

splitimes

The Official Newsletter of the Utica Roadrunners

June 2018



In this issue:

Happy Hour Run on June 8
Erie Canal Half Photos
Member Accomplishments
Marcy 5K
Running with a Biologist

page 4
page 7
page 8
page 9
page 13

Plus!

The Update!
Page 18



Our Next Race: Summer Sizzle 5-Miler



page 5

Member Spotlight: Sharon and Dan Stedman



page 10

Member Article: Harry Campbell's First Marathon



page 15

June
2018
Utica Roadrunners
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Useful Links:

[Utica Roadrunners Facebook Page](#)

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

[Utica Roadrunners Wednesday Night Development Runs](#)

[Club Handbook](#)



DEVELOPMENT RUNS!

Join us every Wednesday night at the
Parkway and choose from a 2 mile,
5K or 10K course.





President's Message

by Wayne Murphy

Hope you have all been able to get out and enjoy the outdoors now that winter has finally ended. Thank you to all who participated and helped with the Ted Petrillo Save Our Switchbacks Race. I appreciate all of your support and your support for the club.

May was a month of inspiration for me. I was able to run with Kathrine Switzer in the Right to Run in Seneca Falls. The week after that I was in the Mohonk Preserve attempting to run my first Ultra called Rock the Ridge. It would be a 50 mile run through the beautiful preserve in the Catskills. Unfortunately, the rain and cold made for some bad conditions and the race director and the rangers decided to pose a cutoff time which did not allow me to proceed past mile 24.6. The perseverance of those I met and saw running that day will be with me forever. Seldom did I see someone who did not smile and say hello even though we were all soaked and cold from the constant rain.



Right to Run

In May we also formed our first racing team in a number of years. Many thanks to Gary Burak - our Racing team coordinator! We are finalizing plans for a bus trip in December. Join us for a ride to Seneca Falls for the Wonderful Run. More details will be available soon.

June will be a great running month as well. Please come out and support the 5 mile Summer Sizzle Race which will be held on the beautiful SUNY Poly campus on June 17. No better way to celebrate Father's Day. Our Race Director Jim Mott has done a fantastic job and I know it will be a great race. We will have a happy hour run at Stephanie's on June 8th. So please join us for a run, food and beverage!

Last I want to welcome two new board members, Rocco Fernald and Bill Callahan. Both are excellent additions to the board and I look forward to working with them.

I will see you out there. Have great running days and be safe. – Wayne



Rock the Ridge – Start line 5:30 AM

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

A Different Kind of Happy Hour

Instead of a normal Happy Hour this month we thought we would try something different...a Happy Hour RUN for Utica Roadrunner Members! Steph has mapped out a 5k and a 10k course. It will start and end at her house in North Utica.

The club will provide hamburgers and hot dogs. Please bring a dish to pass and your drink of choice.

[RSVP HERE](#)

Join us!

Happy Hour RUN

Friday, June 8, 2018

6:30pm

101 Riverside Drive

Letter from the Editor



Back to Basics

I was lazy all winter. I needed a break. Work was nuts. Keeping up with my son's sports and other happenings was ridiculous. Sound like a familiar story? What I have learned is that running has its ebbs and flows and I need to be ok with that. I think I was going hard core for so many years that when I backed off a bit, the mental issues kicked in. On a recent Sunday run on our 6-mile "Clinton Classic" route I snapped out of my funk. I was on this great route that we coined, I was catching up with friends that I missed and there was hot Utica Coffee at the end. Just how I love it. I've got some work to do to get up to the level and speed I was at last year, but getting "back to basics" turned out to be just what I needed.

I hope everyone's training is going great – I'll see you out there!

Upcoming Roadrunners Race



Sunday, June 17, 2018
Registration is
now open!

SIGN UP NOW

Development Runs

Have you run the hills yet?



