

# splitimes

April 2017

The Official Newsletter of the Utica Roadrunners

## Red Jackets Galore!

Annual Banquet Photos and Awards.... page 7



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April  
2017  
Utica Roadrunners  
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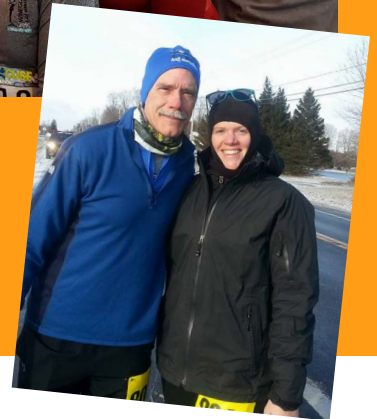
Wayne Murphy

Joanne Willcox

Scott Neary



UR members at the Syracuse Half (above) and at the Have a Heart Half (right).



## Advertising

If you would like to advertise in Splitimes, please contact:  
Sybil Johnson email: [densyb@roadrunner.com](mailto:densyb@roadrunner.com)  
or call (315) 733-6216.

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](#)







## President's Message

by Sybil Johnson

**Hello Members.** How are your running and exercise programs working out so far this year? My walking, yoga, Pilates and spin classes are keeping me flexible and pretty fit. I had to do many miles indoors on our treadmill because of the crazy March weather. I went out for a walk on the first sunny day after the blizzard. That wasn't such a great idea. Footing was iffy, snowpiles by corners hid the traffic, and my pace was negatively impacted. At least the sun was shining.

Here is a bit of good news. **Sage Hurta** was one of our scholarship winners in 2016. She is attending Colorado University and she is having a very successful freshman year. Last fall, Sage became an NCAA Division I All-American in cross country. In March, Sage was a member of the Colorado University distance medley relay team that finished first at the NCAA Division I Track and Field Championships in College Station, Texas. Sage ran an 800-meter leg of the relay and her team won a national title with a time of 11:00.34 – just .02 seconds ahead of runner up Stanford. That must have been so exciting for the girls. I hope Sage is doing as well in her academic courses. She seemed to be one of those scholarship applicants and winners who excelled in every aspect. Congratulations, Sage!

Back here in the Mohawk Valley, **race season really gets going in April.** The Roman Runners are holding their **30th Annual Fort to Fort Races** on April 1, at Rome Free Academy. Then on April 23, make it to the Parkway for the **Ted Petrillo Save Our Switchbacks (SOS) Run.** Race Director, Wayne Murphy, is getting everything ready for a great 1/2 Boilermaker workout. Of course, the

Club Race Calendar on our website will give you details for 9 other events, but the Fort to Fort and the TPSOS are the most important in my mind. We are members of both clubs. But wait, if you are into mud and fun, there's always the **Dan Barden Mudfest** on the 29th. Take a change of clothes if you are going to do that one!

**Our Scholarship Chair, Anne Marie Latshaw,** has begun to receive applications for the 2017 Utica Roadrunners Scholarships. For this year, the process has changed, with much of the work being done online. The letters of recommendation and transcripts are coming through snail mail. This saves lots of paper for Anne Marie and her crew. Thanks to them all for their work.

**The Boilermaker Training Program** has a large group this year. Melanie, Mike and Stephanie are whipping the new and old members into shape for this year's 5K or 15K runs. I think that the 2017 BTP Utica Roadrunners contingent is going to be especially ready. We shall see!

**On Wednesday, April 26th, at 11:30am, the new South Woods exercise stations are going to be dedicated.** The work of David Jones and George Searles will be culminated with an official ribbon cutting. All are welcome to come to the ceremony and then you can take a walk to try out the stations. They are very cool. Thanks David and George!

Have a great month. Anyone running the Boston Marathon? If so, Good Luck and..... Be Careful Out There!



