

September 2019

splitimes

The Official Newsletter of the Utica Roadrunners



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September
2019
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[Club Handbook](#)

From the cover...



Roadrunners at the Woodsmen's 10K
See page 16 for the UR results of
this Running Clubs Cup race



President's Message

by *Wayne Murphy*



Just like that, the summer is gone and we are heading into fall – a favorite time of year for me and for running. The Boilermaker and Peak 2 Brew are memories, but ones which I know will stay with me for a long time.

The Falling Leaves race will be coming up soon so be sure to register. It is the longest running race here in Utica. If you can't or don't want to run, please volunteer. It is a large race so we need many volunteers.

The Development Runs will continue until the Falling Leaves and we are pleased to be celebrating 50 years of Development Runs.

Many of our members are training for marathons this fall. I will be running the Marine Corps and will be in NYC to volunteer for the marathon at the finish line. Good luck to all who are running races this fall. Hope to see you out there.

Finally, the Falling Leaves is the next race in our 4 race challenge. If you still have not received your sweatshirt or a shirt from one of the races please let me know. As always, I want to hear from you. The good and the bad. Wayne13413@yahoo.com.

Be safe out there. See you out there on the road or the trail.

–Wayne

Upcoming Race



FALLING LEAVES

road race
5k  14k

Sunday, September 22

Kids Kilometer Fun Run presented by Utica First Insurance: 8:15 am

5k Wheelchair Race: 8:55 am

5k and 14K Races: 9:00 am

No paper registrations, online registration only.

Registration Fees: Before Sept. 20 - \$30

All races start and finish on Genesee Street in downtown Utica adjacent to the Delta Marriott.

The USATF Certified 5k runs on the flat and fast streets of Utica.

The scenic 14k course winds through the hilly switchbacks of Utica's South Woods.

No mailed in entries will be accepted! Online registration will close on September 21.

At that point, runners may sign up in person on Saturday 9/21 or Sunday 9/22.

SIGN UP NOW



Letter from the Editor by Michelle Truett

Peak to Brew is nuts. Getting up at 3:15am, starting a race in the dark on the top of one of NYS's highest mountains at 5am, sleeping outside in a windstorm and on a concrete floor, not showering, and sustaining on a bag of sugary candy and that weird sausage from that school (!) is NUTS. But...I can't imagine my summer without this epic race.

For those of you who haven't heard, it's a 227 mile relay from the top of Whiteface Mountain in Lake Placid to the F.X. Matt Brewery in Utica. 12 people. 2 vans. Someone is always out running, no matter what the time or conditions (except lightning....it's not THAT nuts). You sleep when and where you can, you run 3 or 4 legs total depending on your van, and you can find yourself running anywhere from 2 miles to just under 13 miles per leg. And the hills... OMG.

I love the routine of it. I love that I shut my brain off for a couple days. One of my favorite places to be in the world is by this birch tree to the left at Tupper Lake after our first legs are complete. I nap outside on a Friday morning and no one can say NOTHING about it! There's so many memorable moments – running down pitch black Moose River Road in Old Forge at 4am in the pouring rain was possibly the best run ever. A couple years ago, finishing the Honey Badger leg just as the sky opened up and DUMPED rain on me was beyond epic. (I guess I like rain?!) The wacky inside jokes that are born from six sleep deprived friends packed in one van are ridiculous. Finding one radio station (80s on 8!) that kept us all happily jamming for the whole darn 227 miles was the thing dreams are made of.

Peak to Brew is like giving birth. You may be screaming "why did I do this?!" while it's happening, but after you sleep for 12 straight hours, after your muscles heal and after you see all the awesome photos online you think "well...I could do it ONE more time..." We'll see. "Peak to Brew 2020" does have a nice ring to it.

- Michelle

Congratulations!



Congratulations to
Bill Callahan for hitting

2,000

miles on August 29th
and to Karen Piccola
for reaching

1,000



Get on the Bus!



It's A Wonderful Run 5K

A Winter Run Like No Other!

