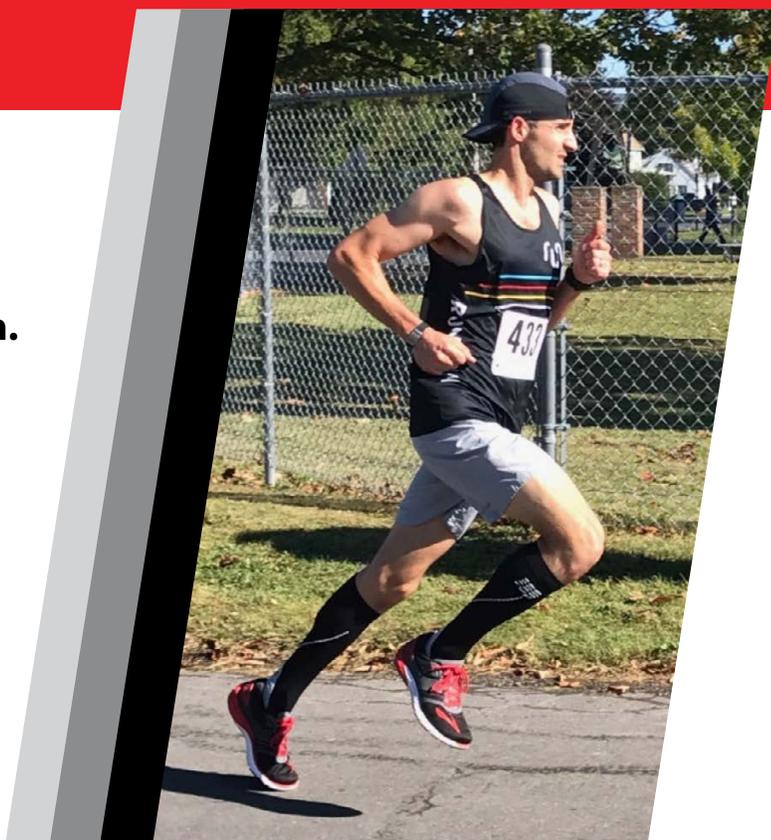
Michael Polidori



Mike Polidori was a big baseball player back in high school. That was his thing. A good friend of his used to try to get him to run cross country, but he always passed, choosing instead to take his place at short stop. The Herkimer native didn't run in high school or in college.

In 1990, Mike's brother Johnny was dared by a bunch of friends to run the Boilermaker 15K a mere 2-3 days before the race, with no training. He did it, survived it and loved it and that race started a Polidori Boilermaker tradition. Mike is one of six siblings and every year, some combination of them run it. Between them, they have run sixty Boilermakers, with Mike running seventeen of them himself. His first was when he was just fourteen years old and his time in the beginning was around 80 - 90 minutes – a big difference from the 56:16 he just crushed this past year!

For many years, the 15K was the only race that Mike ran. While traveling for work, he would go for a run and get to know the city or put some miles in on the treadmill at the hotel. Around 2008 or 2009, he started adding a couple 5Ks here and there,



but nothing too big and he wasn't training seriously. He did finish his first half marathon in 2013 in Raleigh, NC. Ironically that friend from high school that tried to talk him into running cross country finally won him over and got him to do the half! It wasn't until his son Jazper started showing an interest in running *and* when Mike suffered a broken wrist playing softball that he knew it was time to find something new to do. Running was an obvious choice. In true competitive Polidori form, his son Jazper declared that he wanted to be the youngest in the family to run the 15K, so in 2014 at the age of 12 he did just that, with Mike by his side. And he loved it. Jazper transitioned from playing basketball to taking on cross country, indoor track and outdoor track. It brought out a passion in Mike and pushed him to start diving in. It truly became a family thing.

Family is the ultimate inspiration for Mike and his running – his wife Holly and kids (Jazper, Jude and Lena), his siblings, his mom, mother-in-law Kim and especially his dad's memory. His brother Joe is an accomplished musician. Mike listens to his albums while he runs and the passion in Joe's voice translates into his passion for running. Holly is his partner in keeping all the balls in the air and although they don't do many training runs together,

continued →

Mike's dad (with sunglasses) at the finish of Boilermaker, 2014

Lena, Holly, Jazper, Jude and Mike after the 2016 Boilermaker with shirts commemorating Mike's dad.

Jazper and Mike at the Marcy 5K.



WHAT A YEAR!

