

# splitimes

May 2019

The Official Newsletter of the Utica Roadrunners



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May  
2019  
Utica Roadrunners  
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If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com

## Useful Links:

Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook



**Boilermaker Training Program Chairs  
Tracy and Cole Perkins sported  
their UR gear on their amazing trip  
to Thailand in April!**





# President's Message

*by Wayne Murphy*



April started the "official" Utica Roadrunner race season. A cold and rainy day did not stop over 200 from running the Ted Petrillo Save our Switchbacks Race. The development runs begin May 8. This year is our 50th Anniversary so we are planning on some special events. The Boilermaker training program under the direction of Tracy and Cole Perkins is going well. Join up with the group on Saturday mornings at 7:30. We meet at the Rec Center on the Parkway.

I love to see all of the pictures of our members out running and running races. When asked by WKTV about what I thought runners should take away from our races I stated that they should feel the sense of community among the members of our running club and with the local community here in the Utica area. The Utica Roadrunners is actively involved in promoting running and healthy living in the area.

The next race is the Summer Sizzle with a brand new venue. Join us to run in the Proctor Parks in the Summer Sizzle!

As always, let me know your thoughts. Look forward to seeing you out there on the road.

Wayne  
Wayne13413@yahoo.com



## Letter from the Editor

*by Michelle Truett*

It's always nice to see other runners all dressed up not in running clothes!

I was honored to receive an award alongside David Jones last week from the Center for Leadership Excellence. I knew Dave was a rock star, but hearing a bit more about his community work really put it over the top. As you may know, Dave founded the Run & Walk to End Hunger Race in Utica and ran it for more than 30 years. That race continues to be an institution in the area at Thanksgiving time and will continue on after his decades of hard work. He is an active member of Rotary Club of Utica. He is also a mentor to youth in our community through the Young Scholars Liberty Partnerships Program and helps youth through skills development programs, giving guidance and mentorship to our future generations.

Congratulations, Dave! Thank you for all that you have done for our club and for the community.

# Development Run Records

## Starting This Wednesday



**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 begin on  
Wednesday May 8th.**

**Registration opens at 5:30.**

**Be there early! Runs are at:**

**Kids Run: 6:15pm**

**6:30 – 10 K / 5K / 2 Mile**

## **Volunteers Needed**

As we get closer to the development runs, 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**

# 2019 Student Scholarships- Deadline May 17

## Do you know of any graduating high school seniors with a running background?

The Utica Roadrunners are pleased to announce that they will be continuing the tradition of awarding graduating seniors with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

The \$500 scholarships are a one-time award to be used for tuition, fees, or residential costs at an accredited college or university. Runners who have received a full ride scholarship are not eligible for these scholarships.

For more information and application, please go to <http://uticaroadrunners.org/about/scholarships/>

## 2018 BOILERMAKER TRAINING PROGRAM



**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 17** We're back at Proctor Park!

[SIGN UP NOW](#)

*Price increases June 1st*



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

# He's Only Just Begun...

# DAVE SAXE



Dave and his wife Grace have really become a fixture in the Utica running community. You see them out at everything from training runs to Boilermakers. This will be a big year for the Saxe family as Dave gets ready for the Marine Corps Marathon, Grace is readying herself to run her first full marathon (we'll catch up with her later in the year to see how it goes!) and they're both going for their red jackets. This month, we want to introduce you to Dave – one of the nicest guys out there with a great running story behind him.

Dave and Grace have been together for 14 years and have four kids – ages 9, 5, 4 and 18 months. Grace is a licensed social worker for New York State. Dave is a Custodial Supervisor at Hamilton College. Before that, he owned a janitorial company from 2000-2011 - a company that was in his family for a long time and that he always worked for even when he was a kid. He loves what he does.

Dave never ran before and didn't do any sports in high school, but took up running in 2015. At 275 pounds, he became worried about his health and about being around for his kids. After a couple months of running, he found the Utica Roadrunners and found that he really enjoyed his newfound passion. Running is a great stress reliever for him, where his mind can just go blank and he can have a short escape.



