

splitimes

August 2019

The Official Newsletter of the Utica Roadrunners



Boilermaker 2019 - A Great Run!

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Chris Edick ran the Boilermaker 5K AND 15K



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August
2019
Utica Roadrunners
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Useful Links:

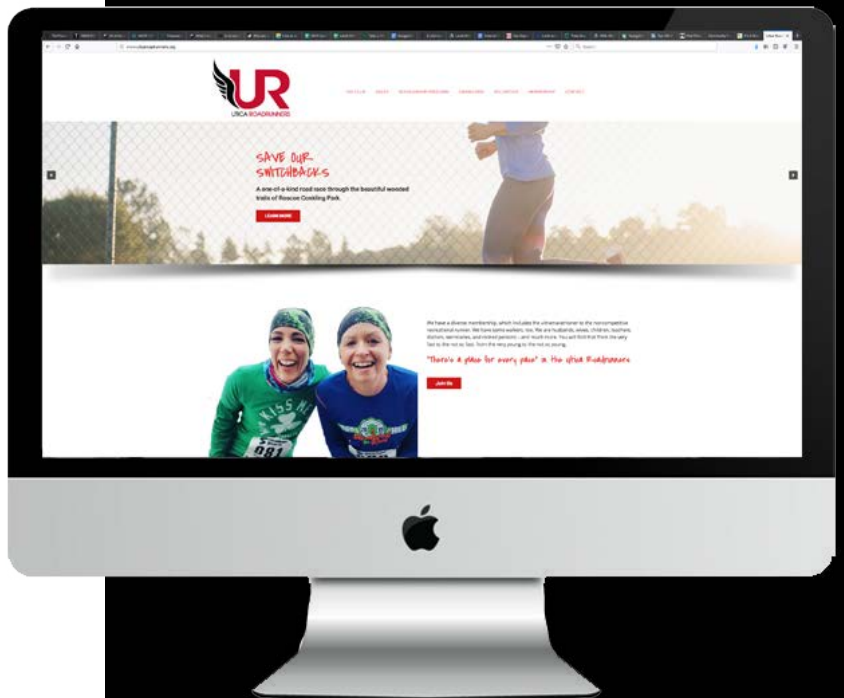
Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook

NEW WEBSITE!



Thank you to Rocco Fernalld, Britney Witney and the Quadsimia team for creating our newly refreshed, responsive website.

VISIT IT NOW





President's Message

by Wayne Murphy

I can't believe that it is August already. The Boilermaker was a great run this year and I appreciate all who make that happen. The Boilermaker Training Program had me ready! Enjoy some great pictures that Cindy took of us before and along the route. It was special for me as I had the opportunity to experience the race with my son. Something I never thought I would be able to do. Everyone in the family did something – volunteered, ran the 15 or 5 k and were awesome spectators.

The Development Run is continuing so join us on the Parkway for our Wednesday night runs. I know that the Sneaker Store will be around to show you new things that may help with your running. We appreciate them doing that for our club. Please also stop in to the Sneaker Store to see the Utica Roadrunner apparel.

Lastly, I hope to see you at the Falling Leaves in September. Registration is now open! Join us for our biggest running event of the year.

Keep in touch. Let me know the good and the bad. I love to hear from you.

See you out there on the road.

–Wayne



Letter from the Editor

by Michelle Truett

Sometimes, you have to embrace the journey and not worry about the time. This year has not been my peak running year by far and I knew no records were going to be broken for the Boilermaker, so I decided to make the most of the race with the BEST spectators along every mile!

Seeing so many familiar faces along the route is my favorite part of the 15K, as I'm sure it is yours. There's no race like it. It's an amazing weekend in the community and the mood is just infectious.

Hope you all had a GREAT race - from the massive list of impressive PRs on page 6 to the smiling faces starting on page 7, it looks like you did!

Off to Peak to Brew training... see you out there soon!

- Michelle

Congratulations!



