

September 2020

splitimes

The Official Newsletter of the Utica Roadrunners



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September
2020

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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!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[Utica Roadrunners Boilermaker Training Program Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs FB Group](#)

[Club Handbook](#)



A runner sighting in France. Yes, that is a loaf of bread in his bag! Thanks for the shot, Tyler!

Summer Running Fun!

John Gilligan sharing a moment with an adorable new friend along his run.



President's Message by Jim Mott



[Learn more about Real Men of Utica Wear Pink >>](#)

[Visit Jim's fundraising page >>](#)

“The obstacle in the path becomes the path. Never forget, within every obstacle is an opportunity to improve our condition.” – RYAN HOLIDAY

Runners:

It is hard to believe it is September! Schools are going to be back in session in some form or another and in many ways we are getting to return to some kind of normalcy. With that being said, we have a long way to go to get back to things as we once knew them. Certainly one positive out of this whole pandemic and shut down has been the sense of charity and giving back that I have seen and been a part of.

As this month's quote states, every obstacle is an opportunity. Our members and board members have found so many ways to give to those who are in need and to raise awareness to important issues in our area and society. It was with great pride that we were able to award UR member Myron Thurston III and The Feed Our Vets organization with money that you donated through our Stars, Stripes, & Solidarity virtual event that was organized by Rick Gloo with the help of Jen Bachelder and Andrew Rubino. The Run Against Racism was a huge success thanks to the endless work done by Michelle Truett and Alex Gonzalez. With the intentions of only leading runners one time through the course, they made it a weekly event for so many thankful participants. As we all deal with the realities of COVID-19, it is so important to remember those who are suffering from other ailments that still have no cure. Cancer, sadly, has impacted our lives directly in some way or another- from a personal battle or one that a family member or dear friend has had to go through.

It certainly has impacted my life and that is why I became involved with the American Cancer Society with my Mott Marathon. That relationship will continue The Utica Roadrunners as I am working with our new Utica Roadrunner member, Melanie Francis. The American Cancer Society will partner with us in 2021 and be a part of our Boilermaker Training Program. With their participation, we will have many opportunities to participate in events around the country and world. With the encouragement of our own Melanie Crisino and a twist of my arm, they have convinced me to be a part of their fundraiser for the month of October called **Real Men Wear Pink**. If you know me, I have nothing pink in my wardrobe-that will have to change soon.

The month of August gave some of us a chance to run “against” one another and compete in the Virtual and VirtuReal Save Our Switchbacks 8k and 5k races. The event opened August 16 and ended August 31. We had over 120 participants and the event was a huge success. Set for its original date in April, it was the first event we had to postpone. After rescheduling the date we went virtual at the last minute. Our new race director, Mike Kessler, did a fantastic job marking the course and getting signs up for our runners. Some people turned in great times that you can see in our results section. Runners will be able to pick up their medals and any swag they ordered at The Utica Zoo in a couple of weeks. With your donations, we were able to raise some money for the Zoo, which is greatly appreciated.



PRESIDENT'S MESSAGE (CONT.)

Looking ahead in September we have our Annual Falling Leaves event happening. Again, this event will be Virtual and VirtuReal and Race Director Mike Brych will be reaching out to all participants about the courses for the 5k and 14k he will be setting up. It is not too late to sign up and get that great Falling Leaves shirt so sign up today if you haven't already.

Lastly, we are happy to announce that our October Skeleton Run will be live this Fall with a Virtual option. The shirt design and information about the races can be found in this newsletter. With the understandable decision made by the Town of Deerfield, we had to look elsewhere this year to hold a live event. That place ended up being at The Pumpkin Junction in Sauquoit. The owners, Scott and Christine Davies, are wonderful people and they have been nice enough to offer and host our event. The event will take place Sunday, October 11 and be fun for the whole family. We will be socially compliant and safety will be the number one priority. Rick Gloop, our Skelton Run Director, will be working behind the scenes and Melanie Crisino will be serving as our on site Race Director. We hope to see many of you there.

Stay safe and long may you run!

Jim

The Miles Are Stacking Up For Our Members!

John Gilligan
1,500 miles



Bill Callahan
2,000 miles



Jen Bachelder
2,306 miles





Letter from the Editor

by Michelle Truett

Historic Running

The Oneida County History Center had their annual Selfie Scavenger Hunt in August and Amy, Alex and myself decided that would be a fine way to spend a Sunday morning.

You had to solve the clues to get the locations and then we mapped out a route that would cover the majority of the stops. I took a solo evening walk later that night to capture the last ones in Forrest Hill Cemetery.

