

July 2020

# splitimes

The Official Newsletter of the Utica Roadrunners



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July  
2020  
Utica Roadrunners  
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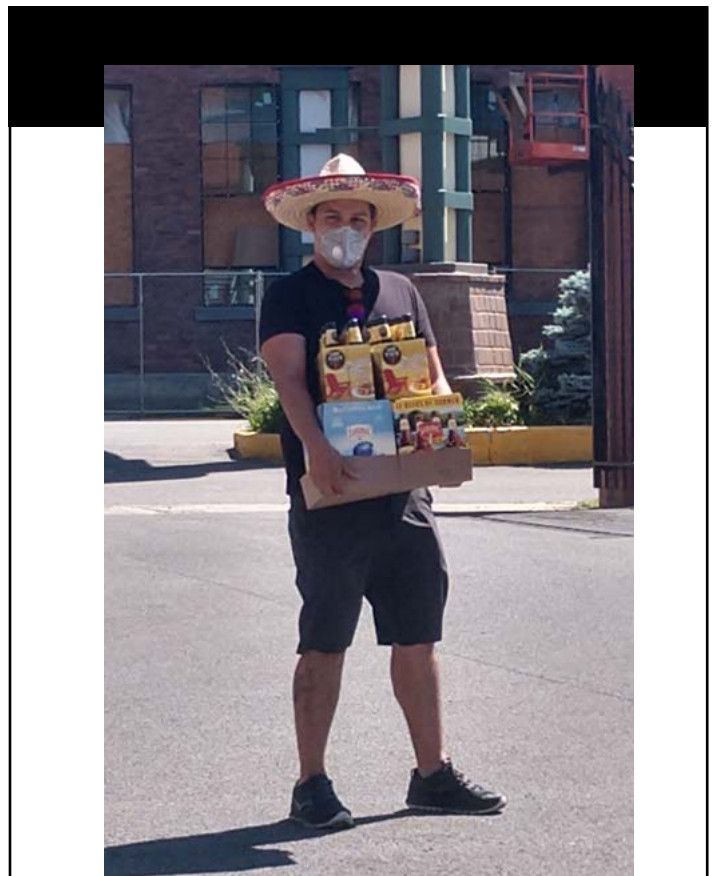
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| Rick Gloo          | Karen Piccola |
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If you would like to advertise in Splitimes, please contact: Michelle Truett email: michelle@484design.com or call (315) 534-0067.

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



Our newest board member Alejandro "Alex" Gonzalez at the Five After Five Prize Pick Up at the Brewery

**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



# "Running is about acceptance - of yourself and others." – BART YASSO

Here it is July and I should be telling you how excited I am about our city's greatest event. The Boilermaker is our crown jewel and as runners it is likely the reason we became runners – I know that's the case for me. I ran my first Boilermaker in 1992 and I haven't missed one since - that is until this year. The postponement offered a glimmer of hope but seriously it would not have been the same. The second Sunday in July means one thing to me and it always will. With that said, it is how we accept these things and turn them around into new opportunities.

Running is like no other sport. Name a sport that you can line up with the greatest athletes in the world. We get to participate and compete with the best. When we line up to start, we are all one in the same. We have our own personal stories that brought us to the race. We have our own goals and expectations of what the race will provide. What makes the sport wonderful to me in the end is that we are all runners. Our political differences, religious affiliations, financial status, and race make no difference. There is a good chance that some of your best friends in the running community would never be your friends if it were not for the love of our sport. That is also a likely reason that you joined the club - it certainly is one of the reasons I have become a member and why I care so much about our club mission.

The first paragraph of our club mission statement says:

***"We are a diverse group of over 600 people that promote health and fitness through running as well as many other activities. We are a club of all ages and paces where anyone is welcome to join in."***

Words are meaningless without action and that is why I am proud of the two events that will be taking place in July. Rick Gloo has a very patriotic Virtual Event called **"Stars, Stripes & Solidarity"**. The event sets many goals for runners and offers the usual great swag including socks, hats and frisbees. The other event was created by Michelle Truett. She has put countless hours into this event and I truly think it is going to be one of the greatest events the club has ever offered. The event is called the **UR Run Against Racism**. I will let her tell you about it and the details and link to sign up will all be included. Helping Rick and Michelle with both events has been Alex Gonzalez. Alex has been a wonderful addition to our board and has been active in numerous events and decisions.

