

splitimes

May 2020

The Official Newsletter of the Utica Roadrunners



In this issue:

Scavenger Hunt Photos	8
Student Scholarships	9
Awesome Stuff	13
UR Crossword Puzzle	14
Advertiser Article from Boom! Energy Bar ...	22

Member Articles:

Introducing Jane by Andrew Rubino	6
Article by Terry Dwyer	12
UR Club History by Gary Burak	18
4 Race Update by Jim Mott	21
R&R by Mike Winkler	24

UR Speaker Series: Jane Vongvorachoti



page 7

Five After Five Challenge



page 10

Member Spotlight: Michael Shue



page 15

May
2020
Utica Roadrunners
Board of Directors



President Jim Mott

Vice Presidents

Activities & Events

Melanie Crisino

Administration & Finance

Rocco Fernald

Secretary Sharon Scala

Treasurer Lisa Walchusky

Past President Wayne Murphy

Board Members

Jennifer Bachelder	Tim Kane
Bill Callahan	Cole Perkins
Rick Gloom	Karen Piccola
	Andrew Rubino

Advertising

If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

All payment, copy, advertisements and race applications are due the first of the month prior to the month that your ad will be placed (NO EXCEPTIONS!).

Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

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

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

[Club Handbook](#)



A watercolor by member and former club president Sybil Johnson, updated for the times.



President's Message by Jim Mott



"The most important conversation is the one you have with yourself."

– DAVID GOGGINS

Hello Runners:

This month's quote comes from who many feel is the toughest human being alive, ultrarunner David Goggins. With our new normal we are certainly having plenty of opportunities to become one with our inner voice. It is hard to believe it has been a month. The days have blended into one another. For some, everyday has been a Friday and for others every day has been a Monday. Obviously it is all about perspective and mindset. Many of us see the opportunities to be with family and do the things we always thought we would never have the time to do. Others see this as a time where we are having our lives taken from us as we are held hostage in our homes by a crisis with no clear end. Most of us are very lucky. We have our health still and our families are safe. There are so many others though that are less fortunate. They are without jobs, income, insurance with no end in sight.

As runners, we must look at the positive – it is who we are. We can still do what we love to do. The rules of the game have changed but we can still get outside or on our treadmills and run. Others cannot say the same. As runners and as a Club, we have the power to help each other virtually and from a distance. We have the ability to use our resources and help our local businesses that are suffering and in some cases – on the verge of closing. My mission with our Board of Directors and all of you is to give something when we have to take something away. We lost the Save Our Switchbacks in April with the hopes of running it on August 16. We lost our Boilermaker Training Program, the Development Runs until at least July, and the Summer Sizzle with no new date yet confirmed. For many of us, we have lost the July tradition of running the Utica Boilermaker with the hopes we can run it in September. Others had major goal races and marathons like Boston taken away.

Through all that loss, we have positives. We held the first ever April Scavenger Hunt that lasted the whole month. I cannot stress enough how hard Melanie Crisino and Bill Callahan worked on that event. Daily communication with each other and me about items, prizes, riddles, and other ideas to keep us engaged. People broke out of their routines and tried new routes in search of items on the list. I must say as a runner I never looked so hard for things in my surroundings. I also was never so happy to have an excuse to stop and take a picture. It will be hard when things get back to normal to not have the urge to report an item I found to the infamous UR Police. I also can say I got a lot of strange looks from people watching me take pictures of trash cans, empty bottles and cans, and porta potties to name a few! The event was a huge success and it was a joy to be able to see you all each and every day and then sit back and listen to the nightly karaoke of Jim Latshaw Live and Direct at Studio L. We raised over \$1,500 and we were able to help our friends at The Sneaker Store, CNY Racing, Babe's, and Saranac. Speaking of the UR PD, their identity will be revealed on May 1.



PRESIDENT'S MESSAGE (CONT.)

On May 1 from noon - 3pm, we will have curbside pickup of your prizes if you were one of the lucky ones during the Scavenger Hunt. The UR PD, will be there with me and some of the great staff at The Sneaker Store to deliver your prizes and also promote our next great event in May - The FIVE after FIVE. The FIVE after FIVE is a 15 day challenge from May 6 - May 20. The theme is a 15 day post celebration for Cinco de Mayo. May 6 is also the date of what would have been our first Development Run. Choose to run a 5k every day, 5 miles, a mix of both, 50k or 50 miles during the 15 days. Any way you want to mix it up to meet the challenge. If you are an ultra six-pack sort of person we will have prizes for you overachievers as well - details coming soon! A number of you have already registered. If you haven't please consider it. You get a lot of great race swag and all the proceeds will go to our Frontline and First Response professionals in the Mohawk Valley.

We have a June event being planned already that Jen Bachelder and Andrew Rubino are working on and we will announce it soon. Michelle Truett has come up with the great idea of beginning a UR Virtual Speaker Series that many of you signed up for. That will start on Friday, May 8. We are honored to have Andrew Rubino's friend Jane Vongvorachoti speaking from noon - 1pm. You will be inspired by her story and in awe of her running resume. This series could be monthly or even weekly. The fact is we are not sure. Through all of this uncertainty, we must stay creative. Some races are holding out hope in July and are sticking with their race date. We can all just hope for the best. One thing is for certain - our races will look very different for a long time. That could mean no packet pickups or post race awards or celebrations and limits on registration. That will be left up to running clubs, race directors, and local governments to decide.

