

May 2018

splitimes

The Official Newsletter of the Utica Roadrunners

OUR FIRST RACE IS IN THE BOOKS!

SOS photos... page 10



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May
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](#)



CONGRATULATIONS!

Congratulations to Melanie Crisino for placing 3rd in her age group at Fort to Fort – her first race since her hip replacement surgery!





President's Message

by Wayne Murphy

Spring is here (we hope). The running season is here and we are all looking forward to both the races and the warmer weather. The developmental runs begin the week of May 2nd and continue until the Falling Leaves in September. We had a successful first race. The Ted Petrillo Save our Switchbacks was held on April 22, 2018. A big thank you to all of our runners and to the volunteers. Preliminary financial information show that it was a successful fundraiser for the maintenance of the switchbacks. Our next race will be the Summer Sizzle in June. Hope to see everyone there.

We continue to work on additional sponsors for all of our running activities. Please be sure to visit and support our sponsors in the community. We could not be successful without their help.

As always let me know if you have any ideas or suggestions.

Happy Hour



Join us!

Club Happy Hour

Friday, May 4, 2018

6:00pm

Griffin's Pub (Downtown Utica)

226 Genesee Street

Volunteers Needed

2018 BOILERMAKER TRAINING PROGRAM

**Need volunteers points for your red jacket?
Are you just a nice human being and want to help?**

The Boilermaker Training program needs help with water stops and safety each Saturday morning during the 7:30am runs. The longer the runs get, the more help we need!

Email Melanie Crisino at mcrisino@yahoo.com

2018 Student Scholarships Deadline to Nominate: May 11

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

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

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

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



Letter from the Editor

I will stalk you on Facebook :)

I'm loving the two pages in this issue full of member accomplishments. Just looking at them motivates me to go out and do something fantastic. It also shows how talented, hard working and close our running community is.

If you're out running cool races, please send me a photo and some details so we can share them in future issues of SpliTimes. Email me at michelle@484design.com or text me photos at 315-534-0067. And yes, I am stalking you on Facebook to watch your accomplishments throughout the month. (Stalking is a strong word... let's go with "following your awesomeness"!)

Look forward to seeing what you have coming up!

Thanks and go big, train safe, HAVE FUN!

Upcoming Roadrunners Race



Sunday, June 17, 2018
Registration is
now open!

SIGN UP NOW

Development Runs

Starting Wednesday, May 2nd



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

2018 Development Run Details:

The fee to run the development run is \$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:

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

Development Runs begin on Wednesday May 2nd.

Registration opens at 5:30.

Be there early! Runs are at:

Kids Run: 6:15pm

6:30 – 10 K / 5K / 2 Mile

Volunteers Needed

A message from Mike Kessler

As we get closer to the development runs, we need help with our planning. As all should know our club's events are only possible if we get volunteers. The development runs are a twenty week program. Goes from May through September. We have always relied on the same few to staff these. As people's lives and priorities change we lose some volunteers. I think when people see this as a five month commitment we scare them off. I propose we seek volunteers who can offer one week a month or whatever they can/want to do. If we can make a calendar and fill dates with volunteers, that will be awesome. We need at least two people each week for the computers, (pushing a button as runners cross finish), two in the chutes pulling tags, two at the water station. With six people at the finish we can set up, tear down quickly, and cover everything. Please help me spread this message and fill our calendar.

If interested, email mkessler1012@roadrunner.com

Member Accomplishments



Utica Roadrunners at the **FORT TO FORT RACE**



Michael Polidori, Bill Callahan and Sharon and Dan Stedman at the **BOSTON MARATHON**



SENECA SEVEN TEAMS
Left: Gio Varlaro, Jennifer Bachelder, Sara Hanna, Ann Marie Latshaw, Scott Neary, Jennifer Szatko & Dani Bliss



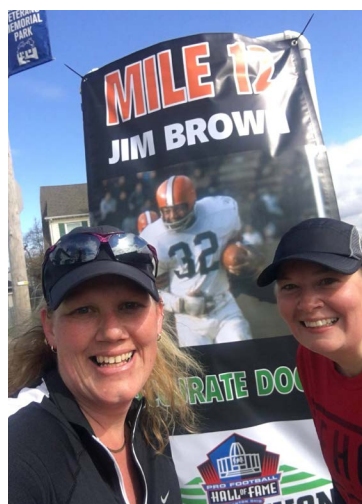
Right: Amy & Eli Creedon and family

Member Accomplishments

Have you run an awesome race? Please send photos and details to michelle@484design.com for them to be included in SpliTimes!



