

November 2019

splitimes

The Official Newsletter of the Utica Roadrunners



Congratulations! Front row- Jeff George, 1st Marathon; Laura George, 1st Marathon; Trista Gilmore, 1st Marathon; Beth Pedulla, 1st half marathon
2nd row: Andrew Rubino, 1st Marathon; Lisa Walchusky, Half Marathon; Grace Saxe, 1st Marathon; Karen Piccola, 2nd Marathon; Willijah Dawson, 1st Marathon

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November
2019
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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](#)



Sharon Scala hits 1,000 miles!



President's Message

by Wayne Murphy



My last letter as President! It has been an amazing year for me as a runner and for the club. Thank you all for making the club what it is today. The Utica Roadrunners has a long legacy within the community and my goal was to help in moving the club forward while protecting that legacy that was formed so many years ago. I would ask you to continue to do the same.

This past weekend I had the opportunity to run the Marine Corps Marathon. Just to be able to run it was an honor. When the day finally came we knew it would be a different type of run. Getting off the Metro at the Pentagon station we could hear the rain up above and so out we went into the rain to get to the start line. What was so moving about that day was the number of runners who were out there in the driving rain and then almost unbearable heat. They were all truly dedicated and amazing athletes. That was just the runners. Volunteers, Marines and spectators all along the course helping us with water, cheering us on and making it safe.

Truly an unbelievable experience. It will remain among my most memorable along with running the half marathon in Syracuse in a blizzard!

In closing, I would like to thank my wife Kathy and my children – Lauren, Erin, Patrick and Wayne Jr. – who without their support I never could have done any of this. No matter how crazy an idea I have they have always been there to support me.

Keep thinking big thoughts – have big dreams. See you out on the road. Happy Running!

UR Annual Meeting

**Join us for the annual meeting
and election of board members.**

Monday, November 11, 2019

6:30PM

Boilermaker Office

805 Court Street, Utica, NY

Member Accomplishments

Roadrunners at Wineglass!



Above: Trista Gilmore and Willijah Dawson at the start and Grace Saxe and Karen Piccola at the finish.



Right: Jen Bachelder, Erin Brown and Karen Randall and Joanne Willcox



Lots of PRs at Wineglass! Erin Brown, Michael Polidori and Charles Kane all clocked personal bests and Aiko Kane who ran her FIRST half!

Member Accomplishments



Jenn Voce, Sharon Scala and Stephanie Stark ran the Ocean View 10K in Rhode Island



Dani Bliss and Giorgio Varlaro and Melanie Crisino and Ashley Mancini at the Skeleton Run 5K



Jessica Van Valkenburgh and Bill Callahan ran the Mohawk Hudson Half. Bill put up a big 1:16:24 PR



John Gilligan had a huge PR at the Boston Half – 1:47:57



Ryan Misencik ran the Chicago Marathon



Letter from the Editor

by Michelle Truett

Running = Exploring!

Amy and I have been training for the Syracuse Half and most of our runs have revolved around Utica Coffee locations and cool routes through the city of Utica exploring little nooks, cool trees and architecture.

This little alleyway to the left behind Bengee's on Broadway and Columbia Streets is now inaccessible behind concrete and chainlink fence, mere weeks after we were checking out the fun graffiti and left behind goodies. We're so glad we got to see it when we did.

The streets of Utica are particularly fun to run – the history runs so deep here and yes... much of it may be gone or altered soon. I highly recommend ditching the Garmin here and there and taking time to take it all in.

As we wrap up race season, I'm looking forward to joining runners on winter runs and making plans for 2020. As always, keep us posted on your accomplishments so we can share them with members!

See you out there, Michelle

Get on the Bus!



It's A Wonderful Run 5K
A Winter Run Like No Other!

Join us once again on a Bus Trip to Seneca Falls on Saturday, December 14, 2019 for the "It's a Wonderful 5k!"

What you need to know now:

You MUST register yourself for the race. Registration is now \$25 and is open until December 12. [Register here](#)

The bus will take you from Marcy Town Hall to Seneca Falls and back the day of the race. We will have some time before

and after the event to enjoy the festivities around town. This registration is for the BUS ONLY, you MUST also register with the official site for race entry. Please register and direct questions to Jen Bachelder via email at jmbachelder11@yahoo.com or call (315)796-3545.

Bus will depart from Marcy Town Hall at 12:30pm sharp the afternoon of Saturday, December 14th. Race begins at 4:40pm.

