

# splitimes

April 2020

The Official Newsletter of the Utica Roadrunners



**A New UR Challenge  
for April!**

Utica Roadrunners  
**Scavenger  
HUNT**

page 6

**Member Spotlight:  
Bill & Sue Luley**



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April  
2020  
Utica Roadrunners  
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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

**Roadrunners in Print!**

**OBSERVER-DISPATCH**



Utica Roadrunners were interviewed by the OD for a recent article on how runners are adjusting training during the Coronavirus crisis.

**READ NOW**

**Useful Links:**

[Utica Roadrunners Facebook Page](#)

[Utica Roadrunners Boilermaker Training Program Facebook Page](#)

[Utica Roadrunners Wednesday Night Development Runs FB Group](#)

[Club Handbook](#)



## President's Message

by Jim Mott



# "Tough times don't last. Tough people do." - A.C. GREEN

### Runners:

This month's quote does not come from a runner. It is from a former NBA basketball player. We find ourselves in times that are bigger than running. Looking back in January as we prepared to take on the challenges of 2020, little did we know we would end up here – in this place. Our way of life has changed in an instant. Every day I look for the good in things. I am seeing many people step up and volunteer and help those who are in desperate need. As a teacher, I have students who are facing challenges we never thought they would face. As a father, I am trying to let my kids know things are going to be ok. As president of this great running club, I am here to tell you that our community of runners will get through this. Even though we are being told to be socially distant - we need each other now more than ever.

In the beginning of March, we were getting ready for Spring and looking forward to the Mad Mile and continued success with the Boilermaker Training Program. We had a great experience at **THE HEART RUN & WALK**. At the expo, our booth was by far the best one there. The traffic was constant and the positivity was truly electric. Huge thanks to Rocco Fernald for all he did in setting up everything. The new banner and flags are amazing that were created by our friends at CNY Racing. A huge thank you also to all our volunteers that helped throughout the day making it so special and fun.

The night culminated at **HAPPY HOUR AT THE VILLAGE TAVERN IN CLINTON** set up by Melanie Crisino. We had a great turnout and John Gilligan owned the night singing karaoke. The next day was a beautiful day for all the runners and walkers. We ended up being one of the top teams in fund raising - a special thank you to Jen Bachelder for setting up and managing our team.

From that day, things have changed like never before. We have had to postpone the Mad Mile and the Save Our Switchbacks races. Both race directors are determined to hold the race at a time when it is safe for us. S.O.S. Director, Mike Kessler, has an article in the newsletter about the history and future of the race. For all of you signed up for **THE FOUR RACE CHALLENGE**, we are determined to hold all of our races - we are also prepared for the challenges we face as the challenges of our world continue.

This newsletter is filled with articles from our members and board members. We want to maintain the power of the group and benefits of the club. There are articles about Virtual Races and the ability to still compete while being socially distant. There are articles about ways to beat the boredom and suggestions on how to maintain your training programs.

2020 America's Greatest Heart Run and Walk  
Orgs, Clubs, & Non-Profits Category

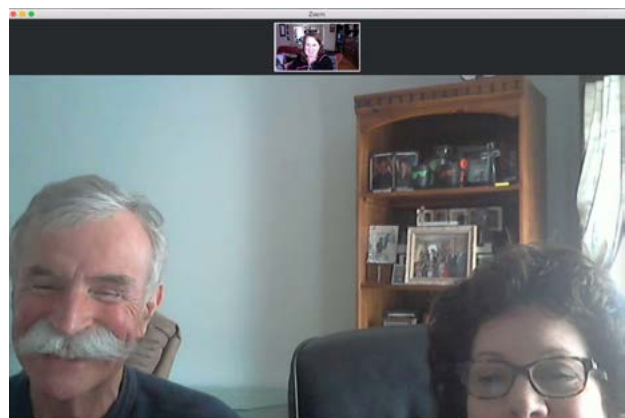
TOP 10 TEAMS TO DATE!	
TEAM #1:	ICAN, \$6,354
TEAM #2:	Human Technologies Corporation, \$3,620
TEAM #3:	Utica Roadrunners, \$2,507
TEAM #4:	Eastern Star Home, \$1,801
TEAM #5:	Team HGS Has Heart, \$1,758
TEAM #6:	RCIL, \$903
TEAM #7:	Masonic Has Heart \$827
TEAM #8:	Arc Herkimer, \$762
TEAM #9:	All-Male Interpretive Dance Squad, \$712
TEAM #10:	Y RED, \$674

## PRESIDENT'S MESSAGE (CONT.)

Lastly, we are sponsoring a new event that all will enjoy. We are holding a **SCAVENGER HUNT** for the month of April. Thank you to Melanie Crisino and Bill Callahan for their work on the event. There is no registration fee but we are encouraging different levels of donations. The donations will be used for the benefit of our local business partners who are suffering during these times. The event offers you chances to win gift cards from these same businesses. You can sign up starting today and we encourage your pictures to be shared with one another and on our Facebook page. Melanie will have an article explaining it in greater detail as you can sign up at Runsignup.

I hope that I have better news to offer you for the next newsletter. Please understand that all race directors throughout the country and the world want to hold their races. We must do what's best for our health and the health of our neighbors. Please follow the order of being socially distant and soon we can get back to the life we too often take for granted.