Jim Moragne and his **SENECA SEVEN** crew!



Melanie Crisino and Jessica Van Valkenburgh trekked to Cleveland, Ohio for the **HALL OF FAME HALF MARATHON**



Karen Picola ran an amazing race in the **EARTH DAY HALF MARATHON**



3 crazy days and 6 awesome medals for Sharon Scala

DISNEY STAR WARS RACES

A virtual half before arriving, a 5k on Friday, 10k on Saturday and half on Sunday.

If you did the virtual half and the half at Disney you got the Kessel. If you do the 10k and half at Disney you got the challenge.



Gary Burak ran the **CREDIT UNION CHERRY BLOSSOM TEN MILE RUN IN D.C.** in 01:20:44 with a pace of 08:04 min/mi., and toured the White House!





June 4, 2017
10:00 a.m.

Marcy Town Park, Toby Rd., Marcy

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KIDS'



RUN!



Electrolytes: What Runners Crave!

Melissa Barlett, PhD.



Gatorade is a sports staple.

Every race I've ever run has either Gatorade or Powerade or some other -ade, and every runner has probably been told: "make sure you get enough electrolytes!" But ... what are these magical, necessary electrolytes and why do you need

them so much? Do they really help with running issues? Should I grab that Gatorade? I'm here today to answer those questions.

First of all, what are electrolytes exactly? Most electrolytes are what chemists would call "salts." Think about table salt. The chemical formula for table salt is NaCl, Na for sodium, Cl for chloride. These pieces stick together when dry to make a crystal that adds flavor to your food. When salt is placed in water, the pieces come apart and dissolve into the water. Any small crystals that can dissolve in water are known as "salts." Some of the other "salts" you might find in your beverages include calcium, potassium, and magnesium.

So, why do we care about these salts? They actually serve important purposes in the human body. Your nerves, for instance, use

sodium and potassium to create the electrical signals needed to send messages throughout the body, and specifically to the muscles. Your muscles require calcium as part of the process that signals them to contract and move. Magnesium is involved in the production of energy and helps ATP, the body's energy unit, to be created. Muscles need ATP to move. Finally, the more you use these salts in the body, the faster they are removed from your bloodstream which can throw off the balance of your body fluids. Your blood vessels will try and shrink without these salts, making it harder for the necessary items to travel to the muscles. This can also cause cells to swell up and even pop!

Do you have to get these electrolytes from sports drinks? Not necessarily. Most foods contain plenty of salts, especially if you eat a balanced diet. The problem with running is that many of us prefer not to eat too close to a run, but we do drink a lot of water. This throws off the balance by adding liquid but no salts. Therefore, there is a need to balance these electrolytes without filling up your stomach. I personally don't like sports drinks, so I tend to eat quick carbs before a run that contain electrolytes, like salty crackers or cereals enhanced with nutrients (Honey Nut Cheerios are my favorite). Right after running, I love to eat my bananas which are full of potassium and magnesium.

continued →

So, the big question, does replenishing your electrolytes improve performance? Yes! A small study showed significantly quicker sprint times for middle school girls when drinking gatorade versus water that was enhanced with color and flavor so they couldn't tell the difference (Desai and Desai, 2018). Another study showed improved endurance capacity of women ingesting a carbohydrate-electrolyte drink versus a placebo during running (Sun et al., 2018).

Another thing that the sports drinks are used for is maintaining hydration, another area in which they have some good evidence for working well. Gatorade was able to hydrate athletes better than both mineral water and apple juice, although the apple juice was able to maintain levels of potassium (Shirreffs et al., 2007).

Hopefully now you better understand what is meant by electrolytes, why they are important, and when you might want to grab that Gatorade!