Seats on the Bus will be capped at 50 and are non-refundable. You do not need to be a member of the club to attend, so bring your friends!!!

Upcoming Race



PRESENTS

The 35th Annual

THANKSGIVING DAY RUN & WALK TO END HUNGER

— Proceeds to benefit local charities and The Rescue Mission —

Thursday, November 28, 2019

Utica Parkway Gymnasium
220 Memorial Parkway

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



RACE DAY ONLY REGISTRATION

Parkway Gym 8:00-8:45am
5k run and 2 mile walk 9:00am

MINIMUM DONATION

\$7/person or \$20/family

Plus

2 non-perishable items/person

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URR PO Box 4141 Utica, New York 13504
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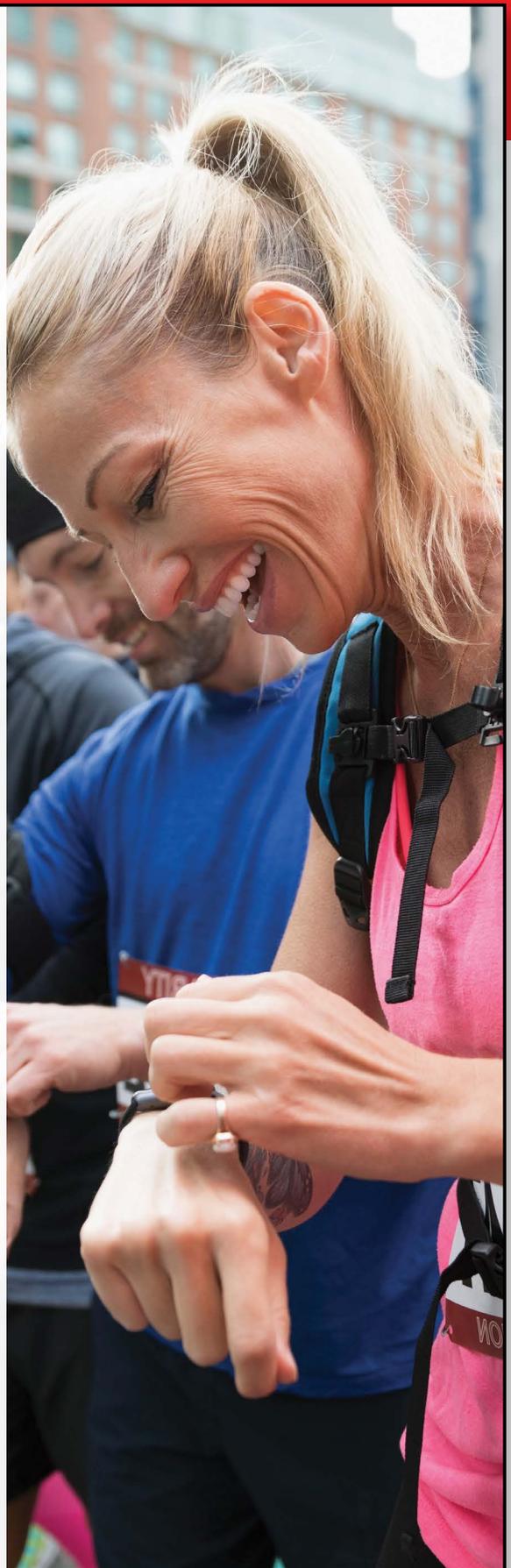
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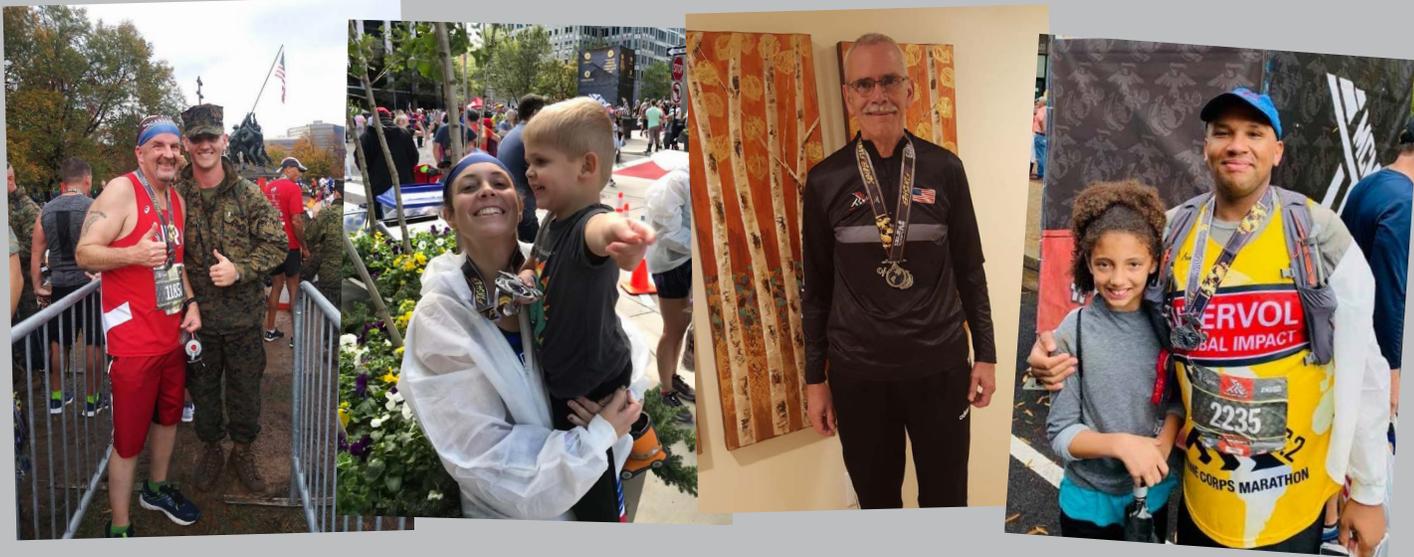


