

# splitimes

November 2017

The Official Newsletter of the Utica Roadrunners



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November  
2017  
Utica Roadrunners  
Board of Directors



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**Activities & Events**

Mike Kessler

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If you would like to advertise in SplitTimes,  
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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](#)

Right: Melanie Crisino  
capturing members at  
the AK5K in October

Below: Members at the  
Empire State half and  
full marathon





## President's Message

by Sybil Johnson

The time is getting close for my last President's article for SpliTimes. I have typed a whole bunch over the past few years. Some members read the newsletter and many, when asked admit that they do not. Everyone is busy. I usually get to read all of the articles as I proofread. When SpliTimes arrives, I glance through to see whether there are any changes. This month I will not be proofreading. Dennis and I are going to Myrtle Beach for a week and then on to Cape Canaveral for another week. We may take the laptop, but may be so busy having fun that we end up looking at our phones for the emails. We shall see.

November brings three of our traditional events. **The Annual Meeting** will be at the Brewery on the 13th from 6:30 to 8:30 PM. All members are invited to vote for the new Board of Directors. The night is mostly a social time with snacks and beverages for all. If you are not able to attend, you can go to the email that Jim Moragne sent a few weeks ago, print it, vote, and send it to the Club mailbox. We will have ballots at the meeting also.

Tuesday, November 21st will be the night for the **Run for Safety**. New venue this year. We will be at the Parkway Rec Center, so sign up is 6:00 and we take off at 6:30. Get there a little early to sign a liability form and then run or walk east on the Parkway to the Golf Course Road. We will go up to the T at the top of the hill. Remember to wear reflective gear and maybe a few Christmas lights. When you come back we will get together for a bit of snacks and fluids. No alcohol, Please. I just could not do all the City of Utica paperwork for an alcohol license!

Come on back to the Parkway Rec Center on Thanksgiving Day for the 32nd **Run to End Hunger**. Dave Morehouse and his crew have another great plan to demonstrate our Thanksgiving generosity. You know the procedure. Bring your canned goods, \$7 for the Compassion Coalition, and dress for the weather. Seeing how this fall has not been typical, who knows what you should wear. So just be prepared! Check out the ad page for the Run to End Hunger in this issue. There will be great door prizes as usual!

Take these three opportunities to hang out with your running pals in November. December will probably be crazy busy for everyone.

Wendy Bowers and Tom Joslin ran a whacky ultra recently. It was a 50K trail race at Pilot Mountain in North Carolina. Tom ran his legs and also ran with Wendy for her legs. What an awesome accomplishment! Amazing & Congratulations to the two of you animals.

I am going to pack my stuff for our adventure down South. I only have a day and a half to get my act together. Of course, my Hoka shoes, T-shirts and tights will go in my bag first. The weather may be wet because of the storm activity along the coast, so I will pack rain gear. Maybe it will be warm enough to swim in Florida, so a swimsuit goes in the bag too. Women need a few more items than men. I had better get going!

For all of you staying here in the Mohawk Valley, keep going forward and.... Be Careful Out There!

## Letter from the Editor



[Results >>](#)

## Gather up those numbers

The banquet is coming! The banquet is coming!

Have you run 1,000 miles this year? Have you done a half marathon? A full? An ultra? A tri or an Ironman? Get your accomplishments and miles together now and get ready to submit them so you can be included in the banquet presentation and in the SpliTimes. You work hard all year, get a little pat on the back for it. Just remember, unless you submit, we won't know what you ran this year, so we're relying on YOU to email us!

Melanie Crisino is collecting info – [mcrisino@yahoo.com](mailto:mcrisino@yahoo.com)

And... the year's not over yet! There's a few fun races left before we get into winter running. Check the pages of this issue to learn more about the Veteran's Day Run, the Ugly Sweater 5K, the Run for Safety and of course the Run & Walk to End Hunger on Thanksgiving morning.

I'll see you guys out there!



## Yeah, Sybil!!!

Sybil Johnson was the recipient of the 2017 Dick Mattia Award. The award was instituted in 2014 and is presented to a person who has contributed to the running community with their long standing dedication as a volunteer and promoter of running. Sybil's tenure as president of our club for many years, personal running accomplishments and leadership speak for itself!

