

# splitimes

June 2020

The Official Newsletter of the Utica Roadrunners

## RUNNING IN 2020

Putting in Distance  
at a Distance

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Lifetime Miles!



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June  
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

**June 3, 2020**



Join your fellow Push URself participants on June 3 to collectively run your chosen distance.

And of course anyone can join the initiative with runners from 112 countries on #globalrunningday

**LEARN MORE**

**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



**“When you focus, you can achieve anything. If you have no focus, you will achieve nothing.”** – DAVID CLARK

Hello Runners:

This month's quote comes from a runner I looked up to. I looked up to him not because of the times or insane distances he ran. I looked up to him because he was flawed and transparent about those flaws. He evolved from being a 320 pound alcoholic into a finely tuned running machine. Sadly, he didn't reach his 50th birthday as he died recently due to complications from back surgery. Life is certainly ironic. He will be remembered as a runner, author, and friend to many in the running community.



The warm weather is finally here and things are beginning to open up! With that said, our Virtual Racing Season continues as races are still being postponed or cancelled. As good as the virtual events have been, there now seems to be a virtual event that will get you across every state, the country, and even outer space! I for one have three virtual events in June alone as I will be doing The Good Samaritan 5k in Liverpool, the Nate the Great Race 5k in Canastota, and our month-long event – the Push URself challenge. The events in Liverpool and Canastota are being called VirtuReal. That means the course is marked and you can go run it on your own time. It is a step forward but not where we all want to be.

As we are now in June, there are still more questions than answers. We do hope to get back to our **Boilermaker Training Program** and the **Wednesday Development Runs**. The earliest that will happen is in July and announcements will be made to let everyone know where we stand.

What I do know is that our club and running community is amazing. That was proven once again with our **FIVE after FIVE 15 day challenge**. We had 185 participants and some amazing things were accomplished. Many people completed the 15 day streak running more days in a row than they ever had before. Some people put up miles that elite runners would aspire to. Many runners reached the 50 mile challenge in a matter of days. Our Strava group provided competition and our Facebook page gave us a glimpse



## PRESIDENT'S MESSAGE (CONT.)

of your routes and accomplishments. The brand of our club reached well beyond our area into other cities and states. In the end, the event was a huge success and we raised over \$3,000 for our Essential and Frontline workers. We will announce in the next couple of days where runners can get their swag and where their generous donations will be going. A huge thank you for the hours of work and dedication from Bill Callahan and Melanie Crisino, our beloved UR PD!

In June, we have a great new event that is being led by Jen Bachelder and Andrew Rubino. The event is free and runs all month. It is called **Push URself** and gives runners and walkers a challenge to improve their time for the distance of their choice on the course of their choice. Distances range from one mile to 15k. Set a goal for URself and run or walk the route as many times as you want. There will, of course, be challenges provided throughout the month and chances to win some swag. By participating you have a chance to get great UR gear at a reduced price. We have two UR gaiters and also shirts and hoodies that can be purchased in the RunSignup store. Registration will be open through June 14.

What July offers is still unknown. Let's keep motivated and push each other through these times. Let's keep training because once those races open up again we are all going to set some personal bests!

Jim

## Five After Five Winners



### Another successful, creative virtual club event! 185 Participants. \$3,000 raised for Essential and Frontline Workers.

#### *Congratulations to our winners:*

<b>Day 1</b>	John Gilligan	6 Pack
	Helen Knowles	6 Pack
<b>Day 2</b>	Morgan Belisle	6 Pack
<b>Day 3</b>	Dan Stedman	6 Pack
<b>Day 4</b>	Ashley Burke	6 Pack
	Tom Joslin	6 Pack

<b>Weekend Walker</b>		
	Kristopher Howe	6 Pack
	Jennifer Jones	6 Pack

<b>Weekend Runner</b>		
	Joe Mashaw	6 Pack
	Jen Bachelder	6 Pack

<b>Day 5</b>	Amber Oliver	6 Pack
<b>Day 6</b>	Anneliesie Bishop	CNY Pack
	Tyler Meyer	6 Pack
<b>Day 7</b>	Nichole Boston	6 Pack
	Jill Crosby	6 Pack
	Megan Muggle	6 Pack

