

splitimes

November 2020

The Official Newsletter of the Utica Roadrunners



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Join us! **2020 Annual Meeting**
November 9th

UR
UTICA ROADRUNNERS

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November
2020
Utica Roadrunners
Board of Directors



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Vice Presidents

Activities & Events

Melanie Crisino

Administration & Finance

Rocco Fernalld

Secretary Sharon Scala

Treasurer Lisa Walchusky

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Bill Callahan	Cole Perkins
Rick Gloor	Andrew Rubino
Alejandro Gonzalez	

Advertising

If you would like to advertise in SplitTimes, 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



Ann Marie Latshaw poses during a run at the new mural in Proctor Park

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

"How you do what you do is more important than what you do." – RYAN HALL

Hello Runners:



This month's quote comes from Ryan Hall, one of the great runners of this generation. There is a new documentary about his struggles and triumphs as a runner called "The 41st Day" that I highly recommend. As we end October I want to thank all who supported my campaign for **Real Men Wear Pink**. We helped raise over \$30,000 locally for The American Cancer Society. A special thank you to UR member Melanie Francis for her endless hours of work-she is truly an amazing and positive person. It is November, the year is coming to a close and we have had so many great things happening with our Club. First off, a huge thank you to Race Director Melanie Crisino, all our great volunteers and the people at Pumpkin Junction for not only letting us hold our Skeleton Run there but for making the course challenging and so much fun! We had over 200 people participate as nearly every wave was sold out and we had a great turnout for our kids run. We are certainly hoping to return to Deerfield for 2021 for The Skeleton Run and we also have plans to continue our relationship at Pumpkin Junction for an Octoberfest Run! You can read more in this newsletter!

November has some exciting events as we have another LIVE event! This race was capped at 50 in person runners with a virtual option for those who could not get in. The run is the **9/11 Never Forget Run/Walk**. The event is not timed and will be held at Proctor Park on November 8th at 10 am. The course is 3.43 miles to honor the Stephen Sillers Tunnel to Towers Foundation. The course goes through Proctor Park to the 9-11 Memorial near MVCC and back. There is still time to register for the virtual option and get the great medal that comes with registration. Thank you to Phil Trzcinski and Alex Gonzalez for their work on this event. Also a special thank you to Utica Professional Firefighters Local 32, The John E. Creedon Police Benevolent Association and the Sneaker Store for their generous support. It is our hopes to partner with The Tunnel to Towers Foundation in New York City and make the event bigger and better every year!

Also in November we have our **Election Meeting** on Monday, November 9th. The meeting is open to all UR members at The Boilermaker Offices. There will be food and beverages available. We do ask that if you do attend to please wear a mask and practice social distancing. The meeting will be from 6:30-8:30 pm. You can cast your ballots for the board at the meeting or they can be sent in as well. We may also offer a Virtual opportunity to attend the meeting. Be on the lookout for a link to attend the meeting by ZOOM in your emails.

Our **Run 2 End World Hunger** will go on as we are now in our 36th year! This year, like everything else, will be a bit different. All City of Utica events are capped at 50 people until further notice. Therefore, we will be offering four different ways to participate: We will have three waves of 50 people from Wednesday, November 25th to Friday, November 27th. We will also offer a Virtual option.



PRESIDENT'S MESSAGE (CONT.)

- 1) Wednesday, November 25th will be the **Run for the Pie 5K** – runners can run from 1:00-3:30pm (everyone must be finished by 4pm)
- 2) Thursday, November 26th will be the **Official Run 2 End World Hunger 5K** – runners can run anytime between 8:00-10:30am (everyone must be finished by 11:00am)
- 3) Friday, November 27th will be the **Run Off the Pie 5K** – runners can run anytime between 8:00-10:30am (everyone must be finished by 11:00am)

We will be on hand all three days to collect your canned goods. **REGISTER NOW.** The event is non-competitive and will not be timed. We are just waiting for the City's final approval to open registration.

Lastly, December is right around the corner and what better time to heat things up than hold our **Santa Sizzle!** The Santa's Sizzle **12 Runs of Christmas** registration is now open. The event has fun challenges to keep runners engaged. We will have lots of social media interaction and the word is that the UR Police has been reassigned to The North Pole to work with Santa's Helpers! The event has great swag and finishes with a group run where Santa Sizzle's identity will be released! We are partnering with our friends in Syracuse at USA Racing for this event. They will host a group run handing out gifts at their store on Tuesday, December 22 and we will be at The Sneaker Store on the following day, December 23. Look inside the newsletter for more information and pics of the swag. **REGISTER NOW.**

2020 has been a year like no other. We are trying to finish the year off in a positive fashion keeping everyone engaged and safe. Have a great Thanksgiving and we hope to see you at some of our many events this month!

Diversity 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?

Join us:

Monday, November 16, 7pm

Boilermaker Headquarters, 805 Court St.

