

november 2015

splitimes

The Official Newsletter of the Utica Roadrunners

Results are in! What a great season...



...with still a few more races to run!

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splitimes

November
2015
Utica Roadrunners
Board of Directors



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Jim Moragne

Stephanie Stark

Jeremy West



**"LIKE" US
ON facebook!**

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

Member Spotlights Needed

Our members have GREAT stories and we'd like to share them! If you are a member and would like to do a Q&A-style interview for SpliTimes, please contact Michelle Truett at michelle@484design.com

Advertising

If you would like to advertise in SpliTimes, please contact: Sybil Johnson email: 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





President's Message

Changes. Sometimes they are easy to take, sometimes, not so much. This year's elections will bring at least 3 new members to the Board of Directors. Our Treasurer, Tom Joslin, is declining to run because with his current position at work, he is out of town more than ever. Jim Moragne, our USATF & RRCA contact and VP for Administration & Finance has moved to Rochester. Jim will continue to help with awards and mileage records. Then, Sarah Elleman, our merchandise guru, is moving to New Jersey to teach and coach at a college. Yikes, they are very important! Everything was running so smoothly. I am going to miss these three workers. Please be sure to come to the Annual Meeting and Elections at the Brewery on November 9th from 6 to 8 PM. Please think about helping us out by filling these positions. There are two other important people in the Club who are stepping down. They are not on the Board, but they are as important as Board members. Dave Jones is stepping down as Director of the Run to End Hunger on Thanksgiving Day this year. Dave has raised tens of thousands of dollars over his 31 year tenure. He is ready to retire. Jerry Tylutki is stepping down as the Director of the Save Our Switchbacks Race. He has 2 small kids, a new house and lots races to time as owner of TNT Timing. His cup is overflowing.

At the Annual Meeting, we will have Club merchandise for sale. We have long sleeve maroon shirts, grey hats, white visors, and white short and long sleeve tec shirts. We can order more if need be. We may have an option to work with a local company to order merchandise online as needed. We tried this in the past. Postage costs added too much to the final cost. We will have to see what this company has to offer.

The Race Calendar is very quiet for November. On the 14th, there is the **6th Annual Turkey Trot in Mohawk** and the **Jingle Bell Run in Syracuse**. Details are on the website. **The Run for Safety at the Masonic Care Community** will be on the Tuesday before Thanksgiving. Our **Thanksgiving Day Run/Walk to End Hunger** will be the last for Director Dave Jones and his crew. I hope all of you who are in town for the holiday participate by walking or running. We cannot predict the weather, but you can count on great door prizes, and the 50/50! The food will go to the Rescue Mission and the bucks will be split between St. John's Pantry and the Foothills Rural Food Bank. Good feelings abound on Thanksgiving at the Parkway.

I went to a Team Red, White & Blue Veterans meeting on October 21st. They confirmed their desire to help out at the Run/Walk to End Hunger. The guys may also have some vets participate but their main interest is to have help organizing an event next spring. There was talk of a biathlon – bike & run. They have made contact with the Mohawk Valley Bike Club, so we may be helping with the running half. I will keep everyone informed.

Okay, this is a short letter for this month. I still have the same thing to say.....
Be Careful out there!

A handwritten signature in black ink, appearing to read 'S. J. ...'.

Annual Meeting Notice

**Utica Roadrunners
Annual Meeting and Elections
Monday, November 9
6 p.m.
F.X. Matt Brewery**

All members and guests are welcome to attend
Beverages and snacks provided
Join us to meet the Board of directors
and to find out how our finances stand



Save the Date! **Roadrunner Banquet**

**Saturday, February 27, 2016
Harts Hill Inn**

A favorite event of the Roadrunners!
Join us for food, awards, presentation
of the 1,000 mile red jackets and a
celebration of another great
season of running!



Letter from the Editor

"&!@*%es" make you do "&!#@!"



*Switchbacks
with Amy
and Lara*

I really look forward to the change in seasons for running. It's like a whole new adventure four times a year – different elements to run on, different planning, new routes, old routes with new challenges, an excuse to buy new gear... the list goes on.

One thing stays the same throughout all the seasons, though – your good friends are there by your side and you get each other into some interesting stuff. (Anne Marie Ambrose taught us an AWESOME phrase that I can't put in print, but it boils down to "**Homegirls**" make you do "**crazy stuff**". Use your imagination.) That's become a mantra that we joke about constantly.

So what's next for this crew? We decided to tackle the Syracuse Half on April 3rd, which means training will continue through the cold winter months. In return, I'm teaching them both to snowboard. Cross training is a necessity, right?!?!