ATTENTION The UR Board has decided to once again organize a Bus Trip to Seneca Falls on Saturday, December 14, 2019 for the "It's a Wonderful 5k".

What you need to know now:

1. You MUST register yourself for the race.

Registration is now \$25 and is open until December 12.

[Register here](#)

2. The cost to ride the bus last year was \$30, this is not something that has been discussed by the Board yet but you can assume it will be around the same amount.

3. Race start time is 4:40PM.

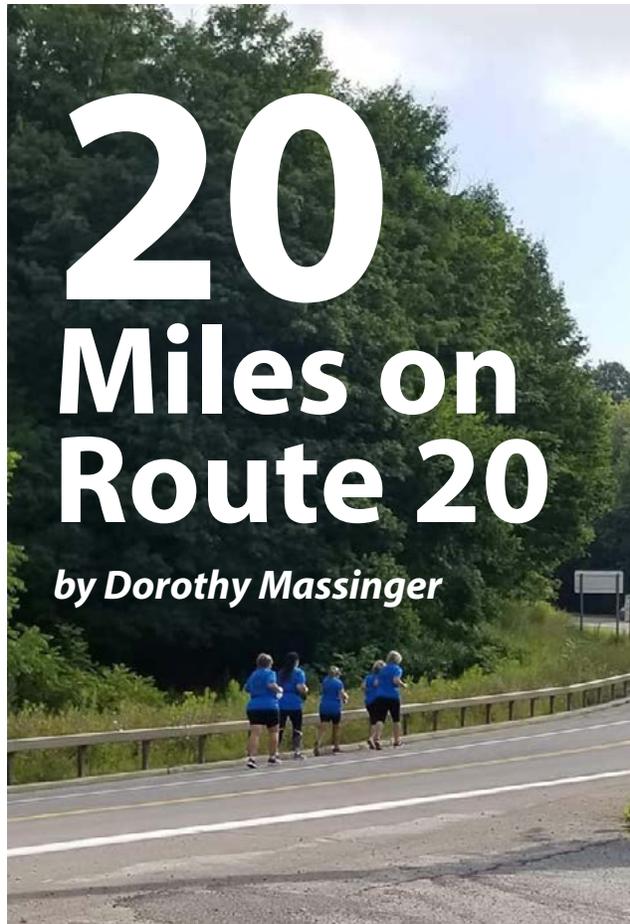
This is a very fun and festive event. Close out 2019 with all your favorite people in style.

4. Limited to the 55 passengers.

The details as far as departure time and exact cost for the bus will be discussed at our upcoming meeting and we will report back.

MORE DETAILS to come...We are excited to do this again!

Member Article



Utica Roadrunner Bill Kosina invited our club to join him and the NYS Route 20 Roadies and the NY Route 20 Association on a 108-mile relay run on the Route 20 Scenic Byway, which covers this historic road from Duanesburg to Lafayette.

This event took place on August 17th. Bill's plan was to have runners start at both ends of the Byway at daybreak, relay towards each other along Route 20, and meet in the middle at Cleaver's in West Winfield around 5 pm for a celebratory BBQ. There will be no timing, no winner, and no entrance fee...he asked only that each runner purchases and runs in a commemorative shirt and puts in \$5 for dinner.



The Rockin' Chics: Karen Piccola, Lisa Walchusky, Julie Buehner, Grace Saxe, and Dorothy Massinger got excited at the opportunity for another group adventure.. 20 MILES ON ROUTE 20!

Bill was accommodating and assigned us to cover 20 miles together. We started near Julie's house in Munnsville and headed east. We had the experience of running through the Madison-Bouckville Antique Fair on their busiest morning. We walked up and ran down many hills, and were challenged with some heavy downpours. Together we ran across Madison, Oneida, Herkimer and Otsego Counties. The sun was hot, the shoulder on Rt. 20 was wide, and the BBQ served pulled pork with all the side dishes. The



camaraderie was inspiring and really helped during those last miles. And as with all our running adventures, Sandy Piccola and Al Massinger were the support team providing food, drinks, laughs, pictures, and encouragement all morning and afternoon.



