

splitimes

The Official Newsletter of the Utica Roadrunners

January 2021



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January
2021
Utica Roadrunners
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All payment, copy, advertisements and race applications
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Editor: Michelle Truett • michelle@484design.com

Useful Links:

[Utica Roadrunners Facebook Page](#)

[Club Handbook](#)



***From Oneida County Sheriff's Office
Facebook page:***

Oneida County Sheriff's Office Court Attendant Gary Burak was recently awarded a First Place Overall medal for his participation in the live portion of the Utica Roadrunner's Club Inaugural 9/11 Never Forget Run/Walk that was held on November 8th in the City of Utica. Oneida County Sheriff's Court Attendant Felicia Burak, wife of Gary, also ran the race with him and they are both long time, long distance runners.

*Felicia and Gary are pictured here with
Oneida County Sheriff Robert Maciol.*



President's Message

by Jim Mott

"Running has taught me, perhaps more than anything else, that there's no reason to fear starting lines... or other new beginnings."

– AMBY BURFOOT

Hello Runners:

Happy New Year and welcome to 2021! This month's quote comes from former Boston Marathon champion Amby Burfoot. I found it appropriate as we toe the starting line for 2021 after finishing the ultra that was 2020. 2020 certainly was a year like no other and I think we are all ready to move forward to some normalcy in our everyday lives. As hard as the past year has been, I really think it is important to reflect back on the many good things that happened with our club. I believe we not only met the challenges but we also made ourselves better in so many ways. With limitations, we found new creative opportunities to engage our runners. From our many virtual events to the live events we held at the end of the year, we proved that nothing can stop a group of determined and passionate people. I would like to thank you as a club for your support of these events and also thank the many people who took the time to volunteer and direct and create the monthly challenges. Many of our members had some amazing years. Without races, we found new ways to be competitive and raise the bar. Red jackets were earned as well as many other noteworthy accomplishments. Please know that you will all be recognized for what you were able to do. We are working hard at creating a banquet that provides the proper platform to highlight what you did in 2020. What that looks like, where it will happen and when - these are things we are currently exploring. We do know we will not be able to hold anything in February due to local and state restrictions. As always, be patient and stay tuned. We will keep you updated as we begin to get some important answers.

Looking back to December, we had our final virtual challenge - Santa Sizzle's 12 Runs of Christmas. The event was a three week challenge from December 1st-23rd. Participants were creative by meeting their challenges and some amazing feats were truly accomplished. To me, nothing was more inspiring than the 34.75 mile run of Cole Perkins and Jen Bachelder. Many of their friends were out there to support them and ended up running their longest runs ever as well. Also, thanks to Jen for all her help with the social media piece keeping everyone engaged. Finally, a thank you to Santa Sizzle himself - Harry Campbell! Harry was spotted out there in his Santa outfit often and helped pass out the swag at our pick-up at the Sneaker Store. For any of those that did not get their swag, we will be leaving your bags at The Sneaker Store for a limited time only.

As we move into 2021, we face many of the same challenges that we had to deal with last March. The difference is that we are better prepared and there is also truly hope that we will be able to start having our group runs and races as we move into the Spring. Our New Year's Day Membership Run had to be cancelled as our friends at Accelerate Sports had to limit their numbers. We know now that the Heart Run & Walk has been moved to May and the Boilermaker has been moved to October. As for our races and runs, we are hopeful we will be able to have them all this year. We do realize that we may have to limit our numbers, may have to continue running in waves, offer Virtual and VirtuReal options. Holding safe events will still be our priority. Please understand that we will be planning ways to have our Boilermaker Training Program and Development Runs. For all those that deferred their 2020 registration for The Four



PRESIDENT'S MESSAGE (CONT.)

Race Challenge, we will roll over your registration to this year. Our race calendar will be created soon and our race directors for the S.O.S., Summer Sizzle, Falling Leaves, and Skeleton Run will be meeting soon to lock down our dates and plans to move forward.

There will be new challenges certainly we will be facing in 2021 that we do not know about yet. As a club we will find ways to meet those challenges. Runners are resilient and we find ways to get the job done. We would also like to hear from you. Share your ideas with us and please take a few moments to take our quick survey concerning the 2020 events we created that you would like to see come back in 2021. Your input is important to us. Like any new event, we will try to make them better and your feedback is a crucial part of that.

I would like to welcome our new Board members Rebecca Aceto, Melissa Barlett, and Danielle Bliss. I look forward to working with all of them and the new energy they will bring to our club. In 2021 we will be reaching out to our community with the Diversity Committee led by Alex Gonzalez and we will be promoting Health and Wellness advice led by Rick Gloo. This month we also have a guest speaker with Utica Roadrunner roots - Stephen Paddock. Stephen is a former student of mine and I am so proud of his personal and professional success. You will find more information in this newsletter. I would also like to thank Lisa Walchusky and Cole Perkins for their years of service to the club.

Lastly, please remember to support our local partners that support us. These are still challenging times and your patronage is more important now than ever. Please be safe, stay healthy and I truly look forward to 2021 being a great year!