Sybil joins the ranks of worthy recipients:

2014: Dick Mattia

2015: Jim Stasaitis

2016: Bob "Coach" Carlson



**The Sneaker Store (New Hartford) Presents....**

# UGLY SWEATER 5k UTICA

## DECEMBER 2, 2017

**A Free Southern Tier Beer  
Soup & Sandwich at the after party!**

**Erie Canal Trail at Aqua Vino Restaurant  
16 Harbor Lock Road, Utica, NY 13502**



**VERY MERRY SWAG!  
OH WHAT FUN!!!**

**CONTEST FOR :**  
\*Ugliest  
\*Funniest and  
\*Most unique  
Holiday  
Sweater!!!



**SOUTHERN TIER**  
BREWING COMPANY



**AQUA VINO**  
restaurant & banquets



rescue mission



**SIGN UP TODAY!**

**SpliTimes** November 2017 5

# CNY Running Clubs Cup 2017 Report



The UR successfully defended its 2016 Cup title, winning it again this year. The Alex Kogut Memorial 5K Race at SUNYIT on October 8th was the seventh and final event in the Cup this year. We had a large turnout of UR members (too many to list here) on a near perfect day for running, and it showed. Our total team score of 383.92 was the highest score of any team in any event this season.

Our five best performers in the AK5K Race were:

Name	Time	Age	Age	Grade (%)
Susan Luley	23:27	64		83.08
Ray Smith	22:09	67		76.52
Eric Kasper	19:30	50		75.64
Tim Kane	21:04	58		74.6
Rochelle Ferro	19:56	30		74.08
Team Total				383.92

Final Standings		AK5K	Overall
Utica Roadrunners	383.92	5	33
Kuyahoor Kickers	280.67	2	26
Roman Runners	305.11	4	23
Toe Path Trekkers	122.28	1	11
Mohawk Valley Hill Striders	301.17	3	10

Congratulations to Susan, Ray, Eric, Tim and Rochelle, as well as a big thank you to all members who ran on behalf of the Roadrunners throughout the entire season!

As the Cup winners, we not only defend it in 2018, we also will be responsible for the Cup's overall administration (no prize money, but more work is our reward).

There will be at least one new wrinkle in next year's Cup. It has become very evident that by mid-season our sheer size nearly overwhelms all the other clubs, even after we took action this year to restrict our roster to members in good standing on April 1st. Consequently, we will further reduce the Cup roster by only using members who respond to an email canvass early in 2018 (and who are in good standing on April 1, 2018). This is similar to how we set up our 2016 Boilermaker Cup team, which produced a roster of about 50 Roadrunners. So, watch your email this January and make sure you reply to be in the 2018 Cup!

It was another fun year in the Cup and I'd be remiss if I didn't thank the other clubs' Cup captains for their sportsmanship, energy and good humor as we continue to build this event. They are Dan Capron (Kickers), Nancy Dukett (Trekkers), Mike Emmerich (Hill Striders) and Eric Laufer (Roman Runners).

**New Cup Captain Needed!** Due to my move out of the area, we need a new captain (or co-captains). This entails hosting a conference call in January to set the schedule, getting our team together before the first race (usually the Fort 2 Fort in April), figuring out our results, making sure all the teams report in after each race and turning in an update to the SpliTimes every month. You also get to dust the Cup on your mantle all year. This is not a difficult job and it brings with it a lot of plusses, such as getting to know lots of club members and the other captains, the thrill of an amiable competition and knowing you're helping to enrich the club experience for all members. There's also the volunteer points. If you're looking at 2018 as the year you go for the 1,000 Mile Red Jacket, being Cup captain (or co-captain – it'd be a great job for a couple) will get you the 10 points you need in addition to all those miles. I'd be happy to answer any questions if you email me at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com), or to set up a time when we could talk about it by phone.

## Transitioning from Fall to Winter Running

*Compiled by Lauren Murphy*

With the holiday season quickly approaching here are a few tips on how to stay on track through the holiday season. These tips will come in handy because I love Thanksgiving food! Everything in moderation and don't deny yourself anything. Enjoy!

**1. Stick to a regular routine with sleep and exercise.** Many times feeling tired or stressed is mistaken for hunger.

**2. Watch your alcohol intake.** Alcoholic beverages contain "empty calories," offering little to no nutritional value and contributing to excess weight gain. Try having a seltzer with a lime twist or a glass of water between alcoholic drinks to help cut calories and remain well hydrated.

