

splitimes

november 2016

The Official Newsletter of the Utica Roadrunners

Results are in!
What a great season...



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November
2016
Utica Roadrunners
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Joanne Willcox



UR member having a great time at this year's Skeleton Run!
(left to right: Scott Neary, Melanie Crisino, Lisa Walchusky, Stephanie Stark, Liz Wood, Kylie McCauley and Heather McCauley.)

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!).

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](#)





President's Message

Can you believe it? November has arrived! 2016 is flying by me and I would like time to slow down a bit. I have more than 2 months of work to do before the year can end. I also have to walk 3.3 miles a day to get my 1000 miles for the year. Yes, I keep track of my walking. For all it matters, old habits die hard. I keep a diary of all of my exercise classes and walking. I should keep track of how much I spend for all the classes and all of the gear I have purchased. Hmmm, that would be a couple of bucks.

Annual Meeting

Put a star on your calendar for Monday, November 7th. That is when the Club's Annual Meeting will commence at the Saranac Brewery's Tavern at 6:30 P.M. The election for the 2017 Board of Directors will be held. Melanie Crisino, Ann Marie Latshaw, Stephanie Stark, and Lisa Walchusky are running for re-election and Jim Mott and Mark Arcuri are newbies. Write-in nominations are also welcome. There will be time to talk and have a couple of tasty beers before the votes are counted and the Directors are announced. Some of the current Directors will have a few words to share with all of you who are in attendance. If you cannot attend, please send in your votes. Jim Moragne sent everyone an email with the information about all who are running and there was a ballot with that info. So far I have only 15 envelopes that have been sent in with member votes. Maybe there are two or three votes in each envelope. Of course, you can vote at the annual meeting if you like. Out of 600+ members, if the rest of you are going to vote in person, we had better get a bigger place for the meeting!!! Alas, I know most of you won't bother to cast your vote or attend. Your loss.

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Run to End Hunger

A few of us have been planning this year's Run to End Hunger on Thanksgiving Day. Dave Morehouse has taken the reins from David Jones, who directed the event for 31 years. All that time, there's been tons of food and money donating going on with many, many miles of walking and running for the healthy, happy start of Turkey Day. This year will be no different. Dave has everything under control to make this Run to End Hunger profitable for the Veterans Outreach Center and Food Pantry. I hope to see lots of you on Thanksgiving morning with a couple cans of food and 7 bucks (or more) in your hands. The Mayor will be starting the event at 9 AM and after you run or walk, there will be lots of doorprizes to be raffled off in the Rec Center. Most of you know that this will be the best part of the event. We all stand around and hope that our names are called before the best prizes are taken! Remember, the Club clock will be keeping track of the time but there will be no results posted.

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Safety Run at SUNY Poly

The Mohawk Valley Hill Striders are holding a Safety Run this year at SUNY Poly on November 6th. It is called Light up the Night and the run/walk is designed to educate runners and walkers how to safely perform their activities at night. Check out the details at mohawkvalleyhillstriders.com. This event sounds something like our Run for Safety which has been cancelled since the RCIL Christmas light show has been discontinued.

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I heard on the news that Rep. Anthony Brindisi was looking for a new home for the lights, and then he found a home in Rome. No run will be attached to the display because the decorations will shine all around Rome.

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New York City Marathon

The New York City Marathon will be on Sunday, November 6th. Our Falling Leaves Director, Mike Brych, will be running. Mike was registered to run that fateful weekend a few years ago when Hurricane Sandy or Irene cancelled everything happening in NYC. This year the weather will be better and Mike will be flying because that is the only way he runs! Good Luck, Mike!

MAR
4

Have a Heart Half

Looking to the future, the Heart Association is advertising their Have a Heart Half Marathon to go along with the Heart Run/Walk in March, 2017. The Association wants runners to register for the half ASAP so that they have an idea of numbers. There is a reduced race fee for a while, so it might be worth your while to call the Heart Association to check out the facts. I tried to find the info on the website to no avail.

Good luck, Harry!

Hmmm, talking about half marathons, Harry Campbell is going to Las Vegas to run the Rock 'n' Roll Half Marathon on Sunday, November 13th. That should be fun. Does Las Vegas get snow? Who cares? Harry just has to run in it if it does. He can party with his wife inside all the casinos! Good luck Harry on the course and at the tables!!!

Well, I have no more to add for this month. Here's to lots of good weather days for your runs, biking and walks. Just remember what I always say... Be Careful out there!



Save the Date



Utica Roadrunner's Annual Banquet March 4, 2017

**Place and time TBD, but get it on your calendar now.
You don't want to miss this year's awards!**

Letter from the Editor



Drink Your Water, People!

I'm sure some of you are like me. We just run. Think we're invincible. Run through pain. Maybe even ignore signs that are your body telling you something.