So for the month of May, sit back and enjoy this great newsletter. Look at the inspirational pictures from our Scavenger Hunt and read all the stories that are relevant to our times. We have some products we would like you to consider as well including the new BOOM! Energy Bar that is locally produced. You can see the deal for the month of May they are offering and read an introductory message from the owners.

Thank all of you for your continued support. We will get through this and I certainly can't wait for the day I can see you all on the roads!

Jim

Important Club Updates

BTP
DEV RUNS

The Development Runs on Wednesdays are cancelled for the month of June. Next month, we will revisit and hopefully begin in July.

The Boilermaker Training Program is still on hold. We are working on planning out a new schedule that corresponds with the Boilermaker's new date.

Our traditional Grand Prix will have to be modified due to the number of races that have been cancelled or postponed. Having races so close together impacts the competitive environment that the Grand Prix tries to embrace. Again, this will be revisited as time progresses.

GRAND PRIX

In consideration of **refunds** and **other options** for races you have already registered for, we ask that you be patient with the process. These circumstances are things we have never had to consider before. Please be sure we will do our best to do right by you, our members.

REFUNDS



Letter from the Editor

by Michelle Truett

Make peace with it.

During the first 0.1 mile of that infamous, frozen 2016 Syracuse Half Marathon (which was on *APRIL 3RD!*) my best friend Beth stepped into an icy puddle, her foot got soaked and she voiced her thoughts in ways I can't publish. My friend Lara (picture on the left with me), knowing that a rough 13 miles were ahead for us, calmly replied, "Make peace with it, _____" (another word I can't share!)

From that very moment on, that phrase has stuck with me like glue. It has some power to allow my type A-ness to accept what I cannot control or to quickly get over something that goes wrong. I've said it to myself, to my family and on Zoom calls many times in the last five weeks. The world is full of emotions right now and everyone is working through this in different ways. As runners in particular, we are being hit with lots of disappointment, fear, sadness and loneliness.

I went up Valley View the other day and as I always do, I counted the mailboxes to get me up it. It was quiet. I had on my new Brooks Adrenalines that I picked up a few days earlier from Josh at The Sneaker Store, so I was feeling good. I took some photos, paused at the top to look over the reservoir and the city and it was another pretty good solo run and another day closer to seeing the end of all of this. There was no celebratory coffee after the run with friends, but it's ok. There will be soon. Once again, I make peace with it. I can only hope that you are all healthy and doing the same... the best you can.

Thanks and see you out there... SOON!

Coming Soon!



Custom Utica Roadrunners Buffs

**CURBSIDE
PICK
UP**

**Support Our
Friends at**

**GIFT
CARD
DEAL!**

**the Sneaker
Store**

Need gear?! Call the store or email and they will make arrangements on an individual basis.

**315-736-9237 or
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 in an additional \$10

Introducing Jane

by Andrew Rubino



Jane and I grew up together on Long Island. Even though Jane and I have known each other since elementary school, we had different interests. Jane was always into soccer and was super athletic. I, on the other hand, was a slow, uncoordinated theater nerd who was into drawing and comic books. Despite our different pursuits, Jane and I were always friendly. She has always been a kind, humble, and inspirational person.

I know Jane best for being a huge role model for my younger sister, Chrissy. They got to know each other well through being on the high school track team. Every spring, Chrissy would give the breaking news over dinner about how awesome Jane performed in an event. Then, the next day at school, as part of my role of delivering the morning announcements, I read Jane's accomplishments over the loudspeaker. Through Jane, Chrissy learned about teamwork and inspiring others. As we all grew older, Jane and Chrissy continued to catch up through alumni group runs and I would continue to hear the breaking news like, "Did you know Jane is playing professional soccer now in Thailand?" or "Jane qualified to run the marathon in Rio!"

Knowing Jane and hearing her stories from my sister continued to nudge me into running casually during my senior year of college. Since then, I found my way to Utica and joined the Roadrunners. I am motivated now, more than ever, to obtain my own running goals. I am pretty sure I will not compete on a level like Jane, but I have learned from her story that I can set goals and always do the best I can to improve. I am deeply thankful to know Jane and am thrilled that she agreed to share her personal story with the club.

Upcoming Event



Jane Vongvorachoti

Olympian, elite runner, soccer player, teacher, running coach and personal trainer.

Friday, May 8, 2020
12 noon on Zoom

Take a lunch break with your running community and enjoy hearing from Olympian Jane Vongvorachoti, who will be joining us on Zoom from her home in London.

Jane will share her journey from being a successful collegiate and professional soccer player to her entry into a new sport – long distance running! Since her first road race in 2010, Jane has set 11 Thailand national records in distances ranging from 3km to the marathon and represented Thailand in the marathon at the XXXI Olympic Games in Rio De Janeiro, Brazil.

**FREE
REGISTRATION:**
[URspeakersseriesjane.eventbrite.com](https://www.eventbrite.com/ur-speakers-series-jane)

*Zoom link will be
sent to registered
participants on May 7*

Follow Jane!  @janeruns4life

Thank you for a great month!