Keep on running... get your friends to do some crazy stuff.
You'll never regret it! (I think...)

Upcoming Race



5K RUN FOR VETERANS

*Wed., November 11, 2015
Proctor Park, Utica, NY
(Welsh Bush Road
park entrance)
Race starts at 9am
Registration \$20*

**Registration forms can be download at www.cnyvoc.org
All funds raised will go toward providing meals for local Veterans
and their families in need for Thanksgiving and Christmas.**

***There will be no timing or awards for this 5K.
It is a casual race to take time to reflect and remember Veterans Day.***

Pre-register by mailing/dropping off form to: CNY Veteran's Outreach Center
726 Washington Street, Utica, NY 13502 or emailing amiller@ucdevelopment.org
Checks are payable to: Utica Center for Development • Fees are non refundable

Accepting debit and credit cards on the day of the event
Race day registration will take place at Proctor Park from 8-8:45am

H.S. ATHLETE Q&A

Ryan O'Rourke

School: Adirondack

Grade: 12

When did you begin running?

As a kid, each summer I would travel around the central New York area with my mom and participate in various road races but I never truly got serious about running until my 8th grade year when I was brought up to varsity track and had to compete against the "big kids".

What inspired you to start?

I began to run track at my school just based on the fact that my brothers were both good runners on the track team a short time before me. I got deeper into running in the fall of my freshmen year when I made the decision to run cross country instead of play football. I realized that I wasn't going to be anything special and was a little small compared to most kids. Another contributing factor was that I knew if I ran in the fall I would go into the wrestling season in great shape.

What distance(s)/event(s) do you compete in?

During cross country in the fall obviously just the 3.1 miles but during track I have become fond of the medium distance races such as the 800 and 400 meter races.

What have been your biggest running accomplishments so far?

Last year during the cross country season I achieved my biggest accomplishment as a runner when my team won a sectional title and I went on to states and placed in the top 20 to receive all state honors.

Do you do any other sports aside from track? Other than cross country and track I wrestle. The past two years my team has won sectional titles. This year I won my first sectional title as an individual and then placed top 6 in the state just like my ninth and tenth grade year.

What does the future hold for you and running?

In the future, running will most likely become a hobby/ part of a training schedule as I will be attending college to wrestle (and of course do my schoolwork).

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

Like I said, last year during cross country I was All State but on top of that I have been a league all star three times and most valuable runner of my team. As a wrestler I tied the New York State record for the most wins in a season and I am currently 2nd in Adirondack history for career wins. Last



continued →



year during track I had an amazing season, on top of being a league all star and setting several personal records my friends and I broke two school records. We took down the 4x800 meter and 4x400 meter records. Breaking these has been a goal of mine for the past couple of years not only because of the satisfaction of being the best relay team to ever come through your school but my brothers were both part of the relay teams to set the record. Just a couple years previous, both of my brothers Matt and Kevin were on the 4x8 relay that broke the long lasting record time and in the 4x4 Kevin and his friends set about 4 years ago. Being able to set new times and beat my brothers opened new doors to the domination of my sibling rivalry.

What piece of gear can you not live without?

When running in a race I can't live without my ankle high white socks. Since 8th grade most every time I've been in a race I've worn some white socks.

What is your favorite food to eat after a meet?

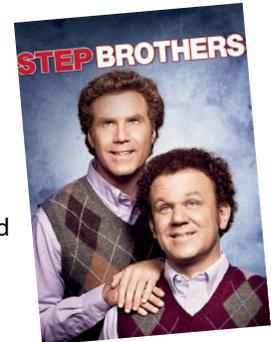
After a race I enjoy starting and finishing a box of sour cream and onion Special K cracker chips. I realize that's not the healthiest of things to have following a race but at the time I just don't care.

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

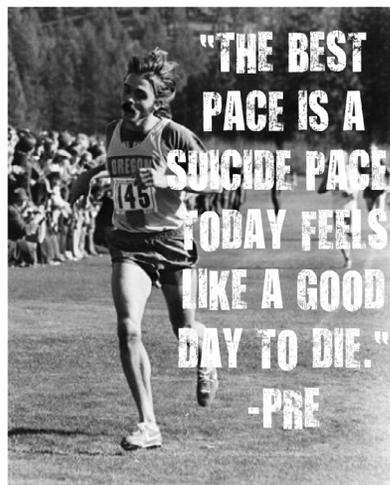
When I'm not running I usually like to hang out with friends. This summer we climbed a high peak and went on a camping trip deep into the Adirondack park wilderness. Other than that I find myself mowing lawns around town and washing dishes at a local restaurant.