Jim



## Letter from the Editor

*by Michelle Truett*

You know, friends, times like this prove how tough and flexible runners are. Quite a few times when I've done member interviews, people have told me how impressed they are with runners – how they're the most positive, goal-oriented individuals and are always a joy to be around. The community aspect of running is very important and now is the time to let it shine.

Two things that are a plus as I was putting this issue together – my son is home and safe from college in Philly. He's finishing up his semester online which is a challenge, but he's crushing it. He's also keeping up with his running routine, which I love to see.

The second thing is that we can all still talk and keep moving forward with our work through Facetime, Zoom and other video conferencing outlets. I was able to have a great conversation with the Luleys last week for the Member Spotlight on page 17. (I would have preferred to have coffee with them, but it was a close second! They are awesome.)

Before I let you go enjoy the content in this issue, I want to give a shout out to Jim Mott. We always connect about what to put in the newsletter around mid-month and he got to me before I got to him this month with some great ideas and was eager to put out inspiration to our running community. I'm really enjoying working with him and he epitomizes the positive runner persona we all love.

Thanks and see you out there... SOON!

## Races News: SOS *by Mike Kessler*



The Save our Switchback initiative started in 1996. Utica Roadrunner members and the City of Utica pooled resources, planned and partnered to restore and keep the trails open. Thanks to their efforts and vision the Switchbacks was, is, and will continue to be a popular running course.

Many runners show up for the challenge of the Switchbacks at the Wednesday Night "D" runs. We have two races that use it for sections of their course – the Falling Leaves & the S.O.S.

I'm the S.O.S. race director this year and former director Wayne Murphy has left it in great shape. My goal was to try to make this race as successful as he had done. It is always the first race of the season, this year it was our Four Race Challenge kick off, it helps many runners building up their mileage base... all good stuff. We have the Zoo on board, got some great swag, started our registration drive, and got this virus! Well, it will slow us down, knock us back a bit, but we are looking for scheduling openings where we can still run this race – we don't know when, but we do know where. As soon as we get the new date we will let you know.

Ted Petrillo would be proud that we are still generating money to pay to maintain these trails and that the vision is still clear. The running community will stay healthy, and we will use the Switchbacks to train and race. I hope our club shows up in solid numbers we get some non-members, and have a great event. To that end, we are always looking for volunteers so come help me! – Mike

**NEW RACE DATE: Sunday, August 16, 2020**

**CURBSIDE  
PICK  
UP**

**GIFT  
CARD  
DEAL!**

## Support Our Friends at



Need gear?! The Sneaker Store was just approved for curbside pickup, so they are encouraging people to call the store or email and they will make arrangements on an individual basis.

**315-736-9237 or [morgan@the-sneaker-store.com](mailto:morgan@the-sneaker-store.com)**

They are also offering a gift card deal while the store is closed – For every \$50 gift card you purchase, they're throwing an additional \$10 on them.

# An April Challenge for Runners and Families

## Utica Roadrunners Scavenger HUNT

**Are you looking for something to do while keeping your “social distance”?**

**Have you ever participated in a scavenger hunt?**

**With schools out, are you looking for something fun,  
while keeping your kids active?**

***If you answered yes to any of those,  
the Utica Roadrunners has just the thing for you.***

We are looking to keep our members and their families active and support those businesses that help us throughout the year.

This is a fun challenge! This event will officially start on April 1, 2020 and run the entire month. All proceeds will be donated back to the businesses that support the Utica Roadrunners. The cost to participate is FREE, but please consider making a donation.

**77  
signed up  
and \$760  
raised  
so far!**

- 1) Sign up for the Scavenger Hunt on [RunSignUp](#)
- 2) Join our Facebook event – [UR Social Distance Scavenger Hunt](#)
- 3) The list of scavenger hunt items is on the next page – read through and print to keep track of your finds
- 4) Take a pic of each item that you find on your daily run and/or walk and post them on the Event page.  
– If you do not have Facebook, you can email them to [mcrisino@yahoo.com](mailto:mcrisino@yahoo.com).

This is a running/walking (bike, scooter, etc. for KIDS ONLY) event. NO CARS! Please track on Garmin or Strava or any running app (verification may be required). Prizes will be awarded to participants at the end of the challenge for certain categories (most items, most unusual, etc.)



# Social Distance Scavenger Hunt List

1. A lonely shoe
2. Garage / yard sale sign
3. Sunrise or Sunset
4. Inflatable yard decoration
5. Selfie with a farm animal
6. A lonely sock
7. A garden gnome
8. Spider Web
9. Unique Mailbox
10. An unusual insect
11. Found Money
12. A yellow car
13. Out of state license plate
14. Pink Flamingo
15. A light blue truck
16. A feather
17. Caution tape
18. Wildlife (no dogs or cats)
19. Porta Potty (NOT inside)
20. A fence
21. Street sign named after a tree
22. American Flag
23. Animal crossing sign
24. Water fountain
25. Stop sign
26. Fire hydrant
27. Bridge
28. Football Field
29. Political sign
30. Train
31. Speed Limit Sign
32. Golf Course
33. Pool
34. Trash can
35. Holiday decoration
36. Christmas Lights
37. Something with the number 13 on it
38. Bench
39. Steamroller
40. Emergency Vehicle (Police Car, Firetruck, Ambulance)
41. Bus
42. Construction Zone Sign
43. School zone sign
44. Motorcycle
45. Blue house
46. Something pink
47. Phone booth
48. Statue (person)
49. UR Boilermaker sign Mile Marker
50. Running related store (Ex: The Sneaker Store)
51. Zoo sign
52. A Brewery
53. PJ Green
54. Fitness Mill
55. Accelerate Sports
56. Bakery
57. Outdoor fitness equipment
58. Birdhouse
59. Boilermaker Start Line
60. Boilermaker Finish Line
61. Animal tracks
62. Coffee Shop
63. Padlock on a fence
64. Dedication Plaque
65. Large Household Item (sink, fridge, etc.)
66. Town/Village sign
67. Car part
68. Beverage Can (beer, soda, etc.)
69. Street named after a person
70. Realtor sign
71. An Eagle (statue or bonus for real one)
72. Stone Wall
73. The letter of your first name on a sign or wall
74. Another runner (from afar of course)
75. Mural on side of building

