

splitimes

December 2018

The Official Newsletter of the Utica Roadrunners



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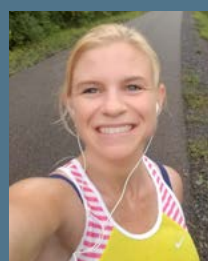
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2018
MILEAGE &
RACE INFO
DUE
JAN. 10TH

December
2018
Utica Roadrunners
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All payment, copy, advertisements and race applications
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**Members at November's Happy
Hour at Stockdale's in Oriskany**

Useful Links:

Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook



President's Message

by Wayne Murphy



Just about winter time. Time for cooler or should I say colder weather to run in. We had a great annual meeting. Thank you to the Boilermaker Office for letting us have our meeting there. It was great to see so many members and to elect some great new members to the board. They have some fantastic ideas about how to make the club even better. This is your club and we want everyone to participate as much as possible. So join in when you can!

Several board members joined me with the Mayor in our presentation of a check for \$5,000 to the city of Utica for maintenance of the switchbacks. The money is made possible by the Ted Petrillo Save our Switchbacks run which is held each April.

Thank you to all of those that braved the single digit temperatures to participate in the Run to End Hunger on Thanksgiving Day. Dave Morehouse did an excellent job in coordinating. We collected over \$2,000 for a local charity and were able to provide almost 2 tons of food for the food bank.

We are looking forward to our bus trip to Seneca Falls for "It's a Wonderful Run" on December 8th and celebrating the holiday season.

2019 and the New Year will bring a time for us to focus on some additional goals for the club. One goal is to improve technology such as our website. Another is to improve our communication with members of the club and the community. We look forward to those enhancements and will keep you up-to-date as we progress.

Wishing you all happy running days and very Happy Holidays!!



Members of the board joined Mayor Palmieri and Dave Short at City Hall in Utica to present a \$5,000 check generated by the last FIVE Ted Petrillo Save Our Switchbacks races. The money will assist with upkeep and maintenance of our beautiful Switchbacks so they are ready for all of our training and races for the year!

Letter from the Editor

Lateness is greatness?



Sorry for the delay on this issue, friends! I was out running (a little), Wayne was traveling for work AND you all were doing so many amazing things that I spent a lot of time snagging your photos from your Facebook pages!

In any event, life gets hectic. But running and running friends are always there for us even if we haven't see them for a week or a whole month. We recently did a nice cool six mile run in Clinton, ended with coffee as we do, talked a bit about Peak to Brew this summer and then went about our crazy days. Those couple early morning hours with friends are worth their weight in gold! Keep connecting and loving one another and this crazy sport we do.

HAPPY HOLIDAYS and may your running goals for New Year's be lofty and bright.

Michelle

All the Gear You Need at One Location!

**GET
YOUR
GEAR!**

**the Sneaker
Store**

Utica Roadrunners apparel is available for purchase at The Sneaker Store at 4490 Commercial Drive in New Hartford. They can put the UR logo on other pieces available in the store as well!



Call for 2018 Mileage – DUE JANUARY 10th

It's time for Utica Roadrunners members to submit mileage and race information for awards to be presented at the annual Awards banquet on February 16, 2019. 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 10, 2019. 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 or mailed to him at 63 Falcon Trail, Pittsford, NY 14534. The form is attached to this email. (PLEASE do not send your running log, spreadsheet, etc. - just the report form. Use the back if you need more space.)

NAME: _____

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2018: _____

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: _____)

Member Accomplishments

Roadrunners at the Syracuse Half on November 11th. Great job, everyone!



**Bill Callahan PRed
with a 6:07 pace**



**Erin Brown finished
her first half in 2:02!**



An emotional sub-two hour finish for Ann Marie Latshaw!!!

Q&A with Mark Donovan of the Boilermaker



He's six months into his new role at the helm of one of the biggest 15Ks in the country. We caught up with Mark Donovan from the Boilermaker.

Tell us about your professional background:

My professional career has focused on sales, marketing and general management leadership roles within several distinct industries. After spending over a decade in company-side commercial insurance, I relocated to New Hartford to begin a career in the medical device space with ConMed. Over the course of my twenty plus years at ConMed, I was fortunate to hold a variety of positions with increasing responsibilities, culminating with my role as Vice President of Gastroenterology, Cardiology & Critical Care and Global Corporate Marketing where I was responsible for approximately \$110M of global sales and over 100 employees in addition to refining the company's global branding efforts.

What drew you to work for the Boilermaker?