What other activities are you involved with at school? In my school I am in the National Honor Society, the varsity club and the wrestling club. The National Honor Society makes up for most of my time as each marking period I am required to do 10 hours of community service.

What movie could you watch over and over again? First I would like to rephrase the question to, "what movie have you watched over and over?" And that would be Step Brothers. Will Ferrell and the genius producers of that movie have a direct line to my sense of humor.



Do you have any pets? I have one pet – he is an orange kitty named Alfred. Alfred is quite the snuggle bug and loves chilling around the house.



What is your running mantra?

A few years ago when I became serious about running I saw a man wearing a shirt with a quote from Steve Prefontaine on the back. Since then I have stuck to that and always replayed it through my head on days of big races when I don't feel like going hard and not giving my whole effort.

Prefontaine stated that " the only good race pace is suicide pace, and today looks like a good day to die."

A Member Story

**FREE
EVENT!**



**Join the
Fun!**

RUN FOR SAFETY

**Seventh Annual RCIL Wonderland of Lights Run
to Promote Runner Safety**



Tuesday, November 24, 2015

Registration is Free & Begins at 5:30pm

Run starts at 6:00pm

1/2 Mile Walk & 2 Mile Run

Begins and Ends at the Masonic Home Gym

The entire run is on the campus and we will run a day before any cars are allowed through the display. The club will receive extra media attention helping us promote runners' safety.

IMPORTANT:

Please Wear Reflective Clothing, Flashing Lights, Santa or Reindeer hats, or Carry a Flashlight!

For more details, call Mike Kessler at 724-3315

See you there!!

A Member Story



His numbers get better & better & better & better...

My name is Jim Latshaw, and I can tell you that I am a runner. My running career, you could say, started many years before it actually started. In the Air Force, you kind of have no choice but to run. The run, however, is only a mere mile and a half, which is child's play to the average distance runner. This can be a difficult distance, though, to the out of shape individual – which I once was. I trained for my first 5K with my now wife, Anne Marie, in 2007. We ran the Falling Leaves 5K, where I posted a very speedy (at the time) **34:32**. My next race after that would not be until over 2 years later. I ran my second 5K race, the Barber to Boise run in Idaho, in **32:35** in the fall of 2009, a good bit faster than my first. It wasn't really until 2011 that I really started to get serious about running farther and faster. I deployed to Iraq in September of 2010, and I started to run a lot during my time there. This is where I first felt the desire to train for something big, a half marathon.

In October 2011, I completed the City of Trees half marathon (Boise, Idaho) in **2:28:35**, which seemed really amazing to me at the time. I then signed up for my second half marathon and ran it just a few weeks later. The Zeitgeist half holds a special place in my heart, as the first 9 miles were almost all uphill, culminating at the top of a mountain and then descending for 3 miles before a flat final mile. I may have run this race in **2:37** plus, but it was an incredible feeling of accomplishment to finish it! I wouldn't beat my first half marathon PR until my 5th one, the 2013 Hall of Fame race. It was here that I finally broke through with a finishing time of **2:25:17**. In October 2013, at the age of 40, I would take on the 26.2 distance for the first and only time. I completed my first full marathon, the Mohawk Hudson, in **5:19:33**. Talk about crossing a finish line bringing tears to your eyes! What an amazing feeling! Something happened after that day, though. I started to become FAST. My first run, just 5 days later, was an 8 mile run at a 10:00 pace. I'd never seen anything close to that over that distance. It just kept dropping and dropping through the rest of the fall, and I broke an hour in a 10K for the first time that November. It's not always the speedy runs that are the special ones, though.

A Member Story (cont.)



The final race of 2013 was the “It’s a Wonderful Run” in Seneca Falls. On this evening it was 14 degrees and snowing heavily. We ran the race as a family – 5 of us – and we finished the 5K in over 35 minutes! It was possibly the most fun I’ve ever had from start to finish in a race because of how crazy it was!

2014 was a year that saw me set a personal best on every single course I ran, including a half marathon time of **2:18**. That brings me to now, 2015. This has been an incredible running year for me!



It all started with a little 5K in Clinton on New Year’s Day, which I surprisingly finished in **27:32**. It was right then that I knew this year was going to be special. After training to just 9 miles, a friend convinced me that I was ready for the Lake Effect half marathon in February, and I set a new personal best on the partially snow covered course of **2:15:47**. Just 4 weeks later that PR would fall by over 10 minutes at the Syracuse half (**2:05:01**). Something else began to happen. My weight started to drop, and I continued to gain speed. My third half of 2015 was again the Hall of Fame half, in which I set a course PR of **2:08** and change. I took on the always difficult Boilermaker, and lowered my PR by over 13 minutes by finishing in **1:25:24**. At the Turning Stone half in August, I even surprised myself by posting my first sub 2 hour finish (**1:58+**) with miles 12 and 13 being my fastest two miles of the entire race. I would lower that by a minute at the Lake Delta half just 4 weeks later with a finish time of **1:57:19**.