# Upcoming Race



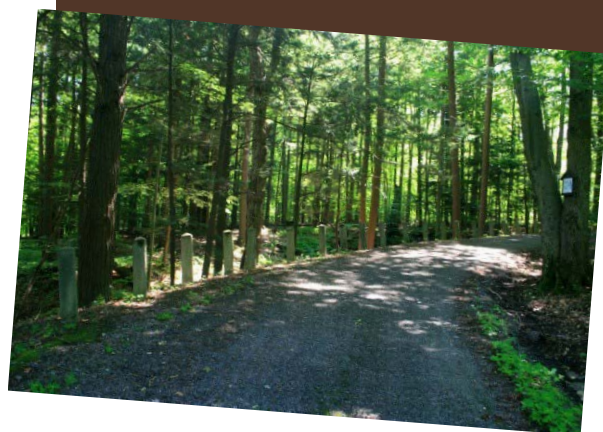
**Sunday, April 23, 2017**

**Run starts – 9am**

**Kid's Run – 8:30am**

**Registration today!**

[Sign up now >>](#)



**7.5K Road Race**

**(4.66 miles)**

**\$20**

*(Price increases April 15, 2017)*

**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.*



## Letter from the Editor



### Get Yourselves Ready!

What a week! What an issue! The April issue is always fun because we're celebrating last year's accomplishments and awards from the banquet AND we're revving up for the next season! The Boilermaker Training Program is in full swing, SOS is right around the corner and the Grand Prix and Club Cup races are announced. Here we go, 2017!

A bunch of us just got our race season kicked off at the Syracuse Half last Sunday (no blizzard - bonus!). That's me and my buddy Scott Neary looking pretty happy at mile 9 or 10 to the left. They're moving that half to November this year - definitely consider it. I realized this year it's a great course when you're not getting pounded with snow and hail... I couldn't SEE it last year, so who knew?!

Looking forward to seeing you all out there training and racing and please remember - send me photos of what you're doing out there, maybe write a little article for me about your running journey this year. It helps us get to know each other better and to cheer each other on to reach our goals.

## News

*Join us!*



**Club Happy Hour**  
**Friday, April 7, 2017**  
**6:00pm**  
**O'Donnell's Pub & Grill**  
**Varick Street**

### Ribbon Cutting for Fitness Stations in the Switchbacks

Join Roadrunners members and Mayor Palmieri to celebrate the formal unveiling of 12 new fitness stations!

**South Woods entry**  
**Wednesday April 26th**  
**11:30am**







Presenting Sponsor



**PEPSICO**



**REGISTER AT: [WWW.BARDENMUDFEST.ORG](http://WWW.BARDENMUDFEST.ORG)**

# It's MUD RUN 2017!

## 5K, 5 Mile & KIDS RUN!

The Mudfest honors..  
**DANIEL BARDEN**  
*one of the students who lost his Life  
in the Sandy Hook School tragedy.*

**POST RUN PARTY WITH**  
**LIVE MUSIC BY:** Grit-N-Grace, Simple Props, Alternate Universe,  
3rd Stone Blues & Special Guest!



**Daniel  
Barden  
Mudfest**



Proudly  
Sponsored  
by...



**NEW YORK  
SASH**





# Annual Awards



## 1000 Mile Jackets

Sara Hanna, Jennifer Bachelder, Susan Luley,  
Wayne Murphy, Lisa Spadafore and Losay Jones

## Extra Mile Jackets

Joe Crisino and George Searles



## Male Roadrunner of the Year

Michael Polidori

## Female Roadrunner of the Year

Cathleen Willy



## Frank D'Allesandro Training/Volunteer Award

Melanie Crisino



## Hall of Fame Award

Susan Luley



## Volunteer of the Year

Stephanie Stark



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

Mike Kessler



## Club President's Award

Gary Lashure



# Annual Awards



**Ed Bruni, Sr. Inspiration Award**  
Wayne Murphy & Michelle Truett



**Most Improved Development Run - Male**  
Scott Neary  
**Most Improved Development Run - Female**  
Annie Wafer

## 2016 MARATHONERS\*

Liz Casatelli – Empire State Marathon & NYC Marathon  
MaryBeth Erlichman – Marine Corps Marathon  
Ryan Misencik – Las Vegas Marathon, Marine Corps Marathon  
Dorothy Massinger – Wineglass Marathon and NYC Marathon  
Karl Jones – Myrtle Beach Marathon  
Losay Jones – Wineglass Marathon - 1st  
Susan Luley – Wineglass Marathon – 1st  
Elizabeth Miller – Boston & NYC Marathon  
Wayne Murphy – Empire State Marathon  
Stephen Paddock – Vermont City Marathon  
Daniel Stedman – Mohawk-Hudson Marathon  
Sharon Stedman – Mohawk-Hudson Marathon  
Lorrie Tibbits – NYC Marathon  
Steve Tibbits – NYC Marathon  
Annie Wafer – Mohawk-Hudson Marathon – 1st  
Linda Turner – Marine Corps Marathon  
Julie Buehner – Wineglass Marathon – 1st  
Tom Bick – Wineglass Marathon



