

splitimes

February 2019

The Official Newsletter of the Utica Roadrunners

TRAINING IS UNDERWAY!

AND YOU CAN STILL JOIN!

(See page 8)

Banquet RSVPs due!

Details on page 4

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February
2019
Utica Roadrunners
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Advertising

If you would like to advertise in Splitimes,
please contact: Michelle Truett email:
michelle@484design.com or call (315) 534-0067.

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**



**You're reading that right!
85 laps on an indoor track!
Read more about the Rockin' Chics
and their quest on page 5.**



President's Message

by Wayne Murphy



January was a very busy month for the Board and Race Directors. We have put together the race dates and locations for 2019. The Ted Petrillo SOS and the Summer Sizzle registrations are open. Many thanks to all the Race Directors. We also started the 4 race challenge in 2019 and it has gotten a great reception. We thank all of you for your support and participation.

Hard to believe but training has begun for the Boilermaker. We have new coordinators this year. Thank you to Cole and Tracy Perkins. I can't wait to run with the group! Contact us if you need more information.

The board met and put together the budget for 2019 and also have begun work on the new website. Stay tuned for more information and the new website in the very near future.

I was so encouraged to see so many of you continue to run some way and somehow during the polar vortex weather. Keep up the great work and be safe. Think that spring and running is just around the corner. Thank you for all you do and as always feel free to contact me.



Letter from the Editor

by Michelle Truett

Yup... that's me on the left running in a t-shirt in January! I took a trip out to L.A. last week for the convening of 18 cities that won the Levitt AMP grant. We'll be bringing you ten weeks of FREE live music again this summer to Kopernik Park in Utica (the Roadrunners were a part of the concerts last year!) It was 54 degrees at 7 am out in L.A. on a week where it barely reached zero degrees here in CNY. On the right is my good buddy, Greg Wright, from Stevens Point, Wisconsin, who I have now run with in two different states. I ran with him in his hometown and learned that central Wisconsin has no hills. None. Who knew! We're hoping to add more states to our list as we travel to other Levitt AMP cities to visit friends and explore communities across the country.

Running is such a cool thing to have in common. It helps you pick up right where you left off with friends and allows you to delve into new surroundings to really see how a city ticks. Los Angeles literally had a surprise around every corner – some good and some “interesting”! It also adds excitement to business trips to get outside and check things out. I saw people coming out of the hotel gym and was like “Are you crazy? It's BEAUTIFUL outside!”

If you run somewhere cool when you're on a trip for business OR pleasure, please share your adventure with us!

See you out running! // Michelle

Please join us for the Utica Roadrunners Annual Awards Banquet

Saturday, February, 16th at 6pm
Daniele's at Valley View, Memorial Pkwy



*Buffet * Awards * Door Prizes
Entertainment by our very own
DJ Ryan Misencik*

****Wear your red coat to be entered into a special drawing****

Please RSVP by sending
\$25 per person by Feb. 6th to:

Melanie Crisino
10 N Richfield Street
Mohawk, NY 13407

Check payable to: Utica Roadrunners

Any questions please contact Melanie at 866-2708 or email mcrisino@yahoo.com


**REGISTRATION
DEADLINE IS
TOMORROW!**

Advertisement

Utica Roadrunners **SAVE 10%** for Series or Individual Race Events

Use discount coupon
code **URR19** for
individual race events
(online registration
only) or if paying by
check for Series
(4, 5 or 6 Half Marathon
events) deduct 10%
from total cost
before mailing it in.



TAKE THE 2019 CHALLENGE ... PICK 4 HALF MARATHONS & RUN!

- Earth Day Half Marathon Sunday, April 14, 2019
Baldwinsville, NY
- Thousand Islands Half Marathon Saturday, June 1, 2019
Alexandria Bay, NY
- Montezuma Half Marathon Sunday, June 30, 2019
Savannah, NY
- Old Forge Half Marathon Saturday, Sept. 7, 2019
Old Forge, NY
- Finger Lakes Half Marathon Saturday, Sept. 21, 2019
Seneca Falls, NY
- E-Race Cancer Half Marathon Sunday, October 20, 2019
Bridgeport, NY

65.5 SERIES

5 Half Marathons- YOU ARE HALF CRAZY!

78.6 SERIES"iously"!

ALL 6 Half Marathons - BEAST MODE!!!

One Application- NO Processing Fees!