**BONUS! Take a picture of yourself wearing any Utica Roadrunner race shirt (SOS, Summer Sizzle, Falling Leaves or Skeleton Run)**

## Long Distance Running and Immunity

by Terry Dwyer



We are in uncertain and unprecedented times. This is a repeated message among the daily news items we have heard or read over the past few weeks. To talk about running and training might seem insignificant during all of this, but we have been told by health care officials to stay active. Physical activity is good for our immune system and boosts our resistance to illness. With that said, is there a point of diminishing returns wherein too much training can be detrimental to our overall health, particularly during this pandemic? Fortunately, there are several excellent articles on the web explaining the effect of long distance running on our immune systems. I can't say I've read them all, although I've read enough to discern a common thread of advice.

The topic of marathon training and the immune system has been extensively studied in the last two decades. While a sedentary person will have an average risk of infection and someone who exercises moderately will have a lower than average risk of infection, an individual who engages in a high volume of intense exercise will have an above average risk of infection. The immune system of someone who just finished a marathon, according to scientific studies, will be compromised for up to 72 hours following the race. The most common type of post-marathon ailment is an upper respiratory tract infection. This is a fact that, during the present health crisis, should

concern those who, regardless of age, train for and run half-marathons and up. What impact then will training for a long-distance race have on our immune system? Studies have shown running in excess of 60 miles per week, if mostly comprised of hard runs, increases the instability of the immune system. However, while long-hard runs are an immune system stressor, long-intermittent runs, as in the Galloway walk-run plan, reduce the threat to the immune system. While few, if any, marathoners are likely to toss aside their weekly long run, these runs should be done at a much slower pace (the literature suggests 60% of maximum effort.) Long run mileage can also be reduced and compensated for with a weekly high intensity interval training session. Diet and rest are the other necessary elements to maintaining a healthy training schedule. The training effects of our long runs occur when we allow the body to recover. Eating healthy not only consists of a daily dose of fruits and vegetables, but also carbohydrates which, according to some researchers, not only power endurance activity, but act as an immunity system boost. As we all try to figure our way through this health crisis, let's train smart, stay healthy, and look forward to meeting up at the next race.

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*Terry is a RRCA certified distance running coach, USATF Level I coach, and Lydiard Level 1&2 coach*

# Member Accomplishments



## CONGRATULATIONS

to all Roadrunners that ran the Heart Run races  
and THANK YOU to those who volunteered  
at our table at the Expo



# Member Accomplishments



Rebecca Aceto, Sharon Scala and Jessica Van Valkenburgh ran the Shamrock Run



Wayne Murphy ran the Pi Day Run



## THEY GOT A MAD MILE IN ANYWAY!

Although The Sneaker Store's Mad Mile Run had to be cancelled, some Roadrunners still participated on their own or virtually!



# Awesome Stuff

## A New Short Film Chronicles Dave's 10 Marathons in 10 Days



It started as an idea after a night at the pub. In May 2017, Dave Paul Cook and Joe O'Connor launched their "10 Marathons in 10 Days" project through O'Connor's film company, Puzzleglass.

The result: the short film *Dave Goes West*.

[READ MORE](#)

## What a Feat!



Elisha Nochomovitz, a 32-year-old furloughed restaurant worker and 36-time marathoner in France, ran 26.2 miles – on his 23-foot long balcony!

[READ MORE](#)

## A Solo 26.2



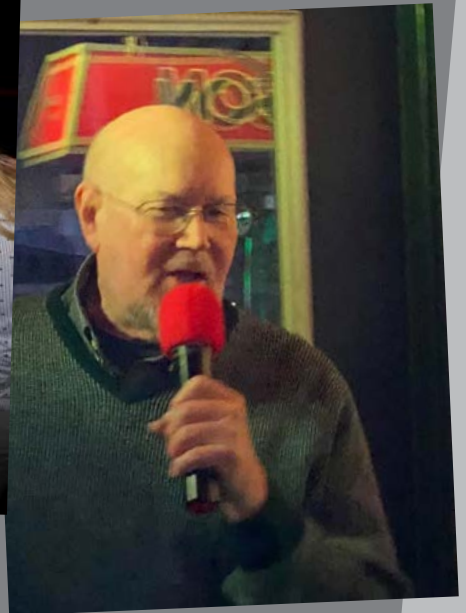
After training for months, Avi Adler, age 18, runs a personal marathon after the St. Louis marathon is canceled.