**Ironman**  
Charlie Kane

## 2016 HALF MARATHONERS\* →

Lorrie Tibbits  
Liz Casatelli  
Cynthia Hudson

## 2016 ULTRA MARATHONERS\* Stephen Paddock

Green Lakes 50K Ultra & Finger Lakes Trail 50K Ultra  
**Thomas Joslin**  
Greenbelt Trail Ultra 50K & Wakely Dam 55K Ultra



**Lifetime Memberships Awarded**  
Linda Turner & Mike Kessler

**Distinguished RR Supporter Award**  
Utica Fire Department

\* Each year we celebrate members at the annual banquet who have accomplished great races and distances! If you don't let us know, we don't know you did them, though! Be on the lookout for email instructions for 2017 races and share your awesomeness!



# Annual Awards



## Top 5 Grand Prix Overall Points

- 1 – 144 pts – Susan Luley
- 2 – 108 pts – Ray Smith
- 3 – 102 pts – Daniel Stedman
- 4 – 99 pts – William Luley
- 5 – 96 pts – Annika Heacock

## Female Grand Prix Awards

### Female 0-14

- 1 – Annika Heacock
- 2 – Biana Durso

### Female 25-29

- 1 – Danielle Kress

### Female 30-34

- 1 – Cathleen Willy
- 2 – Heather Raymond
- 3 – Janelle Luley

### Female 35-39

- 1 – Danielle Bliss
- 2 – Losay Jones
- 3 – Amy Edkins

### Female 40-44

- 1 – Sara Hanna
- 2 – Melanie Crisino
- 3 – Christine McGlynn

### Female 45-49

- 1 – Dodi Murray
- 2 – Lisa Seigle
- 3T – Lisa Walchusky
- 3T – MaryAnn Wilkinson

### Female 55-59

- 1 – Sue Tucker
- 2 – Elizabeth Miller
- 3 – Joan Kane

### Female 60-64

- 1 – Susan Luley
- 2 – Virginia Truax
- 3 – Sharon Stedman

## Male Grand Prix Awards

### Male 0-14

- 1 – Daniel Humphrey

### Male 15-19

- 1 – Cole Lane

### Male 20-24

- 1 – Stephen Paddock

### Male 25-29

- 1 – James Kuny
- 2 – Philip Fess
- 3 – Matthew Zawisza

### Male 30-34

- 1 – Michael Polidori
- 2 – Josh Kuelling
- 2 – David Saxe

### Male 35-39

- 1 – Thomas Joslin
- 2 – Michael Brych
- 3 – Jerry Tylutki

### Male 40-44

- 1 – Jim Latshaw
- 2 – Steve Eddy
- 3 – Rob Trotta

### Male 45-49

- 1 – Paul Humphrey
- 2 – John Draper
- 3 – Richard Crandall

### Male 50-54

- 1 – Jim Mott
- 2 – Richard Lane
- 3 – Scott Neary

### Male 55-59

- 1 – Daniel Stedman
- 2 – Wayne Murphy
- 3 – Harry Campbell Jr

### Male 60-64

- 1 – Gary LaShure
- 2 – Ed Gunn

### Male 65-69

- 1 – Ray Smith
- 2 – William Luley
- 2 – Mark L DesJardins

### Male 70+

- 1 – Richard D'Accurzio

## Golden Shoe Awards

Melanie Crisino	Wayne Murphy	Jim Latshaw
Sybil Johnson	George Searles	Joe Crisino
Dennis Johnson	Lisa Spadafore	Linda Turner
Jennifer Bachelder	Annie Wafer	Susan Luley
Mary Beth Erlichman	Losay Jones	Mike Kessler
James Bartowiak	Sara Hanna	Liz Casatelli



**Congratulations**  
**Dan (3:35) & Sharon (4:14)**  
**For qualifying for Boston 2018**

## 1000 Miles

MaryBeth Erlichman  
Sara Hanna  
Annika Heacock  
Charlie Kane  
Susan Luley  
Joanne Reese  
Lisa Spadafore  
Lorrie Tibbits  
AnneMarie Ambrose

