

splitimes

October 2018

The Official Newsletter of the Utica Roadrunners

OUR MEMBERS ARE
CRUSHING
THE FALL SEASON!



In this issue:

- Falling Leaves Photos page 5
- Member Accomplishments pages 9, 10, 12 & 14
- CNY Running Clubs Cup Update page 11
- Awesome Running Dads page 16

From Our Members

- Member Article - I Ran with Raven
by Dorothy Massinger page 8
- Member Story - Kelley O'Bryan page 15

Gary Burak Hits 50,000 Miles!



page 7

He's Back! Rob Trotta



page 17

It's a Roadrunners' Road Trip!



page 13

October
2018
Utica Roadrunners
Board of Directors



President Wayne Murphy

Vice Presidents

Administration & Finance

Melanie Crisino

Activities & Events

Mike Kessler

Secretary Anne Marie Latshaw

Treasurer Lisa Walchusky

Past President Sybil Johnson

Board Members

Jennifer Bachelder Scott Neary

Bill Callahan Sharon Scala

Rocco Fernald Stephanie Stark

James Mott

Advertising

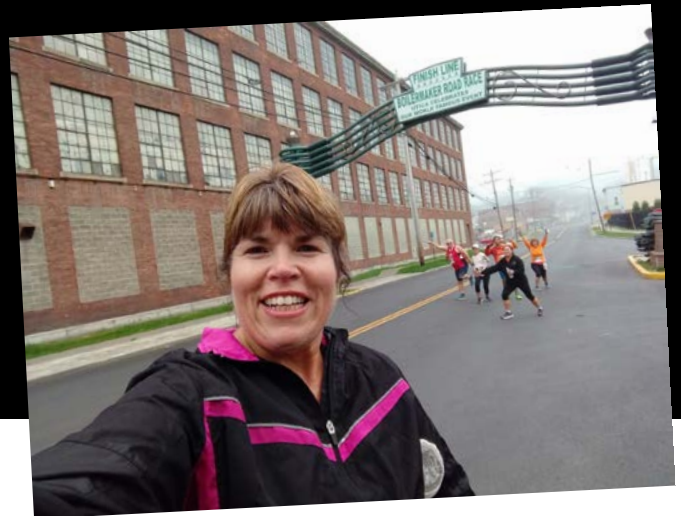
If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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

Remember!

Send us photos and news of the awesome things you're doing this year – races, how you placed in a race, beautiful training runs, destination races, etc. (If you write an article, you get TWO volunteer points!)



Karen Piccola and crew on a recent run

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*



It is now officially fall. Thank you to all of our sponsors, volunteers and runners who made the Falling Leaves such an amazing event. I always think of this time of year as marathon time. Congratulations to all who are running marathons. It is a major accomplishment. In November we elect board members. Please think about joining us on the board. You should get an email with information.

Our annual meeting is November 12th at 6:30, at the Saranac Brewery.

All members are encouraged to attend. See you there, at the Skeleton Run or out for a run!

Wayne

Upcoming Race



SIGN UP

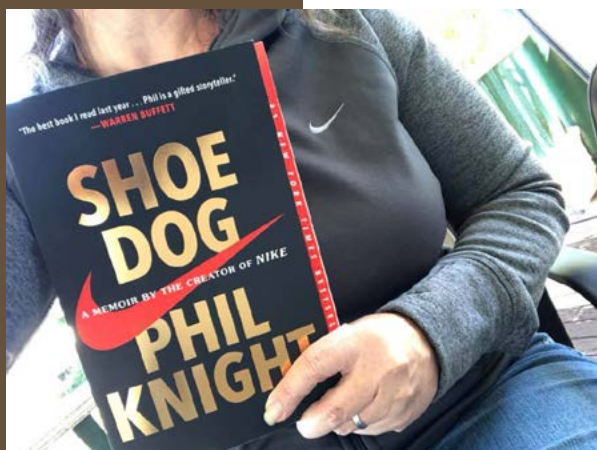
**Sunday, October 14, 2018
6329 Walker Rd., Utica**

Join us for a Fall Festival and 1/4 mile kids race, 1.5 mile community run, or 5K race - all within the beautiful Deerfield Town Park Wilderness trails - it could get muddy!!

On-course excitement has potential for ghouls and zombies! 5K Race awards for overall winners and age group winners. The 5K is part of the Utica Roadrunner's Grand Prix. Goodie bag will be provided for kids and t-shirts for 5K race and random surprises for all participants. Costumes (run safe) encouraged! Also join us for a pancake breakfast!



