

July 2019

splitimes

The Official Newsletter of the Utica Roadrunners



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July
2019
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Useful Links:

[Utica Roadrunners Facebook Page](#)

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[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)



**Utica Roadrunners' night at a Utica Blue Sox game!
Melissa Bartlett sang the National Anthem and
Bill Callahan threw out the first pitch!**



President's Message

by *Wayne Murphy*



I can't believe it is July! Time for the Boilermaker. I have had the opportunity to run the Boilermaker Training Program and that is going great. This is one of my favorite times of the year. June was a very busy month for the club. The Summer Sizzle was a great success even though we had a few rain drops. Thank you to Jim Mott (race director) and his crew. The course was amazing and all appeared to have a fun race and a great time. We also hosted an RRCA (Road Runners Club of America) Coaching Certification Class. It was an opportunity for us to showcase our club and also the Boilermaker. We had attendees from Vermont, New Hampshire, Canada and all parts of New York State. Thank you to Joan and Tim Kane who made this happen as well as our continued support from the Boilermaker. We will now have several members who are certified running coaches! The Development Runs are going well and will continue until the Falling Leaves. See you at the Boilermaker whether you are running, volunteering or cheering on the runners. The very best to all of you.

Wayne



Letter from the Editor

by *Michelle Truett*



Photo by JB3 Photos

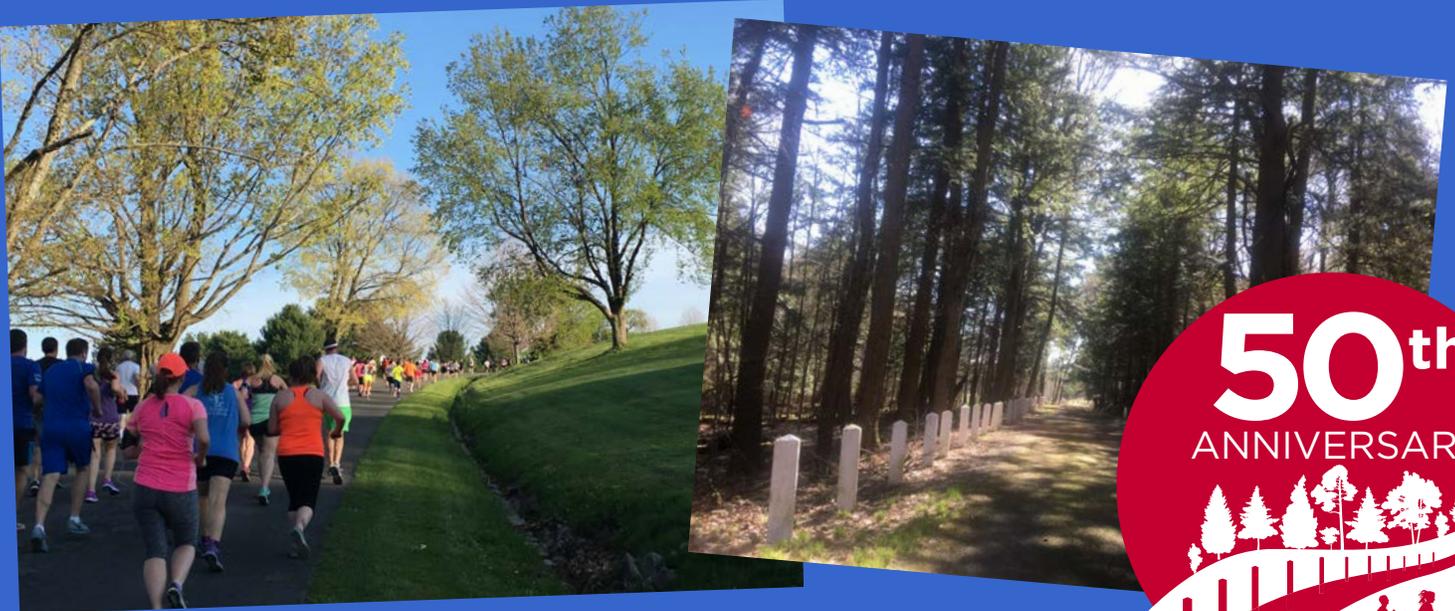
Runner friends! I'm so sorry I'm a little late getting this issue out to you. June was a big month with my son graduating high school and attending college orientation, then our Levitt AMP concerts started up. I have to send out love to my running friends that also become reliant confidants and volunteers for us at the concerts – thank you, Alex Gonzalez, Dorothy and Al Massinger, Colleen Lamb and Scott Neary! Stop on by before or after a run on Monday nights - we're at Kopernik Park in downtown Utica from 6-9pm.

