

splitimes

June 2019

The Official Newsletter of the Utica Roadrunners



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June
2019
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Useful Links:

Utica Roadrunners Facebook Page

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Utica Roadrunners Wednesday Night Development Runs

Club Handbook



**Congratulations to Bill Luley,
who at 70 years old, ran his
first half marathon in May
at the Erie Canal Half!
Amazing accomplishment!**



President's Message

by Wayne Murphy



Happy Spring! I thought I would start this message by thanking those who have worked hard for some of our programs. Special thank you to **Cole and Tracy Perkins** for their work on the Boilermaker Training Program. I ran with the group recently and what a well run program. Another thank you to **Andrew Rubino** and **Jay Flemma** for all of their leadership on the Development Runs. We are off to a great start! I have been able to attend to help with registration but have not been able to run with the group yet. We also have so many members who volunteer to help with these programs. We could not do this without you. Thank you!

We have also been working hard to update the Run Sign Up page to get all of your membership and development run numbers in the system. Send me a message if you are still missing any numbers. **Jen Bachelder** will be our membership coordinator going forward. Thank you Jen!

About four weeks ago I had the opportunity to participate in a 50 mile ultramarathon in the Catskills – one of the most difficult things I have done physically and mentally. The lesson I learned is that anything is possible. The participants and volunteers were amazing as well as the course itself. If you have a goal, you can achieve it with the proper mindset and training.

I hope to see you at the Summer Sizzle June 16th or at one of our other events. As always, keep in touch and let me know your thoughts.

Wayne

Letter from the Editor

by Michelle Truett



I haven't run a race since Wineglass last fall. The Erie Canal Half Relay was a good one to get back on the bandwagon. I love that race - the Canal Path comes alive, we get to enjoy a fast, flat run and seven miles is one of my favorite distances to train or run (I got the longer leg!). I ran with my buddy Scott Neary, who has gotten super fast over the past year and his speed helped us place second in the Mixed Masters Relay.

Definitely think about signing up for the Summer Sizzle in a couple weeks - it's over at Proctor Park on Father's Day. I hope everyone's Boilermaker training is going well, too. The Saturday morning training runs are jumping up to 5 miles this week and will continue to increase as we run more point-to-point runs along the course. Now is a good time to join us!

Enjoy the articles in this issue – Mike Winkler was a joy to get to know better for his interview. Chris Edick wrote a great story of perseverance about his cousin-in-law and the Rockin' Chics ran 50 miles and wrote about it!

See you out there! - Michelle

Development Run Records

The Runs are Underway!



**PLEASE SHARE THIS INFORMATION WITH
ALL YOUR FRIENDS WHO PLAN TO
RUN ON WEDNESDAY NIGHTS**

2019 Development Run Details:

The fee to run the development run is \$2.00 per person each week with NO family rate. Utica Roadrunner members still run for free! You can become a member of the Utica Roadrunners:

- \$10 for anyone under 18 years of age
- \$25 Individual
- \$30 Couple
- \$40 Family

Development Runs have begun.

Registration opens at 5:30.

Be there early! Runs are at:

Kids Run: 6:15pm

6:30pm – 10 K / 5K / 2 Mile

Volunteers Needed

As the development runs rev up, we need help with our planning. Our club's events are only possible if we get volunteers! The development runs are a twenty week program, from May through September and there's plenty of opportunity for individuals or groups to take part.

We need at least two people each week for the computers, (pushing a button as runners cross finish), two in the chutes pulling tags, two at the water station. With six people at the finish we can set up, tear down quickly, and cover everything.

**If interested, message the
Utica Roadrunners' Facebook page**

Help Clean Up Proctor Park

Clean Up Your Park Day is 9:00-11:00am on June 15

If you would like to assist for the morning, please email **centralnyconservancy@gmail.com** as soon as possible for more details. Please indicate whether you can bring your own tools (rake, perhaps pruning shears, etc.)



TRAINING PROGRAM

Volunteers needed



Need volunteers points for your red jacket? Are you just a nice human being and want to help?

The Boilermaker Training program needs help with water stops and safety each Saturday morning during the 7:30am runs. The longer the runs get, the more help we need!

Our next race!



Summer Sizzle 5-Mile Race **SUNDAY, JUNE 16** We're back at Proctor Park!

[SIGN UP NOW](#)



The 32nd Annual Utica Roadrunners Summer Sizzle 5 Mile Road Race is going back to its roots at Proctor Park in Utica, New York. Besides age group awards, there are also awards for a two-person family team competition of the following categories: Mother/Daughter, Father/Son, Mother/Son, Brother/Brother, Sister/Sister, Sister/Brother, Father/Daughter, and Husband/Wife. Race day registration and number pickup is from 7:00-8:45.am There will also be a half mile kids run at 8:30.