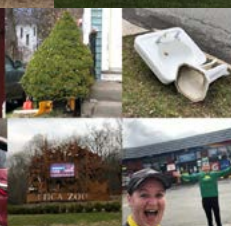
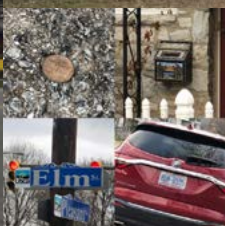
**\$1,500
raised!**



Selfie w/ a farm animal. ❤️

Utica Roadrunners Scavenger HUNT

A special thank you to Melanie Crisino and Bill Callahan for all their hard work keeping us together as a community during social distancing!



2020 Student Scholarships

Do you know of any graduating high school seniors with a running background?

The Utica Roadrunners have as our primary mission the promotion of family health and fitness through running. Each year we sponsor a number of events to help raise money for collegiate scholarships for outstanding graduating student athletes in our community. We are pleased to announce that this tradition will continue in 2020 with the Paul Ohlbaum and Howard Rubin Scholarships to the outstanding male and female applicants.

Minimum qualifications the Scholarship Board will consider include the applicant's running achievements, academic achievements and extracurricular activities. 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 this scholarship.

Please encourage your graduating seniors from your Cross Country or Track and Field teams to apply for these scholarships. Applications **must be submitted online by Friday, May 22, 2020** to be considered. This deadline is final – Applicants must **create a free account** in order to access the online application. After registering with the site, students can **complete and submit the application online**. If necessary, transcripts and letters of recommendation can be mailed to the scholarship board at Utica Roadrunners, Scholarship Committee, PO Box 4141, Utica, NY 13304; however online attachment of documents is preferred.

Any questions? Anne Marie Latshaw, Scholarship Committee Chair, axdzieko@yahoo.com



2019 Paul Ohlbaum and Howard Rubin Scholarships awards: Laurie Hennessy with students Fatime Adam, Eva Borton and Brynne Myers, and Roadrunners legend Paul Ohlbaum. (Not pictured: Joshua Farmer)

Our Next Challenge!



First Annual Five After Five Virtual Challenge May 6-20, 2020

All proceeds will go to local Frontline and First Response Professionals

Need a way to stay engaged while being socially distant?

Want to get some great race swag and help the people who are serving on the Front Lines in the Mohawk Valley?

If the answer is yes, we have just what you need!

Join the Roadrunners as we celebrate Cinco de Mayo with a 15 day virtual event. There are many ways to meet the challenge:

Run or Walk a 5k a day • Run or Walk 5 miles every day • Do a mix of 5k and 5 miles at your discretion

Run or Walk a total of 50 miles for the 15 days • Run or Walk a total of 50k (31 miles) for the 15 days

- If you want to go the extra-mile(s) and be a six-pack participant-log those miles and you may be considered for some special awards!

- You can run or walk wherever you choose-out on the roads or on your treadmill!

To sign up and get more information about the great things this event offers, sign up today!

GET THE DETAILS AND SEE THE PRIZES!

Seeing where we run the most in Utica



STRAVA

Heat Maps of the Utica Park Systems

These images are Strava heat maps, showing activity and routes taken by people wearing fitness trackers. The brighter the line, the more traffic it gets.

The top image is Roscoe Conkling Park and the bottom is T.R. and F.T. Proctor Parks. People use these maps to find new trails to run/hike and explore outdoors. Utica's Olmsted-designed parks have so many great places to explore.

Thank you to the [Central New York Conservancy](#) for posting these!



Central New York
CONSERVANCY
PRESERVING UTICA'S OLMSTED PARKS

Virtual Thumbs Up for Virtual Running Events

by Terry Dwyer



Races have been either canceled or postponed, but training has not stopped for many of us. Whether we take to the roads, remain indoors on treadmills, or do laps around the house, the runner's routine of logging training miles has not waned. However, our connection with the running com-

munity is now more tenuous. While the social part of our running lives may be missing, the virtual run is there to fill that void. For those of you who may be skeptical, hold off any judgment until you give it a try.

My first experience with a virtual run occurred in 2015 when my wife saw an ad for a virtual 10k run sponsored by Gone for a Run. The run's theme was "Log off, Shut down, and Go for a Run." Race bibs, finisher medals, and t-shirts were provided upon registration so runners had them for the run. All registered participants ran a 10k on the designated day of the event and then logged their time with the run's sponsor. There were no awards for finishing times, age group categories, or top male and female finishers. The whole idea was to get people off their computers and outside running. Participating runners connected on Facebook with post-run photos of themselves, friends, and family. Admittedly, everyone was on the honor system, but seriously, what bona fide, self-respecting runner is going to fudge the results?

The 2015 experience was my first and, until recently, my only virtual run. Enter the April 2020 Weekly Marathon Challenge sponsored by Willow Running out of Baldwinsville. The goal was to run at least a marathon a week in total mileage, record it on

a provided calendar, and submit the results at the end of the month to receive your challenge medal and t-shirt. The theme, "No Race, No Problem." The nice thing about entering the April Challenge was the goal and structure the event gave me along with the virtual connection to other runners who were somewhere out there logging in their mileage for a similar goal. Virtual runs and race challenges can be a welcome diversion these days. They also are a good entry point for newer runners looking to engage with the running community and for those still wary about entering a road race. It is the virtual and metaphorical equivalent to dipping your toe in the water before you swim.

