

splitimes

October 2020

The Official Newsletter of the Utica Roadrunners



In this issue:

| | |
|---|---------------------|
| UR Donation to Utica Zoo from SOS | 4 |
| Club Happy Hour on October 2nd | 5 |
| Call for Board Candidates | 9 |
| Call for DEI Committee Members | 12 |
| Volunteer Points for Red Jackets | 22 |
| Member Accomplishments | 11, 13, 15, 17 & 18 |

Member Spotlight: Ashley Mancini



page 19

Current and Upcoming Races



page 6



page 7



page 8



**A Live Race in
November**
page 10

Member Articles:

| | |
|-------------------------------|----|
| Article by Terry Dwyer | 14 |
| Article by Beth Pedulla | 16 |



A Throwback Article

Adventures in Colorado
1989, 1997 & 2020
by Sybil Johnson

page 23

October
2020
Utica Roadrunners
Board of Directors



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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](#)



Andrew Rubino getting ready for the Skeleton Run at Pumpkin Junction!



President's Message

by Jim Mott



Jim is wearing pink for the month of October to raise money for the American Cancer Society!



[Learn more about Real Men of Utica Wear Pink >>](#)

[Visit Jim's fundraising page >>](#)

"The obsession with running is really an obsession with the potential for more and more life."

– GEORGE SHEEHAN

Happy Fall and everything October and pumpkin flavored! We have officially entered the Fall of the year they are calling 2020 and we have some exciting news to share for events for our final three months of this marathon! This month's quote comes from the same person that started off my message in February. My obsession with running started in the early 1990s. That obsession led to me traveling to Red Bank, New Jersey to honor the life of Sheehan in his hometown. A 10k race was held in his honor and I knew it was a race I just had to do. It is still a memory I hold near and dear to my heart. I'm sure many of you can relate as destination races and runs for a cause have helped us make a difference in our life and the lives of others.

As always, first a look back at what September offered. September offered many people an opportunity to run their Virtual Boilermaker. Congrats to all who participated! There were some great times put up there! We also had our Virtual and VirtuReal Save Our Switchbacks 5k and 8k races. The event was a huge success as we had 127 people participate. We also raised nearly \$500 that was donated to our friends at the Utica Zoo during our medal and swag pick up. A huge thank you to Race Director Mike Kessler for all the work that went into the event!

The month of September also means our traditional Falling Leaves 14k and 5k. As Race Director Mike Brych pointed out, there is nothing traditional about 2020, so our Falling Leaves races had to adapt and change to the times we are living in. Sunday, September 27th, we opened our Virtual and VirtuReal window for our 244 participants. All runners have until October 11th to run the course of their choice. All results can be submitted through RunSignup and you can see where you stand as the event progresses. Please be patient as all submissions must be approved by the Falling Leaves Race Committee. Pint glasses will go to age group winners and they will be available for pick up with the great shirts at The Sneaker Store once the event concludes.

October 11th is also a significant date as that is the date set for our LIVE EVENT-The Skeleton Run presented by Pumpkin Junction! Waves are filling up fast and there are only 76 slots available at the time of this message. We will have packet pick up at Pumpkin Junction On Friday, October 9 from 4-7 pm and Saturday, October 10 from 12-3 pm. Runners are encouraged to get their packets before the race. We do ask that you wear a mask or gaiter and keep it on until your wave has started. The course is all trail and beaten down grass so be prepared. Trail shoes would be ideal but not mandatory by any means. Race Directors Melanie Crisino and Rick Gloo have lots of great swag and prizes lined up for the adults and kids!

With the end of October brings November, Daylight Savings time and darkness by the time many of us leave work. With that said we are preparing to have our Safety Run Tuesday, November 24. We are hoping to start the run at The Fitness Mill in New York Mills and finish



PRESIDENT'S MESSAGE (CONT.)

at Pizza Boys-when details are finalized you will be the first to know! November also means Thanksgiving and our annual Run 2 End World Hunger. This event is led by Rocco Fernalld. The event will have a different look this year as we are creating a RunSignup page and we will be having Virtual and VirtuReal options available. More details are coming soon.

Additionally, we just received city and state approval for another live event on Sunday, November 8th! Details are included in this newsletter. The race caps at 50 participants with others getting a Virtual or VirtuReal option. Lastly, with the cancellation of the Summer Sizzle we are preparing to heat things up in December. For the month of December we will have the Santa Sizzle's 12 Runs of Christmas. Runners will have 12 challenges to take on from December 1-25th. We are hoping one of those challenges will be a live event that we are working on currently. The shirt reveal is within this newsletter! As with everything else, stay tuned!