Taking a quick look back we had a wonderful month in June as a club. We wrapped up our very successful **FIVE after FIVE** by having a benefit breakfast for our Frontline and Essential workers at the Boulevard Diner in Whitesboro. We served over 250 meals and the event had numerous members help volunteer. The swag pick-up both days for the event was also a big hit. Our first day was held at Saranac and the second day was held at The Sneaker Store. It was so good to see familiar and new faces. Again, I would like to thank



## PRESIDENT'S MESSAGE (CONT.)

Bill Callahan and Melanie Crisno for their work on that event. Our June event was **Push URself** and it was also very successful with nearly 160 people pushing their pace over a variety of distances. A huge thank you to Jen Bachelder and Andrew Rubino for their work on making the event so unique and fun for everyone involved. A big thank you as well to Tim Kane for all his coaching tips to the group.

Saturday, July 11 is a big day for our club. It will be **Utica Roadrunners Day at The Sneaker Store**. Josh and his crew will be having their Christmas in July sale and there will be lots of great UR swag on sale as well. Our day will include the kick-off for the UR Run Against Racism, promotions and summer fun with our Stars, Stripes & Solidarity, and the presentation of our four winners for our **Paul Ohlbaum Scholarships**. Thank you to Anne Marie Latshaw for stepping in and taking over this huge endeavor.

We will be announcing our decision on the future of our four races, The Development Runs, The Boiler-maker Training Program, and our Four Race Challenge on Tuesday, July 14. We appreciate your patience and we once again promise to make safety our number one priority as we continue to try and keep you engaged and competitive. Stay safe and I hope to see you on the roads at some point soon.

Jim

**the Sneaker Store**

*Christmas in July*

**SALE**

**SATURDAY JULY 11TH, 10AM-7PM**

**ALL WINTER APPAREL AND GEAR 40% OFF**

**UR GEAR 50% OFF**

**SELECT ADULT & KIDS FOOTWEAR \$50/\$25**

## Letter from the Editor

by Michelle Truett

# The Making of the Run Against Racism

I ran 2.23 miles on May 8 2020. It would have been Ahmaud Arbury's birthday and runners around the world ran in solidarity under the hashtag #IRunWithMaud. I did my usual route to downtown Utica, running the first mile so angry and the second mile in utter sadness – I had tears in my eyes and my breathing was heavy. I'm not an emotional person, but my son had returned home early from college a month and a half before that and was running a lot to stay in shape. Many of you know Deondre – he is biracial. The thought of someone hunting him down while he was running and killing him because of the color of his skin was almost too much to bare. I couldn't imagine what Ahmaud's mother felt. Everything we tell our beautiful brown-skinned children *every time they leave the house* on how they need to stay safe – all failed Ahmaud. Then came George Floyd's death and the racial unrest in its wake. The world became so heavy and I, like many, wanted to jump into action.

A post on Facebook I made about Black Lives Matter led Jim Mott to connect with me and we brainstormed about what we could do as a club to make a bold statement in our community. We roughed out the idea of the virtual event – mixing running, black history education and a call to combat racism all in one. It was lofty and I loved it. I knew I had to get Alex involved right away - so many of our conversations and the community work we do together stem from inclusion and racial justice already. And Rick Gloo jumped in to round out the team.

I had worked on a huge historical mural a few years ago that is up in Bagg's Square near the Utica Children's Museum

and had a lot of history and images already gathered and we set out to get the rest – reaching out to current black-owned businesses and Alex and I created and ran the course a couple times. I started reaching out to friends and colleagues in the Black community and we had some great conversations as I explained the run and got their input. It was nice to check in with them, see how their businesses were and just see how they were doing with what's going on in the world. Those friends are going to help share this initiative for us beyond the running community. We are all going to work together to build some bridges, share some education and hopefully after the event, we can continue moving forward with some discussions, more events, new internal inclusion initiatives and more.

Thank you to Jim for having a strong belief in this and providing great leadership. Thank you to all of those who helped with guidance and gathering information: Dave Jones (read about him on page 9!), Robbie Dancy, Mary Hayes Gordon, Patrick Johnson, Freddie Hamilton, Cassandra Harris-Lockwood and Delvin Moody. I also had the pleasure of meeting new friends like Rev. Sharon Baugh, Mary Hawkins and Benson George. That's the thing I enjoy most about these community-based projects – with each call, text, Facebook message, in person social-distanced meeting or Zoom call, we strengthen the social fabric of our community by trusting each other, working together and just being friends.