This month's Utica Roadrunners Five after Five 15 Day Race Challenge is a great starting point for those of you who haven't yet tried a virtual running challenge. The goal for participants is to run or walk either five miles or 5k every day for 15 days beginning May 6. The club created this challenge in place of the canceled May Development Runs. After each run/walk participants can check-in on the UR Facebook page and upload photos. Proceeds from the event will go to first responders and front-line professionals in the Mohawk Valley.

Virtual race challenges cannot replace the live running events that normally dot our calendars. Soon enough though we'll all be out joining others in our running shorts and singlets doing what we love to do – running the roads and trails around central New York State. In the meantime, here's a virtual thumbs up to virtual running events.

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

Awesome Stuff

Michael Wardian Wins the Quarantine Backyard Ultra - 262 miles, 63 hours



2,400 athletes from over 55 countries, including many elite runners competed against each other in the Quarantine Backyard Ultra on April 4th. The backyard race format, an invention of Barkley Marathons creator Gary “Lazarus Lake” Cantrell, requires athletes to run 4.16 miles every hour, starting exactly on the hour and goes until one runner is able to do one more lap than anyone else competing.

[READ MORE](#)

Living Room Marathon



66-year-old Li Zhanzhe completed a marathon by running 318 laps around his living room in China.

[READ MORE](#)

UR Scavenger Hunt on RunSignUp's Blog



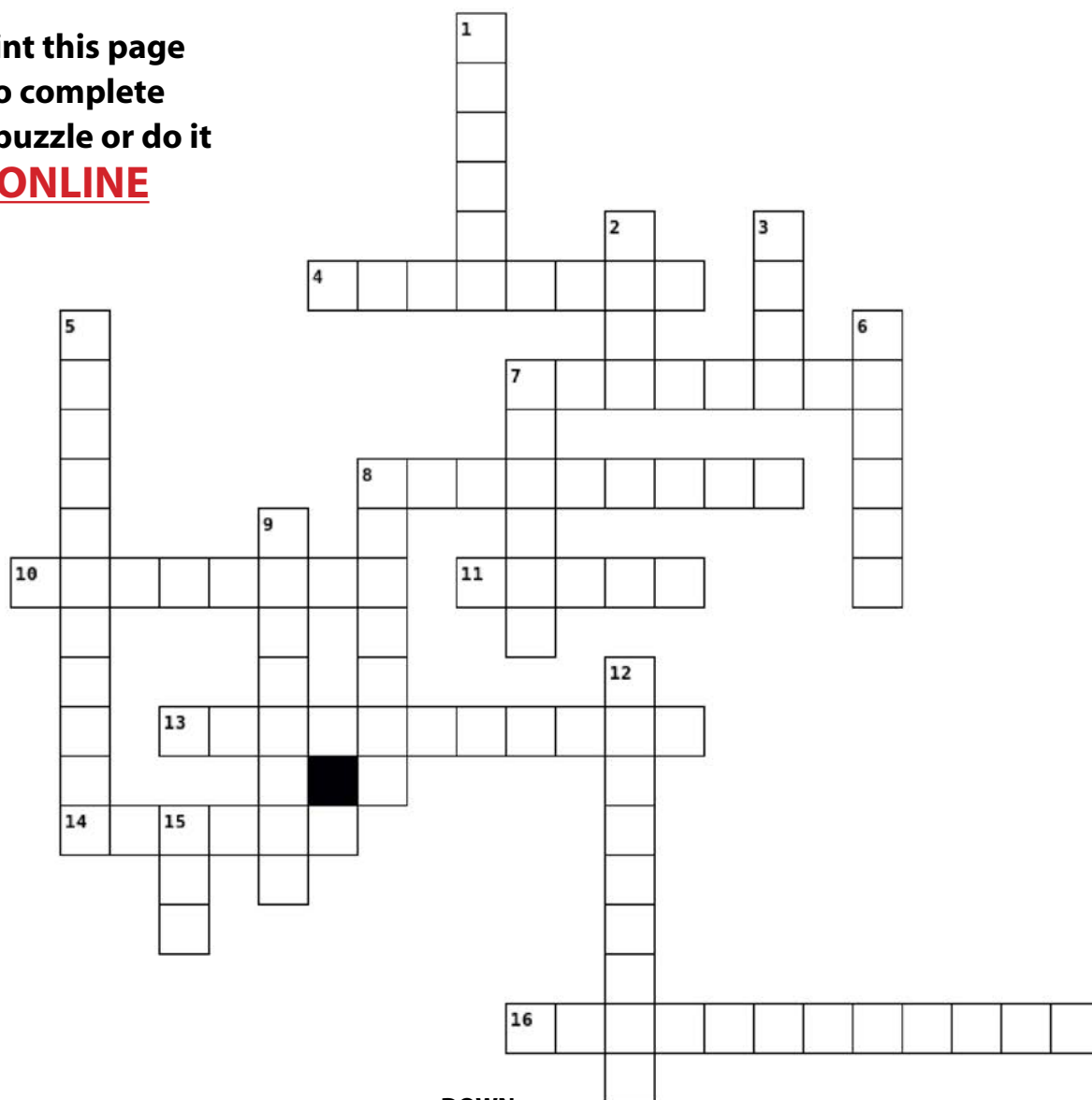
Our fun Scavenger Hunt was featured on RunSignUp's “Community Round Up” on April 13th.