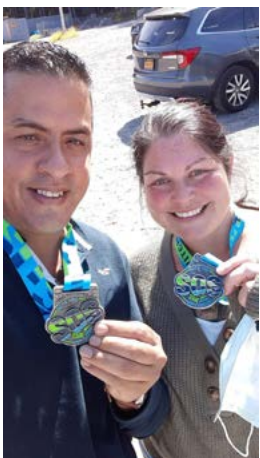
2020 has been a challenge but we as runners have found a way to answer that challenge in ways we never thought we would have to consider. I would like to thank all of you for your participation, enthusiasm, support, and positivity. As a club we will continue to come up with ways for you to participate and inspire one another. I look forward to seeing many of you at The Pumpkin Junction October 11th!

Jim



THE TED PETRILLO
SOS 7.5K
SAVE OUR SWITCHBACKS

Roadrunners donate **\$488** to the Utica Zoo with proceeds from the SOS run



Roadrunners Happy Hour

JOIN US!

Friday, October 2, 2020

6 PM

Heelpath Brewing CO.

122 Marina Park Dr.

Frankfort, NY 13340



Support Our Skeleton Run Partners

An illustration of a scarecrow with a carved jack-o'-lantern head, wearing blue overalls, standing in a field. A crow is perched on its outstretched arm. The background shows a sunset or sunrise over a field with a fence and bare trees.

PUMPKIN JUNCTION.com
2188 Graffenburg Road
Sauquoit, NY 13456
Phone 315-794-4604
OPEN: Sept 1 - Oct 31 9 a.m. to 8 p.m. daily
Pumpkin Farm (and pick your own)
Halloween Store (many unique items)
COrNFUSION Corn Maze (8 acres)
Trebuchet Pumpkin Launcher
*If you Like Halloween,
you'll LOVE Pumpkin Junction*
Like us on Facebook Credit Cards Accepted

Our Signature Race is Virtual for 2020



SIGN UP

Now through Sunday, October 11, 2020
5K • 14K
+ Kids 1K Fun Run
Only \$20!



Parking available right near the entrance gate, accessible off Valley View Road

5k Virtual Race

5k Virtual Race option on the Rayhill (840) Trail course. This will be a timed event where runners submit their times and will be ranked like a traditional road race.

4.7 Mile Switchback Race Option

Two challenging loops of the Switchbacks - course is freshly painted!

5k Virtual run and walk option anywhere in the USA

**Shirt pick up and awards will be at the Sneaker Store
AFTER the event the week after October 11.**

JOIN US FOR

A LIVE EVENT

ONLY
70
SPOTS
LEFT



SIGN UP

Sunday, October 11

5K (in waves, starting at 8am) + 1/4 Mile Kids Race (4-12 year olds)

We have a great course plotted out with some challenging hills and breathtaking views. We have 5K Race awards for overall winners and age group winners that will be presented at a separate time after the race. Prizes include gift cards from The Sneaker Store and Pumpkin Junction! A Halloween Goodie bag will be provided for all at packet pick-ups the day before the race and on race day (it includes one pumpkin free of charge from Pumpkin Junction!) Costumes (run safe) are encouraged!

Pre-race packet pickup - at Pumpkin Junction Friday and Saturday, October 9-10, 2020. Runners will be limited to waves of no more than 50 people that will go off every 15 minutes starting at 8 am. Runners who are not comfortable for an in person race or that can't make it on race day may do a Virtual Skeleton Run. They will receive all the swag available to our in person runners but their times will not be included with the official results.

IMPORTANT DETAILS RELATED TO COVID-19

Before you come to the event...

- Know the start time that you signed up for.
- Leave ample time to pick up bib & swag before your start (and put it in your car).
- Bring your own hydration liquids and sanitizer.
- Try to use a bathroom facility before you arrive-There will be bathrooms available but we encourage you to try to take care of your business before you arrive.
- Bring a face covering to wear.

At the Packet Pick Up area...

- Please wear a face covering.
- Get to PPU area not sooner than 25 min. prior to your start time. You will get a UR (face covering) with your BIB (do not forget to grab some pins) and your Halloween Swag Bag presented by Pumpkin Junction.
- After your get your bag, drop it off at your car and pin on your bib (on the front)

When you get to the site...

- Arrive at least 30 minutes before your start time.
- Park in the designated area.
- Wait at or near your car until 15 minutes prior to your start time. Please stretch and hydrate at your car.
- Head to the PPU area adjacent to the parking area.

At the start line...

Please wear a face covering and social distance until the race begins. Once you start running and are apart from other runners you can remove your face covering

During the race...

