

splitimes

January 2018

The Official Newsletter of the Utica Roadrunners

NEW GOALS

RUNNING DISTANCES YOU'VE NEVER RUN

NEW FRIENDS

PR!

FASTER TIMES

DON'T GIVE UP!

1,000 MILES

GO BIG!

NEW, EXCITING ROUTES

DESTINATION RUN

PLACE IN THE GRAND PRIX

INSPIRE A FRIEND TO RUN

2018

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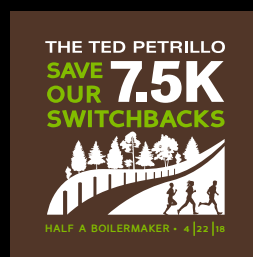
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January
2018
Utica Roadrunners
Board of Directors



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Vice Presidents

Administration & Finance

Melanie Crisino

Activities & Events

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Advertising

If you would like to advertise in SplitTimes, 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](#)

[People Who Run For Fun Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)

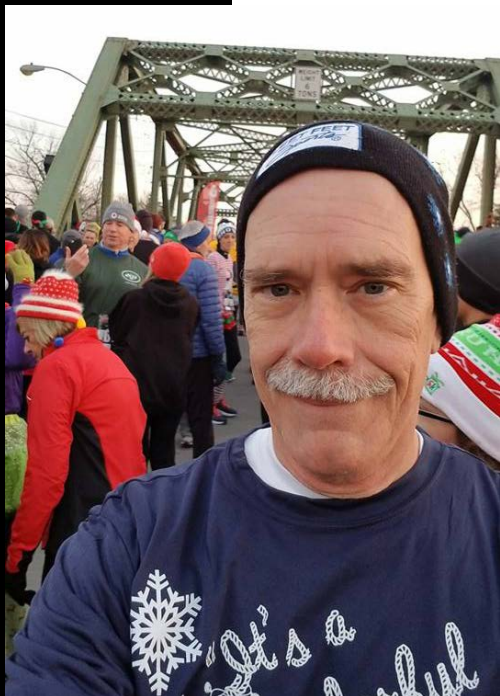


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**Time to Submit
Your Mileage!**

Submit to Jim Moragne
at jimmoragne@gmail.com
by January 15th





President's Message

by Wayne Murphy

I hope you had great holidays and are looking forward to 2018. Hoping it will be great running for all of our members. As of December 2017 I became the President of the Utica Roadrunners. Many thanks to Sybil Johnson for all of her hard work and efforts throughout the years. She will be working with me over the next few months for a smooth transition. I have a lot to learn!

I am hoping that together we can create a club that involves all of our members in our activities. In addition, we will be working to update our look and programs in the future. For that we can use your help.

We also have new members on our board so this is a good time to review who are the Board officers and members.

OFFICERS:

President: Wayne Murphy

Vice President/Activities and Events: Mike Kessler

Vice President/Administration and Finance: Melanie Crisino

Secretary: Anne Marie Latshaw

Treasurer: Lisa Walchusky

Past President: Sybil Johnson

BOARD MEMBERS:

John Gilligan

Joanne Wilcox

Sharon Scala

Scott Neary

Stephanie Stark

Jennifer Bachelder

James Mott

We appreciate these members and all who have volunteered in 2017 and plan on helping in 2018. We have a lot going on in 2018 starting with our Boilermaker training program in February, the Banquet in March and the Ted Petrillo Save our Switchbacks race in April. See inside this issue for more information!

Feel free to contact me at anytime: email: wayne13413@yahoo.com
or phone: (315)527-7410

Wayne

We need your input!



Jim Mott, our new Summer Sizzle Race Director, is beginning to plan this year's race and needs your input on the date. **Please cast your vote for either Saturday, June 16 or Sunday, June 17 (Father's Day).**

[Cast Your Vote >>](#)

Save the Date!



Utica Roadrunner's Annual Banquet March 3, 2018 Aqua Vino, North Utica

You don't want to miss this year's awards!

Dues Notice!

The Dues Window for 2018 Has Opened

The Dues for 2018 are due by January 1, 2018. From this point forward, pay your dues and you're good through the end of 2018 (really March 31st, 2019 since we don't suspend member privileges until the end of the first quarter of any year).