**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

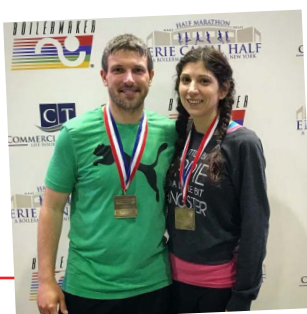
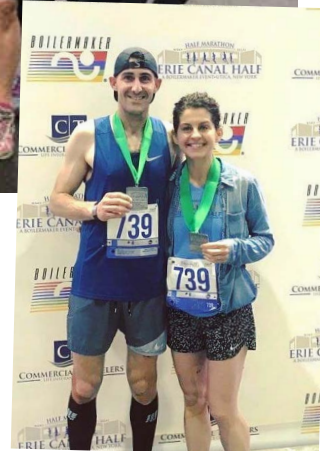
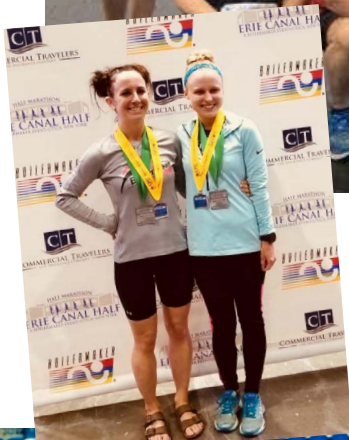
As we get closer to the development runs, we need help with our planning. As all should know our club's events are only possible if we get volunteers. The development runs are a twenty week program. Goes from May through September. We have always relied on the same few to staff these. As people's lives 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

Roadrunners at the Erie Canal Half



**Despite the rain, Roadrunners rolled deep and finish strong!
Congratulations to everyone who finished
and to those who placed!**



Member Accomplishments

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



**Rochelle Ferro and Bill Callahan –
1st female and male at the
21st ANNUAL TED MOORE WALK/RUN**



**Karen Piccola ran the
GREATER BINGHAMTON BRIDGE RUN
and finished with her niece Sophie**



**Roadrunners ready to start with Kathrine Switzer at the
RIGHT TO RUN 19K**



**Roadrunners beat the Goat!
10 MILE MOUNTAIN GOAT**

**Roadrunners
at the
TOWPATH 10K**



**THIS
WEEKEND!**



June 3, 2018
10:00 a.m.

Marcy Town Park, Toby Rd., Marcy

Benefits:
Compassionate
Friends
of the
Mohawk Valley



Benefits:
4 Petsake
Food
Pantry



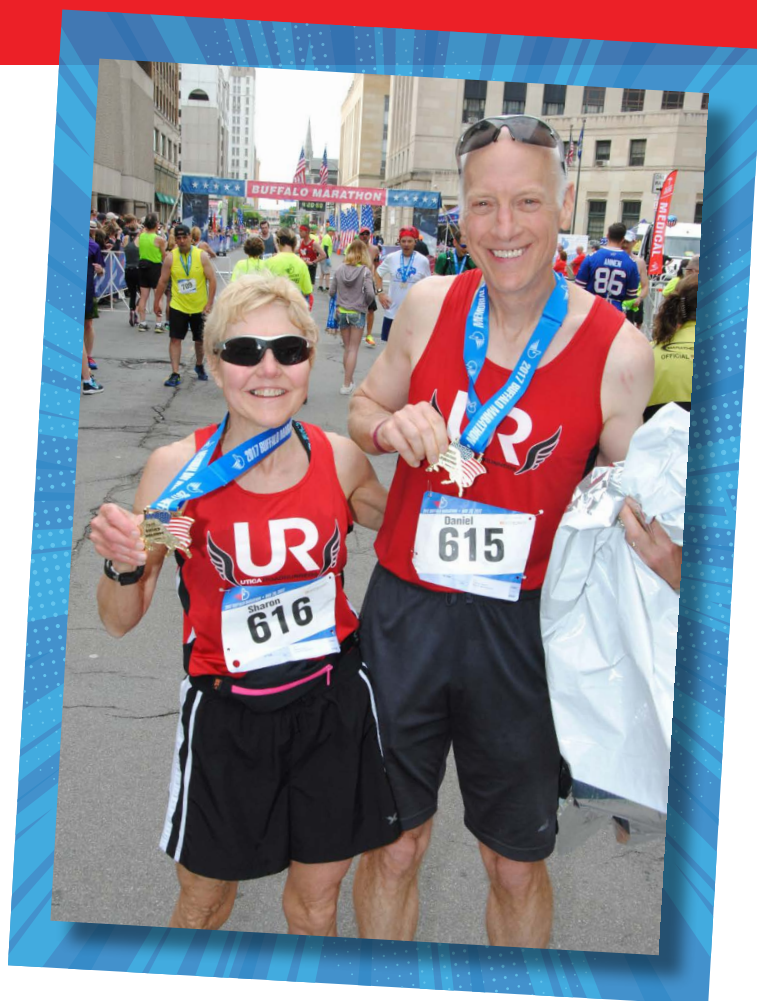
www.Marcy5k.com



Member Spotlight

Dan and Sharon Stedman's running story is inspiring to so many – other couples, those who started running seriously a bit later in life and those who don't let injury and illness keep them down for long.

