

splitimes

January 2020

The Official Newsletter of the Utica Roadrunners



>>> UR Members at the 2nd Annual It's a Wonderful 5K Bus Trip

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January
2020
Utica Roadrunners
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Editor: Michelle Truett • michelle@484design.com

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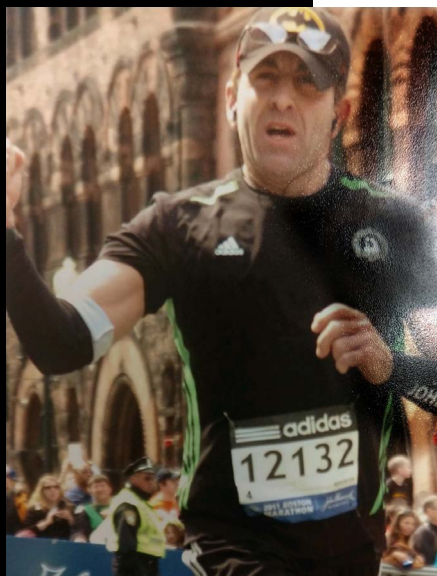
People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook

Powering Into a New Decade!





President's Message by Jim Mott

"We strive toward a goal, and whether we achieve it or not is important, but it's not what's most important. What matters is how we move toward that goal."

-SCOTT JUREK

Happy New Year and welcome to 2020! Let me start by saying that I am honored and humbled to be serving you as the President of the Utica Roadrunners. When I started running competitively back in the 1990s, I would never have guessed that my path would lead to this destination. I was a solo runner and stayed within myself. It wasn't until I started a marathon running club at the school I teach at that I realized the power of the group and the gift of community. From that group, the start of my marathon started and my relationship with the Roadrunners began.

If not for member Jim Moragne, I would not have realized how great this club is and how much more the sport of running had to offer me. Serving on the Board of Directors has been beyond rewarding and the opportunity to direct the Summer Sizzle has been a challenge as satisfying as finishing a marathon.

We are members of the greatest running club, in my opinion. It is my mission to carry on the great traditions of the club while creating new ones that we can all be proud of. Running has been one of the greatest gifts of my life and as my competitive days of running are now over, I look forward to this challenge of making our club better than ever. Looking back, we had some wonderful events in the months of November and December. We had a nice turnout for the Safety Run and the Run 2 End Hunger on Thanksgiving Day. We also had a great time at the It's a Wonderful Run 5k in Seneca Falls. Thank you Jen Bachelder for organizing the bus trip and making it a Wonderful Day!

Looking ahead, we have some exciting things in store for the 2020 campaign already. Bill Callahan and Cole Perkins have done a great job cultivating a new relationship with Accelerate Sports. Accelerate is offering the club a super discount and Bill has organized a New Year's Day 5k that will hopefully become one of our core races for the future. We will be opening our Four Race Challenge once again as each runner will get a great shirt to start at the SOS Run that will be directed by Mike Kessler. Runners will get a huge medal to finish after completing Rick Gloor's Skeleton Run.

The new year is always a time to reflect back on our accomplishments and to look forward as we set new goals for ourselves. Whether you are looking to get 1,000 miles this year and get that red jacket or just do your first 5k, we are here to help and support your goals. I want to be as accessible to you as possible and if you have any suggestions or ideas, please do not hesitate to contact me. Please come up and introduce yourself to me or any of the great people on our board at one of our many functions. You have put your trust in us and your opinions matter.

Lastly, a big thank you to Michelle Truett who puts together this great newsletter. There is so much work that goes into it. We are looking for your input and new ideas for features and articles. Speaking of features, enjoy the piece about our new Vice President of Activities and Events. Melanie Crisino exemplifies what this club is about. Again, Happy New Year and I hope you reach all the goals you set for yourself!



Letter from the Editor

by Michelle Truett

As you're making your 2020 running goals, anyone that is putting their 1,000 miles on their list should know that there's opportunities to get your volunteer points by sharing some fun things in the SpliTimes from the comfort of your own home!

