

splitimes

November 2018

The Official Newsletter of the Utica Roadrunners

LOTS OF MEMBER MILESTONES AS WE ROLL INTO NOVEMBER



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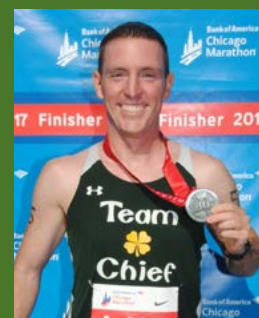
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There's still room on the bus!



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November
2018
Utica Roadrunners
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If you would like to advertise in Splitimes,
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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



**Jessica Van Valkenburgh and
Sharon hit 1,000 miles!**



President's Message

by *Wayne Murphy*



Fall is here and cooler temperatures for runners! Hope you are all doing well. October has been a busy month. Many thanks to Rick Gloo who was Race Director for the Skeleton Run and did a great job and to Laurie Hennessy for all of her work with the Club Cup and helping to organize a half marathon as the final Club Cup run. Both of these individuals are running for positions on the Utica Roadrunner board.

On October 21 my daughter and I attended a great class sponsored by the Sneaker Store on Self Defense. I would recommend that class to all. Thank you Morgan Belisle and the Sneaker Store for sponsoring these types of programs.

Please join us on November 12th at 6:30 PM for our Annual Meeting. It will be held this year at the Boilermaker Office – 805 Court St. Everyone is welcome. We will start with some refreshments and end with a business meeting and voting for your board members. November is another busy month. Think about spending your morning on November 10th at 9AM at the 4th annual Veterans Day Run through Proctor Park in Utica. CNY Veterans Outreach Center will be hosting the event – show your support for those who have served and continue to serve our country. All funds raised will help assist the Veteran's Outreach Center assist our Veterans and their families this holiday season. Also, on Thanksgiving Day we will be holding our 34th Annual Run to End Hunger. Donations to a local charity and canned goods to the local food bank. It's a great way to start your Thanksgiving.

If you haven't signed up yet for our bus trip to Seneca Falls for "It's a Wonderful Run" you still have time. Seats are available. Check out Facebook or contact me for more information. Thank you for all that you do to make the club a success. See you all at the Annual Meeting.

Run safe, Wayne



Letter from the Editor



Accomplishments Galore!

I'm so excited about the amount of member submissions to SpliTimes over the last few months! The stories are awesome and I know the members are reading, enjoying, learning and being inspired. Keep them coming! If you want to write an article, give me a shout for word count, some ideas (if you need it!) and timing so I know it's coming. Photos always dress up an article, so select some good ones to go with your writing.

And also, be sure to send photos of your accomplishments - that section is growing every month and we definitely want to see more new faces at different races!

Finish the season strong and let's get ready for winter running!

UR Annual Meeting

**Join us for the annual meeting
and election of board members.**

6:30PM

Boilermaker Office

805 Court Street, Utica, NY

Upcoming Race



Presents the 34th Annual
Thanksgiving Day
Run & Walk to End Hunger
*Proceeds to benefit Your Neighbors Inc.
& local food pantries*



Thursday, November 22, 2018
Utica Parkway Gymnasium
220 Memorial Parkway

Door prizes & 50-50 raffle to be drawn after the event.

Race Day Only Registration
Parkway Gym; 8-8:45a.m.
5k run and 2 mile walk - 9:00a.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,
NY 13504 or call 315-225-2286.

Q&A with Scott Shatraw of Utica First Insurance



This year's Falling Leaves Kids' Run was the first time ever that we named the race after a top sponsor - ***Utica First Insurance Falling Leaves Kids' Run***. We caught up with Utica First Insurance's CEO Scott Shatraw for a post-race Q&A.

Name: Scott Shatraw

Company: Utica First Insurance Co.

Position: CEO and President

UR: What is your personal history with running?

SS: I played sports in High School but not track or cross country. In the summer of 2016 my son in law started running so I challenged him to the Falling Leaves 5K run. After that I was hooked and started running on a regular basis. In the spring of 2017 my daughter started running with me and we set out to run the Boilermaker. As we trained for the Boilermaker we did the Summer Sizzle run as a father/daughter team. We have now run the Boilermaker the past two years along with the Summer Sizzle. My next goal is a half marathon in 2019 and possibly one day a full marathon.