Meet the Stedmans



37 years of marriage. Four kids. Endless miles and mountains of adventures. And it all started when they worked together at McDonald's in Washington Mills. He lived about a mile in one direction in Chadwicks and she was a mile in the other direction in South Utica. Now, they live in New Hartford about a mile from that *same* McDonald's. It really was meant to be.

Sharon is a retired nurse. She worked at Faxton's OR for many years and now enjoys babysitting her great niece for a few days a week. Dan started his career in insurance at Utica National and is now a Commercial Underwriter at Preferred Mutual in New Berlin. He served on the Sauquoit school board for seven years as well.

HOW IT ALL BEGAN

Their running careers both started many years ago. Dan ran his first Boilermaker in 1981 when he was 23 years old and has only missed two since. (He got his PR of 65.40 last year!) The 15K was typically the "big race" of the year for him and then he'd bring his mileage down afterward. Sharon got into running after spending a year on the Nordic Trac (remember those?!) after having her fourth baby and working to lose weight. Dan suggested running to her and she jumped on it – doing miles up and down the driveway while her youngest was in the playpen! Her first race was the 5-mile Briggs Run in Sauquoit where

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she ran a blazing 7:29 pace. She then tackled her first 15K Boilermaker, clocking in at a solid 86 minutes. For both of them, four mile runs defined their running life for many years. Supporting four kids in a multitude of sports, spending hours at practices, on the road and sitting on bleachers, left little time to log much more. When the kids got a bit older, they brought them down to the Development Runs, where the little ones would do the Kids Race and then a family friend would watch them for an hour while Dan and Sharon ran the 10K course. Their kids are now scattered with one living locally in Chadwicks and the others in Pittsburgh, Rochester and Philadelphia which gives them plenty of chances to run races in different cities while visiting!



A HEALTH SCORE

At about age 50, Sharon upped her miles to six miles and ran 6-7 times per week. A couple overuse injuries crept in on her, including needing vein stripping in her legs in 2010 and a back surgery to repair a herniated disc the following year. Then in 2012, life threw her for a loop. She was experiencing extreme fatigue and swelling in her legs. After massive amounts of tests, blood work, CAT scans, kidney ultrasounds and biopsies, she was diagnosed with Amyloidosis - a rare disease that occurs when a substance called amyloid builds up in your organs. It is a very serious bone marrow disease that proves fatal for many. It was miraculously caught very early in Sharon and the family got right to work seeking out the very best treatment, which turned out to be at the Boston Medical Center. She would travel to Boston two times a week for chemo, to take part in a drug trial and to be seen by a world renowned doctor who was an expert in the disease. Eventually, she stayed out there for six weeks for a stem cell transplant and was told that she would be "very tired for a whole year" during recovery and that "someday maybe you'll run three miles". Six months after the transplant, Sharon ran SIX miles. Not only that, in 2013 she ran Erie Canal, the Boilermaker AND Falling Leaves. After a year, she was in complete remission and remains so today.



AND THEN THEY WERE MARATHONERS

It was during a yearly check up in Boston where a doctor suggested that she run the Boston Marathon. She laughed it off saying that that ship had long sailed, but Dan talked to her the whole ride home about it. Running a marathon had always been on his bucket list, but Sharon still wasn't convinced. He signed up for the Mohawk to Hudson Marathon in 2016. Sharon didn't. She trained with him though, along with good friends Sue and Bill Luley. Once the mileage started getting up in the double digits, Dan worked into conversation that the marathon *hadn't filled up yet* and if she was already so close in training, why not? So she ended up signing up and went into the race with a goal of just finishing.

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Mid point during the race though, she realized that at 1:59, this might be her one chance to qualify for Boston. Qualifying time for her age group was 4:25. She powered through a strong second half and finished Mid-Hudson in 4:14 and second in her age group. Dan needed to beat 3:50 to qualify and he did so easily with a 3:35. They both went on to run three marathons in 2017 – Buffalo (where Sharon won her age group at 4:18 and Dan ran a second Boston qualifying time at 3:25), Marine Corps and Philadelphia where Dan took home a second place age group finish at 3:21.