[READ MORE](#)

May Crossword Puzzle – URR Runaround

by Rick Gloo and Krista Harwick

**Print this page
to complete
the puzzle or do it
ONLINE**



ACROSS

4. Month that the URR banquet is held
7. Trail Race most recently added to URR Races
8. Competition among URR members
10. Number of Grand Prix races
11. Common finish line drink
13. Name given to a drink consisting of a pint of beer and a shot of whiskey
14. The pre-summer URR race that is a real scorcher
16. When the run to end hunger takes place

DOWN

1. Street that the Boilermaker starts on
2. Cost of development runs for URR members
3. Current president of the URR
5. Runners go up and down three of these during Falling Leaves
6. Competition between URR and other running clubs
7. Boilermaker race day
8. Start and finish line for the Falling Leaves is found here
9. Namesake of the Save our Switchbacks run Ted _____
12. Development Run Day
15. The SOS course takes a wild turn through the Utica _____

Member Spotlight

IT BEGAN WITH ONE LAP

MEET MICHAEL SHUE

The first thing you may notice about Michael Shue is that he's quiet. The second thing you will notice, once you get him talking, is his infectious laugh and crazy cool sense of humor. He's been a welcome addition into our Roadrunners family and has had a great couple years in his running career. We caught up with him over Zoom to get to know him better!

Michael grew up in Port Leyden, NY "in farm country" where his parents owned two business, one being a convenience store (Lock 96) and the other one being a hardware and auto parts store (Shue's General Store) where he worked when he was young and got a taste of entrepreneurship.

In middle and high school, Michael was all about musicals and took part in many, his favorite being Bye Bye Birdie. He was also in select choir. The only sport he took part in at the time was golf and it was more for the community and hanging out than the actually golfing. (He admits he's still not great at golf!) He was "really into computers," and after high school went to SUNY IT to study systems analysis and design and database programming. His capstone project was coding an online platform for his family's business. Then right out of college, he landed a job that he still holds today – he is a network administrator for Oneida Herkimer Madison BOCES and is stationed at Waterville High School where he oversees over 1,000 devices.



About five years ago, Michael was at his heaviest at about 300 pounds and being motivated by money, he took part in a Biggest Loser competition at work where first prize was \$200. Tammy Alcott, a physical education teacher at Waterville and a cross country and track coach, helped him out and worked with him. She was always talking about the Boilermaker and talked Michael, a guy who wasn't into running at all, into setting a goal to complete the Boilermaker 5K. That was just what he needed – the end goal. Tammy told him "let's build up to the greatest run in the country" and working with her and Josh Lewis from Co-Movement in Oriskany Falls, the journey began.

At age 25, Michael ran his first lap around a track without stopping. It was a monumental accomplishment. He wrote a Facebook post about it and reflected on how he was always that kid in gym class that was one of the ones in the back. After completing that lap, he thought about his high school gym teacher and wanted to reach out with a message that no matter what, don't give up on your kids. They come around. After starting with that one lap, Michael trained diligently and lost just over 100 pounds along the way and even though he's gained some of that back, running has become a life changing thing for him.



One thing to interject here about Michael is that he's a very funny storyteller. In talking about his first races, he shares how he signed up for the Marcy 5K as his first race so that he knew he'd be able to finish the Boilermaker 5K without ending up in a medical tent. Tammy told him to use imagery and SEE himself crossing the finish line. He told her he just wanted to be sure he wasn't going "to die". From the very beginning, he always trains right up to the race distance and sometimes even over... just to be sure he can do it. On race day for that very first 5K, it was pouring rain and he was wearing basketball shorts, but he finished and knew he was ready for "the big one".

We were expecting an elated response when we asked how he felt when he finished the Boilermaker 5K but once Michael finished, he immediately thought he could do more and decided to "go big or go home". In 2017, he set his sites on the 15K and Tammy also helped train him for that. He turned in a great 1:27 finish.

Fast forward to 2019 and Michael became a Utica Roadrunner after meeting Andrew Rubino through Waterville schools. Again, liking money (!) he did the math for doing all of the Development Runs vs. how much it was to join for the year and it was a no-brainer.

Michael also trained for and tackled the Syracuse Half in 2019 after making a promise to himself that he would run a half before he turned 30. He was having some issues with his hip flexors during training and credits Chapman Chiropractic in Waterville for getting him race-ready.

One benefit of being a part of the Roadrunners became clear to him at the half marathon - he knew people! All of





sudden, when he went to races there were familiar faces to hang out with rather than just getting your medal and going home. The team spirit and camaraderie really made him feel part of a new community.