- Write a regular article (6 times/year)
- Create a short, fun monthly column
- Interview and write an article on a UR member
- Help be a liaison between high school coaches and runners so we can feature young area athletes each month
- Write one article about something you're interested in and that would be helpful or inspirational to other runners – nutrition, gadgets, gear, etc.
- Write a review on a race you take part in to inspire others to run it.
- Have you overcome something big in your running career? Write your story!
- Write a review on a great running book (or movie).

There so much we could do together! If you need volunteer points, let's have a chat and get creative. I'm always at michelle@484design.com. (Even when I should be sleeping...or running!)

See you out there,
Michelle

Save the Dates!

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**



New Year's Day Run

JANUARY 1, 2020

This is an open invite for all members that have registered for the 2020 year by 6:00p.m. on December 31, 2019

Here is all the information that you need for the run:

Place - Accelerate Sports Complex
5421 Judd Rd., Whitesboro

Registration - Starts at 8:30 a.m. All Roadrunners signed up for 2020 by December 31, 2019 at 6 p.m. will be free! All others will be \$10 per person. This is a great opportunity to renew your membership or become a new member! Pay online for membership [here](#).

Kids Run - 9:15 a.m. There will be two runs to choose from: one lap or two laps around the elevated track. All kids that run will receive a ribbon! FREE for all kids.

5K - 10 a.m. The run is now set up as an out and back! The run will start on Judd Road by the Kurt Wyman Park Entrance

- Run down Judd Road
- Turn left and run up Halsey Road on the sidewalk to Gibson Road
- Turn onto Gibson Road and run on the sidewalk to the Whitestown Town Park to the second entrance which is where the turn around will be
- Run down Gibson Road on the right side of the road to Halsey Road
- Turn right on to Halsey Rd. and run back on the sidewalk to Judd Road
- Follow Judd Road to the finish

There will also be one water station located at the Whites-town Park Entrance on Gibson Road where the turn around

is located. Roads will be open to cars so please note traffic and stick to the right along Gibson and Judd Roads.

Post Run Party - At the conclusion of the run, we will have a post race party inside Accelerate! This will include door prizes! Accelerate has generously staffed it's facility for us, so we're encouraging all runners to use their smoothie and coffee bar for post race refreshments! Please bring a few dollars for your favorite post run snack.

If you have any questions about the New Year's Day race, please reach out to Bill Callahan at BCIrish24@yahoo.com.

AND THERE'S MORE...

This run is also a great time to get a view/tour of Accelerate!! Accelerate has also extended the following discounts to all Utica Roadrunners members:

- 1) 15% of any Accelerate Membership
- 2) 50% off Monthly Track Memberships
- 3) \$50 for an Annual Track Membership

All of the track memberships include locker room access.

Accelerate will also be the location for the first handful of weeks for our Boilermaker Training Program, which starts on February 1, 2020. Thinking about training for the 5K or 15K? This is the perfect group for you!

Thank you,
Utica Roadrunners Board

Member Accomplishments

1,000+ MILES!

CONGRATULATIONS
to members who hit
their 1,000 miles!
Clockwise from top:
Jim Latshaw hits 1,500
Lisa Walschusky hits 1,000
Laura and Jeff George hit 1,000
Ann Marie Latshaw hits 1,200

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 or **Bill Callahan** at 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.

Ugly Sweater Run

December 8, 2019



Hey Utica Roadrunners!
How fast can you run a mile?!

the great american
IRISH
Festival
2019

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MARCH
14th

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MAD MILE

STARTS AT 9:45!

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PARADE STARTS PROMPTLY AT 10AM

ST. PATRICK'S DAY PRADE

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It's a Wonderful 5K UR Bus Trip

December 14, 2019



For the second year, the Roadrunners hosted a bus trip to Seneca Falls to take part in the WONDERFUL "It's a Wonderful 5K" Run. Thank you to Jen Bachelder for coordinating!