THEN CAME BOSTON

Then it was time for the Boston Marathon. They both agree the day was terrible. Two inches of rain fell during the race and it was 40 degrees with 30 mph winds. Their feet were drenched and it was like pounding out 26.2 miles wearing ankle weights. Sharon ran with a new friend for about 13 miles to help the miles go by. She doesn't remember any scenery because the rain was so heavy it was hard to look up. Dan just kept driving mantras into his head to keep him mentally strong: "I'm not quitting," "keep going" with the occasional "I hate it out here!!" Their daughter greeted them at mile 19 and again at the finish and both of them were so happy to cross that finish line. With 5,000 people who didn't run or dropped out, the Stedmans persevered and finished strong.



WHAT'S NEXT?

Dan recently lost about 40 pounds which has made him even faster. They attribute it to eating better and finding themselves buying close to 40-50 pounds of vegetables and fruits at the grocery store each week. They log about 35-40 miles per week training now. They both got their red jackets last year with Dan logging 2,000 miles and Sharon putting in 1,800. They are taking part in the Grand Prix this year and they have their favorite local races lined up – Boilermaker and Falling Leaves and then a half marathon in Philadelphia. A big race for them this year will be the Lehigh Valley Marathon in September where Sharon will be looking to qualify for Boston again and Dan, having already qualified, will run side-by-side with their daughter Elizabeth who will be running her first marathon.

Beyond that, Dan may think about an Ironman in the future and Sharon is ready to just "go with the flow." Although they run their own times during races and don't stick together, their training runs are where they can connect and talk about "kids, food and running - that's our life!" We're looking forward to seeing what's ahead for both of them! We wish the Stedmans many, many healthy, fast miles in the future and thank them for being an inspiration to the running community. ■

What to Eat Before a Race

Melissa Barlett, PhD.



As race season begins, so does another staple of endurance running: pasta dinners! I'm here this month to examine this running tradition and let you know what research says about pre-race nutrition in general.

First of all, let's examine the theory behind the pasta dinner. For an endurance run, the body is using a variety of energy sources. Your muscles will always begin by using an abundance of pre-stored sources of energy, mainly in the form of glycogen. Glycogen is found in the muscles, and is great because it can rapidly be turned into energy that the muscles can use immediately. Glycogen is also found in the liver, and can be released to feed the muscles, which requires it to travel in the bloodstream to get there. A high carbohydrate meal, like pasta, will provide enough broken down sugars to fill the glycogen stores in the muscle and liver once the meal has been digested and absorbed which takes time.

The body can also use carbohydrates in the bloodstream from eating much closer to the race event. These are used in different

ways. Simple sugars, like glucose, can be immediately used for energy, absorbed into the bloodstream from the intestines. More complex carbohydrates need to be broken down before they can be turned into energy. In these cases, the food needs to be ingested anywhere from 30 minutes to 3 hours before use.

So, now, what does the research say? The good news: carb loading is a good idea! Specifically, 24-36 hours prior to exercise, ingestion of carbohydrates is related to increased performance in marathon runners (Wilson et al., 2013). Being able to maintain a consistently faster running speed was seen in marathoners who ate more than 7g carbs/kg body weight in the day before the race (Atkinson et al., 2011). That's 476g of carbs if you weigh 150lbs. It's actually going to take more than a pasta dinner to get you to that level. Your pasta dinner probably only has about 100g of carbs. In fact, if you ate a whole 14" pizza you are only looking at 300g of carbs, and I don't know about you, but I'm not sure I'd want to eat a whole pizza the night before running. What I'm saying here is that you should consider increasing your carbs all day the day before a run, and possibly up to two days before, although any more than that shows little improvement (Burke, 2007). Pancake breakfasts instead of pasta dinners anyone?

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The research has a few caveats. Most of the experimentation was done on men. Women do have some differential reactions to carb loading, but the research is still minimal. Some of what I found suggests that to see a benefit, women have to increase their carb intake and total energy intake even higher than men (Tarnopolsky et al. 2001). Also, women have improved glycogen storage and performance during the luteal phase of the menstrual cycle, which is between ovulation and menstruation (Nicklas et al., 1989). Essentially, plan races for the week before your period for best performance. Fortunately, this is also when women are the hungriest.