In other news, BEST OF LUCK to everyone running the Boilermaker! There's nothing like Boilermaker weekend in the city with everyone in a stellar mood, the city looking its best and the running community shining. The Boilermaker Training Program participants are READY! See you at the start line and/or the finish line!

- Michelle

Development Run Records

The Runs Keep Going!



PLEASE SHARE THIS INFORMATION WITH ALL YOUR FRIENDS WHO PLAN TO RUN ON WEDNESDAY NIGHTS

2019 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
- \$25 Individual
- \$30 Couple
- \$40 Family

Development Runs will continue to Falling Leaves

Registration opens at 5:30.

Be there early! Runs are at:

Kids Run: 6:15pm

6:30pm – 10 K / 5K / 2 Mile

Volunteers Needed

As the development runs rev up, we need help with our planning. Our club's events are only possible if we get volunteers! The development runs are a twenty week program, from May through September and there's plenty of opportunity for individuals or groups to take part.

We need at least two people each week for the computers, (pushing a button as runners cross finish), two in the chutes pulling tags, two at the water station. With six people at the finish we can set up, tear down quickly, and cover everything.

**If interested, message the
Utica Roadrunners' Facebook page**

Scholarship Winners



The Utica Roadrunners have as our primary mission the promotion of daily health and fitness through running. Each year, we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student athletes in our community.

The following students are the recipients of the 2019 Paul Ohlbaum and Howard Rubin Scholarships:

Fatime Adam

Fatime is a graduating senior of Proctor High School who is planning on attending Clarkson University to study chemical engineering in the fall. She was the captain of the cross country team this past year and is looked at as a leader by many of her peers.

Eva Borton

Eva will be graduating Clinton High School and will attend Williams College to study science. She was named the New York State Champion in Cross Country for Class C for the 2018-2019 school year and she qualified for the Nike Cross Country Championship in 2018-2019.

Brynne Myers

Brynne is a graduating senior of Remsen High School who participates in several local races put on by the Utica Roadrunners. She will attend MVCC in the fall to study education. She has been the captain of the cross country and varsity track teams at Remsen, and plans to run on college teams at MVCC.

Joshua Farmer

Joshua is a graduating senior of New Hartford High School who plans to attend SUNY Geneseo in the fall to study Business Administration. He has competed in many Sectional, State, and National competitions for both cross country and track. In 2017, he was the winner of the Boilermaker 5K.

Summer Sizzle!



Summer
SIZZLE
UR 5 MILE ROAD RACE



Summer Sizzle



[SEE RACE RESULTS](#)

Summer Sizzle



[SEE RACE RESULTS](#)

Member Spotlight

SMILES FOR MILES!

5Ks to Halfs.
Trails to Tris.
Meet Colleen Lamb



Colleen's smile lights up a room, a race route, a bike route and social media. Her laugh will push you up a hill on a long run and bring joy to a coffee date once you're done. We caught up with her (at a coffee shop!) to find out a bit more about her .

Colleen grew up in Utica and now lives out in Vernon. She started working at Indium Corporation in 1994 as a sales clerk and 25 years later, she is still there and is currently their Global Logistics Manager. She has one son, Jonathan, and a grandbaby on the way! Having Jonathan at a very young age, she got into a routine of being a single mom who did it all, including working way too much and going right from home to work and back again. Fast forward to 2010 and some coworkers asked her to walk the Switchbacks with them. Then they started running. Colleen went along with the adventure and did her first 5K at the Heart Run in 2011. Then those peer pressure-filled coworkers were back talking her into doing the Boilermaker 15K, where training ping ponged her from feeling "amazing" to "OMG I'm going to die!" Her first encounter with the Roadrunners was at the Development Runs, where she was consistently one of the last ones in when everything was packed away. One monumental moment early on in her running career was at one of those Dev Runs when she came out of the Switchbacks and two women were still there at the water station by

