

splitimes

March 2020

The Official Newsletter of the Utica Roadrunners



In this issue:

Take Action!	5
4 Race Challenge	6
St. Patrick's Day Mad Mile	7
Member Accomplishments	16
2020 Grand Prix Race List	18
Thursday Night Runs	22

Member Articles

R&R by Mike Winkler	5
Article by Terry Dwyer	17



UR Banquet
Photos & Awards
page 8



Member Spotlight:
Karen Randall
page 20



H.S. Athlete Spotlight:
Bianca Durso
page 23

March
2020
Utica Roadrunners
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All payment, copy, advertisements and race applications
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Useful Links:

Utica Roadrunners Facebook Page

People Who Run For Fun Facebook Page

Utica Roadrunners Wednesday Night Development Runs

Club Handbook

**MEMBER
BENEFIT**

\$100/YEAR **MEMBERSHIP** Carbone Athletics at
the mill

587 Main St #202, New York Mills, NY 13417

**MEMBER
BENEFIT**

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MEMBERSHIP** 

5241 Judd Rd, Whitesboro, NY 13492



President's Message

by Jim Mott

" I run because long after my footprints fade away, maybe I will have inspired a few to reject the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go."

-DEAN KARNAZES

Hello Roadrunners and welcome to March!

This month's quote is from the Ultramarathon Man himself, Dean Karnazes. You can't find anyone more inspiring than Dean in my opinion. When I read *Ultramarathon Man* by Dean, I was truly amazed by his story. The accomplishments since he wrote that book have been simply off the charts. In 2006, Dean embarked on a quest to run 50 marathons during 50 consecutive days in each of our 50 states. Not only did he complete the task but his 50th marathon was in New York City and he ran it in 3 hours and 30 seconds. His 47th marathon was in Delaware and I made the overnight journey to meet him there and be one of the lucky 50 runners to run with him. I had the chance to observe and talk to the man. I was even lucky enough to cross the finish line with him as you can see in the picture. It was truly one of the greatest and most rewarding days in my life. That is one of the many gifts of our sport. If you have a chance, take a risk and go out of your comfort zone. The rewards can be life changing.



We had a busy February that kicked off with our **Boilermaker Training Program** at Accelerate Sports in Whitesboro. It is the first time we have used the facility and it is working out great! Cole and Tracy Perkins have done an amazing job in organizing the program. We have had guest speakers, huge numbers, lots of new runners, and a new mentoring program that is matching up veteran runners with the novice runners. The Boilermaker Training Program meets every Saturday starting at 7:30 am at Accelerate. All Roadrunner members get the special deal of use of the indoor track for an annual fee of \$50!

February also marked the month of our **Annual Awards Banquet** held at Harts Hill Inn in Whitesboro. The entire evening was a hit thanks to the hard work of Bill Callahan and Jen Bachelder. We had a great crowd and fun was had by all in attendance. Ryan Misencik served as the DJ and there was nothing but positive energy all night. I was thrilled to see the smiling faces of all the deserving award winners and for all those who received their red jackets. Bill, Jen, and Laurie Hennessy put a great deal of thought and effort into the planning and it showed.



PRESIDENT'S MESSAGE (CONT.)

Looking ahead, it is time for **America's Greatest Heart Run & Walk** on Saturday, March 7. The Roadrunners will have a presence at the expo so please stop by and say hello to us. We are also forming a team in which you can join by going to our webpage. Speaking of our webpage, Rocco Fernald has done a great job updating it as you can now find the minutes to our Board meetings, view our updated 2020 UR handbook, and also see the application for the UR Paul Ohlbaum and Howard Rubin Scholarships. Also be on the lookout for our comprehensive Race Calendar of all the area races coming up.

First up on that Race Calendar is the **Mad Mile** presented by our friends at The Sneaker Store. The Mad Mile is on Saturday, March 14 and is the first race of our Grand Prix this year. The Mad Mile will also be a part of our new **Triple Crown Age-Graded Challenge**. Those who participate in the **Mad Mile, Marcy 5k**, and **Living History 5k** will have their times combined and we will crown a champion for male and female at our Annual Awards Banquet in 2021!