## Member Spotlight (cont.)

His first race ever was the Save Our Switchbacks race and he has run almost every one of those since. The Switchbacks is his favorite place to run. He also ran his first Boilermaker 15K in 2015 and PRed two years later in 2017's race with a 67.56. In 2017, he completed his first marathon at Wineglass which wasn't the prettiest! He was injured going into the race, but determined to run it and the miles turned out to be very painful. The culprit? Overuse, weak muscles and the age-old going "too far, too fast, too soon" caught up with him.

Dave gives Dr. Moody from Climb Chiropractic a good deal of credit for helping guide him (AND fix him up!). Her active release treatment and working with him on pinpointed movements through exercise opened his eyes, and most importantly got him better and back to running.

That experience turned out to be a wake up call for better, smarter training for Dave. Now, he is out there five times a week, but has a solid plan. Tuesdays are hill nights, Wednesdays will be the Development Runs, Saturdays are for long runs, etc. resulting in 45-50 mile weeks. Each training day has a purpose to strengthen his body and to stay injury-free. He even has been adding some speed work in with the Sneaker Store's weekly runs and has been surprising himself with his progress. He is tackling 2019 head on with a "run less races, train harder" mantra.



This October, Dave will be running the Marine Corps Marathon in Washington D.C. and Josh from the Sneaker Store will be training him to hopefully reach his 3:30 goal. His family will be heading down to cheer him on and celebrate his daughter's birthday as well. In August, Dave will be participating in the Peak to Brew Relay again, running for NY Run for the Fallen – an organized tribute event to run specific miles for every New York Fallen Service Member who died while serving or as a result of serving since the USS Cole. Dave's grandfather served in World War II and Veteran's service to our country has a special place in his heart. After that, Dave *may* set his sites on an ultra marathon in the future.

Also this year, Dave will be cheering on Grace as she reaches her goals. He loves watching her run, get stronger and work her way towards her goals. We're excited to cheer on both of them this year as they work together *and* individually on some fantastic running feats. Best of luck, Saxe family!



## Upcoming Race



**June 2, 2019**  
**10:00 a.m.**

**Marcy Town Park, Toby Rd., Marcy**

Benefits:  
Compassionate  
Friends  
of the  
Mohawk Valley



Benefits:  
4 Petsake  
Food  
Pantry



**[www.Marcy5k.com](http://www.Marcy5k.com)**



# The Grand Prix is Coming!



## Mark your calendars for the next Grand Prix Races for 2019:

**Erie Canal Half – May 19, 2019**

**Marcy 5K - June 2, 2019**

**Summer Sizzle - May 16, 2019**

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.

### ***Additional Grand Prix Races:***

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



# Member Article

## Finish EVERYTHING you Start

*by Christopher Edick*



David Goggins (DG) said it best: “get comfortable being uncomfortable.” I only needed to hear that once. I immediately looked up the toughest NYS running courses – NYS Toughest 15K Trail race in Lake Moreau. BINGO. I told myself I had six months to prepare myself to accomplish my goal of completing it. Up to this point, I had never ran more than a 15k, and that was six years ago at age 28. I was never a runner in high school, college or in my spare time. I knew at this moment, that things were about to change. I looked into a training plan, and began emailing the race coordinator as to when signups were, what made this so difficult, and was there a finisher medal (we all like the freebies). I received my answers: signups were in May to June area for the September race, over 1500 feet of elevation change with a rocky trail made it so difficult, and everyone receives a long sleeve shirt (no medal). I was also told that there was no guarantee that I would even finish the race as the race markers can be tricky to follow and stay on. The course record is 1:22:17 (the guy normally runs Boilermaker 15k around the 50 minute mark). I had found my race. I

knew for the next six months that a lot had to change. To begin with, I needed to really start running.

For the next six months, I did what I thought I had to do. Just run hard. My heart rate was always through the roof, I was exhausted at the ends of my runs and after the first month, I despised running and wanted to quit. I thought back to DG’s motivational speeches and decided I needed to become comfortable during the worse times. It was not easy, it was not very fun at this time, but I knew that finishing this race and training would be one of the most successful things I would of ever accomplished.