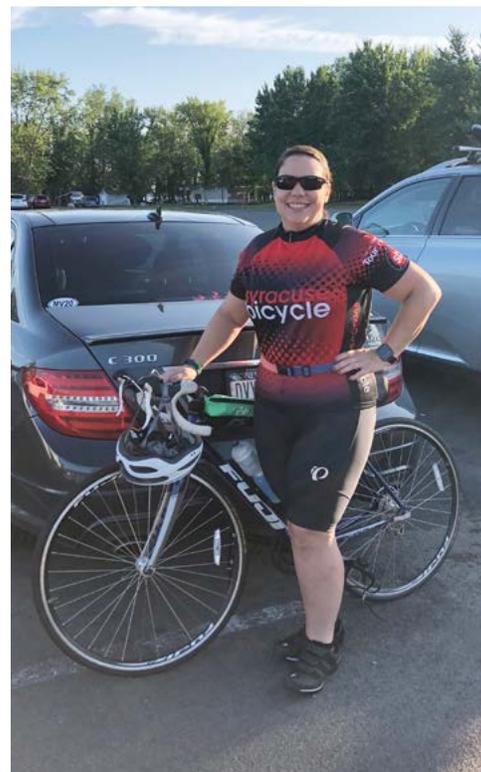
Member Spotlight (cont.)

the gates. They cheered Colleen on, drove up to the Eagle to check up on her and then took Oneida Street back to the finish line and was there when she finished that run. Colleen had never experienced support like that and was so moved that she emailed the Roadrunners to thank the women. That first year, she finished the 15K in 2:29.

The next three years didn't go as planned. Frustrating injuries plagued her. A long road back brought her to 2014 where she found out about the Saturday Boilermaker Training Program and spent that year struggling to get faster and back where she was. It worked - she shaved 15 minutes off of her Boilermaker time in 2015 and another 15 minutes to PR in 2016 at 1:45. Colleen's mantra of "Never Give Up!" has helped her to many finish lines since that comeback.

In 2016, she ran her first half marathon at Lake Delta and ran her second one (Empire) almost on a whim. Hurricane Andy canceled her trip to Hilton Head and she was mad, so decided to do something that made her happy. A half marathon did the trick. Also in 2016, she joined the Y and started doing some cross training - swimming, spin and zumba. 2016 was also the year she got hooked on triathlons (after another coworker talked her into it!) and she completed the Irongirl in Oneida Shores followed by the Cazenovia Triathlon that year as well.

She placed for the first time in a duathlon (bike-run-bike) while actually running with her helmet in her hands after forgetting to leave it with her bike! She is a member of the CNY Tri Club in Syracuse and loves being part of the tri community.



Member Spotlight (cont.)



In 2017, she ran a 20-miler in Martha's Vineyard and had a dire wake up call on how important nutrition and hydration are. Three days after the race, she became sick and delirious and her potassium levels plummeted to the point where she was very close to having a heart attack. She spent a lot of time after that reading up on and learning everything she could about how to take better care of her body while training and racing and to this day is very deliberate with her health, but that incident also didn't hold her back for long. She traveled NY State from end to end doing races and triathlons. She went to other states. She ran 5K in snowshoes. In 2017, she racked up 40 races and in 2018 she was right behind that with 38 races. This year's Mountain Goat race was a real pivotal race for her - she felt just as good at the end as she did at the beginning. She claims that "there's nothing like finishing a race" and it's even sweeter when her biggest fans - her mom and Jonathan - are there to see her cross the line.

You will also rarely see Colleen running without RWB gear on. RWB is a nationwide Veteran's outreach organization that has social events and volunteer opportunities. Colleen's step dad was a Colonel at the Pentagon and two of her close cousins are also in the service. Her dad was a history teacher in Westmoreland and had a true love for history, especially reenactments. She distinctly remembers him taking the family to a reenactment at the Battle of Oriskany in 1977 and to the town of Ohio every Labor Day and Memorial Day for events. (Fun fact - Colleen won a tomahawk throwing contest there when she was nine!)

Coming off of some back issues, in 2019 she is reassessing, listening to her body and she's going to keep moving to get back where she was... slowly. She is excited to be doing the Cortland Tri this year as well as the Boilermaker again. A big goal that is on the horizon for her is a half Ironman - she is still researching and planning that out, but we have no doubt that this "Never Give Up!" girl will tackle that in no time.

If you ever need a pick-me-up, a good laugh during a run and a good talk after over coffee, Colleen's your girl. Next time you see her out there, give her a high five for all of the hard work she puts in with RWB and ask her HOW the heck she pulled off 40 races in a year!



The Grand Prix is Underway!



Mark your calendars for the remaining Grand Prix Races for 2019:

July 14 – Boilermaker 15K

July 27 – Honor America Days 5K

August 16 – Woodsmen's 10K

September 14 – Living History 5K

September 22 – UR Falling Leaves 14K

October 13 – UR Deerfield Skeleton Run

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.

Run for Goals

by Christopher Edick

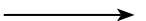


Five months of training, 3:30am and 4:30am wake ups, and a mission to complete my first ever half marathon.