Second, this article only includes research on early carb-loading. There are benefits to ingesting carbs just a few hours before competing, but that research will have to wait for another article.

Now you have some good evidence to maintain the tradition of the pasta dinner, and a great excuse to eat carbs for two full days before a race. I'll be buying a box of Honey Nut Cheerios before the Boilermaker. How about you?

Atkinson G, Taylor CE, Morgan N, Ormond LR, Wallis GA. Pre-race dietary carbohydrate intake can independently influence sub-elite marathon running performance. *Int J Sports Med.* 2011 32(8):611-7

Burke, LM. Nutrition strategies for the marathon. *Sports Med* 2007 37: 344-7

Nicklas BJ, Hackney AC, Sharp RL. The menstrual cycle and exercise: performance, muscle glycogen, and substrate responses. *Int J Sports Med.* 1989 10(4):264-9

Tarnopolsky MA, Zawada C, Richmond LB, Carter S, Shearer J, Graham T, Phillips SM. Gender differences in carbohydrate loading are related to energy intake. *J Appl Physiol* 2001 91(1):225-230

Wilson PB, Ingraham SJ, Lundstrom C, Rhodes G. Dietary tendencies as predictors of marathon time in novice marathoners. *Int J Sport Nutr Exerc Metab* 2013 23(2):170-7

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!



Member Article

My First Marathon

by Harry Campbell

I had joined the Utica Roadrunner's Training Program to run the Boilermaker 15K. Having accomplished that, I started to consider attempting a half marathon. I ended up signing up for several including the Las Vegas Rock & Roll Half. They were challenging and I felt this was good as an upper limit distance for me. Then something got me to thinking about trying at least one marathon so that I could say that I ran one. After all, you only have to run one to say that you're a marathoner.

So now I had to decide on which marathon to run. I was contemplating the Wineglass Marathon when an amazing runner and great friend, Dorothy Perkowski Massinger, suggested I put in for the Marine Corps Marathon lottery. She had run it and talked about what a great race it is. I was nervous about running it, especially after looking into it. I decided to put my name in sort of hoping that I'd get the email telling me that "We're sorry but you didn't get selected." Finally the selection day arrived and I got the email: "Congratulations! You're In!" I was a bit nervous but also very excited. I had picked the training plan that I was going to use and figured out when to start it.



Then on Easter, while leaving a house, I missed the bottom step, came down hard on my left foot, my knee gave out and I ended up falling on my side. I got home and iced my knee to try and get the swelling down. I waited about 10 days to let my knee heal and then tried to go for a run. I limped along for about two blocks and gave up. I made an appointment to see my doctor and was referred to physical therapy. After several weeks I tried to run. I was nervous about running a marathon and didn't want to have to risk putting off my training program. I was slowly able to increase my miles and I started my training program.

The beginning of the training program wasn't too bad. You're doing mileage comparable to the later stages of a half marathon training plan. That quickly changes and you start running distances beyond what you thought you could. About nine miles into a 16 mile run I was getting mental fatigue. You have to put in quite a bit of mileage to prepare for marathon distance. Now it's starting to wear me down mentally. I'm a slow runner which isn't a bad thing, but it means that I have more time to dwell on my marathon training. A 16 mile run will put me on the road for about four hours. So with 9 miles, or a little over two hours into my run I start to think about how much further I need to go to just get to the 16 miles for the day. I start to think about the fact that for

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My First Marathon

the marathon I'll still need another 10.2 miles over what I'm doing today. I still have 7 more weeks of an 18 week training program. The Marine Corps Marathon has two strict cut-offs, the Gauntlet at mile 18 and Beat the Bridge at mile 20. You need to maintain a 15 minute per mile pace up to these points. Part of marathon training is the physical portion, putting in the roadwork, feet on the pavement. Marathoners will also tell you that another important part is mental. You start to have doubts, to second guess yourself. I probably shouldn't have attempted this. Maybe this isn't the right time for me. I think it's a pretty good idea to hold off on doing the marathon and wait until I'm better prepared to do it. I'll finish this run and look into deferring to the following year. My wife and I will go to D.C. for a week, relax, and sight-see. So many reasons not to do it.