References:

Desai RM, Desai MY. Effects of electrolytes on endurance of middle-school girls: a prospective study. *J Public Health Emerg*, 2018, 2:12.

Shirreffs SM, Aragon-Vargas LF, Keil M, Love TD, Phillips S. Rehydration after exercise in the heat: a comparison of 4 commonly used drinks. *Int. J. Sport Nutr. Exerc. Metab*, 2007, 17:244-258.

Sun F, Wong SH, Chen S, and Poon T. Carbohydrate electrolyte solutions enhance endurance capacity in active females. *Nutrients*, 2015, 7:3739-3750.

All the Gear You Need at One Location!



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



Mott Marathon

**Save the Date
June 7, 2018**

Central Valley Academy will be hosting the 12th Annual Mott Marathon Challenge on Thursday, June 7 at 3 pm at the Herkimer Elementary School Track on Gros Boulevard in Herkimer, New York. The event is a tradition for high school seniors at CVA to attempt a marathon by completing 105 laps around the track. Each year money is raised for a worthy cause. This year students are raising money for CVA senior Marcus Sardina who is battling cancer.

Last year, 48 seniors completed the distance. The event is open to all Mohawk, Ilion and CVA alumni as well. It is also open to all CVA faculty and staff. The event is sponsored by the Utica Roadrunners as they supply the clock and other equipment for the event. All Roadrunner members are invited to participate as well. Runners may run the entire distance or form a relay team of two-six runners. Each runner will receive a commemorative medal.

Shirts will cost \$12 and participants are encouraged to raise money for the Sardina family as there is no registration fee.

Entry deadline is April 20

and there is no race day registration. Contact Jim Mott at jmott@cvalleycsd.org for more information and necessary paperwork.

CONGRATS RUNNERS!



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PRESERVING UTICA'S OLMSTED PARKS

WWW.UTICAOLMSTEDPARKS.ORG

Renew Your Membership!

**Don't miss an issue
of SpliTimes!
Renew your Roadrunners
newsletter today!**

If you have not paid your 2018 dues,
you will not be eligible for the
Grand Prix or Corporate Cup Team.

RENEW NOW

CNY Running Clubs Cup 2018 Report

First Race Down!

Sunday, April 8th, kicked off the start of the CNY Running Cup challenge between the area's local running clubs! The Fort2Fork 10K was the first race of this Running Cup series and it was hosted by the Roman Runners in Rome. The route began at RFA high school, looped through Fort Stanwix, and finished back at the school! There were many Utica Roadrunner members that ran both the 10K and the 5K, and many members of the club had an awesome race! Congratulations to all runners! The race results for the Roadrunners were age-graded by age and gender, and the top five scoring team members earned points for our team! The competition was close between the other clubs, but the Utica Roadrunners came out on top! Here are the club standings after this first race:

Club	Age Graded Total	Cup Points
Utica Roadrunners	373.35	5
Kuyahooraa Kickers	362.08	4
Roman Runners	360.60	3
MV Hill Striders	297.30	2
Toe Path Trekkers	110.42	1



The top five age-graded results for the Utica Roadrunners are:

Name	Age	Time	Grade
William Callahan	41	35:52	77.88
Dan Stedman	60	42:34	77.06
Laurie Hennessy	29	40:27	74.99
Tim Kane	58	43:39	73.77
Dale Hart	56	45:25	69.65

The next Cup Race is coming up Saturday, May 12th! The Towpath Trail Run 10K in St.Johnsville is a flat, fast race. It begins at 5:30pm and the link to the registration page is: <https://runsignup.com/Race/NY/SaintJohnsville/TowpathTrailRun>