After Syracuse, he tapered down on his running quite a bit, logging only a handful miles per week. He thought he would go for his 1,000 mile jacket this year, but after jumping his mileage too quick too soon and having a spill down some stairs during the winter, that goal got put on the back burner and some more chiropractic visits were in order to work on an SI joint issue in his back. He's working on mobility, strengthening and focus and getting his mileage back up.

Michael really enjoys solo running and like so many runners, uses it as therapy for himself. If there's an issue that needs working out, sometimes he will have full on arguments in his mind, win the argument (of course!) and then be able to put it behind him. He's always got music or something going in his ears as well – Broadway music, podcasts and a little country (pretty much anything).

For 2020, he has his sites set on the 4 Race Challenge, Boilermaker and Peak 2 Brew, something he's been wanting to do for a couple years. And down the road? He tells people he won't do a full marathon stating that "you're out there running for almost a work day!" We'll see!

Outside of work and running, Michael is the second vice president of his local Optimist International Club and secretary of the New York/New England District. It is an international organization that brings out the best in kids, their communities and ourselves, providing scholarships and funding along with many other programs and resources.

Helping kids. Having a running community. Bringing humor and joy along the way. That's Michael Shue. When we're cleared to run together again, be sure to grab a run with him - you'll laugh for miles.



Utica Roadrunners Club History

by Gary Burak



Be Prepared.

I learned that years ago in Scouts. It's a great saying to live by. As runners, we make our plans months, if not a year ahead.

I've been planning for the Masters

World Championships for two years now. Last year I even went to the host city of Toronto for the North, Central America and Caribbean Islands Championship so I could run on the same courses and learn the city. My room at the USATF host hotel was booked in January before registration was even open. Since January I have been increasing my weekly mileage five miles a week each month along with adding a mile to my long run each month. I had backup upon backup. If the weather was bad there was the indoor track at Accelerate Sports. Speed work began on the treadmill at Planet Fitness in March, moving to the New Hartford track at Edick Field in April, with the treadmill as a back up. If I missed one of my two weekly weight workouts with Erik Winberg at SPI (Sports Performance Institute), I could hit the weights at Planet Fitness as a backup.

I had every possible circumstance I could see covered. Then along came something no one could see, something you need a microscope to see – Covid-19, a virus that would bring the whole world to its knees. First, early March races

cancelled, followed by the April events. The Boston Marathon was postponed until September and then the Olympics. I knew the World Master Championships would follow shortly and they did. All my hard work was going to be a waste. Well, there was still The Boilermaker, then two weeks later they moved the race date till September 13th. Great, but if things are back to normal by then, Felicia and I should be getting back from a cruise we booked a year ago on that day. My streak of consecutive Boilermaker 15Ks will end at 30 and I can't even crash the committee run as that's the day we sail out.

You're probably wondering if I was sad, upset, mad or angry – believe it or not I'm actually relieved. Really, all streaks must come to an end and I didn't have any say on that decision. Let's see how plans go for September – I just may see you at the start line for #31!

As a runner, that's what we do – we adapt and overcome, and did we ever adapt and overcome quickly! Our friends Josh and Morgan at The Sneaker Store started curbside service to keep us in new sneakers and replaced their Wednesday night get together with a meeting on Zoom. The Roadrunners put together a Scavenger Hunt, and coming up this month is the Five after Five virtual run. I reinvested my race refunds in the No Race No Problem run, while Felicia signed up for the Take-a-Hike challenge.