**3. Eat a small, healthy meal before party time.** It's a common misconception that you will lose weight by skipping meals. The truth is your metabolism slows down causing you to store body fat if calories are too limited for too long. Another negative result is that you are more likely to binge later at night resulting in greater weight gains.

**4. Don't stand by the food at the party.** You will be less likely to partake in unconscious snacking all night if you instead move, mingle and socialize with friends.

**5. If you're hungry at the party, reach for the vegetables (without the dip), fruit or rye crackers.** If you do host a party have plenty of water and low-calorie snacks available.

**6. Eat slowly.** It takes about 20 minutes for the stomach to register a "full" sensation and signal the brain that it's had enough. Slow down and listen to your body.

**7. Set goals and keep a food diary.** Plan your weekly food intake and calorie count to include those treats or Christmas cookies in your diet -- in moderation, of course. Don't totally avoid sweets and holiday food; just plan for it and eat more fruit and vegetables during the week to allow for this. With

this plan you can also avoid the guilty feeling afterward that can add to your stress level.

**8. Eat protein.** Quality protein includes lean meats, seafood, chicken, turkey, eggs, yogurt and low-fat cheeses. Protein will help you feel full and control your appetite.

**9. Try to stay consistent with your workout routine.** Don't fall prey to the excuse that you'll get back on track after New Years Day or when the weather warms up again. You may need to modify your program for the busy holidays. Do what you can, but keep it up, trying new fitness activities and cross training to keep things fresh and fun. Seek out a professional to help you with your program if you need motivation.

**10. Always remain positive.** If you do have a "bad" day, don't worry or stress about it. Just get back on track the next day.





# 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.

[2017 Results - MALE >>](#)

[2017 Results - FEMALE >>](#)

## Upcoming Race

### A fun 5K through Proctor Park!



[REGISTER NOW](#)

CNY VETERAN'S OUTREACH CENTER PRESENTS THE

# VETERAN'S DAY RUN

**SAT NOVEMBER 11**

**10:00AM**

Registration begins at 9:00AM

PROCTOR PARK UTICA, NY (WELSH BUSH RD ENTRANCE)

**\$20** Veteran/Active Duty **\$25** Civilian

Come join us as we run to support those who have served & continue to serve our country. All proceeds raised will help CNY VOC assist local Veterans and their families in need this Holiday Season.

<https://runsignup.com/Race/NY/Utica/VeteransDay>

PosterMyWall.com



## Upcoming Run

### Run for Safety

**Tuesday, November 21st**

**New venue**

**Parkway Rec Center**

**Sign up 6:00pm**

**Race starts 6:30pm**

Get there a little early to sign a liability form  
and then run or walk east on the  
Parkway to the Golf Course Road.  
Wear reflective gear and lights!

## Race Swag

So much race swag! Where do YOU put the stickers and magnets you get from your races? Member Amy Creedon adorns her washing machine with them! If you have a unique "display of swag", please send it to us at [michelle@484design.com](mailto:michelle@484design.com)



## Happy Hour



*Join us!*

### Club Happy Hour

**Friday, November 3, 2017 • 5:00pm**

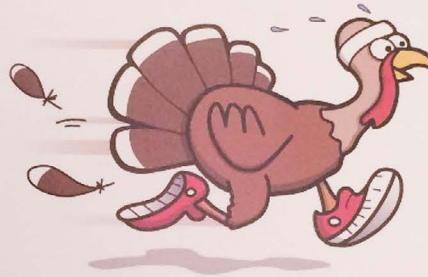
**Griffin's Pub & Grill**

**Downtown Utica**

**(Next to Bank of Utica)**



Presents the 33rd Annual  
Thanksgiving Day  
Run & Walk to End Hunger  
*Proceeds to benefit Compassion Coalition  
& local food pantries*



Thursday, November 23, 2017  
Utica Parkway Gymnasium  
220 Memorial Parkway  
Door prizes & 50-50 raffle to be drawn after the event

Race Day Only Registration  
Parkway Gym 8:00-8:45 a.m.  
5k run and 2 mile walk - 9:00 a.m.