The runs began to get easier. Headphones in, DG motivational speeches and music playlists blaring throughout and after much thought and support from my buddies John, Nate and Jeremy, I was back to the streets hitting the pavement hard. The mileage slowly increased and my body began to get stronger and I was beginning to feel the “runners high” that I have heard so much about. By July I was feeling pretty

good. I was signed up for the Boilermaker 5k race for a warmup before the September race. I ran it hard and fast and set a new PR by two minutes. I could finally see that training was working.

It was a brisk morning and the alarm went off at 3:30 am. I had a two hour drive to Moreau Lake in Gaan-sevoort, NY. It was race day! Anxious and nervous, I got up and ready for the trip. Grabbed my Gu gels, sneaks, and hydration pack and was on the road. The ride felt like it took me 45 minutes, I showed up and saw the 45 or so runners. I had never seen such a small amount of runners for a race in my life. Most of these runners looked like they were chiseled from diamond. I honestly did not feel like I was at the right place. I walked nervously up to the registration table, gave them my name and picked up my shirt. After a quick trip to the car to drop off my shirt and attach my bib, I could have just gotten in and told everyone I got lost and never found the race, but I decided it is now or never. I have trained my tail off for this race and I was going to run it.

The first mile was awful. It begins on the beach which quickly turns to rocky and muddy terrain. I had read about a description of the most difficult part of the race "The Staircase of Death" – 800m of a rocky switchback with over 500 feet of elevation change. All I could see up ahead was runner after runner halting to a slow walk. My quads were now on fire (while walking) and I had just begun the climb. I'm one mile in of at least a 9.3 mile run and I feel like all my training was just not enough. I never did many hill runs and I quickly realized I was more prepared for a road race rather than a trail run. After the first 400m I could finally see the top. As I'm approaching the last of the incline, I see candy bars lining the staircase of rocks towards the last 25m or so. Finally I make it to the top and could take some sort of rest before I began the decline back down. The next six or so miles were small ups and downs throughout. I'd walk the ups and sprint the downs to make up some time. I knew I was not winning this

race and by mile 7, wasn't sure if I could even finish. My ankles hurt from running down the rocky terrain, quads still on fire and my knees were taking a hit. It was mile 7 that I met up with a nice older gentleman just strolling along. I fell in stride with him and we started discussing the race. "Wow this is a difficult run" I said. He responded with "yes, this isn't very easy at all, but good thing we are about done". I'm thinking that two miles feels like an eternity to me right now, but to this guy it's just a walk in the park. He begins to speed up, I speed up myself. We are now going at a pretty good pace. "You ever run this race" I ask. "No never." "This is my first ever trail race, lot more difficult than I expected" I say. "Wow, this is quite the race to begin with, if you finish this, you must be in pretty good shape. Not many people run races like this to begin with". I explain to him why I am running this of all races and that I do not want this to be my last one. I go into detail about listening to DG and how it inspired me to do something uncomfortable and to take pride in completing it. He tells me "that is great, keep up the hard work and you are doing fine. One more mile and we should be done." He speeds up some more and at this point. I do not have the energy to keep up as I watch him disappear. The next 3/4 of a mile I'm feeling tired but pretty good. I say to myself, let's try and sprint the last quarter of a mile. It is only one time around a track. I begin to kick up the speed when BAM, I get hit with the worse back cramp I have ever had. It feels as if I am being stabbed in the back after every step I take. I can now see the finish line and the 15 or so spectators are cheering me on. I take a deep breath in and try to run out the last 25 feet or so on the beach. The pain is awful but bearable, and I finish the race in 2:19:29 – good enough for 22nd place out of 41 total racers. I feel both tired and excited.

Six months ago I set up a goal and have now accomplished it. I was very uncomfortable at the finish line, but in some strange way... I felt comfortable at the same time.



