

# splitimes

December 2016

The Official Newsletter of the Utica Roadrunners

## Winter Running is Here!



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December  
**2016**  
Utica Roadrunners  
Board of Directors



## President

Sybil Johnson

## Vice Presidents

### Administration & Finance

Stephanie Stark

### Activities & Events

Mike Kessler

## Secretary

Melanie Crisino

## Treasurer

Lisa Walchusky

## Board Members

Dan Alder  
Anne Marie Latshaw  
Jim Mott  
Wayne Murphy  
Scott Neary  
George Searles  
Joanne Willcox



UR members at the CNY Veterans Outreach Center's Veterans Day Run at Proctor Park. This was the 2nd annual run - it's a great, untimed event to reflect on those that serve our country.

## Advertising

If you would like to advertise in Splitimes, please contact:  
Sybil Johnson email: [densyb@roadrunner.com](mailto: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](mailto: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

Welcome, December! I am glad that you are here. For me, November was a very busy month for Club work and personal 'stuff.' There was the Annual Meeting with elections, the Thanksgiving Run to End Hunger, my paintings for the Cooperstown Holiday Show, Dennis' hernia surgery, this article, and of course, everyday chores and exercising.

### A GREAT LOSS FOR OUR RUNNING COMMUNITY

Unfortunately, November was a sad month for the Club. Longtime member, Ted Petrillo, has passed. Ted held a variety of positions in the Club and we could count on Ted and his wife Phyllis to help at any major Club event. Ted spearheaded the Save Our Switchbacks initiative that restored the trails through the South Woods and parallel to Valley View Road. Over \$400,000 in grants, matching funds and volunteer help from major businesses made the South Woods a safe, picturesque place to run, walk, bike, ski, & snowshoe. THANK YOU, TED! We have added \$50 to the scholarship fund in Ted's name. Who knows, by June maybe a scholarship will bear his name.

### ANNUAL MEETING

For those of you who were at the Annual Meeting, "Thanks for attending!" We have had some changes to the board line-up. Our Board of Directors for 2017 will include: Melanie Crisino, Mike Kessler, Anne Marie Latshaw, Jim Mott, Wayne Murphy, Scott Neary, George Searles, Stephanie Stark, Lisa Walchusky, Joanne Willcox, and me. We have one more opening, so just in case you are interested, contact me at [densyb225@gmail.com](mailto:densyb225@gmail.com). Thanks to Wendy Bowers and the staff at the Brewery for keeping us accounted for and hydrated. Thanks, too to all of the 2016 board members for your updates. Retirees Jeremy West and Dan Alder will be missed. Thank You for your help over the past years. Two interests for the 2017 Board will be sponsorship and volunteers. Clubs like ours have the same issues – the same people do all of the work!!

### RUN TO END HUNGER

The Run to End Hunger, directed by Dave Morehouse, raised about \$5000 for the Veterans Outreach Center and collected just under a ton of food for the Rescue Mission. Thanks to Dave and all of the new committee members.

### CLUB DETAILS

December will be a relatively quiet time for the Club. Our new Membership Chairman, Joe Crisino, will be busy with renewals and some new members. Since Jeremy West has moved out west to Oregon, I guess I will take care of the renewal of our national Road Runners Club of America and USATF dues. We have to pay before the end of December to continue liability insurance coverage for all of our events. This money also covers insurance for our equipment and protects the Board of Directors and Race Directors in case of any mishap during a Club event. Rates are very reasonable and they are based on total memberships (a couple or a family is equal to one membership), not total members. USATF – United States of America Track & Field membership keeps us in the loop for sponsored events and current updates in running.

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### UPCOMING EVENTS

The Club Calendar has only one event listed for this month. If we did not have a party to attend, I would love to head up to Lake Placid for the December 10th Adirondack Health Jingle Bell Run/Walk. Hopefully, December will include the Roman Runners Jingle Bell Run/Walk on the first Saturday. It is not listed. This Roman Runner event has been around for ages to benefit Oneida County senior citizens. Check it out. Then, do not forget the Tow Path Trekkers January 1st event in Boonville to celebrate the New Year.

### DECEMBER HAPPY HOUR

Happy Hour for December will be on the 2nd at Lukin's on Varick Street at 6 PM. We seem to have a bigger crowd when we party here, so join us for the festivities. Since we do not have a Holiday party happening, this could be our time for glad tidings.