My 5K PR would then be set on the speedy Syracuse Festival of Races course in **23:39**. Although this race doesn’t end my running year, my 6th and final half marathon of 2015 was the Empire State half. I would again see my personal best fall when I finished in **1:55:06**, culminating in a drop of 23 minutes from my half marathon PR from May 2014. I have set PRs at every single distance during this incredible running year, and there are still a few races left to go to try and set a couple more.



Now that I can see my goal of 1,000 miles well within reach, I have to thank those who have been there with me and helped make this incredible year possible: Anne Marie, my amazing wife and Utica Roadrunners board member; my awesome running partners and just as awesome friends, Sarah and Danielle, who continue to push my pace and make me faster every day; Pam, my mother-in-law, who has always inspired me with her many running accomplishments and dedication; and everyone else I’ve met through this group and through running in general (far too many to mention here). All of these fabulous people have made a difference and offered encouragement with an added “push” at one time or another.

What will 2016 bring? I don’t really know as of yet, but it’s safe to say the pavement will definitely guide me in the right direction.

2015 ELECTION BALLOT

To all members of the Utica Roadrunners: here are brief biographies of each candidate for the Club's Board of Directors. Please take the time to read each one and then vote for up to six (6) candidates for the board of directors. There is also space for you to write-in the name(s) of another member(s) if you so choose.

> **Sandra Arcuri**

My name is Sandra Arcuri and I have been a member of the Utica Roadrunners for the past 11 years although I've run on and off throughout my entire life. I became a member when I joined the training program to help me finish my first Boilermaker in 2006. This program has been inspirational to me, and I return each year to help train the new group. I am an active member on the board and currently Volunteer coordinator. My husband, 2 children and I volunteer our time at Utica Roadrunner races including the Developmental runs and other events where we are needed. Throughout my years of running I have learned an incredible amount of information from conversing with all kinds of runners, improving my running skills and giving me the chance to help others improve theirs. This past year has been a challenge for me to recover from a stroke. With the help of my family, friends and the Utica Roadrunners, I have not only recovered but excelled; completing The Boilermaker, The Falling leaves and I will return to Niagara Falls, Canada to complete a Half Marathon. As a member of the Utica Roadrunners, I enjoy being a part of such an incredibly diverse group of people that not only enhance our community, but drive us to success. I am proud to belong to such a great organization and hope to continue to inspire our members.

> **Sybil Johnson**

I have been a member of the Utica Roadrunners since 1976. During that time I have been on the Board of Directors as the Secretary, Treasurer, or President, for all but 3 years. I have spent countless hours volunteering for the Club at races, cleaning the South Woods trails, Development Runs, Scholarship Programs, workshops (Yes, we used to hold workshops on running styles, massage, injury prevention, clothing, etc.), and more. I have always felt that it is important to help out and give back to worthy causes. The Utica Roadrunners Club is a worthy cause. I have made numerous friends through running with this Club. Some friendships have been fleeting and many more have been long lasting. I will continue to be devoted to the Club, and I would like to continue to be a Board member. I would also like to give someone else the opportunity to be the President!

> **Mike Kessler**

is currently on the Board and is on many committees. He's involved with the Boilermaker training program and heads up the Parkway Development Runs. Mike is very much involved in the club and community. Mike says, "I enjoy the people I have met since running, the physical, mental rewards, and stress and weight reduction. I would like to help the club grow and more importantly get others involved."

> **Wayne Murphy**

Wayne Murphy started his running addiction about 5 years ago when he decided he would train and run the boiler-maker 5K. After running the 5k he decided to train to run the boilermaker 15k. With the help from family and friends he was able to run the boilermaker, not once but 3 times to date. He has also run numerous half marathons and just recently completed the Wineglass Marathon with a time of 5 hours. He credits the Utica Road Runners and all of its members for the success in running those challenging races. Due to that he would like to give back to the club and would serve on the board if needed. He has served on various committees throughout the years. He has been active in church, volunteering and scouting. He resides in New Hartford with his wife.