2020 has been moving quickly and we are looking forward to all the great events the year has in store. That, of course, includes our **Four Race Challenge** that kicks off with the **Save Our Switchbacks Race** on Sunday, April 26. The race will be directed this year by Mike Kessler. This year we will be holding our packet pick up at The Fitness Mill on Saturday, April 25. Don't forget the great deal all Roadrunner members get there as they have full use of the facility for only \$100 a year.

Stay healthy and I look forward to seeing you all out on the roads!

Jim

Letter from the Editor

by Michelle Truett

We are so lucky to live in the northeast where there is plenty of outdoor recreation and exercise available to us. Alex and I got a frozen 5 mile morning run in a couple weekends ago, followed by some shredding at Woods Valley in 40 degree weather in the afternoon. It was an epic day.

You've seen more member-written articles over the past couple of months and I've heard great feedback on them. If you have anything you'd like to write about or share that will be beneficial to our running community, let's talk. You don't have to write a lot and you don't have to write every month. We have a team that can help with the writing and the editing, but we need your expertise and great ideas.

Enjoy this issue – it was a joy to put together, especially with all the banquet photos. That was an amazing, motivational night. Our members worked incredibly hard in 2019 and are an inspiration to me.

Thanks and see you out there!



Take Action!

Join the Roadrunners
or renew your
membership online today!

JOIN OR RENEW

Join us!



Friday, March 6, 2020 • 6:00pm
Clinton Ale House
43 Meadow St., Clinton

Save the Date for our first
race of the season!



4/26/20

2019 Results



1st Place
Kuyahoora Kickers ~ 2495.92
2nd Place
Roman Runners ~ 2104.66
3rd Place
Utica Roadrunners ~ 2004.06
4th Place
Toepath Trekkers ~ 1648.93
5th Place
Mohawk Valley Hill Striders ~
1584.25

Member Article

Rest and Recovery: Ideas for R&R

by Mike Winkler



Last month, I discussed walking as a form of rest and recovery. In short, walking allows you to stay active, while enjoying fitness on a low impact level. This month's article is how to approach recovery running, and become a bit more active on your days off while keeping the impact to a minimum.

Many of us have caught the running "bug" over the years.

At times, it can be difficult to take a full day (or two) of rest. Recovery running at a pace and/or heart rate a notch lower than your average easy day, is a fantastic way to keep active while reducing impact on your body.

Here are a few tips for approaching recovery running:

1. Aim to stay off hills, and keep your recovery run flat with little to no elevation gain or loss.
2. Choose a softer than usual surface: trails, loose fine gravel, or a good old track.
3. If you use a watch, try setting the screen to only show your heart rate without a lap alert. Just go out and run at a low heart rate (somewhere in the liberal range of 100 - 130 bpm, depending on age and fitness).
4. Focus on feeling, and what your body is telling you. You should be breathing very easy, and talking almost as if you're standing still or walking.

Are you up for the challenge?!

UTICA ROADRUNNERS 4 RACE CHALLENGE



Registration is now open for our 4 Race Challenge.

DEADLINE: APRIL 5

The 4 races in the series will be as follows:

April 26 - Save Our Switchbacks

June 21 - Summer Sizzle

September 27 - Falling Leaves

October 11 - Skeleton Run

REGISTER NOW



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

the great american
IRISH Festival 2019

It's Back!

**SATURDAY
MARCH
14th**

**THE ST. PATRICK'S DAY
MAD MILE**

STARTS AT 9:45! **LIMITED ENTRIES
DON'T GET SHUT OUT!**

SPONSORED IN PART BY
the sneaker Store

PARADE STARTS PROMPTLY AT 10AM

ST. PATRICK'S DAY PRADE

UTICA • NY

THE GREAT AMERICAN IRISH FESTIVAL

**BENEFITS THE IRISH
CULTURAL CENTER &
JESSICA COOPER SCHOLARSHIP FUND**

WWW.RUNSIGNUP.COM/RACE/NY/UTICA/STPATSMADMILE

UR Annual Banquet

THANK YOU to Jen Bachelder and Bill Callahan for all of their hard work and excellent MCing and to Ryan Miscensik for DJing at our annual awards banquet on February 8, 2020



