

# splitimes

April 2019

The Official Newsletter of the Utica Roadrunners



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## Sign up to represent the Roadrunners

*Deadline: Friday!*



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April  
2019  
Utica Roadrunners  
Board of Directors



**President** Wayne Murphy

## Vice Presidents

### Activities & Events

Mike Kessler

### Administration & Finance

Rocco Fernald

**Secretary** Sharon Scala

**Treasurer** Lisa Walchusky

**Past President** Sybil Johnson

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Bill Callahan	Cole Perkins
Rick Gloo	Andrew Rubino
Laurie Hennesy	

## Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: [michelle@484design.com](mailto: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](mailto:michelle@484design.com)

## Useful Links:

**Utica Roadrunners Facebook Page**

**People Who Run For Fun Facebook Page**

**Utica Roadrunners Wednesday Night Development Runs**

**Club Handbook**

**"IF YOU RUN, YOU  
ARE A RUNNER.  
IT DOESN'T  
MATTER  
HOW FAST OR  
HOW FAR."**



# President's Message

*by Wayne Murphy*



Today I ran with a dedicated group of runners and volunteers with the Boilermaker training program. The remnants of the Nor'easter left roads and sidewalks covered with snow, ice and slush. Yet there we were new runners and those of us that had been around for "awhile" out and ready to run a few miles. To support those running was a dedicated group of volunteers. They were there to provide water and safety support. This reminded me of why I joined the Utica Roadrunners and why I am a member of the board. The members are a very special group of individuals who support each other in our journey to complete a run on one day or a race in the future. Thank you to all of you.

April starts the "official" Utica Roadrunner race season. The Race Directors are busy working to provide you with a memorable experience out on the roads of Utica, in the parks or on the Switchbacks. Please help support the maintenance of the Switchbacks by running or donating to the Ted Petrillo Save our Switchbacks race. Soon after that we start the development runs. This year is our 50th Anniversary so we are planning on some special events. The Summer Sizzle will be exciting with a brand new venue. Join us to run in the Proctor Parks in the Summer Sizzle!

As always, let me know your thoughts. Look forward to seeing you out there on the road.

Wayne

Wayne13413@yahoo.com



## Letter from the Editor

*by Michelle Truett*

It was spring... for like a day!

All of you running friends that have been braving the elements all winter are certainly admired by us. I've snuck out a few icy times, but nothing like years past. This past weekend, I was in NYC for a memorial and caught up with my buddy Greg from Levitt AMP Stevens Point in Wisconsin and ran through Central Park, marking the third state we've run together in. We're hopefully going to tackle Berea, Kentucky this summer as we visit another Levitt AMP friend there. I love that running can allow you to connect and catch up while exploring a different city. I've become quite the expert at packing up sweaty running clothes for the suitcase trip home, too!

Be sure to send us tales of great runs in great cities with great friends so we can share them with our Roadrunner family!

See you out there! // Michelle



# Development Run Records

Originally Compiled by Howard Rubin , Annually Updated by George Searles

## 2 MILE

### MALE

Brian Fullem	9:16 (1986)
Jerry Lawson	9:29
Pete Pazik	9:32
Scott Humphrey	9:33
Ed Bruni	9:38
Dave Buskey	9:41
Mike Bronson	9:42
Dave Garner	9:46
John Soggs	9:50
John Thorpe	9:53

### MALE MASTERS (Age 40 & Over)

John Thorpe	10:12 (1992)
Robert Douglas	10:21
Jim Fiore	10:50
John Ford	11:14
Kevin Morrisroe	11:22

### MALE GRAND MASTERS (Age 50 & Over)

Jim Dever	11:56 (2000)
Rob Walker	12:26
Paul Owens	12:54
Glenn Reaves	12:55
Bill Guglielmo	12:57

### FEMALE

Beth Hart	11:34 (1987)
Ellen Hull	11:39
Ellen Kissane	11:39
Jackie Kosakowski	11:50
Gina Abraham	11:57
Beth Herder	12:01
Kathleen Billington	12:04
Laura Candido	12:11
Samantha Stedman	12:26
Najda Okanovic	12:30
Stacy Tyksinski	12:30
Debbie Szalko	12:31

### FEMALE MASTERS

Sue Sievers-Corrigan	13:01 (2000)
Shirley Oddy	13:17
Kim Goodson	14:11
Marisa Greer	14:13
Brenda Bashant	14:16

### FEMALE GRAND MASTERS

Gail Vernold	14:09 (1999)
Virginia Truax	14:23
Sandra Banas	15:48
Ellen Tommell	16:07
Beth Talbot	16:12

