

splitimes

October 2019

The Official Newsletter of the Utica Roadrunners



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October
2019

Utica Roadrunners Board of Directors



President Wayne Murphy

Vice Presidents

Activities & Events

Mike Kessler

Administration & Finance

Rocco Fernalld

Secretary Sharon Scala

Treasurer Lisa Walchusky

Past President Sybil Johnson

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Bill Callahan	Cole Perkins
Rick Gloo	Andrew Rubino
Laurie Hennessy	

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

Useful Links:

Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook

Interested in joining the board of directors?

**The Club's Board of Directors election
will be Monday, November 11th.**

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 2019 is no exception. If you've wanted to give back to the Utica Roadrunners and help take the Club to the next level, running for a seat on the Board for a two-year term is an excellent way to accomplish these objectives!

**If you wish to run, please email a one
paragraph bio by Friday, October 11th
to Laurie Hennessy at
laurie.hennessy@aol.com.**



President's Message

by Wayne Murphy



Fall is here and so was the Falling Leaves. A big shout out to Mike Brych – race director and his team for another great race. We appreciate all of their efforts! We also completed our 50th season of development runs. Thank you again to all of those who coordinated and volunteered! One last race this year for the Roadrunners. Join us for the Skeleton Run in Deerfield on October 13th. I will finally be able to run it again. I look forward to it.

We will be holding board elections soon with the final announcement of the new board at our annual meeting the second Monday of November, which will again be held at the Boilermaker office. Please think about running for a position on the board. An email with information should be sent to you soon.

This will be one of my last letters as President. I will be leaving the board and the race director position in November. I am proud of what the board has been able to accomplish in my four years as a member and two years as President. Some of the notable areas include a new website, an increase participation and sponsorship in all of our races. Most of all I am proud of our members and all of their running accomplishments. Thank you to all who have provided me with so much support over the years. You have all been amazing. A special thank you to the Utica Boilermaker for their support of the club through the years.

I look forward to seeing all of you out on the road, Wayne

Happy Hour



Join us!

Club Happy Hour

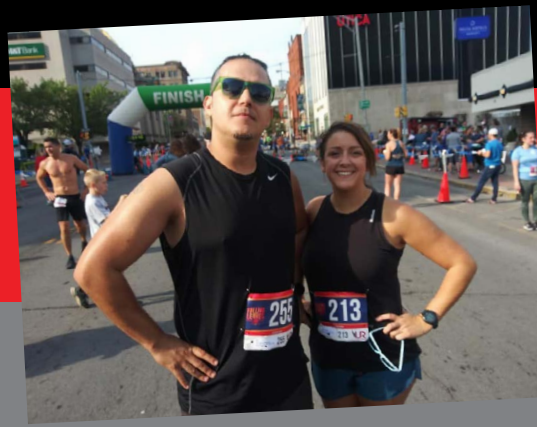
Friday, October 4, 2019

6:00pm

Griffin's Pub (Downtown Utica)

226 Genesee Street

Race Photos



**FALLING
LEAVES**
road race
5k 14k



[See the results](#)

Race Photos



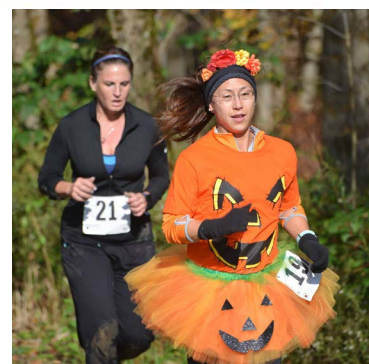
**FALLING
LEAVES**
road  race
5k  14k

[See the results](#)



Upcoming Race

DEERFIELD SKELETON RUN DEERFIELD, NY



Trail running with events for all ages and abilities!

Sunday, October 13, 2019

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!!

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 all participants. Costumes (run safe) encouraged! Also join us for a pancake breakfast!