Letter from the Editor



Book Review

I recently took a trip to New Orleans and decided I'd pick up a book en route to read on the plane. On my layover in D.C. the shiny gold foil of Phil Knight's *Shoe Dog* drew me right to it. It's been on my never ending "to read" list, but Warren Buffet's review on the cover that "... Phil is a gifted storyteller" put it over the top for me.

Even if you don't wear Nike, you *know* Nike. It's a legacy. It's one of a few mega brands that dictates an entire lifestyle. And man... Phil Knight IS a magnificent storyteller. The story of him, Bowerman and a small crew of obsessed believers that began Nike makes the pages melt away. The stress of running a business, taking enormous risks, and putting everything on the line jumps out of the book and makes you sweat.

You'll probably never wear a pair of Nikes the same again. It's definitely worth the read, my friends!

A handwritten signature in cursive script, appearing to read 'Michelle'.

Want to be on the UR Board of Directors?

A message from Jim Moragne:

The club's Board of Directors election will be Monday, November 12th. Every year we fill six of the twelve seats on the Board. We are always looking for members who want to help the club by serving on the Board and 2018 is no exception. If you've wanted to give back to the UR, or simply don't like the way things are done and want to fix that, going on the Board for a two-year term is an excellent way to accomplish either objective. If you wish to run, please email me your one paragraph bio ***by Friday, October 12th***. Or just email me if you have questions. My address is ***jimmoragne@gmail.com***.

Another GREAT race!



Falling Leaves Road Race

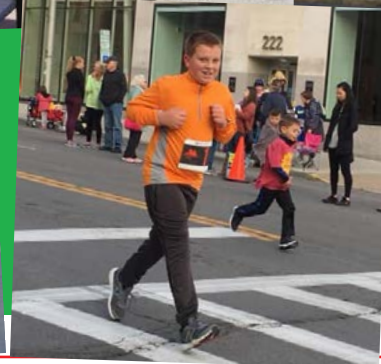
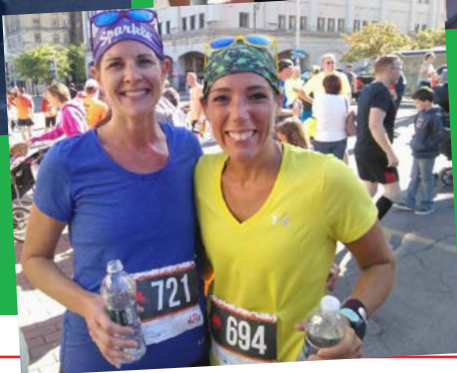
SEPTEMBER 23, 2018. UTICA, NY. 5K/14K



Thank you to our sponsors:



Another GREAT race!



Member Accomplishments

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

Gary Hits 50,000 Miles!

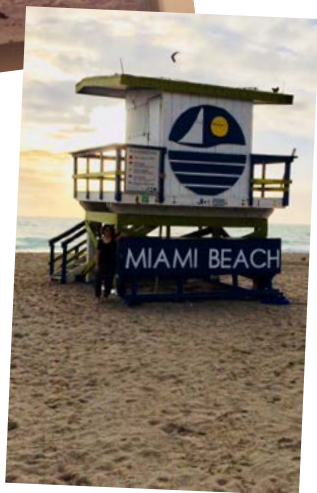
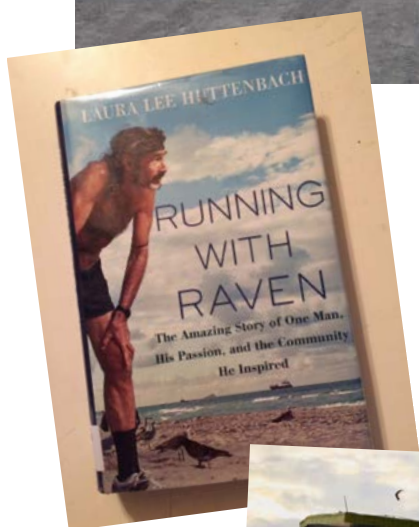


Long time Roadrunner and LOOOONG time runner Gary Burak hit 50,000 lifetime miles during this year's Falling Leaves Race. Leone Timing even reserved the #50 bib for him. That is over two full times around the WORLD!

Member Article

I Ran with Raven

by Dorothy Massinger



During the weeks leading up to the Falling Leaves race, running 8 miles a couple of times a week in September felt good. During these runs, my thoughts sometimes went to Robert "Raven" Kraft, a 68 year old South Beach runner who runs 8 miles every single day---starting at 5:30 pm (4:30 in the winter months), from the 5th Street South Miami Beach Lifeguard Station. It doesn't matter if the temperature is 102, or if a hurricane is passing through, or if he isn't feeling well, Raven always shows up.