What fun this was! There's not two better people to take selfies with than these two and we learned a lot and explored parts of Utica that we know and love along with a few new spots. The time and the miles go by fast with friends. Next year, I think I'd like to work with them to bring the Roadrunners into the fold even more - it's a great chance to "run through history".

Hope you're all getting out there and enjoying your runs.

See you out there! // Michelle



Roadrunners Giving Back to the Community

With donations from the Run Against Racism, we were able to support Black-owned restaurants and purchased 10 hair cuts from The Shop in Oneida Square that will be donated to the Junior Frontiers organization.

Roadrunner members took some time to volunteer painting picnic tables at Handshake.City – Utica's urban container park and event space located in Bagg's Square near PJ Green.



Our Signature Race is Virtual for 2020



SIGN UP

**Sunday, September 27 -
Sunday, October 11, 2020**

5K • 14K

+ Kids 1K Fun Run

Only \$20!

5k Virtual Race

On the Rayhill (840) Trail course. This will be a timed event where runners submit their times and will be ranked like a traditional road race. Course maps and instructions will be released one week from the beginning of the virtual window.

14K Switchback race option

This will be a timed event where runners submit their times and will be ranked like a traditional road race. Course maps and instructions will be released one week from the beginning of the virtual window.

5k Virtual run and walk option anywhere in the USA

*Check Out
That Shirt!*

*Check Out
Your Race
Options!*

Member Article



Run Together As One NY

by Dorothy Massinger

Back in May as all the races were being cancelled or postponed, the idea of virtual racing emerged. A group of race directors and running store owners in the Syracuse area got together and created “OneNY Virtual Challenge,” a running/walking event that could take all summer. They offered a 500K challenge traveling from Buffalo to Albany, or a 1000K challenge that would take you all the way to Montauk on the tip of Long Island. They created a leaderboard to track daily mileage. The Sneaker Store had a team of 58 runners, many of them being Utica Roadrunners. They came in 11th among 868 teams. Their top runners were Dan and Sharon Stedman, Jennifer Bachelder, John Gilligan, William Stucker and Cole Perkins. I was part of the Rockin’ Chics team. There were 30 of us, and along with 12,762 other participants, we encouraged and supported each other mile after mile. We ran in Utica and also along country roads and canal trails. Some days we ran together, and other times alone. We took part in other UR events to help add miles. We celebrated on Wednesdays when we met our goals.

Involvement with OneNY did not end once we arrived at our destination. The group sponsored an event called the World’s Largest Live Virtual Run, an official attempt for a coveted place in the Guinness Book of Records. On Saturday morning, August 29th, hopefully more than 6,491 runners (the record so far) will record their distance and time on the event app and break the record for the “Most users to run a remote 5 km in 24 hours.” All funds donated will go to the International Red Cross.

But this story doesn’t end here. OneNY just announced another challenge: OneNYCares. It begins September 8th and ends Dec 24th. There are 5 distances ranging from 200 to 1,000 miles. Instead of joining a team, participants run, walk or bike for a charity. The goals are to support a local charity and to be in better physical and mental shape by Christmas. Their motto is “OneNY cares – Run For All & All For OneNY.” If you are interested check out www.onenycare.com. Whether you join a challenge, or run for fun, have a great September!

JOIN US FOR

A LIVE EVENT



[SIGN UP](#)

Sunday, October 11

5K (in waves, starting at 8am) + 1/4 Mile Kids Race (4-12 year olds)

We have a great course plotted out with some challenging hills and breathtaking views. We have 5K Race awards for overall winners and age group winners that will be presented at a separate time after the race. Prizes include gift cards from The Sneaker Store and Pumpkin Junction! A Halloween Goodie bag will be provided for all at packet pick-ups the day before the race and on race day (it includes one pumpkin free of charge from Pumpkin Junction!) Costumes (run safe) are encouraged!

Pre-race packet pickup - at Pumpkin Junction Friday and Saturday, October 9-10, 2020. Runners will be limited to waves of no more than 50 people that will go off every 15 minutes starting at 8 am. Runners who are not comfortable for an in person race or that can't make it on race day may do a Virtual Skeleton Run. They will receive all the swag available to our in person runners but their times will not be included with the official results.

IMPORTANT DETAILS RELATED TO COVID-19

Before you come to the event...

