

March 2019

splitimes

The Official Newsletter of the Utica Roadrunners

IT'S RED JACKET SEASON!



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March
2019
Utica Roadrunners
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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!).

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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](#)



**Lauren Murphy tackled the
Disney Princess Runs
in Orlando, Florida.
CONGRATULATIONS!!!**



President's Message

by *Wayne Murphy*



It is hard to believe that Spring is around the corner but it is! We had a fantastic annual banquet. Congratulations to all for your accomplishments in 2018. Thank you to the organizers of that great event. Great to see so many Utica Roadrunners at the Heart Run this past weekend. You all did amazing and for a great cause.

We will be starting the running and racing season soon with the Ted Petrillo Save our Switchbacks which will be held on April 28th. This year we are offering the opportunity to run all of our races and receive a great sweatshirt to commemorate the year of races and your success with the races. If you can't run them all, we are offering a virtual option for some or all of them.

Directly after the SOS we will start the Wednesday night development runs. Our Boilermaker training program is already started and going well. Please come out to join us on Saturday mornings to train and encourage the new runners.

That is it for now. Feel free to contact me at any time. Hope to see you out there on a run.

Wayne – Wayne13413@yahoo.com

Letter from the Editor

by *Michelle Truett*



*Melanie,
me and Jess*

Daylight savings time is this weekend. The Boilermaker Training Program's first outdoor run is Saturday. I barely needed a hat on my last run. Dev Runs start on May 8. It's coming, people... spring training!!!

Speaking of Development Runs, as you may know, Mike and Linda are stepping down from running them. WOW did they do an amazing job for so many years - it takes serious dedication to go week after week and I want to send a huge THANK YOU to them for taking care of us. We sure hope to see them around!

I'm looking forward to seeing everyone training for their big races this year and catching a run with many of you. As always, keep me posted on what you're up to in the form of sending me PHOTOS! :)

See you out there! // Michelle



And the winners are...

Annual Awards Banquet



1000

Welcome to the club! Introducing our 2019 1000 Mile Jacket Recipients

Top photo, from left to right: Jessica VanValkenburgh, Jean VanValkenburgh, Robert Scanlon, Melissa Barlett, Kelley O'Bryan, Harry Campbell, Tracy Perkins and Cole Perkins.

Inset photos: Bill Callahan, Tom Durso and Missy Lanphier

And the winners are...

Annual Awards Banquet



Hall of Fame Award
Bill Callahan

**Distinguished RR
Supporter Award**
Boilermaker

**Frank D'Allesandro
Training/Volunteer
Award**
Nate Getman
and Abbie Sutliff



**Volunteer
of the Year**
John Gilligan

**Ed Bruni, Sr
Inspiration Award**
Melanie Crisino

And the winners are...

Annual Awards Banquet

**Robert H.
"Coach" Carlson
Distinguished
Service Award**
Wayne Murphy

**Club Presidents
Award**
Lisa Walchusky



**Female Roadrunner
of the Year**
Jennifer Bachelder

**Male Roadrunner
of the Year**
Dan Stedman



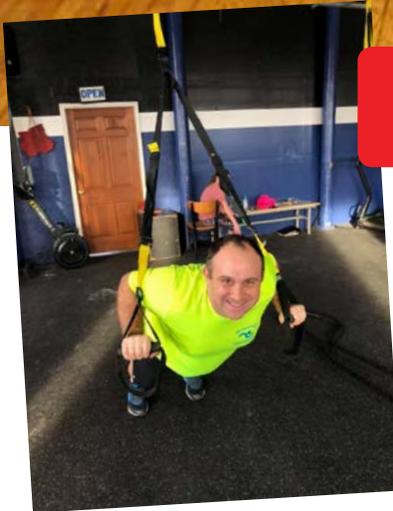
**Most Improved
Roadrunners**
Female
AnneMarie Latshaw

Male
Scott Neary

Boilermaker Training Program



**FOLLOW THE GROUP
ON FACEBOOK**



***Next run: Saturday, March 9th, 7:30am -
meet at the Parkway Rec Center in Utica!***

THANK YOU to The Fitness Mill for hosting us for the last month...
now we're taking it OUTSIDE!

The Grand Prix is Coming!



**Mark your calendars for the
first two Grand Prix races for 2019:**

Fort-to-Fort 10K – April 7, 2019

UR Save Out Switchbacks 7.5k – April 28, 2019

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the top three runners in each age group are presented awards at the club's annual awards banquet.

Scoring:

- Minimum of 3 races to qualify for the Grand Prix awards.
- Best total for 6 races will be taken for your Grand Prix score.

Stay tuned for the full list of 2019 races!