<b>Bring Animals</b>		
	Salina Stooks	6 Pack
	Missy Scanlon	6 Pack
	Karen Schneible Davis	6 Pack
	Jodi Kapes	6 Pack

<b>Week Challenges</b>		
	Christine McGlynn	CNY Pack
	Ryan Maine	CNY Pack
	Sue Luley	CNY Pack
	Mike Scott	CNY Pack
	John Seigle	CNY Pack
	Sharon Stedman	CNY Pack
	Rich Crandall	CNY Pack

<b>Final Day</b>		
	Chelsea Talerico	6 Pack
	Travis Belanger	6 Pack
	John Brown	6 Pack
	Heidi Taylor	6 Pack
	Khristina Swan Orilio	6 Pack

### **FIVE after FIVE swag pick-up**

**June 12, 12-4pm  
at Saranac  
and June 13, 12-3pm  
at The Sneaker Store**

# COVID 19 FRONTLINE / FIRST RESPONDER APPRECIATION BREAKFAST

SPONSORED BY:  
UTICA ROADRUNNERS



## DETAILS

DATE: June 6th, 2020

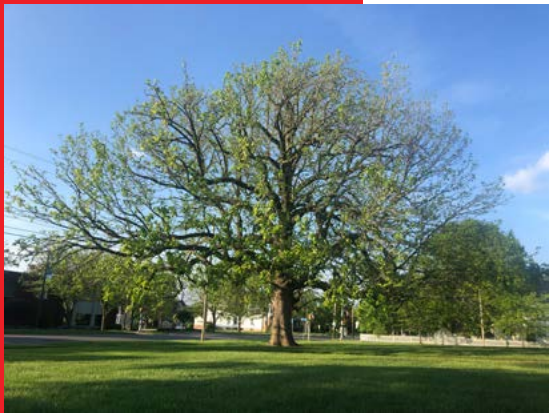
PLACE: Boulevard Diner  
(24 Roosevelt Dr, Whitesboro)

TIME: Starts at 7:30 am

***As a THANK YOU to all the Frontline workers  
& First Responders during this difficult time,  
the Utica Roadrunners would like to honor  
you with a breakfast.***

- \* Must have valid ID \***
- \* Drive-thru pickup only \***
- \* Max of 500 will be served \***

**Breakfast will include: Scrambled  
Eggs, Toast, Bacon, Hash browns  
and coffee**



## Letter from the Editor

by Michelle Truett

Running is an individual AND a social sport and as so many of you that I interview for Spltimes share, joining the Roadrunners leads to wonderful circles of like minded friends. You have a built in support team. You find friends that will be friends for a lifetime.

Aside from a run here and there with one or two friends (at a safe distance) I've gone back to running alone quite a bit and I admit it's been a nice reset. I ran up Proctor Boulevard last week and reminded myself that that was the first hill I ever ran up without stopping way back when I started and didn't tell anyone I was running. I've been listening to some old 90s hip hop and R&B and remembering all the questionable decisions I made in my early 20s and thanking the universe they led to where I am now. I've been taking photos of great trees in the neighborhood and taking the time to watch them slowly bloom (that Cucumber Magnolia on Genesee and the Parkway is my favorite!) It has indeed been a nice chance to spend time with myself.

I hope you are all doing well and making the best of a very weird, scary, frustrating and uncertain year. We'll get back to where we want to be - enjoy the time we have to slow down the pace a bit.

Hope to see you out there soon!  
Michelle

## What Runners Do When They're Not Running

### Jim Latshaw

Jim has launched "Studio L" on his Facebook page where he sings karaoke and has a beer. It's paid off - he got an invite to audition for The Voice!



