

splitimes

January 2019

The Official Newsletter of the Utica Roadrunners



WHAT LIES AHEAD FOR 2019?

Boilermaker Training Program begins on February 2

All the info you need is on page 7

Annual Awards Banquet is on February 16

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2018 MILEAGE & RACE INFO DUE JAN. 10TH

Member Spotlight: Cole and Tracy Perkins



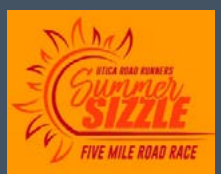
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"How It All Began" by Paul Ohlbaum (a must read!)



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Registration is open!



January
2019
Utica Roadrunners
Board of Directors



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Vice Presidents

Activities & Events

Mike Kessler

Administration & Finance

Rocco Fernalld

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Treasurer Lisa Walchusky

Past President Sybil Johnson

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Bill Callahan Cole Perkins

Rick Gloo Andrew Rubino

Laurie Hennesy

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If you would like to advertise in SplitTimes,
please contact: Michelle Truett email:
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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

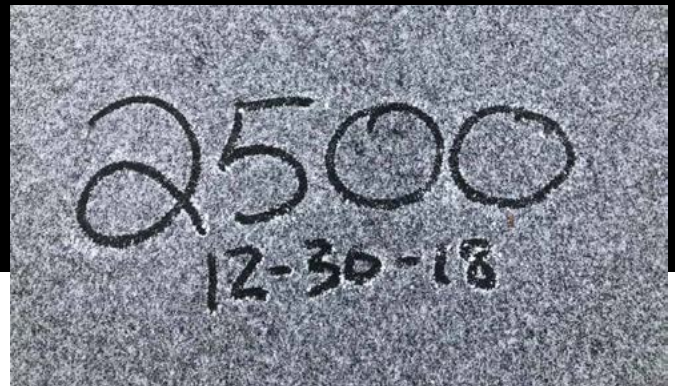
People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook



**Congratulations
to Bill Callahan
for reaching
2,500 miles
this week!**



President's Message

by Wayne Murphy



What an amazing year we have had!

Thank you to all that have participated and volunteered for our events. Just the other day I was able to participate in presenting a check to Your Neighbors for the amount of \$2800.00. The money was raised at the Run to End Hunger on Thanksgiving Day and will go to help the organization provide needed services to those in need within the local area.

In December we had a fun bus trip to Seneca Falls for It's a Wonderful Run. We hope to do more of these trips in the future.

2019 will be a great year as well. Welcome to our new board members. We are planning to work with the Road Runners Club of America and with other local supporters to bring a Level 1 Coaching Certification to Utica. Stay tuned for more information. We will also be completing an update to our information technology and communication processes.

2019 will be the 50th Anniversary of our Development Runs and we plan on special activities for that also.

Hoping to see all of you out running, at our races or events. Let us know your thoughts. See you soon!

Letter from the Editor

by Michelle Truett



Do these 3 things for me in 2019

Here we go, 2019! I can't wait to see what you all tackle this year! Here's a few things to keep in the back of your mind throughout these next 365 days:

1) Share

Make sure you share your photos and accomplishments with me for SpliTimes! Let's show off your awesomeness every month.

2) Inspire a new runner

Show them the ropes and the cool routes, talk to them about sneakers or just give them a high five. One of the best things about our club is the support we give!

3) Stay healthy

Don't go too fast, too far, too soon. Be patient and listen to your body. Crush it when you're out there and feel like you can crush it, but take it slow when you feel you need to.

Best of luck - run hard.. run smart!

Thanksgiving Day Run to End Hunger Raises \$2,800 to Your Neighbors, Inc.



Sybil Johnson, Wayne Murphy, Dave Morehouse and Dave Jones present \$2,800 to Carole Grove of Your Neighbors.



Your Neighbors, Inc is dedicated to providing quality service and support to people who are frail, elderly or have a disability in their home setting. Their volunteers

offer friendly visits, medical transportation, supplemental frozen meals and specialized shopping services.