Dues are the same as last year:

\$20 for an individual

\$25 a couple

\$30 for a family of three or more at the same address.

[Pay now](#)

You can pay via the club web site at: <http://uticaroadrunners.org> using Paypal or print the club renewal form and mail it in with a check. Mail completed applications to Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504.

If you have any questions feel free to email (members@uticaroadrunners.org) or call Joe 315-866-2708



FROM DAY ONE...

2018 BOILERMAKER TRAINING PROGRAM



**Starts Saturday, February 3rd, 7:30am
at The Fitness Mill, New York Mills**

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 3rd right up to the Boilermaker July 8th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$20 for the year for an individual (under 18 is \$10), \$25 for couples or only \$30 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website:
<http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Scott Neary** a call at (315) 731-7714 or email him at smn315n@yahoo.com. He's got you covered.

Letter from the Editor



You don't have to get totally sucked in.

The best thing about being a Roadrunner is that you can make your membership whatever you want it to be. You DON'T have to get totally sucked in, but know there's ways to get involved if you want to. The club doesn't run smoothly without volunteers and the great folks that are putting the most hours in have been doing it for multiple years, so they definitely need some reinforcements.

Consider doing a little something this year – anything from volunteering at one of our races to shadowing a race director to maybe take one over in the coming years. We can always use submissions to SplitTimes – advice columns are in high demand as are reviews on technology or gear, injury prevention and nutrition. Share your experience or expertise with other runs! Give me a holler anytime at michelle@484design.com

Go big, train safe, HAVE FUN!

All the Gear You Need at One Location!

**GET
YOUR
GEAR!**

**the Sneaker
Store**

Utica Roadrunners apparel is available for purchase at The Sneaker Store at 4490 Commercial Drive in New Hartford. They can put the UR logo on other pieces available in the store as well!



It's Going to be a GREAT year!

10 things to do with the Utica Roadrunners this year!

2018

1

Join the Boilermaker Training Group - starting February 3rd. *It will be in February! First timers and seasoned Boilermaker runners welcome. This group is the best!*

6

Volunteer!

So many opportunities: Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member, Development Runs, Awards Committee, Social Chairperson and more!!

2

Attend our annual banquet on March 3rd. *Meet some new runner friends, get inspired by the Red Jacket ceremony and awards.*

7

Development Runs on Wednesdays

What better way to train for the Boilermaker? Tackle the golf course and the Switchbacks and get good and ready! Members run free, non-members are only \$2

3

Go for your own 1,000 mile jacket!

Join an exclusive club of goalsetters who don those awesome red jackets. Don't forget you need 10 volunteers points, too! Learn more: <http://uticaroadrunners.org/about/club-events/mileage/>

8

Run the Falling Leaves this fall!

One of Utica's most popular races - choose between a fast, flat 5K and a challenging 14K that includes the Switchbacks. A Kids 1 Kilometer Fun Run happens for the kids, too!

4

Run the Save Our Switchbacks Race!

A one-of-a-kind road race through the beautiful wooded trails of Roscoe Conkling Park and through the Utica Zoo!

9

Participate in the Grand Prix!

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.
<http://uticaroadrunners.org/grand-prix/about/>

5

Sign up for the Summer Sizzle! *Our popular 5 miler run in Deerfield.*

10

Join us for Holiday Runs!

The Run for Hunger on Thanksgiving morning and the Run for Safety in December are fun runs that are great for the whole family!

Time to Submit Your Mileage!

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the Annual Awards Banquet on March 3, 2018. This includes data about annual running mileage and volunteer work for the Red Jackets and chevrons as well as specifically any marathons or ultras run by the club members. Reports must be submitted by January 15, 2018. Dues for the year must also be paid by January 31st for award eligibility as a member in good standing. All reports should be submitted to Jim Moragne at jimmoragne@gmail.com or mailed to him at 63 Falcon Trail, Pittsford, NY 14534. The form is available on the club's webpage at www.uticaroadrunners.org.

Important: For the **1000 Mile Club Jacket** (1000 miles and 10 volunteer points) Award, you **must** have accumulated at least 10 volunteer points in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2017 (unlike the miles, all of which had to be run in 2017). For the **Extra Mile Club Jacket Award**, you **must** have earned 30 volunteer points and they **must** all be earned in calendar year 2017. The point chart is at the end of this article.