### John Gilligan

John is honing his video editing skills with great shorts of his running adventures





# Our Next Challenge!



## ☒ CHOOSE YOUR DISTANCE

**WALK • 1 MILE • 5K • 5 MILE • 10K • 15K**

## ☒ CHOOSE YOUR ROUTE

## ☒ PUSH URSELF FOR 4 WEEKS TO BEAT YOUR TIME!

Join the Utica Roadrunners in June to **PUSH URself** to improve your pace while accomplishing your distance goals of running or walking across the state and beyond. The Utica First Insurance PUSH URself is a challenge for every pace to strive for a new personal record while competing with the main opponent: URself.

Push URself is an individual competition to improve your pace for a specific distance over four weeks in June. Upon signup, you will submit your target time you want to improve for a goal distance of 1 mile, 5K, 5 mile, 10K or 15K. Runners will run the same route each week for consistency to try to improve your time each week. Walkers will submit their cumulative weekly distance.

This event is FREE to join, but a donation will get you limited edition and exclusive gear. In addition to some sweet swag, weekly prizes will be awarded to participants along the way. If that is not enough reason to PUSH URself, a portion of the donations will benefit local business.

So what are you waiting for? PUSH URself to meet your goals and help your community!

**REGISTER NOW**

# Member Accomplishments

**Races may cancel, but many of our members are still working toward their goals, running virtual races and tackling major accomplishments!**



**Dorothy Massinger, Phyllis Bates and Joanne Campbell completed the Friehofer's Virtual 5K**



**Jen Bachelder, John Gilligan and Cole Perkins completed the Green Lakes 50K**



**Julie Buehner ran her own Marine Corps Half Marathon**



**Myron Thurston ran the Erie Canal Half Marathon in his hometown of Sherrill**



**Felicia Burak ran her own Friehofer's 5K**





# Thank you to all who participated!



Our sincere thank you to  
Olympic marathoner  
Jane Vongvorachoti  
for joining us via Zoom to share  
her running journey.

**And thank you to all  
UR members who joined us!**



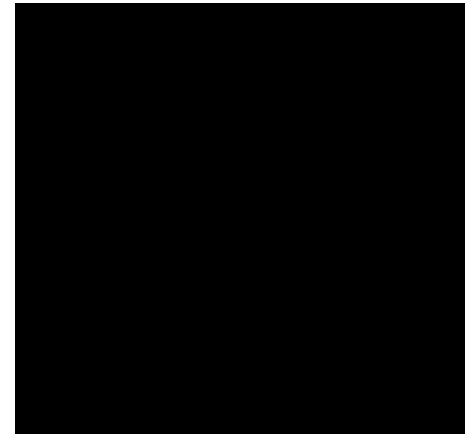
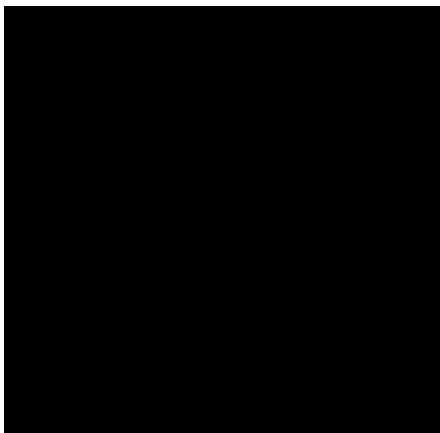
If you know someone in the  
running community that  
would be an excellent subject  
for our UR Speaker Series,  
please email Jim Mott at  
[JMott@cvalleycsd.org](mailto:JMott@cvalleycsd.org)

Thank you for a great virtual event!



## Utica Roadrunners Scavenger HUNT

A special thank you to Melanie Crisino and Bill Callahan (The UR Scavenger Hunt Police!) along with Jim Mott and Sharon Scala for getting great prizes to our winners. What a creative and successful event for our members!





## Where Are Those May Flowers?

by Terry Dwyer



How does the saying go – April showers bring May flowers?