Living and raising my family here in the Mohawk Valley over the past 23 years has been such an incredible experience. In seeking opportunities to give back to the community, I found the Boilermaker and I couldn't be happier!

What sport(s) did you do in high school?

I grew up in the city of Albany and as a youth was active playing baseball, basketball, soccer and skiing. The only sport that I played scholastically throughout my high school years was soccer. In my adult years, I stayed active playing softball, soccer, basketball and skiing. These days, my fitness regimen is comprised of functional weight training and skiing.

What has the Boilermaker meant to your family in particular?

Upon my relocation here, the area was in the throes of losing three major employers; Chicago Pneumatic, Griffiss Airforce Base and Lockheed-Martin, all three of which were

Q&A with Mark Donovan (cont.)

huge drivers of the local economy. The associated job losses took significant economic and emotional tolls on our region. I witnessed the Boilermaker fill an incredible void as it served as a rope for the community to grab a hold of and to rally around. Family members, friends, neighbors and local companies poured their hearts and souls into making Boilermaker Weekend an enduring community event with worldwide appeal. My wife has run it in the past and my children continue to participate in the races.

What was the most surprising thing you found out about the Boilermaker that you didn't know before you started working there?

One of the most surprising things about the Boilermaker is just how special Boilermaker Weekend is from the perspective of so many stakeholders such as the efforts of the staff, volunteers and the various governmental agencies as well as the support of the sponsors and of course, our community at large.

The Boilermaker is now about more than just running.... it's about community health & wellness as well. What are some of the community-based goals of the Boilermaker?

On the Community Outreach side of the Boilermaker, our founders and stewards did a great job setting the foundation for us. Our focus as we move forward, will be to work with the various groups that are all doing great things in and for the community. We are very excited about the potential to help build out activities, events and programs that provide a meaningful impact and change people's lives in a positive way.

What do you love most about Boilermaker Weekend?

I am a big consumer of active experiences and am keenly aware of the approaches that event organizers

use to ensure they meet the expectations of their attendees. When I look at Boilermaker Weekend, I see an incredibly diverse audience with a wide range of expectations to fulfill. What I loved most this year was seeing how it all came together and delivered so much unique joy to so many people.

Can you share anything about what runners/ volunteers/sponsors/spectators can look forward to in 2019?

The goal for 2019, and every year for that matter, is to find ways to enhance the experience for everyone. To that end, I am asking anyone and everyone about their experiences, what their expectations are, etc. Based on those inputs as well as our research into market trends, we will look to implement new programs consistently going forward.

If you had to sum up the Boilermaker experience in just a few words, what would they be?

More than a race!

Do you have any hobbies, skills or interests that you would like to share with us so we can get to know you better personally?

Personally, I am an avid sports fan and skier who really started my own fitness journey much later in life than I probably should have! Together, my wife and I enjoy the arts and are huge consumers of live music events.

Family:

My wife Kathy is a local artist and STEM Enrichment Educator in the New Hartford Central School District. We have two sons, Joe who is a recent graduate of Northeastern University and now resides and works in Boston, MA and Tom, who is a senior at Clarkson University in Potsdam, NY.

Member Accomplishments



A great Roadrunner showing at the NYC Marathon.

Top row: Michael Polidori and Dave Herringshaw getting ready for the full and Dan Stedman after finishing.

Middle row: Lauren and Wayne Murphy (left) and Al Massinger (right) ran the 5K

Bottom row: Michael Polidori with his wife Holly at the finish, our friend Erin Hamlin, Tiffany Brown and Dorothy Massinger who ran the full.



Member Accomplishments



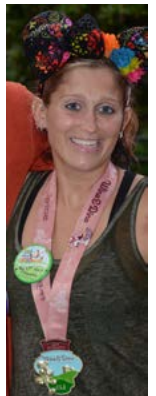
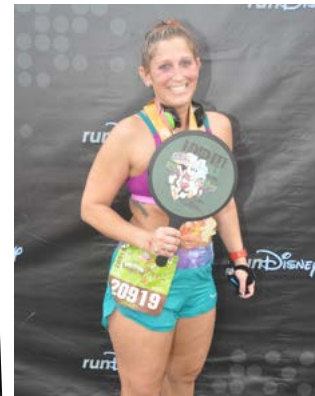
Rick Gloo and his dad at the Miles and Music that Matters event hosted by Clear Path for Veterans.



Jim Latshaw, Jessica Van Valkenburgh, Sharon Scala and Jenn Voce at the 2018 Burn Run 10K in Syracuse.



On November 4, Ashley Mancini ran her first half marathon at the Disney Wine and Dine Half Marathon weekend.