Male Roadrunner of the Year
Dave Putney



Female Roadrunner of the Year
Sue Luley



Most Improved Male Runner
Mike Winkler



Most Improved Female Runner
Cheryl Burmaster



Volunteer of the Year
Andrew Rubino



Ed Bruni, Sr.
Inspiration Award
Sharon Stedman



Robert H. "Coach" Carlson Distinguished Service Award
John Gilligan



Utica Roadrunners Hall of Fame Award
Gary Burak



Frank D'Allesandro Training Volunteer Award
Cole & Tracy Perkins



Distinguished UR Supporter
The Sneaker Store

Club President's Award: Rocco Fernald & Rick Gloo

UR Annual Banquet

Congratulations to our 2019 Red Jacket Recipients



Top row: Mike Winkler, Grace Saxe, David Saxe, Karen Piccola, Cheryl Burmaster, Christopher Edick, Julie Buehner, Danielle Fite, Andrew Rubino and Laura George

Bottom row: Lisa Walchusky, Nate McMurdy, Ashley Mancini, John Gilligan, Anne Marie Latshaw and Jeffrey George

Golden Shoe Awards



Jen Bachelder
Melissa Lanphier
Robert Scanlon
Bill Callahan
Scott Neary
Jess VanValkenburgh
Christopher Edick
Karen Piccola
Laura George

Charles Kane
Missy Scanlon
Cheryl Burmaster
Lauren Murphy
Sharon Stedman
Tom Durso II
Tracy Perkins
Mike Winkler
Dave Saxe

Sharon Scala
Julie Buehner
Ashley Mancini
Dan Stedman
Melanie Crisino
Cole Perkins
Lisa Walchusky
Jeffrey George
John Gilligan

Melissa Barlett
Sue Luley
George Searles
Harry Campbell
Kelly O'Bryan
Jean VanValkenburgh
Danielle Fite
Andrew Rubino
Grace Saxe

2019 Mileage Chevrans

1000 miles

Julie Buehner
Melanie Crisino
Tom Durso II
Scott Ferguson
Danielle Fite
Jeffrey George
Laura George
Leroy Hodge
Susan Luley
Nate McMurdy
Kelly O'Bryan
Andrew Rubino
Grace Saxe
Lorrie Tibbits
Steve Tibbits
Lisa Walchusky

1100 miles

Charles Kane
Ashley Mancini
Joanne Reese
Myron Thurston
Jessica
VanValkenburgh

1200 miles

Cheryl Burmaster
Anne Marie Latshaw
Cole Perkins
Sharon Scala

1300 miles

Melissa Barlett
Christopher Edick
Sara Hanna
Karen Piccola
Daniel Stedman

1400 miles

Wayne Murphy
Chris Potocki

1500 miles

Tim Kane

1600 miles

John Gilligan
James Latshaw
Scott Neary
David Saxe

1700 miles

Gary Burak

1800 miles

Ryan Misencik
Mike Winkler

2000 miles

Thomas Joslin

2100 miles

David Putney

2300 miles

Jennifer Bachelder

2800 miles

Michael Polidori

2900 miles

Bill Callahan

Marathoners

Jennifer Bachelder – NYC
Bill Callahan – Boston Marathon & NYC
Melanie Crisino – Mott & Philadelphia
Jeff George – Wineglass (PR 4:06:10)
Laura George – Wineglass (PR 4:45:35)
Charles Kane – US Airforce
Anne Marie Latshaw – Marine Corps (PR 4:37:20)
James Latshaw – Pittsburgh (PR 4:43:50)
Ryan Misencik – Rehoboth Beach & Chicago
Wayne Murphy – Shamrock & Marine Corps
Scott Neary – Marine Corps
Cole Perkins – Old Forge & Empire State
Karen Piccola – Wineglass
Michael Polidori – Wineglass (PR 2:41:45)
Dave Putney – Vermont City &
Mohawk Hudson (PR 2:47:15)
Andrew Rubino – Wineglass (PR 4:31:09)
Dave Saxe – Marine Corps
Grace Saxe – Wineglass
Dan Stedman – Boston

Ultra Marathoners

"The Rockin' Chicks" – Rock the Ridge 50 Miler
Karen Piccola
Dorothy Massinger
Lisa Walchusky
Julie Buehner
Wayne Murphy – Rock the Ridge 50 Miler

Ironman

Ryan Misencik – Lake Placid
Steve Tibbits – Lake Placid

Ironman 70.3

Steve Tibbits (PR 5:32 – Williamsburg)









UR Annual Banquet

A Night For Couples!