The NYS Route 20 Roadies have a great Facebook Page. Their club has a yearly Road Challenge Series: "15 races across the Route 20 Scenic Byway". This group is thinking about planning another relay next year... "Route 20 in 2020." Hopefully this will be another opportunity to run.



More Roadrunners on Route 20!

Roadrunners Melanie Crisino and Jessica Van Valkenburgh (left) and Bill Kosina (center, right) out on the road during the 108-mile relay on famous Route 20



Development Run Records

The Runs Keep Going!



**PLEASE SHARE THIS INFORMATION WITH ALL YOUR FRIENDS
WHO PLAN TO RUN ON WEDNESDAY NIGHTS
RIGHT UP TO FALLING LEAVES**

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

Benefits of Plant-Based Eating for Runners

by Kayla Slater, MS, RDN, CDN



Even though only 2-3% of Americans are vegetarian and about 0.5% are vegan (according to a poll in 2017), the interest in plant-based eating for health and the environment is steadily increasing.

And more runners are becoming plant-based too! Scott Jurek and Rich Roll, for example, are plant-based ultramarathoners. Robbie Balenger, a plant-based

ultra-endurance athlete recently completed his trek across the U.S. running 3,175 miles in 75 days fueled all on plant-based foods. His journey promoted plant-based eating! Way to go, Robbie!

According to the Academy Position Paper (1) on vegetarian diets, “appropriately planned vegetarian, including vegan diets are healthful, nutritionally adequate and may provide health benefits for prevention and treatment of certain disease” and “appropriate for athletes.”

I often hear the question: “I’m plant-based, but worried about properly fueling for my runs. Can I still be plant-based?” Yes, definitely! You may even have an advantage too!

The health benefits of a plant-based diet include (2):

- Lowering risk of cancer and diabetes
- Lowering cholesterol and blood pressure
- Reversal/prevention of heart disease
- Increased energy
- Better weight management.

Why is this important? Heart disease is still the number one cause of death according to the CDC. And cancer is

number two. Diabetes is also on the list at number seven (3). And we can prevent these chronic diseases through lifestyle.

And good news for runners is that a plant-based diet not only provides overall health benefits but may even help you to perform and recover better!

According to a recent review in the journal of *Nutrients* (4), there is a possibility that a plant-based diet may contribute to improved performance due to the intake of antioxidants in fruits and vegetables which may reduce oxidative stress and inflammation.

Awesome! Bring on the plants!

If you are a runner interested in transitioning to plant-based or a plant-based runner struggling to fuel your runs, make sure to reach out to a sports dietitian or nutrition professional that can give you guidance to get the benefits of a plant-based diet and lifestyle for performance!

If you have any questions or would be interested in working with me, go to ksnutritionfitness.com and be sure to follow me on Instagram @kayla_slater_ and FB @kaylaslatermsrdn!

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2. Applyby, P.N & Key, T.J. (2016). The long-term health of vegetarians and vegans. *Proceedings of the Nutrition Society*, 75 (3), 287-93. doi: 10.1017/S0029665115004334
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4. Barnard, N.D., Goldman, D.M., Loomis, J.F., Kahleova, H., Levin, S.M., Neabore, S., Batts, T.C. (2019). Plant-Based Diets for Cardiovascular Safety and Performance in Endurance Sports. *Nutrients*, 11 (1), 130. <https://doi.org/10.3390/nu11010130>

Member Accomplishments

Roadrunners took part in the Peak to Brew 227 mile relay race



Jessica Van Valkenburgh and Melanie Crisino took part in the 18.12 on Sunday, September 1



Member Spotlight



A “Funner” Runner

Meet Cheryl Burmaster

If you're friends with Cheryl on Facebook, your usual reaction to her is probably something like "where does she FIND this stuff?!" The girl is funny, quirky and quick witted and she feeds us a steady flow of jokes and memes (some running, some totally not) that make your day. She's just as funny out on a run. We caught up to her finally for an interview, which she took time out of her 100+ day running streak for.