Please contact Alex Gonzalez with questions:

lifter38@hotmail.com

Safety Run

**Tuesday,
November 24
6:00pm**

Join Utica Roadrunners
on a 2 mile run starting at
Fitness Mill and finishing at
Pizza Boys in New York Mills.
Wear lights and safety gear!

Upcoming Race – Virtual and Live!

9/11 Never Forget Run/Walk

Sunday, November 8, 2020

3.43 miles • Proctor Park • Live Event and Virtual Event

For our Virtual and VirtuReal participants, the signs are up and you can go run the course-3.43 miles! Please take some pics and selfies and share with our Utica Roadrunner Facebook page! You can pick up your medals starting November 9th at the Sneaker Store!

For our LIVE 50 next Sunday, please arrive by 9:30 am. You will be asked to check in at the registration table before you can start. We ask that all runners and walkers wear a mask or face covering before the race and at the start. Please maintain social distance whenever possible. This is not a timed or competitive event. You will get your medal at the Start/Finish and we then ask that you not gather at the finish. We hope that this is the start of a tradition that will get bigger each and every year. We thank you for your support and look forward to seeing you next weekend!



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 his 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.



Upcoming Race – Virtual and Live!



The 36th Annual Run 2 End World Hunger Thursday, November 26, 2020

**Multiple days + a virtual option
Limited to 50 spots per in person race**

Wednesday, November 25th – Run for the Pie 5K –
runners can run from 1:00-3:30pm (everyone must be finished by 4pm)

Thursday, November 26th – Official Run 2 End World Hunger 5K –
runners can run anytime between 8-10:30am (everyone must be finished by 11am)

Friday, November 27th – Run Off the Pie 5K –
runners can run anytime between 8-10:30am
(everyone must be finished by 11:00am)



REGISTER NOW

Utica Recreation Center
220 Memorial Parkway, Utica
at 8:00 AM - 8:45 AM

Race will follow the Development Run course

This year's proceeds will benefit the Utica Center for Development. Located in the old YMCA (where the Roadrunners began!) in Downtown Utica, UCD provides great opportunities for our community, youth and Veterans, and also have a program associated with the Utica Food Pantry. They supply hundreds of meals on Thanksgiving to those in need in our community.



Letter from the Editor

by Michelle Truett

It's always there for us.

I'm not one to get "mushy" and I'm not about to start here in SpliTimes (!) but as we're getting ready for the club to wrap up what will go down as its most challenging AND creative year ever, I was reflecting on something. How ridiculously lucky are we to have running in our lives?

It has given us familiarity in unfamiliar territory during a pandemic. It has provided a needed outlet for our physical and mental health and for those of us who were comfortable doing so, it allowed us to see our friends. The weather was so kind to us this year. The club was inspiring to us, coming up with some stellar events. Working closely with Melanie, Jim and Alex in particular this year kept me busy and motivated personally.

That woman in the pink jacket in the photo on the left is my best friend Beth. She lives in Rochester and I haven't seen her in person since February. What do we do when we finally get to connect? We run. Running is always there for us through anything we're going through. As 2020 has shown us... literally *ANYTHING*. How lucky are we?

See you out there, Michelle

Roadrunners Happy Hour

JOIN US!

**Friday, November 6, 2020
6 PM**

**Woodlawn Farm Brewery
6002 Trenton Rd
Utica, NY 13502**





Not your typical Falling Leaves, but fun routes nevertheless. Runners enjoyed a flat, fast 5K route on the 840 trail or tackled TWO loops of the Switchbacks! Others opted not to break tradition and ran the traditional 14K route from downtown Utica. THANK YOU to all runners who supported the club for Falling Leaves 2020.

SEE THE RESULTS



Gary Burak



Ray Scanio , Karen Scanio, Kara Bisaccia, Paul Bisaccia, Lorrie Tibbits, Steve Tibbits and Cynthia Hudson



Michelle Truett, Alex Gonzalez and Amy Creedon



Jessica Wilk and friends

A Successful Skeleton Run!

by Melanie Crisino



This year's Skeleton Run looked a little different than in the past. With all the COVID restrictions, the use of Deerfield Town Park was not an option. Jim (Mott) was at a graduation party and started talking to the owner of Pumpkin Junction, Scott Davies. They got talking about how Jim's family have been visiting his place for years (since his girls were little) and it got Jim thinking (usually not a good thing LOL). Jim asked him if he ever thought about having a running race at his place. Scott never thought about it, but he was willing to meet with us to discuss the logistics and that is where it all started. He worked countless hours making sure the route was perfect for us. I was often heard saying "this is too perfect for a cross country race; we can't make this "easy" for the runners".

We had 206 registered with 175 finishers and 16 virtual runners. We had waves going off every 15 minutes starting at 8:00am, with a maximum of 50 runners per wave. Masks were worn at the start and socially distancing was followed.