Price includes all the registration fees and swag from
each individual race plus the **GET FIT 52.4 SWAG !!!**
Extra 65.5 & 78.6 SWAG with each add'l each race!

DOWNLOAD APPLICATION HERE:

www.willowhwc.com/race

Member Article

Rockin' Chics Journey to Rock the Ridge

"When did you decide to do that?" What ... 50 miles?

By Karen Piccola



"Be

a woman, other women can trust ... Successful women have a loyal tribe of loyal and honest women behind them Be a woman who lifts other women." By Sophia A. Nelson

I have heard many times to not believe everything you read and especially when it's on Facebook. When it all began? Rock the Ridge 2018... caught a post by Wayne Murphy, sharing that he was signed up to run Rock the Ridge that May. Well needless to say, I was intrigued. Some others were too, besides of course offering encouragement in their comments, because WOW – 50 miles?!?!? Like from Utica to Syracuse on foot? Essentially two marathons? By clicking on the link shared in Wayne's post, I saw a brief video clip of the journey one takes for 50 miles. Well oh my goodness, how beautiful!

Fast forward to a Development Run in June. Running towards the Switchbacks Dorothy asks me, "What do you think of that Rock the Ridge?" I responded about how exciting that would be to do. There's a 24-hour time and plus you can walk! Dorothy says she has wanted to do an ultra and then asks, "what do you think about doing it together? Do you think we can get others to do it too?" I say, "If we stick together the whole way, sure!" Julie says, "sign me up!" Lisa says, "OK." Almost instant confirmation, no hesitation from any of us ... it's meant to be, right?

Member Article (cont.)

So now the research begins to understand more about what we are getting ourselves into. The journey to Rock the Ridge, May 4, 2019. Sign up at the cheapest registration fee opened in July. Pressing the sign-up button for “your first marathon jitters” all over again. We all agreed we would sign up before September, for the cheapest registration fee. We learned that it’s not only the registration fee, but each of us must come up with \$350 which is a donation to the Mohonk Reserve, conserving the natural beauty of the region of the Catskill Mountains. Somehow we all bit the bullet in July, and our financial commitment was made. The accountant in me thought that if you average it out, we had 10 months to go, so saving \$35 a month shouldn’t be too bad. You can blow \$35 on nothing very easily!

Well heck, how are we going to actually get through the 50 miles? We have an experienced marathoner, two novice marathoners, and one marathoner-to-be. You start reading anything you can find to understand what the journey is like to complete an ultra marathon. You find videos, training books, plans, friends give you advice/tips, your family and other friends are supportive, and some just think you’re crazy.

One day in August, Dorothy produces a training plan she found that gives a breakdown of mileage per week and weekly long runs to train for a 50 mile ultra, plus the number of training weeks we would need to get there. Put it to paper by week, factoring in cross/strength training plus a rest day. So, when do you rest? Living the plan is the real challenge - we all have lives. But, trust the training they say!

December 2nd was our training start date, but really we started the moment we finished the Syracuse Half. We allowed ourselves to enjoy the Thanksgiving holiday, the Shopper’s Stroll in Clinton, the Utica Ugly Sweater Run and It’s a Wonderful Run. We are rested, right? Rockin’ Chics was created that first long run day in December on the Rayhill trail.



How do you keep going in Central New York when none of us are fans of running in very cold temps? We do it. A one or two hour run is ok, but when we knew we would be out for 3, 4, 5 or 8 hours with temps in the teens or less plus snow/ice, we needed to have an alternative plan. Accelerate Sports has a track. It’s five bucks for a one day use of their track. Training for an ultra marathon is to endure distance both physically and mentally over long hours. It’s all a part of the plan. Bite the bullet and run in the cold, consider safety at all times, but you somehow work the plan, even if you have to figure an alternative plan to get your training in.

The Rockin’ Chics journey wouldn’t be possible if we didn’t have each other, Dorothy Massinger, Julie Buehner, Lisa Walchusky and me. Mind over matter conversations... creative counting methods ... running with the Marines ... running with other running buddies ... and having personal conversations in your own head is all a part of the journey. Trust the training ... Trust each other ... Trust what we are doing ... we made the decision to Rock the Ridge May 4, 2019. ■





FROM DAY ONE...