New this year, the Summer Sizzle will be a part of the first ever Utica Roadrunners Four Race Challenge. Each runner that participates in the following races will have a one-time registration fee and they will also receive customized hoodie to commemorate the accomplishment. The events included are the Save Our Switchbacks 7.5K, the Summer Sizzle 5 Mile, the Falling Leaves 5K or 14K, and the Deerfield Skeleton Run 5K. By registering once for the 2019 Utica Roadrunners 4 Race Challenge you will be entered into each of the associated events.



Member Spotlight



Runner. Rocker. Lover of Cats. That's just the beginning. Meet a true modern day Renaissance man: **MIKE WINKLER**

This guy is full of joy and positivity, loves helping others and as he's learned over the past five years... totally loves running. Roadrunners can see that love with his regular presence at the Saturday morning Boilermaker Training runs, working his own training around volunteering for the runners in the program. We may start to see him at the Development Runs, too (him AND John Gilligan at a water station together?! Yes, please!!)

Before we tell you about Mike's "late start" running career, let's get to know him a bit better. He studied music education at SUNY Potsdam and then got his Masters from Grand Canyon University online. His mom was a teacher and his grandmother was an educator, so teaching is in his blood and music has always been a passion. He lived in New York

Member Spotlight (cont.)

City for a while, working on and fundraising for the Human Rights Campaign and also working on environmental legislation. He also played in some bands while he was there and dabbled in some theatre and acting. He moved back upstate in 2010 and is now a special education teacher for 6th, 7th and 8th grade students at Madison-Oneida BOCES in Verona.

Mike plays guitar, violin, bass and drums. He is currently playing with the band Soundbarrier - a local "mass-appeal" band that caters to the bar/club/festival/wedding crowd. (Keep an eye out for future gigs and support a fellow runner!)

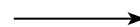
He is engaged to fiancée Sarah and they will be getting married this August. They both love cats and have three permanent four-legged roomies – Klaus, Pepper and Sprout – and they can also be found fostering others at any given time. Mike and Sarah like to garden and take care of their home and their walks and hikes together couple spending time together with some great cross training.

Back in high school, Mike was a swimmer for a year, specializing in the short and fast races, and joined the track team senior year where he tackled the 200m and 400m. Then, with college and NYC life taking priority, he didn't do much with athletics again until about five years ago. He started on a treadmill with a classic run/jog approach and during that time, a fellow teacher organized a Corporate Cup for the school system for the Boilermaker. Mike was on board. He scored himself a \$20 pair of sneakers from the Shoe Department, a cotton shirt and some mesh shorts and he was on his way! (He still has that first pair of running shorts!) He followed a Hal Higdon training program, starting running Development Runs, upgraded his sneakers and ran that first Boilermaker averaging eight minute miles. His training (and his running wardrobe!) got better and better. He now has 7-8 pairs of sneakers that he rotates and many pairs of his signature neon calf-high socks.

This year he's been putting in 30-40 miles a week (which will increase soon to around 50) and he shaved off four minutes at the Fort to Fort 10K Race for a solid PR of 43 minutes. During the Erie Canal Half, he ran his best 15K and 10 mile times during it before he hit the wall for the last three miles, but still cut his overall time down from 1:56 to 1:41 and PRed once again. He's well on his way to a record-breaking year. Goals for this year are a 65-minute Boilermaker and a 63-minute Stockadeathon. Josh at the Sneaker Store is helping him train and has