# Member Accomplishments

## Utica Roadrunners Ran the Fort 2 Fort Race in Rome!





# Member Accomplishments



**Bill Callahan and  
Lori Hennessy ran the  
Boston Marathon!**



**Ryan Misencik shaved  
two minutes off his best  
marathon time at the  
DE Coastal Marathon  
(3:29:44!) despite 100%  
humidity and 10-20 mph  
winds! His daughter  
Emily ran the 9K!**



**The Rockin' Chics –Dorothy  
Massinger, Julie Buehner,  
Karen Piccola and Lisa  
Walchusky – get a training  
run in at the Earth Day Half  
leading up to their 50 miler**



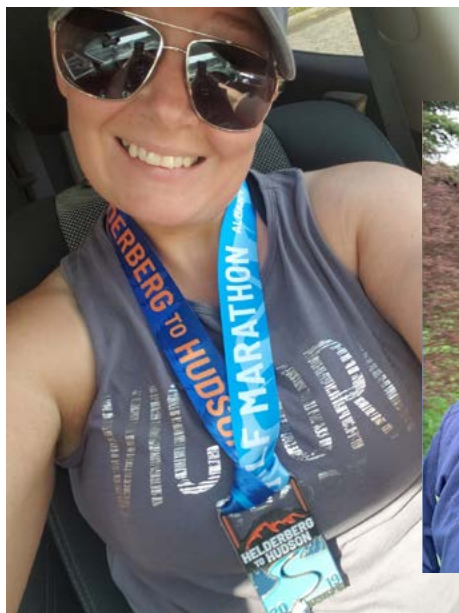
**Cheryl Perkins and Scott Neary  
finished the Earth Day Half Marathon  
– Cheryl with negative splits and  
Scott finishing under two hours  
for the first time! Congratulations!**



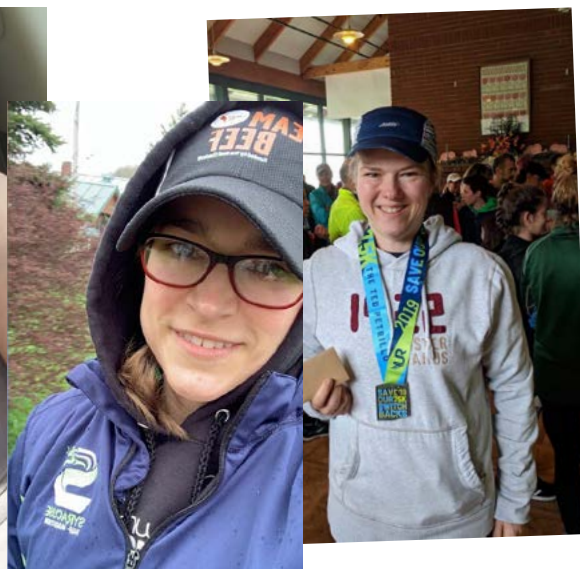
# Member Accomplishments



**Rockin' Chicks with Josie and Harry Campbell at the Helderburg to Hudson Half Marathon**



**Jessica Van Valkenburgh ran a PR of 2:28:14 at the Helderburg to Hudson Half!**



**Britney Whitney (left) and Cheryl Perkins (right) at the Save Our Switchbacks**



**Alex Gonzalez and friends got down in the dirt at the Daniel Barden Mud Run**



**Dorothy Massinger and Julie Buehner ran the Cherry Blossom 10 mile race in Washington DC.**



**Colleen Lamb proudly showing her bling from the Earth Day 5K!**



# Member Accomplishments



**Scott Neary, Sara Hanna, Jennifer Bachelder, Karen Randall, Giorgio Varlaro, Danielle Bliss and Anne Marie Latshaw took part in the Seneca Seven Relay around Seneca Lake!**



