

# splitimes

December 2019

The Official Newsletter of the Utica Roadrunners

## In this issue:

Members Hit 1,000 Miles .....	4
Annual Meeting Photos .....	5, 6
Member Accomplishments .....	9, 13, 14
Volunteer Points .....	10
2019 Mileage & Race Record Form....	11
Member Article by Sybil Johnson Thanksgiving Run & Walk to End Hunger .....	12

## It's a Wonderful 5K Bus Trip



page 7

## Member Spotlight: Andrew Rubino



page 15

>>> Cover photo by John Gilligan



December  
**2019**  
Utica Roadrunners  
Board of Directors



**President** Wayne Murphy

**Vice Presidents**

**Activities & Events**

Mike Kessler

**Administration & Finance**

Rocco Fernald

**Secretary** Sharon Scala

**Treasurer** Lisa Walchusky

**Past President** Sybil Johnson

**Board Members**

Jennifer Bachelder	Jim Mott
Bill Callahan	Cole Perkins
Rick Gloor	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

Enjoy a collection of running clips from your favorite holiday movies!

**WATCH NOW**

One that's not on the list but one we love...  
Todd and Margo!







## Letter from the Editor

by Michelle Truett

This time of year is great! The “big races” we’ve been training for for many months are mostly complete, the medals are hung with care and we’re starting to look towards some goals for 2020. As I’m typing this, the snow is falling hard outside and I’ve seen a couple Facebook posts from home bound runners that are using this time to sign up for races!!! Never leave a runner alone with a computer and a credit card during a snowstorm I guess...

Amy (left) and I did the Syracuse Half earlier this month. I can’t lie - we did it for those awesome black jackets. As soon as I saw what color they’d be, I knew that was the “big race” for me this year. The race swag does that to us, right? I literally wouldn’t have much of a wardrobe if I didn’t run races. If you see any cool swag for races next year, share it with us so we can share it here.

SpliTimes is for celebrating our members and their accomplishments, getting them important club information AND inspiring them to dig deep, take chances, try something new and to be the best runner they would like to be. In 2020, make it a resolution to help us make our running community even stronger! Share stuff with me anytime at [michelle@484design.com](mailto:michelle@484design.com) or find me on Facebook!

See you out there (yes, in the winter!),  
Michelle

## Save the Dates!

### NEW YEAR’S DAY RUN

**Wednesday,  
January 1, 2020**  
5K course • 10am start  
Details to come -  
keep an eye on email  
and Facebook!

### 2020 BOILERMAKER TRAINING PROGRAM

**Starts Saturday,  
February 1st, 7:30am**  
at Accelerate  
5241 Judd Rd, Whitesboro

### *Roadrunners Annual Banquet*

**Saturday,  
February 8th**  
Harts Hill Inn

# Member Accomplishments



# 1,000 MILES!



## CONGRATULATIONS

to members who hit  
their 1,000 miles!  
Clockwise from top:  
Grace Saxe,  
Myron Thurston III,  
Charles Kane and  
Ashley Mancini





# UR Annual Meeting

November 11, 2019



## A FUN YEAR AWAITS THE CLUB!

Your 2020 board members: Rick Gloo, Tim Kane, Melanie Crisino, Sharon Scala, Lisa Walchusky, Bill Callahan, Jennifer Bachelder, Jim Mott, Cole Perkins, Andrew Rubino and Rocco Fernalld





# UR Annual Meeting

November 11, 2019





# Sign up today!



## *It's A Wonderful Run 5K*

*A Winter Run Like No Other!*



### ***Join us once again on a Bus Trip to Seneca Falls on December 14, 2019 for the "It's a Wonderful 5k"***

**You MUST register yourself for the race.**

Registration is now \$25 and is open until December 12. [Register here](#)

Ticket for the bus is \$35 and [you can register for that here.](#)

The bus will take you from Marcy Town Hall to Seneca Falls and back the day of the race. We will have some time before and after the event to enjoy the festivities around town. This registration is for the BUS ONLY, you MUST also register with the official site for race entry. Please register and direct questions to Jen Bachelder via email at [jmbachelder@gmail.com](mailto:jmbachelder@gmail.com) or call (315) 796-3545.

Bus will depart from Marcy Town Hall at 12:30pm sharp the afternoon of Saturday, December 14th. Race begins at 4:40pm.

Seats on the bus will be capped at 50 and are non-refundable. You do not need to be a member of the club to attend, so bring your friends!





Life insurance  
that rewards you for  
*running.*  
Imagine that.