We had quite a few requests for registration after the race was closed. Unfortunately, with the COVID restrictions we could not offer registration after it closed. We wish we could have accom-

modated but to have a LIVE race using "all guidelines" it was necessary that we stuck to that rule. Also, I realize some runners missed out on their free pumpkin after the race, for that I apologize.

The overall male winner was Jordan Hoffman of Rome with a time of 17:21, and overall female winner was Alexandria French of New Hartford with a time of 22:22. Each won a gift card to The Sneaker Store and a pint glass.

At 10am we started the kids race. We had approximately 50 kids participate. They had their choice of a short run or a half mile run around the corn maze. At the end of the race they were each given a ribbon, a Halloween pencil, a bag of candy, a \$1 off coupon for the Pumpkin Junction store and a voucher for a free pumpkin. Volunteer Eva Quackenbush said, "the kids all seemed to have fun".

Brady Aceto age 10 said "I liked it. The distance of a half mile was good, a bit challenging course but fun. I loved that I got a ribbon at the end, a shirt to show off at school and a pumpkin".





Thank you to the Cedarville Fire Dept for the onsite EMS support. Thank you to Michaels Greenhouse for the delicious apple cider donuts for the runner's post-race. Thank you to all the runners and especially the volunteers. Without you none of this would have been possible. We needed help Friday, Saturday and Sunday and you were there to step up without hesitation. THANK YOU!

Especially a HUGE THANK YOU to Christine & Scott Davies, the wonderful owners of Pumpkin Junction who went out of their way to accommodate our requests. A HUGE THANK YOU also goes out to The Linder Family, for allowing us to run on your property. If it were not for these gracious people, the Skeleton Run would not have happened or been as a huge success as it was. If you have not been to Pumpkin Junction, you are truly missing out on a great Halloween experience.

I decided to ask some of the runners and volunteers of their thoughts on the race:

"I was thrilled to be a part of my first live race in 8 months and did not hesitate to sign up as quickly as I could. I also brought along 3 other friends to run it. One in my group is new to running and this was her first race EVER and the one she'll remember in years to come.

The thrill of the live race was amazing and I could feel the energy on that beautiful autumn morning as we pinned on our bibs in dew soaked grass as the sun grew brighter, it was amazing. Everyone that was responsible for the race was extremely professional ... we all felt safe and very comfortable.

The race was challenging with lots of hills.. but I don't set out to do "easy" races. I loved it, to be running with the sun on my face through well thought out trails was a gift.

Thank you for making this possible I know what hard work this is, and the Skeleton Run was pulled off during this crazy time with safety first lots of professional assistance... and so many laughs."

– ML NOLAN

"I think the run was excellent. I've been doing virtual runs all season, but I don't think I realized how much I missed participating in live events. I really appreciated being able to get out and run with others. The use of the waves meant that I felt part of a group, but never felt a crush of people on me. The course itself was fun but challenging, and the long fast downhill finish was most appreciated."

– LINDI QUACKENBUSH

"Thought the people finishing the 5K looked really happy. I could see the smiles in the lines around their eyes even when they had their masks on."

– TYLER QUACKENBUSH
(VOLUNTEER)

"True cross country course. Challenging for sure but a FUN course. Fun, relaxed environment. So great to run an actually race again and not a virtual race."

– MICHAEL FARBER

"It was like high peak running."

– COLLEEN BUNCE

If you placed in the top 3 of your age group and were unable to pick your prize, please reach out to Melanie at mcrisino@yahoo.com to arrange pickup of your pint glass.

We are looking forward to getting back to Deerfield Town Park in 2021. Stay tuned for another possible event in 2021 at Pumpkin Junction.



Our Last Event of the Year

COMPLETE THE 12 RUNS OF CHRISTMAS

& EARN YOUR UR SANTA SIZZLE GEAR
AND FINISH YOUR 2020 WITH
GOOD CHEER!



WEEK 1 GOALS

- 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

WEEK 2 GOALS

- 5 - Do your Five Mile Santa Sizzle!
- 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.

WEEK 3 GOALS

- 9 - Complete a run no later than 9 am
- 10 - Run at night wearing reflective gear
- 11 - Run with your Ugly Christmas Sweater-pics are required
- 12 - Run a Wonderful 5k and enjoy your favorite beverage during or after your run! Pics are encouraged!



REGISTER NOW

REGISTRATION IS OPEN! 3-WEEKS • 4 CHALLENGES PER WEEK DECEMBER 1-23, 2020

With the loss of so many races this year including the Utica Roadrunners' Summer Sizzle, Santa has decided to keep things warm this December! The Santa Sizzle 12 Runs of Christmas is a 3-week event that has four different challenges each week! The challenges are meant to engage our running groups and give us all some final goals to reach for 2020!