For those of us in Central New York, there haven't been too many flowers in bloom this May. Instead of the expected spring sunshine we were treated to cold and

wet weather resembling a November football weekend. Actually, I think I'd have opted for one of our November weekends from last year because they seem to have been warmer. On top of that we continued to self-isolate for the first half of May until our region became one of the first in the state to gradually "un-pause" toward the end of the month.

As the days became warmer, I felt like a bear coming out of a winter hibernation, except instead of foraging for food I was looking for the sun's warmth on my face during my run. This is not to say I was deprived of other running pleasures during the month's fickle weather. The Five After Five UR Club Challenge was a nice diversion and a way to keep community with other runners. I discovered a new running online publication, *Fast Women*, courtesy of my oldest daughter. This weekly newsletter covering the world of female competitive running, written by former Siena cross-country director Alison Wade, kept me in continuous awe of how fast

the elite women's times are and how they are catching up to the men. Kudos in general to all female runners who make up a majority of many running communities and who have contributed greatly to the sport.

Last, but not least, my wife and I were able to join our coaching mentor Lorraine Moller, 1992 Olympic marathon bronze medalist, for an online Lydiard Foundation re-certification course. Lorraine, Greg McMillan, and Mark Cucuzzello provided three days of instruction to Lydiard coaches from around the world during Mother's Day weekend (I know – poor scheduling on their part, but we all made it work.) The point of all this? Well, despite the often dreary weather to start the month there was no lack of running-related activity to be enjoyed, even from the comfort of the couch. As the month warmed up, we were immediately out the door taking in every minute of sunshine. The nice part was we were not alone. Runners, hikers, and cyclists were out and about in our area—maintaining proper social distancing of course—exercising and living life as it was meant to be lived, with a smile and in the fresh air. Who could ask for anything more? I just want the warm weather to stick around awhile and those May flowers to finally appear.

---

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

# A Great Effort for Runners to Join In On!

## A WALK IN THEIR WORDS™



Artwork by Patrick Fiore | patrickfioreart.com

**20  
June  
2020**

**International  
World Refugee Day**

**For registration and  
event details visit:  
[awalkintheirwords.org](http://awalkintheirwords.org)**

**Experience refugee and  
immigrant stories while you  
walk. Join us for a virtual event!**

For a \$30 minimum donation, you can participate from anywhere!

Walk or run on your treadmill

Take a walk or run in your neighborhood

Run in the park, but please be sure to follow all County or State regulations, as well as the CDC's guidelines of social distancing

Receive a virtual gift bag with your registration!



The Center | Catholic Charities of Buffalo | Catholic Family Center | International Institute of Buffalo  
Jewish Family Service of Buffalo and Erie County | U.S. Committee for Refugees and Immigrants, Albany | Journey's End Refugee Services



## Rest and Recovery: Hydration and Calories

*by Mike Winkler*



Here comes the heat! As I'm writing this, the temperatures are dramatically increasing, and us runners will continue to engage in a sport that requires an incredible amount of balance on a biological level. This article offers up some ideas to keep up your water and calories while you're resting and relaxing.

I've discovered that drinking water can be enjoyable, and exciting. Yes, I just said that – haha! As runners, we should be consistently drinking water throughout each day. Not overloading before a run, race, or any physical activity, but consistently so our biology is well-balanced. A few things I've found to keep my water and calorie intake enjoyable and exciting are:

### **1) Fresh squeezed lime and lemon, or homemade flavored waters and teas.**

I'll usually fresh squeeze about half a lemon, and quarter of a lime for every half gallon of water I drink, and I'll occasionally prepare a water cooler with either cucumber and lemon slices or a cold brewed tea with lemon slices.

### **2) Finding the right balance of ice to water.**

It's almost like brewing coffee. Finding that perfect balance can make water really enjoyable. Too cold, and you tend to drink only a little bit, get-

ting a false sense of hydration. Too warm, and it's really difficult to feel refreshed. Experiment and see what you like!