I'll be running the course on Sunday mornings. Hope to see you out there. – Michelle

## Boilermaker Training Program

To help people train for the Virtual Boilermaker, Cole Perkins is looking to plan some routes for people to meet and run together, keeping some distance of course. Participants would need to bring their own water. We will not be able to set up the usual stations. Follow the Utica Roadrunners Boilermaker Training Program Facebook page for more information.

**JOIN THE GROUP**

## Wednesday Development Runs

We hope to be able to start Development runs by mid-July, but we don't have confirmation of that yet from the City of Utica. When we start to actually do the runs, we won't be timing them. Your continued patience is very much appreciated as we wait and work to secure the proper permissions and permits. Please join our Facebook group for more information specifically on the Development Runs.

**JOIN THE GROUP**

# Our Next Challenge!

## Looking for a great way to show your true colors?



Stars, Stripes & Solidarity gives all the chance to proudly show their patriotism as an American. As we all stand together as a country and a running community, this new event has many opportunities for you to continue to meet your running goals. We have many unique new items that will be issued as prizes and lots of great swag created by our friends at CNY Racing!

**REGISTER NOW**

**What to expect:** based on elements of the American flag, this event has a series of challenges to be completed during July (e.g. run 3 miles (5K) to represent the three colors of flag, etc.). The event has something for all participants, from runners to walkers, those just starting out, and crazy ultra-running minded folks. The list of challenges will be sent via email and/or posted on social media.

**Community:** The UR "Fireworks Committee" will be helping us stay motivated via dedicated Facebook and Strava groups.

**Prizes:** The UR Fireworks committee will select random participants who are active via Facebook or Strava groups for event prizes. We will be unable to provide prizes to those who choose not to interact via these platforms, but we still welcome all to attend in any way they choose to engage with the event.

**Event Merchandise:** while the event is free, event specific merchandise will be available for sale during registration. We will announce a gear pickup date for sometime late July or Early August. We will not ship merchandise unless participant is active duty military.

**Proceeds:** a portion of proceeds will be given to an organization that supports our nation's Veterans. We are currently assessing organizations that are still able to execute their programs during the pandemic. We welcome suggestions from our members. If suggestions are provided, please specify how the organization is handling the pandemic or provide a reference to their webpage.



# UR RUN UTICA ROADRUNNERS AGAINST RACISM

AN 8.5 MILE RUNNING  
& WALKING ROUTE  
THROUGH UTICA TO  
HONOR BLACK LIVES LOST,  
STAND AGAINST RACISM  
AND TO LEARN ABOUT  
AND CELEBRATE OUR  
CITY'S BLACK COMMUNITY



A VISUAL MAP OF THE COURSE AND  
TURN-BY-TURN DIRECTIONS  
**AVAILABLE TO DOWNLOAD**

JUST OVER 30  
SIGNS WILL BE  
PLACED ALONG  
THE ROUTE!



## KICK OFF WEEKEND: JULY 18-19

SIGNS WILL STAY UP THROUGH AUG. 2

### We have created a historic route through Utica!

#### HOW TO TAKE PART:

- Walk or run the route, at a time that works for you, between July 18 - August 2, 2020
- Read temporary historical markers along the way to learn about places, people and events that celebrate the rich history and contributions of Utica's black community
- Reflect on racism and how you can combat it
- Post photos and thoughts to our event page

We encourage participants to have meaningful conversations about race or discussions about recent events as they run/walk... or if they prefer, to run/walk solo in personal reflection or listen to a podcast or audio book on the subject.

While paying homage to our local black community, the route was also created to celebrate the black lives recently lost throughout the country. We run in remembrance of them:

- The route is approximately **8.5 miles** long to honor the life of **George Floyd**, reflecting the length of time a police officer in Minneapolis had a knee on his neck before he died
- There are **27 stops** in total to honor the life of **Breonna Taylor**, who was killed in Kentucky right before her 27th birthday
- UR encourages people to run the route on **Sundays**, to honor **Ahmaud Arbery** who was killed on Sunday, February 23 while running in Georgia

**REGISTER NOW**

Participants will be chosen at random for prizes that will support both running-related and black-owned businesses. The event is FREE, but if you are so moved to do so, donations raised will help support those businesses.