### BOB CARLSON

Last, but not least, the first President of the Club was Bob Carlson. He has had some medical issues since August. Please keep him in your thoughts and prayers. Area running events need Bob. Who else could coordinate all of the Road Guards? GET BETTER, BOB!

My final messages are for all of you to have a very Happy Holiday and New Year. And most of all, Be Careful Out There!



## Save the Date



## Utica Roadrunner's Annual Banquet

**March 4, 2017**  
**at Aqua Vino in North Utica**  
**You don't want to miss this year's awards!**

## Letter from the Editor



### My Year in Haikus

I love to look back at a “well run” year – races, training, PRs, friends selfies, challenges and great memories. I wanted to celebrate a few notable running experiences in haiku form because... why not?!

**Woke up to snow  
Then pelted in the face for  
Thirteen point one miles.**

SYRACUSE HALF MARATHON, APRIL

**A van with six friends  
Ninety five degrees outside  
Good thing I like you**

PEAK TO BREW, AUGUST

**Best weather ever  
Felt wonky in the middle  
Love that glass medal**

WINEGLASS HALF MARATHON, OCTOBER

**Eleven mile loop  
Circles around Utica  
New favorite run**

TRAINING RUNS ON THE “UTICA LOOP”

Hope you all made great memories this year as well and are deep into plotting your next adventures in 2017. See you out there!

## Article on Ted Petrillo



The Observer-Dispatch ran a wonderful article on November 22, 2016 on Ted Petrillo.

***When it came to a running event — or running an event of any kind — Ted Petrillo never wanted to be the show.***

***He will be remembered, however, for making sure that show went off without a hitch....***

[Read more >>](#)

**OD OBSERVER-DISPATCH**





## Annual Meeting at the F.X. Matt Brewery



Happy Hour



*Join us!*

**Club Happy Hour**  
**Friday, December 2, 2016**  
**6:00pm**  
**Lukin's on Varick Street**

# Call for Utica Roadrunners' 2016 Mileage and Marathon Awards

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the annual Awards banquet on March 4, 2017. This includes data about annual running mileage and volunteer work for the Red Jackets and chevrons as well as specifically any marathons or ultras run by the club members. Reports must be submitted by January 15, 2017. Dues for the year must also be paid by January 31st for award eligibility as a member in good standing. All reports should be submitted to Jim Moragne at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com) or mailed to him at 63 Falcon Trail, Pittsford, NY 14534. The form follows this article and is available on the club's webpage at [www.uticaroadrunners.org](http://www.uticaroadrunners.org).

**Important:** For the **1000 Mile Club Jacket** (1000 miles and 10 volunteer points) Award, you **must** have accumulated at least 10 volunteer points in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2016 (unlike the miles, all of which had to be run in 2016). For the **Extra Mile Club Jacket Award**, you **must** have earned 30 volunteer points and they **must** all be earned in calendar year 2016. The point chart is at the end of this article.

**Chevrons:** Members of the 1000 Mile Club who complete 1000 miles or more during a subsequent calendar year after earning their jacket will receive mileage chevrons that may be sewn on their jacket sleeve. Chevrons are awarded in 100 mile increments from 1000 to 2000 miles, and in 500 mile increments above 2000 miles. Mileage totals are rounded down (i.e. 1,378 miles will result in a 1,300 mile chevron).

**Marathon/Ultra Patches:** A marathon or ultra patch is awarded to any club member who completes an organized marathon or ultra race. This patch is worn on the club jacket under the RRCA insignia. Stars are awarded that can be attached to the patch to indicate several completed marathons or ultras: Blue Star 5 completed; Red Star 10 completed. Marathon/Ultra information including name, date and location of the race; completion time, place, and any awards received should be reported.

There will be a separate email in January asking for nominations to the club's various named awards. For now, we just need your mileage and marathons, as well as volunteer points for the Red Jacket Awards. Please send questions to Jim Moragne at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com).