75

**Congratulations to
Ryan Miscensik and
Karen Randall for
their successes runs
as pacers in this
year's Boilermaker!**

80

Get on the Bus!



It's A Wonderful Run 5K
A Winter Run Like No Other!

ATTENTION The UR Board has decided to once again organize a Bus Trip to Seneca Falls on Saturday, December 14, 2019 for the "It's a Wonderful 5k".

What you need to know now:

1. You MUST register yourself for the race.

Registration is now \$20 but increases Aug 6th, so act quickly for the lesser price. [Register here](#)

2. The cost to ride the bus last year was \$30, this is not something that has been discussed by the Board yet but you can assume it will be around the same amount.

3. Race start time is 4:40PM.

This is a very fun and festive event. Close out 2019 with all your favorite people in style.

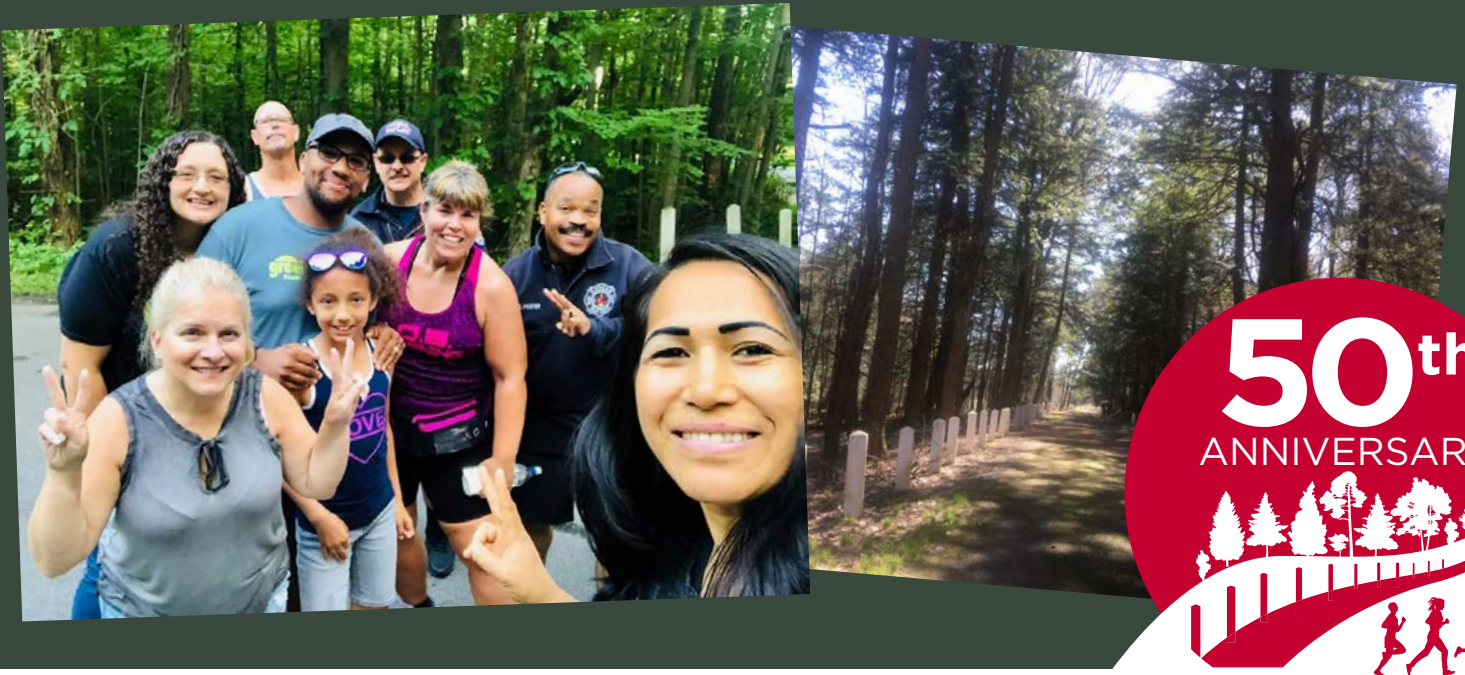
4. Limited to the 55 passengers.