**3) Eating fresh fruits and vegetables daily increases your water intake, while giving you calories.** I'll try to have peaches, strawberries, blackberries, raspberries, blueberries, bananas, oranges, and any combination of the above, on hand and chilled. Chilled fruit, and fresh crisp chilled salads are great during these hot times!

As with most things in life, try these things out, and see if you like them! Consult a doctor or dietician if you have any major inquiries for water and calorie intake. Enjoy the weather, and let's all do our best to keep that biology in balance.



# Q&A with Gary Burak

# 53,000

## Lifetime Miles as a Utica Roadrunner



**1) 53,000 miles! That's more than twice around the Earth. Did you ever think you'd run that far?**

No, not really. It's amazing how your body can adapt.

**2) 1990 was a big year for you - you starting running, joined the Roadrunners and ran your first Boilermaker. What motivated you 30 years ago to start running?**

I used to say it was my midlife crisis, but now that I'm 62 I'm hope it wasn't. I just wanted to challenge myself – 9.3 miles seemed like a long way to run back then.

**3) We've heard you've had some great running buddies throughout the years - anyone you'd like to give a shout out to?**

Al Roberts - we trained together for at least 15 years (maybe more) and still keep in touch once a week. We had some great times.

**4) Did you have any rivals you'd like to mention?**

A lot of names come to mind – Jimmy Newlove, Bill Kosina, and Dennis Johnson to name a few. But the biggest definitely has to be Tommy Walsh. We were perfectly matched in our athletic ability and in the same age group. Almost every race whoever won would be determined by a split second. We became great friends and by pushing each other we had some amazing performances.



**5) Who did you look up to when you first started running?**

**Did you have any mentors?**

Nancy and Ed Frisillo, Danny Cohen and Howard Rubin - local runners who were racing and winning at local races as well as National and World Master Championships. They were all close friends and welcomed Felicia and I to their group. They were always willing to give advice as well as encouragement and motivation to you. I also have to mention Coach Jim Tyler. I would never be where I am today in running without all the things he taught me.

**6) A few years ago when we interviewed you, you were putting in 35-40 miles a week and running 5-6 days per week... is that still your schedule?**

I'm currently running about 45-50 miles a week. Would like to do at least 2020 for the year.

**7) Do you have a favorite race?**

Boston for sure and it doesn't even have to be the marathon. It could be the BAA 5K, 10K or 1/2 Marathon. It's Felicia's and my favorite city and I just love running there.

**8) The pandemic certainly turned the running community on its head.**

**How has it affected you this year? How are you staying motivated?**

It's crazy – things are still changing daily. The World Masters Association just changed the 2021 Championship to Finland from Edmonton and moved Edmonton Championship to 2022. Then just today USA Track and Field cancelled every masters regional and national track meet for the rest of the year. It's just so hard to plan anything with all this going on. Felicia and I just signed up for the One New York Challenge on the Sneaker Store team which should keep us going until September.

**9) Your followers on Strava may have noticed that your times were JUST a touch slower in April - maybe because you were stopping to take UR Scavenger Hunt photos?! How are you liking the virtual running options that are going on?**

Figures Pat Hamlin would pick up on that! The club has been great coming up with fun and unique ways to keep everyone running and motivated. The last 2 events have been fun and I'm looking forward to the Push URself Challenge coming up in June.

**10) Have you ever considered an ultra, triathlon, trail running or obstacle course running?**

Not to sure about an ultra or tri but I've thought about the others, just haven't been able to work them into my schedule.

**11) What would you say you like most about being a Utica Roadrunner?**

Definitely all the wonderful people you meet and the friendships you make.

**12) What are a couple ways you've seen the club evolve over the past 30 years?**

I would say it's the same answer for the club, running and life in general. It's how we communicate. In the 1990s, if you didn't go to a couple house runs or a race, you would be out of the loop on how peoples' runs were going, what was going on in the running community and the club. You would have to wait till you got the Split-times or something in the mail. Now with social media, Facebook, Strava, Garmin Connect it's almost instantaneously. You know how everyone's training is going, how their races went and even what is new with the club.