## 1100 Miles

Losay Jones  
Tom Joslin

## 1200 Miles

Jennifer Bachelder  
Liz Casatelli  
Wayne Murphy

## 1300 Miles

Leroy Hodge  
James Latshaw

## 1500 Miles

Elizabeth Miller

## 1600 Miles

Gary Burak  
Karl Jones

## 1700 Miles

Stephen Paddock

## Upcoming Race



**June 4, 2017**  
**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)**





# Member Spotlight

## Obsessed? Maybe. Accomplished? Definitely. *Meet Gary Burak*



Back in 1990, Gary Burak had a mid-life crisis. Instead of going the sports car route, he chose the running route and thought he'd "try that Boilermaker thing". Back then, only about 3,500 people ran it and for his first one, Gary did everything wrong – ran the entire course 4 days before the race, dumped water on himself during the race so he was drenched and at the end, it took him an hour and a half to find his wife. Still, he finished in 74 minutes and he has learned and accomplished so much since then.

Just take a look at his red jacket next time you see him – since 1990, his chevrons read anywhere from 1,000 miles (a "slow" year!) to 2,800 miles run in a single year. He's got a 57 minute Boilermaker P.R. along with 15 sub-one hour 15Ks. He is one of only 200 people to have run the three oldest races in North America: The Boston Marathon, the Buffalo Turkey Trot and the

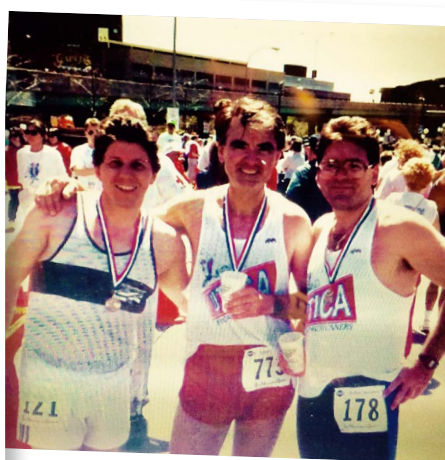
Around the Bay 30K in Hamilton, Ontario. He was one of the first in the country to run a chipped race at the New Bedford Half Marathon. He's got 14 marathons under his belt with a 2:58 P.R. and he's still putting in 5-6 days a week and knocking out 35-40 miles a week. And one more important thing.. he'll be celebrating 50,000 lifetime miles very soon. He's estimating it will be at Falling Leaves, 2018.

Gary shared a bit how the Roadrunners were like in the 1990s. Thursday nights were club runs taking off from the YMCA in downtown Utica. The group of around 30 people would put in about 7-10 miles and then hit the Kirkland Grill afterward and stay out until about 11pm. "House runs" were popular where they would leave from someone's house and wear the shirt they got at the race the prior week to chat (or brag!) about. On Monday nights, Jim Tyler held track workouts and Gary would

*continued* →



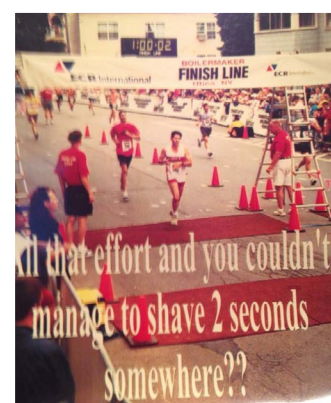
*That's just one sleeve...*



*His first marathon – the 1991 Buffalo Nissan with coach Jim Tyler and Kevin Copeland.*



*His first Boilermaker, 1990*



*The 2002 Boilermaker finish picture that is still on the refrigerator so he will see it every day to remind him every second counts! He knew he had a sub-60 on the chip but still wasn't happy he didn't push a little more for a better picture.*

**Most Improved Roadrunner ..... 1991**  
**Served on UR Board of Directors ..... 1990s**  
**Male Roadrunner of the Year ..... 1998**  
**Hall of Fame ..... 2000**  
**Grand Master Award ..... 2008**  
**Ed Bruni, Sr. Inspiration Award ..... 2010/11**