Minimum donation:  
\$7/person, \$20 for families  
Plus 2 non-perishable items/person

If you can't join us and care to help, send donations to:  
URR PO Box 4141 Utica, New York 13504  
or call 315-225-2286



# Save the Date



## Utica Roadrunner's Annual Banquet March 3, 2018 Aqua Vino, North Utica

**You don't want to miss this year's awards!**



Some belated Club  
Boilermaker photos  
Submitted by Cindy Molesky

# Utica Roadrunners 2017 Election Ballot

## **Election Meeting Monday November 13th 6:30 -8:30 at the Brewery**

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.

### **Jennifer Bachelder**

My name is Jennifer Bachelder, I have been running on and off for about 7 years. My husband and I have 3 children, all under the age of 5. As a stay at home mom running has been my outlet, my "me time" and my social time with friends. I ran my first half marathon in 2016 and am currently training for a marathon in the fall of this year. I joined the Roadrunners in 2016 and have been abundantly blessed by the many friendships it has afforded me. The support among the runners in this community is astounding and I feel honored to be a part of something so great. I am running for a seat on the board so I can give back to the organization that has been so great to me

### **Rocco Fernalld**

My name is Rocco Fernalld. I'm interested in applying for one of the vacant Utica Roadrunner Board of Director positions. Last year was my first as a member of the Roadrunners, but I was unable to invest much of any time in support of the organization. Over the next couple of years, I'm hoping to become more active and involved on a regular basis. I'm a graduate of Frankfort-Schuyler Central High School, Mohawk Valley Community College and Fredonia State. I've been employed by Quadsimia, a local digital marketing company for the last 15 years. As the current Director of Business Development, I focus on exploring and building new business opportunities and partnerships, while developing new business, as well as maintaining and growing existing business. I love spending time with family, my wife, Melissa, our two young boys Rocco (4) and Grayson (2), and our Toy Fox Terrier, Nico. I enjoy outdoor projects, hunting for antiques and collectibles, playing basketball and running in my downtime. Thank you for considering me in this position

### **John Gilligan**

I've been an avid runner for many years, and never really gave much thought to joining a running club until reading that my former supervisor Mike Kessler needed volunteers to help with this season's Development Runs. With the help of some great volunteers, I've been taking care of our water station each Wednesday night. I've spent most of my adult life volunteering with organizations such as Dana Farber Cancer Institute, Adirondack Mountain Club, Northeast Boston Terrier Rescue and Boy Scouts of America just to name a few. I'm a founder, former board member and entertainment director for The Great American Irish Festival. I've also served on the New York State board of Ancient Order of Hibernians and served as local division president. I've been employed over the past 11 years as an independent contractor for NY State Justice Center serving individuals with developmental disabilities. Besides running, some of my hobbies include hiking our Adirondack High Peaks, kayaking, music and helping people in need. I have great written/verbal communications skills and excel in grant writing and research. Everyone I've met with Utica Roadrunners has been so nice, and made me feel welcome to the club. It would be an honor to serve as a member of the Utica Roadrunners board.

### **Mike Kessler**

Mike 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."



## Utica Roadrunners 2017 Election Ballot (Cont.)

### Wayne Murphy

Wayne Murphy started his running addiction a relatively short time ago when he decided he would train and run the boilermaker 5K. After running the 5k he decided to train to run the boilermaker 15k. He has also run numerous half marathons and 2 full marathons. For the past two years he has run the Peak2Brew relay with fellow club members. 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 has served on the board for the past two years. He is the race director for the Ted Petrillo Save our Switchbacks race and is responsible for publicity for the club. He has served on various committees throughout the years. He has been active in church, volunteer work and scouting. He resides in New Hartford with his wife.

### Sharon Infusino Scala

My name is Sharon Scala and I'd like to be considered for a position on the Utica Roadrunners board. I am the founder and Co-director of the Marcy 5k, which is a charity race in the town of Marcy that is currently in our 5th year. My love of running didn't start until about 6 years ago when my boys were running and encouraged me to go along. Once I got the bug for running I started going to races and loved it. My bucket list race was to do one in Disney and this past spring I ran the Star Wars 5k and challenge (10k and half). It's an exhausting weekend but so much fun I signed up for next year already. I've run with the Saturday morning Boilermaker training group for the last couple of years and ran a better Boilermaker because of it. Besides running I'm also the Co-chair for the last four years of the Powerhouse Gym Making Strides Against Breast Cancer team and a member of their Heart run/walk team. I've enjoyed being able to volunteer more this summer with the Roadrunners and look forward to being able to do so in the future. Thank you all for your time and consideration.