There will be a minimum of 3 hydration stations with drinks already poured. Help yourself to a cup (we cannot hand them to you). Garbage cans will be placed shortly after the stops. We suggest wearing a hydration belt or carrying water with you. If you are walking, please maintain a 6' social distance with any other walkers or wear a face covering.

At the finish line...

Please maintain a social distance. Please do not hang out near the race course post-race. The next wave of runners will be arriving behind you.

We do encourage you to check out the Halloween Maze, The GhouL Bus, the wonderful store and selection of pumpkins at Pumpkin Junction!

Upcoming Race



Did you miss the Summer Sizzle this year? Well, Santa heard that you have been good this year and with everything that has been going on in 2020 he has decided to heat things up this December!

The Utica Roadrunners will be presenting The Santa Sizzle's 12 Runs of Christmas! In an event that will take place from December 1st until December 25th, runners will have 12 challenges "present"ed to them, some of which may include:

- 1 Run a PR for one mile
- 2 Set your new record for your longest run ever in miles
- 3 Take a selfie wearing swag promoting your favorite running club
- 4 Take a 2020 selfie with Santa
- 5 Do your Five Mile Santa Sizzle virtually!
- 6 Share 6 running goals you have for 2021
- 7 Go for a run with a family member or friend
- 8 Go for a disconnect run without any technology- no music, watch, phone, etc.
- 9 Complete a run no later than 9am
- 10 Run at night wearing reflective gear
- 11 Run with your Ugly Christmas Sweater - pics are required
- 12 Run a It's a Wonderful 5k and enjoy your favorite beverage during or after your run! Pics are encouraged! We miss that bus trip!

Santa is checking this list and will be checking it twice! We are also trying to include a live event as part of this Holiday Miracle! Lots of great swag will be available including special Santa Sizzle socks, pint glasses, gloves, hats and many other things perfect for the holidays! Registration will be opening soon. It is the perfect gift for yourself or any runner on your Christmas list!

Call for Board Candidates

The Club's Board of Directors election will be Monday, November 9th

Every year we fill six of the twelve seats on the Board. We are always looking for members who want to help the club by serving on the Board and 2020 is no exception. If you've wanted to give back to the Utica Roadrunners, and help take the Club to the next level, running for a seat on the Board for a two-year term is an excellent way to accomplish these objectives. If you wish to run, please email Jen Bachelder your one paragraph bio by Sunday, October 11th at jmbachelder@gmail.com.

1,000 Miles

Congratulations to **Sharon Scala** for hitting 1,000 miles for the year!



Upcoming Race

9/11 Never Forget Run/Walk Sunday, November 8, 2020 3.43 miles • Proctor Park • Live Event and Virtual Event

The Utica Roadrunners will be hosting the 9/11 Never Forget Run / Walk, with all proceeds raised to be donated to the Stephen Siller Tunnel to Towers Foundation. This will be both a live event capped at the first 50 registrants, and a virtual event. Events will not be timed and participants can either run or walk the 3.43 mile course. The live event will be held on Sunday November 8 at 10 am, starting at Proctor Park off of Rutger Street, out to the 9/11 Memorial at Tilden Ave, and back to Proctor Park. The virtual portion of the run can be completed the week leading up to the live event. Registration is \$20 per person and all who participate will receive a finisher medal.



Stephen Siller was a New York City firefighter assigned to Squad 1 in Brooklyn. On the morning of September 11, 2001, Stephen just got off of shift and when he heard of the attacks on the World Trade Center. He returned to his firehouse, gathered all of his protective gear, and attempted to drive to the trade center until he got to the entrance of the Brooklyn Battery Tunnel. With the tunnel closed because of the attacks, Stephen took all of his protective gear and ran through the tunnel to the World Trade Center, went to work and was killed when the South Tower collapsed.

In 2002, Stephen's brother Frank Siller created the Tunnel to Towers Foundation which held their first ever 5K race retracing Stephen's steps through the Brooklyn Battery Tunnel to the World Trade Center. The NYC 5K Race started out with 1500 participants and has grown to an event with well over 30,000 participants annually. There are now also Tunnel to Towers events in 70 other cities nationwide. The money the foundation raises goes directly to the families of firefighters and police officers killed in the line of duty, families of soldiers killed in action and they also build "smart," accessible homes for disabled veterans. The foundation disperses 93% of all money raised with only 7% spent on administrative costs. For more information on the foundation, their events and how they help our country's heroes, visit tunnel2towers.org.



Member Accomplishments



Bill Callahan tackled the Boston Marathon virtual run with the “big brother” of our running group - Dave Putney. At mile 21 they noted their time was looking pretty good and decided to kick it up for a sub 3-hour finish!