2015 ELECTION BALLOT

> George Searles

A longtime Club member, I've run 28 Boilermakers (best time was 66:22), six half-marathons, two marathons (including Boston), and 400+ other races, winning more than 150 age-group awards. Having turned 70 last fall, I've been cleaning up in the geezer bracket, with a dozen first-place finishes in the past year. (Admittedly, now that Dick Stanley, Kermit Cadrette, Danny Cohen, and all the other genuinely good older runners are sidelined with injuries and/or serious illnesses, I've faced scant competition, so my recent "heroism" must be seen in that context.) An MVCC English teacher since 1976, I've published widely and could assist the Club with grant writing and other such efforts. Aside from keeping the Development Run records up to date, I've not been much involved in Club activities for some years. But in the past I did contribute fairly significantly, editing the successful S.O.S. grant proposal, arranging for post-race refreshments, chairing the scholarship committee, writing Splitimes articles, and so on. At one point I was actually on the Board, but had to step down because of a scheduling conflict with an MVCC class on Monday nights. Since I no longer teach that class, I'd like to serve again.

> Joanne Willcox

I would like to join the board of the Utica Road Runners Club. Although I have been a member of Utica Road Runners for several years, I've been an outsider looking in to the organization and administration of making this group an enjoyment for all. It's time to step up, get personal and give back to this club. If the goal is to create a strong association where members want to join, renew and participate in events, be more active with our club in general, I believe my contribution as a board member will be beneficial to the club's success. As a seasoned marathoner, 18 completed since 2010, 20 by year end 2015, my distance running experience and relationship with running (it has its ups and downs) may prove beneficial to the Utica Road Runner Club. Background in business: Owner, President of C-Flex Bearing Co., Inc. Frankfort, N.Y. since inception in 1988 (under a different company name). Again, I would appreciate everyone's consideration in helping me make a bigger contribution to Utica Road Runners.

Please vote for any combination of SIX (6) of the named candidates and write-ins. Ballots with a total of more than six names checked and written in will be void. Check the box next to the candidates you want to vote for.

Sandra Arcuri Wayne Murphy
 Sybil Johnson George Searles
 Mike Kessler Joanne Willcox

Write-In(s) _____

Cast your ballot in advance in one of two ways:

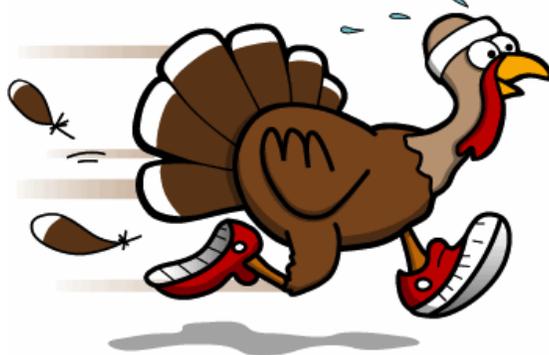
1) Print it and mail it to Utica Roadrunners, P.O. Box 4141, Utica, NY 13504 (making sure your return address is on the outside of the envelope) or; **2)** print it and bring it with you to the annual club business meeting at the Utica Club Brewery on November 9th starting at 6:00 p.m. Ballots sent by mail must be received in the post office box by early afternoon of November 9th. Every member is invited to attend our annual business meeting. We have food and drinks for all.

Ballots will also be available at the meeting so you can cast your ballot upon arrival.

Upcoming Race



***Presents the 31st Annual
Thanksgiving Day
Run & Walk to End Hunger
Proceeds to benefit
local food pantries***



**Thursday, November 26 , 2015
Utica Parkway Gymnasium
220 Memorial Parkway**

Door prizes & 50-50 Raffle to be drawn after the event.

Events: 5K run,
2 mile walk,
1/4, 1/2 kid's run

**Registration Race Day Only at
Parkway Gym:
7:30-8:45 a.m.**

Start Times:

Kid's run—8:50 a.m.

5 K run, 2 Mile walk—9:00 a.m.

Minimum donation:

