

August 2021

# splitimes

The Official Newsletter of the Utica Roadrunners



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August  
**2021**  
Utica Roadrunners  
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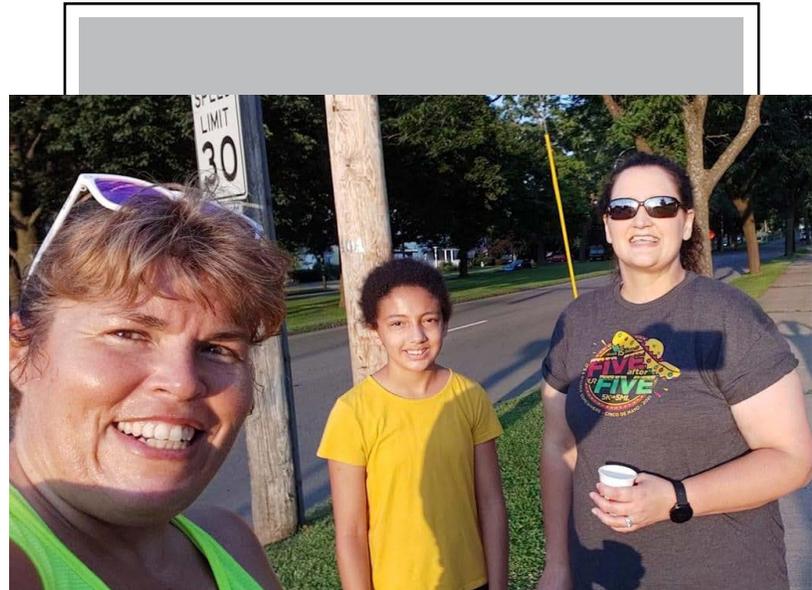
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**Useful Links:**

[Utica Roadrunners Facebook Page](#)  
[Club Handbook](#)



***Development Runs are every  
Wednesday night at the Parkway!***

***Congratulations to this young  
lady for finishing her first 10K!***



# President's Message

by Jim Mott



## “Aging is a trial of one.”

– BERND HEINRICH

Runners:

We are now more than half way through 2021 and as we cautiously navigate through these times, it has certainly been great to enjoy life the way we once knew it! Running together has taken on new meaning for me. As I have aged, I have realized many things. I have realized that speed is temporary. I have realized that pain is real. I have also realized that as we age we must adapt or die. Another birthday for me was a time for reflection and the ability to still participate at the age of 56 is more important to me than ever.

My way of celebrating my most recent birthday was to run with a former soccer player of mine that found running a bit later in his life like I did. I had the honor of being on his crew for his first 50 miler three years ago and when he asked me to pace him for the last part of his first 100k later this month, I did not hesitate to say yes. To get some time on the trails, we traveled toward Rochester for an 8 hour event recently. The event is called MFAMTL at Oatka Creek Park. The event had you cover one trail loop of 1.5 miles for four hours and a different 1.6 mile loop for the last four hours. He ran almost 30 miles and I was able to cover almost 24. It was a very low key event and I was lucky enough to run into Utica Roadrunner, Jim Moragne, who has found a new home with his Rochester running crew. My point in all this – I wasn't running for time or glory. I was running because it connected me with a friend, other runners and myself. We constantly test ourselves to see how fast and how far we can run. Ultimately, we test ourselves to see how much longer we can run. As the quote says, we truly are a trial of one.

July brought us the **Run Against Racism** in its second year. I am so proud of our DEI Committee for their work and the efforts especially of Michelle Truett and Alex Gonzalez. July has also been a month for many of our members to take advantage of our Boilermaker Training Program and Development Runs. Thank you so much to Tim Kane, Ashley Mancini, and the many volunteers that have been there each and every week.

All that training sets the stage for a busy August which kicked off on the 1st with a **Blood Drive at Accelerate Sports** that was based off of the inspiration and dedication of Andrew Rubino with the help of Jeannine Macera. August continues with an August edition of **Save Our Switchbacks** that is led by Sharon Scala. Sharon has worked very hard at making this event special. The race takes place on August 15th and it is a part of our Grand Prix. The swag is sweet and it is the second live race of our Four Race Challenge. For all those who registered for the Challenge, the medals and shirts will be available at packet pick-up and at the race for the SOS.

The following week we have a very special event on August 22nd. Phil Trzcinski and Alex Gonzalez have been working very hard on seeing a vision come true.



## PRESIDENT'S MESSAGE (CONT.)

The Stephen Siller Foundation, which hosts the **Tunnel to Towers** race in New York City, will now sponsor our own event here in Utica. The race is a 5k and the support has been amazing. All I can say is sign up and be prepared to be amazed and inspired. It is such a wonderful cause and we are so happy to support this event as a club.

August sets the stage for so many things coming up. We have the **Falling Leaves 5k and 14k**, the **5k Skeleton Run**, the **Boilermaker**, and so many other events supported by our club and our many running partners. We are enjoying friendly competition with other local running clubs with our Club Cup.

As a club we have done so many great things and endured hardships we never thought we would encounter. Now is the reward for all we have done. Enjoy the races, enjoy the competition, enjoy the camaraderie, and enjoy each and every moment. As a runner with many decades behind me, I truly hope the decades ahead provide the same satisfaction.

I look forward to seeing you out on those roads!

