

splitimes

February 2018

The Official Newsletter of the Utica Roadrunners

Are you ready?

2018 BOILERMAKER TRAINING PROGRAM

We start Saturday, February 3rd

See page 5 for all the details!



In this issue:

February Happy Hour page 3
The Annual Banquet page 4
Article by Lauren Murphy page 12



NEW!

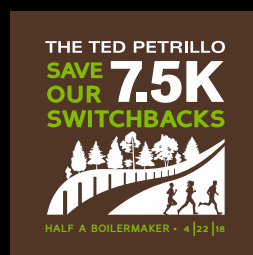
Running with a Biologist
Melissa Barlett, PhD page 7

Member Spotlight: Rick Gloo



page 9

Register today for SOS!



page 13

Meet your CNY Running Clubs Cup Co-Chairs



page 15

February
2018
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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](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

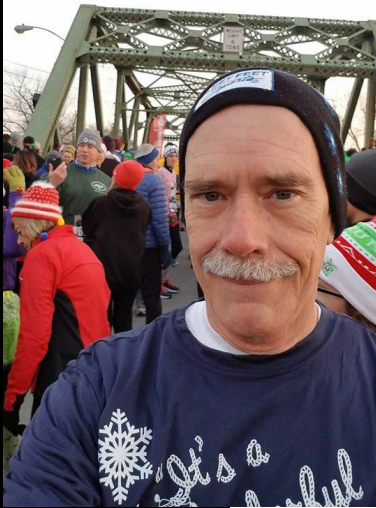
[Club Handbook](#)



Hot Deal Alert at The Sneaker Store

Asics knit gloves with Utica Roadrunners logo, hand grips, and tech-ready fingers, regularly \$10/pair now *Two Pairs for \$15*! Grab a pair for yourself and your favorite running buddy. AND for a *limited time only* FREE PAIR WITH SNEAKER PURCHASE for UR members- while supplies last!





President's Message

by Wayne Murphy

I see some dry non-icy pavement in our future. Soon the warm weather will be here and we will be training for the Boilermaker 15 or 5K races. The **Utica Roadrunner Boilermaker Training program** begins on February 3rd at 7:30 a.m. at the Fitness Mill. All members are welcome to attend. For the cost of a Utica Roadrunner membership others can attend so spread the word. The program has been very successful in helping individuals achieve the goal of running that great race. Please help us out by volunteering to be a water stop or provide safety for the group while they are out running. Your support and enthusiasm really makes a difference!

I can't wait to see all of you at the **Annual Banquet** on March 3rd. Come out and celebrate with all of the members your accomplishments throughout the year. Great food, great drink and great friends. More information on the banquet is in this issue.

We are currently working to update the **member registration**. Thank you to Joe Crisino, our membership coordinator, for all of his hard work. We will be changing to a different online system in the near future which will allow for better accounting and efficiency.

It would be great to **publish a list** of who is running, what days and where. I know of several groups that I see on social media, but we do not have a good list of groups to refer members to. Let me know about your group and if you would welcome some additional runners.

Please think about supporting the **Heart Run and Walk** at whatever level you can. Several of us plan on attempting the 30K this year so welcome others to join in the fun. The Roadrunners have a team and you can find more information in this issue.

Thank you for all you do for the sport and the club. Feel free to contact me:
wayne13413@yahoo.com

Happy Hour

Stockdale's
BAR & GRILL

Join us!
Club Happy Hour
Friday, February 2, 2018
6:00pm
Stockdale's Bar & Grill
103 River St., Oriskany



Please join us for the
Utica Roadrunners
Annual Awards Banquet
Saturday, March 3, 2018 at 6pm
Aqua Vino, 16 Harbor Lock Rd E, Utica



*Buffet * Awards * Door Prizes
Entertainment by DJ Joe Load
2 hours open bar*

Wear your red coat to be entered into a special drawing

*Please RSVP by sending
\$25 per person by Feb. 23rd to:*

Melanie Crisino
10 N Richfield Street
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions, please contact Melanie at 866-2708 or email mcrisino@yahoo.com



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

Looking for High School Athletes

Hey there! One of my favorite things about SpliTimes is getting to know our members. The other is watching up-and-comers in the area as they shatter high school records, balance a crazy amount of activities and hobbies, and make plans to go on to compete at the collegiate level.