\$7.00 per person

\$20.00 family

**PLUS two non-perishable
food items per person.**

For more info call : 793-0955



Grand Prix Results - Female

Runner	Fort to Fort 10K	Save Our Switchbacks 7.5K	Hall of Fame Half Marathon	Volcano Run	Summer Sizzle 5 Mile	Boilermaker 15K	Bolder Inspiration 8K	Woodsmen's 10K	Falling Leaves 14K	Total Points (Best 5 Races)
F 0-14										
Annika Heacock	12	10		12	12		12		12	60 (70)
Biana Durso		12								12
Sydney Lawson		8								8
F 25-29										
Lisa Spadafore		12				12			12	36
F 30-34										
Kelly O'Bryan		12		12	10		12	12	12	60 (70)
Sarah Elleman	12	10			12	10				44
Sarah Gates	10	7				8				25
Kristin Weigand		8				12				20
Elizabeth Chrisman		6								6
F 35-39										
Valerie Labella	12	10	12		12	12				58
Krista Harwick		12		12		10	12		12	58
Jessica Manieri	10		10	10	10		10			50
Amy Edkins	7	7		7	7	8			10	39 (46)
Janine Manieri	8			8	8		8			32
Losay Jones		6	8	6		6				26
Stephanie Stark		8				7				15
F 40-44										
Tanya Farley	12	12			12				12	48
Elizabeth Preuss		10	12			10			10	42
Jennifer Dainotto	7	7		10	10					34
Christina Reilly	10					12			8	30
Dodi Stewart	8			12		8				28
Melanie Crisino		8								8
F 45-49										
Sandra Arcuri		12			12	12			12	48
Lisa Walchusky		10				10				20
Tamika Evans		8				8				16
F 50-54										
Ingrid Otto-Jones		12	12			12			12	48
Heidi Chrisman		10			12	10	12			44
Lesia Roback		7	10			8				25
Jill Alder		8								8
F 55-59										
Susan Tucker	10	8	12	12		10			8	52 (60)
Elizabeth Miller		12				12		12	12	48
Joan Kane	12						12		10	34
Pamela Fess		10				8				18
Karla Owens		7								7
F 60-64										
Virginia Truax	12	12	12		12	12	12		10	60 (82)
Dorothy Massinger	10	8			10	10			8	50 (58)
Susan Luley		10							12	22
Susan Miller		7				8				15