Mike's 2017 Accomplishments

MARCH 26
SYRACUSE HALF MARATHON
1:21:00 (34th overall, Half PR at the time)

APRIL 1
FORT TO FORT 10K
36:27 (10K PR)

MAY 21
POCONOS RUN FOR THE RED MARATHON
2:56:29 (BQ, Full PR 13th overall)

JUNE 17
Summer Sizzle 5 Mile
29:41 (5 mile PR, overall win)

JULY 9
BOILERMAKER 15K
56:16 (15K PR, 148th overall)

JULY 22
ILION DAYS 5K
17:20 (overall win)

SEPTEMBER 9
Old Forge Half Marathon
1:20:30 (Half PR & overall win)

OCTOBER 1
OKTOBERQUEST 5K
16:51 (5K PR & overall win)

NOVEMBER 23
2000 MILES LOGGED
Achieved on Thanksgiving Day

Falling Leaves is "their race" and they never miss running it. His mother-in-law Kim is a tremendous help with taking care of the kids so Mike and Holly can run races. Mike's dad passed away in April, 2015. He was at every Boilermaker finish line to cheer on the family and was their biggest fan. You will now see Mike and the family wearing special shirts with his dad's image on it so he's always with them on those runs. Before every race, his dad would send him a motivating "Godspeed, Mikey" text. Running helped Mike through his dad's death both physically and mentally and really shed light on the mantra "find comfort in pain." Running is the comfort that is always there when you need it most.



Mike and Holly at Falling Leaves

In just a few short years, Mike's running career has taken off. The numbers are impressive and the wins are stacking up. The past three years, his annual mileage has increased from 1,000 to 1,500 to 2,000 which he hit on Thanksgiving Day last week. He tackled another sub-60 Boilermaker this year and also his sub-3 hour marathon in the Poconos. That race was also monumental because it qualified him for Boston in 2018. Usually when he runs, he says his mind goes blank and all he thinks about is running. Sometimes he'll even forget parts of the race he just ran. With the Poconos Marathon though, he didn't want to forget one detail, so he wrote about

his experience shortly after finished. [You can read that here.](#)

So how does one hit 2,000 miles in a year? How does someone get so fast? We asked Mike for his secrets and some tips (AND are working on persuading him to do a regular advice column for SpliTimes!). For now we'll share a few things.

Having routines is imperative. His wife runs as well and with three kids, the schedule is juggling mastery. She runs early and by the time she's back, he heads out (which is STILL early!) Everything is laid out the night before so he doesn't wake anyone getting ready. Stretching is another routine he never deviates from – a cup of tea, stretching and rolling is a nightly thing.

To get faster, he swears by warming up and cooling down with more miles. A typical run for him may be a 3 mile warm up, 8 miles at race pace and then a comfortably paced 3 mile cool down. He also swears by track training and not stopping while you're doing it. If you're doing 800 or mile repeats with a lap in between, jog the lap and don't walk it. The continuous motion will train your body to keep moving. One last piece of advice from Mike is to find someone that's training for the same race or distance as you are and keep each other accountable. Noth-

continued →



ing like the feeling of letting someone down or not meeting them for a scheduled run to keep you going!

Mike became a Roadrunners member in 2015 and joined us on the Development Runs. In 2016, he was named "Roadrunner of the Year". He has a coaching background and may be interested in one day putting that to good use with running. For now, he is involved in the "I Run 4" Program, a non-profit with over 22,000 members that matches runners with children and adults that have varying disabilities. The runner dedicates miles and races to their Buddy.

Mike's buddy is Connor, who is now 8 but was 5 when they first met. Connor goes to Boston a lot for tests and treatments and loves the city so they are planning on going to cheer Mike on at the Boston Marathon in April, and

will be cheering him on from right before the infamous Newton Hills.

What does 2018 hold for Mike? He's taking care of an Achilles injury right now, but should be back at it soon.

You'll definitely see him at the Bolder Inspiration 5 Mile Race (one of his favorites) and of course the Boilermaker 15K and Falling Leaves. Boston is his big race of the year and a goal (that will now be in print, Mike!) is to qualify for Boston 2019 IN the 2018 race.

Hopefully we'll see some more from Mike here in SpliTimes this year, as he's full of great advice and inspiration that we think many runners of all abilities can benefit from. We may even persuade Jazper, a budding photographer, to snap a few photos for us! After all, running is really a family affair! ■

The finish of the year! A sub-3 hour marathon at the Poconos Run for the Red Marathon.



Mike's Buddy, Connor



Podium at Summer Sizzle 2017



Member Accomplishments

Members are traveling, racing and having fun! Thank you for submitting these great shots. Remember - we'd love to highlight what you're running throughout the year! Send photos, times, descriptions of races, etc. to Michelle Truett at michelle@484design.com



Rocky Run in Philadelphia



CNY Veteran's Center's Veteran's Day 5K at Proctor Park



Run For Safety at the Parkway



Ugly Sweater 5K at Aqua Vino

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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)

- January 2018
- February 2018
- March 2018

Would you like to add a UR Facebook post

for just \$15 (per month)?

- Yes No

Total included: \$ _____