

# splitimes

may 2016

The Official Newsletter of the Utica Roadrunners

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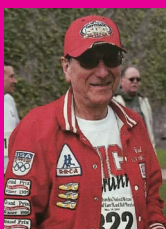
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May  
2016  
Utica Roadrunners  
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A shout out to the running group from the Midtown Utica Community Center (MUCC) who our Boilermaker Training Group sees training hard on Saturday mornings!

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## 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!). See last page of this newsletter for advertising rates.

Editor: Michelle Truett  
[michelle@484design.com](mailto:michelle@484design.com)



**"LIKE" US  
ON facebook!**

<https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>







## President's Message

April Showers bring May flowers, so they say. I guess that means your runs will be prettier if you pay attention to your surroundings. Enjoy, but please do pay attention. I had an incident on Edic Road this past month. As I walked toward Glass Factory Road, a couple of dogs came after me. For all the years that I have run and walked the road, there had only been friendly dogs. These two really surprised me because they were growling and charging. I needed to walk backwards and yell 'Go Home' for quite a while. Seeing that I had to walk back by them to get to my car that was parked at SUNY POLY, I picked up a long stick and turned around. Lucky day! A State Police cruiser was driving toward me! I flagged it down and Trooper Tanya was a great help. She too had seen the dogs in the road at other times. Tanya called the Dog Warden, Jim Griffiths, and we discussed the issue. Warden Jim drove to the offender's home and I walked down the road. Wouldn't you know one of the dogs came out towards me and Jim needed to intervene. After that, the dog owners were given a warning to license and leash the dogs. I am sure that Warden Jim and Trooper Tanya will follow up on that. I felt I had to do something about these new-to-me critters because many, many runners, walkers and bikers use Edic Road. I am putting my pepper spray in my pocket for that route.

Our Club was contacted after the devastating fire in Vernon where a young girl passed. Her older brother is a cross country runner at VVS. He lost all of his gear and awards. A guidance counselor asked if we could help restock his closet. No problem. After a few emails and texts we had some gift cards and shorts from the Sneaker Store, Club gear, hats, shirts, a jacket, and a hoodie from Topstitch, and some new sports pants for this young man. Early one morning, I took everything to VVS. An amazing support group and this young guy met with me. Tears were shed, many thanks were expressed, and I left with the warmest feeling ever. Since then, more items have been donated and sent to VVS. Runners are generous people.

Okay, during May, we have many running events to enjoy. Wednesday Development Runs begin! Get in shape for the Boilermaker on those Switchbacks in the South Woods. There is a \$2 fee to run, but as current Club members, you get to run for free! Mike Kessler and his crew still need some volunteers, so get in touch with him, PLEASE!  
[mkessler1012@roadrunner.com](mailto:mkessler1012@roadrunner.com)

The Hall of Fame Half has a new name. It is now the Erie Canal Half Marathon, Relay and 5K, happening on May 22nd at 8:00 AM. There will be the Half, a two runner relay and a 5K. Sounds good. Some of the proceeds will go towards Canal Path upkeep. The canal path has been in pretty nice shape where I walk in Marcy, but maintaining the whole length is ongoing. So, get your rear in gear for this great, relatively flat course.

I hear that some members are not happy with the delivery system for online orders for merchandise. I will talk to Liz, our Merchandise Chairman to see how we can improve getting items ordered into your hands. Hopefully, gear will be available at the Development Runs registration area. I would like to see orders that are made by the Club for groups of sizes. That way we would avoid taxes because of our tax exempt status and there would be just one shipping charge. One problem with this is that we often end up with extra sizes, especially smalls and extra larges.

*continued* →

David Jones and George Searles have been successful in obtaining a \$5000 American Heart Association grant for a South Woods improvement project. There will be exercise stations on the 2.2 mile Switchback Trails. The City of Utica is on track to help with any leveling and landscaping. It is very exciting! The guys are also pursuing a Community Foundation Grant for any additional costs. Thank You and Good Luck, David and George.



And finally, Thank You to Wayne Murphy and his crew for a very successful Save Our Switchbacks Run. Wayne, you did a great job. We are grateful for your dedication.

As you are out running and walking on the roads and trails remember,

**BE CAREFUL OUT THERE!**

## Our Members are Awesome!



On April 15, 2016, Justyna Wilkinson of Whitesboro H.S. signed a National Letter of Intent to run Division 1 Cross Country and Track at Canisius College in Buffalo, NY.