- Know the start time that you signed up for.
- Leave ample time to pick up bib & swag before your start (and put it in your car).
- Bring your own hydration liquids and sanitizer.
- Try to use a bathroom facility before you arrive-There will be bathrooms available but we encourage you to try to take of your business before you arrive.
- Bring a face covering to wear.

At the Packet Pick Up area...

- Please wear a face covering.
- Get to PPU area not sooner than 25 min. prior to your start time. You will get a UR (face covering) with your BIB (do not forget to grab some pins) and your Halloween Swag Bag presented by Pumpkin Junction.
- After your get your bag, drop it off at your car and pin on your bib (on the front)

When you get to the site...

- Arrive at least 30 minutes before your start time.
- Park in the designated area.
- Wait at or near your car until 15 minutes prior to your start time. Please stretch and hydrate at your car.
- Head to the PPU area adjacent to the parking area.

At the start line...

Please wear a face covering and social distance until the race begins. Once you start running and are apart from other runners you can remove your face covering

During the race...

There will be a minimum of 3 hydration stations with drinks already poured. Help yourself to a cup (we cannot hand them to you). Garbage cans will be placed shortly after the stops. We suggest wearing a hydration belt or carrying water with you. If you are walking, please maintain a 6' social distance with any other walkers or wear a face covering.

At the finish line...

Please maintain a social distance. Please do not hang out near the race course post-race. The next wave of runners will be arriving behind you.

We do encourage you to check out the Halloween Maze, The Ghoul Bus, the wonderful store and selection of pumpkins at Pumpkin Junction!

Volunteer Points

Attention Red Jacket Seekers! Need volunteer points to fulfill your quest for your 1,000 miles? Below are tasks, duties and volunteer opportunities with their corresponding points. **You need 10 points to get your jacket!** Have something in mind you don't see on the list that would be creative and benefit the club? Let's chat! Please keep track of all volunteer duties you fulfill throughout the year with details (date, what you did, etc.) and email to Alex Gonzalez at lifter38@hotmail.com Want to write something or contribute to SpliTimes? Email Michelle Truett at michelle@484design.com for word counts and other details.

How to accumulate points throughout the year:

1. Board of Directors and Similar

- Serving on the Board of Directors as an officer: **30** points
- Serving on the Board of Directors non-officer: **20** points
- Membership Chair: **20** points
- Merchandise Chair: **20** points

2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs plus any new virtual events created in 2020

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, Webmaster, SOS Project, Grand Prix

4. 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 and similar, plus any new virtual events created in 2020

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

- Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **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 (*regular column = at least 6 articles in a year*)
- Proofreading monthly SpliTimes for a year: **10** points (*this duty is filled!*)
- Writing a single article for SpliTimes: **2** points

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, Skeleton Run, Santa Sizzle, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

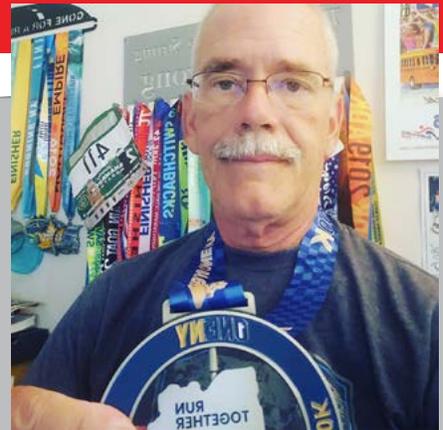


Member Accomplishments



Jessica Ott ran the
Thousand Island Half Marathon

Wayne Murphy
finished the
1000K OneNY run
across New York



Amanda Roach-McElroy
finished the 500k OneNY
challenge on 8/21 as she
ran the SOS route with
her mom, Linda Salerno



Jen Bachelder and John Gilligan completed
the Yeti Ultra 24th Hour Challenge and
ran 5 miles every 4 hours for 24 hours.



The Rockin' Chics and friends ran two
legs of the Route 20 Roadies Relay
Karen Piccola, Lisa Walchusky, Melissa Bartlett,
Dorothy Massinger, Beth Pedula and Grace Saxe

Member Adventures

Our members make memories while running together AND while getting into other adventures!



Andrew Rubino, Cole Perkins, John Gilligan and Alex Gonzalez tackled Mount Marcy – the highest peak in NY State.