[READ MORE](#)

# UR Happy Hour



**IN TUNE WITH EACH OTHER**  
Roadrunners took to Clinton and karaoke  
at our March Happy Hour!



## Virtual Races *by Jim Mott*

### A Lot of Choices To Participate Virtually!

In a time when we can't run with one another and can't compete against each other, we do have opportunities to do so virtually. Virtual races have been a thing for many years. For example, we have the ability to run some of our races of the Four Race Challenge virtually. If you can't make the race on the day it is run, you can run the distance on your own route and your own time. You then report your result and still get the same race swag.

Many races now are switching to going virtual. We may have to do that as well if things don't improve. Those will be decisions that we will make as time marches on. A virtual race gives you something to look forward to and an opportunity to feel a sense of accomplishment and having something to show for it. You can choose races that are local or ones that offer challenges that most of us would never have the opportunity to explore. You can "run" in other countries and take on "courses" anywhere in the world.

I have already chosen two virtual races to keep my spirit of competition in check. One is fairly local and is called the Hippy Hoppity 5k. You run the 5k from April 2-11. You sign up and get a race bib you can download. You then run your "race". You report your result on an honor system and have a nice medal sent to you. Go to [www.yellowjacketracing.com](http://www.yellowjacketracing.com) if interested.

The other race I have registered for honors Kobe Bryant and his daughter Gianna. You can run 2 miles, 8k or 24k. The numbers honor the numbers they wore as basketball players. The group sponsoring this run also hold many others that may interest you. For more information, go to [www.virtualrunevents.com](http://www.virtualrunevents.com).

Of course, more virtual races will be held and promoted as we continue to navigate our way through this crisis. They are all ways to stay engaged and give us the challenges that make us who we are as runners.



# Boilermaker Training Program

*by Cole Perkins*

While the Boilermaker Training Program is at a halt in an effort to combat the spread of the Coronavirus through social distancing, there are still ways to stay on schedule in your training to complete the Boilermaker. Whether this is your first Boilermaker or your tenth time running the race preparation is key to successfully completing one of the hardest 15k races in CNY. The Utica Roadrunners offer the longest running and most comprehensive program by volunteers aimed toward preparing new runners for this challenge.

Unfortunately to ensure the safety of our members, their families and the entire community the Utica Roadrunners had to temporarily suspend all group runs including the BTP. This causes difficulties for runners who rely on this program to get them ready for the Boilermaker. One of the most common challenges for runners, including myself, is motivation. We rely on each other to stay on track and accountable. And as you'll hear from many of the long term UR members it's just more fun to run with a group.

When I first joined the Utica Roadrunners it was while Linda Turner and Mike Kessler were running the Boilermaker Training Program. This program was the reason I originally joined, and I believe was a draw for most first year UR members. Okay well the real reason was my wife, then girlfriend, was training for the Boilermaker and I was trying to be "supportive." At the time I actually hated running anything over 200m. Somewhere along the way I was inspired by more experienced UR members to not despise distance running. Eventually the social aspect of the club made me even start to enjoy running much to my surprise.

Fast-forward a few years my wife and I are on our second year running the very program that began my path from hating running to running marathons and planning this year to run Ultras just for fun. Without the Utica Roadrunners and the friends I made in the club for support I would still dislike distance running. Now through the BTP I have the opportunity to lead newer runners to the life of misery and suffering through races that Mike and Linda introduced me to years ago.

The impact of the Coronavirus has made it especially hard for new runners starting out in the Boilermaker Training Program. The social aspect that helped me to not hate running is now disrupted and could leave runners feeling less motivated and discouraged.

Fortunately we now also live in a world where social media allows us to communicate and support each other from a distance. We have access to interactive apps and programs like Garmin Connect and Strava where friends can set up challenges with each other. The Utica Roadrunners are now interactive on Facebook pages where members share information and give support. New this year BTP coaches volunteer time to help new members to stay motivated and share training tips. So while this is the hardest year to start training for the Boilermaker we have more resources than ever to help with training while socially distancing ourselves than ever before.

Until we meet again this year to run the Boilermaker path and other routes stay active on the UR Facebook pages and other social media options. Share your training, share videos and pictures and share motivation and support through this, so in July we can all share in the experience together at the Boilermaker finish line.

# Inspiration from the Board

In an attempt to hear from some of the experts, our Board of Directors weighed in on some of their favorite things running to help guide us through these times of being socially distant.

## Jim Mott

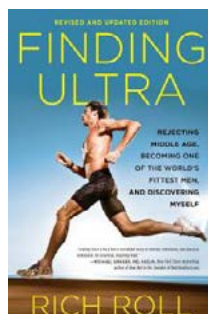
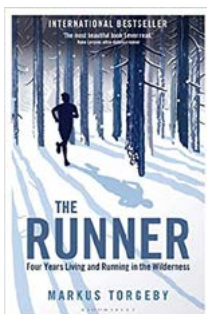
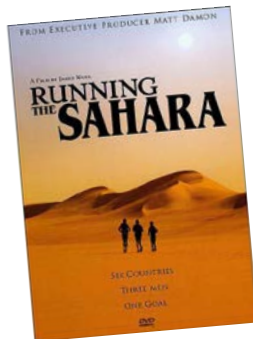
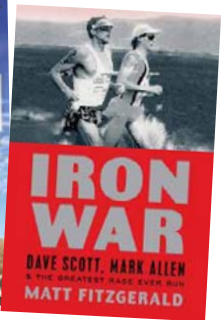
**Favorite Running Movie:** McFarland, USA