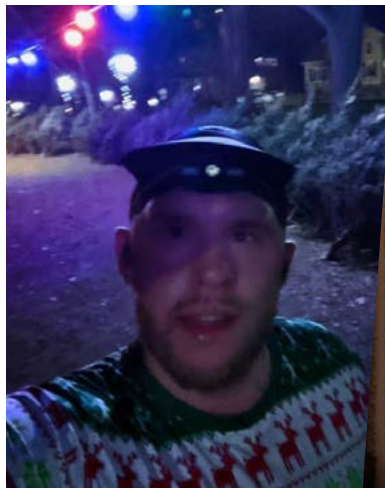
Jim

Take Our One Minute Survey

2020 allowed the club to get creative with our events this year and offer up great virtual runs and experiences for our members to take part in. We would like to gauge which events you'd like to bring back by taking a very quick survey for us. THANK YOU!

TAKE THE SURVEY

Member Accomplishments



Michael Shue ran the It's a Wonderful 5K virtually in Waterville



Wayne Murphy took part in the One NY CARES Virtual Challenge, completing 800 miles over 108 days of the virtual event

Letter from the Editor

by Michelle Truett

Putting the Spotlight On Our Members

I was starting to lose track of who I have interviewed and written about in SplitTimes over the years, so took a quick look back and made a list so I can start lining up some things for 2021. 51 interviews have been done so far of incredible Roadrunners with inspiring stories, including Tom Joslin's in this issue. WOW! On the left is a look back at our spotlights from 2020 – I try to mix them up by flip flopping monthly between male and female runners, along with couples that run together. I also try to choose a selection of new runners vs. veteran runners, a diversity of personal stories, those putting up big mileage numbers or finishing their first 5K and a selection of members doing a lot (or have done a lot in the past) for the club.

What I have found over the years is that while some folks might be very hesitant to talk with me because they think their story is "not interesting enough" or "they don't run fast enough or far enough," EVERYONE has a great story and inspires other UR members.

I enjoy each interview so much and some of my greatest friendships have started or grown stronger from them. I hope that as you read them each month, it gives you a chance to get to know members better as well and even moves you to reach out because you find something in common with them OR they inspire you to make a new goal for yourself and deepen your love for running.

I have a few people lined up for interviews already in 2021, but there's many months coming down the pike. ***If you run with anyone that you feel would be a great Member Spotlight, please reach out to me and tell me about them and I'll be sure to get them on the list.***

Here's to turning the corner into 2021 and continuing to support each other positively as runners and as friends.

See you out there! – Michelle



UR 2020 Wrap Up

Despite a pandemic, our Club put on a record amount of traditional AND new events in 2020 that kept members motivated and engaged. Money was raised for great causes and efforts and members' creativity shined. Take a look back at the year:

January

New Year's Day Run at Accelerate Sports Complex

80 participants

February

2020 America's Greatest Heart Run and Walk
Orgs, Clubs, & Non-Profits Category

TOP 10 TEAMS TO DATE!

TEAM #1: ICAN, \$6,354
TEAM #2: Human Technologies Corporation, \$3,620
TEAM #3: Utica Roadrunners, \$2,507
TEAM #4: Eastern Star Home, \$1,801
TEAM #5: Team HGS Has Heart, \$1,758

UR Heart Run team is the #3 top fundraiser!

February 8

Roadrunners Annual Awards Banquet



April

Utica Roadrunners Scavenger HUNT

\$1,500 raised

137 participants

Some proceeds put back into local businesses that support UR!

May



\$3,000 raised

for Essential and Frontline Workers
185 participants
250 breakfasts served

COVID 19 FRONTLINE / FIRST RESPONDER APPRECIATION BREAKFAST

May

SPEAKER SERIES

Kick Off Event with Olympian Jane Vongvorachoti

June

PUSH URSELF

160 participants

July 11

Utica Roadrunners Day at The Sneaker Store and Annual Student Scholarships

Swag & celebration! \$2,000 awarded to local student athletes

July



63 participants, \$360 raised for Feed Our Vets

UR 2020 Wrap Up

July 18 - August 2



\$1,506 raised

136 participants, some funds invested into Black-owned businesses in Utica and Rome

August 16-31



\$488 raised for the Utica Zoo

120 participants

Sept. 27 - Oct. 11



269 participants

October 11



175 in-person finishers and 16 virtual runners

November 8

9/11 Never Forget Run/Walk

Nearly \$2,000 raised for:



50 in-person runners and 30 virtual runners

November 9



In-person and socially distanced!

November 24



30 participants

November 25, 26 & 27



110 participants

December 1-23



63 participants

Upcoming Event



A running conversation with **Stephen Paddock**



***UR Members and Friends
are Welcome to Join Us!***

**Thursday,
January 14, 2021
7:00pm on Zoom
FREE!**

Please join us for a lively conversation with Stephen Paddock. From humble beginning, Stephen began running cross country at Ilion High School (now CVA), eventually became a Utica Roadrunner, ran in college and then really upped training as a young adult.

Stephen placed top 10 out of 10,000 runners at Philadelphia Marathon in 2019. Stephen has a very disciplined yet light hearted approach to running and is always up for an adventure in the high peaks or at an Ultramarathon.