Member Article

Rockin' Chics Journey to Rock the Ridge Part 2

By Dorothy Massinger



**“The miracle isn’t that I finished.
The miracle is that I had the
courage to start.”**

– John Bingham

Last month Karen Piccola’s article focused on how four Utica Roadrunners: Karen, Julie Buehner, Lisa Walchusky, and myself decided to join a 50-mile challenge - not as a relay, but together: lining up at the start, completing the 50 miles, and finishing as a team.

I heard about the Rock the Ridge 50-mile Endurance Challenge (note: it is not called a race), a few years ago from a co-worker who lived in the Kingston Area. Rock the Ridge is an environmental fundraiser for the Mohock Preserve. The goal of this challenge is to run, walk or hike the course in 24 hours, and to raise \$300 for the preservation of the Shawangunk Mountain region. It’s an annual event that began in 2013. The course is on carriage roads, forest trails, and ridgelines. I liked the distance, (I was an impressionable teenager when JFK encouraged 50-mile events as a push to bring the country back to physical fitness). I have also heard that as one gets older, there is a point where you will not get any faster, but your endurance can continue to increase. Lots of older runners stop chasing PR’s, and instead push to go farther. I also liked the generous cut-off time (most 50 milers have a 13-hour cut-off); but, most

Member Article (cont.)

important, the idea that there will be 4 of us that will tackle this challenge together.

We began training the beginning of December. By the end of February, we will have run 175 miles together. Because the weather had forced us to go inside, we did some training at the indoor track at Accelerate Sports in Whitesboro, and together we have run/walked 450 LAPS.

We try to match our weekly running miles to add up to the distance of our long Saturday morning runs. We cross train on non-running days with strength exercises, spinning, yoga, Pilates, swimming, or downhill skiing. We make sure to include at least a 36-hour rest period to recover. We are reading *Relentless Forward Progress*, by Byron Powell; a how-to manual for aspiring ultrarunners. The book covers nutrition, training plans, and inspiring stories about novice runners who tackle distances that at one time seemed impossible.

We have some fun running events planned for the next few months. We are signing up for the Heart Run 30K. It fits perfectly in our training schedule. Also, Lisa has never taken part in a marathon, so on Saturday, March 30th, we will be running a no fee, unofficial, unsponsored, untimed marathon. Please join us for this event. Karen is in charge of setting the route, and my husband Al will be there with water and snacks, and I'm looking at designing some homemade medals. We are also doing back-to-back half marathons, the Helderberg to Hudson Half on April 13th and the Earth Day Half on April 14th, aka the Thruway Series. If the 50-mile challenge, or any of our fun run events sound like something you would like to try, find the courage and join us. And please run with us any Saturday. We are determined, sometimes spontaneous, walk during our runs, aim for a 4mph pace, and always take lots of pictures. ■