Members Sharon Stedman (3rd), Susan Luley (1st) and Virginia Truax (2nd) swept the podium at this year's Fort To Fort race. They also placed 1-2-3 in our S.O.S. run.

**You can  
still join  
the group!**

## Boilermaker Training Program



**NEXT RUN (4 MILES)**

**Saturday, May 7**

**7:30am SHARP**

**The Parkway Rec Center**

***Are you new to running??***

***Is the Boilermaker 15K on your bucket list? or is the 5K?***

***Do you wanna train with a great group of  
encouraging/supportive people?***

***We have a GREAT group this year!***

All you need to do is be a member of the Utica Roadrunners.

If you are not a member, you can sign up online at  
[www.uticaroadrunners.org](http://www.uticaroadrunners.org)

The price is as follows:

under 18 - \$10, over 18 - \$20, new couple - \$25, family of 3 or more - \$30

If you have any questions..please feel free to email Melanie at  
[mcrisino@yahoo.com](mailto:mcrisino@yahoo.com)

# Letter from the Editor



## Race local.

I got one last snowboarding trip in, ran the blizzard-laden Syracuse Half AND got the flu. All between March 27 and April 15. That was a crazy start to the spring season.

But now running season is officially HERE! The S.O.S. was awesome. Wayne and his crew made sure to order us up some outstanding weather to make our kick off race ever BETTER. Now we've got the Erie Canal Half (which I'm relaying with my girl Lara, pictured to the left with me in our snowy goodness at mile 11 in Syracuse). And then our favorite 5-miler, Summer Sizzle. Then... the Boilermaker! Do you ever stop and think about how many diverse, quality races we have literally right in our backyard?! We are some lucky runners.

Let's get signed up. Reach out to friends and get them to sign up, too. Let's make our upcoming races the best they've ever been.

If you're going for your 1,000 miles this year, don't forget you need volunteer points in order to get your jacket. The newsletter always needs content - write your story, interview someone, take some photos at a race for me, do a poll or a survey - contact me and let's rock it out. You get a sassy red jacket. I get some awesome stuff for our award winning newsletter. It's a win win.

Have fun. Train hard.

## Development Runs Are Here!

**PLEASE SHARE THIS INFORMATION WITH ALL YOUR FRIENDS  
WHO PLAN TO RUN ON WEDNESDAY NIGHTS**

### **2016 Development Run Changes**

The fee to run the development run has increased to \$2.00 per person each week with NO family rate. Utica Roadrunner Members still run for Free!

You can become a member of the Utica Roadrunners for

- \$10 for anyone under 18 yrs of age
- \$25 Couple
- \$20 Individual
- \$30 Family

Development Runs begin on Wednesday May 4th. Registration opens at 5:00.

Be there early! Runs are at:

- 6:00 – 2.5 Mile Walk
- 6:15 – 2/10 M Fun Run 1/2 M Fun Run
- 6:30 – 10 K / 5K / 2 Mile

***When you come to the Development Runs this Wednesday the 4th, bring any shoes - running or otherwise - to donate to the Music Boosters at Whitesboro High School.***

Annika Heacock and her Mom, Nicole Cerrito, will have boxes from the Funds2Orgs at the registration area in the chalet. The shoes will go to people in developing nations. The Music Boosters will donate 10% of what is raised to a local charity the Keys Program. This charity brings music and instruments to local kids with serious illnesses.

Clean out your closets - just leave the roller skates/ blades and ice skates home!

Thanks and see you on Wednesday!



# 2016 SOS Run

SAVE  
OUR **7.5K**  
SWITCHBACKS



HALF A BOILERMAKER • 4 | 24 | 16



**Thank you to everyone that  
participated and ran a  
HALF OF A BOILERMAKER  
at our SOS Run on April 24th!**

*Great job to new race director,  
Wayne Murphy*



# Happy Hours!

*Join us!*



## Club Happy Hour

**May 6, 2016 • 5:00pm**

**Mohawk Valley Winery  
706 Varick Street, Utica**

## The First Falling Leaves Race

Read about Paul Ohlbaum, the only runner who has run every single one for the past 42 years on the next page.