In this talk he will tell some stories from the "old days", discuss approaches to training, embracing challenges and fueling for performance.

**FREE
REGISTRATION:**

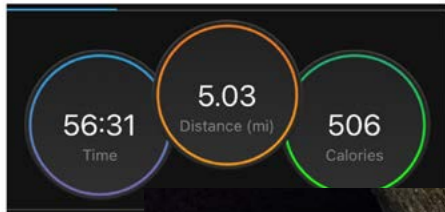
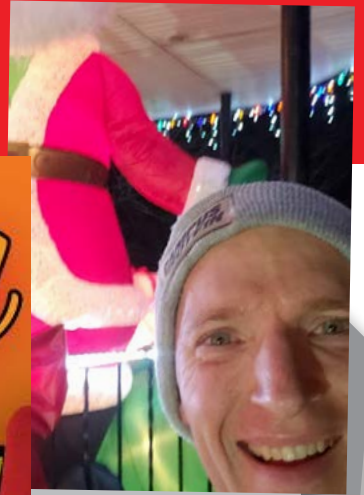
[URspeakerseriespaddock.eventbrite.com](https://www.eventbrite.com/ur-speakers-series-paddock)

*Zoom link will be
sent to registered
participants before event*

Our Last Event of the Year!



Our Last Event of the Year!





Santa Sizzle Prize Alert!

Grand Opening Drawing

Jen Bachelder –2 Pack and One More 12 pack and hat and pint glass (Longest Run)
Dodi Murray 12 Pack, Boilermaker Hat and pint glass
Melissa Barlett 12 Pack, Boilermaker hat and Pint glass

Fast Mile and Longest Run:

Cole Perkins one six pack and one 12 pack from Saranac
Krista Harwick one six pack-Beer Mile
John and Lisa Seigle USA Gaiters-UR Gear Pics
Ashley Mancini Saranac six pack-longest run post surgery
Laura Fischer USA Gaiter-Running Goals
Karen Piccola USA Gaiter-Multiple goals!
Phyllis Spohn Bates Longest Run-Saranac six pack
Madison O'Toole Gaiter of choice-Running goals
Erin Dupree Saranac six pack
Jeannine Macera USA Gaiter-200 Days straight running - at least a 5k a day!
Ashley Pace Run with family member-Gaiter of choice
Gary Burak Saranac 12 Pack-Summer Sizzle 5 mile
Sue Luley Sneaker Store \$20 gift card-Unplugged Run

For any of those that did not get their swag, we will be leaving your bags at The Sneaker Store for a limited time only.

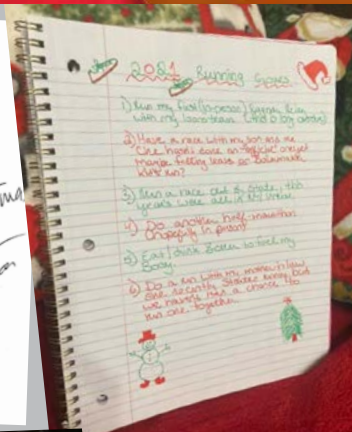
Our Last Event of the Year!



Renning Santa - 2020



Ho, Ho, Ho,
Merry Christmas
Living Santa



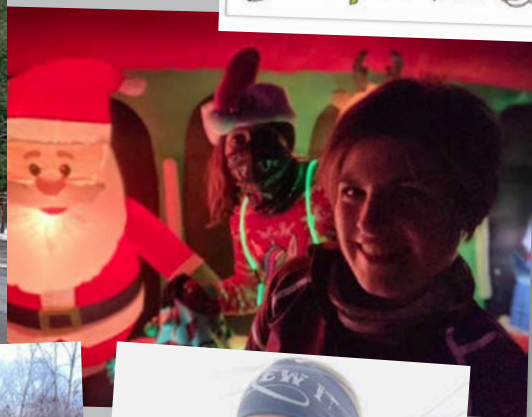
6 Running Goals 2021

1. Have Fun
2. Do more trails
3. Run More in the ADK's
4. Snowshoe 100 miles
5. 2000 FT elevation per week
6. Keep Streaking - at least 1 mi / day

Happy Holidays.

2021 RUNNING GOALS

1. HALF MARATHON PR
2. 18.12 CHALLENGE
3. MOUNTAIN GOAT PR
4. 1200 MILES RUNNING
5. GET STRONGER FOR RUNNING
6. KEEP INSPIRING



Member Accomplishments

BIG MILES IN 2020!