I first heard of Raven in an article in Runner's World and then read the book *Running with Raven* by Laura Lee Huttenbach. Everyone that runs the 8 miles with Raven earns a nickname. I ran with him on January 11, 2018. This is his 43th year running 8 miles a day. During that run, I met "White Russian" who comes to Miami for business four times a year, and "The Mayor", a young man who ran for mayor of South Beach in the last election. He and Raven talked about a new zoning law being proposed. There were four other runners that joined him this day, and I was the newbie. During the run on the hard sand, I was entertained by Raven's stories of the characters he had met on his runs. Raven also asked about my home town, and my life. He said he wanted to get to know me just in case I finished the 8 miles and earned a nickname.

Even though Raven has had runners from all 50 states, and almost every country, he has never had anyone join him from Cooperstown. He is a huge baseball fan and asked me to spread the word that he would love to spend 8 miles talking baseball. He said that he will not be able to visit Cooperstown and the Baseball Hall of Fame because he has to be at the lifeguard station by 5:30 each evening.

If you are ever in Florida, run with Raven. You will be inspired and then you will often think about him, especially if you had planned an evening run and are thinking of excuses not to put on your running shoes. You can find him on Facebook, RavenRun.net or friend him: Robert Raven Kraft. I hope I get to run with him again, and if I do, I'm sure he'll remember me --- "Rough Diamond".

Member Accomplishments

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



Steve Tibbits and Ryan Miscensik both tackled Ironman Chattanooga on September 30. It was Steve's fourth and Ryan's second. CONGRATULATIONS!



Three Roadrunners completed their FIRST full marathon at Wineglass on September 29

Left to right:

Jessica Van Valkenburgh

Jennifer Szatko

Scott Neary

WAY TO GO!



Member Accomplishments

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



BMW BERLIN MARATHON

Bill Callahan set a PR of 2:53:45 at the Berlin Marathon on September 16 and the race was the fourth of the six world majors he has tackled! These are some of the best race photos we've ever seen, too! Keep an eye out for an interview with Bill in a future SpliTimes...



CNY Running Clubs Cup 2018



North Country
"Toe" Path Trekkers
Walk-Run Club



*Here are the Falling Leaves 14k results
for the Utica Roadrunner CNY Cup Team!*

| | | |
|----------------|---------|-------|
| Sue Luley | 1:16:30 | 77.30 |
| Dan Stedman | 1:01:04 | 76.39 |
| Tim Kane | 1:01:59 | 74.72 |
| Paul Humphrey | 57:56 | 74.28 |
| Ray Smith | 1:08:52 | 73.18 |
| Total - 375.87 | | |

THE FINAL RACE!

The final race for the CNY Cup Race Series is going to be held as a celebration run for club cup members.

It's being called the **Smoky Hollow Half Marathon** because the course will begin in Newport at the Masonic Temple on Rt. 28 and will have a fast finish coming down through "Smoky Hollow."

Sunday, October 21st starting at 10am.

We are holding registration the morning of the race, only (no online registration).

Laurie Hennessy emailed Cup member information, but if anyone else wants to run they can send her an email for more details: laurie.hennessy@aol.com



Member Accomplishments

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



Michael Polidori
defended his title
as the winner of the
Half Marathon



Tim Fitzgerald
overall winner of the
Full Marathon



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



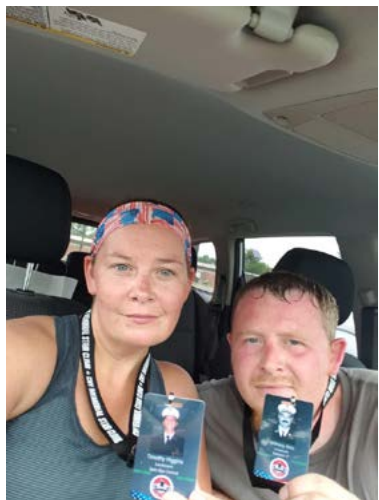
About the race:

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!



Jessica Van Valkenburgh completed the **CNY Stair Climb** – climbing 110 flights of stairs of the State Building in Downtown Utica in memory of those we lost on 9/11.

Myron Thurston PR'd at the **Dunkin ARC Half** in Syracuse... on his 40th birthday!



Harry Campbell
1 hr · 2

I wanted to post to my timeline. I did the Living History 5K in German Flatts this morning. If you've never done it definitely consider doing it next year. It's an amazing race. I love the shirt and a pancake breakfast afterwards. The race director and volunteers are awesome. I didn't stay for the festivities afterwards but I believe there's a civil war re-enactment. Inside was raffle tickets for baskets and a bake sale. Outside, a bounce house for kids. I'm not sure if they have the bounce house every year but this was a great time!