For years, we have done a high school athlete Q&A every month. Coach Jeremy West was my go to guy and he would feed me wonderful student athletes to highlight. Since he moved out west, it's now in our hands. Please contact me if you have a good candidate –michelle@484design.com. They can be a record breaker, a middle of the packer with a great story, or the team motivator like Angus Armstrong from New Hartford, who I just ran into at the Utica Children's Museum this week. We highlighted him back in March, 2016. He's doing great!

Thanks and go big, train safe, HAVE FUN!

Michelle



Runners Enjoy the Snow!

Our runners may keep running all winter, but they engage in plenty of other snow-tastic activities, too! You'll see our members on trails of all types this season!



Clockwise from above: Laurie and Mike Hennessy snowmobiling; Losay Jones, Dorothy Massinger, Willijah Dawson and friends cross country skiing; Rob Meyer, Michelle Truett and Alex Gonzalez snowboarding.





What we do and don't know about cramps

Melissa Barlett, PhD.



Has this ever happened to you? You are running along, nice and easy, having a great time, enjoying the scenery, then suddenly, you feel a ping in your side. The next thing you know, you are doubled over with a cramp. Where did it come from? Did you do something wrong in your

training? In your prep? What could you do to stop it?

First, I have to tell you the hard truth about the science behind cramps: we don't know much, and I probably can't give you many good answers. I am going to try and give you some information from the research and let you know what we do know, and what might be recommended from these studies.

There is one thing that the studies seem to be pretty clear on nowadays - there is not a strong association with electrolytes. The concentrations of sodium and potassium in the blood of people with cramps has mostly been shown to be statistically the same as those who don't get cramps. There are some mixed results, a study here or there will show an effect, but

that is not the majority. Similarly, dehydration does not show a strong association with cramping. Therefore, drinking that extra Gatorade is unlikely to help you avoid cramps.

What seems the most plausible in the cause of cramps is what is known as the "altered neuromuscular control hypothesis". The idea behind this is that in some people, muscle fatigue leads to confusion in the reflex system within muscles. You are probably familiar with reflexes - that's what happens when you step on a lego, and your leg immediately lifts up before you even realize it. Reflexes typically cause muscles to contract as a reaction to something external. You have a ton of reflexes that you probably don't even know about, and your ab muscles are part of that. When you have a cramp, this system has been activated accidentally, causing the muscle to contract, usually right when you don't want it to.

Some things seem to be related to cramping, though we do not fully understand why. It appears to have a genetic component - there are consistent family histories of people who tend to cramp. More men than women tend to have exercise associated cramping. Older folks may have more cramping, but studies are mixed. Damaged muscles are likely to cramp

continued →

more, as well as athletes who train often or for a long time. The biggest risk factor: people who cramp up at least once tend to cramp again.

So, what can you do? This is the area with the least research and even fewer controlled studies, but there are some ideas. There seems to be some limited evidence that KT tape and compression can help with cramping. I personally have used those for my calves and seen success. There's an oddball study that shows drinking pickle juice shortened the duration of cramps. There was even a study that asked athletes to hyper-ventilate and saw a reduction in cramping. The best, and easiest to accomplish, treatment for cramps so far in the research is stretching. The reflex occurs more frequently when the muscle is contracted, so stretching it out can make the reflex stop. It definitely occurs with fatigue, so you may be able to watch your fatigue levels and slow down as needed as well.

So, that's not everything that exists on exercise induced cramping, but I hope it gives you an idea of what the research knows, and a little bit about what it doesn't know. I'd like to write more columns on the biology of running, feel free to email me at mbarlett@mvc.edu and let me know what kind of topics you might want me to research!

About Melissa Barlett, PhD –

Dr. Barlett is an Assistant Professor of Biology at Mohawk Valley Community College. She has been running since 2007, including 14 half-marathons, and loves to combine her love of running and scientific background to learn more about how to be a better runner.