At John Hancock, we're reimagining what life insurance can be. With the John Hancock Vitality Program, it can help secure your family's financial future, **while offering valuable savings and rewards for the every day things you do to stay healthy.**

For more information, visit  
[JohnHancockInsurance.com](http://JohnHancockInsurance.com), or contact:



**John H. Hobika, Jr., CLTC**  
*SVP/Regional Sales Director*  
*Serving Upstate NY*

Advisors Insurance Brokers  
11 Executive Park Drive, Clifton Park, NY 12065

**Direct:** 315.427.9165

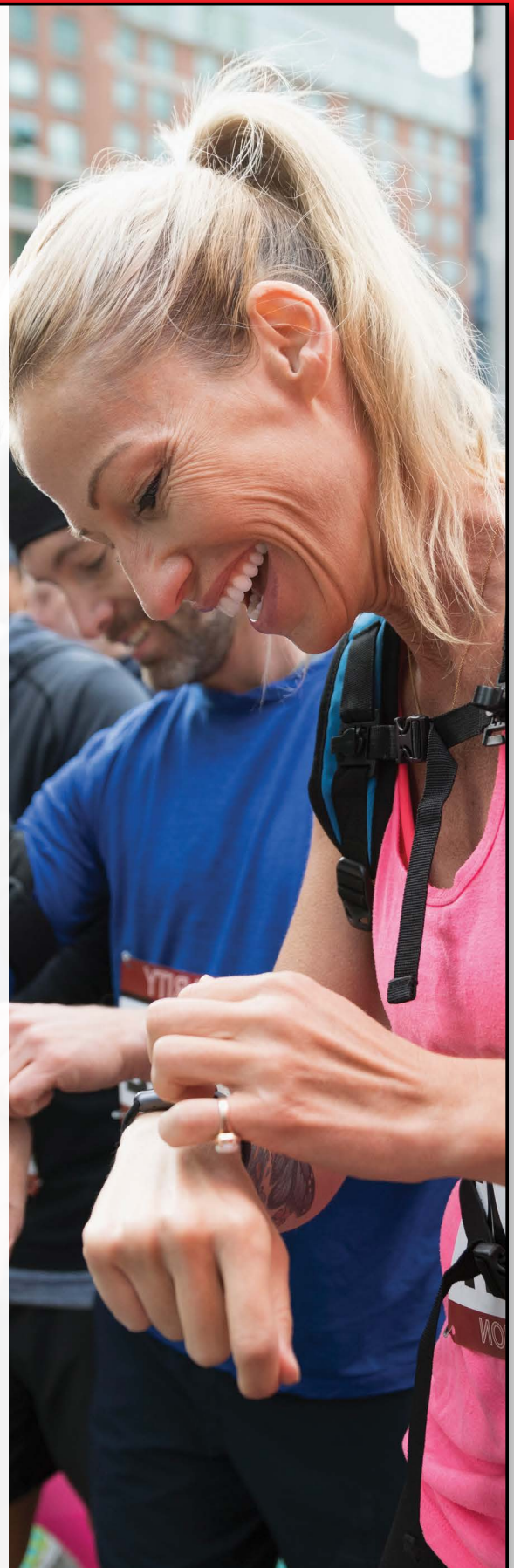
**Toll free:** 800.695.8224

**Email:** [jhobika@advisorsib.com](mailto:jhobika@advisorsib.com)

**Web:** [advisorsib.com](http://advisorsib.com)



Insurance products are issued by John Hancock Life Insurance Company of New York, Valhalla, NY 10595. Vitality is the provider of the John Hancock Vitality Program in connection with life insurance policies issued by John Hancock. LIFE-5991HOBICA 10/19 MNY100919001





# Member Accomplishments

## Roadrunner Marathoners



**Jennifer Bachelder and Bill Callahan were finishers at the NYC Marathon**



**Melanie Crisino and Stephen Paddock ran the Philadelphia Marathon. CONGRATULATIONS to Stephen for his impressive 9th place overall finish!**