**13) Can you share some advice for those looking to continue running as they get older? Do you have any secrets or routines for keeping yourself safe and injury-free?**

Doc Garbo would always ask if you were having fun. It's got to be fun – when it stops being fun, it's over. Also, you need to let your body recover. Ed Frisillo would stop running completely from Thanksgiving to New Year's Day every year. I always try to build in a recovery week every month. I cut back my mileage, the reps in my speed workout, back off on my long run. Also don't try to make up for lost runs - it increases the chances of injury. I figure if I do 80 percent of my goals I'm doing good. I'm a little concerned that by the time this lock down ends we're going to start seeing a lot of runners coming down with overuse injuries. Your body needs rest to recover.

**14) The miles keep adding for you - do you have a set goal from here?**

55,000 is close and hopefully I should be there next spring. If I make it to 60,000 I might as well go for 62,000 which will be 100,000K. That will be one big celebration!!

**15) We can't forget about Felicia! How is she doing and how are you guys keeping busy as you're staying home?**

We're keeping busy still finishing up projects around the house. We're both tackling different areas and it's been working well so far. We both work for the courts and Felicia just got called back for a few days. They are rotating it so she should be getting a well deserved break from me soon.

## The Man Who Runs 365 Marathons a Year



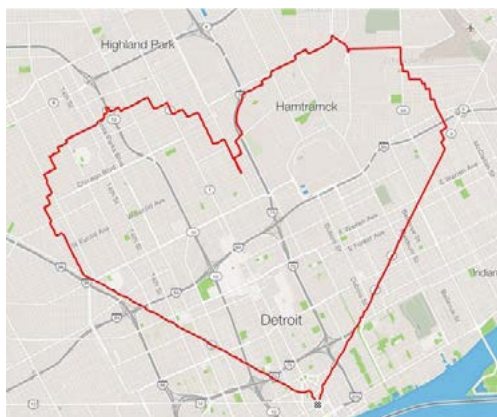
"People are capable of way more than they think they are," Shattuck says at one point. "Running can do almost everything for you. I'm doing this because I want people to know that they can do more. I want them to want to do more."

Learn more about Michael Shattuck - the man who runs up to 65 hours per week.

**Outside**

[READ MORE](#)

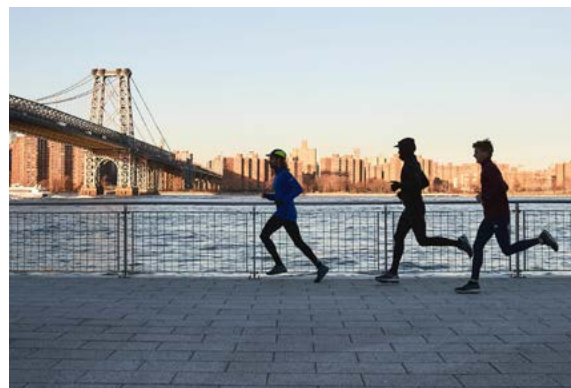
## Love for Detroit



A Detroit man ran a 21-mile route around the city that formed the shape of a heart, as a way to show support for the city during the crisis.

[READ MORE](#)

## 9 Ultra-Marathoners Share Their Tips for Every Kind of Runner



[READ MORE](#)



# A Blast From The Past

Front cover of the Observer Dispatch from June 14, 1996, provided by David Jones

**JUNE 14, 1996**

**Bulls try to wrap up NBA finals**  
Sports, 1B

**The real Cable Guys**  
New movie distorts profession. Living 1C

**Hughes celebrates 70th year**  
Local, 3A

**men off**

## Gold-medal welcome

### Mohawk Valley catches Olympic fever with torch relay

From staff reports

It lasted just five hours. But for the dozens of runners and thousands of spectators Thursday, the Olympic torch relay was so much more.