The details as far as departure time and exact cost for the bus will be discussed at our upcoming meeting and we will report back.

MORE DETAILS to come...We are excited to do this again!

Development Run Records

The Runs Keep Going!



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

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 will continue to Falling Leaves

Registration opens at 5:30.

Be there early! Runs are at:

Kids Run: 6:15pm

6:30pm – 10 K / 5K / 2 Mile

Boilermaker PRs Galore!

**Congratulations to all of our fellow Roadrunners
for having an amazing race and putting up big PRs!
We're so proud of you!**

Alejandro Gonzalez 1:20:38

*19 minutes faster than last year and
8 minutes faster than previous PR*

Set Edick 1:32:09

16 minutes faster than last year

Joey Santini 1:33:17

4 minutes faster than last year

Carla William 1:23:49

14 minutes faster than last year

Charles Kane 1:26:47

Aiko Kane 1:35:04

Christine Rogers 1:52:11

Shaved 22 minutes off!

Meghan Wedgren 2:07:38

12 minutes faster than last year

Alyssa Fanelli 1:33:09

9 minutes faster than last year

Cheryl Burmaster 1:20:01

7 minutes faster than last year

Tim Kane has a "post Y2K" PR

(actual PR is from 1988!)

Ann Marie Latshaw 1:18:44

Christopher Edick 1:16:56

Melissa Bartlett 1:43:13

6.5 minutes faster than last year

Bill Callahan 56:04

PRed, 140th place, 4th in 40-45 age group

Sue Luley placed second in her
age group

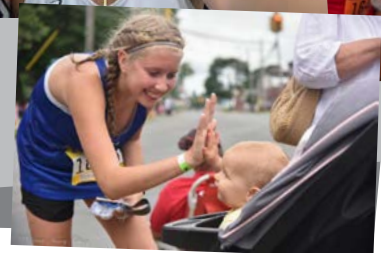
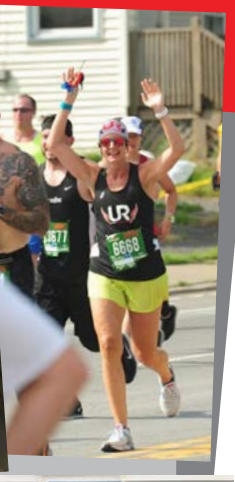
Michael Polidori 54:35

PR by about 2 minutes, 109th place overall

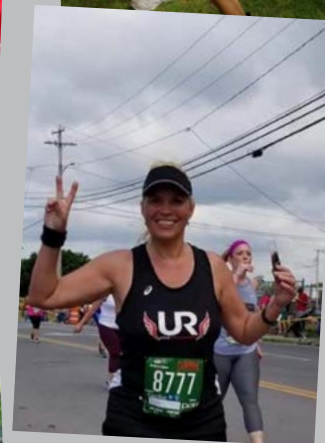
Colleen Lamb shaved 10 minutes
off of last year's time

If you had a Boilermaker PR and don't see your name here, please send it to us along with your time and we'll publish it in September's newsletter. We tried to collect all we could through our Facebook page.

Boilermaker 2019



Boilermaker 2019



Boilermaker 2019

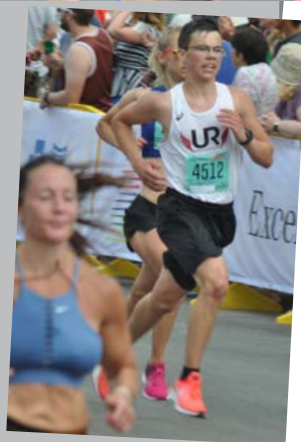
photos by Cindy Molesky



Boilermaker 2019 - *photos by Cindy Molesky*



Boilermaker 2019 - *photos by Cindy Molesky*



Member Spotlight

Enjoying a New Chapter of Running

Meet Emmett Gould



With Alicia Adameczyk at a Dev Run and with Joey Santini at Summer Sizzle

You've probably seen Emmett out and about in the running community a lot more this past year. He's been around the local running community for a long time, but has flown under the radar. This year, as he's discovering an exciting new chapter with his running, he's connecting with more Roadrunners, improving his running and grabbing coffee with the crew. We were excited to catch up with Emmett to learn more about him.