UR: What were some of the highlights of your running career this year so far?

SS: My highlight was running my first Boilermaker in 2017 with my two children and their spouses. My second was beating my daughter and son-in-law this year at the Falling Leaves 5K.

Q&A with Scott Shatraw (cont.)

UR: Is running part of the culture amongst Utica First's employees?

SS: Running and walking is a big part of the culture here at Utica First. Where we are located gives the employees the opportunity to walk on their breaks and lunches. We have many employees and their families participate in both the 5K and 15K runs at the Boilermaker. This year you could see them sporting a Utica First running shirt.

UR: Why was the Falling Leaves Kids' Run a good fit for Utica First to sponsor?

SS: Running is a great exercise for all ages and if we can be part of getting kids involved at an early age that would be great. We are trying to sponsor new events in our community and when Rocco approached me with this opportunity I thought it was a great idea to have a kids run with the Falling Leaves.

UR: What was was memorable for you at the Kids' Run this year?

SS: Seeing the excitement of the kids as they ran up Genesee Street. Also, seeing the Utica First shirts that the kids were wearing.

UR: Utica First is celebrating 115 years in business and has been a very generous supporter to the community.

Why is giving back so important to you?

SS: Being an active member of and contributor to the local community is important to me personally as well as for the Company because we've been given so much, and in turn, we must give back to our community.



**Thank
you,
Dennis!**



Thank you to our equipment director Dennis Johnson for fixing the club's small white trailer to save the club some money! New lights and hitch have been installed. New tires will also be purchased so the trailer passes inspection.

Road Trip!

GET READY!

It's a Wonderful Run Roadrunners' Bus Trip

Register for the Race

Saturday, December 8th, 2018
Race starts at 4:40 pm

\$30 per person - non-refundable
First Pay, First Serve - capped at 55

Send check made payable to:
Utica Roadrunners to:
Jennifer Bachelder
30 Imperial Dr
New Hartford, NY 13413

Please include email address so she can send you
back a confirmation once payment is received.

****You are responsible for registering for the run...
registration is currently open****

More specific details to follow: But tentatively
leaving Utica at 11:30am (looking at picking up
in the Home Depot off of Burrstone Rd or Exit 31)

Any questions - please email Jennifer at
jmbachelder11@yahoo.com



About the race:

Join us on a 5K Run/Walk through the beautiful, illuminated, historic Village of Seneca Falls, NY at dusk.

A unique start to this USATF Certified 5K Course places the field atop the famous Bridge Street Bridge which many believe was the inspiration for the bridge scenes in the holiday movie classic 'It's A Wonderful Life'. The run/walk will take you past the decorated Christmas Tree display, the lighted storefronts and shops of downtown Seneca Falls, and past historic village homes decked out and lit-up for the holiday season. The course concludes in the shadow of the Bridge Street Bridge in People's Park along the Seneca Falls Canal Harbor.

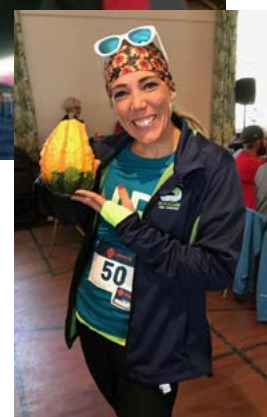
Member Accomplishments

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



The recreation runners team (all Utica Roadrunners) represented at the empire state race running all 3 course distances: 10k, 1/2 marathon and full marathon.

Cole Perkins, Bruce Winton, Chelsea Jocko, Lisa Powless, Barbara George Winton, Tracy Perkins, Tamara Tarbell, Amanda Blau and Suzanne Hill.



Roadrunners representing (and winning some gourds!) at the Smoky Hollow Half - the last race for the Racing Clubs Cup



Wayne and Lauren Murphy ran the Niagara Falls Half Marathon



Shannon Farrell ran her FIRST 13.1 at the Empire State Half

Member Article

Harry and Dorothy's Chicago Adventure

by Dorothy Massinger



After months of running the streets of Utica, Harry and Joanne Campbell, Al and I travelled to Chicago for Marathon weekend, 2018. We were joined by 40,000 runners from all over the world. We saw amazing architecture, beautiful sculptures, and buildings covered by street art. We ate delicious local foods, visited museums and tourist spots, and found our way around the city by Metro and the Loop, Uber, rent-a-bike, buses, walking and, of course, running.