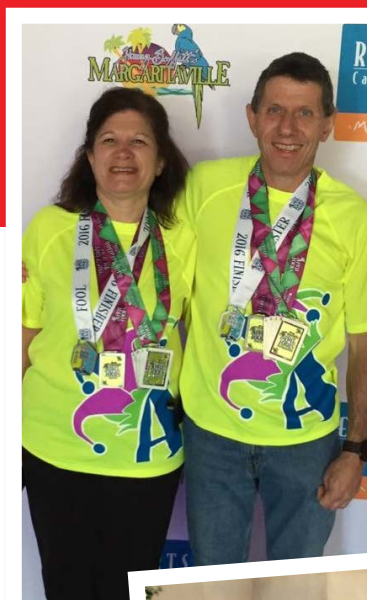
join runners like Danny Cohen, Howard Reuben and Nancy and Ed Frisello, crank out some old school speed formulas and drill down their times to the 200M splits. Gary swears by those training sessions as they taught him to be very in tune to his body, heart rate, pace, etc. He cites the 2003 Buffalo Marathon where without even looking at his watch, he and his running partner Al Roberts knew they were putting in 6:40 miles. *For the entire first 20 miles.* That was probably one of his most memorable races.

Now, let's talk about running logs.

All runners are a little obsessed with the sport, that's a given. Gary's running logs, however, show his...ahem... *diligence* and chronicle his running history in serious detail. See the sample page below where he logs 80 hours a week (whew!), notes the weather and gives himself some strong encouragement. Apparently, according to Gary's lovely wife Felicia, there are totes upon totes of composition notebooks gracing the Burak basement. What an amazing way to commemorate an accomplished career in running.

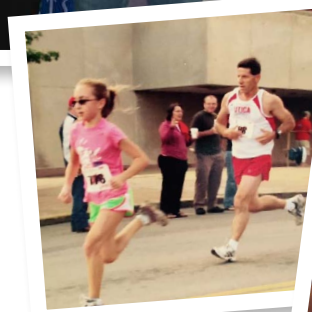
*Speaking of Felicia!* Felicia herself started running about 24-25 years ago because otherwise "I would never see him!" They have run exactly FOUR races together including one Boilermaker where Gary had an injury. They have been volunteering for the Boilermaker for 27 years with packets and running has become part of life, a way to spend time together and a mutual love.

What's next for this talkative, fun, talented and *slightly* obsessed guy? The quest for 50,000 miles is on. Let's all get ready to celebrate with him in fall 2018. You'll see Gary getting training runs in and tackling the favorite local races this year and maybe one day he'll get down to the Keys and run the Seven Mile Bridge Run or you'll see him running a race in another country. With Gary, you never know! You just know he's going to run it fast. And he's going to write it down.

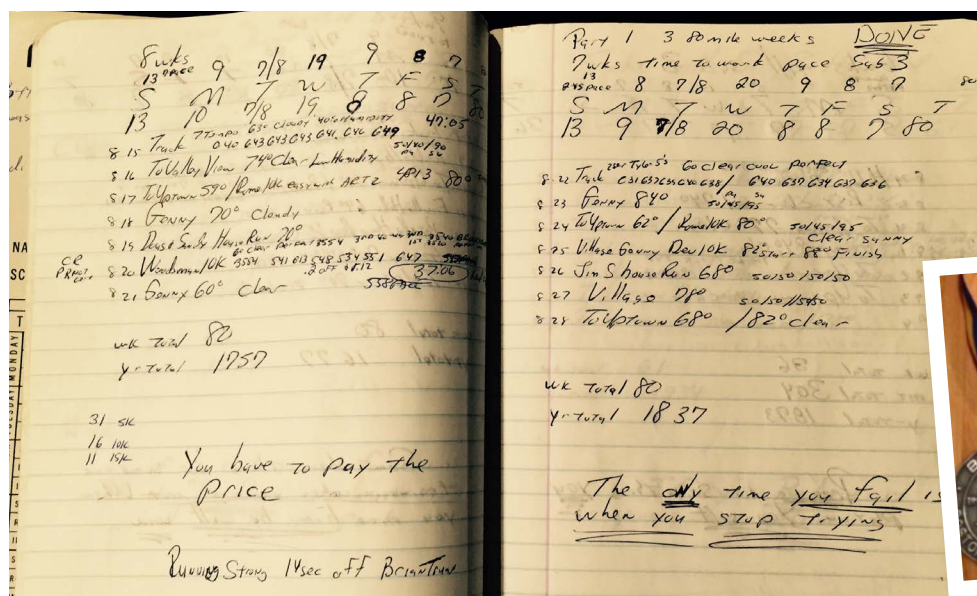


◀ Felicia and Gary at the Atlantic City Half Marathon last year.