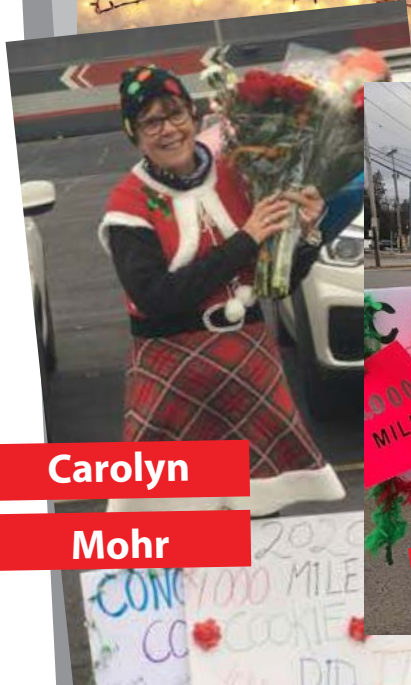
Amanda
McElroy



Julie
Buehner



Missy
Scanlon



Carolyn
Mohr



Phyllis
Bates



Felicia
Burak



Jen
Szatko



Jessie
Oot



Anne Marie
Latshaw



Jeff & Laura
George

Member Accomplishments

1,100

Travis
Belanger

Alex
Gonzalez

Rebecca
Aceto

1,200

Cheryl
Burmester

Alyssa
Fanelli

Scott
Neary

1,500

Dave
Saxe

Jim
Latshaw

Andrew
Rubino

Member Accomplishments

1,800

Dan
Stedman

1,600

Melissa

Barlett

Gary

Burak

1,000

Sharon
Stedman

2,000

Wayne

Murphy

Michael

Polidori

Bill

Callahan

2,200

Tom

Joslin

ML

Nolan

2,600

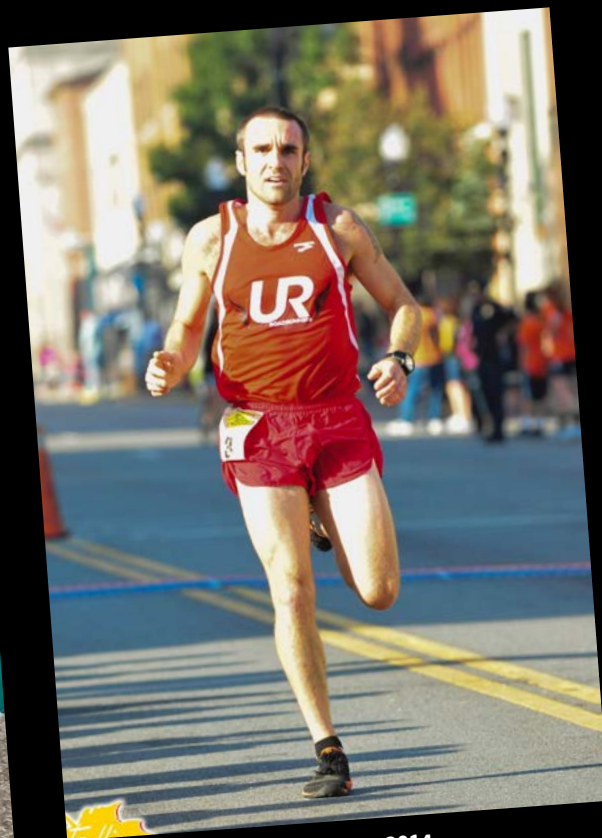
3,000

3,500

Jen

Bachelder

Member Spotlight



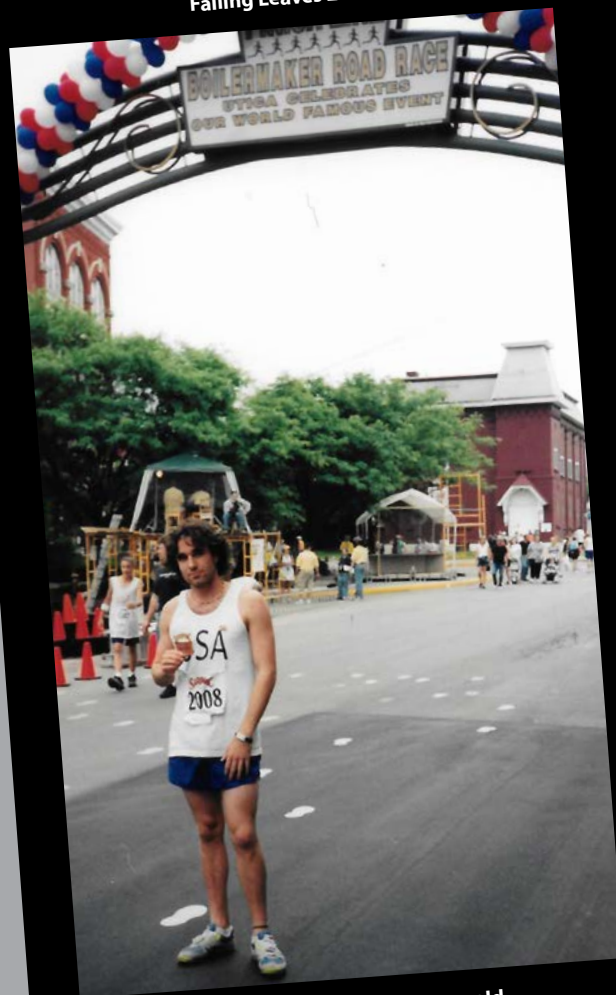
Falling Leaves 2014

From the Boilermaker to Running Around the World

MEET TOM JOSLIN

Tom grew up in Barneveld and is a 1997 graduate of Holland Patent High School. In school, Tom's big love was soccer, which he has been playing practically since birth and still plays now in pick up games when he can. He also did track from seventh grade on and while he started out a sprinter, he moved up to the one and two mile distances sophomore and junior years and to the 400 hurdles his senior year. He also pole vaulted and did the triple jump.