Cheryl is a navigator for New York State of Health for The Neighborhood Center, Inc. She helps people get insurance, an area she has been working in for the past 18 years. She's a Utica native, an MVCC grad and now lives in Clinton with her husband and two sons - Justin, 19 and Tyler, 16. You maybe met Justin this summer helping out by pulling tags at the finish line at the Development Runs. Cheryl just got married to her husband Jayson this summer.

Back in middle and high school, she ran a little track, specializing in the 100M and 200M sprints. She quickly got bored running in circles and turned attention to working. She got her first job when she was 16. As the years went by, she dabbled with running, but it didn't really stick. Working, raising kids and taking care of others took up her time and

Member Spotlight (cont.)



energy. The past few years, “it kind of happened” and it finally stuck. Her first official run was the Color Run at Proctor Park which she did with a friend and she thought she was going to die. But then, deep into the race, she figured “If I don’t die, maybe it’ll get better!” That was the beginning of it all. Her colorful runner tattoo on her ankle commemorates that first race and is with her every mile to remind her where it all began.

Because she likes a challenge, after the Color Run she set a goal that any Utican can agree is “THE” local running goal - the Boilermaker. After that came the half marathons - Syracuse last year and then the Earth Day half.

2019 has been her best year yet. She placed for the first time in races - winning Masters at SOS in 42:36, placing third at the Summer Sizzle with a 41:45 and second at the Marcy 5K with a 25:00. She PR’d this year at the Boilermaker with an 80:01 (seven minutes faster than last year) and came close to getting a sub two hour half at 2:00:33. She jokes that she’s always literally seconds away from her goals.

An intriguing thing about Cheryl is how she keeps track of all of her runs. She has a very intricate Google Sheet organized to a tee with her time, pace, overall mileage and even which sneakers she wore on which run so she can track when a new pair is needed. She will hit 1,000 miles in October and is currently on a running streak. She’s done the Runner’s World streak for the past two years and has just kept going. Last year she logged 140 days. This year she’s on day 100 as of September 3rd and will go “until something hurts”. She mixes up her runs a good deal, hitting the home treadmill quite often (especially during winter), hits the gym or joins a group outside. You can



Member Spotlight (cont.)

see her running quite often with Ann Marie Latshaw, who is marathon training right now. Although Cheryl will “never say never” to a full marathon, catching long runs with Ann Marie just might help her catch the bug. Her grandma gets worried if she’s out running alone, so we’re happy she’s got Ann Marie out there with her!

Cheryl loves to #eatallthefood. She’s also a hashtag queen. After a run, it’s not uncommon to see Cheryl happily ordering the Elvis Breakfast at Craylee’s (look it up) or getting a calzone double the size of her hand for dinner. Muffins with a ridiculous amount of frosting? Yes, please! A bunch of eggs and some hamburger? Any day. She carries Reese’s Pieces with her on long runs. As for hashtags, she’s got them on lock. #badassladygang, #eatallthefood, #shecanandshedid, #rungry, and #ohmybelly are favorites. There was a funny one about sports bras that we haven’t seen in a bit too...bring that one back, Cheryl!



She doesn’t watch TV a lot, but is a big reader taking in mysteries, crime and some science fiction. She used to cross stitch and is a fan of hair bands like Mötley Crüe and Guns N Roses. She has been collecting 101 Dalmatians memorabilia for years, stemming from working at McDonald’s when she was a teen and they had 101 of them featured in Happy Meals. Employees could buy them for \$1. She got them all.

Her life follows a work > run > eat > sleep flow right now as she revs up for the remaining races of the year – the Dunkin Run, Falling Leaves, the Syracuse Half and the Skeleton Run. A couple bucket list races include Niagara Falls and the Rock N Roll races in Las Vegas.

We hope Cheryl never loses her humor and keeps it real interesting for all who are lucky enough to grab a run with her. If you’re not friends with her on social media, get to know her in real life so you can be. You won’t be sorry. We’ll leave sampling of her fun posts.



RUNNING
TAKES THE EDGE
OFF ADULTING



The Grand Prix is Underway!



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

THREE MORE RACES TO GO!