### Joanne Willcox

A seasoned marathoner, I have completed 25 marathons since 2010. I'll be running St. George UT this year in hopes of another BQ for 2019. I'll be running my 8th consecutive Boston in 2018. I have a certificate in Sports Nutrition as well as certification in RRCA for coaching. I'm passionate about running and the benefits gained for health, fitness, longevity. On a professional level, I am owner and President of C-Flex Bearing Co., Inc. in Frankfort. I have a BS in Marketing and a Masters in Managerial Science. As a hobbyist, I love to bake under the blogger name "AppleCrumbles".

***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.***

<input type="checkbox"/> Jennifer Bachelder	<input type="checkbox"/> Wayne Murphy	<input type="checkbox"/> John Gilligan
<input type="checkbox"/> Rocco Fernald	<input type="checkbox"/> Sharon Infusino Scala	<input type="checkbox"/> Joanne Willcox
<input type="checkbox"/> Mike Kessler		
Write-In(s) _____		

Cast your ballot in advance in one of three ways:

Print it (just this page) 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). Ballots sent by mail must be received in the post office box by early afternoon of November 13th.

OR

Print it (just this page) and bring it with you to the annual club business meeting at the Utica Club Brewery on November 13th starting at 6:30 p.m.

OR

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

Every member is invited to attend our annual business meeting. We have food and drinks for all.

# Member Spotlight

## Meet Karen Piccola

**This Queens native lost 156 pounds, found a welcoming community and has had an amazing few years!**

***Get ready to be inspired...***

Karen hails from Queens. If you listen close for long enough, you hear her accent come through. Her mom had lifelong friends that were from Utica and in 1999, she announced to Karen their house was sold and they were moving upstate. Karen stayed behind at first, but came to visit in May, 2000 and was amazed at her brother's easy commute to work. Back in the city, her commute was a "part time job." When she returned from the visit and found that her apartment had been burglarized, she knew it was time for her to move as well. So she joined everyone in Utica and her quality of life changed immensely – she got to work in peace, it was always clean, there was time to socialize and everyone was extremely welcoming. Her first job was at Fleet Bank in Rome and coworkers there welcomed her into their community and she's still friends with many of them.

Karen now works at DFAS at Griffiss as a Division Chief in Accounting Operations. The work she does supports the military, assuring that account records are accurate and that soldiers have what they need when and where they need it. She takes tremendous pride in her work.



### **THE KAREN PROJECT**

In 2010, what Karen calls "The Karen Project" began. Having been overweight her whole life and 350 pounds at her heaviest, she made the decision to have gastric bypass surgery. It was a life changing experience. Her mom had had the same procedure done, so she had firsthand reference to how it worked, how it altered your life and how it could be successful. Karen lost 156 pounds. She always says "I'd do it again but I'll never do it again" – a testament to her diligence to a lifestyle of health and fitness.

The weight came off. And then it was time to get physically strong. She started with Zumba and then added strength training with Steve Krebbs at Next Level. In 2013, her sister-in-law and friends were running the Boilermaker so she decided to give the 5K a go. She had heard about the Wednesday night Development Runs and started showing up for those, meeting Losay Jones and Dorothy Massinger along the way. Anyone who follows that crew and their adventures knows that a lifelong friendship was hatched with them! The nice thing about the Development Runs was that they weren't intimidating. Karen was out there

*continued* →





running with people who were faster and slower and again felt a strong welcoming community. She graduated to her first 10K in Sherburne in 2015 and then her brother asked the famous question: "When are you going to try the 15K?!" In 2016, she joined up with the Boilemaker Training Program on Saturday mornings, and her training became her routine -- Saturdays with the BTP, Mondays with the Go the Distance crew, Wednesday Development runs and cross training Tuesdays and Thursdays at O.B. Training Sports Performance. It was a part of her life that she just couldn't give up. The socialization kept her going. And her first 15K was completed.