Tom studied international business with a focus on supply chain management at Northeastern University in Boston. Ever since he was a kid, he wanted to work at BMW in Germany and at age 21, he got the chance to do so at BMW Munich. He had the opportunity to live in Germany for



2001 Boilermaker, 22 years old

Above: Tom with his son Maddox and daughter Dylan

Member Spotlight (cont.)



Left to right: Green Lakes 50K in 2011, First sub-60 Boilermaker in 2011 with Cory Battles, Tom's Boilermaker tattoo

three years while attending the European School of Business (ESB) and then he lived in Paris, France for a six month stint. He has loved to travel since he was about 15 years old and as of today, has visited an impressive 45 countries.

Tom returned to the United States in 2004 and began working for Fiber Instrument Sales (FIS) in Oriskany and then in 2013 went to FIS Blue which provides fiber optic products to the defense and broadcast industries. He is the Vice President of Sales, a position that has allowed him to continue to travel the world. Up until the pandemic hit, he would travel 13-14 times per year. Tom has two children - his son Maddox is in pre-school and daughter Dylan is in first grade.

Like travel, running has been a part of Tom's life since he was young as well. His father started jogging in the 1970s to get healthy. Logging 3-5 miles regularly, he would kick up the mileage to run the Boilermaker. Tom remembers watching his dad run the 15K when he was about 10 years old and eventually started to think that it was something he wanted to do. He ran his first Falling Leaves when he was 13 years old in 1992 (he still has the shirt!) and his first full Boilermaker followed when he was 16 years old. He has run every one since

aside from one when he was in Germany and for a few years, the Boilermaker was the ONLY run he did per year. Not the only *race*... the only *RUN* period. He ran the 15K this year at 8am with a small handful of runners and plans to run the Boilermaker until "the day he dies." The tattoo on his calf shows he's serious about that.

Flash forward to 2010, Tom was in his thirties and was starting to take running more seriously. He worked and traveled with Cory Battles and they starting catching runs together including one in Serbia when they realized they had both run the Boilermaker since they were teenagers. Tom has gone on to run in Croatia, Slovenia, South Africa, Brazil, Israel, Russia, Australia and all over the United States. He had never trained properly before and started putting in more miles and adding in track workouts. He ran 17 races in 2010 including his first marathon (Green Mountain) in Vermont and a half Ironman in Syracuse. In his twenties, he would easily clock a 87-88 minute 15K. In 2011, at the age of 32, he tackled his first sub-60 (59:59!) and continued to break an hour for the next five years. He set a 15K PR (56:50) in November 2019 at Stockadethon in Schenectady.



Member Spotlight (cont.)

He discovered trail running and “found his crew” in that community. He didn’t really know that any races existed beyond a marathon. He jumped right in to complete his first 50K ultra marathon in 2011 and he fell in love. He has now done 24 ultra races ranging from 50K races to a 105 mile race. He took part in the Tesla Hertz 100 on Long Island – 10.5 mile circles that took him 24 hours and 19 minutes to finish, along with a 100 mile race in Wellsboro, Pennsylvania, “the Grand Canyon of the East”, which took him 17 hours and 58 minutes (at a 10:47 pace) to finish. It was a flat course and he had a really great day. The endurance ultras which take a lot physically and mentally to complete feed perfectly into Tom’s competitive drive. His training and preparation is pretty non-regimented and he does all his planning himself. With young children, it can be challenging, but as long as he gets a good long run in during the week, it works for him. Up until recently, 99.9% of his runs were done solo. He did listen to music at first, but then switched to just listening to nature. And he never carries a phone. (Fun fact - Tom doesn’t own a smart phone!). Now, about 70% of his training runs are WITH people which has been a nice change of pace for him. He catches up frequently with Joe Mashaw, a “good dude” with the nickname “The Running Mayor”, who has similar interests as Tom (running and drinking!) They will typically get in 8-15 mile runs together.

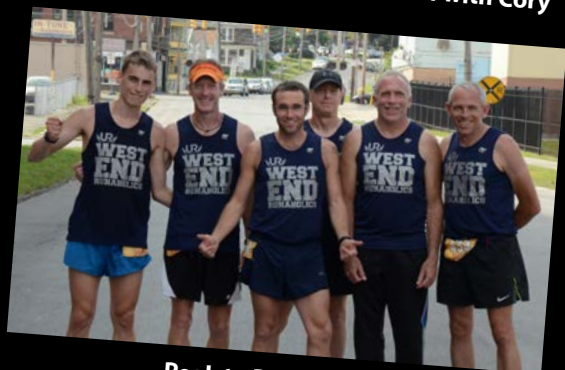
Tom had joined the Roadrunners in 2004 when he moved back to the states and has been a member since. As time went on, Cory got on the board and Tom joined as well. With his love for numbers, he took the treasurer position for two years. He was named Roadrunner of the Year in 2014 and received the President’s Award in 2015.