Emmett grew up in West Schuyler and attended Whitesboro schools. He's from a big soccer family, so that was his thing during high school, along with tennis. He was third singles and his team won the Tri-Valley title. He went on to study business and economics at SUNY Oneonta. It was pretty difficult to land a spot on the soccer team in college, so he instead went the fraternity route and played a little tennis here and there. He has always kept a bit of running in his life though, running the Boilermaker 15K with his family starting when he was about 15 years old and running almost every year since. His brother is pretty competitive, so each year it would be a race to the end. In 2012, Emmett ran an impressive 65 minute Boilermaker, a personal best with impressive 7 minute miles. Until recently, Emmett's dad also ran a lot, many races with Emmett. A knee injury kept him to the 5K this year, but he is continuing to stay active. —→

Member Spotlight (cont.)



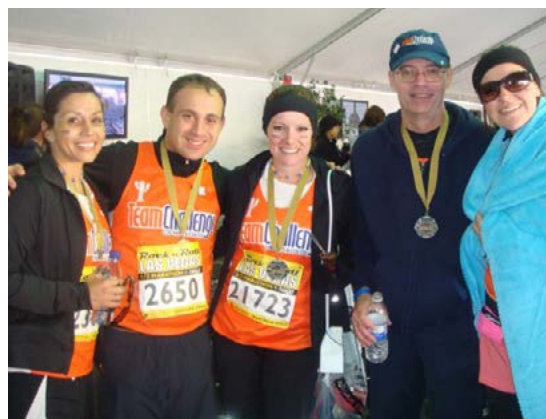
2012's 65-minute Boilermaker



First place finish running a 10K with Team Challenge

When Emmett was done with college, he got a gig at Turning Stone as a dealer and after working there for a year and doing well, thought that if he was going to do the casino thing for a bit, he might as well go big. He moved to Las Vegas and spent ten years as a casino dealer in the mecca. While there, he continued running. His girlfriend at the time bought him a "season race pass" to a bunch of half marathons including the Rock and Roll Half and he ended up doing about one half per month. He ran his first (and only!) full marathon in 2013 in southern California. He even started a running group in Vegas while he was there that is still operating.

In 2013, Emmett started to feel that something was off. He felt funny while running - weak, a bit dizzy and had very low energy. He was eating well, but not losing weight and actually started gaining. After some testing, he was diagnosed with a hypothyroid issue, put on medication to stabilize it, hit the internet to learn more about it and ultimately tapered back from running. His condition is pretty well managed now, but it takes a good deal of attention and he will be on medication for the rest of his life. The gland affects how he responds to weather and humidity is particularly tough to handle. The body doesn't break things down as easily as before. He accepts it, listens to his body and is taking a different approach to running now. —————>



Half Marathon in Las Vegas

Member Spotlight (cont.)



Emmett and his dad at the Erie Canal Half, 2014



Development Run with his dad Brad and brother Nate

Emmett moved back to Utica in 2014 to be closer to family and kept running as part of his regiment, but would do it mostly on his own or with his dad or older brother. You would see him at Development Runs, but for the most part he'd run with his dad and they'd stay to themselves. He became a Roadrunner a few years ago from learning about our club through the Dev Runs.