I had my first (and hopefully last) bout with dehydration during the recent Wineglass Half Marathon in Corning. I had a busy week at work, was stressing about getting away for the weekend, and ignoring water intake. About half way through the best half EVER (dang it!), my peripheral vision started going wonky. My body felt good... I just couldn't see. I tried focusing on the horizon, on the pavement, on the girl's ponytail in front of me. ...nothing was working. Not realizing the visual impairment was a side effect of dehydration, I started freaking myself out thinking I was having a stroke or going blind. Or both! Awful. But I powered on.

I started grabbing a water and a Gatorade at every water stop and an awesome pineapple popsicle thing from a nice lady and eventually started feeling better. I wanted that glass medal BAD! I finished the race with a PR (by 8 whopping seconds!) and a bad headache. More water, a warm shower and some food and I was good to go. A doctor's visit the next day cleared my of anything major and a good run about a week later calmed my nerves of a relapse.

But the lesson... many of you probably know this better than I, but it's always worth another mention. HYDRATE!!!

See you out there (with water in my hand!),

Happy Hour



Join us!

Club Happy Hour

Friday, November 4, 2016 • 5:00pm

**The Killabrew
in New Hartford**

Member Spotlight



A little prompting and a little friendly peer pressure got Scott Neary to where he is today with running. He's been friends with Wayne Murphy from their gym, and Wayne prompted him to start doing the Development Run 5Ks and then (in true Wayne fashion!) nudged him with a nonchalant "When are you going to go ahead and try the 10K on Wednesdays?" Scott, strictly a self proclaimed "5K Guy" up until that point who only entered maybe one 5K a year, went ahead and tackled the Switchbacks. Then, as it goes, he caught the bug and signed up for his first Boilermaker 15K, training with our Saturday morning training group. Bucket list item... done! And also for 2016 after hearing the famous "it's only a FEW more miles than the Boilermaker", he signed up for his first half marathon and conquered Lake Delta. His is a story of how being surrounded by a great group of people can push you to do things that you never thought you'd do.



Scott was born and raised in Utica. From 1987-1991, when he was 20-24 years old, Scott was in the Marines and traveled the world. He went to California, Japan, the Phillipines, Korea and even Norway for cold weather training. Today, he works at Metlife as a mailroom assistant, a newer position for him. He has extensive experience as a line cook, too, and spent many years working at the Uptown Grill on Auburn Avenue.

Scott first considered himself a "true runner" the first time he decided to go out on a solo run. At that point he felt like it was really a new part of who he was. There was something about that feeling that sealed the deal for him - he was *really* a runner. Also, even though he's only been running for a couple years now, other newer runners are asking HIM for advice, which helps build his confidence and also allows him to pass on knowledge that he learned from others or that he has picked up by himself.

Running has literally been a life changer for Scott. He shares how he used to be much more of a negative person and very hard on himself. For the past couple of years, since he started running regularly, associating with a new group of companions and entering races, he has transformed from an "I can't" person to an "I can" guy. He is constantly motivating himself to be a better person. And we see it!

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Member Spotlight (cont.)



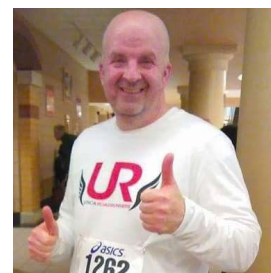
Scott has become a fixture on Saturday morning and Wednesday evening runs. He brings a great spirit with him to training runs and that carries over to his online presence where you can always count on him to give you positive motivation with his comments, congratulate you (even on your bad runs!) and he's a consistent shot of positivity.

Having knocked out a couple big bucket list items in 2016, we asked him what else he's got on the list. For running, he'd like to try the 18.12 Challenge from Watertown to Sackets Harbor. (We're putting this in print, Scott - now you HAVE to do it!) And outside of running, he'd like to run into Steven King one of these days. Scott's an avid reader, averaging about 8 books per month, many of them by Steven King. And he'd love to see his beloved Chicago Cubs play at Wrigley Field. Maybe this year, he can at least watch them win the World Series?!

You will see Scott at the Syracuse Half in 2017 and who knows what other adventures running will bring him! We know one thing for sure – he'll bring a smile and a welcome exclamation of "great run!" with him.

" My decision to join and run with the URR was such a good call on my part. It's impacted my life in a couple of ways. Being more confident mostly, and for them being so accepting of me. Love running with each and every one of them!!"

– SCOTT



Some of Scott's Facebook motivations:



Upcoming Race



Presents the 32nd Annual Thanksgiving Day Run & Walk to End Hunger

*Proceeds to benefit the
CNY Veteran's Outreach Center
as well as local food pantries*



Thursday, November 24, 2016

**Utica Parkway Gymnasium
220 Memorial Parkway**

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

Race Day Only Registration

Parkway Gym - 7:30-8:45a.m.