2014 was a great year for Tom as he traveled to South Africa with Cory to take on the Comrades Run – an 89km (55 mile) event that is the oldest and longest ultra in the world and is the equivalent of the Super Bowl there. It’s considered a national holiday, welcomes 18,000 participants and is televised for 24 hours. The guys found out about it on a sales call and after they made the commitment to run it, they ended up staying with their customer at his house and had an amazing experience living with locals. Tom was just coming off a 2:58 marathon PR in Long Island and four weeks to the day later, was running a famous ultra on a different continent. The Comrades run was a once-in-a-lifetime run through cities, villages and pig farms and finishing right on the ocean. It was, as Tom describes it, *epic*.

Tom has also taken part in the Peak to Brew Relay Race since 2015, winning it for three consecutive years as an ultra team, then transitioning



Comrades in South Africa in 2014 with Cory



Peak to Brew 2015



Peak to Brew 2020 (the only team to run)

Member Spotlight (cont.)



The “Infinity Mile”

to a 12-person standard team. Although Peak to Brew had to cancel this year, Tom and his team still trekked up north to run 227 miles back to Utica for an unofficial run.

Since 2011, Tom has been averaging 1,100-2,300 miles each year and lately has been logging about 45 miles per week averaging 10-mile runs. In 2020, his mileage is higher than it's ever been at 2,500+ miles. Without travel and in person races this year, his group of running friends got creative and created a for-fun “Infinity Mile” challenge based on the Big Dog’s Backyard Ultra in Tennessee. In June, they set a four mile loop and 18 people “ran until they couldn’t run anymore,” some logging up to 62-68 miles and twelve of them running the greatest distance they ever have before.

Running and his two little ones leave little time for other hobbies for Tom. He loves his work and will continue running for health and to fuel his competitiveness. His kids have been going to races with him since birth and have taken part in a couple kids’ runs, but he’s not pushing them to love running. He sometimes brings them to track workouts along with a soccer ball and snacks, and will see if it’s something they want to pursue as they get older.

As for bucket list goals, with so many amazing experiences and races all over the world under his belt, what else could be on his list? He’d love to tackle the Badwater 135 – the 135 mile ultramarathon coined “the most demanding and extreme running race offered anywhere on the planet” – taking runners from the lowest point in North America at Badwater Basin, Death Valley to the trailhead of Mt. Whitney summit in California, the highest point in the contiguous United States.

We can’t leave you hanging on a story about Tom without talking about his shorts! Tom loves his American flag and animal print SOARK running shorts. They are Made in America and help him mentally get ready to be the fastest he can be. One last fun fact –since January, 2019 he wears ONLY shorts while running. His coldest day out was zero degrees and he ran 13 miles battling 10-15 mph winds, which felt like razor blades on his legs.

Tom isn’t on social media, but we’ll try to check in with him here and there to see what adventures he’s getting into. His accomplishments are inspirational and we wish him many more years of epic miles! ■

Ex-Syracuse Runner Wins Marathon Project



An ex-Syracuse University runner Martin Hehir won the Marathon Project in Chandler, Ariz., in a sizzling time of 2:08.59 which is the 7th fastest time ever by an American runner and makes him the 12th U.S. runner to go under 2:10.

Hehir, a native of Washingtonville, was a member of the 2015 Syracuse University team that won the NCAA cross country championship.

[READ MORE](#)

GPS Drawings



Matt Reid (who is known for his GPS drawings) wrote out "I Hate Winter" in his hometown of Toronto

[READ MORE](#)

Dad runs his first marathon around hospital for 4-year-old son with cancer

[READ MORE](#)



Eat to Run

by Jeannine Macera

“What keeps us in the same old rut? For some of us, it is lack of knowledge: we don’t realize we need to change. For others, it is lack of motivation: we know what we should do and why but can’t muster up the energy to get going. But for most of us, it is our ambiguity, a perpetual state of confusion in which we know we need to change but we are not sure how or how well it will work for us.”

Pulde, A. MD & Lederman, M. MD (2009). Keep it Simple, Keep it Whole. Exsalus Health & Wellness Center

As we enter 2021, what better time to make changes to improve our health? As runners we are committed to intensifying our fitness - but equally important is what we choose to put into our bodies on a daily basis.

Many resolutions focus on weight goals - diets that are temporary and deprive our bodies of essential nutrients. Good health is a lifestyle, not a race to the weight goal finish line. One way to embrace this lifestyle is to make the commitment to eat clean.

What is clean eating? Clean eating is a lifestyle that encourages the consumption of real, whole foods while avoiding processed and refined foods. Whole foods are those that are minimally processed and close to their natural state. They’re not tampered with in a lab or manufactured in a plant and they have no preservatives, dyes, or refined sugars. Whole foods are foods such as fruits, vegetables, nuts, seeds, beans, legumes, and whole grains. They’re nutrient dense yet have little to no ingredients.