All 4 of us ran the International 5K Saturday morning. Many runners were dressed in their national costumes, so we took selfies with the Kenyans, the Brits, and a huge group from Mexico. Our bibs had our country's flag on them, and the race announcer called out countries as we crossed the start line. At the end we were awarded a medal, a finisher cap and salty treats.

Marathon Sunday was worth all that training. Harry and I lined up with the last pacer holding up a 5:45 sign. Even though we were at the back of the pack and there was some rain, the entertainment never stopped. We ran through 29 different neighborhoods. Favorite spots were Boystown, where the LGBT community has stages set up with music and dancers, the Hispanic neighborhoods that filled the streets with Latino excitement, and Chinatown entertaining us with drums and dragons. Hours later, there were space blankets, medals, food, and best of all, hugs from Al and Joanne waiting at the finish line.

All weekend we heard a lot of talk about the World Marathon Majors, reaching for the six stars, which means running the Chicago, NYC, Berlin, London, Tokyo and the Boston Marathons. (The Berlin Lottery opened October 17th and ends Nov 7...if anyone is interested.) If you complete all 6, you get a six star medal and your name forever written in the Hall of Fame. Please, if you get a medal, or already have a medal, wear it to the UR awards dinner. I would love to see one on a Utica Roadrunner.

Member Accomplishments

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



Myron Thurston ran his first full in Chicago! Congratulations!



Rich Nimey, Alex Gonzalez, Phil Trzcinski and David Saxe ran the Tunnels to Towers Race in New York City



Colleen Lamb with a photo finish at the Copper Wire Run



Laurie Hennessy, Jen Bachelder, Karen Randall and Lindsey Callahan ran the Mohawk Hudson Marathon



Jay Flemma and John Gilligan with solid finishes at the Boston Half!



A virtual Dunkin' Run – PERFECT for this crew!

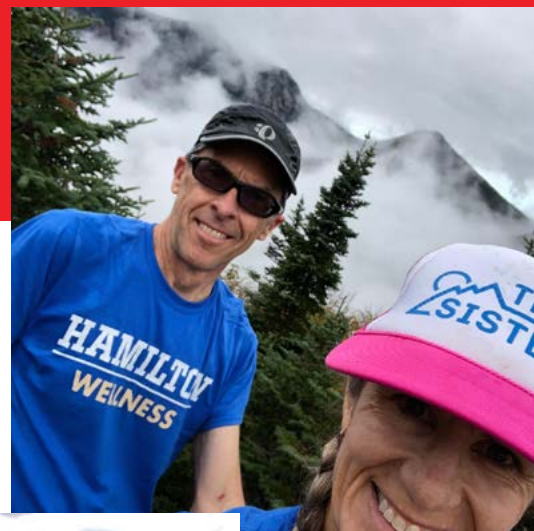
Member Accomplishments



**Hillary Forbest finished strong
BAA Distance Medley**



**Jim Latshaw ran the
Mohawk Hudson Half –
his 24th half marathon**



**Joan and Tim Kane on top of
Sawteeth where Tim completed
his Adirondack 46, at the
Lake Placid Classic 1/2
and the Skelton Run**



**Julie Buehner and Losay
Jones in Lake Placid**



**Bill Callahan taking home
the win at the Connor's
Way 5 Mile Trail Run**



**Michael Polidorri crossing the finish
line at the Mohawk Hudson Half**

Member Accomplishments

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



Roadrunners at the Skeleton Run!
Amazing photos on their
[Facebook page](#)



Sharon Scala got caught in the rain during the Hartford Half!



Salvatore Latella at Witch Way is the 5K

Karen Piccola carrying some bling from the Get Fit 52.4 Half Marathon Series

CNY Running Clubs Cup 2018

Kuyahoora Kickers

Mohawk Valley Hill Striders



North Country
"Toe" Path Trekkers
Walk-Run Club



THE RESULTS ARE IN!

We landed in second place behind the Kickers for 2018:

Kuyahoora Kickers 2,463

Utica Roadrunners 2,258

Roman Runners 2,169

MV Hill Striders 1,909

Toepath Trekkers 1,744

Results for the Smoky Hollow Half Marathon are below.

This is the new race that the Captains decided to add as an end-of-the-race-year challenge!

