

February 2023

# splitimes

The Official Newsletter of the Utica Roadrunners



**2023  
UR Races**



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February  
2023  
Utica Roadrunners  
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## Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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](#)  
[Club Handbook](#)

## CONTRIBUTE TO SPLITIMES!

Do you like to write?  
Or want to get back into it?

Does research excite you?

Do you enjoy taking photos?

Do you have running knowledge  
you want to share with others?

Are you looking for volunteer  
points for your Red Jacket this year?

*There are so many opportunities  
to contribute to our monthly  
newsletter and help continue  
to make it a inspirational resource  
for runners in our area!*

Connect with Michelle [via email](#)  
to kick off a conversation.

# President's Message

by Andrew Rubino



**“If you can't fly then run,  
if you can't run then walk,  
if you can't walk then crawl,  
but whatever you do you  
have to keep moving forward.”**

– MARTIN LUTHER KING, JR.

Martin Luther King spoke these words at a college rally in 1967 as a call to action that any contribution to the civil rights cause would be valuable.

Motivation can certainly be hard to find this time of year. We often times miss the value of doing something and opt to do nothing. Doing something is almost always better than nothing. But it is also important to remember to what we can do and not be derailed by what we cannot do. The ice and rain, along with other tribulations of this past January may have deterred some of us from getting out there and hitting the pavement. I know it certainly has effected me. But there are many of you who have been crushing it! What is so great about our club is that no matter what time of year or what time of day you can find someone to run with. There is someone there to motivate you to take the first step and get out the door. Organizing group runs are not only a great way to support your fellow club members, but it's also an easy way to volunteer. If you are interested in hosting a group run or looking for a group to run with, give us a shout [on Facebook](#) or [email me](#).

Speaking of group runs, on the morning of **February 11th**, UR will host a **Coffee Run from Calabria Coffee** in the New Hartford Village. Keep an eye out on our Facebook page for those routes. The Club also holds runs at **The Mill Family Fitness Center on Thursday nights** at 5:45pm. For more information contact Wendy Bowers at [wlb113065@yahoo.com](mailto:wlb113065@yahoo.com).

**The Boilermaker Training Program** is set for Saturday mornings starting March 4th at Accelerate Sports. This year the BTP will be lead by Erik Winberg. Erik's expertise and enthusiasm and the support from the group will no doubt jump start your training or keep you on track.

The **annual race directors' meeting** is Wednesday February 8th at 6:00pm at the Boilermaker Office. This traditional meeting gives race directors from other clubs and running communities the opportunity to share the dates and information for this upcoming running year.

Lastly, I am looking forward to seeing everybody at the **Annual Awards Banquet** on March 18th at Club Monarch. Come celebrate your accomplishments and the accomplishments of your fellow members with revelry and merriment.

Andrew  
[arubino13@gmail.com](mailto:arubino13@gmail.com)

Enjoy the Journey!



# Save the Dates for This Year's Races!



April 8, 2023



June 18, 2023



September 24, 2023



October 15, 2023





# UR Club Run



**Saturday, February 11**  
**Run • Walk • Bring a Friend!**

*We will hold a group "coffee run" in lieu of our traditional monthly happy hour.*

Plan to run first then meet up for coffee/tea and chatter inside Calabria Coffee in the New Hartford Village. Very informal gathering. Parking is available in the public lot behind Cavallos/Calabria.

We will post a couple suggested routes, one for 7:30 start and one for 8:00 start with hopes people will run together and finish up together around 9:00. Look for routes posted in this event page the week of the run.

[JOIN EVENT ON FACEBOOK](#)

## Boilermaker Training Program Begins March 4



***You've done it! You've registered for the Boilermaker Road Race!! Now what??***

**Time to get training!**

Whether this is your first or your 21st Boilermaker we have two levels of training designed to meet the needs of the entry level or the more experienced 5k and 15k runner.

This program is FREE to our UR members.