5k run and 2 mile walk - 9:00a.m.

1/4 and 1/2 mile kids run - 8:50a.m.

Minimum donation -

\$7 per person, \$20 for families

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

Call 225-2286 for more info.

Grand Prix Results



The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the top three runners in each age group are presented awards at the club's annual awards banquet.

- Minimum of 3 races to qualify
- Best total for 6 races have been taken for your Grand Prix score.

[2016 Results - MALE >>](#)

[2016 Results - FEMALE >>](#)

Upcoming Race

5K RUN FOR VETERANS

Registration Fees: \$20 for Veterans and active duty military
\$25 ages 10 and up, Free for under 10

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



*Friday, November 11, 2016
Proctor Park, Utica, NY
(Welsh Bush Road park entrance)
Race starts at 9am*

CNYVOC will also be collecting other items on race day, such as: Winter coats, Hats/gloves, Socks, Canned and dry goods, Frozen Turkeys or hams, Bottles and cans, Unwanted Christmas lights, used or unwanted cell phones

(If you can't make the race but would like to donate items, the Center is open Monday - Saturday, 8am - 4:30pm for drop offs. For more information, please call 315-765-0975.

Online registration: <https://www.raceentry.com/race-reviews/veterans-day-5k->

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.

H.S. ATHLETE Q&A

C.J. Militello

School: Clinton Central Schools

Grade: 12

When did you begin running?

I ran the local KAC 5K road race when I was 7 and participated in after-school youth runs when I was in 4th grade.

What inspired you to start?

My dad ran in some road races and entered me. I really didn't like running at first, but the excitement of the races was fun.

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

Primarily 5Ks, but also mid-distance in track. I also do longer road races, such as the Boilermaker, which is definitely my favorite.

What have been your biggest running accomplishments so far?

Recognizing the importance of hard work. I've gone from not even being ranked in the top 200 runners in NYS Class C in 2015 to being in the top five this year. Winning Utica's E.J. Herrmann Invitational (both as an individual and with my team) was a highlight for me, plus running in four track events to help Clinton win the Sectional track title last spring.

What does the future hold for you and running?

My goal is to run with a strong college program and keep improving. I'd also consider coaching down the road.

Do you do any other sports aside from track? I played hockey (goalie) for many years.

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

I hold Clinton's new home course record and plan on breaking more come track season. In addition to some individual awards, I was proud that both the boys' and girls' teams from Clinton won the 2016 Boilermaker high school team challenge.

What piece of gear can you not live without?

I'd have to say my lucky fluorescent yellow headband and my racing socks.

What is your favorite food to eat after a meet? A tuna and turkey sub and kombucha.

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

Playing my guitar and saxophone; hackey sacking with friends.

What other activities are you involved with at school?

Jazz Band, Model UN, National Honor Society. I was also in a band called Goats on Wheels that often played at area fundraisers.

Favorite movie: The Iron Giant

Do you have any pets? Three cats, Max, Leo and Drepels, and a dog named Arabella who comes to some of my meets.

Running philosophy: Diet, consistency and rest are keys to success.



H.S. ATHLETE Q&A

Emma Novak

School: Clinton Central Schools

Grade: 12

When did you begin running?

I've been running since elementary school, when I took part in the school youth runs. It wasn't until later that I realized I wanted to be part of a team. I joined modified track in 8th grade, and I've been competing in track and cross country ever since.

What inspired you to start?

My parents both competed in sports, (running, cycling, and cross country skiing) and growing up, being active was a big part of my life. I used to run around the yard playing frisbee with our dog, Maddie. We went hiking every summer, and skiing every winter. In high school, I started out playing field hockey. Eventually I realized that my favorite part was the running, and I switched to cross country sophomore year.

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

We don't have a large group of distance runners at Clinton, so I compete in a range of events. My favorite is the cross country 5K. I also run the 3000m, 1500m, and 800m, as well as a leg of the 4X8 relay. During indoor track season, I occasionally run mid-distance races, including the 1000m and 600m.

What have been your biggest running accomplishments so far?

The race I am most proud of this year is the Center State Conference Championship meet. I won the varsity girls race, and Clinton won as a team in our league. Conditions were extremely challenging; it was 40 degrees, raining, and the course had been torn up by previous runners. It was a race where I was able to see a lot of endurance training pay off, and it was a great experience as a team. Other races where I competed successfully were the EJ Herrmann Invitational, where I placed first, and the McQuaid Invitational, where I placed 6th out of 350 runners.

What does the future hold for you and running?