Marlene Angelini and Colleen Ciecko after finishing the Cape Cod half marathon.



Michael Shue, Giorgio Varlaro, Dani Bliss, Andrew Rubino and Melanie Crisino traveled to Philly to rock the Rocky Balboa Run.



Autumn in New York

by Dorothy Massinger

The first weekend of November, NYC opens its doors to thousands of runners as the city hosts the largest marathon in the US. This year, 2 runners from Herkimer, Tiffany Brown, the young one, was running her very 1st marathon, and me, the not so young one, was running my 10th. Tiffany, her husband, Dan, Al and I boarded the Metro North train in Poughkeepsie for 3 days of NYC magic.

Friday night was the Parade of Nations in Central Park. It was an Olympic style opening ceremony with runners carrying their country flags and dressed in native costumes. You could sense the pride in everyone as they danced and cheered for each other. The evening ended with fireworks lighting up the fall foliage.

Saturday morning was the Abbott 5K. We lined up in front of the United Nations and weaved around Grand Central Station, Rockefeller Center; ending in Central Park. That afternoon, a Facebook group, "Runar's Runners," met for a gift exchange. Tiffany got an Irish coffee mug and a good luck charm, and I was gifted beer and chocolate from Denmark. We went by taxi to the Expo. It was huge! There were guest speakers, photo ops, running labs, samples, and any kind of running gear you would ever want to buy. Early evening, we went to St. Patrick's Cathedral for a Runner's Mass. At the end of the service, with trumpet fanfare, we received a special blessing as applause filled the church. We ended the day with a pasta dinner at The Tavern on the Green.

Marathon Sunday started with the trek to Staten Island. We left our Central Park hotel at 6:45 to be ready for our 11am wave. At the Starting Village, there were Therapy Dogs, Dunkin Donuts Marathon hats, food, coffee, water and lots of porta potties. The atmosphere was both electrifying and calming.

The marathon started with the firing of the cannon and Frank Sinatra belting out New York, New York! We took off for our 26.2 mile journey through the neighborhoods of Brooklyn, Queens, the Bronx, Manhattan and into Central Park. We made it to the finish line just before dark. We looked for Wayne, Erin, and Lauren Murphy giving out heat blankets, but never found them. Hours later, the NYC Road Runners hosted a finishing party with music and glow sticks, along with running celebrities coming to cheer the last runners as they crossed the finish line.

New York City Marathon! Thank you for being over the top! And Thank You for choosing me to be part of it!

Member Accomplishments

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



**Utica Roadrunners at the Philadelphia Marathon:
Randy and Ryne Cornacchia, Ryan Misencik, Lorrie Tibbits,
Ray Scanio, Liz Hayes Casatelli, Steve Tibbits and Varinya Sheppard.**



Roadrunners at the Jingle Jog in Clinton and ML Nolan, the holly jolly race director!

Annual Meeting 2018



**Thank you to everyone
who joined us at our
annual meeting and to
the Boilermaker for
hosting us at their
headquarters!
Congratulations to our
new board members.**



Member Spotlight



“So Glad I Did It”

MEET TRISTA GILMORE

When we asked Trista Gilmore what the title to her running autobiography would be, she replied “So Glad I Did It”. Running has entered her life a bit later, but it may have been just what she was looking for.

Trista is a Whitesboro native and is an LPN with Central New York Developmental Services Offices (CNYDSO). She works in a medical house with individuals who are severely developmentally delayed. She is also a mom of two – Mason, 8 and Adrianna, 11 – and has three dogs: a 1.5 year old Great Dane named Sophie; a 1.5 year old boxer named Sully, and Charlie – a 14 year old chihuahua. (Oh... and two cats.) Her hours can get a little crazy and there’s a lot of activity in the house, but she always find time to get a run in and great people to do it with.

In high school, she didn’t participate in any sports and didn’t start running until she was 28 or 29. There were two women that she worked with who decided to train for the Boilermaker about five years ago and Trista joined in on the fun, figuring it would be much easier to do with other people there for support. Discovered that there was an athlete inside of her was really enlightening and that is when she asked herself why she didn’t do this forever ago. She has a tiny bit of regret for not trying it out earlier, thinking of what she could have done with it. She now definitely making up for lost time.

Five Boilermakers later, she’s now got her sights set on the 2019 race and running a sub-90. Her parents live right on the course on Champlin Avenue, so it’s definitely a special race for her and the family to cheer her on.



continued →

Member Spotlight (Cont.)