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.

CNY Running Clubs Cup



**Kuyahoora
ickers**



North Country
"Toe" Path Trekkers
Walk-Run Club

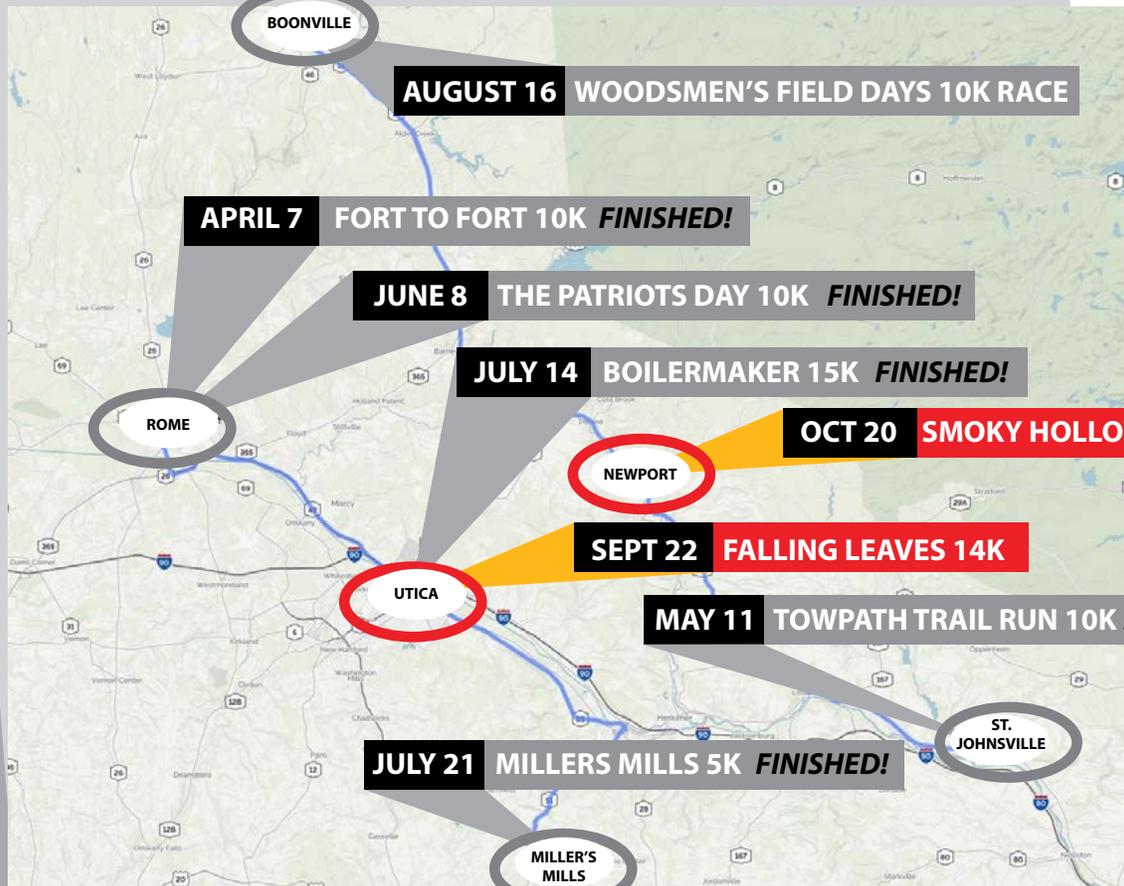
2019 Races are Underway!

The CNY Cup Challenge is close to wrapping up with only two more races this season. If you have any questions, email Laurie and Mike Hennessy at laurie.hennessy@aol.com

Results from the Woodsmen's 10K:

Name	Time	Grade %
Sue Luley	55:09	76.70
Bill Callahan	39:02	72.12
Ray Smith	49:12	67.92
Jay Flemma	50.52	59.57
Bill Luley	1:03:20	57.08
Total = 333.39		

**The next Cup race
is Falling Leaves**



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- October 2019
- November 2019
- December 2019

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- Yes No

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