He now works at Bank of America's call center, handling online and mobile banking issues. He's been there for close to five years. Sitting all day takes its toll, so Emmett has eagerly taken part all year in the "trifecta" of group runs – The Sneaker Store runs on Mondays, the Development Runs on Wednesdays and the Boilermaker Training Program on Saturdays. He likes that there's a plan to follow, predetermined routes and groups to hold him accountable. He started the year at 238 pounds and is down to 220 and hitting 9:30/10:00 miles on average. Although that's a long way from the 7 minute miles of that 2012 Boilermaker, he is working on not dwelling on how fast he once was, but rather focuses on how great running is now and concentrates on doing better than last year or his last race. It's a new chapter - one where socialization plays a big part. The people he's met here over the past few years don't know the "Vegas Emmett" to have anything to compare him to - they're embracing him where he's at right now and where he's going. He's found a great crew that frequently will grab drinks, coffee or breakfast after a run and in turn new friendships have blossomed. He lovingly calls it his "year of getting out there".

He's taking part mostly in 10K and 15Ks at the moment, has been logging miles on the bike (he just did the Cure de Tour with his dad), he hikes a bit and also makes a good amount of time for his second love: playing pool. Emmett plays in several pool leagues. It's something he's been involved in since he was 15 or 16 years old and he's pretty darn good. He won the Oneonta State title in college and won some amateur titles. His basement proudly houses a treadmill, a pool table and a TV to appeal to all that he loves (he's a big Seinfeld fan and a huge Mets fan.)

Next time you see Emmett out there, grab a run, give him a high five or just let him know that we're proud of his progress and so happy the club has brought him together with amazing people.

Upcoming Race



FALLING LEAVES

road race
5k 14k

Sunday, Saturday, September 22

Kids Kilometer Fun Run presented by Utica First Insurance: 8:15 am

5k Wheelchair Race: 8:55 am

5k and 14K Races: 9:00 am

No paper registrations, online registration only.

Registration Fees:

NOW - \$26 • Before Aug 30 - \$28 • Before Sept. 20 - \$30

All races start and finish on Genesee Street in downtown Utica adjacent to the Delta Marriott.

The USATF Certified 5k runs on the flat and fast streets of Utica.

The scenic 14k course winds through the hilly switchbacks of Utica's South Woods.

No mailed in entries will be accepted! Online registration will close on September 21.

At that point, runners may sign up in person on Saturday 9/21 or Sunday 9/22.

SIGN UP NOW

The Grand Prix is Underway!



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

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

Boilermaker 20K

by Christopher Edick

Can one run BOTH the 5K and the 15K Boilermaker races in the same day?! Chris did...

July 14, 2019 - BZZZZ

5:00AM and the alarm goes off. I haven't been able to sleep the entire night. Every hour I am waking up thinking of the next day. The number 13323 keeps going through my mind (15k Bib number). It is almost time. Feeling anxious, excited, and tired, it is time to begin one of the coolest, most difficult, and biggest accomplishments I have ever done. It is Boilermaker 2019.

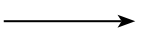
I have my 5k bib ready, my Hoka Carbons, shorts set up, 15K bib in my buddy Mike Armstrong's car (I'll get back to this later on) all ready to go. My wife Jenelle and I pack up the kids to drop off at the in-laws and are on our way to the 5k. I inform my wife that I will be running alongside her for the entire 5k race. She hasn't run in a 5k race in almost 4 years since we had Avery and Aiden. She states that if I need to move on past her in order to finish the race that I can. I tell her "Not a chance, we are starting and finishing this race together".

7:15AM We cross the 5k startings line feeling great. The first mile is at a good pace. We are mowing through the hill and on our way to mile two. We are on pace to finish the race under 32 minutes.



I have done the math and knew that I had less than 45 minutes to complete something that very few people have ever heard of, let alone attempted. Mile two hits and we are running around a 10 minute pace. I look at the watch - it shows 7:35am. I think, "okay I am still on a decent pace." Mile 2.5 hits and I tell her that we are doing great and check in to make sure she feels good. She says, "I feel very good." So we come to the end of mile three and I inform her that if she has anything left then use it now because we are almost done. We finish the 5k in 31:20.