Jim

# Development Runs Are Underway!



**Every  
Wednesday  
Night!**  
**6:30pm Start!**  
Kids' run at 6:15pm

# Letter from the Editor

by Michelle Truett

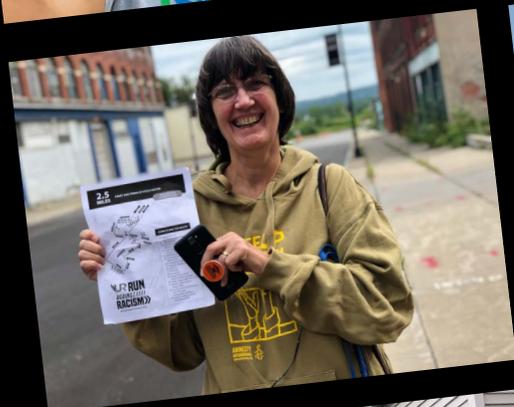
Hello, runner friends!

A quick thank you to everyone who ran or walked the 2nd Annual Run Against Racism this year. We provided multiple route options and hosted group runs and walks throughout the three weekends the signs were up. As always, it gave us an opportunity for some good dialogue and exploration of routes and neighborhoods that are new to many runners. During a very busy summer, we were happy to be able to do the race again and will be meeting soon to plan some new ideas for 2022.

If anyone would like to help with planning, collecting history, outreach to build new relationships, etc. please let me know.

It's exciting that in person events are back and I hope to see you all out there soon. Stay safe. Run hard!

Michelle



# Grand Prix Standings



The Grand Prix series of races is a friendly competition among all members in good standing as of one day prior to the first race of the series. Members are automatically eligible, and points are received per race order of finish in five-year age groups, with one's age as of October 31, 2021, determining age group for the season. The best 6 performances among the designated races will determine the standings for the awards, with a minimum of 3 races required to be eligible for an award.

## 2021 Remaining Grand Prix Races

Honor America Days - tdb\*      Falling Leaves 14k – 9/26/21  
 Save Our Switchbacks – 8/15/21      Boilermaker 15k – 10/10/21  
 Woodsmen 10k – tdb\*      Skeleton Run – 10/17/21  
 Tunnel to Towers, Utica – 8/22/21      Mad Mile – tdb\*

## Men's Standings

As of 7/18/21

<b>25-29</b>		Philip Trzcinski	10
Mason Hedeon	12	Brian Connery	8
<b>30-34</b>		<b>50-54</b>	
Travis Belanger	32	Paul Humphrey	22
James Kuny	20	Daniel Pierson	22
Ryan Stevener	20	Richard Crandall	18
Michael Shue	7	Eric Casper	10
<b>35-39</b>		Glen Andrew Roberts	8
Christopher Edick	34	<b>55-59</b>	
Troy Williams	28	Dave Putney	24
Nick Grimmer	15	Thomas Durso II	24
Alejandro Gonzalez	13	Jeff George	16
Joshua Belisle	12	Scott Shatraw	12
Andrew Rubino	12	Jim Mott	10
Michael Daly	8	John Seigle	10
Cole Perkins	6	Mike Ambrose	8
Michael Carney	4	<b>60-64</b>	
<b>40-44</b>		Gary Burak	22
Tom Joslin	22	Wayne Murphy	20
Joe Mashaw	15	Tim Kane	12
Steve Fairbrother	15	Bill Kosina	10
Mike Brych	12	Harry Campbell Jr.	7
Myron Thurston III	12	<b>65-69</b>	
Ryan Maine	10	Gary LaShure	12
<b>45-49</b>		James Siepiola	10
Ryan Misencik	24	Gene Allen	8
Robert Bauer	12	<b>70+</b>	
Lee Sampson	10	Bill Luley	12
Jim Latshaw	10		

## Women's Standings

As of 7/18/21

<b>15-18</b>		<b>45-49</b>	
Emily Misencik	12	Tracy Parmeter-Perkins	32
<b>25-29</b>		Melanie Crisino	17
Rebecca Laporte	12	Allison Miller	12
<b>30-34</b>		Lindi Quackenbush	10
Amanda Mondrick-		<b>50-54</b>	
Robertello	24	Karen Scanio	24
Gwen Murphy	22	Marylisa Nolan	17
Carla Williams	15	Jeannine Macera	12
Amanda McElroy	10	Melissa Scanlon	10
Sarah Harrison	10	Lisa Seigle	8
Alyssa Fanelli	8	<b>55-59</b>	
<b>35-39</b>		Laura George	22
Jennifer Donofrio	32	Ingrid Otto	12
Alexandra Battista	24	Annemarie Ambrose	12
Brittani Ritzel	8	Beth Talbot	8
Ashley Pace	7	Karen McDaniel	7
<b>40-44</b>		Lesia Roback	6
Jennifer Bachelder	34	<b>60-64</b>	
Danielle Bliss	32	Sue Tucker	24
Jessica Arevalo	23	Sharon Scala	19
Jerilyn Mashaw	17	Christine Potocki	10
Andrea Carney	15	Debbie Brockway	8
Jennifer Stefka	11	<b>65-69</b>	
Cheryl Burmaster	6	Carolyn Mohr	12
Melissa McAuslan	5	Susan Luley	12
Margaret Hammell	3	<b>70+</b>	
		Dorothy Massinger	24