Chevrons: Members of the 1000 Mile Club who complete 1000 miles or more during a subsequent calendar year after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100 mile increments from 1000 to 2000 miles, and in 500 mile increments above 2000 miles. Mileage totals are rounded down (i.e. 1,378 miles will result in a 1,300 mile chevron).

Marathon/Ultra Patches: A marathon or ultra patch is awarded to any club member who completes an organized marathon or ultra race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the patch to indicate several completed marathons or ultras: Blue Star 5 completed; Red Star 10 completed. Marathon/Ultra information including name, date and location of the race; completion time, place, and any awards received should be reported.

There will be a separate email in January asking for nominations to the club's various named awards. For now, we just need your mileage and marathons, as well as volunteer points for the Red Jacket Awards. Please send questions to Jim Moragne at jimmoragne@gmail.com.

Points: One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

Board of Directors and Similar

1. Serving on the Board of Directors as an officer: **30 points**
2. Serving on the Board of Directors non-officer: **20 points**
3. Membership Chair: **20 points**
4. Merchandise Chair: **20 points**

Director of Club race or training program: 20 points (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs)

Director of Club event (non-race/training) or ongoing project: 20 points (Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix)

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, Safety Run, and similar)

Committee Chair of club event (non-race/training) or special committee: 10 points (Includes Awards Committee, Scholarship Committee, Social Chairperson)

Unique: Hosting a Breakfast Run, Thursday Night Run or the like: **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**

Proofreading monthly SpliTimes: **10 points**

Writing a single article for SpliTimes: **2 points**

General volunteer for a single race or training event:

1 point (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event)

General volunteer for other club events and committees

(non-race/training): 1 point (this includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member other than chairperson)

Member Spotlight

This new runner has had an amazing three years, but as she says: “This is just the beginning!” Let’s get to know...

Jen Szatko



“I was never a sporty spice!” Jen claims after being asked if she was an athlete back in the day. She was into theater and fine arts and totally artsy. A native of Rochester, she studied jewelry design and metal crafting at Rochester Institute of Technology (RIT), worked at a jewelry store for a stint and part time in an ophthalmologist’s office. She always loved the marriage of science and art and honed in on why metals did what they did and how things worked from within. Interestingly, her career took a 180 once she moved to Utica with her Whitesboro-born husband Jeff, she decided to become a nurse. “I love the science and it hit all the interests I ever had,” she explains. She found her calling.

She dove into nursing school at St. Elizabeth’s and she is now an cardio-thoracic nurse in the operating room there. She loves that you truly help people in health care and enjoys her work. Shortly after starting and feeling what 12 hours shifts on her feet felt like, she realized a necessity for the profession would be to get fit.

HOW IT BEGAN

She has always done yoga and was walking consistently with her youngest daughter Katie in her stroller. She starting walking faster and faster.

In 2014, while sorting through some personal matters, she realized that she needed an outlet for herself, and running (as it always is!) was right there waiting for her. That year, she joined up with friends and ran all the “fun” runs – the Daniel Barden Mud Fest, an inflatable race and a color run. Her husband got her a treadmill so she could log miles in any weather. It became a release and a tremendous sense of accomplishment.

In 2015, she made her working plan and crushed the distances one after the other. In May, she did her first 10K, in July she tackled her first Boilermaker 15K and in October she completed the Wineglass Half Marathon. In just two years, she went from a mindset of thinking that “3 miles is FOREVER!” and not being able to run to the end of her street to running 13.1 miles with ease.

She found the Utica Roadrunners by Googling training groups and plans for the Boilermaker and really liked our progression training. Membership is affordable and she figured “why not?” and has been joining us for runs ever since. Having the training program allowed her to get the mileage in while working around her family’s needs and schedule. Because with Jen, family is *always* first and her absolute number one focus.

continued →

Member Spotlight – Jen Szatko (cont.)

FAMILY

Jen met her husband Jeff at RIT when he was studying engineering and after spending a handful of years in Rochester after they graduated, they moved to the Utica area when Jeff decided to help run the family business. They have two daughters - Abby, 12 and Katy, who will be 6 soon. Abby loves technology and Katie is starting to love running and can be seen with Jen at kids runs quite often.