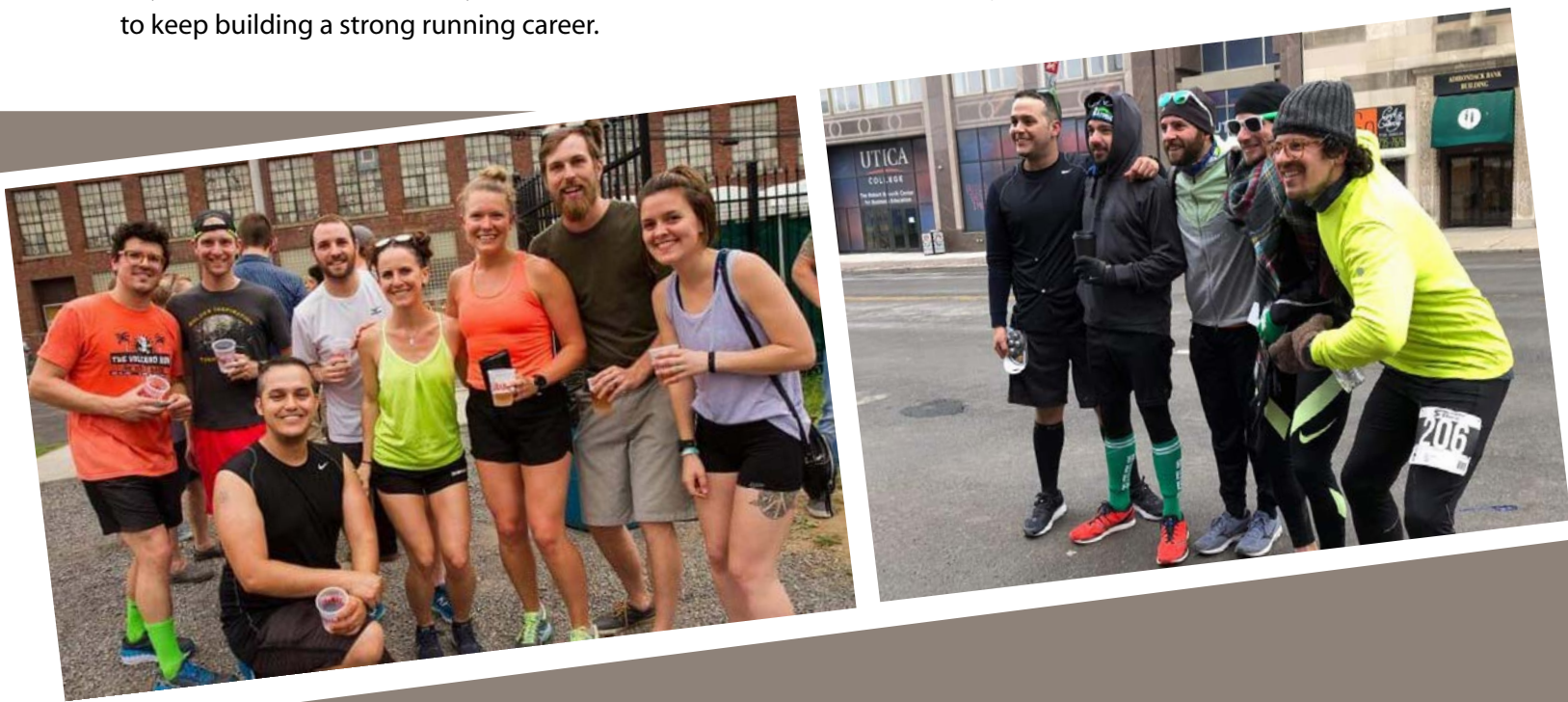
Mike and fiancée Sarah



Member Spotlight (cont.)

wrote a customized program for him based on his specific goals. Mike likes that Josh makes the training cool and fun with unique workouts and having the structure provided to him is a great way for Mike to operate – it keeps him accountable and on track. Another thing Mike is working on this year is his mental game where he can turn his brain off during a run and let his body trust the training. In the future, he would like to help other runners learn how to rest and recuperate and realize how important that is to achieving healthier, more productive training.

Mike has a deep admiration for many local runners who started a bit later in life like him but, are accomplishing amazing things in their 40s, 50s and 60s. Roadrunners like Bill Callahan, Michael Polidori and Tim Kane and Kuyahoor Kicker Dave Putney serve as motivation for him to keep pushing to see how much he can improve to keep building a strong running career.



He also gets inspiration from runners at the Boilermaker Training Program and dedicated groups like the Rockin' Chicks who recently finished the 50 mile Rock the Ridge race. He feeds off of seeing accomplishments of all abilities of runners.

Next year he might target the 5K distance and "kick the crap out of it" and maybe add on a half marathon. Long term plans may include a full marathon. Mike tends to be deliberate in choosing just a few races every year to focus his training and effort on so that he can have the best performance possible.

We're going to have fun following Mike over the years! We appreciate his dedication to our club and his unwavering positive presence and motivating water stops. Best of luck this year, Winkler! :)

The Grand Prix is Underway!



Mark your calendars for the remaining Grand Prix Races for 2019:

June 16 – Summer Sizzle 5 Mile

July 14 – Boilermaker 15K

July 27 – Honor America Days 5K

August 16 – Woodsmen's 10K

September 14 – Living History 5K

September 22 – UR Falling Leaves 14K

October 13 – UR Deerfield Skeleton Run

The Grand Prix is a friendly competition open to all current Utica Roadrunners Club members. Members receive points for each Grand Prix race they complete based on their order of finish among club members competing in the same age group. It's a fun way to encourage members to participate in more local races and to keep training throughout the racing season. At the end of the season, the points are tallied up and the top three runners in each age group are presented awards at the club's annual awards banquet.

Scoring:

- Minimum of 3 races to qualify for the Grand Prix awards.
- Best total for 6 races will be taken for your Grand Prix score.

Member Article

Running From My Problems

How a group came together to help a friend kick alcohol then embark on a challenge to run 1,000 miles in a year.

by Christopher Edick



The dictionary defines support as: A thing that bears the weight of something or keeps it upright. When it comes to making improvements on anything in life, support is an amazing thing to have. Whether that support is friends, family and/or your own will, it will be very beneficial when attempting to make big changes.

At age 36, my cousin-in-law Nate was in pretty unhealthy shape. When Nate was younger (middle school and high school), he was in the best shape of his life. He was extremely athletic, loved to play sports and was ultimately a natural born athlete.