Dorothy and Al Massinger, Losay Jones, Carolyn Mohr and Ramona Gassmann out for a bike ride





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MEMBER SPOTLIGHT



"LIVE LIFE LOOKING FORWARD" **MEET MIKE KESSLER**



If you've done even ONE Development Run over the past ten+ years, you've seen Mike. He has been one of our most dedicated members, serving in so many capacities and keeping the club moving forward. We caught up with Mike on a nice summer night via Zoom to twist his arm to let us share his story with you :)

Mike is a Rome native and RFA grad who now resides in New Hartford. He has worked in manufacturing since 1982 – he was at Daimler Buses North America (formerly Orion Bus) for 23 years. He started at entry level working a forklift and grew to be a trainer and was the employee representative before they unionized.

As warehouse manager, he was responsible for \$13 million of inventory and knew every part of the production system for the buses. In 2014, he began working at Metal Solutions on Broad Street near the Boilermaker Start Line serving as their shipping manager. He loves it there and describes the family-owned, brother and sister run company as a "mom and pop shop with a corporate flare." Since COVID hit, he has been learning a lot about UV lights, as the company began fabricating upper air ultraviolet lights for restaurants locally and beyond.

Mike is dad to one biological daughter, two sons from a previous marriage that he adopted and three step children with his fiance Linda Turner (another long time member and volunteer of the Roadrunners!) He also



Member Spotlight (cont.)



has an almost one year old granddaughter, Natalie, who is living with them. He loves coming home from work to have the dog and the baby so happy to see him.

Mike was never a runner when he was younger. In fact, running was punishment. In high school, he was a rebel and a self proclaimed “punk”, and although the football coach was always after him to play, he preferred to play off the field ball with older guys. He would be the big 16 year old wiping the floor with 22 year olds. He was pretty set on being non-conforming. He got on his motorcycle after high school and followed a friend to Texas, where he spent ten years doing everything from construction and pool work to being a bartender at the Sheraton.

After he made his way back up to Central New York, he met Linda at a Relay for Life meeting. At the time, she was heading up the Roadrunners’ Boilermaker Training Program and he started coming along to

take photos and support the runners, still maintaining that “I can’t run.” But somehow Linda talked him into it and he will never forget his first mile – coined “The Miracle Mile” – where he ran from James Street in Rome to El Chico’s Restaurant where he could get a beer for a reward. After running a bit more he realized it wasn’t hurting as much and when he finally ran his first non-stop mile, he punched a stop sign he was so excited. And so it began...

He ran three miles consistently to build up a good base. He then always knew that he could “do three miles and not die.” He was losing weight, joining the Roadrunners on breakfast runs, making friends and before you know it, he got the bug. He ran his first Boilermaker in 2000.

He really wanted to get his 1,000 miles, but for a bit there he would get hurt on the longer runs. He’d get close and then something would fall apart. But he kept



Member Spotlight (cont.)

going and eventually got that red jacket. His crew, which consisted of Mike and Ann Marie Ambrose, Mary Beth Erhlicman, Marylynn Paniccia, Linda and himself decided to do the Wineglass Marathon in 2012. It was on Linda's birthday that year and Mike registered her as a birthday present. That same crew went on to tackle the Chicago Marathon together and Mike also did the Marine Corps Marathon. His three marathons would be it for him. Mike got bad plantar fasciitis and Linda ended up having hip surgery and has pins in her toes. Last December, Mike also had surgery on his neck due to disc deterioration and had pins put in and got the directive for no ballistic pounding so still...no running.

Mike and Linda didn't get too far away from the running community even after they stopped running themselves. They ran the Development Runs for TEN YEARS up until very recently (*THANK YOU, Mike and Linda!*) and Mike was the SOS Race Director this year. Mike has served on the UR board and is a great source of history and inspiration for us. He's been a pretty solid MC for our end of the year banquets, too!



Another birthday (this time his) got Mike into his next adventure. He had watched the Ride for Missing Children and thought he'd really like to do it, so Linda presented him with a gift certificate to Sonnes and he got his first bike. He admittedly had not been on a bike since he was like ten years old, so his mentor from The Ride had "a lot of shit" to teach him. From there, Mike

became a shepherd for The Ride for 11 years and has been a mentor for 6-7 years. He likes teaching, especially for a good cause. He's not a follower, likes to get things done and likes to work with people to find ways to do things, even though they might do it differently. It's all the same end game.



Mike likes to bust chops. He is a really good guy who is passionate, hard working and stubborn. He likes a good back and forth banter and will always joke around with you, bring a great attitude to everything he gets involved in and exemplifies volunteerism at its finest – he does it truly because it fulfills him in so many ways. He believes that it's all about where you are today, not where you were. He has no regrets and "lives life looking forward".

The Roadrunners are so thankful to have Mike as our friend and we are stronger because he is on our team.