Clean eating benefits:

- More energy
- Weight loss
- Enhanced fitness
- Better mental health
- Antioxidants (cancer-fighting substances)
- Improved cardiovascular health
- Increased fiber (reduces the risk of colon cancer, lowers blood sugar and cholesterol)
- Disease prevention (Type 2 diabetes, hypertension, certain cancers)

First things first: Because clean eating is a lifestyle and not a fad, it is okay to start small - Swap out the boxed energy bars and bagged snacks with fruit, for example. The following guidelines will help you along your journey:

1. Read the ingredients! - Nutrition labels can be deceiving, so the most accurate source of information is the ingredient list. Generally the less ingredients the better, and a good rule of thumb is if you don’t recognize the ingredient, it’s probably not natural or whole.



Member Article (Cont.)

2. Cook your own food - Initially, this may seem like a daunting task, but there are plenty of simple, easy, whole food recipes. You will eventually take pride in creating your own healthy meals!

3. Don't deprive your body of essential nutrients - Clean carbs such as fruit, whole grain pasta and rice, potatoes, legumes, and oats are all healthy and nutrient-dense. As runners, we need our clean carbs for fuel!

4. Watch what you drink - Limit the alcohol. Not only is alcohol a dehydrant, but it inhibits the breakdown of nutrients and impairs the absorption of nutrients. Also, be careful of consuming fruit juices labeled as healthy or nutritious. Most fruit juices are loaded with empty calories and sugar. Water is your best option.

5. Avoid refined and artificial sugars - Studies show that refined sugar (such as table sugar), and high fructose corn syrup

are linked to obesity, diabetes, and cancer. Artificial sweeteners (such as aspartame, sucralose, and saccharine) are chemicals, not food, therefore add no nutritional value and are often associated with other health concerns.

6. Stay informed. The following links are great resources that focus on clean eating:

<https://www.forksoverknives.com/the-film//>

<https://nutritionfacts.org>

<https://nutritionstudies.org/the-china-study/>

Your new journey will be a transition. Take it one step at a time and don't expect overnight results. Much like a marathon, you must pace yourself...and in the long run you'll experience a healthier, happier you!

Jeannine is a former school counselor currently certified in General Nutrition, Holistic Nutrition, and Sports Nutrition. She has been a local runner for over 30 years.


UR Member Benefits

**MEMBER
BENEFIT**


\$100/YEAR
MEMBERSHIP

Carbone Athletics at
the fitness mill

587 Main St #202, New York Mills, NY 13417

**MEMBER
BENEFIT**

\$50/YEAR
TRACK
MEMBERSHIP



5241 Judd Rd, Whitesboro, NY 13492

Winter Running

by Terry Dwyer



The weather was cooperative for a while. We had some mild days through November and December, along with some wet ones, and then the monster snowstorm. The cold weather we had been expecting through those milder days finally arrived. Not a cause for celebration unless you have

polar bear blood. Nevertheless, this winter I have resolved to be more intrepid and dig down deep to find my lost inner wooly self and run in the cold, the rain, and the snow. Why? Because running outside in the elements is too much darn fun to pass up. Who can deny the joy of completing a six-miler in a late fall rain shower or feeling the burn in your quads after running on packed snow? Anyone can run in nice weather. Warriors run outside through the seasons.

However, so as not to throw all sanity aside, cold weather running requires certain preparations to stay safe and healthy for the next run. There are four body coverings essential to running in the elements. First, a good head covering. Even though scientific research debunked the myth that most body heat is lost through our heads, the fact remains that we do lose body heat at similar proportions to other parts of the body through the head. However, more heat will be lost through the head on a cold day if it is the only uncovered part of the body. Wear a good hat that covers the ears and wicks away sweat. Second and third on the list is for the hands and feet to be warm. The outer extremities are large surface areas with less muscle for producing heat than other parts of the body. Research has

shown that the feet also play a major role in regulating body temperature. Cold hands and feet can trigger pain receptors that will make a winter's run uncomfortable. On really cold days it is best to find a thin layered running glove and put it on under a thicker glove. For the feet, if you do not have Gore-Tex running shoes, a double layer of socks works well. Although not too thick because you still want to have the feel of the shoe under your foot. Also, it is not uncommon to encounter blistering problems if the socks are too thick and the shoes tight around them. The final essential is a good face covering for those bitterly cold or windy days.

The legs and torso should be also adequately protected, but the large muscles of the legs and torso build up heat to quickly warm us on a run. Over layering is usually the mistake made on these parts of the body. Evaporation of sweat from the skin causes a cooling effect and wet clothing increases heat loss. A sweat wicking base layer is ideal because it is made to draw sweat from the skin and disperse it into the fabric. Running in the rain or a snowfall must take into account the rapid moisture accumulation on clothing. A light water-resistant jacket over your layers should suffice.

Exercise increases heat production and once you stop you will feel the cool air against your body. At this point, with the workout completed, it is time to get into the warmth and strip off those layers. Naturally, a cup of hot cocoa is a worthy reward for the day's effort.

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

Awesome Stuff

Study reveals physical demands of two-hour marathon



New research from the University of Exeter shows that elite runners need a specific combination of physiological abilities to have any chance of running a sub-two-hour marathon.

[READ MORE](#)

Roy from The Office is a Triathlete



David Denman, who played Roy on The Office started to get in shape for the storyline, which led to him competing in a triathlon a year.