"The Olympics is for the world," said Robert Spivey, a sixth-grader from Oxford Elementary School in New Hartford. "Everybody sees this. It's so important."

Torch bearers — many of the community's most energetic volunteers — trotted, leaped or hopped with the help of canes all along Route 5 and Genesee Street in Utica. Today, the torch covers the 151 miles from Albany to Nashua, N.H., on its journey to Atlanta for the opening of the Olympic Games July 19.

While the torch was here, it was a day to remember.

Marilyn Tyo of New Hartford watched the torch pass through her village. She snapped pictures that she planned to save for her grandchildren.

"I'll give the pictures to them when they're old enough to appreciate it because this is a once-in-a-lifetime experience," Tyo said.

The torch hasn't lost its appeal for Morrisville resident Marilyn Griffiths, even though she'd seen it all before.

Griffiths, who spends the winter in Yuma, Ariz., watched the torch pass through Arizona April 29 — and she's followed the relay ever since, tracking the torch across the country on her way back to New York.

"They really hype this up like you wouldn't believe," Griffiths said. "But everywhere you go, whole towns just explode. It really makes you proud."

Once the torch reached Utica, firefighters, Boy Scouts, clergymen and thousands of school kids, some holding paper torches of their own, greeted the caravan.

Autograph-seekers and awe-struck kids made torch runners feel like celebrities.

"It was great to step off the motor truck and see the mob of people waiting for you to carry the torch," said Dave Jones, 45, of Utica. "But it also felt like you were sucked into a vacuum — everyone was watching me."

Indeed, thousands of students lined the route. After a mini-parade of Olympic and Coca-Cola music through Herkimer, about 150 kids from the Mohawk Central School District wanted the real thing. "We want the torch," they chanted. "USA! USA!"

"We got to see it and be a part of the start of the Olympics," said fourth grader Mike Eramo. "That's exciting."

Street vendors and business owners along the route were happy to service the throngs of spectators.

"This is unbelievable," said Ray Nichols, manager of McDonald's restaurant in Herkimer.

"Think of all this represents," said torch bearer Ed Kobos, 46, of New Hartford. "It's a day to remember."

David Jones of Utica, center, carries the Olympic torch down Genesee Street from Seward Avenue to St. Elizabeth Hospital. The Olympic torch relay came through the Mohawk Valley Thursday on its way to the Summer Games in Atlanta next month.

By ELIZABETH A. MUNDROCHENKO, Observer-Dispatch



**Torch made it an Olympic day for kids**

By JUANDA STACKHOUSE  
Observer-Dispatch

**UTICA** — More than 315 King Elementary School students chattered and sang their way through Cornhill to downtown Utica Thursday morning, where they gave the Olympic torch a rousing welcome.

Earlier, the school buzzed in anticipation as the students, teachers, teaching assistants, parents and the principal prepared to leave. And finally, with American flags in hand and Principal Michael Arcuri acting as crossing guard, the long train of kids, two-by-two, started the journey.

"This is such a big deal because it shows our American heritage and how we compete," 10-year-old Lorene Rayton said.

But 9-year-old Beverly Clark was just looking for an excuse to cut loose.

"What's so fun about this is I get to scream all I want," Clark said.

Clark's third-grade class led the procession of students and had the honor of bearing the Olympic torch relay banner representing King School.

Student council members Jennifer and Clark

**TODAY'S SPECIAL REPORT**

### Inside

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up proudly as the torch went by. The council members raised the money to buy the banner.

The children had to wait along Genesee Street about an hour, but didn't seem to mind as they waved their flags and cheered when cars drove by.

Waskiewicz's class was in the mood for singing and passed

most of the children wore red, white and blue.

First-grader Jeffrey Hence and his classmates made patriotic fashion statements in their three-point, red, white and blue, special Olympic hats made by teacher Linda Washburn.

Hence wanted to see the torch, but the day was also special for another reason. "This is really exciting because it's my birthday too," the 7-year-old boy said.