20 years later (2018): I had just met Nate at my wife's grandfather's funeral. I was told multiple times about how athletic and crazy Nate was at sports. I was also informed of how much into alcohol Nate was. I had no idea just how much. When Nate and I met we hit it off right from the start. We had some drinks together and

began talking about sports, partying and funny stories from his life. There was a lot of laughing, debates (over sports teams) and more drinking. The beers and liquor was flowing and Nate and I were becoming best friends. The weekend went by and Nate was on his way home to South Carolina. We exchanged numbers and began talking about how much we enjoyed drinking and sports over text.

Nate was drinking every single day. By drinking, I do not mean water or beer; I mean a bottle of liquor with Sprite every day. He was in a bad place. His smoking was hurting not only his lungs, but his ability to stay in any form of athletic shape. He was overweight, unhealthy and we talked about how the drinking had taken over his life. Nate had made multiple attempts to quit drinking. A month here or six months there, but when times get tough he would fall back to the thing he knew best... alcohol.

Nate and I were talking every day. We talked about what I had heard from when he was younger and how his entire family said he was an absolute beast in athletics. I informed him that I wish I could have seen him during those times and that it would be awesome if he could get back to those days. He informed me that he was surprised that everyone complimented him so much, and that he would like to be back into that kind of shape.

After countless conversations and discussions, we both knew something had to change for the better,



Nate and I discussed giving up drinking completely. Nate said it was very difficult for him and that he will make an attempt anyway. The first attempt was under the stipulation that he would go the entire week with no booze, but on weekends he would drink with his buddies. First week done and Nate did well. He woke up in a sweat, felt awful and was very sick, but he went five days straight without drinking. The weekend hit and Nate went back to the heavy drinking. This lasted for about two weeks. Slowly Nate fell back into more drinking until we had a heart-to-heart conversation. Nate said he wanted to get back into shape and to quit drinking. I said he can do it if he wants and that I would support him in any way, shape or form. I told him every day that he can do it and that I as well as he wanted to see him healthy for his kids and wife. He did a lot of thinking and eventually made his first and last attempt at sobriety. It was finally going to be Nate's last drink.

Nate sent me a video of David Goggins' "Driven". It completely turned us both around in a positive way. Nate was over 230 pounds and had quit drinking for about three months. Nate came out and said that he wanted to show me what he was like in high school. We made a pact. Nate, Nate's buddy Jeremy, my buddy Justin and I decided to begin a pushup goal. Every day we would all do 280 pushups or so in order to eventually complete 100,000 pushups in one calendar year.

We all figured out that we all need to change and become healthy individuals for each other and our loved ones. We supported each other each and every day. We discussed healthy choices, dieting, and even send pictures of the progress we were making athletically. Nate had quit drinking completely, quit smoking and was already down about 25 pounds. The support that we were all giving each other was astounding. Results were showing and Nate was finally in a good place.