[READ MORE](#)

New Statue in Boston



The famous Heartbreak Hill of the Boston Marathon now has a new symbol of hope. Here's the Story Behind the New Wooden Sculpture of a Runner...

[READ MORE](#)

Junior marathon record broken!

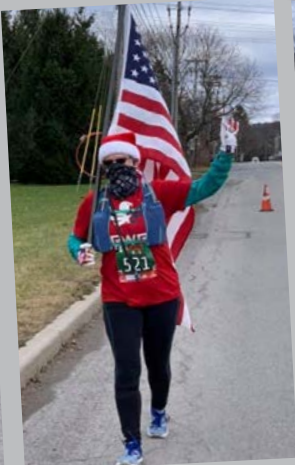
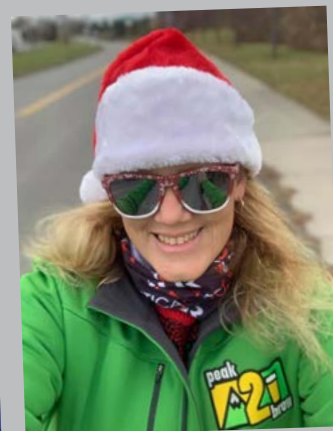


17-year old Tierney Wolfgram ran a 2:31:49 marathon, breaking a record that had been set back in 1984.

[READ MORE](#)

Member Accomplishments

Members took part in the Ugly Sweater Run



Call for 2020 Mileage and Volunteer Points DUE JANUARY 8th

Dear Utica Roadrunners,

As we approach the end of the year, please take a minute to read the criteria for Red Jackets and Volunteer Points.

Important! For the 1000 Mile Club Jacket (1000 miles and 10 volunteer points) Award, you must have accumulated at least **10 volunteer points** in helping the club. These points can be accumulated across several years and not necessarily have been earned all in 2020 (unlike the miles, all of which had to be run in 2020). For the Extra Mile Club Jacket Award, you must have earned 30 volunteer points and they must all be earned in calendar year 2020. The point chart is listed below.

Please send questions to **Jennifer Bachelder** at jmbachelder@gmail.com

Points: One point may be earned for each two-hour time commitment. The maximum number of points per event is 5, with the exception of the Boilermaker Training Program and the Development Runs which each has a maximum of 10. Points may be earned for:

Board of Directors and Similar

- 1. Serving on the Board of Directors as an officer: 30 points**
- 2. Serving on the Board of Directors non-officer: 20 points**
- 3. Membership Chair: 20 points**
- 4. Merchandise Chair: 20 points**

Director of Club race or training program: 20 points

Includes Falling Leaves, Summer Sizzle, SOS, Boilermaker Training Program, Development Runs

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

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

Committee Chair of club race or training program: 10 points

Includes Falling Leaves, Summer Sizzle, SOS, Skeleton Run, Boilermaker Training Program, Development Runs; plus organizer of Run for Hunger, Safety Run, and similar

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

Includes Awards Committee, Scholarship Committee, Social Chairperson)

Unique: Hosting a Breakfast Run, Thursday Night Run or the like: 10 points

Racing team captain: 10 points

Racing team member: 1 point per race start with team scoring

Writing a regular column for SpliTimes (5 or more issues): 10 points

Proof Reading monthly SpliTimes: 10 points

Writing a single article for SpliTimes: 2 points

General volunteer for a single race or training event: 1 point (this includes volunteering for SOS, Falling Leaves, Summer Sizzle, Skeleton Run, Boilermaker Expo or the like, Run for Hunger, a single Development Run, or a single Boilermaker Training Program training event.

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

Includes Holiday Party, Club booth at Heart Run or Boilermaker Expo, Scholarship Committee member other than chairperson

Utica Roadrunners Personal Mileage and Race Record for 2020

NAME: _____

Date	Race	Distance	Time	PR?	Place/Award

Total Miles Run in 2020: _____

Total Miles Run as a Utica Roadrunner: _____

Personal Volunteer Information for Red Jackets (Check all that apply):

- ☐ S.O.S. Race
- ☐ Summer Sizzle
- ☐ Falling Leaves
- ☐ Skeleton Run
- ☐ Boilermaker Training Program
- ☐ Various Virtual Events (please list: _____)
- ☐ Club Board Member
- ☐ Club Social Event
- ☐ Club Officer
- ☐ Boilermaker Expo
- ☐ Club Committee Head
- ☐ Run 2 End Hunger
- ☐ SplitTimes Article
- ☐ Club Race Director
- ☐ Other (list: _____)

Please return this form (**no later than January 8, 2021**) to: Jen Bachelder – UR Mileage Info, 30 Imperial Dr. New Hartford, NY 13413 or email it to Jen at jmbachelder@gmail.com.

splitimes



UTICA ROADRUNNERS

Our monthly newsletter is emailed to over 600 runners in the Mohawk Valley who love to take part in races throughout New York and beyond!

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

SpliTimes is the 2015 RRCA Newsletter of Year!



Reserve your space and submission information

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

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



Race name: _____

Contact name: _____

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

Phone: _____ Email: _____

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

☐ February 2021

☐ March 2021

☐ April 2021

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

☐ Yes ☐ No

Total included: \$ _____