# Member Spotlight: Paul Ohlbaum



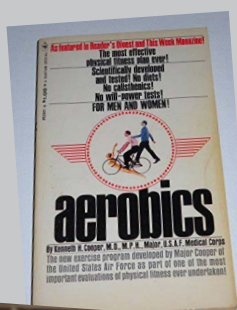
***He is the only one who has run every Falling Leaves race and one of a small group who have run every Boilermaker. He's Paul Ohlbaum. He's 81 years old. And we thought it was time you got to know him better.***

Born in New York City (you can still hear a hint of his accent!), Paul Ohlbaum moved to Utica in 1961 to practice optometry. In high school and college, swimming was his sport. He played a little basketball in college and once he moved to Utica, he got into golf with his colleague, Vinnie Lamberto. But he wanted something more. He happened upon the book *Aerobics* by Kenneth H. Cooper, MD who promised a new exercise program clouded as "one of the most important evaluations of physical fitness ever undertaken." So in his mid-30s, Paul decided to become a runner.

Back in the late 1960s no one ran on the roads, so using a 50-foot garden hose, he measured out a loop in his backyard where it ended up taking 16 laps to reach a mile! It was almost an embarrassment to run outside, but in the 1970s, people did start running outside a bit. Shortly after he began his backyard loops, he joined the YMCA in downtown Utica and used their banked track, which increased to around 26-28 laps to get to a mile. It was there that about a dozen guys founded the Utica YMCA Track Club with Bob Carlson voted in as their first president. That handful of guys started the first Falling Leaves race 42 years ago and Paul was in charge of measuring it out, using his car odometer. The race started from the YMCA downtown and the 5K and 14K took off at the same time for the simple reason that they didn't have enough watches to time them separately. A fun fact about the race – the Utica police were very hesitant to assist them in that first race, because they thought they were all "a little crazy." They did help close a few roads for them, though! Another fun fact - the first races started at 1:00pm because Father John Morrow of Plymouth Bethesda Church, an avid runner, needed to complete his sermons at the church before he could run, so they had a late start to accommodate.

From there, Paul's running career took off. He entered quite a handful of races and volunteered with the Development Runs for many, *many* years with Howard Rubin and Ed Buckley (just stepping back from it only about 5-6 years ago). In his 40s, he got even faster and at age 48, clocked his fastest Boilermaker 15K at 62 minutes and continued to run it under 65 minutes until age 50. His fastest 5K time is 18:50, Falling Leaves is 56:21 and marathon time is 3:09. He has ran six full marathons (Boston twice) and all of them were under 3:30. He averaged 1,500 - 2,000 miles a year for many years and logged over 1,000 miles a year from 1988 -2003. He would put in about 60-70 miles per weeks during marathon training, with 20-25 milers every Sunday.

***continued*** →



*Boston Marathon, 1975*



*Carrying the Olympic torch near Whitesboro 1981*



## Member Spotlight (cont.)

Paul reflects on running in the early years. In the 60s and 70s, the ones who were out there and signing up for races were serious runners and therefore the times were FAST – even at a 6:29/mile average, he was one of the slower guys in the Sunday morning running groups!

Throughout all those years and the thousands of miles, Paul has been very lucky with limited injuries. He had one stress fracture and broke an ankle on ice, but that's the extent of his physical injuries from running. His knees have never given him an issue. He did, however, have two bouts with cancer which running actually helped him through. He was diagnosed with melanoma about ten years ago and with surgery, made a full recovery. Running proved to be great therapy for him during recovery. He was also diagnosed with bladder cancer and made a full recovery yet again.

For training, he always enjoyed running in the mornings by himself and on Sundays he would run with a group of people, having the best of both worlds. We asked if he has a piece of gear that he can't live without and although there's nothing special he is superstitious about, he did share that he used to take a retractable antenna out on runs in case he needed to defend himself against dogs that were chasing him! He also never let running take over family life –he would do his runs at 6am so that he would be sure to have time later for dinner with this wife Billie and two kids. Family was absolutely a priority.

Speaking of family, no runner's story is ever complete without the support of a loving spouse or partner! Billie has always been there to support the training and the races AND they are also partners in world travel and playing bridge. Together, they have traveled to Japan, China, Europe, Nordic countries, Israel, Mexico and more. They are both silver life masters bridge players and certified bridge teachers. Bridge has taken them all over the country for tournaments and national championships and they have even been bridge instructors on ten cruises getting the chance to see the Caribbean, Alaska and Hawaii.