# Member Accomplishments



**Chocolate Challenge 3.1 10k in Liverpool  
Happy 50th birthday to Dodi Murray!**

**Jessica Oot completed the  
Chocolate Challenge 3.1 5K**

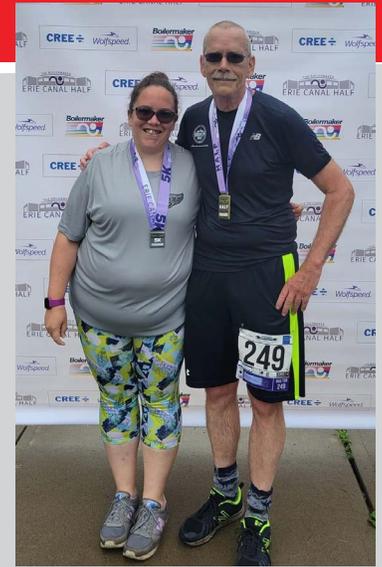


**Sharon Scala and Melanie Crisino  
ran the Cazenovia 5K**



**Members ran the Boilermaker route on the second Sunday in July!**

# Member Accomplishments



**Utica Roadrunners battled a downpour and had a great showing at the Erie Canal races!**



# Member Accomplishments



Gary Burak and Joanne Willcox competed at the Empire State Classic.

# Limited Edition Coffee



Utica Coffee Roasting Company has produced a special blend for us. Whole bean is sold out but you can still order ground!

[BUY NOW](#)

# Our Next Race



Presented by



## Sunday, August 15th • 8am

the second live race in the 2021 4-Race Challenge!

**REGISTER NOW**

### Race Information

This year's race will start by heading up the Parkway before turning onto Valley View Road and hopping onto the running path. A quick stint in Valley View golf course takes runners into Roscoe Conkling Park to run the switchbacks in the reverse direction (from Falling Leaves). The course comes back onto the golf course for one last hill and then down to the Memorial Parkway to the finish. Price: \$30 Race Fee + \$2.90 SignUp Fee, Register online through August 14, 2021

### Kids Fun Run

*Presented by Mountain Ice (Mountainside Medical)*

The Kids Fun Run will begin at 7:45AM and run up the Parkway to Steele Hill Road (entry to Utica Zoo) and turn around. There is no fee, but please pre-register. Open to kids under 12.

### Details

Packet pickup will occur on Saturday, 8/14, time/location TBA. Day of registration and packet pickup starts at 7:00 AM at the Parkway Ski Chalet.

### Timing

Timing will be provided by TNT Timing. Results will be posted here on the Utica Roadrunners website and at [tnttiming.com/results](http://tnttiming.com/results)

### Awards Ceremony

The ceremony will start shortly after the completion of the 7.5K race. (must be present to accept awards)

### Food

There will be food and drinks available for runners after the race in the ski chalet

### Shirts

Technical shirts will be provided to those who sign-up prior to 7/20. Runners are encouraged to pre-register for proper sizes. Shirt sizes are not guaranteed.

# Running, Hiking and Biking on the Trails of South Dakota

by Gary Burak



With our cruise to Alaska canceled, Felicia and I needed to find someplace new to visit for a much needed vacation. Fully vaccinated, and yet still having to wear a mask 8 hours a day at work, we decided to get away to where the only time someone wears a mask is when they rob the bank!

That's right, we decided to head out to the Wild Wild West.

For 2 weeks we hiked, biked, and yes ran, on the trails of South Dakota's local, state, and national parks. South Dakota is a big state in size, and yet only has two regional airports. With 7 out of 8 of this state's top attractions surrounding the Rapid City area, it wasn't a hard choice as to which one we would be flying into.

Rapid City is home to the Black Hills Running Club. This club is made up of three different groups of runners – one that just runs on pavement, one that runs dirt or stone trails and one that will run anything. Founders Park is the perfect place for this club to meet for its Thursday night club run.

I figured I would join them while I was in town. There is a four mile winding concrete trail that will take you through several of the city's parks and sports fields. Tunnels along Rapid Creek take you under the busy streets so you don't have to stop for traffic. For the trail runners in the club, a short run over the bridge across Rapid Creek leads you to the Hanson-Larson Trails system. These dirt trails take you up M Hill for a view of the city below. Now 72 years old and retired from his job as the city's public works director, Dan Bjerke still joins the club on their Thursday night club run to run through the parks and trails he designed as an answer to the flooding of Rapid Creek. Following the run, it's time to head across the street to the Lost Cabin Brewery to enjoy some company along with a few craft brews. (Remember to tell them you are with the Black Hills Runners and they will give you a dollar off the regular draft price!) The park was also a great place for Felicia and I to enjoy our morning runs and walks.

A one hour drive east on I-90 will take you to the eastern



## Member Article (cont.)

entrance of Badlands National Park. A few miles drive down the Badlands Loop Road you come to a 1/4 mile long parking lot, which is the starting point for four different trails:

**1) The Door Trail** starts out as a handicap accessible composite boardwalk for about a 1/4 mile. At its end, you will be greeted with a sign welcoming you to the baddest part of the Badlands. Numbered metal poles mark your way as you carefully hike and climb your way to the final beautiful view at the end.

**2) Window Trail** is an easy 1/4 mile trail that takes you through an open notch (the window) giving a different view of this beautiful area.

**3) Notch Trail** is a 3/4 mile round trip trail that is sure to give you a full body workout. After walking through a small valley you come up to a rope ladder attached to the hillside to help assist you as you climb up a steep hill. The rest of your hike takes you along a ledge giving a view from above.