The 2018 Utica Roadrunner's Thanksgiving Day Run to End Hunger was a chilly (19 degrees) success! 196 hearty runners and walkers lined up on the Parkway on Turkey Day. At 9 AM, Mayor Palmieri got the race going up the traditional course – east on the Parkway to the Golf Course Road, right turn up the hill to the T, another right turn and up to the Eagle. The runners and walkers looped around the Eagle and returned the same way to the start/finish line.

\$2800 of donations was presented to Carole Grove, founder and food coordinator, of Your Neighbors, Inc. Your Neighbors is a not-for-profit group under 501-c3 and they are currently operating at the Lutheran Home in Clinton. The volunteers offer friendly visits, telephone reassurance, medical appointment transportation, supplemental frozen meals, and shopping services to the homebound in the Greater Utica area. Volunteers are always welcome and there are always a variety of clients who would love contact time two or three times a month. If you have the time and inclination, contact Carole at (315) 235-7149 and at yourneighborsinc@yahoo.com

Thanks to all of you who volunteered on Thanksgiving Day. Thanks to everyone who donated canned goods, 1412 pounds of which went to The Rescue Mission. Thank You to all of you who donated the money for that \$2800 check. Last but not least, thanks very much to Dave Morehouse, Director of the event, to Wayne Murphy, President of the Utica Roadrunners, and to Sybil Johnson, assistant director.

See you all next year for the 35th Thanksgiving Day Run to End Hunger!

Registration is open for SOS and Summer Sizzle!



April 28, 2019

SIGN UP



SOS 3/4 zips!



June 16, 2019

SIGN UP

New this year: Run all 4 Utica Roadrunner races and receive this great hoodie.



Member Spotlight

Meet Cole and Tracy Perkins – Our 2019 Boilermaker Training Program Coordinators



You've seen them at water stations during last year's Boilermaker Training Program (BTP), which they manned before getting their own training runs in on Saturday mornings. You also have probably seen them running Development Runs or Falling Leaves and volunteering for us quite a bit. Cole is now a member of the board of directors. We thought this was a great time to get to know this Sherrill-based couple better as we get ready to welcome a new BTP group in early February, which they'll be heading up together.

Tracy is the graphic design supervisor at Turning Stone where she has been employed for sixteen years. She handles a high volume of design needs for the resort/casino along with overseeing a team of designers. Her daughter Stephanie is currently attending medical school in Rochester.

Cole currently works for the Oneida Nation as a supervisor for their recreation department. He is in charge of community and fitness programs, started a running club at work (bringing members to Utica for the Development Runs) and runs work out classes at lunch hour for coworkers.

Speaking of classes... they met in a boxing class that Cole was teaching and Tracy was taking at work. That was almost nine years ago and they've been together ever since. They got married last year in Mexico, wanting

Member Spotlight (cont.)

to do it somewhere they could swim with dolphins. They got married on their eighth anniversary.

They both got into running a bit later in life, but have always been athletes. Basketball was Tracy's main outlet and she describes herself as "ridiculously competitive". Cole was big into sports in high school, playing football, basketball and was a sprinter and thrower in track. He also got into weight lifting, leading his way to being a personal trainer.

In 2010, Tracy decided to give running a try with a Couch to 5K program with the intent to use running to lose weight. She saw an advertisement for the BTP and joined the group which led to her first Boilermaker 15K that year.

Cole followed shortly after she began with a 15K of his own in 2011. Both went on to tackle a few half marathons – Turning Stone, Old Forge and Empire – and Cole just completed his first full in 2018. He also was a last minute stand-in/savior for a Roadrunner team for the Peak 2 Brew Relay Race this past August. Before all of that, he barely ran a mile. Tracy completed her 1,000 miles in 2018 and just signed up for her first full marathon – Wineglass 2019! Cole also hit his 1,000 mile mark and has a goal to complete a sub-4 hour marathon soon. Together, they are making a goal to run a race in every state, which will allow them to travel and see more of the country, using vacation time for themselves! They got a scratch off map of the U.S. for Christmas so they can begin the journey.