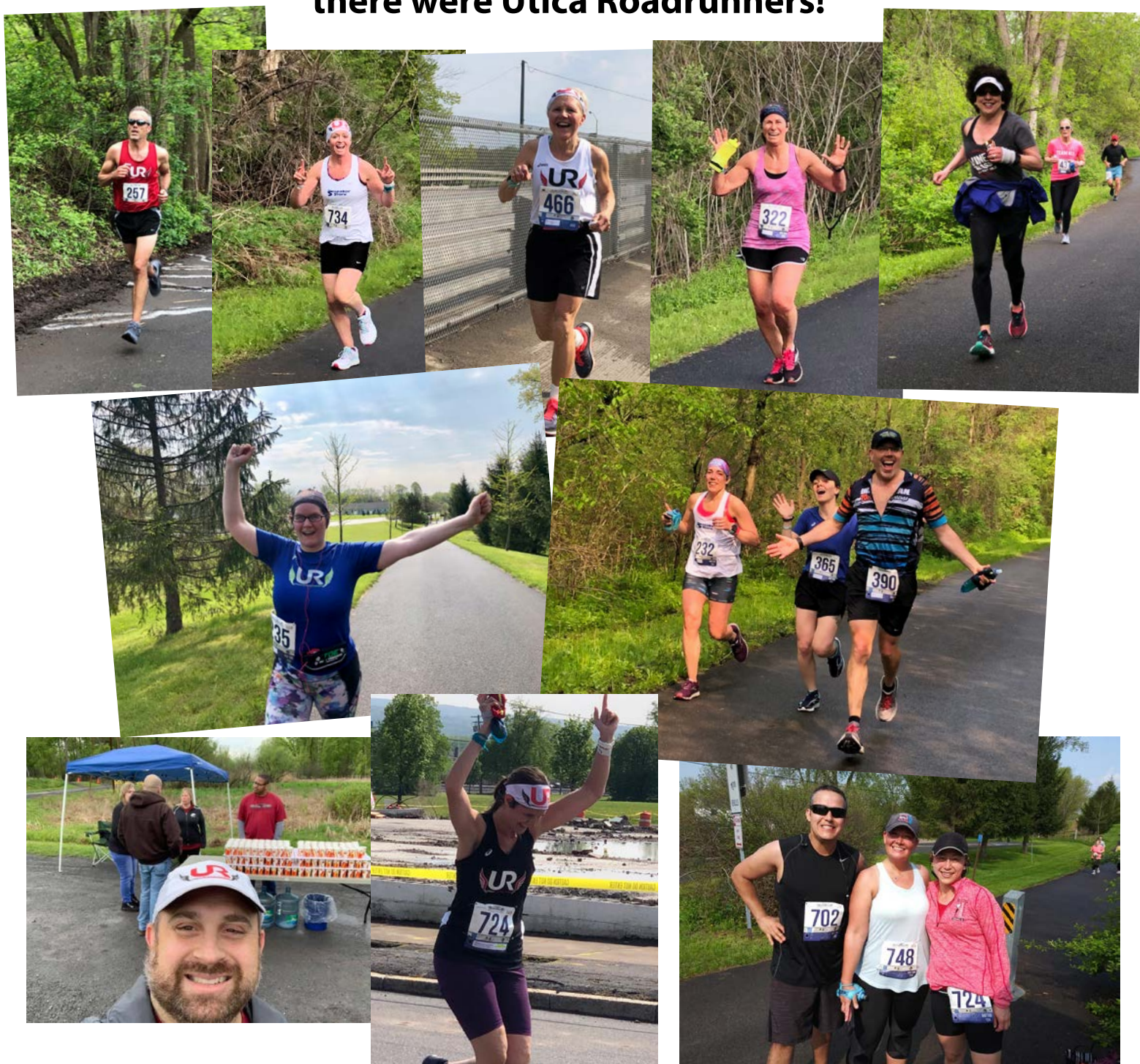


February, 2019 was the month that our running officially began. We made a goal that we would complete 1,000 miles in a calendar year. I had joined the Utica Roadrunners and saw that 1,000 mile club was an option and looked into seeing what it would entail. We were a month or so behind so we knew we had to get running hard. Every day we were calling, Marco Poloing, and/or texting each other about what we were planning on doing. Nate was running anywhere from 25-30 miles a week which was way up from the 10-15 miles he was doing. We did the calculation and figured that it would take about 3.3 miles a day or just over a 5K to accomplish it.

As of April 23, 2019 Nate has accrued over 229 miles and counting. Nate, Jeremy, Justin and myself signed up for the 4 Race Challenge, (Jeremy and Nate will do it virtually from Alabama and South Carolina) while Justin and I will do it live. Nate did the Erie Canal Half marathon virtually while I ran it here in Utica. Still to this day we all talk about how proud we are of him quitting his drinking and smoking. He is currently over 30 weeks of no smoking and 45 weeks of no drinking. May 12 Nate was sober for an entire year. The support we all gave and continue to give will not only assist with running...but in all aspects of life.

Member Accomplishments

**Everywhere you turned at the Erie Canal Half,
there were Utica Roadrunners!**



Member Accomplishments



Member Article

Rockin' Chicks Journey: We Rocked the Ridge!

by Karen Piccola

***"A dream written down with a date becomes a goal.
A goal broken down into steps becomes a plan.
A plan backed by action makes dreams come true."***

– Author unknown

Many celebrations are had along the journey to 50 miles. It's not even race day and the Rockin' Chics celebrated many accomplishments. Dorothy's birthday February 23 was celebrated with a 23.5 mile run from the Fitness Mill to Westernville completing the run at a Snow Fest there. A finish line was crossed with loud cheers and a happy birthday song too! We then completed the Heart Run 18 miler, something none of us ever thought we would do. March 30 was 30 miles, our longest long run for our training plan. We began with the Saturday morning Training Run at the Rec Center and ended in Stittville for an after party hosted by Losay and her family. During that 30 miles, we each achieved the furthest miles we ever ran, and Lisa officially became a marathoner and we celebrated her achievement. We had people pacers, a canine pacer, plus road support on bike and in vehicles. Tailgate parties were our rest points at Stewarts, Fastrac and Sunoco along the way. Stocked with Gatorade, water, trail mix, PB&J sandwiches and Swedish Fish. Food and hydration training is critical for an ultra, or for any distance run longer than an hour. April 13 and 14 was our back to back half marathons (Helderberg to Hudson Half and Earth Day Half). Running on tired legs is prescribed for the ultra



training plan. Oh what fun we had with so many of our closest friends and family.

And now the tapering begins. Tapering just sucks physically and mentally. Practicing patience, remaining calm, eating healthy and then NOT pushing as hard on the training effort is key to the training plan but actually tightens things up. The mind is clouded with so many thoughts about the event. Your body is feeling aches you weren't feeling during those 50 mile running weeks. Journaling your thoughts to paper releases some of the anxiety.