## 5K

### MALE

Nick Ashton	16:28 (2009)
Jordan Angerosa	16:43
Robert Inglis	16:49
Lawrence Minor	17:26
Jeremy Ruston	17:35
Zakaria Adam Djouma	17:36
Robert Gigliotti	17:50
Alec Ambruso	18:13
Aaron Burke	18:17
Jerry Krauss	18:17
Michael Brooks	18:18

### MALE MASTERS (Age 40 & Over)

Louis Rugari	19:28 (2016)
Gary Hurta	20:36
Eric Kasper	20:52
Paul Humphrey	21:52
Steven Eddy	21:54

### MALE GRAND MASTERS (Age 50 & Over)

Dan Stedman	21:25 (2017)
Eric Kasper	21:28
Jim Owens	21:47
Lennie Davis	22:36
Tim Hoffman	23:09

### FEMALE

Dana Cooreman	17:57 (2009)
Hannah Bushey	18:50
Claire Rady	18:50
Kelly Zegarelli	18:59
Amy Robinson	19:21
Dominique Bevivino	19:58
Zam Zam Adam	20:17
Courtney Kinne	20:46
Clare Halpin	20:53
Savannah Boucher	20:55
Brianna Byers	20:59

### FEMALE MASTERS

Stephanie Flack	24:49 (2013)
Amy Hurta	26:30
Kathleen Gates	26:58
Debra Ruggio	27:09
Mary Ann Wilkinson	27:28

### FEMALE GRAND MASTERS

Tricia Shaugier	24:11 (2016)
Virginia Truax	26:41
Sue Luley	26:47
Terry Kupiec	26:56
Suzanne Hill	27:52

# Development Run Records

Originally Compiled by Howard Rubin , Annually Updated by George Searles

## 10K

### MALE

Jerry Lawson	31:56 (1986)
Ed Bruni	33:13
Dave Brucker	33:18
Dave Garner	33:32
Mike Rinko	33:37
Pete Pazik	34:07
Henry Rono	34:08
Jay Frisillo	34:09
Lance Denning	34:11
Dave Buskey	34:12

### MALE MASTERS (Age 40 & Over)

Tom Smith	35:49 (1999)
John Thorpe	35:51
Steve Walrath	36:30
Jim Fiore	37:00
Lennie Martin	37:02

### MALE GRAND MASTERS (Age 50 & Over)

Tom Smith	36:20 (2003)
Jim Andrews	40:11
Jim Dever	40:14
Jim Newlove	40:20
Larry Reyes	41:05

### FEMALE

Patti Weigand	37:05 (1995)
Shana Ruszkowski	37:13
Heidi Gerken	37:39
Lisa Spina	38:47
Barbara Griggs	39:09
Meghan Furner	39:34
Cathleen Willy	39:36
Nicole Branck	39:43
Amy Netzband	39:45
Ellen Hull	40:10

### FEMALE MASTERS

Sue Sievers-Corrigan	42:02 (1999)
Felisa Houck	42:17
Ann Mamore	43:41
Nancy Frisillo	43:59
Tanya Gomez	44:13

### FEMALE GRAND MASTERS

Nancy Frisillo	45:34 (1997)
Virginia Truax	45:43
Carol Kogut	46:19
Ann Robinson	47:45
Gail Vernold	49:05

## Boilermaker Training Program



### Going Strong!

BTP is meeting every Saturday morning at 7:30am. All are welcome to join in to run OR volunteer for safety or water. Follow the group [on Facebook](#) to keep up on the routes for each week.

# Upcoming Race



## Fort to Fort 10K **THIS SUNDAY** April 7, 2019

[SIGN UP NOW](#)



## Registration closes this Friday!

## 2019 Student Scholarships

### Do you know of any graduating high school seniors with a running background?


The Utica Roadrunners are pleased to announce that they will be continuing the tradition of awarding graduating seniors with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for these scholarships.

For more information and application, please go to <http://uticaroadrunners.org/about/scholarships/>



# Our First Race of the Season

THE TED PETRILLO  
**SOS 7.5K**  
SAVE OUR SWITCHBACKS  




**Sunday, April 28, 2019**

**Run starts – 9am • Kid's Run – 8:30am**

**SIGN UP**

**7.5K Road Race (4.66 miles)**

**\$25 before April 21**

**Help support the South Woods Trails Project while running  
“Half a Boilermaker”. Start and finish near the Utica Parkway Ski Chalet**

*The Save Our Switchbacks 7.5K road race is the long standing Utica Roadrunners kick-off event.  
The race marks the start of the weekly Development Runs held every Wednesday.*

## Upcoming Race



**June 2, 2019**  
**10:00 a.m.**

**Marcy Town Park, Toby Rd., Marcy**

Benefits:  
Compassionate  
Friends  
of the  
Mohawk Valley



Benefits:  
4 Petsake  
Food  
Pantry



**[www.Marcy5k.com](http://www.Marcy5k.com)**





# The Grand Prix is Coming!



**Mark your calendars for the  
first two Grand Prix races for 2019:**

**Fort-to-Fort 10K – April 7, 2019**

**UR Save Our Switchbacks 7.5k – April 28, 2019**

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the top three runners in each age group are presented awards at the club's annual awards banquet.