**Favorite Running Book:** Iron War by Matt Fitzgerald and Eat and Run and North by Scott Jurek

**Favorite Non-Local Race:** Houston Marathon - Ran my marathon PR there of 3:03.

**Favorite Song to Run to:** "The Trees" by Rush

**Favorite Running-Related Podcast:** The Rich Roll Podcast



## Rick Gloo

**Favorite Running Movie:**

"Running the Sahara" 2007

**Favorite Running Book:** Four Years Living and Running the Wilderness by Markus Torgeby, Finding Ultra by Rich Roll and Peak Performance by Brad Stulberg and Steve Magness

**Favorite Non-Local Race:** Indian Ladder 15k Trail -Thatcher Park, Albany, NY

**Favorite Podcast:** The Rick Gloo Podcast!

# Inspiration from the Board

## Bill Callahan

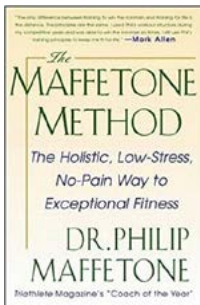
### **Favorite Running Movie:**

"Patriots Day" The whole story of how the running community came even closer together and overcame such a tragic day has always inspired me. This is why I write names on my shoes and bibs (like Meb did the year after) and wear a Boston Strong wristband.

### **Favorite Running Book:** *The Maffetone Method* by Phillip Maffetone.

This is the method of how I have trained and had great success with the last few years.

**Favorite Non-Local Race:** The Chicago Marathon. Out of the four majors I have run this was my favorite (although the hottest and thus the slowest!). Logistically it was the easiest to get to and it was a looped course with a huge crowd cheering you on. It made it easy for me to relax as this was my first race I went to solo!



## Sharon Scala

**Favorite Running Movie:** *Brittany Runs a Marathon* – it's an underdog story that I can relate to.

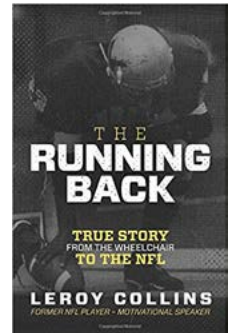
**Favorite Non-Local Race:** Disney I've done it twice. It's an exhausting fun weekend. Another was Ocean State 10k I did it last year in Rhode Island. It's a 10k that starts at a light house runs along the ocean and ends at the beach. I stopped at mile 5 to video the ocean. It was beautiful.



## Melanie Crisino

**Favorite Running Book:** *The Running Back* (not a running related book but it's about overcoming adversity) I met the author last year. He went from a wheelchair to the NFL. Never give up even through injury.

**Favorite Non-Local Race:** Pro Football Hall of Fame in Canton OH



## Cole Perkins

### **Favorite Running Movie:**

Cool video I came across on YouTube. It is "Miller vs. Hawks TNF Endurance Challenge 2016." Great camera work and show of sportsmanship.

### **Destination Bucket List:**

Chicago, Barkley Marathons and Moab Trail



# Inspiration from the Board

## Jen Bachelder

### **Favorite Running Movie:**

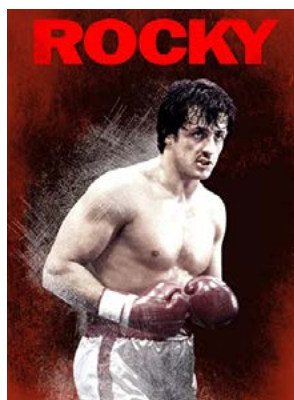
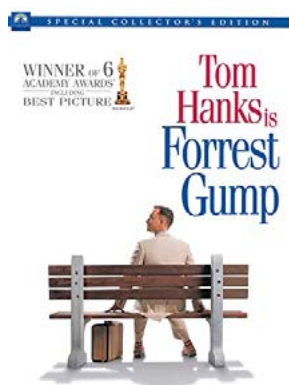
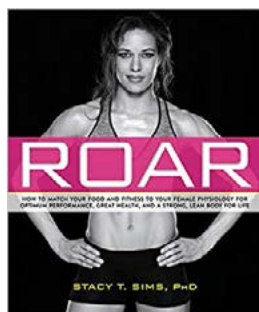
"The Barkley Marathons:  
The Race That Eats Its Young"

### **Favorite Running Book:**

ROAR by Stacy Sims

### **Favorite Non-Local Race:**

New York City Marathon-  
looking forward to Chicago  
this Fall!

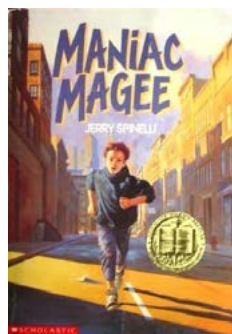


## Andrew Rubino

**Favorite Running Movie:** "Forrest Gump"  
or any "Rocky" for the training montage!

**Favorite Running Book:** Maniac Magee  
by Jerry Spinelli

**Favorite Running Song:**  
"Where the Streets  
Have No Name" by U2



## Tim Kane

### **Favorite Running Movie:**

"Without Limits", "Desert  
Runners", and "Unbreakable"  
- about the Western States 100  
just released!