If runners prefer, or they cannot make it to Utica to run the course, they can run their own 8.5 mile route and post to our FB page.

# Utica Roadrunners Day at The Sneaker Store



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## Saturday, July 11 • 12-4PM

4490 Commercial Dr, New Hartford, NY

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Learn more about the Stars, Stripes & Solidarity event  
and the UR Run Against Racism

Pick Up Your Push URSelf Prizes

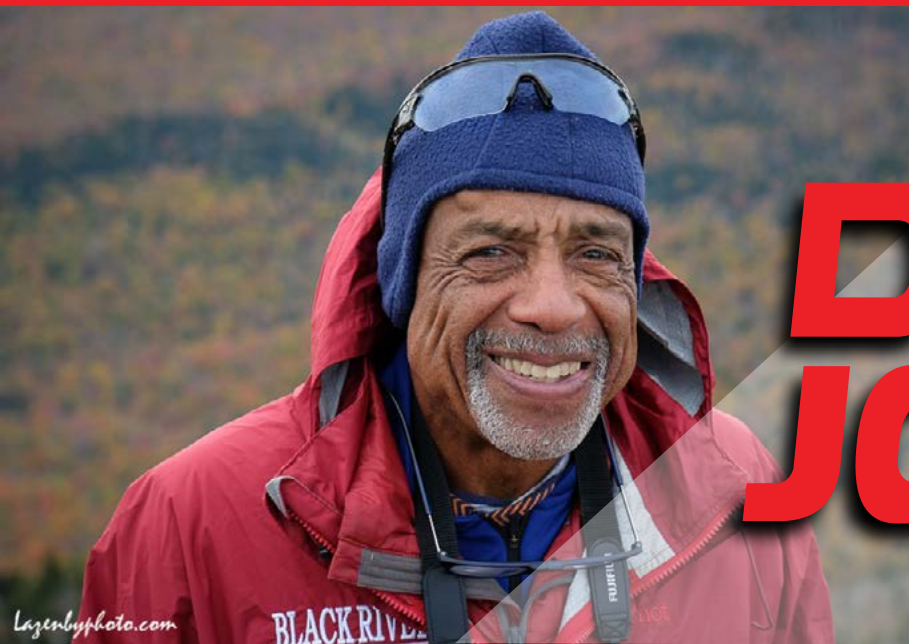
Join us in a presentation to celebrate our Paul Ohlbaum, Howard  
Rubin, and Utica Roadrunners Scholarships winners at 3:00pm

Enjoy music, promotions and summer fun  
AND see friends at a social distance  
at this fun pandemic compliant get together

**PLUS** - shop for some great stuff at The Sneaker Store  
at their Christmas in July Sale.



# MEMBER SPOTLIGHT



## MEET DAVE JONES

**D**

ave is one seriously interesting guy. He's a quiet force that has a deep love for his community and for outdoor recreation. He has been a Roadrunner for over 30 years and he has cool hobbies. We were thrilled to be able to catch up with Dave and are proud to share his story with you.

Dave grew up in the Bronx and later attended Springfield College where he studied health and physical education. In his senior year, a "Physical Education for Atypical Children" class and a lecture on prosthesis sparked an interest for him that led to three years of post graduate work at the VA at New York University Medical School in a prosthetic training program. He learned everything from design and fit to fabrication, working with patients who were all Vietnam Veterans. This started a long career for Dave in prosthetics and orthotics.

After New York, he moved to Burlington, Vermont. He had been up in the area for a backpacking trip and happened upon a Orthotic/Prosthetic facility on the west bank of Lake Champlain. Although it was a Saturday, he still took the chance to walk in to introduce himself and talk to someone about a job. He was hired. Vermont worked out well for him – he got the job working in private practice AND he learned how to cross country ski, which was something he really wanted to learn. He really fell in love with the area, too. It had so much various recreation readily available and a beautiful view of the Adirondack Mountains in New York.