Experiences during the taper stand out and become a part of the mental training that is so needed and criti-



Member Article (Cont.)

cal to endure distance and time. On April 20, the last 20 mile taper run began with the Saturday morning Training Program. A kind, yet much faster running buddy shouts "pick up the pace!" To not be intimidated, I tell myself "No, I don't have to pick up the pace cause I'm running 20 today. I've accomplished a 30 miler, back to back half marathons and averaging 50 mile weeks. This 15 minute mile runner DOES NOT have to pick up the pace!" My goal for any run and any distance is to 'feel good, have fun and recover quickly.' My heart rate during my runs is at a pace that it's not beating out of my chest, and aside from a couple of blisters on my feet from the 30 miler, my body recovers quickly.

I faithfully strength train two to three times a week plus yoga once a week. My body recovers without injury, thankfully. "While I will always envy and admire all who can run any pace and faster at that ... this ultra distance training has given me a new confidence to say, "who cares if they are faster."

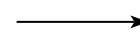
May 3 on the trek to New Paltz, we see the infamous gate house and the glory of the Catskill Mountains before us on our way to get our bibs. The Mohonk Preserve Welcome Center is not just up a hill, it's up a mountain. The visual reality is more profound than any scale map shows. Trust the training they say.

Our support crew is my mom, Sandy, and Dorothy's husband Al. Thanks to my mom. She made us great pre-race nourishment, chicken, rice and carrots!!! A support crew and proper nourishment is all a part of the plan. So now, how do you sleep when four of us are sharing the hotel room? We have to lay out all of what we need for the morning and pre-race pictures posted to Facebook has all of our phones blinging with excitement and cheers from our supportive friends and family.



The experience is like no other. 6am is the race start, 4:15am is the time to be at the Ulster County Fairgrounds to park and ride the shuttle to the start. Personal vehicles and spectators are required to use the shuttle buses, or risk being turned away. My alarm is set for 2:30, it's all a part of the plan.

It's pitch black at 4:15 and we experience a calm quiet as we park the car and trudge our way with many other runners to the shuttle busses. It's so much different than the hype and loud excitement and music typical of most races. You realize Rock the Ridge is not a race ... it's a challenge. Runners are in their heads and striving to remain calm knowing they



Member Article (Cont.)

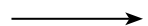


will need to conserve the energy for what they will endure. You drop your bags that you won't see till 25 miles later that has anything you will want and need. The porta potties are in the dark - light from the cell phones help! The atmosphere at the start is still quiet although there's a calm nervousness that you become keenly aware of because of what you and about 600 others are about to take on. Depending on our ages, are bibs are labeled – over 40 are Masters, over 50 are Grand Masters and over 60 are Senior Grand Masters. I later realize that these titles represent much more than what our ages are, but rather they are titles representing groups of wise and brave individuals that we all bow to, who embrace the endurance challenge of an ultra marathon. And oh by the way, there were six female Senior Grand Masters and I had the fortunate opportunity to be with two of them, and one Grand Master. Talk about inspiring!!!

As we are waiting for the start, chatting with another one of the few Senior Grand Masters, we learn she has run 100 milers and her favorite distance is the 100K - 50 Miles is a training run for her!!! Again, I have the fortunate opportunity to be inspired and take it

all in that I am able to be with such an elite group of athletes. Age is only a number!!!!

The race begins and no one is charging out of the gate, it's a calm run. Yes, there are runners who are faster on their feet, but none are sprinting. Yeah, we are going 50 miles. Conserving energy means walking up, running flat and running down ... miles and miles of long climbs into the clouds (literally) and reaching an overall elevation gain of 4,700 feet. Four legs to the race with nine aid stations of support stocked with first aid, food, Gatorade, water, Coca-Cola, and Cliff products galore. The beauty of the course helps you to feel alive as you endure the challenge of each mile. You reach the half way point and you learn to eat the chili, rice, and potatoes offered cause you're gonna need the protein, salt and carbs for leg three. When you reach the summit of leg three (affectionately known as Rock the Ridge), you realize why –the glory of the vast view from the highest point on the course overlooking cliffs and steep ravines. The Rockin' Chics together achieved the furthest distance we had done together, 35 miles.



Member Article (Cont.)

The last 15 miles we embraced - met a friend Laurie who conquered the final leg with us. She has done these great distances before and kindly lent her walking sticks. Mile 45 we reached darkness, not familiar with the terrain and the descent was the new challenge on very tired legs and minds that we had to will ourselves to not give in. Running was no longer an option, the headlights only reach so far and fatigue and trusting your legs and body requires another level of strength and grit to the finish. It's a switch-back descent until you reach mile 46 to 47 where you have a one mile climb. "Really?! Another climb?!" We argue and shout out, "who is the mean person who added that in the course?" 2.2 miles to go is the final aid station with full support even to us back-of-the-pack runners.