**4) Castle Trail** is a five mile long trail that takes you along fields that lay on edge of the Badlands formations-for the record, we only went out about a mile and a half before turning around.

Down the road is **Cliff Shelf Trail** –a 1/2 mile loop trail. An easy dirt trail leads you to several flights of stairs and bridges that take you along the shelf giving you a complete view from above of everything you will be driving through as you leave the park. Before leaving the park, be sure to take the dirt road to the west just before the exit. Just a 1/4 mile down you'll find a cutoff to park in from which you'll be able to see several of the Long Horn Goats and Rams that call this park home.

After five days in Rapid City, it was time to move on to our next hotel and adventure in the town of Custer located just a few

miles outside Custer State Park. A \$20 park pass is good for a whole week of enjoying the park. The park is 71,000 acres and has plenty of trails to explore. We decided to hit three at once by first starting up the **Cathedral Spires Trail**.

The spires are thin garnet pillars, these spires inspired artist Gutzon Borglum who would later carve the four presidents into Mt. Rushmore. The trail starts out as dirt, then about half way up it changes and now you are hiking over granite. You keep climbing until you finally reach a valley that lies between some of the granite spires. Before you can reach the end of the trail one last split granite spire stands in your way. You can choose to go around it or climb straight through it. If you're going to go through it, you will have to pull yourself up and over some of the broken granite pieces inside, so expect to pick up a few scrapes and scratches along your way.



By taking a right turn as you head back to leave the valley you are now headed onto the **Black Elk Peak Spur Trail**, which will lead you to **Black Elk Peak Trail #4**. Turning left will lead you down the trail a little ways to where you come upon the **Little Devils Tower Trail**. Once again, the trail starts out as an easy dirt path but as you get closer to your final destination, you'll need to become part mountain goat as you climb your way up to the top. At the top you will be rewarded with a beautiful view in all directions, and as you look east you can spot your third

and final destination – the stone fire tower upon **Harney Peak**. At 7242 feet above sea level you are now going to be climbing to the highest peak east of the Rocky Mountains and west of the Pyrenees Mountains in Europe. As we descend from the Little



## Member Article (cont.)



Devils Tower Trail and turn to the left we began our climb up the trail. As you start your descent into a valley before you, you just know you will have to make a climb up it's other side. Luckily, this time, stone stairs that were made by the Civil Conservation Corps years ago assist you in your climb towards the top. As you reach over 7,000 feet in elevation the air is getting thin as you enter a cut in the rocks. Metal steps lead you to a short bridge that will bring you to your final destination. Prayer flags tell you that you've made it to the top as you enjoy looking out from the stone viewing deck. There is still one more climb of 13 steps if you want to go to the top of the stone fire tower. It's now time to enjoy a celebratory adult beverage from the backpack and the view before you start heading back down. With a little over eight miles total logged on the Garmin, it's now time to enjoy a thick juicy Buffalo steak along with a nice cold local craft beer at the Buglin Bull Bar in town.

The next day it's back to Custer Park. First we drive the Wildlife Loop Road and stop to meet some of the local burrows up close and personal. As for the parks Buffalo herds, we'll enjoy them from a much safer distance. Now it's time to relax and enjoy Sylvan Lake. **The Sylvan Lake Trail** is a one mile, mostly dirt trail that loops around the lake. It's flat and smooth for 3/4 of the way around but, if you want to make the full loop you will have to climb your way along the garnet formations that are at the far end of the lake.

After, we head back to town to enjoy an afternoon run. Connecting the 109 mile long **Mickelson Trail** to Stockade Lake is a rolling asphalt spur trail that runs along State Rt. 16A. It's a perfect trail for an early evening run or walk. After running up a second hill about three miles out of town, you can enjoy a grand view of **Calamity Peak**. It's now time to head back towards town and with about a mile left in the run I start to get cheered on by a large group of spectators. The field on the left is full of prairie dogs all standing up on the edge of their burrows giving off their distinctive chirps warning each other there is a stranger present.

As I meet back up with Felicia she has come up with a new plan for tomorrow morning – we'll be getting up before the crack of dawn so we can hike up the **Custer Skywalk Trail**. The trail is a 1/2 mile long path that has stairs cut into the dirt trail leading you to a covered viewing deck. This is the perfect spot to catch the sunrise over the mountains of Custer State Park. As the sun rises, we can see the distant peaks we had hiked a few days ago. It's just one week into our journey through the Badlands and Black Hills of South Dakota and this is a good place to pause our story for now.

Next month we'll share with you the rest of our journey, There is still plenty to do including more hikes along with some biking and of course, somewhere around here there has to be a local 4th of July race to run.

# Upcoming Race



★ ★ ★ ★ ★ ★ ★

## TUNNEL TO TOWERS 5K RUN & WALK UTICA

[REGISTER NOW](#)

FOLLOW THE FOOTSTEPS OF 9/11 HERO, NEW YORK CITY FIREFIGHTER STEPHEN SILLER, AND ENSURE WE NEVER FORGET THE SACRIFICES OF OUR NATION'S FIRST RESPONDERS AND MILITARY HEROES.