As for the BTP, this year, Tracy and Cole will be ready for you on February 2, 2019 at the Fitness Mill! They are hoping to increase the number of new runners and are looking forward to seeing familiar faces as well. If you would like to join, or know someone who would, all of the information is on the next page.

We thank Cole and Tracy for agreeing to take on the coordination for the program this year. Let's be sure to support them by helping recruit new runners, by volunteering for water and safety and by motivating new runners along the way. ■





FROM DAY ONE...

2019 BOILERMAKER TRAINING PROGRAM



**Starts Saturday, February 2nd, 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.

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: _____)

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

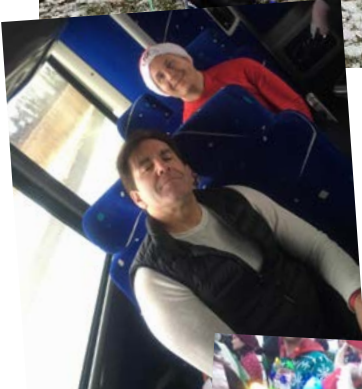
Ugly Sweater 5K



Members had a blast and looked great for the annual Ugly Sweater Run in Utica



It's a Wonderful 5K Bus Trip



Member Article

How It All Started

by Paul Ohlbaum



Utica had a wonderful YMCA downtown on Genesee Street. In the early 70s, a group of runners used the Y basement banked-wood track with 26 laps to the mile. This was great for short daily workouts, especially during the winter months. When summer came, many of us participated in the Wednesday night Development Runs.

Some of us, namely Bob Carlson, John Morrow, Mike White, myself and some fifteen others decided to start our own running club, calling ourselves the "Utica YMCA Track Club." We had no official rules, member fees, or treasury. Bob Carlson was elected president, but thereafter known as "coach." We even set up a ladder competition, racing three miles on the track, trying to unseat the person above you. We had fun competing.

continued —→

Member Article (cont.)



"Coach" suggested we start and sponsor our own outdoor race in 1975, calling it "The Falling Leaves." After much discussion on the course layout, we chose the current one starting at the YMCA to the Parkway, to the switchbacks, and back to the YMCA. After measuring the course, it came out to be 8.7 miles, or 14K. I guess we weren't smart enough to add a loop around some block to make it a 15K. As it turned out, we have the best 14K in the country (also the only one)! We made our own bib numbers, not having the cash to buy commercial ones.

As an addition to the 14K, we added the unofficial 5K FUN RUN, because the governing body, AAU, didn't allow high school or college runners to participate in non-scholastic events. We circumvented their rules by calling the 5K a FUN RUN. The current courses are very close to the original layout with only a few minor changes and adjustments.

In those days we had only windup analog stop watches, but "Coach" got hold of three new digital LCD watches for us to use. On the safe side, we backed them up with our old wind-ups. As you can guess, all three of the digitals failed, probably because of weak batteries! Luckily, we had our analog backups.

In that first race in 1975, we had 140 14K entries and 52 5K entries, with most runners finishing. That first race started at 1 PM to accommodate one of our founders, Reverend John Morrow, so that he could arrive after giving his sermon. Results were tabulated by hand, no computers then. We had only a few age categories. Over 40 was considered Masters, and the top five in each class were awarded a trophy. (I don't remember how many women were involved.) The trophies were purchased at four different sporting goods stores, so as not to show any favoritism. An award ceremony was held upstairs in the ballroom of the Y with some light refreshments offered.

The club and the Falling Leaves race have grown unbelievably beyond our wildest expectations. All this reflects my best recollections as an eighty-four-year old old-timer who has enjoyed running in about forty of them. Coach Bob Carlson's vision has done so much to make Utica's running community so vibrant and long-lasting.

Respectfully submitted,
Paul Ohlbaum

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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)

☐ February 2019

☐ March 2019

☐ April 2019

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

☐ Yes ☐ No

Total included: \$ _____