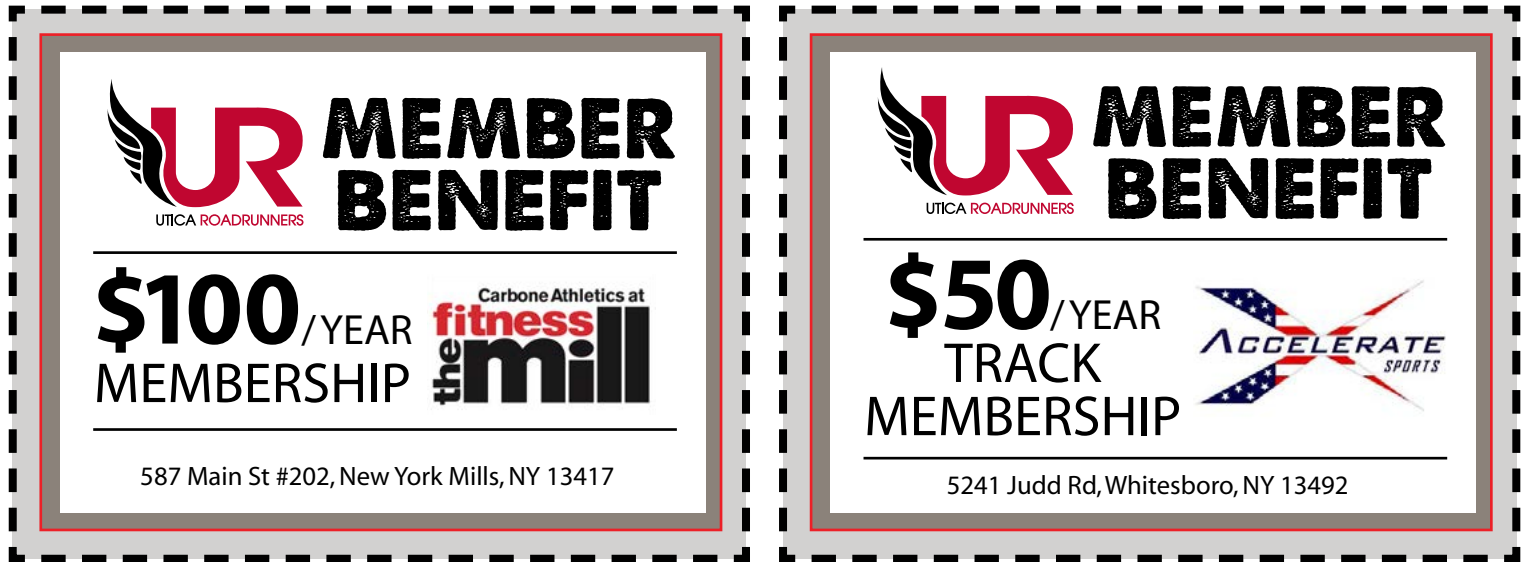
Joanne Willcox successfully ran her 10th consecutive Boston Marathon virtually



Andrew Rubino, John Gilligan, Jen Bachelder, Amanda Mondrick-Robertello and Cole Perkins ran Salt City Trail Running's Morgan Hill Meat Grinder Marathon – 27.72 miles and 4,279' elevation. And a bonus – Jen hit 2,500 miles for the year during the run!



Deals from Our Fitness Partners



UR DEI Committee

Join Us For a Brand New Committee

UR Board President Jim Mott and board member Alex Gonzalez are looking for members interested in joining the club's first Diversity Committee. We are looking for people wanting to make a difference in our community, and what a better place to start than within our Club? The first meeting will be held in October.

Please contact Alex Gonzalez for further information at lifter38@hotmail.com

Member Accomplishments



Virtual Boilermaker 2020



This Autumn Will Be Different

by Terry Dwyer



For a moment everything seemed normal. It was a sunny but seasonably cool Saturday afternoon and college football was being played. As per usual my wife and I sat comfortably in our family room decked out in our jerseys watching Notre Dame football. There were fans in the stands, approxi-

mately 10,000, as Notre Dame stadium permitted students, staff, and player family members to sit with their groups in pre-arranged socially distanced areas. This day felt like so many other early autumn afternoons over the past few years since our ritual of watching Notre Dame football began. In 2016, after 18 years of attending high school and college cross-country meets to watch our children run, we were able to return to our love of college football and our favorite team's televised Saturday games once the youngest of our children graduated from college. Of course, thoughts of cross-country were never far off as I continued to follow NCAA results and periodically check the Tully Runners website to see how fast the top New York State high school boys and girls were running. Unfortunately, the hint of normalcy I felt during this year's opening weekend of college football was short-lived because there were no cross-country results for me to review. Despite cross-country being among the low-risk sports permitted to begin play on September 21 under state guidelines, athletes, parents, and fans of NYS high school cross-country know that for the most part the 2020 cross-country season will be a nullity.