References:

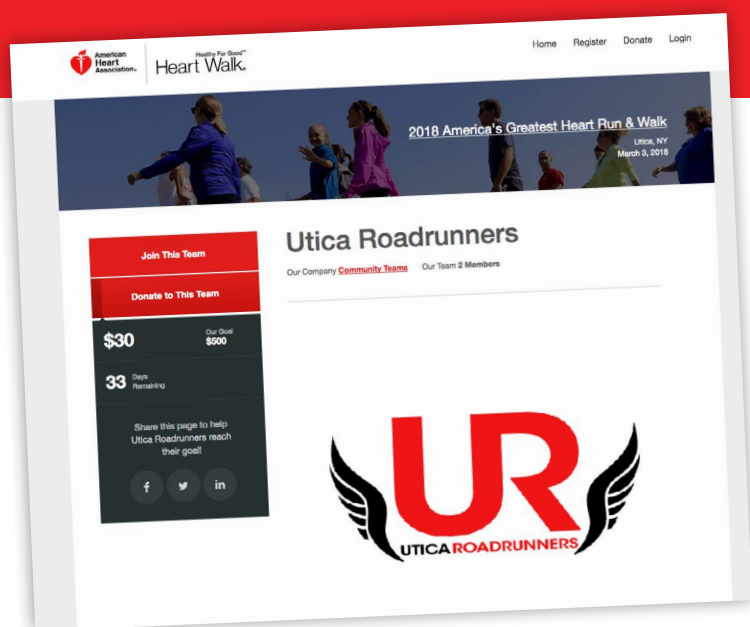
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Join Our Team... or Donate!



If you have considered doing any one of the Heart Run & Walk events on Saturday March 3rd, please join our URR Team when you register and help us reach our goal.

LEARN MORE

Member Spotlight

A Runner That Completely Turned It Around



Meet Rick Gloor

AN ANNIVERSARY TO CELEBRATE

Rick is a senior tech advisor at AIS in Rome and lives in Herkimer. He was interested in cyber security before it was a popular industry, always took on independent projects and “troublecausing” issues piqued his interest. He made a career out of it after studying at SUNY Poly.

December 2017 marked five years since a massive three-day hangover that changed Rick’s life. His story is one of major transformation. It’s not just that he lost 90 pounds or became an ultramarathoner. And it’s not just that he

“I wanted to change so many times, but was not actually ready to change. Once I was ready, that shit became unstoppable.”

kicked a destructive habit of drinking crazy amounts of alcohol and caffeine. His is a story of complete lifestyle change that has led to health, balance, challenge and adventure.

THE STORY BEGINS...

You can really dive into Rick’s story by [reading his blog](#), where he chronicles his habits in detail. It’s an inspiring read trickled with self deprecation and humor but based in motivation and strength. It shares Rick’s turning point in 2012 and his journey through today.

RUNNING WAS ALWAYS THERE WAITING

Interestingly, running was always there, even when he wasn’t at his healthiest. At almost 250 pounds and spending weekends drinking heavily, running was sometimes the last thing on his mind. His girlfriend Krista, who has seen him at his very best as well as his



Heavy beach photo and New Port Rhode Island Half Marathon

continued —→

Member Spotlight – Rick Gloo (cont.)

very worst, completed triathlons and got Rick into “fun runs” like Warrior Dashes. Warrior Dashes had beer at the end, so why not! She then got him to do the Twilight Tower of Terror 10-mile run at Disney, where he “had my first taste of something that was way better than booze and it had my

“I had gone from a drunken, overweight, chicken wing-eating champ, to a marathon finisher, and it felt amazing.”

attention.” Maybe that’s why only a week out from the “final battle” of the three day hangover, he decided to sign up and join Krista to run the New Jersey Marathon. He needed a new dragon to battle and long distance running was it. Twenty weeks of training commenced. The pain of the last six miles of the race was real and something he had never felt before, but he finished and was hooked. He went on to complete marathons in Rhode Island and Vermont along with Wineglass in Corning. In 2016, he finished in under four hours in Nashville. He also went ultra and tackled the Finger Lakes 50K in Ithaca and the Green Lakes 50K,

both twice. For the Boilermaker, he always runs with Krista and they finish holding hands.

OH, AND THERE’S THAT THING WHERE HE’S RUN OVER 500 DAYS IN A ROW

After his race in Nashville, despite getting a sub-4 hour PR and having a great race, Rick was feeling defeated and depressed. He attended a vegan conference where ultra runners Scott Jurek and Tim VanOrden spoke about the goal of running every day. On August 21, 2016, Rick started doing just that –at least two miles a day, when he’s feeling good or not so good and in all weather. He hit 240 days in Hawaii. Day 365 was during the solar eclipse and at the time of this issue, he’s closing in on 530 days of continuous running. He and Krista have a trip planned to Galapagos in August, 2018 which will celebrate two years of running every day. He completed 2,200 miles in 2017 alone.