7:46AM We cross the finish line. That wasn't too bad. I say "Good race", tell her "Love ya!" and that I will see her soon and then race to receive my pin and get to Schuyler Street to meet Mike at Dunkin. Now I know some of you are thinking...hmm why do I need to not only get to Dunkin, but also race to it. Well, you are about to find out why.





7:51AM Wow... maybe this will work out after all. I have arrived at Dunkin Donuts on Schuyler Street. Mike has been there since 6am in order to ensure some sort of a parking spot. I jump in Mike's car and begin undoing my bib and attaching the 15k bib. I slug down a bottle of water and take a Maurten gel. We knew that if I was not at the starting line by 8:15, that I would not be a registered runner and would not be able to achieve this goal. Mike is racing past everyone on the road to get me to the starting line.

We arrived at just past 8:00 am. I have been informed that the race is delayed and that I do not need to rush. I am feeling refreshed, but also understand that I am barely over a quarter of the mileage planned for the day. I slowly file into the gigantic group of runners and see Wayne Murphy. "Hey Wayne, I got the 5k done...now on to the 15k!" I say. He introduces me to his son and family and state to them all that I have completed the 5k race and am now running the 15k race. They are in awe and ask me how in the world I did it. I explain to them the logistics (Pick up 15k bib, put it in Mike's car beforehand because I can't run

past the finish line with both bibs as I would be disqualified with the 15k bib going past the finish line, run the 5k, pick up pin, have Mike waiting for me with bib in car, run to Dunkin Donuts, get into car and hurry to starting line). There is not much room for error. It is now on to the second part of my goal.

8:24AM Cross the starting line for the 15k. Just 9.3 miles left! The race goes off and I am beginning mile one of my second race. I have set a goal of 80 minutes, give or take. I am feeling good, dodging people as I am trying to get to my power number to achieve my goal. I have only ran this race one other time in my life – 2013 with my wife with a time about 1 hour 51 minutes.

8:50AM Third mile is complete and I'm feeling like this is not going to be easy. I know the worst part is beginning. After looking over elevation charts and runners split times, I know that mile 3-4 is the toughest. I am preparing myself for the golf course hill. I get through the first four miles at an average pace of 8:38. I know that I need to speed up in order to reach my goal of sub 80. Mile 5 and 6 hit and I am hammering down. My pace by mile 6 has dropped to 8:17 (mile 5 was 7:16 and Mile 6 was 7:55). I am finally on pace to be under 80.

9:15AM Legs hating me very much. Now I know why people were calling me crazy for attempting this. What was I thinking?! Mile 7 hits and I am feeling it bad. I just ran an 8:26 mile and know that I have another two plus miles left. I see my wife and mother-in-law yelling and screaming with excitement. "Great job Chris, keep going, you are doing great!" This gives me some more push for the downhill. My overall pace is at 8:18, but my legs are now beginning to burn, I am beginning to feel dehydration cramps and I know my dreaded mile 8 is approaching and I am not sure how much I have left in the tank. I am overall at an 8:17 pace. It is at this time that I begin to break down my distances to times around a high school track.



Bib	Name	Net	Clock
13323	Christopher Edick 15K, M/35	1:16:56	1:21:21
17253	Christopher Edick 5K, M/35	31:20	31:33

9:32AM Time to finish what I started – 8.5 miles hit and I tell myself “Three more times around a track”. Mile 8.7 hits and I say “ok, just over 2 more times around.” Finally mile 9.1 hits and I know that it is all downhill from here. I think to myself, “I am going to do this!” I am not only going to run a sub 80 15k, but also run a 5k in just over two hours’ time from start to finish. I race as hard as I can with whatever ounce of energy I have left to finish with a time of 1:16:56. I had ran the last 1.4 miles at 11:01 (7:55 pace) to finish the race with an 8:16 min/mile.