This year's NYSPHSAA cross-country championship meet was to be held at nearby Vernon-Verona-Sherill High School, but it has been cancelled. The always well attended and highly anticipated E.J. Herrmann Invitational, an early season Proctor Park meet where high school stars from across the state were able to register fast early season race times, has also been cancelled. The Herrmann Invitational race committee made the decision to cancel the meet months ago, a hard decision at the time but one the committee felt was in the best interest of the student-athletes, volunteers, and spectators. Many other major high school invitationals within the state have cancelled their races. Only a handful of invitationals remain, and time will tell if they will go off as scheduled. At the collegiate level the NCAA has moved all fall sports championships to spring 2021 with cross-country being among them.

While there will be college football to watch on Saturday afternoons, this autumn will not be the same knowing that cross-country has been limited. Running communities across the country have shown an incredible amount of resilience and commitment over the past six months. Disappointment over cancelled races, postponed travel, and altered training plans have been the new norm. However, it is hard to imagine that the many high school and college cross-country athletes across the state ever would have thought their 2020 seasons would be in such disarray. Still, they continue to train, make sacrifices of their time, and hope to meet each other at the start line again. May we all remain as focused and hopeful in our own lives and running as we welcome the beautiful colors and changes the fall season brings us.

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

Member Accomplishments



Myron Thurston (middle, top row) and friends ran 9.11 kilometers in Norwich to honor the lives lost on 9/11. They observed 91 seconds of silence at stops along the way at the 9/11 Memorial, Police Station, Fire Station and VFW.



Utica Roadrunners headed to Rome to run the "Mini Maker" put on by the Roman Runners



Pandemic Miles – Running 1,000 in the Pandemic

by Beth Pedulla



When I first began this journey to run my 1000 miles to earn the coveted red jacket, I could never have in my wildest dreams imagined what was to come. As I sat there clapping, at the last Roadrunner's banquet watching my running buddies receive their red jackets, I knew that 2020 would be my year. As the year began, the challenge setting the pace, 3.1 miles a day, every day is a daunting task. There was no way to predict what would befall each of us this year.

Flash forward to February break, I was starting to clock miles on my calendar and it looked promising. I even traveled to Florida for winter break and ran several times in the morning. My year was going well, but there was some talk about a COVID-19 virus in Wuhan, China and pictures of people wearing these face masks, we just ignored it. Meanwhile, I'm the adopted Chic to the Rockin' Chicks: Lisa, Karen, Dorothy and Julie. They support me and we run every week together. They

taught me how to map out my year and I start charting every single mile on my calendar in pink pen. Then I get home from winter break and it began to happen. By early March it gets real, we are actually talking about shutting schools down, and on March 13th the world shut us down! How would the world survive? How would I see my running friends? This is where the hard work began, my friends. I became creative about how to run, which included digging out the treadmill. I owe a huge debt of gratitude to two ladies – Lisa and Karen. They ran so many miles with me like the Delta Half Marathon course, Rochester, Route 20, Root Glen, Dugway Road with the donkeys and every week at SUNY, plus Development Runs. Not to mention the scenic cemeteries with all those hills. My favorites are the runs with the donkeys of course, and the golf course/Switchbacks and many memories. This year was rough, I lost my beloved father, schools closed, but I STILL RAN 1,000 MILES!

Member Accomplishments



Left to right: Rebecca Aceto, Travis Belanger, Alyssa Fanelli, Grace Saxe, Karen Piccola and Kayla Slater ran the Old Forge Half Marathon



Bill Callahan and neighbors held a Virtual Boilermaker Kids Run with 1/4, 1/2 and full mile courses.

Member Accomplishments



Members have started running the virtual Falling Leaves Race! Don't forget to submit your photos in October.



MEMBER SPOTLIGHT

FOR THE JOY OF RUNNING

Meet Ashley Mancini



Running adventures come both big and small and Ashley has written many chapters for herself in the past 16+ years, from the challenge of the Boilermaker and the happiness of Disney to the unhappiness of injuries. Here is her story.

Ashley is a Whitesboro native now living in Oriskany. When she was a kid, she was known to take things apart to see how they worked – like the family’s computer – and it’s no surprise the career path she chose. She attended SUNY Morrisville, majoring in network administration and got her graduate degree from Utica College in cyber security. She currently works in IT at Masonic Care Community where she has been for four years. She knows her stuff, and because of that garners respect in a male dominated industry.