### **Favorite Running Book:**

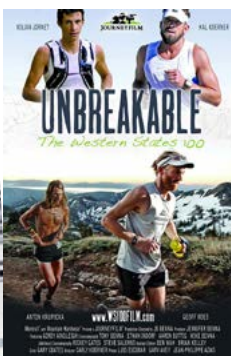
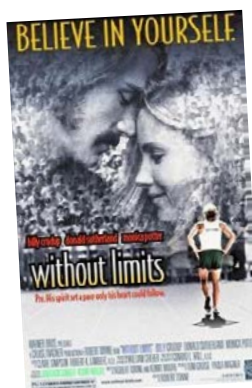
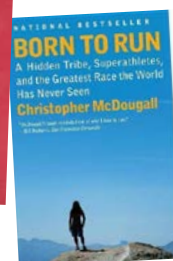
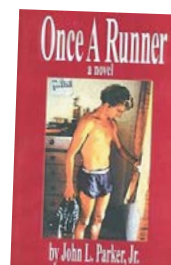
Once a Runner by John L. Parker Jr. and Born to Run  
by Christopher McDougall

**Favorite Non-Local Race:** My favorite destination is  
Lake Placid so The Lake Placid Classic Half Marathon  
in October.

### **Favorite Running-Related Podcast:**

Morning Shakeout, Billy Yang, The Ginger Runner,  
Trail Runner Nation, Ultrarunner

**Non-Local Newsletter:** Peak Performance



## Member Spotlight

# COUPLE GOALS

## RUNNING SAFELY TOGETHER

### MEET BILL & SUE LULEY

Bill and Sue are one of our favorite Roadrunner running couples. They will be celebrating 45 years of marriage this year and yes, Bill's had the moustache the whole time. Theirs is an inspirational story of finding running later in life and having it become an important piece of who they are together. We're so lucky to be witness to this amazing new chapter for them.

Bill, age 71, grew up in Utica, worked during high school, went right to work full time after graduating, then attended Utica College. His degree is in public accounting. He worked as a medical auditor for Blue Cross, worked in the finance department of Faxton Children's Hospital and then worked for 27 years at Masonic Medical Community - the last 17 in the role of executive director. When they got married, he took some night classes at BOCES to learn carpentry, electric and other household basics to learn how to do things around their home, so now in retirement you'll often find him working on a project for one of his kids, taking a role as an "unofficial GM".



Sue grew up in Waterville where she was quite the athlete in high school. She ran track (she did hurdles because no one wanted to do them!), played field hockey, basketball, softball and was a cheerleader. She earned a degree from MVCC in Secretarial Science while working at MVCC before she took some time to stay home with their three children – Steven, Daniel and Janelle. After the kids got older, she was a teacher's aide at Sauquoit Valley Elementary School, where she still subs as a teacher and an aide.

When the kids were growing up, Bill and Sue's "couples activities" mainly revolved around youth athletics. All three kids played soccer and then there was track, dance, baseball and other interests each season as well. They acted as chauffeurs for many years, as many parents can relate to. Bill also worked long hours and traveled for his job, so there was not a lot of time for leisure.

It wasn't until 2006 that Sue was prompted to start running by a friend who wanted to run the Boilermaker. She was introduced to the Development Runs and trained right along that year to the 15K. Bill started a bit later. For many years, the Boilermaker Expo took place on the Masonic grounds so Bill was always right in the thick of the activity and kept saying that one day maybe he'd run it. In 2012, that day came as Sue helped him train and he finished his first 15K Boilermaker. They've been running together ever since.... pretty much together, anyway!

Bill jokes that they have been practicing social distancing for quite a time, since Sue is faster. They run together all the time for safety and as long as he can see her, they're good. Bill's her bodyguard. She will sometimes circle

back to check on him and then continue on - it's a training routine that works and lets them enjoy running together. They also like to "pair up and yack away" on runs with Dan and Sharon Stedman, another wonderful Roadrunner couple. The Luleys find the Stedmans so inspirational in their persistence, support and how they always look at the bright side of things every single day.

Sue is the planner and the "cruise director" - carefully looking at routes and even has the Boonville 10K and

the Boilermaker routes plugged into her treadmill. Bill on the other hand sets a goal to be healthy and standing at the end of each race and goes with the flow. One time he found himself feeling a little competitive was at the Living History 5K where he was pretty sure he was running right behind another 70-year old in his age group. He kicked it up a bit to overtake him before the finish!



Sue averages about 20-24 miles a week and Bill is right behind her logging 16-17, getting out about three times per week. They also go to the gym three times a week, which is something they started about 5-6 years ago to increase their strength and work other muscles on their days off from running. They take part in Body Flow classes, Spin classes and have worked with a trainer. The cross training and taking recovery days seriously keeps them strong and healthy.

Bill is down about 30-40 pounds since retiring and starting to run, which has a lot to do with the exercise, but also with practicing better nutritional habits. He





also likes to get a nap in when he can with his 18-month old grandson Brycen. The Luleys are big fans of recovery days to let muscles repair and their advice to runners of any age is to get out and get moving. They also suggest making adjustments as you age, carefully seeing what your body can handle. Sue shares that she really just competes against herself, so she listens to what her body tells her.

They like to stay relatively local for their races and you'll see them at many UR training events and participating in the Grand Prix, where in 2019 Sue finished first in the 65-69 age group and Bill took home first in the 70+ age group. Sue ran her first and only marathon a few years ago at age 63 at Wineglass and Bill ran his first half marathon at the Erie Canal Half last year at age 70. Sue has earned her red jacket and also finished an impressive second place in her age group at the Boilermaker in 2019! One destination run they may like to do is the Hot Chocolate Run in Seattle –their oldest son (a senior chief in the Navy) lives in Washington State with three of their grandkids and it would be a fun race to do with all of them.