We begin March 4th on the indoor track at Accelerate Sports, 5241 Judd Road in Whitesboro

[BECOME A UR MEMBER](#)

[RENEW MEMBERSHIP](#)

[SIGN UP FOR OUR BTP!](#)



**DEADLINE TO SUBMIT: FEBRUARY 15TH**

Next up will be our Awards Banquet on March 18! Nominate your fellow Utica Roadrunners for some of our awards. Here are the awards for which you can nominate someone ([see previous winners here](#))

Please send your nominations to Jenna Stefka at [jennifer.melinda@hotmail.com](mailto:jennifer.melinda@hotmail.com)

1

### **Robert H. "Coach" Carlson Distinguished Service Award**

Established in 1987 in honor of Bob (Coach) Carlson, this award goes to the Utica Roadrunner who has contributed significantly to the success of the Club by volunteering hours of work to racing, running and social events and helping to run the Club.

2

### **Volunteer of the Year Award**

Awarded to recognize the Utica Roadrunner who unselfishly volunteers hours of time for the benefit of the various projects of the Club and for the entire running community.

3

### **Frank D'Allesandro Training Volunteer Award**

Awarded to recognize an individual with the most enthusiasm, time and support to new members of the running world.

4

### **Inspiration Award**

Awarded to the Utica Roadrunner whose upbeat attitude and dedication to using his or her talents has had a positive influence on other runners throughout the year.

5

### **Distinguished Roadrunner Supporter Award**

Awarded in appreciation and recognition of a corporation, group, or individual whose support has made a significant contribution to Utica-area running. (This award is typically given to non-Club members.)

6

### **Utica Roadrunner Hall of Fame Award**

Awarded to the individual who has excelled for many years in the sport of running and has distinguished himself or herself through racing achievements and/or support of the running community.

# Ready for the Challenge?!

The CNY Cup is a friendly competition between the local running clubs.

## 2023 CUP SCHEDULE

### Fort to Fort 5K & 10K

Rome  
April 2

### Towpath Trail 5K & 10K

St. Johnsville  
May 13

### Patriot Run 5K & 10K

Rome  
June 11

### Sundae Run 5K & 10K

Richfield Springs  
July 16

### Woodsmen's Run 10K

Boonville  
August 18

### Falling Leaves 5K & 14K

Utica  
September 24



### *Message from UR Club Cup Captain Tim Kane -*

The 2023 Cup schedule is set! We are down to five Running Club teams this year: Utica Roadrunners, Roman Runners, Mohawk Valley Hill Striders, Kuyahoorra Kickers, and Toe Path Trekkers. Syracuse Track Club and Rock City Runners will not be participating this year.

### **HOW IT WORKS:**

In a series of designated races throughout the season, each club's members will compete on an age-graded basis against the five other clubs. By using age grading, anyone in a club could find themselves contributing to the club's success in a given race. The Cup is open to all of our members. The best five results by each club's members in a race will be compared to the other clubs and points awarded on a descending basis, with six points to the best, five to second, and so on down to a single point. At the end of the year, the club with the most points wins the CNY Running Clubs Cup and bragging rights for a year.

### **CHANGE FOR 2023**

The major change this year is that either race at any event with two distances can count for team points. This change will allow all runners from every club to be able to contribute to their team without having to run the longer race and give 5K specialists the chance to contribute. No minimum number of runners for either race is required and any five runners can score. However, all 5K scores will be multiplied by a factor of 0.98 to even out the playing field.

### **A RUNNING CLUBS CUP NOTE FOR OUR ANNUAL BANQUET:**

We have a special award for runners who frequently competed and for runners who scored in last year's Cup that will be presented at the banquet. Stay tuned...

### **HOW TO GET INVOLVED**

To be eligible to represent the club, you have to be a member by April 1st and you have to tell Tim Kane ([trkane59@gmail.com](mailto:trkane59@gmail.com)) that you are representing URR. The reason we need to do this is that there are some people who belong to multiple clubs. It is also helpful to put your name on the sign-in board that is at each race.



Register Today!



# *Our Annual Awards Banquet*



**SIGN UP TODAY**

**Saturday, March 18, 2022 • 6:00-10:00pm**  
**Club Monarch**  
**16 Erie Street in Yorkville**

Our traditional-style banquet will be held again this year.  
Come together with us to celebrate all of  
**YOUR ACCOMPLISHMENTS** from 2022.