In high school, Ashley was a self proclaimed “geek” and participated in band, chorus and softball, but she excelled at swimming. She continued swimming in college where she was a three-time All American and went to nationals. She also began running in high school where laps around the track provided a great escape for her and gave her her own time to think. Family friend Ray Scanio ran the Boilermaker



Member Spotlight (cont.)



and she would watch from his parents' house. She eventually started to think that it would be a fun thing to do. In 2004 – the summer after she graduated high school – she ran her first 15K. She ran her second the next year, got injured and later needed two major surgeries – she tore the labrum in her shoulder where she now has two pins and then needed surgery to repair a meniscus tear, which all combined led to an 8-year hiatus from the race. She made her comeback in 2015, but still only ran the Boilermaker and she did her training solo. She knew Laurie Hennessy, who became her first running friend, and told her about many of the other local races. In 2016, Ashley became a Utica Roadrunner and 2017 proved to be a really good running year for her – she was getting faster and did her first Falling Leaves race. In 2018 she continued to improve, placing in her age group for the first time at the Patriot Run in Rome. She was moving from being someone who “just runs to run” to building friendships and experiences in the local running community.

In 2019 she took part in her first Peak to Brew Relay Race with Melanie Crisino and her van. Talk about friendships and experiences – 36+ hours in a van will bring you pretty darn close!

Ashley was one of the lucky ones to run a “real” race in 2020 and it was an epic one. When she was a kid, her family would travel every year to Disney World for Christmas and she still visits once, if not twice, a year. After finding out there were races in her most favorite place, she knew she had to take part. She ran the Disney Wine and Dine Half in 2018. Then, over four days this past January, she tackled “The Dopey Challenge” in Disney World which consists of a 5K, a 10K, a half marathon and finishes with a full marathon. (For those of you keeping track, that’s 48.6 miles over four days!) It was also Ashley’s first full marathon. To get ready for such a feat, she received help with her training schedule from Josh from The Sneaker Store. Joining her for the adventure in the happiest place on earth was Steve and Lorrie Tibbits and Ray and Karen Scanio, along with 45,000 other runners!



Member Spotlight (cont.)



After that amazing experience, of course COVID hit and along with it another injury, this time from her second love – Brazilian JiuJitsu. She has a black belt in American free style karate and has been doing jiujiitsu for six years at Dojo 1 in Washington Mills. She has competed in and won gold and silvers in many tournaments. While grappling during training earlier this year, her 230 pound male opponent rolled on her knee just right to result in a tibial plateau fracture – a dislocation and break of her knee for which she needed two plates and five screws to fix. She could not bear weight on it for the next three months and lost her fitness outlets, which was extremely trying, especially coupling that with a pandemic that was increasing anxiety for everyone.

But nothing will keep Ashley down for long, as she is determined to stay active. After a bit of time and as her knee was healing, she pivoted to biking and swimming and some lifting for her upper body at SPI. She is part of the “Run U” – a consistent lifting program with Erik Winberg, a physical therapist at RM Physical Therapy, which helps runners with their technique, how to treat injuries and overall how to run better.

This year, Ashley was slated to head up the Development Runs, which could not take place because of COVID. 2020 started out strong for her (and the Roadrunners!), then everything came to a halt. It did give her some time to regroup, to hang with her two dogs Gus Gus and Yoshi, and to think about her future running plans. She would like to take part in some out-of-state races and is not ruling out another marathon, maybe even the Dopey Challenge again. She also might like to try the Boston half marathon and a triathlon is definitely in the cards.



Once healed up, Ashley no doubt will be back full force. She truly enjoys being out there just running – it helps her clear her mind and gives her a chance to listen to some of her favorite rock music.

We send good vibes her way as she fully recovers from her knee injury and are excited to see her back out there on the road soon!

Volunteer Points

Attention Red Jacket Seekers! Need volunteer points to fulfill your quest for your 1,000 miles? Below are tasks, duties and volunteer opportunities with their corresponding points. **You need 10 points to get your jacket!** Have something in mind you don't see on the list that would be creative and benefit the club? Let's chat! Please keep track of all volunteer duties you fulfill throughout the year with details (date, what you did, etc.) and email to Alex Gonzalez at lifter38@hotmail.com Want to write something or contribute to SpliTimes? Email Michelle Truett at michelle@484design.com for word counts and other details.