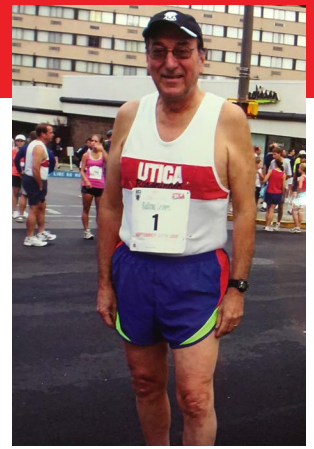


*16 years of running over  
1,000 miles per year!*

Paul also has had another interest over the years – auto cross racing. He raced for twenty years – many times at Griffiss and the Syracuse Fairgrounds – and went all the way up to last year, where he fit in one race. “Racing is in my blood” he shares.

His advice for a long running career: “Take it easy... slow down!” He had always gone for distance, and says the speed comes along by itself and that he ran because he enjoyed it. Aside from a legacy of great health (or as he calls it “being lucky”), he has also left a legacy with the Utica Roadrunners’ Ohlbaum and Rubin Scholarship which awards high school runners scholarships each year.

For this year, it will be the first time he won't be completing the Boilermaker 15K. He is signed up for the 5K and will see how training goes in the coming months. We'll definitely be cheering for him. Many of us hope to run as consistently and in such great health as Paul has for HALF the time he has. It's been an impressive running career and he sums it up perfectly by saying “I am very proud of what I've done.” You absolutely should be, Paul - you've been such an inspiration to us! Thank you!



*Honored with the #1  
Falling Leaves bib*



*Paul with Frank Shorter and  
Bill Rodgers before the Boilermaker*



*Winning the Falling Leaves  
race in his age group*

# Our Next Roadrunner Race



**Sunday, June 19, 2016**  
**DEERFIELD TOWN PARK!**  
**5 Mile Road Race**

[Register now >>](#)

Paper AND online registration available

Thank you to our sponsors:

GILROY  
KERNAN  
&  
GILROY





# Upcoming Race



**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, \$20 for adults, Kids Runs are free.

## Make Checks Payable to Central Valley Academy

**T-Shirts:** Moisture Wicking shirts will be given to all participants with paid registration

Received by May 8, 2016.

**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: \_\_\_\_\_

# Upcoming Race

## **Chittenango Lions** **Yellow Brick Road** **8K Run & 5K Walk**

Beautiful Course through Scenic Chittenango!  
Info on Chittenango Lions Website: <http://chittenangolions.org/Events/YBRR/YBRR.html>  
ATF Certified NY12076JG

*Sponsored By The Chittenango Lions Club and many other volunteers*

**Sat. June 25, 2016**

**Check In At 7:30 a.m. • Free Fun Run at 8:30 • Race to Start at 9:00 a.m.**

Starting and ending at the Chittenango High School  
Pre-registration \$20 - Day of the Race Registration \$25 - Free Fun Run for Youths Under 16  
Electronic Timing by Chittenango Cross Country Club

Age Group Awards: 3 awards, male and female in the following age groups  
12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and above

*In consideration of accepting this entry, I the undersigned, intend to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release any and all claims for damages I may have against the sponsors, race officials and volunteers, and assignees, for any and all injuries suffered by me in said event. I also attest to and verify that I am physically fit and have trained sufficiently for the completion of this race.*

T shirts for all paid runners and walkers • Refreshments for all runners and walkers

Mail to: Stephen D. Waite • 112 Boyd Avenue, Chittenango, N.Y. 13037 • Checks Payable to: Chittenango Lions Club  
315-687-7114 • waite30@hotmail.com

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_

Sex ☐ Male ☐ Female    Shirt Size    ☐ Small    ☐ Medium    ☐ Large    ☐ XLarge

Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_ Fun Run ☐ 8K Run ☐ 5K Walk    Age(as of June 27, 2015 \_\_\_\_\_

Signature: \_\_\_\_\_

Parent Signature (under 18): \_\_\_\_\_

Email address: \_\_\_\_\_

\*\*\* Donations gratefully accepted to the Town of Sullivan Food Cupboard \*\*\*



# Willijah's Corner

## Get Motivate. Stay Motivated.



### Willijah Dawson

*Full time insurance customer advocate, full time student and lover of running (in her spare time!) With numerous 5Ks and two Boilermaker 15Ks under her belt she claims "running is my therapy."*



Setting Goals is easy, creating a vision board is easy, talking about what we are going to do is easy but when it comes down to actually following through and doing something we seek out to do... that can be hard the part. I am sure we have all at some point or another had periods in our life when something we really want to do got pushed to the back burner. I am referring to those goals and aspirations that give our lives meaning and purpose this could be things such as completing a marathon, losing the weight you've always wanted to lose, visiting a foreign country, starting a business etc.