**SUNDAY**  
**AUGUST 22, 2021**  
**STARTS 8AM**

★ ★ ★ ★ ★ ★ ★

**UTICA 9/11 MEMORIAL**  
SHERMAN DRIVE & THE PARKWAY  
FINISH LINE AT GENESEE ST, DOWNTOWN UTICA

# CNY Running Clubs Cup

## Standings after Summer Sizzle:

	SUMMER SIZZLE		OVERALL
<b>Roman Runners</b>	<b>354.25</b>	<b>6</b>	<b>18</b>
<b>Utica Roadrunners</b>	<b>353.34</b>	<b>5</b>	<b>15</b>
<b>MV Hill Striders</b>	<b>288.90</b>	<b>4</b>	<b>7</b>
<b>Kuyahooraa Kickers</b>	<b>280.50</b>	<b>3</b>	<b>9</b>
<b>Tow Path Trekkers</b>	<b>106.51</b>	<b>2</b>	<b>6</b>
<b>Rock City Runners</b>		<b>0</b>	<b>5</b>

## Our scoring members at Summer Sizzle:

Congratulations to the top 5 age graded runners that converted scores:

Susam Luley	F67	46:28:00	72.99
Tim Kane	M62	36:51:00	72.41
Tom Joslin	M42	31:59:00	70.61
Ryan Misencik	M46	33:37:00	69.31
Sue Tucker	F61	45:55:00	68.02

**TOTAL: 353.34**

**The next Clubs Cup race will be the Little Falls Canal Day Run (10K) on August 14th. As our Cup Captain Tim Kane says "every second counts". We need participation to score!**

### WHAT IS IT?

The CNY Running Clubs Cup is a friendly competition between six of the running clubs from the Central New York area: the Utica Roadrunners, Roman Runners, Kuyahooraa Kickers, Tow Path Trekkers, Rock City Runners and the Mohawk Valley Hill Striders.

### HOW DOES IT WORK?

Team members from each club will compete in a series of predetermined races held in the area throughout the year, beginning in the spring and ending in the fall. Typically, there is about one Cup race per month; members of each team are able to earn points at each of these races for their club, which are then tallied at the end of the season to determine the winner!

### BECOME A MEMBER OF THE TEAM

The Cup Team is open to all members of the Utica Roadrunners. To be a member of the Roadrunner's Cup Team, please send an email to Tim Kane at, [trkane59@gmail.com](mailto:trkane59@gmail.com). Additionally, you MUST have paid your dues to the club BY APRIL 10th, 2021!

### HOW IT IS SCORED

To score points for the UR Cup Team, the results of the top five performing team members will be compared to the other clubs top five. Points are then awarded to each of the six club's as follows: 6 points goes to the club with the highest cumulative score of those members, 5 to the club with the second highest, and so on.

### EVERYONE COUNTS!

The top 5 team members for one team who can earn points are not necessarily the first 5 to cross the finish line! All results are age-graded, which means that your race time will be compared to a calculated standard for your age and gender at that race distance. This allows all UR members to be competitive in this competition and earn points for us!



## Hill Running: Exercises to Power Up Those Inclines

by Terry Dwyer



As promised in my last article, this month I am bringing you some effective hill training exercises that will not only improve your ability to run hills but which you may also find fun to do. Whenever I draft a training program for a runner – especially a marathon training schedule – I introduce a

core hill regimen somewhere around the half-way point of the training and carry it through to the rest of the schedule, except for the taper period. I have found in my own training, and in feedback from other runners, that the hill training sessions are a nice break from the “slog” of repetitive miles most of us average, recreational runners need to log for our marathon training. Still, when runners see “hill work” on their training schedules there is the unspoken “ugh” buried in their deep exhales and eye rolls. I carried the same attitude until a 2014 four-day training session in Boulder, Colorado when I attended a coaching certification class.

My time in Boulder consisted of coaching classes and training under the tutelage of former Olympic marathon bronze medalist from New Zealand, Lorraine Moller, and running coach Nobby Hashizumi. Both are devotees to the training methods of the great New Zealand running coach Arthur Lydiard – Lorraine as an athlete who was coached by Lydiard and who grew up among the greats of New Zealand distance running, and Nobby as a coaching protégé who for one year in the 1980s lived in New Zealand and studied under Lydiard. Nobby went on to coach professional runners around the world as he continued to be mentored by him until Lydiard's death in 2004.

What follows is from the training practices of Lydiard as they continue to be taught by Lorraine and Nobby, both who are passionate about distance running and the proper training of their athletes. My own testament is only as a runner who, after getting over the initial feeling of looking silly, utilized the methods and passed them onto runners I coached.

Rather than attempt to describe the methods it is best to illustrate and there is no better illustration than watching Nobby Hashizume as he demonstrates Lydiard techniques. [If you go to YouTube here](#) you will find a nine-minute video presentation on hill training techniques that is narrated by Arthur Lydiard. The system utilized by Lydiard incorporated three phases of hill training: 1) steep hill running; 2) hill bounding; and 3) hill springing. If hills were not available in an area Lydiard told his athletes to substitute stairs or multi-level parking garage ramps (my oldest daughter's college coach often took the cross-country team to a downtown parking garage for this purpose.)

While every runner has their own training preferences and may follow different training theories, it is never a detriment to try something new to see how it may work. The one thing I always liked about these training exercises was that they never seemed like work, it was always more play than a boring day of training and logging mileage. Naturally though, these drills should be done only after a nice and easy 2–3-mile warm-up, followed by an appropriate cool down run after the hill session. You will get in your mileage for the day and find you had some fun while doing so.