Walk It Off

by Terry Dwyer



Before any of my children took to running full-time there were other sports they played, mainly soccer, baseball, basketball, and softball. Invariably when one of them had a hard fall or collision during a game the instinctive parental reaction as they picked themselves up was to

shout an encouraging “walk it off.” Many of us as parents or coaches have surely repeated this time-worn athletic bromide to our children and players. Even those parents and spectators who may not have had much sporting knowledge could be heard giving the same encouraging advice. When thinking about this I did a quick mental pivot and was taken back to little league baseball and the oft-heard coaching advice when the game was tight and runners were on base – “a walk is as good as a hit.” From there I recalled the humorously titled book about the PGA tour by John Feinstein, “A Good Walk Spoiled,” a phrase borrowed from a 1905 novel’s reflection on the game of golf. And, for the non-scholarship athlete who makes a Division I athletic team we call that person a “walk-on.” There are so many references to walking in sports, yet the very activity is not generally synonymous with the concept of sport. However, there was a time when walking was considered the epitome of a sporting contest and ultra-distance walkers were revered as the LeBrons and Bradys of their day. Pedestrianism was a 19th century event in which professionals competed and gamblers wagered on who would win. It led to the development of race-walking, a track and field event most people now only get a glimpse of during the

Summer Olympics. Walking is the misunderstood ancillary to sport and, to borrow from a past comedian, it just does not get any respect.

My own interest in walking as exercise came about earlier this year as I rehabbed from a knee injury. Instead of running I went with my wife on her daily power walks and it was a humbling experience. This 5’3” woman who could never keep up with me in a road race caused her 6’2” long-legged husband to request she slow down. I was amazed how out of my element I was in this simple activity I took for granted. Eventually I increased my pace and we now happily go out for daily walks of 4 to 6 miles which I supplement with a run. The daily power walks were a revelation. Muscles around my hip joint and pelvic girdle were suddenly awakened in a way I had not felt before. I experienced positive changes in my fitness and running, but the most pleasurable power walking outcome is that I get to do this wonderful exercise with my wife, who remains the better walker. We could not share our runs the way we have been able to share our walks together.

The benefits of walking, even for us hale and hearty runners, are not to be underestimated. The Mayo Clinic, the Arthritis Foundation, the American Heart Association, and Harvard Medical School, among legions of other health organizations and professionals, have touted walking as one of the best avenues to physical and mental health. Walking has always been and always will be at the core of good fitness and good health. On those days when you do not feel like you can run, do the next best thing, go for a walk.

Terry is a RRCA certified distance running coach, USATF Level I coach, and Lydiard Level 1 & 2 coach

Prize Pick Up at The Sneaker Store



Thank you to everyone who volunteered to get Push URself, Run Against Racism and Stars, Stripes & Solidarity prizes and merch to members!

UR DEI Committee

Join Us For a Brand New Committee

The Utica Roadrunners will be forming a Diversity, Equity & Inclusion Committee to continue the work we have started to increase our outreach, diversify our membership, continue education and strengthen our relationships within the community.

Everyone is welcome to join us! The first meeting will be held in October.

Please contact Alejandro (Alex) Gonzalez if you are interested in joining the committee: lifter38@hotmail.com or (315) 982-8909

S.O.S. Final Virtual & VirtReal Results

8k

NAME	TIME
Jason Stevens	31:30
Troy Williams	36:05
Dan Stedman	38:01
Jeff George	38:57
Ryan Maine	39:07
Kevin Tracy	39:11
Kevin Tran	39:35
Jeannine Macera	39:39
Allison Bowers	40:18
Andrea Carney	40:29
James Kuny	40:35
Scott Suba	40:38
Gary Burak	41:03
Andrew Rubino	42:22
Cole Perkins	42:22
Alex Gonzalez	43:13
John Seigle	43:32
Eric Lauber	43:45
Laura George	44:07
Gary LaShure	44:38
Rhonda Wehrenberg	44:48
Beth Talbot	45:08
Don DeCarr	45:16
Robert Bowers	45:31
Travis Belanger	45:50
Paula Iannello	45:58
<i>Tyler Meyer</i>	46:15
Susan Luley	46:36
Myron Thurston	46:43
Rebecca Aceto	47:10
Jim Mott	47:36
Sara DeStefanis	48:33
Eliezerin Mercado	48:37
Joey Santini	48:47
Karen Scanio	48:44
Jen Bachelder	48:53