We will have Raffles, Awards, Door Prizes and lots of fun!

*\*\* Wear your red jacket to be entered into a special drawing\*\**



## My Running Streak Story



By Pete Angelini

Today I am looking forward to writing about some significant things that have happened to me over the last year, which I hope you will enjoy reading about and that it inspires you, just as the experience has inspired me. It is a follow up to my last article.

On December 26, 2022, I completed a goal that I had adamantly wanted to complete for quite a while. As of that date, I had run at least one mile, and often more, each consecutive day for one year. This is called a “running streak.” To have a streak officially registered with the governing body – Streak Runners International Inc. – it must be at least one year long. I have been a runner since 1992 but had never done streak running. My first exposure to it occurred many years ago, when a friend told me about a *Runner’s World* challenge to run a mile every day between Thanksgiving to New Year’s Day. It was billed as a way to have some fun and hopefully keep off the inevitable pounds that add up from all the celebrating that time of year. So, my young daughter and I agreed to try it. We made it, but let me tell you, it was hard. Just finding the time in our busy lives was difficult enough, but then when the soreness factor from running every day was added in, it seemed impossible at times. But we persevered, and completed it, yet vowing to never do it again.

During that time though, I discovered a Facebook group called Streak Runners International. It is a virtual collection of amazing people and runners who run each day, often much, much farther than

one mile, and most have been doing it for years. One gentleman in particular, Robert Raven Kraft, has been streak running on the Florida beaches, 8 miles per day for 48 years! I found Robert and the many other people just like him to be very inspiring and motivating. They are a testament to the amazing things that human beings can accomplish. So, after following this group for several years, I decided to take the plunge and try streak running again. I had been running for a long time, and had done some good solid work, but had never been a “streaker” other than the initial effort described above. I really didn’t think I could do it because the last time I tried, I was so sore all the time. But the motivation from the Facebook group really affected me, and I had to try it again. Thus, in April 2021, during the pandemic, I began.

Things went really well for me initially. With each passing day, I felt better and stronger. The soreness was there, but it didn’t seem to bother me as much this time. I made it to 121 days, finishing with a wonderful 5K race, the Tunnel to Towers 5k Run, which was excellent. Shortly afterwards though, I developed a terrible cyst, which required surgery to address. Then I got very sick with an awful upper respiratory infection. And then the black plague hit me, Covid-19. I just had to stop running, and I was out for several weeks.

I was devastated to stop running. The mental lift and adrenaline surge I received each day from my runs were like a drug, a good kind. I felt happier and healthier than I had felt in years. It gave me bound-



less energy and I felt like I could handle anything. And then on day 121, it was all gone. Although I recovered from the physical maladies, mentally I was not the same, and I didn't like it, not one bit. So, at Christmas time, December 26, 2021, I went to the gym, and started over, and I have not stopped since then.

During this 365 day span, I ran a total of 626.88 miles. I've never been a huge mileage guy, but that is the most I had ever run in a year. In that time, I ran 24 5k's, three 10k's, and one 15K. I had several threats to my streak along the way, including two upper respiratory infections, and most significantly the death of my father. Ironically, my father's passing was not as big of a threat as I thought it might become. In fact, my time running each day during that terrible phase was a blessing. I was able to be alone with my memories and feelings about him and had several conversations in my heart with my dad. It was actually a good respite and I think it actually made me closer with him. When my streak began, he didn't really understand what it was all about, but my father was very supportive of me. During his illness, even when he could barely speak, my father ALWAYS managed to ask me about my run that particular day. I was very honored by that, and it really provided more motivation to continue.