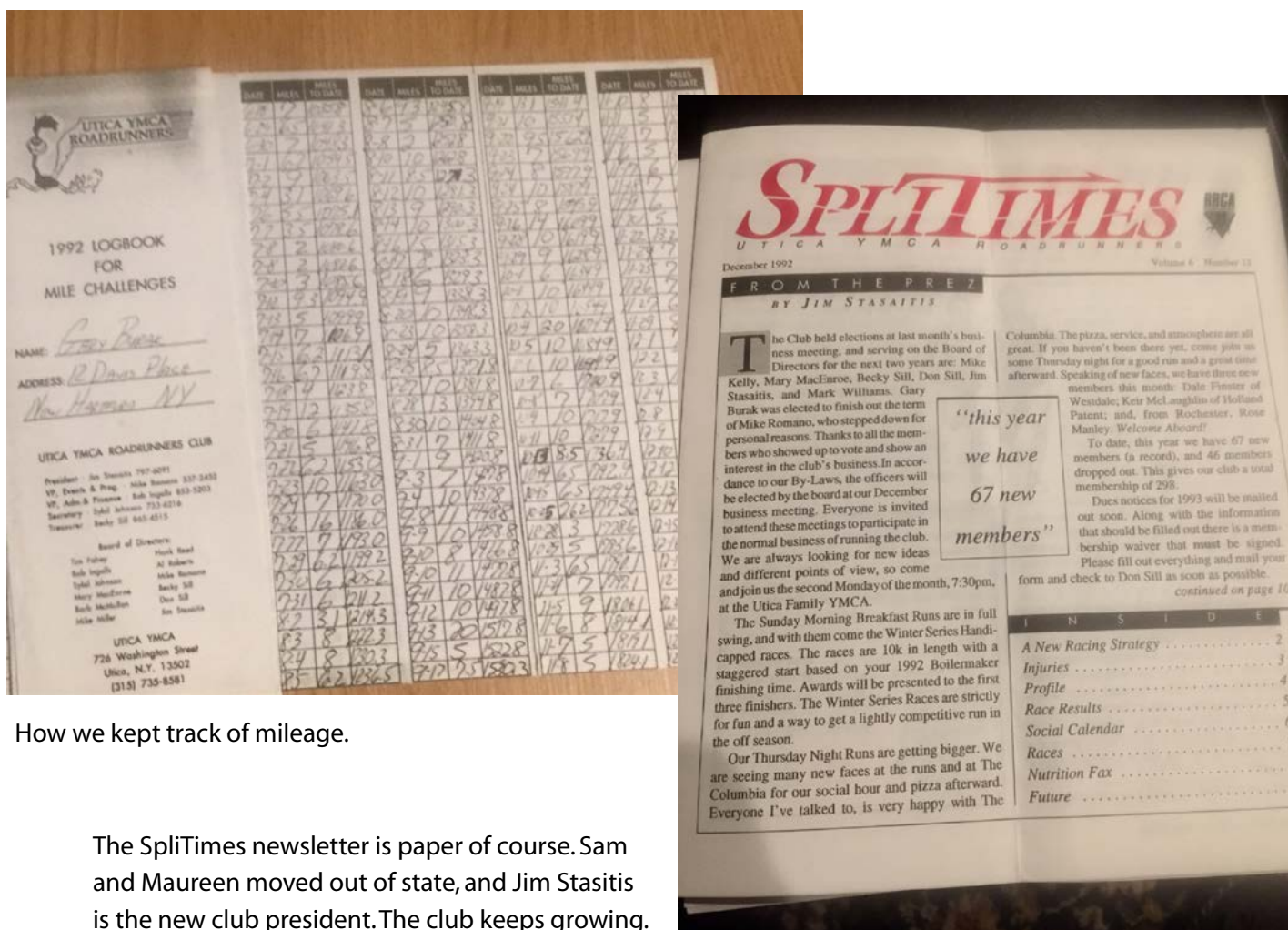
But that's not all we have been doing at the Burak household, since we were furloughed and



Utica Roadrunners Club History (cont.)

have a lot of free time. I've been working around the house, getting all the projects and maintenance done that gets put off due to work, training, and driving to races. Felicia tackled the bins that have been collecting in the basement for decades. She has painstakingly organized years and years of running bibs, pictures, books, posters, medals and awards that have been sitting in storage, along with a lot of Utica Roadrunner history.

So now, I have a second project- I will be sharing some of this with you over the next five months. Each month I will cover some of the club history, along with some other running history in five year segments. I figure most of you reading this have been around the last 6 years, and if not by month five you'll sure to be sick of hearing from me.



Upcoming Virtual Race

A fundraising event UR member Dave Jones has helped coordinate for the last 2 years



Goes Virtual Amidst the COVID-19 Pandemic!

Juneteenth is the celebration commemorating the end of slavery in the United States on June 19th, 1865. Please join us from wherever you are and Run or Walk in celebrating this important event!

You can register and begin your race today by going to itsyourrace.com to participate and/or donate from now through the Juneteenth Celebration Day: Friday, June 19, 2020. Registration is **\$10**.

Donations will go to the construction of Rochester's Civil Rights Heritage Park site at Baden Park. Registrants will receive a commemorative poster honoring Harriet Tubman - "Keep Going," created by local Rochester artist Amber Stokes.

Join us @ #rocjuneteenth2020

We will keep going!



Update on the 4 Race Challenge *by Jim Mott*



With the postponement of The Summer Sizzle recently, we have a lot of races set to take place in a short amount of time. Understandably, people will be adjusting their racing calendars, family vacations and other decisions as we approach an opportunity to return to some kind of normalcy. Here is what we know at this point:

- The **Summer Sizzle** is postponed and we are looking into other dates - even making it a Summer Blizzard and calling it the Santa Sizzle to be run in December
- The **Save Our Switchbacks** race has been postponed from its April date and is currently set to go on August 16
- The **Falling Leaves 5k and 14k** is going on as planned September 27. As Race Director Mike Brych pointed out earlier this month, the race will be slightly scaled down.
- The **Skeleton Run** is going on as planned October 11

Therefore, as this is being written, the Four Race Challenge is still on. For those of you who already signed up we are trying to secure some other bonus swag such as UR pint glasses and buffs. If you cannot run on a newly established race day, we encourage you to do the race virtually and send us your results. We certainly understand that this can change not only by the month or week but by the day. We also understand that the races for the rest of this year will have new restrictions. Restrictions including packet pick-ups the day before the race, number of people allowed to participate, post-race activities and awards ceremonies. How this plays out time will certainly tell. As always, nothing will be held without the safety of our runners being the number one priority. For those looking for refunds, we ask that you be patient at this time and be flexible to see where things lead us in the next several weeks.

The loss of our races locally has also impacted the Grand Prix. The Grand Prix will have to be modified. It is a long-standing tradition of our club. Just like everything else, 2020 is a different year. We encourage your feedback and appreciate your understanding, patience, and support through these difficult times.

Advertiser Article

by Jamie and Andrew



Hello Everyone!