Scoring:

- Minimum of 3 races to qualify for the Grand Prix awards.
- Best total for 6 races will be taken for your Grand Prix score.

***Stay tuned for the full list of 2019 races!***

# Member Accomplishments



## A Big PR at the NYC Half

Mike Polidori scored a sweet PR at the NYC Half Marathon, finishing in 1:18:17. (5:58 pace) His six straight half marathons before that were between 1:20 & 1:21. Wow!

Bonus – board member Rick Gloo interviewed Mike on his podcast: **Mike Polidori “Bends the fence” from untrained 15Ks to Boston Marathon.**

[LISTEN NOW](#)



## Utica Roadrunners took part in the Heart Run





# St. Patrick's Day Mad Mile



Sponsored in part by:

**the Sneaker Store**

Roadrunners had a blast at the Mad Mile on March 16th in Downtown Utica!





# CNY Running Clubs Cup



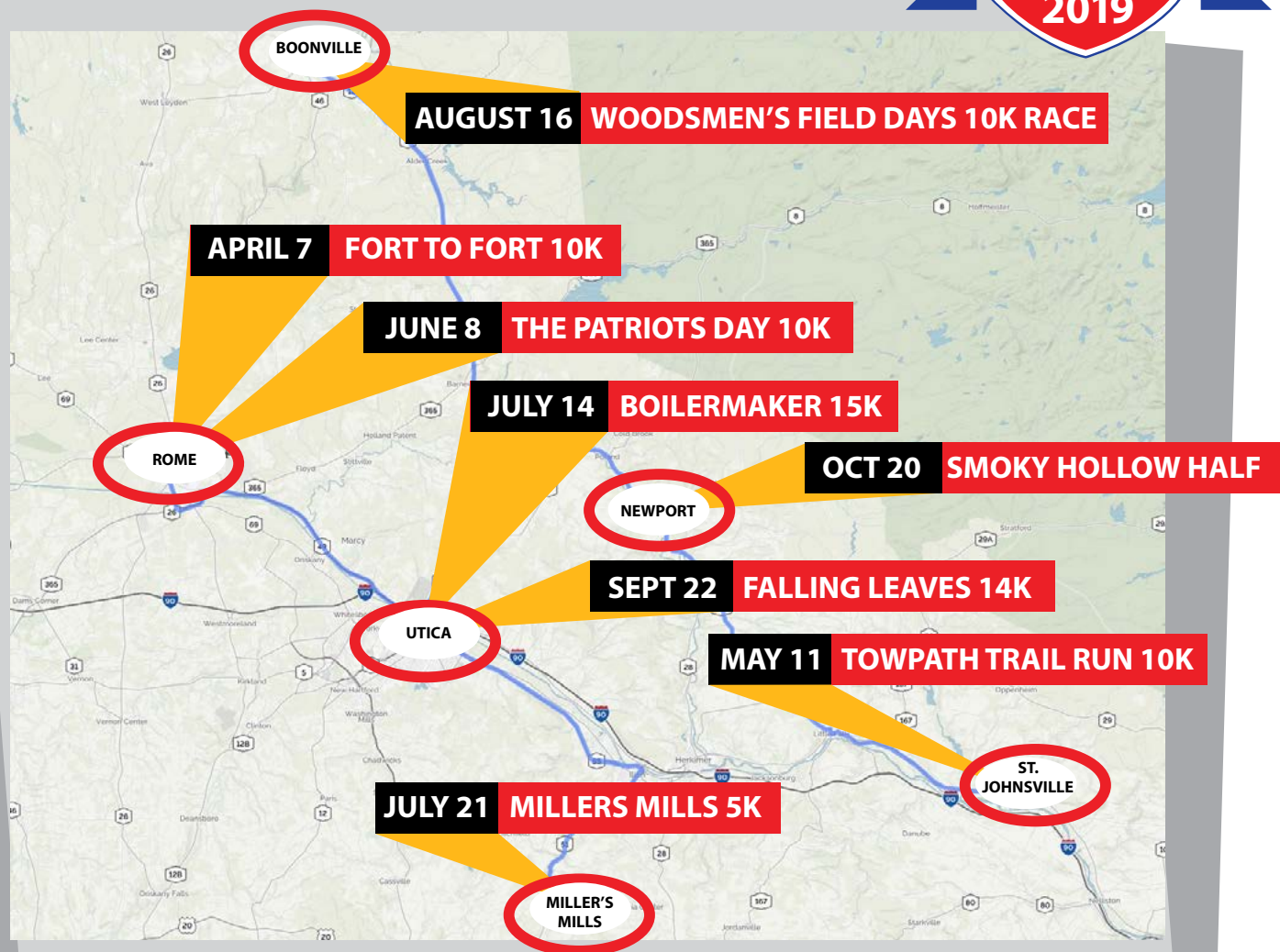
Kuyahoor  
ickers



North Country  
"Toe" Path Trekkers  
Walk-Run Club

## 2019 Races - Mark Your Calendars!

Do you plan on running any of the following races that are a part of the CNY Cup Challenge? If so, send an email to Laurie and Mike Hennessy at [laurie.hennessy@aol.com](mailto:laurie.hennessy@aol.com) to be added to the Utica Roadrunners' Roster! The more participants that our club has on our team, the better our club places in the standings! ***We will need your email confirming your participation by April 5th (this Friday!), as the first race is the Fort2Fort the first weekend in April!***



# 2019 Mott Marathon

## Mott Marathon Challenge

**Thursday, June 13, 2019**

**3:00pm**

**105 laps at Central Valley Academy**

This year the Mott Marathon Challenge will be dedicated to a young man whose life ended much too soon. This year's theme will be "The Run to Remember Ryan," as former Ilion graduate, Ryan Donato's memory will be honored. Ryan recently passed away at the age of 26, after a brief but determined battle with lung cancer. Ryan was a graduate of the Class of 2010 and was voted, Most Likely to Succeed by his classmates.

Ryan could only be described as a one-of-a-kind individual. He was eccentric, zany and extremely intelligent; self-taught in a number of things, from the French language (which he became very fluent in) to various musical instruments. He was skilled in playing the harmonica, accordion and bass guitar, which he used in jam sessions with his group 3M2F. As an artist, Ryan was dedicated to drawing and painting.

Ryan loved animals and his family has requested that all proceeds this year from the Mott Marathon Challenge go to the Herkimer County Humane Society. All runners, district employees, alumni, and community members are encouraged to please raise money for this worthy cause.

The Jarvis Mile will be held before the start of the marathon. There are currently 56 seniors signed up for the event.