Unique to the new red jacket recipients this year was the addition of not one but TWO married couples who tackled 1,000 miles together in 2019.

Congratulations to Jeff and Laura George and also to Grace and David Saxe on an amazing accomplishment and for supporting each other on the journey!



UR Annual Banquet



2019 Winner
Christopher Edick
*1st Place in the
Male 35-39 Age Category*

Top 3 Grand Prix Overall Points

1 – 120 pts – Susan Luley

2 – 118 pts – Eric Kasper

3 – 108 pts – Bill Callahan

Female

Female 0-14

1 - Heather Buchanan-Wise

Female 15-19

1 - Alexis LaFever
2 - Alicia Wehrenberg

Female 25-29

1 - Tesia Galliher
2 - Rebecca LaPorte

Female 30-34

1 - Ashley Mancini
2 - Carla Williams
3 - Gwen Murphy

Female 35-39

1 - Kelly O'Bryan
2 - Krista Hawick
3 - Anne Marie Latshaw

Female 40-44

1 - Danielle Bliss
2 - Cheryl Burmaster
3 - Jennifer Bachelder

Female 45-49

1 - Sara Hanna
2 - Melanie Crisino
3 - Melissa Lanphier

Female 50-54

1 - Sharon Wise
2 - Lisa Seigle
3 - Lisa Walchusky

Female 55-59

1 - Elizabeth Miller
2 - Sheila Bishop
3 - Sue Tucker

Female 60-64

1 - Sharon Scala
2 - Sharon Stedman
3 - Joselina Guantero

Female 65-69

1 - Susan Luley
2 - Paula Iannello
3 - Julie Buehner

Male

Male 20-24

1 - Mason Hedeem
2 - Josh Overrocker

Male 25-29

1 - James Kuny
2 - Matthew Zawisza
3 - Andrew Kane

Male 30-34

1 - Michael Polidori
2 - Giorgio Varlaro
3 - Michael Shue

Male 35-39

1 - Christopher Edick
2 - Michael Winkler
3 - Troy Williams

Male 40-44

1 - Bill Callahan
2 - Steve Fairbrother
3 - Tom Joslin

Male 45-49

1 - Philip Trzcinski
2 - James Latshaw

Male 50-54

1 - Paul Humphrey
2 - Eric Kasper
3 - Richard Crandall

Male 55-59

1 - David Putney
2 - Robert Scanlon
3 - Joe Campbell

Male 60-64

1 - Dan Stedman
2 - Tim Kane
3 - Douglas Barnum

Male 65-69

1 - Ray Smith
2 - Mark L DesJardins
3 - Tom Bick

Male 70+

1 - Bill Luley
2 - Richard Hahn

Member Accomplishments



CONGRATULATIONS
to Myron Thurston,
Wayne Murphy, Melanie Crisino
and Jessica Van Valkenburgh
for their Lake Effect
Half Marathon finishes!

Running After 50 and Beyond

by Terry Dwyer



“To infinity and beyond” – this is the standard response, borrowed from Toy Story’s Buzz Lightyear, I give whenever I am asked by my non-running friends and colleagues just how much longer I plan on running. Don’t your knees hurt? Wouldn’t you rather be golfing? Aren’t you getting a bit old for this? The answer to each of these questions is no. What they don’t realize is that although I’m in my late 50s, my running life is still in full bloom and there is no sign of stopping. However, while I have been running since my grade school basketball days, it has only been over the past decade I’ve learned to relax when it comes to training and racing. It took a while to get to this stage, but as I moved up into each new age category, I found that running smarter, not harder leads to some pretty good results. Instead of obsessing over training paces and race finish times, I have become increasingly focused on the holistic aspect of my running. What does this mean? For me it is a matter of a few simple rules I now follow that I never would have permitted myself to do in the past. They are: 1) Embrace the slow training run. There is no need to pound out those fast, weekly miles. One to two weekly quality sessions with a weekend long run spaced by easy recovery runs keep my legs fresh and injury at bay. Running slower in training sessions has its purpose and as much value as those quality sessions; 2) Hit the weights. The value of resistance exercis-