Bill Callahan	74.14
Dan Stedman	71.11
Sue Luley	69.34
Time Kane	68.00
Laurie Hennessy	64.78



Next year, we are looking for more people interested in being on the Utica Roadrunner Team for the Cup! If individuals are thinking about running any of the races that are on the docket, they can send me an email and I will add them to the roster!



*A huge thank you to Laurie Hennessy
for being our Running Clubs Cup
Captain for the Utica Roadrunners
this year!*

Want a Red Jacket this Year?!

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 2018 (unlike the miles, all of which had to be run in 2018). For the Extra Mile Club Jacket Award, you must have earned 30 volunteer points and they must all be earned in calendar year 2018. The point chart is listed below. Please send questions to Jim Moragne at 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)

Member Spotlight

OWN THE EXPERIENCE

Meet *Bill Callahan*



Bill was the 2017 Utica Roadrunner of the Year. We might also crown him the most photogenic Roadrunner! It's a joy to follow Bill's running adventures and see his huge smile wherever he goes.

Bill's a busy guy – we've been trying to nail him down to share more about him with you... and we finally did! This 41-year-old from Whitesboro is a Pharmaceutical Rep with Pfizer, covering a pretty sizable area, so he travels quite a bit. He is also on the UR Board of Directors. He's a Clarkson graduate and spent a good part of his career in the NYC area before moving up to Albany, where he met his wife Lindsey in 2006. After more years in NYC, they moved to the Mohawk Valley and now have two young boys – Liam, age 4, and Connor, age 21 months. Lindsey is a runner as well (see her most recent marathon accomplishment on page 11). Balancing family, travel and jobs, Lindsey runs in the morning and Bill heads out usually between 8:00-10:00 at night.

Bill's another one of our standout Roadrunners that you would think has been running forever, but it's a relatively new endeavor for him. In high school, he played soccer and basketball. It wasn't until he met Lindsey, who was already a Boilermaker runner, that he even seriously thought about running. They met in January 2006 and by July 2006 he ran his first 15K (Lindsey's 2nd). Since then, it's become a family tradition as many in his family run the Boilermaker races. Until VERY recently, that would be "the" race for Bill and he would put his sneakers away until about May the following year. Lindsey was also a marathoner, qualifying for Boston in 2010. Bill would always tell her that marathons weren't good for her and they ate a lot of time up in training. He had no desire to do one himself.



Vermont City Marathon, Bill's first full

Bill's dad passed away from Chronic Lymphocytic Leukemia (CLL) in 2011. If any of you are from the Oriskany area, you may know that he was the Chief of Police there for 36 years and everyone called him "Chief." To honor his dad and to raise awareness of CLL, on New Year's Day in 2012, Bill decided that he was going to run a marathon. He asked Lindsey to "tell him what to do," so she gave him a spreadsheet for training and off he went to complete the Vermont City Marathon that May. Running became what one might call a "mid-life crisis," but also became a bonding experience with Lindsey and his dad. And then the real adventures began...

continued →

Member Spotlight (Cont.)

In 2015, he trained for the Boilermaker “for real” and started to win and place in races. He won the Living History & Erie Canal and Witch Way is the 5K races that year, and placed in the Nate Race, Summer Sizzle and Turning Stone Half.

Flash forward to 2016 to Bill’s “Let Go!” year. That year he felt he was getting a little bit better, but still didn’t know just what he was doing. He learned about heart rate training and started using a heart rate monitor that reinvented the way he trained. It in turn made him stronger AND faster and brought him some great results. He qualified for Boston at the Mohawk-Hudson Marathon, clocking in at 2:58.

In 2017, he starting winning a lot of races and running really started making sense to him. He ran 21 races and won or age placed in all (but the Chicago Marathon) – he won seven of them, won one masters and came in second overall five times. He ran Chicago in 2:58, finished the Boilermaker in just over 57 minutes, finally breaking the hour mark, and logged 2,055 miles total for the year.

In 2018, he’s had his best year and at the time of this newsletter, he’s run 19 races, winning 7 overall and 2 masters. He ran Boston, which helped him complete the American Major Marathon Slam, and the Berlin Marathon. On October 15th, he hit 2,000 miles for the year.

Not bad for a guy who just started running seriously a handful of years ago!

Bill can’t remember off hand his finish times or how many of each race he’s run. However, he does concentrate on his pace and also takes snapshots in his mind of certain parts of every race (he can tell you every one!), which he files in his memory bank. He encourages runners to take it all in and remember the good, the bad and 1-2 things from each race that you’ll always remember and have with you.