The Mott Marathon began quietly in 2006. Ilion senior Eric Lachacz teased his teacher, Jim Mott, saying Mott's marathon running was no big deal. Lachacz insisted that running a marathon would be easy and require no training. Mott challenged him to run the distance on a level track, but make it worthwhile by raising money for charity. Lachacz raised \$53 and jogged a 5:45. Lachacz's efforts inspired a successfully bigger number of future seniors to take up the challenge.

The event has raised nearly \$30,000 over its 12 years, raising over \$10,000 for the 10th edition which was billed as Jack's Day. That year was dedicated to Ilion graduate, Jack Day and all proceeds went to the American Cancer Society. Since Lachacz, 290 other seniors have completed the marathon. Chyanna Bernier holds the record that was set in 2016 with a time of 3:23:51. Jacob Bunce was the champion last year with a time of 4:31:33. Since 2016, there has also been a marathon relay available to CVA alumni, faculty and staff. The record for the relay is held by Stephen Paddock and Michael Polidori who clocked a time of 2:43:14. The event is sponsored by the CVA Student Council and the Utica Roadrunners. Members of the Roadrunners are also eligible to participate. Participants must sign a waiver and complete a team entry form.



**All registration forms must be completed and submitted by June 1 to Jim Mott at Central Valley Academy. For more information please contact Jim Mott at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org).**

**Form on next page**

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# 2019 Mott Marathon Registration Form

## 2019 MOTT MARATHON TEAM INFORMATION:

RUNNER(S): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Note: If running with a Relay Team, it does not matter how you split up the laps as long as your team gets 105. Please do not have more than two runners from your team running at the same time. Your time is the total time that it takes for each runner.

RELAY TEAM NAME \_\_\_\_\_

CREW:

LAP COUNTER \_\_\_\_\_

CLOTHING, FOOD, AND HYDRATION \_\_\_\_\_

T-Shirt Size (Circle One) - XS S M L XL XXL

All shirts cost \$12 for 50/50 blend and \$15 for Dri-Fit.

All teams are asked to raise money for the cause of the marathon which has not been determined yet.

**All registration forms must be completed and submitted by June 1 to Jim Mott at Central Valley Academy. For more information please contact Jim Mott at [jmott@cvalleycsd.org](mailto:jmott@cvalleycsd.org).**



# splitimes



## Advertise your race with us!

Our monthly newsletter is emailed to over 400 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 (1,400+ 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](mailto: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)

☐ May 2019

☐ June 2019

☐ July 2019

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

☐ Yes ☐ No

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