es, particularly for the upper body, contribute to good running form and cut down on injury. I like to focus on shoulders and arms for good form and core exercises, especially hip flexor and upper thigh, for powering my leg turnover; 3) Take a rest day at least once if not twice a week. There is no harm in not running every day. Rest days allow the body to recover. When my body tells me not to run but still feels like I need to do aerobic work, I hit the elliptical or the rowing erg. My next day runs are fresher, and I usually do these as up-tempo quality sessions. These three rules are not overly complex, in fact they may seem to make complete sense as you read them, but they are often resisted because they are counter intuitive to many runners. Even though it took a bit of time, with some injury and frustration along the way, for me to latch onto these rules, I plan on sticking with them as I continue to run through my 50s and beyond.

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

Coming up...

grand prix 2020

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. 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. [LEARN MORE](#)

Introducing the 2020 Utica Roadrunners Grand Prix Races 2020

3/14/20	St. Patricks Day Mad Mile	1 Mile	Saturday
3/29/20	Fort to Fort 10K Run	10K	Sunday
4/26/20	UR Save our Switchbacks	7.5K	Sunday
5/2/20	MVCC Ted Moore Run	5K	Saturday
5/17/20	Erie Canal Half	1/2 Marathon	Sunday
6/7/20	Marcy 5K	5K	Sunday
6/21/20	UR Summer Sizzle	5 Mile	Sunday
7/12/20	Boilermaker	15K	Sunday
7/25/20	Honor America Days 5K Parade Run	5K	Saturday
8/21/20	Woodsmen's Field Days 10K Run	10K	Friday
9/12/20	Living History & Erie Canal 5K	5K	Saturday
9/27/20	UR Falling Leaves 14K	14K	Sunday
10/11/20	UR Skeleton Run	5K	Sunday



America's Greatest Heart Run & Walk is on Saturday, March 7, 2020.

Please consider joining or donating to the Utica Roadrunners Team this year. Whether you plan to walk or run you can help us meet our team goal and help fight Heart Disease. Or donate to our team - our goal is \$1,500

The following events are available:
3 & 5 Mile Walk or 3, 5, 10 & 18 Mile Run

[JOIN OR DONATE](#)

**YOU CAN
STILL
JOIN THE
GROUP!**

BOILERMAKER TRAINING PROGRAM



at the Accelerate Sports Complex

5241 Judd Rd, Whitesboro, NY 13492

WHAT IS IT?

A Utica Roadrunners-run training program that works you up safely and successfully to the Boilermaker 5K or 15K! After the first seven weeks at The Accelerate Sports Complex, we move the runs outdoors and follow predetermined routes that give you a solid base and then increase mileage each week to get to 9.3 miles. Many of the routes follow the actual Boilermaker route so you can get familiarized with it.

WHEN IS IT?

Every Saturday morning starting at 7:30am (sharp!) from February 1st right up to the Boilermaker July 12th. You will get a schedule on the first day to know the routes ahead of time and to get suggested training for during the week.

WHO CAN DO IT?

ANYONE! Doesn't matter if it's your first Boilermaker and you've run no further than to your mailbox OR if you're a veteran runner looking for motivation and a great group to run with. There will be people of all ages and abilities in the group. We guarantee you will find some lifelong friends by joining!

WHY DO IT?

Why NOT?! You'll have a group of friends ready to run with you every week (which will definitely get you out of bed!), you'll have seasoned runners to tap into for advice, there will be volunteers on the course hydrating you and keeping you safe on the streets and so much more. 100% of our participants have crossed the Boilermaker finish line for multiple years. We think it's the BEST training program around! So again... why NOT?!

DO I NEED TO BE A UR MEMBER?