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Member Accomplishments

Roadrunners at the Marine Corps Marathon



Scott Neary, Ann Marie Latshaw, Wayne Murphy and Dave Saxe tackled a tough, rainy day in Washington, D.C. and had great races!



Jay Flemma ran the Franconia Notch Half in New Hampshire.



Wayne and Lauren Murphy finished the Niagara Falls Marathon Relay

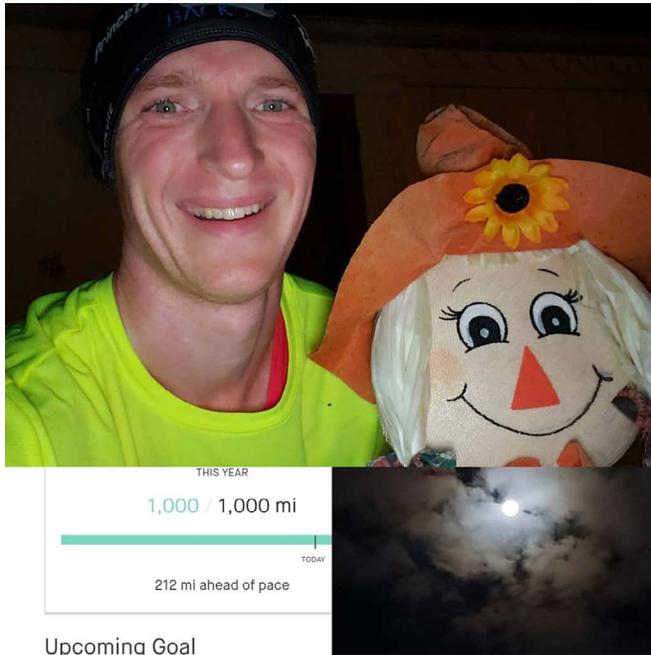


Jim Latshaw and Cole Perkins finished the Empire State Half

Member Article

Full Time Runner

by *Christopher Edick*



2019 is a year that I will never forget as a runner.

The accomplishments, records, awards, 1,000 plus miles, etc. may not be my best year of running; but one thing that 2019 has been – the beginning of a lifestyle that I would never, nor will ever change.

2019 was the year that I began running competitively and with a purpose. Leading up to 2019, I only ran four times over nine miles at one time. Three of those four runs were during races which I was far from prepared to complete. Over the course of ten plus months I have set and achieved more goals than I could of ever dreamed of.

I set my 5k PR four different times, I won two age

group awards along with finishing third overall in male finishers in North Carolina. I had two months of only 80 miles combined (January and February) followed by seven and half months of 920 plus miles. I assisted in helping two of my buddies with alcohol and/or weight loss of over 30-50 pounds by giving them the drive in which they turned it into life changes.