**Points:** One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

## **Board of Directors and Similar**

1. Serving on the Board of Directors as an officer: **30 points**
2. Serving on the Board of Directors non-officer: **20 points**
3. Membership Chair: **20 points**
4. Merchandise Chair: **20 points**

**Director of Club race or training program: 20 points** (Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs)

**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)

## **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, Wonderland of Lights, and similar)

**Committee Chair of club event (non-race/training) or special committee: 10 points** (Includes Awards Committee, Scholarship Committee, Social Chairperson)

**Unique:** Hosting a Breakfast Run, Thursday Night Run or the like: **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**

Proofreading monthly Splitimes: **10 points**

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

## **General volunteer for a single race or training event:**

**1 point** (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, a single Dev. Run, or a single BTP training event)

## **General volunteer for other club events and committees**

**(non-race/training): 1 point** (this includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Scholarship Committee member other than chairperson)

# Utica Roadrunners Personal Mileage and Race Record for 2016

NAME: \_\_\_\_\_

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2016: \_\_\_\_\_

Total Miles Run as a Utica Roadrunner: \_\_\_\_\_

## Personal Volunteer Information for Red Jackets (Check all that apply):

- ☐ Host Thursday Night Run Club  
☐ Falling Leaves  
☐ S.O.S. Race  
☐ Summer Sizzle  
☐ Developmental Runs  
☐ Club Board Member ☐ Club Social Event  
☐ Club Officer ☐ Boilermaker Packets  
☐ Club Committee Head ☐ Thanksgiving Run ☐ SpliTimes Article  
☐ Club Race Director ☐ Hall of Fame Races ☐ Other (list: \_\_\_\_\_)

Please return this form (**no later than January 15, 2017**) to: **Jim Moragne – URR Mileage Info, 63 Falcon Trail, Pittsford, NY 14534** or email it to Jim at [jimmoragne@gmail.com](mailto:jimmoragne@gmail.com).



# H.S. ATHLETE Q&A

## Christopher Celecki

**School:** Holland Patent High School

**Grade:** 12

***When did you begin running?***

I started running at the very young age of 6 or 7 to win local kid triathlons, as well as our schools Elementary Cross Country and Track meet.

***What inspired you to start?***

Running by myself was fun, letting my mind wander running on trails and I fell in love with the feeling of running and how free it felt that I could run wherever I wanted.

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

I mostly participate in longer distance events from the 800 up to the 2 mile and steeple chase in track as well as the 5k during cross country season.

***What have been your biggest running accomplishments so far?***

My accomplishments in cross country started my freshman year when my team won the state meet and I was the 4th runner on the team. Then qualifying individually for the state meet my junior and senior years placing in the top 50 both years.

***What does the future hold for you and running?***

My running will continue into college participating on both cross country and track teams as well as pursuing my passion in running triathlons. Running will always be a part of my life because it is a passion that I love to do and it will keep me in shape for the rest of my life.

***Do you do any other sports aside from track?*** I also swim during the winter on the swim team, racing in the longer events no one wants to swim.

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

I have been a part of the CSC all-star team since my freshman year. I was a part of the team that won the state meet and also qualified individually for the Cross Country State Meet the past two years. I also made the all-CNY team.

***What piece of gear can you not live without?***

The one piece of equipment I couldn't train without would be my Garmin Vivoactive GPS watch. During training it tells me what pace I am running at and my heart rate to allow me to get the best training I can get to perform my best during races.

***What is your favorite food to eat after a meet?*** After a race I love to drink SWORD. The drink does the best at replenishing the electrolytes in my body and hydrates me so I don't suffer from any post race cramps.

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

In my spare time you can spot me riding my bike or going to the pool to swim. During my school sport seasons I like to keep up on my biking and swimming (during swim season my running) to train myself for triathlon season during the summer. I qualified for the USA National Triathlon race in Omaha, Nebraska this past summer.



*continued* →



#### **Favorite movie:**

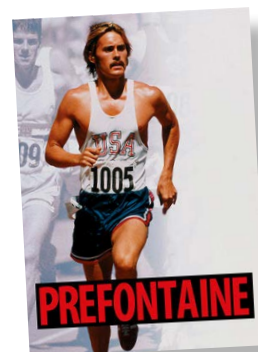
I could watch the movie Steve Prefontaine on Netflix all the time because it is inspiring and shows that everything is possible if you train hard enough. I watch it before every big meet to get me in the mindset to do my best and give it my all.

#### **Do you have any pets?**

I have 2 miniature dachshunds Harry and Bailey. When I was young, they could keep up with me and run the distance alongside of me. However, now that I run a little faster and longer they can only stay with me for a mile or so before I take them back home and I continue on my run.

#### **Running philosophy:**

"If you are going to be one, you might as well be a good one." I stick by these words from my coach/father not just during running but in all aspects in life. I am going to work hard and become one of the best if I want to do it. During a race I trust myself that no matter how hard the course or competition might be I am going to be one of the best.