---

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

# President's Picks

by Jim Mott

This month I have a short motivational video and a new book I am currently reading



The first pick of the month is a quick video that features ultra running legend Timothy Olson. Olson has fought his demons and the battle is daily. His weapon is running. We all run for our own reasons and I certainly can relate to the story of Timothy Olson. I can't relate to his amazing abilities as he recently broke the FKT (Fastest Known Time) for the Pacific Crest Trail. Olson took 51 days, 16 hours, and 55 minutes to crush the previous record. So, what's the big deal? This is the big deal – he covered 2,652 miles with an elevation gain of 400,000 feet. Yes, you read that correctly. That's about 50 miles a day for seven weeks on unforgiving trails. [HERE'S THE VIDEO AND THE STORY.](#)



The second pick is a book called *Racing the Clock - Running Across a Lifetime* by Bernd Heinrich. The book intrigued me as I had another birthday in July and the ability to continue to run at an advanced age interests me on many levels. The author chronicles his thoughts and attempts to run a 100k trail race at the age of 80. As a biologist and historian, Heinrich combines his intellect and mental curiosity with the physical limitations of the body as it ages. It is definitely a worthwhile read for those of you racing Father Time like me. [WATCH THIS INTERVIEW](#) first and maybe it is a read you will enjoy it too!



CONNOR'S WAY  
5 MILE  
'21

SCENIC MEMORIAL  
RUN/WALK  
Hinckley, NY

## CONNOR'S WAY

### 5-Mile Run/Walk

### September 19, 2021

In-Person Event - September 19<sup>th</sup>

Virtual Event - September 12<sup>th</sup> -19<sup>th</sup>

Go to [www.connorsway.com](http://www.connorsway.com) to register (click on RunSignUp)

Free T- Shirt included with registration until August 30, 2021

Contact [don@connorsway.com](mailto:don@connorsway.com) for student and team discount codes



Forever in our Hearts  
CONNOR ARTHUR LYNSKEY  
September 22, 1999 – August 11, 2018

**Sponsorships available through August 24, 2021**

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## “Keep Running, Fattie”

by Harry Campbell



I was out running one day after work. As I was on my return route someone drove by and yelled “Keep running fatty!” They were past me so they didn’t see my smile but may have seen my wave, and no it wasn’t a one-finger wave. I had about a mile left in my run and had shortened

the turn-around because I just wasn’t feeling the run that day and planned on cutting it short by about a half mile. As I reached the street to my house, I decided to use that comment as an incentive to add that half mile. I thought to myself that my running had enough of an impact on that person that he wanted to cheer me on in his own special way. I could have used it as more of a reason to cut my run short and wonder what I’m doing out there, my big belly bouncing as I run. Instead, I wanted to use it to keep inspiring myself. When I’m out there I don’t see myself as some fat, old guy plodding along, I see myself as an elite runner. In my mind I can picture myself in the Olympics or the Boston Marathon running with the front of the pack. As we get about a mile or so from the finish I start to pull away. People are cheering, the announcer is calling out “Harry Campbell is starting to pull away. He could be the first 62-year-old to win this race!” That image of me may change as I run past a large glass window and I see the “real” me but after a few steps I’m back to picturing the elite me.

As I’m out running someone may see me and want to call out a comment be it positive or negative. Don’t bask in the positive comments but let the negative ones fuel a rage or defeatist attitude. Let all of the comments fuel you on to

grab for that next bar up on the ladder. No matter what our age or body type, whether we train occasionally or are so serious that we are going for a Boston Marathon qualifying time, in our own minds we should feel our eliteness.

I was debating on writing this article when, several months after the comment, I was out running and someone ran by and mentioned that she’s seen me out running and I’ve inspired her to get off the couch. I recognized her but couldn’t really place where I’ve seen her. But to think that I’ve inspired even one person is amazing. We have so many great runners out there, not because they are fast, but because they believe in themselves. Our club has amazing runners that fly in the races and are at the front of the pack. We also have amazing runners that bring up the rear.

Maybe someday I’ll lose weight and become faster. The downside to that is I may not be the same Running Santa in December that people saw. Maybe someday I’ll actually qualify for and run the Boston Marathon. It would be an amazing accomplishment. Or maybe it will just stay a dream that I imagine as I’m out on a run and I revel in my mantra in life now “Keep Running Fatty!”





## Hey Ladies, Listen Up!

by Jeannine Macera

Ok men, you can read this, too. After all, Bill Rogers was diagnosed with osteoporosis at the young age of 56. This month's article is about bone health, and a personal one for me.

As some of you know, I suffered from a femoral neck stress fracture last fall. The cause? It happened after a week of racking up long, intense UR miles for the Empire State Race-Off (who can resist a team challenge?!). Against doctor's orders, I continued to run until the end of the year to complete my streak. 2021 - a new year and a smarter training plan. I was about 90% back, and feeling so good about it that I thought I was ready for the next challenge: 5 miles every 5 hours for 55 hours (55 miles). Enter femoral stress fracture #2... same leg, different fracture. Why did this happen again? My orthopedist suggested that I have another bone density scan.