AAGR American Association for Cancer Research PHILADELPHIA MARATHON 26.2 * 13.1 * 8K									
Race Results									
Philadelphia Marathon Race Weekend   2019 Philadelphia Marathon Race Weekend									
Search Placings Leaderboard Other Results									
Male Leaderboard Marathon   Runner									
10k Half									
Pos.	Name	City, State	Bl	Age	Sex	10k	Half	26.2	Overall
1	Diriba Degefa Yigezu	Brinck, NY		33	M	5:17/mi	2:18:47.79	+2:17.36	
2	Milton Rotich	Albuquerque, NM		30	M	5:19/mi	2:19:27.64	+2:57.11	
3	Connor Reck	Minneapolis, MN		49	M	5:19/mi	2:19:39.06	+3:08.63	
4	Urgesa Kedir Fige	New York, NY		21	M	5:21/mi	2:20:25.51	+3:54.98	
5	Chase Pizzonia	Astoria, NY		20	M	5:21/mi	2:20:40.16	+4:09.63	
6	Zachary Barker	Wyomissing, PA		19	M	5:25/mi	2:22:19.77	+5:49.84	
7	Glen Burkhardt	Simpsonville, SC		203	M	5:27/mi	2:23:05.92	+6:34.99	
8	Alexis Lavelle-Gilbert	L777777vis, QC							
9	Stephen Paddock	Glastonbury, CT		37	M	5:27/mi		2:23:14.22	





# Call for 2019 Mileage and Volunteer Points DUE JANUARY 3rd

Dear Utica Roadrunners,

As we approach the end of the year, please take a minute to read the criteria for Red Jackets and Volunteer Points.

Important! For the 1000 Mile Club Jacket (1000 miles and 10 volunteer points) Award, you must have accumulated at least **10 volunteer points** in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2019 (unlike the miles, all of which had to be run in 2019). For the Extra Mile Club Jacket Award, you must have earned 30 volunteer points and they must all be earned in calendar year 2019. The point chart is listed below.

Please send questions to **Jennifer Bachelder** at [jmbachelder@gmail.com](mailto:jmbachelder@gmail.com) or **Bill Callahan** at [bcirish24@hotmail.com](mailto:bcirish24@hotmail.com)

**Points:** One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

#### **Board of Directors and Similar**

- 1. Serving on the Board of Directors as an officer: 30 points**
- 2. Serving on the Board of Directors non-officer: 20 points**
- 3. Membership Chair: 20 points**
- 4. Merchandise Chair: 20 points**

#### **Director of Club race or training program: 20 points**

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program, Development Runs

#### **Director of Club event (non-race/training) or ongoing project: 20 points**

Includes Holiday Party, Awards Party & Committee, SpliTimes Editor, Webmaster, SOS Project, Grand Prix

#### **Committee Chair of club race or training program: 10 points**

Includes Falling Leaves, Summer Sizzle, SOS, Skeleton Run, Boilermaker Training Program, Development Runs; plus organizer of Run for Hunger, Safety Run, and similar

#### **Committee Chair of club event (non-race/training) or special committee: 10 points**

Includes Awards Committee, Scholarship Committee, Social Chairperson)

#### **Unique: Hosting a Breakfast Run, Thursday Night Run or the like: 10 points**

#### **Racing team captain: 10 points**

**Racing team member: 1 point** per race start with team scoring

#### **Writing a regular column for SpliTimes (5 or more issues): 10 points**

#### **Proof Reading monthly SpliTimes: 10 points**

#### **Writing a single article for SpliTimes: 2 points**

**General volunteer for a single race or training event: 1 point** (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, Skeleton Run, Boilermaker Expo or the like, Run for Hunger, a single Development Run, or a single Boilermaker Training Program training event.

#### **General volunteer for other club events and committees (non-race/training): 1 point**

Includes Holiday Party, Club booth at Heart Run or Boilermaker Expo, Scholarship Committee member other than chairperson



# Personal Mileage and Race Record Form

## DUE JANUARY 3rd

NAME: \_\_\_\_\_

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2019: \_\_\_\_\_

Total Miles Run as a Utica Roadrunner: \_\_\_\_\_

### Personal Volunteer Information for Red Jackets (Check all that apply):

- ☐ S.O.S. Race
- ☐ Summer Sizzle
- ☐ Falling Leaves
- ☐ Skeleton Run
- ☐ Boilermaker Training Program
- ☐ Development Runs
- ☐ Club Board Member
- ☐ Club Social Event
- ☐ Club Officer
- ☐ Boilermaker Expo
- ☐ Club Committee Head
- ☐ Thanksgiving Run
- ☐ SpliTimes Article
- ☐ Club Race Director
- ☐ Other (list: \_\_\_\_\_)

Please return this form (**no later than January 3, 2020**) to: **Jen Bachelder – UR Mileage Info,**  
**30 Imperial Dr. New Hartford, NY 13413** or email it to [jmbachelder@gmail.com](mailto:jmbachelder@gmail.com).