Yes, please! It's a great deal though - only \$25 for the year for an individual), \$30 for couples or only \$40 for a family. You'll get local running news throughout the year and other benefits. Sign up right on our website:

<http://uticaroadrunners.org/membership/join/>

QUESTIONS?

Give coordinator **Cole Perkins** a call at (315) 813.1070 or email him at cptrainer320@hotmail.com. He's got you covered.

Member Spotlight



A Grateful Runner

MEET KAREN RANDALL

You've seen her out there. You may know her as "the girl with the head bands," "that really fast girl," "Cal's mom," "Mike's daughter" or "Mrs. Randall" when running into her students. She wears many hats with grace and pride and we wanted to share a bit more about Karen with our running community because as much as she feels grateful to have running in her life, we are grateful to have her in ours.

Karen was born in Utica but grew up in Holland Patent. She attended Herkimer County Community College and then went on to earn a dual certification from Ithaca College in Health and Physical Education K-12 and a Masters from SUNY Cortland in Health Education. She is entering her twentieth year as a physical education teacher –she began in Morrisville and now has been in the New Hartford School District going on seventeen years.





She has been a runner for almost her entire life and was inspired by her dad Mike Sears, who is somewhat of a local running legend. Mike started seriously running in the 1980s and family vacations and trips usually followed the locations of Mike's races, which made for amazing memories. Mike's best friend is fellow local runner Dave Jones - they met when they literally ran into each other on the corner of Proctor Blvd. and Genesee Street. Together, they started the Thanksgiving Day Run. Mike was also the coordinator for the America's Greatest Heart Run and Walk for over a dozen years. He has run hundreds of races and holds an impressive 2:36 marathon PR.

During Mike's races, sometimes Karen would participate in a Kid's Run. It could have been the runs themselves or the awesome pencil case she won at one race that sparked her competitive spirit, but whatever it was, it definitely resulted in a deep love for the sport.

In high school, Karen ran the 400m, 400 hurdles and 4x400. She continued running in college doing the 1500m, 400 hurdles and the 4x400. From there it never stopped being a part of her life and now at 42 years old, she continues

to get stronger and faster. She added CrossFit into her regiment just over a year ago, which has made an incredible difference for her. You can see her at many of the popular local races putting in impressive times. Her best times include a 20:35 5k, a 10k in the low 40s, a 54:18 12k, a 66 minute Boilermaker, a 1:36 half marathon, a 3:52 marathon and a 6:13 mile. She was a Boilermaker pacer for the first time in 2019 and will be back at it again this year.

The Randall family is pretty busy. Karen's husband John is the Parks Supervisor for the Town of New Hartford, is the president for the baseball league and coaches varsity basketball. Her son Cal (named after Cal Ripken!) is a three sport athlete, playing football, basketball and baseball. She fits running in while everyone else is sleeping. She gets up at 4:50am and is ready to run by 5:15am. Her bedtime is usually around 9:00pm. Just reading that schedule might make you tired and frazzled, but when you hear Karen talk about it, she is inspired, laid back and balanced. With running, her advice is to be smart about it and to always run how you feel. Everyone is different in their running journey and she encourages you to listen to others AND yourself, to take advice and to customize your running experience to something that works for you and is enjoyable to you.

Karen is so grateful for the life she's had. She had the best childhood she could have imagined, is in the midst of a great professional career, an amazing support system of family and fellow runners and feels grateful to have the ability to continue running, still push herself and to be an example for Cal. Running has provided her with opportunity, adventure and balance and it's only getting better.



Thursday Night Runs at the



One of the great traditions of the Utica Roadrunners is the Thursday Night Run held at The Fitness Mill! Back in the 1990s, the run brought dozens of runners each and every week. Over the years, the numbers have diminished and we are excited to try to bring them back to their former glory.

Every Thursday night, Utica Roadrunners are welcome to come to The Fitness Mill at 5:30pm. They can check in and get ready to run at 5:45pm for a run of two or more miles. Runners of all abilities are welcome and they may keep the course flat or go tackle the likes of Heartbreak Hill to get ready for The Heart Run & Walk.