We always tend to talk about these things, write down our 1, 5, 10 year goals or constantly fantasize about what it is that we want to do...and we may go through periods in our life when we start taking steps towards those goals but we either allow life's stresses to get in our way and set us back, we procrastinate or something drastic happens and prevents us from moving forward.

So how does one get motivated, re-motivated or stay motivated? I will share the steps I take when I need to re-find some motivation.

**Step 1)** First off you have to get yourself mentally strong one of my favorite quotes reads "Giving up on your goal because of (a) setback is like slashing your other three tires because you got one flat." You can't allow setbacks to deter you, you have to remind yourself daily of why you have this goal and what you need to do to accomplish the goal. In addition I also find that constantly feeding my mind with affirmations, positivity and information that pertains to the goal sets the perfect foundation for getting back on track.

**Step 2)** Set only several goals at a time... I've made the mistake in the past of trying to work on 50 million goals at once! Unless you are Superman/woman you will be setting yourself up for disaster. Goals require time and if you want to do it well it also requires efficiency.

**Step 3)** Write your goals down, Create a Vision board and put this somewhere where you are always going to see it! Writing down your goals forces you to be more intentional about taking action. Businesses have a mission and vision statement and run their business with a plan of action.. so why shouldn't you?

**Step 4)** Find a support group.. a support group gives you that extra accountability and the opportunity to connect with others.  
#UticaRoadRunners

**Step 5)** And finally "Get Motivated, Stay motivated"

# A Member Story

## *My Road to the Half Marathon*

*by Harry Campbell*



I spent 14 years in the Marine Corps which kept me in very good shape. My one encounter with a half marathon happened in 1986 or 1987. I was an instructor in Tustin, CA and two other instructors asked if I'd like to do a half marathon with them. It seemed like a challenge, running 13.1 miles since I normally only ran 3 miles. I got an application, filled it out and mailed it in. (This was before internet so you didn't have a lot of information handy on training.) Being a Marine I did my normal 3 mile runs and I may have tossed in a 4 mile run here or there. Maybe a month before the race I was talking to the other two Marines and brought it up. They said they decided not to run it. Now I'm stuck with having to drive to San Ysidro, around San Diego, which is about 90 miles from me. The day of the race I make the drive and go to the starting line. The only thing I remember about the race is that there

seemed to be a big hill at the beginning and that as I was coming to the finish people were picking up the traffic cones. It was a horrible experience. Never, ever would I do a half marathon again.

After being out of the Marines for about 20 years and not exercising I was thinking about trying to get back in shape. The Boilermaker seemed like a nice goal to try and achieve and I heard about the Boilermaker Training Program so I thought I'd give it a shot. I showed up the first day and started having second thoughts. There was no way I could train and run the Boilermaker. I realized how out of shape I was as I went around that track. But I thought that I'd give it some time and see how it went. It started getting better and I started to enjoy the challenge of being able to finish the Boilermaker.

The training program suggests doing a race before the Boilermaker to get a feel for running with other people. I decided on the Fort to Fort 5k and it was hard but when I finished it I felt pretty good about it. I decided to do a second race, the Save Our Switchbacks. It's a little further and of course the hills. But I made it and the hills inspired me to do more hill training. They're a challenge that will leave you in awe of yourself as you push yourself and are able to make it further up with each run. Races turned out to be not only fun but gave me an incentive to keep running. I was also getting some nice running shirts.

*continued* —→



## Member Story (cont.)

Next, the Hall of Fame 5k and then I decided that the Patriot Run 10k would be a nice step up towards the Boilermaker. Finally the Boilermaker was here and I was having second thoughts. Nervousness and excitement gripped me as I

boarded the bus for the starting line. Making my way to the starting groups I found a spot and waited. Finally as the race started I stood there until the crowd started to move towards the starting line. Taking my time, I prepared myself as I neared it. Finally as I crossed it I started my slow run, now part of the Boilermaker 15k. Taking my time, I enjoyed the sites, the people, the sounds as I made my way along the course. The water stops, the people handing out cups of ice. People with hoses spraying water in the air, giving you an option to run under some water to

cool off. Running different sections of the course as part of our group it was much different than this day with people lining the streets cheering you on. And the people were amazing, encouraging you, telling you that you have this. And no matter how much I felt the pull of the eagle they kept me on course. Finally the finish line was in sight and I kept pushing, crossing it and walking as I headed towards the Boilermaker Training Group tent to celebrate with everyone that helped me.