# Member Article



## The 2019 Thanksgiving Walk/Run to End Hunger

by Sybil Johnson

Hello Roadrunners! The 35th running of the Thanksgiving Day Run/Walk to End Hunger is one for the UR history books! We had over 500 runners, collected 1700+ pounds of food for the Rescue Mission, and we amassed just over \$5,000. Because we did so well this year and not so well last year, Midtown Utica Cultural Center (MUCC) will be our major recipient and we will send a portion to last year's receiver of fewer funds than expected, Your Neighbors, Inc.

The Thanksgiving Day weather was rather mild and moist compared to last year's 19 degrees and icy, snowy running surface. The runners looked pretty sweaty when they got back to the gym - the walkers, not so much. They looked a bit rosy from the wind.

Thanks to Mayor Palmieri for starting the Run/Walk right on time, and Thanks to all of the volunteers, especially people like Mike Kessler. He brought 300+ pounds of food that was donated by coworkers at Metal Solutions, Inc. The Bank of Utica, The Community Foundation (for

Gene Velardi's daughter Jilly and for Dave Morehouse's parents), Tom & Annette Bick, Gilroy, Kernan & Gilroy, Beth Vacca Luvera, Bill & Sue Luley, Pat Knapp, and Jim & Jan Stasaitis were all monetary donors. Sybil & Dennis Johnson, Saranac Brewery, The Green Onion, TREK Bikes, JAY-K Lumber, The Sneaker

Store, The Boilermaker, Sonne's Bikes & Fitness, Hampton Suites, Peter's Cornucopia, David Jones, The Fort Schuyler Club, Utica Cutlery Co., Bremer's Wine & Liquors, Symeon's, Café DelBuono, Prop's Inn, and The Utica Roadrunners, donated all the great door prizes. Thanks to Tom Durso and George Searles for calling out all the winning door prize ticket numbers.

So, the Holiday Season is fast upon us. Go out and participate in some of the local Run/Walk events. Take the bus with the Club to the It's a

Wonderful Run event. Speaking from experience, it is a very fun time!

Thanks to all of YOU - the volunteers, sponsors and participants in as Dave Morehouse says, "The Turkey Trot!" Another race for the UR history books!

**500**  
runners

**1,700+**  
pounds of food  
for the Rescue Mission

**\$5,000**  
raised



# Member Accomplishments

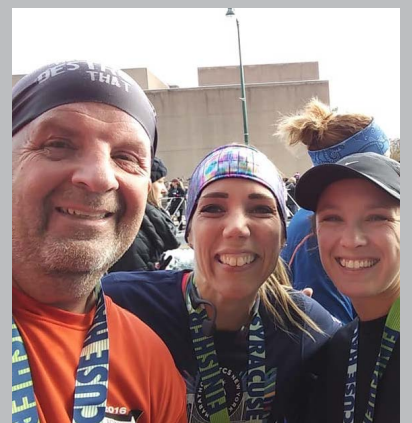
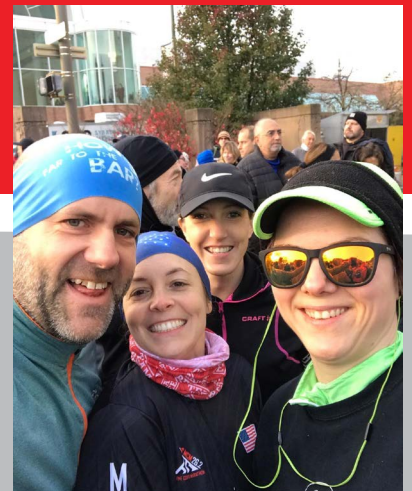
## Thanksgiving Walk/Run to End Hunger





# Member Accomplishments

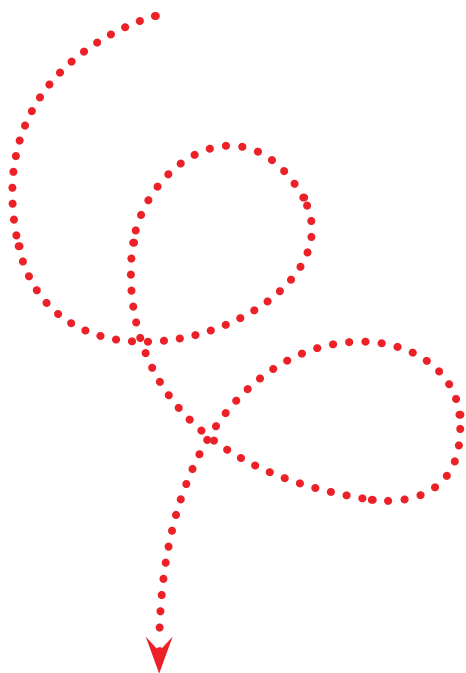
## Roadrunners at the Syracuse Half Marathon!