I learned so many things about myself and about life during this year period of daily running. I could probably write a whole book about it, and who knows, maybe I will someday. But one of the most important lessons is about the powerful connection between the mind and exercise/movement. Doctors have told us this for years, and it's 100% true. Moving around makes you feel better. It reduces stress and gives us a feeling of accomplishment. And you don't have to run to get these benefits either, a good daily walk will do just fine. Another major lesson I discovered is to never assume anything. Looking back at my Facebook journal (my personal page) over the last year, I can't tell you how many times I thought initially that my run was going to feel miserable, but it turned out to feel great. That tended to be more the rule than the

exception, which is exactly why you should never give up. Also, the importance of goal setting. This is the key to accomplishing anything in life. Goal setting keeps you focused, which is incredibly important in any endeavor. Lastly, the most important thing I've learned is that anything is possible in life. With the right mindset, a good plan, and some support and motivation, we can accomplish anything. There truly are no limits, except those we place on ourselves. I find it interesting that many of these lessons have been presented to all of us in various ways, probably since we were little kids. I know that I have heard many teachers and my parents say these things before as I was growing up. But it took that leap of faith to run for a year to really bring it all into focus. It has changed my life forever.

So, where do we go from here? I had planned on stopping the streak running in favor of some new goals. In 2023, I want to run a 10 mile race, run the Utica Boilermaker 15K in under 2 hours (yes, I'm slow lol!), and run my first half marathon. I'm a little concerned that streak running soreness will get in the way of these new goals. But I've received so much incredible feedback from accomplishing my yearlong streak that I decided to continue for now, and we will see how it goes.

As of this writing, I'm at day 405, and I feel GREAT!

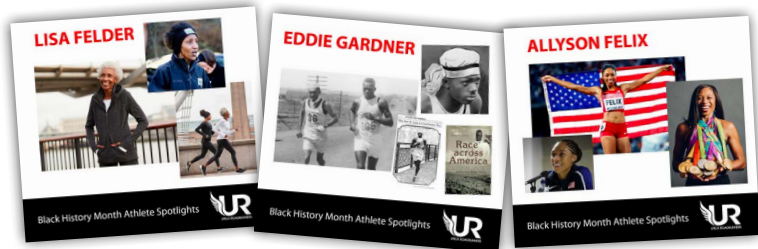
Lastly, I know I have been unalterably affected by this process. As a result, I'm taking steps to seriously assist other people to reach their goals. I couldn't have done any of this without the support and motivation I received online as well as from my local running friends, and of course my family. It's time to really give back and help people live a life of no limits, and that's what I'm going to do. I've created [a new page on Facebook called The Limitless Life](#). Our former President Jim Mott is working on it with me. I hope you will join us there and follow our endeavors.

Thank you for reading my story. Hope you are having a happy, healthy, and most importantly LIMITLESS start to 2023!

# News and Events from the UR DEI Committee

If you have an interest in joining our Diversity, Equity and Inclusion Committee, please contact Melissa Barlett at [docbarlett@gmail.com](mailto:docbarlett@gmail.com)

## CELEBRATING BLACK RUNNERS/ATHLETES



Keep an eye on the Utica Roadrunners' Facebook page during Black History Month (February) to learn more about Black runners and athletes from the past AND now!

## IN MEMORY OF AHMAUD ARBERY

People around the world pledge to jog, walk or run 2.23 miles, symbolic of the day Georgia man, Ahmaud Arbery was gunned down while running February 23, 2020.



**2-23-23**  
**#IStillRunWithMaud**  
**#FinishTheRun**

## PARK-TO-PARK FUN RUN

**SUNDAY, FEBRUARY 19**  
**2PM - START & END AT KEMBLE PARK**  
**APPROX 2.5 MILES**  
**ALL ARE WELCOME!**



## SAVE THE DATE

4th Annual, 2nd Live

**UR RUN**  
UTICA ROADRUNNERS  
**AGAINST RACISM**

CORNHILL RUN 2023

KEMBLE PARK > JOHNSON PARK



# SATURDAY, JUNE 17

PART OF A MULTI-DAY JUNETEENTH CELEBRATION IN UTICA!



# 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 UR member Eric Winberg, 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, Grateful for Graham 5K and the Tunnel to Towers 5K,

## 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)

- March 2023
- April 2023
- May 2023

Would you like to add a UR Facebook post

for just \$15 (per month)?

- Yes  No

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