Register Now

8:00 - 9:30 AM

Day of Registration and Packet Pickup
(ends 30 min before
each event start)

9:00 AM

Kids Quarter mile

9:30 AM

3K Community Run

10:00 AM

5K Run

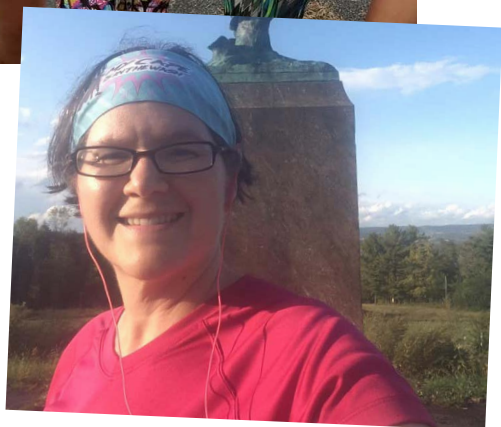


Congratulations!

**Congratulations to
Sara Hanna, Melissa
Bartlett and John
Gilligan for hitting**

1,000 MILES

**and to Jim Latshaw
for finishing this
50th month of running
100 miles per month!**



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 \$25 and is open until December 12.

[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!

Member Accomplishments



Ashley Mancini took home second place and Jessica Van Valkenburgh third in the 30-39 age group at the Living History 5K



Jessica Van Valkenburgh completed the CNY Stair Climb - 110 stories of the State Office Building in Utica!



Scott Neary and Cheryl Burmaster completed the Dunkin' Run in Syracuse



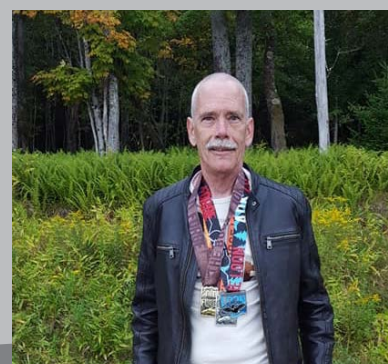
Karen Piccola had a great day with some hills and mud at the Chenango County Trail Run 5K



Living History 5K Crew: Karen Piccola, Melanie Crisino, Kristin Campbell, Dorothy Perkowski Massinger, Sue Luley and Julie Buehner

Member Accomplishments

Roadrunners rolled deep at the Old Forge Races!



Member Accomplishments



**Michael Polidori won the half with
a time of 1:17:43**



Melissa Bartlett



Jim Latshaw



Lisa Walchusky and Karen Piccola



**Gary Burak ran the ADK 5K, part of
the USATF Association's Grand Prix**



**Dave Saxe and Alex Gonzalez ran
the Tunnel to Towers 5K in NYC**

Member Accomplishments



Aiko Kane finished a strong 10K and Charles Kane tackled the full marathon at the Air Force Marathon at the Wright-Patterson Air Force Base in Dayton, Ohio



Christopher Edick placed 3rd overall in the Carry the Water 5K in Morrisville, NC on September 21st with a time of 21:48



While everyone was running Falling Leaves, Dorothy Massinger was in Canada running the Montreal Half and touring the city!



Member Spotlight



You've seen him at Development Runs. You may have seen him running some serious hills during Peak to Brew. You might have even been IN that van and not realized what a rock star John Gilligan is.

John grew up in Utica and attended UFA and New Hartford H.S. for a bit. He majored in radio/TV production at Herkimer College. He was more of a "party animal" back then and didn't run in high school or college – he only ran a couple Boilermakers "to show off" and prove that he could. He is a self-taught musician and added vocals, guitar and bass to a hard core band when he was younger called "Rabbit Squirrel" and later played world percussion in an Irish band called Cliudan who he toured with around the Northeastern U.S., Canada and Ireland. For 6-7 years, while he was in his late 30s/early 40s, he balanced a full time job and touring. Cliudan recorded four CDs.