After a break I was thinking that if I was able to do a 15k maybe I could do a half marathon with the right training. Of course that half marathon of 30 years ago was still looming in the back of my mind. The Hall of Fame Half seemed like a nice one to work towards. And now it's easier to get information on training for half marathons. Finding a training plan I started to work

on getting ready for it. Then a few people I know registered for the Syracuse Half Marathon. I decided to jump in and sign up for that one meaning my first half marathon would be moved up about a month. I'd also have to start training in the winter. I



*Finishing the Boilermaker!*

started my training program ahead of the scheduled one that I printed out. I was really excited and was following it for several weeks. Then I started getting a little burned-out. I did the best I could but skipped a couple of scheduled sessions to try and recharge. I was able to get back into it and continued with the training. My Sunday long runs I looked forward to as a chance to get out by myself and relax while I ran. The runs during the week weren't always that easy to do. Sometimes when I got home from work I would think about not doing the run that day. I had to push myself to get dressed for the run and go

out. Once I got going then I was glad that I did go for the run.

Finally, the weekend of the Syracuse Half-Marathon was here. I was excited and nervous, starting to re-think the whole idea of running it. I debated picking up my packet on either Saturday or waiting until the morning of the race to get it. I decided to make the extra trip and pick it up on Saturday. I'm glad I did. The morning of the race as we left the house and started driving I was debating maybe just turning around and not running it. My wife told me that I've been training and looking forward to it so there's no sense in not doing it. As we were driving we hit some white-out conditions on the Thruway. Once we got to Syracuse and had to get in the exit lane for the Oncenter, it was backed up for about a mile. We had planned on arriving about 6:40 AM but didn't make it until about 7:15 AM.

**continued** →





*Almost to the finish line!*



*Showing off finisher's medals with Dorothy Massinger*



*Harry after finishing with his wife Joanne*

We got down near the start of the race area and I made some last minute clothing changes. People started moving forward and then we were going, the race had started. And it had probably most of the elements of winter that there are. Running through slush and water, trying to steer around puddles so that my feet didn't get soaked right away. There were a few areas where the wind picked up and gave you a bit of a chill. An area where there was a white-out. We got to experience small hail hitting us. As I was experiencing all of this I thought back to the start of the race. When we were first getting ready I remember seeing a few guys that wore short-sleeve shirts and shorts. I'm not sure what happened to them. I know that you get warmer as you run but I can't see them warming up enough to do a 13.1 mile race in that weather. And as I ran I also enjoyed the beautiful scenery that the snow created. It was a great route and I'm glad I went through with running it. The volunteers and the spectators were great, encouraging you as you went along. As I got to about the 11 mile mark I started doing more walking, possibly even more walking than running. But I was getting closer to the finish and as long as I made it there I was going to be happy. A little ways from the finish I was greeted with some friendly faces. Dorothy, Losay, and Karl came out to encourage me to the finish line. I

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***I believe you should run positively, not negatively. The weather here can be challenging. Don't let it be an excuse to not go out.***

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continued on and was congratulated as the finisher's medal was put around my neck.

Looking back, I wouldn't change anything. The weather wasn't perfect, but braving the elements and doing this made it an experience to savor. You can listen to people say that there's no way they would run in those conditions and sit back knowing that you would and did. I had two goals when I trained for the half-marathon. The primary was to finish it in the cut-off of 3 hours 15 minutes. The second was to finish it. I missed the primary goal, running it in 3 hours 15 minutes 39 seconds. But I did finish so I accomplished the second goal.

Finally, I believe you should run positively, not negatively. The weather here can be challenging. Don't let it be an excuse to not go out. Find something positive about it that makes you want to go out. I would like to thank everyone in The People Who Run for Fun group. They were able to offer me a great deal of advice and encouragement. I was asked to write an article about my trip to the half-marathon. This is it but I think it's also everyone else's story that runs. Whether it's for a race or personal satisfaction, getting out there in the heat, the cold, the rain, snow, or wind. I'm sure there are many great training plans out there. I used Mr. Hal Higdon's Half-Marathon Novice training plan.