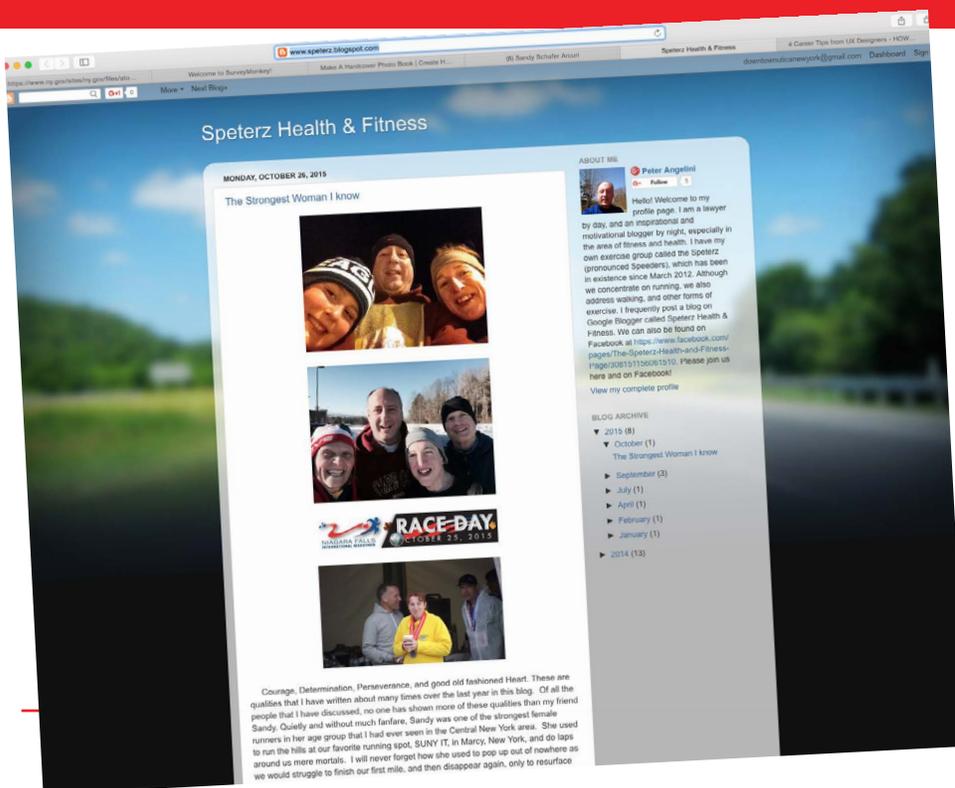


Grand Prix Results - Male

Runner	Fort to Fort 10K	Save Our Switchbacks 7.5K	Hall of Fame Half Marathon	Volcano Run	Summer Sizzle 5 Mile	Boilermaker 15K	Bolder Inspiration 8K	Woodsmen's 10K	Falling Leaves 14K	Total Points (Best 5 Races)
M 0-14										
Daniel Humphrey	12	12			12					36
M 15-19										
Cole Lane	12				12	12	12			48
M 20-24										
Stephen Paddock	12				12	12	12			48
M 25-29										
Matthew Zawisza	12	12				12				36
M 30-34										
Josh Kuelling		12	12	10	12	12		12		60 (70)
Richard Gloop		7		12		10	12		12	53
David Saxe		10				8				18
Jeremy Cloutier	12									12
Ryan Collins		8								8
M 35-39										
Thomas Joslin	12		12	10	12	12	12		12	60 (82)
Robert Meyer	7	12	8		10	4			10	47 (51)
Ross Edkins	5	10		12	8	5			8	43 (48)
Scott Thompson	6	5	10			2		12		35
Joseph Mashaw	10					10				20
Rocco Labella		8			7	3				18
Nathanial Gould	8					8				16
Cory Battles		7				7				14
Chris Davis		6				6				12
M 40-44										
Robert Bauer	10	10	12		12	12	12		12	60 (80)
Jason Pare	12	12			10	8		12		54
James Latshaw	8	7	8		8	7	10	10	8	44 (66)
Steven Eddy		8	10			10			10	38
Keith Sack		6				6				12
M 45-49										
Richard Cohen		12	12	12	12	12		12	12	60 (84)
John Draper			10		8	10	12		10	50
Paul Humphrey	12	10			10	8			8	48
Rich Crandall	10	7	8		7	6				38
James D Bartkowiak	8				6	4			7	25
Karl Jones	7		6			3			6	22
Thomas Durso		6	7			5				18
Mark Novak		8				7				15
M 50-54										
Richard Lane	12	12			12	12	12			60
Gary Roback		9	12			10				31
Daniel Swider		8			10	8				26
Erich Salie		7	10			7				24
Charlie Kane	10								12	22
Daniel Alder		10								10

Runner	Fort to Fort 10K	Save Our Switchbacks 7.5K	Hall of Fame Half Marathon	Volcano Run	Summer Sizzle 5 Mile	Boilermaker 15K	Bolder Inspiration 8K	Woodsmen's 10K	Falling Leaves 14K	Total Points (Best 5 Races)
M 55-59										
Tim Kane	12	12			12		12		12	60
Richard Suwek		8		12	8	8	8		10	46 (54)
Wayne Murphy	8	7		10	7	7	7		8	40 (54)
Gary Burak		10			10	12	10			42
Edward Gunn	10					10				20
Harry Campbell Jr		6				6				12
M 60-64										
Gary LaShure	12	12		12	12	12	12	12	12	60 (96)
Tom Bick	10				10	10		10		40
Jim Moragne	8			10		8			10	36
Rob Ichihana	7	10				7				24
M 65-69										
Raymond Smith		12		12	12		12	12	12	60 (72)
Mark L DesJardins	12	10		10	10		10	10	10	52 (72)
William Luley		8							8	16
M 70+										
Richard D'Accurzio	12	10			12	12			12	58
George Searles		12								12

A UR Member Featured in a Blog



Sandy Arcuri suffered a stroke during a half marathon.

In early 2014, Sandy suffered a stroke caused by a burst brain aneurism while running a half marathon in Canada. Last month, after a long recovery, she ran and finished that same race.

[Check out a feature on her in the Speterz Health & Fitness Blog >>](#)

CNY Running Clubs Cup Final Report

“The Kickers Win The Cup!”

In six races beginning with the Fort to Fort 10K in April through the Falling Leaves 14K in September, six CNY running clubs have vied for the inaugural CNY Running Clubs Cup. It was a nail biter and came right down to the wire, but at the finish, the Kuyahoorra Kickers edged the Utica Roadrunners by a single point. The 2015 final standings are:



Kuyahoorra Kickers	33 points
Utica Roadrunners	32 points
Roman Runners	21 points
MV Hill Striders	17 points
Toe Path Trekkers	6 points
Syracuse Chargers	4 points

The Falling Leaves 14K Race on September 27th was the sixth and final race in this year's Cup competition. Four clubs had enough members (at least five) participating to qualify for the Cup: the Kuyahoorra Kickers, the Mohawk Valley Hill Striders, the Roman Runners and the Utica Roadrunners. The Syracuse Chargers and Toe Path Trekkers didn't have the minimum five runners to get Cup points in the race. 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 percentage is the relative performance of a runner against the world standard by age and gender for that distance. The best five results by each club's members in the race were compared and the results were as follows:

Utica Roadrunners	376.41	6 points
Kuyahoorra Kickers	364.31	5 points
MV Hill Striders	277.05	4 points
Roman Runners	266.03	3 points
Toe Path Trekkers	2 runners	1 point
Syracuse Chargers	1 runner	1 point

Our five best performers in the Falling Leaves 14K were (in age grade order) Rich Cohen 46:57, Mike Elleman 54:01, Tim Fitzgerald 51:21, Ingrid Otto-Jones 58:18, and Jerry Tylutki 52:58. Congratulations and thank you, all!