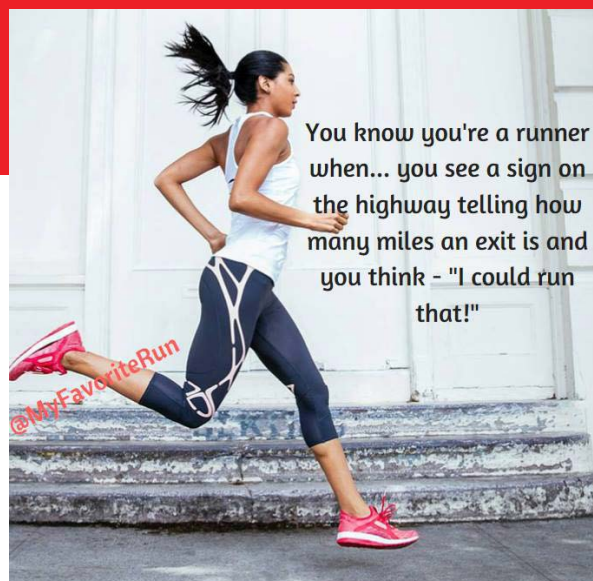


***"If you are going to be one, you might as well be a good one."***

## **Awesome Stuff**

**You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement.**

– Steve Prefontaine, legendary American runner



Thanks for posting, Scott Neary!

# 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."*

## The Art of Letting Go

There's a picture floating around on the internet with a quote that reads "Sometimes holding on does more damage than letting go". In the picture you see a hand struggling to hold on to rope ... there's three separate pictures of this hand

- The first shows that the rope is causing tension and is bruising the wrist area
- The second picture shows the hand releasing the rope
- The third picture shows a free hand that is no longer holding on... in the picture you can see that the redness around the wrist area is gone.



you reach those goals or supporting the life you want to live. If dealing with a person are you enriching their life?

When something no longer serves you and you've concluded you've done all that you could or that it's not adding any value to your life. You need to let go. For some it could be a dead-end job, Taking on to many responsibilities, a marriage/relationship that is over, negative friends/family, an activity that is not benefiting your life, etc.

Before making any rash decisions it's always important to stop, reflect and do some serious soul searching to ensure you are making the right choice. (This does not include obvious things that you need to let go of such as abuse, activities that cause self-harm. There should be no hesitation when it comes to these things, let it go).

When I reach a point in my life where I know a decision needs to be made, I will ask myself some of the following questions:

- 1) Ask yourself where are you going? What are you doing with your life? What are your goals? Is this thing/person helping

- 2) Are you happy with yourself, do you have some inner weaknesses that you need to work out? Are you the whole complete person you want to be? If dealing with a person, are they working towards the betterment of themselves?

- 3) Does this thing/person cause you more pain/unhappiness than happiness?

- 4) Can you live without this person or thing? If not, why not?

- 5) Imagine a life without this thing or person. When you think about it do you feel that eventually with time you would be better off?

After asking yourself some of these questions and sincerely answering them... give yourself some time and come back to them. Continue repeating these steps until you are confident that letting go is the best option. Some things are easier to let go than others. Be sure you will not regret your decision. Accept the decision that you are making and begin the journey to the next page in your book.



# H.S. ATHLETE Q&A

## Davone Hernandez

**School:** Rome Free Academy

**Grade:** 12

**When did you begin running?**

Winter of my junior year.

**What inspired you to start?**

The people I surround myself with.

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

My specialty is the two mile but I also compete in the 1 mile, 1000 and 800 and of course cross country.

**What have been your biggest running accomplishments so far?**

Making it to States after my first season of indoor. In addition, although I was injured during my first season of outdoor, I ran my first season of cross country placing 6th in the Class A championship, 2nd at the Federation meet and 11th at Footlocker regionals.

**What does the future hold for you and running?**

I'm still in the college searching process

**Do you do any other sports aside from track?** No but I used to play soccer and lacrosse up to my junior year when I found my niche in running

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

I received the most valuable athlete award after the first season, RFA cross country Bill Coughlin award and am looking to break school records this indoor and outdoor season.

**What piece of gear can you not live without?**

Running shoes!

**What other activities are you involved with at school?**

Currently in JROTC as I begin to look into military universities.

**What is your favorite food to eat after a meet?**

Chocolate milk and Subway

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

Hanging out with friends and family