Bill's dad,
Robert “Chief” Callahan



He gives and raises money for the CLL Global Research Foundation in Texas to aid them in fighting the disease that took his dad. Every time he races, he donates to them and Pfizer matches his contribution. You’ll see Bill and his family wearing race shirts that have “Team Chief” on it. When you see that, they’re raising money in honor of his dad.

continued →

BILL BY THE NUMBERS

PERSONAL RECORDS

5k - July 28 2018
Honor America Days - 17:39 (5:37 pace)

5 Miler - June 17, 2018
Summer Sizzle - 29:23 (5:56 pace)

10k - May 12, 2018
Towpath Trail Run - 36:24 (5:52 pace)

12k - June 10, 2018
Nate Race - 44:55 (5:58 pace)

15k - July 9, 2017
Boilermaker - (6:09 pace)

Half Marathon - May 20, 2018
Erie Canal - 1:21:26 (6:11 pace)

Marathon - September 16, 2018
Berlin - 2:53:45 (6:34 pace)

MOST MEANINGFUL RACES

Qualifying for Boston at Mohawk Hudson on October 9, 2016 (2:58:51 time) and winning this year’s Summer Sizzle, which was on Father’s Day and was the 7 year anniversary of the last time Bill got to hug his dad (at hospital) before he died.

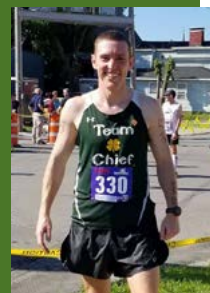


MOST MEMORABLE

Syracuse Half Blizzard and the 2018 Boston Marathon - weather on both!

FELT MOST ACCOMPLISHED

Boilermaker 2017 and breaking an hour (right) and Berlin this year (taking almost 5 minutes off of his prior PR)



Member Spotlight (Cont.)



Left to right: Bill during the Berlin Marathon, receiving the 2017 Utica Roadrunner of the Year award with Mike Kessler, showing off his winning baseball bat in Cooperstown, at the finish of the 2018 Boston Marathon and running with his son Liam.

Bill uses running as a break from his job – he works in a field where he needs to be competitive constantly and remember a lot of things medically. When he runs, that all melts away. He always runs solo, late at night, and he can shut his mind down.

He chooses one or two races per year to concentrate on and the other smaller races are treated as training runs. He admits that running is a grind and that not all your races are going to be knock outs (have to try things out!). You're your best coach and have to be able to flex and adapt. His advice to other runners includes trying things out and finding what works for you. Remember that no one is the same and don't be afraid to fail. And find your shoe! Bill's a hard core Nike fan and may have ten+ pairs of his favorite running sneaker in his closet at this very moment, new in boxes, waiting for their turn.

He's very superstitious as well! He always eats pasta the night before and has the same breakfast the day of a race. He wakes up exactly four hours ahead of race time, eats, watches a bit of TV, and has some Gatorade in the car and gets to the race one hour beforehand. He listens to the same songs, wears the same things and gets in a warm up 40 minutes before the race starts. This all helps his body and mind know that it's "race time."

One thing he does, which is great for organization, is having his orange backpack at the house with all of his racing stuff already in it. Once he gets back from a race, things go right back in it...it all lives there! Having everything in one place makes races stress-free.

What's next for Bill? He's completed four World Majors races – New York, Chicago, Boston and Berlin – and still has London and Tokyo to go to complete the Abbott World Major Slam. He is on the wait list for Tokyo 2019 and London will be the last, with his family taking the trip with him. He has "an idea for a race," which he'll put on when he has the time to do it and he wants to continue to experience races in different places in his travels. Bill also has an interest in mentoring other runners. He loves coaching and analyzing how people run! He likes helping people in their running journeys.

Further out, he looks forward to getting his boys more involved with running (Liam started running kids' runs last year) and also always having running as a connector with the boys and Lindsey. He looks to our Roadrunner couples like the Luleys, Stedmans and Kanes, and hopes that's what he and Lindsey will enjoy in coming years.

His words of advice: "Own the Experience" – Take it all in, whether it's training or races! You want to look back one day and realize how awesome running is, where it took you as a person and the people it connected you with!