The Cup has been presented to the Kickers, who will not only defend their title in 2016, but also take on the responsibility to administer the Cup competition throughout the year (great prize, eh?). The Cup captains from the six clubs will be conferencing over the next few months to make any necessary tweaks to the rules and to set up the race calendar for 2016. Look for the new schedule in the SplitTimes early next year. Any questions about the Cup may be emailed to Jim Moragne at jimmoragne@gmail.com.

My Pursuit of a Red Jacket (Part 3)



by Dorothy Massinger

Almost there!

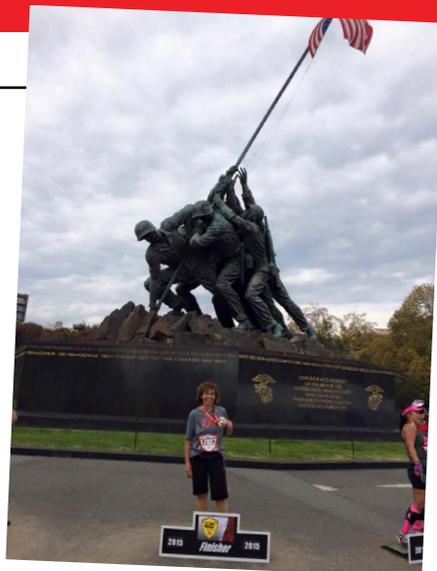
As I count up the miles to 1000, I find myself on October 25, 2015 at mile 927 – the starting line of the 40th Marine Corps Marathon in our nation’s capital. Lined up with me is an older man from Germany that is running his 117th marathon, a mom from Texas running her first marathon for her Marine son who has recently been deployed, and 30,000 other runners; many with shirts on honoring someone, or running for a cause.

There was a large presence of runners pushing adaptive racing strollers for adults and children with special needs. Their mission is to give everyone a chance to be included in an endurance event, and not just be a spectator. Seeing these children and adults being cheered as they are pushed through the streets of DC, wind in their faces and a look of sheer enjoyment, my thought was, “these are truly the elite athletes”.

Then came mile 12: The Blue Mile. All the chatting stopped as we ran past posters of men and women, some in combat gear, wedding pictures, family portraits, vacation pics, and one I saw of a mom holding her young child. Under each picture was proclaimed “Killed in Action”, their name, the day they died, and their age. It was an extremely solemn feeling. Then a young man next to me stopped and started sobbing. I couldn’t breathe. And the posters went on and on – I just wanted that mile to stop. Then, on both sides of the street were volunteers holding American flags in memory of fallen military members. We were thanking them as they were encouraging us.

Other unforgettable moments were all the Marines at the water and aide stations, the crowds at Georgetown, around the DC monuments and Crystal City. Right before the finish line, at the base of a short, steep hill, there were Marines already congratulating me for completing the marathon. I flew up that hill. Past the finish line, no one around me looked tired. It seemed like everyone was celebrating, being saluted, getting hugs, and taking pictures.

Every race we run is a doorway to the unknown. The journey is filled with new thoughts, unique experiences, and emotions. And the end is always worth the work put into it. MCM: you are now part of my 1000 miles!



1000
HERE
SHE
COMES



Remember! Contributing an article or two or three to Splitimes counts towards your volunteer points! (Hint, hint...) Email michelle@484design.com to get something going!

Awesome Stuff

11 Types of Annoying Running Partners

The GPS Town Crier? The Social Media Obsessive? The Space Invader? Check out this runny list!



[Read more >>](#)

"There is something about the ritual of a race – putting on the number, lining up, being timed – that brings out the best in us."

- Grete Waitz, Norwegian marathon runner and former world record holder

For your non-runner friends...



We want this!

A hand-engraved pint glass to share your best race stats! Love it! Awesome gift for any runner from EVerre on Etsy.



[Find it on Etsy >>](#)

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 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.

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 or Dan Aubert at 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

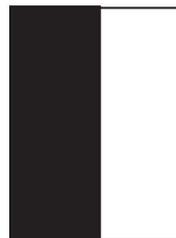
Our monthly e-publication reaches over 500 readers in member households throughout central New York with news about club activities and community events, training tips, member profiles, local race results and photos, and race applications.



FULL PAGE
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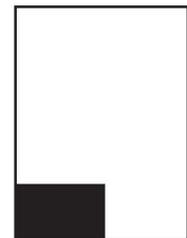
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QUARTER PAGE
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BUSINESS CARD
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PER ISSUE ADVERTISING RATES (EFFECTIVE 1/1/2008)

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.

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 or call (315) 733-6216.