How to accumulate points throughout the year:

1. Board of Directors and Similar

- Serving on the Board of Directors as an officer: **30** points
- Serving on the Board of Directors non-officer: **20** points
- Membership Chair: **20** points
- Merchandise Chair: **20** points



2. Director of Club race or training program: **20** points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program (BTP), Development Runs plus any new virtual events created in 2020

3. Director of Club event (non-race/training) or ongoing project: **20** points

Includes Holiday Party, Awards Party & Committee, Webmaster, SOS Project, Grand Prix

4. Committee Chair of club race or training program: **10** points

Includes Falling Leaves, Summer Sizzle, SOS, BTP, Development Runs; plus organizer of Run for Hunger and similar, plus any new virtual events created in 2020

5. Committee Chair of club event (non-race/training) or special committee: **10** points

Includes Awards Committee, Scholarship Committee, Social Chair

6. Unique:

- Hosting a Breakfast Run, Thursday Night Run or the like at least four times: **10** points
- Racing team captain: **10** points
- Racing team member: **1** point per race start with team scoring
- Writing a regular column for SpliTimes: **10** points (*regular column = at least 6 articles in a year*)
- Proofreading monthly SpliTimes for a year: **10** points (*this duty is filled!*)
- Writing a single article for SpliTimes: **2** points

7. General volunteer for a single race or training event: **1** point.

Includes volunteering for SOS, Falling Leaves, Summer Sizzle, HOF, Run for Hunger, Skeleton Run, Santa Sizzle, a single Dev. Run, or a single BTP training event.

8. General volunteer for other club events and committees (non-race/training): **1** point.

Includes Holiday Party; Club booth at Heart Run or Boilermaker Expo; Health Expos; Scholarship Committee member other than chairperson.

Adventures in Colorado 1989 1997 2020

by Sybil Johnson



Standing: Fred Gachowski,
Cindy Molesky, Sybil Johnson
and Bob Ingalls, Seated: Peter
Molesky, Kneeling: Bob Petrillo

Hello Fellow Roadrunners!

It has been a long time since I have written anything for the *SpliTimes*, but Dennis and I went to Colorado recently. A whole bunch of memories from the 1989 and 1997 Road Runners Club of America annual conventions in Colorado Springs came rushing into my mind! The Utica Roadrunners used to send a group of members (usually Board members) to these meetings where there were many serious as well as great fun moments! Bob Carlson was the President of our Club in 1989.

Day 1 - Thursday, June 8, 1989 – Left Syracuse at 7:09 AM and arrived in Denver at 11:00 AM MDT. By now, I had attended a few of these RRCA Conventions – lots of great health and

educational running and racing information, lots of famous runners, lots of great times – but we did not expect the scenery to be so fantastic! It was hard to concentrate on our Club's attempt to bring a future RRCA Convention to Utica in 1990. We had a hospitality suite and an employee of the Oneida County Chamber of Commerce/Tourist Center was with us. On this first day, we were busy hauling the displays, silverware, Utica Club Beer, and food to the suite. We did some partying, but had to be ready to sell our ideas that night.

Day 2 – We did our 4-mile fun run in the rain to acclimate to the altitude. I was going to need more than a 4-miler to acclimate. Thin air was okay for walking, not so much for going faster! After a workshop or two, we thought that sitting



Member Article

on the Pike's Peak Cog Train would be good for our legs. We began the first third of the 8.9-mile ride with a trip through Ruxton Creek. Nice Place. The Conductor had a commentary that included the fact that this cog train was very reliable and it has never broken down. Needless to say, at 6.4 miles, the train stopped. Something was broken. Being the UR, we said we could walk up the rest of the way! Conductor said 'OK' and we took off. One mile later, the clouds came in and wet snow came with them! Thunder and lightning arrived as we were almost at the top and just about all of us had to buy dry sweatshirts at the souvenir shop. Another train took us back to the base of Pike's Peak so that we could be hospitable at the Hospitality Suite. Lots of chatting and beer, with sleep on all of our minds.

Day 3 – June 10 - Early in the morning, we all managed to make it to run 5 miles with RRCA runners from all over the USA. Great run and we knew we could 'sleep when we're dead!' Some of us felt pretty pooped, but there were workshops, our official bid for the 1990 RRCA Convention, and



Balancing Rock - Garden of the Gods



1997 RRCA Convention – Top row: Fred Gachowski, Peter Molesky, Jim Stasaitis and Sybil Johnson Bottom row: Bob Ingalls, Bob Petrillo, Cindy Molesky, Phyllis Petrillo, and Ted Petrillo

then the RRCA Awards Banquet. The Banquet was a happy, fun event. Speeches were easy to listen to because these were famous people talking about running! If I had saved the brochure, I would tell you who they were. Unfortunately, we did not win the bid for the 1990 Convention.

Day 4 – Today is the day that we have anticipated and trained to run –the Garden of the Gods 10 miler travels through a geographic anomaly! Enormous red rock formations pop up another 300 feet over the 6,400-foot elevation level at their bases. Amazing views were probably supposed to distract us, but not so much for me. I was happy to see the rest of the Utica Roadrunners at the finish line. I am pretty sure that all of them finished before me. Post-race we needed to get moving to Denver to catch our flight back home. Of course, there was singing on the flight and no one got to catch up on sleep.