John Gilligan	48:53
Alyssa Fanelli	49:10
Anne Marie Latshaw	49:12
Nicole O'Connor	49:37
Josh Overrocker	49:40
Christine Potocki	49:59
<i>Heather Simmons</i>	50:37
<i>Jeff Simmons</i>	50:37
Andrea O'Brien	50:49
Siearra Miller	51:32
Cheryl Burmaster	51:51
Lee Sampson	52:34
Terri Abdallah	53:01
<i>Sharon Stedman</i>	56:03
William Luley	56:11
Gene Allen	56:18
Jessica Flaim	56:44
Laura Fontana	57:07
Losay Jones	58:04
Carolyn Mohr	58:04
Wayne Murphy	58:04
Malissa Rafferty	58:10
Tiffany Brown	58:48
Melanie Crisino	59:47
Sharon Scala	59:47
Jim Latshaw	1:01:27
Jessica Ott	1:02:29
Amanda McElroy	1:04:10
Linda Salerno	1:04:10
Jamie Howard	1:05:00
Michelle Truett	1:06:56
Amy Creedon	1:06:56
Amber Oliver	1:08:24
Justin Rahn	1:08:24
Helen Knowles	1:09:42
Dorothy Massinger	1:09:49
Ashley Law	1:10:09
Filly Salisbury	1:12:34

Jessica Wilk	1:12:34
Faith Wilk	1:12:34
Max Wilk	1:12:34
Jenny Dainotto	1:12:34
Sofie Dainotto	1:12:34
Olivia Dainotto	1:12:34
Jenn Stefka	1:13:00
Phyllis Spohn-Bates	1:13:00
Julie Medler	1:13:04
Karen Piccola	1:18:04
Melissa Barlett	1:18:04
Felicia Burak	1:18:07
Judy Reilly	1:37:24
Kathy Joy	1:42:12
Bob Joy	1:42:12

5k

NAME	TIME
Shawnee Olson	23:00
Lindi Quackenbush	28:47
Dan Hickey	28:59
Travis Richards	29:22
Erin Ulrich	30:56
Lisa Seigle	31:51
Eva Quackenbush	33:45
Chris Caruso	35:31
Rebecca Cooley	39:12
Kathi Del Rossi	36:29
Bill Patterson	42:02
Cherri Patterson	42:30
Jean Kosina	44:43
Karen Baker	44:49
Michele Dunn	50:42
Brendan Dunn	50:42

**Italics denote Virtual runner.*

Tyler Meyer ran his S.O.S. in Cognac, France!

2020 SOS Race





UR RUN
UTICA ROADRUNNERS
AGAINST *////*
RACISM >>

The Results!

19

days

34

signs

6,200

people reached
on Facebook

136

Participants signed
up on RunSignUp

\$1,506

Raised in
Donations

53

Items sold in the
online store

*“Educational
and eye-opening
experience”*

*“The kickoff run this
morning was nothing
short of magnificent:
moving, educational,
thought provoking and
building community
in every sense.”*

**“Thank you,
Thank You,
Thank you!
What a
great event!”**

**“Beautiful
artwork on
the route”**

*“Great day to enjoy a
walk thru our city
and take in some
of our areas Black
History knowledge.”*

*“Great time this
morning running,
talking, learning
new things”*

*“I am not a native Utican
and I really appreciated this
opportunity to learn more
about the history of Utica’s
Black community. Thank you
Utica Roadrunners!”*

*“I’m so glad
I got to do
this run!”*

*“We learned a ton
and saw parts of
this great city from
a new perspective.”*

**“Great run with
really great
people for
a great cause.”**

Supporting Veterans Through Stars, Stripes & Solidarity



The club raised \$361 through July's Stars, Stripes & Solidarity event which was donated to local Veteran's organization Feed Our Vets.

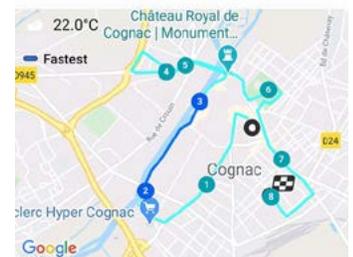
Utica Roadrunner and Feed Our Vets board member Myron Thurston III accepted the donation at prize pick up at The Sneaker Store on August 29th.



SOS Run in France



00:46:15
8.01 km | 05'46"/km



Tyler Meyer completed a virtual S.O.S. in Cognac, France!