**REGISTER NOW, DON'T GET SHUT OUT!**

HALF MARATHON/RELAY • 5K RUN • CITY OF UTICA

# ERIE CANAL HALF

May 22, 2016 • Utica, NY



## EVENT

## TIME

Half Marathon *Utica Roadrunners Grand Prix Event*  
*Cap 220*

8:00am EDT



2-Person 1/2 Marathon Relay  
*Cap 75 teams*

8:00am EDT

5k Race  
*Cap 150*

8:10am EDT

## SAME GREAT START AND FINISH

**START:** Whitesboro Street near PJ Green

**FINISH:** Genesee Street near Commercial Travelers

**PREREGISTRATION SPECIAL:  
\$2 DISCOUNT FOR ALL  
UTICA ROADRUNNERS.**

- Enjoy the race that begins at the "up and coming" Bagg Square District and proceeds down Genesee Street to the historic Erie Canal.
- Runners must preregister either online by May 13th or in person on May 21st at 805 Court Street, Utica, NY from 9am - 4pm.
- Performance shirts to the first 500 registered runners. Finisher Medals for all events.
- Post Race Party held on the grounds of Commercial Travelers

**FOR MORE INFORMATION GO TO: [BOILERMAKER.COM](http://BOILERMAKER.COM)**

**BRAND NEW NAME, SAME GREAT RACE**



# CNY Running Clubs Cup 2016 Report

The Fort 2 Fort 10K Race in Rome on April 2nd was the first event in the 2016 CNY Running Clubs Cup. The Roadrunners were represented very well by more than two dozen members who registered for the race as club members. We were by far the largest contingent there of the seven clubs competing in the Cup. The other six clubs are the Kuyahoorra Kickers, Mohawk Valley Hill Striders, Roman Runners, Syracuse Chargers, Team RWB and Toe Path Trekkers. Age-grading was applied to make sure anyone in a club could find themselves contributing to the club's success in the race. With age grading there are no gender or age distinctions. The best five results by each club's members in the F2F were compared. In a nail-biter of a competition, we just edged the defending champion Kuyahoorra Kickers for first place. The results were as follows:

Club	Age Graded Total	Cup Points
Utica Roadrunners	366.96	7
Kuyahoorra Kickers	363.92	6
Roman Runners	355.72	5
Team RWB	299.43	4
Toe Path Trekkers	294.91	3
MV Hill Striders	155.97	2
Syracuse Chargers	70.24	1



## Our five best performers at the F2F were:

Member	Age Graded Time	Age %
Paul Humphrey	0:39:07	75.53
Sue Luley	0:53:24	74.84
Virginia Truax	0:54:33	73.26
Tim Kane	0:43:58	71.96
Stephen Paddock	0:37:26	71.37

## Upcoming Clubs Cup Races:

**May 7th: Towpath Trail 10K in St. Johnsville**

**June 11th: Nate the Great 12K Race in Canastota**

**July 10th: Boilermaker 15K in Utica**

**August 19th: Woodsmen Field Days 10K in Boonville**

**September 25th: Falling Leaves 14K in Utica**

Congratulations, all! The percentage is the relative performance of a runner against the world standard by age and gender for that distance.

The next Cup event is the Towpath Trail Run 10K in St. Johnsville on Saturday May 7th at 5:30 PM. All race information is in the registration form in this SplitTimes, or you can email Jim Moragne for a PDF version of the form at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com). Please write "Utica Roadrunners in the entry for "CNY Club".

# Awesome Stuff

RUNNER'S WORLD

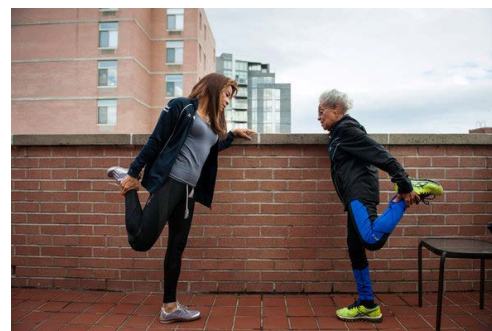
## Six Bad Diet Habits - and How to Break Them



Couple with awesome illustrations, this great Runner's World article walks you through how to replace negative routines. Take a read and BREAK THE CYCLE!

[Read more >>](#)

## Get Inspired



Ida Keeling, 100 years old, holds a record for the 60-meter dash for American women ages 95 to 99. She lost both her sons to drug-related violence and running was her recovery.

[Read more >>](#)

## Awesome Race Signs



This is a cool little collection of funny spectator signs from races.