It began in January of 2019 when I told myself and my support groups that I would be expanding my horizons and running my first half marathon. Up until this moment I had never ran more than 9.65 total miles at one time. Since I began my running lifestyle (April 2018) I had never ran more than 55 miles in one entire month for almost an entire year. From April 2018 through February 2019 my absolute max was 55 miles. On average, that meant I was running under two miles per day. It was in March of 2019 that I told

myself my training needed to begin and I needed to put some miles in. Beginning in March, I began running on average about 100 miles each month, averaging almost four miles a day and improving my VO₂, 5k, 10k, and 15k race times. I went from a 23 minute 5k, a 53 minute 10k and a 90 minute 15k to a 21:50 5k, a 50 minute 10k and 83 minute 15k. I could finally see the improvements that running has made.

From March 2019 - May 18th (one day before the half marathon), I had run 13 miles only one time which was on April 16th. I did it in 1:58:11 for 13.16 miles. On May 14th, I had made a goal of running a sub 1:50 minute half. I knew it was over 8 minute PR difference,



but I believed that with the hard work of running for 3 months straight, that my goal was obtainable.

May 19th, 2019-Day of the Half

I came into the race with a goal of finishing quicker than one hour and 50 minutes. That was my goal coming in. I began the run on what seemed like a pretty quick pace. It was around an 8:20 pace for first few miles. I had an idea that if I got through the first hills on Genessee Street that I could make up times on the back stretch of the first half of the race. I told myself that I needed to follow my Stryd Footpod which bases my run on Power/Watts. My goal was 267 Power. Slow on the uphill and quick on the down hills. I ran the first 6.5 miles flawlessly based on my goal of 267. I felt like I still had something left in the tank on the way back. I increased my Power to about 290. I outperformed my expectations and ended with a 282 Power Average. I was running an 8:11 or so pace in the first half and now was on pace to complete my half under 1 hour 50 minutes. I hit mile 11 in great shape. My last 3 miles had been sub 8 minute miles and I had improved my overall pace to 8:07.

As I am rounding the downhill around mile 11 I felt a tweak in my right knee. It was extremely painful. Every stride was increasing in pain. I told myself, "this is not the time, I am running what I considered my best pace and I have two miles left". I thought back to books and videos I have seen about getting through pain. I thought about the training I have gone through and that if I quit now or if I begin to walk, that I would lose everything I have worked so hard on. I decide to push through the pain. By mile 12 I am feeling less pain, but on any downhills it feels like daggers. At this point I am not sure whether it is something serious or just a small tweak. I decide that I can figure it out at the finish line and I begin to reel people in. I am passing one, two, three people at a time. Mile 12.5 I know I am going to finish and finish hard. Mile 13 hits and I have just ran a 7:22 mile (fast-

est of my day). I sprint the last 0.1 mile to finish 57th place out of 200 with a time of 1:45:43. I am beyond ecstatic! I have just set three PRs in one day. My 10k time of 50:03 was down to 48:11, my 15k went from 1:23 to 1:13, and my half marathon time went from a 1:58:11 to an astounding 1:45:43.

The pain from my knee had left me and I discovered that it was nothing serious. My next goal... a 2020 marathon. Let the training begin.



Member Accomplishments

The Mott Marathon

Jessica Van Valkenburgh and Melanie Crisino completed 105 laps (!) around an outdoor track at the Mott Marathon. Rebecca Aceto, Scott Randall Thompson, Sharon Scala, Stephanie Stark ran the relay. A great event put on by Jim Mott!



Roadrunners at the Patriot 5K 10K Run/Walk on June 9



Mike Winkler with his 2nd place bling from the Patriot 10K

Member Accomplishments

Roadrunners at the Marcy 5K on June 2



Karen Randall PRed at the Nate the Great 12K with a 54:18 placing her 1st in her age group, 3rd female and 12th overall



Karen Piccola ran the Thousand Islands Half (left) and always gets the best selfies with her training crew

Member Accomplishments



Gary and Felicia Burak competed at the Empire State Senior Games in mid-June. Felicia came home with 7 medals - 1 gold, 5 silver and 1 bronze and Gary won a total of 6 - 1 gold, 4 silver and 1 bronze. Gary's gold was in the 10K.