We will be having group runs in Syracuse and Utica and we will be encouraging our virtual friends from out of the area to organize their own! Syracuse area runners can pick up their Santa Swag at USA Racing on Tuesday, December 22nd. The Secret Santa will be revealed. Utica area runners will be able to get their Santa Swag at The Sneaker Store on Wednesday, December 23rd - you will never guess who Santa Sizzle is! Our virtual friends will have their Santa Swag shipped to them just in time for the holidays!

Santa Sizzle's helpers will keep you engaged and challenged throughout the month and we may even have some special gift cards and giveaways for those who have been really good during this trying year!

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.

Join us! 2020 Annual Meeting

November 9th
UTICA ROADRUNNERS

6:30-8:30pm – Boilermaker Office – 805 Court Street

All are welcome • Food and drinks for all

To all members of the Utica Roadrunners:

On the following two pages are brief biographies of each candidate for the Club's Board of Directors along with a ballot form that you can print and mail in by November 9th.

Please take the time to read each one and then vote for up to six (6) candidates for the board of directors.

There is also space for you to write-in the name(s) of another member(s) if you so choose.

Board of Directors Election Ballot

Rebecca Aceto

My name is Rebecca Aceto. I have been a member of the Utica Roadrunners since 2011. I joined the club that year to train for the Boilermaker for the first time. I had my son in 2010 and became a stay at home mom. In 2011, I decided I needed to do something for myself to get out of the house and exercise and meeting new people seemed like a good idea. That first-year training for the Boilermaker I made some great friends and have continued to make more friends throughout the years in the club. I have volunteered at the Development Runs and the Boilermaker training program over the years, packet pick-ups for races, and most recently at Feed Our Vets. This year I am finally running 1000 miles for the first time and just ran my first half marathon in Old Forge, NY in September. I have been attending the board meetings the last few months and would like to serve on the board to help more with running and community events as well as helping to grow the club.

Melissa Barlett

Melissa Barlett is an Associate Professor of Biology at Mohawk Valley Community College. She moved to Utica for the job 9 years ago, but started running in 2008. After seeing the Boilermaker Training Program run through her neighborhood for a few years, she finally walked over to the Parkway Rec center and joined up about four years ago. Melissa goes for distance, not speed. She has run 20 half marathons, and is looking for her first marathon next year. She's usually somewhere in the middle to the back of the pack, enjoying herself and taking plenty of walk breaks and encouraging newcomers. At the college, Melissa is active on many committees at MVCC, including Diversity Council, Institutional Effectiveness, and General Education, and is the chair/co-chair for the Women in Science and Engineering group, the LGBTQ Workgroup, and the Professional Association Education and Training Committee. In the community, Melissa is very active in the UU Church of Utica, including previous terms on their Board of Trustees, and currently acts as newsletter editor, social media coordinator, online Worship coordinator, Choir director, and Finance Chair. She also runs local science programs, mainly for kids, but loves to talk science with anyone who is interested. Melissa is great with large scale coordination, logistics, and all things digital and would look forward to helping with the many events that UR puts together.

Danielle Bliss

My name is Danielle Bliss but most of you know me as Dani. I am a Pre-k teacher and mother of two active sons (Ian-10 and Orion-13) ...running keeps me sane! Though I have fond memories of racing classmates on the playground in elementary school, my running journey really began in

May of 2015 when a coworker asked me to join her at a development run. I joined the Road Runners in 2016 and have not only had the opportunity to meet new people and make friends, but have also introduced several members into our club. I enjoy weight lifting, trail running, snowboarding, biking, hiking, live music, snowshoeing and social gatherings. I would like to help URR create more athletic centered social events. Last winter I had the opportunity to run a snowshoe race and fell in love with it. I hope to add a snowshoeing component to our club. I am grateful for the friendships and support I have gained through the URR and would love to give back! Thank you for your time and consideration.

Rick Gloo

In 2012 running changed my life and I have never looked back. It took a few years to realize how strong the Central New York running community is, and the URR plays a significant role in fostering that community. I have slowly began giving back to the running community by organizing a Youth Cross Country Workshop in 2017, serving as race director for the Deerfield Skeleton run (2017-2019), joined URR board in 2018, served as club liaison to USATF/RRCA, and co-director of inaugural Stars, Stripes, and Solidarity virtual run in 2020. By day, my work is in the area of advancement technology development, team leadership, and marketing. Serving on the board will provide a continued opportunity to give back to a truly inspiring community.

Alejandro Gonzalez

As you all might know by now, I have been part of the board for the Utica Roadrunners for the past several months. In that short time as part of the board I've accomplished with the help of volunteers and other board members lots of great things for the club, starting with the Breakfast for First Responders, Run Against Racism, creation of the first diversity committee, 9/11 Run/Walk and the expansion of the Roadrunners Volunteer involvement with our community. I respectfully ask for your vote so I can keep working hard for our beloved Run Family. Thanks for your consideration!