Amazing! I found a SplitTimes and convention programs from this Convention! In 1997, on June 4th, with President Jim Stasaitis, a bunch of us flew to Denver. We rented a couple of



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vehicles, and then Bob Ingalls and Bob Petrillo drove us to the hotel in Colorado Springs. We remembered from 1989 that we needed to acclimate ourselves to the altitude and its impact on beer consumption. We ran 5 miles, slower than usual, but we survived. The pool cooled us off after our run and then it was time for dinner. Many friends from previous conventions were at tables around us, so dinner was one big party – I mean, we talked about upcoming workshops.

Day 2 – Lots of us ran 4 miles in Waldo Canyon, a very dry, but scenic area. The UR crew ran against the Alton, Illinois crew. Tie. We had to have a can crushing contest to determine the winner and UR won! On this day, most other people were just checking in, so workshops that we might attend were scheduled to begin on the next day. Big, casual dinner that evening with many running friends, was somewhat sedate (Yeah, right).

Day 3 – Started out with a 6.5 mile run on Cheyenne Mt. Road and around Quail Lake. Definitely not a flat area! After that I went to a workshop about knees and I used lots of ice as I listened! We also visited a few landmarks that day. They included Seven Falls (to work on our knees – 244 steps!), The Air Force Academy (self-guided tour ended because of a thunderstorm with hail), and Estella's (We had to have a 50th birthday party for Bob Petrillo).

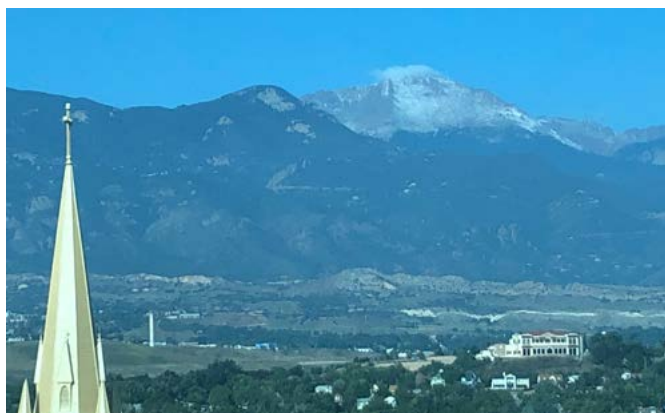
Day 4 – We all attended workshops in the morning, and then we went to see some Landmarks. There was a big Awards Banquet this evening so we had to get gussied up. Now this was a super dinner! There were many Super Runners at the Awards Banquet – one of them to win an award was our Ted Petrillo! Ted won the Nike/Rod Steele Outstanding Club Volunteer Award! We all knew about this award, so we were very happy that we could be there.

Day 5 – Today is the event we've all been waiting for - another adventure with the The Garden of the Gods 10 miler! After this exhausting race, we rested by going to a Colorado Rockies home game.

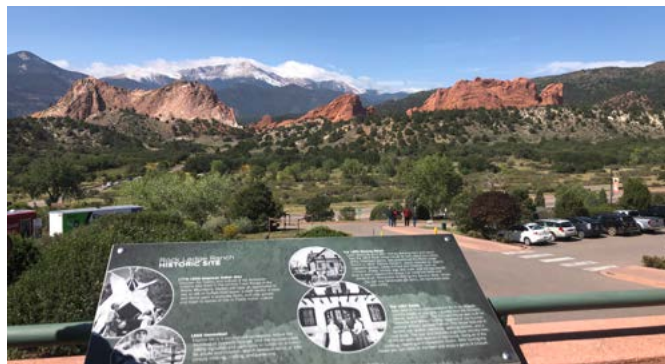
Day 6 – Fly home. Long flight with no rest for the weary!

For our 2020 trip, it was Dennis's first time in Colorado Springs. I wish I could have remembered my way around Colorado Springs, but there were too many changes. I remembered my way around the parks and outside the city. Those places stayed pretty much the same, thank goodness! One new place in Colorado Springs is the US Olympic & Paralympic Museum. It just opened in July 2020 and the USOPM is full of videos, interactive displays, memorabilia, and amazing running highlights. We spent a couple of hours touring this wonderful spot.

Someday, the URs should send groups to these annual RRCA Conventions. There used to be a line item on the financial statements to pay for the convention fees for Club members. One year, just Wayne Murphy attended the Convention alone. I am happy that Wayne went, but I think more members should attend these information-loaded and fun events!



Pike's Peak



Garden of the Gods in the background



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