Once my run is done I post on Facebook about my run and that I'm having serious doubts about running the marathon. I had so many positive responses from fellow runners and friends telling me not to give up, there are good and bad runs. I can't let the bad runs get to me. Some friends joined me for some of the longer runs. I found out what kind of fuel they would have on the course and trained with that. For my long runs I made several shorter loops that would take me by my house so that I could have gels, Gatorade, and water outside. The weeks started working down until I reached my taper weeks. The marathon is in sight and the nervousness sets in even more.

We drive down to Washington, D.C., to relax and do some sightseeing. The day before the marathon we go to the expo, checking out the vendors and picking up some items. The expo is amazing and I use it to help mentally prepare me for this endeavor. We finish at the expo and walk around the area for a bit, deciding to ride the Ferris Wheel since we have a discount from the marathon. We head back to the hotel, Joanne goes out to do some sightseeing and I relax trying to rest my legs for the next day. We go out to a nice Italian restaurant for dinner then head back to the hotel.



Off to bed to get some rest for the big day. I set the alarm for 5 AM and settle in about 10PM. I lay there waiting to fall asleep, staring into the darkness, excited for the next day. I check my watch, 11PM, I should be able to fall asleep soon and get almost 6 hours of sleep. 11:30PM, 12:00AM, 12:30AM come and go. I'm thinking a few hours of sleep will be fine. After all I'm not doing complex math, I just have to move my legs back and forth for 26.2 miles. 1:30AM and sleep still eludes me. I'm starting to think that maybe I shouldn't do the marathon, even if I fall asleep now I'm only going to have a few hours of sleep. I keep checking my watch, 2AM, 2:30AM. Now I'm thinking, "ok I'll run it, there's no way I'll make it the whole distance with this little sleep but I'll make a game out of it. Let's see how far I can go in a marathon with hardly any sleep." 3:30 AM rolls around and now I'm not sure I should fall asleep. What if I do and I don't hear the alarm clock. I lay there still checking my watch. Finally at 4:30AM I decide to get up. I start to get ready for my race and Joanne gets up so that she can get ready for her 10K.

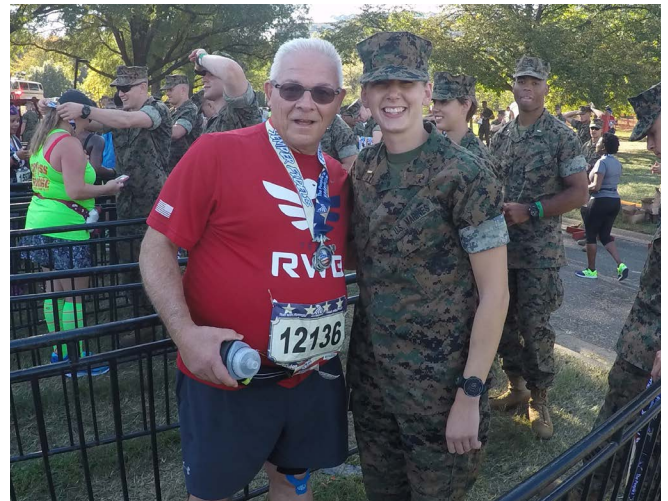
It's 6AM and I head out the door so that I can walk to the starting corrals. There's plenty of other people so I just follow the crowd. As I reach the starting corrals I can feel the excitement in the air, 18 weeks of training culminating in this one day. The pre-race festivities, the fly-over, I was taking it all in to psych myself out for the race. The cannon goes off and the crowd of runners slowly starts moving. The pace picks up as more and more runners cross the starting line.

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Finally I reach the starting line and begin my journey of 26.2 miles. I try to start off with a nice, easy pace, not wanting to get caught up in the excitement of the race and the other runners. Engulfed in the huge mass of runners we make our way along the winding course. The huge crowd of spectators lining the course is amazing as they cheer us on, pushing us to continue. As we do an out and back I watch the faster runners. They're like sleek Lamborghini's churning up the road while I'm more of an old battle tank chugging along.