Jeannine Macera

I would love the opportunity to be a part of the Utica Roadrunners Board. I was born and raised in Utica (I still live local, Oriskany), and I have been a runner for 30 years. I've done many of the local races throughout the years, and always enjoyed the runner spirit and camaraderie. I worked at Proctor High School as a counselor until the early 2000's when my children were born. A few years ago, I pursued my passion and obtained my certification in Nutrition, Holistic Nutrition, and most recently Sports Nutrition. 2020 has certainly brought about many changes for everyone, and

Board of Directors Election Ballot

a few major changes for me on a personal level. As a result, I joined Utica Roadrunners and a few other clubs and race challenges. Honestly this has gotten me through some pretty rough patches this year...so thank you for all you do for us Utica Roadrunners! I hope you will consider me for a spot on the board. I would love the opportunity to give back to "my roots" and be a part of this great group!

Jim Mott

I'm Jim Mott and I am running for another term to serve as a board member for the Utica Roadrunners. I have served on the board since 2016 and it has been one of the most rewarding opportunities I have had in my life. I have met great people, formed new friendships, and been a part of some wonderful events this club offers the membership. I took over the duties as Race Director in 2018 for the Summer Sizzle and I took great satisfaction in being able to bring the event to Proctor Park in 2019.

This year I have been fortunate enough to serve as the Club President. It has been one of the most challenging and fulfilling positions I have ever had. With no preparation for the pandemic, we had to create opportunities for our membership to stay engaged and active. With the help of so many people we created Virtual and VirtuReal events like the April Scavenger Hunt, FIVE after FIVE, Push URself, The Run Against Racism, and Stars, Stripes & Solidarity. We have also been able to help our business partners, our Essential Workers, the Utica Zoo, Feed Our Vets and many other deserving places. I am so proud of our club and humbled to serve it in this capacity. It

is something I hope to continue as we move into 2021 and hopefully some normal activities.

My life as a runner really began after college. I ran my first Boilermaker in 1992 and I haven't missed one since-including this year. Running is truly a passion of mine and even though I am much slower, I still love the community. I have 53 marathons completed and I was lucky enough to run Boston nine times. I direct a marathon at my place of work which is Central Valley Academy in Ilion. The marathon is going into its 15th year and is run only by members of the Senior class. The event has raised over \$15,000 for local charities. When I am not running, I am teaching high school students, coaching soccer or trying to keep up with my two kids who are 18 and 16 now.

Andrew Rubino

Andrew Rubino had the pleasure of serving on the Utica Roadrunners Board since January 2019. You might catch him on the live and direct running with the All-Day Crew or volunteering at packet pick-ups and UR events. Andrew was co-race director for the Push URself event in June. He interviewed Olympian marathoner Jane Vongvorachoti for the virtual UR Guest Speaker Series. Andrew co-coordinated the Wednesday Developmental Runs, served on the scholarship committee, and volunteered numerous hours – earning the Volunteer of the Year Award. Andrew looks forward to continuing on the board and heading up the scholarship committee.

Please vote for any combination of SIX (6) of the named candidates and write-ins. Ballots with a total of more than six names checked and written in will be void. Check the box next to the candidates you want to vote for.

_____ Rebecca Aceto

_____ Rick Gloo

_____ Jim Mott

_____ Melissa Barlett

_____ Alejandro Gonzalez

_____ Andrew Rubino

_____ Danielle Bliss

_____ Jeannine Macera

Write-In(s) _____

Cast your ballot in advance in one of three ways:

Print it (just this page) and mail it to Utica Roadrunners, P.O. Box 4141, Utica, NY 13504 (making sure your return address is on the outside of the envelope). Ballots sent by mail must be received in the post office box by early afternoon of November 9th.

OR Print it (just this page) and bring it with you to the annual club business meeting at the Boilermaker Office Building on November 9th starting at 6:30 p.m.

OR Ballots will also be available at the meeting so you can cast your ballot upon arrival.

#CoupleGoals

Meet Jeff & Laura George

We love to celebrate couples who run together. We know what a strong bond runners have in general, but when you can do it with someone you love, it leads to great adventures, time together and a lifetime of memories.

This month, we caught up with the Jeff and Laura George, who have had an epic couple a of years.

Jeff grew up in Little Falls, Laura hails from Dolgeville and they currently call Little Falls home. They were in Newport, NY before that and just can't leave Herkimer County! They met when they were college-aged – Laura's dad had a restaurant she worked at across the street from Jeff's uncle's lumber yard where he worked in the summers... and the rest is history. Laura is a SUNY Albany grad and Jeff attended SUNY IT and Syracuse University.



Member Spotlight (cont.)