HOW SHE DOES IT

If you have seen Jen running, you know she is quite speedy and is serious and intent on her performance. We asked her about her routines and secrets.

For the past couple of years, she has been paying a lot more attention to how nutrition and training affects her body, has been doing a lot of research and making some changes. A couple of years ago, she made a drastic cut to refined sugar in her diet and now uses just maple sugar or honey. She has been eating cleaner and lifting weights more this year to both keep fit and improved her performance. She controls her post run intake which used to be “eating everything in site” and now leans on lots of water and hard boiled eggs. She joined a Map My Run “You vs. the Year” in 2017 where the goal is to run 1018 KM (around 600 miles). She swears by a good sneaker (working in the operating room, she sees a lot of downsides of taking poor care of your feet) and Ricola lemon honey cough drops during training runs and races to give her a bit of a boost.

COMING UP IN 2018

In 2018, Jen is looking forward to reaching PRs in all of the distances, maybe tackling the Erie Canal Half again and accomplishing her biggest goal yet – she’ll be doing her first full marathon at Wineglass in the fall. Other than those, it’s “wherever the wind blows me” this year in terms of races.



THE BUCKET LIST

Long term goals? She would love to do a race in Hawaii and run the NYC marathon. She’s not worried about racing becoming mundane because “it’s a big country and there’s lots of races.” Her husband is up for coming along and enjoying some beach and sightseeing time while Jen runs a race before joining him. Supportive spouses who love to travel are the best!

We wish Jen tons of luck with her big goals this year and look forward to tracking her success.

Upcoming Race

THE TED PETRILLO SAVE OUR 7.5K SWITCHBACKS



HALF A BOILERMAKER • 4 | 22 | 18

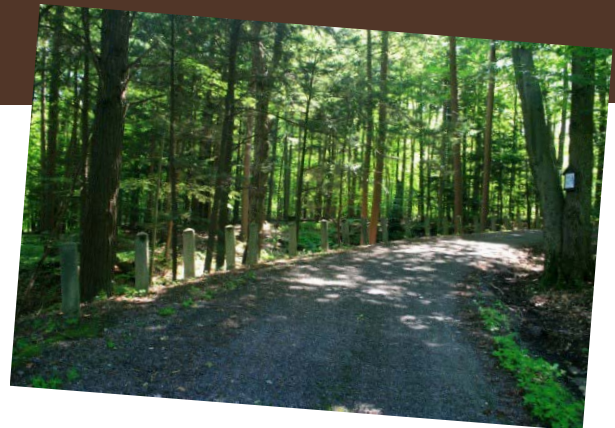
Sunday, April 22, 2018

Run starts – 9am

Kid's Run – 8:30am

Registration is now open!

[Sign up now >>](#)



**7.5K Road Race
(4.66 miles)
\$25**

**Help support the South Woods
Trails Project while running
“Half a Boilermaker”**

A Utica Roadrunners Grand Prix Event

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.

H.S. ATHLETE Q&A

Natalie Perez

School: Central Valley Academy

Grade: 11

When did you begin running?

I began running cross-country in 7th grade for CVA

What inspired you to start?

Mainly curiosity. I had never heard of cross country before and many friends I knew were running so I tried it myself. As soon as I began I fell in love with the sport itself and my team.

What distance(s)/event(s) do you compete in?

1500m and steeplechase but I also run the 3000m and the 4x800m depending on how I feel that day.

What have been your biggest running accomplishments so far?

My biggest accomplishments so far would be qualifying for sectionals in the 1500 and state quals in steeple because I tried all season to qualify in the 1500 and the second to last meet I did. Also, breaking a 22 minute 5k my freshman year. I couldn't have done it if my coach and team wasn't pushing me the whole way.

What does the future hold for you and running? In the future I expect to run track and cross-country in college so I can push myself and become a better runner.

Do you do any other sports aside from track? Yes, aside from track I do soccer, basketball, and cross-country.

Have you received any special awards/recognitions or broke any school records?

I have received Tri-valley honorable mention for cross-country this year. In modified I broke our home course record then later in the season I broke my own record again.

What piece of gear can you not live without?