I had my first bone density scan about 4 years ago, recommended because both of my parents were diagnosed with osteoporosis. The results showed mild osteopenia, which means that I had some bone loss, but nothing major in my mind. I was told to take preventative measures which included a calcium supplement and weight bearing exercises. My thoughts? "I'm a runner, not a weight-lifter" "I have an incredibly healthy, clean diet and I don't smoke or drink... I don't need supplements". I suppose this was not only ignorance, but arrogance on my part. I was running my best

during this time and feeling great. What could possibly be wrong?

It should be no surprise that my latest scan showed a dramatic drop in bone density. The major risk factors were there and I chose to ignore them: genetics, small frame, low body weight, and age. I am now at the point that if I want to run the long mileage that I used to, I will need some kind of intervention to build up my bone mass. Otherwise I risk another stress fracture, or worse.

Let's discuss some statistics. Osteopenia affects about half of Americans over the age of 50. Osteopenia is generally a precursor to osteoporosis. Individuals diagnosed with osteopenia are more at risk for developing osteoporosis. According to the National Osteoporosis Foundation, 54 million Americans have osteoporosis. About one in two women and up to one in four men over age 50 will break a bone due to osteoporosis. Peak bone mass is reached in the late teens and early 20's, and bone loss generally speeds up at midlife for both men and women. However, women have lighter, thinner bones than men and lose bone quickly after menopause, putting women at greater risk.

Major risk factors include:

- Family History
- Age
- Body Frame Size
- Dietary Factors



What can you do to help prevent bone loss? Engage in regular exercise (don't forget weight bearing exercises!), eat a diet rich in fruits and vegetables, get enough calcium and vitamin D, avoid smoking, and limit alcohol.

Some calcium-rich foods include:

- Dark leafy greens (kale, collard greens, bok choy)
- Broccoli
- Sardines
- Tofu
- Dairy (milk, yogurt, cheese)
- Soybeans
- Fortified orange juice, cereals, and soy milk

Men and women age 50 and younger should consume 1,000 mg of calcium daily. Women over 50 and men over 70 should strive for 1,200 mg daily (see chart). If you think that there is insufficient calcium and vitamin D in your diet, discuss the possibility of a supplement with your healthcare provider. If you have a family history of osteoporosis, ask your provider about getting a baseline bone density scan.

You are never too young (or old) to take steps to improve your bone health. Learn from my mistakes - be proactive and take bone health seriously!

For more information: <https://www.nof.org/>

Women		
Age 50 and younger	1,000 mg of calcium from all sources daily	400-800 international units (IU) of vitamin D daily*
Age 51 and older	1,200 mg from all sources daily	800-1,000 IU of vitamin D daily*
Men		
Age 50 and younger	1,000 mg from all sources daily	400-800 IU of vitamin D daily*
Age 50 – 70	1,000 mg from all sources daily	800-1,000 IU of vitamin D daily*
Age 71 and older	1,200 mg from all sources daily	800-1,000 IU of vitamin D daily*

\*Some individuals may need more vitamin D.

## A Historic Run Through Rome

### Roadrunners joined Matt Moore and the Roman Runners for the Rome History Run - The Life and Times of Bob Wilson



## The Story of Knifehand

by Joe Dunaway

# KNIFEHAND



My name is Joe Dunaway Sr., Founder & CEO of Knifehand Nutrition. I always struggle with “where to start” when talking about Knifehand. To me, it feels like I’ve been preparing for this my whole life. Oldest of four siblings and never knowing my father, life was challenging and I took on a lot of responsibility at a young age. Knifehand itself started in my personal kitchen in the fall of 2017. I had been contemplating a career change for some time. As an accountant, I never really felt like I fit in. Furthermore, I felt like the accounting profession, as a whole,

lacked strong leadership. In the Marine Corps (2004-2012), I experienced great leadership and poor leadership. I’ve known some truly gifted accountants who were just not great leaders. Like many entrepreneurs, I felt like taking control of my destiny.

Back in 2015, I was going through a rough patch. While going through a divorce, I was also doing my best to juggle co-parenting and public accounting as an auditor. Even though exercise was a part of my daily routine, I needed something more to distract me from my personal challenges. There was a select few in my gym who were preparing and competing in physique bodybuilding competitions. It was a major commitment, but this appealed to me. I’m an 80’s kid and grew up watching Arnold Schwarzenegger and Sylvester Stallone, so building muscle was always intriguing to me. This commitment revealed some pain points in meal prepping. All of the food I ate for 3 months was cooked out of my kitchen. When I traveled to other cities for week-long audits, I would bring with me a laptop bag, duffle bag, and a 75 qt. rolling cooler of meals and snacks to last the week. My peers and supervisors were amazed, but soon everyone began to see the results of my commitment. Eventually, co-workers, friends and family began asking me to meal prep for them. At the time, this was an impossible task for me to handle, so I respectfully declined.

Fast forward to 2016, I was contemplating what the next chapter would be in my life. I had met my soulmate and felt more confident than ever to take risk and follow my dreams and passion.



## Guest Article (cont.)

Helping others navigate the hurdles of eating healthy all while juggling work, home and fitness is what I wanted to do. I knew I had an eager customer base to help me get off the ground.

I went back to my Alma Mater, Syracuse University ('12), and signed up for the Entrepreneurship Bootcamp for Veterans to kick-start my journey. In September 2017, I decided there was no business plan that could give me more data than jumping straight in and cooking for people, so that's what I did. Paleo-style meals, delivered weekly. The response was overwhelming, and within weeks I was being referred to people outside my social network. This was great, but also presented risks. I had to consider a food safety permit and begin cooking at a licensed kitchen. All this while working full-time as an accountant (which really bothered my employer) and having enough time for my family.