We are really excited to have this opportunity to “meet” you all and share a bit about who we are and what we’re up to.

Jamie and I are a “plant powered” couple with a young family living right here in Central, New York. We are both competitive athletes, experienced performance and nutrition coaches, voluminous writers, voracious readers, rabid researchers, passionate teachers and reachers who love helping others lean in a clean and active direction. In addition, we are the owners of BOOM! Energy Bars and plantpoweredperiod.com where you’ll find our Coaching services, nutrition products, and tons

of other great content related to a enjoying a clean and active lifestyle.

We have more than thirty years of combined experience in sports rehabilitation and human performance, nutrition and dietary counseling, injury prevention and general wellness. Our collective resume and accomplishments include terminal degrees, post-graduate specialty certifications, a Team USA pedigree, a National Championship and multiple state and national podiums. Working together, we provide our athletes and clients a highly experienced, uniquely qualified, holistic and effective approach. It’s all in-house and continuously tailored to the unique needs and goals of the individual.

We apply what we have come to describe as “sensitive science,” an approach deeply rooted in scientific approaches and knowledge that remains penultimately individualized and holistically encompassing. In short, we work very hard to understand your goals, respect your resources, recognize your challenges, and leverage your strengths. Our goal is to offer support and guidance wherever you are, and to continually reassess and adjust throughout the span of our coaching relationship. Get in touch if you’d like to learn more, and know that we look forward to hearing from you and starting a really good discussion.

As for BOOM! Energy Bars...well they are absolutely the Better Bar



Advertiser Article (cont.)

for Every Body and bound to be the new standard in clean energy. Our bars are not only delicious, but also entirely Plant-based, Vegan, Soy free and Gluten free. They provide a carefully crafted balance of calorie sources, while delivering exceptional flavor and satisfaction. Whether it be a long day at work, an intense training block, a goal race, or a marathon playground session, BOOM! Energy Bars will fuel you for the long haul!

everything on the market, we felt the current offerings fell short. We wanted something different, and we knew we could do it better... so we did. And just like that BOOM!

SPECIAL CODE FOR UR MEMBERS FOR MAY: URR15

*This code is only for URR, and will
save your members 15%
off their first order in the month of May.*

They deliver in taste and, perhaps more importantly, in performance. There are no fillers, no junk and no preservatives. Tried, tested, and kid approved. We truly believe in the power of BOOM! Energy Bars, and hope you will too! We are really proud of what we've created, and are very excited to be sharing this with all of you. Online ordering is found at our website www.plantpowered-period.com or you can catch up with us in person at many URR events as well as other races this season.

The backstory is simple enough really. BOOM! Energy Bars came about in the kitchen of our coffee shop, as we spent spare minutes experimenting with new ideas to fuel our own training and racing. As competitive "plant powered" athletes who have tried almost

Energy Bars were born! They are the result of a thoughtful ingredient selection process, along with a patient approach to "field" testing. BOOM! Energy Bars are made from simple, whole food, clean sourced, and health promoting ingredients.

We look forward to meeting you in person very soon, and hope to hear from you sooner!

All our very best!
Andrew & Jamie



Rest and Recovery: Ideas for R&R

by Mike Winkler



Non-Running Activities for Rest and Recovery Days

I hope everyone's physical and social distancing has been going well! I know I've had some ups and downs, mainly dealing with no actual races coming up. On the plus side, I've been trying to increase positive activities, both mental and physical, on my rest and recovery days. This month's article will be aimed at non-running activities, to keep motivated. Here is a short list of some general recommendations.

Listening to music, a podcast, and/or playing an instrument is a great mental activity. Yes, we runners need positive mental health, and this is a fantastic way to keep the mind engaged in a powerful way. I've been listening to loads of classical music, Frank Zappa, and Steely Dan!

Reading a book. Whether it's a book on running, some wild science fiction, or historical non-fiction, aim to get in 15 to 30 minutes of reading during your schedule. I'm a fan of the short stories I'm assigning my students through Google Classroom :)

Cooking! What a time to be cooking. I'm sure many of you have increased your time cooking at home, what with dining out options not available. We've made tacos, beef stew, mac and cheese, Thai Curry, baked chicken tenders, the list goes on. Keep on cookin', and share your cooking adventures with friends.

Finally, some physical activities. Yoga, yoga, yoga... stretching, stretching, stretching... and general basic movement exercises. Whether you are feeling in tip top shape, or are feeling any type of strange sensation in your body, aim to stretch, ice, and roll out daily.

In closing, remember to reach out, or keep reaching out, to your running family. They are there to support you, and often bring the perspective back that you may have lost during this tough time.

Cheers everyone!

splitimes



UTICA ROADRUNNERS

Advertise with us!

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!



Reserve your space and submission information

Please email Splitimes editor Michelle Truett at michelle@484design.com to reserve your space today or fill out information below and mail this form to us. Ads can be submitted to Michelle as PDFs or JPEGs (no Word or Publisher docs please!) and all ads are in full color.

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



Race name: _____

Contact name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

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

- ☐ June 2020
- ☐ July 2020
- ☐ August 2020

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

☐ Yes ☐ No

Total included: \$ _____