John has two kids - John Chain (29) who lives in California and Sabrina (30) who lives in the Carolinas. He has spent a great part of his life work with and advocating for individuals with disabilities. He worked at Upstate Cerebral Palsy for a couple years before moving to The Peacemaker Program where for 14 years he worked under the New York State



Member Spotlight (cont.)



The Peak to Brew team



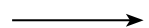
Celebrating 1,000 miles!

Justice Center helping advocate for those with developmental disabilities - those who didn't have family and couldn't make decisions on their own. He currently works at the Resource Center for Independent Living as a self direction broker in their new downtown office, helping people with their Medicaid budgets, which he finds very rewarding.

After the band broke up, he found himself with a good amount of time to fill and fill it he did. "Band life" on the road without a lot of physical activity had left him at 240 pounds so he took up camping, running and joined a gym. He also got a dog - something he never could do with his strenuous travel schedule.

With his running, John is a self-proclaimed lone wolf. He puts the tunes on and heads out on his own most days, letting his cares melt away and letting the machine do its thing. He loves people, but running is his "church". He doesn't do early mornings either. He'll make a big breakfast, ease into the day and head out in the high heat at noon. It's his thing.

John got involved in the Roadrunners three years ago when he saw a post on "The Facebook," as he loves to call it (along with "The Instagram" and "the online"). The Dev Runs needed help with the water stations and now John is a fixture that runners look forward to seeing each week. He is so dedicated, he was awarded the 2018 Volunteer of the Year Award at the annual banquet.



Member Spotlight (cont.)

With his own running, he's been having a pretty darn great year. He's never hit 600 miles in a year before, but in September he celebrated tackling his first 1,000 and is excited to be getting his Red Jacket. He ran his best Boilermaker in 30 years (78 minutes vs. his personal best of 74 minutes), logged his fastest 5K, finished his second Peak to Brew Relay Race and will be running the Boston Half on October 12th. He said it's ok to put in print that he "will PR". He is averaging about 35 miles a week and really putting in the work to do so.

His family is supportive of him, especially his little sister Laura. His mom thinks he's a little crazy, but is proud of him. His running friends on Facebook keep him motivated - especially Jen Bachelder, Scott Neary and his "Blizzard Brother" Jim Latshaw who has a love for running in snowstorms. He loves that runners are passionate people and that he's surrounded by a great group of them here locally. He feels like he hasn't scratched the surface yet with his personal running capabilities. In fact, he's going to go for a full marathon next year!



John with Jen, Scott, Cole and Jim

When he's not running, you can catch John and his Boston Terrier Caoimhe (pronounced "Keva" which means "beautiful and graceful" in Gaelic) kayaking at a number of places in the Adirondacks. He loves to hike and camp and is perhaps the best tour guide ever for the Peak to Brew race. He knows the names of the mountains and lakes along with the names and stories of the hermits. He's the dude you'd want to be stranded in the wilderness with. (Editor's note: you can't have him for your P2B team - he's ours!!!)

The local running community is lucky to have John Gilligan –he's a rock star not just literally, but a rock star for those he works with, for his family and for us. Good luck in Boston, John and can't wait to see what 2020 brings for you!

The Grand Prix is Underway!



ONE MORE RACE TO GO FOR 2019:

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.