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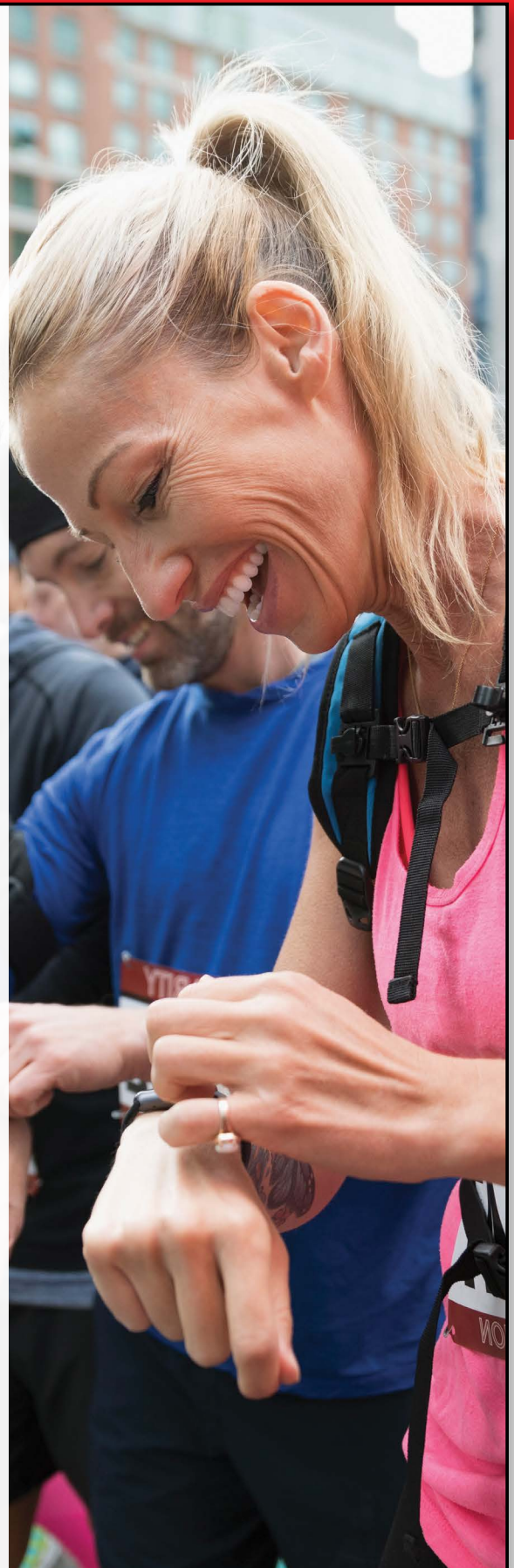
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3.7% of My Life

By Karen Piccola

January 1, 2019 was long ago, or was it? There's 8,760 hours in a year. 1,313 miles of memories, in 328 hours or 3.7% of my life! For a small percentage of time, I have memories to last a lifetime!

Each year in October, I come up with goals and a plan of things I want to do. A goal for me has to be what I *want* to do, not what I *have* to, because if it isn't something I want to do, it's not fun and I will let life get in the way. My running plan is living, because living life as the days move along can and will alter the plan. Flexibility and enjoying what I'm doing is key for me to stick to the plan. So many training runs with Utica RoadRunners, Mohawk Valley Hill Striders, self-created and crew supported events with Al Massinger, Sandy Piccola and many of my dearest friends. I stuck to my plan and created tons of Running Memories in 2019...

January 2019 --- 17.8 miles around the Accelerate Sports track (107 laps)!

February 2019 --- 22 miles from the Fitness Mill through Yorkville, Marcy, Stittville, Floyd, up a hill that never ends (aka Camaroden Road) crossing the finish line in Westerville at the Hoke's Snowfest celebrating Dorothy Massinger's birthday!

March 2019 --- 18 miles from Barneveld to Utica College in America's Greatest Heart Run & Walk; and later in the month, 30 miles from the Rec Center in Utica, through the Rayhill Trail, back through New York Mills, Yorkville, Marcy, Stittville, Floyd, back to Stittville crossing the finish line at Losay Jones's house!