One of us says, "How am I gonna do it?" .You respond, "We're gonna finish this thing and you keep going." The glow of the gate house is eventually in view and so I begin shouting, "Woo Hoo!", which quieted the chatting coyotes out there with us. Eventually my mom and Al would hear us.

Crossing a finish line never gets old for me. We are Rock the Ridge 50 mile finishers after 18 hours 26 minutes and 10 seconds; we beat the two course cut offs by 2 hours each and finished well under the 24 hour course time.

Will there be another Rock the Ridge or another 50 miler in the future? Only time will tell for any of us!

A dream written down with a date becomes a goal. =
Ready = July, 2018 the Rockin' Chics dream was set!

A goal broken down into steps becomes a plan. =
Set = November, 2018 the steps of the plan is written!

A plan backed by action makes dreams come true. =
Go = May, 2019 the Rockin' Chics Rocked the Ridge!



CNY Running Clubs Cup



Kuyahoora
ickers



North Country
"Toe" Path Trekkers
Walk-Run Club

2019 Races are Underway!

Do you plan on running any of the following races that are a part of the CNY Cup Challenge? If so, send an email to Laurie and Mike Hennessy at laurie.hennessy@aol.com to be added to the Utica Roadrunners' Roster! The more participants that our club has on our team, the better our club places in the standings!

Here were Utica Roadrunners top 5 finishers at the Towpath 10K:

Name. **Age Grade %**

William Callahan 78.56

Tim Kane 76.49

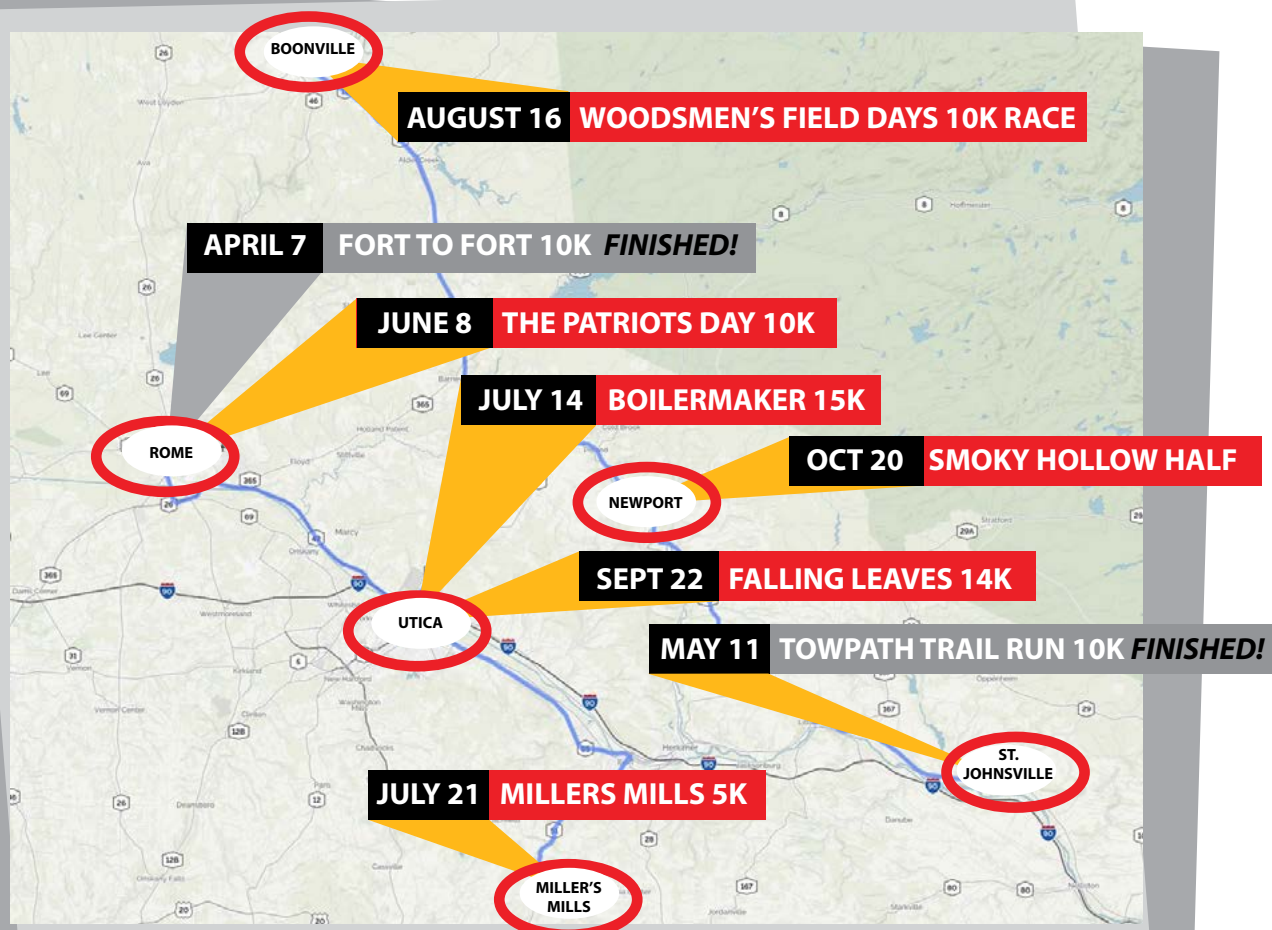
Dale Hart 64.74

Jay Flemma 57.84

Sharon Scala 56.93

Total Points = 334.56

**The next Cup race
is this Saturday, June 8!
It will be the
Patriot Run 10k In Rome**



Member Accomplishments



Roadrunners at Mountain Goat



**Gary and Felicia Burak ran the
Maine Coast Half Marathon**



**Jessica Van Valkenburgh ran the Run 4 the Hills
in Sharon Springs in full gear**



**Wayne Murphy finishing
the Rock the Ridge 50 Milers**



**Sara and Matt Hanna, Dan Stedman and
Sue and Bill Luley at the Ted Moore 5K**



**Gary Burak placed 2nd
in the 60-64 age group
at the USATF Adirondack
10K Championship**



**Jim Latshaw ran the Pittsburgh Marathon
and PRed by 35 minutes!!!**



2019 Mott Marathon

Mott Marathon Challenge

Thursday, June 13, 2019

3:00pm

105 laps at Central Valley Academy

This year the Mott Marathon Challenge will be dedicated to a young man whose life ended much too soon. This year's theme will be "The Run to Remember Ryan," as former Ilion graduate, Ryan Donato's memory will be honored. Ryan recently passed away at the age of 26, after a brief but determined battle with lung cancer. Ryan was a graduate of the Class of 2010 and was voted, Most Likely to Succeed by his classmates.

Ryan could only be described as a one-of-a-kind individual. He was eccentric, zany and extremely intelligent; self-taught in a number of things, from the French language (which he became very fluent in) to various musical instruments. He was skilled in playing the harmonica, accordion and bass guitar, which he used in jam sessions with his group 3M2F. As an artist, Ryan was dedicated to drawing and painting.

Ryan loved animals and his family has requested that all proceeds this year from the Mott Marathon Challenge go to the Herkimer County Humane Society. All runners, district employees, alumni, and community members are encouraged to please raise money for this worthy cause.

The Jarvis Mile will be held before the start of the marathon. There are currently 56 seniors signed up for the event.

The Mott Marathon began quietly in 2006. Ilion senior Eric Lachacz teased his teacher, Jim Mott, saying Mott's marathon running was no big deal. Lachacz insisted that running a marathon would be easy and require no training. Mott challenged him to run the distance on a level track, but make it worthwhile by raising money for charity. Lachacz raised \$53 and jogged a 5:45. Lachacz's efforts inspired a successfully bigger number of future seniors to take up the challenge.

The event has raised nearly \$30,000 over its 12 years, raising over \$10,000 for the 10th edition which was billed as Jack's Day. That year was dedicated to Ilion graduate, Jack Day and all proceeds went to the American Cancer Society. Since Lachacz, 290 other seniors have completed the marathon. Chyanna Bernier holds the record that was set in 2016 with a time of 3:23:51. Jacob Bunce was the champion last year with a time of 4:31:33. Since 2016, there has also been a marathon relay available to CVA alumni, faculty and staff. The record for the relay is held by Stephen Paddock and Michael Polidori who clocked a time of 2:43:14. The event is sponsored by the CVA Student Council and the Utica Roadrunners. Members of the Roadrunners are also eligible to participate. Participants must sign a waiver and complete a team entry form.



All registration forms must be completed and submitted by June 1 to Jim Mott at Central Valley Academy. For more information please contact Jim Mott at jmott@cvalleycsd.org.

Form on next page

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2019 Mott Marathon Registration Form

2019 MOTT MARATHON TEAM INFORMATION:

RUNNER(S): _____

Note: If running with a Relay Team, it does not matter how you split up the laps as long as your team gets 105. Please do not have more than two runners from your team running at the same time. Your time is the total time that it takes for each runner.

RELAY TEAM NAME _____

CREW:

LAP COUNTER _____

CLOTHING, FOOD, AND HYDRATION _____

T-Shirt Size (Circle One) - XS S M L XL XXL

All shirts cost \$12 for 50/50 blend and \$15 for Dri-Fit.

All teams are asked to raise money for the cause of the marathon which has not been determined yet.

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Payment: Mail to: Utica Roadrunners, P.O. Box 4141, Utica, N.Y. 13504. Ads will not run without payment.



Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month(s) you would like your ad to run (\$25 per month)

☐ July 2019

☐ August 2019

☐ September 2019

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

☐ Yes ☐ No

Total included: \$ _____