**Melanie Crisino and Jessica Van Valkenburgh traveled to Ohio for the Pro Football Hall of Fame Half Marathon**



# CNY Running Clubs Cup



Kuyahoora  
ickers

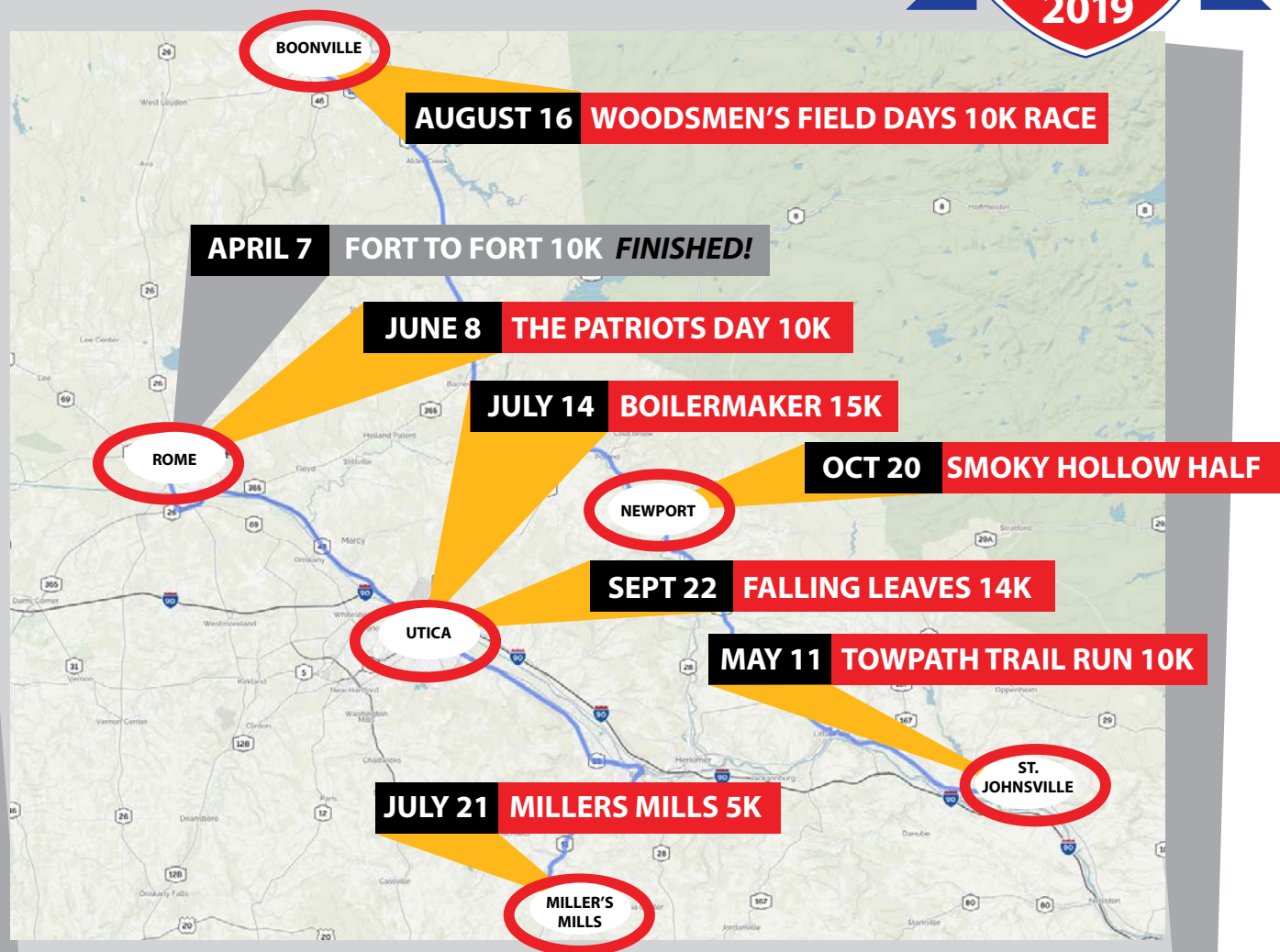


North Country  
"Toe" Path Trekkers  
Walk-Run Club

## 2019 Races - Mark Your Calendars!

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](mailto: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!



# 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](mailto: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.

**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](mailto:jmott@cvalleycsd.org).**



# 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](mailto: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)

☐ June 2019

☐ July 2019

☐ August 2019

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

☐ Yes ☐ No

**Total included: \$** \_\_\_\_\_