▼ Gary and his "little" running friend Justyna Wilkinson at the Falling Leaves 5 years ago (left) She's not so little now! (right) Gary loves running with her when she is home from college.



Celebrating his 40,000th mile! He loves the job Felicia did with the old singlets and medals. His Wednesday/Friday/Weekend training partner Jonathan Owens is seated.



Pages from Gary's 1999 running log getting ready for the Hartford Marathon. The race director called him to rabbit the open 19-34 Boston Marathon qualifiers. And yes, he did get them qualified!



Boston medals 1994, 1996, 2000 and 2011 Times and medals have changed and so has the price: \$35-\$50-\$105-\$285.



## Keep Your Brain Entertained

by Lauren Murphy

This month's newsletter I thought it might be fun to write about ways to keep yourself entertained and engaged in your run if you don't listen to music. I found this list on paleorunningmomma.com and I chuckled to myself as I read through the list. I already do 4 out of the six of the things on this list. My favorite was #6. Food is AMAZING! I'm sure most of us as runners think about food a lot more often than the average person. Enjoy! I hope you find the article entertaining if nothing else.

**1. Whine, complain, and just all around hate life for the entire first 2-3 miles.** See I told you this wasn't hard. Just kidding. Running is hard the first couple of miles before we get in our groove. So just go with it and tell yourself how much you suck as a runner, a person, and in life in general. Don't hold anything back. The trick is that once you completely drive yourself insane by mile 3, you open your mind up for some good creative energy to start flowing around mile 4.

**2. Say hello to all the living and nonliving things you pass.** Look around you. There are tons of little creatures running around you that you might not notice when you're listening to music. Some of them aren't so little either, so maybe don't say hello to them out loud.

**3. Write a letter to someone in your head.** Believe me, things are way more entertaining in your mind while you're running than they ever are at any other time. Again, no rules. It can be funny or it can be serious and from the heart. Point is the miles are passing and you're engaged.



**4. Confront someone you're angry with.** You are completely alone and have some time on your hands



so now is a good time to "tell" someone you're mad at exactly what you think and how you feel. Of course, you must come up with all their responses as well which winds up really revealing how YOU feel about the situation and why you haven't yet confronted it. You know how people say "running is my therapy?" Well, this is actual therapy you can do with yourself while you're running. It really works, try it.

**5. Remember the last time you ran a marathon.** At the point where you find yourself struggling in a longer run, think about your last marathon or hard race. The part where spectators were gasping as you passed them dry heaving and dragging your Achilles behind you at a steady 9:15 pace. No matter how much you think this run sucks at least THAT sh\*t is over with. And you survived and you get bragging rights. It's not that bad, remember this.

**6. Fantasize about what you'll eat when you get home.** Whether you have plans to go out to brunch with friends or you'll just be at home alone happily shoving food in your face, there's lots to think about to get you through that last mile. Get down to the details: "scrambled or over easy? pancakes or waffles? honey or maple? bacon or sausage?" All the above.



# Upcoming Race



## The Volcano Run

5 Kilometer Road Race

Sunday May 14, 2017

To Benefit the CVA Geology Club



**Races:** 200m and 400m Kids Runs start at 8:40 a.m.; 5k starts at 9:00 a.m.

**Location:** Central Valley Academy, 111 Fredrick St., Ilion, NY 13357

**Pre- Registration:** Registration forms can be mailed to Race Director, Stephen Paddock at:

Volcano Run, 46 Newton St., Ilion, NY 13357

or you can register at [www.getentered.com](http://www.getentered.com)

**Race Day Registration:** Registration will be open from 7:30– 8:30 race day at CVA High School

**Cost:** \$15 for students, \$25 for adults, Kids Runs are free.

### Make Checks Payable to Central Valley Academy

**T-Shirts:** Event shirts will be given to all participants with paid registration received

by April 30, 2017.

**Course Description:** The 5k is made up of roads throughout Ilion with a 200 meter section of paved path. The course starts and finishes at CVA High School.