[Read more >>](#)

# UTICA ROADRUNNERS 2016 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.

### 2016 Membership Renewal or New Member (circle one)

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

Mailing Address: \_\_\_\_\_

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 4 sharing the same address. For new families only, there's an additional fee of \$2 for each family member after 4 members. Use 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 Dave Paddock at [sdpaddock@aol.com](mailto:sdpaddock@aol.com) or call him at  
(315) 867-0281.

# Social Group Runs/Useful Links

## Wednesday Night Parkway Developmental Runs

Our Wednesday night Development Runs are a popular gathering for runners of all abilities who want to train with a group. There are several distances and kids' runs offered as well as finish chutes, water stations and a timing clock. The 5K run heads through a golf course along a tree lined road while the 10K heads into wooded trails also known as the "Switchbacks." The course is rolling hills and beautifully scenic. The Parkway runs continue for 20 weeks throughout the summer months and are located on Memorial Parkway & Elm Streets in Utica, NY. Runners must sign a waiver their first time and registration each week is \$1.00 for individuals, \$2.50 for families, and free to Utica Roadrunners members. For more information on our Parkway Development Runs, go to: <http://www.train2run15k.com/DEVRUN/DevRun.html>



## Thursday Night Social Runs

The Thursday night social runs continue, starting from The Fitness Mill at 5:45 PM. The Fitness Mill provides showers, reflective vests and locker room. After the run we meet at the Black Cat for food, drinks and stimulating conversation. All are welcome to attend even if you don't run.

## Down in the Valley

**Mondays** at 5:30 p.m. at the GPO Credit Union in Ilion

**Wednesdays** at 5:15 p.m. at 622 North Main St. in Herkimer

**Saturdays** at 8:00 a.m. at the Little Falls YMCA.

For more information, email Jim Moragne at [jmoragn1@twcny.rr.com](mailto:jmoragn1@twcny.rr.com).

## Parkway Rec Center

Saturdays at 7:30 a.m.

A mixed group with all speeds and abilities welcome. Meets inside the rec center

## SUNY IT

The Speterz Running Group meets in "Lot A" on Wednesdays at 6:00 p.m. and Sundays at 8:00 a.m.

Send questions to Peter Angelini at [handmsdad@aol.com](mailto:handmsdad@aol.com) or Dan Aubert at [danaubert79@yahoo.com](mailto:danaubert79@yahoo.com).

Dan can be called at 939-4572.

## Useful Links:

**Utica Roadrunners FB Page:** <https://www.facebook.com/pages/Utica-Roadrunners/190521540992510?fref=ts>

**People Who Run For Fun FB Page:** <https://www.facebook.com/groups/89667583324/?fref=ts>

**Utica Roadrunners Wednesday Night Development Runs:** <https://www.facebook.com/groups/102503856458013/?fref=ts>

**Club Handbook:** <https://www.uticaroadrunners.org/documents/UticaRoadrunners2013ClubHandbook.pdf>



## Promoting Competitive Fitness and Recreational Running

Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



FULL PAGE  
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HALF PAGE-H  
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HALF PAGE - V  
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QUARTER PAGE  
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BUSINESS CARD  
3.5" X 2.5"

### PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

ADVERTISING SPACE & FREQUENCY	SINGLE ISSUE	ADDITIONAL ISSUES	12 ISSUES
FULL PAGE RACE APPLICATION	\$25	\$25	\$300
FULL PAGE (OTHER THAN RACE APPLICATION)	\$75	\$50	\$625
HALF PAGE	\$50	\$25	\$325
QUARTER PAGE	\$25	\$15	\$190
QUARTER PAGE (MEMBER)	\$20	\$10	\$130
BUSINESS CARD (NON-MEMBER)	\$10	\$5	\$65
BUSINESS CARD (MEMBER)	\$5	\$5	\$60

#### Mechanical Requirements:

Only digital files formatted as a pdf, jpeg, or tiff file will be accepted. E-mail any technical concerns or questions about setting up your artwork to [cognettodesign@gmail.com](mailto:cognettodesign@gmail.com).

#### Advertising Deadlines & Terms:

Space reservations and payment are due by the 1st of the month prior to publication (ie; April 1 for May issue). Artwork is due by the 10th of the month (ie; April 10 for May issue). Cancellations may be made by mail or e-mail if received prior to the closing date of the issue in which the ad is scheduled to run. No refund payment will be made after the deadline dates. The Utica Roadrunners reserves the right to determine the appropriateness of any ad.

If you would like to advertise in SplitTimes, please contact:

Sybil Johnson email: [densyb@roadrunner.com](mailto:densyb@roadrunner.com) or call (315) 733-6216.