April 2019 --- Back to back half marathons, a.k.a. the 'Thru-way Series: Helderberg to Hudson Half in Albany on Saturday and Earth Day Half in Baldwinsville on Sunday)!

May 2019 --- Rock the Ridge 50 Mile Endurance Challenge through the beautiful Mohonk Preserve and Shawangunk Mountains in New Paltz, New York. Dorothy Massinger, Lisa Wachulsky, Julie Buehner and I are officially Ultra Marathoners!

June 2019 --- Inaugural Thousand Islands Half!

July 2019 --- Boilermaker 15k ... #4!

August 2019 --- 22 miles of the inaugural Route 20 Road Challenge from Munnsville to West Winfield; I achieved 1,000 miles, celebrating with the best running buddies on the planet!

September 2019 --- The Loon Challenge (10k + Half Marathon) in the Old Forge Race Series; then the inaugural Finger Lakes Half, and the Chenango County Trail Challenge 5K!

October 2019 --- The 38th Guthrie Wineglass Marathon #2; and privileged to cross the finish line with first time marathoner Grace Saxe!

November 2019 --- URR Safety Run with Grace Saxe as she achieved 1,000 miles!

December 2019 --- It's A Wonderful Run with Lisa Walchusky as she achieved 1,000 miles!

My 2019 running goals: 1) Rock the Ridge 50 mile Ultra, 2) my second marathon, Wineglass and 3) 1,000 miles. Check, check, and check!

3.7% of time and I have memories to last a life time with many amazing people in my life. How many miles and hours of running memories do you have? [Divide your annual running mileage by the # of miles you run per hour (example: $1300/4 = 325$)] What percentage of time was devoted to it? (ie. Divide your 2019 running hours by 8,760 (example $325/8,760 = 4\%$))

2020 plans: 1) back at the gym strength training 4+ days per week, 2) Mountain Goat (1st time), 3) Niagara Falls half (1st time). See you on the road or trail! What are your plans for 2020?

Member Spotlight



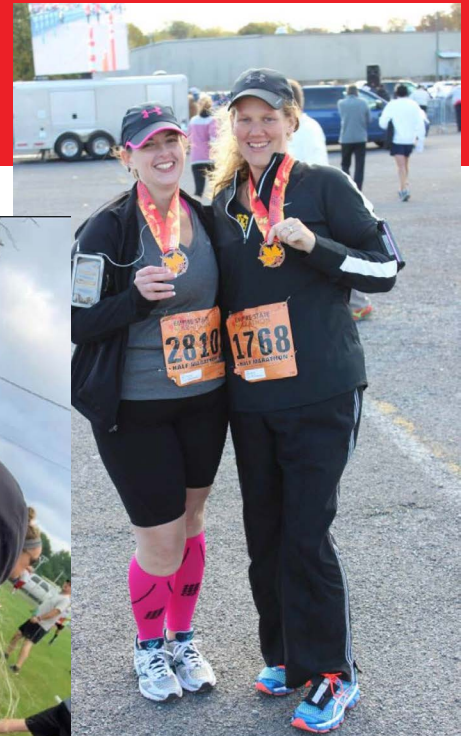
She's the queen of selfies, or "Melfies" as we lovingly call them. She's also the master of being in places like Buffalo one minute and checking in at the New York/New Jersey border the next. You can find her running a race in Syracuse in the morning and at the top of Whiteface Mountain volunteering by the afternoon or making handcrafted treats for her kids for school with one hand while whipping up matching t-shirts for her and her crew for a race with the other. You get the picture. She's everywhere and does everything at 120%. We sat down with her to find out... **HOW?!**

Meet Melanie Crisino...



Member Spotlight (cont.)

Let's give you the basics on Melanie first. She grew up in Brantingham, NY where her parents are still living and running Kovach Repair & Snowmobile Rental. In high school, she played soccer and her love was basketball. She played point guard and she hated running back then. Melanie headed off to Cazenovia College to major in office technology. She has worked for MetLife for 25 years. It was her first job out of college and she now works from home in appeals. She has two kids –Anthony (13) and Marissa (11) – and along with them and her husband Joe (no stranger to the Roadrunners!) they now reside in Mohawk. Outside of running, she's a scrapbooking fiend and a huge sports fan.