2019 BOILERMAKER TRAINING PROGRAM



**You can still join! Saturdays at 7:30am
at The Fitness Mill, New York Mills**

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first four weeks at The Fitness Mill, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get you to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 2nd right up to the Boilermaker July 14th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$25 for the year for an individual, \$30 for couples or only \$40 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website:

<http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Tracy Perkins** a call at (315) 761-8004 or email her at grafixgirlcp@gmail.com. She's got you covered.

Are You Up for the Challenge?!



SOS • Summer Sizzle • Falling Leaves • Skeleton Run

\$100 Race Fee + \$8.00 SignUp Fee
Registration ends February 28, 2019

SIGN UP

Individual registration is also open for SOS and Summer Sizzle!



April 28, 2019

SIGN UP



June 16, 2019

SIGN UP

Awesome Stuff



Ludivine, the two-and-a-half-year-old Bloodhound from Alabama, was let out to pee and ended up running a half marathon... finishing in 7th place!

[READ MORE](#)

Runner to the Rescue!



We love this new Kleenex commercial, because we know if we ran by a snowman in need, we would all lend a hand, too.

[WATCH](#)

"A Child sized 'toy' urinal".. **RUNNER'S** WORLD

"I've seen a guy in a Darth Vader costume playing the bagpipes on a unicycle."

—CAITLIN GIDDINGS, TEST EDITOR

A great collection of "Incredible, Hilarious, and Terrifying Things We've Seen While Running" from the Runner's World staff..

[READ MORE](#)

Member Accomplishments



Wayne at the Polar Ice Cap Run in Lake George



Harry and Joanne Campbell at the Chilly Chili Run



Gary Burak at the USATF Eastern Regional Master Indoor Championship where he took home a gold in 5K and bronze in 3K. Great job, Gary!!!



Roadrunners at the Hang Over Run in Boonville! *Left:* Melissa Bartlett
Above: Lauren and Wayne Murphy.
Right: Sharon Scala, Jessica Van Valkenburgh, Stephanie Stark and Melanie Crisino.



CNY Running Clubs Cup



The CNY Running Clubs Cup is a friendly competition between five of the running clubs from the Central New York area, the Utica RoadRunners, Roman Runners, Kuyahoora Kickers, Toe Path Trekkers, and the Mohawk Valley Hill Striders.

Team members from each club will compete in a series of predetermined races held in the area throughout the year, beginning in the spring and ending in the fall. Typically, there is about one Cup race per month; members of each team are able to earn points at each of these races for their club, which are then tallied at the end of the season to determine the winner!

The Cup Team is open to all members of the Utica RoadRunners. To be a member of the RoadRunner's Cup Team, please send an email to laurie.hennessy@aol.com. Additionally, you MUST have paid your dues to the club BY APRIL 1ST, 2019! Our roster of team members will be finalized at this time.

To score points for the UR Cup Team, the results of the top 5 performing team members will be compared to the other clubs top 5. Points are then awarded to each of the five club's as follows:

5 points goes to the club with the highest cumulative score of those members, 4 to the club with the second highest, and so on. The top 5 team members for one team who can earn points are not necessarily the first 5 to cross the finish line! All results are age-graded, which means that your race time will be compared to a calculated standard for your age and gender at that race distance. This allows all UR members to be competitive in this competition and earn points for us!

Thank you in advance for your participation in this fun competition! Look for a follow-up in next month's newsletter with a list of the races for this year's 2019 CNY Running Cup calendar! If you have any questions, please email us at laurie.hennessy@aol.com or hennm52@gmail.com.

Book Review *by Michelle Truett*



The Incomplete Book of Running by Peter Sagal

I have logged many a mile listening to "Wait, Wait, Don't Tell Me" from NPR, laughing out loud so people passing by thought I was crazy. I love Peter Sagal – and up until I bought this book, I purposely did not know what he looked like, as I like my radio personalities to have a bit of mystique about them. Now I do know what he looks like. And it might have ruined me a bit!

This short running autobiography follows Peter through his running career, which didn't begin until he turned forty. Fourteen marathons and one bad divorce later, he's ready to talk about it and sprinkles personal stories in with writing about running races where you can almost feel yourself running beside him. He was a guide for a blind runner in Boston in 2013, finishing moments before the bombs went off.

It's a good read, it's relatively short and will get you in the mood for race season for sure!

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 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)

☐ March 2019

☐ April 2019

☐ May 2019

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

☐ Yes ☐ No

Total included: \$ _____