I have ran a half marathon, two 15k races and trained with Power along with currently working on MAF training. I am working towards getting a Boston Marathon qualifier, and run over 1500 miles in 2020.

None of this would of ever came to fruition if it wasn't for the help and support of many people. I want to thank my wife and family for the support of dealing with my crazy ideas of waking up at 3am to train for a half marathon, and also understanding me wanting a nap on the weekends to recover from a long run.

I would like to thank Bill Callahan for introducing me to MAF and for training me towards the possible BQ that I have wanted since hearing about it this year. I want to thank Josh Belisle and the Sneaker Store for taking care of my running essentials. I want to give a huge thank you to all of my buddies who have supported me and pushed me towards achieving goals that I never could of achieved without their support (Mathew Yacowenia, Nate McMurdy, Jeremy MacLaughlin, Justin Lathers, John Green and Andre Hyatt). David Goggins gets a huge thank you for teaching me about the Drive and how it differentiates from motivation. Thank you Wayne for answering all



Member Article (cont.)



of my questions about the URR (annoying as I was) and supporting me in joining, and becoming a much bigger race participant.

2019 was the year of lifestyle changes that will only become more and more difficult, but also make me more successful in life. Running is not just about getting yourself in better shape or getting faster, or even someday qualifying for the Boston Marathon. It has done so much more for me than that. I have made new friends, learned to stay calmer during difficult situations, made me feel better about life, helped friends think more positively about themselves and even assisted in them becoming sober.

Coming into 2019, I had no idea what I would be doing. Running long distance races, training for a marathon and running a half marathon was the farthest thing from my mind. But since putting on those running shoes, beginning the first half mile training run, and completing races after races with friends and family I now consider myself....**a Full Time Runner.**

#2020WillBeEvenBetter.

Member Spotlight

IN IT

TO

FINISH IT



Grace Saxe is getting ready to close out a pretty epic year. Her infectious smile goes for miles and although she's pretty quiet, she's a mighty force. Juggling a demanding job, four little ones and running a marathon, we've had her on our list for a long time as someone we wanted to catch up with.

Grace grew up in Little Falls and went to Dolgeville High School. She was a self-proclaimed "busy body" in school – was a part of Honor Society and art club, sang in the chorus, played basketball and soccer, played clarinet in the band and competed in track in the 4x800, shot put and discus. She attended Utica College and SUNY Albany and is currently a therapist at Central New York Psychiatric Center and also works per diem at the Mobile Crisis Assessment Team under The Neighborhood Center.



Member Spotlight (cont.)

Grace and her husband Dave (also a Roadrunner!) have four kids ages two through nine who are in three sports and take “busy body” to a whole new level. Dave got Grace into running a few years ago when she was 33 and already had three kids. It was good self care for her and good for her to get out and socialize. They take turns running because they’re at different paces and someone has to stay back and watch the kids! They’re a great team.

Shortly after she began running, Grace tackled some 5Ks and has completed two Boilermaker 15Ks and three half marathons (Syracuse, Montezuma and Old Forge). She became a Roadrunner to take part in the Development Runs and enjoyed the peer support she found with the group. It was a bonus to meet friends that were so dedicated to their goals. She became more committed to herself and her own goals even if it meant running in the rain or going out at 10pm or 2am. The goals were hit. The miles were logged.

2019 has turned out to be her best year yet – she took part in Peak to Brew Relay this summer, is less than 100 miles away from hitting 1,000 miles for the year and finished her first full marathon at Wineglass last month. She loved the training for the full because she got to know people a lot better with all the time and miles they spent together out on the road, including 22 miles on Route 20 - their longest training run. She

was ready. However, on race day at about the half way point, her sciatic nerve acted up, as it sometimes does for her, and made running pretty painful. She stopped along the way at the med tents, got some BioFreeze and ran into training partner Karen Piccola who helped her keep going. Grace was so happy to finish strong and complete such an accomplishment.

To finish out 2019, she’ll be taking part in a Turkey Trot and Its a Wonderful Run 5K in Seneca Falls. In the future, she’s thinking about the Lake Delta Iron-man and “at some point” may consider another full marathon. Peak to Brew is in her future again and she and Dave are planning on running the Light at the End of the Tunnel Marathon in June in Washington State. It’s so great to follow the accomplishments of the entire Saxe family and we can’t wait to see what the future brings!



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- January 2020
- February 2020

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