With a pretty rough start to 2020, the Luleys will see how things go with the local races and will be ready to go! Next time you see them, and it's safe to do so, give them a high five for being great role models in the running community. We appreciate them motivating others to take on new feats, to enjoy the journey and to stay safe and healthy. ■

**Editor's note:** *I would like to send a huge thank you out to Bill and Sue for working so hard each month proofing SpliTimes and helping get it in tip top shape to send out to our members and other readers. They are an amazing second and third pair of eyes for us and it is much appreciated!*

## When Your Marathons Cancel

by Bill Callahan



The Marathon. A bucket list race for many and each person runs one for different reasons. Many of us scheduled one for this spring and started training at the end of 2019. It was the way we wanted to kick off our decade. I was lucky enough to get into two marathons.

I've raced for the last five years with the goal of raising money for cancer research in memory of my father. My ultimate goal was to run all six World Major Marathons as my final tribute to him. Chicago. Berlin. Boston. NYC. All done!

Last summer, I was notified I would be able to run the Tokyo Marathon on March 1, and to my surprise last fall, I was invited to compete in the Abbott Masters World Marathon Championships based on my marathon times in Berlin (2018) and Boston (2019). The event was scheduled to be held at the London Marathon. I was beyond excited that I was starting off 2020 and my goal was in sight in only 2 ½ years!! I could almost feel that final medal on my neck. Then the pandemic hit.

With about a week and a half to go before the race, we got word that Tokyo cancelled the race to non-elites. My first reaction was @#%&! Next, I spent hours on the phone trying to see what I could do for my hotel and airfare. I finally got that settled. But, what was I to do now? There are always several options for how a runner can move forward. I chose to Reset, Remember and Reconnect.



My assumption was that London would also be cancelled, so my mind went to having fun with running. The stress of performing dissipated and my almost daily runs were used to clear my head and focus on what I could control. I signed up for the Heart Run and set out with a group of running friends to have fun with it. We did and six of us finished it in under two hours. We had a blast!

I also took time to remember this last training period I went through. I've never had so much fun! Between running through the winter and seeing Christmas lights, doing long runs with an incredible group of guys, and remembering why I got into this great sport, the "pro" list easily outweighed the "con" even though the marathons were cancelled.

One of the biggest "pros" - I got more time to connect with my family. With our boys, Lindsey, and I all at home, and hectic schedules gone, we have been spending a lot more time together. Taking family walks and runs with Liam are the new normal. My favorite race is now the daily half mile at PE time.

From afar, I was also watching what other runners were doing. Between social media and running apps, I saw countless members of our running community having fun and making the most of the situation. It was enlightening and motivating to see people out there smiling in pictures. We're also making plans to stay connected while helping out local charities and businesses in the process. To me, that is what the running journey is all about!

My ask for all runners is to lead through running—not only for you, but also to put smiles on the faces of others who may be worried about everything going on around them. Smile. Wave to people. Sign up for our UR April Scavenger Hunt and/or another virtual race to help others. Whatever you can do to inspire and encourage others through this time has

never been more important. Runners are some of the most positive people I know, and at times like this, we can have a powerful influence in helping others. We have a chance to lead by action through these trying times. Our races will come back and we will be together again at the start line soon. It will be epic. And as much as I'm looking forward to seeing everyone at the finish line, we also have an important opportunity to help right now, and we should embrace it. Please keep running and keep looking for and sharing the bright spots along your journey.

As for my two marathons remaining – October 4 and March 7, 2021 are circled on my calendar and the extra build-up to these races will make them even more meaningful. Crossing those finish lines, saluting my Dad, and getting that Abbott medal will undoubtedly be amazing, and the story of how I finally got there will be nothing short of unforgettable.



*The Abbott World Marathon Majors  
is a series of six of the largest and  
most renowned marathons in the world -  
Tokyo, Boston, London, Berlin, Chicago and NYC.*



**LEARN MORE**

## Rest and Recovery: Ideas for R&R

*by Mike Winkler*



Well, it's April! I had written this article with the racing season in mind, and the temptation to get caught up in running fast becoming a trap for some of us, but things have changed QUITE A BIT! So, this month's focus has changed toward recovery through visualization and mental exercise, with minimal racing on the plan.

While studying vocal, violin, and guitar pedagogy, I had the pleasure of working with a certified Feldenkrais practitioner. In short, Feldenkrais builds awareness through finite movement, and in some cases strictly visualized movement. The connections I made from using Feldenkrais in my musical studies have transferred tenfold to running. I was able to practice with no instrument, and imagine myself going through the movements of practice.

For running, I've found this to work wonderfully on recovery or rest days. Try resting in one of your favorite spots. Relax your eyes and body, and picture yourself walking, jogging, or running one of your desired routes. Breathe at a comfortable rate, and let your mind take you on a physical journey of running your known effort, and known movements.

This works very well with runs and routes you've already been on, as those tend to be "burned" into your memory more than a route you've yet to tackle. For example, I love running up Graffenburg Road from the Parkway in Utica up to Stonebridge Golf Course. I mentally prepare myself in advance by picturing myself traversing the climb comfortably and slowly. This also works great for all types of incline or decline, as you can visualize yourself moving at different efforts, and adapting for all the different efforts your known routes have to offer.