Once the runners are done, they are welcome to reconvene at The Fitness Mill, take a shower, and plot out the rest of the night's events. For those who want to enjoy the use of the facilities of The Fitness Mill each and every day, they are offering a wonderful deal for a yearly Corporate Club membership of only \$100!

Come join the fun and start training for all those great Utica Roadrunner races in 2020!



H.S. ATHLETE Q&A

Bianca Durso

School: New Hartford Senior High School

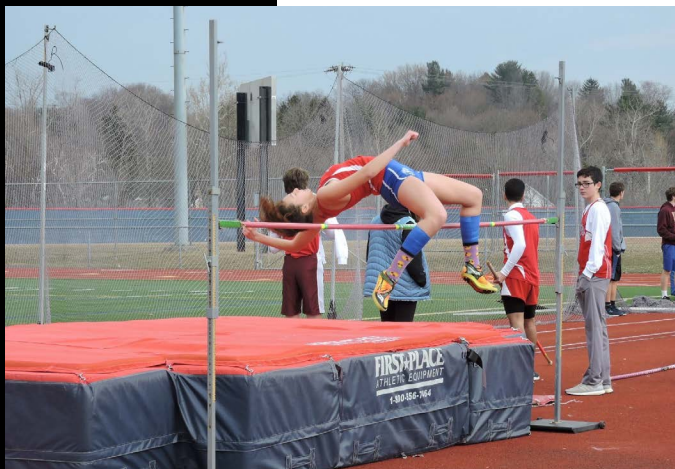
Grade: 12

When did you start running?

When I was about four or five I used to do the kids development run with my dad every Wednesday night over the summer, however I didn't really start running competitively until my 7th grade year when I joined modified cross country.

What inspired you to start?

I wish I could say that it was something super deep and inspirational that inspired me to start running, however it was simply that my neighbor was the coach. At a summer block party she commented on the fact that I had long legs and asked if I had considered cross country. I thought she was crazy because I hated running however, I wasn't doing a fall sport so I decided to give it a try. By the end of the season I loved running and I loved the camaraderie of the team so I decided not to play school softball so that I could run track. Later when I was in ninth grade I also gave up basketball to run indoor track.



What distances/events do you compete in?

Over the years I have competed in almost every single event. I've done the 55m hurdles, 100m hurdles, long jump, triple jump, high jump, shot put, the 4x400, the DMR, the 800, pentathlon, the 400, and weight throw. You name it and odds are I've tried it once or twice in a meet. I even tried pole vault once (I was terrible). My favorite and main event is high jump. Even as my love for running has begun to fade, it has been high jump and the team that has kept me with this program.

What have your biggest accomplishments been so far?

For high jump in track I have won a number of meets including the Ed Wadas Invitational at Whitesboro last year and the TVL championship meet the past two years for indoor track. I have qualified for state qualifiers numerous times for high jump in both indoor and outdoor. This year I will also compete at state qualifiers on February 25th. This past fall my cross country team won sectionals for the first time under this coaching staff. It was a dream as Coach Andrea Lewis and my

teammates worked so hard for the past four years to build this team and program and then to be part of the team to see all the hard work come to fruition my senior year.

What does the future hold with you and running?

I hope to continue running with college, however only one of my top three schools has a program in which I would be able to run for. Education comes first but if college level track is an option for me at the school I choose I will of course pursue it. If I do not run track in college I will most likely take a break from running as after six years of competition running my body and mind may need it. Running has greatly impacted my life in many ways and will most likely be something I come back to throughout my life.

Do you have any other sports aside from track?

When I was younger I tried almost every sport – I danced, did gymnastics, played softball, and basketball. As I've grown up I haven't had time to pursue all these sports, therefore the only varsity sport I played and currently play is cross country, indoor track, and outdoor track. In college if I do not run competitively I would love to play intramural sports and try other things aside from running.





Bianca and coach Andrea Lewis



Have you received any special awards/recognitions or broke any school records?

I have been a TVL all star for track many years as well as being nominated for MVP this year for indoor track. (voting is still in progress)

What piece of gear can you not live without?