She jumped up to the half marathon distance in 2016 when she ran the Delta Lake Half and the 15 mile Eerie Canal Towpath Run in Chittenango this year. When we asked her about her PRs, how many times a week she runs and other data-driven questions, we were met with a funny look, ended up laughing and figured out that she has a little Forrest Gump-ian philosophy of “just running”. She goes with the flow, enjoys the company, doesn’t do a whole lot of prep beforehand and when she’s done, she’s off to carry on her normal life. Running is there for her as her outlet, as something to enjoy that works well within her life of kids, work and pets!

One thing Trista enjoys most about running is the community and the people that she is surrounded with. Another is watching those people set goals and move forward, like Harry Campbell and the amazing year he had or Scott Neary tackling his first full marathon this year. Maybe it’s the big heart and the caregiver in her, but it really brings her pleasure to see people doing well, hitting goals, staying healthy and becoming stronger.

In 2019, she is considering running a full marathon, but is looking for training partners who are around a 10-minute mile and still weighing her options. She’s like to do a relay race like Peak to Brew and may also do the Lake Effect Half in February. New challenges are always fun and she likes to be sure she doesn’t go backwards in her training or her goals. She’s not training intensely, but as long as she’s getting out there regularly, staying injury-free and enjoying herself... she’s good.



Member Story

To Run 1,000 Miles or Not

by Kelley O'Bryan

As we are approaching the New Year some of you might know for a fact that they are setting the goal of running a 1000 miles while others are heading into the New Year to run and have fun. If your thinking of taking on the 1000 mile challenge or still are on the fence about the challenge maybe I can help. Here are a few of my personal suggestions that helped me along that may help you with your journey or deciding to take on the challenge.

Remember this is a long term goal that you are setting. You have to know yourself and make sure you understand that this is a year that you can devote to running pretty much non stop. You have to mentally prepare yourself for the journey ahead. To some runners you may think it is easy, but to others like me, it may seem like it is impossible to reach. For me once you see the miles accumulating you will be very pleased with yourself and want to keep challenging yourself! Like I said before it pushed me harder to increase my daily mileage once I started hitting milestones. For me personally because I was running so much the majority of my race times this year were personal records. That was an extra bonus I was not expecting and you never know, you may find the same thing.

Make sure you come up with some kind of schedule. If you can stay committed and run every day of the year you only have to run about 3 miles a day. I choose to run Monday-Friday so my miles per day was a bit higher. It was nice that I allowed myself to have the weekends to relax unless I had a race. You will have to decide what works best for you and try to stick with it even when the going gets tough!

Another thought is try to get as many miles in during the nice weather, especially if you don't have access to a treadmill. I found myself taking advantage of the nice weather and did longer runs then. I do have a treadmill, but outside running is so much more enjoyable! If you do have access to a treadmill you may consider to read or perhaps watch a movie or tv show. I love to read and I

began to think why should I sit down to read for an hour while I could run and read at the same time. It did take some getting use to, but it was the best way for me to keep myself occupied. It is amazing how I got so involved in a good book that I didn't realize I was up 9-10 miles.

Find something that helps keep you motivated. For me there were a few things that helped me along my journey. I mentioned reading helped while I was running inside. Some people may choose music to help them along while running. For me the number one thing that helped me was having a great support system. I usually had someone to run with to keep me accountable. Even if they don't run with you it is great to find someone to talk to and share your milestones with. Every time I hit a milestone everyone congratulated me and said keep up the good work. Once you get to the final 1000 miles you may even decide to have some sort of celebration!

Make sure you have a way of keeping track of your miles. For a few years I have been using a free running log app on my phone, which has been great. I still use it as I did not receive my smart watch until May and want a grand total of miles for the year. My smart watch has been a great addition to my running lifestyle. It not only tracks my miles, which was very helpful during races, but gives me a breakdown of elevation, pace and temperatures for all my runs. I know some people keep track of their miles with a spreadsheet on the computer or more traditionally with a calendar and then tally them up manually, but you will have to decide what will be the best and easiest way for you to keep track your miles.

Overall my 1000 mile journey began slowly and was a little bumpy, but as time went on running became apart of my day and it got easier to run a Monday-Friday schedule. I am not going to lie – it was a huge challenge that did take a lot of hard work and determination, but I can now say I have accomplished it. Remember when the going gets tough just tell yourself that you can do it even if it's just a few miles at a time.

splitimes



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SpliTimes is the 2015 RRCA Newsletter of Year!



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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)

- ☐ January 2019
☐ February 2019
☐ March 2019

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

☐ Yes ☐ No

Total included: \$ _____