Running along the Potomac I can feel the heat and humidity rising. I reach the Wear Blue Mile and as I run I look at the pictures of Active Duty Service members that have given their lives in defense of our country. As the miles pile on I can feel myself wearing down. As I make it to the National Mall, I try and take my mind off the run by looking at the museums, monuments, and the Capitol. I'm alternating between running and walking, pushing myself to try and go a little further slowly getting closer to the finish. I'm not sure what mile I'm at, it could be 18 or 19 and I hear it being shouted out. 18 seconds before the cut-off as I reach the point. I'm relieved that I made the cut-off but almost wishing that I had been a little slower so that I could be pulled from the course. Now I have to Beat the Bridge. I'm struggling as I start across the bridge. My walking stretches are getting longer, there's no shade on the bridge as I feel the sun bearing down on me. I look ahead to the far side of the bridge but it doesn't seem to be getting closer. I look to the left and there's the guardrail. The sweep vehicle can't be too far behind me, I can sit on the guardrail and rest letting it take me the rest of the way in. I look behind me and see a white car with painted shoe prints all over it. I'd seen it earlier on the out and back part of the route. I'm not sure but it might be the sweep vehicle. I try and pick up the pace to stay ahead of it. Pushing myself to make it to the other side of the bridge and safety. Finally I leave the bridge, a sigh of relief as I continue on. Where the bridge was barren of spectators, only other runners, and on the other side of the bridge vehicles heading the other way, there's now plenty of spectators to encourage us along. I'm making it into Crystal City and ahead I see a firehose hooked to a fire hydrant spouting a fountain of water into the air. As I reach it, it hits me, the icy coldness first shocking then refreshing. I slow a little not wanting to rush out of its

soothing shower. Winding through the city someone is handing out small paper packets of salt. I grab a few ripping them open and pouring them into my mouth. The salt stays there, I take a big swig from my water bottle to wash it down. I come across another fire hose running a circle inside the water shower to extend my time in it. The finish can't be too much further. As I walk, trying to throw in a short running spurt to make it look good I start talking to a lady next to me. She says that we're fine now, it's not much further and we can take our time. As we walk a bit more I tell her that I'm still a bit worried and break into a shuffling run.



I reach the base of the hill lined on either side with Marines that marks the last 0.2 miles of the marathon. Seeing the Marines, I feel a sense of pride and drawing whatever remnants of energy I have left I make a dash to the top of the hill giving a loud "Oorah!" as I pass the Marines. As I reach the top I follow the turn and take the final steps to the finish line. Crossing the finish line I walk to the exit corral to get my Marine Corps Marathon finishers medal, the Eagle, Globe, and Anchor placed around my neck by a Marine and have a picture taken with her. I walk to a clear area of fencing to lie down and put my legs up. After a few minutes I get up and start walking to find my wife. As I walk I see Mike Kessler so I stop and talk to him for a few minutes before continuing on. I meet my wife and start walking back to the hotel. On the way we stop to get something to eat. We go to the hotel to relax, as I look at my medal contemplating my accomplishment, *"I'm a marathoner!"*

My finish time was 6:43:08.

CNY Running Clubs Cup 2018 Report

Second Race Down!

The 2018 TowPath 10k Trail Run was Saturday, May 12, and the Utica Roadrunners had a great showing at this race! Many of the participants who raced were able to run some great times due to the fast, flat course and good running weather! The individuals listed below were the top 5 runners from the Utica Roadrunners:

William Callahan	76.74
Dale Hart	67.33
Andrea Murray	63.20
Jennifer Szatko	61.04
Wayne Murphy	51:56

These runner's overall time were age-graded and their calculated score was counted towards the club's overall score for the CNY Running Cup! For this 10k, UR's total Cup Points accumulated to 319.87, which put us in second place. The Kuyahora Kickers seemed to have the home field advantage and edged out the Utica Roadrunners with a score of 367.88 to take first place.

The third race of the CNY Running Cup is right around the corner!

The Patriots Run 10k in Rome, NY is another great course to try to PR!

The race will be held Saturday, June 9th and the link to the registration page is:

<https://runsignup.com/Race/Events/NY/Rome/Patriot5K10KRunWalk#event-229183>

We hope to see many of you Utica Roadrunner members there!!!