CNY Runnings Clubs Cup 2018

**Kuyahoora
ickers**

Melbank Valley Hill Striders

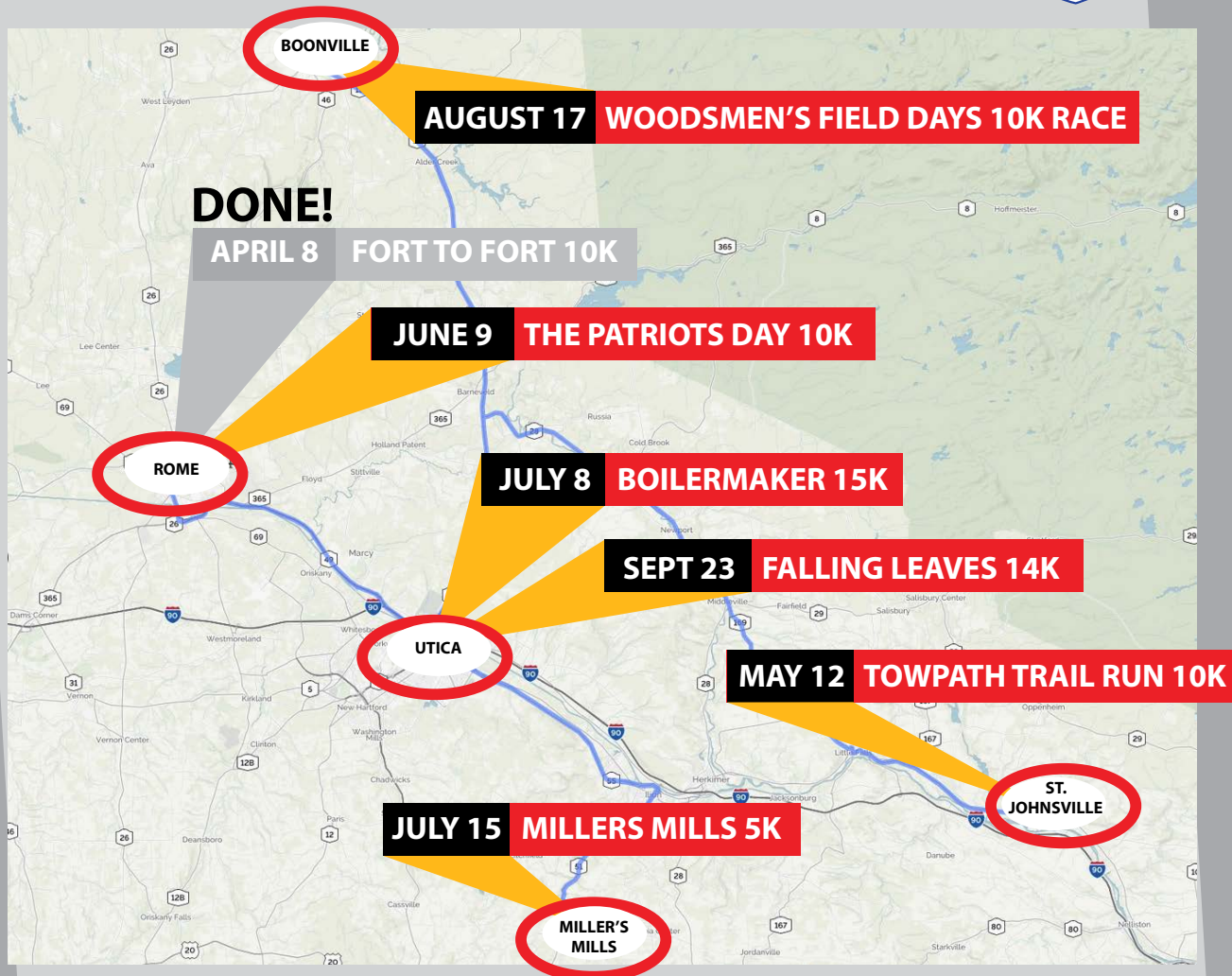


North Country
"Toe" Path Trekkers
Walk-Run Club



2018 Races - Mark Your Calendars!

If you are interested in participating on the Utica Roadrunner's Cup Team, please send an email to laurie.hennessy@aol.com.



Volunteer Points

How to accumulate points throughout the year:

1. Board of Directors and Similar

Serving on the Board of Directors as an officer: **30** points

Serving on the Board of Directors non-officer: **20** points

Membership Chair: **20** points

Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar.

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **10** points

Racing team captain: **10** points

Racing team member: **1** point per race start with team scoring

Writing a regular column for SpliTimes: **10** points

Proof Reading monthly SpliTimes for a year: **10** points

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

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

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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)

June 2018

July 2018

August 2018

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

Yes No

Total included: \$ _____