Bill's favorite race photo – it's like his dad is driving the police car and leading him to the finish. It means the world to him as it doesn't happen often.

Member Story

I Would Run 1,000 Miles

by Kelley O'Bryan

My journey began slowly as I was just getting over being sick and of course the holidays. Every day once the New Year hit I would tell myself I would start today, but found myself making up an excuse not to. Though I wasn't 100% better I made myself run a couple miles on January 8. I knew if I kept putting it off it would take me that much longer to reach my 1000 miles.

My attack plan was to only run Monday-Friday to save weekends for my family and only run when I had a race. In addition, I knew I wanted to be done before the holidays.

I continued to just run a few miles and days a week until I was 100% better where I then began increasing my miles. I started off with 4 miles a day then found myself doing 5-6. Once I hit the 250 mile mark in March I knew that the dream of reaching my 1000 mile goal could actually come true this year. I continued to shoot to run 5-6 miles a day from that point on. Some days I would run less while other days more, but either way I stayed on track and ran Monday-Friday.

My dad, daughter and I were out running on June 1 when I reached the halfway point of my journey. My dad said he was proud and that I was ahead of schedule. He even told me I should stick to shorter runs, but of course that wouldn't happen! Instead I made a goal to myself to see how fast I could reach 1000 miles without hurting myself.

During the summer I did take a few days off here and there, but made up for it with longer runs. I am not a person who enjoys long distance running, so it was a challenge. A few weeks later I found myself continuing the 8-10 miles a day. It was when I hit the 750 mile mark in August I knew the end was close. My husband encouraged me to try to keep up the longer runs so I can reach my 1000 miles that much sooner. Some days I did find myself only doing 3-5 miles but still tried to get longer runs in when I could.

In September I began to calculate approximately the day I would reach my goal and it was important for my dad, brother and daughter to be apart of the run. We planned on September 17 as it was the best day for everyone. Funny story is when the day came I would have been short 8 miles after our run. Though everyone would have understood and we could have done it another day I decided to do a run earlier to ensure I would be at 1000 miles. When I mentioned this to them they both laughed. They said it was a great I could finish with a big mile count for the last day and glad they could join in for the final miles.



During the run they both said how proud they were and they couldn't believe how quickly I reached it. While I was running I kept thinking wow this is it, I'm actually reaching my outstanding goal! I could almost hear my mom saying how proud she is and that she knew I would do it, you are like your father, but crazy for bringing my granddaughter along with you on your runs.

My husband just arrived as we finished the last of our run and it meant a lot to me to have him there for the big finish. He said now that I've reached 1000 miles so early I would now be determined to see how many more miles I can run by the end of the year.

During the celebration dinner I told everyone I would take it easy for the rest of the year, but the next day I found myself running. It has become apart of my day and also my daughter's. Plus like my husband predicted I'm trying to keep running Monday-Friday but have cut back to running 3-7 miles a day depending on my schedule.

Overall my journey did take a lot of dedication and commitment, but I can now say I have run 1000 miles. It truly meant a lot to have the support system to help me achieve my goal. Even though it went pretty smoothly I did hit those speed bumps and wanted to give up. I just kept telling myself to remember this has been something you have always wanted to do and not to give up. Like I said before my daughter is my inspiration and she has taught me how to be strong and never give up.

The charm on the right was a gift from her husband and daughter after she reached 1,000 miles.



Member Spotlight

The Seven Things I Learned by Running for 700 Days

by Rick Gloo



Running on the 717th day was in August of 2018 and within the 10 foot walls of gated hotel compound in Ecuador. The next day we would leave for a week long cruise on a 100 foot expedition ship and the running streak would come to it's inevitable conclusion.

While I have never been a "fast runner," the stress of chasing PRs took a toll, and running became less enjoyable as a result. I didn't know where to turn. Luckily a few chance encounters provided a new perspective. In the beginning there was never a goal of running daily for any prolonged amount of time. The only goal was to run everyday. The streak didn't technically become a streak until I first thought of missing a day. I was on vacation in Hawaii on a sketchy road with nothing but steep hills and angry

dogs off leashes. When I googled, "how many days since August 21, 2016," the result was 241. I put on my shorts and figured out a way to safely get in two miles. Figuring out a way to get it done became the common pattern.