CNY Running Clubs Cup



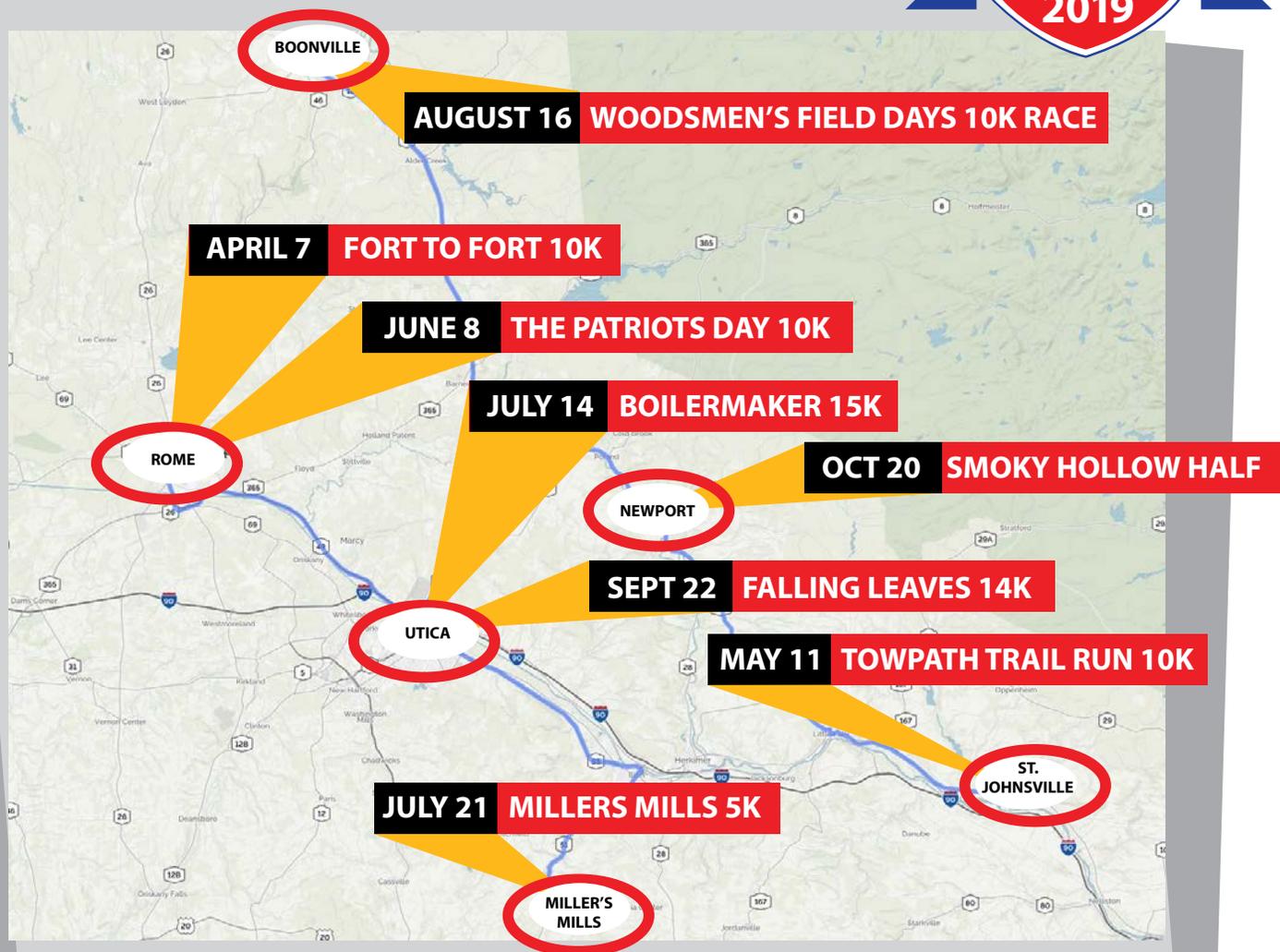
**Kuyahoor
ickers**



North Country
"Toe" Path Trekkers
Walk-Run Club

2019 Races - Mark Your Calendars!

Do you plan on running any of the following races that are a part of the CNY Cup Challenge? If so, send an email to Laurie and Mike Hennessy at laurie.hennessy@aol.com to be added to the Utica Roadrunners' Roster! The more participants that our club has on our team, the better our club places in the standings! We will need your email confirming your participation by April 1st, as the first race is the Fort2Fort the first weekend in April!



Are You Up for the Challenge?!

2019



4
RACE
CHALLENGE
UR

SOS • Summer Sizzle • Falling Leaves • Skeleton Run

\$100 Race Fee + \$8.00 SignUp Fee
Registration ends March 31, 2019

[SIGN UP](#)

Individual registration is also open for SOS and Summer Sizzle!



April 28, 2019

[SIGN UP](#)



June 16, 2019

[SIGN UP](#)

Rise and Shine!

By Scott Neary



Rise and shine!! I tie up the laces, get my gear on and head out on my 5:30am run. As you all know, when you are out running alone you tend to think a lot. One morning during one of those runs I got to thinking about what an amazing running community we have. We have two amazing programs in the Boilermaker Training Program and the Wednesday night Development Runs!

The **Boilermaker Training Program** is such a great, well organized program to get you ready to run the biggest 15K in the country. Whether you want to do your first 5k or jump in and train for the 15K, this program is for you. It has everything you need – water stations, safety and volunteers to help out each week! We can always use volunteers!

Then we have the Wednesday night **Development Runs** which are a fun challenging evening. We have the 2 mile, 5k and 10k. We get the honor of running the Switchbacks! It's such a great course, catching some hills and coming out of the Switchbacks and getting the amazing views from the golf course. We finished, we all gather around and chat to all the runners.

I also got to thinking how running brought so many amazing people into my life! Catching the weekend runs with the running crew which started off as a small group and has expanded to a nice size group - the more the merrier! Also at times I catch a random run with someone in the evening and we meet up after work.

Personally, running has changed my life in so many ways. The people I have met and have gotten to know is a true blessing. Running with you all on the weekends is something I look forward to, and finishing up with some coffee and chatting and of course... the pictures!

Awesome Stuff



High School Running Team in Santa Barbara, California Invites Shelter Dogs On Their Morning Run and They Have A Great Time Together

[READ MORE](#)

Run, Forrest, Run!



Covering 15,348 miles in 409 days, 39-year old Rob Pope Ran Forrest Gump's Route Across U.S.

[LISTEN](#)

He Fought a Mountain Lion



Travis Kauffman describes his struggle to fight off and kill a mountain lion that attacked him while running along trails in Colorado.

[WATCH](#)

Member Accomplishments



Roadrunners ran deep at the recent Lake Effect Half. Congratulations to all of the finishers!

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)

- April 2019
- May 2019
- June 2019

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

- Yes No

Total included: \$ _____