From the 15K, Karen's running career took off. As you can see from the timeline above, she completed the Lake Delta Half in 2016 and then during some self reflection during Winter Storm Stella in March, 2017 (and after some encouragement from Dorothy!) she decided that 2017 would be the year of her first full marathon. She got a great start to the year by running the Erie Canal Half in May and followed a regimented training schedule in her own unique way, adding a mile on every two weeks.

Karen's boyfriend Craig is a dairy farmer in North Norwich. On weekends, she would do her long runs in 7-8 three mile loops around the farm leaving her nutrition and water at the end of the driveway and keeping track of how many loops she'd completed by counting the number of fruit-filled mini wheats she ate! She trained those long runs solo

and without music, podcasts or audio books. It was just Karen and nature. She thought about her running strategies, she argued with people in her head, she chanted and she thought about the people who helped her get to that point as well as the people that she might not be spending enough time with because of her long runs. She always had something to think about and she never lost track of the number of laps she ran. She would do a 20+ miler once a month in July, August and September.

**"It has all been such an eye-opening experience!"**

Once the Empire Marathon came along in October, she was ready and she had a wonderful experience. Losay ran with her the first 6 miles, before the half split from the full. Mark and Sandy were volunteering along the way and Dorothy, after finishing her own half, found

Karen along the route around mile 18 and ran the finish with her. Sandy also joined her the last four miles. At the end, Karen's mom, brother and niece were there to celebrate her finish and her niece got to put the medal around her neck. All of the most important people were there for her that day and "The Karen Project" met a major milestone.

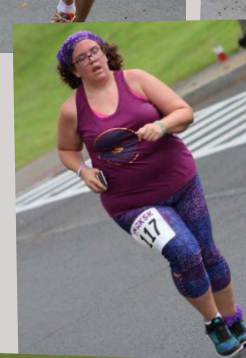
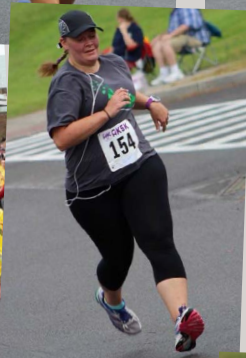
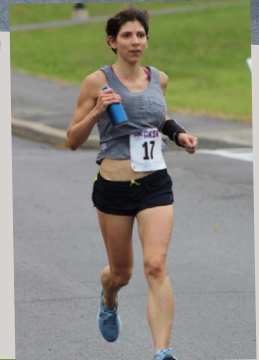
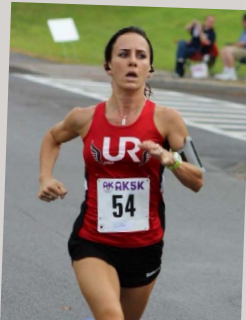
Congratulations, Karen! You are an inspiration and we can't wait to see what you do next!





# Members at AK5K

Photos taken and submitted by Melanie Crisino





# UGLY SWEATER 5k SYRACUSE

## NOVEMBER 25, 2017

AT ONONDAGA LAKE PARK

**A Donut at the Finish Line!**

**A Free Beer & Pizza at the After Party!**

The Barking Gull

116 S Willow St, Liverpool, NY 13088



VERY MERRY SWAG!  
OH WHAT FUN!!!

CONTEST FOR :  
\*Ugliest  
\*Funniest and  
\*Most unique  
Holiday  
Sweater!!!



**SIGN UP TODAY!**



# Development Run Records

*Originally Compiled by Howard Rubin  
Annually Updated by George Searles*

## 2 MILE

### MALE

Brian Fullem	9:16 (1986)
Jerry Lawson	9:29
Pete Pazik	9:32
Scott Humphrey	9:33
Ed Bruni	9:38
Dave Buskey	9:41
Mike Bronson	9:42
Dave Garner	9:46
John Soggs	9:50
John Thorpe	9:53

### FEMALE

Beth Hart	11:34 (1987)
Ellen Hull	11:39
Ellen Kissane	11:39
Jackie Kosakowski	11:50
Gina Abraham	11:57
Beth Herder	12:01
Kathleen Billington	12:04
Laura Candido	12:11
Samantha Stedman	12:26
Najda Okanovic	12:30
Stacy Tyksinski	12:30
Debbie Szalko	12:31

### MALE MASTERS (Age 40 & Over)

John Thorpe	10:12 (1992)
Jim Fiore	10:50
John Ford	11:14
Kevin Morrisroe	11:22
Brian Brooks	11:32