BECOMING VEGAN

In the beginning, before he dove into the research and learned how to prepare things himself, he paid his buddy’s girlfriend Natalie to make plant-based lunches for him. He learned that he could eat a ton of food, not feel terrible after and still feel good while training. It was not a diet - it was a way of eating for the rest of his life that would allow him to keep a healthy body weight and keep fueled for running. Over time, his tastes changed to love what he was eating and he looked forward to exploring farmer’s markets and experimenting with new vegetables. He routinely makes “‘random-assed’ stir-fry dishes or smoothies that include whatever is in the fridge, and I have never made the same thing twice.”

INVOLVEMENT WITH THE ROADRUNNERS

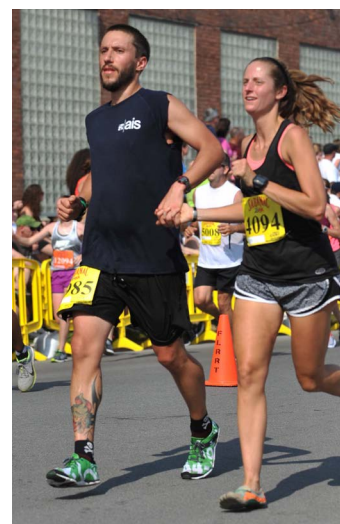
Jim Moragne has been a family friend for years and initially got Rick into the Roadrunners. Last year, Rick ran a successful cross country summer camp in Ilion with the help of the Roadrunners which brought in professional coaches to work with dozens of kids. He has volunteered for many triathlons as well as the Peak to Brew Relay Race. He was also the race director for the Skeleton Run, which the Roadrunners took over last year.

continued →



Finger Lakes 50k in sandals

“I am my journey.”



Krista and I finishing Boilermaker



Running on “beach” in Hawaii, sandals and swim trunks are gear of the day. Location is place of refuge, or Hawaiian name, “Pu’uhonua o Hōāunau National Historical Park”. It’s amazing there.

Member Spotlight – Rick Gloo (cont.)



Plants!!!!



AND HE DOESN'T CARE ABOUT HIS TIME

Rick stopped caring about times. He stopped tracking his pace. He turned off notifications. He's slowed down, focused on nutrition, proper sleep and balance. He embraces the process and doesn't worry about how fast he's going. Sometimes he'll run 10:30 or 11:00 minute miles and that's fine. He'll head out and Krista will ask him if he's going to run two or eight miles and he won't know how to answer until he gets out there. He stays in tune to how his body feels, what it needs and when it needs to do more or less.

WE'RE SO DAMNED SPOILED

Rick loves where we live and really marvels at how many quality races of varying distances we have available. His "happy place" is the Green Lakes 50K, but for training, you can find Rick in the woods in Deerfield, New Hartford or up at SUNY Poly... whatever strikes him.

WHAT'S NEXT?

Rick is working on a season-based podcast called "The Long Run", of which he's got a few episodes done. He's getting deep into storytelling and is looking forward to archiving stories, including his own family. He'd like to bike throughout the United States. He'd like to tackle the Leadville Heavy Half Marathon in Colorado that starts at 10,000 feet and goes to 13,000. And he'd like to of course keep working hard, living consciously and continuing the healthy, balanced journey he is on.



Krista and I at the Cooperstown Sprint Triathlon



Roadrunners Representing in Syracuse

Jim Mott and Melanie Crisino manned a Roadrunners table at the Syracuse Crunch game in Syracuse on January 13th at their Health and Wellness Night. **THANK YOU!**

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

Part 3

By Lauren Murphy

This is the last article in my 3-part series. In this article I have the responses from the last couple of questions I posed to our club members. My goal of this article is to offer you some words of motivation. At this point it's February and I know that we can all use a little motivation in these cold months.

What are some quotes that inspire you?

- A run begins the moment you forget you are running - Adidas
- One Run Can change your day, many runs can change your life. – Fb/runlikeagirlbc
- I don't run because I love the feeling of running. I run because it makes me love the feeling of living.
- Bonnie Pfister,
- She believed she could, so she did.
- Running feeds our bodies and minds and souls., It's not so much that you begin to run, but that you continue.
"I run so my goals in life will continue to get bigger instead of my belly." Bill Kirby
- "The body achieves what the mind believes," "Never waste a downhill," "Magic happens if you don't give up, even though you want to," "Once you make a decision, the universe conspires to make it happen" – Ralph Waldo Emerson
- I don't run to add days to my life. I run to add life to my days. – Ronald Rook

What keeps you going when you just want to quit?