The original goal was to always get 2 miles outside, not matter what, in all weather, through sickness if possible, and while traveling to many different states, and a few different countries. Shuffle, hike, crawl, walk/run, whatever. Pace and race goals no longer guided the approach, just get out and move was the new mindset. I felt my body become more durable throughout this experience, it just became what I did, and chasing PRs was a backseat priority. While this is an attempt to sum up almost two years of running in seven points, I must say there are countless lessons learned through the experience and running everyday is not the only way to learn about oneself.

1.) Conquer the run, conquer life - There is something about running on icy sidewalks in sub-zero temperatures for a few weeks that makes the rest of life seem less challenging. Once out in the elements, we can observe that the challenge of running in those conditions is a lot easier than it "felt" while worrying about it while sitting inside. That perspective can start to permeate other aspects of life and we see that mentally created challenges may not be as hard once we get started and engage the process. Break overwhelming challenges down into small manageable pieces and continually take small steps to make progress.

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2) Time management and prioritization - I do put an asterisk on a few runs throughout the experience. One memorable run was only a mile long. This was after traveling for over 20 hours and I was sitting at dinner with co-workers when I realized I still wanted to run that day. I emptied my pockets, took off my shoes, and ran barefoot in "street clothes" up the block for a mile. When something becomes a priority, we will find ways to make it happen. The magic is in having a plan and the flexibility to make priorities stick and remain achievable on the "hard" days.

3) Body awareness - Running regularly, even very slowly, created a keen awareness of recovery and the state of my body. Within the 700 days were multiple "hard running days" ranging from 5K to 50K. Running VERY gently throughout the recovery and tough days provided a good barometer of running condition and highlighted potential areas that needed maintenance to ward off injury and burnout (e.g.- massage, mobility, sleep, strength work, etc.) not to mention attunement and release of life related stress.

4) Run for tomorrow - Regular running meant more than any PR. Race goals were set conservatively (or not at all) to preserve the daily running practice. The thought was preserve longevity beyond any given event, and sitting home beat-up or injured was a far worse circumstance than a non-PR day. Given the lack of pace or goal-based training, getting close to a PR was considered a good day. Beyond our own self-created (and often inflated) expectations, it's easy to get caught up in what others think about our paces/times, but I assure you that my friends and family still seemed to like me even though I wasn't setting PRs.

5) PRs were "Pursued Responsibly" - If I was going into an event where a PR or near PR was likely, I would mentally prepare to not become attached to that goal or let it negatively impact the day if unreachd. If near PR paces or distances hadn't been run in the last 90-days or so, I was sure to temper my expectations accordingly. Just because I did something two years ago, doesn't mean I can/should do it today. As we put more years and miles on our bodies, creating year-based PRs is a nice way to keep the pursuit fresh and enjoyable, rather than potentially creating stress by being attached to a different time, place, and body.

6) Make it fun - Good habits have strength, but it is likely that habits become subconscious behaviors which can create an unintended side-effect of becoming boring, repetitive, or mindless (think of driving to work and not realizing how you got there). This can emerge by always running the same course, same pace, etc. Make it fun by introducing variability, find new trails, streets, running friends/groups, shoes, gear, jump on a playground, go to new events, and keep it fresh and fun. There may be days that should be focused on "purposeful" training, but there is also value in playful runs.

7) Appreciate every run - I understand the original intent of the term "junk miles" in a rigorous training context, but in a living to run context, I learned to love all miles. It became so ingrained in life that every mile was a gift. Seeing two hundred plus Canadian Geese take off from a pond with military precision while I was slogging through sideways rain with frozen hands/feet made for a great day. Or having the 365th day happen to align with the solar eclipse was also a special day. Being acutely aware of the changing seasons on a daily basis brought me closer to nature in a way that counteracted the effects of an increasingly sterile and climate controlled human existence. Some of the ugliest weather days were the most enjoyable, and by routinely being in the world, the magic of existence became underscored.

A fun quote to guide a training approach is, "The height of pyramid is determined by the size of it's foundation". Ask any coach or teacher in almost any discipline and they will tell you that consistency is key. Chronic injury or burn out is the enemy of progress and is likely an indicator that the overall strategy could use an increased emphasis on a healthy foundation of consistency. Building strong foundations over time creates the opportunity to be a healthy runner for a long time. It's the hope that these ideas help runners build a consistent foundation unique to themselves and run mentally and physically healthy for decades, because to me, that's what matters.



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