Melanie with her "first running buddy" Stephanie Stark

Melanie with Jim Moragne

Believe it or not, she didn't start running until she was 38 years old back in 2011. She was a little overweight and had always wanted to run the Boilermaker, so the journey began. She started by running on the side streets of Mohawk at night so no one would see her. Running one block was tough. One block turned into many and she trained her way to her first Boilermaker 5K in 2011 and cried like a baby when she finished. Looking back, a 5K was such a huge deal for her. So much has happened since then.

In 2012, she was ready for the 15K and joined the UR Boilermaker Training Program. There, she met Stephanie Stark who became her first running buddy and who she has been practically inseparable from since. Her first 15K experience was "irritating". She was pressuring herself for time and the overwhelming feeling of running with so many thousands of people was unexpected. She now runs the Boilermaker to have fun.

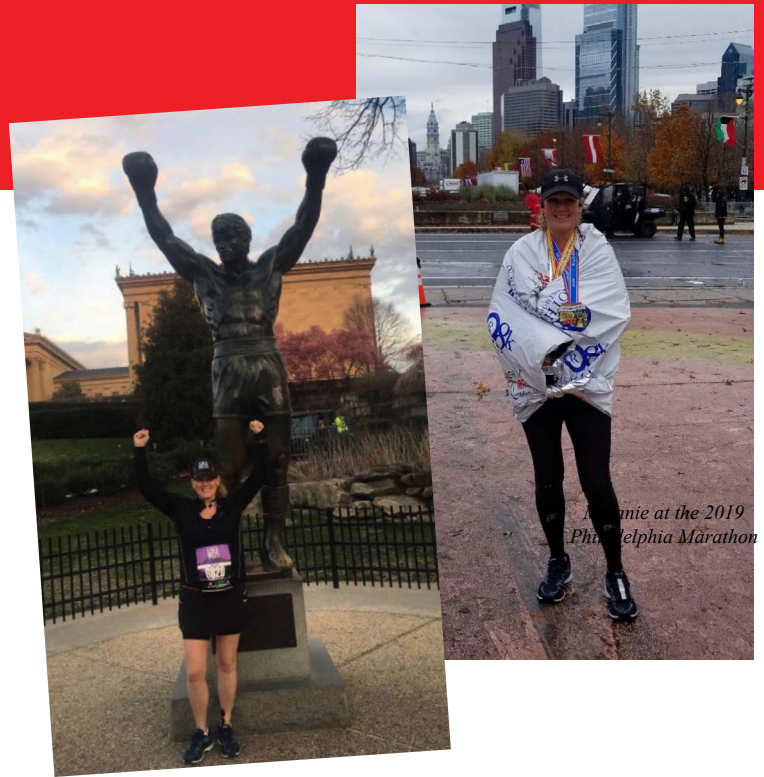
Jim Moragne has acted as a beloved running mentor to her and had a group in Little Falls she had been running with. Jim surrounded her with confidence and he talked her into doing a half marathon after the first full Boilermaker. She completed the Empire Half that same year and has now completed 28 half marathons between 2012-2019. However, that feat that didn't come without a challenge. In 2014 she decided to enter the New England Half Marathon Challenge and tackled ten marathons that year all over the northeast. She started having some terrible pain in her hip to the point where walking was difficult and she lost feeling in her legs from the knees down when she was running. At the end of a half in Rhode Island, she almost fell. She backed off considerably from 2015-2017, logging maybe only 50 miles a year and putting off the inevitable – a total hip replacement. In August 2017 she got a new titanium hip. Eight months later, she ran a half marathon.



Member Spotlight (cont.)