Roadrunners representing at the **Living History 5K** in German Flatts. Colleen Lamb ran away with a 3rd place age group award! Harry Campbell gave it a great review!

Member Story

Choosing to Run 1,000 Miles

by Kelley O'Bryan

When I was younger I always saw my dad wearing a red jacket with a picture of the roadrunner on the back of it. I loved it and always wanted one like it as we use to watch Looney Tunes as a family. I knew he got it from the Utica Roadrunners but what I did not know until I was a little older that he earned it by running 1000 miles in one year. When he told me about it I was in awe as that is a lot of miles and dedication.

Every year since moving back to New York and re-joining the Utica Roadrunners I always would say this is going to be the year I dedicate myself to joining the 1000 mile club. My parents would always tell me you are the type of person who will achieve whatever you put your mind to and I would accomplish it when it was the right time. Well like everyone's lives things happen, you get busy and things get pushed to the side. I have always been an active runner, but 2016 was a rough year for me. With everything going on in my life, I was unable to run the majority of it and was when life really was put into perspective for me. That's when I knew I was going to accomplish my long standing goal of running 1000 miles like my father, and dedicated 2018 to be the year!

When I told my dad that "this was gonna be the year" he reminded me that it would be a lot of dedication and hard work especially with a little one. My response was "yeah I know, but I don't think it will be that bad." She is still young enough to want to be in her stroller on nice days while we run. Plus she still takes naps so when the weather is lousy I can get a run in on the treadmill. He said it seems like your mind is made up and wished me luck!

As I am approaching my goal I keep thinking why I choose to become apart of the 1000 mile club. To be honest I'm not sure what the best reason is. Of course like when I was little I want to be like my dad and do something he accomplished. A second reason is just for something to do to keep me busy and to achieve something I've been wanting to do for years. The main reason of doing it is for my daughter. I want her to know that when you make a goal for yourself in life to follow through and make it happen, even when it gets tough. For people who know me know that she truly is my inspiration for how to be be strong and to never give up. Like I've said before there is nothing better than hearing her say "Mommy high fives" right when I need it the most! She may be too young to understand the significance of running 1000 miles in one year, she may not even be interested in running. What I do hope is one day when she is older she will see me wearing my red jacket and ask about it. I think it will be a special moment when I can tell her all about it and how she was a very important part of the journey.



Awesome Running Dads



Karen Sears Randall is with Linda Sears and Mike Sears.
1 hr · 🧑

Proud Daughter Moment...My Dad ❤️ my inspiration, my everything.. the one who still holds running records. As a kid, our family would travel everywhere for him to race. 2:35 marathons..50:45 Boilermakers.. 5k's in the low 15:00.. this race meant more to me then he will every know.. to run with my Dad!! And for him to place 1st in his age group..27:52..he still has it 🏃🏆 #runningdad #fallingleavesroadrace @ Utica, New York



Rick Gloo
September 8 at 2:02 PM · 🧑

Dad ran his first 5K today at Old Forge!! The last time he ran was over 50 years ago in basic training before going to Vietnam. The plan was for him to walk the 5K while I did the half-marathon. Apparently he had a different plan and finished around 34 minutes. Pretty good for 72! He is still a little sour that his age group is 60+ and he's with folks 10 years younger, but his time was still good for a mid-pack finish. Then for bonus points he had to show the National Guard boys how to get up the climbing wall. Unfortunately they said he didn't meet their age requirements to rejoin the service (nor were they looking for a bike mechanic). I tried. 😊 If I am to guess his secret, it's that he never stops moving. Love you Dad!! @ Old Forge, New York

The Casual Runner

Words on Running for the Rest of Us

The 2018 Peak-to-Brew Relay: *A Team Van Driver's Perspective*

by Rob Trotta



As the title of my column suggests, I run casually, which is to say I get lazy and have become a pro at making excuses not to train properly (it's too hot; it's too cold; it's getting dark; it's too close to a meal; etc.). Yet I still somehow run competitively in all my races. But I digress. So what better job for a

slug like me than to serve as a team van driver for the annual Peak-to-Brew? After all, there's no running involved.

Hopefully you're already familiar with the 230-mile Peak-to-Brew Relay (P2B) from the top of Whiteface Mountain to the Saranac Brewery and maybe even the fact that I've served as a team van driver since the race's inception in August 2015. This year the team for whom I drove was called "24" (so named because of the team's desire to cross the finish line in under twenty-four hours of total running time). Comprising the team were runners Rob Baird, Jack Bernard, Todd Butters, Aaron Carey, Nate Donaleski,

Jordan Hoffman, Nick Jeror, Tom Joslin, Stephen Paddock, Ryan O'Rourke, and Lukas Patrizio. Driving the second van for our team was Steve Klepadlo.