Virtual Boilermaker Day - 7/12/20

by Chris Edick



Leading up to 2020, I had hopes of breaking 70 minutes on the 15k distance. The specific race that I wanted to PR on was the Boilermaker. I knew it would have to be better than 7 minutes from last years Boilermaker time of 1:16:56. On top of the running and training that goes into running a PR, most races you depend on the crowds, runners who push you, water stations to keep you hydrated and the music to get you through the pain from the hills and heat. However there was one big barrier to that... COVID-19. Who would have guessed that races from all over the world would be cancelled, postponed and/or turned virtual. That was exactly what the Boilermaker turned into. It was rescheduled for September 1st-13th. However many of us decided to run it on the originally planned date. July 12, 2020, and that was exactly what I planned on doing as well.

At 5:30 am, the alarm went off. Race day! It did not have the same butterflies in the stomach, nerve wracking feeling that Boilermakers typically have on me. But there was still a nervous feeling of... is a Virtual PR even possible?!?! There was only one way to find out. As I am driving to the

starting line and preparing to warm up, I notice some tables with water on them, some areas with some fans with signs, and a few small groups running towards the finish line. I have my hydration pack in my car and prepared to be used throughout the run. However after seeing these tables and crowds, I assumed that the water tables were for any of us runners running on Boilermaker Day. So, I kept the hydration bag in the car and began the warmup. After few miles, couple strides and last sip of water, I began searching for the starting line. For those of you "normal" runners who receive the majority color of bib for the Boilermaker and wait 10 minutes from the start line because we are slower than the elites, it tends to be slightly difficult to find the actual starting line – hahah. I had no idea where the race officially started.

I'm walking around waiting to see runners toe the line so I can follow suit. Thank God the starting line has been painted on the road, or I would still be there looking for the starting line. Finally I see Gary Burak show up and we practically begin at the same time. 6:56 am and the race begins for me. My goal is to run at a 317 Critical Power number based off of my Stryd

Member Spotlight (cont.)

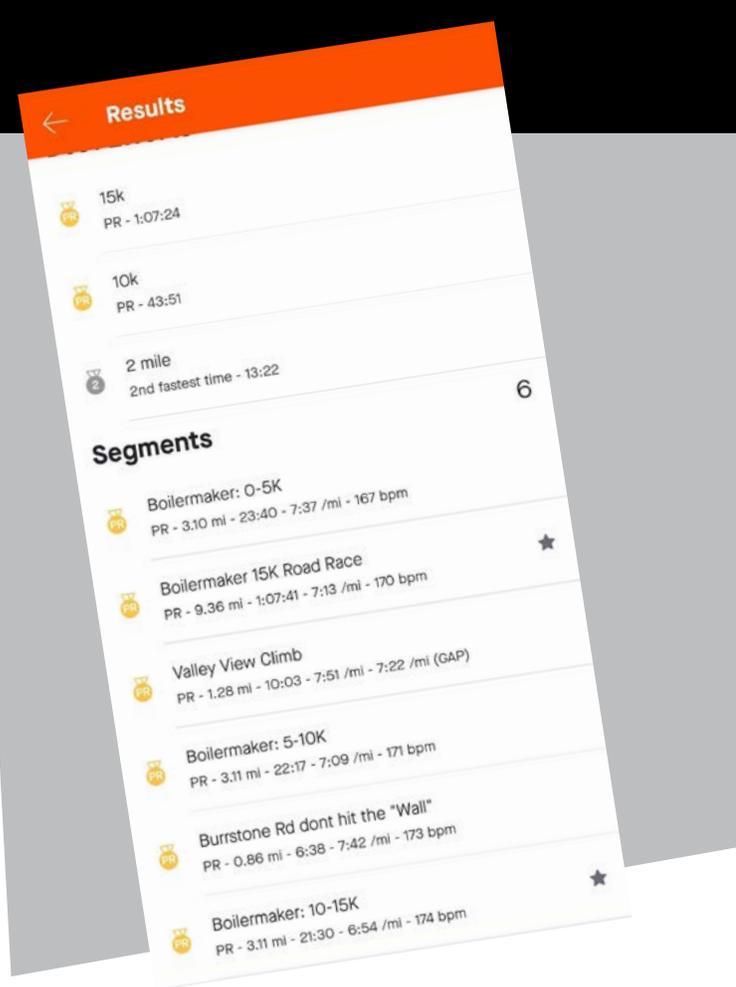
Foot pod. I begin the run (water pack less). The first few miles feel pretty comfortable, I know that 317 is a pretty fast pace for me and I am not sure if I had it in the tank to finish it within that pace. First 5k is completed and I finish it at 23:40. I am on pace for a 15k PR, but a minute behind pace for a sub 70 minute 15k. I knew that I needed to make up some time on the next 5k distance.