Being injured opened up a lot of volunteer opportunities for Melanie, which is something she found she loves doing. As a runner, she always appreciated the time that the volunteers gave up to be there for the races and runners, as well as being a friendly face to keep everyone going, even in the worst of conditions. It motivated her to dive in herself. Her husband Joe joins her as well. At first, she told him to do things, but now he really enjoys it just as much as her!

Jim Moragne also talked Melanie into getting on the Roadrunners board, which she joined in 2013. It was there that she found out about the Red Jacket, which she promptly jumped on board with and received in 2014. Melanie was the coordinator for the Boilermaker Training Program for five years and headed up the annual banquet for six years. She has been the secretary, the VP of Administration and Finance and was recently appointed VP of Activities and Events. She's looking forward to being back on the board after a one year hiatus and has some goals of increasing social events and strengthening bonds between members. Melanie is a great ring leader (just ask her close friends!) She'll get a crazy idea and get everyone to get on board with it to have a blast. We're looking forward to what she'll be bringing to the organization!



Melanie and crew running the Route 20 Challenge

Speaking of crazy, we asked Melanie what she feels are some of the most outrageous things she's done OR gotten her friends to do. Running the full Mott Marathon "on a whim" around a track was at the top of the list. They were only going to do a half, but somehow Mel got it in her head to "just go ahead and do the whole thing" and Jessica VanValkenburgh, another of her Best Running Friends Forever (BRFF), went along with it! Melanie enjoys doing things on a whim and living with a touch of spontaneity.

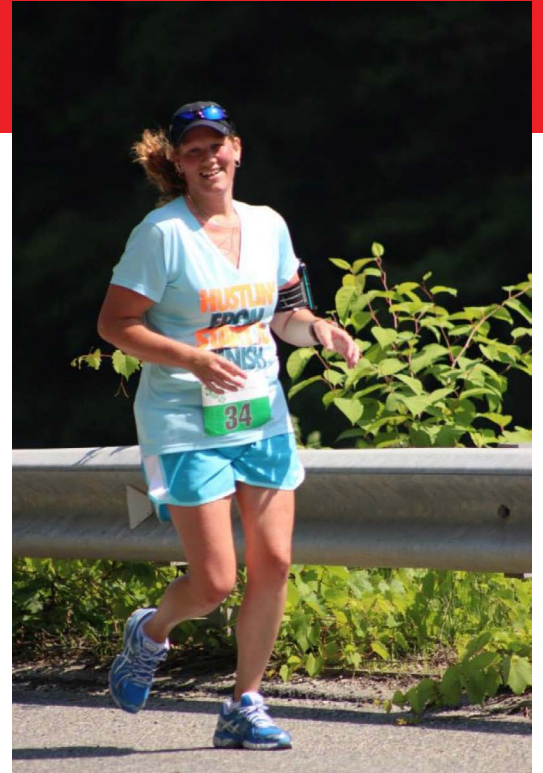
When trying to uncover the secrets of how she gets so much done and has so much energy and positivity while doing it, she laughed. She claims she is the least organized person ever! She gives growing up on a



Member Spotlight (cont.)

Take a lot of credit for her energy and curiosity. She would always be outside, on a bike or getting into something. Now, with the help of her tight crew of running friends, a couple sources who pump out t-shirts in a flash and a supportive, adventurous family, she sure makes it all look easy. It all comes together even though she'll get dressed for a race at the last possible minutes. (Sorry we couldn't dig up a "secret formula," team!)

2019 highlights for Melanie included hitting 1,000 miles for the second time, running 15 miles on a treadmill on a Tuesday, being crowned the Honey Badger during Peak to Brew and completing the Mott and Philadelphia Marathons. In 2020, she'll be tackling the Lake Effect Half, the Boilermaker, Peak to Brew in June (and volunteering at the one in August) and other than that, scaling back just a bit. Not on selfies, though – she'll NEVER scale back on selfies.



Melanie, Marisa, Anthony and Joe, along with some great shirts.

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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!



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



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Contact name: _____

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

☐ February 2020

☐ March 2020

☐ April 2020

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

☐ Yes ☐ No

Total included: \$ _____