More about the runners and their accomplishments in just a moment. First, what about us van drivers? Are we a necessary team component? Can a P2B team still be competitive without dedicated van drivers? And what goes through a driver's head? Does he/she still feel responsible for the team's performance? The first thing to consider is that Team 24 had no choice but to run extremely competitively in order to live up to their name. This means that all eleven runners had to complete their legs at an average of under a seven-minute mile pace. For me, the pressure involved was in driving from one exchange point to the next without any wasted time because the next runner had only a short amount of time to stretch and prepare for his leg. Fortunately, having driven this course for three years already, it was easy navigating to all of the exchange points and remembering the landmarks for each stop. A majority of the P2B legs are on state highways, so van drivers had to battle occasional sticky

continued →

The Casual Runner (cont.)

traffic spots and at times jockey for a parking spot at some of the smaller exchanges. You'd be surprised at how quickly a driver has to high-tail it to the next exchange during a 2.7-mile leg.

Despite the remarkable running talent on Team 24, those eleven guys were not robots (although compared to my lazy butt, they were). Considering the daytime heat and humidity, they still required the basic human needs on some of the longer legs—water, goo gels, electrolytes, etc. As a driver, I had to be diligent to spot safe stopping areas along a leg in order to hand off what the runner needed (without the runner slowing down or missing a beat). Needless to say, in the overnight hours, this was sometimes tricky.

Can a P2B team function without a driver? Obviously, yes. We saw a bunch of team vans with the runners rotating through the driver's seat. But to allow all of the runners enough relaxation and decompression time, a driver is convenient, and my team repeatedly expressed their gratitude for this, to the point where I was thinking, Hey guys, no problem; I have the easy job here.

Sort of.

I love road trips. A month and a half before this year's P2B I drove roundtrip to Virginia and then two weeks later to Florida and back. In 1998 Tom and I drove to Alaska and back and I was behind the wheel 95% of the time. But I do get antsy sometimes and need regular breaks, if for no other reason than to unbend my legs and look at some fellow human beings face-to-face (fortunately I rarely get drowsy when I drive, and with the P2B, the constant stopping at exchange points helped with my alertness). Stopping the van and getting out a few times every hour was also therapeutic for my sanity since our van got quite smelly after the first eight hours of the race. After twelve hours, it was a good thing my nose finally became desensitized to it.

I'm not going to lie, the overnight part of the race sucked. Each member of the team had time to rest (and sleep) in the back of the van while not running, but the drivers had to be conscious

the whole time (obviously). Due to the running speed of our team and to insure we didn't arrive at the finish line too early, we were forced to lay-up in Old Forge for four and a half hours. It just so happened that we drove into town close to midnight. We weren't scheduled to resume running until around 4 AM, which meant some time to sleep. But have you ever tried sleeping in the driver's seat of a van or any other vehicle? It doesn't work too well, so needless to say I slept maybe a total of twenty minutes—barely a catnap to rest my eyes. By the time we had to pull out and start running south out of Old Forge, I felt hungover, cranky, and in desperate need of coffee (special thanks to the Fastrac in Thendara for being open 24 hours).

When the sun rose, my alertness increased as my body tapped into its auxiliary power. The team continued to maintain a phenomenal pace. The morning hours flew by as we jumped from one exchange to the next. Stephen Paddock absolutely destroyed the infamous Honey Badger leg which, if you don't already know, is a series of brutally steep, rolling hills in Steuben with a net gain in elevation making it seem like you're running up Kilimanjaro.

At 2:48 PM on August 11th, Team 24 crossed the finish line after a total running time of—get this—23 hours and 40 minutes with an average team pace of 6:16 per mile! There was an ungodly faster team that finished almost an hour before them, so Team 24 finished in second place, but in my opinion, that's irrelevant. What mattered is that they accomplished their goal—they ran 230 miles in less than 24 hours. Enough said.

As a driver, am I to thank for that? Absolutely not. I made the job easier, but by no means enabled any running miracles. I was an honorary member of the team, but not an actual participant. What comes with this is a sense of detachment since I never broke a sweat, but I also felt like I was the "glue" that kept the team grounded to their goals. I aided and assisted, but was in no position to offer advice. However, if I see the team again, I might just suggest this as Captain of the Van: How about calling yourselves Team 23 next year?

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)

☐ November 2018

☐ December 2018

☐ January 2019

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

☐ Yes ☐ No

Total included: \$ _____