He didn't have a vehicle when he first moved to Burlington, so he would walk to work. There was this one guy who would pass him running all the time and as Dave began to talk with him a little, he also began to run with him... in his work clothes. For Dave, who had played football in college and who was on President Kennedy's Physical Fitness team, this was his first true foray into running. He began racing – he has racked



## Member Spotlight (cont.)



Clockwise from above: Run for Hunger with Bob Epp, on Wright Peak in the Adirondacks with Tim Kane and mountain biking



up 13 marathons, all completed in under three hours, with a PR of 2:36:41 in Boston. His favorite marathon by far was New York City because it gave him an opportunity to see “home” from a very different perspective. He would continue hiking, racing and running the mountains in Vermont until an opportunity came up in 1981.

A mom and pop shop based out of Syracuse wanted to open an orthotics and prosthetics office in Utica and Dave’s first thought was “where’s Utica?!” On closer inspection, he found that it was close to the Adirondacks and to Albany and decided it offered all of the things that were important to him including the mountains, kayaking, the canal and more. He moved to an efficiency apartment in downtown Utica with his canoe that didn’t fit in the apartment, but which he was able to lock up at his new office at 286 Genesee Street.

Dave took to running to help him familiarize himself with the city of Utica and started meeting other runners out on the streets including Mike Sears, who was a member of the Utica Pacemakers of the YMCA and who would become a lifelong friend.

Dave embraced his new community and served on about a dozen different boards, wrote a “Go Outdoors” feature in the Observer Dispatch and in 1984, founded the Run/Walk to End Hunger which still occurs on Thanksgiving morning each year. He began it to raise money for World Runners, an international nonprofit







George Searles, Dave Short (City of Utica Parks Commissioner), Sybil Johnson, Dave Jones, Jan Squadrito (The Community Foundation), Phyllis Petrillo, Mayor Robert Palmieri, \_\_\_\_\_ and Megan Fraser McGrogan (Greater Utica Chamber of Commerce) at the ribbon cutting of the new fitness station in the Switchbacks on April 26, 2017.

organization comprised of sports enthusiasts working to eliminate world hunger as well as to fill a void he felt was in our community – a Thanksgiving morning run.

Dave stepped down from the race director position in 2015 after being at the helm for 31 years. Under his leadership, the races raised \$63,338 and 45,415 pounds of food throughout the years, helping local organizations such as Hope House, Thea Bowman House and Historic St. John's Food Pantry.

In 2000, Dave stopped running due to some serious issues with his back. He has undergone a couple spinal fusion surgeries, the most recent one was a cervical fusion this past May. Although he's not running anymore, that does not stop this outdoor enthusiast from remaining active as he still spends a lot of time cross country skiing and paddling on the canal. His recent surgery means no biking for Dave this season, but it definitely means more paddling!

He has also remained a steadfast presence in the running community. In 2017 with the help of George Searles, Dave assisted the Roadrunners in securing a \$5,000 community impact grant from the American Heart Association and a \$2,900 grant from the Community Foundation of Herkimer & Oneida Counties to construct a dozen new fitness stations at the South Woods Switchback Trail which promote fitness and training along the 2.2 miles trail.

Now retired from his career in prosthetics and orthotics, Dave is a coach at the Black River Outdoor Education Program in Boonville, helping school-aged children appreciate the environment and discover outdoor recreation like kayaking, biking, hiking, snowshoeing, cross country skiing and more.

Dave has two sons, loves gardening at his house and is a bee keeper. He is currently on the boards of Utica Rotary and Young Scholars and he has always been passionate about hunger and food issues, as well as racial equality.



# Thank you to all who participated!



## ***Congratulations to everyone who participated in PUSH URself!***

A very special kudos goes out to our PUSH URself motivators and inspirers who contributed to Facebook and Strava and non-virtually. Some of us met our goals, some of us did not, but at the end, we hope everyone got just the right amount of “push” to give this challenge a try. It’s always inspiring to see the running community come together to support each other to meet our individual goals and share our experiences.

We are organizing a final pickup for PUSH URself prizes, shirts, gaiters, and all other swag at the Sneaker Store on July 11th. The Pandemic Compliant Party will go from Noon to 4pm. We look forward to seeing you there.