- Thinking about how far I have come makes me not want to quit. It was so hard to start running for me. I never even would try to run and it wasn't until I was in my late 30's I wanted to try it to get healthier. It is a love hate relationship. I also think about people in my life who physically are unable to run due to health reasons and that motivates me, the little aches and pains of running is nothing compared to what some other people endure, that always keeps me going.
- The support of my family and my friends that I have met through running. I am also very competitive with myself and other runners. I am always trying to improve on my running.
- My pride, the constant thrill of self-improvement., reminding myself that the first mile is the hardest. Try to run the mile I'm in. Telling myself to just go forward.
- Just remember everyone can't run... EVERY MILE IS A GIFT! RUN GRATEFUL!

What do you reward yourself with when you complete a goal?

- FOOD, when I reach a goal I have set I always reward myself with FOOD. Like chocolate chip cookies, chicken riggies or ice cream.
- Completing a goal IS my reward.
- BEER!!!
- I find that I reward myself by setting a new goal.
- After a Marathon a cold coca cola and alot of food.

A HUGE thank you to Robin DeMarco, Jennifer Bachelder, David Saxe, Dorothy Massinger, Wayne Murphy, and Jessica Van Valkenburg!!!!

Upcoming Race

THE TED PETRILLO SAVE OUR 7.5K SWITCHBACKS



HALF A BOILERMAKER • 4 | 22 | 18

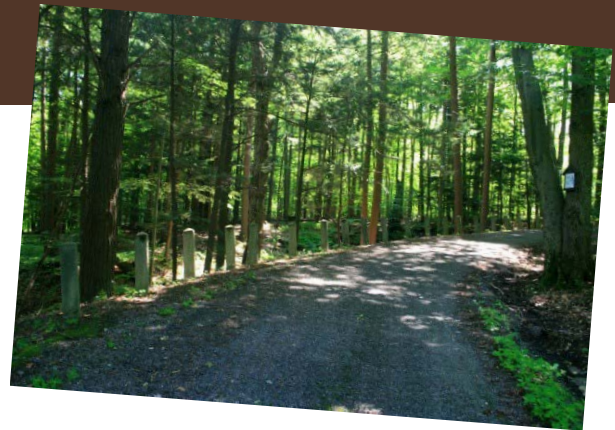
Sunday, April 22, 2018

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.

Upcoming Race



U.S. National SNOWSHOE Championships



photo by Jack Coughlin

March 9-11, 2018

**Prospect Mountain
Woodford, Vermont**

Saturday 3/10
5k Citizens Race
10k Championships

Sunday 3/11
Half & Full Marathon
Team Relays

Register Now and Save!

ussnowshoechampionships.com

CNY Runnings Clubs Cup 2018



What is The Cup?

The CNY Running Clubs Cup is a friendly competition between the five of the running clubs from the Central New York area, the Utica RoadRunners, Roman Runners, Kuyahoora Kickers, Toe Path Trekkers, and the Mohawk Valley Hill Striders. 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!

How to Take Part

Jim Moragne has held the position of Captain for the Utica RoadRunner team since the inception of the CNY Running Clubs Cup, and the Utica RoadRunner's team has won the Cup the past two years! Thank you, Jim!!! We (Mike and Laurie Hennessy) are very excited to be fulfilling the duty of co-Captains beginning this year! 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 laurie.hennessy@aol.com**. Additionally, you **MUST** have paid your dues to the club **BY APRIL 1ST, 2018!** Our roster of team members will be finalized at this time.

How We Score

To score points for the UR Cup Team, the results of the top 5 performing team members will be compared to the other club's top 5. Points are then awarded to each of the five club's as follows: 5 points goes to the club with the highest cumulative score of those members, 4 to the club with the second highest, and so on. 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!

Thank you in advance for your participation in this fun competition! Look for a follow-up email coming at the end of this month with a list of the races for this year's 2018 CNY Running Cup calendar!



***Your new CNY Running Clubs Cup co-chairs
for the Roadrunners: Mike and Laurie Hennessy***

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 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 2018

☐ April 2018

☐ May 2018

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

☐ Yes ☐ No

Total included: \$ _____