CNY Running Clubs Cup



**Kuyahoora
ickers**



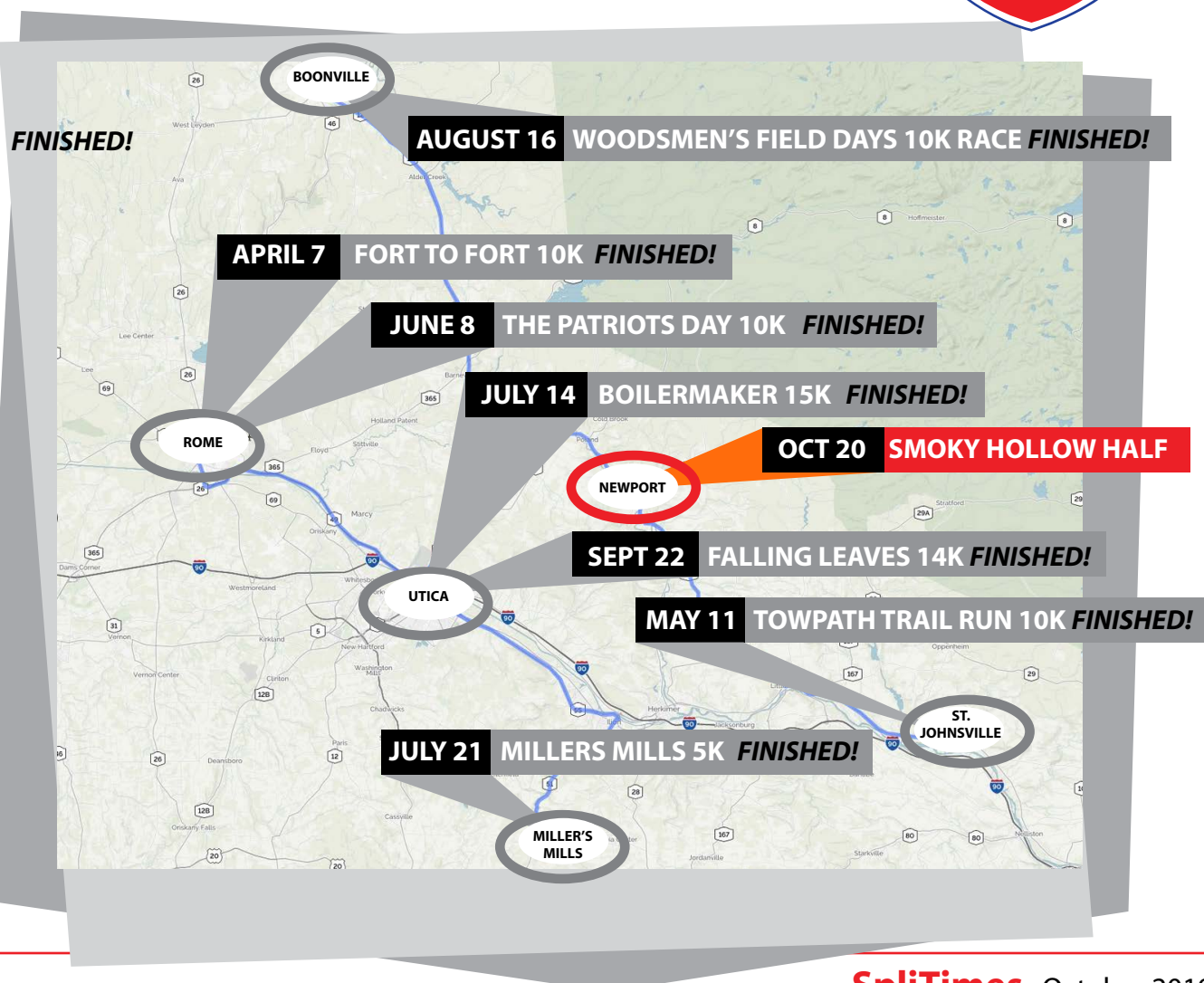
North Country
"Toe" Path Trekkers
Walk-Run Club

The CNY Cup Challenge is close to wrapping up with only ONE more race this season.
If you have any questions, email Laurie and Mike Hennessy at laurie.hennessy@aol.com

Results from Falling Leaves 14K:

Name	Time	Grade %
Sue Luley	1:18:10	76.78
Paul Humphrey	58:30	72.93
Dan Stedman	1:06:05	71.25
Philip Trzcinski	1:00:52	66.68
Andrew Kane	58:16	65.33
Total = 352.97		

**Only one
race left!!**



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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

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 2019

☐ December 2019

☐ January 2020

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

☐ Yes ☐ No

Total included: \$ _____