Here is a link to feldenkrais, if you'd like to explore more! <https://feldenkrais.com/>



***Hope all your running is going well, and continue to practice healthy, safe activity!***

# Development Run Records

Originally Compiled by Howard Rubin , Annually Updated by George Searles

## 2 MILE

### MALE

Brian Fullem	9:16 (1986)
Jerry Lawson	9:29
Pete Pazik	9:32
Scott Humphrey	9:33
Ed Bruni	9:38
Dave Buskey	9:41
Mike Bronson	9:42
Dave Garner	9:46
John Soggs	9:50
John Thorpe	9:53

### MALE MASTERS (Age 40 & Over)

John Thorpe	10:12 (1992)
Robert Douglas	10:21
Jim Fiore	10:50
John Ford	11:14
Kevin Morrisroe	11:22

### MALE GRAND MASTERS (Age 50 & Over)

Jim Dever	11:56 (2000)
Rob Walker	12:26
Paul Owens	12:54
Glenn Reaves	12:55
Bill Guglielmo	12:57

### FEMALE

Beth Hart	11:34 (1987)
Ellen Hull	11:39
Ellen Kissane	11:39
Jackie Kosakowski	11:50
Gina Abraham	11:57
Beth Herder	12:01
Kathleen Billington	12:04
Laura Candido	12:11
Samantha Stedman	12:26
Najda Okanovic	12:30
Stacy Tyksinski	12:30
Debbie Szalko	12:31

### FEMALE MASTERS

Sue Sievers-Corrigan	13:01 (2000)
Shirley Oddy	13:17
Kim Goodson	14:11
Marisa Greer	14:13
Brenda Bashant	14:16

### FEMALE GRAND MASTERS

Gail Vernold	14:09 (1999)
Virginia Truax	14:23
Sandra Banas	15:48
Ellen Tommell	16:07
Beth Talbot	16:12

## 5K

### MALE

Nick Ashton	16:28 (2009)
Jordan Angerosa	16:43
Robert Inglis	16:49
Lawrence Minor	17:26
Jeremy Ruston	17:35
Zakaria Adam Djouma	17:36
Robert Gigliotti	17:50
Alec Ambruso	18:13
Aaron Burke	18:17
Jerry Krauss	18:17
Michael Brooks	18:18

### MALE MASTERS (Age 40 & Over)

Louis Rugari	19:28 (2016)
Gary Hurta	20:36
Eric Kasper	20:52
Paul Humphrey	21:52
Steven Eddy	21:54

### MALE GRAND MASTERS (Age 50 & Over)

Dan Stedman	21:25 (2017)
Eric Kasper	21:28
Jim Owens	21:47
Lennie Davis	22:36
Tim Hoffman	23:09

### FEMALE

Dana Cooreman	17:57 (2009)
Hannah Bushey	18:50
Claire Rady	18:50
Kelly Zegarelli	18:59
Amy Robinson	19:21
Dominique Bevivino	19:58
Zam Zam Adam	20:17
Courtney Kinne	20:46
Clare Halpin	20:53
Savannah Boucher	20:55
Brianna Byers	20:59

### FEMALE MASTERS

Stephanie Flack	24:49 (2013)
Amy Hurta	26:30
Kathleen Gates	26:58
Debra Ruggio	27:09
Mary Ann Wilkinson	27:28

### FEMALE GRAND MASTERS

Tricia Shaugier	24:11 (2016)
Virginia Truax	26:41
Sue Luley	26:47
Terry Kupiec	26:56
Suzanne Hill	27:52

# Development Run Records

Originally Compiled by Howard Rubin , Annually Updated by George Searles

## 10K

### MALE

Jerry Lawson	31:56 (1986)
Ed Bruni	33:13
Dave Brucker	33:18
Dave Garner	33:32
Mike Rinko	33:37
Pete Pazik	34:07
Henry Rono	34:08
Jay Frisillo	34:09
Lance Denning	34:11
Dave Buskey	34:12

### MALE MASTERS (Age 40 & Over)

Tom Smith	35:49 (1999)
John Thorpe	35:51
Steve Walrath	36:30
Jim Fiore	37:00
Lennie Martin	37:02

### MALE GRAND MASTERS (Age 50 & Over)

Tom Smith	36:20 (2003)
Jim Andrews	40:11
Jim Dever	40:14
Jim Newlove	40:20
Larry Reyes	41:05

### FEMALE

Patti Weigand	37:05 (1995)
Shana Ruszkowski	37:13
Heidi Gerken	37:39
Lisa Spina	38:47
Barbara Griggs	39:09
Meghan Furner	39:34
Cathleen Willy	39:36
Nicole Branck	39:43
Amy Netzband	39:45
Ellen Hull	40:10

### FEMALE MASTERS

Sue Sievers-Corrigan	42:02 (1999)
Felisa Houck	42:17
Ann Mamore	43:41
Nancy Frisillo	43:59
Tanya Gomez	44:13

### FEMALE GRAND MASTERS

Nancy Frisillo	45:34 (1997)
Virginia Truax	45:43
Carol Kogut	46:19
Ann Robinson	47:45
Gail Vernold	49:05

## 2020 Student Scholarships

### 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/>

# splitimes



UTICA ROADRUNNERS

Our monthly newsletter is emailed to over 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!



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Race name: \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

- ☐ May 2020
- ☐ June 2020
- ☐ July 2020

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

☐ Yes ☐ No

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