9:40AM Feeling accomplished! Back cramps are kicking in. I attach my 5k bib with both pins. I have accomplished the one thing that my friend Chris Brantley has been discussing since last year’s 5k race. It was only a fun conversation up until July 14, 2019. It was finally put into play and accomplished.

Boilermaker 2019 will forever be remembered as “Boilermaker20K” to me. I grab my first beer and think to myself, “Wow, I did it and I just began running competitively around February 2019.” I have ran a half marathon in 1:45, I have finished two races 5th in my age group, I have ran over 30 miles in one week and have been getting up at 4am in order to get my training runs in. I have ran over 500 miles and am on pace to get the Red 1000 mile URR jacket. I have run in -8 degree days and days that were over

80. I injured my IT band, ran 36 straight days at one point and just completed the 5k-15k Boilermakers. Less than 6 months ago I had less than six total races ran in my life time and had only ran over nine miles only three times in my life and it was no faster than 9:32 min/mile. I have now ran over 9 miles at least four times since April and every one of them were quicker than 9 min/mile and two of them were under 8:15 mile pace.

I would like to thank the Utica Roadrunners and The Sneaker Store for all the support and assistance in running. And to my amazing wife Jenelle for the support, dealing with my attitude when I miss a run, still letting me fit them in during the kids’ naptime, and just being there cheering me on at my races. You guys are just as much a part of this and upcoming accomplishments as I am. Thank you all!



Member Accomplishments



Gary Burak had a busy 4 days at this year's North, Central America and Caribbean World Master Athletics. (NCCWMA) Championship

He placed 5th in the 60-64 age group in the 5000 meters on the track. Running in extreme heat and humidity, he was thrilled to pass 4 runners in my age group in the last 1200 meters.

He ran the 10K Road Race.

The best was topping it all off that day by placing 7th in the 60-64 age group.

And he joined his fellow USATF 60-64 age group runners as they placed, 1st, 2nd, 3rd, 4th, 5th and 7th in the 8K Cross Country Race.



Congratulations, Gary!

Member Accomplishments



**Sharon Scala and Melanie Crisino (left)
at the Ilion Days 5K and overall winners
Michael Polidori and Krista Harwick (above)**



**Melissa Bartlett tackled the
Right to Run Race**



**Myron Thurston
completed his
first triathlon at the
Lake Delta Triathlon**

Member Accomplishments



Representing at Millers Mills 5K



Roadrunners at Honor America Days



**Roadrunners at the
Ranger Run during the
Great American
Irish Festival**



**Bill Callahan took home
first place Masters at
Honor America Days**



**The DeRocco brothers
representing
Utica Roadrunners at
the Birthday Bash 5K
in Fairfax, Virginia**

Member Accomplishments



IRONMAN®
LAKE PLACID

CONGRATULATIONS

**to Ryan Misencik and Steve Tibbits who
completed the 2019 Lake Placid Ironman!**



CNY Running Clubs Cup



Kuyahoora
ickers



North Country
"Toe" Path Trekkers
Walk-Run Club

2019 Races are Underway!

The CNY Cup Challenge is well underway this season with one more summer run and two in the fall remaining.

If you have any questions, email Laurie and Mike Hennessy at laurie.hennessy@aol.com

Results from the Boilermaker:

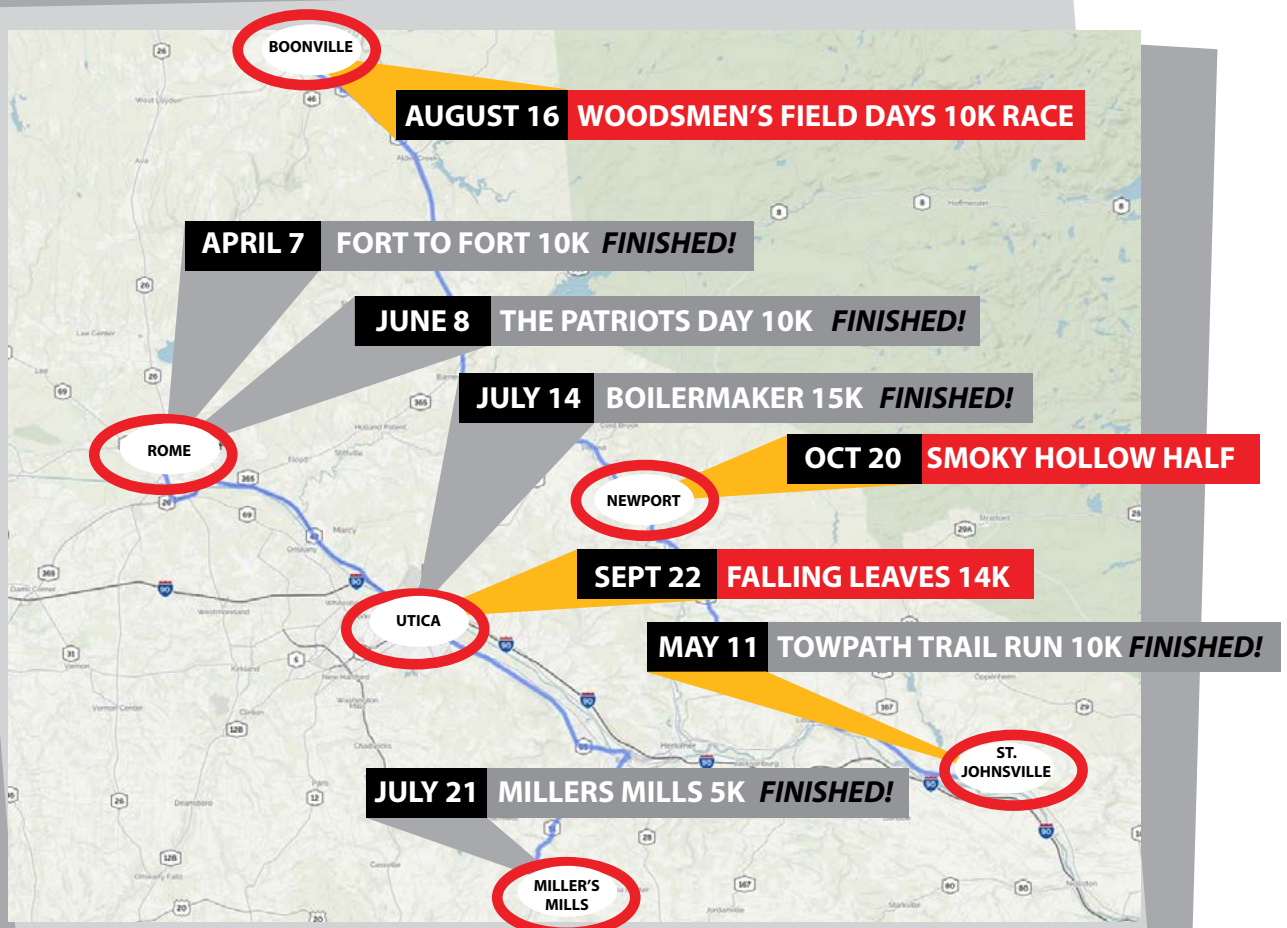
Name	Time	Grade %
Steven Paddock	50:49	80.52%
Bill Callahan	56:04	76.49%
Sue Luley	1:23:55	75.81%
Tim Kane	1:07:38	74.10%
Ray Smith	1:15:00	72.96%
Total = 379.88		

Miller's Mills 5K:

James Kuny	23:18	55.79
Robert Scanlon	31:18	48.62
Melanie Crisino	37:06	42.36

Total= 146.77

The next Cup race
is the Woodsmen's
Field Days 10K Race



splitimes



UTICA ROADRUNNERS

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

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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)

☐ September 2019

☐ October 2019

☐ November 2019

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

☐ Yes ☐ No

Total included: \$ _____