Around the same time, I was introduced to the idea of "Whole Food, Plant-Based." At first, I thought of Whole Foods, the company Amazon recently purchased. Clearly, it was something even more profound than that. I dove further and further into researching the benefits of a plant-based diet. From improved cardiovascular health and better recovery, to a more sustainable future and humane treatment of animals. It was all making sense. I was now at a crossroads and needed to decide if I should include plant-based offerings on my menu or risk losing clients and go all in on plant-based and aim for the future? Well, I believe it was a calculated risk, but I felt offering an exclusively plant-based menu was the only option that made sense.

In 2018, I closed down my home kitchen, revamped the menu, began producing new recipes from a licensed commercial kitchen and selling meals at as many farmers markets as I could. The recipes were a success and the feedback was clear. An overwhelming majority of customers wanted to order meals online and have them delivered.

In 2019, I brought on a talented chef with a background in plant-based cuisine and a marketing specialist. We submitted a business plan to the bank and were set to launch our website and delivery service in June 2020.

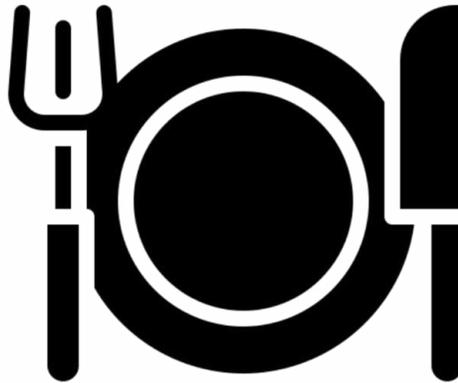
Then the Covid-19 pandemic rocked the globe.

Bank credit froze and we lost our funding. With people locked in their house, working from home and the demand for delivered food skyrocketing, we knew there was still an opportunity for Knifehand to launch. In late March 2020, we bootstrapped a website and did everything we could with what little funds we had and launched the very first Knifehand Nutrition website.

There have been many ups and downs since, but continued progress indeed. We are now working with a food manufacturing partner in Rochester which allows us to scale production from several hundred meals per week to several thousand meals per week. Live running events are finally back and we are very eager and excited for what's to come. We have our very first event coming up since the pandemic. In partnership with Miles & Macros, Knifehand will be catering Run it to the Summit at Song Mountain on August 1st, 2020 starting at 9am. If we didn't see you there, we hope to see you see at another Knifehand sponsored race soon!

**In the meantime, [check out our website](#) at and use **URR10** at checkout to receive **10% off your entire order in the month of August.****

Joe Dunaway, Founder & CEO  
Knifehand Nutrition  
United States Marine Corps Veteran  
Syracuse University '12



# UR Membership Has Its Benefits!

The Utica Roadrunners, founded in 1975, is a running club that has a "place for every pace". The members are wonderful and the benefits are great. [Become a member today!](#)

## TRAINING OPPORTUNITIES & GUIDANCE

### Wednesday Development Runs

For over 30 years, we have held the "Dev Runs" on Wednesday nights at the Parkway which includes a kid's fun run, a 2-mile, a 5K and a 10K following a challenging route up the golf course and into the Switchbacks... guaranteed to get you "Boilermaker Ready!"

### Boilermaker Training Program

Led this year by RRCA Certified Running Coach, Tim Kane, this popular Saturday morning program will get you ready to finish OR improve on your 5K or 15K race. The weekly routes are laid out, plans are made to follow, and the club provides support for runners.

## LIVE UR RACES

We have been running these local favorites for years!

**Save Our Switchbacks**  
**Summer Sizzle 5-Miler**  
**Falling Leaves 5K and 14K**  
**Skeleton Run**

Plus we added the Run Against Racism, and the Tunnel to Towers 5K, which will be back in 2021

## CHALLENGE YOURSELF



Run 1,000 miles in one year and accumulate volunteer points and you get our coveted Red Jacket!

## EDUCATION & INSPIRATION



From fellow Roadrunners with great stories to the legendary Kathrine Switzer, our Speaker Series grew stronger during the pandemic and will continue with great programming to inspire our members!

## FRIENDLY COMPETITION



Get points for running local races and compete against UR members in your age group



A season-long, age-graded challenge against other CNY running clubs.

## CONNECTION

So many opportunities to meet new people and stay in the know with running

**Social Events**  
**Happy Hours**  
**Monthly SpliTimes Newsletter**  
**Great Social Media**  
**Group Bus Trips**  
**Friendship & Camaraderie**  
**Natural mentorship**  
**and positive support**

## SAVINGS!



Our members receive a 10% discount on their gear at The Sneaker Store plus they have access to select members-only sales throughout the year. **Plus!** Enjoy race discounts exclusively for our members.

## GREAT LEADERSHIP



We have some of the hardest working people around involved in UR – from the board, committees, race directors, special program leaders, volunteers and more!

## CELEBRATION



Our Annual Awards Banquet and Ceremony celebrates member accomplishments from throughout the year, lets us kick back and enjoy one of the best events of the year!

# splitimes



UTICA ROADRUNNERS

## Advertise with us!

Our monthly newsletter is emailed to over 700 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 (1,800+ 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)

- September 2021
- October 2021
- November 2021

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

- Yes  No

**Total included: \$** \_\_\_\_\_