## **PUSH URself Gift Card and Prize Winners:**

**Anne Marie Latshaw** - \$10 Utica Coffee – Global Running Day  
**Trista Gillmore** - \$20 Sneaker Store – Week 1 Goal Crusher  
**Melissa Barlett** - \$20 Lukins – Week 1 Goal Crusher  
Myron Thurston - \$20 Sneaker Store – Week 1 Goal Crusher  
**Travis Belanger** - \$20 Lukins – Week 1 Goal Crusher  
**Nancy Monohan** - \$10 Bagel Grove - Medal and Mantra  
**Ryan Maine** - \$20 Sneaker Store – Week 1 & 2 Goal Crusher  
**Thomas Joslin** - \$20 Sneaker Store – Week 2 Goal Crusher  
**Amber Oliver** - \$20 Lukins – Week 2 Goal Crusher  
**Ashley Mancini** - \$10 Bagel Grove - Flashback Friday  
**Missy Scanlon** - \$10 Utica Coffee – PUSH URself Props  
**Troy Williams** - \$10 Utica Coffee – Triple H (Hills, Heat, Humidity)  
**Cheryl Burmaster** - \$20 Sneaker Store – Sizzle Course Challenge  
**John Seigle** - \$20 Lukins Gift Card – Sizzling Duo

**Chris Potocki** - \$20 Sneaker Store – Postmaster Award  
**Elizabeth Fallon** - \$10 Bagel Grove - Push URself Inspiration Prize  
**Gary Burak** - \$10 Utica Coffee - Switchback Legend  
**Justin Rahn** - \$10 Bagel Grove - Motivator  
**Jessica Cooley** - \$10 Utica Coffee – Strava Poster Motivator  
**Karen Randall** - \$10 Bagel Grove - Push til you Puke  
**Christina Reilly** – Momentum Motivate Wrap - Inspiring & Motivating  
**Derek Alexander** - \$20 Sneaker Store – Pace Pusher 15k  
**Gloria Broadbent** - \$20 Sneaker Store – Pace Pusher 5 mile  
**Phyllis Spohn-Bates** - \$20 Sneaker Store – Pace Pusher 1 mile  
**Sara Hanna** - \$20 Sneaker Store – Pace Pusher 10k  
**Michael Shue** – \$20 Lukins – Pace Pusher 5k

**A special thank you to Jennifer Bachelder and Andrew Rubino  
for all of their hard work on this great event!**



# Results from Participants



**Trista Gilmore** ▶ Push URself: Second Wave

Thanks to this challenge I reached my goal of 100 miles for the month! I wasn't always the best about putting in the cumulative miles each Sunday night 🤔 but I did them! Great job everyone!



## Monthly Activities

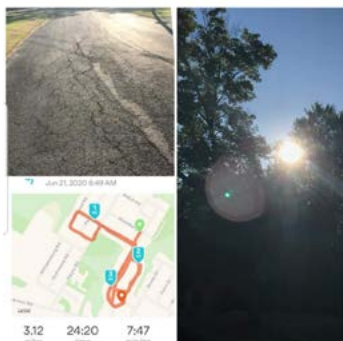
You've done 39 activities so far this month - up from 28 at this point last month.

Active Time 36h 34m Distance 119.0 mi



**Fallon Elizabeth** ▶ Push URself: Second Wave

It's been tough to "beat the heat" this week, but the early start today paid off! Pre-Covid I was not normally an outdoor runner, but I just beat my 5K goal by a full minute and five seconds for a 24:20 finish!! So excited!! 🤗🏃💙 #pushurself #uticaroadrunners



**Jennifer Percy Towns** ▶ Push URself: First Wave

Hey!! "Arrived" at my goal of 10:30, and then just a little bit more!! 😊



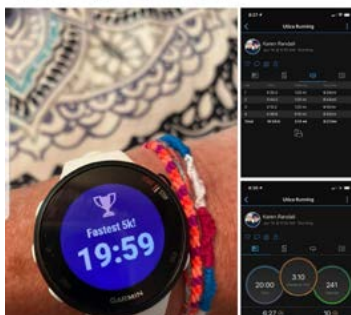
**Phyllis Spohn Bates** ▶ Push URself: Second Wave

Done!! Every week I PUSHED & beat it!!! My first mile is always my slowest and hardest. I chose this because I could walk right out my door knowing it is a mile to the next road, but, it always takes me at least 14 mins. I shaved 17 seconds from 11:58 last Sunday. Thanks UR for the PUSH



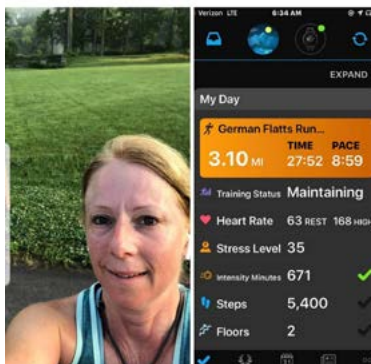
**Karen Sears Randall** ▶ Push URself: First Wave

Week #3 in the books...not sure if it's a 19:59 or 20:00.. but I'll take it! Thinking it's a PR 🏆... and felt like 🤗 when done. Week #4 plan is to just run my 5k course for fun and take it all in... mission accomplished 🏆🤗. Hope everyone is doing great with your runs and walks!