**Contact:** Please contact Stephen Paddock with any questions regarding the race.

Email: [PaddockSteph@gmail.com](mailto:PaddockSteph@gmail.com) Phone: (315) 219-3427



Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F T-Shirt Size: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Race: 5k 200m 400m Phone: \_ ( ) \_\_\_\_\_ Email: \_\_\_\_\_ Developmental Run #: \_\_\_\_\_

Emergency Contact Info: Name: \_\_\_\_\_ Number: \_ ( ) \_\_\_\_\_ Relation: \_\_\_\_\_

**Please Read Carefully and Sign Below:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to : falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Central Valley Academy Geology Club, Village of Ilion, Central Valley School District and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Parent/Guardian Signature if Under 18: \_\_\_\_\_



# H.S. ATHLETE Q&A

## Stevie Malenowski

**School:** New Hartford

**Grade:** 12

***When did you begin running?***

I began running way back in 8th grade but actually took freshman and sophomore year off because I made the mistake of thinking I was too cool for the sport, but picked it back up again junior year.

***What inspired you to start?***

So at first it was basically a combination of me following my friends there because they had all signed up and it was also something to keep me in shape. Then when I picked it back up it was sort of me hoping to just better myself, kick some bad habits, meet new friends, and just to live healthier in general.

***What event(s) do you compete in?***

5k in cross country season but I'd say I'm definitely more of a mid distance runner so in the indoor and outdoor track seasons I run everything from 200m all the way to 1000m, but definitely prefer events such as 600m and 800m.

***What have been your biggest running accomplishments so far?***

Two stand out in my mind – making it to states as a team in cross country and making it to the state qualifying meet in indoor track. Cross country stands out because we got it done as a team which, in my mind, is just always better than individual awards. Being a senior leader and captain on that team made it that much sweeter as well. Just seeing everyone's, not just my own, hard work pay off in such dominating fashion was amazing to me. Also, my progression was always something to keep me going. My first ever 5k race was 24 minutes something and ended with a PR of 17:40 or so in the span of one year, so that's always something I can look back on and be proud of. Now the state qualifying meet. Although I didn't qualify for states, but it was just special to be a part of. Looking around at that meet and seeing the people there, or the lack thereof, served as sort of validation that, like cross country, the hard work was paying off. Being able to run against such a strong field of great guys and showing that I could at least be mentioned with them was a great feeling.

***continued*** —→





***What does the future hold for you and running?***

I'm looking to finish up my senior year with a strong outdoor track season personally and as a team but after that, I'm going to be attending Ithaca College and will be running track and cross country for them. Running has been kind to me so far so let's just hope that it doesn't change come next fall.

***Do you do any other sports aside from track?***

I do plenty of sports outside of school. My friends and I are really into mountain biking, we play basketball a lot, occasionally some softball/baseball but the one thing I'd say both me and the rest of my cross country team love the most is ultimate frisbee. After practice or on weekends whenever the weather's nice



we'll be out playing frisbee (Shoutout to Ansel Amanna, Jake Anweiler, Steve Rabbia and Jason Green, the best frisbee players in the 315).

***What piece of gear can you not live without?***

Me and a few guys on the team wear American Flag bandanas to meets (sort of as a joke) but I honestly believe I run faster with it on. Other than that not much. I'll wear pretty much anything to run in.

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

I got one junior year – an all TVL award for track – but have gotten many since. In cross country season senior year I got the coaches award, the most improved award, and an all TVL first team nod. Then in the indoor season I received the team MVP award for New Hartford and also broke a school record in the 600m, 1:25.22.



***What is your favorite food to eat after a meet?***

Literally anything you put in front of me. Chocolate milk after meets is actually a gift from God along with any kind of Mexican food: burritos, tacos, quesadilla. I don't discriminate. I'll eat it all.

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

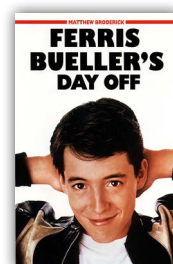
Music or hanging out with friends. I listen to something like 3-4 hours of music a day. I've become obsessed with it over the past few years. And I'm really close with my friends - we all share similar interests outside of school and we're on the same page about 99% of the time so whenever I'm with them it's always good times.

***What other activities are you involved with at school?***

Just one at the moment – ecology club.

***Favorite movie:***

Ferris Bueller's Day Off. Favorite movie of all time no debate. I've seen it definitely over ten times so far and it hasn't gotten old yet. It's just so classic and timeless I don't think it can ever get old for me. Literally everything about that movie just perfect.



***Do you have any pets?***

Yes I have a dog named Ollie. He's a golden doodle and he's a little over 2 years old. Ollie is a special dog who can kind of do tricks at times, but only if there's food involved. He's really good at using things no dog should be able to do, like he knows how to roll down the windows in my car now.