They both worked at GE, which is now Lockheed Martin – Laura as a software engineer and Jeff as an electrical and mechanical engineer. They have two grown children and are expecting TWO grandsons soon within two weeks of each other! Their son Nate lives in Maine and daughter Alyssa is in New Jersey.

In high school, Jeff was a wrestler and his coach used to make them run distance in practice. It made him loathe running. He did quite a bit of rock climbing as well, along with hiking the high peaks.

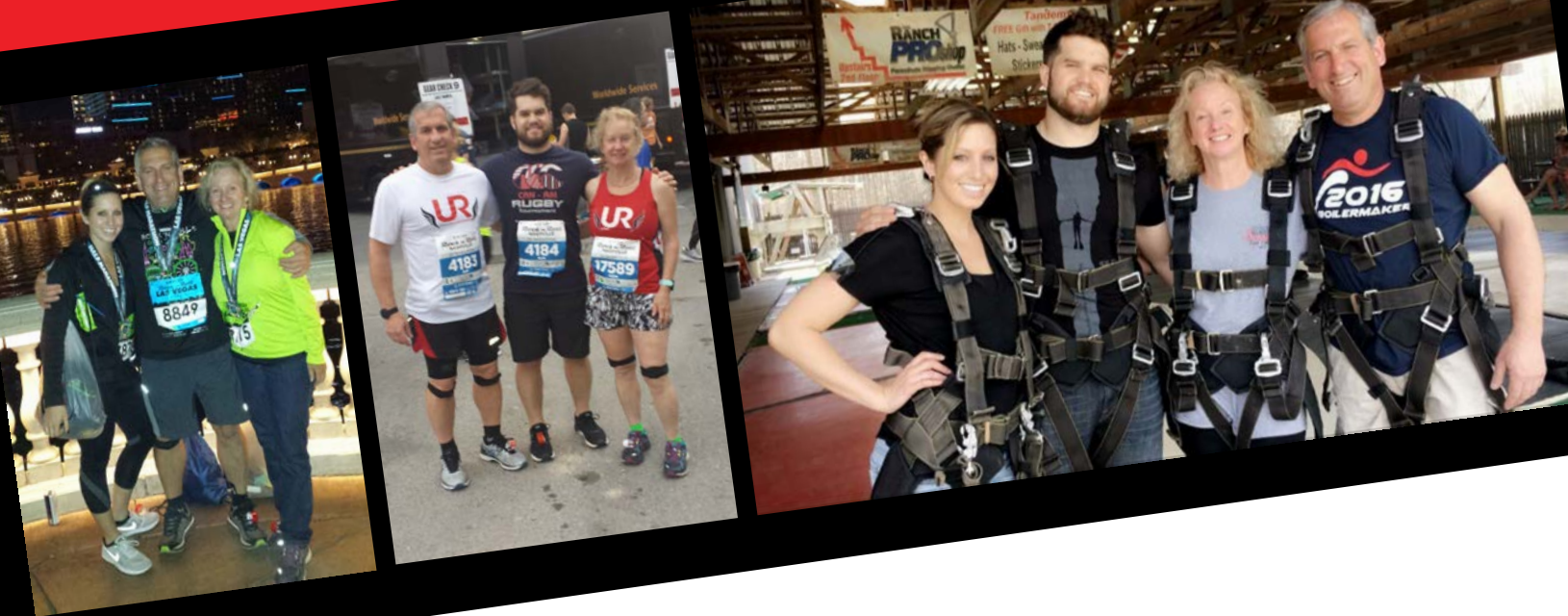
Laura was not an athlete in high school. She showed horses and was a bit of a rebel and a tomboy. She preferred riding motorcycles. They both skied as well and it was all of the outdoor activities they loved that led to them falling in love with each other. Over the years, they hiked, skied, canoed, snowmobiled, camped in the winter and even took part in a family skydiving excursion. Running didn't enter the picture until about 2011/2012.

Laura had been going to the gym and one Christmas after a hectic handful of days with multiple family dinners and typical holiday hum drum she was at the gym on the treadmill and decided that she'd run the Beer and Chili Run. Liking it, she then set her goals on the Boilermaker 5K, which she trained for with her sister Ruth. Jeff's job was to chaffeur them around Utica and meet them at the after party at the brewery, which he did for a few years, but he never got a beer at the end because of course he didn't have a bib. Operation "get Jeff the beer" ensued. For Christmas in 2013, Laura gifted him a shirt that said "No Bib, No Beer" and signed him up for the Boilermaker 5K for the following summer.

They worked really hard training for that 5K, tackling smaller incremental runs near their house. As many runners have starting out, there were those memorable neighborhood milestones for them like running "a half mile out and back" or "running the s-curves and that hill" and eventually "running out to the main road and



Member Spotlight (cont.)



back” which got him to that 5K distance. Laura had more training and races under her belt, but Jeff starting creeping up to her one mile at a time. They were ready.