Jalisa Whitehurst, 7, sported red, white and blue barrettes all through her hair. "My mommy did it for torch day," she said.

There were many opportunities during the wait for the kids to do what comes natural to kids — that is, making plenty of noise.

They yelled and cheered when a helicopter flew overhead. They jumped and shouted when the Georgia State Police escort drove by. And they went ballistic when at last the torch, tucked between two trailers, finally made its way past the King students.

And when they got back to the school, a surprise was waiting for them: They all got ice cream.

Boonville's Jason Gleasman

Boonville residents rally for their own Olympian. 1B

There was "Yankee Doodle." The children got a big kick when Ronald McDonald drove by in a yellow convertible, but one young man was impatient for the main attraction.

"I just saw Ronald McDonald," said 9-year-old Michael Lang. "I want to see the torch running with the torch."

## Member Spotlight



Linda has only lived in the area for three years, but she is well on her way to making it home with her real family AND her new running family. We were excited to catch up with her (over Zoom!) to capture her running story.

Linda is from New Paltz, New York and recently moved to New York Mills. Her daughter Amanda Roach-McElroy (another Roadrunner you may know!) previously moved to this area after attending SUNY Oswego and getting married. Amanda's 17-month old son Noah – Linda's grandson – made it an easy decision to make the move.

Linda has been in the insurance field for 40 years and is currently working at Gates Cole Insurance in New Hartford as a licensed agent. She handles personal lines and sells and maintains any insurance you need for your house, ATVs, auto-mobiles and more. She takes care of claims and overall customer service.

When she was young Linda was not an athlete but her two kids, Amanda and Brian, definitely were. Between lacrosse, soccer, track, cross country and gymnastics, Linda was always around sports. Amanda started running in about







2013 and shortly after in 2014, Linda was waiting in dentist's office and picked up a magazine. In it, there was an article about five women in five different age groups who began running and now had these great motivational stories of success, health and happiness. She was highly inspired by the article.

She mentioned the article to Amanda, who at the time was working at Olympia Sports. Amanda bought her mom a pair of Sauconys for her 55th birthday in April, Linda downloaded a Couch to 5K program on her phone and by November, she had run her first 5K race - the Fall Foliage in Rhinebeck, NY. It was a nice, flat course for her first race and to this day, Linda is "all about flat courses". She continued to run and the weight came off faster than she thought it would, providing good motivation to keep going.

She's now running 3-4 times per week, averaging four mile runs during the week and eight mile long runs on the weekends. She'll typically head out solo, but will catch a run with Amanda or a group as well. Time is not her motivation, consistency and improvement where she's taking less walk breaks is, along with staying healthy and she enjoys the socialization of the sport. In the future, she would love to help out other

runners with their journeys and begin to volunteer for UR initiatives and events.

Now at age 61, she is well into beginning a new chapter of her life in many ways – a big move, a new role as a grandma, a new community, and a new running family. She just recently joined the Roadrunners and was so pleased to meet so many great people who are encouraging, helpful and non-judgemental. In the past year, she has taken part in the Falling Leaves 5K, The Sneaker Store runs and the Ugly Sweater 5K. She joined the Boilermaker Training Program, but will most likely not be tackling the 15K this year. She has been enjoying the virtual UR challenges and during the Scavenger Hunt in April, she logged a nine mile run - the longest she's ever run before.

In her spare time, she of course loves babysitting her grandson but also embraces gardening and tending to her many indoor plants and likes to sew (she's made a couple quilts!)

We're looking forward to seeing more of Linda and watching her growth from here. She is truly an inspiration to many already!





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## **About Jane:**

Jane has a wealth of experience as an athletic coach for over nine years – coaching youth, adults, groups and individuals at all different levels. On top of this, she has also had the opportunity to train as an athlete under with seven or more coaches worldwide which has helped her understand how various programs can work for different people and that there are different ways to achieve one goal. She uses her experience as a professional athlete and background of coaching at different levels to guide her methods of coaching her clients.



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