CNY Runnings Clubs Cup 2018

**Kuyahoora
ickers**

Albany Valley Hill Striders

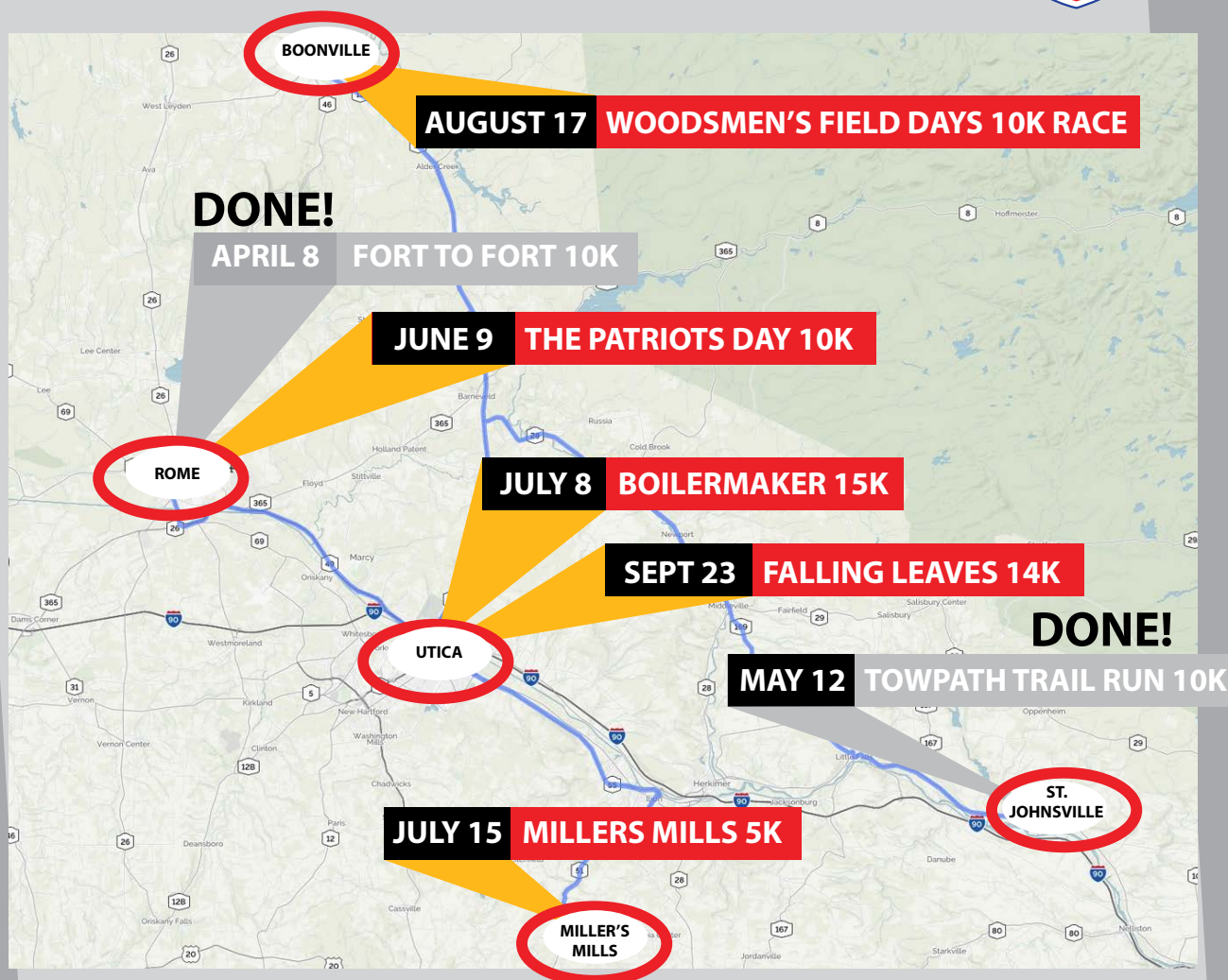


North Country
"Toe" Path Trekkers
Walk-Run Club



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.

splitimes



Advertise your race with us!

Our monthly newsletter is emailed to over 400 runners in the Mohawk Valley who love to take part in races throughout New York and beyond!

For just **\$25 per issue**, you get a full page ad (8.5" x 11"). **For \$40**, get the full page ad PLUS we'll post the flier and a link to your race registration page on our Utica Roadrunners Facebook page (1,400+ likes)

SpliTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

Please email SpliTimes editor Michelle Truett at michelle@484design.com to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

Payment: Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.



Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month(s) you would like your ad to run (\$25 per month)

☐ July 2018

☐ August 2018

☐ September 2018

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

☐ Yes ☐ No

Total included: \$ _____