**Missy Scanlon** ▶ Push URself: First Wave

Crushed my goal this morning. Week #2. Promptly followed by a breakdown 🤔. I'm not a fast runner. It hurtzzzz. But I'm super proud of myself for pushing myself 🤗



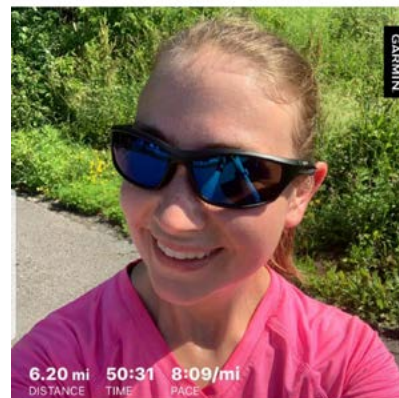
**Anne Marie Latshaw** ▶ Push URself: Second Wave

I gave it my all guys! And I didn't go out without a fight! June 1 - 55:51 (Round 1) June 8- 55:00 (Round 2) June 15-53:36 (Round 3) June 22 - 54:39 (Round 4)



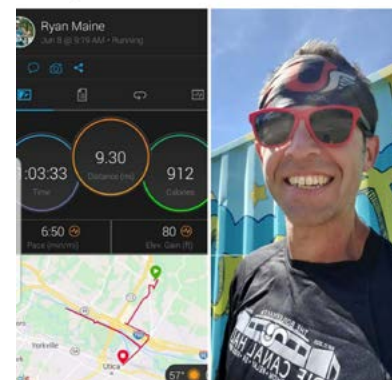
**Sarah LaFave-Harrison** ▶ Push URself: Second Wave

Not a new record but a good effort. Hello Summer!



**Ryan Maine** ▶ Push URself: First Wave

Week 2: Another Beautiful Day For A Run. I am really happy with the progress. Another minute off my 15K Time.





# Frontline and First Responders Breakfast



We wrapped up our very successful FIVE after FIVE by having a benefit breakfast for our Frontline and Essential workers at the Boulevard Diner in Whitesboro.

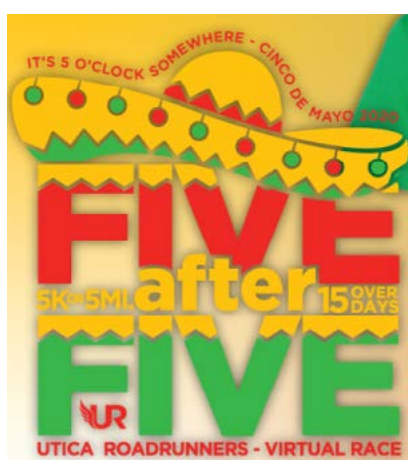
We served over 250 meals and the event had numerous members help volunteer.

Thank you to Bill Callahan and Melanie Crisino for coordinating this amazing event!





# Frontline and First Responders Breakfast



## Recovery Starts With a Good Night's Sleep

by Terry Dwyer



I have confronted a few truths about my running recently. They are not much of a revelation; it is merely that I have had the sense to finally acknowledge them. Number one is that I am never going to be as fast as I was 30 years ago in my running prime (although age graded race results do

keep the ego intact.) Number two is that marathon training is just getting harder to get psyched up for anymore—so hello again to my long-lost best friends the 10k and half marathon. Number three, and the really frustrating one, is that I do not heal as fast from an injury as I once did.