That Boilermaker 5K was where this couple’s running adventure really took off. Laura’s sister jumped to the 15K distance shortly after and in 2015 Laura and Jeff decided to join her in the big race. It was around that time that they heard about the Utica Roadrunners and the Development Runs, which they were assured would get them ready for the big race. And they did.

Being part of the Roadrunners opened up their knowledge of other local races like Falling Leaves and Fort to Fort and they started running here, there and everywhere. With their kids in different states and having a love for travel, they run at least a 5K (official or unofficial) wherever they go. They completed the Las Vegas Half Marathon with their daughter and a half in Nashville with their son. Their kids, although super supportive, still can’t believe their parents, now ages 57 and 58, are running at all, let alone 10 miles on a weekend for fun!

One of the George’s most memorable races was the Bridge of the Gods Half Marathon on the West Coast – they started in Washington State, ran across the bridge into Oregon and through the Columbia River Valley Gorge with gorgeous views and 2,000 foot cliffs. It ended at a brewery, which was an extra bonus!

2019 was a banner year for Jeff and Laura and they accomplished some of their biggest running milestones – their first full marathon, Peak to Brew and each hit their 1,000 miles.

John Murphy, a member with 30+ marathons under his belt, was a huge help in guiding them through marathon training and really took them under his wing, focusing on the importance of fueling and hydrating. They ran with other Roadrunners, they joined the Sneaker Store’s Wednesday Night Runs and they once again worked really hard at their training. They finished Wineglass successfully in October and were each around 900 miles in for the year. That last 100 were a doozy, but it got done and they proudly accepted their red jackets at March’s banquet. Under the jackets, they sported custom shirts their kids made up for them with the hashtag #couplegoals.



Member Spotlight (cont.)

After a standout year, of course then it was 2020 and running for the Georges and everyone changed completely. They started the year out mostly in the gym, and then the pandemic shut that down. Our Five After Five virtual challenge was just the thing they needed to jumpstart their year of running and after doing five miles a day for the 15 days (through an extreme daily mixed bag of wind, hail, humidity and more) and after seeing that 2020 might not offer any live races, they set their goal to hit 1,000 miles again. They took part in the UR Scavenger Hunt, the virtual Boilermaker and doubled up in the Swithbacks for the virtual Falling Leaves.

It is a testament to the camaraderie and support the club has offered them, as they travel in from Little Falls sometimes multiple times a week to join groups on different outings. Running has not gotten old for them and they look forward to new adventures on every run.

What's next for this amazing couple? They would like to become more involved in the running community and have been working on creating a run in their neck of the woods on the Little Falls Canal Trail (yes, please!!!) They feel like they're up for 1-2 more full marathons and have their



sights on doing at least one of them in Canada. They want to do an official race in Maine where their son is (maybe the Beach to Beacon 10K or the Shipyard Old Port Half) and one in New Jersey by their daughter. In the immediate future, they will continue to eat great food, try new beers, enjoy the outdoors, work on making the perfect hot pepper grind and are anxiously awaiting the arrival of their two grandsons! ■



Member Accomplishments



John Gilligan hit 2,000 (or "Boo-Thousand") miles for the year on Halloween morning



Cheryl Perkins hit 1,000 miles



Members hit 1,000 miles in October!

Above: Alyssa Fanelli
Right: Andrew Rubino and Sara Hobaica

1,000

2,000

WAY TO GO!



Member Accomplishments



Wayne Murphy ran the virtual NYC Marathon - IN NYC!



Michael Polidori ran the E-Race Cancer Half Marathon and scored a PR - 1:16:45 with sub 6 minute miles throughout



Sharon Scala ran the virtual Driven By Purpose



Jessica Ott ran the E-Race Cancer Half Marathon in Bridgeport, NY



Melanie Crisino, Ryan Miscensik, Ashley Mancini and Alex Battista took part in the Copper City 5K

Flatlines & Zombie Runs

by Terry Dwyer



It is time to be honest with each other. As much as we love our sport it can be mundane. Yes, as in tedious, repetitive, and boring. There is no other delicate way to say it. I know there are those who will instantly hiss, boo, and throw virtual objects at me, but it is true. This is not to

imply I no longer like running, quite the contrary, which is why I am making it a point to refresh my training. After all, I have been running for almost five decades. Along that running continuum there have been moments similar to what I am feeling these days where the run is more of a chore than a joy. I am running, just not at the volume or intensity I normally would be. It is more like zombie running – soulless and dead.

We are all bound to have moments like these when the run isn't any fun. It is not unusual. We need breaks from the repetitive stress activity running entails. When we find ourselves in these "running funks" it is often a psychological response to things around us. It can be the result of external stressors in our daily lives or merely due to a change in season. Whatever the reason it should not cause undue concern because it often leads to the physical re-wiring necessary to better running performance.