My Garmin GPS watch because it tracks your distance and you can set a pace to reach so it will beep if you're on pace, quicker or going too slow. It becomes very helpful on race day.

What is your favorite food to eat after a meet? Definitely an apple because it's fresh and most meets have them available.

When you're NOT running, what can we find you doing in your spare time?

I often go to NYC to visit family or I go camping. I don't have time to do other activities because I focus mostly on my school work and sports.

What movie could you watch over and over again?

The Divergent series because there's a lot of action and I find it interesting.

Do you have any pets? I have one small terrier named Chico. I rescued him about 3 years ago and he is very energetic and sneaky. He likes to run away a lot and get into trouble with other dogs and people.

What is your running mantra?

My running mantra would be when I'm going up a hill and I tell myself "small quick steps". Also, throughout the course/race I tell myself "catch one more, she's right there". It really seems to work and makes me try harder because running is actually 95% mental and 5% running.



Upcoming Race

**TAKE THE 2018 CHALLENGE ...
RUN ALL 4 HALF MARATHONS!**



Sign up for all FOUR races and receive a discounted registration fee AND you'll be awarded the 2018 Get Fit 52.4 Finisher Medal along with ALL the other swag from ALL the other races.
That's a whole lot of SWAG!



*Visit website for all the details

www.willowhwc.com

I Ran 1,000 Miles and You Can, Too!

Part 2

By Lauren Murphy

I know that even just the thought of 1,000 miles is enough to make you want to break down and cry. But if you take it one step at a time, one run at a time it is an achievable goal.

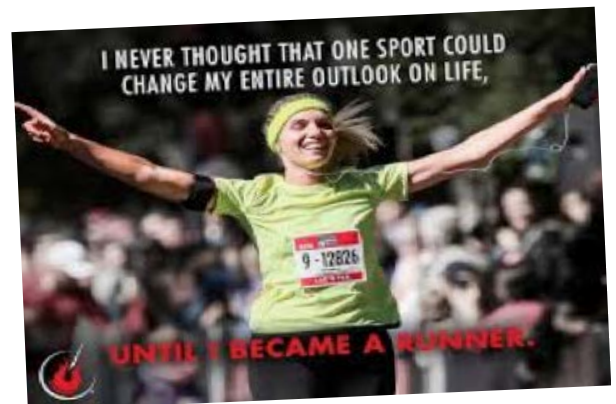
When I first started running I thought I would never be able to run 1 mile let alone 1,000. So, how did I do it? I leaned on my support system: my friends, my family and other runners I met through Facebook running groups. When I was feeling alone and like no one could possibly understand what I was going through I would look through my running group's Facebook page and see that lots of other runners were feeling the way I was at some point or another.

I also learned to listen to my body. If I was having weird aches or pains or if I was just feeling downright lousy I would take a rest day. I would always feel guilty about taking a rest day, but sometimes your body just needs a break. Running is not always fun and easy. There will be days when your legs feel like cement bricks and there will be days where you feel like you can run across the entire United States. It happens to everyone.

The journey to 1,000 miles is full of good days, bad days, blood, sweat, and tears. But nothing that is worth achieving will come easily. The two most important things to remember: 1) you are doing this for yourself and no one else can do it for you. You can't compare yourself to anyone else, this journey is personal, and everyone will experience and achieve it differently. But this wonderful, amazing journey is most definitely worth it. You will learn so much about yourself and what you are capable of. You will make friends for life because runners are the most amazing and supportive group of people. 2) If you run you are a runner. The wonderful thing about this sport is that you don't have to look a certain way or be built a certain way to participate. The only real requirement is the willingness to put in the time. You need to have the willingness and determination to set your goal and achieve it.

Much like the post office, you will be running through sleet, rain, snow, hail, etc. but it will always be worth it. Nothing compares to the feeling of achieving a goal that you have set for yourself. So, I encourage anyone who has not taken this 1,000-mile challenge to at least consider it because it will change your life for the better. Plus, you get a SUPER AWESOME red jacket!!

*Be sure to look for the last article of this 3 article series next month!!



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)

SplitTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email SplitTimes 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)

☐ February 2018

☐ March 2018

☐ April 2018

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

☐ Yes ☐ No

Total included: \$ _____