I buckled down some and planned on beginning the second 5k distance, along with some water from those tables I noticed as I was driving up to the starting line. Rule #1 – do not plan on water tables during virtual races to be available for everyone. Well that was exactly what occurred. Apparently the tables were set up for a different running group or runners in general because they all disappeared before I arrived - lol. I had no idea who exactly the tables were set up for, but I discovered it was not for me.

The second 5k of the race is far from easy. The hills will absolutely crush you as you are leading up to the golf course if you go out too quick and do not pace yourself accordingly. By mile four I am feeling pretty good. I am on pace to run a negative split for the second 5k. The heat is beginning to kick in some and the humidity is absolutely crushing now. I open up my first gel and begin eating it. Heads up, when eating gels, try to slow down a tad bit or at least do not attempt to eat one while taking deep breaths. Well that was exactly what I did and the toll it took on me about made me choke to death. As I am putting it into my mouth, I take a deep breath and now I am actually choking on gel. I have no water and I am doing everything I can to get this gel down my throat. Finally the gel has been swallowed and after much gasping for air and coughing up a lung, I am back in business with no casualty to report. I complete my 2nd 5k in 22:17.

I am on pace to run a sub 70 minute 15k. It feels good to be on pace for a PR, but I also know that at mile 6-7 the hills are killers and I have always struggled on mile 8-9 as I feel like it is a gradual hill (maybe it is because

it



is the end of the race and I am exhausted) but I have always hated that last mile.

Mile eight begins and we are still trucking through. My pace is slowly getting quicker, and I can feel the finish line approaching. I see a few runners ahead and I begin to increase the pace. I am going all out at this time and I approach the last hill going down to the finish line. I see one runner left that I feel like I can pass. I sprint as hard as I can to pass them at the finish line and to complete my first ever virtual Boilermaker. I click stop on the watch and look down. I have not only ran another negative split 5k with a time of 21:30, but PR the race by 9 minutes plus and break my 15k PR from last November's Stockadeathon by over four minutes.

My first ever Virtual Boilermaker was a huge success. I informed Bill Callahan that I killed my 15k race PR. However, just like the coach who wants more out of his athletes, he responds with "Great job man, proud of you, imagine when you get to 60-70 mile weeks." HAHA! Only Bill. I would never be at this point of my running career if it was not for meeting him at the

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Thank You Notes From Utica Roadrunners' Scholarship Recipients

Utica Roadrunners,
Thank you so much
for the honor of
the Howard Rubin
Scholarship. I truly
appreciate it! Also,
I would like to thank
you for putting together
such a wonderful
award presentation. It
was great recognition
and very nice to see
my fellow running
friends! Best wishes,
Alexis ☺

Thank
you!!
+

Dear Jim Mott, Paul Ohlbaum, and
Anne Marie Latshaw
Thank you so much for the
scholarship and such a beautiful
ceremony. The running community has
always been one of my favorite parts
about the sport and Utica Roadrunners
has been a huge part of that. I'm
honored and so grateful to have
been a recipient of this year's
scholarship. Sincerely,
Bianca D'urso

Coping With a Running Halt

by Mike Winkler



So, my focus has shifted slightly for this month's article. I've had to shift my focus due to lingering issues with a foot injury. My aim this month is explaining how I've coped with coming to an almost complete halt with my running, and figuring out how to get back in the game.

Don't Panic, Be Patient:

My favorite Bobby McFarren song *wink wink*. At many points during this injury, I've questioned myself, "Will I ever get consistent again?" I realized, I just need to be focused on getting back into some sort of daily activity, which involves time on my feet. I'm still working toward that, 'which is a good thing!

Look to the Future, and remember how I got to that former level of fitness:

This is daunting for me, having to realize and put into action the months

(probably the better part of a year) ahead of me that are required to get back to the level of fitness I achieved this past March. I simply need to increase easy mileage at the rate my body can handle, and increase varied workouts carefully. Much easier said than done, but completely doable.

Adjust my running goals, and overall approach, according to my current health and fitness:

I'm living in a time that has altered me both physically and mentally, at a strange rate! It's a bit unnerving to not have a gathering of runners at a race, which I'm working toward. I know it will return (eventually?), but in the meantime, the race is more than ever against myself. It should be a fun discovery.

Well, in closing, I hope you are all well! I'm also enjoying tracking all of your achievements, and progress. It's helping the coping process, for sure!

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