All athletes, professional or otherwise, experience moments when their sport has them feeling flatlined. It occurs not only within training cycles, but also with many years devoted

to one activity. A change of pace (no pun intended) can do wonders. I know of a Division I cross-country coach whose nationally ranked women would be sent to the university pool to swim laps for an hour when he felt one of them was getting stale with training. Rather than have a runner overload on high mileage runs, he provided a different training activity that kept up the runner's aerobic fitness but offered a needed reprieve from the training tedium. A bit unorthodox, yet one that worked since he had fewer injuries among his athletes and the team was mentally and physically peaked for the grueling November championship schedule of conference, regional, and national meets. We can do the same; whether it is swimming, biking, or rowing, there are other activities to complement our running when we are feeling flatlined. These are running equivalents, or "REs" as I note in my training logs, and are an important part of a healthy training regimen. Once runners realize they need not run every day, they find running equivalents can be a helpful part of the overall training plan, especially in marathon training. The running equivalent is really nothing more than cross-training, however it is often neglected as a component of overall training mileage. It shouldn't be. A good 45-minute RE of rowing or swimming will have more overall benefit than a 45-minute zombie run. The latter can do more harm than good and further repress the boost we expect from our running.

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

Member Accomplishments



The Rockin'Chics
tackling an amazing route for their
Virtual Marine Corp Marathon 50k

They embarked on the 31.1 mile run/ walk
on Saturday, October 17 from Utica to
Rome/Stittville, passing Military memorials,
VFWs and American Legions to capture
the spirit of our brave war fighters.

Grace Saxe, Karen Piccola, Melissa Bartlett,
Carolyn Mohr, Dorothy Massinger and Julie
Buehner

with special thanks to Sandy Piccola, Lisa
Walchusky, Beth Pedulla, Losay Jones,
Ramona Gassmann and Al Massinger



A Thank You to the Club

Po Box 1
New York Mills, NY 13417

www.feedourvets.org

Feed Our Vets®

September 21, 2020

Fed. ID# 26-3108361

Utica Roadrunners INC
PO Box 4141
Utica, NY 13504

Dear Members,

On behalf of Feed Our Vets, thank you for your Support, and generous \$361.00 donation. You are helping to feed veterans, their spouses and children, whose circumstances have left them on the battlefield of hunger. In FY2019, 93% of all monetary donations went directly to feeding our Veterans!

Our programs rely on the private support of individuals to serve Veterans in need. We could not carry on the critically important work of feeding hungry Veterans and their families without people like you, who recognize the service and sacrifice of our nation's military service members, current and former.

When COVID 19 is over, we invite you to see how your donation is being used at our pantry. Please call Joe Ancona, Pantry Director, at 315-982-0698 to set up a visit.

Thank you, again, for your generous support, especially during this trying time. Be well and stay healthy!

No goods or services were provided to you in return for your donation. Therefore, the full amount of your contribution is deductible for federal income tax purposes.

Very Respectfully,

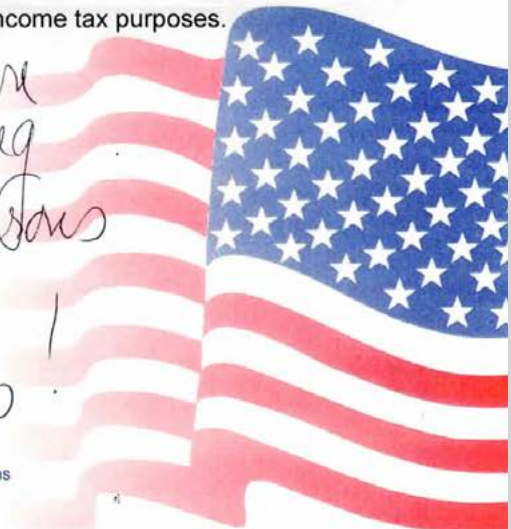


Michele Synek
Co-Founder
Feed Our Vets



Feed Our Vets Logo and Name are a Registered Trademark of Feed Our Veterans

*Thank you
for being
so generous
to our
Veterans*



Upcoming Race

3rd Annual Clinton 5K Jingle Jog Saturday, November 28th

Runners will be limited to waves of no more than 40 participants starting at 8am and continue every 15 minutes.

Online registration will close on November 27th at 6pm
In person registration will be open from 7-7:45am on Saturday, November 28th on Williams Street before the race.

The race will be timed and dressing up is encouraged.

First place medals to top male and female.

Ribbons will be given to the 2nd and 3rd place male and female finishers.

[**REGISTER NOW**](#)





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For just **\$25 per issue**, you get a full page ad (8.5" x 11"). **For \$40**, get the full page ad PLUS we'll post the flier and a link to your race registration page on our Utica Roadrunners Facebook page (1,800+ likes)

SpliTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

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

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



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☐ January 2021

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