### FEMALE MASTERS

Sue Sievers-Corrigan	13:01 (2000)
Shirley Oddy	13:17
Kim Goodson	14:11
Marisa Greer	14:13
Brenda Bashant	14:16

### MALE GRAND MASTERS (Age 50 & Over)

Jim Dever	11:56 (2000)
Rob Walker	12:26
Glenn Reaves	12:55
Bill Guglielmo	12:57
Jim Lomonaco	13:11

### FEMALE GRAND MASTERS

Gail Vernold	14:09 (1999)
Virginia Truax	14:23
Sandra Banas	15:48
Ellen Tommell	16:07
Beth Talbot	16:12

## 5K

### MALE

Nick Ashton	16:28 (2009)
Jordan Angerosa	16:43
Robert Inglis	16:49
Lawrence Minor	17:26
Jeremy Ruston	17:35
Zakaria Adam Djouma	17:36
Robert Gigliotti	17:50
Aaron Burke	18:17
Jerry Krauss	18:17
Michael Brooks	18:18

### FEMALE

Dana Cooreman	17:57 (2009)
Hannah Bushey	18:50
Claire Rady	18:50
Kelly Zegarelli	18:59
Amy Robinson	19:21
Dominique Bevivino	19:58
Zam Zam Adam	20:17
Courtney Kinne	20:46
Clare Halpin	20:53
Savannah Boucher	20:55
Brianna Byers	20:59

# Development Run Records

## MALE MASTERS (Age 40 & Over)

Louis Rugari	19:28 (2016)
Gary Hurta	20:36
Eric Kasper	20:52
Paul Humphrey	21:52
Steven Eddy	21:54

## FEMALE MASTERS

Stephanie Flack	24:49 (2013)
Amy Hurta	26:30
Kathleen Gates	26:58
Debra Ruggio	27:09
Mary Ann Wilkinson	27:28

## MALE GRAND MASTERS (Age 50 & Over)

Dan Stedman	21:25 (2017)
Eric Kasper	21:28
Jim Owens	21:47
Lennie Davis	22:36
Dan Alder	24:04

## FEMALE GRAND MASTERS

Tricia Shaugier	24:11 (2016)
Virginia Truax	26:41
Sue Luley	26:47
Terry Kupiec	26:56
Rita Lewis	28:43

## 10 K

## MALE

Jerry Lawson	31:56 (1986)
Ed Bruni	33:13
Dave Brucker	33:18
Dave Garner	33:32
Mike Rinko	33:37
Pete Pazik	34:07
Henry Rono	34:08
Jay Frisillo	34:09
Lance Denning	34:11
Dave Buskey	34:12

## FEMALE

Patti Weigand	37:05 (1995)
Shana Ruszkowski	37:13
Heidi Gerken	37:39
Lisa Spina	38:47
Barbara Griggs	39:09
Meghan Furner	39:34
Cathleen Willy	39:36
Nicole Brack	39:43
Amy Netzband	39:45
Ellen Hull	40:10

## MALE MASTERS (Age 40 & Over)

Tom Smith	35:49 (1999)
John Thorpe	35:51
Steve Walrath	36:30
Jim Fiore	37:00
Lennie Martin	37:02

## FEMALE MASTERS

Sue Sievers-Corrigan	42:02 (1999)
Felisa Houck	42:17
Ann Mamore	43:41
Nancy Frisillo	43:59
Tanya Gomez	44:13

## MALE GRAND MASTERS (Age 50 & Over)

Tom Smith	36:20 (2003)
Jim Andrews	40:11
Jim Dever	40:14
Jim Newlove	40:20
Larry Reyes	41:05

## FEMALE GRAND MASTERS

Nancy Frisillo	45:34 (1997)
Virginia Truax	45:43
Carol Kogut	46:19
Ann Robinson	47:45
Gail Vernold	49:05

# Volunteer Points - Get Them In!

**Nearing your 1,000 miles for the year?**

**Remember you need 10 volunteer points for your jacket!**

**Here's how to accumulate points:**



## **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](mailto: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)

☐ December 2017

☐ January 2018

☐ February 2018

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

☐ Yes ☐ No

**Total included: \$** \_\_\_\_\_