## Member Spotlight

# ENJOYING THE JOURNEY



## MEET ANDREW RUBINO



Andrew was born in Manhattan, lived in Queens until he was six and then grew up in Great Neck, NY. He has younger twin sisters and his parents still reside on Long Island. He moved here in 2007 after attending SUNY Binghamton for his undergrad in psychology and Alfred University for his Masters in school psychology. He now resides in Whitesboro and is a school psychologist at Oneida Herkimer Madison BOCES where he works in alternative education with children with high behavioral and emotional needs. He works closely with teachers to support students as well as some direct support and also works with administration. He was always interested in human behavior and that curiosity led him to his current career, which can be tough but also very rewarding. His job is different day-to-day and there are challenges, but he is part of a strong team that works to surround children with the supports they need to succeed.





## Member Spotlight (cont.)



*At the Rocky Run in Philadelphia*

He never ran in high school but gave it a try freshman year in college in Binghamton. The first time out, his roommate left him in the dust and he still remembers the tree he almost passed out under. He went home hanging his head. It took him almost four years to try again during his second semester of his senior year. He ended up liking the mental and physical challenge that running offered and kept with it. In the area of study and work that he has been in, he's very aware of mindfulness and breathing and running has been a source of de-stressing and relaxation as well.

Moving to the Utica area in 2007 (which he was familiar with since one of his sisters ran cross country and track for Hamilton College), he learned about the Boilermaker and thought "What an amazing thing! You run AND drink?!" He signed up. He found out about the Utica Roadrunners and the Development Runs a couple weeks before the race and thought it was amazing that an event like that went on every week during the

summer. His first Boilermaker 15K was an awesome experience and he was moved by how the community comes together for it. The drummers at the International Mile were a favorite and he finished with a solid time. He has done every Boilermaker since but three - many of his friends and family have decided to get married Boilermaker weekend, causing him to miss out!

Since that first experience with the club, he has come to really love the Roadrunners and the community of runners that supports it. Karen Piccola's constant push to have fun while you're out there and Bill Callahan's dedication to running miles for his family have inspired him. When he ran the Erie Canal Half and felt at the end like he had no more gas in the tank, the cheers from fellow Roadrunner members at the end gave him the push he needed to finish and take home a personal best time.

# "NEVER GIVE UP"

Eventually, a friend threw out the old "you should do a marathon!" challenge and almost on a whim, Andrew obliged. He ran Wineglass this year as his first full and had quite the experience. During training, he wavered a bit from his plan and scrambled the last couple of months to get where he needed to be. On race day, the weather was perfect. The early morning bus ride to the start



## Member Spotlight (cont.)



*The amazing glass medals at the finish of Wineglass 2019*

line was full of anticipation – it's a point-to-point race, so taking a bus 30+ minutes out with the weight of "I have to run ALL the way *back*?" messed with his psyche a bit. He was off to a great start, but at one point during the race, his calves were cramping pretty bad. He made it to a medical tent and some BioFreeze got him back on track. He wrote "Never Give Up" on his arm in pen to keep him moving forward and that he did. He finished around 4:30, which he was happy with but yet found slightly funny – it takes less time to drive to see his family in Long Island than it did to run the marathon!

Beyond running, you can frequently find Andrew hiking and just being in nature. He's a movie and TV show buff, so is always quoting something. He particularly likes Marvel and DC

movies. He's also a fan of art and theatre and has helped out as a stage hand at Turning Stone working lights and sound. He's also a music lover, a cat lover and a lover of trivia. His girlfriend Stephanie is a soccer player and has started playing again at Rising Star (she's a goalkeeper!) and he also enjoys supporting her at her games.

# "JUST DO IT. ENJOY THE JOURNEY AND TAKE IT ALL IN..."

Andrew is also a Roadrunners board member and is in the middle of his first term. He co-facilitated the Development Runs in 2019 and going forward, he is looking to continue building up the kid's run and overall participation of young athletes in running.

He doesn't have any solid plans for 2020 yet but will take it as it comes. He continues to be very inspired by Roadrunner members and is enjoying meeting more people and strengthening the running community. He has started running without music and has begun to truly enjoy the journey and his surroundings more. As he has made a home for himself here in Central NY, running has become a big part of it and the running community is becoming a true "family away from home". We're very lucky to have him in our running crew and are looking forward to his contributions to our club and community.





# splitimes



UTICA ROADRUNNERS

Our monthly newsletter is emailed to close to 600 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 (1,800+ 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)

- ☐ January 2020
- ☐ February 2020
- ☐ March 2020

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

☐ Yes ☐ No

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