Trista Gilmore and friends at the Nate the Great Race



Bill Callahan was the overall champion at the Patriot 10K and got to run behind a police car in a place his dad used to work! #TeamChief



Rick Gloo and friends ran the Newport 10-miler in Rhode Island



Julie Buehner (left) set a new PR and placed 2nd in her age group at the Nate the Great 12K

CNY Running Clubs Cup



**Kuyahoora
ickers**



North Country
"Toe" Path Trekkers
Walk-Run Club

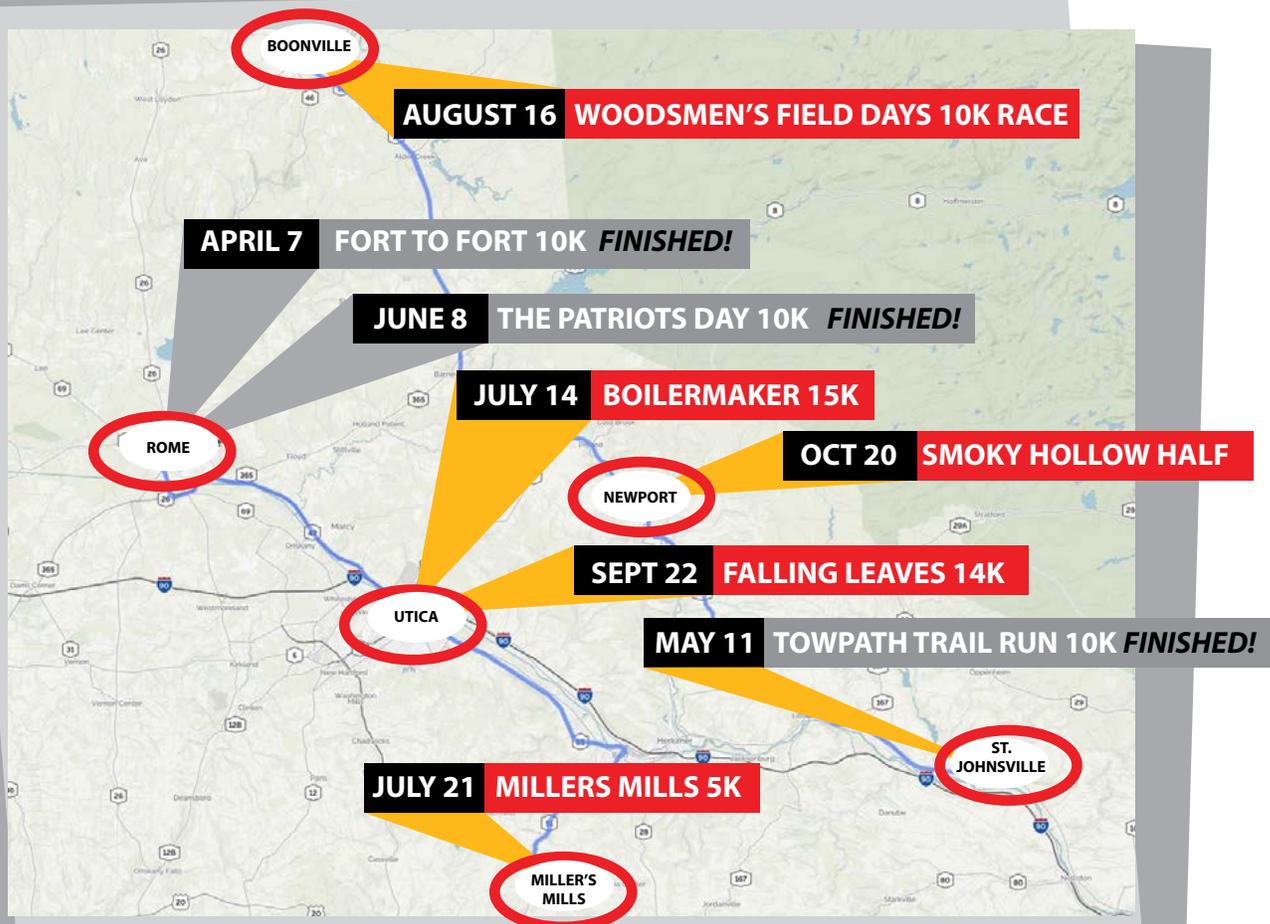
2019 Races are Underway!

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!

Here were Utica Roadrunners top 5 finishers at the Patriot Day 10K:

Name	Age Grade %
Bill Callahan	79.26
Terry Dwyer	65.9
Mike Winkler	63.74
Danielle Bliss	62.43
Matt Zawisza	60.01
Total Points = 331.34	

**The next Cup race
is the Boilermaker
on July 14th!**



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- August 2019
- September 2019
- October 2019

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