When it comes to track I am very superstitious. One of the most important things to have in being a good jumper is consistency, therefore I try and be consistent in every aspect including what I wear. Although there is some variation from meet to meet due to weather, there are two things I can not jump without. The first thing is my lucky shirt. It is a gray Carhart shirt with permanent pit stains. The first time I wore it to a meet was state qualifiers my freshman year of indoor. This was the first time I cleared 5 feet. Ever since I have worn it over my jersey every single meet and put it on in between every single jump. My other superstition is my lucky socks. They originally started out as purple socks with pineapples on them that were a gift from my Spanish teacher. However after wearing those twice a week for three years they got kinda disgusting and had many holes in them. Recently I retired them for socks with otters on them to be my new lucky socks.

What is your favorite food to eat after a meet/race?

After a cross country meet my favorite thing to eat is an apple. However, after a track meet which is much longer, I will eat pretty much anything preferably something greasy and filling such as pizza, nachos or chicken tenders. I will never forget how good the chicken tenders after my first pentathlon tasted. I had no idea a track meet could be so difficult until I did five events in one meet.

When you're not running/jumping what can we find you doing in your spare time?

Running, school, and work keep me busy most of the time, however in my free time I like to spend time with my family and friends whether it be going and getting food, going to the Comets games with my dad, playing in the snow or baking with my sister, or spending the night at a friend's house watching movies.

What other activities are you involved with at school?

I am a member of Honors Society so I do lots of volunteer work for and with them. In the past I have also been in Spanish Club however this year I am not because there are too many other things to balance.

What movie could you watch over and over again?

I'm not a big movie person however I love the movie Miracle on Ice. The first time I watched it was with my dad and hockey has always been our thing that we bond over. It's a great movie and my go to for a rainy Saturday.

Do you have any pets?

We had two dogs when I was way younger (about 4) but they have since died. Since then we've had a million goldfish because my mom is super good at winning the one carnival game where you throw ping pong balls into fish bowls to win fish. However, we haven't been to a carnival and our last fish died about a year ago.

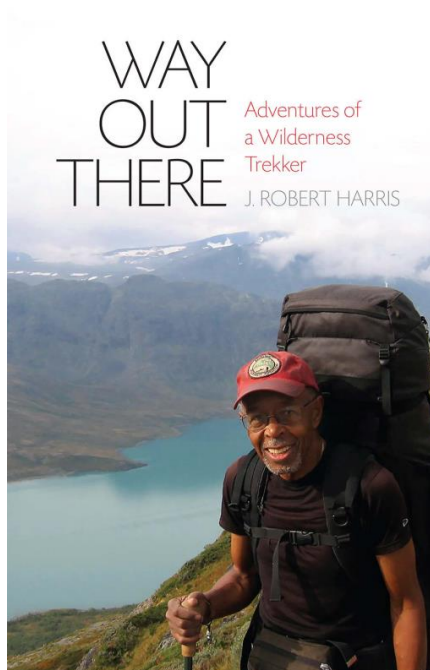
What is your running mantra?

I don't know if I have a specific but two things stick out to me when you say running mantra. Firstly it reminds me of the first 800 I ever raced. It was for my first pentathlon freshman year and I was exhausted. My coach (Andrea Lewis) didn't know what to expect so she told me to just go out and run it. About 300 meters in I was right on the first place girls shoulder. My coach's husband (Michael Carney) told me to quit playing around and start racing. I don't know what it was about that but it lit a fire inside me and I kicked it into gear. I ran a 2:40 800 and I won the race by about 100 meters. It was the first race I ever won and now whenever I'm running and need to catch someone that's what I say to myself. In addition, I've recently been struggling to do well in high jump because I am thinking too much. I have worked hard this past year going to clinics and weight lifting at SPI on top of practice to improve however, getting in my head has gotten in the way of my success. My coach (Peter Anderson) told me to stop caring so much and have fun with it because I jump so much better when I do. That is my motto going into most likely my last meet of the indoor season.

GUEST SPEAKER J. ROBERT HARRIS

ABOUT

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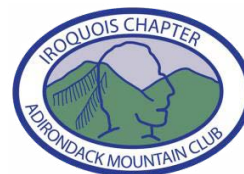
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