***What is your running mantra?***

Go faster than everyone else.



# Get Ready!

# 2017



The 2017 Utica Roadrunners Grand Prix series is about to start! The Grand Prix series of races is a friendly competition among all members registered as of March 31, 2017. 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, 2017, determining the age group for the season. The best 6 performances among the 13 races will determine standings for awards, with a minimum of 3 races required to be eligible for an award.

## ***The Grand Prix races for 2017 are:***

4/01/17 .....	Fort to Fort 10K
4/23/17 .....	Save Our Switchbacks 7.5K
5/14/17 .....	Volcano Run 5K
5/21/17 .....	Erie Canal 1/2 marathon
6/04/17 .....	Marcy 5K
6/18/17 .....	Summer Sizzle 5 Mile
7/09/17 .....	Boilermaker 15K
8/05/17 .....	Bolder Inspiration 8K
8/18/17 .....	Woodsmen's 10K
9/16/17 .....	Living History 5K
9/24/17 .....	Falling Leaves 14K
10/08/17 .....	AK5K 5K
10/15/17 .....	Deerfield Skeleton Run 5K (tentative)

Grand Prix details, results, standings, and reports can be found at the Club's website. If you have questions, please contact me at [gslnus@yahoo.com](mailto:gslnus@yahoo.com).

# Awesome Stuff

## You've seen the video of the guys carrying the girl over the finish line at the half marathon...

Now learn who those guys and that girl are...



[Read More >>](#)

## The 12 Habits of Highly Motivated Runners

Awesome tips from Runner's World to make you better, healthier and faster



[Read More >>](#)

## 60-meter dash when you're over 90? Why not?!

Watch the 60-meter showdown between 92 year old Dixon Hemphill and 99 year old Orville Rogers...



[Read More >>](#)

## Wicked Awesome!

Matt Damon narrates Boston Marathon Documentary... premiering on April 15th



[Read More >>](#)



# UTICA ROADRUNNERS 2017 MEMBERSHIP APPLICATION/RENEWAL



## Who We Are

The goal of the Utica Roadrunners is to promote health and fitness through running programs. Many members participate in other sports as well as our various club social activities. We are actively seeking to expand our membership and activities to further promote the sport of running in our community. We are a diverse group of people who enjoy running. We run on roads, trails, and on the track. We run in races, for training, and for fun. We run monthly, weekly and daily. We run from one to over 100 miles per week. Our mile paces range from five to fifteen minutes. We range in age from one to ninety. Our membership includes a variety of people, from teachers and students to technicians and tradesmen. **Club Benefits** You will receive SPLITIMES, our club newsletter full of articles on club news, injuries, nutrition, profiles and events. A race calendar listing local and national races is also included. A popular club benefit is the goal inspiring distinctive red jacket that you may receive after your first calendar year with 1,000 miles and/or some volunteer activity. Members get a discounted entry fee into club races and free entry in the Development Runs.

### 2017 Membership Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_

Development Run Number (if known): \_\_\_\_\_

### Additional Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_

Development Run Number (if known): \_\_\_\_\_

### Additional Renewal or New Member (circle one)

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_

Development Run Number (if known): \_\_\_\_\_

**Additional Renewal or New Member (circle one)**

Last Name (please print): \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender (M/F): \_\_\_\_\_

Development Run Number (if known): \_\_\_\_\_

**Annual dues are \$10 for anyone under 18, \$20 for an individual, \$25 for two people sharing the same address and \$30 for a family of 3 or more sharing the same address. Use a second form for additional family members.**

**Mail the completed form and check to: Utica Roadrunners, P. O. Box 4141, Utica, NY 13504.**

**Club Membership Application Waiver** (application will not be accepted without signatures of all persons on this form, or that of their parent/guardian if under 18 years of age)

I agree that I am a member of the Utica Roadrunners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club and agree to abide by them. By signing this waiver, I agree to follow the club's member code of conduct as well. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in club organized activities and I agree to abide by this rule. Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Utica Roadrunners, the city of Utica, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

First Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if under 18)

Second Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if under 18)

Third Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if under 18)

Fourth Member's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(parent or guardian if under 18)

Questions? Please email Joe Crisino at [members@uticaroadrunners.org](mailto:members@uticaroadrunners.org) or call him at (315) 866-2708.