My recent setback with continuing right knee tendinitis has been annoying. I keep telling my wife that I should have been back to running full throttle by now instead of feeling the continuing after effects of another short run on my injured knee. Three weeks rest is far beyond what I expected in getting my knee back to its former tolerance level for extended mileage. Of course my wife, who is a registered nurse and has more of a certain kind of practical wisdom than I will ever have, has been trying to explain to me the importance of rest and allowing the body to heal. Naturally, I had been missing the point. She was not talking about resting my knee, but the importance of getting a good night's sleep to allow my body to restore itself. The trouble had been that I was not sleeping well, and she knew it. As a result, my body was not getting the

restorative rest it needed. Instead of listening to her advice and following a few simple instructions to ensure a solid and restful sleep I continued my own course of everything that was not working. Not a smart move. She was right and I finally listened. After three solid nights of restorative sleep I felt better physically and my mental approach to my workouts improved as well. It was all right there in front of me, only I wasn't acknowledging it, but she saw it.

The right kind of coaching knowledge in this situation had nothing to do with actual running, and everything to do with what happens to our bodies when we stop running. My wife had prior experience with a collegiate runner who encountered training issues half-way through her career. It all stemmed from the stress she was putting on herself in an extremely competitive season. After a sleep study it was determined that she never let her body, or her mind, shut down at night. Doctors watched as she lay in bed and her legs moved as if she were running a race in her sleep. Temporary medication to aid her sleep along with mental exercises to de-stress her from the day led to a deeper, restorative sleep and eventual record-setting collegiate performances. Body and mind working together make our remarkable internal engine run. A good night's sleep, as the wise family doctor from my youth would say, is sometimes all that is needed. I know I'm counting on it.

---

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

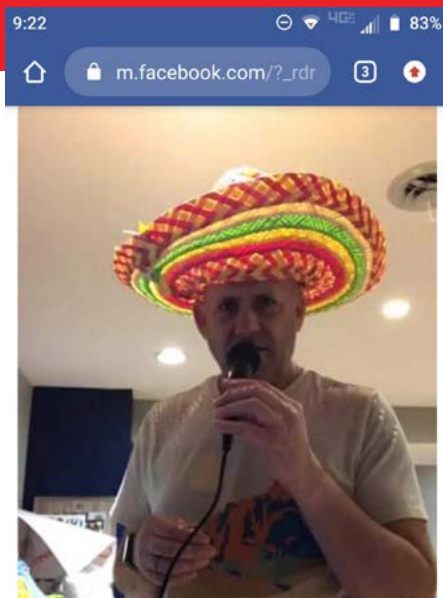


# The Mott Marathon



Seven graduating seniors and one retiring teacher took part in the 14th Annual Mott Marathon - virtually! The marathon is traditionally 105 laps around the varsity track with a toilet paper finish line awaiting each participant. This year, runners set their own courses and turned to a cell phone app to map out the 26.2-mile run and walk in and around the villages of Ilion and Mohawk.

## Five After Five Somberos Are a Hit!





## Happy Summer, Everyone!

*by Mike Winkler*



I'm writing this having recently recovered from a stress fracture in my foot . After a diagnosis from a licensed podiatrist, this resulted from compounded impact of downhill running, and snuck up out of nowhere. I've decided this article will focus on easing back into the running lifestyle you were once used to, and ways to overcome the shock your fitness might experience while resting and recovering from a major injury.

**Step 1: Start with walking!** I had extreme difficulty walking for the first 3 weeks of the injury. Once I was able to walk, I did just that for the next 2 weeks.

**Step 2 (three to four weeks into recovery):** Slowly introduce more dynamic movement! This could be hopping in place, lightly skipping, and even very light jogging. I know my fitness was quite disappointing at this stage of the game, but my goal was making sure to feel no pain on the injury site.

**Step 3 (five to six weeks into recovery):** Slowly introduce light running! This was the next 2 weeks, and it was tough to do. It was slower than I've ever ran in my recent and distant memory. The goal was gradually increasing time on feet, while running, and not caring about pace at all. It was all driven by how the foot felt!

**Step 4 (seven to eight weeks into recovery):** Slowly introduce hills, and light workouts! This is the current stage I'm in. After 2 months. It's been slow, but I've learned how resilient the human body can be. Patience is a virtue. I could barely walk 2 months ago, and now I'm slowly building up weekly mileage.

Rest and Recover are critical. I broke a cardinal rule of overuse by downhill running too often, at too fast of a pace. I've lived, learned, and am now reaping the benefits of Rest and Recovery.

Happy Running, Everyone!



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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 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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