Right now, my biggest focus in terms of running is competing well at the upcoming sectional meet. Last year, I just missed qualifying for states, and I am hoping to meet my goal of competing at the state level! I am definitely planning to run in college, and I'm currently looking at DIII schools as well as some DI. I am excited to try new distances and continue to improve my times. While I don't know for sure what the future holds, I can't imagine a time when I won't be running.

Do you do any other sports aside from track? I run during all three seasons; indoor track, outdoor track, and cross country. I do cross country ski in the winter, but not competitively.

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

At McQuaid Invitational, my time qualified me as a milesplit elite runner. My goal going into the race was to hit that standard, and I was so happy that I was able to do so! I also earned an All-Star Athlete patch at the Center State Conference Championship, as well as a Division 1



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Championship Patch (with the rest of the team). The most notable races for me have been the EJ Herrmann and CSC meets. I was thrilled that I was able to come in first and help my team.

What piece of gear can you not live without?

I almost never run without my Garmin watch, which tracks pace and distance. I am also really attached to my Nike sneakers- I've been wearing the same model for years and have no plans to change them!

What is your favorite food to eat after a meet?

Right after a cross country race, there is nothing as good as hot chocolate.

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

I spend a lot of time with my teammates even outside of practice, we are a pretty close knit group. I take voice lessons, so I like practicing and learning new pieces. I also love to draw and spend time outdoors.

What other activities are you involved with at school?

I'm the secretary in our National Honor Society, so I help organize community service projects. We recently raised money for breast cancer research, and are currently signing people up for the school blood drive. I'm also part of our school yearbook staff.

Do you have any pets? We have a barn behind our house, which means a lot of pets. Right now, we have two miniature donkeys, a horse, and two cats (One of which is always stealing food from the other). We also have two Australian Shepherds: Tillie-Roo and Scooter. They are very high energy, and I love taking them outside on walks. The only problem is that Tillie can open doors, and Scooter can open cabinets... we have to keep a close eye on them!

Running philosophy: Running is tough because when you're in a race, there is nothing keeping you going except willpower. I try to get out aggressively in meets to avoid being caught in a crowd. We jog the course before the start, and so a lot of the time when I'm running I'm anticipating the course and thinking about how to prepare for hills and obstacles. I always tell myself "If you can think about running faster you should be speeding up!" I have to think about the fact that I'm competing for myself and my team. It's all about staying motivated.

2016 Running Club Cup

**We are the 2016
champions!**



Awesome Stuff

10 Things Only Runners Know



Thanks to member Sara Hanna for sharing this great link. See which ones apply to you!

[Read more >>](#)

85-year-old man breaks world marathon record



The 85-year-old Canadian man broke a world record during the Scotiabank Toronto Waterfront Marathon with a time of 4 hours, 34 minutes

[Read more >>](#)

High School Athlete Helps Opponent With Epilepsy, Autism Finish Race



The title says it all! Check out this amazing story of great sportsmanship.

[Watch now >>](#)

Marathon Juggler



2 hour 55 minute marathon. While juggling. Didn't drop one ball.

[Read more >>](#)

Willijah's Corner



Willijah Dawson

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

Celebration of Life

In the last several years I have been reminded of how short life really is ... I've witnessed both extremes.

I was able to witness the birth of a child and was there by my grandparents' sides in their final moments.

Birth

I was in the delivery room for the birth of both my great nephew, then a year later my great niece. I was blessed to be able to witness the miracle that comes with the birth of a child. And a miracle it was. It was amazing being able to watch them take their first breath, hear them belt out their little cries letting us all know that they have arrived. It was amazing to be able to see the look on mom's face when she saw her baby for the first time. It was amazing to see God's masterpiece and what a woman's body is capable of.

Death

I was fortunate to be by both my Grandmother's and Grandfather's sides in their final days. With Grandma I was able to be there from the time I got the call until her passing three days later. I was able to hold her hand through the nights, was able to tell her how much I loved and appreciated her life, talk to her, sleep and snuggle by her side, play her her favorite songs and receive confirmation that she was listening as I saw her lips moving and trying to sing along. Two weeks following her passing, my Grandfather unexpectedly passed. I was able to hold his head in my lap and tell him how much he meant to me before he took his last breath.



During those moments I reminisced thanking God that I was able to care and be there for them in their final stages of life... was thankful for the time I was able to spend with them in the years prior to their passing. Thankful for the honor I had to be able to care for them.

Moral of this Story

A co-worker of mine shared a tradition that she has just started with her family... It's such a great tradition.. and is one that I am adopting.

I had to share....

A month ago or so she started what she referred to as a "Celebration of Life" dinner for her elderly parent who is still alive. She had all her immediate family and friends get together to have dinner and celebrate the life that her mother still has. The thought process being that we should not wait until it is too late to tell the people you love how much they mean to you.

We should celebrate life today.